

Ashley M. Bruce, M.S., ACSM-EP, EIM, FMSC2

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EDUCATION

- Ph.D. (Expected 2024) **University of Georgia**, Athens, Georgia
College of Education
Doctor of Philosophy in Kinesiology: Exercise Physiology
3.76/4.00 GPA; all coursework completed (40 credit hours)
Dissertation Topic: *“Associations Between Physical Activity Timing, Personality Characteristics, and Physical Activity Goals in Women”*
- Graduate Certificate (2020) **University of Georgia**, Athens, Georgia
College of Public Health
Obesity and Weight Management Graduate Certificate
- M.S. (2014) **Western Michigan University**, Kalamazoo, Michigan
College of Education
Master of Science in Exercise and Sports Medicine:
Exercise Physiology concentration
3.90/4.00 GPA
- B.S. (2012) **Western Michigan University**, Kalamazoo, Michigan
College of Education
Bachelor of Science in Exercise Science
Biological Sciences minor
Dean’s List recipient

UNIVERSITY ADMINISTRATIVE APPOINTMENTS

- 2016-Present **Exercise Science Internship Coordinator**
Department of Kinesiology
University of North Georgia, Dahlonega, Georgia
- Oversees the Exercise Science Internship Program, placing 30-60 students per academic year at various sites.
 - Collaborates with University Counsel in drafting affiliation agreements with sites.
 - Tracks affiliation agreements and maintains active contracts.
 - Supports the College of Education and Career Services with student preliminary internship documentation.

2014-2016 **Internship Coordinator**
Department of Kinesiology
Coastal Carolina University, Conway, South Carolina

UNIVERSITY TEACHING APPOINTMENTS

2023-Present **Instructor (promotion)**
Department of Kinesiology
University of North Georgia, Dahlonega, Georgia

2022-2023 **Senior Lecturer (promotion)**
Department of Kinesiology
University of North Georgia, Dahlonega, Georgia

2016-2022 **Lecturer**
Department of Kinesiology
University of North Georgia, Dahlonega, Georgia

2016 **Teaching Associate**
Department of Kinesiology
Coastal Carolina University, Conway, South Carolina

2014-2016 **Lecturer**
Department of Kinesiology
Coastal Carolina University, Conway, South Carolina

2012-2014 **Graduate Teaching Assistant**
Department of Human Performance and Health Education
Western Michigan University, Kalamazoo, Michigan

UNIVERSITY RESEARCH APPOINTMENTS

2018-2019 **Graduate Research Assistant**
Department of Kinesiology
Institute of Higher Education
University of Georgia, Athens, Georgia

UNIVERSITY COURSES TAUGHT

University of North Georgia

KINS 4490	Internship in Exercise Science
KINS/GERO 4160	Healthy Aging and Physical Activity (online format)
KINS 4XXX	Health and Fitness Practicum

KINS 4435	Professional Development (face-to-face, hybrid, and online formats)
KINS 4430/L	Exercise Leadership/Exercise Leadership Lab (face-to-face, hybrid and online formats)
KINS 3380/L	Exercise Testing and Prescription/Exercise Testing and Prescription Lab
KINS 3012	Introduction to Strength and Conditioning
KINS 2100	Introduction to Kinesiology (face-to-face and hybrid formats)

Coastal Carolina University

EXSS 495	Internship in Exercise and Sport Science
EXSS 490	Seminar in Exercise and Sport Science
EXSS 205	Introduction to Exercise and Sport Science

Western Michigan University

HPHE 3460	Physical Education Methods: Special Populations (Practicum Component)
HPHE 3150	Measurement, Evaluation, and Statistics for Exercise Science, Health, and Physical Education (lab)
PEGN 1380	Rock Climbing
PEGN 1390	Relaxation
PEGN 1730	Health and Wellness (lab), Jogging activity
PEGN 1760	Health and Wellness (lab), Racquet Sports activity
PEGN 1750	Special Activities - Yoga
PEGN 1770	Health and Wellness (lab), Climbing Techniques

HUMAN PERFORMANCE LABORATORY SKILLS

- iDXA (GE Healthcare)
- BOD POD (COSMED)
- Aerobic and anaerobic assessments
- K5 (COSMED)
- FMS Screening
- Various anthropometric and body composition assessments

UNIVERSITY GUEST LECTURER

University of North Georgia, Student Conference on Leadership (October 2016)

Topic: "Interviewing Etiquette: How to be a Successful Candidate!"

- Received highest score ("Very Satisfied") from all student evaluations on satisfaction of overall session topic.
- Received highest score ("Yes") from all student evaluations on gaining new insight of session topic.

