



## Candidate for At-Large Member

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**Sarah Fretti, PhD**

*University of Central Florida*

The purpose of the Southeast Chapter of the American College of Sports Medicine closely resembles the work we do as researchers, educators, and allied health professionals. Incorporating service and research while providing an environment that allows students and clients to reach their greatest potential is the underlying motive in my career choices. In his book, *On Becoming a Person: A Therapist's View of Psychotherapy*, Carl Rogers described his theory for working with clients as: "...How can I provide a relationship which this person may use for his own personal growth?" My professional philosophy is based on the humanistic, client-centered approach that Rogers proposes, and I hope to bring this passion for serving others to SEACSM as a member-at-large on the executive board.

I have been a member of the American College of Sports Medicine for over ten years, since joining as an undergraduate student member, and have reaped the benefits of this organization at many levels. I have served ACSM and the Southeast Chapter as presenter, abstract reviewer, certification exam item writer, regional meeting planning committee member and more. I heavily advocate each year for student participation, and believe they are most successful when empowered through active involvement in the profession.

As an allied health professional and educator, I have great pride in promoting accessible health and wellness within the community and collaboration among a diversity of voices. I am confident in the work of regional chapters, especially for fostering student growth and will continue to support all SEACSM members as a facilitator of lifelong learning. I am excited about the opportunity to conserve the mission of the Southeast Chapter of ACSM as a member-at-large on the executive board and I believe my varied background in academia would be an asset to the organization.

**Sarah K. Fretti, PhD, ACSM-CEP, NBC-HWC**  
Clinical Assistant Professor, Kinesiology  
University of Central Florida, Orlando, FL  
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## **EDUCATION**

<b>DEGREE</b>	<b>UNIVERSITY</b>	<b>MAJOR</b>	<b>AWARD YEAR</b>
PhD	Rocky Mountain University of Health Professions	Health Sciences Concentration Track: Health Promotion and Wellness	2020
MS	Florida State University	Exercise Science	2012
BSEP	Valdosta State University	Exercise Physiology	2010

## **TEACHING/RESEARCH/PRACTICE INTERESTS**

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- health-related quality of life for older adults
- vascular and metabolic dysfunction associated with physical inactivity
- effects of exercise on oxygen uptake kinetics
- health promotion and wellness coaching within healthcare

## **ACADEMIC APPOINTMENTS**

<b>POSITION</b>	<b>DEPARTMENT</b>	<b>UNIVERSITY</b>	<b>DATES</b>
Clinical Assistant Professor, Kinesiology	School of Kinesiology and Physical Therapy	University of Central Florida	August 2022 – present
Assistant Professor, Exercise Science	Rehabilitation and Health Sciences	Lewis University	August 2020 – May 2022
Residential Research Assistant	Office of Research and Sponsored Projects	Rocky Mountain University of Health Professions	January 2019 – May 2020
Graduate Faculty, Exercise Science	Health Sciences	Valdosta State University	July 2018 – December 2018
Clinical Coordinator, Exercise Physiology	Health Sciences	Valdosta State University	July 2015 – December 2018
Instructor, Exercise Physiology	Health Sciences	Valdosta State University	January 2013 – December 2018
Graduate Assistant, Exercise Science	Nutrition, Food, and Exercise Sciences	Florida State University	August 2011 - December 2012

## CERTIFICATIONS

<b>CERTIFICATE</b>	<b>ORGANIZATION</b>	<b>DATES</b>
National Board Certified Health & Wellness Coach ID: A-3197226	National Board for Health & Wellness Coaching	February 2020 – present
Exercise is Medicine Credential, Level III (EIM III)	American College of Sports Medicine	September 2017 – present
Registered Clinical Exercise Physiologist (RCEP)	American College of Sports Medicine	February 2013 (organization discontinued certification)
Clinical Exercise Physiologist (CEP)	American College of Sports Medicine	July 2010 - present

## PRACTICAL/CLINICAL EXPERIENCES

*Director of Kinesiology Teaching Laboratory* (January 2023 – curemnt). Division of Kinesiology, University of Central Florida, Orlando, FL.

*Director of Fitness and Wellness* (January 2016 – December 2018). Center for Exercise Medicine and Rehabilitation, Valdosta State University, Valdosta, GA.

*Exercise Physiologist/Consultant* (July 2012 - November 2012). Tallahassee Memorial Bariatric Center, Tallahassee Memorial Hospital, Tallahassee, FL. (Medical Director: Angelina Cain, MD).

*Graduate Intern* (July 2012 - November 2012). Premier Health & Fitness, Tallahassee, FL. (Advisor: Lynn Panton, PhD).

*Patient Care Technician II* (July 2010 - July 2011). South Georgia Medical Center, Valdosta, GA. (Nurse Manager: Cherise Giddens, RN).

