

Guy James Scotolati, M.S., CPT, FMS certified

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HEALTH LEADERSHIP

Energetic **Health and Rehabilitation Leader** expert at developing and delivering services that significantly improve both the knowledge and health of clients, organizations, and communities served. Identifies and analyzes health issues, assesses capacities, provides strategic direction, and monitors status while utilizing appropriate tools to measure outcomes in order to optimize desired effectiveness of those interventions. Expertise:

- Disease Management/Rehabilitation and Prevention
- Outcomes/Value based Health/Wellness Program Development
- Fitness Evaluations
- Health Improvement Advisor
- Certified Personal Trainer
- Patient/Employee Safety

PROFESSIONAL EXPERIENCE

UNIVERSITY OF DELAWARE

2/2016-present

Instructor and Clinical Coordinator for the graduate program in Clinical Exercise Physiology. Continually seeking out and establishing partnerships within the medical community to expand the scope of our program, while favorably impacting the quality of services delivered to our communities. Cultivating relationships with these medical institutions as potential employers for our CEP students following graduation.

Health Coach, INTERNAL MEDICINE ASSOCIATES, PA

5/2014-present

Provide health and wellness consultation services to referred patients in a multi-physician practice. This practice serves as a clinical rotation site for University of Delaware graduate students in its Clinical Exercise Physiology program.

ORC INTERNATIONAL

3/2013-2/2016

Health and Rehabilitation consultant for corporate clients desiring value-based health interventions

WELLNESS TODAY, INC.

6/2014-2/2016

Provide health and wellness consultation services for a company servicing corporate clients

HOCKESSIN ATHLETIC CLUB

6/2014-9/2016

Provide fitness evaluations and personal training services as an independent contractor to club members

CHRISTIANA CARE HEALTH SYSTEM (CCHS), WILMINGTON, DE

1997-2013

Director, Exercise Services, Eugene DuPont Preventive Medicine and Rehabilitation Institute, 2001-3/2013

- Directed team of health care professionals improving the medical fitness of a chronically ill and high risk population. Cultivated graduate/undergraduate student intern programs with area universities/colleges.
- Collaborated with various Christiana Care medical/allied health disciplines including; Cardiology, Endocrinology, Oncology, Dietetics, Physical Therapy, and Health Psychology in delivery of comprehensive health services for referred patients and clients.
- Coordinated marketing and promotion of PMRI/CCHS services. Included education and awareness within

- medical, businesses, and lay communities of resources available to more effectively manage health care.
- Developed physical performance (Metabolic exercise) testing services, meeting the needs for the annual New Castle County Police testing program.
 - Initiated development of outcomes- based exercise programs for those with; cancer, renal disease, peripheral vascular disease, and diabetes. Under the funding of a Community Education Services Grant (CESG), developed and implemented a pilot 12 Week Exercise Program for diabetes patients at two local YMCA facilities; measuring outcomes to include pre and post BG and serial HbA1c.
 - Worked with select Delaware high schools instituting outcomes-oriented physical activity curriculum in combating unhealthy trends associated with inactivity.
 - Developed and instituted key patient programs: Injury Risk Reduction Program for VNA staff; Falls Prevention Program for high fall risk population.

Manager, CCHS Pulmonary Rehabilitation Program (additional role) 2009 -3/2013

Utilizing existing resources to build and institute a program that doubled volume projections required to make the program budget neutral and exceeded revenue expectations, providing a much needed service for New Castle County. Accomplished this by:

- Expanding target referral market beyond area pulmonologists to PCPs and hospital based health providers seeing patients during hospital (re) admits.
- Leveraged staffing and adjusted group therapy sessions to those times of the day when patients are typically at their best and specialized transportation most available.
- Sought and took advantage of opportunities to educate both medical and lay community on the benefits of exercise in pulmonary disease.

Acting Manager, Cardiac Rehabilitation (additional role) 2003 - 2004

Selected to manage Christiana Care's Phase I and outpatient Phase II cardiac rehabilitation programs for both its large hospital site as well as its satellite facility at the Preventive Medicine and Rehabilitation Institute.

- Built volume by leveraging staffing to capture larger in-patient volume prior to hospital discharge following their cardiac event.

Acting Manager, Exercise Services 2000 -2001

Managed services and staff.

Staff Exercise Physiologist 1997 - 2000

Performed patient/client physical evaluations, provided exercise program guidance to meet their medical needs. Provided lectures on exercise for disease management and prevention for both medical and lay community

- Created proposals to address specific health needs in the community. This included activities program for inner city schools for grades K through 5 (to assist a Christiana Care based project).
- Developed and instituted an ongoing group balance training program for surrounding community.

PREVIOUS RELATED EXPERIENCE

CARDIO-KINETICS, INC., Newark, DE Partner and Senior Vice President

Private outpatient cardiac rehabilitation (phase II and III), cardiac diagnostics, and preventive medicine facility

DEVON MANOR, Devon, PA

Private contractor and Program Director of cardio-vascular therapeutic exercise program for geriatric residents.

ALFRED I. DUPONT INSTITUTE, Wilmington, DE

Physical Therapy Technician

YMCA, Wilmington, DE

Physical Education Instructor for educable and trainable inner city mentally disabled youngsters.

COMPLETED EDUCATION

M.S., Exercise Physiology, West Chester University, West Chester, PA

B.S., Sociology/Health Services Concentration, University of Delaware, Newark, DE

PROFESSIONAL GROUPS/CERTIFICATIONS/COMMUNITY INVOLVEMENT

- International Society of Exercise Immunology (ISEI)
- Clinical Exercise Physiology Association (CEPA)
- Health Information Exchange (HIE), Disease Management, Accountable Care Orgs. (ACO's), Medical Homes
- BLS, ACLS, and Heart Saver trained
- Certified Personal Trainer, American Council on Exercise
- Certified Functional Movement Systems (FMS) practitioner
- Routine lecturer for medical, business, community groups on disease management and prevention.