

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
EDKN 4324: Exercise in Chronic Disease and Disabilities
Department of Counselling, Health and Kinesiology
- 2021 – present Instructor
EDKN 5338: 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. Roberts AH, Walden AJ, Carter KA, **Symons TB**. Effect of Sport-Specific Constraints on Aerobic Capacity in High School Field Hockey Players. *J Strength Cond Res.* 36(2):493-497.
2. 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.* 23(1):55-62, 2019.
3. 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. *J Strength Cond Res.* 33:1480-1487, 2019.
4. Wallace BJ, Shapiro R, Wallace KL, Abel MG, **Symons TB**. Muscular and neural contributions to postactivation potentiation. *J Strength Cond Res.*, 33:615-25. 2019

5. Daunis M, Bayers T, Bai L, Vargas LJ, **Symons TB**, and Caruso JF. The effect of familiarization on squats done on a robotic exoskeleton. *Isok and Exerc Sci.* 26:227236, 2018.
6. Caruso JF, Voor MJ, Jagers JR, **Symons TB**, Stith JM., Bai L, Selimovic EA, Carter KA, and Daily J. Musculoskeletal outcomes from chronic high-speed, high-impulse resistance exercise. *Int J of Sports Med.*, 39:791-801,2018.
7. Cesarz GM, Roberts AH, Walden AJ, **Symons TB**, Bai L, Selimovic E, West JO, Bouchet A, and Caruso JF. The addition of electrolytes to a carbohydrate-based sport drink: effect on aerobic exercise performance. *KAHPRD* 55:39-48, 2017.
8. Burtch AR, Ogle BT, Sims PA, Harms CA, **Symons TB**, Folz RJ, Zavorsky GS. Controlled Frequency Breathing Reduces Inspiratory Muscle Fatigue. *J Strength Cond Res.* 31:1273-1281, 2017.
9. Martin JL, Perry RA, Baptista RA, McArtor JD, Clutter LB, **Symons TB**, Terson de Paleville D, Roberts A, Cesarz G, Caruso JF. Workload impact on gender-based differences in delta blood lactate concentrations from supramaximal exercise. *Isok and Exerc Sci.* 24:181-187, 2016.
10. 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. *J Chiropr Med.* 14:240-8, 2015.
11. Pawlak R, Classey JL, Palmer T, **Symons TB**, Abel MG. The effect of a novel tactical training program on physical fitness and occupational performance in firefighters. *J Strength Cond Res.* 29:578-88, 2015.
12. Srikuea R, **Symons TB**, Long DL, Lee JD, Shang Y, Chomentowski PJ, Yu G, Crofford LJ, and Peterson CA. Association of fibromyalgia with altered skeletal muscle characteristics which may contribute to postexertional fatigue in postmenopausal women. *Arthritis Rheum.* 65:519-528, 2013.
13. Shang Y, Gurley K, **Symons TB**, Long DL, Srikuea R, Crofford LJ, Peterson CA, and Yu G. Noninvasive optical characterization of muscle blood flow, oxygenation, and metabolism in women with fibromyalgia. *Arthr Res & Ther.* 14:R236, 2012.
14. Munk N, **Symons TB**, Shang Y, Cheng R, and Yu G. Noninvasively measuring the hemodynamic effects of massage on skeletal muscle: a novel hybrid near-infrared diffuse optical instrument. *J Bodywork and Movt Ther.* 16:22-28, 2012.
15. **Symons TB**, Sheffield-Moore M, Chinkes DL, Wolfe RR and Paddon-Jones D. The anabolic response to resistance exercise and a protein-rich meal is not diminished by age. *The J Nutr Health Aging.* 15:376-381, 2011.
16. Shang Y, **Symons TB**, Durduran T, Yodh AG, and Yu G. Effects of muscle fiber motion on diffuse correlation spectroscopy blood flow measurements during exercise. *Biomed Opt Express.* 1:500-511, 2010.

17. **Symons TB**, Sheffield-Moore M, Chinkes DL, Wolfe RR and Paddon-Jones D. A moderate the serving of high-quality protein maximally stimulates skeletal muscle protein synthesis in young and elderly. *J Am Diet Ass.* 109:1582-1586, 2009.
18. 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. *Clin Nutr.* 29:18-23, 2009.
19. **Symons TB**, Sheffield-Moore M, Chinkes DL, Ferrando AA and Paddon-Jones D. Artificial gravity maintains skeletal muscle protein synthesis during 21 days simulated microgravity. *J Appl Physiol.* 107:34-38, 2009.
20. Kortebein P, **Symons TB**, Ferrando AA, Paddon-Jones D, Ronsen O, Protas E, Conger S, Lombeida J, Wolfe,R, and Evans WJ. Functional impact of 10 days of bed rest in healthy older adults. *J Gerontol: Med Sci.* 63:1076-1081, 2008.
21. **Symons TB**, Cocke TL, Schutzler SE, Chinkes DL, Wolfe RR and Paddon-Jones D. Aging does not impair the anabolic response to a protein-rich meal. *Am J Clinl Nutr.* 86:451-6, 2007.
22. **Symons TB**, Vandervoort AA, Rice CL, Overend TJ, and Marsh GD. Effects of maximal isometric and isokinetic resistance training on strength and functional mobility in older adults. *J Gerontol: Med Sci.* 60:777-781, 2005
23. **Symons TB**, Vandervoort AA, Rice CL, Overend TJ, and Marsh GD. Reliability of a single-session isokinetic and isometric strength protocol in older men. *J Gerontol: Medl Sci.* 60:114-119, 2005.
24. Bellew JW, **Symons TB**, and Vandervoort AA. Geriatric Fitness: Effects of aging and recommendations for exercise in older adults. *Cardiopulmonary Physical Therapy.* 16:21-32, 2005.
25. **Symons TB**, Vandervoort AA, Rice CL, Overend TJ, and Marsh GD. Reliability of isokinetic and isometric knee-extensor force in older women. *J Aging Phys Act.* 12:525537, 2004.
26. McNeil CJ, Allman BL, **Symons TB**, Rice CL, and Vandervoort AA. Torque loss induced by repetitive maximal eccentric contractions is marginally influenced by workto-rest ratio. *Eur J Appl Physiol.* 91:579-585, 2004.
27. **Brock Symons T**, Clasey JL, Gater DR, and Yates JW. The effects of deep heat as a preventative mechanism on delayed onset muscle soreness. *J Strength Cond Res.* 18:155-161, 2004.
28. Vandervoort AA, and **Symons TB**. Functional and metabolic consequences of sarcopenia. *Can J Appl Physiol.* 26:90-101, 2001.

