

M. Ryan Mason, PhD, CSCS

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📍 577 Bob O Link Dr., Lexington, KY

Education

**PhD in Exercise
Science**
Aug 2021

University of Kentucky
Lexington, KY
Advisor: Dr. Mark Abel
Dissertation: The Effect of Acute Exercise-Induced Fatigue on
Performance in Structural Firefighters

**MS in Exercise
Physiology**
Dec 2016

University of Kentucky
Lexington, KY
Advisor: Dr. Mark Abel
Thesis: Static Stretching and Preconditioning Exercise Augments Power
Output in Recreational Athletes

BS in Kinesiology
Dec 2010

University of Kentucky
Lexington, KY

Associates of Science
May 2007

Hopkinsville Community College
Hopkinsville, KY

Associates of Arts
May 2007

Hopkinsville Community College
Hopkinsville, KY

Publications

- Abel, MG., **Mason, MR.**, Lanham, SN., Thruston, J., Langford, EL. "Fatigue and Fireground Readiness: Enhancing Firefighter Safety." *REaction: Rescuers in Action* (2024).
- Langford, EL., Lanham, S., Eastman, AQ., Bergstrom, H., Best, S., Ma, X., **Mason, MR.**, Abel, MG. "Evaluation of Work Efficiency in Structural Firefighters" *Journal of Strength and Conditioning Research* (2023): DOI: 10.1519/JSC.0000000000004577.
- **Mason, MR.**, Apt, J., Heebner, N., Shapiro, R., Bergstrom, H., Langford, E., Abel, MG. "The Acute Effect of High-Intensity Resistance Training on Subsequent Firefighter." *Journal of Strength and Conditioning Research* (2023):DOI: 10.1519/JSC.0000000000004417.

- **Mason, MR.**, Hudgins, JH., Ickes, MJ., Campbell, MS., Biddle, MJ., Bollinger, LM. "Changes in physical activity during the initial stages of the COVID-19 pandemic." *Journal of Sports Science* (2022): DOI: 10.1080/02640414.2021.1976569
- **Mason, MR.**, Ickes, MJ., Campbell, MS., Bollinger, LM. "An Incentivized, Workplace Physical Activity Intervention Preferentially Increases Daily Steps in Inactive Employees." *American Journal of Health Promotion* (2018): DOI: 10.1177/0890117117723803.

In preparation:

- **Mason, MR.**, Butterfield, T., Shapiro, R., Abel, MG. "Static stretching and preconditioning exercise augments power output in recreational athletes." Thesis, University of Kentucky, Lexington, KY.
- Abel, M., **Mason, MR.**, Langford, E., Keeler, J., Dawes, J., Monteiro, L., Walker, A. "Effect of a Single Bout of Heavy Resistance Training on Subsequent Fireground Performance" University of Kentucky, Lexington, KY.

Presentations

Presentations at National Conference:

- Thruston, J.L., Lanham, S.N., **Mason, M.R.**, Miller, J.B, Lewis, M.A., Spong, A.R., Bollinger, B.M., Best, S., Heebner, N., & Abel, M.G. "Effect of on-duty circuit vs. heavy resistance training on neuromuscular function in structural firefighters." (Poster) National meeting of the National Strength and Conditioning Association, Baltimore, MD, July 2024.
- Lanham, S.N., Lewis, M.A., Nagel, T.R., Thruston, J.L., Miller, J.B., Reiner, S.L., Spong, A.R., Langford, E.L., **Mason, M.R.**, & Abel, M.G. (Poster). "Relationship between law enforcement cadet perceived recovery metrics and academy physical performance." National meeting of the National Strength and Conditioning Association, Baltimore, MD (Poster). (July 2024).
*Nominee for Doctoral Student Award.
- Lewis, M.A., Lanham, S.N., Nagel, T.R., Thruston, J.L., Miller, J.B., Spong, A.R., Reiner, S.L., **Mason, M.R.**, Langford, E.L., & Abel, M.G. (Poster). "Impact of an 11-week academy training program on aerobic, anaerobic, and lower body power performance in law enforcement cadets." National meeting of the National Strength and Conditioning Association, Baltimore, MD (July 2024).
- Lanham, SN., Thruston, JL., Miller, JB., Briney, ER., Langford, EL., Eastman, AQ., Monteiro, L., Santos, V., Massuca, LM., Doyle, TLA., Willis, J., Gribble, P., Heebner, N., **Mason, MR.**, Abel, MG. "Perceptions of Exercise Injury Mechanisms Among Injured Firefighters." (Poster) National Strength and Conditioning Association National Conference, Las Vegas, NV, July, 14, 2023
- Abel, MG., Lanham, SN., Thruston, JL., Briney, ER., Miller, JB., Eastman, AQ., Langford, EL., Santos, V., Monteiro, L., Massuca, LM., Willis, J., Doyle, TLA., Heebner, N., Gribble, P., **Mason,**

