

EDUCATION

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

PROFESSIONAL EXPERIENCE

University of Alabama in Huntsville

Huntsville, AL

Department of Kinesiology Leader/Liaison	2019-2020
▪ Serving as the Department leader to assist the Dean of the College of Education with operations of the Department of Kinesiology. I am assisting with communication, department meetings, and organization of courses/equipment.	

Tenure Track Faculty Member in the Department of Kinesiology	2016-Present
▪ Faculty member in the Department of Kinesiology, with a concentration in Exercise Science. Teaching a variety of undergraduate courses, such as: Introduction to Exercise Physiology, Introduction Exercise Physiology Laboratory, Testing & Prescription for Special Populations, and Special Topics in Exercise Science. I am supervising several other kinesiology courses and directing all Exercise Physiology laboratory courses.	

Middle Tennessee State University

2016-2012

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

2016-2010

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.

PROFESSIONAL EXPERIENCE**Middle Tennessee State University**

Murfreesboro, TN

2013 – 2010

Certified/Licensed Athletic Trainer for MTSU Club Sports Teams

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

Middle Tennessee State University

Murfreesboro, TN

2012 - 2010

Graduate Teaching Assistant in Health and Human Performance

- Undergraduate courses taught: Exercise Prescription, Exercise Leadership, Exercise Science Internship, Exercise Physiology Laboratory, 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, which provides exercise, nutritional, and lifestyle improvements for adults with 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

2010-2008

Graduate Assistant Athletic Trainer

NCAA Division I Football and Tennis

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

Master of Science

Middle Tennessee State University

2010-2008

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 athletes throughout exercise

AWARDS AND HONORS***The University of Alabama in Huntsville***

- The Research or Creative Experience for Undergraduates Program Award 2020-2017
- NIFISA Seminar Member 2019
- Collaborative Learning Fellowship Award 2019-2017
- UAH Scholarship Enhancement Travel Award 2019-2017
- UAH Distinguished Speaker Series Award 2017

Middle Tennessee State University

- Scholar's Day Graduate Poster Presentation 1st place 2013
- Pinnacle Honor Society Induction, MTSU 2012
- Graduate Research Consortium Finalist for AAHPERD National Conference 2012
- Graduate Teaching Assistantship for Exercise Science 2012-2010
- Graduate Assistantship for Athletic Training 2010-2008

Canisius College

- Graduated Magna Cum Laude 2008
- Lawrence Wein Scholarship 2008-2006
- 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

Hologic QDR Windows Application Training for DEXA

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**COVID-19 and Kinesiology Content Expert**

2020

I was an invited writer for the expert in the field section of an article on the effects of COVID-19 on undergraduate students in the field of Kinesiology by Zippia.com.

UAH Equal Opportunity and Affirmative Action Committee Member

2020- Present

Chosen by UAH President Darren Dawson to serve as a committee member for Equal Opportunity and Affirmative action. The University committee appointment is for a three-year term.

UAH Human Subjects Research Sub-Committee Member

2020- Present

I am the College of Education delegate for the Human Subjects Research Sub-Committee during the COVID-19 pandemic. The committee is charged with reviewing IRB documentation, safety procedures, and specific courses of action needed to conduct research with human subjects. The committee has also been involved in creating specific IRB documents that provide details for pre-research screening, COVID-19 research steps, and protection methods for faculty and students.

ACSM Exercise Science Education Special Interest Group Member

2020- Present

Currently serving as an ACSM Exercise Science Education Special Interest group member. The group is focused on the improvement of exercise science undergraduate and graduate programs. The committee utilizes resources provided by ACSM to provide fundamental resources and teaching strategies to ensure colleges/universities are providing the appropriate resources for student success.

PROFESSIONAL SERVICE CONT.

ACSM EIM Underserved and Community Health Committee Chair 2019 - Present

The University of Alabama in Huntsville

Due to my involvement as a committee member and also presenting at national ACSM on the use of exercise for underserved communities, I was invited to be the committee chair for the EIM Committee for underserved and community health.

