



Candidate for At-Large Member



Cody Morris, PhD, FACSM

University of Alabama at Birmingham

I am an Associate Professor of Kinesiology at UAB. I am also a Fellow of the ACSM and am certified both with ACSM and the NSCA. My involvement with the ACSM began as a student attending my very first professional conference for the SEACSM annual meeting in February 2012. I went there to present data from my thesis as a first-year doctoral student and absolutely loved every minute of it! I knew immediately that I was in the right field. Fast-forward to today, more than a decade later and as my involvement both with regional and national ACSM has grown, my passion for the organization grows as well. As a member of SEACSM since 2012, I have presented research at SEACSM at 12 different meetings and have been serving as an abstract reviewer for 7 years. Additionally, I have served as both a session chair as well as faculty judge for the Quiz Bowl at multiple meetings.

The membership of the ACSM has the unique position to be a bridge between the science performed in laboratory settings to the world at large. As members of the SEACSM chapter we cover a wide variety of states, providing the opportunity for students from many different types of institutions to come together to both enhance their skill sets as well as learn from each other. I strongly value the community that SEACSM provides and my motivation for running for member-at-large is that I want to increase the professional development opportunities for students across the SEACSM member states. As a highly student-centric organization, I want to help students throughout our membership find opportunities to increase their ability to enhance their specific skillset to maximize their potential.

Cody E. Morris, PhD, CSCS, FACSM
Associate Professor of Kinesiology
Program Coordinator – Sports Physiology & Performance
Department of Human Studies
Associate Scientist – Center for Exercise Medicine, Nutrition Obesity Research Center, Minority
Health & Health Equity Research Center
The University of Alabama at Birmingham
EEC 307D
1150 10th Avenue South
Birmingham, AL 35233
Phone: (205) 934-8527 **Email:** cemorris@uab.edu

EDUCATION

- Doctor of Philosophy* **The University of Mississippi**, University, MS *Aug 2014*
Dept. of Health, Exercise Science, & Recreation Mgt.
Major Area: Health & Kinesiology
Concentration: Exercise Physiology
Dissertation: Comparing Distance-based vs. Time-based Exercise Prescription of
Walking and Running for Improvement of Cardiovascular Disease Risk Factors
- Master of Science* **The University of Mississippi**, University, MS *Dec 2011*
Dept. of Health, Exercise Science, & Recreation Mgt.
Major Area: Exercise Science
Concentration: Exercise Physiology
Thesis: Cross-validation of a Recently Published Equation Predicting Energy
Expenditure to Run or Walk a Mile in Normal Weight and Overweight Adults
- Bachelor of Science* **Lipscomb University**, Nashville, TN *Dec 2008*
Dept. of Kinesiology
Major: Exercise Science (Minor: Biology)
-

RELATED PROFESSIONAL TRAINING & CERTIFICATIONS

- Jan 2020 – Present **Certified Strength and Conditioning Specialist (CSCS®)**
National Strength and Conditioning Association
- Oct 2016 – Present **ACSM Certified Exercise Physiologist (ACSM-EP®)**
American College of Sports Medicine
- Nov 2018 – Nov 2019 **Obesity Health Disparities Research Education Program**
UAB Obesity Health Disparities Research Center
NIMHD: 2U54MD000502
- Jan 2019 **OSHA #2255 – Principles of Ergonomics**
Great Lakes OSHA Education Center
The University of Cincinnati – Cincinnati, OH

PROFESSIONAL EXPERIENCE

- August 2018 – Present **Associate Professor of Kinesiology**
Department of Human Studies
The University of Alabama at Birmingham – Birmingham, AL
- August 2015 – June 2018 **Assistant Professor of Exercise Science**
School of Kinesiology, Sport, & Recreation
Western Kentucky University – Bowling Green, KY
- August 2014 – July 2015 **Assistant Professor of Exercise Physiology**
Department of Kinesiology & Health Science
Augusta University – Augusta, GA
- August 2009 – July 2014 **Graduate Research/Teaching Assistant**
Dept. of Health, Exercise Science, & Recreation Management
The University of Mississippi – University, MS
- June 2010 – July 2011 **Cardiac Rehabilitation Graduate Assistant**
Baptist Memorial Hospital, North Mississippi – Oxford, MS
- May 2008 – July 2009 **Onsite Health Screening Specialist**
Lifesigns, Inc. – Nashville, TN
- August 2008 – June 2009 **Intramural Coordinator**
Student Recreation Center
Lipscomb University – Nashville, TN

PEER-REVIEWED JOURNAL PUBLICATIONS

1. Cannon, S, Mintz, J, Roberts, B, Rushing, K, Jenkins, G, Fisher, G, Plaisance, EP, & **Morris, CE.** (2024). Evaluation of the Effectiveness of ROTC Army Cadet Exercise Training for the Army Combat Fitness Test. *International Journal of Exercise Science*, 17(4), 172-182.
2. **Morris, CE,** Arnett, SW, & Winchester, LJ. (2022). Comparing physical fitness in career vs. volunteer firefighters. *Journal of Strength & Conditioning Research*, 36(5), 1304-1309. DOI: 10.1519/JSC.0000000000003650.
3. Winchester, LJ, **Morris, CE,** Allen, P, Wiczynski, TL, & Arnett, SA. (2022). The Effects of Varying Load Intensity on Skeletal Muscle Damage Between Two Isovolumic Resistance Exercise Bouts. *International Journal of Exercise Science*, 15(4), 1212-1221.
4. **Morris, CE,** Tulusso, DV, & Arnett, SW. (2021). A retrospective evaluation of physical fitness maintenance in members of a southeastern United States city professional firefighting department. *International Journal of Human Factors and Ergonomics*, 8(3), 261-276.
5. Chander, H, Garner, JC, Wade, C, Wilson, SJ, Turner, AJ, Kodithuwakku Arachchige, SNK, Hill, CM, DeBusk, H, Simpson, JD, Miller, BL, **Morris, CE,** & Knight, AC. (2021). An

analysis of postural control strategies in various types of footwear with varying workloads. *Footwear Science*, DOI: 10.1080/19424280.2021.1899297.

