

C. Russell Hendrix

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PRIMARY RESEARCH INTERESTS: Exercise physiology (muscle fatigue, electromyography and mechanomyography of muscle fatigue, and muscular structure and function)

EDUCATION

ABD/Ph.D. student, Department of Nutrition and Health Sciences—Human Sciences,

Director: Terry J. Housh, Ph.D.; University of Nebraska–Lincoln.

Anticipated Graduation Date: August 2014.

Master of Science, Ed. (Secondary), Health & Physical Education, Northwest Missouri State University; 2002.

Bachelor of Science, Ed. (Secondary), Biology, Emporia State University, 1992.

TEACHING/LECTURE EXPERIENCE

Arkansas State University, Fall 2013 – present

- ◆ **Visiting Professor** – ES 3543 Human Anatomy & Foundations of Motion, ES 3553 Basic Physiology, ES 3743 Research & Statistical Methods in Exercise Science, ES 4763 Kinesiology

Northwest Missouri State University, Fall 2012.

- ◆ **Adjunct Instructor** – HHS 431 Lifetime Individual Activities, HHS 537 Assessment in Physical Education.

University of Wisconsin-La Crosse, 2010 –2012.

- ◆ **Instructor/Tenure Track Assistant Professor** – ESS 770 Clinical Exercise Physiology (Fall 2010, 2011); ESS 762 Exercise Physiology/Human Performance Lab Techniques (Spr 2011, 2012); ESS 302 Exercise Physiology Laboratory (three sections Fall 2010, one Spr 2011, two Fall 2011, one Spr 2012); ESS 446 Current Trends and Research in Exercise Science (Spr 2011, Fall 2011, Spr 2012).

University of Nebraska-Lincoln, 2006 – 2010.

Graduate Teaching Assistant/Laboratory Instructor – NUTR 484/884 Physiology of Exercise (Seven sections, Spring 2007 – 2010);

Graduate Teaching Assistant / Laboratory Instructor – NUTR 486/886 Exercise Testing and Exercise Programming in Adult Fitness and Cardiac Rehabilitation (Six sections, Spring 2007 – 2010)

Iowa Western Community College, Clarinda, IA, 2004-2005

- ◆ **Biology Instructor:** Prepared and presented lectures, demonstrations, and discussions for courses in biology, anatomy and physiology, microbiology, and nutrition as well as the laboratories. Advised students in their selection of classes and career goals. Worked as a team with other instructors to evaluate and improve instruction.

Various School Districts in Nebraska, Missouri, and Iowa, 1994-2004; 2005-2006.

- ◆ **6-12 Science and Physical Education Teacher:** Implemented cooperative learning, lecture, critical thinking, and other teaching approaches. Used laboratory and individual projects to enhance student concept knowledge. Coordinated Missouri Assessment Program testing for middle school students. Represented Missouri Assessment Program (MAP) as Class 7 Senior Leader. Served on MSIP Governance Committee, chaired the Professional Development/MAP Committee, chaired Outdoor Classroom Committee, co-sponsored the Math/Science Club, and consulted for Quiz Bowl Team. Sponsored the I Can Club, Science Olympiad participants, and 7th and 8th grades. Served on North Central Alternative Scheduling Committee. Revised curricula for biology I, biology II, anatomy and physiology, 6-8 Integrated Sciences, and other areas. Coached Science Olympiad participants and sponsored classes/grades. Coached volleyball and basketball from junior high to varsity head coach. Taught numerous recreational activities.

ABSTRACTS AND PRESENTATIONS AT PROFESSIONAL MEETINGS

1. C.L. Camic, T.J. Housh, J.M. Zuniga, M. Mielke, **C.R. Hendrix**, G.O. Johnson, R.J. Schmidt, and D.J. Housh. (October, 2009). Effects of four weeks of an arginine-based supplement on the ventilatory threshold and peak oxygen uptake. (Presented at the Annual Southwest American College of Sports Medicine Conference San Diego, California).

