

# Shanen L. Aranmór, MS, NCC, CSCS

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## EDUCATION

- |      |  |  |
|------|--|--|
| 2003 | M.S. Community Counseling<br>Marriage & Family Concentration | Minnesota State University, Mankato, MN      |
| 1998 | M.S. Kinesiology, Exercise Physiology                        | University of Illinois, Urbana-Champaign, IL |
| 1994 | B.S. Biology<br>Minors: French, Anthropology                 | Lafayette College, Easton, PA                |
| 1992 | Premier Degré, CIEF  | Université de Bourgogne, Dijon, France       |

## WORK EXPERIENCE

- 2005 - present**      **Associate Faculty**  
**Arizona Western College (AWC)**  
Yuma, AZ
- Teach college courses in wellness, psychology, marriage & family, stress management, LMT, physical education and welding
- 2008 - 2009**      **Director of Development**  
**Humane Society of Yuma (HSOY)**  
Yuma, AZ
- HSOY spokesperson and public liaison
  - Responsible for six weekly media segments: 3 TV and 3 radio
  - Developed new community partnerships
  - Wrote, released and followed-up PSA's to local, state and national media
  - Developed overall planned giving strategy for HSOY
  - Created direct mail campaigns
  - Coordinated website and print materials
  - Provided community education presentations related to a variety of humane topics
- 2005 - 2008**      **Director of Physical and Wellness Education**  
**Arizona Western College**  
Yuma, AZ
- Developed curriculum for degree and certificate programs in wellness, recreation management, physical education, athletic coaching and related areas
  - Supervised five full-time and 68 part-time faculty members
  - Coordinated scheduling and staffing for over 100 activities & 30 academic courses
  - Taught a variety of wellness and physical education courses
  - Managed multiple departmental budgets
  - Coordinated operations, scheduling and budgeting for massage therapy program
  - Managed fitness center and pool personnel (15-20 employees) and equipment
  - Provided individual and team consultations for exercise, nutrition & optimal health
  - Advised employee wellness committee
  - Served on NCA Self-Study Criterion 1 Committee

1998 -  
2005

**Wellness Director & Wellness Department Chair (Tenured 2004)**  
**Waldorf College**  
Forest City, IA

**Wellness Director Responsibilities**

- Created Waldorf Wellness program used by 600+ students
- Provided individual and team consultations for exercise, nutrition & optimal health
- Co-coordinated faculty/staff wellness program
- Fitness testing & education for NJCAA & NAIA competition requirements
- Managed wellness center personnel and equipment

**Department Chair/Associate Professor Responsibilities**

- Proposed and developed program for new Bachelor of Science in Wellness
- Developed all course curriculum, teaching materials, and evaluation procedures
- Directed program design of corporate wellness programs (85-300 employees)
- Served as academic advisor for BS and AA students
- Managed budgets for Wellness Department & Physical Education Departments
- Coordinated summer service project with Continental Divide Trail Alliance
- Responsible for NCA Review Assessment Plans

**Committee Service**

- Admissions & Academic Progress, 1999 – 2001
- Athletic Committee, 2000 – 2004
- Campus Life Committee, includes Judicial Review Board, 1999 – 2001
- Faculty Governance Task Force, appointed by President Jolivet, 2003 – 2005
- Sexual Harassment Committee, Chair, 2000 – 2005
- Scholarship Committee, 1998 – 2005

2002 -  
2005

**Mental Health Therapist, Parents United of Mason City**  
Mason City, IA

- Provided individual therapy for sexually abused children and adult survivors
- Provided family therapy
- Co-facilitated weekly group therapy sessions (offenders, children, teens & adults)
- Coordinated services with DHS and related social services
- Designed and implemented skill-building activities with adolescent girls
- Coordinated Relatives as Parents (RAPP) Grant

2002 -  
Present

**Director of Humane Education Outreach, Board of Directors, Pet-Abuse.com**

On-line non-profit resource for abuse prevention & registry of animal abuse cases