6. Winchester, LJ, **Morris, CE**, Badinger, J, Wiczynski, TL, & VanWye, R. (2020). Blood flow restriction at high resistance loads increases the rate of muscular fatigue, but does not increase plasma markers of myotrauma or inflammation. *Journal of Strength and Conditioning Research*, 34(9), 2419-2426.
7. Chander, H, Turner, AJ, Swain, JC, Sutton, PE, McWhirter, KL, **Morris, CE**, Knight, AC, & Carruth, D. (2019). Impact of occupational footwear and workload on postural stability in work safety. *Work*, 64, 817-824.
8. **Morris, CE**, Wessel, PA, Tinius, RA, Schafer, MA, & Maples, JM. (2019). Validity of commercial fitness trackers during high-intensity functional training. *Research Quarterly for Exercise and Sport*, DOI: 10.1080/02701367.2019.1603989.
9. Alvis, ML, **Morris, CE**, Garrard, TL, Hughes, AG, Hunt, LA, Koester, MM, Yocum, IC, & Tinius, RA. (2019). Educational brochures influence beliefs and knowledge regarding exercise during pregnancy: A pilot study. *International Journal of Exercise Science*, 12(3), 581-589.
10. **Morris, CE**, & Chander, H. (2018). The impact of firefighter physical fitness on job performance: A review of the factors that influence fire suppression safety and success. *Safety*, 4(4), 60. DOI: <http://dx.doi.org/10.3390/safety4040060>
11. **Morris, CE**, Winchester, LJ, Jackson, AJ, Tomes, AS, Neal, WA, Wilcoxon, DM, Chander, H, & Arnett, SW. (2018). Effect of a simulated tactical occupation task on physiological strain index, stress and inflammation. *International Journal of Occupational Safety and Ergonomics*, DOI: 10.1080/10803548.2018.1482053.
12. **Morris, CE**, Winchester, LJ, Jackson, AJ, Tomes, AS, Neal, WA, Wilcoxon, DM, Chander, H, & Arnett, SW. (2018). Effect of a simulated tactical occupation stressor and task complexity on mental focus and related physiological parameters. *International Journal of Industrial Ergonomics*, 66, 200-205.
13. **Morris, CE**, Chander, H, Wilson, SJ, Wade, C, Loftin, M, & Garner, JC. (2017). Impact of alternative footwear on human energy expenditure. *Journal of Human Sport and Exercise*, 12(4), 1220-1229.
14. **Morris, CE**, Garner, JC, Owens, SG, Valliant, MW, DeBusk, H, & Loftin, M. (2017). Comparing a distance vs. time-based walking and running intervention for improvement of cardiovascular disease risk factors in previously sedentary overweight adults. *International Journal of Exercise Science*, 10(5), 782-797.
15. **Morris, CE**, Chander, H, Garner, JC, Owens, SG, Valliant, MW, DeBusk, H, & Loftin, M. (2017). Evaluating human balance following an exercise intervention in previously sedentary, overweight adults. *Journal of Functional Morphology & Kinesiology*, 2(19), DOI: 10.3390/jfmk2020019.
16. **Morris, CE**, Garner, JC, Owens, SG, Valliant, MW, & Loftin, M. (2017). Evaluation of the accuracy of a previously published equation to predict energy expenditure per unit distance following an exercise intervention in previously sedentary overweight adults. *Gazzetta Medica Italiana*, 176(1-2), 1-9. DOI: 10.23736/S0393-3660.16.03316-7.
17. Chander, H, **Morris, CE**, Wilson, SJ, Wade, C, Loftin, M, & Garner, J.C. (2016). Impact of alternative footwear on human balance. *Footwear Science*, DOI: 10.1080/19424280.2016.1195881.

18. **Morris, CE**, Owens, S, Waddell, D, Bass, M, Bentley, J, & Loftin, M. (2014). Cross-validation of a recently published equation predicting energy expenditure to run or walk a mile in normal weight and overweight adults. *Measurement in Physical Education and Exercise Science, 18*(1), 1-12.
19. **Morris, CE**, Reed, EW, Pierce, ML, Rushing, KA, Bello, ML, Langford, E, & Winchester, LJ. Fitness facilities and tactical occupations: Is it necessary to have an on-site exercise facility? (Manuscript in Preparation)
20. Saffold, K., Esco, MR, Fedewa, MV, Aguiar, EJ, Ellis, A, **Morris, CE**, & Winchester, LJ. Acute effects of fasting on indices of cardiovascular strain in firefighters during simulated occupational stress. (Manuscript in Preparation)
21. Saffold, K., Esco, MR, Fedewa, MV, Aguiar, EJ, Ellis, A, **Morris, CE**, & Winchester, LJ. Acute effects of fasting on indices of immunological activation in firefighters during simulated occupational stress. (Manuscript in Preparation)
22. Saffold, K., Esco, MR, Fedewa, MV, Aguiar, EJ, Ellis, A, **Morris, CE**, & Winchester, LJ. Acute effects of fasting on indices of cognitive function in firefighters during simulated occupational stress. (Manuscript in Preparation)

ON-GOING RESEARCH & PROJECTS

1. **Morris, CE**, Pierce, ML, Reed, E, Rushing, K, Bello, ML, Langford, E, & Winchester, LJ. Fitness facilities and tactical occupations: Is it necessary to have an on-site exercise facility?
Role: **PI**
Status: *Manuscript in review*
2. Saffold, K, Esco, MR, Fedewa, MV, Aguiar, EJ, Ellis, A, **Morris, CE**, Winchester, LJ,. The effect of fasting on indices of cardiac stress, immune function, and cognitive performance in firefighters in response to simulated occupational stress.
Role: **Co-I**
Status: *In data collection*
3. **Morris, CE**, Rao, N, & Chandran, A. The potential impact that rule changes in NCAA baseball have on musculoskeletal injury rates of athletes.
Role: **PI**
Status: *Protocol in development*
4. **Morris, CE & Fisher, G**. Implementation of the preventative health program Bingocize® in Alabama Certified Nursing Facilities.
Role: **PI**
Status: *Protocol in development*

REFEREED ABSTRACT PUBLICATIONS

1. **Morris, CE**, Pierce, ML, Reed, EW, Rushing, KA, Bello, ML, Langford, E, & Winchester, LJ. (2024). Fitness Facilities and Tactical Occupations: Is it Necessary to Have an On-Site Exercise Facility? Abstracted in: *Medicine and Science in Sports and Exercise, 56*(5S).
2. Pierce, ML, Reed, EW, Winchester, LJ, Rushing, KA, Bello, ML, Langford, E, & **Morris, CE**. (2024). Fitness Facilities and Tactical Occupations: Is it Necessary to Have an On-Site Exercise Facility? Abstracted in: *International Journal of Exercise Science: Conference Proceedings, 16*(3), 278.

