

CURRICULUM VITA

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Education:

B.S. (Chemistry, College of Arts and Sciences) University of Pittsburgh, Pittsburgh, Pa., 1978

M.S. (Exercise Physiology, College of Education) University of Pittsburgh, Pittsburgh, Pa., 1983

Ph.D. (Exercise Physiology, College of Education) University of Pittsburgh, Pittsburgh, Pa. 1985

Professional Experience

Professor, Exercise Physiology, University of Louisville, 2000-present

Director, Exercise Physiology Lab, University of Louisville, 1995-present

Program Director Exercise Science/Exercise Physiology, 1995-2000; 2005-2008

Associate Professor, Exercise Physiology, University of Louisville, 1992-1999

Director, Internship Program-Exercise Physiology, University of Louisville, 1985-present

Assistant Professor, Exercise Physiology, University of Louisville, 1985-1991

Program Director, Faculty/Staff Wellness Program, University of Louisville, 1985-1993

Teaching Fellowship, Human Energy Research Laboratory, University of Pittsburgh, 1981-1985

Research Assistant, Anatomy and Cell Biology, University of Pittsburgh, 1976-1980

Awards and Other Professional Activities

Certified Strength and Conditioning Specialist, National Strength and Conditioning Association,
2007-present

Editorial Excellence Award, Journal of Strength and Conditioning Research, 2005

Research review panel, Behavior Science and Epidemiology, American Heart Association, 2004-2007

Nominated for the Provost Exemplary Advising Award, 2001

Red and Black Honor Student Mentor (two students), 1997-1998

Community Service Award recipient, University of Louisville, 1997

Red and Black Honor Student Mentor (one student), 1996-1997

Fellow, American Association of Cardiovascular and Pulmonary Rehabilitation, 1997-present

Fellow, American College of Sports Medicine, 1991-present

Teaching Fellowship, University of Pittsburgh, Pittsburgh, PA, 1983-85

Certified Clinical Exercise Specialist, American College of Sports Medicine, 1981-present

Certified Program Director, American College of Sports Medicine, 1984-present

Research Awards for participation in Heart Failure: and A Controlled Trial to investigate outcomes of exercise training (HF-ACTION) clinical trial

3/25/2007 Enrollment and adherence award for Site 216 University of Louisville

3/12/2006 Enrollment and adherence award for Site 216 University of Louisville

11/13/2005 Enrollment award for site 216 University of Louisville

5/6/2005 Enrollment award for site 216 University of Louisville

8/6/2004 Enrollment award for site 216 University of Louisville

Organizations and Affiliations

Fitness Society of India

Consulting Editor for the International Journal of Fitness, 2009-2012

American College of Sports Medicine

Credentials committee, 2001-2009, chair 2006-2009

Medicine and Science in Sport and Exercise manuscript reviewer, 2000-present

Fellow, 1991-present

Examiner/Preventive Programs, 1986-2000
Certified Program Director, 1984-present
Examiner/Rehabilitative Programs, 1980-2000
Certified Clinical Exercise Specialist, 1981-present
Southeast Region of ACSM, Board of Directors 1996-1998

National Strength and Conditioning Association

Reviewer for Journal of Strength and Conditioning Research, 1985-present
Associate Editor for Journal of Strength and Conditioning Research, 2004-present
Editorial Excellence Award for Journal of Strength and Conditioning Research, 2005

American Association of Cardiovascular and Pulmonary Rehabilitation

Fellow, 1997-present
Credentials committee, 1998-2001, chair, 2003-04
Board of Directors, 1999-2001
Journal of Cardiopulmonary Rehabilitation manuscript reviewer, 1997-present

Kentucky Cardiac Rehabilitation Association Vice-president, 1995

American Heart Association, Kentucky Affiliate, Board of Directors, 1991-1993.

Diabetes Health exercise advice columnist “On the Go”, 2003-2007

Wellness Forum Board of Directors Louisville, KY 1988-1991

Academic Responsibilities

Graduate courses taught:

Principles of Electrocardiography (EXP 611)
Principles of Exercise Testing and Prescription (EXP 502)
Case Study Practicum (EXP 606)
Human Physiology (EXP 605)
Non-thesis student projects (EXP 604)
Clinical Internships supervisor (EXP 620)
Thesis chair and committee member (EXP 699)
Exercise Physiology Research Seminar (EXP 603)

Undergraduate courses taught:

Principles of Exercise Science and Sports Medicine (HSS 394)
Health Fitness Instructor Workshop (HSS 395)
Internship supervisor for Health Fitness Instructors, Personal Trainers, Strength and Conditioning Specialists (HSS 492)

Research Grants and Contracts [External]

1. Neuroscience Translational Research Program, National Center for Research Resources, Recovery Act Limited Competition: Extramural Research Facilities Improvement

Program to be submitted in July of 2009, I will be director of a Metabolism Laboratory for this proposal, approximately 10 million

2. Clinical and Translational Scientific Award Grant (Craig McClain PI, Department of Medicine and Toxicology and Pharmacology) submitted in 10, 2008, to be re-submitted in July, 2009, I will be director of a core Exercise Physiology Laboratory for this submission (5% release time) and I am currently a member of the clinical resources sub-committee, approximately 5 million over three years
3. Recovery Post Exercise: A sub-study of the Heart Failure. A Controlled Trial Investigating Outcomes of Exercise Training, Swank, AM, clinical site PI through sub-contract with Case Western Reserve University (Ileana Pina, MD, PI), total direct and indirect (\$580,644), subcontract cost (\$21,940), 2/1/07 to 2/1/09 National Institutes of Health (HLBI-RO1)
4. Heart Failure. A Controlled Trial Investigating Outcomes of Exercise Training (HF-ACTION): Main Study, Swank, AM, clinical site PI through sub-contract with Duke University Clinical Research Institute (Chris O'Connor and David Whellan, PI's), total grant (37.5 million); subcontract cost (\$591,430), 01/03 to 07/08 National Institutes of Health (HLBI-R01)
5. Heart Failure. A Controlled Trial Investigating Outcomes of Exercise Training (HF-ACTION): Genetics and Biomarker sub-study Swank, AM, clinical site PI through sub-contract with Duke University Clinical Research Institute See above main study for dollar amount, 01/03 to 07/08, National Institutes of Health (HLBI-RO1)
6. Heart Failure. A Controlled Trial Investigating Outcomes of Exercise Training (HF-ACTION): Economic and quality of life sub-study, Swank, AM, clinical site PI through sub-contract with Duke University Clinical Research Institute, See above main study for dollar amount, 01/03 to 07/08 National Institutes of Health (HLBI-RO1)
7. Heart Failure. A Controlled Trial Investigating Outcomes of Exercise Training: Depression Education Sub-study to Promote Depression Care in CHF. Swank, AM, clinical site PI through sub-contract with Duke University Psychology Department, \$125,000, 01/04 to 01/08, Pfizer Pharmaceuticals
8. Total knee replacement and exercise training in the elderly. Swank, AM, co-principal investigator with Robert Topp PI (Nursing School), \$1,034,899, 8/03 to 7/07. National Institutes of Health (NINR, RO1)
9. Safety and Effectiveness of Combined Strength and Aerobic Training for Individuals with CHF. Swank, AM, PI, with co-investigators Adams, KJ and D. Martin Denny, \$146,000 8/02 to 12/05 National Institutes of Health (NHLBI-R15)
10. Increasing physical activity in low-income women. NIH (HLBI-R01), safety officer, \$357,500, 8/03 to 7/05.
11. Health and fitness evaluation of volunteer firefighters: Harrods Creek, (2 year contract, 1996-98) \$5,000.
12. Health and fitness evaluation of volunteer firefighters: Camp Taylor (2 year contract, 1996-98) \$5,000.
13. Health and fitness evaluation of volunteer firefighters: Okolona (2 year contract, 1996-98) \$5,000.
14. Health and fitness evaluation of volunteer firefighters: North Oldham (2 year contract, 1997-99) \$5,000.
15. Health and fitness evaluation of Tai Chi Chuan participants, \$15,000, 1996-97.
16. Firefighter fitness testing: Highview Volunteer fire department co-investigator with JW Yates, \$4,000, 1994.

17. Smoking cessation program for African American pregnant females, co-investigator with Dr. Patricia Walker PI, Kentucky Cabinet for Human Resources, Frankfort, KY, \$30,000, 1994.
18. Firefighter fitness testing: Harrods Creek Volunteer Fire Department, co-investigator JW Yates, \$6,000, 1993.
19. Smoking cessation in African American pregnant females, co-investigator with Dr. Patricia Walker PI, Kentucky Cabinet for Human Resources, Frankfort, KY, \$35,000, 1993.
20. Physiological profiles of male senior tennis players: a comparison with aged matched controls, United States Tennis Association, \$5,000, 1993.
21. Effect of dietary counseling on health habits of University female tennis players. United States Tennis Association, \$750.00, 1989.
22. Effect of dietary counseling and exercise training on smoking cessation success rate in minority females, Secretary's award for innovations in health promotion and disease prevention, student adviser, \$250.00, 1989.
23. Effect of exercise, smoking and smoking cessation on lipoproteins. American Heart Association (Kentucky Affiliate). \$13,600, 1988-1989.

