

## *Curriculum Vitae*

### **James R. “Jimmy” Bagley, PhD**

Associate Professor  
 Department of Kinesiology  
 San Francisco State University  
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 San Francisco, California 94132  
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#### **EDUCATION**

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| <b>PhD Human Bioenergetics</b> - Ball State University, Muncie, IN<br><i>Emphasis: Biology &amp; Physiology</i>                    | 2010 - 2015 |
| <b>MS Kinesiology</b> - California State University, Fullerton, CA<br><i>Emphasis: Exercise Physiology</i>                         | 2008 - 2010 |
| <b>BS Kinesiology</b> - California Polytechnic State University, San Luis Obispo, CA<br><i>Emphasis: Clinical Exercise Science</i> | 2006 - 2008 |
| <b>AS General Studies</b> - Cuesta College, San Luis Obispo, CA<br><i>Emphasis: Sports Medicine</i>                                | 2004 - 2007 |

#### **PROFESSIONAL POSITIONS**

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| <b>Associate Professor (Tenured)</b><br>Department of Kinesiology, College of Health & Social Sciences<br>San Francisco State University, San Francisco, CA<br><i>Director, Muscle Physiology Laboratory</i><br><i>Co-Director, Exercise Physiology Laboratory</i><br><i>Research Director, Strength &amp; Conditioning Laboratory</i><br><i>Faculty Affiliate, Cell &amp; Molecular Imaging Center</i><br><i>Coordinator, SF State Scholars Program</i> | 2020 - Present |
| <b>Assistant Professor (Tenure-Track)</b><br>Department of Kinesiology, College of Health & Social Sciences<br>San Francisco State University, San Francisco, CA<br><i>Co-Founder, Strength &amp; Conditioning Laboratory - 2017</i><br><i>Founder, Muscle Physiology Laboratory - 2015</i>  | 2015 - 2020    |
| <b>Visiting Research Scholar</b><br>Biochemistry & Molecular Exercise Physiology Laboratory<br>Center for Sport Performance, Department of Kinesiology<br>California State University, Fullerton, CA   | 2014 - Present |

**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

**Teaching Associate & Research Assistant** 2008 - 2010  
 Exercise Physiology Laboratory, Center for Sport Performance,  
 Department of Kinesiology, California State University, Fullerton, CA

### HONORS & AWARDS

CHSS Conference Travel Award, *San Francisco State University* 2023  
 Sabbatical, *Leave with Pay Committee, San Francisco State University* Fall 2021  
 Presidential Award for Professional Development of Probationary Faculty 2017  
*Office of the President, San Francisco State University*  
 Faculty-Undergraduate Student Research Collaboration Award 2016  
*College of Health and Social Sciences, San Francisco State University*  
 Honor Society Member 2011-15  
*Sigma Xi, the Scientific Research Society*  
 Graduate Student Travel Award 2011, 2013  
*ASPiRE Grant Program, Ball State University*  
 Giles T. Brown Outstanding Thesis Award (*Nominee*) 2011  
*College of Health & Human Development, California State University, Fullerton*  
 Research Travel Award 2010  
*Department of Kinesiology, California State University, Fullerton*  
 Honor Society Member 2009-10  
*Kappa Omicron Nu (KON) Honor Society - Human Sciences*  
 President's Honors 2007-08  
*California Polytechnic State University, San Luis Obispo*  
 Scholar Athlete 2004-05  
*Western State Conference, Swimming & Water Polo*  
 Governor's Scholar Award 2002  
*Governor's Scholarship Program, State of California*

## SCHOLARSHIP - PROFESSIONAL ACHIEVEMENT & GROWTH

### Research and Publications

#### Authorship Denotations:

- \* PI / Corresponding Author
- \*\* Co-First / Lead Authors
- † Graduate Student Author
- ‡ Undergraduate Student Author

#### Peer-Reviewed Publications

##### **Peer-Reviewed Journal Articles**

1. \*\***Bagley JR**, \*\*Denes LT, McCarthy JJ, Wang ET, and \*KA Murach (2023). The Myonuclear Domain in Adult Skeletal Muscle Fibres: Past, Present, and Future. *Journal of Physiology*. Vol. 601(4), 723-741.
  - Honors: *Cover Article Art for Volume of J Physiol.*
2. † Stewart TH, ‡ Villanueva K, ‡ Hahn A, †† Ortiz-Delatorre J, ‡ Wolf C, ‡ Nguyen R, Bolter ND, Kern M, and \***JR Bagley** (2022). Actual vs Perceived Exertion during Active Virtual Reality Game Exercise. *Frontiers in Rehabilitation Sciences*, Vol. 3: 887740.
3. † Machek SB, Lorenz KA, Kern M, Galpin AJ, and \***JR Bagley** (2021). Skeletal Muscle Fiber Type and Morphology in a Middle-Aged Elite Male Powerlifter Using Anabolic Steroids. *Journal of Science in Sport and Exercise*, Vol. 3, 404-411.
4. \*Lorenz KA, Yeshurun S, † Aziz R, †† Ortiz-Delatorre J, **Bagley JR**, Mor M, and M Kern (2021). A Handheld Metabolic Device (Lumen) to Measure Fuel Utilization in Healthy Young Adults: Device Validation Study. *Interactive Journal of Medical Research*, Vol. 10(2): e25371.
5. † Machek SB, † Hwang PS, † Cardaci TD, † Wilburn DT, **Bagley JR**, † Blake DT, Galpin AJ, and \*DS Willoughby (2020). Myosin Heavy Chain Composition, Creatine Analogues, and the Relationship of Muscle Creatine Content and Fast-twitch Proportion to Wilks Coefficient in Powerlifters. *Journal of Strength & Conditioning Research*, Vol. 34(11), 3022-3030.
6. † Lyons A and \***JR Bagley** (2020). Can Resistance Training at Slow vs Traditional Repetition Speeds Induce Comparable Hypertrophic and Strength Gains? *Strength & Conditioning Journal*, Vol. 42(4), 48-56.
7. **Bagley JR**, † Burghardt KJ, † McManus R, † Howlett B, Costa PB, Coburn JW, † Arevalo JA, Malek MH, and \*AJ Galpin (2020). Epigenetic Responses to Acute Resistance Exercise in Trained vs. Sedentary Men. *Journal of Strength & Conditioning Research*, Vol. 34(6), 1574-1580.

8. \*Grosicki GJ, †Durk RP, and **JR Bagley** (2019). Rapid Gut Microbiome Changes in a World-class Ultramarathon Runner. *Physiological Reports*, Vol. 7(24), e14313. (\*Top Downloaded Article 12 months, Wiley)
9. †Hood KM, †Marr C, †Kirk-Sorrow J, †Farmer J, Lee CM, Kern M, and \***JR Bagley** (2019). Validity and Reliability of a Wi-Fi Smart Scale to Estimate Body Composition. *Health & Technology*, Vol. 9, 839-846.
10. †Serrano N, †Colenso-Semple LM, †Lazauskas KK, †Sui JW, **Bagley JR**, Lockie RG, Costa PB, and \*AJ Galpin (2019). Extraordinary Fast-Twitch Fiber Abundance in Elite Weightlifters. *PLOS ONE*, Vol. 14(2) e0207975.
11. †Durk RP, †Castillo E, Márquez-Magaña L, Grosicki GJ, Bolter ND, Lee CM, and \***JR Bagley** (2019). Relationship between Cardiorespiratory Fitness and Relative Gut Microbiota Composition in Healthy Adults. *International Journal of Sport Nutrition and Exercise Metabolism*, Vol. 29(3), 249-253.
12. \*\*†Bathgate KE, \*\***Bagley JR**, Jo E, Talmadge RJ, Tobias IS, Brown LE, Coburn JW, †Arevalo JA, Segal NL, and \*AJ Galpin (2018). Muscle Health and Performance in Monozygotic Twins with 30 Years of Discordant Exercise Habits. *European Journal of Applied Physiology*, Vol. 118(10), 2097-2110.
13. †Gomez DH, **Bagley JR**, Bolter N, Kern M, and \*CM Lee (2018). Metabolic Cost and Exercise Intensity during Active Virtual Reality Gaming. *Games for Health Journal*, Vol. 7(5), 3010-316.
14. †Machek S and \***JR Bagley** (2018). Creatine Monohydrate Supplementation: Considerations for Cognitive Performance in Athletes. *Strength and Conditioning Journal*, Vol. 40(2), 82-93.
15. Tobias IS, †Lazauskas KK, †Arevalo JA, **Bagley JR**, Brown LE, and \*AJ Galpin (2018). Fiber Type-specific Analysis of AMPK Isoforms in Human Skeletal Muscle: Advancement in Methods via Capillary Nano-immunoassay. *Journal of Applied Physiology*, 124(4), 840-849.
16. †Arevalo JA, Lynn SK, **Bagley JR**, Brown LE, Costa PB, and \*AJ Galpin (2018). Lower Limb Dominance, Performance, and Fiber Type in Resistance-Trained Men. *Medicine and Science in Sport and Exercise*, Vol. 50(5), 1054-1060.
17. **Bagley JR**, †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), 602- 607.
18. †Yuen EP and \***JR Bagley** (2016). Exercise Benefits and Considerations for Individuals with Systemic Lupus Erythematosus. *Strength & Conditioning Journal*. Vol. 38 (6), 69-75.
19. Murach K and \***J Bagley** (2016). Skeletal Muscle Hypertrophy with Concurrent Exercise Training: Contrary Evidence for an Interference Effect. *Sports Medicine*, Vol. 46(8), 1029-1039.

