

Curriculum Vitae: Matthew D. Ruiz, Ph.D., M.B.A.

I. Personal Data

Appointment and program Director of Graduate Studies in Exercise & Nutrition Science
Professor
Department of Nutrition & Kinesiology
College of Pharmacy & Health Sciences
Lipscomb University

Professional address Lipscomb University
1 University Park Drive
Nashville, TN 37204
615.966.5203
matthew.ruiz@lipscomb.edu
lipscomb.edu/kinesiology

II. Education

M.B.A. Concentration: *Leadership* **Lipscomb University**
May 2018

Ph.D. Major: *Kinesiology* **University of Minnesota**
February 2008
Emphasis: Sport Psychology
Advisor: Diane Wiese-Bjornstal
Committee Members: Mary Jo Kane, Lisa Kihl, Nicole LaVoi

M.S. Major: *Exercise Science and Sport Studies* **Springfield College**
May 2002
Concentration: Sport Psychology
Advisors: Mimi Murray, Betty Mann
Committee Members: Barbara Jensen, Tina Manos, John Gibson

B.S. Major #1: *Athletic Training* **Lipscomb University**
Major #2: *Exercise Science* **August 1999**
Advisor: Ruth Henry
Magna
Cum
Laude

III. Academic and Professional Assignments

LIPSCOMB UNIVERSITY

2019-current – Professor, Department of Nutrition & Kinesiology, College of Pharmacy & Health Sciences

2017-current – Director of Graduate Studies in Exercise & Nutrition Science

2015-2019 – Associate Professor, Department of Nutrition & Kinesiology, College of Pharmacy & Health Sciences

- ◇ Administrative:
 - Presidential Faculty Fellow, Office of the President (2019-2020)
 - Director of Graduate Studies, Exercise & Nutrition Science (2017-current)
 - Human Protections Administrator (2018-current)
 - Past-President/Secretary, Faculty Senate Council (2017-2018; 2018-2019)
 - Chair, Faculty Senate Council/President of Faculty Senate (2016-2017)
- ◇ Teaching (detailed below):
 - 11 undergraduate courses in Exercise Science, Physical Education, Health
 - 7 graduate courses in Exercise & Nutrition Science
- ◇ Supervision of experiential learning course (detailed below)
- ◇ Advising: 50+ undergraduate students; 70+ graduate students
- ◇ Research (detailed below):
 - 6 Publications
 - 12 Presentations
- ◇ Service Endeavors:
 - Faculty sponsor for Maymester Mission Trip to Phillipines (2019)
 - Faculty sponsor for Maymester Mission Trip to Puerto Rico (2018)
 - Faculty sponsor for Winter Break Mission Trip to Texas (2017)
- ◇ Curricular:
 - Added Fitness & Sport Studies Major (2016)
 - Created 1 undergraduate course in Exercise Science (EX 2013: Psychology & Sociology of Sport)
 - Created 1 graduate course in Exercise & Nutrition Science (EXNS 5143: Exercise Psychology)
- ◇ Awards/Honors:
 - Distinguished Service Award, Christian Society for Kinesiology, Leisure, & Sport Studies (2020)
 - Presidential Award, Christian Society for Kinesiology, Leisure, & Sport Studies (2019)
 - Tenure (2019)
 - Presidential Award, Christian Society for Kinesiology, Leisure, & Sport Studies (2018)
 - Lipscomb Connect (2016-2017)

HUNTINGTON UNIVERSITY

2013 - Tenured; Department Chair

2011-2015 - Associate Professor, Department of Kinesiology & Sport Leadership

2008-2011 - Assistant Professor

2006-2008 - Instructor

- ◇ Administrative:
 - Chair, Department of Kinesiology & Sport Leadership (2013-2015)
 - Huntington University Board of Trustees Faculty Representative (2011-2012)
 - Faculty Athletic Representative (2010-2015)
 - Elected Chair, Faculty Concerns Committee (2011-2013)
 - Elected to Faculty Concerns Committee (2010-2014)
 - Chair, Athletic Committee (2010-2015)
 - Chair, Campus Campaign Event Kick-off Committee (2008-2009)
- ◇ Teaching (detailed below):
 - 15 undergraduate courses in Applied Exercise Science/Exercise Science
 - 13 undergraduate courses in Physical Education
 - 2 undergraduate courses in Biology
 - 1 undergraduate course in Psychology
 - 2 Entry-level "new student" courses
 - 1 Core senior-level seminar course
- ◇ Supervision of 3 experiential learning courses (detailed below)
- ◇ Advising: 100+ undergraduate students
- ◇ Grants (detailed below):
 - 4 in-house awards
- ◇ Research (detailed below):
 - 1 Publication
 - 11 Presentations
- ◇ Service Endeavors:
 - Faculty sponsor for Spring Break Mission Trip to Haiti (2011)
 - Faculty sponsor for Spring Break Mission Trip to Sosua, Dominican Republic (2009)
 - Faculty sponsor for Spring Break Mission Trip to High Gate, Jamaica (2008)
- ◇ Curricular:
 - Added 3-2 Athletic Training major with Manchester College (Spring 2012)
 - Redesigned the Applied Exercise Science major by implementing the Exercise & Movement Science major and Sport & Exercise Studies major (Fall 2010)
 - Redesigned the Exercise Science major by implementing the Applied Exercise Science major, (Fall 2007)
 - Added Applied Exercise Science Minor (Fall 2007)
- ◇ Awards/Honors:
 - Professor of the Year (2015)
 - PEER Award (May 2014)
 - PEER Award (March 2013)
 - Fellow, Council of Christian Colleges & Universities Leadership Development Institute (2012)

UNIVERSITY OF MINNESOTA

2002-2006 - Graduate Teaching Assistant, School of Kinesiology, College of Education & Human Development

- ◇ Teaching (detailed below):
 - 2 graduate courses in Kinesiology
 - 1 undergraduate course in Kinesiology
 - 2 undergraduate courses in Sport Studies
 - 2 undergraduate courses in Physical Activities

- ◇ Other:
 - Assistant to sport psychology coordinator, Dr. Diane Wiese-Bjornstal (Fall 2004)
 - Mentor for new graduate teaching assistants (Fall 2004)
 - Teaching assistant for KIN 3126: Psychology and Sociology of Sport (Fall 2002)
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SPRINGFIELD COLLEGE

2001-2002 - Graduate Teaching and Research Assistant, Exercise & Sport Studies Department, School of Health, PE, & Recreation

- ◇ Assisted director of sport psychology, Dr. Mimi Murray:
 - In-house research in sport psychology on Springfield College student-athletes
 - Recruiting potential graduate students in sport psychology
 - Coordinated special events: lectures, seminars, etc.
 - Developed course packets and readers
- ◇ Graded papers, coordinated grades, and/or lectured for the following classes:
 - PHED 398/678: Sport Psychology
 - PHED 399/679: Applied Sport Psychology
 - MOST 629: Heritage and Values of Movement and Sport
 - PHED 688: Special Topics in Sport Psychology
- ◇ Redesigned and implemented PHED 682: Seminar in Sport Psychometrics
- ◇ Coordinated sport psychology graduate student participation in *HS Girls & Women in Sport Summit: Living a Leadership Role* (Spring, 2002)
- ◇ Coordinated sport psychology graduate student participation in *Be Careful Where You Lead Spring Conference 2002*

