

Faculty Bio

Proposal title: Motivating Adolescents to Choose Health- An effective school-based obesity intervention

George T. (Tim) Hardison, Jr., MA

George "Tim" Hardison earned both BS, and MA at East Carolina University in Physical Education with a concentration in exercise physiology. While a Graduate Research Assistant, he was involved in the development of the ECU Human Performance Laboratory's Cardiac Risk Factor Reduction Program and earned American College of Sports Medicine certifications as an Exercise Specialist. While working in Cardiac Rehabilitation at the Medical University of South Carolina in the early 80s, he directed the Noon Physical Training program at the Citadel for "overweight and underweight" cadets. He later returned to ECU, developed a customized computer-based report to summarize cardiovascular risks factors and offer a complete exercise and diet plan, implemented this program as an employee of a wellness center, and conducted complete physical assessments of county fire-fighters. He was led back to education by being "called to coach." As a result of working in baseball coaching, he developed expertise in hitting instruction, started Diamond City Baseball School, and started the Online Hitting Academy, www.hittingacademy.com, which is currently the largest web resource for hitting instruction. After being in small business, he returned to teach science at Williamston Middle School, where he has been employed for nearly 10 years. He has worked extensively in the area of School Improvement, developing programs that were nationally recognized in "Closing the Achievement Gaps" in No Child Left Behind subgroups. After news reports of the growing epidemic of Childhood Obesity, and the lack of programming and or established methods of implementation of obesity interventions in public schools, he developed MATCH, Motivating Adolescents with Technology to CHOOSE Health. The program has been in existence for 2 years and offers a promising methodology for school-based childhood obesity intervention.