

Carly L. Hopper

14 Juneau Ct. • North Mankato, MN 56003 • 507.380.9732 • carly.hopper@mnsu.com

EDUCATION: **M.S. Community Health** 05/08
Minnesota State University (MSU), Mankato, MN GPA: 3.8

B.S. Health Education 05/99
Minors: **Psychology, Sociology**
Mayville State University, Mayville, ND GPA: 3.39

WORK EXPERIENCE:

Acting Program Coordinator in Campus Recreation 10/12 - present
Minnesota State University, Mankato, MN

- Fitness, Wellness, and Special Programs Coordinator
- Supervise and hire group fitness instructors, personal trainers, lifeguards, and interns
- Plan, oversee, and evaluate all fitness and wellness programs

Adjunct/Part-time Faculty in Liberal Arts and Sciences Department 06/11 - present
South Central College (SCC), North Mankato, MN

- Health and Human Performance (HHP) Instructor
- First Year Experience Instructor
- Develop new Common Course Outlines for HPP classes

Adjunct Faculty in Office of First Year Experience 08/10 - 12/11
Minnesota State University, Mankato, MN

Coordinator of Drug and Alcohol Sanction Education 10/08 - present
Minnesota State University, Mankato, MN

- Develop and revise sanction education materials and administer programs
- Collaborate with Residential Life and Office of Rights and Responsibilities
- Assess and evaluate the program

Adjunct Faculty in Office of Intercollegiate Athletics 09/08 - 11/09
Minnesota State University, Mankato, MN

- Collaborate with coaches and teach appropriate yoga exercises for athletes

Graduate Assistant in Health Education Office 08/06 - 05/08
Minnesota State University, Mankato, MN

Senior Teacher and Yoga Instructor Faculty 01/05 - present
Sun Moon Yoga, Mankato, MN

Aerobics Instructor/Personal Trainer/Consultant 04/03 - 12/07
YMCA, Mankato, MN

Fitness Educator/Independent Consultant 06/02 - present
National Exercise Trainers Association (NETA), Minneapolis, MN

- Adhere to National Commission for Certifying Agencies accreditation guidelines
- Develop and organize study materials
- Lecture and lead physical activity

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Aerobics Director/Instructor Trainer/Instructor

America's Racquet and Fitness, Mankato, MN 02/00 - 03/03

Fitness Trainer

Rochester Athletic Club (RAC), Rochester, MN 10/99 – 12/99

Aerobics Instructor

Lady Wellness, Rochester, MN 03/99 – 12/99

CURRENT CERTIFICATIONS AND TRAININGS:

- Certified Health Education Specialists (CHES) 2008
- American Red Cross authorized instructor in Lay Responder First Aid and Adult CPR/AED Adult, Child and Infant 2008
- Certified American College of Exercise (ACE) Group Fitness Instructor 2002
- NETA Certifications: Group Fitness and Personal Trainer 2002
- NETA Specialty Certificates: Yoga and Pilates 2002
- Completed Registered Yoga Teacher (RYT) Training of 200 hours 2002

PRESENTATIONS:

- Student Success Showcase, Minnesota State University, Mankato - Topic: Alcohol-Wise Prevention Program First-Year Students 2012
- North Central College Health Association (NCCHA) Conference, Madison, WI - Topic: Alcohol and Marijuana Education: A Focus on Reducing Exposure to Harm Through Self Reflection 2011
- Presented at Professional Development Day at Minnesota State University, Mankato - Topics: Myth Busters - About Alcohol and Yoga for Wellness 2010, '11, '13
- Developed and facilitated teacher training workshops for Sun Moon Yoga 2009 - present
- Developed and facilitated aerobics instructor training program for the Mankato YMCA 2006
- Developed and facilitated in-service training for Mankato, MN Dist. 77 Physical Education Teachers - Topic: Using Exercise Equipment Guidelines 2006

ADDITIONAL HIGHER EDUCATION INVOLVEMENT:

- Oversaw development, writing, and editing of Minnesota State University, Mankato Employee Wellness Newsletter with interns 2011 - present
- Department of Student Health Services Graduate Faculty (Associate) 2011 - present
- National Collegiate Athletics Association (NCAA) CHOICES Grant Reader 2011
- MSUAASF Representative Search Committee Volunteer 2011
- Yoga Instructor for Faculty and Staff Wellness Committee Volunteer 2009 - 11
- Behavioral Consultation Team Consultant 2011 - present
- Summer Orientation Advisor Volunteer 2011
- HP 190 - Sport Act: Yoga Substitute Instructor 2011
- HLTH 260 - Introduction to Health Education Guest Speaker 2010

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- Red Watch Band Co-presenter - Topic: Alcohol Awareness Program 2010
- ROTC Guest Speaker - Topic: Alcohol 2008
- Member of the following committees at MSU: Wellness Committee, Family Weekend, Love Your Body Day, Professional Development Day, Health and Wellness Strategic Initiative, High Risk Drinking Coalition, and Fitness Facility Team at SCC