

Timothy M. Fleisher

Address Provided Upon Request

tim.fleisher@gmail.com

Austin, TX #####

Cell Phone: ###-#####

Education

University of Virginia, McIntire School of Commerce B.S. Commerce; Concentration in Marketing and Management	2004
University of Texas, School of Education – Kinesiology MSc– Exercise Science Comparison of Two Foam Rollers on Blood Flow and Ankle Range of Motion. Acute Effects of Two Different Self-Myofascial Release Products on Calf Muscle Blood Flow and Active Plantar Flexion Range of Motion.	2014
University of Texas, School of Education – Kinesiology PhD – Exercise Science - Function of the Deep Hip Rotators in Low Back Pain	TBD

Certifications

National Strength and Conditioning Association Certified Strength Conditioning Specialist; CSCS CSCS# 041020007	2005
Merrithew Health and Fitness - STOTT PILATES Certified LEAD Instructor Trainer – Matwork, Reformer, CCB and ISP	2007
Active Release Techniques® Full Body Provider Certified Provider in LE, SP, UE, NE, PT, Diagnosis, Masters, Palpation Techniques w/SFMA	2010
Licensed Massage Bodywork Therapist (LMBT) License# MT115930	2012
Certified USA Triathlon® Coach	2017

Experience

Webinar Project Lead – ACSM and POLAR Austin, Texas <ul style="list-style-type: none">➤ Developed three webinars exercising using a heart rate monitor➤ Webinars included running, cycling and respiratory training as it pertained to heart rate➤ Taught all webinars and wrote a final exam for the course	2016
--	------

**Assistant Instructor – (BIO 446L) Micro Human Gross Anatomy: 2015-Present
The University of Texas – Austin**

Austin, Texas

- Prepare labs for students taking gross anatomy lecture
- Perform relevant dissections for those labs
- Create lab content with Dr. Dee Silverthorne
- Negotiate contracts with 3rd party anatomy technology companies to enhance student lab experience.

Collegiate Women’s Swimming/Diving Team Massage Therapist 2012-Present

Austin, Texas

- Address musculoskeletal problems with team via sports massage techniques
- Provide feedback of findings to athletic trainer
- Recommend proper exercises as they pertain to movement restrictions
- Work with Harvard, Iowa State and University of Texas Womens swim teams

Research Assistant/Teaching Assistant – Neuromuscular Physiology: University of Texas-Austin 2012-2015

Austin, Texas

- Teach lab KIN-336/Neuromuscular Physiology to undergraduate students
- Mentor and tutor students on how to use surface and fine wire EMG
- Teach students how to use diagnostic ultrasound for musculoskeletal research
- Compose grants for UT-Austin Spinal Cord Injury laboratory
- Program Low Back Pain prevention for TXDot and Texas state office workers

STOTT PILATES LEAD Instructor Trainer/Presenter 2007-Present

Brazil, Egypt, Turkey, Canada, Dubai, Texas and South Korea

- Teach and certify students in the STOTT PILATES method
- International STOTT PILATES Presenter for fitness tradeshow
- Mentor Brazilian, Egyptian and Turkish certified STOTT PILATES instructors
- Write original educational programs based on functional movement research
- Featured in STOTT PILATES DVDs and as a member of the programming team

Languages

- Conversational in (Brazilian) Portuguese

Skills

- Microsoft Word, Excel, PowerPoint and Adobe Photoshop, R and Python,

Interests

- 11-time Ironman Finisher