

*Curriculum Vitae***James R. Bagley, PhD**

Department of Kinesiology  
 San Francisco State University  
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 San Francisco, CA USA 94132  
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**PROFESSIONAL POSITIONS**


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- Assistant Professor (Tenure-Track)** 2015 - Present  
*Director*, Muscle Physiology Laboratory  
*Co-Director*, Exercise Physiology Laboratory  
*Research Director*, Strength & Conditioning Laboratory  
 Department of Kinesiology, College of Health & Social Sciences  
 San Francisco State University, San Francisco, CA
- Visiting Scholar** 2014 - Present  
 Biochemistry & Molecular Exercise Physiology Laboratory  
 Center for Sport Performance, Department of Kinesiology  
 California State University, Fullerton, CA
- Doctoral Research Fellow** 2010 - 2014  
 Human Performance Laboratory, College of Applied Sciences & Technology  
 Micro-Imaging Laboratory, Department of Physiology & Health Science  
 Ball State University, Muncie, IN
- Research Assistant & Teaching Associate** 2008 - 2010  
 Exercise Physiology Laboratory  
 Center for Sport Performance, Department of Kinesiology  
 California State University, Fullerton, CA

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**EDUCATION**


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- PhD Human Bioenergetics** - Ball State University, Muncie, IN  
 Cognates: Biology & Physiology 2010 - 2015
- MS Kinesiology** - California State University, Fullerton, CA  
 Emphasis: Exercise Physiology 2008 - 2010
- BS Kinesiology** - California Polytechnic State University, San Luis Obispo, CA  
 Emphasis: Clinical Exercise Science 2006 - 2008
- AS General Studies** - Cuesta College, San Luis Obispo, CA  
 Emphasis: Sports Medicine 2004 - 2007

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## RESEARCH

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### Publications

#### Peer-Reviewed Articles

1. **Bagley JR**, M McLeland KA, Arevalo JA, Brown LE, Coburn JW, and AJ Galpin. (2017). Skeletal muscle fatigability and myosin heavy chain fiber type in resistance trained men. *Journal of Strength and Conditioning Research*. Vol. 31 (3) pp. 602-607.
2. Yuen EP and **JR Bagley** Exercise benefits and considerations for individuals with systemic lupus erythematosus (2016). *Strength and Conditioning Journal* Vol. 38 (6) pp. 69-75.
3. Murach K and **J Bagley** (2016). Skeletal muscle hypertrophy with concurrent exercise training: contrary evidence for an interference effect. *Sports Medicine*, Vol. 46(8) pp. 1029-1039.
4. Galpin AJ, **Bagley JR**, Whitcomb B, Wiersma LD, Rosengarten J, Coburn J, and D Judelson (2016). Effects of intermittent neck cooling during repeated bouts of high-intensity exercise. *Sports*, Vol. 4 (38) pp. 1-11.
5. Murach KA, **Bagley JR**, McLeland KA, Arevalo JA, Ciccone AB, Malyszek KK, and AJ Galpin (2016). Improving human skeletal muscle myosin heavy chain fiber typing efficiency. *Journal of Muscle Research and Cell Motility*, Vol. 37 (1) pp. 1-5.
6. McLeland KA, Cassio VR, Arevalo JA, **Bagley JR**, Ciccone AB, \*Brown LE, Coburn JW, Galpin AJ, and KK Malyszek (2016). Comparison of knee extension fatigue between repetition ranges. *Isokinetics and Exercise Science*, Vol. 24 (1) pp. 33-38.
7. Marsico MF, Malyszek K, **Bagley JR**, and AJ Galpin (2015). A supplemental aquatic speed training program for NFL combine preparation. *Strength and Conditioning Journal*, Vol. 37 (6) pp. 58-64.
8. **Bagley JR** and AJ Galpin (2015). Three-dimensional printing of human skeletal muscle cells: an interdisciplinary approach for studying biological systems. *Biochemistry and Molecular Biology Education*, Vol. 43 (6) pp. 403-407.
9. Murach KA and **JR Bagley** (2015). Less is more: the physiological basis for tapering in endurance, strength, and power athletes. *Sports*, Vol. 3 (3) pp. 209-218.
10. Judelson DA, **Bagley JR**, Schumacher JM, and LD Wiersma (2015). Cardiovascular and perceptual responses to an ultra-endurance channel swim: a case study. *Wilderness and Environmental Medicine*, Vol. 26 (3) pp. 359-365
11. **Bagley JR**, Rosengarten JJ, and AJ Galpin (2015). Is blood flow restriction training beneficial for athletes? *Strength and Conditioning Journal*, Vol. 37 (3) pp. 47-53.
12. Murach K, Raue U, Wilkerson B, Minchev K, Jemiolo B, **Bagley J**, Luden N, and S Trappe (2014). Single muscle fiber gene expression with run taper. *PLoS One*, Vol. 9 (9): e108547.
13. **Bagley JR**, Murach KA, and SW Trappe (2012). Microgravity-induced fiber type shift in human skeletal muscle. *Gravitational and Space Research*, Vol. 26 pp. 34-40.

