**CURRICULUM VITA**

**T. Brock Symons, Ph.D.**

|  |  |
| --- | --- |
| **A. EDUCATION**    |   |
| 09/2004 – 08/2007   | Post-doctoral Fellowship Division of Rehabilitation Sciences The University of Texas Medical Branch, Galveston, Texas, U.S.A.  |
| 01/2004 – 05/2004  | Post-doctoral Fellowship Faculty of Health Sciences, School of Kinesiology The University of Western Ontario, London, Ontario, Canada  |
|   |   |
| 01/2000 – 12/2003   | Doctor of Philosophy (Ph.D.) Faculty of Health Sciences, School of Kinesiology The University of Western Ontario, London, Ontario, Canada  |
| 08/1997 – 12/1999  | Master of Science (M.S.) College of Education, Department of Kinesiology and Health Promotion The University of Kentucky, Lexington, Kentucky, U.S.A.  |
|   |   |
| 09/1991 – 12/1995  | Bachelor of Human Kinetics (B.H.K) Faculty of Human Kinetics The University of Windsor, Windsor, Ontario, Canada *Honors:* Movement Science  |

# B. EMPLOYMENT HISTORY

|  |  |
| --- | --- |
| 09/2018 – present   | Assistant Professor Department of Counselling, Health and Kinesiology Texas A&M University – San Antonio, Texas, USA  |
| 09/2013 – 6/2018  | Assistant Professor Department of Health and Sport Sciences University of Louisville, Louisville, Kentucky, USA   |
| 09/2007 – 08/2013  | Assistant Professor  |
|   | Graduate Center for Gerontology  |
|   | University of Kentucky, Lexington, Kentucky, U.S.A  |

# C. TEACHING

Texas A&M University – San Antonio:

|  |  |
| --- | --- |
| 2022 – present  | Instructor  |
|   | EDKN4324: Exercise Chronic Disease and Disability  |
|   | Department of Counselling, Health and Kinesiology  |
| 2021 – present  | Instructor  |
|   | EDKN5338: Statistical Analysis of Research Data  |
|    | Department of Counselling, Health and Kinesiology  |
| 2019 – present  | Instructor  |
|   | EDKN 4417: Advance Physiology of Exercise  |
|    | Department of Counselling, Health and Kinesiology  |
| 2019 – present  | Instructor  |
|   | EDKN 3315: Functional Anatomy  |
|    | Department of Counselling, Health and Kinesiology  |
| 2019 – present  | Instructor  |
|   | EDKN 5333: Seminar in Selected Topics  |
|    | Department of Counselling, Health and Kinesiology  |
| 2019 – present  | Instructor  |
|   | EDKN 5305: Graduate Research Project  |
|    | Department of Counselling, Health and Kinesiology  |
| 2018 – present  | Instructor  |
|    | EDKN 5333: Performance in Environmental Extremes Department of Counselling, Health and Kinesiology  |
| 2018 – present  | Instructor EDKN 3426: Basic Physiology of Exercise Department of Counselling, Health and Kinesiology  |

University of Louisville:

|  |  |
| --- | --- |
| 2017 – 2018  | Instructor  |
|   | HSS394: Foundations of Exercise Physiology  |
|  | Department of Health and Sport Sciences  |
|  |  |
| 2015 – 2018  | Instructor |
|  | EXP501: Applied Exercise Physiology  |
|  | Department of Health and Sport Sciences  |
| 2015 - 2018  | Instructor |
|  | EXP600: Exercise Physiology  |
|  | Department of Health and Sport Sciences  |
|  |  |
| 2014 - 2018  | Instructor (*face-to-face and online versions*)  |
|  | HSS386: Anatomy and Physiology of Exercise 1 |
|  | Department of Health and Sport Sciences  |
|  |  |
| 2014 - 2018  | Instructor  |
|  | HSS486: Advanced Exercise Physiology  |
|  | Department of Health and Sport Sciences  |
|  |  |
| 2014 - 2016  | Instructor  |
|  | HSS492: Cooperative Internship/Practicum  |
|  | Department of Health and Sport Sciences  |
|  |  |
| 2013 | Instructor |
|  | HSS386: Structure in Movement Science  |
|  | Department of Health and Sport Sciences  |
|  |  |
| 2013  | Instructor  |
|   | HSS202: Structures in the Movement Sciences  |
|   | Department of Health and Sport Sciences  |

