

**Cody A. Schlitter**  
**Health and Human Physiology**

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**EDUCATION AND PROFESSIONAL HISTORY**

**Higher Education**

2013                      **BS, Health and Human Physiology, University of Iowa**

**Professional and Academic Positions**

2020 - Present        **Owner, Practical Wellness LLC**  
2016 - Present        **Assistant in Instruction, Health and Physical Activity Skills Department, University of Iowa**  
2016 - 2020           **Co-Owner/Head Coach, Willow Creek CrossFit**  
2015 - 2017           **Strength and Conditioning Coach- IFLY, Recreational Services, University of Iowa**  
2014 - 2016           **Personal Trainer/Group Exercise Instructor, Recreational Services, University of Iowa**  
2015 - 2016           **Full Time CrossFit/Olympic Lifting Coach, CrossFit Philia**  
2013 - 2014           **Full Time Membership Coordinator/Group Fitness Instructor/Youth Athlete Coach, ProFit Gym**

**Licensures and Certifications**

2022                    **CrossFit Level 3, CrossFit Inc**  
2022                    **Active Life Professional (AL-P), Active Life**  
2021                    **Coaches Prep, Deuce Gym**  
2020                    **Certificate in Exercise Nutrition, Precision Nutrition**  
2017                    **CrossFit Level 2, CrossFit Inc**  
2015                    **CrossFit Mobility Trainer, CrossFit Inc**  
2013                    **USA Weightlifting Sport performance Level 1, USA Weightlifting**

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**TEACHING**

Many HPAS courses are off-cycle and typically do not enroll until after the tenth day of the semester.

**Courses Taught at the University of Iowa**

<b>Term</b>	<b>Course#</b>	<b>Title</b>	<b>Ten-Day Enrollment</b>	<b>Final Enrollment</b>
Fall 2022	HPAS:1260:0200	Movement and Mobility		12
Fall 2022	HPAS:1260:0100	Movement and Mobility		11
Fall 2022	HPAS:1070:0202	Introduction to Weight Training		12
Fall 2022	HPAS:1070:0200	Introduction to Weight Training		14

<b>Term</b>	<b>Course#</b>	<b>Title</b>	<b>Ten-Day Enrollment</b>	<b>Final Enrollment</b>
Fall 2022	HPAS:1070:0102	Introduction to Weight Training		14
Fall 2022	HPAS:1070:0101	Introduction to Weight Training		13
Fall 2022	HPAS:1070:0100	Introduction to Weight Training		13
Fall 2022	HPAS:1080:0201	Olympic Weightlifting		13
Fall 2022	HPAS:1210:0201	Relaxation Techniques		15
Fall 2022	HPAS:1210:0200	Relaxation Techniques		16
Fall 2022	HPAS:1210:0101	Relaxation Techniques		15
Fall 2022	HPAS:1210:0100	Relaxation Techniques		14
Spring 2022	HPAS:1260:0200	Movement and Mobility		14
Spring 2022	HPAS:1260:0100	Movement and Mobility		12
Spring 2022	HPAS:1070:0201	Introduction to Weight Training		15
Spring 2022	HPAS:1070:0200	Introduction to Weight Training		16
Spring 2022	HPAS:1070:0102	Introduction to Weight Training		16
Spring 2022	HPAS:1070:0101	Introduction to Weight Training		14
Spring 2022	HPAS:1070:0100	Introduction to Weight Training		13
Spring 2022	HPAS:1080:0201	Olympic Weightlifting		14
Spring 2022	HPAS:1210:0207	Relaxation Techniques		14
Spring 2022	HPAS:1210:0206	Relaxation Techniques		16
Spring 2022	HPAS:1210:0105	Relaxation Techniques		17
Spring 2022	HPAS:1210:0104	Relaxation Techniques		16
Fall 2021	HPAS:1150:0EXT	Introduction to Health and Wellness		29
Fall 2021	HPAS:1150:0EXW	Introduction to Health and Wellness		29
Fall 2021	HPAS:1070:202	Introduction to Weight Training		12
Fall 2021	HPAS:1070:200	Introduction to Weight Training		14
Fall 2021	HPAS:1070:0102	Introduction to Weight Training		11
Fall 2021	HPAS:1070:0101	Introduction to Weight Training		6

<b>Term</b>	<b>Course#</b>	<b>Title</b>	<b>Ten-Day Enrollment</b>	<b>Final Enrollment</b>
Fall 2021	HPAS:1070:0100	Introduction to Weight Training		9
Fall 2021	HPAS:1080:0200	Olympic Weightlifting		16
Fall 2021	HPAS:1210:0201	Relaxation Techniques		12
Fall 2021	HPAS:1210:0200	Relaxation Techniques		16
Fall 2021	HPAS:1210:0101	Relaxation Techniques		15
Fall 2021	HPAS:1210:0100	Relaxation Techniques		19
Spring 2021	HPAS:1070:101	Introduction to Weight Training		10
Spring 2021	HPAS:1070:102	Introduction to Weight Training		7
Spring 2021	HPAS:1070:200	Introduction to Weight Training		9
Spring 2021	HPAS:1260:200	Movement for Injury Prevention		7
Spring 2021	HPAS:1080:200	Olympic Weightlifting		10
Spring 2021	HPAS:1080:201	Olympic Weightlifting		14
Spring 2021	HPAS:1210:102	Relaxation Techniques		20
Spring 2021	HPAS:1210:105	Relaxation Techniques		20
Spring 2021	HPAS:1210:106	Relaxation Techniques		18
Spring 2021	HPAS:1210:203	Relaxation Techniques		20
Spring 2021	HPAS:1210:207	Relaxation Techniques		20
Spring 2021	HPAS:1210:208	Relaxation Techniques		20
Fall 2020	HPAS:1060:0100	High Intensity Interval Training		9
Fall 2020	HPAS:1150:0EXV	Introduction to Health and Wellness		27
Fall 2020	HPAS:1070:0100	Introduction to Weight Training		10
Fall 2020	HPAS:1070:0101	Introduction to Weight Training		12
Fall 2020	HPAS:1070:0102	Introduction to Weight Training		7
Fall 2020	HPAS:1070:0200	Introduction to Weight Training		5
Fall 2020	HPAS:1070:0202	Introduction to Weight Training		2
Fall 2020	HPAS:1260:0200	Movement for Injury Prevention		8