20. \*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 (3), 38.
21. \*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), 1-5.
22. †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), 33-38.
23. †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), 58-64.
24. \***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), 403-407.
25. \*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. (\*Special Issue: Strength & Conditioning)
26. \*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), 359-365
27. **Bagley JR**, †Rosengarten JJ, and \*AJ Galpin (2015). Is Blood Flow Restriction Training Beneficial for Athletes? *Strength and Conditioning Journal*, Vol. 37 (3), 47-53.
28. 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.
29. **Bagley JR**, Murach KA, and \*SW Trappe (2012). Microgravity-induced Fiber Type Shift in Human Skeletal Muscle. *Gravitational & Space Research*, Vol. 26, 34-40.
30. **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), 1098-1103.
31. \*Galpin AJ and **JR Bagley** (2011). Guiding Coaches Through Scientific Articles by Examining Human Growth Hormone Research. *Strength and Conditioning Journal*, Vol. 33 (5), 62-66.

## Editor Reviewed Publications

### *Textbook*

1. **\*\*JR Bagley** and **\*\*CM Lee** (2020). Laboratory Experiences in Exercise Physiology. Kendall Hunt Publishing, Dubuque, IA.

### *Book Chapters*

1. †Gasmin E, ‡Castillo-Ortiz LY, †Durk RP, Lorenz KA, Kern M, Lee CM, and \***JR Bagley** (2021). Applications and Efficacy of Portable Wearable Metabolic Devices. *Innovation in Physical Activity and Sport: Selected Papers from the 1st International Virtual Conference on Technology in Physical Activity and Sport*. Springer International Publishing, New York, NY Pages 9-25.
2. †Ortiz-Delatorre, †Durk RP, †Esparza A, †Ruiz A, †MJ Doaz, Kern M, and \***JR Bagley** (2021). Estimated Energy Expenditure During Active Virtual Reality Gaming. *Innovation in Physical Activity and Sport: Selected Papers from the 1st International Virtual Conference on Technology in Physical Activity and Sport*. Springer International Publishing, New York, NY Pages 66-73.
3. **\*\*Galpin AJ** and **\*\*JR Bagley** (2016). "Chapter 11: Torso Exercises". Strength Training, 2<sup>nd</sup> Edition. NSCA-National Strength and Conditioning Association, Lee E. Brown (Editor). Human Kinetics, Champaign, IL. Pages 241-266.

### *Editor Reviewed Journal Articles*

1. **Bagley JR**, Galpin AJ, and \*KA Murach (2023). Busting Muscle Myths. *The Biochemist*. Vol. 44(6), 2-5.
2. \***Bagley JR** (2014). Fibre Type-specific Hypertrophy Mechanisms in Human Skeletal Muscle: Potential Role of Myonuclear Addition. *Journal of Physiology*, Vol. 592 (23), 5147-5148.
3. **\*\*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), 44-46.

## Peer-Reviewed Abstracts & Presentations

### ***Peer-Reviewed Abstracts***

1. †Ortiz-Delatorre J, †Bojorge G, Ichimura A, Chan A, Scott RT, Lorenz KA, and \***JR Bagley** (2023). Tendon Collagen Fibril Morphology and Nano-mechanics via Atomic Force Microscopy. *Physiology* 38 (s1). *American Physiological Society (APS) Summit*. Long Beach, CA. April 22, 2023 (*Poster Presentation*)
2. †Zarei-Escobar ZN, †Cabazon G, †Blake D, †Hamane C, †Pacheco C, Lorenz KA, Lee CM, Galpin AJ, and \***JR Bagley** (2023). Single Muscle Fiber Volume via Confocal Microscopy: Automated vs. Manual Measures. CSU Biotechnology Symposium; Santa Clara, CA. January 14, 2023 (*Poster Presentation*)
3. †Ortiz-Delatorre J, †Bojorge G, Ichimura A, Chan A, Scott RT, Lorenz KA, and \***JR Bagley** (2022). Tendon Collagen Fibril Identification via Phase Contrast Microscopy. *International Journal of Exercise Science: Conference Proceedings*. Vol. 14(2), 158. SWACSM Annual Meeting. Oct. 28, 2022 (*Poster Presentation*)
4. †Wong AC, †Castillo-Ortiz YL, †Sid R, Lorenz KA, Mayo AM, Lee CM, and **JR Bagley** (2020). Energy Expenditure, Enjoyment, and Simulator Sickness during Virtual Reality Cycle Gaming. SWACSM Annual Meeting. Oct., 2020 (*Virtual Poster Presentation*)
5. †Stewart TH, †Villanueva K, †Hahn A, †Ortiz J, †Wolf C, †Nguyen R, Bolter ND, Kern M, and **JR Bagley** (2020). Effects of Previous Gaming Experience on Metabolic Cost during Active Virtual Reality Gaming. SWACSM Annual Meeting. Oct., 2020 (*Virtual Poster Presentation*)
6. †Machek SB, \*Willoughby D, **JR Bagley**, and AJ Galpin (2020). Fiber Type Profile and its relation to Wilks Coefficient in Both Male and Female Powerlifters. *Medicine and Science in Sports and Exercise*, 52:7S, 932. ACSM Annual Meeting. San Francisco, CA. May 28-30, 2020 (*Virtual Poster Presentation*)
7. †Stewart TH, †Villanueva K, †Hahn A, †Ortiz J, †Nguyen R, Bolter ND, Kern MK, and \***JR Bagley** (2020). Effects of Exercise Setting on Energy Expenditure and Enjoyment during Active Virtual Reality Gaming. *Medicine and Science in Sports and Exercise*, 52:7S, 37. ACSM Annual Meeting. San Francisco, CA. May 28-30, 2020 (*Virtual Poster Presentation*)
8. Bolter ND, †Dinardi JS, †Durk RP, Begue G, Grosicki GJ, and \***JR Bagley** (2020). Psychological State of a World-Class Ultramarathon Runner: A Case Study. *Medicine and Science in Sports and Exercise*, 52:7S, 614. ACSM Annual Meeting. San Francisco, CA. May 28-30, 2020 (*Virtual Poster Presentation*)

9. Grosicki GJ, †Durk RP and \***JR Bagley** (2020). Rapid Gut Microbiome Changes in a World-Class Ultramarathon Runner: A Case Study. *Medicine and Science in Sports and Exercise*, 52:7S, 1100. ACSM Annual Meeting. San Francisco, CA. May 28-30, 2020 (Virtual Poster Presentation)
10. \***Bagley JR**, †LaFaille M, Begue G, Durk RP, and GJ Grosicki (2020). Urinalysis Reveals hemolysis in a World-Class Ultramarathon Runner: A Case Study. *Medicine and Science in Sports and Exercise*, 52:7S, 712. ACSM Annual Meeting. San Francisco, CA. May 28-30, 2020 (Virtual Poster Presentation)
11. †Marr CY, †Cornett C, †Villanueva K, Lorenz KA, Kim MS, and \***JR Bagley** (2020). Reliability Of Seca® Medical Body Composition Analyzer (mbca) In Healthy Young Adults. *Medicine and Science in Sports and Exercise*, 52:7S, 871. ACSM Annual Meeting. San Francisco, CA. May 28-30, 2020 (Virtual Poster Presentation)
12. †Gregg DF, \***Bagley JR**, †Machek SB, Chan KN, Lit Y, Chen Y, Tobias IS, Galpin AJ, Myers JN, and R Rabkin (2020). Skeletal Muscle Fiber Type in Older Patients Receiving Maintenance Hemodialysis Treatment. *Medicine and Science in Sports and Exercise*, 52:7S, 396. ACSM Annual Meeting. San Francisco, CA. May 28-30, 2020 (Virtual Poster Presentation)
13. †Zepeda CS, †Pardini CE, †Lazauskas KK, Tobias IS, Galpin AJ, and \***JR Bagley** (2020). Novel Method to Visualize AMPK Protein Localization in Single Human Muscle Fibers via Confocal Microscopy. *Medicine and Science in Sports and Exercise*, 52:7S, 928. ACSM Annual Meeting. San Francisco, CA. May 28-30, 2020 (Virtual Poster Presentation)
14. †Machek SB, \*Willoughby D, **JR Bagley**, and AJ Galpin (2020). Fiber Type Profile and its relation to Wilks Coefficient in Both Male and Female Powerlifters. *International Journal of Exercise Science: Conference Proceedings*. Vol. 2(12), TACSM Annual Meeting (Poster Presentation)
15. †LaFaille M, Begue G, †Durk RP, Grosicki GJ, and \***JR Bagley** (2019). Elite Ultra-endurance Running Event (161.3 km) Causes Hemolysis as Indicated by Urinalysis: A Case Study. SWACSM Annual Meeting. Costa Mesa, CA. October 25-26, 2019. (Poster Presentation)
16. †Marr CY, †Cornett C, †Villanueva K, Lorenz KA, Kim MS, and \***JR Bagley** (2020). Reliability Of Seca® Medical Body Composition Analyzer (mbca) In Healthy Young Adults. SWACSM Annual Meeting. Costa Mesa, CA. October 25-26, 2019. (Poster Presentation)
17. †Zepeda CS, †Pardini CE, †Lazauskas KK, Tobias IS, Galpin AJ, and \***JR Bagley**. Novel Method to Visualize AMPK Protein Localization in Single Human Muscle Fibers via Confocal Microscopy. SWACSM Annual Meeting. Costa Mesa, CA. October 25-26, 2019. (Poster Presentation)

