

Joan M. Eckerson, Ph.D., FACSM, FNSCA, CSCS

*Home: 5424 S. 106th St.
Omaha, NE 68127
Telephone: (402) 331-9463
Email: jmeckerson@hotmail.com
Office: Department of Exercise Science
College of Arts and Sciences
Creighton University
2500 California Plaza
Omaha, NE 68178
Telephone: (402) 280-2090
Email: eckerson@creighton.edu
FAX: (402) 280-4732*

PROFESSIONAL PREPARATION:

B.S. 1987	Physical Education; Minor: Business Administration, University of Nebraska – Kearney
M.A. 1989	Exercise Science, California State University – Fresno
Ph.D. 1993	Exercise Physiology, University of Nebraska – Lincoln

PROFESSIONAL EXPERIENCE:

1995-Present	Professor (2007) and Associate Chair (2008-2011), Creighton University, Omaha, NE
1993-1995	Assistant Professor, Eastern Michigan University, Ypsilanti, MI
Summer 1990 Spring 1991	Instructor, Nebraska Wesleyan University, Lincoln, NE
1987-1993	Graduate Research and Teaching Assistant University of Nebraska-Lincoln
1987-1989	California State University-Fresno, Graduate Teaching/Laboratory Assistant

TEACHING EXPERIENCE:

Creighton University – Omaha, NE

1995 - Present Human Anatomy, Nutrition for Health and Sports Performance,
Directed Independent Study, Directed Independent Research,
Directed Independent Readings

Eastern Michigan University – Ypsilanti, MI

1993 - 1995 Anatomy and Physiology, Exercise Physiology, Advanced
Exercise Physiology, Pathology of Sports Medicine, Health and
Aging, Nutrition and Fitness

University of Nebraska – Lincoln, NE

1989 - 1993 Exercise Physiology Laboratory, Anatomy Laboratory, Healthy
Lifestyles

Nebraska Wesleyan University – Lincoln, NE

Summer 1990 Undergraduate Anatomy and Kinesiology

Spring 1991 Undergraduate Exercise Physiology

California State University – Fresno, CA

1987 - 1989 Weight Training, Aerobic Conditioning, Water Aerobics, Swim for
Fitness, Beginning Swimming, Human Performance Laboratory
Assistant

RESEARCH PUBLICATIONS (refereed journals):

1. **Eckerson, J.**, A. Bull, G Moore, T. Baechle, J. Yee, S. Egan, C. Fischer, D. O'Brien, and T. Pulverenti,. Acute Ingestion of Sugar-Free Red Bull Energy Drink has no Effect on Upper Body Strength and Muscular Endurance in Resistance Trained Men. *Journal of Strength and Conditioning Research*. 27(8):2248-2254, 2013.
2. Konor, M.M., S. Morton, **J.M. Eckerson**, and T.L. Grindstaff. Reliability of Three Measures of Ankle Dorsiflexion Range of Motion. *Journal of Sports Physical Therapy*. 7(3):1-9, 2012.
3. Moon, J.R., **J.M. Eckerson**, S.E. Tobkin, A.E. Smith, C.M. Lockwood, A.A. Walter, J.T. Cramer, T.W. Beck, and J.R. Stout. Estimating body fat in NCAA division I

female athletes: A five-compartment model validation of laboratory methods. *European Journal of Applied Physiology* 105(1):119-130, 2009.

4. Lambert, G.P., J. Lang, A. Bull, **J. Eckerson**, S. Lanspa, and J. O'Brien. Fluid tolerance while running: effect of repeated trials. *International Journal of Sports Medicine*. Nov. 29(11):878-882, 2008.
5. **Eckerson, J.M.**, A.J. Bull, and G.A. Moore. Effect of 30 days of creatine supplementation with phosphate salts supplementation on anaerobic working capacity and body weight in men. *Journal of Strength and Conditioning Research*. 22(3):826-832, 2008.
6. Lambert, G.P, J.A. Lange, A.J. Bull, P.C. Pfeifer, **J.M. Eckerson**, and G.A. Moore. Fluid restriction increases GI permeability. *International Journal of Sports Medicine*. 29:194-198, 2008.
7. **Eckerson, J.M.**, J.R. Stout, G.A. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. Effect of creatine phosphate supplementation on anaerobic working capacity and body weight in men and women. *Journal of Strength and Conditioning Research*. 19(4):756-763, 2005.
8. Housh, T.J., G.O. Johnson, D.J. Housh, J.T. Cramer, **J.M. Eckerson**, J.R. Stout, A.J. Bull, and S.R. Rana. Accuracy of near-infrared interactance instruments and population-equations for estimating body composition in young wrestlers. *Journal of Strength and Conditioning Research*. 18(3):556-560, 2004.
9. **Eckerson, J.M.**, J.R. Stout, G.A. Moore, N.J. Stone, K. Nishimura, and K. Tamura. Effect of two and five days of creatine loading on anaerobic working capacity in women. *Journal of Strength and Conditioning Research*. 18(1):168-173, 2004.
10. Goodwin, J.E., **J.M. Eckerson**, and C.A. Voll, Jr. Testing specificity and guidance hypotheses by manipulating relative frequency KR scheduling in motor skill acquisition. *Perceptual and Motor Skills*. 93:819-824, 2001.
11. Bradley-Popovich, G.E., G. Karageoros, **J.M. Eckerson**, J.R. Stout and J.R. Gale. Oral creatine supplementation for AIDS-related muscle wasting. *Positive Communication*. 6:15-22, 2001.
12. Stout, J.R., **J.M. Eckerson**, E. May, C. Coulter, and G.E. Bradley-Popovich. Effects of exercise and creatine supplementation on Myasthenia Gravis: A case study. *Medicine and Science in Sports and Exercise*. 33:869-872, 2001.
13. Bachle, L., **J. Eckerson**, L. Albertson, J. Goodwin, K. Ebersole, and D. Petzel. The effect of fluid replacement on endurance performance. *Journal of Strength and Conditioning Research*. 15:217-224, 2001.

14. Housh, T., G. Johnson, D.Housh, J. Stout, and **J. Eckerson**. Estimation of body density in young wrestlers. *Journal of Strength and Conditioning Research*. 14:477-482, 2000.
15. Stout, J.R., **J.M. Eckerson**, K. Ebersole, G. Moore, S. Perry, T. Housh, A. Bull, J. Cramer, and A. Batheja. The effect of creatine loading on the neuromuscular fatigue threshold. *Journal of Applied Physiology*. 88:109-112, 2000.
16. Ebersole, K.T., J.R. Stout, **J.M. Eckerson**, T.J. Housh, T.K. Evetovich, and D.B. Smith. The effect of pyruvate supplementation on critical power. *Journal of Strength and Conditioning Research*. 14:132-134, 2000.
17. Stout, J., **J. Eckerson**, D. Noonan, G. Moore, and D. Cullen. Chronic effects of creatine supplementation on exercise performance and fat-free mass in football players during resistance and speed training. *Nutrition Research*. 19: 217-225, 1999.
18. Stout, J.R., **J.M. Eckerson**, T.J. Housh, and K.T. Ebersole. The effects of creatine supplementation on anaerobic working capacity. *Journal of Strength and Conditioning Research*. 13:135-138, 1999.
19. **Eckerson, J.M.**, J.R. Stout, T.K. Evetovich, J.J. Housh, G.O. Johnson, and N. Worrell. The validity of self-assessment techniques for estimating percent fat in men and women. *Journal of Strength and Conditioning Research*. 12:243-247, 1998.
20. Goodwin, J.E., C.R. Grimes, **J.M. Eckerson**, and P.M. Gordon. Effect of different quantities of variable practice on acquisition retention, and transfer of an applied motor skill. *Perceptual and Motor Skills*. 87:147-151, 1998.
21. **Eckerson, J.M.**, T.K. Evetovich, J.R. Stout, G.O. Johnson, T.J. Housh, D.J. Housh, K.T. Ebersole, and D.B. Smith. Validity of bioelectrical impedance equations for estimating fat-free weight in high school female gymnasts. *Medicine and Science in Sports and Exercise*. 29:962-968, 1997.
22. Evetovich, T.K., T.J. Housh, **J.M. Eckerson**, G.O. Johnson, D.J. Housh, J.R. Stout, D.B. Smith, and K.T. Ebersole. Validity of bioelectrical impedance equations for estimating fat-free mass in young athletes. *Journal of Strength and Conditioning Research*. 11:155-158, 1997.
23. Housh, T.J., G.O. Johnson, D.J. Housh, **J.M. Eckerson**, and J.R. Stout. Validity of skinfold estimates of fat in high school female gymnasts. *Medicine and Science in Sports and Exercise*. 28:1331-1335, 1996.

