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EDUCATION: Ph.D. Kinesiology TEXAS WOMAN'S UNIVERSITY, Denton, TX 2004
"Assessment of physical activity levels of 3rd and 4th grade children using pedometers during physical education class" Dr. David Nichols

M.S. Kinesiology TEXAS A&M UNIVERSITY-KINGSVILLE, Kingsville, TX 1995
"A comparison of field and laboratory estimates of the anaerobic threshold" Dr. Jim Newberry

B.S. Physical Education UNIVERSITY OF TEXAS AT SAN ANTONIO, San Antonio, TX 1992

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Employment History

Professor Texas A&M-San Antonio. San Antonio. TX, Spring 2008-Present

- Full Professor, Fall 2019-Present
- Associate Professor, Fall 2012-2019
- Assistant Professor, 2008-2012

Assistant Professor SIU Edwardsville, Edwardsville, IL, 2004-2007

Visiting Assistant Professor Texas A&M University-Kingsville, Kingsville, TX, 2002-2004

Physical Education Teacher Episcopal School of Dallas, Dallas, TX, 2000-2002

Teaching Assistant Texas Woman's University, Denton, TX, 1996-2000

Summer Tennis Camp Assistant Program Director The Hockaday School, Dallas, TX, 1999

Assistant Track and Field Coach Texas A&M University-Kingsville, Kingsville, TX, 1993-1996

Graduate Assistant Texas A&M University- Kingsville, Kingsville, TX, 1993-1995

Summer Physical Education Teacher Upward Bound, Kingsville, TX, 1993-1994

Related Work Experience

Metabolism Research Technician Texas Woman's University, Denton, TX; Center for Research on Women's Health 1996-1999

Student Assistant Track and Field Coach University of Texas at San Antonio, San Antonio, TX, 1991-1992

Courses Taught: Faculty

Texas A&M University-San Antonio

Undergraduate

- Basic Physiology of Exercise
- Functional Anatomy
- Exercise Testing and Prescription
- Exercise in Chronic Disease and Disabilities
- Internship
- Measurement and Evaluation in Kinesiology
- Medical Terminology
- Research Projects in Exercise Science
- Seminar in Exercise Science

Graduate

- Statistical Analysis of Research Data
- Research Methods in Kinesiology
- Performance in Environmental Extremes
 - Physical Activity and Aging
- Fitness, Nutrition, and Weight Control
- Organization and Administration of Kinesiology Programs
- Current Issues and Trends in Kinesiology
- Graduate Research Projects
- Thesis

Southern Illinois University Edwardsville

Undergraduate

- Strength Training and Conditioning
- Exercise for Apparently Healthy Populations
- Structural Anatomy
- Leisure Activities
- Medical Terminology
- Physiological Effects of Motor Activity
- Advanced Physiological Effects of Motor Activity
- Exercise Adherence
- Organization and Management of Exercise and Wellness Programs

Graduate

- Advanced Physiology of Motor Activity
- Research Methods in Kinesiology
- Cardiovascular and Neuromuscular Functions of Exercise

Texas A&M-Kingsville

Undergraduate

- Basic Physiology of Exercise
- Biomechanics
- Exercise Testing and Prescription
- Motor Development /Motor Learning
- Motor Skills for Special Populations

Graduate

- Physiology of Exercise

Courses Taught: Graduate Assistant

Texas Woman's University

Undergraduate

- Bowling
- Exercise Physiology Laboratories
- Aqua Aerobics
- Golf
- Fitness Through Selected Activities

Texas A&M-Kingsville

Undergraduate

- Skill Techniques
- Orientation
- Tennis
- Archery and Badminton
- Racquetball
- Weight Training and Conditioning
- Bowling
- Contemporary Wellness

Professional Growth Activities

Professional Society Memberships

- Texas Chapter of American College of Sports Medicine (Current)
- Texas Association of Health, Physical Education, Recreation and Dance (Current)
- American College of Sports Medicine (Current)
- International Council for Health, Physical Education, Recreation, Sport & Dance (2014-2018)

Professional Society Leadership

- Public Relations Director, TACSM: 2015-Present
- Chair-elect for the TAHPERD Research Division: 2011- 2012, 2023
- VP-Elect, Vice President, and Past VP of College Division, TAHPERD (2019, 2020, 2021, respectively)
- Chair for the TAHPERD Research Division: 2012- 2013, 2014-2016, 2025
- Past-Chair for the TAHPERD Research Division: 2013- 2014
- Non-Medicine Representative Member Board of Directors, TACSM: 2011- 2014
- Secretary for the TAHPERD Research Division: 2010- 2011

Professional Society Meeting Attendance

National

- Annual Meeting of the American College of Sports Medicine (ACSM)
1998, 2004, 2006-2010, 2012-2018, 2021, 2023, 2025
- Amputee Coalition of America National Conference
2010, 2015, 2019
- American College of Nutrition 55th Annual Conference. San Antonio. TX. 2014
- American Alliance for Health, Physical Education, Recreation, and Dance Annual Meeting, Fort Worth, TX.
2008
- ACSM's Walking for Health: Measurement and Research Issues and Challenges Conference.
Urbana-Champaign, IL. 2005

Regional

- Texas Chapter of the American College of Sports Medicine Annual Meeting
1996, 1998- 1999, 2009-2025
- ISSN-TACSM Conference on Sports Science and Nutrition, Belton, TX. 2022
- Southwest Teaching & Learning Conference. San Antonio. TX. 2010
- Midwest Chapter of the American College of Sports Medicine Annual Meeting, Columbus, OH. 2007

Professional Growth Activities Cont.

State

- Texas Association of Health, Physical Education, Recreation, and Dance Annual Convention
 - o 2002-2003, 2009-2019, 2021-2025
- Texas Association of Health, Physical Education, Recreation, and Dance Summer Conference
 - o 2020-2024
- Illinois Association of Health, Physical Education, Recreation, and Dance Annual Meeting
 - o 2005-2007

Local

- Hanger Clinic: Successful Rehabilitation of the Lower Extremity Amputee. San Antonio. TX. 2012
- Southern Illinois University Graduate Student Research Symposium, Edwardsville. IL. 2007
- Annual Student Research Symposium, Texas Woman's University. Denton, TX. 1998

Professional Society Other Service

- Texas Association of Health, Physical Education, Recreation, and Dance Leadership Conference
 - o 2011-2016, 2020 -2022, 2024-2025

Professional Service Activities

Journal Editor/ Reviewer

- Ad Hoc Reviewer: TAHPERD Journal: 2024 (Finding the Motivation: Fostering Lifelong Learners Through Physical Education)
- Ad Hoc Reviewer: Cureus Journal of Medical Science: 2023 (Two Servings of a Thermogenic Supplement on Metabolism, Hemodynamic Variables, and Mood State Outcomes in Young, Overweight Adults).
- Associate Editor: International Council for Health, Physical Education. Recreation. Sport and Dance: 2012-2015, 2017-2019
- Reviewer: International Council for Health, Physical Education, Recreation, Sport, and Dance: 2006-2012, 2016
- Ad Hoc Reviewer: Routledge / Taylor & Francis. Sports and Exercise Science: 2020
- Ad Hoc Reviewer: International Journal of Exercise Science: 2014, 2017
- Ad Hoc Reviewer: International Journal of Applied Sports Sciences: 2014

Conference / Meeting Session Chair

- Southwest Teaching & Learning Conference. Reviewer: Spring 2010-2014
- Southwest Teaching & Learning Conference: Spring 2010
- National Dropout Prevention Network Conference 10-25-2009

