

CURRICULM VITAE

Malcolm Todd Whitehead, PhD, CSCS*D, ACSM-EP, FMS

Education:

Ph.D. The University of Southern Mississippi, 2006
School of Human Performance and Recreation
Major field of study: Applied Physiology

M.S. The University of Southern Mississippi, 2000
School of Human Performance and Recreation
Major field of study: Exercise Physiology

B.S. The University of Southern Mississippi, 1997
School of Human Performance and Recreation
Major field of study: Exercise Science

Professional Appointments:

Associate Professor with Tenure, Stephen F. Austin State University
Department of Kinesiology and Health Science, Nacogdoches, TX 75962 (2015-present)

Adjunct Faculty, Virginia Commonwealth University
Richmond, VA (2019-present)

Adjunct Faculty, Ashford University
San Diego, CA (2018-present)

Adjunct Research Fellow, Rocky Mountain University of Health Professions
Provo, UT (2018-present)

Adjunct Faculty, University of the Rockies
Colorado Springs, CO (2013-2018)

Adjunct Faculty, The Northwestern State University of Louisiana
Department of Health and Human Performance, Natchitoches, LA (2012-present)

Assistant Professor, Stephen F. Austin State University
Department of Kinesiology and Health Science, Nacogdoches, TX 75962 (2012-2014)

Director of Biomechanics Laboratory, Stephen F. Austin State University
Department of Kinesiology and Health Science, Nacogdoches, TX 75962 (2012-present)
Case Project Mentor, Shenandoah University
Transitional Doctorate of Physical Therapy Program, Winchester, VA 22601 (2011-2016)
Assistant Professor, Arkansas State University
Department of Physical Therapy, State University AR (2009-2012)

Assistant Professor, The Northwestern State University of Louisiana
Department of Health and Human Performance, Natchitoches, LA (2004-2009)

Director of Human Performance Laboratory, The Northwestern State University of Louisiana
Department of Health and Human Performance, Natchitoches, LA (2004-2009)

Instructor, The University of Southern Mississippi
School of Human Performance and Recreation, Hattiesburg, MS (2003-2004)

Coordinator of Fitness Assessment Center
Recreational Sports, The University of Southern Mississippi, MS (2001-2003)

Certifications/Training:

Certified Strength & Conditioning Specialist with Distinction, National Strength & Conditioning Association, 2018

FMS I & II, Functional Movement Systems, 2015

Certified Strength & Conditioning Specialist, National Strength & Conditioning Association, 2014

Certified Exercise Physiologist, American College of Sports Medicine, 2013

Awards:

Perkins College of Education Teaching Excellence Award Nominee, 2018

Department of Kinesiology and Health Science Teaching Excellence Award, 2018

National Student Athlete Day, The Northwestern State University of Louisiana, 2009

National Student Athlete Day, The Northwestern State University of Louisiana, 2008

National Student Athlete Day, The University of Southern Mississippi, 2004

Outstanding Doctoral Student Award, The University of Southern Mississippi, 2004

Courses Taught:

Stephen F. Austin State University

Undergraduate Courses

KIN 340 – Foundations of Personal Fitness

KIN 353 – Physiology of Exercise

KIN 417 – Analysis of Movement

KIN 417L – Analysis of Movement Laboratory

KIN 463 – Fundamentals of Strength and Conditioning

Masters Level Graduate Courses

KIN 544 – Supplements and Ergogenic Aids in Society

KIN 585 – Research and Statistics

The University of the Rockies

Doctorate Level Courses

PSY 7301 – Advanced Performance Enhancement I: Core Mind-Body Practices

RES 7402 – Advanced Tests and Measurements

RES 7412 – Advanced Statistics

Masters Level Graduate Courses

RES 5400 – Understanding, Interpreting, and Applying Statistical Concepts

PSY 6301 – Cultural & Historical Approaches to Sports and Performance

Arkansas State University

Undergraduate Courses

HP 3003 – Human Gross Anatomy

Doctorate Level Graduate Courses

PT 7112 – Human Gross Anatomy

PT 7123 – Research I

PT 7141 – Research II

PT 7314 – Exercise Physiology

PT 7413 – Pathophysiology

PT 8151 – Research III

Northwestern State University of Louisiana

Undergraduate Courses

HED 1010 – First Aid and CPR

HED 1090 – Personal and Community Health

HP 2270 – Physical Fitness

HP 3550 – Applied Kinesiology

HP 3560 – Exercise Physiology

HP 3561 – Exercise Physiology Laboratory

HP 4180 – Pre-internship Seminar

HP 4190 – Physical Fitness for Adults

HP 4200 – Internship

HP 4230 – Special Topics in Fitness Management

Masters Level Graduate Courses

HP 5020 – Research and Evaluation in Health and Human Performance

HP 5470 – Fitness Programming for Health Promotion Specialists

HP 5590 – Pre-internship Seminar

The University of Southern Mississippi

Undergraduate Courses

HPR 101 – Weight Training

HPR 202 – Introduction to Exercise Science

HPR 302 – Exercise Testing and Prescription

HPR 308L – Exercise Physiology Laboratory

HPR 310 – Pre-internship

HPR 422 – Exercise Leadership

Peer Reviewed Publications:

Piper, AD; Joubert, DP; Jones, EJ; **Whitehead, MT** (2019) "Comparison of post-activation potentiation methods on power and sprint acceleration," Date of Acceptance: 12-Dec-2019, *International Journal of Exercise Science*.

Martin, T.D., Green, M.S., **Whitehead, M.T.**, Scheett, T.P., Webster, M.J., & Hudson, G.M. (2019). Six weeks of oral *Echinacea purpurea* supplementation does not enhance the production of serum erythropoietin or erythropoietic status in recreationally active males with above average aerobic fitness. *Applied Physiology, Nutrition, and Metabolism*. <https://doi.org/10.1139/apnm-2018-0783>. Date of Acceptance: 26-Dec-2018. Published to the web Jan-2019.

Whitehead, M.T., Scheett, T.P., McGuigan, M.R., Martin, A.V. A comparison of the effects of short-term plyometric and resistance training on lower body muscular performance. Submitted to *Journal of Strength and Conditioning Research*, 32: 2743-2749, 2018.

Sloas, S.B., Keith, B., **Whitehead, M.T.** Use of a pretest strategy for physical therapist assistant programs to predict success rate on the national physical therapy exam. *Journal of Allied Health*, Summer, 42:2, 2013.

Drake, S.M., Keating, S., Weir, J.P., **Whitehead, M.T.** Effect of acute massage on delayed-onset muscle soreness. *The Sport Journal*, 15:12, 2012. (Open Access).

Aldridge R.L. Guffey S.J., **Whitehead M.T.**, Head, P.L. The effects of a daily stretching protocol on glenohumeral internal rotation in overhead throwing collegiate athletes. *International Journal of Sport Physical Therapy*, 7:4, 2012.

Whitehead, M.T., Martin, T.D., Scheett, T.P., and Webster, M.J. Improved running economy and maximal oxygen consumption following 4-weeks of oral *echinacea* supplementation. *Journal of Strength and Conditioning Research*, 26: 1928-1933, 2012.

Malcolm T. Whitehead, J. Stephen Guffey, and Carrie A. Barnett. Ramsay Hunt Syndrome: Case report of a multifaceted physical therapy intervention. *The Journal of Yoga and Physical Therapy*, 2:3, 2012. (Open Access)

Whitehead, M.T., Martin, T.D., Scheett, T.P., and Webster, M.J. The effect of 4wk of oral echinacea supplementation on serum erythropoietin and indices of erythropoietic status. *International Journal of Sport Nutrition and Exercise Metabolism*, 17: 378-390, 2007.

C. D. Massey, M. W. Maneval, P. Nelson, T. P. Scheett, **M. T. Whitehead**, and C. M. Merxck. Evaluation of the power-pull apparatus as a means of improving selected variables of athletic performance: A pilot study. *Applied Research in Coaching and Athletics Annual*, 21: 24-39, 2006.

Whitehead M.T., J.C. Boyd, L.C. Eschbach, M. Magal, T.J. Angelopoulos and R.F. Zoeller. Post-exercise blood lactate decline and performance in competitive cyclists and triathletes. *Research Quarterly for Exercise and Sport*, 76(2): 238-242, 2005.

