



Candidate for At-Large Member



Jonathan Howard, PhD

Georgia Highlands College

I am honored to be considered for the Member-at-Large position on the Executive Board of the Southeast Chapter of the American College of Sports Medicine (SEACSM). My involvement with SEACSM and ACSM spans more than a decade, beginning as a student member early in my career and continuing through my professional progression. After working in the field for several years, I returned to graduate school to pursue my PhD, and throughout this time SEACSM has remained a constant and foundational professional home. This long-term engagement has shaped my identity as a scientist, educator, and practitioner.

Since attending my first SEACSM meeting in 2015, I have consistently engaged in meaningful service roles that support students, early-career professionals, and the broader scientific community. My recent and ongoing contributions include serving as a session chair, abstract reviewer for both the annual meeting and the awards competition, Student Bowl question writer and reviewer, and Student Bowl scorekeeper. I have also supported meeting operations through the AV team and participated fully in the Leadership and Development Training Program, where I had the privilege of being mentored by Dr. Sue Graves.

My service to SEACSM continues to expand. In 2025, I organized and hosted the SEACSM Fall Lecture, facilitating engagement with emerging topics across institutions in the region. I currently serve as the National SIG Liaison for the SEACSM Exercise Science Education SIG, helping to connect regional members with national ACSM initiatives. Beginning in 2026, I will also serve on the Emily M. Haymes Mentoring Breakfast Committee, supporting SEACSM's longstanding commitment to mentorship and professional growth.

My scholarly contributions to SEACSM are reflected in multiple presentations at the annual meeting, including recent work validating wearable technologies and examining endurance-

based physiological responses. I was honored to receive second place in the SEACSM Doctoral Student Award competition in 2025, demonstrating my commitment to contributing high-quality research that advances the mission of the chapter.

If selected as Member-at-Large, I will work to strengthen SEACSM's tradition of mentorship, scholarly excellence, student engagement, and collaborative professional development. I am particularly committed to expanding opportunities for student participation, supporting innovative educational initiatives, and helping build connections across institutions within the Southeast region. SEACSM has played a formative role throughout my development as both a student and a professional, and I am eager to give back through dedicated service on the Executive Board.

Jonathan S. Howard

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Current Position

Associate Professor (Tenured) of Kinesiology and Wellness 2025-present
Georgia Highlands College (Rome, GA)
Department of Kinesiology and Wellness

CPR Instructor 2015-present
American Red Cross and American Heart Association

Education

Ph.D. in Kinesiology December 2024
Concentration in Exercise Physiology
Cognate in Exercise Psychology and Neuroscience
Dissertation- Validation of the Garmin Forerunner 265 to Estimate VO_{2max} and Predict Half-marathon race performance
Advisor: Dr. Jeffrey Otis
Georgia State University
Department of Kinesiology and Health

Graduate Certificate of Quantitative Research in Education July 2024
Georgia State University

Graduate Certificate of Public Health May 2020
Augusta University

Master of Science in Applied Exercise and Health Science May 2016
Concentration in Exercise Physiology
Thesis- Central hemodynamics measured by bioimpedance cardiography during maximal dynamic resistance exercise.
Advisors: Dr. Cherilyn McLester and Dr. John McLester
Kennesaw State University
Department of Exercise Science and Sports Management

Bachelor of Science in Exercise Science May 2014
Kennesaw State University

Work Experience

Assistant Professor (Tenured) of Kinesiology and Wellness Georgia Highlands College (Rome, GA) Department of Kinesiology and Wellness	2023-2025
Instructor of Community Health and Wellness University of West Georgia (Carrollton, GA) Department of Physical Education, Sport Management, and Community Wellness	2022-2022
Assistant Professor (Tenured) of Kinesiology and Wellness Georgia Highlands College Department of Kinesiology and Wellness	2019-2022
Instructor of Kinesiology and Wellness Georgia Highlands College Department of Kinesiology and Wellness	2016-2019
Graduate Teaching Assistant Kennesaw State University (Kennesaw, GA) Department of Exercise Science and Sport Management	2015-2016
Supplemental Instruction Leader of Anatomy and Physiology Kennesaw State University	2013-2014

Certifications

NSCA Certified Strength and Conditioning Specialist;
July 2022-present

ACSM Exercise is Medicine;
July 2022-present

ACSM Exercise is Medicine Level 3;
January 2022-June 2022

ACSM Certified Clinical Exercise Physiologist;
December 2021-present

Faculty Trainer of CPR/AED for Basic Life Support for the American Heart Association
January 2021-present

