

Curriculum Vitae

Eric M. Scudamore, Ph.D., CSCS

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EDUCATION

Middle Tennessee State University | Murfreesboro, TN 2017
Ph.D. in Health and Human Performance

University of North Alabama | Florence, AL 2014
M.S. in Health and Human Performance

University of Alabama | Tuscaloosa, AL 2012
B.S.E. in Human Performance and Exercise Science

ACADEMIC POSITIONS

Arkansas State University

Associate Professor | Dept. of Health, Physical Education, and Sport Sciences 2021-Present

Assistant Professor | Dept. of Health, Physical Education, and Sport Sciences 2017-2021

Instructor of Record:

ES 3533 Basic Physiology of Activity
ES 3633 Nutrition for Health, Sport, and Exercise
ES 3743 Research and Statistical Methods in Exercise Science
HLTH 4543 Drug Use and Abuse
ES 4843 Practicum, Pre-Internship in Exercise Science
HPESS 4863 Internship in HPESS 1
HPESS 4893 Internship in HPESS 2
ESPE 678V Thesis
ESPE 679V Graduate Project
ESPE 6533 Laboratory Techniques in Exercise Physiology
ESPE 6673 Research Design

Middle Tennessee State University 2014-2017

Graduate Teaching Assistant | Department of Health and Human Performance

Instructor of Record:

EXSC 3500 Exercise Techniques and Leadership
EXSC 3831 Physiology of Exercise Lab
EXSC 4230 Exercise Prescription & Program Planning
EXSC 4240 Principles of Exercise Assessment for Health Populations
EXSC 4250 Internship

University of North Alabama 2013-2014

Graduate Research Assistant | Department of Health, Physical Education, and Recreation

RESEARCH & SCHOLARSHIP

Publications

1. Carder MJ, **Scudamore EM**, Knight SN, Pribyslavska V, Bowling LR, O'Neal EK (2023). Retrospective and contemporary predictors of NCAA Division I cross-country performance are sex specific. *J Strength Cond Res.* (In press)
2. **Scudamore EM**, Sayer BL, Church JB, Bryant LG, Pribyslavska V. (2021). Effects of post-exercise foam rolling for delayed-onset muscle soreness on loaded military task performance and perceived recovery. *J Ex Sci Fit.* 19: 166-170.
3. Stamatis A, Deal P, Morgan G, Forsee J, Papadakis Z, McKinley-Barnard S, **Scudamore EM**. (2020). Can athletes be tough and kind to themselves? Improving mental health best practices in NCAA. *PLOS One.* 15(12): e0244579.
4. Tedford G, Pribyslavska V, Bryant L, **Scudamore EM**. (2020). A comparative analysis of Army body composition standards for women. *Int J Ex Sci.* 13(7): 1275-1282.
5. **Scudamore EM**, Coons JM, Fuller DK, Morgan DW, Stevens S. (2020). Functional movement screen scores predict dynamic balance with military torso-load. *Mil Med.* 185 (3-4), 493-498.
6. Simpson JD, Cosio-Lima L, **Scudamore EM**, O'Neal EK, Stewart EM, Miller BL, Chandler H, Knight AC. (2020). Effects of External loading during daily living and training on countermovement jump, agility, and sprint performance in trained women. *Int J Sports Physiol Perform.* 15(3) 309-318.
7. **Scudamore EM**, Coons JM, Fuller DK, Stevens S, Morgan DW. (2019). Use of functional movement screen scores to predict dynamic balance in physically-active males and females. *J Strength Cond Res.* 33(7) 1848-1854.
8. Langford TW, O'Neal EK, **Scudamore EM**, Johnson SL, Stevenson MC, Pribyslavska V, Green JM. (2019) Caffeine alters RPE-based intensity production. *Int J Ex Sci.* 12(6) 412-424.
9. **Scudamore EM**, Barry, VW, Coons, JM. (2018). An evaluation of time-trial based predictions of $\dot{v}O_2\max$ and recommended training paces for collegiate and recreational runners. *J Strength Cond Res.* 32(4) 1137-1143.
10. Lowe JB, **Scudamore EM**, Stevenson MC, Johnson S, Pribyslavska V, Langford T, Green J.M, & O'Neal EK. (2016). External loading during daily living improves high intensity tasks under load. *Int J Ind Ergons.* 55, 34-39.
11. **Scudamore EM**, Lowe JB, Pribyslavska V, Johnson SL, Stevenson Wilcoxson MC, Langford TW, Green, JM, & O'Neal EK. (2016). Three week hypergravity training intervention decreases ground contact time during repeated jumping and improves sprinting and shuttle running performance. *Int J Ex Sci.* 9(2) 149-158.
12. Pribyslavská V, **Scudamore EM**, Johnson SL, Green JM, Stevenson Wilcoxson MC, Lowe JB, & O'Neal EK. (2015). Influence of carbohydrate mouth rinsing on running and jumping performance during early morning soccer scrimmaging. *Eur J Sport Sci.* 16(4):441-447.
13. Holm RL, Pribyslavská V, **Scudamore EM**, Johnson SL, Langford, TW, Stevenson-Wilcoxson MC, Lowe, JB, Green JM, Katica CP, & O'Neal EK. (2015). Performance and perceptual responses of collegiate female soccer players to a practical external and internal cooling protocol. *Int J Ex Sci.* 8(4) 331-340.

