

CURRICULUM VITAE

SASHA MCBURSE, MS, ACSM-CEP, EP-C, EIM3

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EDUCATION

- May 2014 **The University of Georgia (UGA) Athens, GA**
 Master of Science in Kinesiology
Major: Clinical Exercise Physiology
- May 2012 **Georgia Southwestern State University (GSW) Americus, GA**
 Bachelor of Science in Education
Major: Exercise Science and Wellness

PROFESSIONAL/ADMINISTRATIVE EXPERIENCE

- 08/2020-present **Program Coordinator of Health and Community Wellness in the College of Education** which has 8 full-time faculty and over 350 majors.
 Responsible for working with the Department Chair for scheduling academic classes and securing faculty, curriculum assessment, organize and lead monthly meetings, manage student dispositions, recruit and market the program, and assist with course advisement for students as needed
- 07/2017-07/2018 **Cobb County Government, Marietta, GA**
Wellness Assistant
 Responsible for wellness programming for over 5,000 Cobb County Government employees including 5ks events, lunch and learns, fitness instruction, and managing two fitness centers
- 01/2017-06/2018 **Aquila Health and Fitness Solutions**
Centers for Disease Control and Prevention Site, Atlanta, GA
Health Fitness Consultant
 Responsible for worksite wellness programming of federal government employees including fitness testing, exercise prescriptions, blood pressure measurements, and fitness instruction
- 02/2016- 10/2016 **Urban Perform, Atlanta, GA**
Executive Director
 Responsible for providing vision, strategy, innovation, and leadership for a non-profit community fitness center; managing staff, leading fundraising, assisting Board of Directors, managing fiscal budget of \$250,000 for organization, grant writing

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- 08/2014- 02/2016 *Associate Director*
Responsible for oversight of daily facility operations, developing and evaluating fitness programs, recruiting and training group fitness instructors and interns, engaging community participants
- 03/2014-07/2014 **Athens Clarke-County, Leisure Services, Athens, GA**
Curriculum Developer
Responsible for developing curriculum for inaugural Health Matters Camp, for local youth, conducted Fitnessgram assessment, led daily sessions, engaged parents, and completed program evaluation
- 01/2013-05/2014 **The University of Georgia, Athens, GA**
Graduate Assistant, Body Composition and Metabolism Lab
Responsible for managing members services in Center for Physical Activity and Health, assisting scientific research and protocols, and conducting exercise testing and evaluation

TEACHING EXPERIENCE

- 08/2018- present **The University of West Georgia, Carrollton, GA**
Health and Community Wellness
Instructor
Responsible for course instruction, exam development, course syllabus development, practical student skills development, mentoring, and grading
- 01/2017-05/2018 **Clayton State University, Morrow, GA**
Health and Fitness Management
Adjunct Instructor
Responsible for course instruction, exam development, course syllabus development, practical student skills development, mentoring, and grading
- 08/2015-05/2016 **Clayton State University, Morrow, GA**
Health and Fitness Management
Adjunct Instructor
Responsible for course instruction, exam development, course syllabus development, practical student skills development, mentoring, and grading
- 08/2015-05/2016 **KIPP WAYS Academy, Atlanta, GA**
Physical Movement (Specials) Instructor, K-1
Responsible for developing and delivering physical movement curriculum, student skills

development, mentoring, community and school service

08/2012-12/2012 **The University of Georgia, Athens, GA**
Basic Physical Education Program
Graduate Teaching Assistant
 Responsible for course instruction, student skill development, exam development, lab assignments, mentoring, develop walking routes and workouts, and grading

COURSES TAUGHT

The University of West Georgia

- CMWL 2100: Introduction to Health and Community Wellness
- CMWL 2200: Social Determinants of Health and Wellness
- CMWL 3240: Current Issues/Trends in Fitness and Wellness Leadership
- CMWL 4000: Exercise Programming for Special Populations
- CMWL 4101: Worksite Wellness Programs
- PHED 2000: Application Concepts of Fitness and Wellness
- PHED 2628: First Aid and CPR for Education majors
- PHED 4603: Advanced Concepts of Personal Training
- PWLA 1600: Personal Wellness
- PWLA 1678: Strength and Conditioning

