

**MIKE GREENWOOD, Ph.D.**  
**FNSCA, FACSM, FISSN, CSCS \*D, CISSN**  
**Clinical Full Professor**  
**Research Associate**  
**Department of Health & Kinesiology**  
**Exercise & Sport Nutrition Laboratory**  
**Texas A & M University**  
**College Station, Texas 77845**  
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## **DEGREES**

### **Doctor of Philosophy**

Exercise Science - Motor Learning – Special Populations  
Texas Woman's University, 1990

### **Post Graduate Studies**

Sport and Exercise Psychology  
University of Iowa, 1984-85

### **Master of Science in Education**

Physical Education and Sport Sciences  
Northern Illinois University, 1983

### **Bachelor of Science in Education**

Physical Education, Health, and Social Sciences  
Greenville College, 1978

## **PROFESSIONAL EXPERIENCE**

### **Full Clinical Professor**

Department of Health & Kinesiology  
Exercise & Sport Nutrition Laboratory  
**Texas A & M University (8/15/11 to Present)**

### **Visiting Scholar & Research Associate**

Department of Health & Kinesiology  
Exercise & Sport Nutrition Laboratory  
**Texas A & M University (8/1/10 to July 7/15/11)**

### **Professor**

Administrative Responsibilities: HHPR Graduate Coordinator – Research Coordinator – HHPR  
Institutional Review Board Chair – ENPH PhD Program Director – Exercise Physiology Program  
Director – Graduate Program Budget Director  
Department of HHPR  
**Baylor University (1/12/2003 to 7/31/10) [Tenured 1/12/2003]**

**Professor - Graduate Coordinator – Exercise Physiology Program Director**

Department of HPSS

Arkansas State University (8/1996 to 12/02)

**Tenured (8/15/2000) [Promoted Full Professor 8/15/2001**

**Adjunct Professor**

Department of Human Movement Sciences

The University of Memphis (1/1998 to 12/2002)

**Associate Professor and Head Baseball Coach**

Department of Sport and Exercise Sciences

Barry University (8/1992 to 5/1996)

**Assistant Professor/Assistant Baseball & Basketball Coach**

Department of Health Physical Education and Recreation

Hardin-Simmons University (8/1985 to 5/1992)

**Graduate Teaching Assistant**

Department of Sport Sciences

University of Iowa (8/1984 to 5/1985)

**Manager**

Olympic Health and Racquet Club

Sycamore, IL (1982 to 1984)

**Graduate Teaching Assistant**

Department of Physical Education

Northern Illinois University (8/1981 to 5/1982)

**Teacher / Basketball Coach**

Aptakisic-Tripp JHS Health & Physical Education Courses

Prairie View, IL (8/1980 to 5/1981)

**Teacher / Football – Basketball – Track Coach**

Divernon School District JHS/HS Health & Social Science Courses

Divernon, IL (8/1978 to 5/1980)

**TEACHING****Graduate**

- Exercise & Sport Nutrition
- Research Methods in Exercise Science
- Obesity & Weight Management
- Advanced Strength Training & Conditioning
- Periodized Models in Strength Training & Conditioning
- Power, Speed, Agility & Quickness
- Exercise & Dietary Management for Special Populations
- Internship in Exercise Science/Physical Education
- Motor Learning/Motor Development
- Grant Writing & Manuscript Preparation
- Sport and Exercise Psychology & Sport Sociology
- Physical Activity for Special Populations

## Undergraduate

- Nutrition
- Adapted Physical Education
- Applied Motor Learning
- Applied Sport & Exercise Psychology
- Nutrition & Aging
- Interventions in Exercise & Health
- Coaching Theory of Baseball
- Applied Exercise Physiology
- Community Health
- Internship in Exercise Science/Physical Education
- Kinesiology
- Motor Learning/Motor Control/Motor Development
- Organization & Administration of Physical Education/Athletics
- Applied Sport Psychology
- Test & Measurements
- Techniques of Strength Training & Conditioning
- Theory and Practice of Coaching Baseball
- Theory and Practice of Coaching Basketball

## GRADUATE DISSERTATIONS AND THESES

1. Texas A & M University- **Michael Byrd**, Effects of nutrient timing on protein synthesis and select markers of health and fitness in free living overweight post menopausal women participants in a resistance training and weight loss program.(Dissertation In Progress)
2. Baylor University - **Geoffrey Hudson**, The Effects of Exercise and Resveratrol Supplementation on Insulin Sensitivity, AMPK Signaling, Substrate Oxidation, and Cardiovascular Risk Factors in Overweight Insulin-Resistant Women (Spring 2010) Dissertation
3. Baylor University – **Adam Parker**, Determining Related Work Rest Ratios Following a Maximal Effort Isokinetic Leg Extension Bout in Trained and Untrained Males: A Double-Blind Creatine/Placebo Controlled Study (Summer 2009) Dissertation
4. Baylor University – **Brian Brabham**, The Effects of Combined Creatine Supplementation and Resistance Training on Body Composition, Muscular Strength of Satellite Cell Activation in Older Males (Summer 2009) Dissertation
5. Baylor University – **Rui Li**, Effects of Ingesting Branched Chain Amino Acids and Carbohydrate on Myostatin Signaling and Markers of Myogenesis in Response to a Bout of Heavy Resistance Exercise. (Summer 2008) Dissertation
6. Baylor University – **Maria Ferreira**, Effects of Ingesting Carbohydrate and Branched-Chained Amino Acids on Markers of Skeletal Muscle Protein Synthesis of the Insulin-P13K-mTOR Signal Transduction Pathways in Response to a Bout of Heavy Resistance Exercise (Summer 2008) Dissertation
7. Baylor University – **Travis Harvey**, Effects of Concentric and Eccentric Muscle Contractions on IL-6 Signaling in Human Skeletal Muscle and Downstream Regulation of HSP-72 Gene Expression: Is IL-6 Signaling Involved in Exercise-Induced Cytoprotection? (Fall 2008) Dissertation
8. Baylor University – **Jennifer Wismann-Bunn**, Effects of 28 Days of Protein and Amino Acid Supplementation and Ankle Immobilization on Gastrocnemius Muscle Mass and Strength and Atrophy-And Apoptosis-Related Gene Expression in Males. (Spring 2008) Dissertation
9. Baylor University – **Bill Campbell**, The Effects of Branched Chain Amino Acid- and Leucine-Induced Insulin Secretion and Heavy Resistance Exercise on ERK 1/2 MAP Kinase Signal Transduction Pathway Activity. (Summer 2007) Dissertation

10. Baylor University – **Paul LaBounty**, The Effects of Heavy Resistance Exercise in Combination with Orally Administered Branched-Chain Amino Acids or Leucine on Insulin Signaling and Akt/mTOR Pathway Activity in Active Males. (Summer 2007) Dissertation
11. Baylor University - Baylor University – **Chris Moulton**, Effects of Different Creatine Supplementation Formulations on Creatine Transporter Expression and Muscle Gene Uptake in Males. (Spring 2008) Thesis
12. Baylor University – **Annie Allison** - The Effects of Combining a Creatine-Protein-Carbohydrate Supplement and Resistance Training on Body Composition, Muscle Strength, and Markers of Satellite Cell Activation in Older Males (Spring 2010) Thesis
13. Baylor University – **Carrie Nix** – Comparison of Post-Exercise Recovery Strategies on Physiological and Biochemical Markers of Exercise-Induced Muscle Damage (Spring 2010) Thesis
14. Baylor University – **Amy West** – Effects of G-trainer, Cycle Ergometry, and Stretching on Biochemical Marker and Blood Lactate Response in Active Recovery from Exercise (Spring 2010) Thesis
15. Baylor University - **Megan Smart** - Acute Effects of Dynamic and Static Stretch on the Peak Torque and ROM of Shoulder Internal and External Rotation (Summer 2010) Thesis
16. Baylor University – **Shellie Spiers** - Comparison of the effects of aquatic and land-based balance training programs on the proprioception of college-aged recreational athletes. (Summer 2010) Thesis
17. Baylor University – **Mike Spillane**, The Effects of a Creatine Ethyl Ester Supplement Formulation on Body Composition, Muscle Mass and Performance, and Intramuscular Creatine Uptake in Males. (Spring 2008) Thesis
18. Baylor University – **Ryan Schoch**, The Effects of a Creatine Supplement Formulation Containing Cinnamon Extract (Cinnulin™) on Creatine Transporter Expression, Muscle Creatine Uptake, Insulin Signaling, and Whole-body Creatine Retention in Males. (Summer 2007) Thesis
19. Baylor University – **Larry Coffey**, Effects of Active and Passive Recovery on Blood Lactate. (Fall 2006) Thesis
20. Baylor University – **Colin Wilborn**, Effects of Varying Intensities of Single Leg Resistance Exercise on Skeletal Muscle Specific Gene Expression in Males (Summer 2006) Dissertation
21. Baylor University – **Chad Kerksick**, Effects of Prophylactic Supplementation of Carnosine, Glutathione and N-Acetyl-Cysteine on Markers of Oxidative Stress and Skeletal Muscle Proteolysis and Apoptosis after Eccentric Contraction Induced Injury in Untrained Males. (Summer 2006) Dissertation
22. Baylor University – **Lemuel Taylor**, Effects of Varying Intensities of Single Leg Resistance Exercise on Skeletal Muscle Specific Gene Expression in Untrained Males (Summer 2006) Dissertation
23. Baylor University – **Brandon Marcello**, Overtraining Outcomes of Division I Female Athletes. (Fall 2006) Dissertation.
24. Baylor University – **Nicole Gandy**, The Relationship of Core Strength and Running Economy. (Spring 2006) Thesis
25. Baylor University – **Mark Faries**, The Effects of Self-Efficacy on Preferred Exertion During Resistance Training Among Healthy Sedentary Females. (Spring 2006) Thesis
26. Baylor University – **Mike Roberts**, Effects of Arachidonic Acid on Training Adaptations in Resistance Trained Males. (Spring 2006) Thesis
27. Baylor University – **Sarah Conklin**, Low Cholesterol and Aggression: Is this Phenomenon Specific to Impulse Aggression? (Spring 2005) Dissertation
28. Baylor University – **William Campbell**, The Effects of Arginine Alpha-Ketoglutarate on Body Composition, Training Adaptations and Clinical Health Markers. (Fall 2004)
29. Baylor University – **Yolanda FitzGerald**, The Effects on Child Activity, Diet & Obesity Levels in Waco Area Fifth Graders Using a Multidimensional Children’s Health Intervention Program: A Preliminary Study. (Fall 2004)

30. Baylor University – **Colin Wilborn**, The effects of exercise intensity and body position on cardiovascular variables during resistance training. (Spring 2003)
31. Baylor University – **Mary V. Neason**, Associations between heart rate threshold, lactate threshold and muscle tissue desaturation in competitive female cyclists. (Fall 2003).
32. ASU – **Taylor Ivory**, The effects of differentiated classroom instruction on reading and mathematics achievement scores of sixth grade students in rural Mississippi (Dissertation) (Spring 2002)
33. ASU- **Kliethermus Derek**, A bilateral comparison of ACL reconstruction knees and non-injured knees in active females athletes (Fall 2002)
34. ASU – **Whitehead R**, Regression to predict jump height in pole vaulting (Spring 2002) Thesis
35. ASU – **Morgan K**, Circadian rhythms and physical performance (1998) Thesis
36. ASU – **Mooneyhan A**, Health-related fitness of sixth grade children (1998) Thesis
37. ASU – **Poore M**, Ankle bracing versus ankle taping (1997) Thesis
38. University of Memphis – **Chad Kerksick**, Effects of whey protein, BCAA and glutamine supplementation on resistance training adaptations (2002) Thesis
39. University of Memphis – **Stacy Lancaster**, Effects of honey supplementation on glucose, insulin, and endurance cycling performance (2002) Thesis
40. University of Memphis – **Shonte Henderson**, Effects of coleus forskohlii supplementation on body composition and markers of health in sedentary overweight females (2002) Thesis
41. University of Memphis – **Chris Rasmussen**, Comparison of ingesting various forms of carbohydrate on glucose and insulin levels (2000) Thesis
42. University of Memphis – **Jennifer Lundberg**, Effects of carbohydrate combined with protein powder feedings following resistance exercise on markers of anabolic status (2000) Thesis
43. University of Memphis – **Charles Melton**, The effects of ribose supplementation on anaerobic exercise performance and markers of anaerobic metabolism in healthy-active individuals (2000) Thesis

## **UNDERGRADUTE HONOR THESIS**

1. ASU – **Clay Riley**, Effect of beta-hydroxy-beta-methylbutyrate (HMB) on upper and lower body strength alterations of untrained college students (2001)

## **PUBLICATIONS**

### **Books**

1. Antonio J, Kalman D, Stout J, Greenwood M, Willoughby D, Haff G. **Essentials of Sport Nutrition & Supplements**. Springer Press Humana/Springer Press, Totowa, NJ. 2009.
2. Greenwood M, Kalman D, Antonio J. **Nutritional Supplements in Sports & Exercise**. Humana/Springer Press, Totowa, 2008.

