

# Curriculum Vitae

**Tim Worden, PhD**

Last updated: 2025-09-02

## Biographical Information

Email tworden81@gmail.com  
Instagram @twordentraining

## Education

### Degrees

- 2016 PhD, Biomechanics  
University of Guelph, Guelph, Ontario, Canada  
*“Examination of dual-task training protocols to alter performance on a concurrent auditory Stroop and obstacle crossing dual-task test”*  
Supervisor: Dr. Lori Ann Vallis  
Advisory Committee: Dr. Allan Adkin & Dr. Naseem Al-Aidroos
- 2012 MSc, Biomechanics & Neuroscience  
University of Guelph, Guelph, Ontario, Canada  
*“A novel method of dual-task training in healthy young adults”*  
Supervisor: Dr. Lori Ann Vallis
- 2010 BScH, Biomedical Science  
University of Guelph, Guelph, Ontario, Canada  
*“Anticipatory Locomotor Adjustments for Dynamic Obstacle Clearance in Young Children” & “Effects of resistance training on insulin resistance and cardiac dysfunction: A review”*  
Honors Thesis Supervisor(s): Dr. David Dyck & Dr. Lori Ann Vallis

## Courses & Certifications

- 2023 Jun Novateur Academy & OBIO® Masterclass: Navigating IP Licensing & BD Partners in Therapeutics, Toronto, Ontario,

	Canada
2023 Feb	Queen's Closing the Strategy-Execution Gap Program, Smith School of Business, Queen's University, Kingston, Ontario, Canada
2022 Nov	Queen's Project Leadership Program, Smith School of Business, Queen's University, Kingston, Ontario, Canada
2022 Feb	Rotman Negotiations Program, Rotman School of Management, University of Toronto, Toronto, Ontario, Canada
2021 Sep-Oct	MBA Essentials Online Certificate Program, Rotman School of Management, University of Toronto, Toronto, Ontario, Canada
2008	Certified Practitioner, Kinesio Tape
2005	Level 1 Ski Instructor, Canadian Ski Instructors' Alliance

## **Employment**

### **Current Appointments**

2020 Sep-present	Business Development Manager, Inteligex, Toronto, Ontario, Canada
2020 Dec-present	Member, Board of Directors, Sport Horse Research Foundation, Wellington, Florida, USA
2017 Jun-present	Research Communications Specialist & Editorial Coordinator, Spinal Cord Injury Clinical Research Unit, Toronto Western Hospital, University Health Network, Toronto, Ontario, Canada
2014 Sep-present	Sport Performance Consultant, Tim Worden Consulting (formerly Equestrian Sports Science), Guelph, Ontario, Canada

### **Previous Appointments**

2021 Jan-2024 Dec	Member, Board of Directors, Equine High-Performance Sports Group, Oconomowoc, Wisconsin, USA
2018 Nov-2024 Nov	Director of Sponsor Relations and Outreach, Millar Brooke Farm, Perth, Ontario, Canada
2022 Feb-2024 May	Co-Host, Sport Horse Podcast, Equine High-Performance Sports Group, Oconomowoc, Wisconsin, USA
2022 Dec-2023 May	Co-Founder & Board Member, CAN Jump Initiative, Toronto, ON, Canada
2020 Feb-2021 Mar	Researcher, Equine Analytics LLC, Wellington, Florida, USA
2017 Oct-2018 Sep	Consultant, Hylofit, USA
2016 Dec-2017 Apr	Barn Manager, Millar Brooke Farm, Perth, Ontario, Canada & Wellington, Florida, United States
2014 Sep-2016 Nov	Research & Product Developer, Equine Start Up Company, Mississauga, Ontario, Canada
2013 Sep-2016 Aug	Research Assistant, Human Health & Nutritional Science, University of Guelph, Guelph, Ontario, Canada

