CATHERINE L. RAMSTETTER, M.S., Ph.D.

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EDUCATION

Ph.D., Health Education: University of Cincinnati, Cincinnati, Ohio 6/2010 Dissertation: Participatory Action Research to Assess and Enhance Coordinated School Health in One Elementary School

M.S., Health Appraisal and Enhancement (Catherine L. Walsh): Miami University, Oxford, Ohio 5/1994 B.A., History, Minor Political Science (Catherine L. Deitschel): Miami University, Oxford, Ohio 12/1986

PROFESSIONAL EXPERIENCE

Health Education Consultant Every Child Succeeds

9/2011 -

present

- Adapt "Bringing Literacy Home" curriculum for Home Visitor implementation for use in home visits with at-risk children (ages 0-3 years).
- Develop three-month incremental module template
- Write instructions and informational handbook for home visitors and parents.

Health Educator

Hamilton County General Health District, Department of Public Health

- Supervise Request for Proposal for county constituencies to conduct needs assessment, develop action plans and implement a policy, environment, or systems change:
 - Developed rubric to score applicants;
 - Conduct training on CDC's CHANGE Tool:
 - Oversee constituents' progress and process.

Assistant Director, Center for the Enhancement of Teaching & Learning University of Cincinnati

9/2009 -8/2011

- Collaborated with Director writing Faculty Development Council (FDC) Grants for CET&L Programs; CET&L received \$275,000 2009-2011.
- Responsible for all Center assessment and evaluation:
 - Designed method of pre-seminar, post-seminar, follow-up assessment for all seminars;
 - Analyzed and interpreted results of surveys for dissemination.

Graduate Assistant, Center for the Enhancement of Teaching & Learning University of Cincinnati

7/2008 -

9/2009

- Responsible for Graduate Teaching Assistant (GTA) programs:
- Assessed needs of GTAs via focus groups and SurveyMonkey;
- Revised GTA Orientation; developed pre and post assessment.
- Administered 150 faculty workshops, 2008-2009.

Fitness & Group Exercise Manager

7/2004 -9/2006

Mercy HealthPlex, Western Hills

Responsible for Fitness, Personal Training and Group Exercise programs and personnel:

- Daily operation of departments to deliver \$200K annual revenue (20% of total revenue):
- Monthly, quarterly, annual program reports and outcomes;
- Staff hiring, professional development; performance evaluation; payroll.
- Developed, implemented protocols for fitness assessment, exercise program orientation.

Women's Program Manager

Cincinnati Sportsmedicine Research and Education Foundation

7/2001 -

- Responsible for development, delivery and research of Sportsmetrics™ Training Program: 7/2004
 - Created informational materials: newsletters, brochures, flyers, website, articles;
 - Designed Sportsmetrics[™] display booth, including static and interactive stations;
 - Provided public relations: interviews, information distribution, press releases, health fairs.
- Supervised Sportsmetrics[™] trainers and interns.

Occupational Safety Instructor/Service Sales Representative

Xpect First Aid & Safety (Now Cintas FirstAid)

9/2000 -

Provided CPR/First Aid training/certification at worksites

7/2001

- Delivered Occupational Safety and Health Administration (OSHA) training to companies.
- Managed first aid and safety needs for 250 companies, increased sales 33% per day.

Employment Coordinator: Fitness Center and Wellness Coordinator

1/1998 -6/2000

Ohio National Financial Services

Evaluated responsibilities open positions with hiring managers; conducted initial interviews.

- Created promotional materials for on-site fitness center increasing usage of center 25%.
- Designed and delivered personalized and group health/wellness incentive programs; maintained active membership at 58% of employees, greater than twice the industry norm.

Coordinator 9/1993 -

TriHealth Preventive Health Systems

12/1997

- Managed 500-employee on-site fitness center and wellness programming.
- Responsible for 8-week instructor training program (ELITE Training):
 - Wrote teaching methods, instructional manual, exam;
 - Instructed classes: lectures, discussion, small-group practical sessions;
 - Directed compliance with national accreditation (ACE).
- Wrote Exercise Assessment Protocols, Exercise Recommendation Guidelines, Consultation and Screening Protocols, and Special Population Guidelines.
- Prepared Preventive Health Systems' Diabetes Management Program Proposal in conjunction with Good Samaritan and Bethesda Hospitals.