MR. "Firefighters' Perception of Exercise-Related Injury Mechanisms." (Poster) National Strength and Conditioning Association National Conference, Las Vegas, NV, July, 14, 2023

- Lanham, S.N., Thruston, J.L., Miller, J.B., Briney, E.R., Langford, E.L., Eastman, A.Q., Monteiro, L., Santos, V., Massuça, L.M., Doyle, T.L.A., Wills, J., Gribble, P., Heebner, N., **Mason, M.R.**, & Abel, M.G. (Poster). *Perceptions of exercise injury mechanisms among injured firefighters*. National meeting of the National Strength and Conditioning Association, Las Vegas, NV, July 2023).
- Abel, MG., Brock, S., Eastman, AQ., Langford, EL., Heebner, N., **Mason, MR.** "Assessment of Exercise Behaviors and Injuries Among Structural Firefighters." (Poster) National Strength and Conditioning Association National Conference, New Orleans, LA, July 8, 2022.
- Langford, EL., Lanham, S., Eastman, AQ., Bergstrom, H., Best, S., Ma, X., **Mason, MR.**, Abel, MG. "Ventilatory efficiency in structural firefighters." (Poster) National Strength and Conditioning Association National Conference, New Orleans, LA. July. 7, 2022.
- **Mason, MR.**, Apt, J., Heebner, N., Shapiro, R., Abel, MG. "The Effect of Exercise-Induced Fatigue on Performance in Structural Firefighters." (Poster) National Strength and Conditioning Association Annual Meeting, Orlando, FL. July 8, 2021.
- **Mason, MR.**, Hudgins, JH., Ickes, MJ., Campbell, MS., Biddle, MJ., Bollinger, LM. "Changes in University Employees' Physical Activity during the COVID-19 Pandemic." (Poster) American College of Sports Medicine Annual Meeting, Virtual. Jun. 1, 2021.
- Hudgins, JH., **Mason, MR.**, Ickes, MJ., Campbell, MS., Biddle, MJ., Bollinger, LM. "Individual COVID-19 Response Policies' Effects on University Employees' Daily Steps." (Poster) American College of Sports Medicine Annual Meeting, Virtual. Jun. 1, 2021.
- **Mason, MR.**, Butterfield, T., Shapiro, R., Abel, MG. "Static stretching and preconditioning exercise augments power output in recreational athletes." (Poster) National Strength and Conditioning Association Annual Meeting, Indianapolis, IN. July 11, 2018.

Presentations at Regional Conference:

- Spong, A., Thruston, JL., Lanham, SN., **Mason, MR.**, Miller, J., Reiner, S., Lewis, M., Langford, EL., & Abel, MG. "Psychometric Properties of a Functional Balance Test for Structural Firefighters." (Poster) Southeast American College of Sports Medicine Annual Meeting, Greenville, SC. Feb. 20, 2024.
- Thruston, JL., Lanham, SN., **Mason, MR.**, Miller, J., Lewis, M., Reiner, S., Spong, A., Bollinger, L., Best, S., Heebner, N., Langford, EL., & Abel, MG. "Effect of On-Duty Resistance Training on Neuromuscular Function in Structural Firefighters." (Poster) Southeast American College of Sports Medicine Annual Meeting, Greenville, SC. Feb. 20, 2024.
- Miller, J., Watkins, E., Lanham, SN., Thruston, JL., Lewis, M., Reiner, S., Spong, A., **Mason, MR.**, Langford, EL., & Abel, MG. "Effect of Work Schedule on Firefighters' Sleep Quality." (Poster) Southeast American College of Sports Medicine Annual Meeting, Greenville, SC. Feb. 20, 2024.

