

Anthony J. Bull, Ph.D.
Associate Professor, Department of Exercise Science
Creighton University College of Arts and Sciences

EDUCATIONAL PREPARATION

University of Nebraska, Lincoln, NE; August 1998 to August 2001

- Ph.D. Concentration: Exercise Physiology, August 2001
- Dissertation: Oxygen Kinetics During Continuous Running at Critical Velocity

University of Nebraska, Lincoln, NE; 1994 and January 1996 to May 1998

- M.P.E. Concentration: Exercise Physiology, May 1998
- Thesis: Effect of mathematical modeling on the estimation of critical power

Florida Atlantic University, Boca Raton, FL; August to December 1993

- Graduate assistant; in charge of exercise physiology laboratory courses

University of Nebraska, Kearney, NE; August 1992 to May 1993

- Research Assistant; Completed courses to enter graduate programs in Exercise Physiology

Nebraska Wesleyan University, Lincoln, NE; August 1987 to May 1991

- BS in Business Administration (Accounting), Graduated with High Distinction
- Outstanding accounting student 1991

TEACHING EXPERIENCE

Associate Professor, Department of Exercise Science

Creighton University, Omaha Nebraska; August 2001 to present

- Teaching Load: at least 9 contact hours each semester of courses 300 level or above
- Ratio Studiorum Program 101: Introduction to the culture of collegiate life, fall 2006
 - Advising and guiding freshman students through their first year of collegiate life at Creighton
- Exercise Science 331: Human Anatomy, spring 2004
 - Instruct 90 minute lab section utilizing human cadavers to enhance student learning of structures of the human body
- Exercise Science 335: Exercise Physiology, each semester
 - Examines the function of the human body during various types of physical activity
 - Includes two, instructor taught, 90 minute laboratory sections in which students develop skills associated with physiological testing of human subjects

- Exercise Science 407: Basic Statistics and Research Design, each semester
 - Certified writing course in which students develop and present a research proposal including literature review, methods, and statistical analysis
- Exercise Science 407: Basic Statistics and Research Design, summer 2009
 - Faculty Led Program Abroad to Finland, Sweden, and Denmark
 - Certified writing course in which students develop and present a research proposal including literature review, methods, and statistical analysis
 - Students traveled to five research universities and hospitals where they learned about current projects being conducted by some of Scandinavia’s top researchers in medical epidemiology, sport performance, childhood obesity, genetics of diabetes, and muscle physiology.
 - Course developer and instructor
<http://scandinavia2009.doctorofexercise.com/scandinavia2009/index.htm>
- Multisystem Processes (IDC 221): Developing Fitness Programs for the General Public
 - Two lectures in a course for second year medical students, spring 2003, 2004, and 2005.
- Awarded a Fellowship in the Academic Development and Technology Center, 2007-2008
 - The “eFellowship” is designed to develop skills in using technology in teaching. Various skills including photography and videography, audio and video production and delivery, and web page design were developed for future use in classroom teaching. www.exs335.doctorofexercise.com

Adjunct Instructor, Department of Exercise Science
 Creighton University, Omaha Nebraska; spring 2001

- Exercise Science 407: Basic Statistics and Research Design

Graduate Teaching Assistant, Department of Health and Human Performance
 University of Nebraska- Lincoln; Fall 1994, and August 1998 to August 2001

- Anatomy Lab Instructor (Cadaver based); 20 -25 students per lab
- Physiology of Exercise Lab Instructor; 15 -20 students per lab
- Exercise Testing and Prescription Lab Instructor; 10 -15 students per lab
- Resistance training techniques and program design (in Senior Seminar); 20 - 30 students per class
- Instruction of techniques in: isokinetic strength testing, Wingate testing, anthropometric measurements, hydrostatic weighing for body composition measurement, open circuit spirometry, maximal and submaximal GXT (treadmill and cycle ergometer); basic EKG analysis, isotonic strength testing, resistance training techniques and program design, and individual exercise programming.

Graduate Teaching Assistant, Office of Campus Recreation
 University of Nebraska- Lincoln: July 1996 to July 1998

- Cross Training: Theory and Activity course; 20 - 30 students per class
- Weight Training I: Theory and Activity; 40 - 60 students per class
- Weight Training II: Advanced Theory and certification preparation; 3-5 students per class
- Healthy Lifestyles: theory and workshops; 40 - 100 students per class
- Clinics: Youth Weight Training; 40 and over resistance training

- Red Cross CPR and First Aid Instruction
- Indoor group cycling instructor (Power Pacing™)
- Served on the Grant Writing, Equipment Purchasing, and Risk Management committees

Graduate Teaching Assistant, Department of Exercise Science and Health Promotion
Florida Atlantic University, Boca Raton; August to December 1993

- Instructed course in Exercise Physiology lab methods; 15 - 20 students per class

PROFESSIONAL AFFILIATIONS

- American College of Sports Medicine
 - National Member
- National Strength and Conditioning Association
 - National Member

PROFESSIONAL CERTIFICATIONS

- American College of Sports Medicine™
 - Certified Health Fitness Specialist; certified 2000 - present.
 - Recertified 2008
- National Strength and Conditioning Association™
 - Certified Strength and Conditioning Specialist (CSCS); certified 1996 – present.
 - Recertified in 2008
- Power Pacing™
 - Certified indoor cycling instructor, certified in 1998.

