

Alyne (“Aly”) L. Williams, PhD, AT-Ret, CSCS

Work: 4201 S Washington Street, Marion, IN 46953
Cell Phone: 765-748-2378; Office Phone: 765-677-3483
E-mail: aly.williams@indwes.edu

EDUCATION

- 2012 PhD, Walden University, Minneapolis, Minnesota
Public Health, Concentration in Community Health Promotion and Education
Dissertation: Impact of a First-Year Experience Program Physical Activity Levels and Nutritional Intake
- 1995 MS, Eastern Illinois University, Charleston, Illinois
Physical Education, Concentration in Exercise Science
- 1994 BS, Indiana Wesleyan University, Marion, IN
Psychology, Minor: Athletic Training

CERTIFICATON / LICENSURE

Certified Strength and Conditioning Specialist, NSCA
Certified Clinician, Augmented Soft Tissue Mobilization
Licensed Athletic Trainer, Indiana Health Professions Bureau, Inactive
Professional Rescuer, American Red Cross CPR
Certified Athletic Trainer - Retired (ATC), NATA

PROFESSIONAL EXPERIENCE

- 2016 – Present **Assistant Dean**, School of Physical and Applied Sciences
Assist the Dean of SPAS who is serving as Executive Dean; Primary responsibilities include: evaluation of student petitions, conducting classroom evaluation of faculty, serve on faculty search committees, interview adjunct faculty; plan annual SPAS faculty retreat
- 2016 – 2017 **Acting Division Chair**, Division of Health and Human Performance
Provide oversight and leadership to academic division; construct semester schedules; balance faculty and adjunct teaching load, conduct year end performance evaluations, oversee divisional budget
- 2002 - 2012 **Assistant Professor**, Indiana Wesleyan University, Marion, IN
2012 – present **Associate Professor**, Indiana Wesleyan University, Marion, IN
Teach courses within the Applied Health and Fitness, Athletic Training and Exercise Science majors, see list below. Oversee internships for senior level major students. Advise 40+ students in class sequencing and career options. Assist Division Chair in scheduling of courses. Serve on faculty committees.

Also assisted is the writing and development of the new Master of Public Health (MPH) program for the School of Health Sciences. Research interests include: health behaviors of college students specifically those with health-related majors, faculty academic advising

- 2014 - Present **Director of Academic Advising**, Indiana Wesleyan University, Marion, IN
Develop and present faculty advising training sessions, administer student assessment of faculty advising and evaluate data, assist in planning of New Student Registration, recruit presenters and schedule workshops for New Student Orientation, update and maintain advising syllabus and advising handbook. In Fall 2016, assisted in implementation of Self Service, Student Planning registration software including providing input for system setup; conducted faculty training and developed instructional materials
- 2004-2009 **Head Athletic Trainer**, Indiana Wesleyan University, Marion, IN
Oversaw day to day operations of the Athletic Training room, responsible for inventory and ordering of training room supplies, assigned ATC's and athletic training students to clinical rotations and athletic team coverage. Assisted with self-study that resulted in a 7-year re-accreditation of the IWU Athletic Training Education Program from the JRC-AT. Provided Athletic Training services to various intercollegiate varsity athletics teams including: men's and women's track and field, cheer team, and volleyball. Responsible for the supervision and clinical instruction of various Athletic Training Students.
- 2000-2004 **Associate Athletic Trainer**, Indiana Wesleyan University, Marion, IN
Provided athletic training services including practice and event coverage for several intercollegiate teams including baseball, women's soccer, and women's basketball, responsible for the supervision and clinical instruction of Athletic Training Students. Assisted with the initial IWU Athletic Training Education program self study which resulted in CAATE accreditation.
- 2000-2002 **Instructor**, Indiana Wesleyan University, Marion, IN
Taught courses within the Athletic Training Education Major and the division of Health and Human Performance
- 1997-2000 **Clinical Assistant**, Performance Dynamics, Muncie, IN
Taught continuing education courses in Augmented Soft Tissue Mobilization (ASTYM) instructing physical and occupational therapists, athletic trainers and other professionals within the allied health care field. Developed content and course material. Assisted in development and implementation of an internet outcome assessment tool for customers. Responsible for customer service including clinical and outcome information. Assisted with product development, research and grant writing.
- 1995-1998 **Athletic Trainer**, Cardinal Health Systems, Muncie, IN

Assisted physical and occupation therapists with the evaluation and treatment of rehabilitation patients. Implemented an ACL Rehabilitation program and helped in the development of an Athletic Enhancement class. Learned various treatment techniques including ASTYM, pelvic stabilization, and neural and joint mobilizations. Provided Athletic Training outreach services to local high school including weekly injury checks and game coverage, football and basketball.

