

JOHN D. SMITH, PH.D.

ADDRESS: Texas A&M University-San Antonio
College of Education and Human Development,
1 University Way, Ste. 212, San Antonio, TX, 78224
Office: STEM 142-I

PHONE: 210-784-2536

E-MAIL: jsmith@tamusa.edu

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

Employment History:

Full Professor Texas A&M-San Antonio, San Antonio, TX, Fall 2019-Present

- Duties include teaching a variety of courses within the EDKN Department, supervising master's thesis/projects, involvement in research, advisement, and committee work.

Associate Professor Texas A&M-San Antonio, San Antonio, TX, Fall 2012-2019

- Duties include teaching a variety of courses within the EDKN Department, supervising master's thesis/projects, involvement in research, advisement, and committee work.

Assistant Professor Texas A&M-San Antonio, San Antonio, TX, 2008-2012

- Duties include teaching a variety of courses within the EDKN Department, supervising master's thesis/projects, involvement in research, advisement, and committee work.

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

- Duties include teaching a variety of courses within the KIN Department, supervising master's thesis/projects, involvement in research, advisement, and committee work.

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

- Duties included teaching a variety of courses within the KIN Department, supervising master's thesis/projects, involvement in research, advisement, and committee work.

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

- Provided children ages 3 to 10 appropriate experiences in physical education.

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

- Primary duties consist of planning and instruction of various undergraduate courses in Kinesiology.
- Teach courses in health & fitness laboratories and exercise physiology laboratories.

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

- Duties include developing lesson plans for and instruction of tennis and tennis strategies to children aged 5 through 17.

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

- Primary responsibilities included the development, conditioning and refining of skills of male and female athletes.
- Performed administrative and management processes related to the university program.

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

- Planned and instructed kinesiology classes for undergraduate students

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

- Instructed high school physical education content and activity

RELATED EXPERIENCE

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

- Biochemical preparation and analysis of human adipose tissue

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

- Responsibilities included coaching, conducting weightlifting workouts, transportation, & filming

Track and Field Participant University of Texas at San Antonio, San Antonio, TX, 1989-1991

Graduate Student Representative

- Department of Kinesiology at Texas Woman's University, Denton, TX, 1997-1998
- Department of Kinesiology, Texas A&M University-Kingsville, Kingsville, TX, 1994-1995

COURSES TAUGHT

Texas A&M University-San Antonio (Faculty)

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 (Faculty)

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 (Faculty)

Undergraduate

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

Graduate

- Physiology of Exercise

Texas Woman's University (Graduate Assistant)

Undergraduate

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

Texas A&M-Kingsville (Graduate Assistant)

Undergraduate

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

BIBLIOGRAPHY OF PUBLICATIONS

Refereed Journal Articles (note: **red** is student)

Smith, J. D., Maspero, M. V., & Gajkowski, C. A. (2026). Equivalence reliability of per evaluation tools. *Texas AHPERD Journal*, 94(1),11-15.

