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Exercise Science & Health Promotion
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PROFESSIONAL EXPERIENCE:

Assistant Professor

August 2014 - present

Florida Atlantic University- Boca Raton, FL

- Teaching activities include undergraduate classroom instruction such as learning the material, preparing lectures, and grading assessments; as well as course and curriculum development for the department.
- Research activities include pursuing scholarly work that makes significant contribution to the field of health promotion and to disseminate in peer-reviewed journals and present at conferences.
- Service activities include participating in the university community on administrative committees, search committees, university governance activities, and student advising.

Editorial Assistant

May 2012 – present

American Journal of Health Education, Editor- James Eddy

- Provided assistance and support to senior editorial staff in all stages of the publication of the journal including the commissioning, planning and production of publications.

Health Educator

April 2006 – July 2010

Alvin A. Dubin Alzheimer's Resource Center- Ft. Myers, FL

- Supported the organizational mission to provide information, education, and support for individuals and caregivers affected by memory impairment.
- Created and delivered trainings to various professionals on dementia related topics such as therapeutic interventions, challenging behaviors, or caregiver stress.
- Adapted trainings to be non-technical for informal/family caregivers and other community presentations.

EDUCATION:

Ph.D. in Public Health Education

December 2014

University of North Carolina- Greensboro, NC

Dissertation: *"Measuring Caregiver Identity- Scale Development and Validation"*

Supervisor: Professor James Eddy

Graduate Certificate of Gerontology

December 2014

University of North Carolina- Greensboro, NC

M.S. in Health Promotion

December 2005

Indiana University- Bloomington, IN

B.S. in Health Education

May 2004

Southern Illinois University- Carbondale, IL

RESEARCH EXPERIENCE:

Principle Investigator

May 2013 – present

Dissertation- *"Measuring Caregiver Identity- Scale Development and Validation"*

Department of Public Health Education, University of North Carolina- Greensboro, NC

- Developed and validated an instrument designed to measure an individuals' role identity as a family caregiver.
- Responsibilities included study development and coordination; recruitment of community partners; item development; data collection, management, and statistical analysis; and writing scholarly research articles.

Research Assistant

January 2012 – May 2013

Department of Public Health Education, University of North Carolina- Greensboro, NC

- Assisted in research activities related to the *Exercise Your Independence (Jeffrey Milroy, PI)*, a project investigating the effectiveness of an intervention on functional fitness for clients of North Carolina adult day cares.
- Responsibilities included study coordination; recruitment and training of adult day care sites; training, supervision, mentorship of graduate students; graded exercise and functional fitness testing; data collection, management, and statistical analysis; development of conference presentations and writing scholarly research articles.

Project Coordinator

August 2011- May 2012

Be Active North Carolina- UNCG Partnership- Greensboro, NC

- Evaluated City of Greensboro Parks and Recreation senior programming to determine physical activity needs of Greensboro, NC residents 55 and older.
- Responsibilities included developing community partnerships, developing survey and focus group instruments, obtaining IRB approval, recruiting participants, data collection, data analysis, and report writing.

TEACHING EXPERIENCE:

Graduate Teaching Assistant

August 2010 – May 2014

Office of Academic Outreach, University of North Carolina- Greensboro, NC

- Assist faculty members with online, undergraduate level community health courses including HEA 450 *Wellness and Weight Management*, HEA 412 *Community Health Organizations*, HEA 325 *Public Health Data Analysis*, HEA 316 *Environmental Health*, HEA 308 *Introduction to Public Health*, HEA 260 *Human Sexuality*, HEA 207 *International Health*, HEA 201 *Personal Health*.
- Support instructional preparation, delivery, and assessment.
- Respond to student inquiries and manage the day to day online learning environment.

Guest Lecturer

September 19, 2013

RCO 205 *Envisioning YOUR Old Age*

University of North Carolina- Greensboro, NC

- Taught class, *"How Healthy Will I Be"*, to introduce students to the concept of successful aging and the influences on life expectancy and health.

Guest Lecturer

February 14, 2013

RCO 205 *Envisioning YOUR Old Age*

University of North Carolina- Greensboro, NC

- Taught class, “*Exploring Care as We Age*”, to introduce students to individual differences in aging and the care options available to older adults.

Online Course Developer

Fall 2012

HEALTH 476 *Death and Dying*

University of Maryland- College Park, MD

- Contracted with the instructor in the development of an online undergraduate course.
- Located educational materials and videos, developed learner activities, and created grading rubrics to communicate activity expectations to learners and simplify the evaluation process for the instructor. Additionally, created and recorded a video lecture on *Advance Directives*.

Course Instructor

Fall 2011

HEA 201 *Personal Health*

University of North Carolina- Greensboro, NC

- Developed and taught 16-week undergraduate course designed to assist students in increasing knowledge and developing skills to improve their own health and well-being.
- Course content included: behavior change theories; stress management; infectious disease control; drugs and alcohol; healthy eating; exercise and physical activity; chronic disease; health disparities and social determinants of health; human sexuality and relationships; and sources of health information.

Guest Lecturer

October 12, 2011

HEA 260 *Human Sexuality*

University of North Carolina- Greensboro, NC

- Taught class, “*Sexuality in Later Life*”, to introduce students to the continuation of sexuality across the lifespan and discuss the differences and similarities in sexuality between youth and older adults.

