

**Megan G. Jacobi**  
**Department of Health and Human Physiology, Health and Physical Activity Skills**  
Report includes March 2022 to March 2023  
Curriculum Vitae as of March 2023

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## EDUCATION AND PROFESSIONAL HISTORY

### Post Graduate Education

2017 - 2020 **Masters of Science**, Health and Wellness Management, University of Wisconsin  
**Mentor(s)**: Schaben, Jodee; Barrett, Betsy  
**Thesis**: Faculty Stress and Job Performance in Higher Education

### Higher Education

2015 **Bachelors of Arts**, Health and Human Physiology/Health Promotion  
University of Iowa

### Professional and Academic Positions

2016 - Present **Assistant in Instruction**, Health and Human Physiology & Health and Physical Activity  
Skills Departments, University of Iowa

### Licensures and Certifications

2011 **BLS CPR Instructor**, American Heart Association  
2015 **Certified Personal Trainer**, American College of Sports Medicine  
2015 **Certified Group Fitness Instructor**, American College of Sports Medicine  
2017 **Certified Mat Pilates Instructor**, SCW Fitness  
2018 **200-Hour Registered Yoga Teacher**, Yoga Alliance  
**2023** **Certified Nutrition Coach, NASM**

### Memberships

2015 - Present American College of Sports Medicine  
2018 - Present Yoga Alliance

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## TEACHING

### Courses Taught at the University of Iowa

Term	Course#	Title	Final Enrollment
Spring 2023	HHP:2148:0100	Personal Training	19
Spring 2023	HPAS:1008:0100	Basic First Aid and CPR	13
Spring 2023	HPAS:1230:0100	Hatha Yoga	17
Spring 2023	HPAS:1230:0101	Hatha Yoga	20
Fall 2022	HHP:2148:0100	Personal Training	19
Fall 2022	HPAS:1008:0100	Basic First Aid and CPR	14
Fall 2022	HPAS:1008:0200	Basic First Aid and CPR	12

<b>Term</b>	<b>Course#</b>	<b>Title</b>	<b>Final Enrollment</b>
Fall 2022	HPAS:1230:0100	Hatha Yoga	19
Fall 2022	HPAS:1230:0101	Hatha Yoga	12
Fall 2022	HPAS:1230:0200	Hatha Yoga	18
Fall 2022	HPAS:1230:0201	Hatha Yoga	16
Fall 2022	HPAS:1150:0EXS	Introduction to Health and Wellness	27

### **Innovations in Teaching (Other Teaching Contributions)**

#### *Creation of New Courses*

May 2021 - August 2021      Development of a new 2 credit hour, semester long HPAS course focusing on health interventions at the undergraduate level

May 2021 - August 2021      Development of a new 1 credit hour, 7-week HPAS course that combines CPR and First Aid training

#### *Revisions in Existing Courses*

June 2020 - August 2020      Designed and revised the HHP:2148, Personal Training course for the HHP Department

December 2020 - January 2021      Designed and revised the HPAS:1008, First Aid course for the HPAS Department

February 2023 - Present      Designing and revising the HPAS:1004, Food and Your College Experience course into a 2 c.h. asynchronous online course for the HPAS Department

#### *Maintenance of CPR and First Aid Supplies for HHP/HPAS Departments*

August 2018 - Present      Maintain inventory and sanitization of departmental supplies for all CPR and First Aid courses

### **Student Mentoring Summary**

May 2021 – May 2022      Letter of recommendations provided for 4 students in HHP:2148 from Spring 2021 and 2022 and 2 students in HHP:4200 from Spring 2022