

Timothy M. Dornemann
902 Lee Street N
Wilson, NC 27893
402-570-1582

Work Experience:

Associate Professor of Exercise Science, North Carolina Wesleyan University, Rocky Mount, NC (August 2013 – present)

Responsibilities: Teach EXS 315 - Nutrition and Human Performance, EXS 324 – Exercise Physiology, EXS 330 – Exercise Science and Strength Training for Coaches, EXS 345 – Research and Statistics in Exercise Science.

Associate Professor of Exercise Science and Director of Exercise Science Program, Barton College, Wilson, NC (January 2020 – August 2023)

Responsibilities: Teach KIN 640 - Graduate Practicum 2, KIN 630 – Advanced Concepts in Corrective Exercise, KIN 610 610 – Advanced Conditioning Methods, KIN 570 – Graduate practicum 1, KIN 540 – Advanced Methods in Strength and Conditioning, KIN 530 - Special Topics in Kinesiology, EXS 212 - Training Concepts, EXS 312 - Program Design and Implementation, EXS 270 - Exercise Physiology, EXS 280 - Exercise Prescription, EXS 335 – Personal Fitness Training, EXS 345 - Concepts in Corrective Exercise, EXS 450 - Exercise in Health and Disease, SPS 330 – Principles and Ethics of Coaching Youth LIF 101 - Weight Training; Revised and direct Exercise Science major and Human Performance minor; Designed and direct Master of Science in Kinesiology program; Advise Exercise Science majors and Master of Science in Kinesiology students. Manage exercise science and kinesiology program budgets.

Assistant Professor of Exercise Science and Director of Sports Performance, Barton College, Wilson, NC (August 2014 – December 2019)

Responsibilities: Teach SPS 212 - Training Concepts, SPS 312 - Program Design and Implementation, SPS 270 - Exercise Physiology, SPS 280 - Exercise Prescription, SPS 335 – Personal Fitness Training, SPS 345 - Concepts in Corrective Exercise, SPS 450, Exercise in Health and Disease; LIF 101 - Weight Training; Revised and coordinate Exercise Science major and Human Performance minor; Advise Exercise Science majors; Oversee strength and conditioning program for Barton College athletic teams.

Visiting Instructor, Florida Gulf Coast University, Fort Myers, FL (August 2013 – July 2014)

Responsibilities: Teach APK 3125 – Fitness Assessment and Exercise Prescription, APK 3125L - Fitness Assessment and Exercise Prescription Lab, APK 3132C - Personal Fitness and Wellness (virtual course), PET 3627C - Care and Prevention of Human Performance Injuries, PHT 3177 - Movement Science II Lab, ART 3512 – Athletic Health Care Administration, APK 2130 – Resistance training for Fitness; Advise the Exercise Science majors club.

National Faculty, United States Sports Academy, Daphne, AL (December 2010 – present)

Responsibilities: Teach international continuing education classes, faculty member for International Diploma in Physical Education pilot program in Malaysia June 2012 to December 2012, International Certificate Program in Sport Coaching in Thailand February 2013, May 2017, and May 2018, and International Diploma in Sports Coaching in Shanghai, China in July 2018. Courses taught: CEB 334 – Ethics in Sports, CEE 521 – Principles of Fitness and Health, CEE 523 – Seminar in Sports and Physical Education, CEE 524 – Games Approach to Teaching Physical Education and Sports, CEE 525 – Physical Fitness and Conditioning, CER 525 - Sports Strength and Conditioning, CEE 526 – Physical Fitness Testing, Evaluation, and Reporting, CEE 571 – Physical Education and Sports Coaching Methodology.

Director of Educational Programs, Christian Sports Performance, Ashland, NE (July 2008 – present)

Responsibilities: Revision of PowerRev physical training program, design of promotional power point presentations, development of corporate business plan, coordination and development of PowerRev four part training DVD series (published by Coaches Choice publishers), development of international curriculum and certification program, coordination and production of “Four Laws of Victory” character / leadership development program resources.

