

CURRICULUM VITAE

James E. Schoffstall, Ed.D.

NSCA CSCS, ACSM/NCHPAD CIFT, ACSM EP-C, ACSM RCEP,
ACSM/NPAS PAPHS, FACSM

Professor of Exercise Science

Chair: Department of Health Professions

Director: Human Performance Lab.

Office: Science Hall T04 Phone: 582-2882

EDUCATION

Ed.D. Liberty University, Lynchburg, VA 2006
Concentration: Educational Leadership
Cognate: Adapted Physical Activity

M.S. Ed. Old Dominion University, Norfolk, VA 1998
Major: Exercise Science

B.S. Old Dominion University, Norfolk, VA 1995
Major: Exercise Science

Additional graduate work in Adapted Physical Education at the University of Virginia (9 credit hours)

Additional graduate work in Special Education at Old Dominion University (39 credit hours)

Virginia Teaching Licensure 1997-2013
Health & Physical Education
Specific Learning Disabilities
Mental Retardation
Emotional Disturbance

TEACHING/PROFESSIONAL EXPERIENCE

2013-Present Liberty University
Title: Professor of Exercise Science
Chair: Department of Health Professions

2008-2013 Liberty University
Title: Director of Exercise Science Program

2007-Present Liberty University

Title: Director: Human Performance Lab.

2007-2013	Liberty University Title: Associate Professor of Exercise Science
2001-2007	Liberty University Lynchburg, VA Title: Assistant Professor of Health Sciences & Kinesiology
2000-2001	E. C. Glass High School Lynchburg, VA Title: Teacher (health & physical education)
1999-2000	E. C. Glass High School Lynchburg, VA Title: Teacher (special education)
1998-1999	Churchland Middle School Portsmouth, VA Title: Teacher (special education)

UNDERGRADUATE COURSES TAUGHT

HLTH 211 Anatomy & Physiology I
HLTH 212 Anatomy & Physiology II
KINE 225 Weight Training and Conditioning
KINE 233 Taekwondo
KINE 234 Hapkido
KINE 333 Adapted Physical Activity
KINE 334 Adapted Physical Activity Lab.
EXSC 310 Exercise Physiology
EXSC 320 Measurement and Evaluation
EXSC 340 Essentials of Strength and Conditioning
EXSC 410 Applied Exercise Physiology
EXSC 411 Applied Exercise Physiology Lab
EXSC 421 Practicum
EXSC 433 Exercise Prescription for Special Populations
EXSC 461 Exercise Leadership
EXSC 485 Health Fitness Specialist Workshop & Certification

GRADUATE COURSES TAUGHT

EDUC 500 Advanced Educational Psychology
EDUC 521 Foundations of Exceptionality

COURSES DEVELOPED

KINE 233 Taekwondo, 1 hour
KINE 234 Hapkido, 1 hour
EXSC 340 Essentials of Strength and Conditioning, 3 hours
EXSC 410 Applied Exercise Physiology, 3 hours
EXSC 411 Applied Exercise Physiology Lab, 1 hour
EXSC 421 Practicum, 1 hour
EXSC 433 Exercise Prescription for Special Populations, 3 hours
EXSC 485 Exercise Physiologist Workshop & Certification 1 hour
EXSC 633 Adapted Physical Activity, 3 hours

PROJECT ADVISOR

Thesis Committees at Liberty University

Honors Thesis Chairman, Zachary Martin, 'The Effects of Static Stretching on Muscular Hypertrophy During a Resistance Training Program,' 2013.

Honors Thesis Chairman, Ria Philpott, '*Hydration and Military Personnel*,' 2011.

Honors Thesis Chairman, Arielle Gillie, '*Incidence and Prevention of Injury of the Anterior Cruciate Ligament in Females*,' 2011.

Honors Thesis Chairman, Mark Hopely, '*The Effects of Listening to Music when Exercising*,' 2011.

Honors Thesis Chairman, Abigail Halpin, '*Considering Gender Differences in Coaching Techniques: Focusing on the Diverse Needs of the Female Athlete*,' 2010.