Research Grants and Contracts [Internal]

1. Safety and Effectiveness of Combined Strength and Aerobic Training for Individuals with Congestive Heart Failure, funded by the Intramural Research Incentive Grant Program, Competitive Enhancement Grant, University of Louisville, 01/01/01 to 12/31/01, \$6,918
2. Fitness and health of volunteer firefighters, funded by the Intramural Research Incentive Grant, Project Completion Grant, University of Louisville 4/1998, \$2,130
3. Smoking cessation program for African American pregnant females, co-investigator with Dr. Patricia Walker, Graduate Research Council of the University of Louisville, KY \$2,960, 1994
4. Effect of hand weights and ankle wrap weights on muscular strength of the healthy elderly, University of Louisville Graduate School Research Council, \$1575.00, 1991
5. The effects of exercise training on acute stress response. University of Louisville Graduate School Research Grant \$1500.00, 1988
6. Effect of respiratory alkalosis on perception of exertion. University of Louisville Graduate School Research Grant. \$3100.00, 1986
7. Acute effect of cigarette smoking on HDL-C metabolism. University of Louisville Graduate School Research Council, \$2500.00, 1985

Teaching grants and contracts

1. Acumen, Physical Education Donation Program, Heart rate monitor and carrying case, \$299.00, 2001
2. Technology mini-grant from University of Louisville, College of Education and Human Development, Electrocardiography analysis, \$395.00 with Drs. Adams and Stamford, 1997
3. Technology mini-grant from University of Louisville, School of Education, Metabolic analysis system, \$690.00 with Drs. Adams and Stamford, (\$110.00 cost share with Exercise Physiology Lab), 1997

4. Health and Fitness Fair- Middletown; Cholesterol evaluation, funded by Swimmer Wellness Inc \$5,000, 1997
5. East End Fitness Body composition analysis, funded by East End Fitness, Louisville KY funding on fee for service basis, 1997-1999
6. Desales High School wrestling team body composition analysis, funded by Desales High School wrestling team, funding on fee for service basis, 1997-2000
7. Kentucky Country Day High School wrestling team body composition analysis, funded by the Kentucky Country Day wrestling team, funding on fee for service basis, 1997-2000
8. University of Louisville's women's basketball body composition analysis, funded by University of Louisville's Department of Athletics, funding on fee for service basis, 1996-1998
9. University of Louisville's Women's volleyball team body composition analysis study, funded by the University of Louisville's Department of Athletics, funding on fee for service basis, 1996-1998
10. Frazier Rehabilitation Internship Project, \$7,000 plus tuition remission from the University of Louisville graduate school for two students, 1996-1997
11. Internship for Exercise Physiology graduate students. funded by Semenick and associates, co-supervisor with Yates, \$16,288, 1993-1995

Publications Resulting from Collaborative Investigations (Design and Primary Endpoint Papers “For the HF-ACTION Investigators”)

1. O'Connor, CM, Whellan, DJ, Lee, KL, Keteyian, SJ, Cooper, LS, Ellis, SJ, Leifer, ES, Kraus, WE, Kitzman, DW, Blumenthal, JA, Rendall, DS, Houston-Miller, N, Fleg, JL, Schulman, KA, McKelvie, RS, Zannad, Faiez, Pina, IL for the HF-ACTION Investigators. Efficacy and safety of exercise training in patients with chronic heart failure: HF-ACTION randomized controlled trial. *JAMA* 301(14): 1439-1450, 2009
2. Flynn, KE, Pina, I, Whellan, DJ, Blumenthal, JA, Ellis, SJ, Fine, LJ, Howlett, JG, Keteyian, SJ, Kitzman, DW, Kraus, WE, Houston Miller, N, Schulman, KA, Spertus, JA, O'Connor, CM, Weinfurt, KP for the HF-ACTION Investigators. Effects of exercise training on health status in patients with chronic heart failure. *JAMA* 301(14): 1451-1459, 2009
3. Bensimhon, DR, Leifer, ES, Ellis, SJ, Fleg, JL, Keteyian, SJ, Pina, IL, Kitzman, DW, McKelvie, RS, Kraus, WE, Forman, DE, Kao, AJ, Whellan, DJ, O'Connor, CM, Russell, SD for the HF-ACTION Investigators. Reproducibility of peak oxygen uptake and other cardiopulmonary exercise testing parameters in patients with heart failure (from the Heart Failure and A Controlled Trial Investigating Outcomes of exercise training). *Am. J. Cardiol* 102:712-717, 2008.
4. Whellan, DJ, O'Connor, CM, Lee, KI, Keteyian, SJ, Cooper, LS, Ellis, SJ, Leifer, ES, Kraus, WE, Kitzman, DW, Blumenthal, JA, Rendall DS, Houston-Miller, N, Fleg, JL, Schulman, KA, Pina, IL on behalf of the HF-ACTION Trial Investigators. Heart Failure and A Controlled Trial Investigating Outcomes of Exercise Training (HF-ACTION): Design and rationale. *Am. Heart J.* 153:201-211, 2007.
5. Bensimhon, DR, Adams, GL, Whellan, DJ, Pagnanelli, RA, Trimble, M, Lee, BA, Lee, KL, Ellis, SJ, Kraus, WE, Rendall, DS, Iskandrian, AE, O'Connor, CM and S Borges-Neto on behalf of the HF-ACTION trial investigators. Effect of exercise training on ventricular function, dyssynchrony, resting myocardial perfusion and clinical outcomes in patients with heart failure: A nuclear ancillary study of Heart Failure and A Controlled

Trial Investigating Outcomes of Exercise Training (HF-ACTION); design and rationale.
Am Heart J 154: 46-53, 2007

Peer-reviewed Publications

1. Manire JT, Kipp R, Spencer J, Swank AM. Diurnal variation of hamstring and lumbar flexibility. In Press for the Journal of Strength and Conditioning Research, 2009
2. Topp, R, Swank, AM, Quesada, PM, Nyland, J, Malkani, A. The effect of prehabilitation exercise on strength and functioning following knee replacement surgery, In Press for The Journal of Injury, Function and Rehabilitation, 2009
3. Pina, IL, Kokkinos, P, Kao, A, Bittner, V, Saval, M, Clare, B, Goldberg, L, Johnson, M, Swank, A, Ventura, H, Moe, G, Fitz-Gerald, M, Ellis, S, Vest, Marianne, Cooper, L, Whellan, D for the HF-ACTION Investigators. Baseline differences in the HF-ACTION trial by sex, In Press for the American Heart Journal, 2009
4. Topp, R, Page, P, Swank, AM, Quesada, PM, Nyland, J, Malkani, A. Improve function before knee replacement surgery. *Functional U: Exercise and activity for healthy aging* 7(2): 1-8, 2009
5. Gottlieb SS, Kop WJ, Ellis SJ, Binkley, P, Howlett J, O'Connor C, Blumenthal J, Fletcher G, Swank AM, Cooper L. Relationship of depression to severity of illness in heart failure (from Heart Failure and a Controlled Trial Investigating Outcomes of Exercise Training [HF-ACTION]). *Am J Cardiol* 103: 1285-1289, 2009
6. De Paleville DT, Swank AM, Funk DC, Bradley S, Topp R. Adding weights to low intensity exercise increases isometric muscular strength and functional ability in healthy older adults. *IJ Fitness* 5(1): 51-59, 2009
7. Brown K, Kachelman J, Topp, R, Quesada, PM, Nyland, J, Malkani, A and AM Swank. Predictors of functional task performance among patients scheduled for total knee arthroplasty. *J Strength Cond Res* 23(2): 436-443, 2009
8. Jaggars JR, Swank AM, Frost K, Lee CD. The acute effects of dynamic and ballistic stretching on vertical jump height, force and power. *J Strength Cond. Res.* 22(6):1844-1849, 2008
9. Quesada, PM, Durham, MP, Topp, RV, Swank, AM, Biton, D. Quantitative assessment of balance performance on a passively unstable surface. *Occupational Ergonomics* 7(1): 3-10, 2007
10. Liu, T, Swank, AM, Funk, DC, Farr, BK. Effects of short term application of prophylactic knee brace on balance for athletes with uninjured knees. *Applied Research in Coaching and Athletics Annual* 22: 77-96, 2007
11. Terson De Paleville, D, Topp, RV, Swank, AM. Effects of aerobic training prior to and during chemotherapy in a breast cancer patient: a case study. *J. Strength Cond. Res.* 21(2): 635-637, 2007
12. Jaggars, JR, Simpson, CD, Frost, KL, Quesada, PM, Topp, RV, Swank, AM, Nyland, JA. Prehabilitation before knee arthroplasty increases post surgical function: a case study. *J. Strength Cond. Res.* 21(2): 632-634, 2007
13. Nyland, J, Frost, K, Quesada, P, Angeli, C, Swank, A, Topp, R, Malkani, AL. Self-reported chair-rise ability relates to stair-climbing readiness of total knee arthroplasty