3. **Morris, CE**, Rushing, KA, Butler, PE, Graves, G, Rich, AB, Steen, MC, Watson, E, Willis, KG, Abadie, A, Plaisance, EP. (2023). Pilot study to evaluate the feasibility of ketone supplementation to improve functional outcomes in adolescents post sports-related concussion. Abstracted in: *Medicine and Science in Sports and Exercise*, 55(5S).
4. Rushing, KA, Butler, PE, Graves, G, Rich, AB, Steen, MC, Watson, E, Willis, KG, Abadie, A, Plaisance, EP, **Morris, CE**. (2023). Pilot study to evaluate the feasibility of ketone supplementation to improve functional outcomes in adolescents post sports-related concussion. Abstracted in: *International Journal of Exercise Science: Conference Proceedings*, 16(2), 75.
5. **Morris, CE**, Cannon, SA, Mintz, JA, Roberts, BM, Rushing, KA, Jenkins, GW, Fisher, G, & Plaisance, EP. (2022). Evaluation of the Effectiveness of ROTC Army Cadet Exercise Training for the Army Combat Fitness Test. Abstracted in: *Medicine and Science in Sports and Exercise*, 54(5S).
6. Rushing, KA, Cannon, SA, Mintz, JA, Roberts, BM, Jenkins, GW, Fisher, G, Plaisance, EP, & **Morris, CE**. (2022). Evaluation of the Effectiveness of ROTC Army Cadet Exercise Training for the Army Combat Fitness Test. Abstracted in: *International Journal of Exercise Science: Conference Proceedings*, 16(1), 334.
7. Mintz, JA, Roberts, BM, Plaisance, EP, Rushing, KA, Jenkins, GW, Fisher, G, & **Morris, CE**. (2021). Evaluation of a remote exercise training program designed for ROTC Army cadets preparing for the Army Combat Fitness Test. Abstracted in: *Journal of Strength & Conditioning Research*
8. **Morris, CE**, & Arnett, SW. (2020). Physical fitness maintenance in members of a southeastern United States city professional firefighting department. Abstracted in: *Medicine and Science in Sports and Exercise*, 52(5S).
9. Plaisance, EP, Gulamani, D, **Morris, CE**, Fisher, G, & Schumann, C. (2020). Functional capacity of patients one-year post cardiac rehabilitation. Abstracted in: *Medicine and Science in Sports and Exercise*, 52(5S).
10. **Morris, CE**, Arnett, SW, Jackson, AJ, & Winchester, LJ. (2019). Comparing physical fitness in career vs. voluntary firefighters. Abstracted in: *Medicine and Science in Sports and Exercise*, 51(5S).
11. Schafer, MA, Alvis, ML, **Morris, CE**, Garrard, TL, Hughes, AG, Hunt, LA, Koester, MM, Yocum, IC, & Tinius, RA. (2019). Evidence-based educational brochures influenced beliefs and improved knowledge regarding the benefits of exercise during pregnancy. Abstracted in: *Medicine and Science in Sports and Exercise*, 51(5S).
12. Hall, AT, **Morris, CE**, Jordan, T, Forsythe, S, Wiczynski, TL, Schafer, MA, and Upright, P. (2018). Evaluation of the health and physical fitness status and factors influencing retention of scholastic sports officials in the sport of American football. Abstracted in: *Medicine and Science in Sports and Exercise*, 50(5S).
13. Hussey, AJ, **Morris, CE**, Winchester, LJ, Tomes, AS, Neal, WA, Wilcoxon, DM, Anderson, MN, Lucas, DN, Chander, H, and Arnett, SW. (2018). Effect of a simulated tactical occupation stressor on reaction time. Abstracted in: *Medicine and Science in Sports and Exercise*, 50(5S).
14. **Morris, CE**, Winchester, LJ, Hussey, AJ, Tomes, AS, Neal, WA, Anderson, MN, Lucas, DN, Chander, H, and Arnett, SW. (2018). Effect of a simulated tactical occupation stressor on physiological strain index and blood pressure. Abstracted in: *Medicine and Science in Sports and Exercise*, 50(5S).

15. Neal, WA, **Morris, CE**, Winchester, LJ, Hussey, AJ, Tomes, AS, Wilcoxon, DM, Anderson, MN, Lucas, DN, Chander, H, and Arnett, SW. (2018). Effect of a simulated tactical occupation stressor on perceived exertion and blood lactate. Abstracted in: *Medicine and Science in Sports and Exercise*, 50(5S).
16. Tomes, AS, **Morris, CE**, Winchester, LJ, Hussey, AJ, Neal, WA, Wilcoxon, DM, Anderson, MN, Lucas, DN, Chander, H, and Arnett, SW. (2018). Effect of a simulated tactical occupation stressor on immune system markers of physiological stress and inflammation. Abstracted in: *Medicine and Science in Sports and Exercise*, 50(5S).
17. Wiczynski, TL, Badinger, J, **Morris, CE**, VanWye, R, Arnett, SW, & Winchester, LJ. (2018). Blood flow restriction during barbell squats does not alter performance or muscular damage. Abstracted in: *Medicine and Science in Sports and Exercise*, 50(5S).
18. Dispennette, AK, **Morris, CE**, Chander, H, Garner, JC, DeBusk, H, Owens, SG, Valliant, MW, & Loftin. (2017). Impact of an exercise intervention on human balance center of pressure sway parameters in previously sedentary, overweight adults. Abstracted in: *Medicine and Science in Sports and Exercise*, 49(5S).
19. **Morris, CE**, Chander, H, Garner, JC, DeBusk, H, Owens, SG, Valliant, MW, & Loftin, M. (2017). Evaluating perturbations to human balance following an exercise intervention in previously sedentary, overweight adults. Abstracted in: *Medicine and Science in Sports and Exercise*, 49(5S).
20. Wiczynski, TL, **Morris, CE**, Chander, H, Garner, JC, DeBusk, H, Owens, SG, Valliant, MW, & Loftin, M. (2017). Impact of alternative footwear on human energy expenditure. Abstracted in: *Medicine and Science in Sports and Exercise*, 49(5S).
21. **Morris, CE**, Garner, JC, Owens, SG, Valliant, MW, Haskins, MA, & Loftin, M. (2016). Comparing distance-based vs. time-based exercise prescriptions of walking and running for improvement of blood lipid profile and blood glucose. Abstracted in: *Medicine and Science in Sports and Exercise*, 48(5S).
22. Wilson, SJ, Chander, H, **Morris, CE**, Garner, JC, Waddell, DE, & Wade, C. (2015). Alternative footwear's influence on muscle activation patterns of the lower leg following a one mile walk. Abstracted: *Proceedings of the American Society of Biomechanics*.
23. DeBusk, H, Chander, H, **Morris, CE**, Wilson, SJ, Knight, AC, Holmes, ME, Hill, CM, Wade, C, & Garner, JC. (2015). The effect of commonly used alternative footwear on balance. Abstracted in: *Medicine and Science in Sports and Exercise*, 47(5S).
24. Garner, JC, Chander, H, **Morris, CE**, Wilson, SJ, & Wade, C. (2015). Impact of alternative footwear on balance perturbations. Abstracted in: *Medicine and Science in Sports and Exercise*, 47(5S).
25. Hill, CM, Chander, H, **Morris, CE**, Wilson, SJ, Knight, AC, Holmes, ME, DeBusk, H, Wade, C, & Garner, JC. (2015). Impact of low intensity workload on muscle exertion in alternative footwear. Abstracted in: *Medicine and Science in Sports and Exercise*, 47(5S).
26. **Morris, CE**, Garner, JC, Owens, SG, Valliant, MW, Haskins, MA, & Loftin, M. (2015). Comparing distance-based vs. time-based exercise prescriptions of walking and running for improvement of body composition. Abstracted in: *Medicine and Science in Sports and Exercise*, 47(5S).
27. Wilson, SJ, Chander, H, **Morris, CE**, Garner, JC, & Wade, C. (2015). Alternative footwear's influence on static balance following a one mile walk. Abstracted in: *Medicine and Science in Sports and Exercise*, 47(5S).

28. **Morris, C**, Loftin, M, Owens, S, Waddell, D, Bass, M, & Bentley, J. (2013). Cross-validation of a recently published equation predicting energy expenditure to run or walk a mile in normal weight and overweight adults. Abstracted in: *Medicine and Science in Sports and Exercise*, 45(5S).