24. Housh, T.J., G.O. Johnson, D.J. Housh, J.P. Weir, L.L. Wagner, **J.M. Eckerson**, and J.R. Stout. Age, fat-free weight, and isokinetic peak torque in high school female gymnasts. *Medicine and Science in Sports and Exercise*. 28:610-613, 1996.
25. **Eckerson, J.M.**, J.R. Stout, T.J. Housh, and G.O. Johnson. Validity of bioelectrical impedance equations for estimating percent fat in males. *Medicine and Science in Sports and Exercise*. 28:523-530, 1996.
26. Housh, T.J., J.R. Stout, G.O. Johnson, D.J. Housh, and, **J.M. Eckerson**. Validity of near-infrared interactance instruments for estimating percent body fat in youth wrestlers. *Pediatric Exercise Science*. 8:69-76, 1996.
27. Stout, J.R., T.J. Housh, **J.M. Eckerson**, and G.O. Johnson. Validity of methods for estimating percent body fat in young women. *Journal of Strength and Conditioning Research*. 10:25-29, 1996.
28. Housh, T.J., G.O. Johnson, D.J. Housh, J.R. Stout, J.P. Weir, L.L. Weir, and **J.M. Eckerson**. Isokinetic peak torque in youth wrestlers. *Pediatric Exercise Science*. 8:143-155, 1996.
29. Pavlat, D.J., T.J. Housh, G.O. Johnson, and **J.M. Eckerson**. Validity of the electromyographic fatigue threshold test. *Journal of Sports Medicine and Physical Fitness*. 35:31-37, 1995.
30. Stout, J.R., T.J. Housh, G.O. Johnson, D.J. Housh, S.A. Evans, and **J.M. Eckerson**. Validity of skinfold equations for estimating body density in youth wrestlers. *Medicine and Science in Sports Exercise*. 27:1321-1325, 1995.
31. Stout, J.R., **J.M. Eckerson**, T.J. Housh, G.O. Johnson, and N.M. Betts. Validity of percent body fat estimations in males. *Medicine and Science in Sports and Exercise*. 26:632-636, 1994.
32. Stout, J.R., **J.M. Eckerson**, T.J. Housh, and G.O. Johnson. Validity of methods for estimating percent fat in black males. *Journal of Strength and Conditioning Research*. 8:243-246, 1994.
33. **Eckerson, J.M.**, D.J. Housh, T.J. Housh, G.O. Johnson. Seasonal changes in body composition, strength, and muscular power of high school wrestlers. *Pediatric Exercise Science*. 6:39-52, 1994.
34. Pavlat, D.J., T.J. Housh, G.O. Johnson, R.J. Schmidt, and **J.M. Eckerson**. An examination of the electromyographic fatigue threshold test. *European Journal of Applied Physiology*. 67:305-308, 1993.

35. McDowell, S.L., J.P. Weir, **J.M. Eckerson**, L.L. Wagner, T.J. Housh, and G.O. Johnson. A preliminary investigation of the effect of weight training on salivary immunoglobulin A. *Research Quarterly for Exercise and Sport*. 64:348-351, 1993.
36. Evans, S.A., **J.M. Eckerson**, T.J. Housh, and G.O. Johnson. Muscular power of the arms in high school wrestlers. *Pediatric Exercise Science*. 5:72-77, 1993.
37. **Eckerson, J.M.** and T.R. Anderson. Physiological response to water aerobics. *Journal of Sports Medicine and Physical Fitness*. 32:255-261, 1992.
38. **Eckerson, J.M.**, T.J. Housh, and G.O. Johnson. The validity of visual estimations of percent body fat in lean males. *Medicine and Science in Sports and Exercise*. 24:615-618, 1992.
39. **Eckerson, J.M.**, T.J. Housh, and G.O. Johnson. The validity of bioelectrical impedance equations for estimating fat-free weight in lean males. *Medicine and Science in Sports and Exercise*. 24:1298-1302, 1992.

(non-refereed publications)

1. **Eckerson, J. M.** The Perils and Promises of Academic Life: Perspectives from Women in Science. NSCA Career Development Guide (2014).
2. **Eckerson, J.M.** *Applying for Grants and Scholarships*. National Strength and Conditioning website – Career and Leadership Development Center (2008). (<http://www.nasca-lift.org/careerresources/ApplyingforGS.pdf>).
3. **Eckerson, J.M.** Tests and Measurements: Bent-knee sit-up. *National Strength and Conditioning Association Journal*. 12(6):62, 1991.

MANUSCRIPTS IN REVIEW

Eckerson, J.M. Creatine as an ergogenic aid for women. Female Special Topics Issue. *Strength and Conditioning Journal* (Revision in review).

Riesberg, L.A., S.A. Weed, T.L. McDonald, **J.M. Eckerson**, and K.M. Drescher. Beyond muscles: The untapped potential of creatine. *International Journal of Immunopharmacology*. (Revision in review).

BOOK CHAPTERS:

1. **Eckerson, J.M.** and J.M. Zuniga. Searching the Scientific Literature. In: *ACSM Research Methods*. L. Armstrong and W. Kraemer, Eds. Hagerstown, MD - Lippincott Williams & Wilkins, 2016.
2. **Eckerson, J.M.** Weight Loss Nutritional Supplements. In: “*Nutritional Supplements in Sports and Exercise*” (2nd Ed.). M. Greenwood, M.B. Cooke, T. Ziegenfuss, D.S. Kalman, and J. Anonio, Eds. Springer International Publishing Switzerland, 2015.
3. **Eckerson, J.M.** Exercise and Sport Nutrition. In: *Introduction to Exercise Science* (4th Ed.). T.J. Housh, D.J. Housh, and G.O. Johnson, Eds. Scottsdale, AZ:Holcomb-Hathaway (2012).
4. **Eckerson, J.M.** Weight Loss Nutritional Supplements. In: “*Nutritional Supplements in Sports and Exercise*”. M. Greenwood, D.S. Kalman, and J. Anonio, Eds. Totowa, NJ - Humana Press Inc (2008).
5. **Eckerson, J.M.** Exercise and Sport Nutrition. In: *Introduction to Exercise Science*(3rd Ed.). T.J. Housh, D.J. Housh, and G.O. Johnson, Eds. Scottsdale, AZ:Holcomb-Hathaway (2008).
6. **Eckerson, J.M.** Creatine Supplementation and Women Athletes. In: *Essentials of Creatine in Sport*; J. Stout, J. Antonio, and D. Kalman. Eds. Totowa, NJ – Humana Press Inc (2008).
7. **Eckerson, J.M.** and C.S. Bockman. Myalgia. In: *xPharm*. D. Bylund and S. Enna, Eds. New York: Elsevier Inc, 2004. www.xpharm.com/citation?Article_ID=1158
8. **Eckerson, J.M.** and C.S. Bockman. Inflammatory Myopathies: Polymyositis, Dermatomyositis, and Inclusion Body Myositis. In: *xPharm*. D. Bylund and S. Enna, Eds. New York: Elsevier Inc, 2004. www.xpharm.com/citation?Article_ID=31744
9. **Eckerson, J.M.** Exercise Nutrition. In: *Introduction to Exercise Science*(2nd Ed.). T.J. Housh, D.J. Housh, and G.O. Johnson, Eds. Benjamin Cummings Publishers, 2003.
10. **Eckerson, J.M.** Exercise Nutrition. In: *Introduction to Exercise Science*. T.J. Housh and D.J. Housh, Eds. Allyn and Bacon Publishers, 2000.
11. **Eckerson, J.M.** Isokinetics and Women. In: *Isokinetics in Human Performance*. L.E. Brown, Ed. Champaign, IL: Human Kinetics, 2000.

PUBLISHED RESEARCH ABSTRACTS AND PRESENTATIONS:

1. **Eckerson, J**, N Allen, A Lieb and K Mullen. Comparison of an Egg White vs. Toaster Pastry Breakfast on Dietary Intake and Quality in College-Age Women. (Submitted for presentation at the 2016 Experimental Biology Annual Meeting, San Diego, CA).
2. **Eckerson, JM**, AE Lieb, KA Mullen and NO Allen. The Effect of a Protein-Rich Egg White Breakfast and an Isocaloric Toaster Pastry Breakfast on Satiety and Dietary Intake in Normal-Weight College-Age Women. *Journal of the Academy of Nutrition and Dietetics* 115(9) (Suppl 2): A-17, 2015. (Presented at the Food and Nutrition Conference and Expo (FNCE) 2015 Annual Meeting, Nashville, TN).
3. **Eckerson, J.**, A. Bull, G. Moore, T. Baechle, J. Yee, S. Egan, C. Fischer, D. O'Brien, and T. Pulverenti. The Effect of Sugar-Free Energy Drinks on Upper Body Strength and Muscular Endurance in Males. (Accepted for presentation at the 2010 National Strength and Conditioning Annual Meeting, Orlando, FL).
4. Bull, A.J., **J.M. Eckerson**, T.S. Pulverenti, J.C. Yee, G.A. Moore, and C.J. Vacek. Reproducibility of a Simulated 20 Km Time Trial in Competitive Cyclists and Triathletes. (Accepted for presentation at the 2010 National Strength and Conditioning Annual Meeting, Orlando, FL).
5. A.C. Fry, B.K. Schilling, L.Z.F. Chiu, L.W. Weiss and **J. Eckerson**. Myosin Heavy Chain Relationships with Performance Change with Training Status. (Accepted for presentation at the 2009 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV).
6. **Eckerson, J.M.**, A.J. Bull, G.A. Moore, J.C. Yee, and B.D. Roy. The Effect of Two Different Creatine Formulations on Skeletal Muscle Creatine Retention. *Medicine and Science in Sports and Exercise* 41(5):S321, 2009.
7. 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. (Accepted for presentation at the 2008 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV).
8. Bull, A.J, **J.M. Eckerson**, G.A. Moore, P.C. Pfeifer, and D.R. Obermiller. Employee Perceptions of Wellness Program Needs at a Midwestern University. *Medicine and Science in Sports and Exercise*. 38(5): S253, 2006.
9. **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. (Accepted for presentation at the 2005 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV).

10. Fry, A.C., **J.M. Eckerson**, B.K. Schilling, C.A. Moore, R.A. Lucero, M. Criqui, K. Haneishi, and S. Kumar. Acute Endocrine Responses to a High Power Resistance Exercise Training Session. (Accepted for presentation at the 2005 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV).
11. Moulton, C., **J. Eckerson**, A. Fry, C. Moore, B. Schilling, and D. Willoughby. The Effects of Two Different Creatine Formulations on Human Skeletal Muscle Creatine Transporter mRNA Expression. (Accepted for presentation at the 2005 International Society for Sport Nutrition (ISSN) Annual Meeting, New Orleans, LA).
12. 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).
13. 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).
14. Reimers, K.J., **J.M. Eckerson**, P. Heires, and A. Grandjean. Low Intakes of Good Quality Protein in College Female Athletes. *Medicine and Science in Sports and Exercise*. 36(5):S348-349, 2005. (*Presenter at Annual Meeting).
15. **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.
16. 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.
17. 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. (*Accepted for presentation at the 2003 National Strength and Conditioning Association Annual Meeting*, Indianapolis, IN).
18. **Eckerson, J.**, J. Stout, G. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. The Effect of Creatine Phosphate Supplementation on Body Weight after Two and Six Days of Loading in Men. (*Accepted for presentation at the 2002 National Strength and Conditioning Annual Meeting*, Las Vegas, NV).
19. **Eckerson, J.**, J. Stout, G. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. The Effect of Creatine Phosphate Loading on Anaerobic Working Capacity in Women. *Medicine and Science in Sports and Exercise*. 34(5):S232, 2002.

20. Housh, T., G. Johnson, D. Housh, **J. Eckerson**, J. Stout, J. Weir, T. Evetovich, and J. Cramer. Anthropometric Characteristics of High School Female Gymnasts. *Medicine and Science in Sports and Exercise*. 34(5):S105, 2002.
21. 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(5):S105, 2002.
22. **Eckerson, J.**, J. Stout, G. Moore, N. Stone, K. Iwan, A. Gebauer, and R. Ginsberg. The Effect of Creatine Phosphate Supplementation on Anaerobic Working Capacity Following 2 and 6 Days of Loading in Men. *Journal of Strength and Conditioning Research*. 15(3): 392, 2001.
23. **Eckerson, J.**, J. Stout, G. Moore, J. Klein, M. Frazier, C. Chambers, and A. Posey. The Validity of the Tanita® Body Fat Monitor/Scale for Estimating Percent Fat. *Medicine and Science in Sports and Exercise*. 33:S241, 2001.
24. T. Housh, G. Johnson, D. Housh, **J. Eckerson**, J. Stout, T. Evetovich, K. Ebersole, J. Cramer, S. Perry, and A. Bull. Estimation of Body Composition in Young, Male Swimmers. *Medicine and Science in Sports and Exercise*. 33:S241, 2001.
25. **Eckerson, J.**, J. Stout, G. Moore, K. Nishimura, K. Tamura, and S. Swaney. The Effect of Creatine Supplementation on Anaerobic Working Capacity in Females Following Two and Five Days of Loading. *Journal of Strength and Conditioning Research*. 14:362, 2000.
26. **Eckerson, J.**, L. Bachle, D. Petzel, J. Stout, G. Moore, L. Albertson, and S. Yokoyama. Reliability of a 1-H Performance Test in Physically Active Males. *Medicine and Science in Sports and Exercise*. 32: S221, 2000.
27. Stout, J., **J. Eckerson**, E. May, and C. Coulter. Effects of Resistance Exercise and Creatine Supplementation on Body Composition and Strength in Myasthenia Gravis: A Case Study. *Medicine and Science in Sports and Exercise*. 32:S149, 2000.
28. **Eckerson, J.**, L. Bachle, L. Albertson, D. Petzel, J. Stout, and G. Moore. Reliability of a 1 Hour Performance Test in Physically Active Women. *Journal of Strength and Conditioning Research*. 13(4):423, 1999.
29. **Eckerson, J.**, J. Stout, G. Moore, T. Housh, and G. Johnson. Validity of Bioelectrical Impedance Equations for Estimating Fat-Free Weight in Lean Females. *Medicine and Science in Sports and Exercise*. 31(5):S204, 1999.

