

COMPREHENSIVE PROFESSIONAL VITAE

Appointment Date: September 2014

DATE: January 31, 2019

NAME: Coffey, Kyle F.

Department(s): Dept. of Physical Therapy & Kinesiology, Exercise Science Program

College(s) or Service Unit(s): Zuckerberg College of Health Sciences

Rank or Title: Assistant Teaching Professor, Exercise Science Director

Field: Exercise Science, Physical Therapy

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A. **EDUCATION AND ACADEMIC QUALIFICATIONS**

1. *Education*

2010

Doctor of Physical Therapy (DPT)

University of Massachusetts Lowell, Lowell, MA

2007

B.S. Exercise Physiology

Minor in Nutrition

University of Massachusetts Lowell, Lowell, MA

2. *Academic Experience*

2018

Adjunct Teaching Professor

Doctor of Physical Therapy Program

Plymouth State University, Plymouth, NH

2014-present

Assistant Teaching Professor

Department of Physical Therapy & Kinesiology
Exercise Science Program

University of Massachusetts Lowell, Lowell, MA

2013

Adjunct Faculty

Department of Physical Therapy

Exercise Physiology Program

University of Massachusetts Lowell, Lowell, MA

2011

Guest Lecturer

Department of Physical Therapy

University of Massachusetts Lowell, Lowell, MA

2007-2009

Graduate Teaching Assistant

Department of Physical Therapy

Exercise Physiology Program

University of Massachusetts Lowell, Lowell, MA

3. *Additional Roles*

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|--------------------------|--|
| Fall 2017-present | Health Assessment Laboratory (HAL) Co-Manager Zuckerberg College of Health Sciences University of Massachusetts Lowell, Lowell, MA |
| Fall 2016-present | Exercise Science Laboratory Coordinator Department of Physical Therapy & Kinesiology University of Massachusetts Lowell, Lowell, MA |
| Fall 2015-present | Exercise Science Program Director Department of Physical Therapy & Kinesiology University of Massachusetts Lowell, Lowell, MA |
| Spring 2015 | Interim Exercise Physiology Program Director Department of Physical Therapy University of Massachusetts Lowell, Lowell, MA |

B. **PROFESSIONAL ACTIVITIES**

1. *Professional Association Participation*

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|---------------------|--|
| 2017-present | Co-Editor-in-Chief - MAX! Newsletter for NEACSM |
| 2017-present | NEACSM State Representative, Massachusetts |
| 2017-present | Executive Committee Member, NEACSM |
| 2017-present | APHPT Member, Applied Prevention and Health Promotion Therapies |
| 2015-present | NSCA Member, Department Liaison |
| 2014-present | ACSM Member, Department Liaison |
| 2014-present | New England ACSM (NEACSM) Member |
| 2007-present | APTA Member |
| 2011-present | APTA of New Hampshire Member |
| 2010-present | APTA of Massachusetts Member |
| 2010-present | Member of Orthopedic Section of APTA |
| 2018-present | Member of Education, Clinical Electrophysiology and Wound Management, and Cardiopulmonary Sections of APTA |

2. *Professional Licenses and Certifications*

| | |
|---------------------|--|
| 2017-2019 | BLS (Adult & Infant) – Expires August 2017 |
| 2018 | Applied Prevention and Health Promotion Therapist Certification (Cert-APHPT) |
| 2017 | Certified Blood Flow Restriction Provider (CertMST) |
| 2011-present | New Hampshire Physical Therapy License #3695 |
| 2010-present | Massachusetts Physical Therapy License #19132 |
| 2010 | APTA Certified Clinical Instructor |

3. *Professional Honors and Awards*

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|------------------|---|
| 2018 | Brick Wall Award Department of Physical Therapy & Kinesiology |
| 2016-2017 | Exceeding Excellence in Teaching Award Zuckerberg College of Health Sciences, UMass Lowell |

- 2015** Inductee, UMass Lowell Omicron Delta Kappa (National Leadership Honor Society)
- 2010** Graduate PT Departmental Award
Clinical Excellence and Academic Achievement