Graduate Assistant: Director of Aerobiholics

8/1993 -

Miami University Office of Continuing Education

5/1994

- Hired, supervised 35 student instructors for aerobics program (70 classes per week).
- Organized and oversaw semi-annual training workshop and audition for instructors.
- Created, developed and distributed all marketing materials for market of 8000 students.
- Wrote The Pedagogy of Aerobic Dance for Independent Study.

Insurance Director 2/1980 -

Cincinnati Child Care, Inc. (Pediatric Practice)

6/1989

- Responsible for managing insurance contracts, billing and reimbursement.
- Negotiated fee maximums, usual-customary reimbursement and fee schedules.
- Revised physician on-call rotation schedule to accommodate growth in practice.

TEACHING

Adjunct Assistant Professor, Health Promotion & Education

9/2010 present

University of Cincinnati, College of Criminal Justice, Education and Human Services, School of Human Services; College of Medicine, Department of Public Health Sciences

- Health Science Statistics (HPE 791); core graduate health education course (A10 & A11).
- Health Promotion Program Management (HPE 732); graduate health education course (S11)—Service Learning course with the Freestore Foodbank.
- Health Systems and Health Policy (PH 702); core course in Masters in Public Health curriculum: four graduate credits (W10 and U11).
- Receive average of 4.3 on 5-point scale from students on college-level course evaluation.

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Graduate Teaching Assistant, Health Promotion & Education

9/2006 -

Full teaching responsibility for undergraduate health education courses.

6/2008

- First Aid and CPR (HPE 196); 2 sections all 3 guarters 2006-2007;
- Community Health (HPE 136); 2 sections Winter, 1 section Spring 2007-2008;
- Conducted Classroom Action Research in HPE 136 to improve teaching practice.
- Received ratings of "excellent" from students in end-of-quarter evaluations.

RESEARCH

Principal Investigator, Participatory Action Research Study

2/2008 present

Corryville Catholic Elementary School

- Established Wellness Council, Student Health Council (SHC);
- Facilitated completion of CDC's School Health Index and Asset Mapping;
- Implemented strategies to address physical activity, nutrition, staff health promotion;
- Evaluated accomplishments and change via semi-structured interviews.
- Facilitated SHC in student-led initiatives to address student emotional needs.
- Received \$2000 Ohio Department of Education Team Nutrition Grant.
- Resulted in dissertation; peer-reviewed presentations at American School Health Conference (10/2010, 10/2011).
- Manuscript in process for submission to Journal of School Health.

Principal Investigator, Recess in Elementary Schools in the United States

2/2007-

Conducted comprehensive literature review of whole-child benefits of recess in U.S. elementary schools

11/2010

- Collaborated with Ohio Chapter of the American Academy of Pediatrics on public advocacy campaign in 2010-2011
- Resulted in publication in Journal of School Health (2010) and Position Statement of the American Academy of Pediatrics (in press).

Principal Investigator, Classroom Action Research Study

12/2007-

Interrogated own teaching practice; explicitly examined methods and pedagogy:

6/2008

- Integrated role of health educator conducting needs assessment of current knowledge and understanding in order to facilitate empowered response.
- Resulted in a peer-reviewed poster at American Association for Health Education Strategies Poster Session (4/2009).

Research Assistant, Study of Authors of Racial/Ethnic Minority Groups University of Cincinnati

9/2006 -

6/2009

- Prepared IRB proposal, and survey for mailing, tracked respondents;
- Analyzed data in SPSS; wrote introduction, methods and results sections of manuscript.
- Resulted in peer-reviewed presentation at Tri-State Diversity Conference (2/2009).

