

## Traci L. Haydu, Ph.D.

### EDUCATION

- University of Tennessee, Knoxville** - College of Education, Exercise Science Unit 2000  
**Ph.D. Education**  
**Concentration:** Biomechanics, Physical Activity and Positive Health  
**Dissertation:** Accuracy of Pelvis Repositioning in Individuals With and Without Low Back Pain
- University of Tennessee, Knoxville** – Department of Exercise Science and Sport Management 1999  
**M.S. Human Performance and Sport Studies**  
**Concentration:** Kinesiology, Exercise Science  
**Thesis:** Biomechanics of the Lower Extremity during a Windmill Style Fast-pitch
- Eastern Michigan University** – Department of Health, Physical Education, Recreation, and Dance 1994  
**B.S. Sports Medicine**  
**Concentration:** Exercise Science

### TEACHING EXPERIENCE

- Maryville College, Maryville, TN, Chair, Division of Education** 01/13 - Present  
Primary responsibilities include development & maintenance of curriculum, supervision of student advising, annual evaluation of division personnel, assignment of teaching responsibilities, and formulate annual division budget for the effective functioning fo the academic division. Maintain teaching and advising responsibilities in the program.
- Maryville College, Maryville, TN, Associate Professor, Exercise Science** 08/04 - Present  
Instruct and evaluate undergraduate students in concepts and applications in exercise science. Additional responsibilities include advising, teaching in the MC core curriculum, supervising senior studies and supervision of practicum hours. *Received tenure and promotion effective August 2010.*
- University of Tennessee, Chattanooga, TN Adjunct Faculty** 01/03 – 05/03  
Instructed and evaluated undergraduate students in concepts and applications in wellness. Course emphasized the concept of health related physical fitness and optimal functioning of the cardiopulmonary system, nutrition, body composition and musculoskeletal function.
- Computer Instructor, Chattanooga, TN Private Tutor** 03/00 – 01/02  
Introduce basic personal computer skills and internet use. Areas of instruction include basic word processing, databases/spreadsheet, email, and world wide web searches.
- Roane State Community College, Anderson and Loudon Counties Adjunct Faculty** 01/00 – 05/00  
Designed curriculum and instructed undergraduate students in fundamentals of fitness walking and benefits of physical activity. Lecture topics included importance of physical activity/fitness, nutrition, injury prevention, exercising in extreme weather conditions, and flexibility.
- The University of Tennessee, Knoxville, TN Biomechanics Lab Instructor** 08/96 – 08/00  
Instructed and evaluated undergraduate and graduate student biomechanics lab activities. Assisted in development of undergraduate and graduate biomechanics lab manual currently utilized.

**The University of Tennessee, Knoxville, TN Graduate Teaching Associate** 08/98 – 08/00  
Designed curriculum and instructed undergraduate students in various activity courses in the Sport and Physical Activity Program. Courses taught included fitness walking, fitness conditioning, racquetball, volleyball, and weight training.

**International Methodist Youth Conference, Knoxville, TN Racquetball Instructor** 07/99  
Development and instruction of beginning racquetball skills and rules to youths and adults.

## CLINICAL EXPERIENCE

**Lifetime Wellness Consultants, Johnson City, TN Health and Safety Consultant** 09/99 – 08/00  
Observed, instructed, and implemented various health and safety issues within automotive supply company. Responsibilities included ergonomic workstation analyses, individual exercise/flexibility program design, and physical fitness/health education. Designed monthly workshops for workplace safety and injury prevention.

**The University of Tennessee, Knoxville, TN Research Assistant** 08/99 – 08/00  
Conducted research in the areas of biomechanics and injury prevention. Supervised and assisted in research activities of undergraduate and graduate students. Instructed and supervised utilization of equipment. Maintained research equipment within the Biomechanics/Sports Medicine Lab.

**The University of Tennessee Medical Center, Knoxville, TN Graduate Assistant** 07/97 – 08/98  
Coordinated operations of the Employee Fitness Program. Performed fitness testing and exercise prescription. Planned employee fitness activities and provided health education. Monitored quality, efficiency and effectiveness of program. Maintained program facilities, supplies, and equipment.

**Action Rehabilitation, P.C., Knoxville, TN Physical Therapy Technician** 08/96 - 12/96  
Assisted Physical Therapist with patient rehabilitation, assisted in the development of policy and procedure manual and various medical forms, performed clerical and administrative tasks, and maintained facility and equipment.

