

CURRICULUM VITAE
JACOB A. SIEDLIK, Ph.D.

CONTACT INFORMATION

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EDUCATION

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| 2016 | Doctor of Philosophy, Exercise Physiology, University of Kansas, Lawrence, KS;
Mentors - Dr. Philip M. Gallagher and Dr. John P. Vardiman
Minor: Psychology - Quantitative Methodology |
| 2011 | Master of Arts, Applied Physiology, Teachers College, Columbia University, New York, NY; Mentor - Dr. Carol E. Garber |
| 2003 | Bachelor of Arts, Mathematics, Colorado College, Colorado Springs, CO |

PROFESSIONAL EXPERIENCE

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| 2016 – Current | Assistant Professor, Creighton University, Department of Exercise Science and Pre-Health Professions, Omaha, NE |
| 2014 – 2016 | Graduate Research Assistant, University of Kansas, Department of Health, Sport, and Exercise Sciences, Applied Physiology Laboratory, Lawrence, KS |
| 2012 – 2014 | Graduate Teaching Assistant, University of Kansas, Department of Health, Sport, and Exercise Sciences, Applied Physiology Laboratory, Lawrence, KS |
| 2010 – 2012 | Sergeant, New York City Police Department, New York, NY |
| 2005 – 2010 | Police Officer, New York City Police Department, New York, NY |

AWARDS

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| 2015 | Department of Health, Sport and Exercise Sciences Wayne Osness Outstanding Doctoral Student Award. |
| 2008 | NYPD Departmental Commendation for intelligent performance of duty while facing grave personal danger |
| 2007 | NYPD Departmental Citation for Meritorious Police Duty (2 awards) |
| 2007 | NYPD Departmental Citation for Excellent Police Duty (2 awards) |

RESEARCH FUNDING

- 2015 **Siedlik, J.** Doctoral Student Research Fund. University of Kansas, Lawrence, KS, 2015. \$2000 requested, *\$2000 awarded.*
T cell activation and functionality following a delayed isolation protocol.
- 2015 Vardiman J.P., Principal Investigator, **Siedlik J., Graduate Student Co-investigator.** Office of Naval Research (ONR), 2015. \$371,000 requested, *\$371,000 awarded.* University of Kansas.
Expansion Proposal: Establishing Optimal Training Intervals for the Marine Corps Martial Arts Program (MCMAP) for Improvement in Physical Performance and Warrior Mindset.
- 2014 **Siedlik, J.** Doctoral Student Research Fund. University of Kansas, Lawrence, KS, 2014. \$1500 requested, *\$1500 awarded.*
Peripheral cytokine response to an acute dual-stress challenge.
- 2014 Vardiman J.P., Principal Investigator, **Siedlik J., Graduate Student Co-investigator.** Office of Naval Research (ONR), 2014. \$711,519 requested, *\$711,519 awarded.* University of Kansas.
Establishing Optimal Training Intervals for the Marine Corps Martial Arts Program (MCMAP) for Improvement in Physical Performance and Warrior Mindset.
- 2002 **Siedlik, J.** Robert Lewis Prize in Philosophy. Colorado College, Colorado Springs, CO, 2002 – 2003. *\$500 awarded.*
Defining the Concept of Space Using Modern Philosophy and Physics.

PROFESSIONAL AFFILIATIONS

- 2016 – Current American Association of Immunologists
- 2014 – 2016 Vice President, Department of Health, Sport and Exercise Science Graduate Student Organization
- 2012 – Current Greater Kansas City Chapter American Red Cross, Instructor Adult and Pediatric CPR/AED/First Aid
- 2012 – Current Central States American College of Sports Medicine
- 2012 – Current American Physiological Society
- 2010 – Current National Strength and Conditioning Association, Certified Strength & Conditioning Specialist (CSCS)
- 2010 – Current American College of Sports Medicine

TEACHING AND INSTRUCTIONAL ACTIVITIES

- 2016 – Current Exercise Physiology
- 2016 – Current Basic Statistics and Research Design

