

**Anne E. Hays**  
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## **EDUCATION**

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<b>University of Pittsburgh</b> School of Education, Pittsburgh, PA Doctor of Philosophy in <b>Exercise Physiology</b> Collateral Area in <b>Aging/Chronic Disease Prevention</b>	7/2007
<b>University of Pittsburgh</b> School of Education, Pittsburgh, PA Master of Science in <b>Exercise Physiology</b>	12/04
<b>Ohio University</b> College of Education, Athens, Ohio Bachelor of Science in <b>Health Education</b> Minor in <b>Business</b>	12/97

## **ACADEMIC EXPERIENCE**

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• **University of Pittsburgh**, Clinical Instructor 08/09 – present

**Instructor:** Principles of Strength and Conditioning, Fitness for Instructors, Nutrition in Exercise and Sport, Teaching Experience I, Teaching Experience II, Sport Conditioning, Personal Fitness, First Aid/CPR, Group Fitness, Resistance Training Instructor.

**Advisor:** Advise Exercise Science and Applied Fitness minor students

**Professional Responsibilities:**

Ladies Lacrosse Advisor	2014-present
Committee Member: Community Relations Committee	2017-present
Committee Member: Minor Program Committee	2014/2015
Committee Member: University Judicial Board	2014/2015

**Fitness Coordinator:**

Oversaw graduate students instruction of physical activity classes. 08/09-05/14

• **Slippery Rock University**, Full-Time Tenure Track Faculty, Department of Exercise and Rehabilitation Sciences 08/07 – 07/09

**Instructor:** Applied Anatomy, Exercise Physiology, Exercise Leadership – Group Fitness, Wellness Promotion and Programming and Senior Synthesis.

**Academic Advisor:** Undergraduate advisees – approximately 65 students per semester

**Professional Responsibilities:**

Committee Head: Developed an early field experience for undergraduate students implemented August, 2007  
Committee Head: Social development of faculty  
Committee Member: Task force - Improvement of Writing Intensive Courses across the Curriculum  
Committee Member: Comprehensive Examination Development  
Committee Member: Departmental Curriculum  
Committee Member: Scholarship and Banquet  
Advisor: Gamma Sigma Sigma Service Sorority  
Co-Advisor: Major Fitness Club for undergraduate students  
Co-Advisor: Run Club for undergraduate students

- **Slippery Rock University**, Temporary Faculty, Department of Exercise and Rehabilitation Sciences 08/06 – 5/07

**Instructor:** Exercise Physiology, Applied Anatomy Laboratory, Exercise Leadership - Group Fitness, and Wellness Promotion and Programming.

**Academic Advisor:** Undergraduate advisees – approximately 30 students per semester

**Professional Responsibilities:**

Committee Member: Social development of faculty

Committee Member: Comprehensive examination development

Co-Advisor: Major Fitness Club for undergraduate students

Representative: Exercise Science Department during Major and Minors Expo

- **Carlow University**, Adjunct Faculty, Department of Education 8/04 - 8/06

**Instructor:** *Aerobic Exercise Principles*. Developed course requirements, created and examined assignments, assigned and graded semester term papers, assigned grades.

- **University of Pittsburgh**, Graduate Student Assistant, Department of Health and Physical Activity 8/02 - 8/06

**Graded Exercise Test, Coordinator**

-Oversaw graded exercise tests for Wellness Participants. Tested fitness parameters on participants which included: blood pressure, body composition using BIA and skinfold measures, anthropometric measures, blood draws for glucose and lipid evaluation, EKG preparation and placement, and administration of VO<sub>2max</sub> treadmill tests using the Bruce protocol. Created exercise prescriptions and performed fitness orientations for new participants.

**Wellness Program, Coordinator**

-Promoted, organized and implemented wellness seminars and annual wellness fairs. Reserved venue, contacted vendors, created banners/fliers/advertisements, obtained donations from local merchants, developed floor plan, and communicated with staff and technicians.

-Promoted Wellness Program through fliers, email, and introductory classes for faculty and staff.

-Assisted in creation and implementation of incentive programs for the wellness participants.

**Pittsburgh Performance Profile (PPP) testing**

-Conducted various fitness tests for college athletes and the Pittsburgh Bicycle Police Force.

