

Andrea Romeo
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School of Public Health
Kinesiology

PERSONAL INFORMATION

Educational Background

- 2014-2016, Master of Public Health, MPH in Physical Activity, University of Maryland, College Park, Related Coursework: Foundations of Epidemiology, Biostatistics I, Foundations of Environmental Health, Introduction to Health Systems, Health Behavior I, Kinesiology in Public Health, Community Health Program Planning, Public Health Research Ethics, Epidemiology of Obesity, Nutritional Epidemiology, Physical Activity Epidemiology, Public Health Research Methods.
- 2013-2014, Advanced Special Student, University of Maryland, College Park
- 2006-2010, Bachelor of Science, Kinesiology, University of Maryland, College Park, Related Coursework: Exercise Physiology, Exercise and Body Composition, Science of Physical Activity and Cardiovascular Health, Principles of Community Health, Fitness Assessment and Exercise Prescription, Development through the Lifespan, Biomechanics of the Human Body, Motor Development, Motor Control and Learning, Personal and Community Health, Sports Marketing and Media, Introduction to Health Behaviors, Sports Psychology, Children in Sport, Anatomy and Physiology, Introduction to Psychology, Media Literacy, Technical Writing,

Academic Appointments at UMD

- 2011-Ongoing, Instructor/Advisor

Other Employment

- 2015-2015, Wellness Intern, Easton Family YMCA, Assisted Wellness Coordinator in daily activities. Restructured “Hang Time,” an afterschool program for middle school students to include physical activity classes, healthy snacks, and a cooking class. Received a grant from the Talbot Family Network for “Hang Time.” Helped to organize donors and registration the annual 5k Run for Hospice. Assisted in organization of a blood drive and volunteers for Ironman Maryland. Ran the Twitter account for Easton Family YMCA.
- 2010-2011, Cardiac Rehabilitation Aide, Washington Heart Medical Fitness and Wellness Center, Monitor cardiac patient’s heart rhythms while they exercise to rehabilitate their cardiovascular system. Input data based on the patients current health status and record their exercise regimen. Inform patients about the importance of exercise after having a cardiac event. Work with bariatric patients on their plan for exercise after they have received their surgery.

Inform bariatric patients on the importance of a healthy lifestyle. Assist in the collection of copayments.

- 2009-Ongoing, Head Junior Varsity Field Hockey Coach, Anne Arundel County Public Schools, Work with athletes on improving and refining the skills necessary to compete at the high school level. Provide first aid in case of emergencies.
- 2008-2011, Camp Instructor, Holy Trinity Summer Camp, Educate, classes of 20 children, the importance of healthy eating and exercise. Create healthy and fun recipes for children between the ages of 5 and 10. Instruct children on how to follow a recipe to create meals. Guide children through their daily activities. Provide first aid in cases of emergencies.
- 2008-2009, Learn to Live Educator, Anne Arundel County Department of Health, Make presentations to the community about living a healthy lifestyle in grocery stores around the county. Provide examples of proper food and recipes to educate people on the benefits of a healthy diet. Answer questions and concerns of the customers.
- 2005-2011, Assistant Manager/Pool Operator/ Lifeguard/ Swim Lessons Instructor, Suburban Aquatic Club, Supervise on duty lifeguards. Monitor pool activity to ensure a safe environment. Purchase pool related materials and maintain the snack bar inventory. Responsible for maintaining chemical integrity of the pool. Manage daily camp schedules and oversee safety of campers. Respond to accidents that occurred in or on the grounds of the pool. Keep the pool a safe and healthy environment. Work with children, ages 2-13, on becoming familiar with the water as well as learning how to perform the basic strokes and water survival skills.