PROFESSIONAL EXPERIENCE

Visiting Researcher, Karolinska Institute, Stockholm, Sweden, faculty sabbatical fall 2009

- Collaborated with researchers in the lab of Claude Marcus, MD, PHD, Pediatrician
- <http://ki.se/ki/jsp/polopoly.jsp?a=36164&d=14828&l=sv>
- Examined techniques involved in the research of childhood and adolescent obesity
- Explored methods of objective physical activity measurement in free-living children and adolescents including single and tri-axial accelerometers
- Assisted with the analysis of data from a multiple accelerometer comparison research project.
- Assisted with the development and modification of a multi-country childhood obesity research project, including assisting with the development of informational material in English, based on the original Swedish text (Creighton University has the potential be a future site of one cohort of this study)
- Visited with researchers in Malmö, Västerås, and Stockholm, Sweden, about potential new sites for the Faculty Led Program Abroad student visitations (EXS 407, to be offered next for the summer of 2011)
- Represented Creighton University at Mälardalen University's "International Days" by presenting information about Creighton to students who are interested in participating an international exchange or degree program, Mälardalen University, Västerås, Sweden
www.mdh.se

Exercise Specialist, Downtown YMCA, Lincoln, NE; July 1998 to December 2000

- Designed the Paramount™ weight training circuit
- Research fitness information to pass on to members
- Counsel members on healthy/ active lifestyle adoption and implementation
- Development of cardiovascular exercise prescriptions
- Design resistance strength training programs (selectorized and free weight equipment)
- Instruct members on the use and proper technique of cardiovascular and resistance equipment
- Counsel members on general and sports nutrition topics

Facility Manager, Campus Recreation, University of Nebraska-Lincoln; 1996 to August 2000

- Oversee 10 - 15 student staff in the 285,000 sq.ft. Campus Recreation facility. Areas included: Cardiovascular and resistance training area, aerobic dance rooms, swimming pool, super circuit resistance training room, 8 court areas, 15 racquetball courts, indoor football pavilion

Visiting Student, University of Queensland, Brisbane, Australia; February to December 1995

- Accompanied my wife during a year-long Rotary International scholarship program
- Assisted with ongoing research in the Department of Human Movement
- Audited courses in the Department of Human Movement

Fitness Instructor / Supervisor, The Workout, Indooripilly, Queensland, Australia; 1995

- Instructed Aerobic Circuit fitness classes
- Supervised the use of cardiovascular equipment and the Medx resistance training circuits

Research Assistant, Department of Health and Human Performance

University of Nebraska, Kearney, NE; August 1992 to May 1993

- Weight control research project (Very Low Calorie Diet and Exercise): Physical assessment, supervision, and motivation of individuals on a weight loss program. Supervision of subjects during aerobic and resistance training sessions. Maintain data files on subjects, coordinate testing schedules, and coordinate and dispense weekly meals to research subjects.
- Children's physical activity research project. Activity analysis of primary school physical education classes. Observation and recording of food intake. Physical assessment of primary school students: Including hydrostatic weight, BIA, skinfolds, treadmill VO₂ max, & strength assessment.
- Community Wellness Program Coordinator: Physical assessment, exercise prescription development, and supervision of individuals; occasionally instructed water fitness circuit classes.

GRANTS

Blue Cross and Blue Shield of Nebraska, and the Heartland United Way Venture Grants, 2008

- Development of an elementary school based education program for the prevention of overweight children in rural Nebraska.
- This collaborative effort between the local hospital and the public school system will focus efforts on 4th grade students. The program will incorporate educational units on both nutritional choices and physical activity for lifelong health, and will include family involvement to reinforce healthy choices.
- Serving as an expert reviewer for grant submissions, and as a resource for physical activity education and final program design and implementation. **Funded \$9,000.**

College of Arts and Sciences Faculty Led Program Abroad Development Grant, Creighton University 2008

- Received funds to Develop a Faculty Led Program Abroad to Scandinavia within the Department of Exercise Science
- Meet with research groups in Denmark, Sweden, and Finland to organize a summer program abroad for 2009. The program would be designed around an existing course, EXS 407, Basic Statistics and Research Design, including Scandinavian researchers presenting lectures on their current research and study design. **Funded \$5,122.**

Academic Affairs Research Initiative Grants, Creighton University 2007

- “The Effect of Three Different Creatine Formulations on Skeletal Muscle Creatine Retention”
- Co-investigator along with Dr. Joan Eckerson, Exercise Science Department, Dr. Raymond Heller, Department of Family Medicine, Mr. Charles Pfeifer, Exercise Science Department, and Dr. Kirk Beisel, Biomedical Sciences Department, Creighton University. **Funded \$9,871.**