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)
- Smith, J. D.**, Schroeder, C., & Smith, R. M. (2019). Pedometer accuracy and metabolic cost in elementary school children while walking, skipping, galloping, and sliding. *The Physical Educator*, 76(1), 1-23.
- Jung, H., Lee, N., **Smith, J. D.**, Lee, S. (2019). Elevation training mask induces modest hypoxemia, but does not affect heart rate variability during cycling in healthy adults. *Biology of Sport*, 36(2), 105-112.
- Rivas, E., **Smith, J. D.**, & Sherman, N. W. (2017). Leg compressions improve ventilatory efficiency while reducing peak and post exercise blood lactate, but does not improve perceived exertion, exercise economy or aerobic exercise capacity in endurance-trained runners. *Respiratory Physiology & Neurobiology*, 237, 1-6. DOI: [10.1016/j.resp.2016.12.003](https://doi.org/10.1016/j.resp.2016.12.003)
- Holub, C.** & **Smith, J. D.** (2017). Effect of Swedish massage on DOMS after strenuous exercise. *International Journal of Exercise Science*, 10(2), 258-265.
- Hong, J.**, **Smith, J. D.**, Ross, C. N., & Lee, S. (2015). Low volume progressive single set of resistance training is as effective as high volume multiple sets of resistance protocol on muscle strength and power. *International Journal of Applied Sports Sciences* 27(1), 33-42.
- Guerra, G.** & **Smith, J. D.** (2014). Pedometer accuracy in persons using lower-limb prostheses. *Journal of Prosthetics and Orthotics*, 26(2), 87-92.
- Smith, J. D.** & Holmes, P. (2013). Perceived Exertion of the PACER in High School Students. *The Physical Educator*, 70(1), 72-88.
- Heden, T.**, Lecheminant, J. D., **Smith, J. D.** (2012). Influence of weight classification on walking and jogging energy expenditure prediction in women. *Research Quarterly for Exercise and Sport*, 83(3), 391-399.
- Smith, J. D.** (2011). Evaluation of an in-class response system in a small class setting. *Southwest Teaching and Learning Journal*, 1(1), 58-73.
- Vispute, S.**, **Smith, J. D.**, & Lecheminant, J. D. (2011). The effect of abdominal exercise on abdominal fat. *Journal of Strength and Conditioning Research*, 25(9), 2559-2564.
- Lecheminant, J. D., **Smith, J. D.**, Heden, T., & Renchen, T. (2011). Pedometer use in university freshman: a randomized controlled pilot study. *American Journal Health Behavior*, 35(6), 777-784.
- Lecheminant, J. D., Covington, N. K., **Smith, J. D.**, Lox, C. L., Kirk, E., & Heden, T. D. (2011). Evaluation of a university-based, community outreach weight management program. *Population Health Management*, 14(4), 167-173.
- Pribyl, M. I.**, **Smith, J. D.**, & Grimes, G. R. (2011). Accuracy of the Omron HBF-500 body composition monitor in male and female college students. *International Journal of Exercise Science*, 4(2), 93-101.
- Smith, J. D.**, & Schroeder C. A. (2010). Pedometer accuracy in elementary school children while walking, skipping, galloping, and sliding. *Measurement in Physical Education and Exercise Science*, 14(2), 92-103.
- Hackbart, S. J.**, Lecheminant, J. D., **Smith, J. D.**, & Lox, C. L. (2009). The influence of an environmental cue and exercise on food consumption in college students. *International Journal of Exercise Science*, 2(2), 94-105.
- Smith, J. D.**, Nichols, D., Biggerstaff, K., & DiMarco, N. (2009). Assessment of physical activity levels of 3rd and 4th grade children using pedometers during physical education class. *ICHPERD-SD Journal of Research*, 4(1), 73-79.

Lecheminant, J. D., Heden, T., **Smith, J. D.**, & Covington, N. C. (2009). Comparison of energy expenditure, economy, and pedometer counts between normal weight and overweight or obese women during a walking and jogging activity. [*Journal of Applied Physiology*, 106, 675-682.](#)

Schweitzer, G. G., **Smith, J. D.**, & Lecheminant, J. D. (2009). Timing carbohydrate beverage intake during prolonged moderate intensity exercise does not affect cycling performance. [*International Journal of Exercise Science*, 2\(1\), 4-18.](#)

Heden, T., **Shepard, S.**, **Smith, J. D.**, Covington, K., & LeCheminant, J. D. (2008). Resulting shifts in percentile and standard placements after comparison of the BOD POD and DXA. [*International Journal of Exercise Science*, 1\(3\), 113-124.](#)

Smith, J. D., & Schroeder C. A. (2008). Assessing pedometer accuracy while walking, skipping, galloping, sliding, and hopping. [*Journal of Strength & Conditioning Research*, 22\(1\), 276-282.](#)

Smith, John D., Smith Jeremy D., Kinser, K. B., Dugan, E., & Reed, M. (2005). Biomechanical and physiological responses to running with and without a stroller. [*Journal of Sports Medicine and Physical Fitness*, 45\(3\), 270-276.](#)

Smith L. W., **Smith, J. D.**, & Criswell, D. S. (2002). Involvement of nitric oxide synthase in skeletal muscle adaptation to chronic overload. [*Journal of Applied Physiology*, 92\(5\), 2002-2011.](#)

Cottingham M. A., **Smith J. D.**, & Criswell D. S. (2001). Effect of oral contraceptives on peripheral blood flow in untrained women at rest and during exercise. [*Journal of Sports Medicine and Physical Fitness*, 41\(1\), 83-88.](#)

Smith, J. D. (1998). What's in a Name? *Texas Association of Health, Physical Education. Recreation and Dance*, 76(2), 15-17.

