

## **EDUCATION**

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| Middle Tennessee State University<br>Major: Health and Human Performance<br>Specialization: Exercise Science | Ph.D. 2016 |
| Middle Tennessee State University<br>Major: Exercise Science   | M.S. 2010  |
| Canisius College<br>Major: Athletic Training   | B.S. 2008  |

## **PROFESSIONAL EXPERIENCE**

**University of Alabama in Huntsville** 2016-Present  
Huntsville, AL

Tenure Track Faculty Member in the Department of Kinesiology

- Faculty member in the Department of Kinesiology, with a concentration in Exercise Science. Teaching undergraduate courses in Introduction to Exercise Physiology and Introduction Exercise Physiology Laboratory.

**Middle Tennessee State University** 2012-2016  
Murfreesboro, TN

Full Time Faculty in Health and Human Performance

- Independently taught undergraduate exercise science courses such as Exercise Physiology, Exercise Prescription, Exercise Leadership/Programming/Planning, Measurement and Evaluation in Exercise Science, and Exercise Science Internship. Created and taught a new course in the curriculum, entitled: Introduction to Exercise Science. I also assisted with the advising of undergraduate Exercise Science Students.

**Vanderbilt Bone and Joint Clinic** 2010-2016  
Franklin, TN

Certified/Licensed Athletic Trainer

- Involved with the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities in high school sports settings and local athletic tournaments held in the Middle Tennessee state area.

**Middle Tennessee State University** 2010 - 2013  
Murfreesboro, TN

Certified/Licensed Athletic Trainer for MTSU Club Sports Teams

- Involved with the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities in collegiate club sports athletes.

**PROFESSIONAL EXPERIENCE CONT.**

**Middle Tennessee State University**  
Murfreesboro, TN

2010 - 2012

Graduate Teaching Assistant in Health and Human Performance

- Independently taught undergraduate exercise science courses such as Exercise Physiology Laboratory, Exercise Prescription, Exercise Leadership, Exercise Science Internship, and First Aid and Safety Education.

**Murfreesboro City Schools**  
Murfreesboro, TN

2011

Body and Mind Exercise Specialist Coach

- Independently lead and taught the curriculum promoting healthy lifestyle choices and physical activity for elementary students in grades 3-5.

**Middle Tennessee State University**  
Murfreesboro, TN

2011

Yes I Can! Diabetes Self-Management Program Leader

- Certified Leader to teach the Diabetes Self-Management Program provided by Stanford University, which provides exercise, nutritional, and lifestyle improvements for adults that have type 2 diabetes.

Exercise Coach

- Provided educational and hands on information for weightlifting, cardiovascular exercise, and weight loss for Murfreesboro Medical Dispatchers as a part of the grant for Dr. Mark Anshel

**Middle Tennessee State University**  
Murfreesboro, TN

2008-2010

Graduate Assistant Athletic Trainer

NCAA Division I Men's Football Team

NCAA Division I Men's and Women's Tennis Teams

- Involved with the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities in collegiate athletes.

**Master of Science**

2008-2010

Middle Tennessee State University

Thesis: *The Effects of Chocolate Milk, Carbohydrate-Protein Supplement, and Carbohydrate Electrolyte Drink on Performance Following an Exhaustive Bout of Exercise*

- Investigated the role of supplementation on college athletes following a strenuous bout of exercise
- Concurrent assessment of the role of dietary intake, physical activity, and glycogen resynthesis in athlete's throughout exercise

**AWARDS AND HONORS***Middle Tennessee State University*

- Scholar's Day Graduate Poster Presentation 1<sup>st</sup> place 2013
- Pinnacle Honor Society Induction, MTSU 2012
- Graduate Research Consortium Finalist for the American Alliance for Health, Physical Education, Recreation and Dance National Conference in Boston, MA. Finalist for Graduate Research 2012
- Graduate Teaching Assistantship for Exercise Science 2010-Current
- Graduate Assistantship for Athletic Training 2008-2010

*Canisius College*

- Graduated Magna Cum Laude 2008
- Canisius College Deans List 2004-2008
- Dean's Academic Scholarship 2004-2008
- Lawrence Wein Scholarship 2006-2008
- Member of Kappa Delta Pi (Education Honor Society) 2007-2008
- New York State Athletic Trainers Association- Buffalo Bills Scholarship Award 2007
- The John Gabbey MD Memorial Award 2007

**CERTIFICATIONS**

Athletic Training Board of Certification Certified  
 State of Tennessee Division of Health Related Boards: Athletic Training Licensure  
 Yes I Can! Diabetes Self-Management Program Leader  
 American Red Cross CPR and First Aid for Adult, Child, and Infant  
 American Red Cross Automatic External Defibrillator for Adult, Child, and Infant  
 Emergency Care and Safety Institute Instructor for CPR and AED for the Adult, Child, and Infant

**PROFESSIONAL SERVICE**

Exercise Science Group Advisor 2013-2016  
 Middle Tennessee State University  
 Helped with planning and organization of the Exercise Science group student advising sessions during the fall and spring semesters. I also participated and mentored group advising sessions with the undergraduate exercise science students.

