

University of Louisiana at Lafayette

College of Education Faculty Curriculum Vitae Information

David Bellar, Ph.D.

- Interim Director
- School of Kinesiology
- 124B Bourgeois Hall
- 337-482-1299
- dbellar@louisiana.edu
- Education
 - Ph.D. conc. Exercise Physiology - Kent State University
 - M.Ed. - John Carroll University
 - B.S. - Biology/Chemistry - John Carroll University

Teaching Philosophy - Utilizing different modalities and listening to students allows for very high standard for comprehension best preparing students for careers and pursuit of more advanced degrees. Utilizing these principles and mentoring students allows them to be accountable for very high levels of comprehension and understanding of course material.

Bio - Dr. David Bellar is currently an associated professor at the University of Louisiana at Lafayette (ULL). Dr. Bellar began his post secondary education at John Carroll University where he received a B.S. with dual concentrations in Biology and Chemistry as well as an M.Ed. He then enrolled at Kent State University ultimately graduating with a Ph.D. in Exercise Physiology. In the last five years Dr. Bellar has conducted numerous research projects and in 2014 was the recipient of the Patrick Rutherford/BORSF endowed professorship, Vesta R. Bourgeois Research Award, and was named the Louisiana AHPERD Scholar of the Year. . Dr. Bellar frequently contributes as international and national conferences.

Courses taught - List only those you currently teach or have previously taught since 2009 at this institution. List the course number and title (e.g. MATH 106 - Introductory Algebra).

Advising - Average of over 100 undergraduate advisee's per semester.

Graduate Committees - Served as Chair of 5 committees.

Publications -

International Journals

Wanless, E.A., Ludge, L.W., **Bellar, D.**, Graig, B.W., Pierce, D., Lee, D. and Laura Simon. (2014). Pre- and Post- activity stretching protocols of NCAA American Football programs: Influence of certification and division affiliation. *International Journal of Sport Science and Coaching*, 9(3), 473-484.

Davis, G.R., Etheredge, C.E., Marcus, L. and **Bellar, D.** (2014). Prolonged sleep deprivation and continuous exercise: Effects on Melatonin, Tympanic Temperature, and Cognitive Function. *BioMed Research International*, <http://dx.doi.org/10.1155/2014/781863>.

Bellar, D., Judge, L.W., Petersen, J., Bellar, A., Bryan, C.L. (2014). Exercise and academic performance among nursing and kinesiology students at US colleges. *Journal of Education and Health Promotion*, 3(9): doi: 10.4103/2277-9531.127560. eCollection 2014

Wanless, E.A., Judge, L.W., **Bellar, D.M.**, Craig, B.W., Pierce, D., Lee, D. and Simon, L. (2014). Pre- and Post- Activity Stretching Protocols of NCAA American Football Programs: Influence of Certification and Division Affiliation. *International Journal of Sports Science and Coaching*, 9(3), 473-484.

Bellar, D., Moody, K., Richard, N., Judge, L.W. (2014). Efficacy of a botanical supplement with concentrated Echinacea purpurea for increasing aerobic capacity. *ISRN Nutrition, Article ID 149549*.

Wanless, E., Judge, L.W., Dieringer, S.T., **Bellar, D.**, Johnson, J., Plummer, S. (2014). Pedometers and Aerobic Capacity: Evaluating an Elementary After-School Running Program. *The Scientific World Journal, Article ID 24723803*.

Bellar, D., Glickman, E.L., Judge, L.W., and Gunstad, J. (2013). Serum Ghrelin is Associated with Verbal Learning and Adiposity in a Sample of Healthy, Fit Older Adults. *BioMed Research International*, 2013, Article ID 202757.

Hindawi, O.S., Orabi, A., Al Arjan, J., Judge, L.W., Cottingham, M 2nd, **Bellar, D.M.**, Offensive tactical thinking level of wheelchair basketball players in Arab Countries. *European Journal of Sport Science* [Epub ahead of print Apr 11, 2013].

