

## **Jason D. Wagganer, Ph.D.**

Southeast Missouri State University  
Department of Allied Health, Kinesiology, and Sport Sciences  
One University Plaza, MS7650  
Parker Hall 216A, Cape Girardeau, MO 63701  
Phone:(573)651-2664 E-mail: jwagganer@semo.edu

### **EDUCATION**

#### **Ph.D. in Exercise Physiology (2002-2009)**

University of North Carolina at Greensboro, Greensboro, NC

Advisor: Paul Davis, PhD

Dissertation title: “Effects of Exercise Accumulation on Plasma Lipid and Lipoprotein Concentrations”

#### **M.S. in Nutrition and Exercise Science (2000-2002)**

Southeast Missouri State University, Cape Girardeau, MO

Advisor: Joe Pujol, EdD

Thesis title: “The Development of a Multiple Regression Equation to Predict Workload for Females Prior to Performing the Åstrand-Rhyming Test”

#### **B.S. in Health Management: Fitness & Sports Medicine (1998-2000)**

Southeast Missouri State University, Cape Girardeau, MO

### **PROFESSIONAL EXPERIENCE**

**Professor, Chairperson (2021-Present), Interim Chairperson (2019-2021)**, Department of Allied Health, Kinesiology, and Sport Sciences [formerly: Kinesiology, Nutrition, & Recreation (2019-2023)], Southeast Missouri State University

Institutional Profile: Regional Comprehensive University; 10,000 students with three regional campuses, 16% diverse student population; Avg ACT 22.4; Division I Sports; Moderately Selective

- Oversight of department facilities and \$40,000+ yearly budget
- Oversight of department programs:
  - Bachelor’s: Athletic Training (Phased Out: Spring 2023), Health Management: Exercise Science and Health Promotion (Phased Out: Spring 2022), Health Sciences, Physical Education (K-12), Nutrition, Public Health (Started: Fall 2022), Respiratory Therapy (Start Date: Spring 2023), Recreation and Park Administration (Phased Out: Spring 2022), Sport Management
  - Master’s: Business Administration: Sport Management (Phased Out: Spring 2021), Dietetic Internship (Phased Out: Spring 2022), Higher Education Administration (Phased Out: Spring 2021), Applied Nutrition (Started: Summer 2022), Athletic Training (Start Date: Summer 2023), and Nutrition and Exercise Science
  - Auxiliary Unit: Prevention Resource Center

- Facilitate personnel review process; hire and review all full- (17-19) and part-time (5-10) faculty
- Accreditation oversight for programs affiliated with ACEND, CAATE, COARC, COAPRT, COSMA, and CAEP/NASPE
- Support recruitment of new students with focused matriculation planning to meet institutional retention goal of 80% and graduation goal of 60%
- Five peer-reviewed journal publications and 15 conference proceedings

**Associate Professor (2015-2019)**, Department of Health, Human Performance and Recreation, Southeast Missouri State University

- Oversight of departmental graduate teaching/research assistants
- Director of:
  - o Exercise Physiology Laboratory (\$1,300 yearly budget)
  - o Body Composition Laboratory
- Five peer-reviewed journal publications, 26 conference proceedings, two oral presentations, and one funded grant
- President/Chairperson of three health/fitness organizations

**Assistant Professor (2010-2015)**, Department of Health, Human Performance and Recreation, Southeast Missouri State University

- Oversight of departmental graduate teaching/research assistants
- Director of:
  - o Exercise Physiology Laboratory (\$1,300 yearly budget)
  - o Body Composition Laboratory
- Five peer-reviewed journal publications, 25 conference proceedings, five oral presentations, and four funded grants

**Assistant Professor, Internship Coordinator (2009-2010), Instructor (2006-2009)**, Department of Kinesiology, Greensboro College

Institutional Profile: Regional Liberal Arts College; 1,000 students, 45% diverse student population; Avg ACT 19; Division III Sports; Moderately Selective

- Director of Exercise Physiology Laboratory (\$1,000 yearly budget)
- Two conference proceedings and three funded grants

**Graduate/Research Assistant (2002-2006)**, Department of Kinesiology, University of North Carolina at Greensboro

Institutional Profile: Public Research University; 17,000 students, 27% diverse student population; Avg ACT 23; Division I Sports; Lightly Selective

- Seven conference proceedings
- Received three research/scholarship awards

**Graduate Assistant (2000-2002)**, Department of Health, Human Performance, and Recreation, Southeast Missouri State University

- Three conference proceedings and one oral presentation
- Received two research/scholarship awards

**PEER-REVIEWED PUBLICATIONS** (graduate student=underlined, undergraduate student =underlined/italics)

1. McDowell, K.W., Johnson, R.J., Kearney, M.L., Pujol, T.J., Walling, J.D., & **Waggoner J.D.** (2021). Body Composition and Power Output Changes in NCAA Division I American Football Linebackers Throughout a Competitive Season. *International Journal of Strength and Conditioning*, 1(1): 1-11. <https://doi.org/10.47206/ijsc.v1i1.57>.
2. Syed-Abdul, M.M., Soni, D.S., Barnes, J.T., & **Waggoner, J.D.** (2021). Comparative Analysis of BIA, IBC, and DXA for Determining Body Fat in American Football Players. *The Journal of Sports Medicine and Physical Fitness*, 61(5): 687-692. [10.23736/s0022-4707.21.11278-2](https://doi.org/10.23736/s0022-4707.21.11278-2).
3. Syed-Abdul, M.M., Soni, D.S., Xin, L., & **Waggoner, J.D.** (2020). Effects of Eating While Walking on Blood Glucose Concentrations. *Endocrines*, 1(1): 13-21. <https://doi.org/10.3390/endocrines1010002>.
4. Miller, W.M., Barnes, J.T., Sofo, S.S., & **Waggoner, J.D.** (2019). Comparison of Myoelectric Activity During a Suspension-Based and Traditional Split Squat. *Journal of Strength and Conditioning Research*, 33(12): 3236-3241. [10.1519/JSC.0000000000003338](https://doi.org/10.1519/JSC.0000000000003338).
5. Syed-Abdul, M.M., Soni, D.S., & **Waggoner, J.D.** (2019). Effects of Self-implemented Carbohydrate Cycling and Moderate to High Intensity Resistance Exercise on Body Fat in Body Builders: Case Study. *Gazzetta Medica Italiana – Arch Sci Med*; 178(4): 221-224. [10.23736/S0393-3660.18.03762-2](https://doi.org/10.23736/S0393-3660.18.03762-2).
6. Syed-Abdul, M.M., Soni, D.S., & **Waggoner, J.D.** (2018). Impact of a Professional Nutrition Program on a Female Cross-Country Collegiate Athlete: A Case Report. *Sports*, 6(3): 82-87. <https://doi.org/10.3390/sports6030082>.
7. **Waggoner, J.D.** & Williamson, K.A. (2018). The Effects of Body Weight on Sleep Quantity and Quality in College Students. *Journal of Public Health Issues and Practices*, 2: 113-20. <https://pdfs.semanticscholar.org/c90c/d487e35f8f86ee124e7f2f97a433a6c0162c.pdf>
8. Moran, M.K., **Waggoner, J.D.**, Jones, E.J., Bergman, R.J., Pujol, T.J., Langenfeld, M.E., Barnes, J.T. Sievers, S.M., & Sutherlin, A.E. (2018). Validation of a One-Minute Abdominal Crunch Test with the Canadian Curl-up Test. *Journal of Public Health Issues and Practices*, 2(2): 114-16. <https://doi.org/10.33790/jphip1100114>.
9. Syed-Abdul, M.M., Soni, D.S., Miller, W.M., Johnson, R.J., Barnes, J.T., Pujol, T.J., & **Waggoner, J.D.** (2018). Traditional Versus Suspended Push-up Muscle Activation in Athletes and Sedentary Women. *Journal of Strength and Conditioning Research*, 32(7): 1816-20. [10.1519/JSC.0000000000002433](https://doi.org/10.1519/JSC.0000000000002433).
10. **Waggoner, J.D.**, Pujol, T.J., Langenfeld, M.E., Barnes, J.T., Sinclair, A.J., Elder, C.L., & Tucker, J.E. (2015). A Workload Selection Procedure for the Åstrand-Rhyming Test for Females. *Perceptual and Motor Skills*, 120(3): 687-99. [10.2466/06.30.PMS.120v19x3](https://doi.org/10.2466/06.30.PMS.120v19x3).
11. **Waggoner, J.D.**, Robison, C.E., Ackerman, T.A., & Davis, P.G. (2015). Effects of Exercise Accumulation on Plasma Lipids and Lipoproteins. *Applied Physiology, Nutrition, and Metabolism*, 40(5): 1-7. <https://doi.org/10.1139/apnm-2014-0321>.

