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Educational Background

Ph.D.	2006	University of Utah, Salt Lake City, Utah Major: Exercise Physiology
M.S.	2001	University of Wisconsin-LaCrosse, LaCrosse, Wisconsin Major: Exercise and Sport Science – Human Performance
B.S.	1999	University of Wisconsin-LaCrosse, LaCrosse, Wisconsin Major: Exercise and Sport Science – Fitness Emphasis Concentration: Strength and Conditioning

Recent Awards

National Strength and Conditioning Association's (NSCA) – 2016 Tactical Strength and Conditioning Practitioner of the Year Award

Faculty Experience

Position: Associate Adjunct Faculty Member
Sports Medicine Research Institute
University of Kentucky
Lexington, Kentucky
(08/2016 – Present)

Position: Associate Professor
Department of Kinesiology and Health Promotion
University of Kentucky
Lexington, Kentucky
(08/2012 - Present)

Position: Assistant Professor
Department of Kinesiology and Health Promotion
University of Kentucky
Lexington, Kentucky
(08/2006 - 08/2012)

Position: Visiting Instructor
Department of Exercise and Sport Science
University of Utah
Salt Lake City, Utah
(08/2004 - 05/2005)

Administrative Experience

Department of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY

- Director, Graduate Certificate in High Performance Coaching (2017-present)
- Director, Graduate Exercise Science Program (2016-present)
- Co-Director, Undergraduate Certificate in Nutrition for Human Performance (2016-present)
- Director, Undergraduate Exercise Science Program (2015-present)
- Director: Exercise Physiology Laboratory (2013-present)

Experience (Other)

Position: Graduate Teaching Assistant, Fitness Assessment Clinician, & Phlebotomist

Department of Exercise and Sport Science

University of Utah

Salt Lake City, Utah

(08/2002 - 05/2004; 08/2005 - 05/2006)

Position: Firefighter (1996-1997)

West Bend Fire Department

West Bend, Wisconsin

Instructional Summary:

University of Kentucky

KHP 230 - Human Health and Wellness

KHP 240 - Nutrition and Physical Fitness (online course)

KHP 350 - Strength and Conditioning for Sports

KHP 450 - Introduction to Exercise Testing and Prescription

KHP 550 - Principles of Resistance Training

KHP 640 - Laboratory Methods in Exercise Science

KHP 690 – Applied Foundations of High Performance

KHP 781 – Proseminar: Exercise and Disease

KHP 781 – Proseminar: Muscle Physiology

KHP 781 – Physiological Foundations of High Performance

University of Utah

ESSF 1068 - Ski Conditioning

ESSF 1015 - Indoor Cycling

ESSF 1085 - Weight Training: Elementary

ESSF 1086 - Weight Training: Intermediate

ESS 3092 - Kinesiology

ESS 4465- Introduction to Exercise Testing and Prescription

ESS 4690 - Exercise Methods for Power Performance

ESS 4900 - Exercise Programming in the Community

ESS 4300/6300/7300 - Advanced Exercise Physiology I: Laboratory

ESS 4310/6310/7310 - Advanced Exercise Physiology II: Laboratory

Publications

*For all manuscripts and abstracts the first author is designated as the *principal investigator* and the last author is designated as the *senior* author.

Published Manuscripts (Refereed Articles):

Thomas, J.M., Pohl, M., Shapiro, R., Keeler, J., & **Abel, M.G.** (In press). Effect of Load Carriage on Tactical Performance in SWAT Operators. *Journal of Strength and Conditioning Research*.

Switalla, J.R., Byrd, M.T., **Abel, M.G.**, Fleenor, B.S. & Bergstrom, H.C. (2017). Can Experienced Runners Accurately Estimate Performance Capabilities to Derive the Parameters of the Critical Velocity Model? *International Journal of Physical Education, Sports and Health*, 4(2), 205-209.

Brim, H.H., **Abel, M.G.**, Wallace, B.J., Byrd, M.T., Eastman, J.E., & Bergstrom, H.C. (2017). Can Critical Velocity and Anaerobic Swimming Capacity be Determined from Estimated Performance Times in Collegiate Swimmers? *Journal of Exercise Physiologyonline*, 20(1), 23-32.

Fedewa, A., **Abel, M.G.**, & Erwin, H. (2017). The effects of using stationary bicycle desks in classrooms on adolescents' physical activity. Submitted to the *Journal of Occupational Therapy, Schools, & Early Intervention*, 10(1), 78-89.

Sims, M., **Abel, M.G.**, Clasey, J., Beighle, A., Fedewa, A. & Erwin, H. (2016). Development of a System for Observing Dance Activities in the Classroom Environment (SODANCE). *Research in Dance Education*, 17(3), 161-175. DOI: 10.1080/14647893.2016.1150451.

Moore, S.M., Berrones, A.J., Clasey, J.L., **Abel, M.G.**, & Fleenor, B.S. (2016). Arterial hemodynamics are impaired at rest and following acute exercise in overweight young men. *Vascular Medicine*, 21(6), 497-505. DOI: 10.1177/1358863X16666692.

Macht, J., **Abel, M.G.**, Mullineaux, D.R., & Yates, J.W. (2016). Development of 1RM Prediction Equations for Bench Press in Moderately Trained Men. *Journal of Strength and Conditioning Research*, 30(10), 2901-2906. DOI: 10.1519/JSC.0000000000001385.

Lawinger, E., Uhl, T. **Abel, M.G.**, & Kamineni, S. (2015). Assessment of accelerometers for measuring upper extremity physical activity. *Journal of Sport Rehabilitation*, 24(3), 236-43.

Beck, A., Clasey, Yates, J.W., Koebke, N., Palmer, T., & **Abel, M.G.** (2015). Relationship of physical fitness measures versus occupational physical ability in campus law enforcement officers. *Journal of Strength and Conditioning Research*, 29(8), 2340-2350.

Abel, M.G., Palmer, T., & Trubee, N. (2015). Exercise program design for structural firefighters. *Strength and Conditioning Journal*, 37(4), 8-19.

Pawlak, R., Clasey, J., Palmer, T., Symons, T., & **Abel, M.G.** (2015). The effect of a novel tactical training program on physical fitness and occupational performance in firefighters. *Journal of Strength and Conditioning Research*, 29(3), 578-588.

Dennison, K., Mullineaux, D., Yates, J., & **Abel, M.G.** (2012). Effect of exercise-induced fatigue and training status on firefighter performance. *Journal of Strength and Conditioning Research*, 26(4), 1101-1109.

Abel, M.G. & Pettitt, R.W. (2012). Post-exercise recovery strategies for firefighters. *Tactical Strength and Conditioning Report*, 25, 25.1-25.5.

Abel, M.G. & Morris, C. (2012). Heart disease: A 5-alarm emergency. *Tactical Strength and Conditioning Report*, 24, 24.1-24.5.

Abel, M.G. (2012). Concerns and benefits of on-duty exercise training for firefighters. *Tactical Strength and Conditioning Report*, 23, 23.1-23.4.

Abel, M.G. & Palmer, G. T. (2012). Injuries in the fire service: Is exercise the Achilles heel? *Tactical Strength and Conditioning Report*, 22, 22.4-22.7.