2. C.L. Camic, T.J. Housh, M. Mielke, **C.R. Hendrix**, J.M. Zuniga, G.O. Johnson, D.J. Housh, and R.J. Schmidt. (July, 2008). Anthropometric Growth Patterns of Young Wrestlers. <http://www.nscs-lift.org/Natcon2008/2008%20NSCA%20Abstracts.pdf> . (Presented at the National Strength and Conditioning Association Annual Conference in Las Vegas, Nevada).
3. C.L. Camic, M. Mielke, **C. R. Hendrix**, J. Zuniga, G.O. Johnson, and T.J. Housh. (May, 2008). Cross-Cultural Validation of Isokinetic Peak Torque Prediction Equations on Young American Wrestlers. (Presented at the Annual American College of Sports Medicine Conference Indianapolis, Indiana; Published in Medicine and Science in Sports and Exercise Supplement: ABSTRACT ISSUE: 40(5) May, 2008).
4. **C.R. Hendrix**, T.J. Housh, J.M. Zuniga, M. Mielke, C.L. Camic, G.O. Johnson, D.J. Housh, and R.J. Schmidt. (October, 2009). Effects of polyethylene glycosylated creatine supplementation on muscular strength. (Presented at the Annual Southwest American College of Sports Medicine Conference San Diego, California).
5. **C.R. Hendrix**, T.J. Housh, M. Mielke, C.L. Camic, J.M. Zuniga, G.O. Johnson, and R.J. Schmidt. (July, 2009). A comparison of critical torque and electromyographic mean power frequency fatigue threshold during isometric leg extension. <http://www.nscs-lift.org/Natcon2008/2008%20NSCA%20Abstracts.pdf> (Presented at the National Strength and Conditioning Association Annual Conference in Las Vegas, Nevada).
6. **C.R. Hendrix**, T.J. Housh, G.O. Johnson, M. Mielke, C.L. Camic, J.M. Zuniga, and R.J. Schmidt. (May, 2009). Anaerobic work capacity from linear and nonlinear mathematical models. (Presented at the Annual American College of Sports Medicine Conference Seattle, Washington; Published in Medicine and Science in Sports and Exercise Supplement: ABSTRACT ISSUE: 41(5) May, 2009).
7. **C.R. Hendrix**, T.J. Housh, M. Mielke, C.L. Camic, J.M. Zuniga, G.O. Johnson, and R.J. Schmidt. (July, 2008). A Comparison of Critical Force and Electromyographic Fatigue during Isometric Muscle Actions of the Leg Extensors. <http://www.nscs-lift.org/Natcon2008/2008%20NSCA%20Abstracts.pdf> (Presented at the National Strength and Conditioning Association Annual Conference in Las Vegas, Nevada).
8. **C. R. Hendrix**, T. J. Housh, G. O. Johnson, J. P. Weir, T. W. Beck, M. H. Malek, and M. Mielke. (May, 2008). A Comparison of Critical Force and Electromyographic Fatigue Threshold for Isometric Muscle Actions of the Forearm Flexors. (Presented at the Annual American College of Sports Medicine Conference Indianapolis, Indiana; Published in Medicine and Science in Sports and Exercise Supplement: ABSTRACT ISSUE: 40(5) May, 2008).
9. **C. R. Hendrix**, T. W. Beck, T. J. Housh, M. Mielke, and M. H. Malek. (July, 2007). The Acute Effects of a Caffeine-Containing Supplement on Bench Press Strength and Time to Running Exhaustion. <http://www.nscs-lift.org/abstracts/searchabstracts.asp>. (Presented at the National Strength and Conditioning Association Annual Conference in Atlanta, Georgia).
10. **C. R. Hendrix**, T. W. Beck, T. J. Housh, G. O. Johnson, J. P. Weir, J. T. Cramer, J. W. Coburn, M.H. Malek, and M. Mielke. (June, 2007). Effects of Very Short-term, Unilateral, Isokinetic Training of the forearm flexors on Strength in the Trained and Untrained Limbs. (Presented at the Annual American College of Sports Medicine Conference New Orleans, Louisiana; Published in Medicine and Science in Sports and Exercise Supplement: ABSTRACT ISSUE: 39(5) May, 2007).
11. M. Mielke, T.J. Housh, M.H. Malek, T.W. Beck, **C.R. Hendrix**, J.M. Zuniga, C.L. Camic, R.J. Schmidt, G.O. Johnson, and D.J. Housh. (July, 2008). The Effects of a Calorie Dense High Protein Supplement on Exercise Performance and Body Composition During Resistance Training. <http://www.nscs-lift.org/Natcon2008/2008%20NSCA%20Abstracts.pdf> . (Presented at the National Strength and Conditioning Association Annual Conference in Las Vegas, Nevada).
12. M. Mielke, T.J. Housh, **C. R. Hendrix**, C.L. Camic, J.M. Zuniga, R.J. Schmidt, and G.O. Johnson. (May, 2008). Oxygen Uptake, Heart Rate, and Ratings of Perceived Exertion at the PWC_{VO₂}. (Presented at the Annual American College of Sports Medicine Conference Indianapolis, Indiana; Published in Medicine and Science in Sports and Exercise Supplement: ABSTRACT ISSUE: 40(5) May, 2008).
13. M. Mielke, T.J. Housh, T.W. Beck, M.H. Malek, R.J. Schmidt, G.O. Johnson, and **C. R. Hendrix**. (July, 2007). An Examination Of The Estimated Times To Exhaustion At The PWC_{borg}, PWC_{omni}. And VT. . <http://www.nscs-lift.org/abstracts/searchabstracts.asp>. (Presented at the National Strength and Conditioning Association Annual Conference in Atlanta, Georgia).

