

**Erin Choice, PhD, CSCS**  
**Program Director and Assistant Professor**  
**Health and Exercise Science**  
**School of Physical Therapy**  
**Regis University**  
**3333 Regis Blvd. Denver, Colorado 80221**

**Contact Information**

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**Education**

- 2021                    **Doctor of Philosophy (PhD) in Health and Human Performance**  
Concordia University of Chicago  
7400 Augusta St, River Forest, IL 60305 (online program)  
Dissertation Title: A Retrospective Analysis of the Physical Demands of a Women's  
NCAA Division II Soccer Season with Measures of External Load (GPS and  
Accelerometry) and Internal Load (Session Rating of Perceived Exertion)  
Committee Chair: Dr. Kristen Cochrane-Snyman
- 2015                    **Master of Science in Exercise Physiology**  
Florida Atlantic University  
777 Glades Rd, Boca Raton, FL 33431
- 2013                    **Bachelor of Science in Exercise Science and Health Promotion**  
Florida Atlantic University  
777 Glades Rd, Boca Raton, FL 33431

**Employment History**

*Academic Appointments*

- 2021-present        **Program Director of Health and Exercise Science (HES) Program**  
School of Physical Therapy, Health and Exercise Science Department  
Regis University, 3333 Regis Blvd. Denver, CO 80221
- Responsibilities: Provide leadership and support daily operations of the HES program within the School, oversight of the design, implementation and evaluation of the HES curriculum, and supervision of program faculty and staff. Support school initiatives, coordinate comprehensive HES assessment plan to support student success, curricular effectiveness, and quality improvement. Maintain accreditation (Committee on Accreditation for the Exercise Sciences) annual reports, outcomes, and website information. Hire and support affiliate faculty for the program. Hire and support work study employees for the school.
- 2021-present        **Assistant Professor**  
School of Physical Therapy, Health and Exercise Science Department  
Regis University, 3333 Regis Blvd. Denver, CO 80221
- Responsibilities: Course coordinator for assigned areas of expertise, student advising, scholarship, and service at all levels of the University and in the community.

2016-2023

**Health and Exercise Science Internship Coordinator**

School of Physical Therapy, Health and Exercise Science Department  
Regis University, 3333 Regis Blvd. Denver, CO 80221

- Responsibilities: Develop internship curriculum, create policies, procedures, and internship guide for advisors, create relationships in the community to increase internship opportunities for students, create a sustainable and diverse list of partners in the community, complete and track legal affiliation agreements, track site supervisor feedback and learning outcomes via survey data, mentor students on resume and cover letter writing skills and assist with interview preparation.

2020-2021

**Co-Director of Health and Exercise Science (HES) Program**

School of Physical Therapy, Health and Exercise Science Department  
Regis University, 3333 Regis Blvd. Denver, CO 80221

- Responsibilities: Provide leadership and support daily operations of the HES program within the School, oversight of the design, implementation and evaluation of the HES curriculum, and supervision of program staff. Support school initiatives, coordinate comprehensive HES assessment plan to support student success, curricular effectiveness, and quality improvement.

2016-2021

**Instructor**

School of Physical Therapy, Health and Exercise Science Department  
Regis University, 3333 Regis Blvd. Denver, CO 80221

- Responsibilities: Course coordinator and instructor for assigned areas of expertise, student advising, and service at all levels of the University and in the community.

