

## PROFESSIONAL VITA

LISA ANN COOPER COLVIN, Ph.D., FACSM, LCEP, PEK, PKP

### OFFICE

University of Louisiana at Monroe  
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### EDUCATION

University of Southern Mississippi Ph.D. (Exercise Physiology) 1993  
Northeast Louisiana University M.Ed. (Physical Education; Counseling) 1989  
Northeast Louisiana University B.S. (Health, Phys. Ed.; Biology) - teacher certification 1988

### PROFESSIONAL EMPLOYMENT

2010 to present University of Louisiana at Monroe - Professor, Kinesiology; former Department Chair of Exercise Science and Physical Education program faculty (graduate and undergraduate; tenured)

- CAAHEP Program Director for Exercise Science and Clinical Exercise Physiology
- Pre Allied Health (including Physical Therapy, Occupational Therapy, Nursing, Pharmacy, and Community Health, Medicine, and Physician Assistant advisor for majors; program.
- Accreditation approval from CAAHEP for undergraduate and graduate programs (1st in state for both programs, 1st in nation for master program )
- Adjunct Professor, Pennington Biomedical Research Center, Baton Rouge, LA
- Graduate faculty
- University, College and Departmental committees
- Director, Exercise Science Internship Program (undergraduate and graduate)
- Student Teacher Evaluator
- Emerging Scholar Faculty
- Online course development and delivery
- Secured the SEACSM Lecture Tour: Dr. Dwayne Knudson; funded with sponsors and with the Robert Lane and Lisa Cooper Colvin Kinesiology Lecture Series
- Secured the lecture series continuation with Dr. Tim Lightfoot (Texas A& M Genome researcher and 2010 Kinesiology Alumnus of the Year
- Co-Sponsor ULM's Exercise is Medicine (EIM) campaign
- Co-Director of the Warhawk Triathlon (5th year) and 1st annual Kids Triathlon
- USA Cycling Level II Coach and Level B official; USA Triathlon Level 1 coach and Level 1 official; USA Track and Field Level1 Coach
- Coaching services for Troy Jacobson Triathlon Academy
- Adjunct Professor, Pennington Biomedical Research Center
- Reviewer, Medicine and Science in Sport and Exercise

- Book contract: Triathloning: From Start to Finish; McGraw Hill; in process (January 2011)
- RSO Sponsor: ULM Triathlon Team
- Webmaster for Kinesiology Facebook and Twitter social media marketing for KINS
- Departmental Activity Course Director
- Team Member - CAAHEP CoAES reaffirmation, April 2011

July 2007-June 2010 University of Louisiana at Monroe-Acting Dean/Associate Dean of Graduate School (formerly Graduate Studies and Research) with administrative oversight and direction for the Graduate School and the Office of Research.

Specific duties include:

Graduate School:

- Increased enrollment by 10.2% Fall 2007 to Spring 2010 2009
- Increased prospect, inquiries, applicant, and enrolled students by 27% Fall 2007 to Spring 2010
- Developed and implemented strategic marketing and branding plan for Graduate School
- Collaborate with other College Deans to formalize interdisciplinary program development, degree program adoption, Louisiana Board of Regents and University of Louisiana System approval, accreditation and sustainability
- Reorganization of entire Graduate School infrastructure and functions
- SAC Reaffirmation Team, section chair
- Reaccreditation or accreditation involvement in programs (chair or member)
- High yield return on marketing strategies with extremely limited funds utilizing state of the art technology marketing strategies and EMAS
- Admissions clearinghouse development
- Graduation certification (degree plans, certification)
- Graduate Assistant and Graduate Work Study funds oversight for ULM (\$1.7 million)
- Budget oversight for Graduate School (\$2.8 million)
- Graduate Council (chair pre-meeting preparation, agenda, information to members, review of council minutes, posting of minutes on Graduate School website and Provost website, Council representative to Provost and President)
- Student Grievances and Appeals, chair
- Thesis and Dissertations (review, editing, approval)
- Federal and State reports (100% of reports in FY 08-09 have been submitted prior to the agency deadline; 100% compliance result)
- ULM Graduate Catalog maintenance, review and reconstruction
- Fund raising for Graduate Student scholarships
- ULM's Dean Council
- ULM Strategic Planning Level II, team leader
- Strategic planning for Graduate School
- SAC's accreditation assurance for graduate programs
- Secured Noel Levitz Enrollment Opportunity Analysis review (April 2008)
- Graduate Faculty handbook development
- Graduate Assistant Handbook development
- Representative for Graduate School to agencies including ULS, NAFSA, and Louisiana Dean's Council

