

DHEDHI, Regula Maria

San Francisco State University, Kinesiology Department, College of Human Health & Services

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E D U C A T I O N

- **May 2006 SAN FRANCISCO STATE UNIVERSITY**, San Francisco, California
MA in Kinesiology, Concentration: Exercise Science
Graduated with Distinguished Achievement Award for Academic Excellence, May 2006
 - **May 2004 SAN FRANCISCO STATE UNIVERSITY**, San Francisco, California BS
in Kinesiology, Concentration: Human Movement
 - **MAY 1985 SWISS COMMERCECONFEDARATE DIPLOMA**
BUSINESS DEGREE, Rapperswil, St.Gallen, Switzerland
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C E R T I F I C A T I O N S

- **CLINICAL EXERCISE PHYSIOLOGIST, ACSM-CEP Certifications: including Exercise is Medicine® Credential (Level 3), CEPA certified (clinical EP Association)**
 - **CDC certified Diabestes Lifestyle Coach (2018)**
 - **Certified AFAA Group Exercise Leader (1992)**
 - **Center for Human Development - PEP certified (2014)**
 - **BLS certified (CPR/AED)**
 - **CBEST (California Basic Educational Skills Test) (2013)**
 - **Certified UCCE Master Gardener of Contra Costa County (2016)**
 - **Languages:** German, English, Spanish, and French
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P R O F E S S I O N A L E X P E R I E N C E in current career

August 2010 SAN FRANCISCO STATE UNIVERSITY, San Francisco, California **to current**
Lecturer Faculty for College of Health & Human Services, Department of Kinesiology

Currently:

Kin 255 - Health Related Fitness & Wellness (GE) - fully online/F2F - Course Match certified class;

Kin 331 - Peak Performance (GE) asynchroneious online and F2F - Course Match certified class;

Kin 555 - Exercise Testing & Prescription, F2F, asynchronous online, and hybrid

Kin 483 - Exercise Physiology Laboratory, F2F

Former classes: **Kin 681** - Applied Exercise Physiology (upper Division); **Kin 308** - Instructional Analysis: Fitness Activities; **Kin 309** - Instructional Analysis: Soccer & Softball; **Kin 191/189**- Indiv.

Weight Training, Beginners Weight Training, **Kin 139**: Jogging, **Kin 100/102**: Low Impact and Step

Aerobics. Collaborate with students enrolled in academic units to gain research and practical experience (Advanced Practicum, Teaching Assistants, Independent Research Studies, and Leadership Experience).

September 2017 Mt. Diablo Adult Education, a Division of Mt. Diablo Unified School District
to current Lifelong Education Instructor, Reiki classes

September 2013 CALIFORNIA STATE UNIVERSITY, CSU East Bay, Hayward, California
to July 31st, 2014

Visiting **Adjunct Lecturer for Department of Kinesiology**, Instructor: Exercise and Well-Being (GE); Working with students enrolled in University Honors Program to satisfy extracurricular activities according to programs' requirements.

August 2009 FITNESS EDUCATION NETWORK
to January 2019 National Workshop Presenter for the American College of Sports Medicine (ACSM)

Educator for ACSM's national certification Workshops (Health and Fitness Specialist and certified Personal Trainer), as well as ACSM CEU workshops "Weight Management" and "Personal Training for Special Populations".

**Jan 2008 ADVOCATE HEALTH Lutheran General Hospital, Park Ridge, Illinois
to July 2010**

Cardiac Rehab Exercise Physiologist / Patient Care Coordinator Inpatient and outpatient care to the cardiac rehab patients, phase I and II. Instruct and facilitate exercises in the inpatient and the outpatient in a clinical setting. Monitor telemetry and vital signs. Teach CAD Risk Prevention and Education Classes. Log program data and produce outcome analysis for bi-monthly Cardiac Unit Outcomes Meeting.

**May 2003 CLINICAL HEALTH APPRAISALS, INC
to May 2006**

Health & Wellness Fair Consultant During Corporate Health Fair Events provided fitness & health assessments according to national health standards to employees of client: Blood Pressure Screening, Body Composition Assessment, Cardiovascular Fitness Assessments and Sun Skin Damage Screening.

**July 2005 CLUB ONE FITNESS, San Francisco, CA
to July 2006**

Personal Trainer/Exercise Specialist: Training private clients and new PT's on staff

**August 2004 CLASS INSTRUCTOR AT SAN FRANCISCO STATE UNIVERSITY
to May 2006 -**

Class Instructor: Jogging & Individual Weight Training

- Low Impact & STEP Aerobic Classes (for SFSU, staff recreation, student recreation) - Undergraduate Senior-Research Seminar: Socio-Cultural Perspective - Teaching Assistant for Kin 355: Science, Sport & Fitness

**May 2004 MANAGER /TECHNICIAN IN EXERCISE PHYSIOLOGY LABORATORY
to May 2006**

Technician/lab manager: As a volunteer graduate student, managing laboratory, maintaining laboratory equipment, managing and marketing testing services to public. Training students in using testing equipment (BodPod, Skinfold calipers, hydrostatic weighing tank, EKG, Biodex). Educating other students and lab technicians in performing various testing protocols. Performed exercise testing with clients in BodPod, hydrostatic weighing, skinfold calipers, Lactate, VO₂max and submax testing.

