

Elizabeth (Liza) R. Ledford MS, NSCA-CSCS, USAW

Education

University of Louisville; Louisville, Kentucky
Doctorate of Philosophy in Educational Leadership and Organizational Development,
Concentration in Sport Administration; Projected Defense May 2021

University of Louisville; Louisville, Kentucky
Master of Science in Exercise Physiology, Concentration in Strength and Conditioning; May
2011

Kennesaw State University, Kennesaw, Georgia
Bachelor of Science in Exercise and Health Science; August 2009

Teaching Experience

Term Faculty, Exercise Physiology Program August 2011 - Present
Department of Health and Sport Sciences, University of Louisville; Louisville, KY
Undergraduate Courses Taught:

- HSS 386: Anatomy and Physiology I – Spring 2016
- HSS 388: Principals of Athletic Strength & Conditioning – August 2011 - Present
- HSS 390: Anatomy and Physiology II – Fall 2013 - Present
- HSS 394: Introduction to Exercise Science – Spring 2013 - Present

Graduate Courses Taught:

- EXP 601: Laboratory Methods in Exercise Physiology – Fall 2016 - Present
- EXP 604: Advanced Topics in Exercise Physiology – Summer 2016
- EXP 607: Neuromuscular Exercise Physiology – Spring 2017 - Present
- EXP 608: Strength & Conditioning I – Fall 2016 - Present
- EXP 609: Strength & Conditioning II – Spring 2018 - Present

Graduate Teaching Assistant, Exercise Physiology Program August 2009 – May 2011
Department of Health and Sport Sciences, University of Louisville; Louisville, KY
Undergraduate Courses:

- HSS 202: Anatomy & Physiology
- HSS 396: Health/Fitness Instructor Lab

Percussion Instructor, Athletic Bands July 2007- August 2009
Department of Music, Georgia Institute of Technology, Atlanta, GA
Undergraduate Courses Taught:

- MUSI 1501: Percussion Ensemble
- MUSI 1008: Marching Band

Service Experience

Graduate Assistant Coordinator, Exercise Physiology Program
January 2017 – Present
Health and Sport Science Department, University of Louisville, Louisville, KY

Graduate Strength and Conditioning Coordinator, Exercise Physiology Program
January 2016 – Present
Health and Sport Science Department, University of Louisville, Louisville, KY

Research Experience

Coordinator of Fort Knox Initiative

July 2014 – June 2015

Soldier Athlete In Training program

Department of Health & Sport Sciences, University of Louisville/
Warrior Transition Unit, Fort Knox; Fort Knox, KY

Graduate Research Assistant, Exercise Physiology Program

January 2011 – May 2011

Department of Health and Sport Sciences, University of Louisville; Louisville, KY

Graduate Research Assistant

January 2010 – December 2010

Effects of Menthol and Ice Treatment on Blood Flow

Department of Health & Sport Sciences, University of Louisville

Publications

In Print:

Topp R., **Ledford E.**, Jacks D., Topical menthol, ice, peripheral blood flow, and perceived discomfort.

Journal of Athletic Training. Volume 48(2), 2013 Mar-Apr.

Jones, N; **Ledford, E**, Strength and Conditioning for Brazilian Jiu-jitsu.

Strength and Conditioning Journal, Volume 34(2), 2012 April

Carter, K., Roberts, A., Sunderman, S., Ledford, L. & Pennington, R., Use of video modeling in

teaching weight lifting techniques to adults with Down syndrome. Journal of Sport Science, in revision.

Presentations

Ledford E., Topp R., Jacks D., Topical menthol, ice, peripheral blood flow, and perceived discomfort. *Annual Meeting of the Southeast Chapter of the American College of Sports Medicine*. Greenville, South Carolina, February, 2012.

Clinical Experience

Volunteer Athletic Development Coach

January 2018 – Present

Central High School; Louisville, KY

Weightlifting Coach

June 2013 - September 2015

Kentuckiana Barbell; Louisville, KY

Sports Performance Coach

August 2013- March 2014

Louisville Collegiate School, Louisville, KY

Volunteer Sports Performance Coach

Summer 2012

Crown Point High School, Crown Point, IN

Professional Awards/Honors

Red & Black Faculty Mentor to five Student Athletes – University of Louisville; March 2017
USA Powerlifting National Competitor; October 2015
Red & Black Faculty Mentor to two Student Athletes – University of Louisville; March 2014

Professional Certifications & Memberships

National Strength and Conditioning Association – Certified Strength and Conditioning Specialist: Since May 2011
USA Weightlifting – Advanced Sport Coach: Since February 2012
American Red Cross – Certified Adult & Pediatric CPR/AED; Since October 2015
Delphi Center for Teaching & Learning – Delphi U: Principles of Online Course Design Certified