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Department of Kinesiology
College of Health Sciences
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EDUCATION

1. **University of Georgia, Athens, GA;**
Physical Education and Sport Sciences, (Ph.D.), 2000 – 2003
Minor: Food and Nutrition Science
(Dissertation Title: An Expert Strength and Conditioning Coach’s Practical Knowledge)
2. **Valdosta State University, Valdosta, GA**
Exercise Science, (unfinished studies), 1998 – 1999
3. **Hungarian University of Physical Education, Budapest, Hungary;**
Physical Education, (M. Ed.), 1994 – 1998
Concentration: Teaching Elementary and Secondary Physical Education
4. **Semmelweis University of Budapest, Budapest, Hungary**
Coaching, (B.S.)

PROFESSIONAL EXPERIENCE

1. **University of Texas at El Paso, El Paso, TX, Department of Kinesiology**
 - a. *Professor, 2018 September – present*
 - b. *Director of Fitness Research Facility, 2007 August – present*
 - c. *Associate Professor, 2010 September – 2018 August*
 - d. *Graduate Coordinator, 2011 August – 2018 August*
 - e. *Assistant Professor, 2004 September – 2010 August*
 - f. *Lecturer, 2003 September – 2004 August*

Responsibilities: As faculty: teaching undergraduate and graduate courses, provide university and community service, conduct research in field of expertise. As Graduate Coordinator: program marketing and admissions, student advising, teaching assistant training and appointments. As facility director: facility maintenance, equipment purchases, program supervision, hiring/training assistants.

Taught undergraduate courses:

 - KIN 1303 Foundations of Kinesiology
 - KIN 3331 Anatomical Kinesiology
 - KIN 4201 Physical Education for Elementary School Teachers
 - KIN 4321 Teaching Secondary School Physical Education
 - KIN 4330 Fitness Programs and Appraisals
 - KIN 4340 Scientific Principles of Strength Training and Conditioning
 - KIN 4341 Practical Application of Strength Training and Conditioning
 - KIN 4351 Internship in Strength and Conditioning
 - KIN 4390 Independent Study
 - KIN 4442 Geriatric Fitness Programming

Taught graduate courses:

KIN 5375 Advanced Scientific Principles of Strength Training and Conditioning
KIN 5378 Directed Individual Studies
KIN 5397 Graduate Projects
KIN 5398 Thesis
CHSC 6304 Proseminar II (Interdisciplinary Health Sciences PhD program)

2. **University of Georgia**, Athens, GA, Department of Physical Education and Sport Studies
a. Graduate Teaching Assistant in the Physical Education Program, (2000 August – 2003 August)
Responsibilities: Act as primary instructor in the development and implementation of:
PEDB 1410 Advanced Weight Training
PEDB 1400 Beginning Weight Training
PEDB 1940 Fitness for Life – Swimming
PEDB 1300 Beginning Swimming
PEDB 1380 Beginning Volleyball
PEDB 3110 Methods of Team Activities I. (instructor for one course unit)
b. Adjunct Teaching Assistant in PEDS 4300/6300 Elementary Physical Education (Spring 2002 & 2003) and PEDS 4330/6330 Secondary Physical Education (Fall 2002)
Responsibilities: Supervise student teachers in elementary and secondary school practice, assist with course lectures, teach practical class sessions, grade quizzes and assignments.
4. **Nebulo Private Elementary School**, Budapest, Hungary
Physical Education Teacher, 2000 January – July
Responsibilities: Develop and implement school-wide curriculum and after school activity program, teach physical education classes for children age 3 to 11
5. **Valdosta State University**, Valdosta, GA, Department of Kinesiology and Physical Education
a. Assistant Director of VSU Fitness-Center, 1998 August – 1999 December
Responsibilities: Organize and carry out undergraduate physical fitness program, organize faculty fitness program, fitness center management
b. Adjunct Instructor in Teaching Basic PE, 1998 August – 1999 December
Responsibilities: Develop, implement and teach the following courses as part of the VSU undergraduate physical education program:
KSPE 1010 Physical Fitness
KSPE 1170 Self-defense
6. **Hungarian Army Academy**, Budapest, Hungary
Adjunct Instructor in Teaching Physical Education, 1997 August – 1998 July
Responsibilities: Act as primary instructor in the development and implementation of the Basic Conditioning course for military cadets.

RELATED PROFESSIONAL EXPERIENCE

1. **1st Fitness of Athens**, Athens, GA
Personal Trainer, Health Consultant, 2001 April – 2003 August
Responsibilities:
 - Client consultation about health, fitness and weight management
 - Development and implementation of training programs for children
 - Development and implementation of training programs for adults

2. **Athens YMCA, Athens, GA**
Personal Trainer, 2000 September – 2001 December
Responsibilities:
 - Client consultation about health, fitness and weight management
 - Development and implementation of training programs for children
 - Development and implementation of training programs for adults

3. **Alexandra Fitness Center, Budapest, Hungary**
Personal Trainer, 2000 January – July
Responsibilities:
 - Development and implementation of training programs for adults
 - Develop and implement aerobic activities

4. **Valdosta YMCA, Valdosta, GA**
Personal Trainer, 1999 May – December
Responsibilities:
 - Client consultation about health, fitness and weight management
 - Development and implementation of training programs for children
 - Development and implementation of training programs for adults

SCHOLARSHIP ACTIVITIES

PUBLISHED BOOK CHAPTERS

1. **Dorgo, S.** (2018). Using Capstone Course Fieldwork to Serve the Older Adult Community. In: G. M. Nunez-Mchiri and A. Gonzalez (Eds.), *Community Engagement and High Impact Practices in Higher Education*. Dubuque, IA: Kendall Hunt.

2. **Dorgo, S., & Bognar, J.** (2013). Historical and Current Trends in the K-12 Education, Physical Education and After-School Sports Programs. In: J. R. Chepyator-Thomson & S. H. Hsu (Eds.), *Global Perspectives on Physical Education and After-School Programs* (pp. 151-171). Lanham, MD: University Press of America.

PEER-REVIEWED JOURNAL PUBLICATIONS (in review, in print, or published)

1. **Dorgo, S.,** Perales, J. J., Boyle, J., Hausselle, J., & Montalvo, S. (in print). Sprint Training on a Treadmill vs. Overground Results in Modality Specific Impact on Sprint Performance but Similar Positive Improvement in Body Composition in Young Adults. *Journal of Strength and Conditioning Research*.

2. Fragala, M. S., Cadore, E., **Dorgo, S.,** Izquierdo, M., Kraemer, W. J., Newton, R. U., Peterson, M. D., & Ryan, E. D. (in review). Resistance Training for Older Adults: Position Statement from the National Strength and Conditioning Association. *Journal of Strength and Conditioning Research*.

3. Chulvi-Medrano, I., Rial, T., Cortell-Tormo, J. M., Alakhdar, Y., Teixeira, C. V., Masiá-Tortosa, L., & **Dorgo, S.** (2017). Manual Resistance vs. Conventional Resistance Training: Effects on Strength and Muscular Endurance in Trained Men. *Journal of Sports Science and Medicine*, 16, 343-349.

4. Teixeira, C. V., Ferreira, S. E., Azevedo, P. H., Chulvi-Medrano, I., **Dorgo, S.**, De Salles, B. F., Simao, R., & Gomes, R. J. (2017). Effect of Manual Resistance Training and Free Weight Resistance Training on Post-Exercise Blood Pressure in Hypertensive Men. *Journal of Sports Medicine and Physical Fitness*, 57(10), 1367-1374.
5. Naaktgeboren, K., **Dorgo, S.**, Boyle, J. B. (2017). Growth Plate Injuries in Children in Sports: A Review of Sever's Disease. *Strength and Conditioning Journal*, 39(2), 59-68.
6. Barthalos, I., **Dorgo, S.**, Plachy, J., Szakaly, Zs., Ihasz, F., Nemeth, T., & Bognar, J. (2016). Randomized Controlled Resistance Based Physical Activity Trial for Central European Nursing Home Residing Older Adults. *Journal of Sports Medicine and Physical Fitness*, 56(10), 1249-1257.
7. Ramos, D. A., & **Dorgo, S.** (2014). Rhabdomyolysis: Considerations for Recognition and Prevention for Practitioners. *Strength and Conditioning Journal*, 36(6), 56-61.
8. Grant, M. A., & **Dorgo, S.** (2014). Developing Expertise in Strength and Conditioning Coaching. *Strength and Conditioning Journal*, 36(1), 9-15.
9. Grant, M. A., & **Dorgo, S.**, & Griffin, M. R. (2014). Professional Development in Strength and Conditioning through Informal Mentorship: A Practical Pedagogical Guide for Practitioners. *Strength and Conditioning Journal*, 36(1), 63-69.
10. **Dorgo, S.**, King, G. A., Bader, J. O., & Limon, J. S. (2013). Outcomes of a Peer Mentor Implemented Fitness Program in Older Adults: A Quasi-Randomized Controlled Trial. *International Journal of Nursing Studies*, 50(9), 1156-1165.
11. Gillies, A., & **Dorgo, S.** (2013). Preventing Lumbar Injuries in Rotational Striking Athletes. *Strength and Conditioning Journal*, 35(2), 55-62.
12. Reed-Jones, R. J., **Dorgo, S.**, Hitchings, M. K., & Bader, J. O. (2012). WiiFit Plus Balance Test Scores for the Assessment of Balance and Mobility in Older Adults. *Gait & Posture*, 36(3), 430-433.
13. **Dorgo, S.**, Edupuganti, P., Smith, D. R., Ortiz, M. (2012). Comparison of Lower Body Specific Resistance Training on the Hamstring to Quadriceps Strength Ratios in Men and Women. *Research Quarterly for Exercise and Sport*, 83(2), 143-151.
14. Reed-Jones, R. J., **Dorgo, S.**, Hitchings, M. K., & Bader, J. O. (2012). Vision and agility training in community dwelling older adults: Incorporating visual training into programs for fall prevention. *Gait and Posture*, 35(4), 585-589.
15. **Dorgo, S.**, King, G. A., Bader, J. O., & Limon, J. S. (2011). Comparing the Effectiveness of Peer Mentoring and Student Mentoring in a 35-week Fitness Program for Older Adults. *Archives of Gerontology and Geriatrics*, 52, 344-349.
16. Deemer, S. E., King, G. A., **Dorgo, S.**, Vella, C. A., Tomaka, J. W., & Thompson, D. L. (2010). Relationship of Leptin, Resting Metabolic Rate, and Body Composition in Pre-Menopausal Hispanic and Non-Hispanic White Women. *Endocrine Research*, 35(3), 95-105.
17. **Dorgo, S.**, King, G. A., Candelaria, N., Bader, J. O., Brickey, G. D., & Adams, C. E. (2009). Effects

of Manual Resistance Training on Fitness in Adolescents. *Journal of Strength and Conditioning Research*, 23(8), 2287-2294.

