

Daniel M. Rosney, Sr.

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Revised 09/18

EDUCATION

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**

TEACHING EXPERIENCE

Temple University **2017 – Present**
Instructor – “KINS 4314: Neuromuscular Principles of Strength and Conditioning I”
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: Neuromuscular Principles of Strength and Conditioning II”
Developed syllabus, lecture materials, examinations, quizzes, 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.

Temple University

2018

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.

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.

AWARDS AND SCHOLARSHIPS

Grant Awardee , Mark Diamond Research Fund	2016 – 2017
Best Poster , Presented at Network in Aging 36th Annual Conference <i>"Exergaming Intervention for Sedentary Older Adults Improves Lower Extremity Functional Fitness and Quality of Life"</i> .	2016
Best Poster , Presented at Network In Aging 35th Annual Conference <i>"Examining the Effects of Powerful Tools for Caregivers, a Group Psychoeducational Skill-Building Intervention for Caregivers"</i> .	2015
Annette Rachman Nutrition Scholarship	2006 and 2008
Golden Key International Honor Society	2006 – Present

PUBLISHED MANUSCRIPTS

- 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.
- 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
- 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

MANUSCRIPTS IN REVIEW

- Rosney, DM, Horvath, PJ. **Exergaming Intervention in Sedentary Middle-Aged Adults Improves Cardiovascular Endurance, Balance and Lower Extremity Functional Fitness.** *Journal of Exercise Science and Fitness* 2018.

MANUSCRIPTS IN PREPARATION

- Rosney, DM, Horvath, PJ. **Exergaming Intervention in Sedentary Middle-Aged Adults Reduces Cortisol Production and Psychological Stress.**

ABSTRACTS AND PRESENTATIONS

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

- Poster Presentation**, Presented at American College of Sports Medicine Annual Conference "Exergaming Intervention in Sedentary Middle-Aged Adults Improves Lower Extremity Functional Fitness and Exercise Self-Efficacy". *Medicine and Science in Sports and Exercise*, Volume 49:5 Supplement. **2017**
- Poster Presentation**, Presented at Network In Aging 36th Annual Conference "Exergaming Intervention for Sedentary Older Adults Improves Lower Extremity Functional Fitness and Quality of Life". **2016**
- Poster Presentation**, Presented at Celebration of Student Academic Excellence, State University of New York at Buffalo "Exergaming Intervention for Sedentary Community Members". **2016**
- Poster Presentation**, Presented at Network In Aging 35th Annual Conference "Examining the Effects of Powerful Tools for Caregivers, a Group Psychoeducational Skill-Building Intervention for Caregivers". **2015**
- Poster Presentation**, Presented at Experimental Biology Annual National Conference "Cognitive Function after Endurance Exercise: a Comparison between Gatorade® and a Placebo". **2010**

POSITIONS OF RESPONSIBILIY

Temple University
Assistant Professor, Kinesiology **2017 – Present**

State University of New York at Buffalo
Graduate Researcher and Research Assistant **2007 – 2017**

- "*Exergaming Intervention for Sedentary Community Members*".
Responsibilities: study design, IRB approval, subject recruitment, data collection, data entry, statistical analysis and writing; coordinator of lab orders and inventory; and leader/mentor of approximately a dozen graduate and undergraduate student assistants.
- "*Examining the Effects of Powerful Tools for Caregivers, a Group Psychoeducational Skill-Building Intervention*".
Responsibilities: study design, IRB approval, subject recruitment, data collection, data entry, statistical analysis and writing; coordinator of lab orders and inventory; and leader/mentor of approximately a dozen graduate and undergraduate student assistants.
- "*Performance Drink, a Glucose Polymer Drink for Prolonging Exercise Performance*".
Responsibilities: study design, subject recruitment, data collection, data entry, statistical analysis, and writing.
- "*Timing effect of carbohydrate and amino acid consumption on the acute hormone response to a single bout of resistance exercise in healthy untrained males*".
Responsibilities: study design and subject recruitment.
- "*Potential mechanisms for change in cognitive function with short term maximal exercise*".
Responsibilities: data collection and data entry.

