

**Jessica Matthews, M.S., E-RYT**  
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## **EDUCATION**

### **Arizona State University**

Doctorate in Behavioral Health- *expected Spring 2018*

- Clinical track focused on integrated care and health coaching

### **Canisius College**

Masters of Science in Physical Education, 3.97 GPA

- Capstone project: Physiological effects of Hatha yoga

### **Coastal Carolina University**

Bachelors of Science in. Physical Education Teacher Education (K-12), 3.74 GPA

- Graduated top of class and awarded distinction of Physical Education Student of the Year

## **CERTIFICATIONS/SPECIALITY CERTIFICATIONS**

South Carolina and New York State Licensed Health and Physical Education Teacher (K-12)

American Council on Exercise (ACE) Health Coach

Experienced Registered Yoga Teacher (E-RYT 500) with Yoga Alliance

WellPeople Certified Wellness Inventory Facilitator

American Council on Exercise (ACE) Group Fitness Instructor

American Council on Exercise (ACE) Behavior Change Specialist

Reiki Practitioner (USUI Method of Natural Healing Level I and II training)

American Council on Exercise (ACE) Personal Trainer

Paddle into Fitness Standup Paddleboard (SUP) Yoga Instructor and SUP Fitness Instructor

Aerobics Fitness Association of America (AFAA) Group Exercise Instructor

Mad Dogg Athletics Spinning™ Instructor

## **PROFESSIONAL EXPERIENCE**

### **Miramar College- October 2010- present**

Assistant Professor of Health and Exercise Science, Director of Yoga Studies and Curriculum Developer (2014- present)

- Instruct: Health and Lifestyles (HEAL 101), Introduction to Kinesiology (EXSC 241B), Applied Kinesiology (EXSC 281), Fitness and Exercise Assessments (EXSC 283), Techniques of Exercise Leadership (EXSC 286) Aerobic and Core Conditioning (EXSC 124A-D), Yoga I- Fundamentals of Yoga (EXSC 145A), Yoga II- Introduction to Yoga (EXSC 145B), Yoga III- Intermediate Yoga (EXSC 145C) and Yoga IV- Advanced Yoga (EXSC 145D)
- Develop: 200-hour Yoga Teacher Certificate Program. including creating curriculum for Yoga Teacher Training Essentials (EXSC 292) and Yoga Teacher Training Progressive Methodologies (EXSC 293)

Adjunct Professor- Personal Training/Fitness Specialist Program (2010-2012)

- Instruct: Techniques of Exercise Leadership (PHYE 286), Exercise and Fitness Assessments (PHYE 283) and Lifelong Fitness Lab (PHYE 153)

**MiraCosta College- 2013-present**

Associate Kinesiology Faculty and Curriculum Developer- Yoga Teacher Training Certificate Programs

- Instruct: Yoga Teacher Training Development (KINE 147), Beginning Yoga (KINE 150), Intermediate Yoga (KINE 154), and Advanced Yoga (KINE 150)
- Develop: 300-hour Advanced Yoga Teacher Training Program, including creating curriculum for Yoga Teacher Training Implementation (KINE 159)

**Integrative Wellness Education and Consulting- August 2008- present**

Fitness Industry and Yoga Consultant

Health and Fitness Writer and Blogger

Senior Health and Fitness Expert

Textbook Author and Editor

Keynote Speaker and Featured Conference Presenter

Online Course Developer and Curriculum Designer

Subject Matter Expert

Media Spokesperson

Fitness, Yoga and Meditation Educator

Fitness Model and Technical Advisor

**American Council on Exercise- January 2006-present**

Senior Advisor- Health and Fitness Education (2014- present; consultant)

Exercise Physiologist (2011- 2013; full-time role)

Senior Health and Fitness Editor (2011-2013; full-time role)

Certification Director (2010-2011- full-time role)

Academy Exercise Scientist/Continuing Education Coordinator (2006-2010- full-time role)

