

VITAE**DONNIE C ANDREWS****589 Clubhouse Dr.****Pearl, MS 39208****Cell (601) 421-1580****E-mail: donnieandrews@bellsouth.net****BIOGRAPHICAL INFORMATION****Personal:****Date of Birth-December 15, 1967****Place of Birth-Muscle Shoals, AL****Educational:**

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|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| May 2001 | Ph. D
Major: Human Performance
Emphasis: Exercise Science
University of Southern Mississippi |
| August 2011 | Master of Science
Major: Biological Sciences
Emphasis: Human Physiology
Mississippi College
Clinton, MS |
| May 1996 | Master of Science
University of Southern Mississippi
Southern Station Box 5006
Hattiesburg, MS 39406-5006
Major: Human Performance
Emphasis: Exercise Science |
| May 1994 | Bachelor of Science
University of North Alabama
Florence, AL 35674
Major: Physical Education
Minor: Biology |
| May 1986 | Academic Diploma
Muscle Shoals High School
Muscle Shoals, AL 35661 |

Professional Experience

- Jan 2010-Present Assistant Professor Kinesiology
University of Louisiana Monroe
Monroe, LA 71209**
- Instructing Undergraduate courses in Exercise Physiology, Motor Learning, Anatomical Kinesiology, Fitness Assessment, Modern Fitness, Lifetime Sports, Exercise & Special Populations
 - Graduate Courses in Exercise Prescription For Special Populations, Advanced Exercise Physiology, Cardiovascular Physiology
 - Serving on committees; Diversity, UCC, Advising Students
 - Faculty Advisor for ASK (Association of Students in Kinesiology)
 - Implementation of Phi Epsilon Kappa (National Honor Society) to the Institution
- Jan 2007-Dec 2009 Director & Associate Professor Sport Science (Master's
(JSU cont.) Program)/Coordinator Exercise Science Lab
Jackson State University
Jackson, MS 39217-1040**
- Develop/Present/Implement Graduate Curriculums to include a Master of Science Degree in Sport Management and Strength & Conditioning
 - Student Recruitment & Advisement/Clinical & Practical Internship Contracts
 - Graduate Courses: Administration & Organization, O&A in 2&4 Year Universities, Sport Finance, Sport Sociology, Sport Marketing, Advanced Muscular Physiology, Motor Learning, Human Growth & Development, Facility Design, Governing Bodies & the Law, Ethics, Research Methods, Statistics, Advanced Human Nutrition, Bio Mechanics, Anatomy & Physiology, Strength & Conditioning & Lab, Sport Finance
 - NCATE Assessment preparation for Advanced Health & Physical Education Program

Jan 2004-Dec. 2006

**Assistant Professor/Coordinator Exercise Science Laboratory
Jackson State University
Jackson, MS 39217-1040**

- Instructing classes in; Muscular Physiology, Motor Development, Kinesiology, Anatomy & Physiology, Care & Prevention of Injuries (CPR Cert.), Administration & Organization of Sport, Concepts of Health & Wellness**
- Graduate Classes; Practicum in Leisure Sport, Administration & Organization, Sport Administration, Sport Sociology**
- Undergraduate Advisor**
- Grant Submission White Physical Education Program**
- Co-Coordinator Phi Epsilon Kappa Honor Society**
- Committee representative College of Education for University UGCC**
- Departmental Web-Page Design**

June 2003-Dec 2003

**Fitness Program Supervisor/Exercise Physiologist
United States Air Force
Keesler Air Force Base
Health and Wellness Center
604 Chappie James Ave.
Keesler AFB, MS 39534**

- Management of Air Force Fitness Program**
- Supervise and Manage USAF Cycle Ergometry Program**
- Administer and Teach classes for Self-directed and Monitored Fitness Programs; Health Promotion Classes in Sensible Weight Management, Diabetic Education, Tobacco Cessation**
- Speaker for numerous Commanders/Executive Staff Briefings on Safe Running and Fitness Requirements**
- Received Base Commanders Letter of Recognition for service to the Community**

June 2002-May 2003

July 1997-Dec. 1999

**Exercise Physiologist
South Central Regional Medical Center**

Laurel, MS 39440

- graded exercise testing of all members, physical and occupational therapy patients
- designed exercise programs from guidelines based on ACSM and individual graded exercise and test results
- designed and supervised exercise for high risk patients, i.e., stroke, hypertension, and any other condition not fitting criteria of general membership
- assist with cardiac and pulmonary rehabilitation programs
- lecturer for high school wellness programs and community established health fairs
- established CPFT program for wellness center