18. **Dorgo, S.**, King, G. A., & Brickey, G. D. (2009). The Application of Peer Mentoring to Improve Fitness in Older Adults. *Journal of Aging and Physical Activity*, 17(3), 344-361.
19. Vetter, R. E., & **Dorgo, S.** (2009). Effects of Partner's Improvisational Resistance Training on Dancers' Muscular Strength. *Journal of Strength and Conditioning Research*, 23(3), 718-728.
20. **Dorgo, S.** (2009). Unfolding the Practical Knowledge of an Expert Strength and Conditioning Coach. *International Journal of Sports Science and Coaching*, 4(1), 17-30.
21. **Dorgo, S.**, Robinson, K., & Bader, J. (2009). The Effectiveness of a Peer-Mentored Older Adult Fitness Program on Perceived Physical, Mental and Social Function. *Journal of the American Academy of Nurse Practitioners*, 21, 116-122.
22. **Dorgo, S.**, King, G. A., & Rice, C. A. (2009). The Effects of Manual Resistance Training on Improving Muscular Strength and Endurance. *Journal of Strength and Conditioning Research*, 23(1), 293-303.
23. King, G. A., **Dorgo, S.**, & Deemer, S. E. (2006). Body Composition: How to Measure It; What Does It Mean. *ACSM Fit Society Page Newsletter*, Winter Issue – “The Health Club”.
24. Jackson, J. A. & **Dorgo, S.** (2002). Maximizing Learning through the Reciprocal Style of Teaching. *Teaching Elementary Physical Education*, 13(2), 14-18.
25. Schempp, P. G., **Dorgo, S.**, Hall, T., Liu, W., & Smith, M. A. (2000). A Review of Curriculum Scholarship in Physical Education (1998-2000): Analyzing Innovations. *International Journal of Physical Education*, 37(3), 84-93.

PEER-REVIEWED CONFERENCE PROCEEDINGS

1. Montalvo, S., **Dorgo, S.**, Sapien, C., Tune, C., Gonzalez, M. & Sanchez, J. (2018). Validity of Vertical Jump Measuring Devices. *International Journal of Exercise Science: Conference Proceedings*, 2(10), 69.
2. Hayes, A., Scott, D., & **Dorgo, S.** (2017). Exercise and Nutrition Interventions for the Treatment of Sarcopenia: Influence of Obesity. *Innovation in Aging*, 1(S1), 1353.
3. Amador, M., Perales, J. A., Montalvo, S., Bajpeyi, S., and **Dorgo, S.** (2016). The Effects of Two Different Sprint Training Modalities on Sprint Speed, Aerobic Fitness and Body Composition. *International Journal of Exercise Science: Conference Proceedings*, 2(8), 48.
4. Bulusu, C. S., & **Dorgo, S.** (2013). Efficacy of Wii Fit Plus Strength Training in Older Adults Dwelling in an Assisted Living Facility. *International Journal of Exercise Science: Conference Proceedings*, 2(5), 32.
5. Bulusu, C. S., **Dorgo, S.**, Reed-Jones, R. J., & Bangert, A. S. (2012). Physical and Functional Fitness

Changes in Older Adults in Response to a Traditional Training Program and a Wii Enhanced Training Program. *International Journal of Exercise Science: Conference Proceedings*, 2(4), 36.

6. **Dorgo, S.**, Smith, D., Ortiz, M. & King, G. (2006). The Effects of Eccentric Phase Duration on Concentric Phase Force Production during Depth Jumps. *Proceedings of the 24th International Symposium on Biomechanics in Sport*, (pp. 667-670). Salzburg, Austria: Department of Sport Science and Kinesiology, University of Salzburg.

STUDENT 1st AUTHORED REVIEW PUBLICATIONS

1. Howard, J., **Dorgo, S.**, Salvatore, A., and Boyle, J. (in print). The Use of Mobile Phone Applications for Concussions When Athletic Training Are Not Present. *Journal of Physical Education, Recreation & Dance*.
2. Vigil, K., & **Dorgo, S.** (in review). Occurrence of Fetal Macrosomia in Response to Physical Activity. *Midwifery*.
3. Walker, D., Thomas, T., Johnson, K., **Dorgo, S.**, and Moore, J. (in review). Overcoming Barriers to Improve HIV Education and Public Health Outcomes in the Democratic Republic of Congo. *AIDS and Behavior*.
4. Mancera, B. M., **Dorgo, S.**, & Provencio-Vasquez, E. (2015). Male Risk Factors for Intimate Partner Violence Perpetration: A Literature Review. *American Journal of Men's Health*. DOI: 10.1177/1557988315579196

JOURNAL PUBLICATIONS (in review)

1. Hale, R., Hausselle, J., **Dorgo, S.**, & Gonzalez, R. V. (in review). Minimal Neuromuscular Adaptations due to Squat Technique Training Using the Drop Vertical Jump. *Sports Biomechanics*.
2. Hale, R., Hausselle, J., **Dorgo, S.**, & Gonzalez, R. V. (in review). Auditory Feedback Squat Technique Training through Simultaneous Control of Two Sagittal Plane Parameters in Healthy Adult Males. *Human Movement Science*.

PEER-REVIEWED ABSTRACTS

1. **Dorgo, S.**, Akehurst, E., Scott, D., & Hayes, A. (in press). Comparison of Exercise Program Modalities on Their Impact on Fitness and Body Composition Scores in Older Adults. *Journal of Strength and Conditioning Research*
2. **Dorgo, S.**, Perales, J. J., & Montalvo, S. (in press). The Effects of Overground and Treadmill Spring Training on Sprint Performance and Body Composition. *Journal of Strength and Conditioning Research*
3. Gonzales, F., **Dorgo, S.**, Fisher, K., Gruber, L., & Perales, J. J. (in press). Comparison of Stride Length and Stride Frequency Patterns of Overground vs. Treadmill Spring Performance. *Journal of Strength and Conditioning Research*

4. Montalvo, S., **Dorgo, S.**, Oropeza, S., Jarquin, I., Gonzalez, M., & Sanchez, J. (in press). The Effects of Different Warm-up Protocols in Vertical Jump Height with College Age Gymnasts. *Journal of Strength and Conditioning Research*
5. Montalvo, S., **Dorgo, S.**, Sanchez, J., Tune, C., & Gonzalez, M. (in press). Concurrent Validation of Vertical Jump Methods. *Journal of Strength and Conditioning Research*
6. Petushek, E., Clarke, S. B., **Dorgo, S.**, Ebben, W., Myer, G. D., & Krosshaug, T. (in press). Development and Validation of Efficient Assessment Tool to Quantify Strength Training Technical Expertise. *Medicine & Science in Sports & Exercise*.
7. **Dorgo, S.**, Perales, J. J., Montalvo, S., Amador, M., & Bajpeyi, S. (2016). Effects of Treadmill and Overground Sprint Training Modes on Sprint Speed, Body Composition and Aerobic Power. *Journal of Strength and Conditioning Research*, 30, suppl. 2, S194. doi: 10.1519/JSC.0000000000001586
8. Perales, J. J., **Dorgo, S.**, & Bajpeyi, S. (2016). Comparison of the Effectiveness of Treadmill vs. Overground Sprint Training on Overground and Treadmill Maximum Running Speed. *Journal of Strength and Conditioning Research*, 30, suppl. 2, S73-74. doi: 10.1519/JSC.0000000000001586
9. Hale, R., Hausselle, J, Gonzalez, R. V., & **Dorgo, S.** (2016). Effect of Center of Pressure on Sagittal Plane Form at Maximum Depth of Bodyweight and Weighted Back Squats. *Journal of Strength and Conditioning Research*, 30, suppl. 2, S24. doi: 10.1519/JSC.0000000000001586
10. **Dorgo, S.**, Bangert, A.S., Alvidrez, V. Ashley (2016). Impact of Resistance Training on Self-Efficacy and Motivational Behavior in Trained and Untrained Young Adults. *Journal of Strength and Conditioning Research*, 30, suppl. 1, S163-164. doi: 10.1519/JSC.0000000000001238
11. **Dorgo, S.**, Reed-Jones, R. J., Ambati, P. V. N., & Murray, N. G. (2014). Short-term Changes in Isometric Bench Press Strength among Trained and Untrained Young Adults. *Journal of Strength and Conditioning Research*, 28, suppl. 2, S30. doi: 10.1519/JSC.0000000000000655
12. Wax, B., & **Dorgo, S.** (2014). Does Citrulline Malate Ingestion Augment Muscular Performance during a Selected Lower-Body Training Protocol? *Journal of Strength and Conditioning Research*, suppl. 2, S101. doi: 10.1519/JSC.0000000000000655
13. **Dorgo, S.**, Reed-Jones, R. J., Murray, N. G., Ambati, P. V. N. (2013). Short-term Strength Adaptations in Young Adults Elicited by Minimal and Overload Resistance Training Intensities. *Journal of Strength and Conditioning Research*, 27(10), S34. doi: 10.1519/JSC.0b013e3182a85920
14. Raschke, C. L., & **Dorgo, S.** (2013). Comparison of Isometric Neck Strength in High School Football Players with and without a History of Concussion. *Journal of Strength and Conditioning Research*, 27, suppl. 1, S93. doi: 10.1519/JSC.0b013e318277ce53
15. **Dorgo, S.**, Bangert, A.S., Reed-Jones, R. J., & Bulusu, C. S. (2013). Fitness Improvements in Older Adults Exercising at Different Times-of-Day. *Journal of Strength and Conditioning Research*, 27, suppl. 1, S70-71. doi: 10.1519/JSC.0b013e318277ce53
16. **Dorgo, S.**, Reed-Jones, R. J., Bulusu, C. S. & Vella, C. A. (2012). Short-term Changes in Resistance Training Exercise Confidence in Young and Older Adults. *Medicine & Science in Sports & Exercise*,

