

Megan M. Lewey
Health and Human Physiology Department
 Report includes 2015 to 2024
 Curriculum Vitae as of February 9, 2024

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EDUCATION AND PROFESSIONAL HISTORY

Post Graduate Education

2013 - 2015 **Master of Public Health**, Community and Behavioral Health, University of Iowa

Higher Education

2013 **Bachelor of Science**, Kinesiology – Community and Behavioral Health, Summa Cum Laude, Iowa State University
Supporting Areas / Minor: Psychology

Professional and Academic Positions

2022 – present **Lecturer**, Health and Human Physiology, University of Iowa
 2015 – 2020 **Assistant in Instruction**, Health and Physical Activity Skills, University of Iowa
 2013 – 2015 **Graduate Assistant**, Health and Human Physiology, University of Iowa
 2013 – 2021 **Fitness Instruction**, Iowa City Senior Center, Iowa City

Licensures and Certifications

2020 **Lifeguarding, First Aid/CPR/AED**
 2018 **SCW Pilates Matwork Certification**, SCW Fitness Certifications
 2015 **Senior Fitness Specialist (SFS)**, National Academy of Sports Medicine (NASM)

Memberships

2013 – 2015 **Certified Health Education Specialist (CHES)**, National Commission for Health Education Credentialing (NCHEC)

TEACHING

Courses Taught at the University of Iowa

Term	Course#	Title	Ten-Day Enrollment	Final Enrollment
Spring 2024	HHP:2200:0AAA	Physical Activity and Health	136	
Spring 2024	HHP:3045:0001	Physical Activity Psychology	90	
Spring 2024	HHP:4030:0100	Social Determinants of Health	24	
Spring 2024	HHP:4030:0EXW	Social Determinants of Health	48	
Fall 2023	HHP:2200:0AAA	Physical Activity and Health		143
Fall 2023	HHP:3200:0001	Health Behavior and Health Promotion		22
Fall 2023	HHP:4030:0101	Social Determinants of Health		32
Fall 2023	HHP:4030:0EXW	Social Determinants of Health		51
Summer 2023	HHP:2200:0EXU	Physical Activity and Health	35	28
Spring 2023	HHP:2200:0AAA	Physical Activity and Health	140	135
Spring 2023	HHP:3200:0001	Health Behavior and Health Promotion	28	28
Spring 2023	HHP:4030:0100	Social Determinants of Health	38	38
Spring 2023	HHP:4030:0EXW	Social Determinants of Health	48	46
Fall 2022	HHP:3050:0001	Obesity		38
Fall 2022	HHP:3200:0001	Health Behavior and Health Promotion		24
Fall 2022	HHP:4030:0101	Social Determinants of Health		49
Fall 2022	HHP:4030:0EXW	Social Determinants of Health		50
Spring 2020	HPAS:1040:0100	Pilates 1		8
Spring 2020	HPAS:1040:0105	Pilates 1		10

