

# CURRICULUM VITAE

## Keith Gosline, ACSM, LMT, LR

**Home/Office Address:** 1969 Summer Street  
Falcon Heights, MN 55113  
(651) 646-4045

**Date of Birth:** July 13, 1969

**Place of Birth:** Fargo, North Dakota

### Professional Experience

March 1992 – present President and CEO, Personal Fitness Systems, Inc.

#### Accountabilities:

- Provide personal and small group fitness training, massage, nutritional analysis, and reflexology services for clients in corporations, schools, private homes, and fitness centers.
- Create and monitor self-care wellness plans for improving and/or maintaining health.

#### Achievements:

- Developed integrative, educational fitness manuals for private clients as well corporate clients, including a fitness manual for office workers mainly performing computer work.
- Performed seminars at factories, offices, and healthcare facilities incorporating a fitness center into daily living.
- Proposed, designed, set-up fitness centers and provided employees with exercise testing and training.
- Developed integrative, educational website where public can learn about exercise, nutrition, massage, and reflexology.
- Developed monthly newsletter regarding the uses and types of massage and exercise.

2002–2003 Director, Sister Rosalind Gefre Schools and Clinics of Massage, St. Cloud, MN

#### Accountabilities:

- Launch an efficient and profitable school of massage with evidence-based standards of care for the St. Cloud area through corporate planning, budgeting, instructor/student recruitment, marketing, and corporate goal creation and implementation.
- Teach anatomy, kinesiology, reflexology, deep tissue, on-site chair courses, supervise massages performed by students, and supervise and advise instructors on lectures and hands-on instruction.
- Perform table and chair massages.
- Develop, maintain, and implement mission statement, policies and procedures of the school.

**Achievements:**

- Developed student practicum program with Centracare hospitals and nursing homes in the area.
- Advanced Institutional and Improvement Plan required by Accreditation (ACCST).

2000–2002      Director, Sister Rosalind Gefre Schools and Clinic of Massage, Fargo, ND

**Accountabilites:**

- Launch an efficient and profitable school of massage for the Fargo area through corporate planning, budgeting, instructor/student recruitment, marketing, and corporate goal creation and implementation.
- Teach anatomy, kinesiology, nutrition, business communications, on-site chair courses, supervise massages performed by students, and supervise and advise instructors on lectures and hands-on instruction.
- Perform table and chair massages.
- Develop, maintain, and implement mission statement, policies and procedures of the school.

**Achievements:**

- Initiated and oversaw the process of Department of Education school accreditation.
- Assisted in revising state statutes in massage and reflexology with the ND Massage and Reflexology Boards.
- Expanded funding resources for students through state-assisted programs.
- Developed instructor manual, school catalogs, classroom syllabi, and website for Fargo location with clear, comprehensive goals, guidelines, and responsibilities in accordance with accreditation, state statutes, and school policies and procedures.
- Developed practicum experience in the student clinic.
- Performed massage events for patient populations and staff members of Meritcare hospital.
- Performed massage events for students and faculty at North Dakota State University, Fargo, ND as well as Concordia University, Moorhead, MN.
- Established, developed, and promoted 300 hour reflexology program. Nationally accredited in 2002 (ACCST).
- Established, developed, and promoted 300 hour chair massage program. Nationally accredited in 2002 (ACCST).

1999–2000      Instructor, Professional Institute of Massage Therapy, Fargo, ND

**Accountabilites:**

- Instructor for first year students in gross anatomy, systems anatomy & physiology, and medical terminology.
- Instructor for graduate students (2<sup>nd</sup> year + licensure) students in kinesiology, gross anatomy, nutrition, and business.

**Achievements:**

- Developed syllabi and grading procedures.

## **Education and Training**

- 2002                      Diploma, Massage Therapist, Sister Rosalind Gefre Schools and Clinics of Massage, Fargo, ND.
- 2001                      Diploma, Reflexologist, Sister Rosalind Gefre Schools and Clinics of Massage, Fargo, ND.
- 1998                      A.A.S., Accounting, Northwest Technical College, Moorhead, MN.
- 1998                      B.S., Physical Education, Fitness, and Sports Science, Moorhead State University, Moorhead, MN.
- 1997                      Completed internship in exercise performance laboratory, (80 hrs).
- 1996                      Completed internship in cardiac rehabilitation, (258 hrs).
- 1994                      Diploma, Accounting, Northwest Technical College, Moorhead, MN.
- 1994                      Diploma, Accounting Microcomputer Specialist, Northwest Technical College, Moorhead, MN.

## **Certifications and Licensures**

- 2008                      Licensed Massage Therapist, City of Falcon Heights.
- 2003                      Licensed Massage Therapist, City of St. Paul.
- 2002                      Licensed Massage Therapist, State of North Dakota.
- 2001                      Licensed Reflexologist, State of North Dakota.
- 1999                      Certification, Health and Fitness Instructor, American College of Sports Medicine, (ACSM).

## **Memberships**

- Associated Bodywork and Massage Professionals (ABMP)
- American College of Sports Medicine (ACSM)