NIFISA 10th Sports Performance Seminar Member 2019

The University of Alabama in Huntsville

I was selected as one of fifteen people from around the world to present and attend the 10th NIFISA Sports Performance Seminar on Olympic Performance in Tokyo, Japan. I was also selected to give the final closing lecture at the Nippon Sport Science University, and I assisted with the writing of the seminar newsletter.

Kinesiology Club Professional Presenter 2019

The University of Alabama in Huntsville

I was invited to give a presentation on my professional background and how I became a professor at UAH. The UAH Kinesiology club held their annual professions seminar and I spoke on the topics of being an athletic trainer and a professor.

APA Formatting and Style Guide Presenter 2019

The University of Alabama in Huntsville

I was invited to give a presentation on APA formatting and style guide by the Library Instructors for the Salmon Library at UAH. I presented on in-text citations, reference page creation, and composing a paper using the sixth edition of APA formatting.

Clinical Faculty Search Committee 2019

The University of Alabama in Huntsville

I was invited to be a part of the clinical faculty search committee for the new Internship Coordinator in the Department of Kinesiology. I was involved with creating the job announcement, reviewing applications, and with on-campus interviews of perspective faculty members.

Master's Thesis Advisor and Committee Member 2019-2018

The University of Alabama in Huntsville

I was selected as a committee member and as an advisor for a Master's Thesis that was completed in the Department of Mechanical and Aerospace Engineering. I assisted the student with study design, data analysis, project dissemination, and guidance with the thesis defense. The thesis was entitled: "Kinematic Analysis of Gait in an Aquatic Treadmill using Land-Based Motion Capture Cameras".

Intercollegiate Athletics Committee 2018- Present

The University of Alabama in Huntsville

I am serving a two-year appointment on the intercollegiate athletics committee. The committee is tasked to review, assess and make recommendations relative to intercollegiate athletics, with the goal of developing and maintaining a quality athletic program that will be of benefit to the university.

NSCA Undergraduate Program Director 2018- Present

The University of Alabama in Huntsville

I am currently the University of Alabama in Huntsville National Strength and Conditioning Association undergraduate accredited program director. I helped with the construction of the application with the NSCA, helped with syllabi collection, and the application submission to become an accredited program.

PROFESSIONAL SERVICE CONT.

Faculty Database Committee Member The University of Alabama in Huntsville A member of the faculty online reporting database committee, which is in the process of setting up the structure of the database, and the output to be used to report faculty information to committees, grants, and accreditation agencies.	2018- Present
Charger Foundations Assessment Committee The University of Alabama in Huntsville I am one of the College of Education delegates for the Charger Foundations Assessment Committee. The committee is charged with reviewing courses to determine if they fit into the categories that exist to help students enhance their skills, expand their horizons, and build on the values of the Charger foundation.	2018- Present
Faculty Advisor for the UAH Club Swim Team The University of Alabama in Huntsville I have worked with both undergraduate and graduate students at UAH to create and form the club sports swim team. The club was officially created in 2018 and continues to be an on-campus activity for competitive and non-competitive swimmers.	2018-2019
College of Education Research Day The University of Alabama in Huntsville I helped with the creation, organization, and running the first ever College of Education Fall 2018 Research Day. It was a collaborative learning opportunity for students in both the department of kinesiology and the department of curriculum and instruction to present their research to the university. I continue to assist with the development and running of the College of Education Research Day, which runs semi-annually.	2018
Hologic QDR for Windows Application Training The University of Alabama in Huntsville I participated in the certification training program to use the Hologic DEXA machine for bone density and body composition analysis.	2018
Content Expert for Diabetes The University of Alabama in Huntsville Title: 2018 Diabetes Facts and Statistics I was an invited writer for the expert in the field section of an article on diabetes statistics and facts by WalletHub.com	2018
Collaborative Learning Workshop Title: <i>Moving to Best Practice with Today's Students: A Collaborative Learning Approach</i> The University of Alabama in Huntsville I attended the collaborative learning workshop presented by Dr. Mark Taylor.	2018
Doctoral Dissertation Committee Member The University of Alabama in Huntsville I am currently serving as a committee member and content expert for a Doctoral Dissertation for a student that is at Middle Tennessee State University. I am providing background and content knowledge in the field of athletic training.	2018

PROFESSIONAL SERVICE CONT.