Honors Thesis Chairman, Justus Cade, '*The Placebo Effect in Exercise: The Role of Response Expectancies in Physical Performance*,' 2008.

Honors Thesis Committee, Melissa Blackstone, '*Strength training programs of college middle distance runners*,' 2005.

Honors Thesis Committee, Aimee Riley, '*Pole vault: the physics, physiology, and psychological components*,' 2004.

Honors Thesis Committee, Lee Ann Bisulca, '*Influences of gender and ethnicity on the selection of the ideal female body type*,' 2003

Advisor for Independent Studies / Projects at Liberty University
Kayson Stoner, '*Capoeira*,' 2003.

Honors Project, Robinette, Tara. *Survey on teaching experience, educational background and available resources as pertains to area physical educators.* 2003.

RESEARCH AND SCHOLARSHIP

BOOK PUBLICATION

Schoffstall, J. E. (2016). *Applied Exercise Physiology Lab Manual, Fourth Edition.* Academx Publishing. ISBN- 1-60036-899-9.

Schoffstall, J. E. (2013). *Applied Exercise Physiology Lab Manual, Third Edition.* Academx Publishing. ISBN-10: 1-60036-636-8.

Schoffstall, J. E. (2012). *Applied Exercise Physiology Lab Manual, Second Edition.* Academx Publishing. ISBN-10: 1-60036-566-3.

REFEREED JOURNAL PUBLICATIONS

Schoffstall, J. E., Titcomb, D. A., Kilbourne, B. F., and Gogain, M. I. (2013). Electromyographic Comparison of the Abdominal Musculature between the V-up and V-up Variations using Commercially Available Equipment. *J. Strength Cond. Res.* (In review).

Schoffstall, J. E., Titcomb, D. A., Lease, J. M., Norman, T. L., and Gogain, M. I. (2013). Electromyographic Response to a Push-up Using Various Devices. *European J. Appl. Phys.* (In review).

Barclay TH, Richards S, Schoffstall J, Magnuson C, McPhee C, Price J, *et al.* A pilot study on the effects of exercise on depression symptoms using levels of neurotransmitters and EEG as markers. *Eur J Psychol Educ Studies* 2014;1:30-5.

Schoffstall, J. E., Titcomb, D. A., and Kilbourne, B. F. (2010). Electromyographic Response of the Abdominal Musculature to Varying Abdominal Exercises. *J. Strength Cond. Res.* 24(12): 3422-3426.

Schoffstall, J. and Ackerman, B. (2007). Attitudes of pre-service physical educators at a faith-based university toward individuals with disabilities. *Journal of Beliefs & Values*, 28(2): 183-193.

Schoffstall, J.E., Branch, J. D., Leutholtz, B., and Swain, D. (2001). Effects of dehydration and rehydration on the one-repetition maximum bench press of weight-trained males. *J. Strength Cond. Res.* 15(1): 102-108.

REFEREED RESEARCH ABSTRACTS PUBLISHED

Hornsby, J.H., Meckley, D.P., Warr, K., Armbrust, M., Miller, J., Boyle, J., and Schoffstall, J.E. (2016). Human Performance Assessments in an Army ROTC Cadet Population. Southeast American College of Sports Medicine Conference.

Bosak, A., Schoffstall, J., Entriken, L., Martsof, E., Lippy, C., Strom, L., and Kovar, B. (2015). The Effects of Water Resistance Training on Vertical Jump. National Strength and Conditioning Association National Conference.

Hornsby, J., Schoffstall, J., Bowles, M., Mackenzie, A., Morelli, J., Thornton, M., Allgood, M., and Bosak, A. (2015). The Effects of Tabata Training on VO₂max. National Strength and Conditioning Association National Conference.

Hornsby, J., Schoffstall, J., Terry, J., Cromley, J., and Bosak, A. (2015). Effects of Lower Body Resistance Training on the 1-RM Bench Press. National Strength and Conditioning Association National Conference.

Schoffstall, J., Steele, J., Picking, E., Espinoza, A., and Lemire, K. (2015). The Impact of Suggestion and Music on Endurance Running Performance. National Strength and Conditioning Association National Conference.

