

Ann F. Cowlin, MA, CSM, CCE
director@dancingthrupregnancy.com



PROFESSIONAL POSITIONS

- 1981-present *Movement Specialist*, Yale University Athletic Department and Yale College seminar program, New Haven, CT
- Teach Ballet, Modern Dance and Ideokinesis; advise student groups
 - Lecture on sensorimotor function and kinesiology
- 1979-present *Founder/CEO*, Dancing Thru Pregnancy®, Inc., Branford, CT
- Assess needs; define mission; oversee budget, faculty development and marketing; prepare CEUs; assess curriculum and evaluate outcomes; manage interns
 - Recruit, supervise and conduct instructor training, certification for national and international audience
 - Develop website, including research updates, consumer services, instructor renewal procedures, and licensing information
 - Develop and implement professional presentations, textbooks, continuing education events and consumer programs
 - Clients include the U.S. Army, Yale University, Yale-New Haven Hospital, New Haven Public Schools, state health departments and corporations
- 1997- present *Childbirth Educator*, New Haven, CT
- 2006-2009 *Executive Director*, Women’s Health Fitness Institute, Branford, CT
- Assess needs; define mission; maintain non-profit status.
 - Establish research consulting contracts with the Yale University School of Medicine, researchers at other institutions, and organizations requiring programs for research and development
 - Develop collaborations between practitioners and researchers
- 1998-2001 *Co-chair*, Yale Conference on Women’s Health & Fitness, New Haven, CT
- Assess needs; define mission; oversee budget, fundraising and recruitment of business sponsors; develop faculty; plan and execute marketing; prepare CEUs, including CMEs; assess curriculum and evaluate outcome
- 1994-2006 *Assistant Clinical Professor*, Yale University School of Nursing, New Haven, CT
- Develop CBE programming for pregnant and parenting adolescents
 - Lecture midwifery students on childbirth education and pre/postnatal fitness

- 1979-81 *Artist-in-Residence*, Monongalia Arts Center, Morgantown, WV
 • Develop and implement community dance program, including classes for children and adults, choreography and performance
- 1973-75 *Lecturer*, Arizona State University Dance Department, Tempe, AZ
 • Teach continuing education summer program
 • Teach beginning and intermediate Modern Dance, and Advanced Choreography
- 1972-79 *Choreographer and Co-artistic Director*, The Image Guild, Phoenix, AZ
 • Choreograph, teach and produce performance events for integrated arts company based in Arizona, including school programs
 • Teach ballet and modern dance
- 1969-71 *Teaching Assistant*, UCLA Dance Department, Los Angeles, CA
 • Teach modern dance and Labanotation

PERFORMANCE *Dancer*

Westchester Ballet Company	UCLA
Pasadena Ballet Theater	Arizona State University
Mesa Civic Ballet	Yale University
The Image Guild	

freelance work in California, Arizona, West Virginia, New York, Connecticut and Europe; NBC Today Show and other network and educational television appearances

EDUCATION

- Degrees: 1976 M.A., Dance, UCLA
 1968 B.A., Theater, Occidental College
- Certifications: 2000 Childbirth Educator, Teen Specialist, Lamaze
 1997 Childbirth Educator, Academy of CBE
 1983 Sports Medicine (Allied Health), Phoenix General Hospital
- Training: Ballet: Iris Merrick, Evelyn LeMone, Ruth Ambrose, Mia Slavenska
 Modern Dance: Alwin Nikolais, Jose Limon, Carol Scotthorn,
 Bill Evans, Phyllis Haskell, Beth Lessard,
 Viola Farber, Douglas Dunn
 Ideokinesis: Pamela Matt, Andre Bernard
 Kinesiology: Valerie Hunt, PhD, John Wilson, PhD
 Pregnancy and Birth: John Hobbins, MD, ScD, James F. Clapp, MD,
 Helen Varney Burst, CNM, DHL (Hon.)

Neural Science: Thomas Brown, PhD
continuing education in exercise science, neuromotor function, and
development of learning environments

