

## **Cody L. Sipe, PhD**

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### **EDUCATION**

#### **Purdue University, West Lafayette IN**

Ph.D., May 2008 Major: Exercise Science

Dissertation: The Effects of Strength and Power Training on Functional Abilities in Older Adults

#### **Virginia Tech, Blacksburg VA**

M.S., 1996 Major: Exercise Science

#### **Harding University, Searcy AR**

B.A., 1993 Major: Youth Ministry

### **ACADEMIC APPOINTMENTS**

#### **Assistant Professor, Department of Kinesiology, UNC-Greensboro**

Greensboro, NC (August 2008-current)

Responsibilities:

- Teach upper-level undergraduate courses Exercise Prescription, Exercise Instruction, Fitness Testing and other courses as needed
- Direct and administer HOPE (Helping Others Participate in Exercise) Program
- Serve as internship coordinator
- Faculty member of Gerontology Research Network
- Gerontology Faculty member
- Member, UNCG Wellness Committee

#### **Visiting Assistant Professor, Department of Kinesiology, UNC-Charlotte**

Charlotte NC (August 2007-July 2008)

Responsibilities:

- Taught undergraduate and graduate courses in the department of kinesiology (Pharmacology, Aging Physiology, Clinical Practice in Exercise Physiology)

#### **Director, A.H. Ismail Center for Health, Exercise & Nutrition**

Purdue University

West Lafayette IN (August 2000 – December 2006)

Responsibilities

- Managed operational aspects including fiscal development, fitness assessment and prescription protocols, safety procedures, new member orientations, physical facility maintenance, equipment purchasing, marketing and evaluation of a 600+-member health and fitness center
- Supervised 2-3 full-time and 15-20 part-time staff (fitness supervisors, personal trainers, group exercise instructors, interns, graduate assistants, volunteers)
- Collaborated with University faculty to implement research projects that utilized Center resources
- Developed and managed off-site senior fitness programs
- Assisted with the academic preparation of students including serving as a lecturer and coordinating practical experiences through the Center

**PROFESSIONAL APPOINTMENTS****Program Coordinator, Instructor**

Educational Fitness Solutions (August 2007-present)

- Developed and currently manage Certificate Program for Personal Training Older Adults
- Teach the four online courses that comprise the certificate

**Owner, Miracles Fitness**

West Lafayette, IN (January 2007 - present)

- 6,100 sq. ft. commercial fitness facility for middle-aged and older adults
- Provide medically-based fitness services such as physical therapy, massage therapy
- Specializing in chronic disease prevention and management
- Served as on-site manager and personal trainer from January – August 2007

**Assistant Fitness Director/Exercise Specialist**

Medfit Wellness Center

Charlottesville, VA (August 1997-August 2000)

Responsibilities

- Develop and implement clinical fitness/wellness programs for special populations (e.g. diabetes, osteoporosis, frail) and at-risk members
- Develop emergency management plan, fitness assessment protocols and equipment maintenance schedules
- Conduct fitness assessments, formulate exercise prescriptions, train clients and lead group exercise classes
- Conduct graded exercise stress testing for clients with suspected cardiovascular disease

**CERTIFICATIONS**

2006	Balance and Mobility Enhancement Specialist (Cal State Fullerton)
2004	Master Trainer, Canadian Center for Activity and Aging
2000	ACSM Registry of Clinical Exercise Physiologists
1998	ACSM Exercise Specialist
2000	CEQ: Physical Activity for the Older Adult
Current	Basic Life Support Provider

**AWARDS AND HONORS**

2006	“Top 40 Young Professionals Under 40”, Lafayette-West Lafayette Chamber of Commerce
2005	Gubernatorial Delegate, White House Conference on Aging (one of three)
2005	“Extra Mile Award”, Hanna Community Center
2005	“International Program Director of the Year”, IDEA Health and Fitness Association
2005	“Betty M. Nelson Award for Outstanding Service”, Purdue University Retirees’ Association
2004	“Community Service Award”, Indiana Association of Homes and Services for the Aging
2004	NOVA 7 “Certificate of Excellence” Award from Fitness Management Magazine, Fitness Prescription and Assessment category
2003	“Clinical Exercise Professional of the Year”, Midwest Chapter of ACSM