**The Center for Sports Medicine and Fitness, Ypsilanti, MI Assistant Director** 06/94 - 07/96  
Developed and implemented rehabilitation protocols for elite and recreational athletes, geriatric patients, and general population. Aided in various administrative duties including patient chart reviews, inventory, and ordering. Coordinated, oriented, and supervised clinical volunteers/interns. Conducted in-services for local university courses. Functioned as interim director in the absence of the Director.

**The Center for Sports Medicine and Fitness, Ypsilanti, MI Sports Medicine Intern** 12/93 - 06/94  
Observed and assisted Physical Therapist in the assessment and rehabilitation of orthopedic patients. Performed general facility and equipment maintenance, as well as clerical duties.

**Maumee Valley Physical Therapy, Maumee, OH Volunteer** 05/93 - 07/93  
Observed and assisted Physical Therapists and Exercise Specialists in patient rehabilitation. Supervised the exercise room and performed facility and equipment maintenance.

**Twenty-First Century Health Spa, Toledo, OH Fitness Instructor** 05/92 - 09/92  
Designed, instructed, and implemented exercise programs. Promoted membership sales and assisted with facility opening and maintenance duties.

## BUSINESS EXPERIENCE

<b>Unum Provident, Chattanooga, TN Independent Assessment (IA) Physician Recruiter</b>	12/02 – 04/04
Develop and maintain working relationships with physicians for independent disability evaluations. Identify types of medical specialists needed and geographic locations to develop a network of IA providers. Establish impairment unit-based work groups to develop strategic direction and needs assessment for IA providers. Implement strategies for IA provider recruitment, quality assurance and increased efficiency of IA referral process. Manage physician database. Generate monthly statistics to assess department productivity and need for policy changes. Revise and create letter templates for Independent Assessment Unit provider and claimant correspondence.	
<b>Unum Provident, Chattanooga, TN Independent Assessment Coordinator</b>	01/01 – 12/02
Developed and maintained working relationships with physicians for independent disability evaluations. Generated monthly statistics to assess department productivity and need for policy changes. Created database to track physician data. Created letter templates for Independent Assessment Unit provider and claimant correspondence.	

## AFFILIATIONS AND CERTIFICATIONS

American College of Sports Medicine	1996 - Present
American College of Sports Medicine Southeast Regional Chapter	1996 - Present
American Alliance for Health, Physical Education, Recreation & Dance Affiliation with National Association for Sport and Physical Education Affiliation with National Association for Girls and Women in Sport	2004 - Present
Tennessee Alliance for Health, Physical Education, Recreation & Dance	2004 - Present
National Strength and Conditioning Association	2008 - Present
Eastern Michigan University Alumni Association	1994 - Present
University of Tennessee, Knoxville Alumni Association	2000 – Present
National Coalition Building Institute International	2009 - Present
Consortium of Higher Education LGBT Resource Professionals	2011 – Present
Human Anatomy and Physiology Society	2015 – Present

## PUBLICATIONS-ARTICLES

Liemohn, W., Haydu, T., and Phillips, D. Questionable Exercises. The President's Council on Physical Fitness and Sport Research Digest. Series 3, No. 8, December 1999.

## PUBLICATIONS – ABSTRACTS

Haydu, T.L., Liemohn, W.P., Thompson, D.L., Huck, S., and Fitzhugh, E.F., Accuracy of Pelvis Repositioning in Individuals With and Without Low Back Pain, Medicine and Science in Sports Exercise Vol. 33, No 5, May 2001, Supplement.

Miller, M., Liemohn, W., Haydu, T., Zhang, S. A biomechanical analysis of pelvic tilt control and trunk muscle activity during isometric and dynamic lifting. Journal of Athletic Training. Vol. 36, No.2, 2000, Supplement.

Miller, M., Haydu, T., Liemohn, W., Ostrowski, S., Miles, S., and Riggs, S. The effect of normalizing trunk isokinetic data using fat free mass on strength differences between males and females. Medicine and Science in Sports and Exercise. Vol. 32, No. 5, May 2000, Supplement.

Liemohn, W., Miller, M., Haydu, T., Ostrowski, S., Miles, S., and Riggs, S. An examination of a passive and an active back extension range of motion (ROM) tests. Medicine and Science in Sports and Exercise. Vol. 32, No. 5, May 2000, Supplement.

Zhang, S., Miller, M.A., Haydu, T.L., Liemohn, W.P., and Moshak, J. Lower extremity joint kinetics of ACL rehabilitation in a dynamic activity. In: W. Herzog and A. Jinha (Eds.), The XVIIth Congress of International Society of Biomechanics. Calgary, Canada: University of Calgary, 1999, p. 471.