Bellar, D.M., Judge, L.W., Kamimori, G.H., Glickman, E.L. (2012). The effects of low dose buccal administered caffeine on RPE and Pain during an Upper body Muscle Endurance Test and Lower Body Anaerobic Test. *ICHPERD-SD Journal of Research*, 7(2), 24-28.

Judge, L.W., **Bellar, D.**, Peterson, J., Lutz, R., Gilreath, E., Simon, L., Judge, M. (2012). The attitudes and perceptions of adolescent track and field athletes towards PED use. *Performance Enhancement & Health*, 1(2), 75-82.

- Judge, L.W., Petersen, J., **Bellar, D.**, Gilreath, E., Wanless, E., Surber, K., & Simon, L. (2012). The Promotion and Perception of the Youth Olympic Games: The Case of Figure Skating. *Olympika: The international journal for Olympic Studies*, XXI, 33-57.
- Bellar D.**, Bryan C & Broussard L. (2012). Relationship of parental efficacy and effects of a pilot youth weight management program on health and fitness of overweight and obese children. *Acta Kinesiologica*, 6, 13-18.
- Bellar D.**, Kamimori G., Barkley J.E., Ryan E.J., Muller M.D., Glickman, E.L. (2012). The Effect of Low-Dose Caffeine Supplementation on Early Morning Performance in the Standing Shot Put Throw. *European Journal of Sport Science*. 12(1), 57-61.
- Judge, L.W., **Bellar, D.** (2012). Variables associated with the Personal Best Performance in the Glide and Spin Shot Put for the U.S. Collegiate Throwers. *International Journal of Performance Analysis in Sport*, 12(1), 37-51.
- Muller, M.D., Kim, C-H, **Bellar, D.**, Ryan, E.J., Seo, Y.S., Muller, S.M., Glickman, E.L. (2012). Effects of cold acclimatization on exercise economy in the cold. *European Journal of Applied Physiology*, 112(2), 1225-1228.
- Judge, L.W., Pierce, D., Petersen, J., **Bellar, D.**, Wanless, E., Gilreath, E. and Simon, L. (2012). Engaging experiential service learning through a co-curricular club: The Chase Charlie Races. *ICHPERD-SD Journal of Research*, 6(2), 30-38.
- Judge, L.W., Kantzidou, E., **Bellar, D.**, Petersen, J. Gilreath, E., and Surber, K. (2011). The Promotion of the Youth Olympic Games: A Greek Perspective, *ICHPERD-SD Journal of Research*, 6(1), 6-14.
- Judge, L.W., **Bellar, D.**, Turk, M., Judge, M., Gilreath, E., Smith, J. (2011). Relationship of squat one repetition maximum to weight throw performance among elite and collegiate athletes. *International Journal of Performance Analysis in Sport*, 11(2), 209-219.
- Muller, M.D., Ryan, E.J., **Bellar, D.**, Kim, C-H., Williamson, M., Glickman, E.L., Blankfield, R. (2011). Effects of acute salt ingestion upon core temperature in healthy men. *Hypertension Research*, 34(6), 753-757.
- Bellar, D.**, Glickman, E.L., Juvancic-Heltzel, J., Gunstad, J. (2011). Serum IGF-1 is associated with working memory, executive function and selective attention in a sample of healthy, fit older adults. *Neuroscience*, 178, 133-137.
- Muller, M.D., Muller, S.M., Ryan, E.J., **Bellar, D.**, Kim, C-H., Glickman, E.L. (2011). Pain and thermal sensation in the cold: the effect of interval vs. continuous exercise. *European Journal of Applied Physiology*, 111(6), 979-987.

Judge, L.W., **Bellar, D.**, Peterson, J., Wanless, E. (2010). Perceptions of risk in track and field venue management: are hammer facilities overlooked? *Kybernetes*, 39(5), 786-799.

Judge, L.W., **Bellar, D.**, Craig, B. & Gilreath, E. (2010). The attitudes of track and field throwers towards performance enhancing drug use and drug testing. *ICHPERD-SD Journal of Research*, 5(2), 52-61.

