

Curriculum Vitae

Sharon Elayne Fair

Phone (business): 386-530-2382

E-mail: WellnessSociety@icloud.com

Website: WellInsessSociety.org



EDUCATION

University of South Florida St Petersburg
St. Petersburg, FL
Degree: Bachelor of Arts "with distinction"
Major: English (Creative and Technical Writing)
Graduation date: August 1981

City University of New York Queens College
Flushing, NY
Degree: Master of Science in Education
Major: Exercise and Nutrition Science
Graduation date: February 1987

University of Maryland School of Medicine
Baltimore, MD
Degree: Bachelor of Science
Major: Physical Therapy
Graduation date: July 1993

California Southern University
Santa Ana, CA (has since relocated to Chandler, AZ)
Degree: Doctor of Psychology (PsyD)
Graduation date: April 2000
Doctoral paper: Psychological Aspects of Physical Therapy

Capella University
Minneapolis, MN
Doctor of Philosophy (PhD) in Education
Major: Education, Specialization: Teaching and Professional Development
Graduation date: April 2005
Dissertation: The Fitness Self-Wellness of Physical Therapists

LICENSURE

Physical Therapist - State of Maryland (PT-17656)
July 1993 - Nov 2000

Physical Therapist - State of Florida (PT-12315)
July 1995 - Nov 2025

Physical Therapist - State of Hawaii (PT-3949)
Jan 2015 - Dec 2017

Sharon Fair, PT, MS, PsyD, PhD

CERTIFICATION

Online Teaching and Learning
Capella University
Minneapolis, MN
Date: April 2004

Basic Life Support (BLS) Provider
American Heart Association
Dates: 1981 - May 2025

EMPLOYMENT

Graduate Fellow / Assistant Professor, Adjunct
Queens College of the City University of New York (CUNY)
Flushing, NY
January 1985- January 1987

Health, Nutrition, and Fitness (3 credits)
Spring 1985 - Fall 1986 terms

Aerobic and Strength Training with Lab (2 credits)
Spring 1985 - Fall 1986 terms

How to Teach Aerobic Dance with Lab for PE Majors (2 credits)
Summer 1986 - Fall 1986 terms

Chief Exercise Physiologist

Maryland Metabolic Institute of Greater Baltimore Medical Center Agency
Baltimore, MD
Staff Level: July 1987 - July 1998; Chief: July 1998 - Sept 1990

Consultant

Authored "Employee Wellness"
Sheppard Pratt Hospital, Baltimore, MD, 1988

Associate Professor, Adjunct

Essex State College
Essex, MD
Sept 1990 - June 1991

Physical Therapist

Stella Maris Rehabilitation
Timonium, MD
1993 - 1994

Physical Therapist (PRN)

Greater Baltimore Medical Center Home Care
Towson, MD
1995 - 1996

Sharon Fair, PT, MS, PsyD, PhD

Physical Therapist (PRN)

Johns Hopkins Home Care Group
Baltimore, MD
1995 - 1996

Physical Therapist

St Joseph / Upper Chesapeake Home Health Care
Baltimore, MD
1997 - 1999
Staff Level: 1997 - 1998; Coordinator: 1999

Physical Therapist

Jupiter Medical Center
Jupiter, FL
2000

Associate Professor

University of St. Augustine for Health Sciences
St. Augustine, FL
Jan 2001 - Aug 2007, Aug 2007 - 2008 Adjunct

Service on Committees/Councils/Task Forces:

Faculty Development
Jan 2001 - May 2003

Distance Education and Learning Committee
Jan 2001 - May 2003

Graduate Council
Jan 2001 - 2005 (Council inactivated in 2005)

OT/PT School Survival Task Force - Chairperson
Dec 2001 - Sept 2003

Wellness Task Force for USA's Compendium - Chairperson
Jan 2002 - Aug 2007

Online Sub-Committee of University Curriculum Committee
May 2003 - 2005

University Curriculum Committee
Member: May 2003 - July 2007
Chair: May 2005 - July 2007