**June to December UCSF Medical Hospital, NEUROFIT
To September 2005**

San Francisco, California (Dr. Gary Abrams, Albert Seligmann, Trainer) Internship as Exercise Specialist for patients with neurological impairments: Parkinson's, Multiple Sclerosis (MS), Erdheim Chester Disease, Spinal Cord Injuries, and Amyotrophic Lateral Sclerosis (ALS).

1992 to AFAA & YMCA CERTIFIED AEROBICS INSTRUCTOR,

May 2006 BLS & ACLS AHA certified, HFS ACSM

- Volunteer Aerobics Instructor at the San Francisco YMCA,
- salaried Aerobics Instructor at Nova Fitness Club in Zurich, Switzerland
- salaried Aerobics Instructor for Student Recreation at SFSU
- salaried Aerobics Instructor for Fitness Plus – Fitness Club for SFSU staff and faculty

PROFESSIONAL EXPERIENCE corporate - (previous career)

MAY 1994

NOURISON EUROPE

TO December 2006 Zurich, Switzerland, COO (Chief Operating Officer) - 1994 to 2001

2002 - 2006 Moved to San Francisco in February 2002, working remotely as an accountant and office support to new COO.

Report to principals of Headquarters, in New Jersey, US and the Director of Nourison Europe. Exercise wide latitude in discretionary decision-making authority over the day-to-day operations of the entire marketing and sales network in Europe. Oversee the implementation of business goals and policies to ensure a smooth operation and maximize efficiency. Delegate and supervise administrative tasks to eight co-workers (warehouse and office-administration); payroll and benefits for all employees; manage VIP customer accounts; sales; accounting; organise and participate in trade exhibitions. Interact with Swiss customs and customs administration.

1990 TO 1994 **BPM PROPERTY MANAGEMENT**, San Francisco, California, USA
PROPERTY MANAGER

Managed residential and commercial properties in financial district of San Francisco. Handled all client/tenant relations for the building owners. Did general maintenance and renovation works on apartment and office facilities. Acted as liaison between owners and city agencies. Secured and maintained all licenses and permits necessary for properties. Wrote regular status reports.

1989 TO 1990 **EMERALD FOREST**, Misahualli, Ecuador

Assistant-Tourist guide with local travel agency for jungle tours in the Ecuadorian rainforest. Translator and cook.

1988 TO 1989 **MANPOWER**, Zurich, Switzerland

Secretary on short-term assignments for several clients:

- American Express Ltd., Zurich Marketing Secretary
- Tausky, Leu & Mueller, Zurich Senior Secretary of Engineers
- Coryo Securities Co., Zurich Senior Secretary, set-up of new branch in Zurich

1986 TO 1988 **THAYER, ASPELIN & BRIDGMAN LAW OFFICES**, San Francisco, California, USA
SECRETARY, TRANSLATOR

Acted as translator and communicator between law offices and foreign (mainly German, Austrian, and Swiss) clients. Translated correspondence into German-French-English. Reorganised office- and accounting procedures. Operated switchboard and did word processing.

1985 TO 1986 **HARTING ELECTRONIK AG** Schwerzenbach, Zurich, Switzerland
SECRETARY (short term assignment, 6 months)

Processed customer orders, general administrative tasks, managed assigned customer files, prepared purchases, switchboard and word processing.

EXTRACURRICULAR ACTIVITIES

FEBRUARY 2023 **Kinesiology Lecturer Faculty Representative SFSU-CFA**

To current

Union Department representative for faculty, active union member

Spring 2021 **Equity for Lecturer Faculty (ELF) Committee Member**

To current

Lecturer Faculty, Librarian and Coaches representative for the “Equity of Lecturer Faculty” group at SFSU.

February 2016 **Diabetes Educator Intern at Mt Diablo Integrated Wellness – Walnut Creek**
to July 2020

Clinical Exercise Physiologist, Stress Management, and Health & Lifestyle Coaching

Providing Pre- and Diabetic patients Education Lifestyle Modifications Education and Diabetes Care - over 1500hr volunteer internship clinical hours to be eligible to sit for national certification exam with NCDBE, under the supervision of Dr. Suprabha Jain (MD) and Dr.

October 2015 **UCCE certified Master Gardener of Contra Costa County**

To current

UC Davis Extension, Master Gardener Volunteer: member of Speaker’s Bureau and general volunteer.

March 2015 **REIKI Master, practitioner & teacher / Meridian Energetics® Intuitive Energy Healing**

to current

Practitioner and teaching certification workshops / current student of QHAA (level 1)

Jan 2014 **Parent Educator Program (PEP) – Instructor certified by CHD (Center for**

To June 2018

Human Development), Contra Costa and Alameda County, California Parent Educator Instructor providing an interactive health promotion curriculum to K-6 classrooms. Topics taught: Decision making/Resistance skills, Empathy, Cooperation and Compromise. Self esteem and positive interaction, Bullying, Healthy Habits, as well as the basic alcohol, tobacco and other drug facts.

January 2008 – PARK AVENUE LUXURY CONDOMINIUMS

To July 2010

Condominium Association Board Member: President and active Board Member of condominium board for a 162-unit Luxury Condominium Complex