- Provide professional support and educational training to web-based organization designed to increase public awareness of link between animal cruelty and human violence connection
- Elected Vice President

2001 -  
2005

**Fitness Instructor, YMCA**  
Forest City, IA

1996 -  
1998

**Fitness Graduate/Teaching Assistant, SportWell Center, University of Illinois**  
Champaign, IL

**Teaching Assistant Responsibilities**

- Teaching assistant for Clinical and Applied Exercise Physiology
- Supervised undergraduate students during community outreach programs

- Taught clinical laboratory units
- Prepared lectures regarding exercise for individuals with special needs
- Graded labs, quizzes, exams, case studies

#### **Graduate Assistant Responsibilities**

- Taught weekly introductory fitness and nutrition seminar: BODYWORKS
- Provided instruction on proper use of resistance and aerobic equipment
- Administered fitness assessments
- Performed fitness and nutrition walk-in consultation and body composition tests
- Taught informational class about deep water exercise

#### **1996-1998 Fitness Instructor, Children's Tumbling & Senior Fitness, Urbana Park District Urbana, IL**

- Children's gymnastics: Topsy Tots, Beginning Tumbling, Intermediate Tumbling
- Preschool fitness: Mousercize, Instead of Sittin' We're a Gettin'
- Senior fitness: Sit & Be Fit (chair aerobics), Senior Strengthening

#### **1994 - 1996 Associate Data Coordinator, Biostatistics/Data Management Department Princeton, NJ**

- Examined and reviewed clinical data for Phase III Clinical Trials
- Assisted design of diagnostic programs for statistical analysis
- Contributed to final FDA report for new drug applications

### **COUNSELING INTERNSHIPS**

#### **2001 - 2002 Counseling Intern, Parents United, Mason City, IA**

- Provided therapy for sexually abused children and their families
- Co-facilitated weekly group therapy for children, parents, offenders, survivors
- Coordinated services with DHS and related social services
- Organized and facilitated group events related to Relatives as Parents (RAPP)

#### **2001 - 2002 Counseling Intern, Waldorf College Counseling Center, Forest City, IA**

- Provided individual therapy and referrals for college students and staff

#### **Spring 2001 "Issues With Eating" Group, Waldorf College, Forest City, IA**

- Co-facilitated weekly eating disorders group on campus

#### **Spring 2001 "Relationship" Group, Crisis Intervention, Forest City, IA**

- Seven-week internship; co-facilitated two groups each week

### **PUBLICATIONS**

Aranmór, S.L. (2005). Simple Things You Can Do to Save The Earth. *Wellness Management*, 20 (4), pp. 18-19.

Aranmór, S.L., & Gianotto, A.L. (2005). www.everydayactivist.com. Everyday actions for everyday people to make a difference on our planet.

Aranmór, S.L. (1998). A predictor of anaerobic power in wheelchair racers. Unpublished master's thesis, University of Illinois at Urbana-Champaign.

## **PRESENTATIONS**

“Wellness Lingo 101”

National Wellness Conference, Steven’s Point, WI- July18, 2009

“101 Simple Things You, Your Kids & Your Company Can Do to Save the Earth”

National Wellness Conference, Steven’s Point, WI- July 16, 2008

“From Socrates to Al Gore: The History & Philosophy of the Environmental Movement”

National Wellness Conference, Steven’s Point, WI- July 14, 2008

“The Modern Blacksmith”

National Institute for Staff and Organizational Development, Austin, TX- May 26, 2008

Keynote, Arizona Western College Go Green Day, “15 Simple Things You, Your Kids & Your Company Can Do To Save the Earth,” Yuma, AZ- April 22, 2008

“Why Are We Here? Writing Your Own Personal Mission Statement”

National Wellness Conference, Steven’s Point, WI- July 19, 2007

“Children ~ Future Eco-Crusaders: Act NOW!”

