

DUSTIN JOUBERT

Department of Kinesiology & Health Science | Stephen F. Austin State University | (936) 468-1380 | joubertd@sfasu.edu

EDUCATION

Texas A&M University

Ph.D. in Kinesiology (Exercise Physiology)

December 2015

Dissertation: "The acute vascular effects of aquatic and land treadmill exercise in pre-hypertensive men"

Sam Houston State University

M.A. in Kinesiology

August 2009

Thesis: "The effects of elliptical cross training on VO₂max in recently trained runners"

Sam Houston State University

B.S. in Kinesiology

May 2007

Minor: Business

Summa Cum Laude; Elliot T. Bowers Honors Program

PROFESSIONAL EXPERIENCE

Stephen F. Austin State University, Nacogdoches, TX

Assistant Professor

2015-Present

- Undergraduate Program Coordinator: Kinesiology – Exercise Science (Fall 2018 – Present)
- Graduate Program Co-Coordinator: Kinesiology (Spring 2017 – Summer 2018)
- Conduct research in Human Performance Lab
- Teach undergraduate courses in Exercise Science program
 - Exercise Physiology
 - Exercise Testing – Field and Clinical
 - Fitness Appraisal and Exercise Prescription
 - Fundamentals of Strength and Conditioning
 - Advanced Topics in Physiology of Exercise
- Teach graduate courses in Kinesiology
 - Behavioral Medicine
 - Research Methods
 - Scientific Basis of Exercise
 - Independent Study
- University service

Texas A&M University, College Station, TX

Graduate Research Assistant

2014 - 2015

Department of Health & Kinesiology

- Conduct research in Applied Exercise Science Laboratory
- Train undergraduate and graduate students in lab protocols
- Maintain lab equipment and order supplies

Texas A&M University, College Station, TX

Graduate Teaching Assistant

2009 - 2014

Department of Health & Kinesiology

- KINE 439/483/647/648, Exercise Physiology Labs, Graduate Teaching Assistant
- KINE 198/199, Health & Fitness, Lecture & Activity Courses, Instructor of Record

Texas A&M University, College Station, TX

Teaching Internship

2012

Department of Health & Kinesiology

PROFESSIONAL EXPERIENCE (CONTINUED)

Sam Houston State University, Huntsville, TX

Graduate Teaching Assistant

2008 – 2009

Department of Health & Kinesiology

- KINE 215, Fitness for Living, Lecture Course, Instructor of Record

RELATED EXPERIENCE

Race Texas, College Station, TX

Race Director

2012 - 2015

Triathlon & Running Events

Trinity Multisport, College Station, TX

Head Coach

2012 - 2015

Youth & Junior Triathlon Club

Sam Houston State University, Huntsville, TX

Graduate Assistant

2007 - 2008

Department of Recreational Sports, Fitness & Wellness

LABORATORY SKILLS

Ultrasound Vascular Imaging: Flow Mediated Dilation, Carotid-Femoral Pulse Wave Velocity

Phlebotomy/Venipuncture, Sample Preparation, Pipetting, ELISA

12-Lead ECG Preparation/Interpretation

Cardiac Stress Testing

Resting and Exercising Blood Pressure Measurement

Resting Metabolic Testing

Maximal/Submaximal VO₂ Testing

Cardiovascular Exercise Prescription

Electromyography

Isometric/Isokinetic Strength Measurement

Body Composition Assessment: DEXA, Hydrostatic Weighing, Bioelectrical Impedance, Skinfolds

Muscle Strength/Endurance/Flexibility Testing

Polar Team Heart Rate Monitoring

PROFESSIONAL DEVELOPMENT

American College of Sports Medicine Annual Meeting (June 2019)

Texas American College of Sports Medicine Annual Meeting (March 2019)

American College of Sports Medicine Annual Meeting (June 2018)

Center for Teaching & Learning – Online Instructor Certification Course (Spring 2018)

Texas American College of Sports Medicine Annual Meeting (March 2018)

American College of Sports Medicine Annual Meeting (June 2017)

Center for Teaching & Learning – Writing Teaching Circle (January-April 2017)

Texas American College of Sports Medicine Annual Meeting (February 2017)

Center for Teaching & Learning – Active Learning Seminar (February 2017)