Master's Thesis Committee Member The University of Alabama in Huntsville I am currently serving as a committee member and content expert for a Master's Thesis project in the Department of Mechanical and Aerospace Engineering. The project is looking at the 3d walking kinematics in an underwater treadmill.	2018
ACSM EIM Community Health Committee Member The University of Alabama in Huntsville Serving a 3-year term as an Exercise is Medicine Committee member, which was created to help increase the amount of physical activity being performed in local communities throughout the United States.	2017- Present
American College of Sports Medicine Exhibit Advisory Committee The University of Alabama in Huntsville Serving a 3-year term on the Exhibit Advisory Committee for the American College of Sports Medicine. This a national committee that reviews the credentials of potential exhibit companies for the national ACSM conference and provides feedback on how the companies fit the mission statement of ACSM.	2017- Present
Exercise Science Course Coordinator The University of Alabama in Huntsville Involved as the faculty coordinator for KIN 440, KIN 328, KIN 327, KIN 290, and KIN 210. I help with course content creation, assignment creation, and examination construction for all of the previously listed required undergraduate courses. I also meet with the adjunct professors teaching the courses and provide guidance/insight throughout the semester.	2017- Present
Honors College Thesis Mentor The University of Alabama in Huntsville I am currently serving as an Honors College thesis mentor for a student in the College of Nursing, who is studying the impact of ice-skating positions on joint range of motion of the lower extremity. I also served as the thesis mentor for an Honors College thesis investigating the impact of underwater treadmill training in adults with lower leg amputations.	2017- 2019
Research Experience Faculty Mentor/Supervisor The University of Alabama in Huntsville Involved as a faculty research mentor/supervisor working with a doctoral candidate for an online Doctorate in Education with a concentration in Kinesiology program. Assisted a graduate student with research construction, design, and data collection as part of a semester long program.	2017- 2019
Quality Education Practices Online Certified The University of Alabama in Huntsville Completed an online education practices program, which was geared to improve the level of online based course instruction.	2017
Faculty Service, Teaching, and Research Together Program Member The University of Alabama in Huntsville A member of the faculty mentorship program that was created to help guide junior faculty on the pathway to tenure and promotion in the College of Education.	2017

PROFESSIONAL SERVICE CONT.

Manuscript Peer Reviewer University of Alabama in Huntsville I am a current academic research peer reviewer for the following journals: Clinical Diabetes, The Journal of Clinical Exercise Physiology, The Journal of Strength and Conditioning Research, The International Journal of Aquatic Research and Education, The Journal of Visual Impairment and Blindness, and The Journal of Athletic Training.	2016-Present
Exercise Science Course Creation and Sequencing University of Alabama in Huntsville Involved in the redesign of the exercise science program curriculum to meet the needs of the students and accreditation guidelines. I also created an advising and course sequencing power point, which is being used by our Student Advisor and other Exercise Science faculty members. I also created the Exercise Techniques and Leadership course beginning Fall 2017.	2016-Present
Exercise Science Internship Construction University of Alabama in Huntsville Created the six-credit hour internship course and application packet for exercise science undergraduate students. The internship packet includes rules, regulations, contracts, student evaluations, sites, and weekly reports.	2016-2018
UAH New Faculty Search Committee The University of Alabama in Huntsville I have served on two new faculty search committees for tenure track faculty members for the Department of Kinesiology. I was involved with creating the job announcement, reviewing applications, and with on-campus interviews of perspective faculty members.	2016 – 2017
Exercise Science Group Advisor 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.	2013-2016
American College of Sports Medicine Student Volunteer 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.	2013 -2016
Southeast American College of Sports Medicine Faculty Representative Middle Tennessee State University 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 students to the conference and also was in charge of the MTSU graduate student recruitment at the Graduate School Fair.	2013 & 2015
Health and Wellness Fair Exercise Science Booth Representative Middle Tennessee State University Officer representative, which involved the construction of the booth and health testing for visitors to the MTSU recreation center.	2013- 2014

PROFESSIONAL SERVICE CONT.

