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**Timothy Hanway**

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**Education:** Ph.D. Leadership, Health & Human Performance, Concordia University of Chicago (2026 *anticipated*)  
M.S. Sport and Exercise Science, University of Roehampton London (2010)  
B.S. (Hons) Exercise Physiology, State University of New York College at Brockport (2007)

**Certifications & Membership:** American College of Sports Medicine - Certified Exercise Physiologist (ACSM EP-C)  
National Strength & Conditioning Association – Certified Strength and Conditioning Specialist (CSCS)

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### Work Experience

***Assistant Professor of Exercise Science, Simmons University, College of Natural, Behavioral & Health Sciences [2023-Present]***

- Supported the University's mission of preparing students to become champions of social justice and leaders in their professions and their communities.
- Developed and delivered integrated lectures and curriculums within Exercise Science and the University's General Education program (PLAN).
- Designed multiple interdisciplinary projects that paired undergraduate Exercise Science students with graduate Nutrition students to explore Dr. Gabrielle Lyon's "muscle-centric medicine" concept and compare it to ACSM guidelines.
- Mentored undergraduate Exercise Science students with SURPASS and NEACSM grant projects, contributing to academic and professional growth.
- Develop university-wide strategic initiatives and aging and longevity presentations to enhance alumni engagement and donorship, including the 125<sup>th</sup> Jubilee Alumni event
- Served as the Exercise Science Internship Coordinator beginning Fall Semester 2023: Includes supporting students with internship site placements and fostering collaboration with leading industry services providers in health and human performance.
- Provided professional grant support to the Director of Athletics and the University's Head Sports Performance Coach. Specifically, I submitted a 2023 "Women's Sports Foundation Grant" proposal to support fellow faculty members in achieving more excellent remuneration and inclusivity opportunities.
- Developed Exercise Science curriculum integration initiatives for 3+3 Doctorate of Physical Therapy (DPT) Honors program students to support interdisciplinary collaboration.
- Served as a senior capstone advisor for Biology and Exercise Science majors, including IRB support.
- Provided ongoing support to the Exercise Science and Nutrition Science Liaisons, including weekly meetings, campus event planning, classroom pedagogical instruction opportunities, and interactive workshops.
- Supported the Exercise Science Department Chair with Curricular mapping to ensure the Committee on Accreditation of Allied Health Education Programs (CoAES) accreditation standards were achieved.
- Engage in professional development opportunities through Simmons University's Center for Faculty Excellence (CFE), including a Small Group Instructional Diagnosis (SGID) to provide constructive feedback on teaching practices and attend the *Summer Teaching Institute* with Harvard Medical School.
- Engaged in interdisciplinary educational advancement practices, including attending the *2023 Educational Summit* and participating in Gallup's *Clifton StrengthFinder* workshops.
- Advised and mentored undergraduate students majoring in Exercise Science on course selection, professional and career pathways, and academic success.
- Spearheaded connected learning curriculum initiatives, including "TrueCoach for the Classroom" for Exercise Science majors.
- Spearheaded virtual conferences for Exercise Science and Nutrition majors, including the Spring 2023 "Exploring the Intersection of Diet, Exercise & Culture with Dr. Nitschke and Dr. Pojednic" Fireside Chat.
- Facilitated department newsletter design efforts and the accumulation of stock images in coordination with university marketing officials to support the university's marketing efforts.

***Executive Coach and Performance Specialist, JH Wellness Services Inc. [2016-Present]***

- Created and presented high-impact corporate wellness workshops, including "Performance and Productivity," "Finding Your Professional Flow," and "Optimizing Men's Health" for Fortune 500 companies in the greater Boston area, including Deloitte, Earnest & Young, Onto, and Akami, based upon modern, empirical trends within the health and human performance sciences.
- Provided individual executive and personal coaching services to corporate affiliates centered on productivity, organization, time management, conflict management, and energy management.

- Formulate marketing strategies to cultivate the awareness and impact of optimum nutrition, fitness, and lifestyle management in managing work demands.
- Designed, customized, and Implemented productivity and organizational systems to support the brand and foster optimal employee collaboration.

**Adjunct Professor of STEM: Regis College, Biomedical Engineering School of Arts and Sciences**

**[2022]**

- Served as an adjunct professor midway through the Spring 2022 semester by designing and implementing curriculums for the College's undergraduate 'Biomechanics' course (BE310-01).

**Adjunct Professor of Exercise Physiology: Anna Maria College, School of Health Science**

**[2022]**

- Served as an adjunct professor for the Spring 2022 semester by designing and implementing curriculums for the College's undergraduate 'Exercise Physiology Lecture & Lab courses (BIO 240 & 240L) and 'Nutrition' courses (BIO 130).