American College of Sports Medicine Annual Meeting (June 2016)

National Strength and Conditioning Association Texas State Clinic (May 2016)

Texas American College of Sports Medicine Annual Meeting (March 2016)

Center for Teaching & Learning – Active Learning Teaching Series (Spring 2016)

Center for Teaching & Learning – New Faculty Teaching Series (Fall 2015)

STUDENT MENTORSHIP ACHIEVEMENTS

Master's Poster Finalists, TACSM Meeting (Aaron Piper)

Spring 2019

Undergraduate Research Conference Top Scholar, SFASU (JR Hudson)

Spring 2019

STUDENT MENTORSHIP ACHIEVEMENTS (CONTINUED)

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| Undergraduate Research Conference Finalist, SFASU (Courtney Elliott) | Spring 2019 |
| Undergraduate Research Conference Finalist, SFASU (Casey Pederson) | Spring 2019 |
| Undergraduate Research Conference Finalist, SFASU (Caitlin Hogan) | Spring 2018 |
| Undergraduate Research Conference Finalist, SFASU (Zach Gin) | Spring 2018 |
| Undergraduate Research Conference Finalist, SFASU (Travis Maclin) | Spring 2018 |
| Undergraduate Poster Finalist, TACSM Meeting (Caitlin Hogan) | Spring 2018 |

AWARDS

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| Teaching Excellence Award Nominee, Kinesiology and Health Science, <i>SFASU</i> | 2019-2020 |
| Huffines Student Research Award, <i>Texas A&M University</i> | 2014-2015 |
| College of Education Student Scholarship, <i>Texas A&M University</i> | 2014-2015 |
| College of Education & Human Development Strategic Research Award, <i>Texas A&M University</i> | 2014-2015 |
| Student Research Development Award, <i>Texas American College of Sports Medicine</i> | 2014-2015 |
| Student Research Week, 1 st Place Poster, <i>Texas A&M University</i> | Spring 2013 |
| College of Education Student Scholarship, <i>Texas A&M University</i> | Spring 2013 |
| GA-Teacher of Year, Runner-Up, PEAP, <i>Texas A&M University</i> | 2012-2013 |
| Regents Fellowship, <i>Texas A&M University</i> | 2009-2010 |
| Robert L. Case Endowed Scholarship, <i>Sam Houston State University</i> | 2007-2008 |
| Augusta Lawrence Scholarship, <i>Sam Houston State University</i> | 2006-2007 |
| Elliot T. Bowers Scholarship, <i>Sam Houston State University</i> | 2004-2007 |

GRANTS

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| “The Impact of Running Dynamics on Running Economy” Minigrant; Stephen F. Austin State University – Office of Research and Sponsored Programs Funded: \$1,200 | 2019-2020 |
| “Effects of Aquatic and Land Exercise on Ambulatory Blood Pressure” RCA Grant; Stephen F. Austin State University – Office of Research and Sponsored Programs Funded: \$10,000 | 2016-2017 |
| “Acute Vascular Effects of Aquatic and Land Treadmill Exercise in Pre-Hypertensive Men” Minigrant; Stephen F. Austin State University – Office of Research and Sponsored Programs Funded: \$2,500 | 2015-2016 |

PUBLICATIONS (*INDICATES SFA STUDENT)

Joubert, DP; *Guerra, NA; Jones, EJ; *Knowles, EG; *Piper, AD (2020) “Ground contact time imbalances strongly related to impaired running economy,” *International Journal of Exercise Science*: 13(4), 427-437.

*Piper, AD; **Joubert, DP**; Jones, EJ; Whitehead, MT (2020) “Comparison of post-activation potentiating stimuli on jump and sprint performance,” *International Journal of Exercise Science*: 13(4), 539-553.

*McMorries, RM; **Joubert, DP**; Jones, EJ; Faries, MD (2019) “A validation study of a noninvasive lactate threshold device,” *International Journal of Exercise Science*: 12(2), 221-232.

Joubert, DP; Granados, JZ; Oliver, JM; Noack, BL; Grandjean, PW; Woodman, CR; Riechman, SE; Crouse, SF (2018) “Aquatic treadmill exercise induces greater improvements in endothelial function and post-exercise hypotension: a crossover study,” *American Journal of Physical Medicine and Rehabilitation*: 97(8), 578-584.