Manuscripts In Preparation

14. O'Neal EK, Knight SN, **Scudamore EM**, Pribyslavska V, Bowling LR, Carder JM. NCAA women's and men's cross-country runners exhibit distinct metabolic profiles at personal best pace. *Med Sci Sports Exerc.* (In Review)
15. *Bowling L, **Scudamore EM**, Pribyslavksa V. Effects of carbohydrate mouth rinsing on the performance of soccer-specific skills following a morning high-intensity practice.
16. *Belk WF, Pribyslavska V, **Scudamore EM**. Effects of aerobic exercise on point-and-click accuracy and motor reaction time in eSports athletes.
17. *Grozier CD, Simpson JD, **Scudamore EM**, O'Neal EK. Chronic external loading during daily living to improve high intensity task performance. *Strength Cond J.*
18. *Zhao X, Pribyslavska V, Church JB, **Scudamore EM**. Association of Functional Movement Screen and Y-Balance Test Scores with lower extremity injury in Elite Fast-Pitch Softball Athletes.
19. *Pulscher M, Pribyslavska V, O'Neal EK, **Scudamore EM**. The effects of external-loading during daily living on anaerobic performances of rugby athletes. (Collecting Data)

*Data collection and statistical analysis is complete. Currently preparing for submission.

Student Research Mentorship

1. Bowen P, Singleton T, Elder J, **Scudamore EM**. (2023). The impact of COVID-19 pandemic on the transition from classroom to virtual learning among black elementary school students in third through fifth grades. (In progress). (Dissertation committee member)
2. Carder MJ, Pribyslavska V, O'Neal EK, **Scudamore EM**. (2022). Prediction of NCAA Division I Cross Country Performance. (Chair)
3. Zhao X, Pribyslavska V, Church JB, **Scudamore EM**. (2022). Association of Functional Movement Screen and Y-Balance Test Scores with lower extremity injury in Elite Fast-Pitch Softball Athletes. (Chair)
4. Terrell T, Pribyslavska V, **Scudamore EM**, Church JB. (2022). An investigation of popular recovery methods in volleyball players. (Thesis committee member)
5. Sanders C, Pribyslavska V, Church JB, Loar J, **Scudamore EM**. (2021). Effects of external loading during daily living on Army Combat Fitness Test performance. (Thesis Chair).
6. Bowling L, **Scudamore EM**, Pribyslavksa V. (2021). Effects of carbohydrate mouth rinsing on the performance of soccer-specific skills following a morning high-intensity practice. (Thesis committee member)
7. Miller B, Pribyslavska V, **Scudamore EM**, Wheeler AE, Church JB. (2021). The efficacy of wearing a "Shrinkx Belly Postpartum Wrap" during postpartum pregnancy to decrease present diastasis recti abdominis. (Thesis committee member)
8. Raines A, **Scudamore EM**, Wheeler AA, Pribyslavska V, Church JB. (2020). The effect of static stretching on vertical jump in high flexibility athletes. (Thesis committee member)
9. White B, **Scudamore EM**, Pribyslavska V, Wheeler A, Church B, Saleh, A. (2020). The officiating shortage: examining the administrator's role in addressing basketball contest climates in the state of Missouri. (Dissertation committee member)
10. Belk WF, Pribyslavska V, **Scudamore EM**. (2020). Effects of aerobic exercise on point-and-click accuracy and motor reaction time in esports athletes. (UG Project Chair)