Lewis, B., Lewis, A., Frost, A., McQuinn, J., Schoch, A., Smith, R., and Schoffstall, J. (2015). Excessive Training Versus ACSM Recommendations for Resistance Training. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Romero, B., Dreyer, L., Hancock, A., and Schoffstall, J. (2015). Electromyographic Response of the Triceps in Lying Kettlebell Triceps Extension vs. Standing Kettlebell Extension. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Ganse, J., Boschman, J., Nigh, C., and Schoffstall, J. (2015). The Effects of Plyometric Training on College Club Level Ice Hockey Players. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Hornsby, J.H., Holmberg, H., Hook, M., Willis, S., Stoggl, T., Kilian, J. Schoffstall, J.E., and Bishop, P. (2015). Impact of Rifle Carriage in Elite Biathletes. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Titcomb, D.A. and Schoffstall, J.E. (2015). A Comparison of Electromyographic Responses of the Hamstring Musculature during Seated vs. Prone Hamstring Curls. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J.E. and Barclay, T.H. (2014). Pilot Study: Effects of Exercise on Depression Symptoms Using Levels of Neurotransmitters and EEG as Markers. American College of Sports Medicine National Conference.

Bowles, M., Mackenzie, A., Morelli, J., Thornton, M., Allgood, M., and Schoffstall, J. (2014). The Effects of Tabata Training on VO_{2max} . Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Dreyer, C., Delange, J., Marrero, K., Mink, R., Wood, A., and Schoffstall, J. (2014). The Impact of Bench Press Variations on the Electromyographic Response of the Anterior Deltoid, Pectoralis Major Sternal Portion and Pectoralis Major Clavicular Portion. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Enriken, L., Martsolf, E., Lippy, C., Strom, L., Kovar, B., and Schoffstall, J. (2014). The Effects of Water Resistance Training on Vertical Jump. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Groeneveld, K., Dodson, M., Toh, J., Eppler, C., Parks., T., and Schoffstall, J. (2014). The Effects of Box Squats and Box Jumps on Vertical Jump. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Lee., N., Castro, K., Kopanko, J., and Schoffstall, J. (2014). The Effect of Different Stretching Protocols on Rowing Force and Time in Club Crew Athletes. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Steele, J, Picking, E., Espinoza, A., Lemire, K., Schoffstall, J., and Thompson, J. (2014). The Impact of Suggestion and Music on Endurance Running Performance. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Terry, J., Cromley, J., and Schoffstall, J. (2014). Effects of Lower Body Resistance Training on the 1-RM Bench Press. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J., and Titcomb, D.A. (2013). Electromyographic Comparison of the Abdominal Musculature between the V-up and V-up Variations using Commercially Available Equipment. American College of Sports Medicine National Conference.

Lewellyn, B., Bradley, A., Bah, F., Ferguson, J., and Schoffstall, J. (2013). The Acute Effects of Deadlifting and Deadlifting with Resistance Bands on Vertical Jump. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Jones, S., Cecchini, D., Eaton, J., Sutton, H., Magee, S., and Schoffstall, J. (2013). The Effects of Minimalistic Footwear on Speed and Agility. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Nelson, B., Dahl, K., Dorholt, M., DeCeglie, S., Kelly, P., and Schoffstall, J. (2013). The Effects of Stretching on Vertical Jump. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Saeler, M.P., Park, A.H., and Schoffstall, J.E. (2013). Effects of Exercising at a Simulated Altitude on Accuracy. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Lease, J. M., Schoffstall, J. E., Titcomb, D. A., and Norman, T. L. (2013). A Comparison of the Electromyography Response of the Regular Push-up vs. the Ring Push-up. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Norman, T. L., Schoffstall, J. E., Titcomb, D. A., and Lease, J. M., (2013). A Comparison of the Electromyography Response of the PVC Push-up vs. the Perfect Push-up. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J., Gogain, M., and Clay, T. (2012). Impact of varying levels of simulated altitude on balance. *Medicine and Science in Sports and Exercise*, 44(5).