Coordinator of Fitness and Instructional Programs, Lafayette College, Easton, PA (July 2007 – July 2008)

Responsibilities: Design and instruct personalized exercise programs: organize, promote, and coordinate instructional program and group fitness offerings; design and instruct resistance training education programming, instruct staff CPR trainings; develop and implementing personal training program; assist with departmental CAS self assessment; oversee Kirby Sports Center fitness facility maintenance, operation, and staffing.

Junior / Senior High Coordinator / Assistant Magnification Coordinator, Shepherd of the Hills Lutheran Church, Pewaukee, WI (June 2005 – April 2007)

Junior / Senior High Coordinator Responsibilities: Develop programs and curriculum for junior and senior high ministries, develop and run junior / senior high activities and events.

Assistant / Magnification Coordinator Responsibilities: Assist with worship ministry, coordinate sound board scheduling, and assist with technical recommendations and purchases.

Assistant Professor of Exercise Science / Recreation Coordinator, Carroll University, Waukesha, WI (September 2000 – June 2005)

Academic Responsibilities: Participate in curriculum development for exercise science and recreation management programs; sponsor and administer NCAA Division 3 Initiatives Grant: coordinated group exercise instruction class, exercise science practicum series, and exercise science and recreation management internship programs; taught Facility Operations, Basic Weight Training Instruction, First Aid and CPR, Freshman Seminar, and Exercise in Health and Disease courses; and assist in academic advising of department freshman, recreation management and exercise science students.

Recreational Responsibilities: Oversee operation of campus intramural sports, fitness, aerobic and wellness programming; run faculty / staff wellness education programs; oversee recreation budget; advising of campus Fellowship of Christian Athletes huddle; assist with intercollegiate athletic strength and conditioning program, conduct preventive maintenance of all fitness center equipment and coordinate NCAA CHAMPS / Life Skills Program.

Adjunct Instructor, Waukesha County Technical College, Waukesha, WI (June 2002 – August 2004)

Taught Fitness Management Administration and Exercise Science courses in Waukesha County Technical College, Fitness Specialist Certificate Program

Assistant Arena Manager (May 1997 - December 1997) **and Wellness Director** (June 1998 – September 2000), **Cumberland YMCA, Cumberland, MD**

Wellness Responsibilities: Supervise Wellness Center staff, personal training program, and Aerobics program; research and recommend equipment purchases; design facility layout; manage daily operations of exercise facilities; design and run group fitness programs; develop yearly health / fitness budget; and conduct exercise tests and design individualized exercise prescriptions.

Arena Responsibilities: Supervise arena staff, operate ice resurfacer and perform ice maintenance, assist with arena programming, assist with statistical reports, and ran Working on Weights program in fitness area.

Associate Health / Fitness Director, Frederick County YMCA, Frederick, MD (March 1995 - July 1996)

Responsibilities: Supervise Health Enhancement Center staff, personal training program, and Massage Therapist; research and recommend equipment purchases; design facility layout; manage daily operations of exercise facilities; design and run group fitness programs; develop yearly health / fitness budget; and conduct exercise tests and design individualized exercise prescriptions.

Adjunct Professor, North Carolina Central University, Durham, NC (August - December 1994)

Responsibilities: Organize and instruct one undergraduate and one graduate exercise physiology course (PEDU 4120 & PEDG 5000)

Volunteer Assistant Strength Coach (February 1993 - February 1995) **and Physical Education Teaching Assistant** (Fall 1992 - Fall 1994), **University of North Carolina, Chapel Hill, NC**

Strength Coach Responsibilities: Assist in implementation of conditioning programs, instruct proper exercise techniques, and help maintain equipment.

Teaching Assistant Responsibilities: Plan, organized and ran eight beginning, five intermediate weight-training courses, and one exercise and conditioning course.

Received teaching excellence awards for fall 1992, spring 1993, fall 1993, and spring 1994.