Coastal Carolina University, Alpha Xi Delta, Sorority (March 2015)

Topic: “Healthy Living for College-Aged Women”

Western Michigan University, FYE 2100: First Year Experience course (March 2014)

Topic: “High Intensity Interval Training”

UNIVERSITY CERTIFICATIONS

- 2020 **Biomedical Responsible Conduct of Research Certified**, Collaborative Institutional Training Initiative (CITI), University of Miami.
- 2020 **Biomedical Research- Basic/Refresher Certified**, Collaborative Institutional Training Initiative (CITI), University of Miami.
- 2018 **Social & Behavioral Research Certified**, Collaborative Institutional Training Initiative (CITI), University of Miami.
- 2017 **Facilitating Learning Online Certified (F.L.O.C.)**, Distance Education and Technology (DETI), University of North Georgia.
- 2015 **Distance Learning Certified**, Centers for Teaching Excellence to Advance Learning (CeTEAL), Coastal Carolina University.

UNIVERSITY SERVICE

- 2023 **Assistant/Associate Professor Search Committee**, Department of Kinesiology, University of North Georgia.
- 2023 **Non-Tenure Track Affairs Committee**, University of North Georgia.
- 2016- Present **Exercise Science Workgroup and Curriculum Committee**, Department of Kinesiology, University of North Georgia.
- 2016- Present **Exercise Science Admissions Committee**, Department of Kinesiology, University of North Georgia.
- 2016- Present **Academic Advisor**, Department of Kinesiology, University of North Georgia. Advisees 60-70 undergraduate students.
- 2020-2021 **Evaluation and Development Committee: KINS 2100 (Introduction to Kinesiology)**, Department of Kinesiology, University of North Georgia.

- 2020 **Assistant/Associate Professor Search Committee**, Department of Kinesiology, University of North Georgia.
- 2017- 2019 **Certified Health Professional and Faculty Supervisor**, “Exercise is Medicine on Campus (EIM-OC)”, University of North Georgia. Affiliation with the American College of Sports Medicine.
- 2017- 2018 **Faculty Co-Advisor**, Kinesiology Student Club, Department of Kinesiology, University of North Georgia.
- 2016 **Limited-Term Faculty Search Committee**, Department of Kinesiology, University of North Georgia.
- 2016 **Field Experience Committee**, Department of Kinesiology University of North Georgia.
- 2016 **Faculty Judge**, Undergraduate Research Competition, Coastal Carolina University.
- 2015 **Website Moderator and Committee**, Department of Kinesiology, Coastal Carolina University. Completed Information Technology Services course for Terminal Four training.
- 2015 **CCU Exercise Science Facebook Page Co-Administrator**, Department of Kinesiology, Coastal Carolina University.
- 2015 **Lecturer Search Committee**, Department of Kinesiology, Coastal Carolina University.
- 2015 **Faculty Judge**, Undergraduate Research Competition, Coastal Carolina University.
- 2014 **Assessment and Evaluation Committee**, Department of Kinesiology, Coastal Carolina University.

UNIVERSITY LEADERSHIP AND AWARDS

- 2022 **Service Award, Five Years of University Service**, University of North Georgia.
- 2020-2021 **Presidential Incentive Award, Presidential Innovation Award Recipient**, \$5000, University of North Georgia.

- 2018-2019 **Faculty Development in Georgia, Award Recipient**, University of Georgia.
- 2014 **Female Fitness Employee of the Year, Award Recipient**, Student Recreation Center, Western Michigan University.
- 2014 **Student Employee of the Year, Nominee**, Western Michigan University.
- 2013 **Fitness Employee of the Month, September Award Recipient**, Student Recreation Center, Western Michigan University.

UNIVERSITY RESEARCH: CONFERENCE PRESENTATIONS

Soto, M., Jakiel, A., Mansor, L., Alden, N., Milian, M., Crowe, R., Dashiell, J., Sanders, S., Alvarez, J., Bruce, A., Podsen, S., Fordham, S., & Hyde, P (2022). *Metabolic effects of R-1,3 butanediol (KETONEIQ) during aerobic and anaerobic exercise bouts*. University of North Georgia, Dahlonega, GA. Health Via Modern Nutrition (HVMN), Miami, FL. The American College of Sports Medicine, Southeast Conference, 2023.

Alvarez, J., Bruce, A., Podsen, S., Fordham, S., Jakiel, A., & Hyde, P (2022). *The mental health of collegiate student-athletes: a comparison of stress between male and female collegiate student-athletes*. University of North Georgia, Dahlonega, GA. The American College of Sports Medicine, Southeast Conference, 2023.

Palevo, G., Bruce, A., Bridges, K., Parham, J., & Weedy, S. (2018). *Evaluation of the impact of high-performance nutrition and body composition in cadets: correlation between body composition and grade point average*. University of North Georgia, Dahlonega, GA. The American College of Sports Medicine, Southeast Conference, 2019.

RESEARCH INTERESTS

Physical activity and measurement, timing of physical activity and exercise, high-intensity interval training, personality characteristics and physical activity, and weight management.

LITERATURE REVIEW (UNPUBLISHED)

Bruce, A. (2020). *COVID-19, cardiovascular disease, and obesity*. University of Georgia, College of Public Health.

