

CURRICULUM VITAE

Ruth N. Henry, D.A., ACSM CEP
College of Pharmacy and Health Sciences
Department of Kinesiology
Lipscomb University
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Academic Background

- 2000–2002 Doctor of Arts: Physical Education
Middle Tennessee State University.
- 1991-1992 Master of Science: Wellness and Fitness
Middle Tennessee State University.
- 1971-1974 Bachelor of Science: Elementary Education
Minor: Mathematics
David Lipscomb College.

Certifications

- 2016–pres American College of Sports Medicine Certified Exercise Physiologist, Indianapolis, IN.
- 1990 –2016 Red Cross CPR, 2016
- 2009–pres Yoga Alliance Registered Yoga Teacher - RYT-200
- 1994–2014 American College of Sports Medicine Health/Fitness Professional
- 1990–1998 American Council on Exercise (ACE) Group Fitness Instructor

Memberships

- 2004-pres American Alliance for Health, Physical Education, Recreation, and Dance
- 2000-pres Phi Kappa Phi National Honor Society
- 1998-pres American College of Sports Medicine
- 1991-2018 Tennessee Association for Health, Physical Education, Recreation, and Dance

Academic Experience

- 2021-pres Chair, Department of Kinesiology, Lipscomb University, Nashville, TN
- 2014-2021 Vice Chair, Department of Kinesiology and Nutrition, Lipscomb University, Nashville, TN
- 2010-pres Professor, Lipscomb University, Nashville TN. tenured
- 2009-2013 Adjunct Professor, Tennessee Technological University, Cookeville, Tennessee.
- 2005-2010 Associate Professor, Lipscomb University, Nashville, TN. tenured
- 2001-2005 Assistant Professor, Lipscomb University, Nashville, TN
- 1994-2001 Instructor, Lipscomb University, Nashville, TN
- 1994 Adjunct Instructor, Belmont University, Nashville, TN

Other Related Experience

- 1992-2009 Faculty/Staff Wellness Coordinator, Lipscomb University, Nashville, Tennessee.
- 1990-1991 Group Fitness Instructor, Vanderbilt University Faculty/Staff Wellness, Nashville, TN
- 1994-pres Academic Advising Kinesiology majors; 30-50 per semester.
- 2007-2021 Service Learning Supervisor for all Kinesiology majors

Teaching

Undergraduate Courses Taught

Biostatistics
Exercise Evaluation & Prescription
Strength & Conditioning Program Design
Seminar in Kinesiology
Lifetime Wellness
Lifetime Fitness
Healthful Living
Special Topics in Exercise Science
Engagements: Medicine, Religion, & Health
Fitness Yoga
Rhythm & Dance for Schools
Aerobics
Jogging (1-2 semesters)
Exercise Physiology (1-2 semesters)
Mechanics of Movement (1-2 semesters)
Exercise Physiology Lab (1-2 semesters)

Graduate Courses Taught

Exercise & Nutrition Strategies I
Research Methods I: Biostatistics
Research Methods II: Design & Analysis
Motor Learning (Tennessee Tech University)
Research Methods (Tennessee Tech University)

