

Curriculum Vitae

David A. Titcomb, PT, DPT, HFS

Assistant Professor of Health Professions

Liberty University
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Education

Doctor of Physical Therapy, 2006, University of St. Augustine for Health Sciences, Institute of Physical Therapy, St. Augustine, FL

Master of Physical Therapy, 1997, Old Dominion University, Norfolk, VA

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

Teaching Experience

Assistant Professor of Health Professions, Liberty University, Lynchburg, VA, 2008-Present

Courses teaching:

HLTH 201 Applied Anatomy and Physiology I
HLTH 202 Applied Anatomy and Physiology II
EXSC 350 Biomechanics
EXSC 351 Biomechanics Lab
EXSC 310 Physiology of Exercise
EXSC 421 Practicum

Liberty University Online Courses developed:

HLTH 211/212 Anatomy and Physiology I and II for Associate Programs

Practicum Coordinator for Exercise Science Major 2009- Present

Instructor, Online Program, University of St. Augustine, 2007-2008

Presentations

1997 Guest Lecturer, *Myofascial Release*, Virginia Physical Therapy Association – Tidewater District, Virginia Beach, VA.

1998 *Pathophysiology and Mechanics of the Shoulder*, Lynchburg General Hospital, Physical Therapy Department, Lynchburg, VA.

- 1999** Guest Lecturer, *Rehabilitation of the Shoulder*, Virginia Baptist Hospital, Lynchburg, VA.
- 2000** Guest Lecturer, *Physical Rehabilitation*, Virginia Baptist Hospital, Lynchburg, VA.
- 2001** Guest Lecturer, Women's Health Forum, with Physiatrist Dr. Scott Tyree, *Physical Therapy Intervention for Chronic Pain: Transcutaneous Electrical Nerve Stimulation (TENS)*, Lynchburg, VA.
- 2001** Guest Lecturer, Centra Health Family Practice Residency, *Physical Therapy for Ankle Injuries*, Lynchburg, VA.
- 2001** Guest Lecturer, Home Health Aides, *How to Transfer Patients Safely: Optimal Body Mechanics*, Lynchburg General Hospital, Lynchburg, VA.
- 2002** Lecture, *Injury Prevention and Exercise Prescription for the Older Adult*. Courtside Athletic Club, Lynchburg, VA.
- 2005** Guest Lecturer, Lynchburg Dental Society, *Physical Therapy for Temporomandibular Joint Disorders*, Oakwood Country Club, Lynchburg, VA.
- 2006** Guest Lecturer, Lynchburg Dental Hygienist Association, *Physical Therapy for Temporomandibular Joint Disorders*, Lynchburg, VA.
- 2006** Guest Lecturer, Virginia Physical Therapy Association – Valley District Meeting. *Physical Therapy for Temporomandibular Joint Disorders*, Jefferson College of Health Sciences, Roanoke, VA.
- 2009** Guest Lecturer, Liberty University Wrestling Team, *Sports Nutrition for Wrestlers*, Liberty University, Lynchburg, VA.
- 2011 to Present** Presenter: Health Fitness Specialist Workshop (performed bi-annually), Liberty University

Awards and Research Grants

- 1994-1995** Academic Excellence Award in Sports Medicine, Old Dominion University, Health, Physical Education, and Recreation Dept.
- 1995** Old Dominion University Academic Honors Research Grant (\$5,000)
- 2010** Liberty University, Center for Research and Scholarship Grant (\$7,100)
Midfoot Plantar Pressure: A Comparison Between Subjects With and Without Chronic Pain

Use of Tekscan Matscan[®] to Detect Static Rearfoot Position Through Evaluation of Rearfoot Pressure

Published Research

Redondo, D., Graham, B, Dowling, E., **Titcomb, D.** (1994). Effects of a Simulated Mild Leg Length Discrepancy on Selected Kinematic and Metabolic Variables During Walking And Running. *Medicine and Science in Sports and Exercise.* 26(5): S99.

D. Titcomb, D. Redondo, E. Dowling, B. Graham (1995). Effects of a Heel Lift on Selected Biomechanical Variables in Women with Mild Leg Length Inequalities. *Medicine and Science in Sports and Exercise.* 27(5): S42.

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

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.

Titcomb, D. (2011). Midfoot Plantar Pressure: A Comparison Between Subjects With and Without Chronic Pain, *Medicine and Science in Sports and Exercise* 43(5): S256.

Titcomb, D. Blais, M., Lane, R. (2012) Use of Tekscan Matscan[®] to Detect Static Rearfoot Position Through Evaluation of Rearfoot Pressure. *Medicine and Science in Sports and Exercise,* 44(5): S713.

Research Presentations

1995 Biomechanics Slide Presentation: *Effects of a Heel Lift on Selected Biomechanical Variables in Women with Mild Leg Length Inequalities*, American College of Sports Medicine National Meeting, Minneapolis, MN.

2010 Poster Presentation: *Electromyographic Response of the Abdominal Musculature to the Abdominal Crunch Exercise Utilizing the Hollowing Maneuver*, American College of Sports Medicine National Meeting, Baltimore, MD.

2011 Poster Presentation: *Midfoot Plantar Pressure: A Comparison Between Subjects With and Without Chronic Pain*, American College of Sports Medicine National Meeting, Denver, CO.

2012 Poster Presentation: *Use of Tekscan Matscan[®] to Detect Static Rearfoot Position Through Evaluation of Rearfoot Pressure*, American College of Sports Medicine National Meeting, San Francisco, CA.

Service to Community and University

2000-2008	Coordinated and implemented pro-bono physical therapy services at the Free Clinic of Central Virginia. Lynchburg, VA.
2009- Present	Chair and/or Committee reader for Student Honor's Thesis Research Projects.
2010-Present	Liberty University Faculty Senate Member
2011	Volunteer, Freedom 4/24 ministries
2011-Present	Volunteer, Brentwood Church
2012-Present	Liberty University Faculty Senate Executive Committee- Member at Large

Licensure/Certifications

Licensed Physical Therapist, Commonwealth of Virginia, 1997-present

Certified Health Fitness Specialist, American College of Sports Medicine 2011-present

CPR Certified 1995-present

Memberships and Activities

American College of Sports Medicine (ACSM) 2008-present

Southeast American College of Sports Medicine (SEACSM) 2008-present

Membership Chair, Virginia Physical Therapy Association-Valley District 2002 to 2008

Affiliate member of the American Academy of Orofacial Pain (AAOP) 2006-2008

Intervarsity Christian Fellowship, Old Dominion University, 1993-1997.

Eagle Scout, Boy Scouts of America, 1990.