**MEMBERSHIP ORGANIZATIONS**

American Society on Aging, since 2006  
 Can-Fit-Pro, since 2006  
 IDEA Health and Fitness Association, since 2005  
 International Society for Aging and Physical Activity, since 2004  
 Researchers Against Inactivity Disorders (RID), since 2003  
 American College of Sports Medicine, since 1993  
     Special Interest Group on Aging, since 2002  
     Midwest Chapter, 2000-2006  
     Southeast Chapter, since 2007

**CREATIVE ENDEAVOR, RESEARCH, SCHOLARSHIP**

Overview of Research: Primary research interest area is testing novel methods for enhancing function and reducing disability in mid-life and older adults with a special emphasis on those with chronic diseases and conditions. This includes randomized controlled trials, cross-sectional studies and longitudinal data collection. Secondary research area is “research to action” translation of evidence-based programs to increase participation among adults aged 50 and older.

**Refereed publications**

Sipe, CL, Lyle, RM and Ritchie, DM. Muscle Power is More Highly Correlated with Function than Strength in Older Adults. (manuscript in preparation)

Sipe, CL, Lyle, RM and Ritchie, DM. The Effects of Strength and Power Training on Selected Functional Abilities in Older Adults of Diverse Abilities. (manuscript in preparation)

Barbara Resnick, PhD; Marcia G. Ory, PhD, MPH; Michael E. Rogers, PhD; Phillip Page, MS, PT; Roseann M. Lyle, PhD; Cody Sipe, MS; Wojtek Chodzko-Zajko, PhD; Terry L. Bazzarre, PhD. A Proposal for a New Screening Paradigm and Tool Called Exercise Assessment and Screening for You (EASY), Journal of Aging and Physical Activity. 2008.16(2), 215-233

Barbara Resnick, PhD; Marcia G. Ory, PhD, MPH; Michael E. Rogers, PhD; Phillip Page, MS, PT; Roseann M. Lyle, PhD; Cody Sipe, MS; Wojtek Chodzko-Zajko, PhD; Terry L. Bazzarre, PhD. Screening and Prescribing Exercise for Older Adults, **Geriatrics and Aging**, 2006, 9(3); 174-182.

Sipe, CL. Personal training reform in the United States. Scientific Proceedings from the 6<sup>th</sup> World Congress on Aging and Physical Activity. Jones, Taylor and Ecclestone, eds. Canadian Centre on Activity and Aging (London, ON), 2004.

**Book chapters**

Sipe, CL. “Screening and Risk Stratification”, **ACSM’s Resource for Personal Trainers, 2<sup>nd</sup> ed.**, Thompson and Baldwin, eds., Lippincott, Williams and Wilkins (Baltimore, MD) 2006

Niederpreum M and Sipe, CL. “Introduction to Personal Training”, **ACSM’s Resource for Personal Trainers, 2<sup>nd</sup> ed.**, Thompson and Baldwin, eds., Lippincott, Williams and Wilkins (Baltimore, MD) 2006

**Abstracts published**

Sipe CL and Gaesser GA. Resting energy expenditure and fat oxidation after one 40-min and two 20-min aerobic exercise bouts, ACSM National Meeting, Seattle, WA. Medicine and Science in Sport and Exercise. 1999; 31(5S), S311.

Sipe CL, Davis SE, Craft LL, Herbert WG and Ocel JV. Validity and test-retest reliability of the Stairmaster<sup>SM</sup> Cardopsqiat<sup>TM</sup> 1650LE<sup>TM</sup>. AACVPR National Meeting. Baltimore, MD. Journal of Cardiopulmonary Rehabilitation. 1996;16(5), 322.

**Refereed international conference papers**

Hurley KS, Hyner GC, Lyle RM, McKenzie S, Seehafer RW, Sipe C. A university and community partnership to increase activity in older adults: Results and implications of a baseline community assessment. 6<sup>th</sup> World Congress on Physical Activity and Aging. London, Ontario, Canada. Journal of Physical Activity and Aging. 2004; 12, 377.

Lyle RM, Hyner GC, McKenzie S, Seehafer R, Sipe C. The Coalition for Living Well After 50: A community and university partnership to increase physical activity – Past, Present, and Future. 6<sup>th</sup> World Congress on Physical Activity and Aging. London, Ontario, Canada. Journal of Physical Activity and Aging. 2004; 12, 278.