Aug. 2000-May 2002**Assistant Professor****Troy State University****Troy, AL 36082**

- Advisor for Undergraduate/Graduate programs
- Instructing classes on Tests and Measures, Statistics, Recreation Principles, First Aid & CPR, Kinesiology, Cardiac Rehabilitation, Anatomy & Physiology, Special Topics, Sports Administration
- Graduate Classes in Current Issues in Sport, Sports Marketing, Sports Administration, Sport Psychology
- Assisted on various committees including; Curriculum Committee, Job placement, Internships and Recruiting, SACS
- Advisor for HPER Club & Phi Epsilon Kappa (Honor Society)
- Course Designer-Strength & Conditioning and SC Lab

Jan. 2000-Aug. 2000**Instructor****Mississippi Valley State University****Itta Bena, MS 38941**

- Advisor for undergraduate programs
- Instructing classes on Care and Prevention, Adaptive Physical Education, Human Intimacy, Recreational Leadership, Motor Development, Kinesiology and Concepts of Wellness
- Assisted with Special Olympics Program
- Assisted on various committees including Department Curriculum Committee and SACS Committee

August 1994-August 1997 Graduate Assistant

**Coordinator, Fitness Assessment Center
University of Southern Mississippi
Payne Center
Hattiesburg, MS 39406**

- **Coordinate day to day operations including; budgeting, staffing, risk management, general and comprehensive evaluations, staff orientation and training, data collection and interpretation**
- **designed exercise programs based on ACSM guidelines for high and low risk clients**
- **Trained in phlebotomy and operation of USM Blood Lipid Analysis laboratory**
- **supervised undergraduate practicum program including site assignment and course evaluation**
- **assisted as examiner and practical demonstrator for ACSM HFI and Exercise Specialist exams**
- **Lecturer for Metabolic Calculation Exercise Physiology labs**
- **Lecturer for ACSM HFI exam-Body Composition**
- **Central Staff member USM Payne Center**

January 1996-December 1996 Fitness Center Supervisor

**Anatomies Fitness Center
Hattiesburg, MS 39401**

- **Supervision of facility**
- **Training of new staff members**
- **Sub-maximal exercise testing including; YMCA bicycle protocol, skin-folds, flexibility, strength and endurance, height, weight, blood pressure, heart rate**
- **Designing of exercise prescriptions, based on sub-max test results**
- **Equipment maintenance including a training seminar in treadmill maintenance**

January 1994-May 1994 Internship

**University of North Alabama
Wellness Center
Florence, AL 35670**

- **Supervision of faculty Wellness Center**
- **Performed sub-maximal exercise testing**
- **Design exercise prescriptions and consultations**
- **Data collection for University wide Health status**

ACHIEVEMENTS

- Selected to Madison's Who's Who 2007-2008**
- Received College of Education & Human Development Distinguished Professor Award 2007-2008**
- Received Department Chair Award for service to the University (JSU). Spring 2004-2009**
- Chair/Elect College Division MSAPHERD (2005-2007)**
- Received Department Recognition Award 2005 for Initiation of Phi Epsilon Kappa Honor Society to JSU**
- Received Civilian Employee of the Quarter for service to Keesler Air Force Base. (Dec. 2003)**
- Received Base Commander's Letter of Recognition for service to Keesler's Air Force Base Community. (Sept. 2003)**
- Established Troy State University as 1 of the first 20 Universities recognized by NSCA with a curriculum based Strength and Conditioning Program. (Spring 2001)**

RESEARCH INTERESTS

- Effects of strength training on adolescent population**
- Effects of non-invasive ergogenic aids on strength training**
- Blood lipid analysis during strength enhancement (Valsalva)**

PRESENTATIONS

- Feb. 2009; SEACSM Annual Conference; Birmingham, AL. "Psychosocial Correlates of Physical Activity in Apparently Healthy Adolescents."**
- March 2008; Mississippi University for Women: Columbus, MS "Strength and Conditioning Guidelines for Adolescence."**
- Feb. 2007; SEACSM Annual Conference; Charlotte, NC. "The Bench Shirt as an Enhancement of Maximal Lifting Ability in Weight Trainers."**
- Sept. 2005; JSU Research Forum; Jackson, MS. "Psychosocial Correlates of Physical Activity in Healthy Adolescents."**
- Dec. 2004; MAHPERD Annual Conference; Gulfport, MS. "Leadership: HPER's Future Today"**
- Oct. 2004; Jackson State University, College of HPER; Jackson, MS. "Praxis I; Review & Tips"**
- Dec. 2003; Keesler Air Force Base, 81st Training Wing; Biloxi, MS. "Implementation of the Air Force Fitness Program"**