**Adjunct Professor of Exercise Science: Lasell University, School of Health Science**

**[2016-2022]**

- Served as an adjunct professor by designing and implementing curriculums for the University's Athletic Training and Exercise Science Department's 'Organization and Healthcare Administration for Sport & Health Programs (EXSC 405), 'Lifestyle & Human Behavior' (EXSC 107), 'Kinesiology Lecture & Lab' (EXSC 222 & 222L), 'Strength & Conditioning Lab' (EXSC 305L), 'Exercise Testing & Prescription Lecture & Lab' (EXSC 304 & 304L), 'Performance Nutrition' (EXSC 209) and 'Special Populations' (EXSC 403) classes.
- Served on the Exercise Science & Athletic Training Department's Advisory Board to provide continued support to the University and perspective as a professional within the sport, exercise, health, and fitness industry.
- Collaborated with Department Heads to create an enhanced professional network through student placement and formulate relationships among professional affiliates within the greater Boston area.
- Periodically met with the Exercise Science Department Chair to plan curriculums and ensure Exercise Science courses meet CoAES 'Job Task Analyses' (JTA) standards.
- Designed and implement high-impact learning strategies, including spearheading the School of Health Sciences annual "Industry Night/ Come as You Plan to Be Party": An end-of-semester, culminating event where upperclassman celebrate their academic achievements with alumni and the Career Development Center via an interdepartmental networking event.
- Created and implemented periodic social media fundraising initiatives for the University, including 'Honor Your Professor Giving Week.'
- Represented the University via national media outlets, including PBS, filming content for a nationally televised audience as part of the PBS' "NOVA" series.
- Served as an academic advisor for Health & Exercise Science students during their senior Capstone research project: Includes Lasell University's '2019 Outstanding Researcher Award' recipient.
- Developed on-campus, hyflex, and online teaching curriculums in-line with the University's COVID-19 policies and task force.
- Served on University committees, including Chair of the School of Health Sciences Collaboration Recognition Program.
- Wrote research grants and spearheaded professional affiliations with professional sports teams and nutrition supplement companies, including Muscle Feast and the New England Free Jacks, to support research and internship placements for graduate and undergraduate students. Awarded the University's Packard Grant in 2022.

**Sports Performance Director & Internship Coordinator, Velocity Sports Performance Norwood**

**[2013-2022]**

- Directed and managed all areas of Velocity resources: staffing, scheduling, advocating the purchase of strength and conditioning equipment, and fostering professional relationships with all athletes, adult clients, and teams.
- Collaborated regularly with Velocity CEOs and National Directors to provide continuous support to franchise hierarchy: Specifically, help drive and cultivate business initiatives geared towards enhancing service and maximizing center profits.
- Participated in business mastermind groups, including "Results Fitness University" (Rachael and Alwyn Cosgrove) and "The Unicorn Society" (Mark Fisher Fitness), to create strategic business plans, document and identify profit and losses, and work with national and international business leaders to advance the industry through efficient marketing and business practices.
- Engaged with University researchers and Department Heads from New England's top Exercise Science programs, including Lasell University, UMass Lowell, and Merrimack College, to promote Velocity, provide internship and employment opportunities to students, and help guide University internship programs and educational curriculums.
- Designed, implemented, and oversaw all aspects of Velocity's youth training, testing, and programming methodologies. Includes evaluation of physical performances via comprehensive movement analysis and periodized programs based on long-term athlete development (LTAD) and motor-skill acquisition models.

- Spearhead annual training plans for professional athletes and nationally ranked collegiate teams: Includes NFL Tennessee Titan athlete David Fluellen, Stonehill College Women's Varsity lacrosse, tennis, and soccer teams, and New England Revolution professional soccer athletes.

**Head Strength & Conditioning Coach, USA Rugby National Team**

**[2012]**

- Designed, implemented, and conducted all forms of physical preparation and athletic monitoring for the USA Select XV national team during the 2012 IRB 'Americas Rugby Championship' competition.
- Collaborated with USA Rugby's Head of Strength & Conditioning, in addition to members of USA Rugby 7's High-Performance staff (at the US Olympic Training Center in Chula Vista, California) to share ideas about elite athletic preparation and explore current performance trends related to international 7's competition.

**Athletic Performance Rehab Coach/Assistant Strength & Conditioning Coach, Harlequins Rugby Ltd.**

**[2010-2012]**

- Assisted Head S&C Coach with all areas of player performance and physical development in preparation for English Premiership and European Cup competitions (Heineken Cup & Amlin Challenge Cup).
- Designed, implemented, and conducted all periodized programming strategies for injured players, including short-term, mid-term, and long-term injured athletes. *During the 2011-2012 season alone enabled 20 athletes to return from long to mid-term injury, including 9 out of the starting 15 players that won the Aviva Premiership title at Twickenham Stadium.*
- Coordinated daily with sports medicine staff and club physical therapists to plan and implement 'Return-to-Train' & 'Return-to-Play' protocols.
- Supervised Premiership and European Cup matches by overseeing pre- and post-match preparations, including team warm-up and cool-down. Communicated messages between the coaching staff and players via live radio feed during matches.

**The University of Roehampton Performance Specialist**

**[2008-2011]**

- Assisted University Sports Science Department with providing sports science and S&C support to university athletes, including English Premiership Soccer teams, Olympic fencers, and Great Britain Paralympic squads in the lead-up to the London 2012 Olympic and Paralympic Games.
- Accompanied University Performance Personnel to European Championship and Olympic trial competitions to lend performance support to Great Britain national-level athletes.