Haydu, T.L., Zhang, S., Miller, M.A., Biomechanics of the lower extremity during a windmill style fast-pitch. Medicine and Science in Sports and Exercise. Vol. 31, No. 5, May 1999, Supplement.

Zhang, S., Miller, M.A., Haydu, T.L., Liemohn, W.L., Moshak, J. Biomechanical responses of ACL in jumping and walking activities. Medicine and Science in Sports Exercise. Vol 30, No. 5, May 1998, Supplement.

Miller, M.A., Haydu, T.L., Zhang, S. The effects of lower extremity resistance training on single-leg stance performance, Medicine and Science in Sports and Exercise. Vol. 30, No. 5, May 1998, Supplement.

## PRESENTATIONS/WORKSHOPS

Safe Zone Workshop – Pilot for MC Campus with Becky Lucas, PhD	05/13
“Campus Climate: Welcoming Diversity-Part Two”, Maryville College Workshop, Maryville College	04/11
“Campus Climate: Welcoming Diversity-Part One”, Maryville College Workshop, Maryville College	03/11
“Responding to Hate” with Becky Lucas, PhD and Noah Lucas at The National Conference on LGBT Equality 23 <sup>rd</sup> Annual Conference: Creating Change, Minneapolis, MN	02/11
“Nutritional Labels and Claims”, MC Staff Development Workshop, Maryville College	02/09
Led ‘For and About Women’ Discussion on Body Image, Maryville College,	10/08
“Reading Nutriton Labels”, MC Staff Development Workshop, Maryville College	02/08
Guest Lecturer, International Week, School of Sport and Exercise Science, University of Worcester, England	March 5-9, 2007
Presented following lectures:	
<i>Physical Activity for Individuals with Disabilities (2hr lecture)</i>	
<i>Nutritional Factors in Health and Performance (4 hr lecture)</i>	
<i>What 30 Minutes Can Do for You: The Benefits of Aerobic Exercise (2 hr lecture)</i>	
“Accuracy of Pelvis Repositioning in Individuals With and Without Low Back Pain”	05/01
American College of Sports Medicine Annual Meeting, Baltimore, MD.	

“Ergonomics in the Workplace.” University of Tennessee, Knoxville	09/00
Hixson Methodist Church Health Fair in affiliation with The University of Tennessee at Chattanooga.	06/00
“The effect of normalizing trunk isokinetic data using fat free mass on strength differences between males and females.” American College of Sports Medicine Annual Meeting, Indianapolis, IN.	06/00
“An examination of a passive and an active back extension range of motion (ROM) tests.” American College of Sports Medicine Annual Meeting, Indianapolis, IN.	06/00
“Low Back Safety in the Workplace.” Transmission Technologies Company, Knoxville, TN.	04/00
“Isokinetic Testing: Introduction and demonstration of various isokinetic testing equipment.”	02/00
“Flexibility in the Workplace.” Transmission Technologies Company, Knoxville.	08/99
“Biomechanics of the lower extremity during a windmill style fastpitch.” American College of Sports Medicine Annual Meeting, Seattle, Washington.	06/99
“The effects of lower extremity resistance training on single-leg stance performance.” American College of Sports Medicine Annual Meeting, Orlando, Florida.	06/98
“Biomechanics of the lower extremity during the windmill style fastpitch.” The University of Tennessee, Knoxville.	05/98

## PROFESSIONAL DEVELOPMENT

Human Anatomy and Physiology Society Conference, Atlanta, GA  
May 21-25, 2016

Southern District Association SHAPE America Conference, Atlanta, GA  
February 17, 2015 – February 21, 2015

Tennessee TAHPERD Conference, Murfreesboro, TN  
October 26, 2014 – October 28, 2014

American College of Sports Medicine (ACSM) Annual Conference, Orlando, FL  
May 27-May 31, 2014

Microsoft Partners in Education, Windows Surface RT in the Classroom Participant  
June 2013

International Society for Technology in Education (ISTE) Annual Conference, San Antonio, TX, June 23-June 26, 2013

American College of Sports Medicine (ACSM) Annual Conference, Indianapolis, IN  
May 28-June 1, 2013

American College of Sports Medicine (ACSM) Annual Conference, San Francisco, CA  
May 29-June 2, 2012

The National Conference on LGBT Equality 23<sup>rd</sup> Annual Conference: Creating Change  
Minneapolis, MN February 2-5, 2011