Abel, M.G. (2012). Periodization strategies for firefighters. *Tactical Strength and Conditioning Report*, 21, 21.7-21.10.

Erwin, H., **Abel, M.G.**, Beighle, A., Noland, M., Worley, B., & Riggs, R. (2012). The contribution of recess to elementary students' school-day physical activity. *Journal of Physical Activity and Health*, 9(3), 442-448.

Abel, M.G., Mortara, A., & Pettitt, R. (2011). Evaluation of circuit training intensity for firefighters. *Journal of Strength and Conditioning Research*, 25(10), 2895-2901.

Abel, M.G., Sell, K., & Dennison, K. (2011). Design and implementation of fitness programs for firefighters. *Strength and Conditioning Journal*, 33(4), 31-42.

Abel, M.G., Peritore, N., Shapiro, R., Mullineaux, D., Rodriguez, K., & Hannon, J. (2011). A comprehensive evaluation of motion sensor step-counting error. *Applied Physiology, Nutrition, and Metabolism*, 36, 166-170.

Abel, M.G. & Carreiro, B. (2011). Preparing for the big game: Transitioning from competitive athletics to a healthy lifestyle. *Strength and Conditioning Journal*, 33(2), 58-63.

Abel, M.G., Hannon, J. C., Beighle, A., & Mullineaux, D. (2011). Determination of step rate thresholds corresponding to physical activity intensity classifications in adults. *Journal of Physical Activity and Health*, 8, 45-51.

Wallace, B., & **Abel, M.G.** (2010). Effects of chocolate milk on perceived exertion and muscular strength following resistance training: A Pilot study. *International Journal of Fitness*, 6(1), 25-32.

Long, D., Gaetke, L., Perry, S., **Abel, M.G.**, & Clasey, J. (2010). Physical activity and nutrition assessment of home schooled versus public schooled children and their parents. *Pediatric Exercise Science*, 22, 44-59.

Erwin, H., **Abel, M.G.**, Beighle, A., & Beets, M. (2009). Promoting children's health through physically active math classes: A pilot study. *Health Promotion Practice*, 12(2), 244-251.

Abel, M.G., Eisenman, P.A., Ransdell, L.B., Hannon, J., Pett, M. & Williams, D.P. (2009). Waist circumference, pedometer placement, and step counting accuracy in youth. *Research Quarterly for Exercise and Sport*, 80(3), 434-444.

Abel, M.G., Hannon, J.C., Lillie, T., Sell, K., Conlin, G., Anderson, D., & Bird, K. (2009). Comparison of the Kenz Lifecorder EX and Actigraph GT1M accelerometers during free-living conditions. *Journal of Physical Activity and Health*, 6, S141-S147.

Abel, M.G., Hannon, J.C., Sell, K., Lillie, T., Conlin, G., Anderson, D., & Bird, K. (2008). Validation of Kenz Lifecorder EX and ActiGraph GT1M accelerometers in adults for walking and running. *Applied Physiology, Nutrition, and Metabolism*, 33(6), 1155-1163.

Abel, M.G. (2008). The effect of pedometer tilt angle on pedometer accuracy. *International Journal of Fitness*, 4(1), 51-57.

Book Chapters

Sell, K., **Abel, M.G.**, & Domitrovich, J. (2017). Physiological Issues Related to Fire and Rescue Personnel. In: *NSCA's Essentials of Tactical Strength and Conditioning*. Editors: B.A. Alvar, K. Sell, P.A. Deuster. Human Kinetics, Champaign, IL. ISBN# 9781450457309.

Davis, P. & **Abel, M.G.** (2017). Body Composition and Public Safety: The Industrial Athlete. In: *Body Composition: Health and Performance in Exercise and Sport*. CRC Press. Boca Raton, FL. ISBN# 9781498731676.

Online Published Articles (Invited / Peer reviewed)

Pawlak, R. & **Abel, M.G.** (2013). Enhancing physical fitness in the fire service: A novel approach to exercise training. *National Strength and Conditioning Association, Education Column*. <http://www.nasca.com/ContentTemplates/PublicationArticleDetail.aspx?id=2147487847>

Manuscripts in Review

Lee, S., **Abel, M.G.**, Thomas, D.T., Symons, T.B., & Yates, J.W. (In review). Acute beetroot juice supplementation does not attenuate knee extensor exercise muscle fatigue in a healthy young population. *Submitted to the Journal of Strength and Conditioning Research.*

Bollinger, L.M., Brantley, J.T., Tarlton, J.K., Baker, P., Seay, R.F. & **Abel, M.G.** (In review). Construct validity, test-retest reliability, and repeatability of performance variables using a flywheel resistance training device. *Submitted to the Journal of Strength and Conditioning Research.*

Sell, K. M., Uftring, M. M., & **Abel, M. G.** (In review). Firefighters' self-perceived and measured aerobic fitness levels predict simulated fire ground performance. *Journal of Australian Strength and Conditioning.*

Wallace, B.J., Shapiro, R., Wallace, K.L., **Abel, M.G.**, Luedke, L.E., Sipes, R.C., & Symons, T.B. (In review). Muscular and neural contributions to post-activation potentiation. *Submitted to European Journal of Applied Physiology.*

M. Thornton Adler, M., Erwin, H. E., Beighle, A., & **Abel, M. G.** (In review). Relationship between physical activity and on-task behavior in early primary school students. *Submitted to Health Promotion Practice.*

Berrones, A., Keeler, J., Bollinger, L., **Abel, M. G.**, & Fleenor, B. (In review). Aortic stiffness is inversely associated with handgrip strength independent of skeletal muscle mass in middle-aged men. *Submitted to Applied Physiology, Nutrition, and Metabolism.*

Published Abstracts:

Abel, M. G., Peritore, N., Shapiro, R., Mullineaux, D., Rodriguez, K., Hannon, J., & Pettitt, R. (2009). Effects of leg-length, pedometer tilt, sex, and walking speed on pedometer accuracy. *Medicine and Science in Sports and Exercise*, 41(5), S352.

Pettitt, R., Marg, K. R., Greer, F., Udermann, B. E., & **Abel, M. G.** (2009). Caffeine does not alter heart rate-derived estimates of oxygen uptake during heavy exercise. *Medicine and Science in Sports and Exercise*, 41(5), S320.

Abel, M. G., Hannon, J. C., Sell, K., Lillie, T., Conlin, G., Anderson, D., & Bird, K. (2008). Comparison of activity monitors to count steps and estimate energy expenditure during treadmill ambulation. *Medicine and Science in Sports and Exercise*, 40(5), S198.

Hannon, J. C., **Abel, M. G.**, Lillie, T., Sell, K., Anderson, D., Conlin, G., & Bird, K. (2008). Comparison of activity monitor output in free living conditions. *Medicine and Science in Sports and Exercise*, 40(5), S208.

Long, D., Gaetke, L. M., Perry, S., **Abel, M. G.**, & Clasey, J. (2008). Physical activity and nutritional assessment in public school versus home schooled children and their parents. *Medicine and Science in Sports and Exercise*, 40(5), S463.

Abel, M. G., Eisenman, P. A., Ransdell, L. B., Hannon, J., Pett, M. & Williams, D. P. (2007). Influence of waist circumference and pedometer placement on pedometer accuracy during self-paced walking in youth. *Medicine and Science in Sports and Exercise*, 39(5), S186.

