

Denise K. Salters

**responsibility*arranger*intellection*input*relator*

 saltersdk@gmail.com



EDUCATION

Doctor of Health Science and Exercise Leadership

California University of Pennsylvania, California, PA

Master of Science in Health and Human Performance

Sul Ross State University, Alpine, TX

Bachelor of Science in Exercise and Sports Science, Health & Wellness Promotion for Clinical Populations

Texas State University, San Marcos, TX

Associate of Art in Kinesiology

Palo Alto College, San Antonio, TX



CERTIFICATIONS

Exercise is Medicine Level 1, *American College of Sports Medicine*

Physical Activity in Public Health Specialist, *American College of Sports Medicine*

Basic Life Saver for Healthcare Providers, *American Heart Association*

TRX Suspension Training Certified, *TRX® System*

Certified Corporate Wellness Coach, *Spencer Institute*

Functional Movement Level 2, *Functional Movement Systems*

Certified Group Fitness Instructor, *Athletics and Fitness Association of America*

Functional Movement Screen Level 1, *Functional Movement Systems*

Certified Health Education Specialist, *National Commission for Health Education*



HONORS

Promoting Postbaccalaureate Opportunities for Hispanic Americans Graduate Student Fellow

W.H. Perryman Physical Education Scholarship Recipient

Joe Don Looney Memorial Physical Education Scholarship Recipient

Texas State University Student Worker of the Year Nominee

Osher Reentry Scholarship Recipient

Medal of Hope, Dean of Student's Office

Megan Curran Advocacy Award for supporting LGBTQIA+ Community



PEER-REVIEWED RESEARCH PRESENTATIONS

Presented

Salters, D.K. (2022). *The Importance of Cultural Humility*. Talecris Plasma Resources, El Paso, TX.

Salters, D.K. (2022). *Cultivating Your Cultural Intelligence*. Stark County Health Department, Canton, OH.

Salters, D.K. (2021). *Power and Privilege: Unpacking identities through powerful discussions*. Department of Health Promotion and Wellness, Pennsylvania State University, University Park, PA.

Salters, D.K. (2018). *A Community in Motion: The Impact Inclusive Recreational Activities Make on Children with Special Needs*. 11th Annual Undergraduate Research Conference, San Marcos, TX.

Mandel, M., Forbes, S., Irwin, J., Monmouth, K., **Salters, D.K.** (2017). *Social and Epidemiological Assessment of Beaumont-Port Arthur MSA*. Department of Health and Human Performance, San Marcos, TX.



SPEAKING ENGAGEMENTS

Salters, D.K. (2021, Oct. 25). *Stress management 101*. Pennsylvania State University, University Park, PA.

Salters, D.K., Salters, R., Luna, R., & Davis, Z. (2021, April 14). *The Breakdown: Unpacking university life*. Zoom Webinar.

Salters, D.K. (2021, April 8). *Motivational factors in exercise science and health education*. California University of Pennsylvania, California, PA.

Salters, D.K., Salters, R., Tyler, S.I.M. (2019, Feb. 23). *Leadership and innovation for change*. Leadership Institute Annual Conference, Texas State University, San Marcos, TX.

Assistant Teaching Professor

Pennsylvania State University- Mont Alto

July 2022-Present

- Instruct undergraduate courses related to the bachelor of science program in BioBehavioral Health, including introductory courses and health promotion using traditional, hybrid, and online health delivery methods.
- Participate in course, curriculum, and program development.
- Advise students and provide career guidance.
- Participate in campus, University, and community service activities.
- Engage in activities to stay current in the discipline.

Assistant Director- Health Promotion & Wellness

Pennsylvania State University

August 2021-April 2022

- Provide creative, energetic, and strategic leadership for prevention and wellness initiatives
- Plan, supervise, deliver, and evaluate a range of initiatives utilizing peer health educators
- Develop health promotion initiatives that address a variety of topics, including alcohol and other drugs, multicultural health issues, nutrition, sexual health, and wellness
- Instruct a 3-credit academic peer health education course
- Develop, implement, and evaluate new health promotion and wellness initiatives
- Provides leadership for health promotion within Student Affairs across the University
- Establish and maintain high standards for education and prevention practice within parameters set by relevant professional groups

Health Promotion Consultant

Anthem, Inc.