National Wellness Conference, Steven’s Point, WI- July 18, 2007

“The Greening of America: How Corporate America (and Small Business) is Saving Money By Promoting the Environment”

National Wellness Conference, Steven’s Point, WI- July 17, 2007

“Exploring the Tetons: An Inter-Disciplinary Approach”

National Institute for Staff and Organizational Development, Austin, TX- May 22, 2007

Channel 73 Yuma, AZ, “Honors Students Initiating & Promoting Recycling in Yuma”

Interview with Troy Wilde- March 28, 2007

“Stress Management for Registrars and Advisors: Surviving the Front Lines”

Annual AZ Conference for College Registrars and Academic Advisors- October 12, 2006

“www.EverydayActivist.com: Everyday Steps for Everyday People to Save the Earth”

National Wellness Conference, Stevens Point, WI- July 17, 2006

“51 Simple Things You, Your Kids and Your Company Can Do to Save the Earth”

Kailo Wellness Program, Mercy Medical Center- North Iowa- January 10 & 11, 2007

Northern Arizona University, Yuma campus – October 16, 2006

National Wellness Conference, Stevens Point, WI – July 12, 2005

“Kid Empowerment: 51 Simple Things Kids Can Do to Save the Earth”

National Wellness Institute Children’s Program, Stevens Point, WI – July 13, 2005

“Genetically Modified Organisms: The Solution to World Hunger or Farmageddon?”

Better Living Food Cooperative, Yuma Crossings State Park, Yuma, AZ- October 19, 2006

National Wellness Conference, Stevens Point, WI – July 14, 2005

“Stress Management for Educators: Keeping Yourself Sane Despite the Odds”

Yuma County Professional Day: Instruction That Works, Yuma, AZ - February 17, 2006

Arizona Western College Professional Development Day, Yuma, AZ- February 15, 2006

Associate Faculty Development Day, AWC, Yuma, AZ- April 22, 2006

“Stress Management for Teens: Staying Sane in a (Sometimes) Insane World”

Arizona Student Council Association- February 2, 2007  
San Luis High School: Freshmen Honors, Freshmen Alternative School- March 22, 2006

“The ‘Taboo’ Population: Wellness Programs for Adult Survivors of Childhood Sexual Abuse”  
National Wellness Conference, Stevens Point, WI- July 19, 2006

## **AWARDS & GRANTS**

|           |         |   |
|-----------|---------|---|
| 2009      | Source: | Arizona Western College                                   |
|           | Title:  | Teacher of the Year 2009, Associate Faculty               |
| 2005      | Source: | Continental Divide Trail Alliance (CDTA)                  |
|           | Title:  | 120 Hours of Service Award                                |
| 2005      | Source: | Waldorf College Board of Regents                          |
|           | Title:  | Holmen Award for Community Service                        |
|           | Amount: | \$500   |
| 2003      | Source: | FIHE/UPS  |
|           | Title:  | ICF Mini-Grant for Educational Technologies               |
|           | Amount: | \$700 (\$500 Blackboard training + \$200 stipend)         |
| 2001-2002 | Source: | Evangelical Lutheran Church in America                    |
|           | Title:  | ELCA Colleges and Universities Administrative Study Grant |
|           | Amount: | \$1200  |

## **CERTIFICATIONS**

|      |   |
|------|---|
| 2010 | (expected) American Welding Institute, SENSE Level 1 Certified Welder                                 |
| 2007 | Colorado Outdoor Training Institute (COTI) Trail Crew Leader  |
| 2006 | PADI Advanced Open Water Diver; PADI Open Water Diver   |
| 2005 | Institute of Integral Qigong and Tai Chi (IIQTC), Tai Chi Easy™ Facilitator                           |
| 2004 | National Wellness Institute, Certified Holistic Stress Management Instructor                          |
| 2003 | National Board of Certified Counselors, Nationally Certified Counselor (NCC)                          |
| 2003 | American Council on Exercise, Personal Trainer (ACE-PT)   |
| 2002 | National Registry of Emergency Medical Technicians, EMT-B   |
| 2002 | Iowa Emergency Medical Services, Emergency Medical Technician- Basic (EMT-B)                          |
| 1999 | National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (CSCS) |
| 1998 | American College of Sports Medicine, Health/Fitness Instructor (ACSM H/F-I)                           |
| 1997 | American Sport Education Program, Coaching & Sport First Aid  |