University of Kentucky:

|  |  |
| --- | --- |
| 2013 | Instructor  |
|  | CPH365: Live Strong Through Life  |
|  | College of Public Health  |
|  |  |
| 2012 | GRN 770: Independent Readings  |
|  | Neuromuscular Fatigue  |
|  | Department of Gerontology  |
|  |  |
| 2012 - 2013  | Guest Lecturer  |
|  | GRN 650: Research Design in Gerontology – Biomedical Research  |
|  | Department of Gerontology  |
|  |  |
| 2012 - 2013  | Guest Lecturer  |
|  | GRN 650: Research Design in Gerontology – Sampling  |
|  | Department of Gerontology  |
|  |  |
|  |  |
|  |  |
| 2011 - 2013  | Director and Instructor  |
|  | GRN 612: Biology of Aging  |
|  | Department of Gerontology  |
|  |  |
| 2011 - 2013  | Instructor |
|  | GRN 770: Nutrition: Aging and Disease  |
|  | Department of Gerontology  |
|  |  |
| 2010 - 2013  | Instructor  |
|  | GRN 770: Physical Activity: Aging and Disease  |
|  | Department of Gerontology  |
|  |  |
| 2009 – 2010  | Instructor  |
|  | GRN 612: Biology of Aging  |
|  | Department of Gerontology  |
|  |  |
| 2008 – 2009  | Instructor |
|  | GRN 600: A Study of the Older Person  |
|  | Department of Gerontology  |
|  |  |
| 2008  | Instructor  |
|  | GRN 770: Physical Activity and Aging  |
|  | Department of Gerontology  |