Fitness tests included: maximal and submaximal exercise tests and

body composition using skinfold measurements, BIA, and hydrostatic weighing.

**Equipment Maintenance**

-Assisted in maintenance of metabolic analyzer, near infrared spectroscopy (NIRS) unit, EKG machine, YSI blood analyzer, and AED.

**Personal Trainer**

-Evaluated participants and created and implemented individualized exercise prescriptions for faculty and staff members of the University Wellness Program.

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**PROFESSIONAL CERTIFICATIONS**

American College of Sports Medicine – *Health Fitness Instructor (HFI)*

2004 - present

Medtex – *Phlebotomy*

2003 - 2006

American Council on Exercise – *Personal Trainer*

1999 - 2004

Aerobics and Fitness Association of America – <i>Group Fitness Instructor</i>	1995 - present
American Red Cross <i>CPR/AED/First Aid</i>	1995 - present
American Red Cross <i>CPR/AED/First Aid Instructor</i>	2013 – present

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## PROFESSIONAL ASSOCIATION MEMBERSHIPS

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Aerobics and Fitness Association of America (AFAA)  
 American College of Sports Medicine (ACSM)  
 Mid-Atlantic Regional Chapter of the American College of Sports Medicine (MARC-ACSM)

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## RELEVANT WORK EXPERIENCE

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- **Aerobics and Fitness Association of America (AFAA), Sherman Oaks, CA, Examiner** 1/98-present  
 Certify future aerobic instructors by evaluating the competency and ability of candidates
- **Macedonia Recreation Center, Macedonia, OH, Aerobics Instructor** 5/04 - 8/04  
 -Choreographed and led group fitness classes tailored for seniors in a traditional health and wellness setting.
- **Federal Occupational Health, Chicago, IL Wellness/Fitness Program Provider** 8/00-8/02  
 - Managed Regional Federal Occupational Health Wellness/Fitness sites to ensure client satisfaction.  
 - Created all budgets for Chicago Region sites.  
 - Managed projects for various agencies to build, manage and staff Wellness/Fitness Sites.  
 - Coordinated contract negotiations via interagency agreements.  
 - Coordinator of national internship program.  
 - Consulted with Federal Agencies who had interest in creating Wellness/Fitness programs.  
 - Received Honorable Achievement Award, January 2002.
- **Postal Service Fitness Center, Bloomingdale, IL Wellness/Fitness Coordinator** 10/98-8/00  
 -Managed entire staff, all health education programs, and entire fitness program.  
 -Managed yearly budget.  
 -Strengthened client satisfaction, member retention and membership sales.  
 -Facilitated opening of center in May of 1999.  
 -Hired and trained staff for all positions.  
 -Performed staff's semi-annual evaluations and set objectives for upcoming quarter.  
 -Maintained communication between the Postal Service and Federal Occupational Health, the provider of fitness services.  
 -Analyzed health history data in order to reach maximum health potential and decrease company health care costs.  
 -Provided appropriate exercise routines designed specifically for individual needs of special populations.
- **Homebodies, Inc, Chicago, IL Personal Health Coach** 10/98-7/02  
 -Assisted clients in achieving personal health goals.
- **Federal Occupational Health Chicago, IL Wellness/Fitness Specialist** 4/97-10/98  
 -Managed wellness programs including weight management and stress management.  
 -Managed the aerobic program including scheduling, staffing and member satisfaction.  
 -Performed and evaluated fitness assessments and reviewed them with clients.  
 -Lectured on various health related topics to Federal Agencies.  
 -Designed and implemented all health promotion programs.

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## TEACHING EXPERIENCE

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- Resistance Training Instructor* spring 2015 - present  
 Taught advanced strength training methods and instructor competencies