## COURSES TAUGHT

*University of Central Florida, Orlando, FL (August 2022 – present)*

<b>COURSE NUMBER</b>	<b>TITLE</b>	<b>CREDITS</b>	<b>TERMS TAUGHT</b>
SPM 3504	Risk Management and Administrative Responsibilities in Kinesiology	3	1
APK 4112	Exercise Physiology I	3	1
APK 4134C	Exercise Physiology II	3	2
APK 6090	Professional Practices in Kinesiology	3	1

APK 6107	Cardiovascular Exercise Physiology	3	1
APK 6111	Clinical Exercise Physiology	3	1
APK 6415	Exercise Behavior Change and Client Education	3	1
APK 6936	Graduate Internship in Kinesiology	3	1

*Lewis University, Romeoville, IL (August 2020 – May 2022)*

<b>COURSE NUMBER</b>	<b>TITLE</b>	<b>CREDITS</b>	<b>TERMS TAUGHT</b>
HUPR 195	Medical Terminology	3	1
HUPR 260	Administrative Topics in Exercise Science	3	1
HUPR 315	Methods of Assessment and Analysis in Human Performance	3	3
HUPR 316	Methods of Assessment and Analysis in Human Performance Lab	1	3
HUPR 390	Exercise Prescription	3	4
HUPR 390	Exercise Prescription Lab	1	4
HUPR 401	Exercise Science Capstone	2	4

*Valdosta State University, Valdosta, GA (January 2013 – December 2018)*

<b>COURSE NUMBER</b>	<b>TITLE</b>	<b>CREDITS</b>	<b>TERMS TAUGHT</b>
HSEP 3010	Exercise Testing & Prescription I	3	4
HSEP 3011	Exercise Testing & Prescription II	3	5
HSEP 3020	Assessments in Exercise Physiology	3	2
HSEP 3650	Resistance Training Program and Development	3	2
HSEP 4130	Exercise Cardiopulmonary Rehabilitation/Pharmacology	3	8
HSEP 4210	Clinical Exercise Physiology	3	6
HSEP 4510	Exercise Physiology Practicum	4	2
HSEP 4550	Exercise Physiology Internship	12	22
HSEP 7950	Graduate Exercise Physiology Internship	12	1
KSPE 2000	Health and Wellness for Life	4	2
KSPE 2150	First Aid & CPR	2	1

*Florida State University, Tallahassee, FL (August 2011 – December 2012)*

<b>COURSE NUMBER</b>	<b>TITLE</b>	<b>CREDITS</b>	<b>TERMS TAUGHT</b>
PET 3322L	Functional Anatomy and Physiology I Lab	1	2
PET 4551	Exercise Testing and Prescription (lab portion)	3	2

## PEER-REVIEWED MANUSCRIPTS

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1. Dufner TJ, Iacono AD, Wheeler JR, et al. The reliability of functional and systemic markers of muscle damage in response to a flywheel squat protocol. *European Journal of Applied Physiology*. Published online 2024. doi:[10.1007/s00421-024-05656-3](https://doi.org/10.1007/s00421-024-05656-3)
2. Kantor MA, **Fretti S**, Gubler C, Kramer M, Pettitt RW. Interrater reliability of a customized submaximal cycle ergometer test. *Eur J Appl Physiol*. Published online September 22, 2022. doi:10.1007/s00421-022-05052-9
3. Berg CJ, Haardörfer R, Lewis M, Fakhouri T, Muir K, Getachew B, Lloyd S, **Thomas SF**, Lanier A, Trepanier K, Johnston T, Grimsley L, Foster B, Benson S, Smith A, Barr DB, Windle M. DECOY: Documenting Experiences with Cigarettes and Other Tobacco in Young Adults. *Am J Health Behav*. 2016;40(3):310-321. doi:10.5993/AJHB.40.3.3
4. Madzima TA, Panton LB, **Fretti SK**, Kinsey AW, Ormsbee MJ. Night-time consumption of protein or carbohydrate results in increased morning resting energy expenditure in active college-aged men. *Br J Nutr*. 2014;111(1):71-77. doi:10.1017/S000711451300192X

## EDITORIALS AND REVIEW ARTICLES

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1. Pettitt RW, **Fretti SK**, Kantor MA, Gubler C. Using wearable technology to monitor exercise intensity and predict  $\dot{V}O_2\text{max}$ . *Mhealth*. 2021;7:19. doi:10.21037/mhealth.2020.01.03