ACSM Certified Exercise Physiologist;
July 2019-present

CPR/AED for Basic Life Support for the American Heart Association Instructor;

September 2016-present

CPR/AED and First Aid for the professional rescuer/basic life support/lay responder for the American Red Cross Instructor;

May 2015-present

Center of Education in Teaching and Learning-Online Course Development Certification; *December 2015-present*

Quality Matters Online Teaching and Development Certification;

October 2016-present

Georgia Assessments for the Certification of Educators (GACE) content area of Middle Grade Mathematics

2012

Research and Scholarship

Books:

Flynn, S., Jellum, L., **Howard, J.**, Moser, A., Mathis, D., Collins, C., Henderson, S., and Watjen, C., (2018). "Concepts of Fitness and Wellness, 2nd Edition" Nursing and Health Sciences Open Textbooks. 4. <https://oer.galileo.usg.edu/health-textbooks/4>

Flynn, S., Jellum, L., **Howard, J.**, Moser, A., Mathis, D., Collins, C., Henderson, S., and Watjen, C., (2018). "Walking and Jogging for Fitness, Second Edition" Nursing and Health Sciences Open Textbooks. 3. <https://oer.galileo.usg.edu/health-textbooks/3>

Flynn, S., Jellum, L., **Howard, J.**, Moser, A., Mathis, D., Collins, C., Henderson, S., and Watjen, C., (2017). "Concepts of Fitness and Wellness, First Edition" Nursing and Health Sciences Open Textbooks. 4. <https://oer.galileo.usg.edu/health-textbooks/4>

Flynn, S., Jellum, L., **Howard, J.**, Moser, A., Mathis, D., Collins, C., Henderson, S., and Watjen, C., (2016). "Walking and Jogging for Fitness, First Edition" Nursing and Health Sciences Open Textbooks. 3. <https://oer.galileo.usg.edu/health-textbooks/3>

Journal articles:

Howard, J., Ellis, R., Fortner, C., Doyle, J., and Otis, J., Validation of the Garmin Forerunner 265 to Estimate VO₂max and Predict Half-marathon race performance: (In preparation)

Brandenberger K., Ingalls, CP., Jackson, M., Zeid, R., **Howard J.**, Holistic assessment of exercise-induced muscle injury risk: Pilot Study (In preparation)

Evans, T. W., McLester, C. N., **Howard, J. S.**, McLester, J. R., & Calloway, J. P. (2019). Comparison of muscle activation between back squats and belt squats. *The Journal of Strength & Conditioning Research*, 33, S52-S59.

Howard, J.S., Mclester, C.N., Evans, T.W., Mclester, J.R. and Calloway, J.P., 2018. Central Hemodynamics Measured During 5 Repetition Maximum Free Weight Resistance Exercise. *International Journal of Exercise Science*, 11(2), 342.

Abstracts published

Howard, J., Middleton, R., Provost, O., Turner, M., Thompson, K., Whatley, G., ... & Doyle, J. A. (2024). Accuracy of VO₂max Estimates from the Garmin Forerunner 265. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greenville, SC. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 16, No. 3, p. 94).

Howard, J., & Otis, J. (2022). Vitamin D receptor expression during recovery following severe skeletal muscle injury. Change from all caps (title) Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greenville, SC. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 16, No. 1, p. 153).

Hicks, C., McLester, C., **Howard, J.**, & McLester, J. (2016). A Comparison of Standing vs. Seated Cycle Ergometer Graded Exercise Test Protocols: 402 Board# 239 June 1, 11: 00 AM-12: 30 PM. *Medicine & Science in Sports & Exercise*, 48(5S), 111.