Graduate Exercise Science Club President, Vice President 2011-2016  
 Middle Tennessee State University  
 Involved in the creation of the club, the drafting of the club constitution, the recruitment of members, the creation of the research and club goals, and obtaining external funding for conferences.

American College of Sports Medicine Student Volunteer 2013 -2016  
 Indianapolis, IN and Orlando, FL at the American College of Sports Medicine National Conference  
 Student volunteer, which involved assisting with coverage of the ACSM Fellows Lounge.

**PROFESSIONAL SERVICE CONT.**

- Scholar's Day Thematic Research Poster Judge 2012-2016  
Middle Tennessee State University  
A judge for undergraduate thematic research posters presented on a variety of topics at the Scholar's Day event.
- Southeast American College of Sports Medicine MTSU Faculty Representative 2013 & 2015  
Faculty representative in Greenville, SC and Jacksonville, FL at the Southeast American College of Sports Medicine Regional Conferences. Faculty representative, which involved taking both current undergraduate and graduate MTSU students to the conference and also was in charge of the MTSU graduate student recruitment at the Graduate School Fair.
- Health and Wellness Fair Exercise Science Booth Representative 2013- 2014  
Middle Tennessee State University  
Officer representative, which involved the construction of the booth and health testing for visitors to the MTSU recreation center.
- Meet the Experts Luncheon 2012-2013  
San Francisco, CA and Indianapolis, IN at the American College of Sports Medicine National Conferences.  
Student representative at the luncheons between distinguished faculty and graduate students
- Faculty representative and volunteer at the MTSU "Big Event" 2013  
Middle Tennessee State University  
Exercise Science and Faculty representative at the "Big Event" community volunteer project.
- Kinesmetrics Club Treasurer 2010-2013  
Middle Tennessee State University  
Involved the managing of funds, collecting and submitting dues/fees, reporting on the status of the club's finances, and developing the budget for the club.
- Camp Energy Counselor 2012  
Middle Tennessee State University  
Involved in the leadership and coordination of the special needs camp members.
- Cengage Learning Kinesiology Focus Group 2012  
San Francisco, CA at the American College of Sports Medicine National Conference  
Doctoral Student Representative for new textbook screening
- American College of Sports Medicine Student Volunteer 2012  
San Francisco, CA at the American College of Sports Medicine National Conference  
Student volunteer, which involved assisting with the mobile help desk and the exhibit hall

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**REFEREED JOURNAL PUBLICATIONS**

Cochrum, R., **Connors, R.**, R., Morgan, D., Coons, J., Fuller, D. & Caputo, J. (2015). Comparison of running economy values while wearing no shoes, minimal shoes, and normal running shoes. *Journal of Strength and Conditioning Research, In Press*.

Cochrum, R. G., **Connors, R. T.**, & Coons, J. M. (2014). The effect of running barefoot and in barefoot-style footwear on running economy at two self-determined speeds. *International Journal of Exercise Science*. (Under Review)

**Connors, R.**, Morgan, D., Fuller, D., & Caputo, J. (2014). Underwater treadmill training, glycemic control, and health-related fitness in adults with type 2 diabetes. *International Journal of Aquatic Research and Education*, (8), 382-396.

Kim, Y., **Connors, R. T.**, Hart, P. D., Kang, Y., & Kang, M. (2013). Association of physical activity and body mass index with metabolic syndrome among US adolescents with disabilities. *Disability and Health Journal*, (6), 3, 253-259.

**PRESENTATIONS**

**Connors, R.**, Ursone, J., Coons, J., Farley, R., & Caputo, J. (2015, February). Acute static stretching does not affect shoulder internal and external rotation strength. Presented as a thematic poster at the Southeast American College of Sports Medicine Conference, Jacksonville, Florida.

**Connors, R.**, Farley, R., & Caputo, J. (2014, June). Effects of low-fat chocolate milk, carbohydrate-protein supplement, and carbohydrate-electrolyte beverage on restoration of muscle glycogen following exhaustive exercise. Presented at the National American College of Sports Medicine 61<sup>st</sup> Annual Meeting, Orlando, Florida.

