

## **RYAN THOMAS CONNERS, PhD, ATC, FACSM**

The University of Alabama in Huntsville  
301 Sparkman Drive, Wilson Hall 319  
Huntsville, Alabama 35759  
Ryan.Conners@uah.edu

### **EDUCATION**

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<b>Middle Tennessee State University</b> Major: Health and Human Performance Specialization: Exercise Science Dissertation: Underwater Treadmill Training with Adults who have Type II Diabetes	<b>Ph.D.</b> 2016
<b>Middle Tennessee State University</b> Major: Exercise Science Thesis: The Effects of Chocolate Milk, Carbohydrate-Protein Supplement, and Carbohydrate Electrolyte Drink on Performance Following an Exhaustive Bout of Exercise	<b>M.S.</b> 2010
<b>Canisius College</b> Major: Athletic Training	<b>B.S.</b> 2008

### **APPOINTMENTS AND POSITIONS**

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<b>University of Alabama in Huntsville</b> Associate Professor in the Department of Kinesiology Exercise Science Program Director Department of Kinesiology Leader & Liaison to the Dean of the College of Education Assistant Professor in the Department of Kinesiology	Huntsville, AL 2022 – Present 2021 – Present 2019 - 2020 2016 - 2022
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#### **Courses Taught**

KIN 327	Exercise Physiology (Traditional & Online)
KIN 328	Exercise Physiology Laboratory (Traditional)
KIN 351	Testing and Prescription for Healthy Populations (Online)
KIN 352	Testing and Prescription for Special Populations (Traditional & Online)
KIN 427	Environmental Exercise Physiology (Traditional)
KIN 440	Management in Sport and Physical Education (Online)
KIN 451	Research in Exercise Science I (Traditional & Online)
KIN 452	Research in Exercise Science II (Traditional)
KIN 455	Motor Learning (Traditional)
KIN 457	Measurement and Evaluation in Physical Activity (Hybrid & Online)
KIN 460	Special Topics in Exercise Science I (Traditional & Online)
KIN 490	Exercise Science Internship (Traditional)

#### **Course Coordinator**

KIN 210	Athletic Injury Prevention and Care
KIN 290	Exercise Techniques and Leadership
KIN 327	Exercise Physiology
KIN 328	Exercise Physiology Laboratory
KIN 440	Management in Sport and Physical Education

<b>Middle Tennessee State University</b> Adjunct Instructor in the Department of Health and Human Performance Full Time Instructor in the Department of Health and Human Performance Graduate Teaching Assistant in the Department Health and Human Performance	Murfreesboro, TN 2023 2012 - 2016 2010 - 2012
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**Middle Tennessee State University**

Murfreesboro, TN

**Courses Taught**

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

**Elective Courses**

HLTH 3300	First Aid and Safety Education
PHED 2020	Beginning Golf

**Vanderbilt Bone and Joint Clinic**

Certified/Licensed Athletic Trainer

Franklin, TN

2016 - 2010

**Middle Tennessee State University**

Certified/Licensed Athletic Trainer for MTSU Club Sports Teams

Graduate Assistant Athletic Trainer

Murfreesboro, TN

2010 - 2013

2008 - 2010

**Murfreesboro City Schools**

After School Physical Activity Coordinator and Health Coach

Murfreesboro, TN

2011

**REFEREED JOURNAL PUBLICATIONS****In Press**

Jang, M., Lei, Y., **Connors, R. T.**, & Wang, G. (2023). Self-powered triboelectric wearable biosensor using scotch tape. *Journal of Materials Chemistry B*, 1-20. DOI: 10.1039/D3TB01481A

**Published**

**Connors, R. T.**, Lund, B., Cochrum, R., & Acebes-Sanchez, J. (2023). Transformational leadership perceptions of NCAA collegiate athletes. *Journal of Sport Behavior*, 46(1) 18-35.

Coons, J. M., Grubbs, B., Barry, V. W., **Connors, R. T.**, & Stevens, S. (2023). An exploratory study of aquatic walking on symptoms and functional limitations in persons with knee osteoarthritis: Part 1, *The International Journal of Aquatic Research and Education*, 14(1), 1-12.