Ritchie DM, Sipe CL, Dill DB, Seehafer R. Examining the outcomes of the Home Support Exercise Program on community-dwelling older adults. 6<sup>th</sup> World Congress on Physical Activity and Aging. London, Ontario, Canada (2004).

**Refereed national conference papers**

Ritchie, DM, Sipe CL and Lyle RM. The relationship between the Late-Life Function and Disability Instrument and Berg Balance Scale. *Med Sci Sports Exerc*. 2007 May;39(5 Suppl):S419

DeMano A, Lyle RM, Laing S, Sipe C, Lumley C, Decker L. *Just Walk* – A community coalition, INShape Indiana and AOM collaboration. INShape Indiana Obesity Summit, November 2006.

Lyle RM, Sipe C, Laing S, Alley K. Lessons learned from a pedometer walking challenge in cooperation with Indiana/America on the Move (AOM). *Walking for Health: Measurement and Research Issues and Challenges*, October 2005. (to be published in supplement to MSSE)

Lyle RM, Sipe C, Laing S, Alley K. Lessons learned: An Indiana on the Move (IOM)/Coalition for Living Well After 50 Challenge. *Walking for Health: Measurement and Research Issues and Challenges*, October 2005. (to be published in supplement to MSSE).

Bonnar-Kidd K, Sipe C, Lyle RM. Lessons learned from a web-based walking program for older adults. *Walking for Health: Measurement and Research Issues and Challenges*, October 2005. (to be published in supplement to MSSE)

Hurley KS, Hyner GC, Lyle RM, McKenzie SP, Seehafer RW, Sipe CL. Perceptions of Health: Relationships with self, community, and cultural conditions. The Gerontologist. 2004. 44: p 233.

Sipe CL and Gaesser GA. Resting energy expenditure and fat oxidation after one 40-min and two 20-min aerobic exercise bouts. Southeast Regional ACSM Meeting, Norfolk, VA (1999)

### Grants and Awards Received

1. **Agency:** UNCG Office of Research  
**Title of Grant:** TEBAM Testing Pilot Study  
**Duration of Funding:** June 2010-August 2010  
**Total Amount of Award:** \$1,140  
**Role:** PI
2. **Agency:** North Central Health Services  
**Title of Grant:** Friendship House Senior Functional Fitness Center  
**Duration of Funding:** June 2005-May 2006  
**Total Amount of Award:** \$46,000  
**Role:** Co-PI
3. **Agency:** Indiana State Department of Health  
**Title of Grant:** Increasing Physical Activity in Women  
**Duration of Funding:** May 1, 2004 –September 30, 2004.  
**Total Amount of Award:** \$30,643  
**Role:** PI
4. **Agency:** Active Aging Partnership (Robert Wood Johnson Foundation National Blueprint Mini-Grant Program)  
**Title of Grant:** ACE Initiative: Awareness, Communication, Education  
**Duration of Funding:** April 1, 2003 – June 30, 2004  
**Total Amount of Award:** \$25,000  
**Role:** Co-PI
5. **Agency:** Indiana State Department of Health  
**Title of Grant:** Greater Lafayette Survey of Exercise-Related Patterns and Needs of Older Adults  
**Duration of Funding:** August 2002-July 2003  
**Total Amount of Award:** \$17,000  
**Role:** Co-PI
6. **Agency:** Indiana Family and Social Services Administration  
**Title of Grant:** Building capacity for delivering a home-based exercise program to older adults  
**Duration of Funding:** March 2003 – February 2004  
**Total Amount of Award:** \$39,835  
**Role:** PI

7. **Agency:** Area IV Agency on Aging and Community Action Programs  
**Title of Grant:** Project ISFIT (Increasing Senior Fitness in Tippecanoe)  
**Duration of Funding:** May 2002 – April 2003  
**Total Amount of Award:** \$4,000  
**Role:** PI
8. **Agency:** North Central Health Services  
**Title of Grant:** One Step at a Time Senior Wellness Program  
**Duration of Funding:** September 2002 – August 2003  
**Total Amount of Award:** \$23,000  
**Role:** Co-PI
9. **Agency:** Subaru-Isuzu Automotive Foundation  
**Title of Grant:** Senior Center Exercise Program  
**Duration of Funding:** June 2001 – May 2002  
**Total Amount of Award:** \$3,300  
**Role:** Co-PI