Grants:

Awarded

Howard, J. (PI), Georgia Highlands College Faculty School of Health Science Grant. \$1500. August 2025

Howard, J. (PI), Georgia Highlands College Faculty Scholarship Grant. \$2,700. August 2025

Howard, J. (PI), Georgia Highlands College Faculty School of Health Science Grant. \$1400. November 2024

Howard, J. (PI), Georgia Highlands College Faculty Scholarship Grant. \$2,100. October 2024

Howard, J. (PI), Otis, J. (Co-PI), “Evaluating the Effectiveness of Therabody RecoveryAir and Garmin Forerunner in African American Women Runners.” 2024 Therabody Research Grant. \$50,977. August 2024

Howard, J. (PI), Georgia Highlands College Faculty School of Health Science Grant. \$700. November 2023

Howard, J. (PI), Georgia Highlands College Faculty Scholarship Grant. \$2,300. October 2023

Howard, J. (PI), Otis, J., and Doyle, J. A. “Endurance Exercise Training – Use of Technology to Track Physiological Changes and Predict Performance.” Dr. David E. Martin Sport Science Research Fund. \$15,000. June 2023

Brandenberger K (PI), Ingalls CP (Co-PI), Kuperminc G (Co-PI). GSU THRIVES: Georgia State University - The Health Resilience Initiative for Veterans-Soldiers. GSU RESEARCH INNOVATION & SCHOLARLY EXCELLENCE – RISE. Office of the Vice President for Research & Economic Development. (\$50,000). June 2022 to July 2023. (GRA on project)

Howard, J. (PI), Georgia Highlands College Faculty School of Health Science Grant. \$700. November 2022

Howard, J. (PI), Georgia Highlands College Faculty Scholarship Grant. \$1,500. October 2022

Howard, J. (PI), Georgia Highlands College Faculty Scholarship Grant. \$1,500. October 2021

Moser, A., **Howard, J.**, Jellum, L., Flynn, S., “Concepts of Fitness and Health.” Affordable Learning Georgia Textbook Grant(T21). \$10,000. October 2020

Moser, A., **Howard, J.**, Jellum, L., Flynn, S., “Concepts of Fitness and Health.” Affordable Learning Georgia Mini Grant (M25). \$4,800. October 2018

Jellum, L., Moser, A., **Howard, J.**, Flynn, S., “Concepts of Fitness and Health.” Affordable Learning Georgia Textbook Grant (T5). \$30,100. October 2016

Howard, J. (PI), Georgia Highlands College Faculty Scholarship Grant. \$3,200. October 2016

Not funded

Howard, J. (PI), ACSM Doctoral Student Travel Grant. \$500. February 2024

Howard, J. (PI), “Accuracy of VO_{2max} Estimates from the Garmin Forerunner 265.” ACSM World Athletics Research Grant. \$5000. November 2023

Presentations:

SEACSM

Hirsch, K., **Howard, J.**, Unrein, C., Graves, S., (2026) Practical applications of AI in research, teaching, and learning. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greenville, SC.

Howard, J., Middleton, R., Willson, K., and Otis, J., (2026) Evaluating the Effectiveness of Therabody Jetboots in African American Women Runners. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greenville, SC.

Howard, J., (2025). How to use AI as an Exercise Science Faculty Member. Southeast Chapter of the American College of Sports Medicine Exercise Science Education Special Interest Group (SIG), online.

Howard, J., Ellis, R., Fortner, C., Doyle, J., and Otis, J., (2025) Validation of the Garmin Forerunner 265 to Estimate VO_{2max} and Predict Half-marathon race performance. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greenville, SC.

Howard, J., Middleton, R., Provost, O., Turner, M., Thompson, K., Whatley, G., ... & Doyle, J. A. (2024). Accuracy of VO_{2max} Estimates from the Garmin Forerunner 265. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Greenville, SC. In *International Journal of Exercise Science: Conference Proceedings* (Vol. 16, No. 3, p. 94).

Hicks, C., McLester, C., **Howard, J.**, & McLester, J. (2016). A Comparison of Standing vs. Seated Cycle Ergometer Graded Exercise Test Protocols: Southeast Chapter of the American College of Sports Medicine, Greenville, SC.

ACSM

Howard, J., Ellis, R., Fortner, C., Doyle, J., and Otis, J., (2025) Validation of the Garmin Forerunner 265 to Estimate VO_{2max} and Predict Half-marathon race performance. American College of Sports Medicine Annual Meeting, Atlanta, GA.

J. Howard, R. Middleton, O. Provost, M. Turner, K. Thompson, G. Whatley, I. Zackery, J. Otis, J. A. Doyle., (2024). Accuracy of VO_{2max} Estimates from the Garmin Forerunner 265. American College of Sports Medicine Annual Meeting, Boston, MA.

Other

J. Howard., (2024). How to stay Healthy and Destress During the semester. Annual Charger Kickoff Meeting, Rome, GA.

Brandenberger, K., Ingalls, C., Jackson, M., Zeid, R., **Howard J.**, Feasibility of an injury risk screening program. 2023 Military Health System Research Symposium Aug 16, 2023.