12. **Wagganer, J.D.**, Williams, R.D., & Barnes, J.T. (2014). The Effects of a Four Week Primary and Secondary Speed Training Protocol on 40 Yard Sprint Times in Female College Soccer Players. *Journal of Human Sport and Exercise*, 9(3): 713-26. <http://dx.doi.org/10.14198/jhse.2014.93.04>.
13. Sofu, S.S., Pujol, T.J., & **Wagganer, J.D.** (2014). Impact of a Movement Program on Preschoolers' Perceptual-motor Abilities. *International Interdisciplinary Journal of Scientific Research*, 1(1): 59-67. <https://www.ijjsr.org/data/frontImages/gallery/7.pdf>.
14. Loenneke, J.P., Barnes, J.T., **Wagganer, J.D.**, Wilson, J.M., Lowery, R.P., Green, C.E., & Pujol, T.J. (2014). Validity and Reliability of an Ultrasound System for Estimating Body Fat Percentage. *Clinical Physiology and Functional Imaging*, 34(2): 159-162. <https://doi.org/10.1111/cpf.12077>.
15. Loenneke, J.P., Barnes, J.T., **Wagganer, J.D.**, & Pujol, T.J. (2014). Validity of a Portable Computer Based Ultrasound System for Estimating Adipose Tissue in Female Gymnasts. *Clinical Physiology and Functional Imaging*, 34(5): 410-12. [10.1111/cpf.12146](https://doi.org/10.1111/cpf.12146).

### **Manuscripts in Process:**

- Spokely, N.J., Kearney, M.L., Cervantes, C.R., & **Wagganer, J.D.** Nonlocalized Post-activation Performance Enhancement During the Bench Press After Plyometric Conditioning Activities in Experienced Weightlifters.
- Sofu, S.S., Pujol, T.J., Barnes, J.T., & **Wagganer, J.D.** Prevalence of the Metabolic Syndrome Among Children, Adolescents, and College Students in Ghana.
- Aures, N.A., **Wagganer, J.D.**, Syler, G.P., Faber, A.J., & Timlin, M.T. Dietary Supplement use Along with Nutrition Knowledge and Attitude Among Collegiate Athletes.
- Gegg, C.R., **Wagganer, J.D.**, Tippin, P.H., Eftink, K.D., Hudson, C.R., Dodge, A.D., & Bruenderman, A.C. The Effects of Body Composition After a Clinical Outpatient Behavioral and Nutritional Intervention Program.
- Guy, J.D., Faber, A.T., Pujol, T.J., Mann, B.J., & **Wagganer, J.D.** The Effects of Height on Hang Clean Bar Velocity.
- Wagganer, J.D.**, Shrum, L.K., Keczkemethy, K.G., Pujol, T.J., & Barnes, J.T. Validity of Measuring Resting Metabolic Rate by Indirect Calorimetry and Predictive Equations in College-aged Students.
- Wagganer, J.D.**, Johnson, R.J., & Mann, B.J. The Effects of a Six Week Velocity-based Olympic Resistance Training Program on Performance Outcomes in Collegiate Football Players.
- Wagganer, J.D.**, Kerby, G.W., Alcantara, Z.G., & Spence, Z.A. Effect of a High Intensity Exercise Session on TG and HDL-C Concentrations in Young, Sedentary Individuals.
- Wagganer, J.D.**, Kerby, G.W., Alcantara, Z.G., & Spence, Z. Comparison of Directly Measured LDL-C to the Friedewald equation for Estimation of LDL-C.
- Wagganer, J.D.**, Miller, W.M., Syed-Abdul, M.M., Soni, D.S., Hoover, B.J., & Nguyen, D.T. Effects of High-Intensity Interval Training (HIT) vs. Moderate Intensity Continuous Training in Cardiac Rehabilitation Patients.
- Wagganer, J.D.** & Johnson, R.J. The Effect of a Commercialized Energy System Training Program on Collegiate Division I Basketball Players.

## **BOOK CHAPTER**

Davis, P.G. & **Waggoner, J.D.** Lipid and Lipoprotein Metabolism. In: Moffatt R., Stamford, B (editors), *Lipids and Lipoproteins, Physical Activity and Diet: Implications for Health*. Boca Raton, FL: CRC Press LLC, 2005.

## **CONFERENCE PRESENTATIONS** (graduate student=underlined, undergraduate student =underlined/italics)

1. Barnes, J.T., **Waggoner, J.D.**, FACSM, Kearney, M.L., Cervantes, C.A., Loenneke, J.P., Pawley, C.E., Collier, G.R., & Patel, P.N. (2023). Validity of BIA for the Measurement of Body Composition in Collegiate Gymnasts. *Medicine & Science in Sports & Exercise*, 55(9S): 365-366, *American College of Sports Medicine Annual Meeting*, Denver, CO, National Conference, Poster.
2. Barnes, J.T., **Waggoner, J.D.**, FACSM, Kearney, M.L., Loenneke, J.P., Pawley, C.E., Lucas, J.R., & Spokely, N.J. (2022). Validity of Ultrasound for the Measurement of Body Composition in Division I Collegiate Baseball Players. *Medicine & Science in Sports & Exercise*, 54(9S): 365-366, *American College of Sports Medicine Annual Meeting*, San Diego, CA, National Conference, Poster.
3. Lucas, J.R., Spokely, N.J., **Waggoner, J.D.**, FACSM, Barnes, J.T., & Kearney, M.L. (2022). Weekly Resistance Training Time and Bone Mineral Content in Division I Cross-Country Athletes. *International Journal of Exercise Science*, 11(9): 44, *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Fayetteville, AR, Regional Conference, Poster.
4. Spokely, N.J., Lucas, J.R., **Waggoner, J.D.**, FACSM, Barnes, J.T., Kearney, M.L. (2022). Resistance Training Hours Per Week Does Not Impact Body Composition in Division I Baseball Players. *International Journal of Exercise Science*, 11(9): 57, *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Fayetteville, AR, Regional Conference, Poster.
5. Lane, M.T., Vitel, Y., Stephens, D., **Waggoner, J.D.**, Mayhew, J.L., & Barnes, J.T. (2021). Relationships Between Body Composition and Bone Mineral Density in Collegiate Athletes and Students via DEXA Scan. *National Strength and Conditioning Association Meeting*, Virtual, National Conference, Poster.
6. Lane, M.T., **Waggoner, J.D.**, Barnes, J.T., Stevens, D., Vitel, Y., & Mayhew, J.L. (2021). Changes in Body Composition for Collegiate Students Over Time Utilizing Dual Energy X-Ray Absorptiometry. *Medicine & Science in Sports & Exercise*, 53(8S): 15, *American College of Sports Medicine Annual Meeting*, Virtual, National Conference, Poster.
7. Vitel, Y., Stephens, D., Lane, M.T., **Waggoner, J.D.**, Barnes, J.T., & Mayhew, J.L. (2021). Changes in Body Composition for Collegiate Athletes Over Time Utilizing Air Displacement Plethysmography. *National Strength and Conditioning Association National Meeting*, Virtual, National Conference, Poster.
8. Lucas, J.R., Spokely, N.J., McDowell, K.W., **Waggoner, J.D.**, Barnes, J.T., & Kearney, M.L. (2021). Relationship Between Hydration Status and Exercise Time in Recreationally Active College Students. *International Journal of Exercise Science*, 11(8):

20. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Virtual, Regional Conference, Poster.
9. Spokely, N.J., Lucas, J.R., McDowell, K.W., Barnes, J.T., **Waggoner, J.D.**, & Kearney, M.L. (2021). Hydration and Fluid Replacement Knowledge, Attitudes, and Practices in Recreationally Active College Students. *Medicine & Science in Sports & Exercise*, 53(8S): 349, *American College of Sports Medicine Annual Meeting*, Virtual, National Conference, Poster.
  10. Barnes, J.T., **Waggoner, J.D.**, Loenneke, J.P., FACSM, Kearney, M.L., Miller, W.M., & Majid, M. Syed-Abdul. (2020). Comparison of DXA and Ultrasound for Measurement of Body Composition in Physically Active College Students. *Medicine & Science in Sports & Exercise*, 52(7S): 864, *American College of Sports Medicine Annual Meeting*, Virtual, National Conference, Poster.
  11. Kearney, M.L., Barnes, J.T., **Waggoner, J.D.**, Sievers, S.M., Piekarczyk, P.R., McIntosh, M.L. (2020). Changes in Body Composition Following a Competitive Season in Division I Collegiate Female Gymnastics Athletes. *Medicine & Science in Sports & Exercise*, 52(7S): 865, *American College of Sports Medicine Annual Meeting*, virtual, National Conference, Poster.
  12. Fatony, C.L., Barnes, J.T., **Waggoner, J.D.**, & Kearney, M.L. (2019). Subjective Importance of Hydration vs. Perceived and Measured Hydration Status in Division I Female Athletes. *International Journal of Exercise Science*, 11(7): 43. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Broken Arrow, OK, Regional Conference, Poster.
  13. Patel, D.R., **Waggoner, J.D.**, Barnes, J.T., & Kearney, M.L. (2019). Validity of a Bioelectric Impedance Tool to Assess Body Composition in Collegiate Female Basketball Athletes. *International Journal of Exercise Science*, 11(7): 41. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Broken Arrow, OK, Regional Conference, Poster.
  14. Welch, B.N., **Waggoner, J.D.**, Barnes, J.T., & Kearney, M.L. (2019). The Relationship Between Different Measures of Body Fat in Dehydrated and Euhydrated Male Recreation Athletes. *International Journal of Exercise Science*, 11(7): 37, *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Broken Arrow, OK, Regional Conference, Poster.
  15. Lane, M.T., Bean, R., Grassenberger, K., Doernte, L., **Waggoner, J.D.**, & Barnes, J.T. (2019). Body Composition and Fat Free Mass Index in Collegiate Baseball Players. *National Strength and Conditioning Association National Meeting*, Washington, DC, National Conference, Poster.
  16. Barns, K.D., **Waggoner, J.D.**, Faber, A.J., & Pujol, T.J. (2018). Guardian Perception of Self-Esteem and Mastery in a Special Needs Population. *Medicine & Science in Sports & Exercise*, 50(5S): 451. *American College of Sports Medicine Annual Meeting*, Minneapolis, MN, National Conference, Poster.
  17. Barnes, J.T., **Waggoner, J.D.**, Loenneke, J.P., & Miller, W.M. (2018). Validity of Ultrasound and Skinfolts for the Measurement of Body Composition in Male Collegiate Basketball Players. *Medicine & Science in Sports & Exercise*, 50(5S): 166. *American College of Sports Medicine Annual Meeting*, Minneapolis, MN, National Conference, Poster.

18. Otte, M.L., Shrum, L.K., Barns, K.D., Sievers, S.M., Barnes, J.T., Pujol, T.J., & **Wagganer, J.D.** (2018). Bioelectrical Impedance Analysis versus Dual-energy X-ray Absorptiometry Body Fat Percentage Measurements in Collegiate Basketball Players. *Medicine & Science in Sports & Exercise*, 50(5S): 167. *American College of Sports Medicine Annual Meeting*, Minneapolis, MN, National Conference, Poster.
19. Shrum, L.K., **Wagganer, J.D.**, Miller, W.M., Syed-Abdul, M.M., Soni, D.S., Hoover, B.J., McCrate, M., Kester, B., Nguyen, D.T., Pujol, T.J. (2018). Comparison of Six-Minute Walk Test VO<sub>2</sub>peak Equations in Cardiac Rehabilitation Patients. *Medicine and Science in Sports and Exercise*, 50(5S): 359. *American College of Sports Medicine Annual Meeting*, Minneapolis, MN, National Conference, Poster.
20. Sievers, S.M., **Wagganer, J.D.**, Barnes, J.T., & Pujol, T.J. (2018). Relationship Between Perceived and Actual Hydration Levels in Recreationally Active College Students. *Medicine & Science in Sports & Exercise*, 50(5S): 470. *American College of Sports Medicine Annual Meeting*, Minneapolis, MN, National Conference, Poster.
21. Barnes, J.T., **Wagganer, J.D.**, Loenneke, J.P., Miller, W.M., Gegg, C.R., McDowell, K.W., Shrum, L.K., & Barns, K.D. (2017). A Comparison of DXA and a Joint Diameter-Based System for Measurement of Body Composition. *Medicine and Science in Sports and Exercise*, 49(5S): 259-260. *American College of Sports Medicine Annual Meeting*, Denver, CO, National Conference, Poster.
22. Barns, K.D., Patrick, A.L., & **Wagganer, J.D.** (2017). Descriptive Analysis of the 2015 iCan Bike Participants. *International Journal of Exercise Science*, 11(4), *Central States Chapter of the American College of Sports Medicine Annual Meeting*, St. Louis, MO, Regional Conference, Poster.
23. Barns, K.D., Patrick, A.L., Wilkins, N.J., Stapleton, J.N., Pujol, T.J., & **Wagganer, J.D.** (2017). The Success Rate of iCan Bike Participants with Multiple Diagnoses. *Medicine and Science in Sports and Exercise*, 49(5S): 76-77. *American College of Sports Medicine Annual Meeting*, Denver, CO, National Conference, Poster.
24. Barns, K.D., **Wagganer, J.D.**, Faber, A.J., & Pujol, T.J. (2017). Parental Perception of Self-esteem and Competence Changes in their Children While Learning to Bicycle. *International Journal of Exercise Science*, 11(5), *Central States Chapter of the American College of Sports Medicine Annual Meeting*, St. Louis, MO, Regional Conference, Poster.
25. Gegg, C.R., Eftink, K.D., Hudson, C.R., O'Hare, C.A., Dodge, A.D., Essary, B.L., Bruenderman, A.C., & **Wagganer, J.D.** (2017). The Effects of a Clinical Outpatient Behavioral and Nutritional Intervention Program on Body Mass. *Medicine and Science in Sports and Exercise*, 49(5S): 992. *American College of Sports Medicine Annual Meeting*, Denver, CO, National Conference, Poster.
26. Otte, M.L., Shrum, L.K., Barns, K.D., McDowell, K.W., Gegg, C.R., Napoli, R.D., Johnson, R.J., Barnes, J.T., Pujol, T.J., & **Wagganer, J.D.** (2017). Bioelectrical Impedance Analysis versus Skinfold Calipers Body Fat Percentage Measurements in American Football Players. *International Journal of Exercise Science*, 11(5), *Central States Chapter of the American College of Sports Medicine Annual Meeting*, St. Louis, MO, Regional Conference, Poster.
27. Shrum, L.K., Keczkemethy, K.G., Barnes, J.T., Pujol, T.J., & **Wagganer, J.D.** (2017). Accuracy of Indirect Calorimetry and Predictive Equations for the Measurement of Resting Metabolic Rate. *Medicine and Science in Sports and Exercise*, 49(5S): 579.

