

DR. MIKE SWOBODA, DHSC, CSCS, EP-C, EXERCISE IS MEDICINE CREDENTIAL LEVEL II, FNS

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EDUCATION

Doctor of Health Sciences (DHSC) in Leadership and Organizational Behavior, 2018

A.T. Still University of Health Sciences, Kirksville, MO

Graduated with Honors, Indicating a 4.0 GPA

Master of Science in Exercise Physiology, 2011

Kent State University, Kent, OH

Bachelor of Science in Biology, 2009

University of Tennessee Southern, Pulaski, TN

TEACHING EXPERIENCE

PARK UNIVERSITY, Gilbert, AZ

08/2019 – Present

Assistant Professor, Sport & Exercise Science

- Led ground and online courses in fitness and wellness, while developing course curricula, program updates, and course programming.
- Faculty advisor to over 100 students annually.

Faculty Athletics Representative

08/2019 – Present

- Certify eligibility for all student-athletes and conduct transfer eligibility meetings with all incoming transfer student-athletes.
- Educate students, coaches, and staff on eligibility requirements, continuing eligibility status, and integration of the PlayNAIA website.
- Obtained NAIA Champions of Character Gold certification, representing the top 25% of all NAIA institutions in the areas of integrity, respect, responsibility, sportsmanship, and servant leadership.
- Part of the institutional committee consisting of myself, the director of athletics, and the commissioner of the California Pacific Conference to obtain full admission to the NAIA for Park University, Gilbert, starting with the 2020-2021 academic year.

Facility and Equipment Coordinator—Gilbert Campus, Sport & Exercise Science

08/2019 – Present

- Reported on and recommended facilities and equipment needs for the Sport & Exercise Science department.
- Led the design, construction, and completion of the Gilbert Campus exercise science lab.

Program Coordinator—Gilbert Campus, Sport & Exercise Science

08/2020 – Present

- Ensure the academic quality of the Sport & Exercise Science degree.
- Provides quality control, program assessment, and provide adjunct faculty support and performance evaluations.

Coursework:

BI-214 Personal and Community Health

FW-190 Health, Sport, & Exercise Science

FW-200 Resistance Exercise Instruction

FW-225 Kinesiology (also course developer)

FW-250 Exercise Physiology

FW-250L Exercise Physiology Lab

FW-260 Strength and Conditioning (also course developer)

FW-275 Sports Management

FW-300 Concepts in Strength and Conditioning (also course developer)

FW-310 Advanced Conditioning

FW-325 Motor Skill Development
FW-350 Exercise Testing and Prescription (also course developer)
FW-360 Concepts of Injury in Sports
FW-375 Special Populations Exercise (also course developer)
FW-400 Internship in Fitness and Wellness
LE-100 First-Year Seminar

Service Duties and Committee Work:

Business Management Hiring Committee (ad hoc)	05/2022 – Present
Faculty Senator	04/2022 – Present
Park University Gilbert Campus Brand Ambassador	03/2022 – Present
Sport & Exercise Science Hiring Committee (ad hoc)	08/2021 – 10/2021
Writing Across the Curriculum (WAC) Sub-Committee	09/2020 – Present

GRAND CANYON UNIVERSITY, Phoenix, AZ **07/2017 – 12/2020**

Adjunct Instructor, Exercise Science and Nutrition

- Led both lecture and lab courses and developed online course materials, curricula, and programming for ground courses.

Coursework:

BIO-319 Applied Nutrition
EXS-200L Resistance Training: Theory and Practice Lab
EXS-202 Cardiovascular Fitness, Theory, and Practice
EXS-235 Exercise Testing and Prescription
EXS-247 Health Risk Appraisal, Weight Control, and Management
EXS-335 Kinesiology
EXS-335L Kinesiology Lab
EXS-431 Health Assessments
NSC-150 Nutrition and Wellness
PED-325 Coaching Baseball: Theory and Practice
PED-328 Coaching Softball: Theory and Practice
PED-337 Theory, Philosophy, and Principles of Coaching

BRYAN UNIVERSITY, Tempe, AZ

06/2014 – 06/2018

Adjunct Instructor, Advanced Personal Training and Exercise Science

- Led hybrid courses for both ground and online students in an accelerated five-week course.
- Developed courses for fitness, nutrition, and business courses related to exercise science.

Coursework:

BIO-110 Anatomy & Physiology
EXS-101 Body Systems
EXS-103 Functional Anatomy
EXS-108 Weight Management
EXS-200 Cardiovascular Training
EXS-205 Special Populations
EXS-207 Exercise and Business Practices
EXS-209 Resistance Training and Programming: Stability and Endurance Practicum
EXS-210 Resistance Training and Programming: Strength Endurance and Hypertrophy Practicum
EXS-211 Resistance Training and Programming: Strength and Power Practicum
FIT-101 Medical Terminology
FIT-107 Nutrition
FIT-203 Cardiovascular Training for Performance

FIT-206 Nutrition for Performance
PFT-303 Applied Fitness Assessments
PFT-304 Advanced Cardiovascular Exercise Prescription
PFT-400 Psychology of Fitness Training
PFT-401 Corrective Impairment Strategies

TRI-STATE COLLEGE OF MASSOTHERAPY, North Lima, OH

04/2008 – 09/2009

Adjunct Instructor, Anatomy and Physiology/Human Movement and Kinesiology

- Designed programs to assist students with passing national Massage Therapy board exams.

