

**Curriculum Vita**  
**Scott Edward Gordon, FACSM**  
**January 2024**

**Dean and Professor**

**College of Nursing and Health Professions**

**Arkansas State University**

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**Education:**

B.A.	Bowdoin College, Brunswick, ME Major: Biology Minor: Chemistry	1986
M.S.	The Pennsylvania State University, University Park, PA Major: Exercise Physiology	1992
Ph.D.	The Pennsylvania State University, University Park, PA Major: Physiology Minor: Gerontology	1997
Post-Doctoral	University of Texas Medical School, Houston, TX Concentration: Physiology/Molecular Biology	1997-1999
	University of Missouri, Columbia, MO Concentration: Physiology/Molecular Biology	1999-2001

**Executive Summary of Academic Leadership (Reverse Chronological Order):**

*(Extended Leadership Accomplishment Details are on Pages 5-13)*

Dean and Professor (Tenured), College of Nursing and Health Professions, Arkansas State University, Jonesboro, AR, August 2021-Present.

*Primary Leadership Duties and Select Accomplishments:* Chief administrative officer overseeing the academic, scholarship, outreach, and service missions of the College of Nursing and Health Professions (CNHP; >2800 students; ~125 full-time faculty; ~25 full-time staff; ~40 academic programs on the primary campus, 2 satellite campuses, and online). CNHP includes the School of Nursing, 7 academic departments (Clinical Laboratory Sciences, Communication Disorders, Emergency Management and Occupational Health, Medical Imaging and Radiation Sciences, Occupational Therapy, Physical Therapy, and Social Work), and 4 non-departmental academic programs (M.S. in Athletic Training, B.S. in Dietetics, B.S. in Health Studies, B.S. in Public Health). Dean's oversight also includes CNHP outreach centers and programs such as the Beck Center for Veterans, Speech and Hearing Clinic, Hippotherapy Program, Diabetes Self-Management Program, Healthy Ager Program, and the Geriatric Research Education Center. Oversee \$14.5 million/year budget (including salaries; excluding external funding) and \$5 million in Foundation funds. Accomplishments/activities include: Oversaw 40% college enrollment growth since 2021; Added 17 new full-time faculty lines and 5 staff lines to date; Leading significant college department/program reorganization/consolidation; Created first dedicated Associate Dean

position; Added the Beck Center for Veterans (outreach unit); Increased college footprint by ~5500 sqft; Leading significant expansion of simulation facilities; Led development of new 2023-2028 CNHP Strategic Plan and Mission/Vision/Values Statements; Oversaw development of new 2023-2028 CNHP Diversity, Equity, Inclusion, and Belonging (DEIB) Plan; Assigned new Assistant Dean for DEIB; Established new CNHP DEIB Committee; Assigned Assistant Dean for Interprofessional Education (IPE); Fostered IPE initiatives within CNHP and with external partners; Created new CNHP Faculty Organization (shared governance); Formed CNHP Student Advisory Board; Led significant revisions of CNHP Faculty Handbook, CNHP T&P procedures, and CNHP Committees; Overseeing significant expansion of enrollment (33%-500%) and program options in Nursing on 4 levels (AASN, BSN, MSN, DNP); Oversaw development of B.S. in Public Health Program, Accelerated B.S. in Radiologic Science Program, Paramedic-to-AASN (RN) Program, B.S. in Occupational and Environmental Safety, and M.S. in Social Work Program Online Transition; several successful program accreditation reaffirmation site visits; discontinued 3 low-productivity academic programs while retaining (strategically redeploying) all program faculty and staff.

Interim Dean and Professor (Tenured), WellStar College of Health and Human Services, Kennesaw State University, Kennesaw, GA, May 2020-February 2021.

*Primary Leadership Duties and Select Accomplishments:* Chief administrative officer overseeing the academic, scholarship, outreach, and service missions of the WellStar College of Health and Human Services (WCHHS; ~5000 students; ~105 full-time faculty; ~40 full-time staff). WCHHS includes the Department of Exercise Science and Sport Management, Department of Health Promotion and Physical Education, Department of Social Work and Human Services, WellStar School of Nursing, Academy for Inclusive Learning and Social Growth (inclusive postsecondary education for students with intellectual and developmental disabilities), and WellStar College Advising Center. Oversaw \$17.5 million/year budget (including salaries; excluding external funding). Accomplishments/activities included: Strong COVID-era leadership; Fundraising success (in conjunction with Development Office) includes ~\$12.2 million in donations and pledges to support several WCHHS programs; Formed additional (new) 8-year \$12.5 million Capital Campaign strategic priorities; Started a WCHHS Diversity, Equity, and Inclusion Task Force Initiative; Strong track record of recruiting, hiring, and retaining faculty and staff of diverse backgrounds, especially into leadership roles; Hired Interim Associate Dean, Interim Assistant Dean for Research, and 2 Interim Department Chairs; Increased WCHHS personnel by 13 new full-time faculty lines and 10 new full-time staff lines in one year; Formed new WCHHS Student Advisory Board; Initiated new Annual WCHHS Faculty and Staff Awards; New B.S. in Integrated Health Science and new Minor in Nutrition (Fall 2020); Oversaw creation and/or current planning of 12 new accelerated B.S.-to-M.S. program pathways; Developed 23 new student success initiatives with WCHHS Leadership Team; Newly integrated B.S. in Nursing Program with the KSU Honors Program; Funded and oversaw ~\$1.4 million in renovations in WCHHS facilities; WCHHS had ~3-fold increase in external grant submissions and faculty successfully landed ~\$1.5 million in NIH and other external funding in CY 2020-21 (encompassed WCHHS Associate Dean/Research Director duties and Interim Dean duties).

Associate Dean and Professor (Tenured), WellStar College of Health and Human Services, Kennesaw State University, Kennesaw, GA, August 2017-April 2020; March 2021-July 2021.

*Primary Leadership Duties and Select Accomplishments:* Director of Research (instituted or escalated initiatives for a College seminar series, College-level seed grants, grant-writing webinars, quick-reference College website highlighting faculty scholarship); Director of Continuing Education (manage \$400,000 budget); Distance Learning Coordinator (managed

\$80,000 budget); Coordinator of Facilities (LEED-rated green building) and Inventory (~300 items > \$5000 each); Director of Course Scheduling (oversaw College schedule-building for over 300 courses/semester and located classroom space for ~50 courses/semester for 3 other colleges); Coordinator of College Performance Metrics/Outcomes; Technology and Website Supervisor; Primary Acting Dean with signing authority during Dean absences.

Interim Executive Director, Academy for Inclusive Learning and Social Growth, WellStar College of Health and Human Services, Kennesaw State University, Kennesaw, GA, (inclusive postsecondary education program for students with intellectual and developmental disabilities), Feb 2018-Aug 2018.

*Primary Leadership Duties and Select Accomplishments:* Supervised 9 academic and administrative personnel and revised/reclassified job descriptions for unit efficiency; Hired 3 new staff members; Oversaw substantial revisions in policies/procedures, curriculum, and learning outcomes; Fostered or continued partnerships with the Down Syndrome Association of Atlanta, the Georgia Vocational Rehabilitation Agency (GVRA), and the Georgia Inclusive Postsecondary Education Consortium; Advocated for and secured GVRA funding for need-based student tuition support; Represented the Academy in a successful statewide social justice campaign to prevent GVRA from rescinding AILSG student tuition support, which historically enabled ~60% representation of underrepresented minorities in Academy programs (as opposed to only 8% without GVRA tuition support).

Department Chair and Professor (Tenured), Department of Kinesiology, University of North Carolina at Charlotte, Charlotte, NC, August 2012-August 2017.

*Primary Leadership Duties and Select Accomplishments in 5 Years:* Oversaw budget of ~\$2.3 million/year (including salaries; excluding external funding); Led development of a new strategic plan, mission statement, vision statement, and diversity statement; Managed a 70% enrollment increase from 785 to 1332 Kinesiology students; Increased full-time faculty lines from 17.5 to 23.5 and staff lines from 1.5 to 3; Tripled summer courses and faculty summer income; Increased doctoral GAs from 0 to 8 lines and master's GAs from 6 to 23 lines; Strong track record of promoting faculty, staff and student diversity, equity, and inclusion; Participated in multiple student success initiatives for underrepresented, first-generation, and other non-traditional students; Enhanced retention, progression, and graduation rates for Kinesiology students of color during my tenure as Department Chair; Successfully advocated for over \$827,000 of start-up funds and over \$1 million of other funding from higher administration (in addition to annual budget); Oversaw creation/approval of two new M.S. programs and one new undergraduate minor; Oversaw successful first-time external accreditations or reaffirmed accreditations of 6 academic programs; Developed a Department of Kinesiology Faculty & Staff Scholarship; Successfully advocated to move most Anatomy and Physiology course sections from the Department of Biological Sciences to the Department of Kinesiology; Oversaw an increase in annual faculty publications (up 350%), presentations (up 83%), and external grant submissions (up 165%, to \$2.2 million/year); Increased Kinesiology lab and office space from 22,700 sqft to 31,200 sqft (>37% increase) in 3 buildings; Managed a \$20 million renovation to Belk Gymnasium (Kinesiology's home); Developed and implemented a free Health Risk Assessment Program for at-risk and underserved populations in greater Charlotte communities and funded it with ~\$402,000 in external contracts; Fostered relationships with numerous external partners.

Assistant Professor/Associate Professor (Tenured), Department of Kinesiology (formerly Exercise and Sport Science) and Brody School of Medicine Department of Physiology (joint appointment), East Carolina University, Greenville, NC, 2001-2012.

*Primary Leadership Duties and Select Accomplishments:* Chair of the Institutional Animal Care and Use Committee (~3 years total); Chair of 12 IACUC subcommittees; Coordinator of the M.S. in Exercise and Sport Science Exercise Physiology Concentration (2 years); Chair of the Department of Exercise and Sport Science Undergraduate Curriculum Committee (2 years); Chair of 5 College-level faculty award committees; Chair of one faculty search committee; Chair of the Faculty Senate Educational Policies and Planning Committee for 2 years (EPPC; among many other things, led initial development of University-wide academic program prioritization and University consolidation/ realignment options in response to University Chancellor's charge); Chaired one EPPC subcommittee.

### **Detailed Professional Employment:**

1986-1989	Biological Science Assistant United States Army (active duty; Sergeant, E-5) U. S. Army Research Institute of Environmental Medicine, Natick, MA Exercise Physiology Division Honorable Discharge, October, 1989
1989-1994	Medical Specialist (Medic) HHC, 2/112 Infantry Pennsylvania Army National Guard, Lewistown, PA Honorable Discharge, October, 1994
1989-1994	Graduate Research Assistant Center for Sports Medicine The Pennsylvania State University, University Park, PA
1994-1997	NIH (National Institute on Aging) Predoctoral Fellow The Gerontology Center/Center for Sports Medicine The Pennsylvania State University, University Park, PA
1997-1999	NASA Postdoctoral Research Associate in Space Biology Department of Integrative Biology, Pharmacology, and Physiology University of Texas Medical School, Houston, TX
1999-2001	NIH Postdoctoral Fellow Department of Veterinary Biomedical Sciences University of Missouri, Columbia, MO
2001-2007	Assistant Professor Department of Kinesiology (formerly Exercise and Sport Science) Department of Physiology (joint appointment), Brody School of Medicine East Carolina University, Greenville, NC
2007-2012	Associate Professor (Tenured) Department of Kinesiology (formerly Exercise and Sport Science) Department of Physiology (joint appointment), Brody School of Medicine East Carolina University, Greenville, NC
Aug 2012- Aug 2017	Department Chair Professor of Exercise Science (Tenured) Department of Kinesiology University of North Carolina Charlotte, Charlotte, NC
Aug 2017- Apr 2020; Mar-July 2021	Associate Dean Professor of Exercise Science (Tenured) WellStar College of Health and Human Services Kennesaw State University, Kennesaw, GA

Feb-Aug 2018	Interim Executive Director Academy for Inclusive Learning and Social Growth (inclusive postsecondary education program for students with intellectual and developmental disabilities) WellStar College of Health and Human Services Kennesaw State University, Kennesaw, GA
May 2020- Feb 2021	Interim Dean Professor of Exercise Science (Tenured) WellStar College of Health and Human Services Kennesaw State University, Kennesaw, GA
Aug 2021- Present	Dean Professor of Exercise Physiology (Tenured) Department of Physical Therapy College of Nursing and Health Professions Arkansas State University, State University, AR

Other Affiliations/Appointments:

2012-2017	East Carolina University Department of Kinesiology Adjunct Faculty
2012-2018	UNC Charlotte Full Graduate Faculty
2012-2018	UNC Charlotte Dept. of Biological Sciences Ph.D. Program in Biology Faculty Member
2012-2017	UNC Charlotte Gerontology Center Faculty Affiliate
2017-2021	Kennesaw State University Full Graduate Faculty
2021-Present	Arkansas State University Full Graduate Faculty

**Additional Professional Experience:**

1989-1996	Graduate Supervisor, Biochemistry Laboratory Center for Sports Medicine The Pennsylvania State University, University Park, PA
July, 1993	Member, Life Sciences Laboratory Ground Team Physiological Systems Experiment-03 Space Shuttle Endeavour, Mission STS-57 NASA/Pennsylvania State University Center for Cell Research Kennedy Space Center, Cape Canaveral, FL
March, 1994	Member, Life Sciences Laboratory Ground Team Physiological Systems Experiment-04 Space Shuttle Columbia, Mission STS-62 NASA/Pennsylvania State University Center for Cell Research Kennedy Space Center, Cape Canaveral, FL

**Detailed Leadership / Administrative Experience and Notable Accomplishments:**

- Chair (Interim), East Carolina University Animal Care and Use Committee, December 2005-March 2006, March 2009, June 2009-2010, October 2010.
- Chair (Permanent), East Carolina University Animal Care and Use Committee, February 2011-June 2012.
  - Southern Association of Colleges and Schools (SACS) IACUC Compliance Coordinator.
  - Chair, Brody School of Medicine Animal Quarters Inspection Subcommittee, September 2003.
  - Chair, East Campus Animal Care Facilities Inspection Subcommittee, September 2004.

- d. Chair, Brody School of Medicine Animal User Laboratory Inspection Subcommittee, April 2005.
  - e. Chair, Life Science Building Animal Quarters Inspection Subcommittee, October 2005.
  - f. Chair, Animal Care and Use Program Inspection Subcommittee, September 2006.
  - g. Chair, Brody School of Medicine Animal Quarters Inspection Subcommittee, October 2007.
  - h. Chair, Animal Care and Use Program Inspection Subcommittee, March 2008.
  - i. Chair, East Campus Animal User Laboratory Inspection Subcommittee, April 2009.
  - j. Chair, IACUC Investigative Subcommittee, October-December 2009.
  - k. Chair, Life Science Building Animal Quarters Inspection Subcommittee, April 2010.
  - l. Chair, East Campus IACUC Inspection Sub-committee. April 2011.
  - m. Chair, Brody School of Medicine ground-floor animal care facility Inspection Subcommittee, September 2011.
3. Chair, East Carolina University Department of Exercise and Sport Science Undergraduate Curriculum Committee, August 2003-August 2005.
  4. Chair, East Carolina University College of Health and Human Performance 2007-2008 Scholar-Teacher Selection Committee, November 2007.
  5. Chair, East Carolina University Department of Exercise and Sport Science Fixed-Term "Generalist" Teaching Instructor Position search committee, Chair, January-May 2009.
  6. Chair, 2007-2008 East Carolina University College of Health and Human Performance Scholar-Teacher Award Selection Committee, November 2007.
  7. Chair, 2007-2008 East Carolina University College of Health and Human Performance Outstanding Researcher Award Selection Committee, March 2008.
  8. Chair, 2008-2009 East Carolina University College of Health and Human Performance Scholar-Teacher Award Selection Committee, January 2009.
  9. Chair, East Carolina University Faculty Senate Educational Policies and Planning Committee, 2010-2012.
    - a. Led development (in response to East Carolina University Chancellor's charge) of University-wide academic program prioritization criteria and University consolidation / realignment options under budget cut pressures.
    - b. Led revision of East Carolina University Faculty Manual sections concerning academic program development.
  10. Chair, East Carolina University Faculty Senate Educational Policies and Planning Committee University Consolidation/Realignment Subcommittee, 2011.
  11. Board of Directors, Capt. Christopher S. Cash Memorial Foundation of NC, Inc., 2008-2012.
  12. Chair, 2009-2010 East Carolina University College of Health and Human Performance Scholar-Teacher Award Selection Committee, December 2009.
  13. Coordinator, Exercise Physiology Concentration, M.S. Degree in Exercise and Sport Science, East Carolina University Department of Kinesiology, 2010-2012.
  14. Executive Staff, East Carolina University Division of Research and Graduate Studies, 2011-2012.
  15. East Carolina University Chancellor-appointed Program Prioritization Committee (for Major University Realignment), 2011-2012.
  16. Department Chair, UNC Charlotte Department of Kinesiology, 2012-2017.
    - a. Oversaw a budget of ~\$2.3 million/year (including salaries; excluding external funding)
    - b. Led development of a new strategic plan, mission statement, vision statement, and diversity statement.
    - c. Increased full-time faculty lines from 17.5 to 23.5 (6 new lines) between 2012-2017.
    - d. Increased administrative staff lines from 1.5 to 2 between 2012-2017.

- e. Increased doctoral GA lines from 0 to 8 GAs (various funding sources) between 2012-2017.
- f. Increased master's GA lines from 6 to 23 GAs (various funding sources) between 2012-2017.
- g. Created a new state-funded lab manager position (previously had no such position).
- h. Increased work study student hiring from 0 to 3.
- i. Strong track record of actively recruiting, hiring, and retaining faculty and staff of diverse backgrounds, especially into academic administrative leadership roles.
- j. Promoted Departmental participation in multiple initiatives to integrate diverse students into the University setting. Many UNC Charlotte students are first-generation students.
- k. Wrote a successfully funded a UNC System General Administration Grant to support "partway home" and other non-traditional students.
- l. Retention, progression, and graduation rates for Kinesiology students of color at UNC Charlotte rose during my tenure as Department Chair.
- m. Successfully advocated for over \$827,000 of start-up funds associated with 4 tenure-line positions.
- n. Successfully advocated for over \$1,000,000 for equipment supporting research, teaching, and engagement activities from higher administration.
- o. Greatly increased graduate and undergraduate student conference travel support with the expectation of first-author presentations.
- p. Faculty publications and presentations increased by 350% and 83%, respectively, between 2012-2017.
- q. Faculty external grant submissions increased by 165% (to \$2.2 million/year) between 2012-2017.
- r. Tripled summer courses and faculty summer income between 2012-2017.
- s. Increased KNES lab and office space footprint from 22,700 sqft to 31,200 sqft (>37% Increase) in 3 buildings. 93% of the increase was in addition to the Belk Gymnasium renovation (listed below); wet lab space in our Cameron Building facility more than tripled from 2204 sqft to 6813 sqft.
- t. Intimately involved with a \$20 million renovation to the Belk Gymnasium and Belk Pool buildings (Dept. of Kinesiology's home) from 2013-2016. I was the sole representative from Academic Affairs at almost all renovation meetings, balancing the needs of the Department of Kinesiology, Academic Affairs, the renovation team, architects, contract bidders, designers, facilities personnel, security, administrators, Departmental teaching and research faculty, and administrative assistants. Renovations enhanced didactic classrooms and teaching laboratory facilities, added a Health Risk Assessment Laboratory, and upgraded/expanded Department of Kinesiology office space, student space, and some scientific research laboratories.
- u. Negotiated the sharing of Belk Gym space with the Department of Recreation Services and Department of Athletics; prioritized use of most space for KNES courses.
- v. Oversaw a 1.5-year displacement/relocation of Departmental office space, lab space, and classroom space/scheduling into different buildings during Belk Gymnasium renovations.
- w. Managed an enrollment increase in KNES majors from 785 to 1332 students (a 70% increase in 5 years).
- x. Successfully advocated to the Provost, and implemented, the move of most 2000-level Anatomy and Physiology lecture and lab course sections from the Department of Biological Sciences to the Department of Kinesiology (a mechanism by which KNES received doctoral TAs).
- y. Oversaw approval of a new Minor in Outdoor Adventure Leadership, 2012.

