

Elected Member for the IFPA Certification Commission

IFPA Certification Commission > Seat 1: Expert in Physiology/Science > Dr. Bob Simons

Dr. Bob Simons

Seat 1: Expert in Physiology/Science

- Ph.D., University of Kansas, in Health and Fitness with a Gerontology Certificate and area of concentration of exercise and the aging process, 2001
- Master's degree in Exercise Physiology from the University of Kansas
- Certified Health Education Specialist, National Council for Health Education Credentialing
- Adjunct Professor, Univ. of South Florida, Gerontology Dept
- Board member and Instructor, Counsel on Aging and Adult Development (CAAD) for Senior the Olympics, American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD)
- Director of Health, Fitness, and Wellness, The Fountains at Boga Ciega Bay Retirement Community
- Faculty Instructor of the Year Award Recipient, 2003, International Fitness Professionals Association (IFPA)
- Certification Instructor for Master Personal Trainers and Personal Trainers, IFPA (author of Senior Fitness Certification Program)
- Nautilus Industries European Fitness Consultant and Instructor
- Nautilus Industries Fitness Consultant and Certification Instructor
- Certified Personal Trainer, American Council on Exercise, ACE, IFPA, APEX, Nautilus
- Former Fitness Center Owner and PF Trainer.
- Eight years of College teaching experience in Physical and Health education (West Point, University of Kansas, University of South Florida)
- Douglas County Community (PATH) Senior Exercise Program Instructor (1997-2000)
- Promoter of the World Health Organizations "Global Movement for Active Aging" Campaign. 1999
- Retired US Army Infantry Colonel with 22 years of service (Airborne/Ranger)
- Veteran of Just Cause (Panama Invasion), Persian Gulf (Iraq), Bosnia
- US Army Master Fitness Trainer and author of the US Army Ranger Physical Training Program
- Graduate of the United States Military Academy at West Point, 1975
- Former NCAA athlete in football, field and track Olympic Aspirant 1974-1980 (Decathlete)
- Recipient of the #1 graduate in Physical Education award at West Point for the graduating class of 1975
- Former coach and active HFHS official (football, basketball, rugby, skydiving, soccer)

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IFPA Certification Commission > Seat 2: Expert in Sports Medicine/Biomechanics/Exercise Safety >
Dr. Robert Goldman

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Seat 2: Expert in Sports Medicine/ Biomechanics/ Exercise Safety

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Dr. Robert M. Goldman has spearheaded the development of numerous international medical organizations and corporations. Dr. Goldman has served as a Senior Fellow at the Lincoln Filene Center, Tufts University, and as an Affiliate at the Philosophy of Education Research Center, Graduate School of Education, Harvard University. Dr. Goldman is Professor; Graduate School of Medicine, Swinburne University, Australia, and Clinical Consultant, Department of Obstetrics and Gynecology, Korea Medical University. He is also Professor, Department of Internal Medicine at the University of Central America Health Sciences, Department of Internal Medicine. Dr. Goldman is a Fellow of the American Academy of Sports Physicians and a Board Diplomat in Sports Medicine and Board Certified in Anti-Aging Medicine.

Dr. Goldman received his Bachelor of Science Degree (B.S.) from Brooklyn College in New York, then conducted three years of independent research in steroid biochemistry and attended the State University of New York. He received the Doctor of Medicine (M.D.) Degree from the Central America Health Sciences University, School of Medicine in Belize, a government-sanctioned, Ministry of Health-approved, and World Health Organization-listed medical university. He received his Doctor of Osteopathic Medicine and Surgery (D.O.) degree from Chicago College of Osteopathic Medicine at MidWestern University. His Ph.D. work was in the field of androgenic anabolic steroid biochemistry.

He co-founded and serves as Chairman of the Board of Life Science Holdings, a biomedical research company which has had over 150 medical patents under development in the areas of brain resuscitation, trauma and emergency medicine, organ transplant and blood preservation technologies. He has overseen cooperative research agreement development programs in conjunction with such prominent institutions as the American National Red Cross, the US National Aeronautics and Space Administration (NASA), the Department of Defense, and the FDA's Center for Devices & Radiological Health.