Schoffstall, J., Gogain, M., and Clay, T. (2012). Impact of varying levels of simulated altitude on reaction time. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Lutz, Z., Haseman, K., Baggaly, K., Smith, B., Haegerich, J., and Schoffstall, J. (2012). The effect of stretching on squat velocity of NCAA D1 volleyball players. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J., McLaughlin, J., Gogain, M., Clay, T., and Tober, D. (2011). Comparison between self-reported athleticism and the calculated Fit Index in body composition assessment. *Medicine and Science in Sports and Exercise*, 43(5): S219.

Gogain, M., Schoffstall, J., and McLaughlin, J. (2011). Evaluation of Bioelectrical Impedance in the Analysis of Body Composition. *Medicine and Science in Sports and Exercise*, 43(5): S216.

McLaughlin, J., Schoffstall, J., and Gogain, M. (2011). Accuracy of Body Mass Index in Classifying Overfatness in Resistance Trained and Non-resistance Trained Young Adults. *Medicine and Science in Sports and Exercise*, 43(5): S606.

Schoffstall, J., Titcomb, D., and Kilbourne, B. (2010). Electromyographic Response of the Abdominal Musculature to the Abdominal Crunch Exercise Utilizing the Hollowing Maneuver. *Medicine and Science in Sports and Exercise*, 42(5): S207.

Justice, P., Schoffstall, J., McClurg, M., and McKinney, J. (2010). Impact of a High Intensity Squat Workout on Flexibility. *Medicine and Science in Sports and Exercise*, 42(5): S204.

Schoffstall, J., Morrison, S., Boswell, B., and Kozlik, B. (2010). Grip Strength and Powerlifting Performance. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J.E. (2008). Correlation of the changes in Profile of Mood States and 1-RM Bench Press. *Medicine and Science in Sports and Exercise*. 40(5): S211.

Schoffstall, J.E. (2006). Effects of dehydration and rehydration on the profile of mood states of weight trained males. *Medicine and Science in Sports and Exercise*. 38(5): S227.

Leutholtz, B., Schoffstall, J., Branch, J.D, and Swain, D., (1999). Effects of dehydration and rehydration on the one-repetition maximum bench press of weight trained males. *Medicine and Science in Sports and Exercise*, 31(5):S324.

Prabhakaran, B., Dowling, E.A., Branch, B.D., Swain, D.P., and Schoffstall, J. (1998). Effects of resistive training on lipid profile and body composition of premenopausal women. *Medicine and Science in Sports and Exercise*, 30(5).

RESEARCH IN PROGRESS

EMG activity of abdominal muscles during exercise

Effects of simulated altitude on physical and psychological parameters

PROFESSIONAL PRESENTATIONS

Schoffstall, J. (2016). Pre-Activity Screening, Pathophysiology, and Risk Stratification. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2015). The Impact of Suggestion and Music on Endurance Running Performance. National Strength and Conditioning Association National Conference. Orlando, FL.

Schoffstall, J. (2015). The Effects of Plyometric Training on College Club Level Ice Hockey Players. American College of Sports Medicine Southeast Regional Conference. Jacksonville, FL.

Schoffstall, J. (2014). Pilot Study: Effects of Exercise on Depression Symptoms Using Levels of Neurotransmitters and EEG as Markers. American College of Sports Medicine National Conference. Orlando, FL.

Schoffstall, J. (2014). Pre-Activity Screening, Pathophysiology, and Risk Stratification. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2014). Metabolic Calculations. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2013). The Effects of Minimalistic Footwear on Speed and Agility. Southeastern Chapter of the American College of Sports Medicine Regional Conference. Greenville, SC.

Schoffstall, J. (2013). Effects of Exercising at a Simulated Altitude on Accuracy. Southeastern Chapter of the American College of Sports Medicine Regional Conference. Greenville, SC.

Schoffstall, J. (2013). A Comparison of the Electromyography Response of the Regular Push-up vs. the Ring Push-up. Southeastern Chapter of the American College of Sports Medicine Regional Conference. Greenville, SC.