REFEREED RESEARCH PRESENTATIONS

1. Pierce, ML, Reed, EW, Winchester, LJ, Rushing, KA, Bello, ML, Langford, E, & **Morris, CE**. Fitness Facilities and Tactical Occupations: Is it Necessary to Have an On-Site Exercise Facility? UAB Undergraduate Research Expo, April 16 – 18, 2024.
2. Pierce, ML, Reed, EW, Winchester, LJ, Rushing, KA, Bello, ML, Langford, E, & **Morris, CE**. Fitness Facilities and Tactical Occupations: Is it Necessary to Have an On-Site Exercise Facility? UAB SOE Research Day, April 5, 2024.
3. Rushing, K, Abadie, A, Jenkins, G, Willis, K, Steen, M, Watson, E, Plaisance, E, & **Morris, CE**. Ketone supplementation to improve functional outcomes in adolescents post sports-related concussion. Southeast chapter of the American College of Sports Medicine Regional Meeting (held virtually due to COVID-19), February 18 – 19, 2021.
4. Mintz, JA, **Morris, CE**, & Arnett, SW. Physical fitness maintenance in members of a southeastern United States city professional firefighting department. Southeast chapter of the American College of Sports Medicine Regional Meeting, Jacksonville, FL, February 13 – 15, 2020.
5. Gulamani, D, **Morris, CE**, Fisher, G, Schumann, C, & Plaisance, EP. Functional capacity of patients one-year post cardiac rehabilitation. Southeast chapter of the American College of Sports Medicine Regional Meeting, Jacksonville, FL, February 13 – 15, 2020.
6. Jackson, AJ, **Morris, CE**, Winchester, LJ, & Arnett, SW. Comparing physical fitness in career vs. voluntary firefighters. Southeast chapter of the American College of Sports Medicine Regional Meeting, Greenville, SC, February 14 – 16, 2019.
7. Owens, K, Alvis, ML, **Morris, CE**, Garrard, TL, Hughes, AG, Hunt, LA, Koestr, MM, Yocum, IC, & Tinius, RA. Evidence-based educational brochures influenced beliefs and improved knowledge regarding the benefits of exercise during pregnancy. Southeast chapter of the American College of Sports Medicine Regional Meeting, Greenville, SC, February 14 – 16, 2019.
8. Turner, AJ, Chander, H, **Morris, CE**, Wilson, SJ, Buckner, ML, Knight, AC, Wade, C & Garner, JC. Postural strategy during sensory organization test when exposed to alternative footwear and workload. Southeast chapter of the American College of Sports Medicine Regional Meeting, Greenville, SC, February 14 – 16, 2019.
9. **Morris, CE**, Jackson, AJ, Arnett, SW, & Winchester, LJ. Comparing health status and exposure risk in career vs. voluntary firefighters. University of Cincinnati Education and Research Center Pilot Research Project Grant Symposium, Cincinnati, OH, October 11 – 12, 2018.
10. Alvis, ML, **Morris, CE**, Garrard, TL, Hughes, AG, Hunt, LA, Koester, MM, Yocum, IC, & Tinius, RA. Evidence-based educational brochures influenced beliefs and improved knowledge regarding the benefits of exercise during pregnancy. 48th Annual Western Kentucky University Student Research Conference, March 24, 2018.
11. Dolan, AM, Gardner, PL, Holl, EM, Bell, MA, Story, KS, Swierkosz, MJ, & **Morris, CE**. The influence of sport-specific experience and skill on rates of injury in taekwondo athletes. 48th Annual Western Kentucky University Student Research Conference, March 24, 2018.

12. Mertens, KF, Gough, IB, Poole, KC, Thompson, DC, Downey, TE, Michaud, ZR, & **Morris, CE**. The effect of music tempo on exercise performance and perceived enjoyment and exercise intensity in ROTC cadets. 48th Annual Western Kentucky University Student Research Conference, March 24, 2018.
13. Jackson, AJ, **Morris, CE**, Winchester, LJ, Tomes, AS, Neal, WA, Wilcoxon, DM, Anderson, MN, Lucas, DN, and Arnett, SW. Effect of a simulated tactical occupation stressor on reaction time. 48th Annual Western Kentucky University Student Research Conference, March 24, 2018.
14. Neal, WA, **Morris, CE**, Winchester, LJ, Jackson, AJ, Tomes, AS, Wilcoxon, DM, Anderson, MN, Lucas, DN, and Arnett, SW. Effect of a simulated tactical occupation stressor on perceived exertion and blood lactate. 48th Annual Western Kentucky University Student Research Conference, March 24, 2018.
15. Tomes, AS, **Morris, CE**, Winchester, LJ, Jackson, AJ, Neal, WA, Wilcoxon, DM, Anderson, MN, Lucas, DN, and Arnett, SW. Effect of a simulated tactical occupation stressor on immune system markers of physiological stress and inflammation. 48th Annual Western Kentucky University Student Research Conference, March 24, 2018.
16. Hussey, AJ, **Morris, CE**, Winchester, LJ, Tomes, AS, Neal, WA, Wilcoxon, DM, Anderson, MN, Lucas, DN, Chander, H, and Arnett, SW. Effect of a simulated tactical occupation stressor on reaction time. Southeast chapter of the American College of Sports Medicine Regional Meeting, Chattanooga, TN, February 15 – 17, 2018.
17. Neal, WA, **Morris, CE**, Winchester, LJ, Hussey, AJ, Tomes, AS, Wilcoxon, DM, Anderson, MN, Lucas, DN, Chander, H, and Arnett, SW. Effect of a simulated tactical occupation stressor on perceived exertion and blood lactate. Southeast chapter of the American College of Sports Medicine Regional Meeting, Chattanooga, TN, February 15 – 17, 2018.
18. Tomes, AS, **Morris, CE**, Winchester, LJ, Hussey, AJ, Neal, WA, Wilcoxon, DM, Anderson, MN, Lucas, DN, Chander, H, and Arnett, SW. Effect of a simulated tactical occupation stressor on immune system markers of physiological stress and inflammation. Southeast chapter of the American College of Sports Medicine Regional Meeting, Chattanooga, TN, February 15 – 17, 2018.
19. Wilcoxon, DM, **Morris, CE**, Winchester, LJ, Hussey, AJ, Tomes, AS, Neal, WA, Anderson, MN, Lucas, DN, Chander, H, and Arnett, SW. Effect of a simulated tactical occupation stressor on physiological strain index and blood pressure. Southeast chapter of the American College of Sports Medicine Regional Meeting, Chattanooga, TN, February 15 – 17, 2018.
20. **Morris, CE**, Arnett, SW, & Winchester, LJ. Comparing health status and exposure risk in career vs. voluntary firefighters. University of Cincinnati Education and Research Center Pilot Research Project Grant Symposium, Cincinnati, OH, October 5 – 6, 2017.
21. Dispennette, AK, **Morris, CE**, Chander, H, Garner, JC, DeBusk, H, Owens, SG, Valliant, MW, & Loftin, M. Impact of an exercise intervention on human balance center of pressure sway parameters in previously sedentary, overweight adults. Southeast chapter of the American College of Sports Medicine Regional Meeting, Greenville, SC, February 16 – 18, 2017.
22. **Morris, CE**, Chander, H, Garner, JC, DeBusk, H, Owens, SG, Valliant, MW, & Loftin, M. Evaluating perturbations to human balance following an exercise intervention in previously sedentary, overweight adults. Southeast chapter of the American College of Sports Medicine Regional Meeting, Greenville, SC, February 16 – 18, 2017.