Dr. Goldman is the recipient of the 'Gold Medal for Science (1993), the Grand Prize for Medicine (1994), the Humanitarian Award (1995), and the Business Development Award (1996).

During the late 1990s, Dr. Goldman received honors from Minister of Sports and government Health officials of numerous nations. In 2001, Excellency Juan Antonio Samaranch awarded Dr. Goldman the International Olympic Committee Tribute Diploma for contributions to the development of sport & Olympism.

In addition, Dr. Goldman is a black belt in karate, Chinese weapons expert, and world champion athlete with over 20 world strength records, he has been listed in the Guinness Book of World Records. Some of his past performance records include 13,500 consecutive situps and 321 consecutive handstand pushups.

Dr. Goldman was an All-College athlete in four sports, a three time winner of the John F. Kennedy (JFK) Physical Fitness Award, was voted Athlete of the Year, was the recipient of the Champions Award, and was inducted into the World Hall of Fame of Physical Fitness. In 1995, Dr. Goldman was awarded the Healthy American Fitness Leader Award from the President's Council on Physical Fitness & Sports and U.S. Chamber of Commerce.

Dr. Goldman is Chairman of the International Medical Commission overseeing sports medicine committees in over 176 nations. He has served as a Special Advisor to the President's Council on Physical Fitness & Sports. He is founder and international President Emeritis of the National Academy of Sports Medicine and the cofounder and Chairman of the American Academy of Anti-Aging Medicine (A4M). Dr. Goldman visits an average of 20 countries annually to promote brain research and sports medicine programs.

Elected Member for the IFPA Certification Commission**IFPA Certification Commission > Seat 3: Expert in Program Design > [David Sandler, MS, CSCS*D, CCS, HFD](#)****David Sandler, MS, CSCS*D, CCS, HFD****Seat 3: Expert in Program Design**

David is an exercise science and strength & conditioning professor at [Florida Atlantic University](#). He is a doctoral candidate at the University of Miami where he was the former Assistant Strength and Conditioning Coach and head of Baseball during their 1999 National Championship season. David has been a strength and conditioning consultant for more than 17 years. He has presented more than 75 international, national and regional lectures with organizations such as the NSCA, ACSM, IFPA, SWIS, ECA nad SCW Fitness. Sandler has authored 2 books, *Sports Power*, and *Weight Training Fundamentals*, and is currently working with Ed McNeely on a High School Strength Training book. David has published more than 20 scientific abstracts and articles and more than 40 articles in power and strength training for various magazines and literature. David is the Chairman of The Arnold Strength Training Summit at the Arnold Classic. Sandler is a faculty member and recipient of the Faculty of the Year Award in 2005 for the International Fitness Professionals Association (IFPA). Additionally he regularly serves in a developmental capacity for other top fitness organizations as well as working closely with equipment manufacturers such as CorMax, ProSpot, and Vortex to help develop better ways to exercise. David is the current NSCA Florida South State Director. He is a consultant and member of the advisory board for [Muscle and Fitness Magazine](#) and the [Performance Training Journal](#) of the NSCA. He was a former powerlifter and focuses his research in strength and power development.

Elected Member for the IFPA Certification Commission**IFPA Certification Commission > Seat 4: Expert in Fitness Testing & Evaluation > Dr. Tom Krueger****Dr. Tom Krueger****Seat 4: Expert in Fitness Testing & Evaluation**