Presentations at National Conferences:

Lesniak, A., **Abel, M.G.**, Sell, K., & Morris, C. (May 2017). Relationship between heart rate variability outcomes vs. occupational performance, physical activity, and fitness measures in firefighters. Accepted to be Presented at: National Meeting of the American College of Sports Medicine Conference, Denver, CO (poster presentation).

Symons, T.B., Macht, J.W. **Abel, M.G.**, & Clasey, J.L. (May 2017). Beta-hydroxy-beta-methylbutyrate supplementation on low-frequency fatigue Following fatiguing exercise. Accepted to be Presented at: National Meeting of the American College of Sports Medicine, Denver, CO (poster presentation).

Abel, M.G., Lesniak, A., Sell, K., & Morris, C. (July 2016). Comparison of on- versus off-duty sleep, physical activity, and heart rate variability in professional firefighters. Presented at: National meeting of the National Strength and Conditioning Association, New Orleans, LA (poster presentation).

Uftring, M., **Abel, M.G.**, Szymanski, D., Greenwood, M., Lacy, S., & Johnson, N. (July 2016). The effect of acute endurance exercise and recovery time on subsequent firefighter performance. Presented at: National meeting of the National Strength and Conditioning Association, New Orleans, LA (poster presentation). **Nominee for the Graduate Student Poster Award.*

Sell, K., **Abel, M.G.**, & Uftring, M. (July 2016). Relationship between perceived versus measured physical fitness and occupational readiness in firefighters. Presented at: National meeting of the National Strength and Conditioning Association, New Orleans, LA (poster presentation).

Abel, M.G. (Invited speaker; April 2016). Stress, sleep and exercise: Implications for firefighter health, safety, and performance. Presented at: National Strength and Conditioning Association's Tactical Strength and Conditioning Annual Training, National Meeting, San Diego, CA (oral presentation).

Abel, M.G., Triplett, N.T., Dawes, J., Pettitt, R., Pawlak, R., & Havener, K.J. (July 2015). *Effect of single bout of heavy resistance training on subsequent fire ground performance.* Presented at: National meeting of the National Strength and Conditioning Association, Orlando, FL (poster presentation).

Keeler, J., Shapiro, R., Bergstrom, H.C., Thomas, J.M. & **Abel, M.G.** (July 2015). *Effect of load carriage and tactical tasks on muscle activation in SWAT officers*. Presented at: National meeting of the National Strength and Conditioning Association, Orlando, FL (poster presentation).

Thomas, J.M., Pohl, M., Shapiro, R., Keeler, J., & **Abel, M.G.**, (July 2015). *Effect of load carriage on tactical physical ability and marksmanship in SWAT operators*. Presented at: National meeting of the National Strength and Conditioning Association, Orlando, FL (poster presentation).

Abel, M.G. (Invited speaker; April 2015). *How to design and implement legally defensible tactical fitness tests*. Presented at: National Strength and Conditioning Association's Tactical Strength and Conditioning Annual Training, National Meeting, Orlando, FL (oral presentation).

Abel, M.G. (Invited speaker; April 2015). *Training firefighters on-duty: Recommended or irresponsible*. Presented at: National Strength and Conditioning Association's Tactical Strength and Conditioning Annual Training, National Meeting, Orlando, FL (oral presentation).

Abel, M.G. (Invited speaker; April 2014). *Periodization strategies for firefighters: Overcoming programmatic challenges*. Presented at: National Strength and Conditioning Association's Annual Tactical Strength and Conditioning Conference, National Meeting, San Diego, CA (oral presentation).

Abel, M.G. (Invited speaker; April 2013). *Training firefighters: Considerations for improving health, safety, and performance*. Presented at: National Strength and Conditioning Association's Annual Tactical Strength and Conditioning Conference, National Meeting, Las Vegas, NV (oral presentation).

Abel, M.G., Mattocks-Greene, H., Palmer, T., Sell, K., & Pettitt, R. (July 2012). *Relationship of functional movement outcomes to firefighter performance*. Presented at: National meeting of the National Strength and Conditioning Association, Providence, RI (poster presentation).

Abel, M.G. (Invited speaker; April 2012). *Needs Analysis for firefighters*. Presented at: National Strength and Conditioning Association's Annual Tactical Strength and Conditioning Conference, National Meeting, Las Vegas, NV (oral presentation).

Abel, M. G., Sell, K., Ransdell, L., & Pettitt, R. (July 2011). *Relationship of physical fitness measures to firefighter performance*. Presented at: National meeting of the National Strength and Conditioning Association, Las Vegas, NV (poster presentation).

Pettitt, R. W., Clark, I. E., Jannick, N. A., & **Abel, M. G.** (July 2011). *The 3-min all-out running test with GPS predicts maximal running time: implications for interval training*. National Strength and Conditioning Association Annual Symposium, Las Vegas, NV (poster presentation).

Pettitt, R. W., Clark I. E., Placek, A. M., & **Abel, M. G.** (July 2011). *Reliability of the 3-min all-out exercise test for assessing the power-duration relationship and verifying maximum oxygen uptake.* National Strength and Conditioning Association Annual Symposium, Las Vegas, NV (poster presentation).

Abel, M. G. (Invited speaker; April 2011). *Training program design: Application for Tactical Operators.* Presented at: National Strength and Conditioning Association's Annual Tactical Strength and Conditioning Conference, National Meeting, Las Vegas, NV (oral presentation).

Abel, M. G., Mortara, A., & Pettitt, R. (July 2010). *Evaluation of circuit training intensity for firefighters.* Presented at: National meeting of the National Strength and Conditioning Association, Orlando, FL (oral presentation).

Long, D., **Abel, M. G.,** & Clasey, J. (June 2010). *Physical activity of young children is correlated to their mother's physical activity.* Presented at: National meeting of the American College of Sports Medicine, Baltimore, MD (poster presentation).

Abel, M. G. (Invited speaker; March 2010). *Functional training for firefighters: From weight room to fire ground.* Presented at: National Strength and Conditioning Association's 1st Annual Tactical Strength and Conditioning Conference, National Meeting, Las Vegas, NV (oral presentation).

Abel, M. G., Peritore, N., Shapiro, R., Mullineaux, D., Rodriguez, K., Hannon, J., & Pettitt, R. (May 2009). *Effects of leg-length, pedometer tilt, sex, and walking speed on pedometer accuracy.* Presented at: National meeting of the American College of Sports Medicine, Seattle, WA (poster presentation).

Pettitt, R., Marg, K. R., Greer, F., Udermann, B. E., & **Abel, M. G.** (May 2009). *Caffeine does not alter heart rate-derived estimates of oxygen uptake during heavy exercise.* Presented at: National meeting of the American College of Sports Medicine, Seattle, WA (poster presentation).

Abel, M. G., Hannon, J. C., Sell, K., Lillie, T., Conlin, G., Anderson, D., & Bird, K. (May 2008). *Comparison of activity monitors to count steps and estimate energy expenditure during treadmill ambulation.* Presented at: National meeting of the American College of Sports Medicine, Indianapolis, IN (poster presentation).

