

Lisa Cooper Colvin, Ph.D., FACSM, ACSM EP-C

EDUCATION

Doctor of Philosophy (Ph.D.), Exercise Physiology (Emphasis Statistics), 1993

University of Southern Mississippi

Master of Education (M.Ed.), Physical Education (Minor Counseling), 1989

University of Louisiana at Monroe

Bachelor of Science (B.S.), Health and Physical Education Teacher Certification (Minor Biology), 1988

University of Louisiana at Monroe

PROFESSIONAL EXPERIENCE

Texas A&M University

July 2022-present

Clinical Associate Professor

Faculty Affiliate | Sydney and JL Huffines Institute for Sports Medicine & Human Performance

Clinical and translational exercise physiologist; Director - USOPC PARA Project; faculty advisor – TAMU Tactical High Performance Research group; faculty advisor – OT Society; SEHD Impact Grant reviewer; manuscript and grant review team – American College of Sports (invited); ACSM Medicine and Science in Sport and Exercise (MSSE) invited manuscript reviewer; 2023 Department of Kinesiology and Sports Management - Kinesiology Teacher of the Year.

ErgoWell Healthcare and Sport Performance, LLC

August 2008-Present

Vice President / Director of Human Performance

Teaching Faculty - Texas A&M San Antonio (2017-2019)

Academic Mentor – Texas A&M University Athletic Department (2020-present)

ErgoWell Healthcare and Sport Performance: Applied exercise physiologist responsible for skills performance assessment/verification and program accreditation; elite coaching services for cycling, track & field and triathlon athletes; ACSM Board of Trustees representing Basic & Applied Sciences (2020-2023); USOPC coach for USA Track & Field, USA Cycling, USA Swimming and USA Triathlon; Master level USATF track & field official (USATF, NCAA, NHSAA, World Athletics, ATFUSA and World Para Athletics); consultant: Boston Scientific (Rhythm Management Division) and Medtronics (electrophysiology); Team USA Age-Group Coach, World Duathlon Championships, 2018; analysis & interpretation of human performance data to improve and/or reconfigure jobs for ergonomic/biomechanical effectiveness and safety; development and implementation of best practices for clinical exercise physiology in human performance, medicine, and rehabilitative medicine. **Texas A&M University San Antonio** (2017-2019): Teaching Faculty: teaching, research, and advising Exercise Science (Allied Health) program majors and coordinator of undergraduate and graduate internship program including placement, on-site student evaluations and assessment of new internship opportunities; **Texas A&M University** (2020-present): Student Athlete Academic Services: teach students learning strategies, time management, study skills and organizational skills; assist students in becoming independent and self-sufficient learners; development of semester academic calendars and weekly objective sheets; use of **HOWDY** systems (Canvas, eCampus, SOS, Navigate, TrainTraq, Google Suite & Google Drive, Zoom, GamePlan & Workday).

University of the Incarnate Word

July 2015-August 2016

Professor

Developed, designed, and redesigned existing and new programs and course offerings for institutional review and acceptance; teaching responsibilities in exercise science, clinical exercise physiology, coaching, athletic training, and rehabilitation sciences; lead faculty for undergraduate research project, thesis and dissertations; development and co-director of joint Applied Physiology Laboratory with Department of Biology S.T.E.M. program; grant proposal reviewer – College of Education and College of Sciences.

University of Louisiana at Monroe
Professor and Director - ULM Human Performance Laboratory
Director CAAHEP Undergraduate and Graduate Programs

August 2002- July 2015

Director for acquiring the first in Louisiana and first in the USA accreditation from the Commission on Accreditation of Allied Health Education Programs (CAAHEP) for undergraduate and master programs in Exercise Science and Exercise Physiology (through 2020); developed and successfully delivered traditional, hybrid and online courses and programs; grew applied exercise physiology program to 494 majors (up from 21 majors in 2002) with internships and job placement in exercise physiology, cardiopulmonary rehabilitation, perfusionist, physical therapy, occupational therapy, orthotics & prosthetics, nursing and medicine graduate programs; Collegiate Team Coach: Warhawk Triathlon and Cycling Teams (men & women)

