

## **Dr Thomas J. Fisher, Jr.**

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**Thomas.Fisher@ucf.edu**

### **EDUCATIONAL BACKGROUND**

- Ph.D. C & I, Exercise Physiology, University of Central Florida, 2003.
- M.A. Exercise Physiology, University of Central Florida, 1993.
- M.A. Counseling Psychology & Human Development, Rollins College, 1989.
- CBT Biofeedback/Behavioral Medicine Certification, University of North Florida, 1986.
- USN Naval Aviation Flight School, Fixed Wing and Helicopter Pilot, Wings: November 1982.
- USNR Aviation Officer Candidate School, United States Navy, Graduate, August 1981.
- B.A. Psychology, University of Central Florida, 1980.
- A.A. General Studies, Valencia Community College, 1978.
- EMT Emergency Medical Technician Certification (EMT), Tallahassee Community College, 1975.

### **INSTRUCTIONAL EXPERIENCE**

Graduate/Undergraduate Program Senior Lecturer: Kinesiology Degree Program, School of Kinesiology and Physical Therapy, College of Health Professions and Sciences, University of Central Florida, 2019-Present.

Graduate/Undergraduate Program Associate Lecturer: Applied Exercise Physiology Track, Sport and Exercise Sciences Graduate Degree Program, College of Education, Department of Child, Family, & Community Sciences, University of Central Florida, 2013-2019.

Graduate Program Coordinator: Applied Exercise Physiology Track, Sport and Exercise Sciences Graduate Degree Program, College of Education, Department of Child, Family, & Community Sciences, University of Central Florida, 2008- 2011.

Director of Human Performance, RxHealth & Fitness, Orlando, FL 2006-2009.

Director of Sport Performance, BalanceGolf, Orlando, FL 2005-2009.

Director of Health Sciences, The Golf Academy of America, Orlando, Florida, 2007-2013

Coodinator of Sports and Fitness Transitional Masters Degree Program, Physical Education, Health & Wellness, College of Education, Department of Child, Family, & Community Sciences, University of Central Florida, 2006- 2008.

Coodinator of Coaching Minor Program, Physical Education, College of Education, Department of Teaching & Learning Principles, University of Central Florida, 2001- 2002.

Instructor, Sports & Fitness, College of Education, Department of Teaching & Learning Principles, University of Central Florida, 2002- 2013.

Director of Health Sciences and Academy Instructor, The Golf Academy of the South, Orlando, Florida, 1998-2007.

Site Supervisor, Fall 1999, Senior Physical Education Interns.

Site Supervisor, Spring 1999, Junior Physical Education Interns.

Site Supervisor, Fall 1998, Junior Physical Education Interns.

Visiting Instructor, Undergraduate & Graduate, College of Education, Department of Human Services & Wellness, University of Central Florida, 1998-2002.

Adjunct Instructor, College of Education, Department of Exceptional & Physical Education, University of Central Florida, 1996-1998.

Senior Black Belt Instructor, Examiner, Referee, American TaeKwonDo Federation, Orlando Florida, 1988-1996.

### **UNDERGRADUATE COURSES TAUGHT**

Motivational Aspects of Sport	Coaching Methods & Principles
Applied Exercise Physiology	Biomechanics
Bioenergetics	Human Injuries
Kinesiology	Personal & Organizational Wellness
Exercise Interventions & Risk Hazards	Health Sciences
Exercise Physiology & Health	Strength & Resistance Training
Strength Training For Coaches	Body Development
Attitude & Motivation	Small Business Management
Entrepreneurship	Principles of Management
Verbal Communication	Sports & Ethics
Industrial/Organizational Psychology	Strength & Conditioning
Sport Psychology	Values Clarification
Administration & Evaluation	Team Sports
Personal Fitness	Business Administration
Individual Sports & Leisure	Administration of Corporate Wellness Programs
TaeKwonDo	Self-Defense
SCUBA Search & Rescue	SCUBA Recovery Tactics
CAPSTONE Experience	Current Issues & Trends in Human Performance

### **GRADUATE COURSES TAUGHT**

Cardiophysiology	Neuromuscular Physiology
Environmental Exercise Perturbations	Exercise, Nutrition, & Weight Control
Exercise Testing and Prescription	Training & Conditioning for Coaches
Advanced Human Injuries	Motivational Aspects of Athletics
Peak Performance in Sport	Exercise Prescription for Special Populations
Advanced Kinesiology	Anatomy & Physiology

Exercise & Health  
Problem Analysis: Review of Literature

Wellness Development in Children  
Developments in Wellness Technology

### **DISSERTATION**

“Investigation of Persistence in Golf Professionals Through Application of the CANE Model of Motivation,” College of Education, University of Central Florida, 2003.

### **PROFESSIONAL EXPERIENCE**

Editor-In-Chief, IV Therapy Lifestyle Magazine, Orlando, Florida, 2020-Present.

Editor-In-Chief, Salt Scene Lifestyle Magazine, Orlando Florida, 2019-Present.

Editor-In-Chief, Muscle Media Magazine, Orlando, Florida, 2016-Present.

Clinical Director, MonuMental Performance, Winter Park, Florida, 2013-Present.

Clinical Director, Optimum Human Performance, Winter Park, Florida, 1986-2013.

United States Naval Aviator, Helicopter Search & Rescue, Anti-Submarine Pilot, Jacksonville, Florida, 1980-1985.

### **ASSOCIATED CONSULTING**

Dive Physiologist, American Dive Institute, Orlando, FL 2007-Present

Consultant, Health Sciences, Golf Academy of America, Orlando, Florida, 2007-2012.

Adjunct Instructor: Sport Psychology, College of Psychology, University of Central Florida, 2003-Present.

Instructor, Health Sciences, The Golf Academy of the South, Orlando, Florida, 1998-2007.

SCUBA Diver/Lifeguard, Co-Founder of DART (Disney Aquatic Recovery Team), Walt Disney World, Orlando, Florida, 1996-1997.

DART Dive Physiologist/Dive Master, Walt Disney World, Orlando, Florida, 1996-1997.

Adjunct Instructor, Exercise Physiology, Graduate & Undergraduate, University of Central Florida, 1996-1997.

Licensed Mental Health Therapist, Community Mental Health , Orlando, Florida, 1995-1998.

Rehabilitation, Psychometrician & Psychophysiology Consultant, Thomas J. Fisher, Ph.D., PA, Winter Park, Florida, 1986-2000.

Adjunct Instructor of Biomechanics, College of Exceptional and Physical Education, University of Central Florida, 1998.

Instructor of Health Sciences & Sport Biomechanics, San Diego Golf Academy, Orlando, Florida, 1997-1999.

Director of Rehabilitation, Apex Health Care Centers, Inc., Orlando, Florida, 1996-1998.