18. †Pardini C, †Zapanta K, Lorenz KA, Cotter JA, Galpin AJ, and \***JR Bagley**. Short duration Simulated Microgravity Alters Human Skeletal Muscle Nuclei Morphology. Aerospace Medical Association Annual Scientific Meeting. Las Vegas, NV. May 9, 2019. (*Poster Presentation*)
19. †Sui J, †Serrano N, †Lazauskas K, †Colenso-Semple L, Tobias IS, **Bagley JR**, †Yen C, Costa PB, Lockie RG, and AJ Galpin. Disagreement between Two Popular Methods for Assessing Human Skeletal Muscle Fiber Type Composition. SWACSM Annual Meeting. Costa Mesa, CA. October 26-27, 2018. (*Poster Presentation*)
20. †Pardini C, †Zapanta K, Serrano N, Lorenz KA, Cotter JA, Galpin AJ, and \***JR Bagley**. Skeletal Muscle Fiber Type after 10-days of Simulated Microgravity with Concurrent Exercise Training. SWACSM Annual Meeting. Costa Mesa, CA. October 26-27, 2018. (*Poster Presentation*)
21. Tobias IS, †Lazauskas KK, †Siu J, **Bagley JR**, and \*AJ Galpin. AMPK Activation in Human Skeletal Muscle is Fiber Type-specific following Acute High Intensity Interval Exercise. *Nutrient Signaling Meeting, Cold Spring Harbor Laboratory*, Cold Spring Harbor, NY. October 25-28, 2018. (*Poster Presentation*)
22. **Bagley JR**, †Lazauskas KK, Tobias IS, †Siu J, †Serrano N, †Yen C, and AJ Galpin. Fiber Type-specific activation of AMPK Following Acute High Intensity Interval Exercise in Concurrently Trained Men. *ACSM Conference on Integrative Physiology of Exercise*. San Diego, CA. September 5-8, 2018. (*Poster Presentation*)
23. †Machek SB, †Gregg DF, †Serrano N, †Lazauskas KK, Lorenz KA, Kern M, Tobias I, Galpin AJ, and \***JR Bagley**. Skeletal Muscle Fiber Type and Morphology in a Middle-aged Elite Male Powerlifter using Anabolic Steroids. *ACSM Conference on Integrative Physiology of Exercise*. San Diego, CA. September 5-8, 2018. (*Poster Presentation*)
24. †Zapanta K, Cotter JA, Galpin AJ, and \***JR Bagley**. Effects of concurrent exercise during simulated microgravity on soleus muscle fiber myonuclear content. *Medicine and Science in Sports and Exercise*, 50:5S. ACSM Annual Meeting. Minneapolis, MN. May 28 - June 1, 2018. (*Poster Presentation*)
25. †Osmond A, Talmadge RJ, †Bathgate KE, **Bagley JR**, Brown LE, Coburn JW, Galpin AJ, Murach KA, and \*E Jo. Skeletal Muscle Gene Expression Study of Monozygous Twins with 35 years of Divergent Exercise History. *Medicine and Science in Sports and Exercise*, 50:5S. ACSM Annual Meeting. Minneapolis, MN. May 28 - June 1, 2018. (*Poster Presentation*)

26. †Durk RP, †Castillo E, Marquez-Magana L, Grosicki GJ, Bolter N, Lee CM, and \***JR Bagley**. Relationship between Cardiorespiratory Fitness and Relative Gut Microbiota Composition in Healthy Adults. *Medicine and Science in Sports and Exercise*, 50:5S. ACSM Annual Meeting. Minneapolis, MN. May 28 - June 1, 2018. (*Slide Presentation*)
27. †Gomez DH, Bolter N, Lee CM, **Bagley JR**, and \*M Kern, Metabolic Cost and Exercise Intensity during Active Virtual Reality Gaming. *Medicine and Science in Sports and Exercise*, 50:5S. ACSM Annual Meeting. Minneapolis, MN. May 28 - June 1, 2018. (*Poster Presentation*)
28. †Zapanta K, Cotter JA, Galpin AJ, and \***JR Bagley**. Effects of concurrent exercise during simulated microgravity on soleus muscle fiber myonuclear content. SWACSM Annual Meeting. Long Beach, CA. October 20-21, 2017. (*Poster Presentation*)
29. †Durk RP, †Castillo E, Márquez-Magaña L, Bolter N, Lee CM, and \***JR Bagley**. Relationship between cardiorespiratory fitness and relative gut microbiota composition in healthy adults. SWACSM Annual Meeting. Long Beach, CA. October 20-21, 2017. (*Poster Presentation*)
30. †Serrano N, **Bagley JR**, †Lazauskas KK, †McManus RT, Tobias IS, Valentino T, and \*\*AJ Galpin. Vastus lateralis fiber type profile of an ultramarathon runner. SWACSM Annual Meeting. Long Beach, CA. October 20-21, 2017. (*Poster Presentation*)
31. †Gomez D, Lee CM, **Bagley JR**, \*Kern M, and N Bolter. Metabolic cost, exercise intensity, and perceived exertion during virtual reality gaming. SWACSM Annual Meeting. Long Beach, CA. October 20-21, 2017. (*Poster Presentation*)
32. †Wong A, †Gomez D, †Parfet W, Mayo A, Bolter N, Lee CM, Kern M, and \***JR Bagley**. Exercise intensity and simulator sickness during active virtual reality cycle games. SWACSM Annual Meeting. Long Beach, CA. October 20-21, 2017. (*Poster Presentation*)
33. Tobias IS, **Bagley JR**, and \*AJ Galpin. Estrogen effects on AMPK activation in human skeletal muscle: a pilot study. SWACSM Annual Meeting. Long Beach, CA. October 20-21, 2017. (*Poster Presentation*)
34. Tobias IS, †Arevalo JA, †McManus R, **Bagley JR**, Brown LE, and \*AJ Galpin (2017). Methods for Time-course Measurement of the Fiber Type-specific AMPK Activation in Single Fibers Following Acute High Intensity Interval Exercise. NSCA National Conference, Las Vegas, NV (*Slide Presentation*)

35. 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 (*Poster Presentation*)
36. Tobias IS, **Bagley JR**, Brown LE, and \*AJ Galpin (2017). AMPK subunit isoform expression differs between human skeletal muscle fiber types. 2017 ACSM Annual Meeting. Denver, CO. (*Poster Presentation*)
37. †Gomez DH, †Hood KM, †Kirk-Sorrow J, †Uong K, †Farmer IV J, Lee CM, **Bagley JR**, and \*M Kern (2017). Validity and reliability of a consumer BIA scale. ACSM Annual Meeting. Denver, CO (*Poster Presentation*)
38. †Curl CC, †Lolmaugh M, Kern M, Valentino TR, Lorenz KA, and \***JR Bagley** (2017). Effects of bodyweight exercise on excess post-exercise oxygen consumption and metabolic expenditure. ACSM Annual Meeting. Denver, CO. (*Poster Presentation*)
39. †Steers BM, †Farmer IV J, †Kirk-Sorrow J, Lee CM, Kern M, and \***JR Bagley** (2017). Effects of compression socks on muscle recovery in competitive Masters endurance athletes. ACSM Annual Meeting. Denver, CO. (*Poster Presentation*)
40. †Arevalo JA, **Bagley JR**, †Rosengarten JJ, Lynn SK, Brown LE, Costa PB, and \*AJ Galpin (2017). Leg dominance and fiber type composition influence landing performance in resistance-trained men. ACSM Annual Meeting. Denver, CO. (*Poster Presentation*)
41. †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*)
  - *Student Travel Award Recipient (CHSS, San Francisco State University)*
42. †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*)
43. †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*)
44. †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*)