Courses Taught:

North Carolina Wesleyan University, Rocky Mount, NC

EXS 200 - Fundamentals of Human Anatomy and Physiology
EXS 305 - Health Promotion and Behavior Change
EXS 315 - Nutrition and Human Performance
EXS 324 – Exercise Physiology
EXS 330 – Exercise Science and Strength Training for Coaches
EXS 345 – Research and Statistics in Exercise Science
EXS 430 – Strength and Conditioning

Barton College, Wilson, NC

KIN 640 – Graduate Practicum 2 (graduate level)
KIN 630 – Advanced Concepts in Corrective Exercise (graduate level)
KIN 610 – Advanced Conditioning Methods (graduate level)
KIN570 – Graduate Practicum 1 (graduate level)
KIN 540 – Advanced Methods in Strength and Conditioning (graduate level)
KIN 530 – Special Topics in Kinesiology (graduate level)
EXS 210 – Practicum 1
EXS 212 - Program Design and Implementation
EXS 270 - Exercise Physiology
EXS 280 - Exercise Prescription
EXS 312 - Training Concepts
EXS 335 – Personal Fitness Training
EXS 345 - Concepts in Corrective Exercise
EXS 450 – Exercise in Health and Disease
EXS 350 – Kinesiology
SPS 330 – Principles and Ethics of Coaching Youth
LIF 101 - Weight Training

Florida Gulf Coast University, Fort Myers, FL

APK 3125 – Fitness Assessment and Exercise Prescription
APK 3125L - Fitness Assessment and Exercise Prescription Lab
APK 3132C - Personal Fitness and Wellness (virtual course)
PET 3627C - Care and Prevention of Human Performance Injuries
PHT 3177 - Movement Science II Lab
ATR 3512 – Athletic Health Care Administration
APK 2130C – Resistance Training for Fitness

United States Sports Academy, Daphne, AL

CEB 334 - Ethics in Sports
CEE 521 – Principles of Fitness and Health
CEE 523 – Seminar in Sports and Physical Education
CEE 524 – Games Approach to Teaching Physical Education and Sports
CEE 525 – Physical Fitness and Conditioning
CEE 526 – Physical Fitness Testing, Evaluation, and Reporting
CEE 571 – Physical Education and Sports Coaching Methodology
CER 611 - Advanced Sports Performance Enhancement

Carroll University, Waukesha, WI

FYS 100 - First Year Seminar
HSC 103 - Personal and Community Health
HSC 110 - Basic Weight Training Instruction
ESC 302 - Exercise in Health and Disease
ESC 315 - Exercise Science Practicum 1
ESC 407 - Fitness Facility Operation
ESC 435 - Exercise Science Practicum 2
ESC 480 - Internship in Exercise Science
PED 402 - Fitness Management Seminar

Waukesha County Technical College, Waukesha, WI

807-135 Fitness Program Administration
807-125 Introduction to Exercise Science

North Carolina Central University, Durham, NC

PEDU 4120 - Exercise Physiology
PEDG 5000: Exercise Physiology (graduate level)

Education:

January 2010 – 2014, Doctorate of Education degree in Sports Management through the United States Sports Academy graduated with honors (with specialization in Leadership and emphasis in Sport Fitness and Health).

Dissertation Topic - The assessment of muscular responses in the upper-body between the use of a traditional vibration platform technique and a suspension vibration technique

August 1994 Masters of Arts in Physical Education, emphasis in exercise physiology at the University of North Carolina at Chapel Hill

Thesis Topic - The effect of a weight program on the bone density of women between aged 40-50 years

May 1992 Bachelor of Science Degree, Rockford College

Major - Sports Management

Minors - Exercise Science and Business Administration

Awards

2024: North Carolina Wesleyan University Dan and Linda Bell Faculty Development Award

2017: Barton College Lincoln Financial Faculty Member of the Year

2014: Graduate with Honors United States Sports Academy

2013: National Strength and Conditioning Association Graduate Challenge Scholarship

Summer 2013, Spring 2013, Fall 2010: United States Sports Academy President's List

Fall 2011: United States Sports Academy Dean's List

Publications

Dornemann, T. (2023). The PowerRev Way. In International Performance Sciences, The PowerRev Way: Developing the Total Athlete (pp. 1-6). OS Press.

