

# Daniel M. Rosney, Sr.

## Work Address:

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Revised 8/20

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## EDUCATION

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*State University of New York at Buffalo*  
**Ph.D. in Exercise and Nutrition Sciences** **2017**

*State University of New York at Buffalo*  
**B.S./M.S. in Exercise Science/Nutrition** **2008**

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## TEACHING EXPERIENCE

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*Temple University* **2019**  
**Instructor** – “KINS 1062: Weightlifting I”  
Developed syllabus, lecture materials, examinations, quizzes, and overall course structure. Instructed lecture materials and administered practical examinations and quizzes designed to introduce undergraduate students to the knowledge and skills needed to train with weights for sport, recreation, health, and fitness. Muscular contraction, overload, specificity of training, progression, and various types of exercise and programs are taught. Students learn to develop and participate in personal weight training programs. Physical and psychological preparation and values of the activity are included.

*Temple University* **2018 – Present**  
**Supervisor** – “KINS 4385: Internship in Exercise and Sport Science”  
Supervised internship program designed to provide a practical education for developing students in Exercise and Sport Science. Personal and professional opportunities led to enhanced student knowledge and skills in health and/or performance related fitness, cardiac rehabilitation, data analytics, wellness and/or therapeutic exercise programming.

*Temple University* **2017 – Present**  
**Instructor** – “KINS 4314: Principles of Personal Fitness”  
Developed syllabus, lecture materials, examinations, quizzes, laboratory exercises and overall course structure. Instructed lecture materials and administered practical examinations and laboratories designed to help undergraduate students integrate and synthesize a large body of knowledge in regard to the role of strength in people's lives and how to best construct exercise-training programs whose outcomes aim to improve neuromuscular function.

*Temple University*

**2017 – Present**

**Instructor** – “KINS 4316: Principles of Strength and Conditioning”

Developed syllabus, lecture materials, examinations, quizzes, laboratory exercises and overall course structure. Instructed lecture materials and administered practical examinations and quizzes designed to outline how the fitness characteristics needed for success in sport, including endurance, strength, power, and speed can be achieved through a systematic periodized approach. The course provided undergraduate students with an interest in coaching, sport, strength and conditioning, and athletic training specific programming knowledge and practice to increase physical preparation for success in sport performance.

*Temple University*

**2017 – Present**

**Instructor** – “KINS 4315: Applied Performance Nutrition”

Developed syllabus, lecture materials, examinations, quizzes, and overall course structure. Instructed lecture materials and administered practical examinations and quizzes designed to help undergraduate students address the unique nutritional demands of highly active and athletic populations. The course provided undergraduate students who have an interest in working with a variety of athlete based populations the knowledge, skills, and abilities to perform a nutritional needs analysis for sport, develop a periodized nutrition plan, and differentiate the magnitude of factors leading to dietary success.

*State University of New York at Buffalo*

**Instructor** – “ATH 190: Introduction to Wellness”

**2012 – 2015**

Developed syllabus, lecture materials, examinations, and overall course structure. Instructed lecture materials and administered practical examinations and laboratories to undergraduate students as an introduction to the importance of personal wellness and fitness.

*State University of New York at Buffalo*

**Instructor** – “NTR 402: Nutrition Life Cycle”

**2010 – 2014**

Collaborated on curriculum and exam development, meet with students at regularly scheduled office hours and upon request, and grade all written work of undergraduate students exploring the role of diet and nutrition in growth, development, maturation, and aging throughout the state of life from preconception through late adulthood.

*State University of New York at Buffalo*

**Instructor** – “NTR 110: Nutrition in Practice”

**2009 – 2014**

Instructed lecture materials and administer examinations and grading to undergraduate students analyzing dietary records utilizing Nutrition Calc Plus computer software as well as exploring the differentiation of food components and the overall food system.