Crouse, SF; White, S; Erwin, JP; Meade, TH; Martin, SE; Oliver, JM; **Joubert, DP**; Lambert, BS; Bramhall, JP; Gill, K; Weir, D (2016) “Echocardiographic and blood pressure characteristics of first-year collegiate American-style football players,” *American Journal of Cardiology*: 117(1), 131-134.

PUBLICATIONS (CONTINUED)

Oliver, JM; **Joubert, DP**; Caldwell, A; Martin, SE; Crouse, SF (2015) "A longitudinal study examining the effects of a season of American football on lipids and lipoproteins," *Lipids in Health and Disease*: 14(35).

Lambert, BS; Greene, NP; Carradine, AT; **Joubert, DP**; Fluckey, JD; Riechman, SE; Crouse, SF (2014) "Aquatic treadmill training reduces blood pressure reactivity to physical stress," *Med Sci Sports Exerc*: 46(4), 809-16.

Jagim, A; Levers, K; Galvan, E; **Joubert, DP**; Rasmussen, C; Greenwood, M; Kreider, RB (2014) "Effects of an ultra-endurance event on body composition, exercise performance and markers of clinical health: a case study," *Bioenergetics*: 3(3)

Oliver, JM; **Joubert, DP**; Martin, SE; Crouse, SF (2013) "Oral creatine supplementation decreases blood lactate during exhaustive, incremental cycling," *International Journal of Sport Nutrition and Exercise Metabolism*: 23(3), 252-8.

Joubert, DP; Oden, G; and Estes, B (2011) "The Effects of Elliptical Cross Training on VO2 max in Recently Trained Runners," *International Journal of Exercise Science*: Vol. 4: Iss. 1, Article 2.

PRESENTATIONS

"Acute Vascular Effects of Aquatic and Land Treadmill Exercise" June 2017
UT-Tyler Exercise Physiology Seminar Tyler, TX

"Acute Vascular Effects of Aquatic and Land Treadmill Exercise" February 2017
American College of Sports Medicine – Texas Chapter, Annual Meeting Waco, TX

ABSTRACTS (*INDICATES SFA STUDENT)

Joubert, DP; *Dickerson, BL; Jones, EJ; *Willis, DD (2020) "Attempting to acutely manipulate ground contact time imbalances impairs running economy," *Med Sci Sports Exerc* 52(7S):219.

Toulouse, A; Davis, P; **Joubert, DP**, Oden, G (2020) "Comparison of portable metabolic analyzers during walking, running, and jogging," *Med Sci Sports Exerc* 52(7S):49.

*Dickerson, BL; Jones, EJ; *Willis, DD; **Joubert, DP** (2020) "Attempting to acutely manipulate ground contact time imbalances impairs running economy," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 12, Article 57.

Toulouse, A; Davis, P; Oden, G; **Joubert, DP** (2020) "Comparison of portable metabolic analyzers during walking, running, and jogging," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 12, Article 143.

Joubert, DP; *Guerra, NA; Jones, EJ; *Knowles, EG; *Piper, AD (2019) "Running Economy Strongly Related to Ground Contact Time Imbalances," *Med Sci Sports Exerc* 51(6S):792.

*Abreu, A; Jones, EJ; **Joubert, DP**; Faries, MD (2019) "Self-regulation capacity of low-income mothers in community-based nutrition program," *Med Sci Sports Exerc* 51(6S):435.

*Day, JD; Jones, EJ; **Joubert, DP**; Drake, S; Whitehead, T (2019) "Physical therapy students knowledge and attitudes of nutrition," *Med Sci Sports Exerc* 51(6S): 839.

*Hutson, JR; *Pederson, CL; *Elliott, CD; **Joubert, DP** (2019) "Impact of Heart Rate Intensity on Shooting Accuracy during Games in NCAA Division I Women Basketball Players," *TAHPERD Annual Convention and SFASU Undergraduate Research Conference*.

*Elliott, CD; *Pederson, CL; *Hutson, JR; **Joubert, DP** (2019) "Comparison of Heart Rate Intensity in Practice, Conditioning, and Games in NCAA Division I Women Basketball Players," *TAHPERD Annual Convention and SFASU Undergraduate Research Conference*.

