

*Curriculum Vitae*  
**Laura A. Richardson**

The University of Akron  
InfoCision Stadium 326  
#330.972.4751  
*laura2@uakron.edu*

---

**EDUCATION**

**Ph.D. Doctorate of Philosophy- Curriculum and Instruction**

The University of Akron, Akron, Ohio  
Doctoral Candidate – ABD Estimated graduation May 2016

**M.S. Master of Science- Exercise Physiology, 1997**

The University of Akron, Akron, Ohio  
Graduate assistant; laboratory and faculty research assistant

**B.A. Bachelor of Arts- Dance, 1996**

The University of Akron, Akron, Ohio  
Fine & Applied Arts Scholarship recipient, Dean's List

---

**PROFESSIONAL EXPERIENCE**

**The University of Akron, Akron Ohio**

**Visiting Instructor** 2013-present

College of Health Professions- School of Sport Science & Wellness Education

- Academic instructor undergraduate Exercise Science and graduate Exercise Physiology curricula
- Teaching load 12 credits per semester- 4/4 load
- Academic advising undergraduate Exercise Science – approx +90 students
- Supervise and organize undergraduate 120-180 hour practicums
- Honors College Advisor program distribution plans and Honors project research advisor
- Maintain departmental responsibilities: classroom, laboratory, student mentoring
- Curriculum revision Exercise Science course content
- Instrumental in developing 100% fully on-line course through Quality Matters
- Supervise graduate student responsibilities teaching assignments
- Mentor students through admission process for graduate students through Physical Therapy Centralized Application Service, American Occupational Therapy Association, American Chiropractic Association and nationwide nurse practitioner and physician assistant programs

**Senior Lecturer** 2007-2013

**Associate Lecturer** 2005-2007

**Assistant Lecturer** 2003-2005

College of Education- School of Sport Science & Wellness Education

- Adjunct instructor leading both graduate and undergraduate classes for students pursuing degrees in exercise physiology, sports science (sports management, pre-physical therapy, sport coaching), physical education and athletic training.

## TEACHING HISTORY

### Undergraduate Courses

- Concepts in Health & Fitness
- Kinesiology
- Exercise and Weight Control
- Strength & Conditioning Fundamentals
- Cardiac Rehab Principles
- Exercise Testing
- Diagnosis of Motor Skills
- Student Practicum
- Student Success Seminar
- Personal Health

### Graduate courses

- Cardiac Rehab Principles
- Exercise and Weight Control
- Graduate thesis committee
- Independent Study

### Digital Faculty Consultant- McGraw Hill Education

present

### Higher Education Northeast Ohio- Exercise Science

- Successful integration of digital curricula woven into numerous Exercise Science courses
- As a consultant, provide training and support for successful implementation of digital products with colleagues throughout higher education in the Northeast Ohio jurisdiction

### University of Mount Union, Alliance, Ohio

#### Adjunct Instructor

Department of Human Performance and Sport Business: Exercise Science

- Exercise Science Adjunct Lecturer instructing Cardiovascular Rehabilitation course and laboratory skills for undergraduate students.

### Doctoral Candidate

present

The University of Akron Graduate School: Curricular and Instructional Studies

Faculty advisor: Dr. Lisa Lenhart -Estimated graduation May 2016

- *An Exploration of University Exercise Science Students' Views of Obesity using Q Methodology* Doctoral Dissertation
- *Weight Management, Weight Loss and Bariatric Care: A Curricular Approach Model to Therapeutic Exercise* American College of Sports Medicine, Annual Conference 2012
- *Views of Obesity Among Exercise Science students: Investigating the Effect of an Exercise and Weight Control Curriculum* International Society for the Scientific Study of Subjectivity 2012

---

## CERTIFICATIONS

American College of Sports Medicine-

**Registered Clinical Exercise Physiologist®** Certification #1006783

Highest level of certification offered through the American College of Sports Medicine

American Heart Association-

Basic Life Support (CPR/AED)

Advanced Cardiac Life Support

Collaborative Institutional Training Initiative (CITI)

Quality Matters: Online Course Training

---

## CLINICAL EXPERIENCE

### **Clinical Exercise Physiologist, Bariatric Center**

Summa Health System: Akron City Hospital, Akron, Ohio 2003-present

- Communicates closely with Medical Director and Surgeons to provide comprehensive exercise consultation for medical comorbidities with overweight, obese, and morbidly obese individuals.
- Assists both surgical and non-surgical patients in promotion of lifestyle modifications for healthy weight loss management. Orchestrates group support lectures, tailored exercise prescription and education for healthy living.