Hannon, J. C., **Abel, M. G.,** Lillie, T., Sell, K., Anderson, D., Conlin, G., & Bird, K. (May 2008). *Comparison of activity monitor output in free living conditions.* Presented at: National Meeting of the American College of Sports Medicine, Indianapolis, IN (poster presentation).

Long, D., Gaetke, L. M., **Abel, M. G.,** & Clasey, J. (May 2008). *Physical activity and nutritional assessment in public school versus home schooled children and their parents.* Presented at: National meeting of the American College of Sports Medicine, Indianapolis, IN (poster presentation).

Miller, A. D., Erwin, H., **Abel, M. G.**, & Beighle, A. (March 2008). *Making math move: The Influence of integrated physical activity on elementary students' math motivation*. Presented at the annual meeting of the American Educational Research Association, New York, NY (poster presentation).

Erwin, H. E., Beighle, A., **Abel, M. G.**, & Miller, A. (September 2007). *The influence of integrating kinesthetic learning experiences in elementary classrooms*. Presented at The Physical Activity in Contemporary Education Conference, Urbana-Champaign, IL (oral presentation).

Abel, M. G., Eisenman, P. A., Ransdell, L. B., Hannon, J., Pett, M. & Williams, D. P. (May 2007). *Waist circumference and pedometer placement influence pedometer accuracy during a 400-m walk and stair ambulation in youth*. Presented at The American College of Sports Medicine – Annual Meeting. New Orleans, LA (poster presentation).

Abel, M. G., Eisenman, P. A., Ransdell, L. B., Hannon, J., Pett, M. & Williams, D. P. (October 2005). *Do waist circumference and pedometer placement influence pedometer accuracy?* Presented at: Walking for Health: Measurement and Research Issues and Challenges, Urbana-Champaign, IL (poster presentation).

Presentations at Regional Conferences:

Lesniak, A., **Abel, M.G.**, Sell, K., & Morris, C. (February 2017). Relationship between heart rate variability outcomes vs. occupational performance, physical activity, and fitness measures in firefighters. Presented at: Southeast Chapter of the American College of Sports Medicine Conference, Greenville, SC (poster presentation).

Dennison, K., Yates, J., Mullineaux, D., **Abel, M.G.** (April 2010). *Effect of fatigue on simulated fire ground performance*. Presented at: Spring Research Conference, Lexington, KY (oral presentation).

Abel, M.G. & Hannon, J. C. (February 2008). *The use of step rates to describe ambulatory intensity*. Presented at The American College of Sports Medicine – Southeast Chapter Annual Meeting. Charlotte, NC (poster presentation).

Abel, M.G. & Hannon, J. (February 2007). *The effect of pedometer angle on pedometer accuracy*. Presented at The American College of Sports Medicine – Southeast Chapter Annual Meeting. Charlotte, NC (oral presentation).

Abel, M.G. & Taylor, J. (February 2003). *Physical activity recommendations: Why the shift in focus: Fitness vs. health?* Presented at: American Alliance of Health, Physical Education, Recreation and Dance, Regional Meeting, Reno, NV (oral presentation).

Presentations at State Conferences:

Lewis, M., Clasey, J., McKeon, P., & **Abel, M.G.** (January 2012). *Effect of training surface on performance measures in female athletes*. Presented at: Kentucky Chapter of the National Strength and Conditioning Association Conference, State Meeting, Georgetown, KY (poster presentation).

Abel, M. G. (Invited speaker; June 2011). *Training program design: Application for Tactical Operators*. Presented at: Kentucky Chapter of the National Strength and Conditioning Association Conference, State Meeting, Louisville, KY (oral presentation).

Abel, M. G., Sell, K., Ransdell, L., & Pettitt, R. (June 2011). *Relationship of physical fitness measures to firefighter performance*. Presented at: Kentucky Chapter of the National Strength and Conditioning Association Conference, State Meeting, Louisville, KY (poster presentation).

Dennison, K., Mullineaux, D., Yates, J.W., & **Abel, M.G.** (June 2011). *The effect of exercise-induced fatigue on firefighter performance*. Presented at: Kentucky Chapter of the National Strength and Conditioning Association Conference, State Meeting, Louisville, KY (poster presentation).

Macht, J., Mullineaux, D., Yates, J.W., & **Abel, M.G.** (June 2011). *Development and evaluation of 1RM prediction equations for bench press in moderately trained male subjects*. Presented at: Kentucky Chapter of the National Strength and Conditioning Association Conference, State Meeting, Louisville, KY (poster presentation).

Abel, M.G. (Invited speaker; May 2011). *Physical fitness for firefighters*. Presented at the University of Kentucky Sports Medicine Sports Conference, Lexington, KY (oral presentation).

Abel, M.G., Mortara, A., & Dennison, K. (November 2009). *Strength and conditioning for firefighters*. Presented at: Kentucky Alliance of Health, Physical Education, Recreation, and Dance (KAHPERD), State Meeting, Lexington, KY (oral presentation).

Abel, M.G. (October 2008). *Measurement of Physical Activity: Pedometers and Beyond*. Presented at: Kentucky Alliance of Health, Physical Education, Recreation and Dance (KAHPERD), State Meeting, Louisville, KY (oral presentation).

Abel, M.G. (Invited speaker; June 2008). *Firefighter Safety and Performance*. Presented at: 79th Annual Kentucky State Fire School Conference. Lexington, KY (oral presentation).

Abel, M.G. (Invited speaker; June 2008). *Fire Ground Ergonomics*. Co-presented with members of the Florence, KY Fire Department. Presented at: 79th Annual Kentucky State Fire School Conference. Lexington, KY (oral presentation).

Abel, M.G. & Abel, J. A. (April 2003). *Children's barriers to physical activity: What are they and how can we overcome them?* Presented at: Utah Alliance of Health, Physical Education, Recreation and Dance, State Meeting (UAHPERD), Salt Lake City, UT (oral presentation).

Presentations at Local Conferences:

Abel, M.G. (October 2015). *Pandora's Box: Exercise training for firefighters*. Presented at: University of Kentucky, Department of Kinesiology and Health Promotion's Research Seminar, Lexington, KY (Invited oral presentation).

Abel, M.G., Mattocks-Greene, H., Palmer, T., Sell, K., & Pettitt, R. (March 2012). *Relationship of functional movement outcomes to firefighter performance*. Presented at: University of Kentucky Orthopaedics and Sports Medicine - Sports Conference, Lexington, KY (oral presentation).

Abel, M.G. (Invited speaker; May 2011). *Improving health, fitness, and performance in physically active individuals*. Presented at: University of Kentucky Orthopaedics and Sports Medicine - Sports Conference, Lexington, KY (oral presentation).

Abel, M.G. (Invited speaker; May 2009). *Physical Activity and Nutrition*. Presented at: Fayette County Food Service Association, Annual Meeting. Lexington, KY (oral presentation).

Abel, M.G. (Invited speaker; May 2008). *Walking programs: Making pedometers work for you*. Presented at the University of Kentucky Health and Wellness Conference. Lexington, KY (oral presentation).

Long, D., Gaetke, L. M., **Abel, M.G.,** & Clasey, J. (March 2008). *Physical activity and nutritional assessment in public school versus home schooled children and their parents*. Presented at the University of Kentucky Graduate Student Interdisciplinary Conference. Lexington, KY (oral presentation).