Judge, L.W., Bodey, K.J., **Bellar, D.**, Bottone, A., Wanless, E. (2010). Pre-activity and post-activity stretching and perception and practices in NCAA Division I Volleyball Programs. *ICHPERD-SD Journal of Research*, 5(1), 68-75.

Judge, L. W., **Bellar, D.**, McAtee, G., Judge, M. (2010). Predictors of personal best performance in the hammer throw for U.S. collegiate throwers. *International Journal of Performance Analysis in Sport*, 10(1), 54-65.

Muller, M.D., Ryan, E.J., **Bellar, D.**, Kim, C.H., Blankfield, R.P., Muller, S.M., Glickman, E.L. (2010). The influence of interval versus continuous exercise on thermoregulation, torso hemodynamics and finger dexterity in the cold. *European Journal of Applied Physiology*, 109(5), 857-867.

National Journals

Bellar, D., Judge, L.W., Davis, G.R. Description and predictive value of a novel method for determining the respiratory compensation point using standard scores. *Journal of Strength and Conditioning Research*, (in press).

Bellar, D., Judge, L.W., Petersen, J., Bellar, A., Bryan, C.L. (2014). Exercise and Academic Performance among Nursing and Kinesiology Students at US Colleges. *Journal of Education and Health Promotion*. 3, 9. Doi: 10.4103/2277-9531.127560.

Etheredge, C., Judge, L.W., **Bellar, D.** (2014). The Effects of a personal oxygen supplement on performance, recovery, and cognitive function during and after exhaustive exercise. *Journal of Strength and Conditioning Research*, 28(5), 1255-1262.

Judge, L.W., **Bellar, D.**, Craig, B., Gilreath, E., Cappos, S. Thrasher, A. (2013). The Influence of post activation potentiation on shot put performance of collegiate throwers. *Journal of Strength and Conditioning Research*, [Epub ahead of print].

Judge, L.W., **Bellar, D.**, Gilreath, E.L., Petersen, J.C., Craig, B.W., Popp, J.K., Hindawi, O.S., Simon, L.S. (2013). An examination of the preactivity and postactivity stretching practices of NCAA division I, NCAA division II and NCAA division III track and field throws programs. *Journal of Strength and Conditioning Research*, 27(10), 2691-2699.

- Bellar, D.** Tomescu, V., Judge, L.W. (2013). Relationship of an equivalence point for change in VCO₂ and VO₂ to endurance performance. *Journal of Strength and Conditioning Research*, 27(5), 1394-1399.
- Judge, L.W., Petersen, J.C., **Bellar, D.M.**, Craig, B.W., Bodey, K.J., Wanless, E.A., Benner, M. & Simon, L. (2013). An examination of the pre-activity and post-activity stretching practices of cross-country and track and field distance coaches. *Journal of Strength and Conditioning Research*, 27(9), 2456-2464.
- Judge, L.W., Petersen, J.C., **Bellar, D.**, Craig, B. Gilreath, E. (2013). CSCS certification and school enrollment impacts upon high school strength facilities, equipment, and safety. *Journal of Strength and Conditioning Research*, 27(9), 2626-2633.
- Judge, L.W., Petersen, J., **Bellar, D.**, Bodey, K, Gilreath, E, & Simon, L. (2013). Certification and School Enrollment Influence upon High School Track and Field Throwing Facilities, Equipment and Safety. *Journal of Facility Planning, Design, and Management*, 1(1), 47-64.
- Bellar, D.**, Judge, L.W., Patrick, T.J., Craig, B.W. (2013). Efficacy of the use of fractional plates during maximum strength testing for the bench press and strict curl. *Applied Research in Coaching and Athletics Annual*, 28, 143-157.
- Judge, L.W., **Bellar, D.**, Wanless, E. (2013). Efficacy of potentiation of shot put performance through heavy medicine ball throws. *Applied Research in Coaching and Athletics Annual*, 28, 30-44.
- Judge, L.W., **Bellar, D.**, Lee, D., Petersen, J., Wanless, E., Surber, K., Ferkel, R. and Simon, L. (2012) An exploratory study of physical activity patterns of college students at a Midwest state university in the United States. *The Sport Journal*, 15 ISSN:1543-9518.
- Judge, L.W., Craig, B., **Bellar, D.**, Wanless, E. (2012). Pre-activity stretching research and current coaching practices: Why the disconnect? *Strength and Conditioning Journal*, 34(5), 74-77.
- Judge, L. W., Bell, R., Theodore, R., **Bellar, D.**, Simon, L. (2012). An Exploratory Examination of Burnout in NCAA Division II Athletes. *Journal of Intercollegiate Sport*, 5, 230-240.
- Bellar, D.**, Judge, L.W. (2012). Modeling and relationship of RER to Athletic Performance. *Journal of Strength and Conditioning Research*, 26(9), 2484-9.
- Hatchett, A., **Bellar, D.** (2012). Physiologic and behavioral outcomes of a physical activity intervention activity designed specifically for survivors of cancer: a pilot study. *Integrative Medicine: A Clinician's Journal*. 11(4), 19-25.