### **Ballet Instructor**

The Cuyahoga Valley Youth Ballet- Klinger Excellence in Dance 2007- 2013

- Classical ballet instruction to both the community and professional schools from age 3 through 18 years. Technique, variations, strength & conditioning, and pointe classes geared to enhance students' spatial awareness, self-confidence, expression and fluidity through dance discipline.

### **Strength & Conditioning Coordinator**

Youth Hockey league: 2008- 2013

- Design and implement off-ice dryland training for youth hockey players. Programming focuses on agility, balance, coordination, power, reaction time, speed and strength

### **Clinical Exercise Physiologist, Northeast Ohio Cardiovascular Specialist**

Akron Cardiology Consultants: Akron City Hospital, Akron, Ohio 2006-2007

- PRN: Responsible for outpatient diagnostic graded exercise stress testing pre and post cardiac interventions

### **Clinical Exercise Physiologist, Cardiopulmonary Rehabilitation**

Summa Health System: Akron City Hospital, Akron, Ohio 1997-2003

- Utilized clinical expertise and skills to design, develop, and deliver education programs and exercise regimens that instructs, motivates, and modifies current lifestyle changes or cardiovascular risk factors to a large outpatient based Phase II Cardiac Rehab program
- Accurately perform physical assessment of patients (cardiac, pulmonary and musculoskeletal), 12 lead graded exercise testing according to national guidelines
- Monitors patients and initiates appropriate intervention as needed with physician follow-up
- Preceptor for graduate student interns

## Diabetes Education

Summa Health System: St. Thomas Hospital, Akron, Ohio 1999-2001

- Instrumental in developing and implementing outpatient diabetes and exercise education curriculum according to National Diabetes Association guidelines for Phase II Cardiac Rehabilitation
- Perform monthly educational presentations to patients diagnosed with diabetes

**Research Fellowship**, Summa Health System Cardiology summer 1997

- Developed large research database, reviewed charts and concluded statistical relevant changes of cardiac therapy from 1986-1996 on phase II cardiac rehabilitation patients
- Communicate closely with physicians formatting data collection methods, statistical interpretations

## Graduate Assistant

The University of Akron 1997-1998

Department of Physical Education

- Graduate teaching: undergraduate general physical education courses, assisting with faculty research and exercise physiology laboratory duties. Graduate assistantship granted full tuition remission.

---

---

## AWARDS & RECOGNITION

**Feature Presentation Award** - 28th Annual Q Conference – September 2012  
International Society for the Scientific Study of Subjectivity

---

---

## PUBLICATIONS

**Richardson, L.A.**, Baranauskas, M., Juvancic-Heltzel, J.A. Pioneering Online Learning for Obesity and Weight Management. (2015/submitted) *Journal of Online Education*

**Richardson, L.A.**, Fister, C. L., Ramlo, S. Views of Obesity Among Exercise Science students: Investigating the Effect of an Exercise and Weight Control Curriculum. *Advances in Physiology Education*, 39: 43-48, 2015. DOI: 10.1152/advan.00154.2014 Available at <http://advan.physiology.org/content/39/2/43>.

Baranauskas, M.N., Johnson, K.E., Juvancic-Heltzel, J.A., Kappler, R.M., **Richardson, L.A.**, Otterstetter, R. Seven site vs. three site method of body composition using Bodymetrix ultrasound compared to dual energy x-ray absorptiometry. *The Journal Clinical Physiology and Functional Imaging*, 1-4, 2015. DOI: 10.111/cpf.12307

Spickard Prettyman, S., Bancroft, S., Fister, C., **Richardson, L.A.**, Pope, S. Learning and Re/Searching Together: A Collaborative Exploration of Becoming a Scholar-in Process. (2015/submitted) *Qualitative Inquiry*.