### **Book Chapters**

1. Greenwood M. Aspects of Overtraining. Essentials of Sport Nutrition & Supplements. **Springer Press**: J Antonio, D. Kalman, J. Stout, M. Greenwood & D. Willoughby. **Humana/Springer Press, Totowa, NJ. 121-142, 2009**
2. Greenwood M, Greenwood L. Facility Layout and Scheduling – Facility Maintenance and Risk Management. TR. Baechle, & R Earle (3<sup>rd</sup> Ed.). **Human Kinetics, Champaign, IL. 540-565, 2008.**

3. Kleiner S, Greenwood M. The Role of Nutritional Supplements Surrounding Nutrient Dense Diets: General Versus Sport/Exercise Specific Dietary Guidelines Based On Training Intensity. In *Nutritional Supplements in Sports & Exercise*. Humana/Springer Press, Totowa, NJ. 75-94, 2008.
4. Ziegenfuss, T, Landis J, Greenwood M. Nutritional Supplements to Enhance Recovery. In *Nutritional Supplements in Sports & Exercise*. Humana/Springer Press, Totowa, NJ. 409-450, 2008
5. Greenwood M. Creatine update: Facts fallacies future. *Essentials of Creatine*. Springer Press: Stout J, Antonio J, Kalman D. 211-240, 2008.
6. Greenwood M, Wilborn C, Kreider R. Principles of Strength Training and Conditioning. In **Exercise & Sport Nutrition**. Fitness Technologies Press, Santa Barbara, CA. 53-68, 2008.
7. Lutz R, Greenwood M, Bowden R. The Will to Change. In **Exercise & Sport Nutrition**. Fitness Technologies Press, Santa Barbara, CA. 393-422, 2008.
8. Shim, J., Lutz, R., Miller, G., & Greenwood, M. Use of Traditional vs. Point-Light Video Demonstration. In D. Crews & R. Lutz (Eds.), *Science and Golf V: Proceedings of the World Scientific Congress of Golf*. Ironwood: Phoenix, AZ. 301-308, 2008.
9. Greenwood M, Abbott T. Facility Maintenance Management. In **Health Fitness Management**. Human Kinetics, Champaign, IL. 287-311, 2007.
10. Abbott T, Greenwood M. Health and Safety Guidelines. In **Health Fitness Management**. Human Kinetics, Champaign, IL. 251-285, 2007.
11. Lutz R, Greenwood M, Bowden R. Motivational foundations and physical activity participation. **ASEP Manual** - <http://www.exercisephysiologists.com/ASEP-EPCresourceMANUAL/index.html> 1-49, 2005.
12. Lutz R, Linder D, Greenwood M. Social influences and physical activity. **ASEP Manual** - <http://www.exercisephysiologists.com/ASEP-EPCresourceMANUAL/index.html> 1-28, 2005.
13. Bowden R, Greenwood M, Lutz R. Changing lifestyle behavior. **ASEP Manual** - <http://www.exercisephysiologists.com/ASEP-EPCresourceMANUAL/index.html> 1-23, 2005.
14. Greenwood M. Facility and equipment layout and maintenance. In **Personal Training and Conditioning**. TR. Baechle, & R Earle (1<sup>st</sup> Ed.). Human Kinetics, Champaign, IL. 2004. pp. 593-606.
15. Kreider R, Leutholtz B, Greenwood M. Creatine supplementation in exercise and sport. In **Nutritional Ergogenic Aids**. In CRC Press I Wolinsky & J. Driskell. Washington DC. 2004. 81-104.
16. Byars A, Greenwood M. Developing a manuscript for publication. **ASEP Manual** – <http://www.exercisephysiologists.com/ASEP-EPCresourceMANUAL/index.html> 1-17, 2004
17. Greenwood M. Facility layout and scheduling. In **Essentials of Strength Training and Conditioning**. TR. Baechle, & R Earle (2<sup>nd</sup> Ed.). Human Kinetics, Champaign, IL. 2000. pp. 549-565.

18. Greenwood M, Greenwood L. Facility maintenance and risk management. In **Essentials of Strength Training and Conditioning**. TR. Baechle & R Earle R (2<sup>nd</sup> Ed). Human Kinetics, Champaign, IL. 2000. pp. 587-601.

### **PUBLISHED PEER REVIEWED MANUSCRIPTS**

[Mentored Students Noted In Bold Print - Mentored Faculty \*]

1. Kreider R, M Serra, KM Beavers, J Moreillon, JY Kresta, M Byrd, JM Oliver, J Gutierrez, G Hudson, E Deike, B Shelmadine, P Leeke, C Rasmussen, M Greenwood, M Cooke, C Kerksick, JK Campbell, J Beiseigel, SS Jonnalagadda. A structured diet and exercise program promotes favorable changes in weight loss, body composition, and weight maintenance. **Journal of the American Dietetic Association**. **111(6):828-43, 2011. PMID: 21616195**
2. Kreider R, Rasmussen C, Kerksick CM, Wilborn C, Taylor L, Campbell B, Magrans-Courtney T, Fogt D, Ferreira M, Li R, Galbreath M, Iosia M, Cooke M, Serra M, Guitierrez J, Byrd M, Kresta JY, Simbo S, Oliver J, Greenwood M. A carbohydrate-restricted diet during resistance training promotes more favorable changes in body composition and markers of health in obese women with and without insulin resistance. **The Physician and Sportsmedicine**. **39:2, May 2011. DOI: 10.3810/psm.2011.05.1893**.
3. Byars A, Keith S, Simpson W, Mooneyhan A\*, Greenwood M, The influence of a pre-exercise sports drink (PRX) on factors related to maximal aerobic performance. **Journal of the International Society of Sports Nutrition** **2010, 7(12), p. 1-6, 2010**.
4. Kreider R, Wilborn C, Taylor L, Campbell B, Almada A, Collins R, Cooke M, Earnest C, Greenwood M, Kalman D, Kerksick C, Kleiner S, Leutholtz B, Lopez H, Lowery L, Mendel R, Smith A, Spano M, Wildman R, Willoughby D, Ziegenfuss T, Antonio J. ISSN exercise & sports nutrition review: research & recommendations **Journal of the International Society of Sports Nutrition, 7(7) p. 1-91, 2010**.
5. Culbertson J, Kreider R, Greenwood M, Cooke M. Effects of Beta-Alanine on Muscle Carnosine and Exercise Performance: A Review of the Current Literature. **Nutrients** **2, 75-98, 2010**.
6. **Kerksick C, Wilborn C, Campbell B, Roberts M, Rasmussen C**, Greenwood M, Kreider R. Early Phase Adaptations to a Split-Body, Linear Periodization Resistance Training program in College-Aged and Middle-Aged Men. *Journal of Strength and Conditioning Research*. 23(3): p. 962-971, 2009.
7. **Wilborn, Colin D, Taylor Lemuel W**, Greenwood, Michael, Kreider, Richard B, Willoughby, Darryn. Effects of Different Intensities of Resistance Exercise on Regulators of Myogenesis. *Journal of Strength and Conditioning Research*: 23(8): p. 2179-2187, 2009.
8. **Kerksick C, Wilborn C, Campbell B, Harvey T, Marcello B, Roberts M, Parker A**, Byars A, Greenwood L, Almada A, Kreider R, Greenwood M. The effects of creatine monohydrate supplementation with and without D-Pinitol on resistance training adaptations. *Journal of Strength and Conditioning Research*. 23(9): p. 2673-2682, 2009.
9. **Mike Spillane, Ryan Schoch, Matt Cooke\*, Travis Harvey**, Mike Greenwood, Richard Kreider, Darryn S. Willoughby. The Effects of a Creatine Ethyl Ester Supplement Formulation on Body Composition, Muscle Mass and Performance, and Intramuscular Creatine Uptake in Males. *Journal of International Society of Sport Nutrition*, 6(6): p. 19, 2009

10. Cooke M\*, Iosia M\*, **Buford T, Shelmadine B, Hudson G, Kerksick C**, Greenwood M, **Rasmussen C**, Kreider R. Effects of Coenzyme Q10 supplementation on exercise performance in trained and untrained individuals. **Journal of International Society of Sport Nutrition**, 5(1): p. 1-14, 2008.
11. Lutz R, Lochbaum MR, Carson T, Jackson S, Greenwood M, Byars A. Are we underestimating the affective benefits of exercise? An experience sampling study of university aerobics participants. **Journal of Sport Behavior**. 31(2): p 166-186. 2008.
12. **Faries M**, Greenwood M. Core training: Stabilizing the confusion. **Strength and Conditioning Journal**. 29(2), 10-25, 2007.
13. Byars A, Schneider K, Hesseltine M, Simpson W, Greenwood M. Sports nutrition: Comparing two sports drinks on aerobic performance. **Applied Research in Coaching and Athletics**. 22: 226-240, 2007.
14. **Roberts, M. M. Iosia\*, Kerksick C, Taylor L, Campbell B, Wilborn C, Harvey T, M. Cooke\*, Rasmussen C, M. Greenwood M, Wilson R, Jitomir J, Willoughby D, Kreider R,** Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. **Journal of International Society of Sport Nutrition**, 4(1): p. 21, 2007
15. **Nassar, E., C. Mulligan, L. Taylor, C. Kerksick, M. Galbreath, M. Greenwood, R. Kreider, D.S. Willoughby.** Effects of a single dose of N-Acetyl-5-methoxytryptamine (Melatonin) and resistance exercise on the growth hormone/IGF-1 axis in young males and females. **Journal of International Society of Sport Nutrition**. 4(1): p. 14, 2007
16. Kreider, R.B., C.P. Earnest, **J. Lundberg, C. Rasmussen**, M. Greenwood, **P. Cowan**, and A.L. Almada, Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of anabolism, catabolism, and immunity. **Journal of International Society of Sport Nutrition**. 4(1): p. 18, 2007
17. Dobbs M\*, Stahura K\*, Greenwood, M. Major league growth patterns of sport from 1887-1997: Part I. **International Journal of Sport Management**. 7(1) 15-29, 2007.
18. **Buford, T.W., R.B. Kreider, J.R. Stout, M. Greenwood, B. Campbell, M. Spano, T. Ziegenfuss, H. Lopez, J. Landis, and J. Antonio,** International Society of Sports Nutrition position stand: creatine supplementation and exercise. **Journal of International Society of Sport Nutrition**. 4: p. 8, 2007
19. **Kerksick C, Rasmussen C, Lancaster S, Starks M, Smith P, Melton C, Greenwood C, Almada A, Kreider R.** Impact of differing protein sources and a creatine containing nutritional formula after 12 weeks of resistance training. **Nutrition**, 23(9): 647-656, 2007.
20. Dobbs M\*, Stahura K\*, Apache R, Greenwood M. The birth of leagues: Legitimation and competition in nine professional sports. **ICHPERD-SD Journal o Research**. 6(1): 54-60, 2007.
21. Bybee R, Matmantov J, Meekins W, Witt J, Byars A, Greenwood M. Comparison of two stretching protocols on lumbar spine extension. **Journal of Back and Musculoskeletal Rehabilitation**. (In Press)



22. **Kerksick C, Rasmussen C, Lancaster S, Magu B, Smith P, Melton C, Greenwood M, Almada A, Earnest C, Kreider R.** The Effects of protein and amino acid supplementation on performance and training adaptations during ten weeks of resistance training. **Journal of Strength and Conditioning Research.** 20(3), 643-653, 2006.
23. **Schoch R, Willoughby D, Greenwood M.** The regulation and expression of the creatine transporter: A brief review of creatine supplementation in humans and animals. **Journal of International Society of Sport Nutrition.** 3(1), 60-66, 2006.
24. **Stahura K\*, Dobbs M\*, Apache R.R, Greenwood M.** Success in Division I intercollegiate football: The effect of changing head coaches. **Journal of Applied Research in Coaching and Athletics.** 21(1), 184-210, 2006.
25. **Campbell B, Roberts M, Kerksick C, Wilborn C, Marcello B, Taylor L, Greenwood M, Kreider R.** Pharmacokinetics, safety and effects on exercise performance of L-Arginine Alpha-Ketoglutarate in trained adult men. **Nutrition.** 22:872-881, 2006.
26. **Ehlke K, Greenwood M.** Resistance training for post-myocardial infarction patients: Rate pressure product responses conflict with current guidelines. **Strength and Conditioning Journal.** 28(6) 56-62, 2006
27. **Brown LE, Greenwood M.** Periodization essentials and innovations in resistance training protocols. **Strength and Conditioning Journal.** 27(4) 80-85, 2005.
28. **Brown, L, Sjostrom T, Comeau, M\*, Whitehurst M, Greenwood, M, Findley B.** Kinematics of biophysically asymmetric limbs within rate of velocity development. **Journal of Strength and Conditioning Research.** 19(2), 298-301, 2005.
29. **Koh-Banerjee PK, Ferreira MP, Greenwood M, Bowden R, Cowan PN, Almada A, Kreider R.** Effects of calcium pyruvate supplementation during training on body composition, exercise capacity and metabolic responses to exercise. **Nutrition** 21(1) 312-319, 2005.
30. **Dobbs M\*, Stahura K\*, Greenwood M.** Founding professional sport leagues: A statistical analysis. **International Journal of Sport Management.** 6(1) 15- 29, 2005.
31. **Kerksick C, Rasmussen C, Bowden R, Leutholtz B, Harvey T, Earnest C, Greenwood M, Almada A Kreider R.** Effects of ribose supplementation prior to and during intense exercise on anaerobic capacity and metabolic markers. **International Journal of Sport Nutrition and Exercise Metabolism.** 15, 653-664. 2005.
32. **Stahura K\*, Apache R, Greenwood M.** The benefits of youth sport: Laying the foundation for future research. **Youth First.** 1, 24-28, 2005.
33. **Kreider R, Almada A, Antonio J, Broeder C, Earnest C, Greenwood M, Incledon T, Kalman D, Kleiner S, Lowery L, Mendal R, Stout J, Willoughby, Ziegenfuss T.** ISSN exercise & sport nutrition review: Research & Recommendations. **Sports Nutrition Review Journal,** 1(1) 1-44, 2004.
34. **Bouldin C, Stahura K\*, Greenwood M.** Selection criteria for Division I baseball players. **Applied Research in Coaching and Athletics.** 19: 137-165, 2004.
35. **Wilborn C, Greenwood M, Wyatt F, Bowden R, Grose D,** The effects of exercise intensity and body position on cardiovascular variables during resistance training. **Journal of Exercise Physiology: Online** 7(4): 29-36, 2004.