Fortress Systems International,

- “The Effect of Beta-Alanine and Phosphorus Supplementation on Anaerobic Exercise Performance”
- Co-investigator along with Dr. Joan Eckerson and Ms. Geri Moore, Department of Exercise Science and Athletic Training, Creighton University. Not funded, \$12,748

University of Nebraska Medical Center- College of Nursing, Dean’s Grant 2006

- “Refinement of Physical Activity Measurement Protocol for Urban Elementary School Children”
- Co-investigator with UNMC College of Nursing faculty; **Funded \$3,000**

Creighton College of Arts and Sciences Undergraduate Summer Research Scholarship, 2006

- “Health risk Assessment In Children Enrolled In The National Youth Sports Program (NYSP) At Creighton University”
- Faculty sponsor of two undergraduate students; not funded, \$425

National Institutes of Health, Diabetes and Digestive and Kidney Diseases (R-34), 2005

- “Type 2 Diabetes Prevention: Urban Elementary School Students”
- Co-Investigator with UNMC College of Nursing faculty; not funded, \$455,387
- The proposal received a ranking score and comments for resubmission
- Currently the proposal is not being resubmitted as the research team has disbanded.

Life Sciences Laboratory, Inc., 2004

- “Effect of Proline Supplementation on Cycling Performance”
- Primary Investigator; not funded \$14,160

Numico Research, 2001

- “The Effect Of 30-Day Supplementation Of Creatine Phosphate On Anaerobic Working Capacity In Men”
- Co-investigator with CU EXS/AT faculty; **funded, \$10,800**

National Strength and Conditioning Association, Student Research Grant, 2000

- “The Effects Of Pedaling Cadence On The Electromyographic And Mechanomyographic Signals Of The Three Superficial Quadriceps Muscles”
- Primary Investigator; **funded, \$2,338**

LEAD AUTHORED PUBLICATIONS IN REFEREED JOURNALS

1. Bull, A.J., T.J. Housh, G.O. Johnson, and S.R. Rana. Physiological responses at five estimates of critical velocity. *European Journal of Applied Physiology* 102(6): 711-720, 2008.
2. Bull, A.J., T.J. Housh, G.O. Johnson, and S.R. Perry. Electromyographic and mechanomyographic responses at critical power. *Canadian Journal of Applied Physiology* 25(4): 262-270, 2000.
3. Bull, A.J., T.J. Housh, G.O. Johnson, and S.R. Perry. Effect of mathematical modeling on the estimation of critical power. *Medicine and Science in Sports and Exercise* 32(2): 526-530, 2000.

CO-AUTHORED PUBLICATIONS IN REFEREED JOURNALS

1. Eckerson, J.M., **A.J. Bull**, and G.A. Moore. Effect of 30 Days of Creatine Supplementation with Phosphate Salts on Anaerobic Working Capacity and Body Weight in Men. *Journal of Strength and Conditioning Research*. 22(3):826-832, 2008.
2. Hendrix, C.R., **A.J. Bull**, T.J. Housh, S.R. Rana, J.T. Cramer, T.W. Beck, J.P. Weir, M.H. Malek, and M. Mielke. The effect of pedaling cadence and power output on mechanomyographic amplitude and mean power frequency during submaximal cycle ergometry. *Electromyography and Clinical Neurophysiology*. 48: 195-201, 2008.
3. Lambert, G.P., J.A. Lang, **A.J. Bull**, J.M. Eckerson, S. Lanspa, and J. O’Brien. Fluid tolerance while running: Effect of repeated trials. *International Journal of Sports Medicine*. 29: 878-882, 2008.