- patients: a pilot study. *Journal of Rehabilitation Research and Development* 44(5): 751-760, 2007.
14. Paleville, DT, Topp, R, Swank, AM. Effects of aerobic training prior to and during chemotherapy in a breast cancer patient: a case study. *J. Strength Cond. Res.* 21(2):635-637, 2007
 15. Swank, AM, Funk, D, Robertson, RJ, Moore, A, Steinel, L, Manire, J. Evaluation of anticipation bias for RPE during progressive exercise testing. *Perceptual and Motor Skills*, 100: 841-850, 2005
 16. Swank, AM, Funk, D, Manire, J, Degruccio, L, Dimitriadis, K, Denny, DM. Echocardiographic evaluation of stress test for determining safety of participation in strength training. *J. Strength Cond. Res.* 19:389-393, 2005.
 17. Smith, A, Swank, AM, Kirby, K, Manire, J, Roberson, E, Schrink, R, Allard, A, Denny, DM. Outcomes of combining progressive strength training with aerobic training for a woman with CHF. *Journal of Exercise Physiology-online* 7 (4) 23-28, 2004
 18. Essig, F, Sinclair, D, Hare, J, Moreillon, J, Funk, D, Swank, AM. Cross-sectional analysis of cardiovascular risk factors for participants of a University faculty staff wellness program. *Journal of Exercise Physiology-online* 7 (4) 37-43, 2004
 19. Charles, C, Farr, B, Liu, T, Nigrini, C, Funk, DC, Swank, AM. The temporal efficacy of ankle taping versus brace on restriction of ankle inversion over an extended period of activity. *Applied Research in Coaching and Athletics Annual* 52-65, 2004
 20. Wilson, M, Swank, AM, Felker, J. Exercise strategies for the individual with chronic obstructive pulmonary disease. *Strength and Conditioning Journal* 26:58-63, 2004.
 21. Stephenson, J, Swank, AM. Core-Training: Designing a program for anyone. *Strength and Conditioning Journal* 26 (6): 2-5, 2004
 22. Funk DC, Swank, AM, Mikla BM, Fagan TA, Farr BK. Impact of prior exercise on hamstring flexibility: A comparison of PNF and static stretching. *J. Strength Cond. Res.* 17(3):489-492, 2003
 23. Swank, AM, Steinel L, Heigelberg A. Strategies for effectively using ratings of perceived exertion. *Strength and Conditioning Journal* 25(4):23-25, 2003
 24. Swank, AM, Funk DC, Durham, MP, Roberts S. Adding weights to stretching exercise increases passive range of motion for healthy elderly. *J. Strength Cond. Res.* 17(2):374-378, 2003
 25. Hanna, SM, Walker, PW, Walker, JF, Claes, JA, Stewart, CK, Swank, AM, Goldsmith, JL. A smoking cessation project for African-American women: Implications for relational research. *Families, Systems & Health* 21(4):397-413, 2003
 26. Salmon, P, Swank, AM. Exercise-based disease management guidelines for individuals with cancer: Potential applications in a high-risk, mid-southern state. *Journal of Exercise Physiology-online* 5(4):1-10, 2002
 27. Swank, AM, Funk D, Bailey K, Pinkham K, Soldner K. Cardiovascular and subjective responses to one- and three-repetition maximum strength testing. *Clinical Exercise Physiology* 4(2):96-101, 2002
 28. Swank, AM, Robertson RJ. Effect of induced alkalosis on perception of exertion during exercise recovery. *J of Strength and Cond Research* 16(4):491-499, 2002
 29. Swank, AM, Funk D, Barnard K, Adams K, Denny DM. Combined high intensity strength and aerobic training enhances quality of life outcomes for individuals with CHF. *Journal of Exercise Physiology-online* 5(2):36-41, 2002

30. Adams K, Swank, AM, Berning J, Sevene-Adams P, Barnard K, Shimp-Bowerman, J Progressive strength training in sedentary, older African American women, *Med. Sci. Sport Exer*, 33(9): 1567-1576, 2001
31. Swank, AM, Serapiglia L, Funk D, Adams KJ, Durham, M, Berning J. Development of a branching sub-maximal treadmill test for predicting VO_{2max} . *J. Strength Cond. Res.* 15(3): 302-308, 2001
32. Kaelin, M, Swank, AM, Barnard K, Adams K, Beach P, Newman P. Physical fitness and quality of life outcomes in a pulmonary rehabilitation program utilizing symptom limited interval training and resistance training. *Journal of Exercise Physiology-online* 4(3): 30-37, 2001
33. Funk D, Swank, AM, Adams K, Treola D. Efficacy of moist heat pack application over static stretching on hamstring flexibility. *J. Strength Cond. Res.*, 15(1):123-126, 2001
34. Eggers L, Swank, AM, Adams K, Barnard K, Berning J. Limiting factors for increasing VO_{2peak} for individuals with spinal cord injury. *Clinical Exercise Physiology*, 3(1): 10-16, 2001
35. Barnard K, Adams K, Swank, AM, Kaelin, M, Kushnik M, Denny DM. Combined high intensity strength and aerobic training in congestive heart failure patients. *J. Strength Cond. Res.*, 14(4): 383-388, 2000
36. Swank, AM, Adams K, Barnard K, Berning J, Ottersbach M, Shimp J. A comparative analysis of cardiovascular disease risk factors in volunteer firefighters, *Clinical Exercise Physiology*, 2(4): 199-203, 2000
37. Adams K, Swank, AM, Barnard K, Berning J, Sevene-Adams P. Safety of maximal power, strength, and endurance testing in older African American females. *J. Strength Cond. Res.*, 14(3):254-260, 2000
38. Swank, AM, Adams K, Barnard K, Berning J, Stamford BA. Age-related aerobic power in volunteer firefighters, a comparative analysis. *J. Strength Cond. Res.* 14(2):170-174, 2000
39. Swank, AM, Adams K, Serapiglia L, Kushnick M, Berning J, Ottersbach M. Applications of sub-maximal testing for the strength and conditioning specialist and personal trainer. *Strength and Conditioning*, 21(6):9-15, 1999
40. Kaelin M, Swank, AM, Adams KJ, Barnard K, Berning J, Green L. Cardiopulmonary responses, muscle soreness and injury during the one repetition maximum assessment in pulmonary rehabilitation patients. *J Cardiopulmonary Rehabil.* 19:366-372, 1999
41. Adams K, Barnard K, Swank, AM, Denny DM. High intensity strength training in high-risk cardiac rehabilitation patients/a response. *J Cardiopulmonary Rehabil.* 19:190-192, 1999
42. Adams KJ, Barnard K, Swank, AM, Mann E, Kushnik M, Denny DM. Combined high intensity strength training and aerobic training in a diverse phase II cardiac rehabilitation population. *J Cardiopulmonary Rehabil.* 19:209-215, 1999
43. Barnard K, Adams K, Swank, AM, Mann E, Denny DM. Injuries during the one repetition maximum assessment in a cardiac rehabilitation population. *J. Cardiopulmonary Rehabil.* 19: 52-58, 1999
44. Swank, AM, Condra S, Yates JW. Effect of long term tennis participation on aerobic capacity, body composition, muscular strength and flexibility and serum lipids. *Sports Med. Training and Rehab.* 8(2): 99-112, 1998
45. Swank, AM, Weinberg W, Wilson J. University of Louisville's Faculty Staff Wellness Program. *AHPERD Journal (Kentucky Affiliate)*, 33(2):30-34, 1997