## RESEARCH PRESENTATIONS AND ABSTRACTS

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1. **Fretti S**, Kroh, C., Sechtem, P., Gubler, C., Pettitt, R. (2024). Usage patterns, perceived health effects, and quality of life among young adult electronic cigarette users. *Southeast American College of Sports Medicine Annual Conference*. Greenville, SC.
2. Sechtem, P., **Fretti S**. (2021). The influence of vaping on vocal, pulmonary, and vascular functions. *Utah Speech and Hearing Association 2021 Conference*. Virtual.
3. **Fretti S**, Kantor, M., Gubler, C., Pettitt, R. (2020). Validity and test-retest reliability of a customized submaximal exercise test. *National Strength and Conditioning Association National Conference*. Virtual Sessions.
4. **Fretti S**, Pettitt, R., Le, J., Sechtem, P., Scherck, P. (2020). Effects of electronic cigarette use on pulmonary and vascular function: implications for blunted exercise performance. *National Strength and Conditioning Association National Conference*. Virtual Sessions.
5. Sechtem, P., Scherck, B., Pettitt, R., **Fretti S**, Le, J. (2019). Influence of Vaping on Voice, Pulmonary, and Vascular Functions. *American Speech-Language-Hearing Association Annual Convention*. Orlando, FL.
6. **Fretti S.K.**, Kantor, M., Gubler, C., Pettitt, R. (2019). Validity and interrater reliability of a customized submaximal exercise test. *Southwest American College of Sports Medicine*

*Annual Conference*. Newport Beach, CA.

7. Carter, L., **Thomas, S.F.** (2018). EIM Lecture. The Role of the Non Physician Provider. *American College of Sports Medicine Annual Meeting*. Minneapolis, MN.
8. McEntire, S J., Stansbery, R.L., Bhammar, D.M., **Thomas, S.F.** (2017). Performance and energy balance during a 439 mile endurance run. *American College of Sports Medicine Annual Meeting*. Denver, CO.
9. McEntire, S.J., Stansbery, R.L., Branscome, J.M., **Thomas, S.F.** (2016). Effects of Training for a 439 Mile Endurance Run on Performance and Energy Balance. *American College of Sports Medicine Annual Meeting*. Boston, MA.
10. Kinsey, A.W., Madzima, T.A., Panton, L.B., **Thomas, S.F.**, Ormsbee, M.J. (2013). Night-time consumption of protein or carbohydrate results in increased morning resting energy expenditure in active college-aged men. *American College of Sports Medicine Annual Meeting*. Indianapolis, IN.

## GRANTS/CONTRACTS

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1. **Co-Investigator:** “Effects of Resistance Training on Depressive Symptoms and Coping Self-Efficacy among Female College Students”, *UCF Center for Behavioral Health Research and Training (CBHRT)*, 2023-2024. **Awarded \$5,000.**
2. **Co-Investigator:** “Dose-Response Effect of Exercise on Depression and BDNF in Sedentary Young Adults”, *ACSM Paffenbarger-Blair Fund for Epidemiological Research on Physical Activity Grant*, 2023-2024. **Awarded \$10,000.00.**
3. **Principal Investigator:** “Impact of electronic cigarette use on physiological outcomes, perceived health effects, and quality of life among adults.” *Rocky Mountain University of Health Professions, Student Research Grant*, 2019. **Awarded \$7500.**
4. **Principal Investigator:** “Quality of life and physiological responses among older adults in a post-acute cardiac rehabilitation program”, *Rocky Mountain University of Health Professions, Student Research Grant*, 2019. **Awarded \$500.**
5. **Principal Investigator:** “Validity and interrater reliability of a customized submaximal exercise test”, *Rocky Mountain University of Health Professions, Student Travel Grant*, 2019. **Awarded \$750.**
6. **Co-Investigator:** “Effects of high intensity interval training on ambulatory blood pressure”, *Valdosta State University, Faculty Research Seed Grant*, 2016. **Awarded \$7,500.00.**
7. **Co-Investigator:** (2015). “Footsteps for the Fallen: a case study of an ultra-endurance runner”, *Valdosta State University, Faculty Research Seed Grant*, 2015. **Awarded \$7,500.00.**

## PROFESSIONAL AFFILIATIONS

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2023 – Present	Southeast American College of Sports Medicine
2021 – Present	American Physiological Society
2021 – Present	Clinical Exercise Physiology Association
2020 – Present	National Strength and Conditioning Association
2020 – Present	American College of Lifestyle Medicine
2020 – 2022	Midwest American College of Sports Medicine
2019 – 2020	Southwest American College of Sports Medicine
2010 – 2018	Southeast American College of Sports Medicine
2010 – Present	American College of Sports Medicine

## PROFESSIONAL SERVICE

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Abstract Reviewer (2024). Southeast ACSM Annual Meeting. Greenville, SC

Mentoring Breakfast Planning Committee (2024). Southeast ACSM Annual Meeting. Greenville, SC

Item Writer (2022 – Present). Clinical Exercise Physiologist Certification Exam, ACSM.