Schoffstall, J. (2013). A Comparison of the Electromyography Response of the PVC Push-up vs. the Perfect Push-up. Southeastern Chapter of the American College of Sports Medicine Regional Conference. Greenville, SC.

Schoffstall, J. (2012). Pre-Activity Screening, Pathophysiology, and Risk Stratification. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2012). Weight Management and Body Composition Assessment. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2012). Cardiorespiratory Fitness Assessment. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2012). Metabolic Calculations. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2012). Impact of varying levels of simulated altitude on balance. American College of Sports Medicine National Conference. San Francisco, CA.

Schoffstall, J. (2012). Impact of varying levels of simulated altitude on reaction time. Southeastern Chapter of the American College of Sports Medicine Regional Conference. Jacksonville, FL.

Schoffstall, J. (2011). Comparison between self-reported athleticism and the calculated Fit Index in body composition assessment. American College of Sports Medicine National Conference. Denver, CO.

Schoffstall, J. (2011). Pre-Activity Screening, Pathophysiology, and Risk Stratification. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2011). Weight Management and Body Composition Assessment. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2011). Cardiorespiratory Fitness Assessment. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2011). Impact of Varying Levels of Simulated Altitude on Performance Parameters. Center of Research and Scholarship. Lynchburg, VA.

Schoffstall, J. (2010). Electromyographic Response of the Abdominal Musculature to the Abdominal Crunch Exercise Utilizing the Hollowing Maneuver. American College of Sports Medicine National Conference, Baltimore, MD.

Schoffstall, J. (2010). Grip Strength and Powerlifting Performance. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J. (2008). Correlation of the changes in Profile of Mood States and 1-RM Bench Press. American College of Sports Medicine National Conference. Indianapolis, Indiana.

Schoffstall, J. (2006). Effects of dehydration and rehydration on the profile of mood states of weight trained males. American College of Sports Medicine National Conference. Denver, Colorado.

Schoffstall, J. (2002). Classroom management. St. Thomas' Parish, Jamaica.

GRANTS

Internal Support

Received: \$4221.10 from the ILLUminate Grant. The study is titled, *Human Performance Testing in an Army ROTC Cadet Population*.

Received: \$9972 from the Center for Research and Scholarship Fund. The purpose of this Research Grant is to financially assist in the completion of the project, *Effects of Varying Levels of Simulated Altitude on Performance Parameters*. (2010)

Received: \$200,000 for Human Performance Lab. (2007)

External Support

Submitted: \$700,000 Best Labs (not founded)

Submitted: \$644,749 Biomedical Research and Development (pending)

CONFERENCES ATTENDED

American College of Sports Medicine National Conference (2016). Boston, MA.

National Strength and Conditioning Association National Conference (2015). Orlando, FL.

American College of Sports Medicine National Conference (2015). San Diego, CA.

American College of Sports Medicine Southeast Regional Conference (2015). Jacksonville, FL.

American College of Sports Medicine National Conference (2014). Orlando, FL.

American College of Sports Medicine National Conference (2013). Indianapolis, IN.

American College of Sports Medicine Southeast Regional Conference (2013). Greenville, SC.

American College of Sports Medicine National Conference (2012). San Francisco, Ca.

American College of Sports Medicine Southeast Regional Conference (2012). Jacksonville, FL.

American College of Sports Medicine National Conference (2011). Denver, CO.

American College of Sports Medicine Southeast Regional Conference (2011). Greenville, SC.

American College of Sports Medicine National Conference (2010), Baltimore, MD.

American College of Sports Medicine Southeast Regional Conference (2010). Greenville, SC.

National Strength and Conditioning Association: Virginia State Conference (2009). Richmond, VA.

American College of Sports Medicine National Conference (2008). Indianapolis, Indiana.

National Strength and Conditioning Association (2007). Atlanta, Georgia.

American College of Sports Medicine National Convention (2006). Denver, Colorado.

American Association of Cardiovascular and Pulmonary Rehabilitation National Convention (2005). Milwaukee, Wisconsin.