Abel, M.G., Eisenman, P. A., Ransdell, L. B., Hannon, J., Pett, M. & Williams, D. P. (September 2006). *The effects of waist circumference, pedometer placement, and pedometer angle on pedometer accuracy in youth*. Presented at: The University of Kentucky, Department of Kinesiology and Health Promotion - Graduate Seminar, Lexington, KY (oral presentation).

Abel, M.G. (Invited speaker; July 2005). *Physiological and psychological benefits of strength training*. Presented to: Employees of ARUP Blood Services (oral presentation).

Abel, M.G. (Invited speaker; September 2004). *Scholarship appreciation speech: Graduate student representative*. Presented at: The University of Utah-Scholarship Awards Banquet, Salt Lake City, UT (oral presentation).

Grants, Contracts, & Fellowships

Grants in Preparation:

Effect of structural firefighters' work cycle on heart rate variability outcomes: Implications for work readiness and risk of chronic disease.

Prepared for the Kentucky Fire Commission (acquisition of pilot data) and follow-up submission to U.S. Department of Homeland Security, Federal Emergency Management Agency.

Grants Funded:

- March 2014 Effect of training stimuli on firefighter work efficiency and physiological readiness. National Strength and Conditioning Association, Senior Investigator Research Grant. PI – Mark Abel. \$36,000 funded.
- July 2011 Effect of a physical training program on firefighter health, safety, and performance. (2011 Special Summer Faculty Research Fellowship Program; University of Kentucky, Office of the Vice President for Research). \$7,000 funded.
- July 2010-11 Effects of a longitudinal strength and conditioning program on firefighter health, fitness, and performance. (Kentucky Fire Commission and Kentucky Community and Technical College System) PI - Mark Abel. \$35,000 funded.
- August 2009 Physical Activity and Wellness Schools (PAWS). (Funding provided by Elaine and Steve Harris) PI – Melody Noland. Co-investigator – Mark Abel. Contract renewal: \$20,000 funded.
- July 2009 Community-based physical activity interventions. (2009 Regular Summer Faculty Research Fellowship Program; University of Kentucky, Office of the Vice President for Research). \$7,000 funded.
- June 2009-10 Effects of a longitudinal strength and conditioning program on firefighter health, fitness, and performance. (Kentucky Fire Commission and Kentucky Community and Technical College System). Renewed contract. PI - Mark Abel. \$19,820 funded.
- January 2009 Effect of Choice on Student Motivation and Physical Activity Levels in Elementary Physical Education. (University of Kentucky, Office of the Vice President for Research, Research Support Grant). PI – Heather Erwin. Co-investigator – Mark Abel. \$10,000 funded.
- January 2009 Effects of a 6-month strength and conditioning program on firefighter health, fitness, and performance. (Kentucky Fire Commission and Kentucky Community and Technical College System) PI - Mark Abel. \$5,040 funded.
- August 2008 Physical Activity and Wellness Schools (PAWS). (Funding provided by Elaine and Steve Harris) PI – Melody Noland. Co-investigator – Mark Abel. \$20,000 funded.

- June 2008 Financial support requested for a metabolic cart through the University of Kentucky, Vice President for Research Office. PI – Mark Abel. \$14,903 funded.
- September 2007 Improving health through physical activity: Design and evaluation of physical activity programs implemented by FCS Extension Agents. (Health Education through Extension Leadership, Commonwealth of Kentucky). PI - Dr. Melody Noland. \$60,097 funded.
- December 2006 Integrating kinesthetic learning experiences in elementary classrooms. (University of Kentucky, College of Education Mini-Grant) PI – Dr. Heather Erwin. \$8,000 funded.
- February 2004 Implementation of carbon dioxide rebreathing hardware and software in exercise physiology laboratories (University of Utah: Individual Teaching Grants Program) CoPI – Dr. Mark Abel. \$3,000 funded.
- October 2000 The influence of heavy resistance training on performance variables in endurance athletes (National Strength and Conditioning Association-Graduate Student Research Grant) PI – Dr. Mark Abel. \$1,200 funded.

Unfunded Grants and External Funding Requests:

- March 2017 Effect of personal protective equipment on firefighter performance. National Strength and Conditioning Association, Doctoral Research Grant. CoPI – Ashley Lesniak & Mark Abel. Proposal request: \$14,987.
- March 2017 Predictors of Firefighter Occupational Performance. National Strength and Conditioning Association, Doctoral Research Grant. CoPI – Anssi Saari & Mark Abel. Proposal request: \$10,229.
- August 2016 Massage as a therapeutic treatment following eccentric exercise. Proposal prepared for United States Department of Defense. Proposal not supported by University's internal review. PI-Lance Bollinger; Co-Investigator – Mark Abel, \$600,000 requested.
- May 2016 Firefighter injury and heart disease prevention initiative. (U.S. Department of Homeland Security, Federal Emergency Management Agency) PI-Nick Heebner; Co-Investigator – Mark Abel, \$1,000,000 requested.
- March 2014 Longitudinal use of athlete monitoring systems to improve collegiate American football performance outcomes. National Strength and Conditioning Association, Doctoral Research Grant. CoPI – Chris Morris & Mark Abel. Proposal request: \$15,000.

- February 2014 Cardiovascular Disease Risk Factors and Health Behaviors in Firefighters. (Central Appalachian Regional Education and Research Center – Program Funded by National Institute of Occupational Safety and Health) CoPI – Mark Abel, \$10,000 requested.
- March 2013 Effects of Sand Training on Performance, Balance, and Functional Movement. National Strength and Conditioning Association, Doctoral Research Grant. CoPI - Matt Lewis & Mark Abel. Proposal request: \$10,000.
- March 2009 Kentucky Fire Fighter Fitness Program. (U.S. Department of Homeland Security, Federal Emergency Management Agency-Fire Prevention and Safety Grant) PI – Mark Abel, \$348,478 requested.
- March 2009 Relationship of Fire Fighter Health and Performance vs. Injury Risk and Cost (U.S. Department of Homeland Security, Federal Emergency Management Agency-Fire Prevention and Safety Grant) PI – Mark Abel, \$484,285 requested.
- March 2009 Effect of choice on student motivation and physical activity levels in elementary physical education. (Active Living Research and Health Eating Research: Building Evidence to Prevent Childhood Obesity, Robert Wood Johnson Foundation) PI – Dr. Heather Erwin. \$88,600 requested.
- July 2008 Effect of Carbohydrate and Protein Supplementation on Muscle Function Following a Strength Training Bout. (Gatorade Graduate Student Research Program) PI – Brian Wallace; Faculty Representative – Mark Abel. Proposal request: \$3,225.
- July 2008 Improving Health Through Physical Activity: Design and Evaluation of Physical Activity Programs Implemented by FCS Extension Agents: Year 2. PI – Dr. Melody Noland. \$4,716 requested.
- April 2008 Development of a Corporate Wellness Facility and Program for Square D Inc. Lexington, KY. Proposal request: \$34,208.
- February 2008 Effects of the IonX Garment on Athletic Performance. Submitted to Canterbury of New Zealand Inc. Berkeley, CA. Proposal request \$247,000.
- November 2007 Pilot Program for Reducing Fireground-related Loss Time Injuries through a Low-inertia Work Hardening Program (U.S. Department of Homeland Security, Federal Emergency Management Agency) CoPI – Mark Abel, \$230,208 requested. Total grant request: \$834,157.