Scholarly Contributions

Refereed Articles

- Townsend, J., Morimune, J., Jones, M. D., Beuning, C. N., Haase, A., Boot CM, Heffington SH, Littlefield LA, Henry RH, Marshall AM, VanDusseldorp TA, Feito Y, Mangine GT (2020). The Effect of ProHydrolase® on the Amino Acid and Intramuscular Anabolic Signaling Response to Resistance Exercise in Trained Males. *Sports, 8 (1)*, 13, doi: 10.3390/sports8020013.
- Vantrease, W. C., Townsend, J. R., Sapp, P. A., Henry, R. N., & Johnson, K. D. (2021). Maximal strength, muscle activation, and bar velocity comparisons between squatting with a traditional or safety squat bar. *Journal of Strength & Conditioning Research, 35* (S1-S5).
- Bender, D., Townsend, J., Vantrease, William, Marshall, Autumn, Henry, Ruth Heffington, Stephen, and Johnson, Kent. (2018). Acute beetroot juice administration improves peak isometric force production in adolescent males. *Applied Physiology, Nutrition, and Metabolism, 43*(8): 816-821. <https://doi.org/10.1139/apnm-2018-0050>
- Partida, S., Marshall, A. C., Henry, R., Townsend, J., & Toy, A. (2018). Attitudes toward Nutrition and Dietary Habits and Effectiveness of Nutrition Education in Active Adolescents in a Private School Setting: A Pilot Study. *Nutrients, 10*(9),1260.
- Bender, D., Townsend, J. R., Vantrease, W., Marshall, A. C., Henry, R. N., et al. (2018). The Effects of Beetroot Juice Administration on Physical Performance During Anaerobic Exercise in Young Active Males. *Journal of the Academy of Nutrition and Dietetics, 117*(10), 144.
- Anshel, M. H., Kim, J., & Henry, R. N. (2009). Reconceptualizing Indicators of Sport Perfectionism as a Function of Gender. *Journal of Sport Behavior, 32*(4), 395-418.
- Henry, R. N., Anshel, M. H., & Michael, T. (2006). Effects of Aerobic and Circuit Training on Fitness and Body Image Among Women. *Journal of Sport Behavior, 29* (4), 281.
- Tietjen-Smith, T., Smith, S. W., Martin, M., & Henry, R. N. (2006). Grip Strength in Relation to Overall Strength and Functional Capacity in Very Old and Oldest Old Females. *Physical and Occupational Therapy in Geriatrics, 22*4 (2).

Published/Presented Abstracts

- Henry, R. N. & Jones, M. D. (2021). *Body Image Changes in College-aged Females Over The Past 20 Years*. American College of Sports Medicine Annual Meeting, Washington, DC. *Medicine & Science in Sports & Exercise supplement*.
- Henry, R. N., Jones, M. D., & Zimmerman, G. (2020). *Fitness Levels in College-aged Females: A 20-year Follow-up*. American College of Sports Medicine Annual Meeting, San Francisco, California. *Medicine & Science in Sports & Exercise supplement*.
- Townsend, J. R., Vantrease, W. C., Sapp, P. A., Henry, R. N., & Johnson, K. D. (2019). *Maximal Strength, Muscle Activation, and Bar Velocity Comparisons Between Squatting with a Traditional or Safety Squat Bar*. National Strength and Conditioning Association National Conference, Washington, D.C., District of Columbia.
- Henry, R. N., Ruiz, M. D., & Vantrease, W. C. (2018). *Gender and BMI Differences in Body Image Among College Freshmen*. American College of Sports Medicine, Orlando, Florida. *Medicine & Science in Sports & Exercise supplement*.
- Ruiz, M. D. & Henry, R. N. (2018). *Ruiz, M. D. & Henry, R. The relationship between body composition, body image, and attitudes towards obesity*. Christian Society for Kinesiology, Leisure and Sports Studies, Grand Rapids, Michigan.
- Sapp, P. A., Partida, S., Marshall, A. C., Henry, R. N., & Townsend, J. R. (2018). Overweight and obesity rates among adolescents in TN private vs. public schools. *American Society for Nutrition Conference, Boston, Massachusetts*.
- Henry, R. N., & Romeo, F. (2017). Online vs. Hybrid Instruction in University Health/Wellness Courses. *American College of Sports Medicine Annual Meeting (poster). Medicine & Science in Sports & Exercise supplement*.
- Partida, S., Marshall, A. C., Henry, R. N., Toy, A., & Townsend, J. (2017). Comparison of nutrition intervention techniques and their effectiveness on active high school and middle school students in a private school setting. *Sports, Cardiovascular, and Wellness Nutrition Conference, Keystone, Colorado*.
- Henry, R. N., & Romeo, F. M. (2016). Effect of Exercise Modes on Functional Fitness of Middle-Aged Women. *Medicine & Science in Sports & Exercise supplement*.
- Lochridge, L., & Henry, R. N. (2016). Effects of Physical Activity on Memory in Pre-adolescent Children. American College of Sports Medicine Annual Meeting. *Medicine & Science in Sports & Exercise supplement*.
- Anshel, M. H., Kim, J., & Henry, R. N. (2008). Reconceptualizing indicants of sport perfectionism as a function of gender. *Stress and Anxiety Research Conference*.
- Anshel, M. H., Kim, J., & Henry, R. N. (2005). Toward Validation of the Sport Perfectionism Scale. *Stress and Anxiety Research Conference*.