The University of Georgia

- PEDB 1230: Beginning Racquetball
- PEDB 1920: Fitness for Life-Body Conditioning
- PEDB 1950: Fitness for Life-Walking

Clayton State University

- HFMG 1101: Survey of Health and Fitness Professions
- HFMG 3102: Exercise Physiology
- HGMG 3110: Personal Health and Wellness

UNIVERSITY SERVICE

08/2020-present **Program Coordinator**
 Health and Community Wellness

06/2020-07/2020 **Health and Community Wellness Instructor; Search Committee Member**

- 10/2019-present **Presidential Commission on Campus Inclusion; Committee Member**
Assist with supporting diversity and inclusion efforts for UWG faculty, staff, and students
- 09/2019-present **Sport Management, Wellness, & PE Student Fee; Committee Member**
Review and evaluate student fee justifications for Health and Community Wellness courses
- 08/2019-present **COE Faculty Development, Mentoring, and Retention; Committee Member**
Support and assist with College of Education faculty development, mentoring, and retention
- 08/2019-present **UWG Employee Wellness; Committee Member**
Encourage and lead employee wellness programs at Carrollton and Newnan campuses
- 08/2019-present **S.H.I.F.T. Academic Advisor**
Support Health and Community Wellness students lead campus wellness events with S.H.I.F.T. (Students Helping to Influence, Fulfill, & Transform)
- 07/2019 **Health and Community Wellness Instructor; Search Committee Member**
- 08/2018- present **Health and Community Wellness Advisory Board; Committee Member**
- 08/2018- present **Wolf Wellness Lab**
Exercise Physiologist
Student Mentor and Supervisor
Exercise is Medicine on Campus Team Member
- 09/2017 **Clayton State University 2018 Homecoming Committee Member**
- 01/2013-05/2014 **University of Georgia's DIVAS Project; Assistant**
Assisted with research project focusing on strength training in women ages 65-84; Implemented and managed weekly exercise training sessions
- 01/2013-05/2014 **University of Georgia's EPHIT Project; Assistant**
Assisted with research project of high-intensity training for post-menopausal women ages 35 -55 and implemented weekly training protocols to participants on the Monarch training bike
- 01/2013-05/2014 **University of Georgia's DawgsMOVE Campaign; Member**
Assisted with administering UGA employee wellness program to promote health and fitness among faculty and staff. Organized a group of Graduate students to serve as health coaches

06/13/2013 **University of Georgia’s Kids Health Fitness Day; Creator**
Organized health fitness day for Metro Atlanta Boys and Girls Club members to visit the Kinesiology department and participate in fitness activities

COMMUNITY SERVICE

07/2018 **Community Fitness Day, Kennesaw Branch Library, Kennesaw, GA**
Led group fitness activities for children attending summer reading programs

10/2017 **Warm Up Emcee “Make a Wish” 5K Race, Marietta, GA**
Led warm up activity in Marietta in support of Cobb County Police Department and Make a Wish Foundation annual 5K race

09/2017 **KP5K (Kaiser Permanente) Volunteer, Atlanta, GA**
Volunteered with students from the Health and Fitness Management Department at Clayton State University for the annual Corporate Wellness Walk/Run

07/2016 **Hosted Back to School Backpack Drive at Urban Perform, Atlanta, GA**
Partnered with the Atlanta Community Food Bank and Mercedes Benz Stadium to provide backpacks and supplies for youths in community

06/2016 **Hosted Community Fitness Day, Atlanta, GA**
Partnered with Atlanta Dream WNBA team to provide school supplies to community

05/2016 **Fitness Vendor at Washington Park Play Day, Atlanta, GA**
Hosted by Atlanta Contact Point