4. Lambert, G.P., J.A. Lang, **A.J. Bull**, P.C. Pfeifer, J.M. Eckerson, G.A. Moore, S. Lanspa, and J. O'Brien. Fluid restriction during running increases GI permeability. *International Journal of Sports Medicine*. 29: 194-198, 2008. [Jul 5, 2007; Epub ahead of print].
5. Lambert, G.P., M.W. Boylan, J-P. Laventure, **A.J. Bull**, and S.J. Lanspa. Effects of Aspirin and Ibuprofen on Gastrointestinal Permeability during Exercise. *International Journal of Sports Medicine* 28(9): 722-726, 2007.
6. Housh TJ, Johnson GO, Housh DJ, Cramer JT, Eckerson, JM, Stout JR, **Bull AJ**, and Rana SR. Accuracy of near-infrared interactance instruments and population-specific equations for estimating body composition in young wrestlers. *Journal of Strength Conditioning Research*. 18(3): 556-60, 2004.
7. Cramer JT, Housh TJ, Weir JP, Johnson GO, Berning JM, Perry SR, and **Bull AJ**. Gender, muscle, and velocity comparisons of mechanomyographic and electromyographic responses during isokinetic muscle actions. *Scandinavian Journal of Medicine and Science in Sports*. 14(2): 116-27, 2004.
8. Perry-Rana SR, Housh TJ, Johnson GO, **Bull AJ**, Cramer JT. MMG and EMG responses during 25 maximal, eccentric, isokinetic muscle actions. *Medicine and Science in Sports and Exercise*. 35(12): 2048-54, 2003.
9. Cramer JT, Housh TJ, Weir JP, Ebersole KT, Perry-Rana SR, **Bull AJ**, Johnson GO. Cross-correlation analyses of mechanomyographic signals from the superficial quadriceps femoris muscles during concentric and eccentric isokinetic muscle actions. *Electromyography and Clinical Neurophysiology*. 43(5): 293-300, 2003.
10. Cramer, J.T., T.J. Housh, T.K. Evetovich, G.O. Johnson, K.T. Ebersole, S.R. Perry, and **A.J. Bull**. The relationship among peak torque, mean power output, mechanomyography, and electromyography in men and women during maximal eccentric, isokinetic muscle actions. *European Journal of Applied Physiology*. 86(3):226-32, 2002.
11. Cramer, J.T., T.J. Housh, J.P. Weir, G.O. Johnson, J.M. Berning, S.R. Perry, and **A.J. Bull**. Mechanomyographic and electromyographic amplitude and frequency responses from the superficial quadriceps femoris muscles during maximal, eccentric isokinetic muscle actions. *Electromyography and Clinical Neurophysiology*. 42(6):337-46, 2002.
12. Cramer, J.T., T.J. Housh, J.P. Weir, G.O. Johnson, K.T. Ebersole, S.R. Perry, and **A.J. Bull**. Power output, mechanomyographic, and electromyographic responses to maximal, concentric, isokinetic muscle actions in men and women. *Journal of Strength and Conditioning Research*. 16(3):399-408, 2002.
13. Ebersole, K.T., T.J. Housh, G.O. Johnson, S.R. Perry, **A.J. Bull**, and T.J. Cramer. Mechanomyographic and electromyographic responses to unilateral isometric training. *Journal of Strength and Conditioning Research*. 16(2):192-201, 2002.

14. Perry-Rana, S.R., T.J. Housh, G.O. Johnson, **A.J. Bull**, J.M. Berning, and J.T. Cramer. MMG and EMG responses during fatiguing isokinetic muscle contractions at different velocities. *Muscle and Nerve*. 26(3): 367-73, 2002.
15. Housh, T.J., J.T. Cramer, **A.J. Bull**, G.O. Johnson, D.J. Housh. The effect of mathematical modeling on critical velocity. *European Journal of Applied Physiology*. 84: 469-475, 2001.
16. Perry, S.R., T.J. Housh, G.O. Johnson, K.T. Ebersole, and **A.J. Bull**. Heart rate and ratings of perceived exertion at the physical working capacity at the heart rate threshold (PWC_{HRT}). *Journal of Strength and Conditioning Research*. 15(2): 225-229, 2001.
17. Perry, S.R., T.J. Housh, G.O. Johnson, K.T. Ebersole, and **A.J. Bull**. Mechanomyographic responses to continuous, constant power output cycle ergometry. *Electromyography and Clinical Neurophysiology*. 41: 137-144, 2001.
18. Perry, S.R., T.J. Housh, G.O. Johnson, K.T. Ebersole, **A.J. Bull**, T.K. Evetovich, and D.B. Smith. Mechanomyography, electromyography, heart rate, and ratings of perceived exertion during incremental cycle ergometry. *Journal of Sports Medicine and Physical Fitness*. 41(2): 183-188, 2001.
19. Perry, S.R., T.J. Housh, J.P. Weir, G.O. Johnson, **A.J. Bull**, and K.T. Ebersole. Mean Power Frequency and amplitude of the mechanomyographic and electromyographic signals during incremental cycle ergometry. *Journal of Electromyography and Kinesiology* 11: 299-305, 2001.
20. Cramer, J.T., T.J. Housh, G.O. Johnson, K.T. Ebersole, S.R. Perry, and **A.J. Bull**. Mechanomyographic amplitude and mean power output during maximal, concentric isokinetic muscle actions. *Muscle and Nerve* 23: 1826 – 1831, 2000.
21. Housh, T.J., S.R. Perry, **A.J. Bull**, G.O. Johnson, K.T. Ebersole, D.J. Housh, and H.A. deVries. Mechanomyographic and electromyographic responses during submaximal cycle ergometry. *European Journal of Applied Physiology*. 83: 381-387, 2000.
22. Cramer, J.T., T.J. Housh, G.O. Johnson, K.T. Ebersole, S.R. Perry, and **A.J. Bull**. Mechanomyographic and electromyographic responses of the superficial muscles of the quadriceps femoris during maximal, concentric isokinetic muscle actions. *Isokinetics and Exercise Science* 8: 109-117, 2000.
23. Stout, J., J. Eckerson, K. Ebersole, G. Moore, S. Perry, T. Housh, **A. Bull**, J. Cramer, and A. Batheja. Effect of creatine loading on neuromuscular fatigue threshold. *Journal of Applied Physiology* 88: 109-112, 2000.
24. Evetovich, T.K., T.J. Housh, G.O. Johnson, S.A. Evans, J.R. Stout, **A.J. Bull**, D.B. Smith, M.M. Evetovich. The effect of workout duration on the physical working capacity at fatigue threshold (PWC_{FT}) test. *Ergonomics* 39:314-321, 1996.

