

**Holly J. Lipsey**

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**Education**

**South Dakota State University** - Brookings, South Dakota

Master of Science in Health, Physical Education, and Recreation

Emphasis in Exercise Physiology, May 1995

Independent Research Study: Effects of Depth Jumping on

Volleyball Players' Vertical Jump Heights with Standard

Jump, Block Jump, and

Approach Jump.

**Southwest State University** - Marshall, Minnesota

Bachelor of Arts, Individual Interdisciplinary in Biology/Health, May

1993

**Jackson Vocational Technical Institute** - Canby, Minnesota

Emergency Medical Technician, August 1991

**Teaching  
Experience**

**Iowa State University** – Ames, Iowa

Lecturer, Health and Human Performance, August 1999 -  
present

-Taught racquetball – PE 100

-Teach Emergency Health – HS 105

-Teach Personal and Consumer Health – HS 110

-Teach Community and Public Health – HS 310

-Teach Teaching Physical Education – Ex Sp 375

-Supervise Secondary Student Teachers – Ex Sp 417

**Southwest State University** – Marshall, Minnesota

Instructor, WHP Department, August 1998 – December 1998

-Taught Exercise Physiology Lab

-Taught 100 level Courses: courses include walking through  
fitness,

volleyball, and racquet sports

Advisor, Academic Advising Center

-Academic Advising

-Career Development Advising

**North Dakota State College of Science** - Wahpeton, North Dakota

Associate Professor, HPER Department, August 1995 – June

1998

-Taught 100 level courses each semester: Courses include:

team

sports, lifetime fitness, social dance, net games, racquetball,  
volleyball, wallyball, and weight training

-Taught 200 level courses First Aid & CPR and Personal &  
Community Health each semester

June 1998 -Scheduled curriculum for HPER department, March 1998-

June 1998 -Determined loads for HPER faculty member, March 1998-

-Advised student athletes in areas of academics, career development and social issues

**South Dakota State University** - Brookings, South Dakota

Graduate Teaching Assistant, HPER Department, August 1993 -

May 1995

-Taught three 100 level courses each semester: Courses

include:

volleyball, fitness through walking, getting fit, strength

training,

aerobics, water aerobics, and badminton

Education

-Taught 200 level volleyball skill block class for Physical

majors

### **Special Skills**

**Southwest State University**- Marshall, Minnesota

Physiological Tester for students and Volleyball Team, August  
December 1998

1998-

-Administered self-assessment pre and post testing for

students

-Developed fitness programs for students

Strength/Conditioning Coordinator, Southwest State Volleyball  
Team, August

1998 - December 1998

-Conducted pre, in-season, and post physiological testing

for pre,

-Implemented strength training and conditioning programs

in-season, and post season training

-Supervised training sessions

**North Dakota State College of Science** - Wahpeton, North Dakota

Physiological Tester, North Dakota State College of Science  
Team and students, August 1995 - June 1998

Volleyball

-Conducted pre, in-season, and post physiological testing

**South Dakota State University** - Brookings, South Dakota

Physiological testing of clients, Human Performance Lab,

September 1993 -

May 1995

- Administered health evaluations
- Evaluated body composition through antropometric and densitometry
- Conducted power tests
- Determined lactate tolerance
- Assessed muscular fitness

August 1993 - Strength/Conditioning Coordinator, SDSU Volleyball Team,

May 1995

- Designed fitness programs for varied ages
- Implemented strength training for pre, in-season, and post training
- Implemented conditioning programs for pre, in-season, and post training

Cardiac Rehabilitation Program-Brookings, South Dakota  
 Volunteer Cardiac Rehabilitation Aide, March 1995-May 1995

- Assisted in monitoring blood pressure and heart rates
- Trained participants on proper exercise techniques
- Observed for adverse signs/symptoms resulting from exercise including
- Assisted participants in proper equipment management: setting up and breaking down weight and exercise stations

**Coaching Experience**

**Southwest State University**- Marshall, Minnesota  
 Assistant Volleyball Coach, July 1998 - December 1998

**North Dakota State College of Science** - Wahpeton, North Dakota  
 Head Volleyball Coach, August 1995 – June 1998

**South Dakota State University** - Brookings, South Dakota  
 Interim Head Volleyball Coach, January 18 - March 10, 1995  
 Graduate Assistant, Women’s Volleyball, August 1993 - May 1995

**Activities**

Collegiate Volleyball, Southwest State University, August 1989 - November 1990

Collegiate Track, Southwest State University, January 1991 - May 1991

Assisted with Athletic Training, Southwest State University, August 1992 - November 1992

**Certification**

First Aid and CPR Instructor, August 1996 - present

CPR for the Professional Rescuer Instructor, April 1998 – December 1999

NCAA rules and regulations for coaching, August 1993 - 1995

**Professional  
Organization**

1999 American Volleyball Collegiate Association, August 1995 – December  
August 1996 National American College of Sports Medicine, December 1994 –  
1993 - Northland Chapter of American College of Sports Medicine, September  
Department, August 1995  
South Dakota Alliance of Health, Physical Education, and Recreation  
September 1993 - August 1994