

Scarlet Jost

Education

Master of Science in Exercise Physiology, Western Illinois University, Macomb, Illinois (1983) Thesis topic: Prediction Equations for Percent Body Fat, Body Density and Lean Body Weight on a Sample of Obese College-Age Women

- Bachelor of Science in Health and Physical Education K-12 (1975). Illinois State University, Normal, Illinois.
- Bachelor of Science in English Literature (1975). Illinois State University, Normal, Illinois.
- Continuing Education in Word, PowerPoint, and Web Design.

Professional experience

Assistant Professor Oral Roberts University Tulsa, Oklahoma

- Academic Advisor-Health and Exercise Science Majors and faculty for Department of Health, Physical Education and Recreation. Senior Paper Advisor, and e-portfolio departmental coordinator.
- 1985-1990 Director of the Human Performance Laboratory, Oral Roberts University.
- 1973-1975 Director of the Parks and Recreation Program, Pekin, Illinois.

Patents and publications

ACSM publication: Prediction Equations for Percent Body Fat, Body Density And Lean Body Weight On A Sample Of Obese College-Age Women.

ACSM publication: "Is Lactic Acid Related to Delayed-Onset Muscle Soreness?"

Additional professional activities

Certified Personal Trainer, Certified Advanced Cardiac Life Support, Certified American College of Sports Medicine Exercise Test Technologist, State Action Committee for Exercise is Medicine

Professional memberships

American College of Sports Medicine, National Honor Society

**Community
activities**

Race for the Cure Volunteer, Environmental Awareness Volunteer, Disabled Veterans Transport Volunteer, Church Food Drive Volunteer.

Hobbies

Kayaking, camping, mountain climbing, snow skiing

Awards received

Faculty Member of the Year for HPER 2001-2003, Nominee for Technology in the Classroom Award, 2007.