45. †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*)
46. †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*)
47. †\*\*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*)
48. \***Bagley JR**, †Arevalo JA, †Malyszczek KK, †Spencer JA, †Rosengarten J, †Barillas SR, †Leyva W, †McManus RT, †Lee D, and AJ Galpin (2016). Skeletal muscle phenotype and performance of an elite mixed martial artist. ACSM Annual Meeting. Boston, MA. May 31 - June 4, 2016. (*Poster Presentation*)
49. †Ballon J, **Bagley JR**, †McLeland KA, †Arevalo JA, Brown LE, Coburn JA, †Ciccone AB, and \*AJ Galpin (2016). 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. (*PosterPresentation*)
50. †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 (2016). 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*)
51. \***Bagley JR**, †Arevalo JA, †Malyszczek KK, †Spencer JA, †Rosengarten J, †Barillas SR, †Leyva W, †McManus RT, †Lee D, and AJ Galpin (2016). Skeletal muscle phenotype and performance of an elite mixed martial artist. SWACSM Annual Meeting. Costa Mesa, CA. October 16-17, 2015. (*Poster Presentation*)
52. †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*)
53. †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*)

54. †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*)
55. †McLeland KA, †Arevalo JA, **Bagley JR**, †Ciccone AB, Brown LE, Coburn, JW and \*AJ Galpin (2015). 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, 2015. (*Poster Presentation*)
56. Wilkerson BS, **Bagley JR**, Murach KA, Hayes ES, Galpin AJ, Raue U, Jemiolo B, Minchev K, Gustafsson T, Tesch PA, and \*SW Trappe (2013). 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, 2013. (*Thematic Poster Presentation*)
57. **Bagley JR**, Murach KA, Hayes ES, Galpin AJ, Minchev K, Raue U, Gustafsson T, Tesch PA, and \*SW Trappe (2013). 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*)
58. 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*)
59. **Bagley JR**, Murach KA, Minchev K, Standley RA, Trappe TA, and \*SW Trappe (2012). 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, 2012. (*Poster Presentation*)
60. 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.
61. **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 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*)
62. \*Judelson DA, Thomas WE, Coburn JW, Kersey RD, Rubin DA, **Bagley JR**, and J Ng (2011). 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.

63. **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. *(Slide Presentation)*
64. **Bagley JR**, Bartolini A, Carney KC, Gochioco MK, Nelson ME, Ross MM, and \*WC Beam (2010). 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. *(Slide Presentation)*
65. Muñoz CX, \*Judelson DA, Maresh CM, and **JR Bagley** (2010). 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. *(Slide Presentation)*
66. Thomas WE, \*Judelson DA, **Bagley JR**, Coburn JW, Kersey RD, and DA Rubin (2010). 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. *(Slide Presentation)*
67. **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)*
68. 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)*
69. 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)*

### **Non Peer-Reviewed Works**

1. Machek S, Cronan S, and **JR Bagley**. "The Ultimate Science Based Supplement Guide". Published online (10/2017).
2. **Bagley J**. "How to boost your performance with tapering". *Barbell Shrugged Daily*. Published Online (9/2015).
3. **Bagley J**. "The new science of muscle memory". *Barbell Shrugged Daily*. Published Online (5/2015).
4. **Bagley J**. "You need to squat deep!". *Barbell Shrugged Daily*. Published 4/2015.

5. Ciccone T, Davis K, **Bagley J**, and A Galpin. "Deep squats and knee health: A scientific review". *Barbell Shrugged Daily*. Published Online (4/2015)
6. Galpin A & **J Bagley**. "3 ways to prevent post-exercise soreness". *Breaking Muscle*. Published Online (4/2015).

## Invited Works

### *Invited Lectures & Seminars*

1. *From Genes to Grit: Ultra-Endurance Exercise and Skeletal Muscle Fiber Type Adaptations*. Guest Lecture at the **Western States Endurance Run (WSER)**, Olympic Valley, CA. 6/27/2023.
2. *Skeletal Muscle Adaptations to Exercise: Inside the Muscle Cell*. Guest Lecture in EXSC 6313, **University of Arkansas**, Fayetteville, AK. 11/2022 (via Zoom Live)
3. *Skeletal Muscle Adaptations to Exercise: Biomarkers, Sex, and the Microbiome*. **SWACSM Annual Meeting**, Costa Mesa, CA. 10/28/2022.
  - o *Session Host, Organizer. & Speaker*
4. *Technology in Exercise - Physical Activity Across the Lifespan* Guest Lecture, **University of Seattle**, Seattle, WA 5/2022 (via Zoom Live)
5. *Advancing Human Performance with Technology in Kinesiology*. Guest Lecture. **Georgia Southern University**, Savannah, GA. 11/2021
6. *Advancing Human Performance with Technology in Kinesiology*. Guest Lecture. **University of the Ozarks**, Clarksville, AK. 11/2021
7. *Virtual Reality Health & Exercise*. USC Sensorimotor Assessment and Rehabilitation Training in VR Center, **University of Southern California**, Los Angeles, CA 6/2021 (via YouTube Live)
8. *Invited Panel - Graduate Program Q&A*. KSA Grad School Week, **San Francisco State University**, San Francisco, CA. 5/6/2021
9. *Technology in Exercise Science*. George Fox Exercise Science Club Guest Lecture, **George Fox University**, Newberg, OR. 3/2021 (via Zoom Live)
10. *VR Exercise Gaming: The Future of Fitness?* TAPAS 2020 Meeting, **University of Seville**, Spain. 11/2020 (via Zoom Live)
11. *Virtual Reality (VR): The Future of Fitness?* - Health Tech Jam Workshop, **University of Illinois-Chicago**, Chicago, IL. 10/18/2020 (via Zoom Live)

12. *Host and Introductions: Exercise Physiology Graduate Alumni Symposium*. **San Francisco State University**, San Francisco, CA. 2020 (via Zoom/YouTube).
13. *Research in Exercise Physiology. Guest Lecturer KIN 251 - Careers in Kinesiology (3 sections)*, **San Francisco State University**, San Francisco, CA. 10/2019
14. *Invited Panel - Faculty & Student Q&A. CHSS Fall Opening*, **San Francisco State University**, San Francisco, CA. 8/26/2019
15. *Advancing Human Performance with Technology in Kinesiology*. Exercise Science Symposium, **California State University, Sacramento**, CA. 4/19/2019
16. *Advancing Human Performance with Technology in Exercise Physiology*. Stewart Seminar Series, **Biola University**, La Mirada, CA. 3/28/2019.
17. *Careers in Exercise Physiology*. Guest Lecturer. KIN 251 - Careers in Kinesiology (3 sections), **San Francisco State University**, San Francisco, CA. 10/2018.
18. *New Muscle Physiology Lab Research*. Guest Lecturer. Advanced Exercise Physiology Course, **California State University, Fresno**, CA. (Via Zoom Meetings) 10/2018.
19. *Social Media Panel*. Guest Lecturer. KIN 355 - Computer Applications in Kinesiology, **San Francisco State University**, San Francisco, CA. 6/2018.
20. *#CareerGoals*, Keynote Lecture - **Careers in Kinesiology Conference**, Kinesiology Student Association, San Francisco, CA. 11/2017
21. *Muscle Physiology in Athletes*. Biology Department, **San Francisco State University (Carmen Domingo Lab)**, San Francisco, CA. 3/17
22. *Skeletal Muscle Fiber Types and Human Performance: A Cellular and Perspective*. **SWACSM Annual Meeting**, Costa Mesa, CA. 10/2016.
23. *Muscle Physiology in Athletes: Exploring the Limits of Human Performance*. **VA Palo Alto / Stanford University** (Jonathon Myers Lab), Palo Alto, CA. 6/2016
24. *Skeletal Muscle Phenotype and Performance of an Elite Mixed Martial Artist*. **ACSM Combat Sports Interest Group Meeting**, Boston, MA. 6/2016
25. *Unraveling Fitness Misconceptions with Exercise Physiology*. **Fitbit Inc.** - Physiology Lecture Series, San Francisco, CA. 5/2016
26. *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

27. *Skeletal Muscle Physiology & Human Performance*. Guest Lecturer: KIN 795 - Seminar, **San Francisco State University**, San Francisco, CA. 9/2015
28. *Physiological Aspects of Aging*. Guest Lecturer: KINE 360 - Physical Activity and Aging, **California State University, San Bernardino**, CA. 7/2014
29. *Rethinking Muscle Memory: Is it in Myonuclei?* CSUF International Coaching Clinic, **California State University, Fullerton**, CA. 7/2014.
30. *Lifelong Exercise and Healthy Aging*. Exercise Science Club Meeting, **Ball State University**, Muncie, IN. 4/2013.
31. *Lifelong Endurance Exercise and Skeletal Muscle Health*. National Institute of Education, **Nanyang Technological University**, Singapore. 1/2013.