PRESENTATIONS TO LEARNED SOCIETIES

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

- Oviedo, A. F., Smith, J. D.**, & Guerra, Gary. (2026). *Effect of a Bungee Tension System on Physiological and Gait Variables while Walking*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(18\), 174.*](#)
- Salazar, K. N. & Smith, J. D.** (2026). *Effect of Lower Leg Compression on Delayed Onset Muscle Soreness*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(18\), 188.*](#)
- Talatala-Livingston, K. & Smith, J. D.** (2026). *Effect of Lower Leg Air Compression on Systemic Blood Pressure*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(18\), 184.*](#)
- Becerra, N. & Smith, J. D.** (2026). *Effect of Walking with Weighted Vest on Gait Mechanics and Energy Expenditure*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(18\), 178.*](#)
- Ramos Salinas, P. N. & Smith, J. D.** (2026). *Effect of Earthing with Grounding Mats on Delayed Onset Muscle Soreness*. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX. [*International Journal of Exercise Science, 2\(18\), 175.*](#)
- 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 Volumental 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., McCreary, 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 / Awards

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

Manuscripts in Preparation

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

Manuscripts in Data Collection

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, 2023-2024

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, 2024-2025

Past-Chair for the TAHPERD Research Division: 2013-2014, 2025-2026

Non-Medicine Representative Member Board of Directors, TACSM: 2011- 2014

Secretary for the TAPERD Research Division: 2010- 2011

Professional Society Meeting Attendance

National

- Annual Meeting of the American College of Sports Medicine
 - 2026 Salt Lake City, UT
 - 2025 Atlanta, GA
 - 2023, 2017, 2006 Denver, CO.
 - 2021 Virtual
 - 2018 Minneapolis, MN.
 - 2016 Boston, MA.
 - 2015 San Diego, CA.
 - 2014, 1998 Orlando, FL.
 - 2013, 2008, 2004 Indianapolis, IN.
 - 2012 San Francisco, CA.
 - 2010 Baltimore, MD.
 - 2009 Seattle, WA.
 - 2007 New Orleans, LA.
- Amputee Coalition of America National Conference
 - 2019 San Antonio, TX.
 - 2015 Tucson, AZ.
 - 2010 Orange County, CA.
- 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
 - 2026-2022, 2020, 2017 Waco, TX.
 - 2021 Virtual
 - 2019, 2014 Fort Worth, TX.
 - 2018 Austin, TX.
 - 2016 College Station, TX.
 - 2015 2013, 2012, 2011 Austin, TX.
 - 2010, 1999, 1996 Houston, TX.
 - 2009 Tyler, TX.
 - 1998 Arlington, TX.
- 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

State

- Texas Association of Health, Physical Education, Recreation, and Dance Annual Convention
 - 2024, 2018, 2016, 2014, 2012, 2010, 2003 Galveston, TX.
 - 2025, 2023, 2017, 2002 Fort Worth, TX.
 - 2022 Corpus Christi, TX.
 - 2021, 2019, 2009 Arlington, TX.
 - 2015, 2013, 2011 Dallas, TX.
- Texas Association of Health, Physical Education, Recreation, and Dance Summer Conference
 - 2026 Denton, TX
 - 2024, 2022 Frisco, TX.
 - 2021 San Marcus, TX.
 - 2020 Virtual
- Illinois Association of Health, Physical Education, Recreation, and Dance Annual Meeting
 - St. Charles, IL. 2007, 2006, 2005

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
 - 2024, 2022, 2020, 2016, 2015, 2014, 2013, 2012 Granbury, TX.
 - 2021 Virtual
 - 2011 Kerrville, TX