#### **Intramural Support**

- Agency:** College of Liberal Arts, Purdue University  
**Title of Grant:** Professional Development Grant  
**Duration of Funding:** June 2001, October 2002  
**Total Amount of Award:** \$500 each

#### **Recent Grant Proposals Not Funded**

1. **Agency:** National Institutes of Health  
**Title of Grant:** Tele-exercise for Balance and Mobility (TEBAM): An innovative approach to delivering an evidence-based, multi-component falls prevention program to rural populations via telepractice.  
**Duration of Funding:** August 2009 – July 2010  
**Total Amount of Award:** \$900,000  
**Role:** PI
2. **Agency:** U.S. Department of Health and Human Services  
**Title of Grant:** 2004 Steps to a Healthier U.S.  
**Duration of Funding:** September 2004 – September 2005  
**Total Amount of Award:** \$1,500,000  
**Role:** Co-PI

3. **Agency:** American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Research Consortium  
**Title of Grant:** Established Investigator Grant  
**Duration of Funding:** March 2005 – February 2006  
**Total Amount of Award:** \$15,000  
**Role:** Co-PI
4. **Agency:** Centers for Disease Control and Prevention  
**Title of Grant:** Public Health Conference Support Grant  
**Duration of Funding:** August 2004 – January 2005  
**Total Amount of Award:** \$25,000  
**Role:** Co-PI
5. **Agency:** Robert Wood Johnson Foundation  
**Title of Grant:** Active Living by Design  
**Duration of Funding:** April 2004 – March 2009  
**Total Amount of Award:** \$200,000  
**Role:** Co-PI
6. **Agency:** Department of Health and Human Services  
**Title of Grant:** Physical Activity and Obesity Across Chronic Disease  
**Duration of Funding:** December 2002 – June 2005  
**Total Amount of Award:** \$1,125,000  
**Role:** Co-PI

## TEACHING

Cody is an engaging lecturer and effective instructor. He has delivered presentations, conducted workshops and taught classes utilizing a wide variety of instructional methods both locally and abroad. He is proficient with the use of classroom-based and web-based instructional technology. His professional experiences as a clinical exercise physiologist, personal trainer and award-winning program director enable him to apply and illustrate the material well. Cody is comfortable teaching on a broad range of subject matter including disease prevention, anatomy/kinesiology, basic exercise physiology, clinical exercise physiology, special populations, fitness assessment, exercise program design, fitness management and topics related to health promotion. Laboratory skills include basic and advanced health and fitness assessment techniques, clinical evaluation, graded exercise stress testing, EKG interpretation and functional fitness assessments for older adults.

### **Courses taught**

University of North Carolina at Greensboro

- Exercise Instruction (KIN 379)
- Exercise Prescription (KIN 469)
- Internship Preparation (KIN 471)
- Internship (KIN 595)

University of North Carolina at Charlotte

- The Physiology of Human Aging (KNES 6232)
- Clinical Practice in Exercise Physiology (KNES 6121)
- Pharmacology for the Physically Active (ATRN/EXER 4121)
- Practitioner Seminar (EXER 4660)
- Exercise Testing Laboratory (KNES 3287)
- Weight Training (summer 2008)
- Health Promotion and Wellness for Older Adults (summer 2008)

Educational Fitness Solutions (distance learning courses taught online)

- Introduction to Exercise Science Level II
- Certificate in Personal Training Older Adults
  - Sociophysiological Aspects of Aging
  - Designing Older Adult Exercise Programs
  - Exercise and Aging for Special Populations
  - Business Management and Administration for the Mature Market

Purdue University

- Exercise Testing and Prescription for Normal and Special Populations (HPER 590)
- Adult Health and Development Program (HK 203)
- Career Development and Preparation for the Health and Fitness Fields (HK 269)

University of Virginia

- Beginning Weightlifting
- Intermediate Weightlifting
- Beginning Aerobic Exercise

### Course Descriptions

KIN 379, Exercise Instruction is a mid-level undergraduate course for students in the Fitness Leadership and Sports Medicine concentrations. The curriculum covers teaching methods and skills for personal training and group exercise instruction.