2012 Jan-2015 Dec	Teaching Assistant, Human Health & Nutritional Science, University of Guelph, Guelph, Ontario, Canada
2012 Dec-2013 Mar	Groom, Sorensen Stables, Wellington, Florida, United States
2011 May-2013 Sep	Groom, Absolute Equestrian Centre, Brampton, Ontario, Canada
2010 Sep-2011 Mar	Groom, Wingberry Farms, Nobleton, Ontario, Canada
2005 May-2008 Sep	General Labour, Fletcher Farms, Guelph, Ontario, Canada
2004 Jan-2014 Mar	Equipment Technician & Sales, Skiis & Biikes, Caledon, Ontario, Canada
2000 Jun-2004 Sep	Receptionist & Veterinary Assistant, Fergus Veterinary Hospital, Fergus, Ontario, Canada

## Teaching

2015 Jan-2015 Apr	Teaching Assistant, Biomechanics, University of Guelph- Humber, Guelph, Ontario, Canada
2012, 2014 & 2015	Teaching Assistant, Principles of Biomechanics, University of Guelph, Guelph, Ontario, Canada
2011 Sep-2016 Aug	Peer Supervisor, University of Guelph Gait Lab, Guelph, Ontario, Canada

## Honors and Awards

### Recognitions

2025 May	Top 50 Canadian Equestrian Influencers in 2025 by FeedSpot.com <i>Listed as one of the top 50 Canadian equestrian influencers in 2025 (#34)</i> <a href="https://influencers.feedspot.com/canadian_equestrian_instagram_influencers/">https://influencers.feedspot.com/canadian_equestrian_instagram_influencers/</a>
2019 Dec	Best 19 of 2019 – Horse Network <i>Listed as one of the top 19 features in 2019 by Horse Network – for my video on different jumping techniques</i>
2019 Dec	Top Exclusive Article – World of Show Jumping <i>Named the most popular article published by World of Show Jumping in 2019</i>
2006 Jun	The John A. Hourigan Award The Guelph Community Foundation, Guelph, ON
2006 Jun	Ontario Scholar Ontario Ministry of Education, Ottawa, ON
2006 Jun	General Proficiency Award – Data Management 4U St. James Catholic High School, Guelph, ON
2006 Jun	Lion Pride Award (Athletics)

2006 Jun St. James Catholic High School, Guelph, ON  
Heart of the Lion Award (Athletics)  
St. James Catholic High School, Guelph, ON

### **Scholarships**

2015 May-2016 Apr Ontario Graduate Scholarship  
Amount: \$15 000 CAD  
2011 Feb University of Guelph Graduate Scholarship  
Amount: \$1 500 CAD  
2006 Sep University of Guelph Entrance Scholarship  
Amount: \$2 000 CAD

### **Awards Nominator (Successful)**

2022 Mar ASIA Apple Award – *for excellence in publishing in spinal cord injury rehabilitation literature*  
Nominee: Michael Fehlings  
Submitted by Dr. James Guest  
2019 Oct The Ryman Prize – *a 250,000 NZD annual award for the best work anywhere in the world for work that has enhanced the quality of life for older people*  
Nominee: Michael Fehlings  
Submitted by Dr. James Rutka  
2019 Apr Equestrian Canada Gold Medal Award  
Nominee: Ian Millar  
2019 Apr Equestrian Canada Owner of the Year Award  
Nominee: Ann Matthews  
2019 Apr Equestrian Canada Media Award  
Nominee: Carley Sparks

### **Professional Affiliations and Activities**

#### **Professional Associations**

2019-present Member, Sport Horse Research Foundation  
2017-present Member, Ignite (previously Equine High-Performance Sports Group)  
2016-2017 Member, Canadian Society for Biomechanics  
2015-2016 Member, American Society of Biomechanics  
2013-2016 Member, International Society for Posture and Gait Research  
2012-2015 Member, Society for Neuroscience (Southern Ontario)  
2006-2007 Member, International Veterinary Academy of Pain

