

# CURRICULUM VITAE

## Robert Gary LeFavi, PhD

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### Formal Education

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**Doctor of Philosophy (PhD)**, Auburn University, Alabama, 1991.

Department: Health and Human Performance

Dissertation: *"Influence of a Dietary Chromium (III) - Nicotinic Acid Complex on Various Physiological Factors in Male Athletes."*

**Master of Business Administration (MBA)**, Nova Southeastern University, Florida, 1986.

Research: *"Marketing of Phase Three Outpatient Cardiac Rehabilitation Programs in For-Profit Hospitals."*

**Bachelor of Science in Health Education (BSHE)**, University of Florida, 1983.

Internship at Alachua County Health Department, Florida

Research: *"Effects of WIC Nutrition Access and Adherence on Infant Morbidity and Mortality in Rural Northcentral Florida."*

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### Academic Appointments & Positions at a Glance

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#### University of South Carolina, Beaufort

Dean of the Beaufort Campus, 2018 – present

Professor of Public Health, 2018 - present

#### Georgia Southern University, Department of Health Sciences and Kinesiology, Statesboro, Georgia

(With Armstrong State University, Department of Health Sciences, Savannah, Georgia)

Department Head, 2015 – 2018

Interim Department Head, 2014 – 2015

President, Faculty Senate, 2010 – 2012

Professor of Health Sciences, 2003 – Present

Associate Professor of Health Sciences, 1998 – 2003

Assistant Professor of Health Sciences, 1993 – 1998

Assistant Professor of Health Science, 1990 – 1993

Director of Research, Health and Human Performance Lab, 1991 – 1993

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### Exercise Science and Sport

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#### Professional Experience

**Vice-President**, American Fitness Systems, Inc., Savannah, Georgia, 1991 – 2005.

- Developed and managed a multi-dimensional fitness center in Bulloch County, Georgia

## University Courses Taught

### Graduate

- Sport Nutrition
- Theory / Method of Strength and Conditioning
- Advanced Training and Program Design
- Psychosocial Issues in Sports Medicine
- Exercise for the Older Adult

### Undergraduate

- Exercise Physiology
- Worksite Health Promotion

## Selected Scholarly Work

### Publications (manuscripts and poster abstracts)

- LeFavi, R.G.**, R.A. Anderson, R.E. Keith, G.D. Wilson, J.L. McMillan, and M.H. Stone. Efficacy of chromium supplementation in athletes: Emphasis on anabolism. International Journal of Sport Nutrition 2:111-122, 1992.
- LeFavi, R.G.**, G.D. Wilson, R.E. Keith, R.A. Anderson, D.L. Blessing, C.G. Hames, and J.L. McMillan. Lipid-lowering effect of a dietary chromium (III)-nicotinic acid complex in male athletes. Nutrition Research 13:239-249, 1993.
- LeFavi, R.G.**, D.E. Smith, T.C. Deters, J.E. Lander, J.C. Serrato, and J.L. McMillan. Lower cervical disc trauma in weight training: Possible causes and preventive techniques. National Strength and Conditioning Association Journal 15(2):34-36, 1993.
- Ransone, J., T. Murray, **R. LeFavi**, R. Vaughan, and J. Vigil. Physiology science manual for USA Track & Field Level II coaching certification. Colorado Springs, CO: USATF, Inc., 1-38, 1995.
- Keith, R.E., M.H. Stone, R.E. Carson, **R.G. LeFavi**, and S.J. Fleck. Nutritional status and lipid profiles of trained steroid-using bodybuilders. International Journal of Sport Nutrition 6:247-254, 1996.
- Ransone, J., and **R.G. LeFavi**. The effects of dietary L-carnitine on anaerobic exercise lactate in elite male athletes. Journal of Strength and Conditioning Research, 11(1):4-7, 1997.
- Ransone, J.W., **R.G. LeFavi**, and B.H. Jacobson. Efficacy of creatine supplementation: A review and recommendation. International Sports Journal, 6(2):31-47, 2002.
- Ransone, J.W., K.L. Neighbors, **R.G. LeFavi**, and J. Chromiak. The effect of beta-hydroxy beta-methylbutyrate on muscular strength and body composition in collegiate football players. Journal of Strength and Conditioning Research, 17(1):34-39, 2003.
- LeFavi, R.G.**, G.K. Limbaugh, J.D. Eitner, and B.L. Riemann. Medial and lateral gastrocnemius activation differences during heel raise exercise with three different foot positions. Medicine and Science in Sports & Exercise, 41(5):S297, 2009.

Riemann, B.L., Limbaugh, G.K., Eitner, J.D., and **LeFavi, R.G.** Medial and lateral gastrocnemius activation differences during heel-raise exercise with three different foot positions. Journal of Strength and Conditioning Research, 25(3):634-639, 2011.

**LeFavi, R.G.**, Davis, S.E., Riemann, B.L. The relation between field tests and novice success on Olympic-style weightlifting. Journal of Strength and Conditioning Research, 25:S108-109, 2011.

