

CURRICULUM VITAE

ROBERT J. CONFESSORE

DEMOGRAPHIC DATA

Residence:
6003 Saint Moritz Drive, Unit G
Whitefish, Montana 59937
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EDUCATION

Ph.D. - Kinesiology/ Exercise Science
University of Maryland, College Park, Maryland

M.S. – Health & Human Performance
University of Montana, Missoula, Montana

B.S.-Health & Physical Education
City University of New York, Brooklyn NY

PROFESSIONAL EXPERIENCE

2022-present
Emergency Room Technologist
Logan Health-Kalispell
Logan Health Medical Fitness Center
310 Sunnyview Lane
Kalispell, Montana 59901

Operates and maintains equipment to departmental standards; executes patient care within ER, fully supporting work of nursing and physician staff; provides support for triage nurse to include: greeting and ongoing communication with patients, direction of individuals to appropriate areas, obtains and inputs patient vital signs, and maintains a clean and stocked triage area. Appropriately stocks and performs outdate checks within the full 35 room ER.

2014-2021
Clinical Exercise Physiologist
Logan Health
Logan Health Medical Fitness Center
205 Sunnyview Lane
Kalispell, Montana 59901

Coordinate Exercise & Sports Science Center offering an array of clinical, diagnostic, health, fitness, and athletic performance services; perform clinical and performance related cardiopulmonary exercise testing [CPX]; clinical support of cardiac and pulmonary rehabilitation programming; assist with KRH "Wellness Compass" executive health program; provide fitness assessment, exercise prescription and supervision for healthy and chronic disease patient populations

2009-2013

Lead Exercise Physiologist
University of Chicago Medicine
Program of Personalized Health & Prevention
150 E. Huron Street, Suite 900
Chicago, IL, 60611

Development of physician directed personal training program; organization of virtual personal training platform, clinical exercise testing [multiple modalities]; lead DEXA technologist 150 E. Huron; corporate fitness assessment battery administration; individualized exercise program development; select one-on-one corporate personal training; triage of all patients within multi-specialty medical clinic.

2007-2009

Senior Personal Trainer-Special Populations
Fitness Network
35 Kosciuszko St.
Manchester, NH 03102

Customized program offerings to symptomatic populations; focused work with clients under physicians care for cardiovascular, pulmonary, metabolic, orthopedic/musculoskeletal conditions

2004-2006

Assistant Professor [Fixed-Term]
Minnesota State University, Mankato
Department of Human Performance
Mankato, Minnesota

Undergraduate classroom & laboratory instruction; graduate thesis committee service; contributed to primary teaching laboratory becoming fully functional via equipment system repair and procurement of new and pre-owned systems; supported new laboratory development creating new revenue stream for department and college

2004-2006

Certification Director/Associate Workshop Director
American College of Sports Medicine
Certified Exercise Specialist® & Certified Health Fitness Specialist®
Minnesota State University, Mankato, MN 56001

2003-2004

Senior Non- Invasive Cardiac Technologist
Catholic Medical Center, New England Heart Institute
Manchester, New Hampshire

Contributed perspective and expertise of exercise physiologist to multi-disciplinary non-invasive cardiology unit; performed risk stratification, client preparation, and test administration supporting all modalities of clinical exercise testing [echo, nuclear, pharmacological]; Holter and event monitor application and scanning; administered hospital wide EKG's; EKG data management

2000-2002

Founding Director, Human Performance Laboratory
Elliot Health System
Manchester, New Hampshire

Increased scope of the health systems service offerings creating new revenue stream; conceived and launched a human performance laboratory; introduced new spectrum of health, nutrition, fitness, and athletic performance services; spearheaded all related operations including strategic planning, administration, and clinical functions; supervised maximal cardiopulmonary exercise testing, blood lactate profiling and verification, resting energy expenditure, body composition, and anaerobic power determinations; established referral network to core medical services of system

1992- 2000

Professor, Program Coordinator, Exercise Science
New Hampshire Community College-Manchester
Department of Allied Health Studies

Reconstructed an Associate in Science degree program; managed all phases including instruction, strategic planning, curriculum & laboratory development, clinical site coordination; established Physical Therapist Assistant degree program adding to departments professional program offerings and establishing new revenue stream for the college; influenced college and system's capitol equipment procurement; established in-house fitness facility for college community; developed academic articulations with neighboring academic institutions.

1998-2002

Exercise Physiologist-Strength & Conditioning Specialist
New Hampshire U.S. Army National Guard Biathlon Teams

1992-1997

Associate Certification/Workshop Director
Lecturer/Examiner
American College of Sports Medicine
Health Fitness Instructor Certification Workshops
Catholic Medical Center Networks, Manchester, New Hampshire

1995-2004

Board of Directors

New Hampshire Musculoskeletal Institute

Introduced strategic planning initiative for non-profit organization conducting musculoskeletal research and education; provided organizational oversight functions.