## Management

### Professional Development

2024 April	American College of Veterinary Sports Medicine and Rehabilitation Symposium, Naples, Florida, USA
2023 September	The 1 <sup>st</sup> Locomotion in Practice Meeting, Equine High-Performance Sports Group, Utrecht, The Netherlands
2023 August	The 9 <sup>th</sup> International Conference on Canine and Equine Locomotion, Utrecht, The Netherlands
2022 June	International Conference on Equine Exercise Physiology (Virtual)
2022 Mar	ACI (American Conference Institute) 38 <sup>th</sup> FDA Boot Camp (Virtual)
2021 Sep-Dec	Mini MBA in Entrepreneurship, TiE Silicon Valley (Virtual)
2021 Mar	Media Training for Startups 101 with BetaKit, University of Toronto Entrepreneurship, Toronto, Ontario, Canada
2020 Aug	University of Toronto's Faculty of Medicine Grant Writing Workshop 2020, Toronto, Ontario, Canada
2019 Nov	Publishing in the Life Sciences Workshop, Toronto, Ontario, Canada
2019 Apr	Publishing in the Health Sciences Workshop, Toronto, Ontario, Canada
2019 Apr	High Performance Sports Medicine Symposium, Portland, Oregon, United States
2018 Aug	Neurotrauma2018-The 3 <sup>rd</sup> Joint Symposium of the International and National Neurotrauma Societies and the AANS/CNS Section on Neurotrauma and Critical Care, Toronto, Ontario, Canada
2018 Apr	High Performance Sports Medicine Symposium, Omaha, Nebraska, United States
2017 Apr	United States Equestrian Federation High Performance Sports Medicine Symposium, Portland, Oregon, United States
2010 May-2016 Aug	Biomechanics Journal Club, University of Guelph, Guelph, Ontario, Canada
2012 Dec	Golden Triangle Veterinary Academy Meeting, Kitchener, Ontario, Canada
2011 Sep-2012 Dec	University of Guelph Neuroscience Seminar Series, Guelph, Ontario, Canada

### Administrative Activities

2024 Jun-2024 Sep	Farrier Continuing Education (Synergy Farm & Forge / Eastern Ontario Farrier Association Block Party) Carleton Place, Ontario, Canada <b>Member:</b> Local Organizing Committee
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2023 Dec-2024 Jan	Exercise Physiology for the Olympic Disciplines Ocala & Wellington, Florida, USA <b>Member:</b> Local Organizing Committee
2023 Jul-2023 Oct	Farrier Continuing Education (Synergy Farm & Forge / Eastern Ontario Farrier Association Block Party) Carleton Place, Ontario, Canada <b>Member:</b> Local Organizing Committee
2022 Jul-2022 Sep	Science in Show Jumping (Synergy Farm & Forge / Eastern Ontario Farrier Association Block Party) Carleton Place, Ontario, Canada <b>Member:</b> Local Organizing Committee
2021 Jan-2021 Feb	Sport Horse Virtual Research Summit (Sport Horse Research Foundation) Wellington, Florida, USA <b>Member:</b> Local Organizing Committee
2020 Sep-2020 Nov	2020 Ontario DCM Summit (Ontario Neurotrauma Foundation) Toronto, Ontario, Canada <b>Member:</b> Local Organizing Committee
2020 Apr-present	High Performance Virtual Training Discussions Toronto, Ontario, Canada <b>Founder and Lead Presenter</b>
2020 Apr-2020 May	Gallie Day, (University of Toronto Department of Surgery) Toronto, Ontario, Canada <b>Member:</b> Local Organizing Committee
2017 Nov-2018 Jul	NeuroTrauma 2018 Meeting, (International NeuroTrauma Society) Toronto, Ontario, Canada <b>Member:</b> Local Organizing Committee
2017 Oct-present	Annual Tator-Turnbull Symposium, (Fehlings Lab) Toronto, Ontario, Canada <b>Member:</b> Local Organizing Committee
2013	Grand River Institute of Sport Fergus, Ontario, Canada <b>Website Administrator</b>

## Peer Review Activities

### Manuscript Reviews

2019	European Journal of Applied Physiology (1)
2017-2019	Journal of Aging and Physical Activity (10)
2015-2017	Gait & Posture (2)
2016	Human Movement Science (1)
2013-2016	Studies by Undergraduate Researchers at Guelph (2)
2012-2015	International Journal of Exercise Science (3)