2000-2001 - Graduate Assistant, Springfield College Health Center

- ◇ Assisted Director of Health Services
- ◇ Conducted on-campus seminars on health-related topics:
 - Sexually transmitted infections, disordered eating, weight management, safer sexual activity, stress management, healthy living habits
- ◇ Coordinated *Fitfest 2001* (Springfield College's annual health fair)
 - Secured corporate sponsorship and health fair participant
 - Designed, implemented, and directed marketing of event on-campus and in community
 - Coordinated volunteers, event activities, designed t-shirts
 - Led follow-up efforts after event on-campus and in community
- ◇ Supervised undergraduate volunteers
- ◇ Updated website
- ◇ Created Health Center brochures for campus and community
- ◇ Liaison between community, campus, and Health Center
- ◇ Conducted in-house research on Health Center usage
- ◇ Conducted campus wide surveying of student's health care needs and perceptions

IV. Instructional Activities

Courses taught or supervised at Lipscomb University

(through Summer 2021)

TOTAL	<u>Credits</u> 2-6	<u>Sections</u> 72	<u>Enrollment</u> 985
◇ EXNS 5113: <i>Applied Exercise Physiology</i>	3	1	10
◇ EXNS 5143: <i>Exercise Psychology</i>	3	1	12
◇ EXNS 5243: <i>Program Planning ... /Business of ...</i>	3	2	16
◇ EXNS 530V: <i>Practicum</i>	3-6	21	53
◇ EXNS 5403: <i>Special Topics</i>	3	3	23
◇ EXNS 541V: <i>Independent Study</i>	3	1	1
◇ EXNS 5953: <i>Portfolio I</i>	3	1	1
◇ EX 2013: <i>Psychology & Sociology of Sport</i>	3	3	43
◇ EX 2533: <i>Kinesiology</i>	3	1	4
◇ EX 4A13: <i>Special Topics</i>	3	2	3
◇ EX 4113: <i>Exercise Physiology</i>	3	1	43
◇ EX 4153: <i>Strength & Conditioning Program Design</i>	3	2	56
◇ EX 4163: <i>Applied Exercise Physiology</i>	3	3	69
◇ EX 4323: <i>Administration of Exercise ... Programs</i>	3	1	29
◇ EX 480V: <i>Independent Study</i>	3	2	2
◇ PE 2012: <i>Lifetime Wellness</i>	2	20	465
◇ PE 2203: <i>Foundations of Kinesiology</i>	3	3	66
◇ HL 1303: <i>Healthful Living</i>	3	4	89

Courses taught or supervised at Huntington University

TOTAL	<u>Credits</u> 1-4	<u>Sections</u> 314	<u>Enrollment</u> 2636
◇ CAP 475: <i>Capstone Seminar</i>	2	2	65
◇ EX 111/261: <i>Foundations of Exercise Science</i>	3	11	216
◇ EXJ 121: <i>Psychology of Coaching</i>	2	1	21
◇ EXJ 131: <i>Psychology of Optimal Performance</i>	2	1	40
◇ EXJ 142: <i>PHAT Camp (Passionately Honing Actions That Cultivate And Motivate Purpose): Developing Motivation & Discipline for the Complete Person</i>	2	1	12
◇ EXJ 151: <i>Empowering Your Spirit, Mind, and Body: An Off-Campus Experience in "Strength Training" for the Complete Person</i>	2	1	20
◇ EXJ 171: <i>Conquering the Mountain: Your Guide to Physical, Mental and Spiritual Development for the Obstacles and Challenges in Your Life</i>	2	2	35
◇ EX/EXJ 187: <i>Medical Terminology</i>	1	7	56
◇ EX/EXJ 195: <i>Job Shadow in Exercise Science</i>	2	2	2
◇ EX 226: <i>Prevention & Care of Athletic Injuries</i>	2/3	2	11

	<i>/Athletic Training</i>		
◇ EX/BI 271: <i>Nutrition</i>	3	5	85
◇ EX/PE 311: <i>Structural Kinesiology & Biomechanics/ Kinesiology</i>	3	5	81
◇ EX 318: <i>Sport & Exercise Psychology/ Exercise Psychology</i>	3	4	91
◇ EX/PE 321: <i>Exercise Physiology/ Physiology of Exercise</i>	3	4	81
◇ EX 329: <i>Applied Exercise Physiology/ Laboratory Testing in Exercise Science</i>	3	5	61
◇ EX/EXJ 395: <i>Practicum in Exercise Science</i>	1-3	50	100
◇ EX/PE 443: <i>Introduction to Research in Kinesiology</i>	3	3	57
◇ EX 465: <i>Senior Seminar in Exercise Prescription/ Exercise Prescription</i>	3	8	64
◇ EX 490: <i>Independent Study in Exercise Science</i>	2-4	7	8
◇ EX/EXJ 495: <i>Internship in Exercise Science</i>	2-4	105	105
◇ IDJ 395: <i>Cross-Cultural Practicum</i>	2	1	3
◇ PE 110: <i>Introduction to Physical Wellness</i>	1	63	916
◇ PE 111DIS: <i>Disc Golf</i>	.5	2	32
◇ PE 111UFB: <i>Ultimate Football</i>	.5	1	19
◇ PE 111FRI: <i>Ultimate Frisbee</i>	.5	1	56
◇ PE 1214SQ: <i>Four Square</i>	.5	1	31
◇ PE 121BAS: <i>3-on-3 Basketball</i>	.5	1	14
◇ PE 121CAP: <i>Capture the Flag</i>	.5	1	40
◇ PE 121WHI: <i>Wiffleball</i>	.5	1	45
◇ PEJ 221: <i>Enhancing the Experience of Others: Psychology of Coaching</i>	2	2	76
◇ PE 241: <i>Recreational Sports</i>	3	1	26
◇ PE 395: <i>Practicum in Coaching</i>	2	2	2
◇ PE431STR: <i>Coaching of Strength and Conditioning</i>	2	2	29
◇ PY 490: <i>Independent Study in Psychology</i>	3	1	1
◇ SS 011: <i>Alpha Groups</i>	0	5	96
◇ SS 111: <i>University Life</i>	0	3	39

Courses taught at the University of Minnesota

	<u>Credits</u>	<u>Sections</u>	<u>Enrollment</u>
TOTAL	1-3	21	572
◇ KIN 3126: <i>Psychology and Sociology of Sport</i>	3	6	178
◇ KIN 3501: <i>Sport in a Diverse Society</i>	3	1	41
◇ KIN 5126: <i>Sport Psychology</i>	3	2	44
◇ KIN 5136: <i>Psychology of Coaching</i>	3	3	67
◇ PE 1014: <i>Conditioning</i>	1	2	58
◇ PE 1067: <i>Basketball</i>	1	5	146
◇ SPST 3621: <i>Applied Sport Psychology</i>	2	2	38

V. Intellectual Pursuits

In Progress

Ruiz, M. D., & Egli, T. *Experiences of Non-Christian Student-Athletes at a Christian University*.

Ruiz, M. D. *The Relationship between Goal Orientation and Grit in Division I Athletes*.