T.K. Evetovich, **M.T. Whitehead**, M. J. Webster, J. T. Soukup, M. Magal, L. C. Eschbach, S. M. Drake, J. C. Boyd, J. P. Weir and K. R. Hinnerichs. The effect of glycerol on torque, electromyography, and mechanomyography. *Journal of Strength and Conditioning Research*, 18(4): 741-6, 2004.

Magal M., M.J. Webster, L.E. Sistrunk, **M.T. Whitehead**, R.K. Evans and J.C. Boyd. Glycerol-induced hyperhydration and rehydration: physiological effects and tennis performance. *Medicine and Science in Sports and Exercise*, 35(1):150-6, 2003.

Evetovich, T.K., Boyd, J.C., Drake, S.M., Eschbach, L.C, Magal, M, Soukup, J.T. Webster, M.J., **Whitehead, M.T.**, and Weir, J.P. Effect of moderate dehydration on torque, electromyography, and mechanomyography. *Muscle Nerve*, 26(2):225-31, 2002.

Non-Peer Reviewed Publications:

Whitehead, M.T., The use of echinacea to improve oxygen transport (Editorial). *Journal of Yoga and Physical Therapy*, Volume 1, July 2011. (Open Access)

Text Books:

Graham, J.F. & **Whitehead, M.T.**, Chapter 3 *Health Appraisal and Fitness Assessments*, NSCA's exercise Testing and Prescription for Special Populations, Human Kinetics, 2018.

Whitehead, M.T., Ancillary Test Bank for *Manual of Structural Kinesiology 16th Edition*, C.T. Thompson and R.T. Floyd, McGraw-Hill Companies. 2006.

Peer Reviewed Scientific Abstracts and Professional Presentations:

F.C. Castleberry, D.J. Buckley, S. Drake, **M.T. Whitehead**, J.R. Rowe. The Effects of Video Instruction Versus Verbal Instruction on High Intensity Interval Exercise Performance: A Pilot Analysis. *Texas American College of Sports Medicine Annual Conference*. Waco, TX, February 2020.

W.T. McHenry, R.H. Whitehead, B.W. Sizemore, V.K. Mortezaazadeh, and M.T. Whitehead. Performance Differences in High Intensity Training Participants. *Texas American College of Sports Medicine Annual Conference*. Waco, TX, February 2020.

M.T. Whitehead, B.W. Sizemore, R.H. Whitehead. Functional movement and gender differences in high intensity athletes. *Annual Meeting of the National Strength and Conditioning Association*. Washington, DC, July 2019.

M.T. Whitehead, D.R. Routt, E.J. Jones, & D.M. Rust. Effect of compression on recovery from acute resistance exercise. *Annual Meeting of the National Strength and Conditioning Association*. Las Vegas, NV, July 2017.

Thompson, E., Joseph R. Secrest, Jones, Eric J. & **Whitehead, Malcolm T.** Establishing the learned effect of repeated wingate anaerobic tests. *Annual Meeting of the American College of Sports Medicine*. San Diego, CA, May 2015.

M.T. Whitehead, Z. Rambo, R.E. Aspillaga. The use of heart rate response during preseason training in collegiate female tennis athletes. *Annual Meeting of the National Strength and Conditioning Association*. Las Vegas, NV, July 2014.

Jupe, N., Faries, M. D., Jones, E. J., & **Whitehead, M. T.** evaluation of the Nike+ Fuelband in energy expenditure and steps taken during exercise. *Annual Meeting of the American College of Sports Medicine*. Orlando, FL., May 2014

Kephart, W., Faries, M. D., Jones, E. J., & **Whitehead, M. T.** (2014). Sprints to smarts: The effect of high intensity interval training on various executive functions. *Texas American College of Sports Medicine Annual Conference*. Fort Worth, TX, February 2014.

Buswell, D. J., Goodman, D., & **Whitehead, M.** Improving competency in PETE students preparing for TExES examinations. *Annual Meeting of the Texas Association for Health, Physical Education, Recreation, and Dance*. Dallas, TX 2013.