- Lanham, SN., Lewis, M., Thruston, JL., Miller, J., Reiner, S., Spong, A., Langford, EL., **Mason, MR.**, & Abel, MG. "Relationship between perceived recovery and performance outcomes among law enforcement academy cadets." (Poster) Southeast American College of Sports Medicine Annual Meeting, Greenville, SC. Feb. 20, 2024.
- Lewis, M., Lanham, SN., Thruston, JL., Miller, J., Reiner, S., Spong, A., Langford, EL., **Mason, MR.**, & Abel, MG. "Impact of an academy training program on aerobic and anaerobic performance among law enforcement cadets." (Poster) Southeast American College of Sports Medicine Annual Meeting, Greenville, SC. Feb. 20, 2024.
- **Mason, MR.**, Hudgins, JH., Ickes, MJ., Campbell, MS., Biddle, MJ., Bollinger, LM. "Changes in University Employees' Physical Activity during the COVID-19 Pandemic." (Poster) Southeast American College of Sports Medicine Annual Meeting, Virtual. Feb. 19, 2021.
- Hudgins, JH., **Mason, MR.**, Ickes, MJ., Campbell, MS., Biddle, MJ., Bollinger, LM. "Individual COVID-19 Response Policies' Effects on University Employees' Daily Steps." (Poster) Southeast American College of Sports Medicine Annual Meeting, Virtual. Feb. 19, 2021.
- **Mason, MR.**, Butterfield, T., Shapiro, R., Abel, MG. "Static stretching and preconditioning exercise augments power output in recreational athletes." (Poster) National Strength and Conditioning Association Kentucky Clinic, Georgetown, KY. Apr. 21, 2018.
- **Mason, MR.**, Ickes, MJ., Campbell, MS., Bollinger, LM. "An Incentivized, Workplace Physical Activity Intervention Preferentially Increases Daily Steps in Inactive Employees." (Poster) Southeast American College of Sports Medicine Annual Meeting, Greenville, SC. Feb. 18, 2017.

In preparation:

- Miller, J., Watkins, E., Whitehurst, L., Lanham, S.N., Thruston, J.L., Weatherbie, J., Spong, A.R., Speaker, E.M., **Mason, M.R.**, Smetanka, P., Williams, S., Clay, B., Hill, K., Langford, E.L., & Abel, M.G. (Poster). "Effect of shift schedule on firefighters' sleep outcomes." Southeast Chapter of the American College of Sports Medicine Conference, Greenville, SC (Poster). (*Accepted - February 2025*).
- Weatherbie, J., Miller, J., Whitehurst, L., Watkins, E., Lanham, S.N., Thruston, J.L., Speaker, E., Spong, A.R., **Mason, M.R.**, Smetanka, P., Hill, K., Williams, S., Clay, B., Langford, E.L., & Abel, M.G. (Poster). "Off-duty sleep patterns among structural firefighters." Southeast Chapter of the American College of Sports Medicine Conference, Greenville, SC (February 2025).
- Speaker, E.M., Abel, M.G., Spong, A.R., Lanham, S.N., Bollinger, L., Heebner, N., Best, S., **Mason, M.R.**, Miller, J.B., Weatherbie, J., Baker, S., Williams, S., Clay, B., Langford, E.L., & Thruston, J.L. (Poster). "Inter-rater reliability of the modified functional balance test with cognitive load in firefighters." Southeast Chapter of the American College of Sports Medicine Conference, Greenville, SC (February 2025).

- Spong, A.R., Abel, M.G., Speaker, E.M., Lanham, S.N., Best, S., Bollinger, L., Heebner, N., **Mason, M.R.**, Miller, J.B., Weatherbie, J., Baker, S., Smetanka, P., Hill, K., Langford, E.L., & Thruston, J.L. (Poster). "Inter-rater reliability of the modified functional balance test for firefighters." Southeast Chapter of the American College of Sports Medicine Conference, Greenville, SC (February 2025).
- Lewis, M., Lanham, S.N., Thruston, J.L., Miller, J., Reiner, S., Spong, A., Langford, E.L., **Mason, M.R.**, & Abel, M.G. "Overview of Data from a Sheriff's Department in Georgia." (Poster) Southeast American College of Sports Medicine Annual Meeting, Greenville, SC. Feb. 20, 2024.

