

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

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), Creighton University,
Omaha, NE
- 1993-1995 Assistant Professor, Eastern Michigan University,
Ypsilanti, MI
- 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

RESEARCH PUBLICATIONS (refereed journals):

1. 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 (In Press)*.

2. 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*. E-pub ahead of print; May 29, 2008.
3. **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.
4. 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.
5. **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.
6. 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.
7. **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.
8. 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.
9. 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.
10. 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.
11. 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.

12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. **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.
18. 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.
19. **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.
20. 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.
21. 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.

22. 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.
23. **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.
24. 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.
25. 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.
26. 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.
27. 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.
28. 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.
29. 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.
30. 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.
31. **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.
32. 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.

33. 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.
34. 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.
35. **Eckerson, J.M.** and T.R. Anderson. Physiological response to water aerobics. *Journal of Sports Medicine and Physical Fitness*. 32:255-261, 1992.
36. **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.
37. **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.

BOOK CHAPTERS:

1. **Eckerson, J.M.** Weight Loss Nutritional Supplements; to appear in the textbook “*Nutritional Supplements in Sports and Exercise*”. M. Greenwood, Ed. Totowa, NJ - Humana Press Inc (*In Press*)
2. **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).
3. **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).
4. **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
5. **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
6. **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.
7. **Eckerson, J.M.** Exercise Nutrition. In: *Introduction to Exercise Science*. T.J. Housh and D.J. Housh, Eds. Allyn and Bacon Publishers, 2000.

8. **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. 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).
2. 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.
3. **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).
4. 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).
5. 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).
6. 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).
7. 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).
8. 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).

9. **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.
10. 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.
11. 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).
12. **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).
13. **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.
14. 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.
15. 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.
16. **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.
17. **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.
18. 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.

19. **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.
20. **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.
21. 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.
22. **Eckerson, J.**, L. Bachle, L. Albertson, D. Petzel, J. Stout, and G. Moore. Reliability of a 1-H Performance Test in Physically Active Women. *Journal of Strength and Conditioning Research*. 13(4):423, 1999.
23. **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.
24. 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.
25. 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.
26. **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.
27. 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.
28. 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.
29. 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.
30. 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.
 31. 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.
 32. **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.
 33. 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.
 34. 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.
 35. 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.
 36. 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.
 37. **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.
 38. 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.
 39. **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.
40. 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.
 41. **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.
 42. 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.
 43. 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.
 44. 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.
 45. **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.
 46. 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.
 47. 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.
 48. **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.
 49. **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.

50. 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.
51. 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.
52. 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.
53. **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.
54. **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.
55. 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.
56. 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.
57. **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.
58. 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.
59. 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).

60. 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. 2008 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. 'Calcium and Weight Loss: Recent Research Findings', July 10, 2008
2. 2006 Personal Trainers Conference, Las Vegas, NV. 'Can Women Benefit from Creatine Supplementation?', March 12, 2006
3. 2005 International Society for Sports Nutrition Annual Meeting, New Orleans, LA. 'Creatine Supplementation and Women', June 18, 2005
4. 2005 National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. 'Sports Nutrition for the Female Athlete', July 6, 2005

GRANT PROPOSALS/FUNDING:

1. Creighton University Academic Affairs Research Initiative Grant, 'The Effect of Three Different Creatine Formulations on Skeletal Muscle Creatine Retention', 2007, \$9871 (Principal Investigator, Funded)
2. Fortress Systems International, The Effect of Beta-Alanine and Phosphorus Supplementation on Anaerobic Exercise Performance, 2007, \$12,748 (Principal Investigator, Not Funded)
3. 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)
4. Life Sciences Laboratory, Inc., Effect of Proline Supplementation on Cycling Performance, 2004, \$14,160 (Co-Investigator, Not Funded)
5. National Strength and Conditioning Foundation - GNC® Nutrition Research Grant, The Effect of Two Different Creatine Formulations on Skeletal Muscle Creatine Retention, 2003, \$2500 (Principal Investigator, Funded)
6. 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 (Not Funded)