**Yoga Six- 2015**

Experienced Registered Yoga Teacher (E-RYT) and Meditation Teacher

**Oprah Winfrey Network (OWNTV)- April 2014- present**

Featured Health and Fitness Expert and Guest Host on Web-based Video Series #OWNSHOW

**Shape Magazine- January 2013-present**

Contributing Editor & Featured Health and Fitness Expert (video, photo-based and written content)

**Weight Watchers- 2013- 2014**

Featured Wellness Blogger- “Fit For Life”

**Indie Yoga- 2011- 2013**

Experienced Registered Yoga Teacher (E-RYT) and Teacher Training Lecturer

**Corepower Yoga- 2009- 2012**

Experienced Registered Yoga Teacher (E-RYT), Program Assistant and Featured Elite Boot Camp Instructor

**Toby Wells YMCA (San Diego, CA)- 2006-2009**

Experienced Registered Yoga Teacher (E-RYT) and Group Fitness Instructor

**Conway Medical Wellness and Fitness Center- 2005-2006**

Aquatics Director, Swim Instructor, Lifeguard, Yoga Teacher, Personal Trainer, and Group Fitness Instructor (Spinning, Pilates, group strength training, boot camp, kickboxing and core conditioning)

**Aynor Middle School-2005**

Health and Physical Education Teacher (Grades 6-8)

**Coastal Carolina University Recreation Center- 2002-2005**

Group Fitness Instructor (Spinning, kickboxing, step, aqua fitness and core conditioning), Yoga Teacher and Personal Trainer

**Capital District YMCA (Albany, NY)- 2003**

Aquatic Fitness Instructor and Lifeguard

**The Court Club- 2003**

Group Fitness Instructor (weight training, step, kickboxing, boot camp, mind-body)

**Fitness For Her- 2000-2002**

Group Fitness Instructor (step, kickboxing, Pilates, sculpt, core conditioning), Personal Trainer and Administrative Assistant (new member orientations, scheduling, open/close facility)

**PRESENTATIONS (2008-present)**

World Spinning and Sports Conditioning Conference- Miami, FL

- *“Navigating Your Career Path in the Fitness Industry;” “Creating Memorable Movement Experiences;” “A Science-Based Blueprint for Designing Yoga Classes;” and “Integrative Yoga Flow.”*

3010 Weight Loss Clinic- Seattle, WA

- *“Coaching Behavior Change” (5-Hour Workshop)*

Point Loma Nazarene University- San Diego, CA

- *“Cultivating Your Personal Brand” (guest lecture for kinesiology graduate program)*

American Council on Exercise- San Diego, CA

- *“Applying Behavior Change Techniques” (6-Hour Workshop)*

Obesity Action Coalition YWM Event- Los Angeles, CA

- *“Exercise Essentials: Learning What’s Safe and Effective”*

NIRSA Triventure 2015- Indianapolis, IN

- Keynote address, *“The Power of Perspective;”* 4-hour *“Foundations of Health Coaching”* pre-conference workshop and *“Integrative Yoga Flow”* session

IDEA World Fitness BlogFest 2015- Los Angeles, CA

- *“The Future of Blogging”*

Genavix Wellness Network- Watertown, MA

- *“Health Coaching Practical Skills Workshop (8-Hour)”*

The American Association of University Women (Featured Speaker)- San Diego, CA

- *“Your Healthy Self: Exercise Choices for Women of Any Age”*

Clinton Foundation 3<sup>rd</sup> Women’s Health Codeathon (Featured Expert Panelist)- Los Angeles, CA

- *“Health and Technology Innovation Panel”*

American Academy of Physical Medicine & Rehabilitation (AAPM&R) 2014 Annual Assembly- San Diego, CA

- *“Yoga: A Mind-Body Exploration”- 3 part-series*

Miramar College Spring 2014 Brown Bag Lunch Lecture Series- San Diego, CA

- *“Living Your Yoga: Exploring and Applying the 10 Ethical Guidelines for a More Fulfilled Life”*