Scholar's Day Thematic Research Poster Judge Middle Tennessee State University A judge for undergraduate thematic research posters presented on a variety of topics at the Scholar's Day event.	2012-2016
Camp Energy Counselor Middle Tennessee State University Involved in the leadership and coordination of the special needs camp members.	2012
Graduate Exercise Science Club President, Vice President 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.	2011-2016
Kinesmetrics Club Treasurer 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.	2010-2013

REFEREED JOURNAL PUBLICATIONS**Published**

Conners, R. T., Elliott, J. M., Kyle, D. L., Solomon, S., & Whitehead, P. N. (2020). Physiological responses of youth players during a wheelchair basketball game. *European Journal of Adapted Physical Activity*, (13), 9, 1-11.

Burton, J., Duffey, S., Hammonds, A., LeDuc, A., Shumate, R., Coons, J., & **Conners, R. T.** (2020). Cardiovascular and stride frequency differences during land and aquatic treadmill walking. *The International Journal of Aquatic Research and Education*, (12), 4, 1-16.

Dodds, F., Knotts, S., Penrod, M., Scoggins, W., & **Conners, R. T.** (2019). Shoulder strength and range of motion between collegiate pitchers and position players in baseball. *The International Journal of Exercise Science*, 13(6), 123-130.

Cochrum, R., **Conners, R. T.**, Coons, J. (2019). The effect of running barefoot and in barefoot-style footwear on running economy at two self-determined speeds. *The Journal of Sports Medicine and Physical Fitness*, 59(8), 1292-1297.

Lakshmiapuram Raghu, S., Kang, C., Whitehead, P., Takeyama, A., & **Conners, R. T.** (2019). Static accuracy analysis of Vicon T 40s motion capture cameras for aquatic applications. *The Journal of Biomechanics*, 24(89), 139-142.

Bosheers, A., Light, J., & **Conners, R.T.** (2019). Sport performance measures in youth wheelchair basketball athletes. *Perpetua*, 4(1), 1-8.

Anderson, J., Chisenall, T., Tolbert, B., Ruffner, J., Whitehead, P., & **Conners, R.** (2019). Validating the commercially available Garmin Fenix 5x wrist-worn optical sensor for aerobic capacity. *The International Journal for Innovation Education and Research*, 7(1), 147-158.

REFEREED JOURNAL PUBLICATIONS CONT.

Whitehead, P., **Conners, R. T.**, & Shimizu, T. (2019). The effect of in-season demands on lower body power in collegiate male hockey players. *The Journal of Strength and Conditioning Research*, 33(4), 1035-1042.

Conners, R. T., Caputo, J., Coons, J., Fuller, D., & Morgan, D. (2019). Impact of underwater treadmill training on glycemic control, blood lipids, and health-related fitness in adults with type 2 diabetes. *Clinical Diabetes*, (37), 1, 36-43.

Conners, R., Whitehead, P., Shimizu, T., & Bailey, J. (2018). Coaching and technology: Live team monitoring to improve training and safety. *Strategies*, 31(5), 15-20.

Grady, N., Sillivant, A., Baldwin, S., Simpson, A., Solomon, S., & **Conners, R.** (2018). Positional differences in body composition among division II female collegiate soccer players. *Perpetua*, 3 (1), 11-16.

Scott, M., Bailey, J., Champagne, C., Ware, J., Solomon, S., & **Conners, R.** (2018). Effects of various ankle braces on skill related performance in collegiate volleyball players. *Perpetua*, 3 (1), 31-36.

Conners, R., Bailey, J., & Coons, J. (2017). The athletic and rehabilitation benefits of underwater treadmill training. *Athlete Development Research Digest*, (2), 12, 12-13.

Cochrum, R., **Conners, R.**, R., Morgan, D., Coons, J., Fuller, D. & Caputo, J. (2017). Comparison of running economy values while wearing no shoes, minimal shoes, and normal running shoes. *Journal of Strength and Conditioning Research*, (3), 31, 595-601.

