CURRICULUM VITA

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

Date: January 27, 2026 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

University of Virginia	Sports Medicine	2008 – 2011	Doctor of Philosophy (Ph.D)
Virginia Commonwealth University	Athletic Training	2006 – 2008	Master of Science in Athletic Training (M.S.A.T)
University of Virginia	Exercise Physiology	2000 – 2001	Master of Science in Education (M.S.Ed)
University of Virginia	Biology	1996 – 2000	Bachelor of Arts (Biology)

B. ACADEMIC EMPLOYMENT

Instructional Associate Professor / Internship Coordinator / Strength and Conditioning Concentration Program Director	University of Florida College of Health and Human Performance Department of Applied Physiology and Kinesiology	July 2023 - present
Lecturer / Internship Coordinator	University of Florida College of Health and Human Performance Department of Applied Physiology and Kinesiology	July 2016 – June 2023
Assistant Professor of Exercise Science	Longwood University Department of Health, Athletic Training, Recreation, and Kinesiology	Aug 2011 – June 2016

C. INDUSTRY CERTIFICATIONS

Certified with the Int Soc Sport Nut (CISSN)	International Society of Sports Nutrition (ISSN)	8/2024
Tactical Strength and Conditioning Facilitator (TSAC-F) #7348531378	National Strength and Conditioning Association (NSCA)	8/2024
Performance Enhancement Specialist (PES)	National Academy of Sports Medicine (NASM)	7/2024
Selective Functional Movement Assessment (SFMA) Level 1 and 2	Functional Movement Systems (FMS)	7/2024
Y-Balance Test (YBT)	Functional Movement Systems (FMS)	7/2024

Functional Movement Screen Level 1 and 2	Functional Movement Systems (FMS)	7/2024
Fundamental Capacity Screen (FCS)	Functional Movement Systems (FMS)	1/2020
Technogym Master Trainer	Technogym Inc	1/2017
Redcord Level 1 Neurac Certified	Redcord USA	12/2014
Level 1 Weightlifting Coach	USA Weightlifting	6/2013
Certified Athletic Trainer	National Athletic Trainers Association	11/2008 – 12/2020
Level 1 Triathlon Coach	USA Triathlon	6/2007
Pilates Basic Mat Instructor	Power Pilates	5/2006
Certified Nutrition Specialist	American College of Nutrition	5/2006 – 5/2009
Health and Fitness Specialist	American College of Sports Medicine	5/2001 – 5/2011
Certified Strength and Conditioning Specialist (CSCS) #200116221	National Strength and Conditioning Association	5/2001 - present

D. PROFESSIONAL MEMBERSHIPS

National Strength and Conditioning Association (membership #000086834)	2001- present

E. Related Employment

NSCA CSCS Exam Preparation Clinics – Lead Instructor	National Strength and Conditioning Association	2014 - present
Graduate Research Assistant	UVA Exercise and Sports Injury Lab	2008-2011
Head Athletic Trainer	Saint Anne's Belfield School	2008-2010
Head Strength and Conditioning Coach	Endorphin Fitness	2006-2008
Personal Trainer/Manager	Pungo Personal Training	2004-2006
Fitness Supervisor	Norfolk Yacht and Country Club	2001-2003

II. PROFESSIONAL GROWTH

A. Instructional Responsibilities

1. **University of Florida**

Undergraduate Courses (*Re-developed #Online)

APK3200 Motor Learning	Fall 2016
APK3220c Biomechanical Basis of Movement	2016 - 2021
*APK3113 Principles of Strength and Conditioning	2017 - 2020
*#APK3163 Sports Nutrition	2018 - 2025
APK3110 Physiological Basis of Exercise and Training	2017 - 2020
APK4940C Internship	2016 - present

Graduate Courses (*Developed; #Co-developed)

*APK6167 Nutrition Aspects of Human Performance	2017 - present
*APK6176 - Strength and Conditioning for Advanced Practitioners	2017 - present
*APK6320C - Corrective Exercise	2021 - present
*APK6611 – Tactical Strength and Conditioning	2020 - present
#APK5702 – Applied Sports Science	2021
APK5177 – Strength and Conditioning for Beginning Practitioners	2025 - present
PET6947 – Graduate Internship	2016 - present

(*All courses on this list are delivered residential and online*)

2. Longwood University

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 416Advanced Strength and Conditioning	2012 - 2016
KINS 392 Summer Fitness Internship	2012 - 2016
KINS 376 Sports Nutrition (online)	2012 - 2016
KINS 217 Olympic Weightlifting Movements	2013 - 2014
KINS 400 Career Preparation in Exercise Science	2012 - 2013
HLTH 215 Physical Activity and Health	2011
KINS 205 Introduction to Exercise Science	2012
KINS 632 Scientific Basis of Human Movement (co-teach) – Graduate Level	2012 - 2016

