

## **EDUCATION**

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**Pursuing Doctorate of Philosophy in Exercise Physiology** 2013 - Present

Advisor: Jeong-Su Kim, PhD  
Florida State University

**Master of Science in Sport and Exercise Science** 2012

Emphasis in Applied Exercise Physiology  
Advisor: Jay R. Hoffman, PhD  
University of Central Florida

**Bachelor of Science in Health Science (Cum Laude)** 2009

Emphasis in Athletic Training  
Minor in Fitness Training  
University of Central Florida

**Associate of Arts in Liberal Studies (with Honors)** 2005

Fullerton College

## **COURSES TAUGHT**

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PET 3322L Functional Anatomy & Physiology I Lab 2013 - Present

## **CURRENT RESEARCH**

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Diagnostic Utility of Vestibular Ocular Motor Screen for Sideline Assessment of Concussion 2015 – Present

Application of Submaximal Aerobic Exercise to Facilitate the Improvements of Concussion 2017 – Present

## **PEER-REVIEWED PUBLICATIONS**

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AR Jajtner, JR Hoffman, AM Gonzalez, **PR Worts**, MS Fragala, and JR Stout. Comparison of NMES versus Traditional Recovery Strategies in Treatment of Muscle Soreness in Experienced Resistance-Trained Individuals. *J Sport Rehabil.* 2015; 24(2): 99-108.

## **CONFERENCE PRESENTATIONS**

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**PR Worts**, EM Boutzoukas, SO Burkhart, MJ Ormsbee, LB Panton and J-S Kim. 2016  
Changes in Oculomotor Function with Exercise in High School Student-Athletes.  
(Oral - ACSM National Conference)

EM Boutzoukas, **PR Worts**, K Stowers, H Mejia and SO Burkhart. Efficacy of Amantadine 2016  
Treatment During the First Week Following Sports-Related Concussion.  
(Poster – INS International Conference)

**PR Worts**, SO Burkhart, MJ Ormsbee, AW Davis, and J-S Kim. Assessment of Convergence 2015  
Insufficiency Using Subjective and Objective Tests Following a Sport-Related Concussion.  
(Oral - ACSM National Conference)

E Jo, MJ Ormsbee, A Cain, K Snyder, M Elam, M-C Yeh, **PR Worts**, AV Khamoui, D-H Kim 2015  
CM Prado, D Smith, AF Brown, and J-S Kim. The Clinical Application of Periodized Resistance  
Training during a 12-Week Hypocaloric Treatment for Obesity.  
(Poster - ACSM National Conference)

AV Khamoui, D-H Kim, M-C Yeh, B-S Park, S-L Oh, ML Elam, **PR Worts**, CM Myers, 2015  
BH Arjmandi, G Salazar, DO McCarthy, and J-S Kim. Aerobic and Resistance Training Effects  
On Skeletal Muscle Plasticity in Colon-26 Tumor-Bearing Mice.  
(Poster - ACSM National Conference)

SO Burkhart and **PR Worts**. Baseline Neurocognitive (ImPACT) Test Performance of Amateur 2015

Motocross Athletes. (Poster - SNS National Conference)

SO Burkhart, **PR Worts**, JA Boche, H Mejia and W Thompson. Clinical Utility of the Vestibular Ocular Motor Screening (VOMS) in the Sideline Assessment of Concussion. (Poster - SNS National Conference) **2015**

**PR Worts**, SO Burkhart, LB Pantan, MJ Ormsbee, AW Davis, J Kim. Assessment of Convergence Insufficiency Using Subjective and Objective Tests Following A Sport-Related Concussion. (Poster - SEACSM Regional Conference) **2015**

D-H Kim, AV Khamoui, M-C Yeh, B-S Park, S-L Oh, ML Elam, **PR Worts**, CM Myers, E Jo BH Arjmandi, and J-S. Kim. Effect of Aerobic and Resistance Training on C26 Tumor-Induced Cachexia. (Poster - SEACSM Regional Conference) **2015**

M-C Yeh, E Jo, **PR Worts**, A Cain, M Elam, AV Khamoui, D-H Kim, MJ Ormsbee, CM Prado, D Smith, K Snyder, J-S Kim. The Clinical Application of Periodized Resistance Training During A 12-Week Hypocaloric Treatment for Obesity. (Poster - SEACSM Regional Conference) **2015**