- American College of Sports Medicine Annual Meeting*, Denver, CO, National Conference, Poster.
28. Sievers, S.M., Johnson, R.J., & **Wagganer, J.D.** (2017). The Effect of a Commercialized Energy System Training Program on Collegiate Division I Basketball Players. *International Journal of Exercise Science*, 11(5), *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Fayetteville, AR, Regional Conference, Poster.
  29. Welter, K.M., **Wagganer, J.D.**, & Barnes, J.T. (2017). Measured vs. Perceived Hydration Status in Recreationally Active College-aged Students. *International Journal of Exercise Science*, 11(5), *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Fayetteville, AR, Regional Conference, Poster.
  30. Shrum, L.K., Keczkemethy, K.G., Pujol, T.J., FACSM, & **Wagganer, J.D.** (2017). A Comparison of the BodyGem® and the Vacuumed VO<sub>2</sub> Lab for Measuring Resting Metabolic Rate. *International Journal of Exercise Science*, 11(4), *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Fayetteville, AR, Regional Conference, Poster.
  31. Barnes, J.T., **Wagganer, J.D.**, Loenneke, J.P., Miller, W.M., Gegg, C.R., Williamson, K.A., McDowell, K.W., & Guy, J.D. (2016). Validity of Ultrasound and Skinfolds for the Measurement of Body Composition in Collegiate Baseball Players. *Medicine and Science in Sports and Exercise*, 48(5S): 994. *American College of Sports Medicine Annual Meeting*, Boston, MA, National Conference, Poster.
  32. Gegg, C.R., McDowell, K.W., Williamson, K.A., Loenneke, J.P., Barnes, J.T., & **Wagganer, J.D.** (2016). Hydration Status, Knowledge, and Perception in Division I Collegiate Baseball and Softball Players. *Medicine and Science in Sports and Exercise*, 48(5S): 278. *American College of Sports Medicine Annual Meeting*, Boston, MA, National Conference, Poster.
  33. Guy, J.D., Warner, S.T., Foran, A.M., **Wagganer, J.D.**, & Barnes, J.T. (2016). Effects of Beta-alanine on Power Output and Blood Lactate Concentrations with Repeated Wingate Tests. *Medicine and Science in Sports and Exercise*, 48(5S): 708. *American College of Sports Medicine Annual Meeting*, Boston, MA, National Conference, Poster.
  34. McDowell, K.W., Miller, A.B., Johnson, R.J., Fox, B.M., Krueger, B., & **Wagganer, J.D.** (2016). Comparing Soft Tissue Injury Rate Using the Functional Movement Screen in Division I Football Players. *Medicine and Science in Sports and Exercise*, 48(5S): 101. *American College of Sports Medicine Annual Meeting*, Boston, MA, National Conference, Poster.
  35. Miller, W.M., **Wagganer, J.D.**, Barnes, J.T., Sofo, S.S., & Godard, M.P. (2016). Assessment of Electromyographic Activity During a TRX and Traditional Split-Squat. *Medicine and Science in Sports and Exercise*, 48(5S): 733. *American College of Sports Medicine Annual Meeting*, Boston, MA, National Conference, Poster.
  36. **Wagganer, J.D.**, Miller, W.M., Syed Abdul, M.M., Soni, D.S., Hoover, B.J., McCrate, M.K., Kester, B.A., Nguyen, D.T., & Pujol, T.J. (2016). Effects of High-Intensity Interval Training vs. Moderate Intensity Continuous Exercise in Cardiac Rehabilitation Patients. *Medicine and Science in Sports and Exercise*, 48(5S): 659. *American College of Sports Medicine*, Boston, MA, National Conference, Thematic Poster.
  37. Williamson, K.A., Miller, W.M., Syed Abdul, M.M., McDowell, K.W., Gegg, C.R., **Wagganer, J.D.**, & Barnes, J.T. (2016). A Comparison of Total Bone Mineral Density



- Between College Baseball Players and Recreationally Active Students. *Medicine and Science in Sports and Exercise*, 48(5S): 1009. *American College of Sports Medicine Annual Meeting*, Boston, MA, National Conference, Poster.
38. Abdul, M.M., Soni, D.S., Miller, W.M., Passini, B.A., Patel, P.A., Koeller, R.G., Baker, D.M., Miller, D.T., Pujol, T.J., FACSM, Barnes, J.T., Johnson, R.J. & **Wagganer, J.D.** (2015). Traditional vs. Suspended Push-up Muscle Activation in Collegiate Female Soccer Players and Gymnasts. *Medicine & Science in Sports & Exercise*, 47(5S): 472. *American College of Sports Medicine Annual Meeting*, San Diego, CA, National Conference, Poster.
  39. Barnes, J.T., **Wagganer, J.D.**, Loenneke, J.P., Miller, W.M., Abdul, M.M., & Soni, D.S. (2015). Validity of a Joint Diameter-based System for the Measurement of Body Composition. *Medicine & Science in Sports & Exercise*, 47(5S): 41. *American College of Sports Medicine Annual Meeting*, San Diego, CA, National Conference, Poster.
  40. Gegg C.R., Barnes, J.T., **Wagganer, J.D.**, Loenneke J.P., Miller, W.M., Soni D.S., & Johnson, R.J. (2015). A Comparison of Skinfolts to Dual Energy X-ray Absorptiometry for Body Composition Analysis in Division I Collegiate Basketball Players. *International Journal of Exercise Science*, 11(3): Article 43, *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Warrensburg, MO, Regional Conference, Poster.
  41. Miller, W.M., Abdul, M.M., Soni, D.S., **Wagganer, J.D.**, Hoover, B.J., & Nguyen, D.T. (2015). Effects of High-Intensity Interval Training (HIT) on Maximal Oxygen Consumption in Cardiac Rehabilitation Patients. *Medicine & Science in Sports & Exercise*, 47(5S): 789. *American College of Sports Medicine Annual Meeting*, San Diego, CA, National Conference, Poster.
  42. Miller, W.M., **Wagganer, J.D.**, Barnes, J.T., & Sofo, S. (2015). Assessment of Electromyographic Activity During a TRX and Traditional Split Squat. *International Journal of Exercise Science*, 11(3): Article 74. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Warrensburg, MO, Regional Conference, Poster.
  43. McDowell, K.W., Miller, A.B., Johnson, R.J., Fox, B.M., & **Wagganer, J.D.** (2015). The Ability of the Functional Movement Screening to Predict Future Soft Tissue Injuries in Collegiate Football Players. *International Journal of Exercise Science*, 11(3), Article 19. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Warrensburg, MO, Regional Conference, Poster.
  44. Soni, D.S., Abdul, M.M., Liu, X., Pujol, T.J., FACSM, Barnes, J.T., & **Wagganer, J.D.** (2015). Influence of a Carbohydrate-rich Meal and Physical Activity on Blood Glucose Concentrations in Sedentary Individuals. *Medicine & Science in Sports & Exercise*, 47(5S): 142. *American College of Sports Medicine Annual Meeting*, San Diego, CA, National Conference, Poster.
  45. Syed Abdul, M.M., Soni, D.S., Pujol, T.J., & **Wagganer, J.D.** (2015). Effects of a Self-implemented Carbohydrate Cycling and Moderate to High Intensity Resistance Exercise Program on Body Fat Percentage in Body Builders: Case Study. *International Journal of Exercise Science*, 11(3): Article 65. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Warrensburg, MO, Regional Conference, Poster.

