

CURRICULUM VITAE

Summer 2019

JOHN CARUSO, Ph.D.

SAC Building, Room East 105L

The University of Louisville

Louisville, Kentucky 40292

Phone: (502) 852-6648

Cell: (407) 376-2571

Fax: (502) 852-4534

Email: jfcaru01@exchange.louisville.edu

john.caruso@louisville.edu

EDUCATION

Johnson Space Center Houston, Texas	Post-Doc	Exercise Countermeasures	1996
University of Miami Coral Gables, FL.	Ph.D.	Exercise Physiology	1994
University of Central Florida Orlando, FL.	M.S.	Exercise Physiology & Wellness	1988
University of Central Florida Orlando, FL.	B.S.	Liberal Studies	1986

WORK EXPERIENCE

University of Louisville Louisville, Kentucky	Full Professor (Tenured)	2015-Present
University of Louisville Louisville, Kentucky	Chair (Interim) Dept. Health & Sport Sciences	2015-2016
University of Tulsa Tulsa, Oklahoma	Full Professor (Tenured)	2012-2015
University of Tulsa Tulsa, Oklahoma	Associate Professor (Tenured)	2006-2012
University of Tulsa Tulsa, Oklahoma	Director, Exercise Physiology Laboratory	2004-2015

University of Tulsa Tulsa, Oklahoma	Assistant Professor	2003-2006
Healthcare Research Assoc. Inc. Orlando, Florida	Clinical Research Associate	2002-2003
University of Nevada Reno, Nevada	Assistant Professor	1998-2002
Montana State University Bozeman, Montana	Adjunct Assistant Professor	1996-1998
Johnson Space Center Houston, Texas	National Research Council Post-Doctoral Fellowship	1994-1996
University of Miami Coral Gables, Florida	Research Assistant	1990-1994
University of Miami Coral Gables, Florida	Teaching Assistant	1993-1994
University of Miami Coral Gables, Florida	Graduate Student	1990-1994
Epsom Chiropractic Clinic Orlando, Florida	Exercise Physiologist	1989-1990
Health South Sports Medicine Clinic Winter Park, Florida	Exercise Physiologist	1988-1989
University of Central Florida Orlando, Florida	Teaching Assistant	1986-1988
University of Central Florida Orlando, Florida	Graduate Student	1986-1988

PUBLICATIONS

TEXTBOOKS & CHAPTERS

Caruso J.F. and M.M. Bamman (2000). Isokinetics and Simulated Space Flight. In Brown, L.E., Ed., Isokinetics in Human Performance. Champaign, IL: Human Kinetics.

Signorile J.F., Kascik D., Perry A., Robertson B., Williams R., Lowensteyn I., Digel S., and **J.F. Caruso** (1996). The effect of knee and foot position on the electromyographical activity of the superficial quadriceps. In Moss, R.I., Ed., Athletic Training: Sports Health Care Perspectives. Chicago, IL: Mosby-Year Book Incorporated.

Signorile J.F., Kwiatkowski K., **Caruso J.F.**, and B. Robertson (1996). Effect of foot position on the electromyographical activity of the superficial quadriceps muscles during parallel squat and knee extension. In Moss, R.I., Ed., Athletic Training: Sports Health Care Perspectives. Chicago, IL: Mosby-Year Book Incorporated.

PEER-REVIEWED ARTICLES/CASE REPORTS

Symons T.B., Roberts A.H., Walden A.J., Carter K.A., and **Caruso J.F.** (2019). Lower-limb Skeletal Muscle Power Production in Female High School Field Hockey Players following High-Intensity Training. International Journal of Sport Sciences and Coaching. (In Review).

O'Brien I.T., Kozerski A.E., Gray W.D., Chen L., Vargas L.J., McEnroe C.B., Vanhoover A.C., King K.M., Pantalos G.M., and **Caruso J.F.**, (2019). The use of gloves to examine intermittent palm cooling's impact on rowing workouts. International Journal of Sports Medicine. (In Review).

Davison S.W., Chen L., Gray W.D., McEnroe C.B., O'Brien I.T., Kozerski A.E., and **Caruso J.F.** (2019) Performance-based correlates to calcaneal accretion produced by chronic high-speed resistive exercise. Scandinavian Journal of Medicine and Science in Sports. (In Review).

Chen L., Selimovic E.A., Daunis M., Bayers T., O'Brien I.T., Kozerski A.E., McEnroe C.B., Vanhoover A.C., Gray W.D., and **Caruso J.F.** (2019). Time course adaptations to chronic high-speed resistance exercise training sessions. Gravitational and Space Research. (In 2nd Review).

Chen L., Davison S.W., Selimovic E.A., Mueller R.E., Beatty S.R., Parmar P.J., Carter K.A., Symons T.B., Pantalos G.M., and **Caruso J.F.** (2019). Load-power relationships for high-speed knee extension exercise. The Journal of Strength and Conditioning Research. (In Press).

Caruso J.F., McEnroe C.B., Vanhoover A.C., Chen L., Vargas L.J., and Carter K.A. (2019). Performance-based correlates to vertical jump height and power values in women. Isokinetics and Exercise Science. 27(1): 1-8.

Daunis M., Bayers T., Bai L., Vargas L.J., Symons T.B., and **Caruso J.F.** (2018). The effect of familiarization on squats done with a robotic exoskeleton. Isokinetics and Exercise Science. 26(3): 227-236.

Caruso J.F., Voor M.J., Jagers J.R., Symons T.B., Stith J.M., Bai L., Selimovic E.A., Carter K.A., and Daily J.P. (2018). Musculoskeletal outcomes from chronic high-speed high-impulse resistance exercise. International Journal of Sports Medicine. 39(10): 791-801. DOI: 10.1055/s-0044-101455

Cesarz G.M., Roberts A.H., Walden A.J., Symons T.B., Bai L., Selimovic E., West J.O., Bouchet A., and **Caruso J.F.** (2017). The addition of electrolytes to a carbohydrate-based sport drink: effect on aerobic exercise performance. Kentucky Alliance for Health, Physical Education, Recreation and Dance Journal. 55(1): 39-48.

Perry R.A., Martin J.L., Vickers S.D., Cesarz G.M., Bai L., Selimovic E.A., Muntis F., Parmar P.J., and **Caruso J.F.** (2017). Lower leg anthropometry as a correlate to performance and metabolism during dynamic exercise. Gravitational and Space Research. 5(1): 41-51.

Clutter L.B., Potter W.T., Alarbi A., and **Caruso J.F.** (2017). Test anxiety and salivary cortisol levels in nursing students. Nurse Educator. 42(1): 28-32.

Martin J.L., Perry R.A., Baptista R.A., McArtor J.D., Clutter L.B., Symons T.B., Terson de Paleville D., Cesarz G., Roberts A., and **Caruso J.F.** (2016). Workload's impact on perceived gender-based differences in delta blood lactate values from high-speed exercise. Isokinetics and Exercise Science. 24(2): 181-187. DOI: 10.3233/IES-160615

Neuhaus P., Jumonville C., Perry R.A., Edwards R., Martin J.L., Alarbi A., Potter W.T., and **Caruso J.F.** (2016). Comparative responses to squats done with free weights and a robotic exoskeleton. Gravitational and Space Research. 4(1): 64-77.

Parmar P.J., Perry R.A., Cesarz G., Roberts A., Hardman H., and **Caruso J.F.** (2016). Physiological effects of spaceflight/microgravity conditions and the mitigating effects of flywheel-based resistive exercise. Gravitational and Space Research. 4(1): 51-63.

Barbosa A.G., Gutierrez E.V., Keller M.W., Martin J.L., McArtor J.D., Baptista R.A., West J.O., and **Caruso J.F.** (2016). Performance-based correlates to vertical jump height and power values. Isokinetics and Exercise Science. 24(2): 125-132. DOI: 10.3233/IES-150609

Mitchell L.N., Perry R.A., Martin J.L., Vickers S.D., Baptista R.A., Clark A.N., McArtor J.D., and **Caruso J.F.** (2015). Anthropometry and high-speed resistive exercise performance by male athletes. Isokinetics and Exercise Science. 23(4): 229-235.

Parmar P.J., Perry R.A., Martin J.L., Vickers S.D., Baptista R.A., Edwards R., McArtor J.D., Mitchell L.N., and **Caruso J.F.** (2015). Net energy costs from resistive exercise done on flywheel-based hardware. Isokinetics and Exercise Science. 23(4): 221-227.

Caruso J.F., Barbosa A.G., Erickson L., Edwards R., Perry R., Learmonth L.A., and Potter W.T. (2015). Intermittent palm cooling's impact on resistive exercise performance. International Journal of Sports Medicine. DOI 10.1055/s-0035-1547264 Hardcopy 36(9): 814-821.

Davison S.W., Rumpler W.V., Barbosa A.G., Gutierrez E.V., and **Caruso J.F.** (2014). Metabolic responses to high-speed exercise measured via whole room calorimetry. Medicina Sportiva. 18(4): 185-191.

Caruso J.F., Barbosa A.G., Perry R., Edwards R., Erickson L., Potter W.T., and Keller M.W. (2014). β -alanine's impact on exercise and blood lactate values incurred from repetitive supramaximal activity. Isokinetics and Exercise Science. 22(4): 303-309.

Caruso J.F., Urquhart M.A., Giebel R.M., Barbosa A.G., Craig C.E., Mason M.L., Unruh K.D., Borgsmiller J.A., and Potter W.T. (2014). Human testosterone and lactate responses to flywheel ergometry exercise: effect of contractile mode and work volume. Gravitational and Space Research. 2(1): 108-116.

Caruso J.F., Mason M.L., Borgsmiller J.A., Barbosa A.G. and Gutierrez E.V. (2014). Blood lactate time course changes from high-speed exercise. Medicina Sportiva. 18(2): 45-51.

Caruso J.F., Urquhart M.A., Barbosa A.G., Giebel R.M., Learmonth L.A., and Potter W.T. (2014) Lactate, testosterone and cortisol values from high-speed resistive exercise workouts done by women. Isokinetics and Exercise Science. 22(1): 9-16.

Caruso J.F., Olson N.M., Taylor S.T., Barbosa A.G. Walker R.H., and West J.O. (2013). Comparative performance and lactate data from bench presses at submaximal loads. Medicina Sportiva. 17(3): 100-105.

Davidson M.E., Shepherd C.M., Biga J., Davison S.W., Giebel R.M., Charles J.L., Learmonth L.A., and **Caruso J.F.** (2013). Electromyography and high-speed exercise. Isokinetics and Exercise Science. 21(2): 141-150.

Caruso J.F., Learmonth L.A., Charles J.L., Unruh K.D., Giebel R.M., Walker R.H., and West J.O. (2013). Anthropometry and high-speed elbow flexor performance. Isokinetics and Exercise Science. 21(1): 83-91.

Caruso J.F., Brown L.E., and Tufano J.J. (2012). Invited Review: The reproducibility of isokinetic dynamometry data. Isokinetics and Exercise Science. 20(4): 239-253.

Caruso J.F., Taylor S.T., Lutz B.M., Olson N.M., Mason M.L., Borgsmiller J.A., and Riner R.D. (2012). Anthropometry as a predictor of bench press performance done at different loads. The Journal of Strength and Conditioning Research. 26(9): 2460-2467. doi:10.1519/JSC.0b013e31823c44bb.

Caruso J.F. Flywheel-based versus traditional resistive exercise. (2012). Journal of Sports Medicine and Doping Studies.

Caruso J.F., Charles J.L., Unruh K.D., Giebel R.M., Learmonth L.A., and Potter W.T. (2012). Ergogenic effects of β -alanine and carnosine: proposed future research to quantify their efficacy. Nutrients (Special Addition): Advances in Sport Nutrition. 4: 585-601. doi: 10.3390/nu4070585.

Caruso J.F., Lutz B.M., Davidson M.E., Wilson K., Crane C., Craig C., Nisson T., Mason M.L., Coday M.A., Sheaff R., and Potter W.T. (2012). Salivary hormonal values from high-speed resistive exercise workouts. The Journal of Strength and Conditioning Research. 26(3): 625-632.

Caruso J.F., Coday M.A., Davidson M.E., Riner R.D., Borgsmiller J.A., Olson N.M., Taylor S.T., and McLagan J.R. (2012). Testosterone/cortisol ratios from flywheel-based workouts. Isokinetics and Exercise Science. 20(1): 51-60.

Caruso J.F., Daily J.S., Olson N.M., McLagan J.R., Taylor S.T., Mason M.L., Davidson M.E., Borgsmiller J.A., and Riner R.D. (2012). Anthropometry and gender influences on the arm swing's contribution to vertical jump heights. Isokinetics and Exercise Science. 20(1): 23-29.

Caruso J.F., Borgsmiller J.A., Riner R.D., Mason M.L., Lutz B.R., and Nelson C.C. (2012). Net energy expenditure to gravity-independent high-speed resistive exercise done by women. Aviation, Space and Environmental Medicine. 83(2): 111-117.

Caruso J.F., Daily J.S., Mason M.L., Shepherd C.M., McLagan J.R., Marshall M.R., Walker R.H., and West J.O. (2012). Anthropometry as a predictor of vertical jump heights derived from an instrumented platform. The Journal of Strength and Conditioning Research. 26(1): 284-292.

Caruso J.F., Olson N.M., Taylor S.T., McLagan J.R., Shepherd C.M., Borgsmiller J.A., Mason M.L., Riner R.D., Gilliland L., and Griswold S. (2012). Front squat data reproducibility collected with a triple-axis accelerometer. The Journal of Strength and Conditioning Research. 26(1): 40-46.

Caruso J.F., Kucera S., Jackson T., Hari P., Olson N.M., McLagan J.R., Taylor S.T., and Shepherd C.M. (2011). The magnitude of lactate increases from high-speed workouts. International Journal of Sports Medicine. 32: 332-337.

Borgsmiller J.A., Riner R.D., Mason M.L., Lutz B.M., Davidson M.E., Duncan J.J., Coday M.A., Griswold S., and **Caruso J.F.** (2011). The repeatability of exercise data collected by a triple-axis accelerometer. 57th International Instrumentation Symposium (Published Conference Proceedings-Expanded Communication). Volume 474: ISBN/ID: 978193600-7868.

Caruso J.F., Coday M.A., Mason M.L., Lutz B.M., Shepherd C.M., Davidson M.E., and Duncan J.J. (2011). The impact of contractile mode and work volume on the prediction of cortisol concentrations from flywheel-based resistive exercise workouts. Isokinetics and Exercise Science. 19(2): 107-116.

Caruso J.F., Daily J.S., Olson N.M., McLagan J.R., Shepherd C.M., Drummond J.L., Walker R.H., and West J.O. (2011). Vertical jump data reproducibility from an instrumented platform. Isokinetics and Exercise Science. 19(2): 97-105.

Caruso J.F., Kucera S., Hari P., McLagan J.R., Olson N.M., Shepherd C.M., and Marshall M.R. (2010). Data reproducibility from an inertial kinetic exercise machine. The Journal of Strength and Conditioning Research. 24(11): 3081-3087.

Caruso J.F., Daily J.S., McLagan J.R., Shepherd C.M., Olson N.M., Marshall M.R. and Taylor S.T. (2010). Data reliability from an instrumented vertical jump platform. The Journal of Strength and Conditioning Research. 24(10): 2799-2808.

Caruso J.F., Coday M.A., Taylor S.T., Mason M.L., Lutz B.M., Ford J.L., and Kraemer W.J. (2010). Prediction of testosterone concentrations from flywheel-based resistive exercise. Aviation, Space and Environmental Medicine. 81(9): 825-832.

Davison S.W., **Caruso J.F.**, Taylor S.T., Lutz B.M., Olson N.M., Mason M.L., and Szymanski D.J. (2010). The benefits of low-friction resistance training in an adolescent baseball player. Medicina Sportiva. DOI: 10.2478/v10036-010-0017-2. 14(2): 90-95.

Ford J.L., Jackson T., Hari P., Olson N.M., Taylor S.T., Lutz B.M., Mason M.L., and **Caruso J.F.** (2010). Instrumentation of an Inertial Kinetic Exercise device with a dual axis accelerometer. 56th International Instrumentation Symposium (Published Conference Proceedings-Expanded Communication). Volume 473: ISBN/ID: 978193600-7424.

Caruso J.F., Coday M.A., Monda J.K., Ramey E.S., Hastings L.P., Vingren J.L., Potter W.T., Kraemer W.J., and Wickel E.E. (2010). Blood lactate and hormonal responses to prototype flywheel ergometer workouts. The Journal of Strength and Conditioning Research. 24(3): 749-756.

Caruso J.F., McLagan J.R., Shepherd C.M., Olson N.M., Taylor S.T., Gilliland L., Kline D.A., Detwiler A., and Griswold S. (2009). Anthropometry as a predictor of front squat performance in college football players. Isokinetics and Exercise Science. 17(4): 243-251.

Caruso J.F., Hari P., Leeper A., Coday M.A., Monda J.K., Ramey E.S., Hastings L.P., Golden M.R., and Davison S. (2009). Impact of acceleration on blood lactate values derived from high-speed resistance exercise. The Journal of Strength and Conditioning Research. 23(7): 2009-2014.

Caruso J.F. McLagan J.R., Olson N.M., Shepherd C.M., Taylor S.T., and Emel T.J. (2009). Invited Review: β_2 adrenergic agonist administration and strength training. The Physician and Sports Medicine. 37(2): 66-73.

Caruso J.F., Ramey E.S., Hastings L.P., Monda J.K., Coday M.A., McLagan J.R., and Drummond J.L. (2009). Anthropometry as a predictor of high-speed performance. International Journal of Sports Medicine. 30(7): 522-525.

Caruso J.F., Coday M.A., Monda J.K., Ramey E.S., Hastings L.P., and Marshall M.R. (2009). Growth hormone levels after work on a flywheel ergometer: correlation with exercise variables. Aviation, Space and Environmental Medicine. 80(7): 610-614.

McLagan J.R., Daily J.S., Shepherd C.M., Olson N.M., Marshall M.R., and **Caruso J.F.** (2009). Assessment of the reliability of vertical jump performance from an instrumented platform. 55th International Instrumentation Symposium (Published Conference Proceedings-Expanded Communication). Volume 472: ISBN/ID: 978193439-4991.

Caruso J.F., Coday M.A., Ramsey C.A., and McLagan J.R. (2009). The impact of resistive exercise training on the relationship between anthropometry and jump-based power indices. Isokinetics and Exercise Science. 17(1): 41-50.

Caruso J.F., Monda J.K., Hastings L.P., Ramey E.S., Coday M.A., McLagan J.R., and Wickel E.E. (2009). Blood lactate responses to exercise performed on a high-speed inertial device. Isokinetics and Exercise Science. 17(1): 1-7.

Caruso J.F., Hari P., Coday M.A., Leeper A., Ramey E.S., Monda J.K., Hastings L.P., and Davison S. (2008). Performance evaluation of a high-speed inertial exercise trainer. The Journal of Strength and Conditioning Research. 22(6): 1760-1768.