11. Charles A, Patchell J, **Scudamore EM**, Pribyslavskaja V. (2020). Accuracy of predicted VO₂max from the Garmin Forerunner 235, Polar M430, and VDOT calculator. (Thesis committee member)
12. Cheek J, Pribyslavskaja V, **Scudamore EM**, Rigsbee H. (2020). How Does Breathing Technique in Plyometric Training Effect Rate of Perceived Exertion and Heart Rate? (Thesis committee member)
13. Jiwani N, Doig SR, Pribyslavskaja V, **Scudamore EM**. (2019). Use of accelerometry to quantify the effects of physical education on physical activity levels and sedentary time in preschool students. (Mentor | Arkansas Biosciences Institute Mentorship program)
14. Tedford AG, Pribyslavskaja V, Bryant LG, **Scudamore EM**. (2019). A comparative analysis of army body composition standards for U.S. Army recruits. (Thesis committee member)
15. Griffin J, Scudamore V, Northcutt M, **Scudamore EM**. (2018). The Effects of a 12-week Kenpo Karate Program on Physical Fitness, Attentiveness, and Behavior in 4 to 14 year-old Children. (Thesis Chair)
16. Sayer B, **Scudamore EM**, Church B, Bryant L, Pribyslavskaja V. (2018). The Effects of Post-Exercise Myofascial Release on Subsequent Military Task Performance and Perceived Recovery. (Thesis committee member)

PRESENTATIONS

1. **Scudamore EM**, Zhao X, Church JB, Pribyslavskaja V. Association of Functional Movement Screen and Y-Balance Test Scores with injury in Elite Softball Athletes. Central States American College of Sports Medicine. March 2023, Tulsa, OK.
2. Kobayashi K, Shepherd M, Pulscher M, Pribyslavskaja V, O'Neal EK, Brown G, Coats Z, **Scudamore EM**. Associate between external loading wear time and change in anaerobic performance of rugby athletes. Central States American College of Sports Medicine. March 2023, Tulsa, OK. (Nominated for Outstanding Student Research Award).
3. Pulscher M, Pribyslavskaja V, O'Neal EK, Shepherd M, Kobayashi K, Brown G, Coats Z, **Scudamore EM**. Effects of external loading during daily living on anaerobic performance in D1-A rugby athletes. Central States American College of Sports Medicine. March 2023, Tulsa, OK.
4. Bowling LR, Knight SN, Carder MJ, **Scudamore EM**, Pribyslavskaja V, & O'Neal EK. VO₂max observation window differences in male NCAA cross-country athletes. Southeastern American College of Sports Medicine. February 2023, Greenville, SC.
5. Knight SN, Bowling LR, Carder MJ, **Scudamore EM**, Pribyslavskaja V, & O'Neal EK. VO₂max observation window differences in female NCAA cross-country athletes. Southeastern American College of Sports Medicine. February 2023, Greenville, SC.
6. Bowling L, **Scudamore EM**, Church JB, Pribyslavskaja V. Carbohydrate mouth rinse does not improve soccer-specific skills following a morning high-intensity practice. Central States Regional ACSM Conference, March 2022, Fayetteville, AR.
7. Pribyslavskaja V, Charles A, **Scudamore EM**. Evaluating the accuracy of two VO₂max prediction methods in Division I cross-country runners. Central States Regional ACSM Conference, March 2021, Virtual.
8. Bowling L, **Scudamore EM**, Church JB, Pribyslavskaja V. The effects of a carbohydrate mouth rinse on soccer-specific skills following a morning high-intensity practice. Central States Regional ACSM Conference, March 2021, Virtual.

