

# University of Louisiana at Lafayette

## College of Education Faculty Curriculum Vitae

### Tiina Garrison, Ph.D.

Title Department Office Number Extension Email Address	E.T. Graduate and Undergraduate Faculty School of Kinesiology Bourgeois Hall 134-A 482-5641 ttg8187@louisiana.edu
Education	<ul style="list-style-type: none"><li>• Ph.D. Kinesiology (Exercise Physiology), Department of Kinesiology, Louisiana State University (LSU) Baton Rouge</li><li>• M.S. Kinesiology (Exercise Physiology), Department of Kinesiology, Louisiana State University (LSU) Baton Rouge</li><li>• B.S. Health Promotion and Fitness Leadership, University of Alabama at Birmingham (UAB)</li><li>• CSCS; Certified Strength and Conditioning Specialist, National Strength and Conditioning Association (NSCA)</li><li>• EP-C; ASCM Certified Exercise Physiologist (formerly HFS) and c-PT; Certified Personal Trainer, American College of Sports Medicine (ACSM)</li><li>• Functional Movement Systems (FMS): Functional Movement Screen and Corrective Exercise Specialist</li><li>• Sports Performance Coach (USA Olympic Weightlifting Association)</li><li>• Certified Clinical Trainer of Sportsmetrics™ Injury Prevention and Performance Enhancement Program (Cincinnati Sports Medicine and Education Foundation)</li><li>• E-RYT; Experienced Registered Yoga Teacher (April 2015)</li><li>• Mindful Schools Curriculum™ Certified Teacher.</li></ul>
Teaching Philosophy	My teaching philosophy is to offer the students a well-rounded learning experience combining theory with practical application (and maybe even have fun doing it!), hoping to help develop thriving professionals in the field of exercise science. I would like for my students to leave my classes (and the University) with a sound knowledge and

	<p>practical skills along with awareness of what it takes to become successful in their careers and life. I have a passion for teaching and mentoring and feel very privileged to work with our students and such a strong team of colleagues.</p>
Bio	<p>Dr. Garrison received her Ph.D. and M.S. degrees from Louisiana State University (LSU) Department of Kinesiology in Baton Rouge, LA, and her undergraduate education from the University of Alabama at Birmingham (UAB) studying and working under muscle physiologist Dr. Marcas Bamman. Dr. Garrison is a mother of two beautiful children, an Exercise Physiologist, educator, and Strength and Conditioning Specialist with over 20 years of experience in the field.</p> <p>Over the years she has worked in sports medicine clinics, academia, athletics &amp; performance enhancement, and fitness &amp; wellness. She strives to be a well-rounded professional with experience and training in multitude of areas allowing her to approach students, athletes, colleagues, and anyone else she may be working with as “whole”. Her passion is to make a difference in everyday lives of people whether it is inspiring students to pursue a career in exercise sciences, sports medicine, and wellness, preventing injuries, or igniting a desire to live a holistically healthier lifestyle.</p>
Courses Taught	<p>KNES 304 Exercise Physiology Lab, KNES 443 Sports and Exercise Psychology, KNES 420 Legal Liability in Sports, KNES 111 Techniques in Weight Training</p>
Advising	<ul style="list-style-type: none"> <li>• Advised approximately 100 students per semester for five semesters at Northwestern State University between 2010-2012</li> <li>• Graduate Master’s Thesis Committee Member: “The Effects of Biweekly Internal Rotation Stretching on Glenohumeral Internal Rotation Deficit in Collegiate Athletes.” Leslie Wade Oglesby, ATC, LAT. March 2011.</li> </ul>
Research Interests	<p>Injury Prevention, Performance Enhancement, and Functional Performance.</p>
Teaching Experience	<p>Dr. Garrison has been teaching for over 20 years, of which over 15 years has been in higher education. While currently teaching at UL Lafayette, previously she has taught a wide variety of courses as an Assistant Professor while at</p>

