

# **Gerry J. Gallo, MS.Ed, CSCS**

Senior Lecturer – The University of Dayton  
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## **EDUCATION**

**Master of Science in Education and Allied Professions - Physical Education** (2006)  
University of Dayton, *Dayton, Ohio*

**Bachelor of Education (Physical Education and Health Concentration)** (2003)  
Lakehead University, *Thunder Bay, Ontario, Canada*

**Bachelor of Science in Exercise Science** (2002)  
Lake Superior State University, *Sault Ste. Marie, Michigan*

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## **PROFESSIONAL CERTIFICATION**

- NSCA Certified Strength & Conditioning Specialist (CSCS)
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## **CURRENT DEPARTMENT TEACHING RESPONSIBILITIES**

### **Senior Lecturer**

***University of Dayton - Department of Health and Sport Science***

**2006 - Present**

- Promoted to Senior Lecturer, Spring 2020.
  - Teach courses within the Health and Wellness and Health Science majors.
  - Courses currently teaching:
    - HSS 111 – Introduction to Health and Wellness
    - HSS 121 – Essentials of Youth Fitness
    - HSS 220 – Adapted Physical Activity
    - HSS 320 – Essentials of Strength and Conditioning
    - HSS 321 – Essentials of Personal Training
    - HSS 405 – Tests and Measurements in Sport Science
    - HSS 485 – Health and Sport Science Internship
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## **CURRENT DEPARTMENT LEADERSHIP ROLES**

### **Concentration Coordinator**

***Health and Wellness Major - Health and Fitness Concentration (HFT)***

**2020 - Present**

- Responsible for reviewing, making curricular changes and recruiting for the HFT concentration.

### **Academic Advisor**

***Health and Wellness & Health Science Majors***

**2020 - Present**

- Advise and mentor ~35 HSS students throughout their academic programs.

### **Faculty Coordinator**

***Health and Wellness Internship Experiences***

**2020 - Present**

- Coordinate and supervise ~20 HSS 485 – Health Science Internship experiences each year.

**Co-coordinator****University of Dayton Fitness, Friendship & Fun Program****2006 - Present**

- Community-based fitness program within the HSS 121 – Essentials of Youth Fitness course. Responsible for the coordination and supervision of ~30 students, ~3 teaching assistants, and ~75 elementary school children from Holy Angels Catholic school each year.

**Faculty Advisor****Phi Epsilon Kappa (PEK)****2009 - Present**

- Health and Sport Science service fraternity consisting of ~150 student members.
- Involved in various on-campus and community-based service programs.

**Coordinator****Thomas J. Frericks 5K Event****2012 - Present**

- Annual event involving ~400 participants, ~100 volunteers and ~15 student leadership positions.
- Helped raise over \$80,000 for the Department of Health and Sport Science.

**Program Director & CSCS, CPT Sponsor****University of Dayton NSCA Education Recognition Program (ERP)****2012 - Present**

- Responsible for the implementation and facilitation of UD's ERP affiliation with the NSCA.
- HSS programs are recognized in the fields of Personal Training & Strength and Conditioning.

**Co-coordinator****HSS / UD Campus Recreation Personal Training Scholarship****2019 - Present**

- Collaboration providing students the opportunity to earn fitness certifications and practical experiences.

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**PREVIOUS DEPARTMENT TEACHING EXPERIENCE AND LEADERSHIP ROLES****Courses previously taught:**

HSS 101 – Introduction to the University Experience for Health and Sport Science Majors  
HSS 112 – Introduction to Exercise Science  
HSS 121 – Fitness for Life  
HSS 130 – Conditioning for Men  
HSS 130 – Conditioning for Women  
HSS 130 – Co-Ed Conditioning  
HSS 130 – Floor Hockey  
HSS 182 – Aerobic Conditioning  
HSS 184 – Conditioning for Health and Sport Science Majors  
HSS 255 – Health and Sport Science Field Experience  
HSS 285 – Practicum in Health Science  
HSS 300 – Methods of Teaching Secondary Physical Education  
HSS 324 – Methods of Teaching Elementary Physical Education  
HSS 344 – Outdoor Education (Faculty Supervisor)  
HSS 408L – Physiology of Exercise Lab  
HSS 417 – Supervision of Student Teachers  
HSS 470 – Curriculum Development in Physical Education  
HSS 490 – On-Campus Internship for Exercise Science Students  
HSS 491 – Off-Campus Internship for Exercise Science Students