ULM Applied Physiology & Human Performance Laboratory Contracts and Programs

- City of Monroe and West Monroe Fire Department: Clinical and Applied Testing Services with medical referral services and on-site fitness programming
- City of West Monroe Fire Department: developed and staffed fire station wellness centers
- Louisiana Department of Agriculture and Forestry (LSAF): Clinical testing with medical referral services
- Pre-participation cardiovascular screening for student athletes at ULM, City of Monroe School District and Ouachita Parish School District
- Developed, marketed, and hosted the ULM's national *Strength and Conditioning Summit*, with 20 applied exercise science/sports medicine/strength & conditioning/coaching speakers, 40 sessions over 3 days with 500 attendees and CEU acceptance from 5 organizations

Associate Dean / Acting Dean of ULM Graduate School, (formerly Graduate Studies and Research), 2006-2010

Administrative oversight and direction for the Graduate School and the Office of Research; successfully increased student enrollment, applicants, prospects, and inquiries by 27% between 2007 and 2010; final approval for all thesis and dissertations; overhauled graduate admission processes in collaboration with stakeholders; decreased application to department time from 17 days to 2 days; decreased domestic and international student correspondence from 7 days to 1 day; lowered incomplete applications from 907 to 51 from 2006-2009; oversaw the ULM Graduate Assistant and Graduate Work Study funds (\$9.7 million) and management of Graduate School budget (\$20.8 million); formalized interdisciplinary program development through collaborative efforts with college deans on degree program adoption, Louisiana Board of Regents and University of Louisiana System approval, accreditation, and sustainability.

Pennington Biomedical Research Center (2004-2016)

Adjunct Professor, Research Associate – Louisiana Health Initiative

- Developed and implemented health curriculums, teacher education and student data collection in 15 rural parishes for Louisiana GEAR UP (Louisiana Gaining Early Awareness and Readiness for Undergraduate Programs) with ULM HKR faculty
- Health of Louisiana's Youth: State Report Card project, 2002-2007
- Growing Up Fit Together (GUFT): Evaluation of a School-Based Nutrition Education Program in the Lower Mississippi Delta project. November 2010

Metropolitan State University of Denver (2001-2002)

Associate Professor, Director: Human Performance Laboratory; Department Chair

- Direction for degrees in K-12 Physical Education, Adult Fitness/Exercise Science, Sport Industry Operations, Athletic Training, Recreation & Leisure Services Management and Therapeutic Recreation
- Internship and Externship Director
- Day to day operations of the Department of HPSL (including 41 faculty/staff members, 810 majors)
- Accreditation and reaccreditation of K-12 Physical Education, Athletic Training, Leisure Management, and Therapeutic Recreation
- Director of new facility renovation and equipment purchase (\$450,000)

Human Performance Laboratory Contracts

- City of Denver Fire Department: Clinical and Applied Testing Services with medical referral services and on-site fitness programming; Colorado State Forest Service: Clinical and Applied Testing (Northwest, Northeast, and State Office) with medical referral services
- Pre-participation cardiovascular screening for student athletes at MSUD and Denver Public Schools
- Internship site 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

University of Colorado Denver (2001-2002)

Research Associate - Clinical & Translational Research Center Core Laboratory

Southern Arkansas University (1996-2001)

Associate Professor / Director, Exercise Physiology Division; Director, The Brown Center for Human Performance and Applied Research

- Academic program expansion from 4 majors to 145 majors in 4 years; 91% placement of graduates within the Exercise Science field; undergraduate and graduate academic advisor (145 student majors)
- Internship development and director

The Brown Center for Human Performance and Applied Research Contracts

- Industry Contracts: Potlatch (Paper & Chemical Divisions) Corporation, Georgia Pacific Corporation, G&W Family Medicine clinics, Inspec Foam, Alcoa, Alumara, the City of Magnolia and Bayliner Boat Company): clinical and ergonomic testing services including medical referral and programming implementation
- Arkansas Department of Agriculture: Forestry and South Arkansas Clinical Fire Fighter Testing including medical referral services and fitness programming services
- Pre-participation cardiovascular screening for student athletes at Southern Arkansas University, Magnolia School District and El Dorado School District

