

Curriculum Vitae

LaDarius Woods, PT, DPT, PhD
Certified Strength & Conditioning Specialist
Alabama State University

Education:

Fellow
APTA Fellowship in Higher Education Leadership
American Physical Therapy Association
2022-2023

Doctor of Philosophy
Auburn University
Adult Education
2020

Doctor of Physical Therapy
Alabama State University
Physical Therapy
2014

Bachelor of Science
Birmingham-Southern College
Biology-Psychology
2011

Professional Certifications & Licensure Information:

Physical Therapist (PTH-7305) – Alabama
2014-Present

Certified Strength & Conditioning Specialist
2013-Present

Academic Employment and Positions Held:

Associate Professor, Tenure
Alabama State University
Montgomery, Alabama
August 2022 – Present

Assistant Professor, Tenure Track
Alabama State University
Montgomery, Alabama
Nov 2017 – August 2022

Adjunct Instructor
Alabama State University
Montgomery, Alabama
2015-2017

Adjunct Instructor
South University
Montgomery, Alabama
2014-2015

Clinical Employment and Positions Held:

Physical Therapist/Owner
Woods PT LLC
Montgomery, AL
2016-Present

Executive Director
Admissions Highway (Non-Profit)
Montgomery, Alabama
2020-Present

Adjunct Faculty
American Institute of Balance
Tampa, FL
2021-Present

Physical Therapist
Therapy Management Corporation
Alabama
2015-2016 – Full-Time
2016-Present – PRN

Personal Trainer
Body Trac Health & Fitness
Montgomery, AL
2014-2016

Physical Therapist
Jackson Hospital
Montgomery, AL
2014-2015

Membership in Scientific/Professional Organizations:

American Physical Therapy Association (APTA)
2011-Present

APTA Alabama Chapter
2011-Present

APTA Academy of Research
2012-Present

APTA Academy of Education
2014-Present

APTA Academy of Neurologic Physical Therapy
2018-Present

APTA Academy of Sports Physical Therapy
2011-2016

National Association of Black Physical Therapist (NABPT)
2021-Present

National Strength and Conditioning Association (NSCA)
2013-Present

National Society of Allied Health (NSAH)
2013-Present

United States Track and Field Association (USATF)
2010-Present

American Educational Research Association (AERA)
2017-2020

Services to the Physical Therapy Profession:

Member
APTA Diversity, Equity, and Inclusion Committee
APTA
2023-Present

Member
American Council of Academic Physical Therapy (ACAPT)
National Equity, Diversity, and Inclusion Commission (NEDIC)
Cultural Belonging Task Force
2023-Present

Member
APTA Scholarship and Awards
Subcommittee APTA
2022-Present

Vice Chair
American Council of Academic Physical Therapy
Diversity, Equity, and Inclusion Consortia
2022-Present

Chair
Combined Sections Meeting Programming Committee
APTA Academy of Research
2023-Present

Co-Chair
Diversity, Equity, and Inclusion Committee
APTA Alabama
2021-Present

Member
Advocacy and Consumer Affairs Committee
APTA Academy of Neurologic Physical Therapy
2021-Present

Delegate
APTA Alabama
2020-Present

Member
Finance Committee
APTA Academy of Education
2020-Present

Co-Chair
Combined Sections Meeting Programming Committee
APTA Academy of Research
2021-2023

PT Representative at Large (Inaugural)
American Council of Academic Physical Therapy
Diversity, Equity, and Inclusion Consortia
2020-2022

Centennial Ambassador
APTA Alabama
2020-2021

Committee Member
Combined Sections Meeting Programming Committee
APTA Academy of Research
2018-2021

PT Representative at Large
APTA Alabama
2018-2020

Vice-Chair
APTA Alabama Young Professionals Special Interest Group
APTA Alabama
2016-2018

Committee Member
Social Media
APTA Academy of Education
2016 – 2018

Secretary
Board of Directors
APTA Student Assembly
2013-2014

Community Service:

Kappa Alpha Psi Fraternity Incorporated
2008-Present

Birmingham-Southern College Young Alumni Council
2019-Present

Magic Moments Junior Board
2020-Present

Emerge Montgomery
2016-2022

Lions Club International (Pike Road)
2017-2022

Services to the University/College/School on Committees/Councils/Commissions:

Member
Physical Therapy Department
Admissions Committee, Curriculum/Accreditation, Student Progression and Retention, Policies
and Procedures, Research and Scholarly Works
2022-Present

Member
Physical Therapy Department
Admissions Committee, Curriculum Committee, Clinical Laboratory, Research & Scholarly
Works, Recruitment & Public Relations
2017-2022

Faculty Advisor
Physical Therapy Department
Student Physical Therapy Association
2017-2022

