

# CHARLES W. RUOT

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Hardin-Simmons University  
Dept. of Kinesiology, Health, and Recreation  
College of Health Professions  
2200 Hickory, Abilene, TX 79698  
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## **Education**

University of Kentucky  
Lexington, Kentucky

Ed.D. in Kinesiology and Health Promotion,  
January 2004, with general emphasis in  
Exercise Science and a cognate in  
Educational Psychology.  
Dissertation Title: *The Effect of Positive  
Self-Review on Self-Efficacy and Motor  
Skill Performance Accuracy.*

Eastern Illinois University  
Charleston, Illinois

Master of Science, August, 1987  
Major: Physical Education/Adult Fitness  
Thesis Title: *A Study of the Relationships  
Between Golf Performance and Depth  
Perception, Arm/Hand Steadiness, Grip  
Strength and Dynamic Balance.*

Illinois State University  
Normal, Illinois

Bachelor of Science, May, 1986  
Major: Physical Education  
Minor: Business Administration

Lincoln Trail Jr. College  
Robinson, Illinois

Associate of Science, Arts and  
Applied Science, May, 1984

## **Professional Academic Experience**

Hardin-Simmons University

Abilene, Texas

- 2006 August - Professor of Exercise  
Science and Human Performance,  
Director, Human Performance Lab  
and Exercise Science Program

Asbury College  
Wilmore, Kentucky

- 2005 July 1 – Promotion to Professor. Coordinator of Exercise Science
- 1997 July 1 - Promotion to Associate Professor and tenure
- 1991- to Spring 1997 - Assistant Professor of Health, and Physical Education,

Grace College  
Winona Lake, Indiana

- 1988 - 1991 - Instructor of Health and Physical Education

Clearwater Christian College  
Clearwater, Florida

- 1987 - 1988 - Assistant Professor of Health and Physical Education

Eastern Illinois University  
Charleston, Illinois

- 1986 - 1987 - Graduate Assistant in Physical Education Department working with the Adult Fitness Program and Human Performance Laboratory.

## **Athletic Administrative Experience**

Asbury College

- 1998 – 1999, Interim Director of Athletics
- 1994, Co-director of the Fellowship of Christian Athletes' Baseball Camp
- 1991–1994, NAIA District 32 Baseball Coaches Executive Committee member

Grace College

- 1989 – 1991, Recruiting Coordinator for Athletics
- 1988 – 1989, Assistant Athletic Director; Sports Information Director; Assistant Director of Lancer Basketball Camps.

## **Coaching Experience**

Asbury College

- 2005-2006, Director of Performance Enhancement for Athletics
- 1999 – 2006, Strength and Conditioning Coach/Assistant Men’s Basketball Coach
- 1997 – 1998, Strength and Conditioning Coach/Assistant Men’s Basketball Coach
- 1991 – 1994, Head Baseball Coach

Grace College

- 1989 – 1991, Head Baseball Coach
- 1988 – 1989, Assistant Men’s Basketball Coach, Asst Director of Lancer Bkb camps

Clearwater Christian College

- 1987 – 1988, Head Baseball Coach; Assistant Women’s Basketball Coach

Birmingham Southern College

- 1993, Staff Coach, Baseball Camp

University of Kentucky

- 1992, Staff Coach, Baseball Camp

Liberty University

- 1990, Staff Coach, Bobby Richardson Baseball Camp

University of Michigan

- 1990, Staff Coach, Bill Freehan Baseball Camp

**Professional Certifications**

2021	Exercise is Medicine Level I
2020	Certified Adult and Pediatric First Aid/CPR/AED by American Red Cross
2020	SAVAGE Certified with the Florida Baseball Ranch
2017	Certified Adult CPR and AED by the American Academy Orthopaedic Surgeons
2014	Certified Adult CPR and AED by the American Academy Orthopaedic Surgeons
2011	Certified Adult, Child, Infant CPR and AED by the American Academy Orthopaedic Surgeons
2006	Certified BLS (CPR and AED) by the American Heart Association

- 2000 Certified U.S.A. Weightlifting Club Coach
- 1995 Certified Clinician with the National Youth Sport Coaches Association
- 1992 Certified Strength and Conditioning Specialist (C.S.C.S.) by the National Strength and Conditioning Association
- 1992 - 1996 Certified American Red Cross Cardiopulmonary Resuscitation and First

### **Publications/Creative Works**

- 2022 Luna, M., Spindler, L., **Ruot, C.**, (2022) “*The Effect of Moderate Intensity on the Inhibition of Cognitive Interference: A Pilot Study*” International Journal of Exercise Science; Conference Proceedings:Vol. 2: Iss. 14, Article 104
- 2021 Knapek, K., **Ruot, C.**, Edwards, L., (2021) “*Plantar Fasciitis*” International Journal of Exercise Science; Conference Proceedings:Vol. 2: Iss. 13, Article 85
- 2020 Johnson, R., **Ruot, C.**, Edwards, L., OShields, J., “An examination of squat bar position, body segment length and squat strength in advanced resistance trained individuals” Journal of Strength and Conditioning Research; Vol. Supplement (TBD Due to Covid and Virtual Presentations)
- 2020 Phillips, Y., **Ruot, C.**, Edwards, L., (2020) “*Plantar Fasciitis*” International Journal of Exercise Science; Conference Proceedings:Vol. 2: Iss. 12, Article 142
- 2020 Gable, K., Edwards, L., **Ruot, C.**, (2020) “*Femoral Neck Stress Fracture*” International Journal of Exercise Science; Conference Proceedings:
- 2020 Hyles, B., **Ruot, C.**, Edwards, L., (2020) “*Jones Fracture*” International Journal of Exercise Science; Conference Proceedings:
- 2019 **Ruot, C.**, Holick, R., Edwards, L., (2019) “*Use of a Clinic-Based ACL Prediction Algorithm in Division III Female Soccer and Basketball Players*” Journal of Strength and Conditioning Research Vol. 51:No.5, Supplement Abstract 5586