SCHOLARLY ACTIVITY:

Published and In Press Refereed Articles:

1. Eifert, E.K. & Eddy, J. (2012). The role of needs assessments in enhancing support service utilization by family caregivers of persons with Alzheimer’s disease. *American Journal of Health Studies*, 27(4), 227-235.
2. Eifert, E.K., Wideman, L., Oberlin, D.J., & Labban, J. (2014). The relationship between physical activity and perceived health status in older women: Findings from the Woman’s College Alumni Study. *Journal of Woman and Aging*, 26(4), 305-318.

Manuscripts in Preparation:

1. **Eifert, E.K.**, Morrison, S., Adams, R., Strack, R., & Eddy, J. Emerging Trends in Family Caregiving Using the Life Course Perspective: Preparing Health Educators for an Aging Society. (target journal: American Journal of Health Promotion)
2. **Eifert, E.K.**, Eddy, J., & Strack, R. The relationship between caregiver identity and support service utilization: A Social Cognitive Perspective. (target journal: Journal of Aging and Health)
3. **Eifert, E.K.**, Milroy, J., Milroy, S., & Taylor, E.M. Ease into Health and Fitness- Evaluation of a pilot functional fitness program in adult day centers in North Carolina. (target journal: Activities, Adaptions, and Aging)

Presentations:

1. **Eifert, E.K.** & Milroy, S. (April 19, 2013). *Ease Into Health and Fitness- Evaluation of a Functional Fitness Program in Adult Day Centers in North Carolina* (poster). Society of Public Health Education, Orlando, FL.
2. **Eifert, E.K.** & Taylor, E.M. (April 6, 2013). *Evaluation of a Functional Fitness Program on Quality of Life in Adult Day Centers in North Carolina*. Southern Gerontological Society Annual Meeting, Charlotte, NC.
3. **Eifert, E.K.** (November 20, 2012). *Effects of Physical Activity on the Avoidance of Disease and Disability: Findings from the Woman's College Alumni Study* (poster). Gerontological Society of America (GSA) Annual Meeting, Boston, MA.
4. **Eifert, E.K.** & Chrismon, M. (February 10, 2012). *Teaching Critical Thinking in Distance and Online Education*. Lilly Conference, Greensboro, NC.
5. **Eifert, E.K.** & St. Pierre, R. (February 24, 2012). *An Online Solution to Train the Workforce on Aging Issues*. Association for Gerontology in Higher Education (AGHE) Annual Meeting, Arlington, VA.
6. St. Amand, D. & **Eifert, E.K.** (April 26, 2011). *Elder Justice: Creating a Successful Coalition in Your Community*. American Society of Aging (ASA) & National Council on Aging (NCOA) Aging in America Conference, San Francisco, CA.

HONORS AND AWARDS:

Dissertation Research Award

March 2014

School of Health and Human Sciences, University of North Carolina- Greensboro, NC

Value: \$1,000

Research Development Program

Fall 2013 – May 2014

The Graduate School & Office of Research and Economic Development, University of North Carolina- Greensboro, NC

- Selected as participant in one-year program to prepare students to be successful in securing funding through grant making activities.
- Attended a series of workshops and one-on-one consultations from a national expert.

Summer Graduate Student Assistantship

Summer 2011, Summer 2012, Summer 2013

The Graduate School, University of North Carolina- Greensboro, NC

Value: \$2,000 each

Graduated Magna Cum Laude and with Honors

May 2004

Southern Illinois University- Carbondale, IL

Dean's Scholar Award

August 2000 – May 2004

Southern Illinois University- Carbondale, IL

Value: Tuition waiver (renewed yearly based on GPA)

SERVICE:

Ad Hoc Peer Reviewer

December 2011 - present

- Provided blind review for manuscripts submitted to: *American Journal of Health Education, The Gerontologist*
- Provided blind review for presentation abstracts submitted to: *Aging in America Conference, Gerontological Society of America Annual Scientific Meeting, American Public Health Association Annual Meeting*

Sub-Committee Member

March 2014 – May 2014

Gerontology Strategic Directions Committee, University of North Carolina- Greensboro, NC

- Served on Aging and Research sub-committee to review the state of aging research at UNCG and provide recommendations for expansion.

Moderator

March 2013 – May 2014

The Graduate School Writing Group, University of North Carolina- Greensboro, NC

- Lead a group of advanced writers in a dedicated time to write on a weekly basis. Began each week with a discussion of 1) writing goals and progress and 2) problems or challenges related to writing and how to overcome.

Volunteer

October 2010 – August 2014

Adult Center for Enrichment- Greensboro, NC

- Provided companionship, presence, assistance and respite to individuals who are the primary caregiver to a loved one.

Co-chair

January 2010 - July 2010

Lee Elder Abuse Prevention Partnership- Ft. Myers, FL

- Founding member of a coalition comprised of human service providers and agencies with the mission to create community partnerships that effectively promote awareness of elder abuse, neglect, and exploitation.

CERTIFICATIONS AND ACCREDITATIONS:

Certified Health Education Specialist (ID# 11797)

April 2005 – present

The National Commission for Health Education Credentialing, Inc. (NCHEC)

Certified Trainer

Memory Training

March 2008 – March 2009

Longevity Center, University of California- Los Angeles, CA

Elder Abuse

July 2007 – July 2009

Federal Law Enforcement Training Center- Glynco, GA

Alzheimer's Disease and Related Disorders

June 2006 – July 2009

Florida Department of Elder Affairs- Tallahassee, FL

MEMBERSHIPS:

Gerontological Society of America- Washington, DC

January 2011 - present

American Public Health Association- Washington, DC

January 2011 - present

UNCG Gerontology Research Network- Greensboro, NC

October 2010 – May 2014

Southwest Florida Coalition Improving End-of-Life Care- Ft. Myers, FL

April 2006 - July 2010