Conference/ Meeting Miscellaneous Service

- Session Moderator, TAHPERD Summer Conference. Virtual: Summer 2020
- Session Moderator, A&M-SA Student Research Symposium, San Antonio. TX: Spring 2015-2019
- Session Moderator. TACSM Annual Meeting, Waco. TX: Spring 2017
- Research Poster Evaluation, Doctoral Judge. TACSM Annual Meeting, Fort Worth, TX: Spring 2014
- Undergraduate Scholar Applications [Faculty Representative], TACSM 2014
- Student Research Poster Evaluation, Undergraduate Lead Judge. TACSM Annual Meeting, Austin, TX: Spring 2013
- Student Development Award Evaluation Committee [Chair], TACSM Annual Meeting, Austin, TX: Spring 2012 Student Research Poster Evaluation, Judge. TAHPERD Annual Meeting, Dallas. TX: Fall 2011
- Student Research Poster Evaluation, Undergraduate Lead Judge. TACSM Annual Meeting, Austin, TX: Spring 2011
- Student Research Poster Evaluation, Undergraduate Lead Judge. TACSM Annual Meeting, Houston, TX: Spring 2010
- Student Research Poster Evaluation, Undergraduate Judge. TACSM Annual Meeting, Tyler, TX: Spring 2009

Workshop/ Symposium Attendance

- Optimizing exercise performance by measuring and improving hydration by Floris Wardenaar of Arizona State University and hosted by Our Lady of the Lake University (09-30-2024)
- Proyecto Exito Community Centered Learning: Harnessing the Power of Case Studies and Group Dynamics for Graduate Students (04-18-2024)
- TU CASA Universal Design for Learning Workshop (04-05-2024)
- Teaching with AI course, AI in Education Digital Badge from Auburn University (07-25-2024)
- ACSM Webinar: Back to Basics: A Review of Methods used to Estimate CRF. Deborah Riebe. 05-08-2023
- A&M-SA Center for Academic Innovation: Chat GPT in the Classroom. Christen Barron. 05-03-2023
- From Equity Talk to Equity Walk (4-part Series). Dr. Duane Williams. 02-09-2023
- NASEM Roundtable: BMI and Beyond: Considering Context in Measuring Obesity and its Applications. 02-04-2023
- CAI Innovative Teaching - Hybrid Instruction PD Part 2, 12-08-2022
- CAI Innovative Teaching - Hybrid Instruction PD Part 1, 11-21-2022
- Community Engagement. Dr. Lome Webb. 11-11-2022
- U.S. NSF Waterman Lecture (Effects of equilibrium loss on postural control and balance). Dr. Lara Thompson, 09-12-2022
- Debunking Myths about How Students Learn. Barbara Hong, 02-10-2022
- Student Organization Leadership Development (Student Activities). Texas A&M University-San Antonio: 2020-2022
- Transformative Conversations: A Reboot Retention and Equity. Dr Vincent Tinto. Virtual 10-13-2021
- Gatorade Sports Science Institute "Go the Distance" Summer Symposium, Virtual 07-15-2021
- The Impact of Systemic Racism on Students of Color: Leveraging Skills to Best Support our Students, Virtual 08-

Professional Service Activities cont.

Workshop/ Symposium Attendance, cont.

- Hanover Writing Grants and Evaluations. Virtual 04-23-2021
- A&M-SA Future Summit- Transforming Tomorrow Together 03-16-2021
- Campus Works- Creating an Integrated. Engaging Student Experience. Virtual 02-04-2021
- Cultivating Student Engagement in Synchronous Remote Lectures. Texas A&M University-San Antonio: 12-21-2020
- Texas ACSM Fall Lecture Series - Mike Roberts. PhD, 11-11-2020
- 17th Annual Texas Health Literacy Conference. 10-12 to 10-16, 2020
- Online Learning Consortium Innovate 2020 Virtual Conference. June 2020
- PRIM&R Workshop. 01-10-2020
- Student Organization Leadership Development (Student Activities). Texas A&M University-San Antonio: 08-02-2019
- When Teaching Becomes Research (Dr. Dawn Weatherford). Texas A&M University-San Antonio: 03-28-2018
- Active Learning in the Classroom (Dr. Cris Houston), Texas A&M University-San Antonio: 03-09-2018
- The Flipped Classroom (Dr. Julie Schell). Texas A&M University-San Antonio: 09-25-2015
- SABGH. San Antonio. TX: 01-11-2012
- A Worksite Wellness Forum, San Antonio, TX: 06-17-2010

Invited Lectures

- International Visiting Scholar, Sirindhorn School of Prosthetics and Orthotics, Mahidol University, Siriraj Hospital, Bangkok, Thailand. 08-05-2017 to 08-20-2017
- Faculty Friday Roundtable: Undergraduate Research. Center for Teaching & Learning, A&M-SA. 02-24-2017
- Faculty Friday Roundtable: Undergraduate Research. Center for Teaching & Learning, A&M-SA. 10-14-2016

Expert Interviews

- Balderas. S. Burchett. S., Lopez, T., Mendez, A., & Vasquez, S. (2018, June 29). Campus sweats through summer. <http://www.mesquite-news.com/campus-sweats-through-summer/>
- Stopyra. D. (2017, July 20). Why Americans are obsessed with the number '10,000' <https://why.org/articles/how-step-counting-became-a-phenomenonwhen-cally/>
- Yu, C. (2016, March 23). For better workouts: Just add oxygen? <http://dailyburn.com/life/fitness/portable-oxygen-workout-performance/>

Miscellaneous

- External Reviewer for Faculty Promotion (SHSU): 11-15-2023
- External Reviewer, Texas A&M University-Kingsville. Department of Health & Kinesiology: Fall 2015
- ACSM Regional Chapter Website Advisory Committee: Fall 2017-Spring 2018

Service Activities

Committees and Activities: University

Chair

- Institutional Review Board (2019-2021)
- Student Research Symposium (JAG RISE): Spring 2019-Present [Co-Chair]
- Search Committee: Faculty Fellow Graduate Studies: Fall 2022

Vice Chair

- Institutional Review Board: Spring 2014-Fall 2018, Spring 2022

Member

- 20,000th Graduate Selection Committee: Fall 2025
- Institutional Review Board: Spring 2010-2014, Summer 2022-Present
- Council of Principal Investigators 2024-Present
- Alumni Awards Selection Committee: 2019-Present
- Search Committee: Research Compliance Coordinator: Spring, Summer 2025
- Strategic Plan Goal 2 Committee: 2021-2023
- Search Committee: Director of Research Compliance: Spring 2021
- University Resources Commission: Spring 2018-2020
- Research Resumption (COVID-19): Fall 2020
- Faculty Search: Research Assistant Professor in Health Sciences: Spring 2020
- Student Research Symposium: Spring 2015-2019
- Search Committee: Vice Provost of Research and Graduate Studies: Spring 2019
- Search Committee: Research Compliance Coordinator: Spring 2019
- Search Committee: Vice President for Research and Graduate Studies: Fall 2018
- University Athletics Program Task Force: Fall 2017
- Distinguished Faculty Awards Committee: Spring 2016
- High Impact Practices: Undergraduate Research Subcommittee: Fall 2016-Spring 2016
- Center for Teaching & Learning Advisory: Fall 2016
- Foundations of Excellence All Students/Organization: Fall 2015-Spring 2016
- Environmental Health & Safety: Spring 2014-2016
- Counsel of Assessment. Planning, and Budgeting: Fall 2014
- Staff Search: Director of Recreational Sports: Spring 2014
- Commencement: Fall 2010-Fall 2011
- Graduate Faculty Council: Spring 2010-2012
- Web Committee: Fall 2010-Summer 2013
- Faculty Senate Constitution Task Force: Fall 2009-Fall 2010
- Bookstore Committee: Fall 2010
- Food Service Committee: Spring 2009

Other

- Rec & Connect (TU CASA) 04-23-2025 [Volunteer]
- A&M-SA 2025 Alumni Class Reunion Weekend: Summer 2025 [Invited Lecturer]
- Senior Stole and Cording Ceremony: 2023-Present [Cord Presenter]
- Jaguar Award Nomination: Spring 2019, Spring 2023 [Judge]
- Greek Week Banners: 04-07-2023 [Judge]

Committees and Activities: College

Chair

- Post Tenure Review Committee. College of Education and Human Development: 2023 [Co-Chair]
- Promotion & Tenure Committee, College of Education and Human Development: 2020 [Co-Chair]
- Promotion & Tenure Guidelines, School of Education 2011- 2012
- Staff Search Committee: Administrative Assistant (Education) Fall 2008

