Curriculum Vitae
Rachele M. Kappler, M.S.Ed., C.E.S.

EDUCATION

The University of Akron
Doctoral Student -Secondary Education **December 2014**

Cleveland State University
Master of Science in Education - Exercise Physiology **December 1994**

The University of Akron
Bachelor of Science – Education / Athletic Training **May 1993**

PROFESSIONAL EXPERIENCE

University of Akron-Akron, Ohio **2006-present**
Senior Clinical Instructor
Department of Sport Science and Wellness Education

- Program coordinator of exercise science. Initiate and complete all curriculum changes. Help to recruit and retain qualified part time faculty members. Coordinate scheduling for courses offered for exercise science major. Delineate information about exercise science to individuals across campus.
- Serve as full time faculty member, teaching 12 hours each semester.
- Advise over 130 undergraduate exercise science majors.
- Serve the department by organizing all admissions recruiting events.
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University of Akron-Akron, Ohio **2003-2006**
Wellness Manager
Department of Recreation and Wellness Services

- Purchased equipment, created policies and procedures and developed services for the Wellness Suite in the newly created Student Recreation and Center.
- Responsible for wellness outreach to University of Akron campus.
- Responsible for wellness programming within the Student Recreation and Wellness Center. Organized and performed several university and community sponsored Health Fairs during academic year.
- Schedule and manage Wellness Suite staff that performed a variety of extensive wellness testing and exercise prescriptions for students, faculty/staff and community members.

University of Akron – Akron, Ohio
Clinical Instructor/ZIPfit Coordinator **1997-2003**

- Academic instruction of undergraduate and graduate exercise science and athletic training students
- Academic advisement of undergraduate and graduate exercise science students.
- Solely coordinate faculty/staff fitness center. Perform staffing, exercise testing, research, exercise prescriptions, marketing, and budgeting of facility.

University of Akron-Akron, Ohio
Part-Time Instructor **1996-1997**

- Academic instruction to undergraduate exercise science and physical education students.

One-to-One Fitness Center, Cleveland, Ohio **1994-1995**
Exercise Staff/Older Adult Coordinator

- Clinical responsibilities included client education, exercise testing/prescriptions and monthly reports to physician for a variety of special intervention clients.
- Organization of fitness assessment room, scheduling and equipment ordering.

TEACHING EXPERIENCE

Organization and Administration of Health Care Professionals
Concepts of Health and Fitness
Exercise Physiology of the Older Adult
Kinesiology
Exercise Testing
Exercise Prescription
First Aid and CPR
Strength and Conditioning Fundamentals
Cardiac Rehab Principles
Injury Management for Teachers and Coaches
Stress Management
Health Promotion and Behavior Change
Physiology of Exercise
Exercise Science Capstone

COMMITTEE WORK

University/College Committees
College of Education, Personnel Committee, 2008-2010, 2012-2014
UA Spring Fest Funding Committee, 2011
College of Education Strategic Planning Committee, 2010
Graduate Assistant Selection Committee 2000-present
Stadium Multiplex Construction Committee, 2008-2009
Exercise Physiology Assistant Professor Search Committee, Spring, 2009
Athletic Training Clinical Instructor Search Committee Chair, Fall 2007
College of Education, Personnel Committee, 2006-2008
College of Education, Grievance Committee, 2006-2008, 2011-2013
College of Education, Diversity Committee, 1999-2001, 2005-2006
College of Education, Technology Committee, 2001-2003, 2005-2007
Information Technology Specialist SRWC Search Committee, 2004
Intramural Manager, Search Committee Chair, 2004
Fitness and Wellness Assistant Director Search Committee, 2003
Student Recreation and Wellness Center Construction Committee, 2003

Professional Committees
Copley Fairlawn City School District Health and Wellness Committee 2005-present
Tri-County Senior Olympics Executive Committee, 2005-2006
University of Akron Senior Olympics Coordinator, 2000-present
Akron Police Department Fit for Duty Committee, 1998-present
Lorain County Community College, Exercise Science Program Advisory Committee, 2005-present
Cuyahoga Community College, Sport and Exercise Fitness, Program Advisory Committee, 2008-present