36. Stahura K\*, Greenwood M, Dobbs M\*. Hiring patterns in intercollegiate athletics: An introductory investigation into the relationship between athletic directors and head coaches. **International Journal of Sport Management.** 5(3): 197-214, 2004.
37. Byars A, Rainwater R, Simpson W, Greenwood M. The effect of a pre-exercise performance drink on aerobic performance. **Proceedings of the Fisher Institute for Medical Research.** 3(3) 12-14, 2004.
38. Wilborn C, Kerksick C, Campbell B, Taylor L, Marcello B, Rasmussen C, Greenwood M, Almada A, Kreider R. Effects of zinc magnesium aspartate (ZMA) on training adaptations and markers of anabolism and catabolism. **International Journal of Sport Nutrition and Exercise Metabolism.** 1(2) 12-20, 2004.
39. Earnest C, Lancaster S, Rasmussen C, Kerksick C, Lucia A, Greenwood M, Almada A, Cowan P, Kreider R. Low versus high glycemic index carbohydrate gel ingestion during simulated 64-km cycling time trial. **Journal of Strength and Conditioning Research.** 18 (3) 466-472, 2004.
40. Greenwood M, Kreider R, Melton C, Rasmussen C, Lancaster S, Cantler E, Almada A. Creatine supplementation during college football training does not increase the incidence of cramping or injury. **Molecular and Cellular Biochemistry,** 244: 83-88, 2003.
41. Greenwood M, Kreider R, Earnest C, Rasmussen C, Almada A. Analysis of various nutritional formulation strategies on whole body creatine retention. **Journal of Exercise Physiology: Online.** 6(2): 37-43, 2003.
42. Greenwood M, Kreider R, Greenwood L, Byars A. Cramping and injury incidence are not increased by creatine supplementation in collegiate football players. **Journal of Athletic Training** 38(3): 216-219, 2003.
43. Greenwood M, Kreider R, Greenwood L, Byars A. Creatine supplementation does not increase the incidence of injury or cramping in college baseball players. **Journal of Exercise Physiology: Online** 6(4): 16-23, 2003.
44. Kreider R, Melton C, Rasmussen C, Greenwood M, Lancaster S, Almada A. Long-term creatine supplementation does not significantly affect markers of health in athletes. **Molecular and Cellular Biochemistry.** 244: 95-104, 2003.
45. Byars A, Greenwood M. The effect of alternating steady-state walking technique on the reliability of the Rockport Fitness Walking Test in college students. **Journal of Exercise Physiology: Online.** 6(2): 21-25, 2003.
46. Garner, C, Byars A, Greenwood M. 16PF in screening for appropriateness of mentors. **Psychology Reports.** 92(1): 35-42, 2003.
47. Kreider R, Melton C, Greenwood M, Rasmussen C, Lundberg J, Earnest C, Almada A. The effects of oral ribose supplementation on anaerobic capacity and markers of metabolism. **International Journal of Sport Nutrition & Exercise Metabolism.** 13: 76-86, 2003.
48. Kreider R, Willoughby D, Greenwood M, Parise G, Payne E, Tarnopolsky MA. Effects of serum creatine supplementation on muscle creatine and phosphagen levels. **Journal of Exercise Physiology: Online** 6(4): 24-33, 2003.

49. Stahura K\*, Greenwood M. Additional insights into the occupational trends within women's intercollegiate athletics in relation to program prestige. **Journal of Applied Research in Coaching and Athletics.** 18(1): 1-36, 2003.
50. Stahura K\*, Greenwood M. A content analysis of coverage of girl's and women's sport in the Memphis Commercial Appeal. **The Arkansas Journal,** 38(1): 34-37, 2003.
51. Kreider R, **Ferreira M**, Greenwood M, Wilson M, Almada A. Effects of conjugated linoleic acid (CLA) supplementation during resistance training on body composition, bone density, strength, and selected hematological markers. **The Journal of Strength & Conditioning Research.** 16 (3): 325-334, 2002.
52. Farris, J, **Mott A**, M. Greenwood. Activity, Obesity and Blood Pressure in Elementary Age School Children. **Medicine and Science in Sports and Exercise.** 34:5 S279, 2002.
53. Stahura K\*, Greenwood M. Part I: Sex of head coach as a function of sport prestige and institutional structure. **Journal of Applied Research in Coaching and Athletics.** 17(1): 1-25, 2002.
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**[Mentored Students Noted In Bold Print – Mentored Faculty \*]**

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### **REGIONAL ABSTRACT PUBLICATIONS:**

[Mentored Students Noted In Bold Print – Mentored Faculty \*]

1. Stahura K\*, Greenwood M. The relationship between video games and obesity in junior high school students. **Southwest District Association of Health, Physical Education, Recreation, and Dance Conference Abstracts**. 2005.
2. Stahura K\*, Greenwood M. To fire or not to fire: An empirical analysis of Division I football coaches. **Southwest District Association of Health, Physical Education, Recreation, and Dance Conference Abstracts**. 2005.
3. Greenwood M. Nutritional supplementation guidelines for athletes: Do's & Don'ts. **SWATA Annual Meeting Abstracts**. 2003.
4. Greenwood M, Kreider R, Greenwood L, Brown LE, Comeau M\*. Effects of creatine supplementation on the incidence of cramping/injury during sixteen weeks of collegiate baseball training/competition. **Central ACSM Annual Meeting Abstracts**. 2001.
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### **STATE ABSTRACT PUBLICATIONS**

[Mentored Students Noted In Bold Print – Mentored Faculty \*]

1. Boucher A\*, Greenwood L, La Bounty P\*, Greenwood M. Effectiveness of surface electromyographic biofeedback-triggered neuromuscular electrical stimulation on isometric knee extensor torque in healthy individuals. **Texas Physical Therapy Association Journal, 2010**.
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3. **Long L, Nassar E, Bowden R, Lanning B, Zimmerman A, Beckham J, Campbell B, Harvey T, Kerksick C, La Bounty P, Marcello B, Roberts M, Wilborn C, Magrans T, Thomas A, Wismann J, Galbreath M, Rasmussen C, Fogt D\*, Moulton C, Greenwood M, Wilson R, Kreider R**. Effects of the Curves fitness and weight loss program: Quality of life and body image. **Texas ACSM Annual Proceedings**. 20, 2005.
4. **Magrans T, Greenwood M, Rasmussen C, Kerksick C, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti T, Autrey L, Campbell B, Slonaker R, Baer J, Pfau E, Grimstedt M, Wilborn C, Thomas A, Ounpraseuth S, Casey P, Wilson R, Kreider R**. Effects of the Curves Fitness Programs on Muscular Strength, Muscular Endurance and Maximal Aerobic capacity. **Texas ACSM Annual Proceedings**. 18, 2004.

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10. Greenwood L, Greenwood M. Core stabilization through resistance training. **Arkansas National Strength & Conditioning Association State Meeting Abstracts**, 2002.
11. Greenwood M, Byars A. The reliability of a one-half mile steady-state walk test developed for college students. **The Arkansas Journal**. 37(1): 12, 2002.
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14. Greenwood M, Brown L. Plyometric training considerations. **Arkansas National Strength & Conditioning Association State Meeting Abstracts**, 2001.
15. Brown L, Greenwood M. Periodization considerations in resistance training protocols. **Arkansas National Strength & Conditioning Association State Meeting Abstracts**, 2001.
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27. Greenwood M, Adams T, Stillwell J. Byars A. Differences in perceived motivation by gender and body composition of university students enrolled in a required conceptually based health/fitness course. **The Arkansas Journal.** 32(1): 12, 1996.
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## **PROFESSIONAL PRESENTATIONS**

### **Refereed Presentations:**

**[Mentored Students Noted In Bold Print – Mentored Faculty \*]**

### **International Forums:**

1. Greenwood M, Mardock M, Lockard B, Oliver JM, Byrd M, Simbo S, Jagim A, Kresta JY, Baetge C, Jung Y, Koozehchian M, Khanna D, Rasmussen C, Kreider RB. Experiencing the impact of weight loss on work capacity prior to initiation of a weight loss program enhances success. **International Society of Sport Nutrition Annual Meeting, Las Vegas, NV. June 24-25, 2011.**
2. Mardock M, Lockard B, Oliver JM, Byrd M, Simbo S, Jagim A, Kresta JY, C Baetge, Jung Y, Koozehchian M, Khanna D, Greenwood M, Rasmussen C, Kreider RB. Comparative effectiveness of two popular weight loss programs in women I: Body composition and resting energy expenditure. **International Society of Sport Nutrition Annual Meeting, Las Vegas, NV. June 24-25, 2011.**

3. Byrd M, Mardock M, Lockard B, Oliver JM, Simbo S , Jagim A, Kresta JY, Baetge C, Jung Y, Koozehchian M, Khanna D, Greenwood M, Rasmussen C, Kreider RB. Comparative effectiveness of two popular weight loss programs in women II: Metabolic markers. **International Society of Sport Nutrition Annual Meeting, Las Vegas, NV. June 24-25, 2011.**
4. Oliver JM, Mardock M, Lockard B, Byrd M, Simbo S, Jagim A, Kresta JY, Baetge C, Jung Y, Koozehchian M, Khanna D, Greenwood M, Rasmussen C, Kreider RB. Comparative effectiveness of two popular weight loss programs in women III: Health and fitness markers. **International Society of Sport Nutrition Annual Meeting, Las Vegas, NV. June 24-25, 2011.**
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92. **Melton C**, Kreider R, **Rasmussen C, Lundberg J**, Greenwood M, Earnest C, Almada A. Oral ribose supplementation, anaerobic capacity and markers of metabolism. **Federation of American Societies of Experimental Biology Annual Meeting**, Orlando, FL. April 3, 2001.

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### **NATIONAL FORUMS:**

1. Baetge C, Lockard B, Oliver JM, Mardock M, Byrd M, Simbo S, Jung Y, Khanna D, Koozehchian M, Jagim A, Dalton R, Kim H, Kresta JY, Leopold T, Horrell K, Rasmussen C, Greenwood M, Kreider RB. Exercise intensity and energy expenditure assessment of performing the Curves with Zumba workout. **NSCA Annual National Conference, Las Vegas NV, July 6-9, 2011.**
2. **Nix C**, Cooke M, **McPheeters M, Dorsa C, Allison A, Raudale J**, Greenwood L, Byars A, Greenwood M. Comparison of Post-Exercise Recovery Strategies on Systemic Inflammation and Oxidative Stress Following Exercise-Induced Muscle Damage. **American College of Sports Medicine Annual Meeting, Denver CO. May 30, 2011/June-2, 2011.**
3. **West A**, Cooke M, La Bounty P\*, Greenwood M. Comparison of post-exercise recovery strategies on stress and inflammation following endurance cycling exercise. **American College of Sports Medicine Annual Meeting, Denver CO. May 30, 2011/June-2, 2011.**

4. Kerksick C, Grimstvedt M, Mayhew JL, Greenwood M, Kreider RB. Effect of strength level and body composition on upper and lower body work capacity in adult men. **American College of Sports Medicine Annual Meeting, Denver CO. May 30, 2011/June-2, 2011.**
5. Cooke M, Allison A, Dorsa C, Nix C, McPheeters M, Shelmadine B, Greenwood M, D Willoughby. Regulators of Muscle Hypertrophy are Unaffected by Whey Protein and Casein Supplementation in Older Individuals. **American College of Sports Medicine Annual Meeting, Denver CO. May 30, 2011/June-2, 2011.**
6. Allison A, Dorsa C, Nix C, McPheeters M, Greenwood M, Willoughby D, Cooke M. Effects of whey protein and casein supplementation on training-induced adaptations in older males. **American College of Sports Medicine Annual Meeting, Denver CO. May 30, 2011/June-2, 2011.**
7. La Bounty P\*, Allison A, Dorsa C, Nix C, Raudales J, Shelmadine B, McPheeters M, Greenwood M, Willoughby D, Cooke M. Effects of Leucine Ingestion and Resistance Training on Body Composition and Strength in Older Individuals. **American College of Sports Medicine Annual Meeting, Denver CO. May 30, 2011/June-2, 2011.**
8. Spiers SN, Greenwood LD, Boucher AM, Barnard-Brak L, La Bounty P, Greenwood M. Comparison of the Effects of Aquatic and Land-Based Balance Training Programs on the Postural Control of College-Aged Recreational Athletes. **NATA National Conference, New Orleans LA. June 19-22, 2011.**
9. Smart MM, Greenwood LD, Boucher AM, Barnard-Brak L, La Bounty P, Greenwood M. Acute Effects of Dynamic and Static Stretch on the Peak Torque and ROM of Shoulder Internal and External Rotation. **NATA National Conference, New Orleans LA. June 19-22, 2011.**
10. Nix C, Cooke M, Greenwood L, Stanford M, Byars A, Greenwood M. Comparison of post-exercise recovery strategies on isokinetic strength, perceived muscle soreness and mood states after exercise-induced muscle damage. **NSCA Annual National Conference, Orlando FL, July 15-17, 2010.**
11. Byars A, Gandy-Moodie N, Greenwood L, Stanford M, Greenwood M. An evaluation of the relationships between core stability, core strength and running economy in trained runners. **NSCA Annual National Conference, Orlando FL, July 15-17, 2010.**
12. West A, La Bounty P\*, Stanford M, Greenwood M, Cooke M. Comparison of post-exercise recovery methods on performance markers, lactate and psychological mood states elicited by endurance cycling. **NSCA Annual National Conference, Orlando FL, July 15-17, 2010.**
13. Kreider R, Culbertson J, Byrd M, Simbo S, Oliver J, Mardock M, Cannon C, Yung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, Greenwood M. Maintaining a high protein diet while participating in a resistance training program does not affect markers of bone health in women. **NSCA Annual National Conference, Orlando FL, July 15-17, 2010.**
14. Canon C, Culbertson J, Byrd M, Rasmussen C, Jung Y, Khanna D, Koozehchian M, Mardock M, Oliver J, Simbo S, Greenwood M, Kreider R. Effects of a 30-Day fitness challenge on body composition and health markers in sedentary women. **NSCA Annual National Conference, Orlando FL, July 15-17, 2010.**



