

Erin Choice, PhD, CSCS
Department Chair and Assistant Professor
Health and Exercise Science
School of Rehabilitative & Health Sciences
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

Other Education

- 2023 **Project Management Professional Certificate.** Google. 6 course series: Foundations,
Project Initiation, Planning, Execution, Agile Project Management, Capstone. 152 hours
of online learning.

Employment History

Academic Appointments

- 2024-present **Department Chair of Health and Exercise Science (HES)**
School of Rehabilitative & Health Sciences, Health and Exercise Science Department
Regis University, 3333 Regis Blvd. Denver, CO 80221
- Responsibilities: Provide leadership and support daily operations of the HES department within the school and college, 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) requirements, annual reports, outcomes, and website information. Hire, train, and support ranked and affiliate faculty for the department. Hire and support work study employees for the school. Support admissions events. Liaison for service learning program implementation into curriculum. Manage budget for department. Serve on school leadership team.

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.

2021-2024

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) requirements, annual reports, outcomes, and website information. Hire, train, and support affiliate faculty for the program. Hire and support work study employees for the school. Support admissions events. Liaison for service learning program implementation into curriculum.

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

2015-2021

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.

2015

Performance Center Strength and Conditioning Intern

National Strength and Conditioning Association

1885 Bob Johnson Dr., Colorado Springs, CO 80906

- Responsibilities: Created and implemented strength and conditioning programs for ages 10 to 70 at various fitness levels. Worked with supervisors/ mentors Scott Caulfield, Doug Berninger, and Aubrey Watts.

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

Certified Performance and Sport Scientist (CPSS), National Strength and Conditioning Association (NSCA), 2024 – present, Active, Certification # 7348526481

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

National Strength and Conditioning Association (NSCA), member, 2013 – present

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

Peer-Reviewed Publications

Byrnes, E., Clark, M., Downey, R., and **Choice, E.** Match Load, Positions, Formations, and Injury Susceptibility in Collegiate Men’s Soccer. *NSCA Coach* 11.3, 2024.

Choice E., Hooker, K., Downey, R., Haugh, G. A Return to Performance Framework for Strength and Conditioning Coaches to Effectively Complete the Rehabilitation Continuum After ACLR. *Strength and Conditioning Journal* (published online ahead of print 4/12/2024).
doi: 10.1519/SSC.0000000000000844

Choice E., Rinsem V., Downey, R. A Nutrition Education Service Learning Program: Development, Implementation, and Impact on Participants. *Health Education Journal* 2023, 83(3): 255-268.
doi: 10.1177/00178969241234484

Choice, E., Tufano, J, Jagger, K., Cochrane-Snyman, K. C. Match-Play External Load and Internal Load in NCAA Division II Women’s Soccer. *Journal of Strength and Conditioning Research* 2023, 37(12): 633-639. doi: 10.1519/JSC.0000000000004578

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, 46(2): 214-223. 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

Manuscripts Submitted and in Review

Choice E., Downey, R., Clark, M., Haugh, G. Professional Roles and Decision-Making in NCAA Return-from-Injury Care: A Survey of Care Team Members and Strength and Conditioning Highlights. Submitted to *NSCA Journal of Strength and Conditioning Research* on 7/30/2024.

Manuscripts in Preparation

Choice E., Clark, M., Downey, R., Short, T. Return-from-Injury Care Teams and Decision-Making in the NCAA: The Sport Scientist. To be submitted to *NSCA Journal of Strength and Conditioning Research*.

Choice E., Downey, R., Martin, K. Strength and Conditioning Coaches and Sport Scientists on NCAA Interdisciplinary Return-from-Injury Care Teams: Practical Approaches. To be submitted to *NSCA Coach*.

Downey, R. **Choice E.** Shared Decision-Making and Workplace Interprofessional Education. To be submitted to *Journal of Intercollegiate Sport*.

Downey, R. **Choice, E.** NCAA DII Athlete Experiences with Return from Injury Care: A Case Study. To be submitted to *Journal of Issues in Intercollegiate Athletics*.

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

Downey, R. and **Choice, E.** Taking Interprofessional Learning Competencies into the NCAA Workplace. 6th Annual Heartland Innovations in Interprofessional Education (HIPE) Conference. Online. 7/11/2024.

Clark, M., Byrnes, E., **Choice, E.** External Load in NCAA Men's Soccer: Do Position and Formation Matter? 2024 Rocky Mountain American College of Sports Medicine (ACSM) Conference. Colorado Springs, CO 4/12/2024.

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, LA. 7/8/2022.

Internal Research Poster Presentations

Crema, B. and **Choice, E.** Resistance Training for Anxiety and Depression: Lessons Learned. 3rd Annual Regis University Undergraduate Research Symposium. Regis University, Denver, CO 4/17/24.

Kelley, K. and **Choice, E.** Literature Review of Benefits of Isometric Exercise Poster. 3rd Annual Regis University Undergraduate Research Symposium. Regis University, Denver, CO 4/17/24.

Byrnes, E., Clark, M., and **Choice, E.** External Load, Injury and Formations in NCAA DII Men's Soccer. 3rd Annual Regis University Undergraduate Research Symposium. Regis University, Denver, CO 4/17/24.

Crema, B. and **Choice, E.** The Link Between Exercise and the Brain: A Narrative Review. 2nd 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. 2nd 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. 2nd Annual Regis University RHCHP Spring Research Symposium. Regis University, Denver, CO 3/17/23.