Dornemann, T. & O'Dell, S. (2023). PowerRev dynamic movement and warm-up guidelines. In International Performance Sciences, *The PowerRev Way: Developing the Total Athlete* (pp. 27-46). OS Press.

Dornemann, T. (2023). Core Training. In International Performance Sciences, *The PowerRev Way: Developing the Total Athlete* (pp 47-63). OS Press.

Dornemann, T. (2023). Strength development and lifting techniques. In International Performance Sciences, *The PowerRev Way: Developing the Total Athlete* (pp. 64-171). OS Press.

Dornemann, T. & O'Dell, S. (2023). Agility training. In International Performance Sciences, *The PowerRev way: Developing The Total Athlete* (pp.190-206). OS Press.

Dornemann, T. & O'Dell, S. (2023). Speed training. In International Performance Sciences, *The PowerRev Way: Developing the Total Athlete* (pp.207-218). OS Press.

Dornemann, T. & O'Dell, S. (2023). Plyometric training. In International Performance Sciences, *The PowerRev Way: Developing the Total Athlete* (pp.219-241). OS Press.

Dornemann, T. (2023). Resistance trainings program design. In International Performance Sciences, *The PowerRev Way: Developing the Total Athlete* (pp. 255-265). OS Press.

Best practices in nutrition and supplementation and ergogenic aids (2017). *Nutrition and Food Science International Journal*, 3 (1), ISSN 2474-767X

PowerRev "Four Laws of Victory" Character Development Program: Build successful teams and athletes by teaching lessons that transcend sports (2016). Ronkonkoma, NY: Linus

PowerRev Youth Athletic Development Program: Building Champions in Sports and in Life (2015). Ronkonkoma, NY: Linus

Russian Vibration Training: The Mikheev Method (2013). Monterey, CA: Healthy Learning

Effects of high-intensity resistance training on bone mineral density and muscle strength of 40-50-year-old women (1997), *Journal of Sports Medicine and Physical Fitness*, 37 (4), 246-251.

Effects of resistance training on the bone densities of perimenopausal women 963 [abstract] (1996), *Medicine and Science in Sports and Exercise*, 28 (5), 162

Professional Presentations

Build a Better Strength Coach: Trends from the Field Informing CASCE Accreditation (roundtable), NSCA Coaches Conference, January 4, 2024

Sport Strength and Conditioning Workshop, Athletes in Action Thailand Chiang Dao Arena, July 18 - 19, 2023

Neural Reset Activity: Pressing Reset Workshop, Chiang Mai University, July 16, 2023

International Performance Science Strength and Conditioning, Thailand National Sport University Chiang Mai Campus, July 12-14, 2023

Strength and Conditioning Workshop, Athletes in Action Christian Life Bangladesh, Dhaka, Bangladesh, July 7-9, 2023

International Performance Sciences Strength & Conditioning Seminar, Athletes in Actions Philippines Trinity Christian School, Bacolod, Philippines, June 26-28, 2023

Strength and Conditioning Workshop, College of Human Kinetics Benguet State University, La Trinidad, Philippines, June 14-16, 2023

Aging Better Together: Building an Inclusive Aging Community. Southern Gerontological Society Annual Meeting, 2021

Safe Return to Play, Athletes in Actions Philippines Online Series, July 9, 2020

Four Laws of Victory: Character Development in Sports, Athletes in Actions Philippines Online Series, July 2, 2020

Original Strength: Pressing Reset for the Everyday Person, Athletes in Actions Philippines Online Series, June 25, 2020

Legacy Building: Training One Generation to Enhance the Lives of Another (presentation accepted). Southern Gerontological Society Annual Meeting, 2020

Adventures in Asia: Reflections on a semester abroad in India, Australia, and the Philippines, Day of Scholarship Faculty Presentation, April 10, 2020