*Pederson, CL; *Elliott, CD; *Hutson, JR; **Joubert, DP** (2019) "The Relationship between Objective and Subjective Markers of Training Stress in NCAA Division I Women Basketball Players," *TAHPERD Annual Convention and SFASU Undergraduate Research Conference*.

ABSTRACTS (CONTINUED)

*Piper, AD; *Knowles, EG; *Guerra, NA; Jones, EJ; **Joubert, DP** (2019) "Running Economy Strongly Related to Ground Contact Time Imbalances," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 11, Article 43.

Joubert, DP; *Hogan, C; *Barnes, J; *Todd, T; *Warner J (2018) "Ambulatory Blood Pressure Lower Following Aquatic Exercise than Land Treadmill Exercise," *Medicine and Science in Sports and Exercise* 50(5S):275.

*Maclin, T; **Joubert, DP**; Berthot, P (2018) "Fitness v. Physique: Is Body Image Harming Our Health?" *SFASU Undergraduate Research Conference*.

*Gin, ZM; **Joubert, DP** (2018) "Validity and Reliability of the Wahoo KICKR Cycle Ergometer," *SFASU Undergraduate Research Conference*.

*Hogan, C; **Joubert, DP** (2018) "Ambulatory Blood Pressure Lower Following Aquatic Exercise than Land Treadmill Exercise," *SFASU Undergraduate Research Conference*.

*Gin, ZM; *Rodriguez, J; **Joubert, DP** (2018) "Validity and Reliability of the Wahoo KICKR Cycle Ergometer," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 10, Article 25.

*Hogan, C; *Barnes, J; *Todd, T; *Warner, J; **Joubert, DP** (2018) "Ambulatory Blood Pressure Lower Following Aquatic Exercise than Land Treadmill Exercise," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 10, Article 49.

Joubert, DP; Granados, JZ; Rowe, JR; Crouse, SF (2017) "Atrial Natriuretic Peptide Augmented Following Aquatic Treadmill Exercise," *Medicine and Science in Sports and Exercise* 49(5S):63-64.

Jones, EJ; *Martinez, K; *Alger, C; Faries, M; **Joubert, DP** (2017) "Frontal Asymmetry Changes Following Passive Hypohydration," *Medicine and Science in Sports and Exercise* 49(5S):448.

Crouse, SF; Erwin, JP; White, S; Meade, TH; Martin, SE; Green, JS; Oliver, JM; **Joubert, DP**; Lambert, BS; Bramhall, JP; Gill, K; Weir, D; Tolson, H (2017) "Adding BMI to Electrocardiographic Criteria Improves Accuracy of Predicting Left Ventricular Mass in Football Athletes," *Medicine and Science in Sports and Exercise* 49(5S):119.

Joubert, DP; Granados, JZ; Grandjean, PW; and Crouse, SF (2016) "Augmented Flow-Mediated Dilation Following Aquatic Treadmill Compared to Land Treadmill Exercise," *Medicine & Science in Sports & Exercise* 48(5S):195.

Crouse, SF; White, S; Erwin, JP; Meade, TH; Martin, SE; Green, JS; Oliver, JM; **Joubert, DP**; Lambert, BS; Brahmall, JP; Gill, K; and Weir, D (2016) "Does ECG Predict Cardiac Hypertrophy in American-Style Football Athletes?," *Medicine & Science in Sports & Exercise* 48(5S):39.

Martin, SE; McLaughlin, K; Noack, B; Granados, JZ; **Joubert, DP**; Green, J; and Crouse, SF (2016) "Relationship Between Fitness Assessments, Fitness Levels and Coronary Heart Disease Risk Markers in Police Officer," *Medicine & Science in Sports & Exercise*

Joubert, DP; Granados, JZ; and Crouse, SF (2015) "Resting and Post-Exercise Blood Pressure Response to Repeated Bouts of Aquatic Treadmill Exercise," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 7, Article 37.

Joubert, DP; Grandjean, PW; and Crouse, SF (2014) "Acute Vascular Effects of Aquatic and Land Treadmill Exercise," *Medicine & Science in Sports & Exercise* 46(5S): 344.