## **PROFESSIONAL MEMBERSHIPS**

American Mental Health Counselors Association (AMHCA); also Southwest Chapter (IMCA)

American College of Sports Medicine (ACSM), also Southwest Chapter

American Welding Society (AWS)

Continental Divide Trail Alliance (CDTA)

National Strength and Conditioning Association (NSCA)

National Wellness Institute (NWI)

## **COMMUNITY SERVICE**

- Board of Directors, Yuma Family YMCA** **2005 - Present**  
Yuma, AZ
- Participate in planning, budgeting and development of community programs
- Trail Crew Volunteer/Leader, Continental Divide Trail Alliance** **2002 - Present**  
Denver, CO
- Repair, rebuild and reroute portions of the Continental Divide Trail (CDT) in an effort to connect all sections of CDT by 2008
- Foster Parent, Department of Human Services** **2003 - 2005**  
State of Iowa
- Licensed to provide care for four children
- US Fish & Game Volunteer, Tiger Rescue & Fund for Animals** **2003**  
Colton, CA/ [www.savethetigers.com](http://www.savethetigers.com)
- Maintained habitat, assisted with feeding and medication administration for 38 tigers
- Volunteer EMT-B & Driver, Forest City Ambulance Service** **2001 - 2005**  
Forest City, IA
- Served as nationally certified EMT-B and EMS driver; member of Board of Directors
- Volunteer, Good Samaritan Center** **2001 - 2005**  
Forest City, IA
- Pet-Assisted Activities (PAA) with my adopted greyhounds & miniature daschund
- Co-advisor, Waldorf College Chapter of Amnesty International** **2001 - 2005**  
Forest City, IA
- Assisted in advising students about human rights projects, campaigns, etc.
- Volunteer, Rehabilitation Education Services, University of Illinois** **1997 - 1998**  
Champaign, IL
- Volunteer coordinator 1997 UIUC Summer Wheelchair Sports Camps
  - Assisted therapeutic sports conditioning for disabled athletes
- Crisis Counselor, Rape Crisis Services** **1998**  
Champaign, IL
- 650+ hours: On-call crisis intervention counseling & medical advocacy in hospital setting

## **ACADEMIC COURSES TAUGHT**

### **Marriage & Family, FCS/SOC 160**, Arizona Western College, Yuma, AZ

- **Course Description:** Exploration of current attitudes and values evolving from our past and our environment that are evident in today's dating patterns, marital lifestyles and personal lifestyles. This course is a general education course in the social and behavioral sciences and includes intensive writing (minimum 2,000 words) and critical inquiry with a focus on ethnic, race and gender awareness.

### **Human Development, FCS/PSY 238**, Arizona Western College, Yuma, AZ

- **Course Description:** General insight into the human growth and development process from conception to death. The leading life span developmental theories and concepts will be explored. This course provides information for family and consumer science, nursing, psychology, sociology and physical education majors. Students planning to transfer this course should take psychology that many universities require as prerequisite.