M. T. Whitehead, T. P. Scheett, M. R. McGuigan, and A. V. Martin. A comparison of the effects of plyometric and resistance training on lower body muscular performance in recreationally trained males. *Annual Meeting of the National Strength and Conditioning Association*. Las Vegas, NV, July 2013.

Secretst, Joseph R.; Louw, Kylie-Ann; Jones, Eric J.; and **Whitehead, Malcolm T.** Establishing the learned effect of repeated wingate anaerobic tests. *Texas American College of Sports Medicine Annual Conference*. Austin, TX, February 2013.

Tyler D. Martin, Michael S. Green, **Malcolm T. Whitehead**, Timothy P. Scheett, Michael J. Webster, and Geoffrey M. Hudson. Effect of six weeks of oral *echinacea purpurea* supplementation on endurance exercise performance. *Annual Meeting of the National Strength and Conditioning Association*. Orlando, FL, July 2012.

Tyler D. Martin, Michael S. Green, **Malcolm T. Whitehead**, Timothy P. Scheett, Michael J. Webster, and Geoffrey M. Hudson. Effect of six weeks of oral *echinacea purpurea* supplementation on nitric oxide production. *International Society of Sports Nutrition Annual Meeting*. Clearwater, FL, June 2012.

Tyler D. Martin, Michael S. Green, **Malcolm T. Whitehead**, Timothy P. Scheett, and Michael J. Webster. Effect of six weeks of oral *echinacea purpurea* supplementation on erythropoiesis. *Annual Meeting of the American College of Sports Medicine*. San Francisco, CA May 2012.

Malcolm T. Whitehead, Timothy P. Scheett, Tyler D. Martin and Michael J. Webster. Effect of 2 weeks of *echinacea* supplementation on leukocyte responses. 3rd Annual Conference of American Council for Medicinally Active Plants. Jonesboro, AR, May 2012.

Stacey B. Sloas, Becky Keith, **Malcolm T. Whitehead**, *Game On Or More Practice? Mid-South Educational Research Association Annual Meeting*, Oxford, MS, November 2011.

Whitehead, R.H., **Whitehead, M.T.** Health status, physical activity, and beliefs in sedentary and active college females. *Annual Meeting of the Arkansas Alliance for Health, Physical Education, Recreation and Dance*, Little Rock, AR, November 2011.

Malcolm T. Whitehead. Current health risk status and physical activity participation of college students. *Annual Meeting of the Central States Chapter of the American College of Sports Medicine*. Overland Park, KS, October 21, 2011.

Malcolm T. Whitehead, Chad A. Leath, Clarence J. Davis and Shawn M. Drake. Physical activity, academic performance, and health status in college females. *Annual Meeting of the American College of Sports Medicine*, June 2011.

M. T. Whitehead, T. P. Scheet, and M. R. McGuigan. The effects of separate plyometric, sprint/resistance, and resistance training on high and low speed muscular strength. *Annual Meeting National Strength and Conditioning Association*, Orlando, FL July 2010.

Maegan Rogers, R. Lee Franco, **Malcolm T. Whitehead,** Ronald E. Evans, Jeffrey Soukup, Michael J. Webster and Timothy P. Scheett. Effect of the police corps law enforcement training program on aerobic and anaerobic power. *Annual Meeting Southeast American College of Sports Medicine*. Birmingham, AL February 2009.

Heather Driggers, R. Lee Franco, **Malcolm T. Whitehead,** Ronald E. Evans, Jeffrey Soukup, Michael J. Webster and Timothy P. Scheett. Muscular strength, muscular endurance, and flexibility responses to the police corps law enforcement training program. *Annual Meeting Southeast American College of Sports Medicine*. Birmingham, AL February 2009.

Kali Oberholtzer, R. Lee Franco, **Malcolm T. Whitehead,** Ronald E. Evans, Jeffrey Soukup, Michael J. Webster and Timothy P. Scheett. Effect of the police corps law enforcement training program on blood lipids and body composition. *Annual Meeting Southeast American College of Sports Medicine*. Birmingham, AL February 2009.