4. *Non-Teaching Activities*

- 2017-present** Developer and Instructor, Continuing Education Course
“Modern Strength Training: Blood Flow Restriction (BFR) Training”
www.modernstrengthtraining.com
- 2016-present** Owner & Physical Therapist
Motus Physical Therapy & Performance
Outpatient Physical Therapy and Strength & Conditioning
www.motusptperformance.com
Amherst, NH
- 2014-2018** Per-Diem Physical Therapist
Outpatient Orthopedics & Sports Medicine
Elliot Health Systems
Manchester, NH
- 2013-2014** Staff Physical Therapist
Outpatient Orthopedics & Sports Medicine
Elliot Health Systems
Manchester, NH
- 2010-2013** Staff Physical Therapist
Outpatient Orthopedics & Sports Medicine
Harvard Vanguard Medical Associates
Chelmsford, MA
- 2011-2014** APTA Credentialed Clinical Instructor for DPT students

5. *Editorial/ Reviewer*

- March 2017** **Practice Questions Reviewer for Online Module**
Exercise Physiology: Theory and Application to Fitness, 10th Edition – Powers
Chapter 13: Temperature Regulation
- February 2016** **Reviewer of Current Publications**

Acute and Chronic Cardiorespiratory Responses to Exercise
Chapter 8: Porcari, Bryant, and Comana – *Exercise Physiology* (F.A. Davis)
- Dietary Guidelines, General Nutrition Recommendations, and Federal Nutrition Policy
Chapter 5: Muth - *Sports Nutrition for Health Professionals* (F.A. Davis)

C. RESEARCH

1. Grants & Contracts

December 2014

Submitted proposal for Transformational Committee Mini-Grant Support for Pedagogical Innovations (not funded)

Topic: Use of Wearable Biometrics to Improve Learning and Data Collection with Field Tests

2. Academic & Professional Publications and Presentations

November 2018

Healthcare Education Transformation Podcast

Topic: Undergraduate Exercise and Fitness Management Option

<https://healthcareeducationtransformationpodcast.libsyn.com/kyle-coffey-population-health-undergraduate-degree>

October 2018

Blood Flow Restriction Therapy (BFRT)

Universidad Diego Portales

Santiago, Chile

October 2018

2 Docs With 2 Cents Podcast

Topic: Blood Flow Restriction Therapy (BFRT)

<https://itunes.apple.com/us/podcast/2-docs-with-2-cents/id1386951260?mt=2#>

December 3, 2017

Contributor, The Non-Clinical PT Blog

<http://thenonclinicalpt.com/partial-clinical-kyle-coffey-exercise-physiology-program-director-lecturer/>

Fall 2017

Speaker, New England ACSM Fall Conference

“Know Pain, Know Gain: Implications for the Movement Expert”

June 1, 2017

Contributor, Huffington Post

“How to Adapt Your Workout for Your Age”

https://www.huffingtonpost.com/entry/how-to-adapt-your-workout-for-your-age_us_592f00c3e4b0540ffc83d4c0

Spring 2017-present

Co-Author and Co-Investigator (in-process)

“The relationship between a bone-specific physical activity score and cardiovascular health in college students”

PI: Sojung Kim, PhD

March 13, 2016

“Bridging the Educational Gap Between Rehabilitation & Performance”

Movement Resilience Blog

<http://www.mobility-101.com/bridging-the-educational-gap-between-rehab-performance/>

March 23, 2013

“A Pain in the Neck”

Harvard Vanguard Blog Article

<http://blog.harvardvanguard.org/2013/03/a-pain-in-the-neck/>

February 12, 2013

“Practice Safe Shoveling This Winter”
The Amherst Citizen, Newspaper (Amherst, NH)

March 2, 2012

“Stand Up Straight! Improving Your Posture” Harvard Vanguard Blog Article
(<http://blog.harvardvanguard.org/2012/03/stand-up-straight-improving-your-posture/>)

3. Other Research or Creative Activities

2017-present

Blood Flow Restriction (BFR) Blog Contributor, Modern Manual Therapy
www.modernmanualtherapy.com