- December 2006 The Effects of Leg-Length on Pedometer Accuracy (University of Kentucky - Summer Faculty Research Fellowship) PI – Mark Abel, \$6,000 requested.
- December 2006 Comparison of Physical Activity Levels and Dietary Intake of Home Schooled vs. Public School Children. (University of Kentucky, College of Education Mini-Grant) PI – Dr. Jody Clasey, \$8,000 requested.
- October 2006 Implementation of a Metabolic Instructional System in Exercise Science Courses. (University of Kentucky: Provost Equipment 2008-2010 Capital-Plan Grant Program) CoPI – Dr. Mark Abel. \$204,509 requested.
- September 2006 Impact of Attitudes Towards Physical Activity, Perceived Access, and Physical Activity Preferences on Children’s Physical Activity Levels (American Association for Health, Physical Education, Recreation, and Dance). CoPI – Dr. Mark Abel. \$15,000 requested.

Awards:

- April 2016 National Strength and Conditioning Association’s 2016 Tactical Strength and Conditioning Practitioner of the Year Award
- October 2005 Travel funding for presentation at ACSM’s Walking for Health Conference at the University of Illinois, Champaign, IL (Associated Students of the University of Utah). \$600 funded.
- April 2004 The influence of waist circumference and pedometer placement of step counting accuracy in youth (University of Utah: Dept. of Exercise & Sport Science Research Award). \$500 funded.
- October 2003 Travel funding for presentation at Regional AAHPERD, Reno, NV (Associated Students of the University of Utah). \$600 funded.

Miscellaneous:

- December 2006 Intellectual property proposal submitted to the University of Kentucky-Intellectual Property Development Office. Development of the intellectual property was supported.

Service

Service to the Profession:

- Reviewer for National Strength and Conditioning Association’s Graduate Student Podium Awards at the 2016 National NSCA Meeting.
- Facilitator for the National Strength and Conditioning Association’s 2016 Annual TSAC-SIG Meeting.

- TSAC-SIG Representative at the 2016 National NSCA Meeting – Meet and Greet Reception.
- Committee Member: National Strength and Conditioning Association’s Scientific Panel for the Tactical Strength and Conditioning Training Program (2015-present)
- Chair/Committee Member: National Strength and Conditioning Association’s Tactical Strength and Conditioning - Special Interest Group (TSAC-SIG) (2011-2016)
- Committee Member: National Strength and Conditioning Association’s Tactical Strength and Conditioning – Facilitator (TSAC-F) Certification Exam Development Committee (2012-2016)
- Committee Member: National Strength and Conditioning Association’s Tactical Strength and Conditioning Report - Editorial Review Board (2010-2011; 2014-present)
- Column Editor: National Strength and Conditioning Association’s Tactical Strength and Conditioning Report (2011-2012)
- Committee Member: National Strength and Conditioning Association Advisory Board-Kentucky State Chapter (2010-2015)
- Session Moderator: Spring Research Conference (2010), Lexington, KY
- Equipment Manager: American Alliance of Health, Physical Education, Recreation and Dance (AAHPERD) National Meeting (2006): Salt Lake City, Utah

Manuscript Reviewer:

- Journal of Strength and Conditioning Research
- Medicine and Science in Sports and Exercise
- Tactical Strength and Conditioning Report
- BioMed Central Research Notes
- International Journal of Sports Medicine
- International Journal of Wildland Fire
- Journal of Applied Physiology, Nutrition, and Metabolism
- Journal of Australian Strength and Conditioning
- Journal of Patient Preference and Adherence
- Journal of Physical Activity and Health
- Journal of Sports Science and Medicine
- Preventive Medicine
- Strength and Conditioning Journal
- Women in Sport and Physical Activity Journal
- Work Journal

Service to the University of Kentucky:

- University of Kentucky, Human Development Institute – College of Education: Member of the Expert Advisory Panel for Project CHEER (2016-Present); CDC Funded Health Promotion Project for Disabled Individuals
- Provided Exercise Testing and Programming for University of Kentucky ROTC Fitness Program (2016)
- Faculty Advisory Council for Student Tutoring (2014)
- Member of the Summer Faculty Research Fellowship Review Committee (2013-2014)

- In charge of scheduling ACSM Certification workshops & NSCA Certification Exams at the University of Kentucky (2006-2013)
- K-Week volunteer (2009)
- School of Medicine: Activate Johnson School Project – Consultant (2006-2007)
- UK Tennis Club: Faculty Advisor (2007, 2010)
- UK Triathlon Club: Faculty Advisor (2008-2011)
- UK Running Club: Faculty Advisor (2009-2011)

Service to the College:

- University of Kentucky – Faculty Council Member (2014-present; Secretary: 2016-present)
- University of Kentucky – External Reviewer – College of Education Departmental Periodic Review Committee (2017)
- University of Kentucky – Research Advisory Committee (2017; ad hoc position)
- University of Kentucky – College of Education Library Committee (2007-2010)
- University of Utah: Appeals and Misconduct Committee (2002-2004)
- University of Utah: Student Advisory Committee (2002-2004)

Service to the Department:

- Search Committee Member for Exercise Physiologist Position (2018)
- Departmental Periodic Review Committee (2017)
- Graduate Exercise Physiology Program Director (2016-present)
- Graduate Certificate in High Performance Coaching Director (2017-present)
- Undergraduate Exercise Science Program Director (2015-present)
- Undergraduate Certificate in Nutrition for Human Performance Co-Director (2016-present)
- Search Committee Member for (2) KHP Lecturers (2016)
- Search Committee Member – Department Chair (2015)
- Search Committee Member – Tenure Track Faculty Position (2014)
- Member of the Selective Admissions Committee (2014-present)
- Member of the Performance Review Evaluation Committee (2013-present)
- Member of the Kinesiology Advisory Committee (2013-present)
- Director of the Exercise Physiology Laboratory (2013-present)
- Search Committee Chair - Tenure Track Faculty Position in Exercise Science (2013)
- Search Committee Member – Tenure Track Faculty Position (2011)
- Search Committee Chair for (2) KHP Lecturers (2010)
- Member of the Lovaine C. Lewis Scholarship Selection Committee (2010)
- Director of the National Strength and Conditioning Association’s Educational Recognition Program for the Department of Kinesiology and Health Program (2009-2012)
- CSCS Sponsor of the National Strength and Conditioning Association’s Educational Recognition Program for the Department of Kinesiology and Health Program (2014-present)
- Member of the Kinesiology and Health Promotion Future Planning Committee (2009)
- Member of the Exercise Science Ph.D. Program Curriculum Planning Committee (2006-

present)

- Member of the Exercise Physiology Graduate Degree Curriculum Planning Committee (2006-present)
- Member of the Undergraduate Exercise Science Curriculum Planning Committee – (2013-present)
- Member of the Departmental Merit Review Committee (2013-present)
- HEEL Project Committee – Development of Exercise Screening Guidelines (2006-2007)
- Physical Activity and Wellness in Schools (PAWS) Project Committee – (2008-present)
- University of Utah: Retention, Promotion, & Tenure Committee (2003)
- University of Utah: Graduate Assistant Orientation Coordinator (2003)
- University of Utah: Performed blood lactate analyses on elite speed skaters (2003)

Service to the Community:

- Provided in-service for Kentucky Department of Criminal Justice Training Instructors on implementation of 30:15 Intermittent Fitness Test and Periodized Shuttle Run Program (3/15/2017)
- Directed the “Healthy Firefighter Program” in Richmond, KY (2008-2011)
- Member of the Physical Activity and Wellness Schools (PAWS) Program in collaboration with Fayette County Public Schools (2008-2010)
- Imani Baptist Church “Move to Improve” Initiative – Statistical Coordinator (2007-2008)

Graduate Students

Dissertation Committee Membership:

Justin Matthew Thomas: Exercise Physiology (Committee Member). Anticipated Graduation: TBD. Dissertation title: TBD.