Peer-Reviewed Newsletter Articles

Choice, E. and Thomas, S. Translation of Collaborative Skills from Undergraduate Interprofessional Education Curriculum to the Workplace: Results of a Pilot Program. Collaborative Healthcare: Interprofessional Practice, Education and Evaluation (JCIPE). Vol 14 (1). Fall 2023-Winter 2024 edition.
<https://jdc.jefferson.edu/cgi/viewcontent.cgi?article=1206&context=jcipe>

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

Program Design 101, DPT "Strength and Conditioning Special Interest Group", Denver CO, March 2024.

VO₂max 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 with Students

- 2024 **Denver Post YourHub** Community section. Collaboration with health and exercise science and physical therapy students: “It’s not ALL about cardio. Resistance Training also improves physical and mental health”
<https://yourhub.denverpost.com/blog/2024/02/resistance-training-mental-health-benefits/315241/>
- 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

- 2023-present Regis CARES Physical Therapy Clinic Personal Training Coordinator. Recruit, hire, and train certified personal trainers, market services, pair clients with trainers, and ensure overall personal training program success. Created this program in order serve community clients and provide relevant industry experience for our health and exercise science students with mentorship opportunities.
- 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 University

College

- 2023-2024 Health Professions Summer Experience Event Committee Member. Career pathway preview for health science careers; attendees are primarily high school age. July 2024.
- 2020-2023 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 Search Committee, one full-time position at Assistant Professor rank, School of Physical Therapy
- 2023-2024 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 (member from 2016-2021; chair from 2021-present)
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	Advisory Board Member, Warren Tech the designated Career and Technical (CTE) education center for Jeffco Public Schools
2016-present	Health and Fitness Consultant. Provide health assessment and exercise program design for community members.
2023	Peer Reviewer of abstract submissions for National Center for Interprofessional Practice and Education NEXUS Summit 2023
2023	Grant Reviewer 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	SAME (So All My Eat) Café, service learning volunteer 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	9Health Fair, Anschutz Medical Campus, served as exercise physiologist, 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

Exercise Physiology (HES 430)	Fall 2016 - present
Exercise Physiology Lab (HES 431)	Fall 2016 - present
Exercise Prescription (HES 434)	Spring 2020-present
Exercise Prescription Lab (HES 435)	Spring 2017; Spring 2020-present
Nutrition Across the Lifespan (HES 438)	Spring 2020 – Spring 2023
Internship in Health and Exercise Science (HES 498)	Fall 2016 - present
Directed Independent Study: Strength & Conditioning (HES 490)	Spring 2021; Fall 2023
Applied Human Physiology (HES 376)	Spring 2017 – 2020; Spring 2024
Applied Human Physiology Lab (HES 377)	Spring 2017 – Spring 2020
Introduction to Health and Exercise Science (HES 210)	Spring 2019 – Spring 2021
Functional Anatomy (HES 420)	Fall 2018 - 2019
Functional Anatomy Lab (HES 421)	Fall 2018 - 2019

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

Principles of Exercise Performance and Sports Nutrition (PE 413)	Spring 2017
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Guest Lecturer, Entry-Level Doctor of Physical Therapy Program, Regis University Denver, CO

Management of Applied Physiology I (DPT 708)	Fall 2019; Fall 2023
Exercise Foundations (DPT 719)	Summer 2022 - 2024
Exercise Applications (DPT 739)	Summer 2023 - 2024

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, Doctor of Physical Therapy student groups Resistance Training for Mood Disorders Hip Range of Motion in Sport-Specific Subgroups	Summer 2023 – present
Journal Club Facilitator, DPT 790 Evidence-Based Practice I	Summer 2023 -2024

Advisor, Undergraduate Research Certificate Program

Resistance Training for Mood Disorders	Fall 2022 – Spring 2025
Effects of Isometric Training	Fall 2023 – Spring 2025
How Formations on the Field in Men’s Soccer Impact Load	Fall 2023 – Spring 2024

Thesis Advisor, Undergraduate Honors Program

Resistance Exercise for Mood Disorders: Perceptions Survey	Spring 2024 – Spring 2025
Use of Ultrasound for Recovery in Competitive Soccer	Spring 2021 – Spring 2022

Honors and Awards

2024 Regis University Rueckert-Hartman College for Health Professions Emerging Scholar Award Recipient. *This award is to recognize faculty with experience for excellence in scholarship, research, and creative works*

2022 Regis University Rueckert-Hartman College for Health Professions Junior Teaching Award Nominee. *This award is to recognize ranked faculty that exemplify excellence in teaching*

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

2024. Regis University Undergraduate Research, Inquiry, and Scholarly Engagement (URISE) Program Grant recipient. \$500. Funds used for isometric exercise benefits research.

2023. Regis University Undergraduate Research, Inquiry, and Scholarly Engagement (URISE) Program Grant recipient. \$500. Funds used for resistance training for mood disorders research.

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

2024	Attended: Annual Heartland Innovations in Interprofessional Education (HIPE) Conference.
2023	Attended: National Strength and Conditioning Association’s Testing, Tracking, Training 3Ts of Sport Performance Clinic.
2023	Attended: 5th Annual Heartland Interprofessional Education (HIPE) Conference.
2023	Attended: 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.