Caruso J.F., Hamill J.L., Yamauchi M., Saito K., Cook T.D., and Mercado D.R. (2008). Temporal strength changes from resistance exercise and albuterol on unloaded muscle. The Journal of Strength and Conditioning Research. 22(4): 1156-1163.

Caruso J.F., Hamill J.L., Yamauchi M., Cook T.D., Mercado D. R., and Wickel E.E. (2008). Albuterol and exercise effects on ankle extensor strength during 40 days of unloading. Aviation, Space and Environmental Medicine. 79(6): 577-584.

Kucera S., **Caruso J.F.**, Golden M.R., McLagan J.R. and Hari P. (2008). Instrumentation of an Inertial Kinetic Exercise device with a single axis accelerometer. 54th International Instrumentation Symposium (Published Conference Proceedings-Expanded Communication). Volume 471: ISBN/ID TPO8IIS013.

Caruso J.F., Coday M.A., Ramsey C.A., Griswold S., Polanski D., Drummond J.L., and Walker R.H. (2008). Leg and calf press training modes and their impact on jump performance parameters. The Journal of Strength and Conditioning Research. 22(3): 766-772.

Caruso J.F. and Coday M.A. (2008). The combined acute effects of massage, rest periods and body part elevation upon resistance exercise performance. The Journal of Strength and Conditioning Research. 22(2): 575-582.

Caruso J.F., Coday M.A., Monda J.K., Roberts K.P., and Potter W.T. (2007). Body mass and exercise variable relationships to lactate derived from gravity-independent devices. Aviation, Space and Environmental Medicine. 78(9): 864-870.

Leeper A., Coday M.A., Harikumar P. and **Caruso J.F.** (2007). Instrumentation of a high-speed inertial exercise device with load cell transducers. 53rd International Instrumentation Symposium (Published Conference Proceedings-Expanded Communication). Volume 470: ISBN 987-1-934394-18-2.

Caruso J.F., Williams J.A., Hari P., McCoy J.D., Coday M.A., Ramsey C.A., and Capps L.B. (2006). Data reproducibility from the instrumentation of an inertial resistance exercise device suggested for use during space travel. Isokinetics and Exercise Science. 14(4): 371-382.

Caruso J.F., Herron J.C., Capps L.B., Coday M.A., Ramsey C.A., and Drummond J.L. (2006). Blood lactate responses to leg presses performed against inertial resistance. Aviation, Space and Environmental Medicine. 77(7): 707-712.

Caruso J.F., Hamill J.L., Yamauchi M., Hernandez D.A., Cho M., Nelson N.M., Saito K., and De Garmo N. (2006). Net caloric cost and electromyographic responses to seated leg presses performed against inertial resistance. Isokinetics and Exercise Science. 14(1): 15-23.

Caruso J.F., Hernandez D.A., Porter A., Schweickert T., Saito K., Cho M., De Garmo N., and Nelson N.M. (2006). Integrated electromyography and performance outcomes to inertial resistance exercise. The Journal of Strength and Conditioning Research. 20(1): 151-156.

Caruso J.F., Herron J.C., Hernandez D.A., Porter A., Schweickert T., and Manning T.F. (2005). Metabolic responses to the seated calf press exercise performed against inertial resistance. Aviation, Space and Environmental Medicine. 76(11): 1019-1023.

Caruso J.F., Hernandez D.A., Porter A., Schweickert T., Saito K., Cho M., and De Garmo N. (2005). Comparing integrated electromyographic and anthropometric predictor variables on inertial resistance exercise performance. Isokinetics and Exercise Science. 13(3): 197-206.

Caruso J.F., Hamill J.L., Hernandez D.A., and Yamauchi M. (2005). A comparison of isoload and isoinertial leg press training on bone and muscle outcomes. The Journal of Strength and Conditioning Research. 19(3): 592-598.

Caruso J.F., Hamill J.L., Yamauchi M., Mercado D.R., Cook T.D., Higginson B., O'Meara S., Elias J., and Siconolfi S.F. (2005). Albuterol augments resistance exercise to attenuate ankle extensor strength loss. The Journal of Applied Physiology. doi:10.1152/jappphysiol.01015.2004 Published on-line 1/7/05. Hardcopy 98(5): 1705-1711.

Caruso J.F., Hamill J.L., and De Garmo N. (2005). Oral albuterol dosing during the latter stages of a resistance exercise program. The Journal of Strength and Conditioning Research. 19(1): 102-107.

Caruso J.F., Hamill J.L., Yamauchi M., Cook T.D., Mercado D.R., Gibb G., Higginson B., Elias J., and Hernandez D.A. (2004). Can albuterol help resistance exercise attenuate unloading-induced bone losses? The Journal of Strength and Conditioning Research. 18(4): 753-759.

- Caruso J.F.**, Hamill J.L., Yamauchi M., Mercado D.R., Cook T.D., Keller C.P., Montgomery A.G., and Elias J. (2004). Albuterol helps resistance exercise attenuate knee extensor unloading-induced strength losses. Aviation, Space and Environmental Medicine. 75(6): 505-511.
- Caruso J.F.**, Hernandez D.A., Schweickert T., Saito K., Hamill J.L., and De Garmo N. (2003). A multivariate approach to predicting knee extensor performance. The Journal of Strength and Conditioning Research. 17(3): 608-613.
- Caruso J.F.**, Hernandez D.A., Saito K., Cho M., and Nelson N.M. (2003). Inclusion of eccentric actions on metabolic cost resulting from work done on an inertial resistance ergometer. The Journal of Strength and Conditioning Research. 17(3): 549-555.
- Caruso J.F.** and Hernandez D.A. (2002). The metabolic cost of a multi-set leg press protocol performed on a flywheel ergometer. The Journal of Strength and Conditioning Research. 16(4): 567-572.
- Caruso J.F.**, Skelly W.A., Cook T.D., Gibb G., Mercado D.R., and Meier M. (2001). An isokinetic investigation of contractile mode's effect on metabolic and neuromuscular variables. The Journal of Strength and Conditioning Research. 15(1): 69-74.
- Caruso J.F.**, Hamill J.L., and Yamauchi M. (2000). Reducing muscle deconditioning in simulated weightlessness. International Aeronautics Administration's Humans in Space Symposium (Published Conference Proceedings-Short Communication) 13: 266-267.
- Bamman M.M., and **Caruso J.F.** (2000). Resistance exercise countermeasures for space flight: Implications of training specificity. The Journal of Strength and Conditioning Research. 14(1): 45-49.
- Bamman M.M., Ingram S.G., **Caruso J.F.**, and Greenisen M.C. (1997). Evaluation of surface electromyography during maximal voluntary contraction. The Journal of Strength and Conditioning Research. 11(2): 68-72.
- Caruso J.F.**, Signorile J.F., Perry A.C., Clark M., and Bamman M.M. (1997). Time course changes in contractile strength as a result of isokinetic exercise and β_2 agonist administration. The Journal of Strength and Conditioning Research. 11(1): 8-13.
- Caruso J.F.**, Signorile J.F., Perry A.C., Clark M., LeBlanc B., Williams R., and Bamman M.M. (1995). The effects of albuterol and isokinetic exercise on the quadriceps muscle group. Medicine and Science in Sports and Exercise. 27(11): 1471-1476.
- Signorile J.F., Kwiatkowski K., **Caruso J.F.**, and Robertson B. (1995). The impact of foot position on the electromyographical activity of the superficial quadriceps muscles during the parallel squat and knee extension. The Journal of Strength and Conditioning Research. 9(3): 182-187.

Signorile J.F., Kacsik D., Perry A., Robertson B., Williams R., Lowensteyn I., Digel S., **Caruso J.F.**, and LeBlanc W.G. (1995). The effect of knee and foot position on the electromyographical activity of the superficial quadriceps. The Journal of Orthopedics and Sports Physical Therapy. 22(1): 2-9.

Signorile J.F., Banovac K., Gomez M., Flipse D., **Caruso J.F.**, and Lowensteyn I. (1995). Increased Muscle Strength in Paralyzed Patients After Spinal Cord Injury: Effect of β_2 Adrenergic Agonist. Archives of Physical Medicine and Rehabilitation. 76: 55-58.

Ferris D.P., Signorile J.F., and **Caruso J.F.** (1995). Relationship between physical and physiological variables and volleyball spiking velocity. The Journal of Strength and Conditioning Research. 9(1): 32-36.

Signorile J.F., Webber B., Roll B., **Caruso J.F.**, Lowensteyn I., and Perry A. (1994). An electromyographical comparison of the squat and leg extension exercises. The Journal of Strength and Conditioning Research. 8(3): 178-183.

NON PEER-REVIEWED MANUSCRIPTS

Biasotto J., Ferrando A.A., and **Caruso J.F.** Raise, rub, and recuperate: ridding the body of lactic acid. Muscle and Fitness. May, 1990.

ABSTRACTS

Vanhoover A.C., McEnroe C.B., Gray W.D., O'Brien I.T., Kozerski A.E., Crush E.G., Selimovic E.A., Carter K.A., and **J.F. Caruso**. The impact of diet on metabolic and exercise performance outcomes to workouts done on gravity-independent hardware. Annual Meeting of The American Society of Nutrition. Baltimore, Maryland. June 9th, 2019.

W.D. Gray, I.T. O'Brien, A.E. Kozerski, A.C. Vanhoover, C.B. McEnroe, and **J.F. Caruso**. Electrolyte-based sport drinks: effect on steady state exercise against progressively higher workloads. American College of Sports Medicine's Annual Meeting. Orlando, Florida. May 30th, 2019.

Daunis M.K., Quesada P., and **Caruso J.F.** Consistency of muscle activation amplitudes and patterns between back squats performed with free weights and a motor-driven device. Annual Conference of The Gait and Clinical Movement Analysis Society, March 30th 2019.

Vanhoover A.C., McEnroe C.B., O'Brien I.T., Kozerski A.E., and **Caruso J.F.** Addition of electrolytes to a carbohydrate-based drink: effect on exercise done against progressively higher workloads. Southeast American College of Sports Medicine's Annual Meeting. Greenville, South Carolina. February 14th-16th, 2019.

O'Brien I.T., Chen L., Vargas L.J., Vanhoover A.C., McEnroe C.B., Kozerski A.E., and **Caruso J.F.** Ergogenic, perceptual and metabolic responses to palm cooling. Southeast American College of Sports Medicine's Annual Meeting. Greenville, South Carolina. February 14th-16th, 2019.

McEnroe C.B., Bai L., Vargas L.J., O'Brien I.T., Kozerski A.E., Vanhoover A. C., and **Caruso J.F.** Dwell time as a correlate to calcaneal accretion produced by chronic high-speed resistive exercise. Southeast American College of Sports Medicine's Annual Meeting. Greenville, South Carolina. February 14th-16th, 2019.

Bai L., Selimovic E., Mueller R., Beatty S., Carter K.A., Symons T.B., Pantalos G., and **Caruso J.F.** Optimal load during high-speed high-impact exercise. Annual Conference of the American College of Sports Medicine. Minneapolis, Minnesota. June 2nd 2018.

Vargas L.J., Daunis M.K., Bayers T., Bai L., Symons T.B., **Caruso J.F.** Comparative responses to squats done with free weights and an exoskeleton. Annual Conference of the American College of Sports Medicine. Minneapolis, Minnesota. May 31st 2018.

Bai L., Selimovic E., Mueller R., Beatty S., Carter K.A., Symons T.B., Pantalos G., and **Caruso J.F.** Optimal load during high-speed high-impact exercise. Southeast American College of Sports Medicine's Annual Meeting. Chattanooga, Tennessee. February 17th, 2018.

Vargas L.J., Daunis M.K., Bayers T., Bai L., Symons T.B., **Caruso J.F.** Comparative responses to squats done with free weights and an exoskeleton. Southeast American College of Sports Medicine's Annual Meeting. Chattanooga, Tennessee. February 16th, 2018.

Edwards R., Martin J.L., Vickers S.D., Perry R.A., Baptista R.A., Clark A.N., McArtor J.D., **Caruso J.F.** (2015). Test-retest reproducibility of fingertip pulse oximetry values measured before, during and after resistive exercise. The University of Tulsa's 18th Annual Student Research Colloquium Proceedings. Pages 62-63.

Vickers S.D., Perry R.A., Edwards R., Martin J.L., Baptista R.A., Clark A.N., McArtor J.D., **Caruso J.F.** (2015). Test-retest reliability of subcutaneous skin fold values derived from a hand-held ultrasound measurements. The University of Tulsa's 18th Annual Student Research Colloquium Proceedings. Page 101.

Perry R.A., Edwards R., Martin J.L., Baptista R., Vickers S.D., Clark A., McArtor J.D., **Caruso J.F.** (2015). Palm cooling's impact on Resistive Exercise Performance. The University of Tulsa's 18th Annual Student Research Colloquium Proceedings. Pages 84-85.

Perry R.A., Mitchell L.N., Edwards R., Martin J.L., Baptista R., Vickers S.D., Clark A., McArtor J.D., **Caruso J.F.** Palm cooling's impact on Resistive Exercise Performance. Oklahoma Research Day. Tahlequah, Oklahoma. March 13th, 2015.

Parmar P.J., Mitchell L.N., Perry R.A., Vickers S.D., Martin J.L., Baptista R.A., Clark A.N., McArtor J.D., **Caruso J.F.** Review: Physiological effects of spaceflight microgravity conditions and mitigating effects of flywheel-based resistive exercise. The University of Oklahoma Research Symposium. Tulsa, Oklahoma. January 22nd, 2015.

McArtor J.D., Perry R.A., Mitchell L.N., Baptista R., Vickers S., Clark A., **Caruso J.F.** Palm cooling's impact on blood lactate responses incurred through resistive exercise workouts. Second Annual Tulsa Research Day. Tulsa, Oklahoma. November 7th, 2014.

Perry R.A., Mitchell L.N., Vickers S., Baptista R., Clark A., McArtor J., and **Caruso J.F.** Palm cooling's impact on skin temperature responses incurred through resistive exercise workouts. Second Annual Tulsa Research Day. Tulsa, Oklahoma. November 7th, 2014.

Perry R., Erickson L., Edwards R., Barbosa A.G., Giebel R.M., Learmonth L.A., and **Caruso J.F.** Palm cooling's impact on blood lactate responses incurred through resistive exercise workouts. Annual Meeting of the Oklahoma Association for Health, Physical Education Recreation, and Dance. Page 15.

Erickson L., Perry R., Edwards R., Barbosa A.G., Giebel R.M., Learmonth L.A., and **Caruso J.F.** (2014). Palm cooling's impact on skin temperature responses incurred through resistive exercise workouts. Annual Meeting of the Oklahoma Association for Health, Physical Education Recreation, and Dance. Page 14.

Craig C.E., Barbosa A.G., Giebel R.M., Learmonth L.A., Gutierrez E.V., Potter W.T., and **Caruso J.F.** (2014). Blood lactate changes produced by β -alanine supplementation and repetitive supramaximal exercise. The University of Tulsa's 17th Annual Student Research Colloquium Proceedings. Page 67.

Urquhart M.A., Barbosa A.G., Giebel R.M., Learmonth L.A., Gutierrez E.V., Palmer A., Potter W.T., and **Caruso J.F.** (2014). The effect of palm cooling on blood lactate values produced from resistive exercise. The University of Tulsa's 17th Annual Student Research Colloquium Proceedings. Page 122.

Perry, R., Barbosa A.G., Giebel R.M., Learmonth L.A., Gutierrez E.V., Palmer A., and **Caruso J.F.** (2014). The effect of palm cooling on cardiovascular indices. The University of Tulsa's 17th Annual Student Research Colloquium Proceedings. Pages 105-106.

Caruso J.F., Urquhart M.A., Giebel M.R., Barbosa A.G., Learmonth L.A., Mason M.L., Unruh K.D., Potter W.T. (2013) Contractile mode and work volume influences on lactate and testosterone values from flywheel-based exercise. Joint Meeting of the American Society for Gravitational and Space Research (29th Annual Meeting)/International Symposium for Physical Sciences in Space (5th Meeting) Program and Abstracts. Page 119.

Craig C., Learmonth L.A., Mason M.L., Borgsmiller J.A., Giebel R.M., Barbosa A.G., and **Caruso J.F.** (2013). Blood lactate time course changes from high-speed exercise. The University of Tulsa's 16th Annual Student Research Colloquium Proceedings. Pages 84-85.

Pohl L., Urquhart M.A., Giebel R.M., Barbosa A.G., Learmonth L.A., **Caruso J.F.**, Potter W.T. (2013). Salivary cortisol values from workouts done on a high-speed resistive exercise device. The University of Tulsa's 16th Annual Student Research Colloquium Proceedings. Page 98.

Urquhart M.A., Pohl L., Giebel R.M., Barbosa A.G., Learmonth L.A., **Caruso J.F.**, and Potter W.T. (2013) Salivary testosterone values from workouts done on a high-speed resistive exercise device. The University of Tulsa's 16th Annual Student Research Colloquium Proceedings. Pages 111-112.

Nelson C.C., Charles J.L., Giebel R.M., Unruh K.D., Learmonth L., and **Caruso J.F.** (2012). Net energy expenditure to gravity-independent high-speed resistive exercise done by women. NSCA National Conference and Exhibition Session Workbook and Schedule. Page 352.

Learmonth L., Giebel R.M., Unruh K.D., Charles J.L., Nelson C.C., and **Caruso J.F.** (2012). Anthropometry and gender influences on the arm swing's contribution to vertical jump heights. NSCA National Conference and Exhibition Session Workbook and Schedule. Page 352.

Charles J.L., Giebel R.M., Unruh K.D., Learmonth L., Nelson C.C., and **Caruso J.F.** (2012). Blood lactate responses to bench press workouts performed at different loads. NSCA National Conference and Exhibition Session Workbook and Schedule. Page 352.

Learmonth L., Charles J.L., Unruh K.D., Giebel R.M., Nelson C.C., and **Caruso J.F.** (2012). Predictors of post-exercise plasma growth hormone levels after workouts done on a flywheel ergometer. The University of Tulsa's 15th Annual Student Research Colloquium Proceedings. Page 101.

Unruh K.D., Giebel R.M., Charles J.L., Nelson C.C., Learmonth L., and **Caruso J.F.** (2012). Anthropometry as a predictor of bench press performance done at different loads. The University of Tulsa's 15th Annual Student Research Colloquium Proceedings. Page 135.

Charles J.L., Giebel R.M., Unruh K.D., Learmonth L., Nelson C.C., and **Caruso J.F.** (2012). Blood lactate level increases resultant from high-speed exercise bouts. The University of Tulsa's 15th Annual Student Research Colloquium Proceedings. Page 72.

Giebel R.M., Unruh K.D., Charles J.L., Nelson C.C., Learmonth L., and **Caruso J.F.** (2012). Anthropometry and gender influences on the arm swing's contribution to vertical jump heights. The University of Tulsa's 15th Annual Student Research Colloquium Proceedings. Pages 83-84.