46. Swank, AM, Gutgsell K, Yates JW, Tabler P and Kleinsteuber K. Effect of socioeconomic status on fitness and health of volunteer fire fighters. *AHPERD Journal (Kentucky Affiliate)*, 33(1):27-31, 1997
47. Swank, AM, Condra S. Tennis, a sport for a lifetime? A review of the effects of tennis participation on aerobic capacity, body composition, muscular strength and flexibility. *AHPERD Journal (Kentucky Affiliate)*, 32(1):46-51, 1996
48. Swank, AM. A review of exercise videos: recommendations for special populations. *Physician and Sports Medicine*, 21(1): 167-170, 1993
49. Ireland C, Shelburne L, Swank, AM. Fitness testing in children: A comparison between PCPFS and AAHPERD standards. *Journal of Applied Sports Science*, 6(2), 1992
50. Swank, AM, Pickering K, Fell RD. Short term changes in HDL-C consequent to a seven-week smoking cessation program in females. *J Cardiopulmonary Rehabil.* 11:353-359, 1991
51. Swank, AM, Pickering K. Effect of individualized dietary counseling on cardiac risk profiles of elite female tennis players. *AHPERD Journal (Kentucky Affiliate)*, Spring: 45-48, 1991
52. Swank, AM, Fell RD. Effects of acute smoking and exercise on HDL-C metabolism in black female smokers. *Metabolism*, 39(4): 343-348, 1990
53. Swank, AM, Robertson RJ. Effect of induced alkalosis on perception of effort during intermittent exercise. *J. Appl. Physiol.*, 67(5): 1862-1867, 1989
54. Swank, AM, Robertson RJ, Deitrich R, Bates M, The effect of acute exercise on high density lipoprotein-cholesterol and the subfractions in females. *Atherosclerosis*, 63: 187-192, 1987.
55. Robertson RJ, Falkel J, Drash L, Swank, AM, Metz K, Spungen S, LeBoeuf J. Effect of induced alkalosis on physical work capacity during arm and leg exercise. *Ergonomics* 30(1): 19-31, 1987.
56. Robertson RJ, Falkel J, Drash L, Swank, AM, Metz K, Spungen S, LeBoeuf J. Effect of blood pH on peripheral and central signals of perceived exertion. *Med. Sci. Sports Exerc.* 18(1): 114-122, 1986.

Textbooks and Book Chapters

1. *American College of Sports Medicine's Resource Manual for Guidelines for Exercise Testing and Prescription*, 7th edition; Ehrman, J, Sanderson, B, Womack, C, Swain, D, DeJong, A and Swank, AM editors, Human Kinetics Publishers, 2009
2. *Resistance training for Special Populations*, Swank AM and Hagerman P editors In press for 2009, Delmar Cengage Learning Publishers
3. *Resistance training for Special Populations: Quick Reference Guide*, Swank AM editor In press for 2009, Delmar Cengage Learning Publishers
4. Swank AM, Keteyian SJ. Resistance training strategies for individuals with chronic heart failure to be published in *Resistance training for Special Populations*, Swank AM and Hagerman P editors In press for 2009, Delmar Cengage Learning Publishers
5. Swank AM, Keteyian SJ. Exercise programming strategies for individuals with chronic heart failure to be published in *Resistance training for Special Populations: Quick Reference Guide*, Swank AM editor In press for 2009, Delmar Cengage Learning Publishers

6. Swank AM. Adaptations to aerobic endurance training programs, in *Essentials of Strength Training and Conditioning* 3rd edition, Baechle and Earle editors, pages 121-140, 2008
7. Swank AM, Berry MJ, Woodard CM. Chronic obstructive pulmonary disease, in *Clinical Exercise Physiology* 2nd edition, Ehrman, Gordon, Visich, Keteyian editors, pages 371-390, 2008
8. Swank, AM, Funk, D, Manire, J. Effects of low intensity exercise on perception of exertion for leisure and daily living activities in healthy elderly men and women. In *Trends in Exercise and Health Research*, editor, Rachel Simon, Nova Science Publishers, 223-234, 2005.
9. Swank, AM. The impact of exercise on health and disease. Chapter published in the *Health Awareness Workshop Reference Book*, ed. Leah Dickstein M.D., Publisher: Proactive Press, 1998.

Scientific Presentations/Published Abstracts [national/international]

1. Brown K, Swank AM, Topp R, Quesada PM, Kachelman J, Nyland J, Malkani, A. Prehabilitation vs. Usual Care before knee arthroplasty: a case study comparing outcomes within the same individual. Presented at the American College of Sports Medicine meeting in May, 2009
2. Houston-Miller N, Keteyian SJ, Kraus WE, Pina I, Swank AM. Exercise, heart failure and HF-ACTION: Stitch in the side or inside the park home run. Highlighted symposium presented at the American College of Sports Medicine meeting in May, 2009
3. Topp R, Swank A, Quesada P, Nyland J, Malkani A. The effect of prehabilitation on functional ability and pain prior to and following TKA. Presented at the Midwest Nursing Research Society Annual Conference in Minneapolis, MN March, 2009
4. Topp R, Swank A, Quesada P, Nyland J, Kachelman J, Malkani A. Predicting functional ability following total knee replacement. Presented at the Council for the Advancement of Nursing Science; 2008 National State of the Science Congress in Nursing Research, Washington, DC October 2-4, 2008
5. Topp R, Swank A, Quesada P, Nyland J, Malkani A. The effect of prehabilitation on leg strength and performance of functional tasks prior to TKA. Presented at the Midwest Nursing Research Society Annual Conference, Indianapolis, IN March 28-31, 2008
6. Brown K, Kachelman J, Swank AM, Quesada PM, Nyland J, Malkani, A. Effects of an 8-week prehabilitation program on strength among patients scheduled for total knee arthroplasty. Presented at the National Strength and Conditioning Association national meeting in Las Vegas, NV, July, 2008
7. Brown K, Swank AM, Topp R, Quesada PM, Kachelman J, Nyland J, Malkani, A. Predictors of functional tasks among patients scheduled for total knee arthroplasty. Presented at the American College of Sports Medicine national meeting in Indianapolis, IN, June, 2008
8. Gottlieb SS, Ellis S, Binkley P, Howlett J, O'Connor C, Blumenthal J, Fletcher G, Swank AM. Relationship of depression and severity of illness in heart failure: an analysis from HF-ACTION. Presented at the American College of Cardiology annual meeting in Chicago, IL, March 31, 2008
9. Kachelman JB, Topp RV, Swank AM, Quesada PM, Nyland J. Prehabilitation decreases leg strength asymmetry in patients with osteoarthritis. Presented at the National Strength and Conditioning Association national meeting in Las Vegas, NV, July, 2008

10. Topp R, Swank A, Quesada P, Nyland J, Kachelman J, Malkani A. Predicting functional ability following total knee replacement. Presented at the Council for the Advancement of Nursing Science 2008 National State of the Science Congress in Nursing Research, Washington, DC October 2-4, 2008
11. Kachelman, J, Bibeau, W, Swank, A, Topp, R, Quesada, P, Nyland, J. Effect of Prehabilitation on Pre-Surgery Outcome Measures in Patients with Osteoarthritis National Strength and Conditioning Association National Conference, Atlanta, GA, July 11-14, 2007
12. Spencer, JM, Manire, JT, Allard, A, Swank, AM, Denny, DM. Safety and efficacy of progressive resistance training in heart failure patients. American College of Sports Medicine Annual Meeting, New Orleans, LA. May 29-June 2, 2007
13. Hammond, R, DiGruccio, L, Swank, AM. Modest Physical Activity Prevents Weight Gain in Women after Smoking Cessation. American College of Sports Medicine Annual Meeting, New Orleans, LA. May 29-June 2, 2007
14. Topp, R, Boardley, D, Quesada, P, Swank, A, Nyland, J, Malkani, A. The effect of prehabilitation exercise prior to knee arthroplasty on readiness for surgery. Midwest Nursing Research Society, April, 2007
15. Fisher, M, Bibeau, W, Kachelman, J, Nyland, J, Quesada, P, Swank, A, Topp, R. The effect of prehabilitation exercise prior to knee arthroplasty on functional ability. American College of Sports Medicine national meeting, June, 2007
16. Kachelman, J, Bibeau, W, Topp, R, Swank, A, Quesada, P, Nyland, J, Malkani, A. the effect of prehabilitation exercises on strength and range of motion among end-stage knee osteoarthritis patients. American College of Sports Medicine national meeting, June, 2007
17. Manire, J, Swank, AM, Funk, DC, Allard, A, Denny, DM. Gender and age related changes in strength and submaximal performance outcomes for individuals with CHF. American College of Sports Medicine national meeting, June, 2007
18. Topp, R, Frost, K, Nyland, J, Quesada, P, Swank, AM, Malkani, A. Preoperative strength pain and perceived functioning as predictors of postoperative objective functioning after total knee arthroplasty. Midwest Nursing Research Society, 30th annual conference, April, 2006
19. Jagers, J, Simpson, C, Frost, K, Swank, AM, Topp, R, Nyland, J, Quesada, P, Malkani, A. Prehabilitation prior to knee arthroplasty increases post surgical function: a case study. American College of Sports Medicine, Denver, CO, June, 2006
20. Miller, T, Simpson, C, Frost, K, Topp, R, Swank, AM, Quesada, P, Nyland, J, Malkani, A, Boardley, D. Preoperative measures of strength, pain, and function as predictors of functional outcomes in TKA patients post surgery. American College of Sports Medicine, Denver, CO, June, 2006
21. Quesada, PM, Durham, MP, Topp, R, Swank, AM, Biton, D. Effects of smooth versus “prickly” surface conditions on tiltboard performance. International Society of Biomechanics/American Society of Biomechanics Joint Conference, Cleveland OH, 7/31-8/5, 2005
22. Biton, D, Quesada, PM, Nyland, J, Durham, MP, Angeli, CA, Topp, R, Swank, AM. Heelstrike dynamics during 6 minute walk test among end stage knee OA patients. International Society of Biomechanics/American Society of Biomechanics Joint Conference, Cleveland OH, 7/31-8/5, 2005