14. **Bagley JR**, Judelson DA, Spiering BA, Beam WC, Bartolini JA, Washburn BV, Carney KC, Muñoz CX, Yeargin SW, and DJ Casa (2011). Validity of field expedient devices to assess core temperature during exercise in the cold. *Aerospace Medicine and Human Performance*, Vol. 82 (12) pp.1098-1103.
15. Galpin AJ and **JR Bagley** (2011). Guiding coaches through scientific articles by examining human growth hormone research. *Strength and Conditioning Journal*, Vol. 33 (5) pp.62-66.

### Editor Reviewed Articles

1. **Bagley JR** (2014). Fibre type-specific hypertrophy mechanisms in human skeletal muscle: Potential role of myonuclear addition. *Journal of Physiology*, Vol. 592 (23) pp. 5147-5148.
2. Murach KA, **Bagley JR**, and CJ Pfeiffer (2013). Point/Counterpoint: Is long duration exercise necessary for anaerobic athletes? *Strength and Conditioning Journal*, Vol. 35 (2) pp. 44-46.

### Book Chapter

1. Galpin AJ and **JR Bagley** (2015). "Chapter 11: Torso Exercises and Technique". *Strength Training, 2<sup>nd</sup> Edition*. NSCA-National Strength and Conditioning Association, Lee E. Brown (Editor). Human Kinetics, Champaign, IL (*In Press*)

### Lay Articles (Non-Peer Reviewed)

1. **Bagley J**. "How to boost your performance with tapering". *Barbell Shrugged Daily*. Published Online (9/2015): <http://daily.barbellshrugged.com/how-to-boost-your-performance-with-tapering/>
2. **Bagley J**. "The new science of muscle memory". *Barbell Shrugged Daily*. Published Online (5/2015): <http://daily.barbellshrugged.com/the-new-science-of-muscle-memory/>.
3. **Bagley J**. "You need to squat deep!". *Barbell Shrugged Daily*. Published Online (4/2015): <http://daily.barbellshrugged.com/you-need-to-squat-deep/>
4. Ciccone T, Davis K, **Bagley J**, & A Galpin. "Deep squats and knee health: A scientific review". *Barbell Shrugged Daily*. Published Online (4/2015): <http://daily.barbellshrugged.com/wp-content/uploads/2015/04/DeepSquat-Review-Barbell-Daily-3-27-15.pdf>
5. Galpin A & **J Bagley**. "3 ways to prevent post-exercise soreness". *Breaking Muscle*. Published Online (4/2015): [www.breakingmuscle.com/mobility-recovery/3-ways-to-prevent-post-exercise-soreness](http://www.breakingmuscle.com/mobility-recovery/3-ways-to-prevent-post-exercise-soreness)