*Buffalo State College*

**Instructor** – “HPR 301: Kinesiology, Applied Anatomy and Biomechanics”

**2012**

Developed syllabus, lecture materials, examinations, and overall course structure. Instruct lecture materials and administered practical examinations and grading to undergraduate coaching and physical education students developing necessary competencies for the evaluation and assessment of needs, interests, and performance in comprehensive health-related fitness programming.

*State University of New York at Buffalo*

**Graduate Teaching Assistant** – “ES 410: Exercise Assessment, Prescription and Programming 2” **2011**

Developed lecture materials, instructed laboratory techniques, and administered practical examinations and grading to undergraduate Exercise Science students exploring theoretical and practical aspects of exercise testing, anthropometric measurements (via hydrostatic weighing, Bod Pod, BIA, and skin calipers), fitness evaluation, client interviews and education, exercise prescription, emergency procedures, program administration, and management.

*State University of New York at Buffalo*

**Graduate Teaching Assistant** – “ES 310: Exercise Assessment, Prescription and Programming 1” **2009 – 2011**

Developed lecture materials, instructed laboratory techniques, and administered practical examinations and grading to undergraduate Exercise Science students exploring theoretical and practical aspects of exercise testing, anthropometric measurements (via hydrostatic weighing, Bod Pod, BIA, and skin calipers), fitness evaluation, client interviews and education, exercise prescription, emergency procedures, program administration, and management.

*State University of New York at Buffalo*

**Graduate Teaching Assistant** – “ES 442: Exercise Science Applications” **2009**

Developed syllabus, course lecture materials and overall course structure, and administered practical examinations and grading to undergraduate Exercise Science students developing basic competencies necessary for the evaluation and assessment of needs, interests, and performance in comprehensive health-related fitness programming in compliance with the American College of Sports Medicine and the National Strength and Conditioning Association.

*State University of New York at Buffalo*

**Graduate Teaching Assistant** – “NTR 108: Human Nutrition” **2009**

Collaborated on curriculum and exam development, met with students at regularly scheduled office hours and upon request, and graded all written work of over 1,000 undergraduates learning the metabolic and physiologic principles underlying digestion and absorption of nutrients, chemical structure and metabolic fate of nutrients, the biochemical role of nutrients in maintaining health, and the effects of over and under nutrition on disease pathogenesis.

*State University of New York at Buffalo*

**Guest Lecturer** – “NTR 109: Nutrition in Practice” **2008**

Instructed undergraduate students on the topics of Hydration and Minerals as they relate to dehydration, hypertension, osteoporosis, and supplementation. Collaborated on curriculum and exam development.

*State University of New York at Buffalo*

**Guest Lecturer** – “NTR 108: Human Nutrition” **2008**

Instructed undergraduate students on the topic of Nutrition in the Elderly as it relates to physiological changes associated with aging, medications, energy requirements, and quality of life. Collaborated on curriculum and exam development.

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PUBLISHED MANUSCRIPTS

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**Rosney, DM.** Exergaming Intervention in Sedentary Middle-Aged Adults Reduces Cortisol Production and Psychological Stress. *EC Psychology and Psychiatry* 9.3 2020: 01-08.

**Rosney, DM,** Horvath, PJ. Exergaming Intervention in Sedentary Middle-Aged Adults Improves Cardiovascular Endurance, Balance and Lower Extremity Functional Fitness. *Health Science Journal* 2018, 12:6. doi: 10.21767/1791-809X.1000601

**Rosney, DM,** Noe, MF, Horvath, PJ. Powerful Tools for Caregivers, a Group Psychoeducational Skill-Building Intervention for Family Caregivers. *Journal of Caring Sciences* 2017, 6(3), 187-198. doi:10.15171/jcs.2017.019

**Rosney, DM,** Horvath, PJ. The Case for Exercise as a Therapeutic Modality for Caregivers of Dementia Patients. *Journal of Aerobics and Fitness* 2017, 2:1.

