*Vitae Doris J Morris*

Department of

Sports Management, Wellness and Physical Education

University of West Georgia

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***Education***

**Ph.D. in Kinesiology,** Georgia State University, Atlanta, GA. Present

**Master of Science** **in Exercise Science**, California University of Pennsylvania, California, PA. July 2008.

Research interest: Balance training, resistance training in older adults and wellness and fitness.

Professional specialization: Health and Fitness. Research paper: *The effects of balance training on fall prevention in older adults.* Chair: Professor Christine Romani-Ruby.

**Bachelor of Science** **in Exercise and Health Science**, Kennesaw State University, Kennesaw, GA. May 2000.

***Teaching Experience***

***PHED 3230:*** Exercise Leadership

***PHED 2604:*** Anatomy and Physiology (face to face and online)

***PHED 2628:*** First Aid/CPR for Education Majors (hybrid)

***PHED 2000:***Advanced Concepts in Fitness and Wellness

***PWLA 1600:*** Personal Wellness (face to face, hybrid and online)

***PWLA*** ***1691:*** Tennis

***PWLA 1678:*** Strength and Conditioning

***PWLA 1602:*** Step Aerobics

***PWLA 1643:*** First Aid/CPR (hybrid)

***PWLA 2611:*** Body Boot Camp

***HPS 1000:*** Fitness for Living

***HPS 2090:*** Exercise Leadership

***HPS 1570:*** Walk/Jog

***HPS 1390:*** Tennis

***HPS 1850:*** Advanced Strength and Aerobic Training

***HPS 3240*:** Physical Activity and Health Promotion for the Aging

***Work Experience***

***Instructor,*** University of West Georgia, Carrollton, GA **Aug -2012 – Present**

Instruction of Personal Wellness, Anatomy and Physiology, Exercise Leadership, Strength and Conditioning, Tennis, Step, Body Boot Camp and First Aid/CPR in the department of the Leadership and Instruction.

***Temporary Lecturer***, Kennesaw State University, Kennesaw, GA **Jan**-**2008 – July 2012**

Course development and instruction of Fitness for Living, Exercise Leadership, Physical Activity and Health Promotion for the Aging, Tennis, Advanced Strength Training and Walk Jog, in the Exercise and Health Science Undergraduate program. University service in the Athletic Mentoring Program.

***Health Coach***, Health Designs, Ponte Vedra Beach, FL  **May-2007 – Present**

Conduct quarterly personal health coaching for employees of companies who have undergone health screenings and health risk assessments. Provide one on one counseling with participants to develop and sustain health and wellness plans.

***Personal Trainer,*** Bridgemill Athletic Club, Canton, GA **June-2003 – July 2012**

Perform fitness assessments, create personal exercise prescriptions for individuals of all ages and fitness levels and conduct one on one personal training as well as lead youth fitness classes. Conduct monthly equipment orientation classes for new members.

**Assistant Director,** Seniors Participating in Activities Related to Health at Kennesaw State (SPARHKS) program.

Kennesaw State University, Kennesaw, GA. **Jan-2007 - 2011**

Establish relationships with assisted living facilities and senior services centers within the community. Recruit active older adults to participate in the program. Organize weekly exercise programs and events, educate students to work with the older population prior to participants attending and oversee the student as they work with participants both in-house and in the field.

***Personal Trainer,*** Concourse Athletic Club, Atlanta, GA **Dec-2002 – 2003**

Perform fitness assessments, create personal exercise prescriptions for members and provide one on one and group personal training.

***Research Experience***

Morris DJ, Naor-Maxwell I, Davis A, St. Martins C, & Brandon LJ. Does running and bone mineral density affect blood pressure in non- and post-menopausal women. Annual Meeting of the American College of Sports Medicine, Denver, CO, May 2017.

Morris DJ, Naor-Maxwell I, Davis A, St. Martins C, & Brandon LJ. Effects of menopause on body composition and bone mineral density in runners and non-runners. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC, February, 2017.

Morris DJ, Proctor L, Cole CL, & Brandon LJ., Comparison of Bone and Body Composition in African and European American Women. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC, February, 2016

Morris DJ, Cole CL, Benardot D, & Brandon LJ., Is The Relationship Between Body Composition and Energy Balance the Same for African and European Americans, Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, Florida, February, 2015

Cole CL., Benardot D., Morris DJ., Thompson WR., & Brandon LJ., Is the Circadian Relationship between Energy Balance and Body Composition a Major Contributor to Obesity, Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, Florida, February, 2015

Cole CL., Benardot D., Morris DJ., Thompson WT., Brandon LJ., Impact of Daily Energy Balance on obesity

Cole CL., Benardot D., Morris DJ., Thompson WR., & Brandon LJ., Relationships Among Energy Balance, Time of Day and Obesity Prevalence, Annual Meeting American College of Sports Medicine, San Diego, California May, 2015 (In Review) ​

Hass CJ, Collins MA, Juncos JL. Resistance training with creatine monohydrate improves upper-body strength in patients with Parkinson disease: a randomized trial. *Neurorehabilitation and Neural Repair.* 2007 Mar-Apr;21(2):107-15.

***Professional Presentations***

**October 2013** Georgia Association of Health, Physical Education, Recreation and Dance Convention - Got Boot Camp? Programing for all Fitness Levels

**January 2014** Share the Wealth Convention – First Aid/CPR Certification Class

**June 2014** Robert W. Moore Summer Institute - Promoting a Healthy Body Image and Equipment-less Boot Camp

**February 2015** Southeast Chapter of the American College of Sports Medicine: Morris DJ , Cole CL, Benardot D, & Brandon LJ., Is The Relationship Between Body Composition And Energy Balance The Same For African And European Americans.

**June 2015** Robert W. Moore Summer Institute – Hands-on Health

**September 2015** Wolf Wellness Week – Group Exercise Demonstration for all attendees.

**October 2015** Georgia Association of Health, Physical Education, Recreation and Dance Convention – Hands-On-Health, Protein Needs of Student Athletes, CPR/AED Certification

**January 2016** Share the Wealth Convention – First Aid/CPR Certification Class

**February 2016** Southeast Chapter of the American College of Sports Medicine: Morris DJ, Proctor L, Cole CL, & Brandon LJ., Comparison of Bone and Body Composition in African and European American Women.

***Professional Affiliations***

American College of Sports Medicine

American Council of Exercise

IDEA Health & Fitness Association

Shape America – Member at Large, Health Division, Southern District

Georgia Association for Health, Physical Education, Recreation and Dance – VP of Health Division

American Heart Association, BLS Healthcare Provider Instructor

***Certifications***

American College of Sports Medicine, ***Exercise Physiologist***

American Council of Exercise, ***Personal Trainer***

American Heart Association, ***BLS Healthcare Provider Instructor***

*Exercise is Medicine,* ***Level 2***