44(5S), 903. doi: 10.1249/01.mss.0000417529.22755.ed

17. **Dorgo, S.,** Reed-Jones, R. J., & Bulusu, C. S. (2012). Effects of Two Different Resistance Training Intensities on Short-term Strength Adaptations in Young Adults. *Journal of Strength and Conditioning Research*, 26, S122. doi: 10.1519/JSC.0b013e31822e7721
18. Hitchings, M., **Dorgo, S.,** Reed-Jones, R. J. (2011). Visual Perception Training for the Enhancement of Balance and Mobility in an Elderly Population in El Paso. *International Journal of Exercise Science*.
19. Raschke, C., & **Dorgo, S.** (2011). The Role of Isometric Neck Strength in Predicting Concussions Sustained at the High School Level. *International Journal of Exercise Science*.
20. **Dorgo, S.,** Reed-Jones, R. J., Vella, C. A., Samples, C., & Bulusu, C. S. (2011). Effects of Training Loads on Short-term Strength Adaptations in Older Adults. *Medicine & Science in Sports & Exercise*, 43(5), 516. doi: 10.1249/01.MSS.0000401422.59043.67
21. **Dorgo, S.,** King, G. A., Bader, J. O., & Limon, J. S. (2011). Comparison of Peer Mentoring and Student Mentoring in a 35-week Fitness Program for Older Adults. *Journal of Strength and Conditioning Research*, 25, S45. doi: 10.1097/01.JSC.0000395648.16595.84
22. **Dorgo, S.,** & Edupuganti, P. (2010). Effects of Resistance Training on the Hamstring to Quadriceps Strength Ratio in Males and Females. *Journal of Strength and Conditioning Research*, 24(1). doi: 10.1097/01.JSC.0000367097.11499.55
23. **Dorgo, S.,** Bader, J. A., & King, G. A. (2010). The Effectiveness of Manual Resistance Training versus Weight Training on Fitness Test Achievement Scores in Adolescents. *Journal of Strength and Conditioning Research*, 24(1). doi: 10.1097/01.JSC.0000367098.88627.23
24. King, G. A., Deemer, S. E., **Dorgo, S.,** & Thompson, D. L. (2009). Adiponectin Concentrations Are Associated with Cardiovascular Disease Risk Factors in Pre-menopausal Women. *Medicine & Science in Sports & Exercise*, 41(5), S73.
25. King, G. A., Deemer, S. E., **Dorgo, S.,** & Thompson, D. L. (2008). Influence of Visceral Adiposity and Triglycerides on Insulin Resistance in Pre-Menopausal Caucasian and Hispanic Women. *Medicine & Science in Sports & Exercise*, 40(5), S227.
26. Deemer, S. E., Franco, B. M., Potter, C., **Dorgo, S.,** & King, G. A. (2008). Accuracy of an Armband Type Physiological Body Monitor to Estimate Light/Sedentary Activities of Daily Living. *Medicine & Science in Sports & Exercise*, 40(5), S207.
27. **Dorgo, S.** & King, G. A. (2008). Effects of Functional Training in an Older Adult Fitness Program. *Research Quarterly for Exercise and Sport*, 79(1), A-13.
28. **Dorgo, S.** & King, G. A. (2008). Effectiveness of Peer Mentoring in a Prolonged Senior Fitness Program. *Research Quarterly for Exercise and Sport*, 79(1), A-14.
29. **Dorgo, S.,** King, G. A., & Brickey, G. D. (2007). The Effects of Manual Resistance Training on Fitness Test Achievement Scores in Adolescents. *Journal of Strength and Conditioning Research*, 21(4), e21.

30. **Dorgo, S.,** King, G. A., & Brickey, G. D. (2007). The Application of Functional Training to Improve Fitness in Older Adults. *Journal of Strength and Conditioning Research*, 21(4), e22.
31. King, G. A., **Dorgo, S.,** & Deemer, S. E. (2007). The Application of Peer-Mentoring in a Physical Fitness Program for Older Adults. *Journal of Strength and Conditioning Research*, 21(4), e23.
32. King, G. A., **Dorgo, S.,** & Deemer, S. E. (2007). Sex Difference in Muscular Strength Initiated by Two Different Resistance Training Programs. *Journal of Strength and Conditioning Res.*, 21(4), e37.
33. **Dorgo, S.,** King, G. A., & Rice, C. A. (2006). The Effectiveness of a Manual Resistance vs. a Weight Resistance Training Program on Body Composition. *Journal of Strength and Conditioning Research*, 20(4), e26.
34. **Dorgo, S.,** King, G. A., & Rice, C. A. (2006). The Effects of a 14-Week Manual Resistance Training Program on Muscular Strength and Muscular Endurance. *Journal of Strength and Conditioning Research*, 20(4), e36.
35. Rice, C. A. & **Dorgo, S.** (2006). The Effects of Three and Five Second Isometric Contractions on Upper Body Postactivation Potentiation. *Journal of Strength and Conditioning Research*, 20(4), e34.
36. King, G. A., **Dorgo, S.,** & Rice, C. A. (2006). The Effectiveness of a Manual Resistance vs. a Weight Resistance Training Program on Aerobic Power. *Journal of Strength and Conditioning Research*, 20(4), e27.

SCHOLARLY PRESENTATIONS

1. Hayes, A., Akehurst, E., Scott, D., & **Dorgo, S.** (2018). Comparison of Strength and Power Training on Muscular Fitness and Body Composition in Older Adults. Australian and New Zealand Society for Sarcopenia and Frailty Research, November 23-24, 2018, Dunedin, New Zealand.
2. **Dorgo, S.,** Akehurst, E., Scott, D., & Hayes, A. (2018). Comparison of Exercise Program Modalities on Their Impact on Fitness and Body Composition Scores in Older Adults. National Strength and Conditioning Association's 41st Annual Meeting, July 12-14, 2018, Indianapolis, IN.
3. **Dorgo, S.,** Perales, J. J., & Montalvo, S. (2018). The Effects of Overground and Treadmill Spring Training on Sprint Performance and Body Composition. National Strength and Conditioning Association's 41st Annual Meeting, July 12-14, 2018, Indianapolis, IN.
4. Gonzales, F., **Dorgo, S.,** Fisher, K., Gruber, L., & Perales, J. J. (2018). Comparison of Stride Length and Stride Frequency Patterns of Overground vs. Treadmill Spring Performance. National Strength and Conditioning Association's 41st Annual Meeting, July 12-14, 2018, Indianapolis, IN.
5. Montalvo, S., **Dorgo, S.,** Oropeza, S., Jarquin, I., Gonzalez, M., & Sanchez, J. (2018). The Effects of Different Warm-up Protocols in Vertical Jump Height with College Age Gymnasts. National Strength and Conditioning Association's 41st Annual Meeting, July 12-14, 2018, Indianapolis, IN.
6. Montalvo, S., **Dorgo, S.,** Sanchez, J., Tune, C., & Gonzalez, M. (2018). Concurrent Validation of Vertical Jump Methods. National Strength and Conditioning Association's 41st Annual Meeting, July 12-14, 2018, Indianapolis, IN.
7. Petushek, E., Clarke, S. B., **Dorgo, S.,** Ebben, W., Myer, G. D., & Krosshaug, T. (2018). Development and Validation of Efficient Assessment Tool to Quantify Strength Training Technical Expertise. American College of Sport Medicine's 65th Annual Meeting, May 29 - June 2, 2018, Minneapolis, MN.