Assistant Athletic Director

- 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 \$17.5-million-dollar budget for annual national championships, enhancement fund and strategic initiatives (including drug-testing costs, branding enhancements, marketing, and leadership development)

Valdosta State University (1992-1996)

Assistant Professor; Director: Cardiopulmonary and Physical Assessment Center (CPPAC)

- Health Fitness Program Development Team (new curriculum)
- Supervised interns, undergraduate research projects and master's thesis in Health Fitness
- Conduct wellness and health fair activities at regional corporations and institutions
- Collaborative grant writing: South Georgia Medical Center oncology and pulmonary rehabilitation
- 1996 Olympic Games Exercise Science Testing & Research Site: Belarus, Latvia, and Poland Cycling, Wrestling and Track and Field

Human Performance Laboratory Contracts

- Georgia Forestry Commission and South Arkansas Clinical and Field Fire Fighter Testing including medical referral services and fitness programming services
- Pre-participation cardiovascular screening for student athletes at Valdosta State University, Valdosta City Schools and Lowndes City Schools

University of Southern Mississippi (1990-1993)

Graduate Assistant (Lead) – Human Performance Laboratory; Teaching Assistant – School of Kinesiology and Nutrition

Neville High School (1988-1990)

Director, Health and Physical Education programs; Teacher - Health, Physical Education, and Biology

Head Coach – Varsity Cross Country, Girls' Basketball, & Track and Field programs

TEACHING

Exercise Physiology	Research Methods
Applied Exercise Physiology	Sports Medicine Seminar
Pharmacological Concepts/Practice	Officiating Track & Field
Fundamentals of Human Performance	Professional Internship Exercise Science
Topics in Exercise Physiology/Fitness	Selected Topics (Sports Medicine, Coaching Current Topics, Sports Psychology, Clinical Pharmacology)
Human Physiology Laboratory	Advanced Anatomical and Biomechanical Kinesiology
Exercise Physiology Laboratory I & II	Cardiovascular Physiology
Advanced Exercise Physiology Laboratory Techniques	Electrocardiography
Test and Measurements	Thesis I and II
Theory and Form of Human Movement	Dissertation I, II and III
Introduction to Kinesiology	Measurement and Evaluation/Statistics
Human Physiology and Fitness Assessment Techniques	Anatomy and Physiology I & II
Care and Prevention of Athletic Injuries	Clinical Human Physiology
Physiology of Aging	Clinical Pharmacology
Allied Sciences Seminar	Clinical Biochemistry
Internship in Education (Student Teaching Supervisor)	Electrocardiography for Allied Health Professionals
Internship in Exercise Science and Rehabilitation Sciences	Clinical Exercise Electrophysiology
Advanced Physiology of Exercise I & II	Patient Care in Clinical Exercise Physiology

PROFESSIONAL DEVELOPMENT

American College of Sports Medicine (ACSM) Fellow and Member, 1989-Present

ACSM Exercise Physiologist – EP-C, 2001-Present

USA Triathlon Level II and IIE Coach, 2011-Present

USA Cycling Level 1 Coach, 2010-Present

USA Swimming/ASCA Level 4 Coach, 2009-Present

USATF Master level Official and USA Cycling Level B Official, 1989 to present

Louisiana Board of Medical Examiners: Clinical Exercise Physiologist (CEP.CE0085), 1996-2005

PUBLICATIONS

Public Intellectual Contributions

1. Book: Coyne, Brian, Levine, Shel & Cooper Colvin, Lisa (2016). *Clinical Exercise Electrophysiology*. ISBN: 9781284034202.

Publications

1. Colvin, LC, Coyne, BJ, and Levine, SH. (2017). *Athlete's Heart and EKG: Part 2: Adult Athlete*, Volume 27(1), Volume 27(1), ACSM Certified News.
2. Colvin, LC, Coyne, BJ, and Levine, SH. (2016). *Athlete's Heart and EKG: Part 1: Young Athlete*, Volume 26(3), ACSM Certified News.
3. David J. Kean, Corey A. Peacock, Gabriel J. Sanders, John McDaniel, Lisa A. C. Colvin, and Ellen L. Glickman. (2015). *The Effects of Cold and Lower Body Negative Pressure on Cardiovascular Homeostasis*, BioMed Research International.