Member

- Search Committee: Associate Dean of the College of Education and Human Development: Spring 2025
- Promotion & Tenure Committee, College of Education and Human Development: 2012-2014, 2017-Present
- Promotion & Tenure Guidelines Revision Committee, College of Education and Human Development: 2020
- Search Committee: Dean of the College of Education and Human Development: Spring 2018
- STEM Building, Kinesiology Laboratories Fall 2016
- Promotion & Tenure Committee, College of Education 2015-2016 [Alternate]
- Academic Council: Fall 2012-Summer 2015
- College Council: Fall 2012-Summer 2015
- T&P/Annual Review Alignment Committee 2013
- Faculty Search: Educational Administration Spring 2009

Other

- COEHD Grand Welcoming Table Spring, Fall 2025
- COEHD New Student Orientations Summer 2025
- COEHD Hooding Ceremony: 12-15-2023, 12-12-2025 [Hooding Presenter]
- Partnership toward Graduate Degree Attainment (PGDA) Spring 2025 [Volunteer]
- Cisneros Student Leadership Conference: 10-07-2023

Committees and Activities: Department/Program

Chair

- Faculty Search Committee: Kinesiology (Lecturer): Summer 2021
- Faculty Search Committee: Kinesiology (Generalist): Fall 2019
- Associate Chair, Health & Kinesiology Program: Summer 2019- Summer 2022
- Faculty Search Committee: Kinesiology (Generalist): Spring 2018
- Faculty Search Committee: Kinesiology (Exercise Physiology): Spring 2017
- Faculty Search Committee: Health: Fall 2016-Spring 2017
- Faculty Search Committee: Kinesiology (EC-12): Spring 2016
- Adjunct Search Committee: Kinesiology: Fall 2015
- SACS Assessment: Fall 2010-2014
- Faculty Search Committee: Kinesiology (EC-12): Fall 2013
- Adjunct Search Committee: Kinesiology: Fall 2013
- Adjunct Search Committee: Kinesiology: Summer 2013
- Faculty Search Committee: Kinesiology (Exercise Science): Spring 2013
- Faculty Search Committee: Kinesiology (EC-12): Fall 2012
- Adjunct Search Committee: Kinesiology: Fall 2012
- Adjunct Search Committee: Kinesiology: Spring 2010
- Faculty Search Committee: Kinesiology (Exercise Science): Fall 2008

Coordinator

- Program Coordinator, Kinesiology: Fall 2012-Summer 2015, Fall 2019-Summer 2022

Committees and Activities cont.

Member

- Faculty Search Committee: Kinesiology (Full-Time Lecturer): Spring 2025
- Merit Committee: 2017-2021
- Promotion & Tenure Committee: 2021-Present
- Faculty Search Committee: Kinesiology (Physical Education): Spring 2022
- Faculty Search Committee: Kinesiology (Generalist): Spring 2017
- Department Chair Search: Counseling, Health & Kinesiology: Spring 2016
- Faculty Search Committee: Kinesiology (Full-Time Lecturer): Spring 2016
- Undergraduate Curriculum Committee: 2010-2014
- GTCP Committee: 2014
- Faculty Search Committee: Kinesiology (Health): Spring 2013
- Undergraduate Education Advisor Search: Spring 2009
- Instructional Technology Search: Spring 2009
- Technology Committee: Fall 2009-2010
- Communication Committee: Fall 2009-Fall 2010
- Undergraduate Advisor Search: Spring 2009
- Future Directions: Kinesiology Spring-Summer: 2008

Advisory

- Kinesiology Advisory Board. Our Lady of the Lake University: Fall 2022-Present
- Student Organization Advisor, Kinesiology Club: Fall 2010-Present

Other

- Future Jaguar Day: 10-28-2023 [Exhibitor]
- Health & Kinesiology Program Website Coordinator Fall 2025
- Health & Kinesiology Program Social Media Coordinator Fall 2024-Present
- Website Accessibility Testing Committee (responsible for Kinesiology pages): Summer 2025-Present

Community/Other

- Paws Up, Educare 09-25-2025
- Chose Act Impact, Texas Diaper Bank 09-12-2020
- Chose Act Impact, Texas State Hospital 09-14-2019
- COEHD Alumni Mixer 08-26-2019
- Huffines Lecture, Coordinator Fall 2013-Fall 2018
- TASCAM Lecture Tour, Coordinator for A&M-SA Lecture 03-23-2015
- 7th Annual Healthy Business Summit and Exposition Fall 2013
- Providing Health, Fitness, and Performance assessments to community members 2009-Present
- San Antonio Regional History Day, Judge 2012-2016
- Southside ISD Wellness Extravaganza, Exhibitor spring 2012, 2014, 2015
- TAMU-SA Open House, Exhibitor 07-27-2012
- Homes for Our Troops 04-30-2010
- College Extravaganza, Exhibitor Fall 2010
- Battle of Flowers Parade 2009, 2010
- Center for Miracles at CHRISTUS Santa Rosa Children's Hospital: "Getting Physically Fit" (Rose Orsbome) 11-06-2009
- Physical Education Student Activity Assessments: San Antonio Independent School District (Roger Rodriguez) Spring 2008
- Math-Science Arama: South San Independent School District (Gary Sadlon), Presenter 10-25-2008
- South San ISD In-service for PE teachers. Guest Speaker; 'Physiological Responses of Warming Up Prior to Activity 11-10-2008
- Fit-to-be-Tri'd: Mentor for students assessing and prescribing fitness and training programs for first time triathletes 2006-2007

HONORS AND AWARDS

- A&M-SA Department of Counseling, Kinesiology, and Human Services Most Influential Mentor (Spring, 2025, Fall 2025)
- Honor Award, Texas Association of Health, Physical Education, Recreation, and Dance (2024)
- Advisor of the Year, Student Activities (AY 2019)
- Excellence in Teaching Award, The National Society of Leadership and Success (2016)

Student Research Direction: Graduate Research Project Advisor**2025**

Arunakumari Kondapureddy: The impact of finger resistance bands on enhancing handwriting speed, grip strength, and fine motor performance.

Lindsay Valsamaki: Breast cancer survivors and the occurrence of chronic comorbidities.

Antonio Flores. Effect of musical tempo on step cadence in runners.

2024

Joshua Gonzalez: Effects of energy drinks on manual dexterity and reaction time in varsity esports players

2023

Kaytlen Lavergne: Perceptual outcomes of physical therapy rehabilitation.

2022

Julie Blohm: The ethnic and socioeconomic differences in exercise and physical activity among women.

Brianna Ratliff: The effect of outdoor surface type on running cadence.

Jesse Delacruz: The effects of CBD cream on anaerobic strength.

2020

Bianca Gutierrez: The relationship between physical activity and sleep in adolescents

2019

Darien Leonards: Effect of three types of concurrent high intensity interval training sessions on heart rate and perceived exertion.

2018

Samuel Gonzales: Correlates of physical activity and memory in secondary school students.

2017

Carlos Ortiz: Effect of compression socks on time trial performance and recovery in cyclists

Tom O'Dowd: The effect of dark chocolate on heart rate, blood pressure, and rate of perceived exertion.

Alessandro Minzoni: The eating habits of first-year college students: An evaluation study.

2016

Pedro Maldonado: Physical activity levels of middle school students during physical education.

2015

Juan Cantu: A comparison of stance start in novice sprinters.

Joshua Roth: The effect of pickle juice consumption on VO2 max.

2014

Shauna Day: Exploring barriers to exercise in runners and non-exercisers.

Charles Mazal: The effects of U.S. Military NBC Protective Suit on physiological and perceptual responses during exercise.

2013

Deborah Bolf: The effect of temperature on muscles flexibility, strength and balance in yoga.

D'Arcy McGowen: The physiological and perceived demands during normal basketball activities.

Sam Gallegos: An evaluation of the 35 year old NCAA Division I quarterback rating.

Jamie Martin: The effect of body fat distribution on percent body fat results from bioelectric impedance analysis monitors.

2012

Gary Guerra: Pedometer accuracy in lower limb amputees.

Sonya Bryant: Effects of cooling body temperature during exercise in a heated environment.

Leticia Gutierrez: The relationship between fitness levels and physical activity in women.

2011

Emily Loeffler: Predictors of running performance.

Vera Rivera: The effect of handrail holding on physiological and perceptual variables during level and inclined treadmill walking.