8. Montalvo, S., **Dorgo, S.**, Sapien, C., Tune, C., Gonzalez, M. & Sanchez, J. (2018). Validity of Vertical Jump Measuring Devices. Texas Chapter of the American College of Sports Medicine Annual Meeting, March 1-2, 2018, Austin, TX.
9. Hayes, A., Scott, D., & **Dorgo, S.** (2017). Effects of Ethnicity and Geographical Location on Sarcopenia and Hand Grip Strength: A Pilot Study. International Association for Geriatrics and Gerontology World Congress, July 23-27, 2017, San Francisco, CA.
10. Hayes, A., Scott, D., & **Dorgo, S.** (2017). Exercise and Nutrition Interventions for the Treatment of Sarcopenia: Influence of Obesity. International Association for Geriatrics and Gerontology World Congress, July 23-27, 2017, San Francisco, CA.
11. Hayes, A., Scott, D., McMillan, L., & **Dorgo, S.** (2017). The influence of ethnicity and geographical location on sarcopenia prevalence in older adults: A Pilot Study. Australian and New Zealand Society for Sarcopenia and Frailty Research, November 24-25, 2017, Adelaide, Australia.
12. Amador, M., Meza, C., Perales, J., **Dorgo, S.**, & Bajpeyi, S. (2016). Six Weeks of Sprint Training Improves Sprint Time and Aerobic Fitness Independent of Training Performed on a Track or Treadmill. APS Intersociety Meeting: The Integrative Biology of Exercise VII, November 2-4, 2016, Phoenix, AZ.
13. **Dorgo, S.**, Perales, J. J., Montalvo, S., Amador, M., & Bajpeyi, S. (2016). Effects of Treadmill and Overground Sprint Training Modes on Sprint Speed, Body Composition and Aerobic Power. National Strength and Conditioning Association's 39th Annual Meeting, July 7-9, 2016, New Orleans, LA.
14. Perales, J. J., **Dorgo, S.**, & Bajpeyi, S. (2016). Comparison of the Effectiveness of Treadmill vs. Overground Sprint Training on Overground and Treadmill Maximum Running Speed. National Strength and Conditioning Association's 39th Annual Meeting, July 7-9, 2016, New Orleans, LA.
15. Hale, R., Hausselle, J, Gonzalez, R. V., & **Dorgo, S.** (2016). Effect of Center of Pressure on Sagittal Plane Form at Maximum Depth of Bodyweight and Weighted Back Squats. National Strength and Conditioning Association's 39th Annual Meeting, July 7-9, 2016, New Orleans, LA.
16. Amador, M., Perales, J. A., Montalvo, S., Bajpeyi, S., and **Dorgo, S.** (2016). The Effects of Two Different Sprint Training Modalities on Sprint Speed, Aerobic Fitness and Body Composition. Texas Chapter of the American College of Sports Medicine Annual Meeting, March 2-4, 2016, College Station, TX.
17. **Dorgo, S.**, Bangert, A.S., Alvidrez, V. A. (2015). Impact of Resistance Training on Self-Efficacy and Motivational Behavior in Trained and Untrained Young Adults. National Strength and Conditioning Association's 38th Annual Meeting, July 9-11, 2015, Orlando, FL.
18. **Dorgo, S.**, Reed-Jones, R. J., Murray, N. G., Ambati, P. V. N. (2014). Short-term Changes in Isometric Bench Press Strength among Trained and Untrained Young Adults. National Strength and Conditioning Association's 37th Annual Meeting, July 10-12, 2014, Las Vegas, NV.
19. Wax, B., & **Dorgo, S.** (2014). Does Citrulline Malate Ingestion Augment Muscular Performance during a Selected Lower-Body Training Protocol? National Strength and Conditioning Association's 37th Annual Meeting, July 10-12, 2014, Las Vegas, NV.
20. **Dorgo, S.**, Reed-Jones, R. J., Murray, N. G., Ambati, P. V. N. (2013). Comparison of Short-term Strength Adaptations in Trained and Untrained Young Adults Elicited by Minimal and Overload Resistance Training Intensities. National Strength and Conditioning Association's 36th Annual Meeting, July 11-13, 2013, Las Vegas, NV.
21. Reed-Jones, R. J., **Dorgo, S.**, Bangert, A. S. (2013). Exercise increases visual cognition in older adults. Vision Sciences Society Annual Meeting, May 12, 2013, Naples, FL.
22. Bulusu, C. S., **Dorgo, S.** (2013). Efficacy of Wii Fit Plus Strength Training in Older Adults Dwelling in an Assisted Living Facility. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 28 - March 1, 2013, Austin, TX.

23. Bangert, A. S., **Dorgo, S.**, Reed-Jones, R. J., Heydarian, N., Montes, R., & Bulusu, C. S. (2012). Impact of a 12-week Fitness Training Program on Associative Memory and Attentional Control Processes in Older Adults. Annual Meeting of the Psychonomic Society, November 15-18, 2012, Minneapolis, MN.
24. Raschke, C. L., & **Dorgo, S.** (2012). Comparison of Isometric Neck Strength in High School Football Players with and without a History of Concussion. National Strength and Conditioning Association's 35th Annual Meeting, July 11-14, 2012, Providence, RI.
25. **Dorgo, S.**, Bangert, A.S., Reed-Jones, R. J., & Bulusu, C. S. (2012). Fitness Improvements in Older Adults Exercising at Different Times-of-Day. National Strength and Conditioning Association's 35th Annual Meeting, July 11-14, 2012, Providence, RI.
26. Reed-Jones, R. J., **Dorgo, S.**, Bangert, A.S., & Bulusu, C. S. (2012). Improvements in Visual Attention and Obstacle Avoidance with Visual Training on Nintendo Wii. 17th Biannual Canadian Society of Biomechanics meeting, June 6 – June 9, 2012, Vancouver, BC.
27. **Dorgo, S.**, Reed-Jones, R. J., Bulusu, C. S. & Vella, C. A. (2012). Short-term Changes in Resistance Training Exercise Confidence in Young and Older Adults. American College of Sport Medicine's 59th Annual Meeting, May 29 - June 2, 2012, San Francisco, CA.
28. Bulusu, C. S., & **Dorgo, S.** (2012). Comparison of Early Strength Adaptations Elicited by Two Different Training Protocols in Young Adults. South Central Regional American Society of Biomechanics Meeting, April 13-14, 2012, Dallas, TX.
29. Bulusu, C. S., Lawson, K., & **Dorgo, S.** (2012). Development of Online Courses Using Innovative Technological Tools and Strategies. Roundtable Discussion at the International Sun Conference on Teaching and Learning, March 2, 2012, El Paso, TX.
30. Bulusu, C. S., **Dorgo, S.**, Reed-Jones, R. J., & Bangert, A.S. (2012). Physical and Functional Fitness Changes in Older Adults in Response to a Traditional Training Program and a Wii Enhanced Training Program. Texas Chapter of the American College of Sports Medicine Annual Meeting, March 1, 2012, Austin, TX.
31. **Dorgo, S.**, Reed-Jones, R. J., & Bulusu, C. S. (2011). Effects of Two Different Resistance Training Intensities on Short-term Strength Adaptations in Young Adults. National Strength and Conditioning Association's 34th Annual Meeting, July 7-10, 2011, Las Vegas, NV.
32. **Dorgo, S.**, Reed-Jones, R. J., Vella, C. A., Samples, C., & Bulusu, C. S. (2011). Effects of Training Loads on Short-term Strength Adaptations in Older Adults. American College of Sport Medicine's 58th Annual Meeting, May 31 - June 4, 2011, Denver, CO.
33. Raschke, C., & **Dorgo, S.** (2011). The Role of Isometric Neck Strength in Predicting Concussions Sustained at the High School Level. South Central American Society of Biomechanics Conference, February 24-26, 2011, Dallas, TX.
34. Hitchings, M., **Dorgo, S.**, Reed-Jones, R. J. (2011). Visual Perception Training for the Enhancement of Balance and Mobility in an Elderly Population in El Paso. South Central American Society of Biomechanics Conference, February 24-26, 2011, Dallas, TX.
35. **Dorgo, S.** & King, G. A. (2010). Comparison of Peer Mentoring and Student Mentoring in a 35-week Fitness Program for Older Adults. National Strength and Conditioning Association's 33rd Annual Meeting, July 7-10, 2010, Orlando, FL.
36. **Dorgo, S.**, & Edupuganti, P. (2009). Effects of Resistance Training on the Hamstring to Quadriceps Strength Ratio in Males and Females. National Strength and Conditioning Association's 32nd Annual Meeting, July 8-11, 2009, Las Vegas, NV.
37. **Dorgo, S.**, Bader, J. A., & King, G. A. (2009). The Effectiveness of Manual Resistance Training versus Weight Training on Fitness Test Achievement Scores in Adolescents. National Strength and Conditioning Association's 32nd Annual Meeting, July 8-11, 2009, Las Vegas, NV.

38. King, G. A., Deemer, S. E., **Dorgo, S.**, & Thompson, D. L. (2009). Adiponectin Concentrations Are Associated with Cardiovascular Disease Risk Factors in Pre-menopausal Women. American College of Sport Medicine's 56th Annual Meeting, May 27-30, 2009, Seattle, WA.
39. King, G. A., Deemer, S. E., **Dorgo, S.**, & Thompson, D. L. (2008). Influence of Visceral Adiposity and Triglycerides on Insulin Resistance in Pre-Menopausal Caucasian and Hispanic Women. American College of Sport Medicine's 55th Annual Meeting, May 28-31, 2008, Indianapolis, IN.
40. Deemer, S. E., Franco, B. M., Potter, C., **Dorgo, S.**, & King, G. A. (2008). Accuracy of an Armband Type Physiological Body Monitor to Estimate Light/Sedentary Activities of Daily Living. American College of Sport Medicine's 55th Annual Meeting, May 28-31, 2008, Indianapolis, IN.
41. **Dorgo, S.** & King, G. A. (2008). Effects of Functional Training in an Older Adult Fitness Program. 123rd American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 8-12, 2008, Fort Worth, TX.
42. **Dorgo, S.** & King, G. A. (2008). Effectiveness of Peer Mentoring in a Prolonged Senior Fitness Program. 123rd American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 8-12, 2008, Fort Worth, TX.
43. **Dorgo, S.**, King, G. A., Brickey, G. D. (2007). The Application of Functional Training to Improve Fitness in Older Adults. National Strength and Conditioning Association's 30th Annual Meeting, July 12-15, 2007, Atlanta, GA.
44. **Dorgo, S.**, King, G. A., Brickey, G. D. (2007). The Effects of Manual Resistance Training on Fitness Test Achievement Scores in Adolescents. National Strength and Conditioning Association's 30th Annual Meeting, July 12-15, 2007, Atlanta, GA.
45. King, G. A., **Dorgo, S.**, Deemer, S. E. (2007). The Application of Peer Mentoring in a Physical Fitness Program for Older Adults. National Strength and Conditioning Association's 30th Annual Meeting, July 12-15, 2007, Atlanta, GA.
46. King, G. A., **Dorgo, S.**, Deemer, S. E. (2007). Sex differences in muscular strength initiated by two difference resistance training programs. National Strength and Conditioning Association's 30th Annual Meeting, July 12-15, 2007, Atlanta, GA.
47. **Dorgo, S.**, King, G. A. (2007). The Effects of Manual Resistance Training on Fitness Test Achievement Scores in Hispanic Adolescents. 7th Annual Southern States Knowledge in Research Conference: Eliminating Health Care Disparities in the Southwest, April 20-21, 2007, San Antonio, TX.
48. **Dorgo, S.**, King, G. A., (2007). Physical Fitness in the Golden Age. Healthy Aging Research Network symposium "Effective Community-Based Physical Activity Programs for Older Adults"; February 14-15, 2007, Seattle, WA.
49. **Dorgo, S.** (2007). Effectiveness of Manual Resistance Training to Improve Physical Fitness. 13th Annual Texas Association for Health, Physical Education, Recreation, and Dance Regional Conference; January 4, 2007, El Paso, TX.
50. **Dorgo, S.** (2006). Manual Resistance Training: an applicable and cost-effective form of training - Part 1. 83rd Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention; November 29 – December 2, 2006, Fort Worth, TX.
51. **Dorgo, S.** (2006). Manual Resistance Training: an applicable and cost-effective form of training - Part 2. 83rd Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention; November 29 – December 2, 2006, Fort Worth, TX.
52. **Dorgo, S.**; Smith, D. R., Ortiz, M., & King, G. A. (2006). The Effects of Eccentric Phase Duration on Concentric Phase Force Production during Drop Jumps. XXIV International Symposium on Biomechanics in Sport, July 14-18, 2006, Salzburg, Austria.
53. Rice, C. A. & **Dorgo, S.** (2006). The Effects of Three and Five Second Isometric Contractions on Upper Body Postactivation Potentiation. National Strength and Conditioning Association's 29th Annual Meeting, July 12-15, 2006, Washington, DC.

