

LISA GRIFFITHS, PhD

Nutrition and Integrative Physiology
College of Health and Human Sciences
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EDUCATION

Ph.D., Sport Sciences Research (Applied Physiology), 2010

School of Sport and Education, Brunel University London, UK

M.S., Exercise and Sport Science (Exercise Physiology), 1997

Department of Health and Exercise Science, Colorado State University, Fort Collins, CO

B.A., Health and Physical Education, Teacher Certification K-12, 1995

School of Education, Rowan College of New Jersey,
Glassboro, NJ Honors: *magna cum laude*

PROFESSIONAL APPOINTMENTS

2022-present Interim Department Chair

Department of Nutrition and Integrative Physiology, Florida State University

- Establish and maintain the vision and strategic planning for the Department, including maintaining department by-laws, policies, and procedures.
- Provide leadership and oversight for the teaching, research, and service productivity of the department and its faculty.
- Oversee departmental financial planning and all budgeting activities alongside budget manager.
- Represent the department at regular meetings and other planning sessions that have department, college or university implications.

2019-present Specialized Teaching Faculty, Exercise Science

Department of Nutrition, Food and Exercise Science, Florida State University

- Teach and advise in the areas of anatomy and physiology, exercise physiology, exercise testing and prescription, strength and conditioning, and nutrition.
- Course Coordinator for the Masters in Exercise Physiology program

2011-2019 Associate Professor, Sport and Exercise Science

School of Sport and Exercise Science, University of Worcester, UK

- Successfully lead the community health and wellness initiatives including strategic leadership for the on-campus fitness wellness center and community partnerships.
- Collaborated within multidisciplinary research teams across the university and local health care practitioners to conduct primary research in physical and mental health.
- Spearheaded the curriculum redesign for exercise science pathways while creating numerous graduate work placement opportunities within and outside the university.
- Delivered high quality innovative teaching in the areas of exercise physiology, exercise training and prescription, strength and conditioning, clinical exercise

physiology, and quantitative research methods.

- Overseen high case load of students and intervened with at-risk individuals including facilitating student decision-making, providing information on career options, guide students through course steps, and oversee individual educational goals.

2005-2011 Assistant Professor, Sport and Exercise Science

Department of Sport Management, Buckinghamshire New University, UK

- Led course management for the B.S. Sport and Exercise Science and co-leader for the M.S. in Health, Exercise and Wellbeing degree course which included conceptualizing program and curriculum design, marketing for student recruitment, and staff allocation.
- Authorized budgets and provided oversight, including staff appraisals, as the Accredited Director of the Physiology Laboratory and as Manager of the Centre for Exercise, Health and Performance.
- Designed and delivered classroom and laboratory-based courses including supervision of undergraduate and postgraduate research projects.

2002-2005 Physiology Scientific Officer

School of Sport and Education, Brunel University, UK

- Designed and delivered laboratory practical sessions in physiology for undergraduate and postgraduate sport courses. Engaged in and supported primary research with undergraduate and postgraduate students and staff.
- Directed the operational management of the physiology laboratory according to UK Accreditation standards and supervised graduate teaching posts including workload allocation.

1998-2002 Exercise Physiologist, Associate Manager

Prudential Financial, Livingston, NJ

- Managed five corporate fitness facilities for 12,000 employees in two states. Overseen multiple operational site budgets up to \$800,000; supervised and appraised personal training staff and student interns.
- Administered graded exercise stress testing and developed individual exercise prescription for staff, including individuals requiring supervised rehabilitation.
- Designed and delivered workstation ergonomic screenings, nutrition and stress workshops, and health assessments including body composition and fitness testing.
- Coordinated and facilitated large-scale campus wide events for fitness testing, health promotion and prevention including enterprise-wide intranet health services web site across multiple sites.

1997-1998 Exercise Physiologist

Plus One Fitness Incorporated, New York, NY

- Conducted and analyzed sub-maximal stress testing, muscular/postural assessments, flexibility assessments, upper/lower body strength testing and body composition assessments.
- Designed and prescribed individualized exercise programs to corporate fitness facility members.