Gabe Martinez. Major: Exercise Physiology (Co-Chair). Anticipated Graduation: May, 2020. Dissertation title: TBD.

Anssi Saari. Major: Exercise Physiology (Chair). Anticipated Graduation: May, 2020. Dissertation title: TBD.

Erik Korem. Major: Exercise Physiology (Chair). Anticipated Graduation: May, 2018. Dissertation title: *“Influence of Sleep Quality and Quantity on Direct Current Potential Outcomes in Division 1 American Football Players.”*

M. Ryan Mason. Major: Exercise Physiology (Chair). Anticipated Graduation: May, 2019. Dissertation title: *“Effect of Exercise-induced Fatigue on Subsequent Fire Ground Performance in Firefighters.”*

Travis Byrd. Major: Exercise Physiology (Co-Chair). Anticipated Graduation: TBD. Dissertation title: TBD.

Adrienne Blanton. Major: Exercise Physiology (Co-chair). Anticipated Graduation: May, 2018. Dissertation title: TBD.

Jason Keeler. Major: Exercise Physiology (Chair). Anticipated Graduation: May, 2018. Dissertation title: *“Predictors of Arterial Stiffness in Law Enforcement Officers.”*

Ashley Lesniak. Major: Exercise Physiology (Chair). Graduation: December 2017. Dissertation title: *“The Effect of Load Carriage and Respirator Use on Firefighter Physical Ability.”*

Daniel Croake. Major: Rehabilitation Science (Outside Examiner). Graduation: December 2016. Dissertation Title: *“Vocalization Subsystem Responses to a Temporarily Induced Unilateral Vocal Fold Paralysis.”*

Marilyn Campbell. Major: Exercise Physiology (Committee Member). Graduation: May, 2016. Dissertation title: *“The Effect of Curcumin on Cardiovascular Health in Obese Men.”*

Adam Berrones. Major: Exercise Physiology (Co-chair). Graduation: May, 2016. Dissertation title: *“Lifestyle Contributors to Cardiovascular Disease Risk.”*

Igor Vasilj. Major: Educational, School, and Counseling Psychology (Committee Member). Graduation: December, 2017. Dissertation title: *“Evaluating the Attitudes and Practices of Exercise Prescription Among Psychotherapists.”*

Chris Morris. Major: Exercise Physiology (Chair). Graduation: May, 2015. Dissertation title: *“Use of Athlete Monitoring Systems to Improve Collegiate American Football Performance Outcomes”*.

Nick Trubee. Major: Exercise Physiology (Chair). Graduation: Summer, 2015. Dissertation title: *“Influence of Cardiorespiratory Fitness and Body Fat on Arterial Stiffness in Firefighters”*.

Jordon Macht. Major: Exercise Physiology (Committee Member). Graduation: May, 2015. Dissertation Title: *“ β -Hydroxy- β -Methylbutyrate (HMB) Supplementation and its Effects on Neuromuscular Properties”*.

Michelle Thornton. Major: Pedagogy (Committee Member). Graduation: August, 2015. Dissertation Title: *“Effects of Physical Activity Interventions to Enhance Physical Activity and Task Awareness During Academic Courses”*.

Matt Lewis. Major: Exercise Physiology (Co-chair). Graduation: May 2014. Dissertation title: *“Effects of Training Surface on Performance and Balance Outcome Measures in Female Collegiate Athletes”*.

Brian Wallace. Major: Biomechanics (Committee Member). Graduation: December 2014. Dissertation title: *“Magnitude and Timing of Myogenic and Neurogenic Factors Contributing to the Overall PAP Response”*.

Daisuke Sugimoto. Major: Rehabilitation Sciences (Outside Examiner). Graduation: May, 2013. Dissertation Title: *“Effect of Neuromuscular Training Compliance on Lower Extremity Muscular Strength in Female Athletes”*.

Eric Brooks. Major: Educational Leadership (Committee Member). Graduation: May, 2013. Dissertation Title: *“Transformational Leadership Behavior of Athletic Trainers”*.

Meredith Sims. Major: Teaching, Coaching, Sport Leadership (Committee Member). Graduation: May, 2013. Dissertation title: *“Validation of SOFIT for Dance Class”*.

Thomas Palmer. Major: Rehabilitation Sciences (Outside Examiner). Graduation: August, 2012. Dissertation title: *“Effects of Proximal Stability Training on Sport Performance and Proximal Stability Measures”*.

A.J. Mortara. Major: Teaching, Coaching, Sport Leadership (Co-chair). Graduation: August: 2012. Dissertation title: *“Effects of Internet-based Correspondence on Health and Fitness Outcomes”*.

Master’s Thesis Committee Membership:

Tyler Lindon. Major: Exercise Physiology (Committee Member). Graduation: December, 2017. Thesis title: *Examination of volume and intensity of weekday practices and competitive games in collegiate football players.*

Grace Jefferson. Major: Exercise Physiology (Committee Member). Graduation: August, 2016. Thesis title: *Calcitriol increases ceramide, diacylglycerol and expression of genes involved in lipid packaging in skeletal muscle cells.*

Allison Isham. Major: Athletic Training (Committee Member). Anticipated Graduation: August, 2016. Thesis title: *“Relationship of Heart Rate Variability Outcomes versus Behavioral Factors in Female Collegiate Soccer Players”*.

Jonathan Switalla. Major: Exercise Physiology (Committee Member). Graduation: December, 2016. Thesis title: *“Can Experienced Runners Accurately Estimate Performance Capabilities to Derive the Parameters of the Critical Velocity Model?”*

Howard Brim. Major: Exercise Physiology (Committee Member). Anticipated Graduation: December 2015. Thesis title: *A non-exercise based estimation of the critical velocity and anaerobic capacity in collegiate swimmers”*.

M. Ryan Mason. Major: Exercise Physiology (Chair). Graduation: December, 2016. Thesis title: *“Acute effect of neuromuscular exercises on physiological and performance*

outcomes”.

Matt Thomas. Major: Exercise Physiology (Chair). Graduation: May, 2015.

Thesis title: *“Effect of load carriage on SWAT operator performance”*.

Jason Keeler. Major: Exercise Physiology (Chair). Graduation: August, 2014. Thesis

title: *“Effect of load carriage on lower back stress in SWAT operators”*.

Annie Beck. Major: Exercise Physiology (Chair). Graduation: December, 2012. Thesis

title: *“Relationship of physical fitness measures with performance on a law enforcement physical ability test”*.