23. Pearson, RC, **Morris, CE**, Chander, H, Wilson, SJ, Loftin, M, Wade, C, and Garner, JC. Impact of alternative footwear on human energy expenditure. Southeast chapter of the American College of Sports Medicine Regional Meeting, Greenville, SC, February 16 – 18, 2017.
24. Wiczynski, TL, **Morris, CE**, Chander, H, Garner, JC, DeBusk, H, Owens, SG, Valliant, MW, & Loftin, M. The relationship of weight loss and balance performance following an exercise intervention in previously sedentary, overweight adults. Southeast chapter of the American College of Sports Medicine Regional Meeting, Greenville, SC, February 16 – 18, 2017.
25. **Morris, CE**, Garner, JC, Owens, SG, Valliant, MW, & Loftin, M. Comparing distance-based vs. time-based exercise prescriptions of walking and running for improvement of blood lipid profile and blood glucose. Southeast chapter of the American College of Sports Medicine Regional Meeting, Greenville, SC, February 18 – 20, 2016.
26. Wessel, P, **Morris, CE**, Garner, JC, Owens, SG, Valliant, MW, & Loftin, M. Evaluation of the accuracy of a previously published equation to predict energy expenditure per unit distance following an exercise intervention in previously sedentary overweight adults. Southeast chapter of the American College of Sports Medicine Regional Meeting, Greenville, SC, February 18 – 20, 2016.
27. Chander, H, **Morris, CE**, Wilson, SJ, Knight, AC, Holmes, ME, Wade, C, & Garner, JC. Impact of alternative footwear on balance perturbations. Southeast chapter of the American College of Sports Medicine Regional Meeting, Jacksonville, FL, February 12 – 14, 2015.
28. DeBusk, H, Chander, H, **Morris, CE**, Wilson, SJ, Knight, AC, Holmes, ME, Hill, CM, Wade, C, & Garner, JC. The effect of commonly used alternative footwear on balance. Southeast chapter of the American College of Sports Medicine Regional Meeting, Jacksonville, FL, February 12 – 14, 2015.
29. Hill, CM, Chander, H, **Morris, CE**, Wilson, SJ, Knight, AC, Holmes, ME, DeBusk, H, Wade, C, & Garner, JC. Impact of low intensity workload on muscle exertion in alternative footwear. Southeast chapter of the American College of Sports Medicine Regional Meeting, Jacksonville, FL, February 12 – 14, 2015.
30. **Morris, CE**, Garner, JC, Owens, SG, Valliant, MW, Haskins, MA, & Loftin, M. Comparing distance-based vs. time-based exercise prescriptions of walking and running for improvement of body composition. Southeast chapter of the American College of Sports Medicine Regional Meeting, Jacksonville, FL, February 12 – 14, 2015.
31. Wilson, SJ, Chander, H, **Morris, CE**, Wade, C, & Garner, JC. Alternative footwear's influence on static balance following a one mile walk. Southeast chapter of the American College of Sports Medicine Regional Meeting, Jacksonville, FL, February 12 – 14, 2015.
32. **Morris, C**, Loftin, M, Owens, S, Waddell, D, & Bass, M. The effect of excess body mass on excess post-exercise oxygen consumption at preferred walking pace. Southeast chapter of the American College of Sports Medicine Regional Meeting, Greenville, SC, February 14 – 16, 2013.
33. **Morris, C**, Loftin, M, Owens, S, Waddell, D, Bass, M, & Bentley, J. Cross-validation of a recently published equation predicting energy expenditure to run or walk a mile in normal weight and overweight adults. Southeast chapter of the American College of Sports Medicine Regional Meeting, Jacksonville, FL, February 9 – 11, 2012.

INVITED PRESENTATIONS

1. **Morris, CE.** “Physical fitness, personal protective equipment, and the tactical athlete.” UAB Center for Exercise Medicine Fall Research Retreat, November 5, 2021.
2. **Morris, CE.** Invited speaker in RHB 789 (Seminar in Rehabilitation Science), “Physical Fitness, Personal Protective Equipment, and the Tactical Athlete.” July 13, 2021
3. **Morris, CE.** “Becoming a Valued Reviewer of Research Manuscripts: How to develop Reviewing Skills as a Student.” Invited Speaker for Tutorial Session at Student Research Week hosted by the International Journal of Exercise Science and The International Community of Scholars in Kinesiology. March 2, 2020.
4. **Morris, CE.** “Physical fitness, personal protective equipment, and the tactical athlete.” UAB Department of Biomedical Engineering Weekly Seminar, March 22, 2019.

FUNDED RESEARCH PROJECTS

1. *Implementation of the preventative health program Bingocize® in Alabama Certified Nursing Facilities.*
Grant: Civil Money Penalty Reinvestment Grant
Funding Source: U.S. Department of Health and Human Services (DHHS) and Centers for Medicare & Medicaid Services (CMS) (*External*)
Role: Primary Investigator
Funding Request: \$633,350
Status: *Application in-progress*
2. *Implementation of the new preventative health program Bingocize® in Alabama Certified Nursing Facilities.*
Grant: Civil Money Penalty Grant
Funding Source: U.S. Department of Health and Human Services (DHHS) and Centers for Medicare & Medicaid Services (CMS) (*External*)
Role: Sub-award
Funding Request: \$20,000
Status: *Funded, 2021, Completed, 2024*
3. *Comparing health status and exposure risk in career vs. voluntary firefighters.*
Grant: Pilot Research Project Training Program Supplemental Travel & Publication Funds
Funding Source: National Institute for Occupational Safety and Health (NIOSH) and University of Cincinnati Education and Research Center (*External*)
Role: Primary Investigator
Funding Request: \$1,500.00
Status: *Funded 2020, Completed 2020*
4. *Ketone supplementation to improve functional outcomes post sports-related concussion.*
Grant: Faculty Development Grant Program 2019 – 2020
Funding Source: UAB Office of the Provost and UAB Faculty Senate (*Internal*)
Role: Primary Investigator
Funding Request: \$10,000.00
Status: *Funded 2019, Completed 2023*
5. *Comparing health status and exposure risk in career vs. voluntary firefighters.*

Grant: Pilot Research Project Training Program 2017 – 2018
Funding Source: National Institute for Occupational Safety and Health (NIOSH) and University of Cincinnati Education and Research Center (*External*)

Role: Primary Investigator

Funding Request: \$8,000.00

Status: *Funded 2017, Completed 2019*

6. *The influence of a simulated tactical occupational workload (wearing athletic clothing or a weighted vest to simulate firefighter turnout gear) in leading to substantial elevations in markers of physiological stress.*

Grant: WKU Quick Turn-around Grant 2016-2017

Funding Source: WKU College of Health & Human Services (*Internal*)

Role: Primary Investigator

Funding Request: \$2,958.00

Status: *Funded 2016, Completed 2017*

7. *Comparing distance-based vs. time-based exercise prescriptions of walking and running for improvement of body composition.*

Grant: Augusta University Scholarly Activity Award

Funding Source: AU Office of Faculty Development and Teaching Excellence (*Internal*)

