

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

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**EDUCATION**

<b>Ph.D.</b>	<b>Exercise Physiology</b> University of North Carolina at Greensboro	2009
<b>M.S.</b>	<b>Nutrition and Exercise Science</b> Southeast Missouri State University	2002
<b>B.S.</b>	<b>Health Management: Fitness &amp; Sports Medicine</b> Southeast Missouri State University	2000
<b>A.A.</b>	<b>General Studies</b> Mineral Area College	1998

**PROFESSIONAL EXPERIENCE**

**2010-Present Associate Professor** (2015-Present), **Assistant Professor** (2010-2015);  
Department of Health, Human Performance and Recreation, Southeast Missouri  
State University, Cape Girardeau, MO

Accomplishments:

- Mentored 15 graduate assistants and four undergraduate students in the data collection, analysis, and preparation of scientific research for poster/oral abstract presentations at annual regional and national American College of Sports Medicine conferences
- Successful interprofessional collaboration history with six journal publications, 33 conference proceedings, six oral presentations, two funded grants, and one research fellowship in the past five years
- Expertise (i.e., certified) in Dual-Energy X-Ray Absorptiometry research
- Leadership experience; President of three health/fitness organizations

Administrative Responsibilities:

- Mentoring/Supervision:
  - o Three graduate teaching/research assistants; each teaching two undergraduate courses and performing research per semester
  - o Graduate student worker; research and grading responsibilities
- Director of Exercise Physiology (1,400 square feet equipped with three metabolic carts, 12-lead EKG, two treadmills, Monark leg ergometers, cycling simulator, and lactate analyzer) and Body Composition

Laboratory [600 square feet equipped with GE Healthcare Lunar DXA scanner, BodyMetrix ultrasound, BIA machines (InBody 230, Tanita BF-350, Omron 306-C/HBF-510W/514C/516), Lange skinfold calipers, and Atago Urine Specific Gravity pen]

Teaching Responsibilities: Undergraduate and Graduate Faculty

- Courses Taught:
    - o HL120 Health Perspectives
    - o HL261 Exercise Science Practicum
    - o HL303 Research Methods
    - o HL331 Exercise Physiology
    - o PE341 Physiology of Conditioning
    - o PE464 Kinesiology
    - o HL510 Health Concerns of Aging\*
    - o HL550 Programming for Special Populations
    - o HL603 Cardiovascular Exercise Physiology\*
    - o HL621 Exercise in Health and Disease
    - o HL690 Seminar in Nutrition and Exercise Science
- \*Developed course*

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

Accomplishments:

- Mentored and advised over 200 undergraduate students toward successful degree completion
- Petitioned and received funding (\$22,000) for purchase of the department's first metabolic/EKG cart

Administrative Responsibilities:

- Mentoring/Supervision:
  - o Undergraduate student worker; research and grading responsibilities
  - o Exercise Physiology Laboratory Director; 1,600 square feet equipped with one metabolic cart, EKG monitor, hydrostatic weighing tank, and body composition analyzers

Teaching Responsibilities: Undergraduate Faculty

- Courses Taught:
    - o KIN1100 Personal Fitness and Wellness
    - o KIN3350 Exercise Physiology
    - o KIN3370 Measurement, Assessment, and Evaluation
    - o KIN3390 Biomechanics
    - o ESS4400 Techniques in Strength Training and Exercise Programming\*
    - o ESS4360 Exercise Physiology for Special Populations\*
    - o ESS4410 Certified Exercise Physiologist (EP-C) Development and Exercise Programming\*
- \*Developed course*

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

Accomplishments:

- Assisted with data collection on two external grants while securing three internal grants
- Received two research awards
- Gained experience in co-developing two new graduate courses

Teaching Responsibilities: Undergraduate Faculty

- Courses Taught:
    - 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

**2000-2002 Graduate Assistant**, Department of Health, Human Performance, and Recreation, Southeast Missouri State University, Cape Girardeau, MO

Accomplishments:

- Received teaching and research-based awards
- Conducted an oral presentation on thesis project at national American College of Sports Medicine conference

Teaching Responsibilities:

- Courses Taught:
  - HL120 Health Perspectives
  - HL031 Exercise Physiology Laboratory