Multi-Sport Original Strength Pressing Reset for the Everyday Person Session, Boracay, Philippines, October 7, 2019

Corrective Exercise Clinic, International Performance Science, Trinity Christian School, Bacolod City, Philippines, October 12-14, 2019

Strength and Conditioning Training Workshop, Calvary Baptist, Athletes in Action, Pontevedra, Philippines October 15, 2019

International Performance Sciences Athletic Development Series Part 1, Benquet State University, La Trinidad), Philippines, October 18-20, 2019

Original Strength Pressing Reset for the Everyday Person Session, Benquet State University, La Trinidad, Philippines, October 17, 2019

Original Strength Pressing Reset for the Everyday Person Session, Maayo Clinic, Cebu, Philippines, October 31, 2019

Corrective Exercise Clinic, International Performance Science, PLMAR University, Marikina, Philippines, November 11-13, 2019

Strength and Conditioning Athletes Workshop, Philippine Christian Gospel School, International Sports Performance, Philippines, November 16, 2019

Developing the Total Athlete Workshops, Philippine Christian Gospel School, International Sports Performance, Philippines, November 17-19, 2019

International Performance Sciences Athletic Development Series Part 2, Benquet State University, La Trinidad, Philippines, November 22-24, 2019

Original Strength Pressing Reset for the Everyday Person Session, Sports Chaplaincy Training, Athletes in Action, Manila, Philippines, December 2, 2019

Following Your Passion: An Overview of Christian Sports Performance Ministry, Sports Chaplaincy Training, Athletes in Action, Manila, Philippines, December 2, 2019

International Performance Sciences Athletic Performance Development Series Levels 5 - 7 Training, Bacolod City, Philippines (June 2018)

Corrective Exercise Workshop, Athletes and students at Benquet State University (La Trinidad), International Sports Performance Philippines (June 2018)

Legacy Building: Training One Generation to Enhance the Lives of Another, Day of Scholarship Faculty Presentation With Dr. Steve Fulks and Amanda Maynard (April 2018)

Four Laws of Victory: Character Leadership Development. Day of Scholarship Faculty Presentation (April 2017).

Legacy Building: Training One Generation to Enhance the Lives of Another (poster presentation). Southern Gerontological Society Annual Meeting, Ashville, NC (2017)

International Performance Sciences Athletic Performance Development Series Levels 3 & 4 Training, Bocolod City, Philippines June 2017

Developing the Total Athlete Workshops, Athletes in Eastern Visayas State University (Tacloban), Benquet State University (La Trinidad), International Sports Performance Philippines June 2017

Best practices in nutritional supplementation and ergogenic aids: A scientific review (Keynote Forum), Sports Nutrition and Ortho Congress, Philadelphia, PA (2016)

International Performance Sciences Athletic Performance Development Series Level 2 Training, Bicolod City, Philippines June 2016

Resource Speaker for Association of Local Colleges and Universities – Athletic Association 3rd Enhancement Convention Makati, Philippines June 2016

Following your passions to ministry opportunities: Christian Sports Performance, Christian Society for Kinesiology and Leisure Studies Conference, Grand Rapids, MI (June 2015)

The assessment of muscular responses of the upper-body between the use of a traditional vibration platform and suspension vibration techniques (poster presentation), North Carolina State NSCA Clinic, Boone, NC (2015)

Resource Speaker for Association of Local Colleges and Universities – Athletic Association 2nd Enhancement Convention Makati, Philippines January 2015

International Performance Sciences Athletic Performance Development Series Level 1 Training, Bicolod City, Philippines January 2015

Workshop on Strength and Conditioning, Cricket Association of Bengal, Eden Gardens, Kolkata, India, International Performance Science (2014)

Developing the Total Athlete Workshops, Athletes in Action Region 8 (Tacloban), University of Makati and ALCO-AA (Metro Manila), Benquet State University (La Trinidad), Philippines, International Sports Performance (2013)