14. M. Mielke, T.J. Housh, T.W. Beck, M.H. Malek, R.J. Schmidt, G.O. Johnson, and **C. R. Hendrix**. (June, 2007). An Examination Of The Estimated Times To Exhaustion At The PWC_{VO2}, PWC_{HRT}, And VT. (Presented at the Annual American College of Sports Medicine Conference New Orleans, Louisiana; Published in *Medicine and Science in Sports and Exercise Supplement: ABSTRACT ISSUE*: 39(5) May, 2007).
15. R.J. Schmidt, M. Mielke, M.H. Malek, T.J. Housh, C.L. Camic, J. Zuniga, **C.R. Hendrix**, and G.O. Johnson. (July, 2008). Comparison of Army, Navy, and Marine Corps ROTC Physical Fitness Test Scores and Evaluation of Special Forces Assessment and Selection Success. <http://www.nsca-lift.org/Natcon2008/2008%20NSCA%20Abstracts.pdf> . (Presented at the National Strength and Conditioning Association Annual Conference in Las Vegas, Nevada).
16. J. M. Zuniga, **C.R. Hendrix**, C.L. Camic, M. Mielke, G.O. Johnson, R.J. Schmidt, and T.J. Housh. (October, 2009). The effects of micronized creatine supplementation on mean and peak power from the wingate test. (Presented at the Annual Southwest American College of Sports Medicine Conference San Diego, California).
17. J. M. Zuniga, T.J. Housh, C.L. Camic, M. Mielke, **C.R. Hendrix**, G.O. Johnson, R.J. Schmidt, D.J. Housh. (July, 2008). Validity of Fat-Free Weight Equations for Estimating Mean and Peak Power in High School Wrestlers. <http://www.nsca-lift.org/Natcon2008/2008%20NSCA%20Abstracts.pdf> . (Presented at the National Strength and Conditioning Association Annual Conference in Las Vegas, Nevada).

