

CURRICULUM VITAE

William Joel (Jody) Wilkinson, M.D., M.S.

Azusa Pacific University
Department of Kinesiology
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Education

Doctor of Medicine: University of Texas Health Science Center at San Antonio, San Antonio, Texas, May 1994

Master of Science: University of North Texas, Denton, Texas, August 1988

Concentration: Exercise Physiology

Support Area: Nutrition and Human Performance

Bachelor of General Studies: West Texas State University, Canyon, Texas, December 1984

Concentration: Marketing, Journalism, and English

Employment & Appointments

Azusa Pacific University
Professor
Department of Exercise and Sport Science, Applied Exercise Science Program
Azusa, CA
January 2015 – present

Texas Tech University Health Sciences Center
Assistant Professor
School of Allied Health Sciences, Department of Rehabilitation Sciences, Physical Therapy Program
Amarillo, TX
October 2006 – December 2014

The Cooper Institute
Director, Cooper Institute Weight Management Research Center
Project Physician, clinical research studies, Centers for Integrated Health Research
Dallas, TX
November 1999 – April 2005

Physician/Preventive Medicine and Health Promotion Consultant
Dallas, TX
March 1998 – November 1999

The Cooper Institute
Medical Director, Division of Epidemiology and Clinical Applications
Dallas, TX
July 1995 - March 1999

Baylor University Medical Center
Resident, Department of Internal Medicine
Dallas, TX
July 1994 - June 1995

The Cooper Aerobics Center
The Cooper Clinic: Exercise Test Technologist
Cooper Clinic Cardiac Rehabilitation Program: Exercise leader
The Cooper Institute: Research Associate
Dallas, TX
July 1987 - July 1990

The Cooper Aerobics Center
Internship with the Cooper Wellness Program
Dallas, TX
May 1987 - July 1987

University of North Texas
Graduate Assistant, instructor of fitness courses
Denton, TX
August 1986 - May 1987

Plano Parks and Recreation
Men's Fitness Instructor
Plano, TX
Summer 1986

Downtown Dallas YMCA
Fitness Instructor and Sales Staff
Dallas, TX
March 1986 - August 1986

Licensure Information

Medical License, Texas State Board of Medical Examiners #J8841 (not currently active)

Certifications, Fellowships and Professional Development

National Board for Health & Wellness Coaching
National Board Certified Health & Wellness Coach (NBC-HWC)
March 2020 - Present

College of Executive Coaching
Certified Positive Psychology and Well-Being Coach
October 15, 2019 - Present

Azusa Pacific University Faculty Learning Community
Student Engagement Techniques
Year-long faculty learning community on student engagement techniques
September 9, 2015 - May 31, 2016

Azusa Pacific University GRAD 501: Faith Integration & Curriculum Development Graduate Course
A 15-week graduate course and focusing on faith integration and an overview of Christian history and theology, including biblical, historical and constructive theological processes and methodologies
September 9, 2015 - December 31, 2016

Azusa Pacific University Course Redesign Institute - Intensive experience is focused on redesigning courses to produce better learning outcomes for students through the use of technology, May 26, 2015 - May 28, 2015

Health Promotion and Wellness: Expanding Your Practice Paradigm. American Physical Therapy Association. University of North Carolina at Chapel Hill, July 25-26, 2009

Obesity and Physical Therapy: Clinical Shadowing Experience. Susan S. Deusinger, PT, PhD, FAPTA. The Program in Physical Therapy, Washington University School of Medicine, January 2008

Active Living Every Day, Healthy Eating Every Day Director and Facilitator Certification, Human Kinetics, Active Living Partners, 2008

Wellcoaches Corporation, certified health and wellness coach, 2006

The Institute for Life Coach Training, Certified Life Coach, 2005

Advanced Cardiac Life Support, American Heart Association, 1989, 1994

Exercise Test Technologist, American College of Sports Medicine, 1987

Health/Fitness Instructor, American College of Sports Medicine, 1987

Physical Fitness Specialist, The Cooper Institute, 1987

Post-Professional Education

Continuing Medical Education (minimum 24 hours per year since 1995)

Memberships

National Board for Health & Wellness Coaching

Former memberships include:

National Wellness Institute

American College of Sports Medicine (ACSM)