**Connors, R. T.**, Whitehead, P. N., Skarp, T., Waller, Richard, M., Bain, C., Monks, M., & Faghy, M. (2022). Acute effects of facial coverings on anaerobic exercise performance in college-aged adults, *International Journal of Environmental Research and Public Health*, 19, 1-10.

McIntosh, M., Cochrum, R., **Connors, R. T.**, Moreno, V., Smith, J., Black, M., & Heimdal, J. (2022). The effect of a nitric oxide supporting preworkout supplement on muscular endurance. *Journal of Applied Sports Sciences*, (1), 3-15.

Bajenski, C. E., Brandon, B. R., Curry, C. A., Fajardo, L., & **Connors, R. T.** (2022). Effect of water height on heart rate and core temperature during underwater treadmill walking. *International Journal of Aquatic Research and Education*, 13(4), 1-14.

**Connors, R. T.**, Bates, L., Lassalle, P., Zieff, G., Whitehead, P., Stevens, S., Killen, L., Cochrum, R., Rodebaugh, K., Faghy, M., & Stoner, L. (2021). Current and future implications of COVID-19 among youth wheelchair users: 24-hour activity behavior, *Children*, (8), 690, 1-6.

Bates, L., **Connors, R. T.**, Zieff, G., Adams, N., Stevens, S., Faghy, M., Arena, R., Vermeesch, A., Joseph, R., Keith, N., & Stoner, L. (2021). Physical activity and sedentary behavior in people with spinal cord injury: Mitigation strategies during COVID-19 on behalf of ACSM-EIM and HL-PIVOT. *Disability and Health Journal*, 15(1), 1-5.

Stoner, L., Faghy, M., & **Connors, R. T.** (2021). COVID-19 infection and cardiometabolic complications: Short- and long-term treatment and management considerations. *Reviews in Cardiovascular Medicine*, (22), 2, 263-265.

**Connors, R. T.**, Rodebaugh, K. L., Cochrum, R., & Cundari, G. (2021). A practical guide for assessment of skill development in wheelchair basketball athletes. *Palaestra*, (35), 3, 37-42.

Lassalle, P., Meyer, M., **Connors, R. T.**, Zieff, G., Rojas, J., Stevens, S., Faghy, M., Arena, R., Vermeesch, A., Joseph, R., Keith, N., & Stoner, L. (2021). Targeting sedentary behavior in minority populations as a feasible health strategy during COVID-19: on behalf of ACSM-EIM and HL-PIVOT. *Translational Journal of the American College of Sports Medicine*, 6(4), 1-5.

Elliott, J. M., **Connors, R. T.**, Whitehead, P. N., & Craw, M. J. (2021). Learning to adapt: Understanding micropolitics for transitioning coaches. *Strategies*, (34), 6, 34-40.

Arena, R., Myers, J., Ozemek, C., Hall, G., Severin, R., Laddu, D., Kaminsky, L. A., Stoner, L., **Connors, R. T.**, & Faghy, M. A. (2021). On Behalf of the HL-PIVOT Network. An Evolving Approach to Assessing Cardiorespiratory Fitness, Muscle Function and Bone/Joint Health in the COVID-19 Era. *Current Problems in Cardiology*, 47 (1), 1-16.

**Connors, R. T.**, Rodebaugh, K. L., Bosheers, A., Kane, B., Kyle, D., Light, J., Quick, M., & Whitehead, P. (2021). Sport performance measures in youth wheelchair basketball athletes. *Palaestra*, 35(2), 55-61.

Lakshmpuram Raghu, S., **Connors, R. T.**, Kang, C., Landrum, D. B., & Whitehead, P. N. (2021). Kinematic analysis of gait in an underwater treadmill using land based Vicon T 40s motion capture cameras arranged externally. *Journal of Biomechanics*, 124, 1-7.

Urbański, P., Kim, Y., **Connors, R. T.**, Nadolska, A., & Tasiemski, T. (2021). Life satisfaction in persons with spinal cord injury across the seasons. *Spinal Cord*, 59(2), 193-200.