Administrative Director, Orlando Internal Medicine Center, Orlando, Florida, 1994-1995.

Director of Acquisitions & Commercial Real Estate Development, Florida Site Selection, Sunstates-Treco Commercial Real Estate Corporation, Jacksonville, Florida, 1985-1986.

### **LICENSES, CERTIFICATIONS & MEMBERSHIPS**

Licensed: -Licensed Mental Health Counselor, (LMHC), Florida #0002865, 1992-Present.

Certified:

- Certified Wine Sommelier, Court of Master Sommeliers, 2005-Present.
- Certified Strength and Conditioning Specialist, National Strength & Conditioning Association (CSCS), #988135, 1998-Present.
- Certified Rehabilitation Counselor, (CRC), #032473, 1995-Present.
- Certified Senior Black Belt TaeKwonDo Instructor, 1987-Present.
- Certified Martial Arts Point/Full Contact Referee, 1987-Present.
- Certified Martial Arts Forms/Sparring/Weapons/Rank Examiner, 1987-Present.
- American Council on Exercise, Personal Trainer, (ACE), #005389 1992-Present.
- Biofeedback Certification Institute of America, Instructor/Clinical Supervisor/Educator, (CBT), #3150, 1987-Present.
- Certified SCUBA Diver, NASDS, NAUI, PADI, YMCA, 1972-Present.
- Certified NAUI SCUBA Dive Master, 1996-Present.
- Certified Advanced Open Water Rescue/Recovery Diver, 1996-Present.
- Certified Cavern Diver, 1996-Present.
- Certified Advanced Wreck Diver, 1996-Present.
- Certified Ellis Lifeguard, 1995-Present.

Member-

- Society of Wine Educators, 2006-Present
- Court of Master Sommeliers, 2005-Present
- Knight, Knights of the Vine Wine Society, 2002-Present.
- Walt Disney World Food & Wine Society, 1996-Present
- National Strength and Conditioning Association, Member, 1997-Present.
- American Association of Rehabilitation Counselors, Member, 1988-Present.
- American Mental Health Counselors Association, Member, 1988-Present.
- Chi Sigma Iota, National Counseling Honor Society, Founder, Rollins College Chapter, 1988.
- World Martial Arts Federation, Black Belt Instructor/Examiner/Referee, 1987-Present.
- American Tae Kwon Do Federation, Black Belt Instructor/Examiner/Referee, 1987-Present.

### **PUBLICATIONS**

Supplemental Revision of the Disney Aquatic Recovery Team (DART) SCUBA Dive Manual. Specific revisions made to the safety protocols, recovery techniques, and physiological dive limitations and operational team composition. 2008.

Critiqued & Reviewed Edited Draft of Roberg & Roberts' Fundamental Principles of Exercise Physiology for the McGraw-Hill Publishing Company.

Mitchell, D., Kehoe, M. & Fisher, T. (2002). Youth Extremes - Over Training, Under Training, or No Training: Use heart rate monitors to keep youth safe. The New P.E. & Sports Dimension – SportaPolis. (International WebSite)

“Kaizen: Get Ready To Make Lasting Changes.” (2016) Muscle Media Magazine.

“Pursuing Mastery I: The SMART Approach to Reaching Your Goals.” (2016) Muscle Media Magazine.

“Track Your Progress: Keeping a Simple Journal is Now a Necessity.” (2017) Muscle Media Magazine.

“Getting Things Done: As Simple As Getting Started.” (2017) Muscle Media Magazine.

“Ten Key Elements of Human Performance.” (2017) Muscle Media Magazine.

“Pursuing Mastery II.” (2017) Muscle Media Magazine.

“Keeping It Going: How Has Your Battle-Plan Worked Out?” (2017) Muscle Media Magazine.

“HMB: Is It Necessary?” (2017) Muscle Media Magazine.

“It’s About Time: The Time Efficient Workout.” (2017) Muscle Media Magazine.

“Continue Pursuing Mastery I.” (2017) Muscle Media Magazine.

“Don’t Ever Lose: Either Win or Learn.” (2017) Muscle Media Magazine.

“KAIZEN: Get ready to make lasting changes.” (2017) Muscle Media Magazine.

“Ten Key Elements of Human Performance.” (2017) Muscle Media Magazine.

“Pitfalls to Adopting New Programs.” (2017) Muscle Media Magazine.

“Continue Pursuing Mastery II.” (2017) Muscle Media Magazine.

“From Participant to Spectator.” (2017) Muscle Media Magazine.

“8 Tips to Help Clean Your Mind.” (2017) Muscle Media Magazine.

“Keeping It Going: How Has Your Battle-Plan Worked Out?” (2017) Muscle Media Magazine.

“HMB: Is It Necessary?” (2017) Muscle Media Magazine.

“It’s About Time: The Time Efficient Workout.” (2017) Muscle Media Magazine.

“Track Your Progress: The Magic of Journaling.” (2017) Muscle Media Magazine.

“Three Ways to Sabotage Your New Year’s Resolutions.” (2017) Muscle Media Magazine.

“Time to Make a Change.” (2018) Muscle Media Magazine.

“Yet Another False Start?” (2018) Muscle Media Magazine.

“Interval Training; Part 1.” (2018) Muscle Media Magazine.

“Interval Training; Part 2.” (2018) Muscle Media Magazine.

“Anti-Aging; Part 1.” (2018) Muscle Media Magazine.

“Anti-Aging; Part 2.” (2018) Muscle Media Magazine.

“Biomarkers of Aging.” (2018) Muscle Media Magazine.

“Therapy Worth its’ Salt.” (2019) Muscle Media Magazine.

“Ever Thought of Salt Therapy?” (2019) Muscle Media Magazine.

“Introduction to Halotherapy.” (2019) Muscle Media Magazine.

“Salt Therapy for COPD.” (2019) Salt Scene Lifestyle Magazine.

“Salt Therapy Treatment for Acne.” (2019) Salt Scene Lifestyle Magazine.

“What is Halotherapy (Salt Therap)?” (2019) Salt Scene Lifestyle Magazine.

“The Many Benefits of Salt Therapy.” (2019) Salt Scene Lifestyle Magazine.

“Salt Therapy for Colds and Flu.” (2019) Salt Scene Lifestyle Magazine.

“Salt Therapy Treatment for Asthma.” (2019) Salt Scene Lifestyle Magazine.

“Improved Sleep with Halotherapy.” (2019) Salt Scene Lifestyle Magazine.

“Salt Treatment for Allergies.” (2019) Salt Scene Lifestyle Magazine.

“Halotherapy Defined.” (2019) Salt Scene Lifestyle Magazine.

“Salt Therapy Treatment for Bronchitis.” (2019) Salt Scene Lifestyle Magazine.