# Publications

## Peer-Reviewed Publications

### Journal Articles

1. **Worden Tim**, Vallis Lori Ann (2018). Examining transfer effects of dual-task training protocols for a complex locomotor task. *Journal of Motor Behavior*; 50(2): 177-193.
2. **Worden Tim**, Mendes Matthew, Singh Pratham, Vallis Lori Ann (2016). Measuring the effects of a visual or auditory Stroop task on dual-task costs during obstacle crossing. *Gait & Posture*; 50:159-163.
3. Beaudette Shawn, **Worden Tim**, Vallis Lori Ann, Stephen H. Brown (2015). Local Dynamic Gait Stability During Human Treadmill Walking in Response to Lower Limb Segmental Loading Perturbations. *Journal of Biomechanical Engineering*; 137: 091006-1
4. **Worden Tim**, Beaudette Shawn, Stephen H. Brown, Vallis Lori Ann (2015). Estimating whole body stability using measures of MOS and LDS. *Journal of Motor Behavior*; 48(5): 455-467.
5. **Worden Tim**, DeJong Audrey, Vallis Lori Ann (2015). Do characteristics of a stationary obstacle lead to adjustments in obstacle stepping strategies? *Gait & Posture*; 43: 38-41.
6. **Worden Tim**, Vallis Lori Ann (2016). Stability control during the performance of a simultaneous obstacle avoidance and auditory Stroop task. *Experimental Brain Research*; 234(2): 387-396.
7. **Worden Tim**, Vallis Lori Ann (2014). Obstacle avoidance while performing a concurrent cognitive task in healthy young adults: A dual-task training study. *Journal of Motor Behavior*; 46(5): 357-368.

## Non-Peer Reviewed Publications

### Journal Articles

Fehlings MG (2018). Preface - Current Knowledge in Degenerative Cervical Myelopathy. *Neurosurgery Clinics of North America*; 29(1): xiii-xiv. **Ghost Writer**

### Articles / Videos

- 2023 July                      Effective Training Program Tips for Sport Horses. Animal Rehab Division. **Author.**
- 2022 Apr                        Jumping Performance Rating (JPR): A new method to rank horses and riders. World of Showjumping. **Author.**

- <https://www.worldofshowjumping.com/en/Exclusives/WoSJ-Focus/Jumping-Performance-Rating-JPR-A-new-method-to-rank-horses-and-riders.html>
- 2021 Nov Young Show Jumper and Sports Science Expert Plot a Meticulous Course for Grand Prix Success. Horse Nation. **Co-Author**. <https://www.horsenation.com/2021/11/02/young-show-jumper-and-sports-science-expert-plot-a-meticulous-course-for-grand-prix-success/>
- 2021 Oct Innovation at Utrecht University is Changing How We Manage Equine Athletes. Horse Network. **Author**. <https://horsenetwork.com/2021/10/innovation-at-utrecht-university-is-changing-how-we-manage-equine-athletes/>
- 2021 Apr Trailering can be a workout for the horse study finds. Horse Network. **Author**. <https://horsenetwork.com/2021/04/trailering-can-be-a-workout-for-the-horse-study-finds/>
- 2021 Jan Pre-Cooling to Manage Heat Stress in Sport Horses. Horse Network. **Author**. <https://horsenetwork.com/2021/01/pre-cooling-to-manage-heat-stress-in-sport-horses/>
- 2020 Dec How common is neck osteoarthritis in horses? Horse Network. **Author**. <https://horsenetwork.com/2020/12/how-common-is-neck-osteoarthritis-in-jumping-horses/>
- 2020 Oct Looking Toward the Future of Show Jumping Fan Engagement. Gray Times Newsletter. **Author**.
- 2020 May Get the most out of your equestrian education. Horse Network. **Author**. <https://horsenetwork.com/2020/05/get-the-most-out-of-your-equestrian-education/>
- 2020 May Moving toward healthier sport horses: lessons learned from human athletes. Horse Network. **Author**. <https://horsenetwork.com/2020/05/moving-toward-healthier-sport-horses-lessons-learned-from-human-athletes>
- 2020 Mar Gymnastics, a Training Pillar at Millar Brooke Farm. Horse Network. **Author**. <https://horsenetwork.com/2020/03/gymnastics-a-training-pillar-at-millar-brooke-farm/>
- 2020 Feb Behind the Scenes at Millar Brooke Farm. Horse Network. **Author**. <https://horsenetwork.com/2020/02/behind-the-scenes-at-millar-brooke-farm/?fbclid=IwAR1Uy22PS56Gj6V3Pj80cMuOgS6ZfngTnmT43JLRskiuix09v6Z1q5VPs50>
- 2020 Feb How Can You Tell If A Horse Has Scope? Horse Network. **Author**. <https://horsenetwork.com/2020/02/qa-how-can-you-tell-if-a-horse-has-scope/?fbclid=IwAR0766slnxOUrkPNMZVejmLUsvBRXz1Q6G-TvznsOLVsyYN187dng2grZ4c>