Paper Presentations

- Townsend, J. R., Vantrease, W. C., Sapp, P. A., Henry, R. N., & Johnson, K. D. (2019). *Maximal Strength, Muscle Activation, and Bar Velocity Comparisons Between Squatting with a Traditional or Safety Squat Bar*. National Strength and Conditioning Association National Conference, Washington, D.C., District of Columbia.
- Nicks, C. R. & Henry, R. N. (2012, July). *Reproducibility of Maximal Mouth Inspiratory and Expiratory Pressures*. National Strength and Conditioning Association National Conference, Las Vegas, Nevada, United States of America.
- Henry, R. N. (2015). *Service Learning for Exercise Science and HPE majors*. Southeastern Alliance for Health, Physical Education, Recreation, and Dance, Atlanta, Georgia.
- Henry, R. N. (2014). *Flipped Classroom Design in Health/Wellness Courses*. Tennessee Association for Health, Physical Education, Recreation and Dance Annual Convention, Murfreesboro, Tennessee.
- Henry, R. N. (2009). *Fit and Fall Proof for Seniors*. Grant research report. Tennessee Association of Health, Physical Education, Recreation and Dance Annual Convention.
- Anshel, Mark H., Kim, Jwa K., & Henry, Ruth N. (2008). *Reconceptualizing indicants of sport perfectionism as a function of gender*. Stress and Anxiety Research Conference, London, UK.
- Henry, R.N. (1993). *Effect of Aerobic Exercise on Mood States in Females*. American College of Sports Medicine Annual Meeting, Baltimore, MD.

Undergraduate/Graduate Research Presented at Student Scholars Symposium, Lipscomb University

* designates award-winning presentation

- *Aziz, M., Kroeger, M., Hazen, P., & Henry, R. (2021). *The effects of different types of face-masks on physiological parameters during acute exercise sessions*. LU Student Scholars Symposium, Nashville, Tennessee.

- Camp, D., Eddings, A., Thomas, J. D., & Henry, R. (2021). *The effect of pre-workout supplementation on heart rate, performance, and RPE during high intensity interval exercise*. LU Student Scholars Symposium, Nashville, Tennessee.
- Houghton, M., Phipps, A., Patti, E., & Henry, R. (2021). *Investigation of the relationship between lower-body power and acceleration in di female soccer players*. LU Student Scholars Symposium, Nashville, Tennessee.
- Long, M., Lowery, N., Gibson, S., & Henry, R. (2021). *Efficacy of preseason training on fitness levels of high school male soccer players*. LU Student Scholars Symposium, Nashville, Tennessee.
- Leverett, C., Childress, L., Locke, J., Henry, R. N., (2020). *Intrinsic Motivation and Exercise Adherence in Group Exercise vs. Individual Exercise*. LU Student Scholars Symposium, Nashville, Illinois.
- Council, K., Bradshaw, L., Morrow, T., Henry, R. N., (2020). *Effect of Caffeine on Anaerobic Metabolism*. LU Student Scholars Symposium, Nashville, Tennessee.
- Doak, S. O., Andrich, E., & Henry, R. N. (2019). *Performance characteristics analyzed of collegiate women soccer plays based on level of opponent*. LU Student Scholars Symposium, Nashville, Tennessee.
- Hall, H. S., Leber, B., & Henry, R. N. (2019). *Intracellular, Extracellular & Total Body Water Retention in Creatine Monohydrate & HCL Supplementation*. LU Student Scholars Symposium, Nashville, Tennessee.
- Wanser, D., Sakic, K., & Henry, R. N. (2019). *The Effects of Agility and Cognitive Training Program on Reaction Time*. LU Student Scholars Symposium, Nashville, Tennessee.
- Anderson, S., Benson, L., Bourque, S., & Henry, R. N. (2018). *The Effects of Listening to Music During a 1.5 Mile Run in Non-Athletes*. Lipscomb University Student Scholars Symposium, Nashville, Tennessee.
- Carder, S., Jelonek, M., & Henry, R. N. (2018). *Effects of Acute Exercise on Cognitive Ability*. Lipscomb University Student Scholars Symposium, Nashville, Tennessee.
- *Fenichel, A. J., Poyner, J., & Henry, R. N. (2018). *Difference in Power Output Between Female Cross-Country and Softball Athletes*. Lipscomb University Student Scholars Symposium, Nashville, Tennessee.
- Bender, D., Banaszek, A., Browning, C., & Henry, R. N. (2017). *The Relationship Between Muscle Thickness and Anaerobic Power*. LU Student Scholars Symposium, Nashville, Tennessee.
- Baca, A. & Henry, R. N. (2016). *Fruit and Vegetable Consumption and Multivitamin Intake*. LU Student Scholars Symposium, Nashville, Tennessee.
- Cupido, K. & Henry, R. N. (2016). *The Relationship Between Self-Talk and Performance in Collegiate Distance Running*. LU Student Scholars Symposium, Nashville, Tennessee.
- Young, K., Davis, T., Vantrease, W., & Henry, R. N. (2016). *The Effects of a Loaded Sled Push on Postactivation Potentiation of Sprint Times in Female Athletes*. LU Student Scholars Symposium, Nashville, Tennessee.
- Ford, L., Henry, R. N., & Osborne, W. (2016). *Evidence of Intuition*. LU Student Scholars Symposium, Nashville, Tennessee.
- Llewellyn, K., Bucher, M., & Henry, R. N. (2016). *Intuitive Eating in Male and Female Athletes*. LU Student Scholars Symposium, Nashville, Tennessee.

