



FOR IMMEDIATE RELEASE

Dr. Ed Thomas Selected to Lead Iowa Health and Physical Education Teachers

Des Moines, IA, November 25, 2009 – Iowa native and physical training expert Dr. Ed Thomas was recently named the 2009-2010 President of The Iowa Association for Health, Physical Education, Recreation, and Dance. He is currently the Iowa Department of Education Health and Physical Education Consultant and an Associate Professor of Health and Movement Science at Graceland University.

Thomas has taught exercise science and human movement for over thirty years at numerous schools including The University of Iowa, Emory University, Northern Illinois University, and Upper Iowa University-Fort Benning. The Fitness Council of the Sporting Goods Manufacturers Association has named him a quotable health and physical fitness expert.

“Dr. Thomas is a world-class physical culturist,” said IAHPERD Past-President Professor Valerie Unkrich from Iowa Wesleyan College. “We are delighted that he has agreed to lead our organization.”

Brief biography:

- B.S. and M.A., Exercise Science from The University of Iowa
Ed.S. and Ed.D., Curriculum and Supervision from Northern Illinois University
- Infantry squad leader on the Korean DMZ during the 1968 Pueblo Incident.
- 3rd Degree Black belt in Judo
- Member of *Task Force Delta* in the early-1980s. An Army human potential think tank recently linked to the movie “Men Who Stare at Goats.”
- Fulbright Scholar in Burma during the violent civil unrest of 1988, and has also lived and worked abroad in Korea, Germany and Thailand.
- Doctrine writer and instructor for the United States Army Physical Fitness School at Fort Benning in the late-1990s. A 2001 press release from United States Army Infantry Center includes this quote: “Dr. Thomas is undoubtedly the U.S. Army’s top physical readiness training expert,” said USAPFS Commandant Lt. Col. William Rieger. “He has inspired a paradigm shift that will benefit our soldiers for years to come.”

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