- Student recruitment strategy development (domestic and international)
- Review and updating of ULM Graduate School policies and procedures
- Complete redesign of ULM Graduate School website
- Developed, fundraised and organized The Summit for Strength & Conditioning and Sports Medicine Leaders (February 19, 20, 2010; <http://www.ulm.edu/gradschool/> or <http://www.active.com/community-services-conference/monroe-la/the-summit-of-strength-and-conditioning-and-sports-medicine-2010>; 17 speakers, 20 sessions, 400+ attendance, 5 organizations awarding CEU credits
- Revamped admissions processes in office; decreased application to department time from 17 days to 3 days; decreased correspondence with domestic and international students from 7 days to 1.5 days; decreased international student application completion from 26 days to 15 days; decreased incomplete applications from 307 to 51 in Fall 2009; decreased thesis/dissertation return to student from 12 days to 3 days
- Continued advisement, schedule review, program direction and reference for Exercise Science pre-allied health students in the Department of Kinesiology
- Invited Lecturer for the American College of Sports Medicine Register Clinical Exercise Physiology (RCEP) Workshop
- Peer journal reviewer, Medicine and Science in Sports and Medicine (19 article reviews 2007-present)
- Textbook reviewer, Lippincott, Williams and Wilkins and McGraw Hill (2 chapter 2009, 4 chapter 2007, Human Kinetics, 1 book 2007; McGraw Hill 1 book 2007)
- Textbook development with McGraw Hill: ECG for the Allied Health Professions, in review; development of textbook supplement of dynamic ECG study tools for students; development of teacher ancillary instructional materials

#### Research (former responsibilities)

- Adjunct Professor, Pennington Biomedical Research Center, Baton Rouge, LA
- ULM Authorized Organizational Representative (former)
- Complete redesign of ULM Research Office website (includes forms, federal circular review, NIH, NSF and additional research resources for faculty and staff)
- Review and updating of office policies and procedures
- Grant application review and submission to all applicable agencies
- Contract reviews and negotiations
- Material Transfer direction
- Patent review and correspondence with faculty, deans, upper administration and ULM legal council
- ULM representative to Louisiana's Materials Transfer Council
- Research Council (agenda development, information to members, review of council minutes, posting of minutes on Research website, Council representative to the Provost and President)
- Development of ULM PI Handbook
- IRB Training CITI group assurance
- Ethic and compliance direction for office
- Pre-award (budget review/approval, contract routing, awards pre-approvals and signatures, cost-sharing reviews)
- Post-award (no-cost extensions, change of PI, project master budget, budget revisions)
- Review of Federal circulars
- Development of junior faculty and new PI's
- Development of research interests faculty database and facility availability

- Federal report generation for NIH, NSF and other regulatory bodies
- Animal Welfare compliance assurance USDA
- IRB Committee liaison

August 2003-July 2007 University of Louisiana at Monroe Professor, Department of Kinesiology Director, Pre-Physical Therapy/Exercise Science Programs and Director, Human Performance Laboratory

- Exercise Science and Physical Education program faculty (graduate and undergraduate; tenured)
- CAAHEP Program Director for Exercise Science and Clinical Exercise Physiology
- Pre Allied Health (including Physical Therapy, Occupational Therapy, Nursing, Pharmacy, Community Health, Medicine, and Physician Assistant advisor for 294 majors; program growth from 21 majors in 2002 to 294 by 2007; 84% acceptance rate into DPT and 100% acceptance rate into Medical schools within last 5 years)
- Accreditation approval from CAAHEP for undergraduate and graduate programs (1st in state for both programs, 1st in nation for master program); 100% pass rate on ACSM national exit examination of HFS and ES; 92% placement rate of graduates; 94% retention rate of incoming students
- Development and implementation of EXSC pre-PT portal system
- Grant activity (PI/Co-PI or Co-Investigator for \$4.592 Million in grant activity)
- ULM Academic Affairs Faculty Fellow (Policies and Procedures, Strategic Planning, Shared Governance)
- Graduate and undergraduate research director (24 master, 9 undergraduate)
- Graduate faculty
- University, College and Departmental committees
- Director, Exercise Science Internship Program (undergraduate and graduate)
- Student Teacher Evaluator
- ULM Strategic Planning Phase II team
- Emerging Scholar Faculty (7 students)
- Online course development and delivery
- Adjunct Professor, Pennington Biomedical Research Center
- Reviewer, Medicine and Science in Sport and Exercise

August 2002- August 2003 Metropolitan State College of Denver Chair, Department of Human Performance, Sport and Leisure Studies Professor

- Direction for degrees in K-12 Physical Education, Adult Fitness/Exercise Science, Sport Industry Operations, Athletic Training, Leisure Services Management and Therapeutic Recreation
- Direction of Activities program
- Grant activity (PI for \$350,000 in grant activity)
- Coordination of facility utilization with campus recreation, intramurals, intercollegiate athletics, Auraria Higher Education Commission and outside events
- Short and Long Range Strategic Planning leadership
- Budget management; increased budget from 1.2 million to 1.6 million; fiscal management and oversight resulting in a 7% cost saving and redirection of funds for faculty development and travel
- Development and Support of Faculty Professional Development
- Development and Support of community collaborations including all professional sports organizations (NFL, NHL, NBA, MLB), 27 physical therapy clinics, 9 hospitals, 24 wellness facilities representing an increase of 27% availability of site placement for student interns
- Development and Support of departmental and area advisory councils
- Day to day operations of the Department of HPSL (including 41 faculty and staff members, 810 student majors)