### **Essential Sciences for Massage Therapy, LMT 224**, Arizona Western College, Yuma, AZ

- **Course Description:** Comprehensive and experiential study of the human body. Emphasis on normal movement patterns and pathological conditions which inhibit movement. Techniques to facilitate and assess range of motion.
- Co-taught course: taught physiology half of course

### **Green Welding, WLD 099**, Arizona Western College, Yuma, AZ

- **Course Description:** A value driven course centered in the knowledge, skills and behaviors needed to develop leadership in the "green" economy and to understand the role welding plays in it.
- **Targeted Student Course Objectives:** Determine historical perspective of the "green" economic movement; describe the role welding plays in the future of the "green" economic movement; complete a "green" project activity and written assessment that demonstrates leadership and understanding of the use of welding in wind, solar or other "green" activities.

### **Blacksmithing & Ornamental Ironwork, WLD 103**, Arizona Western College, Yuma, AZ

- **Course Description:** Basic concepts of ornamental iron fabrication and related blacksmithing techniques used to shape metal. Course will include history of ornamental ironwork through lab activities, internet, and traditional sources of information. Students will be able to choose from a number of projects and forge them to completion.
- Prepared and supervised laboratory sessions where students created a variety of tools, utensils and ornamental pieces

### **Concepts of Wellness, WEL 101**, Waldorf College, Forest City, IA; Arizona Western College, AZ

- **Course Description:** Introductory wellness course based on a six-component model of wellness: physical, psychological, social, intellectual, environmental & spiritual well-being. There is an emphasis on self-evaluation, self-improvement and integration; required for AA, BA, and BS graduation at Waldorf College; degree requirement at AWC,

### **Stress Management, WEL 212**, Waldorf College, Forest City, IA

(Also **WED 212 Stress Management**, Arizona Western College, Yuma, AZ)

- **Course Description:** This course is designed to introduce students to the causes, effects, and potential solutions to stress and stress-related problems. In addition to class discussion, activities will be incorporated into each class period including: deep breathing, progressive muscular relaxation, visualization, guided imagery, meditation, yoga, NIA, Tai Chi, self-hypnosis, autogenics, aromatherapy, and pet therapy. The ultimate goal of the course is to reduce stress levels and develop personal wellness. (2 credits)

### **Introduction to Kinesiology, WEL 260**, Waldorf College, Forest City, IA

- Course Description: The study of human movement in the context of exercise, including basic anatomy, biomechanics and spatial analysis. Lab experience each week related to lecture materials; no formal laboratory. (3 credits)

**Nutrition for Sport & Fitness, WEL 320**, Waldorf College, Forest City, IA

- Course Description: An advanced look at nutrition as it applies to the special needs of athletes and fitness participants. Includes exploration of current issues including weight loss/gain, current diet trends, performance enhancement, ergogenic aids, sport-specific eating plans and botanical medicine. (3 credits)

**Concepts of Exercise Physiology, WEL 350**, Waldorf College, Forest City, IA

- Course Description: A look at advanced physiological concepts as they relate to exercise; topics include but are not limited to energy, metabolism, oxygen consumption, adaptation to exercise, response to exercise, and exercise prescription. Links to practical and applied information discussed whenever possible. (3 credits)

**Fitness Measurement & Exercise Prescription, WEL 360**, Waldorf College, Forest City, IA

- Course Description: Students will learn how to administer basic fitness tests including body composition, sub-maximal exercise tests, anaerobic power tests, flexibility tests and manual muscle testing. After completing this lab course, students should be prepared to sit for practical component of a nationally recognized certification exam. (4 credits)

**Wellness Program Development & Administration, WEL 380**, Waldorf College, Forest City, IA

- Course Description: A consulting team-based approach to developing wellness programs in a variety of settings including college campuses, small businesses, fitness centers, hospitals, and community health centers using actual clients in neighboring communities. Develop actual wellness program for local area businesses and present program to all employees. (4 credits)

**Fitness Program Administration, WEL 405**, Waldorf College, Forest City, IA

- Course Description: Development of specific fitness programs for a variety of purposes including general health improvement/disease prevention, weight loss, weight gain, and sports participation. Includes aerobic and resistance training, as well as a stress management component. Real-life clients assigned to each student. (4 credits)
- Successful completion of American Council on Exercise (ACE) Personal Training certification exam required.