“Salt Therapy for Cystic Fibrosis.” (2019) Salt Scene Lifestyle Magazine.

“Halotherapy for Chronic Ear Infections.” (2019) Salt Scene Lifestyle Magazine.

“Salt Therapy Treatment for (Dis)-Stress.” (2019) Salt Scene Lifestyle Magazine.

“Salt Therapy for Skin Care.” (2019) Salt Scene Lifestyle Magazine.

“Anti-Aging Halotherapy.” (2019) Salt Scene Lifestyle Magazine.

“Salt Therapy for Detoxification.” (2019) Salt Scene Lifestyle Magazine.

“Salt Therapy for Pediatrics.” (2019) Salt Scene Lifestyle Magazine.

“Salt Therapy and Acupuncture.” (2019) Salt Scene Lifestyle Magazine.

“Halotherapy for Older Women.” (2019) Salt Scene Lifestyle Magazine.

“The Many Kinds of Salt Therapies.” (2019) Salt Scene Lifestyle Magazine.

“Developing a Test for Covid-19.” (2020) Muscle Media Magazine.

“Anti-Aging as A Lifestyle.” (2020) Muscle Media Magazine.

“Introduction to IV Therapies.” (2020) IV Therapy Lifestyle Magazine.

“Why IV Therapy?” (2020) IV Therapy Lifestyle Magazine.

“IV Therapy and General Wellness.” (2020) IV Therapy Lifestyle Magazine.

“IV Therapies for Anti-Aging Skin.” (2020) IV Therapy Lifestyle Magazine.

“Beauty From Within: IV Supplementation.” (2020) IV Therapy Lifestyle Magazine.

“Athletic Performance and IV Therapy.” (2020) IV Therapy Lifestyle Magazine.

“IV Glutathione and Antioxidants.” (2020) IV Therapy Lifestyle Magazine.

“The Twenty Frequently Asked Questions .” (2020) IV Therapy Lifestyle Magazine.

“Rest and Recovery With IV Therapy.” (2020) IV Therapy Lifestyle Magazine.

“A 30-Day IV Therapy Re-Boot.” (2020) IV Therapy Lifestyle Magazine.

“The IV Vaginal Rejuvenation Program.” (2020) IV Therapy Lifestyle Magazine.

“CBD oils and IV Therapies.” (2020) IV Therapy Lifestyle Magazine.

“IV Therapies and the Infrared Sauna.” (2020) IV Therapy Lifestyle Magazine.

“Holistic Adjective Therapies.” (2020) IV Therapy Lifestyle Magazine.

“Anti-Aging Explained.” (2020) Muscle Media Magazine.

### **Television Appearances**

“Apex Predator: The Alligator.” Pilot Episode, Science Advisor. The Sportsmans’ Channel, 2014

### **Edited Manuscripts**

Manuscript Reviewer for Robergs, R. A. & Roberts, S. O., Fundamental Principles of Exercise Physiology for Fitness, Performance, and Health, 2000, McGraw-Hill Humanities/Social Sciences/Langua, ISBN-10: 0072467045

Senior Manuscript Editor for Kim, Y. K., Winning is a Choice: Maximize Your Life, Hatherleigh Publishing, 2005, ISBN-10: 1578262119

Manuscript Reviewer for Chodzko-Zajko, Wojtek, ACSM, Exercise For Older Adults, 2014, Lippincott Williams & Wilkins, ISBN-10: TBD.

### **Doctoral Committee Assignments**

Fall 2005, Ware, Deborah, “Social Competence of Students Enrolled in Online High School Physical Education Courses.”

Fall 2007, Knowles, Coury Matthew. “Historical Comparison of Florida and National Title IX Compliance Trends in High School Sports From 1985-2005.”

Spring 2013, Valdes, Anna Sarmiento, “National Collegiate Athletic Association Strength and Conditioning Coaches’ Knowledge and Practices Regarding Prevention and Recognition of Exertional Heat Stroke.”

Spring 2014, Akerson, Michael, “Investigating Personal Fitness Trainers’ Qualifications.”

Summer 2016, Alexander Chriest, “Ice Hockey Coaches’ Perceptions of Coach Education.”

Spring 2017, Dalton Oliver, “Barriers to Adoption of Wellness Programs in Small-Medium Sized Business Settings:A Systematic Review and “Best Fit” Framework Synthesis.”

Summer 2018, Allison Redd, “Estimating Energy Expenditure and Common Eating Patterns of High School Athletes in Central Florida Schools.”

Spring 2019, Kayla Baker, “A Mixed-Methods Approach to Understanding the Relationship Between Mental Toughness and the Effect of Music on Exercise Performance.”

### **Masters' Thesis Committee Assignments**

2007. Supervised (Chaired) Masters' Thesis Defense: Bennett, John. Committee members included Dr. Nancy Cummings (Florida Southern University), Dr. Mike Kehoe (UCF), and Mr. Bill Kaminka (UCF).

Spring 2012, Oliver, Jerrica, "Mental Toughness in Female Soccer Athletes Using the Sport Mental Toughness Questionnaire (SMTQ)."

Fall 2014, Devere, Julio, "An Examination of Job Analysis: Developing Interdisciplinary Management Strategy Facilitative of Mitigating Propensities of Teacher Attrition."

Spring 2015, Hoffman, Mattan, "Critical Velocity is Associated With Combat Specific Performance Measures in a Special Forces Unit."

### **Undergraduate Thesis Committee Assignments**

Spring 2012, Germain, Benjamin, "Test-Retest Reliability of Non-Invasive Ambulatory Impedance Cardiography During Submaximal Aerobic Exercise."

Fall 2012, Chaffee, Dorey, "Truly Accomplished: Exploratory Study Of Contingency Development."

Fall 2012, Thompson, Shannon, "The Role of Anxiety In Mental Tumbling Blocks."

Spring 2013, Rosado, Chris, "Investigation Of The Relationship Between Physical Education And High School Graduation Rates."

Spring 2013, Rosen, Monica, "The Effects of Stress on Distance Perception. "

Summer 2013, Dorey Stevia Chaffee, "Truly Accomplished: Exploratory Study of Success Map Development."

Spring 2014, Badillo, Kristen, (Committee Chair), "Effectiveness of Participation in Cardiac Rehabilitation: Secondary Prevention Increases Exercise Capacity in Post-Myocardial Infarction Patients."

Summer 2014, Gadelha, Ashley Renee, (Committee Chair) "Meta Analysis of Empirical Evidence Based Justification of the Effects of Yoga on University Students."

Fall 2014, Gamazo, Thomas, (Committee Chair) "A Comparison of Anthropometric and Maximal Strength Measures in Rugby Union Players."