**LEAD AUTHORED PUBLISHED RESEARCH ABSTRACTS
PRESENTED AT NATIONAL MEETINGS**

1. **Bull, A.J.**, J.M. Eckerson, T.S. Pulverenti, J.C. Yee, G.A. Moore, C.J. Vacek. Reproducibility Of A Simulated 20-KM Time Trial In Competitive Cyclists And Triathletes. *Journal of Strength and Conditioning Research*, issue date TBD Presented at the 2010 annual meeting of the National Strength and Conditioning Association.
2. **Bull, A.J.**, C.R. Hendrix, S.R. Rana, J.T. Cramer, J.P. Weir, T.J. Housh, and G.O. Johnson. The effect of pedaling cadence and power output on mechanomyographic and electromyographic signal amplitude during submaximal cycle ergometry. *Journal of Strength and Conditioning Research* 21(4):e37, 2007 Presented at the 2007 annual meeting of the National Strength and Conditioning Association.
3. **Bull, A.J.**, J.M. Eckerson, G.A. Moore, P.C. Pfeifer, and D. Obermiller. Employee Perceptions Of Wellness Program Needs At A Midwestern University. *Medicine and Science in Sports and Exercise*. 38(5):S253, 2006. Presented at the 2006 annual meeting of the American College of Sports Medicine.
4. **Bull, A.J.**, P.C. Pfeifer, J.M. Eckerson, G.A. Moore, and M. Joshi. The Effect of 5 Days of Calorie Free Creatine Supplementation on Repeated Sprint Cycling *Medicine and Science in Sports and Exercise*. 37(5):S44, 2005. Presented at the 2005 annual meeting of the American College of Sports Medicine.
5. **Bull, A.J.**, J.M. Eckerson, and G.A. Moore. Effect of 30 Days of Creatine Phosphate Supplementation on the Critical Power Test in Men. *Medicine and Science in Sports and Exercise*. 35(5) S401, 2003. Presented at the 2003 annual meeting of the American College of Sports Medicine.
6. **Bull, A.J.**, T.J. Housh, G.O. Johnson, and S.R. Perry. Oxygen kinetics during continuous running at critical velocity. *Medicine and Science in Sports and Exercise*. 34: S292, 2002. Presented at the 2002 annual meeting of the American College of Sports Medicine.
7. **Bull, A.**, T. Housh, G. Johnson, S. Perry, and J. Cramer. Oxygen consumption at critical power estimated from linear and nonlinear models. *Medicine and Science in Sports and Exercise*. 33: S110, 2001. Presented at the 2001 annual meeting of the American College of Sports Medicine.
8. **Bull, A.J.**, J.T. Cramer, T.J. Housh, and G.O. Johnson. The effect of mathematical modeling on the estimation of critical velocity. *Medicine and Science In Sports and Exercise* 32: S359, 2000. Presented at the 2000 annual meeting of the American College of Sports Medicine.
9. **Bull, A.J.**, T.J. Housh, G.O. Johnson, and S.R. Perry. Electromyographic, mechanomyographic, and heart rate responses at critical power. *Medicine and Science In Sports and Exercise* 31: S166, 1999. Presented at the 1999 annual meeting of the American College of Sports Medicine.

10. **Bull, A.J.**, T.J. Housh, G.O. Johnson, and S.R. Perry. The effect of mathematical modeling on the estimation of critical power. *Medicine and Science In Sports and Exercise* 30: S325, 1998. Presented at the 1998 annual meeting of the American College of Sports Medicine.
11. **Bull, A.J.**, D.B. Smith, T.K. Evetovich, K.T. Ebersole, S.R. Perry, T.J. Housh, and G.O. Johnson. Mechanomyographic, electromyographic, and peak torque responses to concentric isokinetic muscle actions of the biceps brachii. *Medicine and Science In Sports and Exercise* 29: S248, 1997. Presented at the 1997 meeting of the American College of Sports Medicine.