Judge, L. W., Bodey, K. J., **Bellar, D.**, Brooks, C., & Crawford, T. (2012). On the right track: Maximizing educational opportunities for USATF coaching education. *Journal of Coaching Education*, 5(1), 41-63.

Judge, L. W., **Bellar, D.**, McAtee, G., Judge, M., Connolly, H. (2012). U.S. Collegiate Hammer Throwers: A Descriptive Analysis Including the impact of Coaching Certification. *Applied Research in Coaching and Athletics Annual*, 27, 79-104.

Bellar, D., Judge, L.W., Turk, M., Judge, M. (2012). Efficacy of potentiation of performance through overweight implement throws on male and female collegiate and elite weight throwers. *Journal of Strength and Conditioning Research*, 26(6), 1469-1474.

Judge, L.W., **Bellar, D.M.**, Judge, M., Gilreath, E., Bodey, K.J. & Simon, L. (2012). Efficacy of potentiation of performance through over weight implement throws on female shot putters. *The Track and Cross Country Journal*, 1(4), 7-14.

Broussard, L., Bryan, C., **Bellar, D.** (2012). Kids on the geaux. An Interdisciplinary, community-based child weight management program. *NASN School Nurse*, 27(2), 72-75.

Judge, L.W., Wang, L., Craig, B., **and Bellar, D.** (2012). Teaching rhythm: A key to learning proper technique in the power clean. *Strength and Conditioning Journal*. 34(2), 22-26.

Judge, L.W., **Bellar, D.**, Blom, L.C., Lee, D., Turk, M. (2012). Perceived social support from strength coaches among injured student athletes. *Journal of Strength and Conditioning Research*, 26(4), 1154-1161.

Ryan, E.J., Kim, C-H., Muller, M.D., **Bellar, D.M.**, Barkley, J.E., Bliss, M.V., Jankowski-Wilkinson, A., Russell, M., Macander, D., Otterstetter, R., Glickman, E.L. & G.H. Kamimori. (2012). Low dose caffeine administered in chewing gum does not enhance cycling to exhaustion. *Journal of Strength and Conditioning Research*, 26(3), 844-850.

Judge, L.W., **Bellar, D.**, Craig, B., Camorata, J., and Wanless, E. (2012). An examination of the pre-activity and post-activity stretching practices of division I college tennis coaches. *Journal of Strength and Conditioning Research*. 26(1), 184-191.

Prejean, S. Judge, L.M., **and Bellar, D.** (2012). Acute effects of combined elastic and free-weight tension on power in the bench press lift. *The Sport Journal* 15(1), ISSN: 1543-9518