Peer-Reviewed Publications

Haynes, J. T., Townsend, J. R., Aziz, M. A., Jones, M. D., Littlefield, L. A., Ruiz, M. D., Johnson, K.D., Gonzalez, A.M. (In Review). Impact of Red Spinach Extract Supplementation on Bench Press Performance and Muscle Oxygenation in Resistance-Trained Males. *Sports*

Toohey, J. C., Townsend, J. R., Johnson, S. B., Toy, A. M., Vantrease, W. C., Bender, D., Crimi, C. C., Stowers, K. L., Ruiz, M. D., VanDusseldorp, T.A., Feito, Y., Mangine, G. T. (2020). The effects of probiotic (*Bacillus subtilis*) supplementation during offseason resistance training in female Division I athletes. *The Journal of Strength and Conditioning Research*, *34*, 3173-3181.

Franz, T. L., Van Matre, B. T., Palmer, T. S., & Ruiz, M. D. (2019). Seasonal changes in body composition in collegiate baseball players. *Current Orthopaedic Practice*, *30*, 235-238.

Henry, R. N., Ruiz, M. D., Vantrease, W. C., & Bender, D. (2019). Gender and BMI differences in body image among college freshmen. *Medicine and Science in Sports and Exercise*, *51*(6), 904. <https://doi.org/10.1249/01.mss.0000563209.80462.d7>

Ruiz, M. D. (2017). A psychotheology of losing. *Journal of the Christian Society for Kinesiology, Leisure & Sport Studies*, *4*, 47-64.

Frantz, T. L., & Ruiz, M. D. (2011). Effects of dynamic warm-up on lower body explosiveness among collegiate baseball players. *Journal of Strength & Conditioning Research*, *25*, 2985-2990.

Abstracts and Presentations

Townsend, J. R., Haynes, J. T., Aziz, M. A., Jones, M. D., Littlefield, L. A., Ruiz, M. D., Johnson, K. D., & Gonzalez, A. M. (2021). *Impact of red spinach supplementation on bench press and cognitive performance in resistance-trained males*. Conference proceedings of the NSCA National Conference, Orlando, FL.

Townsend, J. R., Haynes, J. T., Aziz, M. A., Jones, M. D., Littlefield, L. A., Ruiz, M. D., Johnson, K. D., & Gonzalez, A. M. (2021). *Impact of dietary nitrate loading on muscle oxygenation during a fatiguing barbell bench press protocol*. Conference proceedings of the ACSM Annual Meeting, Virtual.

- Ruiz, M. D. (2019). *Race, religion, and college sports: Covert racism and lessons from a university's recent dilemma*. Conference proceedings of the Second Global Congress on Sport & Christianity, Calvin College, Grand Rapids, MI.
- Ruiz, M. D. (2019). *Psychology of endurance running: What we know and what's to come*. In Health Sciences: Perspectives on Endurance Running: Body, Mind, and Spirit. Conference proceedings of the 2019 Christian Scholars Conference, Lubbock Christian University, Lubbock, TX.
- Ruiz, M. D. (2018). *A conversation on race, religion, and college sports: Lessons from a university's recent dilemma*. In Effects of Religiousness and Spirituality in High Pressure Contexts – Poverty, Prejudice, and Performance Symposium. Conference proceedings of the 2018 American Psychological Association Convention, San Francisco, CA.
- Ruiz, M. D. & Henry, R. (2018). *The relationship between body composition, body image, and attitudes towards obesity*. Conference proceedings of the 2018 Christian Society for Kinesiology, Leisure and Sports Studies Annual Conference, Grand Rapids, MI.
- Townsend, J. R., Toohey, J. C., Johnson, S. B., Crimmi, C. C., Stowers, K. L., Bender W. D., Vantrease W. C., Toy A. M., Ruiz M. D., VanDusseldorp T. A., Fieto Y., & Mangine G. T. (2018). *The effect of probiotic supplementation on body composition, muscle thickness, and athletic performance in Division I collegiate athletes*. Conference proceedings of the 2018 International Society of Sport Nutrition (ISSN) Annual Conference, Phoenix, AZ.
- Ruiz, M. D., Robichaud, K., & Townsend, J. (2017). *The differences in attitudes towards obesity between Christian teenagers and Christian adults*. Conference proceedings of the 2017 Christian Society for Kinesiology, Leisure and Sports Studies Annual Conference, Nashville, TN.
- Ruiz, M. D. (2016). *A psychotheology of losing*. Conference proceedings of the Inaugural Global Congress on Sport & Christianity, York, United Kingdom.
- Egli, T. & Ruiz, M. D. (2016). *Integrating Christianity into the sport psychology classroom: Practical applications*. Conference proceedings of the 2016 Christian Society for Kinesiology & Leisure Studies Annual Conference, Santa Barbara, CA.
- Ruiz, M. D. & Egli, T. (2016). *Expectations and Christian-athletes: What happens when our favorite Bible verses work against us?* Conference proceedings of the 2016 Christian Society for Kinesiology & Leisure Studies Annual Conference, Santa Barbara, CA.
- Egli, T. & Ruiz, M. D. (2015). *Sport psychology consulting at a Christian university: Entering the unknown*. Conference proceedings of the 2015 Christian Society for Kinesiology & Leisure Studies Annual Conference, Grand Rapids, MI.
- Ruiz, M. D. (2014). *The efficacy of student created video clips in the classroom*. Conference proceedings of the 2015 Christian Society for Kinesiology & Leisure Studies Annual Conference, Mechanicsburg, PA.
- Ruiz, M. D. (2012). *Generational influences on physical activity participation, mode, and programming*. Conference proceedings of the 2012 Christian Society for Kinesiology and Leisure Studies Annual Conference. Indiana Wesleyan University, Marion, IN.

- Ruiz, M. D., & Fiedler, T. (2011). *The CSKLS Wellness Report Card*. Conference proceedings of the 2011 Christian Society for Kinesiology and Leisure Studies Annual Conference. College of the Ozarks, Branson, MO.
- Holloway, E., Ruiz, M. D., Smith, M., & Willour, A. (2011). *KidFit: A before school PE class*. Conference proceedings of the 2011 Physical Education, Health Education, and Driver Education Dupage County Institute, Naperville, IL.
- Ruiz, M. D., Johnson, N., Smith, M., & Holloway, E. (2010). *Preliminary findings from Year 2 of the KidFit study*. Conference proceedings of the 2010 Indiana Alliance for Health, Physical Education, Recreation, and Dance State Conference, Indianapolis, IN.
- Ruiz, M. D. (2010). *Hot or Not: What Christian college students are saying about physical attractiveness*. Conference proceedings of the 2010 Christian Society for Kinesiology and Leisure Studies Annual Conference. Calvin College, Grand Rapids, MI.
- Ruiz, M. D., & Johnson, N. (2009). *Preliminary findings from the KidFit study*. Conference proceedings of the 2009 Indiana Alliance for Health, Physical Education, Recreation, and Dance Regional Workshop, Indiana Wesleyan University. Marion, IN.
- Ruiz, M. D. (2009). *Wellness meets faith at Huntington University: The Faith-Career Integration Blogs*. Conference proceedings of the 2009 Christian Society for Kinesiology and Leisure Studies Annual Conference. University of Ottawa, Ottawa, Canada.
- Ruiz, M. D. (2008). *Keynote response to Dr. Brenda Salter-McNeil*. Conference proceedings of the 2008 Conference on Christianity, Culture, and Diversity in America. Huntington University, Huntington, IN.
- Ruiz, M. D. (2005). *The Influence of positive emotion elicitation on sport performance in college students*. Abstracts of 2005 Midwest Sport and Exercise Psychology Symposium. Michigan State University, Lansing, MI.