PowerRev Athletic Performance Series: Levels 1-3, Philippine Olympic Committee, Manila, Philippines, International Performance Sciences (2011)

Developing the Heart of a Champion, Nebraska State NSCA Clinic, Omaha, NE (2009)

Core Conditioning, Conference on Sports Performance Sciences, Karunya University, India, International Sports Performance (2008)

An Interdisciplinary Approach to MS Care: Exercising Safely and Effectively with MS, State Chapter Conference, National Multiple Sclerosis Society – Wisconsin Chapter (2004)

Principles of Resistance Training and Basic Program Design, National Sports Federation of Guatemala, Athletes in Action – Power, (2004)

Physical Activity and Aging: Exercise as an Intervention, Senior Lifestyles Conference, Waukesha Department of Senior Services (2001 and 2002)

Professional Grants Awarded

Legacy Building: Training One Generation to Enhance the Lives of Another, Council of Independent Colleges – Intergenerational Connections Grant (2018)

Legacy Building: Training One Generation to Enhance the Lives of Another, Healthcare Foundation of Wilson Grant (2017)

Pioneering Choices: Building Champions Through Healthy Choices, NCAA CHOICES Grant (2005)

Building Champions in Life: CHAMPS Life Skills Competition, NCAA Division III Initiatives Grant (2004)

Member:

2021-: Council on Accreditation of Strength and Conditioning Education (CASCE) Standards Committee Member, and Peer Reviewer

2014-: Member Christian Society of Kinesiology and Leisure Studies

2014-2015: Member South Florida NSCA Advisory Board

2006-: Member Christian Sports Performance & PowerRev Advisory Board

2001-05: Member National Intramural-Recreational Sports Association

1992-02 & 2012-: Member National Strength and Conditioning Association

Service:

2014-: Barton College Fellowship of Christian Athletes faculty sponsor

2015-2019: Member Barton College Institutional review board

2017-2017: Member Barton College strategic plan subcommittee on academic advising

2016-2018: Member Barton College academic program review committee

2018-2020: Barton College exercise science club faculty mentor

2020-: Member Barton College International studies committee

2021-: Member Council on Accreditation of Strength and Conditioning Education standards Committee

2021-: Council on Accreditation of Strength and Conditioning Education peer reviewer

2021-: Chair of Barton College community wellness committee

2022-: Faculty Athletic Mentor – Men's Basketball

Certification:

2023: Original Strength Instructor

2022: NSCA Certified Performance and Sport Scientist

2022: Functional Movement Systems Level 2

2020: Functional Movement Systems Level 1

2018: Original Strength Level 1 and Level 2 Coach, Original Strength Certified Professional

2017: USAW Sports Performance Coaching

2017: NASE Level 2 Certified Speed Specialist

2016: NSCA Registered Strength and Conditioning Coach

2014: NASM Corrective Exercise Specialist

2011-: Red Cross Adult CPR / AED

2011: NASM Performance Enhancement Specialist

2007-2009: Red Cross Lay Responder First Aid, CPR, AED Instructor
2001-06: Red Cross Standard First Aid, CPR, AED Instructor
2001-06: CPR for the Professional Rescuer Instructor
1992-: NSCA Certified Strength and Conditioning Specialist
1991-2001: Red Cross Adult CPR, Standard First Aid
1991-3: Red Cross Water Safety Instructor, Lifesaving

Continuing Education Courses Completed

2023: HIIT Science: Improving Maximal Sprint Speed
2021: HIIT Science: Science and Application of High-Intensity Interval Training
2009: Postural Respiration, Postural Restoration Institute
2009: Myokinematic Restoration, Postural Restoration Institute
2008: Cardiorespiratory Fitness Assessment and Prescription, Human Kinetics
2008: Exercise Anatomy, Human Kinetics
2002: Exercise and Fibromyalgia, Desert Southwest Fitness
2002: Exercise and Arthritis, Desert Southwest Fitness
2002: Exercise and Heart Disease, Desert Southwest Fitness