Student Research Direction: Master's Thesis Advisor**Thesis Committee Chair**

- Vania Gonzalez (Fall 2024). Agreement between Wrist- and Chest-worn Heart Rate Monitors.
- Blair Engel (Fall 2019). The effect of meal replacement and diet exchange plan on correlates of Type 2 Diabetes.
- Soeun Jeon (Fall 2017). Effects of exercise on visceral fat in obese children and adolescents: Meta-analysis
- Michael Maspero (Spring 2017). The effects of ventilator training using an altitude training mask on lung capacity and VO_{2max} .
- William Ursprung (Fall 2016). The effects of blood flow restriction training on VO_{2max} and 1.5 mile run performance.
- Mariela Lopez (Spring 2015). The effects of school lunch on physiological characteristics of middle school students.
- Katie Padron (Fall 2014). A comparison of fitness levels between a physical education class and an athletic period class in middle school males.
- Erron Gonzales (Fall 2013). The relationship among strength differences between affected and non-affected limbs and balance in persons using lower limb prosthetics.
- Adekolapo Alade (Fall 2012). Using the Simon Effect to compare reaction times of athletes at different exercise intensities.
- Brad Arthur (2008). The relationship between physical activity and bone mineral density in patients with diagnosed inflammatory bowel disease.
- Sachin Vispute (2007). The effect of abdominal exercises on abdominal fat and total cholesterol.

Thesis Examination Committee, External Chair

- Suparat Phetkhuea (Summer 2025). Effects of suspension system on lower limb biomechanics during squatting in transtibial prosthetic users.
- Sirikanya Nimyaem (Summer 2023). The investigation on upper muscle strength, body composition and cardiopulmonary fitness during and after the long-term exercise program comparison between using and not using the adaptive upper limb prosthesis in the transradial amputee. Sirindhorn School of Prosthetics and Orthotics, Faculty of Medicine Siriraj Hospital, Mahidol University.
- Lei Lei Htun (Spring 2022). The effect of Cheneau and custom-made Boston braces on pulmonary function in individuals with adolescent idiopathic scoliosis. Sirindhorn School of Prosthetics and Orthotics, Faculty of Medicine Siriraj Hospital, Mahidol University.
- May Su Kiang (Fall 2021). Design and mechanical testing of AFO to control foot drop among patients with peroneal nerve injury. Sirindhorn School of Prosthetics and Orthotics, Faculty of Medicine Siriraj Hospital, Mahidol University.
- Tin Cho Aye (Fall 2021). The evaluation of the modified clamshell prosthesis in Chopart amputee. Sirindhorn School of Prosthetics and Orthotics, Faculty of Medicine Siriraj Hospital, Mahidol University.
- Amit Ratna Bajrachary (Fall 2021). Cross-cultural adaptation, reliability, and validity of the Nepali version of the Prosthetic Limb Users Survey of Mobility 12-Item Short Form (Plus-M 12-Item Short Form) in lower limb prosthetic users. Sirindhorn School of Prosthetics and Orthotics, Faculty of Medicine Siriraj Hospital, Mahidol University.

Thesis Committee Member

- Joo Hyun Kim (Spring 2022). Comparisons of acupuncture, electroacupuncture, and electro-stimulation treatments for mitigating recovery of muscle function and strength in immobilized rats by casting model.
- Katelyn Gear (Summer 2019). Effects of training with blood flow restriction on muscular strength: A systematic review and meta-analysis.
- Joungbo Ko (Spring 2019). Comparison of power score on the Wingate test and the New Power Bike test.
- Gina Ok (Fall 2016). Validation of the fitness tracker for the measurement of physical activity.
- Jacob Reyna (Spring 2013). The effects of kinesio tape on baseball pitching velocity and fatigue.
- Irene Lopez (Spring 2013). Fasting and postprandial glucose levels after a single resistance training event in Mexican-Americans.

Student Research Direction: Master's Thesis Advisor Cont.

- Samantha Hackbart (2008). The effect of environmental cues on consumption, satiation, energy intake, and compensation in a college-age population.
- George Schweitzer (2007). Carbohydrate timing effects on exercise performance and gastrointestinal distress: Front, end, and continual loading of carbohydrate beverage during exercise.
- Justin Allen (2007) So, how do I look? Effectiveness of an education intervention program on global and physical self-perceptions.
- Lorraine Huntley (2006). Effects of dose-related exercise on self-esteem, physical self-worth and self-efficacy.
- Heather Reiseck (2006). Physiological effects of BOSU versus step aerobics training.

Dissertation

- Member, Gary Guerra (Spring 2017). Activity Monitor Accuracy for Lower-Limb Amputees Living in Colombia and Texas. Loma Linda University.

Bibliography of Publications

Refereed Journal Articles (note: red is student)

- Smith, J. D. & Guerra, G. (2025). Oxygen uptake kinetics differentiates two from six minute walk tests in lower extremity prosthesis users. *Scientific Reports*, 15, 32914. DOI: <https://doi.org/10.1038/s41598-025-18094-8>
- Smith, J. D. & Guerra, G. (2025). Correlates of Orthotic Prosthetic User Survey, performance-based outcome measures and balance in lower limb prosthesis users. *Prosthesis*, 7(3), 66 DOI: <https://doi.org/10.3390/prosthesis7030066>
- Guerra, G., Smith, J. D., & Yoon, E. J. (2023). The relationship between balance confidence and center of pressure in lower-limb prosthesis users. *Biomechanics*, 3(4), 561-570.
- Smith, J. D., Guerra, G., Symons, T. B., Kwon, E. H., & Yoon, E. J. (2023). Comparison of body composition methods for estimating body fat percentage in lower limb prosthesis users. *Canadian Prosthetics & Orthotics Journal*, 6(1), 1-7.
- Kwon, E., Smith, J. D., & Lee, S. (2023). Effects of voluntary tutoring and mandatory tutoring on academic performance. *Journal of Sport and Applied Science*, 7(3), 27-35.
- Smith, J. D., Morrison, A., & Villarreal, M. (2021). Effects of brief dry cupping on muscle soreness in the gastrocnemius muscle and flexibility of the ankle. *Asian Journal of Kinesiology*, 23(4), 3-11 DOI: <https://doi.org/10.15758/ajk.2021.23.4.3>
- Guerra, G. & Smith, J. D. & (2021). Correlates of balance and aerobic indices in lower-limb prostheses users on arm crank exercise. *Sensors*, 21(20), 6917.
- Smith, J. D. & Guerra, G. (2021). Quantifying step count and oxygen consumption with portable technology during the 2-Min Walk Test in people with lower limb amputation. *Sensors*, 21(6), 2080.
- Le, H., Guerra, G., Sasaki, K., Phongphibool, S., Smith, J. D., Wongpanya, J., Rakbanboong, & T., Siriwasopon, J. (2020). Oxygen consumption and speed performance of a runner with amputation wearing an elevated vacuum running prosthesis. *Journal of Prosthetics and Orthotics*, 33(1), 73-79 DOI: [10.1097/JPO.0000000000000317](https://doi.org/10.1097/JPO.0000000000000317)
- Smith, J. D., Guerra, G., & Burkholder, B. G. (2019). The validity and accuracy of wrist-worn activity monitors in lower-limb prosthesis users. *Disability and Rehabilitation*, 42(22), 3182-3188 DOI: [10.1080/09638288.2019.1587792](https://doi.org/10.1080/09638288.2019.1587792)
- Guerra, G., Smith, J. D., Gomez, P., & Siriwasopon, J. (2019). The accuracy of variously positioned pedometers for lower limb prosthesis users. *Journal of Prosthetics and Orthotics*, 31(4), 257-261 DOI: [10.1097/JPO.0000000000000264](https://doi.org/10.1097/JPO.0000000000000264)
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Presentations to Learned Societies

International (note: red is student)