30. 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(5):S102, 1999.
31. Stout, J., **J. Eckerson**, M. Jelinek, A. Haas, and G. Moore. Acute Effects of Neurogain-Kick™ on Strength and Endurance in Female Athletes. *Journal of Strength and Conditioning Research*. 12:278, 1998.
32. **Eckerson, J.**, J. Stout, D. Cullen, G. Moore, D. Baumgartner, J. Yee, D. Johnson, and D. Noonan. Validity of Dual-Energy X-Ray Absorptiometry for Assessing Changes in Fat-Free Weight. *Medicine and Science in Sports and Exercise*. 30(5): S146, 1998.
33. Housh, T.J., D.B. Smith, G.O. Johnson, D.J. Housh, **J.M. Eckerson**, and J.R. Stout. Estimation of Body Density in Youth Wrestlers. *Research Quarterly for Exercise and Sport*. 68(1), A-25, 1998.
34. Stout, J.R., **J.M. Eckerson**, and J.C. Yee. The Effects of Endurox on Parameters of the Critical Power Test. *Research Quarterly for Exercise and Sport*. 68(1), A-28, 1998.
35. Stout, J., A. Threlkeld, B. Martin, D. Povar, C. Sylliaasen, and **J. Eckerson**. The Relationships Among Electromyography, Mechanomyography, and Peak Torque During Repeated Maximal Concentric Isokinetic Muscle Actions. *Medicine and Science in Sports and Exercise*. 30(5):S65, 1998.
36. Bachle, L., **J. Eckerson**, L. Albertson, D. Petzel, J. Goodwin, and K. Ebersole. The Effect of Fluid Replacement on Endurance Performance. *The FASEB Journal*. 12(5), A855, 1998.
37. 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(5):S147, 1998.
38. **Eckerson, J.**, G. Moore, J. Stout, D. Noonan, D. Cullen, J. Yee, D. Baumgartner, and D. Johnson. Prediction of Percent Fat Using Dual-Energy X-Ray Absorptiometry, Bioelectrical Impedance Analysis, and Near-Infrared Interactance. *Medicine and Science in Sports and Exercise*. 29:S53, 1997.
39. Stout, J., **J. Eckerson**, D. Noonan, G. Moore, and D. Cullen. The Effects of a Supplement Designed to Augment Creatine Uptake on Exercise Performance and Fat-Free Mass in Football Players. *Medicine and Science in Sports and Exercise*. 29:S251, 1997.

40. 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 Female Swimmers. *Medicine and Science in Sports and Exercise*. 29:S57, 1997.
41. Stout, J., **J. Eckerson**, T. Housh, and K. Ebersole. The Effects of a Supplement Designed to Augment Creatine Uptake on Anaerobic Reserve Capacity. *Journal of Strength and Conditioning Research* 11:287. 1997.
42. Dowell, S.M., M.P. Akhter, **J.M. Eckerson**, J.R. Stout, and R.R. Recker. Validation of a Weight Bearing Monitor to Quantify Loading Events in Daily Life. *Journal of Bone and Mineral Research*, 12:S481. 1997.
43. **Eckerson, J.M.**, J.R. Stout, G.A. Moore, C. Weber, and H. Mann. The Validity of Bioelectrical Impedance, Near-Infrared Interactance, and Skinfold Equations for Estimating Percent Fat in Females. *Research Quarterly for Exercise and Sport*. 68:A-51 (Suppl.), 1997.
44. Goodwin, J.E., and **J.M. Eckerson**. Manipulating Relative Frequency of KR Scheduling in Motor Skill Acquisition: Effects on Long-term Retention. *Journal of Sport and Exercise Psychology*. 18:S33, 1996.
45. **Eckerson, J.**, T. Evetovich, J. Stout, D. Housh, T. Housh, G. Johnson, D. Smith, and K. Ebersole. Validity of Bioelectrical Impedance Equations for Estimating Fat-Free Weight in Female Gymnasts. *Medicine and Science in Sports and Exercise*. 28:S11, 1996.
46. Ebersole, K.T., T.J. Housh, G.O. Johnson, D.J. Housh, **J.M. Eckerson**, J.P. Weir, L.L. Weir, and J.R. Stout. Age and Peak Torque in Young Wrestlers. *Medicine and Science in Sport and Exercise*. 28:S11, 1996.
47. **Eckerson, J.M.**, P.M. Gordon, J.E. Goodwin, and G.J. Welk. The Reliability of a Computer Automated Wingate Test for Measuring Anaerobic Indices in High Power Athletes. *Research Quarterly for Exercise and Sport*. 67:A-60 (Suppl.), 1996.
48. Housh, T.J., G.O. Johnson, D.J. Housh, J.P. Weir, L.L. Weir, **J.M. Eckerson**, and J.R. Stout. Isokinetic Peak Torque of Youth Wrestlers. *Research Quarterly for Exercise and Sport*. 67:A-32 (Suppl.), 1996.
49. Johnson, G.O., T.J. Housh, D.J. Housh, J.R. Stout, and **J.M. Eckerson**. Validity of Near-Infrared Instruments for Estimating Percent Body Fat in Youth Wrestlers. *Research Quarterly for Exercise and Sport*. 67:A-33 (Suppl.), 1996.