- z. Oversaw creation/approval of M.S. in Respiratory Care Program, 2017.
  - aa. Oversaw creation/approval of M.S. in Athletic Training Program, 2017.
  - bb. Successfully maintained accreditation in B.S. in Athletic Training Program.
  - cc. Oversaw successfully reaffirmed external accreditation of B.S. in Exercise Science Program.
  - dd. Oversaw successfully reaffirmed external accreditation of M.S. in Kinesiology Program (Clinical Exercise Physiology Concentration).
  - ee. Oversaw successful first-time accreditation of B.S. in Neurodiagnostics and Sleep Science Program.
  - ff. Oversaw successful first-time accreditation of B.S. in Respiratory Therapy Program.
  - gg. Oversaw successful first-time accreditation of M.S. in Respiratory Care Program.
  - hh. Led the creation of a new Department of Kinesiology Faculty & Staff Scholarship (~\$1000/year disbursed; the principal is building toward endowment).
  - ii. Developed and Implemented the Department of Kinesiology Health Risk Assessment Program (HRAP; opened in Spring 2016). The HRAP mission is to integrate community engagement, teaching, and research to improve health in greater Charlotte communities with primarily minority and at-risk populations. In 2016-2017, partnerships with Blue Cross & Blue Shield of NC, Sharon Towers Continuing Care Retirement Community, and Charlotte-Mecklenburg Parks and Recreation yielded contracts totaling ~\$402,000 to fund graduate assistants, perform health risk assessments and physical activity programming, and provide education at 8 community centers in diverse Charlotte communities.
  - jj. Fostered outreach relationships with other community partners include Southminster Retirement Community, Aldersgate Retirement Community, Wells Fargo Corporate Wellness Team, Electrolux Appliances, and Sielift (Southeast Industrial Equipment).
  - kk. Formed an External Communications Committee to externally promote the Department.
  - ll. Fostered UNC Charlotte Partnership with Cabarrus County Allied Health Regional Skills Partnership and Competitive Workforce Alliance.
17. Acting Dean, UNC Charlotte College of Health and Human Services, 6/25/14; 6/30 – 7/1/14.
  18. Chair, Search Committee for UNC Charlotte Department of Social Work Chair, 2013-14.
  19. Inaugural Director, UNC Charlotte College of Health and Human Services Healthy Aging Research Academy (HARA), 2013-2014.
  20. Board of Directors, American Kinesiology Association, 2014-2019.
  21. Chair, American Kinesiology Association Workshop Program Committee, 2014-2015.
  22. Chair, American Kinesiology Association Future Directions Committee, 2015-2016.
  23. Steering Committee, American Kinesiology Association, 2015-2016.
  24. Leadership Team, National Association of Kinesiology in Higher Education (NAKHE) Leadership Institute, 2016-2018.
  25. Co-organizer, National Association of Kinesiology in Higher Education (NAKHE) 2-day Leadership Development Workshop: “Conflict Management in Kinesiology Higher Education”, Atlanta, GA, July 2017.
  26. Associate Dean, WellStar College of Health and Human Services, Kennesaw State University, 2017- April 2020; March 2021-July 2021.
    - a. Director of Research, WellStar College of Health and Human Services.
    - b. Director, Continuing Education Division, WellStar College of Health and Human Services.
    - c. Distance Learning Coordinator, WellStar College of Health and Human Services.
    - d. Coordinator, College Performance Metrics/Outcomes Data, WellStar College of Health and Human Services.

- e. Director of Course Scheduling, WellStar College of Health and Human Services (over 300 courses/semester).
  - f. Coordinator of Facilities and Inventory, WellStar College of Health and Human Services (WCHHS's home, Prillaman Hall, is a LEED-rated green building).
  - g. Technology and Website Development Supervisor, WellStar College of Health and Human Services.
  - h. Director of Health and Wellness Community Engagement Initiative, WellStar College of Health and Human Services, 2017-2018.
  - i. Primary Acting Dean during Dean absences and for numerous official events/committees.
27. Interim Executive Director, Academy for Inclusive Learning and Social Growth, WellStar College of Health and Human Services, Kennesaw State University, Feb-Aug 2018 (inclusive postsecondary education program for students with intellectual and developmental disabilities).
- a. Principal Investigator, National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) Disability and Rehabilitation Research Projects (DRRP) Program Grant for Employment of Individuals with Disabilities: "Success 360: A Novel Person-Centered Employment Model for Inclusive Post-Secondary Education Programs" (1/19-12/24; \$1,736,878 Direct Costs; \$2,337,838 Total Costs), Submitted April 2018 (Not funded). This grant would have greatly expanded and enhanced AILSG programs while reducing student tuition costs.
  - b. Represented the Academy in a successful statewide social justice advocacy effort to prevent a Georgia Vocational Rehabilitation Agency policy change that would have rescinded AILSG student tuition support, March 2018. Prior to the GVRA tuition support program, underrepresented minorities only comprised 8% of AILSG student enrollment (as opposed to 58% after tuition support was created).
  - c. Program Grant Lead, Georgia Council on Developmental Disabilities (through the Georgia Vocational Rehabilitation Agency) to the AILSG (Academic Year 2017-18; Funded, \$261,000 Direct Costs).
  - d. Partnered with the Down Syndrome Association of Atlanta and the Georgia Inclusive Postsecondary Education Consortium to co-sponsor, host, and plan The Georgia Down Syndrome Consortium Summit (October 2018) occurring at Kennesaw State University. The Consortium consists of the National Down Syndrome Congress, the Down Syndrome Association of Atlanta, GiGi's Playhouse, the Adult Disability Medical Home, and The Emory Clinic.
  - e. Worked with Human Resources to revise 9 Academy staff job descriptions/classifications to better align with job duties.
  - f. Oversaw the interviewing and hiring of two new academic and career advisors (new positions) and an office manager.
  - g. Worked with the Academy staff to implement numerous substantial revisions to Academy policies/procedures, job descriptions, Academy curriculum and learning outcomes, individual student assessment/progress monitoring, etc.
  - h. Led the Academy in overcoming the loss of two Academic Transition Teachers funded by the Department of Education through the Georgia Vocational Rehabilitation Agency. These transition teachers taught Academy courses and were liaisons to the GVRA, which implemented a statewide repurposing of these positions to other duties.
  - i. Georgia Inclusive Postsecondary Education Consortium (GAIPSEC) Leadership Team, Feb-Aug 2018.
28. Lead Organizer, Entrepreneurism Track, National Association of Kinesiology in Higher Education (NAKHE) Leadership Conference, Savannah, GA. January 2019.

29. Chair, WellStar College of Health and Human Services Chair of the Department Social Work and Human Services Search Committee, Kennesaw State University, 2018-2019.
30. Search Committee Member, WellStar College of Health and Human Services Associate Dean, Kennesaw State University, 2019.
31. R2 Roadmap to Success Task force, WellStar College of Health and Human Services, Kennesaw State University, 2019.
32. Chair, University College Senior Associate Dean Search Committee, Kennesaw State University, 2018-2019.
33. Interim Dean, WellStar College of Health and Human Services (WCHHS), Kennesaw State University, May 2020-February 2021.
  - a. Chief administrative officer overseeing the academic, scholarship, outreach, and service missions of WCHHS (~5000 students; ~105 full-time faculty; ~40 full-time staff): Includes the Department of Exercise Science and Sport Management, Department of Health Promotion and Physical Education, Department of Social Work and Human Services, WellStar School of Nursing, Academy for Inclusive Learning and Social Growth (inclusive postsecondary education for students with intellectual and developmental disabilities), and WellStar College Advising Center.
  - b. Oversaw budget of \$17.5 million/year (including salaries; excluding external funding).
  - c. Strong COVID-era leadership: Transformational course/facilities/policy changes; Secured \$190,000 of Coronavirus Aid, Relief, and Economic Security (CARES) Act funding (disbursed through KSU) for WCHHS; College donated over 10,000 items of PPE and other supplies (oxygen tanks, ventilator, etc.) to the initial Georgia COVID-19 response and was a site of COVID-19 testing; 4 staff members partially or fully redeployed for on-campus contact tracing; WCHHS faculty and Nursing students responsible for staffing most of the on-campus COVID vaccination efforts and bolstering clinical and non-clinical staffing needs of Wellstar Health system during pandemic surge (in conjunction with educational clinical rotations).
  - d. Fundraising Efforts (in conjunction with Development Office and others):
    - i. Successfully raised ~\$12.2 million in total donations and pledges for several College programs.
    - ii. Managed a 5-year, \$8.7 million Wellstar Health System grant to double enrollment and faculty lines in the B.S. in Nursing Program.
    - iii. With additional donors, parlayed \$2 million of the Wellstar Health System grant into \$5 million in total endowed scholarships to create a Nursing Honors Cohort in partnership with the KSU Journey Honors College (a \$3 million gain).
  - e. Started a WCHHS Diversity, Equity, and Inclusion Task Force Initiative, Summer 2020.
  - f. Strong track record of actively recruiting, hiring, and retaining faculty and staff of diverse backgrounds, especially into academic administrative leadership roles.
  - g. Hired an Interim Associate Dean, an Interim Assistant Dean for Research, and 2 Interim Department Chairs, April/May 2020.
  - h. Increased WCHHS personnel by 13 new full-time faculty lines and 10 new full-time staff lines in one year.
  - i. Supported faculty and student research by start-up funding, publication support funds, student travel support, future internal seed grant funding, grant workshop funding, etc. WCHHS faculty increased external grant submissions by ~3-fold and successfully landed ~\$1.5 million in NIH and other external funding in CY 2020 (period encompassed WCHHS Associate Dean/Research Director duties and Interim Dean duties); additionally, 7 WCHHS faculty were co-PIs (out of 20 total co-PIs) on 4 funded KSU Interdisciplinary Innovation Initiative (I<sup>3</sup>) Grants awarded in May 2020 (only 5 out of 60 total proposals were funded).

- j. Exploratory planning for collaboration among 3 WCHHS community health/clinical outreach programs (physical, behavioral, and mental health) currently implemented independently by the WellStar School of Nursing, the Department of Social Work and Human Services, and the Department of Exercise Science and Sport Management.
  - k. Created WCHHS Capital Campaign strategic priorities totaling \$12.5 million and forming Campaign Committee in conjunction with the WCHHS Leadership Team and Development Officer (8-year campaign).
  - l. Initial year (Fall 2020) of new B.S. in Integrated Health Science and new Minor in Nutrition.
  - m. Oversaw addition of 2 “Double Owl” accelerated B.S.-to-M.S. program pathways.
  - n. Developed 23 WCHHS student success initiatives with College Leadership Team, Spring 2021.
  - o. Planned integration of the B.S. in Nursing Program with the KSU Honors Program.
  - p. Continuous implementation and modification of the WCHHS Quality Enhancement Plan (QEP; academics) and R2 Roadmap for Success (a strategic plan for academics, scholarship, engagement, service-learning, etc.).
  - q. Funded and oversaw ~\$1.4 million in renovations in WCHHS facilities.
  - r. Helped negotiate merging of KSU and Wellstar Health System (College and School of Nursing naming partner) branding/logo changes due to new branding/logos at both institutions.
  - s. Guided WCHHS website content and design upgrade planning with College Leadership Team and KSU Office of Strategic Communications.
  - t. Instituted new Annual WCHHS Faculty and Staff Awards.
  - u. Formed a new WCHHS Student Advisory Board.
  - v. Updated WCHHS By-Laws, led by College Faculty Council.
  - w. Initiated Standardization of new WCHHS Faculty Workload, Course Release, and Overload Policies in collaboration with the WCHHS Leadership Team and College faculty.
34. Dean and Professor (Tenured), College of Nursing and Health Professions, Arkansas State University, August 2021-Present.
- a. Chief administrative officer overseeing the academic, scholarship, outreach, and service missions of the College of Nursing and Health Professions (CNHP; >2800 students; ~125 full-time faculty; ~25 full-time staff; ~40 academic programs on the primary campus, 2 satellite campuses, and online). CNHP includes the School of Nursing, 7 academic departments (Clinical Laboratory Sciences, Communication Disorders, Emergency Management and Occupational Health, Medical Imaging and Radiation Sciences, Occupational Therapy, Physical Therapy, and Social Work), and 4 non-departmental academic programs (M.S. in Athletic Training, B.S. in Dietetics, B.S. in Health Studies, B.S. in Public Health). Dean’s oversight also includes CNHP outreach centers and programs such as the Beck Center for Veterans, Speech and Hearing Clinic, Hippotherapy Program, Diabetes Self-Management Program, Healthy Ager Program, and the Geriatric Research Education Center.
  - b. Oversee budget of \$14.5 million/year (including salaries; excluding external funding) and \$5 million in Foundation funds.
  - c. Oversaw 40% college enrollment growth since 2021.
  - d. Added 17 new full-time faculty lines and 5 staff lines to date.
  - e. Leading significant college department/program reorganization/consolidation.
  - f. Created first dedicated Associate Dean position.
  - g. Increased college footprint by ~5500 sqft;
  - h. Leading significant expansion of simulation facilities;

- i. Led development of new 2023-2028 CNHP Strategic Plan and Mission/Vision/Values Statements.
- j. Added the Beck Center for Veterans as an outreach unit in July 2022, supporting individuals with prior or current military service and their families within the Arkansas State University and external communities. Arkansas State University escalated to the sole Military Friendly® School with Gold distinction in Arkansas.
- k. Assigned new Assistant Dean for Diversity, Equity, Inclusion, and Belonging.
- l. Established new CNHP Diversity, Equity, Inclusion, and Belonging Committee.
- m. Oversaw development of new 2023-2028 CNHP Diversity, Equity, Inclusion, and Belonging Plan.
- n. Completed Fall 2022 College cultural climate survey of faculty, staff, and students.
- o. Assigned Assistant Dean for Interprofessional Education (IPE).
- p. Fostering ongoing IPE initiatives among CNHP programs and with external partners such as the New York Institute of Technology College of Osteopathic Medicine (NYITCOM), located on the Arkansas State University campus.
- q. Created plan for CNHP outreach program to provide regularly scheduled health risk assessments in CHNP and at various off-campus partner sites. Target populations are under/uninsured individuals, socially/geographically isolated individuals, and other at-risk individuals. The program will be part of our IPE plan to integrate faculty expertise, student clinical/field hours, and interprofessional educational experiences to immerse students from all academic programs in an experiential educational environment addressing collaborative/integrative healthcare, community outreach, cultural humility, and socioeconomic aspects of clinical and community wellness.
- r. Hired an Interim Department Chair of Physical Therapy, Interim Director of the Beck Center for Veterans, and eventual full-time Director of the Beck Center for Veterans.
- s. Created new CNHP Faculty Organization to increase shared governance.
- t. Formed CNHP Student Advisory Board.
- u. Led significant revisions of CNHP Faculty Handbook, CNHP T&P procedures, and CNHP Committees.
- v. Fostering significant donor, alumni, and partner relationships.
- w. Ongoing efforts with Saint Bernards Healthcare and NEA Baptist Healthcare, our two primary partners in Jonesboro, to enhance their recruitment and retention of new nurse graduates.
- x. Supporting faculty and student research by start-up funding, scientific conference travel, and publication support funds.
- y. Overseeing significant expansion of Nursing program enrollment and options on 4 levels (AASN, BSN, MSN, DNP; currently over 1100 total students):
  - i. Additional LPN-AASN cohort start, May 2022.
  - ii. Initial year (Fall 2022) of new Paramedic-to-AASN (RN) Program.
  - iii. BSN enrollment increase by ~33% (from ~240 to ~320) and growing (added Spring cohort start, January 2022). Projected eventual doubling to >450.
  - iv. RN-BSN (3+1) Hybrid added, August 2022 start (in addition to traditional online RN-BSN).
  - v. Online MSN Nurse Educator, August 2021 launch.
  - vi. Online MSN Nurse Administrator, August 2021 launch.
  - vii. Psychiatric Mental Health Nurse Practitioner created; Fall 2024 start.
  - viii. Total MSN expansion ~500% (50 to 300) since Summer 2021.
  - ix. Nurse Anesthesia transition from MSN to a DNP Program, Summer 2021.
  - x. DNP Post-Masters Addition, Fall 2022 launch (Online DNP Nurse Educator and DNP Nurse Administrator added); Successful accreditation site visit from

Accreditation Commission for Education (ACEN), Fall 2021 (full accreditation).

- z. Initial year of new B.S. in Occupational and Environmental Safety and Health, Fall 2022.
- aa. Addition of an Accelerated B.S. in Radiologic Science Program, 2022.
- bb. Addition of a 3D Printing Certificate in B.S. in Radiologic Sciences (Fall 2022 launch).
- cc. Addition of online version of B.S. in Health Studies (Spring 2023 launch).
- dd. New B.S. in Public Health approved (Fall 2023 launch).
- ee. Transition of M.S.W. to online (Fall 2023 launch).
- ff. Highly promising site visits from the Commission on Accreditation in Physical Therapy Education (CAPTE) for the Physical Therapy Assistant and Doctor of Physical Therapy Programs; Reaffirmation pending Spring and Fall 2023 CAPTE meetings, respectively.
- gg. Navigating a significant change in upper administrative leadership (new Chancellor in 2022; currently with Interim Provost, searching for new Provost).
- hh. Navigated significant cuts in College operating budget in FY22 and FY23.
- ii. Led Program Viability study within College as part of a University-wide study; discontinued 3 low-productivity academic programs while retaining (strategically redeploying) all program faculty and staff.

### **Leadership / Administrative Development Training:**

1. Chancellor's Leadership Academy, East Carolina University, January-April 2012.
2. New Chairs Training, ADVANCE UNC Charlotte, Fall 2012.
3. Civil Communication in the Workplace, ADVANCE UNC Charlotte Workshop, Fall 2012.
4. Chairs Workshop, UNC Charlotte College of Health and Human Services (2-day), Fall 2012.
5. Administrative Retreat, UNC Charlotte College of Health and Human Services, Fall 2012.
6. Leadership UNC Charlotte Year-long Program, (UNC Charlotte ADVANCE), 2012- 2013.
7. Strategic Planning Leadership Workshop, American Kinesiology Association, Orlando, FL, January 2013.
8. Philanthropy Advancement Workshop, UNC Charlotte Development Office, April 2013.
9. Chairs Retreat, UNC Charlotte College of Health and Human Services (1-day), Fall 2013.
10. Office of Legal Affairs Symposium (1-day), UNC Charlotte, October 2014.
11. Chairs Retreat, UNC Charlotte College of Health and Human Services (1-day), Fall 2014.
12. Dealing with Difficult People, Fred Pryor Workshop, November 2014, Greenville, SC.
13. Chairs Communication Workshop, UNC Charlotte ADVANCE, January 2015.
14. Kinesiology and Public Health Leadership Workshop (3-day), American Kinesiology Association, Charlotte, NC, January 2015.
15. Dealing with Disruptive Conduct in the Academy (COACHE Workshop for Unit Heads), UNC Charlotte ADVANCE full-day workshop, April 2015.
16. Retention and Recruitment of Students and Faculty from Underrepresented Groups, UNC Charlotte ADVANCE workshop, October 2015.
17. Chairs Retreat, UNC Charlotte College of Health and Human Services (1-day), Fall 2015.
18. Online Faculty Recruitment Training Module, UNC Charlotte ADVANCE, September 2015.
19. Live Faculty Recruitment Training Seminar, UNC Charlotte ADVANCE, September 2015.
20. Addressing Abrasive Conduct in the Academy, UNC Charlotte ADVANCE full-day COACHE Workshop, November 2015.
21. Leadership Development Workshop (2-day), National Association of Kinesiology in Higher Education (NAKHE), Atlanta, GA, July 2015.
22. Communicating with Tact and Professionalism, Fred Pryor Workshop (2-day), Charlotte, NC, July 2015.

23. Dismantling Racism Workshop (2-day), Race Matters for Juvenile Justice, Charlotte NC, August 2015.
24. Managing Emotions Under Pressure, Fred Pryor Workshop (1-day), Charlotte, NC, August 2015.
25. Basic Supervision, Fred Pryor Workshop (1-day), Charlotte, NC, September 2015.
26. Management & Leadership Skills for Managers and Supervisors, Fred Pryor Workshop (2-day), Columbia, SC, October 2015.
27. Southern Accreditation of Colleges and Schools (SACS) workshop on Program/Curriculum Changes, October 2015.
28. How to Manage Conflict and Confrontation, Fred Pryor Workshop (1-day), Charlotte, NC, November 2015.
29. Managing Multiple Priorities, Projects and Deadlines, Fred Pryor Workshop (1-day), Charlotte, NC, November 2015.
30. Creative Leadership for Managers, Supervisors and Team Leaders, Fred Pryor Workshop (1-day), Columbia, SC, January 2016.
31. Fred Pryor online on-demand courses (5): Conflict Management: Unavoidable Truths; Active Listening; Assertiveness without Aggressiveness; Nonverbal Communication: Defining Nonverbal Communication; Confronting Workplace Conflict.
32. Innovation and Entrepreneurship in a Time of Shrinking Budgets, American Kinesiology Association Leadership Workshop (3-day), San Antonio, TX, January/February, 2016.
33. Professional Communication: What Message Are You Sending?, Fred Pryor Workshop (1-day), Charlotte, NC, March 2016.
34. How Managers Become Great Leaders, Fred Pryor Workshop (1-day), Charlotte, NC, March 2016.
35. The Exceptional Team Leader, Fred Pryor Workshop (1-day), Columbia, SC, July 2016.
36. National Association of Kinesiology in Higher Education (NAKHE) Leadership Institute - Department Head Certification Mentor to C.H. "Hal" Wilson, Jr., PhD, Assistant Professor of Coaching Education, Georgia Southern University, 2016 – 2017.
37. Leadership Development Workshop (2-day), National Association of Kinesiology in Higher Education (NAKHE), Atlanta, GA, July 2016.
38. Technology Use, UNC Charlotte Office of Legal Affairs Symposium (1-day), October 2016.
39. Department Chairs Leadership Workshop on Search Committee Procedures and Standards, UNC Charlotte ADVANCE, November 2016.
40. Leadership Learning Series for Department Chairs and School Directors, UNC Charlotte College of Health and Human Services, 11/16 – 6/17.
41. Power of the Past: Focus on the Future, National Association of Kinesiology in Higher Education (NAKHE) Leadership Conference (3-day), Orlando, FL, January 2017.
42. Advantages and Challenges of Partnerships and Relationships, American Kinesiology Association Leadership Workshop (3-day), Dallas, TX, January 2017.
43. Conflict Management in Higher Education (Conference Co-Organizer), National Association of Kinesiology in Higher Education (NAKHE) Leadership Development Workshop (2-day), Atlanta, GA, July 2017.
44. Harvard Implicit Association Test to Identify implicit biases. October 2017.
45. Leading through Change, Kennesaw State University Center for Excellence in Teaching and Learning Workshop (1-Day), December 2017.
46. Building Professional Communities through Collaboration and Communication, National Association of Kinesiology in Higher Education (NAKHE) Leadership Conference (3-day), Phoenix, AZ, January 2018.
47. Promoting Quality Undergraduate Programs in Kinesiology, American Kinesiology Association Leadership Workshop (3-day), Denver, CO, January 2018.

