



ETTI SIMON, MS, CPT

ASSISTANT PROFESSOR | EDUCATOR

Assistant Professor who excels in academic instruction, research, and scholarship. Focus on developing leaders while educating undergraduate and graduate students in the health and exercise science field. Highly skilled in program development and management, course materials design, and assessment development. Very comfortable in assessing student needs and implementing strategies focused on academic success; develop effective practices, apply traditional and innovative teaching methodologies, and leverage technologies to support student. Adept in building relationships and relating effectively with individuals and groups from diverse cultures and socioeconomic backgrounds.

EDUCATION

LAKELAND UNIVERSITY, Minneapolis, MN Doctor of Philosophy, Health Sciences	In Progress
STERLING UNIVERSITY, Minneapolis, MN Master of Science, Exercise Science	2016
THE COLLEGE OF BAYSIDE, Minneapolis, MN Bachelor of Arts, Criminology	2012

PROFESSIONAL TEACHING EXPERIENCE

LAKELAND UNIVERSITY, Minneapolis, MN Professor, School of Health and Human Performance	2016-Present
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Lead undergraduate and graduate students enrolled in the university's athletic training, pre-physical therapy, exercise science, biology-health science, and physical education programs.

Selected Accomplishments

- Collaborate with colleagues in updating existing and developing new exercise science coursework aligned with the university's learning objectives. Employ contemporary ideas, innovative technologies, and emerging developments in teaching, research, and curriculum to achieve student success.
- Deliver dynamic lecture and presentations to undergraduates in courses including, Exercise Physiology and Lab, Personal Training Examination Preparation, Personal Fitness, and Strength Fitness. Instruct graduate-level courses, including Sports and Fitness Management and Management in Exercise Science.
- Serve as the junior field experience supervisor, oversee the exercise science internship program, lead clinical experience courses, and oversee the clinical internship, while serving as a university supervisor.
- Assess academic performance and provide feedback to elicit appropriate student outcomes and encourage critical and analytical thinking.
- Currently engaged in researching cardiovascular and the impact of jumping rope in middle school youth.
- Oversaw 50+ student interns as a site supervisor. Credited for role in 3 interns being hired to work full time in a health and exercise science capacity.

Selected Accomplishments, Continued

- Played a role in 150+ students successfully completing junior and senior field experience; many now work full time in the health and exercise field.
- Applied expertise to recommend raising the academic rigor of the exercise science program to require students to pass nationally recognized certification tests in order to graduate.
- Invited twice to present at the university's annual research symposium. Delivered a presentation on developing training for youth athletes and a second presentation on creating a yearly training template for both athletes and the general population.
- Selected to serve as a guest on a live TV recording that allows students and administrators to ask questions on topics related to the health and exercise science field.

MILESTONE FITNESS, Minneapolis, MN

2007-2018

Head Strength and Conditioning Specialist Coach

Established objectives and led team in managing daily operations. Set the facility's training routines, evaluated clientele, led training sessions, and created a culture focused on personal fitness, wellbeing, and performance. Generated interest in the facility and built new business through internet marketing and client referrals.

Selected Accomplishments

- Worked one-on-one with clients while conducting fitness assessments. Conducted orientations that demonstrated workout essentials and ensured safe use of equipment.
- Engaged in lectures focused on a wide range of health and wellness topics. Led one-on-one, small group, and large group trainings focused on strength conditioning and performance.
- Delivered nutritional consultations, addressed weight management, and wrote exercise prescriptions based on individual client needs. Conducted pre- and post-assessments to track progress and make recommendations.
- Trained staff on developing personal fitness and wellness goals, including weight loss, body composition, strength, endurance, cardiorespiratory endurance and balance rehab.
- Applied expertise to train and advise male and female athletes, emergency response teams, and special operation team members from the US Army.

HIGH-TECH/PRECISION SPORTS Minneapolis, MN

2017-2018

Draft Preparation & Preseason Training Coach

Worked one-on-one with players from the World Class Football League and Maple Leaf Football League in draft preparation and preseason training. Developed and implemented programs that focused professional football players on reaching their athletic goals, enhancing technical skills, and taking their performance to the next level.

- Coached team members and coaches on various teams from both the World Class Football League and Maple Leaf Football League in preseason training.
- Credited for James Alton becoming a 1st Team Lacrosse player, National Champion, and Player of the Year.
- Played an instrumental role in Gabriel Moriciano becoming a member of the Washington Dynamos; worked one-on-one during the offseason and executed the prep program to exceed athletic goals.

OAKMONT HIGH SCHOOL, Minneapolis, MN

2013-2018

Assistant Football Coach and Strength Coach

Designed preseason, in-season, and off-season sport-specific programs that prepared players, encouraged discipline, and focused students on competing at the state level.

LAKELAND UNIVERSITY, Minneapolis, MN

2007-2011

Assistant Football Coach

Worked closely with the defense; engaged players in strength and conditioning training. Designed offseason and in-season training programs.