KIN 469, Exercise Prescription is a senior-level course for students in the Fitness Leadership concentration that covers how to develop appropriate exercise programs for individuals with special chronic disease concerns such as cardiovascular disease, diabetes, arthritis and obesity. The course includes a service-learning component that pairs students with HOPE members. Students apply the course material by training their HOPE client over the course of the semester.

KNES 6232, The Physiology of Human Aging is a graduate-level course that begins with a critical analysis of prominent aging theories and then details age-associated changes in the cardiovascular, digestive, urinary, musculoskeletal, nervous, immune, respiratory, endocrine and sensory systems. Distinction is made between declines attributable to senescence and those attributable to lifestyle and/or disease. Attention is also given to the impact of these on whole-person functioning.

KNES 6121, Clinical Practice in Exercise Physiology prepares graduate students to work in a cardiovascular rehabilitation program. Topics include: administrative concerns, emergency action plans, pharmacology, policies and procedures, guidelines for rehabilitation, behavior change theory and application, documentation and legal issues.

ATRN/EXRN 4121, Pharmacology for the Physically Active is a senior-level course for Athletic Training and Health/Fitness majors. Trade and generic names, mechanisms of action, drug interactions, side effects and potential adverse events are discussed for a wide variety of drug classes and supplements.

HPER 590, Exercise Testing and Prescription for Normal and Special Populations prepares graduate students to work with at-risk and diseased individuals in a fitness environment using didactic and practical techniques. It addresses the etiology and pathology of cardiovascular disease, diabetes, osteoporosis, arthritis and other conditions and reviews published recommendations for disease prevention and management. Skill acquisition includes electrocardiograph interpretation, graded exercise stress testing and exercise technique.

HK 203, Adult Health and Development program is an intergenerational program that is modeled after a long-standing intergenerational program at the University of Maryland which pairs staffers (students) with older adults. The pairs engage in a variety of physical, social, emotional and cognitive activities on their own or with the group. Cody (with Dr. Roger Seehafer and Dr. Roseann Lyle) was instrumental in initiating this Purdue model of the program.

The Certificate Program for Personal Training Older Adults consists of four online courses (listed above) developed by Cody. The courses prepare students to work with older adults in a variety of health/fitness settings including commercial health clubs, medical fitness facilities, YMCA's, senior centers and community centers. The educational platform Pageout ([www.pageout.net](http://www.pageout.net)) is used to deliver the course material which consists of audiocasts, powerpoint presentations, downloadable handouts, quizzes and discussion boards. The curriculum exceeds the criteria of the *International Curricular Guidelines for the Preparation of Physical Activity Instructors of Older Adults* adopted by the World Health Organization and for which Cody was an international reviewer.

### **Continuing Education to Improve Instructional Skills**

- Become a Lecturing Superstar (2008)
- Teaching the Millennial Student (2008)
- Engaging Students with Web 2.0 Technologies (2008)
- Summative Assessment: Objective Tests (2007)
- Summative Assessment: Essays (2007)
- Summative Assessment: Performance Assessments (2007)
- Seven Principles for Good Practice in Undergraduate Education (2007)

### **Contributions in course and curriculum development**

#### Educational Fitness Solutions

##### Certificate in Personal Training Older Adults

- Business Management and Administration for the Mature Market
- Physiology of Aging
- Exercise and Aging
- Program Design for the Older Adult

#### American Association for Active Lifestyles and Fitness (AALF) (now American Association of Physical Activity and Recreation - AAPAR)

- Training and Encouraging Senior Activity II (TESA II)

#### Purdue University

- Concentration in Personal Fitness Training
- HPER 590      Exercise Testing and Prescription for Normal and Special Populations
- HK 421      Health Screening and Fitness Evaluation and Prescription
- HK 422      Clinical Experiences in Health and Fitness
- HK 203      Adult Health and Development Program

### **Other evidence of national or international recognition**

#### **Awards/Honors**

MWACSM Nomination for President (not elected) 2005

#### **Editorial Boards**

Column Editor, Active Aging Today (2008-)

Contributing Editors' Board, IDEA Health and Fitness Association (2007-2009)

