

James Brian Church
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State University, AR 72467
(870) 972-3066
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EDUCATION:

University of Alabama Tuscaloosa, AL
Degree: Ph.D. August 2000-August 2003
Dissertation topic: Resistance exercise and recovery
Area: Exercise Physiology
Minors: Biochemistry/Statistics

Murray State University Murray, KY
Degree: M.A. August 1997-May 1999
Area: Human Performance
Degree: B.S. August 1989-May 1993
Major: Biology
Minor: Chemistry

**PROFESSIONAL:
EXPERIENCE**

Arkansas State University
Associate Professor May 2008-Present
Assistant Professor August 2003-May 2008

Courses taught at ASU:

Graduate:

Motor Learning
Measurement and Statistics
Cardiorespiratory Physiology
Advanced Techniques of Strength Training
Biomechanical Analysis of Sport Skills
Cellular Physiology in Exercise

Undergraduate:

Concepts of Fitness
Basic Physiology of Activity
Research and Statistical Methods in E.S.
Applied Motor Learning
Techniques of Strength Training

University of Alabama

Graduate Teaching Assistant

August 2000-May 2003

Courses taught:

Physiology of Exercise
Applied Biomechanics
Ecological Approach to Health and Fitness
Beginning Weight Training

**Graduate Co-director of
Human Performance Lab**

May 2001-May 2003

- Conduct physiological testing
- Schedule lab usage for classes and individuals
- Order supplies
- Oversee day-to-day operation of lab
- Assist other graduate and undergraduate students with equipment usage

Tutor

May 2001-Present

- Tutor student-athletes in Kinesiology, Health, and Biology courses

Murray State University

**Strength and Conditioning Coach 1997-2000
for Women's Athletics**

- Designed in-season and out-of-season resistance training programs for all female student-athletes
- Conducted practices in the weight room as well as plyometric and speed enhancement drills
- Taught and supervised correct and effective lifting techniques

Assistant Track and Field Coach 1996-2000

- Designed daily training programs for throwers
- Recruited prospective student-athletes
- Organized travel arrangements for track and field team

Graduate Assistant

1994-1995

Track and Field Coach

- Designed daily training programs for throwers
- Recruited prospective student-athletes

PUBLICATIONS:

Comeau, M.J., Adams, T.M., Church J.B., Graves, M.M., & Lawson, P.M. (2011). Prediction of lower extremity lactate levels in exercising muscle utilizing upper extremity sampling sites. Journal of Exercise Physiology, 14(1), 20-27.

Graves, M.M., Glenn, A., Adams, T.M., Church, J.B., Finnicum, P.A., & Stillwell, J.L. (2011). The use of silhouettes to determine body distortion and body dissatisfaction in African American and Caucasian college-age females. International Journal of Fitness, 7(2).

Comeau, M.J., Lawson, P.L., Graves, M.M., Church, J.B., & Adams, T.M. (2011). Visualization of the passive sink phenomenon in nonexercising muscle using 2 sampling sites: consequences for assessment and training. Journal of Strength and Conditioning Research, 25(10), 2926-2930.

Church, J.B. Basic statistics for the strength and conditioning professional. *Strength and Conditioning Journal*. 30(6):51-55. 2008.

Rigsbee, H., J.B. Church, M.M. Graves, M.J. Comeau, T.A. Adams, and J.L. Stillwell. Exercise adherence in young, middle-aged and older adults. *Arkansas Journal*. 43(1):8, 17-19. 2008.

Church, J.B., and M.M Engelbrecht. Static stretching and its effects on muscular power. *Arkansas Journal*. 42(1):27-29. 2007.

Bishop, P.A., and J.B. Church. An alternative mechanism for death by crucifixion. *The Lineacre Quarterly*. 73(3):282-289. 2006.

Church, J.B. Resistance exercise for children. *Arkansas Journal*. 40(1):32-34. 2005.

Church, J.B., M.S. Wiggins, F.M. Moode, and R. Crist. Effect of warm-up and flexibility treatments on vertical jump performance. *Journal of Strength and Conditioning Research*. 15(3):332-336. 2001.

Wann, Daniel L., and B. Church. A method for enhancing the psychological skills of track and field athletes. *Track Coach*. 144: 4597-4605.