Pring, N. A., Solomon, S. L., **Connors, R. T.**, & Whitehead, P.N. (2021). The effect of shin-torso alignment on muscle activity of the lower extremity in hockey players. *The International Journal of Exercise Science*, 14(1), 552-562.

Elsy, A. M., Lowe, A. K., Cornell, A. N., Whitehead, P. N., & **Connors, R. T.** (2021). Comparison of the three-site and seven-site measurements in female collegiate athletes using bodymetrix. *The International Journal of Exercise Science*, 14(4), 230-238.

Urbański, P., **Connors, R. T.**, & Tasiemski, T. (2021). Leisure time physical activity in persons with spinal cord injury across the seasons. *Neurological Research*, 43(1), 22-28.

Cochrum, R. G., **Connors, R. T.**, Caputo, J. L., Coons, J. M., Fuller, D. K., Frame, M. W., & Morgan, D. W. (2021). Visual classification of running economy by distance running coaches. *European Journal of Sport Science*, 21(8), 1111-1118.

**Connors, 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.

**Connors, 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*. Epub Ahead of Print.

Burton, J., Duffey, S., Hammonds, A., LeDuc, A., Shumate, R., Coons, J., & **Connors, 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., & **Connors, 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., **Connors, 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.

Lakshmipuram Raghu, S., Kang, C., Whitehead, P., Takeyama, A., & **Connors, 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., & **Connors, 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., & **Connors, 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.

Whitehead, P., **Connors, 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.

**Connors, 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.

**Connors, R. T.**, 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., & **Connors, 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., & **Connors, R.** (2018). Effects of various ankle braces on skill related performance in collegiate volleyball players. *Perpetua*, 3 (1), 31-36.

**Connors, 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., **Connors, R. T.**, 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.

**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.

### Under Review

**Connors, R. T.**, Cochrum, R. G., Northcutt, C. I., Radden, H. N., Powell, D. S., & Wiethop, M. R. (under review). Impact of firefighting equipment on aerobic performance in the forestry step test in new firefighter cadets. *International Journal of Occupational Safety and Ergonomics*.

**Connors, R. T.**, Rodebaugh, K. L., Quick, M. C., Urbanski, P. K., & Whitehead, P. N. (under review). Effect of walking speed on magnitude and distribution of plantar ground reaction forces. *International Journal of Kinesiology in Higher Education*.

Killen, L. G., **Connors, R. T.**, Reno, A., Boy, T., & Davis, J. (under review). A comparison of physiological and perceptual responses of virtual cycling with and without visual feedback. *American Journal of College Health*.

### In Preparation

**Connors, R. T.**, Cochrum, R. G., Farley, C., Li, D., Shiver, E., & Wiethop, M. R. Muscle activation differences during the conventional, sumo, and hex bar deadlift in college-aged adults.

Whitehead, P., Dodds, F., Shimizu, T., & **Connors, R.** The effect of scheduling on lower body power and fatigue in male collegiate hockey players.

**Connors, R. T.**, Coons, J. M., Cochrum, R. G., Quick, M., & Morgan, D. Maintenance of health-related fitness gains following underwater treadmill training in adults with type 2 diabetes.

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**RESEARCH PRESENTATIONS**

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**Connors, R. T.** & Harper, S. (2024, May). Going beyond traditional measures of program evaluation: What is success for undergraduate exercise science students? Accepted as an oral presentation at the National American College of Sports Medicine conference in Boston, MA.

Cochrum, R. G. & **Connors, R. T.** (2024, May). Overcoming barriers and promoting physical activity in cancer patients from underrepresented populations. Submitted for presentation at the National American College of Sports Medicine conference in Boston, MA.

**Connors, R. T.**, Whitehead, P. N., Harper, S. A., & Reno-Smith, A. (2024, February). Where are they now? Importance of alumni feedback and engagement in exercise science programs. Submitted for an oral presentation at the Southeast American College regional conference in Greenville, SC.

Wiethop, M., Toon, N., & **Connors, R.T.** (2024, February). Validation of the kinematic knee sleeve for measuring joint angle changes in active young adults. Submitted for presentation at the Southeast American College regional conference in Greenville, SC.

