

DEAN E. JACKS, PH.D.
Department of Health and Sport Sciences
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EDUCATION

August, 1998

Doctor of Philosophy, Exercise Physiology
The University of Toledo
Toledo, Ohio

Minor in Anatomy
Medical College of Ohio
Toledo, Ohio

Dissertation

Effect of Exercise at Three Intensities on Salivary Cortisol

August, 1989

Master of Science, Exercise Physiology
The University of Pittsburgh
Pittsburgh, Pennsylvania

May, 1988

Bachelor of Science, Exercise Science
Indiana University of Pennsylvania
Indiana, Pennsylvania

PROFESSIONAL EXPERIENCE

Visiting Professor Exercise Physiology. *University of Louisville and Jewish Hospital Health Care Services (joint appointment);* Louisville, Kentucky (2004 – present)

- Develop research initiative at Frazier Rehabilitation Hospital and Kosair Children's Hospital
- Courses Taught
 - HSS 202 Human Anatomy and Physiology
 - HSS 386 Structure and Function of the Movement Sciences
 - HSS 387 Biomechanics
 - HSS 486 Advanced Exercise Physiology
 - EXP 601 Lab Methods in Exercise Physiology
- Thesis Chair (Master of Science): The Relationship of Physical Activity on Chronic Stress and Adiposity in Adolescents (Wendy Bibeau B.S.)

- Committee Member

- Exercise Physiology Program Committee: Develop and implement instruction in curriculum for ACSM Knowledge Skills and Abilities requirements for Health Fitness Instructor certification
- Equipment Procurement Committee
- College of Education and Human Development
 - **Standards I:** Develop Student Learning Outcomes for undergraduate Exercise Science
 - PhD Program Development Committee
- Community
 - Develop research initiative at Frazier Rehabilitation Institute
 - Scientific affairs committee JHHS
 - Pediatric Task Force JHHS

Visiting Professor Exercise Physiology. *University of Kentucky; Lexington, Kentucky (2002 – 2004)*

- Comprehensive examination committee member (Master of Science)
- Developed new course: Cardiovascular Exercise Physiology
- Courses Taught
 - KHP 420G Physiology of Exercise
 - KHP 600 Exercise Testing and Prescription
 - KHP 800 Cardiovascular Exercise Physiology

Assistant Professor Exercise Physiology. *Winston-Salem State University; Winston-Salem, North Carolina (1998 – 2002)*

- Coordinator Exercise Science Program
 - Developed a Bachelor of Science program in Exercise Science and gained approval from the University of North Carolina General Administration
 - Developed program from two students in Physical Education (non-teaching option) to 27 students in Exercise Science
 - Developed and taught distance learning courses (Kinesiology, Human Physiology and Exercise Physiology)
- Courses Taught
 - HED 2301 Nutrition
 - HED 4301 Managing Health Promotion Programs
 - PED 2321 Physiological Basis of Human Movement
 - PED 2322 Aging of the Movement System
 - PED 3321 Exercise Physiology
 - PED 3411 Kinesiological Basis of Human Movement
 - PED 4316 Introduction to Assessment Techniques
 - PED 4319 Physical Assessment and Exercise Programming for Older Adults
 - PHT 6202 Cardiopulmonary Rehabilitation (MS of Physical Therapy)
- Committee Member
 - North Carolina Council on Undergraduate Research
 - Scholarship and Loan Committee
 - Intercollegiate Athletics Committee
 - Forsyth County Healthwise Task Force

- Region I Institute on Aging Network
- Forsyth County Council on Physical Fitness and Health
- Other Responsibilities
 - Academic Advisement (27 advisees)
 - Supervision of Internships
 - Advisor Physical Education Majors Club (40 Members)
 - WSSU team captain for Susan G. Komen Breast Cancer Foundation Race for the Cure 5K run/fitness walk

Graduate Teaching Assistant. *The University of Toledo; Toledo, Ohio (1995 – 1998)*

- Lecture Courses Taught
 - Exercise and Health
 - Introduction to Exercise Science
- Laboratory Courses Taught
 - Anatomy
 - Anatomy and Physiology
 - Physiology
 - Exercise Physiology

Exercise Physiologist. *Frederick Memorial Hospital; Frederick, Maryland (1991 – 1995)*

- Administered Phase I, II, and III Cardiac Rehabilitation Programs
- Interim Coordinator of the Pulmonary Rehabilitation Program
- Designed and implemented Employee Fitness and Phase IV Cardiac Rehabilitation Programs

Exercise Physiologist. *Monongalia General Hospital; Morgantown, West Virginia (1990-1991)*

- Administered Phase I and II Cardiac Rehabilitation Programs
- Implemented Phase III Cardiac Rehabilitation Program

CERTIFICATION

American College of Sports Medicine: **Exercise Specialist # 1500**

PUBLICATIONS

Jacks, D., C. Williams, and D. Felder. Ergogenic aids use and side effects in division II athletes at a historically black college/university. *In review J. Exer. Phys.* 2006.

