

CURRICULUM VITAE WILLIAM LELAND ELLIOTT

I. Personal Data

Born: March 7, 1968, Colorado Springs, CO, U.S.A.

Contact Information: 1289 Mount Estes Drive
Colorado Springs, CO 80921
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Welliott@HealthBuilding.com

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Marital Status: Married, Since 1990

II. Education

Ph.D., Arts and Sciences

Specialization: Applied Physiology and Health Informatics

Union Institute & University, Cincinnati, OH

Graduated, 2007

Dissertation: Criterion Validity of a Computer-Based Tutorial for Teaching Waist Circumference Self-Measurement

Dissertation research paper published in juried biomedical journal (*i.e.*, *Journal of Bodywork and Movement Therapies*, 2008)

Internship: Online Health and Physiology Course Development and Teaching in Higher Education, University of Colorado, Colorado Springs, CO, 2001-2003

M.S., Basic Science

Specialization: Exercise Science

University of Colorado, Colorado Springs, CO

Graduated with 4.00/4.00 G.P.A. in all program coursework, 2000

Thesis: The Interrelationship Between Dietary Weight Control and Thyroid Hormone Metabolism

B.S., Kinesiology and Physical Education

Specialization: Exercise Nutrition

California State University, Hayward, CA

Graduated, 1992

Represented in the 1992-1993 edition of The National Dean's List for academic achievement

Research Project: The Use and Abuse of Anabolic-Androgenic Steroids

Diploma of Graduation in Massage Therapy and Certificate of Completion in Neuromuscular Therapy
Colorado Institute of Massage Therapy, Colorado Springs, CO
Graduated from A.M.T.A. approved 1150-hour program with highest honors (4.00/4.00 G.P.A.), 1997
Internship: Penrose In-Patient Massage Therapy Program, Penrose Main Hospital, Colorado Springs, CO, 1996-1997

III. Current Certifications and Licensure

Basic Life Support for Healthcare Providers (CPR and AED), American Heart Association, 2/2008-2/2010

Certified Fitness Therapist (sports medical fitness), International Sports Sciences Association, Since 1998

Certified Neuromuscular Therapist, International Academy of Neuromuscular Therapies, Since 1997

Licensed Massage Therapist, City of Colorado Springs, Since 1997

Certified Personal Trainer, Health and Fitness Institute, Since 1992

IV. Professional Experience

Exercise Physiologist/Nutritionist/Sports Medical Bodyworker

◦ Independently employed, 1989-present

Experience includes:

Fitness testing and programming for improved health, physical performance, stress management, injury prevention and rehabilitation; neuromuscular therapy; medical and sports massage therapy; nutritional counseling; and wellness-related public speaking, writing and consulting.

Colorado Institute of Massage Therapy, Colorado Springs, CO

◦ Part-Time Faculty, 1996-present

Duties Include:

Teaching, developing and implementing courses of study related to injury prevention, pain management, anatomy, physiology, kinesiology, sports medicine, fitness instruction, self-care, and nutrition.

◦ Preceptor, 1996-2005

Duties Included:

Observing and instructing massage and neuromuscular therapy students in learning techniques and theory related to clinical practice.

University of Colorado, Colorado Springs, CO

- Part-Time Undergraduate and Graduate Faculty, 2002-2004
- Teaching Assistant for Edmund R. Burke, Ph.D., 1998-2002

Duties Included:

Teaching, developing and implementing courses of study related to exercise science, applied physiology and health.

The Broadmoor Resort Spa, Fitness Center, Colorado Springs, CO

- Fitness Specialist/Nutritionist, part-time, 1995-1996

Penrose Main Hospital, Cardiac Rehabilitation, Colorado Springs, CO

- Exercise Technician/EKG Monitor, part-time and on call, 1995

The Big C Athletic Club, Concord, CA

- Assistant General Manager/Fitness Specialist/Nutritionist, full-time, 1993-1995

Fit for Success Corporate Fitness Programs, Hayward, CA

- Fitness Instructor, part-time, 1993

Hayward Area Recreation Department, Hayward, CA

- Recreation Specialist, part-time, 1991-1992

V. Classes Taught

University of Colorado, Colorado Springs:

Biology 114: Introduction to Health and Exercise Science

A one-semester, completely online course in the fundamental concepts of exercise science and its relationship to health, designed for nonmajors.

