

Curriculum Vitae
Cassandra A. Ledman, MS, ACSM RCEP,
Wellcoaches CHWC, ACSM EIM III, NASM CES

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Education Background

- 2008 M.S. Clinical Exercise Physiology, Ball State University, Muncie, IN
 Thesis title: Effects of CPAP treatment on Physical Activity Levels in OSA Patients.
- 2006 B.A. Health & Fitness, Purdue University, West Lafayette, IN
 Minor: Psychology

Academic Appointments:

- Spring 2021 – present Clinical Associate Professor, Purdue University Department of Health and Kinesiology
- Fall 2016 – Spring 2021 Clinical Assistant Professor, Purdue University Department of Health and Kinesiology
- Fall 2016 – Fall 2017 Clinical Assistant Professor, Director of Applied Exercise and Health degree program

Courses Taught:

HK 22200	Foundations for the Health & Fitness Profession	F 22, S 22
HK 22100	Foundations for the Fitness Professional	F 16, S/F 17, S/F 18, S/F 19, S/F 20, Spring 21
HK 31500	Group Exercise Instruction	F 16, S/F 17
HK 31600	Foundations for Strength & Conditioning	F 16, S/F 17
HK 31800	Strength & Conditioning and Exercise Instruction	S/F 18, S/F 19, S/F 20, S/F 21, S 22
HK 42400	Health and Fitness Program Management	F 16, S 18, S 19, S 20, S 21, S 22
HK 48500	Electrocardiogram, Cardiovascular Disease & Exercise	F 17, F 18, F 19, F 20, F 21
HK 49000	Clinical Applications in Sport Performance	F 18, S 19 Sm/F 2019, S 20, S/F 21, S 22
HK 49000	Health Coaching	F 21, S 22
HK 59000	Strength & Conditioning and Exercise	Fall 18, S 19, F19, S 22

	Instruction Leadership	
HK 59000	Clinical Application is Cardiac Rehab	S 20
PES 11400	Exercise & Music	F 16, S/ F17
PES 11400	Exercise & Fitness	F 16, S/F 17, S/F 18, S/F 19, S/F 20, S/F 21, S 22
SA 10309	Global Perspectives in Sports Medicine	co-led Maymester 2018, Maymester 2019

Contributions:

- Establishing the Clinical Exercise Physiology concentration curriculum and courses offered to ensure students are receiving all necessary skills and education to prepare for professional school, entry level careers in the industry, and sitting certifications, specifically the ACSM Clinical Exercise Physiology certification, upon graduation.
- Developed and implemented new courses:
 - Electrocardiography, CVD, and Exercise (HK485)
 - Strength and Conditioning and Exercise Instruction across the Lifespan (HK318)
 - Stress Testing Seminar section at A.H. Ismail Center (HK 411)
 - Foundations of the Health and Fitness Professional (HK222)
- Facilitated major renovations and updates to the strength and conditioning lab
- Create didactic and experiential learning content for courses. Construct lectures, lab lesson plans, field work experience, assignments/projects and exams for topics related to: anatomy/physiology overview, fitness professional skills, strength and conditioning, health and fitness management, electrocardiography, stress testing and cardiovascular disease.
- Established course curriculum, syllabi, and schedules; manage grades and student progress, organized learning management systems and video conferencing platforms to enable optimal communications and student outcomes.

Service

- Roles with department and college-wide committees to assess and improve functionality of programs and student experience.
 - HHS International Programs committee
 - HK Curriculum committee member
 - HK Diversity Equity and Inclusion committee member
 - Exercise – is Medicine committee chair
 - HK faculty and staff search committees
 - Awards and scholarship committees
- Graduate student mentor & advisor:
 - Fall 2021 – present: Primary faculty advisor for 1 graduate student
 - Spring 2020 – Primary faculty advisor & committee chair for 2 graduate student committees
 - Spring 2019 - Advisor for 2 graduate student advisor committees
 - Spring 2018 - Advisor for 3 graduate student advisor committees
- Mentoring undergraduate and graduate students within the regarding class performance, degree path options and future professional endeavors.
- Internship/work-study supervisor- Lambert Fieldhouse intern
- Exercise is Medicine Leadership on Campus Team advisor– Head of committee
- CDC Diabetes Prevent Program Coordinator at A.H. Ismail center, Initiating Fall 2022