- Semi-annual and annual review of faculty and support staff
- Scheduling of courses and classroom space
- Accreditation and reaccreditation of K-12 Physical Education, Athletic Training, Leisure Management and Therapeutic Recreation
- Direction in new facility renovation and equipment purchase (\$450,000 facility renovation equipment purchase secured)

August 1997-August 2002 Southern Arkansas University Associate Professor and Director, the Brown Complex for Health Education and Wellness Director, The Center for Physical Medicine and Rehabilitation (including services of physical therapy, occupational therapy, speech pathology, home health nursing, audiology, social work and case management), and the Applied Physiology Laboratory (including services of Comprehensive Exercise Testing and Prescriptions, Ergonomic Worksite Analysis; Exercise Programming for local Pulmonary and Cardiac Rehabilitation Centers; Corporate Fitness and Wellness; Corporate Preventative Medicine programs)

- Graduate Faculty status; Graduate Admission committee, chair
- Associate Professor in Health, Kinesiology and Recreation (tenured); teaching in Kinesiology, Recreation, Exercise Science, and Athletic Training programs
- Director, Cardiopulmonary and Physical Activity Assessment Center (CPAAC)
- Chair, Exercise Science Curriculum; grew program from 4 majors to 145 majors in 4 years; 91% placement of graduate within the Exercise Science field
- Contracts with industry including Potlatch Corporation, Georgia Pacific Corporation, G&W Family clinics, Inspec Foam, Alcoa, Alumara, the City of Magnolia and Bayliner Boat Company)
- Undergraduate and graduate academic advisor (145 student majors)
- Assistant Athletic Director/Senior Women's Administrator (day to day athletic department operations, budget management, facilities management, direction and leadership for women's athletics, game management for women's basketball, men's and women's cross country and track and field)
- NCAA Management Council representative; Vice Chair of Management Council and Chair of the Championships Committee; oversaw a \$17.5 million dollar budget for annual national championships

August 1996 - August 1997 Valdosta Family Medicine, Vice President of P.C. and ErgoWell Solutions, Inc.

- Director, The Cardiopulmonary and Physical Assessment Center and The Human Performance Laboratory at Valdosta Family Medicine (5 Family Practice Physicians, 1 Cardiologist, 2 Nurse Practitioners, 1 Physician Assistant)
- Comprehensive Graded Exercise Testing Services; Telemetry; Clinical Trial Coordinator
- Ergonomic Worksite Analysis
- Exercise Programming for Pulmonary and Cardiac Rehabilitation Centers
- Supervise interns from various Medical, Health Fitness and Sports Medicine programs
- Management of corporate budget (\$4 million)
- 100% Compliance assurance for federal and state regulatory agencies
- Collaborative research grant writing with Valdosta State University, South Georgia Medical Center, Valdosta, GA and the Hughston Clinic, Columbus, GA

August 1993 - August 1996 Valdosta State University Assistant Professor

- Director, The Laboratory of Applied Physiology and Fitness Assessment Center
- Assistant Professor in Health and Physical Education Department that includes Health Promotion and Wellness, Health and Physical Education and Sports Medicine curriculums; academic advisor
- Comprehensive Exercise Testing and Prescriptions for Valdosta regional area;

- Pre-participation Cardiovascular Screening for athletes at Valdosta State University, Valdosta City Schools and Lowndes City Schools
- External grants for the operations of the laboratory and research
- Health Fitness Program Development Team (new curriculum)
- Teaching in the undergraduate and graduate programs of Health Fitness, Sports Medicine and Health and Physical Education
- Supervise interns, undergraduate research projects and master's thesis in Health Fitness and Physical Education curriculums
- Conduct wellness and health fair activities at many regional corporations and institutions
- Collaborative research grant writing with South Georgia Medical Center in medical oncology and pulmonary rehabilitation
- 1996 Olympic Games Exercise Science site for Belarus, Latvia, and Poland Cycling, Wrestling and Track and Field

#### Additional Employment Experiences

1990 - 1993 the University of Southern Mississippi, Graduate Assistant and Coordinator of Laboratory of Applied Physiology

1988 - 1990 Neville High School in Monroe, LA, Instructor and Athletic Coach

- Instructor, Health and Physical Education (regular and adaptive) and Biology
- Coaching responsibilities in varsity girls cross country, basketball, and track

#### GRANT ACTIVITY

2010-2011 Picard Center, Co-Investigator ULL \$150,000

2006-2009 LA Health Childhood Obesity (NIH), Co-Investigator Pennington Biomedical Research Center

This three-year study was a partnership with LA GEAR UP (an ongoing U.S. Department of Education project) to test the efficacy of two school-based prevention programs that are designed to prevent weight gain and/or promote weight loss in children and adolescents. The approach featured an interactive website to be utilized in the classroom, along with environmental modifications of the school setting.