PRESENTATIONS and CONTINUING EDUCATION EVENTS

- 2016 “Great Expectations: facilitating health and safety benefits for pregnant dancers,” 26th Annual Meeting, International Association for Dance Medicine and Science, Hong Kong (author and presenter)
- 2016 “Understanding the importance of female specific wellness programs,” 95th annual conference, SHAPE Eastern District Conference, Atlantic City, NJ (co-founder and co-presenter)
- 2015 “Releasing the Dancer’s Wings,” 25th Annual Meeting, International Association for Dance Medicine Science, Pittsburgh, PA, USA (author and presenter)
- 2014 “Safeguarding Dancer’s Ankles and Feet through Preventive Care,” 24th Annual Meeting, International Association for Dance Medicine and Science, Basel, Switzerland (author and presenter)
- 2012 “Release of the deep rotators: a non-invasive intervention for increasing range of motion,” Movement Session, 22nd Annual Meeting, International Association for Dance Medicine and Science, Singapore (author and presenter)
- 2011 “The impact of dance fitness on pregnancy outcomes,” PPT presentation, American Osteopathic Academy of Sports Medicine, annual clinical conference 2011, Providence, RI (author and featured speaker).
- 2011 “Integrating exercise into pre/postnatal health care,” workshop for the Midwifery Specialty at the Yale University School of Nursing. American College of Nurse Midwives continuing education event (author and presenter).
- 2010 “Using constructive rest so that dancers rest constructively, prevent injury and enhance performance,” Movement Session, 20th Annual Meeting, International Association for Dance Medicine and Science, Birmingham, UK (author and presenter)
- 2009 “The effect of a community dance program on the risk for preeclampsia in pregnancy,” PPT presentation, 19th Annual Meeting, International Dance Medicine and Science, The Hague, NETHERLANDS (first author, presenter)
- 2008 “The effect of community-based group prenatal physical activity on preeclampsia rate,” Poster presentation, Society for Gynecologic Investigation 55th Annual Meeting, San Diego, CA (first author, presenter)
- 2008 “The effect of community-based group prenatal physical activity on preeclampsia rate,” PPT presentation, American College of Sports Medicine annual conference, Indianapolis, IN

(co-author)

- 2006 “Pregnancy exercise: a significant element in state-of-the-art health care,” Fit Beginnings Conference for health care practitioners, Johannesburg, SOUTH AFRICA (featured speaker)
- 2006 “Pre/postnatal fitness: how did we get here from there?” Fit4Mom Conference for pre/postnatal instructors, San Diego, CA (featured speaker)
- 2006 Dancing Thru Pregnancy® Instructor Training, Continuing Education and Certification, throughout U.S. and abroad (chair/presenter; yearly since 1984)
- 2005 “Can exercise prevent or reduce the risk of disorders of pregnancy?” Yale University School of Medicine, New Haven, CT (co-presenter with Robyn Brancato, CNM, MS, MA)
- 2003 “Fitness as preventive medicine: the case of motherhood and the public health,” American College of Sports Medicine, New England chapter (NEACSM), Providence, RI (presenter)
- 2001 Yale Conference on Women’s Health and Fitness, New Haven, CT (co-chair) [also 1999, 2000]
- 2000 “Assessment and conditioning of the pelvic floor and abdominal muscles in pregnancy and the postpartum period,” American College of Sports Medicine, New England chapter (NEACSM), Providence, RI (presenter)
- 2000 “Women and Exercise” training, Hawaii Dept. of Public Health, Honolulu, HI (presenter)
- 2000 “U.S. Army, Pre/postnatal PT (PPPT),” Europe Training, Vicenza, ITALY (featured speaker)
- 1999 “U.S. Army Pre/postnatal PT (PPPT),” U. S. Army Force Preparedness, Preventive Medicine Conference, Atlanta, GA (presenter)
- 1998 “Moving into parenthood,” National Organization for Adolescent Pregnancy Prevention and Parenting, Denver, CO (co-presenter with Lois Sadler, PhD, PNP, Yale School of Nursing)
- 1997 “Pregnancy and exercise,” American Heart Association Fitness Convention, Boston, MA (presenter)
- 1996 “Pregnancy and exercise” lecture and practicum, Reebok Fitness Convention, Phoenix, AZ (presenter)
- 1994 “Fitness and teen moms,” Connecticut Youth Services, Norwich, CT (presenter)
- 1993 “Exercise in pregnancy,” Ross Laboratories’ Childbirth Educators’ Conference, Newport, RI (presenter)
- 1993 “Exercise in pregnancy,” lecture and practicum, West Virginia State Health Educators Conference, Davis, WV (presenter)

- 1991 “Training specificity in pregnancy and the postpartum period,” Yale University School of Medicine, New Haven, CT (presenter)
- 1989 “Exercise and pregnancy,” International Dance Exercise Association, Nashville, TN (presenter)
- 1989 Perinatal Health and Fitness Network Conference, Baltimore, MD (organizer)
- 1987 “Exercise tips for pregnant women,” Governors’ Conference on Women’s Fitness, CT Dept. of Health Services, UConn Farmington Medical Center, Farmington, CT (presenter)
- 1985 American Imagery Association Conference, Los Angeles, CA (presenter)
- 1983 Brewer Foundation for Perinatal Education, New York, NY (featured speaker)
- 1981 Women in Medicine, Speakers’ Series, Yale Medical School, New Haven, CT (presenter)
- 1981 Connecticut College Dance Dept., New London, CT (guest artist)

