

**Curriculum Vitae**  
**LAURA E. BRUNO, Ed.D.**

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**EDUCATION**

**2014 Ed. D., Higher Education Leadership**

Wilmington University, New Castle, Delaware

Dissertation: A Community Physical Activity Program: The Study of an All-Female Fitness Based Club

**2007 M.S., Health and Physical Education**

McDaniel College, Westminster, Maryland

**2003 B.A., Health and Exercise Science**

Specialization: Teacher Certification

Rowan University, Glassboro, New Jersey

**DISSERTATION**

It is unknown how females who participate in a fitness-based community PA program perceive their psychosocial well-being and level of commitment to physical activity. The purpose of this study was to determine if there was a statistically significant relationship between participation in a fitness-based community PA program and the psychosocial well-being, perceived commitment levels of exercise, and frequency of physical activity. Findings from this study benefit state and government legislators/legislations, females of all ages, parents, coaches, school educators, as well as those who implement physical education and community PA programs. As a result of this research, this candidate plans to seek grant funding to help implement community PA programs in local areas.

**PROFESSIONAL HIGHER EDUCATION EXPERIENCE**

**2015- Present**

**The College of New Jersey**, Department of Health and Exercise Science: Assistant Professor

Courses include:

Adapted Kinetics (fall 2015)

Methods of Secondary Health and Physical Science (fall 2015)

Sports Concepts and Skills (fall 2015)

**2011 – 2015**

**Rowan University**, Department of Health and Exercise Science: Adjunct Professor

Courses include:

Teaching Concepts of Secondary Physical Education II (2011 – 2013)

Adventure and Experiential Learning (fall 2013, spring 2014, fall 2014, spring 2015)

Foundations of Fitness (spring 2014, spring 2015)

Contemporary Health I (fall 2014)

Lab Personal Training Techniques (fall 2014, spring 2015)

**2011**

**Camden County College**, Department of Health and Physical Education: Adjunct Professor.

Course: Contemporary Health & Wellness (fall 2011)

## **PROFESSIONAL TEACHING EXPERIENCE**

**2005 – 2010**

**Middletown High School**, Health and Physical Education Teacher (grades 9-12)

Fitness for Life (2005-2010)

Health Education (2005-2010)

Aquatics (2005-2010)

Sports Medicine (2005- 2006)

**2004 -2005**

**Southwest Academy Public School**, Health Education Teacher (grades 6-8)

6<sup>th</sup> grade Health Education

7<sup>th</sup> grade Health Education

8<sup>th</sup> grade Health Education

**2003 – 2004**

**Williamstown High School**, Health and Physical Education Teacher (grades 6-12)

Physical Education

Health Education

Adapted Physical Education

Adapted Health Education

**2003 Pitman High School**, Long-term substitute teacher for physical education (Grades 9-12)

Physical Education

**2003 Pitman Walls Elementary School**, Student teaching experience (Grades Pre K- 5)

Grades Pre K- 5 Physical Education

1<sup>st</sup> Grade Health Education

**2003 Williamstown High School**, Student teaching experience (Grades 9-12)

Grades 9-12 Physical Education

Grade 9 Health Education

## **RESEARCH EXPERIENCE**

**2014 Grant proposal** (anticipated) for local community PA start-up programs, pending dissertation study findings.

**2013 Wilmington University**

Continued research for dissertation investigating a community-wide PA program and both the psychosocial impact and PA commitment levels as they relate to females.

**2007 McDaniel College**

Research for thesis on socio-economic status and how it related to obesity in regards to the citizens of Frederick County, Maryland

**HONORS & ACHIEVEMENTS**

**2014 GPA 4.0, Summa Cum Laude**

Wilmington University, Ed. D.

**2007 GPA 4.0, Summa Cum Laude**

McDaniel College, M.S.

**2003 GPA 3.5, Cum Laude**

Rowan University, B.A.