National Institute for Child Health and Human Development of the National Institutes of Health (R01 HD048483) and the U.S. Department of Agriculture (58-6435-4-90). The clinical trial number for this project is: NCT00289315. In addition, this work was partially supported by the CNRU Center Grant #1P30 DK072476 entitled "Nutritional Programming: Environmental and Molecular Interactions" sponsored by NIDDK. \$2.4 Million

2007-2008

- V-Care VST Modality Study, PI Eagle Falls, Idaho \$50,000
- Cool Shirt, Inc. Cooling Study, PI Dallas, TX \$2,500
- LA Health TEACH, PI (LaSIP) Baton Rouge, LA \$100,000
- PBRC Northern Site Coordination, PI PBRC \$7,500

2005-2006

- LA Health TEACH, PI (LaSIP) Baton Rouge, LA \$100,000
- PBRC Northern Site Coordination, PI PBRC \$7,500
- LA Health (NIH) Co-Investigator NIH and USDA \$635,000
- Carol White PEP Grant, Co-Investigator USDE \$820,654

2004-2005

- LA Health Northern Coordinator, PI Baton Rouge, LA \$7,500
- ULM Online Course Development, PI Monroe, LA \$3,400
- LA Health Teacher Training, PI Baton Rouge, LA \$120,000

2003-2004

- City of West Monroe, PI West Monroe, LA \$6,500
- Crossett Public School Education Alliance , PI Crossett, AR \$5,000
- ULM Faculty Development Monroe, LA \$3,700
- Glenwood Regional Medical Center, PI West Monroe, LA \$150,000
- ULM Faculty Development Monroe, LA \$3,400

2002-2003

HKR Facility Funding State of Colorado \$450,000

2001-2002

- Potlatch Corporation, PI McGehee, AR \$30,000
- Inspec Foam, PI Magnolia, AR \$14,500
- Faculty Development Magnolia, AR \$4,200
- Center for Physical Medicine and Rehab, PI Magnolia, AR \$30,000

1999-2000

- Potlatch Corporation, PI McGehee, AR \$25,500
- Inspec Foam, PI Magnolia, AR \$10,500
- CompuTrainer, Inc., PI Boulder, CO \$2,500
- SAU Faculty Development Magnolia, AR \$6,200
- Center for Physical Medicine and Rehab, PI Magnolia, AR \$30,000
- Magnolia School System, PI Magnolia, AR \$10,000
- SAU Technology Teaching Fellowship Magnolia, AR \$4,000
- Brown HKR Complex Magnolia, AR \$27,300

1995-1998

Southeast Pulmonary Rehabilitation, PI Jacksonville, Florida \$18,500

1995-1997

Georgia Forestry Commission, PI Valdosta, Georgia \$29,620

1996-1997

Valdosta Police and Fire Departments, PI Valdosta, Georgia \$28,800

1994-1996

Faculty Development Grants VSU \$2,500

1993

Glenwood Regional Medical Center, PI Monroe, Louisiana \$25,000

## PRESENTATIONS

Invited Lecturer: The Summit of Strength & Conditioning and Sports Medicine Leaders. Periodization for the Multisport Athlete (2010).

Invited Lecturer: Louisiana Council of Graduate School Deans, 2009, 2008. Apple iTunes University and Electronic Portfolios as a means of data collection in MS and PhD students (2009). ; “Graduate Assistants: Challenges for ULS institutions (2008);

Invited International Lecturer: Kaohsiung; Taiwan, Tokyo, Japan and Riccione, Italy (2007, 2006, 2005, and 2004)

Invited National Lectures: ACSM RCEP Certification Workshops (2009, 2008, 2007, 2006); SEACSM (2007, 2006, 2005, 2004)

American College of Sports Medicine Registered Clinical Exercise Physiologist workshop;

Monroe, Louisiana; “Metabolic Disorders”, “Metabolic Equations and Calculations”, April 2008.

The Five Year Comparison of Physical Activity Intervention on Job Performance Standards in Northeast Louisiana Firefighters; Bryan Coyne and Lisa C. Colvin; Annual Meeting of the American College of Sports Medicine; 2008

Speed of Injury Recovery of Collegiate Athletes with the use of the VST Myodynamic Device - A Preliminary Investigation. Kimberly Martin and Lisa Colvin; SEACM Annual Meeting; ULM Research Symposium 4-20-07; 2nd place overall student presentation, 2008.