**Coordinator*****University of Dayton Adapted Physical Activity Program*****2006 - 2020**

- Community-based fitness program within the HSS 220 – Adapted Physical Activity course. Responsible for the coordination and supervision of ~60 students, ~15 teaching assistants, and ~65 elementary school children with exceptionalities from Dayton Public Schools each year.

**Co-coordinator*****Physical Education Teacher Preparation Program*****2006 - 2011**

- Observed and evaluated student teachers during their teaching placements.
- Collaborated with program co-coordinator in administrative duties.

**Coordinator*****Secondary Physical Education Program*****2006 - 2009**

- Service Learning component for HSS 300 – Methods of Teaching Secondary Physical Education.
- Instructed UD Physical Education students, student associates and ~ 80 Middle & High School students from Holy Angels and Oakwood High School each year.

**Coordinator*****Elementary Physical Education Program*****2006 - 2009**

- Service Learning component for HSS 324 – Methods of Teaching Elementary Physical Education.
- Instructed UD Physical Education students, student associates and ~ 100 1<sup>st</sup> – 4<sup>th</sup> grade children from Holy Angels, Immaculate Conception and Wogaman Schools each year.

**Coordinator*****Holy Angels Physical Education Program*****2006 - 2009**

- Coordinated the Holy Angels 7<sup>th</sup> and 8<sup>th</sup> grade spring Physical Education programs.
- Selected and supervised UD Physical Education majors to teach the program two times/week.
- UDPE interns created and implemented lesson plans for ~ 90 HA students.

**Faculty Sponsor*****National Association for Sport & Physical Education Major of the Year Program*****2007 - 2010**

- Nominated and accompanied senior Physical Education recipients to the National Physical Education conference (AAHPERD) to receive their respective awards:
  - Mr. Bryan Bennett (Fort Worth, TX - 2008)
  - Ms. Kelly Sells (Tampa, FL - 2009)
  - Ms. Natalie Goff (Indianapolis, IN - 2010)

**Faculty Supervisor*****Physical Education Student Teachers*****2009 - 2011**

- Responsible for the placement, facilitation and assessment of Physical Education student teachers during their HSS 417 experience.
- Communicated and collaborated with cooperating teachers.

**Academic Advisor*****HSS Pre-Physical Therapy and Exercise Science Students*****2010 - 2019**

- Mentored ~ 20-50 undergraduate students per semester.

**Faculty Advisor*****University of Dayton Optimist Club*****2011 - 2018**

- UD Service organization focusing on children with exceptionalities and special needs.

## **Faculty Advisor**

### ***Physical Education Programs Club***

**2006 - 2013**

- Met with the PEP committee to discuss community service and fundraising opportunities.

## **Faculty Advisor**

### ***Special Interest Housing***

- 2015 (Health and Fitness Focus House)
- 2019 (Optimist Club House)

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## **COMMITTEE RESPONSIBILITIES**

### **School of Education and Health Sciences**

- Honors and Awards, Co-chair (Fall 2023-Present)
- SEHS Learning and Wellness Center Action Team (2022)
- Accreditation Preparation - NASPE/NCATE Physical Education Program (2009)
- Undergraduate Academic Affairs (2007-10)

### **Department of Health and Sport Science**

- Awards and Events (2022-Current)
- Testing and Assessment for Personal Progress (2020-22)
- Equipment Advisory (2017-19)
- Student Awards (2017-2018)
- Student Peer Advisory Group, Faculty Liaison (2015-18)