15. La Bounty P\*, Cooke M, Campbell B, Mistry H, Vanta J, Greenwood M, Stathi Cs, Lutz R, Willoughby D. The Effects of an Acute Lower-Body Resistance Exercise on Skeletal Muscle Glycogen in Humans. **American College of Sports Medicine Annual Meeting, Baltimore MD. June 2-5, 2010.**
16. Brabham B\*, Buford T\*, Shelmadine B\*, Hudson G\*, **McPheeters M, Moreillon J**, Greenwood M, Kreider R, Willoughby D, Cooke M. Effects of Creatine Supplementation and Resistance Training on Body Composition in Older Individuals. **American College of Sports Medicine Annual Meeting, Baltimore MD. June 2-5, 2010.**
17. Shelmadine B\*, Brabham B\*, Hudson G\*, Buford T\*, **McPheeters M, Moreillon J**, Greenwood M, Kreider R, Willoughby D, M Cooke. Effects of Creatine Supplementation and Resistance Training On Skeletal Muscle Hypertrophy In Older Individuals. **American College of Sports Medicine Annual Meeting, Baltimore MD. June 2-5, 2010.**
18. Harvey T\*, **Shelmadine B, Moreillon J, Jason Liang J**, Greenwood L, Greenwood M, Kreider R, Willoughby D. Effects of concentric and eccentric muscle contraction on IL-6 signalant in human skeletal muscle and downstream regulation of HSP-72 Gene Expression. **NSCA Annual National Conference, Las Vegas NV, July 8-11, 2009.**
19. Campbell B\*, La Bounty P\*, **Oetken A**, Mike Greenwood M, Kreider R, Willoughby D. Responses of serum IGF-1 after an acute bout of lower resistance exercise. **NSCA Annual National Conference, Las Vegas NV, July 8-11, 2009.**
20. La Bounty P\*, Campbell B\*, **Oetken A**, Greenwood M, Kreider R, Willoughby D. Responses of serum growth hormone after an acute bout of lower body resistance exercise. **NSCA Annual National Conference, Las Vegas NV, July 8-11, 2009.**
21. **Li R, Ferreira M**, Cooke M\*, La Bounty P\*, Campbell B\*, Greenwood M, Willoughby D, Kreider R. Mysotatin Gene Expression In Response to Acute Resistance Exercise With Amino Acids and Carbohydrate Supplementation. **American College of Sports Medicine Annual Meeting, Seattle, WA. May 27-30, 2009.**
22. Campbell B\*, La Bounty P\*, **Oetken A**, Kreider R, Greenwood M, D Willoughby. The effects of BCAA supplementation on total lower-body workout volume. **American College of Sports Medicine Annual Meeting, Seattle, WA. May 27-30, 2009.**
23. La Bounty P\*, Campbell B\*, **Oetken A**, Lutz R, Kreider R, Greenwood M, Willoughby D. The effect of leucine supplementation on total lower-body workout volume. The effect of leucine supplementation on total lower-body workout volume. **American College of Sports Medicine Annual Meeting, Seattle, WA. May 27-30, 2009.**
24. **Parker A, LaBounty P, Culbertson J**, Cooke M\*, Lutz R, Greenwood L, Byars A, Greenwood M. Applications of the Dynamic Mental Health Model to predict performance for resistance exercise: An exploratory study. **NSCA Annual National Conference, Las Vegas NV, July 9-12, 2008.**
25. Kreider R, **Parker A, Moreillon J, Rasmussen C**, Greenwood M. Energy expenditure analysis of women participating in a computerized hydraulic circuit training program. **NSCA Annual National Conference, Las Vegas NV, July 9-12, 2008.**

26. Byars A, Bybee R, Voss S, Helwig H, Greenwood M. Acute effects of static stretching and dynamic stretching on force production during vertical jump performance. **NSCA Annual National Conference**, Las Vegas NV,. July 9-12, 2008.
27. **Hudson G, Galbreath M, Chandran R, Wismann J, Serra M, Dove J, Boulton C, LaBounty P, Cooke M\*, Rasmussen C, Wilson R, Willoughby D, Greenwood M, Kreider R.** Effects of a popular weight loss program in senior-aged women: Glucose and insulin kinetics. **NSCA Annual National Conference**, Las Vegas NV,. July 9-12, 2008.
28. **Hudson G, Galbreath M, Chandran R, Wismann J, Serra M, Dove J, Boulton C, LaBounty P, Cooke M\*, Rasmussen C, Wilson R, Willoughby D, Greenwood M, Kreider R.** Effects of a popular fitness and weight loss program in senior-aged women: Leptin, ghrelin and adiponectin levels. **NSCA Annual National Conference**, Las Vegas NV,. July 9-12, 2008.
29. Greenwood M & Kalman D. Protein: The unappreciated ergogenic macronutrient. **NATA National Conference, St Louis MO. June 17-21, 2008.**
30. Cooke M\*, Iosia M\*, **Buford T, Shelmadine B, Hudson G, Kerksick C**, Greenwood M, Rasmussen C, Kreider R. Effects of Coenzyme Q10 supplementation on exercise performance in trained and untrained individuals. **American College of Sports Medicine Annual Meeting**, St Louis, MO. May 27-31, **2008.**
31. **Parker A, LaBounty P, Harvey T**, Cooke M\*, Iosia M\*, Greenwood L, Byars A, Greenwood M. Effects of Glutamine-Arginine Supplementation or Creatine on muscular strength markers of overtraining in resistance trained males: Preliminary Findings. **NSCA Annual National Conference**, Atlanta GA, D.C. July 12-15, 2007.
32. **Parker A, LaBounty P, Harvey T**, Cooke M\*, Iosia M\*, Greenwood L, Byars A, Greenwood M. Effects of Glutamine-Arginine Supplementation or Creatine on muscular select physiological markers of overtraining in resistance trained males: Preliminary Findings. **NSCA Annual National Conference**, Atlanta GA, D.C. July 12-15, 2007.
33. **Larson D**, Fry A, Greenwood M, **Schilling B, Chiu L.** Ground Reaction Forces of Throwing Motions for Baseball Catchers: Implications for Training. **American College of Sports Medicine Annual Meeting**, Anaheim CA. May 31, **2007**
34. Byars A, **Kirkland K, Matula B**, Greenwood M. Effects of a non-transdermal energy patch on indices of aerobic power performance. **American College of Sports Medicine Annual Meeting**, Anaheim CA. May 31, **2007**
35. Greenwood L, Greenwood M, **Serra M, Boulton C.** The effects of a 6 week resistance tubing program on eversion ankle strength and static balance. **NATA National Conference, June 2007.**
36. Byars A, Greenwood M, Simpson W. Lifetime fitness activity interests of college students enrolled in various activity programs. **NIRSA National Conference, Minneapolis MN. April 18-21, 2007.**
37. Simpson W, Byars A, Cruse M, Greenwood M. Pro-Sports Apparel Preferences of Male Intramural Team Sport Participants: Jersey of Choice. **NIRSA National Conference, Minneapolis MN. April 18-21, 2007.**

38. Greenwood M, Greenwood L, **Harvey T**, Byars A, **Campbell B, La Bounty P**. Effects of delayed onset muscle soreness on balance with resistance trained college males. **NSCA Annual National Conference, Washington, D.C. July 12-15, 2006.**
39. Greenwood L, Shim J\*, Greenwood M, Byars A, **Ehlke K**. The effect of foot intrinsic muscle strengthening on balance. **NSCA Annual National Conference, Washington, D.C. July 12-15, 2006.**
40. **Harvey T**, Greenwood L, Byars A, **Campbell B, La Bounty P**, Greenwood M. Effects of delayed onset muscle soreness on isokinetic bilateral leg performance. **NSCA Annual National Conference, Washington, D.C. July 12-15, 2006.**
41. Byars A, **Dyer A, Patwari P, Pape M**, Greenwood M. The use of skin landmarks on reliability of goniometric measurements of the knee joint. **NSCA Annual National Conference, Washington, D.C. July 12-15, 2006.**
42. **Campbell B, Kerksick C, Wilborn C, Rasmussen C**, Greenwood M, Kreider R. Body composition changes following an 8-week split-body periodized resistance training program in college aged and middle aged males. **NSCA Annual National Conference, Washington, D.C. July 12-15, 2006.**
43. **Campbell B, Wilborn C, Kerksick C, Rasmussen C**, Greenwood M, Kreider R. Strength changes following an 8-week split-body periodized resistance training program in college aged and middle aged males. **NSCA National Conference, Washington, D.C. July 12-15, 2006.**
44. Byars A, Greenwood M. Comparison of an angle finder and universal goniometer for measurement of wrist flexion and extension. **American College of Sports Medicine Annual Meeting, Denver CO. May 31, 2006.**
45. Greenwood M, Byars A. Pedometer measured activity of college students enrolled in fitness classes. **Walking for Health Measurement and Research Issues and Challenge Conference: ACSM, Champaign, IL, 2005**
46. Greenwood M, **Kerksick C, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C**, Greenwood L, Byars A, Kreider R, Almada A. The effects of varying types of creatine on strength measures and body composition. **NSCA Annual National Conference, Las, Vegas, NV. July 6-9, 2005.**
47. Greenwood M, **Kerksick C, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C**, Greenwood L, Byars A, Kreider R, Almada A. Influence of varying creatine formulations on safety issues regarding whole body creatine retention. **NSCA Annual National Conference, Las, Vegas, NV. July 6-9, 2005.**
48. Greenwood L, Greenwood M, Byars A, Chandler M\*. No gender differences in balance between comparable Division I sports. **NSCA Annual National Conference, Las, Vegas, NV. July 6-9, 2005.**
49. **Kerksick C**, Greenwood M, **Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C**, Greenwood L, Byars A, Kreider R, Almada A. The effects of creatine and creatine with D-pinitol on markers of health. **NSCA Annual National Conference, Las, Vegas, NV. July 6-9, 2005.**

50. **Campbell B, Kerksick C, Wilborn C, Marcello B, Lutz R, La Bounty P, Harvey T, Taylor L, Galbreath M, Rasmussen C, Greenwood M, Kreider R.** Assessment of a learning curve for the Wingate anaerobic test. NSCA Annual National Conference, Las, Vegas, NV. July 6-9, 2005.
51. Lutz R, Lochbaum M, Carson T, Jackson S, Greenwood M, Byars A. Does pre-exercise mood represent an accurate baseline? An experience sampling study. North American Society for the Psychology of Sport and Physical Activity. St. Petersburg, FL, June 9-11, 2005.
52. **Kerksick C, Grimstvedt M, Rasmussen C, Mayhew J, Greenwood M, Almada A, Kreider R.** Regional body composition analysis using DEXA. American College of Sports Medicine Annual Meeting, Nashville TN. June 1-4, 2005.
53. **Fitzgerald Y, Doyle E, Greenwood M.** Body mass index, fitness, activity levels and selected dietary intake variables of Waco 5<sup>th</sup> graders. American College of Sports Medicine Annual Meeting, Nashville TN. June 1-4, 2005.
54. Byars A, Rainwater R, Greenwood M. The effect of EMPACT performance drink on aerobic performance: A preliminary investigation. Mannatech National Conference, Portland Oregon, September 3<sup>rd</sup>, 2004.
55. **Kerksick C, Wilborn C, Grimstvedt, Rasmussen C, Greenwood M, Kreider R, Almada A.** Training adaptations while resistance training with and without supplementation. NSCA Annual National Conference, Minneapolis, MN. July 15-18, 2004.
56. **Kerksick C, Grimstvedt M, Rasmussen C, Mayhew J, Greenwood M, Kreider R, Almada A.** Compatibility of predicting 1RM bench press and leg press from muscular endurance repetitions in adult men. NSCA Annual National Conference, Minneapolis, MN. July 15-18, 2004.
57. Greenwood M, Kreider R, Rasmussen C, Kerksick C, Magrans T, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti T, Autrey L, Campbell B, Slonaker R, Baer J, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Ounpraseuth S, Casey P, Wilson R. Effects of Curves Fitness Program on muscular strength, muscular endurance and maximal aerobic capacity. American College of Sports Medicine Annual Meeting, Indianapolis IN. June 2, 2004.
58. **Rasmussen C, Kreider R, Kerksick C, Campbell B, Slonaker R, Greenwood M, Baer J, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Autrey L, Magrans T, Marcello B, Mulligan C, Rohle D, Vacanti T, Ounpraseuth S, Casey P, Wilson R.** Effects of Curves Fitness and Weight Loss Program on markers of health. American College of Sports Medicine Annual Meeting, Indianapolis IN. June 2, 2004.
59. Kreider R, Rasmussen C, Kerksick C, Campbell B, Baer J, Slonaker R, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Magrans T, Marcello T, Taylor L, Mulligan C, Rohle D, Vacanti T, Autrey T, Ounpraseuth S, Casey P, Greenwood M, Wilson R. Effects of Curves Fitness and Weight Loss Program on weight loss and resting energy expenditure. American College of Sports Medicine Annual Meeting, Indianapolis IN. June 2, 2004.
60. Greenwood M. Aerobic exercise & interval training prescription. NSCA Certification Video Production, Phoenix AZ, June 28<sup>th</sup>, 2004.
61. Stahura K\*, Greenwood M, **Jordan J.** The changing climate of youth sports within our American culture: Moral and ethical development, an introduction to a healthy lifestyle and continued sport involvement in soccer leagues. American Alliance of Health, Physical Education, Recreation and Dance Annual Conference. New Orleans, LA, April 1, 2004.