Cool Shirt TM Use as an Ergogenic Aid for Elite Distance Runners Training in North Louisiana: A Preliminary Investigation. Matt Nipper and Lisa Colvin.; ULM Research Symposium, 4-20-07; 3rd place overall student presentation

An Individual’s Association of Music and its Effects on the Psychophysical Response. Heather Hodges and Lisa Colvin; ULM Research Symposium ,4-20-07

Effects of Static Stretching on Shin Splints and Pain Levels of Elite Female Soccer Players. Rachel Marcom, J. Christy, J. Vezinat and L. Colvin; ULM Research Symposium, 4-20-07

The Effects of Vestibular Training on Balance in D-1 Collegiate Sprinters. Courtney Anding, K. Martin and L. Colvin; ULM Research Symposium ,4-20-07

Body Composition and Waist Circumference Changes in College-Aged Females Utilizing Circuit and Elliptical Training. Julia McVarish, K. Morgan and L. Colvin; ULM Research Symposium, 4-20-07

Health Perceptions of Educators in Athletics, Health Sciences and Non-Health Related Fields. Mark Winiarski, K. Friery and L. Colvin; ULM Research Symposium ,4-20-07.

Louisiana State Convention for Radiology Technologist; “EKG Basics: Everything You Thought You Wanted to Know and More!” Colvin, Lisa; Monroe, Louisiana; March 2007.

LA Health Teacher Training; Randomized Curriculum Delivery; 8 parishes, 37 schools, 117 faculty members; Colvin, Lisa, Campbell, Wilson, Thomas, Luke and Church, Tommie; June 2006 to March 2006.

American College of Sports Medicine Health Fitness Instructor CEU workshop; Kaohsiung, Taiwan; Certification Director, Registered Clinical Exercise Physiologist Workshop;

“Cardiopulmonary Physiology”, “Exercise Physiology”, Update on ACSM Certifications”, “Update on GETP 7”; October 2006.

American College of Sports Medicine Health Fitness Instructor CEU workshop; Tokyo, Japan Ethics and Compliance in the Fitness Industry”; “Update on ACSM Certifications”, “Childhood Obesity Update”, “Update on GETP 7”; September 2006.

SEACSM Annual Meeting; “CAAHEP Program Accreditation: Facts, Myths and How to Get There from Here”; March 2006.

Louisiana Association of Family and Consumer Science Annual Meeting; “Sizing Up America: Childhood Obesity: Updates, Issues and Theories”; March 2006.

NLAMT Speaker, “Workplace Wellness and Stress Reduction”, January 2006.

The Effects of Age and Lean Body Weight on Physical Performance Standards in Northeast Louisiana Firefighters; Lisa C. Colvin, Wilson Campbell and Rebekah Cobb; SDAAPERD; 05-05

“Blood Pressure Responses to Two Different Modes of a Combined Resistance/Cardiovascular Exercise Training Regimen”, Lott, R, Colvin, L, Washam, C, Hill, L; ULM Symposium, 4-28-05.

“Modern vs. Ballet Dance Variations in Muscle Damage Levels as Measured by Myofibril Protein Creatine Kinase Levels: A Preliminary Investigation”, Roberts, A. and Colvin, L., ULM Research Symposium, 4-28-05; 1st place overall student presentation

“The Effects of Mental States and Sports Enjoyment in Division IA Football Players”, Richardson, E. and Colvin, L., ULM Research Symposium, 4-28-05

Case Study: The Effects of Deep Tissue Oscillations on Range of Motion and Girth Measurements in Acute Injuries in Division I Athletes”, Melanson, J., Thomas, L, and Colvin, L., ULM Research Symposium, 4-28-05

“Anaerobic Power in Adolescent Male Football Players Is Not Altered by Sports Specific Training”, Hill, L., Curtis, L, Colvin, L; ULM Research Symposium, 4-28-05

“The Effects of the Menstrual Cycle on Athletic Performance in Division I Softball Players”, Norman, L, and Colvin, L., ULM Research Symposium, 4-28-05

“Total and Subcutaneous Adipose Tissue in Children: A Longitudinal Investigation of Body Composition and Physical Activity”. Morris, E., Benjamin, L and Colvin, LC, ULM Research Symposium, 2004.

“Short Term Post-Operative Shoulder Recovery: A Retrospective Comparison Study of Arthroscopic Repair And Mini-Open Repair Of The Rotator Cuff”. Boyle, C. and Colvin, L., ULM Research Symposium, 2004.

“The Effects of Age and Lean Body Weight On Physical Performance Standards In Northeast Louisiana Firefighters”. Cobb, R., Colvin, L. and Campbell, W., ULM Research Symposium, 2004.

“Prediction of 1-Rm Through A Repetition Test To Failure In The Bench Press”. Roth, D. and Colvin, L. ULM Research Symposium, 2004.

“The Effects of Flexibility on Stride Length and Stride Frequency in Division I Middle Distance Runners”. Sherrer, R. and Colvin, L. ULM Research Symposium, 2004.

“An Interclass Study: A Comparison Of Elite Handcyclists And Wheelchair Racers Vo2max And Vo2cons”. Strickland, W. and Colvin, L. ULM Research Symposium, 2004.

“The Female Athlete Triad: Detection, Prevention and Outcomes”. Colvin, LC, National Girls and Women in Sports Conference, 2004.

“The Obesity Epidemic: Solutions for Individuals and Communities”. Colvin, L.C., Colorado Close-up Radio Show, Colorado Public Radio, 2003.