	<p>Northwestern State University (NSU) (years 2009-2012) including:</p> <ul style="list-style-type: none"> <li>• HED 5470 Evaluation and Exercise Prescription in Health Promotion (Graduate course)</li> <li>• HP 4190 Exercise Testing and Prescription</li> <li>• HP 4150 Testing and Evaluation in Health and Human Performance</li> <li>• HP 4170 Testing, Evaluation, and Prescription of Exercise in Health and Human Performance</li> <li>• HP 4660 Scientific Principles of Strength and Conditioning</li> <li>• HP 3560 Exercise Physiology and lab (HP 3561)</li> <li>• Applied Kinesiology (HP 3550)</li> <li>• Physical Fitness (HP 2270)</li> <li>• Weight Training Methods (HP 1550)</li> <li>• Introduction to Group Fitness (HP 2670)</li> <li>• Introduction to Personal Training (HP 2680)</li> <li>• Aerobic Conditioning (HP 1660)</li> </ul> <p>Prior to NSU, Dr. Garrison taught as an Adjunct Faculty Member at Louisiana College in Pineville, LA as well as at LSU Baton Rouge as a graduate assistant.</p>
<p>Publications</p>	<p>Garrison T. T. (2014). Stop Beating Yourself Up! Application of Sports Psychology to Wellness. <i>FACE Magazine 2014 (9)</i>, 22.</p> <p>Garrison T.T. (2013). Yoga; The Ideal Anti-Aging Solution. <i>Physiology of Yoga. FACE Magazine 2013 (9)</i>, 20-21.</p> <p>Noyes, F.D., Barber Westin S.D., Tutalo-Smith S., Campbell T., Garrison T.T. (2012). A Training Program to Improve Neuromuscular and Performance Indices in Female High School Basketball Players <i>Journal of Strength and Conditioning Research. March 2012.</i></p> <p>Oglesby L.W. (2011) <i>The Effects of Biweekly Internal Rotation Stretching on Glenohumeral Internal Rotation Deficit in Collegiate Athletes.</i> A Master's Thesis. Served as Committee Member.</p> <p>Garrison T.T. (2009) Strength and Conditioning: Is Old School the New School? <i>Cenla Medical Focus.</i></p>

	<p>Garrison T.T. (2009) Don't Have a Knee Injury that Could Be Prevented! <i>Cenla Medical Focus</i>.</p> <p>Garrison T.T. (2009) Is Functional Training For You? <i>Cenla Medical Focus</i>, 10/11.</p> <p>Garrison T.T. (2008) Tackling An Alarming Trend: The Increasing Number of Female Athlete Knee Injuries. <i>Cenla Health and Fitness</i>, 6/7.</p> <p>Marsh L.A., Garrison T.T., Garrison J.L., Pope D.F., Ellis R., Wood R.H. (2007) Emotional Health and Physical Function in Female TKA Candidates. <i>Medicine and Science in Sport and Exercise</i>, 2007 (5; Supp).</p> <p>Garrison T.T., Garrison J.L, Pope D.F., Marsh L.A., Wood, R.H. Sensitivity of Total Knee Arthroplasty Physical Function Outcome Measures. <i>Medicine and Science in Sport and Exercise</i>, Vol 38:5 Supplement.</p> <p>Marsh L.A., Garrison T.T., Garrison J.L, Pope D.F., Wood, R.H. Changes in Physical Function and Mental Health in Total Knee Arthroplasty Patients. <i>Medicine and Science in Sport and Exercise</i>, Vol 38:5 Supplement.</p>
<p>Presentations</p>	<p>Garrison, T. T. (2014). <i>ACL-injury Prevention Programs</i>. Invited speaker for the Louisiana Association for Health, Physical Education, Recreation and Dance Conference, Baton Rouge, LA.</p> <p>Garrison, T.T. and Gallien G. (2014). <i>Benefits and Application of Yoga and Mindfulness Methods</i>. Invited speaker for the Louisiana Association for Health, Physical Education, Recreation and Dance conference, Baton Rouge, LA.</p> <p>Garrison, T.T. (2013). <i>Functional Anatomy For Wellness Professionals</i>. Invited Speaker at Acadiana Yoga and Wellness' Yoga Teacher Training School.</p> <p>Callender A. and Garrison, T.T. (2011, April). <i>Biomechanical Analysis of Rowing Stroke</i>. Oral Presentation at Annual Research Day at Northwestern State University, Natchitoches, LA.</p>

Cox, B. and Garrison, T.T. (2011, April). *Do ACL-injury prevention programs really work? A review*. Oral Presentation at Annual Research Day at Northwestern State University, Natchitoches, LA.

Garrison T.T., Tutalo-Smith S., Barber-Westin B.S., Campbell T., and Noyes F.D. (2010, July) *Benefits of Neuromuscular Training Program for Knee Injury Prevention and Performance Enhancement in High School Female Basketball Players*. Oral presentation at the National Strength and Conditioning Association (NSCA) Annual Meeting, in Orlando, FL.

Garrison T.T. (2010, April) *Success 101*. Invited as the keynote speaker for the Southwestern Athletic Conference (SWAC) Tennis Championship Tournament Banquet.

Garrison T.T. (2010, November) *Movement Patterns, Injury risk, and Performance*. Invited speaker for the Natchitoches Run/Walk Club's meeting .

Garrison T.T. (2010, May) *Fitness 101*. Invited speaker for the "Get Fit Natchitoches" Community Program's Brownbag Lunch Lecture Series .

Garrison T.T. (2009, December) *Healthy Eating 101*. Invited speaker at the Rapides Medical Society Meeting.