**Connors, R.**, Kim, Y., Weatherby, N., Coons, J. & Caputo, J. (2013, June). Effect of meeting physical activity guidelines and body mass index on fasting plasma glucose level among U.S. adults. Presented at the National American College of Sports Medicine 60<sup>th</sup> Annual Meeting, Indianapolis, Indiana.

Ishikawa, S., Reece, J. D., Carter, R. M. D., **Connors, R. T.**, Killen, L. L., Kang, M., Morgan, D. W. (2013, June). Convergent Validity of the Omron HJ-151 Pedometer During Free-Living Physical Activity in Youth. Presented at the American College of Sports Medicine's 60<sup>th</sup> Annual Meeting, Indianapolis, Indiana.

Reece, J. D., Ishikawa, S., & **Connors, R. T.** (2013, April). Getting the most physical activity from an after school program. Presented at the 126<sup>th</sup> American Alliance for Health, Physical Education, Recreation and Dance National Convention and Exposition, Charlotte, North Carolina.

Ishikawa, S., Reece, J. D., Carter, R. M. D., **Connors, R. T.**, Killen, L. L., Kang, M., Morgan, D. W. (May 2013). Convergent Validity of the Omron HJ-151 Pedometer During Free-Living Physical Activity in Youth. Presented at Scholar's Day Thematical Poster Presentations, Middle Tennessee State University, Murfreesboro, TN.

**PRESENTATIONS CONT.**

**Connors, R.,** Kim, Y., Weatherby, N., Coons, J., & Caputo, J. (2013, January). Effect of meeting physical activity guidelines and body mass index on fasting plasma glucose level among U.S. adults. Presented at the Southeast American College of Sports Medicine Conference, Greenville, South Carolina.

**Connors R.,** Aquila C., Morgan D., & Caputo, J. (2012, June). Effects of underwater treadmill training on glycemic control and body composition in adults with Type 2 diabetes. Presented at the American Diabetes Association 72<sup>nd</sup> Scientific Sessions Philadelphia, Pennsylvania. *Diabetes*, 61(1), 731-P.

**Connors, R. T.,** Aquilla, C. L., Morgan, D. W., & Caputo, J. L. (2012, June). Presented at the American College of Sports Medicine Conference, San Francisco, California. *Medicine and Science in Sports and Exercise*, 44(5, Suppl. 1).

Kim, Y., Ishikawa, S., Smith, A.R., Reece, J.D., **Connors, R.T.**, Carter, R.M., & Kang, M. (2012). Daytime patterns of time spent in sedentary behaviors among US middle-aged adults. Presented at the American College of Sports Medicine Conference, San Francisco, California. *Medicine and Science in Sports and Exercise*, 44(5, Suppl. 1).

**Connors, R.,** & Kang M. Meta-analysis: Effects of resistance exercise on HbA1c% in Type 2 diabetics. American Alliance for Health, Physical Education, Recreation, and Dance National Convention, Boston, MA, March, 2012.

**Connors, R.** & Jordan, J. Heart Rate Monitors in Physical Education Classes. Tennessee Alliance for Health, Physical Education, Recreation, and Dance Convention, Murfreesboro, TN, Summer 2011.

**Connors, R.,** Farley, R., & Caputo, J. Effects of Chocolate Milk, Carbohydrate-Protein Supplement, and Carbohydrate Electrolyte Drink on Performance Following an Exhaustive Bout of Exercise. Middle Tennessee State University Scholars Day, May, 2010.

**RESEARCH GRANTS**

Morgan, D., **Connors, R.**, Coons, J., Fuller, D., Patel, U., Colson, J., & Caputo, J. 2012  
The effects of underwater treadmill training on adults with type 2 diabetes.  
American Diabetes Association Research Grant  
\$525,000 - **Not Funded**

Morgan, D., **R. Connors**, Coons, J., Fuller, D., Patel, U., & Caputo, J. 2012  
The effects of underwater treadmill training on adults with type 2 diabetes.  
American Diabetes Association Research Grant  
\$424,000 - **Not Funded**

**Connors, R.** & Caputo, J. 2012  
The effects of underwater treadmill training on adults with type 2 diabetes.  
American College of Sports Medicine Doctoral Research Grant  
\$5,000 - **Not Funded**