*Relevant Professional Experience*

2015-2020

**Instructor, Foundations of Coaching Certificate Course**

National Strength and Conditioning Association World Headquarters  
Courses held at various locations

- Responsibilities: Instruct/ facilitate the Foundations of Coaching Lifts Certificate Course (lecture and hands-on content)

2016-2020

**Head Strength and Conditioning Coach**

Athletics Department, NCAA Division II Program (12 teams)  
Regis University, 3333 Regis Blvd. Denver, CO 80221

- Responsibilities: Program and lead strength and conditioning programs for all varsity sports at Regis (Men's and Women's Soccer, Women's Volleyball, Women's Lacrosse, Softball, Baseball, Women's Basketball, Men's and Women's Golf, Men's and Women's Cross Country) including in-season, off-season and transitions, assess strength, power and endurance, keep non-contact injury rates low with proper periodized training. Hire and manage assistant coaches, graduate assistant coaches, work study students and interns. Use wearable data to make decisions about training programs and modifications. Experience with PlayerTek/Catapult, Beyond Pulse GPS and HR, and MyVert Accelerometry.
- Accomplishments: Successfully created the first strength and conditioning program and department for Regis Athletics, the S&C program did not exist prior to my arrival in August 2016. Non-contact, sport-related MSK injury rates decreased by over 50% after only one year of strength and conditioning programming and continued to remain lower than previous years.

- 2018  
**Head Strength and Conditioning Coach**  
Front Range Barracudas Swim Team  
5310 E 136th Ave, Thornton, CO 80602
- Responsibilities: Design and lead strength and conditioning sessions for swimmers ages 10 to 18, focus on long-term athletic development and injury prevention.
- 2015-2016  
**Head Strength and Conditioning Coach**  
Pikes Peak Athletics  
1 Olympic Plaza, Colorado Springs, CO 80909
- Responsibilities: Design and lead strength and conditioning sessions for swimmers ages 10 to 18, focus on long-term athletic development and injury prevention.
- 2015-2016  
**Events & Exhibits Coordinator**  
National Strength and Conditioning Association  
1885 Bob Johnson Dr., Colorado Springs, CO 80906
- Responsibilities: Organize four national-level conferences and four regional-level conferences per year. Sell exhibit booths (six figure profit per event) for each of the national-level conferences. Collect data for attendee demographics, surveys, attendance trends, revenue etc.
- 2015-2016  
**Strength and Conditioning Coach, Contractor**  
United States Olympic Training Center  
1 Olympic Plaza, Colorado Springs, CO 80909
- Responsibilities: Assist with Junior Ski & Snowboard Team strength and conditioning educational session and assist with USA Figure Skating Combine day. Represented the NSCA at combined NCSA and USOPC events.
- 2015-2016  
**Strength and Conditioning Coach, Contractor**  
CrossFit SoCo  
2310 W Colorado Ave, Colorado Springs, CO 80904
- Responsibilities: Created and implemented strength and conditioning programs for ages 10 to 70 at various fitness levels.
- 2014-2015  
**Strength and Conditioning Coach**  
Slash Fitness and Performance  
290 SE 6th Ave #2, Delray Beach, FL 33483
- Responsibilities: Created and implemented strength and conditioning programs for ages 10 to 70 at various fitness levels.
- 2014  
**Graduate Teaching Assistant**  
Department of Exercise Science  
Florida Atlantic University  
777 Glades Rd, Boca Raton, FL 33431  
Supervisor: Christopher Boerum (current program coordinator)
- Responsibilities: Assisted professors with various coursework, delivery methods and grading. Assisted in daily maintenance of exercise physiology laboratory. Instructed undergraduate course electives (Swimming, Practicum). Tutored students in exercise physiology.

2011-2014

**Fitness Department Student Manager**

University Campus Recreation

Florida Atlantic University

777 Glades Rd, Boca Raton, FL 33431

- Responsibilities: Assisted with the supervision of 70 student employees: personal trainers, group fitness instructors and fitness facility staff. Led personal trainer prep course. Developed and implemented a Nutrition Services Department. Developed marketing strategies through video marketing.