American Physical Therapy Association

Obesity Society

Society of Behavioral Medicine

Christian Medical Dental Association

Honors and Awards

TTUHSC Chapter of Alpha Eta Society, National Allied Health Honor Society, elected 2012

TTUHSC Outstanding Faculty of the Year, 2010

TTUHSC Unsung Hero Award, 2009

Alpha Omega Alpha National Medical Honor Society, elected 1993

SCHOLARSHIP

Peer Reviewed Journal Publications

Chambliss HO, Huber RC, Finley CE, McDoniel S, Kitzman-Ulrich H, **Wilkinson WJ**. The Effectiveness of Computerized Self-Monitoring and E-Mail Feedback for Weight Loss with and without an Enhanced Behavioral Component. *Patient Educ Couns*, 85: 375-382, 2011.

- Church TS, Willis MS, Priest EL, Lamonte MJ, Earnest CP, **Wilkinson WJ**, Wilson DA, Giroir BP. Obesity, macrophage migration inhibitory factor, and weight loss. *Int J Obes*. 29:675-681, 2005.
- Church TS, Kampert JB, **Wilkinson WJ**, Dunn AL, Blair SN. Evaluating the reproducibility and validity of the Aerobic Adaptation Test. *Med Sci Sports Exerc* 33:1770-1773, 2001.
- Gordon NF, Bogdanffy GM, **Wilkinson WJ**: Effect of a Practical Neck Cooling Device on Core Temperature During Exercise. *Med Sci Sports Exerc* 22: 245,1990.

Books, Book Chapters, Monographs

- Wilkinson, J.** Active Living for a Healthy Weight. *Panhandle Health*. 22(1): 9-10, 2011.
- Wilkinson J.** How Much Physical Activity is Enough for My Patients? *Panhandle Health*. 18(4): 30-34, 2008.
- Morris GS, Brueilly KE, Paddison NV, **Wilkinson WJ.** (2007). Oncologic Emergencies. *Acute Care Perspectives*, 16(4):1,3-7.
- Wilkinson WJ**, Hyman A, Rosenberg JA. The Obesity Epidemic: A Call to Action. *Dallas Medical Journal*. 90(12): 469-472, 2004.
- Wilkinson WJ** and Blair SN. Physical Activity, Obesity and Health Outcomes. In *Handbook of Obesity: Etiology and Pathophysiology*. Ed. Bray GA and Bouchard C. Marcel Dekker, New York; 2004: 983-1004.
- Wilkinson WJ.** Physical Activity Management, in Kushner R. *Roadmaps for Clinical Practice: Case Studies in Disease Prevention and Health Promotion – Assessment and Management of Obesity: A Primer for Physicians*. Chicago, Illinois: American Medical Association; 2003.
- Wilkinson WJ**, Specialist Medical Reviewer – Healthwise – Consumer Health Content Provider <http://www.healthwise.org>, 2005.
- Wilkinson J.** A Balanced Life (monthly column). *Parent Life Magazine*. LifeWay Press, Nashville, Tennessee; 2004. (also *Ask the Expert* columns for *Parent Life* and *Living with Teenagers*, 2005 to 2009).
- Wilkinson WJ**, Blair SN. Exercise, in Eckel RH, ed: *Obesity Mechanisms and Clinical Management*. Philadelphia, PA: Lippincott Williams & Wilkins; 2003:476-502.
- Wilkinson WJ.** Physical activity in the management of CVD risk in diabetes. *On The Cutting Edge: Diabetes Care and Education* 2002;23:31-32.
- Wilkinson WJ.** *Health 4 Life*. Regal Books, Ventura, CA, 2002.
- Wilson S and **Wilkinson WJ.** *Eating Healthy, Living Right*. Regal Books, Ventura, CA, 2002.
- Wilkinson WJ**, Kampert JB, Blair SN, Baumgartner N, Constable SH. Physical Fitness and Health: A Comparative Review of the USAF Fitness Program. Force Enhancement Department, USAF School of Aerospace Medicine, January 2000.
- Member*, Production Team for the American Heart Association's National Heart and Stroke Secondary Prevention Program: *One of a Kind*, 1999-2000.
- Lee I, Rippe JM, **Wilkinson WJ.** How Much Exercise is Enough? *Patient Care* 29:118-135, December 15, 1995.
- Gordon NF, Scott CB, **Wilkinson WJ**, Duncan JJ, Blair SN. Exercise and Mild Hypertension: Recommendations for Adults. *Sports Medicine* 10(6):390-404, 1990.