Journal Reviewer (2022 – Present). Journal of the International Society of Sports Nutrition, ISSN

Journal Reviewer (2020 – Present). Strength and Conditioning Journal, NSCA

Student Research Moderator (2021). Midwest ACSM Annual Meeting. Virtual

Fitness Instructor (2017). CardioFit, Group Exercise Class. *VSU Campus Wellness*. Valdosta, GA

Guest Speaker (2017). Diabetes Support Group. *South Georgia Medical Center*. Valdosta, GA

Guest Speaker (2017). Pearlman Cancer Center. *South Georgia Medical Center*. Valdosta, GA

Invited Presenter (2016). Healthy Eating on a Budget. *Dine & Discover*. Valdosta, GA

Panelist (2015-2016). Health Mythbusters. *VSU Campus Wellness*. Valdosta, GA

Guest Speaker (2016). *Azalea City Women's Club*. Valdosta, GA

Invited Presenter (2014-2016). Exercise & Motivation. *Team Lean, Valdosta YMCA*. Valdosta, GA

Guest Speaker (2010). Heart Smart for Women. *Archbold Medical Center*. Thomasville, GA

## UNIVERSITY RESPONSIBILITIES

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### ***University of Central Florida***

#### ***Departmental***

- CAAHEP/CoAES Accreditation (in progress)
- Track Coordinator, Kinesiology MS, Clinical Exercise Physiology
- Director, Kinesiology Teaching Laboratory
- Co-Director, Clinical Applications of Rest and Exercise Laboratory

- Student Awards Committee

### *College*

- Chair, Interprofessional Education Council (2022 – 2024)
- Kinesiology Hiring Committee, Clinical Assistant Professor (2022)
- Kinesiology Hiring Committee, Instructor/Lecturer (2022)

### *University*

- Lead: Exercise is Medicine on Campus Task Force & Recognition Program

## ***Lewis University***

### *Departmental*

- CAAHEP/CoAES Accreditation
- New Course Development
  - HUPR 260 Administrative Topics in Exercise Science
- Faculty Advisor, Exercise Science Club (2021 – Present)

### *College*

- Interprofessional Education and Collaborative Practice Committee (2021 – Present)
- Budget Review (2021 – Present)
- Doctorate of Physical Therapy Program Director Hiring Committee (2021)
- School Nurse Educator Hiring Committee (2020-2021)
- Research and Scholarship Committee (2020 – 2021)

### *University*

- Campus Wellness (2021 – Present)

## ***Valdosta State University***

### *Departmental*

- Graduate Thesis Committee Member
  - Katie Presler, M.S., 2018. Dark Chocolate Supplementation Elevates Resting Energy Expenditure in Exercise Trained Females
- Faculty Advisor, Exercise Physiology Club (August 2013 – December 2018)
- Program Director, Undergraduate Exercise Physiology (July 2015 - June 2017)
  - CAAHEP-CoAES Accreditation
- Internship/Clinical Coordinator (January 2014 – December 2018)
- New Course Development
  - HSEP 4510 Exercise Cardiopulmonary Rehabilitation, hybrid version
  - HSEP 4140 Professional Practices in Exercise Physiology
  - HSEP 4160 Exercise Psychology
- Exercise Physiology Committee (August 2015 – December 2018)
  - Chair (August 2015 - June 2017)
- School of Health Sciences Faculty Organization (August 2015 – December 2018)



- Exercise Physiology Hiring Committee (November 2017 - January 2018)
- CEMR Student Assistant Hiring Committee
  - Chair (July 2017 - August 2017)
- Admission and Progression - Health Sciences (August 2013 - December 2015)
- Academic - Health Sciences (August 2013 - July 2015)

*College*

- Continuing Education and Professional Development (August 2015 – December 2018)
- Academic Services Professional Hiring Committee (January 2016 - April 2016)
- CONHS Faculty Assembly (August 2013 – December 2018)
- Student Affairs
  - Chair (August 2015 - December 2016)
- Program Evaluation Committee
  - Chair (August 2015 - December 2015)
- Faculty Affairs (August 2013 - July 2015)

*University*

- Campus Wellness (January 2015 – December 2018)
  - Liaison/Champion, USG Well-Being Initiative (2016-2018)
  - Workshop Organizer, De-Stress Fest (2016 - 2018)
  - Workshop Organizer, VSU Benefits and Wellness Fair (2017)
  - Event Organizer, Ultimate Blazer Challenge (2016-2017)
  - Workshop Organizer, Take Heart Fair (2016)

**HONORS AND AWARDS**

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Student Research Award (2019). Southwest Chapter American College of Sports Medicine