**Certification and Membership**

Completed the Inclusive Health Training by Special Olympics Colorado, 2023

Rocky Mountain chapter of American College of Sports Medicine member, 2022 – present

Collaborative Institutional Training Initiative (CITI) – Certification for Human Research (Biomedical, Social Behavioral), 2018 – present, Active

Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association (NSCA), 2013 – present, Active, Certification # 7247912831

American Heart Association BLS Certified CPR/AED/ First Aid, 2010 – present, Active

**Peer-Reviewed Publications**

**Choice E.**, Downey, R. Return to Performance Protocols and Criteria Specific to Aerobic Capacity for Aerobic Athletes Who Sustain Lower Extremity Injuries: A Narrative Review. *Strength and Conditioning Journal* 2023 (published online ahead of print) doi: 10.1519/SSC.0000000000000792

**Choice, E.**, Thomas, S. Evaluation of Undergraduate Internship Interprofessional Experiences Using the Jefferson Teamwork Observation Guide (JTOG). *The Internet Journal of Allied Health Sciences and Practice* 2023 Jun 29;21(3), Article 17

**Choice, E.**, Tufano, J., Jagger, K., Hooker, K., Cochrane-Snyman, K. C. Differences across Playing Levels for Match-Play Physical Demands in Women’s Professional and Collegiate Soccer: A Narrative Review. *Sports* 2022, 10, 141. doi: 10.3390/sports10100141

**Peer-Reviewed Conference Presentations**

**Choice, E.**, Downey, R., and Thomas, S. Interprofessional Communication and Practice for Return to Sport/Performance: How to Incorporate the Principles of Interprofessional Education and Practice into this Specialty Area of Healthcare. 5th Annual Heartland Interprofessional Education (HIPE) Conference. Online. 7/27/2023.

Thomas, S. and **Choice, E.** Start Em Young: Interprofessional Education at the Undergraduate Level. Educational Session (Lightning Talk) for the Longitudinal Interprofessional Practice and Education Curriculum Track. NEXUS Summit 2021. Online. 9/27/2021.

## **Peer-Reviewed Conference Poster Presentations**

**Choice, E.** and Thomas, S. Case Study Activity and Reflection: Undergraduate Healthcare Interprofessional Education Curriculum. 2023 Innovation Summit for Health Professions Education. Online. 6/23/2023.

Thomas, S. and **Choice, E.** Undergraduate Curricular Development and Assessment of Interprofessional Education. 4th Annual Heartland Interprofessional Education (HIPE) Conference. Online. 7/21/2022.

**Choice, E.**, Tufano, J., Jagger, K., and Cochrane-Snyman, K. Match Play External and Internal Load in NCAA Division II Women's Soccer. Poster Presentation. National Strength and Conditioning Association National Conference. New Orleans. 7/8/2022.

## **Research Poster Presentations**

Crema, B. and **Choice, E.** The Link Between Exercise and the Brain: A Narrative Review. 2<sup>nd</sup> Annual Regis University Undergraduate Research Symposium. Regis University, Denver, CO 4/19/23.

**Choice, E.** and Downey, R. Aerobic Capacity Testing for Return to Performance: A Missing Piece. 2<sup>nd</sup> Annual Regis University RHCHP Spring Research Symposium. Regis University, Denver, CO 3/17/23.

Crema, B. and **Choice, E.** Resistance Training for Mood Disorders: A Narrative Review. 2<sup>nd</sup> Annual Regis University RHCHP Spring Research Symposium. Regis University, Denver, CO 3/17/23.

## **Peer-Reviewed Newsletter Articles**

Thomas, S. and **Choice, E.** Curricular Revision and Assessment of Undergraduate Interprofessional Education. Collaborative Healthcare: Interprofessional Practice, Education and Evaluation (JCIPE). Vol 12 (3). Spring-Summer 2022 edition. <https://jdc.jefferson.edu/cgi/viewcontent.cgi?article=1192&context=jcipe>

## **Other Presentations**

VO<sub>2</sub>max Testing and Application, DPT "Sports Special Interest Group", Denver, CO, Summer 2022.

