

Cory A. Hisle

chisle612@icloud.com

(502) 640-2175

Education

Bachelor of Science in Kinesiology: Health Fitness Specialist

Indiana University, 2012

Coursework: Fitness Management, Exercise Leadership & Program Design, Exercise Physiology, Physical Activity and Disease, Fitness Testing and Interpretation, Methods of Personal Fitness Instruction, Methods of Group Exercise Instruction, Theory and Practice of Resistance Training, Sport Psychology, Biomechanics, Motor Learning

Master of Science in Health & Wellness Management

University of Wisconsin, 2019(expected)

Coursework: Research Methods for Wellness Programs, Strategic Management for Wellness Managers, Persuasion Skills for Wellness Managers, Exercise and Nutrition in Health & Disease, Planning & Evaluation for Wellness Managers

Relevant Experience

Health Fitness

Indianapolis, IN

Program Manager

September 2018 – Present

- Develop and implement a business plan to identify program/service offerings and initiatives
- Direct and supervise the implementation of group fitness programs, personal training, health education programs
- Personally instruct a variety of fitness classes and personal training
- Supervise fitness staff consisting of full time and part time employees
- Manage relationship with business client

The Alliance for a Healthier Generation

Evansville, IN

Healthy Schools Program Manager - Kentucky

October 2016 – December 2017

- Manage the Healthy Schools Program for 140 schools
- Provide training and technical assistance across the state in wellness team development, sustainable processes and implementation of best practice wellness strategies.
- Lead in the formation of many school wellness committees and district wellness committees.
- Assisted educators and organizations in systems and culture change around sustainable wellness initiatives.

Humana

Louisville, KY

Account Advisor

February 2013 – October 2016

- Market, promote, and engage 240,000+ members in Humana's wellness program.
- Engagement percentage in assigned accounts increased from <7% to 22% from May to December 2013 and then up to over 53% in June of 2014.
- Team lead on training Wellness Champions.
- Provide creative insight into the development of wellness programs.
- Cultivate and maintain long standing relationships

Bellarmine University

Louisville, KY

Personal Trainer

March 2014 – May 2016

- Develop personalized health and fitness programs for individuals based on their needs and desires
- Collaborate with each client to develop realistic, attainable goals, and then continually modify training objectives
- Motivate clients to work to their potential.

United States Marine Corps.

June 2008 – October 2016

Corporal – Military Police

- As a Non-Commissioned Officer, I served as a Team Leader and directly supervised Marines.
- Trained, analyzed, graded, and critiqued the performance of those Marines.
- Host Nation Police Advising Instructor

Volunteer Work / Other

- USA Cares: Member of the Gala Planning Committee
- Blue Apple Players: Health & Well-being Expert
- Humana: Rock N Roll Marathon, Chocolate Festival, Unbridled Eve
- United States Marine Corps. Reserve, Toys for Tots 2008-2010

Certifications

- Wellness Council of America Faculty Designation: The Seven Benchmarks (Beginner & Advanced), Current Events in Wellness (2018), Wellness Leadership Essentials
- Health Coach; American Council on Exercise: December 2013 – December 2015
- Certified Personal Trainer; American Council on Exercise: June 2012 – June 2016
- Exercise is Medicine Credential; American College of Sports Medicine
- TRX; Suspension Trainer