

# TRACEY C. GREENWOOD, Ph.D.

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Department of Biokinetics  
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## EDUCATION:

- Ph.D., 2008      **Temple University**, Philadelphia, Pennsylvania  
Kinesiology (Exercise Physiology)  
Research interests:
  - Low-Carbohydrate versus Low-Calorie and Obesity
  - Selective Neuromuscular Recruitment
- M.S., 1996      **Saint Joseph's University**, Philadelphia, Pennsylvania  
Health Education  
Thesis: Effect of Strength Training on Body Composition
- B.S., 1991      **University of Delaware**, Newark, Delaware  
Physical Education (Exercise Physiology)

## ACADEMIC TEACHING EXPERIENCE

2006 - present **Eastern University** St. Davids, PA  
*Associate Professor of Exercise Science*

- EXSC 140:**      **Concepts of Fitness** Exploration of fundamental theories, paradigms and history necessary for a basic and complete understanding of fitness as a profession and lifestyle.
- EXSC 200:**      **Health Promotion;** Detailed investigation of attitudes and life-style behaviors as they influence life long health.
- EXSC 350:**      **Research Methods;** Examination of contemporary research methods utilized in exercise science. It introduces the design and application of research projects measuring cognitive, affective and psychomotor performance in the disciplines of exercise science and athletic training. Statistical procedures and the interpretation of published research are discussed.

- EXSC 353: Exercise Testing & Prescription;** This course will focus on exercise testing and prescription with regards to stress testing and fitness assessments. Indications and applications for clinical exercise testing and contraindications to exercise testing will be addressed. Special attention will be given to high-risk individuals, post-cardiac event patients and clients with special needs.
- EXSC 395: Field Skills, Assessment and Techniques in Exercise Science;** I redesigned course to be a laboratory methods class for students to be prepared for internship and a career in Exercise Science.
- EXSC 398: Fitness Leadership;** I redesigned the course for students to learn the principles of personal fitness training and group exercise instruction for a career in Personal Training.
- EXSC 411: Cardiovascular Physiology and Patho-physiology;** This is an upper level requirement of all exercise science majors. This course is an extensive study of how the intact cardiovascular system operates.
- EXSC 416: Metabolic Interactions;** This course examines advanced concepts of physiological responses and adaptations to exercise and relates them to pharmacological intervention, human performance limitations, training effects and health related benefits. Emphasis is on human bioenergetics, pharmacological interaction and cardiovascular responses to exercise. This course will also investigate the interaction of hormones on bioenergetics during exercise.
- EXSC 450 Administration in Exercise Science;** This course examines the principle and philosophies pertinent to the development of organizational policies and administration in the areas of sports, fitness and exercise science. Emphasis is on fiscal practices, legal responsibilities, facility development and staff management
- EXSC 495: Exercise Science Internships;** I oversee and supervise the internship program and place all of the exercise science interns.

1999-2001 **Temple University** Philadelphia, PA  
*Graduate Assistant and Instructor of Biology*

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|--------------------|---|
| <b>Knslogy-100</b> | <b>Part 1 Human Anatomy and Physiology Laboratory</b><br>Detailed investigations of the skeletal, muscular, and nervous systems.                              |
| <b>Knslogy-101</b> | <b>Part 2 Human Anatomy and Physiology Laboratory</b><br>Detailed investigations of the endocrine, circulatory, digestive, urinary, and reproductive systems. |

1999 **St. Joseph's University** Philadelphia, PA  
*Adjunct professor in Health Sciences*

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|-----------------|--|
| <b>IHS 2471</b> | <b>Nutrition, Exercise and Body Composition</b><br>Detailed investigations of macronutrients and micronutrients and their role in metabolism. Basic principles of cardiovascular and anaerobic exercise and their function in disease prevention. Principles and application of body composition assessment. |
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1998- 2006 **Cabrini College** Radnor, PA  
*Adjunct professor in Biology and Exercise Science & Health Promotion*

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|----------------|---|
| <b>BIO 230</b> | <b>Human Anatomy and Physiology I</b><br>Detailed investigations of cell and tissue biology and studies of the skeletal, muscular, and nervous systems.   |
| <b>BIO 231</b> | <b>Human Anatomy and Physiology II</b><br>Detailed investigations of the nervous, endocrine, digestive, renal, respiratory, cardiovascular and reproductive systems.  |
| <b>ESH 350</b> | <b>Cardiovascular Physiology / Patho Physiology</b><br>Investigation of the process of circulation in oxygen delivery during exercise and the role of the cardiovascular system in integrating the body as a unit to maintain homeostasis in varied environments. |

2003 - 2004 **Rowan University** Glassboro, NJ  
*Adjunct professor in Kinesiology*

**HES 250**

**Basic Nutrition**

Detailed examination of basic principles of human nutrition that are operative in health and disease.

