

Dr. Dina Mijacevic
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EDUCATION

Ph.D. Concentration—Sport Pedagogy & Character Education (2009-2012), University of Idaho-Moscow, ID
Emphasis: Sport and Exercise Sciences
Title of Dissertation: *Where Mind Meets Body: “It’s not just a Workout:” A Phenomenological Analysis of Sport Experience, Human Movement, Play, Exercise, and Mind/Body Wholism through Storytelling*

Master of Science in Recreation and Leadership (2009), University of Idaho-Moscow, ID
Emphasis: Physical Activity

Bachelor of Science in Biology (2007), Idaho State University-Pocatello, ID
Emphasis: Animal Physiology and Behavior
Minor: Russian Language

PROFESSIONAL EXPERIENCE

Clinical Assistant Professor (Kinesiology Programs), Washington State University, Pullman, WA July 2012-Present

- Responsible for all aspects of the course development including syllabus, selection of textbooks, construction of exams, instruction, and evaluation
- Responsible for supervising graduate and undergraduate teaching assistants
- Communicate with members of the faculty, administrative and supportive staff
- Involved in the kinesiology program development

Wellness Graduate Assistant (Campus Recreation), University of Idaho, Moscow, ID August 2008-Present

- Coordinate fitness programs, wellness classes, personal training, and special workshops and events
- Design and deliver media messages for the Wellness program
- Collaborate with the Student Health Center and help coordinate Health & Wellness Fair
- Generate relevant trainings for group fitness instructors and personal trainers related to teaching procedures, customer service, sales, code of ethics, and other topics
- Implement the ACIS Sponsorship Programs
- Involved in planning the Recreation Fair
- Collaborate with outside departments and student groups to initiate, apply, and evaluate educational wellness campaigns and programs for the university community like the Vandal Fitness Challenge
- Involved in evaluating and tracking budget expenditures and budget maintenance
- Supervise and train student staff
- Instruct group wellness/fitness classes, one on one personal training sessions, and small group personal training sessions
- Develop sport specific training programs utilizing various equipment
- Cooperate with certain equipment vendors and discuss new equipment trends

Subject Matter Expert, American Council on Exercise (ACE), San Diego, CA February 23-25, 2012

- Establish criterion-referenced marks for scoring, scaling, and equating the certification exams for ACE Personal Training certifications

Movement Sciences (HPERD) Senator, University of Idaho Graduate and Professional Student Association (GPSA), Moscow, ID August 2011-Present

- Support and promote graduate student education, campus sustainability, and graduate student
- Create programs and assist graduate students during their transition from student life to professional life

Adjunct Instructor, Sport Science and Physical Education Department, Idaho State University, Pocatello, ID January 2008-May 2008

- Nutrition and Weight Management: 1 credit undergraduate and graduate level course
- Responsible for reminding students of the benefits of regular physical activity
- Help students understand why cardio respiratory fitness is an essential component of physical fitness
- Help students learn about the benefits of sensible strength training and the recommended procedures for safe, effective, and efficient muscle development
- Help students understand the resistance-training program design
- Help students learn about the importance and benefits of flexibility training

Water Safety Instructor and Lifeguard, Campus Recreation, Idaho State University, Pocatello, ID August 2003-May 2008

- Participate and teach water safety classes
- Develop aquatics programs and activities
- Supervise swimming programs and patrons
- Help train new student staff
- Work on new and engaging swimming lesson plans
- Lead moms and tots swimming classes

Spinning Instructor, Campus Recreation, Idaho State University, Pocatello, ID September 2006-May 2008

- Motivate and create powerful connection with students
- Work on a new student form and relaxation
- Use a non-verbal communication to elicit movement changes and terrain adjustments
- Check students' heart rates and exertion levels and suggest adjustments
- Encourage students to listen closely to the rhythm, melody, or a particular instrument and then "work" that rhythm into the movement of the body
- Encourage students to concentrate on a certain muscle group and explore how that muscle is incorporated in the movement to the body as a whole
- Develop the visual ability to see correct form and intensity and to access the level of each student
- Encouraging students to unlock their potential as they "dig deep" during exceptionally challenging sections of the road