Coursework:

BIO-202 Human Anatomy & Physiology
KIN-200 Analysis of Movement

PUBLICATIONS

Swoboda, M. (*Under review*). Can negative reinforcement be used to improve student engagement in an accelerated, blended classroom? *InSight: A Journal of Scholarly Teaching*

Swoboda, M. (2020). For physical laborers with type 2 diabetes, telephonic health coaching is not enough to improve A1C. *Current Diabetes Reviews*, 16(1), 80-83.
<https://doi.org/10.2174/1573399815666190417152648>

Swoboda, M. (2019). Why are patients reluctant to view exercise as a treatment plan? *Obesity Research Open Journal*, 6(2), 35-36. <https://doi.org/10.17140/OROJ-6-140>

Swoboda, M. (2019). Active classrooms: Great for academic performance, but can they improve student health? A critical literature review [Special Edition: Best In Class]. *Journal of Instructional Research*, 8(2), 77-82. Retrieved from https://cirt.gcu.edu/jir/documents/2019_v82/19cirt0021_jir_speced_vol8iss2_jrnl_v8_121919_finalpdf?

Swoboda, M., and Matthews, E. (2019). Can you lose weight by talking on the phone? *Canyon Journal of Interdisciplinary Studies*, 7(1), 45-57. Retrieved from https://cirt.gcu.edu/documents/canyon-journal-of-interdisciplinary-studies/2019_v1

Swoboda, M. (2019). Telephonic health coaching for chronic low back pain. *Coaching: An International Journal of Theory, Research and Practice*, 12(1), 29-38.
<https://doi.org/10.1080/17521882.2018.1433701>

PRESENTATIONS

Swoboda, M. (2021, April). Using Diet and Exercise to Promote Mental Health and Emotional Well-Being. Featured speaker at the "Let's Talk Mental Health" Conference presented by the Park University Rotaract Club and Psych Chi. Virtual.

Swoboda, M. (2010, April). *Metabolic Pathways in MELAS A3243G Phenotype: A Case Study*. Paper presented at the Texas A&M Lamar Bruni Vergara Academic Conference. Laredo, TX.

3rd place—Graduate Studies

Swoboda, M., and Flynn, R. (2009, November). *Biomechanics and Pathological Changes of the Shoulder Girdle in the Overhead Throwing Athlete*. Poster presented at the annual Texas A&M System Pathways Conference. Laredo, TX.

BOARD MEMBERSHIPS

Peer Review Board Member

03/2021 – Present

The Navigator: Excellent Student Writing Across the Disciplines
Park University

Peer Review Board Member **04/2019 – Present**
Obesity Research—Open Journal
Openventio Publishers

Journal Ambassador **04/2019 – Present**
Bentham Science Publications

Peer Review Board Member **02/2019 – Present**
Journal of Instructional Research
Grand Canyon University

PROFESSIONAL EXPERIENCE

CENTENE, Tempe, AZ **04/2014 – 02/2019**
Health Coach

- Provided telephonic health coaching in a call center environment to health plan (CMS) and employer market groups in exercise, lower back pain, and weight management.
- Trained new staff and cross-trained senior staff on new processes, accounts, and continuing education materials to improve efficiency and reduce onboarding times.
- Utilized behavioral health and employee assistance referral services to bridge the gap between lifestyle coaching and members with high needs case management.

GENESIS REHAB SERVICES, Peoria, AZ **08/2012 – 10/2013**
Rehab Department Manager

- Managed three clinical sites with over 20 direct reports to service outpatient PT, OT, and ST.
- Used KPIs and data analysis to optimize caseloads and achieve profitability while complying with CMS therapy caps.
- Obtained accreditation through CMS as well as private Medicare Advantage insurance programs while developing an annual budget of over \$1MM.

ABRAZO COMMUNITY HEALTH NETWORK, Glendale, AZ **10/2011 – 08/2012**
Exercise Physiologist

- Worked as a clinician in Phase I-IV inpatient and outpatient cardiac and pulmonary rehab in a hospital setting, utilizing manual treatment and direct telemetry.
- Designed and monitored the strength and resistance training program for all rehab patients.
- Complied with CMS and employer-based insurance plans for medical billing, coding, and outcome measures.

YMCA, Uniontown, OH **01/2011 – 05/2011**
Interim Director of Wellness

- Managed fitness and wellness center as an interim director, holding responsibility for maintaining a safe and efficient gym environment and scheduling and supervising over ten direct reports.
- Led personal training division to profitability before the end of position contract.

PROFESSIONAL CERTIFICATIONS

Fitness Nutrition Specialist (FNS), ACE Fitness, 2016
Exercise is Medicine® Credential Level II, ACSM, 2016
Certified Exercise Physiologist (EP-C), ACSM, 2015
Lean Six-Sigma Yellow Belt, 2013
Certified Strength and Conditioning Specialist (CSCS), NSCA, 2011