9. Sanders CW, Pribyslavskaya V, Church BJ, Bowling LR, Burner LM, Loar JA, **Scudamore EM**. The effects of external loading during daily living on ACFT performance. Central States Regional ACSM Conference, March 2021, Virtual.
10. Belk W, Pribyslavskaya V, Cantrell GS, **Scudamore EM**. Effects of aerobic exercise on eSport motor reaction time and point-and-click accuracy. Central States Regional ACSM Conference, March 2021, Virtual.
11. **Scudamore EM**, Charles A, Coons JM, Pribyslavskaya V. Gender differences in time-trial based predictions of VO2max and training paces for collegiate track athletes. National ACSM Conference, May 2020, San Francisco, CA. (Accepted, conference cancelled)
12. Pribyslavskaya V, Sayer B, Church B, **Scudamore EM**. Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. National ACSM Conference, May 2020, San Francisco, CA. (Accepted, conference cancelled)
13. Morgan G, Stamatis A, Deal P, Papadakis Z, Forsee J, McKinley-Barnard S, **Scudamore EM**. Can athletes be tough and kind to themselves? Improving mental health best practices in NCAA. National ACSM Conference, May 2020, San Francisco, CA. (Accepted, conference cancelled)
14. Lehtola KN, **Scudamore EM**, O'Neal EK, Simpson JD. Kinetic asymmetry of CrossFit athletes during hang power cleans at various loads – a pilot study. Southeast Regional ACSM Conference, February 2020, Jacksonville, FL.
15. Doig SR, **Scudamore EM**, Yoshimura N, Burner L, Tatum J, Bell R. The impact of early high-quality physical education on negative effects associated with adverse childhood experiences. Hawaii International Conference on Education, January, 2020, Honolulu, HI.
16. **Scudamore EM**, Jiwani N, Doig SR, Pribyslavskaya V. The effects of early-childhood physical education on moderate-vigorous physical activity levels and sedentary time. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
17. Charles A, Shelton K, Long K, Freeland H, Thomas C, Tedford AG, Pribyslavskaya V, **Scudamore EM**. The effects of external-loading during daily living on single and repeated jump performance in rugby athletes. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
18. Tedford G, Charles A, Long K, Freeland H, Shelton K, Pribyslavskaya V, Bryant L, **Scudamore EM**. A comparative analysis of body composition standards for U.S. Army recruits. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
19. Pribyslavskaya V, Sayer B, Church B, **Scudamore EM**. Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.,
20. Long K, Thomas C, Freeland H, Tedford AG, Shelton K, Charles A, **Scudamore EM**, Pribyslavskaya V. Effects of three-week external-loading intervention on sprint performance in rugby athletes. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
21. **Scudamore EM**. External-loading during daily living: A training strategy to improve the force-velocity curve. NSCA Arkansas State Clinic, September 2019, Jonesboro, AR.
22. **Scudamore EM**, Coons JM, Fuller DK, Morgan DW, Stevens S. Use of traditional and modified functional movement screening to predict balance with military load. National ACSM Conference, May 2019, Orlando, FL.
23. **Scudamore EM**, Pribyslavskaya V. Strength training for the high school athlete. Arkansas AIPHERD District IV Workshop, April 2019, Jonesboro, AR.