Keith, N., Pomeroy, A., Lassalle, P., Diana, J., & **Connors, R. T.** (2023, May). Exercise is medicine on and around campus action for underserved and vulnerable communities. Presented as a tutorial lecture at the American College of Sports Medicine national conference in Denver, Colorado.

**Connors, R. T.** & Whitehead, P. N. (2023, February). Implementation of a student-centered undergraduate research course sequence. Presented as an oral presentation at the Southeast American College of Sports Medicine regional conference in Greenville, SC.

Pilcher, E. J., Hambrick, T., Patel, R., Winstanley, C., Whitehead, P. N., & **Connors, R. T.** (2023, February). The effects of the menstrual cycle and oral contraceptives on athletic performance in collegiate female athletes. Presented as a poster presentation at the Southeast American College of Sports Medicine regional conference in Greenville, South Carolina.

Craw, M., Strand, B., & **Connors, R. T.** (2022, September). What a good caddie is: A PGA Tour player assessment. Presented at the World Scientific Congress of Golf in Sioux Falls, South Dakota.

Adams, N., Bates, L., **Connors, R. T.**, Zieff, G., Edgar, K. M., Stevens, S., Faghy, M. A., Arena, R., Vermeesch, A., Joseph, R. P., Keith, N., Martin Ginis, K. A., & Stoner, L. (2022, September). A configurative review of physical activity and sedentary behavior modifiers for people with spinal cord injury during COVID-19 and recommendations for promoting healthy behaviors. Presented at the International Spinal Cord Society Annual Scientific Meeting in Vancouver, B.C.

Singh, D., Whitehead, P. N., & **Connors, R. T.** (2022, July). The effect of a commercial lace tension device on maintaining vertical jump performance. Accepted for presentation at the National Strength and Conditioning Association National Conference in New Orleans, Louisiana.

**Connors, R. T.**, Rodebaugh, K. L., Quick, M. C., Urbanski, P. K., & Whitehead, P. N. (2022, May). Effect of walking speed on the magnitude and distribution of plantar ground reaction forces. Accepted for presentation at the American College of Sports Medicine National Conference in San Diego, California.

**Connors, R. T.**, Rodebaugh, K. L., Quick, M. C., Urbanski, P. K., & Whitehead, P. N. (2022, February). Effect of walking speed on the magnitude and distribution of plantar ground reaction forces. Presented at the Southeast American College of Sports Medicine Conference in Greenville, South Carolina.

**Connors, R. T.**, Rodebaugh, K. L., Bosheers, A., Kane, B., Kyle, D., Light, J., Quick, M., & Whitehead, P. (2021, June). The association of wingspan to sports performance measures in youth wheelchair basketball athletes. Presented at the virtual National American College of Sports Medicine Conference.

McIntosh, M., Cochrum, R., **Connors, R. T.**, Moreno, V., Smith, J., Black, M., & Heimdal, J. (2021, June). The effect of a nitric oxide supporting pre-workout supplement on muscular endurance. Presented at the virtual National American College of Sports Medicine Conference.

**Connors, R. T.** (2020, December). NIFISA Alumni Presentation. Invited oral presentation at the International Sport Academy Conference – Achievements, Legacy, and Continuity 2020 in Tokyo, Japan.

**Connors, 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.

**Connors, 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., **Connors, 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., **Connors, 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., & **Connors, 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., **Connors, 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., **Connors, 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, Greenville, South Carolina.

Elliott, J., **Connors, 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. & **Connors, 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.

**Connors, 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.

**Connors, 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 at the national American College of Sports Medicine Conference in Minneapolis, Minnesota.

Mathis, S. L., **Connors, 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.

**Connors, 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. Poster presentation at the 78<sup>th</sup> Scientific Sessions in Orlando, Florida.

**Connors, 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.

**Connors, 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.

**Connors, 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 77<sup>th</sup> Scientific Sessions, San Diego, California.

**Connors, 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., **Connors, 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, Greenville, South Carolina.

**Connors, 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, Greenville, South Carolina.



**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., **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. (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.

**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). 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., **Connors, 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).

**Connors, 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.

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**Connors, 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.

