

Anita D'Angelo-Herold, M.Ed.

Department of Exercise Science & Health Promotion
777 Glades Road, Gym 152
Boca Raton, Florida 33434
Phone: (561) 297-3752
E-mail: aherold@fau.edu

EDUCATION

M.Ed. Florida Atlantic University – Exercise Science & Wellness Education 1994

B.S. Southern Connecticut State University – Health & Physical Education 1972

EXPERIENCE

1997 – Present Instructor, Department of Exercise Science and Health Promotion, Florida Atlantic University.

1996 – 1997 Visiting Instructor, Department of Exercise Science and Health Promotion, Florida Atlantic University.

1995 – 1996 Adjunct Instructor, Department of Exercise Science/Wellness Education, Florida Atlantic University.

1995 – 1996 Adjunct Instructor, Physical Education Department, Broward Community College, Florida.

1994 – 1995 Fitness Coordinator, Polo Club Boca Raton, Florida

1993 – 1994 Graduate Research Assistant, Florida Atlantic University

1993 – 1994 Adjunct Instructor, Physical Education Department, Broward Community College, Florida

1992 – 1993 Substitute teacher, Broward School District, Florida

1990 – 1992 Fitness Instructor, Doral Saturnia International Spa, Miami, Florida

1979 – 1990 Fitness Instructor, New York Health and Racquet Club, New York, New York

1974 – 1976 Women's Gymnastic Coach, University of Pennsylvania, Philadelphia, Pennsylvania

1972 – 1979 Health and Physical Education Teacher, Philadelphia Public Schools, Philadelphia, Pennsylvania

COURSES TAUGHT

Practicum in Exercise Science & Health Promotion
Exercise Leadership I
Physical Education in the Elementary School
Advanced First Aid
Health Fitness for Life

CERTIFICATIONS

Certified ACSM Health Fitness Instructor
American Red Cross - CPR and First Aid Instructor

PUBLICATIONS - ABSTRACTS

Whitehurst, M., Brown, L.E., Schilling, K., D'Angelo, A., & Grant, K. (2002). No osteogenesis in postmenopausal women following weighted vest exercise. *Medicine & Science in Sports & Exercise*, 34S(5S).

Whitehurst, M. Brown, L.E., Miller, J.M., Lee, L., Graves, S., O'Kroy, J., Rossi, M., Grant, K., & D'Angelo-Herold, A. (2000). Wearing a weighted vest while walking increases oxygen consumption. *Medicine & Science in Sports & Exercises*, 32(5S), 231.

D'Angelo, A., Whitehurst, M., & Graves, S. (2000). A demographic view of a university based senior walking program [Abstract]. *ACSM Specialty Conference: Physical Activity Programming for the Older Adult*, 10.

Marks, B.L., Katz, L.M., Brown, D.L., & D'Angelo, A. (1999). Psycho physiological efficacy of a 2% aminophylline-based thigh reducing cream [Abstract]. *Medicine & Science in Sports & Exercise*, 31(5S), S218.

Whitehurst, M., Brown, L.E., Findley, B.W., & D'Angelo, A. (1999). Functional mobility and lower body strength in the elderly [Abstract]. *Medicine & Science in Sports & Exercise*, 31(5S), S387.

D'Angelo, A., Whitehurst, M., & Brown, L.E. (May 1995). The effect of foot articulation on exercise intensity during a simulated aerobic dance step. A poster presented at the Annual Conference of the American College of Sports Medicine, Minneapolis, MN. (An abstract of the same in *Medicine & Science in Sports & Exercise*, 27(5S), S239.)

D'Angelo, A. (1994). The effect of foot articulation on exercise intensity during aerobic dance. *Masters Abstracts International*, 33-03:713.

EXTERNAL FUNDING

Co-PI Dr. S. Graves. \$4,469. (awarded). FAU Senior Fitness Video, The Allegany Franciscan Ministries, Fall 2003 to Spring 2006.

PRESENTATIONS

Baer, S. & D'Angelo-Herold, A. (2003). S.T.R.O.N.G. Program, Florida Department of Elder Affairs, Best Practices Exchange, Tampa, Florida

D'Angelo-Herold, A. (2003). Physical fitness and the older adult, 3rd Annual Interdisciplinary Gerontology Conference, Florida Atlantic University, Boca Raton, Florida

D'Angelo-Herold, A. (2002). FAU-Well program, Florida Department of Elder Affairs, Best Practices Exchange, Tampa, Florida

D'Angelo, A., Whitehurst, M., & Graves, S. (2000). A demographic view of a university based senior exercise program, ACSM Specialty Conference: Physical Activity Programming for the Older Adult, Indianapolis, Indiana