

CURRICULUM VITAE

CHRISTOPHER C. CHEATHAM

ACADEMIC TRAINING

- 01/2001 – 08/2003** **Post-Doctoral Associate**
The John B. Pierce Laboratory · Yale School of Medicine · New Haven, CT
Supervisor: Gary W. Mack, Ph.D.
Project: NIH-R01-HL20634-23: Blood Volume and Venous Return in
 Thermal Strain
- 08/1997 – 12/2000** **PhD Kent State University (Exercise Physiology)**
Advisor: Ellen L. Glickman, Ph.D.
Research focus: Physiological responses to cold exposure in humans
Dissertation: The effects of nicotine on the physiological responses during acute
 cold exposure
- 08/1995 – 08/1997** **MS Ball State University (Exercise Science – Exercise Physiology)**
Advisor: Anthony D. Mahon, Ph.D.
Research focus: Pediatric exercise science
Thesis: Cardiovascular drift relative to ventilatory threshold in men and
 boys
- 08/1990 – 05/1995** **BS Miami University (Exercise Science and Health Appraisal)**

PROFESSIONAL EMPLOYMENT

- 09/2007 – Present** **Associate Professor of Exercise Science**
Department of Health, Physical Education, and Recreation
Western Michigan University · Kalamazoo, MI
- 08/2003 – 08/2007** **Assistant Professor of Exercise Science**
Department of Health, Physical Education, and Recreation
Western Michigan University · Kalamazoo, MI
- 01/2001 – 08/2003** **Post-Doctoral Associate**
The John P. Pierce Laboratory · New Haven, CT
- 01/2001 – 08/2003** **Post-Doctoral Fellow**
Epidemiology and Public Health · Yale School of Medicine · New Haven, CT
- 08/1997 – 12/2000** **Graduate Assistant**
School of Exercise, Leisure, and Sport · Kent State University · Kent, OH

- 08/1995 – 05/1997 Graduate Research Assistant**
Human Performance Laboratory · Ball State University · Muncie, IN
- 09/1993 – 05/1994 Instructor in Health Enhancement and Fitness Program**
Miami University · Oxford, OH
- 05/1993 – 08/1993 Fitness Technician**
Medical Fitness Center · Livonia, MI

RESEARCH / ACADEMIC PUBLICATIONS

Book Chapters in Press

1. Mendel, R.W. and **C.C. Cheatham**. Lab and Field Techniques for Measuring Performance. *Essentials of Sports Nutrition. The Official Textbook of ISSN*. Editors: Jose Antonio, Ph.D., CSCS, FACSM, Doug Kalman, MS, RD, FACN and Jeff Stout, Ph.D., CSCS, FACSM. Totowa, NJ: Humana Press, *To be published in 2007*.

Manuscripts in Preparation

4. Gregory, C.M., **C.C. Cheatham** and T.J. Michael. The effects of acute exercise on plasma volume expansion – variations of the intensity/duration relationship. In preparation.
3. **Cheatham, C.C.**, K.C. Lee and G.W. Mack. The influence of nicotine on cold induced vasodilation in humans. In preparation.
2. Tofferi, J.R., **C.C. Cheatham**, J. Query, M.G. Miller, T.J. Michael, A. Gyorkos and M.D. Ricard. The effects of pitching cords on speed and accuracy in female collegiate softball pitchers. In preparation.
1. **Cheatham, C.C.**, N. Caine, M. Blegen, E.S. Potkanowicz and E.L. Glickman. The effects of nicotine on the cardiovascular responses during acute cold exposure. In preparation.

Manuscripts in Review

2. Doyle, A.T., C.C. Cheatham, M.G. Miller, T.J. Michael, R.J. Baker, J.M. Spitsbergen. The Effects of Dexamethasone Iontophoresis: Acute Muscle Injury of the Biceps Brachii. *Medicine and Science in Sports and Exercise*. In review.
1. Lininger, M.L., **C.C. Cheatham**, M.G. Miller and T.J. Michael. The influence of exercise protocol on the determination of lactate threshold. *Journal of Sports Sciences*. In review.

Published Manuscripts

15. Miller, M.G., **C.C. Cheatham**, A.R. Porter, M.D. Ricard, D. Hennigar and D.C. Berry. Chest- and Waist-Deep Aquatic Plyometric Training and Average Force, Power, and Vertical-Jump Performance. *International Journal of Aquatic Research and Education*. 1(2): 145-155, 2007.