46. **Wagganer, J.D.** (2015). Should We HIT Cardiac Rehabilitation Patients? *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Warrensburg, MO, Regional Conference, Podium.
47. Barnes, J.T. & **Wagganer, J.D.** (2015). Employment Trends in the Fitness Industry. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Warrensburg, MO, Regional Conference, Podium.
48. Williamson, K.A., Miller, W.M., Abdul, M.M., Johnson, R.J., **Wagganer, J.D.** & Barnes, J.T. (2015). Laboratory Height and Weight Measurements in Collegiate American Football Players Compared to Athletic Program Measurements. *Medicine & Science in Sports & Exercise*, 47(5S): 43. *American College of Sports Medicine Annual Meeting*, San Diego, CA, National Conference, Poster.
49. Abdul, M.M., Soni, D.S., Miller, W.M., Passini, B.A., Patel, P.A., Koeller, R.G., Baker, D.M., Miller, D.T., Pujol, T.J., Barnes, J.T., Johnson, R.J., & **Wagganer, J.D.** (2014). Traditional vs. Suspended Push-up Muscle Activation in Sedentary and Collegiate Female Soccer Players. *Medicine & Science in Sports & Exercise*, 46(5S): 190. *American College of Sports Medicine Annual Meeting*, Orlando, FL, National Conference, Poster.
50. Miller, W.M., Abdul, M.M., **Wagganer, J.D.**, Pujol, T.J., Langenfeld, M.E., Barnes, J.T., Loenneke, J.P., & Logan, W.V. (2014). Predicting Maximal Oxygen Consumption in Normal Weight Cyclists Using Lean Leg Mass. *Medicine & Science in Sports & Exercise*, 46(5S): 935-936. *American College of Sports Medicine Annual Meeting*, Orlando, FL, National Conference, Poster.
51. Miller, W.M., Abdul, M.M., **Wagganer, J.D.**, Pujol, T.J., Langenfeld, M.E., Barnes, J.T., Loenneke, J.P., & Logan, W.V. (2014). Predicting Maximal Oxygen Consumption in Normal Weight Cyclists Using Lean Leg Mass. *International Journal of Exercise Science*, 11(1): Article 32. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Overland Park, KS, Regional Conference, Poster.
52. Soni, D.S., Abdul, M.M., Miller, W.M., **Wagganer, J.D.**, Pujol, T.J., Langenfeld, M.E., Barnes, J.T., Loenneke, J.P., & Logan, W.V. (2014). Predicting Maximal Oxygen Consumption in Normal Weight Cyclists Using Lean Arm Mass. *Medicine & Science in Sports & Exercise*, 46(5S): 937. *American College of Sports Medicine Annual Meeting*, Orlando, FL, National Conference, Poster.
53. Syed, M.A., Soni, D.S., Passini, B.A., Patel, P.A., Koeller, R.G., Baker, D.M., Miller, D.T., Pujol, T.J., Barnes, J.T., Johnson, R.J., Miller, W.M., & **Wagganer, J.D.** (2014). Muscle Activation During Pushups Performed in a Stable and Unstable Environment in Female Collegiate Soccer Players. *International Journal of Exercise Science*, 11(1): Article 40. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Overland, KS, Regional Conference, Poster.
54. **Wagganer, J.D.** & Barnes, J.T. (2014). Employment Trends in the Fitness Industry. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Overland Park, KS, Regional Conference, Student Forum Presentation.
55. Williamson, K.A., Loenneke, J.P., Miller, D.T., Abdul, M.M., Johnson, R.J., **Wagganer, J.D.**, & Barnes, J.T. (2014). A Comparison of Joint Diameter-based and Bioelectrical Analysis to Dual Energy X-ray Absorptiometry for Body Composition Analysis in Collegiate American Football Players. *International Journal of Exercise Science*, 11(2): Article 70. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Overland, KS, Regional Conference, Poster.

56. Aures, N.A., Syler, G.P., **Wagganer, J.D.**, Faber, A.J., & Timlin, M.T. (2013). Nutrition and Dietary Supplement Knowledge of Collegiate Athletes. *Medicine & Science in Sports & Exercise*, 45(S5): 456-461. *American College of Sports Medicine Annual Meeting*, Indianapolis, IN, National Conference, Poster.
57. Barnes, J.T., Loenneke, J.P., Becking, D.R., Brockmire, C.B., Green, C.E., Koeller, R.G., Thompson, R.E., Zorich, R.L., **Wagganer, J.D.**, & Williams, R.D. (2013). Validity of a Portable Computer-based Ultrasound for the Measurement of Body Composition. *Medicine & Science in Sports & Exercise*, 45(5S): 443. *American College of Sports Medicine Annual Meeting*, Indianapolis, IN, National Conference, Poster.
58. Barnes, J.T. & **Wagganer, J.D.** (2013). Employment Trends in the Fitness Industry. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Warrensburg, MO, Regional Conference, Student Forum Presentation.
59. Barnes, J.T., **Wagganer, J.D.**, Loenneke, J.P., Williams, R.D., Arja, Y., Kerby, G.W., & Pujol, T.J. (2012). Validity of Bioelectrical Impedance Analysis Instruments for the Measurement of Body Composition in Collegiate Gymnasts. *Medicine & Science in Sports & Exercise*, 44(5S): 592. *American College of Sports Medicine Annual Meeting*, San Francisco, CA, National Conference, Poster.
60. Kerby, G.W., Williams, R.D., & **Wagganer, J.D.** (2012). Primary and Secondary Techniques for Reduction in 40-yard Sprint Times Among Female College Soccer Players. *Medicine & Science in Sports & Exercise*, 44(5S): 25. *American College of Sports Medicine Annual Meeting*, San Francisco, CA, National Conference, Poster.
61. **Wagganer, J.D.** (2012). Do I Want to Get a Doctorate Degree? Issues for Graduate Students. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Columbia, MO, Regional Conference, Student Forum Presentation.
62. Barnes, J.T. & **Wagganer, J.D.** (2012). Fitness Certifications: What You Need to Know. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Columbia, MO, Regional Conference, Podium.
63. **Wagganer, J.D.**, Kerby, G.W., Alcantara, Z.G., Loenneke, J.P., Barnes, J.T., & Pujol, T.J. (2012). Differences in DXA Anthropometric Measurements Between Female Collegiate Soccer Players and Gymnasts. *Medicine & Science in Sports & Exercise*, 44(5S): 593. *American College of Sports Medicine Annual Meeting*, San Francisco, CA, National Conference, Poster.
64. Massey, D.L. & **Wagganer, J.D.** (2012). The Effects of Repeated Sprint Training on the Modified Cooper Aerobic Field Test. *McNair Scholars Conference*, Milwaukee, WI, National Conference, Poster.
65. Barnes, J.T. & **Wagganer, J.D.** (2011). Keys to Employment Success. *Central States Chapter of the American College of Sports Medicine Annual Meeting*, Overland Park, KS, Regional Conference, Student Forum Presentation.
66. **Wagganer, J.D.**, Charles-Liscombe, B.C., Lesperance, M.L, & Pujol, T.J. (2011). Nurturing Interpersonal Skills and Deep Learning Through a Student-client Partnership in Exercise Programming. *Medicine & Science in Sports & Exercise*, 3(5): 612. *American College of Sports Medicine Annual Meeting*, Denver, CO, National Conference, Poster.
67. **Wagganer, J.D.**, Robison, C.E., & Davis, P.G. (2010). Effects of Exercise Accumulation on Plasma Lipid and Lipoprotein Concentrations. *Medicine & Science in Sports & Exercise*, 42(5): 531. *American College of Sports Medicine Annual Meeting*, Baltimore, MD, National Conference, Poster.