**CO-AUTHORED PUBLISHED RESEARCH ABSTRACTS
PRESENTED AT NATIONAL MEETINGS**

1. Eckerson, J., **A. Bull**, G. Moore, T. Baechle, J. Yee, S. Egan, C. Fischer, D. O'Brien, T. Pulverenti. The Effects Of Sugar-Free Energy Drinks On Upper Body Strength And Muscular Endurance In Males. *Journal of Strength and Conditioning Research*, issue date TBD Presented at the 2010 annual meeting of the National Strength and Conditioning Association.
2. Eckerson, J.M., **A.J. Bull**, G.A. Moore, J.C. Yee, B.D. Roy. The Effect Of Two Different Creatine Formulations On Skeletal Muscle Creatine Retention. *Medicine and Science in Sports and Exercise*. 41(5): S169, 2009.
3. M. Healy, S. Ochi, S. Woita, S. Radniecki, J. Eckerson, **A. Bull**, G. Moore, J. Yee, L. Beisel, G. Holte, and S. Shirley. The Effect Of Two Different Creatine Formulations On Strength And Power In Resistance Trained Men. *Journal of Strength and Conditioning Research*. 22(6): e41, 2008. Published online at www.nscj-jscr.org.
3. Lambert, G.P., J.A. Lang, **A.J. Bull**, P.C. Pfeifer, J.M. Eckerson, and G.A. Moore. Effect of Fluid Replacement During Distance Running on Gastrointestinal Barrier Function. Program of the Ninth Annual Meeting of the Nebraska Physiological Society, May, 2006.
4. Pfeifer, P.C., **A.J. Bull**, J.M. Eckerson, G.A. Moore, and M. Joshi. The Effect of 5 Days of Creatine Supplementation on Anaerobic Indices of a Wingate Test. *Medicine and Science in Sports and Exercise*. 37(5): S44-45, 2005.
5. Eckerson, J.M., A.C. Fry, B.K. Schilling, L.W. Weiss, C.A. Moore, and **A.J. Bull**. Fast Myosin Heavy Chain Expression is Correlated to Vertical Jump Performance. *Journal of Strength and Conditioning Research*. 19(4): e13, 2005. Published online at nsca.allenpress.com.
6. Lambert, G.P., J-P. Laventure, M. Boylan, **A. Bull**, S. Lanspa. Gastric comfort and gastric emptying rate are not altered by repeated fluid ingestion during physical training. Federation of American Societies for Experimental Biology Annual Meeting, 2005.
7. Boylan, M., J-P. Laventure, **A. Bull**, S. Lanspa, and G.P. Lambert. Comparison of the effects of aspirin and ibuprofen on gastrointestinal permeability during prolonged exercise. Federation of American Societies for Experimental Biology Annual Meeting, 2005.

8. Smith DB, TJ Housh, GO Johnson, TK Evetovich, KT Ebersole, SR Rana, and **AJ Bull**. Peak torque, mechanomyographic, and electromyographic responses of the vastus medialis to isometric strength training. *Medicine and Science in Sports and Exercise*. 36(5) S341, 2004.
9. Housh, D.J., T.J. Housh, G.O. Johnson, J.T. Cramer, J.M. Eckerson, J.R. Stout, **A.J. Bull**, and S.R. Perry-Rana. The Accuracy Of Near-Infrared Interactance Estimates Of Percent Body Fat In Young Wrestlers. *Journal of Strength and Conditioning Research*. 17(4): S8, 2003.
10. Ebersole, K.T., T.J. Housh, G.O. Johnson, J.T. Cramer, S.R. Perry, and **A.J. Bull**. The Effect of Forearm Flexion Angle on the MMG and EMG Amplitude. *Medicine and Science in Sports and Exercise*. 35:S390, 2003.
11. Eckerson, J.M., **A.J. Bull**, and G.A. Moore. The Effect of 30 Days of Creatine Phosphate Supplementation on Body Weight in Men. *Medicine and Science in Sports and Exercise*. 35(5): S217, 2003.
12. Housh, D.J., J.T. Cramer, J.P. Weir, I.J. Kremenec, M.P. McHugh, S.R. Rana, **A.J. Bull**, G.O. Johnson, and T.J. Housh. Wavelet and Fourier Transformations of EMG and MMG Signals During Fatiguing Cycle Ergometry. *Medicine and Science in Sports and Exercise*. 35: S382, 2003.
13. Perry-Rana, S.R., T.J. Housh, G.O. Johnson, **A.J. Bull**, and J.T. Cramer. MMG and EMG Responses During 25 Maximal, Eccentric, Isokinetic Muscle Actions. *Medicine and Science in Sports and Exercise*. 35: S391, 2003.
14. Smith, D.B., T.J. Housh, G.O. Johnson, T.K. Evetovich, K.T. Ebersole, S.R. Rana, and **A.J. Bull**. Mechanomyographic, Electromyographic, and Peak Torque Responses to Isometric Strength Training of the Vastus Lateralis. *Medicine and Science in Sports and Exercise*. 35: S145, 2003.
15. Coburn, J.W., T.J. Cramer, T.J. Housh, G.O. Johnson, J.M. Miller, J.M. Berning, S.R. Perry, and **A.J. Bull**. Peak torque and electromyographic amplitude of the vastus lateralis during maximal, voluntary isokinetic muscle actions in females. *Medicine and Science in Sports and Exercise*. 34:S176, 2002.
16. Cramer, J.T., T.J. Housh, G.O. Johnson, J.M. Berning, S.R. Perry, and **A.J. Bull**. Mechanomyographic amplitude and power output during high-velocity isokinetic muscle actions. *Medicine and Science in Sports and Exercise*. 34:S177, 2002.
17. Ebersole, K.T., T.J. Housh, G.O. Johnson, J.T. Cramer, S.R. Perry, and **A.J. Bull**. The effect of forearm flexion angle on the MMG and EMG mean power frequency. *Medicine and Science in Sports and Exercise*. 34:S263, 2002.
18. Housh, D., T. Housh, G. Johnson, J. Cramer, J. Eckerson, J. Stout, T. Evetovich, K. Ebersole, S. Perry, and **A. Bull**. Gender comparisons for body composition and peak torque in age-group swimmers. *Medicine and Science in Sports and Exercise*. 34:S105, 2002.