Spring 2015, Howard, Sophie, (Committee Chair) "Biomarkers in Athletes: A Meta-Analysis of Female Soccer and Field Hockey Players."



Spring 2015, Tucker, Carly, “Truly Accomplished: An Exploratory Study of Motivation and Social Influence.”

Spring 2015, Heynes, Cami, (Committee Chair) “Skeletal Muscle Architecture: A Comparison of Age, Gender, and Fitness Level Differences.”

Fall 2015, Sommarvong, Samantha, (Committee Chair) “An Investigation of the Evolution of the Minimalist Shoe Through a Review of Research Literature.”

Spring 2016, William Kenyon, “Chocolate Milk as an Aide to Recovery After Workout.”

Summer 2016, Alexander Boivin, “The Effects Of Resistance Training on Muscle Hypertrophy and Strength in Healthy Trained Individuals: A Literature Review.”

Fall 2016, Kayleigh Swift, (Committee Chair) “Attrition Rates in Women’s Artistic Gymnastics By Level.”

Spring 2017, Payton Rausch McWilliams, “Analyzing the Relationship Between the Quality of Physical Education Programs Provided by State Departments of Education, and Obesity Incidence and Physical Inactivity Rates of Children and Adolescents.”

Spring 2017, Austine Omeben, “A Review of Wrist Fractures in College-Level Boxers.” (DNF).

Fall 2017, Emily Jenkinson (Committee Chair), “The Effects of Early Ambulation Following Traumatic Transfemoral Amputation on Bone Mineral Density.”

Spring 2018, Morgan Ferrera, (Committee Chair) “The Effectiveness of Functional Movement Screening Testing in Prevention of ACL Injuries in Womens’ Collegiate Soccer.”

Summer 2018, Ines Contreras, (Committee Chair), “Should Athletes Receive Sleep Hygiene Education: A Systematic Literature Review.”

Spring 2021, Gabriel Burzycki, (Committee Chair), “Ergogenic Potential of the Cordyceps Mushroom.”

Spring 2021, Dylan Street, (Committee Chair), “Grief and Loss of Athletic Identity During COVID-19 Lockdowns.”

Spring 2021, Sean Cavey, “The Relationship Between Rapid Weight Loss And Physical Performance In Combat Sports.”

### **Masters’ Review Of Literature Capstone Thesis Assignments**

#### **Summer 2012**

Harrelson, T. “Determining the Efficacy of Physical Activity Interventions in Enhancing Work Performance with Improved Employee Engagement.”

Lutzow, B. "Obesity as Related to Severity of Varus and Valgus Knee Alignment in Patients with Osteoarthritis"

McLellan, C. "Dietary Supplementation for Enhanced Power Production and Recovery in Elite Baseball Pitchers."

**Spring 2012**

Gispert, A. "Training Core Muscle Movements Associated with Baseball to Improve Performance and Prevent Injury."

McNichol, J. "The Prevention of Negative Health Implications as a Result of Overtraining in Youth Basketball."

McVey, D. "Exogenous Testosterone Levels and their Androgenic Properties in Men."

Montero, M. "Aerobic Fitness Field Tests in Soccer."

Oliver, J. "Mental Toughness in Female Soccer Athletes Using the Sport Mental Toughness Questionnaire (SMTQ)."

Park, R. "Hamstring Injuries in Sprinters."

Schaefer, D. "Overtraining: An Analysis of Optimizing the Recovery-Stress State."

Slaby, C. "Advantages of Lower Body Resistance Training in Geriatric Women as a Preventative Measure for Osteoporosis."

**Fall 2011**

Holmes, M. "The Benefits of Resistance Exercise with the Aging Population and Self-Dependent Living."

McGuire, J. "The Effects of Precooling Techniques on Aerobic Capacity in Male Endurance Athletes."

Owens, B. "Overeating Behaviors in Populations with High Obesity Prevalence."

**Summer 2011**

Mollica, G. "The Role of Cortisol in the Pathogenesis of Metabolic Syndrome Phenotypes."

**Spring 2011**

Aun, C. "Selected Cardiovascular Implications of Olympic Weightlifting."

Pakocha, K. "Comparing Surgical Techniques for UCL Injuries in Collegiate Baseball Players."

Rogers, M. "Caffeine and the Impact upon Anaerobic Performance Among Strength Athletes."

**Fall 2010**

Carrington, P. "The Prevalence of Shoulder Injuries in American Football."

Riecken, K. "The Effects of Swimming Training on Run Performance in International Triathlon Union Draft-Legal Racing."

#### **Summer 2010**

Hall, R. "The Benefits and Risks of Exercise During Pregnancy."

#### **Spring 2010**

Bell, G. "Association of Lower Extremity Alignment, Muscular Imbalances, and Lower Extremity Kinematics with Patello-femoral Pain in Athletes."

Chandler, S. "Combining Thermogenic Compounds to Stimulate Safe Weight Loss in Females."

DiBiase, M. "Lasting Effects of Mild Traumatic Brain Injuries and Second Impact Syndrome in Adolescent Athletes."

Donnelly, L. "Collegiate Tennis, Lower Back Injuries, and Efficacy of "Pre-habilitation" Intervention Techniques."

Hess, K. "Resistance Training and the Youth."

Hutchins, J. "Childhood Obesity."

Montoya, S. "High Correlated Risk Factors of ACL Tears in Female vs. Male Athletes."

Piccolo, G. "Evaluation of Glycogen Depletion Practices for Supernormal Glycogen Re-synthesis."

Roppolo, A. "The Metabolic Syndrome and the Potential of a "Paleolithic Diet" as Treatment."

Shervington, K. "Rowing Injuries"

Stella, H. "Effects of Dietary Fat Restriction on Women."

Stevens, E. "Low Back Pain: Defining Non-Traditional Medicine as Treatment for Low Back Pain."

Tibbits, K. "Interventions Affecting Indirect Costs of Obesity in Workplace Wellness."

#### **Fall 2009**

Thompson, A. "Effects of Sub-Maximal, Non-Weight Bearing Aerobic Exercise on the Maternal Cardiovascular System, Fetal Growth, and Maternal Disease Risk During the First Trimester in Low-Risk Pregnancies."

#### **Spring 2009**

Botero, J. "How to Achieve Maximal Stride Frequency and Optimal Stride Length at Running."

Bruce, R. "Collegiate and Elite Female Athletes & the Female Athlete Triad."

McGuire, D. "Core Strength Training and how it Applies to the On-Court Performance of a Tennis Player."

Ruge, B. "Stuck in the Stress Response: An Explanation for the Growth of Obesity and Disease in America, and Proposed Therapy Techniques."

Torres, H. "Functional Strength Training That Transfers to the Playing Field."