Gibbons LW, **Wilkinson WJ**. Diet, Exercise, and Coronary Heart Disease. Study Kit 10, American Dietetic Association, 1989.

Published Abstracts

Wilkinson WJ, Chambliss HO, Chudasama A, Wright CE. Weight Loss and Metabolic Outcomes in a 12-month Obesity Treatment Program. Presentation at the North American Association for the Study of Obesity 2003 Annual Scientific Meeting; *Obesity Research*, 11, A92.

Wilkinson WJ, Chambliss HO, Chudasama A. Change in weight loss expectations during a Behavioral Weight Management Program. Presentation at the 2003 Society for Behavioral Medicine Annual Meeting.

Chudasama, A., Chambliss, H., & **Wilkinson, W.J.** Impact of weight on quality of life among participants in a behavioral weight management program. Abstract #71672, American Public Health Association, 2003.

Chambliss, H.O., Berry, C.C., **Wilkinson, W.J.** (2003). Effect of chewing gum on pre- and post-meal appetite ratings among overweight and obese women. *Obesity Research*, 11, A97.

Chambliss, H.O., Finley, C.E., **Wilkinson, W.J.**, & Blair, S.N. (2002). Experiences of bias and discrimination among overweight and obese women. *American Journal of Clinical Nutrition*, 75(2), 383S.

Wilkinson WJ; C P. Earnest; A N. Jordan; G M. Morss; T S. Church; S N. Blair, FACSM. Application of Recommendations for the Classification of Physical Activity Intensity in Obese Individuals. *Medicine & Science in Sports & Exercise*. 34(5) Supplement 1:S269, May 2002.

A N. Jordan; C P. Earnest; G M. Morss; **W J. Wilkinson**; T S. Church; S N. Blair, FACSM. Comparing Predictive VO₂max and Actual VO₂peak in an Obese Population. *Medicine & Science in Sports & Exercise*. 34(5) Supplement 1:S57, May 2002.

R Jurca; **W J. Wilkinson**; T S. Church. Heart Rate Variability Across Levels of Fitness in Physically Fit Individuals. *Medicine & Science in Sports & Exercise*. 34(5) Supplement 1:S40, May 2002.

Wilkinson WJ; T S. Church. Fitness and Cardiovascular Disease (CVD) Risk in Obesity. *Medicine & Science in Sports & Exercise*. 33(5) Supplement 1:S5, May 2001.

S.N. Blair, FACSM; J.B. Kampert; A.L. Dunn; **W.J. Wilkinson**; R.Thompson. Reproducibility of the Project Prime Cycle Ergometer Endurance Fitness Test. *Medicine & Science in Sports & Exercise*. 31(5) Supplement: S230, May 1999.

Wilkinson WJ; R. W. Thompson; T. Seppänen; R. M.T. Laukkanen. Heart Rate Variability and Cardiorespiratory Fitness. *Medicine & Science in Sports & Exercise*. 29(5) Supplement:148, May 1997.

R.W. Thompson; **W.J. Wilkinson**; R.M.T. Laukkanan; T.Seppänen. The Relationship of Short-term Measures of HRV to Heart Rate and Exercise Intensity. *Medicine & Science in Sports & Exercise*. 29(5) Supplement:138, May 1997.

Wilkinson WJ, Thompson RW, Seppanen T, Laukkanen RT: The Response of Heart Rate Variability to Graded Maximal Treadmill Exercise. *Circulation* 94:1-250, 1997.

Wilkinson WJ; J.B. Kampert; C.E. Barlow; S.N. Blair, FACSM. Does Exercise Intensity Predict HDL-C Levels? *Medicine & Science in Sports & Exercise*. 28(5) Supplement:72, May 1996.

Tulppo MP, Makikallio, Seppanen T, **Wilkinson WJ**, et al: Non-Linear Dynamics of Heart Rate Variability During Exercise. *Medicine and Science in Sports Exercise* 28:S24, 1996.

Wilkinson WJ, Thompson RW, Garcia ME, Kampert JB, Laukkanen RT, Seppanen T: The Relationship of Heart Rate Variability to Work Intensity During Graded Maximal Treadmill Exercise. Abstract/Presentation International 14th Puijo Symposium On Physical Activity, Diet and Cardiovascular Disease, Kuopio, Finland, 1996.