Manuscripts

1. Colvin, L. C. (2008). *Speed of Injury Recovery of Collegiate Athletes with the Use of the VST Myodynamic Device*. Monroe, La: University of Louisiana at Monroe Press.
2. Colvin, L. C. (2007). *The Effects of Vestibular Training on Balance in Division I Collegiate Sprinters*. Monroe, LA; University of Louisiana at Monroe Press.
3. Colvin, L. C. (2007). *Body Composition and Waist Circumference Changes in College-Aged Females Utilizing Circuit and Elliptical Training* Monroe, La; University of Louisiana at Monroe Press.
4. Colvin, L. C. (2007). *An Individuals Association of Music and Its Effects on the Psychophysical Response*; University of Louisiana at Monroe Press.

Reviewer – Manuscripts/Journals

1. 2023, 2021, 2017, 2014: Reviewer (journal): *Medicine and Science in Exercise and Sports*.
2. 2021-2017: Reviewer (journal): Healio/SLACK, Inc, *Athletic Training and Sports Healthcare*.
3. 2016: Author: Jones and Bartlett Learning, LLC. In Jones and Bartlett Learning, LLC (Eds.), "Clinical Exercise Physiology."
4. 2014: Reviewer: Jones & Bartlett Learning, *ACSM's Resources for the Personal Trainer, Fourth Edition*. Indianapolis, Indiana: American College of Sports Medicine.
5. 2013: Reviewer for Jones & Bartlett Learning. "Athletic Training and Sports Medicine: An Integrated Approach," 5th Edition. Burlington, WA: Jones & Bartlett Learning.

Editorial Reviews

1. 2022 ACSM Fitness Index, Invited Author (October 2022).
2. SEACSM Annual Meeting Abstract Reviewer (October 2021).
3. Invited Manuscript Reviewer: Book Editor, "Athletic Training and Sports Medicine: An Integrated Approach, Fifth Edition." Jones & Bartlett Learning (December 10, 2014 - 2015).
4. Editor: Grant Proposal, "Internship Contracts (Kinesiology). ULM (August 1, 2007 - December 31, 2013).
5. Associate Editor. Review Textbook, "CTA Collegiate Triathlon Association Competitive Rules of Racing." USA Triathlon (November 1, 2011 - February 12, 2012).
6. Invited Manuscript Reviewer: "ACSM Resources for the Personal Trainer." ACSM (September 12, 2010 - November 1, 2011).
7. Associate Editor: "Job Task Analysis Review for ACSM." Job Task Analysis Team (April 30, 2004 - May 1, 2011)

PRESENTATIONS (2010-PRESENT)

1. Hutchinson, M., Colvin, L., Baggish, A., Blauwet C., Kennedy-Armbruster, C., Vincent, K., Joy, L. ACSM Chief Medical Officer (CMO) Task Force: Report to ACSM Board of Trustees. (October 2021).
2. Colvin, L. C., Coyne, B., Patel, M., & Minder, C. (2016, June 3). Viral Complications in An Elite Road Cyclist: A 1 Year Follow-up. Clinical Case/ Cardiovascular. American College of Sports Medicine, Boston, Massachusetts. (June 3, 2016).
3. Barton-Weston, H., Colvin, L. C., Griffiths, R., & Soukup, G. (2016, June 4). Impact Analysis of a University Wellness Course on Behavior Regulation to Exercise. American College of Sports Medicine, Boston, Massachusetts. (June 4, 2016).
4. Brian J. Coyne, Lisa Cooper Colvin, Mahesh Patel, Camille M. Minder, Juan Carlos Soliven, Robert Garcia, Shel Levine, "Viral Complications in an Elite Road Cyclist: Inflammatory Cardiovascular Anomalies." Annual Meeting of the American College of Sports Medicine (May 29, 2015).
5. Colvin, L., 12th International Symposium on Biomechanics and Medicine in Swimming, "The Calculation of Torque Generated by a Swimmer's Arm During the Freestyle Swim Stroke." Australian Institute of Sport, Canberra, Australia. (March 28, 2014).
6. Colvin, L., Concordia Parish Teacher Professional Development, "Nutrition for Health and Sports Performance" and "Kinesiotaping of Common Athletic Injuries." Concordia Parish School Board, Vidalia, LA. (January 11, 2014).
7. Colvin, L. C., Monroe City School District Professional Development Day, "Kinesiotaping of Common Athletic Injuries." Monroe City School District, Neville High School. (December 6, 2013).