**Connors, 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.

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### RESEARCH GRANTS

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Coons, J. M. & **Connors, R. T.** (2023)

Making waves: An inclusive aquatic walking program for persons of low socioeconomic status with knee osteoarthritis

Patient Centered Outcomes Research Institute Broad Pragmatic Studies

\$900,000.00 – Not Funded

**Connors, R. T.** & Smith, L. (Present - 2021)

Bingocize- An evidence-based health promotion program to improve quality of life of Alabama certified nursing facility residents

Alabama Department of Health

\$22,983 – **Funded**

Whitehead, P. & **Connors, R. T.** (2021)

Assessment of measurement techniques and the establishment of normative values for body composition in NCAA Division I college hockey

USA Hockey Foundation

\$31,845 – Not Funded

Whitehead, P. & **Connors, R. T.** (2021)

Can combining blood flow restriction with slide board training aid lower extremity strength during a collegiate hockey season?

National Strength and Conditioning Foundation 2021 Young Investigator Grant

\$19,470 – Not Funded

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

Physical monitoring tools to improve warfighter performance

Department of Defense

\$166,000 – Not Funded

**Connors, 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**

Kyle, D. & **Connors, R. T.** (2018)

Validation of Polar Team Monitoring Heart Rate Shirts

I am an Athlete

\$500.00 – **Funded**

Kang, C., Landrum, D., Mathis, S., & **Connors, R. T.** (2018)  
 From aeronautics to biomechanics: Enhancing and broadening the research capabilities of the ATOM lab  
 Research Infrastructure Fund Grant  
 \$15,575 – **Funded**

Morgan, D., Stevens, S., & **Connors, 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

Mathis, S., **Connors, 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, & **Connors, 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**

Mathis, S., **Connors, 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., **Connors, 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

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#### TRAVEL GRANTS

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- \$1594.00 (Center for Student Involvement and Leadership), MTSU 2013  
 Role: Principal 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: Principal Investigator and Co-Investigator  
 Description: Travel grant for the National American College of Sports Medicine (ACSM) conference, Indianapolis, IN
- \$555.00 (Center for Student Involvement and Leadership), MTSU 2012  
 Role: Principal 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: Principal Investigator and Co-Investigator  
Description: Travel grant for the National American College of Sports Medicine (ACSM) conference, San Francisco, CA
- \$1,515.00 (Center for Student Involvement and Leadership), MTSU 2012  
Role: Principal investigator and Co-Investigator  
Description: Travel grant for the 2012 National AAHPERD conference, Boston, MA

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### CERTIFICATIONS

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Athletic Training Board of Certification (BOC)  
 Quality Education Practices Online (QEPO)  
 Hologic QDR Windows Application Training for DEXA  
 Yes, I Can! Diabetes Self-Management Program Leader  
 American Red Cross CPR, AED, and First Aid for Adult, Child, and Infant

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### AWARDS AND HONORS

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#### *The University of Alabama in Huntsville*

The Research or Creative Experience for Undergraduates Program Award	2023, 2017 - 2020
Fellow of the American College of Sports Medicine	2022
UAH College of Education Outstanding Faculty Member	2021
NIFISA Seminar Member	2019
Collaborative Learning Fellowship Award	2017 - 2019
UAH Scholarship Enhancement Travel Award	2017 - 2019
UAH Distinguished Speaker Series Award	2017

#### *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 AAHPERD National Conference	2012
Graduate Teaching Assistantship for Exercise Science	2010 - 2012
Graduate Assistantship for Athletic Training	2008 - 2010

#### *Canisius College*

Graduated Magna Cum Laude	2008
Lawrence Wein Scholarship	2006 - 2008
New York State Athletic Trainers Association- Buffalo Bills Scholarship Award	2007
The John Gabbey MD Memorial Award	

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### SERVICE

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#### *Professional*

Southeast American College of Sports Medicine Conference Abstract Reviewer	2023
Southeast American College of Sports Medicine Conference Session Chair	2023
American College of Sports Medicine Fellow	2022 - Present

