

Rosemary Lindle Ph.D.

2712 Birdseye Lane, Bowie, MD 20715

410.271.1808 rlindle@aol.com or rlindle@umd.edu

<https://sph.umd.edu/department/knes/bio/18860>



For the past 30 years, Rosemary Lindle, PhD, exercise physiologist, has been involved in the health and fitness field as an educator, researcher, and consultant. Currently, she is a faculty member in the Kinesiology Department, at the University of Maryland (UMD), School of PublicHealth where she teaches a variety of courses including the ACE certification preparation courses (Personal Trainer and Group Fitness Instructor). Her company, Professional Fitness Consultants, LLC, provides services to various government, corporate and non-profit agencies working primarily with occupational athletes e.g. military, law enforcement and first responders (fire and emergency rescue personnel) including, the USAF, NAVY, USSS, CDC, and Various Fire and Emergency Rescue Agencies and Departments.

EDUCATION

University of Maryland, Ph.D., Exercise Physiology, 1997

University of Maryland, M.S., Exercise Physiology, 1989

University of Maryland, B.S., Exercise Science, 1986

North Texas State University, Dance and Music

Southern Methodist University, Dance and Performing Arts

CERTIFICATIONS

American College of Sports Medicine (ACSM), Exercise Physiologist

American Red Cross, CPR/AED/FIRST AID Instructor

EXPERIENCE

UNIVERSITY OF MARYLAND, DEPARTMENT OF KINESIOLOGY

Faculty, September 1995 to present (Currently Adjunct)

Worked full time at the University of Maryland from 1995 until 2004, left in 2004 devote more time to outside consulting work. In her current capacity as adjunct faculty, she teaches several classes each year.

Teaching:

Over the course of the past ten years, developed and taught a variety of courses including:

- Exercise Physiology (online and traditional classroom)

- ACSM Exercise Physiologist and Clinical Exercise Physiologist Certification preparation course
- ACE Personal Trainer and Group Fitness Instructor Certification preparation courses
- Scientific Bases of Athletic Conditioning: NSCA-CSCS preparation course
- Training the Occupational Athlete: NSCA TSA-F preparation course (in development)
- Science of Physical Activity and Cardiovascular Health
- Nutrition and Body Composition
- Exercise and Aging

Research:

Conducted research and published papers in the area of exercise and aging, muscle physiology, and genetics.

- Examined effects of age on concentric and eccentric muscle actions
- Examined possible mechanisms involved in the loss of muscle function with age including neuroendocrine and genetic aspects
- Conducted pilot work on methods for estimating the number of motor units in human muscles.
- Examined effects of hormone replacement therapy on muscle mass and muscle strength.
- Examined effects of various genotype polymorphisms on muscle mass and muscle function.
- Determined effects of various modes of cardiovascular training on aerobic capacity and injury rate.

PROFESSIONAL FITNESS CONSULTANTS LLC

Owner/CEO, 1990 to present. Consultant to various Government, corporate and non-profit agencies including:

1. UNITED STATES AIR FORCE (USAF)

Development and delivery of the Military Exercise Leader (MEL) Certification Training at various Air Force bases worldwide.

2. UNITED STATES SECRET SERVICE (USSS)

Development, supervision and instruction of the USSS Fitness Coordinator Certification Program and the Fitness and Nutrition Lecture series for the USSS Recruits

3 NAVY: Ergonomic Specialist. Conduct worksite task analyses, workstation assessments, educational seminars, health promotion events including the annual health fair.

4. VARIOUS FIRE AND EMERGENCY MEDICAL SERVICES ORGANIZATIONS: National Volunteer Fire Council, District of Columbia, Montgomery and Prince Georges Counties in Maryland

Development and delivery of Peer Trainer Certification Programs and various In-Service workshops, e.g. Ergonomics, Healthy Back, Functional Fitness, Nutrition, etc.

5. ANNE ARUNDEL COUNTY DEPARTMENT OF PARKS AND RECREATION

Contractor, provided training and oversight for various Zumba® programs (Zumba®, Zumba® Gold, Zumba® Toning, Aqua Zumba® and Zumba®Kids offered throughout the County. (2008 - 2018)

6. NATIONAL AEROBICS AND FITNESS TRAINERS ASSOCIATION (NAFTA)

Assisted with the development of the personal trainer certification and third-party (NCCA) accreditation . Development and production of NAFTA POWER TRAINING SYSTEMS®, pre-choreographed programs including, POWER STEP®, POWER GROOVE®, POWER PUMP®, and POWER CYCLE®

7. CENTER FOR DISEASE CONTROL / NATIONAL CENTER FOR HEALTH STATISTICS

Development and oversight of the muscle strength testing component of the National Health and Nutrition Examination Survey (NHANES) for the National Center for Health Statistics (NCHS) a branch of the Center for Disease Control (CDC). Responsibilities include development of the testing protocol, training of technicians, quality control, and analysis and publication of the data in conjunction with the NCHS.