- 2020 Feb Monitoring the Elite Horse: Implications for Performance Enhancement and Injury Prevention. Eventing USA – the official publication of the US Eventing Association. **Author.**
- 2019 Dec Horsemanship Series II: Practical Advice to Optimize Horse Training. US Eventing Association Education. *Video of my presentation to the US Eventing Association in Boston, 2019.* <https://useventing.com/news-media/eventing-tv/horsemanship-series-ii-practical-advice-to-optimize-horse-training>
- 2019 Oct Big Grand Prix classes in 2018: The year of the mare. **Author.** <https://www.worldofshowjumping.com/en/Exclusives/WoSJ-Focus/Big-Grand-Prix-classes-in-2018-The-year-of-the-mare.html>
- 2019 Sept Considerations when planning your competition schedule: Insights from Ian Millar. **Author.** <https://www.worldofshowjumping.com/WoSJ-Exclusive-interviews/Considerations-when-planning-your-competition-schedule-Insights-from-Ian-Millar.html>
- 2019 June Lessons Learned – with Rich Fellers. **Author.** <https://www.worldofshowjumping.com/WoSJ-Exclusive-interviews/Lessons-Learned-with-Rich-Fellers.html>
- 2019 May Looking toward the future of equestrian sports at the 2019 High Performance Sports Medicine Symposium. **Author.** <https://www.worldofshowjumping.com/en/News/Looking-toward-the-future-of-equestrian-sports-at-the-2019-High-Performance-Sports-Medicine-Symposium.html>
- 2019 Jan Ian Millar’s Training Philosophy in Ten Principles. World of Showjumping. **Co-Author** with Ian Millar. <http://www.worldofshowjumping.com/WoSJ-Exclusive-interviews/Ian-Millar-s-training-philosophy-in-ten-principles.html>
- 2018 Nov The Top 10 International Riders in Recent RAWF History. The Horse Network. **Author.** <https://horsenetwork.com/2018/11/top-10-international-riders-recent-rawf-history/>
- 2018 Sep Performance Enhancement - How technology will unlock secrets of equestrian training. Practical Horseman. **Author.** <https://practicalhorsemanmag.com/competitions/performance-enhancement>
- 2018 Sep The Art of the Deal – How buying a horse will take a page from player acquisition in professional sports teams. Practical Horseman. **Author.** <https://practicalhorsemanmag.com/competitions/the-art-of-the-deal>
- 2018 Sep Producing a Top Horse – How conditions during conception and pregnancy can influence your foal. Practical Horseman.

- Author.**  
<https://practicalhorsemanmag.com/health-archive/producing-a-top-horse>  
 2018 Jun Five ways to enhance the viewer experience for show jumping. The Horse Network. **Author.**  
<https://horsenetwork.com/2018/06/5-ways-enhance-viewer-experience-show-jumping/>
- 2017 Sep Six things to consider when choosing a new trainer. The Horse Network. **Author.**  
<https://horsenetwork.com/2017/09/6-things-consider-selecting-new-trainer/>
- 2017 Jun Designing a training program for your horse. The Horse Network. **Author.**  
<https://horsenetwork.com/2017/06/designing-training-program-horse/>
- 2017 May Modern trends in show jumping. The Horse Network. **Author.**  
<https://horsenetwork.com/2017/06/modern-trends-show-jumping-competition-scheduling/>
- 2016 Nov It's a show jumping world after all. The Horse Network. **Author.**  
<https://horsenetwork.com/2016/11/show-jumping-world/>
- 2016 Oct What's the 'right' time to warm-up before a competition? The Horse Network. **Author.**  
<https://horsenetwork.com/2016/10/whats-right-amount-time-warm-jumping-competition/>
- 2016 Oct Here's how video can help you get the most out of your performance horse. The Horse Network. **Author.**  
<https://horsenetwork.com/2016/10/heres-video-can-help-get-performance-horse/>
- 2016 Sep What makes a jumping horse 'careful'? The Horse Network. **Author.**  
<https://horsenetwork.com/2016/09/what-makes-a-jumping-horse-careful/>
- 2013 Jul Performance prediction for throwers. Throwholics. **Author.**  
<https://throwholics.com/2013/07/performance-prediction-for-throwers/>
- 2013 May Men's hammer throw 2000 versus 2012: the numbers. Throwholics. **Author.**  
<https://throwholics.com/2013/05/mens-hammer-throw-2000-versus-2012-the-numbers/>