LAY PUBLICATIONS

Schoffstall, J. (2002). Health and fitness in the martial arts. *Eagle Tiger Federation Newsletter*, Dec.

LAY PRESENTATIONS

Schoffstall, J.E. (2013). Functional Fitness. Forest Baptist Church.

Schoffstall, J.E. (2013). Starting a workout program. Forest Baptist Church.

Schoffstall, J.E. (2010, fall). Dealing with stress & how to relax. TRBC.

Schoffstall, J.E. (2010, fall). Getting started into resistance training. TRBC.

Schoffstall, J.E. (2010, fall). Understanding food labels. TRBC.

Schoffstall, J.E. (2010, fall). Getting started with aerobic training. TRBC.

Schoffstall, J.E. (2010, fall). Water: the most essential nutrient. TRBC.

Schoffstall, J. E. (2010, spring). Water: what is it good for? TRBC.

Schoffstall, J. E. (2010). Getting Started into Exercise. TRBC.

Schoffstall, J. E. (2006). Nutrition and Hockey. Huron Hockey Camp.

Schoffstall, J. E. (2006). Anaerobic Training. Liberty University Fitness Seminar.

Schoffstall, J. E. (Oct. 2004). "Being a Christian Martial Artist", Brookhill Church AWANAs club.

Jefferson Forest High School wrestling team. "Effects of dehydration on wrestling." Nov. 2001.

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS/CERTIFICATIONS

American Assoc. of Cardiovascular and Pulmonary Rehabilitation 2005-2006

American College of Sports Medicine (ACSM) 1995-2016

- Trained CoAES Site Visitation member 2006
- Certified Exercise Physiologist 2007-2015
- Certified Inclusive Fitness Trainer 2007-2016
- Registered Clinical Exercise Physiologist 2008-2016
- Certified Physical Activity in Public Health Specialist 2013-2016
- Fellow ACSM appointment 2011

Clinical Exercise Physiology Association 2008-2014

- CEPA Advocacy Committee 2008-2009

CrossFit

- Level 1 Coach 2012-2016

National Strength and Conditioning Association (NSCA) 1999-2016

- Certified Strength and Conditioning Specialist 2000-2016

International Combat Hapkido Federation (ICHF) 2001-2016

Licensed Instructor 2003-2016

International Society of Sports Nutrition (ISSN) 2007

PROFESSIONAL SERVICE

American College of Sports Medicine: Exercise Physiologist -workshop director.
April 2016

American College of Sports Medicine: Exercise Physiologist -workshop director.
Nov. 2015

American College of Sports Medicine: Exercise Physiologist -workshop director.
April 2015

American College of Sports Medicine: Health Fitness Specialist-workshop
director.
Nov. 2014

Associate Editor, *ACSM's Resource for the Health Fitness Specialist 2nd Edition*.
2014

American College of Sports Medicine: Health Fitness Specialist-workshop
director.
Apr. 2014

American College of Sports Medicine: Health Fitness Specialist-workshop
director.
Nov.2013

Commission for the Accreditation of Allied Health Education Programs-
Committee for the Accreditation of Exercise Science: Lead Site Visitor to SUNY
Brockport, team leader.
Oct. 2013

American College of Sports Medicine: Health Fitness Specialist-workshop
director.
April 2013

Commission for the Accreditation of Allied Health Education Programs-
Committee for the Accreditation of Exercise Science: CAR Site Visitor to
Lynchburg College, team leader.
Mar. 2013

Commission for the Accreditation of Allied Health Education Programs-
Committee for the Accreditation of Exercise Science: CAR Site Visitor to Indiana
University of Pennsylvania, team member.
Feb. 2013

Commission for the Accreditation of Allied Health Education Programs-
Committee for the Accreditation of Exercise Science: Lead Site Visitor to
Longwood University, team leader.
Nov. 2012

American College of Sports Medicine: Health Fitness Specialist-workshop
director.
Nov. 2012

American College of Sports Medicine: Health Fitness Specialist-workshop
director.
April 2012