SERVICE

Commencement Marshal, Fall and Spring, each academic year
The University of Akron Faculty Phone-A-Thon, Spring, 2012
Honors College Natural Science Colloquium Speaker, 2010-present
"We are IT" Day, Fall 2010, Spring, 2011
Exercise Coordination, Green Senior Center, May 2009
"Exercise Day" at West Side Visually Impaired Veterans Support Group, 2007-2008
Mogadore Highs School Academic program recruiting presentation, March 2008
E-Docs Recognition Dinner, April 2008, 2009
UAPD Rapid Deployment training volunteer, August, 2008
Presenter, Transfer Counselor Day, October 2008, 2012
Midwest ACSM Regional Meeting Quiz Bowl Advisor, October 2007, 2008, 2012
Akron Public Schools Science and Technology EXPO Interactive Booth, January 2010
Presenter, High School Counselor Breakfast, November, 2007
Unit Shared Leadership Award, Spring 2007 (Dr. Ron Otterstetter, Stacey Buser and Rachele Kappler)
Junior Achievement Instructor, Copley-Fairlawn City Schools, 2007
Summer Honors Institute for Gifted Students, Summer 2006
First Year Experience (FYE) Mentor Program, 2005-2006
Welcome Team Member, Fall 2005, 2006
Roadrunner Akron Marathon, Marathon Expo Information Table, Fall 2005, 2006
SSWE Annual Convocation Celebration, Annual Spring Event

PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine
Midwest American College of Sports Medicine
National Intramural Sports and Recreation Association
Ohio Recreation and Sports Association
Wellness Councils of America

COLLABORATIONS

Sport Science and Wellness Education, Student Recreation and Wellness Services and Department of Nursing, annual "ZipFit" fitness program. Worked with faculty and staff in implementation of fitness program as well as provided wellness testing and student service learning opportunities, January 2004-present.

University of Akron Tech Prep. Organize monthly seminars for high school students enrolled in Athletic Health Care Tech Prep in Northeast Ohio. Organize yearly activities and testing to fulfill Tech Prep requirements, Fall 2005-Fall 2011.

"Healthy Asian Youth" (HAY). Served with Asian Services in Action, Inc. to provide enrichment activities that help both Asian parents and youths improve their cardiovascular health through changes in their lifestyle and eating habits, September 2002-May 2003.

PROFESSIONAL PRESENTATIONS

"Best Practices: Athletic healthcare collaborative programming among University of Akron and partners". National Career Pathways Network 2009 Conference, Atlanta, Georgia, October, 2009.

"Tech Prep Mentoring as Service Learning". Engage to Learn Institute, April 2008

"Worksite health promotion: Offering more than a facility membership". Ohio Recreation and Sports Association, University of Akron, November, 2007.

"Instructional Technology used to support mastery learning". American Association of Computing in Education, Vancouver, British Columbia, Canada, June, 2007.

"Employee Weight Loss Programming". American College of Sports Medicine Health and Fitness Summit and Exposition, Orlando, Florida, April 2006.

"Promoting Employee Wellness via Campus Recreation". Ohio Recreation and Sports Association, Ohio University, November 2005.

"Developing Tomorrow's Leaders Out of Today's Managers." Ohio Recreation and Sports Association Annual Meeting, Case Western Reserve University, November, 2004.

APPROVED IRB SUBMISSIONS

"The Effects of High-Intensity Training vs. Long-Term Moderate Submaximal Aerobic Exercise Training on VO2 Maximum and Body Composition" (20111206)

"Fight the Fifteen: A Study Surveying the Effects of an Educational Component in an Exercise Intervention" (20110807)

"Comparison of Measured Lung Volume and Predicted Lung Volume in BOD POD Testing" (20090214-2)

"Changes in Body Composition during Campus Weight Loss Competition" (20080115-3)

PUBLICATIONS

Otterstetter, R., Buser, S., Kappler, R., Herold, K., Mullet, N., Mullins, N. (2011). "A model for collaborative laboratory experiences between higher education and a high school technical preparation program: promoting higher education, mentoring, and research". *Advancement in Physiological Education, 35*:460-463.

THESIS COMMITTEE WORK

Morgan Russell: "The Effect of Caffeine Gum Administration on Blood Glucose and Blood Lactate During Cycling to Exhaustion", Thesis Committee Member, 2008.

Andrea Jankowski: "The Effects of Caffeine Gum Administration on Reaction Time and Lower Body Pain During Cycling to Exhaustion", Thesis Committee Member, 2008.

Matthew Feeback: "Effect of Oral L-Arginine Supplementation on Lactic Acid and Maximal Oxygen Consumption in Healthy Males", Thesis Committee Member, 2009.

Eric Corbett: "Effect of Oral L-Arginine Supplementation on Platelet Count and Maximal Oxygen Consumption in Healthy Males", Thesis Committee Member, 2009.

Nicholas Potenzini: "The Effects of the Wii Fit Plus on Bone Mineral Density and Flexibility in Adults", Thesis Committee Member, 2011.

CERTIFICATIONS/LICENSURE

American College of Sports Medicine
Clinical Exercise Specialist #3855
Original Certification Date 3/02
Certification expires 12/31/2012

American Red Cross
First Aid CPR/AED
Expires 10/2014

General X-Ray Machine Operator License
State of Ohio
Expires 7/2014

Collaborative Institutional Training Initiative (CITI)
Expires 1/2015