Course / Faculty Evaluation Form Task Force - Chairperson
2003 - 2004

Exit Exam Committee
Member: 2003 - July 2007
Chair: Sept 2006 - July 2007

Sharon Fair, PT, MS, PsyD, PhD

Teaching Responsibilities (except as noted, all courses are in entry-level physical therapy and/or occupational therapy programs):

COM 6001: Professional Communication
(Online; Post-entry level; 2 credits)
Summer 2002 - Fall 2007: Sole Instructor

COM 6001: Professional Communication
(St. Augustine campus; 2 credits)
Fall 2003 - Summer 2007: Sole Instructor

COM 6001e: Professional Communication
(Online; Entry-level FLEX program at Boca Raton; 2 credits)
Fall 2007 - Spring 2008: Sole Instructor

HSC 5610: Administration & Management in OT & PT*
(St. Augustine campus; 2 credits)
Spring 2001: Guest Lecturer (Topic: Rehab Manager in Home Health)
Summer 2001 - Summer 2005: Lead Instructor
Fall 2005 - 2007: Sole Instructor
* Prior to Fall 2001, the course number and title were: HSC 5510:
Management & Administration in Health Care

HSC 5700: Wellness & Prevention in OT & PT
(St. Augustine campus; 3 credits)
Spring 2001 term: Guest Lecturer
Summer 2001: Sole Instructor
Fall 2001 - Summer 2005: Lead Instructor
Fall 2005 - Spring 2007: Sole Instructor

HSC 5710: Wellness I (for physical therapists)
(St. Augustine campus; 1 credit)
Spring 2007 - Summer 2007: Sole Instructor

HSC 5710: Wellness I (for physical therapists)
(Online; Entry-level FLEX program at Boca Raton; 1 credit)
Spring 2007 - Summer 2008: Sole Instructor

HSC 5720: Wellness II
(Online; Entry level DPT program at St. Augustine campus; 2 credits)
Fall 2007 - present: Sole Instructor

HSC 5720: Wellness II
(St. Augustine campus; 2 credits)
Spring 2007 - Summer 2008: Sole Instructor

HSC 5800: Gerontology
(St. Augustine campus; 3 credits)
Fall 2001 - Spring 2002: Guest Lecturer
Summer 2002 - Summer 2005: Co-Instructor

Sharon Fair, PT, MS, PsyD, PhD

IDS 5802: Independent Study - Women's Health
(St. Augustine campus; 1 credit)
Summer 2005

IDS 5802: Independent Study - Home Health Care
(St. Augustine campus; 2 credits)
Summer 2005

PHT 5004 Health Care Forum*
(St. Augustine campus; 1 credit)
Spring 2001 - Summer 2001: Co-Instructor
*Following summer 2001, the course was discontinued and PHT: 5104
Ethics in the PT Profession was created

PHT 5104: Ethics in the PT Profession*
(St. Augustine campus; 1 credit)
Fall 2002 - Summer 2003: Lead Instructor
*Following summer 2003, the course was discontinued and PHT 5405:
Psychosocial and Ethical Aspects of PT was created

PHT 5234C: General Therapeutic Exercise I
(St. Augustine campus; 3 credits)
Spring 2001: Lab Assistant

PHT 5405: Psychosocial & Ethical Aspects of PT
(St. Augustine campus; 3 credits)
Fall 2003 - Summer 2007: Sole Instructor

PHT 5405: Psychological & Ethical Aspects of PT
(Online; Entry-level FLEX program at Boca Raton; 3 credits)
Fall 2007 - Spring 2008: Sole Instructor

PHT 5802: Practicum I
Spring 2001 - Spring 2003: Guest Lecturer (1 hour each)

PHT 5805: Health Care Forum / Practicum II
Spring 2001 - Spring 2003: Guest Lecturer (2 hours each)