Whitehead Robyn, McMillan Catherine, and **Whitehead Malcolm.** The impact of physical activity on metabolic syndrome in adolescent and younger females. *National Conference on Girls' and Women's Physical Activity*. Shreveport, LA February 2009.

Whitehead Malcolm, Leath Chad, and Owens Dane. Academic performance and health status in college females. *National Conference on Girls' and Women's Physical Activity*. Shreveport, LA February 2009.

W.D. Owens, C.A. Leath, and **M.T. Whitehead.** Academic performance in active and non-active college students. *Annual Meeting of the Louisiana Association of Physical Education Recreation and Dance*. Baton Rouge, LA November 2008.

C.A. Leath, W.D. Owens, and **M.T. Whitehead.** Evaluation of academic performance and health status in student athletes and non-student athletes. *Annual Meeting of the Louisiana Association of Physical Education Recreation and Dance*. Baton Rouge, LA November 2008.

S.E. Wintersteen, **M.T. Whitehead,** T.D. Martin, T.P. Scheett, M.J. Webster, R.H. Whitehead, R.F. Zoeller. A pilot study of the impact of structured vs. non-structured training regimens on and fitness parameters in police officers and cadets. *Annual Meeting of the Louisiana Association of Physical Education Recreation and Dance*. Baton Rouge, LA November 2008.

D. Owens, **M.T. Whitehead**, A.C. Villa, T.P. Scheett, and M.R. McGuigan. The effects of separate plyometric, sprint/strength, and strength training on high and low speed muscular strength. *Annual Meeting of the Louisiana Association of Physical Education Recreation and Dance*. Baton Rouge, LA November 2007.

Malcolm T. Whitehead, Tyler D. Martin, Michael J. Webster, and Timothy P. Scheett. Improved running economy and maximal oxygen consumption after 4-weeks of oral echinacea supplementation. *Annual Meeting of the American College of Sports Medicine*. New Orleans, LA May 2007.

Angel C. Villa, **Malcolm T. Whitehead**, John E. Dollar. The effects of the plyocity© youth development progressive plyometric training program on select measures of athletic performance. *Annual Meeting of the American College of Sports Medicine*. New Orleans, LA May 2007.

Malcolm T. Whitehead, Tyler D. Martin, Michael J. Webster, and Timothy P. Scheett. The effect of 4-weeks of oral echinacea supplementation on serum erythropoietin and indices of erythropoietic status. *Annual Meeting of the American College of Sports Medicine*. Denver, CO May 2006.

Timothy P. Scheett, **Whitehead Malcolm T.**, Martin Tyler D., Webster Michael J. Effect of oral echinacea supplementation on resting leukocytes. *Annual Meeting of the American College of Sports Medicine*. Denver, CO May 2006.

Scheett TP, **Whitehead MT**, Martin TD, Webster MJ Effect of Oral Echinacea Supplementation on Resting IL-4 and IL-10 Responses. *Annual Meeting of the Southeastern American College of Sports Medicine*. Charlotte, NC February 2006.

Boyd, J.C., M.J. Webster, **M.T. Whitehead**, and T.P. Scheett. Influence of chronic thiamin derivative and carbohydrate loading on high intensity cycling exercise. *Annual Meeting of the Southeastern American College of Sports Medicine*. Charlotte, NC February 2006.

Malcolm T. Whitehead, Tyler D. Martin, Michael J. Webster, and Timothy P. Scheett. Two weeks of oral echinacea supplementation significantly increases circulating erythropoietin. *Annual Meeting of the American College of Sports Medicine*. Nashville, TN June 2005.

Bryan M. Stednitz, Melissa Moore, Ryan M. Babl, **Malcolm T. Whitehead**, Michael J. Webster, and Timothy P. Scheett. Effect of concomitant training on order of performance and metabolic responses. *Annual Meeting of the American College of Sports Medicine*. Nashville, TN June 2005.

Timothy Scheett, **Malcolm T. Whitehead**, Tyler Martin, Michael J. Webster. Exercise, immune status and stress markers in college students and college student athletes. *Annual Meeting of the American College of Sports Medicine*. Nashville, TN June 2005.