PROFESSIONAL CERTIFICATIONS

- 2023 **enCORE Operator Training**, GE Healthcare, iDXA

- 2018 **Functional Movement Screen Level 2**, Functional Movement Systems.
- 2017 **Functional Movement Screen Level 1**, Functional Movement Systems.
- 2016 **Exercise Is Medicine**, the American College of Sports Medicine.
- 2013 **Certified Exercise Physiologist**, the American College of Sports Medicine.

PROFESSIONAL AFFILIATIONS

- 2017-Present **Member**, Functional Movement Systems.
- 2015-Present **Member**, the American College of Sports Medicine, Southeast Chapter.
- 2012 **Student Member**, the American College of Sports Medicine, Midwest Chapter.

PROFESSIONAL SERVICE

Book Reviewer, *Wolters Kluwer Health, the American College of Sports Medicine's Introduction to Exercise Science, 2nd Edition*. February 2015.

PROFESSIONAL EXPERIENCE

- 2014-2016 **Personal Trainer**, *Coastal Carolina University, HTC Student Recreation and Convocation Center, Conway SC*. Assisted Facilities Coordinator in development of body composition program for all patrons at the university. Trained students to properly measure body composition. Created group exercise prescriptions for the eight-week "Chant Fit" training program for students and faculty. Utilization of proper form and motivation of clients was highly practiced.
- 2012-2014 **Personal Trainer**, *Student Recreation Center, Western Michigan University, Kalamazoo MI*. Built exercise programs; individualized for every client's specific health and fitness goals. Maintained long-term faculty and student clients for entire career. Specialized in weight-loss and endurance-based clients.

- 2012-2014 **Health Fitness Specialist, EXOS/MediFit Corporate Services Inc., Zoetis Fitness Center, Kalamazoo MI.** Performed fitness assessments including body composition measurements, cardiovascular evaluation, muscular fitness tests, flexibility test, and equipment orientations for members. Facilitated daily operations of the fitness center such as attendance tracking and other administrative tasks, while interacting and communicating with members regarding program promotions, exercise education and casual conversation.
- 2012 **Program Manager (Corporate Wellness) Intern, EXOS/MediFit Corporate Services Inc., Zoetis Fitness Center, Kalamazoo MI.** Created a two-week wellness challenge involving 10 different events testing Health and Skill-Related Physical Fitness Components and assessments from ACSM Guidelines. Member participation was 22% by utilizing marketing and motivation strategies 68% of those completed more than half of the events. Developed and coached personalized exercise programs for members on core strength, upper and lower body strength, and stretching routines. Designed and conducted total body toning classes with rotating stations targeting different muscle groups that included at least one of our featured programs.
- 2012 **Adaptive Physical Education Intern, Special Olympics, Western Michigan University, Kalamazoo MI.** Guided athletes through proper warm up, varied sport practices, teamwork skills, and stretching routines in a safe manner. Measured, analyzed, and determined specific goals specialized for every athlete for the purpose of improving skill and adaption to physical activities.

PROFESSIONAL CONFERENCES ATTENDED

- 2023 **The American College of Sports Medicine, Southeast Chapter (SEACSM) Annual Meeting.** Earned 18 continuing education units.
- 2022 **The American College of Sports Medicine, Southeast Chapter (SEACSM) Annual Meeting.** Earned 18 continuing education units.
- 2021 **The American College of Sports Medicine, Southeast Chapter (SEACSM) Annual Meeting.** Earned 15 continuing education units.

- 2019 **The American College of Sports Medicine**, Southeast Chapter (SEACSM) Annual Meeting. Earned 18 continuing education units.
- 2018 **The American College of Sports Medicine**, Southeast Chapter (SEACSM) Annual Meeting. Earned 18 continuing education units.
- 2017 **Functional Movement Systems**, Functional Movement Screening (FMS) Level 1 and 2 Workshop.
- 2017 **The American College of Sports Medicine**, Southeast Chapter (SEACSM) Annual Meeting. Earned 18 continuing education units.
- 2016 **The American College of Sports Medicine**, Southeast Chapter (SEACSM) Annual Meeting. Earned 16 continuing education units.
- 2015 **The American College of Sports Medicine**, Southeast Chapter (SEACSM) Annual Meeting. Earned 17 continuing education units.
- 2012 **The American College of Sports Medicine**, Midwest Chapter (MWACSM) Annual Meeting.

VOLUNTEER EXPERIENCE

- 2014-2015 **Treasurer and Volunteer “Angel”**, Ainsley’s Angels of America, South Carolina Chapter. Aided in marketing for this 501 c-3 non-profit organization with local vendors. Participated in endurance-based events while pushing the “Captains” through races in adaptive carts. Helped with equipment set-up and take-down. Ensured safety to all “Captains” during race and communicated with family members.
- 2013-2014 **Volunteer “Angel”**, My Team Triumph, Southwest Chapter, Michigan. Participated in endurance-based events while pushing the “Captains” through races in adaptive carts. Ensured safety to all “Captains” during race and communicated with family members.
- 2012 **Student Volunteer**, Special Olympics, Southwest Chapter, Michigan.