- 2019 Meyer, J., **Ruot, C.**, Edwards, L., (2019) “*A Clinical Teaching of Hamstring Strain*” International Journal of Exercise Science; Conference Proceedings: Vol. 2: Iss.11, Article 66
- 2019 Teaff, R., Edwards, L.,**Ruot, C.**, (2019) “*Tibial Stress Fractures*” International Journal of Exercise Science; Conference Proceedings: Vol. 2: Iss.11, Article 94
- 2018 **Ruot, C.**, Hanna, S., OShields, J., Edwards, L., (2018) “*Effects of A Preventative Intervention on Knee Loads in Female Soccer and Basketball Athletes*” Journal of Strength and Conditioning Research; Vol. Supplement
- 2018 Brown, A., **Ruot, C.**, (2018) “*Plantar Fasciitis*” International Journal of Exercise Science; Conference Proceedings: Vol. 2: Iss. 10, Article 88
- 2016 **Ruot, C.**, Kelso,B., Edwards,L, Madeson, M.,(2016) “*The Relationship Of Upper Extremity Isokinetic Strength to Javelin Throwing: A Pilot Study,*” Journal of Strength and Conditioning Research; Vol. 30:Supplement 1, pp. S120,121
- 2011 Hierholzer,Jody; Evans, Kelsey; Edwards,Lindsay; **Ruot, Chuck**(2011) “*The Acute Effects of Whole Body Vibration on Shoulder Flexibility,*” Medicine and Science in Sports and Exercise; Vol. 43:No.5, Supplement Abstract 308
- 2009 Dickson, Nicole L.; **Ruot,Chuck**; Madeson,Melissa; and Edwards, Lindsay (2009) “*A Descriptive and Comparative Study of Physical and Performance Characteristics of NCAA Division II and Division III Softball Players,*” International Journal of Exercise Science; Conference Abstract submissions: Vol 2:Iss. 1, Article 29
- 2004 **Ruot,C.**,(Unpublished Dissertation)“*The Effect of Positive Self-Review on Self-Efficacy and Motor Skill Accuracy*”

- 1999-2004 **Ruot, C.**, student exercise/resource manual for Beginning and Intermediate Weight Training courses in the HPERD Department, Asbury College
- 1996 Rainwater, H. and **Ruot, C.**, “*Your Personal Plan for Lifetime Fitness,*” Kentucky Recreation and Parks, Vol. 46, No.2, Summer, 1996
- 1995 Rainwater, H., and **Ruot, C.**, “*Managing Your Personal Fitness,*” [Web site at <http://www.fitnessworld.com>] 1995
- 1995 **Ruot, C.**, and Rainwater, H., class lab manual for the Beginning and Intermediate Weight Training courses in the Physical Education, Health and Recreation Department at Asbury College.

## **Presentations**

- 2022 Spindler, L., **Ruot, C.**, “A Review: The Effects of Exercise on Cognitive Function” Christian Society for Kinesiology, Leisure and Sport Studies Conference, Baylor University, Waco, TX
- 2022 Luna, M., Ferrell, D., Coleman, J., Valadez, K., Gable, K., Hoke, B., Blizzard, N., Myers, T., Hickman, W., Queen, C., Kesterson, K., Edwards, J., Miles, A., Valentine, Z., Witherspoon A., Sie, K., Mitchell, C., Spindler, L., **Ruot, C.**, Swenson, JE., (2022) “*The Effect of Moderate Intensity on the Inhibition of Cognitive Interference: A Pilot Study*” Texas ACSM Annual Meeting, Waco, TX (poster)
- 2021 **Ruot, C.**, Galloway, R., “Exercise and Learning: Revisited” TAHPERD Annual Convention, Arlington, TX
- 2021 **Ruot, C.**, Galloway, R., Noblin, L., “Strength & Conditioning in Sport Performance *Enhancement*” TAHPERD State Summer Conference, San Marcos, TX
- 2020 Knappek, K., **Ruot, C.**, Edwards, L., (2021) “*Plantar Fasciitis*” Texas ACSM Annual Meeting, Waco, TX (virtual poster)

- 2020 Johnson, R., **Ruot, C.**, Edwards, L., OShields, J., “An examination of squat bar position, body segment length and squat strength in advanced resistance trained individuals”\_National Strength and Conditioning Association’s Annual Conference, (Virtual), July 2020 (poster)
- 2020 Phillips, Y., **Ruot, C.**, Edwards, L., (2020) “*Plantar Fasciitis*” Texas ACSM Annual Meeting, Waco, TX (poster)
- 2020 Gable, K., Edwards, L., **Ruot, C.**, (2020) “*Femoral Neck Fracture*” Texas ACSM Annual Meeting, Waco, TX (poster)
- 2020 Hyles, B., **Ruot, C.**, Edwards, L., (2020) “*Jones Fracture*” Texas ACSM Annual Meeting, Waco, TX (poster)
- 2019 **Ruot,C**, Holick, R., Edwards,L.,(2019)  
“*Use of a Clinic-Based ACL Prediction Algorithm in Division III Female Soccer and Basketball Players*”  
American College of Sports Medicine Annual Meeting, Orlando, FL (poster)
- 2019 Meyer, J., **Ruot, C.**, Edwards, L., (2019) “*A Clinical Teaching of Hamstring Strain*” Texas ACSM Annual Meeting, Ft. Worth, TX (poster)
- 2019 Teaff, R., Edwards, L.,**Ruot, C.**, (2019) “*Tibial Stress Fractures*” Texas ACSM Annual Meeting, Ft. Worth, TX (poster)
- 2018 **Ruot, C.**, Hanna, S., OShields, J., Edwards, L., (2018) “*Effects of A Preventative Intervention on Knee Loads in Female Soccer and Basketball Athletes*” National Strength and Conditioning Association’s Annual Conference, Indianapolis, IN July 2018 (poster)
- 2018 Brown, A., **Ruot, C.**, (2018) “*Plantar Fasciitis*”, Texas ACSM Annual Meeting, Austin, TX (poster)
- 2016 Galloway,R., **Ruot,C.**, Garcia, M., Thakar, A. “Exercise and Learning: Exercise Will Improve Academic Test Scores” TAHPERD State Summer Conference, Frisco, TX, July 2016
- 2016 Hare, M., Garver, M., **Ruot, C**, Odom, K., Offutt, N., Ornelas, J., Taylor, S., Bolanos, J., Dees, E., Bell, J., (2016)

- Survey Responses From “Wellness for Life,” Classes: Overall Value and Barriers, Motivators, and Motives Towards Physical Activity, Texas ACSM Annual Meeting, College Station, TX (poster)*
- 2016 Offut, N., Garver, M., **Ruot, C.**, Odom, K., Hare, M., Ornelas, J. Taylor, S., Bolanos, J., Dees, E., Bell, J., (2016), *Demonstrable Evidence of Beneficial Physical Outcomes from University Physical Education Activity Courses*, Texas ACSM Annual Meeting, College Station, TX (poster)
- 2015 **Ruot, C.**, Kelso,B., Edwards,L, Madeson, M.,, *“The Relationship of Upper Extremity Isokinetic Strength to Javelin Throwing: A Pilot Study,”* National Strength and Conditioning Association’s Annual Conference, Orlando, Fl July 2015 (poster)
- 2015 Edwards,L., **Ruot,C.**, *“Faith in the Classroom”* Faculty Symposium Hardin-Simmons University, Abilene, TX Jan. 9, 2015
- 2014 Browning, W., **Ruot, C.**, Edwards, L., *“A Descriptive Study Of Aerobic Capacity Among Undergraduate Students Enrolled in an Entry Level Fitness Class”* Honors Capstone Presentation, Hardin-Simmons University, Abilene, TX
- 2014 Galloway,R., **Ruot,C.**, *“Cholesterol: The Updated Story”* TAHPERD State Summer Conference, Frisco, TX
- 2013 Galloway,R., **Ruot,C.**, *“Coronary Heart Disease and Surviving a Heart Attack”* TAHPERD State Summer Conference, San Marcos, TX
- 2012 Galloway,R., **Ruot,C.**, *“Barefoot Running, Pros and Cons”* TAHPERD State Summer Conference, Frisco, TX
- 2012 Kelso, B.,**Ruot, C.**,Madeson, M., Edwards,L, *“The Relationship of Upper Extremity Isokinetic Strength to Javelin Throwing: A Pilot Study,”* Tri-University FSSC Symposium, Abilene, TX (poster)
- 2012 Leggett, Z.,**Ruot, C.**,Madeson, M., Edwards,L, *“The Relationship Between*