#### **Fall 2008**

French, C. "Common Dance Injuries and the Role of Nutrition in the Prevention and Recovery from Injuries in Adolescent to Young Adult Female Dancers."

Magory, R. "Training Techniques to Increase Tennis Serve Velocity."

Nycz, M. "The Importance of Physical Education as a Core Subject in Schools: How it May Benefit No Child Left Behind, and Enhance Academic Success."

Sinclair, S. "Olympic Exercises in a Strength Training Program."

#### **Spring 2008**

Annunziato, N. "The Effects of Physical Activity, Diet, and Television as Factors in Overweight and Obesity in Children."

Best, S. "Boosting Athletic Performance, The Smart Way."

Bruce, D. "Risk Factors Associated With Heat Illness and the Collegiate Athlete."

Buscemi, M. "The Effects of Concussions and Possible Long-Term Damage in Football Players."

Carragher, C. "What are the Cardiovascular Risks Associated With Elevated Cholesterol Levels in Children, and Can They be Controlled?"

Coyle, J. "The Effect of High Intensity Interval Training and Exercise Post-Exercise Oxygen Consumption and the Implications for Weight Loss."

Daniels, J. "Measuring Anorexia Nervosa in Collegiate and Elite Athletes."

Delcontivo, K. "The Anatomy of the Lumbar Spine and Injuries Sustained: Diagnostic Tools, Non-Operative and Operative Treatments Used, and the Accuracy and Effectiveness of All."

Johnson, M. "'Female Athletes' Psychological and Nutritional Needs."

Knepper, A. "Modern day Athletes and the Ergogenic Edge."

Marchica, J. "Core Strength and Balance Training in Female Athletes for Injury Prevention."

McKinney, J. "Functional Training Programs and Injury Prevention in Athletes."

Robinson, D. "The Etiology of Type II Diabetes Emphasizing Metabolic Syndrome Among the African-American Population."

Siegel, A. "Ulnar Collateral Ligament of the Elbow: Injury to Baseball Players."

Wallace, J. "Ulnar Collateral Ligament and Elbow Injuries in Overhead Throwing Athletes."

#### **Summer 2007**

Halliday, K. "Effects of Weightlifting and Strength Training on Pre-pubertal Adolescents."

#### **Spring 2007**

Brown, S. "Assessment of the Surrounding Literature on the Pathology, Diagnosis, and Treatment of Patellar Tendinopathy."

Callahan, R. "Pre-Hospital Care of Football Related Cervical Spine Injuries."

Jacoby, S. "Hypothesis: Psychological Stress Inhibits the Immune System Through Glucocorticoid Resistance."

James, T. "An Examination of Optimal Training Loads for Muscular-Power Development of the Lower Body with Special Emphasis on the Jump Squat and Power Clean."

Leman, S. "Lateral Dominance and Performance in Sport: Are Left-Handed Athletes in Their Right Minds? An Analytical and Historical Review of Hand Dominance."

Malik, T. "Effects of Mental Imagery on Various Aspects of Sport Performance."

Mytyk, G. "Understanding Concussion in Sport."

Paolucci, T. "Impact of Recruiting Practices in College Athletics Over the Last Decade."

Parsons, K. "Anterior Stabilization Surgery for the Shoulder: A Comparison of Arthroscopic and Open-Repair Techniques."

Renzi, R. "Team Cohesion: Why it Leads to Success, How it is Increased, and Barriers to its Development."

Weaver, E. "Protein as a Dietary and Nutritional Supplement in Collegiate Athletics."

#### **Fall 2006**

Leman, T. "Title IX: Are Women Still Fighting Gender Equity in Intercollegiate and High School Athletics?"

Peterson, A. "Motivation: What Keeps Elite and High School Athletes Motivated?"

#### **Summer 2006**

Palmer, C. "Exercise-Induced Respiratory Conditions in Elite Winter Sport Athletes."

#### **Fall 2005**

Boger, C. "The Treatment & Management of Osteochondritis Dissecans of the Knee."

Shroyer, J. "Weight Loss in Postmenopausal Women."

Schumacher, A. "Issues Involved with Drug Testing our Youth."

Thompson, B. "Macronutrient Considerations for Gaining Muscle Mass in Strength-Trained Athletes."

Whidden, N. "Elbow Injuries in Youth Baseball."

#### **Summer 2005**

Hildebrand, L. "The Effects of Altitude on Athletic Performance."

#### **Spring 2005**

Deeb, C. "If You Let Me Play Sports."

Rasmussen, J. "Advertising for Macho Men, and Pretty Princesses: Gender Bias in Children's Advertising."

Lucas, N. "Children's Obesity: Fat or Fitness?"

Lowndes, J. "The Prevalence of Eating Disorders in Female Athletes."

#### **Fall 2004**

Daus, C. "Homophobia in Sport."

Turner, C. "Juvenile Obesity: A National Epidemic?"

Valdes, A. "The Effects of Exercise Intensity on Body Fat Loss."

### **PRESENTATIONS**

"Discomfort to Injury: A Hierarchy", Go-To-Meeting Video Conference, Clermont, FL, 2021

"Don't Be Scared!", Go-To-Meeting Video Conference, Clermont, FL, 2020

"Journal: Record Your Journey", Go-To-Meeting Video Conference, Orlando, FL, 2020

"Journaling Your Confinement", Fleet Feet Series, Orlando, FL 2020

"Tipping Points That Make a Difference," Surviving Runners, Oveido, FL 2020

“Tales From the Training Table”, WineSense, Winter Park, FL 2019

“Halotherapy and Asthma,” RxHealth & Fitness, Orlando, FL 2019

“Cryotherapy for Recovery,” Fleet Feet Series, Orlando, FL 2019

“Tracking Your Progress: Keeping a Journal,” Surviving Runners, Oveido, FL 2019

“Halotherapy and Allergies”, RxHealth & Fitness, Orlando, FL 2019

"The Marathon Challenge", The Central Florida Leukemia Society, Orlando, FL, 2018

“Kaizen: Small Changes For Big Results”, RxHealth & Fitness, Orlando, FL 2018

“More Than You Thought You Could”, Surviving Runners, Oveido, FL 2018

"Fitness For The Ages", West Orlando YMCA, Orlando, FL, 2018

“Resveratrol: The Science of Red Wine”, WineSense, Winter Park, FL 2018

“One Giant Leap From The First Step”, American Heart Association, Orlando, FL, 2018

“Food & Wine For Summertime”, Mayoral Fundraiser, Oakland, FL, 2018

“Limits and Limitations”, American Cancer Society, Orlando, FL, 2017

“More Than a Mile”, Leukemia Society of Central Florida, Orlando, FL, 2017

“Taking Stock: What Have You Really Accomplished?”, Orlando Rotarians, Orlando, FL 2017