2014 Southeast Collegiate Fitness Expo (Featured Master Presenter) - Wilmington, NC

- *“Getting Started with SUP Yoga Intensive (3 hour pre-con),” “Navigating Your Path in the Fitness Industry,” “SUP Yoga” and “Go With the Flow”*

Evolution Fitness Conference 2014- Los Angeles, CA

- *“Go With the Flow”*

ACE Fitness Symposium East 2013- Orlando, FL

- *“Go With the Flow” and “Your Health and Fitness Questions Answered- Ask the ACE Experts Panel Discussion”*

MINDBODY FitPro 2013- Los Angeles, CA

- *“Getting Started with Developing Video-Based Fitness Content” and “Creating, Cultivating and Living Your Brand in the Fitness Industry”*

ACE Fitness Symposium West 2013- San Diego, CA

- *“Your Health and Fitness Questions Answered- Ask the ACE Experts Panel Discussion”*

Point Loma Nazarene University- San Diego, CA

- *“2013 Network 9 Kinesiology”- Career Path Panel Discussion for Kinesiology Majors*

AARP Life @50 Event 2012- New Orleans, LA

- *“Chair Yoga- A Practice for All Ages”*

Indie Yoga Teacher Training Program, Fall 2012- San Diego, CA

- *“Understanding Anatomy and Human Movement as it Applies to Yoga”- Three Part Lecture Series*

Evolution Fitness Conference 2012- Los Angeles, CA

- *“Strong. Exceptional. Enlightened. Yoga.”*

ACE Fitness Symposium 2011- San Diego, CA

- *“What Happened to the Fit in Youth Fitness?”*

UCSD Bonafide Orthopaedic Nursing Symposium (BONES)- San Diego, CA

- *“Exercise and Back Pain- What You Need to Know” (Wellness Panel Expert)*

AARP Life @50 Event 2011- Los Angeles, CA

- *“Yoga for Every Body”*

IDEA World Fitness Convention 2011- Los Angeles, CA

- *“ACE Youth Fitness Workshop” 8-hour pre-conference session*

Hershey Center for Health & Nutrition “Moderation Nation” Campaign Launch 2011- Hershey, PA and New York, NY

- *“Batuka Dance Demonstration” and media tour with Nancy O’Dell from Entertainment Tonight*

ACE Fitness Symposium 2010- San Diego, CA

- *“Intelligent Sequencing for Yoga Classes” and “Yoga Flow”*

AARP Life @50 Event- Orlando, FL

- *“Chair Yoga- A Practice of All Ages”*

Asia Fitness Convention 2009- Bangkok, Thailand

- *“Youth Fitness and Athletic Programming”, “Vegetarianism for Fitness and Athletic Performance”, “Empowering Clients to Make Lifestyle Changes” and “Core ‘Power’ Yoga”*

ACE Fitness Symposium 2009- San Diego, CA

- *“Strong. Exceptional. Enlightened. Yoga.”*

AARP Life @50 Event 2009- Las Vegas, NV

- *“Yoga for Every Body”*

American Council on Exercise Webinar- 2009

- *“Intelligent Sequencing for Yoga Classes” (2 hours)*

ASAE (The Center for Association Leadership) Conference 2008- San Diego, CA

- *“Yoga Flow”*

## **HONORS/AWARDS**

Named as one of Greatist's *23 Fitness Pros Making a Difference Inside and Outside of the Gym* (2015)

Named as one of Livestrong's *45 Smartest Trainers You Might Not Know* (2015)

Named as one of Shape Magazine's *50 Hottest Female Trainers in America* (2014)

Coastal Carolina Physical Education Student of the Year (graduated top of class)

Vice President of Kappa Delta Pi (educational honor society)

Member of Alpha Sigma Nu (Jesuit honor society)

Member of Alpha Mu Gamma (foreign language honor society)

Member of Coastal Carolina University Physical Education Club

South Carolina Alliance for Health, Physical Education, Recreation and Dance (SCAPHERD)

Member of SCAPHERD (2002-2004)

## **LEADERSHIP ROLES**

Health Coach Master Trainer and Creator of *Applying Behavior Change Workshop*- American Council on Exercise (2015-present)