*Maximal Strength and One Mile Run Time Among High School Distance Runners*” Tri-University FSSC Symposium, Abilene, TX (poster)

2011 Galloway,R., **Ruot,C.**, “*Obesity: Stopping the Danger To Our Children*”,  
TAHPERD State Summer Conference, San Marcos, TX

2011 Hierholzer,J, Evans, K., Edwards,L., **Ruot, C.**  
“*The Acute Effects of Whole Body Vibration on Shoulder Flexibility,*”  
American College of Sports Medicine Annual Meeting, Denver, CO  
(poster)

2011 Chambers,A.,**Ruot, C.**,Madeson, M., Edwards,L, “*The Acute Effects on  
Grip Strength Utilizing Larger Diameter Grips on Free Weight Bar and  
Dumbells*”, Tri-University FSSC Symposium, Abilene, TX (poster)

2011 Zimmerman,J.,**Ruot, C.**,Madeson, M., Edwards,L, “*The Acute Effects of  
Static and Dynamic Stretching on Muscular Power Output*”,  
Tri-University FSSC Symposium, Abilene, TX (poster)

2011 Richmond,J.,**Ruot, C.**,Madeson, M., Edwards,L, “*A Comparison of  
Post-Exercise Metabolism Differences Between Aerobic Exercise and  
Circuit Weight Training*”, Tri-University FSSC Symposium, Abilene, TX

2010 Galloway,R., **Ruot,C.**, “*Carbohydrate Ingestion During Exercise and  
Performance*”, TAHPERD State Summer Conference, Frisco, TX

2010 **Ruot,C.**, Galloway,R., Richmond,J., “*Physical Activity and  
Learning(revisited)*”, TAHPERD State Summer Conference, Frisco, TX

2010 Spencer,J., **Ruot,C.**, Madeson,M., Edwards,L., “*The Effects of Heat and  
Cold Modalities on Maximum Power Output*” Tri-University FSSC  
Symposium, Abilene, TX (poster)

2010 Coleman,B., **Ruot,C.**, Madeson,M., Edwards,L., “*Increasing Batted Ball*

*Velocity: The Use of Overweighted and Underweighted Bats During Warm-up*”, Tri-University FSSC Symposium, Abilene, TX (poster)

- 2010 Pinkerton, K., **Ruot, C.**, Davis, K., Edwards, L., Richmond, J., “*Acute Effects of Warm-up with a Weighted Vest on Vertical Jump*”, Tri-University Symposium, Abilene, TX
- 2010 Hierholzer, J., Evans, K., Edwards, L., **Ruot, C.**, “*Acute Effects of Indirect Whole Body Vibration on Shoulder Flexibility*”, Tri-University Symposium, Abilene, TX (poster)
- 2009 Galloway, R., **Ruot, C.**, “*Does Physical Activity Enhance Learning?*”, TAHPERD State Summer Conference, San Antonio, TX
- 2009 Dickson, Nicole L.; **Ruot, Chuck**; Madeson, Melissa; and Edwards, Lindsay (2009) “*A Descriptive and Comparative Study of Physical and Performance Characteristics of NCAA Division II and Division III Softball Players,*” Texas ACSM Annual Meeting, Tyler, TX (poster)
- 2008 Moore, B. **Ruot, C.**, “*How Students Become Professionally Active*” TAHPERD State Conference, Corpus Christi, TX
- 2008 Moore, B., **Ruot, C.**, “*Graduate Sports and Recreation Management Program at Hardin- Simmons University,*” TAHPERD State Summer Conference, Waco, TX
- 2007 **Ruot, C.**, Moore, B., “*Professional Development for Student Majors*” TAHPERD State Conference, Galveston, TX
- 2007 **Ruot, C.**, “*Functional Resistance Exercise: An Application for Youth*” TAHPERD State Summer Pre-Conference, Austin, TX
- 2005 • “*Fitness and Motor Performance,*” ACSI Ohio River Valley Region Convention, Dayton, Ohio (November)
- 2005 • “*Sports Performance Enhancement,*” ACSI Ohio River Valley Region Convention, Dayton, Ohio (November)

- 2005
- “*Physical Fitness and Motor Development Across the Lifespan,*” Brown Bag Series, Asbury College (March).
- 2004
- “*The Relationship Between Physical Fitness and Motor Development: Developing a Line of Inquiry,*” Motor Development Research Consortium, University of Delaware, Newark, Delaware, (November).
- 2004
- “*Functional Resistance Training,*” Kentucky Association of Health, Physical Education, Recreation and Dance State Conference, Exercise Science Section, Free Communication, Highland, Kentucky, (October)
- 2004
- “*The Effect of Positive Self-Review on Self-Efficacy and Motor Skill Performance Accuracy,*” Kentucky Association of Health, Physical Education, Recreation and Dance State Conference, Poster Presentation, Highland, Kentucky. (October)
- 2002
- “*Reponses and Adaptations to Training*”, National Strength and Conditioning Association (NSCA) Essentials of Strength and Conditioning Symposium, Asbury College, Wilmore, KY.
  - “*Anaerobic Exercise Prescription*” National Strength and Conditioning Association (NSCA) Essentials of Strength and Conditioning Symposium, Asbury College, Wilmore, KY.
- 1996
- “*Certification and Development for Fitness Professionals*”, Kentucky Recreation and Parks Society State Conference, Wellness Section Track Bowling Green, Kentucky.
- 1996
- “*Taking Care of Our Physical Temples: Addressing the Sedentary Lifestyle.*” Faculty Development Workshop, Asbury College, Wilmore, Kentucky.
- 1987
- “*The Eastern Illinois University Adult Fitness Program*”, Illinois Alliance for Health, Physical Education, Recreation and Dance State Conference, Peoria, Illinois.