Professional Service Activities

Journal Editor/Reviewer

Ad Hoc Reviewer: Translational Journal of the American College of Sports Medicine: 2026 (The Effect of Stroller Pushing Technique on the Oxygen Cost of Uphill Running; A Comparison of the Cardiovascular Response and Energetic Cost of Walking with and without a 10-Pound Weighted Vest)

Ad Hoc Reviewer: Measurement in Physical Education and Exercise Science: 2026 (Reliability of Common Force Plate Based Movement Screens in Males and Females)

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. Lorrie 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 08-10-2021
 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://whyy.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: Fall2017-Spring 2018

SERVICE ACTIVITIES

Committees and Activities

University

Institutional Review Board: Spring 2010-2014, Summer 2022-Present [Member], Spring 2019-Fall 2021 [Chair], Spring 2014-Fall 2018, Spring 2022 [Vice-Chair]
 Council of Principal Investigators 2024-Present [Member]
 Alumni Awards Selection Committee: 2019-Present [Member]
 Student Research Symposium (JAG RISE): Spring 2019-Present [Co-Chair]
 20,000th Graduate Selection Committee: Fall 2025 [Member]
 A&M-SA 2025 Alumni Class Reunion Weekend: Summer 2025 [Invited Lecturer]
 Senior Stole and Cording Ceremony: 2023-Present [Cord Presenter]
 Search Committee: Research Compliance Coordinator: Spring, Summer 2025 [Member]
 Rec & Connect (TU CASA) 04-23-2025 [Volunteer]
 Strategic Plan Goal 2 Committee: 2021-2023 [Member]
 Jaguar Award Nomination: Spring 2019, Spring 2023 [Judge]
 Greek Week Banners: 04-07-2023 [Judge]
 Search Committee: Faculty Fellow Graduate Studies: Fall 2022 [Chair]
 Search Committee: Director of Research Compliance: Spring 2021 [Member]
 University Resources Commission: Spring 2018-2020 [Member]
 Research Resumption (COVID-19): Fall 2020 [Member]

Faculty Search: Research Assistant Professor in Health Sciences: Spring 2020 [Member]
Student Research Symposium: Spring 2015-2019 [Member]
Search Committee: Vice Provost of Research and Graduate Studies: Spring 2019 [Member]
Search Committee: Research Compliance Coordinator: Spring 2019 [Member]
Search Committee: Vice President for Research and Graduate Studies: Fall 2018 [Member]
University Athletics Program Task Force: Fall 2017 [Member]
Distinguished Faculty Awards Committee: Spring 2016 [Member]
High Impact Practices: Undergraduate Research Subcommittee: Fall 2016-Spring 2016 [Member]
Center for Teaching & Learning Advisory: Fall 2016 [Member]
Foundations of Excellence All Students/Organization: Fall 2015-Spring 2016 [Member]
Environmental Health & Safety: Spring 2014-2016 [Member]
Counsel of Assessment, Planning, and Budgeting: Fall 2014 [Member]
Staff Search: Director of Recreational Sports: Spring 2014 [Member]
Commencement: Fall 2010-Fall 2011 [Member]
Graduate Faculty Council: Spring 2010-2012 [Member]
Web Committee: Fall 2010-Summer 2013 [Member]
Faculty Senate Constitution Task Force: Fall 2009-Fall 2010 [Member]
Bookstore Committee: Fall 2010 [Member]
Food Service Committee: Spring 2009 [Member]