Role: Primary Investigator

Funding Request: \$1,500.00

Status: *Funded 2015, Completed 2015*

8. *Metabolic, neuromuscular and performance effects of pre-competition warm-up protocols on high-intensity aerobic exercise.*

Grant: Augusta University Summer Undergraduate Student Research Grant

Funding Source: AU Center for Undergraduate Research and Scholarship (*Internal*)

Role: Co-investigator

Funding Request: \$9,700.00

Status: *Funded 2015, Completed 2015*

9. *Impact of alternative footwear on human energy expenditure and balance.*

Grant: University of Mississippi Graduate Student Council Research Award

Funding Source: UM Graduate Student Council (*Internal*)

Role: Primary Investigator

Funding Request: \$1,000.00

Status: *Funded 2013, Completed 2014*

10. Recipient of University of Mississippi Graduate School's Summer Research Assistantship Scholarship – Summer 2014

11. Recipient of University of Mississippi Summer Thesis and Dissertation Scholarship – Summer 2011

SUBMITTED RESEARCH FUNDING

12. *Evaluation of a movement-specific warm-up to reduce the occurrence of musculoskeletal discomfort and injury in football officials*
Grant: NASO Pilot Study Grant
Funding Source: National Association of Sports Officials (*External*)
Role: Primary Investigator
Funding Request: \$7,796
Status: *Not funded, 2020*

13. *Ketone Supplementation to Improve Functional Outcomes in Adolescents Post-Concussion*
Grant: 2019 – 2020 CPSDA Research Award
Funding Source: Collegiate and Professional Sports Dietitians Association (*External*)
Role: Co-Primary Investigator
Funding Request: \$15,000.00
Status: *Not funded, 2019*

14. *Comparing critical thinking ability during a simulated fire suppression workload in firefighters.*
Grant: WKU Faculty-Undergraduate Student Engagement (FUSE) Grant – Spring 2018
Funding Source: Office of Sponsored Programs (*Internal*)
Role: Co-investigator
Funding Request: \$3,000.00
Status: *Not funded, 2017*

15. *MRI: Acquisition of a Philips EPIQ 7G high frequency ultrasound system to enhance research involving cardiovascular function, blood flow, and musculoskeletal structure.*
Grant: Major Research Instrumentation
Funding Source: National Science Foundation (NSF) (*External*)
Role: Co-investigator
Funding Request: \$212,350.00
Status: *Not funded, 2017*

16. *Comparing health status and critical thinking ability during a simulated fire suppression workload in career vs. voluntary firefighters.*
Grant: WKU Faculty-Undergraduate Student Engagement (FUSE) Grant – Fall 2017
Funding Source: Office of Sponsored Programs (*Internal*)
Role: Co-investigator
Funding Request: \$3,000.00
Status: *Not funded, 2017*

17. *Increasing maternal physical activity levels during pregnancy through improved awareness, motivation, and patient-provider communication.*
Grant: WKU Sisterhood Grant 2015-2016
Funding Source: The WKU Sisterhood (*Internal*)
Role: Co-investigator

Funding Request: \$33,300.00
Status: *Not funded, 2015*

STUDENT THESES/DISSERTATIONS MENTORED

- Spring 2024 – Summer 2024 Shannon Anderson
University of Alabama at Birmingham
Department of Human Studies
Graduate student research – Masters Thesis
- Spring 2021 – Summer 2021 Simone Cannon
University of Alabama at Birmingham
Department of Human Studies
Graduate student research – Masters Thesis (Chair)
- Summer 2020 – Fall 2020 Jake Mintz
University of Alabama at Birmingham
Department of Human Studies
Graduate student research – Masters Thesis (Chair)
- Spring 2020 – Summer 2020 Brantley Ballenger
University of Alabama at Birmingham
Department of Human Studies
Graduate student research – Masters Thesis
- Fall 2019 – Spring 2020 Michayla Brown
University of Alabama at Birmingham
Department of Human Studies
Graduate student research – Masters Thesis
- Fall 2018 – Spring 2019 Danish Gulamani
University of Alabama at Birmingham
Department of Human Studies
Graduate student research – Masters Thesis
- Fall 2017 – Spring 2018 Teresa Wiczynski
Western Kentucky University
School of Kinesiology, Recreation, & Sport
Graduate student research – Masters Thesis
- Fall 2015 – Spring 2016 Paige Wessel
Western Kentucky University
School of Kinesiology, Recreation, & Sport
Graduate student research – Masters Thesis
- Fall 2013 – Spring 2014 Luke Burnett

STUDENT RESEARCH MENTORED

University of Alabama at Birmingham

2023 – 2024

1. Shannon Anderson (MS Student) – *Impact of Exercise Modalities on Quality of Life and Performance Metrics in Breast Cancer Survivors*
2. Karrington Kimmel (BS student) – *Bingocize®: An evidence-based health promotion program to improve the quality of life of Alabama certified nursing facility residents*
3. Caitlyn Pemberton (BS student) – *Bingocize®: An evidence-based health promotion program to improve the quality of life of Alabama certified nursing facility residents*
4. Michelle Pierce (BS student) – *Comparison of physical fitness and exercise programming in career vs. volunteer firefighting departments*
5. Anthony D'Onofrio, MD (Interdisciplinary Graduate Studies Capstone Project) – *Greater physical activity during a behavioral weight loss trial improves glycemic control*
6. Jesse Gettinger, MD (Interdisciplinary Graduate Studies Capstone Project) – *Does within-day exercise timing affect metabolic outcomes in patients with type 2 diabetes?*

2022 – 2023

7. Matthew Miesch, MD (Interdisciplinary Graduate Studies Capstone Project)
8. Chloe Powers (BS student) – *Bingocize®: An evidence-based health promotion program to improve the quality of life of Alabama certified nursing facility residents*
9. Katie Whitfield (BS student) – *Bingocize®: An evidence-based health promotion program to improve the quality of life of Alabama certified nursing facility residents*
10. Ethan Reed (BS student) – *Comparison of physical fitness and exercise programming in career vs. volunteer firefighting departments*

2021 – 2022

11. Kelsey Rushing (PhD student) – *Ketone supplementation to improve functional outcomes post sports-related concussion*
12. Payton Butler (BS student) – *Ketone supplementation to improve functional outcomes post sports-related concussion*

2020 – 2021

13. Kelsey Rushing (PhD student) – *Ketone supplementation to improve functional outcomes post sports-related concussion*
14. Simone Cannon (MS Student) – *Evaluation of the Effectiveness of ROTC Army Cadet Exercise Training for the Army Combat Fitness Test*
15. Grace Graves (BS student) – *TBD*
16. Alex Rich (BS student) – *TBD*

17. Jake Mintz (MS student) – *Evaluation of the Effectiveness of a Remote Exercise Training Program for ROTC Army Cadets for the Army Combat Fitness Test*
18. Maggie Steen (BS student) – *Ketone supplementation to improve functional outcomes post sports-related concussion*
19. Kaitlyn Willis (BS student) – *Ketone supplementation to improve functional outcomes post sports-related concussion*