23. Biton, D, Quesada, PM, Angeli, CA, Nyland, J, Topp, R, Swank, AM. Fatigue during gait among end stage knee osteoarthritis. Summer Bioengineering Conference, Vail, CO, June, 2005
24. Durham, M, Swank, AM, Nyland, J, Frost, K, Quesada, PM, Biton, MS, Naeger, C. Effects of 8-week prehabilitation on TKA patients functional and pain outcomes. American College of Sports Medicine, June, 2005
25. Naeger, CW, Brown, K, Swank, AM, Quesada, PM, Nyland, J, Durham, M. Eight weeks Pre-habilitation increases functional performance: case-control comparison of two patients with total knee arthroplasty. American College of Sports Medicine, June, 2005
26. Jiang, W., Whellan, D., Kuchibhatla, M, O'Connor, C, Bittner, V, Swank, AM, Gheoghiade, M, Randell, D, Munsch, D, Garcia, M, Krishnan, R. What do patients with heart failure and their non-psychiatric health providers believe regarding depression and depression care?—Preliminary results of depression education study for patients with heart failure. American Psychological Association, 2005
27. Manire, J, Adams, K, Swank, AM, Kipp, RL, Stamford, BA. Diurnal variations in hamstring and lower back flexibility. American College of Sports Medicine June, 2004
28. Swank, AM. Heart Failure. A Controlled Trial Investigating Outcomes of Exercise Training, HF-ACTION, Recruitment and Registry update and Strategies to enhance enrollment, HF-ACTION Steering committee meeting at the American College of Cardiology March, 2004
29. Swank, AM. Exercise testing and training for individuals with congestive heart failure. University of Illinois-Chicago, May, 2003
30. Swank, AM. Recruitment strategies for the elderly. HF-ACTION Steering committee meeting, American Heart Association, November, 2003
31. Swank, AM. Overview of manual of operations for HF-ACTION, recruitment and retention. HF-ACTION Steering committee meeting, American College of Cardiology, April, 2003
32. Smith, A, Swank, AM. Outcomes of high intensity training for a woman with CHF. Spring Arbor University, Undergraduate honors seminar, Michigan, October, 2003
33. Smith, A, Swank, AM. Outcomes of high intensity training for a woman with CHF. American Association of Cardiovascular and Pulmonary Rehabilitation, October, 2003
34. Kipp, R, Brabrant, B, Walters, C, Fabian, N, Adams, KJ, and Swank, AM. Effects of a pre-season conditioning program on performance measures in female adolescent soccer players. National Strength and Conditioning Association, July, 2002
35. Manire, J, DeGruccio, L, Dimitriadis, C, Denny, DM, Swank, AM. Echocardiographic assessment of cardiovascular responses during high intensity resistance exercise, American College of Sports Medicine, June, 2002
36. Fabian, N, Adams, KJ, Durham, M, Kipp, R, Berning, J, Swank, AM (FACSM), Stamford, BA. Comparison of power production between the Bosco and Wingate 30-second power tests. *Med. Sci. Sports Exercise* 33(5): 137, 2001
37. Kipp, R, Adams, KJ, Sevene-Adams, P, Berning, J, Barnard, K, Peitzmeier, G, Swank, AM. Effects of strength training on heart rate, blood pressure and RPE response to treadmill walking. *Med. Sci. Sports Exercise* 33(5): 436, 2001
38. Durham, M, Shimp-Bowerman, J, Adams, KJ, Berning, J, Kipp, R, Fabian, N, Swank, AM. Effects of plyometric and weighted plyometric training on lower body anaerobic power output. *Med. Sci. Sports Exercise* 33(5): 765, 2001

39. Adams, KJ, Shimp-Bowerman, J, Berning, J, Durham, M, Sevene-Adams, P, Curtin, M, Swank, AM. Plyometric training at varied resistance: Effects on vertical jump in strength trained women. *Med. Sci. Sports Exercise* 33(5): 1594, 2001
40. Evans, K, Durham, M, Hodgkins, A, Sinclair, D Adams, KJ, Swank, AM. Acute effects of bench press on power output during a subsequent ballistic bench throw. *Med. Sci. Sports Exercise* 33(5): 1820, 2001
41. Sinclair, D, Essig, F Swank, AM, Durham, M, Adams, KJ, Kipp, R. Cardiovascular risk factors for University faculty and staff: a comparative analysis. *Med. Sci. Sports Exercise* 33(5): 875, 2001
42. Moss, C, Kunz, M, Adams, KJ, Berning, J, Sevene-Adams, P, Debeliso, Swank, AM. A comparison of male and female teenage sport rock climbers from a high school climbing league. *Med. Sci. Sports Exercise* 33(5): 1386, 2001.
43. Massey, B, Swank, AM, Barnard, K, Adams, KJ, Durham, M, Kipp, R. Combined high intensity strength and aerobic training enhances quality of life for individuals with heart disease. *Med. Sci. Sports Exercise* 33(5): 368, 2001
44. Soldner, K, Pinkham, K, Swank, AM, Adams, KJ, Durham, M, Kipp, R. Cardiovascular and subjective responses to repeat one repetition (1RM) testing. *Med. Sci. Sports Exercise* 33(5): 155, 2001
45. Weathers, K, Swank, AM, Durham, M, Bradley, Adams, KJ, Kipp, R. Effects of a low intensity weight training program on muscular strength and functional ability in the healthy elderly. *Med. Sci. Sports Exercise* 33(5): 1817, 2001
46. Pinkham, K, Soldner, K, Swank, AM, Adams, KJ, Durham, M, Kipp, R. Cardiovascular and subjective responses to one repetition (1RM) and three repetition maximum (3RM) testing. *Med. Sci. Sports Exercise* 33(5): 1693, 2001.
47. Kipp, R, Barnard, K, Adams, KJ, Kaelin, M, Shimp-Bowerman, J, Berning, J, Denny, DM, Swank, AM. Cardiovascular response in female cardiac rehab patient to maximal strength and aerobic tests. *Med. Sci. Sports Exercise.* 32(5):312, 2000.
48. Peitzmeier, G, Adams, KJ, Berning, J, Shimp-Bowerman, J, Durham, M, Swank, AM. An assessment of the dietary intakes of male college soccer players. *Med. Sci. Sports Exercise.* 32(5): 1413, 2000
49. Berning, J, Shimp-Bowerman, J, Durham, M, Adams, KJ, Barnard, K, Slyter, Swank, AM. Comparison of forward and reverse Wingate anaerobic tests. *Med. Sci. Sports Exercise.* 32(5) 542, 2000
50. Kushnik, M, Barnard, K, Adams, KJ, Shimp-Bowerman, J, Berning, J, Kaelin, M, Denny, DM, Swank, AM. Cardiovascular response in male cardiac rehab patients to maximal strength and aerobic tests. *Med. Sci. Sports Exercise.* 32(5): 306, 2000
51. Barnard, K, Adams, KJ, Durham, M, Shimp-Bowerman, J, Berning, J, Kaelin, M, Denny, DM, Swank, AM. Combined high intensity strength and aerobic training in phase II cardiac rehab patients. *Med. Sci. Sports Exercise.* 32(5): 305, 2000
52. Rowles, M, Barnard, K, Adams, KJ, Berning, J, Kaelin, M, Shimp-Bowerman, J, Denny, DM, Swank, AM. Single vs. multiple set strength training in male phase II cardiac patients. *Med. Sci. Sports Exercise.* 32(5): 307, 2000
53. Pearson, M, Adams, KJ, Shimp-Bowerman, J, Sevene-Adams, P, Harris, C, Durham, M, Barnard, K, Swank, AM. Concurrent strength and endurance training effects on aerobic power. *Med. Sci. Sports Exercise.* 32(5): 539, 2000
54. Bailey, K, Swank, AM, Adams, KJ, Berning, J, Shimp-Bowerman, J, Durham, M, Cardiovascular and subjective responses to one repetition (1RM) and three repetition maximum testing. (3RM), *Med. Sci. Sports Exercise.* 32(5): 304, 2000.