### ***Invited Poster Presentations***

1. †Bialy P, †Kirkes M, †Shmyhun O, †Johanson K, †El-Kurd O, and \***JR Bagley**. What About Hybrids? Supplemental Methods for Skeletal Muscle Fiber Typing. *CHSS Undergraduate Research & Creative Works Showcase*. San Francisco State University, San Francisco, CA. May 4, 2023.
2. †Carrera CA, †Shmyhun O, †Turner CD, †Johanson K, †Lorge J, †Elguheim M, and \***JR Bagley**. Exercise is Medicine: A Tool for Health and Academic Success. *CHSS Undergraduate Research & Creative Works Showcase*. San Francisco State University, San Francisco, CA. May 4, 2023.
3. †Turner CD, †Carrera CA, †Ortiz GE, †Poklad A, †Finnegan-Canepa T, †Elguheim M, Tolas A, and \***JR Bagley**. Athletic Performance and *ACTN3*: The “Speed-Gene”. *CHSS Undergraduate Research & Creative Works Showcase*. San Francisco State University, San Francisco, CA. May 4, 2023.
4. †Ortiz-Delatorre J, †Bojorge G, Ichimura A, Chan A, Scott RT, Lorenz KA, and \***JR Bagley** (2023). Tendon Collagen Fibril Identification via Phase Contrast Microscopy. *Graduate Research & Creative Works Showcase*. San Francisco State University, San Francisco, CA. April 12, 2023.
5. †Zarei-Escobar ZN, †Cabazon G, †Blake D, †Hamane C, †Pacheco C, Lorenz KA, Lee CM, Galpin AJ, and \***JR Bagley** (2023). Single Muscle Fiber Volume via Confocal Microscopy: Automated vs. Manual Measures. *Graduate Research & Creative Works Showcase*. San Francisco State University, San Francisco, CA. April 12, 2023.
6. †Durk RP, †Pardini C, and **JR Bagley**. From the Classroom to Peer-Review: KIN 781 Students’ Path to Publication. Annual CHSS Showcase (Theme: *Student Success*) San Francisco State University, San Francisco, CA. May 1, 2019.

7. **Bagley JR**. Muscle Physiology Lecture Series: Bridging the Gap between Science and the Community. Annual CHSS Showcase (Theme: *Building Community*). San Francisco State University, San Francisco, CA. April 25, 2018.
8. Lorenz KA and **JR Bagley**. Muscle Physiology Lecture Series: Bridging the Gap between Science and the Community. Annual CHSS Showcase (Theme: *Building Community*). San Francisco State University, San Francisco, CA. April 25, 2018.
9. †Curl C and **JR Bagley**. mTOR: The Muscle Hypertrophy Pathway. Kinesiology Research Expo, San Francisco State University, San Francisco, CA. December 7, 2017. (*Award: Best Grad Student Poster*)
10. **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.
11. †Zapanta K, **Bagley JR**, Cotter JA, and AJ Galpin. Effects of Concurrent Exercise during Simulated Microgravity on Soleus Muscle Fiber Myonuclear Content. Graduate Research and Creative Works Showcase. San Francisco State University, San Francisco, CA. April 20, 2017.
12. †Steers BM, †Farmer J, †Kirk-Sorrow J, Lee CM, Kern M, and **JR Bagley**. Effects of Compression Socks on Muscle Recovery in Masters Runners. Graduate Research and Creative Works Showcase. San Francisco State University, San Francisco, CA. April 20, 2017.
13. †Steele J and **J Bagley**. Effects of Heat Acclimation on Athletic Performance, Muscle Metabolism, and Physiology. Annual Kinesiology Department Research Expo. San Francisco State University, San Francisco, CA. December 8, 2016.
14. Penacerrada J and **J Bagley**. Effects of Short Term HIIT on Muscle Glucose Sensitivity. Annual Kinesiology Department Research Expo. San Francisco State University, San Francisco, CA. December 8, 2016.
15. †Gomez D and **J Bagley**. Active Virtual Reality Games: Are They Really Active? Annual Kinesiology Department Research Expo. San Francisco State University, San Francisco, CA. December 8, 2016.
16. †Curl C and **J Bagley**. Effects of Bodyweight Exercise on Excess Post-exercise Oxygen Consumption and Metabolic Expenditure. Annual Kinesiology Department Research Expo. San Francisco State University, San Francisco, CA. December 8, 2016.
17. **Bagley J**, †Marsh K, and A Galpin. Utilizing Technology to Teach Physiology: 3D Printing Human Muscle Cells. Annual CHSS Showcase (Theme: *Teaching, Scholarship, and Service*). San Francisco State University, San Francisco, CA.

**Grants and Contracts**

**Funded / Awarded**

1. Office of Research and Sponsored Programs (ORSP),  
SF State Research and Scholarly Activity Fund Grant - \$20,000.00  
**San Francisco State University; 2023-2024**  
Title: *"Acute Effects of Active vs Inactive Virtual reality Gaming on Children's Executive Functioning Skills"*  
PI: R Flynn, Co-I: JR Bagley
2. Western States Endurance Run Medical Research Grant - \$24,912.54  
**Western States Endurance Run Medical Research Program; 6/2023**  
Title: *"Acute and Chronic Effects of Ultramarathon Participation on Vascular Health"*  
PI: G Grosicki, Co-Is: M Harber, M Babcock, SM Ratchford, JR Bagley, A Robinson
3. Ultra-Endurance Sports Science & Medicine Grant Program - \$10,000.00  
**The Paramedic Foundation; 1/2022-12/2022**  
Title: *"Acute Changes in the Gut Microbiome and Fecal Metabolome Following a 161-km Ultramarathon Race"*  
PI: G Grosicki, Co-Is: T Valentino, R Nagpal, JR Bagley, J Pugh
4. COVID-19 Research Recovery Microgrant Program - \$1,500.00  
**California State University Program for Education and Research in Biotechnology (CSUPERB); 2021**  
Title: *"Skeletal Muscle Cell Microscopy Training for Student Researchers"*  
PI: JR Bagley
5. NASA Biospecimen Sharing Program (LSDA ID: ARC00XX234) - \$N/A  
**NASA Biological Institutional Scientific Collection (NBISC); 2021**  
Title: *"Effects of Microgravity on Tendon Mechanical Properties"*  
PI: JR Bagley
6. NSF Major Research Instrumentation (MRI) Program - \$774,674.00  
**National Science Foundation (NSF); 2020-23**  
Title: *Acquisition of Super-Resolution Confocal Microscope to Advance Research and Research Training at San Francisco State University (#2018239)*  
PI: D Chu, Minor User: JR Bagley
7. Traditional Grant Program - \$10,000.00  
**Rossi Family Foundation; 2020**  
Project: *Cryopreservation of Skeletal Muscle Samples*  
PI: JR Bagley

8. New Investigator Grant - \$15,000.00  
**California State University Program for Education and Research in Biotechnology (CSUPERB); 2020-2023**  
Title: *Effects of Time Restricted Eating and Resistance Exercise Training on Human Muscle Fiber Size*  
PI: JR Bagley
9. Office of Research and Sponsored Programs (ORSP), SF State Research and Scholarly Activity Fund Grant - \$10,000.00  
**San Francisco State University; 7/2018-7/2019**  
Title: *AMPK Localization in Human Muscle Fibers: Imaging the Cell's Energy Sensor via Confocal Microscopy*  
PI: JR Bagley
10. Entrepreneurial Joint Venture Matching Grant - \$14,995.00  
**California State University Program for Education and Research in Biotechnology (CSUPERB); 8/2018-11/2019**  
Title: *"Virtual Reality Exer-gaming to Promote Physical Activity & Health"*  
PI: JR Bagley
11. Traditional Grant Program - \$5,000.00  
**Rossi Family Foundation; 2016 - 2020**  
Project: *"Muscle Physiology Lecture Series"*  
PI: JR Bagley
12. 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-PIs: AJ Galpin, JR Bagley, I Tobias
13. Faculty Travel Award (to JR Bagley) - \$700.00  
**Department of Kinesiology, San Francisco State University; 10/2016**
14. 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
15. 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
16. 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

## **Media Coverage of Research**

### **Podcast / Radio Interviews**

1. **WebMD - Your Health on Tech** *Is VR Giving You a Better Workout than You Think? Dr. John Whyte Interviews Dr. Jimmy Bagley.* March 2023.
2. **KCBS Radio - All News 106.9 FM (Bay Area)** *Virtual Reality Exercise Research Interview with Dr. Jimmy Bagley.* Aired April 26, 2022.
3. **Seattle University's Redhawk Squawk Podcast** *Virtual Reality Research with Dr. Jimmy Bagley.* March 23, 2021
4. **Stacked Strength Podcast.** *Dr. Jimmy Bagley - Limits of Muscular Potential and Muscle Physiology* (Interview by Daniel DeBrocke). October 21, 2020.
5. **The Lab Report Podcast** *Exercise is Medicine w/Dr. Jimmy Bagley.* May 15, 2020.
6. **50% Facts Podcast** *Does Your Gut Microbiome Affect Your Fitness? With Dr. Jimmy Bagley.* July 17, 2019.
7. **Barbell Shrugged Podcast #406** *Science, Strength, and the Gut Biome with Dr. Jimmy Bagley.* June 27, 2019
8. **50% Facts Podcast** *Are Virtual Reality Games the Future of Fitness? With Dr. Jimmy Bagley.* June 19, 2019.
9. **Muscle Expert Podcast** *Jimmy Bagley-Muscle Fiber Type Adaptation, AMPK, mTOR Balance and Muscle Fiber Research* (Interview by Ben Pakulski). May 2018.
10. **Life Ready Podcast** *The Science of Muscle with Jimmy Bagley* (Interview by Sean Cronan). April 24, 2018
11. **Strength & Conditioning Journal Podcast** *Creatine Supplementation with Dr. James Bagley* (Interview by Ben Reuter). April 4, 2018.
12. **Wellable Podcast** *VR Gaming for Employee Wellness.* January 17, 2018.
13. **Second Shift Live Episode XIII Live Q&A with Dr. Jimmy Bagley and Dr. Andy Galpin.** September 12, 2016.
14. **Mindset Rx'd Podcast #53** *How to Get Fitter Without Losing Strength, with Dr. Andy Galpin and Dr. Jimmy Bagley.* August 23, 2016.