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Fall 2020	HPAS:1080:0200	Olympic Weightlifting		7
Fall 2020	HPAS:1210:0102	Relaxation Techniques		6
Fall 2020	HPAS:1210:0200	Relaxation Techniques		6
Fall 2020	HPAS:1210:0206	Relaxation Techniques		3
Spring 2020	HPAS:1060:0101	High Intensity Interval Training		16
Spring 2020	HPAS:1070:0100	Introduction to Weight Training		16
Spring 2020	HPAS:1070:0101	Introduction to Weight Training		14
Spring 2020	HPAS:1070:0102	Introduction to Weight Training		15
Spring 2020	HPAS:1070:0200	Introduction to Weight Training		16
Spring 2020	HPAS:1080:0200	Olympic Weightlifting		13
Spring 2020	HPAS:1080:0201	Olympic Weightlifting		12
Spring 2020	HPAS:1210:0102	Relaxation Techniques		8
Spring 2020	HPAS:1210:0105	Relaxation Techniques		11
Spring 2020	HPAS:1210:0207	Relaxation Techniques		11
Spring 2020	HPAS:1210:0208	Relaxation Techniques		9
Fall 2019	HPAS:1020:0204	Core Strengthening		14
Fall 2019	HPAS:1060:0100	High Intensity Interval Training		10
Fall 2019	HPAS:1070:0100	Introduction to Weight Training		11
Fall 2019	HPAS:1070:0101	Introduction to Weight Training		11
Fall 2019	HPAS:1070:0102	Introduction to Weight Training		13
Fall 2019	HPAS:1070:0200	Introduction to Weight Training		10
Fall 2019	HPAS:1070:0202	Introduction to Weight Training		16
Fall 2019	HPAS:1080:0200	Olympic Weightlifting		15
Fall 2019	HPAS:1210:0101	Relaxation Techniques		16
Fall 2019	HPAS:1210:0102	Relaxation Techniques		16
Fall 2019	HPAS:1210:0200	Relaxation Techniques		15

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Spring 2019	HPAS:1060:0101	High Intensity Interval Training		18
Spring 2019	HPAS:1070:0100	Introduction to Weight Training		13
Spring 2019	HPAS:1070:0101	Introduction to Weight Training		10
Spring 2019	HPAS:1070:0102	Introduction to Weight Training		15
Spring 2019	HPAS:1070:0200	Introduction to Weight Training		16
Spring 2019	HPAS:1080:0200	Olympic Weightlifting		12
Spring 2019	HPAS:1080:0201	Olympic Weightlifting		12
Spring 2019	HPAS:1210:0102	Relaxation Techniques		17
Spring 2019	HPAS:1210:0105	Relaxation Techniques		15
Spring 2019	HPAS:1210:0207	Relaxation Techniques		15
Spring 2019	HPAS:1210:0208	Relaxation Techniques		15

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

#### *Design & Implementation of New Courses*

Jan 2020 - Oct 2020     **Movement for Injury Prevention**

Aug 2016 - Jan 2017     **Weight Training II**

***Revisions in Existing Courses***

Aug 2021- Aug 2021	<b>Stress Management</b> , Renamed Relaxation Techniques to Stress Management
Dec 2021- May 2021	<b>Movement for Injury Prevention</b> , Revised course to accommodate hybrid/asynchronous learning and created new course content/lectures to reflect this change
Dec 2021- Dec 2021	<b>Relaxation Techniques</b> , Changed course textbook to Relaxation & Stress Reduction (Workbook) Required (ISBN: 9781684033348)
Dec 2021- Dec 2021	<b>Intro to Weight Training</b> , Changed course textbook to Weight Training (ISBN: 9781492586951)
Jul 2020- Dec 2020	<b>Intro to Weight Training</b> , Revised course to accommodate hybrid/asynchronous learning and created new course content/lectures to reflect this change
Jul 2020- Dec 2020	<b>Relaxation Techniques</b> , Revised course to accommodate hybrid/asynchronous learning and created new course content/lectures to reflect this change
Aug 2016- Aug 2016	<b>Olympic Weightlifting</b> , Adjusted Syllabus Outline and created new assignments/quizzes
Jul 2016 - Jul 2016	<b>Intro to Weight Training</b> , Renamed Hawkeye Pump to Into to Weight Training

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**SERVICE****Community**

2023	IC Weightlifting Summit (Lift and Learn/Weightlifting Meet), Organizer/Lead
2022	IC Weightlifting Summit (Lift and Learn/Weightlifting Meet), Organizer/Lead
2021	IC Weightlifting Summit (Lift and Learn/Weightlifting Meet), Organizer/Lead
2019	Iowa Medical Classification Center Correctional Facility, Volunteer
2018	University of Iowa Chaarg, Guest Speaker
2017	University of Iowa Chaarg, Guest Speaker