Conners, 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., **Conners, 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.

Accepted for Publication

Conners, R. T., Rodebaugh, K. L., Cochrum, R., & Cundari, G. (2020). A practical guide for assessment of skill development in wheelchair basketball athletes. *Palaestra*.

Urbański, P., **Conners, R. T.**, & Tasiemski, T. (2020). Leisure time physical activity in persons with spinal cord injury across the seasons. *Neurological Research*.

Cochrum, R. G., **Conners, R. T.**, Caputo, J. L., Coons, J. M., Fuller, D. K., Frame, M. W., & Morgan, D. W. (2020). Visual classification of running economy by distance running coaches. *European Journal of Sport Science*.

Conners, R. T., Whitehead, P. N., Quick, M. C., Dodds, F. T., & Schott, K. D. (2020). Validation of the Polar Team Pro system for speed with collegiate ice hockey players. *Journal of Strength and Conditioning Research*.

REFEREED JOURNAL ACCEPTED FOR PUBLICATIONS CONT.

Conners, R. T., Rodebaugh, K. L., Bosheers, A., Kane, B., Kyle, D., Light, J., Quick, M., & Whitehead, P. (2020). Sport performance measures in youth wheelchair basketball athletes. *Palaestra*.

Urbański, P., Kim, Y., **Conners, R. T.**, Nadolska, A., & Tasiemski, T. (2020). Life satisfaction in persons with spinal cord injury across the seasons. *Spinal Cord*.

Under Review

Bates, L., **Conners, R. T.**, Zieff, G., Adams, N., Stevens, S., Faghy, M., Arena, R., Vermeesch, A., Joseph, R., Keith, N., & Stoner, L. (2020). Sedentary behavior in people with spinal cord injury: Mitigation strategies during COVID-19 on behalf of ACSM-EIM and HL-PIVOT. *Spinal Cord Injury Rehabilitation*.

Lakshmipuram Raghu, S., **Conners, R. T.**, Kang, C., Landrum, D. B., & Whitehead, P. N. (2020). Kinematic analysis of gait in an underwater treadmill using land-based Vicon T 40s motion capture cameras arranged externally. *The Journal of Biomechanics*.

Bajenski, C. E., Brandon, B. R., Curry, C. A., Fajardo, L., & **Conners, R. T.** (2020). Effect of water height on heart rate and core temperature during underwater treadmill walking. *International Journal of Aquatic Research and Education*.

Elsey, A. M., Lowe, A. K., Cornell, A. N., Whitehead, P. N., & **Conners, R. T.** (2020). Comparison of the BodyMetrix using the three site versus the seven site method. *The International Journal of Exercise Science*.

Pring, N. A., Solomon, S. L., **Conners, R. T.**, & Whitehead, P. N. (2020). The effect of shin-torso alignment on muscle activity of the lower extremity in hockey players. *The International Journal of Exercise Science*.

Elliott, J. M., **Conners, R. T.**, Whitehead, P. N., & Craw, M. J. (2020). Learning to adapt: Understanding micropolitics for transitioning coaches. *Strategies*.

In Preparation

Conners, R. T., Rodebaugh, K. L., Quick, M. C., Urbanski, P. K., & Whithehead, P. N. (2020). Effect of walking speed on magnitude and distribution of plantar ground reaction forces. *Gait and Posture*.

Lassalle, P., Meyer, M., **Conners, R. T.**, Zieff, G., Rojas, J., Stevens, S., Faghy, M., Arena, R., Vermeesch, A., Joseph, R., Keith, N., & Stoner, L. (2020). Sedentary behavior in minority adults: Mitigation strategies during COVID-19 on behalf of ACSM-EIM and HL-PIVOT.

Conners, R. T., Lund, B., Cochrum, R., & Acebes-Sanchez, J. (2020). Seeking solutions to the leadership-succession crisis: Leadership comparisons of collegiate student-athletes and non-athlete peers. *Journal of Intercollegiate Sport*.

