



**DR. J. TIMOTHY
LIGHTFOOT, PHD**

**FACSM, ACSM-RCEP
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**CO- FOUNDER
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BOOKS

Lead editor on the reference
handbook on Exercise and Sports
Genetics from Routledge Publishing.

Author of:

Book 1

*Finding the Best Faculty Job for You:
Living and Prospering in Academia*

Book 2

*Surviving Your First 5 Years
As A Faculty Member*

EXPERIENCE & RESEARCH

Dr. J. Timothy Lightfoot is currently the Omar Smith Endowed Professor of Kinesiology and the Director of the Sydney and JL Huffines Institute for Sports Medicine and Human Performance at Texas A&M University. He was an Assistant and Associate Professor at Florida Atlantic University for 6 years (two years as Department Chair), and a Professor at the University of North Carolina Charlotte for 14 years, 9 years of which he was Chair of the department.

Dr. Lightfoot has published over 70 scientific, peer-reviewed articles on the genetics of daily physical activity and exercise endurance, as well as the physiological response to high-G exposure and hemorrhage and thus far has had \approx \$3 million in external funding from the National Institutes of Health and Department of Defense to conduct research on the genetics of physical activity. His lab also has a unique interest in the physiological responses of athletes in a variety of non-traditional venues such as auto racing and in musicians. He is an ACSM Certified Exercise Physiologist and Registered Clinical Exercise Physiologist.

EDUCATION

Dr. Lightfoot received his Bachelors and Master's degrees from University of Louisiana Monroe and his doctorate from the University of Tennessee. He completed a research consultantship with the United States National Aeronautics and Space Administration (NASA) at Kennedy Space Center in the Biomedical Laboratory and then a three-year National Institute of Health postdoctoral research fellowship in the Division of Physiology at Johns Hopkins University.





AWARDS AND ACCOMPLISHMENTS

Dr. Lightfoot's research has been featured in numerous general media outlets including the Los Angeles Times, the New York Times, Time.com, National Public Radio, the Rush Limbaugh Show, CNN, the NBC Today Show, MSNBC, Revista Epoca (a Brazilian weekly magazine), and on Australian National Radio.

HONORS

- Florida Atlantic University, College of Education, **Teacher of the Year**
- University of North Carolina Charlotte, College of Health and Human Services, **Graduate Teacher of the Year**
- Texas A&M University, College of Education and Human Development, **Teacher of the Year**
- Henry Montoye Research Scholar Award by the Southeast American College of Sports Medicine - 2010
- Kinesiology Alumnus of the Year at the University of Louisiana Monroe in Kinesiology - 2010
- Keynote lecturer Performing Arts Medical Association annual meeting - 2013
- President's Keynote Lecture at the national American College of Sports Medicine meeting - 2014
- Kinesiology Alumnus of the Year at the University of Tennessee - 2016
- The Pease Family Scholar Speaker at Iowa State University - 2017
- Keynote Speaker at the Southeast American College of Sports Medicine meeting - 2018
- **Awarded the University Graduate Student Mentor of the Year and Texas A&M - 2018**
- Awarded the national ACSM Citation Award – the second-highest award in Exercise Physiology - May 2018

PROFESSIONAL ORGANIZATIONS

- Fellow of the American College of Sports Medicine
- Past-President of the Southeast Regional Chapter of the American College of Sports Medicine
- Past member of the Board of Trustees for the American College of Sports Medicine