**EASTERN UNIVERSITY ACADEMIC COMMITTEE SERVICE**

Jan. 2010 – present	Eastern MSCHE Faculty Committee
2008 – present	CAS Curriculum Committee
2009 – present	Faculty Senate
2006 – present	Exercise Science Club Advisor
2008 – present	Director of Biokinetics Lab
2008 – 2009	Steering Committee for ACSM-CAAHEP accreditation for EXSC program, member

**PROFESSIONAL/ ADMINISTRATIVE EXPERIENCE:**

**1998 – 2006**

**CABRINI COLLEGE**

**Radnor, PA**

**Fitness Director**

- Manage the staff and operation of an 8,000 square-foot wellness facility
- Supervise Exercise Science Students as they gain experience in the fitness center setting
- Provide exercise testing for athletic teams at various environmental conditions
- Conduct and supervise VO2 max tests on athletes and other populations
- Develop all incentive and health education programs
- Internship supervisor to Exercise Science students
- Develop Strength and Conditioning programs for all athletic teams
- Prepare aerobics schedule and coordinate program
- Prepare salary and expense budgets for each fiscal year
- Design staff training for all Exercise Science students
- Provide ongoing experience for Exercise Science students in the field of fitness and wellness
- Design Fitness assessment test for college campus & community
- Train Exercise Science Students to perform fitness assessments
- Prepare monthly and annual utilization reports and budgets
- Contribute to monthly campus newsletter in regards to wellness education.

2004 - 2005

**CABRINI COLLEGE**

**Radnor, PA**

**NBA Personal Training**

- Provided personal training and yoga instruction to 2 NBA players that lived in Wayne, PA
  - Cuttino Mobley (Houston Rockets)
  - Alvin Williams (Toronto Raptors)

1991 – 1998

**MONTGOMERY HOSPITAL    Norristown, PA**

**Director, Health/Wellness Promotion Program**

- Managed the staff and operation of a 5,400-square-foot wellness facility
- Designed marketing techniques to promote program for new and existing clients
- Trained staff on proper sales techniques to increase membership
- Counseled clients on curriculum of wellness classes (nutrition, stress management, weight control, addictions, etc)
- Prepared class schedules and budget for fiscal year
- Conducted exercise testing, evaluation, prescription, and consultation
- Developed and continually improved an extensive health-education and fitness program for more than 1,000 employees
- Organized and lead health-education activities for the local community on topics, including cancer prevention, Diabetes, and arthritis, etc.
- Trained and counseled members in the areas of aerobic conditioning, strength and endurance training, flexibility, weight management, and nutrition
- Designed fitness training programs for members with special conditions, including hypertension, pregnancy, orthopedic limitations, and amputation
- Created marketing tools and techniques to increase wellness program participation
- Planned and implemented health and wellness events for community
- Contribute to monthly campus newsletter in regards to wellness education.

1991

**CHESTER COUNTY HOSPITAL**

**West Chester, PA**

**Exercise Physiologist**

- Implemented full-service programs of lifestyle management with fitness, rehabilitation, and education components.

**PRESENTATIONS**

## **EXERCISE ALLIANCE**

### **Seminar Presenter 1997-2000**

Prepare, implement and present personal fitness training and strength training certification seminars for Aerobic Pipeline International. Travel to various cities in the U.S. to lecture and administer examinations to individuals for API certifications

Rosenbluth International Conference, Summer 1998

### **Physical Activity and Nutrition for the Corporate Lifestyle**

Saint Joseph's University, February 1999

### **Physical Activity and Nutrition related to Disease Prevention**

Saint Joseph's University, May 1999

### **Sports Nutrition and Athletes**

University of Pennsylvania, Spring 1999

### **Nutrition for Health Care Workers on Shift Work**

Lower Merion High School, April 2009

### **Childhood Obesity and Diabetes**

Arnold Sports and Conditioning Conference March 2009

### **The Effects of Erogenic Aids in Strength Training**

Delaware Tech; April, 2009

### **Women and Resistance Training**

Saint Joseph's University, March 2010

### **Exercise Epidemiology**

Arnold Classic Sports and Conditioning Conference March 2010

### **Nitric Oxide Supplementation and Strength Training**

Hahnemann University's Cardio-Vascular Institute Conference "*Exercise as a Prescription for Medicine*", October 2010

### **Deciphering the Exercise Prescription**

## **RESEARCH:**

**Comparison of a low carbohydrate diet and a calorie-restricted diet on weight loss, morphometric variables and diet acceptability.**

Dissertation, December 2007

Advisor: Dr. Gary Foster

**Neural Recruitment Patterns on Target Loading Equipment**

Pilot Study Part II, January 2003

**Neural Recruitment Patterns on Target Loading Equipment**

Pilot Study, April 2002

**Effects on Body Composition in Relation to Strength Training**

Master's Thesis, May 1996

**PROFESSIONAL ORGANIZATIONS / CERTIFICATIONS:**

American College of Sports Medicine, Professional Member

American College of Sports Medicine, Health and Fitness Instructor Certification

American College of Sports Medicine, Exercise Specialist Certification

American Alliance for Health, Physical Education, Recreation and Dance Member

IPPI Advisory Board Member

Cardio-Vascular Institute Strategic Planning Committee

National Strength & Conditioning Association (NSCA)

Cardio-Pulmonary Resuscitation Certification

American Red Cross First Aid Certification

**PERSONAL INTERESTS:**

International Federation of Bodybuilding (IFBB) Professional Fitness Competitor

Travel and conduct fitness and sports nutrition seminars

Guest appearances for the IFBB

Sponsored Athlete with GNC Pro Performance