## Presentations

### Invited Lectures & Seminars

1. *Muscle Physiology in Athletes*. Biology Department, San Francisco State University (Domingo Lab), San Francisco, CA 3/17
2. *Skeletal Muscle Fiber Types and Human Performance: A Cellular and Molecular Perspective*. Southwest ACSM Annual Meeting (*Invited Symposium*), Costa Mesa, CA 10/2016
3. *Muscle Physiology in Athletes: Exploring the Limits of Human Performance*. VA Palo Alto/Stanford University (Lab of Jonathon Myers, PhD), Palo Alto, CA 6/2016
4. *Skeletal Muscle Phenotype and Performance of an Elite Mixed Martial Artist*. ACSM Combat Sports Interest Group Meeting, Boston, MA 6/2016
5. *Unraveling Fitness Misconceptions with Exercise Physiology*. Fitbit Inc. - Exercise Physiology Lecture Series, San Francisco, CA 5/2016.
6. *Deep Squats and Knee Health*. Seminar at the Dungeon Gym, San Francisco, CA 12/2015.
7. *Online Publishing: Bringing Scientific Knowledge to the Masses*. Guest Lecturer: KIN 325 – Computer Applications in Kinesiology, San Francisco State University, San Francisco, CA 10/2015.
8. *Skeletal Muscle Physiology & Human Performance*. Guest Lecturer: KIN 795 - Seminar in Kinesiology, San Francisco State University, San Francisco, CA 9/2015.
9. *Physiological Aspects of Aging*. Guest Lecturer: KINE 360 - Physical Activity and Aging, California State University, San Bernardino, CA 7/2014
10. *Rethinking Muscle Memory: Is it in Myonuclei?* CSUF International Coaching Clinic, California State University, Fullerton, CA. 7/2014.
11. *Lifelong Exercise and Healthy Aging*. Exercise Science Club Meeting, Ball State University, Muncie, IN. 4/2013.
12. *Lifelong Endurance Exercise and Skeletal Muscle Health*. National Institute of Education, Nanyang Technological University, Singapore. 1/2013.

### Podcast Interviews

1. **Second Shift Live Episode XIII Live Q&A with Dr. Jimmy Bagley and Dr. Andy Galpin**. Aired September 12, 2016: <https://www.youtube.com/watch?v=FLnFKV2ljis>
2. **Alpha Movement Podcast Episode #53 How to Get Fitter Without Losing Strength, with Dr. Andy Galpin and Dr. Jimmy Bagley**. Aired August 23, 2016: <http://alphamovement.co/2016/08/23/muscle/>

### Published Abstracts & Conference Presentations

1. Tobias IS, Arevalo JA, McManus R, **Bagley JR**, Brown LE, and AJ Galpin. Methods for Time-course Measurement of the Fiber Type-specific AMPK Activation in Single Fibers Following Acute High Intensity Interval Exercise. NSCA 2017 National Conference, Las Vegas, NV. (*In Review*)

2. Arevalo JA, **Bagley JR**, Rosengarten JJ, Lynn SK, Brown LE, Costa PB, and AJ Galpin. Relationship between Vertical Jump Velocity, Muscle Fiber Type, and Leg Dominance in Resistance-Trained Men. NSCA 2017 National Conference, Las Vegas, NV. (*In Review*)
3. Tobias IS, **Bagley JR**, Brown LE, and AJ Galpin. AMPK subunit isoform expression differs between human skeletal muscle fiber types. ACSM Annual Meeting. Denver, CO. May 30 - June 3, 2017. (*Poster Presentation*)
4. Gomez DH, Hood KM, Kirk-Sorrow J, Uong K, Farmer IV J, Lee CM, **Bagley JR**, and M Kern. Validity and reliability of a consumer bioelectrical impedance analysis scale. ACSM Annual Meeting. Denver, CO. May 30 - June 3, 2017. (*Poster Presentation*)
5. Curl CC, Lolmaugh M, Kern M, Valentino TR, Lorenz KA, and **JR Bagley**. Effects of bodyweight exercise on excess post-exercise oxygen consumption and metabolic expenditure. ACSM Annual Meeting. Denver, CO. May 30 - June 3, 2017. (*Poster Presentation*)
6. Steers BM, Farmer IV J, Kirk-Sorrow J, Lee CM, Kern M, and JR Bagley. Effects of compression socks on muscle recovery in competitive Masters endurance athletes. ACSM Annual Meeting. Denver, CO. May 30 - June 3, 2017. (*Poster Presentation*)
7. Arevalo JA, **Bagley JR**, Rosengarten JJ, Lynn SK, Brown LE, Costa PB, and AJ Galpin. Leg dominance and fiber type composition influence landing performance in resistance-trained men. ACSM Annual Meeting. Denver, CO. (*Poster Presentation*)
8. **Bagley J**, Zapanta K, Cotter J and A Galpin. Women in Space: Studying Simulated Weightlessness on Slow-Twitch Muscle Fibers in Health Females. Annual CHSS Showcase (Theme: *Social Justice*). San Francisco State University, San Francisco, CA. May 4, 2017.
9. Hood KM, Kirk-Sorrow J, Uong K, Farmer IV J, Lee CM, **Bagley JR**, and M Kern. Validity of a consumer bioelectrical impedance analysis scale to measure body composition in healthy adults. SWACSM Annual Meeting. Costa Mesa, CA. October 21-22, 2016. (*Poster Presentation*)
10. Lazauskas K, Bathgate KE, **Bagley JR**, Jo E, Segal HL, Brown LE, Coburn JW, Ruas CV, and AJ Galpin. Muscle structure in monozygous twins with 35 years of differing exercise backgrounds. SWACSM Annual Meeting. Costa Mesa, CA. October 21-22, 2016. (*Poster Presentation*)
11. Rosengarten JJ, Arevalo JA, Lynn SK, Brown LE, **Bagley JR**, Gannon RG, Kavalek MR, Rasche ME, Costa PB, and AJ Galpin. Leg dominance influences landing strategy and is correlated with fiber-type composition. SWACSM Annual Meeting. Costa Mesa, CA. October 16-17, 2015. (*Poster Presentation*)
12. McManus R, Malek MH, Burghardt KJ, **Bagley JR**, Shumaker G, Coburn JW, Costa PB, and \*AJ Galpin. Epigenetic response to an acute bout of resistance exercise in trained men. SWACSM Annual Meeting. Costa Mesa, CA. October 21-22, 2016. (*Poster Presentation*)

