

SARA B. POLICE
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EDUCATION

- Ph.D., Nutritional Sciences** **2008**
The Effects of Diet and Obesity on AngII-induced Abdominal Aortic Aneurysm
Graduate Center for Nutritional Sciences
University of Kentucky
Lexington, KY
- Graduate Certificate in Teaching and Learning** **2008**
Preparing Future Faculty Program
University of Kentucky
Lexington, KY
- B.S., Biology with Minors in Chemistry & Communications** **2003**
Department of Biological Sciences
Georgetown College
Georgetown, KY

PROFESSIONAL EXPERIENCE

Transylvania University; Lexington, KY

- Adjunct Faculty** **Fall 2015 - current**
- Teaching Lifetime Fitness & Wellness courses (required cognate for all undergraduates) with full responsibility for content delivery and student assessment
 - Supporting students in their development of personalized 12-week physical fitness programs
 - Assisting teaching team with course updates and revision each semester

Corporate Health Partners; Kennesaw, GA

- Health Coach** **2016 - current**
- Meeting and counseling employees in efforts to improve dimensions of health and wellness, thereby reducing insurance and healthcare costs for clients
 - Responsible for the organization, execution and assessment of all wellness activities at client sites, including challenges, healthy breaks, special events and seminars
 - Communicating, collaborating and negotiating with local businesses to broaden clients' and employees' wellness resources

Kaplan University; Online

- Adjunct Faculty** **2009 - 2016**
- Attained a teaching evaluation score of ≥ 4.6 each term for 7 years (scale of 0-5)
 - Directed all virtual classroom activities: designed and led multiple weekly seminars, engaged students in discussion boards, timely evaluation of student work
 - Shaped course revisions, corrections and updates while serving as Course Lead (Nutrition Across the Life Cycle; two terms)
 - Collaborated with teaching teams to develop and revise courses each quarter

- Completed 100% online facilitation of consecutive 10-week courses:
 - Nutrition Across the Life Cycle
 - Nutrition Planning and Management
 - Nutrition for Special Populations
 - Health and Wellness Programming: Design and Administration
 - Vitamins, Herbs and Dietary Supplements
 - Food Science with Lab
 - Sports Nutrition
 - Food Safety

StudioD; Santa Monica, CA

Studio Writer

2012 - 2016

- Researched and wrote original nutrition-related content articles for online publishers including LIVESTRONG and eHow.com (see PUBLICATIONS: ONLINE for a partial listing)

Bluegrass Community & Technical College; Lexington, KY

Adjunct Faculty

2012 - 2013

- Complete design and online implementation of Human Nutrition and Wellness course using Blackboard 9.1

University of Kentucky; Lexington, KY

Research Assistant

2004 - 2008

- Responsible for complete design and execution of basic science experiments in whole animal physiology (surgical procedures including dissection, pathological analysis, and blood pressure monitoring).
- Laboratory work included learning and applying analytical technology (including protein assays and FPLC) as necessary.
- Assisted in training of new graduate students.
- Analyzed, wrote and published novel data for written papers, presentations and publication.
- Presented data at national conferences.

PUBLICATIONS: PRINT

Police SB, Putnam K, Thatcher S, Batifoulier-Yiannikouris F, Daugherty A, Cassis LA. Weight loss in obese C57BL/6 mice limits adventitial expansion of established angiotensin II-induced abdominal aortic aneurysms. *Am J Physiol Circ Physiol*. 2010 Jun; 298(6):H1932-8.

Police SB, Thatcher SE, Charnigo R, Daugherty A, Cassis LA. Obesity promotes inflammation in periaortic adipose tissue and angiotensin II-induced abdominal aortic aneurysm formation. *Arterioscler Thromb Vasc Biol*. 2009 Oct; 29(10):1458-64.

Police SB, Harris JC, Lodder RA, Cassis LA. Effects of diets containing sucrose vs. D-tagatose in hypercholesterolemic mice. *Obesity*. 2009 Feb; 17(2):269-75.

Cassis LA, **Police SB**, Yiannikouris F, Thatcher SE. Local adipose tissue renin-angiotensin system. *Curr Hypertens Rep*. 2008 Apr;10(2):93-8.

PUBLICATIONS: ONLINE

- Police, Sara.** [Fast Low-Carb Meals.](#) *LIVESTRONG.COM Nutrition*, July 2016.
- Police, Sara.** [How Much Have Obesity Rates Risen Since 1950?](#) *LIVESTRONG.COM Nutrition*, February 2016.
- Police, Sara.** [How to Calculate Accurate BMI for a Large Frame.](#) *LIVESTRONG.COM Nutrition*, January 2016.
- Police, Sara.** [Four Characteristics of a Healthful Diet.](#) *LIVESTRONG.COM Nutrition*, December 2015.
- Police, Sara.** [Foods That Are Gluten- and Dairy-Free.](#) *eHow Nutrition*, March 2015.
- Police, Sara.** [What is MyPlate & How Is It Used?](#) *eHow Nutrition*, November 2014.
- Police, Sara.** [List of Heart-Healthy Wines.](#) *LIVESTRONG.COM Nutrition*, February 2014.

FELLOWSHIPS

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| American Heart Association - Ohio Valley Affiliate
Pre-doctoral Fellowship | Spring 2005 |
| United States Department of Agriculture
Training Grant Recipient | Fall 2005-2008 |

INSTRUCTIONAL & TECHNOLOGY SKILLS

- Microsoft Office 365
- Google Drive
- GraphPad Prism
- Sigma Stat 3.0
- Blackboard 9.1
- TechSmith: Jing
- Audacity, Vocaroo
- Typeforms

INVITED PRESENTATIONS, LECTURES & EVENTS

- Transylvania University; Lexington, KY
- Women of the Bluegrass Event April 2016
- Invited speaker: *“Find Your Purpose & Keeping It Together”*
- Kaplan University; Online
- Virtual Difference Makers Lecture April 2016
- Invited speaker: *“Making Stress Less Stressful”*
- Professional Women’s Forum; Lexington, KY
- Invited Nutrition Panelist September 2013
- University of Kentucky; Lexington, KY
- Oral presentation at Family Medicine Interest Group Meeting
“Nutrition for Medical Students” January 2008
- Georgetown College; Georgetown, KY
- Invited oral presentation at TriBeta Meeting March 2007
“A Dissertation Project & Perspective on Graduate School”