PUBLICATIONS

Refereed Journal Articles

- 2020 Smith J, Griffiths LA, Band M, Hird-Smith R, Williams B, Bold J, Bradley E, Dilworth R, Horne D. Early intervention in psychosis: effectiveness and implementation of a combined exercise and health behavior intervention within routine care. *Frontiers in Endocrinology*, 11, 825.
- 2020 Smith J, Griffiths LA, Band M, Horne, D. Cardiometabolic risk in first episode psychosis patients. *Frontiers in Endocrinology*, 11, 880.
- 2019 Griffiths LA, Griffiths MA. Evaluation of a school–community linked physical activity intervention targeting 7-to 12-year-olds: a sociocultural perspective. *American Journal of Health Education*, 50(2), 112-126.
- 2012 Griffiths LA, McConnell AK. The influence of rowing-related postures upon respiratory muscle pressure and flow generating capacity. *European Journal of Applied Physiology*, 112(12), 4143-4150.
- 2010 McConnell AK, Griffiths LA. Acute cardiorespiratory responses to inspiratory pressure threshold loading. *Medicine and Science in Sport and Exercise*, 42(9), 1696-1703.
- 2007 Griffiths LA, McConnell AK. The influence of inspiratory and expiratory muscle training upon rowing performance. *European Journal of Applied Physiology*, 99(5), 457-466.
- 2006 Cooper CJ, Griffiths LA, Carson F. The effects of a 4-week core stability training programme on golf performance. *Coachesinfo.com*.

Refereed Book Chapter

- 2014 Purdy L, Castle P, Molnar G, Griffiths LA. *Ilona: 'Tweeting' through cultural adjustments*. In Armour, K (Ed) *Pedagogical Cases in Physical Education and Youth Sport*. Routledge, Abingdon.

Professional Reports

- 2017 'Supporting Health and Promoting Exercise (SHAPE): Spreading Improvement within Mental Health'. The Health Foundation Inspiring Improvement Final Report.
- 2015 Economic Case for SHAPE. Invited report submitted to Royal College of Nursing, London, UK.
- 2015 'Supporting Health and Promoting Exercise (SHAPE)'. The Health Foundation Shine 2014 Final Report.
- 2007 'The influence of inspiratory muscle training upon rowing ergometer performance in adaptive (disabled) rowers. Project report submitted to British International Rowing Organisation.
- 2005 'The influence of inspiratory muscle training upon rowing ergometer performance in adolescent rowers. Project report submitted to British International Rowing Organisation.
- 2003 'The effect inspiratory muscle training has on rowing ergometer performance in 'World Class' heavyweight oarsmen'. Funded research report submitted to British International Rowing Organisation.

Conference Proceedings (limited list)

- 2017 Smith J, Griffiths LA, Band M, Williams B, Bold J, Bradley E, Horne D, Hird-Smith R. Supporting Health and Promoting Exercise (SHAPE) Programme for young people with psychosis. International Society for Psychological and Social Approaches to Psychosis:

- Make Real Change Happen Book of Abstracts.
- 2016 Griffiths L, Smith J, Band M, Hird-Smith R, Williams B, Bold J, Bradley E, Wilkie V, Horne D. Exercise and lifestyle therapy improves weight maintenance in young people with psychosis: a service evaluation. *Early Intervention in Psychiatry*, 10 (S1), 109. doi: 10.1111/eip.12396.
- 2016 Smith J, Griffiths LA, Horne D. Prevalence of cardiometabolic risk factors in first episode psychosis patients. *Early Intervention in Psychiatry*, 10 (S1), 158. doi: 10.1111/eip.12396.
- 2016 Griffiths LA, Bold J, Smith J, Bradley E, Band M, Hird-Smith R. Exercise and lifestyle therapy improves weight maintenance in young people with psychosis. *Medicine and Science in Sports and Exercise*, 48 (5S), 382.
- 2015 Griffiths LA, Griffiths MA, Calver R. Evaluating a school community linked physical activity intervention program: a multi-level analysis. European Conference of Educational Research. Budapest, Hungary Book of Abstracts.
- 2014 Griffiths LA, Eastough D, Gravestock H, Thomas G, Mizen R, Horne S. The effect of habitual walking in minimalist shoes on dynamic balance and lower limb strength. 19th Annual Congress of the European College of Sport Science Book of Abstracts.
- 2014 Gravestock H, Griffiths LA, Corbett M, Thomas G, Mizen R, Eastough D. and spatio-temporal gait changes in walking after an eight-week minimalist footwear intervention. 19th Annual Congress of the European College of Sport Science Book of Abstracts.
- 2012 Griffiths LA, McConnell AK. The influence of rowing-related postures upon respiratory muscle pressure and flow generating capacity. 17th Annual Congress of the European College of Sport Science Book of Abstracts, PP-PM50 Physiology 12, pp.407.