Nelson C.C., Charles J.L., Giebel R.M., Unruh K.D., Learmonth L., and **Caruso J.F.** (2012). Net energy expenditure to gravity-independent high-speed resistive exercise done by women. The University of Tulsa's 15th Annual Student Research Colloquium Proceedings. Page 114.

Urquhart M., Charles J.L., Unruh K.D., Giebel R.M., Learmonth L., Nelson C.C., Sheaff R., Potter W.T., and **Caruso J.F.** (2012). Salivary hormonal values from high-speed resistive exercise workouts. The University of Tulsa's 15th Annual Student Research Colloquium Proceedings. Pages 135-136.

Caruso J.F., Mason M.L., Lutz B.R., Riner R.D., Borgsmiller J.A., and Davidson M.E. (2011). High-speed resistive exercise and blood lactate kinetics. NSCA National Conference and Exhibition Abstracts. Page 293.

Lutz B.M., Davidson M.E., Wilson K., Crane C., Craig C., Nissen T., Mason M.L., Riner R.D., Borgsmiller J.A., Duncan J.J., **Caruso J.F.**, and Potter W.T. (2011). Salivary hormonal values from resistive exercise workouts. The University of Tulsa's 14th Annual Student Research Colloquium Proceedings. Page 73.

Borgsmiller J.A., Riner R.D., Mason M.L., Lutz B.M., Davidson M.E., Duncan J.J., Coday M.A., Griswold S., and **Caruso J.F.** (2011). The repeatability of exercise data collected by a triple-axis accelerometer. The University of Tulsa's 14th Annual Student Research Colloquium Proceedings. Pages 54-55.

Mason M.L., Lutz B.R., Riner R.D., Borgsmiller J.A., Davidson M.E., Duncan J.J. and **Caruso J.F.** (2011). Lactate kinetics from high-speed resistive exercise bouts. The University of Tulsa's 14th Annual Student Research Colloquium Proceedings. Page 75.

Riner R.D., Borgsmiller J.A., Davidson M.E., Mason M.L., Lutz B.R., Duncan J.J. and **Caruso J.F.** (2011). The net energy expenditure from high-speed resistive exercise bouts. The University of Tulsa's 14th Annual Student Research Colloquium Proceedings. Pages 89-90.

Caruso J.F., Ford J.L., Jackson T., Hari P., Olson N.M., Taylor S.T., Lutz B.M., and Mason M.L. (2010). Instrumentation of an Inertial Kinetic Exercise device with a dual axis accelerometer and its effect on performance data reproducibility. NSCA National Conference and Exhibition Abstracts 25(3): 68-69, 2011.

Ford J.L., Jackson T., Hari P., Olson N.M., Taylor S.T., Lutz B.M., Mason M.L., and **Caruso J.F.** (2010). Instrumentation of an Inertial Kinetic Exercise device with a dual axis accelerometer. The University of Tulsa's 13th Annual Student Research Colloquium Proceedings. Page 43.

Lutz B.M., Taylor S.T., Ford J.L., Mason M.L., Olson N.M., and **Caruso J.F.** (2010). Blood lactate responses to bench press workouts performed at different loads. The University of Tulsa's 13th Annual Student Research Colloquium Proceedings. Pages 52-53.

Shepherd C.M., McLagan J.R., Olson N.M., Taylor S.T., Gilliland L., Kline D.A., Detwiler A., Griswold S., and **Caruso J.F.** (2009). Anthropometry as a predictor of front squat performance in college football players. NSCA National Conference and Exhibition Abstracts. Page 44.

McLagan J.R., Daily J.S., Tipton S.M., Shepherd C.M., Olson N.M., Marshall M.R., and **Caruso J.F.** (2009). Assessment of the reliability of vertical jump performance from an instrumented platform. NSCA National Conference and Exhibition Abstracts. Page 32.

Shepherd C.M., McLagan J.R. , Olson N.M., Taylor S.T., Gilliland L., Kline D.A., Detwiler A., Griswold S., and **Caruso J.F.** (2009). Anthropometry as a predictor of front squat performance in college football players. The University of Tulsa's 12th Annual Student Research Colloquium Proceedings. 84: 80.

McLagan J.R., Daily J.S., Tipton S.M., Shepherd C.M., Olson N.M., Marshall M.R., and **Caruso J.F.** (2009). Assessment of the reliability of vertical jump performance from an instrumented platform. The University of Tulsa's 12th Annual Student Research Colloquium Proceedings. 84: 71.

Olson N.M., S. Kucera, J.R. McLagan, C.M. Shepherd, M.R. Marshall, P. Hari, and **Caruso J.F.** (2009). Data reproducibility from inertia-based exercise. The University of Tulsa's 12th Annual Student Research Colloquium Proceedings. 84: 34.

Coday M.A., **Caruso J.F.**, Monda J.K., Ramey E.S., Hastings L.P., Martin S., Grabow J., Vingren J., Kraemer W.J., and Wickel E.E. (2008). Blood lactate and hormonal responses from a gravity-independent flywheel ergometer. The Journal of Strength and Conditioning Research. 22(6): 6.

McLagan J., Monda J., Hari P., Leeper A., **Caruso J.**, Coday M., Ramey E. and Hastings L. (2008). Performance evaluation of a high-speed inertial exercise device. The University of Tulsa's 11th Annual Student Research Colloquium Proceedings.

Colyer A., Emmett A., McLagan J., Golden M., Daily J., **Caruso J.**, and Tipton S (2008). The repeatability of measuring human performance with a vertical jump test. The University of Tulsa's 11th Annual Student Research Colloquium Proceedings.

S. Kucera, **Caruso J.F.**, Golden M., McLagan J., and P. Hari (2008). Instrumentation of an Inertial Kinetic Exercise Device with a Single Axis Accelerometer. The University of Tulsa's 11th Annual Student Research Colloquium Proceedings.

Coday M.A., **Caruso J.F.**, Ramsey C.A., Griswold S., Polanski D., Drummond J.L., and R.H. Walker (2007). Leg and calf press training modes and their impact on jump performance parameters. The Journal of Strength and Conditioning Research. 21(4): e37.

Monda J.K., Coday M.A., Ramsey C.A., **Caruso J.F.**, Roberts K.P., and Potter W.T. (2007). Body mass and performance variable relationships to blood lactate responses from gravity-independent resistance exercise devices. The University of Tulsa's 10th Annual Student Research Colloquium Proceedings.

Hari P., Leeper A., Coday M.A., and **Caruso J.F.** (2007). Instrumentation of a high-speed inertial exercise device with load cell transducers. The University of Tulsa's 10th Annual Student Research Colloquium Proceedings.

Hari P., Leeper A., Coday M.A., and **Caruso J.F.** (2007). Instrumentation of a high-speed inertial exercise device with load cell transducers. 53rd International Instrumentation Symposium Proceedings.

Coday M.A., **Caruso J.F.**, Herron J.C., Capps L.B., Ramsey C.A., and Drummond J.L. (2006). Blood lactate responses to the seated leg press exercise performed against inertial resistance. The Journal of Strength and Conditioning Research. 20(4): e4.

Coday M.A., **Caruso J.F.**, Herron J.C., Capps L.B., Ramsey C.A., and Drummond J.L. (2006). Comparing body mass and performance predictor variables on blood lactate responses to inertial resistance exercise. The Journal of Strength and Conditioning Research. 20(4): e13.

Caruso J.F., Harikumar P., and Magruder T. (2006). Instrumentation of a gravity-independent inertial-based resistance exercise device. The University of Tulsa's 9th Annual Student Research Colloquium and SWARM/AAAS Proceedings. pp 46.

Caruso J.F., Herron J.C., Capps L.B., Coday M.A., Ramsey C.A., and Drummond J.L. (2006). Comparing body mass and performance predictor variables on blood lactate responses to inertial resistance exercise. The University of Tulsa's 9th Annual Student Research Colloquium and SWARM/AAAS Proceedings. pp 47.

Caruso J.F., Herron J.C., Capps L.B., Coday M.A., Ramsey C.A., and Drummond J.L. (2006). Blood lactate responses to the seated leg press exercise done against inertial resistance. The University of Tulsa's 9th Annual Student Research Colloquium and SWARM/AAAS Proceedings. pp 47.

Caruso J.F., Herron J.C., and Manning T.F. (2005). Blood lactate responses to the seated calf press exercise done against inertial resistance. The Journal of Strength and Conditioning Research. 19(4): e18.

Herron J.C., **Caruso J.F.**, and Manning T.F. (2005). Blood lactate responses to the seated calf press exercise done against inertial resistance. The University of Tulsa's 8th Annual Student Research Colloquium Proceedings.

Caruso J.F., Hernandez D.A., Porter A., Schweikert T., Saito K., and Cho M. (2004). Root mean square and performance outcomes to inertial resistance exercise. The Journal of Strength and Conditioning Research. 18(4): e3.

Hernandez D.A., **Caruso J.F.**, and Cho M. (2001). Correlating muscle fiber estimates with knee extensor performance. Southwest American College of Sports Medicine's Conference Proceedings.

Hamill J.L., **Caruso J.F.**, Yamauchi M., Hernandez D.A., Cho M., Nelson N.M., Saito K., and De Garmo N. (2001). Electromyography during eccentric loading on a flywheel ergometer. Southwest American College of Sports Medicine's Conference Proceedings.

Cho M., Hernandez D.A., and **Caruso J.F.** (2001). Correlating muscle fiber estimates with a vertical jump test. Southwest American College of Sports Medicine's Conference Proceedings.

Yamauchi M., **Caruso J.F.**, Hamill J.L., and Hernandez D.A. (2001). Comparing two forms of leg press exercise on bone resorption. Southwest American College of Sports Medicine's Conference Proceedings.

Nelson N.M., **Caruso J.F.**, Hernandez D.A., and Cho M. (2001). Net caloric cost of eccentric work on a flywheel ergometer. Southwest American College of Sports Medicine's Conference Proceedings.

De Garmo N., **Caruso J.F.**, Hamill J.L., Yamauchi M., Hernandez D.A., Cho M., Nelson N.M., and Saito K. (2001). Electromyography during concentric loading on a flywheel ergometer. Southwest American College of Sports Medicine's Conference Proceedings.

Hernandez D.A., **Caruso J.F.**, Hamill J.L., and Yamauchi M. (2001). Metabolic cost of a multi-set exercise protocol performed on a flywheel ergometer. The Journal of Strength and Conditioning Research. 15(3): 394.

Yamauchi M., **Caruso J.F.**, Hamill J.L., and Hernandez D.A. (2001). Attenuating calcaneal bone mineral density loss during long term unloading. The Journal of Strength and Conditioning Research. 15(3): 399.

Caruso J.F., Hamill J.L., Yamauchi M., Hernandez D.A., and Griffin D. (2001). Comparative effects of two forms of leg presses on lower body bone mineral density. Medicine and Science in Sports and Exercise (Supplement), 33(5): 394.

Caruso J.F., Mercado D.R., Cook T.D., Higginson B., O'Meara S., Keller C.P., Montgomery A.G., Koenig S.L., Callan B., and Williams W.J. (1999). Ankle extensor countermeasures to unweighting. Medicine and Science in Sports and Exercise Supplement. 31(5): S116.

Caruso J.F., Mercado D.R., Cook T.D., Higginson B., O'Meara S., Zickmund N., Williams W.J., and Liner A. (1998). A knee extensor countermeasure to unweighting. Medicine and Science in Sports and Exercise Supplement. 30(5): S204.

Liner A., **Caruso J.F.**, Mercado D.R., Cook T.D., Gaffney E., Carlson B., and Williams W.J. (1998). A countermeasure to unweighting-induced bone remodeling. Medicine and Science in Sports and Exercise Supplement. 30(5): S292.

Caruso J.F., Mercado D.R., Cook T. D., Higginson B., O'Meara S., Liner A., Aybar J. and Williams W.J. Knee extensor countermeasures to unweighting. Annual Meeting of the Northwest Chapter of The American College of Sports Medicine, February 6th, 1998.

Mercado D.R., **Caruso J.F.**, Cook T.D., Higginson B., O'Meara S., Liner A., and Williams W.J. Ankle extensor countermeasures to unweighting. Annual Meeting of the Northwest Chapter of The American College of Sports Medicine, February 6th, 1998.

Liner A., **Caruso J.F.**, Mercado D.R., Cook T.D., Gaffney E., Carlson B., O'Meara S., Higginson B., and Williams W.J. Countermeasures to unweighting-induced bone remodeling. Annual Meeting of the Northwest Chapter of The American College of Sports Medicine, February 6th, 1998.

Skelly W.A., **Caruso J.F.**, Cook T.D., and Gibb G. (1997). Strength and electromyographic comparison of concentric and eccentric exercise performed at a constant angular velocity. Medicine and Science in Sports and Exercise Supplement. 29(5): S248.

Caruso J.F., Skelly W.A., Gibb G., and Cook T.D. (1997). Strength and metabolic comparison of concentric and eccentric exercise performed at a constant angular velocity. Medicine and Science in Sports and Exercise Supplement. 29(5): S248.

Caruso J.F. and Bamman M.M. (1996). Quantifying topographical changes in plantar flexor torque during simulated space flight. The Journal of Strength and Conditioning Research. 10(4): 283.

Bamman M.M., **Caruso J.F.**, Guilliams M.E., Ferrando A.A., and Greenisen M.C. (1996). Singular and combined effects of unloading and resistance training on knee extensor force-velocity and force-length relationships. The Journal of Strength and Conditioning Research. 10(4): 284.

Caruso J.F., Bamman M.M., and Greenisen M.C. (1996). Quantifying losses in knee extensor torque due to bed rest with three-dimensional topography. Medicine and Science in Sports and Exercise Supplement. 28(5): S166.

Bamman M.M., **Caruso J.F.**, Ingram S.G., and Guilliams M.E. (1996). Effects of a 14-day bed rest on lower extremity neuromuscular function. Medicine and Science in Sports and Exercise Supplement. 28(5): S166.

Caruso J.F., Signorile J.F., Perry A.C., LeBlanc B., and Clarke M. (1995). The combined effects of albuterol and isokinetic exercise on the quadriceps muscle group. Medicine and Science in Sports and Exercise Supplement. 27(5): S43.

Caruso J.F., Signorile J.F., Perry A.C., and Clark M. (1995). Time course changes in strength variables in persons subjected to isokinetic exercise and albuterol administration. The Journal of Strength and Conditioning Research. 9(4): 278.

Signorile J.F., Socchet L., Morgenstern A., **Caruso J.F.**, Puhl J., O'Keefe S. and Perry, A. (1995). The superiority of high speed resistance training in an older population. Medicine and Science in Sports and Exercise Supplement. 27(5): S233.

Signorile, J.F., and **Caruso J.F.** (1994). Topographical differences in isokinetic torque-velocity-angle curves among specific athletes. The Journal of Strength and Conditioning Research. 9(3): 203.

Signorile J.F., Ferris D.P., Clark M., Pearl A., Young J., Kwiatkowski K., **Caruso J.F.**, and Perry A.C. (1994). The impact of three weeks of albuterol intervention on a 13-week resistance training program. Medicine and Science in Sports and Exercise Supplement. 26(5): S13.

Lowensteyn I., Signorile J.F., Kwiatkowski K., **Caruso J.F.**, Ferris D., Salhanick D., Perry A.C., and Mancino C. (1994). Examination of various biological parameters in response to a season of training in competitive swimmers. Medicine and Science in Sports and Exercise Supplement. 26(5): S20.

Jackson L., Kwiatkowski K., Signorile J.F., Ferris D.P., **Caruso J.F.**, and Perry A.C. (1994). EMG investigation of the gastrocnemius muscle in relation to heel raise foot position. Medicine and Science in Sports and Exercise Supplement. 26(5): S20.

Caruso J.F., Signorile J.F., Clark M., Lowensteyn I., and Okuyama T. (1993). The effects of chronic administration of β_2 agonists upon athletic performance. The Journal of the National Strength and Conditioning Association. 15(6): 252.

Signorile J.F., Webber B., Roll B., **Caruso J.F.**, Lowensteyn I., and Perry A.C. (1993). An electromyographical comparison of the squat and leg extension exercises. The Journal of the National Strength and Conditioning Association. 15(5).

Flipse D., Signorile J.F., Willis R., Perry A.C., Lowensteyn I., **Caruso J.F.**, Robertson B., and Burnett K. (1993). Increased muscular performance in the elderly with moderate speed isotonic training. Medicine and Science in Sports and Exercise Supplement. 25(5): S130.

Signorile J.F., Webber B., **Caruso J.F.**, and Lowensteyn I. (1993). Selective activator of the quadriceps muscles using the leg extension versus the back squat. The Journal of Strength and Conditioning Research. 7(3): 184.

Kacsik D., Signorile J.F., Lowensteyn I., Digel S., **Caruso J.F.**, Perry A.C., and Robertson B. (1993). The activity of the superficial quadriceps at different knee and foot positions during isometric rehabilitation exercise. Medicine and Science in Sports and Exercise Supplement. 25(5): S133.

Caruso J.F., Signorile J.F., Clark M., Lowensteyn I., and Okuyama T. (1993). The effects of the acute administration of β_2 agonists on performance. Medicine and Science in Sports and Exercise Supplement. 25(5): S194.

Signorile J.F., **Caruso J.F.**, and Lowensteyn I. (1993). The impact of inhalation of β_2 adrenergics on isokinetic strength variables. Medicine and Science in Sports and Exercise Supplement. 25(5): S194.

Signorile J.F., Banovac K., Flipse D., **Caruso J.F.**, and Gomez M. (1992). The effects of the chronic administration of metaproterenol on muscle size and function. Medicine and Science in Sports and Exercise Supplement. 24(5): S36.

PRESENTATIONS

J.F. Caruso. Robotic Exoskeletons as aids to human movement. Presented to The Louisville Area Physics Teaching Alliance. Male High School. Louisville, Kentucky. March 11th, 2019.

O'Brien I.T., Chen L., Vargas L.J., Vanhoover A.C., McEnroe C.B., Kozerski A.E., and **Caruso J.F.** Ergogenic, perceptual and metabolic responses to palm cooling. Spring Research Conference. Lexington, Kentucky. March 2nd, 2019.

O'Brien I.T., Chen L., Vargas L.J., Vanhoover A.C., McEnroe C.B., Kozerski A.E., and **Caruso J.F.** Ergogenic, perceptual and metabolic responses to palm cooling. Graduate Student Regional Research Conference. Louisville, Kentucky. February 27th-28th, 2019.

McEnroe C.B., Davison S.W., Bai L., Vargas L.J., O'Brien I.T., Kozerski A.E., Vanhoover A.C., Carter K.A., and **Caruso J.F.** Dwell time as a correlate to calcaneal accretion produced by chronic high-speed resistive exercise. NASA's Annual Human Research Program Investigators Workshop. Houston, Texas. January 22nd-25th, 2019.