13. Arevalo JA, Gannon RG, Kavalek MR, **Bagley JR**, Lynn SK, Brown LE, Costa PB, Rasche ME, and AJ Galpin. Fiber type composition and leg dominance in resistance-exercise trained men. SWACSM Annual Meeting. Costa Mesa, CA. October 21-22, 2016 (*Poster Presentation*)
14. Arevalo JA, McManus RT, Rosengarten J, Lynn SK, Spencer JA, Brown LE, **Bagley JR**, Costa PB, and AJ Galpin. Knee extension strength and muscle fiber type composition in resistance-trained men. NSCA 2016 National Conference, New Orleans, LA. July 6-9, 2016. (*Poster Presentation*)
15. Bathgate KE, **Bagley JR**, Jo E, Segal NL, Brown LE, Coburn JW, Gullick CN, Ruas CV, and AJ Galpin. Physiological profile of monozygous twins with 35 years of differing exercise habits. NSCA 2016 National Conference, New Orleans, LA. July 6-9, 2016. (*Poster Presentation: Student Award Finalist*)
16. **Bagley JR**, Arevalo JA, Malyszczek KK, Spencer JA, Rosengarten J, Barillas SR, Leyva W, McManus RT, Lee D, and AJ Galpin. Skeletal muscle phenotype and performance of an elite mixed martial artist. ACSM Annual Meeting. Boston, MA. May 31 - June 4, 2016. (*Poster Presentation*)
17. Ballon J, **Bagley JR**, McLeland KA, Arevalo JA, Brown LE, Coburn JA, Ciccone AB, and AJ Galpin. Reexamining skeletal muscle fatigability and fiber type in resistance trained men: 40 years after Thorstensson and Karlsson. ACSM Annual Meeting. Boston, MA. May 31 - June 4, 2016. (*Poster Presentation*)
18. Arevalo JA, Bathgate KE, McManus RT, Ballon J, Lee D, Rosengarten J, Barillas SR, Lynn SK, Spencer JA, Brown LE, **Bagley JR**, Costa PB, and AJ Galpin. Bilateral fiber type and performance differences in the leg muscles of resistance trained men. ACSM Annual Meeting. Boston, MA. May 31 - June 4, 2016. (*Poster Presentation*)
19. **Bagley J**, Marsh K, and A Galpin. Utilizing Technology to Teach Physiology: 3D Printing Human Muscle Cells. Annual CHSS Showcase - *Teaching, Scholarship, and Service*. San Francisco State University, San Francisco, CA. May 5, 2016.
20. **Bagley JR**, Arevalo JA, Malyszczek KK, Spencer JA, Rosengarten J, Barillas SR, Leyva W, McManus RT, Lee D, and AJ Galpin. Skeletal muscle phenotype and performance of an elite mixed martial artist. SWACSM Annual Meeting. Costa Mesa, CA. October 16-17, 2015. (*Poster Presentation*)
21. Lee D, **Bagley JR**, Arevalo JA, Spencer JA, McManus RT, Leyva W, Barillas SR, and AJ Galpin. Rapid human muscle fiber dissection methods: mechanical isolation vs enzyme digestion. SWACSM Annual Meeting. Costa Mesa, CA. October 16-17, 2015. (*Poster Presentation*)
22. Ballon J, **Bagley JR**, McLeland KA, Arevalo JA, Brown LE, Coburn JW, Ciccone AB, and AJ Galpin. Reexamining skeletal muscle fatigability and fiber type in resistance trained men: 40 years after Thorstensson and Karlsson. SWACSM Annual Meeting. Costa Mesa, CA. October 16-17, 2015. (*Poster Presentation*)
23. Arevalo JA, McManus RT, Lee D, Barillas SR, Lynn SK, Spencer JA, Brown LE, **Bagley JR**, and AJ Galpin. Bilateral differences in leg muscle fiber type of resistance trained men. SWACSM Annual Meeting. Costa Mesa, CA. October 16-17, 2015. (*Poster Presentation*)