### **Search Committees**

- Lecturer of Health Science, Department of Health and Sport Science (2024)
- Assistant Director of Fitness, Campus Recreation (2023)
- Lecturer of Health Science, Department of Health and Sport Science (2022)
- Clinical Coordinator of Dietetics, Department of Health and Sport Science (2018)
- Assistant Director of Fitness, Campus Recreation (2016)
- Associate Dean for Undergraduate Learning, School of Education and Health Science (2015)
- Graduate Assistant, Department of Health and Sport Science (2010)

### **Thesis Committees**

#### **HSS Graduate Students:**

##### **Lucas Sagaert** (Fall 2017)

*Comparing Measured Verses Predicted Resting Metabolic Rate Among Strength Athletes.*

##### **Megan Mowers** (Spring 2017)

*How Undergraduate Student's Perceived Stress, Depression, and Test Anxiety Affect Fitness Facility Attendance.*

##### **Robyn Vanheste** (Spring 2017)

*Effect of Deep Slow Breathing on Quality of Life in Cardiac Rehabilitation Patients with Heart Failure.*

##### **Gary Long** (Spring 2007)

*A Statistical Profile of Division I Collegiate Soccer Athletes Including Predicting Percent Starting Time and Analyzing Differences Between Starters and Non-Starters.*

##### **Midwestern Association of Graduate Schools** (Spring 2007)

*Achievement and Satisfaction in an Online Versus a Traditional Health and Wellness Course.*

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## RESEARCH

### 2021 SEHS Summer Research Grant Co-recipient

***Application of SAMU-DISFIT Fitness Battery on Adults with Intellectual Disabilities and a Pilot Analysis of Tests Assessing Missing Fitness Component*** (Matt Beerse and Gerry Gallo).

Beerse, M., Callahan, C., **Gallo, G.**, Barrios, J. (2021, August 10-13). ***Joint Kinematics and Work Adjustments in Adults When Learning the Kettlebell Swing Without Coaching.*** Accepted for presentation at American Society of Biomechanics (Virtual Conference).

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## PROFESSIONAL PUBLICATION

**Gerry J. Gallo**, and George M. De Marco, Jr. (July 2008). ***Self –Assessment and Modification of a Division I Strength and Conditioning Coach’s Instructional Behavior.*** Journal of Strength and Conditioning Research 22(4), 1228-1235.

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## SCHOLARLY AND PROFESSIONAL PRESENTATIONS

Matt Beerse & **Gerry J. Gallo**. (2023, March 30<sup>th</sup>). ***Evaluation of Physical Fitness Tests in Adults with Intellectual Differences.*** Shape America National Convention and Expo, Seattle, WA

Dani Ondreka & **Gerry J. Gallo**. (2024, October 24<sup>th</sup>). ***A Collaborative Approach to Developing Quality Fitness Professionals.*** 50<sup>th</sup> Annual Ohio Recreation Sports Association Conference, Dayton, OH

Michael Waller and **Gerry J. Gallo**. (2015, May 16<sup>th</sup> & 17<sup>th</sup>). ***Exam Prep Clinic for the NSCA Certified Strength and Conditioning Specialist (CSCS) Certification.*** University of Saint Francis, Ft. Wayne, IN.

Michael Waller and **Gerry J. Gallo**. (2014, March 29<sup>th</sup> & 30<sup>th</sup>). ***Exam Prep Clinic for the NSCA Certified Personal Training (CPT) Certification.*** University of Dayton, OH.

