

Department of
Exercise Science and Sports Management
Kennesaw State University
1000 Chastain Rd.
Kennesaw, GA 30144
Tel: (470) 578-3897
Email: dmorris3@kennesaw.edu

Education

Ph.D. in Kinesiology, Georgia State University, Atlanta, GA. Present

Master of Science in Exercise Science, California University of Pennsylvania, California, PA. July 2008.

Research interest: Balance training, resistance training in older adults and wellness and fitness.

Professional specialization: Health and Fitness. Research paper: *The effects of balance training on fall prevention in older adults*. Chair: Professor Christine Romani-Ruby.

Bachelor of Science in Exercise and Health Science, Kennesaw State University, Kennesaw, GA. May 2000.

Teaching Experience

ES 2100: Physical Activity in Health and Fitness

ES 2200: Safety Training for the Fitness Professional (hybrid)

ES 3398: Internship in Exercise Science

ES 4000: Service Learning

ES 4950: Exercise Science Senior Internship

PHED 3230: Exercise Leadership

PHED 2604: Anatomy and Physiology (face to face and online)

PHED 2628: First Aid/CPR for Education Majors (hybrid)

PHED 2000: Advanced Concepts in Fitness and Wellness

PWLA 1600: Personal Wellness (face to face, hybrid and online)

PWLA 1691: Tennis

PWLA 1678: Strength and Conditioning

PWLA 1602: Step Aerobics

PWLA 1643: First Aid/CPR (hybrid)

PWLA 2611: Body Boot Camp

HPS 1000: Fitness for Living

HPS 2090: Exercise Leadership

HPS 1570: Walk/Jog

HPS 1390: Tennis

HPS 1850: Advanced Strength and Aerobic Training

HPS 3240: Physical Activity and Health Promotion for the Aging

Work Experience

Lecturer	Department of Exercise Science and Sports Management Kennesaw State University Kennesaw, GA	2017 – Present
Instructor	Department of Sports Management, Wellness and Physical Education University of West Georgia Carrollton, GA	2012 – 2017
Temp Lecturer	Department of Health and Physical Education Kennesaw State University Kennesaw, GA	2007 – 2012
Assistant Director	Seniors Participating in Activities Related to Health at Kennesaw State (SPARHKS) Kennesaw State University Kennesaw, GA	2005-2011
Health Coach	Health Designs Ponte Vedra Beach, FL	2007 – Present
Personal Trainer	Bridgemill Athletic Club Canton, GA	2003 – 2012

Research Experience

Morris DJ, Brandon LJ. Bone integrity, blood pressure and body composition relationships in multicultural women, pre- and post-menopausal runners and non-runners.

L. Jerome Brandon, Inbar Naor-Maxwell, Doris J. Morris, Jeffrey Otis and Walt R. Thompson. Obesity assessment protocols in obese multi-cultural non-menopausal and menopausal women.

Morris DJ, Naor-Maxwell I, Davis A, St. Martins C, & Brandon LJ. Does running and bone mineral density affect blood pressure in non- and post-menopausal women.

Morris DJ, Naor-Maxwell I, Davis A, St. Martins C, & Brandon LJ. Effects of menopause on body composition and bone mineral density in runners and non-runners.

Christina St. Martin, Larry Proctor, Doris Morris & L. Jerome Brandon: Associations of Bone Mineral Content and Blood Pressure in African and European American Women

Morris DJ, Proctor L, Cole CL, & Brandon LJ. Comparison of Bone and Body Composition in African and European American Women.

Morris DJ, Cole CL, Benardot D, & Brandon LJ., Is the Relationship Between Body Composition and Energy Balance the Same for African and European Americans.

Cole CL., Benardot D., Morris DJ., Thompson WR., & Brandon LJ., Is the Circadian Relationship between Energy Balance and Body Composition a Major Contributor to Obesity.

Cole CL., Benardot D., Morris DJ., Thompson WT., Brandon LJ., Impact of Daily Energy Balance on obesity

Cole CL., Benardot D., Morris DJ., Thompson WR., & Brandon LJ., Relationships Among Energy Balance, Time of Day and Obesity Prevalence.

Professional Presentations

April 2018

Inaugural Mike and Terry Metzler Distinguished Lecture and Kinesiology and Health Research Symposium: Morris DJ, Naor-Maxwell I, Davis A, St. Martins C, & Brandon, LJ. Does Running and Bone Mineral Density Affect Blood Pressure in Non- and Post-Menopausal Women.

February 2018

Southeast Chapter of the American College of Sports Medicine: Morris DJ, Brandon LJ. Bone integrity, blood pressure and body composition relationships in multicultural women, pre- and post-menopausal runners and non-runners.

May 2017

National American College of Sports Medicine: Morris DJ, Naor-Maxwell I, Davis A, St. Martins C, & Brandon, LJ. Does Running and Bone Mineral Density Affect Blood Pressure in Non- and Post-Menopausal Women.

February 2017

Southeast Chapter of the American College of Sports Medicine: Morris DJ, Naor-Maxwell I, Davis A, St. Martins C, & Brandon, LJ. Effects of menopause on Body Composition and Bone Mineral Density in Runners and Non-Runners.

February 2016

Southeast Chapter of the American College of Sports Medicine: Morris DJ, Proctor L, Cole CL, & Brandon LJ., Comparison of Bone and Body Composition in African and European American Women.

January 2016

Share the Wealth Convention – First Aid/CPR Certification Class

October 2015

Georgia Association of Health, Physical Education, Recreation and Dance Convention – Hands-On-Health, Protein Needs of Student Athletes, CPR/AED Certification

September 2015

Wolf Wellness Week – Group Exercise Demonstration for all attendees.

June 2015

Robert W. Moore Summer Institute – Hands-on Health

February 2015

Southwest Chapter of the American College of Sports Medicine: Morris DJ, Cole CL, Benardot D, & Brandon LJ. Is the Relationship Between Body Composition and Energy Balance the Same for African and European Americans

June 2014

Robert W. Moore Summer Institute - Promoting a Healthy Body Image and Equipment-less Boot Camp

January 2014

Share the Wealth Convention – First Aid/CPR Certification Class

October 2013

Georgia Association of Health, Physical Education, Recreation and Dance Convention - Got Boot Camp? Programing for all Fitness Levels

Professional Affiliations

American College of Sports Medicine

American Council of Exercise

IDEA Health & Fitness Association

Shape America – Southern District

Georgia Association for Health, Physical Education, Recreation and Dance

American Heart Association, BLS Healthcare Provider Instructor

Certifications

American College of Sports Medicine: Exercise Physiologist

American Council of Exercise: Personal Trainer

American Heart Association: BLS Healthcare Provider Instructor
American Red Cross: Professional Rescuers Instructor
Exercise is Medicine: Level 2