2016 – Current Directed Independent Research

PEER REVIEWED JOURNAL PUBLICATIONS

1. A. Ciccone, **J. Siedlik**, J. Wecht, J. Deckert, N. Nguyen, and J. Weir. Reminder: RMSSD and SD1 are redundant heart rate variability measures. *Muscle Nerve* (in press)
2. M. Chan, C. Ciaccia, N. Gigliotti, M. Rezaiekhalthigh, **J. Siedlik**, K. Kennedy, and C. Barnes. DNA Methylation Levels Associate with Race and Childhood Asthma Severity. *J Asthma* (in press).
3. **J. Siedlik**, S. Benedict, E. Landes, J. Weir, J.P. Vardiman and P. Gallagher. Acute bouts of exercise induce a suppressive effect on lymphocyte proliferation in human subjects: A meta-analysis. *Brain Behav Immun*, 2016, Vol.56, p. 343-351.
4. **J. Siedlik**, C. Bergeron, M. Cooper, R. Emmons, W. Moreau, D. Nabhan, P. Gallagher, and J.P. Vardiman. Advanced treatment monitoring for U.S. athletes using unsupervised modeling techniques. *JAT*, 2016, Vol.51(1), p. 74-81.
5. **J. Siedlik**, J. Deckert, N. Gigliotti, M. Chan, S. Benedict, T. Herda, P. Gallagher and J.P. Vardiman. Immunoendocrine alterations following Marine Corps martial arts training are associated with changes in moral cognitive processes. *Physiol Behav*, 2016, Vol.154, p. 76-82.
6. **J. Siedlik**, S. Siscos, K. Evans, A. Rolf, P. Gallagher, J. Seeley, and J.P. Vardiman. Computerized neurocognitive assessments and detection of the malingering athlete. *JSMPPF*, 2016, Vol.56(9), p. 1086-1091.
7. T. Herda, **J. Siedlik**, M. Trevino, M. Cooper, and J. Weir. The influence of endurance- and resistance-training on MU control strategies. *Muscle Nerve*, 2015, Vol.52(5), p. 832-843.
8. **J. Siedlik**, G. Harrison, R. Brigman, Z. Graham, J. Weir, P. Gallagher and J.P. Vardiman. Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. *J Strength Condition Res*, 2015, Vol.29(4), p. 1139-1145.
9. J.P. Vardiman, **J. Siedlik**, T. Herda, W. Hawkins, M Cooper, Z. Graham, J. Deckert, and P. Gallagher. Instrument assisted soft tissue mobilization: Effects on the properties of human plantar flexors. *IJSM*, 2015, Vol.36(3), p. 197-203.
10. J.P. Vardiman, N. Moodie, **J. Siedlik**, R. Kudrna, Z. Graham, and P. Gallagher. Short-Wave Diathermy Pre-treatment Attenuates Inflammatory Myokine Response from High-Intensity Eccentric Exercise. *JAT*, 2015, Vol.50(6), p. 612-620.

PEER REVIEWED JOURNAL PUBLICATIONS (In Review)

11. **J. Siedlik**, J. Deckert, S. Benedict, A. Bhatta, A. Dunbar, J.P. Vardiman and P. Gallagher. T cell activation and proliferation following acute exercise in human subjects is altered by storage conditions and mitogen selection. *J Immunol Methods* (in review).
12. J.P. Vardiman, Z. Graham, **J. Siedlik**, T. Herda, N. Moodie and P. Gallagher. Instrument Assisted Soft Tissue Mobilization: Effects on Inflammation, Pain, Strength, and Range of Motion in Human Skeletal Muscle Following Eccentric Exercise. *JMPT*, (in review).

13. Z. Graham, **J. Siedlik**, J. Deckert, J.P. Vardiman, and P. Gallagher. Instrumented soft-tissue manipulation and mechanoreceptor pathways. *Phys Ther Sports*, (in review).

PEER REVIEWED JOURNAL PUBLICATIONS IN PROCESS

1. **J. Siedlik**, W. Skorupski, T. Herda, M. Trevino, M. Cooper, and J. Weir. A Bayesian method for examining the influence of endurance- and resistance-training on time-frequency characteristics of EMG signals recorded during voluntary contractions. *J Strength Condition Res*, (in preparation).
2. **J. Siedlik**, J. Deckert, A. Bahatt, A. Dunbar, N. Gigliotti, M. Chan, S. Benedict, J.P. Vardiman, and P. Gallagher. Layered physical and psychological stress differentially affects T cell functional immune responses. *JAP* (in preparation).

PUBLISHED ABSTRACTS AND POSTER PRESENTATIONS

1. **J. Siedlik**, J. Deckert, A. Bahatt, A. Dunbar, N. Gigliotti, M. Chan, S. Benedict, J.P. Vardiman, and P. Gallagher. T cell responses to exercise stress do not adequately model those from tactical stress events. Accepted for presentation at the American Association of Immunologists annual meeting, Washington, D.C., May 2017.
2. **J. Siedlik**, J. Deckert, S. Benedict, A. Bhatta, A. Dunbar, J.P. Vardiman, and P. Gallagher. T cell activation and proliferation following acute exercise in human subjects is altered by storage conditions and mitogen selection. Accepted for presentation at the Integrative Biology of Exercise national conference, Phoenix, AZ, November 2016.
3. J. Deckert, J. Ward, **J. Siedlik**, E. Barnes, E. Landes, J.P. Vardiman, and P. Gallagher. Marine Corps Martial Arts Program does not cause global DNA methylation changes in female Marines. Accepted for presentation at the Integrative Biology of Exercise national conference, Phoenix, AZ, November 2016.
4. J. Sanfilippo, **J. Siedlik**, J. Weir, and B. Heiderscheit Common Jump Force Profiles of College Athletes Differ by Sport, Gender, and Performance. Accepted for presentation at the American College of Sports Medicine national conference, Boston, MA, June 2016.
5. M. Chan, C. Ciaccia, N. Gigliotti, M. Rezaiekhalthigh, **J. Siedlik**, K. Kennedy, and C. Barnes. Environmentally-induced Epigenetic Changes Correlate with Race and Childhood Asthma Severity. Accepted for presentation at the American Academy of Allergy, Asthma & Immunology national conference, Los Angeles, CA, March 2016.
6. **J. Siedlik**, J. Deckert, A. Clopton, T. Herda, J.P. Weir, P. Gallagher, and J.P. Vardiman. Impact of Acute Training Stress on Moral Decision Making Following Marine Corps Martial Arts Training. Accepted for presentation at the American College of Sports Medicine national conference, San Diego, CA, May 2015. *Medicine and Science in Sports and Exercise*: 47(5S):S, 2015.
7. **J. Siedlik**, J. Deckert, N. Gigliotti, M. Chan, S. Benedict, P. Gallagher, and J.P. Vardiman. Peripheral Immune Response to Marine Corps Martial Arts Training. Accepted for presentation at Experimental Biology, Boston, MA, March 2015. *The FASEB Journal*: 29(1):S 675.1, 2015.
8. **J. Siedlik**, J. Deckert, T. Herda, J. Weir, P. Gallagher, and P. Vardiman. Immunoendocrine Response to Marine Corps Martial Arts Training. Accepted for presentation at the Central States Chapter of the American College