SELECTED PUBLICATIONS and PREMIERES

- 2014 Kathryn Osborne and Ann F. Cowlin Chapter 7: Health Promotion and Health Maintenance, in *Varney’s Midwifery* 5th ed. Sudbury, MA: Jones & Bartlett
- 2011 Cowlin, AF. *Pregnancy Pathway – factors affecting maternal/infant health before, during and immediately after pregnancy*, DTP, Inc. Available from the website: <http://www.dancingthrupregnancy.com>.
- 2009-present “Dancing Thru Pregnancy” Total Pregnancy Fitness blog. <http://dancingthrupregnancy.wordpress.com>
- 2005 Cowlin, AF. Exercise and Pregnancy, in *Sports Nutrition: A Practice Manual for Professionals*, 4th ed., M. Dunford, ed. American Dietetic Association.
- 2003 Cowlin, AF. Women and Exercise, in *Varney’s Midwifery* 4th ed. Sudbury, MA: Jones & Bartlett
- 2004 Brancato, RM and Cowlin, AF. *Neuro-Immuno-Endocrine Metabolic Maps of Pregnancy and Exercise*. <http://www.dancingthrupregnancy.com/Maps.html>.
- 2003 Sadler, LS and Cowlin, AF. Moving Into Parenthood: A Program for New Adolescent Mothers Combining Parent Education with Creative Physical Activity, *Journal of Specialists in Pediatric Nursing* 8(2):62-70.
- 2002 Cowlin, AF. *Women’s Fitness Program Development*. Champaign, IL: Human Kinetics Publishers
- 2002 ghost author, *The Quick Series Guide to Prenatal and Postpartum Fitness*.

Ft. Lauderdale, FL: Luxart Communications

- 1999 expert consultant/ author, *PPPT Train-the-Trainer program*. Aberdeen, MD: U.S. Army CHPPM.
- 1996 Cowlin, AF. Women and Exercise, in *Varney's Midwifery*, 3rd ed., Sudbury, MA: Jones & Bartlett
- 1996 DTP, Inc. *Pre/postnatal Health & Fitness Instructor's Manual* Branford, CT: DTP, Inc.
- 1996 Cowlin, AF. choreographer, *Watching for My Daughter*, Undergraduate Seminar, Yale College, New Haven, CT
- 1994 Cowlin, AF. choreographer and dancer, *Moving Target*, Artspace, New Haven, CT
- 1993 Cowlin, AF. *Movement and Mind*, Undergraduate Seminar, Yale College, New Haven, CT
- 1992 Cowlin, AF. *Tips for Pregnant Women*. Hartford, CT: CT Dept. of Health Services
- 1991 Cowlin, AF. choreographer, *Out of Time*, Artspace, New Haven, CT
- 1983 Cowlin, AF. The Role of Dance in the Community, *New Haven Arts*
- 1978 The Image Guild, *Flame of Jerusalem*, multi-media, Scottsdale Center for the Arts, Scottsdale, AZ
- 1976 Cowlin, AF. *Developing a Humanist Aesthetic of Dance*, unpubl. MA thesis used as a text for UCLA graduate course in dance aesthetics

CURRENT and/or PRIOR CEU PROVIDER FOR:

American College of Nurse Midwives (ACNM)
American College of Sports Medicine (ACSM)
American Council on Exercise (ACE)
American Medical Association (AMA)
Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN)
International Childbirth Education Association (ICEA)
National Strength and Conditioning Association (NSCA)

GRANTS and HONORS

2011 Best Pre/Postnatal Fitness Programs, Kid Haven

- 2005 Michael Jordan Foundation, Fundamentals Grant - nutrition and activity
- 2002 Right From the Start grant, CT Dept. of Health Services
(As a member of Student Family and Parenting Services, Inc.--a support network for pregnant and parenting high school students)
- 1990-2006 Fellow, Trumbull College, Yale University
- 1990-91 City of New Haven, New Works Program (NEA funded)
- 1989-91 City Spirit Artist's grant (CCA and City of New Haven)
- 1989 Artspace Performance grant
- 1983 Arts Award, Arts Council of Greater New Haven
- 1970-71 Teaching Assistantship, UCLA
- 1964-68 United Presbyterian College Scholarship
- 1963 National Council of Teachers of English Award, First Place

PROFESSIONAL AFFILIATIONS

- International Association for Dance Medicine and Science (IADMS)
- American College of Sports Medicine (ACSM) and New England chapter (NEACSM)
- Society of Health and Physical Educators (SHAPE)
- Academy of Certified Birth Educators (ACBE)
- National Association for Adolescent Pregnancy Prevention and Parenting (NOAPP)

REFERENCES - upon request