## **PUBLICATIONS**

### **Manuscripts in Peer-Reviewed Journals:**

- Wagganer, J.D.** & Williamson, K.A. (2018). The influence of excess body weight on sleep patterns among college-aged students. *Journal of Public Health Issues and Practices*, 2:113.
- Moran, M.K., **Wagganer, 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 tests with the canadian curl-up test. *Journal of Public Health Issues and Practices*, 2:114.
- Syed-Abdul, M.M., Soni, D.S., & **Wagganer, J.D.** (2018). Effects of self-implemented carbohydrate cycling and moderate to high intensity resistance exercise on body fat in body builders: case study. *Gazzetta Medica Italiana* (Article #:3762)
- Syed-Abdul, M.M., Soni, D.S., Miller, W.M., Johnson, R.J., Barnes, J.T., Pujol, T.J., & **Wagganer, J.D.** (2018). Traditional vs. suspended pushup muscle activation in athletes and sedentary females. *Journal of Strength and Conditioning Research*, (January 10, 2018, Publish Ahead of Print)

- Wagganer, 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):687-699. doi: 10.2466/06.30.
- Wagganer, J.D.**, Robison, C.E., Ackerman, T.A., & Davis, P.G. (2015). Effects of exercise accumulation of plasma lipids and lipoproteins. *Applied Physiology, Nutrition, and Metabolism*, 40:1-7. dx.doi.org/10.1139/apnm-2014-0321
- 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):713-726. doi:10.14198/jhse.2014.93.04
- Sofo, 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). Available at: www.ijrsr.org
- 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. doi: 10.1111/cpf.12077
- 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):410-412. doi: 10.1111/cpf.12146

#### **Manuscripts Submitted to Peer-Reviewed Journals:**

- Syed-Abdul, M.M., Soni, D.S., & **Wagganer, J.D.** Impact of a professional nutrition program on a female cross country collegiate athlete: case study. Submitted to *Journal of Athletic Training* in Fall 2017
- Syed-Abdul, M.M., **Wagganer, J.D.**, Soni, D.S., & Liu, X. Eating while walking on blood glucose concentrations in adult men. Submitted to *Tobacco Prevention and Cessation* in Fall 2017

#### **Manuscripts in Process:**

- 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. Target date of Spring 2018
- 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. Target date of Spring 2018
- Shrum, L.K., Pujol, T.J., Barnes, J.T., Kezkemethy, K.G., & **Wagganer, J.D.** Validity of measuring resting metabolic rate by indirect calorimetry and predictive equations in college-aged students. Target date of Spring 2018
- 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. Target date of Spring 2018
- Guy, J.D., Faber, A.T., Pujol, T.J., Mann, B.J., & **Wagganer, J.D.** The effects of height on hang clean bar velocity. Target date of Spring 2018

- McDowell, K.W., Johnson, R.J., Walling, J.J., Pujol, T.J., & **Wagganer, J.D.** Body composition and power output changes in division I american football linebackers over the course of a competitive season. Target date of Spring 2018
- Miller, W.M., **Wagganer, J.D.**, Barnes, J.T., & Sofo, S.S. Assessment of electromyographic activity during a TRX and traditional split squat. Target date of Spring 2018
- 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. Target date of Spring 2018
- Wagganer, J.D.**, Kerby, G.W., Alcantara, Z.G., & Spence, Z. A. A comparison of directly measured LDL-C to the Friedewald equation for estimation of LDL-C. Target date of Spring 2018
- 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) on Maximal Oxygen Consumption in Cardiac Rehabilitation Patients. Target date of Spring 2018
- Wagganer, J.D.** & Johnson, R.J. The effect of a commercialized energy system training program on collegiate division I basketball players. Target date of Spring 2018

#### **INVITED ORAL PRESENTATIONS**

- Wagganer, J.D.** (2015). Should we HIT Cardiac Rehabilitation Patients? *American College of Sports Medicine*, Central States Meeting, Warrensburg, MO.
- Barnes, J.T. & **Wagganer, J.D.** (2015). Employment Trends in the Fitness Industry. *American College of Sports Medicine*, Central States Meeting, Warrensburg, MO.
- Wagganer, J.D.** & Barnes, J.T. (2014). Employment Trends in the Fitness Industry. *American College of Sports Medicine*, Central States Meeting, Overland Park, KS.
- Barnes, J.T. & **Wagganer, J.D.** (2013). Employment Trends in the Fitness Industry. *American College of Sports Medicine*, Central States Meeting, Warrensburg, MO.
- Wagganer, J.D.** (2012). Do I want to get a Doctorate Degree? Issues for Grad Students. *American College of Sports Medicine*, Central States Meeting, Columbia, MO.
- Barnes, J.T. & **Wagganer, J.D.** (2012). Fitness Certifications: What you need to know. *American College of Sports Medicine*, Central States Meeting, Columbia, MO.
- Barnes, J.T. & **Wagganer, J.D.** (2011). Keys to Employment Success. *American College of Sports Medicine*, Central States Meeting, Overland Park, KS.

