

**Alicia Tatum Bryan**  
**Associate Professor**

**I. PERSONAL INFORMATION**

Alicia Tatum Bryan  
Associate Professor  
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**II. EDUCATION**

2002-2006 THE UNIVERSITY OF ALABAMA  
*Ph.D. Kinesiology*  
*Minor: Biochemistry, Educational Research Statistics*  
Graduate Teaching Assistant  
Dissertation: The Role of Leg Strength in Functionality

2000-2002 THE UNIVERSITY OF ALABAMA  
*M.A., Exercise Physiology*  
*Minor: Adult Fitness*  
Graduate Teaching Assistant

1993-1997 THE UNIVERSITY OF ALABAMA  
*B.A., Psychology*  
*Minor: English, Pre-Occupational Therapy*

**III. ACADEMIC APPOINTMENTS/SIGNIFICANT WORK EXPERIENCE**

2016- Associate Professor  
EXERCISE SCIENCE PROGRAM  
COLUMBUS STATE UNIVERSITY

2012- 2015 Associate Professor  
WELLNESS PROGRAM COORDINATOR  
COLUMBUS STATE UNIVERSITY

2006 to 2011- Assistant Professor  
WELLNESS PROGRAM COORDINATOR  
COLUMBUS STATE UNIVERSITY

2010 to 2011- Owner

EVOLUTIONS, COLUMBUS, GA

Responsible for evaluating prospective clients for personal training services; managing daily business operations; prescribing and monitoring exercise prescriptions; referring at-risks clients to necessary health professionals

2005 to 2006- Graduate Teaching Assistant

HUMAN PERFORMANCE LAB COORDINATOR

THE UNIVERSITY OF ALABAMA, TUSCALOOSA

2002 to 2006- Owner

EVOLUTIONS, TUSCALOOSA, AL

Responsible for recruiting and evaluating prospective clients for personal training services; managing daily business operations; prescribing and monitoring exercise prescriptions; referring at-risks clients to necessary health professionals

2000 to 2006- Graduate Teaching Assistant

THE UNIVERSITY OF ALABAMA, TUSCALOOSA

2000 to 2004- Medical Assistant

MDSI PHYSICIANS, INC., TUSCALOOSA, AL

Managed weekend clinics, performed pre-screening on claimants to include forced vital capacity tests, and maintained office procurement, answered multi-lined phone, organized weekly reports for off-site supervisor; received training to perform ECG's.

2000 to 2003- Group Fitness Instructor

UNIVERSITY RECREATION CENTER, TUSCALOOSA, AL

Facilitated various group exercise classes in a commercial fitness setting for The University of Alabama campus community and the general public.

2002- Intern (Cardiac Rehabilitation)

NORTHPORT MEDICAL CENTER, NORTHPORT, AL

Facilitated group exercise sessions for Phase I through IV cardiac rehab patients; assisted in preparation of monthly lecture series and case management.

1997 to 2000- Administrative Assistant

ROY F. WESTON, INC., AUBURN, AL

Answered multi-lined phone; maintained office supply procurement; completed development of and maintained long-term storage files management system; entered payroll data; provided general administrative duties as needed.

#### **IV. AREA(S) OF SPECIAL INTEREST WITHIN DISCIPLINE**

- Minority Health and Fitness
- Aging

## **V. PROFESSIONAL MEMBERSHIPS and CERTIFICATIONS**

American College of Sports Medicine- 2011  
*Member*

Phi Kappa Phi Honor Society- 2008  
*Member*

Southeast American College of Sports Medicine- 2004  
*Member*

American Council on Exercise- 2002-2015  
*Certified Personal Trainer*

American Red Cross- 2001  
Cardiopulmonary Resuscitation/ AED/ First-Aid

Aerobic and Fitness Association of America-2001 to 2008, 2013  
*Certified Primary Group Instructor*

## **VI. SERVICE TO COMMUNITY**

### **Special Projects/Initiatives**

CSU Tower Day, *Presentation Judge*- 2014

Go Red For Women Celebration, Event Host- 2013 to 2016

Annual Cody's Run, *Event Volunteer*- 2012

Phi Kappa Phi Induction Ceremony, *Event Volunteer*- 2011

Cody's Run Inaugural 5K, *Event Organizer*- 2011

Couch to 5K Training- CSU Campus, *Event Organizer*- 2011

*Science Fair Judge*- 2010

Mr. CSU Pageant, Columbus State University, - *Judge* - 2009

2<sup>nd</sup> Annual Walk Against Gun Violence, *Event Organizer*- 2009

Dance Team Showcase for Our House- The Methodist Home for Children & Youth, Event Organizer- 2009