- a. Challenging People and Challenging Discussions Pre-Workshop Session.
48. Best Practices in Kinesiology: Showcasing our Successes, National Association of Kinesiology in Higher Education (NAKHE) Leadership Conference (3-day), Savannah, GA, January 2019.
49. Hiring, Evaluating, and Retaining Faculty, American Kinesiology Association Leadership Workshop (3-day), Phoenix, AZ, January 2019.
  - a. Alumni Engagement and Fundraising Pre-Workshop Session.
50. Teaching University Students with Autism Spectrum Disorder, Kennesaw State University Center for Excellence in Teaching and Learning Workshop, Kennesaw, GA, February 2019.
51. Fall 2019 LEAD Session (Learn, Engage, Activate, Deliver), Kennesaw State University, Kennesaw, GA, September 2019.
52. Daring Leaders: Navigating the Space between Control and Vulnerability, Kennesaw State University Center for Excellence in Teaching and Learning Workshop, Kennesaw, GA, November 2019.
53. Office of Diversity and Inclusion Search and Screen Training, Kennesaw State University, Kennesaw, GA, November 2019.
54. Sexual Misconduct and Prevention Awareness Training, Bridges: Domestic & Sexual Violence Support, December 2019.
55. Leading Beyond the Campus: Driving Change as Experts, National Association of Kinesiology in Higher Education (NAKHE) Leadership Conference (3-day), Palm Springs, CA, January 2020.
56. Promoting Physical Activity through Kinesiology Teaching/Outreach: Eye toward the Future, American Kinesiology Association Leadership Workshop (3-day), Tampa, FL, January 2020.
  - a. Online and Digital Programming Pre-Workshop Dean's Forum.
57. Leading in Complexity: How a Reciprocal Influence Approach Can Help, University System of Georgia Workshop, Kennesaw, GA, January 2020.
58. Spring 2020 LEAD Session (Learn, Engage, Activate, Deliver), Kennesaw State University, Kennesaw, GA, February 2020.
59. Positive Academic Leadership, University System of Georgia Workshop, Kennesaw, GA, March 2020.
60. Inclusive Leadership: Developing a Diversity Lens, Kennesaw State University Office of Diversity and Inclusion Workshop, Kennesaw, GA, April 2020.
61. Leading in a COVID Context, Kennesaw State University Center for Excellence in Teaching and Learning Workshop, Kennesaw, GA, April 2020.
62. Leadership and Intercultural Competence, Kennesaw State University Center for Excellence in Teaching and Learning Workshop, Kennesaw, GA, April 2020.
63. Presidential Leadership Retreat # 1, Kennesaw State University (week-long): Advancing Diversity and Inclusion; Growing Graduate Education; COVID Pandemic Response Assessment; Capital Campaign Planning; Future of Remote and Online Learning; Conversations with the University System of Georgia Chancellor and Regents; New Trends in Student Mental Health, June 2020.
64. Presidential Leadership Retreat # 2, Kennesaw State University (week-long): Campus Master Planning; Financial Aid; Strategic Messaging; Innovative Technology During/After a Pandemic; Development; Expanding the Honors Program; Faculty Superstar Showcase; eSports; Conversations with the University System of Georgia Regents, July 2020.
65. Chairs and Deans Retreat, Kennesaw State University (1-day): Leadership during an Academic Year with COVID-19; Current Legal Trends (Faculty Speech, First Amendment, Pronoun Usage, Social Media, In-Class Speech, Whistleblower Retaliation), July 2020.
66. Affirmative Action Planning, WellStar College of Health and Human Services, Kennesaw State University, July 2020.

67. Capital Campaign Consulting Session, Alexander Haas Fundraising Consultants (personalized session as Interim Dean of WellStar College of Health and Human Services, Kennesaw State University), July 2020.
68. What Really Matters to Advancement Professionals. Academic Impressions Professional Development Webinar, September 2020.
69. Recruiting Global and Diverse Faculty Candidates. Interfolio, Inc. Webinar, September 2020.
70. Academic Deans Retreat, Kennesaw State University (1-day), October 2020.
71. Kennesaw State University Ethics Awareness week: Title IX and Sexual Misconduct, Understanding Your Rights, Boundaries, and Accountability; Ethics During a Pandemic; Ethics in eSports; Academic Integrity During a Pandemic; Ethical Use of Institutional Data; Diversity and Inclusion in Research; Best Practices in Ethics and Compliance, November 2020.
72. Essential Leadership Skills for Academic Deans, Academic Impressions Leadership Workshop (3-day), Virtual, November 2020.
73. Fall 2020 LEAD Session (Learn, Engage, Activate, Deliver), Kennesaw State University, Kennesaw, GA, December 2020.
74. Chairs/Directors/Deans Professional Development Workshop Series, Kennesaw State University, Kennesaw, GA, December 2020-May 2021.
75. Spring 2021 LEAD Session (Learn, Engage, Activate, Deliver), Kennesaw State University, Kennesaw, GA, April 2021.
76. Deans Leadership Workshop (2-day), Arkansas State University, Jonesboro, AR, August, 2021.
77. Leadership Jonesboro (7-month workshop series), Jonesboro Chamber of Commerce, Jonesboro, AR, February-August, 2022.
78. Faculty Activity Reporting (Faculty180), Interfolio Webinar, April 2022.
79. College of Health Deans Leadership Meeting (2-day), Association of Schools Advancing Health Professions, Nashville, TN, April, 2022.
80. Leadership Development Workshop (2-day), National Association of Kinesiology in Higher Education (NAKHE) Leadership Development Workshop, Natchitoches, LA, July 2022.
81. Inclusive Leadership (1-day workshop), Olin Business School Executive Education Series, Washington University, St. Louis, MO, September 2022.
82. Arkansas State University Dean's Leadership Retreat, August 2023.

### **Professional Memberships and Certifications:**

American College of Sports Medicine

\*Fellow, ACSM

American Physiological Society

American Society for Gravitational and Space Biology

Central States Chapter, American College of Sports Medicine

National Association for Kinesiology in Higher Education

National Strength and Conditioning Association

\*NSCA Certified Strength and Conditioning Specialist (1992-2008)

Phi Kappa Phi Honor Society

Researchers against Inactivity-related Disorders

College of Health Deans, Association of Schools Advancing Health Professions,

### **Honors and Awards:**

United States Military Honors/Awards:

Medals:

Army Service Ribbon, January, 1987.

Army Commendation Medal, September, 1988.

Army Achievement Medal, October, 1988.  
Army Commendation Medal with Oak Leaf Cluster, August, 1989.  
Army Good Conduct Medal, October, 1989.  
National Defense Service Medal, December, 1992.  
Army Achievement Medal with Oak Leaf Cluster, August, 1993.

Certificates of Achievement:

Outstanding Physical Fitness, July, 1987.  
Soldier of the Quarter, U.S. Army Research Institute of Environmental Medicine,  
January-March, 1988.

Other Military Honors:

3 Letters of Commendation for Outstanding Physical Fitness:  
December, 1986; July, 1987; November, 1987.  
Soldier of the Year, U.S. Army Research Institute of Environmental  
Medicine, 1988.  
Soldier of the Year Runner-Up, U.S. Army Medical Research and Development  
Command, 1988.  
Expert Field Medic Badge, August, 1988.  
Army Lapel Button, 1989.

Phi Kappa Phi Honor Society (Inducted, March, 1991).

National Institute on Aging Predoctoral Trainee Fellowship in Adult Development and  
Aging (Awarded, December, 1993).

American Association of Retired Persons Scholarship (Awarded, October, 1994).

Nominated for East Carolina University Robert L. Jones Teaching Award for Outstanding  
Teaching, 2005.

East Carolina University College of Health and Human Performance Outstanding  
Researcher Award, 2005-2006.

East Carolina University College of Health and Human Performance Scholar-Teacher  
Award, 2006-2007.

Finalist, 2006-2007 East Carolina University Alumni Award for Outstanding Teaching.  
Fellow, American College of Sports Medicine, Awarded April 2008.

Nominated for East Carolina University Board of Governors Award for Excellence in  
Teaching, Fall 2008.

Nominated for East Carolina University Board of Governors Award for Excellence in  
Teaching, Fall 2009.

Nominated for East Carolina University Alumni Association Award for Outstanding  
Teaching, Fall 2010.

**Funded Research and Program Grant/Contract History:**

1. Principal Investigator, American College of Sports Medicine (Mid-Atlantic Regional Chapter) Student Research Grant Award: "Singular and Combined Effects of Age and Heavy Resistance Exercise Training on Calpain II Concentration in Human Skeletal Muscle" (1/95-1/96; Funded, \$500 Direct Costs)
2. Principal Investigator, NASA Space Physiology Student Research Grant Award from the American College of Sports Medicine Foundation: "Effects of Aging and Strength Training on Skeletal Muscle [Calpain II]" (6/95-6/96; Funded, \$1889 Direct Costs)
3. Principal Investigator, National Strength and Conditioning Association Student Research Grant Award: "Effect of Heavy Resistance Exercise on the Bioactivity of Growth Hormone Subtypes in Human Plasma" (6/96-6/97; Funded, \$1350 Direct Costs)

4. Principal Investigator, NASA Postdoctoral Research Associate Grant Award in Space Biology: “Countermeasures to Atrophy in Unloaded Skeletal Muscle” (10/97-9/99; Funded, \$44,000 Direct Costs)
5. Principal Investigator, NASA Biospecimen Sharing Program Grant (Neurolab Payload): “Morphological and Molecular Markers of Skeletal Muscle Denervation during Recovery from Spaceflight” (1/98-6/98; Funded, NASA supplied experimental animals, experimental equipment/supplies, space shuttle flight, and post-flight tissue specimen collection/shipping)
6. Co-Investigator, NASA Research Grant (#98-HEDS-02-201): “Signaling of Muscle Atrophy with Unloading” (Funded, May, 1999).
7. Principal Investigator, NIH (NIAMS) National Research Service Award (AR08634): “Role of Angiotensin II in Skeletal Muscle Hypertrophy” (2/00-2/02; Funded, \$79,512 Direct Costs)
8. Principal Investigator, East Carolina University Intramural Creative Research Grant: “Role of Angiotensin II in Stem Cell Activation during Loading-induced Skeletal Muscle Growth” (1/03-12/03; Funded, \$18,791 Direct Costs)
9. Principal Investigator, Experimental and Applied Sciences Investigator-initiated Research Grant: “Role of Nitric Oxide in Overload-induced Skeletal Muscle Hypertrophy” (3/03-12/04; Funded, \$59,551 Direct Costs; \$83,074 Total Costs)
10. Co-Investigator (Faculty Mentor to David M. Thomson), American College of Sports Medicine Doctoral Student Research Grant: “Muscle Overload, Bradykinin, and Glucose Uptake in Obesity” (7/03-6/04; Funded, \$5,000 Direct Costs)
11. Co-Investigator (Faculty Mentor to David M. Thomson), National Strength and Conditioning Association Student Research Grant: “Skeletal Muscle Hypertrophic Signaling after Acute Heavy Resistance Exercise in Lean and Obese Individuals” (7/03-6/04; Funded, \$2,500 Direct Costs)
12. Principal Investigator, East Carolina University Intramural Creative Research Grant: “Age-related Impairment of Skeletal Muscle Stem Cell Activation and Muscle Growth: Role of Nitric Oxide” (1/05-12/05; Funded, \$20,222 Direct Costs)
13. Co-Investigator (Faculty Mentor to David M. Thomson), NIH (NIA) Pilot Study/Dissertation Research Support Grant: “AMPK as a Negative Regulator of Overload-induced Skeletal Muscle Hypertrophy” (2/05-2/06; Funded, Awarded rats valued at \$12,544)
14. Co-Investigator (Faculty Mentor to Christopher A. Fick), American College of Sports Medicine Doctoral Student Research Grant: “Glycogen, AMPK and Protein Synthesis in Aged Skeletal Muscle” (7/05-6/06; Funded, \$5,000 Direct Costs)
15. Co-Investigator (Faculty Mentor to Christopher M. Westerkamp), Gatorade Sports Science Institute Student Grant: “Prevention of Apoptosis and Atrophy in Unloaded Skeletal Muscle” (10/05-9/06; Funded, \$3,200 Direct Costs).
16. Principal Investigator, NIH Academic Research Enhancement Award (R15) Grant (PA-03-053): “Aging, AMP Kinase and Skeletal Muscle Overload” (9/05-8/09; Funded, \$135,000 Direct Costs; \$192,375 Total Costs).
17. Co-Investigator, NIH Traditional Research Project (R01) Grant (PA-03-156): “Age-related Insulin Resistance, Muscle, and Exercise” (10/05-9/10; Funded, \$1,000,000 Direct Costs; \$1,425,000 Total Costs; Joseph A. Houmard, P.I.).
18. Principal Investigator, American Federation for Aging Research (AFAR) Grant: “Targeted Rescue of Protein Translation and Synthesis in Aged Skeletal Muscle” (7/06-6/08; Funded, \$53,363 Direct Costs).
19. Co-Investigator (Faculty Mentor to Nicole B. Moore), East Carolina University Undergraduate Research and Creative Activity Grant Award: “Signaling Protein Responses to Resistance Exercise in Young vs. Old Fast- and Slow-Twitch Skeletal Muscle” (2/09-6/09; Funded, \$2,342 Direct Costs).

20. Co-investigator, (Faculty Co-mentor to LaDonna Maddy), East Carolina University Undergraduate Research and Creative Activity Grant Award: “Serum Interleukin Concentrations in Young vs. Old Men and Women after a Normal vs. High-carbohydrate diet”, East Carolina University Undergraduate Research/Creative Activity Grant (2/09-6/09; Funded, \$800 Direct Costs).
21. Co-investigator, (Faculty Co-mentor to LaDonna Maddy), East Carolina University Undergraduate Research and Creative Activity Grant Award: “Serum Interleukin 2 Concentrations in Young vs. Old Men and Women”, East Carolina University Undergraduate Research/Creative Activity Grant (2/09-6/09; Funded, \$1230 Direct Costs).
22. Contract Lead, Charlotte/Mecklenburg Senior Center Contract: “Master’s Student Graduate Assistantships”, (8/12-7/17; Funded, \$175,000 Direct Costs).
23. Principal Investigator, Sharon Towers Continuing Care Retirement Community Contract: “Sharon Towers Graduate Assistantship” (8/15-8/16; Funded, \$18,354 Total Costs).
24. Co-Investigator (Faculty Mentor to Marcus M. Lawrence), American College of Sports Medicine Doctoral Student Research Grant: “Enhancing Muscle Glycogen Content to Rescue Skeletal Muscle Growth in Aged Rats” (7/16-6/17; Funded, \$5,000 Direct Costs).
25. Principal Investigator, Sharon Towers Continuing Care Retirement Community Contract: “Mecklenburg County Senior Citizen Health Risk Assessment Testing Outreach Program” (8/16-8/17; Funded, \$154,621 Total Costs).
26. Principal Investigator, Blue Cross and Blue Shield of North Carolina Contract: “Health Risk Assessment Testing and Physical Activity Outreach Program at Camino Community Center/Bethesda Health Center” (8/16-8/18; Funded, \$44,000 Total Costs).
27. Principal Investigator, UNC Charlotte Faculty Research Grant: “Enhancing Muscle Glycogen Content to Rescue Skeletal Muscle Growth in Aged Rats” (1/17-5/18; Funded, \$6,000 Direct Costs).
28. Principal Investigator, UNC System General Administration Grant: “Enhancing Course Formats to Serve Partway Home and Other Non-Traditional Students” (4/17-6/17; Funded, \$8,000 Total Costs).
29. Principal Investigator, Sharon Towers Continuing Care Retirement Community Contract: “Continuation of Mecklenburg County Senior Citizen Health Risk Assessment Testing Outreach Program” (8/17-8/18; Funded, \$184,603 Total Costs).
30. Program Grant Lead, Georgia Council on Developmental Disabilities (through the Georgia Vocational Rehabilitation Agency) to the Academy for Inclusive Learning and Social Growth, WellStar College of Health and Human Services, Kennesaw State University (Academic Year 2017-18; Funded, \$261,000 Direct Costs).

### **Editorial and Reviewer Activity:**

Editorial Board, Journal of Sport and Health Science (2011-2015)

Associate Editor, Journal of Strength and Conditioning Research (2002-present)

Editorial Board, Medicine and Science in Sports and Exercise (2003-2004)

Editorial Board, Quest (2019-present)

Journal Reviewer for:

1. Acta Neuropathologica
2. Advances in Physiology Education
3. Aging Cell
4. Applied Physiology, Nutrition and Metabolism
5. American Journal of Physiology: Endocrinology and Metabolism
6. American Journal of Physiology: Cell Physiology
7. American Journal of Physiology: Regulatory, Integrative, and Comparative Physiology

8. Biochimica et Biophysica Acta
9. British Journal of Sports Medicine
10. Diabetologia
11. Experimental Cell Research
12. Experimental Diabetes Research
13. Experimental Physiology
14. European Journal of Applied Physiology
15. FASEB Journal
16. Gerontology
17. Hormone and Metabolic Research
18. International Journal of Molecular Sciences
19. International Journal of Kinesiology in Higher Education
20. International Journal of Sports Medicine
21. Journal of Applied Physiology
22. Journal of Biomedicine and Biotechnology
23. Journal of Cellular Physiology
24. Journal of Experimental Zoology Part A: Ecological Genetics and Physiology
25. Journal of Nutritional Biochemistry
26. Journal of the Renin-Angiotensin-Aldosterone System
27. The Journal of Physiology
28. Journal of Sports Science and Medicine
29. Journal of Sport and Health Science
30. Journal of Strength and Conditioning Research
31. Medicine and Science in Sports and Exercise
32. Metabolomics
33. Molecular Endocrinology
34. Muscle and Nerve
35. PLoS ONE (Public Library of Science)
36. Quest
37. Rejuvenation Research
38. Scandinavian Journal of Medicine and Science in Sports
39. Steroids

Grant Reviewer Activity:

1. Jeffress Memorial Trust Research Proposal (Commonwealth of Virginia), October 1999.
2. Jeffress Memorial Trust Research Proposal (Commonwealth of Virginia), October 2003.
3. NASA Review Panel Study Section: "NASA Research Announcement (NRA) NNH04ZUU003N for Ground-Based Studies for Human Health in Space", December 2004.
4. NIH, Minority Biomedical Research Support (MBRS) ad hoc review panel (National Institute of General Medical Sciences), February 2006.
5. NASA Postdoctoral Program (NPP) Grant Review Panel, September 2006.
6. Scientific Committee, Association Française contre les Myopathies (France), May 2007.
7. Canada Foundation for Innovation - Leaders Opportunity Infrastructure Grant, June 2009.
8. Scientific Committee, Association Française contre les Myopathies (France), June 2009.
9. Jeffress Memorial Trust Research Proposal (Commonwealth of Virginia), October 2009.
10. M.J. Murdoch Charitable Trust College Research Program for life Sciences, November 2009.
11. American Federation for Aging Research (AFAR) Research Grant Program, February 2010.
12. American Federation for Aging Research (AFAR) Ellison/AFAR Postdoctoral Fellows in Aging Research Grant Program, February 2010.
13. Scientific Committee, Association Française contre les Myopathies (France), May 2010.