- <i>Principles of Strength and Conditioning, Instructor</i>	9/09-present
Taught the basics principles of exercise programming as it relates to athletic performance and skill.	
- <i>Fitness for Instructors, Instructor</i>	9/09-present
This class is designed to prepare the student to complete the ACSM Certified Personal Training certification.	
- <i>Nutrition in Exercise and Sport, Instructor</i>	9/09-present
Taught the basic nutritional information as it pertains to sport and exercise performance to undergraduate students. Topics included weight reduction, gain, and management, nutritional requirements for athletic performance, maintenance of a healthy lifestyle, proper eating habits, fad diets, disordered eating and supplementation.	
- <i>Teaching Experience I and II, Instructor</i>	9/09-present
Oversee students in teaching assignments where students learn how to apply concepts of exercise testing and prescription.	
- <i>Sport Conditioning, Instructor</i>	9/09-present
Taught basic skills related to sport performance and exercise training associated with various sports.	
- <i>Personal Fitness, Instructor</i>	9/09-present
Taught basic fitness concepts as they pertain to health and performance.	
- <i>Group Fitness, Instructor</i>	9/09-present
Lead students through a variety of safe and effective exercises designed to improve general fitness levels.	
- <i>Worksite Wellness Promotion and Programming, Instructor</i>	1/07 – 4/09
Course content consists of wellness and health promotion in various settings with emphasis on programming, planning, implementation and evaluation of successful programs.	
- <i>Exercise Leadership – Group Fitness, Instructor</i>	1/07 – 4/09
Instruct exercise leadership with respect to physiological and biomechanical principles. Topics include choreography, safety, modifications for special populations, and current trends in the area of group fitness.	
- <i>Applied Anatomy and Laboratory, Instructor</i>	8/07 -4/09
Taught muscular and structural anatomy as related to scientifically sound and practical exercise programs.	
- <i>Exercise Physiology, Instructor</i>	8/06 – 5/07
Instruct lecture and laboratory experiences examining multiple aspects of exercise physiology. Topics include: energy metabolism, and expenditure, neuromuscular physiology, pulmonary physiology, central and peripheral adaptations to exercise, body composition, nutrition, ergogenic aids and environmental factors of exercise.	
- <i>Applied Anatomy Laboratory, Instructor</i>	8/06 - 12/06
Taught muscular and structural anatomy as related to scientifically sound and practical exercise programs.	
- <i>Senior Synthesis, Instructor</i>	1/08-3/08
Instruct students on management of clients, which allows them to apply knowledge and skills in a practical worksite setting.	
- <i>Group Fitness Classes, Instructor</i>	8/02 - 8/06
Aerobic Mix (Step, Hi/Lo, Boot Camp, Stability Ball, Resistance Training, Kickboxing)	
Water Aerobics	
Body Sculpting	
Weight Training	
- <i>Personal Fitness, Instructor</i>	8/02-8/06
- <i>Orientation to Graded Exercise Testing (GXT), Teaching Assistant</i>	8/03 - 8/06
Provided graduate students with the knowledge and practical experiences needed to develop technical laboratory skills associated with the administration and evaluation of graded exercise tests.	
- <i>Advanced Exercise Physiology, Lab Instructor</i>	8/03 - 8/06
Instructed graduate level laboratory experiments focusing on the circulatory and respiratory responses to exercise, respiratory metabolic measurement, identification of the lactate and ventilatory thresholds, assessment of maximal oxygen uptake, measurement of energy cost during physical activity, assessment of perceived exertion and the assessment of body composition.	
- <i>Aerobics for Instructors, Instructor</i>	1/04 - 4/05
Instructed and prepared students to teach various components of aerobic exercise including hi/lo, step, fitness boxing, water aerobics, body sculpting, circuit training and stability ball training. This class prepared students to take the AFAA written and practical certification exam.	
- <i>Exercise Testing, Prescription, and Supervision, Lab Instructor</i>	1/03 - 4/04
Taught graduate students the proper methods and procedures used to measure blood pressure, heart rate, body composition, VO2 submaximal and maximal treadmill tests, cycle ergometry tests, EKG preparation and placement.	

-Advanced Exercise Physiology, <b>Lecturer</b>	10/03
“Central Oxygen Transport/Peripheral Oxygen Extraction: Rate limiting factors during exercise”	
-Exercise Testing, Prescription, and Supervision, <b>Lecturer</b>	2/04
“Muscle Physiology; Cardiovascular and Respiratory Adaptations to Chronic Training”	

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## DIRECTED STUDY

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<b>Cardiovascular Heart Institute</b> , Pittsburgh, PA, <b>University of Pittsburgh Medical Center</b>	1/04 - 1/05
• Assisted in NIH funded grant “Heart Score”. Evaluated subject’s cardiovascular health status. Counseled clients on healthy lifestyle practices.	

