

VITA
Barbara A. Coleman
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Educational Background

1977-1981 Northern Michigan University
Major: Exercise Science
Master of Science Degree Awarded 1981
1975-1977 Northern Michigan University
Majors: Health Education and Physical Education
Bachelor of Science Degree Awarded 1977
1971-1973 Northern Michigan University
Major: Nursing

Other Relevant Educational Experience

Blood-Borne Pathogen Prevention Trainer
High Ropes Course Instructor Training
Numerous Computer Courses and Seminars
Numerous Management, Budget, and Leadership Seminars and Workshops

Employment History

Associate Professor and Lab Services Coordinator 2003 – Present
Assistant Professor and Lab Services Coordinator 1999-2002
Coordinator of Exercise Science Laboratory Services 1989-1999
OutReach Program Coordinator 1986-1989
Cardiac Rehabilitation Program Staff 1977-1982; Program Director 1982-1993
GetFit Adult Fitness Program Staff 1977-1982; Program Director 1982-present
Graded Exercise Test Supervisor 1982-present

Professional Certifications

American College of Sports Medicine Clinical Exercise Physiologist (1981-present)
Exercise is Medicine Credential Level III, 2013 - present
American Heart Association Community Training Center Faculty (2005-present)
American Heart Association BLS Instructor (1982-present)
American Heart Association BLS and First Aid Instructor Trainer
Michigan Public Health Institute Osteoporosis Prevention Program Trainer

Professional Memberships

American Association of Cardiovascular and Pulmonary Rehabilitation
American College of Sports Medicine
American Alliance of Health, Physical Education, Recreation and Dance
IDEA Health and Fitness Association
Michigan Association of Health, Physical Education, Recreation and Dance

University Service

Committees

AED Implementation Committee
Gerontology Committee, 1999-2005
Employee Wellness Committee (ongoing for decades)
Wellness Consortium Committee - 2011
Health Care Reimbursement Problem Committee (2001-present)
Teaching and Learning Advisory Committee, 1999-2009
Campus Violence Committee – 2010-present
Wildcat Wellness Health Fair Planning Committee- Chair (20 +years)
Health Promotion Office Advisory Council, 2003 – present
Internships/Work Experiences Action Project Steering Committee -2010 - present
HPER DEPT HEAD Search Committee– 2010-2011
HPER Community Health Position Search Committee- 2011-2012
HPER Exercise Science Position Search Committee-2011-2012
Tobacco-free Implementation Committee 2013- present
NMU Safety Committee 2015-present
SHHP Exercise Science Position Search Committee 2015-2016

Other University Service

Commencement Participation
Health Promotion Society Student Organization Advisor
Student Organization Risk Management Educational Programs 2007-present
Wildcat Wellness Health Fair, Annual Event Coordinator
School of HHP - Safety Coordinator – Ongoing
AAA Scholarship Interviews
Frequent local Media Interviews as Health and Fitness Professional Expert
Discovery Initiative Project
Community Health Summit, Marquette, MI, 9/12
 Brainstorming session involving local stakeholders to respond to
 Community Health Needs Assessment Data
Student Health 101 Newsletter HHP Coordinator
Live Well Wildcats, Student Health 101” team won the University’s
 Distinguished Team Award for 2013
Hazard Communication Training Program, NMU 12/13
Public Safety Clergy Training Program 10/14
Center for Teaching and Learning Freshman Seminar Course Workshop 8/14
Regional Basic Life Support updates, MGHS, Fall and Spring

Courses Taught

HP200 Physical Well-Being (classroom and Web sections)
HP250 Physical Fitness and Conditioning
HL230 Fitness Leadership
HL110 Introduction to Health and Fitness Education
HL111 Personal Wellness
UN100 Freshman Seminar
HL491 Internship in Adult Fitness and Cardiac Rehabilitation

HL470 Electrocardiography (Grad and Undergrad)
HL471 Exercise Specialization (Grad and Undergrad)
HL472 Health and Exercise Leadership Skills (Grad and Undergrad)
PE495 Cardiac Rehabilitation (Grad and Undergrad)
PE571 Laboratory Procedures (Grad)
ES572 Graduate Internship (Grad)
I have also served on thesis committees and supervised Directed Studies for Graduate Students

Community Service

ACHIEVE (Action Communities for Health, Innovation and Environmental Change) 2011-present
Get Movin' UP Initiative, 2002-present
Willow Farm Therapeutic Riding Program Board of Directors 2003-2005
Community Blood Pressure Screenings ongoing
AHA BLS Community Training Center Manager ongoing
Annual Great Marquette Walking Test and Program ongoing
Wellness Council of the UP 1990-2003
Marquette County Tobacco-Free Community Coalition-ongoing
Active Communities Heritage Trail Surveyor
Blueprint4Health - Childhood Obesity Prevention and Treatment Group ongoing
Health Lifestyle Community Wellness Challenge 2013, Collaborated with MGH, YMCA and Synergy on Fitness Component Planning and creating handouts for Participants, writing articles for Mining Journal
Participation in the 2013 Central UP Local Food Summit, 11/6/13