14. NIH Skeletal Muscle and Exercise Physiology (SMEP) Study Section, June 2010.
15. NIH Skeletal Muscle and Exercise Physiology (SMEP) Study Section, October 2010.
16. M.J. Murdoch Charitable Trust College Research Program for life Sciences, December 2010.
17. American Federation for Aging Research (AFAR) Research Grant Program, February 2011.
18. NIH Skeletal Muscle and Exercise Physiology (SMEP) Study Section, February 2011.
19. American Federation for Aging Research (AFAR) Ellison/AFAR Postdoctoral Fellows in Aging Research Grant Program, February 2011.
20. NIH Skeletal Muscle and Exercise Physiology (SMEP) Study Section, October 2011.
21. American Federation for Aging Research (AFAR) Ellison/AFAR Postdoctoral Fellows in Aging Research Grant Program, February 2012.
22. NIH Skeletal Muscle and Exercise Physiology (SMEP) Study Section, October 2012.
23. American Federation for Aging Research (AFAR) Research Grant Program, March 2013.
24. Chair, NIH Musculoskeletal, Oral and Skin Sciences (MOSS) Integrated Review Group (IRG) Special Emphasis Panel Study Section (Skeletal Muscle Structure, Function, and Regeneration), July 2013.
25. NIH Special Emphasis Panel/Scientific Review Group 2014/01 ZRG1 F10B-B (20) L (National Research Service Award F31 and F32 Applications; Physiology and Pathobiology of Musculoskeletal, Oral, and Skin Systems), November 2013.
26. M.J. Murdoch Charitable Trust College Research Program for life Sciences, Nov. 2013.
27. NIH Musculoskeletal Rehabilitation Science (MRS) Study Section, December 2013.
28. NIH Musculoskeletal Rehabilitation Science (MRS) Study Section, February 2015.
29. NIH Special Emphasis Panel/Scientific Review Group 2015/05 ZRG1 MRS-C (02) S, Feb 2015.
30. Dairy Farmers of Canada, Nutrition Research Funding Program, May 2105.
31. NASA Directed Study Proposal Review, April 2015.
32. NASA Directed Study Proposal Review, May 2015.
33. National Research Foundation Research Faculty Rating (University of KwaZulu-Natal, South Africa), October 2015.
34. NASA Directed Study Proposal Review, October 2015.
35. NIH Skeletal Muscle and Exercise Physiology (SMEP) Study Section, February 2016.
36. NIH ZRG1 MOSS-Q 50 R, RM15-013: MoTrPAC Preclinical Animal Study Sites (U01), July 2016.
37. NASA Human Exploration and Operations Mission Directorate, Translational Research Institute (TRI) Research Topics Review Panel (Preserving Muscle Mass, TRI\_Muscle\_17, NNJ16ZSA001N-TRIRT), July 2017.
38. American Federation for Aging Research (AFAR) Glenn Foundation for Medical Research Postdoctoral Fellowships in Aging Research Grant Program, February 2018.
39. American Federation for Aging Research (AFAR) Glenn Foundation for Medical Research Postdoctoral Fellowships in Aging Research Grant Program, March 2019.
40. American College of Sports Medicine Research Grant Review Committee, March 2020.
41. American Federation for Aging Research (AFAR) Glenn Foundation for Medical Research Postdoctoral Fellowships in Aging Research Grant Program, March 2020.
42. Kennesaw State University Office of Research Seed Grant Program, May, 2020.
43. American College of Sports Medicine Research Grant Review Committee, March 2021.
44. American Federation for Aging Research (AFAR) Glenn Foundation for Medical Research Postdoctoral Fellowships in Aging Research Grant Program, March 2021.
45. American College of Sports Medicine Research Grant Review Committee, March 2022.
46. Central States American College of Sports Medicine Research Grant Review Committee, June 2022.
47. American College of Sports Medicine Research Grant Review Committee, March 2023.

48. NIH Musculoskeletal, Oral and Skin Sciences (MOSS) Study Section 024/01 ZRG1 MSOS-Q (80) A (AREA/REAP), November 2023.
49. NIH Musculoskeletal, Oral and Skin Sciences (MOSS) Study Section 2024/01 ZRG1 F10B-Q (20) L (Fellowships), November 2023.
50. American College of Sports Medicine Research Grant Review Committee, March 2024.

Other Reviewer Activity:

1. Seminar Abstracts, Entrepreneurism Track, *2019 National Association of Kinesiology in Higher Education (NAKHE) Leadership Conference, Savannah, GA.* October 2018.
2. Free Communication Abstracts, *National Conferences on Undergraduate Research (NCUR), Kennesaw, GA.* December 2018.

**Refereed Publications:**

1. Kraemer, W.J., P.B. Rock, C.S. Fulco, S.E. Gordon, J.P. Bonner, C.D. Cruthirds, L.J. Marchitelli, L. Trad, and A. Cymerman. Influence of altitude and caffeine during rest and exercise on plasma levels of proenkephalin Peptide F. *Peptides*, 9:1115-1119, 1988.
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### Manuscripts in Preparation:

1. Shi, R., H.B. Whitworth, W.T. Mixon, and S.E. Gordon. A Leucine-enriched Diet Enhances Overload-induced Growth in Aged Rat Skeletal Muscle. (In preparation).
2. Fick, C.A., C.M. Westerkamp, D.M. Thomson, and S.E. Gordon. Eukaryotic elongation factor 2 signaling is upregulated in overloaded skeletal muscle but not affected by angiotensin converting enzyme inhibition. (In preparation).
3. Lawrence, M.M., and S.E. Gordon. Effects of glycogen enhancement on protein synthesis and growth during chronic overload in aged rat skeletal muscle. (In preparation).
4. Lawrence, M.M., and S.E. Gordon. Effects of glycogen enhancement on protein synthesis in cultured C2C12 myotubes. (In preparation).

### Chapters in Books:

1. Kraemer, W.J., B.C. Nindl, and S.E. Gordon. Resistance exercise: acute and chronic changes in growth hormone concentrations. In: W.J. Kraemer and A.D. Rogol (Eds.), *The Endocrine System in Sports and Exercise (Olympic Encyclopaedia of Sports Medicine Volume XI)*. Malden, MA: Blackwell Publishing Ltd., pp. 110-121, 2005.
2. Gordon, S.E. Role of Basic Research in Exercise Science. In: W.J. Kraemer, S.J. Fleck, and M.R. Deschenes (Eds.), *Exercise Physiology: Integrating Theory and Application*. Baltimore, MD: Lippincott Williams & Wilkins, 2012.
3. Gordon, S.E. Role of Basic Research in Exercise Science. In: W.J. Kraemer, S.J. Fleck, and M.R. Deschenes (Eds.), *Exercise Physiology: Integrating Theory and Application*. Baltimore, MD: Lippincott Williams & Wilkins, 2015.
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### Educational Publications:

1. Pop, M.E.M.V., and S.E. Gordon. The potential ergogenic effect of buffer loading on anaerobic exercise performance. *NSCA Journal*, 14(1):78-82, 1992.
2. Gordon, S.E. Loading up for a race. *Penn State Sports Medicine Newsletter*, 1(3):1-2, 1992.
3. Gordon, S.E., and C.A. Fick. Role of muscle signaling in skeletal muscle hypertrophy. *Proceedings of the 6th International Conference on Strength Training*, Colorado Springs, CO. October/November, 2008.
4. Gordon, S.E. Fitting into your Genes. *Millennial Magazine*: 3(2):4-7, 2013 (Charlotte Research Institute, UNC Charlotte).

### Book Reviews:

1. Gordon, S.E. Review of *Contemporary Endocrinology, Volume 23: Sports Endocrinology*. (Book Review). *Q. Rev. Biol.*, 76(2):273, 2001.
2. *Exercise Physiology for Health, Fitness, and Performance, 3rd ed.* Plowman, S.A. and D.L. Smith, (Eds.), San Francisco: Benjamin Cummings, 2009.

3. *Exercise Physiology: Integrating Theory and Application*. Kraemer, W.J., Fleck, S.J., and Deschenes, M.R. (Eds.), Baltimore, MD: Lippincott Williams & Wilkins, 2012.

**Published Letters:**

1. Gordon, S.E. Response to A. Cognato. *The Scientist*. April 2010.

**Invited Lectures and Seminars:**

1. Gordon, S.E. Exercise Biology: Connecting the Dots between Physical Inactivity and Chronic Disease. *Keynote Address, Research Day, The University of Health Sciences, Kansas City, MO*. January 2002.
2. Gordon, S.E. Cardiovascular Adaptations to Exercise Training. *The University of Health Sciences, Kansas City, MO*. January 2002.
3. Gordon, S.E. Exercise Biology: Connecting the Dots between Physical Inactivity and Chronic Disease. *Department of Physiology Seminar Series, Brody School of Medicine, East Carolina University, Greenville, NC*. February 2002.
4. Gordon, S.E. Role of Angiotensin II in Skeletal Muscle Hypertrophy: An Angiogenic Phenomenon? *Cardiovascular Journal Club Seminar Series, Brody School of Medicine, East Carolina University, Greenville, NC*. May 2002.
5. Gordon, S.E. Physical Inactivity and Chronic Disease: Are We Being True to Our Past? *Council for Women's Nutrition Solutions/National Cattlemen's Beef Association Everyday Solutions Retreat 2002, White Sulphur Springs, WV*. November 2002.
6. Gordon, S.E. Physical Inactivity and Chronic Disease: Are We Being True to Our Genes? *Cardiovascular Journal Club Seminar Series, Brody School of Medicine, East Carolina University, Greenville, NC*. April 2003.
7. Gordon, S.E. Supportive Cell Types Necessary for Skeletal Muscle Hypertrophy. *New England American College of Sports Medicine, Providence, RI*. November 2003.
8. Gordon, S.E. Skeletal Muscle Stem Cells, ACE Inhibition, and Muscle Overload. *Cardiovascular Journal Club Seminar Series, Brody School of Medicine, East Carolina University, Greenville, NC*. January 2004.
9. Gordon, S.E. Non-steroidal anti-inflammatory drug treatment of muscle injury: the good and the bad. *Brody School of Medicine/Pitt County Memorial Hospital Sports Medicine Clinical Symposium*. February 2004.
10. Gordon, S.E. Angiotensin II Induces *in vivo* Satellite Cell Proliferation During Skeletal Muscle Hypertrophy. *American College of Sports Medicine, Indianapolis, IN*. June 2004.
11. Gordon, S.E. AMP-Activated Protein Kinase and Age-related Skeletal Muscle Atrophy. *Biology Department Seminar Series, East Carolina University*. November 2004.
12. Gordon, S.E. Role of Satellite Cells in the Regulation of Skeletal Muscle Mass. *Southeast American College of Sports Medicine, Charlotte, NC*. January 2005.
13. Gordon, S.E. Mechanisms Underlying Atrophy and Diminished Overload-induced Hypertrophy in Aged Skeletal Muscle. *Department of Exercise and Sport Science Assistant Professor Research Presentation Series, East Carolina University, Greenville, NC*. February 2005 (mini-seminar).
14. Gordon, S.E. AMP-Activated Protein Kinase: Negative Regulator of Skeletal (and Cardiac) Muscle Hypertrophy? *Cardiovascular Journal Club Seminar Series, Brody School of Medicine, East Carolina University, Greenville, NC*. March 2005.
15. Gordon, S.E. AMPK and the age-related loss skeletal muscle mass and hypertrophic capacity? *Metabolic Studies Forum, Brody School of Medicine, East Carolina University, Greenville, NC*. October 2005.

16. Gordon, S.E. Satellite cells and maintenance of myonuclear number. *American College of Sports Medicine, Denver, CO*. May/June 2006.
17. Gordon, S.E. Role of AMP-activated protein kinase in the age-related loss of overload-induced fast-twitch skeletal muscle growth. *Department of Physiology Seminar Series, Brody School of Medicine, East Carolina University, Greenville, NC*. September 2007.
18. Gordon, S.E. One week of continuous in vivo skeletal muscle AMPK activation induces fiber atrophy, fiber death, and whole muscle atrophy. *FASEB Summer Research Conference: AMPK in Sickness and Health from Molecule to Man, Copenhagen, Denmark*. August 2008.
19. Gordon, S.E., and C.A. Fick. Role of muscle signaling in skeletal muscle hypertrophy. *6th International Conference on Strength Training, Colorado Springs, CO*. October/November 2008.
20. Gordon, S.E. Effect of aging on skeletal muscle hypertrophy-related signaling pathways. *Experimental Biology '09, New Orleans, LA*. April 2009.
21. Gordon, S.E. 5'-AMP-activated Protein Kinase (AMPK): A Potential Negative Regulator of Aged Skeletal Muscle Mass and Growth? *New England American College of Sports Medicine, Providence, RI*. November 2009.
22. Gordon, S.E., Rogol, A.D., Kraemer, W.J., and Urso, M.L. Roundtable on Mechanisms of Muscle Growth and Atrophy. *New England American College of Sports Medicine, Providence, RI*. November 2009.
23. Gordon, S.E. Potential Interaction between Oxidative Stress and AMP Kinase in the Etiology of Age-related Skeletal Muscle Atrophy. *Metabolic Studies Forum, Brody School of Medicine, East Carolina University, Greenville, NC*. December 2009.
24. Gordon, S.E. Mammalian Target of Rapamycin Signaling in Skeletal Muscle Hypertrophy. *Graduate Biology Seminar, East Carolina University, Greenville, NC*. November 2011.
25. Gordon, S.E. Energy Balance and Age-Related Skeletal Muscle Wasting. *Biology Seminar Series, East Carolina University, Greenville, NC*. February 2011.
26. Gordon, S.E. Targeting Impaired Overload-induced Growth of Aged Fast-Twitch Skeletal Muscle. *University of Florida Department of Applied Physiology and Kinesiology Seminar Series, Gainesville, FL*. March 2012.
27. Gordon, S.E. Energy Balance and Age-Related Skeletal Muscle Wasting (One Potential Piece of the Puzzle). *Kinesiology Seminar Series, University of North Carolina at Charlotte, Charlotte, NC*. October 2012.
28. Gordon, S.E. Fitting into your Genes: The New Paradigm for Healthy Aging. Blue Cross and Blue Shield of North Carolina Dialogue for a Healthier Community. *Charlotte, NC*. April 2013.
29. Gordon, S.E. Roundtable Panelist, "Midlife Nutritional Intervention: Is it Too Late to Benefit from Good Nutrition and Exercise?". *Kannapolis Scholars Conference: Lifespan Nutrition for Health and Vitality, North Carolina Research Campus, Kannapolis, NC*. July 2013.
30. Gordon, S.E. Chronic Disease in the United States: "Fitting into Our Genes" for Healthy Aging. *Shanghai University of Sport Seminar Series, Shanghai, China*. November 2014.
31. Gordon, S.E. Community Engagement and Other Partnerships as Resource-generating Opportunities. *American Kinesiology Association Leadership Workshop on Innovation and Entrepreneurship in a Time of Shrinking Budgets, San Antonio, TX*. Jan/Feb 2016.
32. Gordon, S.E., Templin, T.J., Kreider, R.B., Bartholomew, J.B., Altman, S., and Zernicke, R.F. Roundtable on Increasing External Funding in Kinesiology. *American Kinesiology Association Leadership Workshop on Innovation and Entrepreneurship in a Time of Shrinking Budgets, San Antonio, TX*. Jan/Feb 2016.

33. Gordon, S.E. Roundtable Panelist on Future of Allied Health Programs in Greater Charlotte Region, *Allied Health Regional Skills Partnership, Kannapolis, NC*, April 2017.
34. Gordon, S.E. Energy Balance and Age-Related Skeletal Muscle Wasting. *Neuroscience and Regenerative Medicine Seminar Series, Medical College of Georgia, Augusta University, Augusta, GA*. May 2018.
35. Gordon, S.E. Resource Generation through Community Engagement and Other Partnerships. *National Association of Kinesiology in Higher Education (NAKHE) Leadership Conference, Savannah, GA*. January 2019.
36. Gordon, S.E. Response to NAKHE Poindexter Young Scholar Lecture. *National Association of Kinesiology in Higher Education (NAKHE) Leadership Conference, Savannah, GA*. January 2019.
37. Gordon, S.E. Fitting into Our Genes: Evolution of the Health Benefits of Physical Activity (38<sup>th</sup> Annual Dudley Allen Sargent Lecture). *National Association of Kinesiology in Higher Education (NAKHE) Leadership Conference, Savannah, GA*. January 2019.
38. Gordon, S.E. Discussion Panelist: Top Issues: COVID-19 and Reducing Mental Issues. *Safe America Foundation Fall 2020 Forum, Atlanta, GA*. November 2020.
39. Gordon, S.E. and Andrew, D.P.S. Kinesiology Trends: Deans' Perspectives, *National Association of Kinesiology in Higher Education (NAKHE) Leadership Development Workshop, Natchitoches, LA*, July 2022.

#### **Chaired Scientific and Other Sessions:**

1. Free Communication Session Chair, "Cellular and Regulatory Mechanisms in Heart and Skeletal Muscle" (Free communication/Slide), *American College of Sports Medicine Annual Meeting, Baltimore, MD*. May/June 2001.
2. Symposium Co-Chair, "The Regulation of Satellite Cell Proliferation in Skeletal Muscle Growth". *American College of Sports Medicine, Indianapolis, IN*. June 2004.
3. Symposium Co-Chair, "Regulation of Muscle Fiber Size by Non-muscle Cell Systems". *Southeast American College of Sports Medicine, Charlotte, NC*. January 2005.
4. Free Communication Session Chair, *6th International Conference on Strength Training, Colorado Springs, CO*. October/November 2008.
5. Symposium Chair, "Exercise-induced Signaling to Phenotypic Adaptations in Skeletal Muscle". *Experimental Biology 2009, New Orleans, LA*. April 2009.
6. Moderator, Keynote Presentation (Booth, F.W. "The Biological Basis to Fear Physical Inactivity"). *Southeast American College of Sports Medicine, Greenville, SC*. February 2010.
7. Symposium Chair/Moderator, "Point-Counterpoint on Open Access Journals and Entrepreneurism". *National Association of Kinesiology in Higher Education (NAKHE) Leadership Conference, Savannah, GA*. January 2019.
8. Symposium Chair/Moderator, "Exercise Science and Nutrition". *National Conferences on Undergraduate Research (NCUR), Kennesaw, GA*. March 2019.
9. Symposium Chair/Moderator, "Physical/Occupational Therapy and Speech Language Pathology". *National Conferences on Undergraduate Research (NCUR), Kennesaw, GA*. March 2019.
10. Co-Facilitator, "Effective Communication", *Chairs/Directors/Deans Professional Development Workshop Series, Kennesaw State University, Kennesaw, GA*, February 2021.

#### **Refereed Scientific Presentations and Published Proceedings:**

1. Kraemer, W.J., J.F. Patton, H.G. Knuttgen, C.J. Hannan, T.M. Kettler, S.E. Gordon, J.E. Dziados, A.C. Fry, P.F. Frykman, A. Damokosh, and E.A. Harman. The effects of high

- intensity cycle exercise on plasma catecholamine and proenkephalin Peptide F response patterns. *First International Olympic Committee's World Congress on Sport Sciences, Colorado Springs, CO*. October/November 1989.
2. Maresh, C.M., W.J. Kraemer, C.L. Gabaree, M.R. Deschenes, S.E. Dunphy, S. Gordon, A. Fry, J. Hoffman, B. Conroy, and D. Hannon. Effects of upper body exercise on plasma hormone and substrate responses. *First International Olympic Committee's World Congress on Sport Sciences, Colorado Springs, CO*. October/November 1989.
  3. Deschenes, M.R., C.M. Maresh, W.J. Kraemer, C.L. Gabaree, S.E. Dunphy, S. Gordon, A. Fry, J. Hoffman, B. Conroy, and D. Hannon. Plasma substrate and hormone responses to arm and leg ergometry. *New England Regional American College of Sports Medicine, Worcester, MA*. November 1989.
  4. Kraemer, W.J., J. Dziados, K. Reynolds, S. Gordon, R. Mello, C. Maresh, A. Fry, M. Deschenes, and L. Marchitelli. The effects of different training protocols on hypo-pituitary-adrenal responses to exercise. *American College of Sports Medicine, Baltimore, MD*. May 1989.
  5. Fry, A.C., W.J. Kraemer, M.H. Stone, S.J. Fleck, B. Warren, B.P. Conroy, C.A. Weseman, and S.E. Gordon. Acute endocrine responses in elite junior weightlifters. *American College of Sports Medicine, Salt Lake City, UT*. May 1990.
  6. Kraemer, W.J., J.F. Patton, S.E. Gordon, J.E. Dziados, A.C. Fry, and C. Maresh. Compatibility of conventional strength and endurance programs. *American College of Sports Medicine, Salt Lake City, UT*. May 1990.
  7. Fry, A.C., W.J. Kraemer, C. Weseman, B.P. Conroy, S.E. Gordon, J.R. Hoffman, and C.M. Maresh. The effects of resistance training on starters and nonstarters in women's intercollegiate volleyball. *National Strength and Conditioning Association, San Diego, CA*. June 1990.
  8. Kraemer, W.J., S.E. Gordon, L. Marchitelli, R. Mello, E. Harman, P. Frykman, and J.E. Dziados. Hypo-pituitary responses to heavy resistance exercise. *National Strength and Conditioning Association, San Diego, CA*. June 1990.
  9. Fry, A.C., W.J. Kraemer, M.H. Stone, S.J. Fleck, J. Thrush, S.E. Gordon, C.A. Weseman, and J. Weatherly. Acute endocrine responses in elite junior weightlifters following one year of training. *American College of Sports Medicine, Orlando, FL*. May 1991.
  10. Kraemer, W.J., J.F. Patton, S.E. Gordon, J.E. Dziados, L.J. Marchitelli, A.C. Fry, C.M. Maresh, and K. Reynolds. Sympathoadrenal exercise responses to various combinations of strength and endurance training. *American College of Sports Medicine, Orlando, FL*. May 1991.
  11. Gordon, S.E., W.J. Kraemer, C.M. Maresh, K.L. Goetz, G. Flora-Ginter, S.J. Fleck, E.A. Harman, J.E. Falkel, N. Leva, P.N. Frykman, and L.J. Marchitelli. Responses of plasma atrial peptide and fluid balance regulatory hormones to acute resistance exercise in trained and untrained men. *National Strength and Conditioning Association, St. Louis, MO*. June 1991.
  12. Koziris, L.P., W.J. Kraemer, C.M. Maresh, S.J. Fleck, E. Harman, J.E. Falkel, P. Frykman, K.L. Goetz, L. Marchitelli, and S.E. Gordon. Plasma sympatho-adrenal medullary responses to acute resistance exercise in trained and untrained men. *National Strength and Conditioning Association, St. Louis, MO*. June 1991.
  13. Kraemer, W.J., S.E. Gordon, L.J. Marchitelli, E.A. Harman, R. Mello, P. Frykman, S.J. Fleck, N.T. Triplett, D. McCurry, and J.E. Dziados. Rest period length influences serum creatine kinase responses to heavy resistance exercise protocols. *National Strength and Conditioning Association, St. Louis, MO*. June 1991.
  14. Triplett, N.T., W.J. Kraemer, J. Bauer, M. Makary, A.C. Fry, J.G. Pedro, L.P. Koziris, A. Clemson, S.E. Gordon, N. Paxton, and J.M. Lynch. Physiological relationships to ball