Professional Certifications, Licenses, and Memberships

- 2011-Ongoing, Spinning Instructor, SPINNING

RESEARCH, SCHOLARLY AND CREATIVE ACTIVITIES

Fellowships, Gifts and Other Funded Research

Other Funded Research

- 2015, Derek White, Curtis Miller, Katie Ewers, Mandi Garner, Janelle Dawson, Jennifer Kennedy-Hines, and Andrea Romeo, Talbot Family Network Community Partnership Agreement: Hang Time, Talbot Family Network, In 2013, the Easton Family YMCA launched a health and wellness program called SHORE Kids in conjunction with health and wellness professionals both internal to the YMCA and stakeholders within the community. The goal of the program focused on youth obesity, prevention, and helping to change the factors that contributes to this issue. Hang Time is a teen afterschool program that provides free access to the Easton Family YMCA to middle school students holding YMCA memberships following each day of school. This program allows the children a safe and fun environment to be a kid following a long school day. Hang Time started programming in the fall of 2007 and has provided between 75 and 150 students per day a safe space to have fun. In the fall of 2015, the YMCA of the Chesapeake will be entering a whole new endeavor with the creation of the 6thGrade Initiative which will provide every 6th grade student a free YMCA membership upon entering the 6th grade. Following the success of our Shore Kids program, the Easton Family YMCA is seeking to

expand this impact into our already present teen population. By receiving our request from Talbot Family Network, our Hang Time program will provide the participants, ages 11-14, the tools necessary to modify unhealthy habits and physical inactivity. We are taking a comprehensive approach in creating a program that addresses multiple factors. Rather than looking at one cause, we will take 4 separate factors into consideration; PHYSICAL, EMOTIONAL, NUTRITIONAL, and INDIVIDUAL ACCOUNTABILITY, the same principles used in Shore Kids. With a focus on these four factors, we aim to change the way these children look at health and wellness and create good habits while they are still in formative years, enabling them to live happy, healthy lives. This program will expose children to a variety of physical activities and nutritional aspects. Through this funding, participants will now be able to choose from several physical activities to engage in for the first hour. From 4pm-5pm, children will be given time to eat a healthy snack (provided by the program) and work on their homework where tutors will be available to assist them in doing so. The last two hours will be a combination of nutrition education and physical activity. The Easton YMCA will be requesting \$10,000 following our program plan discussion, to assist in the implementation of health snacks for all participants in the Hang Time program. This cost would help cover approximately 150 snacks per day at \$.20/snack for all 180 school days. The Easton YMCA will also use part of these funds towards the up fit of a multipurpose youth wellness area focused on small group or individual training. The Easton Family YMCA will be utilizing staff within our facility including Wellness Coordinator Curtis Miller, Registered Dietician Katie Ewers, Kitchen Lead Mandi Garner, University of Maryland Intern and Public Health major Andrea Romeo, and Program Directors Janelle Dawson and Jennifer Kennedy-Hines.

TEACHING, MENTORING AND ADVISING

Courses Taught

- KNES201, Kinesiological Principles of Physical Activity, One of several course developers for this course.
- KNES161O, Conditioning (Intermediate)
- KNES161N, Conditioning (Beginning)
- KNES160O, Volleyball (Intermediate)
- KNES160N, Volleyball (Beginning)
- KNES157T, "Fight the 15"- Introduction to fitness and an active lifestyle, Primary course developer.
- KNES157N, Weight Training (Beginning)
- KNES131V, Jogging (Beginning)
- KNES131O, Jogging (Intermediate)

Teaching Innovations

Course or Curriculum Development

- 2013, Course Development for KNES157T
- 2013, Course Development for KNES201

Advising: Other than Research Direction

Undergraduate

- Spring 2016, 300
- Fall 2015, 300
- Spring 2015, 300
- Fall 2014, 300
- Spring 2014, 300
- Winter 2014, 50
- Fall 2013, 300
- Sum II 2013, 50
- Sum I 2013, 50
- Spring 2013, 300
- Winter 2013, 50
- Fall 2012, 300
- Sum II 2012, 50
- Sum I 2012, 50
- Spring 2012, 300
- Winter 2012, 300
- Fall 2011, 300

SERVICE AND OUTREACH

Committees, Professional & Campus Service

Campus Service - Department

- Date not known-Ongoing, Member, Alumni Development
- Date not known-Ongoing, Member, Physical Activity Program
- Date not known-Ongoing, Member, Outreach/Internship Committee

External Service and Consulting

Community Engagements, Local, State, National, International

- 2015, Internship, Easton Family YMCA

Other

- 2015, Coaching, Anne Arundel County Public Schools, Assistant Field Hockey Coach at Broadneck High School.

AWARDS, HONORS AND RECOGNITION

Teaching Awards

- 2015, Graduate Student Physical Activity Instructor Award, Department of Kinesiology

OTHER INFORMATION