1998 (sole instructor, taught in classroom), 1999-2001 (taught two-three classes each semester as guest instructor, in classroom), 2002 (co-taught with Edmund R. Burke, Ph.D.), 2003-2004 (sole instructor)

Biology 403/503: Health and Fitness (also called Health Science 460: Fitness and Wellness)

A one-semester health and fitness course focused on exercise prescription and health evaluation techniques, for undergraduate and graduate students (separate requirements for completing the class).

2001-2002 (taught one or two classes each semester as guest instructor), 2003-2004 (sole instructor)

Biology 345/545: Anatomy and Exercise Science: Fundamentals and Applications to Golf

A team-taught one-semester lecture and laboratory course for professional golf management and exercise science students (undergraduate and graduate).

2004 (taught lecture and lab sections on physiology, strength and conditioning)

Biology 957: Independent Study in Exercise Physiology

A one-semester course for students wishing to engage in independent, original research in a specific area of exercise physiology.

2004 (sole instructor)

Biology 330: Exercise Physiology

A comprehensive, one-semester, hybrid course (partly taught online) in exercise physiology.

2001 (taught one class as guest instructor), 2002 (taught one-half of course for Edmund R. Burke, Ph.D.), 2003 (sole instructor)

Biology 401: Seminar in Biology

A one-credit hour, seminar style course for senior biology majors.

2001 (taught one class as guest instructor), 2003 (sole instructor)

Biology 530: Advanced Exercise Physiology

A one-semester graduate level course focused on advanced physiological mechanisms involved in work, health, and human performance.

2002 (taught one-half of course for Edmund R. Burke, Ph.D.), 2003 (sole instructor)

Colorado Institute of Massage Therapy:

Muscular Fitness for Self-Care

A one-day class (taught as part of a comprehensive self-care course) designed to assist massage and neuromuscular therapy students in understanding the importance of a sound resistance training program for health and work performance.

2000-present (taught four times per year)

Nutrition Workshop

A daylong course designed to assist massage therapists and other healthcare professionals in understanding sound principles of human nutrition as it relates to health and work performance.

1997-present (taught two times per year)

Neuromuscular Physiology

An eight-week course in neuromuscular physiology for massage and neuromuscular therapy students.

1999-2001 (taught four times per year)

Nutrition for Self-Care

A one-day class (taught as part of a comprehensive self-care course) designed to assist massage and neuromuscular therapy students in understanding sound principles of human nutrition as it relates to health and work performance.

1996-2000 (taught four times per year)

Structural Kinesiology (Kinesiological Overview – Part I)

An in-depth 14-week kinesiology course for students of massage and neuromuscular therapy.

1996-1999 (taught two times per year)

Neuromuscular Therapy/Trigger Point Theory (Kinesiological Overview – Part II)

A 12-week course designed to teach neuromuscular therapy students to understand, evaluate, and treat, myofascial pain and dysfunction.

1996-1999 (taught two times per year)

International Sports Sciences Association:

Fitness Therapist Certification

An eight-week advanced fitness certification course for healthcare and fitness professionals wishing to learn more about designing fitness programs for special populations (e.g., individuals with orthopedic, cardiovascular, and pulmonary limitations).

1998-2001 (taught two times per year)

Fitness Trainer Certification

A four-week fitness certification course for individuals wishing to become involved, or more involved, in professional fitness training.

1999-2001 (taught two times per year)

VI. Academic Committees

Degree committee member for Reginald B. O'Hara, M.Sc.

Ph.D. in Interdisciplinary Studies with a Specialization in Exercise Physiology
Union Institute & University, Cincinnati, OH

2002-present

Degree committee member for Timothy D. Ravita, M.S.

Ph.D. in Interdisciplinary Studies with a Specialization in Microbiology
Union Institute & University, Cincinnati, OH

2001-2006 (graduated)

VII. Publications

Peer Reviewed Journal Articles:

Elliott, W. L. (2008). Criterion validity of a computer-based tutorial for teaching waist circumference self-measurement. Journal of Bodywork and Movement Therapies, 12(2), 133-145.