54. **Dorgo, S.,** King, G. A., & Rice, C. A. (2006). The Effectiveness of a Manual Resistance vs. a Weight Resistance Training Program on Body Composition. National Strength and Conditioning Association's 29th Annual Meeting, July 12-15, 2006, Washington, DC.
55. King, G. A., **Dorgo, S.,** & Rice, C. A. (2006). The Effectiveness of a Manual Resistance vs. a Weight Resistance Training Program on Aerobic Power. National Strength and Conditioning Association's 29th Annual Meeting, July 12-15, 2006, Washington, DC.
56. **Dorgo, S.,** King, G. A., & Rice, C. A. (2006). The Effects of a 14-Week Manual Resistance Training Program on Muscular Strength and Muscular Endurance. National Strength and Conditioning Association's 29th Annual Meeting, July 12-15, 2006, Washington, DC.
57. **Dorgo, S.** (2006). Muscular Fitness in Physical Education through Manual Resistance Training. 121st American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 25-29, 2006, Salt Lake City, UT.
58. **Dorgo, S.** (2006). Research on Resistance Training as a Tool for Combating Youth Obesity. Lineae Terrarum International Borders Conference, March 29, 2006, Las Cruces, NM.
59. Meeuwesen, H., Pederson, R., **Dorgo, S.,** King, G. (2006). Connections and Collaborations? We got them! National Association for Kinesiology and Physical Education in Higher Education National Conference, January 4-7, 2006, San Diego CA.
60. **Dorgo, S.** (2006). Combating Youth Obesity through the Application of Manual Resistance Training. 12th Annual Texas Association for Health, Physical Education, Recreation, and Dance Regional Conference; January 5, 2006, El Paso, TX.
61. **Dorgo, S.** (2005). The Application of Manual Resistance Training in Physical Education. 82nd Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention; November 30-December 2, 2005, Corpus Christy, TX.
62. **Dorgo, S.** (2002). Knowledge Structures of Expert Strength and Conditioning Coaches. 4th Works in Progress Conference for Physical Education Professionals, Athens, GA.

GRANTS

Funded or Pending Applications

1. National Institutes of Health – NIA MSTEM: Advancing Diversity in Aging Research through Undergraduate Education (R25) (PI: Solis, G.). Aging Research Experiences for Undergraduate Future Innovative Thinkers (AREUFIT). Grant proposal submitted on May 25th, 2018, requesting \$1,750,000.00. Currently in review.
2. The Research Council of Norway – Research-based Regional Innovation (Forregion) Program (PI: Krosshaug, T. Role: Co-Investigator). Development of a test to assess knowledge on strength training exercises with the involvement of the world's foremost experts (Utvikling av en test for å måle kunnskap om tyrketreningsøvelser, med involvering fra verdens fremste eksperter). Grant proposal submitted in October, 2017, requesting NOK 580,000, funded in December, 2017 for NOK 580,000 (approximately \$70,180).
3. Paso Del Norte Health Foundation – Institute for Healthy Living (PI: Dorgo, S). Healthy Eating and Cooking Practices for El Paso Older Adults. Funded in February, 2017 for \$20,000; funded for second year in April 2018 for \$48,000.
4. National Strength and Conditioning Association Foundation (NSCAF) – International Collaboration Grant (PI: Dorgo, S.). Dynapenia in Diverse Ethnic Groups of Older Adults. Grant proposal submitted in March, 2016, requesting \$49,921, funded in June, 2016 for \$40,542.

5. UTEP – Office of the Provost, Interdisciplinary Research (IDR) Enhancement Program (PI: Gonzalez, R. V. Role: Co-Investigator). An Innovative Training Approach to Decrease Joint Contact Loads during Plyometric Exercises. Grant proposal submitted in December, 2014, requesting \$20,000, funded in January, 2015 for \$20,000.
6. Victoria University International Collaborative Research Grant. (PI: Dorgo, S.). Assessing and Combating Dynapenia in Diverse Ethnic Groups of Older Adults. Grant proposal submitted on December 11, 2014, requesting \$38,963, funded in March, 2015 for \$38,963.
7. J. J. Smith Foundation. (PI: Dorgo, S.). Physical Fitness in the Golden Age Program. Grant proposal submitted on May 15, 2014, requesting \$10,000, funded on June 25, 2014 for \$5,000.
8. University Research Institute, University of Texas at El Paso (Principal Investigator). Neuromuscular Adaptations in Resistance Training. Grant proposal submitted in May, 2010, requesting \$5,000, funded in September, 2010, for \$5,000.
9. Hispanic Health Disparities Research Center (PI: Reed-Jones, R. J., Role: Co-Principal Investigator). Perceptual and Agility Training in Hispanic Older Adults: A Fall Prevention Intervention for an Overlooked High-risk Population. Grant proposal submitted in May, 2010, requesting \$15,000, funded in July, 2010 for \$15,000.
10. Hispanic Health Disparities Research Center (PI: Cardenas, Victor; Role: Co-Investigator). Genetic and Environmental Determinants of Maternal and Neonatal Adverse Pregnancy Outcomes in El Paso, Texas. Grant proposal submitted in April, 2010, requesting \$112,940, funded in September, 2010 for \$112,940.
11. National Institutes of Health - National Center for Minority Health and Health Disparities (R01) (PI: Duarte, Maria O.; Role: Co-Principal Investigator). Can CHW/PS Promote Lifestyle and Environment Change to Reduce CVD Risk in Texas. Grant proposal submitted in August, 2007, requesting \$2,616,320, funded in May, 2008 for \$2,616,320.
12. Paso Del Norte Health Foundation, Ageless Health Initiative (Principal Investigator). Physical Fitness in the Golden Age. Grant proposal submitted in October, 2007, requesting \$50,000, funded in January, 2008 for \$50,000.
13. Paso Del Norte Health Foundation, Ageless Health Initiative (Principal Investigator). Physical Fitness in the Golden Age. Grant proposal submitted in October, 2006, requesting \$48,036, funded in November, 2006 for \$48,036.
14. Hispanic Health Disparities Research Center (Principal Investigator). The Effectiveness of Teacher Implemented Resistance Training Programs on Improving Physical Fitness and Exercise Behavior of Hispanic Adolescents. Grant proposal submitted in May, 2006, requesting \$36,173, funded in September, 2006 for \$36,173.
15. Paso Del Norte Health Foundation, Ageless Health Initiative (Principal Investigator). Physical Fitness in the Golden Age. Grant proposal submitted in November, 2005, requesting \$35,146, funded in November, 2005 for \$35,146.

16. Hispanic Health Disparities Research Center (Principal Investigator). The Effects of Manual Resistance Training on Fitness Test Achievement Scores and Exercise Behavior in Hispanic Adolescents. Grant proposal submitted in April, 2005, requesting \$80,000, funded June, 2005 for \$31,080.
17. University Research Institute, University of Texas at El Paso (Principal Investigator). The Effects of Two Different Resistance Training Programs on Components of Fitness. Grant proposal submitted in September, 2004, requesting \$4,980, funded in December, 2004 for \$3,022.
18. University Research Institute, University of Texas at El Paso (Co-Principal Investigator). Master Physical Education Teachers' Practical Knowledge. Grant proposal submitted in September, 2003, requesting \$4,977, funded in December, 2003 for \$3,000.
19. Golf Magazine, Inc. (Co-Investigator). The Anatomy of an Effective Golf Instruction Article. Grant proposal submitted in January, 2002, requesting \$ 2,296, funded in May, 2002 for \$2,296.

Notable Applications Rejected

1. Aetna Foundation – Cultivating Healthy Communities (PI: Dorgo, S.). Fitness and Healthy Eating Initiative for El Paso Older Adults. Proposal submitted in April, 2017 requesting \$100,000, not funded.
2. Hunt Family Foundation (Principal Investigator). UTEP Physical Fitness in the Golden Age Program Expansion Project. Proposal submitted in April 2016, requesting \$45,000, not funded.
3. National Science Foundation (NSF): Major Research Instrumentation Program (MRI). (PI: Sarkodie-Gyan, T., Role: Co-Principal Investigator). Development of a multi-axis synergistic system (MASS) for the assessment and effectuation of human dynamic behavior in space. Proposal submitted on February 22, 2013, requesting \$1,565,784, not funded.
4. U.S. Department of Education, Field Initiated Research CFDA #84.133G – Disability and Rehabilitation Research. (PI: Sarkodie-Gyan, T., Role: Co-Principal Investigator). Real-time characterization of (mild) Traumatic Brain Injury using computational intelligence: Approaching a new rehabilitation technology based on automated analysis and intervention. Grant proposal submitted in 2012, for \$603,468, not funded.
5. National Institutes of Health – National Institute on Aging (SC2) (Principal Investigator). The Application of Peer Mentoring in a Fitness Program for Hispanic Older Adults. Grant proposal submitted in September, 2008, for \$441,600, not funded. Grant proposal resubmitted in September, 2009, for \$446,025, not funded.
6. Gifford Foundation (Principal Investigator). Peer Mentor Based Community Fitness for Older Adults. Grant proposal submitted in December, 2007, for \$50,000, not funded.
7. Paso Del Norte Health Foundation, Center for Border Health Research (Principal Investigator). Physical and behavioral changes in adolescents elicited by two different resistance training programs. Grant proposal submitted in June 2005 for \$75,000, not funded.