PUBLICATIONS

1. Beck, T.W., T.J. Housh, M.H. Malek, M. Mielke, and **C.R. Hendrix**. The Acute Effects of a Caffeine Containing Supplement on Bench Press Strength and Time to Running Exhaustion. *Journal of Strength and Conditioning Research*, 22 (5): 1654 – 1658, 2008.
2. Beck, T.W., T.J. Housh, J.T. Cramer, M.H. Malek, M. Mielke, **R. Hendrix**, and J.P. Weir. The Effects of the Innervation Zone and Interelectrode Distance on the Patterns of Responses for Electromyographic Amplitude and Mean Power Frequency versus Isometric Torque for the Vastus Lateralis Muscle. *Electromyography and Clinical Neurophysiology*, 48: 13 – 25, 2008.
3. Beck, T.W., T.J. Housh, J.T. Cramer, M.H. Malek, M. Mielke, **R. Hendrix**, J.P. Weir. Electrode Shift and Normalization Reduce the Innervation Zone's Influence on EMG. *Medicine and Science in Sport and Exercise*, 40 (7): 1314 – 1322, 2008.
4. Beck, T.W., T.J. Housh, J.T. Cramer, M.H. Malek, M. Mielke, and **R. Hendrix**. The Influence of Electrode Shift over the Innervation Zone and Normalization on the Electromyographic Amplitude and Mean Power Frequency versus Isometric Torque Relationships for the Vastus Medialis Muscle. *Journal of Neuroscience Methods*, 169: 100 – 108, 2008.
5. Beck T.W., T.J. Housh, J.T. Cramer, M.H. Malek, M. Mielke, **R. Hendrix**, and J.P. Weir. A Comparison of Monopolar and Bipolar Recording Techniques for Examining the Patterns of Responses for Electromyographic Amplitude and Mean Power Frequency versus Isometric Torque for the Vastus Lateralis Muscle. *Journal of Neuroscience Methods*, 166: 159-167, 2007.
6. Boehler, B., J.P. Porcari, D. Kline, **C.R. Hendrix**, and C. Foster. Terrific Triceps. *ACE (American Council On Exercise) Certified News*, August 2011.
7. Camic, C.L., T.J. Housh, J. Zuniga, **C.R. Hendrix**, M. Mielke, G.O. Johnson, and R.J. Schmidt. The effects of 4 weeks of an arginine-based supplement on the gas exchange threshold and peak oxygen uptake. *Applied Physiology, Nutrition, and Metabolism*, 35(3): 286-93, 2010.
8. Camic, C.L., **C.R. Hendrix**, T.J. Housh, J.M. Zuniga, M. Mielke, G.O. Johnson, R.J. Schmidt, and D.J. Housh,. The effects of polyethylene glycosylated creatine supplementation on muscular strength and power *Journal of Strength and Conditioning Research*, 24(12): 3343-51, 2010.
9. Camic, C.L., T.J. Housh, **C.R. Hendrix**, J.M. Zuniga, H.C. Bergstrom, R.J. Schmidt, and G.O. Johnson. The influence of the muscle fiber pennation angle and innervation zone on the identification of neuromuscular fatigue during cycle ergometry. *Journal of Electromyography and Kinesiology*, 21(1): 33-40, 2011.
10. Camic, C.L., T.J. Housh, J.P. Weir, J. Zuniga, **C.R. Hendrix**, M. Mielke, G.O. Johnson, D.J. Housh, and R.J. Schmidt. Influences of body-size variables on age-related increases in isokinetic peak torque in young wrestlers. *Journal of Strength and Conditioning Research*, 24(9): 2358-65, 2010.