Parmar P.J., Davison S.W., Bai L., Vargas L.J., O'Brien I.T., McEnroe C.B., Carter K.A., and **Caruso J.F.** Performance-based correlates to calcaneal accretion produced by chronic high-speed resistive exercise. Annual Conference of The American Society for Gravitational and Space Research. Rockville, Maryland. November 2nd, 2018.

Caruso J.F., O'Brien I.T., Kozerski A.E., Vanhoover A.C., McEnroe C.B., and WD Gray. Robotic exoskeletons as exercise countermeasures for manned space flight. Sandalwood Engineering and Ergonomics. Louisville, Kentucky. October 17th, 2018.

Bai L., Selimovic E.A., Mueller R.E., Beatty S.R., Carter K.A., Symons T.B., Pantalos G.M., and **Caruso J.F.** Optimal load during high-speed high-impact exercise. Spring Research Conference. Louisville, Kentucky. March 24th, 2018.

Mueller R.E., Bai L., O'Brien I.T., Vargas L.J., McEnroe C.B., Schultze S.M., Garland M.R., Beatty S.R., and **Caruso J.F.** Intermittent palm cooling's impact on resistive exercise performance. Spring Research Conference. Louisville, Kentucky. March 24th, 2018.

Caruso J.F. Intermittent palm cooling's impact on resistive exercise performance. Presented to students and faculty of HSS 603 (Graduate Seminar). The University of Louisville's Department of Health and Sport Sciences. Louisville, Kentucky. September 8th, 2017.

Parmar P.J., **Caruso J.F.**, Voor M.J., Jagers J.R., Bai L., Selimovic E.A. Musculoskeletal outcomes from chronic high-speed high-impact resistance exercise. 68th International Aeronautics Conference. Adelaide Australia. September 25-29, 2017.

Caruso J.F., Voor M.J., Jagers J.R., Bai L., Selimovic E.A. Musculoskeletal outcomes from chronic high-speed high-impact resistance exercise. Kentucky Chapter of The National Strength and Conditioning Association. Georgetown, Kentucky. April 22nd, 2017.

Muntis F., Symons T.B., Bai L., Selimovic E., West J.O., Bouchet A., Dawson S., White E., and **Caruso J.F.** The addition of electrolytes to a carbohydrate-based sport drink: effect on aerobic exercise performance. Kentucky Chapter of The National Strength and Conditioning Association. Georgetown, Kentucky. April 22nd, 2017.

Dawson S., Bai L., Selimovic E., Muntis F., Symons T.B., White E., and **Caruso J.F.** Optimal load during high-speed high-impact exercise. Kentucky Chapter of The National Strength and Conditioning Association. Georgetown, Kentucky. April 22nd, 2017.

Caruso J.F., Voor M.J., Jagers J.R., Bai L., Selimovic E.A. Musculoskeletal outcomes from chronic high-speed high-impact resistance exercise. Student Research Conference, University of Cincinnati. Cincinnati, Ohio. April 1st, 2017.

Selimovic E.A., **Caruso J.F.**, Bai L., Musculoskeletal outcomes from chronic high-speed high-impact resistance exercise. 5th Annual Meeting of The Kentucky Chapter of The American Physiological Society. Western Kentucky University, Bowling Green, Kentucky. March 18th, 2017.

Caruso J.F., Voor M.J., Jagers J.R., Bai L., Selimovic E.A. Musculoskeletal outcomes from chronic high-speed high-impact resistance exercise. NASA's Annual Human Research Program Investigators Workshop. Galveston, Texas. January 23rd, 2017.

Parmar P.J., Neuhaus P., Jumonville C., Perry R.A., Edwards R., Martin J.L., Alarbi A., Potter W.T., and **Caruso J.F.** Comparative responses to squats done with free weights and an exoskeleton. Presented at The Annual Conference of The American Society for Gravitational and Space Research. Cleveland, Ohio. October 30th, 2016.

Parmar P.J., Perry R.A., Martin J.L., Vickers S.D., Baptista R.A., Edwards R., McArtor J.D., and **Caruso J.F.** Physiological effects of spaceflight/microgravity conditions and the mitigating effects of flywheel-based resistive exercise. Presented at Presented at The NASA Human Research Program Investigator's Workshop. Galveston, Texas. February 8th, 2016.

Parmar P.J., Perry R.A., Martin J.L., Vickers S.D., Baptista R.A., Edwards R., McArtor J.D., and **Caruso J.F.** Net energy costs from resistive exercise done on flywheel-based hardware. Presented at The NASA Human Research Program Investigator's Workshop. Galveston, Texas. February 8th, 2016.

Parmar P.J., Perry R.A., Martin J.L., Vickers S.D., Baptista R.A., Edwards R., McArtor J.D., and **Caruso J.F.** Net energy costs from resistive exercise done on flywheel-based hardware. Presented at The Annual Conference of The American Society for Gravitational and Space Research. Alexandria, Virginia. November 13th, 2015.

Parmar P.J., Perry R.A., Martin J.L., Vickers S.D., Baptista R.A., Edwards R., McArtor J.D., and **Caruso J.F.** Physiological effects of spaceflight/microgravity conditions and the mitigating effects of flywheel-based resistive exercise. Presented at The Annual Conference of The American Society for Gravitational and Space Research. Alexandria, Virginia. November 13th, 2015.

Caruso J.F., Perry R., Martin J.L., Vickers S.D., Edwards R., and Baptista R. Intermittent palm cooling's impact on resistive exercise performance. Presented to students and faculty of HSS 507 (Senior Seminar). The University of Louisville's Department of Health and Sport Sciences. Louisville, Kentucky. October 26th, 2015.

Caruso J.F., Perry R., Martin J.L., Vickers S.D., Edwards R., and Baptista R. Intermittent palm cooling's impact on resistive exercise performance. Presented to faculty of The University of Louisville's Department of Health and Sport Sciences. Louisville, Kentucky. May 13th, 2015.

Ruzco S., Reisner J., and **Caruso J.F.** The effect of energy drinks on male teen power and power fatigue rate. Presented at The 18th Annual University of Tulsa Student Research Colloquium. April 9th, 2015.

Caruso J.F., Perry R., Martin J.L., Vickers S.D., Edwards R., and Baptista R. Intermittent palm cooling's impact on resistive exercise performance. Presented to faculty at The University of St. Augustine for Health Sciences. St. Augustine, Florida. March 19th, 2015.

Caruso J.F. Blood lactate changes produced by β -alanine supplementation and repetitive supramaximal exercise. The University of Tulsa's 17th Annual Student Research Colloquium Proceedings. April 3rd, 2014.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. March 24th, 2014.

Caruso J.F., Urquhart M.A., Giebel R.M., Barbosa A.G., Learmonth L.A., Mason M.L., Unruh K.D., Borgsmiller J.A., and Potter W.T. Contractile mode and work volume influences on lactate and testosterone values from flywheel-based exercise. Presented at The Annual Conference of The American Society for Gravitational and Space Research. Orlando, Florida. November 5th, 2013.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. October 14th, 2013.

Caruso J.F. Guest Speaker at the meeting of The TURC Junior Scholars Program. Tulsa, Oklahoma. May 31st, 2013.

Caruso J.F. Panelist for The University of Tulsa Graduate College's forum on strategies to mentor students. April 10th, 2013.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. March 4th, 2013.

Caruso J.F. Guest Speaker on Biochemistry/Chemistry. Broken Arrow North Intermediate High School. Broken Arrow Oklahoma. December 13th 2012.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. October 8th, 2012.

Nelson C.C., Charles J.L., Giebel R.M., Unruh K.D., Learmonth L., and **Caruso J.F.** Net energy expenditure to gravity-independent high-speed resistive exercise done by women. Presented at the Annual Conference of The National Strength and Conditioning Association. Providence, Rhode Island. July 13th, 2012.

Learmonth L., Giebel R.M., Unruh K.D., Charles J.L., Nelson C.C., and **Caruso J.F.** Anthropometry and gender influences on the arm swing's contribution to vertical jump heights. Presented at the Annual Conference of The National Strength and Conditioning Association. Providence, Rhode Island. July 13th, 2012.

Charles J.L., Giebel R.M., Unruh K.D., Learmonth L., Nelson C.C., and **Caruso J.F.** Blood lactate responses to bench press workouts performed at different loads. Presented at the Annual Meeting of The Conference Strength and Conditioning Association. Providence, Rhode Island. July 13th, 2012.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. March 5th, 2012.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. October 10th, 2011.

Caruso J.F., Mason M.L., Lutz B.R., Riner R.D., Borgsmiller J.A., and Davidson M.E. (2011). High-speed resistive exercise and blood lactate kinetics. Presented at the Annual Conference of The National Strength and Conditioning Association. Las Vegas, Nevada. July 8th, 2011.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. March 7th, 2011.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. October 18th, 2010.

Caruso J.F. Faculty Panelist on The Transformative Nature of Academic Community Engagement at The University of Tulsa (ACET). Oklahoma Compact Conference. Tulsa, Oklahoma. September 23rd, 2010.

Caruso J.F., Ford J.L., Jackson T., Hari P., Olson N.M., Taylor S.T., Lutz B.M. and Mason M.L. Instrumentation of an Inertial Kinetic Exercise device with a dual axis accelerometer and its effect on performance data reproducibility. Presented at the Annual Conference of The National Strength and Conditioning Association. Orlando, Florida. July 17th, 2010.

Caruso J.F. Presentation to The University of Tulsa/Collins College of Business' Executive Advisory Board in order to obtain additional equipment and space for a research/teaching laboratory for The Exercise and Sport Sciences Program. Tulsa, Oklahoma. March 31st, 2010.

Caruso J.F. My experiences as a research mentor for undergraduate students. The Oklahoma Board of Regents 1st Annual Undergraduate Research Conference. Oklahoma City, Oklahoma. March 26th, 2010.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. March 8th, 2010.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. October 26th, 2009.

McLagan J.R., Daily J.S., Shepherd C.M., Olson N.M., Marshall M.R., and **Caruso J.F.** Assessment of the reliability of vertical jump performance from an instrumented platform. Instrumentation Society of America 2009 Expo (Published Conference Presentation). June 2nd, 2009. Houston, Texas.

Caruso J.F. β_2 adrenergic agonists and strength training as a combined treatment for unloading-induced musculoskeletal losses. Presented to students and faculty of the Department of Physical Therapy at The College of Staten Island (CUNY). New York, New York, March 18th, 2009.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. March 2nd, 2009.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. October 27th, 2008.

Caruso J.F., Daily J., McLagan J.R., Marshall M.R., Olson N., Shepherd C.M., and S.M. Tipton. Repeatability of performance parameters associated with an instrumented vertical jump device. Presented as part of The TU Collins College of Business Summer Faculty Fellowship Program (Brown Bag Colloquium). Presented October 24th, 2008. Tulsa, Oklahoma.

Kucera S., **Caruso J.F.**, Golden M.R., McLagan J.R. and P. Hari. Instrumentation of an Inertial Kinetic Exercise device with a single axis accelerometer. Instrumentation Society of America 2008 Expo (Published Conference Presentation). October 15th, 2008. Houston, Texas.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. March 24th, 2008.

Caruso J.F. Past and Future Research Projects. Presented to Faculty and Students of Louisiana State University's Department of Kinesiology. Baton Rouge, Louisiana. December 5th, 2007.

Caruso J.F. Factors Affecting Athletic Performance. Presented to Faculty and Students of Louisiana State University's Department of Kinesiology. Baton Rouge, Louisiana. December 4th, 2007.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. October 15th, 2007.

Leeper A., **Caruso J.F.**, Hari P., Coday M.A., Ramey E., Monda J.K., Hastings L.P. and S. Davison. Data reproducibility from the instrumentation of a high-speed inertial exercise trainer. Instrumentation Society of America 2007 Expo (Published Conference Presentation). October 2nd, 2007. Houston, Texas.

L.P. Hastings, E. Ramey, J.K. Monda, P. Hari, A. Leeper, **J.F. Caruso**, M. Coday, and S. Davison. Performance evaluation of a high-speed inertial exercise device. Presented at The University of Tulsa's Summer Undergraduate Research Program in Physics. July 2007.

Coday M.A., **Caruso J.F.**, Ramsey C.A., Griswold S., Polanski D., Drummond J.L., and R. H. Walker. Leg and calf press training modes and their impact on jump performance parameters. Presented at the Annual Conference of The National Strength and Conditioning Association. Atlanta, Georgia. July 11th, 2007.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. February 26th, 2007.

Caruso J.F., Coday M.A., Ramsey C.A., Griswold S., Polanski D., Drummond J.L., and R. H. Walker. Leg and calf press training modes and their impact on jump performance parameters. Presented as part of The TU CBA Summer Faculty Fellowship Program (Brown Bag Colloquium). Tulsa, Oklahoma. Presented January 26th, 2007.

Caruso J.F., Herron J.C., Capps L.B., Coday M.A., Ramsey C.A., and J.L. Drummond. Blood lactate responses to the seated leg press exercise performed against inertial resistance. Presented to The Department of Health, Sport and Exercise Science at The University of Kansas. Lawrence, Kansas. December 8th, 2006.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. October 23rd, 2006.

Caruso J.F., Magruder T., and P. Harikumar. Instrumentation of a gravity-independent inertial-based resistance exercise device. Presented at The University of Tulsa's Summer Undergraduate Research Program in Physics. July 21st, 2006.

Magruder T., **Caruso J.F.**, and P. Harikumar. Instrumentation of a gravity-independent inertial-based resistance exercise device. Presented at The University of Tulsa's Student Research Colloquium AAAS/SWARM. April 5th, 2006.

Ramsey C.A., **Caruso J.F.**, Herron J.C., Capps L.B., Coday M.A., and J.L. Drummond. Comparing body mass and performance predictor variables on blood lactate responses to inertial resistance exercise. Presented at The University of Tulsa's Student Research Colloquium AAAS/SWARM. April 5th, 2006.

Coday M.A., **Caruso J.F.**, Herron J.C., Capps L.B., Ramsey C.A., and J.L. Drummond. Blood lactate responses to the seated calf press exercise done against inertial resistance. Presented at The University of Tulsa's Student Research Colloquium AAAS/SWARM. April 5th, 2006.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. March 20th, 2006.

Caruso J.F., Herron J.C., Capps L.B., Coday M.A., Ramsey C.A., and J.L. Drummond. Blood lactate responses to the seated leg press exercise performed against inertial resistance. Presented as part of The TU CBA Summer Faculty Fellowship Program (Brown Bag Colloquium). Tulsa, Oklahoma. February 24th, 2006.

Caruso J.F. Past and Future Research Projects with the Flywheel Ergometer. Presented to members of the Johnson Space Center's Life Sciences Program Directorate, Houston, Texas. December 2nd, 2005.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. October 24th, 2005.

J.A. Williams, **Caruso J.F.**, Harikumar P. and J. McCoy. Instrumentation of an inertial-based resistance exercise device designed for use during space flight. Presented at The University of Tulsa's Summer Undergraduate Research Program in Physics. July 2005.

Herron J.C., **Caruso J.F.**, and T. Manning. Blood lactate responses to the seated calf press exercise done against inertial resistance. Presented at The University of Tulsa's Student Research Colloquium. March 29th, 2005.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. March 21st, 2005.

Caruso J.F. Exercise Physiology: Careers and Opportunities. Presented to students at Will Rogers High School, Tulsa, Oklahoma. January 28th, 2005.

Caruso J.F. Research Background, Interests and Agenda. Presented to The University of Tulsa's College of Business Administration Executive Advisory Board. November 9th, 2004.

Caruso J.F. Data Collection Methods. Presented in AHS 4043 (Applied Health Care Research) at The University of Tulsa. October 25th, 2004.

Caruso J.F., Hernandez D.A., Porter A., Schweikert T., Saito K., Cho M., De Garmo N., and N.M. Nelson. Root mean square and performance outcomes to inertial resistance exercise. Presented at the Annual Conference of The National Strength and Conditioning Association. Minneapolis, Minnesota. July 17th, 2004.

Caruso J.F. Presented my personal background and research interests to The University of Tulsa's Exercise Science Club. October 15th, 2003.

Caruso J.F. The impact of albuterol as a countermeasure for unloading-induced musculoskeletal losses. Presented to faculty of the Department of Health Services at Lehman College (CUNY). New York, New York, May 21st, 2003.

Caruso J.F. The additive effect of albuterol on attenuating unloading-induced musculoskeletal losses. Presented to faculty of the Exercise and Sport Sciences Program at The University of Tulsa. Tulsa, Oklahoma, May 6th, 2003.

Caruso J.F. The additive effect of albuterol on attenuating unloading-induced musculoskeletal losses. Presented to students and faculty of the Department of Health and Exercise Science at The College of New Jersey. Ewing, New Jersey, April 9th, 2003.

Caruso J.F. Countermeasures to unloading-induced musculoskeletal losses. Presented to students and faculty of the Department of Human Movement Sciences and Education at The University of Memphis. Memphis, Tennessee, February 27th, 2003.

Caruso J.F. Sliding filament theory. Presented to students and faculty of the Department of Movement Studies and Exercise Science at East Stroudsburg University. East Stroudsburg, Pennsylvania, July 9th, 2002.

Caruso J.F. Countermeasures to unloading-induced muscle mass and strength losses. Presented to Indiana University's Department of Kinesiology Faculty, Bloomington, Indiana. May 20th, 2002.

Caruso J.F. Correlating muscle fiber estimates with knee extensor performance. Presented to Indiana University's Department of Kinesiology Faculty, Bloomington, Indiana. May 20th, 2002.

Yamauchi M., **Caruso J.F.**, Hamill J.L., Hernandez D.A., and D. Griffin. Comparing two forms of leg press exercise on total-body bone mineral density. Southwest American College of Sports Medicine Annual Conference. San Diego, California, November 18th, 2000.

Hamill J.L., **Caruso J.F.**, Yamauchi M., Hernandez D.A., and D. Griffin. Comparing two forms of leg press exercise on calcaneal bone mineral density. Southwest American College of Sports Medicine Annual Conference. San Diego, California, November 18th, 2000.

Caruso J.F. Countermeasures to unloading-induced sarcopenia. Presentation for Faculty of University of Nevada School of Medicine, Reno, Nevada. October 19th, 2000.

Caruso J.F., Hamill J.L., and M. Yamauchi. Reducing muscle deconditioning in simulated weightlessness. 13th IAA Humans in Space Symposium, Santorini, Greece, May 25th, 2000.

Hamill J.L., **Caruso J.F.**, Yamauchi M., and R. Better. Motor unit recruitment during work performed on an ergometer proposed for space flight. Southwestern American College of Sports Medicine. San Jose, California, November 13th, 1999.

Hamill J.L., **Caruso J.F.**, and M. Yamauchi. Energy cost of strength training for space travel. Academic Jamboree, University of Nevada-Reno, Jot Travis Student Union, Reno, Nevada, November 3rd, 1999.