Term	Course#	Title	Ten-Day Enrollment	Final Enrollment
Spring 2020	HPAS:1040:0200	Pilates 1		12
Spring 2020	HPAS:1040:0201	Pilates 1		10
Spring 2020	HPAS:1090:0100	Sports Skills and Drills		16
Spring 2020	HPAS:1090:0200	Sports Skills and Drills		12
Spring 2020	HPAS:1530:0100	Volleyball I		23
Spring 2020	HPAS:1530:0101	Volleyball I		19
Spring 2020	HPAS:1530:0201	Volleyball I		15
Spring 2020	HPAS:1535:0200	Volleyball II		24
Fall 2019	HPAS:1001:0200	Alcohol and Your College Experience		9
Fall 2019	HPAS:1001:0200	Alcohol and Your College Experience		10
Fall 2019	HPAS:1040:0100	Pilates 1		13
Fall 2019	HPAS:1040:0201	Pilates 1		6
Fall 2019	HPAS:1040:0202	Pilates 1		3
Fall 2019	HPAS:1090:0100	Sports Skills and Drills		20
Fall 2019	HPAS:1560:0101	Ultimate Frisbee		17
Fall 2019	HPAS:1530:0100	Volleyball I		19
Fall 2019	HPAS:1530:0101	Volleyball I		10
Fall 2019	HPAS:1530:0202	Volleyball I		15
Fall 2019	HPAS:1535:0201	Volleyball II		14
Spring 2019	HPAS:1001:200	Alcohol and Your College Experience		15
Spring 2019	HPAS:1040:0100	Pilates 1		11
Spring 2019	HPAS:1040:0105	Pilates 1		10
Spring 2019	HPAS:1040:0200	Pilates 1		15
Spring 2019	HPAS:1040:0200	Pilates 1		15
Spring 2019	HPAS:1090:0100	Sports Skills sand Drills		17
Spring 2019	HPAS:1090:0200	Sports Skills sand Drills		16
Spring 2019	HPAS:1530:0100	Volleyball I		20
Spring 2019	HPAS:1530:0101	Volleyball I		23
Spring 2019	HPAS:1530:0201	Volleyball I		20
Spring 2019	HPAS:1535:0200	Volleyball II		14
Fall 2018	HPAS:1001:0200	Alcohol and Your College Experience		13
Fall 2018	HPAS:1040:0201	Pilates I		8
Fall 2018	HPAS:1090:0100	Sports Skills and Drills		10
Fall 2018	HPAS:1090:0200	Sports Skills and Drills		7
Fall 2018	HPAS:1560:0101	Ultimate Frisbee		12
Fall 2018	HPAS:1530:0101	Volleyball I		21
Fall 2018	HPAS:1530:0202	Volleyball I		21
Fall 2018	HPAS:1535:0201	Volleyball II		10
Fall 2018	HPAS:1340:0201	Water Workout		2
Spring 2018	HPAS:1001:0100	Alcohol and Your College Experience		19
Spring 2018	HPAS:1001:0200	Alcohol and Your College Experience		20
Spring 2018	HPAS:1001:0201	Alcohol and Your College Experience		12
Spring 2018	HPAS:1410:0100	Badminton		12
Spring 2018	HPAS:1410:0101	Badminton		13
Spring 2018	HPAS:1090:0100	Sports Skills and Drills		11
Spring 2018	HPAS:1090:0200	Sports Skills and Drills		11
Spring 2018	HPAS:1530:0100	Volleyball I		22
Spring 2018	HPAS:1530:0101	Volleyball I		20
Spring 2018	HPAS:1530:0201	Volleyball I		9
Spring 2018	HPAS:1535:0200	Volleyball II		17
Fall 2017	HPAS:1001:0200	Alcohol and Your College Experience		16
Fall 2017	HPAS:1001:0201	Alcohol and Your College Experience		13
Fall 2017	HPAS:1410:0100	Badminton		9
Fall 2017	HPAS:1410:0101	Badminton		10
Fall 2017	HPAS:1090:0200	Sports Skills and Drills		18
Fall 2017	HPAS:1090:0100	Sports Skills and Drills		17
Fall 2017	HPAS:1560:0101	Ultimate Frisbee		13
Fall 2017	HPAS:1560:0101	Ultimate Frisbee		9
Fall 2017	HPAS:1530:0101	Volleyball I		21
Fall 2017	HPAS:1530:0102	Volleyball I		14
Fall 2017	HPAS:1530:0202	Volleyball I		15
Fall 2017	HPAS:1535:0201	Volleyball II		19