**D. SCHOLARLY ACTIVITIES**

# a. National/International Refereed Journal Articles

1. Park J, **Symons TB**, Kwon EH, Chung E, Lee S. Alternative Treatments to Exercise for the Attenuation of Disuse-Induced Skeletal Muscle Atrophy in Rats. Muscles. 2024 Jul 22;3(3):224-34.
2. Yoon EJ, Kwon EH, Kim JH, Delacruz J, **Symons TB**, Lee S, Park D. Influence of cosmetic foundation cream on skin condition during treadmill exercise. Journal of Cosmetic Dermatology. 2024 May;23(5):1884-90.
3. **Symons TB**, Bunn J. Metabolic Equivalent Distance Across Game Quarters and Athlete Position in Female Collegiate Lacrosse Players. American Journal of Sports Science. 2024 Apr;12(3):20-7.
4. **Symons TB**, Roberts AH, Carter KA, Caruso JF. The Addition of Sprint Interval Training to Field Lacrosse Training Increases Rate of Torque Development and Contractile Impulse in Female High School Field Lacrosse Players. Journal of Functional Morphology and Kinesiology. 2023 Jun 24;8(3):89.
5. **Symons TB**, Park J, Kim JH, Kwon EH, Delacruz J, Lee J, Park Y, Chung E, Lee S. Attenuation of skeletal muscle atrophy via acupuncture, electro-acupuncture, and electrical stimulation. Integrative Medicine Research. 2023 Jun 1;12(2):100949.
6. Smith JD, Guerra G, **Symons TB**, Kwon EH, Yoon EJ. Comparison of Body Composition Methods for Estimating Body Fat Percentage in Lower Limb Prosthesis Users. Canadian Prosthetics & Orthotics Journal. 2023;6(1).
7. Roberts AH, Walden AJ, Carter KA, **Symons TB**. Effect of sport-specific constraints on aerobic capacity in high school field hockey players. The Journal of Strength & Conditioning Research. 2022 Feb 1;36(2):493-7.
8. Chen L, Davison SW, Selimovic EA, Mueller RE, Beatty SR, Carter KA, Parmar PJ, **Symons TB**, Pantalos GM, Caruso JF. Load-power relationships for high-speed knee extension exercise. The Journal of Strength & Conditioning Research. 2019 Jun 1;33(6):1480-7.
9. Lee S, Abel MG, Thomas T, **Symons TB**, Yates JW. Acute beetroot juice supplementation does not attenuate knee extensor exercise muscle fatigue in a healthy young population. Journal of exercise nutrition & biochemistry. 2019 Mar 3;23(1):55.
10. Wallace BJ, Shapiro R, Wallace KL, Abel MG, **Symons TB**. Muscular and neural contributions to postactivation potentiation. The Journal of Strength & Conditioning Research. 2019 Mar 1;33(3):615-25.
11. Caruso JF, Voor M, Jaggers J, **Symons TB**, Stith J, Bai L, Selimovic E, Carter K, Daily J. Musculoskeletal Outcomes from Chronic High-Speed, High-Impulse Resistance Exercise. International Journal of Sports Medicine. 2018 Oct;39(10):791-801.
12. Daunis MK, Bayers TA, Bai L, Vargas LJ, **Symons TB**, Caruso JF. The effect of familiarization on squats done with a robotic exoskeleton. Isokinetics and Exercise Science. 2018 Jan 1;26(3):227-36.
13. Cesarz GM, Roberts A, **Symons TB**, Bai L, Selimovic EA, West JO, Bouchet A, Caruso JF. The Addition of Electrolytes to a Carohyrdate-Based Sport Drink: Effect on Continuous Incremental Exercise Done against Progressively Greater Workloads. KAHPERD Journal. 2017 Sep 1;55(1).
14. Burtch AR, Ogle BT, Sims PA, Harms CA, **Symons TB**, Folz RJ, Zavorsky GS. Controlled frequency breathing reduces inspiratory muscle fatigue. The Journal of Strength & Conditioning Research. 2017 May 1;31(5):1273-81.
15. Martin JL, Perry RA, Baptista RA, McArtor JD, Clutter LB, **Symons TB**, de Paleville DT, Roberts A, Cesarz G, Caruso JF. Workload impact on gender-based differences in delta blood lactate concentrations from supramaximal exercise. Isokinetics and Exercise Science. 2016 Jan 1;24(3):181-7.
16. Sanders GD, Nitz AJ, Abel MG, **Symons TB**, Shapiro R, Black WS, Yates JW. Effects of lumbosacral manipulation on isokinetic strength of the knee extensors and flexors in healthy subjects: a randomized, controlled, single-blind crossover trial. Journal of chiropractic medicine. 2015 Dec 1;14(4):240-8.
17. Pawlak R, Clasey JL, Palmer T, **Symons TB**, Abel MG. The effect of a novel tactical training program on physical fitness and occupational performance in firefighters. The Journal of Strength & Conditioning Research. 2015 Mar 1;29(3):578-88.
18. Srikuea R, **Symons TB**, Long DE, Lee JD, Shang Y, Chomentowski PJ, Yu G, Crofford LJ, Peterson CA. Association of fibromyalgia with altered skeletal muscle characteristics which may contribute to postexertional fatigue in postmenopausal women. Arthritis & Rheumatism. 2013 Feb;65(2):519-28.
19. Shang Y, Gurley K, **Symons TB**, Long D, Srikuea R, Crofford LJ, Peterson CA, Yu G. Noninvasive optical characterization of muscle blood flow, oxygenation, and metabolism in women with fibromyalgia. Arthritis research & therapy. 2012 Dec;14:1-2.
20. Munk N, **Symons TB**, Shang Y, Cheng R, Yu G. Noninvasively measuring the hemodynamic effects of massage on skeletal muscle: a novel hybrid near-infrared diffuse optical instrument. Journal of bodywork and movement therapies. 2012 Jan 1;16(1):22-8.
21. **Symons TB**, Sheffield-Moore M, Mamerow MM, Wolfe RR, Paddon-Jones D. The anabolic response to resistance exercise and a protein-rich meal is not diminished by age. The journal of nutrition, health & aging. 2011 May;15:376-81.
22. Shang Y, **Symons TB**, Durduran T, Yodh AG, Yu G. Effects of muscle fiber motion on diffuse correlation spectroscopy blood flow measurements during exercise. Biomedical optics express. 2010 Sep 1;1(2):500-11.
23. Ferrando AA, Paddon-Jones D, Hays NP, Kortebein P, Ronsen O, Williams RH, McComb A, **Symons TB**, Wolfe RR, Evans W. EAA supplementation to increase nitrogen intake improves muscle function during bed rest in the elderly. Clinical nutrition. 2010 Feb 1;29(1):18-23.
24. **Symons TB,** Sheffield-Moore M, Wolfe RR, Paddon-Jones D. A moderate serving of high-quality protein maximally stimulates skeletal muscle protein synthesis in young and elderly subjects. Journal of the American Dietetic Association. 2009 Sep 1;109(9):1582-6.
25. **Symons TB,** Sheffield-Moore M, Chinkes DL, Ferrando AA, Paddon-Jones D. Artificial gravity maintains skeletal muscle protein synthesis during 21 days of simulated microgravity. Journal of applied physiology. 2009 Jul;107(1):34-8.
26. Kortebein P, **Symons TB**, Ferrando A, Paddon-Jones D, Ronsen O, Protas E, Conger S, Lombeida J, Wolfe R, Evans WJ. Functional impact of 10 days of bed rest in healthy older adults. The Journals of Gerontology Series A: Biological Sciences and Medical Sciences. 2008 Oct 1;63(10):1076-81.
27. **Symons TB,** Schutzler SE, Cocke TL, Chinkes DL, Wolfe RR, Paddon-Jones D. Aging does not impair the anabolic response to a protein-rich meal. The American journal of clinical nutrition. 2007 Aug 1;86(2):451-6.
28. **Symons TB,** Vandervoort AA, Rice CL, Overend TJ, Marsh GD. Effects of maximal isometric and isokinetic resistance training on strength and functional mobility in older adults. The Journals of Gerontology Series A: Biological Sciences and Medical Sciences. 2005 Jun 1;60(6):777-81.
29. Bellew JW, **Symons TB**, Vandervoort AA. Geriatric fitness: effects of aging and recommendations for exercise in older adults. Cardiopulmonary Physical Therapy Journal. 2005 Mar 1;16(1):20-31.
30. **Symons TB,** Vandervoort AA, Rice CL, Overend TJ, Marsh GD. Reliability of a single-session isokinetic and isometric strength measurement protocol in older men. The Journals of Gerontology Series A: Biological Sciences and Medical Sciences. 2005 Jan 1;60(1):114-9.
31. **Symons TB**, Vandervoort AA, Rice CL, Overend TJ, Marsh GD. Reliability of isokinetic and isometric knee-extensor force in older women. Journal of aging and physical activity. 2004 Oct 1;12(4):525-37.
32. McNeil CJ, Allman BL, **Symons TB**, Vandervoort AA, Rice CL. Torque loss induced by repetitive maximal eccentric contractions is marginally influenced by work-to-rest ratio. European journal of applied physiology. 2004 May;91:579-85.
33. **Symons TB,** Clasey JL, Gater DR, Yates JW. Effects of deep heat as a preventative mechanism on delayed onset muscle soreness. The Journal of Strength & Conditioning Research. 2004 Feb 1;18(1):155-61.
34. Vandervoort AA, **Symons TB**. Functional and metabolic consequences of sarcopenia. Canadian Journal of Applied Physiology. 2001 Feb 1;26(1):90-101.