Dr. Krueger is a 43 year old fitness enthusiast and chiropractic sports physician. Tom graduated from Life Chiropractic College West in 1989. He has served on the advisory board and faculty of the International Fitness Professionals Association since 1999. He is also a member of the International Chiropractic Association Council on Fitness and Sports Health Science. In addition to his chiropractic education Dr. Krueger received his Certified Chiropractic Sports Practitioner recognition via the Council on Sports Injuries and Physical Fitness. That program was sponsored and presented by Los Angeles Chiropractic College, and completed in 1992. He completed an extensive program on rehabilitation (Certified Chiropractic Rehabilitation Doctor) sponsored thru Canadian Memorial Chiropractic College in 1996. Dr. Krueger started his career in the fitness industry at the ripe old age of 17, managing a fitness club in Wisconsin. Dr. Krueger began competing and winning in bodybuilding competitions as a teenager. His enthusiasm for bodybuilding carried over to actually judging bodybuilding competitions for the National Physique Committee from 1994-1999. He is the owner and director of the Chiropractic Sport and Spine Institute in Lebanon, Ohio. He is also the developer of a fitness system called 'Fit Strategies". Dr. Krueger was honored as the IFPA Faculty Instructor of the year in 2002.

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[IFPA Certification Commission](#) > [Seat 5: Expert in Nutrition](#) > [Renee Herrera](#)

Renee Herrera

Seat 5: Expert in Nutrition

Renee Herrera earned her Bachelor's Degree in food and nutrition from Iowa State University and then went on to get a Master's Degree from Eastern Kentucky University. She started with the IFPA in 1995 and has taught and implemented a variety of classes.

She work in Palm Springs, California for a company called Health Management Resources as a health educator. She taught behavior modification skills to patients who were on a medically monitored program. The program offered weight maintenance classes incorporating staff developed curriculum and training.

Renee taught aerobics for a total of 10 years in Kentucky, Boston and California. She also contributed and assisted with the reviewing process of the IFPA Book on Group Fitness, Book on Sports Nutrition, Book of Weight Management and the Book on Personal Trainers.

Renee is a California POST (Peace Officers Standards and Training) certified instructor in the areas of:

- Bicycle Officer Patrol class
- Lifetime Fitness

Throughout the years she has taught hundreds of law enforcement professionals (sworn officers, dispatchers and corrections officers). Some of the topics covered have been stress management, importance of water, nutritional guidelines, eating on the run, stretching for bike patrol, protein intake and supplements.

Most of all she enjoys working with people of all ages on having a positive outcome for the goal they create for themselves.

Renee has twice been selected as IFPA Faculty Instructor of the year in 1995 & 1997.

Elected Member for the IFPA Certification Commission**IFPA Certification Commission > Seat 6: Expert in Health Club Business > Nancy Kouris****Nancy Kouris****Seat 6: Expert in Health Club Business**

Nancy is the Co-Owner and General Manager of the World Gymfitness Center in Hampton Bays, New York. Nancy has been involved in the Fitness Industry for the last 20 years. She holds an AS degree from Suffolk Community College as a Physical Fitness Specialist and proudly has earned certifications in Personal Training, Group Training, Strength Training, Step and Aerobics from The American Council of Exercise, The Aerobics and Fitness Association of America and the IFPA.

She is an Elite Fitness/Golf Fitness Certified Trainer, Certified BOSU and Resist-a Ball Trainer as well as a Yamuna Body Rolling Practitioner and in 1999, placed first in her category in the USA Powerlifting Bench Press National Championships.

Nancy is a published article writer and has given public speaking presentations at national conventions of fitness trade organizations. This year, Nancy was the recipient of World Gym's highest honor, the Joe Gold Award, given to the one fitness professional worldwide who best exemplifies and continues to demonstrate the qualities, innovation, principles and character that World Gym were founded on. Nancy was the first woman to receive this prestigious award.

Nancy was also the IFPA Fitness Director of the Year in 2003.

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IFPA Certification Commission > Seat 7: Expert in Special Populations > Dr. Wayne Westcott

Dr. Wayne Westcott

Seat 7: Expert in Special Populations

Wayne L. Westcott, Ph.D. With more than 35 years of experience in strength training as an athlete, coach, teacher, professor, researcher, writer, and speaker, Wayne Westcott, PhD, CSCS, is recognized as a leading authority on fitness.