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## RESEARCH

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*Critical Observation of Rectus Abdominis using EMG*  
Lynn, J., **Hays, A.**, Smith, K.

*Validation of Bioelectrical Impedance Analyzers as a Measure of Percent Body Fat*  
**Hays, A.**, Smith, K., Lynn, J.

*The Effect of Submaximal Exercise and Hydration Status on Bioelectrical Impedance Analysis*  
Smith, K., **Hays, A.**, Lynn, J.

*Examination of a Single-Stage Submaximal Treadmill Test to Estimate Aerobic Capacity*  
Lynn, J., Smith, K., **Hays, A.**

*The effect of an acute bout of aerobic exercise on Dehydroepiandrosterone in clinically diagnosed bipolar subjects*  
**Hays, A.**, Goss, F., Friedman E., Nagle, E., Abt, K., Aaron, D.

*Validation of a seven-day perceived exertion recall questionnaire for adults performing walking and running exercise*  
Robertson, R., Goss, F., Aaron D., Nagle, E., Gallagher Jr., M., Weary, K., Gairola, A., Thekkada, S., **Hays, A.**, Ghigiarelli, J.

*Relationship between skeletal muscle deoxygenation and ratings of perceived exertion during resistance exercise*  
Goss, F., Robertson, R., Randall, C., **Hays, A.**, Ghigiarelli, J., Weary, K., Gallagher Jr., M.

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## GRANTS

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<b>Slippery Rock University</b> Student Health Assessment Project Award: \$944.00	3/08
<b>Slippery Rock University</b> , Co-Author Examining the validity of BIA to estimate body fat pre-and post-exercise Award \$3703.00	3/07
<b>Slippery Rock University</b> , Co-Author Examination of Abdominal Exercise Machines using Electromyography Award: \$2075.00	3/07
<b>University of Pittsburgh</b> , School of Education Grant Dehydroepiandrosterone in an acute bout of aerobic exercise in clinically diagnosed bipolar subjects. Award: \$1500	12/04

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## PUBLICATIONS

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Comparison of 8 Abdominal Exercises Using EMG, RPE, and Exercise Preference

Roberts, J., Brett, S., Patton, J., Henderson, J., Lillvik, S., **Hays, A.**, Smith, K., Lynn, J. *Medicine and Science in Sports and Exercise*. 41(5) Supplement, May 2009.

The Effect of Submaximal Exercise and Hydration Status on Bioelectrical Impedance Analysis

Smith, K., **Hays, A.**, Lynn, J. *Medicine and Science in Sports and Exercise*. 41(5) Supplement, May 2009.

Validation of Bioelectrical Impedance Analyzers as a Measure of Percent Body Fat

**Hays, A.**, Smith, K., Lynn, J. *Medicine and Science in Sports and Exercise*. 41(5) Supplement, May 2009.

Hormonal and Perceptual Changes in Bipolar Subjects after Acute Aerobic Exercise.

**Hays, A.**, Goss, F., Aaron, D., Abt, K., Friedman, E., Gallagher, M., Nagle, E. *Medicine and Science in Sports and Exercise*. 40(5) Supplement, May 2008.

Relation Between Ratings of Perceived Exertion and Skeletal Muscle Deoxygenation During Resistance Exercise

Goss, F., Robertson, R., Gallagher, M., **Hays, A.**, Smith, K., Randall, C. *Medicine and Science in Sports and Exercise*. 40(5) Supplement, May 2008.

*Prediction of  $VO_{2peak}$  using RPE (Omni Scale) from a submax cycle ergometer test*

Mays, R., Gallagher, Jr., **Hays, A.**, Lerner, S., and Goss, F. (FACSM) *Medicine and Science in Sports and Exercise*. 39(5) Supplement, May 2007.

*Ratings of Perceived Exertion during Isotonic upper and Lower Body Resistance Exercise.*

Goss, F., Robertson, R., Gallagher, Jr., **Hays, A.**, Weary, K., Randall, C. *Medicine and Science in Sports and Exercise*. 39(5) Supplement, May 2007.

*Development of a Physical Activity Index for walking/running using RPE and pedometer step count*

Weary, K., **Hays, A.**, Gallagher Jr., M., Nagle, E., Goss, F., Aaron, D., and Robertson, R. *Medicine and Science in Sports and Exercise*. 38(5) Supplement, May 2006.