- Involved in numerous university engagement and recruitment events and camps: Grandparents University, Clinical Applications of the Medical Professional camp, Pre-professionals camp, 4-H career exploration camp, HHS Fall Welcome & Purdue's for Me recruitment event.
- Study Abroad Trip Leader for the Global Perspectives in Sports Medicine program to Beijing, China.

Spring 2012 – Fall 2015 Adjunct Faculty, Ivy Tech Community College Muncie/Anderson

Courses taught:

FITN 100	Lifetime Fitness & Wellness	Fall 2013, Spring 2014
APHY 101	Anatomy & Physiology I	Fall 2013, Fall 2014, Fall 2015
APHY 102	Anatomy & Physiology II	Spring 2014, Spring 2015

Contributions:

- Established course syllabi and schedules
- Created and implement labs, projects and exams for Anatomy and Physiology course topics: cellular anatomy, tissues, integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary, and reproductive organ systems.
- Created lecture lesson plans, assignments, projects, and exams for FITN 100 over health and wellness topics: cardiorespiratory fitness, muscular strength and endurance, flexibility, lower back health, body composition, nutrition, weight management, stress, and cardiovascular health.
- Completed quarterly evaluations on student progress.

Academic Awards

HK Department Outstanding Undergraduate Teaching Award, Purdue University Department of Health and Kinesiology, Spring 2021

Professional Clinical Practice Appointments

2018 – Spring 2021 American College of Sports Medicine CPT Workshop Instructor, Fitness Education Network

Responsibilities:

- Host workshops for ACSM CPT prep: Educate and prepare professionals of all backgrounds in pursuit of an ACSM Certified Personal Trainer certification.

Oct. 2011 - May 2016 IU Health Ball Memorial Hospital, Exercise Physiologist

Responsibilities:

- Provide exercise therapy and education to cardiac and pulmonary patients in inpatient and outpatient settings.
- Develop individual exercise prescriptions and care plans.
- Perform Enhanced External Counter Pulsation (EECP) treatment and diagnostic stress tests on patients.
- Supervise and mentor interns and graduate assistants.

- Living Well Works Committee member and Wellness Champion for my department
- Accomplishments:
- Lead inpatient cardiac rehab specialist.
 - Heart failure specialist: established policies & procedures for heart failure patients with Left Ventricular Assist Devices (LVAD).
 - Initiated SWAT meetings within our department to assist with teamwork and efficiency & improve quality outcomes and measures.

Jan 2010 - Oct 2011 Cleveland Clinic, Exercise Physiologist

Responsibilities:

- Provided exercise therapy and education to patients recently suffering from cardiac interventions/surgeries in an inpatient and outpatient setting.
- Performed both maximal metabolic exercise tests and routine stress tests on patients entering cardiac rehabilitation, as well research subjects.
- Facilitated & staffed a group weight loss program for hospital employees. Employees met with an Exercise Physiologist and Registered Dietician to create exercise prescriptions and nutrition plans. The Group met twice weekly for an exercise session, education class, weigh in and exercise prescription update.
- Developed exercise prescriptions for patients and participants and monitored their progress.

Nov 2008 - Dec 2009 Lutheran Hospital, Exercise Specialist

Responsibilities:

- Provided cardiac & pulmonary rehabilitation in both an inpatient & outpatient setting.
- Performed diagnostic exercise stress tests.