College

Search Committee: Professor in Educational Leadership: Spring 2026-Present [Member]
Search Committee: Associate Dean of the College of Education and Human Development: Spring 2025 [Member]
Post Tenure Review Committee, College of Education and Human Development: 2023 [Co-Chair]
Promotion & Tenure Committee, College of Education and Human Development: 2012-2014, 2017-Present [Co-Chair in 2020]
COEHD Hooding Ceremony: 12-15-2023, 12-12-2025 [Hooding Presenter]
COEHD New Student Orientations Summer 2025
COEHD Grand Welcoming Table Spring, Fall 2025
Partnership toward Graduate Degree Attainment (PGDA) Spring 2025 [Volunteer]
Cisneros Student Leadership Conference: 10-07-2023 [Volunteer]
Promotion & Tenure Guidelines Revision Committee, College of Education and Human Development: 2020 [Member]
Search Committee: Dean of the College of Education and Human Development: Spring 2018 [Member]
STEM Building, Kinesiology Laboratories [Member] Fall 2016
Promotion & Tenure Committee, College of Education 2015-2016 [Alternate]
T&P/Annual Review Alignment Committee 2013 [Member]
Promotion & Tenure Guidelines, School of Education 2011- 2012 [Chair]
Faculty Search: Educational Administration Spring 2009 [Member]
Staff Search Committee: Administrative Assistant (Education) Fall 2008 [Chair]
Academic Council: Fall 2012-Summer 2015
College Council: Fall 2012-Summer 2015

Department/Program

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 [Member]
Faculty Search Committee: Kinesiology (Full-Time Lecturer): Spring 2025 [Member]
Merit Committee: 2017-2021 [Member]
Promotion & Tenure Committee: 2021-2024 [Member]
Future Jaguar Day: 10-28-2023, 10-18-2025 [Exhibitor]
Faculty Search Committee: Kinesiology (Physical Education): Spring 2022 [Member]
Faculty Search Committee: Kinesiology (Lecturer): Summer 2021 [Chair]
Faculty Search Committee: Kinesiology (Generalist): Fall 2019 [Chair]
Faculty Search Committee: Kinesiology (Generalist): Spring 2018 [Chair]
Faculty Search Committee: Kinesiology (Generalist): Spring 2017 [Member]
Faculty Search Committee: Kinesiology (Exercise Physiology): Spring 2017 [Chair]
Faculty Search Committee: Health: Fall 2016-Spring 2017 [Chair]
Department Chair Search: Counseling, Health & Kinesiology: Spring 2016 [Member]
Faculty Search Committee: Kinesiology (EC-12): Spring 2016 [Chair]
Faculty Search Committee: Kinesiology (Full-Time Lecturer): Spring 2016 [Member]

Adjunct Search Committee: Kinesiology: Fall 2015 [Chair]
 Undergraduate Curriculum Committee: 2010-2014 [Member]
 SACS Assessment: Fall 2010-2014 [Chair]
 GTCP Committee: 2014 [Member]
 Faculty Search Committee: Kinesiology (EC-12): Fall 2013 [Chair]
 Adjunct Search Committee: Kinesiology: Fall 2013 [Chair]
 Adjunct Search Committee: Kinesiology: Summer 2013 [Chair]
 Faculty Search Committee: Kinesiology (Exercise Science): Spring 2013 [Chair]
 Faculty Search Committee: Kinesiology (Health): Spring 2013 [Member]
 Faculty Search Committee: Kinesiology (EC-12): Fall 2012 [Chair]
 Adjunct Search Committee: Kinesiology: Fall 2012 [Chair]
 Undergraduate Education Advisor Search: Spring 2009 [Member]
 Instructional Technology Search: Spring 2009 [Member]
 Adjunct Search Committee: Kinesiology: Spring 2010 [Chair]
 Technology Committee: Fall 2009-2010 [Member]
 Communication Committee: Fall 2009-Fall 2010 [Member]
 Undergraduate Advisor Search: Spring 2009 [Member]
 Future Directions: Kinesiology Spring-Summer: 2008 [Member]
 Faculty Search Committee: Kinesiology (Exercise Science): Fall 2008 [Chair]