- 8. YMCA OF THE USA:** Served as a consultant to the YMCA of the USA for 10+ years
- 1) Was instrumental in the development of YMCA of the USA certifications courses: Personal Trainer, Group Fitness Instructors, and Foundations of Strength and Conditioning. (Decades ago, I recommended that they partner with ACE for certifications).
 - 2) Faculty trainer (trainer of trainers) for the YMCA of the USA.
 - 3) Served as a member of the Y-USA Health and Fitness Advisory Board.
 - 4) Presented at several YMCA National Conferences

9. SPORT FIT TRAINING CENTERS Instructor, Trainer and Consultant (30 years)

- Teach a variety of fitness-based classes including, indoor cycling, strength and conditioning, functional fitness, Yoga, Pilates, Step, Circuit training, Kickboxing, Zumba®
- Developed Pump-Fit©, Group Strength Training Program, Boomer-FIT© a pre-hab program for baby boomers, DANZ-Fit©, DANZ-Fit Ballroom© and RESTORE© a corrective muscle conditioning program.

PROFESSIONAL AFFILIATIONS

- ACSM member and certified Exercise Physiologist. Development and delivery of the ACSM, Exercise Physiologist and Clinical Exercise Physiologist Preparation Courses for the University of Maryland, Dept. of Kinesiology.

-ACE: Development and delivery of the ACE certification prep courses (Personal Trainers and Group Fitness Instructor) for the University of Maryland, Dept of Kinesiology. In the past, have served as an item writer for the ACE certification exams.

-IDEA: Member since 1983. Over the years, presented at various conferences, served on committees and authored and reviewed articles for their publications. Most recent, Training the Occupational Athlete (Publication, 2015 and Presentation at the Personal Trainer Conference) and the KISS- Undiet (Presentation, Personal Trainer Conference)

PUBLICATIONS

RS Lindle, Training the Occupational Athlete, IDEA Fitness Journal, January 2015

LM Cerniglia, MJ Delmonico, R Lindle, BF Hurley, MA, Rogers. Effects of acute supine rest on mid-thigh cross-sectional area as measured by computed tomography. *Clinical Physiology and Functional Imaging* (27), 249-253, 2007

MA Schragger, SM Roth, RE Ferrell, EJ Metter, E Russek-Cohen, RS Lindle, and Ben F. Hurley. Insulin-like growth factor-2 genotype, fat-free mass, and muscle performance across the adult life span. *Journal of Applied Physiology* 97: 2176-2183, 2004.

Y. Ostchega, CF Dillon, R.Lindle, M Carroll, BF Hurley. Isokinetic leg muscle strength in older americans and its relationship to a standardized walk test: data from the national health and nutrition examination survey 1999-2000. *Journal of American Geriatrics* 52(6): 977-982, 2004

SM Roth,, MA Schragger, RE Ferrell, SE Riechman, EJ Metter, NA Lynch, RS Lindle and BF Hurley. CNTF genotype is associated with muscular strength and quality in humans across the adult age span. *Journal of Applied Physiology* 90: 1205-1210, 2001

RS Lindle. Autoimmune disease and overtraining. *IDEA Health and Fitness Source*, 10/01/2000

RLindle, B Hurley, M Nelson, W Evans, W Haskell, J Manson, S Blair, and B Liebman,. Exploding 10 exercise myths. *Nutrition Action Health Letter*. January/February 2000

EJ Metter, NA Lynch, R. Conwit, RS Lindle, J. Tobin, BF Hurley. Muscle quality and age: cross-sectional and longitudinal comparisons. *Journal of Gerontology A Biol Sci Med Sci*. 54(5)L: B207-18, 1999

NA Lynch, EJ Metter, RS Lindle, JL Fozard, JL Fleg, J. Tobin, TA Roy and BF Hurley. Age associated differences between arm and leg muscle groups. *Journal of Applied Physiology* (86)1: 188-194, 1999

NA Lynch, EJ Metter, RS Lindle, CS Bacal, JL Fozard, JL Fleg and BF Hurley. Muscular Strength and estrogen replacement therapy: cross-sectional and longitudinal perspectives. *Medicine and Science in Sports and Exercise*. 30 (5 Suppl): 273, 1998 Presented ACSM National Meeting, 1998.

RS Lindle, EJ Metter, NA Lynch, JL Fleg, JL Fozard, J. Tobin, TA. Roy and BF Hurley. Age and gender comparisons of muscle strength in 654 women and men aged 20-93 yr. *Journal of Applied Physiology* 83(5): 1581-1587, 1997.

RS Lindle, EJ Metter, JL Fozard, JL Fleg and BF Hurley. Eccentric strength is preserved with age in women. *Medicine and Science in Sports and Exercise*. 27(5 Suppl): 205, 1995. Presented ACSM National Meeting, 1995