



## Candidate for At-Large Member

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**Patricia Sawyer-Simmons, PhD**

*Florida Gulf Coast University*

### **Educational history:**

Patti received her BSS (Bachelor of Sport Science) and MSPE (Master of Science in Physical Education) degrees from Ohio University. She received her PhD degree in Kinesiology, as well as a certificate in Epidemiology, from Michigan State University in East Lansing, MI.

### **ACSM/SEACSM History of engagement:**

#### **ACSM:**

Certified EP-C since 1997

Student member 2001-2005

Professional member since 2008

EIM I certification 2016

Consumer Outreach Committee member 6/2018-5/31/2025

Pregnancy and Postpartum SIG 6/2025-present

Exercise Science Education SIG 10/2025-present

#### **SEACSM:**

Chapter member since 2013

SEACSM conference attendance since 2017 (bringing students since 2020)

Student bowl team/advisor- 2022 and 2025

Session Chair at SEACSM Regional Conference 2023

Abstract Reviewer Fall 2023 for 2024 conference

Abstract Reviewer and Awards Reviewer Fall 2024 for 2025 conference.

**ACSM/SEACSM History of impact through conference presentations:**

**National ACSM Annual Conference, Atlanta, G. (May 2025)-Tutorial-PR**

*Engage, Expand, Evaluate: A New Era with EIM-OC*

**\*Southeast American College of Sports Medicine Annual Meeting (February 2025)-PR 1-**

*Making EIM-OC Translational: Expansion of Interventions and Programming (Research Review Symposium)*

*3-Effects of EIM-OC Program on Self-Efficacy (Student primary- A Manfre)*

**\*Southeast American College of Sports Medicine Annual Meeting (February 2024)-PR 1-**

*Get Your Campus Moving: Exploring Activities, Events and Programming used in EIM-OC 2-The Exercise Science Practice Model: Applications to Exercise Science Education.*

**National ACSM Conference, Denver CO. (June 2023)-Tutorial-PR**

*"A Golden View"; An In-depth Exploration of Needs and Future possibilities of EIM-OC*

**\*Southeast American College of Sports Medicine Annual Meeting (February 2023)- PR** *Exercise is Medicine on Campus: A Scoping Review and Call for Collaboration.*

**\*Southeast American College of Sports Medicine Annual Meeting (February 2022)- PR**

*1-Exploring Scope of Practice: The Functional Exercise Science Practice Model in Exercise Science Education.*

*2-Outcomes Following a Comprehensive Exercise Prescription in a Previously Sedentary*

*59-year old Female with a Pacemaker (Student primary- J Newman)*

**ACSM Fitness Summit, Las Vegas, NV. (March 2012)**

Session Presenter: From Research to Practice: Being Active During Pregnancy.

**National ACSM Conference, Indianapolis, IN. (June 2008)**

Effects of Past Pregnancy and Current Physical Activity on Barriers to Physical Activity in Women

**National ACSM Conference, New Orleans, LA. (June 2007)**

Effects of gestational weight gain and physical activity on postpartum weight gain and body composition

**National ACSM Conference, Denver, CO. (June 2006)**

Validation of a Historical Physical Activity Recall Tool on Postpartum Women

Patricia W. Sawyer-Simmons, PhD, ACSM-EP, EIM I, NSCA-CSCS

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## EDUCATION

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Michigan State University	East Lansing, MI
<b>Doctor of Philosophy</b>	2000-2005
Michigan State University	East Lansing, MI
<b>Certificate in Epidemiology</b>	2000-2004
Ohio University	Athens, OH
<b>Master of Science in Physical Education</b>	1996-1997
Ohio University	Athens, OH
<b>Bachelor of Sport Science</b>	1992-1996

## UNIVERSITY APPOINTMENTS

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### Florida Gulf Coast University

August 2025-Present

**Associate Professor:** *Teaching:* Course development and revision, Full load of 9 credits per semester, 12-month faculty member.

*Advisor:* ES upper-level cohort academic advisor (Junior & Senior ES students).

*Scholarship:* PI for FGCU EIM-OC project, PI and co-collaborator for Critical Thinking in ES project and FGCU Wellness Survey Project, student research mentor, grant writer.

*Service:* Chair of the FGCU MCHHS Awards and Recognition Committee, Hiring Panel member, ACSM SIG (perinatal & higher education) member, SEACSM conference volunteer.