- velocities in competitive women tennis players. *National Strength and Conditioning Association, St. Louis, MO*. June 1991.
15. Fry, A.C., W.J. Kraemer, L.P. Koziris, S.J. Fleck, E.A. Harman, C.M. Maresh, P.N. Frykman, and S.E. Gordon. The effect of chronic training on plasma dopamine secretion during acute resistance exercise. *Mid-Atlantic Regional American College of Sports Medicine, Westminster, MD*. February 1992.
  16. Kraemer, W.J., J.E. Dziados, S.J. Fleck, L. Marchitelli, S.E. Gordon, R. Mello, P.N. Frykman, E. Harman, A.C. Fry, N.T. Triplett, and L.P. Koziris. Hormonal responses to heavy resistance exercise in women. *Federation of American Societies for Experimental Biology, Anaheim, CA*. April 1992.
  17. Kraemer, W.J., A.C. Fry, S.J. Fleck, H.G. Knuttgen, N.T. Triplett, S.E. Gordon, L.P. Koziris, J. Yankanich, J.G. Pedro, A. Clemson, and N.J. Paxton. Physiology of tournament wrestling. *American College of Sports Medicine, Dallas, TX*. May 1992.
  18. Fry, A.C., W.J. Kraemer, M.H. Stone, J.T. Kearney, S.J. Fleck, J. Thrush, S.E. Gordon, and N.T. Triplett. Endocrine and performance responses during one month of periodized weightlifting with amino acid supplementation. *National Strength and Conditioning Association, Philadelphia, PA*. June 1992.
  19. Gordon, S.E., W.J. Kraemer, J.G. Pedro, M.E.M.V. Pop, N.T. Triplett, and L.P. Koziris. Effects of ingestion of a combined buffer supplement on anaerobic exercise performance and 2,3-DPG levels in trained cyclists and normally-active men. *National Strength and Conditioning Association, Philadelphia, PA*. June 1992.
  20. Koziris, L.P., A.C. Fry, W.J. Kraemer, M.H. Stone, J.T. Kearney, S.J. Fleck, J. Thrush, S.E. Gordon, and N.T. Triplett. Hormonal and competitive performance responses to an over-reaching training stimulus in elite junior weightlifters. *National Strength and Conditioning Association, Philadelphia, PA*. June 1992.
  21. Kraemer, W.J., R.S. Staron, D. Karapondo, A.C. Fry, S.E. Gordon, J. Falkel, N.T. Triplett, and L.P. Koziris. The effects of a low volume, high intensity leg resistance training program on anabolic hormones in men and women. *National Strength and Conditioning Association, Philadelphia, PA*. June 1992.
  22. Kramer, J., J. Weatherly, M. Stone, W. Kraemer, S. Fleck, J. Kearney, A. Fry, R. Johnson, S. Gordon, and J. Thrush. The effect of amino acid supplementation on beta-endorphin response in elite junior weightlifters. *National Strength and Conditioning Association, Philadelphia, PA*. June 1992.
  23. Stone, M.H., D.C. Nieman, S.J. Fleck, W.J. Kraemer, J.T. Kearney, A.C. Fry, J. Thrush, and S. Gordon. Interleukin-1 response and adaptation to weight-training in junior elite weightlifters. *National Strength and Conditioning Association, Philadelphia, PA*. June 1992.
  24. Triplett, N.T., W.J. Kraemer, A.C. Fry, S.J. Fleck, J.M. Lynch, L.P. Koziris, N.J. Paxton, A. Clemson, J.G. Pedro, S.E. Gordon, and J. Yankanich. Effects of tournament wrestling on upper and lower body strength measures. *National Strength and Conditioning Association, Philadelphia, PA*. June 1992.
  25. Gordon, S.E., W.J. Kraemer, J.G. Pedro, and N.H. Vos. Induced alkalosis suppresses the growth hormone response to acute, high-intensity cycle exercise. *Integrative Biology of Exercise (American Physiological Society), Colorado Springs, CO*. September 1992.
  26. Kraemer, W.J., G.A. Dudley, P.A. Tesch, S.E. Gordon, C.M. Maresh, B.J. Miller, P. Buchanan, L.P. Koziris, N.T. Triplett, R.T. Harris, C.L. Golden, and A.C. Fry. The effects of muscle action and short-term detraining on hormonal responses to exercise. *Integrative Biology of Exercise (American Physiological Society), Colorado Springs, CO*. September 1992.

27. Gordon, S.E., W.J. Kraemer, J.M. Lynch, and N.H. Vos. Effect of high-intensity cycle exercise and acid-base balance on the proportion of free and total insulin-like growth factor-1 in human serum. *American College of Sports Medicine, Seattle, WA.* June 1993.
28. Kraemer, W.J., N.J. Paxton, J.M. Lynch, A. Clemson, A.C. Fry, S.E. Gordon, N.T. Triplett, L.P. Koziris, and H.G. Knuttgen. Physiological responses to a Big-Ten competitive soccer season. *National Strength and Conditioning Association, Las Vegas, NV.* June 1993.
29. Knuttgen, H.G., W.J. Kraemer, N.T. Triplett, L.P. Koziris, A.C. Fry, and S.E. Gordon. The effects of heavy resistance training on performance in tennis. *7th European Sports Medicine Congress, Nicosia, Cyprus.* October 1993.
30. Cooper, P.S., J.S. Cox, W.J. Kraemer, S.E. Gordon, and L.A. Knapik. Knee proprioception in the anterior cruciate deficient and reconstructed knee: a simple, reproducible method for clinical use. *American Academy of Orthopaedic Surgeons, New Orleans, LA.* April 1994.
31. Gordon, S.E., W.J. Kraemer, J.E. Dziados, K.L. Reynolds, M.R. Deschenes, and J.F. Patton. Singular and combined effects of strength and endurance training on skeletal muscle fiber size and distribution. *American College of Sports Medicine, Indianapolis, IN.* June 1994.
32. Fluckey, J.D., S.E. Gordon, W.J. Kraemer, and P.A. Farrell. Arginine stimulated insulin secretion from pancreatic islets is increased following resistance exercise. *American College of Sports Medicine, Indianapolis, IN.* June 1994.
33. Kraemer, W.J., J. Yankanich, W.L. Kenney, J.M. Lynch, A.C. Fry, S.E. Gordon, N.T. Triplett, L.P. Koziris, N. Paxton, A. Clemson, and S.J. Fleck. The effect of the pattern of weight loss on hydration status in NCAA Division I wrestlers. *National Strength and Conditioning Association, New Orleans, LA.* June 1994.
34. Koziris, L.P., S.E. Gordon, N.H. Vos, J. Pedro, A.C. Fry, N.T. Triplett, J.M. Lynch, and W.J. Kraemer. Influence of acid-base changes on plasma epinephrine after high intensity cycle exercise. *National Strength and Conditioning Association, New Orleans, LA.* June 1994.
35. Triplett, N.T., A. Clemson, L.P. Koziris, A.C. Fry, S.E. Gordon, J.M. Lynch, and W.J. Kraemer. Influence of heavy resistance exercise on leukocyte counts. *National Strength and Conditioning Association, New Orleans, LA.* June 1994.
36. Fry, A.C., W.J. Kraemer, M.H. Stone, S.J. Fleck, J.T. Kearney, N.T. Triplett, and S.E. Gordon. Acute endocrine responses with long-term weightlifting in a 51 year old male weightlifter. *National Strength and Conditioning Association, New Orleans, LA.* June 1994.
37. Gardiner, D.F., S.E. Gordon, L.P. Koziris, and W.J. Kraemer. Differential effects of fatiguing cycle ergometry on concentric and eccentric torque production. *XXVth FIMS World Congress of Sports Medicine, Athens, Greece.* September 1994.
38. McBride, J.M., B.A. Aguilera, S.E. Gordon, M. Terada, R.U. Newton, J.M. Lynch, G. Rosendaal, K. Häkkinen, and W.J. Kraemer. Responses of insulin-like growth factor-1 to endogenous increases in immunoreactive growth hormone after heavy resistance exercise. *American College of Sports Medicine, Minneapolis, MN.* June 1995.
39. Westerlind, K.C., J.D. Fluckey, S.E. Gordon, W.J. Kraemer, R.T. Turner, and P.A. Farrell. Effect of resistance exercise training on cortical and cancellous bone in rats: a histomorphometric analysis. *American College of Sports Medicine, Minneapolis, MN.* June 1995.
40. Newton, R.U., K. Häkkinen, W.J. Kraemer, M. McCormick, J. Volek, S.E. Gordon, W.W. Campbell, and W.J. Evans. Resistance training and the development of muscle strength and power in young versus older men. *XVth Congress of the International Society of Biomechanics, Jyväskylä, Finland.* July 1995.

41. Borkowski, G.L., W.J. Kraemer, M.P. Potter, and S.E. Gordon. Interaction of euthanasia method and acclimation to handling on corticosterone levels in adult rats. *American Association for Laboratory Animal Science, Baltimore, MD*. October 1995.
42. Gordon, S.E., W.J. Kraemer, R.U. Newton, W.J. Evans, M.R. McCormick, and K. Häkkinen. Effects of age and heavy resistance exercise training on serum GH, IGF-1, and IGF binding protein-3. *Gerontological Society of America, Los Angeles, CA*. November 1995.
43. Hill, J., C. Standard, W. Kraemer, S. Gordon, T Hortobágyi, and R.G. Israel. Endocrine response to resistive exercise with eccentric or concentric contractions. *Southeast Regional Chapter, American College of Sports Medicine, Chattanooga, TN*. February 1996.
44. Nindl, B.C., W.J. Kraemer, R.U. Newton, W.J. Evans, M.R. McCormick, J.S. Volek, S.E. Gordon, W.W. Campbell, S.J. Fleck, and K. Häkkinen. The time-course for hormonal adaptations to 10 weeks of periodized strength/power training in younger vs. older men. *Experimental Biology 1996, Washington, D.C*. April 1996.
45. Kraemer, W.J., R.S. Staron, S.E. Gordon, J. Murray, W. Wilfinger, D. Deaver, B.C. Nindl, L. Gotshalk, and T. McCormick. Corticosterone relationships with muscle fiber changes in rats following a 10 day space flight aboard the space shuttle Endeavour. *Experimental Biology 1996, Washington, D.C*. April 1996.
46. Nindl, B.C., W.J. Kraemer, R.U. Newton, W.J. Evans, S.E. Gordon, M.R. McCormick, J.S. Volek, S.A. Mazzetti, W.W. Campbell, and K. Häkkinen. The acute and chronic hormonal responses of younger vs. older men to periodized strength/power training. *American College of Sports Medicine, Cincinnati, OH*. May/June 1996.
47. Gordon, S.E., W.J. Kraemer, J.F. Patton, K.L. Reynolds, E.A. Harman, and J.A. Vogel. Adaptations in the exercise-induced growth hormone response are specific to training mode and volume. *American College of Sports Medicine, Cincinnati, OH*. May/June 1996.
48. McCormick, M.R., W.J. Kraemer, R.U. Newton, S.E. Gordon, W.J. Evans, J.S. Volek, W.W. Campbell, S.J. Fleck, B.C. Nindl, and K. Häkkinen. Hormonal adaptations to 10 weeks of periodized strength/power training in younger vs. older men. *National Strength and Conditioning Association, Atlanta, GA*. June 1996.
49. Koziris, L., W. Kraemer, S. Gordon, T. Incedon, H. Knuttgen, D. Piñero, B. Conroy, and M. DeAddezio. Effect of acute ethanol intoxication on the neuroendocrine response to resistance exercise. *Integrative Biology of Exercise (American Physiological Society), Vancouver, British Columbia, Canada*. October 1996.
50. Gordon, S.E., K. Häkkinen, R.U. Newton, W.J. Evans, W.W. Campbell, J.S. Volek, B.C. Nindl, and W.J. Kraemer. Effect of age and heavy resistance exercise training on skeletal muscle calpain II concentration. *Mid-Atlantic Regional Chapter, American College of Sports Medicine, White Haven, PA*. November 1996.
51. Duncan, N.D., R.S. Staron, W. Wilfinger, S.E. Gordon, and W.J. Kraemer. The effect of spaceflight on skeletal muscle fiber cross-sectional area and myosin heavy chain content in rats. *Experimental Biology 1997, New Orleans, LA*. April 1997.
52. Nindl, B.C., L.A. Gotshalk, J.S. Volek, F.S. Harman, S.A. Tokeshi, S.A. Mazzetti, C.C. Loebel, J.O. Marx, S.E. Gordon, N.D. Duncan, W.C. Hymer, M. Putukian, W.J. Sebastianelli, and W.J. Kraemer. Growth hormone and insulin-like growth factor-1 responses to acute resistance exercise in untrained women. *Experimental Biology 1997, New Orleans, LA*. April 1997.
53. Kraemer, W.J., R.S. Staron, R.S. Hikida, D. Reed, B. Mokari, and S.E. Gordon. Comparison of soleus muscles from rats exposed to microgravity for 10 versus 14 days. *American College of Sports Medicine, Denver, CO*. May 1997.

54. Staron, R.S., W.J. Kraemer, R.S. Hikida, J. Murray, A.C. Fry, and S.E. Gordon. Underestimation of slow-to-fast transformation in rat soleus muscles following 10 days of spaceflight. *American College of Sports Medicine, Denver, CO.* May 1997.
55. Bush, J.A., S.E. Gordon, A.M. Mastro, and W.J. Kraemer. The effect of spaceflight on plasma proenkephalin peptide F concentrations in rats. *American College of Sports Medicine, Denver, CO.* May 1997.
56. Marx, J.O., W.J. Kraemer, R.S. Staron, F.C. Hagerman, R.S. Hikida, A.C. Fry, S.E. Gordon, B.C. Nindl, L. Gotshalk, J.S. Volek, R.U. Newton, and K. Häkkinen. The effects of short-term resistance training on endocrine function in men and women. *American College of Sports Medicine, Denver, CO.* May 1997.
57. Volek, J.S., W.J. Kraemer, K.L. Clark, T. Incledon, J.M. McBride, S.E. Gordon, M. Putukian, and W.J. Sebastianelli. Body composition and physical performance following weight loss with endurance and resistance exercise in men. *American College of Sports Medicine, Denver, CO.* May 1997.
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61. Gordon, S.E., W.C. Hymer, J.R. Welsch, and W.J. Kraemer. Effect of aging on serum growth hormone activity in women: disparity between immunoassay and bioassay. *Experimental Biology 1998, San Francisco, CA.* April 1998.
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63. Gordon, S.E., W.C. Hymer, B.S. Fredman, and W.J. Kraemer. Effects of age and exercise mode on exercise-induced immunoreactive vs. bioactive serum growth hormone. *American College of Sports Medicine, Orlando, FL.* June 1998.
64. Mosier, D.R., L. Siklós, S. Gordon, and F.W. Booth. Effects of hindlimb unloading on spontaneous transmitter release from motoneuron terminals. *American Neurological Association, Montreal, Canada.* October 1998.
65. Gordon, S.E., R.J. Schwartz, M.L. Fiorotto, and F.W. Booth. Effects of local insulin-like growth factor-I over-expression and periodic walking on skeletal muscle mass during hindlimb unloading. *American Society for Gravitational and Space Biology, Houston, TX.* October 1998.
66. Gordon, S.E., M. Flück, and F.W. Booth. Skeletal muscle focal adhesion kinase, paxillin, and serum response factor are fiber type- and/or activity-dependent. *Experimental Biology 1999, Washington, D.C.* April 1999.
67. Britt, A.A., S.E. Gordon, F.W. Booth, and M.R. Deschenes. Recovery of neuromuscular junction morphology following 17 days of spaceflight. *Southeast Regional Chapter, American College of Sports Medicine, Charlotte, NC.* January 2000.

68. Allen, M.R., S.E. Gordon, B. Davis, M. Fiorotto, R. Schwartz, F.W. Booth, and S.A. Bloomfield. Skeletal muscle IGF-I overexpression increases bone density but not mechanical strength and prevents hindlimb unloading bone loss in mature mouse tibia. *Texas Regional Chapter, American College of Sports Medicine, College Station, TX.* February 2000.
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77. Gordon, S.E., K.M. Will, F.W. Booth, and M.R. Deschenes. Neuromuscular junctions may resist the effects of muscle unloading. *American College of Sports Medicine, San Francisco, CA.* May 2003.
78. Westerkamp, C.M., and S.E. Gordon. Angiotensin converting enzyme (ACE) inhibition attenuates nuclear proliferation and hypertrophy in overloaded skeletal muscle. *Federation of American Societies for Experimental Biology Summer Research Conference: Skeletal Muscle Satellite and Stem Cells, Tucson, AZ.* July 2003.
79. Thomson, D.M., and S.E. Gordon. AMPK phosphorylation during skeletal muscle overload in young and old rats. *Experimental Biology 2004, Washington, D.C.* April 2004.
80. Westerkamp, C.M., C.A. Fick, R.C. Hickner, E.M. Hedberg, and S.E. Gordon. Satellite cell proliferation with skeletal muscle overload and nitric oxide synthase (NOS) inhibition. *Experimental Biology 2004, Washington, D.C.* April 2004.
81. Gordon, S.E., and D.M. Thomson. Aging and AMPK phosphorylation during skeletal muscle overload. *Diabetes and Obesity Center Research Day, East Carolina University Brody School of Medicine, Greenville, NC.* May 2004.

82. Fick, C.A., C.M. Westerkamp, D.M. Thomson, and S.E. Gordon. Angiotensin converting enzyme inhibition and AMPK in overloaded skeletal muscle. *Integrative Biology of Exercise (American Physiological Society)*, Austin, TX. October 2004.
83. Thomson, D.M., and S.E. Gordon. The age-related decline in overload-induced fast-twitch muscle hypertrophy may be related to altered eEF2 signaling. *Integrative Biology of Exercise (American Physiological Society)*, Austin, TX. October 2004.
84. Suyes, B.R., S.E. Gordon, J.L. Duffy, K.A. Tenny, and M.R. Deschenes. Responses of young and aged muscle fibers to chronic overload. *Southeast American College of Sports Medicine, Charlotte, NC.* January 2005.
85. LeMoine, J.K., C.M. Doty, and S.E. Gordon. Skeletal Muscle Bradykinin  $\beta$ 2 receptor response to acute resistance exercise. *Diabetes and Obesity Center Research Day, East Carolina University Brody School of Medicine, Greenville, NC.* May 2005.
86. LeMoine, J.K., C.M. Doty, and S.E. Gordon. Skeletal Muscle Bradykinin  $\beta$ 2 receptor response to acute resistance exercise. *Annual Department of Medicine Research Day, East Carolina University Brody School of Medicine, Greenville, NC.* May 2005.
87. Doty, C.M., C.M. Westerkamp, J.K. LeMoine, R.C. Hickner, D.M. Thomson, L.C. Katwa, and S.E. Gordon. Acute resistance exercise does not increase skeletal muscle fibroblast content in young, untrained men. *American College of Sports Medicine, Nashville, TN.* June 2005.
88. George, S.C., R.C. Hickner, T.P. Gavin, C.M. Westerkamp, L.M. Westerkamp, and S.E. Gordon. Effect of L-NAME administration on angiogenesis in overloaded, hypertrophying rat skeletal muscle. *American College of Sports Medicine, Nashville, TN.* June 2005.
89. Caterisano, A., M.R. Deschenes, and S.E. Gordon. Adaptations of aged and young adult muscle fibers to chronic overload. *American College of Sports Medicine, Nashville, TN.* June 2005.
90. Gavin, T.P., Lust, R.M., Britton, S.L., Koch, L.G., and S.E. Gordon. Overload-induced skeletal muscle hypertrophy is not different in rats selectively bred for high and low endurance exercise capacity. *Experimental Biology 2006, San Francisco, CA.* April 2006.
91. Gordon, S.E., C.A. Fick, and D.M. Thomson. AMPK may suppress eEF2 signaling independent of p70S6k in resting fast-twitch skeletal muscles of young adult and old rats. *Experimental Biology 2006, San Francisco, CA.* April 2006.
92. Thomson, D.M., C.A. Fick, and S.E. Gordon. AICAR suppresses p70S6k and eEF2 signaling after eccentric resistance exercise. *Experimental Biology 2006, San Francisco, CA.* April 2006.
93. Gavin, T.P., Lust, R.M., Britton, S.L., Koch, L.G., and S.E. Gordon. Overload-induced skeletal muscle hypertrophy is not different in rats selectively bred for high and low endurance exercise capacity. *Annual Department of Medicine Research Day, East Carolina University Brody School of Medicine, Greenville, NC.* May 2006.
94. Fragala, M.S., W.J. Kraemer, W.R.H. Beijersbergen van Henegouwen, S.E. Gordon, B.A. Spiering, D.L. Hatfield, J.L. Vingren, J. Ho, J.S. Volek, C.M. Maresh, J.A. Bush, and A.M. Mastro. Responses of proenkephalin peptide F to exercise in the plasma and white blood cell biocompartments. *American College of Sports Medicine, Denver, CO.* May/June 2006.
95. Yamamoto, L.M., W.J. Kraemer, T.J. McCormick, B.C. Nindl, J.S. Volek, B.A. Spiering, D.L. Hatfield, M.S. Fragala, J.L. Vingren, J. Ho, T.P. Scheett, D.A. Judelson, L.E. Armstrong, L.P. Koziris, S.E. Gordon, N.T. Triplett, C.M. Maresh. The influence of mild hypohydration on a resistance training workout. *American College of Sports Medicine, Denver, CO.* May/June 2006.

