

CURRICULUM VITA

Blain Christopher Harrison, Ph.D, M.S.A.T, CSCS*D

Date: May 1, 2023

Date Appointed: July 1, 2016

Department of Applied Physiology and Kinesiology

College of Health and Human Performance

Rank at Appointment: Lecturer

Current Rank: Instructional Associate Professor

I. EDUCATIONAL AND EMPLOYMENT DATA

A. Academic Preparation

1. University of Virginia	Sports Medicine	2008 – 2011	Ph.D.
2. Virginia Commonwealth University	Athletic Training	2006 – 2008	M.S.A.T.
3. University of Virginia	Exercise Physiology	2000 – 2001	M.Ed
4. University of Virginia	Biology	1996 – 2000	B.A.

B. ACADEMIC EMPLOYMENT

Instructional Assistant Professor, Internship Coordinator University of Florida, Gainesville, FL Department of Applied Physiology and Kinesiology	July 2016 - present
Assistant Professor of Exercise Science Longwood University, Farmville, VA Department of Health, Athletic Training, Recreation, and Kinesiology	August 2011 – May 2016

C. RELATED EMPLOYMENT

Lead Instructor

NSCA CSCS Exam Prep Clinics July 2014 – present

Graduate Teaching Assistantships

Exercise and Sports Injury Laboratory,
University of Virginia August 2008 – May 2011

Head Athletic Trainer

St. Anne's Belfield School, Charlottesville, VA August 2008 – May 2010

Head Strength and Conditioning Coach

Endorphin Fitness, Richmond, VA July 2006 – July 2008

Facility Manager/Personal Trainer

Pungo Personal Training, Virginia Beach, VA January 2004 – June 2006

Personal Trainer

Norfolk Yacht and Country Club, Norfolk, VA September 2001 – January 2003

D. PROFESSIONAL MEMBERSHIPS

National Strength and Conditioning Association (000086834)	2001 – present
International Society of Sports Nutrition	2019 - 2020
American College of Sports Medicine	2001 – 2011
Southeast Chapter; American College of Sports Medicine	2001 - 2011
National Athletic Trainers' Association	2006 – 2011
Mid-Atlantic Chapter; National Athletic Trainers' Association	2006 – 2011

E. PROFESSIONAL CERTIFICATIONS

1. <i>Level 1 Fundamental Capacity Screen</i>	Functional Movement Systems
2. <i>Technogym Master Trainer</i>	Technogym Inc.
3. <i>Redcord Level 1 Neurac Certified</i>	Redcord USA
4. <i>Level 1 Functional Movement Screen certified</i>	Functional Movement Systems
5. <i>Level 1 Weightlifting Coach</i>	USA Weightlifting
6. <i>Certified Health and Fitness Specialist</i>	American College of Sports Medicine
7. <i>Certified Strength and Conditioning Specialist</i>	NSCA
8. <i>Certified Athletic Trainer Association</i>	National Athletic Trainers' Association November, 2008
9. <i>Certified Nutrition Specialist</i>	American College of Nutrition
10. <i>Performance Enhancement Specialist Medicine</i>	National Academy of Sports Medicine May, 2006
11. <i>Pilates Basic Mat Instructor</i>	Power Pilates
12. <i>Level 1 Triathlon Coach</i>	USA Triathlon
13. American Red Cross	
<i>CPR/AED for the Professional Rescuer and the Healthcare Provider</i>	
14. <i>Basic Life Support</i>	National Safety Council

II. PROFESSIONAL GROWTH

A. Professional Responsibilities

1. University of Florida

Teach	<u>Undergraduate Courses (*Re-developed #Online)</u>	
	APK3200 Motor Learning	Fall 2016
	APK3220c Biomechanical Basis of Movement	2016-present
	*APK3113 Principles of Strength and Conditioning	2017-2020
	*#APK3163 Sports Nutrition	2018-present
	APK3110 Physiological Basis of Exercise and Training	2017-2020
	APK4940C Internship	2016-present
	<u>Graduate Courses (*Developed; #Co-developed)</u>	
	*APK6167 Nutrition Aspects of Human Performance	2017-present
	*APK6176 Strength and Conditioning	2017-present
	*PET5936 Special Topics – Corrective Exercise	2021 (initial offering)
	*PET5936 Special Topics – Tactical Strength and Conditioning	2020-present
	#PET5936 Special Topics – Applied Data Science and Analytics in HHP	2021 (initial offering)
	<i>(All courses on this list are delivered online; APK6167 and APK6176 are also delivered in a residential format)</i>	