“Comparative Fitness Programming: Exercise Science Job Opportunities and Programming Possibilities”, Colvin, L.C., Metropolitan State College of Denver and HealthOne Bronco Sports Medicine Lecture, 2002.

“Physical Activity Assessment and Programming: The Basics” Colvin, L.C., Metropolitan State College of Denver and Department of Human Services Lecture, 2002.

“Heat and Humidity: Environmental Physiological Concerns and Consequences for Athletic Departments” Colvin, L.C., Annual Meeting on Health Care in High School Athletics, 2001.

“Work and Play: How to Make the Most Out of Both”, Colvin, L.C., Fourth Annual Meeting of South Arkansas Business Association, 2001.

“Nutritional Supplementation and High School Athletic: The Facts” Colvin, L.C., Dickson Orthopedic and Sports Medicine Symposium, 2001.

“Integrated Curriculums in Public Schools”, Colvin, L.C., City of Magnolia School Board, 2001.

“Stretching on the Job: It is a GOOD Thing”, Colvin, L.C., Southern Arkansas University Staff Development presentation”. 2000.

“Pediatric Obesity and Our Schools: Elementary Physical Education and Its Promises” Colvin , L.C., El Dorado, Arkansas School Board presentation, 2000.

“Body Composition in Children” Colvin, L.C., University Symposium, 2000.

“Jobs in the Medical Field - Is There More Than M.D.?” Colvin, L.C. & Colvin, R. L., University of Arkansas for Medical Sciences MASH-BASH, 2000.

“Medical Screening and Collegiate Athletics: What Is Missing?”, Annual Meeting of the Gulf South Conference, 1999

“A Comparison of Exercise Intensities in Female Chronic Obstructive Pulmonary Patients”. Annual Meeting of the American College of Sports Medicine, 1999.

“Electrocardiographic Abnormalities in Division II Athletes.” Colvin, L.C. Annual Meeting of Southeast American College of Sports Medicine, 1996.

“The Effects of Acclimatization on Power Outputs in Elite Freestyle Wrestlers.” Hydrick, H. & Colvin, L.C. Annual Meeting of Southeast American College of Sports Medicine, 1996.

“Body Composition Profile of Georgia Forestry Commission Firefighters.” Douglas, C. & Colvin, L.C. Annual Meeting of Southeast American College of Sports Medicine, 1996.

“Coronary Risk Factor Analysis of Georgia Forestry Commission Firefighters.” Young, S. & Colvin, L.C. Annual Meeting of Southeast American College of Sports Medicine, 1996.

“Pediatric Swimmers Power Output and Swimming Performance Are Affected by Taper Phase Training.” Colvin, L.C. Annual Meeting of Southeast American College of Sports Medicine, 1995.

“Heart Rate Responses of Main Streamed and Regular Elementary Physical Education Students: A preliminary investigation.” Colvin, L.C. & Owens, L. Annual Meeting of Southeast American College of Sports Medicine, 1995.

“The Role of the Exercise Physiologist in Cardiac Rehabilitation Programs within the State of Georgia.” Whitley, L. & Colvin, L. John D. Archibold Memorial Hospital, Thomasville, Georgia, 1994.

“Subcutaneous Adipose Tissue As Measured by Magnetic Resonance Imaging, Skinfolts, and Underwater Weighing: A Case Study.” Colvin, L.C. & Sylvester, J. Southeastern American College of Sports Medicine, 1993.

“Socioeconomic Does Affect Health Related Fitness Performance in Black and White Adolescent Females.” Colvin, L.C. & Thomas, L.E. Annual Meeting of the American College of Sports Medicine, 1992.

“Effects of Taper Phase Training on Power Outputs and Swimming Performance in Children: A Preliminary Study.” Colvin, L.C., Poole, W.J., & Servedio, F.J. Southeastern American College of Sports Medicine, 1992.

“Physical Best Fitness Test.” Lecture presented at the annual meeting of the Mississippi Alliance for Physical Education, Recreation and Dance. January, 1990.

“Stroke Mechanics for Competitive Swimming.” Lecture presented at the Institute for Wellness and Sports Medicine. March, 1991.

“Body Composition Assessment: Old and New Methodology.” Lecture presented to the Georgia Governor Honor School. July, 1992.

## **PUBLICATIONS**

Book (contract completed): Triathloning: From Start to Finish; McGraw Hill; in review 2011

Rehabilitation of Complex Femoroacetabular Impingement, Lowery, Craig, Colvin, Lisa, Stubbs, Allston; in review February 2011

Speed of Injury Recovery of Collegiate Athletes with the use of the VST Myodynamic Device; Martin, Kimberly & Colvin, Lisa; University of Louisiana at Monroe Press; December 2008.

Body Composition and Waist Circumference Changes in College-Aged Females Utilizing Circuit and Elliptical Training; McVarish, Julia & Colvin, Lisa; University of Louisiana at Monroe Press; December 2007.