### Online Series

- 2020 "The Biomechanics of Show Jumping". Tim Worden YouTube Channel. [www.youtube.com/channel/UCN5gjoN8TB5sYky2jHmIWQ](http://www.youtube.com/channel/UCN5gjoN8TB5sYky2jHmIWQ)

- (Short videos discussing the biomechanics of show jumping)
- Hoof-surface interactions
  - Moving efficiently between the jumps
  - Getting to the base of the jump
  - Takeoff mechanics Part 1
  - Takeoff mechanics part 2
  - Flight trajectory & landing
- 2018 “The Science of Show Jumping”. The Horse Network. **Interviewee.** <https://horsenetwork.com/>  
(Short videos discussing the science of show jumping)
- Muscle Fiber Facts with Dr. Tim Worden  
URL via Horse Network Facebook Page
  - Style Matters with Dr. Tim Worden  
<https://www.youtube.com/watch?v=kh2lS6cdDP4>
  - Surface Savvy with Dr. Tim Worden  
<https://www.youtube.com/watch?v=v16AF0FGlGs>
  - On Track with Dr. Tim Worden  
[https://www.youtube.com/watch?v=hHK\\_arBm0uQ&t=3s](https://www.youtube.com/watch?v=hHK_arBm0uQ&t=3s)
  - Show Jumping Faults with Dr. Tim Worden  
<https://www.youtube.com/watch?v=7Ae4T9GISrQ>
- 2017-2019 “Odds in Their Favor”. The Horse Network. **Author.**  
<https://horsenetwork.com/>  
(Predict winning horse-rider combinations for all World Cup Qualifiers in the North American League: 12 articles)
- Picks from Wellington  
<https://www.youtube.com/watch?v=rgHUn2-xKFE>
- 2013 “Top 10 Throws Innovations”. Throwholics. **Author.**  
<https://throwholics.com/>  
(Ten part series discussing the top 10 Track & Field Throws Innovations)

## Social Media & Websites

- 2018-2022 Facebook Manager. Team Millar (20,000 followers).  
[@team\\_millar](#)
- 2018-2022 Instagram Manager. Team Millar (10,200 followers).  
[@teammillar](#)
- 2018-present Instagram Manager. Tim Worden Training (1,700 followers).  
[@twordentraining](#)
- 2018-2019 Instagram Contributor. World of Showjumping (92,000 followers). [@worldofshowjumping](#)