Moderator

- Ruiz, M. D. (2019). Moderator for Houlberg, B., Medenwaldt, J., Schnitker, S., Null, A., Daniels, G., Parker, A., & Oliver, M. *Identity, theology, and chaplaincy*. Proceedings from the Second Global Congress on Sport & Christianity, Calvin University, Grand Rapids, MI.
- Ruiz, M. D. (2013). Moderator for Couler-Kern, R., Hohman, A., Bushnell, L., Kurtz, A., & Jones, D. *Career exploration for undecided high school students: A collaboration of admissions, career services, and the psychology department*. Proceedings from 2013 Fort Wayne Teaching Conference, Indiana University, Purdue University Fort Wayne, Fort Wayne, IN.

Essays

- Ruiz, M. D. (2008). Essay in *What does it mean that Huntington is a Christ-centered university?: Essays submitted for the Presidential Symposium on Christ-centered Higher Education*. Huntington University, Huntington, IN.

Doctoral dissertation

Ruiz, M. D. (2008). *Positive and negative emotion elicitation: Effects on physical activity performance in college-aged individuals*. Doctoral dissertation, University of Minnesota, Twin Cities.

Masters' thesis

Ruiz, M. D. (2002). *Motivation and adherence to exercise in adults*. Master's thesis, Springfield College, Massachusetts.

Grants

Awarded \$50,000 in funds from capital campaign to purchase Bod Pod Gold Standard (Spring 2011)

Awarded \$8,500 in-house grant to refurbish the Exercise Physiology Laboratory (Fall 2008)

Awarded \$20,000 in-house grant to refurbish the Exercise Physiology Laboratory (Fall 2007)

Awarded \$15,000 in-house grant to refurbish the Exercise Physiology Laboratory (Fall 2006)

Professional Organizations

Current Memberships

- ◇ Association for Applied Sport Psychology (2001-current)
- ◇ Christian Society for Kinesiology, Leisure, & Sport Studies (2004-current)
- ◇ American Psychological Association (2005-current)
- ◇ Division 47 of the American Psychological Association: Society for Performance, Sport, & Exercise Psychology (2005-current)
- ◇ International Coaching Federation (2020-current)

Past Memberships

- ◇ American College of Sports Medicine (2012-2015)
- ◇ National Association of Intercollegiate Athletics (2010-2015)
- ◇ National Christian College Athletic Association (2010-2015)
- ◇ Indiana Alliance for Health, Physical Education, Recreation, and Dance (2009-2015)
- ◇ National Strength and Conditioning Association (1998-2002; 2008-2015)
- ◇ American Alliance for Health, Physical Education, Recreation, and Dance (2001-2015)
- ◇ National Association for Sport and Physical Education (2001-2015)
- ◇ American Association for Physical Activity and Recreation (2006-2015)
- ◇ Eastern District Association of AAHPERD (2001-2002)
- ◇ Massachusetts Alliance for Health, PE, Recreation, & Dance, (2001-2002)
- ◇ American Council on Exercise (1999-2001)
- ◇ National Athletic Trainers Association (1997-2001)
- ◇ Southeast Athletic Trainers Association (1997-1999)
- ◇ Tennessee Athletic Training Society (1997-1999)

Conferences Attended

- ◇ Christian Society for Kinesiology, Leisure, & Sport Studies Annual Conference, Virtual, (June 2020)
- ◇ Second Global Congress on Christianity & Sport/Christian Society for Kinesiology Leisure, & Sport Studies Annual Conference, Calvin University, Grand Rapids, MI (October 2019)
- ◇ Christian Scholars Conference, Lubbock Christian University, Lubbock, TX (June 2019)
- ◇ American Psychological Association Annual Convention, San Francisco, CA (August 2018)
- ◇ Christian Society for Kinesiology, Leisure, & Sport Studies Annual Conference, Judson University, Elgin, IL (June 2018)
- ◇ Christian Scholars Conference, Lipscomb University, Nashville, TN (June 2018)
- ◇ SHAPE America Annual Convention (Exhibitor), Nashville, TN (April 2018)
- ◇ Christian Society for Kinesiology, Leisure, & Sport Studies Annual Conference, Lipscomb University, Nashville, TN (June 2017)
- ◇ Inaugural Global Congress on Christianity & Sport, York St. John University, York, UK (August 2016)
- ◇ Christian Society for Kinesiology, Leisure, & Sport Studies Annual Conference, Westmont College, Santa Barbara, CA (June 2016)
- ◇ Christian Society for Kinesiology and Leisure Studies Annual Conference, Calvin College, Grand Rapids, MI (June 2015)
- ◇ Christian Society for Kinesiology and Leisure Studies Annual Conference, Messiah College, Mechanicsburg, PA (June 2014)
- ◇ NAIA National Convention, Kansas City, MO (April 2014)
- ◇ NAIA National Convention, Kansas City, MO (April 2013)
- ◇ Fort Wayne Teaching Conference, Indiana University, Purdue University Fort Wayne, Fort Wayne, IN (February 2013)
- ◇ Council of Christian Colleges and Universities Leadership Development Institute, Cedar Springs Christian Retreat Center, Sumas WA (June 2012)
- ◇ Christian Society for Kinesiology and Leisure Studies Annual Conference, Indiana Wesleyan University, Marion, IN (June 2012)
- ◇ NAIA National Convention, Newport Beach, CA (April 2012)
- ◇ Association for Applied Sport Psychology Annual Conference, Honolulu, HI (September 2011)
- ◇ Christian Society for Kinesiology and Leisure Studies Annual Conference, College of the Ozarks, Branson, MO (June 2011)
- ◇ NAIA National Convention, Kansas City, MO (April 2011)
- ◇ Physical Education, Health Education, and Driver Education Dupage County Institute, Naperville, IL (February 2011)
- ◇ Indiana Alliance for Health, Physical Education, Recreation and Dance State Conference, Indianapolis, IN (November 2010)
- ◇ Christian Society for Kinesiology and Leisure Studies Annual Conference, Calvin College, Grand Rapids, MI (June 2010)
- ◇ Indiana Alliance for Health, Physical Education, Recreation and Dance Regional Workshop at Indiana Wesleyan University, Marian, IN (October 2009)
- ◇ McGraw-Hill Personal Fitness Symposium, New York City, New York (September 2009)
- ◇ Christian Society for Kinesiology and Leisure Studies Annual Conference, University of Ottawa, Ottawa, Canada (June 2009)
- ◇ Conference on Christianity, Culture, and Diversity in America, Huntington, IN (November 2008)