*CSU Night Out in Atlanta to support Boys and Girls Clubs of the Chattahoochee Valley and the Columbus Community Center, Event Organizer*- 2009

*Back to School Kick-Off Event, Chattahoochee County School System*- 2009

*CSU Day of Service- Hope Harbor, Volunteer- 2009*

*Columbus Life Basketball Dance Team Audition, Judge- 2009*

*Columbus State University's Cougar Cubs Jr Dance Team Clinic, Organizer- 2008 to 2009*

*College of Education's Project Ace Mentoring Program, Mentor- 2008*

### **Campus Talks/Facilitator**

*Food Accessibility & Nutrition in America, CSU Diversity Conference- 2016*

*Nutrition and Physical Activity, Phi Mu Sorority- 2011*

*Exercise is Medicine- Student Internship Site Coordinator- 2010*

*CSU Tower Day, Phi Kappa Phi Representative- 2010*

*Faculty Lunchtime Fitness, Event Organizer- 2009 to 2010*

### **Invited Talks/ Facilitator**

*Group Fitness Leader, Walk Georgia- Oxbow Meadows- 2011*  
*EIM Campus Rep,*

*The Ralston, Senior Fitness Instructor, Group Fitness Instructor, Columbus, GA- 2009, 2015*

*Women's Health & Fitness, Annual Women's Convention, Lagrange, GA- 2008*

*Minister's Wives Annual Convention- Health Panel Guest, Minister's Wives Association of Lee County, AL- 2008*

*Impacting Your Health Fair, The Impact Center, Columbus, GA- 2007*

*Women's Health & Fitness, Annual Missionary Conference, Tuskegee, AL – 2007*

*Women's Health and Wellness, Minister's Wives Annual Convention, Town Creek District Minister's Wives Association, AL- 2006, 2007*

### **P-12 Activities**

*High School Wrestling Assessments, Site Coordinator, Georgia High School Association- 2007 to present*

Cougar P.A.W.S. Faculty Walking Program- 2007 to 2009  
*Coordinator, Team Recorder*

CSU Health and Physical Education Program- 2006 to 2013

Northside High School, *Guest Fitness Instructor*- 2006

Field Day at Mulberry Creek Elementary 2006 to 2013

Fitness Fridays at Allen's Elementary 2006 to 2013

## VII. AWARDS, FELLOWSHIPS AND OTHER HONORS

2016: Fellowship Status- American College of Sports Medicine

2014: College of Education and Health Professions Innovation Award Nominee

2013: American College of Sports Medicine Leadership and Diversity Training Program

2011: College of Education and Health Professions Service Award Nominee

2008 to 2015: Georgia High School Association Service Award

2008: Phi Kappa Phi Honor Society

2008: Chancellor's Award, Board of Regents' Office of International Education

2005: TCI Companies Choice Award for Leaders in Education

## VIII. MAJOR COMMITTEES

### **National/International**

2016 to 2019: ad hoc Health, Fitness Content Advisory Committee, **American College of Sports Medicine**

2015: Editorial Board, ***Clinical Medicine Insights: Women's Health***

2014: Editorial and Review Board, ***Athens Journal of Sports***

2014- 2017: Strategic Health Initiative: Women, Sport and Physical Activity, ***American College of Sports Medicine***

2014: Leadership and Diversity Training Program, ***Southeast American College of Sports Medicine***

## **University**

2016 to present: Institutional Review Board

2016 to present: General Education Committee

2016 to present: Interdisciplinary Program Council

2015 to 2017: Student Research and Creative Endeavors Committee, Chair

2012 to 2015: Women's Issues Advisory Committee, Chair

2013 to 2014: Student Research and Creative Endeavors Committee, Co-Chair

2009 to 2013: Student Research and Creative Endeavors Committee

2009 to 2012: Women's Issues Advisory Committee

2009 to 2010: Faculty Handbook Advisory Committee, Chair

2008: Faculty Handbook Advisory Committee

2007 to 2009: Student Recreation Center Planning Committee

## **College**

2015-2017: COEHP Post-Tenure Review Committee

2012 to Present: COEHP Retention, Progression, and Graduation Committee

2011 to 2012: COEHP Student Services Committee

2010 to 2011: COEHP Curriculum Committee

2006 to 2011: COEHP Diversity Committee

## **Department**

2012 to Present: HPEX Personnel Committee

2009 to Present: HPE Program Advisory Committee

2009 to Present: HPEX Curriculum Committee

2009 to 2011: HPEX Faculty Search Committee

2006 to 2015: Wellness Program Coordinator

### **Other Committees/Professional Service**

2016: Mentor, Women to Fellowship Program, **American College of Sports Medicine**