August 2019-July 2025

**Assistant Professor:** *Teaching:* Covered all aspects of university teaching (e.g., preparing course websites and lessons, lecturing, managing courses with multiple lecture and laboratory sections, while facilitating student learning).

*Scholarship:* Primary investigator for EIM-OC, honors theses and additional undergraduate student research projects. Co-collaborator for FGCU Wellness Survey Project, Critical Thinking in Exercise Science Project.

*Service:* Served on various hiring, University and College committees since Fall 2018, such as UCAC, MCHHS Scholarship and HR Wellness committees.

*Advising:* Serving as an Academic Advisor for Exercise Science program students, primarily through Junior and Senior year at FGCU.

August 2017-May 2018

**Visiting Instructor:** *Teaching:* Covered all aspects for undergraduate teaching. *Virtual courses:* Human Performance and Energy supplies, Pharmacology, Athletic and Health Care Administration, Research Methods for AT students. *On campus:* Colloquium: a conversation in sustainability, in Interdisciplinary Studies department, Fitness Assessment and Exercise Prescription Lab, Methods of Resistance Training and Conditioning Lab and Lecture.

**Co-Investigator:** *Physical Activity Breaks in FGCU Classroom project (Fall 2016-Fall 2018 still open):* Worked on IRB application documents, study design, video creation, launched spring 2018 pilot study in FGCU in classes longer than 50 minutes investigating PA breaks on academic performance and PA activity behaviors.

August 2016-May 2017

**Adjunct Faculty:** Co-teaching Fitness Assessment and Exercise Prescription lab/class and Resistance Training lab for exercise science program.  
Co-Teaching Athletic Training Practice 1, exercise science objectives, for athletic training program.

April 2016-December 2016

**OPS grant work:** Conducting fitness assessments, writing grants and IRB applications, coordinating Exercise is Medicine research projects in Rehabilitation Science department.

**Michigan State University**

August 2000-2005

**Instructor:** Healthy Lifestyles, Floor Aerobics, Step Aerobics, Aerobics Certification Applied Human Anatomy Laboratory, Physiological Bases for Physical Activity, Laboratory in Exercise Physiology

**Supervisor:** BIP Aerobics Instructor Supervisor  
(Fall 2001-Fall 2005)

Responsible for hiring, evaluating, and scheduling instructors for the Michigan State University Basic Instructional Program group fitness classes.

**Research Assistant:** Postpartum Weight Retention pilot study: Postpartum recovery intervention study using exercise and nutrition counseling.  
Adolescent Osteoporosis Prevention Survey:  
Assessment of knowledge and behaviors toward nutrition and physical activity in High Schools and Middle Schools in the State of Michigan.  
Pregnancy Induced Hypertension Study:  
Assessing plasma protein changes during an exercise bout on women who were diagnosed with PIH during a pregnancy and comparing the data to other control women.  
Exercise and Pregnancy Health Care Provider Survey:  
Assessment of health care provider attitudes, knowledge and beliefs regarding exercise and pregnancy.  
Michigan Action for Healthy Kids:  
Helped create a survey as well as collect and assess physical activity and nutrition data on area MI high school students.

## **PROFESSIONAL AWARDS**

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**FGCU Junior Faculty Teaching Excellence Award 2022-23**

**FGCU MCHHS Teaching Excellence Award Nominee 2021-22**

**FGCU Team Service Winner 2017**

## PROFESSIONAL EXPERIENCE

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### YWCA Assistant Fitness Director

August 1997-May 2000

**Supervisor:** In charge of all land and aqua based fitness class schedules, and instructors.

**Instructor:** Taught floor, step, kickbox, senior weight training and line dancing classes.

**Personal Trainer:** Certified personal trainer for various clients

### Ohio University

September 1996-June 1997

**Research Assistant:** Biomechanics wheelchair instruction intervention project.

**Teaching Assistant:** PESS Resistance Training

## PUBLICATIONS AND PRESENTATIONS

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### Publications:

- Association between EIM-OC Recognition and Physical Activity Using ACHA–NCHA Fall 2019 Data. Cayla R. McAvoy, Alicia A. Dahl, **Patricia W Sawyer-Simmons**, and Larissa R. Brunner Huber. 2025 Current Sports Medicine Reports. *December, 2025 issue*.
- Craddock, J., **Sawyer-Simmons, P.**, Erickson, M., Laurent, P. S., & Sillevs, R. (2025). The Exercise Science Practice Model: A Framework for Integrating Critical Thinking, Reflective Practice, and Professional Reasoning in Exercise Science Education. *International journal of higher education, 14*(6), 14.
- EIM-OC; Beyond the Launch, Creating an Impactful, Sustainable and Supported Program. **Bauer, PW.**, Newsome, AM., McAvoy, CR., Battista, RA. the 5 Steps with Battista, McAvoy and Newsome (accepted, *International Journal of Kinesiology in Higher Education*).
- A Collective Agenda: A Qualitative Study on Exercise Is Medicine® on Campus Gold-Level Institutions. Cayla R. McAvoy, Alicia A. Dahl, Jae Hoon Lim, **Patricia Bauer**, and Larissa R. Brunner Huber. (2024) *Preventive Medicine Reports*, 44.
- Bauer, Patricia W.**, & Mays. Traci. (2024). A Golden Perspective: The Evolution of an Exercise Is Medicine On Campus Program. *Kinesiology Review*. Advance online publication. <https://doi.org/10.1123/kr.2023-0023>.
- Pregnancy Physical Activity (2020) American College of Sports Medicine. Brochure created by **Patricia Bauer**, Ph.D., CSCS, ACSM-EP, ACSM-EIM and is a product of ACSM's Consumer Outreach Committee. [https://www.acsm.org/docs/default-source/files-for-resource-library/pregnancy-physical-activity.pdf?sfvrsn=12a73853\\_4](https://www.acsm.org/docs/default-source/files-for-resource-library/pregnancy-physical-activity.pdf?sfvrsn=12a73853_4)
- Relationship of Past Pregnancy Physical Activity and Self-Efficacy on Current Physical Activity and Postpartum Weight Retention. **Bauer PW**, Pivarnik JM, Feltz DL, Paneth N, Womack CJ. *Am J Lifestyle Medicine*. 2014 Jan/Feb; Vol. 8, 1: pp. 68-73.
- Validation of an Historical Recall Tool in Postpartum Women. **Bauer PW**, Pivarnik JM, Feltz DL, Paneth N, Womack CJ. *J Phys Act Health*. 2010 Sep; 7(5):658-61.
- Exercise and Pregnancy Knowledge Among Healthcare Providers. **Bauer PW**, Broman CL, Pivarnik JM. *J Womens Health*. 2010 Feb; 19(2): 335-41.
- Cross Validation of Fat Free Mass Prediction Models for Elite Female Gymnasts. **Bauer PW**, Pivarnik JM, Fornetti WC, Jallo JJ, Nassar LG. *Pediatric Exercise Science*, 2005, 17, 337-344.

## Abstracts:

- Exercise Prescription Intervention on a 21-Year-Old Female with Diagnosed Migraines with Aura. NK Longman, M Erickson, **P Bauer**. *International Journal of Exercise Science: Conference Proceedings*. June, 2023
- Response to a Comprehensive Exercise Prescription in a Previously Sedentary 59-Year-old Female with a Pacemaker. JC Newman, M Erickson, **P Bauer**. *International Journal of Exercise Science: Conference Proceedings*. January, 2023
- To Use the Reach, Effectiveness, Adoption, Implementation, Maintenance (reach) Methodology To Evaluate Exercise Is Medicine-On Campus Program (eim-oc). Jeffreys-Heil, R., **Bauer, P.**, Shamus, E., & Cordova, M. L. (2017). *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE*, 49(5), 11. <https://doi.org/10.1249/01.mss.0000516837.99912.cb>
- L Laviolette, **P Bauer**, R Jeffreys-Heil. Handedness (Right or Left-Handed) Effect on Bilateral Transfer to Non-Dominant Hand. *American College of Sports Medicine Annual Meeting*. May 2017.
- R Jeffreys-Heil, **P Bauer**, E Shamus, ML Cordova, FACSM. EIM@FGCU: Year 1 Baseline Data. *American College of Sports Medicine Annual Meeting*. May 2017.
- Lawrence, K. M., Pivarnik, J. M., & **Bauer, P. W.** (2006). Role of Sport Participation and Physical Education on Physical Activity: 2505: Board# 13 2: 00 PM–3: 00 PM. *Medicine & Science in Sports & Exercise*, 38(5), S468-S469.
- Knous, J. L., Ode, J. J., **Bauer, P. W.**, & Pivarnik, J. M. (2006). The Effect of Lifestyle Behaviors on Physical Activity in High School Students: 2510: Board# 18 4: 00 PM–5: 00 PM. *Medicine & Science in Sports & Exercise*, 38(5), S470.
- Pivarnik, J.M., J.F. Marshall, C.D. Perkins, **P.W. Bauer**, D.P. Coe, E.A. Stover. Preeclampsia and Plasma Volume Dynamics. *Med Sci Sports Exerc* 36 (suppl.), S296, 2004.