Conference Presentations (limited list)

- 2017 Smith J, Griffiths LA, Band M, Williams B, Bold J, Bradley E, Horne D, Hird-Smith R. Supporting Health and Promoting Exercise (SHAPE) Programme for young people with psychosis. International Society for Psychological and Social Approaches to Psychosis: Make Real Change Happen, Liverpool, UK.
- 2017 Griffiths LA, Smith J. Supporting Health and Promoting Exercise Programme. National Institute for Health and Care Excellence 2017 Conference, Liverpool, UK
- 2016 Griffiths LA, Smith J, Band M, Hird-Smith R, Williams B, Bold J, Bradley E, Wilkie V, Horne, D. Exercise and lifestyle therapy improves weight maintenance in young people with psychosis: a service evaluation. International Early Intervention in Psychiatry Association 10th Annual Conference, Milan Italy.
- 2016 Smith J, Griffiths LA, Horne D. Prevalence of cardiometabolic risk factors in first episode psychosis patients. International Early Intervention in Psychiatry Association 10th Annual Conference, Milan Italy.
- 2016 Griffiths LA, Bold J, Smith J, Bradley E, Band M, Hird-Smith R. Exercise and lifestyle therapy improves weight maintenance in young people with psychosis. American College of Sports Medicine Annual Conference, Boston, USA.
- 2015 Griffiths LA, Griffiths MA, Calver R. Evaluation of a multi-agency approach to promoting PA with UK primary school children. European Conference for Educational Research, European Educational Research Association (EERA), Budapest, Hungary.
- 2014 Griffiths LA, Eastough D, Gravestock H, Thomas G, Mizen, Horne S. The effect of habitual walking in minimalist footwear on dynamic balance and lower limb strength. European Congress of Sport Science, Netherlands.
- 2014 Smith J, Williams B, Band M, Hickman D, Bradley E, Richardson J, Burton C, Ackner S, Ferrer K, Griffiths LA, Wilkie V, Bold J, Hird-Smith R, Thomas S. SHAPE (Supporting Health and Promoting Exercise) Project for young people with psychosis and bipolar disorder. 9th International Conference on Early Psychosis, Tokyo, Japan.

- 2014 Gravestock H, Griffiths LA, Corbett M, Thomas G, Mizen R, Eastough D. The effect of 8 weeks minimalist footwear habituation on spatio-temporal gait parameters. European Congress of Sport Science, Netherlands.
- 2014 Gravestock H, Griffiths LA, Corbett M, Thomas G, Mizen R, Eastough D. Musculoskeletal and spatio-temporal gait changes in walking after an eight week minimalist footwear intervention. BASES Annual Conference, Manchester, United Kingdom.
- 2012 Griffiths LA, McConnell AK. The influence of rowing-related postures upon respiratory muscle pressure and flow generating capacity. European Congress of Sport Science 17th Annual Conference, Belgium.

Other Publications

- 2017 SHAPE Program. National Institute of Clinical Excellence (NICE) Shared Learning Database: Local Practice Collection.
- 2015 Griffiths LA, Band M. SHAPE website development, mySHAPE.org.uk.
- 2015 SHAPE Program. NHS IQ 'Living Longer Lives' CVD prevention published on the NHS IQ website.
- 2015 Griffiths LA, Band, M. SHAPE Physical Health Assessment Tool, Worcestershire Health and Care Trust, Early Intervention Psychosis Service.