May 2008 - June 2009 Catalyst Fitness, Personal Trainer & Corporate Relations Specialist

Responsibilities:

- Developed exercise plans for clients.
- Led clients through exercise sessions and classes.
- Educated and counseled clients on exercise, nutrition, and overall health
- Fostered relationships with commercial fitness centers to contract Catalyst Fitness personal trainers

Professional Presentations

**Primary Author. ¹co-author was an undergraduate student at the time of the project, ²co-author was a graduate student at the time of the project.*

International Presentations:

**Lawrance SE, Ledman CA. *Opportunities in Kinesiology at Purdue University.* Concordia International University Shanghai, China. May 29, 2018.*

National Presentations:

**Ledman, CA. *Immersive Student Led Learning: Positive Impact on Outcomes in Exercise Science Courses.* Association of Schools of Allied Health Professionals Annual Conference. Charleston, SC. October 16, 2019.*

*Ledman, CA, Yahiro, L, Gavin, T. *Innovative Curriculum Design and Best Practices for Preparing Exercise Science Professionals*. Association of Schools of Allied Health Professionals Annual Conference. St. Petersburg, FL. October 11, 2018

*Lawrance SE, Ledman CA. *Building Cultural Competence Through an Interdisciplinary Short-Term Study Abroad Program*. Association of Schools of Allied Health Professionals Annual Conference. St. Petersburg, FL. October 11, 2018.

*Ledman, CA, Gavin, T, Yahiro, L. *Setting Students up for Success: Advancement in Exercise Science Curriculum*. American Kinesiology Leadership Workshop. Denver, CO; January 27, 2018

Regional Presentations:

*Ledman, CA; ²Michel, D. Pain and Perceptions: Two Significant Barriers to PA in Americans. 47th Annual Midwest American College of Sports Medicine. Oakbrook Hill, IL. November 8th 2019.

*Ledman, CA, Masi, E. The Multi-Faceted Roles of an Exercise Professional: Current and Future Scope of our Practice and Finding Your 'Niche'. 46th Annual Midwest American College of Sports Medicine. Grand Rapids, MI. November 9, 2018

*Ledman, CA, Yahiro, L. Setting Students up for Success: Advancement in Exercise Science Curriculum. 45th Annual Midwest American College of Sports Medicine. Grand Rapids, MI, November 10, 2017.

State & Local Presentations:

*Ledman, CA, Yahiro, L, Kielb, E. *Mindful Movement for All*, Purdue System Wide Forum. September 2021.

*Ledman, CA, Evans, W, Matley, N. *Exercise and Pain Free Movement*, Food Finders Presentation, June 2021.

*Ledman, CA. Client Interactions: The Art of Building Rapport. Purdue University CoRec Fitness Summit. February 9, 2019.

*Ledman, CA. *Exercise is Medicine: Activate Movement*. Purdue University CoRec Fitness Symposium. West Lafayette, IN. September 21, 2018.

Electronic Media

The following are representative in the news articles/video productions that Professor Ledman has been featured in or was a primary contributor to the article.

Ledman, CA. Northwest Indiana Media Interview: Exercise, Safety & the Cold Weather. January 2022. *Article pending release*.

Ledman, CA. *New Year's Resolutions: Starting – and staying in- a fitness routine*. Purdue University News. January 2, 2022. Link: <https://www.purdue.edu/hhs/news/2022/01/new-years-resolution-starting-and-staying-in-a-fitness-routine/>

Ledman, CA et al, *Purdue Community Invited to Participate in 'Exercise is Medicine Awareness Week'*. October 2021. Link: <https://www.purdue.edu/newsroom/purduetoday/releases/2021/Q4/purdue-community-invited-to-participate-in-exercise-is-medicine-awareness-week.html>

Ledman, CA et al. *Exercise is Medicine Awareness Week interview*. October 2021. Link: <https://www.youtube.com/watch?v=g8RiP2iqmao>.

Pod Cast Guest: The Shift Method. March 2021

Ledman, CA. *Exercising at Remote Workstations*. Purdue Experts on Covid-19 video. Purdue Online. April 2020. Link: <https://www.purdue.edu/innovativelearning/faculty-expert-videos/>

Ledman, CA, Doty T. *Get Creative When Beginning a New Workout Plan*. Purdue University News. January 10, 2018

Ledman, CA. *'Returning to Play,' HIIT and Life-streamed Classes: Purdue expert available to talk top fitness trends from 2018*. Purdue University News. January 10, 2018.