68. Kirk, S.D., Hill, K.R., Melton, D.I., Swearingin, B.L., **Wagganer, J.D.**, & Davis, P.G. (2006). Self-reported and Measured Weight Discrepancy in Overweight/obese Young Women. Southeast *Chapter of the American College of Sports Medicine Annual Meeting*, Charlotte, NC, Regional Conference, Poster.
69. Hill, K.R., Melton, D.I., Kirk, S.D., Rego, J.E., Haley-Caudle, C.L., Richardson, E.L., **Wagganer, J.D.**, & Davis, P.G. (2005). Discrepancy Between Self-reported and Measured Body Weight in Overweight and Obese Young Women. *University Excellence Day*, University of North Carolina at Greensboro, Greensboro, NC (Awarded 3<sup>rd</sup> Place), University Conference, Poster.
70. Rego, J.E., **Wagganer, J.D.**, Murrell, C.D., & Davis, P.G. (2004). Physical Fitness, Body Composition and Cardiovascular Risk Factors in Young Women. *University Excellence Day*, University of North Carolina at Greensboro, Greensboro, NC, University Conference, Poster.
71. **Wagganer, J.D.**, Bloomer, R.J., Davis, P.G., McKenzie, M.J., Consitt, L.A., Goldfarb, A.H., & Wideman, L. (2004). Plasma Lipid and Lipoprotein Profile in Response to 30 Minutes of Resistance or Aerobic Exercise. Southeast *Chapter of the American College of Sports Medicine Annual Meeting*, Atlanta, GA, Regional Conference, Podium.
72. Pujol, T.J., **Wagganer, J.D.**, Langenfeld, M.E., Sutherlin, A.E., Tucker, J.E., Leible, M.A., Barnes, J.T., & Jones, E.J. (2003). Music Has No Effect on the RPE-lactate Relationship. *Medicine & Science in Sports & Exercise*, 35(5): S286. *American College of Sports Medicine Annual Meeting*, San Francisco, CA, National Conference, Poster.
73. **Wagganer, J.D.** (2003) A Workload Selection Procedure for the Åstrand-Ryhming Test. *Medicine and Science in Sports and Exercise*, 35(5): S257. *American College of Sports Medicine Annual Meeting*, San Francisco, CA, National Conference, Podium.
74. **Wagganer, J.D.**, Pujol, T.J., Langenfeld, M.E., Sinclair, A.J., Tucker, J.E., & Elder, C.L. (2003). A Workload Selection Procedure for the Åstrand-Ryhming Test. *Medicine & Science in Sports & Exercise*, 35(5): S257. *American College of Sports Medicine Annual Meeting*, San Francisco, CA, National Conference, Poster.
75. Pujol, T.J., Elder, C.J., Barnes, J.T., **Wagganer, J.D.**, & Pagan, M.A. (2002). Exercise Science Curriculum Survey: Curriculum Standards and Content. *Medicine & Science in Sports & Exercise*, 34(5): S256. *American College of Sports Medicine Annual Meeting*, San Francisco, CA, National Conference, Poster.
76. Moran, M.K., **Wagganer, J.D.**, Jones, E.J., Pujol, T.J., Langenfeld, M.E., & Bergman, R.J. (2001). Validation of a One-minute Crunch Test. *Medicine & Science in Sports & Exercise*, 33(5): S331. *American College of Sports Medicine Annual Meeting*, Baltimore, MD, National Conference, Poster.
77. Pujol, T.J., Xiong, C., Reneau, P.D., **Wagganer, J.D.**, Moran, M.K., Barnes, J.T., & Langenfeld, M.E. (2001). A Comparison of Two Versions of the ACSM Prediction Equation for Leg Ergometry. *Medicine & Science in Sports & Exercise*, 33(5): S24. *American College of Sports Medicine Annual Meeting*, Baltimore, MD, National Conference, Poster.

## **COURSES TAUGHT**

Southeast Missouri State University (2010-Present)  
HL105 Intro to Allied Health Professions

HL113 Medical Terminology  
 HL120 Health Perspectives  
 HL261 Exercise Science Practicum  
 HL303 Research Methods  
 HL331/031 Exercise Physiology/Laboratory  
 HL498 Exercise Science Internship  
 HL510 Health Concerns of Aging\*  
 HL550 Programming for Special Populations  
 HL603 Cardiovascular Exercise Physiology\*  
 HL621 Exercise in Health and Disease  
 HL690 Seminar in Nutrition and Exercise Science  
 PE341 Physiology of Conditioning  
 PE464 Kinesiology  
 Greensboro College (2006-2010)  
 ESS4400 Techniques in Strength Training and Exercise Programming\*  
 ESS4360 Exercise Physiology for Special Populations\*  
 ESS4410 Certified Exercise Physiologist (EP-C) Development and Exercise  
 Programming\*  
 KIN1100 Personal Fitness and Wellness  
 KIN3350 Exercise Physiology  
 KIN3370 Measurement, Assessment, and Evaluation  
 KIN3390 Biomechanics  
 University of North Carolina at Greensboro (2002-2006)  
 ESS130 Weight Training  
 ESS204 Intermediate Basketball  
 ESS375 Physiology of Sport and Physical Activity  
 ESS467 Techniques in Exercise and Fitness Testing\*  
 ESS668 Advanced Exercise Assessment (co-instructor)  
 ESS669 Advanced Exercise Prescription (co-instructor)  
 \*Developed course

**GRANTS/FELLOWSHIPS** (graduate student=underlined)

**Funded - Internal:**

1. Sofo, S.S., Pujol, T.J., Barnes, J.T., & **Wagganer, J.D.** (2015). Prevalence of the Metabolic Syndrome Among Children, Adolescents, and College Students in Ghana. *Grants and Research Funding Committee*, Southeast Missouri State University. Role: Co-Investigator, \$3,934.
2. **Wagganer, J.D.**, Miller, W.M., Abdul, M.M., Soni, D.S., McCrate, M.K. & Nguyen, D.T. (2014). High-intensity Interval Training (HIT) on Cardiac Rehabilitation patients. *Summer Research Fellowship*, Southeast Missouri State University. Role: Lead Investigator, \$5,000.
3. **Wagganer, J.D.** & Johnson, R.J. (2012). The Effect of a Commercialized Energy System Training Program on Collegiate Division I Basketball Players. *Grants and Research Funding Committee*, Southeast Missouri State University. Role: Lead Investigator, \$3,300.