1. **Non – Refereed Journal Articles** – none

1. **Refereed Proceedings**
2. **Symons TB**, Muntis F, Collins T, Gworek K, Carter KA, and Caruso JF. The Effects of

High Molecular Weight Carbohydrate Supplementation on Skeletal Muscle

Performance. *American College of Sports Medicine Annual Meeting and World Congress.* San Francisco, 2020. (Published abstract, conference was cancelled due to COVID.)

1. **Non-Refereed Proceedings** – none

1. **Books, Chapters, Monographs** – none

# f. Refereed Presentations

1. **Symons TB** and Bunn JA. Metabolic Equivalent Distance Across Game Quarters and Athlete Position in Female Collegiate Lacrosse Players. *American College of Sports Medicine Annual Meeting.* Boston, 2024.
2. Kwon EH, Yoon EJ, Kim JH, De La Cruz J, **Symons TB**, Park D, Lee S. Influence Of Cosmetic Foundation Cream On Skin Condition During Treadmill Exercise**.** *American College of Sports Medicine Annual Meeting.* Boston, 2024.
3. **Symons TB**, Kim JH, Delacruz J, Kwon EH, Hwang E, Park Y, Smith J, and Lee S. Acupuncture and Resistance Training Facilitate Recovery of Muscle Function and Strength in Immobilized Rats. *American College of Sports Medicine Annual Meeting and World Congress.* Denver, 2023.
4. **Symons TB**, Muntis F, Collins T, Gworek K, Carter KA, and Caruso JF. High-intensity Interval Training on Muscle Strength and Rate of Torque Development in Female Lacrosse Players. *American College of Sports Medicine Annual Meeting and World Congress.* San Diego, 2022.
5. Park J, Kim JH, Kwon EH, **Symons, TB**, Delacruz J, Lee J, Park Y, Chung E, Lee S. Acupuncture, Electroacupuncture, And Electrostimulation Treatments On Atrophied Gastrocnemius by Casting Model. *American College of Sports Medicine Annual Meeting and World Congress.* San Diego, 2022.
6. Kim JH, Park J, Kwon EH, **Symons TB**, Delacruz J, Lee J, Park Y, Chung E, Lee, S. Effects Of Acupuncture, Electroacupuncture, And Electrostimulation Treatments on Plantaris by Casting Model. *American College of Sports Medicine Annual Meeting and World Congress.* San Diego, 2022.
7. Kim JH, Park J, Kwon EH, **Symons TB**, Delacruz J, Lee J, Park Y, Chung E, Lee, S. Effects Of Acupuncture, Electroacupuncture, And Electrostimulation Treatments on Plantaris by Casting Model. *Texas Chapter of the American College of Sports Medicine Annual Meeting and World Congress.* Waco, 2022.
8. Vargas LJ, Daunis MK, Bayers T, Bai L, **Symons TB**, Caruso JF. Comparative Responses To Squats Done With Free Weights And An Exoskeleton. *American College of Sports Medicine Conference.* Minneapolis, 2018.
9. Bai L, Selimovic EA, Mueller R, Beatty S, Carter KA, **Symons TB**, Pantalos G, Caruso JF. Optimal Load For High-Speed Exercise. *American College of Sports Medicine Conference.* Minneapolis, 2018.
10. **Symons TB**, Macht JW, Abel MG, Clasey JL. Beta-hydroxy-beta-methylbutyrate supplementation on low-frequency fatigue following fatiguing exercise. *American College of Sports Medicine Conference.* Denver, 2017.
11. Muntis F., **Symons TB**, Bai L., Selimovic E., West J.O., Bouchet A., Dawson S., White E., and Caruso J.F. The addition of electrolytes to a carbohydrate-based sport drink: effect on aerobic exercise performance.  *Kentucky Chapter of The National Strength and Conditioning Association*. Georgetown, 2017.
12. Dawson S, Bai L, Selimovic E, Muntis F, **Symons TB**, White E, and Caruso JF Optimal load during high-speed high-impact exercise. *Kentucky Chapter of The National Strength and Conditioning Association*. Georgetown, 2017.
13. **Symons TB**, Roberts AH, Walden AJ, Carter KA. Influence of high-intensity training on power production in high school field hockey players. *American College of Sports Medicine Conference.* Boston, 2016.
14. Roberts AH, Walden AJ, Carter KA, **Symons TB**. Effect of mouthgaurd and stick use on aerobic capacity high school field hockey athletes. *American College of Sports Medicine Conference.* Boston, 2016.
15. Walden AJ, Roberts AH, **Symons TB**, Carter KA. Sleep-wake patterns effects on beep test and sprints in female high school field hockey players: A pilot study. *American College of Sports Medicine Conference.* Boston, June 2016.
16. Roberts AH, Walden, AJ, Carter KA, **Symons TB**. The effect of stick and mouthguard use on sport-specific training conditions in high school field hockey athletes. *Southeast American College of Sports Medicine Annual Conference.* Greenville, 2016.
17. Walden AJ, Roberts AH, **Symons TB**, Carter KA, Sleep-wake patterns effects on beep test and sprints in female high school field hockey players: A pilot study. *Southeast American College of Sports Medicine Annual Conference.* Greenville, 2016.
18. Burtch AR, Ogle BT, Sims PA, Harms CA, **Symons TB,** Folz RJ, and Zavorsky GS. Respiratory muscle fatigue is reduced after controlled frequency breath-hold training in elite swimmers. *American College of Sports Medicine .* San Diego, 2015.
19. Ogle BT, Burtch AR, Sims PA, **Symons TB,** Folz RJ, Harms CA, and Zavorsky GS. Pulmonary diffusing capacity is unaltered in elite swimmers after restricted breathing training. *American College of Sports Medicine.* San Diego, 2015.
20. **Symons TB** and Munk N. Effects of lower limb massage on torque production in older adults. *American College of Sports Medicine.* Indianapolis, 2013.
21. Lee SY, Abel MG, **Symons TB**, Thomas DT, and Yates JW. The effect of acute beetroot juice supplementation on muscle fatigue in knee extensor exercise. Southeast Chapter of American College of Sports Medicine. Greenville, 2013.