#### **Professional journal reviews**

Journal of Aging and Physical Activity

Journal of Applied Gerontology

Journal of Sports Science and Medicine

Research Quarterly for Exercise and Sport

### **Leadership Roles**

White House Conference on Aging 2005  
Gubernatorial Delegate

Indiana Alliance for Health Promotion  
Chair 2005-2007  
Board of Directors 2004-2005

International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults  
Reviewer 2004  
Member, International Coalition

National Census of Older Adult Physical Activity Programs, National Council on the Aging  
Invited Participant 2004

### **EXTENSION, SERVICE, AND UNIVERSITY OUTREACH ACTIVITIES**

Cody Sipe has demonstrated significant involvement in professional, University and community service activities. Beginning with membership in the American College of Sports Medicine Cody is currently active in multiple professional organizations such as IDEA Health and Fitness Association, International Society on Aging and Physical Activity and the American Society on Aging. He was recently selected to join the Contributing Editors Board for IDEA.

Cody has led a local effort, the Greater Lafayette Coalition for Living Well After 50, to bring the agenda of the National Blueprint to the Purdue and Greater Lafayette community. The Coalition has garnered support and participation from over 60 local and state organizations. In May, 2003, this Coalition was awarded a \$25,000 National Blueprint Mini-grant to help further its efforts. He completed a 2-year term as president and began a 2- year term as vice-president.

At Purdue University, Cody served on several committees including the advisory board for the Department of Recreational Sports and the Worklife Wellness Ambassadors. He has spoken regularly to numerous groups across campus regarding the benefits of physical activity and exercise.

### **Selected principal international, national and state conferences**

Athletic Business Conference/Active Aging Conference 2009  
Presenter (3 sessions)

Centralina Aging Conference 2009, 2010  
Keynote and Breakout Presenter

IDEA Personal Training Institute 2009  
Presenter (3 sessions)

Athletic Business Conference/Active Aging Conference 2008  
Presenter (2 sessions)

AFPA Conference 2008 (Charlotte)

YMCA Fitness Expo 2008 (Charlotte)

Athletic Business Conference 2007  
Pre-Conference Workshop

IDEA World Conference 2007  
Invited Presenter (3 sessions)

British Columbia Parks and Recreation Department, Vancouver, BC 2007  
Invited Presenter (8 sessions)

Beach Jam XIII Fitness, Trainer, Sports and Mind-Body Conference 2007, AFPA  
Invited Presenter (4 sessions)

Myrtle Beach Fitness, Trainer, Sports and Mind-Body Conference 2007, AFPA  
Invited Presenter (4 sessions)

INShape Indiana 2<sup>nd</sup> Annual Health Summit, Indianapolis IN, 2006  
Breakout Session Keynote Presenter  
Poster Presentation: DeMano A, Lyle RM, Sipe C, Laing S, Lumley C, Decker L. *Just Walk - A community coalition, INShape Indiana and AOM Collaboration.*

Athletic Business/ICAA Annual Meeting, Las Vegas 2006  
Presenter: Effective Strategies for Attracting and Retaining the 'New' Exerciser  
Developing Effective Small Group Personal Training Programs

IDEA Personal Training Conference, New York 2006  
Presenter: Power Training for Older Adult Function  
Effective Fall-Risk Reduction Programs

Can-Fit-Pro Annual Conference, Toronto 2006  
Presenter: Obtaining, Training and Retaining the De-conditioned Market  
Effective Fall-Prevention Programs for Older Adults

IDEA World, Las Vegas 2006  
Presenter: Effective Fitness Programs for Older Adults  
Power Training for Older Adult Function

2<sup>nd</sup> Annual Worklife Wellness EAP Symposium 2006  
Invited Presenter: Understanding the Aging Employee

Senior Fitness Convention, Federation of Italian Fitness, Bologna Italy 2006  
Invited Presenter: Physical Activity and Aging  
Gender Differences in Physical Activity and Aging

Filex Annual Conference, Australian Fitness Network, Sydney Australia 2006  
Presenter: Putting the Pieces Together: Effective Fall-Prevention Strategies