2. Longwood University

Teach	<u>Undergraduate Courses (*Developed)</u>	
	KINS 387 Physiology of Exercise	2015 - 2016
	KINS 399 Advanced Exercise Physiology	2015 - 2016
	KINS 316 Essentials of Strength and Conditioning	2011 – 2015
	KINS 386 Biomechanics	2011 – 2015
	*KINS 416 Advanced Strength and Conditioning	2012 - 2016
	KINS 392 Summer Fitness Internship	2012 – 2016
	KINS 376 Sports Nutrition (online)	2012 - 2016
	KINS 217 Olympic Weightlifting Movements	Fall 2013, Spring 2014
	KINS 400 Career Preparation in Exercise Science	2012 – 2013
	HLTH 215 Physical Activity and Health	Fall 2011
	KINS 205 Introduction to Exercise Science	Spring 2012
	<u>Graduate Courses</u>	
	KINS 632 Scientific Basis of Human Movement (co-teach)	2012 - present

B. Professional Development

1. *UF Quality Matters Reviewer*
UF Center for Teaching Excellence Fall 2020
2. *Accessible Online Environments Workshop*
UF Center for Teaching Excellence Spring 2018
3. *Creating Student-Centered Assignments*
UF Center for Teaching Excellence Spring 2018
4. *Engaging Online Learners*
UF Center for Teaching Excellence Spring 2018
5. *First Year Faculty Teaching Academy 2017*
UF Center for Teaching Excellence Spring 2017
6. *Longwood Online Training Institute (LOTI)*
Longwood University Summer 2012

C. Honors and Awards

1. *Exemplary Online Award – Quality of Course Materials (APK6167)*
UF Center for Teaching Excellence Spring 2023
2. *Exemplary Online Award – Honorable Mention (APK3163)*
UF Center for Teaching Excellence Spring 2020
3. *2020 Career Influencer Award*
UF Career Connections Center Fall 2020
4. *Teacher of the Year (Nominee)*
UF College of Health and Human Performance 2019, '20, '21, '22
5. *Professional Development Grant (\$5,000 award)*
UF College of Health and Human Performance AY 2018-2019

D. Invited Guest Speaker/Presenter/Lecturer

- Invited Presentation – NSCA National Conference
“Best Practices for Online S&C Courses” July, 2021
- Invited Guest Speaker – PHT6207C (D. Lott)
“Applied Sports Nutrition” Spring 2019, '20, '21, '22, '23
- Blackwell Talks Series –
“Death To Crunches – What We Do and Don’t Know about Core Training” February 2013
- Invited Guest Speaker – KINS 632 Scientific Basis of Movement (W. Thompson, S. Menegoni):
“Resistance Training Program Design” Summer 2012
- Invited Guest Speaker – LSEM 100 (Tim Peterson)
“Guiding Principles on Exercise and Nutrition” September, 2012
- Invited Guest Speaker - HLTH 335 Human Nutrition (P. Gapinski):
“Sports Nutrition – Why All the Hype?” Fall 2011, Spring 2012
- Invited Guest Speaker – “Reactive Neuromuscular Training for Correcting Movement Dysfunctions”
Virginia Athletic Trainer’s Association Annual Meeting January, 2012
- Invited Guest Speaker – “Nutritional Strategies for Athletic Injury Rehabilitation”
University of Virginia Arts and Science of Sports Medicine Conference. June, 2011
- Mid-Atlantic Athletic Trainers’ Association Annual Meeting May 2011
- Invited Guest Speaker – “Relationship Between Assessments of Core Function and Running Biomechanics”
University of Virginia Arts and Science of Sports Medicine Conference. June, 2010
- Invited Guest Speaker – “Sling Based Exercise as a Modality for Core Stability Training”
University of Virginia Arts and Science of Sports Medicine Conference June 1, 2009
University of Virginia
- A.L. Bennett Endowed Scholarship award Spring, 2010