Dr. Westcott is Fitness Research Director at the South Shore YMCA in Quincy, Massachusetts, where he conducts studies on strength training with youths, adults and seniors, as well as special populations. Dr. Westcott has authored more than a dozen books on strength training, and has written hundreds of articles related to resistance exercise and physical fitness. He has also lectured extensively throughout the United States, Canada, and Europe on sensible strength exercise. Dr. Westcott has served as fitness advisor to the President's Council on Physical Fitness and Sports, the YMCA of the USA, the Governor's Committee on Physical Fitness and Sports, the International Association of Fitness Professionals, the American Council on Exercise, the American Senior Fitness Association, the National Youth Sports Safety Foundation, and the National Strength Professionals Association. He has also served on the editorial board for numerous publications, including **Shape, Fitness, Prevention, Men's Health, Club Industry, American Fitness Quarterly**, and **Nautilus Magazine**. His contributions to the field of fitness have been widely recognized, as evidenced by the following professional honors: Lifetime Achievement Award from the International Association of Fitness Professionals; Healthy American Fitness Leader Award from the President's Council on Physical Fitness and Sports; Lifetime Achievement Award from the Governor's Committee on Physical Fitness and Sports; Roberts-Gulick Memorial Award from the YMCA Association of Professional Directors; and NOVA 7 Award for Program Excellence from **Fitness Management Magazine**. Dr. Westcott has published more than 400 articles in professional fitness journals and has written a weekly fitness column for one of Boston's largest newspapers since 1986. He has served on the editorial boards of **Prevention, Shape, Men's Health, Fitness, Club Industry, American Fitness Quarterly**, and **Nautilus**. Westcott lives in Abington, Massachusetts, with his wife, Claudia.

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[IFPA Certification Commission](#) > [Seat 8: PUBLIC MEMBER](#) > [Cynthia Mecca](#)

Cynthia Mecca

Seat 8: PUBLIC MEMBER

Cynthia Mecca is the General Manager of the Olive Garden Restaurant in Tampa, Florida. Cynthia has no fitness professional training or background and has never been involved in the fitness industry or career as required for the “Public Member Seat” on the IFPA Certification. Cynthia has been a member of fitness facilities and a client of personal trainers. She has an extensive business background and both a public and professional interest in improving the service aptitude of fitness professionals.

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[IFPA Certification Commission](#) > [Seat 9: IFPA Member at Large/Expert in Personal Training](#) >
Brenda Lorentzen

Brenda Lorentzen

Seat 9: IFPA Member at Large/Expert in Personal Training

Brenda Lorentzen is an Outstanding Fitness Professional and Master of her craft. She has been certified by many organizations in her 19 successful years as a trainer including: Canadian Athletic Association, ACE, AFAA, IDEA and the IFPA. She has numerous advanced Certifications including Post Rehabilitation, Sports Nutrition, Pilates and other Advanced Personal Training Certifications. She is honored to be nominated to the IFPA Certification Commission because after nearly 20 years of dealing with other certifications she is ecstatic to have found the IFPA. In Brenda's expert opinion, the IFPA far surpasses every other certification because the IFPA is the only one that truly prepares and supports a fitness professional for a successful career. While the others are busy focusing on "theory" the IFPA focuses on "Best Practices". Every aspect of the IFPA from education, to training, to testing is focused on producing fitness professionals that are prepared for a successful career, given the tools for a successful career and are continuously supported in their successful careers and Brenda is enthusiastic about lending her full support to continue the IFPA Mission and the IFPA Legacy!

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[IFPA Certification Commission](#) > [Seat 10: IFPA Member at Large/Expert in Personal Training](#) >
[Francine Phelps](#)

Francine Phelps

Seat 10: IFPA Member at Large/Expert in Personal Training

World Class presenter who has presented at numerous trade shows.

Francine has been a long-time fitness professional who holds nearly 20 Professional Certifications.