### **Television Appearances**

1. **NBC 5** (Dallas-Ft. Worth, Texas). Local News Segment. Aired February 26, 2020.
2. **NHK World Japan** (*International TV News Segment*). Virtual Reality Exercise Gaming and Health Interview with Fumio Sugaya. Aired on September 24, 2019.
3. **CNN**. *Segment on CNN News about Immersive Fitness*. Aired in US, Jan. 6, 2019.
4. **Discovery Channel**. *Segment on Daily Planet*. Aired in Canada, Oct. 5, 2017.

### **Magazines, Newspapers & Online Articles**

1. **Georgia Southern University** (Press Release). *A gut feeling: Georgia Southern University researchers explore how the gut biome adapts and shifts in endurance athletes*. April 5, 2023
2. **Men's Health Magazine** (Print Edition). Virtual Training. Real Sweat. By Peter Flax. February/March 2023.
3. **Everyday Health**. *Can my VR game be a good workout?* By Carmen Chia. July 15, 2022.
4. **Washington Post** (Article / Video). *Let's get Meta-physical: Why Oculus fitness actually works*. By Tatum Hunter. April 21, 2022
5. **The Wall Street Journal** (Print and Online Edition). *VR Exercise Can Deliver Real Results*. By Nicole Nguyen. January 30, 2022.
6. **US News & World Report**. *Exercise and Virtual Reality: VR could be the next big thing to spice up your workout*. By Elaine Howley. March 18, 2022.
7. **Women's Health Magazine** (Print Edition). *Which should I do first: Strength or Cardio?* By Kiera Carter (Jan./Feb. 2021)
8. **Runner's World Magazine**. *Is Your Strength-Training Routine Messing with Your Runs?* By Kiera Carter. July 8, 2019.
9. **Team USA (USA Weightlifting)**. *Study: Elite Weightlifters Have Absurd Amounts of Fast Twitch Muscle Fibers*. By Jake Boly. May 15, 2019.
10. **CSU Fullerton News Center** (Press Release). *CSUF Team Completes Most In-Depth Study Ever of Muscles in Female Athletes*. March 17, 2019.
11. **SF State News** (Press Release). *Study of Female Weightlifters Crushes Stereotype*. By Lisa Owens Viani. March 27, 2019.
12. **Runner's World Magazine**. *Jump Rope Exercises That Boost Your Cardio When You Can't Run*. By Kiera Carter. March 5, 2019.

13. **BarBend.com**. *Research shines light on how much genetics really impact fitness*. By Jake Boly. August 20, 2018.
14. **The Globe and Mail**. *Nature vs. Nurture: Study on twins shows athletic destiny not set at birth*. By Alex Hutchinson. August 19, 2018:
15. **DNA Science Blog: Genetics in Context (PLOS.org Blogs)**. *Identical twins, physical fitness, and transgender identity*. By Ricki Lewis. July 2018.
16. **Inverse**. *Oddly lopsided identical twins suggest diminished role of fitness genes*. By Emma Betuel. July 23, 2018.
17. **IFL Science!** *Identical twins - a truck driver and a triathlete - answer part of the nature-nurture debate*. By Tom Hale. July 23, 2018.
18. **SF State News (Press Release)**. *SF State study compares athlete and truck driver, identical twins: Findings indicate genes are not the sole determiner of fitness*. By Lisa Owens Viani. July 20, 2018.
19. **Australian Men's Health**. *Researchers discover a surprising way to boost your gut health*. By Scott Henderson. July 12, 2018
20. **Bustle**. *Heart health can impact your gut health, according to a new study*. By Carolyn De Lorenzo. July 12, 2018.
21. **SF State News (Press Release)**. *Healthier hearts equal healthier guts: SF State study finds gut microbiome related to cardiovascular fitness*. By Lisa Owens Viani. Jul 11, 2018:
22. **SF State News (Press Release)**. *Breakthrough for SF State kinesiologists studying metabolic protein*. By Lisa Owens Viani. April 27, 2018.
23. **Women's Health Magazine (Print Edition)**. *Bot-ify your Bod: Virtual Coaching*. By Marissa Gainsburg (March 2018).
24. **Men's Health Magazine (Print Edition)**. *How Scientists Are Learning How to Use Your Muscles to Predict Your Mortality*. By Lou Shuler (Jan./Feb. 2018).
25. **SF State Magazine (Print Edition)**. *Game Theory*. By Matt Reed. Fall/Winter, 2017.
26. **San Francisco Chronicle (Print Edition)**. *S.F. State tests benefits of workouts games*. By Nanette Asimov. Sept. 5, 2017.
27. **SF State News (Press Release)**. *SF State conducting leading-edge research into virtual reality fitness*. By Matt Reed. August 17, 2017.
28. **The University Network**. *San Francisco State University Graduate Student Studies Female Musculature for Space Travel*. By Vanessa Sewell. June 2017.

29. **SF State News** (Press Release). *SF State grad student analyzes female astronaut travel.* By Matt Reed. June 26, 2017.

## **TEACHING - MENTORSHIP & TEACHING EFFECTIVENESS**

### **University Courses Taught**

#### **San Francisco State University**

- Courses Taught: 11
- Sections Taught: 54
- Students Taught: 1,678

- KIN 355 - Science, Sport, and Fitness** (Units: 3) 2016-23  
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) 2016-23  
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) 2015-20  
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 683 - Advanced Exercise Physiology** (Units: 3) 2017-23  
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 690 - Internship in Fitness & Wellness** (Units: 3) 2022-23  
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 781 - Muscle Physiology** (Units: 3) 2015-23  
Basic and applied physiological properties of skeletal muscles, tendons and ligaments, in the context of physiological adaptations from disuse, injury, & training.
- KIN 699 / 899 - Independent Study** (Units: 1-3) 2016-23  
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) 2016-23  
Independent, original research investigation supervised by a graduate adviser. For students who selected the thesis culminating experience.
- KIN 895 / 898 - Master's Project / Thesis** (Units: 3) 2016-23

**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)

**Advising & Mentoring****Master's Degree Committees**

*Denotations: \* Thesis, † Project, ‡ CHSS Graduate Student of the Year, # CSU Student Research Competition Finalist, †† NSCA National Research Award Nominee; IP, In Progress.*

**San Francisco State University - Students Enrolled in KIN 895, 897, 898, and/or 899**

| <b>Student</b>           | <b>Research</b>  | <b>Year</b> | <b>Role</b> |
|--------------------------|--|-------------|-------------|
| Julissa Ortiz-Delatore*‡ | New Methods to Measure Tendon Mechanical Properties Measured via Atomic Force Microscopy                 | <i>IP</i>   | Chair       |
| Guillermo Bojorge *      | Effects of Microgravity on Tendon Mechanical Properties Measured by Atomic Force Microscopy              | <i>IP</i>   | Chair       |
| Zak Naderi-Escobar *     | Time Restricted Eating and Resistance Exercise Training: Effects on Muscle Fiber Hypertrophy             | <i>IP</i>   | Chair       |
| A.J. Harper *            | Improving Fitness & Body Composition in an 86-y Old Male with One Year of Fitness Training: A Case Study | <i>IP</i>   | Chair       |
| Mohamed Elguheim *       | Adaptations to Myonuclear Morphology after Hypertrophy then Subsequent Atrophy                           | <i>IP</i>   | Chair       |
| Omar El-Kurd *           | Cardiovascular Dynamics during a 100 mile Ultra-Endurance Footrace                                       | <i>IP</i>   | Chair       |
| Mathias Sorrensen *      | Effects of Active Virtual Reality Gaming on Health: A 12-week Case Study                                 | <i>IP</i>   | Chair       |
| Domonique Lowell *       | Fire Fitness: A Call to Action for Firefighter Exercise Adherence  | 2023        | Member      |
| Jessica Lorge †          | Implementing Exercise is Medicine at SF State  | 2023        | Chair       |