Fall 2017

IRB Submission & Approval
“The Effect of Cortisone Shots on Rehabilitation in Collegiate Athletes”
Eric James, PhD, Javier Horta, MD, PhD, Brendan Healy (student)

Spring 2017

IRB Submission & Approval
“Use of In-Class Technology (Socrative) with Undergraduate Exercise Physiology Students”

Summer 2016

Course Developer- Hybrid Exercise Physiology
Office of Continuing Education
University of Massachusetts Lowell

D. **INSTRUCTION RELATED ACTIVITY**

1. *Teaching (Courses revised and updated with research literature yearly)*

Undergraduate Courses

EXER.3010

Junior Seminar
Spring 2019

EXER.4060

Foundations of
Strength and
Conditioning
Spring 2016-present

EXER.3050

Exercise Physiology
Summer Course
2016-2017

EXER.3050

Exercise Physiology
Fall 2013-present

EXER.3070

Exercise Physiology Laboratory
Fall 2014-2018

EXER.2020

Introduction to Exercise Physiology
Spring 2015-2016

EXER.4210

Directed Study in Health Promotion
Fall 2015-present

Graduate Courses

DPTH.6250

Physical Therapy Interventions II
Fall 2018-present

DPTH.6220

Musculoskeletal Physical Therapy II Laboratory
Spring 2019

2. *Other Activity and Accomplishments Related to the Instructional Function*

Professional Continuing Education Courses (limited to last 7 years)

| | |
|-------------|---|
| 2018 | Applied Prevention and Health Promotion Certification |
| 2018 | IPEC Webinar: "Innovative IPE Instructional Methods: Strategies & Lessons Learned" |
| 2018 | Social Determinants of Health Webinar (APTA) |
| 2018 | CAPTE Self Study Writing Workshop |
| 2018 | Applying Electrical Stimulation in Your Physical Therapy Practice |
| 2017 | ACSM Professional Development: Using Social Media to Advance Career and Science |
| 2017 | What You Need to Know About the New CPT Eval Codes 2017 |
| 2017 | System of a Run: Assessment and Treatment of Runners |
| 2017 | APTA: New Billing Codes for 2017 |
| 2016 | Musculoskeletal Ultrasound: Clinical and Practical Applications |
| 2016 | Corporate Wellness Programs: How to Integrate into a Busy Clinic |
| 2016 | Blood Flow Restriction (BFR) Webinar |
| 2016 | Squat Mobility and Stability & Runner's Checklists |
| 2016 | Eclectic Approach: UQ/LQ Diagnosis and Treatment |
| 2016 | Neurodynamics UQ/LQ |
| 2016 | Assessment and Evaluation of Pain |
| 2016 | Postural Restoration Institute (PRI) Seminar |
| 2016 | Foundations of Returning the Injured Athlete to Sports: Muscle Physiology, Strength Training, and Eccentric Loading |
| 2016 | Data Scientist Toolbox & R Programming |
| 2016 | Introduction to R Programming |
| 2015 | Move to Improve: Using Movement Analysis to Drive Performance and Prevent Injuries |
| 2015 | Run Better: Strength and Power Training |
| 2015 | Exertional Heat Illnesses |
| 2014 | Kinesiotaping Method |
| 2014 | Return to Sport and Discharge Testing |
| 2013 | Introduction to Vestibular Rehabilitation |
| 2013 | IOMT Lumbar Evaluation and Examination |
| 2012 | Advances in the Evaluation and Treatment of the Knee and Shoulder |

Professional In-services

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|-------------|--|
| 2017 | Blood Flow Restriction (BFR) Training: multiple community clinics |
| 2016 | Faculty Retreat Presentation: IPE in Undergraduate Epidemiology Course |
| 2016 | Snack & Learn: BS/MS Ergonomics Program UMass Lowell College of Health Sciences Faculty Members |
| 2012 | Evidence-Based Practice for the Knee and Shoulder |
| 2011 | Eccentric Strengthening for Tendinitis/Tendinosis |

