

# ADAM D. BONSIGNORI, MA, ACSM

## Summary of Qualifications:

- Master's degree in Exercise Physiology/Wellness Management (3.8/4.0)
- Florida State Certified Teacher (Health & Physical Education)
- American College of Sports Medicine Certified Health/Fitness Instructor
- More than twenty years experience in the Health/Fitness field
- Have coached numerous sports at the Varsity & Junior Varsity levels
- Extensive training in instructional technology and reading instruction

## Professional Experience:

8/08- Present

**Adjunct Instructor, Barry University, Miami, Florida.** Taught undergraduate courses: Concepts in Fitness and Wellness in the Fall semester, and Foundations of Sport and Exercise Psychology in the Spring semester.

7/03 - Present

**Health/Physical Education Teacher, Kennedy Middle School, Clearwater, Florida.** Past responsibilities have included:

- Chairman, Related Arts Department (2007-2009)
- Co-chair, PTSA Board of Directors (2006-2008)
- Member of School Advisory Committee (2006-2008)
- Member of Technology Committee (2006-2009), Literacy Council (2006-2007), and Positive Behavior Support Committee (2006-2009)
- Wellness Champion (2006-2008)
- Head Coach, Girls' Basketball (2004-2008); Head Coach, Boy's basketball (2009)
- Designed/implemented new Health curriculum

8/00 – 6/03

**Health/Physical Education Teacher, Shorecrest Preparatory School, St. Petersburg, FL.**

- Taught Health and Physical Education to students grade 5-9
- Designed and implemented new Health/Fitness curriculum
- Formed a school-based triathlon club, the "Tri-Chargers"
- Head Coach, Girls JV Soccer; Assistant Coach, Varsity Track & Field

12/98-8/00  
7/92-9/95

**President, Professional Wellness Services, Tampa, Florida.**

Founded three-county, full-service wellness company that offered a wide variety of health and fitness services for public and private sector. Clients have included well-known media personalities, area VIPs and physicians and their children, as well as local businesses and out-of-state companies.

12/97 - 12/98

**Health & Fitness Director, The WellBridge Center by SSM, St. Louis, Missouri.**

Hired to develop and oversee the Boston-based WellBridge Company's joint venture expansion into the St. Louis wellness market. Developed health programming for a variety of age groups, from teens to seniors. Acted as a liaison to SSM Health Care's Community Healthstyles Institute, and delivered health education programs at SSM locations and schools throughout the St. Louis area. Planned, implemented and directed all health and fitness operations for a new free-standing 35,000 square foot wellness center, including the hiring, training and supervising of a fitness staff of 52, procuring equipment and directing floor layout, and developing all fitness, aquatics, group exercise and nutrition programming, incentive programs, special events and Center publications. Responsible for health risk appraisal and reviewing graded exercise

tests, as well as the overall quality of physical assessment, personal program and group orientation appointments. Managed a budget of over \$600,000.

9/95 - 11/97

**Fitness Center Manager, Beth Israel Deaconess Medical Center, Boston, Massachusetts.** Hired to manage this Harvard teaching hospital's existing wellness facility, while overseeing all hiring, operations and programming for the February 1996 opening of the hospital's new multi-million dollar, 7,500 square-foot facility and several satellite wellness centers throughout Eastern Massachusetts.

**Accomplishments included:**

- Initiated community outreach programs to area elementary, middle and high schools, bringing much-needed wellness services to the greater Boston area, while increasing the hospital's and PCP's visibility among desirable target markets.
- Successfully transitioned 100% of the members from the old wellness facility to the new facility across campus, while coordinating a drive which increased memberships over 300% (from 300 to over 1,000).
- Developed exciting wellness and incentive programs for the hospital's 9,000 employees, including programs for special populations.

4/91-6/92

**Health/Fitness Specialist, GTE Data Services, Tampa, Florida.**

For this 10,000 square-foot, 1,400-member facility, responsibilities included program design and development; maintenance of facility and equipment; new equipment procurement; supervising staff of 15 aerobics instructors and three cleaning personnel; health risk assessment and exercise testing. Accomplishments included:

- Increased volunteer aerobics staff, saving facility thousands of dollars annually and easing load on Fitness Center staff.
- Successfully managed the Life Improvement Program (for high risk members) that resulted in several fulfilling health improvements.

1/89 - 3/91

**Fitness Center Director, GTE of Florida, Sarasota, Florida.**

Hired to be sole operator of the 6,000 square-foot, 200-member facility. Responsibilities included exercise testing and programming; staff recruitment and training; facility and equipment maintenance; aerobic conditioning and health education seminars.

**Accomplishments included:**

- Tripled average daily attendance in first year.
- Revenues and membership increased significantly so as to warrant the hiring of additional staff - a first for the facility.
- Devised successful customer service, programming and marketing strategies that motivated both the white-collar and blue-collar work force.

1/85 – 6/90

**Youth Judo Instructor, Florida School of Judo, Tampa, Florida**

Instructed pre-school to teenage youth in one-on-one and group settings.

**Certifications:**

State of Florida Teaching Certificate (Health & Physical Education)  
American College of Sports Medicine Health/Fitness Instructor  
Examiner, Practicum Instructor, ACSM H/FI Exam (Manchester, NH, Boston, MA)  
American Red Cross Community CPR  
American Lung Association Smoking Cessation Clinic Leader  
United States Judo Institute Black Belt

**Memberships:** ACSM, FAHPERD, Wellness Council of America, St. Pete Mad Dogs Triathlon Club

**Education:** **MA in Exercise Physiology/Wellness Management, University of Central Florida, Orlando.** Graduated magna cum laude, 3.8 GPA. Graduate assistant for one year, supervising the department's internship program. I also was personal trainer to the Dean of the College of Education during this time.

**Post-baccalaureate work in Physical Education, University of Tampa & University of South Florida.** Core courses in Exercise Physiology, Kinesiology, and Coaching. 4.0 GPA.

**BA in Liberal Studies, Minor in Sociology, University of South Florida, Tampa, Florida.** 3.2 GPA