Crabtree, V., Moore, J.B., Wedig, R.T., **Jacks, D.E.,** Cerrito, P., Kurbasic, M., Valdes, X.L., Jones, V.F., Howard, M.M., and Topp, R. A Transtheoretical Approach to the Treatment of Pediatric Obesity. *In review J. of Pediatrics.* 2006.

Braun, W., M. Flynn, W. Armstrong, and **D. Jacks**. The effects of chondroitin sulfate supplementation on indices of muscle damage induced by eccentric arm exercise. *J. Sports Med. & Physical Fitness*. 45(4): 553-60, 2005.

Jacks, D., J. Sowash, J. Anning, T. McLoughlin, and F. Andres. Effect of exercise at three intensities on salivary cortisol. *J. Strength and Cond. Res.* 16(2): 286-9, 2002.

Lambert, C., D. Armstrong, **D. Jacks**, W. Armstrong, and M. Flynn. Reliability of an exercise protocol designed to evaluate resistance exercise performance. *J. Strength Cond Res.* 16(1):149-51, 2002.

Armstrong, W., **D. Jacks**, J. Sowash, and F. Andres. The effect of training while breathing oxygen-enriched air on time-to-exhaustion and aerobic capacity. *JEPonline*. 3(2) 2000.

Braun, W., M. Flynn, **D. Jacks**, T. McLoughlin, J. Sowash, C. Lambert, E. Mylona, and M. Hansen. Indomethacin does not influence natural cell-mediated cytotoxic response to exercise. *J. of Appl. Physio.* 87(6): 2237-2243, 1999.

ABSTRACTS

Jacks, D., J. Moore, W. Bibeau, and M. Lynn. Over Weight and Obese Rural Elementary School Children Have Significantly Higher Blood Pressure than Normal Weight Children. *Med. Sci. Sports Exerc.* 39:S166, 2007.

Kurbasic M, Jones VF, Crabtree VM, Weding R, **Jacks D**, Valdes X, Topp R. Effect of family case management using stage of change approach on pediatric obesity. *25th International Congress of Pediatrics, Athens Greece, August 2007.*

Lynn, M., W.S. Bibeau, N. Mitchell, **D.E. Jacks**, and J.B. Moore. Self Efficacy Moderates The Effect Of Social Support On Vigorous Physical Activity In Rural Children. *Annual Meeting, Southeast American College of Sports Medicine Conference, Charlotte, NC; February 2007.*

Jacks D., J. Moore, W. Bibeau, X. Valdes, V. F. Jones, V. Crabtree, R. Wedig, Robert Topp. Moderate Intensity Physical Activity and Fitness are Predictors of Body Mass Index in Overweight African American Children. *Med. Sci. Sports Exerc.* 38:S459, 2006.

Moore J., **D. Jacks**, W. Bibeau, X. Valdes, V. F. Jones, V. Crabtree, R. Wedig, R Topp. Comparison of energy expenditure measured by accelerometry and energy intake in overweight African American children. *Med. Sci. Sports Exerc.* 38:S255, 2006.

Bibeau, W.S., **Jacks, D.E.**, Jones, V.F., Crabtree, V., Valdes, X.L., Topp, R.V., Wedig, R.T., Moore, J.B. Results of a pilot study to test the feasibility of a family case management intervention utilizing the Transtheoretical Model in overweight African American children . *Annual meeting, North American Society for the Psychology of*

Sport and Physical Activity, Denver, CO. 2006.

Caudill P., S. Griffin, W. Bibeau, M. Staley, R. Wedig, R. Topp, V. Jones, M. Kurbasic, **D. Jacks**, X. Valdes. Dietary and Physical Activity Patterns among Obese African-American Children 8-12 years Old. Research Louisville 2005, Louisville, KY. 10/31/05-11/4/05.

Jacks D., T. Moore, R. McMurray, A. Hackney. No Effect of progressive resistance exercise training on resting leptin, testosterone and cortisol. *Med. Sci. Sports Exerc.* 33:S287, 2001.

Jacks D., J. Anning, T. McLoughlin, J. Armstrong, J. Yaggie, and F. Andres. No influence of blood glucose on salivary cortisol at high intensity exercise. *Med. Sci. Sports Exerc.* 32:S1327, 2000.

Braun, W., M. Flynn, **D. Jacks**, T. McLoughlin, J. Sowash, C. Lambert, E. Mylona, and M. Hansen. Effect of indomethacin on NK activity of peripheral blood mononuclear cells (PBMC). *Med. Sci. Sports Exerc.* 31:S61, 1999.

Jacks, D. Comparison of exercise habits and knowledge of exercise recommendations in college students. *Med. Sci. Sports Exerc.* 30:S92, 1998.