4. **Waggoner, J.D.** (2011). A Comparison of Directly Measured LDL-C to the Friedewald Equation for Estimation of LDL-C. *Grants and Research Funding Committee*, Southeast Missouri State University. Role: Lead Investigator, \$9,350.
5. **Waggoner, J.D.** (2011). Effect of a High-intensity Interval Exercise Session on TG and HDL-C Concentrations. *Grants and Research Funding Committee*, Southeast Missouri State University. Role: Lead Investigator, \$5,000.
6. Charles-Liscombe, B.C. & **Waggoner, J.D.** (2009). Nurturing Self-efficacy, Interpersonal Skills and Deep Learning Through On-campus Student-client Partnerships. *Center for the Enhancement of Teaching and Learning (CETL) Professional Development Grant*, Greensboro College. Role: Co-Investigator, \$3,500.
7. **Waggoner, J.D.** (2008). The Effects of a Single Session of Exercise versus Accumulated Sessions of Exercise on Plasma Lipid and Lipoprotein Concentrations in Young, Sedentary Obese Participants. *Kathleen Price and Joseph M. Bryan Family Summer Fellowship*, Greensboro College. Role: Lead Investigator, \$2,300.
8. **Waggoner, J.D.** (2007). The effects of a Single Session of Exercise on HDL-C and TG Concentrations. *Eleanor and Claude George Foundation Summer Faculty Development Grant*, Greensboro College. Role: Lead Investigator, \$1,000.

**Not Funded:**

1. **Waggoner, J.D.** (2016). High-intensity Interval Training (HIT) in a Cardiac Rehabilitation setting. *New Innovative Research Grant*, American Heart Association. Role: Lead Investigator, External: \$150,000.
2. **Waggoner, J.D.** (2015). High-intensity Interval Training (HIT) in a Cardiac Rehabilitation Setting. *Patient-Centered Outcomes Research Institute*, Pragmatic Clinical Studies. Role: Lead Investigator, External: \$150,000.
3. **Waggoner, J.D.** & Davis, P.G. (2009). Effect of Exercise Accumulation on Plasma Lipids. American College of Sports Medicine, *Graduate Student Research Grant*. Role: Co-Investigator, External: \$5,000.
4. **Waggoner, J.D.** & Davis, P.G. (2004). The Effects of a Single Exercise Session versus Accumulated Sessions of Exercise on Insulin Resistance. *Life Fitness Academy, Graduate Student Research Award*. Role: Lead Investigator, External: \$5,000.

**HONORS/AWARDS**

Fellowship Program, American Kinesiology Association Leadership Institute, 2023-Present  
 Fellow, American College of Sports Medicine, 2020-Present

Nominated for the Provost Faculty Excellence Award, Southeast Missouri State University, 2022

Susan Stout Research Award, University of North Carolina at Greensboro, 2005

Summer Research Award, University of North Carolina at Greensboro, 2004

Susan Stout Memorial Graduate Scholarship for Academic Excellence, University of North Carolina at Greensboro, 2002

Graduate Council Excellence in Teaching Award for Graduate Assistant Teacher of the Year, The College of Graduate Studies and Research, Southeast Missouri State University, 2002

Provost's Award for Excellence in Thesis Research, The College of Graduate Studies and Research, Southeast Missouri State University, 2002

Outstanding Achievement Award for excellence in Personal Training, Southeast Missouri State University, 2001  
Madison Medical Center/Madison County Scholarship, Madison Medical Center, 2000

## **CERTIFICATIONS**

Certified Exercise Physiologist (EP-C), American College of Sports Medicine, (certification #13817), 2000-Present  
X-Ray Safety Certified, Southeast Missouri State University, 2014-Present

## **PROFESSIONAL MEMBERSHIPS**

American College of Sports Medicine, National Member, 2000-Present  
American College of Sports Medicine, Central States Chapter Regional Member, 2010-Present  
American Heart Association, National Member, 2015-2017  
American College of Sports Medicine, Southeast Chapter Regional Member, 2001-2010

## **PROFESSIONAL SERVICE**

American Kinesiology Association, Communication and Marketing Committee, Member, 2023-Present  
Respiratory Therapy Program, Advisory Board, Cape Technical College, Member, 2022-Present  
Central States Chapter of American College of Sports Medicine:  
Executive Director, 2020-Present  
Sponsorship Committee, 2019-2023  
Student Research Grant Award Review Committee, 2018-2020  
Past-President, 2017-2018  
President, 2016-2017  
President-Elect, 2015-2016  
Secretary and Treasurer, 2013-2015  
Abstract Review Committee, 2012-2015  
Teacher Preparation Advisory Council, Southeast Missouri State University, Physical Education Representative, 2019-Present  
Prevention Resource Center, Southeast Missouri State University, Advisory Board:  
Chair of the Board, 2015-Present  
Member, 2014-2015  
Project CHARLIE (Chemical Abuse Resolution Lies in Education), Cape Girardeau Chapter:  
Board Member, 2011-Present  
Facilitator, 2011-2023  
President, 2014-2017  
Vice-President, 2013-2014  
American College of Sports Medicine Leadership & Diversity Training Program, Mentor, Level 1 Student, 2021-2022

Occupational Therapy Doctorate Study Group, Southeast Missouri State University, Co-Chair, 2021

Invited External Reviewer:  
University of Louisville, Department of Health & Sports Sciences, Tenure and Promotion Candidate, 2021  
High Point University, Department of Exercise Science, Tenure and Promotion Candidate, 2021

External Reviewer, Missouri Department of Higher Education and Workforce Development, Evaluation of the Bachelor of Science in Occupational Therapy Assistant program by St. Charles Community College, 2020

Dietetic Internship, Advisory Board, Southeast Missouri State University, Member, 2018-2020

American Cancer Society, Madison County Board, Fitness Consultant, 2011-2013

McNair Scholars Program, Southeast Missouri State University, Faculty Mentor, 2012

National Institutes of Health, Heart, Lung, and Blood Institute (R15 HL077933-01), *Exercise Dose and Metabolic Risk Factors in Young Women*, \$193,500, Research Assistant, 2006

Contract research project, Champion® athletic gear, University of North Carolina at Greensboro, Research Technician, 2003

Graduate Student Association, University of North Carolina at Greensboro, Delegate, 2002

American College of Sports Medicine Certified Exercise Physiologist (EP-C), 2000-Present

Southeast Missouri State University:  
Assistant to the Workshop Director, 2002  
Lecturer, 2002  
Practicum Instructor, 2001-2002

Graduate Council, Southeast Missouri State University, Graduate Student Representative, 2001