Educational Grant Opportunities

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|-----------------------|---|
| Fall 2018 | IPE Champion Teaching Award (funded - \$500) Topic: Clinical Nutrition and Physical Therapy |
| Spring 2016 | College Faculty Teaching Grant (not funded) Topic: ExPhys Review – Linking Science and Real-World |
| Fall 2015 | College of Health Sciences Inter-Professional Education Mini-Grant (funded - \$1,000) In conjunction with Leland Ackerson, ScD and Renee Barrile, PhD Topic: Incorporating IPE into an Undergraduate Epidemiology Course |
| September 2015 | Chancellor's Challenge Grants (not funded) Funding for Student Participation in Regional NEACSM Conference |
| 2014-2015 | Global Teaching & Intercultural Learning Initiative Developed cultural assignment for Introduction to EP course with evaluation by VALUE Rubrics to assess effectiveness |

Honors Project & Thesis Mentorships

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|-------------|---|
| 2018 | Honors Mentor , In conjunction with Directed Study course (year-long) “Women Crush Weights” – Tavares, Coughlin, Salgat “Physiological Response to Marching Band” - Sellers |
| 2017 | Honors Mentor , In conjunction with Directed Study course (year-long) “The NFL Combine: An In-Depth Analysis” Student: David Chiccuarelli |
| 2017 | Honors Mentor , In conjunction with Directed Study course (year-long) “The Effect of Cortisone Shots on Rehabilitation in Collegiate Athletes” Student: Brendan Healy |
| 2017 | Honors Mentor , In conjunction with Directed Study course (year-long) “Mechanism of ACL Injury in Female Athletes” Student: Arielle Hachey |
| 2017 | Honors Committee Member “Personal Trainers’ Perception of their Roles” Student: CJ White |
| 2017 | Honors Committee Member “Falls in the Elderly Population” Student: Katelyn Sanderson |

2016 **Honors Mentor**, In conjunction with Directed Study course (year-long)
“Development of Systematic Annual Training Program for Collegiate Alpine Ski Team”
Student: Caitlin Ciccone

Directed Studies:

Fall 2018 Directed Study in Health Promotion EXER.4210
Exercise Prescription for Air Force ROTC Cadets

Spring 2018 Directed Study in Health Promotion EXER.4210
Women Crush Weights
Physiological Response to Marching Band

Fall 2017 Directed Study in Health Promotion EXER.4210
Women Crush Weights
The NFL Combine: An In-Depth Analysis
Physiological Response to Marching Band

Spring 2017 Directed Study in Health Promotion EXER.4210
Mechanism of ACL Injury in Female Athletes
The Effect of Cortisone Shots on Rehabilitation in Collegiate Athletes
Advanced Research Principles in Exercise Physiology

Spring 2016 Directed Study in Health Promotion EXER.4210
Development of Systematic Annual Training Program for Collegiate Alpine Ski Team

Spring 2015 Directed Study in Health Promotion 38.421
Exercise Program to Influence Academic Achievement in Elementary School Children
Topic: Exercise Prescription to Improve Aerobic Fitness

Guest Lectures

Fall 2018 The Role of an Exercise Physiologist in Population Health Strategies
Audience: Nutrition Assessment, Graduate RD Program
IPE Opportunity

Spring 2017 Movement Assessment Techniques
Audience: High school students

Fall 2016 The Mind of an Exercise Physiologist: Physical Activity and Exercise Assessment
IPE Opportunity
Audience: Nutrition Assessment, Graduate RD Program

Fall 2016 Electrocardiogram (EKG): Basics, Arrhythmias and Clinical Implications
Audience: Undergraduate Exercise Physiology students

Sept. 28, 2015 Introduction to Epidemiology
Active Transportation

Audience: Undergraduate health students

- March 9, 2015** Billerica Memorial High School
Technology and Lab Techniques in Exercise Physiology
- Spring 2011** University of Massachusetts Lowell – DPT Students
EMR and Influence on Outpatient PT Practice
- Spring 2011** University of Massachusetts Lowell – DPT Students
Cardiopulmonary PT in the Outpatient Setting