Reaching the Older Adult Market

SHARE Workshop, Sydney Australia 2006

Invited Keynote: Cutting-Edge Fitness Techniques for Older Adults

White House Conference on Aging 2005

Gubernatorial Delegate

Indiana Governor's Conference on Aging 2005

Invited Participant: Panel Discussion

Athletic Business/ICAA Annual Meeting, Orlando 2005

Presenter: No Jocks, No Thongs, No Loud Music

Medical Fitness Association Annual Meeting, Orlando 2005

Presenter: Reaching the Oldest-Old with Exercise

Club Industry, Chicago 2005

Presenter: Effective Fitness Programs for Older Adults

Walking for Health: Measurement and Research Issues and Challenges, Urbana-Champaign, Illinois 2005

Attendee

Poster Presentation

IDEA World, Las Vegas 2005

Award Recipient: International Program Director of the Year

ACSM Annual Meeting, Nashville 2005

Presenter: Personal Training Reform in the United States

Committee Member: Strategic Health Initiative on Aging

YMCA Midwest Executive Director's Conference 2005

Invited Keynote: Toward a Fitter, Healthier Indiana

Medical Fitness Association Annual Meeting, Orlando 2004

Presenter: Power Training for Older Adults

3<sup>rd</sup> Annual Fitness Overview Conference, Promedica Health Systems, Toledo OH 2004

Invited Keynote: Back to the Basics: Build a Foundation

Midwest ACSM Annual Meeting, West Lafayette IN, 2004

Presenter: High-Velocity and Power Training for Older Adults

Board Meeting

National Census of Older Adult Physical Activity Programs, National Council on the Aging, Washington DC, 2004

5<sup>th</sup> World Congress on Aging and Physical Activity, London Ontario 2004  
Workshop Chair: Power Training for Older Adults  
Workshop Chair: International Efforts for Personal Training Reform  
Poster Presentation

ACSM Annual Meeting, Indianapolis IN, 2004  
Strategic Health Initiative on Aging

Midwest ACSM Annual Meeting, Bowling Green 2003  
Presenter: Does Exercise Increase Function and Decrease Disability in Older Adults?  
Physical Activity: How much is enough?

Indiana Public Health Association Annual Meeting 2003  
Presenter: Project ISFIT (Increasing Senior Fitness in Tippecanoe)  
Building Capacity for Delivering the Home Support Exercise Program to Frail  
Older Adults

Midwest ACSM Annual Meeting, Detroit 2002  
Presenter: Fit or Fat? What fitness professionals need to know  
Increasing Physical Activity Participation in Older Adults

American College of Sports Medicine Annual Meeting, Seattle 1999  
Poster Presentation

American Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting,  
Baltimore 1996  
Poster Presentation

### **Publications to enable people to put scientific information into practice**

1. Sipe, Cody. Reaching Frail Home-Bound Elderly Effectively and Efficiently with the Home Support Exercise Program. **Active Aging Today**, Vol. 2, Issue 1; July/August 2010.
2. League, Patti and Sipe, Cody. Translating “A Matter of Balance” Into an Effective Peer-Led Program. **Active Aging Today**, Vol. 1, Issue 6; May/June 2010.
3. Snyder, Susan and Sipe, Cody. EnhanceFitness Improves Physical and Mental Health of Participants. **Active Aging Today**, Vol. 1, Issue 4; January/February 2010.
4. Sipe, Cody. Implementing FallProof in a For-Profit Health Club. **Active Aging Today**, Vol. 1, Issue 3; November/December 2009.
5. Sipe, Cody. Translating Functional Training Research into Practice, Part 2. **Active Aging Today**; Vol. 1, Issue 2; September/October 2009.
6. Skelton, Dawn, Dinan-Young, Susan and Sipe, Cody. Implementing the Otago Exercise Program. **Active Aging Today**; Vol. 1, Issue 2; September/October 2009.