- ◇ Association for Applied Sport Psychology Annual Conference, St. Louis, MO (September 2008)
- ◇ Association for Applied Sport Psychology Annual Conference, Louisville, KY (October 2007)
- ◇ Christian Society for Kinesiology and Leisure Studies Annual Conference, Trinity International University, Deerfield, IL (June 2007)
- ◇ Council of Christian Colleges and Universities New Faculty Workshop, Azusa Pacific University, CA (June 2007)
- ◇ Association for the Advancement of Applied Sport Psychology Annual Conference, Vancouver, BC (October 2005)
- ◇ Midwest Sport and Exercise Psychology Symposium, Michigan State University, East Lansing, MI (February 2005)
- ◇ Association for the Advancement of Applied Sport Psychology Annual Conference, Minneapolis, MN (September 2004)
- ◇ Association for the Advancement of Applied Sport Psychology Annual Conference, Philadelphia, PA (September 2003)
- ◇ Tennessee Athletic Trainers Society Annual Meeting, Nashville, TN (1999)
- ◇ Southeastern Athletic Trainers Association Student Workshop, Atlanta, GA (February 1999)
- ◇ Tennessee Athletic Trainers Society Annual Meeting, Nashville, TN (1998)
- ◇ Southeastern Athletic Trainers Association Student Workshop, Atlanta, GA (February 1998)
- ◇ Tennessee Athletic Trainers Society Annual Meeting, Nashville, TN (1997)

VI. Professional Service

Committees, Taskforces, and Councils

Lipscomb University

- ◇ Thesis Committee Member, Madison Colson (2019-2020)
- ◇ Student Scholar Symposium Planning Committee (2018-current)
- ◇ Salt/LIGHT Council (2017-current)
- ◇ Thesis Committee Member, James Haynes (2019-2020)
- ◇ Thesis Committee Member, Megan Jones (2019-2020)
- ◇ Interprofessional Education Committee (2018-2019)
- ◇ Simulation Progression Committee (2017-2019)
- ◇ Faculty Senate Council Executive Committee (2017-2019)
- ◇ Grand Rounds (2017-2019)
- ◇ Diversity in Hiring Work Group (2017)
- ◇ New Faculty Mentor (2017-2018)
- ◇ Faculty Senate Council (2016-2019)
- ◇ New Faculty Discussion Group (2016-2018)
- ◇ Faculty Athletic Advisory Committee (2016-2017)
- ◇ Thesis Committee Member, Jeremy Toohey (2016-2017)
- ◇ Grade Appeal Committee, Chair (2015-2016)
- ◇ Thesis Committee Member, Frankie Romeo (2015-2016)
- ◇ Thesis Committee Chair, Kristin Cupido (2015-2016)

Huntington University

- ◇ Presidential Advisory Task Force (2012-2013)
- ◇ Higher Learning Commission Reaccreditation Subcommittee on Resources and Planning (2012-2014)
- ◇ University Leadership Council (2011-2013)
- ◇ Faculty Concerns Committee (2010-2015)
- ◇ Athletic Committee (2009-2015)
- ◇ Faculty Portal Focus Group (2007-2015)
- ◇ Student Leadership Award Committee (2011)
- ◇ Orientation Weekend Committee (2009-2010)
- ◇ University Life Committee (2009-2010)
- ◇ Council on Retention and Student Success (2008-2010)
- ◇ Campus Campaign Event Kick-off Committee (2008-2009)
- ◇ Campus Community Campaign Committee (2008-2009)
- ◇ Admissions and Financial Aid Committee (2007-2009)
- ◇ Conference on Christianity, Culture, and Diversity in America Taskforce (2007-2008)
- ◇ Merrillat Physical Education and Recreation Center Renovation Taskforce (2007-2008)

Huntington University Board of Trustees

- ◇ Faculty Representative (2011-2013)
- ◇ Academic Committee, Faculty Observer (2011-2013)
- ◇ Student Development & Campus Ministries Committee, Faculty Observer (2010-2011)

University of Minnesota

- ◇ School of Kinesiology Strategic Planning Taskforce on the President's Initiative for Children, Family, and Youth (2005-2006)
- ◇ School of Kinesiology Strategic Planning Taskforce on the President's Initiative for International and Minority Students (2005-2006)
- ◇ School of Kinesiology Strategic Planning Taskforce on the President's Initiative for Children, Family, and Youth Subgroup on Developmental Sport Psychology, Youth, Sport Research, & Coaching Institute (2005-2006)
- ◇ School of Kinesiology Strategic Planning Taskforce on the President's Initiative for Children, Family, and Youth Subgroup on Physical and Mental Health, Wellness, Quality of Life Among Children, Youth, & Families (2005-2006)

Association for Applied Sport Psychology

- ◇ Financial Strategic Planning (2011-2014)
- ◇ Finance Committee (2008-2014)

APA Division 47: Society for Performance, Sport, & Exercise Psychology

- ◇ Social Media Committee (2012-2015)

Christian Society for Kinesiology, Leisure, & Sport Studies

- ◇ Treasurer (2019-current)
- ◇ Executive Committee (2015-current)
- ◇ 2020 Annual Conference Host (2019-20)
- ◇ 2017 Annual Conference Host (2016-17)
- ◇ President (2015-2017)
- ◇ Webinar Committee (2015-2016)

- ◇ President-Elect (2013-2015)
- ◇ Member Recruitment Taskforce (2013-2014)
- ◇ Board of Directors, Member-at-Large (2011-2013)
- ◇ 2012 Conference Review Committee (2011-2012)
- ◇ 2011 Conference Review Committee (2010-2011)
- ◇ 2010 Conference Review Committee (2009-2010)
- ◇ Awards Committee (2009)

Crossroads League

- ◇ Student Athlete Eligibility Committee (2012-2015)

Global Congress on Christianity & Sport

- ◇ Advisory Committee, Second Congress, Grand Rapids, MI (2017-2019)
- ◇ Co-chair, Sport psychology strand, Inaugural Congress, York, UK (2015-2016)

Community

- ◇ Health & Wellness Committee, United Way of Huntington County (2012-2015)
- ◇ Huntington County Health & Wellness Coalition (2010-2015)
- ◇ Program Development Committee, Parkview Huntington YMCA, Huntington, IN (2009-2015)
- ◇ Emergency Procedures Taskforce, Camp Neotez, Inc., DeSoto, MO (2009-2015)

Selected Consultation

- ◇ Sport Psychology Consultant & Performance Coach for University of St. Francis (IN) Men's Soccer (2020-current)
- ◇ Sport Psychology Consultant for Spring Hill Volleyball Club (2018-current)
- ◇ Sport Psychology Consultant for Summit High School Volleyball (2018-current)
- ◇ Sport Psychology Consultant for Lipscomb University Track & Field/Cross Country (2016-current)
- ◇ Exercise Psychology Consultant for Huntington County Power Club (2012-2015)
- ◇ Sport & Exercise Psychology Consultant for Huntington-Wells Otter Swimming (2012)
- ◇ Wellness Consultant for Ford Meter Box Company, Inc., Wabash, IN (2010-2015)
- ◇ Sport Psychology Consultant for Three Rivers Running Club Elite Team, Fort Wayne, IN (2010-2015)
- ◇ Exercise Psychology Consultant for Parkview Huntington YMCA, Huntington, IN (2010-2015)
- ◇ Organizational Change Management & Team Development Principle Consultant for Op-Ex Direct, Inc., Huntington, Indiana/Decatur, Texas (2008-2012)
- ◇ Sport Psychology Consultant for Huntington University, Indiana, baseball (2007-2010)
- ◇ Sport Psychology Consultant for Burnsville Fire Soccer Club (2005-2006)
- ◇ Sport Psychology Consultant for Richfield Nimrods softball team (2004-2006)
- ◇ Sport & Exercise Psychology Consultant for private clients (2002-2006)
- ◇ Sport Psychology Consultant for University of Minnesota Cycling Team (2004)
- ◇ Sport Psychology Consultant for Richfield High School Leadership Team (REAL Team; 2003)
- ◇ Sport Psychology Consultant for Richfield High School (MN) varsity baseball team (2003)
- ◇ Sport & Exercise Psychology Consultant for University of Minnesota Recreation Center staff (2003)