14. **Cheatham, C.C.**, N. Caine, M. Blegen, E.S. Potkanowicz, G.H. Kamimori, J.L. Marcinkiewicz, R. Otterstetter, M. Kalinski and E.L. Glickman. The effects of nicotine on the metabolic and hormonal responses during acute cold exposure. *Wilderness and Environmental Medicine*. 17(3): 147-157, 2006.
13. Miller, M.G., J.J. Herniman, M. Ricard, **C.C. Cheatham** and T.J. Michael. The effects of a 6-week plyometric training program on agility. *Journal of Sports Science and Medicine*. 5(3): 459-465, 2006.
12. Mendel, R.W., M. Blegen, **C. Cheatham**, J. Antonio and T. Ziegenfuss. Effects of creatine on thermoregulatory responses while exercising in the heat. *Nutrition*. 21(3): 301-307, 2005.
11. Malison, E.R., D.M. Plank, J.D. Brown, **C.C. Cheatham**, and A.D. Mahon. Running performance in middle-school distance runners. *Journal of Sports Medicine and Physical Fitness*. 44(4): 383-388, 2004.
10. **Cheatham, C.C.**, N. Caine-Bish, M. Blegen, E.S. Potkanowicz, and E.L. Glickman. Nicotine effects on thermoregulatory responses of men and women during acute cold exposure. *Aviation, Space, and Environmental Medicine*. 75(7): 589-595, 2004.
9. Glickman, E.L., N. Caine, E. Potkanowicz, **C. Cheatham**, M. Blegen and C.M. Hearon. The effect of age and ethnicity on metabolism and carbohydrate utilization during acute cold exposure. In: The Organizing and International Program Committees of the 10th International Conference on Environmental Ergonomics, pp. 247-250, 2002. ISBN 4-9901358-0-6.
8. Glickman, E.L., N. Caine, **C.C. Cheatham**, M. Blegen, and E. Potkanowicz. The influence of age on thermosensitivity during cold water immersion. *Wilderness and Environmental Medicine*. 13(3): 194-202, 2002.
7. Mahon, A.D. and **C.C. Cheatham**. Ventilatory Threshold in Children: A Review. *Pediatric Exercise Science*. 14(1): 16-29, 2002.
6. Glickman-Weiss, E.L., **C.C. Cheatham**, N. Caine, and M. Blegen. The influence of ethnicity on thermosensitivity during cold water immersion. *Aviation, Space, and Environmental Medicine*. 72(7): 632-637, 2001.
5. Glickman-Weiss, E.L., **C.C. Cheatham**, N. Caine, M. Blegen, and J. Marcinkiewicz. The influence of gender and menstrual cycle on a cold air tolerance test and its relationship to thermosensitivity. *Undersea and Hyperbaric Medicine*. 27(2): 75-81, 2000.
4. Glickman-Weiss, E.L., **C. Cheatham**, N. Caine, M. Blegen, J. Marcinkiewicz, and K.D. Mittleman. The influence of gender and menstrual phase on thermosensitivity during cold water immersion. *Aviation, Space, and Environmental Medicine*. 71(7): 715-722, 2000.
3. **Cheatham, C.C.**, A.D. Mahon, J.D. Brown, and D.R. Bolster. Cardiovascular responses during prolonged exercise at ventilatory threshold in boys and men. *Medicine and Science in Sports and Exercise*. 32(6): 1080-1087, 2000.
2. Glickman-Weiss, E.L., N. Caine, **C.C. Cheatham**, M. Blegen, T. Scharschmidt, and J. Marcinkiewicz. The effects of gender and menstrual phase on carbohydrate utilization during acute cold exposure. *Wilderness and Environmental Medicine*. 11(1): 5-11, 2000.

1. Mahon, A.D., **C.C. Cheatham**, K.Q. Kelsey, and J.D. Brown. Plasma fibrinogen, physical activity and aerobic fitness in children. In: *Children and Exercise XIX: 19th International Seminar on Paediatric Work Physiology*, N. Armstrong, B. Kirby, and J. Wellsman, Editors. London: Chapman & Hall Ltd., 1997.