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## PROFESSIONAL PRESENTATIONS

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**PINE RICHLAND TEACHER IN-SERVICE**, Gibsonia, PA

2/2019

• *Embedding Physical Activity into Every Child's Day*

Hays, A., Sherman, S., Cafeo, C.

**REGIONAL ACSM ANNUAL MEETING**, Harrisburg, PA

11/09

• *Comparison of 8 Abdominal Exercises Using EMG, RPE, and Exercise Preference*

Roberts, J., Brett, S., Patton, J., Henderson, J., Lillvik, S., **Hays, A.**, Smith, K., Lynn, J.

**NATIONAL ACSM ANNUAL MEETING**, Seattle, WA

5/2009

• *The Effect of Submaximal Exercise and Hydration Status on Bioelectrical Impedance Analysis*

Smith, K., **Hays, A.**, Lynn, J.

**NATIONAL ACSM ANNUAL MEETING**, Seattle, WA

5/2009

• *Validation of Bioelectrical Impedance Analyzers as a Measure of Percent Body Fat*

**Hays, A.**, Smith, K., Lynn, J.

**NATIONAL ACSM ANNUAL MEETING**, Seattle, WA

5/2009

• *Examination of a Single-stage Submaximal Treadmill Test to Estimate Aerobic Capacity*

Lynn, J., Smith, K., **Hays, A.**

**REGIONAL ACSM ANNUAL MEETING**, Harrisburg, PA

11/08

• *The effect of Submaximal Exercise and Hydration Status on Bioelectrical Impedance Analysis.*

Prokop, M., Miller, J., Pinkney, A., Nardozza, W., Pomerico, C., Zeller, N., Mentch, M, Gebhard, J., Velez, M., Vogt, K., Swiedom, T., Knechtges, M., Campbell, A., **Hays, A.**, Lynn, J., & Smith, K.

**REGIONAL ACSM ANNUAL MEETING, Harrisburg, PA** 11/08

• *Validation of Bioelectrical Impedance Analyzers as a Measure of Percent Body Fat.*

Mentch, M., Gebhart, J., Knechtges, M., Swiedom, T., Campbell, A., Miller, J., Nardozza, W., Pinkney, A., Pomerico, C., Prokop, M., Velez, M., Vogt, K., Zeller, N., Lynn, J., **Hays, A.** & Smith, K.

**REGIONAL ACSM ANNUAL MEETING, Harrisburg, PA** 11/08

• *Examination of a Single-Stage Submaximal Treadmill Test to Estimate Aerobic Capacity*

Zeller, N., Vogt, K., Velez, M., Campbell, A., Gebhart, J., Knechtges, M., Mentch, M., Miller, J., Nardozza, W., Pinkney, A., Pomerico, C., Prokop, M., Swiedom, T., **Hays, A.**, Smith, K., & Lynn, J.

**NATIONAL ACSM ANNUAL MEETING, Indianapolis, IN** 5/08

• *Hormonal and Perceptual Changes in Bipolar Subjects after Acute Aerobic Exercise.*

**Hays, A.**, Goss, F., Aaron, D, Abt, K., Friedman, E., Gallagher, M., Nagle, E.

**REGIONAL ACSM ANNUAL MEETING, Harrisburg, PA** 11/07

• *The Effect of an Acute Bout of Aerobic Exercise on DHEAS levels in Clinically Diagnosed Bipolar Subjects.*

**Hays, A.**, Goss, F., Friedman, E., Nagle, E., Aaron, D., Abt, K., Gallagher, M.

**UNIVERSITY OF PITTSBURGH ACSM-HFI REVIEW, Pittsburgh, PA** 6/07

• *Human Behavior and Counseling – Preparation for ACSM-HFI Examination.*

**Regional Invited Lecturer**

**SLIPPERY ROCK UNIVERSITY RESEARCH SYMPOSIUM, Slippery Rock, PA** 2/07

• *The Effect of an Acute Bout of Aerobic Exercise on DHEAS levels in Clinically Diagnosed Bipolar Subjects.*

**Hays, A.**, Goss, F., Friedman, E., Nagle, E., Aaron, D., Abt, K., Gallagher, M.

**NATIONAL ACSM ANNUAL MEETING, Denver, CO** 6/06

• *Development of a Physical Activity Index for walking/running using RPE and pedometer step count*

Weary, K., **Hays, A.**, Gallagher, M., Nagle, E., Aaron, D., Goss, F., Robertson, R.

