Curriculum Vitae

Sharon Elayne Fair

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FOUNDER AND PRESIDENT
WELLNESS SOCIETY USA, INC.
501(c)(3) nonprofit corporation based in Palatka, Putnam County, FL
Founded in 1981 as Florida Fitness in St. Petersburg, FL
Phone: 386-312-7669
1981 - present

PHYSICAL THERAPIST
W-2, Contract and Pro-Bono
Baltimore, MD; West Palm Beach, FL; St. Augustine, FL; Ewa Beach, HI; Jacksonville Beach, FL; Palatka, FL
1993 - present

EXERCISE PHYSIOLOGIST
W-2, Contract and Pro-Bono
Miami, FL; Baltimore, MD
1987 - 1992

FITNESS CONSULTANT
Contract and Pro-Bono
St. Petersburg, FL; St. Louis, MO; New York City, NY
1981 - 1986

EDUCATION

Valencia College
Orlando, FL
Degree: Associate of Arts Degree
Graduation Date: June 1979

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 2027

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

CERTIFICATION

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

Basic Life Support (BLS) Provider (265411546520)
American Heart Association
Dates: 1981 - May 2027

AUTHOR / WRITER

Fair S.E. Employee Wellness. Sheppard Pratt Hospital. Baltimore, MD. 1988

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

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

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

Fair S.E. *Wellness and Physical Therapy*. Sudbury, MA: Jones & Bartlett. (370 pp)
2009 publication: ISBN: 9781449610340
2011 publication: ISBN: 9780763758219

Fair S.E. *Wellness and Holistic Physical Therapy*. Palatka, FL: Wellness Society; 2020. (400 pp)
ISBN: 9781964922010

Fair S.E. *Male and Female Mammals*. 2024 (40 pages) [hardback]
Pennsauken, NJ: BookBaby. ISBN: 9781735491264, ISBN: 9781735491268
Palatka, FL: Wellness Society. ISBN: 9781735491295, ISBN: 9781735491295

Fair S.E. *Girls and Boys and Gender*. 2024. (40 pages) [hardback]
Pennsauken, NJ: BookBaby. ISBN: 9781964922003
Palatka, FL: Wellness Society. ISBN: 9781735491257

Fair S.E. *Wellness and Holistic Physical Therapy 2026*. Palatka, FL: Wellness Society; 2026. (400 pp) ISBN: 9781964922027 [hardback]

CONTINUING EDUCATION COURSE WRITER AND INSTRUCTOR

"Functional PT for the Home-Bound Geriatric Patient"
Course writer and instructor
Approved for 0.7 CEUs by the Maryland Chapter of the APTA
Course location: Phoenix, MD
November 1999

"Wellness and Physical Therapy"
Platform Presentation at APTA's Annual Conference
Approved for 6 CEUs by the APTA
Course location: Boston, MA
June 2005

"Wellness and Physical Therapy"
Platform Presentation at APTA's Preview 2020
Approved for 6 CEUs by the APTA
Course location: Las Vegas, NV
Nov 2005

"Wellness and Holistic Physical Therapy"
Course writer and instructor
Approved for 6 CEUs by the Florida Chapter of the APTA
Course location: Palatka, FL
Sep 2019; Oct 2019

"Complementary Interventions in Physical Therapy"
Course writer and instructor
Approved for 6 CEUs by the Florida Chapter of the APTA
Course location: Palatka, FL
Sep 2019; Oct 2019

GRANTS

Sandoz Nutrition Corporation (1989) $5,000 grant to study the effects of exercise on weight loss quality in obese women on a VLCD

University of St. Augustine for Health Sciences (2003) $1,000 grant to study the fitness self-wellness of physical therapists

GUEST SPEAKER

"Exercise and the Diabetes"
Presented to the Anne Arundel Chapter of the American Diabetes Association
Annapolis, MD
1988

"Exercise and Weight Management" (Compensated)
Presented to the clinical staff (physicians, nurses, etc.) of Greater Baltimore Medical Center
Baltimore, MD
1989

"An Online Seminar in Wellness for Physical Therapists"
Poster Presentation at the 15th annual International Distance Teaching and Learning Conference
Jacksonville, FL
Feb 2004

"Physical Therapy and Wellness" (Compensated)
Kaiser Permanente
Los Angeles, CA
May 2004

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

EMPLOYMENT

Activities Coordinator
University of South Florida at St. Petersburg
St. Petersburg, FL
1981 - 1982

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

Teaching Responsibilities

Health 101: Health, Nutrition, and Fitness (3 credits)
Spring 1985 - Fall 1986 terms

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

Physical Education: 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 1988; Chief: July 1988 - Sept 1990

Associate Professor, Adjunct
Essex State College
Essex, MD
Sept 1990 - June 1991

Teaching Responsibilities

Health 101: Healthful Living (3 credits)
Fall 1990 and Spring 1991 terms

Physical Therapist
Stella Maris Rehabilitation
Timonium, MD
1993 – 1994

Physical Therapist (PRN)
Greater Baltimore Medical Center Home Care
Towson, MD
1995 - 1996

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 – Physical Therapy Core Faculty
University of St. Augustine for Health Sciences
Jan 2001 - Aug 2007

Service on Committees/Councils/Task Forces (St. Augustine campus):

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 - Member
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

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 - Summer 2008: 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

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
(Online; Post-entry level; 3 credits)
Fall 2001, Fall 2002, Fall 2003, Fall 2004: Course creator and Sole Instructor

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

Physical Therapist
Senior Home Care
Jacksonville, FL
Aug 2007 - Aug 2011

Associate Professor - Physical Therapy Adjunct Faculty
University of St. Augustine for Health Sciences
St. Augustine, FL
Aug 2007 – Aug 2008

Teaching Responsibilities

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

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

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

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

Professional Communication (2 credits, Post-professional program at the University of St. Augustine for 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 for Health Sciences, Boca Raton, FL) 2007-2008

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

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

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

Physical Therapist
Welcome Home Care
St. Augustine, FL
Sep 2011 - 2013

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

Associate Professor - Physical Therapy Adjunct Faculty

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

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)
1985 - 1991

American Physical Therapy Association (APTA)
Life Member
1993 - present

American Physical Therapy Association (APTA)
Home Health Section: Regional Representative
1998 - 2003

Maryland Chapter of the American Physical Therapy Association (APTA)
Home Health Special Interest Group: Co-Chair
April 1997 - Dec 1999

American Physical Therapy Association (APTA)
"Members Mentoring Members" Program: Mentor
Areas of Expertise: Wellness, Home Health
2001 - 2008

American Physical Therapy Association (APTA)
APTA Health Promotion and Wellness Network
2008 – present

PUBLIC SERVICE

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. Johns County Department of Health's Scoliosis Screening
St. Augustine, FL
Volunteer: 2002 - 2007
Coordinator: 2007