Professional Conferences

- 2017** Attendee and Speaker, NEACSM Fall Conference, Providence, RI
2017 Attendee, NEACSM Spring Conference, Westfield, MA
2015 Attendee, NEACSM Fall Conference, Providence, RI
2015 Attendee, NEACSM Spring Conference – New Britain, CT
2014 Attendee, NEACSM Fall Conference, Providence, RI

Community Based Education

Engagement with the community for student learning is a component of my teaching for the undergraduate course, Directed Study in Health Promotion EXER.4210. I have developed and facilitated learning opportunities with the following community partners:

Spring 2017 – Billerica Memorial High School, Billerica, MA

Spring 2015 - Blanchard Memorial Elementary School, Acton, MA

University Faculty Education & Training

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|--------------------|--|
| Spring 2018 | Lab Safety Training (recertification) |
| Spring 2018 | Bloodborne Pathogen Lab Training (recertification) |
| February 12, 2017 | Supervisor Anti-Harassment & Title IX |
| April 12, 2016 | Balancing Your Job and Your Career |
| March/April 2016 | Introduction to Online Teaching with Blackboard |
| October 20, 2015 | UMass Lowell HR Search Committee Training |
| September 29, 2015 | Transformational Committee – “Managing Behavior for Productive Learning” Workshop |
| May 20, 2015 | College of Health Sciences NTTF Promotion Workshop |
| May 1, 2015 | University NTTF Promotion Workshop |
| April 16, 2015 | “Let Students View Your Presentations Live in Class” Faculty Workshop |
| March 30, 2015 | Snack & Learn – Faculty Research Discussion |
| January 13, 2015 | Technology in the Classroom: Brainshark Tutorial |
| October 15, 2014 | New Faculty Orientation |
| November 18, 2014 | Snack & Learn – Use of Clickers in the Classroom |
| November 6, 2014 | Faculty Teaching and Learning Symposium |
| August 2014 | Online Blackboard Training Tutorial, Sexual Harassment, Diversity, Conflict of Interest & Ethics Trainings |

E. **SERVICE ACTIVITIES**

1. *Community Activities Related to Professional Field*

- 2017** EP Charity Golf Tournament
2017-present Fight Like a Ferrier 5K – UML Campus

| | |
|------------------|--|
| 2015-2017 | UMass Lowell EP/DPT Wheelchair Basketball Charity Game |
| 2012-2014 | UMass Lowell DPT Program Advisory Board Member |
| 2012 | Stepping On Balance Program, Chelmsford, MA |
| 2010 | Special Olympics of Massachusetts: Fitness Screener |

2. *Committee Activities (Indicate if department, college or university level.)*

University Service

| | |
|---------------------|---|
| 2018-present | Member, Riverhawk Experience Distinction |
| 2018-present | UML Media Expert, Physical Activity and Exercise |
| 2017-present | Volunteer Consultant, UMass Lowell Air Force ROTC |
| 2017-2019 | Member, Faculty Senate |
| 2016-present | Consultant and Participant, Exercise is Medicine Program at UML Rec Center |
| 2016-present | Member, Honors College Council |
| 2014-2015 | Global Teaching & Intercultural Learning Initiative, VALUE Rubrics |
| 2014-2016 | Involved in Data Collection for Physiological Testing of Division 1 Hockey Players in CHS Exercise Physiology Lab |

College Service

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|---------------------|--|
| 2017-present | Health Assessment Laboratory (HAL), Co-Manager |
| 2017-present | Advisory Board Member, Registered Dietician (RD) Program |
| 2015-present | Undergraduate Program Committee, College of Health Sciences Academic Affairs |