Hamill J.L., **Caruso J.F.**, and M. Yamauchi. Energy cost of strength training for space travel. Annual Meeting of The Western Collegiate Physical Education Society, Reno, Nevada, October 18th, 1999.

Caruso J.F., Mercado D.R., Cook, T.D. Higginson B., O'Meara S., Keller C.P., Montgomery A.G., Koenig S.L., Callan B., and W.J. Williams. Ankle extensor countermeasures to unweighting. Annual Meeting of The American College of Sports Medicine, Seattle, Washington. June 2nd, 1999.

Liner A., **Caruso J.F.**, Mercado D.R., Cook T.D., Gaffney E., Carlson B., and W.J. Williams. A countermeasure to unweighting-induced bone remodeling. Annual Meeting of The American College of Sports Medicine, Orlando, Florida. June 6th, 1998.

Caruso J.F., Mercado D.R., Cook T.D., Higginson B., O'Meara S., Zickmund N., Williams W.J., and A. Liner. A knee extensor countermeasure to unweighting. Annual Meeting of The American College of Sports Medicine, Orlando, Florida. June 5th, 1998.

Mercado D.R., **Caruso J.F.**, Cook T.D., Higginson B., O'Meara S., Williams W.J., and A. Liner. An ankle extensor countermeasure to unweighting. Annual Meeting of The American College of Sports Medicine, Orlando, Florida. June 5th, 1998.

Caruso J.F. Countermeasures to musculoskeletal deconditioning for weightless environments. Health, Wellness, and Exercise Science Faculty, University of Nevada-Reno. Reno, Nevada, April 1st, 1998.

Caruso J.F., Mercado D.R., Cook T.D., Higginson B., O'Meara S., Liner A., Aybar J. and W.J. Williams. Knee extensor countermeasures to unweighting. Annual Meeting of the Northwest Chapter of The American College of Sports Medicine, Kalispel, Montana, February 6th, 1998.

Mercado D.R., **Caruso J.F.**, Cook T.D., Higginson B., O'Meara S., Liner A. and W.J. Williams. Ankle extensor countermeasures to unweighting. Annual Meeting of the Northwest Chapter of The American College of Sports Medicine, Kalispel, Montana, February 6th, 1998.

Liner A., **Caruso J.F.**, Mercado D.R., Cook T.D., Gaffney E., Carlson B., O'Meara S., Higginson B., and W.J. Williams. Countermeasures to unweighting-induced bone remodeling. Annual Meeting of the Northwest Chapter of The American College of Sports Medicine, Kalispel, Montana, February 6th, 1998.

Caruso J.F. Combining treatments as a single countermeasure to musculoskeletal deconditioning associated with space flight. Medical Faculty at Benefis Health Care, Great Falls, Montana. July 25th, 1997.

Caruso J.F., Skelly W.A., Gibb G., and T.D. Cook. Strength and metabolic comparison of concentric and eccentric exercise performed at a constant angular velocity. Annual Meeting of the American College of Sports Medicine, Denver, Colorado. May 31st, 1997.

Caruso J.F. Selected research topics. Exercise Science Faculty at Ball State University, Muncie, Indiana. May 5th, 1997.

Caruso J.F. Exercise equipment design for use during space flight. Sports Equipment Design (HDPE 420) Montana State University, Bozeman, Montana. April 10th, 1997.

Caruso J.F. and M.M. Bamman. Quantifying topographical changes in plantar flexor torque during simulated space flight. Texas Chiropractic College, Pasadena, Texas. July 29th, 1996.

Caruso J.F. and M.M. Bamman. Quantifying topographical changes in plantar flexor torque during simulated space flight. Annual Meeting of The National Strength and Conditioning Association, Atlanta, Georgia. June 21st, 1996.

Caruso J.F. and M.M. Bamman. Quantifying losses in knee extensor torque due to bed rest with three dimensional topography. Annual Meeting of the American College of Sports Medicine, Cincinnati, Ohio. June 1st, 1996.

Bamman M.M., **Caruso J.F.**, Guilliams M.E., Greenisen M.C., Ferrando A.A., and S.A. Lieberman. Singular and combined effects of bed rest and resistance exercise on force-velocity and force-length relationships. University of Texas Medical Branch-Galveston Colloquium, Galveston, Texas. March 22nd, 1996.

Caruso J.F. The combined effects of β_2 agonists and isokinetic exercise on the quadriceps muscle group. Morehouse University Medical School. Atlanta, Georgia. January 24th, 1996.

Caruso J.F. The combined effects of β_2 agonists and isokinetic exercise on the quadriceps muscle group. Rehabilitation Institute of Chicago-Northwestern University Medical School. Chicago, Illinois. December 14th, 1995.

Caruso J.F., Signorile J.F., Perry A.C., and M. Clarke (1995). Time course changes in strength gain as a result of albuterol administration with isokinetic exercise. Annual Meeting of The National Strength and Conditioning Association, Phoenix, Arizona. June 1995.

Caruso J.F., Signorile J.F., Perry A.C., LeBlanc B., and M. Clark. The combined effects of albuterol and isokinetic exercise on the quadriceps muscle group. Annual Meeting of the American College of Sports Medicine, Minneapolis, Minnesota. June 1995.

Caruso J.F. Guest lecturer: Anabolic Steroids. The University of Miami. Coral Gables, Florida. January 1994.

Caruso J.F., Signorile J.F., Clark M., Lowensteyn I., and T. Okuyama. The effects of chronic administrations of β_2 agonists upon athletic performance. Annual Meeting of The National Strength and Conditioning Association, Las Vegas, Nevada. June 1993.

Caruso J.F., Signorile J.F., Clark M., Lowensteyn I., and T. Okuyama. The effects of the acute administration of β_2 agonists on performance in power athletes. Annual Meeting of The American College of Sports Medicine, Seattle, Washington. June 1993.

Gomez M., Signorile J.F., **Caruso J.F.**, Flipse D., and K. Banovac. Metaproterenol increases muscle strength in patients with chronic quadriplegia. Abstracts of the National Meeting of the American Spinal Injury Association, Toronto, Canada. February 1992.

GRANTSMANSHIP

Funded Grants

Fall 2018: Funded as research advisor, an undergraduate fellowship application, on behalf of Alexandria Vanhoover, to NASA/The Kentucky Space Grant Consortium. Project Title: Dietary strategies and their impact on exercise performance and metabolic responses from squat workouts done with a robotic exoskeleton. NASA Support Personnel: Judith Hayes Ph.D. Total Costs: \$6,000.

Fall 2017: Funded as research advisor, an undergraduate fellowship application, on behalf of Ema Selimovic, to NASA/The Kentucky Space Grant Consortium. Project Title: Comparative responses to squats done with free weights and a robotic exoskeleton. Total Costs: \$4,825.

Fall 2017: Funded as co-principal investigator, a research proposal to NASA/The Kentucky Space Grant Consortium. Project Title: Comparative responses to squats done with free weights and a robotic exoskeleton. Principal Investigator: Kathy Carter Ph.D. NASA Support Personnel: Judith Hayes Ph.D. Total Costs: \$12,995.

Summer 2016: Received, as entrepreneurial and academic lead/principal investigator, a grant from The National Science Foundation/University of Louisville's I-Corps Foundation. Title: A palm cooling glove for body heat loss/thermal exchange. Total Costs: \$2,500.

Fall 2015: Funded, as co-principal investigator, a research proposal to NASA/The Kentucky Space Grant Consortium. Project Title: Musculoskeletal outcomes from chronic high-speed inertial resistance exercise workouts. Co-Principal Investigators: JR Jagers Ph.D. and Michael Voor Ph.D. NASA Support Personnel: Laurie Ploutz-Snyder Ph.D. Total Costs: \$15,000.

Spring 2015: Funded, as co-investigator/research mentor, a proposal by The University of Tulsa Student Research Program (PI Jake Martin). Project Title: NASA Exercise Exoskeleton System-Grasshopper. Total Costs: \$500.

Spring 2015: Funded, as co-investigator/research mentor, a proposal by The University of Tulsa Student Research Program (PIs Katy Riojas and Rachel Perry). Project Title: Development of a palm cooling glove for use during exercise. Total Costs: \$500.

Spring 2015: Funded, as co-investigator/research mentor, a proposal by The University of Tulsa Student Research Program (PI Roman Edwards). Project Title: Metabolic responses to seated calf presses on a flywheel ergometer: effect of tendon length. Total Costs: \$350.

Fall 2014: Received funding as principal investigator in response to a 2014 University of Tulsa Faculty Research Grant announcement in support of the purchase of supplies for a project that examines the effects of Achilles tendon length on calf press performance. Total Costs: \$974.

Fall 2014: Funded, as co-investigator/research mentor, a proposal by The University of Tulsa Student Research Program (PI Rachel Perry). Project Title: Metabolic responses to seated calf presses on a flywheel ergometer: effect of tendon length. Total Costs: \$500.

Fall 2014: Funded, as co-investigator/research mentor, a proposal by The University of Tulsa Student Research Program (PI Lacey Mitchell). Project Title: Metabolic responses to seated calf presses on a flywheel ergometer: effect of tendon length. Total Costs: \$350.

Spring 2014: As principal investigator, received funding for a proposal in response to a 2014 University of Tulsa Faculty Research Grant announcement in support of the purchase of supplies for a project that examines the effects of palm cooling on resistive exercise performance. Total Costs: \$728.

Fall 2013: As principal investigator, received funding for a proposal in response to a 2013 University of Tulsa Faculty Research Grant announcement in support of the purchase of supplies for a project that examines the effects of palm cooling on resistive exercise performance. Total Costs: \$885.

Spring 2013: As principal investigator, received funding for a proposal in response to a 2013 University of Tulsa Faculty Research Grant announcement to support the purchase of supplies for a project that examines the impact of chronic β -alanine supplementation on blood lactate kinetics. Total Costs: \$900.

Fall 2012: Received funding as principal investigator, in response to a 2012 University of Tulsa Faculty Research Grant announcement in support of the purchase of supplies for a project that examines the effects of palm cooling on resistive exercise performance. Total Costs: \$975.

Fall 2011: Received funding as principal investigator, a proposal in response to a 2011 University of Tulsa Faculty Research Grant announcement in support of the purchase of supplies for a project that examines the impact of chronic β -alanine supplementation on blood lactate kinetics. Total Costs: \$1000.

Spring 2011: Received funding as principal investigator, a proposal in response to a 2011 University of Tulsa Faculty Research Grant announcement in support of the purchase of supplies for a project that examines anthropometric, metabolic and hormonal responses to low-speed resistive exercise workouts. Total Costs: \$1000.

Fall 2010: Received funding as principal investigator, a proposal in response to a 2010 University of Tulsa Faculty Research Grant announcement in support of the purchase of supplies for a project that examines anthropometric, metabolic and hormonal responses to high-speed resistive exercise workouts. Total Costs: \$1000.

Fall 2009: Received funds for a proposal to obtain laboratory equipment (Tanita weight scale, blood lactate strips) from The University of Tulsa Faculty Research Grant Program. Project Title: Bench press power outputs and blood lactate, salivary cortisol and testosterone responses to workouts performed against different loads. Total Costs: \$1000.

Fall 2008: Received funding for a University of Tulsa Faculty Research Grant Proposal. Project Title: Bench press power outputs and blood lactate responses to workouts performed against different loads. Co-investigator: P. Hari, Ph.D. and S. Kucera. Total Costs: \$1000.

Fall 2007: Awarded funding as principal investigator from The 2008 University of Tulsa College of Business Administration Summer Faculty Research Grant. Project Title: Data reproducibility from an instrumented vertical jump device. Total Costs: \$5,568.

Spring 2007: As principal investigator, received a University of Tulsa Faculty Research Grant. Project Title: Instrumentation of an inertial kinetic exercise device. Co-investigators: P. Hari Ph.D., A. Leeper. Total Costs: \$960.

Fall 2006: Awarded funding as principal investigator from The 2007 University of Tulsa Faculty Development Summer Fellowship Program. Project Title: Blood lactate and hormonal responses to exercise done against inertial resistance. Total Costs: \$5,140.

Fall 2005: Awarded funding as principal investigator from The 2006 University of Tulsa College of Business Administration Summer Faculty Research Grant. Project Title: Strength training modes and their impact on jump performance parameters. Total Costs: \$4,568.

Fall 2005: Awarded funding as principal investigator for a University of Tulsa Faculty Research Grant. Project Title: Blood lactate and hormonal responses to exercise done against inertial resistance. Co-investigator: Ken Roberts, Ph.D. Total Costs: \$987.

Fall 2005: Awarded funding as principal investigator for a Travel Grant Award from NASA/Oklahoma EPSCoR. Project Title: Comparing inertial resistance exercise devices on muscle and bone outcomes. NASA Support Personnel: Don Hagan, Ph.D. Johnson Space Center. Total Costs: \$1,337.

Fall 2004: Awarded funding as principal investigator from The 2005 University of Tulsa Faculty Development Summer Fellowship Program. Project Title: Blood lactate responses to the different seated leg press protocols done against inertial resistance. Total Costs: \$4,890.

Fall 2003: Awarded funding for a proposal as principal investigator from The 2004 University of Tulsa Faculty Development Summer Fellowship Program. Project Title: Metabolic responses to the Seated Calf Press Exercise done against inertial resistance. Total Costs: \$4,721.

Fall 2001: Awarded funding for a 12-month proposal as principal investigator in response to the program announcement provided by the Nevada Space Grant Consortium. Project Title: Examination of Muscle Histology. Co-investigator: Iain Buxton, D. Pharm. Total Costs: \$1,877.

Fall, 2000: Awarded funding as principal investigator from NASA/Nevada Space Grant Consortium. Project Title: Countermeasures to long-term musculoskeletal unweighting. Total costs: \$4,600.

Summer 2000: Awarded funding for an 18-month proposal as principal investigator from The University of Nevada-Reno's Junior Faculty Research Award. Project Title: β_2 agonist administration and resistance exercise as a combined countermeasure for the antigravity musculoskeleton during simulated microgravity. Co-investigators: Dave Fiore, M.D., W.J. Williams, Ph.D. Total Costs: \$10,000.

Summer 1999: Awarded funding for a proposal as principal investigator from The UNR Sanford Center for Aging. Project Title: Preventing bone density losses with an inertial resistance ergometer. Total Costs: \$9,800.

Spring, 1999: Awarded funding as principal investigator from NASA/Nevada Space Grant Consortium. Project Title: Countermeasures to long-term musculoskeletal unweighting. Total costs: \$5,000.

Spring 1998: Awarded funding for a proposal as principal investigator to The Montana Space Grant Consortium/NASA. Project Title: β_2 agonist administration and resistance exercise as a combined countermeasure for the antigravity musculoskeleton during simulated microgravity. Co-investigators: W.J. Williams, B.J. McKenzie and D.R. Mercado. Total Costs: \$40,366.

Spring 1998: Awarded an intramural equipment grant for updating Ariel Performance Analysis Software. College of Education, Health and Human Development, Montana State University. Total Costs: \$40,000.

Spring 1998: Awarded an intramural equipment grant for a SensorMedics Model 2000 Treadmill and Marshall Self-taking Blood Pressure Kits. College of Education, Health and Human Development, Montana State University. Total Costs: \$7,000.

Spring 1997: Funded for a proposal (grant # NGT5-40036) as principal investigator to The Montana Space Grant Consortium/NASA. Project Title: β_2 agonist administration and resistance exercise as a combined countermeasure for the antigravity musculature during simulated microgravity. Co-investigators: B.J. McKenzie and W.J. Williams. Total Costs: \$42,377.

Spring 1994: Funded for a two-year grant to work as a National Research Council post-doctoral research fellow for The National Aeronautics and Space Administration at The Johnson Space Center's Exercise Countermeasures Laboratory in Houston, Texas. Total Costs: \$70,000.

FINANCIAL AWARDS/FELLOWSHIPS/ASSISTANTSHIPS

Spring 2013: Received a financial reward (~\$48,000) from The University of Tulsa for the purchase of laboratory equipment for use in research projects.

Spring 2008: Awarded funding as principal investigator for a University of Tulsa College of Business Administration Summer Faculty Research Grant for a project titled *“The repeatability of measuring human performance with a vertical jump test.”*

Fall 2006: Awarded a Summer Fellowship from the University of Tulsa Faculty Development Summer Fellowship Program for a project titled *“Blood lactate and hormonal responses to exercise done against inertial resistance.”*

Fall 2006: Received a financial reward (\$2,500) as winner of The University of Tulsa’s TURC (Tulsa Undergraduate Research Challenge) Outstanding Mentor Award.

Summer 2006: Awarded an inertial exercise device (Inertial Kinetic Exercise LLC, Oconomowoc WI) from the company’s CEO. The exercise device is a gift from the CEO (Mike Thompson) who knows of my published research expertise pertaining to physiological responses to exercise done on inertia-based equipment.

Summer 2006: Received a financial reward (\$6,303) from the TURC Advisory Board for the purchase of laboratory equipment for use in research projects.

Fall 2005: Awarded funding as principal investigator for a University of Tulsa College of Business Administration Summer Faculty Research Grant for a project titled “*Strength training modes and their impact on jump performance parameters.*”

Spring 2005: Received a financial reward (\$1,000) as a University of Tulsa College of Business Administration’s Mayo Research Excellence Award Recipient.

Fall 2004: Awarded a Summer Fellowship from the University of Tulsa Faculty Development Summer Fellowship Program for a project titled “*Blood lactate responses to the different seated leg press protocols done against inertial resistance.*”

Fall 2003: Awarded a Summer Fellowship from the University of Tulsa Faculty Development Summer Fellowship Program for a project titled “*Metabolic responses to the Seated Calf Press Exercise done against inertial resistance.*”

1996-1998: Received a pair of one-year financial rewards through NASA/The Montana Space Grant Consortium.

1994-96: Awarded a two-year National Research Council Post-doctoral Research Fellowship at NASA/Johnson Space Center’s Exercise Countermeasures Laboratory in Houston, Texas.

Fall 1992: Awarded a research assistantship from Scherring-Plough Pharmaceuticals to examine the impact of the β_2 adrenergic agonist albuterol upon patients recovering from anterior cruciate ligament surgery.

Summer 1991: Awarded a research assistantship from The United States Olympic Committee to examine the impact of the β_2 adrenergic agonists albuterol and metaproterenol upon athletic performance.

PROPOSED FUTURE AND CURRENT RESEARCH IN PROGRESS

- Optimal palm cooling temperature to improve exercise performance and physiological responses.
- The effects of chocolate milk consumption with downhill walking.
- Dietary strategies and their impact on exercise performance and metabolic responses workouts done on gravity-independent resistive exercise hardware.
- The impact of cooling headbands on metabolic, cardiovascular and skin temperature responses incurred from rowing ergometry.