8. National Strength and Conditioning Association (Principal Investigator). An Expert Strength and Conditioning Coach's Practical Knowledge. Grant proposal submitted for Graduate Student grant in July, 2003, for \$2,500, not funded.

Directed Student Grants

1. University of Texas at El Paso, Graduate School – Dodson Research Grants. The Effects of ACTN3 Gene Polymorphisms in Post-Activation Potentiation and Fitness Measurements. Graduate Student Research Grant (\$2,441.93), funded in December, 2017. PI: Montalvo, Samuel. Role: Graduate Advisor.
2. University of Texas at El Paso, Graduate School – Dodson Research Grants. Comparison of Stride Length and Stride Frequency between Various Populations during Overground Sprinting. Graduate Student Research Grant (\$2,900), funded in December, 2017. PI: Gruber, Lance. Role: Graduate Advisor.
3. National Strength and Conditioning Association Foundation (NSCAF). Comparison of the effectiveness of treadmill vs. overground sprint training. Masters Research Grant (\$5,192), funded in June, 2016. PI: Perales, Jeremy J. Role: Faculty Mentor.
4. University of Texas at El Paso, Graduate School – Dodson Research Grants. Effectiveness of sprint training modalities. Graduate Student Research Grant (\$2,824), funded in September, 2015. PI: Perales, Jeremy J. Role: Graduate Advisor.
5. University of Texas at El Paso, Graduate School – Graduate Enhancement Award. The effectiveness of Wii Fit Plus Strength Training in improving functional performance in older adults. Student Project Grant (\$2,000), funded in January, 2012. PI: Bulusu, Chandra S. Role: Graduate Advisor.
6. Hispanic Health Disparities Research Center. The Effectiveness of Wii Fit Plus Strength Training in Improving Functional Performance in Hispanic Older Adults. Graduate Student Grant (\$5,000), not funded. PI: Bulusu, Chandra S. Role: Graduate Advisor.
7. University of Texas at El Paso, College of Health Sciences – Graduate Enhancement Scholarship Funds. The Role of Isometric Neck Strength in Predicting Concussions Sustained by High School Football Players. Graduate Student Grant (\$1,000), funded in March, 2011. PI: Raschke, Cameron L. Role: Graduate Advisor.
8. Hispanic Health Disparities Research Center. Assessment of the Applicability and Effectiveness of Various Exercise Intensities on the Improvement of Fitness in Hispanic Older Adults. Graduate Student Grant (\$5,000), funded in July, 2010. PI: Samples, Christina. Role: Graduate Advisor.
9. University of Texas at El Paso, College of Health Sciences – Graduate Enhancement Scholarship Funds. The Effect of Hand Positioning on Maximum Push-up Performance. Student Project Grant (\$944), funded in May, 2008. PI: Brickey, Gregory D. Role: Graduate Advisor.
10. University of Texas at El Paso, College of Health Sciences – Graduate Enhancement Scholarship Funds. Gender Differences in the Improvement of Hamstring to Quadriceps Strength Ratio. Student Project Grant (\$2,445) funded in March, 2008. PI: Edupuganti, Pradeep. Role: Graduate Advisor.

11. University of Texas at El Paso, Graduate School – Graduate Enhancement Award. The Effects of Three and Five Second Isometric Contractions on Upper Body Postactivation Potentiation. Student Project Grant (\$2,000), funded in May, 2006. PI: Rice, Christopher. Role: Graduate Advisor.
12. University of Texas at El Paso, College of Health Sciences – Graduate Enhancement Scholarship Funds. The Effects of Three and Five Second Isometric Contractions on Upper Body Postactivation Potentiation. Student Project Grant (\$2,602), funded in July, 2006. PI: Rice, Christopher. Role: Graduate Advisor.

SERVICE ACTIVITIES

University System Level Committees/Services

1. University of Texas System Faculty Advisory Council member. Fall 2016 – present
2. University of Texas System Faculty Advisory Council, Academic Affairs and Faculty Quality Committee Member. Fall 2016 – present

University Committees/Services

1. University of Texas at El Paso, Faculty Senate President. Fall 2018 – present
2. University of Texas at El Paso, Faculty Senate Vice President. Fall 2016 – Summer 2018
3. University of Texas at El Paso, President’s Meritorious Service Award Committee Member. Fall 2016.
4. University of Texas at El Paso, Faculty Welfare Committee Member. Fall 2015 – Summer 2018
5. University of Texas at El Paso, Faculty Senate Executive Council Member. Spring 2015 – Summer 2016
6. University of Texas at El Paso, Student Conduct Committee Member. Fall 2014 – Summer 2017
7. University of Texas at El Paso, Graduate Council Member. Fall 2013 – Summer 2018
8. University of Texas at El Paso, Student Grievance Committee Member. Fall 2011 – Spring 2014
9. University of Texas at El Paso, Faculty Senate – Senator. Spring 2011 – Spring 2014
10. University of Texas at El Paso, Student Government Association – Athletic Task Force Member. Fall 2010 – Spring 2012
11. University of Texas at El Paso, Undergraduate Scholarship Committee Member. Fall 2006 – Summer 2008
12. University of Texas at El Paso, Graduate Assembly Member. Fall 2006 – present

13. Ad-hoc university services included but were not limited to the following:
- Served as Search Committee Member for UTEP Recreational Sports Department Associate Director position, 2016
 - Serve as faculty panelist in graduate student professional workshops, 2013-2016
 - Serve as judge and mentor during Annual Graduate Expos, 2013-2015
 - Serve as UTEP faculty representative during the UTEP Celebrates Centennial campaign
 - Reviewer of UTEP Campus Office of Undergraduate Research Initiatives (COURI) proposals
 - Reviewer for the UTEP Dodson Graduate Grant applications

College Committees/Services

1. Faculty Recruitment, Development and Evaluation Committee. Fall 2009 – Summer 2016.
2. Faculty Merit Evaluation Committee. Committee member 2009-2017, committee chair in 2013, 2014, 2016 and 2017.
3. College of Health Sciences in collaboration with the Golden Age Fitness Association, organizing committee member for the Annual UTEP Commitment to Fitness Run/Walk event, 2009 – 2015.
4. Interdisciplinary Health Sciences PhD Program, Executive Committee member. Summer 2010 – Summer 2011
5. Pre-Commencement and Graduate Hooding Ceremony, Master of Ceremony – May 10, 2008 and December 13, 2008
6. Faculty Organization Committee member. Fall 2006 – Fall 2009 (chair-elect in 2007, chair in 2008, past-chair in 2009)
7. Faculty Activities Committee Member, Fall 2004 – Summer 2007
8. Merit Evaluation Rubric Development Committee. Spring 2007 – Summer 2007
9. Nominating Committee Chair. Fall 2006 – Fall 2007
10. Strategic Planning Committee, Fall 2006 – Fall 2007

Departmental Committees/Services

1. Human Fitness and Performance Tenure-Track Position Search Committee Chair. Fall 2018 – present
2. Undergraduate Academic Advisor (approximately 40 undergraduate advisees per semester). Fall 2003 – present
3. Program Director for NSCA Educational Recognition Program. Fall 2004 – present
4. Fitness Research Facility Director. Fall 2007 – present
5. Graduate Coordinator. Fall 2011 – Fall 2018

6. Exercise Science Tenure-Track Position Search Committee Member. Fall 2016 – Spring 2017
7. Pedagogy Lecturer Position Search Committee Member. Spring 2015
8. Motor Learning Tenure-Track Position Search Committee Chair. Fall 2013 – Spring 2014
9. Biomechanics Tenure-Track Position Search Committee Chair. Fall 2012 – Spring 2013
10. Department Chair Search Committee Chair. Summer 2011 – Summer 2012
11. Exercise Physiology Tenure-Track Position Search Committee Member. Summer 2011 – Summer 2012
12. Biomechanics Tenure-Track Position Search Committee Chair. Fall 2007 – Summer 2008
13. Kinesiology Tenure-Track and Lecturer Position Search Committee Member. Fall 2004 – Spring 2005
14. Laboratory Renovations Task Force, Fall 2005 – Spring 2007
15. Fitness Research Lab equipment purchasing (Supervisor), Spring 2006 – Fall 2008

TENURE, PROMOTION AND 3RD YEAR REVIEWS AND COMMITTEE MEMBERSHIPS

University Internal Committees

1. Spring 2015 – Tenure-track 3rd year review committee member for three candidate reviews
2. Fall 2014 – Tenure-and promotion review committee member
3. Spring 2013 – Tenure-track 3rd year review committee member for two candidate reviews
4. Spring 2012 – Tenure-track 3rd year review committee chair
5. Fall 2011 – Tenure-and promotion review committee chair
6. Fall 2010 – Tenure-track 3rd year review committee member

External Reviewer Services

1. Fall 2013 – Served as external reviewer for tenure and promotion to Associate Professor for candidate at Mississippi State University, Department of Kinesiology.

PHD DEGREE COMMITTEE CHAIR/MEMBER

1. Montalvo, Sam – December 15, 2017: Comprehensive Exam Committee Chair.
2. Hale, Rena F. (Ph.D. Qualifying Exam and Dissertation, Summer 2015 – Fall 2016) – *An innovative training approach to decrease joint contact loads during plyometric exercises*. Biomedical Engineering PhD Program. Qualifying Exam Committee Member: May 28, 2015; Dissertation Defense Committee Member: November 3, 2016.
3. Ambati, Pradeep V. N. (Ph.D. Dissertation, Summer 2013 – Summer 2014) – *Examining the Role of Attention in Steering Using a Dual Task Paradigm*. Interdisciplinary Health Sciences PhD Program,

University of Texas at El Paso. Dissertation Proposal Committee Member: July 1, 2013; Dissertation Defense Committee Member: July 29, 2014.