## Presentations:

- Southeast American College of Sports Medicine Annual Meeting (February 2026)-**PR**  
*From Ideas to Impact: Regional Strategies for EIM-On Campus Success.*
- SSEA Biannual conference of Society on Emerging Adulthood, J Mahmoud, P Bauer. October 2025.  
*The Relationships between Perceived Barriers and Physical Activity, Coping, Perceived Body Image, and Selected Demographics with Depression in College Students.*
- National ACSM Annual Conference, Atlanta, G. (May 2025)-**Tutorial-PR**  
*Engage, Expand, Evaluate: A New Era with EIM-OC*
- Southeast American College of Sports Medicine Annual Meeting (February 2025)-**PR**  
*1-Making EIM-OC Translational: Expansion of Interventions and Programming (Research Review Symposium)*  
*3-Effects of EIM-OC Program on Self-Efficacy (Student primary)*
- Southeast American College of Sports Medicine Annual Meeting (February 2024)-**PR**  
*1-Get Your Campus Moving: Exploring Activities, Events and Programming used in EIM-OC*  
*2-The Exercise Science Practice Model: Applications to Exercise Science Education.*
- National ACSM Conference, Denver CO. (June 2023)-**Tutorial-PR**  
*"A Golden View"; An In-depth Exploration of Needs and Future possibilities of EIM-OC*
- Southeast American College of Sports Medicine Annual Meeting (February 2023)- **PR**  
*Exercise is Medicine on Campus: A Scoping Review and Call for Collaboration.*
- Southeast American College of Sports Medicine Annual Meeting (February 2022)- **PR**  
*Exploring Scope of Practice: The Functional Exercise Science Practice Model in Exercise Science Education.*
- Tips for Teaching in the New Norm, FGCU Lucas Center (Spring, 2021)  
*Using Weekly Preview videos to help establish course topic, student expectations and clarify responsibilities prior to class "meeting"*
- Physical Activity Before, During and After Pregnancy (April 21, 2020)

*Speaking With...Carl Thornton Jr.* Radio program:

<https://speakingwith.com/2020/04/21/april-21-dr-patti-bauer-sheds-important-light-on-physical-activity-before-during-and-after-pregnancy/>

ACSM Fitness Summit, Las Vegas, NV. (March 2012)

*Session Presenter: From Research to Practice: Being Active During Pregnancy.*

National ACSM Conference, Indianapolis, IN. (June 2008)

*Effects of Past Pregnancy and Current Physical Activity on Barriers to Physical Activity in Women*

National ACSM Conference, New Orleans, LA. (June 2007)

*Effects of gestational weight gain and physical activity on postpartum weight gain and body composition*

National ACSM Conference, Denver, CO. (June 2006)

*Validation of a Historical Physical Activity Recall Tool on Postpartum Women*

Michigan ACSM Conference, Gaylord, MI. (Feb 2004)

*Maternal Physical Activity, Fitness, and Self-Efficacy Five Years Postpartum; and Assessment of Physical Activity Recall: A MAMA Study Follow-up*

### **Grant Applications:**

#### *External Grants*

- Barry & Linda Franklin Exercise is Medicine On Campus Micro-Grant, Nov 2025 (in-review)
- Barry & Linda Franklin Exercise is Medicine On Campus Micro-Grant, Nov 2024 (not funded)
- Barry & Linda Franklin Exercise is Medicine On Campus Micro-grant, March 2023 (not funded)
- Barry & Linda Franklin Exercise is Medicine On Campus Micro-grant, March 2022 (not funded)
- Barry & Linda Franklin Exercise is Medicine On Campus Micro-grant, March 2021 (not funded)
- Robert Wood Johnson Grant Application, August 2018 (not funded).