“Starting a Fitness Program”, RxHealth & Fitness, Orlando, FL 2016

“Marathon Mentality: Recovery”, Holden Associates, Walt Disney World, FL, 2016

"New Fitness Frontiers", West Orlando YMCA, Orlando, FL, 2016

“Food & Wine Basics”, WineSense, Winter Park, FL 2016

“Tipping Points: Making a Difference”, Surviving Runners, Oveido, FL 2016

“Refreshing Porch Wines”, Mayoral Fundraiser, Oakland, FL, 2016

“A Trip Through Chile”, Mayoral Fundraiser, Oakland, FL, 2016

“Food & Wine Basics: Mix & Match Guidelines”, Mayoral Fundraiser, Oakland, FL, 2016

“Journaling Your Training”, Fleet Feet Series, Orlando, FL 2015

“More Than Just About Me”, Surviving Runners, Oveido, FL 2015

“Water Separates Us, Wine Brings Us Together”, WineSense, Winter Park, FL 2015

“Just One More Step”, American Heart Association, Orlando, FL, 2015

“Balanced Food & Wine Pairing”, Mayoral Fundraiser, Oakland, FL, 2014

“Treasures From Portugal”, Mayoral Fundraiser, Oakland, FL, 2014

“Write It Down: Documenting Your Training”, Fleet Feet Series, Orlando, FL 2014

“How To Keep Going: Performance Beyond Pain”, Holden Harriers, Orlando, FL 2014

“Lifestyles: Living on Purpose”, Orlando Rotarians, Orlando, FL 2014

“Water Separates Us, Wine Brings Us Together”, WineSense, Winter Park, FL 2014

“Overcoming Fear”, Global Gymnastics, Clermont, FL, 2014

“The Illusion of Control”, Worldwide Sports Group, Orlando, FL 2014

“Forget Focus, Pay Attention”, Worldwide Sports Group, Orlando, FL 2014

“Tipping Points: Life Decisions”, Surviving Runners, Oveido, FL 2014

“Running in Pursuit of Mastery”, Orlando Fleet-Foot, Orlando, FL 2014

“In The Name Of...”, Surviving Runners, Oveido, FL 2014

“The Chemistry of Wine”, WineSense, Winter Park, FL 2014

“The Glass Does Make A Difference”, WineSense, Winter Park, FL 2014

“Food & Wine Basics: Mix & Match Guidelines”, Mayoral Fundraiser, Oakland, FL, 2014

“This One Is For You...”, Global Gymnastics, Clermont, FL 2014

“Performance And Parents”, Global Gymnastics, Clermont, FL, 2014

“A Wine For All Seasons”, Orlando Rotarians, Orlando, FL 2013

“A Little Bit More...”, Central Florida Leukemia Society, Orlando, FL, 2013

“Refreshing Roses”, Mayoral Fundraiser, Oakland, FL, 2013

“Que Syrah, Shiraz!”, Mayoral Fundraiser, Oakland, FL, 2013



“Learning From Failure”, Global Gymnastics, Clermont, FL 2013

“Performance and Pain”, Global Gymnastics, Clermont, FL, 2013

"The Mental Edge", Professional Golfers Association (FPGA), Kissimmee, FL, 2013

“Mixed Gas Diving”, Disney Aquatic Recovery Team, Walt Disney World, FL, 2013

“Don’t Be Scared!”, Global Gymnastics, Clermont, FL, 2013

"Slow & Steady", The Central Florida Leukemia Society, Orlando, FL, 2013

“The Science of Wine”, WineSense, Winter Park, FL 2013

“Monumental Performance”, Youth Athletic League, Lakeland, FL 2012

“Aerobic Fitness”, American Heart Association, Orlando, FL, 2012

“Tipping Points: Life Decisions”, Surviving Runners, Oveido, FL 2012

“Refreshing Porch Wines”, Mayoral Fundraiser, Oakland, FL, 2012

“A Trip Through Spain”, Mayoral Fundraiser, Oakland, FL, 2012

“Discover Sherry”, Mayoral Fundraiser, Oakland, FL, 2012

“In The Name Of...”, The Central Florida Leukemia Society, Oviedo, FL 2012

“Hydration: Myths and Facts”, Holden Harriers, Orlando, FL 2012

“The Science of Wine”, Orlando Rotarians, Orlando, FL 2012

“Marathon: The First 25 is Easy”, Holden Associates, Walt Disney World, FL 2011

"Limits & Limitations", Central Florida Leukemia Society, Orlando, FL, 2011

“Running ‘In The Name Of’...Redux”, Orlando Fleet-Feet, Orlando, FL 2011

“The Power of Keeping a Journal”, Surviving Runners, Oveido, FL 2011

“Look at Where You Have Come From”, Central Florida Leukemia Society, Orlando, FL, 2011

“When the Impossible Becomes Probable”, Fleet Feet Series, Orlando, FL 2011

“Just One More Step”, American Heart Association, Orlando, FL, 2011

“Seeing Beyond What Others Look At” World Martial Arts Federation, Jacksonville, FL, 2011

“Lifestyle Change- Simple, Not Easy”, Mayoral Fundraiser, Oakland, FL, 2011

“Resveratrol as a Possible Ergogenic Aide”, WineSense, Winter Park, FL 2011

“The Art & Science of Wine Pairing”, Mayoral Fundraiser, Oakland, FL, 2011

“Touched by ‘Something Greater Than Me’”, Surviving Runners, Oveido, FL 2011

“Running ‘In The Name Of’”, Orlando Fleet-Feet, Orlando, FL 2011

“Wellness & Wine: Can You Have it All?”, Cogrove Industries, Napa Valley, CA 2010

“Food & Wine Basics: Mix & Match Guidelines”, Mayoral Fundraiser, Oakland, FL, 2010

“Marathon Motivation: Getting Started & Keeping Going”, Track Shack Marathon Group, Orlando, FL, 2010

“Marathon Mentality: The Week Before”, Holden Associates, Walt Disney World, FL, 2010

“Mind and The Master”, World Martial Arts Federation, Jacksonville, FL, 2009

“Performance and Pain”, Global Gymnastics, Clermont, FL, 2009

"The Mental Edge", Professional Golfers Association (PGA), Kissimmee, FL, 2009

“Mixed Gas Diving”, Disney Aquatic Recovery Team, Walt Disney World, FL, 2009

“Don’t Be Scared!”, Global Gymnastics, Clermont, FL, 2009

"Slow & Steady", The Central Florida Leukemia Society, Orlando, FL, 2009

"Runner’s Knee", The Central Florida Leukemia Society, Orlando, FL, 2009

"Foot Care for Runners", The Central Florida Leukemia Society, Orlando, FL, 2009

“Marathon: The First 25 is Easy”, Central Florida Leukemia Society, Orlando, FL, 2009

“Breaking Through”, World Martial Arts Federation, Jacksonville, FL, 2009

“Limits and Limitations”, American Cancer Society, Orlando, FL, 2009

“Closed Systems Diving”, Disney Aquatic Recovery Team, Walt Disney World, FL, 2009

“Just One More Mile”, American Heart Association, Orlando, FL, 2008

“Red, White & You”, WineQuest University, Orlando, FL 2008

“Shiraz/Syrah: A Matter of Expression”, WineQuest University, Orlando, FL 2008

“Lesser Known Grapes”, WineQuest University, Orlando, FL 2008

“Cava and Champagne”, WineQuest University, Orlando, FL 2008

“LifeBreath”, World Martial Arts Federation, Jacksonville, FL, 2008.

