

JUSTIN DIALS, PhD

Louisville, KY | 419.566.0634 | justin.dials@gmail.com | <https://www.linkedin.com/in/justin-dials-50938814a/>

PROFESSIONAL EXPERIENCE

University of Louisville, Louisville, KY

2019-present

Assistant Clinical Professor

- Teach Advanced Cardiovascular Physiology and ECG Interpretation to graduate students in the Exercise Physiology Program
- Teach Introduction to Statistics to undergraduate students
- Mentor students in preparation for graduate-level clinical internships
- Involved in development of curriculum for Clinical Exercise Physiology Graduate Program

Louisville Cardio-Health Rx

2017-present

Clinical Director and Co-Owner

- Directs all clinical aspects of cardiovascular risk assessments including metabolic testing and lipid profiles.
- Interpret clinical results to clients and create personalized risk reduction plans.
- Facilitate discussion with physicians and practitioners involving clinical outcomes of their respective patients.
- Provide in-depth teaching and mentorship to undergraduate and graduate student interns.

UC Health, University of Cincinnati Medical Center, Cincinnati, OH

2015- 2017

Director of Cardiopulmonary Rehabilitation & Recovery

- Responsible for providing clinical care for both cardiovascular & cardiopulmonary disease patients.
- Developed curriculum for physician residents, cardiology and pulmonary fellows and graduate students for advanced exercise physiology and disease prevention strategies
- **Clinical Trial Responsibilities:**
 - Served as co-investigator for the Research Study Protocol entitled: Comparison of Anti-Gravity Treadmill Exercise and Regadenoson Tc-99 Tetrofosmin Single-Photon Emission Computed Tomography Myocardial Perfusion Imaging. Primary Investigator: Patrick Daly, MD
 - Developed protocol for the use of Anti-Gravity Treadmill Exercise on functional capacity in chronic systolic heart failure patients.
- **Highlights**
 - Created sustainable relationships with physicians and health care administrators.
 - Tripled the number of active patients in our cardiac rehab program.
 - Improved clinical outcomes and developed a systematic way for collecting and analyzing this data.
 - Built relationships with grateful patients and C suite decision makers for cardiac programs and services.

Capital University, Department of Health & Sport Sciences, Columbus, OH

2011- 2015

Assistant Professor

- Taught various undergraduate and graduate level courses (see teaching experience)
- Advised ~90 undergraduate students

Highlights

- Revamped the entire curriculum for Exercise Science majors improving the overall quality of the program.
- Helped increase student enrollment in exercise physiology by supporting marketing & advertising efforts.

EDUCATION & CREDENTIALS

Ph.D. • Exercise Physiology • The Ohio State University • Columbus, OH

M.S. • Exercise Physiology • Ohio University • Athens, OH

B.S. • Exercise Physiology • Ohio University • Athens, OH

PUBLICATIONS

- Focht, B.C., Garver, M., Devor, S.T., **Dials, J.**, M. Rose, C.F. Emery, & Hackshaw, K. The Improving Maintenance of Physical Activity in Osteoarthritis Pilot Trial (IMPACT-P). Design and methods. Contemp. Clin. Trials. Online. 13: 1-11, 2010

- Focht, B.C., Garver, M., Devor, S.T., **Dials, J.**, Rose, A.R. Lucas, and C.F. Emery. Improving maintenance of physical activity in older, knee osteoarthritis patients trial-pilot (IMPACT-P): Design and methods. *Contemp. Clin. Trials.* 33: 976-982, 2012
- Focht, B., Garver, M., Devor, S., **Dials, J.**, Lucas, A., Emery, C., Hackshaw, K., Rejeski, W. Group-mediated physical activity promotion and mobility in sedentary patients with knee osteoarthritis: Results from the IMPACT-Pilot trial. *J of Rheum.* 41:2068-2077
- Garver, M., Focht, B., **Dials, J.**, Rose, M., Lucas, A., Devor, S., Emery, C., Hackshaw, K., Rejeski, W. Weight status and differences in mobility performance, pain symptoms, and physical activity in older, knee osteoarthritis patients. *Arthritis.* Volume 2014,
- Ostler, J.E., Maurya, S., **Dials, J.**, Roof, S., Devor, S., Ziolo, M., Periasamy, M. Effects of insulin resistance on skeletal muscle growth and exercise capacity in type 2 diabetic mouse models. *Am J Physiol. End and Metab.* 306: E592-E605, 2014.