24. **Scudamore EM**, Coons JM, Fuller DK, Stevens S Morgan DW. Use of functional movement screen scores to predict dynamic balance in physically-active males and females. Central States Regional ACSM Conference, October 2018, Kansas City, MO.
25. Griffin J, Pribyslavska V, Northcutt M, **Scudamore EM**. Effects of an 11-week karate program on physical fitness, aggression, and attentiveness in children. Central States Regional ACSM Conference, October 2018, Kansas City, MO.
26. Simpson JD, **Scudamore EM**, & O'Neal EK. Chronic external loading during daily living: a “lost” training strategy to improve the force-velocity curve. Southeast Regional ACSM Conference, February 2018, Chattanooga, TN. Symposium.
27. **Scudamore EM**, Barry VW, & Coons JM. An evaluation of time-trial based predictions of $\dot{v}o_{2max}$ and recommended training paces for collegiate and recreational runners. National ACSM Conference, June 2017, Denver, CO.
28. Langford TW, Green JM, **Scudamore EM**, O'Neal EK. (2016) Caffeine alters RPE-based intensity production. National ACSM Conference, June 2017, Denver, CO.
29. Lowe JB, **Scudamore EM**, Stevenson MC, Johnson SL, Pribyslavska, Langford TW, Green JM, & O'Neal EK. 3 week chronic hypergravity training improves tactical athlete anaerobic tasks. National ACSM Conference, May 2015, San Diego, CA.
30. **Scudamore EM**, Barry VW, & Coons JM. An evaluation of time-trial based predictions of $\dot{v}o_{2max}$ and recommended training paces for collegiate and recreational runners Southeast Regional ACSM Conference, February 2017, Greenville, SC.
31. **Scudamore EM**, Lowe JB, Pribyslavska V, Johnson SL, Stevenson Wilcoxson MC, Langford TW, Green JM, & O'Neal EK. Three week hypergravity training intervention decreases ground contact time during repeated jumping and improves sprinting and shuttle running performance. Southeast Regional ACSM Conference, February 2015, Jacksonville, FL.
32. Simpson JD, Lowe JB, **Scudamore EM**, Stevenson MC, Johnson SL, Pribyslavska V, Langford T, Green JM, O'Neal EK. 21-Day Chronic hypergravity training improves tactical athlete specific anaerobic tasks. Southeast Regional ACSM Conference, February 2015, Jacksonville, FL.
33. Pribyslavská V, **Scudamore EM**, Johnson SL, Green JM, Stevenson Wilcoxson MC, Lowe JB, & O'Neal EK. (2015). Influence of carbohydrate mouth rinsing on running and jumping performance during early morning soccer scrimmaging. Southeast Regional ACSM Conference, February 2015, Jacksonville, FL.
34. Pribyslavska V, Holm RL, **Scudamore EM**, Johnson SL, Langford TW, Stevenson MC, Lowe JB, Neal KK, Kelly A, Stewart S, Green JM, & O'Neal EK. Performance and perceptual responses to a practical cooling strategy for female soccer players. Southeast Regional ACSM Conference, February 2014, Greenville, SC. (accepted, conference cancelled).

University Presentations

1. Terrell T, **Scudamore EM**, Pribyslavska V, Church JB. An investigation of popular recovery methods in volleyball players. Create@State, April 2022, Jonesboro AR.
2. Belk WF, **Scudamore EM**. Effects of aerobic exercise on point-and-click accuracy and motor reaction time in esports athletes. Create@State, April 2020, Jonesboro AR. (accepted, conference cancelled)

3. Long K, **Scudamore EM**. Effects of physical activity on persons diagnosed with clinical depression. Create@State, April 2020, Jonesboro AR. (accepted, conference cancelled)
4. Charles A, **Scudamore EM**, Pribyslavska V. Evaluating the accuracy of two VO2max prediction methods in division 1 cross-country runners. Create@State, April 2020, Jonesboro AR. (accepted, conference cancelled)
5. **Scudamore EM**. Seminar on Innovation in Teaching and Learning: Incorporating Student Choice. A-State Faculty Center, June 2019, Jonesboro, AR. (Invited speaker)
6. Sayer B, Pribyslavska V, **Scudamore EM**. Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. Create@State, April 2019, Jonesboro, AR. (*Graduate student oral presentation award for College*)
7. Shelton K, Tedford A, Long K, Freeland H, Pribyslavska V, **Scudamore EM**. Effects of external loading during daily living on anaerobic performance: A Review. Create@State, April 2019, Jonesboro, AR. (*Graduate student poster presentation award for College*)
8. Yoshimura N, **Scudamore EM**, Doig SR. The impact of parent perceptions on child fundamental motor skill. Create@State, April 2019, Jonesboro, AR. Oral Symposium.
9. Freeland H, Long K, Tedford A., Charles A, Shelton K, Kahoun E, Thomas C, Pribyslavska V, **Scudamore EM**. Familiarization sessions are not necessary for sprint assessments in rugby athletes. Create@State, April 2019, Jonesboro, AR.
10. DeLon JD, **Scudamore EM**. Practicality of the functional movement system in the general population. Create@State, April 2019, Jonesboro, AR.
11. Raper R, Taylor K, **Scudamore EM**, Doig SR. Preschool physical education curriculum development. Create@State, April 2019, Jonesboro, AR.