# Presentations and Special Lectures

## Invited Lectures and Presentations

### International

- 2025 January Speaker. Preparing Equine Athletes: What Can Be Learned from Human Athletes?. 2025 IGNITE Sports Science for the Olympic Disciplines Seminar, Ignite, Ocala, FL, USA
- 2025 January Moderator. Roundtable discussion on the future of equestrian sports. 2025 IGNITE Sports Science for the Olympic Disciplines Seminar, Ignite, Ocala, FL, USA
- 2024 July Speaker. Olympic Horse Preparation & Management. Ignite Speaker Series – Roundtable Discussion. (Virtual)
- 2024 April Course Faculty. Arthrex Pre-Symposium Equine Lab. Naples, FL, USA
- 2024 April Speaker. Customizing Training to Improve Performance. American College of Veterinary Sports Medicine and Rehabilitation Symposium. Naples, FL, USA
- 2024 April Speaker. Exercise Testing for Poor Performance. American College of Veterinary Sports Medicine and Rehabilitation Symposium. Naples, FL, USA
- 2024 January Speaker. Selecting training to match your horse's current level of fitness. Exercise Physiology for the Olympic Disciplines Seminar Series, Ignite, Ocala & Wellington, FL, USA
- 2024 January Chair. Exercise Physiology for the Olympic Disciplines Seminar Series, Ignite, Ocala & Wellington, FL, USA
- 2023 September Panelist. Sport Horse Management Roundtable. Co-Panelists: Isabell Werth, Dr. Hilary Clayton, Dr. Marc Koene, Dr. Kirk Peck. The Locomotion in Practice Meeting, Equine High-Performance Sports Group, Utrecht, The Netherlands
- 2023 September Speaker. Sport Horse Management. Where Have We Been? Where Are We Now? Where Are We Going?. The Locomotion in Practice Meeting, Equine High-Performance Sports Group, Utrecht, The Netherlands
- 2022 October Speaker. Understanding Injuries in Sport Horses and Strategies to Limit Injury Risk. The Equine Regenerative Medicine & Orthobiologics Summit, Equine High-Performance Sports Group (Virtual)
- 2021 November Speaker. Evidence is Everything: Advances in Sport Horse Performance & Longevity (Presented by Haygain). ON Equestrian, Richmond Hill, Ontario, Canada
- 2021 February Moderator. Sport Horse Virtual Research Summit. Sport Horse Research Foundation, Wellington, Florida, USA
- 2020 September Guest Lecture. Management of the Elite Sport Horse: Biomechanical Considerations. ANSC3313 Equine Lameness &

	Rehabilitation, Sui Ross State University, Alpine, Texas, United States
2019 December	Invited Speaker. Monitoring the Elite Horse. United States Eventing Association Annual Meeting & Convention, Boston, Massachusetts, United States
2019 April	Invited Speaker. Jumping into Evidence-based Equestrian Training. High Performance Sports Medicine Symposium, Portland, Oregon, United States
2018 April	Invited Speaker. Modern trends in FEI jumping horses. High Performance Sports Medicine Symposium, Omaha, Nebraska, United States
<u>National</u>	
2024 Aug	Invited Speaker. Equestrian Sports Science: Theory & Practice. Equestrian Canada High-Performance Coaching Program, Ontario Equestrian (Virtual)
2023 Aug	Invited Speaker. Equestrian Sports Science: Theory & Practice. Equestrian Canada High-Performance Coaching Program, Equestrian Canada (Virtual)
2022 Oct	Invited Speaker. Equestrian Sports Science: Where have we been? Where are we now? Where are we going?. GRIT Fall Training Camp, Ontario Equestrian. Aurora, Ontario, Canada
2016 May	Invited Speaker. Program Monitoring and Analysis in Show Jumping. Canadian Young Riders Show Jumping Group. Caledon, Ontario, Canada
<u>Provincial</u>	
2025 Oct	Hoof-Surface Interactions: Implications for Better Performance, Ontario Farrier Association Convention, Niagara Falls, Ontario, Canada
2024 Sep	Palmar and Plantar Angles – Optimizing Movement Mechanics, Synergy Farm & Forge / Eastern Ontario Farrier Association Block Party, Carleton Place, Ontario, Canada
2023 Oct	Hoof-Surface Interactions, Synergy Farm & Forge / Eastern Ontario Farrier Association Block Party, Carleton Place, Ontario, Canada
2022 Sep	Evaluating Performance in Jumpers, Science in Show Jumping, Synergy Farm & Forge / Eastern Ontario Farrier Association Block Party, Carleton Place, Ontario, Canada
<u>Local</u>	
2016 July	Invited Speaker. Dual-task training to alter performance in complex environments. Eramosa Physiotherapy Group. Guelph, Ontario, Canada