#### **CONFERENCE ORAL PRESENTATIONS**

- 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(Suppl. 5):S510.
- Wagganer, J.D.** (2003) A Workload Selection Procedure for the Åstrand-Ryhming Test. *American College of Sports Medicine*, San Francisco, CA.
- 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. *American College of Sports Medicine Conference*, Southeast Meeting, Atlanta, GA.

## **BOOK CHAPTERS**

- Davis, P.G. & **Wagganer, 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.

## **PUBLISHED PROCEEDINGS**

- Barns, K.D., **Wagganer, J.D.**, Faber, A.J., & Pujol, T.J. (2018). Guardian Perception of Self-Esteem and Mastery in a Special Needs Population. Accepted for publication in *Medicine & Science in Sports & Exercise*, 50(5S).
- Barnes, J.T., **Wagganer, J.D.**, Loenneke, J.P., & Miller, W.M. (2018). Validity of ultrasound and skinfolds for the measurement of body composition in male collegiate basketball players. Accepted for publication in *Medicine & Science in Sports & Exercise*, 50(5S).
- 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. Accepted for publication in *Medicine & Science in Sports & Exercise*, 50(5S).
- 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. Accepted for publication in *Medicine & Science in Sports & Exercise*, 50(5S).
- 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). The validity of a joint diameter-based system for the measurement of body composition. *Medicine and Science in Sports and Exercise*, 49(5S):259-260.
- 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).
- 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.
- 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).
- 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.
- 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).
- Shrum, L.K., Kecskemethy, 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.
- 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).

- 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).
- Shrum, L.K., Kecskemethy, 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).
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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 skinfolds 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.
- 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.
- 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.

- 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.
- Soni, D.S., Abdul, M.M., Liu, X., Pujol, T.J., FACSM, Barnes, J.T., & **Wagganer, J.D.** (2015). Influence of Eating a Carbohydrate-rich Meal, While Walking, on Blood-Glucose Concentrations in Young, Sedentary Individuals. *Medicine & Science in Sports & Exercise*, 47(5S):142.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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(5S):456-461.



- 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.
- 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.
- 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.
- 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.
- 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(5S):612.
- 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(5S):531.
- 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(5S):S286.
- 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-Rhyming test. *Medicine & Science in Sports & Exercise*, 35(5S):S257.
- 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(5S):S256.
- 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(5S):S331.
- 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 the leg ergometer. *Medicine & Science in Sports & Exercise*, 33(5S):S24.

### **REGIONAL POSTER PRESENTATIONS**

- 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.
- 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. *American College of Sports Medicine*, Southeast Regional Meeting, Charlotte, NC.

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).

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.

## **GRANTS/FELLOWSHIPS**

### **Funded:**

**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 (Internal: \$5,000)

**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 (Internal: \$3,300)

**Wagganer, 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 (Internal: \$9,350)

**Wagganer, 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. (Internal: \$5,000)

Charles-Liscombe, B.C. & **Wagganer, 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 (Internal: \$3,500)

**Wagganer, 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 (Internal: \$2,300)

**Wagganer, 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 (Internal: \$1,000)

### **Not funded:**

**Wagganer, J.D.** (2015). High-intensity interval training (HIT) in a cardiac rehabilitation setting. *New Innovative Research Grant*, American Heart Association (External: \$150,000)

**Wagganer, J.D.** & Davis, P.G. (2009). Effect of exercise accumulation on plasma lipids. American College of Sports Medicine, *Graduate Student Research Grant* (External: \$5,000)

**Wagganer, 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* (External: \$5,000)

## **HONORS/AWARDS**

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 INVOLVEMENT**

Central States Chapter of the American College of Sports Medicine:  
Past-President, 2017-Present  
President, 2016-2017  
President-elect, 2015-2016  
Secretary and Treasurer, 2013-2015  
Abstract Review Committee, 2012-2015  
Southeast Missouri State University Prevention Resource Center, Advisory Board:  
President, 2016-Present  
Member, 2014-2016  
Project CHARLIE (Chemical Abuse Resolution Lies in Education), Cape Girardeau Chapter:  
Facilitator, 2011-Present  
President, 2014-2017  
Vice-President, 2013-2014  
American Cancer Society, Madison County Board, Fitness Consultant, 2011-2013  
Research Assistant, *Exercise Dose and Metabolic Risk Factors in Young Women*, National Institutes of Health, Heart, Lung, and Blood Institute (R15 HL077933-01), \$193,500, 2006

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

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

American College of Sports Medicine (ACSM) Certified Exercise Physiologist (EP-C)  
Southeast Missouri State University:

Assistant to the Workshop Director, 2002

Lecturer, 2002

Practicum Instructor, 2001-2002

Graduate Student Representative to the Graduate Council, Southeast Missouri State University, Cape Girardeau, MO, 2001

Invited Peer-Reviewed Journals:

*Journal of Outdoor Recreation, Education, and Leadership*, 2017

*Strength and Conditioning Journal*, 2014

*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**

### **Department Level:**

Health, Human Performance and Recreation/Dietetics Department Chair Search Committee, Chair, 2018

Exercise Science Assistant Professor Search Committee, Chair, 2017-2018

Tenure & Promotion Committee, 2015-Present

Alumni Affairs Committee, Chair, 2013-Present

Assistant Director of Recreation Services, Search Committee, 2014

Athletic Training Education Program Director, Search Committee, 2013

Administrative Assistant, Search Committee, 2013

Recreation/Sport Management Assistant Professor Search Committee, 2011

### **College Level:**

College Activities Committee, Member, 2016-Present

Prevention Resource Center, Community Mobilizer Position, Search Committee, 2016

Prevention Resource Center, Project Coordinator Position, Search Committee, 2015

Grievance Committee, 2020-2012

College Council, 2011-2014

Prevention Resource Center, Prevention Advocate Position, Search Committee, 2012

Faculty Affairs Committee, Research and Professional Development Subcommittee, 2009-2010

Honorary Degrees Committee, 2007-2009

### **University Level:**

University Studies Committee, 2016-Present

Human Subjects Committee, 2011-2014

Commencement Committee, 2010-2014

Health and Human Services Dean Search Committee, 2011-2012

### **GRADUATE THESES SUPERVISION**

- Sweet, Joe. *A comparison of body composition changes throughout the off-season for NCAA Division I male baseball players*, (Committee Chair) Anticipated Defense: Spring, 2018
- Barns, Kelly. *Correlation between self-esteem, competence, and learning to ride a bicycle in individuals with disabilities*, (Committee Chair) Anticipated Defense: Spring, 2018
- Guy, Justin. *The effects of standing height on average bar velocity in collegiate athletes*, (Committee Chair) Anticipated Defense: Spring, 2018
- McDowell, Kurt. *Observing body composition and power output changes in division I American football linebackers throughout a competitive season*, (Committee Chair) Spring, 2017
- Miller, William. *Assessment of electromyographic activity during a TRX® split squat and traditional split squat*, (Committee Chair) Summer, 2015.
- Snedden, David. *Differences in joint angles during a back squat exercise between shod and barefoot conditions*, (Committee Member) Spring, 2012.
- Aures, Nicholas. *Knowledge, attitudes and behaviors of college athletes regarding nutrition and the use of dietary supplements*, (Committee Member) Fall, 2011.

### **GRADUATE APPLIED RESEARCH SUPERVISION**

- Gegg, Chelsey. *The effects of body composition after a clinical outpatient behavioral/nutritional intervention program*, (Committee Chair) Summer, 2017
- 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) Summer, 2016
- Jetton, Jamie. *Protein knowledge, attitude and behaviors of division I football players*, (Committee Member) Spring, 2016
- Leah Ginn. *Effectiveness of dynamic versus static stretching on vertical jump performance in division I college basketball players*, (Committee Member) Spring, 2015
- Boyilla, Sowmya. *Level of diabetes awareness in the collegiate age group*, (Committee Member) Fall, 2015
- Vemuri Hema Venkata Naga Rajesh. *Hypertension and exercise*, (Committee Member) Spring, 2015
- Job, Brandon. *EMG analysis of biceps femoris and erector spinae activation while performing the sumo and conventional deadlifts*, (Committee Member) Summer, 2015
- Krueger, Ben. *The relationship between preseason functional movement screen scores and the occurrence of soft tissue injuries in NCAA division I football*, (Committee Member) Fall, 2014
- DeWitt, Brandon. *Hydration status of recreational exercisers*, (Committee Member) Spring, 2014
- 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) Spring, 2014

Patel, Palak. *Vascular resistance in cardiovascular diseases: factors influencing the vascular system and the influence of exercise or physical activity*, (Committee Member) Summer, 2013

Nakka, Sri. *Vitamin C and atherosclerosis*, (Committee Member) Summer, 2013

**COMMUNITY SERVICE**

Junior Achievement, Facilitator for weekly kindergarten class at Alma Schrader Elementary School, Cape Girardeau, MO, 2015-2017

Southeast Missouri Regional Science Fair for Medicine and Health, Judge for Middle and High School Science Fair Projects, 2011-Present