Other

Kinesiology Advisory Board, Our Lady of the Lake University: Fall 2022-Present
 Associate Chair (Program Coordinator), Health & Kinesiology Program: Summer 2019- Summer 2022
 Program Coordinator, Kinesiology: Fall 2012-Summer 2015
 Student Organization Advisor, Kinesiology Club: Fall 2010-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, Attendee. 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, Attendee: Fall 2013
 Fitness Testing, Providing Health, Fitness, and Performance assessments to community members: 2009-Present
 San Antonio Regional History Day, Judge: 2012-2016
 Southside ISD Wellness Extravaganza, Exhibitor: 03-24-2012, 3-22-2014, 3-28-2015
 TAMU-SA Open House, Exhibitor: 07-27-2012
 Homes for Our Troops, Volunteer: 04-30-2010
 College Extravaganza, Exhibitor: Fall 2010
 Battle of Flowers Parade, Volunteer: 04-24-2009, 04-22-2010
 Center for Miracles at CHRISTUS Santa Rosa Children's Hospital: "Getting Physically Fit" (Rose Orsborne): 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

Student Research Direction

Graduate Research Project

- Advisor, Arunakumari Kondapureddy (Fall 2025). The impact of finger resistance bands on enhancing handwriting speed, grip strength, and fine motor performance.
- Advisor, Lindsay Valsamaki (Fall 2025). Breast cancer survivors and the occurrence of chronic comorbidities.
- Advisor, Antonio Flores (Summer 2025). Effect of musical tempo on step cadence in runners.
- Advisor, Joshua Gonzalez (Fall 2024). Effects of energy drinks on manual dexterity and reaction time in varsity esports players
- Advisor, Kaytlen Lavergne (Fall 2023). Perceptual outcomes of physical therapy rehabilitation.
- Advisor, Julie Blohm (Fall 2022). The ethnic and socioeconomic differences in exercise and physical activity among women.

- Advisor, Brianna Ratliff (Spring 2022). The effect of outdoor surface type on running cadence.
- Advisor, Jesse Delacruz (Spring 2022). The effects of CBD cream on anaerobic strength.
- Advisor, Bianca Gutierrez (Spring 2020). The relationship between physical activity and sleep in adolescents.
- Advisor, Darien Leonards (Summer 2019). Effect of three types of concurrent high intensity interval training sessions on heart rate and perceived exertion.
- Advisor, Samuel Gonzales (Fall 2018). Correlates of physical activity and memory in secondary school students.
- Advisor, Carlos Ortiz (Spring 2017). Effect of compression socks on time trial performance and recovery in cyclists.
- Advisor, Tom O'Dowd (Spring 2017). The effect of dark chocolate on heart rate, blood pressure, and rate of perceived exertion.
- Advisor, Alessandro Minzoni (Spring 2017). The eating habits of first-year college students: An evaluation study.
- Advisor, Pedro Maldonado (Spring 2016). Physical activity levels of middle school students during physical education.
- Advisor, Juan Cantu (Spring 2015). A comparison of stance start in novice sprinters.
- Advisor, Joshua Roth (Spring 2015). The effect of pickle juice consumption on VO₂max.
- Advisor, Shauna Day (Summer 2014). Exploring barriers to exercise in runners and non-exercisers.
- Advisor, Charles Mazal (Spring 2014). The effects of U.S. Military NBC Protective Suit on physiological and perceptual responses during exercise.
- Advisor, Deborah Bolf (Fall 2013). The effect of temperature on muscles flexibility, strength and balance in yoga.
- Advisor, D'Arcy McGowen (Fall 2013). The physiological and perceived demands during normal basketball activities.
- Advisor, Sam Gallegos (Spring 2013). An evaluation of the 35 year old NCAA Division I quarterback rating.
- Advisor, Jamie Martin (Spring 2013). The effect of body fat distribution on percent body fat results from bioelectric impedance analysis monitors.
- Advisor; Gary Guerra (Spring 2012). Pedometer accuracy in lower limb amputees.
- Advisor; Sonya Bryant (Spring 2012). Effects of cooling body temperature during exercise in a heated environment.
- Advisor; Leticia Gutierrez (Spring 2012). The relationship between fitness levels and physical activity in women.
- Advisor; Emily Loeffler (Spring 2011). Predictors of running performance.
- Advisor; Vera Rivera (Fall 2010). The effect of handrail holding on physiological and perceptual variables during level and inclined treadmill walking.

