

Lisa Rose-Michalski, M.S., E-RYT

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Education

University of North Texas

Denton, Texas 1993

Master of Science in Kinesiology

Major: Exercise Physiology

Minor: Health Promotion

University of Kansas

Lawrence, Kansas 1991

Bachelor of General Studies

Major: Psychology

Minor: Sociology

Publications

Hill DW, Rose LE, Smith JC. (1993) Estimates of anaerobic capacity derived using different models of the power-time relationship. Med Sci Sports Ex 25:S108

Hill DW, Smith JC, Rose LE. A method to ensure the accuracy of estimates of anaerobic capacity derived using the critical power concept. Submitted to: (Journal of Sports Medicine and Physical Fitness).

Presentations

Rose LE, Hill DW. "Energy Cost of middle-distance races." Presented at Texas ACSM Fort Worth, TX and TAHPERD Houston, TX, January 1993

Rose LE and Hill DW. "Energy expenditure during supramaximal running in men and women." Presented at the Annual Meeting of the Texas Chapter of the American College of Sports Medicine Fort Worth, TX, 22-23 January 1993.

Rose LE and Hill DW. "Effect on lactate concentration of storing blood samples after treatment with Triton-X." Presented at the combined Annual Meeting of Texas/Southern District Associations for Health, Physical Education, Recreation, and Dance, DFW Airport, TX, 10-14 February 1993.

Rose LE and Hill DW. "Feasibility of monitoring post-competition blood lactate in university long-sprint and middle-distance runners." Presented at the combined Annual Meeting of Texas/Southern District Associations for Health, Physical Education, Recreation, and Dance, DFW Airport, TX, 10-14 February 1993.

Rose LE and Hill DW. "Energy cost of 400-m, 800-m, and 1500-m races." Presented at the Annual Meeting of the American College of Sports Medicine Seattle, WA, 2-5 June 1992.

Hill DW, Smith JC, and Rose LE. "Estimates of anaerobic capacity derived using different models of the power-time relationship." Presented at the Annual Meeting of the American College of Sports Medicine, Seattle, WA, 2-5 June 1992

Additional Research Experience

Exercise Physiology Lab Assistant. Coordinated and scheduled lab activities. Assisted in all research projects. Shared teaching responsibilities in graduate lab techniques course. Developed testing protocols for treadmill, rowing ergometer, and stationary bicycle apparatus. Extensive work with UNT track team; aiding in training. Body composition analysis, maximal and submaximal testing. Acquired skills: data acquisition, analysis, reporting; equipment purchasing, calibration, maintenance; experimental design, scheduling, implementation. (1991-1993)

Professional Experience

University of Texas at Arlington Arlington, TX 2007 to present

Adjunct Faculty

Course instructor: KINE 4330 Program Design and Administration; EXSA 0163 Yoga; EXSA 0165 Pilates; EXSA 0169 Advanced Pilates; EXSA 0168 Int. Yoga; EXSA 0175 Body Sculpting/Core Strength

Group Exercise Instructor 1987 to present

Mansfield, TX. Currently instructing yoga, pilates, and Silver Sneakers at YMCA Cooper St, active in personal training and fitness coaching. (since Jan 2007)

Paso Robles, CA. 2006. Instructed BOSU, yoga, step, pilates, and muscle conditioning at World Gym.

Tucson, AZ. 2000-2006. Conducted exercise classes for yoga, pilates, step, muscle conditioning at Lady of America and Golds Gym. Reoccurring guest speaker for Northwest Medical Center Oro Valley senior fitness program.

Additional teaching experience: Lawrence, KS (1987-1991); Denton, TX(1991-1993); Dallas, TX(1991-1993); Las Colinas, TX(1993); Fort Worth, TX (1993-1997); St. John, U.S.V.I.(1997-1998); LaGrange, GA(1998-2000)

West Georgia Health Systems

LaGrange, GA 1998-2000

Exercise Physiologist/Health Enhancement Specialist

Began this position as a volunteer and then it became a full-time position after 3 months based on the continued growth of the programs. Developed and implemented health and lifestyle education programs for the community including arthritis, diabetes, weight management, stress management, and behavior change self-help courses. Met one on one for fitness assessments and development of individual fitness programs for clients. Conducted ShapeDown course one on one basis with overweight children and teens. Instructed unique exercise classes developed for specific populations, i.e. diabetes, arthritis, obesity, and senior classes instructed at assisted living facilities. Participated in Community Outreach speaking engagements and health fairs. Aided in the development of a senior wellness program, "Fit For You", at the new Vernon Woods retirement community. Served on the Diabetes Program Advisory Committee.