50. Goodwin, J.E., C.R. Grimes, **J.M. Eckerson**, and P.M. Gordon. Practice Makes Perfect in Learning a Closed Motor Skill: Or Does it? *Physical Activity, Sport, and Pre-Olympic Health Proceedings*. 129, 1996.
51. **Eckerson, J.**, J. Stout, T. Housh, G. Johnson, and P. Gordon. Validity of Interlaboratory Bioelectrical Impedance Equations for Estimating Percent Fat in Lean Males. *Medicine and Science in Sports and Exercise*. 27:S118, 1995.
52. Gordon, P., M. Danduran, J. Sullivan, P. Visich, **J. Eckerson**, J. Goodwin, and K. Ecker. Effect of Caffeine on Exercise Performance Following Muscle Glycogen Depletion. *Medicine and Science in Sports and Exercise*. 27:S147, 1995.
53. Goodwin, J.E., M. O'Mailia, **J.M. Eckerson**, and P.M. Gordon. Variable Practice: Is there a Point of Diminishing returns? *Journal of Sport and Exercise Physiology*. 17:S54, 1995.
54. **Eckerson, J.**, J. Stout, D. Housh, S. Evans, G. Johnson, and T. Housh. Validity of Near-Infrared Interactance for Estimating Percent Body Fat in Female Gymnasts. *Medicine and Science in Sports and Exercise*. 26:S41, 1994.
55. **Eckerson, J.**, J. Stout, T. Housh, and G. Johnson. Validity of Skinfold, Bioelectrical Impedance, and Near-Infrared Interactance Equations for Assessing Changes in Fat-Free Weight in Females. *Journal of Sports and Conditioning Research*. 9:204, 1994.
56. Johnson, G.O., J.P. Weir, L.L. Weir, J.R. Stout, T.J. Housh, D.J. Housh, S.A. Evans, and **J.M. Eckerson**. Isokinetic Peak Torque of Female High School Gymnasts. *Research Quarterly for Exercise and Sport*. 65:A-27 (Suppl.), 1994.
57. Housh, T.J., **J.M. Eckerson**, S.A. Evans, D.J. Housh, G.O. Johnson, J.R. Stout, L.L. Weir, and J.P. Weir. Age-related Increases in Peak Torque in Youth Wrestlers. *Research Quarterly for Exercise and Sport*. 65:A-28 (Suppl.), 1994.
58. Housh, T.J., G.O. Johnson, J.R. Stout, **J.M. Eckerson**, D.J. Housh and M.L. Housh. Validity of Bioelectrical Impedance and Near-Infrared Interactance for Estimating Percent Body Fat in Youth Wrestlers. *Journal of Sports and Conditioning Research*. 7:251-253. 1993.
59. **Eckerson, J.**, J. Stout, T. Housh, and G. Johnson. Validity of Bioelectrical Impedance and Skinfold Equations for Estimating Body Composition in Males. *Research Quarterly for Exercise and Sport*. 64:A-28 (Suppl.), 1993.
60. **Eckerson, J.**, J. Stout, T. Housh, and G. Johnson. Validity of Skinfold, Bioelectrical Impedance, and Near-Infrared Interactance Equations for Assessing Changes in Fat-Free Weight. *Medicine and Science in Sports and Exercise*. 25:S59, 1993.

61. Johnson, G.O., T.J. Housh, J. Stout, and **J. Eckerson**. The Validity of Bioelectrical Impedance, Near-Infrared Interactance, and Skinfold Equations for Estimating Percent Fat in Female Gymnasts. *Medicine and Science in Sports and Exercise*. 25:S162, 1993.
62. Belford, M., J. Stout, **J. Eckerson**, T. Housh, and G. Johnson. The Validity of Bioelectrical Impedance, Near-Infrared Interactance and Skinfold Equations for Estimating Body Composition in Females. *Medicine and Science in Sports and Exercise*. 24:S6, 1992.
63. **Eckerson, J.**, T. Housh, and G. Johnson. The Validity of Bioelectrical Impedance Equations for Estimating Fat-Free Weight in Lean Males. *Medicine and Science in Sports and Exercise*, 24:S178, 1992.
64. Johnson, G.O., S.A. McDowell, J.P. Weir, **J.M. Eckerson**, L.L. Wagner, and T.J. Housh. The Effect of Weight Training on Salivary Immunoglobulin A. *Medicine and Science in Sports and Exercise*. 24:S178, 1992.
65. Weir, J.P., T.J. Housh, G.O. Johnson, G.D. Tharp, L.L. Wagner, **J.M. Eckerson**, and S.L. McDowell. The Effect of Resistance Training on Salivary Cortisol Concentrations in Inexperienced Weightlifters. (Accepted for presentation at the 1992 Nebraska Association for Health, Physical Education, Recreation, and Dance Annual Meeting, Kearney, NE).
66. Housh, T., **J. Eckerson**, S. Evans, G. Johnson, and J. Weir. Muscular Power of the Arms in High School Wrestlers. *Abstracts of Research Papers*, AAHPERD:166, 1991.

INVITED NATIONAL PRESENTATIONS:

1. 2014 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. 'The Perils and Promises of Academic Life: Perspectives from Women in Science' July 12, 2014
2. 2011 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. 'Nutritional Supplement Approaches for Female Athletes', July 7, 2011
3. 2009 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. 'Dietary Supplements for Endurance Exercise Performance', July 9, 2009
4. 2008 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. 'Calcium and Weight Loss: Recent Research Findings', July 10, 2008

5. 2006 Personal Trainers Conference, Las Vegas, NV. 'Can Women Benefit from Creatine Supplementation?', March 12, 2006
6. 2005 International Society for Sports Nutrition Annual Meeting, New Orleans, LA. 'Creatine Supplementation and Women', June 18, 2005
7. 2005 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. 'Sports Nutrition for the Female Athlete', July 6, 2005

INVITED LOCAL AND REGIONAL PRESENTATIONS:

1. Invited on-air guest for the 'Living Well with Coach Rozy' (Coach Mark Roozen) radio program to discuss dietary supplements for health and sports performance. Program aired in the Yankton, SD region on April 11, 2015 and April 13, 2015 on ESPN 1570 AM and Classic Hits 106.3 FM.
2. National Strength and Conditioning Association - South Dakota/North Dakota/Nebraska State Clinic, 'Dietary Supplements for Weight Loss', Vermillion, SD, December 6, 2014
3. Creighton University, Wellness Program, Healthy Luncheon. 'There's an App for that: Tools to Help Reach Your Diet and Fitness Goals, March 12, 2013
4. 60 Second Lecture 'Fact or Fiction' – Sponsored by the Creighton University Honors Board, February 17, 2011
5. Creighton University – Research Initiative Grant Forum, The Effect of Two Different Creatine Formulations on Skeletal Muscle Creatine Retention, November 11, 2008
6. Creighton University Medical Center – Creighton FIRST Spotlight on Weight: Less is More; Presenter and panel discussant for the CUMC Lunch-N-Learn series, January 25, 2007
7. Omaha Sports Medicine Association - Durham Research Center, UNMC, Omaha, NE with Kristin Reimers, Center for Human Nutrition, Omaha, NE; 'Nutrition and the Female Athlete: Current Issues', May 9, 2006
8. Creighton Prep High School – Omaha, NE; Presenter and panel discussant for a fitness, nutrition, and wellness assembly presented to the general student body and their parents, April 26, 2006
9. University of Nebraska-Omaha, Omaha, NE; Seminar 'Sports Nutrition for the Female Athlete', February 1, 2006

10. Creighton University Health Sciences Library; Healthy Lunch Series – ‘Exercising Without Pain and Injury’, February 3, 2005
11. Creighton University Medical Center, -- ‘High Protein Diets’, January 25, 2005
12. Wayne State College, Wayne, NE – ‘Are High Protein Diets the Answer to Obesity?’, April 21, 2004.
13. Christian Brothers University, Memphis, TN – ‘Creatine Supplementation’, March 17, 2004.
14. ACSM Health Fitness Instructor® Workshop, University of Nebraska – Omaha, ‘Muscular Fitness’, May 18, 2004.
15. ACSM Health Fitness Instructor® Workshop, University of Nebraska - Omaha, 'Health Appraisal/Fitness Testing', May 14, 2001; May 13, 2002; May 12, 2003.
16. ACSM Health Fitness Instructor® Workshop, University of Nebraska - Omaha, 'Exercise Programming', May 15, 2001; May 14, 2002; May 13, 2003.
17. CUMC, Multi-Systems Basic Science Review for M-2 Students, 'Exercise Nutrition', May 14, 2003.
18. CUMC, Multi-Systems Basic Science Review for M-2 Students, 'Dietary Supplements', May 14, 2003.
19. Central States Health and Life Company of Omaha, 'The Truth About Heart Disease and Stroke in Women', February 22, 2001.
20. Creighton University, Wellness Council. Presenter for a Healthy Luncheon entitled, ‘Popular Diets and Exercise in a Bottle. Do They Really Work for Weight Loss?’ October 5, 2000.
21. Creighton University, Invited panel discussion member for the Academic Affairs Faculty Forum on Teaching. November 17, 1999.
22. *National Strength and Conditioning Association Certification Commission.* Presenter for the Essentials of Strength Training and Conditioning Symposia. Lecture entitled, “Metabolic and Nutritional Aspects of Exercise and Training.” Kansas City, MO, June 22, 1999.
23. *Creighton University*, Invited panel discussion member for the Women’s Issue Forum: Women in Sports Today ... and Tomorrow, March 24, 1998. Sponsored by the Creighton University Committee on the Status of Women.