7. Sipe, Cody. Translating Functional Training Research into Practice, Part 1. **Active Aging Today**; Vol. 1, Issue 1; July/August 2009.
8. Sipe, Cody. Effective Cueing. **IDEA Fitness Journal**, Vol. 5, No. 11; November 2008.
9. Sipe, Cody. Training the Master Athlete. **IDEA Fitness Journal**, Vol. 5, No. 9; September 2008.
10. Sipe, Cody. Bridging the Age Gap. **IDEA Fitness Journal**, Vol. 5, No. 6; June 2008.
11. Sipe, Cody. Online Learning for the 50+ Adult. **Journal on Active Aging** , Vol. 7, No. 1; Jan/Feb 2008; pg. 34-40.
12. Sipe, Cody. Effective Staffing for 50+ Members. **Canadian Fitness Business**, March/April 2008.
13. Sipe, Cody. Research Review: Exercise and Function for Older Adults. **IDEA Fitness Journal**, Vol. 4 No. 2, 2007.
14. Sipe, Cody. Understanding the 50+ Market. **Canadian Fitness Business**, March/April 2007.
15. Sipe, Cody. Inspire the World to Fitness Part I: Think Globally, Act Locally. **IDEA Fitness Manager** Vol. 18, No. 1, 2006.
16. Sipe, Cody. Inspire the World to Fitness Part II: Team Up to Change the Course. **IDEA Fitness Manager** Vol. 18, No. 2, 2006.
17. Sipe, Cody. Inspire the World to Fitness Part III: Focus and Purpose. **IDEA Fitness Manager** Vol. 18, No. 3, 2006.
18. Sipe, Cody. Inspire the World to Fitness Part IV: Cultivating Community Relationships. **IDEA Fitness Manager** Vol. 18, No. 4, 2006.
19. Sipe, Cody. Inspire the World to Fitness Part V: Build a Fitness Coalition. **IDEA Fitness Manager** Vol. 18, No. 5, 2006.
20. Sipe, Cody. Building an Active-Aging Coalition. **Journal on Active Aging** Sept/Oct 2005.
21. Sipe, Cody. Get Out of the Chair – Exercises for Strength and Mobility. **Eldercare Activities Guide**, June 2005
22. Sipe, Cody. Getting Residents to Exercise. **Eldercare Activities Guide**, July/August 2005.
23. Sipe, Cody. Get ‘em Powered Up. **IDEA Fitness Journal**, Vol. 2, No. 4: April 2005.
24. Sipe, Cody. Power Training for Older Adults. **Fitness Management** Vol. 20, No. 12: November 2004.

### **Interviews and Contributions of Expertise**

1. Schwab, Keri. Attribution Theory. **IDEA Fitness Journal**, Vol. 7, No. 1; January 2010; pp. 76-77.

### **Service to professional organizations**

International Council on Active Aging

Chair, Wellness Career Paths Workgroup (2010)

Visioning Board Member (2009-)

International Society on Aging and Physical Activity

Planning Committee, 2008 World Congress on Aging and Physical Activity

Student Advisory Committee, 2004 World Congress on Aging and Physical Activity

American College of Sports Medicine

Strategic Health Initiative on Aging in Exercise Science (2005-2006, 2006-2009)

Special Interest Group on Aging (2004-)

Proctor, Health Fitness Instructor Certification (2001, 2002, 2003)

Midwest American College of Sports Medicine

At-Large Board Member (2004-2006)

Nominations Committee Chair (2005)

State Newsletter Representative (2004, 2005)

Tippecanoe School Corporation (IN)

Wellness Committee (2005-2006)

Employers' Healthcare Forum (Tippecanoe County, IN)

Wellness Subcommittee (2005-2006)

Exercise/Physical Activity Assessment and Screening for You (EASY) Development Panel  
(2005-2006)

Community Champions Advisor, National Council on the Aging (2005-2006)

### **University service**

Gerontology Research Network, UNC-Greensboro (2008-)

Worksite Health Promotion Committee, UNC-Greensboro (2009-)

Advisory Board, Division of Recreational Sports, Purdue University (2006)

Wellness Ambassador, Purdue University Worklife Program (2004-2005)

Instructor, A New Weigh of Life, Purdue University Worklife Program (2005-2006)

Search and Screen Committee for Director, Division of Recreational Sports, Purdue University  
(2004)

Reviewer, Professional Development Grant Award Committee, Purdue University (2005)

**Community service**

Guilford County Falls Prevention Coalition (2010-)

North Carolina Fall Prevention Coalition (2008-)

Indiana Alliance for Health Promotion  
Chair (2005-2006, 2006-2007)  
Board of Directors (2004-2005)

Coalition for Living Well after 50  
Vice-President (2006-2007)  
President (2004-2006)  
Program Committee Chair (2003-2005)

Purdue University Retirees' Association Annual Conference Planning Committee (2005, 2006)

"Just Walk!" Planning Committee 2006

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