

PERSONAL RESUME

Anna S. Valdes Ed.D., CSCS  
School of Kinesiology and Physical Therapy  
University of Central Florida  
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Professional Preparation

Ed.D. University of Central Florida, Orlando Florida  
2013 Curriculum and Instruction in Exercise Science, Advisor: Jay R. Hoffman  
M.A. University of Central Florida, Orlando Florida  
2004 Physical Education  
Post-Baccalaureate -University of Cincinnati, Cincinnati Ohio  
1992 Psychology (33 graduate credits)  
B.S. University of Florida  
1987 Psychology (Summa Cum Laude)

Certifications

NSCA- Certified Strength and Conditioning Specialist -CSCS  
ACE- Certified Personal Trainer-CPT  
ACE- Lifestyle and Weight-Management Specialist - LWMC  
ACE- Group Fitness Instructor- GFI  
ISCA-Kickbox/Boxaerobics Master Trainer  
Les Mills Tone Instructor-LMT  
Les Mills BodyStep Instructor-LMBS  
AHA-CPR/Fist Aid

Professional Experience

2018-present Associate Lecturer, Kinesiology  
University of Central Florida, Orlando, Florida  
APK 4110, PET 3097, PET 3125, PET 3361, PET 3768, PET4083C, PET 4550, PET 4215, PET 3771, PET 4925, PET 4926, PET 3765, SPM 3204, PET 6690

2013-2018 Lecturer, Sport and Exercise Science  
University of Central Florida, Orlando, Florida  
APK 4110, PET 3097, PET 3125, PET 3361, PET 3768, PET4083C, PET 4550, PET 4215, PET 3771, PET 4925, PET 4926, PET 3765, SPM 3204, PET 6690

2006-2013 Instructor, Sport and Exercise Science  
University of Central Florida, Orlando. Florida  
APK 4110, PET 3097, PET 3125, PET 3361, PET 3768, PET4083C, PET 4550, PET 4215, PET 3771, PET 4925, PET 4926

1999-2006 Adjunct Faculty, Sports & Fitness  
University of Central Florida, Orlando, Florida  
Instructor for PEM 2171, PEM 2173, PEM 2131, PEM 2104

1998-Present Group Exercise Instructor, YMCA of Central Florida, Orlando, FL  
Instructor for HIIT Kickboxing, Step, and Cardio Interval, Muscle Conditioning, Pilates, Les Mills Tone and Yoga

- 1995-2006 Personal Trainer, Self-Employed, Orlando & Oviedo  
Personal Trainer at Gold's Gym, World Gym, Women's Health & fitness and Fitness Partners on the Move and in home training.
- 1995-2005 Group Fitness Coordinator/Instructor, World Gym of Oviedo – Oviedo, FL  
Coordination of Group Fitness Program & Instructor for Kickboxing, Step, and Cardio Interval Aerobics. Instructor for Muscle Conditioning and Yoga
- 1995-2001 Team Trainer /Presenter/Educator/Program Coordinator  
Promise Enterprises ISCA – Miami, FL  
National Instructor Trainer and Presenter for the BoxAerobic and Kickbox Exercise
- 1997-2001 Basic Life Support Instructor, Fitness Partners on the Move  
American Heart Association – Orlando, FL  
Responsible for teaching two to three BLS- CPR classes per week
- 1989-1995 Group Fitness Instructor, Fitness Instructor & Personal Trainer  
Moore's Fitness World- Cincinnati, OH  
Instructor for Hi/Lo, Step, Slide and Muscle Conditioning –weight room fitness trainer and personal trainer
- 1989-1995 Behavior Specialist  
Butler County Board of MRDD- Fairfield, OH  
Training, instruction of direct care staff and behavior program development for adults and children with mental retardation and developmental disabilities
- 1984-1989 Fitness Instructor/Nautilus Trainer  
Gainesville Health & Fitness – Gainesville, FL  
Fitness Floor Nautilus Trainer and Aerobic Dance Instructor

#### Professional Affiliations

American College of Sports Medicine - ACSM  
National Strength and Conditioning Association - NSCA  
American Council on Exercise/IDEA -ACE

#### Memberships & Honors

1987 University of Florida – Excellence in Psychology Award  
1988 Level 3 - Board of Florida Certified Associate Behavior Analyst  
1992 Member of ACE – certified GFI, LWMC, PFT  
1998 Master Trainer ISCA Promise Enterprises  
2002 Elected Vice-President of the Greater Orlando Gymnastics Foundation  
2004 Elected President of the Greater Orlando Gymnastics Foundation  
2004 Member of Pi Lambda Theta- International Honor Society of Educators  
2006 Member of the NSCA - CSCS  
2010 Fundraiser Volunteer Russian Ballet of Orlando  
2011 Golden Key International Honor Society Honorary Member  
2014 Fundraiser Volunteer Alternative Dance Center  
2015- present Fundraiser Volunteer and Donor YMCA of Central Florida  
2019-HOPE- volunteer