Scheett, T.P., **Whitehead, M.T.**, Martin, T.D., Webster, M.J. Effect of oral echinacea supplementation on resting cortisol and IgA responses. *Annual Meeting of the International Society for Sports Nutrition*. May 2005.

Malcolm. T. Whitehead, Theodore J. Angelopoulos and Robert F. Zoeller. Post-exercise blood lactate decline after training in competitive cyclists and triathletes. *Annual Meeting of the Louisiana Association of Physical Education Recreation and Danc.*, Baton Rouge, LA November 2004.

Drake S.M., T.K. Evetovich, L.C. Eschbach, **M. T. Whitehead**, C. J Boyd, and M. Webster. The effect of menstrual cycle on electromyography and mechanomyography during fatigue. *Annual Meeting of the American College of Sports Medicine*. Indianapolis, IN, June 2004.

Drake S., T. Evetovich, FACSM, J. Boyd, L. Eschbach, **M. Whitehead**, M. Magal, J. Soukup, and M. Webster. The effect of hyperhydration on mechanomyography during fatiguing isokinetic muscle actions of the biceps brachii. *Annual Meeting of the American College of Sports Medicine*. San Fransico, CA, May 2003.

Magal M., T. Evetovich, FACSM, S. Drake, J. Boyd, L. Eschbach, **M. Whitehead**, J. Soukup, and M. Webster. The effect of hyperhydration on torque, electromyography and mechanomyography during isometric muscle actions. *Annual Meeting of the American College of Sports Medicine*. San Fransico, CA, May 2003.

Scheett T.P., **M.T. Whitehead**, R.L. Franco, M.J. Sharman, A.L. Gómez, W.J. Kraemer, J.S. Volek. Comparison between ketogenic and low-fat diets on high-sensitivity c-reactive protein (hs-CRP) and inflammatory cytokines in normal-weight women. *Annual Meeting of the Federation of American Societies for Experimental Biology*. San Diego, CA, April 2003.

Boyd, J.C., M.J. Webster, S.M. Drake, L.C. Eschbach and **M.T. Whitehead**. Effect of a ginseng derivative (ashwaganda) supplementation on red blood cell production and submaximal oxygen consumption. *Annual Meeting of the American College of Sports Medicine*. Atlanta, GA, January-February 2003.

Eschbach L.C., S.M. Drake, J.C. Boyd, **M.T. Whitehead**, M. Magal and M.J. Webster. The effect of caffeine ingestion on metabolism and performance during prolonged cycling. *Annual Meeting of the American College of Sports Medicine*. St. Louis, MI, May 2002.

Magal M., L. Sistrunk, **M.T. Whitehead**, R.K. Evans, J.C. Boyd and M.J. Webster. Hyperhydration and rehydration with glycerol improves fluid retention and plasma volume restoration. *Annual Meeting of the American College of Sports Medicine*. St. Louis, MI, May 2002.

Evetovich T., S. Drake, J. Boyd, L. Eschbach, **M. Whitehead**, M. Magal, J. Soukup and M. Webster. The effect of dehydration on muscular endurance, electromyography, and mechanomyography during isokinetic muscle actions of the biceps brachii. *Annual Meeting of the American College of Sports Medicine*. St. Louis, MI, May 2002.

Magal M., L. Sistrunk, **M.T. Whitehead**, R.K. Evans, J.C. Boyd and M.J. Webster. The effects of glycerol-induced hyperhydration on selected skill-related physical fitness variables. *Annual Meeting of the South East Region American College of Sports Medicine*. Atlanta, GA, January 2002.

Eschbach, L.C., C. Bulla, L. Gillroy, R.K. Evans, J.C. Boyd, M. Magal, **M.T. Whitehead** and M.J. Webster. Validity and reliability of the Computrainer cycle simulator. *Annual Meeting of the South East Region American College of Sports Medicine*, Atlanta, GA, January 2002.