B. Professional Development

Vald Academy DynaMo Plus	December 2025
Vald Academy ForceDecks	December 2025
Vald Academy ForceFrame	December 2025
Vald Academy HumanTrak	December 2025
Vald Academy NordBoard	December 2025
Vald Academy SmartSpeed Plus	December 2025
Vald Academy DynaMo Best Practices	December 2025
Vald Academy Popular ForceDecks Tests	December 2025
Vald Academy Popular ForceFrame Tests	December 2025
Vald Academy Popular SmartSpeed Tests	December 2025
Vald Academy Understanding Popular Metrics	December 2025
Vald Academy MoveHealth	December 2025
Vald Academy Vald Hub	December 2025
Vald Academy Run-Specific Isometrics with Dr Alex Natera	December 2025
Vald Academy Decoding Sprint Mechanics with ORKA	December 2025
Vald Academy HumanTrak Analysis	December 2025
Vald Academy Understanding Training Mode	December 2025
Harnessing AI for Teaching & Learning UF Center for Teaching Excellence	Spring 2025
Virtual Exchange Training UF International Center	Fall 2024
AI Learning Academy UF AI^2 Center	Fall 2024
UF Quality Matters Reviewer UF Center for Teaching Excellence	Fall 2020
Accessible Online Environments Workshop UF Center for Teaching Excellence	Spring 2018
Creating Student-Centered Assignments UF Center for Teaching Excellence	Spring 2018
Engaging Online Learners	Spring 2018

UF Center for Teaching Excellence	
First Year Faculty Teaching Academy UF Center for Teaching Excellence	Spring 2017
Longwood Online Training Institute (LOTI) Longwood University	Summer 2012

C. Honors and Awards

Professional Development Grant ($5,000 award) UF College of Health and Human Performance	AY 2018-2019, 2024-2025
Exemplary QM Course Designation – APK6176 UF Center for Teaching Excellence	Fall 2023
Exemplary QM Course Designation – APK6320C UF Center for Teaching Excellence	Fall 2023
Exemplary QM Course Designation – APK6167 UF Center for Teaching Excellence	Fall 2023
Exemplary QM Course Designation – APK6611 UF Center for Teaching Excellence	Fall 2023
Exemplary Online Award – Quality of Course Materials (APK6167) UF Center for Teaching Excellence	Spring 2023
Exemplary Online Award – Honorable Mention (APK3163) UF Center for Teaching Excellence	Spring 2020
2020 Career Influencer Award UF Career Connections Center	Fall 2020
Teacher of the Year (Nominee) UF College of Health and Human Performance	2019, ’20, ’21, ’22, ‘23

D. Invited Guest Speaker/Presenter/Lecturer

“Best Practices for Online Strength and Conditioning Courses” Invited Presentation – NSCA National Conference	July 2021
“Applied Sports Nutrition” Invited Guest Speaker – PHT6207C (D.Lott)	Spring 2019 - present
“Suspension Exercise for Performance Training” Invited Presentation – NSCA Virginia State Clinic	March 2016
“Death to Crunches – What We Do and Don’t Know about Core Training” Blackwell Talk Series – Longwood University	February 2013
“Resistance Training Program Design” Invited Guest Speaker – LSEM100 (Longwood University)	June 2012
“Sports Nutrition – Why All the Hype?” Invited Guest Speaker – HLTH335 (Longwood University)	Fall 2011, Spring 2012
“Reactive Neuromuscular Training For Correcting Movement Dysfunctions” Invited Guest Speaker – Virginia Athletic Trainer’s	January 2012

Association Annual Meeting	
"Nutritional Strategies for Athletic Injury Rehabilitation" Invited Presentation – UVA Art and Science of Sports Medicine Conference and Mid-Atlantic Athletic Trainer's Association Annual Meeting	May 2011, June 2011
"Relationship Between Assessments of Core Function and Running Biomechanics" Invited Presentation – UVA Art and Science of Sports Medicine Conference	June 2010
"Sling Based Exercise as a Modality for Core Stability Training" Invited Presentation – UVA Art and Science of Sports Medicine Conference	June 2009

E. Attendance at Conventions/Conferences

National Strength and Conditioning Assoc. National Conference	July 2006, 2007, 2012 - 2024
International Society of Sports Nutrition Annual Conference and Expo	June 2019
National Strength and Conditioning Assoc. Tactical Strength and Conditioning Conference	August 2013, 2021, 2024
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 2001, 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
Virginia Academy of Family Physicians Sports Medicine Symposium	
American College of Sports Medicine Health & Fitness Summit, Orlando, FL	April 2004
Perform Better Functional Training Summit	May 2006, June 2019

III. SERVICE TO UNIVERSITY/GAINESVILLE COMMUNITY

HHP Spring Recognition Ceremony – Working Group Member	Spring 2026
UF Honors Program – Outstanding Scholar Award – application reviewer	Spring 2026
Program Director – Master of Science in APK Strength and Conditioning Practitioner Concentration	Fall 2025 - present
Program Leader – UF in Australia – Fundamentals of Sport Performance Study Abroad	July 2025, 2026
Virtual Exchange Project with Faculty at University of Sydney	Spring 2025, Spring 2026

(Project Title: *Strength and Conditioning Program Design of Popular Sports in Another Culture*)	
Gainesville Area Rowing outreach *Sports Nutrition Guidelines for Rowing*	January 2025
APK Faculty Advisor to MS-APK Residential Students	2024 - present
APK Faculty Peer Evaluation – M.Adolphs, A.Gardner	2023
APK Faculty Peer Mentor – B.Gordon	2022-2025
UF General Education Committee Member	Fall 2023 - present
UF General Education Committee – Review Subcommittee Member	Fall 2023 - present
HHP Faculty AI Interest Group	2023-2024
APK Promotion and Tenure Committee Member	Fall 2022 - present
Host, APK Art and Science of Human Performance Continuing Education Clinic	12/22, 12/23
Commission on the Accreditation of Strength and Conditioning Education (CASCE) *Lead Peer Reviewer*	2022, 2023, 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 – 2024
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	2018, 2023, 2024, 2025, 2026

Chair, HHP Scholarship Committee	2017 – 2019
Member, APK Online Education Task Force	2017 - 2018

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 Transititon 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