Braun, W., M. Flynn, **D. Jacks**, T. McLoughlin, J. Sowash, C. Lambert, E. Mylona, and M. Hansen. Mechanisms of post-exercise NK suppression. *Med. Sci. Sports Exerc.* 30:S174, 1998.

PROFESSIONAL ACTIVITIES

Reviewer: *Clinical Kinesiology* and NC APHERD Journal

Reviewer: *Manual of Structural Kinesiology 15th Ed.* Thompson and Floyd. McGraw Hill.

Session Chair: Southeast American College of Sports Medicine (Exercise Endocrinology)

GRANTS AND RESEARCH FUNDING (ACTIVE AND IN REVIEW)

Norton Hospitals Foundation

- P.I. “Metabolic Assessment of Obese Patients pre and post Bariatric Surgery: The Impact of Therapy on Long-Term Success”
- Awarded \$105,000.00 for the purchase of metabolic equipment and support for a research assistant
- Status: Active (January 2005 – December 2007)

American Medical Rehabilitation Providers Association

- Co.-I. Invited multi-center proposal “Value and Efficacy of Inpatient Cardiac and Pulmonary Rehabilitation”

- My Role:
 - Develop protocols for outcome measures
 - Train personal in data collection methods at 5 rehabilitation hospitals
 - Oversee and manage data collection at 5 rehabilitation hospitals
- Awarded \$400,000.00 to support research personnel and data collection expenses
- Status: Active (September 2006 – September 2009)

Research Initiation Grant University of Louisville

- P.I. “Submaximal Cardiovascular Fitness Measurement for Children”
- Awarded \$3922.19 for release time from teaching and the purchase of equipment
- Status: Active (January 2006 – December 2006)

Multidisciplinary Grant University of Louisville

- P.-I. “The Effects of a Low-Intensity Resistance Training Exercise Protocol in Post-Operative Bariatric Patients”
- Awarded \$9,900.00 to support staffing, provide incentives for participation and purchase equipment
- Status: Active (May 2006 – January 2007)

NIH: Department of Health and Human Services

- Co-I 10% Effort: “Family Case Management of Obese Children in Primary Care” R01: 4 years \$1,733,488.00
- P.I.: Bob Topp, PhD
- Measure outcomes:
 - Change in functional capacity
 - Change in body composition
 - Compliance to physical activity recommendations
 - Create Transtheoretical Intervention for Physical Activity
 - Seek support mechanism to develop intervention while proposal is in review
- Status: Submitted 2/2006

NIH: Department of Health and Human Services

- Co-I 20% Effort: “Intervention to Reduce Barriers to Physical Activity in Urban and Rural Low-Income Women” R01: 3 years \$1,100,000.00
- P.I.: Barbra Speck, PhD
- My role: Develop and implement intervention and outcome measures
- Status: Submitted 5/2006

University of Louisville Multidiscipline Grant

- Develop a case management intervention for obese children in the primary care setting. Intervention is intended to be submitted on future R01 proposal.
- My Role: Co-I on \$10,000.00 Award to support development of intervention
- Status: Active (March 2005 – February 2006)

GRANTS AND RESEARCH FUNDING (COMPLETED/REJECTED)

N.I.H. Collaborative Arthritis and Musculoskeletal Skin Diseases Award

- P. I. “Hormonal response to moderate and high intensity exercise” (Rejected May 2001 and September 1999)
- Collaborators
 - Robert McMurray, Ph.D.; U.N.C. Chapel Hill
 - Anthony Hackney, Ph.D.; U.N.C. Chapel Hill
- First year budget: \$260,619.00
- Five year budget: \$1,062,645.00

K.B. Reynolds Foundation

- **Co – P.I.** with H. Radwan. “Community Wellness Center Implementation” (November 2001)
- Awarded (\$22,000.00) to purchase a metabolic cart
- Equipment is used for classes, research and assessment of the needy

Winston-Salem State University Faculty Development Grant

- **P.I.** (Summer 2000 and Spring 2002)
- Awarded (\$3,000.00) to assay Testosterone, Cortisol and Leptin from a progressive resistance training study
- Awarded (\$3,000.00) to conduct an investigation of IGF-I response to resistance training in African American subjects (Funds were later diverted due to budget crisis)

Title III-F Disease Prevention and Health Promotion

Berry, L. and **D. Jacks**. Exercise for the Elderly Program (1999-2000)

- Grant supports exercise for the elderly program and practical experience for exercise science students
- Awarded \$3785.25 per year

The University of Toledo, De Arce Memorial Endowment Fund

Andres, F., J. Armstrong, **D. Jacks**, and J. Sowash.

- Awarded funding to assess the effect of breathing oxygen-enriched air on time to exhaustion and aerobic capacity (Budget \$2,500.00)