

CHRIS MORRIS

- Hired as the Director of Performance Science at University of Kentucky in 2016
- Responsible for developing and implanting the best practice strategies to reduce injury risk and enhance readiness, performance, and recovery for the Wildcats' football team
- Also works with men's and women's basketball, and men's and women's soccer
- Facilitates performance technology and optimal training resources, specifically Catapult GPS, Omegawave, and 1080 Motion
- Manages a team of sports science staff and interns to assist in the implementation of the sports science and performance program
- The Lawrenceburg, Ky., native returned to the Bluegrass after one season as the Director of Applied Sports Science at the University of Texas (Austin)
- Prior to Texas, spent two years (2013-15) in UK football's high-performance department as a sports scientist
- Owner of Performance Training Academy in Lexington since 2008 which serves as a consultant regarding the implementation and analysis of heart rate variability and brain direct current potentials data
- Author of "Omegawave: Theory & Practice," a manual designed to help strength coaches analyze and interpret Omegawave data
- Served as an academic graduate assistant at UK from 2010-11, helping develop supplemental workshops for students enrolled in exercise physiology, nutrition, and advanced physiology course
- Certified strength and conditioning specialist and CPR AED certified
- Earned three degrees from Kentucky: bachelor's degree in marketing (2006), master's degree in exercise science (2012) and doctorate in exercise science in (2015)
- Former punter for the Wildcats from 2002-05
- Has two children, Madilyn, and Aiden