

Robert Townsend MS, WRP, CEAS II, CSCS

EDUCATION

Benedictine University – Lisle, Illinois
Master of Science in Exercise Physiology (June 1997)

Millikin University – Decatur, Illinois (May 1994)
Bachelor of Science in Biology

CERTIFICATION

Workers' Recovery Professional (2023) through WorkCompCollege.com
CEAS II (2005) through Back School of Atlanta
CSCS (1996) through the National Strength and Conditioning Association
Level I Coach (1996) through USA Weightlifting

CAREER EXPERIENCE

Faculty Member

WorkCompCollege.com

09/2022 - present

- Teach courses for workers' compensation professionals, participated in course forms, provide articles relevant to the field

Adjunct Professor

Rockhurst University

08/2021 – 05/2022

- Instruct Principles of Conditioning Hybrid (In-Person / Virtual) course

Injury Prevention Executive

02/2023 – present

Senior Clinical Consultant

08/2017 – 02/2023

Bardavon Health Innovations LLC

- Perform job analysis, ergonomic assessments, and data analysis on clinical outcome and claims data and present to employers, insurers, and rehabilitation providers
 - Inform and educate clients on strategies for managing work injury costs
 - Collaborate with providers on best practices for treating the injured worker
 - Conceptualize and create CEU courses specific to workers' compensation
 - Construct and implement a Principles of Work Conditioning Certification
 - Instruct and create content for XRTS FCE Certification
 - Review and validate tech products with reporting to senior leadership prior to acquisition
 - Perform internal data analytics on product and pilot effectiveness with claims data, treatment outcome data and FCE metrics
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Owner

Innovative Scientific Initiatives LLC

02/2013- 08/2017

- Provide case review and litigation support using research-based information and sound scientific / statistical principles
- Perform Functional Capacity Evaluations
- Design and implement work conditioning training for independent rehabilitation providers

Instructor School of Health Studies

University of Memphis

08/2012 – 08/2017

- Teaching courses in Neuromuscular and Cardiopulmonary Exercise Physiology, Exercise Prescription for Special Populations / Pathophysiology, Exercise Testing and Interpretation, Advanced Methods of Strength and Conditioning and Senior Research Project.
- Coordinator of Internships for the School of Health Studies
- Director of Human Performance Assessment Instructional Laboratory
- Oversee Instructors / Graduate Assistants for activity courses in strength training and aerobic conditioning.
- Faculty Advisor / Coach for Iron Tiger Weightlifting Club student organization
- Faculty Advisor for Pre-PT/OT Student Organization

Director of Research and Education

WCS Occupational Rehabilitation / Sports Medicine

09/2000-07/2012

- Organize and conduct continuing education courses for nurse case managers
 - Design and implement training or newly hired staff in treatment methods for work conditioning / work hardening and functional capacity evaluations
 - Develop services of providing research-based critiques of functional capacity evaluations
 - Provide post-job offer testing and physical preparation program to laborers
 - Provide job analysis and ergonomic education to employers
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Adjunct Professor
Benedictine University

06/2010-08/2012

- Teach Exercise Physiology condensed summer course

Strength and Conditioning Coordinator / Professor / Assistant Track and Field Coach
Millikin University

07/1999- 09/2000

- Taught courses Measurement and Evaluation, Strength and Conditioning Principles and Nutrition
- Create Policy and Procedure Manual for student workers of fitness center
- Allocated university funds for equipment purchase of new fitness center and planned facility layout

Exercise Physiologist
Midwest Industrial Rehab

05/1997 – 07/1999

- Perform data collection for sincerity of effort testing research
- Perform Functional Capacity Evaluations and Work Conditioning
- Perform Job-Site Analysis

Staff Scientist
Peoria Disposal Laboratories

11/1994- 9/1995

- Perform chemical and physical testing of hazardous waste samples

HONORS AND AWARDS

2015: Excellence in Teaching Award, College of Education, Health and Human Sciences, University of Memphis

2015: Chair's Award for Outstanding Service Contribution. Department of Health and Sport Science, University of Memphis

VOLUNTEER EXPERIENCE
State / Providence Director

Tennessee NSCA Chapter

05/2017 – 5/2018

- Establish a state advisory board of professionals throughout the state
 - Hold one state clinic / continuing education course per year
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Reviewer 10/2016 - present

Work: A Journal of Prevention, Assessment and Rehabilitation

- Evaluate and comment on submitted manuscripts

Executive Director

Iron Tigers Weightlifting Club, Inc.