24. McLeland KA, Arevalo JA, **Bagley JR**, Ciccone AB, Brown LE, Coburn, JW and AJ Galpin. A reexamination of fatigability and fiber type composition of human skeletal muscle. *Medicine and Science in Sports and Exercise*, 47:5, ACSM Annual Meeting. San Diego, CA. May 27 - June 1, 2015. (Poster Presentation)
25. Wilkerson BS, **Bagley JR**, Murach KA, Hayes ES, Galpin AJ, Raue U, Jemiolo B, Minchev K, Gustafsson T, Tesch PA, and SW Trappe. Skeletal muscle health in elite octogenarian lifelong endurance athletes and untrained men: part one. *Medicine and Science in Sports and Exercise*, 45:5, ACSM Annual Meeting. Indianapolis, IN. May 28 - June 1, 2013. (Thematic Poster Presentation)
26. **Bagley JR**, Murach KA, Hayes ES, Galpin AJ, Minchev K, Raue U, Gustafsson T, Tesch PA, and SW Trappe. Skeletal muscle health in elite octogenarian lifelong endurance athletes and untrained men: part two. *Medicine and Science in Sports and Exercise*, 45:5, ACSM Annual Meeting. Indianapolis, IN. May 28 - June 1, 2013. (Thematic Poster Presentation)
27. Murach KA, Raue U, Wilkerson BS, Minchev K, Jemiolo B, **Bagley JR**, Luden N, and SW Trappe. Molecular insight into fast-twitch fiber remodeling with taper. *Medicine and Science in Sports and Exercise*, 45:5, ACSM Annual Meeting. Indianapolis, IN. May 28 - June 1, 2013. (Poster Presentation)
28. **Bagley JR**, Murach KA, Minchev K, Standley RA, Trappe TA, and SW Trappe. Influence of MHC hybrid isoform protein proportions on single muscle fiber function in humans. *Medicine and Science in Sports and Exercise*, 44:5, ACSM Annual Meeting. San Francisco, CA. May 30 - June 2, 2012. (Poster Presentation)
29. Muñoz CX, Armstrong LE, **Bagley JR**, Maresh CM, and DA Judelson. Relationship between fluid retention following a water load and common hydration biomarkers. International Life Sciences Institute (ILSI) North America Conference, Washington D.C. November 2011.
30. **Bagley JR**, Judelson DA, Spiering BA, Beam WC, Bartolini JA, Washburn BV, Carney KC, Muñoz CX, Yeargin SW, and DJ Casa. Validity of field expedient measurement devices to assess core body temperature in the cold. *Medicine and Science in Sports and Exercise*, 43:5, ACSM Annual Meeting. Denver, CO. May 31- June 4, 2011. (Poster Presentation)
31. Judelson DA, Thomas WE, Coburn JW, Kersey RD, Rubin DA, **Bagley JR**, and J Ng. Effect of caffeine supplementation on catecholamine and metabolic responses to exercise in cold conditions. *Medicine and Science in Sports and Exercise*, 43:5, ACSM Annual Meeting. Denver, CO. May 31 - June 4, 2011. (Poster Presentation)
32. **Bagley JR**, Judelson DA, Spiering BA, Beam WC, Bartolini JA, Washburn BV, Carney KC, Muñoz CX, Yeargin SW, and DJ Casa. Validity of field expedient measurement devices to assess core body temperature during rest and exercise in the cold. MWACSM Annual Meeting. Indianapolis, IN. October 29-30, 2010. (Free-Communication / Slide Presentation)
33. **Bagley JR**, Bartolini A, Carney KC, Gochioco MK, Nelson ME, Ross MM, and WC Beam. Use of the VersaClimber in assessing aerobic fitness of firefighters. *Medicine and Science in Sports and Exercise*, 42:5, ACSM Annual Meeting. Baltimore, MD. June 2-5, 2010. (Free-Communication / Slide Presentation)