Manuscript Reviewer

Athletic Training and Sports Health Care

2010 – 2016

Journal of Athletic Training 2010 – 2014

Training Manual Reviewer
ActivCore Training Manual Spring 2009

E. Attendance at Conventions/Conferences

National Strength and Conditioning Assoc. National Conference July 2012 – 2023
International Society of Sports Nutrition Annual Conference and Expo June 2019
National Strength and Conditioning Assoc. Tactical Strength and Conditioning Conference 2013, 2021
National Athletic Trainer's Assoc. Natl Conference, New Orleans, LA June, 2011
UVA Art and Science of Sports Medicine Conference, Charlottesville, VA June, 2009, '10, '11
American College of Sports Medicine Natl Conference, Denver, CO June, 2011
Mid-Atlantic Athletic Trainer's Association Annual Meeting, Reston, VA May, 2011
Southeast ACSM Conference, Greenville, SC February, 2011
Virginia Athletic Trainers' Association Annual Meeting, Richmond, VA January, 2007 - 2012
National Strength and Conditioning Association Natl Conference, Atlanta, GA July, 2007
Virginia Academy of Family Physicians Sports Medicine Symposium August, 2007
National Strength and Conditioning Association Natl Conference, Washington, DC July, 2006
Perform Better Functional Training Summit, Chicago, IL May 2006
International Society of Sports Nutrition
Sports Nutrition for Endurance And Strength-Power Athletes Conference March, 2006
American College of Sports Medicine Health & Fitness Summit, Orlando, FL April, 2004
American College of Sports Medicine Natl Conference, Baltimore, MD June, 2001

III. SERVICE TO UNIVERSITY/GAINESVILLE COMMUNITY

APK Promotion and Tenure Committee Member Fall 2022 - present
Host, APK Art and Science of Human Performance Continuing Education Clinic 12/9/22
Commission on the Accreditation of Strength and Conditioning Education (CASCE)
Lead Peer Reviewer 2022 - 2025
Alachua County Fire Rescue Peer Fitness Counselor Workshop April 9, 2022
APK Internship Coordinator 2016 - present
Preview Advisor Summer 2019 – present
Member, APK Graduate HP Program Admissions Group 2020 – present
Member, APK Undergraduate Curriculum Committee Fall 2016 – present
Member, APK Graduate Curriculum Committee Spring 2017 – present
Member, NSCA Florida State Advisory Board Fall 2017 – present
Member, HHP Director of Academic Technology Search Committee Spring 2021
Member, Doctoral Committee for K. Mess – Doctor of Musical Arts student 2020 – 2022
Member, Thesis Committee for C. Davenport – Food Science student 2019 - 2020
Chair, Search Committee – Lecturer Position 2017, 2019
Member, Search Committee – Lecturer Position (2 positions) 2018
Chair, HHP Scholarship Committee 2017 – 2019
Member, APK Online Education Task Force 2017 - 2018

Chair, Search Committee - Visiting Assistant Professor
of Exercise Science position (Longwood University) March, 2015

Instructor - NSCA CSCS Exam Prep Live Course	2014 - present
Longwood Campus Fitness Coordinator Search Committee	Fall 2013
Longwood Academic Technology Advisory Committee	AY 2013-2014 HARK
Department bylaws sub-committee	Fall 2013
HARK department Faculty Mentor	Fall 2013
Undergraduate Research Faculty Mentor	AY 2013 - 2014
Seniors Honors Research Project Committee Member	AY 2013 - 2014
Longwood Athletics Sports Performance Committee member	2012 - 2016
Member of Search Committee for new Exercise Science position	2012 - 2013
University Senior Honors Research Committee member	2012 - 2016

IV. SCHOLARLY ACTIVITIES

Publications

Articles in Refereed Journals

Monger, H, **Harrison BC**. The Acute Effects of Pilates Exercise on Lower Extremity Maximal Strength. *International Journal of Exercise Science*. June, 2016.