Caneel Bay Resort and Hotel

St. John, U.S. Virgin Islands 1997-1998

Contracted Exercise Physiologist

Implemented the first personal training program and conducted group exercise classes for resort guests. Led groups through the National Park hiking trails. Instructed specialized classes for convention/corporate groups. Created exercise classes for the citizens of St. John in Cruz Bay at local Pine Peace School.

The Worthington Hotel

Fort Worth, TX 1993-1997

Athletic Club Director

Managed personal trainers, exercise instructors, and massage therapists. Created annual budget and bi-annual budgets. Implemented a variety of new revenue sources including massage therapy, personal training packages, guest speakers, creative membership drives. Assigned to hotel wide committees for continuous improvement in the hotel. Hotel representative for downtown Sundance Square merchant tenants meetings. Participated in management training: Covey 7 Habits and advanced applications, Group Leadership intensive training, Train the trainer, Interviewing techniques, etc. Implemented standards training and created standards manual. Awards and Honors: Manager of the Quarter 1995; Manager of the Year Presidents Award 1995

GTE Corporate Fitness facility
Exercise Specialist

Las Colinas, TX 1993

Instructed exercise classes, group and individual personal training, conducted fitness assessments, and organized corporate wide fitness events for GTE staff.

University of North Texas

Denton, TX 1991-1993

Teaching Fellow/Graduate Assistant

Course instructor of the Aerobic Dance undergraduate class for the Department of Kinesiology, Health Promotion and Recreation. Averaged 5 courses a semester including summer sessions. Class consisted of physical exercise, lecture, project, midterm, and final exams.

Current Certifications and Registrations

Yoga Alliance	RYT 500 and ERYT 500	2008
American College of Sports Medicine:	Health Fitness Specialist (HFS)	1994
Aerobic and Fitness Association of America:	Yoga Instructor	2003
	Mat Science Pilates	2001
	Senior Fitness	1998
	Group Exercise Instructor	1989
Arthritis Foundation:	P.A.C.E.	1999
Silver Sneakers:	MSROM	2007
	Yoga Stretch	2007
	Yoga Stretch II	2008
Fitour	Pilates Instructor	2007
	Advanced Pilates Instructor	2008
CPR/First Aid/AED		

Community involvement, awards, and recognition

- * AFAA – Group Fitness Instructor Certification Examiner (since 1993)
- * Tarrant Co. AIDS Interfaith Network Board of Directors Member (2006-2009)
- * Tarrant Co. AIDS Interfaith Network Community Relations Co-chair (2007)
- * YogaPlus creator: yoga class designed for AIDS/HIV patients in Fort Worth, TX (2007-2008)
- * MOMS Club Paso Robles, CA Board of Directors Secretary 2006
- * Volunteer appreciation award Tucson Interfaith HIV/AIDS Network 2004
- * Strength for the Journey Camp for HIV/AIDS patients staff member 2001/2003

- * Tucson Interfaith HIV/AIDS Network Careteam Member Volunteer 2000-2006
- * West Georgia Health Systems Volunteer 1998
- * St. John U.S.V.I. Safety Zone Board of Directors Secretary 1998
- * Fort Worth Women of the Year 1997 Finalist
- * Manager of the Year at the Worthington Hotel 1995
- * Adopt-a-school volunteer–Cowtown Marathon, CareerDay, Pen-Pal program 1993-1997
- * Team coordinator March of Dimes and AIDS Walk 1993-1997, Walk for Diabetes 1999
- * AIDS Outreach Center Outstanding Volunteer – 1996
- * Tarrant Co. AIDS Interfaith Network Volunteer recognition award – 1995
- * University of Kansas Undergraduate Research Assistant 1987-1991
- * University of Kansas Crew Team starboard rower and coxswain 1987-1989