8. Colvin, L. C., JAG (Jobs for America's Graduates) AIM High, "Exercise Science: Your One Stop Education for Allied Health Professions." JAG, Martin Luther King Jr Middle School. (November 21, 2013).
9. Colvin, L. C., Monroe City School District Professional Development Day, "Nutrition for Performance; Concussion: Professional Training for Coaches." MCSD, Neville High School. (October 25, 2013).
10. Colvin, L. C., Louisiana Association of Clinical Exercise Physiologist (LCEP), "Power Band Use in Elite Cyclists "A Preliminary Investigation." LCEP, Kenner, LA. (September 29, 2012).
11. Colvin, L. C., Stubbs, M., & Lowery, D., ACSM Annual Meeting and 3rd World Congress EIM, "Post-Operative Management of Femoroacetabular Impingement Utilizing the Stalzer Protocol: Hip Injury." ACSM and EIM, San Francisco, California. (June 2, 2012).
12. Colvin, L. C., Peaks Coaching Group, Inc. Blue Ridge Race Tactic Cycling Summit, "Beginner to Elite Cyclist Programming," Peaks Coaching Group, Bedford, VA. (April 22, 2012).
13. Colvin, L. C., West Monroe/West Ouachita Chamber of Commerce Meeting, "Water Exercise as a Physical Therapy Modality," West Monroe/West Ouachita Chamber of Commerce, 710 Professional Drive, West Monroe, LA. (March 6, 2012).
14. Colvin, L. C., USAT South Midwest Collegiate Skills Camp, "Transitions: Theory to Practice" USOC, USA Triathlon, Harahan, Louisiana. (November 18, 2011).
15. Colvin, L. C., Monroe Community Town Hall Meeting on ULM Natatorium, "Future of Aquatics for NE LA," Citizens of the City of Monroe, Monroe, LA. (November 15, 2011).
16. Colvin, L. C., ITU World Championships: Long Course Duathlon Seminar, "Exercise Demands of the Long Course Athletes: Preparation and Racing," International Triathlon Union and USA Triathlon, Las Vegas, NV. (November 3, 2011).
17. Colvin, L. C., ULM Athletics Academic Orientation, "What You Put in is What You Get Out: How to Make the Most of Your Student Days at ULM," ULM Athletics/SSC, (September 1, 2011).
18. Colvin, L. C., Phi Kappa Phi Induction, "The Future is Now," Phi Kappa Phi, Monroe, LA. (May 4, 2011).
19. Colvin, L. C., Joe Martin National Professional Race Series USAC Summit, "Getting the Most of Your Power Meter: Best Practices," USOC, Fayetteville, Arkansas. (May 4, 2011).
20. Colvin, L. C., CAAHEP Reaffirmation Visit, "Clinical Exercise Physiology the ULM Way: Our Past, Present and Future," Commission on Accreditation of Allied Health Professions, Monroe, LA. (April 9, 2011).
21. Colvin, L. C., Southeastern American College of Sports Medicine, "Are Fitness Levels of Graduating Pharmacists Decreasing?" ACSM, Greenville, SC. (February 2, 2011)
22. Colvin, L. C., LAEP 17th Annual Symposium, "Multisport Training for Weight Loss", The Louisiana Association of Exercise Physiologists, Lafayette, LA. (October 23, 2010).
23. Colvin, L. C. (Presenter), Louisiana Association of Exercise Physiologists Annual Meeting, "Triathlon as a multi-modal form of weight loss in obese patients", LAEP, Lafayette, LA. (October 2010).
24. Colvin, L. C. (Presenter & Author), ULM Sports Hall of Fame Induction Ceremony, "President/Presenter", ULM L Club, Monroe, LA. (February 21, 2010).
25. Colvin, L. C. (Presenter & Author), Coyne, B. (Author), Thomas, L. E. (Author), SEACSM Meeting, 2010.