## **Grants**

- 2022 **Ruot, C.**, \$ 6,000 Academic Foundation Grant for costs of *of one (1) Hawkin Dynamic Force Plates* to enhance the student academic learning experience and research.
- 2020 **Ruot, C.**, secured \$ 5,964 Academic Foundation Grant for costs of *of one (1) EXXENTRIC Isoinertial Fly Wheel Strength and Power Training Device and Attachments* to enhance the student academic learning Experience and research.
- 2019 **Ruot, C.**, secured \$ 1,750 Academic Foundation Grant for costs of *of one (1) Freelap Pro Coach BLE 112 Timing System, and one (1) PUSH System* to enhance the student academic learning experience and research.
- 2017 **Ruot, C.**, secured \$ 2,800 Academic Foundation Grant for costs of Zephyr Bioharness Units to enhance the student academic learning experience and Research.
- 2012 **Ruot, C.**, Edwards,L., secured \$ 4,500 Academic Foundation Grant for partial costs of a Cosmed Fitmate Metabolic Analyzer to enhance the student academic learning experience and research.
- 2011 **Ruot, C.**, Edwards,L., secured \$ 3,515 Academic Foundation Grant for Eight Electrode Segmental BIA unit to enhance the student academic learning experience.
- 2009 Edwards,L., **Ruot, C.**, secured \$7,489 Academic Foundation Grant for Electromyography (EMG) system to enhance the student academic to enhance the student academic learning experience.
- 2008 Collaborated with the Hardin-Simmons University Advancement Department on a grant proposal for new equipment (\$228,319) in the Fitness Center.
- 2004 Awarded a Faculty Research Grant to study correlates of vertical jump performance.

### **Manuscripts Reviewed**

- 2020 Reviewer of textbook, Lippert, Minor and Minor; *Clinical Kinesiology and Anatomy*, 7<sup>th</sup> edition, 2020, F. A. Davis Company, Philadelphia, PA
- 2017-present Reviewer of manuscripts for the Applied Research in Coaching and Athletics Annual, American Press, Boston, MA
- 2013 Reviewer of textbook, Nigg, C.R.; *ACSM's Behavioral Aspects of Physical Activity and Exercise*, 2014, Lippincott Williams and Wilkins Baltimore, MD
- 2010 Reviewer of textbook, Chandler, T.J.; Brown, L.E; *Conditioning for Strength and Human Performance*, 2<sup>nd</sup> edition, 2011, Lippincott Williams and Wilkins, Baltimore, MD
- 2003 Reviewer of a proposal for an introductory Biomechanics textbook with Holcomb Hathaway Publishers, Scottsdale, AZ.
- 1998-2000 Reviewer of manuscripts for the Strength and Conditioning Journal, a publication of the NSCA
- 1998-2001
- 1992-1997 Reviewer of manuscripts for the Coaching Digest, a publication of the American Baseball Coaches Association.

### **Conference Attendance for Professional Development**

- 2022 National Strength and Conditioning Association (NSCA) National Conference and Exhibition, New Orleans, LA. July 2022
- 2022 Christian Society for Kinesiology, Leisure and Sport Studies Conference, Baylor University, Waco, TX June 2022

- 2021                   TAHPERD Annual Convention, Arlington, TX, Dec. 2021
- 2021                   TAHPERD State Summer Conference, San Marcos, TX, July 2021
- 2021                   National Strength and Conditioning Association (NSCA) National  
Conference and Exhibition, Orlando, Fl, July 2021
- 2021                   American College of Sports Medicine Annual Meeting, (Virtual)  
June 2021
- 2019                   National Strength and Conditioning Association (NSCA) National  
Conference and Exhibition, Washington, DC, July 2019
- 2019                   American College of Sports Medicine Annual Meeting, Orlando, Fl  
May/June 2019
- 2019                   Texas American College of Sports Medicine Annual Meeting,  
Ft.Worth, TX, February, 2019
- 2018                   National Strength and Conditioning Association (NSCA) National  
Conference and Exhibition, Indianapolis, IN, July 2018
- 2018                   American College of Sports Medicine Annual Meeting, Minneapolis, MN  
May/June 2018
- 2018                   Texas American College of Sports Medicine Annual Meeting,  
Austin, TX, February, 2018
- 2017                   National Strength and Conditioning Association (NSCA) National  
Conference and Exhibition, Las Vegas, NV, July 2017
- 2017                   Texas American College of Sports Medicine Annual Meeting,  
Waco, TX, February
- 2016                   National Strength and Conditioning Association (NSCA) National  
Conference and Exhibition, New Orleans, LA, July 2016.
- 2016                   Collegiate Strength and Conditioning Coaches Association National  
Conference, Forth Worth, TX May 2016

- 2016 National Strength and Conditioning Association Coaches Conference  
San Antonio, TX, January, 2016
- 2015 National Strength and Conditioning Association (NSCA) National  
Conference and Exhibition, Orlando, July 8- 10.
- 2014 American College of Sports Medicine Annual Meeting, Orlando,FL,  
May/June
- 2011 American College of Sports Medicine Annual Meeting, Denver,CO,  
May/June
- 2011 The National Academy of Sports Medicine’s Corrective Exercise  
Specialist workshop, Dallas, TX, April
- 2011 Power Systems Total Training Seminar, Ft.Worth, TX, January
- 2011 National Strength and Conditioning Association Coaches Conference  
Dallas, TX, January
- 2009 Texas American College of Sports Medicine Annual Meeting,  
Tyler, TX, February
- 2008 Southcentral Regional Conference of the American Society of  
Biomechanics, Odessa, TX, February
- 2008 Texas American College of Sports Medicine Annual Meeting  
“Exercise and Medicine; Past, Present and Future”, UTPB  
Odessa, TX, February
- 2007 National Strength and Conditioning Association (NSCA) National  
Conference and Exhibition, Atlanta,GA July 11- 14.
- 2006 Feldenkrais Method Workshop, Abilene, TX, September
- 2005 North American Society for the Psychology of Sport and Physical Activity  
(NASPSPA) National Conference, St. Petersburg, FL., June 9-11.
- 2004 National Strength and Conditioning Association (NSCA) National

Conference and Exhibition, Minneapolis, MN, July 14-17.