HONORS

- 2019: Red and Black Student Scholar (Halee Hudson, Track & Field) Mentor
- 2017-2018: University of Louisville Faculty Favorite
- 2016-2017: University of Louisville Faculty Favorite
- Fall 2015: Appointed a Kentucky Colonel by Governor Steve Beshear and Secretary of State Alison Lundergan Grimes
- Spring 2015: Collins College of Business Excellence in Teaching Nominee.
- Spring 2015: Received a Most Valuable Professor award from The University of Tulsa Athletics Department (Nominated by Bailey Erwin, Women's softball)
- Fall 2014: Received a Most Valuable Professor award from The University of Tulsa Athletics Department (Nominated by Byron Knowles-Ramirez, Men's soccer)
- Spring 2013: Collins College of Business Excellence in Teaching Nominee.
- Summer 2012: Recipient of The National Strength & Conditioning Association/Journal of Strength & Conditioning Research Editorial Excellence Award
- Fall 2010: Received a Most Valuable Professor award from The University of Tulsa Athletics Department (Nominated by Michael Britton, football)
- Spring 2010: Collins College of Business Excellence in Teaching Nominee.
- Fall 2006: Recipient of The University of Tulsa's TURC (Tulsa Undergraduate Research Challenge) Outstanding Mentor Award.
- Spring 2005: Recipient of The University of Tulsa College of Business Administration's Mayo Research Excellence Award for 2004-2005. *Albuterol helps resistance exercise attenuate knee extensor unloading-induced strength losses.*
- Winner of the 1993 Student Research Award at the Annual Conference of the National Strength and Conditioning Association (Las Vegas, NV).
- President's Honor Roll at The University of Central Florida (Fall 1986 semester).

PROFESSIONAL ORGANIZATIONS AND COMMITTEES

Search Committee Member for The University of Louisville EXP Assistant Professor and Open Rank Positions (2018)

Panel Member: CEHD Faculty Grievance Council (2018)
 Discussant (Session Chair), The 2018 Spring Research Conference, The University of Louisville
 Scientific Reviewer of IRB proposals The University of Louisville's HSS Dept. (2015-present)
 Undergraduate Research Coordinator, Exercise Physiology Program, The University of Louisville (2016-present)
 Member, Personnel Committee, HSS Dept. The University of Louisville (2016-present)
 Member, Kentucky Academy of Sciences (2017-present)
 Member, Transition/Relocation Team. The University of Louisville's HSS Dept. (2015-2016)
 Peer Reviewer of Grant Proposals for The European Science Foundation (2009-2014)
 National Strength and Conditioning Association
 Certified Strength and Conditioning Specialist (CSCS, 1993-2003)
 Member, NSCA Research Grant Review Panel (2007, 2009-2011)
 Member, NSCA Research Committee (2009-2012)
 Associate Editor, Journal of Strength and Conditioning Research (2007-2013)
 Abstract Reviewer, NSCA Annual Conference (2011-2012)
 American Society for Gravitational and Space Biology (2007)
 Faculty Member, TU CBA Distinguished Lecturer Series Planning Committee (2004-2009)
 Chair (2007-2009)
 Faculty Member, TU CBA Mayo Teaching Excellence Award Committee (2005)
 Faculty Member, ATRG Council (2003-2015)
 Faculty Search Committee Member, TU CBA Exercise Science Position Opening (2006)
 Member, The University of Tulsa SON Tenure Track Review Committee (2007-2015)
 Member, The University of Tulsa School of Nursing Faculty Forum
 Chair, The University of Tulsa School of Nursing Clinical Track Review Committee (2006)
 Chair, TU School of Nursing Contract Renewal Second-Year Faculty Review (2007)
 Member, Academic Unit, ATRG/EXSS Program, TU School of Nursing (2003-2015)
 Member, School of Nursing Faculty Promotion and Tenure Committee (2006-2015)
 Alternate, The University of Tulsa Board of Appeals (2010-2012)
 Member, TU Faculty Great Lecture Series (2013)
 The University of Tulsa Faculty Senator (2005-2008)
 Judge, The University of Tulsa Student Research Colloquium, (2008, 2011, 2013)

- Symposium Organizer (2012, 2015)

 CITI Training Certification for Biomedical Research (2008-Present)
 CPR Certification, American Red Cross (2003-Present)
 BCLS, American Heart Association (2010-2012)
 TU/EEOC Certification for the prevention of Workplace Harassment (2010-Present)
 Dissertation Committee Member, Dept. Chemistry & Biochemistry (Christy Craig, 2013)
 Associate Member, The University of Tulsa's Institute for the Study of Biochemical and Psychological Individual Differences (2014-2015)
 Mentor, TURC (Tulsa Undergraduate Research Challenge) Program

- TURC Outstanding Mentor Selection Committee (2007-2015)
- TURC Coordinator, Collins College of Business (2010-2015)

 Mentored TURC student, TU Outstanding Senior & Jim Thorpe Spirit Award Recipient
Camille Herron (2004-2005)

- *Graduate Fellow: Oregon State University's Dept. of Nutrition & Ex. Science*
- *Research Assistant, University of Oklahoma School of Medicine, Oklahoma City*

Mentored Montana State University exercise physiology student Tommy Manning (2004)

Mentored Massachusetts Institute of Technology physics student Jon Williams (2005)

Mentored TURC student *Michael Coday* (2005-2006)

- *Graduate assistantship under Dr. W.J. Kraemer at The University of Connecticut*

Mentored TU National Merit Scholar Landon Capps (2005-2006)

Mentored TURC Physics/Biology Student Tom Magruder (2005-2006)

Mentored TU Student Athlete Charles Ramsey (2005-2007)

Mentored TURC Physics Student *Adam Leeper* (2006-2007)

- *National Science Foundation Graduate Fellow, Stanford University*

Mentored Akirithi Udupa, Summer TURC program-high school students (2007)

Mentored TURC Chemistry Student *Julie Monda* (2006-2008)

- *Master's Student, University of Tennessee Health Sciences Center*
- *National Science Foundation Graduate Fellow, MIT*

Mentored TURC Biology Student *Lori Hastings* (2007-2008)

- *Physical Therapy Doctoral Student, Duke University, Durham North Carolina*

Mentored TU Exercise & Sport Science Student *Elizabeth Ramey* (2007-2008)

- *Dietetics Program, The University of Oklahoma's Health Sciences Center*

Mentored TURC Physics Student *Sam Kucera* (2007-2009)

- *Graduate Student, Dept. Mechanical Engineering, The University of Tulsa*

Mentored TU Exercise & Sport Science Student *Mallory Golden* (2007-2008)

- *Graduate Assistant: The University of Maryland's Dept. of Kinesiology*
- *Doctoral Student: Michigan State University's Dept. of Kinesiology*

Mentored TURC student *Jessica McLagan* (2007-2009)

- *Graduate Assistant: The University of Oklahoma's Dept. of HES*
- *Science Teacher, Broken Arrow Public School System, Broken Arrow OK*

Mentored TURC student, TU Presidential Scholar & CCB Outstanding Senior *Nathan Olson* (2008-2010)

- *Physical Therapy Doctoral Student, The University of Wisconsin-La Crosse*

Mentored TURC student *Skyler Taylor* (2008-2010)

- *Field Manager, Con-Way Freights, Waco Texas*

Mentored TURC student *Catherine Shepherd* (2008-2010)

- *Accelerated Nursing Program, The University of Oklahoma-Oklahoma City*

Mentored TURC student and Outstanding EXSS Graduate *Kyle Wilson* (2009-2010)

- *Physician & Graduate Kansas City University for Medicine & Bioscience)*

Mentored TURC Physics Student Thomas Jackson (2009-2010)

Mentored TU Student Athlete *Lauren Gilliland* (2009)

- *Master's Student, Sports Nutrition, University of Colorado-Colorado Springs*

Mentored TURC student and TU Student Athlete Jessica Ford (2009-2010)

Mentored TURC student *Melissa Mason* (2009-2011)

- *Physical Therapy Doctoral Student, University of Oklahoma-Tulsa*

Mentored Graduate Biology student Brant Lutz (2009-2011)

Mentored TURC student *Justin Duncan* (2010-2011)

- *Graduate Student, University of Toronto, Toronto Ontario Canada*

Mentored TURC student *Mark Davidson* (2010-2011)

- *Graduate Student, University of Tulsa, Tulsa Oklahoma*

Mentored TURC student *Jake Borgsmiller* (2010-2011)

- *Graduate Student, Oklahoma State University, Tulsa Oklahoma*
- *Physician & Graduate, Oklahoma State University School of Medicine, Tulsa*

Mentored University of South Carolina exercise physiology student *Kate Burnett* (2011)

- *Nursing Student, Johns Hopkins University, Baltimore Maryland*

Mentored TURC student *Rebekah Riner* (2010-2011)

- *Graduated Magna Cum Laude, The University of Tulsa*

Mentored TURC student *Colbert Nelson* (2011-2012)

- *Masters of Public Health, The University of Arkansas Medical Sciences*
- *Medical Student, William Carey College of Osteopathic Medicine, Hattiesburg MS*

Mentored TURC student *Kayla Unruh* (2011-2012)

- *Physical Therapy Doctoral Student, University of Oklahoma-Tulsa*

Mentored TURC student *Rachel Giebel* (2011-2013)

- *Occupational Therapy Doctoral Student, University of Oklahoma-Tulsa*

Mentored TURC student and TU Student Athlete *Lexis Learmonth* (2011-2013)

- *Graduate Student, Dallas Baptist University, Dallas TX*
- *Physical Therapy Student, Harding University, Searcy AR*

Mentored TURC student *Jessica Charles* (2011-2012)

Mentored Summer TURC student *Bria Phipps* (2012)

- *Physical Therapy Student, University of Kansas, Lawrence KS*

Mentored Summer TURC student *Courtney Cass* (2012)

- *Physician Assistant Program, University of Oklahoma, Tulsa OK*

Mentored TURC student and Mortar Board Member *Amanda Barbosa* (2012-2014)

- *Physical Therapy Doctoral Student, University of Oklahoma-Tulsa*

Mentored TU EXSS student *Evelyn Gutierrez* (2013-2014)

- *Hillcrest Hospital, Tulsa Oklahoma*

Mentored Junior TURC scholar *Abigail Palmer* (2013)

Mentored TURC student *Larissa Erickson/Mitchell* (2013-2015)

- *Physical Therapy Doctoral Student, University of Oklahoma-Tulsa*

Mentored TURC student *Rachel Perry* (2014-2016)

- *Occupational Therapy Graduate Student, UTMB-Galveston*

Mentored TURC student *Roman Edwards* (2014-2016)

- *Medical Student, Oklahoma State University, Tulsa Oklahoma*

Mentored TURC student *Ashley Clark* (2014-2016)

Mentored Dept. Chemistry & Biochemistry student *Jake Martin* (2014-2016)

- *Medical Student, Saint Georges University*

Mentored Junior TURC scholar *Karis D'Alessandro* (2014)

Mentored OU Medical Student *Prashant Parmar* (2014-2018)

- *Medical Resident, Saint Joseph's Hospital, Denver Colorado*

Mentored TURC student *Samantha Vickers* (2014-2015)

- *Physician Assistant Program, Sheffield Hallam University, Sheffield UK*

Mentored TU EXSS student *Jon McArtor* (2014-2016)

Mentored TURC student Rachel Baptista (2014-2016)
 Mentored TURC Junior Scholar *Houston Hardman* (2015-2016)
 • *Undergraduate Student, The University of Tulsa, Tulsa Oklahoma*
 Mentored TU EXSS student Katelyn Admire (2015)
 Mentored TU EXSS student Carlos Bautista-Enrique (2015)
 Mentor for HSS Graduate Student *Greta Cezsar* (University of Louisville, 2015-2017)
 • *Doctoral Student, Department of Physiology, The University of Louisville*
 Mentor for HSS Graduate Student *Alexandrea Roberts* (University of Louisville, 2015-2016)
 • *Doctoral Student, The Australian Institute for Sport*
 Mentor and Thesis Chair for HSS Student *Ling Bai* (University of Louisville, 2016-2018)
 • *Physical Therapy Doctoral Student, Sacramento State University*
 Mentored *Emma Selimovic* (University of Louisville, 2016-2018)
 • *KSGC Undergraduate Fellowship Recipient*
 • *Nurse Practitioner Program, The University of Louisville, Louisville KY*
 Mentor for HSS Student Lotta Kahrlot (University of Louisville, 2016)
 Mentor for Nursing Student Emily Matte (University of Louisville, 2016)
 Mentored HSS Graduate Student *Frank Muntis* (University of Louisville, 2017)
 • *Doctoral Student, MPH/RD Program, University of North Carolina*
 Mentor for HSS Student Shelby Dawson (University of Louisville, 2017)
 Mentor for HSS Student Elizabeth White (University of Louisville, 2017)
 Dissertation Committee Member for Matt Daunis (Mechanical Engineering, University of Louisville, 2017-present)
 Mentor for Medical Student Tyler Bayers (University of Louisville, 2017)
 Mentor for HSS Graduate Student *Lily Vargas* (University of Louisville, 2017-2018)
 • *Doctoral Student, Department of Physiology, The University of Louisville*
 Mentor for ME Student Emma Lawson (University of Louisville, 2017)
 Thesis Committee Member for Sean Coyle (Bioengineering, University of Louisville)
 Mentor for HSS Student Rebecca Mueller (University of Louisville, 2017-2018)
 Mentor for HSS Graduate Student Samantha Beatty (University of Louisville, 2017-2018)
 Mentor (Research/Expert Advisor) for Kendall Eatherly (Manuel High School, 2017)
 Thesis Chair for HSS Student Ian O'Brien (University of Louisville, 2018-present)
 Mentor for HSS Graduate Student Bailey McEnroe (University of Louisville, 2018-present)
 Thesis Chair for HSS Student *Alexandria Vanhoover* (University of Louisville, 2018-present)
 • *Ellis C. Mendelsohn Award Recipient, The University of Louisville*
 • *KSGC Undergraduate Fellowship Recipient*
 Thesis Chair for HSS Student Dane Gray (University of Louisville, 2018-present)

MANUSCRIPT REVIEWER

- American Journal of Medical Sciences
- American Journal of Physical Medicine and Rehabilitation
- American Journal of Physiology (Endocrinology and Metabolism)
- Aviation, Space and Environmental Medicine
- European Journal of Sports Science

- Indian Journal of Medical Research
- International Journal of Chronic Obstructive Pulmonary Disease
- International Journal of Endocrinology
- International Journal of Sports Medicine
- International Journal of Sports Medicine and Rehabilitation (Editorial Board Member)
- International Journal of Sports Physiology and Performance
- Isokinetics and Exercise Science (Editorial Board Member)
- Journal of Applied Physiology
- Journal of Biomechanics
- Journal of Experimental Aging Research (Consulting Editor)
- Journal of Sport Sciences
- Journal of Sports Medicine and Doping Studies
- Journal of Yoga and Physical Therapy
- Medical Science Monitor
- Medicina Sportiva (Poland)
- Medicine and Science in Sports and Exercise
- Open Access Journal of Sports Medicine
- Physiology and Behavior
- Research Quarterly for Exercise and Sport
- Sports Biomechanics
- Sports Engineering
- Sports Medicine-Open
- The Physician and Sports Medicine

COURSES TAUGHT

ATRG 3023 (Exercise Physiology, The University of Tulsa)
 ATRG 3121 (Exercise Physiology Lab, The University of Tulsa)
 ATRG 3004 (Exercise Physiology, The University of Tulsa)
 ATRG 3993 (Independent Study, The University of Tulsa)
 ATRG 4413 (Student Internship I, The University of Tulsa)
 ATRG 4423 (Student Internship II, The University of Tulsa)
 ATRG 4113 (Motor Control, The University of Tulsa)
 ATRG 1991 (Weight Training, The University of Tulsa)
 ATRG 4993 (Independent Study, The University of Tulsa)
 EXP 501 (Applied Exercise Physiology, The University of Louisville)
 EXP 600 (Exercise Biochemistry, The University of Louisville)
 EXP 699 (Master's Thesis Defense, The University of Louisville)
 HDPE 103 (Weight Training, Montana State University)
 HDPE 270 (Individual Problems, Montana State University)
 HDPE 322 (Exercise Physiology, Montana State University)

HDPE 465 (Exercise Testing & Prescription. ACSM Certification Course, Montana State University)
HDPE 480 (Strength & Conditioning for Athletic Performance. NSCA Certification Course, Montana State University)
HDPE 500 (Graduate Seminar-Human Physiology & Microgravity, Montana State University)
HDPE 545 (Graduate Exercise Physiology, Montana State University)
HDPE 570 (Independent Study, Montana State University)
HDPE 580 (Graduate Exercise Physiology for Health Enhancement, Montana State University)
HE 201 (Foundations of Personal Health & Wellness, The University of Nevada-Reno)
HE 270 (Applied Kinesiology, The University of Nevada-Reno)
HE 370 (Exercise Physiology, The University of Nevada-Reno)
HE 492 (Independent Study, The University of Nevada-Reno)
HE 494 (Field Studies, The University of Nevada-Reno)
HSS 386 (Anatomy and Physiology I, The University of Louisville)
HSS 390 (Anatomy and Physiology II, The University of Louisville)
HSS 486 (Advanced Exercise Physiology, The University of Louisville)
HSS 507 (Senior Seminar, The University of Louisville)
HSS 604 (Research Methods, The University of Louisville)
HSS 699 (Thesis Hours, The University of Louisville)

MISCELLANEOUS

Summer 2019: Wrote a letter of recommendation for Dionna Smith, who seeks admittance into the Graduate Program for Athletic Training at Spalding University.

Spring 2019: Consented to serve as a reference for Phillip Miller, who seeks a strength coaching position with Saint Xavier's Football Team (Louisville, Kentucky).

Spring 2019: Wrote letters of recommendation for University of Louisville student Nathan Eberhard, who applied for Dennis C. Torchbearer, Etscorn Honors, and Florence M. Strickler Scholarships.

Spring 2019: Consented to serve as a reference for Dynell Stewart, as he seeks a position in exercise science/health following graduation from The University of Louisville.

Spring 2019: Wrote a letter of recommendation for Ian O'Brien, who seeks to gain admittance into The University of Kentucky's Exercise Physiology Doctoral Program.

Spring 2019: Consented to serve as a reference for Dionna Smith, as she seeks an internship position as a University of Louisville Undergraduate Student.

Spring 2019: Wrote letters of recommendation for Chris Colburn and Alexandria Vanhoover, who each seek admittance into The University of Louisville's Exercise Physiology Graduate Program.

Spring 2019: Wrote letters of recommendation for Victor Hoffman, who seeks admittance into graduate programs George Washington University, as well as The Universities of Florida and Louisville.

Fall 2018: Met with a prospective student (Toby Gray) who visited The University of Louisville campus in the hopes of becoming an EXP major.

Fall 2018: Served as a reference for Dr. Patrick Hagerman, who applied for a faculty position with The University of Arkansas

Fall 2018: Wrote letters of recommendation for University of Louisville student Nathan Eberhard, who applied for Dennis C. Torchbearer and Florence M. Strickler Scholarships.