- Nov. 2003; Louisiana State University Air Force ROTC Program; Baton Rouge, LA. (LSU) “Energize Through Exercise”
- Sept., Oct., Nov. 2003; Keesler Air Force Base Medical Center; Biloxi, MS. “Diabetes and Exercise the Sensible *Weigh*”
- March 2003; Southwest Mississippi Community College; McComb, MS. (Consultant for Human Performance Company) “Human Performance; A Joint Venture Through Wellness”
- Aug. 2002; Jones County School Systems; Laurel, Mississippi. (SCRMC) “Making the right choices; Eating Nutritiously”
- Fall 2001; Pike County Community Center; Troy, Alabama. (TSU) “Cardiovascular Risk Factors; The Importance of Regular Physical Activity”
- Fall 2000; Pike County Community Center; Troy, Alabama. (TSU) “Benefits of Regular Physical Activity”
- Aug. 1998; Richton Public School Systems; Richton, Mississippi. (SCRMC) “Eating Nutritiously, A Healthy Mind and a Healthy Body”
- Aug. 1997; Richton Public School Systems; Richton, Mississippi. (South Central Regional Medical Center) “Developing Good Eating Habits”
- Fall 1996; ACSM HFI Seminar, University of Southern Mississippi. “Body Composition/Anatomical Positions and Techniques”

PUBLICATIONS

- Andrews, et.al., An Analysis of the Job of Strength and Conditioning Coach for Football at the Division II Level. *Journal of Strength and Conditioning Research*, December 2009.
- Andrews, D., The Bench Shirt as an Enhancement of Maximal Lifting Ability in Weight Trainers. VDM Verlag Publishing (Peer Reviewed NSCA/Under Revision) Fall 2008.
- Andrews, D. & Smith, E., The Effects of Resistance Training on Adolescents. *Alabama State Journal for the Association for Health, Physical Education, Recreation & Dance*. Alabama AAHPERD, Spring 2001.
- Andrews, D. (Dissertation) The Effects of Non-invasive Ergogenic Aids on Strength Enhancement. Peer Reviewed, NSCA
*Secured in-kind grant for \$1,140 to conduct research (INZER Dynamics).

-Andrews, et.al., A Comparison of 3 Methods in the Measurement of Body Fat.
Research Quarterly for Exercise and Sport. AAPHERD Research Sect., Reno,
 Nevada. Spring 1998.

-Andrews, et.al., A Comparison of 3 Methods in the Measurement of Athletic Power.
Journal of Applied Research in Coaching and Athletics. MAAHPERD Research
 Sect., Cleveland, MS 1994.

OTHER WORK EXPERIENCE

Aug. 2005-Present

**Assistant Professor
 Hinds Community College
 Rankin Campus
 Pearl, MS
 -First Aid/CPR Certification**

Jan. 2006-May 2006 (Sabbatical to Development Sports Management Curriculum)

**Associate Professor
 Campbellsville University
 1 University Way
 Campbellsville, KY 42718
 -Sport Psychology, Methods,
 Consumer Health, Motor Learning
 -Development of Courses in; Intro to Sport
 Management, Current Issues in Sport, Drugs &
 Behavior, Sport Finance; Facilities Design**

Feb. 2003-April 2003

**Consultant (Human Performance Group of MS)
 -Development of Fitness Wellness Complex
 *Design through Daily Operational Guidelines and
 Procedures**

June 1987-June 1989

**USARNG, Staff Sergeant
 - Communications
 - Basic/AIT Ft. McClellan; Gadsden, AL
 - Honorable Discharge, June 1989**

CERTIFICATIONS

**ACSM-Health Fitness Specialist (Since 1998)
 BLS Instructor-American Heart Association (Instructor/Since 2000)
 ACLS-American Heart Association (Since 2002)
 US School of Aerospace Medicine-Health Promotion (2003)**

MEMBERSHIPS

Member of American College of Sports Medicine

Member of Southeastern American College of Sports Medicine

Member of North American Society for Sport Management

Member of National Strength and Conditioning Association

Member of Phi Epsilon Kappa (Faculty Representative)