Williams, BT, Horvath, PJ, Burton, HW, Leddy, J, Wilding, GE, **Rosney, DM,** Shan, G. The Effect of Pre-Exercise Carbohydrate Consumption on Cognitive Function. *Journal of Athletic Enhancement* 2015, 4:1. doi:10.4172/2324-9080.1000192.

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MANUSCRIPTS SUBMITTED FOR PUBLICATION

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Babiec, T, **Rosney, DM.** An Analysis of Sleep and Ergometer Performance in Collegiate Male Rowers. *CommonHealth*.

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ABSTRACTS

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Presented at American College of Sports Medicine Annual Conference **2019**  
"Exergaming Intervention in Sedentary Middle-Aged Adults Improves Cardiovascular Endurance, Balance and Lower Extremity Functional Fitness".  
*Medicine and Science in Sports and Exercise*, Volume 51:5 Supplement.

Presented at American College of Nutrition Annual Conference **2017**  
"Examining the Effects of Powerful Tools for Caregivers, a Group Psychoeducational Skill-Building Intervention".

Presented at American College of Sports Medicine Annual Conference **2017**  
"Exergaming Intervention in Sedentary Middle-Aged Adults Improves Exercise Self-Efficacy". *Medicine and Science in Sports and Exercise*,  
Volume 49:5 Supplement.

Presented at American College of Sports Medicine Annual Conference **2017**  
"Exergaming Intervention in Sedentary Individuals Improves Attitudes Towards Exercise and General Health". *Medicine and Science in Sports and Exercise*,  
Volume 49:5 Supplement.

Presented at American College of Sports Medicine Annual Conference **2017**  
"Exergaming by Sedentary Middle-Aged Adults Did Not Alter Self-Reported Dietary Intake and Physical Activity". *Medicine and Science in Sports and Exercise*,  
Volume 49:5 Supplement.

- Presented at Network In Aging 36<sup>th</sup> Annual Conference **2016**  
*"Exergaming Intervention for Sedentary Older Adults Improves Lower Extremity Functional Fitness and Quality of Life"*.
- Presented at Celebration of Student Academic Excellence **2016**  
State University of New York at Buffalo *"Exergaming Intervention for Sedentary Community Members"*.
- Presented at Network In Aging 35<sup>th</sup> Annual Conference **2015**  
*"Examining the Effects of Powerful Tools for Caregivers, a Group Psychoeducational Skill-Building Intervention for Caregivers"*.
- Presented at Experimental Biology Annual National Conference **2010**  
*"Cognitive Function after Endurance Exercise: a Comparison between Gatorade® and a Placebo"*.

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#### MEDIA

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- Staying Fit While Staying at Home* **2020**  
<https://cph.temple.edu/about/news-events/news/staying-fit-while-staying-home>
- Exercise Video Games May Reduce Caregivers' Stress* **2019**  
<https://cph.temple.edu/about/news-events/news/exergaming-can-help-caregivers-stay-strong>

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#### GRANTS AND SCHOLARSHIPS

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- NIH PA-20-246** Ruth L. Kirschstein National Research Service Award. (IN REVIEW) **2020**  
Utilization of digital ELISA technology to detect novel blood biomarkers for sport-related, subconcussive brain injury in collegiate soccer players. (Co-PI)
- Grant Awardee**, Mark Diamond Research Fund **2016 – 2017**
- Annette Rachman Nutrition Scholarship** **2006 and 2008**

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#### AWARDS AND HONORS

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- Best Poster**, Network in Aging 36<sup>th</sup> Annual Conference **2016**  
*"Exergaming Intervention for Sedentary Older Adults Improves Lower Extremity Functional Fitness and Quality of Life"*.
- Best Poster**, Network In Aging 35<sup>th</sup> Annual Conference **2015**  
*"Examining the Effects of Powerful Tools for Caregivers, a Group Psychoeducational Skill-Building Intervention for Caregivers"*.