Commission for the Accreditation of Allied Health Education Programs-
Committee for the Accreditation of Exercise Science: Site Visitor to University of
Louisville, Exercise Physiology Program.
March 2012

Commission for the Accreditation of Allied Health Education Programs-
Committee for the Accreditation of Exercise Science: Lead Site Visitor to
University of Louisville, Exercise Science, team leader. March 2012

American College of Sports Medicine: Health Fitness Specialist-workshop
director. Nov. 2011

Book review: Completed a review of the text, *ACSM's Introduction to Exercise
Science*, through LWW publishing. May 2011

American College of Sports Medicine: Health Fitness Specialist-workshop
director. April 2011

Commission for the Accreditation of Allied Health Education Programs-
Committee for the Accreditation of Exercise Science: Lead Site Visitor to
Metropolitan State College of Denver, team leader. April 2011

Book review: Completed a review of the text, *ACSM's Health-Related Physical
Fitness Assessment Manual, 3rd edition*, through LWW publishing. May 2010

Commission for the Accreditation of Allied Health Education Programs-
Committee for the Accreditation of Exercise Science: Lead Site Visitor to
Delaware State University, team leader. 2010

Commission for the Accreditation of Allied Health Education Programs-
Committee for the Accreditation of Exercise Science: Site Visitor to Kent State
University. 2009

American College of Sports Medicine Health Fitness Instructor, certification
examiner, Old Dominion University, 1996-1998

American College of Sports Medicine Health Fitness Instructor, workshop
practicum leader: muscular fitness and flexibility. May 1997

DEPARTMENTAL AND UNIVERSITY SERVICE

Faculty Senate 2008-2012
Moderator-elect 2010-2011
Moderator 2011-2012
Past-Moderator 2012-2013

Institutional Review Board Committee member 2012-2016

Liberty University Wellness Coalition 2014

Assessment Team for Health Professions Department 2008-2013

Exercise Science CAAHEP Accreditation	2005-2009
Human Performance Laboratory Design and Development	2005-2008
AdHoc Committee for Exercise Science Major Review	2003
Guest Instructor: ROTC self-defense training	
Developed new course KINE 233 Karate	
Developed new course KINE 234 Hapkido	
Developed new course KINE 340 Coaching Strength Training and Conditioning	
Developed new course KINE 410 Applied Exercise Physiology	
Developed new course KINE 411 Practicum I	
Developed new course KINE 421 Practicum II	
Developed new course KINE 433 Exercise Prescription for Special Populations	
Served as an assistant strength and conditioning coach when the athletic department was in need, spring and summer of 2002.	

AWARDS

Big Spring High School: Bulldog Foundation 2015 Hall of Fame Inductee

Old Dominion University: Darden College of Education 2014 Darden Fellow
-Distinguished Alumni

CHURCH INVOLVEMENT

Member at Thomas Road Baptist Church	
-Director of Losing to Live program	2010
-Host for Neighborhood Easter Egg Hunter outreach	2012

Missions: Rome, summer of 2001.

Jamaica, summer of 2002.

COMMUNITY INVOLVEMENT

Volunteer Assistant Scoutmaster of BSA troop 180	2016-Present
Board Member: Central Virginia Youth Wrestling Association	2014-Present
Volunteer Head-Coach for the Bulldog Youth Wrestling Program	2012-Present
Volunteer Webelos Scout Leader pack 180	2015-2016
Developed partnership with DePaul Family Services: providing recreational activities for adults with intellectual disabilities,	2005-2006
Special Olympics volunteer and coach,	2002-2010
Special Olympics Lynchburg Area Co-Director	2008-2009
Special Olympics Area 24 Coordinator	2009-2010
Special Olympics Partnership. Adapted Physical Education class participates with the special Olympians once each semester,	2002-2010
Community Services Prevention Programs. Teaching a martial arts program for at-risk youth.	2002-2004.

PERSONAL INFORMATION

Fifth Degree Black Belt: Hapkido	2016
Third Degree Black Belt: Taekwondo	2006
USPF Collegiate National Powerlifting Champion	1996
Eagle Scout	1986