

DHEDHI, Regula Maria

2931 Wilshire Place, Concord, CA 94518

E-mail: RegulaDhedhi@gmail.com / cell: (415) 794-8826 h: (925) 566 8437

EDUCATION

May 2006 **SAN FRANCISCO STATE UNIVERSITY**, San Francisco, California
MA in Kinesiology, Concentration: Exercise Science
Distinguished Achievement Award for Academic Excellence, May 2006

May 2004 **SAN FRANCISCO STATE UNIVERSITY**, San Francisco, California
BS in Kinesiology, Concentration: Human Movement

Current
Certifications:

- **ACSM CLINICAL EXERCISE PHYSIOLOGIST including Exercise is Medicine® Credential (Level 3)**
- **AFAA Group Exercise Leader Certified**
- **Center for Human Development - PEP certified**
- **BLS certified (CPR/AED)**
- **CBEST (California Basic Educational Skills Test)**
- **certified UCCE Master Gardener of CCC**

PROFESSIONAL EXPERIENCE

August 2010
to current

SAN FRANCISCO STATE UNIVERSITY, San Francisco, California
Adjunct Faculty for College of Health & Human Services, Department of Kinesiology
Classes taught: Health Related Fitness & Wellness (GE); Peak Performance (GE), Applied Exercise Physiology (upper Division); Instructional Analysis: Fitness Activities; Instructional Analysis: Soccer & Softball; Individualized Weight Training, Beginners Weight Training, Jogging.
Collaborate with students enrolled in academic units to gain research and practical experience (Advanced Practicum, Teaching Assistants, Independent Research Studies, and Leadership Experience).

September 2013
to July 31st, 2014

CALIFORNIA STATE UNIVERSITY, CSU East Bay, Hayward, California
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
to current

FITNESS EDUCATION NETWORK
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
to July 2010

ADVOCATE HEALTH Lutheran General Hospital, Park Ridge, Illinois
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
to May 2006

CLINICAL HEALTH APPRAISALS, INC
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
to July 2006

CLUB ONE FITNESS, San Francisco, CA
Personal Trainer/Exercise Specialist: Training private clients and new PT's on staff

- August 2004 to May 2006** **CLASS INSTRUCTOR AT SAN FRANCISCO STATE UNIVERSITY**
- 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 to May 2006** **MANAGER /TECHNICIAN IN EXERCISE PHYSIOLOGY LABORATORY**
- As a volunteer, 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, V_O₂max and submax testing.
- June to December 2005** **UCSF Medical Hospital, NEUROFIT**
- 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 May 2006** **AFAA & YMCA CERTIFIED AEROBICS INSTRUCTOR, BLS & ACLS AHA certified, HFS ACSM**
- Volunteer Aerobics Instructor at the San Francisco YMCA
 - Aerobics Instructor at Nova Fitness Club in Zurich, Switzerland
 - Aerobics Instructor for Student Recreation at SFSU
 - Aerobics Instructor for Fitness Plus – Fitness Club for SFSU staff and faculty

EXTRA CURRICULAR ACTIVITIES

- February 2016 to current** **Diabetes Educator Intern at Mt Diablo Integrated Wellness – Walnut Creek**
 providing Pre- and Diabetic patients Education Lifestyle Modifications Education and Diabetes Care - A 1000hr volunteer internship to be eligible to sit for national certification exam with NCDDBE.
- October 2015 to current** **UCCE certified Master Gardener of Contra Costa County**
 University of California Corporate Extension Master Gardener Program
- March 2015 to current** **ENERGY PRACTITONER: REIKI MASTER and MERIDIAN ENERGETICS**
Intuitive Energy Healing Practitioner
- Jan 2014 to current** **Parent Educator Program (PEP) – Instructor certified by CHD (Center for 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.
- 2008 – July 2010** **PARK AVENUE LUXURY CONDOMINIUMS**
Condominium Association Board Member: President and active Board Member of condominium board for a 162-unit Luxury Condominium Complex
- 2013 to current** **BOY SCOUTS OF AMERICA**
Scout Parent Volunteer: Cub Scout Volunteer in various events or summer day camps

Languages: German, English, Spanish, and French