

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

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

APPOINTMENTS AND POSITIONS

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

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

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

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.

Lakshmipuram 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.

Else, 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.

RESEARCH PRESENTATIONS

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 78th 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 77th 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 61st 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 60th 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 60th 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 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., **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 72nd 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.

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.

RESEARCH GRANTS

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

TRAVEL GRANTS

- \$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 72nd 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

CERTIFICATIONS

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

AWARDS AND HONORS

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 st 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	

SERVICE

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 th 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
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.	
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
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.	
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