22. Sanders G, Black S, Nitz A, Shapiro R, **Symons TB**, and Yates JW. The effect of chiropractic lumbosacral adjustments on isokinetic strength of the knee extensors and flexors. Southeast Chapter of American College of Sports Medicine. Greenville, 2013.
23. **Symons TB** and Clasey JL. Correlates of relative skeletal muscle index in young males: lower-limb strength and body composition measures. *American College of Sports Medicine.* San Francisco, 2012.
24. **Symons TB**, Munk N, Shang Y, Cheng R, and Yu G. Lower limb massage increases skeletal muscle blood flow in young women. *American College of Sports Medicine.* Denver, 2011.
25. Clasey JL and **Symons TB**. Relative skeletal muscle index correlates with bone density and strength in young women.  *American College of Sports Medicine.* Denver, 2011.
26. **Symons TB**, Guttmann RP, and Teaster PB. An Integrative Society to Cell - Cell to Society approach to gerontological education at the doctoral level. *Association for Gerontology in Higher Education*. Cincinnati, 2011
27. Munk N, **Symons TB**, Shang Y, Cheng R, and Yu, G. Measuring the effects of massage on skeletal muscle blood flow: a novel hybrid near-infrared diffuse optical instrument. *Highlighting Massage Therapy in CIM Research Conference*. Seattle, 2010.
28. Munk N and **Symons TB**. Conceptual framework for examining massage efficacy on fatigue in older adults. *Southern Gerontological Society Student Mentoring Conference.* Tuscaloosa, 2010.
29. **Symons TB**, Sheffield-Moore M, Chinkes DL, Wolfe RR and Paddon-Jones D. The acute anabolic response of skeletal muscle to combined intact protein ingestion and resistance exercise. *American College of Sports Medicine.* Indianapolis, 2008.
30. **Symons TB**, Sheffield-Moore M, Chinkes DL, Wolfe RR and Paddon-Jones D. The anabolic response to a large dose of intact protein in the young and elderly. *FASEB: Experimental Biology.* San Diego, 2008.
31. Nicholas PH, Lombeida JI, Ronson O, **Symons TB**, Kortebein P, Ferrando AA, Paddon-Jones D, Wolfe RR, and Evans WJ. Indices of orthostatic intolerance following 10 days of bed rest in healthy, older men and women. *FASEB: Experimental Biology.* San Diego, 2008.
32. **Symons TB**, Tissier S, Fernandez AL, and Protas EJ. Assessment of ambulatory activity in community-dwelling healthy fast- and slow-walkers. *American College of Sports Medicine.* New Orleans, 2007.
33. Protas EJ, Fernandez AL, and **Symons TB**. Assessment of ambulatory activity in community-dwelling healthy fast- and slow-walkers. *American College of Sports Medicine.* New Orleans, 2007.
34. **Symons TB**, Lombeida JI, Protas EJ, Kortebein P, Paddon-Jones D, Ferrando AA, Wolfe RR, and Evans WJ. Essential amino acid supplementation on muscle function and stair ascent / descent following 10 days of bed rest in older adults. *FASEB: Experimental Biology.* Washington, 2007.
35. Paddon-Jones D, **Symons TB**, Cocke TC, Schutzler SE, Ferrando AA, and Wolfe RR. Age specific changes in protein synthesis and plasma amino acid profiles following protein ingestion. *American College of Sports Medicine.* Denver, 2006.
36. Ronsen O, **Symons TB**, and Borsheim E. Pilot test and retest of time to exhaustion in brain injury patients participating in amino acid supplementation study to reduce fatigue. *American College of Sports Medicine.* Denver, 2006.
37. Lombeida JI, **Symons TB**, Paddon-Jones D, Kortebein P, Ferrando AA, Ronsen O, Wolfe RR, Evans WJ, and Protas EJ. Skeletal muscle strength and functional ability in older adults following 10 days of bed rest. *FASEB: Experimental Biology.* San Francisco, 2006.
38. **Symons TB,** Rice CL, and Vandervoort AA. Effects of upper limb eccentric resistance exercise on muscle function in older adults. *American College of Sports Medicine.* Nashville, 2005.
39. **Symons TB**, Vandervoort AA, Rice CL, Overend TJ, and Marsh GD. Reliability of isokinetic and isometric strength tests in older women. *Canadian Society for Exercise Physiology.* Newfoundland, 2003.
40. **Symons TB**, Rice CL, Overend TJ, Marsh GD, and Vandervoort AA. A comparison of maximal isokinetic and isometric resistance training in older adults. *American College of Sports Medicine.* San Francisco, 2003.
41. Overend TJ, **Symons TB**, Marsh GD, Rice CL, and Vandervoort AA. The effect of strength training on functional mobility in older adults. *American College of Sports Medicine.* San Francisco, 2003.
42. McNeil, CJ, Allman BL, **Symons TB**, Rice CL, and Vandervoort AA. Neuromuscular fatigue following repeated bouts of eccentric exercise. *American College of Sports Medicine.* San Francisco, 2003.
43. Allman BL, McNeil CJ, **Symons TB**, Rice CL, and Vandervoort AA. The effect of set structure manipulation on neuromuscular fatigue mechanisms with eccentric exercise. *American College of Sports Medicine.* San Francisco, 2003.
44. **Symons TB**, Vandervoort AA, Rice CL, Overend TJ, and Marsh GD. Reliability of isokinetic and isometric strength tests in older men. *Canadian Society for Exercise Physiology.* Montreal, 2002.
45. Overend TJ, **Symons TB**, Lalonde MP, Rozycki S, Trinkwon HA, Wolts BD, and Vandervoort AA. Reliability of effort in maximal concentric and eccentric isokinetic exercise. *American College of Sports Medicine.* St. Louis, 2002.
46. **Symons TB**, Clasey JL, Gater DR, Pascoe D. and Yates JW. The effects of deep heat as a preventative mechanism of delayed onset muscle soreness *American College of Sports Medicine.* Indianapolis, 2000.