Invited Reviewer for Peer-Reviewed Journals:  
*Research Quarterly for Exercise and Sport*, 2023  
*International Journal of Environmental Research and Public Health*, 2023, 2022, 2020  
*Strength and Conditioning Journal*, 2023, 2020, 2019  
*Journal of Clinical Medicine*, 2022  
*Journal of Sports Sciences*, 2022, 2019  
*Biology*, 2022  
*Nutrients*, 2022  
*Medicina*, 2020  
*Journal of Outdoor Recreation, Education, and Leadership*, 2016  
*International Journal of Sports Medicine*, 2013  
*Clinical Physiology and Functional Imaging*, 2013  
*Journal of Sports Science and Medicine*, 2011  
*Lipids in Health and Disease*, 2009  
*AgroFood Industry Hi-Tech*, 2008  
*Research in Sports Medicine: An International Journal*, 2008  
*The Journal of Men's Health and Gender*, 2007

## **COMMITTEE SERVICE**



**University Level:**

**Southeast Missouri State University:**

Online Program Management Task Force, Invited Member, 2022-2023  
Chair Evaluation Task Force, Invited Member, 2021-2022  
Strategic Action Plan Steering Committee, Invited Member, 2021  
    Student Success Planning Subcommittee, Member  
General Education Council, Member, 2019-2021  
    Quantitative Literary Review Subcommittee, Member, 2020-2021  
Graduate Council, Member, 2018-2020  
    Thesis Review Subcommittee, Member, 2019-2020  
University Studies Committee, Member, 2016-2019  
Human Subjects Committee, Member, 2011-2014  
Commencement Committee, Member, 2010-2014  
Health and Human Services Dean Search Committee, Member, 2011-2012

**College Level:**

**Southeast Missouri State University:**

Assistant Professor Search Committee, Department of Communication Disorders,  
    Chairperson Representative, 2023-Present  
College Council, Member, 2019-Present; 2011-2014  
College Activities Committee, Member, 2016-2018  
Grievance Committee, Member, 2010-2012

**Greensboro College:**

Faculty Affairs Committee, Member, 2009-2010  
    Research and Professional Development Subcommittee  
Honorary Degrees Committee, Member, 2007-2009

**Department Level:**

**Southeast Missouri State University:**

PRC, Community Mobilizer, Search Committee, Member, 2022-2023  
Dietetics Assistant Professor Search Committee, Chair, 2018-2019  
Athletic Training Program Director, Search Committee, Member, 2018-2019  
Tenure & Promotion Committee, Member, 2015-2019  
Kinesiology, Nutrition, and Recreation Chairperson Search Committee, Chair, 2018  
Exercise Science Assistant Professor, Search Committee, Chair, 2017-2018  
Alumni Affairs Committee, Chair, 2013-2018  
Prevention Resource Center (PRC), Community Mobilizer, Search Committee,  
    Member, 2018  
PRC, Project Coordinator, Search Committee, Member, 2018  
PRC, Community Mobilizer, Search Committee, Member, 2016  
PRC, Project Coordinator, Search Committee, Member, 2015  
Recreation Services, Assistant Director, Search Committee, Member, 2014  
Athletic Training Education Program Director, Search Committee, Member, 2013  
Administrative Assistant, Search Committee, Member, 2013  
PRC, Prevention Advocate, Search Committee, Member, 2012  
Recreation/Sport Management Assistant Professor, Search Committee, Member, 2011

## **GRADUATE THESES SUPERVISION**

1. Guy, Justin. The Effects of Standing Height on Average Bar Velocity in Collegiate Athletes, Committee Chair, Anticipated Defense: Fall, 2023.
2. McIntosh, Michelle. A Comparison of Body Composition Associated with Sleep Quality and Quantity of Collegiate Athletes and Recreationally Active Adults, Committee Chair, Anticipated Defense: Fall, 2023.
3. Spokely, Nick. Nonlocalized Post-activation Performance Enhancement During the Bench Press After Plyometric Conditioning Activities in Experienced Weightlifters, Committee Member, 2022.
4. Sievers, Seth. Acute Effects of Resistance Training Intensity and Volume on Salivary Cortisol in Division I American Football Players, Committee Chair, 2020.
5. Piekarczyk, Patryk. Changes in Dietary Intake and Behaviors of Division I Track and Field Athletes Across a Season, Committee Chair, 2019.
6. Barns, Kelly. Correlation Between Self-esteem, Competence, and Learning to Ride a Bicycle in Individuals with Disabilities, Committee Chair, 2018.
7. Sweet, Joe. A Comparison of Body Composition Changes Throughout the Off-season for NCAA Division I Male Baseball Players, Committee Chair, 2018.
8. McDowell, Kurt. Body Composition and Power Output Changes in Division I American Football Linebackers Throughout a Competitive Season, Committee Chair, 2017.
9. Miller, William. Assessment of Electromyographic Activity During a TRX® Split Squat and Traditional Split Squat, Committee Chair, 2015.
10. Snedden, David. Differences in Joint Angles During a Back-Squat Exercise between Shod and Barefoot Conditions, Committee Member, 2012.
11. Aures, Nicholas. Knowledge, Attitudes and Behaviors of College Athletes Regarding Nutrition and the use of Dietary Supplements, Committee Member, 2011.

## **GRADUATE APPLIED RESEARCH SUPERVISION**

1. Gegg, Chelsey. The Effects of Body Composition after a Clinical Outpatient Behavioral/nutritional Intervention Program, Committee Chair, 2017.
2. Williamson, Kylie. Sleep Pattern Differences Among Normal Weight, Overweight, and Obese College-aged Students: How Lack of Sleep or Sufficient Sleep Influences Lifestyle Behaviors, Committee Chair, 2016.
3. Jetton, Jamie. Protein Knowledge, Attitude and Behaviors of Division I Football Players, Committee Member, 2016.
4. Ginn, Leah. Effectiveness of Dynamic versus Static Stretching on Vertical Jump Performance in Division I College Basketball Players, Committee Member, 2015.
5. Boyilla, Sowmya. Level of Diabetes Awareness in the Collegiate Age Group, Committee Member, 2015.
6. Vemuri Hema Venkata Naga Rajesh. Hypertension and Exercise, Committee Member, 2015.
7. Job, Brandon. EMG Analysis of Biceps Femoris and Erector Spinae Activation while Performing the Sumo and Conventional Deadlifts, Committee Member, 2015.
8. Krueger, Ben. The Relationship Between Preseason Functional Movement Screen Scores

- and the Occurrence of Soft Tissue Injuries in NCAA Division I Football, Committee Member, 2014.
9. DeWitt, Brandon. Hydration Status of Recreational Exercisers, Committee Member, 2014.
  10. Passini, Brittney. C.A.M.P.S.: Children's Attitudes Mold Physical Activity and Self-perception, a Residential Camp's Impact on Physical Activity and Self-esteem, Committee Member, 2014.
  11. Patel, Palak. Vascular Resistance in Cardiovascular Diseases: Factors Influencing the Vascular System and the Influence of Exercise or Physical Activity, Committee Member, 2013.
  12. Nakka, Sri. Vitamin C and Atherosclerosis, Committee Member, 2013.

### **COMMUNITY SERVICE**

Southeast Missouri Regional Science Fair for Medicine and Health, Middle and High School Science Fair, Southeast Missouri State University, Judge, 2011-2019  
Junior Achievement, Kindergarten class at Alma Schrader Elementary School, Cape Girardeau, MO, Facilitator, 2015-2017