University Service

- 2009-pres Thesis committee: 28 EXNS Master of Science students
- 2008-pres Health Professions Advisory Council
- 2006-pres Chair, Academic Integrity Committee
- 2005-pres Lipscomb General Education Council
- 2007-pres Mary Morris Award Committee Member
- 2017,2019,2021 Lipscomb Student Scholars Symposium Section Chair
- 2019 Interview Committee for Campus Recreation Director
- 2012-2016 College of Pharmacy & Health Sciences Health & Safety Committee
- 2015-2016 Robert Wood Johnson Foundation Workgroup
- 2006-2019 President, Academic Integrity Council
- 2019 Thesis chair: Heidi Fahmy
- 2016 Thesis chair: Lindsey Lochridge
- 2017-2018 Class teacher for Lipscomb's Summer Celebration
- 2015-2016 Middle School Career Day presenter
- 2012-2012 Search Committee for Executive Director of Center for Teaching & Learning
- 2009-2010 Chair, Academic Advisory Committee
- 2006-2007 Southern Association of Colleges & Schools: Lipscomb Quality Enhancement Committee
- 2004-2009 Student Mission Group Leader (5 trips
- 2005-2007 Academic Advisory Committee

2015-2019 Teaching yoga sessions to university athletics teams (soccer, basketball, volleyball)

Professional Service

2017 Committee on Accreditation for the Exercise Sciences, Southern Connecticut State University, New Haven, CT.
Lead reviewer

2009 Committee on Accreditation for the Exercise Sciences, Bloomsburg University, Bloomsburg, PA. Assis. Reviewer

2007 Committee on Accreditation for the Exercise Sciences, Slippery Rock University, PA Assistant Reviewer.

2007-2008 Task Force to revise Tennessee Health Education Guidelines.

1994-2012 Newsletter Editor, Tennessee Association for Health, Physical Education, Recreation, and Dance

Community Service

2013-pres Faith Family Medical Center Wellness Advisory Board member

1998-pres Nashville Corporate Challenge Board of Directors

1990-pres Sunday School teacher, Hillsboro Church of Christ

2001-pres Marriage mentor, Hillsboro Church of Christ

2019-pres Grace Marriage, program facilitator

2018 Medical Mission trip, Ecuador

2017 *New Year, New You* presentation, Faith Family Medical Clinic

2014-2016 8-week workshops at Tennessee Prison for Women

2015 Lifestyle Behavior Teacher – Nashville Rescue Mission

Awards

2017 Outstanding Teacher Award, Lipscomb University

2014 Appreciation Award, Tennessee Association for Health, Physical Education, Recreation and Dance

2013 Baker Award for Teaching Excellence, Lipscomb University

2010 Service Learning Outstanding Faculty Award, Lipscomb University

2009 TN University Teacher of the Year, TN Association for Health, Physical Education, Recreation & Dance

2009 Outstanding Advisor Award, Lipscomb University

2008 Honor Award for Outstanding Professional Service, Tennessee Association for Health, Physical Education, Recreation and Dance