Dannelly BD, Otey SC, Croy T, **Harrison BC**, Rynders C, Hertel J, Weltman AL. The Effectiveness of Traditional and Sling Exercise Strength Training in Novice Women. *Journal of Strength and Conditioning Research*. 25(2): 464-471. February, 2011.

Rendos NK, **Harrison BC**, Dicharry J, Drewes L, Hart JM. Sagittal Plane Kinematics during the Transition Run in Triathletes. *Journal of Science and Medicine in Sport*. 16(3): p.259-265. May, 2013.

Clifton DR, **Harrison BC**, Hertel J, Hart JM. Relationships Between Functional Assessments and Exercise Related Changes During Static Balance. *Journal of Strength and Conditioning Research*. In Press

Invited/ Non-Refereed Manuscripts

Harrison BC, Hart JM. Reactive Neuromuscular Training in Low Back Pain Rehabilitation. *Athletic Training and Sports Health Care*. 2(6): 253-254. December, 2009.

Harrison BC, Hart JM. Reactive Neuromuscular Training in Low Back Pain Rehabilitation: Part 2. *Athletic Training and Sports Health Care*. 3(1): 6-7. January, 2010.

Feature Articles

Contributor to “The Worst and Best Exercises for Bad Hips” on Lance Armstrong Foundation website
<http://www.livestrong.com/article/549833-the-worst-best-exercises-for-bad-hips/>

Abstracts Presented at Conference

Monger, H, **Harrison BC**. The Acute Effects of Pilates Exercise on Lower Extremity Maximal Strength. National Strength and Conditioning Association National Conference. Las Vegas, NV. July 10, 2014

Harrison BC, Weltman AL, Hertel J, Hart JM. Relationships Among Measures of Core Function And Running Economy Changes Following Cycling in Triathlon. National Strength and Conditioning Association National Conference. Providence, RI. July 12, 2012.

Harrison BC, Rendos N, Dicharry J, Weltman A, Hertel J, Hart JM. Changes to Frontal and Transverse Plane Running Biomechanics Following Cycling in Triathletes. National Athletic Trainers’ Association Annual Meeting and Clinical Symposia. New Orleans, LA. June, 2011.

Starliper M, **Harrison BC**, Selkow N, Weltman AL, Saliba SA, Grindstaff TL. The Effects of Side-Lying Sling-Based Bridging Exercise on Transverse Abdominis Activation in Individuals with and without Low Back Pain. National Athletic Trainers’ Association Annual Meeting and Clinical Symposia. New Orleans, LA. June, 2011.

Harrison BC, Weltman AL, Hertel J, Hart JM. No Relationship Between Functional Exercise Assessments and Changes to Hip and Knee Kinematics during a transition run in Triathletes. American College of Sports Medicine Annual Meeting. Denver, Colorado. June, 2011.

Rendos N, **Harrison BC**, Sauer L, Hart JM. Sagittal Plane Kinematics during the Transition Run in Triathletes. American College of Sports Medicine Annual Meeting. Denver, Colorado. June, 2011.

Harrison BC, Weltman AL, Hertel J, Hart JM. No Relationship Between Functional Exercise Assessments and Changes to Hip and Knee Kinematics during a transition run in Triathletes. Southeast Chapter of the American College of Sports Medicine Annual Meeting. Greenville, South Carolina. February 2011.

Orozco C, **Harrison BC**, Cosby N, Hart JM. Postural Control in Persons with Low Back Pain Following Stabilization Exercises. Far West Athletic Trainers' Association Annual Meeting and Clinical Symposium. Honolulu, HI. July 1, 2010.

Dannelly BD, Otey SC, Croy T, **Harrison BC**, Rynders C, Hertel J, Weltman AL. The Effectiveness of Traditional and Sling Exercise Strength Training in Novice Women. National Strength and Conditioning Association National Conference. Orlando, FL. July 14, 2010.

Chinn L, **Harrison BC**, Hertel J. Effects of Acute Static Stretching on Maximal Vertical Jump Performance: A Systematic Review. National Athletic Trainers' Association Annual Meeting and Symposium. San Antonio, TX. June 18, 2009