7. Nebraska Beef Board, Dietary Intake and Body Composition of Female Athletes, 2001-2002, \$47,700 (Co-Investigator, Funded)
8. Numico Research, Effect of 30 Days of Creatine Phosphate Supplementation on AWC in Men, 2001, \$ 10,800 (Principal Investigator, Funded).
9. Numico Research, Effect of Creatine Phosphate Supplementation on Anaerobic Working Capacity in Males and Females, 2000, \$9,150 (Principal Investigator, Funded).
10. 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).
11. 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).
12. 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)
13. American College of Sports Medicine Foundation Grant, Effects of Resistance Training on Older – Elderly Cardiac Patients, 1999, \$15,000 (Primary Investigator, Not Funded).
14. 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 (Primary Investigator, Funded).
15. Experimental and Applied Science, The Effect of Endurox Supplementation on Critical Power, 1996, \$3900 (Primary Investigator, Funded).
16. National Science Foundation, Renovation of the Human Performance Research Laboratory at Creighton University, 1996, \$118,257 (Primary Investigator, Not Funded).
17. Met-Rx USA, Inc., The Effect of Nutritional Supplementation on the Body Composition of College Female Athletes, 1995, \$4800 (Co-Investigator, Not Funded).

RECENT FELLOWSHIPS/AWARDS/HONORS (SINCE 2000):

1. 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
2. Recipient of the William M. Kizer Light of Wellness Award from the Wellness Council of the Midlands (WELCOM), November 8, 2007
3. 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.
4. Nominated for the 2005 Outstanding Faculty Member Award by the Creighton University Chapter of The Order of Omega, Greek Awards Night, April 20th, 2005
5. Recipient of the Research Achievement of the Year Award by the National Strength and Conditioning Association, 2004, July 16, 2004, Minneapolis, MN
6. Recipient of the Teaching for Tomorrow Award by Omicron Delta Kappa, Creighton University, February 11, 2002
7. Honorary Member of Alpha Sigma Nu, National Jesuit Honor Society, Inducted 2001
8. Nominated for the Robert F. Kennedy Memorial Award for Teaching Achievement at Creighton University, 2001.
9. Recognized as an Outstanding Faculty Member by the Creighton University Order of Omega, Panhellenic Council, and Infrafraternity Council, April 5, 2000.
10. 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.

CERTIFICATIONS:

American College of Sports Medicine™, Certified Health Fitness SpecialistSM (Certified in 1997).

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

PROFESSIONAL AFFILIATIONS:

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 - present

REVIEWER:

- *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
- *Journal of Nutrition, Health, and Aging*, 2007
- *Journal of Sports Science & Medicine*, 2004
- *Research Consortium*, National Strength and Condition Association, 2002, 2003, 2005 – present
- *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
- *Medicine and Science in Sports and Exercise*, 1993, 1995, 1999 - 2000
- *Journal of Applied Physiology*, 1993, 2007

EDITORIAL BOARD MEMBER:

The Journal of Strength and Conditioning Research, 1999 – present

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

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

CURRENT SERVICE TO CREIGHTON UNIVERSITY:

University Committee on Rank and Tenure
Member, 2007 – 2010

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 – present
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

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 Career Services Faculty Liaison Committee
2003 – present

RECENT 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

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 - present
Subcommittee member, NSCA Research Achievement Award, 2003 - present
Subcommittee member, NSCA Student Oral Research Award, 2003
Chair, NSCA Task Force on Women, 1999 - 2000
Member, NSCA Research Consortium, 2001 - present

RECENT SERVICE TO THE COMMUNITY:

American Heart Association – Nebraska/Heartland Affiliate

Board of Directors – Douglas County Division, 1999 - 2001
Development Committee / Golf Scramble, 1996 – 1998, 2000-02
Speakers Bureau, 1997 - present
Heart Walk, 1998 - 2007

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 – present
Welcoming Committee 2003 – present