Facilities and Student Supervisor and Office Assistant, Campus Recreation, Idaho State University, Pocatello, ID August 2003-May 2008

- Supervise and train new student staff
- Assist with managing student employees
- Manage cardio and strength training rooms
- Help with the facility operations hours and maintenance
- Assist with payroll
- Assist with hiring
- Assist with membership services

Biology and Chemistry Long-Term Substitute Teacher, Treasure Valley Math and Science Center, Boise, ID
October 2007-November 2007

- Ensured that each day of instruction is productive
- Maintained the continuity and excellence of the learning process
- Instruct and supervise students' lab work

Personal Trainer, Fitness 19, Boise, ID August 2007-November 2007

- Educate people about physical fitness
 - Monitor personal training sales
 - Train clients one on one or in small groups
 - Develop sport specific training
 - Develop workout programs for active older adults
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VOLUNTEER EXPERIENCE

National Girls and Women in Sports Day, Pocatello, ID

- Help with sport and activity clinics for over 200 girls grades K-6
- Help teach various sports ranging from basketball, volleyball, swimming, and soccer
- Help teach various activities ranging from rock climbing, kayaking, and dancing
- Officiate noncompetitive basketball, volleyball, swimming, and soccer games

Special Olympics, Pocatello, ID

- Volunteered over 1,000 hours helping with water safety for athletes and participants
- Help athletes and participants with swimming questions and concerns
- Help supervise athletes and participants
- Officiate swimming competitions

Simplot Games, Pocatello, ID

- Help over 2,000 young athletes with injury prevention ranging from taping shins and feet to stretching techniques
- Help supervise track and field athletes

IDEA Fit Staff Assistant, Los Angeles, CA

- Help with operations and registrations
- Help sport and fitness presenters with necessary equipment
- Help attendees with questions and concerns

American Council on Exercise (ACE) Staff Assistant, San Diego, CA

- Monitor sport sessions
- Help presenters with any questions and concerns
- Evaluate workshops and lectures
- Help attendees with classes and workshops questions

Nike Product Tester, Beaverton, OR

- Evaluate various training and running shoes
- Maintain the product wear logs
- Express any concerns about the products
- Effectively communicate with Nike analysts

Teaching Excellence and Graduate Achievement Committee (TEGA), University of Idaho, Moscow, ID
August 2011-Present

- Advertise, market, and honor the Graduate Faculty Mentoring Award, Outstanding Masters and Doctoral student Research and Creative Activity Awards, and Outstanding Masters and Doctoral Student Teaching Awards
- Advertise, market, and honor the GPSA Workshop/Program/Short Course Award
- Showcase graduate achievement and advance graduate student education

Graduate and Professional Travel Awards Committee, University of Idaho, Moscow, ID (2011-Present)

- Work to support our students by aiding in travel funding for research and dissemination work. Funding is available for conferences, fieldwork, workshops, and any other related professional events
- Award about \$40,000 each year, each award being up to \$900
- Award up to \$50 per successful applicant towards binding and printing costs for theses and dissertations

Communications Committee, University of Idaho, Moscow, ID (2011-Present)

- Work with other GPSA committees and members to effectively communicate GPSA events and information with UI graduate students
- Publishes the monthly GPSA newsletter for the entire graduate student community at UI and informs students on past and future events, pertinent deadlines, and articles and letters related to the graduate student community

CONFERENCE PRESENTATIONS

2nd Annual Fitness Summit, Spokane, WA

- Hamlett, P., **Mijacevic, D.**, Leavitt, J. Group fitness by the number\$

7th Annual Globalization, Diversity and Education Conference, Washington State University, Spokane, WA

- Baillargeon, J., Bisbee, Y., Clyde, S., Johnson, G., **Mijacevic, D.**, Pinkham, D., & Taylor, A. (2011) Accountable to our relationships.
 - Elements of an Indigenous research paradigm were explored through interactive “Talk Circle.”

Annual Health Fair, University of Idaho, Moscow, ID

- Mijacevic, D. (2010). Benefits, myths & facts about exercising.

Northwest Student Professional Network, Washington State University, Pullman, WA

- Mijacevic, D. (2009). The effect of sorority and fraternity membership on physical activity practices and fitness levels among college students.