**Gerry J. Gallo**, Shayne Brown, Joe Janasek & Juliana Libertin. (2012, December). ***Training with Resistance Bands.*** Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

**Gerry J. Gallo**, Megan Clayton and George De Marco, Jr. (2010, December). ***Using Pedometers through Fitness, Friendship and Fun.*** Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

**Gerry J. Gallo**, Kara Eckes, Hannah Dickson, Lindy Barber, Jackie Bucci & George De Marco Jr. (2010, December). ***Adapting Physical Education for ALL Children – A Community-Based Approach.*** Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

**Gerry J. Gallo**, Ali Doyle, Justin Millio, Angela Inendino, Derek Hord, Ethan Owens, Christine Greaney, George De Marco, Jr., Michael Triola, Kate Lohmeyer & Becky Parr (2009, December). ***Getting Children Motivated to Move Part III: A Focus on Fitness.*** Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

**Gerry J. Gallo**, George M. De Marco, Jr., Natalie Goff, Christine Gates, Michael Triola, Kate Lohmeyer & Jen Lohmeyer. (2009, December). ***The Sport Education Model: Research on and Successful Applications in Urban-Public and Parochial Schools.*** Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

**Gerry J. Gallo**, George M. De Marco, Jr., Becky Parr, Pam Watson, Kate Lohmeyer, Michael Triola, Katie Zink, Ethan Owens, Deana Waintraub, Natalie Goff, Scott Horcher, Derek Hord, Christine Gates & Brittany Frye. (2008, December). **Getting Children Motivated to Move Part II – An Interdisciplinary Approach to Skill Themes**. Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

George M. De Marco, Jr. & **Gerry J. Gallo**. (2007, November). **The University of Dayton Adapted Physical Education Program: A Decade of Learning, Leadership, and Service**. Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

**Gerry J. Gallo**, George M. De Marco, Jr., Jim Ullmer, Kate Grunkemeyer, Michael Andersen, Kelly Sells, Pat Carley, Angela Holtgreffe, Claire Gocke & Mike Schoen. (2007, November). **The Skill Theme Approach: Getting Children Motivated to Move**. Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

**Gerry J. Gallo** & George M. De Marco, Jr. (2006, December). **Self-Assessment and Modification of a Division I Strength and Conditioning Coach's Instructional Behavior**. Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

George M. De Marco, Jr., Jim Ullmer, **Gerry J. Gallo**, Mark Thobe, Michael Triola, & Adam Lorenz. (2006, December). **Strength and Conditioning for Kindergartners to College Students**. Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

George M. De Marco, Jr., Tamara Spence, & **Gerry J. Gallo**. (2005, December) **Research on and Successful Applications of the Sport Education Model: Teaching Taebo for Fitness and Fun**. Presented at the annual meeting of the Ohio Association for Health, Physical Education, Recreation and Dance Convention, Columbus, OH.

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## UNIVERSITY / COMMUNITY PRESENTATIONS

**Gerry J. Gallo** (2024, April 14<sup>th</sup>). - **Fitness Assessment Protocols**. Presented as a Campus Recreation In-Service for Personal Trainers, Dayton, OH.

**Gerry J. Gallo** & Matt Beerse. (2022, April 22<sup>nd</sup>). **An Evaluation of a Fitness Battery and Complementary Fitness Tests for Adults with Intellectual Differences**. 17<sup>th</sup> Annual SEHS Thomas C. Hunt Building a Research Community Day.

Diana Cuy Castellanos, Matt Beerse, **Gerry J. Gallo**, Rebecca Gonter-Dray, Anne Crecelius. (2021, April 23<sup>rd</sup>). **Pilot Nutrition, Fitness and Injury Screening Clinic - Accomplishments and Outlook**. 16<sup>th</sup> Annual SEHS Thomas C. Hunt Building a Research Community Day.

**Gerry J. Gallo** (2019, April 26<sup>th</sup>). **Service Learning Through Physical Activity**. 14<sup>th</sup> Annual SEHS Thomas C. Hunt Building a Research Community Day.

**Gerry J. Gallo** & Megan Clayton. (2011, August). **Avoiding the Freshman Fifteen – Making Lifelong Fitness a Priority!** Presented as part of the University of Dayton Student Orientation First Flyer Read Series, Dayton, OH.

Megan Clayton & **Gerry J. Gallo** (2011, July, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>). **Importance of Physical Education and Activity: Inspired by Our Marianist Heritage**. Assisted with activity sessions presented to students involved in the Center for Christian Leadership summer program at the University of Dayton, Dayton, OH.

