Alayna L. DeFalco

***Curriculum Vitae***

*Professional Address*

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**EDUCATION:**

M.S. Degree, Exercise Physiology

Dec 2005 Kean University, Union, New Jersey

May, 2001 B.A. Degree, Communications/Women’s Studies Minor

Rutgers University, New Brunswick, New Jersey

**PROFESSIONAL:**

2013-Present Owner of Furever Young, Conway S.C.

[www.fureveryoung.net](http://www.fureveryoung.net)

2002 - 2005 Ocean County YMCA

Fitness Director/Personal Trainer/Fitness Instructor

* 1. Cook/Douglass Recreation Center

Rutgers University/Cook Campus

Intramural Director/Fitness Center Manager

**UNIVERSITY LEVEL**

**EXPERIENCE:**

2011- Present Coastal Carolina University, Conway S.C.

Lecturer Exercise Science Department

2006-2011 The University of North Carolina, Pembroke

Undergraduate Lecturer for the Exercise Science Department

Colorguard Director for UNCP’s Spirit of the Carolina’s Marching Band

**SERVICE AND LEADERSHIP**

-Board of Directors: Robeson County Humane Society

-Community Service and Leadership, Robeson Road Runners

-Leadership Team, Eat Smart, Move More Horry County

**Courses Taught at Coastal Carolina University:**

**EXSS 205- Introduction to Exercise Science**

**EXSS 350 L– Exercise Physiology Lab**

**EXSS 385- Fitness Assessment & Exercise Prescription**

**EXSS 385L- Fitness Assessment & Exercise Prescription Lab**

**EXSS 415- Personal Fitness Leadership**

**EXSS 490- Seminar in Exercise & Sport Science**

## EXSS 495- Internship in Exercise & Sport Science

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