# g. Non-Refereed Presentations

* 2010 College of Public Health Grand Rounds, University of Kentucky.
	+ *6X5X5 Research Presentations*.
* Internal Medicine Rheumatology Research Conference, University of Kentucky.
	+ *Fatigue and Older Adults.*
* 2009 Kentucky Safe Aging Coalition, Lexington, Kentucky.
	+ *The Impact of Exercise and Nutrition on Muscle Function and Functional Ability.*
* 2008 Clinical and Translational Science Fall Conference, University of Kentucky.
	+ *Translational Research Approaches to Understand and Combat Fatigue.*  Charlotte A. Peterson and **T. Brock Symons**.

# h. Funded Grants

#  1. T. Brock Symons (PI)

` Influence of Beta-alanine on Fatigability.

College of Education and Human Development Research & Faculty Development Grant. Value: $3,925.00. 05/2014

#  2. T. Brock Symons (CO-I)

Drs. Charlotte A. Peterson, Ph.D. and Leslie J Crofford, M.D. (PIs)

Contribution of altered muscle hemodynamics to fatigability in older persons with and without fibromyalgia.

National Institute on Aging. Value: $275,000.00. 09/2009 – 08/2011.

#  3. T. Brock Symons (CO-I)

Dr. D. Paddon-Jones (PI)

The effect of dose and composition of dietary beef on muscle protein anabolism in the young and elderly.

National Cattleman’s Association. Value: $244,132, 06/2005-06/2007.