11. Camic, C.L., T.J. Housh, J. Zuniga, **C.R. Hendrix**, M. Mielke, G.O. Johnson, and R.J. Schmidt. Effects of arginine-based supplements on the physical working capacity at the fatigue threshold. *Journal of Strength and Conditioning Research*, in press.
12. Camic, C.L., T.J. Housh, J. Zuniga, **C.R. Hendrix**, M. Mielke, G.O. Johnson, and R.J. Schmidt. The influence of electrode orientation on the electromyographic amplitude and mean power frequency versus isometric torque relationships for the vastus lateralis. *Journal of Exercise Physiology-online*, in press.
13. Camic, C.L., T.J. Housh, G.O. Johnson, **C.R. Hendrix**, J. Zuniga, M. Mielke, and R.J. Schmidt. An EMG frequency-based test for estimating the neuromuscular fatigue threshold during cycle ergometry. *European Journal of Applied Physiology*, 108(2):337-45, 2010.
14. Camic, C.L., T.J. Housh, M. Mielke, **C.R. Hendrix**, J. Zuniga, G.O. Johnson, D.J. Housh, and R.J. Schmidt. Age-related patterns of anthropometric characteristics in young wrestlers. *Medicine and Science in Sport and Exercise*, 41 (5):1014-9, 2009.
15. Hagen, J., C. Foster, J. Rodriguez-Marroyo, J.J. de Koning, R.P. Mikat, **C.R. Hendrix**, J.P. Porcari. The Effect of Music on 10 km Cycle Time Trial Performance. *International Journal of Sports Physiology and Performance*, in press.
16. **Hendrix, C.R.**, T.J. Housh, M. C.L. Camic, J.M. Zuniga, G.O. Johnson, and R.J. Schmidt. Comparing electromyographic and mechanomyographic frequency-based fatigue threshold tests during isometric forearm flexion. *Journal of Neuroscience Methods*, 194(1): 64-72, 2010.
17. **Hendrix, C.R.**, T.J. Housh, G.O. Johnson, M. Mielke, J.M. Zuniga, C.L. Camic, and R.J. Schmidt. The effect of epoch length on the electromyographic mean power frequency and amplitude versus time relationships. *Electromyography and Clinical Neurophysiology*, in press.
18. **Hendrix, C.R.**, T.J. Housh, M. Mielke, J.M. Zuniga, C.L. Camic, G.O. Johnson, R.J. Schmidt, and D.J. Housh. Acute effects of a caffeine-containing supplement on bench press and leg extension strength and time to exhaustion during cycle ergometry. *Journal of Strength and Conditioning Research*, 24(3):859-865, 2010.
19. **Hendrix, C.R.**, T.J. Housh, J.M. Zuniga, C.L. Camic, M. Mielke, G.O. Johnson, and R.J. Schmidt. A mechanomyographic frequency-based fatigue threshold test. *Journal of Neuroscience Methods*, 187 (1) 1-7, 2010.
20. **Hendrix, C.R.**, T.J. Housh, G.O. Johnson, M. Mielke, C.L. Camic, J.M. Zuniga, and R.J. Schmidt. A new EMG frequency-based fatigue threshold test. *Journal of Neuroscience Methods*, 181 (1): 45 – 51, 2009.
21. **Hendrix, C.R.**, T.J. Housh, G.O. Johnson, M. Mielke, C.L. Camic, J.M. Zuniga, and R.J. Schmidt. Comparison of Critical Force to EMG Fatigue Thresholds during Isometric Leg Extension. *Medicine and Science in Sport and Exercise*, 41 (4):956-965, 2009.
22. **Hendrix, C.R.**, T.J. Housh, G.O. Johnson, J.P. Weir, T.W. Beck, M.H. Malek, M. Mielke, and R.J. Schmidt. A Comparison of Critical Force and Electromyographic Fatigue Threshold for Isometric Muscle Actions of the Forearm Flexors. *European Journal of Applied Physiology*, 105(3):333-42, 2009.
23. **Hendrix, C.R.**, T.J. Housh, M. Mielke, J.M. Zuniga, C.L. Camic, G.O. Johnson, and R.J. Schmidt. Critical torque, estimated time to exhaustion, and anaerobic work capacity from linear and nonlinear mathematical models. *Medicine and Science in Sport and Exercise*, 41 (12):2185-90, 2009.
24. **Hendrix, C.R.**, A.J. Bull, T.J. Housh, T.W. Beck, S. Rana, J.T. Cramer, J.P. Weir, M. Mielke, and M.H. Malek. The Effect of Pedaling Cadence and Power Output on Mechanomyographic Amplitude and Mean Power Frequency during Submaximal Cycle Ergometry. *Electromyography and Clinical Neurophysiology*, 48: 195 – 201, 2008.
25. Malek M. H., T.J. Housh, L.D. Crouch, G.O. Johnson, **C.R. Hendrix**, T.W. Beck, M. Mielke, R.J. Schmidt, and D.J. Housh. Plasma Ammonia Concentrations and the Slow Component of Oxygen Uptake Kinetics during Cycle Ergometry. *Journal of Strength and Conditioning Research*, 22 (6): 2018 – 26, 2008.
26. Mielke, M., T.J. Housh, **C.R. Hendrix**, J.M. Zuniga, C.L. Camic, R.J. Schmidt, and G.O. Johnson. A test for determining critical heart rate using the critical power model. *Journal of Strength and Conditioning Research*, 25(2): 504-10, 2011.
27. Mielke, M., T.J. Housh, **C.R. Hendrix**, C.L. Camic, J.M. Zuniga, R.J. Schmidt, and G.O. Johnson. Oxygen Uptake, Heart Rate, and Ratings of Perceived Exertion at the Physical Work Capacity at the