- ◇ Sport Psychology Consultant for Springfield College, Massachusetts, baseball (2002)
- ◇ Sport Psychology Consultant for Westfield State College, Massachusetts, volleyball (2001)

Speaking Engagements

Lipscomb University (On Campus)

- ◇ College Demographics, Board of Trustees (November 2019)
- ◇ Engage, "Health & Wellness" (January 16, 2019)
- ◇ Baccalaureate, Reading of Centering Core (May 4, 2018)
- ◇ Baccalaureate, Prayer for the students (May 5, 2017)
- ◇ Devotional, Board of Trustees, "OMG" (April 29, 2017)
- ◇ Initium, Faculty Charge (August 21, 2016)

Selected Guest Lectures – Lipscomb University

- ◇ Guest lecturer in NUTR 1011-01: Professional Orientation, "Exercise & Nutrition Science" (Fall 2018)
- ◇ Guest lecturer in PA 5033-01: Medical Communications, "Health Professions" (Fall 2018)
- ◇ Guest lecturer in PE 2203-01: Foundations of Kinesiology, "Exercise & Nutrition Science" (Fall 2018)
- ◇ Guest lecturer in PE 2203-01: Foundations of Kinesiology, "Sport Psychology" (Fall 2018)
- ◇ Guest lecturer in PE 2203-01: Foundations of Kinesiology, "Sport Psychology" (Fall 2016)

Huntington University (On Campus)

- ◇ Chapel, "Rest & Relaxation" (May 5, 2015)
- ◇ Chapel, "Running through the Flames" (September 24, 2013)
- ◇ Divine Hours, "Discipline" (February 3, 2012)
- ◇ Chapel, "First Things First" (January 26, 2012)
- ◇ Divine Hours, "Basic Training" (February 11, 2011)
- ◇ Life Skills Seminar: Health and Wellness (May 3, 2010)
- ◇ Divine Hours, "The Race" (January 29, 2010)
- ◇ Student Senate Biscuits, Gravy, and God Series, "Spiritual Core Training" (May 6, 2009)
- ◇ Faculty Worship Service, "Leaf, Romaine, & Butternut: AKA Lettuce" (August 22, 2007)

Huntington University Fundraising

- ◇ Together Campaign: Grand Rapids, Michigan (November 14, 2011)
- ◇ Together Campaign: Fort Wayne, Indiana (June 2, 2011)
- ◇ Together Campaign: Huntington, Indiana (February 10, 2011)
- ◇ Together Campaign: Huntington, Indiana (February 3, 2011)
- ◇ Together Campaign: Columbus, Ohio (November 4, 2010)
- ◇ Together Campaign: Indianapolis, Indiana (October 5, 2010)

Selected Guest Lectures – University of Minnesota

- ◇ Guest lecturer in KIN 3126-002: Psychology and Sociology of Sport, "The Role of Positive Emotion in Sport" (Fall 2005)
- ◇ Guest lecturer in KIN 3126-003: Psychology and Sociology of Sport, "The Role of Positive Emotion in Sport" (Fall 2005)
- ◇ Guest lecturer in PE 1038: Beginning Tennis, "Psychological Skill Training for Tennis" (Fall 2003)
- ◇ Guest lecturer in KIN 1871: Foundations of Kinesiology, "Sport Sociology" (Fall 2003)

Selected Guest Lectures – Springfield College

- ◇ Guest lecturer in MOST 629: Heritage and Values of Movement and Sport , "Coleman Griffith and Sport Psychology" (Spring 2002)
- ◇ Guest lecturer in PHED 399/679: Applied Sport Psychology, "Coaching Interventions" (Spring 2002)
- ◇ Guest lecturer in PHED 398/678: Sport Psychology, "Motivation in Sport" (Fall 2001)

Selected Guest Lectures – Primary and Secondary Schools

- ◇ Guest lecturer for 21st Century Grant Building Leadership Program, Cedar Riverside Community School, Minneapolis, MN, on "Leadership for Kids" (January 2005)
- ◇ Guest lecturer in Health class, Minnesota Alternative High School, Minneapolis, MN, on "Psychological Skill Training" (November 2004)
- ◇ Guest lecturer for Maplewood High School girl's swim team, Maplewood, MN, on "SQUIRM: All You Need to Know about Sport Psychology in 60 Minutes" (October 2002)

Workshops

- ◇ Workshop leader for *Rhode Island Interscholastic League Spring Conference 2002: Sport Nutrition for Health & Performance, Athletics, Ethics, & Leadership*, Rhode Island Interscholastic League, Providence, RI (May 2002)
- ◇ Workshop leader for *High School Girls and Women in Sport Summit: Living a Leadership Role*, Massachusetts Interscholastic Athletic Association, Franklin, MA (April 2002)
- ◇ Workshop leader for *Middle School Girls: Living a Leadership Role*, Massachusetts Interscholastic Athletic Association, Franklin, MA (October 2001)
- ◇ Workshop leader for *High School Girls and Women in Sport Summit: Living a Leadership Role*, Massachusetts Interscholastic Athletic Association, Franklin, MA (April 2001)
- ◇ Workshop leader for *Middle School Girls: Living a Leadership Role*, Massachusetts Interscholastic Athletic Association, Franklin, MA (October 2000)

Keynote Addresses/Invited Lectures

- ◇ *Giant Arrows and the Race to the South Pole*, Camp Neotez Annual Dinner, Maryland Heights, MO (March 2016)
- ◇ *Wars to Watergate to Walls to Wiis: The Continual Evolution of the 21st Century Christian Man*, Area Wide Fall Men's Retreat, Angola, IN (October 2010)
- ◇ *Leaderlution: The Evolution of the 21st Century Christian Man*, Minnesota Annual Men's Retreat, Togo, MN (September 2005)
- ◇ *Coaching Peak Performance*, Physical Therapy Department, Cloquet Memorial Community Hospital, Cloquet, MN (November 2003)

- ◇ *Overcoming Adversity*, Upper Midwest Annual Singles and Young Married Couples Retreat, Black River Falls, WI (October 2003)
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Other

Tenure/Promotion Review

- ◇ Promotion review, Dana Townsend, Wheaton College (October 2018)
- ◇ Tenure review, Dana Townsend, Wheaton College (October 2018)
- ◇ Tenure review, Brian Hunt, Wheaton College (October 2014)

Recruiting

- ◇ Graduate School Fair in Sport Psychology at the Association for the Advancement of Applied Sport Psychology Annual Conference, Vancouver, BC (October 2005)
- ◇ University of Minnesota Building for the College of Education and Human Development Day (School of Kinesiology) at the Minnesota State Fair, St. Paul, MN (August 2005)
- ◇ Graduate School Fair in Sport Psychology at the Association for the Advancement of Applied Sport Psychology Annual Conference, Minneapolis, MN (September 2004)
- ◇ Graduate School Fair in Sport Psychology at the Association for the Advancement of Applied Sport Psychology Annual Conference, Philadelphia, PA (September 2003)