**PR Worts**, SO Burkhart, LB Pantan, MJ Ormsbee, AW Davis, J Kim. Assessment of Convergence Insufficiency Using Subjective and Objective Tests Following A Sport-Related Concussion (Poster - FSU CHS Research & Creativity Day) **2015**

AR Jajtner, JR Hoffman, AM Gonzalez, JR Townsend, AJ Wells, KS Beyer, GT Mangine TM Scanlon, CH Boone, GJ Pruna, JD Bohner, **PR Worts**, MS Fragala, LP Oliveira, DH Fukuda, and JR Stout. Comparison of Electrical Stimulation versus Cold Water Immersion on Treatment of Muscle Soreness Following Resistance Exercise. (Poster - ACSM National Conference) **2014**

#### **CONTINUING EDUCATION PRESENTATIONS**

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Acute Care of Concussion: For the Outreach Athletic Trainer. Tallahassee Orthopedic Clinic Sidelines Skills Update **2016**

Understanding and Applying Evidence-Based Practice for the Athletic Trainer Tallahassee Orthopedic Clinic Sports Medicine Journal Club **2016**

#### **WORK EXPERIENCE**

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**Research Assistant** **2016 - Present**  
Tallahassee Orthopedic Clinic Foundation

**Graduate Research Assistant and Instructor** **2013 - Present**  
Nutrition, Food and Exercise Sciences Department (NFES)  
Florida State University

**Athletic Trainer - Men's Soccer** **2012 - 2013**  
Athletic Department  
University of North Carolina at Charlotte

**Graduate Assistant Athletic Trainer - Football & Women's Golf** **2010 - 2012**  
Athletic Department  
University of Central Florida

**Athletic Trainer** **2009 - 2010**  
Athletic Department  
Winter Park High School & CORA Rehabilitation

## CERTIFICATIONS

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-BOC Certified Athletic Trainer	#2000001072
-Florida State Athletic Training Licensure	#AL 2670
-National Provider Identifier	#1154557676
-Certified Strength and Conditioning Specialist	#200920031
-Corrective Exercise Specialist	#1419856
-American Red Cross CPR/AED for Professional Rescuer	
-CAATE Approved Preceptor	
-Program for Instructional Excellence (PIE) Basic & Advanced Certificate	

## GRANTS

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J-S Kim, LB Pantan, SO Burkhart, MJ Ormsbee, and **PR Worts**. The Application of Submaximal Aerobic Exercise to Facilitate the Improvements in Symptom Severity and Heart Rate Variability in High School Students Suffering from Sport-Related Concussions. Tallahassee Orthopedic Clinic Foundation, \$11,630.

JR Hoffman, MS Fragala, and **PR Worts**. Comparison of NMES versus Traditional Recovery Strategies in Treatment of Muscle Soreness in Experienced Resistance Trained Individuals. DJO Global, \$17,000.

## HONORS & AWARDS

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-FSU Fellows Society	2015
-Graduate Student Advisory Council Presentation Grant	2015
-Congress of Graduate Students Presentation Grant	2015
-Kappa Omicron Nu Honor Society	2014
-National Strength and Conditioning Association Challenge Scholarship	2014, 2016
-Congress of Graduate Students Travel Grant	2014
-UCF Cum Laude Undergraduate	2009
-Phi Eta Sigma Honor Society	2009
-UCF President's Honor Roll	2008 - 2009
-UCF Dean's List	2007 - 2008
-FC Hornet Scholar Academic Achievement Award	2005

## SERVICE & LEADERSHIP

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- TOC Sideline Update CEU Presentation
- Leon County EMS Continuing Education and Training
- Leon County Library Summer Brainshop Lecture
- FSU Grants for Engaged Learning Program Review Committee
- Athletic Trainers' Association of Florida Program Committee
- Athletic Trainers' Association of Florida Young Professionals Committee
- Graduate Assistants United NFES Department Representative
- Relay for Life Volunteer
- Florida Disabled Outdoors Association Volunteer

## PROFESSIONAL MEMBERSHIPS

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- National Athletic Trainers' Association (NATA)
- Southeast Athletic Trainers' Association (SEATA)
- Athletic Trainers' Association of Florida (ATAF)
- National Strength and Conditioning Association (NSCA)
- Collegiate Athletic Trainers' Society (CATS)
- American College of Sports Medicine (ACSM)
- Southeast Chapter of American College of Sports Medicine (SEACSM)
- American Physiological Society (APS)
- Graduate Assistants United (GAU)