- 2003 Pre- Conference Symposium, Strength, Speed, and Agility for the Sport Coach at the National Strength and Conditioning Association (NSCA) National Conference and Exhibition, Indianapolis, IN, July.
- 2003 University of Kentucky, University of Louisville Educational Research Conference, Lexington, KY.
- 2003 American Alliance of Health, and Physical Education, Recreation and Dance (AAHPERD) National Convention and Exposition, Philadelphia, PA, April 2-4.
- 2002 American College of Sport Medicine (ACSM), Health and Fitness Summit, Orlando, FL, April 9-12.
- 2001 Workshop: *Changing Behaviors by Creating Visual Images of Student Future Success*, at the Kentucky Teaching and Learning Conference, Louisville, KY March 8.
- 1999 AAHPERD National Convention and Exposition, Cincinnati, OH, March 28-30.
- 2000 AAHPERD National Convention and Exposition, Orlando, FL, March 21-25
- 1999 National Strength and Conditioning Association (NSCA) National Conference and Exhibition, Kansas City, KS, June 23-26.
- 1999 Kentucky Strength and Conditioning Association State Clinic, Georgetown, KY, May 15.
- 1999 AAHPERD National Convention and Exposition, Boston, MA, April 21-22.
- 1999 University of Tennessee Strength and Conditioning Clinic, Knoxville, TN, March 6.
- 1998 NSCA National Conference and Exhibition, Nashville, TN, June 24-27.

- 1998 Don Meyer Basketball Coaching Academy, Nashville, TN, June 4-6
- 1997 Building and Rebuilding the Athlete Seminar of Gambetta Sport Training Systems, Durham, NC, Oct. 17-19
- 1997 National Christian College Athletic (NCCAA) National Convention
- 1996 Speed Quest Instructional Clinic, Tiffin, Ohio.
- 1996 American Baseball Coaches Association National Conference, Nashville, Tennessee
- 1995 University of Tennessee Strength and Conditioning Clinic Knoxville, Tennessee
- 1995 American College of Sports Medicine Southeast Region Conference, Lexington, Kentucky
- 1995 Kentucky Recreation and Parks Society Conference, National Youth Sport Coaches Association Clinic, Lexington, Kentucky
- 1991 American Alliance for Health, Physical Education, Recreation and Dance National Conference, Kansas City, Missouri
- 1991 BASE - Baseball Clinic, Toledo, Ohio
- 1991 American Alliance for Health, Physical Education, Recreation and Dance National Conference Kansas City, Missouri
- 1989 Macgregor - Nautilus Basketball Clinic, Otterbein College, Columbus, Ohio
- 1988 Converse Basketball Clinic, Pittsburgh, Pennsylvania
- 1988 Florida Alliance for Health, Physical Education, Recreation and Dance State Conference, Orlando, Florida
- 1986 American College of Sports Medicine National Conference, Indianapolis, Indiana

## **Consulting**

- 2021 Contracted for review of the undergraduate and graduate Fitness and Wellness Leadership programs at SUNY Plattsburgh.
- 2020 Provided consulting with the development of and implementation of a new Department of Kinesiology at Florida College.
- 2020 Contracted and developed a proposal for a new online Bachelor of Science in Health and Human Performance program for ACU Dallas.
- 2008 Provided advice to other universities/colleges regarding undergraduate curricula in Exercise Science
- 2006 -2007 Provided advice on Exercise Science curricula at other college and universities.
- 2002 Provided consulting advice to other college HPE departments regarding Strength and Conditioning contents in Exercise Science curriculums.
- 1997-2002 Provided advice and assistance with the design of strength and conditioning programs for volleyball, softball and swimming coaches and athletes of Asbury College

### **Current Professional Organizations**

Member of the National Strength and Conditioning Association (NSCA)

Member of the Collegiate Strength and Conditioning Coaches association (CSCCa)

Member of the American College of Sports Medicine (ACSM)

Member of the Texas Chapter of the American College of Sports Medicine (TACSM)

Member of the Texas Association of Health, Physical Education, Recreation, and Dance (TAHPERD)

Member of the Christian Society for Kinesiology, Leisure and Sport Studies (CSKLS)

Member of the National Association of Advisors for Health Professions

### **Professional Organizations Service**

- |              |   |
|--------------|---|
| 2022         | Served as the Lead Peer Reviewer during the self-study and on site campus visit of one institution applying for accreditation through the Council on Accreditation of Strength and Conditioning Education (CASCE).                              |
| 2021         | Selected to serve as a peer reviewer for the Council on Accreditation of Strength and Conditioning Education (CASCE). Completed peer reviewer Training.   |
| 2021         | Selected to serve on the TAHPERD Sports Leadership Committee  |
| 2016         | Served as a site visitor for the Committee on Accreditation for the Exercise Sciences to review a program seeking accreditation with CAAHEP (Commission on Accreditation of Allied Health Education Programs).                                  |
| 2015-present | Appointed to serve on the Written Exam Committee of the Collegiate Strength and Conditioning association (CSCCa)  |
| 2014         | Completed training and eligible to serve as a site visitor for the Committee on Accreditation for the Exercise Sciences to review programs seeking accreditation with CAAHEP (Commission on Accreditation of Allied Health Education Programs). |
| 2007-2009    | Appointed to serve on the Executive Council of the Special Interest Group (SIG) for Basketball of the NSCA.   |

2002-2003	Member of the Association for the Advancement of Applied Sport Psychology.
1995-1998	National Strength and Conditioning Association State Director for Kentucky.
1990-1997	Member of the American Baseball Coaches Association, 1992-1997 member of the editorial committee of <u>Coaching Digest</u> .
1996-1998	Member of Kentucky Recreation and Parks Society Wellness Section.
1996	Appointed to the Athletic Committee of the Kentucky Recreation and Parks Society.
1995-1996	Member of the International Association of Fitness Professionals.
1991-1994	Member of the NAIA District 32 Baseball Coaches Executive Committee.

### **Chairing, Organizing/Leading Professional Conference Sessions, Workshops, Seminars and Events**

2002	Co-host of the National Strength and Conditioning Association (NSCA), Essentials of Strength and Conditioning Symposium held at Asbury College, Wilmore, KY.
1999	Site host for the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist Examination held at Asbury College, Wilmore, KY

### **Travel to Sites for Experiential Learning Experiences/Professional Development for Health, Physical Education, and Exercise Science Student Majors**

- 2019 Accompanied students to the Texas American College of Sports Medicine Annual Meeting, Ft.Worth, TX, February, 2019
- 2018 Accompanied students to the National Strength and Conditioning Association (NSCA) National Conference and Exhibition, Indianapolis, IN, July 2018.
- 2018 Accompanied students to the Texas American College of Sports Medicine Annual Meeting, Austin, TX, February, 2018
- 2017 Accompanied students to the Texas American College of Sports Medicine Annual Meeting, Waco, TX, February, 2017
- 2016 Accompanied a student to the National Strength and Conditioning Association (NSCA) National Conference and Exhibition, New Orleans, LA, July 2016.
- 2011 Accompanied students to the Total Training Seminar sponsored by Power Systems in Ft Worth,TX. Engaged in CEU's pertaining to various personal training techniques.
- 2010 Accompanied students to the YMCA, Abilene, TX for experience in Spinning, and Yoga training.
- 2009 Accompanied students to UPS facility for experience in corporate Safety and Wellness Fair
- 2008-present Accompanied students to Dr. Fred White's clinic of Abilene,TX for use of a DEXA in body composition and bone density assessment.
- 2008-present Accompanied students to Hendrick Health Club for experience in Pilates , and functional training programs such as The Edge, and Art of Strength.
- 2008-present Accompanied students to the YMCA for experience in the use of cardio, selectorized and free weight type equipment.
- 2008 Accompanied students to Southcentral Regional Conference of the American Society of Biomechanics, Odessa, TX