Events and Presentations

"Everyone Wants to Move! Modifications and Adaptations to Make Moving Fun" Presentation for SNAP-Ed Regional Training, MI Fitness Foundation, Marquette, 1/2015
Get Movin' UP Initiative ongoing
Presentation for Senior Program, "Body in Balance", Co-presented with Andrew Jones, NMU, Oct, 2015
MAHPERD (Michigan Association for Health, Physical Education, Recreation and Dance) B.Coleman & L. Shible, "The Health Educator's Toolbox" Traverse City, Michigan, 11/14
"Tobacco Wars" Patrick Reynolds Presentation Event Coordinator 4/14
Presentation on NMU Senior Programs, co-presented with MHF Students, Negaunee Senior Center, 1/13
Fitness Presentation at MGH for Community Wellness Challenge, 2/20/13
MAHPERD "University Wellness Courses: Challenges and Opportunities" Barb Coleman, Evan Clendening, Jeanne Coleman, Traverse City, MI, 11/2012
Hogan, P.I., Tremethick, M.J. & Coleman, B. (November 2011). "Going Beyond Traditional Outcomes Assessment". Michigan Association of Health, Physical Education, Recreation & Dance Annual Conference, Dearborn, Michigan, November 2-4, 2011.
MARESA Annual Conference: "Are They Ready To Teach About Fitness?"

Teaching 2.0: Integrating Community Based with Web Based Learning to accomplish Mission-Central learning in Students. Hogan and Coleman, Michigan Campus Compact, Accepted December 2009: \$5,000. Presentation originally scheduled for 2/11 was postponed by MCC until 2012.

“Health and Fitness Programming in an Undergraduate Internship Experience at NASA”, Trotochaud, Hogan, Coleman, Michigan Association for Health, Physical Education, Recreation and Dance Annual State Convention, Grand Rapids, MI, 11/10

Tremethick, M.J., Hogan, P., Coleman, B., and Adams, K (accepted and in press) Promoting Healthy Lifestyles for Older Adults: Understanding Arthritis., Journal of Health, Physical Education, Recreation, and Dance. Peer Review. 2009 Publication 2010

“Careers in HPER”, Presentation at College Prep Medicine Wheel Academy, Native American Studies, NMU, 11/10

Presentation: United in Film- “Gran Torino”, Facilitation of Discussion on Racism, Bigotry, Hate Crimes, NMU, 9/10

MAAHPERD Convention 2009 Presentations:

“Don’t Just Sit There”, Coleman

“Programming for Fitness in a University Setting”, Coleman, Theut and Handelsman

“What is the Relationship Between Bodyfat Classification (as Overweight or Obese) and Self-Percepts in Underweight Women College Students?”, Tenbrink, Vega, Hogan and Coleman

Research Project: “Perceptions of Efficacy of a Real Time Case Study Method(using closed Wiki and YouTube) as a Pedagogical Tool for Promoting Self-Directed learning problem”, collaborative effort with Dr. Hogan, Aaron Clemens, 2009

Hogan, P. I. & Coleman, B. Teaching 2.0: Integrating Community-based with Web-based Learning. Michigan Campus Compact. Notice that Grant was awarded: Dec 2009. \$5000

“Arthritis and Activity-What You Should Know”, co-author with MJ Tremethick , Patricia Hogan and Kady Adams, Michigan Association for Health, Physical Education, Recreation and Dance, Grand Rapids, 11/2008

“Classroom Preparedness”, TLAC Teaching Engagement 4/2007 organized speakers, site, publicity, content and moderated panel.

Sexual Assault Awareness Week Activities, “You the Man” Performance, participated as part of Facilitation Panel, collaboration with Marquette Women’s Center, 4/2007

“Developing Intellectual Capital in Undergraduate Students Through the Use of Laptops”, NMU Faculty Technology Showcase, March 13, 2006, NMU.

Patricia Hogan, Ph.D., Barbara Coleman, M.S,

“Exploration of the E-Resume: An employment tool for non-teaching health educators”, MJ Tremethick, Ph.D.,R.N., CHES., Patricia Hogan, Ph.D., Barbara Coleman, M.S,

NMU, MAHPERD Journal, Spring 2005

“Using the Little Engine that Could for Educational Means”, P Hogan and B Coleman, 2005 MAHPERD Meeting, 11/2005, Traverse City, MI

“Fitness Gadgets – Help or Hype?”, NMU Wellness Seminar, 3/2005

“Electronic Resumes & Professional Development: Bridging Classroom & Professional Settings”, with Patti Hogan and MJ Tremethick, 2004 AAHPERD Convention

“Exercise, Fitness and Healthy Aging”, with Terry Smythe, NMU Center for Gerontology, 3/2004

“Active Aging: Exercise and Osteoporosis”, community presentation in observance of National Women’s Health Week, 5/14/04

“Exercise and Aging”, 6th Annual Diabetes Expo, Marquette, MI 4/04

Watts, P.B., B.C.*Silta, J. Stray-Genderson, Physiological effects of a 3000-mile tandem bicycle trek for a subject with Down Syndrome”, American College of Sports Medicine Midwest Regional Chapter, 1994

Watts P.B., D.T. Martin, M.H.Schmeling, B.C. *Silta, A.G.Watts (1988) Exertional intensities and energy requirements at moderate altitude”. J Sports Med Phys Fit

Egan, L.M., P.B.Watts, B.C.*Silta (1987) Changes in Serum Haptoglobin as an Acute Response to a Marathon Road Race. J Sports Sci. 5:55-60

Watts, P.B., C.M. Farmer, M.S.Schmeling, B.C.*Silta (1986) Physiological characteristics of elite high altitude mountaineers. Proc Int Union Physiol Sci 16:p1163.05

*Silta, B.C.”The Effects of Participation in a Supervised Exercise Program on Blood Pressure”, Masters Thesis, Northern Michigan University

*Previous married name