#  4. T. Brock Symons (Research Assistant) Dr. D.

Paddon-Jones (PI)

NNJ04HD68G - Artificial gravity as a multi-system countermeasure to bed rest deconditioning.

National Aeronautics and Space Administration. Value: $116,090, 08/2004-09/2006.

**i. Non-Funded Grants** – none

# 1. T. Brock Symons (PI)

Influence of Acupuncture and Resistance Exercise on Skeletal Muscle Wasting and Function.

Texas A&M University – San Antonio Research Counsil Grant. Value: $10,000.00. 11/2021

**E. SERVICE**

# a. Service to Department

Texas A&M University: San – Antonio:

*Health and Kinesiology Program:*

2023 Undergraduate Program Review - Member

2022 Core Assessment Committee - Chair

2022 Adjunct Hiring Committee - Interviewing applicants
2022 - present Lead Instructor – EDKN 1102, 1305, 1308, 3315, 3350, 3426
2022 Graduate Degree Plan - Member
2022 - present Website Committee – Member
2022 - present Adjunct Faculty Evaluation
2022 - present Peer Review Faculty Evaluation
2022 Program Recruitment - Great Texas Airshow STEM Expo; Southwest High School
 Career Fair; A&M SA Preview Days - Palo Alto College
2021 - 2022 Kinesiology Society of Rehabilitation Specialties – Faculty Advisor
2020 Faculty Search Committee – Kinesiology – Member
2020 - 2021 Resistance Training and Health Club – Faculty Advisor
2019 Faculty Search Committee – Member

*Department of Counseling, Health and Kinesiology:*
2023 Health and Kinesiology Hiring Committee - Assistant Professor of Kinesiology – Member.

2022 Health and Kinesiology Hiring Committee - Assistant Professor of Kinesiology – Chair

University of Louisville:

*Department of Health and Sport Sciences:*

2017 Curriculum Committee

2017 Exercise Science Webpage

1. – 2015 Department Chair Search Committee.

*Exercise Physiology Program****:***

2015 – 2016 Health and Sport Sciences Panel Sessions – Presenter

2015 – 2016 Chair of the Exercise Physiology Graduate Program Committee

2015 Faculty Search Committee – Co-chair.

2015 – 2016 Exercise Science Internship – Coordinator

2014 – 2015 Exercise Science Internship – Co-chair

2013 – 2016 Undergraduate Advising

2013 – 2018 Exercise Science Program Committee

University of Kentucky:

*Graduate Center for Gerontology****:***

2010 – 2013 Curriculum Committee Chair.

2010 – 2013 Futures Committee.

2008 – 2013 Sigma Phi Omega.

2008 – 2009 Program of Merit Committee.

2007 – 2013 Administrative Council.

2007 – 2010 Curriculum Committee.

# b. Service to College

Texas A&M University: San – Antonio:

*College of arts and Sciences:*

2020 - present Health Professions Advisory Committee (*Kinesiology Program*

*Representative*)

*College of Education and Human Development:*

2023 - present New Student/Transfer Student Orientation and Recruitment Committee - Chair

2022 COEHD Faculty Recognition Awards – Member
2019 - 2020 Recruitment / Enrollment Committee - Member

2019 - 2022 New Student/Transfer Student Orientation and Recruitment Committee - Member

2018 - 2019 Instructor, PREP session for the TEXES Exam in the area of Physical Education

University of Louisville:

*College of Education and Human Development:*

2016 - 2018 Curriculum Committee.

University of Kentucky:

*College of Public Health:*

2012 Dean’s teaching Awards Selection Committee.

2010 – 2013 Admissions and Student Affairs Committee Chair.

2009 – 2010 Admissions and Student Affairs Committee.

2009 Information Technology Hiring Committee.

# c. Service to University

Texas A&M University: San – Antonio:

2023 - present Faculty Senate - member

2023 - present Writing Across the Curriculum Committee - Chair

2020 – 2022 Core Assessment University Committee (Core Assessment Coordinator – Kinesiology)

2019 - present Student Research Symposium Committee - Member

2018 - present Institutional Biosafety Committee (IBC) - Member

# d. Service to Community

2023 1st Grade Hiring Committee, The Circle School, San Antonio, TX (Private Pre-K to 8th grade School)

2023 4th Grade Hiring Committee, The Circle School, San Antonio, TX (Private Pre-K to 8th grade School)

2023 - present Grants and Fundraising Development Committee, The Circle School, San Antonio, TX (Private Pre-K to 8th grade School)

2022 5th Grade Hiring Committee, The Circle School, San Antonio, TX (Private Pre-K to 8th grade School)

2018 - 2019 *Coordinator / Instructor*, Physical Education Program, Circle School, San Antonio, TX

2016 Physiology Understanding (PhUn) Week Program by the American Physiological Society – Co-presenter.

2016 Hawthorne Elementary Science Fair Judge

2010 – 2014 Body Recall Board Member (*National*) 2009 2013 Kentucky Safe Aging Coalition (*State*).