- 2008 Accompanied students to the Texas American College of Sports Medicine Annual Meeting“Exercise and Medicine; Past , Present and Future”,UTPB Odessa, TX.
- 2008 Accompanied one student to the Total Training Seminar sponsored by Power Systems in Ft Worth,TX . Engaged in CEU’s pertaining to various personal training techniques.
- 2004 Site visit to the NSCA World Headquarters’ new training facility in Colorado Springs, CO. Viewed the latest in training equipment and discussed training methods and future educational experiences for students with the resident strength and conditioning coach.
- 2003 Accompanied five students to the American Alliance of Heath, Physical Education, Recreation and Dance (AAHPERD) National Convention and Exposition, Philadelphia, PA, April 2-4. Learning experiences included presentations, interactive sessions, exposure to equipment used in the field, and networking with professionals.
- 2002 Accompanied six students to the American College of Sports Medicine (ACSM), Heath and Fitness Summit, Orlando, FL, April 9-12. Learning experiences included presentations, interactive sessions, exposure to equipment used in the field, and networking with professionals in the field.
- 2002 Accompanied six students to the RDV Sportsplex, Orlando, FL, April 9. Learning experiences included a tour of the facility, a presentation by the Director of Fitness regarding programming, assessments, physical training prescriptions and opportunity to workout on the latest equipment technology.
- 2002 Accompanied six students to the Sport Specific Training Group, Orlando, FL, April 9. Learning experiences included a tour of the facility and its operations, interacting with the professional staff and an interactive physical training session.
- 2002 Accompanied students to the Shively weight room at the University of Kentucky. Learning experiences included a presentation of the strength and conditioning programs for U.K. Athletics including equipment and various training programs used, and the profession of Strength and Conditioning at the Division I collegiate level.
- 2001 Accompanied 10 students to the AAHPERD National Convention and

Exposition, Cincinnati, OH, March 29. Learning experiences included presentations, interactive sessions, exposure to equipment used in the field, and networking with professionals in the field.

- 1999 Accompanied two students to the University of Tennessee Strength and Conditioning Clinic, Knoxville, TN, March 6. Learning experiences included presentations, interactive sessions, exposure to equipment used in the field, and networking with professionals in the field.
- 1995 Accompanied two students to the University of Tennessee Strength and conditioning Clinic, Knoxville, TN. Learning experiences included presentations, interactive sessions, exposure to equipment used in the field, and networking with professionals in field.

### **Volunteer Activities and Community Service**

- 2014-16 Serving on the Personnel Committee at Pioneer Drive Baptist Church
- 2011-present Serving as a Deacon at Pioneer Drive Baptist Church
- 2009-present Serving with my wife as Directors of the Timothy Department Sunday School class of Pioneer Drive Baptist Church
- 2009-present Serving as a Usher at Pioneer Drive Baptist Church
- 2008-2011 Appointed to serve on the Abilene Independent School District School Health Advisory Council
- 2007- present Active member of Pioneer Drive Baptist Church and a Care Group Leader in the Timothy Department Sunday School
- 2007 Assistant coaching and acting as a resource for instruction with a Youth baseball team in Abilene
- 2007 Company leader of HSU Heart Walk event participation for the local American Heart Association.
- 2007 Lead team pregame devotions for the Womens Basketball and Tennis teams.
- 2007 Served as honorary guest coach with Womens basketball team.

- 2006 Participant in campus chapel service leading responsive reading.
- 2006 Participation as a walker and donor in the Heart Walk event for the local American Heart Association
- 2006 Acted as a resource to “Abilene Reporter News” on stories related to diet and exercise.
- 2004 Served as an assistant coach to a Jessamine County Coach Pitch baseball team.
- 2003 Guest presenter on muscles and fitness to the Kindergarten class of the Jessamine Early Learning Village, Wilmore, KY.
- 2002-2004 Sunday school teacher for children’s class, Porter Memorial Baptist Church, Lexington, KY.
- 2000-2004 Service as a deacon, Porter Memorial Baptist Church, Lexington, KY.
- 1994-2004 Service as an usher, Porter Memorial Baptist Church, Lexington, KY.
- 2000-2002 Secretary/Treasurer of the deacons, Porter Memorial Baptist Church, Lexington, KY.
- 2001-2002 Chairman of the Baptism Committee, Porter Memorial Baptist Church, Lexington, KY.
- 1999-2000 Member of the Baptism Committee, Porter Memorial Baptist Church, Lexington, KY.
- 1995-2002 Participated in Jessamine County Connection Program, a collaboration between Jessamine County High School and Asbury College, in which High School students have attended and participated in some of my PED111 physical activity classes.
- 1997-1999 Chairman of the Scholarship Committee, Porter Memorial Baptist Church.
- 1996-1999 Member of the Scholarship Committee, Porter Memorial Baptist Church.
- 1994-1997 Member of the Baptism Committee and Lord’s Supper Committee, Porter

Memorial Baptist Church.

1996 Co-sponsor of an all night lock in at the Luce Physical Activities Center Asbury College Campus, Wilmore, Kentucky. This was a ministry outreach to high school and junior high students of Jessamine, Fayette and surrounding counties.

1995-1996 Sunday school teacher for new members class, Porter Memorial Baptist Church.

1995-1996 Gave a presentation to a visiting group of students from Frankfort High School, Frankfort, KY, regarding the field of Sport and Exercise Science careers.

### **Positions Held on Campus**

2020-present Member of the Diversity, Equity, and Inclusion Committee of the College of Health Professions.

2021- present Member of the Ad Hoc Advising Committee

2020-present Member of the Interprofessional Education Committee of the College of Health Professions.