March 2021-August 2021

- Assists with the State/Region/Local Needs Assessment document and identifies/develops resources to meet health education needs
- Defines the marketing environment through the development of key stakeholder criteria, identification of desirable community partners, availability of local programs, and opportunities for marketing programs and services
- Provides/promotes provider training to assure compliance with government-mandated health education programs and the health education referral system
- Establishes positive relationships with community-based organizations and other key partners to understand members' cultural and linguistic needs
- Recommends health education programs based on analysis of State/Regional/Local health statistics, disease prevalence, census data, and health care service usage

- Maps community-based assets and collaborates with key stakeholders to leverage available resources to develop new and accessibility to existing health education/program programs.
- Develops and implements strategies that promote local health education resources and address identified member health education needs

Graduate Teaching Assistant

August 2020-Present

CalU of Pennsylvania, California, PA

- Assist Program Director of the Sports Management studies program
- Support instruction, assist with research, write and develop quizzes and study material, grade assignments, and assess student performance
- Perform administrative tasks as requested

Health Promotion Coordinator

March 2020-December 2020

HealthFitness, Brecksville, Ohio

- Responsible for developing, planning, coordinating, marketing, and implementing a wide range of health promotion activities for the eligible client population, maximizing participation and engagement
- Coordinates the planning and delivery of wellness programs, including health awareness, educational campaigns, behavior change programs, and health assessments
- Oversee end-to-end program delivery process, monitor quality, and report on program outcomes
- Responsible for working within the HealthFitness service delivery protocols and processes to facilitate behavior change by client employees
- Responsible for providing health coaching according to established processes, procedures, and ethics
- Work with participants to develop a personalized program that fits the participant's needs, values, stage of change, and goals

Exercise Specialist

November 2018- March 2020

Optum Plus One, Orville, Ohio

- Conduct ongoing fitness consultations for participants, including movement screens, needs analysis, and goal setting to recommend appropriate fitness programming and complementary wellness services
- Develop comprehensive progressive fitness programming to support and motivate participants and ensure a positive overall experience
- Monitor, engage, and instruct participants in the fitness center on the safe and effective use of cardiovascular, flexibility, and strength training equipment within the facility

- Educate participants on clinically proven health and fitness information and provide the highest quality of service

Student Administrative Assistant

May 2017-August 2018

Texas State University, San Marcos, Texas

- Responsible for front desk operations
- Worked with University system Banner and BDMS
- Duties included answering phones, scheduling appointments for undergraduate students in the College of Education, greeting and checking in students, assisting students with registering for classes, and completing various assigned tasks
- Managed the advising and personal schedules of ten academic advisors and served as the secondhand to the Administrative Assistant II
- Planned and coordinated office events, team building meetings, monthly luncheons, and office leadership training



TEACHING EXPERIENCE

The Pennsylvania State University-Mont Alto

Fall 2022

BIOET 100 Biobehavioral Health. *Bioethics*.

BBH 324 Biobehavioral Health. *HealthWorks Peer Education Training*.

BBH 432 Biobehavioral Health. *Biobehavioral Aspects of Stress*.

The Pennsylvania State University

August 2021-April 2022

BBH 324 Biobehavioral Health. *HealthWorks Peer Education Training*.

BBH 497 Biobehavioral Health. *Special Topics: Health Promotion*.



SERVICE

AdvoCats Peer Educator

May 2017-August 2018

Texas State University, San Marcos, Texas

- Facilitate Allies of Texas State training to students and contribute to the growing number of Allies on campus
- Promote awareness about sexual and gender identities through education and training at workshops, information sessions, and around campus
- Support the LGBTQIA+ community and contribute to the growing diversity of Texas State

Intern

January 2018-May 2018

Kinetic Kids, San Antonio, Texas

- Completed over 560 hours working alongside Physical Therapists, Occupational Therapists, Speech Therapists, and Recreation Therapists in sports and recreation programs for children with disabilities
- Assisted with daily office duties, completed case studies, presented at wellness fairs, and helped with grant writing and securing donations for scholarships and programs

Intern

January 2017-May 2017

Texas State University, San Marcos, Texas

- Participant in a university course that focused on exercise testing and programming using ACSM 10th edition guidelines
- Conduct safe and valid physical fitness instruction, health appraisal, and fitness testing.
- Provided over 120 hours of onsite and offsite practical experiences, which included skills necessary to become a successful health and fitness professional
- Strengthened the knowledge, skills, and abilities to safely conduct comprehensive health and fitness tests and develop individualized exercise programs

Participant/Graduate/Facilitator

May 2016- May 2018

Dean of Students, Leadership Institute, Texas State University, San Marcos, Texas

- Participant in an immersion program that focused on skills to help lead with integrity in the community, around campus, and in careers
- Experienced a curriculum that focused on community, inclusivity, and vision
- Motivated 63 participants to set goals and visions and utilize strong communication

 **PROFESSIONAL MEMBERSHIPS**

American College Health Association	2021-Present
Athletics and Fitness Association of America	2019-Present
Functional Movement Systems	2018-Present
American College of Sports Medicine	2018-Present
National Commission for Health Education Credentialing	2018-Present
Eta Sigma Gamma, National Health Education Honorary	2017-Present
Society for Public Health Education	2017-Present