**Experiential Wellness, WEL 410**, Waldorf College, Forest City, IA

- Course Description: Students will “experience” wellness on several different levels in this course. On one level, students will explore their own life experiences, looking at the six components of wellness as each relates to them personally. On another level, students will become well versed in a particular area of wellness and will create a presentation that can be used for community education and health promotion. Finally, students will learn to present each of the student-generated class topics and will go out into the community in several different settings to practice delivering their wellness messages. (3 credits)

**Wellness Programming with Special Populations, WEL 420**, Waldorf College, Forest City, IA

- Course Description: A variety of wellness programming topics will be presented in the context of special populations including: children; older adults; minority groups; GLBT groups; persons with physical, emotional and learning disabilities; and those diagnosed with diseases such as heart disease, asthma, diabetes. (Must be taken in senior year.) (3 credits)

**Senior Seminar, WEL 430**, Waldorf College, Forest City, IA

- Course Description: A weekly discussion of case studies, internship experiences, and current issues in wellness. Students will be expected to present case studies and read current journal articles to present to the group. (Taken in final semester.) (2 credits)

**Principles of Nutrition, BIO/WEL 207**, Waldorf College, Forest City, IA

- Course Description: Introductory course designed to familiarize students with biochemical processes of digestion, absorption, and metabolism, as well as the contributions of various nutrients to the health of individuals at various ages; taught at pre-nursing level. (3 credits)

**Personal & Community Health, PED/WEL 221**, Waldorf College, Forest City, IA

- Course Description: A course which presents principles and practices of personal health and seeks to develop attitudes and habits necessary for healthful living; special attention is given to community services, outreach projects, and national sub-populations in need of health education and promotion (3 credits)

**Coaching Anatomy, PED 271**, Waldorf College, Forest City, IA

- Course Description: Introductory anatomy course, designed to provide a working knowledge of the structure and function of the human body as it relates to sports and fitness; special emphasis is given to the muscular, skeletal and nervous systems; prerequisite course for Iowa state coaching certification. (1 credit)

**Treatment of Athletic Injuries, PED 272**, Waldorf College, Forest City, IA

- Course Description: Introductory course designed to provide practical training in the care and prevention of athletic injuries; prerequisite course for Iowa state coaching certification (2 credits)
- Includes lecture and lab (tapings: ankle, Achilles, quad, hamstring, shoulder, wrist, etc.)

**Nutrition, Iowa Central Television Network**, Iowa Central Community College, Webster City, IA

- Course Description: Televised pre-nursing nutrition course, emphasizing specific nutritional needs throughout the life cycle; broadcast via the Iowa Central Television Network (3 credits)
- Led group discussions about eating disorders and other relevant topics
- Coordinated 10 remote sites, including several rural sites

**Clinical & Applied Exercise Physiology, Kinesiology 352**, SportWell Center and Department of Kinesiology, University of Illinois, Champaign, IL

- Course Description: Physical fitness appraisal and guidance in clinical and applied settings with emphasis on medical clearance, risk factor assessment, and exercise prescription (3 credits)
- Prepared lectures about exercise and special populations including children, elderly, SCI, mental retardation, and pregnant women
- Prepared and supervised laboratory sessions including YMCA Sub-Max Bike Test; YMCA 3-Minute Step Test; Bruce Treadmill; manual muscle testing; BP; body fat

**ACTIVITIES COURSES TAUGHT**

Aerobics, Dance, Desert Hiking, Fitness for Life, Fitness Training, Personal Fitness Training, Pilates, Running, Special Activities, Technical Rock Climbing I, Technical Rock Climbing II, Water Aerobics, Weight Training

## Shanen L. Aranmór, MS, NCC, CSCS

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### REFERENCES

#### **Kathy Watson, PhD**

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Arizona Western College  
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#### **Samuel Colton**

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