Chair
Physical Therapy Department Admissions
2019-2022

Vice-Chair
Physical Therapy Department Admissions
2018-2019

Member
College of Health Science Curriculum Committee
2018-Present

Member
College of Health Sciences Community Relations/PR
2018-2020
2022-Present

Member
College of Health Science Technology Committee
2022-Present

Member
College of Health Science Research & Creative Activity Committee
2022-Present

Member
College of Health Sciences
Diversity, Equity, & Inclusion Task Force
2022-Present

Member
College of Health Science Student Development Committee
2021-2022

Faculty Advisor
Alabama State University
The Pre-Professional Health Sciences Club
2021-Present

Member
Alabama State University
Prior Learning Assessment Committee
2022-Present

Peer-Reviewed Publications (Published, In Press, and In Review):

Woods, L., Thomas, A., Turner, M., Clausell, M., & Crutcher, M. (2023). Recruitment methods of underrepresented populations within entry-level physical therapy programs: A case series. *J Allied Health*, In print.

Woods, L. & Colton, S. (2022). An exploration of how students experience a hybrid Doctor of Physical Therapy program: A case series report. *J Allied Health*, In print.

Woods, L. (2021). Effects of course length on the six-minute walk test in healthy adults: A pilot study. *J Pulmon Respir Sci*, 6(1):000140.

Woods, L. (2020). The effects of dry needling on tinnitus: a case study report. *Ann Physiother Occup Ther*, 3 (3): 000171.

Peer Reviewed Scientific and Professional Presentations:

Funderburk, R., **Woods, L.**, Bretl, S., & Rehm, J. (2023). Effects of a dynamic adjustable ankle foot orthosis on gait and outcome performance in an adult with Spina Bifida. International Society for Prosthetics and Orthotics. 19th World Congress, Guadalajara, Mexico. Platform Presentation.

Corvus, T., Nunez, M., Huggins, C., **Woods, L.**, Williams-York, B., & Crawford, S. (2022). Diversity, Equity, Inclusion, and Excellence: Strategies for Enacting DEI within the ACAPT Excellence Framework. American Physical Therapy Association Educational Leadership Conference 2022, Milwaukee, Wisconsin. Platform Presentation.

Golden, H., Colton, S., Edens, E., Morgan, C., & **Woods, L.** (2022). The Impact of the Novel Coronavirus on the Physical Activity Level of College Students. American Physical Therapy Association Combined Sections Meeting 2022, San Antonio, Tx. Poster Presentation.

Woods, L., Huggins, C., Crawford, S., Williams-York, B., Jackson, V., & Brown, D. (2021). Reflections of the Black Experience in the Physical Therapy Profession: Revisiting the DEI Consortium Listening Sessions of 2020. American Physical Therapy Association Educational Leadership Conference 2021, Atlanta, Georgia. Platform Presentation.

Woods, L., Morris, D., & Forte, D. (2021). Diversity, Equity, and Inclusion in Physical Therapy: Why It is Important and How to Engage. American Physical Therapy Association Alabama Chapter Annual Meeting 2021, Birmingham, Alabama. Platform Presentation.

Woods, L. (2021). Diversity and Inclusion in Physical Therapy Programs'. American Physical Therapy Association Combined Sections Meeting 2021. Poster Platform. Virtual.

Woods, L. (2020). The Most Commonly Reported Doctor of Physical Therapy Admissions Variables. American Physical Therapy Educational Leadership Conference 2020. Poster Platform. Virtual.

Woods, L. & Carter, C. (2020). Entrepreneurship in Physical Therapy, Thinking Beyond Patient Care. National Student Conclave 2020, Virtual.

Pickney, A., **Woods, L.**, Patel, R., & Varnado, K. (2020). Supporting DEI in PT Education to Impact Population Health Outcomes. American Physical Therapy Educational Leadership Conference 2020, Virtual.

Woods, L., Ballard, J., & Ireland, C. (2019). Enhancing Student Engagement, Learning, and APRs All in Five Minutes. American Physical Therapy Educational Leadership Conference 2019, Bellevue, Washington.

Woods, L. and Forte, D. (2018). I've Graduated Now What? American Physical Therapy Association Alabama Chapter Fall Conference 2018, Birmingham, Alabama.

Magee, J., **Woods, L.**, Webb, Q., and Shaw, C. (2014) Self-reported Responses to the Long Sit Slump Test in Asymptomatic Adults. American Physical Therapy Combined Sections Meeting 2014. Poster Platform. Las Vegas, NV.

Invited/Non-Peer Reviewed Presentations:

Woods, L., McLean, G., & Mano, N. (2023). APTA Student Thrive. American Physical Therapy Association, San Diego, CA. Panel Discussion.

Woods, L. (2021). Standing on the Shoulder of Black Giants. American Physical Therapy Association Minnesota. Invited Lecture.