- Song, Jun Seob, Kwon, E., **Smith, J. D.**, Lim, J., Symons, B., & Lee, S. (2025). *Effects of a cognitive task between sets on recovery and exercise performance*. American College of Sports Medicine Annual Meeting, Atlanta, GA.
- Smith, J. D.** & Guerra, G. (2023). [*Pre- and post-COVID cardiovascular fitness of kinesiology students*](#). American College of Sports Medicine Annual Meeting, Denver, CO.
- Symons, T. B., Kim, J. H., Delacruz, J., Kwon, E., Hwang, E., Park, Y., **Smith, J. D.**, & Lee, S. (2023). [*Acupuncture and resistance training facilitate recovery of muscle function and strength in immobilized rats*](#). American College of Sports Medicine Annual Meeting, Denver, CO.
- Guerra, G., **Smith, J. D.**, & Yoon, E. (2023). [*Agreement between body composition methods for estimating body fat percentage in lower limb prosthesis users*](#). 19th World Congress of the International Society for Prosthetics and Orthotics Guadalajara, Mexico ISPO: International Society of Prosthetics and Orthotics
- Smith, J. D.** (2020). *Activity monitor step and heart rate accuracy during overground walking and stair climbing*. American College of Sports Medicine Annual Meeting, San Francisco, CA.
- Guerra, G., Srithamboon, S., **Smith, J. D.**, Charatrungolan, T., Aekwatanphol, P., Boonyawiwat, S., Wilkins, J. T., Pluksataporn, T., & Sulakkhana, A. (2018). [*Outcomes of a personalized structured exercise program for transtibial prosthesis wearers: Pilot study*](#). American Congress of Rehabilitation Medicine Annual Conference, Dallas, TX.
- Smith, J. D.** (2018). [*Accuracy of wrist-worn activity monitors during wheelchair use*](#). American College of Sports Medicine Annual Meeting, Minneapolis, MN.
- Smith, J. D.** (2017). [*Accuracy of wrist-worn activity monitors during treadmill and elliptical ergometry*](#). American College of Sports Medicine Annual Meeting, Denver, CO.
- Kwon, E. and **Smith, J. D.** (2017). [*Accuracy of wrist-worn activity monitors during walking and swimming*](#). American College of Sports Medicine Annual Meeting, Denver, CO.
- Jung, H., Lee, N., Jeon, S., **Smith, J. D.**, Maspero, M., Lee, S. (2017). [*Acute effects of elevation training mask on heart rate variability in healthy subjects*](#). American College of Sports Medicine Annual Meeting, Denver, CO.
- Na, S., Lee, N., Lee, C., **Smith, J. D.**, Lee, S. (2017). [*Effect of combined exercise on urinary incontinence in postmenopausal women*](#). American College of Sports Medicine Annual Meeting, Denver, CO.
- Smith, J. D.** (2016). [*Accuracy of wrist-worn activity monitors at three walking speeds on the treadmill*](#). American College of Sports Medicine Annual Meeting, Boston, MA.

- Smith, J. D., Romero, J. M., & Kendrick, K. H.** (2015). [*Effect of commercially available supplemental oxygen during aerobic exercise*](#). American College of Sports Medicine Annual Meeting, San Diego, CA.
- Smith, J. D.** (2014). [*Effect of abdominal circumference on accuracy of commercially-available body composition monitors*](#). American College of Sports Medicine Annual Meeting, Orlando, FL.
- Smith, J. D. & Guerra, G.** (2013). [*Pedometer accuracy in lower-limb amputees*](#). American College of Sports Medicine Annual Meeting, Indianapolis, IN.
- Smith, J.D. & Kendrick, K.H.** (2012). [*Physiological and perceptual responses to inclined walking with and without handrail support*](#). American College of Sports Medicine Annual Meeting, San Francisco, CA.
- Smith, J. D.** (2010). [*Pedometer accuracy, heart rate, and perceived exertion while walking, skipping, galloping, and sliding*](#). American College of Sports Medicine Annual Meeting, Baltimore, MD.
- Smith, J. D., Heden, T. D., & Applegate, M. D.** (2009). [*The effect of compression socks on recovery after a 30-sec Wingate test*](#). American College of Sports Medicine Annual Meeting, Seattle, WA.
- Heden, T. D., LeCheminant, J. D., Smith, J. D., & Covington, N. K.** (2009). [*Comparison of resting, walking, and jogging energy expenditure prediction equations in normal and overweight females*](#). American College of Sports Medicine Annual Meeting, Seattle, WA.
- LeCheminant, J. D., Heden, T. D., Covington, N. K., & Smith, J. D.** (2009). [*Comparison of net energy expenditure and steps among lean and overweight women during walking and jogging*](#). American College of Sports Medicine Annual Meeting, Seattle, WA.
- Allen, J., Hurley, K., Smith, J. D., & LeCheminant, J. D.** (2008). *So How Do I Look? Effectiveness of an Education Intervention Program on Global and Physical Self-Perceptions*. Association for Applied Sports Psychology Annual Meeting, St. Louis, MO.
- Smith J. D., Vander Meer, J., & Heden, T.** (2008). [*The effect of compression socks during submaximal and maximal exercise on the treadmill*](#). American College of Sports Medicine Annual Meeting, Indianapolis, IN
- LeCheminant, J. D., Smith, J. D., Renschen, T., & Heden, T.** (2008). [*Relationship between self-reported physical activity and body composition among university freshman*](#). American College of Sports Medicine Annual Meeting, Indianapolis, IN
- Smith, J. D. & Schroeder, C. A.** (2008). *Pedometer accuracy of two models while walking, skipping, galloping, sliding, and hopping*. American Alliance for Health, Physical Education, Recreation, and Dance Annual Meeting, Fort Worth, TX
- LeCheminant, J. D., Smith, J. D., Covington, N. K., Renschen, T., & Heden, T.** (2008). *Does wearing pedometers and recording steps influence body weight during the fall semester in university freshman?* North American Association for the Study of Obesity, Phoenix, AZ.
- Weber, L., Hurley, K. S., Covington, N. K., & Smith, J. D.** (2007). *Pathways to activity are paved with good intentions: Influence of attitudes and perceived control*. The Gerontological Society of America's 60th Annual Scientific Meeting, San Francisco, CA.
- Smith, J. D., Nichols, D., Biggerstaff, K., & DiMarco, N.** (2007). [*Assessment of physical activity levels of 3rd and 4th grade children using pedometers during physical education class*](#). Annual Meeting of the American College of Sports Medicine, New Orleans, LA.
- Smith, J. D. & Schroeder, C. A.** (2006). [*Assessing pedometer accuracy while walking, skipping, galloping, sliding, and hopping*](#). Annual Meeting of the American College of Sports Medicine, Denver, CO.

- Smith, J. D., Rivas, E., Ruiz, A., Ocker, L., & Sherman, N.** (2005). *The effect of compression socks on heart rate and oxygen consumption while walking*. ACSM's Walking for Health: Measurement and Research Issues and Challenges Conference, Urbana-Champaign, Ill.
- Smith, John D., Smith Jeremy D., Kinser, K.B., Dugan, E., & Reed, M.** (2004). [*Biomechanical and physiological responses to running with and without a stroller*](#). Annual Meeting of the American College of Sports Medicine, Indianapolis, IN.
- Nichols, D. L., Feller, J., Love, A. M., **Smith, J. D.**, & Duncan, J. (2003). [*Is there an association between high blood pressure on bone mineral density?*](#) Annual Meeting of the American College of Sports Medicine, Atlanta, GA.
- Clark, S. J., Horea, M., Prefume, K. A., Shaeffer, S. E., **Smith, J. D.**, Jankowski, C., & Ben-Ezra, V. (2003). [*Effects of acute low-intensity aerobic exercise on glucose metabolism in men with type 2 diabetes*](#). Annual Meeting of the American College of Sports Medicine, Atlanta, GA.
- Smith, J. D., Nichols, D., Feller, J., Clark, S. J., Greenfield, K., & Duncan, J.** (2000). *Comparison of metabolic variables between hypertensive men and women*. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN
- Ben-Ezra, V., Jankowski, C., Clark, S. J., & **Smith, J. D.** (1998). *Decreased post exercise insulin response: three consecutive vs. three alternate days of exercise*. Annual Meeting of the American College of Sports Medicine, Orlando, FL.
- Smith, J. D., Newberry, J. E., Sherman, N. W., Ruiz, A., & Hughes J.R.** (1998). *A comparison of field and laboratory estimates of the anaerobic threshold*. Annual Meeting of the American College of Sports Medicine, Orlando, FL

