

# Charles W. Burrage, Jr.

## EDUCATION

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**Ed.D., Innovation & Leadership**, Wilmington University, New Castle, DE

Dissertation: The Effects of a 10-Week Personal Fitness Course on the Attitudes and Behaviors of Community College Students (January, 2007)

**M.S., Kinesiology**, West Chester University, West Chester, PA

Concentration: Exercise and Sport Physiology (August, 1996)

Thesis: Effects of Caffeine Ingestion on Sprint Performance

**B.S., Physical Education**, West Chester University, West Chester, PA

Concentration: Fitness Specialist (December, 1992)

Minor: Health Education

## PROFESSIONAL EXPERIENCE

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**University of North Georgia**, Watkinsville, GA

Jan 2013 – Present

**Professor, Department of Health, Physical Education & Recreation (Aug 2006 – Present)**

- Current program coordinator for Department of Health, Physical Education, & Recreation
- Instruct physical education, athletic training, and exercise science majors in graduate program
- Develop curriculum for new online courses and revise curriculum for existing graduate courses
- Advise undergraduate exercise science, physical education, and sport management majors
- Active member of various campus-wide committees

**Gainesville State College**, Oakwood & Watkinsville, GA

Aug 2006 – Jan 2013

**Professor, Division of Education, Health & Wellness (Aug 2006 – Jan 2013)**

- Program Coordinator for Department of Health & Physical Education
- Former Instructional Coordinator for Department of Health & Wellness
- Instruct personal trainers and pre-fitness professionals in Exercise Science program
- Develop curriculum for new division courses and revise curriculum for existing courses
- Advise exercise science and education majors
- Design and instruct distance learning courses within the department
- Active member of various campus-wide committees

**Bucks County Community College**, Newtown, PA

Aug 1998 – Aug 2006

**Associate Professor, Health, Physical Education & Nursing Dept. (Aug 2000 – Aug 2006)**

- Teach various health, physical education, and physical activity courses
- Assist with curriculum development and revision to ensure continued accreditation
- Advise physical education and nursing majors
- Design and instruct distance learning courses within the department
- Active member of various campus-wide committees

**Head Volleyball Coach (2000 – 2004)**

- Planned and coordinated all team-related activities and travel  
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- Conducted team practices and physical conditioning programs
- Recruited, advised, and mentored student-athletes
- Coordinated and monitored student-athlete eligibility

**Assistant Basketball Coach (2000 – 2001)**

- Assisted with recruitment and eligibility efforts
- Assisted with game preparation and strategy
- Conducted practices, strength and conditioning programs, and travel

**Wellness Center Coordinator/Adjunct Faculty (Aug 1998 – Aug 2000)**

- Planned and coordinated wellness programs for all students, faculty, and staff
- Performed physical fitness assessments, personal training, and provided nutritional counseling to the Wellness Center membership
- Served as strength and conditioning coach to the athletic teams
- Provided daily leadership and supervision to college student work study

**Central Branch YMCA of Philadelphia and Vicinity, Philadelphia, PA**

Apr 1997 – Aug 1998

**Director of Personal Training/Physical Fitness Testing (Apr 1998 – Aug 1998)**

- Provided daily leadership and guidance to a staff of Nationally Certified Personal Trainers
- Coordinated all sport-specific training and conditioning programs for the membership and guests
- Performed comprehensive fitness testing for the membership and guests
- Performed comprehensive physical fitness and criterion testing for the Septa Transit Police Department
- Tenure Award Forthcoming (Fall 2006)

**Physical Director (Apr 1997 – Apr 1998)**

- Directed the daily operations at a 66,000 square foot fitness facility
- Provided direct and indirect supervision to over 40 employees
- Recruited, trained, and supervised the staff of the fitness and aerobics departments
- Coordinated sports leagues, tournaments, and special programs
- Provided internship opportunities for Temple University's physical education major students

**The Fitness Company at Franklin Plaza, Philadelphia, PA**

Aug 1996 – Apr 1997

**Fitness Counselor**

- Served as exercise leader and personal trainer
- Performed comprehensive exercise testing for club members
- Initiated membership retention efforts

**West Chester University Fitness Center, West Chester, PA**

Sept 1994 – May 1996

**Fitness Center Coordinator (Sept. 1995 – May 1996)**

- Served as supervisor at an on-campus fitness facility for students, faculty, and staff
- Trained, supervised, scheduled, and evaluated 20 undergraduate student workers
- Trained students and staff in proper utilization of exercise equipment

**Assistant Track Coach: Department of Athletics (1994 – 1996)**

- Supervised and directed the men's and women's sprint teams
- Directed on-campus recruitment efforts
- Developed and implemented year-round conditioning programs for sprint team members

### SUMMARY OF PROFESSIONAL ACTIVITIES

**Developed Online PHED 7140 Course** – University of North Georgia Department of Health, Physical Education & Recreation, 2013

**Developed Online PHED 7060 Course** – University of North Georgia Department of Health, Physical Education & Recreation, 2013

**Program Coordinator** – University of North Georgia Department of Health, Physical Education & Recreation, 2013

**Program Coordinator** – Gainesville State College Oconee Campus Department of Physical Education, 2010 - 2013

**Instructional Coordinator** – Gainesville State College Division of Education, Health & Wellness, 2007 – 2010

**CPR & First Aid Trainer for Faculty & Staff at Oconee Campus** – Gainesville State College Division of Education, Health & Wellness, 2009