- Oxygen Consumption Threshold ($PWC \dot{V}O_2$). *Journal of Strength and Conditioning Research*, 23 (4): 1292 – 9, 2009.
28. Mielke, M., T.J. Housh, M.H. Malek, T.W. Beck, **C.R. Hendrix**, R.J. Schmidt, and G.O. Johnson. Estimated Times to Exhaustion at the PWC_{VO_2} , PWC_{HRT} , and VT. *Journal of Strength and Conditioning Research*, 22 (6): 2003–10, 2008.
 29. Zuniga, J., T.J. Housh, M. Mielke, C.L. Camic, **C.R. Hendrix**, G.O. Johnson, D.J. Housh, and R.J. Schmidt. Validity of Fat-Free Weight Equations for Estimating Mean and Peak Power in High School Wrestlers. *Pediatric Exercise Science*, 21 (1): 100 – 12, 2009.
 30. Zuniga, J., T.J. Housh, **C.R. Hendrix**, C.L. Camic, M. Mielke, R.J. Schmidt, and G.O. Johnson. The effects of electrode orientation on electromyographic amplitude and mean power frequency during cycle ergometry. *Journal of Neuroscience Methods*, 184(2):256-62, 2009.
 31. Zuniga, J., T.J. Housh, C.L. Camic, **C.R. Hendrix**, M. Mielke, R.J. Schmidt, and G.O. Johnson. The effects of parallel versus perpendicular electrode orientations on EMG amplitude and mean power frequency from the biceps brachii. *Electromyography and Clinical Neurophysiology*, in press.
 32. Zuniga, J., T.J. Housh, M. Mielke, **C.R. Hendrix**, C.L. Camic, G.O. Johnson, D.J. Housh, and R.J. Schmidt. Gender comparisons of anthropometric characteristics of young sprint swimmers. *Journal of Strength and Conditioning Research*, 25(1): 103-8, 2011.
 33. Zuniga, J., T.J. Housh, C.L. Camic, M. Mielke, **C.R. Hendrix**, G.O. Johnson, D.J. Housh, and R.J. Schmidt. Yearly changes in the anthropometric dimensions of female high school gymnasts. *Journal of Strength and Conditioning Research*, 25(1): 124-8, 2011.
 34. Zuniga, J., T.J. Housh, C.L. Camic, **C.R. Hendrix**, M. Mielke, R.J. Schmidt, and G.O. Johnson. The effects of accelerometer placement on mechanomyographic amplitude and mean power frequency during cycle ergometry. *Journal of Electromyography and Kinesiology*, 20(4): 719-25, 2010.
 35. Zuniga, J., T.J. Housh, C.L. Camic, **C.R. Hendrix**, M. Mielke, G.O. Johnson, D.J. Housh, and R.J. Schmidt. The effects of creatine monohydrate loading on anaerobic performance and 1-RM strength. *Journal of Strength and Conditioning Research*, Epub ahead of print, Sept 14, 2011.
 36. Kleingartner, A., J.P. Porcari, S. Doberstein, and **C.R. Hendrix**. The Effect of Toning Pants on Energy Cost and Muscle Activity. UWL Master's Thesis, Spring 2012.
 37. Schanke, W., J.P. Porcari, M. Felix, and **C.R. Hendrix**. Electromyographic Analysis of the Pectoralis Major Muscle During A Variety of Chest Exercises. UWL Master's Thesis, Spring 2012.
 38. Crawford, K., G.A. Wright, R.P. Mikat, and **C.R. Hendrix**. The Role of Practice Length in the Maintenance of Power Production in Collegiate Gymnasts. UWL Master's Thesis, Spring 2012.