Krajewski, K., **LeFavi, R.G.**, Riemann, B.L. Effects of barbell bouncing on joint kinematics in deadlifts. Medicine and Science in Sports and Exercise, 48(5):S622, 2016.

**LeFavi, R.G.**, Krajewski, K., Riemann, B.L. The effects of bouncing the barbell on kinetic energy during the conventional deadlift. Proceedings of the National Strength and Conditioning Association's Annual Conference, 2017.

Ford, J., **LeFavi, R.G.**, Good R., Riemann, B.L. Bar trajectory and kinematic analysis of two youth elite weightlifters. Proceedings of the National Strength and Conditioning Association's Annual Conference, 2017.

Ford, J., **LeFavi, R.G.**, Riemann, B.L. Predictors of meet performance in masters Olympic weightlifters. Medicine and Science in Sports and Exercise, 2018;50(5):S441.

Carreker, J.D., Ford, J.M., **LeFavi, R.G.**, Riemann, B.L. Longitudinal changes of snatch barbell kinematics and kinetics in an elite weightlifter, Proceedings of the Southeastern American College of Sports Medicine Annual Meeting, 2020.

#### Presentations

**"The effect of zinc and magnesium supplementation on erythrocyte levels in a world-class athlete."**  
Presented at the 11th Annual Sports and Cardiovascular Nutritionists Symposium, Atlanta, GA, April, 1994.

**"Do supplements enhance athletic performance?: How you can evaluate nutritional ergogenic aids."**  
Presented as Visiting Scholar Lecture at Western Carolina University, Cullowhee, NC, April, 1995. [Invited]

**"Effects of creatine monohydrate on performance of college baseball and basketball players."** Presented at the 1998 National Strength and Conditioning Association annual conference, Nashville, TN, 1998.

**"The use creatine and androstenedione in athletics: Implications for enhanced performance."** Presented at USA Track & Field Level III coaches certification school, West Lafayette, IN, August, 1999. [Invited]

**"Effects of low versus high-speed strength training on performance variables in high school athletes."**  
Presented Annual Conference of the American College of Sports Medicine, Baltimore, MD, June, 2010.

**"Ground Reaction Forces from Depth Jumps at Different Heights do not Support Standard Weight Limitations."** Presented at the Annual Conference of the American College of Sports Medicine, Denver, CO, May, 2011.

**“Effects of Unweighting on Heart Rate Response and Speed/Incline Adjustments Necessary in Elite Runners.”** Presented at the Annual Conference of the American College of Sports Medicine, San Francisco, CA, May, 2012.

**“Power Output and Bar Trajectory in an Elite Youth Lifter.”** Presented at National Meeting of USAW Coaches, Daytona Beach, FL, June, 2014.

### **Other Related Experience**

- Published over 725 popular press articles on health and fitness in six international magazines
- Quoted as expert by media:
  - *New York Times*
  - *USA Today*
  - *The Washington Post*
  - *San Francisco Chronicle*
  - *CBS Evening News with Dan Rather*
  - *CNN with Paula Zahn*
  - *Sports Illustrated*
  - *ESPN magazine*
  - *Parade*
- Certified Strength and Conditioning Specialist (NSCA)
- National-level Coach for USA Weightlifting
- Consultant and Science Educator for USA Track & Field
- Expert witness in fitness center and sport nutrition liability cases
- Named to CORPS (Reebok professional advisory board)

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### **Health Promotion & Wellness**

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### **Professional Experience**

**Director of Evaluation**, Maternal-Child Health Bureau’s Healthy Start Initiative, Savannah, Georgia, 1994 – 1999.

- Organized and supervised the complete formative and summative program evaluations for nationally-funded maternal/child health initiative to reduce infant mortality and low birth weight in Chatham County

**Health Education Coordinator**, Alachua General Hospital, Gainesville, Florida, 1983 – 1984.

- Developed, implemented, and supervised community health education courses for the Center for Health and Fitness.

### **University Courses Taught**

#### Graduate

- Nutrition
- Healthy Weight Management and Body Composition
- Health Planning and Evaluation
- Research Methods in Health Science
- Health Promotion at the Worksite
- Spirituality and Health

- Physical Activity in Disease Prevention & Treatment

#### Undergraduate

- Nutrition
- Personal Health Promotion (Basic Health)
- Health Problems in a Changing Society (Environmental Health)
- Worksite Health Promotion
- Drug Education
- Health in Rehabilitation
- Ethical Theories and Moral Issues in Health (Honors)

### **Selected Scholarly Work**

#### Publications

**LeFavi, R.G.** Has chromium been overlooked as a hypolipidemic agent? [Editorial] Nutrition Report 9:65,72, 1991.

McMillan, J.L., **R.G. LeFavi**, P.S. Miko, and B. Joyner. Anabolic steroid education should start in middle schools. American Journal of Health Promotion 7:245-246, 1993.

**LeFavi, R.G.**, and K. Kratina. Connection: The therapeutic relation. Sports, Cardiovascular and Wellness Nutritionists PULSE, 15(2):16-17, 1996.

**LeFavi, R.G.**, and M.H. Wessels. Life Review in Pastoral Counseling: Background and Efficacy for Use with the Terminally Ill. Journal of Pastoral Care & Counseling 57(3):281-292, 2003.