55. Durham, M, Adams, KJ, Shimp-Bowerman, J, Berning, J, Peitzmeier, G, Kipp, R., Swank, AM. Comparison of active isolated stretching and static stretching on hamstring flexibility. *Med. Sci. Sports Exercise.* 32(5): 1529, 2000
56. Shimp-Bowerman, J, Adams, KJ, Durham, M, Berning, J, Kipp, R, Barnard, K, Swank, AM. Four weeks of high intensity strength training increases 1RM squat and vertical jump in trained women. *Med. Sci. Sports Exercise.* 32(5): 644, 2000
57. Adams, K.J., Shimp-Bowerman, J, Pearson, M., Berning, J.M., Sevene-Adams, P, Harris, C, Swank, AM. Concurrent strength and endurance training: effects on anaerobic power. *Med. Sci. Sports Exercise.* 32(5): 540, 2000
58. Kaelin, M, Barnard, K, Swank, AM, Adams, KJ, Ponto, Results of 6-minute ambulation and MET tolerance of patients with severe COPD utilizing 2 different aerobic training regimes: interval training versus continuous training. Society of Exercise Physiologists, Indianapolis, IN, October, 1999
59. Adams, KJ, Swank, AM, Berning, J, Barnard, K, Sevene-Adams, P, Peitzmeier, G, Effects of strength training on African American females age 44-68 years. American College of Sports Medicine, Seattle, Washington, May, 1999
60. Kushnick, Barnard, K, Adams, KJ, Swank, AM, Denny, DM, Mann, Effects of resistance training on cardiac rehabilitation patients stratified by risk. American College of Sports Medicine, Seattle, Washington, May, 1999
61. Carter-Lanon, A, Adams, KJ, Havelda, M, Colavecchia, M, Berning, J, Barnard, K, Swank, AM. Physiological profiles of Division I collegiate soccer players. American College of Sports Medicine, Seattle, Washington, May, 1999
62. Berning, J, Kaelin, M, Adams, KJ, Swank, AM, Barnard, K, Durham, M, Response of patients with severe chronic obstructive pulmonary disease (COPD) to 1 repetition maximum (RM) testing. American College of Sports Medicine, Seattle, Washington, May, 1999
63. Ottersbach, M, Adams, KJ, Swank, AM, Berning, J, Barnard, K, Sevene-Adams, P, Safety of maximal muscular testing in African American females age 44-68 years. American College of Sports Medicine, Seattle, Washington, May, 1999
64. Bowerman, J, Barnard, K, Adams, KJ, Swank, AM, Denny, DM, Kushnick, Effect of resistance training (RT) on muscular strength in heart failure (HF) patients. American College of Sports Medicine, Seattle, Washington, May, 1999
65. Swank, AM, Barnard, K, Adams, KJ, Denny, DM, Mann, Muscle soreness and injuries during the one repetition maximum assessment in a cardiac rehabilitation population. American College of Sports Medicine, Denver, CO, 1998, 18:5,358
66. Swank, AM, Allen, N, Schumm, J, Adams, KJ, Yates, JW. Aerobic power and cardiovascular risk factor profile in volunteer firefighters. American Association of Cardiovascular and Pulmonary Rehabilitation in Dallas, TX, October, 1998
67. Adams, KJ, Allen, N, Schumm, J, Swank, AM, Oxygen cost of boxing exercise utilizing a heavy bag. American College of Sports Medicine, Denver, CO, May, 1997
68. Swank, AM, Fitness and health indicators in volunteer firefighters of two distinct socioeconomic environments. Southeast American College of Sports Medicine, Lexington, KY February, 1995
69. Swank, AM, Bradley, S. Effect of mode of exercise on blood lipid profile in the healthy elderly. American Association of Cardiovascular and Pulmonary Rehabilitation, Orlando, FL, October, 1993
70. Swank, AM, Healthy People 2000 Objectives for physical activity and fitness: Kentucky. Southeast American College of Sports Medicine, Norfolk, VA, January, 1993

71. Boulet, B, Swank, AM, Bradley, S. The effects of low level weight training on strength, flexibility and body composition in an elderly population. Southeast American College of Sports Medicine, Norfolk, VA, January, 1993
72. Swank, AM, Healthy People 2000 state report of activities. Southeast American College of Sports Medicine, Auburn Alabama, February 1992
73. Swank, AM, Pickering, K, Roberts, S. Effect of low-level exercise on subjective perception of effort for leisure time activities in healthy elderly men and women. Fourth Annual Allied Health Symposium, Birmingham, Alabama October, 1991
74. Douglas-Gillette, P, Pickering, K, Becht, S Buren, Pike and Swank, AM, Evaluation of muscle strength and muscle flexibility in healthy elderly individuals participating in Body Recall. American Physical Therapy Association, Boston, June, 1991
75. Swank, AM, Roberts-Bradley, Effects of low-level exercise training on lipid profiles of the elderly, American College of Sports Medicine in Orlando, FL, May, 1991
76. Swank, AM and Pickering, K, Effect of exercise training following smoking cessation in female smokers. Southeast American College of Sports Medicine, February 1991
77. Swank, AM, Pickering, K, Fell RD. Effect of smoking cessation on acute response of HDL-C, insulin and catecholamines to exercise. American College of Sports Medicine, Salt Lake City, June, 1990
78. Swank, AM, Pickering, K and Fell, RD, Time course for HDL-C changes with smoking cessation. American Association of Cardiovascular and Pulmonary Rehabilitation, New Orleans, November, 1989
79. Swank, AM, Effects of acute smoking and exercise on HDL-C and subfractions in black female smokers. Southeast American College of Sports Medicine, Atlanta, January, 1989
80. Semenick, D, Swank, AM, University of Louisville: Total Wellness Package., presented at Michigan State University Health Promotion, conference, October, 1988
81. Swank, AM, Effect of Acute, Aerobic Exercise on HDL-C and the subtractions HDL2-C and HDL3-C. Swank, AM, Dietrich R, Robertson RJ, Bates, M. American College of Sports Medicine, San Diego, CA, June, 1984
82. Robertson, RJ, Falkel, J, Drash, A, Swank, AM, Metz, K, Spungen, S, LeBoeuf, J. Effect of induced alkalosis on differentiated perceptions of exertion during arm and leg ergometry. American College of Sports Medicine, Miami, Florida, June, 1981

Scientific Presentations/Published Abstracts [local/state]

1. Meizinger C, Kachelman J, Topp R, Boardley D, Swank AM, Quesada P, Nyland J. Effects of prehabilitation on leg strength and dietary intake among osteoarthritis patients scheduled for total knee arthroplasty. Presented at the Undergraduate Research Symposium, University of Louisville, KY, April 15, 2008
2. Kachelman, Joseph B., Wendy Bibeau, M.S., Robert V. Topp, Ph.D, R.N., Peter M. Quesada, Ph.D., Ann M. Swank, Ph.D., John Nyland, Ed.D, P.T. Prehabilitation Prior To Knee Arthroplasty Increases Strength and Function. Research Louisville 2007! Louisville, KY. October 16-19, 2007
3. Kent Brown, Joe Kachelman, Ann M Swank, PhD, Peter M Quesada, PhD, John Nyland, PT, PhD, Arthur Malkani, MD, Robert Topp, RN, PhD. Predictors of functional ability among patients scheduled for total knee arthroplasty, Research Louisville 2007! Louisville, KY. October 16-19, 2007

4. Fisher, M, Bibeau, W, Kachelman, J, Nyland, J, Quesada, P, Swank, A, Topp, R. The effect of prehabilitation exercise prior to knee arthroplasty on functional ability. Research Louisville, October, 2006
5. Kachelman, J, Bibeau, W, Topp, R, Swank, A, Quesada, P, Nyland, J, Malkani, A. the effect of prehabilitation exercises on strength and range of motion among end-stage knee osteoarthritis patients. Research Louisville, October, 2006
6. Manire, J, Swank, AM, Funk, DC, Allard, A, Denny, DM. Gender and age related changes in strength and submaximal performance outcomes for individuals with CHF. Research Louisville, October, 2006
7. Doane, JE, Quesada, PM, Topp, R, Swank, AM, Nyland, J. Standard gait analysis parameter comparison from first walking trial to steady state walking trials. Research Louisville, October, 2006
8. Quesada, PM, Doane, JE, Swank, AM, Angeli, C, Nyland, J, Topp, RV. Post-TKA effects of prehabilitation on standing knee kinetics. Research Louisville, October, 2006.
9. Durham, M, Swank, AM, Nyland, J, Frost, K, Quesada, PM, Biton, MS, Naeger, C. Effects of 8-week prehabilitation on TKA patients functional and pain outcomes. Research Louisville October, 2005
10. Naeger, CW, Brown, K, Swank, AM, Quesada, PM, Nyland, J, Durham, M. Eight weeks Pre-habilitation increases functional performance: case-control comparison of two patients with total knee arthroplasty. Research Louisville October, 2005
11. Smith, A, Swank, AM. Periodized high intensity strength training for a woman with CHF. Summer Research Opportunity Program, University of Louisville, August, 2003.
12. Swank, AM. Exercise testing and training for high risk populations. Have we been doing it wrong? Psychology and Brain Sciences Department, University of Louisville, Graduate honors seminar, February, 2003
13. Smith, A, Swank, AM. Outcomes of high intensity training for a woman with CHF. Spring Arbor University, Undergraduate honors seminar, Michigan, October, 2003
14. Serapiglia, L and Swank, AM, Validation of a submaximal treadmill test, presented at the annual meeting of AHPERD, Kentucky Affiliate in Richmond, KY. November, 1990
15. Pickering, K, Swank, AM, Dietary and HDL-C changes associated with smoking cessation, presented at the annual meeting of the Kentucky Academy of Sciences, Lexington, KY, November, 1989