- Campbell, B., Guidry, T., Lopez, M., Estis, K., **and Bellar, D.** (2011). Effects of American Football on Height in High School Players. *The Sport Journal* 14, ISSN: 1543-9518
- Bellar, D.**, Judge, L.W., Craig, B.W. (2011). Use of caffeinated chewing gum as an ergogenic aid. *Strength and Conditioning Journal*, 33(4), 66-68.
- Judge, L.W., **Bellar, D.**, Bodey, K. Craig, B., & Wanless, E. (2011). An examination of the stretching perceptions and practices of division I and division III college basketball programs in the United States. *Journal of Coaching Education*, 4(1), 46-64.
- Judge, L.W., Wildeman, J.N., **Bellar, D.M.** (2011). Designing an Effective Preactivity Warm-up routine for the 1 Repetition Maximum Back Squat. *Strength and Conditioning Journal*, 33(1), 88-90.
- Barkley, J.E., Roemmich, J.N., Ryan, E.J., **Bellar, D.**, Bliss, M.V. (2011). Variety of Exercise Equipment and Physical Activity Participation in Children. *Journal of Sports Behavior*, 34(2), 137-149.
- Bellar, D.**, Judge, L.W. (2011). Efficacy of potentiation of shot put performance through heavy medicine ball throws on male collegiate shot putters. *Applied Research in Coaching and Athletics Annual*, 26, 108-119.
- Bellar, D.**, Kamimori, G.H., Glickman, E.L. (2011). The effects of low-dose caffeine on perceived pain during a grip to exhaustion task. *Journal of Strength and Conditioning Research*, 25(5), 1125-1128.
- Bellar, D.**, Muller, M., Ryan, E.J., Bliss, M.V., Kim, C-H, Ida, K Barkley, J.E., Glickman, E.L. (2011) The Effects of Combined Elastic and Free Weight Tension vs Free Weight Tension on 1 RM Strength in the Bench Press. *Journal of Strength and Conditioning Research*, 25(2), 459-463.
- Judge, L.W., **Bellar, D.**, Peterson, J., Gilreath, E., Wanless, E. (2010) Taking Strides towards prevention-based deterrance: USATF coaches perceptions of PED use and drug testing. *Journal of Coaching Education*, 3(3), 56-71.
- Judge, L.W., Peterson, J.C., **Bellar, D.**, Gilreath, E., Yurko, R. (2010) NCAA Division I, II and III Track and Field Hammer Throw Facilities: Compliant with International Safety Standards? *Journal of Venue and Event Management*, 2(1), 15-28.
- Bellar, D.**, Judge, L.W., Patrick, T.J. (2010) The Relationship of Arm Span to the Effects of Fatigue via Maximum Voluntary Isometric Contraction on 1RM Performance in the Bench Press. *The Sport Journal*, 13(4), ISSN: 1543-9518

Judge, L.W., Bell, R., **Bellar, D.** & Wanless, E. (2010). Developing a mental game plan: Mental periodization for achieving a “flow” state for the track and field athlete. *The Sport Journal*.13(4),ISSN: 1543-9518.

Muller, M.D., Ryan, E.J., Kim, C.H., **Bellar, D.**, Blankfield, R.P., Glickman, E.L. (2010) Reliability of measurement of stroke volume using impedance cardiography during acute cold exposure. *Aviation, Space and Environmental Medicine*, 81(2),120-124.

Judge, L.W., **Bellar, D.**, Judge, M. (2010) Efficacy of potentiation of performance through overweight implement throws on male and female high-school weight throwers. *Journal of Strength and Conditioning Research*,24(7),1804-1809.

Muller, M.D., Ryan, E.J., Kim, C-H., **Bellar, D.M.**, Blankfield, R.P., Glickman, E.L. (2010). Reliability of the measurement of stroke volume using impedance cardiography during acute cold exposure. *Aviation Space and Environmental Medicine*, 81, 1-5.

State Journals

Fields, T., Simon, L., Napiontek, K., Judge, L.W., **Bellar, D.**, Gilreath, E., and Emese, I. (2012). Drug testing policies of professional sports in America. *Indiana AHPERD Journal*,41(2),17-25.

Gilreath, E., Judge, L.W., Bellar, D., and Petersen, J. (2011). Creatine Monohydrate: Safe and Effective. *Indiana AHPERD Journal*,40(3),14-20.