62. Greenwood M, Byars A. Serum cholesterol levels of female students enrolled in a university required health related fitness course. **NIRSA Annual Conference & Recreational Exposition, Albuquerque, NM, April 17-21, 2004.**
63. Byars A, **Clark K**, Simpson W, Greenwood M. Pedometer determined activity in college students enrolled in various activity courses. **NIRSA Annual Conference & Recreational Exposition, Albuquerque, NM, April 17-21, 2004.**
64. Greenwood M, Greenwood L, Brown L, Kreider R, Comeau M\*, **Sjostrum T.** The effects of a botanical Cox-2 inhibitor on isokinetic performance after DOMS induction. **NSCA National Conference, Indianapolis, IN. July 16-19, 2003.**
65. Greenwood M, Greenwood L, Kreider R, Willoughby D. The effects of a botanical COX-2 inhibitor supplement on knee range of motion following isokinetic performance. **NATA Annual Conference, St Louis, MO. June 25-27, 2003.**
66. Greenwood M, Greenwood L, Kreider R, Willoughby D. The effects of a botanical COX-2 inhibitor supplement on muscular soreness. **NATA Annual Conference, St Louis, MO. June 25-27, 2003.**
67. Greenwood M, Greenwood L, Kreider R, Comeau M\*, Farris J, Fry A, **Sjostrum T.** The effects of a combination botanical COX-2 inhibitor supplement on muscular pain and soreness. **ACSM Annual Conference, San Francisco, CA. May 28-31, 2003.**
68. Greenwood L, Greenwood M, Kreider R, Comeau M\*, Farris J, Fry A, **Sjostrum T.** The effects of a combination botanical COX-2 inhibitor supplement on muscular hematological markers of health. **ACSM Annual Conference, San Francisco, CA. May 28-31, 2003.**
69. **Kerksick C, Rasmussen C, Lancaster S,** Kreider R, **Magu B, Smith C, Melton C,** Greenwood M, Almada A, Earnest C. Effects of whey protein, BCAA and glutamine supplementation on training adaptations I: Body composition. **ACSM Annual Conference, San Francisco, CA. May 28-31, 2003.**
70. **Rasmussen C, Kerksick C, Lancaster S,** Kreider R, **Magu B, Smith C, Melton C,** Greenwood M, Almada A, Earnest C. Effects of whey protein, BCAA and glutamine supplementation on training adaptations I: Body composition. **ACSM Annual Conference, San Francisco, CA. May 28-31, 2003.**
71. Byars A, Greenwood M. Validation of a one-half mile steady-state walk test in college students for prediction of VO<sub>2</sub>max. **The Fifth Annual National Meeting: American Society of Exercise Physiologists. Sacramento CA. April 4-5, 2003.**
72. **Kerksick C, Leutholtz B, Bowden R, Rasmussen C, Muse R, Hanson J,** Greenwood M, Earnest C, Kreider R. Effects of ribose supplementation prior to and following intense exercise on anaerobic capacity and metabolic markers. **The Fifth Annual National Meeting: American Society of Exercise Physiologists. Sacramento CA. April 4-5, 2003.**
73. Kreider R, Greenwood M, Robergs R, Antonio, J. Dietary supplementation in exercise and sport: A roundtable discussion of issues and concerns. **The Fifth Annual National Meeting: American Society of Exercise Physiologists. Sacramento CA. April 4-5, 2003.**

74. Greenwood M, Fry A, Brown L, **Schilling B**, Comeau M\*, **Belzer S**, **Chiu L**. Kinetic comparison of the weight shift and pivot throwing techniques in a collegiate baseball catcher: A pilot study. **NSCA National Conference, Las Vegas, NV. July 10, 2002.**
75. Greenwood M. Aerobic prescription and interval training. **NSCA National Symposium, Las Vegas, NV. July 8, 2002.**
76. Kreider R, Greenwood M, Greenwood L, Brown L, Stahura K\*, Byars A. Creatine supplementation does not adversely affect health status of division IA football players. **NSCA National Conference, Las Vegas, NV. July 10, 2002.**
77. Greenwood L, Greenwood M, Kreider R, Byars A, Brown L, Stahura K\*. Creatine supplementation does not adversely affect health status of division I baseball players. **NSCA National Conference, Las Vegas, NV. July 10, 2002.**
78. Byars A, Greenwood M, Kreider R, Greenwood L. Creatine supplementation patterns among select division I athletes. **NSCA National Conference, Las Vegas, NV. July 10, 2002.**
79. **Barkley V**, Byars A, Greenwood L, Earnest C, Greenwood M. An analysis of various physical fitness components recommended for law enforcement personnel. **NSCA National Conference, Las Vegas, NV. July 10, 2002.**
80. Brown LE, **Sjostrom T**, Comeau M\*, Greenwood M, Stahura K\*. Velocity is not generic across asymmetric limbs. **NSCA National Conference, Las Vegas, NV. July 10, 2002.**
81. Greenwood M, Kreider R., Greenwood L, Earnest C, Farris J, Brown L, Comeau M\*, Byars A. Effects of creatine supplementation on the incidence of cramping/injury during eighteen weeks of collegiate baseball training/competition. **NATA Annual Conference, Dallas, TX. June 14-18, 2002.**
82. Byars A, Greenwood M, Kreider R, Nutritional supplementation patterns among select division I male athletes. **National Athletic Trainers Association Annual Conference, Dallas, TX. June 14-18, 2002.**
83. Greenwood M, Kreider R, Greenwood L, Earnest C, Farris J\*, Brown L, Comeau M\*, Byars A. Effects of creatine supplementation on the incidence of cramping/injury during eighteen weeks of collegiate baseball training/competition. **ACSM Annual Conference, St Louis, MO. May 30, 2002.**
84. Greenwood L, Greenwood M, Kreider R, Earnest C, Brown L, Farris J\*, Byars A. Effects of creatine supplementation on the incidence of cramping/injury during eighteen weeks of Division IA football training/competition. **ACSM Annual Conference, St Louis, MO. May 30, 2002.**
85. Byars A, Greenwood M, Kreider R, Greenwood L, Farris J\*. Creatine supplementation patterns among select division I athletes. **ACSM Annual Conference, St Louis, MO. May 30, 2002.**
86. Kreider R, Greenwood M, **Melton C**, **Rasmussen C**, Cantler E, Milner P, Almada A. Long-term creatine supplementation during training/competition does not increase perceptions of fatigue or adversely affect health status. **ACSM Annual Conference, St Louis, MO. May 30, 2002.**
87. Farris J, **Mott A**, Greenwood M. Activity, obesity, and blood pressure in elementary age school children. **ACSM Annual Conference, St Louis, MO. May 30, 2002.**

88. Comeau M\*, Brown L, Graves M\*, **Sjostrom T**, Greenwood M. (2002, June). The relationship between lactate and indirect measures of muscle fiber type: A pilot study. **ACSM Annual Conference, St Louis, MO. May 30, 2002.**
89. Brown L, **Sjostrom T**, Comeau M\*, Graves M\*, Greenwood M, Findley B, Whitehurst M. Inter-limb relationships between torque and velocity across asymmetric effectors in females. **ACSM Annual Conference, St Louis, MO. May 30, 2002.**
90. **Sjostrom T**, Brown L, Comeau M\*, Graves M\*, Greenwood M, Findley B, Whitehurst M. Within limb relationships between torque and velocity. **ACSM Annual Conference, St Louis, MO. May 30, 2002.**
91. **Riley C**, Greenwood M, Comeau M\*, Brown LE, Stahura K\*, Kreider R, Almada A, Byars, A. Effect of beta-hydroxy-beta-methylbutyrate (HMB) on upper and lower body strength alterations of untrained college students. **American Association of Health, Physical Education, Recreation, and Dance Conference, San Diego, CA. April 9, 2002.**
92. Byars A, and Greenwood, M. Serum cholesterol levels of college students enrolled in a required health-related fitness course. **American Association of Health, Physical Education, Recreation, and Dance Conference, San Diego, CA. April 9, 2002.**
93. Fry A, Greenwood M, **Schilling B**. Specificity training for catchers: Implications for the strength and conditioning program. **NSCA National Conference, San Antonio, TX. January 10, 2002.**
94. Greenwood M, Kreider R, Melton C, Greenwood L, Rasmussen C, Almada A. Creatine supplementation does not increase the incidence of cramping or injury for two division IA football teams training/competing in similar climates. **The Fourth Annual National Meeting: American Society of Exercise Physiologists. Memphis TN. September 28, 2001.**
95. Greenwood M, Brown LE. Periodization essentials and innovations in resistance training protocols. **The Fourth Annual National Meeting: American Society of Exercise Physiologists. Memphis TN. September 28, 2001.**
96. Brown L, **Sjostrom T**, Comeau M\*, Greenwood M. The kinematics of biophysically asymmetric effectors. **The Fourth Annual National Meeting: American Society of Exercise Physiologists. Memphis TN. September 28, 2001.**
97. Brown L, Findley B, Greenwood M, Comeau M\*. Comparison of knee acceleration EMG at slow and fast velocities during an isokinetic movement. **NSCA National Conference, Spokane, WA. July 12, 2001.**
98. Chu D, Brown L, Findley B, Greenwood M, Comeau M\*. Functional assessment following acute ACL-reconstruction surgery. **NSCA National Conference, Spokane, WA. July 12, 2001.**
99. Greenwood L, Greenwood M, Kreider R, Byars A, Brown L, Stahura K\*. No fatigue perceived with creatine supplementation of division IA football players. **NSCA National Conference, Spokane, WA. July 12, 2001.**
100. Greenwood M, Kreider R, Greenwood L, Byars A, Brown L, Stahura K\*. No fatigue perceived with creatine supplementation during the collegiate baseball season of division I players. **NSCA National Conference, Spokane, WA. July 12, 2001.**

101. Kreider R, Greenwood M, **Rasmussen C**, Earnest C, Almada A. Effects of creatine loading on hydration, whole body creatine retention, and urinary creatine excretion. **NSCA National Conference, Spokane, WA. July 12, 2001.**
102. Greenwood L, Greenwood M, Kreider R, Byars A, Stahura, K\*. No fatigue perceived with creatine supplementation of division IA football players during 3-a-day training. **NATA Annual Meeting, Los Angeles, CA. June 19, 2001.**
103. Greenwood M, Kreider R, Greenwood L. Effects of creatine supplementation on the incidence of cramping/injury during a college baseball season. **NATA Annual Meeting, Los Angeles, CA. June 19, 2001.**
104. Kreider R, Greenwood M, Byars A, Greenwood L, Stahura K\*. No fatigue perceived with creatine supplementation during the fall collegiate baseball season of division I players. **NATA Annual Meeting, Los Angeles, CA. June 19, 2001.**
105. Almada A, Greenwood M, Kreider R, **Rasmussen C**, Earnest C, Greenhaff P. Analysis of various nutritional formulation strategies on whole body creatine retention. **ACSM Annual Conference, Baltimore, MD. June 1, 2001.**
106. Brown L, Findley M, Whithurst M, Rossi M, Greenwood M, Comeau M\*. Comparison of phase EMG across velocities during an isokinetic movement. **ACSM Annual Conference, Baltimore, MD. June 1, 2001.**
107. Byars A, Greenwood M. Development of a one-half mile steady-state walk test in college students for prediction of V02Max. **ACSM Annual Conference, Baltimore, MD. June 1, 2001.**
108. Comeau M\*, Zebas C, Brown L, Greenwood M, Greenwood L. The hamstring- quadriceps ratio of male endurance runners over a velocity spectrum. **ACSM Annual Conference, Baltimore, MD. June 1, 2001.**
109. Dzewaltowski D, Estabrooks P, Greenwood M. Self-efficacy and physical activity of youth in sixth through ninth grade. **ACSM Annual Conference, Baltimore, MD. June 1, 2001.**
110. Greenwood L, Greenwood M, Kreider R, Byars A, Stahura K\*, Brown L, Comeau M\*. Perceived health status and side-effects associated with creatine supplementation during the college baseball season. **ACSM Annual Conference, Baltimore, MD. June 1, 2001.**
111. Greenwood M, Kreider R, Greenwood L, Comeau M\*, Brown L, Stahura K\*, Byars A. Perceived health status and side-effects associated with creatine supplementation during the college football season. **ACSM Annual Conference, Baltimore, MD. June 1, 2001.**
112. Kreider R, **Melton C**, **Rasmussen C**, Greenwood M, Cantler E, Milnor P, Greenhaff P, Almada A. Effects of long-term creatine supplementation on renal function and muscle/liver enzyme efflux. **ACSM Annual Conference, Baltimore, MD. June 1, 2001.**
113. **Rasmussen C**, Greenwood M, Kreider R, Earnest C, Almada A, Greenhaff P. Influence of D-Pinitol on whole body creatine retention. **ACSM Annual Conference, Baltimore, MD. June 1, 2001.**
114. Whitehurst M, Brown L, Findley B, Rossi M, Miller J, Greenwood M, Comeau M\*. Maximum force and acceleration do not completely discriminate gender. **ACSM Conference, Baltimore, MD. June 1, 2001.**



115. Zebas C, Comeau M\*, Brown L, Greenwood M, Graves M\*. Power velocity curves of male endurance runners over a velocity spectrum. **ACSM Annual Conference, Baltimore, MD. June 1, 2001.**
116. Greenwood M, Greenwood L, Stahura K\*, Brown L, Kreider R, Byars A. Perceived health status and side-effects associated with creatine supplementation during collegiate fall baseball of division I players. **American Association of Health, Physical Education, Recreation, and Dance, Cincinnati, OH. March 16, 2001**
117. Greenwood M, Stahura K\*, Brown L, Greenwood L, Kreider R, Byars A. Perceived health status and side-effects associated with creatine supplementation of division I-A football players during 3-a-day training. **American Association of Health, Physical Education, Recreation, and Dance, Cincinnati, OH. March 16, 2001.**
118. Stahura K\*, Greenwood M. Occupational employment patterns within women's intercollegiate athletics: Revisiting homologous reproduction. **American Association of Health, Physical Education, Recreation, and Dance, Cincinnati, OH. March 16, 2001.**
119. Stahura K\*, Greenwood M. Ranked athletic programs: Prestige as a function of winning. **American Association of Health, Physical Education, Recreation, and Dance, Cincinnati, OH. March 16, 2001.**
120. Greenwood M, Kreider R. Creatine supplementation: What physical educators, athletics coaches, and public school administrators need to know! **NASPE Linking Physical Activity & Fitness Conference, Baltimore, MD. July 2000.**
121. Greenwood M. National council for accreditation of coaching education. **NASPE National Coaching Congress, Gulfport, MS. July 2000.**
122. Greenwood M, Kreider R, Greenwood, L. Creatine supplementation patterns and perceived effects among Division I athletes. **NATA Annual Meeting, Nashville, TN. June 22, 2000.**
123. Greenwood L, Greenwood M, Kreider R, Carroll R. Effects of creatine supplementation on the incidence of cramping/injury during a college football season. **NATA Annual Meeting, Nashville, TN. June 22, 2000.**
124. Greenwood M. Aerobic conditioning and interval training protocols. **NSCA National Symposium, Orlando, FL. June 19, 2000.**
125. Greenwood M, Kreider R, **Melton C, Rasmussen C, Lundberg L**, Greenwood M, Stroud T, Cantler E, Milnor P, Almada A. Short & long-term creatine supplementation does not affect hematological markers of health. **NSCA National Conference, Orlando, FL. June 22, 2000.**
126. Almada A, Kreider R, **Melton C, Rasmussen C, Lundberg L**, Greenwood M, Ransom J, Stroud T, Cantler E, Milnor P, Fox J. Long-term creatine supplementation does not affect markers of renal stress in athletes. **NSCA National Conference, Orlando, FL. June 22, 2000.**
127. Kreider R, **Lundberg J, Rasmussen C, Cowan P**, Greenwood M, Earnest C, Almada A. Effects of ingesting protein with various forms of carbohydrate following resistance exercise on substrate availability and markers of catabolism. **NSCA National Conference, Orlando, FL. June 22, 2000.**