Fall 2018: In conjunction with The University of Louisville's Office of Technology Transfer, obtained a provisional patent for a palm cooling glove (#17013).

Fall 2018: Wrote a letter of support on behalf of Ian O'Brien, who seeks RFD funds for travel to the 2019 SEACSM conference in Greenville, South Carolina.

Fall 2018: Wrote a letter of recommendation for University of Louisville student Mark Chaplin, who seeks admittance into a physical therapy program.

Summer 2018: Wrote a letter of recommendation for University of Louisville student Ling Bai, who seeks admittance into a physical therapy program.

Summer 2018: Wrote a letter of recommendation on behalf of Kathy Carter, who seeks employment within a tenure track PhD academic appointment.

Summer 2018: Wrote a letter of recommendation on behalf of University of Louisville student Rebecca Mueller, as she applies to a post-baccalaureate Physician's Assistant Program.

Summer 2018: Wrote a letter of recommendation on behalf of University of Louisville student Alyssa Marano, who seeks admittance into dental school.

Summer 2018: Wrote a letter of recommendation on behalf of University of Louisville student Daryl Bell, as she applies to a post-baccalaureate Physician's Assistant Program.

Spring 2018: Professional reference for Ling Bai, as she applies for a physical therapy technician position at The University of Louisville.

Spring 2018: Wrote a letter of recommendation to the University of Tulsa's Pre-Health Profession's Medical School Committee on behalf of TURC student Roman Langer (Edwards).

Spring 2018: Wrote a letter of recommendation for Bailey McEnroe, who seeks admittance into The University of Louisville's Exercise Physiology Graduate Program.

Spring 2018: Wrote a letter of recommendation for Bailey McEnroe, who seeks a graduate assistantship with The University of Louisville's Exercise Physiology Program.

Spring 2018: Wrote a letter of recommendation on behalf of Brock Symons, who seeks employment within a tenure track PhD academic appointment.

Spring 2018: Critiqued 2017 Annual Reviews for the Department of Health and Sport Sciences.

Spring 2018: Science Fair Judge. Floyds Knobs Elementary School.

Spring 2018: Provided support materials for Ling Bai's application to The Alice Eaves Barns Award at The University of Louisville.

Spring 2018: Wrote a letter of support on behalf of Ling Bai and Lily Vargas, who were funded for their travel to the SEACSM conference in Chattanooga Tennessee.

Fall 2017: Wrote reference letters for Ema Selimovic, who seeks admittance into a nursing or physician's assistant program after graduation.

Fall 2017: Wrote a letter of support for Ling Bai's RFD submission for conference travel funds.

Fall 2017: Wrote reference letters for Lily Vargas, who seeks admittance into a doctoral program in exercise physiology.

Summer 2017: Wrote a letter of recommendation for HSS student Ryan Troiano, for admittance into The University of Louisville's graduate exercise physiology program.

Summer 2017: Wrote a letter of recommendation for University of Louisville student Bryson Koch, for admittance into a physician assistant program.

Spring 2017: Wrote letters of recommendation on behalf of University of Louisville graduate student Frank Muntis, who seeks admittance into a PhD program in exercise science/sport nutrition.

Spring 2017: Consented to write a letter of recommendation to the University of Tulsa's Pre-Health Profession's Medical School Committee on behalf of TURC student Roman Edwards.

Spring 2017: Wrote a letter of support on behalf of Ling Bai, an award recipient of the University of Louisville International Student Tuition Support Program.

Fall 2016: Wrote a letter of recommendation on behalf of Jeremy Stith, who seeks to gain admittance into graduate school at The University of Kentucky.

Fall 2016: Serving as a witness for The University of Tulsa Faculty Appeals Board regarding Dr. Parameswar Harikumar's denial of promotion to full professor.

Fall 2016: Consented to write a letter of recommendation for TURC student Rachel Baptista's application for admittance into the Masters in Dietetics Program at The University of Oklahoma.

Summer 2016: Wrote a letter of recommendation for University of Tulsa Student-Athlete Alexandra Haun, who was subsequently admitted into physical therapy school.

Summer 2016: Consented to serve as a reference for Greta Cesarz, who applied for an internship with The University of Kentucky's gymnastics and cheerleading teams.

Spring 2016: Consented to write a letter of recommendation for University of Tulsa Student-Athlete Alexandra Haun, as she seeks admittance into graduate school.

Spring 2016: Consented to write a letter of recommendation to the University of Tulsa's Pre-Health Profession's Evaluation Committee on behalf of TURC student Roman Edwards.

Spring 2016: At the request of its Editor-in-Chief, wrote a letter of support to The National Library of Medicine in an attempt to get the journal *Isokinetics and Exercise Science* listed by PubMed.

Spring 2016: Serve as a reference for University of Louisville student Alexandra Roberts, who seeks summer employment.

Spring 2016: Wrote a letter of recommendation for University of Louisville student Alexandra Roberts, who seeks admittance into graduate school at The University of Alabama-Birmingham.

Fall 2015: Wrote a letter of recommendation for TURC student Rachel Baptista's application for admittance into the Masters of Science in Athletic Training at The University of Tulsa.

Fall 2015: Serving as a reference for Dept. Chemistry & Biochemistry student Jake Martin, who seek to gain admittance into medical school after earning his bachelor's degree from The University of Tulsa.

Fall 2015: Wrote a letter of recommendation on behalf of Junior TURC scholar Houston Hardman, who seeks to gain early admittance into The University of Tulsa.

Fall 2015: Serving as a reference for TURC student Jon McArtor, who seek to gain admittance into post-graduate school after earning his bachelor's degree from The University of Tulsa.

Fall 2015: Wrote a letter of recommendation to OTCAS on behalf of former TURC student Rachel Perry, who seek to gain admittance into occupational therapy school.

Fall 2015: Wrote a letter of recommendation to AMCAS on behalf of former TURC student Colbert Nelson, who seek to gain admittance into medical school.

Summer 2015: Wrote a letter of recommendation on behalf of TU Biology student Kerry Hudnall, who seeks admittance into a physical therapy program after graduation.

Summer 2015: Wrote a letter of recommendation on behalf of former TU EXSS student Zack Wallace, who seeks to a graduate assistantship in strength and conditioning at Pittsburg State University (Kansas).

Summer 2015: Wrote a letter of recommendation on behalf of TU EXSS student Alexandria Haun, who seeks to gain admittance into a post-graduate physical therapy program.

Summer 2015: Wrote a letter of recommendation for TURC student Rachel Baptista's application for admittance into a graduate-level physician assistant program.

Summer 2015: Wrote a letter of recommendation for former TURC student Colbert Nelson's application for osteopathic medical school admittance.

Spring 2015: Wrote a letter of recommendation for TU EXSS student Blake Alwardt's medical school application.

Spring 2015: Consented to write a letter of recommendation on behalf of TU Biology student Kerry Hudnall, who seeks to gain admittance into a post-graduate physical therapy program.

Spring 2015: Wrote letters of recommendation for TURC student Samantha Vickers, as she seeks to gain admittance into a physician associate/exercise physiology graduate school in England.

Spring 2015: Applicant, The University of Tulsa College of Business Administration's Mayo Excellence in Research Award. *Human testosterone and lactate responses to flywheel ergometry exercise: effect of contractile mode and work volume.*

Spring 2015: Nominated for The University of Tulsa College of Business Administration's Mayo Excellence in Teaching Award.

Spring 2015: Wrote a letter of recommendation for TURC student Rachel Perry's Truman Scholarship application.

Spring 2015: Wrote a letter of recommendation on behalf of former TURC student Lexis Learmonth who seeks admittance into a graduate-level physical therapy program.

Spring 2015: Wrote a letter of recommendation for former TURC student Justin Duncan, who seeks to gain admittance into The University of Toronto's graduate level exercise science program.

Fall 2014: Consented to serve as a reference for TURC student Lacey Mitchell, as she seeks employment in the Tulsa area.

Fall 2014: Consented to serve as a reference for former TURC student Rachel Giebel, who seeks a research assistantship with the OU Health Sciences Center-Tulsa.

Spring/Fall 2014: Wrote a letter of recommendation on behalf of former TURC student Lexis Learmonth who seeks admittance into a graduate-level physical therapy program.

Spring 2014: Wrote a letter of recommendation for EXSS student Amberleana Sweeney for her medical school application.

Spring 2014: Wrote a letter of recommendation for EXSS student Evelyn Gutierrez's medical school application.

Spring 2014: Wrote letters of recommendation for former TURC student Colbert Nelson's medical scribe application, as well as medical school.

Spring 2014: Wrote a letter of recommendation for TURC student Lacey Erickson, who seeks to perform an internship through The Little Light House of Tulsa Oklahoma.

Spring 2014: Filled out electronic forms in support of TURC student Rachel Perry's application to work with at-risk children at One Hope Ministry (Tulsa, Oklahoma).

Spring 2014: Wrote a letter of recommendation on behalf of Colbert Nelson who seeks to gain admittance into a School of Public Health Program following graduation.

Spring 2014: Featured in an article/advertisement that appeared in *American Scholar* about my exercise countermeasures research.

Spring 2014: Nominated Amanda Barbosa for The Collins College of Business Outstanding Senior Award.

Spring 2014: Applicant, The University of Tulsa College of Business Administration's Mayo Excellence in Research Award. *Anthropometry and gender influences on the arm swing's contribution to vertical jump heights.*

Spring 2014: Featured in a Fox23 news story about my spaceflight-related research.

Fall 2013: Wrote a letter of recommendation for TURC student Amanda Barbosa, who seeks admittance into physical therapy schools after graduation from TU.

Fall 2013: Wrote a reference letter for former TU EXSS student Jordan Gates, as he seeks admittance into The Public Health Graduate Program at The University of Colorado Denver.

Summer 2013: Wrote a letter of recommendation on behalf of TURC student Lexis Learmonth who seeks admittance into graduate school at Dallas Baptist University.

Spring 2013: Wrote a letter of recommendation on behalf of Colbert Nelson, who is applying to participate in the Minority Undergraduate Summer Science Enrichment Program at The University of Arkansas Medical School.

Spring 2013: Consented to serve as a reference for former TURC student Camille Herron, as she seeks employment in the Oklahoma City area.

Spring 2013: Consented to write a reference letter for former TU EXSS student Zack Wallace, as he seeks a high school coaching position in Kansas.

Spring 2013: Nominated for The University of Tulsa College of Business Administration's Excellence in Teaching Award.

Spring 2013: Nominated Lexis Learmonth and Rachel Giebel for The Collins College of Business Outstanding Senior Award.

Spring 2013: Wrote a reference letter for former TU EXSS student Ewa Szatkowska, as she seeks admittance into Graduate School at The University of Wyoming.

Spring 2013: Wrote letters of recommendation for TURC student Amanda Barbosa as she applies for graduate fellowships with La Unida Latina Foundation and The Congressional Hispanic Caucus Institute (CHCI).

Spring 2013: Wrote reference letters for former TU EXSS student Kari Stender, as she seeks admittance into the graduate schools at The University of Pittsburgh and Oklahoma State University.

Spring 2013: Applicant, The University of Tulsa College of Business Administration's Mayo Excellence in Research Award. *Invited Review: The reproducibility of isokinetic dynamometry data.*

Fall 2012: Wrote a reference letter for TU EXSS student Lexis Learmonth, as she seeks admittance into Graduate School at The University of Tulsa.

Fall 2012: Wrote a letter of recommendation for TURC students Amanda Barbosa and Rachel Giebel in support of their student research grant proposals.

Fall 2012: Wrote a letter of recommendation for TURC student Jessica Charles, who seeks admittance into Cleveland Chiropractic College.

Fall 2012: Wrote a letter of recommendation for TURC student Lexis Learmonth, who seeks admittance into physical therapy school after graduation from TU.

Fall 2012: Wrote letters of recommendation for TURC student Rachel Giebel, who seeks to gain admission into a physician assistant's program after graduation from TU.

Summer 2012: Wrote a letter of recommendation for TURC student Amanda Barbosa, who seeks to perform an internship through The Little Light House of Tulsa Oklahoma.

Summer 2012: Consented to write a letter of recommendation for former TURC student Justin Duncan, as he seeks admittance into graduate school.

Summer 2012: Filled out a reference rating form on behalf of former TU EXSS Marcel Turner, who seeks to gain employment with the Upward Bound Program (Dallas TX).

Summer 2012: Wrote a letter of recommendation for TU EXSS student Jordan Gates, who seeks to gain employment as a Health and Wellness Coach with the Verizon Corporation.

Spring 2012: Consulted with a writer from Men's Health UK on one of my articles published in *The Journal of Strength and Conditioning Research* pertaining to male testosterone responses to high-speed resistive exercise.

Spring 2012: Though nominated, declined an invitation to serve as Editor-in-Chief for *The Journal of Yoga and Physical Therapy*.

Spring 2012: Consented to serve as a reference for Rachel Giebel as she applies for a phlebotomy position.

Spring 2012: Nominated for The University of Tulsa College of Business Administration's Excellence in Teaching Award.

Spring 2012: Nominated Melissa Mason for The Collins College of Business Outstanding Senior Award.

Spring 2012: Applicant, The University of Tulsa College of Business Administration's Mayo Excellence in Research Award. *Net energy expenditure to gravity-independent high-speed resistive exercise done by women.*

Spring 2012: Wrote a reference letter for TU EXSS student Mark Davidson, as he seeks admittance into The University of Oklahoma's Physical Therapy program.

Fall 2011: Consented to serve on a committee to formulate a mission statement for TURC (Tulsa Undergraduate Research Challenge).

Fall 2011: Wrote a letter of recommendation for TURC student Kayla Unruh, who seeks to gain admittance into The University of Oklahoma Physical Therapy program after graduation.

Fall 2011: Served as a reference for former TU EXSS student Mark Davidson, as he attempts to get a job in rehabilitation with Hillcrest Medical Center in Tulsa, Oklahoma.

Fall 2011: Wrote letters of recommendation for Kate Burnett, who seeks to gain admittance into the Nursing Programs at Boston College, as well as Northeastern and Duke Universities.

Fall 2011: Wrote letters of recommendation former TU EXSS student Leslie Sanditen, who seeks to gain admittance into several different university nursing programs.

Fall 2011: Wrote a letter of recommendation for TURC student Melissa Mason, who seeks to gain admittance into The University of Oklahoma Physical Therapy program after graduation.

Fall 2011: Consented to serve as a reference for TU Physics student Thomas Jackson, who seeks to gain employment after graduation.

Fall 2011: Wrote a letter of recommendation for Mason Gist, who seeks to gain admittance into a Physical Therapy program after graduation.

Summer 2011: Wrote a letter of recommendation for Catherine Shepherd, who seeks to gain admittance into the Nursing Program at The University of Oklahoma.

Summer 2011: Consented to serve as a reference for Brant Lutz, who seeks to gain employment after completion of his Master's Degree from The University of Tulsa's Department of Biology.

Spring 2011: Consented to write a letter of recommendation for Dr. Jeremy Daily, who seeks to gain promotion and tenure within The University of Tulsa's Mechanical Engineering Department.

Spring 2011: Invited Guest, Kappa Alpha Theta Scholarship Banquet at The University of Tulsa.

Spring 2011: Consented to serve as a reference and wrote a letter of recommendation for Jake Borgsmiller, who seeks to gain admittance into medical school.

Spring 2011: Consented to serve as a reference and wrote a letter of recommendation for Mark Davidson, who seeks to gain admittance into graduate school at The University of Tulsa.

Spring 2011: Applicant, The University of Tulsa College of Business Administration's Mayo Excellence in Research Award. *Invited Review: β_2 adrenergic agonist administration and strength training.*

Spring 2011: Filled out letter of character support/recommendation for University of Tulsa Chemistry student Stacey Keller so that she may gain admittance into The Saint Louis College of Pharmacy.

2009-2015: Team Captain for the TU EXSS Program's ADA & AHA walkathon events.

Spring 2010: Applicant, The University of Tulsa College of Business Administration's Mayo Excellence in Research Award. *Growth hormone levels after work on a flywheel ergometer: correlation with exercise variables.*

Spring 2010: Nominated Nathan Olson for The Collins College of Business Outstanding Senior Award, as well as The Exercise and Sport Sciences Program's Outstanding Senior.

Fall 2009: Provided information on a diet/exercise/obesity article for a Columbia College (Chicago, Illinois) Journalism student (Kristina Wells).

Fall 2009: Consented to write a letter of recommendation on behalf of TU student Drew Williamson in order for him to gain admittance into the graduate exercise science program at The University of Texas-Tyler.

Fall 2009: Consented to write a letter of recommendation on behalf of TURC student Skyler Taylor in order for him to gain admittance into the nuclear medicine program at The University of Oklahoma-Tulsa.

Fall 2009: Wrote a letter of recommendation on behalf of former University of Tulsa student Mallory Marshall in order for her to gain admittance into the doctoral exercise science programs at Michigan State University and The University of Maryland.

Fall 2009: Served as a job reference for former TU student Jessica McLagan so that she may obtain employment as a rehabilitation technician at Therapy Works (Tulsa, OK).

Fall 2009: Wrote a letter of recommendation on behalf of University of Tulsa student Roy Young in order for him to gain admittance into the graduate exercise science program at The University of Houston.

Fall 2009: Consented to write a letter of recommendation for Catherine Shepherd's and Jessica Ford's applications to do a NASA summer internship.

Fall 2009: Wrote a letter of recommendation on behalf of University of Tulsa student Casey Stellato in order for her to gain admittance into a graduate physical therapy program at The University of Connecticut.

Fall 2009: Wrote letters of recommendation on behalf of University of Tulsa student Nathan Olson in order for him to gain admittance into a graduate physical therapy program.

Fall 2009: Reviewed motor control research proposals for The European Space Agency. I subsequently attended a meeting of the review panelists in Strasbourg, France December 7th-8th 2009.

Summer 2009: Consented to serve as a job reference for Michael Coday and Lauren Gilliland as they both apply for a research technician position at The Johnson Space Center's Exercise Countermeasures Laboratory.

Summer 2009: Created an Exercise Physiology II lecture course for The University of Tulsa.

Summer 2009: Consented to write a letter of recommendation for University of Tulsa student Nathan Olson in order for him to obtain a Jack Kent Cooke Scholarship for graduate school.

Spring 2009: Consented to write a letter of recommendation for University of Tulsa student Kyle Wilson in order for him to gain admittance into medical school.

Spring 2009: Recommended Dr. Travis Triplett's visit to The University of Tulsa as a member of the College of Business Administration's Distinguished Lecturer Committee.

Spring 2009: Applicant, The University of Tulsa College of Business Administration's Mayo Excellence in Research Award. *The combined acute effects of massage, rest periods, and body part elevation on resistance exercise performance.*

Spring 2009: Nominated Jessica McLagan for The Exercise and Sports Sciences Program Outstanding Senior Award.

Spring 2009: Admitted into the Round Table Group of consortia and consulting experts.