24. Creighton University Medical Television, Biomedical Communications, Omaha, NE. Guest on *The Wellness Connection* to discuss the role of exercise in maintaining health. January 21, 1997.
25. *Northland Chapter American College of Sports Medicine Spring Tutorial Meeting*, St. Cloud State University, St. Cloud, Minnesota. Invited speaker: Field Techniques for Estimating Body Composition. March 22, 1996.
26. Michigan High School Athletic Association: *Michigan Wrestling Weight Monitoring Program*, East Lansing, Michigan. Invited Guest Speaker: Techniques for Assessing Body Composition. April 29, 1995.
27. *National Strength and Conditioning Association District Meeting*, Crete, Nebraska. Invited Guest Speaker: Program Design I: Periodization and Program Design II: A Theoretical Model of Strength Training, September 15, 1990.

GRANT PROPOSALS/FUNDING:

1. ConAgra Foods, 'The Effect of Three Breakfast Meals on Satiety and Dietary Intake in College-Age Women, August 2014 – May 2015, \$36,500 (PI, Funded)
2. NASA Nebraska Space Grant, 'Student Fellowships for Three Projects to Examine Neuromuscular Fatigue Thresholds' July 2013, \$12,000 (Co-Investigator, Funded).
3. Nebraska EPSCoR FIRST AWARD, 'Neuromuscular and Metabolic Responses to Interval Training with Different Durations of Exercise', October, 2013, \$38,372 (Co-Investigator, Not Funded).
4. Ellison Medical Foundation, 'Effect of Creatine Supplementation and Resistance Training on Inflammation, Muscle Morphology, and Functional Ability in Elderly Individuals: A Prospective Study, March 2013, \$150,000 (PI, Not Funded)
5. Abbott Nutrition, a division of Abbott Laboratories, 'A Randomized Double Blinded Controlled Trial of an Oral Nutrition Supplement Containing AN777 in Older Hospitalized Patients, February 2013 – September 2014, \$22,900 (PI, Funded)
6. Nebraska EPSCoR First Award, Neuromuscular and Metabolic Responses to Interval Training with Different Durations of Exercise, October 2012, \$38,372 (Co-Investigator, Not Funded)
7. LB692-CTS, Effects of Creatine Supplementation on Immune System Function, June 2012 – June 2014, \$50,000 (Co-Investigator, Funded)

8. Creighton University Presidential Research Grant, 'Caring for a Vulnerable Population: An Inter-professional Collaborative Approach to Treating Hypertension', 2012, \$9650 (Co-Investigator, Not Funded).
9. American Diabetes Association Innovation Grant, 'The Effect of a Culturally Appropriate Wellness Intervention Program on Type 2 Diabetes Risk Factors in Native American College Students', 2010, \$97,417 (PI, Not Funded)
10. Abbott Nutrition, a division of Abbott Laboratories, 'Evaluation of an Oral Nutritional Supplement Containing AN777 in Malnourished and Frail Subjects, \$191,499 (PI, Funded)
11. Creighton University Academic Affairs Research Initiative Grant, 'The Effect of Three Different Creatine Formulations on Skeletal Muscle Creatine Retention', 2007, \$9871 (PI, Funded)
12. Fortress Systems International, The Effect of Beta-Alanine and Phosphorus Supplementation on Anaerobic Exercise Performance, 2007, \$12,748 (PI, Not Funded)
13. Creighton University College of Arts and Sciences Undergraduate Summer Research Scholarship, 'Health Risk Assessment in Children Enrolled in the National Youth Sports Program (NYSP) at Creighton University, 2006, \$3550 (Faculty co-sponsor for Pierce Hibma and Blake Koppitz, Not Funded)
14. Life Sciences Laboratory, Inc., Effect of Proline Supplementation on Cycling Performance, 2004, \$14,160 (Co-Investigator, Not Funded)
15. National Strength and Conditioning Foundation - GNC® Nutrition Research Grant, The Effect of Two Different Creatine Formulations on Skeletal Muscle Creatine Retention, 2003, \$2500 (PI, Funded)
16. EPSCoR Small Grant Program for Nebraska Women in Science, Travel Grant Request for the Project, 'The Effect of Two Different Creatine Formulations on Skeletal Muscle Creatine Retention, 2003, \$2952 (PI, Not Funded)
17. Nebraska Beef Board, Dietary Intake and Body Composition of Female Athletes, 2001-2002, \$47,700 (Co-Investigator, Funded)
18. Numico Research, Effect of 30 Days of Creatine Phosphate Supplementation on AWC in Men, 2001, \$ 10,800 (PI, Funded).
19. Numico Research, Effect of Creatine Phosphate Supplementation on Anaerobic Working Capacity in Males and Females, 2000, \$9,150 (PI, Funded).

20. Experimental and Applied Sciences, Effects of Creatine Supplementation During 8 Weeks of Unilateral Dynamic Constant External Resistance Training And 8 Weeks of Detraining on Thigh Muscle Cross-sectional Area, 2000, \$64,000 (Co-Investigator, Not Funded).
21. Bioenergy, Inc. Creatine and Ribose Supplementation in Patients with Advanced AIDS: Effects on Body Composition, Muscle Performance, Immune Function, and Quality of Life, 2000, \$17,990 (Co-investigator, Not Funded).
22. Fortress Systems, Intl., Effects of Creatine Supplementation During 8 Weeks of Unilateral Dynamic Constant External Resistance Training And 8 Weeks of Detraining on Thigh Muscle Cross-Sectional Area, 1999, \$50,000 (Co-Investigator, Not Funded)
23. American College of Sports Medicine Foundation Grant, Effects of Resistance Training on Older – Elderly Cardiac Patients, 1999, \$15,000 (PI, Not Funded).
24. Institutional Research and Assessment, Creighton University, Requested a small grant from the Executive Committee to support the Exercise Science Department's assessment efforts, 1997, \$3455 (PI, Funded).
25. Experimental and Applied Science, The Effect of Endurox Supplementation on Critical Power, 1996, \$3900 (PI, Funded).
26. National Science Foundation, Renovation of the Human Performance Research Laboratory at Creighton University, 1996, \$118,257 (PI, Not Funded).
27. Met-Rx USA, Inc., The Effect of Nutritional Supplementation on the Body Composition of College Female Athletes, 1995, \$4800 (Co-Investigator, Not Funded).