Regional

- Hutchins, Ken. J., Hutchins, Keith J., Symons, B. T., & Smith, J.D.** (2025). *Comparison of Anthropometrics and Abdominal EMG between Three Curl up Tests in College Students*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Fort Worth, TX. 2nd place undergraduate category.
- Hutchins, Keith. J., Hutchins, Ken J., & Smith, J.D.** (2025). *Association of Handgrip Strength with Components of Health-Related Fitness in Kinesiology College Students*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Fort Worth, TX. 1st place undergraduate category.
- Barrera, J., Guerra, G. & Smith, J. D.** (2025). *Effect of a Bungee Tension System on Physiological and Perceptual Variables while Jogging*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(17\), 169.*](#)
- Barnard, K. J., McCarty, C. M., Guerra, G. & Smith, J. D.** (2025). *Interclass Reliability of Sit2Stand.ai*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(17\), 126.*](#)
- McCarty, C. M., Barnard, K. J., & Smith, J. D.** (2025). *Agreement of OpenCap with APDM temporal variables while walking*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(17\), 137.*](#)
- Gonzalez, J. G. & Smith, J. D.** (2025). *Effect of energy drinks on manual dexterity and reaction time in esports athletes*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(17\), 140.*](#)
- Flores, B. L. & Smith, J. D.** (2025). *Agreement between two systems for measuring vertical jump height*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(17\), 141.*](#)
- Martinez, G. D., Aldama, F. H., Guajardo, L., & Smith, J. D.** (2025). *Agreement of a mobile 3D body scanning app for anthropometrics*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(17\), 127.*](#)

- Guajardo, L., Aldama, F. N., Martinez, G. D., & Smith, J. D. (2025). *Reliability of a mobile 3D body scanning app for body composition*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(17\), 130.](#)
- Aldama, F. N., Guajardo, L., Martinez, G. D., & Smith, J. D. (2025). *Accuracy of a mobile 3D body scanning app for body composition*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(17\), 139.](#)
- Cantu, C. M. & Smith, J. D. (2025). *Effect of weighted backpack and texting while walking on gait parameters*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(17\), 125.](#)
- Tamayo, C. D. & Smith, J. D. (2025). *Reliability of the Volumetal 3D foot scanner before and after jogging*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(17\), 149.](#)
- Slape, C. R., & Smith, J. D. (2024). *Estimating VO2max in college students using the 1-mile run and PACER*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Galveston, TX. 2nd place undergraduate category.
- Brown, J., K. & Smith, J. D. (2024). *Effect of massage gun treatment on calf muscle soreness*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(16\), 3.](#)
- Barrera, J, Perez, A., & Smith, J. D. (2024). *Effect of bungee unweighting on VO2, heart rate, RPE, and body weight while walking*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(16\), 4,](#)
- Ramirez, F. R., Valdez, D., Martinez, A., & Smith, J. D. (2024). *Effect of unweighting using the Lightspeed Lift on energy expenditure during treadmill walking and jogging*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(16\), 133.](#)
- Sanchez, F. B. & Smith, J. D. (2024). *Effect of running surface on 40-yard dash times in high school football players*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(16\), 138.](#)
- Bayles, B., Weatherford, D., Santillan, M., Erikson, W. B., Smith, J. D., & Golla, V. (2023). *Bingocize® in Nursing Homes: Lessons in Community Engagement*. IIMS Community Engagement Symposium: Pathways towards Recovery, Empowerment, and Social Inclusion. Institute for the Integration of Medicine and Science; UT Health-San Antonio.
- Kappmeyer, J., Smith, J. D., & Gajkowski, C. (2023). *Correlation between the development of gross motor skills and cognitive advances in early childhood*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Fort Worth, TX. 1st place undergraduate category.
- Gonzalez, V. Y. & Smith, J. D. (2023). *Difference between wrist and chest-worn heart rate monitors*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(15\), 131.](#)
- Jackson, I. J. & Smith, J. D. (2023). *Repetition differences between three curl-up tests for abdominal strength*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(15\), 128.](#)
- Durden, B., Engstrom, C., Smith, R., & Smith, J. D. (2022). *Comparison of metabolic variables during the 2-minute walk test and 6-minute walk test*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(14\), 81.](#)

- Vale, E. N & Smith, J. D. (2022). *A comparison of materials in knee sleeves for osteoarthritis: Affects and function*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(14\), 79](#).
- Morrison, A. D., Villarreal, M. L., & Smith, J. D. (2020). *Effects of dry cupping on delayed onset muscle soreness and flexibility of the gastrocnemius muscle*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(12\), 7](#).
- Quadri, K. L., Talavera, M. A., Alegria, H., & Smith, J. D. (2020). *The effects of Kinesio Tape on delayed onset muscle soreness and muscular power*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(12\), 6](#).
- Deininger, A., Sandman, H., Romo, V., & Smith, J. D. (2020). *Effects of pre-exercise massage on muscle soreness*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(12\), 8](#).
- Garcia, V., Kyllingstad, J., Rodriguez, G., McCreery, A., & Smith, J. D. (2019). *Effects of cannabidiol cream on delayed onset muscle soreness*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Fort Worth, TX. [International Journal of Exercise Science, 2\(11\), 22](#).
- Blaylock, M. & Smith, J. D. (2019). *Effect of activity log on functional outcomes in elderly physical therapy patients*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Fort Worth, TX. [International Journal of Exercise Science, 2\(11\), 47](#).
- Martinez, J., Wetz, C., Bernal, M., & Smith, J. D. (2019). *Effect of pre-workout supplement on vertical jump and anaerobic power*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Fort Worth, TX. [International Journal of Exercise Science, 2\(11\), 6](#).
- Trinh, C. M., Matthews, T., & Smith, J. D. (2019). *Predicting VO₂max from 1- and 1.5-mile runs*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Fort Worth, TX. [International Journal of Exercise Science, 2\(11\), 8](#).
- Swiantkiewicz, K., Frausto, C., Garrett, M., & Smith, J. D. (2019). *Effect of partner and individual exercise on motivation and fitness*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Fort Worth, TX. [International Journal of Exercise Science, 2\(11\), 7](#).
- Ketter, B, Miller, M., Capetillo, M., & Smith, J. D. (2018). *Relationship between physical activity and stress among non-military and military students*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Galveston, TX.
- Pollaro, M. S., Lansford, V. R., Avila, A. M. & Smith, J. D. (2018). *Effect of oral rinsing with pre-workout on cycling time trial performance*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [International Journal of Exercise Science, 2\(10\), 68](#).
- Ortiz, C. J., & Smith, J. D. (2017). *Effect of compression socks on time trial performance and recovery in cyclists*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Fort Worth, TX.
- Burkholder, B. G. & Smith, J. D. (2017). *Accuracy of wrist-worn monitors while walking in lower limb prosthetic users*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(9\), 110](#).
- Ursprung, W. M. & Smith, J. D. (2017). *The effects of blood flow restriction training on VO₂Max and 1.5 mile run performance*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [International Journal of Exercise Science, 2\(9\), 108](#).