19. Miller, J.M, T.J. Cramer, T.J. Housh, G.O. Johnson, J.W. Coburn, J.M. Berning, S.R. Perry, and **A.J. Bull**. Velocity-related patterns for mean power output, mechanomyography, and electromyography during concentric and eccentric isokinetic muscle actions. *Medicine and Science in Sports and Exercise*. 34:S175, 2002.
20. Perry, S.R., T.J. Housh, G.O. Johnson, **A.J. Bull**, J.M. Berning, and J.T. Cramer. MMG and EMG responses during fatiguing isokinetic muscle actions at different velocities. *Medicine and Science in Sports and Exercise*. 34:S261, 2002.
21. Cramer, J.T., T.J. Housh, G.O. Johnson, J.M. Berning, S.R. Perry, and **A.J. Bull**. Mean power output and mechanomyographic amplitude of the superficial muscles of the quadriceps femoris during maximal, eccentric isokinetic muscle actions. *Journal of Strength and Conditioning Research* 15(3): 392, 2001.
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37. Stout, J., J. Eckerson, G. Moore, K. Ebersole, S. Perry, and **A. Bull**. The effects of creatine loading on neuromuscular fatigue threshold in female athletes. *Medicine and Science In Sports and Exercise* 31: S102, 1999.
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39. Housh, T., G. Johnson, D. Housh, J. Eckerson, J. Stout, T. Evetovich, D. Smith, K. Ebersole, S. Perry, and **A. Bull**. Validity of near-infrared interactance and bioelectrical impedance for estimating percent fat in male swimmers. *Medicine and Science In Sports and Exercise* 30: S147, 1998.
40. Housh, T.J., G.O. Johnson, D.J. Housh, J.M. Eckerson, J.R. Stout, T.K. Evetovich, D.B. Smith, K.T. Ebersole, S.R. Perry, and **A.J. Bull**. Validity of near-infrared interactance and bioelectrical impedance for estimating percent fat in female swimmers. *Medicine and Science In Sports and Exercise* 29: S57, 1997.
41. Evetovich, T., T. Housh, G. Johnson, J. Stout, **A. Bull**, D. Smith, M. Evetovich. The effect of workout duration on the physical working capacity at fatigue threshold test. *Medicine and Science In Sports and Exercise* 27: S208, 1995

INVITED PROFESSIONAL PRESENTATIONS

1. “Physical Activity: How Much Is Enough?”. Presented as part of the American College of Sports Medicine 2009 Exercise Conference, Health, Fitness and Clinical Enhancement Workshop, Lincoln, NE, July 31, 2009.
2. “Physical Activity: The Cornerstone Of A Weight Management Program”. Presented as part of the Nebraska Medical Association/ Creighton Medical Associates’ “Obesity 360” continuing medical education conference, Omaha, NE, March 7, 2008.
3. “Current Topics in Physical Activity”. Presented as part of “Topics in Sports Medicine”, University of Nebraska at Omaha, graduate program in exercise science, Omaha, NE, October 29, 2008.
4. “Desire, Determination, and Dedication: How Lifestyle Changes Can Make A Difference In Weight Management!” Central College Health Association Conference, Bryan LGH College of Health Sciences, March 17, 2006.
5. “Muscular Strength Training”. Presented as part of the American College of Sports Medicine’s Health Fitness Instructor® certification workshop, Creighton University, Omaha, NE, May 24, 2005.
6. “Exercise Physiology”. Presented as part of the American College of Medicine’s Health/Fitness Instructor® certification workshop, Omaha, NE, May 2003.
7. “Oxygen Kinetics During Continuous Running At Critical Velocity”; Presented at the American College of Sports Medicine-Central States Regional Meeting, Kansas City, MO, 2002.
8. “Structure and Function of the Muscular, Respiratory, and Cardiovascular Systems”; Presenter for the Essentials of Personal Training Symposia, National Strength and Conditioning Association Certification Commission, Las Vegas, NV, 2002.
9. “Hands On Resistance Training For Middle School Students”; Presented at the Nebraska Association for Health, Physical Education, Recreation, and Dance annual conference, Lincoln, NE, 1998.
10. “Weight Training Opportunities for Middle School Physical Education”; Presented at the Nebraska Association for Health, Physical Education, Recreation, and Dance annual conference, Grand Island, NE, 1997.