34. Muñoz CX, Judelson DA, Maresh CM, and **JR Bagley**. Effect of drink volume on thirst and markers of hydration state. *Medicine and Science in Sports and Exercise*, 42:5, ACSM Annual Meeting. Baltimore, MD. June 2-5, 2010. (*Free-Communication / Slide Presentation*)
35. Thomas WE, Judelson DA, **Bagley JR**, Coburn JW, Kersey RD, and DA Rubin. Effect of caffeine supplementation on cycling performance during cold stress. *Medicine and Science in Sports and Exercise*, 42:5. ACSM Annual Meeting. Baltimore, MD. June 2-5, 2010. (*Free-Communication / Slide Presentation*)
36. **Bagley JR**, Bartolini A, Carney KC, Gochioco MK, Nelson ME, Ross MM, and WC Beam. Use of the VersaClimber in assessing aerobic fitness of firefighters. SWACSM Annual Meeting. San Diego, CA. October 23-24, 2009. (*Poster Presentation*)
37. Muñoz CX, Judelson DA, Maresh CM, and **JR Bagley**. Effect of drink volume on thirst and markers of hydration state. SWACSM Annual Meeting. San Diego, CA. October 23-24, 2009. (*Poster Presentation*)
38. Thomas WE, Judelson DA, **Bagley JR**, Coburn JW, Kersey RD, and DA Rubin. Effect of caffeine supplementation on cycling performance during cold stress. SWACSM Annual Meeting. San Diego, CA. October 23-24, 2009. (*Poster Presentation*)

### **Research Funding**

#### **Funded Grants & Contracts**

- Experiment.com (Crowdfunding Platform for Scientific Research) - \$17,500.00  
 The Bill and Melinda Gates Foundation; 11/2016  
 Title: *How do muscle myonuclei regulate adaptations in fast vs slow-twitch muscle?*  
 Co-Principle Investigators: AJ Galpin, **JR Bagley**, I Tobias
- Office of Research and Sponsored Programs (ORSP), Small Grant - \$14,000.00  
 San Francisco State University; 7/2016 - 6/2017  
 Title: *Effects of exercise during simulated microgravity on myonuclear content in human skeletal muscle*  
 PI: **JR Bagley**, Co-Investigators: J Cotter, AJ Galpin
- Rossi Family Foundation, Traditional Grant Program - \$5,000.00  
 Project: *Muscle Physiology Lecture Series*  
 Period: 5/2016 - 4/2018  
 PI: **JR Bagley**
- Development of Research and Creativity (DRC) Grant - \$8,000.00  
 California State University (CSU) Chancellor's Office; 12/2015 - 8/2016  
 Title: *Fiber type-specific myonuclear morphology in human skeletal muscle*  
 PI: **JR Bagley**
- Faculty Travel Award (to **JR Bagley**) - \$1,500.00  
 Department of Kinesiology, San Francisco State University; 9/2015  
 Teagle Foundation Grant for Curriculum Redesign Initiative
- Doctoral Research Fellowship (to **JR Bagley**)  
 Graduate School, Ball State University, Period: 8/2010-12/2014  
 Dissertation Title: *Fiber type-specific myonuclear dynamics in human skeletal muscle*