Program Manager, Researcher, Sportsmetrics™ Training Program Cincinnati Sportsmedicine Research and Education Foundation

7/2001 -7/2004

Researched, directed development of Sportsmetrics™, a knee-injury-prevention training

- program for female athletes, included implementation protocols and sport-specific drills.
- Directed recruitment, training of athletes, individually, on high school and community teams; assisted with IRB approval process; supervised data collection and evaluation.
- Developed and delivered curriculum for 13-hour Sportsmetrics™ certification course for health care professionals and Sportsmetrics™ Team Specialist workshop for coaches.
- Trained physical therapists, athletic trainers, physicians and coaches to deliver training.
- Responsible for production of Sportsmetrics™ instructional video series; storyboard and accompanying instructional manuals, on-camera introduction and voice-over.
- Resulted in co-authorship of two peer-reviewed articles, presentations: training workshops, seminars and certifications.

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PEER-REVIEWED ARTICLES & BOOK CHAPTERS

- 1. Ramstetter, C. L., Murray, R., & Garner, A. (November, 2010). The crucial role of recess in schools. Journal of School Health, 80(11), 517-526.
- 2. Ramstetter, C. (2010). Participatory Action Research to assess and enhance Coordinated School Health in one elementary school (Doctoral dissertation, University of Cincinnati). Document number: ucin1276537211; http://rave.ohiolink.edu/etdc/view?acc_num=ucin1276537211
- 3. Ramstetter (Walsh), C. L. (2008). Bullying prevention programs in U.S. elementary schools: A discussion of conclusions and implications. The Health Education Monograph Series: Student Monograph, 25(3), 27-37.
- 4. Barber-Westin, S. D., Galloway, M., Noyes, F. R., Corbett, G., & Walsh, C. (December, 2005). Assessment of lower limb neuromuscular control in prepubescent athletes. American Journal of Sports Medicine. 33, 1853 – 1860.
- 5. Noves, F. R., Westin, S. B., Fleckenstein, C. M., Walsh, C. L., & West, J. R. (February, 2005). The drop-jump screening test: Difference in lower limb alignment between gender and effect of neuromuscular training in female athletes. American Journal of Sports Medicine, 33, 197-207.

PEER-REVIEWED PRESENTATIONS

- Ramstetter, C. L., Chaney, R., & Cook, J. (October, 2011). Students who "Practice what they preach" and improve their school. American School Health Association's Annual School Health Conference, Concurrent Session. Louisville, KY.
- 2. Ramstetter, C. L., & Bernard, A. (October, 2011). Process as outcome: From establishing relationships to established Wellness Council. American School Health Association's Annual School Health Conference, Concurrent Session, Louisville, KY.
- 3. Stieha, V., Louis, V., Hellman, S., Ramstetter, C., Lanman, S., Woods, A., . . . Hensley, B. (April, 2011). Naked on the page: Graduate students' experience with action research. American Educational Research Association Annual Meeting, Concurrent Session. New Orleans, LA.
- 4. Ramstetter, C. L. (October, 2010). Developing a student wellness council in a PAR study to assess and enhance school health. American School Health Association's Annual School Health Conference, Concurrent Session. Kansas City, MO.
- 5. Ramstetter, C. L., & Murray, R. (December, 2009). Recess: A review of the literature, implications and considerations for schools. Ohio Alliance for Health Physical Education, Recreation and Dance Convention, Concurrent Session. Columbus, OH.
- 6. Ramstetter, C. L. (October, 2009). Using "Know-Want to know-Learn" to establish healthy school teams and wellness councils. American School Health Association's Annual School Health Conference, Roundtable. Denver, CO.
- 7. Ramstetter (Walsh), C. L. (April, 2009). Photovoice for shared understanding and meaning-making. American Alliance for Health, Physical Education, Recreation and Dance, National Conference, American Association for Health Education, Strategies Poster Session. Tampa, FL.
- 8. Cincinnati Sportsmedicine Research and Education Foundation, & Ramstetter (Walsh), C. L. (April. 2009). Sportsmetrics: Preventing serious knee ligament injury in female athletes. American Alliance for Health, Physical Education, Recreation and Dance, National Conference, National Association for Girls and Women in Sport, Workshop, Tampa, FL.
- 9. Ramstetter (Walsh), C. L., & Rojas-Guyler, L. (February, 2009). Current trends in health research: Implications for reaching and working with diverse populations. 5th Annual Tri-State Diversity Conference: Diversity 2.0: Tomorrow's Solutions for Today's Problems. Sharonville, OH.
- 10. Rojas-Guyler, L. Walsh, C. L., Luquis, R. R., & Perez, M. A. (April, 2008). Understanding best practice models for conducting health education research with racial and ethnic populations. American Alliance for Health, Physical Education, Recreation and Dance, National Conference, American Association for Health Education, Poster Session. Fort Worth, TX.
- 11. Walsh, C. L., & King, K. A. (November, 2007). Development of an instrument to measure core academic teachers' daily physical activity instruction in the primary grades, Ohio Alliance for Health Physical Education, Recreation and Dance Convention, Poster Session. Columbus, OH.