#### *Internal Grants*

- MCHHS Research Grant Application, FGCU Exercise is Medicine Assessment Project (URW department collaboration), May 2024 (funded-\$2710)
- MCHHS Research Grant Application, Critical Thinking in Exercise Science (M Erickson collaboration), May 2023 (funded-\$4900)
- Wings for the Future Program Grant (FGCU); Exercise is for Everyone (E4E): FGCU EIM-OC Expansion Project, March 2022 (not funded)
- Faculty Scholarship Enhancement Initiative (L Downes collaboration), Jan. 2019 (not funded)
- College of Education Dissertation Award, Oct. 2004 (not funded)- Michigan State U

## **SERVICE EXPERIENCE**

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### **American College of Sports Medicine**

October-November 2024: Reviewer- SEACSM Abstract Submission

June 2017-present: Member-ACSM Consumer Outreach Committee

October-November 2023: Reviewer-SEACSM Student Abstract Submission

### **Florida Gulf Coast University**

Fall 2024-present: Chair-MCHHS Awards and Recognition Committee

Summer 2024 & 2025: Presenter-Exercise and pregnancy to the FGCU Nurse Practitioner students

Spring 2024: Member-Shady Rest Center for Positive Aging Program Coordinator hiring panel- Lead by Tom Felke, PhD.

Spring 2024: Member-Exercise Science Instructor hiring committee member-Lead by Barb Tymczyszyn

August 2023: Presenter-BSN student cohort orientation EIM-OC and other wellness resources at FGCU.

July 2023-December 2023: Member-FGCU Sustainability Course Requirement Implementation Team- Lead by Dawn Kirby, PhD

January 2023-May 2023: Member-FGCU Sustainability Course Requirement Task-Force- Lead by Dawn Kirby, PhD

Fall 2022 and Spring 2023: Member-FGCU AVP for Student Engagement Hiring Committee- Lead by Jose Lopez.

March 24, 2022: Presenter- NJSBA Seminar “*Feeling stressed! Six Laws to Enhance Well-being and Decrease Stress for Lawyers*” – with Loreen Downes

February- May 2022: Content Creator-Senior Care Partner Badging Program - Lead by Tom Felke, PhD.

August 2021-2024: Member-FGCU Marieb College of Health and Human Services Scholarship Committee  
Chair Spring 2023-August 2024

July 2021-present: Member-FGCU Blue Zones Committee

June 2021-present: MCHHS TIF summer camp contributor for ES

April 2021: Representative- Healthy Lee, FGCU physical activity expert

Fall 2020 & 2025, Spring 2021 & 2024: Member -Campus Recreation Assistant Director of Fitness Programming hiring panels

August 2019-2023: Member -University Colloquium Advisory Council

August 2019-Present: Advisor-Exercise Science Student Association

May 2018-Present: Member-Human Resources Wellness Committee

April 2016-2017: Member-Wellness Collaboration/EIM-OC Partnership

### **Optimist Recreational and Azzurri Competitive Soccer Club**

August 2024-2025 Team Manager-Azzurri Competitive Team U14 Girls

August 2023-2024 Team Manager- Azzurri Competitive Team U13 Girls

August-Dec 2021 Assistant Coach- Azzurri Competitive Team U11 Girls

Sept-Nov 2021 Coach- U12 Boys Soccer

Sept 2018-April 2021 Coach- Girls Soccer (various ages, all-star team Spring 2021)

### **MSU Kinesiology Graduate Student Organization (KGSO)**

August 2000-2005  
Representative-Exercise physiology 2000-01  
Member-Dean’s Advisory Committee 2001-02  
Member-Faculty Advisory Committee  
Co-Chair-KGSO 2003-04

### **Eastern Maine Medical Center**

October 1999-April 2000 Member-Move and Improve Program Senior Task Force committee.  
PA promotion for the city of Bangor, Maine

## **NATIONAL MEMBERSHIPS AND CERTIFICATIONS**

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**American College of Sports medicine** (Member since 1996)

Certified Exercise Physiologist (1996), Exercise is Medicine Level I (April 2016)

**National Strength and Conditioning Association** (Member since 1996)

Certified Strength and Conditioning Specialist (1997)

**Schwinn Certified Spin Instructor** (Certified-March 2014)