**ACADEMIC RESEARCH CONFERENCE, University of Pittsburgh** 3/06

• *Development of a Physical Activity Index for walking/running using RPE and pedometer step count*

Weary, K., **Hays, A.**, Gallagher, M., Nagle, E., Aaron, D., Goss, F., Robertson, R.

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## **PROFESSIONAL DEVELOPMENT**

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<b>Campus Security Authority Training</b>	March 2015
<b>Active Shooter Training</b>	June 2014
<b>CHES Research Roundtable</b>	January 2008
<b>Bodies Exhibit Educators Workshop</b>	October 2007
<b>Professional Development Workshop</b>	fall 2007
<b>FYRST Seminar Instructor Development Workshop</b>	2007
<b>Professional Development Workshop</b>	spring 2007
<b>American College of Sports Medicine, Annual Scientific Meetings</b>	2003 – 2009
<b>American College of Sports Medicine Health Fitness Instructor Workshop</b>	2004
<b>Professional Development Day</b>	2006 - 2008
<b>Mid-Atlantic American College of Sports Medicine, Annual Scientific Meetings</b>	2003 - 2006

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## **COMMUNITY SERVICE**

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<b>Pine Richland School District Wellness Advisory Committee Member</b>	2016-present
<b>Pine Richland School District Internship Supervisor</b>	spring 2019

<b>Ladies Lacrosse Team Faculty Supervisor</b>	2014-2019
<b>Mid-American Regional Chapter of ACSM</b>	8/07- 2010
<b>Gamma Sigma Sigma Advisor</b>	6/07- 4/09
<b>Slippery Rock Senior Center</b>	8/07- 4/09
- Provide health awareness seminars to senior citizens	
<b>HealthFest Contributor</b>	10/07 - 4/09
- Provided education at annual health fair	
<b>Three Rivers Adaptive Sports</b>	7/07 - 4/09
- SRU Representative	
- Volunteer to assist disabled with water-ski clinic	
- Coordinated student volunteers	
<b>AFAA certification coordinator at SRU</b>	4/07 - 4/09
<b>Mercer Area Schools Health Council Annual Health and Wellness Fair</b>	1/2007
- Conducted fitness screenings for faculty in-service day	

## **AWARDS**

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Lambda Sigma Excellence in Teaching Award – Department of Exercise and Rehabilitative Science, Slippery Rock University	4/09
Nomination for President’s Award for Excellence in Teaching	10/07, 10/08
Academic Achievement Award - Department of Health and Physical Activity, University of Pittsburgh	4/07
Graduate Honorable Mention Award – Department of Health and Physical Activity, University of Pittsburgh	1/07
Graduate Honorable Mention Award – Department of Health and Physical Activity, University of Pittsburgh	4/06
Graduate Student Investigator Research Award (MARC-ACSM)	11/05
Graduate Student Assistantship, Department of Health and Physical Activity, University of Pittsburgh	8/02 - 8/06
Honorable Achievement Award, Federal Occupational Health	1/02
Outstanding Graduate in Health Education Award	1997
Dean’s List	1995 - 1997
Financial Scholarship for Leadership	1995

## **LABORATORY EQUIPMENT COMPETENCIES**

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Parvo-Medics Respiratory Metabolic Cart  
 Schiller EKG Machine  
 Run-Man NIRS Unit  
 Hydrostatic Underwater Weighing  
 YSI Blood Analyzer  
 Tanita Bioelectrical Impedance Analyzer  
 Polar Heart Rate Monitor

## **SKILL COMPETENCIES**

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Heart rate  
 Blood Pressures  
 Anthropometric measures  
 Body composition (skinfolds, BIA, underwater weighting)  
 EKG preparation, placement, and interpretation  
 Various submaximal and maximal treadmill, cycle, and step tests  
 Various flexibility and strength tests  
 Phlebotomy



SPSS Statistical Program

Microsoft Office (Word, Excel, Powerpoint, Publisher, and FrontPage)