## Presented Abstracts

### Peer-Reviewed & Presented Abstracts

#### International

1. Inkol, Keaton; Huntley, Andrew; **Worden, Tim**; Vallis, Lori Ann (2017). Simplification of a whole-body anthropometric model to quantify postural stability in response to a surface perturbation. Poster presentation at *International Society for Posture and Gait Research Congress*, Fort Lauderdale, Florida, June 29-July4, 2014. **Co-Author.**
2. **Worden, Tim**; Vallis, Lori Ann (2015). The effects of longitudinal training on walking navigation through a complex environment. Poster presentation at *American Society of Biomechanics*, Columbus, Ohio, August 5-8, 2015. **Presenter.**
3. Beaudette, Shawn; **Worden, Tim**; Vallis, Lori Ann; Brown, Stephen (2015). Dynamic Gait Stability- The Reciprocal Relationship Between Lower Limb and Trunk Control in Response to Segmental Loading. Thematic poster presentation at *American Society of Biomechanics*, Columbus, Ohio, August 5-8, 2015. **Co-Author.**
4. **Worden, Tim**; Vallis, Lori Ann (2014). Margin of stability while crossing a dynamic obstacle during overground walking. Poster presentation at *International Society for Posture and Gait Research Congress*, Vancouver, BC, June 29-July4, 2014. **Presenter.**

#### National

1. **Worden, Tim**; Vallis, Lori Ann (2016). Examining the Efficacy of Dual-Task Training to Improve Dual-Task Performance in Older Adults Moving Through a Complex Environment. Poster presentation at *Canadian Society for Biomechanics*, Hamilton, ON, July19-22. **Presenter.**

#### Local

1. **Worden, Tim**; Forrest, Codey; Vallis, Lori Ann (2014) Can short term dual-task training improve performance on a simultaneous obstacle avoidance and auditory Stroop task? Poster presentation at the *Southern Ontario Neuroscience Association Conference*, University of Western Ontario. London, ON, May 5, 2014. **Presenter.**
2. **Worden Tim**, Vallis Lori Ann (2012). Obstacle avoidance while performing a concurrent cognitive task in healthy young adults: A dual-task training study. Poster presentation at the *Southern Ontario Neuroscience Conference*, University of Toronto, Toronto, ON. **Presenter.**

### Non-Peer-Reviewed & Presented Abstracts

#### Local

1. **Worden, Tim**; Vallis, Lori Ann (2016) Examination of gait dual-task training programs in young and older adults. Podium presentation at the *Southern Ontario Motor Behavior Society Conference*, Wilfrid Laurier University, Waterloo, ON, April 29, 2016.

2. **Worden, Tim;** Vallis, Lori Ann (2015) Examining different training modalities to improve performance in dual-task scenarios. Podium presentation at the *Southern Ontario Motor Behavior Society Conference*, University of Toronto, Toronto, ON, May 1, 2015.
3. **Worden, Tim;** Vallis, Lori Ann (2015) Examining different training modalities to enhance dual-tasking performance in complex environments. Poster presentation at the *University of Guelph Neuroscience Day Conference*, Guelph, ON, April 22, 2015.
4. **Worden, Tim;** Forrest, Codey; Vallis, Lori Ann (2014) Can short term dual-task training improve performance on a simultaneous obstacle avoidance and auditory Stroop task? Podium presentation at the *Southern Ontario Motor Behavior Society Conference*, University of Toronto, Toronto, ON, May 2, 2014.
5. **Worden, Tim;** Forrest, Codey; Vallis, Lori Ann (2014) Can short term dual-task training improve performance on a simultaneous obstacle avoidance and auditory Stroop task? Podium presentation at the *University of Guelph Graduate Student Symposium*, Guelph, ON, April 28, 2014.
6. **Worden, Tim;** Forrest, Codey; Vallis, Lori Ann (2014) Can short term dual-task training improve performance on a simultaneous obstacle avoidance and auditory Stroop task? Podium presentation at the *University of Guelph Neuroscience Day Conference*, Guelph, ON, April 23, 2014.

## Media

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## **Research Supervision**

### **Undergraduate Students**

2014 Sep-2015 Apr Assistant Supervisor. Audrey Dejong. Supervisee Institution: University of Guelph.

2014 May-2014 Aug Assistant Supervisor. Pratham Singh. Supervisee Institution: University of Guelph.

2013 Sep-2014 Apr Assistant Supervisor. Matthew Mendes. Supervisee Institution: University of Guelph.