2019 – 2020

20. Kelsey Rushing (PhD student) – *Ketone supplementation to improve functional outcomes post sports-related concussion*
21. Brantley Ballenger (MS student) – *Arterial stiffness, endothelial function, and elasticity differences between older and young adults*
22. Michayla Brown (MS student) – *Effects of a dietary ketone ester on hepatic lipid content*
23. Alex Ferguson (BS student) – *The feasibility of the C3 Logix device for concussion diagnosis and symptom management*
24. Jacob Adams (BS student) – *Methods and technology in concussion diagnosis and management*
25. Jessica Adkins (BS student) – *Prevention and care of mild traumatic brain injuries*
26. Landen Brock (BS student) – *ROTC Army cadets and exercise performance*
27. Brendan Sanchez (BS student) – *The physical fitness of career and volunteer firefighters*
28. Emmie Waldrop (BS student) – *Signs and symptoms of mild traumatic brain injuries*

2018 – 2019

29. Kelsey Rushing (PhD student) – *Ketone supplementation to improve functional outcomes post sports-related concussion*
30. Danish Gulamani (MS student) – *Effectiveness of cardiopulmonary rehabilitation on the functional capacity of cardiac patients one-year post rehab*

Western Kentucky University

2017 – 2018

1. Teresa Wiczynski (MS student) – *Interactions between aerobic exercise intensity, academic stress, and immune function*
2. Andrew Jackson (MS student) – *The effect of a simulated fire stair climb on lower extremity biomechanics*
3. Andrew Jackson (MS student) – *Effect of a simulated tactical occupation stressor on reaction time*
4. Wesley Neal (MS student) – *Effect of a simulated tactical occupation stressor on perceived exertion and blood lactate*
5. Ariel Tomes (BS student) – *Effect of a simulated tactical occupation stressor on immune system markers of physiological stress and inflammation*
6. Violetta Shatalova (BS student) – *A comparison of lactate threshold among division I women's track, tennis, and golf athletes*

7. Madison Alvis, Tiana Garrard, Abigail Hughes, Laura Hunt, Megan Koester, & India Yocum (BS students) – *Evidence-based educational brochures influenced beliefs and improved knowledge regarding the benefits of exercise during pregnancy*
8. Angie Dolan, Peyton Gardner, Erin Holl, Michael Bell, Katie Story, & Michael Swierkosz (BS students) – *The influence of sport-specific experience and skill on rates of injury in taekwondo athletes*
9. Kimberly Mertens, Isaac Gough, Kyle Poole, Dalton Thompson, Emily Downey, & Zach Michaud (BS students) – *The effect of music tempo on exercise performance and perceived enjoyment and exercise intensity in ROTC cadets*
10. Dallas Eidson, John Finch, Megan Sinanan, & Elizabeth VanZee (BS students) – *The effects of loaded stretching versus static stretching on the range of motion on the talocrural joint*
11. Marie Folz, Morgan Kannapel, Mary Stuart Shannon, & Logan Spalding (BS students) – *The effect of kinesio taping and yoga on flexibility in the lower back*
12. Hillary Greene, Hannah Seaver, Taylor Pendley, & Alex Hockersmith (BS students) – *Accuracy & self-efficacy in mid-level athletes following high-intensity exercise to simulate the performance during a Spartan series race*
13. Lauren Miller, Keaton Hagins, Allison Hoey, & Nolan Mann (BS students) – *The effects of swimming on lung capacity*

2016 – 2017

1. Kathryn Dispennette (MS student) – *Impact of an exercise intervention on human balance center of pressure sway parameters in previously sedentary, overweight adults.*
2. Regis Pearson (MS student) – *Impact of alternative footwear on human energy expenditure.*
3. Teresa Wiczynski (MS student) – *The relationship of weight loss and balance performance following an exercise intervention in previously sedentary, overweight adults*
4. MiRanda Anderson, Will Bradshaw, Justin Hussey, Amanda Blalock, Wesley Neal, Ariel Tomes, & Damon Wilcoxon (BS students) – *Effect of a Simulated Tactical Occupational Stressor and Task Complexity on Mental Focus and Related Physiological Parameters*
5. Alex Bradley, Seth Glasscock, & Dillan Wood – *Effect of a simulated tactical occupational stressor and task complexity on reaction time*

2015 – 2016

1. Paige Wessel (MS student) – *Accuracy of accelerometers during high intensity body weight resistance training in males and females*
2. Alexandra Bartley, Katie Johnson, Amber Jewell, & Aaron Johnson (BS students) – *The effects of exercise intensity on body composition*
3. McKenzie Driskill, Jessica Hackel, Abby Holeman, & Toryn Cornell (BS students) – *Flexibility and range of motion between sedentary and physically active individuals*
4. Hannah Diehl, Katie Pelle, Rayann Maurer, & Dana Lucas – *Flexibility in active and sedentary Western Kentucky University students*
5. Chandler McPherson, Hannah Guffey, & Arnela Cavka – *Music concentration in relation to exercise intensity*
6. Megan Steinkamp, Taylor Allen, Amber Moorman, & Daniel Spalding – *Evaluating the relationship between body composition, body mass index, and flexibility*

7. Joseph White, Theo Egbujor, & Kaleb Whitaker – *Relationship between hand-eye coordination and strength training*

Augusta University

2014 – 2015 Nick Lloyd (MS student)

University of Mississippi

2013 – 2014 Luke Burnett (BS student)

Hunter DeBusk (BS student)

TEACHING EXPERIENCE

August 2018 – Present: The University of Alabama at Birmingham

- KIN 697 – Advanced Field Experience in Kinesiology
- KIN 694 – Special Projects in Kinesiology (Fall 2023)
- KIN 674 – Advanced Sports Nutrition
- KIN 640 – Advanced Techniques in Conditioning the Athlete (Summer 2023, Fall 2023, Spring 2024)
- KIN 499 – Kinesiology Internship (Honors Program) (Fall 2023, Spring 2024)
- KIN 492 – Special Projects in Kinesiology (Spring 2024)
- KIN 440 – Principles of Conditioning the Athlete (Summer 2023, Fall 2023, Spring 2024)
- KIN 425 – Biomechanics (Summer 2023, Fall 2023, Spring 2024)
- KIN 405 – Sports Nutrition
- KIN 400 – Physiology of Exercise
- KIN 307 – Applied Kinesiology (Summer 2023, Fall 2023, Spring 2024)

August 2015 – June 2018: Western Kentucky University

- KIN 518 – Advanced Statistics in Kinesiology
- EXS 412 – Exercise Testing & Prescription
- EXS 325 – Applied Exercise Physiology
- EXS 324 – Measurement & Evaluation in Kinesiology
- EXS 310 – Kinesiology
- EXS 223 – Introduction to Exercise Science
- EXS 122 – Foundations of Kinesiology

August 2014 – July 2015: Augusta University

- KNHS 6311 – Advanced Behavioral Fitness
- KNHS 4220 – Exercise Physiology
- KNHS 3312 – Introduction to Human Diseases
- WELL 1012 – Beginning Golf
- WELL 1000 – Wellness

August 2009 – July 2014: The University of Mississippi

- ES 456 – Exercise Testing & Prescription
- ES 457 – Exercise Testing & Prescription Laboratory
- ES 402 – Exercise Leadership
- ES 396 – Allied Health Terminology
- ES 348 – Physiology of Exercise
- ES 349 – Physiology of Exercise Laboratory
- HP 203 – First Aid & CPR
- HP 191 – Personal & Community Health
- EL 151 – Weight Lifting
- EL 124 – Racquetball