PSY 6103: Applied Performance Psychology
(On-line; Post-entry level; 3 credits)
Fall 2001, Fall 2002, Fall 2003, Fall 2004: Sole Instructor

PSY 6102: Psychology of Health and Exercise
(Online; Post-entry level; 2 credits)
Spring 2002 - 2005: Sole Instructor

Consultant

Provided presentation "Physical Therapy and Wellness"
Kaiser Permanente
Los Angeles, CA
May 2004

Sharon Fair, PT, MS, PsyD, PhD

Visiting / Guest Speaker

Presented "Physical Therapy and Wellness" to entry-level DPT program
Tennessee State University
Nashville, TN
Summer 2004

Physical Therapist

Senior Home Care
Jacksonville, FL
2007 - 2011

Adjunct Associate Professor

Administration and Management in OT & PT (2 credits, Entry-level program at the University of St. Augustine Health Sciences, St Augustine, FL) 2008

Administration and Management in PT (2 credits, Entry-level Flex program at the University of St. Augustine Health Sciences, Boca Raton, FL) 2008

Applied Performance Psychology (2 credits, Post-professional program at the at the University of St. Augustine Health Sciences, FL) 2008

Professional Communication (2 credits, Entry-level Flex program at the University of St. Augustine Health Sciences, Boca Raton, FL) 2008

Professional Communication (2 credits, Post-professional program at the University of St. Augustine Health Sciences, St Augustine, FL) 2008

Psychological and Ethical Aspects of Physical Therapy (3 credits, Entry-level Flex program at the University of St. Augustine Health Sciences, Boca Raton, FL) 2007-2008

Psychology of Health and Exercise (2 credits, Post-professional program at the University of St. Augustine Health Sciences, St Augustine, FL) 2000-2005

Wellness I (1 credit, Entry-level Flex program at the University of St. Augustine Health Sciences, Boca Raton, FL) 2007-2008

Wellness II (2 credits, Entry-level Flex program at the University of St. Augustine Health Sciences, Boca Raton, FL) 2007-2008

Wellness II (2 credits, Entry-level program at the University of St. Augustine Health Sciences, St. Augustine, FL) 2007-2008

Physical Therapist

Welcome Home Care
St Augustine, FL
2011 - 2013

Sharon Fair, PT, MS, PsyD, PhD

Physical Therapist

Adventist Health Systems / Castle Home Care
Kaneohe, HI
2015

Physical Therapist (PRN)

Beyond Home Health Care
Jacksonville, FL
2016

Physical Therapist (PRN)

Baptist Home Health Care
Jacksonville, FL
2016

Physical Therapist

Nurse-On-Call / Brookdale / HCA
Jacksonville, FL: 2014 - 2015
Gainesville, FL: 2017 - 2020
Daytona Beach, FL: 2020 - 2021

Adjunct Associate Professor

Health and Wellness I [virtual course] (3 credits, Entry-level program at East Tennessee State University, Johnson City, TN) Summer 2020

PUBLICATIONS

Fair S. The Effects of Modest versus Extended Exercise on the Quality of Weight Loss in Obese Women on a Very Low Calorie Diet (VLCD). *Report of the Maryland Metabolic Institute*. 1988; summer.

Fair S. A Comparison of the Self-Wellness of Female and Male Physical Therapy Students. *Journal of Woman's Health Physical Therapy*. 2004; 28(3): 15-21.

Fair S. The fitness self-wellness of physical therapists. *Dissertation Abstracts International*. 2005; 66(1), 236. (ProQuest Information and Learning No. 3162726)

Fair S. A Comparison of the Aerobic Capacity Wellness of Female and Male Physical Therapy Members of the American Physical Therapy Association. *Journal of Woman's Health Physical Therapy*. 2007, 31(1):6-10.

Fair S. *Wellness and Physical Therapy*. Sudbury, MA: Jones & Bartlett; 2010.

Fair S. *Wellness and Holistic Physical Therapy*. Palatka, FL: Wellness Society; 2020.