Elliott, W. L. (2002). Role of vitamin C in collagen biosynthesis and connective tissue health. Journal of Bodywork and Movement Therapies, 6(4), 221-224.

Elliott, W. L. (2001). Sacroiliac joint dysfunction: Exercise physiology perspective. Journal of Bodywork and Movement Therapies, 5(4), 234-239.

Magazine Articles:

Elliott, W. L. (in press). Skinny guy workout for quadriceps and hamstrings. Maximum Fitness.

Elliott, W. L. (2008 March). Leg lift vs. abdominal crunch. Maximum Fitness, p. 29.

Elliott, W. L. (2008 January). Lying barbell triceps extension vs. triceps bench dip. Maximum Fitness, p. 26.

Newspaper Articles:

Elliott, W. L. (1998 November). Fitness talk: Experiment with workout dose to find optimum fitness benefit. The Gazette, p. Life3.

Elliott, W. L. (1998 October). Fitness talk: There is little evidence that supplement aids performance. The Gazette, p. Life4.

Elliott, W. L. (1998 September). Fitness talk: After muscle pull, rest and gradual stretching help heal. The Gazette, p. Life3.

Elliott, W. L. (1998 September). Fitness talk: Fat can't become muscle, so exercise, diet at same time. The Gazette, p. Life3.

Elliott, W. L. (1998 August). Fitness talk: Enhance performance with warm-ups. The Gazette, p. Life2.

Elliott, W. L. (1998 August). Fitness talk: Forced reps can help weight lifters - but beware of overdoing. The Gazette, p. Life2.

Elliott, W. L. (1998 July). Fitness talk: Caution: Summer's heat can be deadly. The Gazette, p. Life2.

Elliott, W. L. (1998 June). Fitness talk: Lifting weights is great exercise, but won't target specific fat areas. The Gazette, p. Life3.

Elliott, W. L. (1998 June). Fitness talk: Electrolyte depletion can be problem for active athletes. The Gazette, p. Life2.

Elliott, W. L. (1998 May). Fitness talk: B vitamins help lower homocysteine. The Gazette, p. Life3.

Elliott, W. L. (1998 May). Fitness talk: Formula offers a rough idea of your caloric expenditure. The Gazette, p. Life2.

Elliott, W. L. (1998 April). Fitness talk: Healthful diet helps reduce cancer risk. The Gazette, p. Life2.

Elliott, W. L. (1998 April). Fitness talk: Greet summer by assessing fitness levels to set goals. The Gazette, p. Life2.

Elliott, W. L. (1998 March). Fitness talk: Want to beef up calves? Alas, genes play a role. The Gazette, p. Life1.

Elliott, W. L. (1998 February). Fitness talk: Regular monitoring is first step to treating high blood pressure. The Gazette, p. Life2.

Elliott, W. L. (1998 February). Fitness talk: Let doctor evaluate a hamstring strain. The Gazette, p. Life2.

Elliott, W. L. (1998 January). Fitness talk: Drinking water keeps bodies healthy. The Gazette, p. Life2.

Elliott, W. L. (1998 January). Fitness talk: When seeking trainer, look at education, experience. The Gazette, p. Life5.

Elliott, W. L. (1997 December). Fitness talk: A lifetime of good health may be best gift of all. The Gazette, p. Life2.

Elliott, W. L. (1997 December). Fitness talk: Weight lifting helps pounds drop as your metabolism increases. The Gazette, p. Life2.

Elliott, W. L. (1997 November). Fitness talk: Use calories and exercise in equation to lose weight. The Gazette, p. Life2.

VIII. Presentations

Professional:

Conference lecture, "Body Composition, Weight, and Health," for those in attendance at the Medical Education and Research Institute of Colorado's Women's Health Conference, Antler's Hilton Hotel, Colorado Springs, CO, 8/29/2007.

Course module on nutrition for musculoskeletal health and rehabilitation, to students in the Higher Diploma in Neuromuscular Therapy (H.Dip. NMT) program, National Training Centre, Dublin, Ireland, 7/28-7/30/06.

Lecture, “Advances in Human Body Composition Assessment,” for Centura Health Cardiac Rehabilitation staff, Cardiac Rehabilitation Unit, Penrose Main Hospital, Colorado Springs, CO, 10/26/2005.

