

TONY HARRIS JR, B.S., ACSM-CEP, CSCS

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EDUCATION

- MS** University of Minnesota-Twin Cities, Kinesiology Aug 2019-Present
Awarded College of Education and Human Development Robertson Fellowship
- BS** University of North Carolina Wilmington, Exercise Science Dec 2014
Dean's List, 2011,2013,2014

HONORS AND AWARDS

- Most Outstanding Undergraduate Student in Exercise Science** Fall 2014
Awarded to the top student that most exemplifies the values of the graduating class.

WORK EXPERIENCE

- Presbyterian Healthcare Services, Albuquerque, NM** Oct 2015 to Jul 2019
Exercise Specialist
- United Allergy Services, Albuquerque, NM** Mar 2015 to Oct 2015
Clinical Allergy Specialist
- Wilmington Treatment Center, Wilmington, NC** Jul 2013 to Dec 2014
Clinical Technician

TEACHING EXPERIENCE

- University of Minnesota-Twin Cities, Minneapolis, MN** Aug 2019-Present
Graduate Teaching Assistant, School of Kinesiology

KIN 1871 Survey of Kinesiology, Recreation, and Sport- Assist in grading assignments, quizzes and exams. Attend lectures and meet with students as needed. Complete given tasks throughout semester. Participate in weekly course meetings.

KIN 3001 Lifetime Health and Wellness- Assist in grading assignments, quizzes and exams. Participate in weekly course meetings.

- Central New Mexico Community College, Albuquerque, NM** Aug 2017 to Jul 2019
Part-Time Lecturer, Health, Wellness, and Public Safety

FITT 1093 Weight Training for Women- Introduce weight training to women using free weights, machines, bodyweight exercises and other fitness tools, to develop muscular endurance, hypertrophy and muscular strength. Conduct class pre and post fitness assessments. Develop course projects and grading rubrics/ objectives. Revised syllabus to meet college standards.

FITT 1192 Body Sculpting- Utilize hand-held weights and other exercise equipment to tone, define, sculpt and strengthen major muscle groups in a group aerobic setting. Conduct class pre and post fitness assessments. Develop grading rubrics and objectives. Revised syllabus to meet college standards.

Presbyterian Healthcare Services, Albuquerque, NM
Lecturer

Oct 2015 to Jul 2019

Cardiopulmonary Rehab

Managing Risk Factors for Cardiovascular Disease: Monthly instruction to cardiac rehab patients on the risk factors stratified by the American College of Sports Medicine. Inform patients on the difference between modifiable and nonmodifiable factors and how to improve overall risk for cardiovascular disease.

The Science of Exercise: Monthly instruction of basic exercise principles such as SMART goal planning, F.I.T.T. exercise prescription guidelines, common terminology, and how exercise affects the body and certain clinical conditions.

Healthplex/Wellness Department- Total Joint Prehab

Your Exercise Session: Discuss the F.I.T.T. exercise prescription guidelines. Assist in helping class learn how to calculate Target Heart Rate zones.

Exercises Specific to Knee & Hip: Present information to what muscles and movements are responsible for joint stability and strengthening.

What is Core Strength?: Inform participants on what muscles make up the core, how to develop a strong core and its importance on injury prevention and the performing of activities of daily living.

Body Composition & Weight Management: Instruct the importance of body composition as it relates to Basal Metabolic Rate and Caloric Expenditure.

Environmental Services

Proper Lifting Techniques & Injury Prevention: Presented to the Environmental Services department ways to utilize safe lifting practices to help avoid and address common injuries being experienced.

University of North Carolina Wilmington, Wilmington, NC
Teaching Assistant, Human Anatomy and Physiology Lab

Aug 2014 to Dec 2014

Developed online supplemental course assignments utilizing Mastering A&P technology.
Assisted in lecturing during lab as well as facilitated extra study sessions.

University of North Carolina Wilmington, Wilmington, NC Feb 2012 to Mar 2012
Student Teacher, Comprehensive Health Education Practicum

Taught ten sessions from the Safe Dates: Adolescent Dating Abuse Prevention Curriculum at Holly Shelter Middle School.

PROFESSIONAL TRAINING

Clinical Cancer Exercise Specialist, Level 2

University of Northern Colorado Cancer Rehabilitation Institute, Greeley, CO

Certified Clinical Exercise Physiologist, American College of Sports Medicine,
Exp: Dec. 2020

- Exercise is Medicine (EIM) Level 3 Credential

Certified Strength and Conditioning Specialist
National Strength and Conditioning Association
Exp: Dec. 2020

MILITARY SERVICE

United States Army Reserve

Dec 2009 to Dec 2017

Sergeant

Automated Logistical Specialist 92A

Carpentry/ Masonry Specialist 12W

- Unit Equal Opportunity Leader
- Honor Graduate at Basic Leaders Course and named on the Commandant's List which is awarded to the top 20% of the Class.

COMMUNITY SERVICE

Big Brothers Big Sisters of America

Big Brother/ Mentor, Santa Fe, NM, May 2016 to Jul 2019

Boys and Girls Clubs of America

Mentor, Wilmington, NC, Jun 2012 to Dec 2014