CONFERENCE ATTENDANCE

- Leading and Influencing as a Department Chair, June 2016
- Recruiting and Retaining Historically Underrepresented Students in STEM, September 2016
- Health Fitness Summit, American College of Sports Medicine, April 2016
- Women's Leadership Development Initiative, Council for Christian Colleges and Universities, 2014
- Summer Institute, National Academy of Academic Advising, 2014
- Annual Meeting, American College of Sports Medicine, 2012
- NATA National Meeting, 2005, 2000, 1998, 1995
- Indiana State Meeting, National Strength and Conditioning Association, 2015, 2014, 2012
- Fall meeting, Midwest American College of Sports Medicine, 2012-2016
- Fall meeting, Indiana Athletic Training Association, 2004-2009, 2011, 2014
- Walden University 4 Day Residency, Atlanta, 2006; Chicago 2008
- Walden University 6 Day Residency, Dallas, 2008, Minneapolis, 2009
- Perform Better 3-Day Functional Training Seminar, May 2006

UNIVERSITY COUNCIL / COMMITTEE WORK

- *Brightspace Migration Project*, Co-Chair, 2016
- *LMS Steering Committee*, Fall 2016
- *CAS Policies and Procedures committee*, 2015 - 2016
- *Faculty Vice- Chair*, 2015 – 2016
- *Residential Student Engagement and Retention (RiSER)*, 2014 – present
- *New Student Registration*, planning, 2014 – present
- *New Student Orientation*, workshop planning, 2013 – present
- *General Education Committee*, voting member, 2012 – 2014
- *Health Sciences Committee*, member, 2012 - 2013
- *Assessment Committee*, SPAS representative, 2012 – 2014
- *Academic Advising Committee*, voting member 2008 –2013, *Chair*, 2011 – 2013
- *Faculty Senate*, Senator, 2010 – 2012
- *Academic Affairs Council*, voting member, 2009 – 2011
- *CAS Technology committee*, voting member
- *Enrollment management committee*, voting member, 2003 - 2007

UNDERGRADUATE COURSES TAUGHT (2000 – 2017)

PHE 101	Concepts of Health & Wellness	PHE 413	Health Promo & Wellness Mgmt
PHE 134	Weight Training	PHE 415	Nutrition Sport & Performance
PHE 170	Introduction to Exercise Science	PHE 485	EXS Senior Seminar I
PHE 210	Computers & Tech for PE	PHE 486	EXS Senior Seminar II
PHE 235	Professional Experience I		
PHE 236	Professional Experience II	ATR 195	Intro to Athletic Training
PHE 264	Principles of Strength and Cond.	ATR 199	AT Practicum I
PHE 275	Coaching of Volleyball	ATR 231	Advanced Athletic Training
PHE 365	Public and Community Health	ATR 296	AT Clinical III
PHE 366	Alcohol and Drug Education	ATR 297	AT Clinical IV
PHE 374	Physiology of Exercise	ATR 320	Special Topics in AT
PHE 375	Fitness Assess & Exercise Rx	ATR 399	AT Practicum III
PHE 379	Principles of Fitness Assess.	ATR 440	Pharmacology for AT
PHE 380	Principles of Exercise Rx	ATR 499	AT Practicum IV
PHE 410	Wellness Internship		

PEER REVIEWED PUBLICATIONS

Biggs, N.C., England, B.S., Turcotte, N.J., Cook, M.R., & Williams, A.L. (2017). Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness. *International Journal of Exercise Science*, 10(1), 128-136.

Sevier, T.L., Stegink-Jansen, C.W. (2015). Astym treatment vs. eccentric exercise for lateral elbow tendinopathy: a randomized controlled clinical trial. *PeerJ*, 3, e967; DOI 10.7717/peerj.967 (*anonymous author)

Thomann, A, Sevier, T, Wilson, J. “Treating Soft Tissue Fibrosis: A New Rehabilitation Technique for the Treatment of Various Soft Tissue Injuries.” *Physical Therapy Products*, September, 1999, 57-58.

Thomann, Alyne L. “Entering the World of Outcome Collection.” *OT Practice*, October 1999.

Wilson, J; Sevier, T; Helfst, R; Honing, E; Thomann, A. “Comparison of Rehabilitation Methods in the Treatment of Patellar Tendonitis.” *Journal of Sport Rehabilitation*, November, 2000; Vol. 9 No. 4, 304-315.

