

DEE M. GILLEN

123B Langton Hall, College of Public Health and Human Sciences
Oregon State University, Corvallis, OR 97331
541-737-6786 | Dee.Gillen@oregontate.edu

EDUCATION

University of Oregon
MS, Exercise Science **2000**
Emphasis: Exercise Physiology

Masters Project: Corporate Wellness Program Business Plan for
venture capital competition

University of Oregon
BS, Exercise Science **1997**

AWARDS

OSU Unsung Hero, **2020**
<https://today.oregonstate.edu/story/gillen-leads-charge-get-fitness-classes-faculty-and-staff-homes>

U of O Best Auxiliary Member **1995**

PROFESSIONAL EXPERIENCE

Instructor, Kinesiology
Oregon State University, Corvallis, OR **2016-present**

Instruction of KIN 394: Professional Activities, Resistance Training Design, KIN 395: Professional Activities, Group Fitness, and KIN 396: Professional Activities, Aquatics. Deliver both labs and lectures with over 6 class types, variable personal training styles, and 3 different aquatics styles. Asked by over 40 students a year to write letters of reference. Create Ecampus KIN 394 in 2020.

Instructor, Physical Activity Classes
Oregon State University, Corvallis, OR **2015-present**

Teach classes of students with 40+ in the class proper fitness and technique and healthy lifestyle applications. Course development and leadership of aerobics and fitness area. Created Ecampus cardio kickboxing course 2018.

Coordinator and Instructor, Faculty Staff Fitness
Oregon State University, Corvallis, OR **2015-present**

Deliver quality fitness experiences for employees and affiliates of OSU, quarterly scheduling, manage 18 instructors, communicate with over 2000 participants a quarter on programming, launched online fitness program March 2020, fitness facility management for

two buildings, created wellness challenges and events such as the Recharge Wellness Challenge, TRYAthlon and 80s Prom Dance

Group Exercise Director

Timberhill Athletic Club, Corvallis, OR

2013-2016

Manage a staff of 44+ instructors, train and develop current and new staff, organize class curriculum and schedule of 110+ classes/week with quarterly changes, bring in new programming, created group exercise events, incentive programs, and educational seminars, part of leadership team

Group Exercise Instructor

Timberhill Athletic Club, Corvallis, OR

2013-present

Sub classes for all ages and abilities: MOSSA – Group Groove, Group Blast/Step, Group Power, Group Kick/Fight, Group Centergy, Step, Dance, Strength Training/Body Sculpting, TRX, Boot Camp, HIIT, Reebok Core Board, Bosu, LaBlast Ballroom Dance Fitness Level 1 and 2, Zumba, Active Aging, Kickboxing, Water Fitness

Club Manager, Group Exercise Director, Personal Trainer, Group Personal Trainer, Instructor

Superior Athletic Clubs, Medford, OR

2001-2013

Managed and led the team for a 40,000 square foot fitness facility including 2 paid group training studios, personal training, group exercise programming, cardio and weight rooms and service desk; Developed successful group exercise programs covering 40 instructors, 75+ classes, 3 clubs; Trained staff in a variety of programs and improve their skills and abilities to teach classes; Regularly hosted educational certifications and trainings, Instructed CPR skills to club staff with over 200 classes taught; Personal train 15+ regular clients/week, most clients 5-10 years; Taught small group training classes for 7 years with minimal participant turnover; Created an in-house program for trainers to educate members about health, fitness and nutrition

Wellness Consultant

Wellness 2000, Inc., Medford, OR

2000-2002

Provided health risk assessments, presentations, and counseling for health measures such as: height, weight, blood pressure, body composition, lung function, strength, flexibility, VO2max, and questionnaire

Corporate Wellness Consultant

Fitness Link, Inc., Eugene, OR

2000-2002

Provided health risk assessments, presentations, counseling, personal training services, and wellness workshops

Graduate Teaching Assistant, Instructor

University of Oregon, Eugene, OR**1997-2000**

Taught physical education to students and employees of the university

Work Study, Research Assistant**Woollacott Motor Control Laboratory, University of Oregon, Eugene, OR 1995-1997**

Assisted with participant acquisition, screening, data collection, and data analysis for gait and developmental studies

PRESENTATIONS

Oregon Higher Education Professionals in Health and Physical Education (OHEPHPE) Conference 2020, "Leadership in the Fitness Space"

OSU Student Success Conference 2020, "Leadership in the Fitness Space"

Various groups (HR, OSU Foundation, registrants for health topics) via Zoom on being fit during the pandemic 2020

Regularly featured in Southern Oregon Healthy Living Magazine, Medford Mail Tribune, and televised health features 2000-2013

ACADEMIC SERVICE

Oregon State University

Search Committee**Fall 2016 – Present**

Assist with employee searches for Faculty Staff Fitness, Physical Activities Courses, and Physical Activity Office

Oregon State University

Practicum Mentor**Fall 2015 – Present**

Led Kinesiology majors into fitness and community wellness based experiential learning

Oregon State University

CPHHS Equipment Move**February 2020**

Coordinated moving over \$1 million fitness equipment from OSU Athletic Department to create/update 3 fitness spaces in the College of Public Health.

Oregon State University

Resistance Trainer Leadership Program**2019-present**

Collaborate with Physical Activity Courses, Kinesiology, and Dixon Recreation Center on a program to educate students to become personal trainers and strength training leaders with certifications and experience

LANGUAGES

English– native language
American Sign Language– speak with basic competence
Spanish–speak, read, and write with basic competence

MEMBERSHIPS

American College of Sports Medicine National Member since 1997

CERTIFICATIONS

American College of Sports Medicine Certified Exercise Physiologist 2001-present
American College of Sports Medicine Cancer Exercise Specialist 2008-present
American College of Sports Medicine Exercise is Medicine Level 2
OSU Creating an Online Course 2018
American Heart Association Heartsaver AED Instructor 2006-2014
La Blast Ballroom Fitness Levels 1 and 2 2013
National Academy of Sports Medicine Personal Trainer 2004
Aerobics and Fitness Association of America Group Exercise 1997
Zumba 2006
Kinesiotaping Level 1
MOSSA Group Blast (Instructor/Tester), Group Power, Group Centergy, Group Fight, Group Power, Group Groove (Instructor/Tester)
Les Mills BodyStep, BodyFlow, BodyCombat
Reebok Core Board
EFi Gravity Personal Trainer
Freeomtion

CONTINUING EDUCATION

Reebok Revolution, 1999
American College of Sports Medicine Health and Fitness Summit 2003
FitLife Regional Convention 2003, 2004, 2014, 2015
American College of Sports Medicine Annual Meeting 2004
International Health, Racquet and Sport Association (IHRSA) Annual Conference 2009, 2011, 2012, 2013
International Dance and Exercise Association (IDEA) World Conference 2011, 2012, 2013, 2018
Oregon Higher Education Professionals in Health and Physical Education (OHEPHPE) Conference 2017, 2019, 2020
American College of Sports Medicine Virtual Experience 2020