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**TEACHING**


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**Full Courses Taught**
**San Francisco State University**

- KIN 355 - Science, Sport, and Fitness** (Units: 3) 2016  
 Physiological and mechanical principles of sport and fitness. Evaluation of myths and truths about sport science, nutrition, injury prevention, physiology of exercise, sport, and individualizing training programs.
- KIN 482 - Exercise Physiology** (Units: 3) 2016  
 Examination of the acute physiological responses to exercise and the adaptations that occur with systemic exercise training.
- KIN 555 - Exercise Testing and Prescription** (Units: 3) 2015-16  
 Principles and practices of prescribing exercise to healthy individuals, and individuals with conditions such as cardiac problems, asthma, diabetes, pregnancy, and physical disabilities. Assists in preparation for ACSM certification. (Classwork, 2 units; laboratory, 1 unit)
- KIN 681/781 - Muscle Mechanics** (Units: 3) 2015-16  
 Basic and applied physiological properties of skeletal muscles, tendons and ligaments, in the context of the physiological adaptations from disuse, injury, and training.
- KIN 683 - Applied Exercise Physiology** (Units: 3) 2017  
 Application of basic exercise physiology principles to the enhancement of energy capacity, work tolerance under environmental stress, metabolic basis for weight and body composition control, and aging/health-related aspects of exercise.
- KIN 699/899 - Independent Study** (Units: 1-3) 2016-17  
 Intensive study of a particular problem under the direction of an instructor of the department. May be repeated for a total of six units.
- KIN 897 - Independent Research in Kinesiology** (Units: 3) 2016-17  
 Independent, original research investigation supervised by a graduate adviser. For students who selected the thesis culminating experience.
- KIN 898 - Master's Thesis** (Units: 3) 2016-17

**Ball State University**

- EXSC 293 - Foundations of Physiology and Exercise** (Units 3) 2014  
 Presents an introduction to exercise physiology by providing a basic overview of systems physiology at rest, along with the acute responses and chronic adaptations in these systems that are brought about by exercise.

**California State University, Fullerton**

**KNES 100 - Physical Conditioning (1 Unit)** 2009-10

**KNES 348L - Physiology of Exercise Laboratory** 2009-10  
Laboratory techniques in physiology of exercise. (3 hours laboratory; 1 Unit)

**Mentoring****Summary of Student Researcher Trainees**

<b>Student Trainee</b>	<b>Years</b>	<b>Project</b>	<b>Current Position (Subsequent Education)</b>
Kaylie Zapanta, MS*	2015-17	Muscle Fiber Plasticity with Training/Detraining	Doctoral Student, <i>University of Southern California, Los Angeles, CA</i>
Kelly Hood, MS* #	2015-17	Body Composition Technology	Medical Student, <i>Western University of Health Sciences, Pomona, CA</i>
Elizabeth Yuen, BS†	2015-16	Exercise Benefits for Lupus Patients	Researcher, VA Palo Alto /Stanford University, CA

Trainee Level: \* Master's, # Post-Graduate, † Undergraduate

**Curricular Innovations****Online Learning and Teaching**

*Summer 2016:* Transformed traditional face-to-face course (*KIN 355: Science, Sport, and Fitness*) into fully online course

- Plan to seek Quality Online Learning and Teaching (QOLT) certification: 2017-18

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**SERVICE**

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**University Committees & Assignments**

**University Level - San Francisco State University**

<i>Faculty Ambassador, Undergraduate Education and Academic Planning</i>	2016, 2017
<i>Faculty Marshal, Graduation Commencement at AT&amp;T Park</i>	2016, 2017
<i>Faculty Representative, Graduate Recognition Ceremony</i>	2017
<i>Campus Security Authority, Student Affairs &amp; Enrollment Management</i>	2016 - Present
<i>Faculty Advisor, Exercise is Medicine at SF State (Club)</i> <i>- ACSM Exercise is Medicine on Campus (EIM-OC) Program</i>	2015 - Present
<i>Member, Lower Division Certification Committee (LDCC)</i>	2015 - Present
<i>Member, Biosafety Committee</i>	2016 - Present

