

Lori Bruns, M.S.

UNIVERSITY ADDRESS

Northern State University
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ACADEMIC BACKGROUND

August 2009

North Dakota State University, Fargo, ND
Master of Science in Health, Nutrition, and Exercise Science
Concentration: Exercise Science
Thesis: *An examination of the changes in flexibility and core strength after a five-week pilates class*

May 2007

Dakota State University, Madison, SD
Bachelor of Science in Exercise Science

HONORS

- Graduated Cum Laude
- Member of Kappa Sigma Iota
- DSU Academic, Leadership and Athletic Honors
- DSU Athletic Scholarship
- DAC Scholar Athlete 2005-2007
- Set 6 DSU softball records

AREAS OF SPECIALIZATION

- Exercise Science
- Health
- Nutrition
- Sports for Individuals with Disabilities
- Adapted Physical Education

TEACHING EXPERIENCE

Northern State University, Aberdeen, SD

Instructor of Human Performance & Fitness, August 2012- Present

Fall 2012

- PE 400 Exercise Test & Prescription
- HLTH 422/522 Nutrition
- WEL 100 Wellness
- PE 352 Adapted Physical Education
- PE 752 Mechanical Analysis of Sport

Spring 2013

- PE 482/582 Theory of Strength and Conditioning
- PE 452 Motor Learning
- WEL 100 Wellness
- PE 379 Sports for Individuals with Disabilities

Fall 2013

- HLTH 103 Personal Health
- PE 100 Weight Training
- PE 203 Pro Prep: Team Activities
- PE 352 Adapted Physical Education
- PE 451 Tests and Measurements
- WEL 100L Wellness Lab (4 sections)

Spring 2014

- HLTH 320 Community Health
- PE 482/582 Theory of Strength and Conditioning
- PE 100 Weight Training
- PE 200 Pro Prep: Fitness
- PE 379 Sports for Individuals with Disabilities
- PE 452 Motor Learning and Development
- WEL 100L Wellness Lab

Fall 2014

- HLTH 103 Personal Health
- HLTH 240 Health and Fitness for Older Adults
- PE 203 Pro Prep: Team Activities
- PE 250 Human Anatomy and Physiology
- PE 250L Human Anatomy and Physiology Lab
- PE 352 Adapted Physical Education
- PE 451 Test and Measurements

Spring 2015

- HLTH 320 Community Health
- PE 482/582 Theory of Strength and Conditioning
- PE 191 Wellness Lab: Aerobics
- PE 200 Pro Prep: Fitness
- PE 379 Sports for Individuals with Disabilities
- PE 452 Motor Learning and Development

Presentation College, Aberdeen SD

Adjunct Instructor, August 2011- December 2011

Fall 2011

- NUTR 101: Intro to Nutrition
- NUTR 201: Exploring Weight Issues

Northern State University, Aberdeen, SD

Adjunct Instructor, January 2011- May 2012

Spring 2011, 2012

- PE 379: Sports for Individuals with Disabilities

Fall 2011, 2012

- PE 352: Adapted Physical Education

North Dakota State University, Fargo, ND

Teaching Assistant, August 2008- May 2009

Fall 2008

- HNES 100: Concepts of Fitness and Wellness

Spring 2009

- HNES 100: Concepts of Fitness and Wellness

OTHER COURSES QUALIFIED TO TEACH

- Foundations of HPER
- Exercise Physiology
- Biomechanics
- Social Aspects of Sport
- Stress Management and Relaxation

PROFESSIONAL ORGANIZATIONS

- American College of Sports Medicine (ACSM)

SCHOLARLY ACTIVITY

Published Articles

Froemke C., McNichols L., Beutler A., **Bruns L.**, Tande D. (2010). Caffeinated Energy Drinks: Potential Benefits and Health Risks. *SCAN'S Pulse*, 29: 1-5.

Bruns, L. (2010). Cerebral Palsy and Strength Training: Beneficial or Not? http://www.pelinks4u.org/articles/bruns4_11.htm

Christensen, B., **Bruns, L.**, & Stastny, S. (2012). Improved flexibility and core strength in four different levels of acute pilates. *Medicine and Science in Sports and Exercise*, 44 (suppl 5), S708. (Abstract)

In Preparation

Christensen, B., **Bruns, L.**, & Stastny, S. (In preparation). Improved flexibility and core strength in four different levels of acute pilates.

Presentations

Bruns, L. Camouflaged Fitness. (2012). Presented to family daycare providers for Sanford Children's CHILD services in Aberdeen, SD

Bruns, L. Exercise and Nutrition. (2012). Presented to TOPS organization in Ipswich, SD

Bruns, L. & Laamann, L. (2014). Presented to students in Groton, SD

Bruns, L. (2014). Presented to high school students in Ipswich, SD

PROFESSIONAL EXPERIENCE

Curves, Aberdeen, SD

Owner/Fitness Trainer/Nutrition Educator, November 2010- Present

- Perform fitness assessments
- Measure and analyze percentage of body fat, height, weight, and BMI.
- Teach exercise technique and weight management as well as special topic classes.
- Manage finances, employees, and member files.
- Organize promotions and marketing information

Ipswich Community Fitness Center, Ipswich, SD

Co-Owner/Fitness Trainer, Oct. 2014- Oct. 2015

- Managed finances and member files
- Taught fitness classes
- Recruited new members
- Trained new members on equipment

Athletic Republic, Avera St. Lukes, Aberdeen, SD

Intern, May 2006- August 2006

- Sport specific training development, implementation, and evaluation

AREAS OF RESEARCH INTEREST

- Physical Activity and Fitness in Youth
- Physiology of Strength and Endurance Training in Women
- Ways of Increasing Physical Activity in the General Public
- Dietary Habits of College Freshmen

SERVICE TO THE UNIVERSITY AND COMMUNITY

- Volunteer: Sidekicks Advisory Board
 - o Involved in all internal aspects of launching a mentoring program from the ground up
 - o Helped hire a program director
 - o Involved in grant writing
 - o Fundraising
- Volunteer: Special Olympics
 - o Help with recruiting volunteers
- ABBY Award Nominee for community business
- Northern State University Cheer Coach
- Served on Childhood Obesity Board for a grant through Ohio State University Extension, Kansas State University, and South Dakota State University (Ignite: Sparking Youth to Create Healthy Communities)
- Created multiple fundraisers for Aspire through teaching at Northern State University

REFERENCES

Alaina Benson
Assistant Basketball Coach
324 10th Ave. SW
Aberdeen SD 57401
Cell: 320-760-2694
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Travis Parisi
Academic Advisor
106 N Arch St.
Aberdeen SD 57401
Cell: 518-944-4602
travis.parisi@northern.edu

Jake Arechigo
Former Co-Owner-Ipswich
419 South 10th St.
Aberdeen SD 57401
Cell: 605-277-1285
jacob.arechigo@sanfordhealth.org