Wilkinson WJ, Thompson R, Garcia M, Kampert J, Laukkanen R, Seppänen T. The relationship of Poincare plot analysis to exercise intensity. The International Pre-olympic Scientific Congress, Dallas, Texas, USA, July 1996, pp. 115-116.

Scientific and Professional Presentations

Azusa Pacific University Faculty Development Day
S.H.A.P.E.: Your God-given Design for Work and Service
Poster presentation for Faith Integration Grant
May 14, 2019

Azusa Pacific University Faculty Development Day
Digital Conversion and Video Production of KIN 363 Physiology of Exercise Laboratory Manual
Poster presentation for Innovative Teaching Grant
May 14, 2019

Azusa Pacific University Common Day of Learning (Co-presenter)
S.H.A.P.E.: Your God-given Design for Work and Service
February 20, 2019

Azusa Pacific University Alpha Chi Induction Ceremony
Keynote Speaker: Getting in S.H.A.P.E. for Graduate School
February, 19, 2019

Azusa Pacific University Faculty Development Day
Integration of Faith and Technology: A Blended Learning Experience in Health and Wellness
May 15, 2018

Azusa Pacific University Common Day of Learning (Co-presenter)
Mindfulness and Meditation: Christian Practices for the Stresses of Life
February 28, 2018

Azusa Pacific University Faculty Development Day
Make it Stick: Faculty Experiences with Student Engagement Techniques (Panel Presentation)
Panel presentation on student engagement techniques. This interactive and "hands-on" presentation developed out of participation in a year-long Faculty Learning Community
May 17, 2016

Azusa Pacific University Common Day of Learning (Co-presenter)
Easy Breezy or Fast and Furious: Evidence-based Strategies Shown to Improve Your Fitness
Presentation on two evidence-based strategies effective for improving health and physical fitness
February 23, 2016

Azusa Pacific University Appy Hour
Screencasting and Wireless Teaching with iPad
Presentation for APU faculty on using the iPad and Explain Everything App for wireless teaching and screencasting
September 22, 2016

TTUHSC Medical Grand Rounds; Physical Activity Update: What Should We Be Telling Our Patients?
May 15, 2013

Texas Physical Therapy Association, Panhandle Chapter, Exercise is Medicine: Motivating Patients
for Physical Activity, February 5, 2013

TTUHSC Medical Grand Rounds; Weighing the Options: Weight Management Counseling in Clinical
Practice, October 26, 2011

Face to Face with Ellen Green, 30-minute program on issues related to weight management, aired
KACV TV April 27, 2010

TTUHSC Laura W. Bush Institute for Women's Health, Community Connections presentation, You vs.
the Scale: You can win, February 11, 2010

TTUHSC Medical Grand Rounds; Exercise is Medicine: Prescribing Exercise in Clinical Practice,
February 3, 2010

Texas Physical Therapy Association, Panhandle Chapter, Physical Therapy Month, Exercise is
Medicine: Can Physical Therapists Prescribe It? October 8, 2009

Texas Physical Therapy Association, Panhandle Chapter, Physical Therapy Month, Successful
Aging: On the road to 100, October 9, 2007

Texas Physical Therapy Association, Panhandle Chapter, Physical Activity and Obesity: Tools and
Tips for Physical Therapists, February 13, 2007

American College of Sports Medicine Annual Meeting 2004, Obesity and Exercise (Symposium Chair
and Speaker)

Multiple workshops, professional trainings, certifications and media interviews while at The Cooper
Institute (not listed)

RESEARCH & SCHOLARSHIP

Current Projects

WellS.H.A.P.E. – an integrated platform for supporting the discovery, activation, and sustainability of
vocation across the lifespan through the provision of tools and support in the areas of vocational
identity, life management skills, and life balance in the areas of health, wellness, and human
flourishing.