CONFERENCE PRESENTATIONS AND ABSTRACT PUBLICATIONS (Peer-reviewed)

Professional Presentations

Health Behaviors of Future Health Professionals, Do They Practice What They Preach? Midwest American College of Sports Medicine, November 2016

Manual Therapy Interventions: Instrument Assisted Soft Tissue Mobilization, Indiana Athletic Trainers Association Fall Sports Medicine Symposium, October 2016

Stewardship: Helping undergraduate students appreciate the link between their faith and their health behaviors. Christian Society for Kinesiology and Leisure Studies Annual Meeting (CSKLS), Summer, 2012

Presentation Submissions

Activity Tracking Devices: How Accurate Are They. Submitted to the ACSM Health Fitness Summit for Spring 2018

Bingocize; Submitted to the ACSM Health Fitness Summit for Spring 2018

Health Behaviors of Future Health Professionals, Do They Practice What They Preach? Christian Society for Kinesiology and Leisure Studies for Summer 2017

Spin Studio Environment. Submitted to the ACSM Health Fitness Summit for Spring 2016

Research Poster Presentations

England, B.S., Biggs, N.C., Turcotte, N.J., Cook, M.R. & Williams, A.L. Effects of Simulated Altitude on Maximal Oxygen Uptake and Pulmonary Function. Midwest American College of Sports Medicine Fall Meeting, Fort Wayne, IN; Fall 2016

Williams, A., Cuzzort, M., Shaffer, J. The effect of dissociation in a spin studio environment. Midwest American College of Sports Medicine Fall meeting, Indianapolis, IN. Fall 2015

Anglemyer, C., DeMoss, L., Godbey, J., Stearns, E., Cook, M., & Williams, A. What's your power hour? The effects of time on day on exercise performance. Midwest American College of Sports Medicine Fall meeting, Indianapolis, IN; Fall 2015

Anglemyer, T., Hoffman, S., Spencer, C., Stephens, J., Cook, M., & Williams, A. Plyo+: The effects of plyometric training in the active non-athlete college population. Midwest American College of Sports Medicine Fall meeting, Indianapolis, IN; Fall 2015

Jones, A., Ryan, M., Thompson, Z., Worthman, J. HIIT IT: The physiological differences between men and women in response to HIIT training; Fall 2015

Brackenhoff, M., Smith, K., Lapp, M., Kursonis, B., Cook, M., Williams, A. The Effect of Participation in a Bingocize Program on the Self-Efficacy, Muscular Strength, Balance and

Flexibility of Older Adults. Midwest ACSM, Fall Meeting; IAHPERD Fall Meeting
Indianapolis, IN; Fall 2014

Ream, J.M., Reinke, A., Greentree, J., Orozco, L., Cook, M., Williams, A. Let's Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to Exercise, Midwest ACSM, Fall Meeting; IAHPERD Fall Meeting; Fall 2014

Wilcoxson, E., Cocallas, T., Froderman, H., Klingeman, R., Pedersen, M., Cook, M., Williams, A. Duration of Post-exercise Effect on Brain Cognition Midwest American College of Sports Medicine, Fall Meeting, Indianapolis, IN; October 2011

Rosenkranz, S., Miller, B., Baker, K., Malkowski, L., Thompson, P., Cook, M., Williams, A. Effects of Music Tempo on Heart Rate, Rating of Perceived Exertion and Distance, Midwest American College of Sport Medicine, Fall Meeting, Indianapolis, IN; October 2011

STUDENT LED RESEARCH

- Faculty supervisor for senior Exercise Science student-research projects presented as Oral and Poster presentations at IWU Celebration of Scholarship

Blubaugh, J., Peters, C., & Bantz, E. (2016). The effects of Elevation Training Masks on aerobic endurance in trained individuals.

Deaton, K., Meinert, B., Price, C., & Rogan, L. (2016). The effects of Bingocize on muscular strength, balance, body composition and confidence in activities of daily living in the elderly.

Coffey, M., Fobres, R., & Hayden, H. (2016). The accuracy of caloric expenditure in fitness tracking technology.

Balzano, D., Cain, L., & Hornett, E. (2016). The effects of HIIT on body composition and muscular endurance.

McGuire, K., Kline, S., & Whitson, J. (2016). Competition's impact on heart rate in Zumba exergaming.

Fahl, E., Barnett, S., & Mylin, T. (2016). Vibration and flexibility.

Isham, E., Owens, J., Schroeder, L., Shope, T. (2015). Effects of Gatorade and water on exercise

Beerman, J., Bok, B., Hayden, A., Krebs, T. (2015). A comparison of perceived exertion versus actual exertion during exercise.

Alao, A., Miller, D., Wilson, K., VanKerkhoff, M. (2015). Stretching and golf performance: The impact of dynamic, static and no stretching on performance of a golf swing.

Brackenhoff, M., Smith, K., Lapp, M., Kursonis, B.(2014). The Effect of Participation in a Bingocize Program on the Self-Efficacy, Muscular Strength, Balance and Flexibility of Older Adults.

Ream, J.M., Reinke, A., Greentree, J., Orozco, L.(2014) Let's Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to Exercise.

Daake, N.; Frank, B.; & Lipiec, A. (2013). The different modes of exercise and their effect on cognitive function.