# e. Service to Profession

2022 – present Abstract/Poster Judging Committee. 2023 Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, TX.

Membership in National, Regional, and Local Professional Societies:

American College of Sports Medicine: Texas Regional Chapter (2019 – present).

American College of Sports Medicine Special Interest Group: Exercise Science Education, member (2016 – present).

American College of Sports Medicine Special Interest Group: Non-Invasive Investigation of the Neuromuscular System, member (2014 – present).

National Society of Physical Activity Practitioners in Public Health (2012 – 2014).

American College of Sports Medicine: Southeast Regional Chapter (2011 – 2018). American American College of Sports Medicine Special Interest Group: Aging, member (2009 – present).

American College of Sports Medicine Special Interest Group: Nutrition, member (2009 – present).

Graduate Faculty for the Exercise Science Program, University of Kentucky, member (2008 – 2015).

American Society for Nutrition, member (2008 – 2018).

American Gerontological Society of America, member (2007 – 2014).

University of Kentucky Center for Muscle Biology, member (2009 – 2013).

Canadian Society of Exercise Physiology, member (2000 – 2004). American College of Sports Medicine, member (1998 – present).

Invited Reviewer:

2023 Isokinetics and Exercise Science – two articles.

 Australasian Journal of Ageing – one article.

*Previous Years:*

International Journal of Kinesiology and Sports Science

BioMed Central - Musculoskeletal Disorders

Current Sports Medicine Reports

Journal of Sport Sciences

Journal of Strength and Conditioning Research

Isokinetics and Exercise Science

Journal of Health Psychology

Journal of Biomechanics

Reorganization of the Table of Contents, *Nutrition for the Older Adult, Second Edition.* Chapter review, Mineral Requirements of the Older Adult. *Nutrition for the Older Adult, Second Edition.*

Chapter review, Smell and Taste in Older Adults. *Nutrition for the Older Adult, Second Edition.*

Chapter review, The Aging Gastrointestinal Tract. *Nutrition for the Older Adult, Second Edition.*

Manuscript review, *Arthritis Care and Research*.

Relationship between quality protein, lean mass, and bone health. *Annals of Nutrition and Metabolism.*

Fall Recovery/Discovery The Body Recall Way Participant Manual. *Body Recall.*

Fall Recovery/Discovery The Body Recall Way Trainer Manual. *Body Recall.* Identifying and Assisting Populations with Special Needs The Body Recall Way Trainers Manual. *Body Recall.*

Journal of Applied Physiology.

Journal of Science and Medicine in Sport

Medicine and Science in Sports and Exercise

Research Quarterly for Exercise and Sport Science Aging Clinical and Experimental Research.

Journal of Geriatric Physical Therapy.

Pediatric Physical Therapy

Extension Fact Sheet on Physical Activity and Falls

# F. HONORS AND AWARDS

2017 - 2018 University of Louisville Faculty Favorite Award

2016 - 2017 University of Louisville Faculty Favorite Award

2014 Red and Black Banquet and Awards Ceremony for Scholar Athletes Named Faculty Mentor of Nolan Moore

2003 Ontario Graduate Studies – Science and Technology.

2000 – 2003 Special University Scholarship, University of Western Ontario.

2000 – 2003 Special University Scholarship (Summer Terms), University of Western Ontario.

# G. OTHER PROFESSIONAL ACTIVITIES NOT COVERED ABOVE

2023 Basic X-ray Radiation Safety Course for Bone Densitomery
2023 Export Control Training

2020 IBC Compliance Member Training

2020 Environmental Health and Safety Training

2020 Online Learning Consortium Innovate Conference

2020 Hanover - TAMUSA NSF Part I Training – Developing a Logic Model

2020 Hanover - TAMUSA NSF Part II Training – Communicating with the NSF

2020 ACSM Exercise Science Education Special Interest Group Meeting

2020 ACSM Exercise Science Education Special Interest Group – Laboratory Instruction Breakout Session

2020 ACSM Exercise Science Education Special Interest Group – Course Instruction Breakout Session

2020 ACSM Exercise Science Education Special Interest Group – Virtual Meet-Up

2019 NIH Recombinant DNA Guidelines – Citi Progra

2019 Institutional Biosafety Committee Member Training – Citi Program

2019 Initial Biosafety Training – Citi Program

2019 Basic Introduction to Biosafety – Citi Program

2019 Institutional Biosafety Committee Protocol Review – TAMU Training

2019 Blood Borne Pathogen – TrainTraq. BOHP #211409

2019 Laboratory Biosafety Level 2 Training – TrainTraq. BSL 2 course#211486

2019 Laboratory Biosafety Level 1 Training – TrainTraq. BSL 2 course#2112788

2019 Alere Cholestech LDX System Training

2018 Writing for NIH Grants with Robert Porter

2007 Super Human Radio Show (Aug. 18). The Anabolic Effects of Protein as We Age.