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**Awards and Recognitions**

**Simmons University Awards**

- 2024 Margene Wagstaff Award for Innovation in Dietetics Education
- 2024 Academic Liaison Leadership Award

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**Professional Service & Diversity, Equity, Inclusion & Accessibility Advancement**

**Simmons University Committees**

- 2023-2024 School of Sciences and Health Professions Mission, Vision and Value Statement Committee Chair
- 2023-2024 Academic Year Commencement speaker nomination committee member.

**New England American College of Sports Medicine Technology Chair**

**[2022-Present]**

- Served as Technology Chair of the New England American College of Sports Medicine (NEACSM) to advance the Chapter's mission of increasing racial and ethnic diversity in our membership and leadership, increasing student involvement and representation within programming and leadership in sports medicine and the exercise sciences.
- Provided technical support for the Fall 2023 NEACM Regional "Back to the Future" Conference.
- Provided technical support and co-hosted the Spring 2024 Regional "Navigating New Technologies" Conference.
- Provided grant support for the Chapter's 2022 ACSM Regional Grant diversity, equity, inclusion, and accessibility initiative (DEIA).
- Provided technical support for the Fall 2022 NEACM Regional "Game-Changers" Conference.
- Provided technical support and co-hosted the Spring 2022 Regional "Bite-Sized Sessions in Movement Science" Conference.

## Lasell University's DEIA Conferences

[2022]

- Spearheaded Lasell University's DEIA conference entitled "Change Makers: Shaping Lives & Cultivating Diversity & Inclusion Through Health, Human Performance & Creative Expression."
  - Spearheaded Lasell University's DEIA conference entitled "Shattering Stigmas & Cultivating Diversity, Equity & Inclusion in Mental Health: A Conversation with Lenna Salbashian."
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## Research Publications and Media

### Conference Presentations

[2022-Present]

- *Transforming Teaching by Igniting Futures: Come As You Plan to Be Parties As a Model for Student Engagement* – Center for Faculty Excellence Lunch and Learn Presentation, Simmons University (2024)
- *AI Empowerment the Sevenfold Path for Educators: How Research-Based Principles and AI Can Transform Teaching and Learning* – Colleges of the Fenway (COF) Spring 2024 Conference
- *Guiding Tomorrow's Techies: Nurturing Ethical and Responsible Usage of Generative AI in Teaching and Learning*- New England Faculty Development Consortium (NEFDC) Spring Conference (2024)
- *Innovative Grading Strategies and Best Practices* – New England Faculty Development Consortium (NEFDC) Fall Conference (2023)
- *From Overwhelmed to Empowered: How to Revolutionize Your Grading & Boost Your Productivity Through the Integration of Technology* (2023) - Colleges of the Fenway (COF) Spring 2024 Conference
- *From Average Joes to Elite Pros: Details of Team GB's Paralympic Sitting Volleyball Team's Preparations for the London 2012 Games* – NEACSM "Game Changers" Conference & AT Still University's "Summer Kinesiology" Conference (2022).

### Research Posters & Abstracts

[2022]

- Hanway, T., Moon, J., & Wallace, W. (2022). Pharmacokinetics of a 40mg Sublingual Dose of Delta-Tocotrienol Powder. *APS Nutrition Physiology Last Chance Poster Session*. Experimental Biology 2022, Philadelphia.

### STACK Media Contributor and 'Expert' (STACK.COM)

[2016-Present]

- Hanway, Tim. "4 Rules for Designing Effective Workouts for Female High School Athletes." STACK Media, 1 Aug. 2016. Web. 11 Dec. 2016. <<http://www.stack.com/a/4-rules-for-designing-effective-workouts-for-female-high-school-athletes>>.
  - Hanway, Tim. "4 Ways Female Athletes Can Improve Their Workout Results." STACK Media, 4 Aug. 2016. Web. 11 Dec. 2016. <<http://www.stack.com/a/4-ways-female-athletes-can-improve-their-workout-results>>.
  - Hanway, Tim. "Take the Triple Squat Challenge to Add Leg Strength and Size." STACK Media, 16 Aug. 2016. Web. 11 Dec. 2016. <<http://www.stack.com/a/take-the-triple-squat-challenge-to-add-leg-strength-and-size>>.
  - Hanway, Tim. "The Ideal Way to Shed Fat Without Losing Muscle." STACK Media, 16 Sept. 2016. Web. 11 Dec. 2016. <<http://www.stack.com/a/the-ideal-way-to-shed-fat-without-losing-muscle>>.
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## National Sport & Exercise Science Governing Body Services

- Provided Sport Science support to UK Sport, Great Britain (GB) Taekwondo, and the British Olympic Association with "Talent 2012: Fighting Chance" and "Pitch to Podium" talent-identification initiatives (2010)
- Assisted the English Rugby Football Union U-16 performance team with data collection for a peer-reviewed research study entitled "A Cohort Study of Athletic Competency Score and Development Potential as a U-16 England Rugby Player" (2010: unpublished)