Research Involvement:

RECOVER-Cardiopulmonary Exercise testing for the Research of COVID to Enhance Recovery at Emory University. 2024 (Exercise Testing Consultant)

GSU Thrives –2022-2023 (data collector and data processing)

A comparison of four methods of body composition analysis. -2014-2016 (Data collector)

An investigation of sensitivity of bioimpedance cardiography to detect hemodynamic variable among healthy individuals. -2015 (Data Collector)

An investigation of three different protocols to assess aerobic capacity. -2015 (Co-Investigator)

The Relationship between Power Output, Recovery, and CrossFit Performance. -2014 (Data collector)

Teaching and Mentoring

Courses Taught:

Georgia Highlands College

HSCI 3501- Ethics in Healthcare	2023-present
HSCI 3502- Healthcare and diverse Cultures	
EXSC 4000- Exercise Physiology (online)	2021-present
EXSC 4300- Exercise Testing and Prescription (online)	
EXSC 3700- Advanced Strength and Conditioning (online)	
HSCI 4520- Strategies for Healthy Living (online)	
EXSC 2100- Introduction to Physical Activity and Disease (online)	2020-present
EXSC 3800- Biomechanics (online)	
AHSC 1101- Medical Terminology (online)	
HSCI 4510- Current Topics in Health (online)	
HSCI 4545- Environmental Health (online)	
HSCI 3504- Drugs, Alcohol and Behavior (online)	
PHED 1420- Beginning Snow Skiing and Snowboarding (study abroad)	2019-present

PHED 1010- Concepts of Fitness and Health (face to face, hybrid, and fully online) 2016-present
 PHED 1130- Fitness Walking and Jogging (face to face, hybrid, and fully online)
 PHED 1020- Cardiopulmonary Resuscitation (face to face, hybrid, and fully online)
 PHED 1120- Weight Training for Men and Women (face to face and fully online)
 CHEM 1211K- Principles of Chemistry I (Lab only)
 BIOL 2108K- Principles of Biology II (Lab only)

Georgia State University

KH 8380 - Laboratory Methods in Exercise Physiology (4 lectures) 2023

University of West Georgia

PHED 2605- Functional Anatomy (online) 2022
 PHED 2628- CPR and First Aid for Education Majors (online)
 PHED 3725- Human Movement (hybrid)
 PWLA 1643- CPR and First Aid (online)
 CMWL 4103- Applied Research Methods (hybrid)

Kennesaw State University

ES 2200- Safety Training 2016
 ES 4450- Introduction into Exercise Testing 2015-2016
 WELL 1000- Concepts of Wellness 2015

Courses Developed:

Georgia Highlands College

Developed Bachelors of Health Science program
 Development of new Associate Pathways
 - Exercise Science, Sport Management, Outdoor Recreation
 PHED 1120- Weight Training for Men and Women (revised to fully online format)
 PHED 1130- Fitness Walking and Jogging (revised to fully online format)
 HSCI 4545- Environmental Health (developed new course)
 HSCI 4510- Current Topics in Health (developed new course)
 AHSC 1101- Medical Terminology (major revisions)
 EXSC 3800- Biomechanics (developed new course)
 EXSC 2100- Introduction to Physical Activity and Disease (developed new course)
 HSCI 4520- Strategies for Healthy Living (developed new course)
 EXSC 3700- Advanced Strength and Conditioning (developed new course)
 EXSC 4300- Exercise Testing and Prescription (developed new course)
 EXSC 4000- Exercise Physiology (developed new course)

Course Certifications:

CMWL 4103- Applied Research Methods 2022
 - University of West Georgia Certified as Undergraduate Research Course Level 4
 HSCI 4545- Environmental Health 2021
 -Quality Matters Certified at National Level
 HSCI 3504- Drugs, Alcohol and Behavior 2021
 -Quality Matters Certified at National Level

Advising:Georgia Highlands College

Health Science advising specialist (taught faculty how to advise and advised students)	2020-2024
Developed advising handouts for Exercise Science program	2020,2023
Developed advising handouts for Bachelors of Health Science degree	2020,2024
General undergraduate advisor (over 400 students advised)	2016-2025