Published Abstracts

24. Porter A.R., D.M. Hennigar, M.G. Miller, M.D. Ricard, **C.C. Cheatham** and D.C. Berry. Comparisons of chest and waist deep water on aquatic plyometric training programs on average force, power, and vertical jump. *Journal of Athletic Training*. 41(2): S-86, 2006.
23. Ganschow R.L., M.G. Miller, W.R. Holcomb, **C.C. Cheatham**, T.J. Michael and M.D. Rubley. The effects of subcutaneous tissue thickness on peak torque and intensity output of neuromuscular electrical stimulation. *Journal of Athletic Training*. 41(2): S-96, 2006.
22. Miller, M.G., R.R. Stacey, D.E. Eslinger, **C.C. Cheatham** and T.J. Michael. The effect of high and low glycemic index foods on repeated high intensity exercise performance. *Journal of Athletic Training*. 41(2): S-86, 2006.
21. Gregory, C.M., **C.C. Cheatham** and T.J. Michael. The effects of acute exercise on plasma volume expansion – variations of the intensity/duration relationship. *Medicine and Science in Sports and Exercise*. 38(5): S89, 2006.
20. Gyorkos, A.M., T.J. Michael, **C.C. Cheatham** and M.D. Ricard. The effect of glycemic indices and timing of meal on exercise to fatigue. *Medicine and Science in Sports and Exercise*. 38(5): S191, 2006.
19. Mack, G.W. and **C.C. Cheatham**. Plasma erythropoietin levels are elevated 24 h following high intensity intermittent exercise. *Medicine and Science in Sports and Exercise*. 37(5): S64, 2005.
18. Blegen, M., **C.C. Cheatham**, N. Caine-Bish, G. Kammimori and E. L. Glickman. The hormonal responses to exercise of varying intensities in normoxic and hypoxic environments. *Medicine and Science in Sports and Exercise*. 37(5): S238, 2005.
17. Lee, K.C., **C.C. Cheatham** and G.W. Mack. The influence of nicotine on cold induced vasodilation in humans. *Federation of American Societies for Experimental Biology Meeting*. 2004.
16. **Cheatham, C.C.**, N. Caine, M. Blegen, E.S. Potkanowicz, G.H. Kamimori, J.L. Marcinkiewicz, R. Otterstetter, M. Kalinski and E.L. Glickman. The effects of nicotine on the metabolic and hormonal responses during acute cold exposure. *Medicine and Science in Sports and Exercise*. 36(5): S130, 2004.
15. Blegen, M., **C.C. Cheatham**, N. Caine-Bish and E.L. Glickman. The thermoregulatory responses to exercise of varying intensities in normoxic and hypoxic environments. *Medicine and Science in Sports and Exercise*. 36(5): S336, 2004.
14. Otterstetter, R., E.S. Potkanowicz, N. Caine-Bish, **C.C. Cheatham**, M. Blegen and E. Glickman. Evaluating physiological strain during cold exposure in males and females using a cold strain index. *Medicine and Science in Sports and Exercise*. 35(5): S25, 2003.