Dallas, M., **Bellar, D.**, Judge, L.W. (2011) The relationship between percentage of dietary calories from fat, anxiety, depression and vigorous physical activity among healthy college students: a pilot study. *LAHPERD Journal*, 74(2), 19-24.

Wanless, E., Gilreath, E., Judge, L.W., **Bellar, D.** (2010) Start strong finish strong: Utilizing caffeine to maximize sport performance. *Indiana AAHPERD Journal*, 39 (3), 8-17.

Judge, L.W., Gilreath, E., **Bellar, D.** (2010) Influential factors on athlete doping: Using what we know to stop the epidemic. *Indiana AAPHERD Journal*, 39(1), 5-10.

Presentations -

- Bellar, D.**, Marcus, L., Etheredge, C., Davis, G., Judge, L.W., McMillan, C., Piper, T., Glickman, E.L. (2014). Effects of 36 hours of sustained exercise on Melatonin. *American College of Sports Medicine Annual Meeting, Orlando, FL.*
- LeBlanc, N., **Bellar, D.**, Judge, L.W., Glickman, E.L. (2014). A report on the Hamstring: Examination of muscle activity with an elastic hamstring assistance device. *American College of Sports Medicine Annual Meeting, Orlando, FL.*
- Marcus, L., Etheredge, C., Davis, G., McMillan, C., Piper, T., **Bellar, D.**, Judge, L.W., Glickman, E.L. (2014). Effect of 36 hours of sustained exercise on core body temperature. *American College of Sports Medicine Annual Meeting, Orlando, FL.*
- Etheredge, C., Marcus, L., Davis, G., McMillan, C., Piper, T., **Bellar, D.**, Judge, L.W., Glickman, E.L. (2014). Relationship of temperature to psychomotor function during 36 hours of exercise without sleep. *American College of Sports Medicine Annual Meeting, Orlando, FL.*
- Breaux, M., **Bellar, D.**, Marcus, L., Judge, L.W. (2014). Reliability of a novel test of upper body isometric strength. *National Strength and Conditioning Association Conference, Las Vegas, NV.*
- LeBlanc, N., **Bellar, D.**, Moody, K., Murphy, K., Buguet, G., Judge, L.W. (2014). Effects of Chocolate Goat and Cow Milk on Force Recovery and Endocrine Responses after Back Squat Exercise. *National Strength and Conditioning Association Conference, Las Vegas, NV.*
- Bellar, D.**, Etheredge, C., Judge, L.W. (2014). Effects of different forms of suspension exercise on energy expenditure, endocrine responses and force production post push-up exercise. *National Strength and Conditioning Association Conference, Las Vegas, NV.*
- Riley, C., Pearson, A., Piper, T., McMillan, C., **Bellar, D.**, Decker, J. (2014). Incidence of Hallucinations during an ultra-endurance event. *National Strength and Conditioning Association Conference, Las Vegas, NV.*
- Marcus, L., **Bellar, D.**, Breaux, M., Judge, L.W. (2014). Examination of a Novel Test of Upper Body Isometric Strength. *National Strength and Conditioning Association Conference, Las Vegas, NV.*
- Judge, L.W., **Bellar, D.**, Petersen, J., Craig, B., Holzclaw, K., LeBlanc, N., Hindawi, O. (2014). An analysis of perceptions of the effectiveness of creatine use at NCAA

BCS vs Non-BCS schools. *National Strength and Conditioning Association Conference*, Las Vegas, NV.

Piper, T., McMillan, C., Riley, C., Pearson, A., **Bellar, D.** (2014). Self-directed learning in Ultra-endurance obstacle course racers. *National Strength and Conditioning Association Conference*, Las Vegas, NV.

Kopp, J.K., Judge, L.W., **Bellar, D.**, Marcus, L., Craig, B., Wanless, E. (2014). An examination of the impact of age and experience on stretching practices of collegiate Athletic Trainers in the United States. *National Strength and Conditioning Association Conference*, Las Vegas, NV.

Kim, H.J., Lee, D., **Bellar, D.**, Dieringer, S., Marcus, L., Cho, H., Shin, C., Judge, L.W. (2014). Exercise patterns and body awareness among female university students: A cross cultural comparison. *National Strength and Conditioning Association Conference*, Las Vegas, NV.