Lewis, H.; Marko, K.; Snead, A. & Stebbins, B. (2013). Religious values, health behaviors and motivations for exercise: Do beliefs truly influence actions?

Paul, D., Johnston, K.; & Spiedel, J. (2013). The effect of music tempo and enjoyment on exercise.

Cox, L., Mook, M., Norby, B., Shaw, M., & Worrell, J. (2012). Effects of longboarding on cardiovascular activity.

Enger, D., Carmichael, M., Stemmler, E., & Golden, K. (2012). The effects of 5-Hour Energy on blood lactate levels during maximal anaerobic exercise.

Breckner, H., Lohser, A., Hoschettler, A., Stoneking, K., & Wilson, L. (2012). Tennis ranking correlation with resting heart rate and VO2 max.

Percy, E., Arnold, S., Copple, S., & Gurley, T. (2012). Effect of blood lactate clearance in arm ergometry active recovery.

Bush, L., Rosenkranz, S., Springer, M., Humason, S., & Sailor, B. (2012). Effect of a college multiple skills activity class.

Thompson, P., Baker, K., Malkowski, L., & Miller, B. (2011) Effect of music tempo on performance.

Garber, K. Schortgen, J., Hamsley, J., & Devereaux, K. (2011). Wii Fit with aerobic step platform and the effect on target heart rate.

McKinley, J., Gurley, T., Maertens, M., Foulk, S., & Pearce, H. (2011). Potential benefits and effects of cross fit on cardiovascular endurance, muscular strength and speed.

Wolgemuth, A., Gay, D., Young, J., & Smith, A. (2011). Testing the validity of Power Balance Bracelets.

Ledford, K., Manning, J., Sawvel, D., & Whitaker, K. (2009). Comparing Body Composition between Health Related Majors and Non-health Related Academic Majors. Submitted and accepted as poster presentation at AAHPERD Convention, Indianapolis, IN.

Dixon, L.M., Hanson, B.D., Horsch, S.E., Hamilton, K.S., & Reikowsky, L.K. (2009). The influence of static, dynamic and active-isolated stretching on vertical jump height. Submitted and accepted as poster presentation at AAHPERD Convention, Indianapolis, IN.

Dziagwa, L., Hill, A., Foulk, R., Swauger, J., & Turner, J. (2009). Investigating Perceived versus Actual Activity Levels while Exercising on the Wii Fit©. Submitted and accepted as poster presentation at AAHPERD Convention, Indianapolis, IN.

ADDITIONAL EXPERIENCE

2000 – Present **Champions of Character Campus Representative**, Indiana Wesleyan University

Campus leader for the National Association for Intercollegiate Athletics (NAIA) “Champions of Character” Initiative; responsible for carrying out initiative guidelines and preparing a yearly report for submission to the NAIA national office, scheduled athletic department community service day at St. Martins Mission.

1997-1999 **Assistant Volleyball Coach**, Indiana Wesleyan University, Marion, IN, Provided assistance to the head coach during practices and games. Responsible for transportation needs and assisted with recruiting process.

1994-1995 **Graduate Assistant Athletic Trainer**, Bonutti Orthopedic Services, Effingham, IL Evaluated and treated patients in an outpatient orthopedic physical therapy clinic; served as athletic trainer for a local high school including coverage of the school’s various athletic events and weekly injury checks.

VOLUNTEER ACTIVITIES

- Delta Football boosters, Delaware Community Schools, Muncie, IN
- Delaware Community Schools, classroom and field trip volunteer, Muncie & Eaton, IN
- Del-Com Scholarship committee (formerly Delta Dollars for Scholars)
- Habitat for Humanity, Muncie, IN
- Secret Families Christmas Charity, Muncie, IN
- Christian Society of Kinesiology and Leisure Studies, Proposal Reviewer
- Christian Society of Kinesiology and Leisure Studies, Board Member

CHURCH AFFILIATION

2017 – Present **Elder**, The Gathering, Muncie, IN

Oversee and uphold The Gathering’s boundary principles including: Biblical and moral integrity, Financial activities, Asset Protection, Compensation / Benefits

2015 – present **Small group leader**, The Gathering, Muncie, IN

Organization and scheduling of weekly group meetings, lead group discussion of study materials

2012 – 2015 **Children's Ministry Volunteer Coordinatory / Team Leader**, The Gathering, Muncie, IN

Oversee the team responsible for leading The Greenhouse children's ministry responsible for organizing bible school, overseeing Sunday morning activities, scheduling volunteers, and developing policies and procedures manual.

2000 – present **Member**, The Gathering, Muncie, IN

Active member of the church community; volunteer teacher in the Children's ministry; member of small group bible study, volunteer for Organic youth ministry, Vacation Bible School volunteer