Lecture and demonstration, “Advances in Body Composition Assessment for the Fitness Professional,” for the International Sports Sciences Association’s Fitness Therapist training course, Colorado Springs, CO, 6/28/2004.

Informational talk on flexibility and its relationship to overall fitness and health, presented with Bob Anderson, Colorado Institute of Massage Therapy, Colorado Springs, CO, 5/2003.

Informational talk and demonstration of the StretchMaster® fitness product to the Sports Medicine Division of United States Olympic Training Center, for Best of Health Enterprises Inc., Colorado Springs, CO, 10/25/2002.

Symposium lecture, “Ergogenic Aids and Running Performance”, delivered to local athletes and members of the professional sports medical community, at Running Symposium 2001, Penrose-Saint Francis Health Learning Center, Colorado Springs, CO, 11/29/2001.

Lecture, “Sports Nutrition and Ergogenic Aids Used in Collegiate Level Athletics,” to members of the Colorado College Hockey Team, Colorado Springs, CO, 10/23/2001.

Lecture, “Popular Oral Ergogenic Aids Used in High School Athletics,” El Paso County Medical Society Sports Medicine Committee meeting, Colorado Springs, CO, 8/31/2000.

Lecture, “The Importance of Water and the Effects of Caffeine,” to Penrose Main Hospital staff, Colorado Springs, CO, 6/15/2000.

Lecture, “The Importance of Water and the Effects of Caffeine,” to Penrose Community Hospital staff, Colorado Springs, CO, 6/14/2000.

Lecture, “Health and Fitness for the Massage Therapist,” American Massage Therapy Association, Colorado Chapter Meeting, Radisson Inn, Colorado Springs, CO, 11/13/1999.

Informational talk and demonstration on nutrition and fitness programming for cancer rehabilitation, to fitness professionals at the International Sports Sciences Association Fitness Therapist seminar, Colorado Athletic Club, Denver, CO, 5/23/1998.

Lecture, “The Impact of Physical Fitness on the Health Care System,” to the Colorado Springs Underwriters Group, Colorado Springs, CO, 3/12/1998.

Lecture on the physiological mechanisms of improved health with exercise, for the Pikes Peak Hospice & Palliative Care staff, Saint Francis Hospital, Colorado Springs, CO, 10/22/1997.

Informational presentation, “Benefits of Resistance Training and Other Matters of Health,” to local athletes, professionals, and general bookstore audience, presented with Bob Anderson and Edmund R. Burke, Ph.D., Barnes & Noble, Colorado Springs, CO, 9/23/1997.

Informational presentation, “Essential Nutritional Guidelines,” United States Air Force Academy Officers’ Wives’ Club, United States Air Force Academy, Colorado Springs, CO, 2/1996.

Lecture on nutritional supplements and ergogenic aids, Broadmoor Health Fair, to staff and health fair participants, The Broadmoor Hotel Resort, Colorado Springs, CO, 1995.

Lecture, “The Health Benefits of Resistance Training,” for staff and members of The Big C Athletic Club, Concord, CA, 9/28/1994.

Informational presentation, “What is Good Nutrition?” for employees of the Golden Grain Corporate Fitness program, Pleasanton, CA, 5/19/1993.

Sampling of College Presentations:

Lecture, “The Effects of Total Energy and Carbohydrate Status on T3 and T4 Hormone Levels,” for Biology 477/577: Human Metabolism class, University of Colorado, Colorado Springs, CO, 5/7/1998.

Lecture and demonstration, “E.K.G. in Cardiac Rehabilitation,” for Biology 403/503: Health and Fitness class (University of Colorado, Colorado Springs), taught at Cardiac Rehabilitation Unit, Penrose Main Hospital, Colorado Springs, CO, 4/10/1996.

Lecture, “The Use and Abuse of Anabolic-Androgenic Steroids,” for Kinesiology and Physical Education 4000 class, California State University, Hayward, CA, 3/9/1992.

IX. Consulting and Editorial Activities

Consulting Activities:

Consultant and advisory board member for Ion Industries Inc., assisting in research and development of technologies, applications, and products that provide life saving opportunities in fields related to biophysics, biochemistry, healthcare, personal protection, law enforcement and public safety, 2006 to present.