EDITORIAL BOARDS

Journal of Nutritional Dietetics & Probiotics (JNDPS) **2018**

Cient Periodique Nutrition (CPQ) **2018**

JOURNAL REVIEWER

Journal of Public Health Issues and Practices (JPHIP) **2018**

Geriatric Nursing (GN) **2018**

RESEARCH SKILLS

State University of New York at Buffalo

Graduate Research Assistant

2007 – 2017

- ACSM Low-Risk CVD Assessment Screening
- Resting and exercise heart rate and blood pressure
- Treadmill VO₂max, VO₂submax, GXT's using VacuMed MINI CPX System for VO₂ Analysis
- Bicycle VO₂peak using Computrainer Pro and VacuMed MINI CPX System
- Neuropsychological assessment and data interpretation utilizing ANAM Automated Neuropsychological Assessment Metrics 2001
- Venous blood sample collection and processing for Hemoglobin and Hematocrit
- Resting and exercise blood glucose and lactate measurements
- Anthropometric measurements via hydrostatic weighing, Bod Pod, BIA, and skin calipers
- Dietary analysis of 3-day food records and FFQ with Nutritionist Pro Nutrition Analysis software
- Core body temperature collection and analysis using VitalSense Integrated Physiological Monitoring System
- Salivary hormone collection using Salimetrics collection devices
- Cholesterol, lipid, and lipoprotein analysis with Cholestech LDX
- Graphical Design using *Sigma Plot* version 4.0
- Statistical Modeling using *SPSS* version 18
- Formulation of standard written laboratory protocols
- Supervise staff of undergraduate intern students to ensure protocol consistency, provide guidance and instruction, and facilitate discussion on current research literature and methodologies

RESEARCH INTERESTS

Exercise and nutrition intervention for caregivers of a dementia population to improve caregiver quality of life and patient outcomes.

SERVICE

National Strength and Conditioning Association
CSCS sponsor, Education Recognition Program, Temple University 2018

Temple University 2017 – Present
Adjunct Graduate Faculty Member

State University of New York at Buffalo 2005 – 2007
Student Representative, Academic Integrity Adjudication Committee

CERTIFICATIONS

National Strength and Conditioning Association 2007 – Present
Certified Strength and Conditioning Specialist

American Heart Association 2006 – Present
Basic Life Support first aid, CPR, and AED

State University of New York at Buffalo 2015 – 2017
Good Research Practice Training (GRP) for Clinical Researchers - Part I and II

State University of New York at Buffalo 2006 – 2017
**Collaborative IRB Training Initiative Biomedical Human Research Protection
HIPAA Compliance
Universal Precautions**

PROFESSIONAL DEVELOPMENT

Temple University
Teaching in Higher Education Certificate 2018

American College of Nutrition
Annual National Conference, Alexandria, Virginia 2017

American College of Sports Medicine
Annual Conference, Denver, Colorado 2017

Network in Aging
Annual Conference, Buffalo, New York 2016

Network in Aging
Annual Conference, Buffalo, New York 2015

Experimental Biology
Annual National Conference, Anaheim, California 2010

American College of Nutrition
Annual National Conference, Orlando, Florida 2009

PROFESSIONAL AFFILIATIONS

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

RELATED WORK EXPERIENCE

Terrie's Workout Center

Personal Trainer **2015 – 2017**

Exercise testing, body composition utilizing bioelectrical impedance, fitness evaluation, interviews and education, diet analysis, exercise demonstration and prescription, program administration and management of clients consisting of local community members.

State University of New York at Buffalo

Personal Trainer **2006 – 2017**

Exercise testing, body composition utilizing the Bod Pod device, fitness evaluation, interviews and education, diet analysis, exercise demonstration and prescription, program administration and management of clients including students, student athletes, faculty and staff, and local community members.

Bally Total Fitness

Personal Trainer **2010 – 2012**

Exercise testing, body composition utilizing bioelectrical impedance, fitness evaluation, interviews and education, diet analysis, exercise demonstration and prescription, program administration and management of clients consisting of local community members.

United States Army

Master Fitness Trainer **1997 – 2004**

Upon completion of this course, Army commanders utilize the MFT to analyze their unit's mission-related tasks and develop sound fitness training programs in support of that mission. Assessed and designed individual and platoon physical fitness programs for a Military Police unit in Fort Lewis, Washington and Grafenwoehr, Germany.