Garrison T.T. (2008, June) *Total Knee Arthroplasty: Physical Performance and Impact of TKA on Self-Reported Disability*. Invited speaker at the Physical Functional Performance and Disability in Chronic Disease and Older Adults Conference in Watkinsville, GA sponsored by The University of Georgia Institute of Gerontology, College of Public Health, Athens, GA.

Garrison T.T., Garrison J.L., Pope D.F., Marsh L.A., Ellis R., Wood R.H. (2007) *Application of the Continuous Scale Physical Function performance test in Clinical Populations*. Presented at the 12<sup>th</sup> Annual Congress of the European College of Sport Science (ECSS), Jyväskylä, Finland, July, 2007.

Garrison J.L., Hintsala, A., Pellinen, A., Garrison T.T. *Preliminary Report on a New Shoulder Rehabilitation Brace*.

	<p>Presented at the 12<sup>th</sup> Annual Congress of the European College of Sport Science (ECSS), Jyvaskyla, Finland, July, 2007.</p> <p>Marsh L.A., Garrison T.T., Garrison J.L, Pope D.F., Wood, R.H. <i>Emotional Health and Physical Function in Female TKA Candidates</i>. Presented at American College of Sports Medicine (ACSM), New Orleans, LA, 2007.</p> <p>Garrison T.T., Garrison J.L., Pope D.F., Marsh L.A., Wood R.H. <i>Association of PFP-10 test with commonly used measures of function in knee osteoarthritis patients</i>. Invited speaker at the American Academy of Orthopaedic Surgeons Annual Meeting, 2007. San Diego, CA.</p> <p>Garrison T.T., Garrison J.L., Pope D.F., Marsh L.A., Wood R.H. <i>Sensitivity of Total Knee Arthroplasty Physical Function Outcome Measures</i>. Presented at American College of Sports Medicine, Denver, CO, 2006.</p> <p>Marsh L.A., Garrison T.T., Garrison J.L., Pope D.F., Wood R.H. <i>Changes in Physical Function and Mental Health in Total Knee Arthroplasty Patients</i>. Presented at American College of Sports Medicine, Denver, CO, 2006.</p>
Grants	
Conferences Attended	
Professional Memberships	<p>American College of Sports Medicine (ACSM)  National Strength and Conditioning Association (NSCA)  Louisiana Association of (LAPHERD)  Phi Kappa Phi</p>
Awards	
Additional Skills	Proficient in English, Finnish, and Swedish.
Dissertation	“Assessing Physical Function in Bilateral and Unilateral Total Knee Arthroplasty Patients” (December 2007)
Other Professional Experience	Regional Educational Consultant for teaching American College of Sports Medicine (ACSM) seminars in the state of Louisiana.
Service	<ul style="list-style-type: none"> <li>Volunteer for Africa Yoga Project (AYP). Fundraised over 5000 dollars for AYP in 2012 and volunteered to participate on a service/mission trip to support AYP’s mission in 2013. During the service trip participated in community outreach programs, job</li> </ul>

	<p>skills training, and help built classrooms for underprivileged youth in Kenya. April 2013</p> <ul style="list-style-type: none"><li>• Volunteered to teach mindfulness at an elementary school utilizing the “Mindful Schools Curriculum”. (2013)</li><li>• Director of the Sportsmetrics™ Injury Prevention and Sports Performance Community Program in Alexandria, LA. (2008-2011)</li><li>• President of a clinical non-profit research organization: American Musculoskeletal Research Institute (AMRI), Alexandria, LA. (2004-2011)</li><li>• Vice-president of the Board of Directors of Fit Families For Cenla, non-profit organization dedicated to provide opportunities for youth to stay physically active (2009).</li><li>• Subject Matter Expert (SME): Served as a SME for American Council on Exercise (ACE) Exam Development Team meetings. San Diego, CA (2007-2012).</li><li>• Consultant for “Get Healthy Cenla” Physical Activity and Healthy Diet community initiative in attempt to create or improve opportunities for healthier life styles.</li><li>• Speaker for the Central Louisiana Rotary Club’s International Week – “Finland: Facts and Interesting Cultural observations.” June 2011.</li><li>• Invited speaker for the Natchitoches Run/Walk Club’s meeting – “Movement Patterns, Injury risk, and Performance”. Nov 2, 2010.</li><li>• Invited speaker for the “Get Fit Natchitoches” Program’s Brownbag Lunch Lecture Series – “Fitness 101”. May 5, 2010.</li><li>• Invited to speak at the Macedonia Missionary Baptist Church’s Women’s Conference “Healthy Mind and Body: Key to Successful Life!”. April 2010</li><li>• Invited to speak at the Rapides Medical Society Meeting on “Healthy Eating 101”. December 2009</li></ul>
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