Professional Affiliations and Service:

International

International Journal of Sports Physiology and Performance Reviewer (2014-present)
Journal of Pediatrics Reviewer (2014-present)

National

National Association of Health and Fitness (2011-2013)
Board Member (2011-2013)
Membership Committee (2012)

National Strength and Conditioning Association (2009-present)
Doctoral Student Presentation Awards Judge (2014, 2015, 2016)
Foundation Grant Reviewer (2014-present)
Mediated oral research presentations at national conference (2015, 2016, 2017, 2018)
Exercise Psychology Special Interest Group (2014-present)
Research Consortium (2013-present)
Journal of Strength and Conditioning Research Reviewer (2009-present)

American Association of Physical Education Recreation and Dance (2011-2013)

Journal of Sports Science and Medicine Reviewer (2009-present)

Aerobics and Fitness Association of America (2006-2009)

American College of Sports Medicine (2004-present)

State

Texas American College of Sports Medicine (2012-present)

Arkansas Association of Physical Education Recreation and Dance (2011-2012)

Louisiana Association of Physical Education Recreation and Dance (2004-2009)

Consultative and Advisory Positions Held:

Sport Performance Evaluation LumberJack Football SFASU (2016)

Sport Performance Testing and Enhancement LadyJack Tennis SFASU (2013-2015)

Northeast Arkansas Center for Healthy Children (2009-2012)

Sport Performance Testing and Enhancement Demon Softball NSULA (2005-2009)

Sport Performance Testing and Enhancement Demon Track and Field NSULA (2005-2009)

Community Service:

Holly Springs Baptist Church Worship Team (2018-present)

Nacogdoches Healthy Coalition (2018-present)

Grave Bible Church Security Team (2018-present)
Raguet Elementary School Olympics (2016-present)
Raguet Elementary School Reading Buddies (2016-present)
Grace Bible Church Worship Team (2016-present)
Grace Bible Church Connect Team (2016-present)
Grace Bible Church Children's Ministry (2016-present)
Nacogdoches Senior Citizens Center (2013)
Mt. Zion Youth Rally, Valley Ridge Baptist Church (2012)
Sunday School Teacher, Valley Ridge Baptist Church (2012)
Assistant Youth Director, Valley Ridge Baptist Church (2012)
Organized gross anatomy laboratory field trip Yellville High School students (2010-2012)
Organized gross anatomy laboratory field trip medical terminology students (2011-2012)
HMG Health Fair Health Screening Booth (2010)
Scoliosis Screenings, Valley View High School (2010)
Health Management Group Health Fair Planning Committee (2009)

Service to the University/College/School on Committees/Councils/Commissions:

Departmental:

Stephen F. Austin State University:

Chaired Departmental Pre-promotion and Tenure Committee (2018)
Chaired Departmental Pre-promotion and Tenure Committee (2017)
Chaired Post-Tenure Review Committee (2017)
Chaired Departmental Pre-promotion and Tenure Committee (2016)
Promotion and Tenure Committee (2015, 2016)
Chair Thesis Committee Broderick Dickerson (2020)
Chair Thesis Committee Erica Knowles (2019)
Chair Thesis Committee Richard Drew (2014)

Chair Thesis Committee DeAndrea Rouwtt (2014)

Thesis Committee Member Wesley Kephart (2013)

Thesis Committee Member Nikki Jupe (2013)

Search Committee for Human Performance Faculty (2013)

Search Committee for Athletic Training Faculty (2012-2013)

Departmental United Way Representative (2012)

Director of the Biomechanics Laboratory (2012-present)

Performance Testing Lumberjack Tennis (2013-present)

Arkansas State University:

Faculty Development Committee (2010, 2011)

Admissions (2010-2012)

Foundation Science Curriculum (2009-2011)

Graduate Assistants Task Force (2010-2011)

Academic Progress and Remediation (2010-2012)
Chair (2010-2012)

Research Committee (2009-2011)
Chair (2009-2011)

Student Recruitment Activities (2009-2012)

Northwestern State University:

Health Faculty Search Committee (2007)

Sport Administration Faculty Search Committee (2006)

Health Faculty Search Committee (2006)

Director of the Human Performance Testing Laboratory (2004-2009)

Performance Testing NSU Demon Track and Field (2007-2009)

Performance Testing NSU Demon Softball (2007-2009)

Performance Testing NSU Demon Football (2007-2009)