Judge, L.W., Holtzman, K., Petersen, J., **Bellar, D.** and Hindawi, O. (2014). The unintended consequences of the NCAA policy on distribution of Creatine. *College Research Institute Scholarly Conference on College Sport*. Columbia, SC.

Bellar, D., Ethredge, C., Judge, L.W. (2013). The Effects of a Personal Oxygen Supplement on Recovery and Cognitive Function after Exhaustive Exercise. *National Strength and Conditioning Association Conference*, Las Vegas, NV.

Morgan, B., **Bellar, D.**, Judge, L.W. (2013). EMG Testing on Different Variations of a Push-Up to Detect the Highest Muscle Activity. *National Strength and Conditioning Association Conference*, Las Vegas, NV.

Ethredge, C., **Bellar, D.**, Judge, L.W. (2013). The Effects of a Personal Oxygen Supplement during Vigorous Exercise on Respiratory Responses and Performance. *National Strength and Conditioning Association Conference*, Las Vegas, NV.

Gallien, G., **Bellar, D.**, Judge, L.W. (2013). Comparison of Exercise Metabolisms between Athletes and Recreationally Active Individuals at the Point of Equivalence of Change. *National Strength and Conditioning Association Conference*, Las Vegas, NV.

Sartori, M., **Bellar, D.**, Judge, L.W. (2013). Effects of Supplemental Oxygen on Recovery from High Intensity Activities. *National Strength and Conditioning Association Conference*, Las Vegas, NV.

Grants -

2014- Investigation of the effects of Biocidin on Post-Exercise Immune Function. BioBotanical Inc. 6,600\$ [Funded]

2014 – Investigation of the Effects of CherryFlex on Oxidative Stress and Immunoglobulins Post-Exercise. Cherry Capital Services Inc. 3700.00\$ [Funded].

2014 – Evaluation of the Effects of Alpha Size on Explosive Ability, Strength and IGF-1. ChemiNutra. 4700.00\$ [Funded].

2013 – Modernizing the Human Performance Lab, BORSF Enhancement Fund 101,700\$ [Funded].

2013 – Investigation of a Chocolate Goats Milk as a Exercise Recovery Beverage, Mt Capra LLC 8,811\$ [Funded].

2013 - Investigation of the Effects of VO2 advantage and Supplemental Oxygen on Performance in a time trial to Exhaustion, Second Wind LLC 1,000\$ [Funded].

2013 – Investigation of a Hamstring Assistance Device, HamStrong LLC 3,000\$ [Funded].

2013 – Investigation of a Suspension Exercise System, TruFit LLC, 5,500\$ [Funded]

2012-2103 - University Partnership. Working to train physical educators on data collection and methodology in 5 school districts and implement the coordinated school health initiative. Cecil J. Picard Center \$12,000. [Funded]

2011-2012 - University Partnership. Working to train physical educators on data collection and methodology in 4 school districts and implement the coordinated school health initiative. Cecil J. Picard Center \$15,000.00. [Funded]

Professional membership - American College of Sport Medicine, National Strength and Conditioning Association

Awards - Patrick Rutherford/BoRSF Endowed Professorship in Education

Dissertation - The Relationship between Age, Cognitive Function, Cardiovascular Fitness and Serum Blood Markers of Cognitive Function in Healthy Older Adults.

Advisor: Dr. Ellen Glickman, Ph.D.
Professor Exercise Physiology

Service -

- 2013 Executive Counsel Coaching Education – USA Track and Field
- 2013 State Program Director Louisiana – National Strength and Conditioning Association
- 2013 Vice-Chair Membership Committee- National Strength and Conditioning Association
- 2013 Contributing Editor – Louisiana AHPERD Journal
- 2013 Research Chair – Southern District AHPERD
- 2013-2014 Vice President General Div – Louisiana AHPERD
- 2012 Membership committee - National Strength and Conditioning Association
- 2011 Chair - Research Louisiana AHPERD