- 12. Walsh, C. L. (August, 2004). Sportsmetrics™: Neuromuscular training to prevent ACL injuries in females, 7th Annual Armed Forces Health Protection Conference. Albuquerque, NM.
- 13. Walsh, C. L. (August, 2004). Strength training fallacies and benefits for the female athlete, 7th Annual Armed Forces Health Protection Conference, Albuquerque, NM.

SERVICE: ADVISING, COMMITTEE WORK & MEMBERSHIP AFFILIATIONS

AAHPERD Member, AAHE and NASPE

- Selected for Inaugural Graduate Student Leadership Conference (10/2006)
- Received scholarship from Midwest District of AAHPERD

American School Health Association (ASHA)

- Future Leaders Academy, 2010-2012
- Local Planning Committee, 2011 School Health Conference

Corryville Catholic School, School Board Member (2010-present)

- Volunteer Health Coordinator
- Member of Development Committee

Ohio Chapter of the American Academy of Pediatrics, Home and School Health Committee

Lead researcher of position statement on recess

OHAHPERD Member

Public Affairs and Advocacy Committee

Research Advisory Committee (RAC) Member for Genetic Counseling Student, Division of Human Genetics, Cincinnati Children's Hospital (12/2010 to present)

- Selected to serve as advisor on education/professional-development issues and statistics
- Research project: To investigate how genetic counselors are trained in student supervision Wyoming Sesquicentennial Celebration, Co-Chair (2010-2011)

INVITED PUBLICATIONS

- 1. Walsh, C. L. (Winter, 2005). Warming up to it: Pre-practice movements to help on the diamond. Sporting Kid, the Official Publication of the National Alliance for Youth Sports.
- 2. Walsh, C. L. (Fall, 2004), Stay in the game. Touchline, the official publication of the Soccer Association for Youth.
- 3. Walsh, C. L. (Fall, 2004). Jumps and lunges: Helping young basketball players gain strength and flexibility. Sporting Kid, the Official Publication of the National Alliance for Youth Sports.
- 4. Walsh, C. L. (March, 2004). Agility drills for soccer. Sporting Kid, the Official Publication of the National Alliance for Youth Sports.
- 5. Walsh, C. L., Brock, M. L. (March, 2003). Strength training for soccer. Sporting Kid, the Official Publication of the National Alliance for Youth Sports.
- 6. Walsh, C. L., Brock, M. L., Getz, C. M. (October, 2002). Stretch it out. Sporting Kid, the Official Publication of the National Alliance for Youth Sports.
- 7. Walsh, C. L., Brock, M. L., Getz, C. M. (March, 2002) Working out the kinks. Sporting Kid, the Official Publication of the National Alliance for Youth Sports.
- 8. Noves, F. R., Walsh, C. L. (October, 2001). Training and prevention equal longevity for women's knees. *Living* Longer Health Courier.