128. Earnest C, Kreider R, **Lundberg J, Rasmussen C, Cowan P**, Greenwood M, Almada A. Effects of pre-exercise carbohydrate feedings on glucose and insulin responses during and following resistance training. **NSCA National Conference, Orlando, FL. June 22, 2000.**
129. Greenwood M, Stillwell J, Byars A. Physical activity preferences of middle school physical education students. **American Association of Health, Physical Education, Recreation, and Dance, Orlando, FL. March 19, 2000.**
130. Sanders A, Greenwood M. Successful applications of national physical education standards. **American Association of Health, Physical Education, Recreation, and Dance, Orlando, FL. March 19, 2000.**
131. Greenwood M, Kreider R, Greenwood L, Byars A. Effects of creatine supplementation on the injury rates during 3-a-day football training. **ACSM Annual Conference, Indianapolis, IN. June 2, 1999.**
132. Kreider R, **Rasmussen C, Melton C**, Greenwood M, Stroud T, **Ransom J**, Cantler E, Milnor P, Almada A. Long-term creatine supplementation does not adversely affect markers of clinical status. **ACSM Annual Conference, Indianapolis, IN. June 2, 1999.**
133. Greenwood L, Greenwood M, Kreider R, Byars A. Effects of creatine supplementation on the injury rates during 5-weeks of college fall baseball. **ACSM Annual Conference, Indianapolis, IN. June 2, 1999.**
134. Stahura K\*, Greenwood M. Sex of head coach as a function of sport type prestige and institutional structure. **NASSM 15<sup>th</sup> Annual Meeting, Colorado Springs, CO. May 1999.**
135. Greenwood M, Stillwell J, Byars A, Adams T, Adams H. PE 1002- concepts of fitness to be or not to be. **CUAC 1999 Summer Conference, Monterey, CA. July 1999.**
136. Greenwood M. Aerobic prescription and interval training. **NSCA National Symposium, Kansas City, KS. June 25, 1999.**
137. Greenwood M, Kreider R, **Rasmussen C, Ransom J, Melton C**, Stroud T, Cantler E, Milnor P. Creatine supplementation does not increase incidence of cramping during football training two. **NSCA National Conference, Kansas City, KS. June 25, 1999.**
138. Greenwood M, Farris J\*, Byars A, Greenwood L. Creatine use among Division I intercollegiate athletes. **NSCA National Conference, Kansas City, KS. June 25, 1999.**
139. Kreider R, **Melton C, Ransom J, Rasmussen C**, Stroud T, Cantler E, Greenwood M, Milnor P. Creatine supplementation does not increase incidence of cramping during football training one. **NSCA National Conference, Kansas City, KS. June 25, 1999.**
140. Ransom J, Kreider R., **Rasmussen C, Melton, C**, Stroud T, Cantler E, Greenwood M, Milnor, P. Effects of long term creatine supplementation during training on markers of catabolism and enzyme efflux. **NSCA National Conference, Kansas City, KS. June 25, 1999.**
141. **Rasmussen C**, Kreider R, **Melton C, Ransom J**, Stroud T, Cantler E, Greenwood, M, Milnor P. Long term creatine supplementation during football training does not increase markers of renal stress. **NSCA National Conference, Kansas City, KS. June 25, 1999.**

142. **Melton C, Kreider R, Rasmussen C, Ransom J, Stroud T, Cantler E, Greenwood M, Milnor P.** Effects of creatine supplementation during in-season college football on markers of clinical status. **NSCA National Conference, Kansas City, KS. June 25, 1999.**
143. **Mooneyhan A, Greenwood M, Byars A, Stillwell J, Adams T.** The effects of frequency and duration of physical education programs on the health-related fitness of sixth-graders. **American Association of Health, Physical Education, Recreation, and Dance, Boston, MA. April 15, 1999.**
144. **Greenwood M.** Current status of coaching certification in Arkansas. **NASPE's National Accreditation of Coaching Education Conference, Denver, CO. January 1999.**
145. **Greenwood M, Stillwell J.** National state agency physical education curriculum materials. **American Association of Health, Physical Education, Recreation, and Dance, Reno, NV. April 1998.**
146. **Byars A, Greenwood M.** Differences in exercise behavior of college students two-years after completion of a university required health-related fitness course. **American Alliance of Health, Physical Education, Recreation and Dance, Reno, NV. April 1998.**
147. **Byars A, Greenwood M, Stillwell J.** Justification of PE 1002 in a university general education program. **National Conference on Promoting Life-Long Physical Activity, Salt Lake City, UT. October 1998.**
148. **Greenwood M, Dzewaltowski DA, French R.** Self-efficacy and psychological well-being of wheelchair tennis participants and non-wheelchair tennis participants. **AAHPERD National Convention, Kansas City, KS. April 1988.**
149. **Greenwood M, French R, Silliman L.** Physical activity programs for profoundly mentally retarded individuals. **16th National Conference for the Exceptional Individual, Fresno, CA. October 1987.**
150. **Greenwood M.** Motivational factors and goal-setting principles for promoting youth fitness testing. **AAHPERD National Task Force Meeting, Chicago, IL. October 1986.**

### **REGIONAL FORUMS:**

1. **Greenwood M.** Effects of Overtraining: Nutritional Considerations. **International Society of Sport Nutrition Regional Conference. Baylor University, Waco TX. December 3, 2005.**
2. **Greenwood M, Kreider R, Willoughby D, Stout J, Kalman D, Ivy J.** Round Table Discussion for Sport and Exercise Nutrition Guidelines. **International Society of Sport Nutrition Regional Conference. Baylor University, Waco TX. December 3, 2005.**
3. **Stahura K\*, Greenwood M.** The relationship between video games and obesity in junior high school students. **Southwest District – Arizona AHPERD Regional Conference. Tucson, AZ. February 4, 2005.**
4. **Stahura K\*, Greenwood M.** To fire or not to fire: An empirical analysis of Division I football coaches. **Southwest District – Arizona AHPERD Regional Conference. Tucson, AZ. February 4, 2005.**

5. Greenwood M. Nutritional supplementation guidelines for athletes: Do's & Don'ts. **Annual Southwest Athletic Trainers Conference**. Arlington, TX. July 24, 2003.
6. Greenwood M, Kreider R, Greenwood L, Brown L, Comeau M\*. Effects of creatine supplementation on the incidence of cramping/injury during sixteen weeks of collegiate baseball training/competition. **Central American College of Sports Medicine Annual Meeting**. Kansas City, KS. October 19, 2001.
7. **Byrd T**, Comeau M\*, Brown L, Greenwood L, Greenwood M. The effects of two different stretching forces on viscoelastic properties of the hamstring muscle group. **Central American College of Sports Medicine Annual Meeting**. Kansas City, KS. October 19, 2001.
8. Brown L, **Sjostrom T**, Comeau M\*, Greenwood M. Intra-limb relationships between torque and velocity across asymmetric effectors. **Central American College of Sports Medicine Annual Meeting**. Kansas City, KS. October 19, 2001.
9. Almada A, Kreider R, **Ransom J**, **Melton C**, **Rasmussen C**, Greenwood M, Stroud T, Cantler E, Milnor P, Earnest C. Nine month creatine supplementation does not affect muscle or liver enzyme efflux in athletes. **Southwest American College of Sports Medicine Annual Meeting**, San Jose, CA. November 12, 1999.
10. Kreider R, **Rasmussen C**, **Ransom J**, **Melton C**, Greenwood M, Stroud T, Cantler E, Milnor P, Almada A, Greenhaff P. Nine month creatine supplementation does not affect markers of renal stress in athletes. **Southwest American College of Sports Medicine Annual Meeting**, San Jose, CA. November 12, 1999.
11. **Mooneyhan AN**, Greenwood M, Byars A, **Mooneyhan AL**. Frequency and duration of physical education programs on cardiorespiratory performance of sixth-graders. **American Association of Health, Physical Education, Recreation, and Dance**, Greensboro, NC. February 1999.
12. **Morgan K**, Greenwood M, Byars A. Circadian rhythms of male and female AAU swimmers. **Southern District for American Association of Health, Physical Education, Recreation, and Dance**, Biloxi, MS. February 1998.
13. Greenwood M, Stillwell J. Southern District state agency physical education curriculum materials. **Southern District for American Association of Health, Physical Education, Recreation, and Dance**, Biloxi, MS. February 1998.
14. Byars A, Greenwood M. Differences in exercise adherence behaviors of college students two years after completion of a university required health-related fitness course. **Southern District for American Association of Health, Physical Education, Recreation, and Dance**, Biloxi, MS. February 1998.
15. Byars A, Greenwood M. Differences in perceived motivation by gender and BMI of university students enrolled in required conceptually based health-related fitness course. **Southern District for American Association of Health, Physical Education, Recreation, and Dance**, New Orleans, LA. February 1997.
16. Greenwood M. Personality traits of intercollegiate baseball athletes playing central versus non-central defensive positions at three competitive levels. **Southern District for American Association of Health, Physical Education Recreation, and Dance**, Little Rock, AR. March 1988.

**STATE FORUMS:**

1. Boucher A\*, Greenwood L, La Bounty P\*, Greenwood M. Effectiveness of surface electromyographic biofeedback-triggered neuromuscular electrical stimulation on isometric knee extensor torque in healthy individuals. **Annual Texas Physical Therapy Association Conference, San Antonio, TX. October 22-23 2011.**
2. Roberts M, Taylor L, Mulligan C, Rohle D, Kerksick C, Campbell B, Vacanti A, Fogt D\*, Rasmussen C, Magrans T, Thomas A, Slonaker B, Wilborn C, Marcello B, Wilson R, Greenwood M, Earnest C, Kreider R, Willoughby D. Relationships between fasting serum triglycerides and leptin fat free mass and REE in sedentary, overweight females participating in a 14-week weight loss program. **Texas ACSM Annual Meeting. Methodist Health System, Dallas TX, March 4-5, 2005.**
3. Long L, Nassar E, Bowden R, Lanning B, Zimmerman A, Beckham J, Campbell B, Harvey T, Kerksick C, La Bounty P, Marcello B, Roberts M, Wilborn C, Magrans T, Thomas A, Wismann J, Galbreath M, Rasmussen C, Fogt D\*, Moulton C, Greenwood M, Wilson R, Kreider R. Effects of the Curves fitness and weight loss program: Quality of life and body image. **Texas ACSM Annual Meeting. Methodist Health System, Dallas TX, March 4-5, 2005.**
4. Magrans T, Greenwood M, Rasmussen C, Kerksick C, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti T, Autrey L, Campbell B, Slonaker R, Baer J, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Ounpraseuth S. Casey P, Wilson R, Kreider R. Effects of the Curves Fitness Programs on Muscular Strength, Muscular Endurance and Maximal Aerobic capacity. **Texas ACSM Annual Meeting. The University of Texas – Tyler, Tyler TX, February 27-28, 2004.**
5. Thomas A, Rasmussen C, Kerksick, C, Campbell B, Baer J, Slonaker R, Pfau E, Grimstvedt M, Wilborn C, Magrans T, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti T, Autrey L, Ounpraseuth S. Casey P, Greenwood M, Wilson R, Kreider R. Effects of the Curves Fitness and Weight Loss Program on weight loss and energy expenditure. **Texas ACSM Annual Meeting. The University of Texas – Tyler, Tyler TX, February 27-28, 2004.**
6. Slonaker R, Rasmussen C, Kerksick C, Campbell B, Greenwood M, Baer J, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Autrey L, Magrans T, Marcello B, Mulligan C, Rohle D, Taylor L, Vacanti T, Ounpraseuth S. Casey P, Wilson R, Kreider R. Effects of the Curves Fitness and Weight Loss Program on markers of health. **Texas ACSM Annual Meeting. The University of Texas – Tyler, Tyler TX, February 27-28, 2004.**
7. Greenwood M. Periodization considerations in resistance training protocols. **National Strength & Conditioning Association State Meeting.** Denton TX. April 26, 2003.
8. Greenwood L, Greenwood M. Core stabilization through resistance training. **National Strength and Conditioning Association State Meeting. State University, AR. October 12, 2002.**
9. Stahura K\*, Greenwood M. Are athletes treated differently: Opinions from high school students in the state of Arkansas. **Arkansas Association of Health, Physical Education, Recreation, and Dance. Russellville, AR. November 7, 2002.**
10. Stahura K\*, Greenwood M. Youth interests within park and recreation sports programs. **Arkansas Association of Health, Physical Education, Recreation, and Dance. Russellville, AR. November 7, 2002.**