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#### SERVICE

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- Temple University*  
**Faculty Advisor, Exercise and Sport Science Association** **2020**

<i>Temple University</i> <b>Committee Member, Departmental Alumni and Awards</b>	<b>2020</b>
<i>Temple University</i> <b>Committee Member, Teaching Excellence Committee</b>	<b>2019 – Present</b>
<i>National Strength and Conditioning Association</i> <b>CSCS sponsor, Education Recognition Program, Temple University</b>	<b>2018 – Present</b>
<i>American College of Nutrition</i> <b>Student Mentor</b>	<b>2018 – Present</b>
<i>Temple University</i> <b>Adjunct Graduate Faculty Member</b>	<b>2017 – Present</b>
<i>State University of New York at Buffalo</i> <b>Student Representative, Academic Integrity Adjudication Committee</b>	<b>2005 – 2007</b>

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#### EDITORIAL BOARDS

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<i>CommonHealth</i>	<b>2020</b>
<i>Open Health</i>	<b>2020</b>
<i>Journal of Nutritional Dietetics &amp; Probiotics (JNDPS)</i>	<b>2018 – Present</b>

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#### JOURNAL REVIEWER

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<i>Journal of Public Health Issues and Practices (JPHIP)</i>	<b>2018 – Present</b>
<i>Geriatric Nursing (GN)</i>	<b>2018 – Present</b>

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#### PROFESSIONAL DEVELOPMENT

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<i>MIT Sloan</i> <b>Sports Analytics Conference, Boston, Massachusetts</b>	<b>2020</b>
<i>American College of Sports Medicine</i> <b>Annual National Conference, Orlando, Florida</b>	<b>2019</b>
<i>Temple University</i> <b>Teaching in Higher Education Certificate</b>	<b>2018</b>
<i>American College of Nutrition</i> <b>Annual National Conference, Alexandria, Virginia</b>	<b>2017</b>
<i>American College of Sports Medicine</i> <b>Annual National Conference, Denver, Colorado</b>	<b>2017</b>

<i>Network in Aging</i> <b>Annual Conference, Buffalo, New York</b>	<b>2016</b>
<i>Network in Aging</i> <b>Annual Conference, Buffalo, New York</b>	<b>2015</b>
<i>Experimental Biology</i> <b>Annual National Conference, Anaheim, California</b>	<b>2010</b>
<i>American College of Nutrition</i> <b>Annual National Conference, Orlando, Florida</b>	<b>2009</b>

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#### PROFESSIONAL AFFILIATIONS

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<b>American College of Sports Medicine</b>	<b>2018 – Present</b>
<b>National Strength and Conditioning Association</b>	<b>2007 – Present</b>
<b>Golden Key International Honor Society</b>	<b>2006 – Present</b>

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#### GRADUATE STUDENT ADVISOR

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<i>Temple University</i>	
Rath, Meghan. PhDc. Utilization of Digital ELISA Technology to Detect Novel Blood Biomarkers for Sport-Related, Subconcussive Brain Injury in Collegiate Soccer Players.	<b>2019 – Present</b>
Babiec, Thaddeus. MSc An Analysis of Sleep and Ergometer Performance in Collegiate Male Rowers.	<b>2018 – 2020</b>

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#### CERTIFICATIONS

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<i>Temple University</i> <b>Collaborative IRB Training Initiative (CITI) Human Research Protection</b>	<b>2017 – Present</b>
<i>National Strength and Conditioning Association</i> <b>Certified Strength and Conditioning Specialist</b>	<b>2007 – Present</b>
<i>American Heart Association</i> <b>Basic Life Support CPR and AED</b>	<b>2006 – Present</b>
<i>State University of New York at Buffalo</i> <b>Good Research Practice Training (GRP) for Clinical Researchers</b>	<b>2015 – 2017</b>
<i>State University of New York at Buffalo</i> <b>Collaborative IRB Training Initiative (CITI) Biomedical Human Research Protection HIPAA Compliance Universal Precautions</b>	<b>2006 – 2017</b>