FELLOWSHIPS/AWARDS/HONORS:

1. 2015 Gamma Phi Beta Shine Award. The Shine Award recognizes professors who have the unique quality of providing knowledge and wisdom on a specific subject while also creating a special connection with students.
2. Nominated for the 2010 Robert F. Kennedy Memorial Teaching Award
3. Recipient of the 2008 NSCA William J. Kraemer Outstanding Sport Scientist Award. Presented at the National Strength and Conditioning Association Conference Awards Reception in Las Vegas, NV, July 11, 2008

4. Recipient of the William M. Kizer Light of Wellness Award from the Wellness Council of the Midlands (WELCOM), November 8, 2007
5. 2005-2006 Outstanding Major Advising Award, Presented by the Creighton University Student Senate at the College of Arts and Sciences 20th Annual Luncheon, February 7, 2006, \$1000 stipend.
6. Nominated for the 2005 Outstanding Faculty Member Award by the Creighton University Chapter of The Order of Omega, Greek Awards Night, April 20th, 2005
7. Recipient of the Research Achievement of the Year Award by the National Strength and Conditioning Association, 2004, July 16, 2004, Minneapolis, MN
8. Recipient of the Teaching for Tomorrow Award by Omicron Delta Kappa, Creighton University, February 11, 2002
9. Honorary Member of Alpha Sigma Nu, National Jesuit Honor Society, Inducted 2001
10. Nominated for the Robert F. Kennedy Memorial Award for Teaching Achievement at Creighton University, 2001.
11. Recognized as an Outstanding Faculty Member by the Creighton University Order of Omega, Panhellenic Council, and Infrafraternity Council, April 5, 2000.
12. 1999-2000 Outstanding Major Advising Award, Presented by the Creighton University Student Senate at the College of Arts and Sciences 14th Annual Luncheon, February 8, 2000, \$500 stipend.
13. 1998-1999 Professor of the Year Award, Theta Delta Chapter of Alpha Phi International Fraternity, Creighton University, \$100 stipend.
14. William F. Kelley, S.J. Achievement Award for Outstanding Academic Achievement in the Colleges of Arts and Sciences, Creighton University, October 16, 1997, \$1000 Award.
15. American Physiological Society, 1997 Awardee; Frontiers in Physiology: Science Teachers Summer Research Program. Mentored Ms. Laurel Bachle, Science Teacher at Millard North High School, with Dr. David Petzel, Biomedical Sciences, Creighton University, for a research project which examined the effects of fluid replacement on endurance and body weight.
16. Eastern Michigan University, Josephine Nevins Keal Professional Development Fellowship (\$600).
17. University of Nebraska-Lincoln, Recipient: Helen B. Hewitt Memorial Scholarship (\$1085), Academic Year 1992-1993.

CERTIFICATIONS:

American College of Sports Medicine™, Certified Exercise Physiologist® (Certified in 1997).

National Strength and Conditioning Association, Certified Strength and Conditioning Specialist® (CSCS) (Certified in 1998).

PROFESSIONAL AFFILIATIONS:

Academy of Nutrition and Dietetics, Associate Member 2015 - present

American College of Sports Medicine 1989 – present
Fellow of the ACSM 1997 – present

National Strength and Conditioning Association 1998 - present
Fellow of the NSCA 2008 - present

Northland Chapter of the American College of Sports Medicine 1995 – present

American Heart Association – Nebraska/Heartland Affiliate 1996 – 2003

International Society of Sports Nutrition 2005 - 2006

REVIEWER:

- *Amino Acids*, 2015
- *Clinical Physiology and Functional Imaging*, 2015
- *Sports Nutrition for Health Professionals*, Chapter 5 Dietary Guidelines, General Nutrition Recommendations and Federal Nutrition Policy, Author ND Muth. FA Davis Publishers, 2015
- *Physiology and Behavior*, 2014
- *Research Consortium*, Northland Chapter of the American College of Sports Medicine, 1998 – present
- *Physical Fitness Laboratories on a Budget: For Exercise Science and Healthy Lifestyle Courses* (textbook), Holcomb Hathaway Publishers, 2007
- *International Journal of Sports Nutrition & Exercise Metabolism*, 2007, 2008
- *Journal of the International Society for Sports Nutrition*, 2007 - present
- *Journal of Nutrition, Health, and Aging*, 2007
- *Journal of Sports Science & Medicine*, 2004

- *Research Consortium*, National Strength and Condition Association, 2002, 2003, 2005 – present, Abstract and/or grant reviewer
- *Research in Sports Medicine: An International Journal*, 2005, 2006
- *Research Quarterly for Exercise and Sport*, 2001
- Holcomb Hathaway, Publishers, 2001
- American College of Sports Medicine Resource Manual for Guidelines for Exercise Testing and Prescription, Chapters 7 – 10 Williams & Wilkins Publishers, 2000
- *The Journal of Strength and Conditioning Research*, 1999 – present
- Lippincott Williams & Wilkins, 1998, 2000
- *The Journal of Orthopaedic & Sports Physical Therapy*, 1997-1999
- *International Journal of Sports Medicine*, 1994, 2011
- *Medicine and Science in Sports and Exercise*, 1993, 1995, 1999 – 2000, 2009
- *Journal of Applied Physiology*, 1993, 2007
- *Nutrition and Metabolism*, 2012

EDITORIAL BOARD MEMBER:

The Journal of Strength and Conditioning Research, 1999 – present
Senior Associate Editor, 2012 - 2014

The Journal of the International Society of Sports Nutrition, 2007 – present

EXAMINER - ACSM NATIONAL CERTIFICATION EXAM:

Certification Director: American College of Sports Medicine Health Fitness Instructor® Examination. Test site: Creighton University – May 26, 2005

American College of Sports Medicine Health Fitness Instructor® Workshop/Certification. Test site: University of Nebraska – Omaha, 1998 – 2004

DOCTORAL COMMITTEE:

Lisa Pitz, Medical Microbiology and Immunology, Creighton University, 2013-2016

THESIS COMMITTEES:

Alex Kane, The Effects of Sport Specific Aerobic Closed Kinetic Chain Rehabilitation Following Anterior Cruciate Ligament Reconstruction, Eastern Michigan University, 1994-1995

Laurel Bachle, Isolation and Characterization of Insulin from the Brockmann Body of Dissostichus Mawsoni, an Antarctic Teleost. Dept. of Biomedical Sciences, Creighton University, 1998-1999

PROFESSIONAL DEVELOPMENT:

Campus Labs Training for IDEA Online Teaching Evaluation, November 11, 2015

The Science, Art and Practice of Dietary Supplementation, presented by Mary Beth Augustine, RDN, CDN, FAND. Methodist Estabrook Cancer Center, October 13, 2015. Sponsored by the Nebraska Academy of Nutrition and Dietetics

Faculty Seminar on Jesuit Higher Education, AY 2015/2016

Project-Based Learning: What it is and How to Get Started, September 22, 2015. Panel presentation and discussion offered by the Office for Academic Excellence & Assessment.

Qualtrics Survey Tool, May 7, 2015. DoIT tutorial led by Dr. Lori Rubarth from the College of Nursing, Criss L61.

Rubrics in Real Life: Collecting Assessment Data in Today's BlueLine, February 12, 2014. Workshop led by the Office for Academic Excellence & Assessment

Academic Leader Development Series – AY 2013/2014

Distinguished Education in Teaching as Scholarship: Application Workshop, November 19, 2013 – presentation by the Office for Academic Excellence & Assessment

Blue Line 2 Training – January 11, 2013

All University Academic Forum: The Emerging Creighton Online Experience, March 25, 2011 (HLSB G04)
Senior eFellow – 2010-2011 AY

Grants & Contracts Management Seminar – presentation by Office of Grants Administration and the Controller's Office, January 20, 2010

Zen & the Art of Questionnaire Design – webinar provided by DoIT, August 25, 2009

Creating a Basic Survey using BlueQ – presentation by DoIT, March 3, 2009

Conflict Resolution Strategies – presented by the Creighton University Employee Development Program, February 21, 2008

The Blue Line Grade Book – presentation by DoIT, January 15, 2008

BlueLine Training – provided by DoIT, November 5, 2007

Introduction to BlueLine – presentation by DoIT, September 6, 2007

Preview of Vista and Office 2007 – DoIT Breakfast Bytes series, April 24, 2007

Podcasting, – training provided by DoIT in the ADATC, March 27, 2007

Employee Development Seminar, Creighton University – How to Say the Right Thing, February 8, 2007

eFellowship Appointment – May, 15 – August, 11 2006; Competitive fellowship designed to provide Creighton University faculty with advanced training in technology as it applies to teaching and research. Training included hardware setup and maintenance; videography, audio, webpage design, and streaming video and audio.