RESEARCH FUNDING & AWARDS

Funding

- Doig SR, **Scudamore EM**. Physical literacy, physical activity, and adverse childhood events: Effects on health- related lifestyles. *Arkansas State University Faculty Research Awards Committee*. Fall 2019. **(\$7,600: awarded)**
- **Scudamore EM**, Pribyslavska V. ACSM Central States Region: *Facilitating Student Engagement through Financial Assistance Travel Grant*. Fall 2019. **(\$745: awarded)**
- Doig SR, **Scudamore EM**. Physical literacy and adverse childhood events: The PLACES Study. Blue and You Foundation. July 2019. (\$72,466: not awarded)
- **Scudamore EM**. Physical literacy, physical activity, and adverse childhood events: Effects on health- related lifestyles. Arkansas Bioscience Institute Research Mentorship Program. Summer 2019. **(\$1,000: awarded)**
- Doig SR, **Scudamore EM**. Physical literacy, physical activity, and adverse childhood events: Effects on health- related lifestyles. Arkansas State University Childhood Development and Research Center, Grant Overflow Funds. Spring 2019. **(\$25,000: awarded)**
- **Scudamore EM**. Assessment of caloric and fat burning capacity of Ryse Burner Extended-Release Fat Burner. *Ryse Up Supplements LLC*. Spring 2018. (\$3,300: not awarded)
- Doig SR, **Scudamore EM**. Assessment of movement skill quality across the lifespan. *Kays Foundation*. Fall 2017. (\$61,860: not awarded)

- O’Neal EK, Lowe JB, **Scudamore EM**. Effects of hypergravity training on sport and military-specific anaerobic performance. *MiR Vest Inc*. Spring 2014. (\$11,670: not awarded)

Awards

- Faculty Achievement Award for Scholarship, College of Edu & Behavioral Sciences. 2021
- Faculty Scholarship Award, College of Edu and Behavioral Sciences. Fall 2019.

SERVICE

Professional Service

- Section Editor | *International Journal of Exercise Science* 2017-Present
- Nominee | Arkansas Representative for Central States Chapter of ACSM 2018
- Reviewer | *Human Movement Science* 2018-Present
- Reviewer | *Journal of Strength & Conditioning Research* 2018-Present
- Reviewer | *International Journal of Exercise Science* 2014-Present

University Service

- Faculty Senate 2021-Present
- Member | COEBS Student Research Travel Support Committee 2021-2022
- Member | HPESS Graduate Curriculum Committee 2021- Present
- Member | Faculty Center Director Search Committee 2020
- College Representative | University Honors Council 2019-2021
- Member | University Building, Grounds, and Facilities Committee 2018-2020
- Advisor | Kinesiology Research Group 2018-2021
- Chair | HPESS Safety & Emergency Management Committee 2018-Present
- Member | HPESS Faculty Search Committee 2017, 2019, 2020
- Member | HPESS Recruitment and Retention Committee 2017-Present
- Chair | HPESS Grievance Council 2019-Present
- Member | HPESS Grievance Council 2017-Present

Service to the Community

- Board Member | Northeast Arkansas Trail Organization (N.E.A.T.O.) 2017-Present
Trail building/maintenance for multi-use recreational trails in northeast Arkansas.
(www.neatrails.org/)

PROFESSIONAL DEVELOPMENT

- ADOBE Rush Institute, ASU Faculty Center 2019
- Digital Literacy Institute, ASU Faculty Center 2019
- National Strength and Conditioning Association, Arkansas State Clinic 2018
- Seminar on Innovation in Teaching and Learning, ASU Faculty Center 2018
- Teaching for Active and Dynamic Learning, ASU Faculty Center 2018
- Teaching with No Tech to Fully Engaged with Digital Content, ASU Faculty Center 2018