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**Travel Grants**

- \$1594.00 (Center for Student Involvement and Leadership), MTSU 2013  
Role: Principle Investigator and Graduate Student Recruiter  
Description: Travel grant for the Southeast American College of Sports Medicine regional (SEACSM) conference, Indianapolis, IN
- \$1655.00 (Center for Student Involvement and Leadership), MTSU 2013  
Role: Principle Investigator and Co-Investigator  
Description: Travel grant for the National American College of Sports Medicine (ACSM) conference, Indianapolis, IN
- \$1330.00 (Center for Student Involvement and Leadership), MTSU 2013  
Role: Principle Investigator and Co-Investigator  
Description: Travel grant for the Southeast American College of Sports Medicine (SEACSM) conference, Greenville, SC
- \$555.00 (Center for Student Involvement and Leadership), MTSU 2012  
Role: Principle Investigator and Co-Investigator  
Description: Travel grant for the American Diabetes Association 72<sup>nd</sup> Scientific Sessions, Philadelphia, PA
- \$1,120.00 (Center for Student Involvement and Leadership), MTSU 2012  
Role: Principle Investigator and Co-Investigator  
Description: Travel grant for the National American College of Sports Medicine (ACSM) conference, San Francisco, CA
- \$500.00 (College of Graduate Studies), MTSU 2012  
Role: Principle investigator and Co-Investigator  
Description: Travel grant for the 2012 National American Alliance for health, Physical Education, recreation and Dance (AAHPERD) conference, Boston, MA
- \$1,515.00 (Center for Student Involvement and Leadership), MTSU 2012  
Role: Principle investigator and Co-Investigator  
Description: Travel grant for the 2012 National AAHPERD conference, Boston, MA
- \$250.00 (Center for Student Involvement and Leadership), MTSU 2011  
Role: Co-Investigator  
Description: Travel Grant for the 2011 TAHPERD Convention in Murfreesboro, TN
- \$211.05 (Center for Physical activity and Health in Youth), MTSU 2011  
Role: Co-Investigator  
Description: Research grant for Omron validation study

**PROFESSIONAL MEMBERSHIPS**

American College of Sports Medicine, National Chapter  
 American College of Sports Medicine, Southeast Region  
 National Athletic Trainers Association  
 American Diabetes Association Professional Member  
 American Alliance of Health, Physical Education, Recreation, and Dance  
 Tennessee Alliance of Health, Physical Education, Recreation, and Dance  
 National Association for Kinesiology in Higher Education

**TEACHING EXPERIENCE**

**Tenure Track Faculty Member in Kinesiology** 2016-Present

**Full Time Faculty Member Health and Human Performance** 2012-2016  
*Middle Tennessee State University, Murfreesboro, TN*

**Graduate Teaching Assistant** 2010-2012  
*Middle Tennessee State University, Murfreesboro, TN*

**After School Physical Activity Coordinator and Health Coach** 2011  
*Murfreesboro City Schools, Murfreesboro, TN*  
 Instructor of After School Wellness Program

- Developed and led indoor and outdoor physical activities related to nutrition lessons for 12 schools participating in a 12 week federally funded health and fitness after school program

**Courses Taught**

*University of Alabama in Huntsville* 2016-Present

**Major Courses**

KIN 327	Introduction to Exercise Physiology
KIN 328	Introduction to Exercise Physiology Laboratory

*Middle Tennessee State University* 2010-2016

**Major Courses**

EXSC 4830	Physiology of Exercise
EXSC 4831	Physiology of Exercise Laboratory
EXSC 4810	Measurement and Evaluation
EXSC 4250	Internship
EXSC 4240	Principles of Exercise Assessment in Healthy Populations
EXSC 3830	Physiology of Exercise
EXSC 3500	Exercise Leadership Program Planning
EXSC 3000	Introduction to Exercise Science (Created the Course)
PHED 4910	Applied Kinesiology Biomechanics (Teaching Assistant)

**Elective Courses**

HLTH 3300	First Aid and Safety Education
PHED 2020	Beginning Golf



**REFERENCES**

**(Letters of Recommendation upon Request)**

**Jennifer Caputo, PhD**

Program Director, Exercise Science  
Professor, Department of Health and Human Performance  
Middle Tennessee State University

**Scott Colclough, PhD**

Program Director, Exercise Science  
Associate Dean, Behavior and Health Science  
Middle Tennessee State University

**Richard Farley, PhD**

Exercise Science Co-Program Director  
Associate Professor, Department of Health and Human Performance  
Middle Tennessee State University

**Peter Koehneke, MS, ATC**

Athletic Training Program Director  
Canisius College

**Drew Shea, MS, ATC**

Head Athletic Trainer  
Middle Tennessee State University

**Tim Hoskins, ATC**

Vanderbilt Bone & Joint  
Asst. Mgr, Sports Medicine