

# Darci Jo Revier

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## Contact

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## Education

<b>2019 to 2020</b>	<b>Doctorate of Health Science and Exercise Leadership (December 2020)</b> California University of Pennsylvania
<b>2012 to 2013</b>	<b>Post-Graduate Certificate, Exercise Science &amp; Health Promotion, Rehabilitation Sciences (May 2013)</b> California University of Pennsylvania
<b>2010 to 2012</b>	<b>Master of Science in Human Nutrition (May 2012)</b> University of Bridgeport, Connecticut
<b>2008 to 2009</b>	<b>Master of Management, International (December 2009)</b> University of Phoenix, Online
<b>2004 to 2007</b>	<b>Bachelor of Arts, Spanish (May 2007) - minor in pre-Occupational Therapy</b> South Dakota State University, Brookings, SD

## Work Experience

<b>National Exercise Trainer Association (NETA)</b>	<b>Minneapolis, MN</b>
<b>Director of Education and Group Exercise</b>	<b>June 2018 to present</b>
<b>National Presenter (Contracted part-time position)</b>	<b>May 2015 to present</b>

- Develop and update training curriculum for fitness professionals according to industry standards and trends.
- Oversee scheduling of presenters in workshops across the country.
- Provide live training and education for NCCA-accredited personal training, group exercise instructor, and wellness coach certification candidates.
- Provide live workshops for specialty certifications to include (but not limited to): yoga, mat Pilates, indoor cycle, bootcamp, barre.
- Act as a reviewer for the NETA Manual for Fitness Professionals 2018 edition (nutrition content).

<b>Marine Corps Community Services</b>	<b>Camp Pendleton, CA</b>
<b>Combat Fitness Coordinator</b>	<b>June 2015 to June 2018</b>

- Provide comprehensive fitness training specific to the needs of active-duty military members, to include improving physical condition.
- Provide nutrition counseling for increased performance of elite combat athletes.
- CPR/AED instruction (certified instructor with the American Heart Association)
- Provide training for military members in the execution of safe and effective exercise programming for their units.
- Oversee the group exercise program, to include instructor recruitment, contracting, and developing; management of scheduling; Contract Office Representative (COR); payment and budgeting
- Oversee the massage therapy program, to include therapist recruitment and contracting; Contract Office Representative (COR); payment and budgeting.
- Provide nutrition, fitness, injury prevention, tobacco cessation, and disease prevention education to service members in one-on-one settings modalities of kettlebells, Olympic lifting, TRX suspension training, dynamic variable resistance training, linear speed, endurance and mobility.
- Provide train-the-trainer instruction to educate military members in the development and execution of safe and effective workouts.
- Provide biometric measurements for active-duty military members, and education and training in small group settings, and large class settings.

**Marine Corps Community Services****Camp Pendleton, CA****Assistant Fitness Manager****November 2014 to June 2015**

- Provide managerial support at the 22 Area Fitness Center, along with and in absence of the facility manager. Ensure facility and equipment are clean, functional, and safe.
- Provide biometric measurements for active duty military members, and education and training on improving physical condition. Specifically, began providing these services at 22 and 33 Areas, where they were previously not offered.
- CPR/AED instruction (certified instructor with the American Heart Association)
- Provide training for military members in the execution of safe and effective exercise programming for their units.
- Provide group fitness instruction at multiple locations across the base, for service members and civilians. Saw a 70% increase in attendance since taking over classes.
- Provide nutrition, fitness, injury prevention, tobacco cessation, and disease prevention education to service members in one-on-one settings, small group settings, and large class settings.

**Eagan YMCA, YMCA of the Greater Twin Cities****Eagan, MN****Program Manager of Group Exercise****January 2012 to May 2014**

- Oversaw group exercise program to include class scheduling (average of 120 classes per week), special event programming, budgeting, and instruction
- Saw a 6% increase in group exercise participation with the first year of position, and maintained these levels
- Initiated and facilitated a \$40,000 per year contractual agreement with Thomson Reuters, a neighboring corporation, for on-site group fitness instruction; maintained a schedule of 20 hours of group fitness instruction a week at their location in addition to the regular YMCA classes
- Oversee Active Older Adult programming to include group exercise classes, monthly events, and specialty trips and classes
- Act as direct supervisor for 33 employees, as well as indirect supervisor of 13 additional instructors
- Develop, maintain, and adhere to budget for programs; meet revenue markers for Active Older Adult program
- Serve as liaison and handle member concerns regarding class programming
- Provide group exercise instruction in multiple formats, to include group cycle, RIPPED, Jillian Michael's BodyShred, Barre, Yoga, Tabata, HIIT, studio strength, BOSU
- Provide personal training services for a variety of populations to include student-athletes, rehabilitation from injury and weight loss for disease management
- Provide specialty class instruction, to include TRX, Kettlebells, and HIIT training

**Marine Corps Community Services****MCAS Iwakuni, Japan****Health Promotions Assistant Director****April 2009 to August 2011**

- Programmed health promotion events such as fun runs, information fairs, community parties, fitness events
- Provided education to active-duty service members and family members regarding nutrition, fitness, injury prevention, tobacco cessation and combat readiness in one-on-one sessions, small classrooms and large theater settings of up to 500 participants
- Designed curriculum and instructed a summer nutrition program for children ages 4 to 12, with up to 80 weekly participants
- Programmed physical training sessions for Marine and Navy units, in groups up to 400 participants
- Instructed group fitness classes to include programming and implementation of new classes
- Provided personal training services in a one-on-one setting
- Published bi-monthly articles in local magazine regarding nutrition and fitness, and hosted a monthly Health Matters radio segment (writing samples available upon request)
- Managed budgets for eight different programs
- Managed and acted as contract representative for approximately thirty different contracted instructors