|                       |  |      |        |
|-----------------------|--|------|--------|
| Trenton Stewart *     | Virtual Reality Gaming to Promote Physical Activity  | 2022 | Chair  |
| Courtney Coomes *     | Effects of Virtual Reality Game Features on Motivation and Exertion                              | 2022 | Chair  |
| Gabriel Cabezon *     | Effects of Time Restricted Eating and Resistance Exercise Training on Human Muscle Fiber Size    | 2022 | Chair  |
| K. Kirubaharan-Smith* | Body Composition and Performance in Army Soldiers  | 2022 | Chair  |
| Christopher Chan *    | Neuromuscular Benefits of Plyometric Training in Female Post Peak-Height Velocity Athletes       | 2022 | Member |
| Megan Arauzo *        | Effects of Breath Control on Affect, Anxiety, and Perceived Stress                               | 2021 | Member |
| Alex-Andre Paulting * | Systematic Review on Protein Intake and Muscular Hypertrophy During Resistance Exercise Training | 2021 | Chair  |
| Matt Hunn *           | Comparing Long- and Short-Duration Isometric Contractions as Potentiators for Sprinting          | 2021 | Chair  |
| Ryan Chacko *         | Effects of Foam Rolling on Muscle Force  | 2020 | Chair  |
| Eric Gasmin *         | Validity and Reliability of Portable Metabolic Analyzers   | 2020 | Member |
| Chloe Marr *          | Obesity, COVID-19, and the LatinX Community  | 2020 | Chair  |
| Michael DeRocco *     | Effects of a 6-Week Carnivore Diet on Physiology and Psychology                                  | 2020 | Chair  |
| Michelle Lafaille *   | Effects of Nasal Breathing Techniques on Heart Rate Variability                                  | 2020 | Chair  |
| Chris Pardini †       | AMPK Imaging in Muscle Cells: Methods  | 2020 | Chair  |
| Carlos Zepeda *       | AMPK Imaging in Muscle Cells: Time-course  | 2020 | Chair  |
| Patrick Maher †       | Validation Protocol for Energy Expenditure Calculations used by Fitness Trackers                 | 2020 | Member |
| Andrew Kubiak *       | Effects of Blood Flow Restriction Training & Muscle Fatigue                                      | 2020 | Chair  |
| Richard Aziz *        | Measuring Changes in Fuel Utilization with a New Prototype Device                                | 2020 | Member |
| Jose Gonzalez *       | Compression Modalities for Muscle Fatigue & Soreness   | 2019 | Member |
| Casey Curl *          | Assessment of Metabolic Flexibility Across Physical Fitness Levels                               | 2019 | Member |
| Trenton Stewart *     | Virtual Reality Gaming: Exercise Intensity Study   | 2019 | Member |

|                   |  |      |        |
|-------------------|--|------|--------|
| Donny Greg *      | Skeletal Muscle Fiber Type with Renal Failure  | 2018 | Chair  |
| Steven Machek * † | Muscle Fiber Characteristics in an Elite Powerlifter using Anabolic Steroids                   | 2018 | Chair  |
| Ryan Durk *       | Human GI Microbiome and Body Composition   | 2017 | Chair  |
| Brittany Steers * | Effects of Compression Socks on Muscle Recovery in Masters Runners                             | 2017 | Chair  |
| Dulce Gomez *     | Active Virtual Reality Games: Are They Really Active? A Study of Metabolic Cost                | 2017 | Chair  |
| Kaylie Zapanta *  | Effects of Concurrent Exercise during Simulated Microgravity on Muscle Cell Myonuclear Content | 2017 | Chair  |
| Kelly Hood * #    | Validity and Reliability of Body Composition Techniques in Healthy Adults                      | 2016 | Member |
| Joshua Edick †    | Powerlifting and Cardiovascular Adaptations  | 2016 | Member |

### California State University, Fullerton - External Committee Member

| Student                 | Thesis Title  | Year | Role            |
|-------------------------|---|------|-----------------|
| Katherine Bathgate * †† | Physiological Profile of Monozygous Twins with Divergent Physical Activity Patterns | 2016 | External Member |

### Undergraduate Research Advising

#### San Francisco State University - Students Enrolled in KIN 699

| Spring 2023 |   |
|-------------|---|
| KIN 699     | Kylie Johanson, Terra Finnegan, Giovanni Ortiz, Chevez Turner |
| Fall 2022   |   |
| KIN 699     | Matalyn Kirkes, Patrick Bialy, Aemilio Heredia                |
| Spring 2022 |   |
| KIN 699     | Zak Zarei-Escobar, Kelly Yu                                   |
| Fall 2021   |   |
| KIN 699     | Courtney Coomes   |

|                    |   |
|--------------------|---|
| <b>Spring 2021</b> |   |
| KIN 699            | Mitchell Bourisk, Casey Henson, Liam Henson   |
| <b>Fall 2020</b>   |   |
| KIN 699            | N/A ( <i>Pandemic Disruptions</i> )   |
| <b>Spring 2020</b> |   |
| KIN 699            | Mike DeRocco, Nicole Gavidia, Leslie Castillo-Ortiz, Regina Sid   |
| <b>Fall 2019</b>   |   |
| KIN 699            | Randy Nguyen, Max Cushing, Kevin Folan, Steven Lomeli   |
| <b>Spring 2019</b> |   |
| KIN 699            | Chandler Wolf, Alex Nunes, Julissa Ortiz, Chander Cornett, Kirsten Villanueva, Raphi Susman, Amanda Hahn, Ethan Lagesan   |
| <b>Fall 2017</b>   |   |
| KIN 699            | Chloe Marr, Nicole Hernandez, Derrick Vickers   |
| <b>Spring 2017</b> |   |
| KIN 699            | Will Parfet, Jamison Ly, Joshua Minoza, John Farmer, Milad Ebadat, Kat Palma, Sean Pournia, Chelsey Brooks, Bryan Hoyt, Nate Dunsmuir, Clarice Nguyen, Aaron Roque, Bill Fung, Paolo Saison |
| <b>Fall 2016</b>   |   |
| KIN 699            | Mel Lolmaugh, Kendrick Uong, Jordan Brittner, Jenni Kirk, John Farmer   |
| <b>Spring 2016</b> |   |
| KIN 699            | Casey Curl, Elizabeth Nguyen  |

## **Curricular Innovations**

### **Curriculum Redesign**

- *Fall 2022*: Curriculum redesign of Internship in Fitness/Wellness (*KIN 690*)
- *Fall 2020*: Lab curriculum redesign and new textbook (Bagley & Lee, 2020) (*KIN 483*)
- *Spring 2020*: Curriculum redesign of Advanced Exercise Physiology (*KIN 683*)
- *Fall 2019*: Curriculum redesign of Graduate Muscle Physiology Course (*KIN 781*)
- *Fall 2017*: Designed and implemented a new hands-on Student Personal Training Program (*KIN 555: Exercise Testing & Prescription*) in collaboration with FitPlus (Faculty-Staff Wellness Program).

### **Online Learning and Teaching**

- *Spring-Fall 2020*: Transformed all traditional face-to-face course into fully online courses due to the COVID-19 Pandemic (*KIN 482, 555, 683, 781*)
- *Summer 2016*: Transformed traditional face-to-face course into fully online course. (*KIN 355: Science, Sport, and Fitness*)

### **Workshops Attended to Improve Teaching**

- Associate Professor Workshop, *College of Health & Social Sciences, January 2023*
- Faculty Learning Community, *College of Health & Social Sciences and Metro College Success Program (Institute 2018-2019)*
- Quality Online Learning and Teaching (QOLT): Lunch & Learn Workshop, *Academic Technology - Teaching and Learning with Technology, April 2016*
- Kinesiology Faculty Retreat 2016: "Create, Educate, Investigate: Bringing Together Teaching, Scholarship and Creative Work", *Office of Faculty Affairs, January 2016*
- Appreciating Teaching Workshop, *College of Health and Social Sciences Teaching Task Force, October 2015*
- New Faculty Advising Training, *Department of Kinesiology, October 2015*

## **SERVICE - CONTRIBUTIONS TO CAMPUS & COMMUNITY**

### **Campus Contributions**

#### **Committees and Assignments**

##### **University Level - San Francisco State University**

|   |                |
|---|----------------|
| <i>Coordinator</i> , SF State Scholars Program (Kinesiology)  | 2020 - Present |
| <i>Steering Committee</i> , <u>SF State Transforms</u> , NSF ADVANCE Grant  | 2020 - Present |
| <i>Chair / Member</i> , Professional Development Council (PDC)  | 2019 - 2021    |
| <i>Member</i> , Hiring Committee - Fitness & Wellness Coordinator<br>(Kinesiology Representative for Campus Recreation) | 2022           |
| <i>Campus Security Authority</i> , Student Affairs & Enrollment   | 2016 - 2019    |
| <i>Faculty Marshal</i> , Graduation Commencement at BallPark  | 2016 - 2019    |
| <i>Member</i> , Biosafety Committee, EH&S   | 2016 - 2019    |
| <i>Member</i> , Lower Division Certification Committee (LDCC)   | 2015 - 2016    |