Strength & Conditioning and Exercise Physiology in the Current Structure of Health, Fitness, Sports and Academia, Seattle University Health and Exercise Science Internship Students, Seattle, WA, June 2020.

Importance of Strength and Conditioning for Injury Prevention. Regis University Elite Women's Basketball Camp, Denver, CO, July 2018 and July 2019.

Importance of Strength and Conditioning for Injury Prevention. Regis University Elite Soccer Camp, Denver, CO, July 2017.

Importance of a Proper Warm-Up for Performance and Injury Prevention. Regis University Elite Volleyball Camp, Denver, CO, July 2017.

## **Creative Works**

2023 **Denver Post YourHub** Community section. Collaboration with health and exercise science students: "Health and Exercise Science Students Offer Nutrition Tips" <https://yourhub.denverpost.com/blog/2023/09/health-exercise-science-students-nutrition-tips/309379/>

- 2023 **Denver Post YourHub** Community section. Collaboration with health and exercise science students: “The longest relationship we will have is with food”  
<https://yourhub.denverpost.com/blog/2023/06/healthy-eating-habits/306622/>
- 2023 **Denver Post YourHub** Community section. Collaboration with a health and exercise science student: “Becoming physically active is easier than you might think”  
<https://yourhub.denverpost.com/blog/2023/04/becoming-physically-active-is-easier-than-you-might-think/303232/>

## **Service to Regis University**

### **University**

- 2018-present Community College Relations Advisory Council, University Strategic Plan
- 2019 Title IX Subcommittee to assess men’s and women’s sport equality at Regis

### **College**

- 2020-present Rueckert-Hartman College for Health Professions Assistant Deans/ Directors Task Force

### **Department**

- 2023-present Chair, Search Committee, one full-time position at Assistant Professor rank, specifically for the HES program in the School of Physical Therapy
- 2023-present Search Committee, one full-time position at Assistant Professor rank, School of Physical Therapy
- 2023-present School of Physical Therapy Diversity, Equity and Inclusivity Committee
- 2021-present School of Physical Therapy Outcomes Committee
- 2021-present Chair/Champion, Curriculum Strategic Planning Group for School of Physical Therapy within RHCHP
- 2016-present Chair, Health and Exercise Science Curriculum Committee
- 2021-2022 Content Mentor for new faculty (exercise physiology)
- 2021 Search Committee, one full-time position at Assistant or Associate Professor rank, specifically for the HES program in the School of Physical Therapy
- 2020-2022 Content Mentor for new faculty (applied human physiology)
- 2020 Search Committee, two full-time positions at Assistant or Associate Professor rank, School of Physical Therapy
- 2019 Chair, Search Committee, Assistant Strength and Conditioning Coach, Athletics
- 2019 Chair, Search Committee, Graduate Assistant for Strength and Conditioning, Athletics

2019	Search Committee, Head Men’s and Women’s Golf Coach, Athletics
2018-2023	Exercise Task Force for DPT Curriculum Updates
2018-2021	Community Strategic Planning Group for School of Physical Therapy within RHCHP

**Other Service**

2022–present	<b>Advisory Board Member, Warren Tech</b> the designated Career and Technical (CTE) education center for Jeffco Public Schools
2023	<b>Peer Reviewer</b> of abstract submissions for National Center for Interprofessional Practice and Education NEXUS Summit 2023
2023	<b>Grant Reviewer</b> for the National Strength and Conditioning Association Foundation. The total grant amount allocated for Research Grants in 2023 was \$136,171.83, and was awarded across 10 projects.
2020	<b>SAME (So All My Eat) Café, service learning volunteer</b> with HES students at restaurant that serves the underserved by offering work exchange for food and local, healthy food at a discounted rate, one day event.
2019	<b>9Health Fair, Anschutz Medical Campus, served as exercise physiologist</b> , worked with nurse practitioner students, provided assessments of body composition to over 50 individuals in the community as part of comprehensive health screen, one day event.