2019- present Doctoral Advisory Committee

2019- present Chair of the Teaching Effectiveness Committee

2019- present Member of the Academic Learning Outcomes Committee

2019- present Member of the Honors Council

2015- 2019 Member of the Academic Technology Committee

2015 Director of the Undergraduate Exercise Science Major NSCA Education Recognition Program

2014-2015	Member of University Tobacco-Free Task Force
2014-2015	Member of Rank and Tenure Committee
2013-2014	Chair of Rank and Tenure Committee
2010- 2011	Member of an ad hoc exploratory committee for the establishment of an Ed.D. degree program in Educational Leadership
2009-14	Member of the Rank and Tenure Committee
2008	Irvin School of Education representative on the Education Ethics Committee
2007- present	Member of the University Research Committee
2007- present	Member of the Athletic Advisory Committee
2006- present	Library liaison for the Fitness and Sport Sciences Department
2006- 2007	Campus Communication Council representative for the Fitness and Sport Sciences Department
2006- present	Director of the Human Performance Lab, Hardin-Simmons University
2004-2006	Member of the Faculty Advisory Committee for Experiential Education.
2004-2006	Member of the Campus Life Committee.
2004-2006	Strength and Conditioning Coach/Assistant Men's Basketball Coach.
2001–2004	Member of the Faculty Advisory Committee for Experiential Education.
2001–2004	Member of the Campus Calendar Committee.
1999–2004	Strength and Conditioning Coach/Assistant Men's Basketball Coach.
1999–2000	Information Services Committee
1997–2000	Learning Resources Committee

1998-1999	Athletics Director (interim)
1997-1998	Strength and Conditioning Coach/Assistant Men's Basketball Coach.
1994-1997	Athletics Advisory Committee
1994-1997	Learning Resources Committee
1992-1996	Faculty Sponsor for campus chapter of Fellowship of Christian Athletes
1992-1994	Student Appeals Committee
1991-1994	Head Baseball Coach
1991-1992	Volunteer as a worker with the student phonathon for fundraising of institutional resources.

### **Courses Taught**

#### **Hardin Simmons University**

FSSC 1117 Strength and Flexibility Training

FSSC 1170 Wellness for Life

FSSC 3313 Kinesiology

FSSC 3314 Exercise Physiology

FSSC 3360 Instruction in Strength and Conditioning

FSSC 4301 Motor Aspects of Sport Performance

FSSC 4304 Tests and Measurement

FSSC 4305 Techniques of Physiological Fitness Assessment

FSSC 4310 Exercise Prescription

FSSC 4307,4308,4607 Internship in Fitness and Sport Sciences

SRMT 5099 Special Topics: Principles of Training for Fitness and Performance (Graduate)

SRMT 6330 Technical Writing and Research Methods (Graduate)

SRMT 6326 Nutrition, Health and Wellness (Graduate)

SRMT 6099 Special Topics: Football Strength and Conditioning (Graduate)

KSPR 6099 Special Topics: Sport Performance Enhancement (Graduate)

KSPR 6099 Special Topics: Principles of Training for Fitness and Performance (Graduate)

KSPR 6099 Special Topics: Applied Exercise Science (Graduate)

KSPR 6301 Advanced Exercise Physiology (Graduate)

KSPR 6357 Fitness Management (Graduate)

KSPR 6309 Biomechanical Analysis (Graduate)

KSPR 6350 Training for Fitness and Performance (Graduate)

KSPR 6360 Sport Performance Enhancement (Graduate)

KSPR 6361 Advanced Strength and Conditioning (Graduate)

### **Previous Institutions**

Coaching baseball/softball  
Directed Studies in HPER  
Exercise Physiology  
Health, Fitness and Exercise  
Human Structure & Function (Anatomy and Physiology)  
Internship in Exercise Science  
Kinesiology/Biomechanics  
Motor Learning and Development  
Nutrition for Health and Performance  
Physical Fitness Assessment. & Prescription  
Psychology and Sociology of P.E. & Sport  
Safety, First Aid and CPR  
Theory of Physical Activity  
Aerobic Activities  
Archery  
Badminton  
Basketball (beginning)  
Bowling  
Conditioning  
Fitness Walking  
Golf (beginning & intermediate)  
Weight Training (beginning & intermediate)  
Psychology of Sport and Performance (Graduate)  
Exercise Physiology (Graduate)  
Mechanical Analysis (Graduate)  
Behavioral Aspects of Sport (Graduate)  
Sports Nutrition (Graduate)  
Exercise and Fitness Education (Graduate)

### **Teaching Effectiveness**

My approach in teaching is to create in the students a motivation and confidence to learn while making applications in their profession. I employ various methods when teaching in an effort to

match the different learning styles of students and course content. I feel incorporating high impact teaching practices to support engaged teaching and learning preferences is important. I utilize technology applications including the learning management systems of Blackboard and Canvas, multimedia applications, Powerpoint, digital photography, video, CD's, internet, mobile applications, and specific electronic equipment within the field of kinesiology to enhance the learning process. I have taught face-to-face, hybrid and online course formats. My goal is always to enable the student to make application of theoretical principles and concepts into professional practices. Teaching with enthusiasm and interacting with the students for quality and effectiveness is very important to me. Providing feedback and engagement is an emphasis that is especially important in the classroom and online via digital mediums and video. My passion in teaching is working with students to help them learn and develop professionally. I like to use real life world scenarios for applications when teaching content. Finally, I believe that to be effective in teaching the student needs to know and feel how much you care they learn and see your invested in teaching.

Positive teaching effectiveness has been documented as reported through student evaluations. Specific data and information are contained in the evaluations of my faculty portfolio.

### **Awards and Recognition**

Online Learning Consortium (OLC) Effective Practice Award: Teacher Text, Hamm, S., **Ruot, C.**, Ashby, W., presented at the OLC International Conference 2014, Orlando, FL

Selected for recognition in "Who's Who Among America's Teachers," 2006 10<sup>th</sup>, 2005, 9<sup>th</sup> edition, and 2004, 8<sup>th</sup> edition.

### **Related Professional Activities**

2022- Led the successful completion of a self-study, and campus site visit review of the HSU Exercise Science Program seeking accreditation with the Committee on Accreditation for the Exercise Sciences (CoAES) under CAAHEP (Commission on Accreditation of Allied Health Education Programs). Awaiting CAAHEP Board Meeting Decision Sept. 16, 2022

- 2021- Led the successful renewal application of the HSU Exercise Science Education Recognition Program (ERP) status of the National Strength and Conditioning Association (NSCA).
- 2021- Leading a self-study of the HSU Exercise Science Program to apply for and achieve the Standards and Guidelines of the Committee on Accreditation for the Exercise Sciences in seeking accreditation with CAAHEP (Commission on Accreditation of Allied Health Education Programs).
- 2019- CSCS Sponsor for the HSU KSPR Graduate Program Exercise Science/ Human Performance Concentration Education Recognition Program (ERP) status of the National Strength and Conditioning Association (NSCA).
- 2018- Led the successful renewal application of the HSU Exercise Science Education Recognition Program (ERP) status of the National Strength and Conditioning Association (NSCA).
- 2017 Planning, designing, and equipping of a new 4,000+sq.ft. Human Performance Lab for Hardin-Simmons University (HSU) to open in Fall 2018.**
- 2015- Lead a review of the HSU Exercise Science Undergraduate program and achieved the Education Recognition Program (ERP) status of the National Strength and Conditioning Association (NSCA).
- 2010 Assisted in FSSC Department Five year Review of academic programs
- 2010 McIntyre,D., Reed,C., **Ruot, C.** collaboratively designed a Wellness Tips document for the Texas State Guard.
- 2010 Assisted FSSC Department Faculty in planning and implementing the First Annual Tri-University FSSC Symposium