b. Non – Refereed Journal Articles – none

c. Refereed Proceedings

1. **Symons TB**, Muntis F, Collins T, Gworek K, Carter KA, Caruso JF. The Effects Of High Molecular Weight Carbohydrate Supplementation On Skeletal Muscle Performance: 2210 Board# 129 May 28 3: 00 PM-4: 30 PM. *Medicine & Science in Sports & Exercise*. 2020 Jul 1;52(7S):590.

d. Non-Refereed Proceedings – none

e. Books, Chapters, Monographs – none

f. Refereed Presentations

1. **Symons, T. B.**, Roberts, A. H., Carter, K. A., & Caruso, J. F. 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 Congresses*. San Diego, 2022.
2. Kim, J. H., Park, J., Kwon, E. H., **Symons, T. B.**, Delacruz, J., Lee, J., ... & Lee, S. Effects of Acupuncture, Electroacupuncture, and Electrostimulation Treatments on Plantaris by Casting Model. *American College of Sports Medicine Annual Meeting and World Congresses*. San Diego, 2022.
3. Park, J., Kim, J. H., Kwon, E. H., **Symons, T. B.**, Delacruz, J., Lee, J., ... & Lee, S. (2022). Effects of Acupuncture, Electroacupuncture, and Electrostimulation Treatments on Atrophied Gastrocnemius by Casting Model. *American College of Sports Medicine Annual Meeting and World Congresses*. San Diego, 2022.
4. Kim, J. H., Park, J., Kwon, E. H., **Symons, T. B.**, Delacruz, J., Lee, J., ... & Lee, S. (2022). Effects of Acupuncture, Electroacupuncture, and Electrostimulation Treatments on Plantaris by Casting Model. Texas Chapter of the American College of Sports Medicine Annual Meeting, Waco, 2022.
5. 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.
6. 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.
7. **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.

8. 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.
9. 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.
10. **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.
11. Roberts AH, Walden AJ, Carter KA, **Symons TB**. Effect of mouthguard and stick use on aerobic capacity high school field hockey athletes. *American College of Sports Medicine Conference*. Boston, 2016.
12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. **Symons TB** and Munk N. Effects of lower limb massage on torque production in older adults. *American College of Sports Medicine*. Indianapolis, 2013.
18. 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.
19. 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.
20. **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.

21. **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.
22. 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.
23. **Symons TB**, Guttman 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
24. 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.
25. Munk N and **Symons TB**. Conceptual framework for examining massage efficacy on fatigue in older adults. *Southern Gerontological Society Student Mentoring Conference*. Tuscaloosa, 2010.
26. **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.
27. **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.
28. 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.
29. **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.
30. 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.
31. **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.
32. 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.

33. 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.
34. 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.
35. **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.
36. **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.
37. **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.
38. 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.
39. 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.
40. 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.
41. **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.
42. 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.
43. **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

E. SERVICE

a. Service to Department

Texas A&M University: San – Antonio:

Health and Kinesiology Program:

- 2022 Faculty Search Committee – Kinesiology - Chair
2022 Adjunct Hiring Committee, *Member*

- 2022 - Core Assessment Committee, *Chair*.
- 2022 - Graduate Degree Plan and Website Committee, *Member*
- 2021 - Kinesiology Society of Rehabilitation Specialties – Faculty Advisor
- 2020 Faculty Search Committee – Kinesiology - Member
- 2020 - 2022 Resistance Training and Health Club – Faculty Advisor
- 2019 - Faculty Search Committee – Member

University of Louisville:

Department of Health and Sport Sciences:

- 2017 - Curriculum Committee
Exercise Science Webpage
- 2014 – 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 - Health Professions Advisory Committee (*Kinesiology Program
Representative*)

College of Education and Human Development:

- 2022 - COEHD Faculty Recognition Awards, *Member*
- 2019 - 2020 Recruitment / Enrollment Committee
- 2019 - Preview Day / New Student Orientation Committee
- 2018 - 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:

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

2019 - Student Research Symposium Committee

2018 - Member, Institutional Biosafety Committee (IBC)

d. Service to Community

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

2022 - Volunteer Work Days, The Circle School (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

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:

2022 Journal of Isokinetics and Exercise Science, *Editorial Board*.
Journal of Strength and Conditioning Research.
International Journal of Kinesiology and Sports Science.

Previous Years:

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

2022 Hanover - Resubmissions and Interpreting Reviewer Feedback Webinar.
2022 Hanover – Writing Compelling Narratives Webinar.
2022 A&M-SA, Office of Academic Affairs – Maestro Training, January 14, 2022.
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.