ABSTRACTS

- Focht, B.C., M.J. Garver, S.T. Devor, J.Dials, M.Rose, C. Emery, and K. Hackshaw. Short-term changes in pedometer-determined physical activity in knee osteoarthritis patients: evidence from the IMPACT-P trial. *Med. Sci. Sports Exerc.* 43: S53, 2011
- Garver, M.J., B.C. Focht, S.T. Devor, J.Dials, C.Emery, and K. Hackshaw. Functional performance, mobility-related self-efficacy, and physical activity in older, overweight and obese knee osteoarthritis patients. *Med. Sci. Sports Exerc.* 43: S53, 2011
- Dials, J., Ziolo, M., Saunders, N., Focht, B., Roof, S., Ostler, J., Citro, L., Mohler, P., Devor, S.T. (2012). The Effects of High Intensity Interval Training on Systemic and Cardiac Parameters in a Mouse Model of Diabetic Cardiomyopathy. *Med. Sci. Sports Exerc.* 44:S20, 2012.
- Lucas, A.R., B.C. Focht, M.J. Garver, S.T.Devor, K. Hackshaw, J. Dials, and C.F. Emery. Physical activity and change in health-related quality of life in older, knee osteoarthritis patients. *Med. Sci. Sports Exerc.* 44:S2, 2012
- Focht, B.C., M.J. Garver, S.T. Devor, J.Dials, M.Rose, C. Emery, and K. Hackshaw. Group-mediated activity counseling and self-reported physical activity in older, knee osteoarthritis patients: Evidence from the IMPACT-P trial. *Ann. Behav. Med.* 43:S80, 2012
- Focht, B.C., M.J. Garver, A.R. Lucas, S.T. Devor, K. Hackshaw, J. Dials, C.F. Emery, and W.J. Regeski. Long-term changes in physical activity and functional performance in older, knee osteoarthritis patients: Evidence from the IMPACT-P trial. *Med. Sci. Sports Exerc.* 45:S183, 2013
- Lucas, A.R., B.C. Focht, M.J. Garver, S.T. Devor, K. Hackshaw, J. Dials, and C.F. Emery. Objectively determined sedentary time is associated with health-related quality of life and physical function in older, knee osteoarthritis patients. *Med. Sci. Sports Exerc.* 45: S99, 2013.

INVITED LECTURES

- Exercise Physiology in Cardiovascular Rehabilitation (2017). Exercise Science Colloquium, Northern Kentucky University. Highland Heights, KY.
- Exercise Limitations in Systolic Heart Failure (2017). What is the Central Issue? University of Cincinnati Sports Medicine Symposium, Cincinnati, OH.
- Exercise Limitations in Systolic Heart Failure (2017). What is the Central Issue? Exercise Testing and Rehabilitation Symposium. Cincinnati Children's Hospital. Cincinnati, OH.
- The Role of Cardiovascular Rehabilitation in Preventive Cardiology. (2017) Department of Internal Medicine Grand Rounds. The University of Cincinnati Medical Center, Cincinnati, OH.
- The Effects of High Intensity Interval Training on Systemic and Cardiac Parameters in a Mouse Model of Diabetic Cardiomyopathy. Paper presented at the 2012 American College of Sports Medicine Meeting, Denver, CO.
- The Heart of the Matter. (2012). Presentation at Ohio State's Lipid Management and Heart Disease Prevention Course. The Ohio State University Medical Center, Columbus, OH.
- High Intensity Interval Training and Mitochondrial Function in Healthy and Obese Populations. PAES Colloquium Series Presentation. (2010). The Ohio State University.