Faculty Advisor, San Diego Miramar College F.I.T. (Finding Inspiration Today) Club (2014-2015)

Exam Development Item Writing Mentor (Group Fitness Instructor Certification)- American Council on Exercise (2014)

Certification Director- American Council on Exercise (2010-201)

Aquatics Director- Conway Medical Wellness and Fitness Center (2005)

## **COMMITTEE SERVICE**

Curriculum Technical Review Subcommittee- Miramar College (2015-present)

Curriculum Committee- Miramar College (2014- present)

Certification Exam Development Committees (Health Coach, Personal Trainer and Group Fitness Instructor)- American Council on Exercise (2008-present)

## **PUBLICATIONS**

Lead editor and author for American Council on Exercise *Group Fitness Instructor: Creating Memorable Movement Experiences Handbook* and associated online learning experience

Sole author for *Achieving Optimal Wellness* chapter of Connect for Education's web-based publication *Discovering Nutrition: Building Blocks to a Healthy You*

Technical editor for American Council on Exercise Group Exercise Leadership (GEL) Specialty Certification Manual (2012)

Subject matter expert and content reviewer for *Mind-Body Exercise* chapter of the American Council on Exercise Personal Trainer Manual, 4<sup>th</sup> and 5<sup>th</sup> edition (2010 & 2014)

## **MEDIA COVERAGE**

CNN "Health Minute" (television segment) and CNN.com

Health magazine

Shape Magazine and Shape.com

Self Magazine and Self.com

Oprah.com and OWNTV

Yoga Journal

"Morning Living" on Martha Stewart Radio (live radio show)

NPR (On Point with Tom Ashbrook live radio show)

Doctor's Radio (live radio show)

San Diego Living (reoccurring guest on live television morning show)

Oxygen Magazine

The Journal on Active Aging

Huffington Post

Women's Health Magazine

Reuters (regular contributor)

Prevention Magazine

Men's Fitness

Family Circle

Good Housekeeping

Consumer Reports on Health

The Wall Street Journal

Health.MSN.com and Fitbie.com

Fitness.com

Redbook Magazine

Ladies' Home Journal

Real Simple Magazine

MedStar TV (filmed segments)

The New York Times

The Los Angeles Times

WebMD.com

USA Today

ESPN W

Men's Health

Arthritis Today

Parents Magazine

Cosmopolitan Magazine

U.S. News & World Report  
Discover Health  
Weight Watchers Magazine and WeightWatchers.com  
San Diego Union Tribune  
San Diego Living Magazine  
New York Daily News  
Rodale.com  
US Weekly  
Brides Magazine  
The Washington Post  
iVillage.com  
NBC New York (live television segment with Nancy O'Dell from Entertainment Tonight)  
CW New York  
Denver Post  
The Charlotte Observer  
Chicago Tribune  
Health.Yahoo.com  
IHRSA.org  
The Patriot Ledger  
Diabetes Focus  
Gaiam.com  
Harmony Magazine  
Slimming World  
The Record & Herald News  
Massage Envy Magazine  
Experience Life Magazine  
SheKnows.com  
Spry Magazine  
HealtHaven.com  
KOGO Radio AM 600

#### **CONTRIBUTING EDITOR/ WRITER**

SHAPE.com  
Weight Watchers  
Lifescrypt.com  
ACEfitness.org and ACEfit.com  
Seventeen magazine  
HeathYourWayOnline.com  
Fitbie.com  
Everydayhealth.com  
SpryLiving.com  
LIVESTRONG.com

#### **MULTIMEDIA (VIDEO/DVD)**

#OWNSHOW- Featured Health & Fitness Expert and Guest Host (OWNTV)- 2014-2015  
American Council on Exercise YouTube Channel-2008-2014  
“*Essentials of Group Fitness Instructor*” DVD (American Council on Exercise)- 2012  
Spinning™ Instructor DVD Series (Mad Dogg Athletics)- 2008  
“*ACE Group Fitness Specialties Overview*” DVD (American Council on Exercise)-2007