- Moore, M., Gammel, B., Reinartz, A., Waldo, A., & Smith, J. D. (2017). *The effect of foam rolling on flexibility*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science*, 2\(9\), 109.](#)
- Karman, N. J., & Smith, J. D. (2016). *Motivational and learning strategies between kinesiology and education majors*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Galveston, TX. 1st place undergraduate category.
- Garcia, K., & Smith, J. D. (2016). *Relationship between step counts, BMI, and abdominal circumference in middle aged and older females*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Galveston, TX.
- Maspero, M. V. & Smith, J. D. (2016). *Effect of an acute bout of exercise using an altitude training mask simulating 12,000 ft on physiological and perceptual variables*. Texas Chapter of the American College of Sports Medicine Annual Meeting, College Station, TX. [*International Journal of Exercise Science*, 2\(8\), 90.](#)
- Garcia, A. C. & Smith, J. D. (2016). *Predicting percent body fat using body mass index and abdominal circumference*. Texas Chapter of the American College of Sports Medicine Annual Meeting, College Station, TX. [*International Journal of Exercise Science*, 2\(8\), 80.](#)
- Maspero, M., Garcia, A, Rodriguez, G., & Smith, J. D. (2015). *The effects of an altitude training mask on physiological and perceptual variables while at rest and during exercise*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Dallas, TX. 1st place undergraduate category.
- Holub, C. & Smith, J. D. (2015). *DOMS after acute strenuous exercise and massage*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [*International Journal of Exercise Science*, 2\(7\), 2.](#)
- Hong, J., Smith, J. D., Ross, C. N., & Lee, S. (2015). *Comparison of multiple sets and single set of resistance training on muscle strength and power*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [*International Journal of Exercise Science*, 2\(7\), 61.](#)
- Alanis, C. A. & Smith, J. D. (2014). *The relationship between physical activity and belief that kinesiology majors should pass a physical fitness test*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Galveston, TX. 1st place undergraduate category.
- Beasley, K. & Smith, J. D. (2014). *The relationship between exercise and happiness*. Texas Association of Health, Physical Recreation, and Dance Annual Convention, Galveston, TX.
- Alanis, C. A. & Smith, J. D. (2014). *Effect of carbohydrate mouth rinsing on muscular endurance performance*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Fort Worth, TX. [*International Journal of Exercise Science*, 2\(6\), 55.](#)
- Dohogne, J. K. & Smith, J. D. (2014). *Effects of post-exercise hypotension after a graded exercise test*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Fort Worth, TX. [*International Journal of Exercise Science*, 2\(6\), 65.](#)
- Harvey, J. M. & Smith, J. D. (2014). *Accuracy of automated blood pressure monitors*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Fort Worth, TX. [*International Journal of Exercise Science*, 2\(6\), 53.](#)
- Lopez, I., Kendrick, K. H. & Smith, J. D. (2014). *Fasting and postprandial glucose levels after a single resistance training event in Mexican-Americans*. 2014 Texas Chapter of the American College of Sports Medicine Annual Meeting, Fort Worth, TX. [*International Journal of Exercise Science*, 2\(6\), 60.](#)
- Morales, J. & Smith, J. D. (2013). *Comparison of age-predicted maximum heart-rate equations in college kinesiology students*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [*International Journal of Exercise Science*, 2\(5\), 40.](#)

- Guerra, G. & Smith, J. D. (2012). *Pedometer accuracy in lower-limb amputees*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [*International Journal of Exercise Science*, 2\(4\), 17.](#)
- Flores, J. M. & Smith, J. D. (2012). *The relationship between perceived exertion and heart rate during Yoga*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [*International Journal of Exercise Science*, 2\(4\), 67.](#)
- Holtz, K. Kendrick, K. H. & Smith, J. D. (2012). *Effects of negative ion band on peak anaerobic capacity & recovery*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [*International Journal of Exercise Science*, 2\(4\), 53.](#)
- Perales, D., Smith, J. D. & Kendrick, K. H. (2012). *Effect of the negative ion band on athletic performance*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [*International Journal of Exercise Science*, 2\(4\), 63.](#)
- DeSantiago, V. & Smith, J. D. (2012). *The accuracy of non-exercise VO₂max prediction equations in college students*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [*International Journal of Exercise Science*, 2\(4\), 13.](#)
- McQuade, M. & Smith, J. D. (2011). *Effect of soccer position on steps taken per game*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [*International Journal of Exercise Science*, 2\(3\), 19.](#)
- Lickteig, P. & Smith, J. D. (2011). *The age at which children improve the most in the 50 yard freestyle*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Austin, TX. [*International Journal of Exercise Science*, 2\(3\), 18.](#)
- Perez, R., Prybil, M., Smith, J. D. (2009). *Reliability of the Omron HBF-500 body composition analyzer*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Tyler, TX. [*International Journal of Exercise Science*, 2\(1\), 11.](#)
- Prybil, M., Perez, R., Smith, J. D., Hearon, C. M., Grimes, G. R. (2009). *Accuracy of the Omron HBF-500 body composition analyzer*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Tyler, TX. [*International Journal of Exercise Science*, 2\(1\), 6.](#)
- Guerra, G., Smith, J. D., Holmes, P., Khu, E., and Pena, I. (2009). *Pedometer accuracy in lower limb amputees: A pilot study*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Tyler, TX. [*International Journal of Exercise Science*, 2\(1\), 7.](#)
- Schweitzer, G. G., Smith, J. D., & Lecheminant, J. D. (2007). *Carbohydrate Timing Effects on Exercise Performance and Gastrointestinal Distress: Front, End, and Continual Loading of Carbohydrate Beverage during Exercise*. Midwest Chapter of the American College of Sports Medicine Annual Meeting, Columbus, OH.
- Heden, T., & Smith, J. D. (2007). *The effect of compressions socks on muscle soreness following a bout of calf resistance exercise*. Midwest Chapter of the American College of Sports Medicine Annual Meeting, Columbus, OH.
- Rivas, E., Smith, J. D., Ruiz, A., Ocker, L. B., & Sherman, N. W. (2006). *The effect of compression socks on submaximal and maximal running in long distance running*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Denton, TX.
- Clark, S. J., Smith, J. D., Horea M., Ben-Ezra, V., & Jankowski, C. (1999). *The effect of a single bout of aerobic exercise on glucose, insulin, and c-peptide responses in young and older Mexican women*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Houston, TX
- Sheaffer, S. E., Clark, S. J., Smith J. D., Horea, M., King, T., Ben-Ezra, V., & Jankowski, C. (1999). *The effect of three consecutive days of aerobic exercise on glucose and insulin responses in oral contraceptive users*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Houston, TX

Smith, J. D., Clark, S. C., Ben-Ezra, V., & Jankowski, C. (1998). *Insulin and c-peptide responses of sedentary subjects to two 3-day exercise regimens*. 1998 Texas Chapter of the American College of Sports Medicine Annual Meeting, Arlington, TX

Smith, J. D., Newberry, J. E., Sherman, N. W., Ruiz, A., & Hughes, J.R. *A comparison of field and laboratory estimates of the anaerobic threshold*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Houston, TX

Non-Refereed State

Kichura, C. & **Smith, J. D.** (2015). *The effects of pre-cooling on short term anaerobic performance*. Undergraduate Research Day at the Capitol, Austin, TX.

Finkenberg, M. E., Grimes, R, Murray, T. D., **Smith, J.D.**, Wagner, S.A., & Hart, S. J. (2009). *Are we "fit" to teach?* 2009 Texas Association of Health, Physical Education, Recreation, and Dance Annual Meeting, Arlington, TX.

Davenport, J., & **Smith, J. D.** (2007). *College student's perceptions of diet and exercise*. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Meeting, St. Charles, IL.

Heden, T. & **Smith, J. D.** (2007). *The effect of compression socks on physiological and perceptual variables during cycling*. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Meeting, St. Charles, IL.

Allen, J., **Smith, J. D.**, & Hurley, K. S. (2007). *So, how do I look?: effectiveness of an education intervention program on global and physical self-perceptions*. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Meeting, St. Charles, IL.

Heden, T., & **Smith, J. D.** (2006). *Comparison between BODPOD and DEXA in a University setting*. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Meeting, St. Charles, IL.

Shepard, S., & **Smith, J. D.** (2006). *Reliability and validity of the Godin-Leisure Time Questionnaire*. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Meeting, St. Charles, IL.

Smith, J. D. (2005). *Motivating children to improve participation during fitness in physical education*. Illinois Association of Health, Physical Education, Recreation, and Dance Annual Meeting, St. Charles, IL.

Smith, J. D. (2003). *Using choices to improve participation during fitness in physical education*. Texas Association of Health, Physical Education, Recreation, and Dance Annual Meeting, Galveston, TX.

Jones, B., **Smith, J. D.**, & Beighle, A. (2002). *Using pedometers, fitness activities, and fitness testing to promote lifestyle activity*. Texas Association of Health, Physical Education, Recreation, and Dance Annual Meeting, Fort Worth, TX.

Jones, B., **Smith, J. D.**, & Beighle, A. (2002). *Teaching responsible behavior in elementary physical education*. Texas Association of Health, Physical Education, Recreation, and Dance Annual Meeting, Fort Worth, TX.

