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Peggie Williamson

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Education:

PhD Student, Health Sciences: Exercise & Sport Science, Liberty University — Anticipated 2025

Doctor of Physical Therapy, University of Mary Hardin-Baylor — 2018

MS, Human Anatomy & Physiology, Northeast College of Health Sciences — 2014

MS, Health Promotion & Health Education, Old Dominion University — 1996

Teaching Experience:

Assistant Professor, Doctor of Physical Therapy Program — August 2019 to present
University of Mary Hardin-Baylor
Applied Physiology, Pathophysiology, Wellness and Health Promotion, Musculoskeletal System I and II, Functional Anatomy, Special Populations
- Developed content, objectives, exams, projects, and activities for face-to-face and online lecture and lab courses for first and second year doctorate-level students.

Adjunct Faculty, MS in Human Anatomy & Physiology Instruction — Fall 2020 to present
Northeast College of Health Sciences
Endocrine & Cardiovascular Systems (online course)
- Developed content, projects, and class activities for online MS students.

Content Developer, Master of Science Physician Assistant Program — 2019
University of Mary Hardin-Baylor
Physiology I and II
- Developed the physiology curriculum, including course schedule, specific content, daily presentations, tests, quizzes, and other classroom activities for submission to accreditation board; program commenced in January 2021.

Adjunct Professor, Biology Department — August 2019 to 2020
Temple College, Temple, TX
- Developed content, slides, lecture, exams, quizzes, and online activities for face-to-face undergraduate Anatomy & Physiology courses.

Professor, Science Department — 2001 to 2016
Central Texas College, Killeen, TX
Anatomy & Physiology, Nutrition
- Developed objectives, content, syllabus, exams, projects, and class activities for undergraduate Anatomy & Physiology lecture/lab, Diet & Nutrition lecture, and General Biology Lab.
- Mentored, trained, and supervised new faculty members.
- Created and managed annual budget for courses taught.
- Selected as academic advisor from 2012-2016 .
- Active member of Faculty Senate, Faculty Affairs Committee, Professional Development Committee, AVID Committee (Advancement via Individual Development Committee), Student Success and Engagement Strategies Committee, and Medical Lab Technician Board.

Clinical and Other Experiences:

2023 to present

Doctor of Physical Therapy
Cru Clinic, University of Mary Hardin-Baylor, Belton, TX
- Volunteer and/or supervise and mentor DPT students as they examine, evaluate, develop plans of care, treat, and educate a variety of outpatient individuals

Clinical and Other Experiences (continued):

Doctor of Physical Therapy — January 2019 to 2023
Bellah Therapies, Harker Heights, TX
- Examine, evaluate, develop plan of care, treat, and educate a variety of outpatient orthopedic, pediatric through geriatric, and developmentally delayed patients.
- Certifications in dry needling, manual therapy, LSVT Big, IASTM, MFR.
- Recommend for referral to other health care professionals as necessary.
- Proficient in all aspects of documentation using Web PT software.

Doctor of Physical Therapy Student Clinical Rotation — May to July 2018
Baylor, Scott & White Hospital, Temple, TX
- 3 weeks of wound care and 8 weeks of acute care experience.
- Examined, evaluated, and treated patients with pressure ulcers, burns, venous/arterial insufficiency wounds, etc. Performed all forms of debridement and applied wound vacs and compression bandages.
- Examined, evaluated, and treated patients with CVA, other neurological disorders, cancer, amputation, post op knee/shoulder/hip replacement, and CABG.
- Participated in interprofessional collaboration and co-treatments with Occupational Therapists, Nurses, and Doctors to provide comprehensive care.
- Observed total knee arthroplasty; treated patients in ICU and neonatal ICU.
- Proficient in all aspects of documentation using EPIC software.

Doctor of Physical Therapy Student Clinical Rotation — January to March 2018
Metroplex Rehabilitation Center, Killeen, TX
- 8 weeks of mixed outpatient experience.
- Examined, evaluated, and treated outpatient orthopedic, pediatric, geriatric, neuromuscular, and lymphedema patients; created plans of care and provided patient education and home exercise prescription.
- Participated in interprofessional collaboration and co-treatments with Occupational Therapists, Speech Language Pathologists, and Licensed Prosthetist Orthotists for comprehensive care.
- Observed orthopedic surgeries (total knee and total hip arthroplasty).
- Proficient in all aspects of documentation using ReDoc software.