Elliott, J. M. & **Conners, R. T.** (2019). Athlete/parent perceptions of values obtained through participation in youth volleyball.

RESEARCH PRESENTATIONS

Conners, R. T. (2020, December). NIFISA Alumni Presentation. I was invited to perform an oral presentation at the International Sport Academy Conference – Achievements, Legacy, and Continuity 2020 in Tokyo, Japan.

Conners, R. T. (2020, June). Teamwork or internal struggle: The relationship between the athletic trainer and the athletic coach. Accepted for an interactive poster presentation at the *United States Center for Coaching Excellence National Summit*, Birmingham, Alabama.

Conners, R. T., Dodds, F., Schott, K., Quick, M., & Whitehead, P. N. (2020, May). Validation of player tracking sensors for measuring speed with collegiate ice hockey players. Accepted as an oral presentation for the National American College of Sports Medicine Conference, San Francisco, California.

Whitehead, P. N., **Conners, R. T.**, Elliott, J. M., & Darnell, M. E. (2020, May). Physiological demand of ice hockey officiating across competition and configurations. Accepted as a poster presentation for the National American College of Sports Medicine Conference, San Francisco, California.

Schott, K. D., **Conners, R. T.**, and Whitehead, P. N. (2020, May). Differences in player metrics between lacrosse games and practices. Accepted as a poster presentation for the National American College of Sports Medicine Conference, San Francisco, California.

Jacobo, A. M., Keith, N. R., & **Conners, R. T.** (2019, June). Exercise is medicine: Opportunities in community health and underserved populations. Presented a tutorial lecture at the National American College of Sports Medicine Conference, Orlando, Florida.

Elliott, J. M., **Conners, R. T.**, & Whitehead, P. N. (2019, June). Adaptability and the development of coach/athlete relationships for novice coaches. Presented as a poster presentation at the *United States Center for Coaching Excellence National Summit*, Colorado Springs, Colorado.

Pring, N. A., Solomon, S. L., **Conners, R. T.**, & Whitehead, P. N. (2019, June). The effect of shin-torso alignment on muscle activity of the lower extremity in hockey players. Poster presentation at the Southeastern American College of Sports Medicine Conference, Greeneville, South Carolina.

Elliott, J., **Conners, R.**, Kyle, D., & Monks, P. (2019, May). Using technology to bridge the gap between university and student. An oral presentation was given at the UA System 2019 Scholars Institute, Huntsville, Alabama.

Elliott, J. M. & **Conners, R. T.** (2019, April). Athlete/parent perceptions of values obtained through participation in youth sport. An oral presentation was given at the *SHAPE America National Convention*, Tampa Bay, Florida.

Conners, R. T. (2018, November). Athlete recovery and return to play. An invited lecture on athlete recovery strategies and was performed at the Alabama State Association for Health, Physical Education, Recreation, and Dance state conference, Birmingham, Alabama.

Conners, R. T., Caputo, J. L., Coons, J. M., Fuller, D. K., Kim, Y., & Morgan, D. W. (2018, June). Maintenance of health-related fitness gains following underwater treadmill training in adults with type 2 diabetes. A poster presentation was performed at the national American College of Sports Medicine Conference in Minneapolis, Minnesota.

RESEARCH PRESENTATIONS CONT.

Mathis, S. L., **Conners, R. T.**, Walls, D. E., & Vazquez, A. (2018, June). Feasibility of underwater treadmill training to improve mobility: A case study of a trans-tibial amputee. A poster presentation was performed at the national American College of Sports Medicine Conference in Minneapolis, Minnesota.

Conners, R. T., Coons, J. M., Fuller, D. K., Kim, Y., Cochrum, R. G., & Morgan, D. W. (2018, June). Maintenance of changes in glycemic control and blood lipids following 12 weeks of underwater treadmill training in adults with type 2 diabetes. The abstract has been submitted for presentation at the 78th Scientific Sessions in Orlando, Florida.