Lay Public Publications: Columnist for Diabetes Health/Diabetes Interview

1. Swank, AM. Don't go low: Tips for preventing exercise-related hypoglycemia. Diabetes Health, October, 2006
2. Swank, AM. Sports drinks: How to work them into your workout. Diabetes Health, September, 2006
3. Swank, AM. Exercising with high blood pressure: Cautions and guidelines. Diabetes Health, August 2006
4. Swank, AM. 11 practical ideas to help you lose weight this summer. Diabetes Health, June, 2006
5. Swank, AM. Goal setting strategies: How to go where you want to go—and get there in one piece. Diabetes Health, May, 2006
6. Swank, AM. Let's get personal about training: What to look for in a personal trainer. Diabetes Health, April, 2006

7. Swank, AM. The good, the bad and the ugly of home exercise equipment. *Diabetes Health*, September, 2005
8. Swank, AM. What is the impact of exercise on diabetes? *Diabetes Health*, August 2005
9. Swank, AM. The heat is on: Strategies for exercising safely in the dog days of summer, *Diabetes Health*, July, 2005
10. Swank, AM. Ten suggestions for starting a walking or jogging program. *Diabetes Health*, June, 2005
11. Swank, AM. Common injuries for walkers and runners: Prevention and treatment. *Diabetes Health*, May, 2005
12. Swank, AM. Belly busters for beginners: Working toward advanced abdominals. *Diabetes Health*, April, 2005
13. Swank, AM. Sowing—and reaping the rewards: Gardening for physical fitness and other benefits. *Diabetes Health*, March, 2005
14. Swank, AM. When the weather outside is frightful: 10 tips for warmer winter workouts. *Diabetes Health*, February, 2005
15. Swank, AM. Preventing a pain in the back. *Diabetes Health*, January, 2005
16. Swank, AM. Four exercise strategies for keeping the weight off during the holidays. *Diabetes Health*, December, 2004
17. Swank, AM. Fast and fabulous: 40-minute total body training. *Diabetes Health*, November, 2004
18. Swank, AM. Evaluating the heart and lungs at work: What you should know about stress tests. *Diabetes Health*, October, 2004
19. Swank, AM. The first step is the hardest: Tips for getting motivated to exercise. *Diabetes Health*, August, 2004
20. Swank, AM. How to exercise as you grow older. *Diabetes Health*, July, 2004
21. Swank, AM. Increasing daily physical activity one step at a time. *Diabetes Health*, June, 2004
22. Swank, AM. How to turn your type 2 diabetes—and your life—around in 30 days. *Diabetes Interview*, May, 2004
23. Swank, AM. Sticking with it: Adding variety may help you stay with your exercise routine. *Diabetes Interview*, August, 2003
24. Swank, AM. Training with weights: Not just for football and body building anymore. *Diabetes Interview*, April, 2003
25. Swank, AM. Staying honest during the holidays: Effective exercise strategies. *Diabetes Interview* November, 2002

Invited Lectures and Community Presentations:

1. New Faculty Orientation, Evidence for tenure and promotion, presented to new faculty members of the College of Education and Human Development, July, 2009
2. Personnel Committee: Tenure and Promotion guidelines. Teaching and Learning Department, College of Education and Human Development, February, 2008
3. Exercise Physiology for Dummies, presented to the medical staff of Central Station Sports Medicine, June, 2008
4. Personnel Committee: Tenure and Promotion guidelines. Teaching and Learning Department College of Education and Human Development, February, 2007
5. Overview of adherence strategies for Heart Failure: A Controlled Trial to Investigate Outcomes of Exercise Training (HF-ACTION). College of Charleston, January, 2007

6. Minority Recruiting for Heart Failure: A Controlled Trial to Investigate Outcomes of Exercise Training (HF-ACTION). St. Stephens Baptist Church Wellness Center. May, 2003
7. Minority Recruiting for Heart Failure: A Controlled Trial to Investigate Outcomes of Exercise Training (HF-ACTION). Mt. Zion Baptist Church Fitness Center. May, 2003
8. Exercise testing and training for individuals with chronic heart failure. University of Illinois-Chicago, May, 2003
9. Recruitment strategies for the elderly. Heart Failure: A Controlled Trial to Investigate Outcomes of Exercise Training (HF-ACTION). Steering committee meeting, American Heart Association, November, 2003
10. Overview of manual of operations for Heart Failure: A Controlled Trial to Investigate Outcomes of Exercise Training (HF-ACTION) regarding recruitment and retention. Steering committee meeting, American College of Cardiology, April, 2003
11. Gear-Up Project, organized Lab tours for middle school students, July, 2002
12. Exercise in Nutrition and Health, presented to first year Medical Students, University of Louisville, May, 2000
13. Business First, featured interview in "Health First" for the weekend warrior, risk of injury, April, 2002
14. WHAS radio Let's Talk with Stan Frager: Exercise and Psychological Health, May, 2000
15. University of Louisville News. Exercise and senioritis: injuries related to aging, April, 2000
16. The impact of Exercise on Health and Disease." Health Awareness Workshop for the freshman class of U of L Medical Students, August, 1999.
17. Female Athlete Triad, presented to University of Louisville's women's tennis team of December, 1998
18. Introduction to Exercise Science and Sports Medicine, presented to HPES 201 class, November, 1998
19. Careers in Exercise Physiology, presented to Alpha Epsilon Delta, October, 1998.
20. The impact of Exercise on Health and Disease, Health Awareness Workshop for the freshman class of University of Louisville Medical Students, August, 1998
21. Importance of pulmonary function, with laboratory demonstration, presented to Sigma Xi Festival of Science for Girl Scouts, March, 1998
22. Introduction to Exercise Science and Sports Medicine, presented to HPES 201 class, November, 1997
23. Kentucky State Fair representative for School of Education, Exercise Physiology Lab performed body composition assessments and education regarding nutrition, exercise and body composition at State Fair, August, 1997.
24. The impact of Exercise on Health and Disease, Health Awareness Workshop for the freshman class of University of Louisville Medical Students, August, 1997
25. Importance of pulmonary function, with laboratory demonstration, presented to Sigma Xi Festival of Science for Girl Scouts, 3, 1997
26. Exercise Science Careers, presented to high school students as part of the shadow program with Jefferson County Public Schools, March, 1997
27. Female Athlete Triad, presented to monthly coaches meeting of University of Louisville, Department of Athletics, November, 1996
28. The impact of Exercise on Health and Disease, Health Awareness Workshop for the freshman class of U of L Medical Students, August, 1996
29. Exercise Science Careers, presented to high school students as part of the shadow program with Jefferson County Public Schools, March, 1996

