



Michele Olson
PHD, FACSM, CSCS

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Michele Olson is a Senior Clinical Professor in the Department of Physical Education and Sport Science. She graduated Magna Cum Laude with a B.A. from Huntingdon College in 1986 and received her Master's and PhD from Auburn University in 1991. Known internationally as **THE Exercise Doctor**, Dr. Olson has directed numerous research studies resulting in over 90 publications in peer-reviewed professional journals. Areas of research expertise include:

- Abdominal Exercise and Pilates;
- Energetics and metabolic responses to:
Spinning, Pilates, Kettlebells and Tabata exercise;
- Body image and Eating Disorders in active women, dancers and athletes;
- Injury mechanisms with popular fitness activities:
Running and Step Aerobics, etc.

Dr. Olson is also a Fellow of the American College of Sports Medicine for outstanding service to research and is also an NSCA Certified Strength and Conditioning Specialist (CSCS) and a Certified Disability Sport Specialist (CDSS II).

Her editorial and advisory boards include:

- The ACSM Health and Fitness Journal
- WebMed Central
- Shape Magazine

Featured in:

- The New York Times
- LA Times
- Chicago Tribune
- Wall Street Journal
- USA Today
- Shape Magazine
- Health Magazine
- Pilates Style

Dr. Olson created, served at the talent, and produced* exercise DVDS:

- The 10-Minute Solution Kettlebell (style) Ultimate Fat Burner
- Fitness Prescription – Perfect Legs, Glutes & Abs*

Her honorary associations include Phi Kappa Phi, Omicron Delta Kappa, and Phi Epsilon Kappa. The Huntingdon College Human Performance Lab is named in her honor: The Michele Scharff Olson Human Performance Laboratory that, Dr. Olson views as an honor to her family. Often thought of as an exemplary researcher, Dr. Olson's love for working with learners is her greatest inspiration for working in the college setting.

Having studied the body for decades, Dr. Olson is firm on the connection between the mind and body for obtaining optimal, holistic wellness. "Many would benefit from understanding the 'Wheel of Wellness', which is the inter-relatedness between all of the factors that affect wellness. It's not just the physical. Wellness spans beyond exercise and eating. It involves being well on the inside-emotionally, cognitively, and spiritually."