VIDEO PUBLICATIONS

- 1. Center for the Enhancement of Teaching & Learning. (November, 2010). What UC Students Say about "Interdisciplinary" Studies. ProfPost, Voices on Main. University of Cincinnati. http://www.youtube.com/user/ProfPost#p/u/0/RSgr4wHrruw
- 2. Center for the Enhancement of Teaching & Learning. (May, 2010). Keep it interactive! ProfPost, Voices on Main. University of Cincinnati. http://www.youtube.com/user/ProfPost#p/u/2/wjS2XIWoQ6g
- 3. Center for the Enhancement of Teaching & Learning. (March, 2010). What would you tell President Williams? ProfPost. Voices on Main. University of Cincinnati, http://www.voutube.com/user/ProfPost#p/u/1/4ajeAyna4cE
- 4. Center for the Enhancement of Teaching & Learning. (July 22, 2009). Semester conversion: Some Pros and Cons. ProfPost, Voices on Main. University of Cincinnati. http://www.voutube.com/user/ProfPost#p/u/3/Oh1YsiBFG0I
- 5. Center for the Enhancement of Teaching & Learning. (July 22, 2009). Semester conversion: When does it happen? ProfPost, Voices on Main. University of Cincinnati. http://profpost.uc.edu/category/voices-on-main/

- Center for the Enhancement of Teaching & Learning. (March, 2009). What's more important: Pedagogy or personality? ProfPost, Voices on Main. University of Cincinnati. http://profpost.uc.edu/category/voices-on-main/
- 7. Center for the Enhancement of Teaching & Learning. (February, 2009). What professors wear: Does it matter? ProfPost, Voices on Main. University of Cincinnati. http://profpost.uc.edu/category/voices-on-main/
- Center for the Enhancement of Teaching & Learning. (January, 2009). Voices on Main: Cell phones in the classroom. University of Cincinnati *ProfPost*, http://profpost.uc.edu/category/voices-on-main/
- Cincinnati Sportsmedicine Research and Education Foundation. (2007). Sportsmetrics™ WIPP: Warm-up for Injury Prevention and Performance.
- 10. Cincinnati Sportsmedicine Research and Education Foundation. (2004). Sportsmetrics™ Basketball.
- 11. Cincinnati Sportsmedicine Research and Education Foundation. (2003). Sportsmetrics™ Soccer.
- 12. Cincinnati Sportsmedicine Research and Education Foundation. (2002). Sportsmetrics™ WIPP: Warm-up for Injury Prevention and Performance.
- 13. Cincinnati Sportsmedicine Research and Education Foundation. (2002). Sportsmetrics™ Training & Technique.

INVITED PRESENTATIONS (Health Professionals)