30. Importance of pulmonary function, with laboratory demonstration, presented to Sigma Xi Festival of Science for Girl Scouts, March, 1996
31. The impact of Exercise on Health and Disease, Health Awareness Workshop for the freshman class of University of Louisville Medical Students, August, 1995
32. Staying with your exercise program, presented at the annual meeting of the American Society of Women Accountants, June, 1995
33. Health Dialogue: smoking cessation, presented during radio call-in show WUOL, April, 1994
34. Exercise Wellness Ticket: presented at a Women's Health Conference Sacred Heart Academy, Louisville, KY, August, 1994
35. Exercise and the pulmonary patient, presented at the monthly meeting of the support group Better Breathers Club of Frazier Rehabilitation Hospital, February, 1993
36. Minimizing middle-aged spread with exercise, presented at a conference entitled Mid-life crisis: The truth behind the myths of menopause and exercise, Sponsored by the University of Louisville Obstetrics and Gynecology Department, February, 1993
37. Exercise for weight loss, presented at the monthly meeting of the support group for Optifast members, June, 1992
38. Exercise for the Pulmonary Rehabilitation Patient, presented at the monthly meeting of the Better Breathers Club, Clark Memorial Hospital, IN April, 1992.
39. Cardiac risk factors, presented at the monthly meeting of the Okolona Veterans Association Parents without Partners, October, 1991
40. Exercising for non-exercisers, presented at the monthly meeting of the Buechal Women's Club, September, 1991
41. Metabolic Calculations and Principles of Exercise Leadership, presented at the Indiana University Exercise Specialist Workshop, July, 1991.
42. Principles of graded exercise testing and measurement of maximal oxygen consumption, presented to first year Physical Therapy students of Allied Health, University of Louisville, March, 1991.
43. Introduction to pacemakers, presented as an in service to P.T.s and P.T.A.s involved with cardiac rehabilitation at Norton's Hospital (Alliant Health System), March, 1991
44. The exercise prescription, presented to mental health consumers at Bridgehaven, June, 1990
45. Cholesterol and your heart, presented to freshmen honors class at Bullitt Central High School, December, 1990.
46. Introduction to electrocardiography, presented as an in service to P.T.s and P.T.A.s involved with cardiac rehabilitation at Norton's Hospital (Alliant Health System), December, 1990
47. Metabolic Calculations, presented at the Indiana University Exercise Specialist Workshop, August, 1990.
48. Cholesterol and the Heart, presented at the regional meeting of the Association of Retired Federal Employees, February, 1990
49. Exercise and cholesterol, presented at the monthly meeting of the Reynolds Metal Industrial Club, June, 1990
50. Starting a Fitness Program, presented to the Allied Health, Dentistry and Medicine minority division workshop, March, 1990.
51. Cholesterol and your heart, presented at the annual meeting of the Louisville Kiwanis, May, 1989
52. Exercise and mental health, presented at the Schizophrenia Foundation, KY., Inc., February, 1989
53. Diet and Exercise, presented at the River Road Country Club, Women's Club, February, 1989

54. Prescription for cardiovascular fitness: Regular Exercise, presented at Clark County Memorial Hospital, Jeffersonville, IN, November, 1988
55. New Developments and uses of treadmill exercise testing, presented at the American Cardiology Technologist's Association (Kentuckiana Chapter) meeting, August, 1988.
56. Fit and Female, presented at a Women's Health Series, Clark County Memorial Hospital, Jeffersonville, IN, May, 1988
57. Exercise and Health, presented at Payneville Elementary School to 6th grade class, March, 1988 and also Tour of Exercise Physiology Lab, March, 1988
58. Wellness in the Work place, presented at a conference of the Institute of Food Technologists, February, 1988
59. Risk factors and heart disease-health problems and fitness, presented at the Central Kentucky Treatment Center, December, 1988
60. The Exercise Prescription, presented to Physicians in Family Practice, Humana Hospital University, June, 1987
61. How to Design a Personalized Exercise Program, presented to mental health consumers at Bridgehaven, Louisville, KY., May, 1987
62. Fitting Fitness into your hectic life, presented at a conference on women's health issues entitled Self empowerment: Relinquishing and regaining control in our lives, The Galt House, Louisville, KY., September, 1986.
63. How your body works: The physiological effects of exercise training, presented at a women's health conference entitled The Strength Within-Health and Fitness for the Athletic Women sponsored by Miles Laboratory, August, 1986
64. Principals of graded exercise testing and measurement of maximal oxygen consumption, presented to first year Physical Therapy students of Allied Health, University of Louisville, July, 1986
65. Wellness and Prevention, sponsored by I.V. Therapy and Education Resource Unit, Baptist Hospital Highlands, July, 1986
66. Update on Coronary Risk Factors, presented to University of Louisville Graduate Psychology 687, March, 1986
67. Safely Beginning an Exercise Program, presented to University of Louisville, Faculty/Staff, January, 1986
68. Cardiovascular Risk Factors - Prevention and Rehabilitation, presented to Jefferson County High School Principals, September, 1985
69. Physiology of Cardiopulmonary Conditioning and Endurance, For Seminar of Conditioning For Sports, sponsored by Pennsylvania Interscholastic Athletic Association and the Governor's Council on Physical Fitness and Sports of the Pennsylvania Department of Health, August, 1985
70. Central and Peripheral Adaptations to Acute and Chronic Exercise, presented at the Exercise Specialist Workshop, University of Pittsburgh, June, 1985
71. Advanced Electrocardiography, presented at the Exercise Specialist Workshop University of Pittsburgh, July, 1985
72. Overview of Cardiovascular Disease Risk Factors, presented at the Exercise Specialist Workshop, University of Pittsburgh, July, 1985.
73. Environmental Considerations - Heat and Cold, Sports Medicine Lecture, University of Pittsburgh, Pa., 1983.
74. The Role of Athletic Trainer in Physical Conditioning of Athletes, presented to University of Pittsburgh Athletic Training students, April, 1983.

75. The Pittsburgh Cardiac Exercise Rehabilitation Program: An Overview, presented to students of the Department of Health Related Professions, University of Pittsburgh, January, 1983
76. The Role of Athletic Trainer in Physical Conditioning of Athletes, presented to University of Pittsburgh Athletic Training, April, 1982
77. The Pittsburgh Cardiac Exercise Rehabilitation Program: An Overview, presented to students of the Department of Health Related Professions, University of Pittsburgh, March, 1982
78. Exercise and the Handicapped, presented at the Home for Crippled Children, Pittsburgh, Pa, March, 1982
79. Environmental Considerations - Heat and Cold, Sports Medicine Lecture, University of Pittsburgh, Pa., January, 1982
80. Exercise and the Diabetic, Sports Medicine Lecture, University of Pittsburgh, Pa., January, 1981

Journals Reviewed:

Archives of Physical Medicine and Rehabilitation
 American Journal of Physical Medicine and Rehabilitation
 BioMed Central (BMC) for Musculo-Skeletal Disorders
 Health Education
 Journal of Strength and Conditioning Research
 Journal of Cardiopulmonary Rehabilitation and Prevention
 Journal of Sports Medicine and Rehabilitation
 Journal of Orthopedic and Sport Physical Therapy
 Medicine and Science in Sport and Exercise
 British Journal of Sports Medicine
 Clinical Exercise Physiology
 Journal of Physical Activity and Aging
 Journal of Cardiovascular Nursing
 Sports Medicine
 Journal of Cardiopulmonary Rehabilitation and Prevention
 Journal of International Fitness

University Service and Committee Activity:

University of Louisville, Malcolm Chancey University Club
 Board of Directors 1999-2001, 2003-2008
 Distinguished Service Award, 2002
 Chair of House subcommittee 1999-2001
 Ombudsman 1999-2001
 Executive committee, secretary 2003-2006
 Executive committee, vice-president 2006-2008

Division of Allied Health, School of Medicine:

- a. Curriculum Review Committee, 1986-1988
- b. Student Standards, Honors, Appeals, 1986-1987
- c. Student Standards, Honors, Appeals, 1989-1991

College of Education and Human Development

- a. Student Grievance committee, 1993-1995.
- b. Graduate Standards and admission, 1994-1995
- c. Strategic planning work group #1, 1994
- d. Standards and Admissions, 1996-1998
- e. ECPY search committee, 2001
- f. Faculty Grievance committee, 2001-2004
- g. Planning and Budget committee, 2001-2004; 2005-present.
- h. Ad Hoc committee, 2001, Revision of the bylaws.
- i. Personnel committee, 2004-present.
- j. Numerous college wide search committees, 1992-present

Health and Sports Science

- a. HPES and HSS Search Committees, 1987, 1988, 1995, 1996, 1997, 1998, 2004, 2006, 2007, 2008.
- b. Curriculum Committee, 1993-1999 (chair 1996-1999).
- c. Personnel Committee, 1994-1996, 2000-2003 (chair), ex-officio 2004-present.
- d. Ad Hoc Committee, 2001, merit document
- e. Ad Hoc Committee, 2001, HPES 492 outcomes

University-wide Committees

- a. Distinguished Service Award, 1987-1988
- b. Decanal review committee (School of Education Dean), 1994.
- c. Intramural Research Incentive Committee, 1990-present.
- d. Southern Association of Colleges and Schools (SACS) accreditation committee, Graduate and Professional Programs subcommittee, 1995-1997.
- e. Graduate Council 1997-1999.
- f. Service Learning Advisory Committee 1998-1999.

Heart Failure: A controlled trial to investigate outcomes of exercise training (HF-ACTION)

- a. Steering Committee member, 2001-present
- b. Coordinating Committee member, 2001-2004
- c. Recruitment and Retention subcommittee, chair, 2002-2004
- d. Publications Committee, 2006-present

Numerous Master's and Doctoral Committees (Chair and member) 1985-present

Citizen's Review Panel for Department of Child Protective Services, 2006 to 2007