**Professional Cont.**

Review Editor and Editorial Board Member for Frontiers in Physiology	2021- Present
ACSM Exercise Science Education Special Interest Group Member	2020- Present
COVID-19 and Kinesiology Content Expert	2020
ACSM EIM Underserved and Community Health Committee Chair	2019 - 2023
NIFISA 10 <sup>th</sup> Sports Performance Seminar Member	2019
Content Expert for an Article on Diabetes Statistics and Facts	2018
ACSM EIM Community Health Committee Member	2017- 2022
American College of Sports Medicine Exhibit Advisory Committee Member	2017- Present
Manuscript Peer Reviewer	2016 - Present
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	
The Journal of Athletic Training	
Frontiers in Psychology, section Movement Science and Sport Psychology	
International Journal of Exercise Science	
Current Sports Medicine Reports	
International Journal of Human Movement and Sports Sciences	
International Journal of Environmental Research and Public Health	
Reviews in Cardiovascular Medicine	
Journal of Biomechanics	

**The University of Alabama in Huntsville**

Academic Affairs Committee Member	2023 - Present
Faculty Senator	2022 - Present
Undergraduate Curriculum Committee Member	2022 - Present
Charger Foundation Working Group Committee Member	2022 - Present
Governance and Operations Committee Member	2022 - 2023
Assistant Professor in Exercise Science Search Committee Chair	2022
Visiting Lecturer Search Committee Chair	2022
Assistant Professor Search Committee Member	2022
ADA Diabetes Self-Management Education and Support Interest Group Member	2021 - Present
Equal Opportunity and Affirmative Action Committee Member	2020 - Present
Human Subjects Research Committee Member	2020 - Present
Summer Community of Scholars Virtual Outreach Presenter	2020
Kinesiology Club Professional Presenter	2019
APA Formatting and Style Guide Presenter	2019
Clinical Faculty Search Committee Member	2019
Master's Thesis Advisor and Committee Member	2018 - 2019
• Thesis entitled: "Kinematic Analysis of Gait in an Aquatic Treadmill using Land-Based Motion Capture Cameras" and completed by Shreyas Lakshmipuram Raghu.	
NSCA Undergraduate Program Director	2018 - Present
Faculty 180 Database Committee Member	2018 - Present
Charger Foundations Assessment Committee	2018 - Present

**The University of Alabama in Huntsville Cont.**

Doctoral Dissertation Committee Member	2018 - 2022
<ul style="list-style-type: none"> <li>• Dissertation entitled: “The Effect of Sports Related Concussion Symptomology on Whether or Not High School Athletes Experience a Typical or Prolonged Recovery Time” and being completed by Joshua Haley.</li> </ul>	
Intercollegiate Athletics Committee	2018 - 2020
Faculty Advisor for the UAH Club Swim Team	2018 - 2019
Founder and Organizer of the UAH College of Education Research Day	2018
Honors College Thesis Mentor	2017- 2019
<ul style="list-style-type: none"> <li>• Honors Capstone entitled: “The Effect of Shin-Torso Alignment on Muscle Activity and Joint Angles of the Lower Extremity in Hockey Players” completed by Stacy Lynn Solomon.</li> </ul>	
Exercise Science Internship Construction	2016 - 2018
Exercise Science Faculty Search Committee Member	2016 - 2017

**Middle Tennessee State University**

Exercise Science Group Advisor	2013 - 2016
Southeast American College of Sports Medicine Faculty Representative	2013 & 2015

**PROFESSIONAL MEMBERSHIPS**

American College of Sports Medicine, National Chapter  
 American College of Sports Medicine, Southeast Region  
 National Athletic Trainers Association  
 American Diabetes Association  
 Society for Health and Physical Education  
 Alabama State Alliance of Health, Physical Education, Recreation, and Dance  
 National Association for Kinesiology in Higher Education  
 United States Center for Coaching Excellence

**SKILLS**

VO2max, Metabolic Cart  
 Underwater Treadmill  
 Wingate Anaerobic Power  
 Blood lactate and hemoglobin analysis  
 Isokinetic dynamometry  
 Isometric strength testing with handheld dynamometry  
 Body composition analysis: BodPod, Skinfold, BIA, BodyMetrix, DEXA,  
 Biomechanics: Force plates, Vicon Motion Analysis/Kinematics  
 Polar Team Pro Player Performance Monitoring System  
 Spirometry  
 Software: MS Office, SPSS, Faculty 180