2016: Regional Scientific Review Committee/ Institutional Review Board, **Regional Science and Engineering Fair**

2015: Group Fitness Leader, the **Ralston** (independent living facility)

2015: Advisory Board Member, **Christian Women's Job Corps of Columbus, GA,**

2015 to Present: **Chair** Sports Medicine Program, **Columbus Technical Community College**

2015: **Chair**, Search Committee for Wellness Coordinator Position

2014: Sports Medicine Program Advisory Board Member, **Columbus Technical Community College**

2013 to Present: Faculty Mentor for Student AV Team, **Southeast American College of Sports Medicine**

2010 to Present: Campus Liaison, Exercise is Medicine Initiative, **American College of Sports Medicine**

2008: Search Committee member for Physical Education faculty position

2007 to 2009: Member, ONE Columbus community diversity program

2006: Member, Columbus State University's Chapter of the American Association of University Professors (AAUP)

### **Extracurricular University Service**

2007 to 2011: *Faculty Advisor & Team Trainer*, Columbus State University Dance Team

## **IX. PROFESSIONAL GROWTH AND DEVELOPMENT**

### **Conference Activity/Participation**

2016-2015, 2013-2011 American College of Sports Medicine Conference- National scientific conference for professionals in the areas of exercise science, athletic training, rehabilitation, and other disciplines that fall under the umbrella of sports medicine.

2002 to 2014: Southeast American College of Sports Medicine Conference (SEACSM)- Regional scientific conference for professionals in the areas of exercise science, athletic training, rehabilitation and other disciplines that fall under the umbrella of sports medicine.

### **Technology Training and Workshops**

2016: *High Impact Practices: What are they and why do they matter?*

2016: *Incorporating problem solving into assignments and activities*

2016: Teaching Upside Down: *Nurturing a sense of wonder in the age of whatever*

2015: American Red Cross CPR/AED Training

2014: Applying the Quality Matters Rubric

2014: Introduction to Camtasia Workshop

2012: *Integrating teaching, service, and scholarship: Publishing what you do where it counts.*

2012: American Council on Exercise Functional Training & Assessment Workshop

2009 : Promethean Board Training

2009: National Dance Association (NDA) Director's Conference

2009: The Pulse On Tour Dance Intensive

2008: "Effective Qualities of a Master Teacher" Workshop

2008: "Technology Tools for the 21<sup>st</sup> Century Classroom" Workshop

2007: WebCT Training

2005: Workshop Administrator, ACSM Health/Fitness Instructor Certification, University of Alabama (site)

2006 to 2007: Faculty Luncheon Conversation Series

### **Webinars**

2016: *Blending proteins to build muscle: What does the research tell us?*

2011: Connect Fit Focus Group- Online webinar designed to introduce department and program coordinators in the area of physical education and wellness to an online course platform designed to supplement one credit hour activity-based courses.



2010: McGraw Hill's Connect Training- Online Learning Platform

2010: *Generating Clients/Customers through Business Networking & Referrals*

2010: *"Eat Your Vegetables!" and Other Mistakes Parents Make*

2010: *50 Ways to Increase Your Older-Adult Market*

2010: *Eating for Energy*

2010: *Fitness Business Basics*

2010: *Innovative Drills for Small-Group Training*

2010: *Mambo Mania*

2010: *Metabolic Fat-Torching Protocols*

2010: *The Aging Club Member Crisis*

## **X. PROFESSIONAL ACTIVITIES**

### **Publications**

Bryan, AT. (2015). Underlying cultural perceptions limit progress in reducing health disparities in rural women. [In Review, *Clinical Medicine Insights: Women's Health*]

Bryan, A.T., Green, J.M., Black, S., Bishop, P.A. (June 2012). Physical Independence: Examining Older Adults' Perceptions of Physical Limitations [Abstract]. *Kinesiology & Exercise Sciences Abstracts 8th Annual International Conference on Kinesiology and Exercise Sciences*, .

Tatum, A.D., Green, J.M., Bishop, P.A., Parker, M.W. (2011). The Relationship Between Daily Stair Climbing, Knee Extensor Endurance, and Physical Independence in Older Adults [Abstract]. *Med Sci Sport Exercise*, 43(5): S648.

### **Media Production**

Bryan, AT and Wert, J.(Producers) (2013). *Disability Awareness Training: From staff to management* [DVD]. United States: Healthy Learning DVD

### **Other Publications**

Tatum, A.D. (2012) *The Wellness Program Handbook: The instructor's guide to higher education physical activity programs at Columbus State University*. Columbus, Georgia. Columbus State University.