96. Gordon, S.E., M.G. Robinson, J.A. Lake, and C.M. Westerkamp. AMPK stimulation attenuates overload-induced eEF2 accretion and muscle growth in fast-twitch skeletal muscle. *Experimental Biology 2007, Washington, D.C.* April/May 2007.
97. Fick, C.F., D.M. Thomson, J.F. Peele, and S.E. Gordon. Inhibition of early resistance exercise-induced translational signaling attenuates the sustained increase in protein synthesis rate 24 hours later. *Experimental Biology 2007, Washington, D.C.* April/May 2007.
98. Gordon, S.E., and C.M. Westerkamp. 5'-AMP-activated protein kinase (AMPK) inhibition restores overload-induced growth of fast-twitch skeletal muscle in aged rats. *American Federation for Aging Research, New York, NY.* October 2007.
99. Gordon, S.E., and C.M. Westerkamp. 5'-AMP-activated protein kinase (AMPK) inhibition restores overload-induced growth of fast-twitch skeletal muscle in aged rats. *Nathan Shock Center Conference on Aging, San Antonio, TX.* October 2007.
100. Thomson, D.M., N. Fillmore, S.K. Ellsworth, J.D. Brown, C.A. Fick, W.W. Winder, and S.E. Gordon. Elevated contraction-induced AMPK and ACC phosphorylation in aged skeletal muscle. *FASEB Summer Research Conference: AMPK in Sickness and Health from Molecule to Man, Copenhagen, Denmark.* August 2008.
101. Gordon, S.E., J.A. Lake, B.C. Carney, and C.M. Westerkamp. One Week of Continuous In Vivo Skeletal Muscle AMPK Activation Induces Fiber Atrophy, Fiber Death, and Whole Muscle Atrophy. *FASEB Summer Research Conference: AMPK in Sickness and Health from Molecule to Man, Copenhagen, Denmark.* August 2008.
102. Gordon, S.E., I.H. Tharrington, J.L. Macesich, B.M. Harper, R.C. Hickner, K. Heidal, P.A. Farrell, W.E. Pofahl, and T.P. Gavin. Muscle Glycogen Content and the FOXO3A Response to Resistance Exercise in Young and Old Subjects. *Integrative Physiology of Exercise (American College of Sports Medicine).* September 2010.
103. Shi, R., J.L. Macesich, B.M. Harper, I.H. Tharrington, T.P. Gavin, K. Heidal, R.C. Hickner, P.A. Farrell, W.E. Pofahl, and S.E. Gordon. Muscle Glycogen Content and the eEF2 Response to Resistance Exercise in Young and Old Subjects. *Experimental Biology 2011, Washington, D.C.* April 2011.
104. Maddy, L., S.E. Gordon, I.H. Tharrington, J.L. Macesich, B.M. Harper, K. Heidal, W.E. Pofahl, and E.D. Wall-Bassett. Effects of a High-Carbohydrate Diet on the Proinflammatory Interleukin Levels of Older Adults. *Experimental Biology 2011, Washington, D.C.* April 2011.
105. Gordon, S.E., W.T. Mixon, H.B. Whitworth, and R. Shi. A Leucine-enriched Diet Enhances Overload-induced Growth and Suppresses Markers of Protein Degradation in Aged Rat Skeletal Muscle. *International e-Conference on Kinesiology and Integrated Physiology (internet-based remote conference).* October 2011.
106. Shi, R., H.B. Whitworth, W.T. Mixon, and S.E. Gordon. A Leucine-enriched Diet Enhances Overload-induced Growth and Markers of Protein Synthesis in Aged Rat Skeletal Muscle. *International e-Conference on Kinesiology and Integrated Physiology (internet-based remote conference).* October 2011.
107. Matthews, B.C., R. Shi, H.B. Whitworth, W.T. Mixon, S.E. Gordon, and T.E. Jones. Skeletal Muscle Vitamin D Receptor Expression with Aging and Exercise. *North Carolina Physical Therapy Association, Greensboro, NC.* October 2011.
108. Maddy, L., S.E. Gordon, I.H. Tharrington, J.L. Macesich, B.M. Harper, K. Heidal, W.E. Pofahl, and E.D. Wall-Bassett. Effects of a Low-Fat Diet on the Anti-inflammatory Interleukin Levels of Older Adults. *State of North Carolina Undergraduate Research and Creativity Symposium, Greenville, NC.* November 2011.
109. Shi, R., S.E. Gordon, and W.T. Mixon. Effect of Dietary Leucine Supplementation on Overload-induced Fast-twitch Muscle Growth in Young vs. Old Rats. *The 9<sup>th</sup> National Science Conference of Sports, Shanghai, China.* December 2011.

110. Gordon, S.E., H.B. Whitworth, W.T. Mixon, and R. Shi. Overload-Induced Skeletal Muscle Growth and Protein Translational Signaling are Partially Restored by Dietary Leucine Supplementation in Aged Animals. *Advances in Skeletal Muscle Biology in Health and Disease, Gainesville, FL*. February 2012.
111. Wall-Bassett, E.D., L. Maddy, I.H. Tharrington, J.L. Macesich, B.M. Harper, K. Heidal, W.E. Pofahl, and S.E. Gordon. Effects of a Low-Fat Diet on the Anti-inflammatory Interleukin Levels of Older Adults. *Experimental Biology 2012, San Diego, CA*. April 2012.
112. Lawrence, M.M., B.C. Myers, R. Shi, W.T. Mixon, H.B. Whitworth, and S.E. Gordon. Glycogen Content and Overload-induced Hypertrophy in Fast-Twitch skeletal muscle of Young Adult and Aged Rats. *Southeast Regional Chapter, American College of Sports Medicine, Greenville, SC*. February 2014. (Abstract accepted by peer review; conference canceled due to weather)
113. Lawrence, M.M., R. Shi, B.C. Myers, H.B. Whitworth, W.T. Mixon, and S.E. Gordon. Relationships between Glycogen Content, Translational Signaling, Protein Synthesis, and Hypertrophy in Overloaded Fast-Twitch Skeletal Muscles of Young Adult and Aged Rats. *Advances in Skeletal Muscle Biology in Health and Disease, Gainesville, FL*. March 2014.
114. Mohr, C., A. Williams, P. Driver, A. Overton, B. Mattox, B. Peck, S.E. Gordon, S.T. Arthur, R. Howden, and J.S. Marino. The effect of intermittent hypoxia and hypercapnia on insulin signaling: a pilot study. *Advances in Skeletal Muscle Biology in Health and Disease, Gainesville, FL*. March 2014.
115. Lawrence, M.M., D.M. Thomson, C.A. Fick, and S.E. Gordon. Early Translational Signaling Response to Electrically Stimulated Eccentric vs. Concentric Resisted Skeletal Muscle Contractions. *ACSM Conference on Integrative Physiology of Exercise, Miami Beach, FL*. September 2014.
116. Huot, J., M. Lawrence, B. Peck, J. Marino, S. Gordon, and S. Arthur. The myogenic relationship of Notch and mTOR. *Advances in Skeletal Muscle Biology in Health and Disease, Gainesville, FL*. January 2016.
117. Lawrence, M.M., J.R. Huot, C.A. Sherman, S.E. Gordon, S.T. Arthur, A.R. Shanely, and K.A. Zwetsloot. Effect of Phytoecdysteroid Treatment on Fiber Type Percentage, Myostatin and Atrogenes Expression in Aged Mouse Skeletal Muscle. *Advances in Skeletal Muscle Biology in Health and Disease, Gainesville, FL*. January 2016.
118. Lawrence, M.M., J.R. Huot, M. Shields, A.V. Skurat, P.J. Roach, E.G. Kane, A.M. Reitzel, S.T. Arthur, and S.E. Gordon. Aged Skeletal Muscle Growth after Overexpression of an Enhanced-activity Mutant Glycogen Synthase. *Advances in Skeletal Muscle Biology in Health and Disease, Gainesville, FL*. March 2017.
119. Hinton, A., A. Dexter, A. Lavis, B. Loman, B. Mitchell, C. Munchel, E. French, J. Gooden, J. Joyner, J. Mills, I. King, K. Stranburg, K. Thibault, W. Belt, T. Palmer, S. Gordon, T. Moore-Harrison. Blood Profile Across Our Community: Recreation/Senior Centers. *38th Annual North Carolina Cardiopulmonary Rehabilitation Symposium, Chapel Hill, NC*. March 2017.
120. Loman, B., A. Hinton, A. Dexter, A. Lavis, B. Mitchell, C. Munchel, E. French, J. Gooden, J. Joyner, J. Mills, I. King, K. Stranburg, K. Thibault, W. Belt, T. Palmer, S. Gordon, T. Moore-Harrison. Body Composition Amongst Older Adults of Mecklenburg County. *38th Annual North Carolina Cardiopulmonary Rehabilitation Symposium, Chapel Hill, NC*. March 2017.
121. Munchel, C., A. Hinton, A. Dexter, A. Lavis, B. Loman, B. Mitchell, E. French, J. Gooden, J. Joyner, J. Mills, I. King, K. Stranburg, K. Thibault, W. Belt, T. Palmer, S. Gordon, T. Moore-Harrison. Blood Pressure, Oxygen Saturation and Heart Rate Across the

- Community: A Starting Point. *38th Annual North Carolina Cardiopulmonary Rehabilitation Symposium, Chapel Hill, NC.* March 2017.
122. Gooden, J., A. Hinton, A. Dexter, A. Lavis, B. Loman, B. Mitchell, C. Munchel, E. French, J. Joyner, J. Mills, I. King, K. Stranburg, K. Thibault, W. Belt, T. Palmer, S. Gordon, T. Moore-Harrison. Identifying Risk Factors in Older Adults of Mecklenburg County. *38th Annual North Carolina Cardiopulmonary Rehabilitation Symposium, Chapel Hill, NC.* March 2017.
  123. Tart, A., C. Munchel, A. Hinton, B. Loman, A. Lavis, J. Mills, J. Joyner, J. Ash-Shakoor, W. Pascual, S. Gordon, and T. Moore-Harrison. Diabetic Risk Profiling in the Charlotte Hispanic Community. *Southeast Regional Chapter, American College of Sports Medicine, Chattanooga, TN.* February 2018.
  124. Thibault, K., W. Belt, J. Ash-Shakoor, A. Hinton, A. King, B. Loman, J. Mills, J. Joyner, E. Gibson, C. Munchel, A. Dexter, A. Lavis, T. Palmer, K. Stranburg, S. Gordon, and T. Moore-Harrison. The effects of socioeconomic status on healthcare access. *Southeast Regional Chapter, American College of Sports Medicine, Chattanooga, TN.* February 2018.
  125. Lawrence, M.M., J.R. Huot, A.V. Skurat, P.J. Roach, K.L. Hamilton, B.F. Miller, S.T. Arthur, and S.E. Gordon. Glycogen Enhancement Augments Basal and Leucine-Stimulated Protein Synthesis in C2C12 Myotubes. *Experimental Biology 2018, San Diego, CA.* April 2018.
  126. Lawrence, M.M., J.R. Huot, B. Peck, Y. Wen, M. Shields, R. Madhiwala, A.V. Skurat, P.J. Roach, E.G. Kane, A.M. Reitzel, B.F. Miller, K.L. Hamilton, S.T. Arthur, and S.E. Gordon. Glycogen Enhancement Augments Overload-Induced Protein Synthesis, Growth, and Myogenesis in Aged Skeletal Muscle. *American College of Sports Medicine World Congress on the Basic Science of Muscle Hypertrophy and Atrophy, Minneapolis, MN.* May/June 2018.
  127. Martin, J., J. Anderson, J. Ash-Shakoor, W. Belt, A. Dexter, E. Gibson, J. Gooden, A. Hinton, J. Joyner, A. Lavis, B. Loman, S. Lowery, M. Kabis, K. Keane, A. King, B. Mitchell, C. Munchel, T. Palmer, E. Silab, K. Stranburg, A. Theodros, K. Thibault, S. Gordon, and T. Moore-Harrison. Tracking HbA1c for Repeat Participants across Mecklenburg County: A 15-Month Study. *Southeast Regional Chapter, American College of Sports Medicine, Greenville, SC.* February 2019.
  128. King, A., A. Theodros, J. Anderson, J. Ash-Shakoor, A. Ball, M. Bowen, A. Dexter, E. Gibson, J. Gooden, T. Grove, A. Hinton, J. Joyner, M. Kabis, K. Keane, A. King, A. Lavis, B. Loman, S. Lowery, J. Mills, B. Mitchell, C. Munchel, T. Palmer, E. Silab, R. Spencer, K. Stranburg, K. Wilkers, S. Gordon, and T. Moore-Harrison. Blood Pressure Changes at Bette Rae Thomas Recreation Center Health Assessments. *Southeast Regional Chapter, American College of Sports Medicine, Greenville, SC.* February 2019.

### **Educational Presentations:**

1. Gordon, S.E., and K.N. Robinson. Panel on research ethics. *The Pennsylvania State University Gerontology Center Colloquium Series.* October 1995.
2. Gordon, S.E. Role of Angiotensin II in loading-induced skeletal muscle hypertrophy: lessons from the heart. *Cardiovascular Day VII, University of Missouri-Columbia.* February 2000.
3. Gordon, S.E. Why should we exercise? The biology underneath the health benefits. *Greenville Health Fair, Greenville, NC.* March 2003.
4. Gordon, S.E. Is a post-doc really necessary? *Student Colloquium, American College of Sports Medicine National Meeting, San Francisco, CA.* May 2003.

5. Gordon, S.E. Skeletal muscle satellite cells and disease. *Greene County (NC) High school Advanced Ninth-grade Student Group*. Greenville, NC. July 2004.
6. Gordon, S.E. Why exercise? The biology behind the health benefits. *Equinox Fitness Club, New York, NY*. September 2005.
7. Gordon, S.E. Integrative Mentorship at the Undergraduate, Master's, and Doctoral Levels. *2006-2007 East Carolina University Scholar-Teacher Award Ceremony, Greenville, NC*. March 2007.
8. Gordon, S.E. Creative Review Sessions. *2008 East Carolina University Department of Exercise and Sport Science Retreat, Greenville, NC*. April 2008.
9. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, New York, NY*. August 2010.
10. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, Palo Alto, CA*. August 2010.
11. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, Chicago, IL*. December 2010.
12. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, Greenwich, CT*. January 2011.
13. Gordon, S.E. Animal Care and Use Procedures, East Carolina University Summer Ventures Program (High School), June 2011.
14. Gordon, S.E. Animal Care and Use Procedures, East Carolina University Summer Ventures Program (College), July 2011.
15. Gordon, S.E. Animal Care and Use Procedures, East Carolina University Honors Pre-Medical Student Program, September 2011.
16. Gordon, S.E. Animal Care and Use Procedures, East Carolina University Department of Biology Graduate Research Course, September 2011.
17. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, Boston, MA*. October 2011.
18. Gordon, S.E. Aging and Exercise Training (1-day Instructor/Lecturer), *Equinox Fitness Clubs, Boston, MA*. October 2011.
19. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, Palo Alto, CA*. November 2011.
20. Gordon, S.E. Aging and Exercise Training (1-day Instructor/Lecturer), *Equinox Fitness Clubs, Palo Alto, CA*. November 2011.
21. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, Chicago, IL*. August 2012.
22. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, Dallas, TX*. September 2012.
23. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, Los Angeles, CA*. October 2012.
24. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, New York, NY*. December 2012.
25. Gordon, S.E. Perspectives from an NIH Reviewer. *Kinesiology Seminar Series, University of North Carolina at Charlotte, Charlotte, NC*. November 2012.
26. Gordon, S.E. Metabolic Exercise Training Strategies (2-day Instructor/Lecturer), *Equinox Fitness Clubs, Palo Alto, CA*. March 2013.
27. Gordon, S.E. UNC Charlotte Department of Kinesiology Structure and Research Agenda. *Research Methods in Kinesiology, University of North Carolina at Charlotte, Charlotte, NC*. August 2015.

**Local Student Presentations:**

1. Westerkamp, C.M., F.W. Booth, R.C. Yeager, T.P. Gavin, and S.E. Gordon. Angiotensin converting enzyme (ACE) inhibition attenuates angiogenesis and overload-induced hypertrophy in skeletal muscle. *Eleventh Annual Graduate Student Research Day, East Carolina University, Greenville, NC.* March 2003.
2. Westerkamp, C.M., and S.E. Gordon. Angiotensin converting enzyme (ACE) inhibition attenuates nuclear proliferation and hypertrophy in overloaded skeletal muscle. *Twelfth Annual Graduate Student Research Day, East Carolina University, Greenville, NC.* March 2004.
3. Thomson, D.M., and S.E. Gordon. AMPK phosphorylation during skeletal muscle overload in young and old rats. *Twelfth Annual Graduate Student Research Day, East Carolina University, Greenville, NC.* March 2004. (Awarded Vice-Chancellors Award for Outstanding Oral Presentation.)
4. Fick, C.A., C.M. Westerkamp, D.M. Thomson, and S.E. Gordon. Angiotensin converting enzyme inhibition and AMPK in overloaded skeletal muscle. *Thirteenth Annual Graduate Student Research Day, East Carolina University, Greenville, NC.* March 2005.
5. Fick, C.A., D.M. Thomson, J.F. Peele, and S.E. Gordon. Inhibition of early resistance exercise-induced translational signaling attenuates the sustained increase in protein synthesis rate 24 hours later. *ECU Research and Creative Achievement Week Presentation, Greenville, NC.* March 2007. (Awarded Second Place in Biomedical Poster Presentations.)
6. Moore, N.B., B.M. Harper, T.P. Gavin, R.C. Hickner, J.E. Brown, and S.E. Gordon. Signaling Protein Responses to Resistance Exercise in Young vs. Old Fast- and Slow-Twitch Skeletal Muscle. *ECU Research and Creative Achievement Week Presentation, Greenville, NC.* March/April 2009. (Awarded First Place in Undergraduate Biomedical Poster Presentations.)
7. Maddy, L., S.E. Gordon, I.H. Tharrington, J.L. Macesich, B.M. Harper, K. Heidal, W.E. Pofahl, and E.D. Wall-Bassett. Effects of a High-Carbohydrate Diet on the Proinflammatory Interleukin Levels of Older Adults. *ECU Research and Creative Achievement Week Presentation, Greenville, NC.* April 2011.
8. Matthews, B.C., R. Shi, H.B. Whitworth, W.T. Mixon, S.E. Gordon, and T.E. Jones. Skeletal Muscle Vitamin D Receptor Expression with Aging and Exercise. *ECU Research and Creative Achievement Week Presentation, Greenville, NC.* April 2012.
9. Lawrence, M.M., R. Shi, B.C. Myers, H.B. Whitworth, W.T. Mixon, and S.E. Gordon. Relationships between Glycogen Content, Translational Signaling, Protein Synthesis, and Hypertrophy in Overloaded Skeletal Muscles of Young Adult and Aged Rats. *UNC Charlotte Graduate Research Symposium, Charlotte, NC.* April 2016.
10. Huot, J., M. Lawrence, B. Peck, J. Marino, S. Gordon, and S. Arthur. The Effect of Notch Inhibition on mTOR Signaling During the Myogenic Program. *UNC Charlotte Graduate Research Symposium, Charlotte, NC.* April 2016.

**Mentoring Activities:**

1. Primary Mentor, Doctoral Dissertation Research:
  - a. David M. Thomson: “Diminished overload-induced skeletal muscle growth with age: Role of AMP-activated protein kinase in the control of translational signaling”. Completed and Graduated, December 2005. (Now a tenured associate professor in the Department of Physiology and Developmental Biology at Brigham Young University.)