Department Service

| | |
|---------------------|---|
| 2018-present | Chair, Exercise Science Program Committee |
| 2018-present | Internal Transfer Advisor, Exercise Science Program |
| 2017-present | Record Keeper, Faculty Lab Training Certifications |
| 2017-present | Professional Advisor, Undergraduate Exercise Science First Year Students |
| 2016-2017 | Teaching Mentor to Sojung Kim, PhD Advising Mentor to Alexandre Lopes, PhD |
| 2016-present | Undergraduate Professional Review Committee |
| 2016-present | Exercise Science Lab Coordinator |
| 2015-2016 | Faculty Search Committee Member, NT and TT |
| 2016-2017 | Chair, Department Website Committee |
| 2016-2018 | CAPTE Standards Committees |
| 2015-present | Co-Developer, Exercise Science Student Ambassador (ESSA) Program |
| 2015 | Participant, Academic Quality Assessment and Development (AQAD) for Exercise Physiology Program |
| 2015-present | Exercise Science Program Director |
| 2014-2017 | Exercise Physiology Curriculum Committee, Department of Physical Therapy Member |
| 2014-present | Department of Physical Therapy Faculty Meetings |
| 2014-2017 | Faculty Advisor, Exercise Physiology Club |
| 2014-2017 | Undergraduate Academic Advisor, EP Program |
| 2014-present | Social Media Coordinator, Department of Physical Therapy |
| 2014-2017 | DPT Application Review |

3. *Other Service to the University*

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|-------------|---|
| 2018 | Convocation Engagement Fair – September 4, 2018 |
| 2018 | UMass Lowell Open House – October 14, 2018 |
| 2018 | Radio Interview on Exercise and New Year's, WCAP 980 AM |
| 2017 | UMass Lowell Open House – October 25, 2017 |
| 2017 | Zuckerberg College of Health Sciences Retreat – September 5, 2017 |
| 2017 | Zuckerberg College of Health Sciences Retreat – May 24, 2017 |
| 2017 | Department Faculty Retreat – May 17, 2017 |
| 2017 | Commencement – May 13, 2017 |
| 2017 | UMass Lowell Welcome Day – April 8, 2017 |
| 2017 | UMass Lowell College of Health Sciences Early Action Day – January 28, 2017 |
| 2016 | UMass Lowell Open House – October 30, 2016 |
| 2016 | College of Health Sciences Meeting - August 31, 2016 |
| 2016 | UMass Lowell Convocation – August 31, 2016 |
| 2016 | College of Health Sciences Faculty Retreat – May 18, 2016 |
| 2016 | Attendee, Health Aging – Living Well Forum, UMass Lowell |
| 2016 | Club Advisor, Love Your Melon |
| 2016 | Club Advisor, eNABLE Lowell |
| 2016 | UMass Lowell Accepted Students Welcome Day – April 9, 2016 |
| 2016 | Panelist, Resume & Roasts - April 8, 2016 |
| 2016 | Attendee, CHS Alumni Event – February 5, 2016 |
| 2016 | UMass Lowell College of Health Sciences Early Action Day – January 30, 2016 |
| 2015 | UMass Lowell Open House – October 3, 2015 |
| 2015 | UMass Lowell Omicron Delta Kappa Orientation – September 30, 2015 |
| 2015 | UMass Lowell Convocation – August 31, 2015 |
| 2015 | Annual HEALL Welcome Dinner – August 28, 2015 |
| 2015 | Attendee, UMass Lowell Commencement Ceremony, May 16, 2015 |
| 2015 | College of Health Sciences Faculty Retreat – May 11, 2015 |
| 2015 | College of Health Sciences Research Symposium - March 21, 2015 |
| 2015 | UMass Lowell Accepted Students Welcome Day - March 28, 2015 |
| 2015 | UMass Lowell College of Health Sciences Early Action Day February 7, 2015 |
| 2015 | UMass Lowell DPT Accepted Students Welcome Day January 31, 2015 |
| 2014 | UML Faculty Teaching & Learning Symposium - November 6, 2014 |
| 2014 | UMass Lowell Disabilities Conference - November 12, 2014 |
| 2014 | UMass Lowell Open House - October 4 & 26, 2014 |
| 2014 | College of Health Sciences Faculty Retreat – September 5, 2014 |
| 2014 | UMass Lowell Convocation - September 2, 2014 |