Conners, R. T. & Elliott, J. M. (June, 2018). Player monitoring tool helps coaches stay ahead of the game. Dr. Elliott and I performed a great practice lecture presentation at the 2018 United States Center for Coaching Excellence National Summit in Orlando, Florida.

Conners, R. T. (2017, November). The athletic and rehabilitation benefits of underwater treadmill training. An invited lecture on aquatic training was performed at the Alabama State Association for Health, Physical Education, Recreation, and Dance state conference, Birmingham, Alabama.

Conners, R. T., Coons, J. M., Fuller, D. K., Morgan, D. W., & Caputo, J. L. (2017, June). Effects of underwater treadmill walk training on glycemic and metabolic control in adults with type 2 diabetes. Published as a written abstract at the American Diabetes Association 77th Scientific Sessions, San Diego, California.

Conners, R. T., Coons, J. M., Fuller, D. K., Morgan, D. W., & Caputo, J. L. (2017, June). Underwater treadmill walking program, caloric expenditure, and health-related fitness in adults with type 2 diabetes. Poster presentation was performed at the American College of Sports Medicine Conference, Denver, Colorado.

Walls, D. E., Carter, B. N., Taylor, B. R., Harrison, T. C., Shearod, K., **Conners, R.** & Mathis, S. L. (2017, February). Factors associated with a high HBA1C level among U.S. adults. Presented as a poster presentation poster presentation for the Southeast American College of Sports Medicine Conference, Greeneville, South Carolina.

Conners, R. T., Coons, J. M., Fuller, D. K., Morgan, D. W., & Caputo, J. L. (2017, March). Underwater treadmill walking program, caloric expenditure, and health-related fitness in adults with type 2 diabetes. Accepted as a poster presentation for the Southeast American College of Sports Medicine Conference, Greeneville, South Carolina.

Conners, 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.

Conners, 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 61st Annual Meeting, Orlando, Florida.

RESEARCH PRESENTATIONS CONT.

Conners, 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 60th Annual Meeting, Indianapolis, Indiana.

Ishikawa, S., Reece, J. D., Carter, R. M., **Conners, 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 60th Annual Meeting, Indianapolis, Indiana.

Reece, J. D., Ishikawa, S., & **Conners, R. T.** (2013, April). Getting the most physical activity from an after school program. Presented at the 126th 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., **Conners, R. T.**, Killen, L. L., Kang, M., Morgan, D. W. (2013, May). 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, Tennessee.

Conners, 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.

Conners 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 72nd Scientific Sessions Philadelphia, Pennsylvania. *Diabetes*, 61(1), 731-P.

Conners, R. T., Aquilla, C. L., Morgan, D. W., & Caputo, J. L. (2012, June). Effects of underwater treadmill training on health-related fitness in adults with Type 2 diabetes 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., **Conners, R. T.**, Carter, R. M., & Kang, M. (2012, June). 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).

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

Conners, R. & Jordan, J. (2011, June). Heart rate monitors in physical education classes. Heart Rate Monitors in Physical Education Classes. Tennessee Alliance for Health, Physical Education, Recreation, and Dance Convention, Murfreesboro, Tennessee.

Conners, R., Farley, R., & Caputo, J. (2010, May). 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, Murfreesboro, Tennessee.

RESEARCH GRANTS

Conners, R. T. & Smith, L. (2020)

Bingocize- An evidence-based health promotion program to improve quality of life of Alabama certified nursing facility residents
Alabama Department of Health
\$22,983 – Under Review

Whitehead, P. & **Conners, R. T. (2020)**

Physical monitoring tools to improve warfighter performance
Department of Defense
\$166,000 – Not Funded

Whitehead, P. N. & **Conners, R. T. (2019)**

Differences in core temperature during varying exercise conditions with an underwater treadmill
New Faculty Research Grant
\$10,000 – Not Funded

Conners, R. T., Whitehead, P., Hollingsworth, A., & Kyle, D. (2018)

Impact of underwater treadmill training on fatigue, quality of Life, and health-related fitness in adults with multiple sclerosis
Individual Investigator Distinguished Research Award
\$50,000 - **Funded**

