

Curriculum Vita

Debra L. Power, M. S.

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Ames, Iowa 50014
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PERSONAL: Birthdate: July 9, 1962
Birthplace: Creston, Iowa
Family: Husband, Mark and children, Jenna and Connor

EDUCATION: B. A., Creighton University, Physical Education, 1984
M. S., Iowa State University, Physical Education
(Exercise Physiology), 1986

ACADEMIC AND
PROFESSIONAL
EXPERIENCE:

1986-present, Adjunct Instructor/Senior Lecturer, Iowa State University

1999-present, Internship Coordinator for the Department of Health and Human Performance

1987-1989, Fitness Specialist, Iowa State University Student Wellness Center

1989-1994, Co-owner, Jump Shout Workout, fitness facility

TEACHING
EXPERIENCE:

Leadership Techniques in Fitness Programs	Aerobic Dance
Physical Fitness and Conditioning	Weight Training
Exercise and Nutrition for Lifetime Wellness	Golf
Exercise Physiology Laboratory	Tennis
Exercise Prescription Laboratory	Racquetball
First Aid and Community CPR	Physical Fitness

AWARDS: Helen LaBaron Hilton Award for Excellence in Graduate Research, 1986

Nominee for Women in Business Entrepreneur of the Year, Ames Chamber of Commerce, 1992

PUBLICATIONS

AND

PRESENTATIONS:

“Validity of the Use of Blood Lactate Profiles in Prescribing Exercise Intensity”, presented at the American College of Sports Medicine Annual Meeting, 1986.

“Promoting Active Lifestyles Through Education”, published in the Journal of Physical Education, Recreation and Dance, January 1993

“Association of Exercise Identity With Three Measures of Exercise Commitment Among College Students”, published in Research Quarterly for Exercise and Sport, March Supplement, 1998

PROFESSIONAL

AFFILIATIONS:

American College of Sports Medicine

HHP ACTIVITIES:

Faculty Advisor for Ultimate Club (1995-present)
Faculty Advisor for Alliance for Health and Fitness Professionals (1997-present)

SERVICE:

American Red Cross CPR and First Aid Instructor (1992-present)
Coordinator for the Iowa Science Olympiad – The Science of Fitness (1997-present)
Coordinator for Iowa Special Olympics Golf (2000-2004)
Co-Commissioner for Golf - Special Olympics National Games Ames, Iowa (2005-2006)