11. Greenwood M, Byars A. The reliability of a one-half mile steady-state walk test developed for college students. **Arkansas Association of Health, Physical Education, Recreation, and Dance. Eureka Springs, AR. November 8, 2001.**
12. Stahura K\*, Greenwood M, Brown L. The role of youth sport in a child's social development. **Arkansas Association of Health, Physical Education, Recreation, and Dance. Eureka Springs, AR. November 8, 2001.**
13. Greenwood M. Nutritional guidelines for athletes. **National Strength and Conditioning Association State Meeting. State University, AR. October 10, 2001.**
14. Greenwood M, Brown L. Plyometric training considerations. **National Strength and Conditioning Association State Meeting. State University, AR. October 10, 2001.**
15. Brown L, Greenwood M. Periodization considerations in resistance training protocols. **National Strength and Conditioning Association State Meeting. State University, AR. October 10, 2001.**
16. Brown LE, Greenwood, M. Program design considerations in resistance training and conditioning protocols. **National Strength & Conditioning Association State Meeting. State University, AR. October 10, 2001.**
17. Greenwood M, Byars A. Creatine supplementation: Is it safe? **Texas Association of Health, Physical Education, Recreation, and Dance, Dallas, TX. December 2001.**
18. Greenwood M. Byars A. Perceived nutritional and physical activity behaviors of after-school program participants in northeast Arkansas. **Arkansas Association of Health, Physical Education, Recreation, and Dance, State University, AR. November 3, 2000.**
19. Greenwood M, Byars A. Serum cholesterol of students enrolled in a university required health-related fitness course. **Arkansas Association of Health, Physical Education, Recreation, and Dance, State University, AR. November 3, 2000.**
20. Greenwood M, Farris J, Greenwood L. The creatine controversy continued: What we know now. **Arkansas Association of Health, Physical Education, Recreation and Dance, Eureka Springs, AR. November 1, 1999.**
21. Greenwood M, Farris J, Greenwood L, Byars A. Nutritional patterns of Division I athletes: Creatine supplementation. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR. November 1, 1999.**
22. Greenwood L, Greenwood M. Head injuries: Assessment and return to participation guidelines. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR. November 1, 1999.**
23. Farris J, Greenwood M. Nutritional strategies for athletes. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR., November 1, 1999.**
24. Farris J, Greenwood M, Sims M, Parker B. Health characteristics and behaviors of elementary school children and their families: A preliminary investigation. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR. Nov. 1, 1999.**

25. Greenwood M, Byars A, Stillwell J. Activity preferences of middle school physical education students in north-east Arkansas. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR. November 1, 1999.**
26. Greenwood M, Byars A, Stillwell J, Adams T. Student perceptions of physical education prestige and difficulty while enrolled in a university required health-related fitness course. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR. November 1, 1999.**
27. Greenwood M, Greenwood L. Creatine supplementation: Safe and effective athletic performance enhancement? **District IV Arkansas Association of Health, Physical Education, Recreation, and Dance, Jonesboro, AR. April 1999.**
28. Kreider R, Greenwood M, Farris J, Cummins D. Performance enhancement nutritional supplementation: A round table discussion. **Arkansas State University Convention Center. Jonesboro, AR. October 1999.**
29. Greenwood M, Byars A. Strength training and conditioning for youth. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Hot Springs, AR. November 1998.**
30. Greenwood M, Greenwood L. Creatine controversy: Fact or fiction. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Hot Springs, AR. November 1998.**
31. Byars A, and Greenwood, M. A comparison of exercise frequency of college students one and two years after completion of a university required health-related fitness course. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Hot Springs, AR. November 1998.**
32. Mooneyhan A., Greenwood M, Byars A. The effects of frequency and duration of physical education programs on the health-related fitness of sixth grade boys. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Hot Springs, AR. November 1998.**
33. Greenwood M, Byars A. K-12 physical education inclusion. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Hot Springs, AR. November 1998.**
34. Greenwood M, Byars A. Adapted physical education in-service needs and preferences of physical educators in the state of Arkansas. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR. November 1997.**
35. Greenwood M, Darby J, Gaines W, Sugg J. The future of national coaching certification and accreditation. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR. November 1997.**
36. Albright C, Jackson S, Greenwood M. Strategies for including individuals with disabilities into the regular physical education environment. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR. November 1997.**
37. Byars A, Greenwood M. Exercise frequency of college student's one-year after completion of a university-required health-related fitness course. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR. November 1997.**

38. **Morgan K**, Greenwood M, Byars A. Circadian rhythm and physical performance. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Eureka Springs, AR. November 1997.**
39. Greenwood M. Behavior management techniques in physical education. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Hot Springs, AR. November 1996.**
40. Greenwood M, Adams T, Stillwell J, Byars A. Differences in perceived motivation by gender and body composition of university students enrolled in a required conceptually based health/fitness course. **Arkansas Association of Health, Physical Education, Recreation, and Dance, Hot Springs, AR. November 1996.**
41. **Greenwood M**, French R. Fitness programming for handicapped individuals in the mainstream setting. **Texas Christian University TAHPERD Youth Fitness Conference, Fort Worth, Texas. August 1987.**
42. **Dauer D, Greenwood M, Lowe L, Tripp A.** Attitudes of Texas physical educators toward mainstreaming in 3A and 5A secondary schools. **TAHPERD State Convention, Dallas, Texas. December 1987.**

#### **INVITED PRESENTATIONS: LOCAL PLATFORMS**

1. Greenwood M. Do Well Be Well With Diabetes, Diabetes Nutrition and Exercise, **Texas Cooperative Extension**. April 26<sup>th</sup>, 2005.
2. Greenwood M, Greenwood L. Strength Training & Sports Medicine for Distance Runners. **Waco Striders Club Meeting**, Waco TX, 2004.
3. Greenwood M. Sport and exercise psychology: Considerations for certified athletic trainers. **ASU Athletic Training Club**, Jonesboro, AR. February 2002.
4. Greenwood M. Popular nutritional supplements. **Safe Jonesboro Coalition-ASU Convocation Lecture Hall**, Jonesboro, AR. April 2000.
5. Greenwood M. Safe strength training and conditioning. **Safe Jonesboro Coalition-ASU Convocation Lecture Hall**, Jonesboro, AR. April 2000.
6. Greenwood M. Creatine and other ergogenic aids. **ASU Athletic Training Club**, Jonesboro, AR. March 2000.
7. Greenwood M. Nutritional practices for collegiate athletes: What the coach needs to know! **Arkansas State University Coaching Staff, ASU Convention Center**. Jonesboro, AR. January 1999.
8. Greenwood M. Corruption in the Olympics. **ASU International Students**. Jonesboro, AR. January 1999.
9. Greenwood L, Greenwood M. Banned substances in collegiate athletics. **NCAA Cross Country Coaches/Athletes Clinic**. Jonesboro AR. October 1999.
10. Greenwood M. Nutritional Practices for Track & Field Athletes. **ASU Track & Field Teams**. Jonesboro AR. October 1999.



11. Greenwood M, Greenwood L. Nutritional strategies for distance runners. **NCAA Cross Country Coaches/Athletes Clinic**. Jonesboro AR. October 1999.
12. Greenwood M. Exercise adherence and older adults. **South Side Baptist Church**, Abilene, TX. August 1990.
13. Greenwood M. Physical and psychological benefits of exercise for older adults. **Mesa Springs Retirement Village**, Abilene, TX. August 1990.
14. Greenwood M. Physical activity and exercise for the elderly. **Pioneer Drive Baptist Church**, Abilene, TX. July 1990.
15. Greenwood M. Fitness programming for the older adult. **Rose Park Senior Citizen Center**, Abilene, TX. June 1990.
16. Greenwood M. Behavior management in adapted physical education. **University of North Texas**, Denton, TX. February 1988.
17. Greenwood M. Competitive sports for the disabled. **Texas Christian University**, Fort Worth, TX. November 1987.
18. Greenwood M. The hearing disabled in physical education. **The University of North Texas**, Denton, TX. October 1987.

## **REVIEWS**

### **Book**

1. Greenwood M. Training guide to cerebral palsy sports. **Journal of Applied Research in Coaching and Athletics**. October 1988.

## **GRANTS & CONTRACTS**

### **External Support Received – Submitted – In Progress**

1. Effects of Russian Tarragon Extract Supplementation Prior To Creatine Supplementation on Whole Body Creatine Retention: A Concept Study. (Co-PI) [**PhytoLab GmbH Company**] (\$20,144)
2. Alter G Equipment Grant. Equipment Grant from Alter G. Anti-Gravity Recovery Studies Relative To Conventional Treadmill & Computrainer Cycling Options. PI [**Alter G Inc.**] (\$90,000.00)
3. The Effects of Advanced Omega 3 and Basic One Iron Free Multivitamin Supplementation in Conjunction With Exercise on Energy Metabolism, Body Composition, Bone Health and Exercise Capacity in Overweight Men and Women: A Double Blind Placebo Controlled Study. PI [**Cooper Concepts Inc.**] (\$130,000) [**In Progress**]
4. The Effects of “Memory Works” Supplement on Cognitive Function, Physical Activity, and Reaction Time in Young Adults, Middle Age Adults and Senior Adults. PI (**Applied Cognitive Sciences, LLC**) (\$110,000) [**In Progress**]
5. Comparison of Two Diet Approaches on Weight Loss and Health Outcomes in Women. General Mills Bell Institute for Human Nutrition. (Co-Investigator), [\$345,000 2007-2009]

6. A Comparison of a Pre-Exercise Sport Drink Using Two Different Water Filtration Mixtures on Aerobic Performance. **[PI]** Research grant from Wellness Enterprises (**\$28,077**) **[2006]**.
7. Impact of Acute and Chronic CoEnzyme Q10 Supplementation on Exercise Performance. **[Co-Investigator]** Research grant from Pharma Base N.A., Inc in conjunction with the ESNL at Baylor University (**\$75,830**) **[2006]**.
8. Effect of Arachidonic Acid Supplementation on Body Composition and Training Adaptations **[Co-Investigator]** Research grant from Molecular Nutrition in conjunction with the ESNL at Baylor University (**\$60,331.00**) **[2005-2006]**.
9. Religion and Health: The Ties That Bind Religious Outcomes. **[PI]** **Templeton Advanced Research Programs** (**\$3,000,000**) **[Not Funded 2005]**.
10. Effects of AX-4 Supplementation on Weight Loss in Overweight Men and Women. **Ambryx Biotechnology, Inc.** (**Co-Investigator**), **\$107,458** **[2005]**
11. Effect of EMPACT on Cardiopulmonary Function. **[Co-PI]** **Research Grant from Mannatech Research Laboratories** in conjunction with Angelo State University (**\$44,310**) **[2005]**.
12. The Effects of Joint Advantage on Osteoarthritis & Function Mobility in a Randomized Placebo Controlled – Double Blind Clinical Trial (**Co-PI**) **Research Grant from Phillips Health, LLC** (**\$30,000**) **[2004]**.
13. **Curves Women’s Health Initiative.** **[Co-Investigator]** Research grant from **Curves International** in conjunction with the ESNL at Baylor University (**\$5,000,000**) **(2004 - 2009)**.
14. **Effects of Prophylactic Doses of a Melatonin Supplement on Serum Growth Hormone Levels and the Hypothalamus – Pituitary – Adrenal Axis in Young & Old Males & Females.** **[Co-Investigator]** Research grant from Iovate Health Sciences Research, Inc. in conjunction with the EBNL at Baylor University (**\$142,060.00**) **[2004]**
15. **The Curves<sup>R</sup> for Women’s Health Initiative.** Research grant from **Curves International** in conjunction with the ESNL at Baylor University (**\$1,000,000, 2003-2004**)
16. **Effects of Glutamine-Arginine Supplementation on Physiological Markers of Over-Training in Resistance Trained Males.** (**PI**) Research grant form MET-Rx & Worldwide Nutrition (**\$26,000, 2003-2004**).
17. **Effects of Meta-Cel<sup>TM</sup> Supplementation on Body Composition, Muscular Performance, and Whole Body Creatine Retention in Resistance Trained Males.** (**PI**) Research grant from ISatori Global Technologies, LLC (**\$35,400, 2003-2004**)
18. **Light microscope photodocumentation technique for histochemical assessment of human skeletal muscle.** Internal research grant form Baylor University (**Co-Investigator**) (**\$36,000, 2003-2004**).
19. **Effects of Arginine-Alpha Ketoglutarate Supplementation on Plasma Arginine Levels and Training Adaptations.** Research grant from Medical Research Institute in conjunction with the ESNL at Baylor University (**\$94,000, 2003-2004**)

20. **Effects of the Curve for Women<sup>R</sup> Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females-1-Year-Follow-Up.** Research grant from Curves International in conjunction with the ESNL at Baylor University (\$385,000.00, 2003-2004)
21. **A Clinical Evaluation of the Acute Pharmacokinetics and Metabolism of Ephedrine and Ephedra-Containing Dietary Supplements in Healthy Obese Adults.** Research grant in progress from Cytodyne Technologies in conjunction with the ESNL at Baylor University (\$71,750, In Progress)
22. **Effects of Methoxyflavone, Ecdysterone, and Sulfo-Polysaccharide supplementation on training adaptations.** Research grant from MuscleTech Research & Development, Inc. In conjunction with the ESNL at Baylor University (\$67,098.00, 2002-2003)
23. **Effects of a Non-Ephedra thermogenic supplement on body composition and markers of health.** Research grant from Muscle Tech Research & Development, Inc. In conjunction with the ESNL at Baylor University (\$55,625.00, 2002-2003)
24. **Effects of the Curve for Women<sup>R</sup> Fitness and Weight Loss Program on body composition, metabolism, and exercise capacity in sedentary overweight females.** Research grant from Curves International in conjunction with the ESNL at Baylor University (\$373,510.00, 2002-2003)
25. **Effects of ingesting electrolyzed bottled water on plasma, urine and salivary pH, markers of hydration, and water intake preferences.** Research grant from the Advanced H2O & Townson Ventures in conjunction with the ESNL at Baylor University (\$61,475.00, In Progress)
26. **The Effects of FlexAnew<sup>TM</sup> on Muscular Pain & Soreness: A Pilot Study.** (PI) Research grant from the Natrol Inc. (\$26,711.00) (2002)
27. **The Effect of “Relora” on Daily Stress, Mood, and Food Ingestion in Office Personnel.** (Co-PI) Research grant from the Next Pharmaceuticals. (\$33,845.00) (2002-2003)
28. **Carol M. White Physical Education Program.** Grant U.S. Department of Education – Safe & Drug Free Schools Program in conjunction with Jonesboro ISD, Jonesboro, Arkansas (\$400,000.00) (2002-2003)
29. **Effects of acute D-Ribose supplementation on repetitive sprint performance and recovery.** Research grant from the Numico in conjunction with the ESNL at Baylor University (\$6,000) (2002)
30. **The efficacy of an oral nutritional supplement compound in the control of pain in competitive athletes and normal individuals.** (Co PI) Research grant from Weider Products. (\$43,000.00) (2001-2002)
31. **Effects of Zinc, Magnesium-Aspartate (ZMA) Supplementation on training adaptations and markers of catabolism.** Research grant from the MRS/Cytodyne Technology in conjunction with the ESNL at Baylor University (\$56,000) (2001-2002)
32. **Effects of heavy resistance training and oral myostatin and cortisol inhibitors on serum myostatin content, muscle mass and function and body composition.** Research grant from Champion Nutrition, Inc. in conjunction with Texas Christian University. (\$6,100) (2002-2003)