Term	Course#	Title	Ten-Day Enrollment	Final Enrollment
Spring 2017	HPAS:1001:0200	Alcohol and Your College Experience		18
Spring 2017	HPAS:1001:0201	Alcohol and Your College Experience		19
Spring 2017	HPAS:1410:0100	Badminton		14
Spring 2017	HPAS:1410:0101	Badminton		16
Spring 2017	HPAS:1410:0102	Badminton		11
Spring 2017	HPAS:1090:0100	Sports Skills and Drills		15
Spring 2017	HPAS:1090:0200	Sports Skills and Drills		20
Spring 2017	HPAS:1530:0100	Volleyball I		21
Spring 2017	HPAS:1530:0101	Volleyball I		19
Spring 2017	HPAS:1530:0201	Volleyball I		24
Spring 2017	HPAS:1535:0200	Volleyball II		22
Spring 2017	HPAS:1340:0200	Water Workout		17
Fall 2016	HPAS:1001:0200	Alcohol and Your College Experience		17
Fall 2016	HPAS:1001:0201	Alcohol and Your College Experience		18
Fall 2016	HPAS:1020:202	Core Strengthening		18
Fall 2016	HPAS:1090:100	Sports Skills and Drills		15
Fall 2016	HPAS:1090:200	Sports Skills and Drills		18
Fall 2016	HPAS:1560:101	Ultimate Frisbee		18
Fall 2016	HPAS:1560:102	Ultimate Frisbee		6
Fall 2016	HPAS:1530:101	Volleyball I		22
Fall 2016	HPAS:1530:102	Volleyball I		21
Fall 2016	HPAS:1530:202	Volleyball I		20
Fall 2016	HPAS:1535:201	Volleyball II		16
Summer 2016	HPAS:1020:100	Core Strengthening		5
Summer 2016	HPAS:1010:101	Personal Fitness		15
Summer 2016	HPAS:1530:100	Volleyball I		8
Spring 2016	HPAS:1001:0200	Alcohol and Your College Experience		12
Spring 2016	HPAS:1001:0201	Alcohol and Your College Experience		20
Spring 2016	HPAS:1020:0100	Core Strengthening		18
Spring 2016	HPAS:1020:0101	Core Strengthening		20
Spring 2016	HPAS:1020:0200	Core Strengthening		20
Spring 2016	HPAS:1210:0101	Relaxation Techniques		17
Spring 2016	HPAS:1210:0103	Relaxation Techniques		18
Spring 2016	HPAS:1210:0205	Relaxation Techniques		20
Spring 2016	HPAS:1530:0100	Volleyball I		23
Spring 2016	HPAS:1530:0101	Volleyball I		22
Spring 2016	HPAS:1530:0201	Volleyball I		24
Spring 2016	HPAS:1535:0200	Volleyball II		24
Fall 2015	HPAS:1001:0200	Alcohol and Your College Experience		6
Fall 2015	HPAS:1001:0201	Alcohol and Your College Experience		11
Fall 2015	HPAS:1210:0107	Relaxation Techniques		18
Fall 2015	HPAS:1210:0207	Relaxation Techniques		20
Fall 2015	HPAS:1560:0101	Ultimate Frisbee		4
Fall 2015	HPAS:1560:0102	Ultimate Frisbee		7
Fall 2015	HPAS:1530:0100	Volleyball I		8
Fall 2015	HPAS:1530:0101	Volleyball I		13
Fall 2015	HPAS:1530:0102	Volleyball I		11
Fall 2015	HPAS:1530:0202	Volleyball I		7
Fall 2015	HPAS:1535:0201	Volleyball II		20

Innovations in Teaching (Other Teaching Contributions)

Mentoring

2024

New Faculty Mentor, Assisting new lecturer in transition to teaching first semester

Design & Implementation of New Courses

2015 HPAS:1090:0100: Sports, Skills & Drills: designed new course to begin Fall 2016
 2015 HPAS:1340:0100: Water Workout: designed new course to begin Fall 2016.

Textbooks & Educational Software Development

2016 Designed an online textbook to be utilized for Your College Experience (YCE) classes with HPAS colleagues

SCHOLARSHIP**Publications**

CLAS * System * = Senior Author, Major Contribution, ** = Secondary Contribution *** = Equal Contribution, **** = Minor Contribution

Book Chapters

1. * Johnson, M. M., Short, A. E. (2017). Relaxation Techniques. *Wellness and Your College Experience*. Dubuque, Iowa: Great River Learning Publication Company. <http://www.greatriverlearning.com/>
 My co-workers and I created a textbook focusing on different aspects of wellness and the college experience (resiliency, nutrition, and relaxation). I was the senior author for the Relaxation chapter by researching and writing the majority of the content for this section of the book. Andrea Short assisted with the writing of the Relaxation Techniques content.

SERVICE**Department**

2023 - 2023 Experiential Learning Sub Committee, Member, [Three one-hour meetings to discuss and define experiential learning requirements for undergraduate curriculum of HHP students]
 2023 - 2023 End of Semester Celebration AdHoc Planning Committee, Member [Two one-hour planning meetings, preparation of event communications, set-up, attendance and take-down for day of event]

University

May: 2023 Spring 2023 University of Iowa Graduation Ceremony, Volunteer,

Professional Development Activities*Continuing Education and Trainings*

2024 Day of Empowerment, Diversity, Inclusion and Equity Committee
 2023 Packback Trainings [Using tool, implementing tool], Packback
 Training Top Hat Users [1hr introduction to using TopHat in the classroom], OTLT
 2022 Winter Writing 2-Day Workshop [introduced tools Peerceptiv and Gradescope]
 Training on Elements of Success, OTLT