05/2016 **KIPP WAYS Primary Field Day, Atlanta, GA**
Created and managed field day activities for K-1 students

09/2015 **KP5K (Kaiser Permanente) Volunteer, Atlanta, GA**
Volunteered with students from the Health and Fitness Management Department at Clayton State University for Corporate Wellness Walk/Run

07/2015 **Hosted Back to School Backpack Drive at Urban Perform, Atlanta, GA**
Partnered with the Atlanta Community Food Bank and Mercedes Benz Stadium to provide backpacks and supplies for youths in community

07/2015 **Hosted Popsicle Night at Urban Perform, Atlanta, GA**
Partnered with Georgia Tech Athletics Department and King of Pops to engage

and support community members

- 06/2015 **Installed neighborhood basketball court at Urban Perform, Atlanta, GA**
Partnered with Georgia Tech Athletics Department and Atlanta Falcons Youth Foundation to install a new basketball court for community members
- 02/2015 **Hosted 5K Race, Urban Perform, Atlanta GA**
- 11/2014 **Warm Up Emcee “Run Through the Vine” 5K Atlanta, GA**
Led warm up activity for 5K race through Vine City in support of Veterans with Quest community organization

PROFESSIONAL GROWTH & DEVELOPMENT

- 02/2020 Attended Southeast American College of Sports Medicine Conference, Jacksonville, FL
- 06/2019 Received Basic Life Support (BLS) Instructor certification, Atlanta, GA
- 02/2019 Attended Southeast American College of Sports Medicine Conference, Greenville, SC
- 03/2017 Attended Rotary Leadership Institute Conference, Columbus, GA
- 12/2016 Received Basic Life Support (BLS) certification, Atlanta, GA
- 06/2016 Completed Lifestyle Coaching Training, CDC, Atlanta, GA
- 01/2016-06/2016 Atlanta Falcons Youth Foundation, Fitness Zone Participant, Atlanta, GA
- 02/2015-02/2016 Arthur M. Blank Family Foundation Westside Momentum Initiative, Atlanta, GA
- 02/2015 Attended United Way SPARK Innovative Conference, Atlanta, GA
- 04/2014 Received American College of Sports Medicine Clinical Exercise Physiologist Certification
- 04/2014 Attended the American College of Sports Medicine Health Fitness Summit & Expo, Atlanta, GA
- 08/2013 Received American College of Sports Medicine Exercise Physiologist Certification

PRESENTATIONS

Brandenburg, J. & **McBurse, S.** (April 2020). *Student Engagement within the Campus Community through*

High Impact Practices and Applied Principles of Excellence. USG Teaching and Learning Conference. Athens, GA (CANCELLED)

McBurse, S. (February 2020). *Certifications: The Key for Professional Development and Workplace Preparation for University Students.* Presented at the Southeast American College of Sports Medicine Conference, Jacksonville, GA

McBurse, S. (May 2019). *Stress Relief Strategies.* Presented at the Administrative Professionals Conference. Newnan, GA

McBurse, S. (April 2019). *Back Care.* Presented at the Well @ West series at the University of West Georgia, Carrollton, GA

McBurse, S. (September 2018). *Sit Less, Move More.* Presented at the Well @West series at the University of West Georgia, Carrollton, GA

McBurse, S. (July 2018). *Mental Health.* Presented to Cobb County Government employees, Marietta, GA

McBurse, S. (June 2018). *Stress Management.* Presented to 911 HQ Cobb County Government employees, Marietta, GA

McBurse, S. (May 2018). *Summer Safety.* Presented to Cobb County Government employees, Marietta, GA

McBurse, S. (March 2018). *Women in Health and Wellness.* Presented to Essential2Life nonprofit, Atlanta, GA

McBurse, S. (March 2018). *Healthy Dining Out.* Presented to Cobb County Government employees, Marietta, GA