- b. Christopher A. Fick: “Regulation of Protein Synthesis: Singular and combined effects of age, AMPK, and resisted contractions on control of protein synthesis and elongation factors in skeletal muscle”. Completed and Graduated, May 2007. (Now a Technology Licensing Specialist at the University of Michigan.)
  - c. Christopher M. Westerkamp: “Role of 5’-AMP-activated protein kinase in skeletal muscle hypertrophy with age and overload”. Completed and Graduated, December 2007. (Now a tenured associate professor in the Department of Biology at Ferris State University.)
  - d. Marcus M. Lawrence (Ph.D. Program in Biology, UNC Charlotte): “Role of glycogen content in growth of aged skeletal muscle during overload.” Completed and Graduated, December 2017. (Now a tenure-track assistant professor at Southern Utah University.)
2. Primary Mentor, Master’s Thesis Research:
- a. Christopher M. Westerkamp: “The Effects of Angiotensin Converting Enzyme (ACE) Inhibition on Nuclear Proliferation and Hypertrophy in Overloaded Skeletal Muscle”. Completed and Graduated, May/June 2003. (Now tenured associate professor in the Department of Biology at Ferris State University.)
  - b. Jennifer K. Lemoine: “Skeletal Muscle Bradykinin  $\beta$ 2 Receptor Response to Acute Resistance Exercise in Young Men”. Completed and Graduated, May 2004. (Now a tenured associated professor in Exercise Science at Wingate University.)
  - c. Sarah C. George: “The Effect of L-NAME Administration on Angiogenesis in Overloaded, Hypertrophying Rat Skeletal Muscle”. Completed and Graduated, May 2004. (Now a certified physician assistant at The Baltimore Preventive Medicine Center and Wilmington Gastroenterology Associates, Wilmington, NC.)
  - d. Christina M. Doty: “Acute Resistance Exercise does not Stimulate Skeletal Muscle Fibroblast Proliferation in Young, Untrained Men”. Completed and Graduated, May/June 2004. (Now working in a high school teaching and athletic training position near Dunn, NC.)
  - e. Jordan A. Lake: “Apoptosis in Aging Skeletal Muscle”. Completed and Graduated, May 2006. (Now working in a clinical exercise physiology position in Asheville, NC.)
  - f. Matthew G. Robinson: “Regulation of Protein Synthesis in Aging Skeletal Muscle”. Completed and Graduated, May 2007. (Now a certified physician assistant at American Spine and Orthopedic, Orlando, FL.)
  - g. Kyle R. Munday: “Post-resistance exercise response of skeletal muscle translational signaling in young men”. Completed and Graduated, May 2008. (Now a certified physician assistant at Carolina Orthopaedic Specialists, Hickory, NC.)
  - h. Bradley M. Harper: “Age-related differences in AMPK phosphorylation in human fast-twitch muscle fibers” Completed and Graduated, May 2009. (Now a certified physician assistant in Asheboro, NC.)
  - i. Hope Tharrington: “Skeletal Muscle Forkhead Box 3A (FOXO3A) Response to Acute Resistance Exercise in Young and Old Men and Women: Relationship to Muscle Glycogen Content and 5’-AMP-Activated Protein Kinase (AMPK) Activity” Completed and Graduated, June 2010. (Now a clinical exercise specialist at Wake Med, Raleigh, NC.)
  - j. Jennifer Macesich: “Skeletal Muscle Eukaryotic Elongation Factor 2 (eEF2) Response to Acute Resistance Exercise in Young and Old Men and Women: Relationship to Muscle Glycogen Content and 5’-AMP-Activated Protein Kinase (AMPK) Activity” Completed and Graduated, July 2010. (Now a clinical exercise specialist at Wake Med, Raleigh, NC.)

- k. Christopher Courson: “Skeletal Muscle Glycogen Content in Response to Acute Resistance Exercise in Young and Old Women” Completed and Graduated, May 2010. (Now an assistant track coach at Coastal Carolina University, Conway, SC.)
  - l. Gregory Honeychuck: “Glycogen Loss Evoked by Acute Resistance Exercise in Young and Old Men” Completed and Graduated, May 2010. (Now a strength coach at University of South Florida.)
  - m. Christina Amato: “Effect of Chronic Leucine Supplementation on Markers of Protein Degradation and Muscle Mass in Aged Animals” Fall 2009 only; Graduated May 2011. (Assistant Athletic Director for Administration and Director of Recreation and Chair of Physical Education at Colgate University.)
  - n. Hoke Whitworth: “Effect of Chronic Leucine Supplementation on Protein Synthesis and Muscle Mass in Aged Animals” Completed and Graduated, December 2012. (Now a physical therapist at BAYADA Home Health Care, Winston Salem, NC.)
  - o. Billy Mixon: “Effect of Chronic Leucine Supplementation on Markers of Protein Degradation and Muscle Mass in Aged Animals”. Completed and Graduated, May 2011.
  - p. Eric Choplin: “Effect of a High Carbohydrate Diet on the Apoptotic Pathway Response to Resistance Exercise in Elderly Individuals”. Completed and Graduated, May 2011. (Now a clinical exercise physiologist at Boice-Willis Clinic, Rocky Mount, NC.)
  - q. Clay Myers: “Bioenergetics Pathway Signaling and Muscle Atrophy”. Completed and Graduated, May 2012. (Now a physical therapist at Kinetic Physical Therapy and Wellness, Greenville, NC.)
  - r. Greta Stouffer: “Effect of training modality on military tactical fitness in trained Army ROTC Cadets” (2011-2012). Graduated, May 2013. (Now Director of Eagle Fitness Center, Embry-Riddle Aeronautical University, Daytona Beach, FL.)
  - s. Drew Nutter: “Effect of training modality on military tactical fitness in untrained Army ROTC Cadets” (2011-2012). Graduated, May 2013. (Now a certified prosthetist and orthotist at Kenney Orthopedics, Lexington, KY.)
3. Other Doctoral Student Dissertation and/or Comprehensive Exam Committee Involvement
- a. Burton Holmes, (Bioenergetics; Co-mentor with Dr. G. Lynis Dohm): “MEF2 and GEF Involvement in the Regulation of GLUT4 Expression”. Completed Dissertation and Graduated, December 2004. (Now CDx Manager at Ventana Medical Systems Biotechnology, Tucson, AZ.)
  - b. Kevin Zwetsloot (Bioenergetics): “Regulation of VEGF mRNA Expression and Aging”. Completed Dissertation and Graduated, May 2006. (Now a tenured associate professor at Appalachian State University.)
  - c. Rohit Pawar (Physiology): “Role of adipokines play in controlling the erectile response and corpus cavernosal tissue remodeling in metabolic syndrome”. Comprehensive Exam, July 2006.
  - d. Greg Harris (Physiology): “The Effects of Urotensin II on the Expression of Ca<sup>2+</sup> Regulatory Proteins Phospholamban and SERCA2”. Completed Dissertation, August 2006.
  - e. Ellis Jensen (Bioenergetics): “CaM-Kinase-dependent Regulation of Skeletal Muscle GLUT-4 Gene Expression”. Completed Dissertation and Graduated, December 2006. (Now a tenured associate professor at Utah Valley University.)
  - f. Jennifer Zwetsloot (Bioenergetics): “Lipid Regulation of Insulin Receptor Function”. Completed Dissertation and Graduated, December 2006. (Now a tenured associate professor at Appalachian State University.)
  - g. Michael Ormsbee (Bioenergetics): “Obesity and insulin-like growth factor 1 in skeletal muscle and adipose tissue”. Comprehensive Exam and Dissertation Committee,

- Completed, December 2008. (Now a tenured associate professor at Florida State University.)
- h. Todd Weber (Bioenergetics): “Reduced Mitochondrial Content is Responsible for the Impairment in Fatty Acid Oxidation in Myotubes from Obese Donors”. 2010 -2012. (Now President at Energy Balance Nutrition Consulting and adjunct instructor at Concorde Career College, Aurora, CO.)
  - i. Lance Bollinger, Supervised Laboratory Research Course, Fall 2010.
  - j. Joshua Huot (Ph.D. Program in Biology, UNC Charlotte): “The myogenic relationship of Notch and mTOR”. Completed Dissertation and Graduated, December 2018. (Now an NIH-funded post-doctoral fellow at the Indiana University School of Medicine).
4. Other Master’s Student Thesis Committee Involvement:
- a. Kimberley Smith: “Does impairment in static balance predict decline in mobility with age?”. Completed, May 2002.
  - b. Robert Gray: “The effects of weight loss on skeletal muscle intramuscular triglyceride content and fiber type distribution in the morbidly obese”. Completed, May 2002.
  - c. Raymond Kraus: “Serum vascular endothelial growth factor response to exercise in highly trained and sedentary males”. Completed, October 2002.
  - d. Howard (Trè) Stallings: “Effect of obesity on skeletal muscle vascular endothelial growth factor expression”. Completed, November 2004.
  - e. Nicholas Ryan: “Effect of aging on VEGF mRNA expression at rest and in response to a single bout of exercise”. Completed, September 2006.
  - f. Mike Davanzo: “Calcineurin overexpression and skeletal muscle capillarity”. Completed, May 2007.
  - g. Allison Gruber: “Effect of walking speed on muscle coactivation in young and old adults”. Completed, May 2007.
  - h. Audrey Eaves (Primary Mentor, Mock Thesis): “Effect of carbohydrate ingestion on the AMP kinase and eukaryotic elongation factor-2 phosphorylation response to resistance exercise in young and old men”. Completed, Fall 2007.
  - i. Timothy Cople: “Stride length manipulation in young and old adults during level walking”. Completed, Spring 2010.
  - j. Jonathan Bulluck: “Influence of thigh muscle forces on anterior cruciate ligament forces during single-leg landing from three different heights”. Completed, Spring 2010.
  - k. Cody Squibb: “The Effects of a 16 Week Physical Activity Program on Bone Mineral Density, and Calcitropic Hormone Levels in Lean and Obese Prepubescent Children Ages 8-11”. Completed, Spring 2011.
  - l. Jennifer Worley: “Skeletal Muscle Signaling in Type 2 Diabetes”. Completed, Spring 2012.
  - m. Jacob Ernst: “Effect of Duration of Type 2 Diabetes”. Completed, Spring 2012.
  - n. John Pope: “Validation of Muscle Forces Using Subject Specific Parameters” Completed, Spring 2012.
5. Mentoring of Undergraduate Research Projects:
- Adam Rochstein (Independent Research in Exercise Physiology, Summer 2003)  
 Matt Robinson (Independent Research in Exercise Physiology, Fall 2003)  
 James Drew, undergraduate volunteer (not for credit, Fall 2003)  
 Kristen Smith (Independent Research in EXSS, Fall 2005)  
 Sarah Heusel (Independent Research in Exercise Physiology, Fall 2005)  
 Rui Hu (Independent Research in Exercise Physiology, Fall 2005).  
 Brandon Thomson (Independent Research in Exercise Physiology, Fall 2005).

- Owen Quirk (Independent Research in Exercise Physiology, Spring 2006).  
 Jessica Peele (Independent Research in EXSS, Summer 2006)  
 Bryan Carney (Independent Research in EXSS, Spring 2008)  
 Krista Hill (Independent Research in EXSS, Summer 2008)  
 Nicole Moore (Independent Research in EXSS, Fall 2008)  
 Krista Hill (Internship in EXSS, Spring 2009)  
 Nicole Moore (Independent Research in EXSS, Spring 2009)
- a. Awarded ECU Undergraduate Honors Student Research Stipend (\$500).
  - b. Awarded ECU Undergraduate Research/Creative Activity Grant, “Signaling Protein Responses to Resistance Exercise in Young vs. Old Fast- and Slow-Twitch Skeletal Muscle”, Feb. - June, 2009 (\$2342).
  - c. Presented honors thesis research at East Carolina University Research and Creative Achievement Week, Greenville, NC, March/April, 2009 (Awarded First Place in Undergraduate Biomedical Poster Presentations).
- Emily Jordan (Independent Research in EXSS, Fall 2009)  
 Stephanie Allen (Independent Research in EXSS, Fall 2009)  
 Justin Jordan (Independent Research in EXSS, Fall 2009)  
 Frances Leach (Independent Research in EXSS, Fall 2009)  
 Michelle Lorenzo (Independent Research in EXSS, Fall 2009)  
 Aubrey Taylor (Independent Research in EXSS, Spring 2010)  
 Blake Shepard (Independent Research in EXSS, Spring 2010)  
 LaDonna Maddy (Undergraduate not-for-credit research assistant)
- a. Awarded ECU Undergraduate Research/Creative Activity Grant, “Serum Interleukin 6 Concentrations in Young vs. Old Men and Women after a Normal vs. High-carbohydrate diet”, Feb. - June, 2010 (\$800).
- Elizabeth Delgado (Independent Research in BIOL, Summer 2010)  
 LaDonna Maddy (Undergraduate not-for-credit research assistant)
- a. Awarded ECU Undergraduate Research/Creative Activity Grant, “Serum Interleukin 2 Concentrations in Young vs. Old Men and Women”, September 2010 - June, 2011 (\$1230).
- Whitney L. Russell (Independent Research in Kinesiology, Fall 2013)  
 Karina Marquez (Undergraduate not-for-credit research assistant, Fall 2015)  
 Michael Shields (Sophomore at Washington and Lee University, Summer 2016)  
 Roldan Biete (Undergraduate not-for-credit research assistant, Spring 2017)  
 Chase Brisendine (Undergraduate not-for-credit research assistant, Spring 2017)  
 Jenny Maulini (Independent Research in Biology/Biotechnology, Summer 2017)
6. Mentoring of High School Student Outreach Projects:
    - Krupa Patel, Hickory Ridge High School, Summer 2016
    - Vidhi Patel, Ardrey Kell High School, Summer 2016
    - Aditi Patel, Hickory Ridge High School, Summer 2016
    - Raahil Madhiwala, Mallard Creek High School, Summer 2017
    - Krupa Patel, Hickory Ridge High School, Summer 2017
    - Vidhi Patel, Ardrey Kell High School, Summer 2017
  7. Advised ~25 ECU undergraduate advisees per year (General College and/or Exercise Physiology majors), 2001-2008.
  8. Advised ~20 ECU graduate students per year (M.S. in Exercise Physiology), 2010-2012.

## 9. Mentoring of Faculty Members:

Faculty Mentor to Matthew Walker, Ph.D., Assistant Professor in EXSS, 2008-2009.

Faculty Mentor to Rengfei Shi, Ph.D., Visiting Faculty Member in EXSS (Research Scholar) from Shanghai University of Sport, China, 2010-2011.

Faculty Mentor to Jeffrey Brault, Ph.D., Assistant Professor in Kinesiology, 2010-2012.

**Teaching Activities at East Carolina University (not including research-related credit hours):**Full Courses at East Carolina University

1. Fall 2001, EXSS 3805 (Exercise Physiology).
2. Spring 2002, EXSS 6335 (Seminar in Bioenergetics).
3. Summer Session II 2002, EXSS 3805 (Exercise Physiology).
4. Summer Sessions I and II 2002, EXSS 4992 (Faculty Supervisor - Internship in Exercise Physiology, 6 students).
5. Fall 2002, EXSS 7220 (Muscle Physiology).
6. Spring 2003, EXSS 3805 (Exercise Physiology).
7. Fall 2003, EXSS 7220 (Muscle Physiology).
8. Summer Session I 2004, EXSS 3805 (Exercise Physiology).
9. Summer Session II 2004, EXSS 3805 (Exercise Physiology).
10. Fall 2004, EXSS 7220 (Muscle Physiology).
11. Fall 2004, EXSS 7335 (Seminar in Bioenergetics).
12. Spring 2005, EXSS 3805 (Exercise Physiology).
13. Summer Session II 2005, EXSS 3805 (Exercise Physiology).
14. Fall 2005, EXSS 3805 (Exercise Physiology) (Taught one-third of course; team-taught).
15. Fall 2005, EXSS 7220 (Muscle Physiology).
16. Spring 2006, EXSS 3805 (Exercise Physiology).
17. Spring 2006, EXSS 4992 (Faculty Supervisor - Internship in Exercise Physiology, 3 students).
18. Summer Session I 2006, EXSS 3805 (Exercise Physiology).
19. Fall 2006, EXSS 7220 (Muscle Physiology).
20. Spring 2007, EXSS 3805 (Exercise Physiology).
21. Fall 2007, EXSS 7220 (Muscle Physiology).
22. Fall 2007, EXSS 7335 (Seminar in Bioenergetics).
23. Spring 2008, EXSS 3805 (Exercise Physiology).
24. Spring 2008, EXSS 4992 (Faculty Supervisor - Internship in Exercise Physiology, 5 students).
25. Fall 2008, EXSS 7220 (Muscle Physiology).
26. Spring 2009, EXSS 3805 (Exercise Physiology).
27. Spring 2009, EXSS 4992 (Faculty Supervisor - Internship in Exercise Physiology, 4 students).
28. Summer Session I 2009, EXSS 3805 (Exercise Physiology).
29. Fall 2009, EXSS 7220 (Muscle Physiology).
30. Spring 2010, EXSS 3805 (Exercise Physiology).
31. Spring 2010, EXSS 4992 (Faculty Supervisor - Internship in Exercise Physiology, 5 students).
32. Summer Session II 2010, EXSS 3805 (Exercise Physiology).
33. Fall 2010, EXSS 7220 (Muscle Physiology).
34. Fall 2010, EXSS 7335 (Bioenergetics Seminar).
35. Spring 2011, EXSS 3805 (Exercise Physiology).
36. Summer session II 2011, EXSS 3805 (Exercise Physiology).

37. Fall 2011, EXSS 7220 (Muscle Physiology).
38. Spring 2012, EXSS 3805 (Exercise Physiology).
39. Spring 2012, EXSS 4992 (Faculty Supervisor - Internship in Exercise Physiology, 5 students).

#### Guest Lectures at East Carolina University

1. Spring 2002, PHLY 6701 (Graduate Cellular Physiology, Brody School of Medicine) (six 90-min classes).
2. Spring 2002, EXSS/NUHM 5001 (Nutrition and Exercise) (one 50-min guest lecture in “Protein in exercise/exercise training”).
3. Spring 2003, EXSS/NUHM 5001 (Nutrition and Exercise) (one 50-min guest lecture in “Protein in exercise/exercise training”).
4. Spring 2004, EXSS/NUHM 5001 (Nutrition and Exercise) (one 50-min guest lecture in “Protein in exercise/exercise training”).
5. Fall 2004, GRAD 7004 (Research Ethics in a Complex World) (one 50-min Guest Lecture in “Animal Subjects in Research”).
6. Spring 2005, EXSS/NUHM 5001 (Nutrition and Exercise) (one 50-min guest lecture in “Protein in exercise/exercise training”).
7. Fall 2005, EXSS 5800 (Physical Activity and Aging) (one 50-min Guest Lecture in “Sarcopenia”).
8. Fall 2005, GRAD 7004 (Research Ethics in a Complex World) (one 50-min Guest Lecture in “Animal Subjects in Research”).
9. Spring 2006, EXSS/NUHM 5001 (Nutrition and Exercise) (one 50-min guest lecture in “Protein in exercise/exercise training”).
10. Spring 2006, EXSS 4003 (Physical Activity and Disease Prevention) (two 75-min guest lectures in “Sarcopenia and Physical Activity”).
11. Spring 2006, EXSS 5800 (Physical Activity and Aging) (one 50-min guest lecture in “Sarcopenia”).
12. Spring 2006, PHLY 6700 (Medical Physiology, first-year medical students) (two 50-min guest lectures in “Exercise Physiology”).
13. Fall 2006, EXSS 5800 (Physical Activity and Aging) (one 50-min guest lecture in “Sarcopenia”).
14. Spring 2007, EXSS 2020 (Physical Activity and Disease Prevention) (one 75-min guest lectures in “Sarcopenia and Physical Activity”).
15. Spring 2007, EXSS 5800 (Physical Activity and Aging) (one 50-min guest lecture in “Sarcopenia”).
16. Fall 2007, EXSS 5800 (Physical Activity and Aging) (one 75-min guest lecture in “Sarcopenia”).
17. Fall 2007, EXSS 6301 (Research Seminar in Exercise and Sport Science) (guest discussant in “Care and Use of Research Animals”).
18. Spring 2008, EXSS 5800 (Physical Activity and Aging) (one 50-min guest lecture in “Sarcopenia”).
19. Spring 2008, EXSS 2020 (Physical Activity and Disease Prevention) (one 50-min guest lecture in “Aging and Exercise”).
20. Spring 2008, EXSS 2000 (Introductory Exercise and Sport Science) (one 65-min guest lecture in “Why Should We Exercise?”).
21. Spring 2008, Exercise Nutrition (EXSS 7002), (one 65-min guest lecture in “Protein and Exercise/Exercise Training?”).
22. Fall 2008, EXSS 5800 (Physical Activity and Aging) (one 50-min lecture in “Sarcopenia”)

23. Fall 2008, EXSS 2000 (Introductory Exercise and Sport Science) (one 65-min guest lecture in “Why Should We Exercise?”).
24. Spring 2009, EXSS 7002 (Exercise Nutrition), (one 65-min guest lecture in “Protein and Exercise/Exercise Training”).
25. Spring 2009, EXSS 2000 (Introductory Exercise and Sport Science) (one 65-min guest lecture in “Why Should We Exercise?”).
26. Summer Session II 2009, EXSS 2000 (Introductory Exercise and Sport Science) (one 65-min guest lecture in “Why Should We Exercise?”).
27. Fall 2009, EXSS 2000 (Introductory Exercise and Sport Science) (one 65-min guest lecture in “Why Should We Exercise?”).
28. Spring 2010, EXSS 7002 (Exercise Nutrition), (one 65-min guest lecture in “Protein and Exercise/Exercise Training”).
29. Spring 2010, EXSS 2000 (Introductory Exercise and Sport Science) (one 65-min guest lecture in “Why Should We Exercise?”).
30. Summer Session II 2010, EXSS 2000 (Introductory Exercise and Sport Science) (one 65-min guest lecture in “Why Should We Exercise?”).
31. Fall 2010, EXSS 2000 (Introductory Exercise and Sport Science) (two 65-min guest lectures in “Why Should We Exercise?”).
32. Fall 2010, PHL 7702, (Graduate Organ Systems Physiology - one 90-min guest lecture in “Physiology of Aging”).
33. Spring 2011, EXSS 7002 (Exercise Nutrition), (one 65-min guest lecture in 'Protein and Exercise/Exercise Training').
34. Spring 2011, EXSS 2000 (Introductory Exercise and Sport Science) (one 65-min guest lecture in 'Why Should We Exercise?').
35. Spring 2012, EXSS 7002 (Exercise Nutrition), (one 65-min guest lecture in 'Protein and Exercise/Exercise Training').
36. Spring 2012, EXSS 2000 (Introductory Exercise and Sport Science) (one 65-min guest lecture in 'Why Should We Exercise?').

### **Teaching Activities at UNC Charlotte (not including research-related credit hours):**

#### Full Courses at UNC Charlotte

1. Summer 2013, KNES 4490 (Faculty Supervisor, Exercise Science Senior Internship, 6 students).
2. Spring 2014, KNES 2150 (Introduction to Kinesiology).
3. Spring 2014, KNES 6099 (Muscle Physiology).
4. Summer 2014, KNES 4490 (Faculty Supervisor, Exercise Science Senior Internship, 5 students).
5. Summer 2015, KNES 4490 (Faculty Supervisor, Exercise Science Senior Internship, 9 students).
6. Fall 2015, KNES 6099 (Muscle Physiology).