Wellness Coordinator — 1996 to 2001
NASA/Langley Research Center, Hampton, VA
- Coordinated wellness program for nearly 5000 employees.
- Created, organized, and taught wellness awareness and fitness seminars.
- Offered dietary analysis and nutrition counseling to employees.
- Expanded services for employees with limited budget; increased employee participation in wellness activities by nearly three-fold.
- Coordinated public relations events.
- Improved health and morale of employees thus promoting better performance for technical duties that supported the goals of NASA.

Faculty/Instructor — 1996 to 2014
International Fitness Professional Association
- Delivered anatomy, physiology, and exercise science lectures to adult participants.
- Assessed subject mastery during 2-day workshops; supervised practical training.
- Contributing author to adopted text; developed teaching materials.

Continuing Education & Certifications:

- Integrative Health & Wellness Coach, integrative Wellness Academy — 2021
- Dry Needling Certification, American Academy of Manipulative Therapy — 2020
- Spinal Manipulation Certification 1 - American Academy of Manipulative Therapy — 2020
- LSVT BIG Certification — 2020
- Myofascial Release Certification - John F. Barnes — 2021
- Pelvic Floor Physical Therapy - certificates in multiple courses — 2020-2022
- Medbridge Courses - Differential Diagnosis and treatment of orthopedic shoulder, hip, knee, ankle, neck, and low back dysfunction — 2019-2022
- APTA CSM Annual Conference, various subjects — 2018, 2021, 2022
- Human Anatomy & Physiology Society Annual Conference, presenter — 2021, 2022

Publications:

Co-Author - Patton, Bell, Thomson, Williamson, The Human Body in Health & Disease, 8th ed; Elsevier, St. Louis, MO.	© 2024
Co-Author - Patton, Bell, Thomson, Williamson, Structure & Function, 17th ed; Elsevier, St. Louis, MO	Expected © 2025
Co-Author - Patton, Bell, Thomson, Williamson, Anatomy & Physiology, 11th ed (2022); Elsevier, St. Louis, MO.	© 2023
Reviewer - HAPS Educator	2023 to present
Author – Exercise for Special Populations, 2nd ed, Wolters Kluwer | Lippincott Williams & Wilkins, Philadelphia, PA.	© 2018

Developer

• On-line Ancillaries for Exercise for Special Populations, 2nd ed, Wolters Kluwer | Lippincott Williams & Wilkins, Philadelphia, PA.	2010 to present
• On-line Test Bank for Thibodeaux and Patton. Anatomy & Physiology, 10th edition. Chapters 1-48. Elsevier, San Diego, CA.	
• On-line Test Bank for Herlihy, The Human Body in Health and Illness, 6th edition. Elsevier. San Diego, CA.	
• On-line Test Bank for Thibodeaux and Patton, The Human Body in Health and Disease, 7th edition. Elsevier, San Diego, CA.	

Professional Services & Memberships:

• Human Anatomy & Physiology Society	
- HAPS Educator Reviewer	2010 to present
- Textbook Author's Committee	2023 to present
- Fundraising Committee	2021 to present
- Foundations Committee, Chair	2015 to 2017
- Communications Committee, Blog Editor	2013 to 2015
- Membership Committee	2014-2016
• Textbook Authors Association	2020 to present
• American Physical Therapy Association	2016 to present
• Texas Physical Therapy Association	2016 to present
• National Sports & Conditioning Association	2023 to present
• UMHB DPT Class of 2018 President	
• UMHB DPT Student Organization President	2016 to 2018
- Established status as official UMHB Student Organization	2017 to 2018
- Developed fund raising, service-oriented, and enrichment activities	
• National Commission for Health Education Credentialing	1996 to present
• American Public Health Association	1996 to present
• American College of Sports Medicine	2005 to present
• Central Texas College Faculty Senate	2002 to 2016
• Texas Community College Teachers Association	2003 to 2016
• Central Texas College Medical Lab Technician Board	2006 to 2017
• AVID Student Affairs Committee	2010 to 2014
• Academic Advisor (CTC)	2011 to 2016
• Student Success and Engagement Strategies Committee	2012 to 2016

Awards:

• Integrity Award, Bellah Therapies	2022
• Practitioner of the Year Award, Bellah Therapies	2021
• Provider of the Year Award, Bellah Therapies	2020
• Performance Health Scholarship	2018

Volunteer Services:

- Mission Trip
  - Tanzania — Feb 2023
  - Belize — May 2023, 2024
- Hope Girls and Boys School, Tanzania, Africa — April 2023 to present
  - Sponsor
- Health and Wellness Counseling — 2021 to present
  - Killeen/Harker Heights (military spouses)
- Church activities — 2023 to present
  - Local outreach
- Embrace Health — Fall 2023

Church Affiliation:

- Grace Bible Church, Killeen, TX — 2022 to present