**Gerry J. Gallo** & Megan Clayton. (2011, March). **Healthy Hearts**. Guest lecture presented to the RA staff of the Marianist Residence Hall at the University of Dayton (Invited by Ms. Alyssa Rivera - Dormitory Resident Assistant).

**Gerry J. Gallo** & Megan Clayton. (2010, August). **Avoiding the Freshman Fifteen – Is it Possible?** Presented as part of the University of Dayton Student Orientation First Lecture Series, Dayton, OH.

George M. De Marco, Jr., **Gerry J. Gallo** & Michael Triola. (2010, June) **Sport Education and You**. Presented to the staff at the Physical Education Summer Institute for Dayton Public Schools, Dayton, OH.

**Gerry J. Gallo**, (2009, May). **The University of Dayton Adapted Physical Education Program and The Dayton Chapter of National AMBUCS: Collaboration Geared Toward Learning and Service**. Presented to the Dayton Ohio Members of AMBUCS, Dayton, OH.

**Gerry J. Gallo** & Emily Nicklies. (2008, February). **The University of Dayton Adapted Physical Education Program: A Decade of Learning, Leadership, and Service**. Presented to the Dayton Ohio Members of AMBUCS, Dayton, OH.

**Gerry J. Gallo** & Kate Grunkemeyer. (2007, February). **The Importance of Exercise Heart Rate in Physical Activity**. Presented to the 9<sup>th</sup>/10<sup>th</sup> Grade Health Class at Oakwood High School, Dayton, OH.

George M. De Marco, Jr., **Gerry J. Gallo**, Kathleen Fleming, & Adam Lorenz. (2007, January). **Developing Attitudes of Understanding and Acceptance: Welcoming Our Special Needs Clients, Families and Friends**. Presented to the Staff and administration of the City of Kettering Recreational Department, Dayton, OH.

George M. De Marco, Jr. & **Gerry J. Gallo**. (2006, February). **The University of Dayton Adapted Physical Education Program**. Guest lecture presented to the students of the Marycrest Residence Hall at the University of Dayton (Invited by Ms. Ashley Anderson, Dormitory Resident Assistant).

**Gerry J. Gallo** & George M. De Marco, Jr. (2006, September). **Self-Assessment and Modification of A Division I Strength and Conditioning Coach's Instructional Behaviors**. Paper presented at University of Dayton SOEAP Research in Community Day.

George M. De Marco, Jr. & **Gerry J. Gallo**. (2005, September). **Contemporary Trends in Physical Education**. Archdiocese of Cincinnati Teachers In-services: 9/20, 10/11, and 11/10, Cincinnati, OH.

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## SPECIAL REGOCGNITION, AWARDS, HONOURS

- 2021 - SEHS Teaching Award for Clinical or Lecturing Faculty
- 2016 - SEHS Service Award for Clinical or Lecturer
- 2013 - Midwest District AAHPERD Young Professional Award
- 2013 - SEHS Brother Gerald O'Neil Inspirational Educator Award
- 2011 – UD Outstanding Professor - Panhellenic Interfraternity and National Councils Nominee
- 2011 - OAHPERD Young Professional of the Year Award
- 2010 - OAHPERD Young Professional of the Year Award Nominee
- 2010 - Professor of the Month – Epsilon Delta Upsilon Professional Educational Fraternity
- 2009 - OAHPERD Young Professional of the Year Award Nominee

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## STRENGTH & CONDITIONING INITIATIVES

### **Coordinator of Strength & Conditioning**

***Performance Enhancement Center – South Metro Sportsplex, Centerville, OH***

**2017 - Present**

- Create and implement personalized fitness training programs for youth athletes.

### **Program Partner**

***Coordinator of Fitness – Colin's Lodge, Bellbrook, OH***

**2019 - Present**

- Responsible for facilitating fitness programming for ~50 adults with cognitive differences.
- Lead a team of 3 Fitness Specialists in the coordination of personal and group fitness training.