Fister, C.L., **Richardson, L.A.**, Ramlo, S. Examining Clinical Education Experiences of Athletic Training Students Using Q Methodology. Planned submission *Athletic Training Education Journal*.

**Richardson, L.A.**, Buckenmeyer, P., Josephson, R.J., Bauman, B.A., Rosneck, J. Contemporary Cardiac Rehabilitation: Patient Characteristics and Temporal Trends over the Past Decade. *Journal of Cardiopulmonary Rehabilitation* 20:57-64.

Buckenmeyer, P.J., **Richardson, L.A.**, Josephson, R.A., Bauman, B.D., Rosneck, J. Cardiac Rehabilitation: Gender Trends of a Recent 10-year period. *Journal of the American College of Sports Medicine* 1999, Vol 31, No. 5 Supplement 101. June 2, 1999.

Rosneck, J., **Richardson, L.**, Bauman, B., Buckenmeyer, P., Josephson, R. Cardiac Rehabilitation: A 10 year Analysis of Demographics & Temporal Trends. *Journal of Cardiopulmonary Rehabilitation* 18(5), August, 1998

---

## PROFESSIONAL PRESENTATIONS

**Richardson, L.A.**, Baranauskas, M., Juvancic-Heltzel, J.A. Pioneering Online Learning for Obesity and Weight Management. Submitted *Online Learning Consortium- International Annual Meeting* April 2016

**Richardson, L.A.**, Fister, C.L., Ramlo, S.E., Juvancic-Heltzel, J.A. Views of Obesity: Investigating The Effect of An Exercise And Weight Control Curriculum. Thematic oral presentation at American College of Sports Medicine National Conference- May 2013. *Medicine & Science in Sports & Exercise* (abstract) Vol 45 (5) Supplement p. S612-614.

Juvancic-Heltzel, J.A., Johnson, K.E., **Richardson, L.A.**, Otterstetter, R., Glickman, E.L. Body Mass Index, Neck Circumference, Waist/Height and Waist/Hip Ratio Relationships in Healthy Adults. Poster presented at American College of Sports Medicine National Conference- May 2013- *Medicine & Science in Sports & Exercise* (abstract) Vol 45 (5) Supplement p. S661-668.

Fister, C.L., **Richardson, L.A.**, & Ramlo, S.E. Examining Clinical Education Experiences of Athletic Training Students Using Q Methodology. Oral presentation at Athletic Training Educators' Conference- January 2013.

Spickard Prettyman, S., Milam, J.L., Fister, C., Pope, S., **Richardson, L.A.** Learning and Re/Searching Together in the Qualitative Classroom. Oral presentation at *American Educational Studies Association*, Annual Conference. October 2012

**Richardson, L.A.**, Fister, C.L., & Ramlo, S.E. Views of Obesity Among Exercise Science students: Investigating the Effect of an Exercise and Weight Control Curriculum. Oral presentation at the *International Society for the Scientific Study of Subjectivity* 28<sup>th</sup> Annual Q Conference- September 2012.

Fister, C.L., **Richardson, L.A.**, & Ramlo, S.E. Examining Clinical Education Experiences of Athletic Training Students. Oral presentation at the *International Society for the Scientific Study of Subjectivity* 28<sup>th</sup> Annual Q Conference- September 2012

**Richardson, L.A.**, Juvancic-Heltzel, J.A., Weight Management, Weight Loss and Bariatric Care: A Curricular Approach Model to Therapeutic Exercise. Poster presented at American College of Sports Medicine National Conference- May 2012- *Medicine & Science in Sports & Exercise* (abstract) Vol 44(5) Supplemental p. S506-2012.

