

# EARLENE R. MASI, DHSc, ACSM-EP

Associate Professor of Kinesiology  
Taylor University  
Email: earlene\_masi@taylor.edu

## TEACHING AND RESEARCH INTERESTS

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- Physical Literacy and its impact on physical activity behavior
- Exercise testing, cardiovascular & muscular strength assessment
- Exercise prescription & programming
- Electrocardiogram and cardiovascular disease
- Barriers to physical activity

## EDUCATION

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**University of Indianapolis, Indianapolis, IN** December, 2024

*Doctorate of Health Science (DHSc)*

Dissertation: Exploring the Association Between Physical Literacy and Physical Activity in Phase I Cardiac Rehabilitation Patients

**Ball State University, Muncie, IN** May, 2007

*Master of Science (M.S.) Exercise Physiology*

*Concentration: Adult Fitness/Cardiopulmonary Rehabilitation*

*Thesis: The health benefits of a pedometer based 100K step/wk physical activity program*

**St. Joseph's College of Maine, Standish, ME** May, 2002

*Bachelor of Science (B.S.) Physical Education*

## PROFESSIONAL EXPERIENCE

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**Associate Professor of Exercise Science, Anderson University** August 2023 – Present

**Assistant Professor of Exercise Science, Anderson University** August 2018 – 2025

**Lapel High School, Lapel, IN** 2021 – 2023

*Men's and Women's Assistant Track Coach – Outdoor*

**Community Hospital of Anderson, Anderson, IN** August 2014 – August 2018

*Cardiac Diagnostic Technician*

**IU Health Ball Memorial Hospital, Muncie, IN** May 2007 – August 2014

*Cardiopulmonary Rehabilitation Specialist*

**Ball State University - Human Performance Laboratory, Muncie, IN** 2005 – 2007

*Graduate Assistant, Clinical Exercise Physiology Program* 2005 – 2007

**St. Joseph's College of Maine, Windham, ME** 2004

*Assistant Cross-Country Coach*

**Bonny Eagle High School, Standish, ME** 2002 – 2003

*Women's Assistant Track Coach - Indoor and Outdoor*

## TEACHING EXPERIENCE

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Anderson University August, 2018 - 2025

PEHS 1000 – Fitness and Wellness for Life

ATRG1530 – Theory of Strength and Conditioning

EXSC 1360 – Introduction to Exercise Science

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## TEACHING EXPERIENCE (Continued)

Anderson University	August, 2018 - 2025
EXSC 2140 – Nutrition in Health and Disease	
EXSC 3470 – Physiology of Exercise I	
EXSC 3480 – Physiology of Exercise II	
EXSC 4010 – Advanced Resistance Training	
EXSC 4050 – EKG and Cardiovascular Disease	
EXSC 4150 – Exercise Testing and Prescription	
EXSC 4160 – Clinical Experience in Exercise Science	
EXSC 4800 – Internship in Exercise Science	
EXSC 4850 – Practicum in Exercise Science	

## PROFESSIONAL AFFILIATION

Member, Clinical Exercise Physiology Association (CEPA)  
 Member, American College of Sports Medicine  
 Member, American College of Sports Medicine Midwest Chapter

## PROFESSIONAL SERVICE

Clinical Exercise Physiology Association (CEPA) Advocacy Committee	Present
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## UNIVERSITY SERVICE

Chair, Department of Kinesiology, Anderson University	2023 – 2025
Human Research Participant Committee (HRPC)	2024 – 2025
Faculty Athletic Representative (FAR)	2024 – 2025
Faculty Affairs Committee	2021 – 2024
Department of Kinesiology Human Research Participants Committee	2018 – 2025
Faculty Advisor	2018 – 2025
Mentor for new faculty member	2022
Anderson University Exercise Science Faculty Search Committee	2020

## CERTIFICATIONS

American College of Sports Medicine – Exercise Physiologist (ACSM-EP) Certified	2021 – Current
American Heart Association Health Care Provider/Basic Life Support (CPR & AED)	Current

## PROFESSIONAL DEVELOPMENT AND PUBLICATIONS

Physical Activity and Public Health Specialist Certificate Course	July, 2024
Independent Applying the QM Rubric (APPQMR) Certified	2022 – Current
Publication: <b>Masi, E.</b> , Peterman, J., & Kaminsky, L. (2019). The Health Benefits of a Pedometer-Based 100,000 Steps/Week Physical Activity Program <i>Journal of Science in Sport and Exercise</i> , (1) 2, 1-8. <a href="http://link.springer.com/article/10.1007/s42978-019-0021-8">http://link.springer.com/article/10.1007/s42978-019-0021-8</a>	July 2019
Conference Presentation: Ledman, C. & <b>Masi, E.</b> Multi-faceted Roles of an Exercise Professional: Current and Future Scope of our Practice and Finding Your ‘Niche’. Midwest ACSM Conference, Grand Rapids.	2018
Publication: Masi, E., Kaminsky, L., Schneider, P., & Hargens, T. (August, 2008). An Evaluation of A Pedometer- Based 100,000 Step/Week Program Poster # S138.	2008
Journal of Cardiopulmonary Rehabilitation & Prevention. 28 (4): page 282 Student Symposium Participation Certificate: “The Health Benefits of a Pedometer Based 100,000 Step Per Week Physical Activity Program”	2007