SERVICE TO UNIVERSITY

- UAB Athletics ~ Baseball – Athletic Performance Consultant (unpaid), 2023 – Present
- UAB ~ Minority Health Research Center/ Obesity Health Equity Research Center External Advisory Board, 2020 – Present
- UAB ~ Center for Exercise Medicine Early-Stage Investigator Council, 2019 – Present
- UAB ~ Department of Biology - Faculty Search Committee Member (Department), 2023 – 2024
- UAB Athletics ~ Men’s Soccer – Athletic Performance Consultant (unpaid), 2021 – 2022
- UAB Athletics ~ Women’s Soccer – Athletic Performance Consultant (unpaid), 2021 – 2022
- UAB ~ Graduate Curriculum Committee, 2018 – 2022
- WKU ~ Housing & Residence Life ~ Housing Appeals Committee, 2016 – 2018

SERVICE TO SCHOOL/DEPARTMENT

- UAB ~ Program Coordinator – Sports Physiology & Performance (Department), 2020 – Present
- UAB ~ Recruitment and Retention Committee (School), 2023 – Present
- UAB ~ Academic Integrity Hearing Board (School), 2022 – Present
- UAB ~ Faculty 2nd & 4th Year Review (Chair) (Department), 2022 – Present
- UAB ~ Faculty Affairs Committee (School), 2023 – 2024
- UAB ~ Faculty Search Committee Member (Chair) (Department), 2023 – 2024
- UAB ~ Student Advocacy and Awards Committee (School), 2019 – Present
- UAB ~ Department Chair Search Committee Member (Department), 2023 – 2024
- UAB ~ Faculty Search Committee Member (Department), 2022 – 2023
- UAB ~ Faculty Search Committee Member (Department), 2019 – 2020
- UAB ~ Faculty Professional Development Committee (School), 2018 – 2019
- WKU ~ College of Health & Human Services (School) ~ CHHS Honors Committee, 2016 – 2018
- WKU ~ Faculty Search Committee Member (Department), 2016 – 2017

- WKU ~ Adult Fitness Center Feasibility & Development Committee (Department), 2015 – 2016
- AU ~ BSK Revision Committee (Department), December 2014 – July 2015
- AU ~ Curriculum & Academic Policies Committee (School), September 2014 – July 2015
- AU ~ MSK Revision Committee (Department), August 2014 – July 2015
- UM ~ College of Applied Sciences, appointed to serve on search committee to fill position of Associate Dean, May – August 2013
- UM ~ HERSM Area 4 Special Olympics Student Volunteer Coordinator, September 2011 – May 2012

SERVICE TO PROFESSIONAL ORGANIZATIONS & FIELD

- Section Editor: Fitness Assessment
 - *International Journal of Exercise Science* (2019 – Present)
- Editorial Board Member
 - *International Journal of Exercise Science* (2018 – Present)
 - *PLoS One* (2024 – Present)
- UAB Minority Health & Health Equity Research Center ~ OHDRC Pilot Project Grant reviewer (2019 – Present)
- SEACSM Annual Meeting ~ Undergraduate Student Research Award Competition Judge (2025)
- SEACSM Annual Meeting ~ Symposium #5 Chair (2023)
- SEACSM Annual Meeting ~ Tutorial Session #5 Chair (2022)
- SEACSM Annual Meeting ~ Session Oral Communications Session I Chair (2020)
- SEACSM Annual Meeting ~ Tutorial Session #18 Chair (2018)
- SEACSM Annual Meeting ~ Faculty sponsor/judge for Undergraduate Quiz Bowl (2023)
- SEACSM Annual Meeting ~ Faculty sponsor/judge for Undergraduate Quiz Bowl (2020)
- ACSM Environmental and Occupational Physiology Special Interest Group ~ Member (2017 – Present)
- SEACSM ~ Student Research Awards Reviewer (2020 – Present)
- SEACSM ~ Abstract Reviewer (2017 – Present)
- Manuscript Reviewer:
 - *Applied Sciences* (2017 – Present)
 - *Frontiers in Physiology* (2021 – Present)
 - *Healthcare* (2024 – Present)
 - *International Journal of Environmental Research and Public Health* (2017 – Present)
 - *International Journal of Exercise Science* (2015 – Present)
 - *International Journal of Human Factors and Ergonomics* (2019 – Present)
 - *International Journal of Occupational Safety and Ergonomics* (2018 – Present)
 - *Journal of Functional Morphology and Kinesiology* (2017 – Present)
 - *Nutrients* (2019 – Present)
 - *PLoS One* (2018 – Present)
 - *Safety* (2017 – Present)
- National College Credit Recommendation Service ~ Consultant; 2015 – 2018

PROFESSIONAL/ACADEMIC AFFILIATIONS

- Center for Exercise Medicine (UAB), 2019 – Present
- Nutrition Obesity Research Center (UAB), 2018 – Present
- Minority Health & Health Equity Research Center (UAB), 2019 – Present
- National Strength & Conditioning Association (NSCA), 2019 – Present
- American College of Sports Medicine (ACSM), 2012 – Present
- Southeast chapter of American College of Sports Medicine (SEACSM), 2011 – Present
- National Collegiate Athletic Association (NCAA), 2020 – Present
- College Football Officiating (CFO), LLC, 2020 – Present
- Southern Conference Football Officials Association, 2023 – Present
- Gulf South Conference Football Officials Association, 2022 – Present
- Birmingham Football Officials Association, 2018 – 2022
- Alabama High School Athletics Association (AHSAA), 2018 – 2022
- National Federation of High Schools (NFHS), 2013 – 2022
- Kentucky Academy of Science, 2015 – 2018

CERTIFICATIONS

- NSCA CSCS®, 2020 – Present
- ACSM Certified Exercise Physiologist®, 2016 – Present
- Functional Movement Screen, Level 1 – 2019 – Present
- American Heart Association and/or Red Cross: BLS Provider, 2016 – Present
- National Collegiate Athletic Association (NCAA): Certified Football Official, 2020 – Present
- National Federation of High Schools (NFHS): Licensed Official (Baseball, Basketball, Football), 2013 – 2022

HONORS/AWARDS

- 2024 – Present ~ Fellow of the American College of Sports Medicine
 - 2021 Birmingham Football Officials Association (BFOA) Bob “Chief” Wells Silver Dollar Outstanding Football Official Award
 - 2020 BFOA William “Cap” Brown Memorial Outstanding Official of the Year Award
 - 2019 BFOA William “Cap” Brown Memorial Outstanding Official of the Year Award
 - 2018 BFOA Steve Staton Memorial Outstanding Official of the Year Award
 - 2018 – 2019 Health Disparities Research Education Award Certificate Program
 - Awarding Body: UAB Minority Health and Health Disparities Research Center
 - UM, HESRM J. Robert Blackburn Graduate Student of the Year Award – 2013
 - Atlantic Sun Athletic Conference, Academic All-Conference – Varsity Baseball 2005, 2006
 - Lipscomb University Merit Award Scholarship – 2005, 2006, 2007, 2008
 - Lipscomb University’s Who’s Who – 2008
-