Master's Thesis

- Thesis Examination Committee, External Chair: Suparat Phetkhuea (Summer 2025). Effects of suspension system on lower limb biomechanics during squatting in transtibial prosthetic users.
- Chair, Vania Gonzalez (Fall 2024). Agreement between Wrist- and Chest-worn Heart Rate Monitors.
- Thesis Examination Committee, External Chair: 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.
- Thesis Examination Committee, External Chair: 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.
- Member, Joo Hyun Kim (Spring 2022). Comparisons of acupuncture, electroacupuncture, and electrostimulation treatments for mitigating recovery of muscle function and strength in immobilized rats by casting model.
- Thesis Examination Committee, External Chair: May Su Khiang (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.
- Thesis Examination Committee, External Chair: 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.
- Thesis Examination Committee, External Chair: 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.
- Chair, Blair Engel (Fall 2019). The effect of meal replacement and diet exchange plan on correlates of Type 2 Diabetes.
- Member, Katelyn Gear (Summer 2019). Effects of training with blood flow restriction on muscular strength: A systematic review and meta-analysis.
- Member, Joungbo Ko (Spring 2019). Comparison of power score on the Wingate test and the New Power Bike test.
- Chair, Soeun Jeon (Fall 2017). Effects of exercise on visceral fat in obese children and adolescents: Meta-analysis.

- Chair, Michael Maspero (Spring 2017). The effects of ventilator training using an altitude training mask on lung capacity and VO_{2max}.
- Chair, William Ursprung (Fall 2016). The effects of blood flow restriction training on VO_{2max} and 1.5 mile run performance.
- Member, Gina Ok (Fall 2016). Validation of the fitness tracker for the measurement of physical activity.
- Chair, Mariela Lopez (Spring 2015). The effects of school lunch on physiological characteristics of middle school students.
- Chair, Katie Padron (Fall 2014). A comparison of fitness levels between a physical education class and an athletic period class in middle school males.
- Chair, Erron Gonzales (Fall 2013). The relationship among strength differences between affected and non-affected limbs and balance in persons using lower limb prosthetics.
- Member, Jacob Reyna (Spring 2013). The effects of kinesio tape on baseball pitching velocity and fatigue.
- Member, Irene Lopez (Spring 2013). Fasting and postprandial glucose levels after a single resistance training event in Mexican-Americans.
- Chair, Adekolapo Samuel Alade (Fall 2012). Using the Simon Effect to compare reaction times of athletes at different exercise intensities.
- Chair; Brad Arthur (2008). The relationship between physical activity and bone mineral density in patients with diagnosed inflammatory bowel disease.
- Committee Member; Samantha Hackbart (2008). The effect of environmental cues on consumption, satiation, energy intake, and compensation in a college-age population.
- Chair; Sachin Vispute (2007). The effect abdominal exercises on abdominal fat and total cholesterol.
- Committee Member; George Schweitzer (2007). Carbohydrate timing effects on exercise performance and gastrointestinal distress: Front, end, and continual loading of carbohydrate beverage during exercise.
- Committee Member; Justin Allen (2007) So, how do I look?: Effectiveness of an education intervention program on global and physical self-perceptions.
- Committee Member; Lorraine Huntley (2006). Effects of dose-related exercise on self-esteem, physical self-worth and self-efficacy.
- Committee Member; 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.

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)
Finalist, Student Choice Awards for Best Professor, Student Activities (04-20-2023)
Advisor of the Year, Student Activities (AY 2019)
Finalist for Club Advisor of the Year, Student Activities (AY 2016, 2017, 2018, 2021)
Excellence in Teaching Award, The National Society of Leadership and Success (2016)

OTHER PROFESSIONAL ACTIVITIES NOT COVERED ABOVE

Alter Ministry Coordinator, St. Francis of Assisi, San Antonio, TX: 2024
Sportslife Triathlon Club, San Antonio, TX 2011-2013
Kindergarten Faith Formation Teacher, St. Francis of Assisi, San Antonio, TX: 2009-2014.
Volunteer: Free Spirits Track Meets 2011-2016
Volunteer various road races, track meets and triathlons
San Antonio Humane Society
Cibolo Center of Conservation
San Antonio Food Bank
Haven for Hope