“Beyond the 10K”, Leukemia Society of Central Florida, Orlando, FL, 2008.

“Blackwater Navigation”, Disney Aquatic Recovery Team, Walt Disney World, FL, 2008.

“Marathon: The First 25 is Easy”, Central Florida Leukemia Society, Orlando, FL, 2008

“Nitrox & Helox Blood Absorbtion Curve”, North American Dive Institute, Orlando, FL 2007

“Weapons Defense”, World Martial Arts Federation, Jacksonville, FL, 2007

“Breaking Concrete”, World Martial Arts Federation, Jacksonville, FL, 2007

“Wine 101: Introduction to a New World”, WineQuest University, Orlando, FL 2007

“Pinot For Your Thoughts”, WineQuest University, Orlando, FL 2007

“Que Sera, Shiraz”, WineQuest University, Orlando, FL 2007

“Champagne & Other Bubbles”, WineQuest University, Orlando, FL 2007

“Keeping You Honest: The BodyBug Arm Sensor”, RxHealth & Fitness, Orlando, FL 2007

“Starting & Keeping up a Weight Loss Program”, RxHealth & Fitness, Orlando, FL 2007

“Weight Loss Secrets for Everyone”, Euphoria Training, Orlando, FL 2007

“Visualization and Performance”, Global Gymnastics, Clermont, FL, 2007

“Fear and the Death of Performance”, Global Gymnastics, Clermont, FL, 2007

“Marathon: The First 25 is Easy”, Central Florida Leukemia Society, Orlando, FL 2007

“Cortisol and Weight Loss”, Campisi Health Centers, Orlando, FL 2006

“The Exercise-Health Connection”, UCF Recreation Center Staff, Orlando, FL 2006

“Pinot Noir; Worlds Apart”, WineQuest University, Orlando FL 2006

“Champagne and Other Bubbles”, WineQuest University, Orlando, FL 2006

“Fear and the Death of Performance”, Global Gymnastics, Clermont, FL, 2005.

“Triathlon Coaches Training Seminar”, National Training Center, Clermont, FL 2005.

"Self-Fulfilling Prophecy", The Central Florida Leukemia Society, Orlando, FL, 2004.

“Fight as You Train”, World Martial Arts Federation, Jacksonville, FL, 2003.

“Shallow Water Blackout”, Disney Aquatic Recovery Team, Walt Disney World, FL, 2003.

“Expectations and Outcomes”, Florida Professional Golfers Association (FPGA), Kissimmee, FL, 2003.

“Beyond Your Perceived Physical Limits”, Leukemia Society of Central Florida, Orlando, FL, 2003.

“Adherence & Compliance: The Art and Science of Initiating and Maintaining an Exercise Program”, FAHPERD, Daytona Beach, FL, October 2002

“Healthy Biomechanics and the Golf Swing”, Florida Professional Golfers Association (FPGA), Kissimmee, FL, 2002.

“Hydration in a Liquid Medium”, Disney Aquatic Recovery Team, Walt Disney World, FL, 2002.

“Focus in the Face of Tragedy”, Florida Professional Golfers Association (FPGA), Kissimmee, FL, 2001.

“Motivation and Training”, World Martial Arts Federation, Jacksonville, FL, 2001.

"Motivation", Florida Professional Golfers Association (FPGA), Kissimmee, FL, 2001.

"The Mental Edge", Professional Golfers Association (FPGA), Kissimmee, FL, 2001.

“Exercise Leader: Human Behavior”, American College of Sports Medicine, University of Central Florida, 2001.

"The Mental Side of Golf", Florida Professional Golfers Association (FPGA), Kissimmee, FL, 2000.

“Psychology of Weight Loss in Older Adults”, The Villages Wellness Center, Lady Lake, FL, 2000.

“Exercise Leader: Human Behavior”, American College of Sports Medicine, University of Central Florida, 2000.

“Motivation and Athletic Performance”, World Martial Arts Federation, Jacksonville, FL, 2000.

“Psychology of Weight Loss in Older Adults”, The Villages Wellness Center, Lady Lake, FL, 2000.

“Psychology of the Older Adult”, American College of Sports Medicine, University of Central FL, 2000.

“Exercise and Stress Management”, University of Central Florida School of Nursing, University of Central Florida, 2000.

“Shallow Water Drowning”, Disney Aquatic Recovery Team, Walt Disney World, FL, 1999.

"Mental Marathon Preparation", The Central Florida Leukemia Society, Orlando, FL, 1999.

"Effective Communication", BodyGenesis, Winter Park, FL, 1999.

"Exercise and the Older Adult", American College of Sports Medicine, University of Central Florida, 1999.

"Sport Psychology", American College of Sports Medicine, University of Central FL, 1999.

"The Marathon Challenge", The Central Florida Leukemia Society, Orlando, FL, 1999.

"Exercise Prescription in Rehabilitation", Central Florida Chiropractic Association, Orlando, FL, 1999.

"Black Water Dive Rescue Techniques", International Aquatic Safety Association, Zurich, Switzerland, 1998.

"Exercise Physiology and Chiropractic Care", Central Florida Chiropractic Association, Orlando, FL, 1998.

"The Marathon Wall, Fact/Fiction?", The Central Florida Leukemia Society, Orlando, FL, 1998.

"Striving For Excellence", World Martial Arts Federation, Jacksonville, FL, 1998.

"The Mental Side of Golf", Professional Golfers Association (PGA), Kissimmee, FL, 1998.

"The Black Belt Legend", American TaeKwonDo Federation, Jacksonville, FL, 1998.

"Diver in Distress, Rescue Scenarios", Disney Aquatic Recovery Team, Walt Disney World, FL, 1998.

"Values Clarification", Central Florida Association of Legal Assistants, Orlando, FL, 1998.

"Focus and Discipline", World Martial Arts Federation, Jacksonville, FL, 1998.

"Getting Through The Marathon Wall", The Central Florida Leukemia Society, Orlando, FL, 1998.