Consultant and spokesperson for Kaiser Physical Fitness Inc., assisting in research and marketing of products, fitness and therapeutic strategies for improved human health and performance, 2006 to present.

Advisory board member for Peak Research Institute, assisting in the development of neuromuscular therapies and related anatomy and physiology research, 2006 to present.

Consultant to Best of Health Enterprises Inc., on the development of marketing claims and a presentation/demonstration of the StretchMaster® fitness product to the Sports Medicine Division of United States Olympic Training Center, Colorado Springs, CO, 2002.

Consultant to the El Paso County Medical Society Sports Medicine Committee, on the development of an informational table and reference compendium of physiological/health effects of various performance enhancing substances, to be used by physicians, coaches, athletes, and parents of athletes, Colorado Springs, CO, 2000-2001.

Editorial Activity:

Advisory board member for Maximum Fitness magazine, assisting in content development, fact checking, occasional quotes, contributing current research information, and answering reader questions, 2005 to present.

Ad Hoc Book Reviewer, Thompson Delmar Learning, 2005 to present.

Ad Hoc Editorial Consultant, Journal of Bodywork and Movement Therapies, 2002 to present.

Media Interviews:

Interviewed for magazine article:

Formichelli, L. (2004b). The best and worst pain you'll ever feel. Oxygen, (61), 68-72.

Interviewed for magazine article:

Formichelli, L. (2004a). A sore subject: Why we get sore muscles and how to ease the ouch. Muscle Media, (117), 116-119.

Interviewed for newspaper article:

Wilson, D. (1999 August). Know your beat: Learn your target heart rate to attain exercise efficiency. The Gazette, pp. Life1-2.

Interviewed for newspaper article:

Ansorge, R. (1998 May). Bulk food: Athletes say creatine gives their muscles a boost, but critics are leery of side effects. The Gazette, pp. Life1-2.

Interviewed for newspaper article:

Smith, S. (1998 January). Life's a gas: So don't worry, because having a bad air day is perfectly natural. The Gazette, pp. Life1,4.

X. Honors and Press

Selected as subject of magazine article:

Orth, M. B. (2005). Cross Currents - Extreme learning: Billy Elliott takes doctoral studies to new heights. Network. Retrieved January, 2005, from <http://www.tui.edu/network/012005/learners.html>

Chosen to be the subject of an advertising campaign for Union Institute & University, Cincinnati, OH, 2004-2005.

Selected as subject of newspaper article:

McCaffrey, R. (1997 November). New fitness columnist overcame cancer and believes in exercise. The Gazette, p. Life1.

Selected as subject of magazine article:

Dayton, L. (1995). Inspirational stories: Beating the odds - Billy Elliott. Muscle Media 2000, (46), 61-62.

XI. Professional Associations

American Physiological Society

American College of Sports Medicine

Rocky Mountain Chapter of the American College of Sports Medicine

International Sports Sciences Association

National Strength and Conditioning Association

XII. Research Interests

Applied physiology and health informatics

Body composition and anthropometry

Exercise nutrition, metabolism, and obesity

Resistance training and fitness programming

Musculoskeletal pain, dysfunction, and rehabilitation

Physiological adaptations to high altitude exercise

XIII. Community Service

Climbed Mount Kilimanjaro in Tanzania, Africa, as part of a team that raised over \$400,000.00 for biomedical research through the Webb-Waring Institute for Cancer, Aging and Antioxidant Research, Denver, CO, 9/2002.

Internet talk show interview on the subject of exercise and cancer, for listeners of the HealthTalk.com Internet talk show, 5/2000.

Informational presentation, "Health Benefits of Resistance Training," to local athletes, health professionals, and general bookstore audience, Barnes & Noble, Colorado Springs, CO, 1/8/1998.

Informational presentation, "Exercise and Nutrition: Facts and Fallacies," National Urban League, Broadmoor Hotel, Colorado Springs, CO, 3/31/1996.

Radio talk show interview on the subject of exercise, nutrition, and cancer, Cornerstone: News in Your Community, KCBR Radio, Colorado Springs, CO, 1995.

Guest presentation on the biological aspects of nutrition and exercise, for high school biology students, Contra Costa Christian High School, Walnut Creek, CA, 3/1/1991.