Fair S. *Wellness and Holistic Physical Therapy 2024*. Palatka, FL: Wellness Society; 2024.

Fair S. *Girls and Boys and Gender*. Palatka, FL: Wellness Society; 2024

GRANTS

Sharon Fair, PT, MS, PsyD, PhD

Sandoz Nutrition Corporation (1989) \$5,000 grant to study the effects of modest versus extended exercise on the quality of weight loss in obese women on a very low-calorie diet (VLCD)

University of St. Augustine for Health Sciences (2003) Grant to study the fitness self-wellness of physical therapists

PRESENTATIONS

"Exercise and the Diabetic"

Presented to the Anne Arundel Chapter of the American Diabetic Association
Annapolis, MD; 1988

"Exercise and Weight Management"

Presented to the clinical staff (physicians, nurses, etc.) of Greater Baltimore Medical Center Baltimore, MD; 1989

"Functional PT for the Home-Bound Geriatric Patient"

Course writer and speaker

Approved for .7 CEUs by the Maryland Chapter of the APTA, November, 1999

"Wellness and Physical Therapy"

Platform Presentation at the APTA's Annual Conference; Boston, MA; June 2005

"An Online Seminar in Wellness for Physical Therapists"

Poster Presentation at the 15th annual (international) Distance Teaching and Learning Conference; Jacksonville, FL; Feb 2004

"Wellness and Physical Therapy"

Platform Presentation at the APTA's Preview 2020; Las Vegas, NV; Nov 2005

"A Comparison of the Aerobic Capacity Wellness of Female and Male Physical Therapy Members of the APTA"

Poster Presentation at APTA's Combined Section Meeting; Boston, MA; Feb 2006

"Wellness and Holistic Physical Therapy"

Course writer and speaker

Approved for 6 CEUs by the Florida Chapter of the APTA, Sep 2019; Oct 2019

"Complimentary Interventions in Physical Therapy"

Course writer and speaker

Approved for 6 CEUs by the Florida Chapter of the APTA, Sep 2019; Oct 2019

PROFESSIONAL AND HONOR SOCIETIES

Phi Kappa Phi (Honor Society)

Inducted in 1981

Omicron Delta Kappa (Leadership Society)

Inducted in 1981

American College of Sports Medicine (ACSM)

Sharon Fair, PT, MS, PsyD, PhD

1985 - 1991

APTA: Home Health Section Regional Representative
1998 - 2003

APTA, Maryland Chapter: Co-Chair of the Home Health Special Interest Group
April 1997 - Dec 1999

APTA's "Members Mentoring Members" Program: Mentor
Areas of Expertise: Wellness, Home Health
2001 - 2008

PUBLIC SERVICE

Wellness Society

Palatka, Putnam County, Florida

Co-founded in 1981 as Florida Fitness in St. Petersburg, FL

President: 1981 - present

Global Mission: Enhance the wellness of society through education and enlightenment

- Created and maintain website
- 2018 - present

Current Focus: The biological reality of males and females and the harms of transgender ideology

- 2023 - present
- Hosts women-only retreats, Silver Lake Retreat, Palatka, FL
- Speaker at the WDI-USA's International Women's Day event in St Augustine, FL; Organizer and Speaker at events in FL, MD and NYC
- Designs and provides / distributes educational handouts to the public
- Creates, hosts and edits videos to educate the public
- Serves as a guest on the podcast / videos of such organizations at NAT Global Campus
- Volunteer at Women's Liberation Front (WoLF) and Women's Declaration International (WDI)

Flagler Hospital's Health Fair

St. Augustine, FL

Physical Therapy and Wellness booth coordinator

2001 - 2005

University of St. Augustine's Annual 5K Run and Health Fair

St. Augustine, FL

Fitness and Wellness booth coordinator

2004 - 2005

St. John's County Department of Health's Scoliosis Screening

St. Augustine, FL

Volunteer: 2002 - 2007

Coordinator: 2007