

Timothy J. Zinke

11 EMS B10 Ln., Pierceton, IN 46562

Education

The University of North Carolina – Greensboro, Greensboro, NC. Doctorate of Education in Kinesiology, August 2024. Dissertation: Early Sport Specialization and Chronic Injuries in College Students.

The University of Tennessee at Chattanooga, Chattanooga, TN. Master of Science in Athletic Training, May 2014. Research Project: Case-control Analysis of Chronic Ankle Instability in Female College Athletes

Wheaton College, Wheaton, IL. Bachelor of Science in Applied Health Science, May 2011. Minor in Philosophy. Graduated Summa Cum Laude.

Functional Movement Systems. May 2025. Functional Movement Screen Level I Certification

American Heart Association. June, 2017. Basic Life Support Certification.

National Strength and Conditioning Association. 2015-2017. Certified Strength and Conditioning Specialist.

Board of Certification. May, 2014. Certified Athletic Trainer.

Professional Experience

Grace College, Winona Lake, IN

Assistant Professor of Exercise Science (August 2023 – Present)

Full-time faculty member at a 4-year liberal arts college. Teaching both online and in-person courses for undergraduate students while also serving as advisor for students on the Fitness & Nutrition track of the program.

Bryan College, Dayton, TN

Instructor for Exercise and Health Science (August 2019 – July 2023)

Responsible for classroom instruction and course design for undergraduate classes in the field of exercise science. Promoted to Assistant Professor in 2022.

Head Athletic Trainer (November 2015 – July 2019)

Oversaw all sports medicine care given to athletes at the college. In charge of all administrative duties for the athletic training staff, including maintaining medical records, filing insurance claims, and making all purchasing and inventory decisions. Was responsible for creating and implementing the athletic department's drug testing policy.

Assistant Athletic Trainer (August 2015 – November 2015)

Provided medical care for athletes, which included pre-season physicals, evaluations, treatments, rehabilitations, and documentation of all care given.

Covenant College, Lookout Mountain, GA

Adjunct Instructor (January 2020 – May 2020)

Assistant Athletic Trainer (August 2014 – July 2015)

Provided medical care for athletes, which included evaluations, treatments, rehabilitations, and documentation of all care given. Implemented injury prevention programs for various teams.

Committee Involvement

IRB Committee, Grace College (August 2024 – Present)

AI Ad Hoc Committee, Grace College (August 2024 – Present)

Faculty Athletic Representative, Bryan College (August 2021 – July 2023)

Concussion Management Leader, Bryan College (March 2019 – July 2023)

Student Life Council, Bryan College (August 2020 – May 2022)

WAC Committee Member, Bryan College (August – December 2020)

Scholarship Weekend Interviewer, Bryan College (2/2020, 11/2020, 2/2021, 2/2022)

Courses Taught

BIO 2040 & 2050 – Anatomy and Physiology II w/ Lab, Grace College

BIO 2240 – Introduction to Public Health, Grace College
CHM 3610 – Environmental and Analytical Chemistry, Grace College
EXS 1050 – Dynamics of Fitness, Grace College
EXS 2250 – Care and Prevention of Injuries, Grace College
EXS 2500 – Group Fitness Instruction, Grace College
EXS 3600 – Fitness Assessment, Grace College
EXS 4180 – Exercise Physiology, Grace College
EXS 4240 – Biomechanics, Grace College
EXS 4840 – Research in Exercise Science, Grace College
FYE 1000 – First-Year Foundations, Grace College
SCI 2030 – Faith, Science, and Reason, Grace College
EHS 111 – Concepts of Physical Fitness, Bryan College
EHS 114 – Badminton, Bryan College
EHS 125 – Beginning Tennis, Bryan College
EHS 200 – Care & Prevention of Athletic Injuries, Bryan College
EHS 212 – Bowling, Bryan College
EHS 221 – Safety Education & First Aid, Bryan College
EHS 325 – Measurement and Evaluation in Physical Education, Bryan College
EHS 341 – Physiology of Exercise, Bryan College
EHS 342 – Structural Kinesiology, Bryan College
PSE 328 - First Aid/Prevention & Treatment of Athletic Injuries, Covenant College

Consultations & Strategic Planning

Paid Consultant for Bryan College Athletic Training Department – Oct. 2022

Conference & Workshop Presentations

Early Sport Specialization and Chronic Injuries in College Students. Poster session presented at: BioCrossroads FrameWorx Conference; 2025 Aug 20; Winona Lake, IN

Early Sport Specialization and Chronic Injuries in College Students. Presented at Grace College Faculty Forum; 2024 Oct 15; Winona Lake, IN

Zabkar EH, Zinke TJ, Wilkerson GW. Case-control analysis of chronic ankle instability in female college athletes. Poster session presented at: University of Tennessee at Chattanooga Research Day; 2014 Mar 21; Chattanooga, TN.

Publications

Zinke, Timothy J., Ross, Scott E., Brown, Pam K., & Mattacola, Carl G.. (2026). Early Sport Specialization is Associated With an Increased Odds of Chronic Injury in College Students. *Journal of Sport Rehabilitation*. Advance online publication. <https://doi.org/10.1123/jsr.2025-0425>.

Conferences / Professional Meetings Attended

Erlanger Orthopedic Symposium – Chattanooga, 2019
NATA National Convention, New Orleans 2018, Houston 2017, Baltimore 2016, St. Louis 2015, and Indianapolis 2014,
SEATA Student Symposium, Atlanta 2014 and 2013.

Professional Service & Memberships

American College of Sports Medicine, 2022 – Present
National Athletic Trainers' Association, 2012 – 2020
Southeast Athletic Trainers' Association, 2012 – 2020
Tennessee Athletic Trainers' Society, 2012 – 2020
National Strength and Conditioning Association, 2015 – 2017
Georgia Athletic Trainers' Association, 2014- 2016

Community Service

Lakeland Youth Center, Syracuse, IN – 2024-2026
 Volunteer Head Soccer Coach
 Volunteer Head Basketball Coach
 Volunteer Assistant Baseball Coach
North River YMCA, Hixson, TN – 2023
 Volunteer Assistant Basketball Coach
The Gathering, Hixson, TN, 2013–2023
 Missions Team Leader – 2022-2023
 Adult Bible Study Teacher – 2022–2023
 Elder – 2020-2023
 Discipleship Group leader – 2020-2023
 Member of “Institute” (Systematic theology class for laypersons) – 2020
 College Group leader – 2019 - 2022
 Medical missions team member – January 2019
 Preaching team – 2017-2019
 Deacon – 2018-2019
 Middle/High School Sunday School teacher – 2015-2019

Feed My Starving Children – Volunteer, 2013
Church of the Resurrection, Wheaton, IL, 2010 – 2012
Youth group leader – 2011-2012
Greeter – 2010-2011

Grants & Awards

3rd place Award for Faculty/Staff Poster Presentations at BioCrossroads FrameWorx Conference, 2025
UNCG Vanessa Louise Hall Fellowship recipient, 2020
Appalachian Athletic Conference Athletic Trainer of the Year, 2017
UTC Graduate Athletic Training Program Outstanding Student of the Year, 2014
Donald J. Fauls Memorial Scholarship, 2013
Ruth Berg Leedy Scholarship for excellence as a teaching assistant, 2011