**Teaching Responsibilities**

**Course Coordinator, Health and Exercise Science, Regis University, Denver, CO**

<b>Exercise Physiology</b> (HES 430)	Fall 2016 - present
<b>Exercise Physiology Lab</b> (HES 431)	Fall 2016 - present
<b>Exercise Prescription</b> (HES 434)	Spring 2020-present
<b>Exercise Prescription Lab</b> (HES 435)	Spring 2017; Spring 2020-present
<b>Nutrition Across the Lifespan</b> (HES 438)	Spring 2020 - present
<b>Internship in Health and Exercise Science</b> (HES 498)	Fall 2016 - present
<b>Applied Human Physiology</b> (HES 376)	Spring 2017 – Spring 2020
<b>Applied Human Physiology Lab</b> (HES 377)	Spring 2017 – Spring 2020
<b>Introduction to Health and Exercise Science</b> (HES 210)	Spring 2019 – Spring 2021
<b>Functional Anatomy</b> (HES 420)	Fall 2018 - 2019
<b>Functional Anatomy Lab</b> (HES 421)	Fall 2018 - 2019

**Course Coordinator, Physical Education, Regis University, Denver, CO**

**Principles of Exercise Performance and Sports Nutrition** Spring 2017

**Guest Lecturer, Entry-Level DPT Program, Regis University Denver, CO**

**Management of Applied Physiology I (DPT 708)** Fall 2019; Fall 2023

**Exercise Foundations (DPT 719)** Summer 2022 - 2023

**Exercise Applications (DPT 739)** Summer 2023

**Course Coordinator, Master's of Arts, Regis University, Denver, CO**

**Advanced Principles of Physical Conditioning (MAP 690E)** Summer 2019

**Principles of Strength and Conditioning (MAP 690I)** Fall 2017, Spring 2018

**Mentorship Roles, Regis University, Denver, CO**

**Tutorial Facilitator, DPT 770/774 Professional Issues/Case Mgmt** Fall 2023

**Faculty Advisor, CSCS Special Interest Group for DPT program** Fall 2023 – present

**Research Advisor for 3 DPT student groups** Summer 2023 – present

**Journal Club Facilitator, DPT 790 Evidence-Based Practice I** Summer 2023

**Advisor, Undergraduate Research Certificate Program** Fall 2022 – present

**Thesis Advisor, Undergraduate Honors Program** Spring 2021 – Spring 2022

**Honors and Awards**

2018. “Ron Crane Service Award” Recipient. Presented by Regis University Athletics Department. *This award is presented to one recipient per academic year to an Athletics Staff member that shows excellence in service; “going above and beyond when needed in serving the students”.*

**Grants and Funding**

2021. Regis University Provost’s Excellence Funds Grant recipient. \$4,260. Funds used for Anatomy Teaching Kits, Human Systems Models, and Exercise Lab Equipment.

**Continuing Education**

In progress Project Management Professional Certificate. Google. 6 course series: Foundations, Project Initiation, Planning, Execution, Agile Project Management, Capstone. 152 hours of online learning.

2023 Attended: 5th Annual Heartland Interprofessional Education (HIPE) Conference.

2023 Attended: 2023 Innovation Summit for Health Professions Education.



- 2023 Attended: 4th Annual Heartland Interprofessional Education (HIPE) Conference.
- 2022-2023 Regis University Leadership Institute (CHAIRS program). Monthly workshops with entire cohort. Monthly meetings with small groups. Various assessments and case studies completed.
- 2018-2019 Regis University Leadership Institute. Monthly workshops with entire cohort. Monthly meetings with small group. Various assessments and case studies completed. Ended with Capstone project “HES providing faculty and staff groups across campus exercise sessions during the lunch hour to improve productivity, morale, and health of employees”.
- 2018 Loren Landow Mentorship Program. Sport Performance / Strength and Conditioning. 3-day workshop intensive.