National Coalition Building Institute (NCBI) Campus Conference November 19-21, 2009, Raleigh, NC	
National Coalition Building Institute (NCBI) Leadership for Diversity Workshop, April 22-26, 2009, Hunt Valley, MD	
NCBI Welcoming Diversity (1day) Workshop, Maryville College	02/09
NCBI Welcoming Diversity (1 day) Workshop, Maryville College	09/08
NCBI RESPECT Summit, Maryville College	05/08
American College of Sports Medicine (ACSM) Annual Conference, New Orleans, LA May 30-June 2, 2007	
American College of Sports Medicine (ACSM) Annual Conference, Denver, CO May 31-June 3, 2006	
Tennessee Alliance of Health, Physical Education, Recreation and Dance Annual State Conference, Chattanooga, TN	10/04
American College of Sports Medicine Annual Meeting, San Francisco, CA May 28-31, 2003	
“RSD-Complex Regional Pain Disorder”, Burton McDaniel, M.D., Unum Provident, Chattanooga, TN	03/02
“Carpal-metacarpal Arthritis”, Geron Brown, M.D., Unum Provident, Chattanooga, TN	06/01
Ergonomics Training Session for Unum Provident Safety Team Members, Jean Calhoun, Regional Safety Engineer, Chattanooga, TN	06/01
American College of Sports Medicine Annual Meeting, Baltimore, MD May 30-June 2, 2001	
“Soft Tissue Injuries”, Robert Coddington, M.D., Unum Provident, Chattanooga, TN	04/01
“Lumbar Fusions”, Lance Matheny, M.D., Unum Provident, Chattanooga, TN	04/01
“Healing Strategies and the Role of Psychological Factors in the Onset and Progression of Disease” Leslie Bourne, Director of the Division of Behavioral Medicine, Fallon Clinic, Chattanooga, TN	04/01
“Employee Health Management as a Business Strategy”, Yonnie Chesley, President and CEO Gordian Health Solutions, Chattanooga, TN	03/01
National Athletic Trainers Association Annual Meeting, Nashville, TN June 28-July 2, 2000	
American College of Sports Medicine Annual Meeting, Indianapolis, IN May 31-June 3, 2000	
American College of Sports Medicine Annual Meeting, Orlando, FL June 3-6, 1998	

## COMMUNITY SERVICE

Volunteer, Gentilly Terrace Charter Elementary School, New Orleans, LA thru with American Medical Society for Sports Medicine in affiliation with HandsOn Network	04/14
Staff, Mountain Challenge Girls	04/08 – 05/13
Volunteer, Special Olympics, Track and Field, Volunteer, Area 15, Blount County	04/10
Volunteer, Habitat for Humanity, Multi-House Blitz	05/09
Volunteer, Special Olympics, Track and Field, Volunteer, Area 15, Blount County	04/09
Volunteer, Special Olympics, Track and Field, Volunteer, Area 15, Blount County	04/08
Co-Leader, Maryville Outdoor Outreach Service Experience (MOOSE) Grand Teton National Park and Yellowstone National Park	07/07
Volunteer, Special Olympics, Track and Field, Volunteer, Area 15, Blount County	04/07
Volunteer Assistant Softball Coach, Maryville College	09/06-04/07
Phillip Moore Outreach Boot Camp for ‘At Risk’ kids (Knoxville Police Department) Presented, <i>Importance of Good Nutrition and Physical Activity</i>	07/06
Volunteer, Habitat for Humanity, Women’s Build	05/06
Volunteer, Special Olympics, Track and Field, Volunteer, Area 15, Blount County	04/06
Volunteer, Special Olympics-Aquatics, Volunteer, Area 15, Blount County	03/06
Coordinated Science of Fitness Event, Science Olympiad, Maryville College	02/06
Volunteer, Special Olympics, Track and Field, Volunteer, Area 15, Blount County	04/05
Special Olympics-Aquatics, Volunteer, Area 15, Blount County	03/05
Coordinated Science of Fitness Event, Science Olympiad, Maryville College	02/05

## SERVICE TO MARYVILLE COLLEGE

Took Physical Education Licensure students (Makayla May and Danielle Gehr) to Southern District Association SHAPE America Conference, Atlanta, GA  
February 17, 2015 – February 21, 2015

Took Physical Education Licensure students (Makayla May and Danielle Gehr) to Tennessee TAHPERD Conference, Murfreesboro, TN  
October 26, 2014 – October 28, 2014

Took Exercise Science/Physical Education Licensure students (Lailah Farmer, Sean Hagstrom, and Makayla May) to American College of Sports Medicine Annual Conference, Orlando, FL  
May 27, 2014 – May 31, 2014

Anderson Hall Educational Technology Task Force  
Spring 2014

Blount Memorial Hospital and MC partnership for Health Care Coach Initiative  
Fall 2013