13. Blegen, M., **C.C. Cheatham**, N. Caine-Bish, C. Woolverton, J. Marcinkiewicz and E. Glickman. The immunological responses to exercise of varying intensities in normoxic and hypoxic environments. *Medicine and Science in Sports and Exercise*. 35(5): S380, 2003.
12. **Cheatham, C.C.**, G.W. Mack and G.W. Cline. Manipulation of exercise stimulated hormone release and plasma volume expansion. *Federation of American Societies for Experimental Biology Meeting Program*. Abstract #592.24, p. 226, 2003.
11. **Cheatham, C.C.**, N. Caine, M. Blegen, E.S. Potkanowicz and E.L. Glickman. The effects of nicotine on the cardiovascular responses during acute cold exposure. *Medicine and Science in Sports and Exercise*. 34(5): S144, 2002.
10. Glickman, E.L., N. Caine, **C.C. Cheatham**, M. Blegen, and E. Potkanowicz. The influence of age on thermosensitivity during cold water immersion. *Medicine and Science in Sports and Exercise*. 34(5): S144, 2002.
9. **Cheatham, C.C.**, N. Caine, M. Blegen, E. Potkanowicz, and E.L. Glickman. The effects of nicotine on the thermoregulatory responses during acute cold exposure. *Medicine and Science in Sports and Exercise*. 33(5): S161, 2001
8. Glickman-Weiss, E.L., **C.C. Cheatham**, N. Caine, and M. Blegen. The influence of ethnicity on thermosensitivity during cold water immersion. *Medicine and Science in Sports and Exercise*. 33(5): S162, 2001
7. Glickman-Weiss, E.L., **C.C. Cheatham**, N. Caine, M. Blegen, and K. Mittleman. The influence of gender and menstrual cycle phase on a cold air tolerance test and its relationship to thermosensitivity. *Medicine and Science in Sports and Exercise*. 32(5): S332, 2000.
6. Mendel, R.W., **C.C. Cheatham**, and W.E. Sinning. Creatine supplementation effects on cardiovascular and thermal responses during exercise in the heat. *Medicine and Science in Sports and Exercise*. 32(5): S195, 2000.
5. Glickman-Weiss, E., **C. Cheatham**, K. Mittleman, N. Caine, and M. Blegen. The influence of gender and menstrual phase on thermosensitivity during cold water immersion. *Medicine and Science in Sports and Exercise*. 31(5): S308, 1999.
4. Mendel, R.W., **C.C. Cheatham**, and W.E. Sinning. The residual effects of acute alcohol consumption on muscle damage. *Medicine and Science in Sports and Exercise*. 31(5): S71, 1999.
3. Plank, D.M., E.R. Malison, J.D. Brown, A.D. Mahon, and **C.C. Cheatham**. Aerobic and anaerobic correlates of 3-km running performance in middle school runners. *Pediatric Exercise Science*. 11: 84, 1999.
2. **Cheatham, C.C.**, A.D. Mahon, J.D. Brown, and D.R. Bolster. Cardiovascular drift relative to ventilatory threshold in boys and men. *Medicine and Science in Sports and Exercise*. 30(5): S152, 1998.
1. Malison, E., A.D. Mahon, **C.C. Cheatham**, and J.D. Brown. Correlates of running performance in middle school cross-country runners. Midwest Chapter of ACSM Fall Meeting, Abstract, 1997.

PRESENTATIONS

Refereed

- 2007 Doyle, A.T., **C.C. Cheatham**, M.G. Miller, T.J. Michael, R.J. Baker and J.M. Spitsbergen. The effects of dexamethasone iontophoresis on an acute muscle injury of the biceps brachii. *National Athletic Training Association Annual Meeting*.
- 2007 Lininger, M.R., **C.C. Cheatham**, M.G. Miller and T.J. Michael. The influence of exercise protocol on the determination of lactate threshold. *National Athletic Training Association Annual Meeting*.
- 2007 Miller, M.G., J. Longoria, **C.C. Cheatham**, T.J. Michael and R.J. Baker. A comparison of tissue temperature differences between the midpoint and peripheral effective radiating area during 1 and 3 MHz ultrasound treatments. *National Athletic Training Association Annual Meeting*.
- 2007 Dykstra, J., H. Hill, M.G. Miller, **C.C. Cheatham**, T.J. Michael and R.J. Baker. Cutaneous and Intramuscular Temperature Changes of the Gastrocnemius. *National Athletic Training Association Annual Meeting*.
- 2007 Doyle, A.T., **C.C. Cheatham**, M.G. Miller, T.J. Michael, R.J. Baker and J.M. Spitsbergen. The effects of dexamethasone iontophoresis on acute muscle injury of the biceps brachii. *Kalamazoo Community Medical and Health Sciences Research Day*.
- 2007 Lininger, M.A., **C.C. Cheatham**, M.G. Miller and T.J. Michael. The influence of exercise protocol on the determination of lactate threshold. *Kalamazoo Community Medical and Health Sciences Research Day*.
- 2006 Porter A.R., D.M. Hennigar, M.G. Miller, M.D. Ricard, **C.C. Cheatham** and D.C. Berry. Comparisons of chest and waist deep water on aquatic plyometric training programs on average force, power, and vertical jump. *National Athletic Training Association Annual Meeting*.
- 2006 Ganschow R.L., M.G. Miller, W.R. Holcomb, **C.C. Cheatham**, T.J. Michael and M.D. Rubley. The effects of subcutaneous tissue thickness on peak torque and intensity output of neuromuscular electrical stimulation. *National Athletic Training Association Annual Meeting*.
- 2006 Miller, M.G., R.R. Stacey, D.E. Eslinger, **C.C. Cheatham** and T.J. Michael. The effect of high and low glycemic index foods on repeated high intensity exercise performance. *National Athletic Training Association Annual Meeting*.
- 2006 Gregory, C.M., **C.C. Cheatham** and T.J. Michael. The effects of acute exercise on plasma volume expansion – variations of the intensity/duration relationship. *ACSM Annual Meeting*.
- 2006 Gyorkos, A.M., T.J. Michael, **C.C. Cheatham** and M.D. Ricard. The effect of glycemic indices and timing of meal on exercise to fatigue. *ACSM Annual Meeting*.
- 2005 Mack, G.W. and **C.C. Cheatham**. Plasma Erythropoietin Levels Are Elevated 24 H Following High Intensity Intermittent Exercise. *ACSM Annual Meeting*.