"Repetitive Dive Scheduling", Disney Aquatic Recovery Team Training, Walt Disney World, FL, 1998.

"Avoiding Shallow Water Blackout", Disney Aquatic Recovery Team Training, Walt Disney World, FL, 1998.

"Speed, Power and Accuracy, Breaking Techniques", World Martial Arts Federation, Jacksonville, FL, 1998.

"True Age: A Dose Of Reality", North American Society of Fitness Consultants, Jacksonville, FL, 1997.

"Through The Marathon Wall", Central Florida Leukemia Society, Orlando, FL, 1997.

"Marathon Runner's Mental Edge", Central Florida Leukemia Society, Orlando, FL, 1996.

"Humor As A Rehabilitation Tool", Central Florida Leukemia Society, Orlando, FL, 1996.

"Winning Edge In Competition", World Martial Arts Federation, Jacksonville, FL, 1995.

"Fundamentals Of Stress Management", Health Central Hospital, Winter Garden, FL, 1995.

"Wellness And The Aging Process", WelTrax Seminars, Orlando, FL, 1995.

"Total Fitness Lifestyle", West Orlando YMCA, Orlando, FL, 1995.

"Humor And Peak Athletic Performance", Greater Orlando Wellness Council, Orlando, FL, 1995.

"Endurance Training In The Martial Arts", Mandarin Martial Arts, Jacksonville, FL, 1994.

"Implementing A Risk Factor Management Program", Orlando Health Management Resources, Orlando, FL, 1994.

"Just Begin: Wellness Programs For The Average Joe", Primary Plus Seminars, Orlando, FL, 1994.

"Performance Enhancement Through Visualization", IdeaScope Seminars, Orlando, FL, 1994.

"Speed, Power, And Accuracy For Proper Breaking Technique" Mandarin Martial Arts, Jacksonville, FL, 1994.

"Strength Training In The Martial Arts", World Martial Arts Federation, Jacksonville, FL, 1993.

"Corporate Wellness: Time For A Change", Orlando Regional Health Care Systems, Orlando, FL, 1993.

"Biological-vs.-Chronological Aging", University of Central Florida, Orlando, FL, 1993.

"Therapeutic Alternatives: Medicine Of A Different Nature", Orlando Regional Medical Center, Orlando, FL, 1992.

"Teaching Relaxation Skills To Children And Adolescents" North American Society of Adlerian Psychology, Orlando, FL, 1991.

"Dealing With Life's Daily Speed Bumps" Florida Medical Records Association, Orlando, FL, 1990.

"The Psychology Of The Injured Athlete" Orange County Coaches' Certification Program, Orlando, FL, 1990.

"Electromyography-vs.-Electrodermography: a Topical Study" FutureHealth Educational Seminar, Orlando, FL, 1989.

"The Corporate Stress Meter" University Behavioral Center Seminar, Orlando, FL, 1989.

"Left/Right Brain Relaxation Techniques" North American Society of Adlerian Psychology, Orlando, FL, 1989.

"The MMPI And The Chronic Back Pain Patient" Comprehensive Medical Rehabilitation Center, Orlando, FL, 1988.

"Biofeedback, From An Adlerian Perspective" North American Society of Adlerian Psychology, Orlando, FL, 1988.

### **AWARDS**

Received Teaching Incentive Program Award (TIP), College of Education and Human Performance, Department of Sport & Exercise Science, 2018.

### **UNIVERSITY SERVICE**

- Teaching Incentive Program (TIP) Selection Committee Member, (Now CHPS), 2013-Present.
- UCF Cuong Nhu Karate Club Faculty Advisor/Campus Security Authority 2020-Present.
- UCF Taekwondo Club Faculty Advisor/Campus Security Authority 2019-Present.
- Kinesiology Department Honors in the Major Point of Contact, 2019-Present.
- CHPS Clinical Council Committee Member, 2018-Present.
- CHPS Instructor/Lecturer Promotion Committee, 2018-Present.
- CHPS Honors in the Major Committee Member, 2018-Present
- Rio Platense Alliance at UCF, Faculty Advisor/Campus Security Authority 2017-Present.
- Instructional Resources Committee, 2016-Present.
- Instructor & Lecturer Promotion Committee Member, 2013-Present.
- UCF Mudders Adventure Race Club Faculty Advisor/Campus Security Authority 2012-Present
- Graduate Research Forum, Life & Health Sciences Judge, 2010-Present
- Undergraduate Research Forum, Life & Health Sciences Judge, 2012-Present
- Honors in the Major Committee Member, 2010-Present
- Faculty Search Committee Member, Clermont and Main UCF Campus, 2005-Present
- Lake Highland Prep/UCF/USA Swimming Program Partnership Liaison, 2009-Present
- Sport & Fitness, Proposed Facilities Design Review Committee Member, 2008-2012
- Director, Institute for Exercise Physiology, University of Central Florida, 2005-2010

- American Heart Association Marathon Team Coach, 2008-Present
- American Cancer Society Marathon Team Coach, 2007-Present
- Sport Psychology Coach, Leukemia Society Marathon Team, Ongoing
- Sport Psychology Coach, Special Olympics, WaltDisneyWorld, 2001-2002
- Sport Psychology Coach, American Heart Association Marathon Team, 2002, 2007, 2009, 2013
- Walt Disney World Marathon Coach, Ongoing.
- Sport Psychologist, UCF Knights Men's Golf Team, 2000-Present.
- Sport Psychologist, UCF Knights Women's Golf Team, 2000-Present.
- SCUBA Dive Physiologist, Disney Aquatic Recovery Team (DART), Ongoing.
- Educational Standards Consultant, Professional Golfers Association (PGA), Ongoing.
- Sport Psychologist, UCF Knights Football Team, 1999-Present.
- Exercise Physiology Graduate Program Comprehensive Examination Committee, 1998-2012.
- Physical Education Majors Fitness to Teach Committee, 1998-2010
- Physical Education Majors Appeals Committee, 1998-2010.
- Physical Education Majors Portfolio Review Committee, 1998-2000.
- River Park Homeowners Association Architectural Committee Member, 2000

### **AVOCATIONAL PURSUITS**

- Black Belt Martial Arts Certified Instructor/Examiner/Referee; Tae Kwon Do (3rd Dan), Hwarangdo (1st Dan), HapKiDo (1st Dan), and Judo (1st Dan).
- Competitive Bodybuilder, 1991 World Gym Challenge, Men's Over 35 Lightweight, 1<sup>st</sup> Place.
- Running, Wine Consultation, Gourmand Cooking, Fishing, Classic Automobiles, SCUBA Diving, Golf , Surfing, Stained Glass, Guitar, Aviation, Refinishing Antique Furniture.