**Richardson, L.**, Buckenmeyer, P., Josephson, R., Bauman, B., Rosneck, J. Contemporary Cardiac Rehabilitation: Patient Characteristics and Temporal Trends Over the Past Decade. *Journal of Cardiopulmonary Rehabilitation*, Vol 20, No 1 Jan/Feb 2000 (abstract).

**Richardson, L.**, Buckenmeyer, P., Josephson, R., Bauman, B., Rosneck, J. Contemporary Cardiac Rehabilitation: Patient Characteristics and Temporal Trends Over the Past Decade. Summa Health System Department of Medicine Research day 1998-Summa Newsletter 2000.

**Richardson, L.**, Buckenmeyer, P., Josephson, R., Bauman, B., Rosneck, J. Contemporary Cardiac Rehabilitation: Patient Characteristics and Temporal Trends Over the Past Decade. *Ohio Journal of Science* (abstract) Vol. 98, No 1.

---

---

## GRANTS

MacCracken, M.J., Otterstetter, R., Buser, S., Fister, C., Kappler, K., **Richardson, L.** (2009) Project PACE (Physical Activity/Tennis, Counseling, and Exercise). Submitted to Learn and Serve America. \$ 120,000.00/yr for 3 years- Not funded.

MacCracken, M.J., Otterstetter, R., Buser, S., Fister, C., Kappler, K., **Richardson, L.** (2009) STRIDE Project (Steps To Reduce the Incidence of Diabetes through Exercise and Education). Submitted to the Ohio Commission on Minority Health. \$ 75,000.00 -Not funded.

---

---

## PROFESSIONAL AFFILIATIONS

American College of Sports Medicine- Professional member  
American Society for Metabolic & Bariatric Surgery  
American Association for Cardiovascular and Pulmonary Rehabilitation  
Clinical Exercise Physiology Association  
International Society for the Scientific Study of Subjectivity

---

---

## STUDENT MENTORING & RESEARCH

### Thesis Committees:

Marissa Baranauskas Graduate Thesis title: Effects of energy balance on distance running performance

Jordan Olson Graduate Thesis title: Effects of Accumulative Stress on Bone Health in distance running

Ahlam Salameh – Thesis Title: Graded Exercise Stress Testing: Treadmill Protocols Comparison Of Peak Exercise Times In Cardiac Patients – The University of Akron – 2009

### Honors Project Research Committees:

Rachel Zubricky- The Effects of Running Shoe wear on Selected Biomechanical Markers of College Runners- Department of Sport Science and Wellness Education- 2007.

Courtney Messner- A Review of the Relationship between Exercise and Memory in Older Adults- Department of Sports Science and Wellness Education- 2011

Cristin Cotter- Exploring the barriers that limit physical activity of faculty at The University of Akron – A focus group study- Department of Sport Science and Wellness Education- 2011

Brittany Baisch- The Effects of High-Intensity Interval Training vs. Long-Term Moderate Submaximal Aerobic Exercise Training on VO<sub>2</sub> Maximum and Body Composition- Department of Sport Science and Wellness Education- 2012.

Olivia Posladek- Lumbar ROM in Female Ballet Students- Department of Sport Science and Wellness Education- 2012.

## **cont. STUDENT MENTORING & RESEARCH**

Chris Welch- The Effects of High-Intensity Interval Training vs. Long-Term Moderate Submaximal Aerobic Exercise Training on VO<sub>2</sub> Maximum and Body Composition- Department of Sport Science and Wellness Education- 2012.

David Ramsey- The effects of vigorous exercise on air displacement plethysmography accuracy- Department of Sport Science and Wellness Education- 2013

Brianne Soles- Effectiveness of Stretching Methods- Department of Sport Science and Wellness Education- 2013

Marissa Baranauskas- Comparative Analysis of BodyMetrix 7-site method to Pollock and Jackson-Pollock 3-site Methods- Department of Sport Science and Wellness Education- 2014

Amelia Simpson- Athletic Strength vs Active Strength Sport Coaching & Strength Conditioning- Department of Sport Science and Wellness Education -2013

Megan Socko- Effects of Acute Hypoxic Exposure on Ability to Maintain Balance during a Modified Star Excursion Test- Department of Sport Science and Wellness Education -2014