##### **College Level - College of Health & Social Sciences**

|  |                   |
|--|-------------------|
| <i>Faculty Representative</i> , Graduate Recognition Ceremony                                      | 2017 - 2019, 2023 |
| <i>Faculty Ambassador</i> , Undergraduate Education and Academic<br>Planning (CHSS Representative) | 2016 - 2019       |

##### **Departmental Level - Department of Kinesiology**

|  |                |
|--|----------------|
| <i>Member</i> , Graduate Program Committee (Kinesiology)   | 2021 - Present |
| <i>Member</i> , Hiring Committee - Motor Behavior Faculty  | 2022 - 2023    |
| <i>Faculty Advisor</i> (Student Club), Exercise is Medicine on Campus  | 2015 - Present |
| <i>Member</i> , Hiring Committee - Fitness & Wellness Specialist<br>(Kinesiology Representative for Campus Recreation) | 2019           |
| <i>Member</i> , Hiring Committee - Teaching Lab Manager  | 2018           |
| <i>Faculty Host</i> , Kinesiology Department Sneak Preview   | 2016 - 2019    |
| <i>Member</i> , Hiring Committee - Biomechanics Faculty  | 2017 - 2018    |
| <i>Faculty Host</i> , Alumni & Friends Gathering   | 2016 - 2018    |
| <i>Co-Master of Ceremonies</i> , Kinesiology Graduation Event  | 2016           |
| <i>Member</i> , Alumni Events Committee  | 2015 - 2016    |

## Community Contributions

### **Journal Reviewer & Editor**

**Peer Reviewer** (*Total Reviews (2015-Present): 42 Articles; Web of Science Metrics*)

|  |                |
|--|----------------|
| <i>Aerospace Medicine and Human Performance</i>        | 2015 - Present |
| <i>Experimental Physiology</i>                         | 2016 - Present |
| <i>Gravitational and Space Research</i>                | 2012           |
| <i>Frontiers in Physiology</i>                         | 2018 - 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>Medicine &amp; Science in Sports &amp; Exercise</i> | 2015 - Present |
| <i>Muscle and Nerve</i>                                | 2015 - Present |
| <i>PLOS One</i>  | 2018 - Present |
| <i>Strength and Conditioning Journal</i>               | 2016 - Present |
| <i>The Open Sports Sciences Journal</i>                | 2015 - Present |

### **Journal Editor**

Guest Editor, *Virtual Reality Special Edition, Frontiers in Rehabilitation Sciences*  
2021 - 2023

### **Textbook Reviewer**

*Reviewer - ACSM's Foundations of Strength Training and Conditioning (2nd Ed.), 2021. Chapter 6 - Connective Tissue Adaptations to Training.*

### **Grant Reviewer**

*Grant Reviewer - California State University Program for Education and Research in Biotechnology (CSUPERB) Seed Grants. 2019, 2021, 2022.*

*Technical Reviewer - Student-Athlete Health & Well-Being Grant, Pac-12 Conference National Collegiate Athletic Association (NCAA), 2018.*

### **Professional Organization Memberships**

|   |                             |
|---|-----------------------------|
| Aerospace Medical Association (AsMA)                  | 2018 - 2019                 |
| American College of Sports Medicine (ACSM)            | 2007 - Present              |
| Midwest Chapter - ACSM                                | 2010 - 2015                 |
| Southwest Chapter - ACSM                              | 2007 - 2010, 2015 - Present |
| American Physiological Society (APS)                  | 2009 - Present              |
| Environmental & Exercise Physiology Section           | 2009 - Present              |
| National Strength and Conditioning Association (NSCA) | 2007 - 2019                 |

**Professional Meetings Attended (2015 - Present)**

|   |                       |
|---|-----------------------|
| APS Summit, Long Beach, CA                        | April 19-23, 2023     |
| CSU Biotechnology Symposium, Santa Clara, CA      | January 13-14, 2023   |
| Southwest ACSM Annual Meeting, Costa Mesa, CA     | October 28-29, 2022   |
| TAPAS 2020, Madrid, Spain (Virtual)               | November 2020         |
| Southwest ACSM Annual Meeting (Virtual)           | October 2020          |
| ACSM Annual Meeting, San Francisco, CA (Virtual)  | May 2020              |
| Southwest ACSM Annual Meeting, Costa Mesa, CA     | October 29-30, 2019   |
| AsMA Annual Scientific Meeting, Las Vegas, NV     | May 5-9, 2019         |
| Southwest ACSM Annual Meeting, Costa Mesa, CA     | October 26-27, 2018   |
| Integrative Physiology of Exercise, San Diego, CA | September 5-8, 2018   |
| Southwest ACSM Annual Meeting, Long Beach, CA     | October 20-21, 2017   |
| ACSM Annual Meeting, Denver, CO                   | May 30 - June 3, 2017 |
| Southwest ACSM Annual Meeting, Costa Mesa, CA     | October 21-22, 2016   |
| ACSM Annual Meeting, Boston, MA                   | May 31 - June 4, 2016 |
| Southwest ACSM Annual Meeting, Costa Mesa, CA     | October 16-17, 2015   |

**Service to Professional Organizations****American College of Sports Medicine (ACSM)**

|  |                  |
|--|------------------|
| <i>Symposium Organizer</i> , SWACSM Meeting<br>Title: <i>Skeletal Muscle Adaptations to Exercise: Biomarkers, Sex, and the Microbiome</i>            | 2023             |
| <i>Judge</i> , Student Bowl, SWACSM Meeting  | 2018, 2019, 2023 |
| <i>Judge</i> , Research Competition, SWACSM Meeting  | 2017             |
| <i>Symposium Organizer</i> , SWACSM Meeting<br>Title: <i>Skeletal Muscle Fiber Types and Human Performance: A Cellular and Molecular Perspective</i> | 2016             |
| <i>Key Contact</i> , Indiana's 6 <sup>th</sup> Congressional District<br>Liaison between policy makers and the ACSM                                  | 2012 - 2014      |

**Other Service**

*Founding Member*, HL-PIVOT: Healthy Living for Pandemic Event Preparedness Network. University of Illinois-Chicago. 2021 - Present.

*Volunteer*, Santa Rosa Recreation & Parks, Santa Rosa, CA. 2022 - Present.

*CPR & First Aid Instructor*, EMS Safety Services, San Clemente, CA. 2015.

*Research Intern*, 4Frontiers Corporation, New Port Richey, FL. 2009 - 2010.

*Human Anatomy Tutor*, Cuesta College, San Luis Obispo, CA. 2005 - 2006.

## **Hosted SF State Community Lectures & Workshops**

*Organizer, Kinesiology Graduate Alumni Symposium*, Summer 2020 (via Zoom)

### **Founder/Organizer, Muscle Physiology / Exercise Physiology Lecture Series**

- Spring 2023      *Guest Lecturer:* Dr. Taylor Valentino (Univ. of Utah)
- Winter 2023      *Guest Lecturer:* Dr. Casey Curl (UC-Berkeley)
- Spring 2020      *Guest Lecturer:* Dr. Kevin Murach (Univ. of Arkansas)
- Fall 2019      *Guest Lecturer:* Dr. Brittany Overstreet (Univ. of Delaware)
- Spring 2019      *Guest Lecturer:* Dr. Greg Grosicki (Georgia Southern Univ.)
- Fall 2018      *Guest Lecturer:* Dr. Nick Aguirre (Buck Institute)
- Spring 2018      *Guest Lecturer:* Dr. Brandi Wright (Kaiser Permanente)
- Fall 2017      *Guest Lecturer:* Dr. George Brooks (UC-Berkeley)
- Spring 2017      *Guest Lectures:* Drs. Irene Tobias & Andy Galpin (CSUF)
- Fall 2016      *Guest Lecturer:* Dr. Ricardo Lima (Stanford Univ./VA)
- Spring 2016      *Guest Lecturer:* Dr. Kevin Murach (Univ. of Kentucky)
- Fall 2015      *Guest Lecturer:* Dr. Andy Galpin (CSU-Fullerton)

*Founder/Organizer, Barbell Basics Workshops:* Olympic Weightlifting for Beginners

- April 2018      *Coach:* Jim Schmitz (Hosted at Strength & Conditioning Lab)
- April 2017      *Coach:* Diane Fu (Hosted at Fu Barbell)
- April 2016      *Coach:* Diane Fu (Hosted at Fu Barbell)

## **Certifications & Training**

Advanced Open Water Diver (SCUBA): PADI

Basic Biomedical Research: Collaborative Institutional Training Initiative (CITI)

Basic Life Support (BSL Provider): American Heart Association (AHA)

Blood Borne Pathogens Training: EH&S, San Francisco State University

Confocal Microscopy Training: CMIC, San Francisco State University

Confocal Microscopy Course: Biology Department, University of York, England

Defensive Driving Training - DGS: The California State University

EDU: Eliminate Campus Sexual Misconduct: California State University

Open Water Lifesaving: United States Lifesaving Association (USLA)

OSHA Hazmat First Responder Operations: California Specialized Training Institute

Limited Phlebotomy Certification, California Department of Public Health (CDPH)

Protecting Human Research Participants: National Institutes of Health (NIH)