SPORTS SUPPLEMENT GRANTS

1. Co-Investigator and Study Coordinator (effort 50%) - \$60,000, *The effects of 28 days of creatine supplementation on anaerobic capabilities and muscle strength*. General Nutrition Centers (GNC), Pittsburgh, Pennsylvania, (awarded, GNC-2009-001B; P.I.: Terry J. Housh, PhD.). 2009 (Summer).
2. Co-Investigator (effort 20%) - \$60,000, *The effects of 1 week of creatine supplementation on anaerobic capabilities and muscle strength*. General Nutrition Centers (GNC), Pittsburgh, Pennsylvania, (awarded, GNC-2009-001A [Type equation here.](#); P.I.: Terry J. Housh, PhD.). 2009 (Summer).
3. Co-Investigator (effort 20%) - \$90,000, *The effects of two different arginine based formulations on the physical working capacity at neuromuscular fatigue threshold*. General Nutrition Centers (GNC), Pittsburgh, Pennsylvania, (awarded, GNC-2008-007; P.I.: Terry J. Housh, PhD.). 2008 (Fall).
4. Co-Investigator and Study Coordinator (effort 50%) - \$45,000, *The Acute Effects of TPB™ on Endurance Performance and Muscular Strength*, General Nutrition Centers (GNC), Pittsburgh, Pennsylvania, (awarded, GNC-2008-001B; P.I.: Terry J. Housh, PhD.). 2008 (Spring).
5. Co-Investigator (effort 20%) - \$30,000, *The effects of a calorie dense high protein supplement on body composition and exercise performance during resistance training*. General Nutrition Centers (GNC), Pittsburgh, Pennsylvania, (awarded, GNC-2006-008 extension; P.I.: Terry J. Housh, PhD.). 2007 (Fall).
6. Co-Investigator (effort 20%) - \$98,400, *The effects of a calorie dense high protein supplement on body composition and exercise performance during resistance training*. General Nutrition Centers (GNC), Pittsburgh, Pennsylvania, (awarded, GNC-2006-008; P.I.: Terry J. Housh, PhD.). 2007 (Spring).

7. Co-Investigator (effort 20%) - \$86,760, *The effects ThermoBurst™ on endurance performance, rating of perceived exertion and muscular strength.*, General Nutrition Centers (GNC), Pittsburgh, Pennsylvania, (awarded, GNC-2006-005; P.I.: Terry J. Housh, PhD.). 2006 (Fall).

SERVICE

- ◆ UWL Exercise and Sport Science Curriculum Committee, 2010 – present.
- ◆ UWL Exercise and Sport Science Advisor, 2010 – present.
- ◆ UWL Exercise and Sport Science Master's Thesis Committees, 2010 – present.
- ◆ Board Member, UNL Library Advisory Board, 2008-2010.
- ◆ Vice-Chair of Finance, UNL Graduate Student Association, 2008-2009.
- ◆ Better World Books Drive Committee Chair, 2008-2009.
- ◆ Abstract Reviewer, National Strength and Conditioning Association Conference, 2008.
- ◆ Reviewer, Pediatric Exercise Science, 2008.
- ◆ Social Committee Member, UNL Graduate Student Association, 2007-2008.
- ◆ Elections Committee Member, UNL Graduate Student Association, 2007-2008.
- ◆ Nutrition and Health Sciences Student Representative, UNL Graduate Student Association, 2006-2008.
- ◆ American College of Sports Medicine Focus Group, at Annual ACSM Conference, New Orleans, Louisiana, June 2007.
- ◆ Abstract Reviewer, National Strength and Conditioning Association Conference, 2007.
- ◆ Reviewer, Medicine and Science in Sports and Exercise, 2007.