Academic and Community Service**Professional Memberships:**

Member American College of Sports Medicine (ACSM)	2014-Present
Member Southeast American College of Sports Medicine (SEACSM)	2014-Present
Member Society of Health and Physical Educators (SHAPE)	2017-Present

Conferences Attended:

SEACSM Annual Conference Attendee	2015-2016, 2022-present
ACSM Annual International Conference Attendee	2019-present
SHAPE Annual International Conference Attendee	2017

Academic service Georgia Highlands College:

Faculty advisor for Pickle Ball Club	2025-present
Chair, Institutional Review Board	2025-2026
Faculty Senate	2024-2026
Faculty Dismal Hearing	2024
Grievance committee	2023-2024
Member, Institutional Review Board	2023-2027
Chair, hiring committee	2021
- general advisor	
Chair, Institutional Review Board	2020-2022
Assessment team	2020-2022
- Compile data for annual course evaluations	
Advising Specialist	2020-2024
- Advising expert for School of Health Science	
Policy and Procedures Taskforce	2018-2022
- Developed and reviewed College Policies and Procedures	
Development of new Associate Pathways	2018-2020
- Exercise Science, Sport Management, Outdoor Recreation	
Development of new bachelor's degree	2018-2021
- Bachelor of Health Science	
Leadership Team	2018-2021
-School of Health Science	

Chair, Environmental Health and Safety Committee	2018
Environmental Health and Safety Committee	2017
Faculty Senate	2017-2022
Hiring committee member	2017-2025
-Chemistry Faculty	
-Biology Faculty	
-Paulding Campus Manager	
-Career service and Internship Coordinator	
-Department Chair of Kinesiology and Wellness	
-Dean of Health Science	
-Nursing Faculty (2 times)	
- Advising Coordinator	
-Orientation Coordinator	
-General Advisor	
Leadership Team	2017-2018
-Department of Science	
Advising training, Graduate Health Professions	2017
Advising training, General	2017
Faculty Academy	2016-2018
- Training for new faculty	

Professional service:

Southeast Chapter of the American College of Sports Medicine

Emily M. Haymes Mentoring Breakfast Committee	2026-2028
Session chair at annual meeting	2025
Organized and Host SEACSM Fall Lecture	2025
Question reviewer for student bowl	2025
Question writer for student bowl	2025
Abstract reviewer for award competition	2025
Abstract reviewer for annual meeting	2025
National SIG Liaison for the SEACSM exercise science education SIG	2025-2026
Mentor program	2025-2026
Leadership Development Training Program mentee under Dr. Sue Graves	2025
Score keeper for student bowl	2025
Question reviewer for student bowl	2024
AV team	2015

American College of Sports Medicine

Abstract reviewer for annual meeting	2025
Organize Education Webinar	2025
Communication co-chair for aging special interest group	2025-2026
Organize Education Webinar	2024
Co-chair for exercise science education special interest group	2024-2027

Community service:

Group Leader, Teen Maze - Bartow County Schools, Cartersville, GA	2024
Judge, Student Research Conference - Bartow County Schools, Cartersville, GA	2022
Group Leader, Teen Maze - Bartow County Schools, Cartersville, GA	2022
Naloxone training - Provide training to staff and faculty of GHC, Marietta, GA	2018
Community CPR training - CPR and AED to community members, Paulding, GA (7 trainings)	2017-2022
Exercise Education - Exercise technique and guidance training to community members, Paulding, GA (7 trainings)	2017-2022
Public School STEM Days - Education STEM activities for K-12, Paulding, Cobb, Bartow, GA (16 events)	2016-2022
Career day - Moses Middle School, Dallas, GA (4 events)	2016-2019

Honors and Awards

2nd place, Doctoral Student Award -SEACSM	2025
Top 7, 3 Minute Thesis -Georgia State University	2024
Excellence in Teaching Award -Georgia Highlands College	2024
Excellence in Teaching Award -Georgia Highlands College	2023
Excellence in Teaching Award -Georgia Highlands College	2021
Excellence in Teaching Award -Georgia Highlands College	2020
Teacher of the Year -Georgia Highlands College	2019
Caught in the Act of Good Customer Service -Georgia Highlands College	2018
Caught in the Act of Caring -Georgia Highlands College	2017
Division of the Year -Georgia Highlands College	2016-2017
Caught in the Act of Caring -Georgia Highlands College	2016
3 rd place, 3 Minute Thesis -Kennesaw State University	2016