Cody Deeks- The Fight Against Obesity: Pharmacological, Bariatric, and Behavioral Modification Treatments- Department of Sport Science and Wellness Education -2014

Jake Birkline- The Psychology and Treatment of Suicidality in First Responders- Department of Sport Science and Wellness Education -2014

Julia D'Agostino- Effect of Physical Activity on Perceived Quality of Life with Cerebral Palsy- School of Sport Science and Wellness Education- 2015

Alissa Parsons- Body Image Differences Between University Students' Major of Study : Exercise Science and Engineering – School of Sport Science and Wellness Education- 2015

Michelle Hudson- Water Treadmill versus Land Treadmill Training on Leg Strength and Cardiovascular Endurance Case Study: Two College-age Men - School of Sport Science and Wellness Education- 2015

Daniel McQuillen- Freshmen 15: How The University of Akron is affected per residence hall: diet and exercise habits of freshmen- School of Sport Science and Wellness Education- 2015

Peter Waisala- The effects of instructional strategies on adherence to a flexibility program and physiological outcomes- School of Sport Science and Wellness Education- 2015

Taylor Graham- The effects of instructional strategies on adherence to a flexibility program and physiological outcomes- School of Sport Science and Wellness Education- 2015

Samantha Brown- Puzzling Your Puzzler: Cognitive rehabilitation and recovery -2015

Rachel Salberg- Identifying biomechanical deviations in running gait of middle school cross country students- 2015/16

---

---

## **EDITORIAL ACTIVITIES**

### **Textbook Reviews**

*Concepts in Health and Fitness*- McGraw Hill Publishers

*Exercise Science Fundamentals*- McGraw Hill Publishers

### **Textbook Ancillary Materials:**

*Exercise Science Fundamentals*, McGraw Hill Publishers

### **Editor - peer reviewer**

Journal: *Advances in Physiology Education*

Journal: *Journal of Nutrition and Health Sciences*

---

---

## **CONFERENCES**

American Association for Cardiovascular and Pulmonary Rehabilitation

American College of Sports Medicine Annual Meeting

American College of Sports Medicine's Health & Fitness Summit & Exposition

American Educational Studies Association

International Society for the Scientific Study of Subjectivity

---

---

## **SERVICE ACTIVITIES**

The University of Akron College of Health Professions- Apple Technology pilot development initiative

SSWE department explore days- 2013, 2014, 2015

UASIS- UA Student Innovation Symposium: Research evaluator- 2014, 2015

Kaufman Wills Fusting & Comp faculty panel ACSM's Resources - Clinical Exercise Physiology, Fall 2013

Northeast Ohio Exercise Science Conference (NEOESC)- Annual conference hosted by The University of Akron 2013

Louis Stokes VA Medical Center VA Visual Impairment Services Support group- Cleveland, Ohio- Exercise for vision lost & impairment- Annual Invited speaker 2009-present

E-Docs professional organization for doctoral students and faculty- The University of Akron

Akron Blind Center –Vision support group Invited speaker- Spring 2010-present



Invited guest speaker- University of Mount Union, Department of Human Performance and Sport Business: Exercise Science

SSWE Annual Convocation Celebration, Annual Spring Event, Spring 2010-present

Girl Scouts of American- adult member, assistant troop leader, 2006- present

Keep Akron Beautiful- Brookshire Community Garden Grant- Spring 2013, 2014, 2015

First Year Experience (FYE) Student Success Seminar training- attend every spring semester

Athletic Healthcare & Fitness College Tech Prep, Sixth District Educational Compact presentations—research adjudicator- The University of Akron 2010, 2011.

Guest Coach- The University of Akron Women's Basketball Team- Fall 2010, 2008, 2011, 2013

Dance Sophomore Jury – Body composition assessments, Underwater weighing/BOD POD

Cardiopulmonary rehab trends – Invited speaker -Summa Health System Department of Medicine Research

President & Founder, Non-profit organization MOMS Club of Akron, Ohio, 2001- 2004