Non-Refereed Local

Uwineza, J., & **Smith J. D.** (2025). *Correlation between sleep, anxiety and physical activity*. Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.

Tamayo, C., & **Smith J. D.** (2025). *Predicting aerobic fitness in kinesiology students with the Godin leisure-time questionnaire*. Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.

Robinson, K., & **Smith J. D.** (2025). *Influence of skin tone on heart rate from wrist- and chest-worn fitness trackers*. Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX. 2nd Place, Undergraduate Poster.

- Cantu, C., & Smith J. D.** (2025). *Relating motivation to fitness levels in kinesiology students*. Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.
- Sanchez, F., & Smith J. D.** (2024). *Effect of probiotics and lime water on body weight and body composition*. Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.
- Kappmeyer, J., Santillan Ibarra, M., Bacerra, N., Erickson, W. B., Bayles, B., Weatherford, D., & Smith J. D.** (2024). *Bingocize® - Enhancing physical and cognitive health for nursing home residents*. Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.
- Blohm, J., & Smith J. D.** (2023). *Ethnic and socioeconomic differences in exercise and physical activity among women*. Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.
- Daniels, L., & Smith J. D.** (2019). *Relationship between Eating Habits and Health Parameters*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Terrazas A., & Smith, J. D.** (2018). *The relationship between BMI and barriers to exercise*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Mayberry, J., & Smith, J. D.** (2018). *Effect of exercise on stress indicators*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Carmona, S., Bernal, R., Acuna, T., & Smith, J. D.** (2018). *Effect of lower-limb blood flow restriction (BFR) on muscle hypertrophy and strength in high school volleyball players*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Banda, N., Acosta, M., & Smith, J. D.** (2018). *The effect of dry-wick and cotton clothing on sweat loss and body temperature*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Pacheco, A., Ramos, A., Garcia, A., & Smith, J. D.** (2017). *The Effect of Thrive Supplementation on Vitality and Weight Loss*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Martinez, M., Ruiz, L., Pena, G., Gurrola, J., & Smith, J. D.** (2017). *The Effects of Rotating Shift on Sleep Quality*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Ibarra, Y., Garza, M., Ortega, F., Sanchez, F., & Smith, J. D.** (2017). *Effects of Decaffeinated and Caffeinated Coffee on Reaction Time*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- De La Garza, O., Johnston, K., Davila, M., Rechner, C., & Smith, J. D.** (2017). *The Effect of Pre-workout Supplementation on Muscular Strength and Endurance*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Campos, A., Freeman, D., Rojas, V., Sanchez, J., & Smith, J. D.** (2017). *Classic BopIt! Gender Challenge- The Effect of Gender on Reaction Time*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Mendivil, A., Garcia, R., & Smith, J. D.** (2016). *Relationship between fitness and joint pain in elderly*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Gentry, A. M., & Smith, J. D.** (2016). *The relationship between physical activity and stress*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Garcia, K., & Smith, J. D.** (2016). *Accuracy of a portable spirometer in determining forced vital capacity*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)
- Garcia, A., & Smith, J. D.** (2016). *Reliability of BIA monitors in different hydration states*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX.](#)

- Cadena, R., & Smith, J. D. (2016). *Relationship between PTSD and physical activity in military service members*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX](#).
- Holder, S. L., & Smith, J. D. (2016). *Effects of an electric massage chair on anxiety and stress levels*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX](#).
- Garcia, K., Hall, B., & Smith, J. D. (2015). *A comparison of body fat monitors in adult females*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX](#).
- Holub, C., & Smith, J. D. (2015). *DOMS after Acute Strenuous Exercise and Massage*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX](#).
- Maspero, M., Garcia, A., Rodriguez, G, & Smith, J. D. (2015). *The effects of an altitude training mask on physiological and perceptual variables while at rest and during exercise*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX](#).
- Moore, R., De La Rosa, M., Rodriguez, D., & Smith, J. D. (2015). *The effect of music on the 1RM bench press test*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX](#).
- Ponce, K., & Smith, J. D. (2015). *The relationship between exercise questionnaires and pedometer counts*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX](#).
- Reyna, J., Kendrick, K., & Smith, J. D. (2015). *The effects of Kinesio Tape on baseball pitching velocity and fatigue*. [Texas A&M University-San Antonio Student Research Symposium, San Antonio, TX](#).
- Smith, J. D. (2010). *Evaluation of an in-class response system in small class-setting at a predominantly minority-serving higher education institution*. 2nd Annual Southwest Teaching & Learning Conference, San Antonio, TX
- Paulsen, H., Heden, T., Covington, K., Smith, J. D., Lox, C., Goldsmith, M., & LeCheminant, J.D. (2008). *Comparison of different levels of physical activity for weight maintenance*. Southern Illinois University Graduate Student Research Symposium, Edwardsville, IL
- Heden, T. D., & Smith, J. D. (2007). *Comparing body composition estimates using air displacement plethysmography and dual energy X-ray absorptiometry*. Southern Illinois University Graduate Student Research Symposium, Edwardsville, IL
- Smith, J. D., Clark, S. C., Ben-Ezra, V., & Jankowski, C. (1998). *Insulin and c-peptide responses of sedentary subjects to two 3-day exercise regimens*. Annual Student Research Symposium, Texas Woman's University, Denton, TX

Research/ Creative Activities

Grants / Funding

- Smith, J. D. (2024). *Effect of skin tone on photoplethysmography during rest and exercise: Defining racial disparity of wrist-worn fitness trackers*. Texas A&M University-San Antonio Research Council. \$8,605.75. Funded April 25, 2024.
- Weatherford, D. (PI), Golla, V. (Co-PI), Bayles, B., Erickson, B., Smith, J. *Bingocize: social and physical engagement to enhance quality of life*. Texas Health and Human Services. \$390,157.59. Funded February 2022.
- Eli Vale & Smith, J. D. (2019). *A comparison of materials in knee sleeves for osteoarthritis: Affects and function*. College of Education and Human Development's Student Research Grant Program, \$1,567. Funded.
- Smith, J. D. (2019). *Free-living activity patterns of persons with lower-extremity amputation*. Research Council, \$5,000. Funded.

Smith, J. D. (2017). *Free-living activity patterns of persons with lower-extremity amputation*. College of Education and Human Development Faculty Grant Program, \$3,000. Funded.

Lee, S., Leal-Vasquez, L. C., & **Smith, J. D.** (2014). *Implementation of active supporting program for student retention and success in Kinesiology degree*. The Retention and Student Success Grant Program, \$5,000. Funded.

Smith, J. D. (2013). *Health & Fitness Assessment for South San Antonio*. President's Circle Faculty Research Grant, \$9,905.65. Funded.

Smith, J. D. (2012). *SAISD academic support for Kinesiology, as part of a Carol M. White Physical Education Program grant*. San Antonio Independent School District (Roger Garcia, Director). \$1,000. Funded.

Smith, J. D. (2009). *Evaluation of an in-class response system in small class-setting at a predominantly minority-serving higher education institution*. Southwest Teaching & Learning Conference. \$500.00. Funded.

Smith, J. D., & Schroeder, C. A. (2006). *The accuracy of the pedometer during various locomotor movements and relationship with metabolic cost*. Jump Rope for Heart Program in conjunction with Illinois Association for Health, Physical Education, Recreation, and Dance. \$3729.03. Funded.

Smith, J. D., & Schroeder, C. A. (2006). *Metabolic cost and accuracy of the pedometer during locomotor movements in younger and older children*. Southern Illinois University Edwardsville Funded University Research. \$3976.00. Funded.

Smith, J. D. (2005). *The effect of compression socks on physiological variables and perceived exertion during exercise*. SIU Edwardsville Dean's Grant for Research Enhancement. \$1,000. Funded.

Current Research Projects / Collaborations

Manuscripts in Review

Smith, J. D., Maspero, M., & Gajkowski, C., Equivalence Reliability of Peer Evaluation Tools. Submitted to TAHPERD Journal. In second review.

Manuscripts in Preparation

Manuscripts in Data Collection

Effect of Bungee Unweighting on VO₂, Heart Rate, RPE, and Body Weight While Jogging