An Individual’s Association of Music and Its Effects on the Psychophysical Response; Hodges, Heather & Colvin, Lisa; University of Louisiana at Monroe Press; December 2007.

The Effects of Vestibular Training on Balance in Division I Collegiate Sprinters; Anding, Courtney & Colvin, Lisa; University of Louisiana at Monroe Press; December 2007.

Effects of the Menstrual Cycle on Performance in Division I Softball Athletes; Norman, Lacinda & Colvin, Lisa; University of Louisiana at Monroe Press, December 2005.

Colvin, L.C., "A Comparison of Exercise Intensities in Female Chronic Obstructive Pulmonary Patients". *Medicine and Science in Sports and Exercise*, 31(5 S) 1999.

Colvin, L.C., Madaleno, J., & Allen, J. "Electrocardiographic Abnormalities in Division II Athletes." *International Journal of Sports Medicine*, 1996.

Colvin, L.C. & Owens, L. "Heart Rate Responses of Main Streamed and Regular Elementary Physical Education Students: A Preliminary Investigation." *International Journal of Sports Medicine*, 1995.

Carr, J. & Colvin, L.C. "The Influences of Flexibility and Muscle Strength on Gymnastics Performance: A Preliminary Study." *International Journal of Sports Medicine*, 1995.

Marsh, N. & Colvin, L.C. "Relationship Between Smoking, Activity Level and Elderly Women's Lung Capacity." *International Journal of Sports Medicine*, 1995.

Colvin, L.C. & Sylvester, J. "Subcutaneous Adipose Tissue As Measured By Magnetic Resonance Imaging, Skinfolds, and Underwater Weighing: A Case Study." *International Journal of Sports Medicine*, 1993.

Colvin, L.C. & Thomas, L.E. "Socioeconomics Does Affect Health Related Fitness Performance in Black and White Adolescent Females." *Medicine and Science in Sports and Exercise*, 24(5S),1992.

Colvin, L., Poole, H., & Servedio, F. "Effects of Taper Phase Training on Power Outputs and Swimming Performance in Children: A Preliminary Study." *International Journal of Sports Medicine*, 1992.

Colvin, L.C., Thomas, L.E., & Servedio, F.J. "A Comparison Between Black and White Adolescent Females on Health Related Fitness Performance Scores." *International Journal of Sports Medicine*, 1991.

Colvin, L.C. (1991, Fall). Cross Country Training. *From the Sidelines*, 3 (4). Published by Wesley Health Care Systems.

Additional Scholarship:

EXSC Projects: Direction, review and proposal presentation for 34 Master Exercise Science students (2005-present)

## **SERVICE**

Professional Affiliations:

- American College of Sports Medicine-Fellow
- National Examination Development Team
- University Connection Endorsement Committee
- National Membership Committee, Vice Chair
- National Student Affairs Subcommittee, chair

- National Physician Outreach subcommittee
- Member-Get-A-Member Program
- Lapse Member Recall Program
- Mentoring Program
- Health Fitness Instructor, Certified
- SEACSM symposium and poster session chair-member, 1990-present
- Commission on the Accreditation of Exercise Science (CAAHAP)
- Inaugural Board of Supervisors (CoAES), 2004
- Writing Team; Standards and Guideline for Exercise Science; Standards and Guidelines for Clinical Exercise Physiology
- Sigma Xi -associate member, 1991-present
- NCURA -member, 2007-present
- New York Academy of Sciences -member, 1994-present

## UNIVERSITY SERVICE

### University of Louisiana at Monroe

- ULM Administrative Fellow, Office of the Provost
- ULM Strategic Planning, Team Leader
- ULM Shared Governance Committee, Co-Chair
- ULM Faculty Advisory Council to the President
- ULM Scholarship Committee
- CEHD Graduate Program Review, Chair
- ULM Blackboard Implementation
- CEHD Curriculum Committee
- ULM Council for Teacher Education
- ULM Electronic Learning Committee, Secretary
- ULM Faculty Appeals Committee, chair
- ULM Strategic Planning Level II - Academic Core chair
- ULM Student Mentoring Program, team leader
- ULM Athletic Student Athlete Mentoring, team leader
- ULM Emerging Scholars Program, founding team member
- ULM Student Recruitment and Retention, co-chair
- United Way departmental representative, chair
- ULM Speakers Directory
- ULM University Athletic Council, secretary
- ULM L Club, President

### The Metropolitan State College of Denver

- Kauffman Grant Committee
- Recruitment of Non-traditional Students Committee
- Athletic Advisory Council
- Department of HPSL advisory councils for 6 majors
- Strategic Planning Committee
- Facilities Management
- Budget Management
- School of Professional Studies Chairs Council
- Department of Education Professional Education Council
- Graduation Commencement Marshal

Southern Arkansas University:

- Graduate Admissions Committee
- Student Judicial Committee
- Intercollegiate Athletics Committee
- School of Education Scholarship Committee, chair
- Drug Control Strategy Committee
- SAU Personal Touch for Student Success Retention Committee