Performance Testing NSU Demon Soccer (2007-2009)

College:

Stephen F. Austin State University:

Perkins College of Education Recruitment and Retention Committee (2015, 2016)

Promotion and Tenure Committee (2015, 2016, 2017, 2018, 2019)

Perkins College of Education Service Learning Advisory Board (2012-2014)

Arkansas State University:

Grievance Committee Health Professions Non-Tenure (2010-2012)

Scholarships and Awards (2011)
Chair (2011)

Northwestern State University:

Department Head Search Committee (2006)

University:

Stephen F. Austin State University:

University Ethics Committee (2017)

Faculty Advisor for End It student organization (2016-2018)

Faculty Advisor for Sigma Nu fraternity (2016-2018)

Traffic Appeals Committee (2016-2018)

Faculty Senate (2015-2018)

Faculty Senate Administration and Finance Committee (2015, 2016)

Library and Academic Assistance and Resource Center (AARC) Committee (2014)

Service Learning Advisory Board (2013)

Served as graduate representative for thesis defense for Jeffery Hargrove, University of Texas Health Sciences at Tyler and Stephen F. Austin State University. (2013)

Served as graduate representative for thesis defense for Nikhil Ananthula, University of Texas Health Sciences at Tyler and Stephen F. Austin State University. (2012)

Arkansas State University:

Faculty Senate (2011-2012)

Smoke Free Campus Committee (2009-2010)

Northwestern State University:

Institutional Review Board (2006-2009)
Chair (2008-2009)

Total Wellness Program Committee (2007)

Athletic Advisory Council (2007-2009)

Faculty Qualification, Performance, and Development Committee (2006-2009)

Faculty Standards Committee (2006)

Who's Who Selection Committee (2006)

Faculty Sponsor Ultimate Frisbee Club Sport (2006-2009)

Faculty Sponsor for the NSU Fishing Club (2006-2009)

Faculty Sponsor for Northwestern Express (2006)

Faculty Sponsor for the Human Performance Majors Club (2004-2009)

Faculty Senate (2004-2006)

Faculty Senate Officer Election Committee (2005)

Funded/In Review Grant Activity:

Amount	Status	Year	Investigator	Title	Funding Agency
\$5000	Not Funded	2016	Primary	Support was solicited by primary investigator	Zensah
\$2500	Funded	2014	Primary	Support was solicited by primary investigator	EC3D Sports
\$500	Funded	2014	Primary	Perkins Professional Development	James I. Perkins
\$500	Funded	2013	Primary	Perkins Professional Development	James I. Perkins
\$5,000	Funded	2012	Co-investigator	Equipment Grant	Dynatronics Corporation
\$55,000	Not Funded	2011	Co-investigator	Community Research	Blue and You Foundation
\$50,000	Not Funded	2010	Co-investigator	Community Research	Blue and You Foundation

\$3,000	Funded	2010	Primary	Summer Research	ASU College of Nursing and Health Professions
\$43,953	Funded	2009	Primary	NSU Surplus Grant	Northwestern State University
\$44,000	Not Funded	2009	Primary	NSU Technology Grant	Louisiana Board of Regents
\$5,000	Funded	2009	Primary	Regional Qualifier Tournament	FLW National Guard College Fishing
\$3,000	Funded	2008	Co-investigator	Service Learning Grant	Louisiana Board of Regents
\$2,500	Funded	2008	Primary	Undergraduate Research Grant	Louisiana Board of Regents
\$46,000	Not Funded	2007	Primary	NSU Technology Grant	Louisiana Board of Regents
\$17,000	Funded	2006	Primary	NSU Student Technology Grant	Louisiana Board of Regents
\$15,000	Funded	2003	Primary	Support was solicited by primary investigator	Forest General Hospital
\$2,385	Funded	2003	Primary	Support was solicited by primary investigator	Puritan's Pride
\$5,000	Funded	2003	Co-investigator	Lucas Endowment	University of Southern Mississippi
\$5,000	Funded	2003	Co-investigator	Lucas Endowment	University of Southern Mississippi
\$1,500	Not-funded	2003	Primary	Student Research Grant	Gatorade Sports Science Institute