

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

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Minneapolis, MN 55414

## EDUCATION

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- 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

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- 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

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

## TEACHING EXPERIENCE

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- University of Minnesota-Twin Cities, Minneapolis, MN** Aug 2021 - Present  
**Graduate Lecturer, School of Kinesiology**  
Prepare and deliver in-class lectures. Oversee grading for student assignments. Develop and uphold class syllabus. Communicate with students via in-person office hours or through email.  
**Courses:**  
KIN 4214: Health Promotion
- University of Minnesota-Twin Cities, Minneapolis, MN** Aug 2019 – May 2021  
**Graduate Teaching Assistant, School of Kinesiology**  
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.  
**Courses:**  
KIN 1871: Survey of Kinesiology, Recreation, and Sport  
KIN 3001: Lifetime Health and Wellness  
KIN 4214: Health Promotion

**Central New Mexico Community College**, Albuquerque, NM  
**Part-Time Lecturer**, Health, Wellness, and Public Safety

Aug 2017 - Jul 2019

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 - 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.

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

Aug 2014 - Dec 2014

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

## **PROFESSIONAL TRAINING**

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### **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. 2023

- Exercise is Medicine (EIM) Level 3 Credential

### **Leadership & Diversity Training Program**, American College of Sports Medicine

Provided a mentor to facilitate progress from student member to fellow of ACSM. Attend and participate at regional and national ACSM meetings. Meet with mentor regularly to discuss research and professional development.

### **MILITARY SERVICE**

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#### **United States Army Reserve**

Dec 2009 - 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**

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#### **Big Brothers Big Sisters of America**

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

#### **Boys and Girls Clubs of America**

Mentor, Wilmington, NC, Jun 2012 - Dec 2014