



PROFILE

Doctor of Health Science and PATH International Professional Member bringing an unusually broad foundation in applied behavioral science, veteran reintegration, healthcare leadership, nutrition, exercise science, education, program evaluation, and equine behavior. Former Fleet Marine Force Hospital Corpsman with operational healthcare leadership and combat-trauma experience; founder of the Mindfully Tactical Foundation; Veteran Liaison and adjunct instructor at Pennsylvania Western University; and published Springer author on military transition, trauma, and reintegration. Lifelong horseman, complemented by developing scholarship in equine cognition, learning, behavior, and humane horsemanship. Prepared to strengthen equine-assisted services through evidence-informed program design, veteran engagement, curriculum development, interdisciplinary collaboration, outcome evaluation, staff and participant education, and a whole-person understanding of resilience, wellness, and reintegration.

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AFFILIATIONS

- PATH International Professional
- Veterans Studies Association (VSA)
- Professional Hockey Athletic Trainers Society / Professional Hockey Equipment Managers Society (PHATS/PHEM)
- North Carolina Veterans Council
- Disabled American Veterans (DAV), 3208343361572, Lifetime Member
- Marine Corps League, 252961
- Veterans of Foreign Wars (VFW)
- Wounded Warrior Foundation (WWF), 6164818947

TONY CARLTON DOCTOR OF HEALTH SCIENCE (DHSC)

Education

Doctor of Health Science (DHSc)

Pennsylvania Western University – California, PA, August 2025

- Doctoral portfolio centered on holistic resilience and transitional strategies for tactical military athletes. www.tonykcarlton.com
- Graduate Certificate: **Tactical Strength & Conditioning (TSAC)**
- Graduate Certificate: **Performance Enhancement & Injury Prevention**
- Graduated with SALUTE Veterans National Honor Society honors
- **Presidential Award**, PennWest Clarion Student Senate Integrity Dinner - November 2025. <https://www.pennwest.edu/about/news/2025/pennwest-clarion-honors-veterans-integrity-leaders-at-31st-annual-dinner.php>

Post Master's Certificate – Applied Behavioral Analysis

Pennsylvania Western University – California, PA, January 2026

Master of Arts – Criminal Justice, Behavioral Crime Analysis

Pennsylvania Western University – California, PA, Expected August 2027

Master of Science – Nutrition

California University of Pennsylvania August 2022

Bachelor of Science – Exercise Science

California University of Pennsylvania, August 2021

Teaching Experience

Adjunct Instructor, Pennsylvania Western University | 2026 to Present

- Instructor, EXSC 7590, *Tactical Strength and Conditioning Program Design* (Spring 2026)
- Develop and deliver evidence-based instruction in tactical performance, resilience, and applied strength and conditioning.

Instructor / Course Developer, Mindfully Tactical Foundation | 2023 to Present

- Developed and delivered *Mindfully Tactical, Strategic Command*, and *Nutrition and Wellness for Veterans*
- Created online modules and learning activities using Brightspace, Zoom, and Canvas.

Professional Education and Seminar Instruction | 2020 to Present

- Delivered seminars and workshops for student veterans, professional hockey athletes, and veteran service organizations.
- Presented on nutrition, performance, resilience, GI Bill and VR&E benefits, financial planning, and academic readiness, Winnebago Industries VetNet.

Professional Experience

Director of Performance Science/Reconditioning Coach – Fayetteville Marksmen 09/2020 – Current

- Trained 150+ athletes in strength, speed, and recovery; implemented team-wide nutrition curriculum.

- National Strength and Conditioning Association (NSCA)
- American College of Sports Medicine (ACSM)
- AMSUS (The Society of Federal Health Professionals)

CERTIFICATIONS

- NASM: PES, CES, FNS, CNC, CNSC, CPT
- ISSA: Elite CPT, S&C, Nutritionist, HIIT (T3), BB
- NASE Level 2 CSS
- ExpertRating: Master CPT, SNC, SPS, Six Sigma Black Belt
- IRB CITI Human Subjects Research Certification
- Adult & Pediatric CPR/First Aid
- Fleet Marine Force (FMF) Warfare Device| MCMAP Black Belt
- PATH Intl. equine-assisted mental health and learning certification requirements in progress

PROFESSIONAL ARTICLES

- Incorporating military-style training for peak hockey performance, 09/23, PHATS/SPHEM Newsletter, <https://phatssphem.com/incorporating-military-style-training-for-peak-hockey-performance/>
- Integrating holistic resilience and mindfulness to enhance hockey performance: Lessons from tactical athlete training, 03/24, PHATS/SPHEM, <https://phatssphem.com/integrating-holistic-resilience-and-mindfulness-to-enhance-hockey-performance-lessons-from-tactical-athlete-training/>
- Cervical Spine Injury Response in Hockey: A Staff Perspective From the SPHL, PHATS/SPHEM, <https://phatssphem.com/cervical-spine-injury-response-in-hockey-a-staff-perspective-from-the-sphl/>

- Delivered preseason camps, return-to-play protocols, and mental skills workshops.
- Published professional articles in PHATS/SPHEM on resilience and athlete performance.