Book Review

- ◇ Review of *Experience Wellness*. McGraw-Hill: New York (2011)
- ◇ Review of Emotional Health chapter in *Christian Paths to Health and Wellness*. Champaign, IL: Human Kinetics (2006)

Article Review

- ◇ *Journal of the Christian Society for Kinesiology, Leisure, & Sport Studies* (2019-current)
- ◇ *International Journal of Environmental Research and Public Health* (2020)

VII. Graduate Preparation

Lipscomb University – Master of Business Administration

<u>Dept</u>	<u>Number</u>	<u>Credits</u>	<u>Name of Course</u>
BU	6033	3	Accounting for Executives
BU	6053	3	Financial Management & Strategy
BU	6063	3	Strategic Marketing
BU	6083	3	Strategic Management: Global Emphasis
BU	6012	2	Business Ethics
BU	6132	2	Global Operations & Supply Chain Management
BU	6142	2	Info Systems: Decision Making
BU	6503	3	Leading Teams/Groups in Organizations
BU	6523	3	Managing Human Resources
BU	6533	3	Leadership & Organizational Behavior
BU	6763	3	Leading Change
BU	6773	3	The Employment Relationship

University of Minnesota – Doctor of Philosophy

<u>Dept</u>	<u>Number</u>	<u>Credits</u>	<u>Name of Course</u>
CAPY	5623	1	Treatment Interventions in Children and Adolescents with Anxiety and Depression
CAPY	5624	1	Eating Disorders in Children and Adolescents: Medical and Psychological Perspectives
CAPY	5662	1	Development and Prevention of Antisocial and Delinquent Behavior in Children and Adolescents
CAPY	5667	1	Child-Focused Interventions for Aggression and Conduct Problems in Children and Adolescents
CPSY	8301	4	Developmental Psychology: Cognitive Processes
EPSY	5152	3	Psychology of Conflict Resolution
EPSY	5155	3	Group Dynamics and Social Influence
EPSY	5247	3	Qualitative Methods in Educational Psychology
EPSY	5401	3	Counseling Procedures
EPSY	8262	3	Statistical Methods II: Regression & GLM
EPSY	8267	3	Applied Multivariate Analysis
KIN	5171	3	Foundations of Kinesiology
KIN	5723	3	Psychology of Sport Injury
KIN	8126	3	Seminar: Sport Psychology
KIN	8696	4	Internship: Applied Sport Psychology
KIN	8980	2	Graduate Research Seminar in Kinesiology
KIN	8995	9	Research Problems in Kinesiology

Springfield College – Master of Science

<u>Dept</u>	<u>Number</u>	<u>Credits</u>	<u>Name of Course</u>
MOST	624	3	Motor Learning and Control
MSCI	601	3	Advanced Exercise Physiology
PHED	320(620)	3	Philosophy of Sport
PHED	358(658)	3	Sport in American Culture
PHED	682	2	Seminar in Sport Psychometrics
PHED	398(698)	3	Psychology of Sport and Exercise
PHED	399(699)	3	Applied Sport Psychology
PSYC	621	3	Theories of Personality
RSCH	325(625)	3	Foundations and Methods of Research
RSCH	327(627)	2	Thesis Seminar

VIII. Service to the Church

2018-current
Deacon

- ◇ Responsibilities
 - Men’s Ministry
 - Young Professionals Ministry

Spring Meadows Church
 of Christ
 Spring Hill, TN

2008-2015
Deacon

- ◇ Responsibilities
 - Men’s
 - Outreach
 - Marketing & Promotions
 - Missions
 - Worship
- ◇ Committees
 - Pulpit minister search committee, chair
 - Youth minister search committee, chair
 - Youth Ministry Committee
 - Men’s Ministry Committee
 - Youth Ministry Summer Intern Search Committee
 - Dedication Sunday Committee
 - Gospel Meeting Planning Committee

Southwinds Church
 of Christ
 Fort Wayne, IN

2007-2015
Associate Director

- ◇ Responsibilities
 - Scheduling
 - Organizing, planning, and implementing activities

2006
Assistant Director

All-Ages Week
 Camp Neotez
 Desoto, MO

2002 - 2006
Youth Minister

- ◇ Responsibilities
 - Minister to 14-25 teenagers between the ages of 13 and 18 years
 - Attend weekly staff meetings, monthly congregational meeting

Richfield Church of Christ
Richfield, Minnesota

- Teach weekly Sunday school class, Wednesday evening class, Sunday evening devotional
 - Plan/lead monthly social activities, monthly worship activities, service activities
 - Manage youth ministry budget
 - Attend monthly area wide youth events, camp, youth rallies, youth retreats
 - Publish monthly newsletter for the youth group and parents
 - Meet monthly with area youth ministers to plan area wide events, prayer service
 - Assist with the organization of Vacation Bible School
 - ◇ Mission Trips
 - Puerto Cabezas, Nicaragua, with 6 missionaries (July 2005)
 - Puerto Cabezas, Nicaragua, with 12 missionaries (July 2005)
 - Puerto Cabezas, Nicaragua, with 22 missionaries (July 2004)
 - West Springfield Church of Christ, Springfield, MA (August 2003)
 - ◇ Minnesota State Wide Events
 - *Supernanza 2005* (August 2005)
 - *Wilderness Trek*, Seleca, Colorado (August 2005)
 - *Supernanza 2004* (August 2004)
 - *TeenJams*
 - ◇ Delivering Sermons
-

**2000-2002
Volunteer Youth
Worker**

West Springfield
Church of Christ
West Springfield,
Massachusetts

- ◇ Ministered to 10-15 teenagers between the ages of 13 and 18 years
 - ◇ Attended monthly congregational meeting
 - ◇ Organized and taught weekly Sunday school class, Wednesday evening class
 - ◇ Planned and led monthly social activities for the teenagers
 - ◇ Planned and led monthly worship activities for the teenagers
 - ◇ Planned and led bi-monthly service activities for the teenagers
 - ◇ Attended area wide youth group events
 - ◇ Attended annual youth rallies
 - ◇ Published monthly newsletter for the youth group
 - ◇ Published weekly announcements in the church bulletin
 - ◇ Planned and coordinated annual West Springfield Youth Rally
-

Public Speaking

- ◇ Spring Meadows Church of Christ, Spring Hill, TN, "*Thankful in the Mundane*" (November 4, 2018)
- ◇ Spring Meadows Church of Christ, Spring Hill, TN, "*Hebrews 12*" (June 13, 2018)
- ◇ North Adams Church of Christ, Decatur, IN: "*First Things First: Your Guide to Spiritual Core Training*" (November 6, 2011)
- ◇ Southwinds Church of Christ, Fort Wayne, IN: "*Running the Race*" (June 26, 2011)
- ◇ Southwinds Church of Christ, Fort Wayne, IN: "*Your Fiery Furnace*" (October 11, 2009)
- ◇ Southwinds Church of Christ, Fort Wayne, IN: "*Leaf, Romaine, & Butternut: AKA Lettuce*" (August 23, 2009)
- ◇ LaGrange Church of Christ, LaGrange, IN: "*A Lesson About Love*" (July 26, 2009)
- ◇ LaGrange Church of Christ, LaGrange, IN: "*First Things First: Your Guide to Spiritual Core Training*" (July 26, 2009)
- ◇ Salamonie Church of the Brethren, Warren, IN: "*First Things First: Your Guide to Spiritual Core*"