- 2010 Assisted the FSSC Department faculty and students in forming the FSSC Club for student majors and minors.
- 2009 Modified course pedagogy and contents in FSSC 3360 and 4310 incorporating more interactive learning.
- 2008 Served on the search committee for a faculty vacancy in the department of Counseling and Human Development.
- 2008 Served on the search committee for a new Fitness and Sport Sciences Department faculty position.
- 2007-present Served on SRMT/KSPR graduate student oral exams.
- 2007-present Served on SRMT/KSPR graduate students research projects and committees.
- 2007-present Designed and implemented V02 exercise testing for the Fitness Management (FSSC majors) class.
- 2007-present Designed and implemented Body Composition (Hydrostatic) assessment for the Fitness Management (FSSC majors) class.
- 2007-2008 Assisted the Strength and Conditioning Coach with Vertical Jump, flexibility, and body composition assessments of HSU student athletes.
- 2008 Modified course pedagogy and contents in FSSC 4305 incorporating more interactive learning.
- 2007- present Taught course overloads and summer sessions to assist the FSSC Department in course offerings to meet curricular needs of undergraduate and graduate students.
- 2007 Modified pedagogy and contents in FSSC 3313 Kinesiology, and 4304 Tests and Measurement courses incorporating more interactive learning.
- 2007 Assisted in the planning and implementation of Polar Heart Monitors for use in the new FSSC 1170 'Wellness for Life' course offered in the Spring 2008 semester.

- 2007 Assisted with curricular review and revisions in the Exercise Science major to work toward meeting professional standards of ACSM and NSCA.
- 2007-present Serve as faculty advisor to undergraduate student FSSC majors
- 2006-present Training of Graduate SRMT/KSPR student lab assistants in exercise testing techniques and physical assessments for classes and athletes in the Human Performance Lab.
- 2006 Implemented curricular revisions of HPER 420 Exercise Physiology, and HPER 431 Kinesiology/Biomechanics to include labs.
- 2006 Assisted with curricular revisions of major in health and physical education (K-12) meeting state of Kentucky standards.
- 2004 Assisted with a Senior student's Biology research project investigating the changes in oxygen consumption, and muscle strength over time among NAIA level collegiate soccer players.
- 2003 Planning with the Wellness Program Coordinator for future integration of the Wellness Program as an Experiential Learning resource into the Exercise major curriculum.
- 2002 Assisted with curricular development of major in health and physical education (K-12) in meeting state of Kentucky standards.
- 2002 Assisted with curricular development of major in sport management.
- 2001 – 2004 Planning for future curricular revisions to the Exercise Science major to achieve the NSCA National program recognition status and meet ACSM suggested guidelines for undergraduate programs in Exercise Science.
- 1998-2003 Continued revision of PED 435, Internship in Exercise Science, course to enhance Experiential Learning.
- 1996-2003 Identification and establishment of sites for internships (Experiential Learning Experiences) for students in the Exercise Science major.

- 1991-2003 An active role in the Physical Education, Health and Recreation Department's continual updating of content, experiences and overall effectiveness of the course titled: "*Theory of Physical Activity.*" This course is a study of the principles and values of physical activity with emphasis on the acquisition and maintenance of an adequate level of physical fitness for a healthy life. This course is required of all students and is a prerequisite for all physical education activity courses.
- 2003 Development of two new theory courses HED 312 Nutrition for Health and Human Performance, and PED 350 Physical Fitness Assessment and Prescription in expansion of content and replacement of HPE 312 Nutrition, Wellness and Conditioning.
- 2000 Assisted in the HPERA Department internal review and preparation for NCATE re-accreditation.
- 1999 Development of new physical activity course offering PE 111 Conditioning.
- 1998 Development of new theory course HPE 312 Nutrition, Wellness and Conditioning which replaced PER 310 Health, Fitness and Exercise.
- 1996 Development of an Exercise Science major in the HPERA department, Asbury College, Wilmore, Kentucky, effective Fall, 1997. This degree provides the academic preparation necessary for equipping the student to sit for the certification exams with organizations in the Exercise Science field such as the American College of Sports Medicine, the National Strength and Conditioning Association or the American Council on Exercise. This will ultimately prepare students for entry level positions in commercial or private fitness/wellness centers, corporate fitness, personal training and consulting, senior fitness, sports medicine clinics, hospital based wellness programs, YMCA or YWCA's, sports and recreational settings, Athletic Strength and Conditioning as well as graduate school for further study in related fields.
- 1995 - 1996 Assisted in self-study and ten year review of the Departments of Physical Education, Health, and Recreation and Intercollegiate Athletics at Asbury College, Wilmore, Kentucky.
- 1995 Development of new physical activity course offering PE 111 Aerobic Activities.

- 1995 Assisted in working with the health clinic on the campus of Asbury College, Wilmore, KY, to establish blood draws and analysis for students in the “*Theory of Physical Activity*” classes during the fall and spring semesters each year.
- 1994 Assisted in the design and construction of a portable hydrostatic weighing device that is used in the swimming pool of the Luce Physical Activities Center, Asbury College, Wilmore, KY, to assess body composition.
- 1991 - 1993 Assisted in the planning and design of the 6.4 million, 77,000 square foot Luce Physical Activities Center constructed on the campus of Asbury College. *Athletic Business Magazine*, June 1994, seventh annual showcase on architecture issue cites it as one of the 55 newest, most state-of-the-art athletic facilities in the United States, Canada and Europe. The Luce Center serves the academic program of the Health, Physical Education and Recreation, Intercollegiate Athletics and the general recreation and fitness needs of the campus and community.
- 1991-1993 cont. - Assisted in the design and selection of equipment, and resources, of the weight room that includes cardiovascular, cybex selectorized resistance machines, free weights and a flexibility area. This weight room services academics, athletics and the community of all ages.
- Assisted in the selection of equipment, resources and the design for operations of the Exercise Science Laboratory.
- 1992 Development of a new theory course PER 310 Health, Fitness and Exercise.
- 1990 Assisted in the development of a proposal and design by the Health, Physical Education and Athletic Departments for a new facility for its programs at Grace College, Winona Lake, IN.
- 1990 Assisted in the development and implementation of the course titled: “*Healthy Lifestyles,*” offered by the Health, Physical Education Department as part of the general education requirement of all undergraduate students at Grace College, Winona Lake, IN.
- 1989-1990 Assisted in the Health, Physical Education Department’s revisions and additions of majors, minors and curricular offerings at Grace College, Winona Lake, IN.

**Research Interests**

Teaching and Learning in Health, Exercise Science and Human Performance

Exercise Testing, and Training for optimization of Health, and Human Performance