**CONFERENCE ACTIVITY/PARTICIPATION**

**2013 Project Adventure Programming, Project Adventure facilitator training**

**2012 Educational Leadership Conference, Wilmington University**

**2010 FCPS- Frederick County Public Schools, Health and Physical Education Professional Development (2005-2010)**

**2009 FCPS Presenter, Frederick County Public Schools, Health and Physical Education Professional Development**

**2003 Adventure Education Professional Development, Williamstown High School**

**2003 NJEA Convention participant- New Jersey Education Association**

**EXTRACURRICULAR SERVICE**

**2015 SHS- South Harrison Schools**  
H & S (Home & School)  
Room Coordinator  
Annual 5K Coordinator  
Cub Scout volunteer

**2014 SHS- South Harrison Schools**  
H & S (Home & School)  
Annual 5K Coordinator

Cub Scout volunteer  
Little League Team Mom

- 2013 HTS-** Harrison Township Schools, classroom volunteer  
PTA (Parent Teacher Association)
- 2013 Rowan University,** research for the Department of Health and Exercise Science online masters program (aligns with doctoral candidate internship for Wilmington University). (2012-2013)
- 2000 Department of Athletics,** Rowan University- team manager for varsity basketball games

### **COMMUNITY INVOLVEMENT/OUTREACH**

- 2015 Goliathon-** competitor
- 2015 Queen of the Hill Triathlon-** competitor
- 2015 FBC-** Fellowship Bible Church VBS (Vacation Bible School) Mini-VBS Supervisor
- 2014 Goliathon-** competitor
- 2014 Escape the Cape Triathlon-** competitor
- 2014 Atlantic City Triathlon-** competitor
- 2014 Queen of the Hill Triathlon-** competitor
- 2014 FBC-** Fellowship Bible Church VBS (Vacation Bible School) Mini-VBS Supervisor
- 2013 FBC-** Fellowship Bible Church VBS (Vacation Bible School) Steering Committee-Women's Group
- 2013 MHWTC-** Mullica Hill Women's Triathlon Club, 'End the Stigma' mental illness awareness community service
- 2013 Atlantic City Triathlon-** competitor, 4<sup>th</sup> in age group
- 2013 Spartan Run-** competitor
- 2013 Queen of the Hill Triathlon-** competitor
- 2013 LLS Donor-** Leukemia & Lymphoma Society
- 2012 FBC-** Fellowship Bible Church VBS (Vacation Bible School) Steering Committee

**2012 Warrior Dash-** competitor

**2010 Susan G. Komen Donor,** Breast cancer research

#### **RELATED PROFESSIONAL SKILLS**

**2007- 2015 Blackboard 9.0-** creating, managing, facilitating the online learning environment

**2010- 2015 IBM SPSS Statistics,** Research software package used for statistical analysis.

**2005- 2007 JV Girl's Lacrosse Coach,** Middletown High School (2005- 2007)

**2003- 2004 Inner City Character Coach,** Southwest Academy Public School

**2002- 2003 Varsity Girl's Cheerleading Coach,** Williamstown High School

**2002- 2003 Girl's Lacrosse Official,** NJSIAA- NJ State Interscholastic Athletic Association

**2002- 2003 Adventure Education Facilitator,** Rowan University

**2001- 2003 Rowan University Recreation Center,** Juice bar

**2000- 2001 Personal Trainer,** Bally's Total Fitness

**1999- 2000 Swimming Instructor,** YMCA- Young Man's Christian Association

**1998- 2000 Assistant teacher,** Excel Learning Center

#### **PROFESSIONAL MEMBERSHIPS/AFFILIATIONS**

**2013 - 2015 SHAPE America Member-** Society of Health and Physical Educators  
(previously AAHPERD and NASPE)

**2013- 2015 ACHE Member-** Association for Continuing Higher Education

**2013- 2015 AFT Member-** American Federation of Teachers, member: Rowan University

**2013- 2015 University Advancement donor,** Rowan University Foundation

**2004- 2008 MSEA Member-** Maryland State Education Association

**2004- 2008 AFT Member-** American Federation of Teachers, member: Monroe Township Public schools, BCPS (Baltimore County Public Schools) & FCPS (Frederick County Public Schools)

**2003 NJEA Member-** New Jersey Education Association