CONTRACTS, GRANTS, AND SPONSORED RESEARCH

1. Colvin, L.C. (Co-PI) and Tallarovic, S.K. (Co-PI); ADI Teaching Systems and Exercise Physiology Kit, \$17,000, (Funded, STEM - US Dept. of Education), January 2016.
2. Colvin, L. C. (Co-PI), Kean, D. J. (Co-PI), "Technology Additions for ULM Human Performance Lab", Sponsored by ULM Student Technology Access Plan (STAP), University of Louisiana at Monroe, (Funded) \$49,770. (2014).
3. Colvin, L. C. (PI), "CEHD Research Hub Grant" (Funded), Sponsored by ULM College of Education and Human Development, The University of Louisiana at Monroe, (Funded) \$950. (December 30, 2012).
4. Colvin, L. C. (Co-PI), Community Transformation Grant (CTG)" (Funded), Sponsored by Louisiana Department of Health and Hospitals, in conjunction with the City of Monroe, \$725,000. (April 4, 2012 - December 31, 2014).
5. Thomas, L. E. (PI), Campbell, H. W. (Co-PI), Colvin, L. C. (Co-PI), Coyne, B. (Co-PI), "Picard Center - Fitness Assessment for K-12 Schools" (Funded), Sponsored by Picard Center - ULL, External to The University of Louisiana at Monroe, \$25,000. (August 2010 - June 2011).

6. Colvin, L. C. (PI), "Monroe MSA Sustainable Community Grant" (Funded), Sponsored by MSA Sustainable Community Grant, in conjunction with the City of Monroe, \$933,650. (January 1, 2011 - December 31, 2011).
7. Colvin, L. C. (PI), Doherty, M. (Supporting), Campbell, H. W. (Supporting), "LA Gear Up: LA Health, Math, Science, Technology, and PE Grant" (Funded), Sponsored by Pennington Research Center, \$119,792. (January 2004 - April 2006).

PROFESSIONAL AFFILIATIONS

USA Track & Field Arkansas Association – Secretary; Chair- Para Athletics – 2021-present
 World Athletics: NACAC Track & Field: Transferable Skills to Work Life: An Athlete’s Journey
 American College of Sports Medicine (ACSM) Board of Trustees – 2020 to 2023
 American College of Sports Medicine – Fellow
 HPERSD – ICHPER•SD, Commissioner for Girls & Women in Sport, and Physical Education for North American Region, 2018-2021
 Phi Kappa Phi, Sponsor
 Phi Epsilon Kappa – Eta Beta Chapter Sponsor
 Louisiana Association of Exercise Physiologists (LAEP)
 American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR)
 Texas and Southeast American College of Sports Medicine

AWARDS AND HONORS

TAMU Department of Kinesiology and Sports Management Kinesiology Teacher of the Year, 2023
 Dr. Lucy Shackelford Endowed Professor in Kinesiology, ULM College of Education, 2012-2015
 President, Phi Kappa Phi, 2013-2014
 Chair, ULM L Club, 2010-2011
 ULM Teaching Excellence Award, 2004
 Chair and Founder, NCAA Division II Sports Festival, 2001
 Chair, NCAA of Division II Championships, 2001-2002
 Southern Arkansas University Excellence in Teaching Award, 1999
 Vice Chair, NCAA Division II Management Council, 1999-2003

ADDITIONAL PROFESSIONAL SERVICE AND AWARDS

1. 2023 USATF Association Official of the Year; official: SEC head vertical jumps official; US Para Track and Field National Championships – Lead Seated Throws and Umpire; NCAA Division I Track and Field Championships – Lead official Vertical Jumps; USATF Indoor National Championships – Head: Combined Events
2. 2021 USATF Olympic Trials official (Para Track & Field); NCAA Track & Field West Regional, official; SEC Indoor and Outdoor Championships official; NCAA Indoor Track & Field Championships, official; Western Athletic Conference, Running Referee 2021; TAMU Track & Field Officials Association; 2020 World Athletics Silver Indoor Tour official
3. 2016: Ironman World Championships, Kona, Hawaii: Medical Team, triage, initial assessment, cardiac, and discharge coordination
4. 2014: USOC and USA Triathlon, Colorado Springs, Colorado. USA Triathlon Running Transformation Instructor