4. Murray, Nicholas G. (Ph.D. Dissertation, Summer 2013 – Summer 2014) – *Evaluation of Static and Dynamic Postural Control in Athletes with Concussions during Recovery*. Interdisciplinary Health Sciences PhD Program, University of Texas at El Paso. Dissertation Proposal Committee Member: October 22, 2013, Dissertation Defense Committee Member: June 9, 2014.
5. Bulusu, Chandra S. – September 5, 2012: Comprehensive Exam Committee Chair.

MASTER’S DEGREE COMMITTEE CHAIR

1. Gonzales, Fayon K. (Master’s Thesis, Fall 2018) – *Comparison of Stride Length and Stride Frequency Patterns of Sprint Performance in Overground vs Motorized Treadmill Sprinting*. UTEP, Department of Kinesiology.
2. Moye, Anthony M. (Master’s Project, Fall 2017) – *Strength and Conditioning Strategies for Athletes with a Severe Visual Impairment*. UTEP, Department of Kinesiology.
3. Perales, Jeremy J. (Master’s Thesis, Spring 2016) – *Comparison of the Effectiveness of Different Sprint Training Modalities*. UTEP, Department of Kinesiology.
4. Konrardy, Ashley A. (Master’s Project, Spring 2016) – *Maximizing the Aquatic Exercise Program to Improve Bone Mineral Density*. UTEP, Department of Kinesiology.
5. Bagdon, Miranda S. (Master’s Project, Fall 2015) – *Excess Post-Exercise Oxygen Consumption Responses to Resistance Training Variable and Considerations for Recovery*. UTEP, Department of Kinesiology.
6. Straub, Hans E. (Master’s Project, Fall 2015) – *A Corrective Exercise Continuum to Improve FMS Scores and Reduce Injury Risks in Athletes*. UTEP, Department of Kinesiology.
7. Vigil, Kristal (Master’s Project, Fall 2015) – *Effects of Physical Activity on the Decrease of Fetal Macrosomia*. UTEP, Department of Kinesiology.
8. Walz, Jennifer A. (Master’s Project, Fall 2015) – *Causal Attributions among Competitive Sport Athletes: Thoughts, Affective Responses, and Methods for Improving Performance*. UTEP, Department of Kinesiology.
9. Naaktgeboren, K. (Master’s Project, Fall 2014) – *Growth Plate Injuries in Children in Sport: A Review of Sever’s Disease*. UTEP, Department of Kinesiology.
10. Lopez, Brianna V. (Master’s Project, Spring 2014) – *Benefits of ChiRunning*. UTEP, Department of Kinesiology.
11. Reid, Julia E. (Master’s Project, Spring 2014) – *The Effects of Different Exercise Modalities on the Quality of Life of Older Alzheimer’s Patients*. UTEP, Department of Kinesiology.

12. Ramos, Dominic A. (Master's Project, Spring 2014) – *Exertional Rhabdomyolysis: Symptoms, Mechanism Leading to the Disorder, and Methods for Treatment and Prevention*. UTEP, Department of Kinesiology.
13. Sasada, Takeshi (Master's Project, Spring 2013) – *Practical Application of Resisted Spring Training*. UTEP, Department of Kinesiology.
14. Jimenez, Jeanelle R. (Master's Project, Fall 2012) – *The Etiology, Treatment and Prevention of Lateral Elbow Tendinosis*. UTEP, Department of Kinesiology.
15. Gillies, Aaron O. (Master's Project, Fall 2011) – *Causes of Low Back Injuries in Athletes of Rotational Striking Sports*. UTEP, Department of Kinesiology.
16. Raschke, Cameron L. (Master's Thesis, Spring 2011) – *Isometric Neck Strength in Concussed and Non-Concussed High School Football Players*. UTEP, Department of Kinesiology.
17. Richards, Chad R. (Master's Project, Spring 2010) – *In-Season Resistance Training for Competitive Strength/Power Athletes: A Critical Review*. UTEP, Department of Kinesiology.
18. Edupuganti, Pradeep (Master's Thesis, Fall 2008) – *Gender Differences in Hamstring and Quadriceps Muscle Trainability*. UTEP, Department of Kinesiology.
19. Brickey, Gregory D. (Master's Thesis, Fall 2008) – *Comparison of Various Training Modalities to Improve Fitness of Law Enforcement Officers*. UTEP, Department of Kinesiology.
20. Sowers, Craig A. (Master's Project, Spring 2008) – *The Optimal Mode of Strength Training for Prepubescent Adolescents for Power and Speed*. UTEP, Department of Kinesiology.
21. Rice, Christopher A. (Master's Thesis, Spring 2006) – *The Effects of Three and Five Second Isometric Contractions on Upper Body Postactivation Potentiation*. UTEP, Department of Kinesiology.
22. Rincon, Luis A. (Master's Project, Spring 2006) – *Strength and Conditioning for Female Triathletes*. UTEP, Department of Kinesiology.

MASTER'S DEGREE / COMPREHENSIVE EXAM COMMITTEE MEMBER

1. Howard, Julie (Master's Project, Spring 2017) – *The Use of Mobile Phone Applications for Concussion Assessments*. UTEP, Department of Kinesiology.
2. Garrido, Nathan (Master's Project, Fall 2016) – *Does Controlled Whole-body Vibration Training Improve Muscular Performance in Elite Female Athletes?* UTEP, Department of Kinesiology.
3. Jeppsen, Lorin R. (Master's Project, Spring 2016) – *The Value of Motor Control Exercises in Treating Lower Back Pain in Obese Patients*. UTEP, Department of Kinesiology.
4. Sanchez Barrios, Paulina (Master's Project, Spring 2016) – *Influence of Gestational Age and/or Birth Weight on Autism Spectrum Disorders*. UTEP, Department of Kinesiology.

5. Rodriguez, Chiara M. (Master's Project, Spring 2016) – *Exercise Training Before and After Liver Transplantation: A Literature Review*. UTEP, Department of Kinesiology.
6. Giordano, Cheryl (Master's Project, Spring 2015) – *Improving workplace wellness programs to better address the unique health needs of older women*. UTEP, Department of Kinesiology.
7. Narvaez-Stewart, Mariela (Master's Project, Fall 2014) – *The Benefits of Naturalistic Sign Intervention on Expressive Language skills of Young Children with Down syndrome*. UTEP, Department of Speech-Language Pathology.
8. Hoover, Laura R. (Master's Project, Spring 2014) – *High Intensity Interval Training and its Effects on Arterial Stiffening in Coronary Artery Disease Patients*. UTEP, Department of Kinesiology.
9. Martinez, Diana G. (Master's Project, Spring 2014) – *Crosslinguistic Generalization in Bilingual Individual with Aphasia after Semantic-Based Treatment in L2*. UTEP, Department of Speech-Language Pathology.
10. Stalter, Jennifer (Master's Project, Fall 2013) – *Evaluation of Vision Training Program for Visual Performance Enhancements*. UTEP, Department of Kinesiology.
11. Porta, Justin P. (Master's Thesis, Fall 2013) – *Validating the Adidas Micoach and Nike+ Sport Kit for Estimating Pace, Distance, and Energy Expenditure during Over-Ground Exercise*. UTEP, Department of Kinesiology.
12. Davidson, Amy (Master's Project, Spring 2013) – *Anterior Cruciate Ligament Prevention Training in Female Athletes*. UTEP, Department of Kinesiology.
13. Van den Bogaard, Kevin (Master's Thesis, Spring 2012) – *Comparison of performance between senior individuals and collegiate athletes on the ImPACT Test*. UTEP, Department of Speech-Language Pathology.
14. Peidle, Sara (Master's Thesis, Summer 2011) – *Comparison of Four Methods of Dietary Assessment: Food Records vs. Combined Food Records with Digital Photography vs. Digital Photography vs. Digital Photography with Limited Documentation*. UTEP, Department of Kinesiology.
15. Maddox, Tonya M. (Master's Comprehensive Exam, Spring 2011) – UTEP, School of Nursing.
16. Lugo, Irene R. (Master's Comprehensive Exam, Spring 2011) – UTEP, School of Nursing.
17. Segars, Joy (Master's Project, Fall 2010) – *Effects of Parental Influence on School-Aged Girls' Physical Activity Levels*. UTEP, Department of Kinesiology.
18. Agness, Eric B. (Master's Project, Fall 2008) – *A Review of Whole Body Vibration Training: The Effect on Strength and Power*. UTEP, Department of Kinesiology.
19. Ramdeo, Christina S. (Master's Comprehensive Exam, Spring 2008) – UTEP, School of Nursing.
20. Powers, Rebekah L. (Master's Comprehensive Exam, Spring 2008) – UTEP, School of Nursing.

21. Garms, Teresa J. (Master’s Comprehensive Exam, Spring 2008) – UTEP, School of Nursing.
22. Budig, Derik (Master’s Project, Fall 2005) – *Protein for the Athlete*. UTEP, Department of Kinesiology.
23. Kabuye, Patrick (Master’s Project, Fall 2005) – *Preventing Soccer Injuries through Conditioning*. UTEP, Department of Kinesiology.