Presentations at Local Conference:

- Langford, E.L., Lanham, S., Eastman, A.Q., Bergstrom, H., Best, S., Ma, X., **Mason, M.R.**, Abel, M.G. (Poster) "Ventilatory efficiency in structural firefighters." Spring Research Conference, Lexington, KY. April 2, 2022.
- **Mason, M.R.**, Hudgins, J.H., Ickes, M.J., Campbell, M.S., Biddle, M.J., Bollinger, L.M. "Changes in University Employees' Physical Activity during the COVID-19 Pandemic." (Poster) Center for Clinical and Translational Science Spring Research Days, Lexington, KY. April. 8, 2021.
- Hudgins, J.H., **Mason, M.R.**, Ickes, M.J., Campbell, M.S., Biddle, M.J., Bollinger, L.M. "Individual COVID-19 Response Policies' Effects on University Employees' Daily Steps." (Poster) Center for Clinical and Translational Science Spring Research Days, Lexington, KY. April. 8, 2021
- **Mason, M.R.**, Apt, J., Heebner, N., Shapiro, R., Abel M.G. "The Effect of Acute Exercise Fatigue on Performance in Structural Firefighters." Spring Research Conference, Lexington KY. Mar. 2, 2019.
- **Mason, M.R.**, Butterfield, T., Shapiro, R., Abel, M.G. "Static stretching and preconditioning exercise augments power output in recreational athletes." Spring Research Conference, Lexington, KY. Mar. 26, 2016.

Invited Presentations:

- **Mason, M.R.** "The Effect of Acute Exercise Fatigue on Performance in Structural Firefighters." Exercise Science Seminar Series, University of Kentucky Kinesiology and Health, Promotion Department, Lexington, KY. Mar. 30, 2018.
- **Mason, M.R.** "Static stretching and preconditioning exercise augments power output in recreational athletes." Poster presented for Exercise Science Seminar Series University of Kentucky Kinesiology and Health Promotion Department, Lexington, KY. Feb. 10, 2017.
- **Mason, M.R.** "Static stretching and preconditioning exercise augments power output in recreational athletes." Exercise Science Seminar Series, University of Kentucky Kinesiology and Health Promotion Department, Lexington, KY. Dec. 2, 2016.

- **Mason, MR.** "Strength training: The ins and outs." Brown Bag Luncheon, University of Kentucky Arts and Science Department, Lexington, KY. Feb. 26, 2016.
- **Mason, MR.** "Strength training: The ins and outs." Brown Bag Luncheon, University of Kentucky Arts and Science Department, Lexington, KY. Feb. 23, 2016.

Professional Workshop Presentations:

- **Mason, MR.,** Augustine, D. "Sustaining strength." MoveWell Workshop Series, University of Kentucky Health and Wellness Department, Lexington, KY. Nov. 30, 2017.
- **Mason, MR.** "You asked, I answered: Fitness recommendations and program design." EatWell Weight Loss, University of Kentucky Health and Wellness Department, Lexington, KY. Nov. 1, 2016.
- **Mason, MR.** "Cultivate health boundaries for a greater well-being." Lunch and Learn Series, University of Kentucky Health and Wellness Department, Lexington, KY. Oct. 4, 2016.
- **Mason, MR.** "Building a strength training plan." Lunch and Learn Series, University of Kentucky Health and Wellness Department, Lexington, KY. Feb. 11, 2016.
- **Mason, MR.** "What's on your platter? The 7 ingredients for optimum brain function." Lunch and Learn Series, University of Kentucky Health and Wellness Department, Lexington, KY. Mar. 26, 2015.
- **Mason, MR.** "On your mark, get set, go... The NOT so well-known benefits of speed training." Weight Loss Matters, University of Kentucky Health and Wellness Department, Lexington, KY. Nov. 4, 2014.
- **Mason, MR.** "Fact vs. fiction: Debunking current nutrition myths." Lunch and Learn Series, University of Kentucky Health and Wellness Department, Lexington, KY. Mar. 27, 2014.
- **Mason, MR.** "Inspiration, motivation, and perspiration: How to achieve health goals and stay on track." Lunch and Learn Series, University of Kentucky Health and Wellness Department, Lexington, KY. Dec. 11, 2013.
- **Mason, MR.** "Resistance training program design; How to get started on your personal workout routine." Weight Loss Matters, University of Kentucky Health and Wellness Department, Lexington, KY. Nov. 5, 2013.
- **Mason, MR.** "Too stressed out to destress?" Lunch and Learn Series, University of Kentucky Health and Wellness Department, Lexington, KY. Nov. 14, 2012.