CURRENT PROFESSIONAL CERTIFICATIONS (since)

- 2014 NSCA Certified Strength and Conditioning Specialist (CSCS)
- 2007 Fellow of the Higher Education Academy, UK
- 1999 ACSM Certified Exercise Physiologist (EP-C)

AWARDS AND HONORS

- 2022 Faculty Excellence Award, College of Health and Human Sciences, Florida State University
- 2021 Outstanding Teaching in the Major Award (Undergraduate), Florida State University
- 2020 John E. and Mary L. Champion Endowed Fund for Undergraduate Teaching Excellence, Florida State University
- 2018 Deputy Vice Chancellor Excellence in Teaching Award, University of Worcester, UK
- 2017 Highly Commended: NICE 2017 Shared Learning Award, SHAPE program
- 2016 Shortlisted: Positive Practice in Mental Health National Award, SHAPE program
- 2016 Longlisted: Engage Competition Award, Engaging with Young People, SHAPE program
- 2015 Finalist: Health Service Journal Award, Innovations in Mental Health, SHAPE program
- 2005 Employee 'Star Award', Brunel University

GRANTS

- 2016 The Health Foundation Spreading Improvement Grant. 'Supporting Health and Promoting Exercise' program. Co-Investigator: Exercise Physiology Research Lead. \$41,000
- 2015 Worcestershire Clinical Commissioning Group Service Fund. 'Supporting Health and Promoting Exercise' program implementation. Co-investigator: Exercise Physiology Lead Researcher. \$110,000

- 2014 The Health Foundation Shine 2014 Grant. ‘Supporting health and promoting exercise (SHAPE) project for young people with psychosis.’ Co-investigator: Exercise Physiology Lead Researcher. \$120,000
- 2013 Feelmax® sponsorship donation and University of Worcester fund. ‘The effect of habitual use of minimalist footwear on walking and running gait and lower limb performance measures.’ Principal investigator. \$1320
- 2012 Wolves Community Trust. Independent Evaluation of ‘Wolfie’s Workouts’. Principal Investigator. \$45,400
- 2003 British International Rowing Organization. Research comparing the physiological and performance responses to inspiratory vs. expiratory muscle training in competitive club-level oarsmen. Co-Investigator. \$9,102

INVITED TALKS

- 2017 Supporting Health and Promoting Exercise. Consultant Psychiatry Away Day of Dudley and Walsall Mental Health Partnership NHS Trust. Village Hotel Dudley, UK
- 2017 ‘SHAPE Programme’ West Midlands Early Intervention Psychiatry regional network meeting, Walsall Football Club, UK
- 2015 ‘SHAPE Programme – Early Physical Health Interventions for young people with psychosis and bipolar disorder.’ NHS IQ: CVD SMI Pilot Project National Learning Network Event, Regents Park, London.
- 2015 ‘Supporting Health and Promoting Exercise (SHAPE) Project for young people with psychosis and bipolar disorder: First UK real world service model.’ British Dietetics Association, Obesity: Care Along the Pathway. London, UK.
- 2001 “Metabolic Analysis and Measurement”, Graduate Medical Education, Seton Hall University
- 2001 “Exercise Prescription Guidelines for Patient Education”, Graduate Physician Assistant Program, Seton Hall University
- 2000 “Finding Your Future in Fitness”, Associate of Worksite Health Promotion of NJ, Student Conference

TEACHING EXPERIENCE

Undergraduate and postgraduate teaching in the following topic areas:

- Advanced Exercise Physiology (graduate)
- Intermediary Metabolism of Nutrients 2
- Exercise and Disease
- Anatomy and Physiology 1
- Sport and Exercise Physiology
- Exercise Testing and Prescription
- Clinical Exercise Physiology
- Strength and Conditioning
- Physical Activity, Health, and Wellness
- Research Methods (Quantitative Statistics)
- Professional Skills for Sport and Exercise Scientists
- Independent Research (Supervisor)

SERVICE TO PROFESSION

- 2017 External Examiner for University of Central Lancashire, UK, M.S. Sport and Exercise Science Top-Up Degree; 3-year appointment: B.S. Sport and Exercise Science Top-Up

- Degree, 2-year appointment
- 2012 Contract manager and clinical lead for annual fitness assessments for firefighters in Hereford and Worcester Fire Service, Shropshire Fire and Rescue Service and Staffordshire Fire Service, UK; 7-year appointment.
- 2010 External Validation Panel: London Metropolitan University, UK, A.S. Personal Training and Fitness degree
- 2008 Consultancy research for NHS Buckinghamshire Primary Care Trust for the 'Movers and Shaker's Program; 2-year appointment.
- 2006 External Examiner for Berkshire College of Agriculture, UK, A.S. Sport Science degree
- 2002 Sport Science Consultant for Irish Exiles Rugby Annual Fitness Testing; London, UK, 7-year appointment.