- Training'* (July 19, 2009)
- ◇ Southwinds Church of Christ at Buckner Park, Fort Wayne, IN: "*Renewal*" (June 28, 2009)
 - ◇ Praiselujah Youth Rally, Fort Wayne, IN: "*What Do People Notice About You?*" (May 9, 2009)
 - ◇ Southwinds Church of Christ, Fort Wayne, IN: "*Hero Worship*" (April 26, 2009)
 - ◇ Southwinds Church of Christ, Fort Wayne, IN: "*First Things First: Your Guide to Spiritual Core Training*" (November 9, 2008)
 - ◇ Southwinds Church of Christ, Fort Wayne, IN: "*Revisiting Sodom and Gomorrah: Are We the Same People?*" (August 24, 2008)
 - ◇ LaGrange Church of Christ, LaGrange, IN: "*What is the Bible?*" (July 27, 2008)
 - ◇ LaGrange Church of Christ, LaGrange, IN: "*Revisiting Sodom and Gomorrah: Are We the Same People?*" (July 27, 2008)
 - ◇ Salamonie Church of the Brethren, Warren, IN: "*Revisiting Sodom and Gomorrah: Are We the Same People?*" (April 13, 2008)
 - ◇ Southwinds Church of Christ, Fort Wayne, IN: "*Newton's Third Law*" (August 12, 2007)
 - ◇ Southwinds Church of Christ, Fort Wayne, IN: "*Sorry Glenda, the Wizard was Wrong*" (July 22, 2007)
 - ◇ Southwinds Church of Christ, Fort Wayne, IN: "*Tastes Great and Less Filling?: The Sad Saga of Ice Cream, Chocolate, and Assorted Video Games*" (June 10, 2007)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Parting Thoughts*" (March 12, 2006)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Christian Life is Like the Olympics*" (February 12, 2006)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Finding Safety*" (January 15, 2006)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Thanksgiving 2005: What We Should Be Thankful For*" (November 13, 2005)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Our Desperate Need for Companionship: My Tribute to Chuck Jones*" (October 23, 2005)
 - ◇ Richfield Church of Christ, Richfield, MN: "*The Metaphor of Oliver: The Summary of Nicaragua 2005*" (October 2, 2005)
 - ◇ Richfield Church of Christ, Richfield, MN: "*What I Learned in Nicaragua This Year*" (September 4, 2005)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Conquering Your Mountain: Reflections from a Week in Coloradd*" (August 7, 2005)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Tastes Great and Less Filling?: The Sad Saga of Ice Cream, Chocolate, and Assorted Video Games*", (August 7, 2005)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Newton's Third Law*" (May 22, 2005)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Sorry Tin Man, the Wizard was Wrong*" (April 24, 2005)
 - ◇ Richfield Church of Christ, Richfield, MN: "*What I Learned in Nicaragua*" (August 29, 2004)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Encountering Jesus II: Shady and Desperate People*" (May 8, 2004)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Encountering Jesus I: Who Do You Say I Am?*" (April 11, 2004)
 - ◇ Richfield Church of Christ, Richfield, MN: "*How to Have a Happy Life VI*" (March 14, 2004)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Hero Worship*" (February 29, 2004)
 - ◇ Richfield Church of Christ, Richfield, MN: "*How to Have a Happy Life V*" (February 8, 2004)
 - ◇ Richfield Church of Christ, Richfield, MN: "*How to Have a Happy Life IV*" (January 11, 2004)
 - ◇ Richfield Church of Christ, Richfield, MN: "*What Would Jesus Do About Leisure?*" (December 14, 2003)
 - ◇ Richfield Church of Christ, "*How to Have a Happy Life III*" (December 14, 2003)
 - ◇ Richfield Church of Christ, Richfield, MN: "*Renewal*" (November 30, 2003)
 - ◇ Richfield Church of Christ, Richfield, MN: "*How to Have a Happy Life II*" (November 9, 2003)
 - ◇ Richfield Church of Christ, Richfield, MN: "*How to Have a Happy Life*" (October 12, 2003)
 - ◇ New Richmond Church of Christ, New Richmond, WI: "*Let Us*" (September 21, 2003)

- ◇ Richfield Church of Christ, Richfield, MN: "Yo Momma" (May 11, 2003)
- ◇ Richfield Church of Christ, Richfield, MN: "Sarah" (May 11, 2003)
- ◇ New Richmond Church of Christ, New Richmond, WI: "Your Fiery Furnace" (April 13, 2003)
- ◇ Richfield Church of Christ, Richfield, MN: "Who is This Jesus?" (February 9, 2003)
- ◇ Richfield Church of Christ, Richfield, MN: "Your Fiery Furnace" (February 2, 2003)
- ◇ Richfield Church of Christ, Richfield, MN: "Revisiting Sodom and Gomorrah" (January 12, 2003)
- ◇ Richfield Church of Christ, Richfield, MN: "Developing Convictions" (January 12, 2003)
- ◇ Richfield Church of Christ, Richfield, MN: "What is the Bible?" (December 22, 2002)
- ◇ Richfield Church of Christ, Richfield, MN: "Truth, Beliefs, and Convictions in the 21st Century" (December 8, 2002)
- ◇ New Richmond Church of Christ, New Richmond, WI: "Peace of Mind" (November 17, 2002)
- ◇ Richfield Church of Christ, Richfield, MN: "Peace of Mind" (September 1, 2002)
- ◇ Richfield Church of Christ, Richfield, MN: "Let Us" (August 25, 2002)

IX. Other Relevant Work Experience

2000-2002
Fitness Instructor

Greater Springfield YMCA
Springfield, MA

- ◇ Instructed new members on proper weight training and cardiovascular techniques and procedures
- ◇ Managed children's weight room
- ◇ Provided basic fitness consulting for members
- ◇ Conducted blood pressure readings for elderly members
- ◇ Conducted body fat reading for members
- ◇ Participated in surveying members for fitness needs and wants
- ◇ Trained and oriented new fitness center staff members

2001-2002
Fitness Instructor

Springfield College Recreation
Center
Springfield College
Springfield, MA

- ◇ Instructed students and faculty on proper weight training and cardiovascular techniques and procedures
- ◇ Managed basic business operations
- ◇ Promotions for *Fitfest 2002*

1998-2000
**Strength Training
Instructor**

Green Hills Family YMCA
Nashville, TN

- ◇ Instructed new members on proper weight training and cardiovascular techniques and procedures
- ◇ Conducted fitness evaluations for members
- ◇ Conducted equipment orientations for members
- ◇ Provided lifestyle coaching for members
- ◇ Conducted weekly blood pressure readings for elderly members
- ◇ Participated in coordinated events between the Wellness Center and the Teen Center
- ◇ Trained and oriented new wellness center staff members

1999-2000

- ◇ Provided personal training services for clients through the Green Hills

Personal Training

Family YMCA

Green Hills Family YMCA
Nashville, TN

**1998 & 1999 summers
Athletic Training**

- ◇ Provided basic sport medicine care for injured athletes
- ◇ First responder to medical accidents during the camps
- ◇ Liaison between medical staff and coaches

Bison Basketball Camps
Lipscomb University
Nashville, TN

Updated 7/26/21