**Departmental Level - Department of Kinesiology**

<i>Faculty Host, Alumni &amp; Friends Gathering</i>	Nov. 2016
<i>Co-Master of Ceremonies, Kinesiology Department Recognition Ceremony, San Francisco State University</i>	May 2016
<i>Faculty Host, Exercise Physiology Laboratory, Sneak Preview</i>	April 2016
<i>Founder/Organizer, Barbell Basics Workshop: Olympic Weightlifting</i>	April 2016
<i>Founder/Organizer, Muscle Physiology Lecture Series</i> <i>- Fall 2015 Guest Lecturer: Dr. Andy Galpin (CSU-Fullerton)</i> <i>- Spring 2016 Guest Lecturer: Dr. Kevin Murach (Univ. of Kentucky)</i> <i>- Fall 2016 Guest Lecturer: Dr. Ricardo Lima (Stanford Univ./VA Palo Alto)</i> <i>- Spring 2017 Guest Lecturers: Drs. Andy Galpin &amp; Irene Tobias</i>	2015 - Present
<i>Member, Alumni Events Committee</i>	2015 - 2016

**Professional Organizations**

**Memberships**

<b>American College of Sports Medicine (ACSM)</b>	2007 - Present
Midwest Chapter - ACSM	2010 - 2015
Southwest Chapter - ACSM	2007 - 2010, 2015 - Present
<i>Symposium Organizer, SWACSM Annual Meeting</i> <i>- Title: Skeletal Muscle Fiber Types and Human Performance: A Cellular and Molecular Perspective</i>	10/2016
<b>American Physiological Society (APS)</b>	2009 - Present
Environmental & Exercise Physiology Section	2009 - Present
<b>National Strength and Conditioning Association (NSCA)</b>	2007 - Present

**Ad Hoc Journal Peer-Reviewer**

<i>Aerospace Medicine and Human Performance</i>	2015 - Present
<i>Experimental Physiology</i>	2016 - Present
<i>Gravitational and Space Research</i>	2012 - Present
<i>Journal of Applied Physiology</i>	2017 - Present
<i>Journal of Biological Engineering</i>	2016 - Present
<i>Journal of Strength and Conditioning Research</i>	2014 - Present
<i>Journal of Sports Sciences</i>	2016 - Present
<i>Muscle and Nerve</i>	2015 - Present
<i>Strength and Conditioning Journal</i>	2016 - Present
<i>The Open Sports Sciences Journal</i>	2015 - Present

**Certifications**

Advanced Open Water Diver (SCUBA): PADI  
 Basic Biomedical Research: Collaborative Institutional Training Initiative (CITI)  
 Defensive Driving Training - DGS: The California State University  
 Protecting Human Research Participants: National Institutes of Health (NIH)  
 Open Water Lifesaving: United States Lifesaving Association (USLA)  
 OSHA Hazmat First Responder Operations: California Specialized Training Institute

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**HONORS AND AWARDS**


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Presidential Award for Professional Development of Probationary Faculty ( <i>Early Sabbatical</i> ) <i>Office of the President, San Francisco State University</i>	Spring 2016
Faculty-Undergraduate Student Research Collaboration Award <i>College of Health and Social Sciences, San Francisco State University</i>	2016
Honor Society Member <i>Sigma Xi, the Scientific Research Society</i>	2011 - 2015
Graduate Student Travel Award <i>ASPiRE Grant Program, Ball State University</i>	5/2011, 1/2013
Giles T. Brown Outstanding Thesis Award (Nominee) <i>College of Health &amp; Human Development, California State University, Fullerton</i>	2011
Research Travel Award <i>Department of Kinesiology, California State University, Fullerton</i>	5/2010
Honor Society Member <i>Kappa Omicron Nu (KON) Honor Society - Human Sciences</i>	2009 - 2010
President's Honors List <i>California Polytechnic State University, San Luis Obispo</i>	2007 - 2008
Scholar Athlete <i>Western State Conference, Swimming &amp; Water Polo</i>	2004 - 2005
Governor's Scholar Award <i>Governor's Scholarship Program, State of California</i>	2002