PRESENTATIONS:

Church, J.B., Shrestha, S., Graves, M.M., Adams, T.M., & Stillwell, J.L. (2012). Load, rating of perceived exertion, and blood pressure measurements in untrained and recreationally trained males following resistance exercise. Presented at the NSCA National Conference, Providence, RI, July 12-14, 2012.

Comeau, M., Church, J.B., Rigsbee, H., Adams, T., Graves, M., & Tchistiakova, Z. (2011). Effect of two sampling sites on resting blood lactate concentration. Medicine and Science in Sports and Exercise, 43(5), 803. Presented at ACSM Annual Meeting, Denver, CO, May 4-June 4, 2011.

Hawkins, T. Z., Adams, T. Church, J.B., Bryant, L.G., Stillwell, J.L. (2011). Effect of yoga on soreness and torque loss following a DOMS inducing exercise. Presented at the NSCA National Conference, Las Vegas, NV, July 8-10, 2011.

Church, J.B. The ups and downs of eccentric exercise. Arkansas Association for Health, Physical Education, Recreation and Dance Convention, Little Rock, AR, November, 2008.

Lavetter, D.L., H.D. Kim, and J.B. Church. Improving safety and reducing liability in school weight rooms: application of standards. Arkansas Association for Health, Physical Education, Recreation and Dance Convention, Little Rock, AR, November, 2008.

Engelbrecht, M.M., J.B. Church, T.A. Adams, M.M Graves, M.J. Comeau, and J.L Stillwell. A comparison of male and female tennis players on measures of on-court performance and anaerobic power. Arkansas Association for Health, Physical Education, Recreation and Dance Convention, Little Rock, AR, November, 2008.

Milner, C.C., J.B. Church, T.A. Adams, M.M Graves, M.J. Comeau, and J.L Stillwell. Arkansas Association for Health, Physical Education, Recreation and Dance Convention, Little Rock, AR, November, 2008.

Church, J.B., and L. Schluterman. The effects of a single bout of resistance exercise on motor performance. International Conference on Strength Training, Colorado Springs, CO, October, 2008.

Church, J.B. Teaching Olympic-style lifts to young athletes. Arkansas Association for Health, Physical Education, Recreation and Dance District IV Workshop, Jonesboro, AR, April, 2008.

Church, J.B. The role of stretching in injury prevention and performance. Arkansas Association for Health, Physical Education, Recreation and Dance Convention, Eureka Springs, AR, November 2007.

Church, J.B., and M.M. Engelbrecht. Decreases in muscular power following static stretching are not evident in active college-aged males. National Strength and Conditioning Association National Conference. Atlanta, GA, July, 2007.

Church, J.B. P.A. Bishop, J.F. Smith, M.T. Richardson, and S.M. Secor. Recovery from resistance exercise in college- and middle-aged men. National Strength and Conditioning Association National Conference. Washington, D.C., July 2006.

Church, J.B. Perfect practice makes perfect: using motor learning principles to improve skills instruction. Arkansas Association for Health, Physical Education, Recreation and Dance Convention, Eureka Springs, AR, November 2005.

Church, J.B. P.A. Bishop, J.F. Smith, M.T. Richardson, and S.M. Secor. Recovery following low- and high-volume resistance exercise. National Strength and Conditioning Association National Conference. Las Vegas, NV, July 2005.

Comeau, M.J., T.A. Adams, M.M. Graves, and J.B. Church. Differences in plasma blood lactate levels collected from two different sample sites. American College of Sports Medicine National Conference. Nashville, TN, May 2005

Comeau, M.J., T.A. Adams, M.M. Graves, and J.B. Church. Body distortion and body dissatisfaction in black and white college age females. American College of Sports Medicine National Conference. Nashville, TN, May 2005

Church, J.B. P.A. Bishop, J.F. Smith, M.T. Richardson, and S.M. Secor. Recovery following resistance training in men and women. National Strength and Conditioning Association National Conference. Minneapolis, MN, July 2004.

Church, J.B., and P.A. Bishop. A comparison of warm-up protocols on upper- and lower-body muscular power. Southeast American College of Sports Medicine Conference, Atlanta, GA, January, 2003.