Nicole Koebke. Major: Exercise Physiology (Chair). Graduation: August, 2012. Thesis

title: *“Assessment of cardiovascular disease risk factors and physical activity levels in university law enforcement officers”*.

Ross Pawlak. Major: Exercise Physiology (Chair). Graduation: August, 2012. Thesis

title: *“Effects of supervised strength and conditioning program on the performance of firefighters”*.

Chris Morris. Major: Exercise Physiology (Chair). Graduation: August, 2012. Thesis

title: *“Evaluation of cardiovascular disease risk factors and physical activity patterns of firefighters”*.

Beth Eddy. Major: Teaching, Coaching, Sports Leadership (Committee member).

Graduation: May, 2011. Thesis title: *“The effect of a physical education games unit on children’s participation in neighborhood physical activity”*.

Michael Dalessio. Major: Exercise Physiology (Committee member). Graduation: May,

2011. Thesis title: *“The effects of an acute bout of PNF stretching on flexibility, power, strength, and functional ability in elderly populations”*.

Jenna Schwartz. Major: Teaching, Coaching, Sport Leadership (Committee member).

Graduation: May, 2011. Thesis title: *Physical activity levels during 60-minute physical education lessons”*.

Jordon Macht. Major: Exercise Physiology (Chair). Graduation: May, 2011.

Thesis title: *“Development of a 1-repetition maximum prediction equation for bench press”*.

Kevin Ulmer. Major: Biomechanics (Committee member). Graduation: May, 2011.

Thesis title: *“Biomechanical comparison of two volleyball block techniques”*.

Seth Eckler. Major: Teaching, Coaching, Sport Leadership (Committee member).

Graduation: December, 2010. Thesis title: *“Effect of activity-based homework on physical activity levels of youth”*.

Luke Beggs. Major: Exercise Physiology (Committee member). Graduation: December, 2010. Thesis title: *“Influence of hand grip position on EMG and kinematic measures of the deadlift exercise”*.

Katie Dennison. Major: Exercise Physiology (Chair). Graduation: December, 2010. Thesis title: *“Effects of acute workout fatigue on simulated fire ground performance”*.

Lyndsey Mahoney. Major: Exercise Physiology (Committee member). Graduation: August, 2010. Thesis title: *“Energy expenditure of unweighted walking”*.

Michael Seals. Major: Athletic Training (Committee member). Graduation: May, 2009. Thesis title: *“Effects of Fitness Training on Law Enforcement Officers”*.

Doug Long. Major: Exercise Physiology (Committee member). Graduation: Summer, 2008. Thesis title: *“Physical activity and nutritional assessment in public school versus home schooled children and their parents”*.

Master’s (Non-Thesis) Qualifying Examination Committee Membership:

Krysta Bradford, Sports Leadership (2017)
Joseph Arata, Exercise Physiology (2017)
Stephanie Simpson, Exercise Physiology (2017)
Alyssa Rohrbaugh, Exercise Physiology (2017)
Matthew Stockwell, Exercise Physiology (2016)
John Cothran, Exercise Physiology (2016)
Jeremy Paproki, Exercise Physiology (2016)
Joshua Roar, Exercise Physiology (2016)
Adam Defelice, Exercise Physiology (2016)
Will Swann, Exercise Physiology (2015)
Srikanth Nithyanandam, Exercise Physiology (2015)
Jacob Smith, Rehabilitation Sciences (2014)
Cooper Padgett, Rehabilitation Sciences (2014)
Doug Hershburger, Exercise Physiology (2014)
Patrick Hayden, Exercise Physiology (2014)
Marcus McAlpin, Exercise Physiology (2014)
Michael Castaneda, Exercise Physiology (2014)
Rachael Clay, Exercise Physiology (2014)
Angelique Nasief, Exercise Physiology (2014)
An Ouyang, Exercise Physiology (2014)
Melissa Albers, Exercise Physiology (2014)
Keaton Hannon, Exercise Physiology (2014)
Lauren Miutz, Exercise Physiology (2014)
Sammi Migliozi, Exercise Physiology (2014)
Ashley Bridgeman, Exercise Physiology (2013)

Kelly Dick, Exercise Physiology (2013)
Trent Salo, Exercise Physiology (2013)
Erinn Ballein, Exercise Physiology (2013)
Jamie Fannin, Exercise Physiology (2013)
Brook Bentley, Exercise Physiology (2013)
Kara Dill, Exercise Physiology (2013)
Richard Johnson, Exercise Physiology (2013)
Megan Higginbotham, Exercise Physiology (2012)
Julie Van Hove, Exercise Physiology (2012)
Matt Vogel, Exercise Physiology (2012)
Kirby Willoughby, Exercise Physiology (2012)
Mary Margaret George, Exercise Physiology (2012)
Sarah Talbert, Exercise Physiology (2012)
Brock Jones, Exercise Physiology (2011)
Jacob Stone, Exercise Physiology (2010)
Matt Cook, Exercise Physiology (2010)
Samantha Thomas, Exercise Physiology (2010)
Andrew Clark, Exercise Physiology (2010)
Lindsey Powell, Health Promotion (2010)
Amanda Arnet, Health Promotion (2010)
Emma Scott, Health Promotion (2010)
Megan Post, Health Promotion (2010)
Brooke Worley, Health Promotion (2010)
Rob Sinnott, Exercise Physiology (2009)
Chance Cianciola, Exercise Physiology (2009)
Tyler Henson, Exercise Physiology (2009)
Amanda Holbrook, Exercise Physiology (2009)
Johnny Chase, Exercise Physiology (2009)
Michael Bradley, Exercise Physiology (2009)
Kimberlee Kabbes, Exercise Physiology (2009)
Josh Taylor, Health Promotion (2009)
Tina Dowe, Health Promotion (2009)
Bridget Carreiro, Teaching, Coaching, Sport Leadership (2009)
Emily Fletcher, Exercise Physiology (2008)

Undergraduate Honor's Students

Griffin Renz. Major: Exercise Science (Project Director). Graduation: December 2017. Honor's Project Title: *"Impact of age on structural firefighters' occupational physical ability and exercise behaviors"*.

Hannah Oliver. Major: Exercise Science (Project Director). Graduation: May, 2017. Honor's Project Title: *"Correlates of arterial stiffness among law enforcement officers"*.

Scholarships

University of Utah

- N.P. Neilson Scholarship Recipient (2003, 2004): \$1,200 funded
- Educational Development Resource Committee Scholarship Recipient (2004): \$1,500 funded.

Certifications

- National Strength & Conditioning Association: Certified Strength and Conditioning Specialist (CSCS) with *Distinction* (1999-present)
- National Strength & Conditioning Association: Tactical Strength and Conditioning Facilitator (TSAC-F) with *Distinction* (2012-present)
- USA Weightlifting: Senior Athlete / Sports Performance Coach (USAW, 2015)
- Certified Phlebotomist
- Certified MedX Lumbar and Cervical Spine Specialist
- CPR and Automated External Defibrillator

Professional Memberships

- Member of the National Strength and Conditioning Association (NSCA)
- Member of the Kentucky Chapter of the National Strength and Conditioning Association (KYNSCA)
- Member of USA Weightlifting (2015)