- Acted as a government purchase card (GCPC) holder
- Supervisory position for American (5) and Japanese (5) employees, received in-house training in leadership and management

**Marine Corps Community Services  
Health Promotions Secretary**

**MCAS Iwakuni, Japan  
August 2008 to April 2009**

- Maintained schedules of seven massage therapists
- Created Microsoft Access Database to record data for group fitness instruction and five different contracted services
- Provided clerical support in adherence to Naval Correspondence standards, working directly with organization's executive secretary
- Answered phones, directed inquiries, and managed flow of communication via phone, email, and fax, while providing quality customer service
- Managed payment requests for up to 20 different contractors in four different fields
- Meritoriously promoted to Assistant Director

**Innovative Therapy 4 Kids  
Applied Behavior Analysis (ABA) Therapist, Office  
Assistant**

**Carlsbad, CA  
August 2007 to June 2008**

- Managed schedules and payments for speech, physical, occupational, and psychological therapies
- Designed company brochures and published a monthly newsletter
- Provided ABA therapy services to children on the autism spectrum, to include speech, occupational and physical therapy assisting
- Acted as individual school aid for preschooler with severe autism

**Stoneybrook Suites Assisted Living  
Resident Assistant**

**Huron/Brookings, SD  
April 2003 to December 2006**

- Assisted residents with activities of daily living and personal care
- Cleaned rooms and facility; prepared meals for residents
- Administered medications under license of RN
- Assisted with exercise and recreational programming

**Professional Certifications and Training**

**National Academy of Sports Medicine (NASM)**

Corrective Exercise Specialist (CES)  
May 2013 to present

**National Strength and Conditioning Association (NSCA)**

Tactical Strength and Conditioning – Facilitator (TSAC-F)  
August 2016 to present

Certified Strength and Conditioning Specialist (CSCS)  
January 2012 to present

**USA Weightlifting (USAW)**

Sports Performance Coach  
June 2016 to present

**American Council on Exercise (ACE):**

Group Fitness Instructor  
August 2009 to present

Personal Trainer  
October 2009 to present

Advanced Health &  
Fitness Specialist  
January 2010 to present

Lifestyle & Weight  
Management Consultant  
May 2010 to present

**Group Exercise Certifications:**

NETA Prenatal Yoga August 2019	NETA Fitness Yoga March 2019	NETA Senior Yoga October 2018	NETA Yoga for Special Pops August 2018	NETA Kid's Yoga August 2018	NETA Yoga Foundations March 2016
NETA Barre February 2014	Jillian Michaels BodyShred April 2013	YogaFit, Level 1 May 2013	R.I.P.P.E.D. June 2012	Tabata January 2012	ICE Indoor Group Cycling May 2011

**Penn State**

Inclusive Recreation for Wounded Warriors  
April 2015, State College, PA

**Cooper's Institute**

Health Promotion Director's Course  
November 2010, Quantico, VA

**Orange Kettlebell Club**

Levels one and two Kettlebell instruction  
February 2009, Hofu City, Japan

**TRX**

Functional Training and Advanced Core Stability  
March 2014, IDEA Personal Training Institute East, Washington DC

**American Heart Association**

CPR/AED Instructor  
December 2014

**Awards and Recognitions**

<b>Armed Forces Recreation Society (AFRS)</b>	National John Pat Harden Practitioner's Award, October 2010
<b>Marine Corps Community Services, Iwakuni, Japan</b>	Division Employee of the Quarter, 1 <sup>st</sup> quarter 2009 Division Employee of the Year, 2010
<b>Commanding General, Marine Corps Installations West</b>	Letter of Appreciation for work on the 2017 High Intensity Tactical Athlete Championships

**Service Experience**

<b>Mark's Marathon Event Coordinator</b>	<b>Eagan, MN</b> <b>January 2019</b>
<ul style="list-style-type: none"> <li>Organized a community event of 26.2 tracks of mind-body exercises to raise financial and emotional support for an individual diagnosed with cancer</li> <li>62 individuals participated in the event and many more gave financial donations before and after the event</li> </ul>	
<b>University of St Thomas Veterans Association Health Fair Event Coordinator</b>	<b>St Paul, MN</b> <b>January 2019</b>
<ul style="list-style-type: none"> <li>Assisted in coordination of event of a campus-wide health fair</li> <li>Provided nutrition education at the event</li> <li>Currently working on ongoing nutrition education for the Veterans Association members</li> </ul>	

### Personal Accomplishments

- Provided nutritional and fitness advice for USMC applicants and poolees at Recruiting Station Twin Cities, MN; improving performance on the IST to an above-passable level.
- Provided nutrition counseling to veteran students at the University of St Thomas, St Paul, MN
- Developed a nutrition education program for government employees of the city of Chaska, MN
- Boston Marathoner & Triathlete
- National Physique Committee (NPC) Bikini competitor
- Published in the NSCA's TSAC Report, Issue 61, April 2021: "Wellness Coaching: Keeping Military Members Fit to Fight"
- Acted as a panel member for 2021-2022 DHSc cohort member

### Languages and Skills

- **English** (native)
- **Spanish** (fluent)
- **Proficient in computer operating systems** Word, Excel, PowerPoint, Database, Outlook, WordPress, Canva, Articulate Storyline