04/2015- 09/2017

- Implement training programs for youth, intermediate and advanced weightlifting athletes
- Implement fund raising strategies and allocate funds of the non-profit organization
- Schedule and conduct meetings with club coach, assistant coaches, communication director and board of non-profit organization
- Organize and implement travel scheduling for athletes who qualify for national level competition

PUBLICATIONS

Shim A, Shannon D, Waller M, **Townsend R**, Obembe A, Ross M. (2022) Tactical vests worn by law enforcement: is this improving stability for optimal job performance? Int J Occup Saf Ergon. 2022 Feb 10:1-4. doi: 10.1080/10803548.2021.2024993. Epub ahead of print. PMID: 34983314.

Waller M, Dunnick D, Shim A, Piper T, **Townsend R** (2021) Post-Injury Training for Essential Job Demands for Firefighters. TSAC Report (63): 30-35

Swift M, **Townsend R**, Edwards D, Loudon J (2020) Testing to Identify Sub-Maximal Effort: Lifting to a Perceived 50% Effort vs. an Assigned Sub-Maximal Load. Journal of Strength and Conditioning Research. 10.1519/JSC.0000000000003586. Advance online publication. <https://doi.org/10.1519/JSC.0000000000003586>

Townsend R (2020) Looking Beyond the Test Result: Making functional capacity evaluations work for you. CLM Magazine January eNews. clmmag.theclm.org

Swift M, **Townsend R**, Edwards D, Loudon J (2018) Decision-Making Data, Expectations for Reproducibility of Lifting on Separate Days. Professional Case Management. Volume 23, No. 4, Pages 204-212.

Townsend R., Bell S., Harry J. (2016) Accuracy of Distraction Based Lifting Criteria for the Identification of In-Sincere Effort Utilizing the Under-Loading Method. Work: A Journal of Prevention, Assessment and Rehabilitation. 55. Pages 873-882.

Robert Townsend Page 5

Harry J. R., Paquette M. R., Caia, J., **Townsend R.**, Weiss L.W., Schilling B. K., (2015) The Effects of Footwear Condition on Maximal Jumping Performance. The Journal of Strength and Conditioning Research. Volume 29, Number 6. Pages 1657-1665.

Waller, Gersick, **Townsend**, Ford. (2014) Strength and Conditioning Preparation for the Transitional Track and Field Thrower. Strength and Conditioning Journal. Volume 36, Number 6. Pages 71-78.

Schapmire, St. James, **Townsend**, Feeler. (2011) Accuracy of Visual Estimation of Effort During a Lifting Task. Work: A Journal of Prevention, Assessment and Rehabilitation. 40. Pages 445-457.

Townsend, Schapmire, St. James, Feeler. Isometric Strength Assessment II: Static Testing Does Not Accurately Classify Validity of Effort. (2010) Work: A Journal of Prevention, Assessment and Rehabilitation. 37. Pages 387-394.

Waller, **Townsend**. The Front Squat and Its Variations. (2007) Strength and Conditioning Journal. Volume 29, Number 6. Pages 14-19.

Waller, **Townsend**, Gattone. Application of the Power Snatch for Athletic Conditioning. (2007) Strength and Conditioning. Volume 29, Number 3. Pages 10-20.

Waller, Piper, **Townsend**. Strongman Events and Strength and Conditioning Programs. (2003) Strength and Conditioning Journal. Volume 25, Number 5. Pages 44-52.

Schapmire, St. James, **Townsend**, et.al. Simultaneous Bilateral Testing: Validation of a New Protocol to Detect Insincere Effort during Grip and Pinch Strength Testing. (2002) Journal of Hand Therapy. 15. Pages 242-250.

Townsend. Waller. Progression for Teaching Weightlifting Pull Movements for a Rehabilitative Setting. (2002) Strength and Conditioning Journal. Volume 24, Number 3. Pages 21-26.

Townsend. Finish the Pull to Finish the Throw. (1999) Strength and Conditioning Journal Volume 21, Number 3. Pages 66-68.

Townsend, Schapmire. The Effects of Myocardial VO₂ during Sub-maximal One Repetition Lifting. Journal of Strength and Conditioning Research. Submitted July 1998
