

Patty Williams Hovis

Relevant Education

UNIVERSITY OF FLORIDA
Gainesville, Florida
COLLEGE OF HEALTH AND HUMAN PERFORMANCES
Master of Science in Exercise and Sport Sciences
Specialization: Exercise Physiology
Awarded: August, 1993

UNIVERSITY OF SOUTH FLORIDA
Tampa, Florida
COLLEGE OF EDUCATION
Bachelor of Science
Specialization: Physical Education
Awarded: May, 1988

Professional Memberships

American College of Sports Medicine
Physical Education Association Dance Masters of America
Florida Dance Masters
Physical Therapy Assistant Selection Committee
Physical Therapy Assistant Advisory Committee

Masters Research

Reliability of Multiple Isometric Knee
Flexion/Extension and Strength Measurement

Relevant Experience

PROFESSOR
POLK COMMUNITY COLLEGE
Responsibilities: Instruction in Wellness Concepts, a 2 credit hour course and Personal and Community Health, a 3 credit hour course. Areas of instruction include aerobic conditioning, strength training, nutrition, stress management, cardiovascular disease, flexibility, sexually transmitted diseases, drug usage, back care, and physical lab assessments.
August 2003-to present.

OUTPATIENT REHABILITATION
WINTER HAVEN HOSPITAL
Responsibilities: Conducting physical rehabilitation therapy, assessing pt. skills and developing home exercise programs.
Teaching back and ergonomic schools to hospital employees and to Winter Haven, FL city employees
Continuing education presentations on Benefits of Exercise for the Elderly

Health Fairs: Back and Flexibility screening for industries and community
Clinical Coordinator for the Physical Therapy student affiliations
First Aid Instructor for the hospital.
September 1997-2003.

STAFF INSTRUCTOR (Adjunct Faculty)
POLK COMMUNITY COLLEGE

Responsibilities: Instructor in Wellness Concepts, a 2 credit hour course.
Assisted and Taught Therapeutic Exercise in Physical Therapy I, a 3 credit
hour course.

June 1986-August 1990

March 1993-1997

GRADUATE ASSISTANT
UNIVERSITY OF FLORIDA CENTER FOR EXERCISE AND
SCIENCE

Responsibilities: Daily operations of a lab for ongoing research in
physical training (testing and training of pt.s).

August 1991-December 1992

DANCE STUDIO OWNER AND INSTRUCTOR

Responsibilities: Teaching classical ballet, tap, jazz, and tumbling.

September 1981-May 1990

Technical Skills and Training

- *Certified ACSM Health Fitness Instructor
- *Strength and Flexibility Testing
- *Body Composition Analysis
- *Exercise Prescription
- * Certified MedX Low back Flexion/Extension
- * Certified MedX Cervical Flexion/Extension

Honors

Dean's List (University of South Florida)

August 1986-May 1988

Member of Phi Kappa Phi

References Personal references available upon request.