33. **Effects of honey ingestion on exercise performance.** Research grant from the National Honey Board/USDA in conjunction with the ESNL at The University of Memphis (**\$99,690**) (**1999-2001**)
34. **Effects of beta-hydroxy-beta-methyl-butyrate supplementation on body composition and strength in college males.** Research grant from Mabee Human Performance Laboratory (**\$1,000.00**) (**2001**)
35. **The effects of protein and amino acid supplementation on training adaptations.** Research grant from Meta-Response Sciences/GNC/Numico in conjunction with the ESNL at The University of Memphis (**\$42,000.00**) (**2001-2002**)
36. **The safety and efficacy of forslean in young, mildly overweight women: A pilot study.** Research grant from Meta-Response Sciences and Sabinsa Corporation in conjunction with the ESNL at The University of Memphis (**\$41,000.00**) (**2001-2002**)
37. **Effects of Colostrum & Myovive supplementation on body composition and exercise capacity.** Research grant from Meta-Response Science & GNC-Numico in conjunction with the ESNL at The University of Memphis (**\$103,000**) (**2000-2001**)
38. **Influence of D-Pinitol on whole body creatine retention.** Research grant from the GNC/Numico. Research in conjunction with the ESNL at The University of Memphis & conducted at ASU (**\$10,000**) (**2000**)
39. **Long-term safety & efficacy of creatine supplementation among athletes.** Research grant from Meta-Response Sciences & SKW Trostberg in conjunction with the ESNL at The University of Memphis (**\$106,500**) (**1998-2000**)
40. **Effects of creatine and pyruvate supplementation on body composition, body image, hormonal profiles, and indices of menstrual cycle status in women.** Research grant from Meta-Response Sciences & SKW Trostberg in conjunction with the ESNL at The University of Memphis (**\$34,131**) (**2000-2002**)
41. **Adapted physical education in-service needs and preferences of physical educators in Arkansas.** Research grant from the Arkansas Department of Education, Little Rock, Arkansas (**\$800.00**) (**1996**)
42. **A comparison of self-efficacy and psychological well being of wheelchair tennis participants and physically inactive wheelchair bound individuals.** Research grant received from the United States Tennis Association, Trenton, New Jersey. (**\$600.00**) (**1988**)

#### **INTERNAL SUPPORT RECEIVED**

1. **Blood lipid profiles of university students enrolled in a required health-related fitness course.** Research grant from Arkansas State University, Jonesboro, Arkansas (**\$2,120.00**) (**1999**)
2. **The effect of carbohydrate supplementation on sub-maximal exercise performance to fatigue.** Research grant from Arkansas State University, Jonesboro, Arkansas (**\$3,410.00**) (**1999**)
3. **The effects of walking technique on estimation of maximal oxygen consumption from the one-mile walk test.** Nathan Deutsch Grant from Arkansas State University, Jonesboro, Arkansas (**\$500.00**) (**1997**)

## **SERVICE**

### **Professional**

#### **Organizational Memberships**

- 2003 – International Society of Sport Nutrition (ISSN)
- 2003 – National Intramural Recreation Sport Association (NIRSA)
- 2001 - 2003 American Society of Exercise Physiologists (ASEP)
- 2000 - American College of Sports Medicine (ACSM)
- 1996 - National Strength and Conditioning Association (NSCA)
- 2003 – Texas ACSM (TACSM)
- 1995 - Arkansas Association for Health, Physical Education, Recreation and Dance (Ark AHPERD)
- 1992 - American Baseball Coaches Association (ABCA)
- 1989 - The Honor Society of Phi Kappa Phi
- 1985 - Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD)
- 1985 - American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
- 1985 - Fellowship of Christian Athletes (FCA)

#### **Professional Board Member & Organization Committee Service**

- FCA International Baseball Committee (2007 - Present)
- ISSN Advisory Board (2004 - Present)
- ISSN Fellow Guidelines Committee (2003-Present)
- JISSN Electronic Journal Associate Editor (2003-2009)
- ISSN Editorial Board (2003 – Present)
- ISSN Student Section Sponsor (2003-Present)
- NSCA Certification Commission Council Executive Council (2003-2008)
- ACSM Professional Education Committee (2003 [June]-2006)
- ACSM Shares Program (2002-Present)
- AXL --- Science Advisory Board (2004)
- Central ACSM Abstract Reviewer (2001)
- ASEP Board Member (2003)
- ASEP Board of Accreditation (2002)
- ASEP Resource Committee (2002)
- ASEP Abstract Review Committee (2003)
- NSCA Arkansas State Director (2002-2003)
- NSCA Education Committee (1998-2003)
- NSCA Educator-Of-The-Year Award Sub-Committee (2002)
- NSCA Graduate School Education Recognition Sub-Committee (2002)
- Director of the NSCA Arkansas State Clinic (2002)
- NSCA National Conference Abstract Reviews (2002 & 2003)
- NSCA Standing Committee for Disabled Populations (1999-Present)
- CSCS Curriculum Director for the NSCA Educational Recognition Program at ASU (2001-2003)
- Host for the NSCA-CSCS examination in Jonesboro, Arkansas (May 18, 2002)
- Arkansas AHPERD Standing Committees for Memberships & Projects (2000-Present)
- SAHPERD Conference Recruitment Committee (2000-Present)
- Reviewer CACSM Meeting Abstracts (2001)
- Past President of Arkansas AHPERD (2000)
- Past NASPE Coaching Accreditation Sub-committee member (1998-2000)
- Past Vice President of the General Division Arkansas AHPERD (1998)

- Past Member of the NCAA South Regional Baseball Committee (1993-1995)
- Past Member of the ABCA National Rules Committee (1993-1995)
- Past Regional Facilitator for A.P.E. Entry/Exit Standards (1990)
- Past Southwest District Coordinator for Project Unique II (1988)
- Past Special Olympics Track and Field Supervisor / Instructor (1988)
- Past Editor, TWU Adapted Physical Education Newsletter (1988)
- Past Chairman, Test Measurement Section, TAHPERD (1989-1990)
- Past Standing Committee Member, Texas Programs for the Handicapped (1987-1992)

### **Journals**

- Editorial Board - The Journal of Youth Sports: Youth First (2005-Present)
- Associate Editor Journal of ISSN (2004 - 2008)
- Journal Review Board, NSCA, *Strength and Conditioning Journal* (1997-Present)
- Journal Review Board, *The Journal of Applied Research in Coaching and Athletics* (1989-Present)
- Reviewer, *Medicine & Science In Sports & Exercise* (2002-Present)
- Reviewer, *International Journal of Sports Medicine* (2005)
- Reviewer, NSCA, *Journal of Strength and Conditioning Research* (2000-Present)
- Reviewer for *Molecular Biology* (2002)
- Reviewer for *Journal of Applied Physiology* (2000)
- Guest Reviewer for *NATA Journal* (2007)
- Guest Reviewer for *Journal of Sports Physiology and Performance* (2007)

### **Media Relations**

- Wacoan – Safe Nutritional Ingestion & Exercise Strategies (2006)
- Australian IRONMAN – Creatine Conundrum: The Serum Solution (2004)
- Muscle & Fitness – Glutamine: Quintessential Essential Amino Acid (2004)
- Preventive Magazine Interview – Resistance Training Considerations For Women (2003)
- Men's Health Magazine Interview – Innovative Techniques In Resistance Training (2002)
- Weight Watchers Magazine Interview – Aerobic Fitness for Women (2002)
- Washington Post Interview-Safety & Efficacy of Creatine (2001)
- Washington Radio Network – Safety & Efficacy of Creatine (2001)
- Arkansas Democrat Gazette Interview – Nutritional Supplements (2001)
- Sports In Primary Care Interview - Athletes Need to Know the Facts About Creatine (2001)

### **University**

- Baylor University IRB Committee (2003 - Present)
- Baylor University Faculty Senate Alternate (2005-2008)
- Task Force for Community Ministry Through Academic Partners (CMAP) 2005
- ASU Institutional Review Board Committee
- ASU University Honors Committee
- ASU Honors Thesis Committee
- ASU Sponsor for Honors Day Preview
- BU University Research Committee
- BU University Honors Program Council Committee
- HSU University Academic Fund Raising Committee
- HSU University Committee for Advising Undecided Students
- HSU University Teacher Education Council
- HSU University Curriculum Committee
- HSU University Research Committee

- HSU University Rhodes Scholarship Committee
- HSU Campus Health and Safety Committee

### **School of Education**

- Baylor University Curriculum Committee (2006-2008)
- ASU COE NCATE Professional Education Committee (Two Terms)
- ASU COE Frameworks Committee
- ASU COE SPSS Workshop
- ASU COE Admissions & Credit Committee
- ASU COE Search Committee for Associate Dean Position
- ASU COE Chairs Evaluation Committee
- Barry University COE Library Committee

### **Department**

- Baylor University Exercise Physiology Committee (2003 & 2007)
- Baylor University - IRB Committee (2003 – Present: Chair)
- Baylor University – SACS Committee (2005 - Present)
- Baylor University - NSCA Undergraduate Recognized Strength & Conditioning Program (2008)
- Baylor University – ACSM – ES Endorsement Program (2007)
- Baylor University – Sub-Committee for Full Professor Status (2007)
- Baylor University - Post Doctoral Search Committee (2007-2008)
- Baylor University Clinical Exercise Physiology Search Committee (Since 2003-2006)
- Baylor University – HHRP Research Coordinator
- Baylor University - NSCA Graduate Recognized Strength & Conditioning Program (Since - 2008)
- Baylor University – ACSM Exercise Recognition Program (Submitted 2006)
- Baylor University - NSCA Recognized Strength & Conditioning Program (Since - 2003)
- Baylor University Musculoskeletal Bio-Chemistry Search Committee (2003)
- ASU HPESS Graduate Program Coordinator
- ASU HPESS Graduate Programs Committee (Chair)
- ASU HPESS Graduate Assistant Coordinator
- ASU – NSCA Recognized Strength & Conditioning Curriculum
- ASU – NSCA State Clinic (2001 & 2002)
- ASU – NSCA Certification Exam (2002)
- ASU HPESS Search Committees (Chair & Member)
- ASU HPESS Library Committee (Chair)
- ASU HPESS Thesis Chair/Thesis Committee Member
- ASU HPESS Foundations Committee
- ASU HPESS Sports Management Committee
- ASU HPESS Exercise Science Committee
- ASU HPESS Grievance Committee BU SES Wellness Committee (Chair)
- BU SES Wall of Honor Committee (Chair)
- HSU HPER Phi Sigma Rho Committee

## **Community**

- Woodway, Texas – Youth Basketball Coach – Family Life Center, 2007
- Woodway, Texas – Youth Soccer Coach – Family Life Center, 2007
- Hewitt, Texas – Little League Baseball Coach – Midway Baseball Sport Program, 2007
- Woodway, Texas – Youth Basketball Coach – Family Life Center, 2006
- Woodway, Texas – Youth Coach Pitch – Family Life Center, 2006
- Woodway, Texas – Youth Soccer Coach – Family Life Center, 2006
- Woodway, Texas – Youth Basketball Coach – Family Life Center, 2005
- Woodway, Texas - Tee Ball Coach – Family Life Center, 2005
- Woodway Texas - Youth Soccer Coach – Family Life Center, 2005
- Waco, Texas – Assistant AAU Basketball Coach, Waco Lady Magic, 2005
- Dallas, Texas – Building Character, Esteem & Team. St Phillips Academy, 2003
- Jonesboro, Arkansas – Baseball Fielding Skills & Drills In-service, Jonesboro Little League Association, 2000
- Melbourne, Arkansas – Psychological Strategies and Issues in Coaching. North-central Arkansas Education Service Center. 1997
- Valley View, Arkansas – Public School APE Assessment Consultant, Valley View Elementary School. 1997
- Fort Worth Texas - Adapted physical education in action. Eighteenth Annual Specialist Conference. Richland High School, Birdville ISD, 1987.

## **CONSULTING**

- New Jersey – Oral Nutritional Supplement Delivery Systems (2006)
- Waco, Texas - Gold's Gym - Strength and Conditioning & Nutrition Consultant (2003 – 2005)
- Pocahontas, Arkansas – Strength and Conditioning Consultant for Law Enforcement Training Academy, 2000-2003
- Pocahontas, Arkansas – Strength and Conditioning Consultant for Black River Technical College, 2000-2003
- Stamford, Texas – Public School APE Assessment Consultant for Tri-County Co-Op, 1990
- Abilene, Texas - APE Assessment Consultant for Hendrick Home for Children, 1990
- Denton, Texas - APE Assessment Consultant for Woodson Skill Center, 1989
- Stephenville, Texas - Public School APE Assessment Consultant, Stephenville ISD, 1989
- Grandview, Texas - Public School APE Assessment Consultant, Grandview ISD, 1989



## **ACADEMIC & PROFESSIONAL HONORS & AWARDS**

- CWW Who's Who World Class Alliance - American Colleges & Universities (2010)
- Fellow National Strength & Conditioning Association (2006)
- Fellow International Society of Sport Nutrition (2005)
- Who's Who in Education (2005)
- NSCA Educator of the Year Award (2004)
- Fellow of ACSM (2003)
- Baylor University Graduate Student Association Faculty Award (2003)
- ASU College of Education Research Award (2002)
- ASU Trustees Faculty Award For Scholarship (2001)
- ASU College of Education Research Award (2001)
- Arkansas AHPERD Higher Educator Of The Year Award (2000)
- ASU College of Education Research Award (2000)
- 2000 NSCA-Certified With Distinction (Strength & Conditioning Specialist)
- 1997 NSCA-Certified Strength & Conditioning Specialist
- 1995 Sunshine State Conference Baseball Coach-of-the-Year
- Who's Who for American Colleges & Universities 1994
- Elected Phi Kappa Phi Honor Society, 1989
- Selected Outstanding Young Man of America, 1988
- United States Achievement Academy Academic All-American Award, 1987 & 1988