Non-Author Research Contributions:

- Abel, MG., Sell, K., Dennison, K. "Design and implementation of fitness programs for firefighters." *Strength & Conditioning Journal* 33.4 (2011): 31-42.
- Keeler, JM. "The effect of tactical tasks and gear on muscle activation of SWAT officers." *UKnowledge* (2014).
- Thomas, M., et al. "Effect of load carriage on tactical performance in special weapons and tactics operators." *The Journal of Strength & Conditioning Research* 32.2 (2018): 554-564.
- Saari, Al. "Heart Rate Dynamics During and After Simulated Fire Ground Tasks: Effects of Physical Fitness and Training." (2019).
- Lesniak, AY., et al. "The effect of personal protective equipment on firefighter occupational performance." *The Journal of Strength & Conditioning Research* 34.8 (2020): 2165-2172.
- Saari, A, et al. "The Influence of Age on Firefighter Combat Challenge Performance and Exercise Training Habits." *The Journal of Strength & Conditioning Research* 34.9 (2020): 2500-2506.
- Martinez, GJ., Abel, MG. "Effect of a Law Enforcement Academy Training Program on Validated Fitness Outcomes of Cadets." *Journal of Strength & Conditioning Research* (2021).

Teaching Experience

Fall 2017	Strength and Conditioning for Sport, Invited Lecturer
Spring 2018	Applied Foundations of High Performance, Co-Instructor
Spring 2023	Introduction to Exercise Testing and Prescription, Adjunct Faculty
July 2024 – Present	Strength and Conditioning for Sport. Lecturer Human Health and Wellness. Lecturer Nutrition and Physical Fitness, Lecturer

Professional Experience

July 2024 – Present	Faculty (Lecturer), UK Kinesiology and Health Promotion, Lexington, KY
May 2022 – May 2024	Assistant Fitness Manager, UK Health and Wellness, Lexington KY
Apr. 2018 – May 2022	Exercise Specialist, UK Health and Wellness, Lexington, KY
Aug. 2012 – April 2018	Graduate Assistant, UK Health and Wellness, Lexington, KY
Aug. 2011 – Aug. 2012	Program Coordinator, YMCA of Scott County, Georgetown, KY
Aug. 2010 – Aug. 2011	Personal Trainer, Xcel Sports Science and Fitness, Lexington, KY
Jul. 2008 – Aug. 2010	Lifeguard / Swim Instructor, North Lexington YMCA, Lexington, KY

Funding & Awards

Jul 2021	Outstanding Doctoral Student Poster Award, NSCA. "The Effect of Acute Exercise Fatigue on Performance in Structural Firefighters." <i>Nominated</i>
Jul 2021	Student Travel Award, Department of Kinesiology and Health Promotion, Lexington, KY. <i>Awarded. \$500</i>
Feb 2021	Student Poster Award – PhD, ACSM. "Individual COVID-19 Response Policies' Effects on University Employees' Daily Steps." <i>Nominated</i>
May 2020	Summer Research Fund, College of Education, University of Kentucky. "The Effect COVID-19 on Physical Activity Levels." <i>Awarded. \$500</i>
Jul 2018	Doctoral Graduate Research Grant, National Strength and Conditioning Association, Colorado Springs, CO. "The Effect of Acute Exercise Fatigue on Performance in Structural Firefighters." <i>Not funded. \$15,000</i>
May 2018	Arvle and Ellen Thacker Turner Research Fund, College of Education, University of Kentucky. "The Effect of Acute Exercise Fatigue on Performance in Structural Firefighters." <i>Awarded. \$1000</i>
Feb 2016	Graduate Student Travel Award, Department of Kinesiology and Health Promotion, Lexington, KY. <i>Awarded. \$200</i>

Certifications


Aug 2021 – Present	Exercise is Medicine Level 1 Practitioner, American College of Sports Medicine
Dec 2017 – Present	Graduate Certificate from the University of Kentucky, College Teaching and Learning
Jan 2014 – Present	Certified Strength and Conditioning Specialist, National Strength and Conditioning Association
Aug 2010 – Present	American Red Cross, Adult CPR and AED


Professional Memberships

Reviewer for *Medicine & Science in Sport & Exercise*.
National Strength and Conditioning Association
Southeast Chapter of the American College of Sports Medicine
American College of Sports Medicine: Exercise Is Medicine

Campus Contributions

Planning committee for the 2019 Spring Research Conference
Advisor for Exercise Is Medicine on Campus at UK
Member of the College of Education Name Change Task Force
Implementation of campus wide wearables PA tracking program
Initiated Exercise Is Medicine into employee population (UK recognized with Gold Status)
Contributed to formation of an MOU between UK and Singapore Civil Defense Forces

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