Wellness Conference, Idaho State University, Pocatello, ID

- Mijacevic, D. (2008). Women on weights (WOW): An introduction to strength training.

PUBLICATIONS

- Mijacevic, D. (2009). The effect of sorority and fraternity membership on physical activity practices and fitness levels among college students. Northwest Student Professional Network, Publication of Work, 5th edition.

Teaching Experience at Washington State University:

- August 2012-Present: KINES 314 Philosophy of Human Movement
- August 2012-Present KINES 264 Fitness Concepts
- January 2013-Present KINES 199 Human Motor Development

Teaching Experience at the University of Idaho:

- August 2008-Present: Chisel and Sculpt, Weight Lifting, & Cycling
 - January 2009-Present: Absolute Abs
 - August 2009-Present: Gravity Group Fitness, Gravity Personal Training and Zumba Fitness
 - January 2011-Present: TRX (Suspension Training)
 - October 2011: Guest Lecturer, Qualitative Research: Critiquing Frameworks, Practice and Application ED 590
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PROFESSIONAL ASSOCIATIONS:

NIRSA (National Intramural-Recreational Sports Association)

- This association's focus is on providing educational and developmental programs, research and standards for professional and student members

IDEA Fit (Health and Fitness Association)

- This association has been a consistent, guiding force in health and fitness since 1982 and continues to lead the way on many fronts
- IDEA brings the absolute best of the academics and practitioners in sports, exercise, mind/body, and physical activity

ACE (American Council on Exercise)

- The American Council on Exercise[®] is a nonprofit organization committed to enriching quality of life through safe and effective exercise and physical activity
 - As America's Authority on Fitness, ACE protects all segments of society against ineffective fitness products, programs and trends through its ongoing public education, outreach and research
 - ACE further protects the public by setting certification and continuing education standards for fitness professionals
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AWARDS AND HONORS:

- Voted best female athlete in Track & Field in Belgrade, Serbia (Spring 1995)
 - Member of the former Yugoslavia Junior Olympics Track & Field Team (1997)
 - The Above and Beyond Student Leader Award Winner-Idaho State University (Spring 2008)
 - IDEA International Health & Fitness Convention Challenge Award Winner (Summer 2011)
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PROFESSIONAL CERTIFICATIONS AND QUALIFICATIONS:

- American Council on Exercise Personal Trainer Certified
- American Heart Association First Aid, CPR, & AED Certified
- American Red Cross Water Safety Instructor Certified
- Gravity (Total Gym) Group Fitness Certified
- Gravity (Total Gym) Personal Trainer Certified

- Johnny G Spinning (Foundation Course) Certified
 - LeMond (RevMaster Foundation) Cycling Certified
 - TRX (Suspension Training) Personal Training Certified
 - Zumba Fitness Basic Level 1 Certified
 - Zumbatomic (Kids Training) Certified
 - Zumba Toning Certified
 - RIPPED Certified
 - QiForze Certified
 - QiDance Certified
 - Organized, structured, and detail-oriented
 - Excellent computer skills
 - Committed to continuing education and development
 - Experienced with RecTrac
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REFERENCES:

- Peg Hamlett, Fitness Director Campus Recreation (University of Idaho) PO Box 441230 Moscow, Idaho 83844-1230 (208) 885-9355 pegh@uidaho.edu
- Dr. Sharon Stoll, Director Center for Ethics (University of Idaho) PO Box 443080 Moscow, Idaho 83844-3080 (208) 885-2103 sstoll@uidaho.edu
- Greg Tatham, Director Campus Recreation (University of Idaho) PO Box 441230 Moscow, Idaho 83844-1230 (208) 885-2233 gtatham@uidaho.edu
- Doug Milder, Campus Recreation Director (Idaho State University) Recreation Facility 360 Stop 8061 Pocatello, Idaho 83209 (208) 282-3151 milddoug@isu.edu
- Bill MacLachlan, Campus Recreation Associate Director (Idaho State University) Recreation Facility 360 Stop 8061 Pocatello, Idaho 83209 (208) 282-3825 maclbill@isu.edu