**Developed Mat Pilates Course** – Gainesville State College Division of Education, Health & Wellness, 2009

**Developed Stationary Cycling Course** – Gainesville State College Division of Education, Health & Wellness, 2009

**Chair, Full-Time Tenure Track Faculty Search Committee** – Gainesville State College Division of Education, Health & Wellness, 2008 & 2009

**Chair, Facility Director Search Committee** – Gainesville State College Division of Education, Health & Wellness, 2007

**Developed Online PHED 1020 Course** – Gainesville State College Division of Education, Health & Wellness, 2007

**Developed Firearm Safety & Marksmanship Course** – Gainesville State College Division of Education, Health & Wellness, 2007

**Developed Wilderness Survival Course** – Gainesville State College Division of Education, Health & Wellness, 2007

**Developed Division Policies & Procedures Manual** – Gainesville State College Division of Education, Health & Wellness, 2007

**Chair, Full-Time Tenure Track Faculty Search Committee** – Bucks County Community College Health, Physical Education, & Nursing Department, 2002 & 2004

**Developed Personal Training Certification Curriculum** – Bucks County Community College, 2003

**Developed & Instructed Beginning Weight Training Course** – Bucks County Community College, 1999

**Trained as Web-CT Course Designer & Instructor** – Bucks County Community College Health, Physical Education, & Nursing Department, 2001 – Present

**Advising Specialist** – Health, Physical Education, & Nursing Department, 2002

### PRESENTATIONS

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**Your New Year's Resolution: Is It the Solution?** – Gainesville State College Oconee Campus Wonderful World of Wellness Program, 2010

**Nutrition Crash Course** – Barrow County Chamber of Commerce, 2010

**Essential Nutrients for a Healthy Life** – Commerce GA Library & Auburn GA Library, 2009

**Five Steps to Optimal Health** – Winder/Piedmont Library, 2008

**The Effects of a 10-Week Personal Fitness Course on the Attitudes and Behaviors of Community College Students** – Wilmington University Doctoral Defense, 2006

**Personal Health Issues for Educators** – Faculty Center-Sponsored Program, Bucks County Community College, 2005

**Healthy Choices Lifestyle & Weight Management Program** – University of South Carolina Wellness 2K Conference, 2000

**Fitness Facts and Fallacies** – Classified Staff In-Service Training Program, Bucks County Community College, 2000

**The Effects of Caffeine Ingestion on Sprint Performance** – West Chester University Thesis Defense, 1996

**Poster Presentation: Effects of Caffeine Ingestion on Sprint Performance** – National Strength & Conditioning Association (NSCA) National Conference, 1996

## COMMITTEES

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**Student Awards Committee** – Gainesville State College Oconee Campus, 2009 - Current

**Administrative Council** – Gainesville State College, 2007 - Current

**Innovative Teaching Grant Committee** – Gainesville State College, 2007 - Current

**Board of Regents Health & Physical Education Advisory Committee** – Gainesville State College, 2007 - Current

**GSC Running Club Advisor** – Gainesville State College, 2009 – 2010

**College Faculty Senate** – Gainesville State College, August 2007 – May 2009

**Social Sciences Full-Time Tenure Track Faculty Search Committee** – Gainesville State College, 2007

**Teacher Education Advisory Council** – Sub-Committee (Student Candidate Admissions), Gainesville State College, 2007 - 2009

**Division Policies & Procedures Manual Committee** – Gainesville State College, September 2007 - 2009

**Teacher Education Advisory Council** – Gainesville State College, 2006 – 2009

**Colloquium Committee** – Gainesville State College, 2006 – 2008

**Faculty Center Advisory Committee** – Bucks County Community College, 2003 – 2006

**Instructional Resources Committee** – Bucks County Community College, 2003 – 2006

**Faculty Union Steering Committee** – Bucks County Community College, 2003 – 2006

**Academic Affairs Committee** – Bucks County Community College, 2000 – 2002

## CERTIFICATIONS & AWARDS

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**Who's Who Among Teachers In Colleges and Universities** – 2007

**National Strength & Conditioning Assoc.** – Certified Strength & Conditioning Specialist (CSCS)

**USA Volleyball Coaching Accreditation Program** – CAP Level I Volleyball Coach

**American Sport Education Program (ASEP)** – Certificate of Completion

**Disability Services Education Program** – Certificate of Completion

**American Heart Association (AHA)** – CPR, First Aid & AED Instructor Certified

## COURSES TAUGHT

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PHED 7060 – Analysis of Motor Skills

PHED 7140 – Critical Perspectives in Physical Education

HLTH 103 - Life & Health

HLTH 110 - Responding to Emergencies

HLTH 120 - Nutrition

HLTH 120.59 – Nutrition (Web-CT – Distance Learning)

HLTH 130 – Principles and Applications of Diet & Fitness

HLTH 130.59 – Principles and Applications of Diet & Fitness (Web-CT – Distance Learning)

PHED 110 – Tennis

PHED 124 – Badminton and Volleyball  
PHED 170 – Individual Fitness and Wellness  
PHED 176 – Basketball and Softball  
PHED 178 – Basketball and Baseball  
PHED 189 – Bowling and Volleyball  
PHED 1002 – CPR & First Aid  
PHED 1020 – Personal Health & Wellness  
PHED 1020 – Personal Health & Wellness (Internet Instruction)  
PHED 1115 – Beginning Bowling  
PHED 1134 – Beginning Weight Training  
PHED 1332 – Volleyball  
PHED 2000 – Personal Training with Lab