REVIEWER/REFEREE

1. Reviewed original research article for the International Journal of Sport Physiology and Performance, September 2010.
2. Reviewer for the 2010 National Strength and Conditioning Research Awards. Awards to be presented at the 2010 national meeting in Orlando, FL, July 2010.

3. Reviewed original research article for the Journal of Sports Science and Medicine, September 2009.
4. Reviewed research abstracts for the National Strength and Conditioning Association's Annual Meeting, Atlanta, GA, 2007.
5. Reviewed original research article for the journal, *Applied Physiology, Nutrition and Metabolism*, September, 2006.
6. Reviewed research abstracts for the National Strength and Conditioning Association's Annual Meeting, Washington D.C, 2006.
7. Reviewed original research article for the *Canadian Journal of Applied Physiology*, March, 2003.

COMMUNITY SERVICE PRESENTATIONS

1. "Physical Activity for Health and Weight Loss". Presented at Blue Cross and Blue Shield of Nebraska, Omaha, NE, April 23, 2009.
2. "Nutrition for Endurance Sport Performance". Presented at Nebraska Wesleyan University's "Plains" Sense Cross Country Camp, Central City, NE, July 2003, 2006, 2008, 2010.
3. "Resistance Training for Running Performance". Presented to the Omaha Running Club, Omaha, NE, May 25, 2005, 2006, 2008, 2010.
4. "Resistance Training Guidelines for Endurance Athletes"; Presented at the Nebraska Wesleyan University's "Plains" Sense Cross Country Camp, Central City, NE, July 2000, 2001, 2005, 2007.
5. "Get up and Get Moving: It's Not as Hard as You Think". Presented (with translation) to a Spanish speaking audience of parents at Gomez Elementary School as part of the Hope Medical Outreach Coalition/CUMC Pediatric Health Awareness Clinic, February 18, 2006.
6. "Lifestyle Changes for Life: Overcoming Obesity", Keynote address for the Creighton University Wellness Council's Walk 100 Luncheon, May 24, 2005.
7. "The Truth About Losing Fat and Gaining Muscle". Presented to the Creighton University ROTC, Omaha, NE, February 11, 2005.
8. "Realistic Exercise Prescriptions for Busy People". Presented as part of the Division of Student Life Wellness Program, Nebraska Wesleyan University, Lincoln, NE, February, 9, 2005.
9. "Obesity: the physical activity component". Interview for Creighton University Creativity Services Television's Creighton in the Community series. Original air date December 20, 2004.

10. "Obesity Management: Surgical and Non-Surgical Options". Presented as part of the Creighton University Wellness Council's Healthy Luncheon Series, October 6, 2004.
11. "Nutrition, Exercise, and Stress Management: surviving the first year of medical school". Presented to the incoming medical school students at Creighton University, August, 2004, 2006.
12. "Making Time For Personal Fitness In A Busy Lifestyle". Presentation to Creighton University Medical Center medical students and interns in Radiology, 2001, 2002, 2004.
13. "Nontraditional Core Resistance Training For Endurance Athletes". Presented at Nebraska Wesleyan University's "Plains" Sense Cross Country Camp, Central City, NE, 2002, 2004.
14. "Avoiding Fad Diets: The proper way to manage/lose body fat". Presented to the Omaha Area ROTC program, Creighton University, November 2003.
15. "Using Running Or Walking As Part Of A Sensible Weight Loss Program". Presented at the "Beginner's Luck" first time runners workshop, Lincoln, NE, May 2003.
16. "Nutritional Supplements and Guidelines for General Fitness". Presented to the Omaha Area ROTC program, Creighton University, February 2003.
17. "Guidelines for General Fitness". Presented to the first year medical school students at Creighton University, Omaha, NE, 2002.
18. "Resistance Training for a Better Marathon", Presented at the YMCA Marathon Clinic, Lincoln, NE, 2002.
19. "Ergogenic Aids and Nutritional Supplements"; "Overtraining and the Triathlete"; and "Resistance Training for Triathletes"; Presented to the YMCA Triathlon Clinic, Lincoln, NE; 1997 to 2000.
20. "What Can I Do With A Degree In Exercise Science?"; Served as a panel member during career week at Nebraska Wesleyan University, Lincoln, NE; 1993, 1997, and 2000.
21. "Resistance Training: Effects On Metabolism And Weight Control", Presented at the Nebraska chapter TOPS annual meeting, Lincoln, NE, 1998.
22. "The Role of Exercise in Weight Management"; Presented at the Nebraska chapter TOPS annual meeting, Lincoln, NE, 1997.
23. "Off-Season Strength Training For Cycling"; Presented to the Lincoln Velo cycling club, Lincoln, NE; 1996, 1998.