Founder & Program Director – Mindfully Tactical Foundation (2023 - present) 06/2023 – Current

- Developed and evaluated veteran education and resilience programs focused on behavioral health, suicide prevention, and academic reintegration.
- Applied analytical methods to track participant outcomes, identify program gaps, and implement data-driven improvements.
- Created and managed the WELL and PATH Initiatives to enhance veteran success in higher education and reduce transition-related stress.
- Coordinated partnerships with universities, veteran service organizations, and state agencies to standardize program delivery and reporting
- Built veteran education pipeline; enrolled 12+ in degree programs using VA benefits.
- Created WELL Program & PATH Initiative for veteran success in higher education.
- Developed academic toolkits, mentorship models, and success planning curricula.

Equine Program Development and Horsemanship

06/2023 – Current

- Developing equine education and veteran-programming concepts centered on Quarter Horses, evidence-informed horsemanship, horse-human interaction, and responsible program design.
- Applies behavioral science, learning theory, performance science, and systematic observation to horse-human communication and training.
- Collaborates with Seth Conley, an experienced buckaroo horseman whose training lineage includes mentorship from Martin Black, Buck Brannaman, Dr. Stephen Peters, and horsemen influenced by Tom Dorrance and Ray Hunt. Expanding Mindfully Tactical Foundation programming to incorporate evidence-informed horse-human activities for veterans.
- Brings doctoral-level preparation in applied research and program evaluation to the development of safe, ethical, measurable, and veteran-responsive equine-assisted services within an interdisciplinary scope of practice.

Owner/Operator - Body Elite KNS

05/2020 – 08/2025

- Launched tactical nutrition and performance supplement line.
- Applied business and leadership skills to curriculum development in health and wellness.

United States Navy, Fleet Marine Force (FMF) Corpsman - Leading Petty Officer (LPO), Command Fitness Leader (CFL) (until 2014)

- Led healthcare support, medical readiness, and welfare coordination for Marine personnel across clinical, garrison, and operational settings, integrating preventive care, injury management, trauma readiness, and command-level communication.
- Managed a pediatric clinic serving more than 1,500 patients while coordinating patient care, provider operations, medical readiness, and regulatory compliance.
- Provided combat trauma care during Operations Iraqi Freedom and Enduring Freedom, earning the Combat Action Ribbon and multiple military commendations.

PUBLICATIONS

- Carlton, T. (2025). *Evidence integration review of multimodal interventions for PTSD, social reintegration, and economic stability in veterans*. Journal of Veterans Studies, 11(2), 15–27. <https://doi.org/10.21061/jvs.v11i2.683>
- Carlton, T. (2026). *BRAVE theory: Military transition, trauma, and reintegration*. Springer. <https://doi.org/10.1007/978-3-032-13695-4>
- Carlton, T. K. (2026). *HORSE: A veteran's guide to reintegration*. Self-published.

BOOK PROJECTS & RESEARCH IN PROGRESS

- Carlton, T (2027). *The science of veterans coming home - A multilevel account of reintegration*. Springer (Under Contract, forthcoming January 2027)
- Carlton, T. Principal Investigator. [*Reconstructing Life After Service: A Theory Refinement Study of Post 9 11 Veterans' Reintegration Using BRAVE Theory*]. Pennsylvania Western University. (IRB Approved)
- Carlton, T. (2026). *The horse-human behavioral system: Behavioral science, neuroscience, and the reciprocal nature of horsemanship*. Springer (Under Contract, Forthcoming July 2027)
- Carlton, T. K. (2026). *Traditional buckaroo horsemanship: A conceptual review of its behavioral science foundations*. Manuscript in peer review.
- Carlton, T., & Conley, S. *The Horse's Mind: The Science of How Horses Think, Learn, Feel, and Behave*. Manuscript in development.
- Carlton, T., & Conley, S. (2026). *The horseman's mind: The science of feel, timing, and better decisions*. Manuscript in development.

ACADEMIC & SCHOLARLY SERVICE

- Member, Doctoral Portfolio Committee, Doctor of Health Science Program, Pennsylvania Western University; 2025 – present; reviews doctoral scholarship and assists candidates with scholarly development and publication planning.
- Peer reviewer, *Journal of Veterans Studies*.
- Provides interdisciplinary review concerning veteran reintegration, behavioral science, applied health science, and evidence-based program development.