Spring 2009: Wrote a letter of recommendation in support of Nathan Olson's application to gain summer research experience at The University of Minnesota's Department of Behavioral and Cognitive Sciences.

Spring 2009: Nominated Jessica McLagan for The Collins College of Business Outstanding Senior Award.

Spring 2009: Invited Guest, Chi Omega Awards Banquet at The University of Tulsa.

Fall 2008: Consulted with a writer from Marie Clare Magazine on one of my articles published in The Journal of Strength and Conditioning Research. Article results are to appear in the March 2009 Issue of Marie Clare Magazine.

Fall 2008: Wrote letters of recommendation on behalf of University of Tulsa student Jessica McLagan so that she may gain admittance into an exercise science graduate school program.

Fall 2008: Submitted materials for a membership position with The National Strength and Conditioning Association's Nominations Committee.

Fall 2008: Filled out a job volunteer recommendation form for TU undergraduate student Sam Masters so that he may attain employment with The Facility for People with Physical Challenges in Tulsa Oklahoma.

Fall 2008: Wrote a letter of support for Jessica McLagan's application to obtain travel funds from The University of Tulsa's Office of Research and Sponsored Programs to attend The 6th Annual Sports Science Symposium in Colorado Springs, Colorado.

Fall 2008: Wrote a letter of recommendation for former University of Tulsa student Leslie Sanditen in order for her to gain employment at a hospital-based psychiatric center that specializes in eating disorders.

Fall 2008: Wrote a letter of recommendation for former University of Tulsa student Alex Detwiler in order for him to gain admittance into medical school at The University of Oklahoma.

Fall 2008: Wrote letters of recommendation on behalf of former University of Nevada-Reno student Aaron Porter so that he may obtain admittance into graduate school as well as employment with The Rocky Mountain Institute.

Summer 2008: Wrote a letter of recommendation on behalf of former undergraduate student Arnau Brugues so that he may obtain admittance into graduate school at The University of Tulsa.

Summer 2008: In negotiations with the Versapulley (Heart Rate Inc., Costa Mesa CA) and Exerbotics (Exerbotics, Tulsa OK) corporations to have them donate one of their inertial-based resistance exercise devices to my laboratory.

Summer 2008: Consulted with an Editor of Good Housekeeping Magazine on one of my articles published in The Journal of Strength and Conditioning Research. Article results appeared in the November 2008 Issue of Good Housekeeping Magazine.

Summer 2008: Mentioned in the May 18th Tulsa World Article *TU Research earns ISA Honors*.

Spring 2008: Wrote a letter of recommendation for University of Tulsa student Elizabeth Ramey so that she may gain admittance into medical school.

Spring 2008: Recommended Dr. Lee Brown's visit to The University of Tulsa as a member of the College of Business Administration's Distinguished Lecturer Committee.

Spring 2008: Nominated for The University of Tulsa College of Business Administration's Excellence in Teaching Award.

Spring 2008: Wrote a write letter of recommendation on behalf of TU student Kelli Campbell so that she may obtain admittance into The United States Sports Academy's graduate program.

Spring 2008: Wrote a letter of support for TU Physics Student Sam Kucera's International Instrumentation Association's Scholarship Foundation Application.

Spring 2008: Applicant, The University of Tulsa College of Business Administration's Mayo Excellence in Research Award. *Body mass and exercise variable relationships to lactate derived from gravity-independent devices*.

Spring 2008: Wrote a letter of support for a Graduate Student Recommendation Form on behalf of Kristina Stanich's application through the Kappa Alpha Theta sorority.

Spring 2008: Wrote letters of recommendation on behalf of TU student Michelle Daly so that she may obtain admittance into a graduate level nutritional science program.

Spring 2008: Wrote a letter of recommendation for Lakeisha Murphy-Sanders so that she may gain admittance into The University of Oklahoma's Master's in Public Health (MPH) Program.

Fall 2007: Nominated for the 2008 National Strength and Conditioning Association's Young Investigator Award.

Fall 2007: Consented to write letters of recommendation on behalf of TU student Mallory Golden so that she may obtain admittance into a graduate level exercise science program.

Fall 2007: Wrote a letter of recommendation in support of Sam Kucera's funded University of Tulsa Student Research Grant Application.

Fall 2007: Invited consultant on a National Science Foundation Disability Design project initiated by The University of Tulsa Electrical Engineering Program.

Fall 2007: Consented to write a letter of recommendation for Camille Herron so that she may obtain employment at Purdue University.

Fall 2007: Wrote a letter of support for Michael Coday so that he may gain admittance into Medical School at The University of Connecticut.

Fall 2007: Wrote letters of recommendation for Margaret Berry so that she may gain admittance into Optometry/Medical School.

Summer/Fall 2007: Consented to write a letter of support for Dr. Parmeswar Hari's nomination for promotion and tenure to the rank of Associate Professor with The University of Tulsa's Department of Physics and Engineering Physics.

Summer/Fall 2007: Invited collaborator on a University of Tulsa interdisciplinary research project titled *Personality and Genetics*.

Summer 2007: Wrote a letter of recommendation for former ATRG/EXSS student Lindsay Myers so that she may gain admittance into graduate school at The University of Tulsa.

Summer 2007: Served as a mentor for the Summer TURC Program for Lori Hastings, Julie Monda and Akirithi Udupa (a Holland Hall High School student).

Spring/Summer 2007: Consented to write letters of recommendation on behalf of TU student Ivana Krejicova so that she may obtain a college or high school volleyball coaching position.

Spring 2007: Wrote a letter of recommendation in support of TU student Alex Detwiler's admittance into medical school.

March 5th, 2007: My research was mentioned in a new story on KRMG radio. Tulsa, Oklahoma.

March 4th, 2007: Featured in a Channel 8 (KTUL) news story on the physiological changes seen with space flight.

Spring 2007: Featured in the “Mentor Spotlight” of the TURC Newsletter.

Spring 2007: Applicant, The University of Tulsa College of Business Administration’s Mayo Excellence in Research Award. *Blood lactate responses to the seated leg press exercise performed against inertial resistance.*

Spring 2007: Recommended Dr. Andrew Fry’s visit to The University of Tulsa as a member of the College of Business Administration’s Distinguished Lecturer Committee.

January 2007: Wrote a letter of recommendation in support of Julie Monda’s funded University of Tulsa Student Research Grant Application.

January 2007: Wrote a letter of recommendation in support of Kristina Stanich’s funded proposal application awarded by the Kappa Alpha Theta sorority.

November 2006: Wrote a letter of recommendation in support of Michael Coday’s National Science Foundation Graduate Fellowship Application.

September 2006: Met with a potential Exercise and Sport Sciences Student (Edward Lube of San Antonio TX) who visited The University of Tulsa campus.

Summer 2006: Nominated for the 2007 National Strength and Conditioning Association’s Young Investigator Award.

Summer 2006: Consulted with the Senior Editor of Maximum Fitness Magazine on one of my articles published in Aviation, Space and Environmental Medicine.

Summer 2006: Wrote letters of recommendation for Charles Ramsey’s application to the American Dental Association and The University of Oklahoma’s School of Dentistry for his admittance into dental school.

Summer 2006: Wrote a letter of recommendation for Michael Coday for his admittance into graduate school at The University of Connecticut.

Spring 2006: Recommended Dr. William Kraemer’s visit to The University of Tulsa as a member of the College of Business Administration’s Distinguished Lecturer Committee.

Spring 2006: Wrote a letter of recommendation in support of former Montana State University student Chris Keller’s application so that he may obtain an Aerospace Physiology Officer teaching position with The United States Air Force.

Spring 2006: Applicant, The University of Tulsa College of Business Administration's Mayo Excellence in Research Award. *Albuterol augments resistance exercise to attenuate ankle extensor strength loss.*

Spring 2006: Wrote a letter of recommendation in support of Camille Herron's application for a NASA Harriet G. Jenkins Pre-Doctoral Fellowship.

Fall 2005: Obtained a TEEM-100 metabolic cart from The University of Tulsa's Chemistry Department for on-site research within the Exercise and Sports Science Program.

Fall 2005: Wrote letters of recommendation in support of Dustin Kline's application for admittance into graduate school at The University of Tulsa and Oklahoma State University-Tulsa.

Fall 2005: Served as the Exercise and Sport Sciences Faculty Representative at the annual "Tulsa Time" event.

Fall 2005: Attended The TU CBA Nursing, Athletic Training Exercise and Sport Sciences Career Day.

Fall 2005: Writing letters of recommendation in support of former UNR student Dan Hernandez's application with the State of Nevada's Board of Health.

Fall 2005: Featured in the inaugural issue of The University of Tulsa Nursing Magazine.

Fall 2005: Nominated for the TURC Outstanding Mentor Award.

Fall 2005: Served as an Exercise and Sport Science Faculty Representative at the TU Open House.

Spring 2005: Featured on The University of Tulsa Technology Education Collaborative Summer Academy web pages.

Spring 2005: Nominated Camille Herron for The University of Tulsa's Medicine Wheel Award.

April 5th 2005: Invited guest and lecturer at The University of Tulsa's La Fortune House.

Spring 2005: Featured on The University of Tulsa's Department of Physics and Engineering Physics website providing a summer TURC/SURPP opportunity for deserving students.

Spring 2005-present: Academic advisor, The University of Tulsa's Exercise & Sport Sciences Program.

Spring/Summer 2005. Involved in the recruitment of TURC (Tulsa Undergraduate Research Challenge) students to The University of Tulsa's Exercise and Sports Science Program. Wish to acquire a TURC student early in their academic careers in the hopes of developing a Goldwater/Truman/NSF Merit Scholar.

Spring 2005. Wrote letters of recommendation in support of former TU student Drew Rodger's admittance into medical school.

Spring 2005: Featured in a promotional movie for the TURC (Tulsa Undergraduate Research Challenge) program involving research examining blood lactate production resulting from inertia-based exercise.

Featured in a promotional flyer aimed at improving The University of Tulsa's ranking among US News & World Report voters for the top American Universities.

November 2004: Nominated Camille Herron for a 2004 Marcy Lawless Service Award at The University of Tulsa.

November 2004: Featured in an on-line reprint of the "Yo-yo's in space" article, originally published by *Tulsa People Magazine*, at the TU College of Business Administration's news website. http://www.cba.utulsa.edu/News/yo_yos_in_space.htm

November 2004: Featured on an on-line news item ("Muscles for Mars") on The University of Tulsa's webpage. <http://www.utulsa.edu/fyi/index.pl?group=5&bullet=3>

Fall '04/Spring '05: Wrote letters of recommendation in support of Camille Herron's application seeking entrance into medical and graduate schools.

August 2004: Subject of an article ("Yo-yo's in space") appearing on pages 72-73 of *Tulsa People Magazine*.

Summer 2004: Served as project mentor for a TURC (Tulsa Undergraduate Research Challenge) student (Camille Herron). Project Title: Blood lactate responses to the seated calf press exercise done against inertial resistance.

Spring 2004: Co-advisor for TU Student Daniel Himmerich in ME 4994 (Independent Study). Project title: Measure athletes' performance on the YoYo Exercise Machine.

February 2004: Contributed to a news story appearing in The Ottawa Citizen, pertaining to the physiological demands of space flight.

Spring 2004: Applicant, The University of Tulsa College of Business Administration's Mayo Excellence in Research Award. *Inclusion of eccentric actions on metabolic cost resulting from work done on an inertial resistance ergometer.*

Fall 2003: Involved in the recruitment of a TURC (Tulsa Undergraduate Research Challenge) student to The University of Tulsa's Exercise and Sport Sciences Program.

Spring 2002: Served as project mentor to a fellowship recipient (Anne Maggert) awarded by the Nevada Space Grant Consortium.

Spring 2002: Served as thesis advisor for a graduate student (Dan Hernandez) from the UNR Department of Health Ecology. Project Title: Physiological responses to the seated calf press exercise performed on the flywheel ergometer.

Spring 2002: Served as a committee member for a doctoral student (Torrey Schweickert) from the UNR Department of Biomedical Engineering.

Spring 2002: Served as a committee member for a doctoral student (Paul Duhamel) from the UNR Department of Psychology. Project Title: Physiological assessment of delayed onset muscle soreness.

Fall 2001-Summer 2002: Designed a physical activity track for MPH program in the Department of Health Ecology at the University of Nevada-Reno.

Fall 2001: Served as a reference for students for seeking: NSF Fellowships (Torrey Schweickert), and admittance into graduate (Ron Aiello, Aaron Porter) and physical therapy (Leah Borgerding) schools.

Fall 2001: Served as a graduate student mentor for a fellowship recipient (Dan Hernandez) of a financial stipend through the Nevada Space Grant Consortium.

Spring 2001: Consultant, β_2 adrenergic agonists and their effect in disuse atrophy models.

Spring 2001: Served as project mentors for Nevada Space Grant Consortium Graduate Applicants (J.L. Hamill, Dan A. Hernandez, Natalie M. Nelson).

Fall 2000-Spring 2001 semesters: Member, Faculty Search Committee (Biomechanics, Health Policy, and Bioethicist Positions). Department of Health Ecology, University of Nevada-Reno.

Fall 2000-Summer 2002: Faculty coordinator, Nevada Space Grant Consortium.

Spring 2000: Committee member, Oleg Vachev's Master's Thesis. Title "The effect of three-dimensional video analysis on Giant Slalom Skiing."

5/4/00: Guest Lecturer, HE 310 (Health Communications), Anabolic-Androgenic Steroids.

Spring 2000: Member, Department of Health Ecology Graduate Committee (Biokinesiology Track).

Spring 2000: Committee member designing M.Sc. Nutrition (Ex. Phys. Track) curriculum.

11/24/99: Guest lecturer, HE 201, Diabetes, Exercise & Pregnancy, Exercise-induced asthma

11/3/99: Guest lecturer, HE 201, Risk factors for cardiovascular disease.

7/19/99: Featured news story appearing in Nevada News "Students spend 40 days on crutches to further research on space fitness."

6/22/99: Featured news story appearing in the Reno Gazette-Journal Healthfile (UNR weightless study).

6/18/99: Featured on a local news television broadcast (KTVN Channel 2, Reno NV) aimed at countermeasures against long-term musculoskeletal deconditioning.

6/18/99: Topic of a newspaper article appearing in the Daily Sparks Tribune (Sparks, Nevada) "Yo-yo" experiment at UNR could help NASA.

6/16/99: Topic of a newspaper article appearing in the Reno Gazette-Journal (Reno, Nevada).

6/16/99: Topic of a news story (KRNV-TV Channel 4, Reno NV) pertaining research on countermeasures to long-term musculoskeletal deconditioning.

6/16/99: Featured on the UNR home webpage (<http://www.unr.edu>) for an article entitled "University of Nevada students spend 40 days on crutches to further NASA research.

6/16/99: Featured on MSNBC web page (<http://www.msnbc.com/local/krnv/17933.asp>) for a news item titled "A University of Nevada student has hopped around on one foot and used crutches for 40 days.

4/13/99: Lecturer at the University of Nevada-Reno for guests from the Montessori Middle School.

2/19/99: Featured article: Space Yo-Yo may stop muscle loss. Sagebrush Newspaper, University of Nevada-Reno, Volume 105, Issue 34.

10/29/98: Featured on a local television news (Channel 4 NBC affiliate) segment pertaining to exercise countermeasures research at UNR and it's tie in to John Glenn's historic return to space.

Created courses HE 770 (Graduate Exercise Physiology) HE 470 (Principles of Physical Training), and HE 473/673 (Space Physiology and Science) University of Nevada-Reno, Department of Health Ecology.

Co-creator: Graduate Biokinesiology Curriculum, University of Nevada-Reno, Department of Health Ecology.

Advisor: Graduate Faculty Committee, University of Nevada-Reno, Department of Health Ecology, 1999-2002.

Served as a student mentor for The AIRO (American Indian Research Opportunities) Program. Montana State University, Summer 1998.

Served as a student mentor for 1997-98 Montana Space Grant Consortium Assistantships applicants.

12/2/97: Featured article “MSU students participate in NASA-funded space testing.” Miles City Star. Miles City, Montana.

Mentor: Undergraduate Scholars Program (S. O’Meara, S. Koenig, and B. Higginson). Montana State University.

11/5/97: Featured news story (KTVM Channel 6 News-NBC affiliate, Bozeman, Montana).

11/3/97: Featured news story (KTVM Channel 6 News-NBC affiliate, Bozeman, Montana).

10/27/97: Featured news story, The Bozeman Chronicle and The Hyman Echo. “Study tests way to keep astronauts strong in Space.”

10/21/97: Featured news story, The MSU Exponent, “MSU doing its push-ups: Study Tests Way to Keep Astronauts Strong in Space.”

Served as a featured story on local newscast (October 9th & 10th, KTVM Channel 6 News-NBC affiliate, Bozeman, Montana).

Featured in Montana State University’s “Discovery” Newsletter (Volume 9 Issue 2, October 1997) “Astronauts May Need More Exercise in Space.”

7/28/97: Featured subject on an Associated Press news item (Bozeman Chronicle, Great Falls Times, Independent Observer, Miles City Star).

7/28/97: Featured subject on a National Public Radio news item (Butte, Montana).

Project Advisor, Department of Health and Human Development, Montana State University (Tim Cook, ‘97).

Thesis committee member, Department of Chemistry and Biochemistry, Montana State University (Mark Engen, “Survey and Analysis of Brominated Compounds in the Atmosphere: Implications in the Destruction of Stratospheric Ozone.” August 12th, 1997).

Acquired an inertial resistance ergometer (YoYo Technology AB, Stockholm Sweden) for Montana State University’s Movement Science Laboratory.

Served as a mentor to graduate students applying for a 1997-98 Montana Space Grant Consortium Fellowship.

Chair: Exercise Science subcommittee at Montana State University for 1998-2000 catalog revisions.

Member (1997-98): Montana State University Graduate Faculty Committee.

Thesis committee member, Department of Health and Human Development, Montana State University (Connie Sciolino and Jody Fountain, M.A., Biomechanics; Ray Hunt, M.A., Nutrition; Geoff Gibb, M.A., Exercise Physiology; Dean Mercado, M.A., Biomechanics).

Spring 1997: Guest lecturer-HDPE 512 (Research Design for Health and Physical Education) Montana State University.

Guest lecturer for HHD 172 (Strategies for Success) Montana State University.

Awarded a patent (number 5,135,457) for an exercise machine aimed at strengthening and rehabilitating the calf muscles.

Participated in pre- and post-flight data collection on astronauts (STS 69 & 70) and cosmonauts (MIR 18) at The Johnson and Kennedy Space Centers.

In conjunction with NASA/Johnson Space Center Flight Projects helped devise an in-flight exercise protocol using bungee cords aboard future space shuttle missions.

At NASA/Johnson Space Center, collaborated with exercise equipment manufacturers (Bodyblade, Quick-Trainer) to assess the feasibility of their products to be flown aboard space shuttle missions.