McBurse, S. (October 2017). *Women's Health.* Presented to Cobb County Government employees, Marietta, GA

GRANTS & FUNDRAISING

04/2020	UWG P.A.L.S. (Peer Advisors for Learning and Success) for UWG FRG. Awarded \$4,950.
10/2019	UWG P.A.L.S (Peer Advisors for Learning and Success) for UWG COE Seed Grant. Not Awarded \$3,900.
10/2016	\$6,500 raised by Urban Perform 5th Annual Casino Night Fundraiser Partnered with Atlanta Community Food Bank, Atlanta, GA
10/2016	\$5,000 awarded by State of Georgia Department of Health to Urban Perform Gym Memberships, Diabetes Prevention Plan, Atlanta, GA
09/2016	\$2,000 awarded by City of Atlanta to Urban Perform

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BikeShare Champions Program (Westside Community), Atlanta, GA

- 08/2016 **\$10, 5000 raised by Urban Perform 2nd Annual Golf Tournament Fundraiser**
Partnered with Ansley Golf Club, Atlanta, GA
- 08/2016 **\$3,000 raised by Urban Perform, Run the ATL 10K, 20K, Relay Race Beneficiary**
Provided volunteers for the race, Atlanta, GA
- 04/2016 **\$2,500 awarded by John and Mary Franklin Foundation**
Contributions to GrowUP Expansion Campaign for Urban Perform, Atlanta, GA
- 03/2016 **\$1,000 awarded by Mark A. Jardina Foundation**
Support Youth Fitness Program of Urban Perform, Atlanta, GA
- 02/2016 **\$100,000 awarded by Atlanta Falcons Youth Foundation**
Youth Fitness Program for Urban Perform/After School All-stars Partnership, Atlanta, GA

PUBLISHED NON-PEER REVIEWD ARTICLES

1. Biber, D. D., Brandenburg, G., Knoll, C., **McBurse, S.**, Merem, A., & Stewart, B. (2018). The Wolf Wellness Lab: A Model for Community Health and Wellness Promotion. *Georgia Association for Health, Physical Education, Recreation and Dance*, 50(2), 4-11.

PUBLISHED ONLINE ARTICLES

1. Brown T., Cheely A., **McBurse S.**, Roberson K. "Athens Farmers Market Provide Keys to Good Nutrition." *Athens Banner-Herald*, 18 November 2013.
2. Brown T., Cheely A., **McBurse S.**, Roberson K. "Exercise Beneficial to Longterm Health." *Athens Banner-Herald*, 25 November 2013.

AWARDS, HONORS, & FELLOWSHIPS

- 03/2019 Best of the West, Strategic Imperative Recognition, **University of West Georgia**
- 04/2016 Recipient of Community Service Impact Award, **Good Samaritan Health Clinic, Atlanta, GA**
- 06/2012 Recipient of Graduate Assistantship, **University of Georgia, Athens, GA**
- 03/2012 Recipient of the Alpha Lambda Delta Graduate Fellowship
- 2008-2009 Recipient of the Wheatley Academic Scholarship, **Georgia Southwester State University**
- 2008-2009 Recipient of the Sam Walton Community Scholarship

PROFESSIONAL MEMBERSHIPS & AFFILIATIONS

08/2019-present	WELCOA
08/2018-present	National Wellness Institute
06/2017-present	UGA Young Alumni Association
02/2011- present	American College of Sports Medicine Including Southeast Regional Membership

CERTIFICATIONS

10/2019-present	QPR Suicide Prevention, QPR Institute
06/2019-present	Basic Life Support (BLS) Instructor, American Heart Association
03/2018-present	Heartsaver CPR/AED, First Aid, American Heart Association
06/2016-present	Lifestyle Coach, CDC National Diabetes Prevention Program
04/2014-present	Clinical Exercise Physiologist, American College of Sports Medicine
08/2013-present	Exercise Physiologist, American College of Sports Medicine