### Professional Service

University of Central Florida Undergraduate Research Committee as an CHPS member from 2018-present  
University of Central Florida Diversity Committee as an CHPS member from 2018-present  
University of Central Florida Undergraduate Programs Curriculum Committee as an CHPS voting member from 2018-present  
University of Central Florida Assessment & Institutional Effectiveness Committee as an EHS member from 2013-2015  
University of Central Florida Assessment & Institutional Effectiveness Committee as an EHS member from 2013-2015  
University of Central Florida Instructional Resources Committee from 2013-2014  
University of Central Florida Coyle Fund Committee 2013-2014  
University of Central Florida TIP Committee 2013-2014  
National Strength & Conditioning Association 2014 National Conference poster judge  
University of Central Florida Showcase of Undergraduate Research (SURF) Fall 2014 poster judge  
University of Central Florida Happy Active Participation Prepares You (HAPPY) hour student showcase Spring 2015 Faculty observer  
University of Central Florida Search committee for Assistant Professor of Exercise Science – Fall 2015  
Search committee for Assistant Professor of Exercise Science – Spring 2015  
University of Central Florida Search committee for Associate Dean of Academic Affairs– spring 2016  
University of Central Florida Instructional Resources Committee from 2014-2016  
University of Central Florida TIP Committee 2016-2018  
University of Central Florida Student Issues Committee 2016-1018  
University of Central Florida Faculty Budget Committee Fall 1016

### National Presentations

“NCAA Strength and Conditioning Coaches’ Knowledge Regarding Prevention and Recognition of Exertional Heat Stroke.” Presented at the annual meeting of the American College of Sports Medicine, Orlando Florida May 2014.  
“National Strength and Conditioning Coaches’ Knowledge and Experience regarding Exertional Sickling”) Presented for National conference, New Orleans, July 2016

### Publications

Valdes, A.S (2020). *Winning the Obesity Fight*. Great River Learning. Dubuque, IA  
Valdes, A.S. (2013). *National Strength and Conditioning Coaches’ Knowledge Regarding Prevention and Recognition of Exertional Heat Stroke*. University of Central Florida, Orlando  
Valdes, A.S., Hoffman, J.K., Clark, M.H., Clark and Stout, J.K. (2014). National Strength and Conditioning Coaches’ Knowledge Regarding Prevention and Recognition of Exertional Heat Stroke. *Journal of Strength and Conditioning Research*. 28(6). 1483-1782.

### Research Interest (not published)

Valdes, A.S., Hoffman, J.K., Clark, M.H., Clark and Stout, J.K. (2014). National Strength and Conditioning Coaches’ Knowledge and Experience regarding Exertional Sickling (abstract)  
Valdes, A. (2011). Instrument for Assessment of Exertional Heat Stroke Knowledge: Establishing Validity & Reliability. Pilot study

- Valdes, A. (2010). The pre-activity cardiovascular screening procedures knowledge of personal fitness trainers – pilot study
- Valdes, A. (2009). The Effects of Resistance Training on body Composition, exercise self-efficacy and exercise adherence in obese youth – Systematic Review of Current Concepts in the Field
- Valdes, A. (2008). The Effects of Physical Activity on Academic Performance in Youth – Literature Review
- Valdes, A. (2007). The relationship between performance in physical fitness tests and academic performance on standardized Testing
- Valdes, A. (2006). Motivational climate and gymnastics: The effects of coaching style on gymnast self-efficacy intrinsic motivation and performance
- Valdes, A. (2004). Biomechanics of the front handspring vault – video analysis
- Valdes, A. (2003). The effects of strength training with weights on young female competitive gymnasts – research proposal
- Valdes, A. (2000). The effects of a low exercise intensity versus high exercise intensity on body fatness – Literature review

#### Doctoral Committees

- Redd, Alison (2018). Exploring the Impact of Nutritionally Homogenous Meals for Physically Active Student Athletes
- Oliver, D (2017). Barriers to adoption of wellness programs: A worked example of an augmented best-fit framework synthesis
- Akerson, M. (2014). Attitudes, beliefs and opinions of Personal Fitness Trainers regarding professional preparation.

#### Honors in the Majors

- Cavey, Sean (present). The Relationship Between Physical Performance and Rapid weight loss in combat sport athletes.
- Devoe, K. (2018). Exploring diet, physical activity, and self-reported health status among individuals in the medically underserved community
- Paush, P. (2017). Analyzing the relationship between the quality of physical education programs provided by state departments of education, and obesity incidence and physical inactivity rates of children and adolescents
- Bovin, A. (2016). The effects of resistance training frequency on muscle hypertrophy and strength in healthy trained individuals: Literature review
- Kest, A.R. (2015). Sports massage research protocols and industry standards
- Hanson, S (2015). Total Body Water and its Relationship to Functional Performance in Individuals with Diagnosed Osteoarthritis.
- Badillo, K. (2015). Effectiveness of Participation in Cardiac Rehabilitations: Secondary Prevention Increases Exercise Capacity in Post-Myocardial Infarction Patients.
- Campbell, S. (2014). Why evidence matters: Examining the knowledge and perception of pre-service teachers
- Gamazo, T. (2014). A Comparison of Anthropometric and Maximal Strength Measures in Rugby Union Players