#### Guest Lectures at UNC Charlotte

1. Spring 2013, Penn State PHSIO 571 (graduate animal physiology course; 4.5 hours of muscle physiology lectures via video conferencing).
2. Summer 2014, KNES 2150 (Introduction to Kinesiology) (one 75-min guest lecture on Importance of Kinesiology/Physical Activity).
3. Fall 2014, KNES 2150 (Introduction to Kinesiology) (one 75-min guest lecture on Importance of Kinesiology/Physical Activity).
4. Spring 2015, KNES 2150 (Introduction to Kinesiology) (one 75-min guest lecture on Importance of Kinesiology/Physical Activity).

5. Spring 2015, Penn State PHSIO 571 (graduate animal physiology course; 8 hours of muscle physiology lectures via video conferencing).
6. Summer 2015, KNES 2150 (Introduction to Kinesiology) (one 75-min guest lecture on Importance of Kinesiology/Physical Activity).
7. Fall 2015, KNES 2150 (Introduction to Kinesiology) (one 75-min guest lecture on Importance of Kinesiology/Physical Activity).

**Teaching Activities at Kennesaw State University (not including research-related credit hours):**

Guest Lectures at Kennesaw State University

1. Spring 2018, EHS 6610 (Trends and Issues in Applied Exercise and Health Science) (one 75-min guest lecture on Exercise Science Biomedical Research and Career Options).
2. Fall 2018, EHS 6300 (Leadership and Administration in Sports and Exercise) (one 60-min guest lecture on Leadership Challenges in Exercise Science/Sport Management Industries).

**Other Teaching Experience:**

1. Spring 1989, Training Coordinator/Instructor, Expert Field Medic Badge Preparatory Course, U.S. Army Research Institute of Environmental Medicine, Natick, MA.
2. 1992-1996, Graduate Supervisor/Instructor, Undergraduate Intern Program, Center for Sports Medicine, The Pennsylvania State University, University Park, PA.
3. 1993-1995, Teaching Assistant, Exercise Physiology Course (Senior Undergraduate-level), The Pennsylvania State University, University Park, PA.
4. Spring 1996, Guest Lecturer (Cardiac/Skeletal Muscle Physiology), Systems Physiology Course (Graduate-level), The Pennsylvania State University, University Park, PA.
5. Fall 1996, Guest Lecturer (Endocrine Aspects of Skeletal Muscle Remodeling with Aging and Altered Loading), Muscle Physiology (Graduate-level), The Pennsylvania State University, University Park, PA.
6. Fall 1998, Co-Instructor, Advanced Exercise Physiology (Graduate-level), Graduate School of Biomedical Sciences, Univ. of Texas Health Science Center at Houston, Houston, TX.

**Media Appearances:**

1. Invited appearance on “Doctor Radio” channel (Sirius XM Satellite Radio) for a talk show on “Exercise”, July 2, 2010.
2. Invited appearance on “Doctor Radio” channel (Sirius XM Satellite Radio) for a talk show on “Healthy Aging and Exercise”, January 23, 2012.
3. Invited appearance on “Doctor Radio” channel (Sirius XM Satellite Radio) for a talk show on “Exercise and Nutrition for Health in the Elderly”, September 21, 2012.
4. Charlotte Observer, Interview and Quotes, April 15, 2013, Story on Exercise, Nutrition, Aging and Longevity.
5. Charlotte Observer, Interview and Quotes, April 15, 2013, Story on Physical Activity for Healthy Aging, covering my public forum talk at the CHHS Blue Cross and Blue Shield of North Carolina Dialogue for a Healthier Community Event, April 1, 2013.
6. Cover Story author, Millennial Magazine, Charlotte Research Institute, “Fitting into your Genes”. Millennial Magazine (Official Magazine of the Charlotte Research Institute), Vol. 3(2):4-7, Summer 2013.
7. Radio Talk Show Guest, WFAE, Local NPR (Greater Charlotte area). Invited appearance on “Charlotte Talks” with Mike Collins (WFAE, Local National Public Radio), to debate the health risks of obesity with national fat activist Ragen Chastain, August 6, 2013.

8. Invited appearance (sole guest) on “Doctor Radio” channel (Sirius XM Satellite Radio) for a talk show on “Sports Medicine”, to discuss Kinesiology’s Relation to Exercise and Health, August 15, 2013.
9. Quoted in “‘Spectacular’ Belk Gym lauded at re-opening celebration”, Inside UNC Charlotte, January 14, 2016.
10. Interviewed by Voices (Arkansas State University Alumni Magazine), Fall 2021 Edition.
11. Invited appearance on KATV ABC 7 News, Little Rock, AR: “Global Pandemic - Effect on Demand for Nurses and Other Health Professionals”, September 29, 2021.

### **Service during Undergraduate and Graduate Training:**

1. President, The Pennsylvania State University Department of Exercise and Sport Science Graduate Student Association, 1991-1992.
2. Student Grievance Representative to The Pennsylvania State University Intercollege Program in Physiology Graduate Student Association, 1992-1993.
3. Chair, Bowdoin Alumni Schools and Interviewing Committee, Central Pennsylvania Region, 1993-1996.
4. Tax Committee, The Pennsylvania State University Graduate Student Association, 1994-1995.
5. Intercollege Program in Physiology Representative to The Pennsylvania State University Graduate Student Association, 1994-1996.
6. Graduate Student Representative to the Steering Committee of The Pennsylvania State University Intercollege Program in Physiology, 1994-1996.
7. Graduate Student Association Representative to the Graduate Council of The Pennsylvania State University Graduate School, 1995-1996.
8. Committee on Programs and Courses, Graduate Council of The Pennsylvania State University Graduate School, 1995-1996.
9. Subcommittee on New and Revised Programs and Courses, Graduate Council of The Pennsylvania State University Graduate School, 1995-1996.
10. Graduate Student Representative to the Department Head Search Committee of The Pennsylvania State University Intercollege Program in Physiology, 1996.

### **Service at East Carolina University:**

1. East Carolina University Animal Care and Use Committee, January 2002-June 2012.
  - a. Chair (Interim), ECU Animal Care and Use Committee, December 2005-March 2006.
  - b. Chair (Interim), ECU Animal Care and Use Committee, March 2009.
  - c. Chair (Interim), ECU Animal Care and Use Committee, June 2009.
  - d. Chair (Interim), ECU Animal Care and Use Committee, June 2010.
  - e. Chair (Interim), ECU Animal Care and Use Committee, October 2010.
  - f. Chair (permanent), ECU Animal Care and Use Committee, February 2011-June 2012.
    - Southern Association of Colleges and Schools (SACS) IACUC Compliance Coordinator
  - g. Investigative Subcommittee on Primate Death, Member, June-July 2003.
  - h. Chair, Brody School of Medicine Animal Quarters Inspection Subcommittee, September 2003.
  - i. Animal Care and Use Program Inspection Subcommittee, March 2004.
  - j. Chair, East Campus Animal Care Facilities Inspection Subcommittee, September 2004.
  - k. Chair, Brody School of Medicine Animal User Laboratory Inspection Subcommittee, April 2005.
  - l. Chair, Life Science Building Animal Quarters Inspection Subcommittee, October 2005.
  - m. Brody School of Medicine Animal Quarters Inspection Subcommittee, March 2006.

- n. Chair, Animal Care and Use Program Inspection Subcommittee, September 2006.
- o. Subcommittee to revise AUP form, November 2006.
- p. East Campus animal facilities Inspection Subcommittee, March 2007.
- q. Chair, Brody School of Medicine Animal Quarters Inspection Subcommittee, October 2007.
- r. Chair, Animal Care and Use Program Inspection Subcommittee, March 2008.
- s. Brody School of Medicine Animal User Laboratory Inspection Subcommittee, October 2008.
- t. Chair, East Campus Animal User Laboratory Inspection Subcommittee, April 2009.
- u. Brody School of Medicine Animal Quarters Inspection Subcommittee, October 2009.
- v. Chair, IACUC Investigative Subcommittee, October-December 2009.
- w. Chair, Life Science Building Animal Quarters Inspection Subcommittee, April 2010.
- x. Brody School of Medicine Animal User Laboratory Inspection Subcommittee, October 2010.
- y. Chair, ECU East Campus IACUC Inspection Sub-committee. April 2011.
- z. Chair, Brody School of Medicine ground-floor animal care facility Inspection Subcommittee, September 2011.
2. ECU Department of EXSS Graduate Curriculum Committee, August 2002-June 2012.
3. ECU College of Health and Human Performance Graduate Curriculum Committee, August 2002- June 2012.
4. Chair, ECU Department of EXSS Undergraduate Curriculum Committee, August 2003-August 2005.
5. ECU College of Health and Human Performance Undergraduate Curriculum Committee, August 2003-August 2005.
6. ECU Department of Health Education and Promotion Search committee for athletic training faculty member (lecturer), June-July 2003.
7. ECU Department of Health Education and Promotion Search committee for athletic training faculty member (tenure track), February-March 2004.
8. ECU Department of EXSS Personnel Committee, August 2005-August 2006.
9. ECU Basic Instruction Program Instructor/Course Administrator search committee, December 2005-March 2006.
10. ECU Human Performance Laboratory Research Associate/Coordinator search committee, December 2005-January 2006.
11. Discussant, ECU College of Health and Human Performance teaching excellence panel to mentor incoming faculty, October 2006.
12. ECU College of Health and Human Performance 2006-2007 Outstanding Researcher Award Selection Committee, March 2007.
13. Judge, Student Biomedical Oral Presentations, ECU Research and Creative Achievement Week, March 2007.
14. ECU Dept. of EXSS Assistant/Associate Professor in Sport Management Position search committee, January 2006-May 2006.
15. ECU Dept. of EXSS Assistant/Associate Professor in Physical Education Pedagogy search committee, Dec. 2006-May 2007.
16. Chair, ECU College of Health and Human Performance 2007-2008 Scholar-Teacher Selection Committee, November 2007.
17. ECU Department of EXSS Personnel Committee, August 2007-August 2009.
18. Chair, ECU EXSS Fixed-Term "Generalist" Teaching Instructor Position search committee, Chair, January-May 2009.
19. Judge, Undergraduate Student Oral Presentations, ECU Research and Creative Achievement Week, April 2008.

20. ECU L.T. Walker Center Testing Team, 2001-2012.
21. Scholarship Committee, ECU Outstanding Exercise Physiology Major Award, Member, January 2008-2012.
22. Chair, 2007-2008 ECU College of Health and Human Performance Scholar-Teacher Award Selection Committee, November 2007.
23. Chair, 2007-2008 ECU College of Health and Human Performance Outstanding Researcher Award Selection Committee, March 2008.
24. Moderator, ECU College of Health and Human Performance Centennial Alumni Leadership Forum Breakout Session, February 2008.
25. Faculty Mentor to junior ECU EXSS faculty member Matt Walker, September 2008-2009.
26. Chair, 2008-2009 ECU College of Health and Human Performance Scholar-Teacher Award Selection Committee, January 2009.
27. Consultant, NIH Challenge Grant (Jakob Vingren, Ph.D., P.I.; \$1,000,000) “Signaling with skeletal muscle loading”, April 2009.
28. ECU Faculty Senate Educational Policies and Planning Committee, 2009-2012.
  - a. Chair, ECU Faculty Senate Educational Policies and Planning Committee, September 2010-2011.
    - Led development of initial reports (in response to charge by ECU chancellor) outlining University-wide academic program prioritization criteria and potential University consolidation / restructuring options under budget cut pressures.
    - Led revision of *ECU Faculty Manual* sections concerning academic program development.
  - b. Chair, ECU Faculty Senate Educational Policies and Planning Committee, September 2011-2012.
  - c. Chair, Faculty Senate Educational Policies and Planning Committee University Consolidation/Restructuring Subcommittee, 2011.
29. ECU Committee on Intellectual Property / Patents, 2009-2011.
30. ECU Department of Exercise and Sport Science Master’s Program in Exercise Physiology Admissions Application Screening Committee, 2009-2012.
31. Chair, 2009-2010 ECU College of Health and Human Performance Scholar-Teacher Award Selection Committee, December 2009.
32. ECU Department of EXSS Promotion Committee, August 2007-2012.
33. ECU Department of EXSS Tenure Committee, August 2007-2012.
34. ECU Dept. of EXSS Assistant/Associate Professor in Physical Activity Promotion search committee, Dec. 2009-March 2010.
35. Consultant, NIH R15 Grant (Terry Jones, Ph.D., P.I.; \$300,000) “Novel stepping intervention and vitamin D in reducing fall risk in older adults”. February 2010.
36. Judge, Poster Presentations, Annual Department of Medicine Research Day, East Carolina University Brody School of Medicine, Greenville, NC. May, 2010.
37. Exercise Physiology Concentration Coordinator, M.S. Degree in Exercise and Sport Science, ECU Department of EXSS, 2010-2012.
38. Judge, East Carolina University Graduate Research Day, March 2011.
39. 2010-2011 ECU College of Health and Human Performance Scholar-Teacher Award Selection Committee, December 2010.
40. East Carolina University Academic Program Collaborative Team, 2010-2012.
41. East Carolina University Online Quality Council, 2010-2012.
42. East Carolina University Division of Research and Graduate Studies Executive Staff, February 2011-2012.

43. Member, East Carolina University Program Prioritization Committee (Budget Cut Prioritization), 2011-2012.
44. Member, East Carolina University “Centers and Institutes” Committee, 2012.
45. ECU Chancellor’s Leadership Academy (professional development leadership course in higher education), January 2012-April 2012.
46. Member, Grant Advisory Panel, “Physiological Reserve in Elderly Cardiac Surgery Patients (PRECISE)”, T.P. Gavin, P.I., December 2011-2012.
47. 2011-2012 ECU College of Health and Human Performance Scholar-Teacher Award Selection Committee, January 2012.

### **Service at UNC Charlotte:**

1. UNC Charlotte University Academic Affairs Council, 2012-2017.
2. UNC Charlotte Chair’s Working Group with Provost/Chancellor, 2012-2017.
3. Administrative Team, College of Health and Human Services, 2012-2017.
4. Academic Affairs Council, College of Health and Human Services, 2012-2017.
5. Advisory Board, College of Health and Human Services Health Services Research Ph.D. Program, 2012-2017.
6. Advisory Board, B.S. in ATRN, B.S. in EXER, M.S. in KNES, 2012-2017.
7. Advisory Board, B.S. in Respiratory Therapy, 2012-2017.
8. Advisory Board, B.S. in Neurodiagnostics and Sleep Science, 2013-2017.
9. Leadership UNC Charlotte Program, (UNC Charlotte ADVANCE), 2012- 2013.
10. Belk Gymnasium Renovation Team, 2012-2016.
11. UNC Charlotte IT Master Plan Development Workgroup, October 2013.
12. Chair, Department of Social Work Chair Search Committee, 2013-14.
13. Dept. of Kinesiology Undergraduate Subcommittee on Student Number Overload, 2013-15.
14. Director, College of Health and Human Services Healthy Aging Research Academy (HARA), 2013-2014.
15. Member Charlotte Academy for Aging Research and Engagement (CAARE), 2014-2017.
16. CHHS Mock Study Section Member, 2014-2017.
17. Bonnie E. Cone Early Career Professorship for Teaching Selection Committee, August 2013.
18. Discussant, "Seasoned Administrators Roundtable Discussion" for ADVANCE New Administrators Orientation, August 2014.
19. Levine Second-level Scholar Selection Committee, Nov/Dec 2014.
20. Department of Kinesiology Strategic Plan Research Sub-committee, 2014-2015.
21. Levine Second-level Scholar Selection Committee, Nov/Dec 2015.
22. Department of Kinesiology ad hoc Curriculum Assessment Committee, 2015.
23. Discussant, Experienced NIH Reviewer Panel, College of Health and Human Services Event, April 2015.
24. Planning Committee for CHHS/CLAS “Staying Healthy and Fit Educational Outreach Event for Older Adults, 2015-2016.
25. Search Committee Member, Department of Biological Sciences Chair, 2015-2016.
26. Review Committee Member, 5-year Comprehensive Evaluation, Dean of College of Health and Human Services, June-December 2016.

### **Service at Kennesaw State University:**

1. Administrative Council, WellStar College of Health and Human Services, 2017-2021.
2. Chair’s Council, WellStar College of Health and Human Services, 2017-2021
3. Kennesaw State University Distance Learning Executive Committee, 2017-2020.
4. Kennesaw State University Ad Astra Course Scheduling System Task Force, 2017-2018.

5. Kennesaw State University Course Schedule Grid Policy Modification Task Force, 2017-2018.
6. Kennesaw State University Clinical Placement/Practicum/Internship/Field Experience Task Force, 2017-2018.
7. Review Committee, FY 2018 Faculty Research Funding Proposals, WellStar College of Health and Human Services, January 2018.
8. Abstract Reviewer, 2019 National Conference on Undergraduate Research (NCUR; hosted by Kennesaw State University), December 2018.
9. Chair, WellStar College of Health and Human Services Chair of the Department Social Work and Human Services Search Committee, 2018-2019.
10. Search Committee Member, WellStar College of Health and Human Services Associate Dean, 2019.
11. R2 Roadmap to Success Research Task force, WellStar College of Health and Human Services, 2019.
12. Chair, University College Senior Associate Dean Search Committee, 2018-2019.
13. Research Advisory Committee (RAC), Kennesaw State University Office of Research, 2019-2020 (part of Associate Dean for Research duties).
14. Summer Term Taskforce, Kennesaw State University, 2019-2020.
15. Presidential COVID-19 Response Taskforce - Research Subcommittee, Kennesaw State University, April 2020-July 2021.
16. Academic Deans' Council, Kennesaw State University, May 2020-February 2021.
17. President's Senior Leadership Team, Kennesaw State University, May 2020-February 2021.
18. Human Resources Advisory Council, Kennesaw State University, August 2020-July 2021.
19. Academic Affairs Representative, Kennesaw Campus, Kennesaw State University Space Planning Working Group, January 2021-July 2021.
20. Co-Facilitator, "Effective Communication", *Chairs/Directors/Deans Professional Development Workshop Series*, Kennesaw State University, Kennesaw, GA, February 2021.
21. Kennesaw State University Alumni Communications Task Force, January 2021-July 2021.
22. Kennesaw State University Space and Project Working Group, January 2021-July 2021.

#### **Service at Arkansas State University:**

1. Arkansas State University Academic Dean's Council, 2021-present.
2. Executive Council, College of Nursing and Health Professions, 2021-present.
3. Arkansas State University Undergraduate Enrollment Management and Academic Policy Committee (UEAPC), 2021-2023.
4. Arkansas State University Academic Budget Committee, 2021-present.
5. College of Nursing and Health Professions Advisory Board, 2021-present.
6. Beck Center for Veterans National Advisory Council, 2022-present.
7. Beck Center for Veterans National Advisory Council Executive Committee, 2022-present.
8. Arkansas State University ROTC Hall of Heroes Selection Committee, Fall 2022.
9. Arkansas State University Faculty Handbook Committee, 2023-present.

#### **Regional / National / International Service (not research reviewer-related):**

1. Participant in multiple political advocacy events (organized by Researchers against Inactivity-related Disorders) supporting legislation to address the need for scientific research in the area of the effects of physical activity on human health, 2001-present.
2. Scientific Consultant/Lecturer (unpaid), "E" at Equinox Fitness Club, New York, NY, 2004-2013.
3. Equinox Fitness Clubs, Educational Board, 2009-2013.

4. Equinox Fitness Clubs “Equinox Fitness Training Institute” Board, 2012-2013.
5. Evaluator, Professional Development Peer-Review Program, South Africa National Research Foundation, July 2010.
6. American Federation for Aging Research National Scientific Advisory Council (NSAC), 2010-2023.
7. Board of Directors, Capt. Christopher S. Cash Memorial Foundation of NC, Inc., March 2008-December 2012.
8. External reviewer for multiple faculty tenure/promotion, full professor, and other applications, 2010-present (34 review letters to date).
9. Consultant to Antigua & Barbuda National Institute of Sports Coaches Education Program, 2013.
10. American Kinesiology Association Workshop Program Committee, 2013-15.
11. Chair, American Kinesiology Association Workshop Program Committee, 2014-2016.
12. American Kinesiology Association Steering Committee, 2015-2016.
13. Chair, American Kinesiology Association Future Directions Committee, 2015-2017.
14. External Reviewer, University of Texas-Tyler MS in Kinesiology Program, March 2017.
15. American Kinesiology Association Board of Directors, 2014-2019.
16. Conference Co-Organizer: Conflict Management in Higher Education, National Association of Kinesiology in Higher Education (NAKHE) Leadership Development Workshop (2-day), Atlanta, GA, July 2017.
17. National Association of Kinesiology in Higher Education (NAKHE) Awards Committee, 2020-present.
18. Gilda’s Club of Northeast Arkansas Cancer Support Community Founding Member, 2022-2023.
19. NEA Baptist Charitable Foundation Community Advisory Committee, NEA Baptist Memorial Hospital, Jonesboro, AR, 2021-present.
20. Arkansas Delta Health Careers Opportunity Program (HCOP) Task Force, 2023-present.
21. Friends of Art and Design Advocacy Group, Arkansas State University Department of Art and Design, in collaboration with community partners, 2023-present.