- 2005** Blegen, M., **C.C. Cheatham**, N. Caine-Bish, G. Kammimori and E. L. Glickman. The hormonal responses to exercise of varying intensities in normoxic and hypoxic environments. *ACSM Annual Meeting*.
- 2004** **Cheatham, C.C.**, N. Caine, M. Blegen, E.S. Potkanowicz, G.H. Kamimori, J.L. Marcinkiewicz, R. Otterstetter, M. Kalinski, E.L. Glickman. The effects of nicotine on the metabolic and hormonal responses during acute cold exposure. *ACSM Annual Meeting*.
- 2004** Blegen, M., **C.C. Cheatham**, N. Caine-Bish, E.L. Glickman. The thermoregulatory responses to exercise of varying intensities in normoxic and hypoxic environments. *ACSM Annual Meeting*.
- 2004** Lee, K.C., **C.C. Cheatham** and G.W. Mack. The influence of nicotine on cold induced vasodilation in humans. *Federation of American Societies for Experimental Biology Meeting*.
- 2003** Otterstetter, R., E.S. Potkanowicz, N. Caine-Bish, **C.C. Cheatham**, M. Blegen and E. Glickman. Evaluating physiological strain during cold exposure in males and females using a cold strain index. *ACSM Annual Meeting*.
- 2003** Blegen, M., **C.C. Cheatham**, N. Caine-Bish, C. Woolverton, J. Marcinkiewicz and E. Glickman. The immunological responses to exercise of varying intensities in normoxic and hypoxic environments. *ACSM Annual Meeting*.
- 2003** **Cheatham, C.C.**, G.W. Mack and G.W. Cline. Manipulation of exercise stimulated hormone release and plasma volume expansion. *Federation of American Societies for Experimental Biology (American Physiological Society) Annual Meeting Program*.
- 2002** **Cheatham, C.C.**, N. Caine, M. Blegen, E.S. Potkanowicz and E.L. Glickman. The effects of nicotine on the cardiovascular responses during acute cold exposure. *ACSM Annual Meeting*.
- 2002** Glickman, E.L., N. Caine, **C.C. Cheatham**, M. Blegen, and E. Potkanowicz. The influence of age on thermosensitivity during cold water immersion. *ACSM Annual Meeting*.
- 2001** **Cheatham, C.C.**, N. Caine, M. Blegen, E. Potkanowicz, and E.L. Glickman. The effects of nicotine on the thermoregulatory responses during acute cold exposure. *ACSM Annual Meeting*.
- 2001** Glickman-Weiss, E.L., **C.C. Cheatham**, N. Caine, and M. Blegen. The influence of ethnicity on thermosensitivity during cold water immersion. *ACSM Annual Meeting*.
- 2000** Glickman-Weiss, E.L., **C.C. Cheatham**, N. Caine, M. Blegen, and K. Mittleman. The influence of gender and menstrual cycle phase on a cold air tolerance test and its relationship to thermosensitivity. *ACSM Annual Meeting*.
- 2000** Mendel, R.W., **C.C. Cheatham**, and W.E. Sinning. Creatine supplementation effects on cardiovascular and thermal responses during exercise in the heat. *ACSM Annual Meeting*.
- 1999** Glickman-Weiss, E., **C. Cheatham**, K. Mittleman, N. Caine, and M. Blegen. The influence of gender and menstrual phase on thermosensitivity during cold water immersion. *ACSM Annual Meeting*.