Bishop, P.A., J.B. Church, A.P. Jung. Another approach to Clothing Adjustment Factors for Protective Clothing. European Society of Protective Clothing, Montreux, Switzerland, 21-24 May 2003.

Bishop, P.A., A.P. Jung, and J.B. Church. Micro-Environmental Responses to Five Protective Suits in Two Environments. European Society of Protective Clothing, Montreux, Switzerland, 21-24 May 2003.

Bishop, P.A., J.B. Church, and A.P. Jung. Physiological responses to four particle-barrier suits. American Industrial Hygiene Conference and Exhibition, Dallas, TX, May 2003.

SERVICE:

Professional Memberships

Arkansas AHPERD

National Strength and Conditioning Association (1996)

American College of Sports Medicine (1998)

Arkansas State Director NSCA (2003-2006)

Arkansas Journal Reviewer

NSCA Education Committee (2006-2010)

Arkansas State University Committees

University:

Faculty Research Committee (2006-2009)

Development, Communications, and Alumni Committee
(2009-2011)

Intercollegiate Athletics Committee (2008-2011)

College of Education:

Library Curriculum Committee (2005-2007)

Chair (2005-2006)

Faculty Awards Committee (2008-present)

Department of HPESS

Diversity Committee (2003-2008)

Library Acquisitions Coordinator (2003-present)

PRT Committee (2008-present)

Graduate Curriculum Committee (2005-present)

The Turn student organization faculty sponsor (2008-2011)

ArkAHPERD, Chair, Exercise Science Division (05-06, 07-08)

Craighead County Soccer Association Volunteer Coach (2006-2010)

Jonesboro Softball Association Volunteer Coach (2010-2011)

Thesis committees:

Allen, Tara N. (chair)

Effects of massage therapy on muscle recovery following downhill running

Jeffery, Christy (chair)

Crossfit effectiveness on fitness levels and demonstration of effective program objectives

Jackson, Ross (member)

A comparison between 1-repetition maximum barbell and 1-repetition maximum dumbbell bench press

Shrestha, Sunita (chair)

Rating of perceived exertion and blood pressure responses in untrained and recreationally trained males following resistance exercise

Carnes, Michael C. (member)

Parents' perception and response to BMI health report cards

Reynolds, Larry (member)

Collegiate student-athletes satisfaction with athletic trainers and the services they provide

Penn, Lance (member)

Use of pedometers to increase physical activity in African-American females

Galafassi, Marcelo (member)

Visualization of accuracy and velocity in NCAA division I baseball pitchers

Gilbert, Liz (member)

Measurement of JPD health and fitness

Hawkins, Taffy (chair)

Does yoga following a DOMS-inducing exercise bout alleviate soreness and attenuate loss of torque?

Erwin, John (member)

The effects of interX therapy in comparison to TENS on pain relief in patients suffering from medial tibial stress syndrome

Engelbrecht, Marina (chair)

Do anaerobic physiologic variables predict on-court tennis performance?

Milner, Catharine (chair)

Heart rate measurements obtained from women during a yogafit class

Beck, Jon (chair)

The impact of positive motivational techniques by coaches on the achievement levels of men's college basketball players

Charlebois, Casey (chair)

Knowledge of heart rate and estimated caloric expenditure on exercise

Glenn, Alison (member)
Body distortion and dissatisfaction in black and white college aged females
Halk, Lisa (member)
Effects of a daily walking program in 8-, 9-, and 10-year old children
Hannan, Heidi (member)
Differences in motivational factors for exercise adherence among differing age groups
Lawson, Paige (member)
The differences in blood lactate levels collected from two different sample sites following an incremental cycling protocol
Lundy, Daniel (member)
The effects of counterforce bracing of the quadriceps muscle
Stott, Kelly (member)
The effects of Pilates as a preventative treatment strategy in decreasing low back pain in football players
Tchistiakova, Zina (member)
Comparison of disease risk using BMI, % bodyfat, and waist circumference in high school athletes compared to nonathletes
Vanhove, Kelly (member)
Effect of music genre on peak torque

Undergraduate Honors thesis committee:

Barker, Shana

Do firefighters underreport ratings of perceived exertion?

CERTIFICATIONS:

Certified Strength and Conditioning Specialist (NSCA)

USA Track and Field Level II Throws Coach

Cardiopulmonary Resuscitation Certification