Joubert, DP; Grandjean, PW; and Crouse, SF (2014) "Acute Vascular Effects of Aquatic and Land Treadmill Exercise," *International Journal of Exercise Science: Conference Proceedings*: Vol. 2: Iss. 6, Article 69.

Joubert, DP; Martin, SE; Meade, TH; Cruz, F; Erwin, JP; White, S; Weir, D; Bramhall, JP; Gill, K; Kapchinski, K; Crouse, SF (2013) "Echocardiographic characteristics of freshmen NCAA division I football athletes," *Medicine and Science in Sports & Exercise*, 45(5): S247-50.

Joubert, DP; Carradine, AT; Lambert, BS; and Crouse, SF (2013) "Acute Blood Pressure Response to Aquatic and Land Treadmill Exercise," *International Journal of Exercise Science: Conference Abstract Submissions*: Vol. 2: Iss. 5, Article 30.

Lambert, BS; Greene, NP; **Joubert, DP**; Riechman, SE; Fluckey, JD; Crouse, SF; and Carradine, AT (2013) "Aquatic Treadmill Training Reduces Blood Pressure Reactivity to Acute Graded Exercise in Previously Sedentary Adults," *International Journal of Exercise Science: Conference Abstract Submissions*: Vol. 2: Iss. 5, Article 4.

Joubert, DP; Lambert, BS; and Crouse, SF (2012) "Comparison of Alter-G treadmill run training to land treadmill training," *Medicine and Science in Sports & Exercise*, 44(5): S689.

Joubert, DP; Lambert, BS; Greene, NP; and Crouse, SF (2012) "Comparison of Alter-G and Land Treadmill Training," *International Journal of Exercise Science: Conference Abstract Submissions*: Vol. 2: Iss. 4, Article 37.

Joubert, DP; Crouse, SF; Oliver, JM.; Martin, SE; Dobson, J; Riechman, SE; Bramhall, JP; Green, JS; Weir, D; and Tanguay, J (2011) "Lipid Profiles of American Collegiate Football Athletes in Response to Fall Preseason Camp," *International Journal of Exercise Science: Conference Abstract Submissions*: Vol. 2: Iss. 3, Article 27.

MEMBERSHIPS/CERTIFICATIONS

American College of Sports Medicine (ACSM) – Member (2008-Present)
Texas – American College of Sports Medicine (TACSM) – Member (2008-Present)
National Strength and Conditioning Association – Member (2015-2017)
USA Triathlon – Level I Certified Coach (2012-2015)
USA Triathlon – Level I Certified Race Director (2012-2015)

SERVICE

Texas American College of Sports Medicine – Poster Judge (March 2020)
Texas American College of Sports Medicine – Student Bowl Judge (March 2020)
Texas American College of Sports Medicine – Poster Judge (March 2019)
Texas American College of Sports Medicine – Student Bowl Judge (March 2019)
SFASU Faculty Senate (Fall 2018 – Present)
SFASU Undergraduate Program Coordinator, Kinesiology – Exercise Science (Fall 2018 – Present)
Texas American College of Sports Medicine – Board Member, Continuing Education Director (Spring 2018 – Present)
Texas American College of Sports Medicine – Poster Judge (March 2018)
Texas American College of Sports Medicine – Student Bowl Judge (March 2018)
SFASU Graduate Program Co-Coordinator (Spring 2017-Summer 2018)
SFASU Graduate Research Conference – Poster Judge (April 2018)
SFASU Perkins College of Education – Recruitment and Retention Committee (August 2017-July 2018)
SFASU Graduate Research Conference – Poster Judge (April 2017)
SFASU Lifestyle Medicine Association – Faculty Advisor (January 2016-Present)
SFASU The Alliance for Kinesiology, Health Science, and Dance – Faculty Advisor (January 2016-Present)
SFASU Graduate Student Research Conference – Presentation Judge (May 2016)
Texas American College of Sports Medicine – Poster Judge (March 2016)
Texas American College of Sports Medicine – Student Bowl Judge (March 2016)
Texas American College of Sports Medicine – SFASU Student Bowl Team Coach (Spring 2016)
SFASU Perkins College of Education – Envision 2.0 Strategic Planning Committee (2015-Present)
SFASU Department of Kinesiology and Health Science – Space Planning Committee (Spring 2016)