Ledman, CA. *Purdue Students Get Hands-on Experience as Exercise Professionals While Earning Their Degree*. Purdue University News. March 8, 2018.

Gavin T, Ledman CA. *Purdue Experts Available to Discuss New CDC Reports on Americans' Physical Inactivity*. Purdue News Service News Tip. June 29, 2018.

Sheridan J, Ledman CA (interviewed). *Most Hoosiers Don't Meet Physical Activity Recommendations*. WFYI Indianapolis. July 6, 2018.

Grants:

Spring 2019: Purdue University Study Abroad and International Learning (SAIL)/ *Global Perspectives in Sports Medicine Study Abroad*
Amount / impact: \$5,333 for study abroad trip to Beijing to ameliorate student cost

Spring 2019: Purdue University Study Abroad and International Learning (SAIL) Intercultural Pedagogy Grant/ *Global Perspectives in Sports Medicine Study Abroad*

Amount / impact: \$2,000 for enhancing student intercultural learning presence on study abroad trips.

Spring 2018: Purdue University Study Abroad and International Learning (SAIL) Successor Grand Grant/*Global Perspectives in Sports Medicine Study Abroad*.
Amount / impact: \$4,000 for study abroad trip to Beijing in preparation to lead the trip in future years.

Professional Credentials

Spring 2021 – present Wellcoaches Certified Health and Wellness Coach (cert #258380),

Summer 2019 – present: National Academy of Sports Medicine, Corrective Exercise Specialist (cert #1190328246),

Fall 2016 – present: American College of Sports Medicine, Exercise is Medicine level 3

Fall 2008 – present: American College of Sports Medicine, Clinical Exercise Physiologist (cert # 1066232)

Spring 2020 – present Registered Clinical Exercise Physiologist, ACSM (cert # 1066232)

Spring 2015 – present: American Heart Association, Healthcare Provider Basic Life Support (e-card code # 215417135842)

Spring 2015 –2017: American Heart association, Advanced Cardiac Life Support

Professional Development

Fall 2021 Clinical Exercise Physiology Association Annual conference
Fall 2021 Midwest American College of Sports Medicine virtual conference

Fall 2020 – Summer 2021 Wellcoaches Health and Wellness Coach Training

Fall 2019: Midwest American College of Sports Medicine, Oakbrook Hills, IL

Fall 2019: Association of Schools Advancing Allied Health Professionals Conference, Charleston, SC

Fall 2018: Midwest American College of Sports Medicine, Grand Rapids, MI

Fall 2018: Association of Schools Advancing Allied Health Professionals Conference, St. Petersburg, FL

Spring 2018: ACSM International Health and Fitness Summit, Arlington, VA

Spring 2018: PLAE conference – strength and conditioning professional.
Noblesville, IN

Fall 2017: Midwest American College of Sports Medicine, Grand Rapids, MI

Spring 2017: Clinical Exercise Testing Symposium, Cincinnati, OH

Spring 2017: Bob Page ECG Workshop, Indianapolis, IN

Spring 2017: Purdue Center for Teaching Excellence workshop series

Fall 2016: Midwest American College of Sports Medicine Fort Wayne, IN

Professional Roles & Affiliations

- Midwest American College of Sports Medicine (MWACSM), Board of Directors, Member -at-Large
- Midwest American College of Sports Medicine (MWACSM), Membership committee chair
- Midwest American College of Sports Medicine (MWACSM), Exercise is Medicine committee member
- American College of Sports Medicine (ACSM) professional member
- Midwest American College of Sports Medicine (MWACSM), professional member
- American College of Sports Medicine (ACSM) Exercise is Medicine- OC Purdue University leadership team member, health and fitness professional
- Clinical Exercise Physiology Association (CEPA), continuing education committee member
- Clinical Exercise Physiology Association (CEPA) professional member
- Fitness Education Network (FEN) Instructor