1986-1989

Associate Director; Center of Sports Medicine and Physical Fitness, University of Maryland, College Park, Maryland

Performed laboratory-based health, fitness, and performance assessments; constructed individualized exercise programs; supervised activity sessions; reinforced positive relations with university community; generated revenue for department and college presiding over project *Lifeline*, a university based health fitness program

1982-1984

Instructor, Founding Director

University of Montana Health/Fitness Program

University of Montana, Missoula, Montana

Department of Health and Physical Education

Designed and managed a preventive program serving the university community; established new revenue stream for department; coordinated graded exercise testing, body composition assessment, blood chemistry assays, computerized health risk analysis; exercise program construction and supervision.

1988-1992

Research Associate, Applied Research Associates Inc.

Burtonsville, Maryland.

Assisted in development of pre-employment and incumbent physical fitness standards for emergency service and military personnel; trained fire fighters and police officers as Certified Fitness Coordinators; designed and validated field tests reflective of the physical dimensions of combat firefighting and law enforcement.

1989-1992

Senior Health Screening Technician

Capitol Health Screening Inc., Bethesda, Maryland.

Performed serum cholesterol, lipoprotein subfraction, triglyceride, and glucose assays; coordinated blood pressure screening, nutritional counseling, and computerized health risk analysis.

1987-1988

Research Associate

Walter Reed Army Institute of Research

Dept. of Behavioral Biology

Forest Glen Station, Bethesda, MD

Coordinated and performed graded exercise testing and physiological data collection and analysis supporting research on the interaction of pharmacological nerve agents and exercise.

1980-1982

1985-1986

Senior Staff Exercise Physiologist, Cardio Fitness Centers Inc.

New York, New York.

Performed graded exercise testing, body composition, strength, & flexibility assessment, exercise prescription and supervision within a centrally located corporate fitness facility.

SPECIALIZED KNOWLEDGE / CERTIFICATIONS

Professional Certifications

American College of Sports Medicine Exercise Physiologist-Certified™

American College of Sports Medicine Certified Clinical Exercise Physiologist™

American College of Sports Medicine Registered Clinical Exercise Physiologist

American College of Sports Medicine Exercise is Medicine® Credential Level III™

American Heart Association-Basic Life Support-Professional Rescuer

American Heart Association-Advanced Cardiac Life Support

National Strength & Conditioning Association-Certified Strength & Conditioning Specialist
non-renewed

Emergency Medical Technician NREMT

EMT Licensed State of Montana

EMS ID 8052-7775-6009

Registry # E3588649

COLLEGE LEVEL TEACHING ASSIGNMENT HISTORY

Physiology of Exercise

Advanced Physiology of Exercise

Human Anatomy & Physiology I, II

Preventive & Rehabilitative Adult Fitness

Fitness Evaluation & Programming

Corporate Fitness Program Administration

Sport Biomechanics

Electrocardiography

Principles of Motor Learning

Metabolic Aspects: Exercise Physiology

Pulmonary Aspects: Exercise Physiology

Cardiovascular Aspects: Exercise Physiology
Muscular Aspects: Exercise Physiology
Principles of Resistance Training: Assessment & Programming
Physiology & Psychology of Aging
Kinesiology
Fitness for Special Populations
Athletic Testing & Conditioning

GRADUATE LEVEL RESEARCH

Confessore, R.J., *The Effect of Endurance Training on High Density Lipoprotein Cholesterol and Related Serum Lipids*- Masters Thesis, University of Montana, December 1979

Sharkey B. J., Simpson, C., Washburn, R. & Confessore, R.J. (1980). HDL-Cholesterol *Running*, 5, 38-41.

Confessore, R. J. *Quantification Factors Describing Physical Activity Involvement and Their Relationship to Criterion Reference Standards for Aerobic Capacity in Children and Youth*. Doctoral Dissertation, University of Maryland, August 1990

POST GRADUATE RESEARCH/PUBLICATIONS

Reviewer 11th Edition *ACSM's Guidelines for Exercise Testing and Prescription*; Wolters Kluwer Publishers

Reviewer 10th Edition *ACSM's Guidelines for Exercise Testing and Prescription*; Wolters Kluwer Publishers, Copyright ©2018

Confessore R.J., Gill M.A., Terry A.L., Roy B.A., Hoag, J.M., Effects of Power Plate™ Whole-Body Vibration Training on Reducing Fall Risk Factors in an Over 50 Adult Population - in review for publication

Miller, J.P., Vailas, J., Croce, R.V., Confessore, R.J., , Catlaw, K. Dynamic Analysis of Custom-Fitted Functional Knee Braces- EMG and Brace Migration During Physical Activity; *Journal of Sport Rehabilitation*, Volume 8, Number 2, May 1999