Tatum, A.D. (2011). *The Wellness Instructor Ancillary Materials: PHED 1205- Concepts of Fitness*. Columbus, Georgia: Columbus State University.

Tatum, A.D. (2007). *Cougar W.A.L.K. Newsletter*. Columbus, Georgia: Columbus State University.

Tatum, A.D. (2007). *Wellness Instructor Handbook*. Columbus, Georgia: Columbus State University.

Tatum, A. D. (2006). *The role of leg strength and functionality in physical independence of older adults*. The University of Alabama). *ProQuest Dissertations and Theses*, 58 p. Retrieved from <http://search.proquest.com/docview/305349289?accountid=10196>.

## **Presentations**

Bryan, A.T., Ortiz A, Clark J, Morales J (June 2017). *Optimizing Female Youth Sport Participation: Bring Back the Youth*. Symposium at the meeting of the American College of Sports Medicine Conference, Denver, CO.

Keith, N.R., Martin, M., Bryan, A.T., Mendoza A. (June 2016). *Physical activity technology research in diverse populations*. Tutorial Lecture at the meeting of the American College of Sports Medicine Conference, Boston, MA.

Bryan, A.T., Wert-Fittapaldi, J. (June 2013). *Disability Awareness Training: From Staff to Management*. Clinical Workshop presentation at the meeting of the American College of Sports Medicine Conference, Indianapolis, IN.

Bryan, A.T., Green, J.M., Black, S., Bishop, P.A. (June 2012). *Physical Independence: Examining Older Adults' Perceptions of Physical Limitations*. Oral presentation at the 8th Annual International Conference on Kinesiology and Exercise Sciences, Athens, Greece.

Tatum, A.D., Bishop, P.A., Black, S., Parker, M.W. (February 2012). *The Relationship between Self-Reported Health History, Physical Limitations and Physical Performance in Older Adults*. Oral presentation at the meeting of the Southeast American College of Sports Medicine Regional Conference, Jacksonville, FL.

Wert-Fittapaldi, J., Martin, E., Klinkenborg, A., Tatum, A. (January, 2011). *Disability Awareness: Tips & Modifications for a Successful Physical Education Environment*. Demonstration and participation session presented at the meeting of the Share the Wealth Physical Education Conference, Jekyll Island, GA.

Tatum, A.D., Green, J.M., Parker, M.W, Bishop, P.A. (June 2011). *The Relationship between Daily Stair Climbing, Knee Extensor Endurance, and Physical Independence in Community Dwelling Older Adults*. Poster presentation at the meeting of the American College of Sports Medicine Conference, Denver, CO.

Tatum, A.D. (January, 2010). It's Zumbastic!. Demonstration and participation session presented at the meeting of the Share the Wealth Physical Education Conference, Jekyll Island, GA.

Tatum, A.D., Bishop, P.A., Green, J.M., Parker, M.W. (February, 2007). The Relationship Between Daily Stair Climbing, Knee Extensor Endurance, and Physical Independence in Older Adults. Oral presentation at the meeting of the Southeast American College of Sports Medicine Regional Conference, Charlotte, NC.

### **Editorial Work**

2016: Article Reviewer for *Age and Aging Journal*

2016 to 2019: ad hoc Health, Fitness Content Advisory Committee, **American College of Sports Medicine**

2015: Editorial Board for *Clinical Medicine Insights: Women's Health*

2015: Abstract Reviewer for *SEACSM's Annual Conference*

2014 to Present: Editorial & Reviewer's Board for *Athens Journal of Sports*

2013: Book Reviewer for *ACSM's Exercise Prescription for Older Adults*

2009: Chapter Reviewer for *Fitness and Wellness (3 chapters)*

### **Grants (Funded)**

Tatum, A.D. (2009). An Observation of Health Behaviors and Beliefs in Young Adults. Columbus State University Faculty Development Grant. \$1,662.00.

### **Grants (Not Funded)**

Tatum, A.D. (2011). A Survey of Current Practices in College/University Physical Activity Programs. McGraw-Hill Publishing Company C/UIPAP Research. \$4,525.00.

Tatum, A.D. (2009). Seniors Actively Sustaining Strength and Endurance Program (SASSE). American Federation on Aging Research. \$69,108.00

Tatum, A.D. (2009). Disparity Reduction thorough Exercise and Physical Activity in Minority Women (DREAM). American Heart Association. \$151,678.72.

Tatum, A.D. (2008). Disparity Reduction through Exercise and Physical Activity in Minority Women (DREAM). The Clinical Research Loan Repayment Program for Individuals from Disadvantaged Backgrounds. \$201,613.00.