Azusa Pacific Seminary's Center for Vocational Ministry Flourishing in Ministry Coach Training
Program: Instructor and Coaching Team

Christian Approaches to Mindfulness and Meditation

Currently in process of literature review and protocol development for an adaptation of a secular
mindfulness-based program, called the Eight Point Program developed by Eknath Easwaren

Funded Grant Activity

Getting in SHAPE for Work and Service: A faith-integrated curriculum for enhancing vocational
identity in undergraduates
Azusa Pacific University Faith Integration Grant
June 2018-May 2019
Project Funding \$3,000

Digital Conversion and Video Production of KIN 363 Physiology of Exercise Laboratory Manual
Azusa Pacific University Innovative Teaching Grant
June 2018-May 2019
Project Funding \$2,700.00

Principal Investigator, TTUHSC Laura W. Bush Institute for Women's Health Collaborative Seed Grant program
February 2010 to May 2012
Motivating Women for Physical Activity at the Worksite (*FitnessWorks* for Women). Project evaluating the efficacy of a behaviorally-based lifestyle physical activity intervention delivered in the classroom or using the Internet compared with structured exercise in a corporate fitness center.
Project funding \$9,900

Health Promotion Research Laboratory
January 2007 to present
Establishing research laboratory to track health, lifestyle, healthcare cost and work productivity outcomes related to fitness center and health promotion program participation in corporate and community environments
Equipment donations and funding equivalent to \$80,000

Principal Investigator, HealtheTech, Inc.
April 2004 to September 2005
Project to determine the efficacy of RMR measurements using Body Gem and Balance Log and develop and test a behavioral intervention program using Internet/computer technology
Personal Funding \$135,000

Principal Investigator, Michael and Susan Dell Foundation
2004 – 2005
Finding Innovative Targets for Funding Childhood Obesity Programs
Project Funding \$250,000

Principal Investigator, Wm. Wrigley Jr. Company
January 1, 2003 – June 30, 2003
Research Development Grant on the Behavioral Effects of Chewing Gum in Weight Management
Personal funding \$50,000

Project Physician, National Institutes of Health/National Institutes of Aging
April 1, 2002 - March 31, 2006
Aerobics Center Longitudinal Study: Impact of physical fitness on health
This is an epidemiological study on the impact of physical activity and fitness on health and function in an aging population
AG06945, Years 16-19 - Blair (PI)

Principal Site-Investigator and Project Physician, Knoll Pharmaceutical Company (now Abbott)
May 8, 2000 to July 2002
Adolescent Weight-Loss Study of Meridia (Protocol SB238)
Personal funding \$152,000

Project Physician, National Institute of Mental Health
1998 - 2001
Exercise and Depression – investigation of exercise as an alternative treatment for depression
R29 MH57031 Dunn (PI)

Project Physician, National Heart, Lung, and Blood Institute and the National Institutes of Health
September 1, 1997 to August 31, 2001
Project PRIME: Four-year longitudinal trial comparing direct and correspondence lifestyle activities counseling
1R18 (HL58608-02, Years 1-4) - Blair (PI)

Principal Investigator, United State Air Force
1997 - 1999
Physical Fitness and Health: A Comparative Review of the USAF Fitness Program
Personal Funding \$53,000

Principal Site-Investigator, Merck and Company
1995-1996
Double blind, randomized, controlled trial of the effects of Indomethacin on the control of blood pressure by Losartan and Captopril (Protocol 158-00)
Personal funding \$35,760

Project Director, Principal Investigator, Polar Electronics Oy
1995 - 1996
Heart Rate Variability in relation to metabolic markers of physical fitness and exercise intensity
Personal funding \$74,400

Principal Site-Investigator, Parke-Davis
1995-1996
Accupril in Minorities Study
Personal funding \$35,000

Project Physician, National Heart, Lung, and Blood Institute
1993 - 1997

Project Active: Four-year longitudinal trial comparing traditional exercise prescription to lifestyle activities counseling
R01 HL48597 - Blair PI

TEACHING

Coordination and Teaching Azusa Pacific University:

AT 355 Medical Conditions
AES 363 Physiology of Exercise (lecture and lab)
AES 473 Fitness and Exercise Prescription
KIN 478 Senior Preparation (S.H.A.P.E. curriculum)
GE 100 First-Year Seminar
Azusa Pacific Seminary's Center for Vocational Ministry Flourishing in Ministry Coach Training Program: Instructor Team

Coordination and Teaching TTUHSC Doctor of Physical Therapy Program:

AHPT 5099 Independent Research Study
AHAT 5304 Pharmacology (Athletic Training)
AHPT 8110 Health & Wellness Promotion
AHPT 8207 Clinical Pathology
AHPT 8209 Exercise Physiology
AHPT 8212 Pharmacology
AHPT 8407 Pathophysiology of Body Systems
AHPT 8362 Health Promotion and Wellness (online course)
AHPT 8363 Screening and Differential Diagnosis (online course)
AHPT 8366 Clinical Application of Pharmacology (online course)

Guest Teaching/Lectures

KIN 102 Foundations of Kinesiology (S.H.A.P.E. curriculum)

GMIN 505 Ministry Life and Leadership Course
AHPT 5128 Research Process 3
AHPT 5150 Women's Physical Therapy
AHPT 5200 Physiology of Body Systems
AHPT 5243 Current Medical Diagnosis and Treatment III (Cardiopulmonary)
AHPT 5304 Clinical Applied Physiology
AHPT 5341 Developmental Evaluation and Management
AHPT 8123 Clinical Reasoning 1
AHPT 8201 History and Systems Screening
AHPT 8231 Diagnostic Imaging
AHPT 8414 Cardiopulmonary Practice Patterns
AHPT 8422 Pediatric Practice Patterns
AHPT 8521 Neuromuscular Practice Patterns
AHPT 6303 Basic and Applied Sciences in Orthopedics, Nov 2007, 2012
Lecture: Pharmacology of Musculoskeletal Pain
Lecture: Nutrition and the Promotion of Tissue Health

SERVICE

Institutional Committees

Azusa Pacific University Faculty Senate
September 2016 to May 2019

Azusa Pacific University Wellness Council
May 2016 to Present

Azusa Pacific University Creation Care Council
April 2018 to Present

Azusa Pacific University Future Allied Health Leaders Association
Faculty Advisor
August 2017 to Present

Azusa Pacific University Discipleship (D) Group Leader
Established and lead Kinesiology D Groups
August 2016 to present

Azusa Pacific University School of Behavioral and Applied Science BAS Fitness Challenge
Organization team member - Assisted in development and coordination
8-week exercise and fitness challenge for faculty and staff of BAS.
September 9, 2015 - December 15, 2015

TTUHSC Wellness Committee
January 2012 to Dec 2014

TTUHSC Library Committee
January 2010 to present
Committee Chair Fall 2011 to Dec 2014

TTUS Wellness Committee
July 2008 to January 2010

Infection Control Committee, TTUHSC
November 2006 to Dec 2014

Fitness and Corporate Health Promotion Committee, TTUHSC
November 2006 to Dec 2014

Scientific Advisory Committee, TTUHSC
Member, Nov 2006 to Dec 2014

Fit Tech, chaired and organized 8-week fitness and health promotion challenge for TTUHSC Amarillo faculty, staff and students.

Holos Christian Student Organization, TTUHSC
Faculty advisor, Nov 2007 to Dec 2014

Ad Hoc Member UTHSCSA Recreation Committee 1991-92, established new fitness facility for students, faculty, and staff

UTHSCSA Class of 1994 Freshman President 1990-91

Consultative and Advisory Positions

Texas Department of State Health Services Nutrition, Physical Activity, and Obesity Prevention (NPAOP) Evaluation Advisory Council, member 2009 – 2011

Texas Statewide Obesity Task Force, Texas Department of Health, Centers for Disease Control grant to develop strategic plan for the prevention of obesity, member 2001 – 2009

Vision 2015 Task Force, Nutrition and Physical Activity, American Cancer Society, 1999 – 2003

Nutrition and Physical Activity Committee, Dallas Division American Cancer Society, 1999 – 2003
Chair of Committee 2000 – 2002

Board of Directors, American Heart Association, Dallas Division, 1996-1998

Community Service

Back on My Feet, Los Angeles

A national nonprofit organization that uses running to help those experiencing homelessness to transform their lives and achieve employment and independent living.

- Responsibilities: Raising awareness, creating opportunities, and developing, delivering and involving Azusa Pacific University students, staff and faculty in programs and activities with the organization.
- Key Accomplishments: Raised awareness and took students to runs in Los Angeles with members of Back on My Feet program. Partnered with the APU running club and Health Professions Association to organize and deliver three 24-hour Treadmill Challenge fund-raising events on the APU campus for Back on My Feet

June 1, 2015 - Present