

DAN A. SMITH

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EDUCATION

1989 Master of Science, Physiology, University of Missouri
1975 Bachelor of Arts, Biological Sciences, University of Missouri

EMPLOYMENT

- 2014 – Present *Assistant Professor, Nutrition and Exercise Physiology, University of Missouri*
Full time Teaching Professor responsible for Undergraduate and Graduate Clinical Exercise Physiology curriculum. Provide Undergraduate Career Counseling. Committee member for accreditation of Clinical Exercise Physiology Masters program.
- 2009 – Present *Independent Contractor, Personal Health Coach*
Provide individual health risk assessment, fitness evaluation, development and implementation of health enhancement program, education for sustainability of positive lifestyle and periodic follow up assessment.
- 2008 - 2014 *Adjunct Professor, Nutrition and Exercise Physiology, University of Missouri*
Primary instructor for undergraduate Exercise Testing and Prescription course. Responsible for content and delivery of class with up to 100 students per semester.
- 2011 – 2014 *Clinical Wellness Coordinator, Optimus, The Center for Health, Columbia, MO*
Provide safety and efficacy of health screening and physician clearance of all members. Work with staff and Independent Contractors to insure adherence to policies of Optimus, The Center for Health.
- 1995 - 2011 *Manager, WELLAWARE, Boone Hospital Center, Columbia, MO*
Responsible for operational and strategic decisions related to BHC Health Enhancement Services including: Inpatient and Outpatient Cardiac Rehab, Inpatient and Outpatient Diabetes Self-Management services, Medical Nutritional services, Therapeutic and Recreational Exercise programs, and Corporate and Community Promotions.

1989- 1995

Coordinator, Outpatient Cardiac Rehab, Boone Hospital Center, Columbia, MO

Responsible for Early Outpatient Cardiac Rehab patients. Insure proper referral to program, initial evaluation, documentation of progress, correspondence with physicians and staff, compliance to policies and procedures, and related aspects to Outpatient Cardiac Rehab.

COMMUNITY PRESENTATIONS

- "Fitness Over 60", Presentation at Retired Teachers Conference, Jefferson City, MO 1987
- "Lifestyle Management – the Role of Diet and Exercise" Presentation to State Farm Employees, Columbia, MO, 1987
- "A Generation of Couch Potatoes" Local radio program on youth fitness. Columbia, MO, 1987
- "Wellness in Youth" Columbia Elementary Schools and Ashland 4-H Club, 1987
- "Aerobic Dance Class" Participation class for Columbia Junior High Students, Columbia, MO, 1987
- "Parents and Children can Exercise Together" Columbia PTA presentation, 1987
- Lecturer and Test Administrator for ACSM Health Fitness Instructor Workshop and Certification, 1987 - 1993
- "Benefits of Exercise for the Young" Presented to Oakland Jr High School PE Teachers, 1988
- "Fit For Life", Inservice Workshop for Columbia Public School PE Teachers, 1988
- "Proper Exercise Can Reduce Cardiovascular Disease Risk Factors" Two day seminar presented to over 1000 Jr High students, 1988
- "Application of an Exercise Prescription" Aerobic Instructor Workshop, Columbia, MO, 1988
- "History and Use of Perceived Exertion", Guest lecture and lab experiment for University of Missouri summer school, 1988
- "The Role of Diet and Exercise in Weight Control, Columbia, MO, 1988
- "Exercise and Diabetes", Booneville Diabetes Group, 1990
- Grant Elementary School Wellness Fair – coordinated booth on health and wellness, 1990
- Featured multiple times on local TV show "Pepper and Friends" promoting exercise and its relationship to health, 1990 - 1996
- Hallsville School Health Fair – coordinated booth on health and wellness, 1990
- Established extracurricular wellness program for West Boulevard

Elementary School., 1990

- West Boulevard Elementary School Teachers Curriculum presentation on the role of PE in Education, 1990
- "Preventing Heart Disease Through Risk Factor Modification" Rotary Club presentation, Bunceton, MO, 1992
- Smoke Cessation Class Instruction, Multiple sessions in Columbia and surrounding areas, 1992 – 1995.
- Lecture to 9th grade Health Class at JJHS two times per year from 1994 – 2000
- Featured Speaker at Mo Dept of Health, Show-Me Physical Activity conference, 1996
- Periodic guest on David Lyle Show, Local radio broadcast on current health topics, 2004 – present

PROFESSIONAL/PERSONAL CERTIFICATIONS

1999 – Present	Registered Clinical Exercise Physiologist, ACSM
1987 – 2000	Certified Exercise Specialist, ACSM
2005 – 2014	American Heart Association BLS Instructor
2014 – present	CPR/AED/First Aid Medik certification
1979 - Present	Emergency Medical Technician
1971 - Present	Eagle Scout
1989 - Present	Licensed Youth Soccer Coach
2000 – Present	Boy Scout Merit Badge Counselor

AWARDS/PROFESSIONAL AND COMMUNITY ACTIVITIES

Employee of the Month, Boone Hospital Center, February, 1990
Employee of the Year, BJC Health Systems, 1990
Outstanding Young Men of America, 1990
Initiated the Partners In Education (PIE) program at Jefferson Jr High School as Boone Hospital Representative, 1987
PIE co-coordinator for Jeff Jr High School and Boone Hosp Center, 1987 – 2000
Assisted with the establishment of MOKSACVPR, 1988
Committee member, MOKSACVPR Standards and Issues, 1989 – 1998
President-Elect of MOKSACVPR 1990 – 1991
President of MOKSACVPR 1991-1992
West Boulevard Elementary PTA Board member, 1990
West Boulevard Elementary Health & Safety Chairperson, 1990
American Cancer Society Public Education Committee, 1988 – 1990
Recreational Youth Soccer Coach, Columbia, MO, 1988 - 1999
Competitive Youth Soccer Coach, Columbia, MO, 1992 - 2000
Member, Mayors Council on Physical Fitness and Health, 1999 – 2003
Assistant ScoutMaster, Troop 706, Columbia, MO, 2000 – 2010
Personal Fitness Merit Badge Councilor, Great Rivers Council, 2000 - present
Developed Wellness Challenge for Missouri State Teachers Association, 2003-2004
Committee member, Outreach & Programming for GetAbout Columbia.
Responsible for \$2.3 million of a \$22 million Federal Highways grant to Columbia, MO, 2006-2009

Chairperson, Outreach/Programming, GetAbout Columbia, 2008-2009
Invited Mentor, Undergrad Honors Convocation. Guest of Jennifer Hinkebein, 2010

PROFESSIONAL AFFILIATIONS

American College of Sports Medicine, 1987 – present
American Association of Cardiovascular and Pulmonary Rehab, 1988-2011
American Alliance for Health & Physical Education, 1986 – 1988
North American Society of Pediatric Medicine, 1986 – 1994
Fitness In Business, 1987 - 1989
Missouri/Kansas Association of Cardiovascular and Pulmonary Rehab, 1988-2011,
Missouri Academy of Scientists, 1988 – 2000
Fitness Underground, 1988 - present