of Sports Medicine regional conference, Overland Park, KS, October 2014. *International Journal of Exercise Science: Conference Proceedings*: Vol. 11: Iss. 2, Article 54.

9. Z. Graham, P. Vardiman, **J. Siedlik**, W. Hawkins, and P. Gallagher. The Effect of Instrument-Assisted Soft Tissue Manipulation on the Alpha7beta1 Integrin Pathway. Accepted for presentation at Experimental Biology, San Diego, CA, April 2014. *The FASEB Journal*: 28(1):S 1102.1, 2014.
10. **J. Siedlik**, S. Siscos, P. Gallagher, J. Seeley, A. Rolf, K. Evans, and J.P. Vardiman. Computerized neurocognitive assessments and detection of the malingering athlete. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2013. *International Journal of Exercise Science: Conference Proceedings*. Vol. 11. No. 1. 2014.
11. A.C. Fry, L. Bradford, T. Herda, J. Weir, M. Lane, M. Andre, A. Hudy, J. Deckert, and **J. Siedlik**. Validation of a 3-dimensional video motion capture system for determining barbell power and velocity during the bench press. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2013. *International Journal of Exercise Science: Conference Proceedings*. Vol. 11. No. 1. 2014.
12. M. Lane, A.C. Fry, T.J. Herda, A. Hudy, M.A. Cooper, M.J. Andre, J.P. Weir, **J. Siedlik**, Z.A. Graham and W. Hawkins. Validation of a 3-dimensional video motion capture system for determining weight training kinetics and kinematics. Accepted for presentation at the American College of Sports Medicine national conference, Indianapolis, IN, May 2013. *Medicine and Science in Sports and Exercise* 45(5S):S, 2013.
13. **J. Siedlik**, G. Harrison, R. Brigman, Z.A. Graham, J.P. Weir, P.M. Gallagher, & J.P. Vardiman. Methods Comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. Accepted for presentation at the American College of Sports Medicine national conference, Indianapolis, IN, May 2013. *Medicine and Science in Sports and Exercise* 45(5S):S, 2013.
14. P. Vardiman, P., **J. Siedlik**, M. Cooper, R. Emmons, B. Moreau, D. Nabhan, J. Street, and P.M. Gallagher. Gold Medal Sports Medicine: Integrative model of medical care during international competition. Accepted for presentation at the American College of Sports Medicine national conference, Indianapolis, IN, May 2013. *Medicine and Science in Sports and Exercise* 45(5S):S, 2013.
15. **J. Siedlik** and J.P. Vardiman. A Model for Epidemiological Analysis of a Multisite, Multidisciplinary Healthcare Database. Accepted for presentation at the University of Kansas Annual Graduate Research Competition, Lawrence, KS, March 2013.
16. J.P. Vardiman, **J. Siedlik**, B. Moreau, D. Nabhan. Gold Medal Sports Medicine: Integrative model of medical care during international competition. Accepted for full session presentation at the Central States American College of Sports Medicine regional conference, Columbia, MO, October 2011.
17. M. Lane, A.C. Fry, T.J. Herda, A. Hudy, M.A. Cooper, M.J. Andre, J.P. Weir, **J. Siedlik**, Z.A. Graham and W. Hawkins. Validation of a 3-dimensional video motion capture system for determining weight training kinetics and kinematics. Accepted for presentation at the Central States American College of Sports Medicine regional conference, Columbia, MO, October 2011.

BOOK CHAPTERS

1. J.P. Vardiman, P. Gallagher, and **J. Siedlik**. Potential cytoprotective effects of heat shock proteins to skeletal muscle. In Asea, Kaur, and Krishnan (Eds.), *Heat Shock Proteins-Based Therapies*, Heat Shock Proteins 9. Springer International Publishing Switzerland 2015.

2. J.P. Vardiman, P. Gallagher, and **J. Siedlik**. Acute and chronic inflammation. In Cappaert and Merrick (Eds). *Sports Medicine Pathophysiology*. F.A. Davis, (in review).