QEP Coordinator (Maryville College Works) for Division of Education  
Summer 2013-present

Took Exercise Science students (Lailah Farmer, Janell Menard, and Donja Robbins) to American College of Sports  
Medicine Annual Conference, Indianapolis, IN  
May 28, 2013 – May 31, 2013

Created Curriculum and implemented Safe Zone on Campus (with Becky Lucas)  
Spring 2013

Member of Search Committee for Head Softball Coach  
Spring 2013

Chair, Division of Education  
January 2013-present

Created & implemented new Bachelor of Science degree in Exercise Science  
Spring 2012

Diversity Action Team Member  
Jan 2011-Fall 2013

Volunteered for Just Juniors  
Spring 2012, Spring 2013

Volunteered for 'For and About Women' Panel for incoming First Year Students  
Fall 2009, Fall 2010, Fall 2011, Fall 2012  
Held in CCM for Davis and Copeland Halls  
Effects of Alcohol on Women  
Health/Wellness/Nutrition/Body Image

National Coalition Building Institute, Team Member  
Co-led Diversity Workshop for Peer Mentors, August 2009  
Co-led Diversity Workshop for Peer Tutors, October 2009, March 2010, Fall 2010, March 2011, Fall 2012  
Co-led RESPECT Summits, Fall 2010-present  
Co-led Full Day Building Bridges workshops, Fall 2010-present

Volunteer (with ORN 110 Class), Advancement, Fall 2009  
Wrote handwritten notes to Alumni thanking them for past donations

Participant in Horizon Tablet Project  
Fall 2008-2011

Volunteer (with FRS 120 Class), MC Homecoming  
Fall 2008  
Helped decorate campus for Homecoming  
Encouraged local businesses to hang Homecoming signs

Led 'For and About Women' Discussion on Body Image/Disordered Eating  
Fall 2008, Fall 2010

Volunteered Great Beginnings



Summer 2008, Summer 2012, Summer 2013, Summer 2014 (June 14, 2014), Summer 2015

Presented Nutrition Workshop for Staff Professional Development

Reading Nutrition Labels, Spring 2008

Nutrition Labels and Claims, Spring 2009

Performed Tri Fit Assessments for FRS 120 First Year Students

Fall 2007, Fall 2008, Fall 2009

Co-Leader MOOSE (Maryville Outdoor Outreach Service Experience)

Summer 2007, 2008 (trip was cancelled)

Co-Leader Maryville College Strength Training Group (Wellness)

Fall 2007- Spring 2009

Co-Leader Maryville College Weight Management Group (Wellness)

Spring 2007- Spring 2009

Fitness Assessments and Wellness Consultations for faculty, staff and students

Spring 2006-Present

Maryville College Health Fair-Helped Coordinate/Volunteer

Spring 2006, Spring 2007, Fall 2007, Fall 2008, Fall 2009, Fall 2010, Fall 2011

Volunteered for Meet MC

Fall 2005 (2), Fall 2006 (1), Spring 2007(1), Fall 2007 (2), Spring 2008 (1), Fall 2008 (2), Spring 2009 (1), Fall 2009 (2), Spring 2010 (1), Fall 2010 (2), Spring 2011 (1), Fall 2011 (1), Fall 2012 (2), Spring 2013 (1), Spring 2014 (1), Spring 2015 (1), Fall 2015 (1), Fall 2016

Meet with/Call Prospective Students for Admissions

Fall 2005-Present

Volunteered for Presidential and Dean Scholarship Weekends

Spring 2005, Spring 2006

Volunteer Assistant Softball Coach, Maryville College

Fall 2005-Spring 2007

Participated in MC Staff Day-Fitness Assessments

December 2005

Took PHR students to TAPHRED Conference, Chattanooga, TN

Fall 2004

### **Maryville College Committees**

Academic Integrity Board

Member, Fall 2013- Spring 2014

Academic Life Council [3 yr term, elected]

Member, Fall 2010-Spring 2013

Keepers of the Covenant [3 yr term]

Member, Fall 2011—replaced in Spring 2012

National Coalition Building Institute  
Member, MC Team, Spring 2009-Present

National Coalition Building Institute Steering Committee  
Member, Spring 2011 - Present

Wellness Committee  
Member, Fall 2005-Fall 2012 (still involved but not officially listed)  
Co-Chair, 2008

Human and Animal Subject Committee (Currently IRB)  
Member, Fall 2005-Fall 2010

Faculty Hearings and Appeals Committee [2yr term]  
Alternate Member, Fall 2009 [11]

Diversity Advisory Council  
Member, Fall 2010-Spring 2011