

CURRICULUM VITAE

Stephen Michael Fallowfield, MS., ACSM EP-C

CONTACT INFORMATION:

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Department of Kinesiology
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EDUCATION:

Ball State University 1991
Muncie, IN
Bachelor of Science, Marketing- Emphasis: Sales and Promotion
Minor: Counseling Psychology

Indiana University Purdue University Indianapolis 2005
Indianapolis, IN
Master of Science, Physical Education- Emphasis: Exercise Science

ACADEMIC APPOINTMENTS:

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|---------------|--|
| 2003- 2005 | Graduate Assistant, Department of Physical Education Indiana University Purdue University Indianapolis, Indianapolis, IN |
| 2005- 2009 | Associate Faculty, Department of Physical Education Indiana University Purdue University Indianapolis, Indianapolis, IN |
| 2010- 2010 | Visiting Lecturer, Department of Physical Education Indiana University Purdue University Indianapolis, Indianapolis, IN |
| 2011- Present | Lecturer, Department of Physical Education Indiana University Purdue University Indianapolis, Indianapolis, IN |

OTHER APPOINTMENTS:

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|---------------|--|
| 2006-Present | Wellness Consultant Independent Contractor, Indianapolis, IN |
| 2004- Present | Certified Exercise Physiologist Independent Contractor, Indianapolis, IN |

- 1998-2004 **Certified Personal Trainer**
Independent Contractor, Los Angeles, California/
Indianapolis, IN
- 1999-2002 **Corporate Retail Sales Manager**
Gold's Gym International, Los Angeles, CA

PROFESSIONAL CREDENTIALS:

- 2004-Present **Certified Exercise Physiologist**
American College of Sports Medicine
- 2002-Present **Healthcare Provider (CPR/AED)**
American Heart Association
- 1998-2004 **Certified Personal Trainer**
Aerobics and Fitness Association of America

PROFESSIONAL ORGANIZATIONS:

- American College of Sports Medicine
Aerobics and Fitness Association of America
National Strength and Conditioning Association
American Diabetes Association

HONORS AND AWARDS:

- 2016 **IUPUI Favorite Professor** (Nominated by Student)
Indiana University Purdue University Indianapolis
- 2015 **IUPUI Favorite Professor** (Nominated by Student)
Indiana University Purdue University Indianapolis
- 2014 **IUPUI Favorite Professor** (Nominated by Student)
Indiana University Purdue University Indianapolis
- 2013 **IUPUI Favorite Professor** (Nominated by Student)
Indiana University Purdue University Indianapolis

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|------|---|
| 2012 | IUPUI Favorite Professor (Nominated by Student) Indiana University Purdue University Indianapolis |
| 2011 | IUPUI Favorite Professor (Nominated by Student) Indiana University Purdue University Indianapolis |
| 2009 | IUPUI Favorite Professor (Nominated by Student) Indiana University Purdue University Indianapolis |
| 2008 | IUPUI Favorite Professor (Nominated by Student) Indiana University Purdue University Indianapolis |

TEACHING ASSIGNMENTS:

Department of Kinesiology, School of Physical Education and Tourism Management, Indiana University Purdue University Indianapolis

Teaching Load:

Data for last completed year 2015:

Total overall **student course evaluation average score** for all courses taught in 2015 was **4.79/5.0**

Total number of students enrolled in all courses taught in 2015 was **427**.

427 students x 3 credit hours each = **1,281 total credit hours** in 2015.

Total credit hours taught/assigned each year = **30**

Courses Taught:

| | | |
|------------|---|----------------|
| HPER E121 | Weight Training & Conditioning | 1 credit hour |
| HPER P212 | Introduction to Exercise Science | 6 credit hours |
| HPER P205 | Structural Kinesiology Laboratory | 3 credit hours |
| HPER P244 | Performance and Teaching of Cardiovascular Fitness | 2 credit hours |
| HPER P245 | Performance and Teaching of Resistance Training | 2 credit hours |
| HPER P246 | Performance and Teaching of Cardiovascular and Resistance Training (lecture and lab) | 3 credit hours |
| HPER P391 | Biomechanics Laboratory | 3 credit hours |
| HPER P409 | Basic Physiology of Exercise (lab) | 1 credit hour |
| HPER P419 | Fitness Testing and Interpretation (lecture and lab) | 3 credit hours |
| HPER P443 | Internship in Physical Education (lecture and lab) | 3 credit hours |
| HYPER K525 | Sport and Exercise Psychology (Graduate Level) | 3 credit hours |

Assisted in the following courses:

HPER E135 Golf
HPER P373 Progressive Resistance Exercise and Sports Conditioning

MENTORING:

| | | |
|--|---|--------------|
| Robert Broderick | Mentor/Honors Project | 2015 |
| Cara Schadt | Mentor/Honors Project | 2015 |
| Paxton Ott | Mentor/Honors Project | 2015 |
| Trapper Mize | Mentor/Honors Project | 2015 |
| Tyler Davis | Mentor/Honors Project | 2015 |
| Savanna Smith | Mentor/Honors Project | 2015 |
| Megan Sampson | Mentor/Honors Project | 2015 |
| Allison Covert | Mentor/Honors Project | 2015 |
| Allison Humbird | Mentor/Honors Project | 2015 |
| | | |
| Kyle Hyland | Mentor: Independent Study Internship | 2014 |
| Charly Wolford | Mentor/Honors Project | 2014 |
| Kelsey Pence | Mentor/Honors Project | 2013 |
| Paxton Ott | Mentor/Honors Project | 2013 |
| Natalie Trout | Mentor/Honors Project | 2012 |
| Abigail Ivaldi | Mentor/Honors Project | 2012 |
| Trapper Mize | Mentor/Honors Project | 2012 |
| Allison Schmitt | Mentor/Honors Project | 2012 |
| Time Hecke | Advisor/Independent Study | 2011 |
| Kristen Wallpe | Mentor/Poster Presentation: IUPUI Civic Engagement Symposium | 2011 |
| Jon Martin | Mentor | 2010-2011 |
| Physical Education Student Organization (PESO) faculty advisor. | | 2010-2012 |
| Department of Kinesiology Academic Advisor (50 students on average) | | 2010-present |

PRESENTATIONS:

2015 Fallowfield, S. & Swinford, R. "Functional Workstation Workouts" and research related to risks associated with a sedentary lifestyle. Presentation to School of Physical Education and Tourism Management, Indianapolis, Indiana

2014 Fallowfield, S. & Swinford, R. "Functional Workstation Workouts" and research related to risks associated with a sedentary lifestyle. Healthy IUPUI Initiative: Healthy Change Fund IUPUI, Presentation to School of Engineering and Technology, Indianapolis, Indiana

2013 Fallowfield, S. & Swinford, R. "Functional Workstation Workouts" and research related to risks associated with a sedentary lifestyle. Healthy IUPUI Initiative: Healthy Change Fund IUPUI, Presentation, Kelley School of Business, Indianapolis, Indiana

2013 Fallowfield, S. & Swinford, R. "Functional Workstation Workouts" and research related to risks associated with a sedentary lifestyle. Healthy IUPUI Initiative: Healthy Change Fund IUPUI, Presentation, School of Education, Indianapolis, Indiana

2013 Fallowfield, S. & Swinford, R. "Common Myths and Misconceptions in Exercise", Presentation, IUPUI Health and Benefits Fair, Indianapolis, Indiana

2013 Fallowfield, S. & Swinford, R. INShape IUPUI Service Learning Program, Poster Presentation, Edward C. Moore Symposium, Indianapolis, Indiana

UNIVERSITY SERVICE:

2002-Present **Volunteer CPR instructor for Department of Oral Health Research**
Indiana University Purdue University Indianapolis

SCHOOL / DEPARTMENTAL SERVICE:

2013- Present **Budgetary Affairs Committee**

2011- Present **Academic Advisor**
Advise an average of 50 students every semester

2010- 2012 **Faculty Advisor**
Physical Education Student Organization (PESO)

2003-Present **Student Weight Rooms:** Identify needs and help facilitate equipment purchases for department.

COMMUNITY SERVICE:

2010- Present **Instructor/Co-Director**
INShape IUPUI
Service Learning Program

2010- Present **Diabetes Education Volunteer**
Volunteer work for American Diabetes Association

1999- Present **Personal Training/Coaching**
Frequent volunteer/pro-bono with individuals of limited resources, youth groups, and school athletic teams.

2010-2011

Fitness Center Design Consultant

Boner Center

Department of kinesiology Consultant for The Boner Center in conjunction with the NFL's Legacy Project.

INTERNATIONAL SERVICE:

2010

"Bike for Light" Advisor

German Embassy, Washington D.C. , United States

Department of Kinesiology Faculty Representative for the Transatlantic Climate Bridge Week. Advised, planned, and organized Department of Kinesiology's role "Bike for Light" function in conjunction with the Department of Engineering. Recruited P.E. students to participate in Bike for Light function.