Simpson, S., Brown, D., Williams-York, B., Vernado, K., & **Woods, L.** (2020). How Racism and Social Injustice Reverberates in the Black Physical Therapy Education Community. American Council of Academic Physical Therapy, Panel Discussion.

Aguirre, M., Banafa, A., Blanchette, G., Herron, R., Nixon-Cave, K., & **Woods, L.** (2020). Diversity Gala, Scholarship Recipient Panel Discussion American Physical Therapy Association, Panel Discussion.

Professional Service - Research Related:

Junior Editorial Board
MedCrave Online Journal of Orthopedics & Rheumatology
2019-Present

Junior Editorial Board
Journal of Rehabilitation Practices and Research
2020-Present

Teaching Activities (Alabama State University)

Service on Doctoral Capstone Committee – Chair

2023 - The Effectiveness of Physical Therapy Interventions for Pregnancy-related Incontinence: Systematic Review.

2022 - The Effects of Physical Activity and Fitness from Participating in Marching Band

2021 - The Impact of the Novel Coronavirus on the Physical Activity Level of College Students

2021 - An Examination of Functional Limitations and Pain in Graduate Students Transitioning from In-Person Instruction to Full Virtual Instruction During the COVID-19 Pandemic

2020 - Effects of Course Length on the Six-Minute Walk Test: A Randomized Trial Pilot Study

Courses Taught

PTH 5335 Physical Agents

PTH 6553 Clinical Neurological Physical Therapy

HSC 5006 Introduction to Evidence Based Practice

HSC 5007 Research in Health Professions

PTH 5225 Therapeutic Exercise

PTH 5099 Capstone

PTH 5325 Educational Interventions

PTH 6453 Introduction to Neurological Physical Therapy

PTH 7784 Gender Health

PTH 7887 Clinical Decision Making for the Complex Patient

PTH 7789 Directed Independent Study

HSC 5003 Patient Care Concepts I

HSC 5010 Patient Care Concepts II

HSC 5001 Advanced Gross Human Anatomy

PTH 7785 Health Promotion and Practice

HIM 212 Anatomy, Physiology, & Disease

Honors and Awards:

Recipient

APTA Emerging Leader

2021

Recipient

APTA Centennial Scholar

2020

Recipient

American Physical Therapy Minority Faculty Development Scholarship

2019

Member

Golden Key International Honor Society

2017

Recipient
American Physical Therapy Minority Scholarship
2014

Consultive & Advisory Positions:

Hart Spine & Rehabilitation
Montgomery, Alabama
2017-Present

Health & Wellness Consultant Association of Natural Health
Prattville, Alabama
2017-2020

Selected Professional Development:

2023. Combined Sections Meeting. APTA. San Diego, CA.
2023. The Future of the Allied Health Professions Work Force. National Society of Allied Health. Montgomery, AL.
2022. Combined Sections Meeting. APTA. San Antonio, TX.
2022. Surviving and Transformation of Allied Health Education at HBCUs during the COVID-19 Pandemic and Beyond. National Society of Allied Health. Tallahassee, FL.
2022. Pelvic Floor Level 1. Herman & Wallace Pelvic Rehabilitation Institute. Atlanta, GA.
2022. USA Weightlifting Level 1. USA Weightlifting. Montgomery, AL.
2022. Alabama State Clinic. National Strength and Conditioning Association. Birmingham, AL.
2021. Diversity, Equity, and Inclusion in the Workplace Certificate. University of South Florida Office of Corporate Training and Professional Education. Virtual.
2021. Functional Movement Systems Level I Functional Movement Screen. Virtual.
2021. Combined Sections Meeting. APTA. Virtual.
2020. Lee Silverman Voice Treatment, Move Big. Virtual.
2020. Excellence in Physical Therapy Education: The Key to Unlocking the Quadruple Aim. APTA Educational Leadership Conference. Virtual.
2020. Quality Matters. Virtual.
2019. Combined Sections Meeting. APTA. Washington, DC.
2019. American Balance Institute Vestibular Assessment and Management. Tampa, FL.
2019. Functional Movement Systems Level II Selective Functional Movement Assessment. Newark, NJ.
2019. Functional Movement Systems Level 1 Selective Functional Movement Assessment. Newark, NJ.
2019. Setting Sail: Discovering a New World of Opportunities. APTA Educational Leadership Conference. Bellevue, WA.
2018. Combined Sections Meetings. APTA. New Orleans, LA.
2018. Academy of Physical Therapy Education Faculty Development Workshop. Chicago, IL.
2018. Dr. Ma's Integrative Dry Needling Advanced Course. Fairfax, VA.
2018. American Physical Therapy Association Advanced Credentialed Clinical Instructor. Atlanta, GA.
2018. Our Leadership Landscape: Perspectives from the Ground Level to 30,000 Feet. APTA Educational Leadership Conference. Jacksonville, FL