Cheatham, C.C. The effects of creatine monohydrate supplementation on lactate and ventilatory threshold. *Student Research Grant. Gatorade Sports Science Institute.*
Submitted 05/31/1998 Not Funded

Cheatham, C.C. Cardiovascular drift relative to ventilatory threshold in boys and men. *Student Research Grant. Midwest Chapter of the American College of Sports Medicine.*
Submitted 12/01/1996 Funded 02/25/1997 Amount: \$500

Cheatham, C.C. Cardiovascular drift relative to ventilatory threshold in boys and men. *Ball State University Office of Academic Research and Sponsored Programs Student Research Grant.*
Submitted 10/08/1996 Funded 12/06/1996 Amount: \$370

Serving as Faculty Advisor for Student Grants

Merkley (Lininger), M.R. and **C.C. Cheatham (Faculty Advisor)**. The Influence of Exercise Protocol on the Determination of Lactate and Ventilatory Thresholds. *Western Michigan University Graduate Student Research Fund.*
Submitted 03/14/2005 Funded Amount: \$396

Eslinger, D., R. Stacey and **C.C. Cheatham (Faculty Advisor)**. The Effect of High and Low Glycemic Index Foods on Repeated High Intensity Exercise Performance. *Western Michigan University Graduate Student Research Fund.*
Submitted 11/15/2004 Funded Amount: \$296

Gregory, C. and **C.C. Cheatham (Faculty Advisor)**. Effects of Acute Exercise on Plasma Volume – Variations of the Intensity/Duration Relationship. *Western Michigan University Graduate Student Research Fund.*
Submitted 09/15/2004 Funded Amount: \$396

Gregory, C. and **C.C. Cheatham (Faculty Advisor)**. Effects of Acute Exercise on Plasma Volume – Variations of the Intensity/Duration Relationship. *Gatorade Sports Science Institute Student Grant Program.*
Submitted 07/01/2004 Not Funded Amount: \$1494

TEACHING AND ADMINISTRATIVE EXPERIENCE / SERVICE

Western Michigan University

Undergraduate Courses Taught:

HPER 3170	Cardiovascular Health
HPER 3950	Cardiovascular Endurance: Aerobic Conditioning
HPER 3960	Muscular Strength and Endurance
HPER 3970	Body Composition/Weight Control (Current)
HPER 4440	Professional Development in Exercise Science (Current)
HPER 4450	Exercise Testing and Prescription (Current)

Graduate Courses Taught:

HPER 6710	Exercise Physiology II (Current)
HPER 6720	Laboratory Techniques in Exercise Science (Current)
HPER 6760	Exercise Science Seminar (Current)

Administration:

Fall 2006 – Present	Graduate Coordinator – Exercise Science
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University Committees:

2004 – Present	Human Subjects Institutional Review Board (HSIRB) Committee Vice-Chair (01/2007-Present)
2003 – 2005	Grade and Program Dismissal Appeals (GAPDAC) Committee

Departmental Committees:

Fall 2006 – Present	Exercise Science/Athletic Training Core Group Chairperson
Fall 2005 – Present	Policies Committee Chairperson
Fall 2005 – Present	Departmental Assessment Committee Exercise Science/Athletic Training Representative
Fall 2004 – Fall 2005	Curriculum Committee Exercise Science/Athletic Training Representative

Dissertation Committees:

2007	Member	The Influence of fabric and cushion selection on thermal comfort in seated individuals Student – Anil Kumar (Industrial and Manufacturing Engineering)
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Thesis Committees:

Presently	Member	The Effects of Sodium Citrate Ingestion upon Performance and Metabolic Factors Student – Jonathan Decker (Exercise Science)
2007	Member	A Comparison of Tissue Temperature Heating at the Mid-Point and Peripheral Effective Radiating Area (ERA) Using Ultrasound Student – Janae Longoria (Athletic Training)

2007	Member	The Effect of Auditory-Motor Synchronization on Physiological Responses And Perceived Exertion During Treadmill Running Student – Tracy Kiel (Music Therapy)
2007	Member	The Effects of Dexamethasone Iontophoresis on Acute Muscle Injury Student – Andrew Doyle (Athletic Training)
2006	Chair	The Effects of Pitching Cords on Speed and Accuracy in Female College Softball Pitchers Student – Joseph Tofferi (Exercise Science)
2006	Chair	The Influence of Exercise Protocol on the Determination of Lactate Threshold Student – Monica Lininger (Athletic Training)
2006	Member	Effects of Bicycle Geometry on EMG and Power Student – Chad Arthur (Athletic Training)
2006	Member	The Effects of Subcutaneous Tissue Thickness on Peak Torque and Intensity Output of Neuromuscular Electrical Stimulation Student – Rosie Ganschow (Athletic Training)
2006	Member	The Effects of a 6-week Plyometric Training Program on Agility Student – Jeremy Herniman (Athletic Training)
2005	Chair	Effects of Acute Exercise on Plasma Volume – Variations of the Intensity/Duration Relationship Student – Christopher Gregory (Exercise Science)
2005	Member	The Influence of Skill Versus a Combined Skill and Plyometric/Strength Training Program on Valgus Knee Deformity in Females Student – Kirsten Holmes (Exercise Science)
2005	Member	The Effect of Glycemic Index of Food and Timing of Meal on Blood Glucose Response during Endurance Exercise Student – Amy Gyorkos (Exercise Science)
2005	Member	Changes in Running Economy following the Transition from Cycling to Running in the Triathlon Student – James Swanson (Exercise Science)
2004	Chair	The Effects of Pyruvate Supplementation on the Lactate and Ventilatory Thresholds Student – Lance Neinas (Athletic Training)
2004	Member	Effects of Two Different Body Weight Support Harnesses on Oxygen Consumption and Heart Rate in Healthy Individuals Student – Sara Koski (Athletic Training)