#### Presentations

**"Lipid-lowering effect of a dietary nicotinic acid-chromium (III) complex."** Presented at the Annual Meeting of the Federation of American Societies for Experimental Biology, Atlanta, GA, April, 1991.

**"Graduate programs and job opportunities in the health sciences."** Presented at the Annual Meeting of Georgia Association of Physical Ed., Health Ed., Recreation and Dance, Jekyll Island, GA, May, 1994. [Invited]

**"What's love got to do with it? Connection, spirituality and health."** Presented as Visiting Scholar Lecture at Western Carolina University, Cullowhee, NC, April, 1995. [Invited]

**"The importance of 'connection' in the therapeutic relationship."** Presented at the Annual Conference of the North Carolina Dietetic Association, Greensboro, NC, June, 1997. [Keynote; Invited]

**"Evaluation techniques for risk reduction programs in Healthy Start Initiatives."** Presented at the 1998 Maternal Child Health Bureau's Healthy Start Initiative conference, Washington, DC, July, 1998. [Invited]

**"Nutritional issues for elder populations."** Presented at the 2000 Savannah Business Group Conference on Health Aging, Savannah, GA, 2000. [Invited]

**"Life review as spiritual care for the terminally ill."** Presented at Harvard Medical School's Conference on Spirituality and Healing, Boston, MA, 2001.

**“Designing a Health Professions international education program: Twelve steps toward innovation and success.”** Presented at the annual conference of the Association of Schools of Health Professions, Baltimore, MD, 2008.

**“The Science and Art of the Mediterranean Diet: Understanding the Barriers to Transference.”** Presented at the Georgia Nutrition Council’s Annual Conference, Savannah GA, 2009. [Invited]

**“Aligning Curriculum to Achieve Health Equity.”** Presented at the Annual Meeting of the Association for Prevention Teaching and Research, Savannah, GA, 2017. [Invited.]

#### **Other Related Experience**

- Adjunct Faculty, Clemson University, Department of Nutrition (2016-2020)
- Certified Program Director for American Cancer Society’s Smoking Cessation program
- Certified Program Director for American Lung Association’s Smoking Cessation Program
- Consultant to the Federal Trade Commission on Nutrition Supplement Safety
- Consultant to the National Council Against Health Fraud

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### **Business & Health Care Administration**

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#### **Professional Experience**

**Director**, The Wellness Center, Bethesda Memorial Hospital, Boynton Beach, Florida, 1984 – 1987.

- Responsible for the planning and implementation of a 30,000 square foot Wellness Center accommodating cardiac rehabilitation, outpatient physical therapy and fitness programming
- Department consisted of 14 health care professionals as educators and was the first of its kind in South Florida

**Executive Director**, The Oasis Center, Savannah, Georgia, 1995 – 1999.

- Responsible for the funding and staffing of a not-for-profit health care counseling center

#### **University Courses Taught**

##### Graduate

- Health Care Marketing
- Health Care Administration
- Decision Sciences (GIS)

##### Undergraduate

- Health Marketing (including effective communication)
- Health/Fitness Entrepreneurship
- Health/Fitness Management

#### **Selected Scholarly Work**

##### Publications

Frey, C., L. Guyer, S. Zoll, and **R. LeFavi**. Health in Motion: Hospital-Based Wellness as an Answer to DRGs. Gainesville, FL: Sante Fe Health Care Systems, Inc., 1983.

### Presentations

**“Marketing of Phase Three Outpatient Cardiac Rehabilitation Programs in For-Profit Hospitals.”** Presented at Nova Productivity Workshop for Hospital Administrators, Fort Lauderdale, FL, October, 1986.

**“Efficacy of an Inter-Professional Health Research Laboratory.”** Presented at the IPCPP’s InterProfessional Health Care Summit, April 10, 2015.

**“The Business of Physical Therapy: Success in the Blink of an Eye.”** Presented at the Annual Meeting of the Physical Therapy Association of Georgia, Savannah, GA, 2017. [Invited; Ted Talk Keynote]

### **Other Related Experience**

- Board of Directors, Beaufort Digital Corridor
- Board of Directors, Reconstruction Beaufort
- Advisory Board, Beaufort Area Hospitality Association
- Mentor to fitness center entrepreneurs
- Completed Faculty Leadership Development Program, May 2015
- Consultant to physicians in St. Simons on orthopedic services in Savannah
- Consultant to physical therapists in Savannah on practice buy-out

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### **Other Education and Qualifications**

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**Master of Divinity (MDiv)**, Erskine Theological Seminary, South Carolina, 2003.  
Received Academic Award for graduating class.

**Doctor of Ministry (DMin)**, Sewanee Theological Seminary, Tennessee, 2007.

Ordained clergy in both the Anglican (ACNA) and Lutheran (LCMC) Churches.

**Rector**, St. Luke’s Episcopal Church, Rincon, GA, 2003 – 2009.

**Pastor**, Bethel Lutheran Church, Springfield, GA, 2010 – present.

*List of Committee Service, Grants Funded and References available upon request.*