## **COMMUNITY SERVICE**

Health Fairs: Over 500 the last 24 years

Community Committees:

- YWCA Board of Directors
- Red Cross Hero
- SHARE Foundation of El Dorado Wellness Center Steering Committee, chair
- CO-MEND Council for County Family Medical Health Services
- El Dorado Junior Service League
- Junior League of Denver
- South Georgia Medical Center Foundation Community Relations Committee
- Leadership Lowndes Program Development Team
- Olympic Torch Run
- The Haven Women Shelter
- Vantage Multisport, Treasurer

Other

- National Collegiate Athletic Association (NCAA: Division II Management Council (vice chair), Championships Committee (chair), Legislation Committee, Legislative
- Review Subcommittee, Subcommittee on Infractions, Competitive Safeguards in Collegiate Athletics; oversight of budget (\$17.5 million), competition venues, policies and procedures; Committee for the separation of the NCAA manual
- TEAM USA World Championship Triathlon Team, World Championship, Hamburg, Germany, 2007; TEAM USA World Championship Triathlon Team, British Columbia, 2008.
- USA Triathlon All-American 2006, 2007, 2008
- South Midwest Elite Triathlete, 2005, 2006, 2007, 2008
- South Midwest Female Triathlete of the Year, 2005
- US National Triathlon Championship, 2006, 2007, 2008
- United States Cycling Federation LAMBRA State Champion, Road Race and Individual Time Trial, 2007, 2006

## **HONORS AND AWARDS**

- Phi Kappa Phi Inductee 2011
- Chair, Louisiana Council of Graduate School Deans 2009
- ULM Faculty Fellow, Office of the Provost 2006
- ULM Academy for Teaching Excellence Award 2004
- Chair, NCAA of Division II Championships 2001
- Chair and Founder, NCAA Division II Sports Festival 2001
- Vice Chair, NCAA Division II Management Council 2000
- SAU Faculty Teaching Excellence Award 2000
- Fellow, American College of Sports Medicine 2000
- South Georgia Community Lifesaver Award 1997

- Leadership Lowndes 1995
- Mississippi Alliance for Health, Physical Education, Recreation and Dance Researcher of the Year 1994
- Northeast Louisiana University Physical Education Major of the Year 1988
- Who's Who Among American College and University Students 1988
- NLU Presidents List 1985-1989
- NLU Dean's List 1985-1989
- NLU Cross Country: All-Southland Conference 1985-1987
- All-Louisiana Squad 1985-1987
- Southland Team Champions 1985-1988
- NLU Track: All-Southland Conference 1986, 1987
- Southland Conference Team Champions 1984-1988
- All-Louisiana 1986, 1987
- School Record Holder 1500 M. 3000 M. 4 x 800 Dis. Medley

Neville High School:

- Basketball 3-AAAA Coach of the Year 1988
- All-Ouachita Parish Coach of the Year 1988
- 3-AAAA Team Champions 1988
- Cross-Country 3-AAAA Coach of the Year 1988-1989
- 3-AAAA Team Champions 1988-1989
- Track 3-AAAA Coach of the Year 1989
- Region I Coach of the Year 1989
- 3-AAAA Team Champions 1989
- Ouachita Parish Coach of the Year 1989
- 3-AAAA Team Runner-Up 1988

**COURSES TAUGHT**

Undergraduate:

- Exercise Testing and Prescription
- Cardiovascular Physiology
- Electrocardiography
- Anatomy and Physiology I and II
- Biomechanics
- Cardiopulmonary Rehabilitation
- Exercise Physiology
- Kinesiology
- Advanced Clinical Anatomy
- Exercise Testing and Prescription for Special Populations
- Exercise Program Design for EXSC
- Test and Measurement
- Internship for Exercise Science
- Supervision of Student Teachers
- Individual Sports
- Personal Wellness
- Organization and Administration of Intramurals
- Comparative Fitness Programming
- Practicum for Health Fitness
- Mountain Biking
- Aerobic/Strength Training
- Internship for Health Fitness
- Test and Measurements

- Health Education for Elementary Education
- Introduction to Health Fitness
- Physical Fitness Concepts

Graduate:

- Cardiopulmonary Physiology
- Electrocardiography
- Cardiopulmonary Rehabilitation
- Research Methods
- Advanced Clinical Physiology
- Advanced Exercise Physiology I and II
- Measurement and Evaluation in EXSC
- Advanced Exercise Physiology
- Advanced Kinesiology
- Scientific Foundations of HKR
- Master Thesis for HKR
- Advance Exercise Physiology

**LICENSURE AND CERTIFICATIONS**

- Louisiana State Board of Medical Examiners Board Certified Clinical Exercise Physiologist R#000079, L#CE0085 Renewal Date December 31, 2010
- American College of Sports Medicine Health Fitness Specialist Certification Number 7865 Re-Certification Date: December 31, 2010