DoIT Discovery Workshop, Faculty Development Series – Teaching with Technology, February 3 – April 7, 2006

RefWorks Training Seminar: Health Sciences Library, June 28, 2005

Blackboard Training, August 23, 2004, Union Pacific Room, Creighton University

Introduction to WebCT, Creighton University, July 22, 2002

Introduction to Blackboard, Creighton University, July 31, 2002

Arts & Sciences College Workshop on Assessment, August 12, 2002

Teaching Well Using Technology Workshop, Creighton University, August 13, 2001, Sponsored by Institutional Research & Assessment

SERVICE TO CREIGHTON UNIVERSITY:

Panelist, Jay Days Arts & Sciences - Friday, November 13, 2015

Admissions Committee Member – Masters of Arts in East-West Studies, October 2015 - present

University Research Day – Poster reviewer/judge for the Clinical Sciences, April 14, 2015

College of Arts & Sciences – Volunteer, Admitted Student's Day Breakfast, April 7, 2015

College of Arts & Sciences – Interviewer, Dean's Fellow's Program, February 15, 2015

Strategic Planning Committee – Center for Health Promotion, Wellness and Aging
Sub-committee member for educational programming – February 2014 – May 2014

College of Arts & Sciences Committee on Rank and Tenure
Interim member – Fall 2013

University IT Steering Council – April 2011 – February 2012
Invited committee member by VP Brian Young

College of Arts & Sciences Program Prioritization Committee – 2010/11 AY

University Athletic Board – 2010 – 2016
Sub-committee member – Equity, Welfare, Sportsmanship and Diversity
Committee

Vice President for Academic Affairs and Administration Advisory Committee -
AY 2009/10
Committee member appointed by VP Patrick Borchers

Special Committee to Examine the Faculty Handbook – AY 2009/10
Committee member appointed by President Schlegel

Faculty Panel Member for Native American Guidance Counselors – November 19, 2009
Provided a brief explanation and answered questions about the Exercise Science
major to guidance counselors from across the US who work with Native
American students.

Special Task Force Committee for Office of Research Compliance – Spring, 2009
Committee member to review legal issues in context of individuals who volunteer
or ‘shadow’ at Creighton University

University Strategic Planning Process
Subcommittee Member, November 2008 – January 2009

Sub-committee for Interdisciplinary Graduate Programs
Member, Fall 2007

Academic and e-Learning Technology Advisory Council
Invited member, 2007 - 2009

vCoach (Vocational Coach) by invitation of the Cardoner at Creighton, January 2007 –
May 2008
Worked with 2-3 students and/or young alumni each semester to address life
issues and teach them the discernment process that they can apply to other life issues in
the future.

University Committee on Rank and Tenure
Member, 2007 – 2010, 2012, 2/2013 – 7/2013

Creighton University Faculty Council
Member, 2006 – 2011

Creighton University Academic Council
Member, 2006 – 2011

Executive Committee of the Honors Program Advisory Board
Member, 2004 - 2007

Faculty Advisory Committee on Scholarship
Member by invitation of Dr. Gail Jensen, Associate VP Academic Affairs, Dean of the Graduate School, Fall 2005 – 2009
Panel discussant – Writing for Publication: Tips from Experienced Reviewers, January 29, 2008
Panel discussant – Applying for Research Initiative Grants, November 29, 2007
Reviewer, 2007 Summer Faculty Research Fellowships

Advisory Board Member for Academic VP Christine Wiseman – Fall 2005

Member of the CAS Committee sponsored by the Cardoner to develop a Vocation of Scholarship White Paper, January 2005 – April, 2005

Internal Program Reviewer, Creighton University
Department of Education, February 2015
Department of Physics, February 2009
Department of Political Science and International Relations, December 5-7, 2007

Creighton University Executive Council
Member, 2001 - 2004
Ad hoc Committee Member to establish CAS Guidelines for Rank and Tenure, May 2005 – January 2006

Creighton University Faculty Evaluation Committee
Member, 2001 – 2004
Creighton University College of Arts and Sciences Curriculum Development Committee
Member, Academic Year 2000-2001

Testifier, Douglas County City Council, Legislative Chambers, August 17, 2004
Represented Creighton University at the Public Hearing as a Proponent for the Proposed Smoking Ban in Omaha

Creighton University Student Learning Committee
Student Outcomes Coordinator, Department of Exercise Science, Creighton University, 1996 – present

Creighton University Wellness Council, 1997 – present

President Elect – 2000-2003, 2004-2007

Ad-hoc committee member – Silver Award Renewal, 1999; Gold Award, 2002;
Gold Award, 2005

Strategic Planning Committee, 2002 - 2006

Creighton University Women's Basketball Executive Committee, 2003 – 2005

Responsibilities include increasing fan base and season ticket holders

Creighton University Career Services Faculty Liaison Committee

2003 – present

Creighton University Department of Physical Therapy

Group interview team member for PT admissions 2000 - 2003

Faculty Moderator, Creighton University Rowing Association 2001 – 2003

Department of Residence Life, Creighton University

Engaged members of the Freshmen class in the 'Calling All Jays' event Fall 2004

SERVICE TO THE PROFESSION:

American College of Sports Medicine

Certification Director for the ACSM Health Fitness Instructor® National
Certification Exam; Omaha site (Creighton University), June 2004 – May 2005

State Chair for new membership recruitment, 2001 - 2006

National Strength and Conditioning Association

President, NSCA Foundation, 2012 - 2014

Secretary/Treasurer NSCA Foundation, 2008-present

NSCA Fellow Review Committee, 2008 – 2012; 2015 - present

Strategic Goal Planning Task Force Member, March 2007

Advisory Board Member for the Sports Nutrition Education Program, 2007

Elected Member, Research Committee, 2004 – 2008

Subcommittee Chair for Grants, 2004 – 2007

Subcommittee member JSCR Publications Committee, 2004 - 2013

Subcommittee member, NSCA Research Achievement Award, 2003 - 2012

Subcommittee member, NSCA Student Oral Research Award, 2003

Chair, NSCA Task Force on Women, 1999 - 2000

Member, NSCA Research Consortium, 2001 - present

SERVICE TO THE COMMUNITY:

American Heart Association – Nebraska/Heartland Affiliate

Board of Directors – Douglas County Division, 1999 - 2001

Research Committee, 1996 – 1998

Development Committee / Golf Scramble, 1996 – 1998, 2000-02

Speakers Bureau, 1997 - 2012

Heart Walk, 1998 – 2007, 2009 - 2011

Douglas County Tele-party, 1998

St. Gerald's Catholic Church, Omaha, NE

Extraordinary Minister of the Holy Communion, 1999 – present

St. Vincent De Paul Society, 2001 - present

Landscape Committee, 2002 – 2012

Greeter, 2003 – 2015

American Red Cross – Omaha Metro

Whole blood donor, 2005 - present