Croce, R.V., Miller, J.P., Confessore, R.J., Vailas, J., Reciprocal Coactivation Patterns of the Lateral and Medial Quadriceps and Hamstrings During High and Low Speed Isokinetic Movements; *Journal of Sport Rehabilitation*, Volume 7, Number 3, August 1998

Miller, J. P., Catlaw, K., Confessore, R.J., Effect of Ankle Position on EMG Activity & Peak Torque of the Knee Extensors and Flexors During Isokinetic Testing; *Journal of Sport Rehabilitation*; Volume 6, Number 4, November 1997

SELECTED PRIMARY PROFESSIONAL PRESENTATIONS

Diagnostic Use of Cardiopulmonary Exercise Testing; Logan Health 10th Annual Updates in Cardiovascular and Pulmonary Disease Conference, Whitefish, MT, 6-7 October 2023

Cardiopulmonary Exercise Testing: Applications in Cardiac & Pulmonary Rehabilitation; Montana Association of Cardiovascular & Pulmonary Rehabilitation Annual Meeting, 12 May 2023

Cardiopulmonary Exercise Testing, an Underutilized Valuable Clinical, Diagnostic & Prescriptive Tool ; Logan Health 8th Annual Updates in Cardiopulmonary Disease Conference, Whitefish MT, 27-28 September 2019

Cardiopulmonary Exercise Testing, an Underutilized Valuable Clinical & Diagnostic Tool Northwest Chapter American College of Sports Medicine, Bend OR, March 2019

Licensure of the Clinical Exercise Physiologist-Should It Remain CEPA's Primary Strategic Objective? Midwest Chapter American College of Sports Medicine Annual Meeting, Fort Wayne, Indiana, November 2016

Resistance Training Updates for the Cardiac & Pulmonary Patient: Go Hard or Go Home, Montana Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference, KRMC, Kalispell MT. September 2016

Cardiopulmonary Exercise Testing: Indications and Integral Diagnostic and Prognostic Gas Exchange Variables, Kalispell Regional Medical Center, Medical Staff Continuing Education Series, April 2015

Connecting With Clients.....There's No App For That, Midwest Chapter American College of Sports Medicine Annual Meeting; Oregon, Ohio; November 2012

Clinical Cardiopulmonary Exercise Testing: Indications and Normal/Abnormal Responses, Cardiology/Pulmonology Medical Grand Rounds Presentation; Elliot Hospital, Manchester, NH, January 2002

Not Just For Athletes Any Longer; NEACSM and NEHRSA Conference and Fitness Expo; Providence, Rhode Island, November 2000

I Used to Do This at 20, Why Can't I Do It at 40? Keynote Address, New Hampshire Celebrates Wellness Workshop, Bow, NH, January 1998

Understanding Sarcopenia, Endocrinology Grand Rounds Presentation, Catholic Medical Center, Manchester, NH, January 1998

Strength Training for Life, Keynote Presentation; Strength & Conditioning Clinic; New Hampshire National Strength and Conditioning Association; Manchester, NH, May 1997

The Exercise Stimulus; What kind? How much? How soon? Keynote Address, Bedford Nutrition Consultants/Fitness Network Exercise & Nutrition Seminar, Manchester, NH, December 1994

Health Risk Analysis Interpretation and Construction of a Personal Exercise Program. Keynote Address, University of Maryland, College of Business and Management, Executive Development Program, October 1989-92

Graded Exercise Test Interpretation. Keynote Address; Maryland Fire and Rescue Institute, University of Maryland, College Park, Maryland, April 1990

A Body Designed To Move. Keynote Address, 10th Annual Continuing Education Symposium for Health Care Professionals. University of Maryland Health Center, January 1989

PROFESSIONAL ORGANIZATIONS & HONORS

American College of Sports Medicine since 1983

Fellow of the American College of Sports Medicine since 1994

American College of Sports Medicine-Northwest Chapter

Clinical Exercise Physiology Association; ACSM Affiliate Society

Clinical Exercise Physiology Association; Chair- Legislative Committee

American College of Sports Medicine CCRB Exercise is Medicine®

Clinical Exercise Physiology Association; Chair- State Licensure Sub-Committee 2009-2013

Clinical Exercise Physiology Association; Chair- CEPA/ APTA Task Force

Montana Chapter American Association of Cardiovascular and Pulmonary Rehabilitation

Bachelor of Science, Physical Education - Cum Laude

Phi Alpha Epsilon, National Honor Society for Academic Achievement, College of Health and Human Performance, University of Maryland, College Park, Maryland.

Who's Who Among America's Teachers- The Best Teachers in America Selected by the Best Student's; Published by Educational Communications, Inc.
3rd Edition 1995; 4th Edition 1996; 6th Edition 2000

Eagle Scout, Boy Scouts of America

Co-Captain, Varsity Baseball Program, Brooklyn College, City University of NY