- 1. Chace, M., & Ramstetter, C.L. (April, 2011). Latest findings and best practices for recess in grades k-8: What is the role of PTA?. Ohio PTA Convention. Columbus, OH.
- Ramstetter, C.L. (July, 2009). It's time for recess. Advocacy Campaign for Elementary-School Recess. Home and School Health Committee for the Ohio Chapter, American Academy of Pediatrics. Columbus, OH.
- Cincinnati Sportsmedicine Research and Education Foundation & Walsh, C. L. (May, 2007). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Hilton Head Island, SC.
- 4. Walsh, C. L., (October, 2006). The drop-jump screening test for neuromuscular indices, American Alliance for Health, Physical Education, Recreation and Dance Graduate Student Leadership Conference, Reston, VA.
- 5. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (September, 2004). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Cincinnati, OH.
- 6. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (July, 2004). Sportsmetrics™ program defined, trainer requirements, *Sportsmetrics™ Certification Course*. Cincinnati, OH.
- Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (May, 2004). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Hilton Head Island, SC.
- Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (March, 2004). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Cincinnati, OH.
- 9. Walsh, C. L. (March, 2004). Dynamic warm-up and flexibility exercises to prevent injury. Spectrum Tenth Annual Sportsmedicine Symposium, Cincinnati OH.
- 10. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (January, 2004). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Cincinnati, OH.
- 11. Walsh, C. L. (November, 2003). Sportsmetrics™: An overview, American College of Sports Medicine, Greater New York Chapter Annual Meeting. New York City, NY.
- 12. Walsh, C. L. (November, 2003). Sportsmetrics™: An overview, Illinois Athletic Trainers' Association Annual Meeting. Naperville, IL.
- 13. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (November, 2003). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Cincinnati, OH.
- 14. Walsh, C. L. (November, 2003). Preventive neuromuscular training: Sportsmetrics™. *The Female Athlete:* Prevention|Treatment|Performance, Cincinnati, OH.
- 15. Walsh, C. L. (November, 2003). Training and conditioning for the female athlete; weight training/strength programs: Fallacies and benefits. The Female Athlete: Prevention|Treatment|Performance, Cincinnati, OH.
- 16. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (September, 2003). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Cincinnati, OH.
- 17. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (July, 2003). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Cincinnati, OH.
- 18. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (June, 2003). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Silverdale, WA.
- 19. Walsh, C. L. (May, 2003). Cincinnati Sportsmedicine Sports Injury Testing to detect and prevent knee injuries, Advances on the Knee and Shoulder, Hilton Head Island, SC.
- 20. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (May, 2003). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Hilton Head Island, SC.
- 21. Walsh, C. L. (May, 2003). Sportsmetrics™: Neuromuscular training for prevention of knee injury, *University of* Kentucky Wildcat Symposium. Lexington, KY.
- 22. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (May, 2003). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Petoskey, MI.

- 23. Walsh, C. L. (April, 2003). Sportsmetrics™: Sports Injury Test and plyometric exercises, *HealthSouth* Orthopaedic Symposium. Houston, TX.
- 24. Cincinnati Sportsmedicine Research and Education Foundation, Walsh, C. L. (March, 2003), Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Cincinnati, OH.
- 25. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (February, 2003). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course, Cincinnati, OH,
- 26. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (November, 2002). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Cincinnati, OH.
- 27. Walsh, C. L. (September, 2002). Sportsmetrics™, Sports Injury Testing, *Teaching Conference of Cincinnati* Sportsmedicine Research and Education Foundation. Cincinnati, OH.
- 28. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (September, 2002). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Spokane WA.
- 29. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (September, 2002). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course, Cincinnati, OH.
- 30. Walsh, C. L. (May, 2002). Sports Injury Testing: Profiling the athlete with abnormal indices, Advances on the Knee and Shoulder. Hilton Head Island, SC.
- 31. Walsh, C. L. (May, 2002). Sportsmetrics™: Neuromuscular training to prevent knee injuries, Advances on the Knee and Shoulder. Hilton Head Island, SC.
- 32. Walsh, C. L. (May, 2002). Sportsmetrics™ development and Sports Injury Testing, HealthSouth Sportsmetrics™ Symposium. Charlotte, NC.
- 33. Cincinnati Sportsmedicine Research and Education Foundation. Walsh, C. L. (April, 2002). Sportsmetrics™ program defined, trainer requirements, Sportsmetrics™ Certification Course. Cincinnati, OH.

INVITED PRESENTATIONS (Community)

- 1. Walsh, C. L. (March, 2006). Everyday exercises, Speaking of Women's Health. Cincinnati, OH.
- 2. Walsh, C. L. & Butler, P. L. (March, 2005). FITTing it all in, Speaking of Women's Health. Cincinnati, OH.
- 3. Walsh, C. L. (June, 2004). Sportsmetrics™ team specialist workshop, *Ursuline Academy*. Cincinnati, OH.
- 4. Walsh, C. L. (May, 2004). Sportsmetrics™ team specialist workshop, *McAuley High School*. Cincinnati, OH.
- 5. Walsh, C. L. (July, 2002). Injury prevention: Training and conditioning programs for high school athletes, Cincinnati Sportsmedicine Coaches Clinic for State of Ohio High School Coaching Requirement. Milford OH.

CERTIFICATIONS

American Red Cross Instructor, Professional Rescuer Certification (current)