Whitehead, P. & **Conners, R. T. (2018)**

Observational study of on-ice physiological demands in the sport of hockey
New Faculty Research Grant
\$10,000 – Not Funded

Conners, R. T. & Whitehead, P. (2018)

The effects of traditional and underwater treadmill walking on ground reaction forces in adults with multiple sclerosis
New Faculty Research Grant
\$10,000 – Not Funded

Kyle, D. & Conners, R. T. (2018)

Validation of Polar Team Monitoring Heart Rate Shirts
I am an Athlete
\$500.00 – **Funded**

Kang, C., Landrum, D., Mathis, S., & **Conners, R. T. (2018)**

From aeronautics to biomechanics: Enhancing and broadening the research capabilities of the ATOM lab
Research Infrastructure Fund Internal Grant
\$15,575 – **Funded**

Morgan, D., Stevens, S., & **Conners, R. T. (2017)**

Functional Benefits of Underwater Treadmill Training in Persons with Acute and Chronic Incomplete Spinal Cord Injury
Department of Defense
\$2,200,000 – Not Funded

RESEARCH GRANTS CONT.

Whitehead, P. & **Conners, R. T.** (2017)

The Validation of On-Ice Measurement of Lower Extremity Power in Hockey Players

New Faculty Research Grant

\$10,000 – Not Funded

Mathis, S., **Conners, R. T.**, O'Keefe, L., & MacGregor, G. (2017)

Dual-energy x-ray absorptiometry: Investigation of bone health

Research Infrastructure Fund Internal Grant

\$ 95,000 – **Funded**

Mathis, S., Vazquez, A., & **Conners, R. T.** (2017)

Feasibility of underwater treadmill training to improve mobility and disability in unilateral, transtibial amputees

Orthotic and Prosthetic Education and Research Foundation Grant

\$24,992 – **Funded**

Kang, C., Landrum, D., Mathis, S., & **Conners, R. T.** (2017)

From aeronautics to biomechanics: Enhancing and broadening the research capabilities of the ATOM lab

Research Infrastructure Fund Internal Grant

\$ 45,032 – Not Funded

Mathis, S., **Conners, R. T.**, Kang, C., & Landrum, B. (2017)

Improving outcomes in amputees: Feasibility of underwater treadmill training and definition of lower limb kinematics

Cross College Faculty Research Program Internal Grant

\$5,000 - **Funded**

Morgan, D., **Conners, R. T.**, Coons, J., Fuller, D., Patel, U., Colson, J., & Caputo, J. (2013)

The effects of underwater treadmill training on adults with type 2 diabetes

American Diabetes Association Research Grant

\$525,000 - Not Funded

Morgan, D., **Conners, R. T.**, 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

Conners, R. T. & 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

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

TRAVEL GRANTS CONT.

- \$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 72nd 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
- \$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
Society for Health and Physical Education
Alabama State 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
The University of Alabama in Huntsville, Huntsville, AL

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

TEACHING EXPERIENCE CONT.**Graduate Teaching Assistant***Middle Tennessee State University, Murfreesboro, TN*

2010-2012

After School Physical Activity Coordinator and Health Coach*Murfreesboro City Schools, Murfreesboro, TN*

2011

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*The University of Alabama in Huntsville*

2016-Present

Major Courses

KIN 327	Introduction to Exercise Physiology
KIN 328	Introduction to Exercise Physiology Laboratory
KIN 351	Testing and Prescription for Healthy Populations
KIN 352	Testing and Prescription for Special Populations
KIN 440	Management in Sport and Physical Education
KIN 451	Research in Exercise Science I
KIN 452	Research in Exercise Science II
KIN 455	Motor Learning
KIN 460	Special Topics in Exercise Science I
KIN 490	Exercise Science Internship

COURSES TAUGHT CONT.*Middle Tennessee State University*

2010-2016

Major Courses

EXSC 3000	Introduction to Exercise Science (Created the Course)
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
PHED 4910	Applied Kinesiology Biomechanics (Teaching Assistant)

Elective Courses

HLTH 3300 First Aid and Safety Education

PHED 2020 Beginning Golf