Research Project Committees:

2007	Member	Effects of Low Level Laser Treatment on an Acute Muscle Injury Students – Kevin Barnes, Phillip Varney (Athletic Training)
2007	Member	Comparisons of Cubed Ice, Crushed Ice, and Wet Ice on Intramuscular and Surface Temperature Changes Students – Holly Hill, Joseph Dykstra (Athletic Training)
2006	Member	Comparisons of Chest- and Waist-Deep Water on Aquatic Plyometric Training Programs on Average, Force, Power, and Vertical Jump Students – Amanda Porter, Denyse Hennigar (Athletic Training)
2005	Co-Chair	The Effects of Glycemic Index on Anaerobic Performance Students – Bob Stacey, Dustin Eslinger (Athletic Training)
2005	Member	Menstrual Cycle, Contraceptive Use, and ACL Laxity Students – Alicia Gac, Breanna Salus (Athletic Training)

Community Service/Mentorships:

Research Mentor – Western Michigan University NIH Bridges Program
Summer 2007

Student: Jealyn Foston

Project: The Influence of an Acute Dose of Aspirin on Cold-Induced Vasodilation

High School Science Fair Mentor – Kalamazoo Area Mathematics and Science Center
Fall 2005 – Spring 2006

Students: Christina DeLeeuw and Rachel Brown

Comstock High School Fitness Testing and Laboratory Demonstration
May 2005, September 2004

- A physical education class from Comstock High School visited the Exercise Science Laboratory for fitness testing, a demonstration of laboratory technology, and a discussion on careers in exercise science.

Walking Together Community Health Initiative

Fall 2003 – Spring 2004

Western Michigan University and the Rotary Club of Kalamazoo
Committee Member

Kent State University

Undergraduate Courses Taught:

Computer Applications in Recreation and Sport

Exercise Testing Laboratory

Measurement and Evaluation Laboratory

Sports Physiology Laboratory

Motor Learning and Skills Program Supervisor

Graduate Courses Taught:

Exercise Testing Laboratory
Cardiorespiratory Function Laboratory

Ball State University

Undergraduate Courses Taught:

Exercise Science Laboratory

AWARDS AND HONORS

Research Development Award Program

Office of the Vice President of Research • Western Michigan University
Submitted 03/22/2005 Awarded 04/13/2005 Amount \$3500

Summer Fellowship for Post-Candidacy Doctoral Students

College of Fine and Professional Arts • Kent State University
Awarded Summer 2000

Graduate Student Research Award

Graduate Student Senate • Kent State University
Awarded 04/12/1999

Outstanding Student Research Presentation

“Cardiovascular drift relative to ventilatory threshold in boys and men.”
Midwest Chapter of the American College of Sports Medicine
Awarded Fall 1997

PROFESSIONAL MEMBERSHIPS

11/1994 – Present American College of Sports Medicine (ACSM)

09/2002 – 12/2003 The American Physiological Society (APS)

01/2001 – 01/2003 Wilderness Medical Society

1992 – 1993 Association of Worksite Health Promotions

PROFESSIONAL SERVICE

06/2007 – Present Journal Reviewer Journal of Applied Physiology

06/2007 – Present Journal Reviewer Medicine and Science in Sports and Exercise

08/2003 – Present	Journal Reviewer	Aviation, Space and Environmental Medicine
08/2002 – Present	Journal Reviewer	Wilderness and Environmental Medicine
03/2006 – 01/2007	Journal Reviewer	Journal of the International Council for Health, Physical Education, Recreation, Sport, and Dance (ICHPER· SD)