

Jonathan S. Howard M.S.
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EDUCATION

- Master of Science in Applied Exercise and Health Science** **May 2016**
Concentration in Exercise Physiology 3.9 GPA
Thesis- Central hemodynamics measured by bioimpedance cardiography during maximal dynamic resistance exercise.
Kennesaw State University (Kennesaw, GA)
- Bachelor of Science in Exercise Science** **May 2014**
Kennesaw State University (Kennesaw, GA)
- Graduate Certificate of Public Health** **May 2020**
Augusta University (Augusta, GA)

TEACHING EXPERIENCE

Positions:

- 2016-Present Georgia Highlands College: Instructor,
Department of Kinesiology and Wellness
- 2015-2016 Kennesaw State University: Graduate Teaching Assistant
Department of Exercise Science and Sport Management
- 2015-Present CPR Instructor
American Red Cross and American Heart Association
- 2013-2014 Kennesaw State University: Supplemental Instruction Leader
Anatomy and Physiology

Teaching Responsibilities:

- 2016-Present PHED 1010- Concepts of Fitness and Health
- 2016-Present PHED 1010w- Web based Concepts of Fitness and Health
- 2016-Present PHED 1130- Fitness Walking and Jogging
- 2016-Present PHED 1130w- Web based Fitness Walking and Jogging
- 2016-Present PHED 1020- Cardiopulmonary Resuscitation
- 2016-Present PHED 1120- Weight Training for Men and Women
- 2016-Present PHED 1120w- Weight Training for Men and Women
- 2016-Present CHEM 1211K- Principles of Chemistry I (Lab only)
- 2016-Present BIOL 2108K- Principles of Biology II (Lab only)
- 2016 ES 2200- Safety Training
- 2015-2016 ES 4450- Introduction into Exercise Testing
- 2015 WELL 1000- Concepts of Wellness

Service:

- 2017-Present Faculty Senate

2017-Present	STEM Grant activities
2016-Present	GHC Health Trails team member
2016-Present	Donations to Charger Fund
2016-Present	Donations to GHC food pantry
2016-Present	Volunteered as CPR/AED Instructor at Rome Campus
2016-Present	Orientations, EBA, drop/add, graduation, and preview day
2016-Presnet	Judge for Business class presentations
2018	Development of Associate in Fitness Leadership
2018	Development of new pathways (exercise science, sport management, outdoor recreation)
2018	Development of Bachelor of Health Science
2018	Member of ALG Min Grant- Developed informal practice question to test student knowledge of course material and instructional videos for content and labs. This was to enhance the PHED 1010 course
2018	Chair of Environmental Health and Safety Committee
2018	Judge for GHC Public Speaking Competition
2017-2018	Allatoona Resource Center
2017	Environmental Health and Safety Committee
2017	Member of ALG Textbook Transformation Grant-Developed a no cost textbook for PHED 1010 and 1130
2017	Georgia State Capitol Tour

Professional Development:

2019	ACSM national conference
2016-Present	Advising training
2016-Present	Department Meetings
2016-2018	Faculty Academy
2018	Science department leadership team
2018	Conference on advising students for health professions (Augusta, Ga)
2018	Quality Matters Update training
2018	Naloxone training
2017	Nursing advising training
2017	National SHAPE Conference (Boston, MA)
2017	American Red Cross: CPR/AED Instructor Training
2016	American Heart Association: CPR/AED Instructor Training
2016	Quality Matters training

Honors/Awards:

2018	Cobb County Teacher of the Year for GHC
2018	Caught in the Act of Good Customer Service- GHC
2017	Caught in the Act of Caring- GHC
2016-2017	Division of the Year- GHC
2016	Caught in the Act of Caring- GHC

CERTIFICATIONS

- ACSM Certified Exercise Physiologist
July 2019- present
- CPR/AED and First Aid for the professional rescuer/basic life support/lay responder for the American Red Cross Instructor;
May 2015-Present
- CPR/AED for Basic Life Support for the American Heart Association Instructor;

September 2016- present

- Center of Education in Teaching and Learning-Online Course Development Certification; December 2015-present
- Quality Matter Online Teaching and Development Certification; October 2016-present
- Georgia Assessments for the Certification of Educators (GACE) content area of Middle Grade Mathematics

PROFESSIONAL ORGANIZATIONS

- Member of ACSM **January 2014-Present**
- Member of SEACSM **January 2014-Present**
- Member of SHAPE **January 2017-Present**

PUBLICATIONS

- **Howard, J.S.**, Mclester, C.N., Evans, T.W., Mclester, J.R. and Calloway, J.P., 2018. Central Hemodynamics Measured During 5 Repetition Maximum Free Weight Resistance Exercise. International Journal of Exercise Science, 11(2).
- Evans, T.W., Mclester, C.N., **Howard, J.H.**, Mclester, J.R. and Calloway, J.P., 2017. A comparison of muscle activation between back squats and belt squats. Journal of strength and conditioning research.

RESEARCH INVOLVEMENT

- **Thesis**- Central hemodynamics measured by bioimpedance cardiography during maximal dynamic resistance exercise. (Principal Investigator)
- A comparison of muscle activation between two forms of squats (Co-Investigator)
- A comparison of four methods of body composition analysis. (Data Collector)
- An investigation of sensitivity of bioimpedance cardiography to detect hemodynamic variable among healthy individuals. (Data Collector)
- An investigation of three different protocols to assess aerobic capacity. (poster at SEACSM 2016) (Co-Investigator)
- The Relationship between Power Output, Recovery, and CrossFit Performance. (Data collector)

Graduate Teaching Assistant

Kennesaw State University (Kennesaw, GA)

May 2015-May 2016

- Responsible for teaching undergraduate classes
- Devolved classes materials, lectures, and activities
- Independently delivered in class instruction and demonstration about exercise testing while, devolving basic knowledge and skills to preform exercise test in students.

Graduate Research Assistant

Kennesaw State University (Kennesaw, GA)

August 2014-May 2016

- Responsible for maintaining and fixing lab equipment

- Performed exercise tests including wingates, lactate threshold, V02 max, body composition, and sub-max
- Managed laboratory resources for classes and research
- Coordinated multiple investigations to maximize time, space and resources
- Responsible for product and equipment procurement and disposal (biohazard material)

Internship: Exercise Physiology Lab

Kennesaw State University (Kennesaw, GA)

January 2014-May 2014

- Calibrated equipment in the lab
- Assisted in running exercise tests
- Cleaned exercise physiology lab

PROFESSIONAL EXPERIENCE

Sound Engineer/Audio Designer

Dallas Theater (Dallas, GA)

June 2011-Present

- Responsible for sound design and setup for single person school puppet shows to multiband large concerts
- Fix electronics or find alternatives under time constraints
- Communicate with customers and entertainers

Coach/Referee

Upward Basketball

December 2007-March 2013

- Coached and refereed children ages 5-14
- Served as a head referee, head coach, and assistant coach
- Managed game play under pressure and found resolutions to parent, coach and player disputes
- Developed kids physical skills and taught them rules and techniques of basketball