GRADUATE TEACHING/RESEARCH ASSISTANTS SUPERVISED

1. Bowerman, Stephanie; Teaching Assistant for Fall 2003 and Fall 2004 – Spring 2005
2. Lankford, Bobby G.; Teaching Assistant for Spring 2004
3. Rice, Christopher; Research Assistant for Spring 2005; Teaching Assistant Fall 2005 – Spring 2006
4. Brickey, Gregory D.; Teaching Assistant for Fall 2006 – Spring 2007
5. Vega, Gustavo; Teaching Assistant for Fall 2007
6. Garcia, Michael R.; Teaching Assistant for Spring 2008
7. Samples, Christina M., Research Assistant for Spring 2010 – Summer 2011
8. Bulusu, Chandra S., Doctorate Level Research Assistant for Spring 2010 – Spring 2012
9. Konrardy, Ashley A.; Research Assistant for Summer 2014
10. Munoz, Jose J.; Teaching Assistant for Fall 2014

UNDERGRADUATE RESEARCH ASSISTANTS HIRED AND SUPERVISED

1. Bajek, Aaron T., Spring 2004 – Fall 2004
2. Mesquita Maria Elena; Spring 2004
3. Cisneros, Ana L.; Spring 2004
4. Zermeno, Gisela F.; Spring 2005
5. Hernandez, Mario; Spring 2005
6. Brickey, Gregory D.; Summer 2005 – Summer 2006
7. Gonzalez, Erica C.; Fall 2005
8. Hernandez, Mayra; Fall 2005
9. Rodriguez, Adrian R.; Fall 2005
10. Mclure Jr, Oscar; Spring 2006
11. Murphy, Lacy J.; Spring 2006 – Spring 2007
12. Gutierrez, Jose G.; Spring 2007 – Summer 2007
13. Kohn, Roy E.; Spring 2007 – Summer 2007
14. Guzman, Lisa; Summer 2007
15. Martinez, Alycia M., Summer 2007
16. Limon, John S.; Fall 2006 – Spring 2008
17. Groover, Timothy W.; Spring 2007 – Spring 2008
18. Saucedo, Carlos; Summer 2007 – Fall 2008
19. Aguilar, Carlos A.; Spring 2008 – Summer 2008
20. Alcocer, Lorena; Spring 2008 – Summer 2008
21. Garcia, Michael R.; Summer 2008 – Summer 2009
22. Estrada, Marcela; Summer 2008 – Summer 2009
23. Lopez, Adrian L.; Spring 2009 – Fall 2009
24. Moz, Brenda; Summer 2009
25. Diaz, Jennifer; Summer 2009
26. Ruiz, Ayleen M.; Summer 2009 – Summer 2010

27. Rincon, Luis A; Summer 2009 – Summer 2010
28. Samples, Christina; Spring 2010 – Summer 2011
29. Wolf, Sarah; Summer 2010
30. Goos, Brittany E., Summer 2010
31. Herrera, Gilberto A.; Summer 2010 – Fall 2010
32. Rueda, Vanessa; Summer 2010 – Spring 2011
33. Fong, Joshua A; Spring 2011 – Summer 2011
34. Hernandez, Marco M.; Spring 2011 – Summer 2011
35. Hoover, Laura R.; Summer 2011
36. Lopez, Brianna V.; Summer 2011 – Summer 2012
37. Gomez, Eric A.; Summer 2011 – Summer 2012
38. Chavez, Sara E.; Summer 2012 – Fall 2012
39. Hernandez, Tawney D.; Summer 2012
40. Acuna, Uriel; Fall 2012 – Summer 2013
41. Silva, Ernesto A.; Fall 2012 – Summer 2013
42. Rodarte, Sarah N.; Spring 2013 – Spring 2014
43. McDonald, Elizabeth J.; Summer 2013 – Fall 2015
44. Suriano, Marco A.; Summer 2013 – Spring 2014
45. Wojciechowski, Matthew N.; Spring 2014 – Fall 2014
46. Rodriguez, Nicole E.; Spring 2014 – Spring 2015
47. Maturino, Martha J.; Fall 2014
48. Terrazas, Sergio A.; Fall 2014 – present
49. Vega, Marco A.; Spring 2015 – Spring 2016
50. Galvez, Daniel P.; Spring 2015 – Summer 2016
51. Escobar, Kimberly J.; Spring 2015 – Spring 2016
52. Acevedo Deneb, M.; Spring 2015 – present
53. Pacheco, Jasmine; Spring 2015 – Fall 2016
54. Favela, Lilia C.; Summer 2015 – Spring 2016
55. Alvarez, Marcel E.; Spring 2016 – present
56. Maldonado, Alexis G.; Spring 2016
57. Saucedo, Valeria; Summer 2016 – Summer 2017
58. Flores, Janet; Fall 2016
59. Luna, Mariana A.; Spring 2017 – present
60. Horsch, Emily; Fall 2017 – present
61. Hernandez, Thalia I.; Fall 2017 – present
62. Samaniego, Jasmin; Spring 2018 – present
63. Luna, Erika A.; Fall 2018 – present

SPECIAL POSITIONS IN PROFESSIONAL ASSOCIATIONS

1. National Strength and Conditioning Association’s Research Committee and Research Consortium Chair. Summer 2016 – present
2. National Strength and Conditioning Association Annual Meeting oral research presentation moderator. Summer 2016
3. Member of the National Strength and Conditioning Association’s Research and Education Committee, Education Subcommittee Chair. Summer 2014 – Summer 2016

4. National Strength and Conditioning Association Annual Meeting Research Abstract Reviewer. Spring 2014 – present
5. National Strength and Conditioning Association’s Research Committee and Research Consortium member. Summer 2011 – present
6. Member of the Position Paper committee of the American Association for Physical Activity and Recreation (AAPAR). Fall 2005 – Spring 2008
7. Reviewer for the conference presentation applications for the American Association for Physical Activity and Recreation (AAPAR) 2007-2008 National Conference and Convention, Summer 2006 – Summer 2007

BOOK CHAPTER REVIEWER

1. Van Guilder, G. P., & Janot, J. M. (2015). Acute and Chronic Cardiorespiratory Responses to Exercise. In J. P. Porcari, C. X. Bryant, & F. Comana (Eds.), *Exercise Physiology (Foundations of Exercise Science)* (pp. 196-228). Philadelphia, PA: F. A. Davis Company. ISBN-13: 978-0803625556.

JOURNAL EDITORIAL WORK

1. Journal of Strength and Conditioning Research (JSCR) – Senior Associate Editor (December 2017 – present)

JOURNAL AD-HOC REVIEWER WORK

1. Disability and Rehabilitation, since 2011
2. Health and Quality of Life Outcomes, since 2016
3. International Journal of Exercise Science (IJES), since 2010
4. International Journal of Sports Science and Coaching (IJSSC), since 2009
5. International SportMed Journal, since 2014
6. Journal of Aging and Physical Activity (JAPA), since 2007
7. Journal of Applied Gerontology (JAG), since 2012
8. Journal of School Health (JOSH), since 2008
9. Journal of Sport and Health Science (JSHS), since 2014
10. Journal of Sports Medicine and Physical Fitness (JSMPF), since 2013
11. Journal of Strength and Conditioning Research (JSCR), since 2013
12. Medical Education (MED), since 2018
13. Oxford Research Encyclopedia of Psychology, since 2016
14. Physician and Sportsmedicine (TPSM), since 2014
15. Strength and Conditioning Journal (SCJ), since 2010

GRANT PROPOSAL REVIEWER

1. Reviewer for the National Strength and Conditioning Association Foundation International Collaborator Grant Awards, 2018.
2. Reviewer for the National Strength and Conditioning Association Foundation Young Investigator Grant Awards, 2016-2018.

3. Reviewer for the National Strength and Conditioning Association Foundation student grants, 2014-2016.
4. External reviewer for the International Sport Research Associate funding mechanism between Loughborough University (UK) and Nanyang Technological University (Singapore) in 2014 & 2015.
5. Reviewer for the National Strength and Conditioning Association Foundation student grants, 2014.
6. Paso Del Norte Health Foundation HEAL Project proposal reviewer – reviewed and scored 16 project proposals in 2012.
7. Reviewer National Association for Sport and Physical Education (NASPE) “Run For Something Better” School Awards Program grant applications, Spring 2010.
8. External Reviewer for the Anita M. Loya Innovation Fund in Engineering grant proposals in 2011.
9. Reviewer for the National Association for Sport and Physical Education (NASPE) Research Grant applications in 2008.

PROFESSIONAL WORKSHOPS

1. Director and presenter for the “Training Muscular Power and Functional Strength Considering Age Specific Factors” workshop. Co-organized and carried out as the single presenter a full-day, 8-hour continuing education workshop for coaches and strength and conditioning professionals. Number of participants: 56. National Team Handball Academy, Balatonboglar, Hungary, May 6, 2017.
2. Director and presenter for the “Theory and Methodology of Muscular Power Training” workshop. Co-organized and carried out as the single presenter a full-day, 8-hour continuing education workshop for coaches and strength and conditioning professionals. Number of participants: 25. Jaszbereny, Hungary, December 5, 2015.
3. Director, organizer, and presenter for the “Fitness Workshop for Physical Education Teachers, Coaches, and Athletic Trainers”. Organized and implemented a full-day, 8-hour credited continuing education workshop for professionals in the field of Kinesiology in Texas Region 19 Educational Learning Center. Number of participants: 76. El Paso, TX, March 9, 2006.
4. Invited presenter at the University of Georgia, Georgia Physical Education Teacher Workshop. Taught demonstrational classes and provided practical assistance in a weeklong, 50 contact-hour workshop that provided Staff Development Credit to 40 Physical Education teachers working in the state of Georgia. Athens, GA, July 2002.
5. Invited presenter at the University of Georgia, Georgia Physical Education Teacher Workshop. Taught demonstrational classes and provided practical assistance in a weeklong, 50 contact-hour workshop that provided Staff Development Credit to 41 Physical Education teachers working in the state of Georgia. Athens, GA, July 2001.

COMMUNITY SERVICE

1. Director of the “Physical fitness in the golden age” program, a long-term comprehensive older adult community health and fitness program. Fall 2005 – present
2. Collaborator with the local YMCA; had an average 35 Kinesiology undergraduate students to teach 5 hours of community fitness classes at the local YMCA (2004-2005)

3. Collaborator with the Las Palmas Life Care Center; had an average 35 Kinesiology undergraduate students to perform 8 hours of community fitness work at the Life Care Center (Fall, 2005)

FUND-RAISING ACTIVITIES

1. Co-organized the “UTEP Commitment to Fitness” (2010-2014), later titled as the “Miner Dash and Family Fitness Fiesta” (2015-present) campus run/walk and fitness event, officially organized by the Golden Age Fitness Association (GAFA). Yearly events took place on February 7, 2010; February 6, 2011; October 14, 2012; September 29, 2013; October 5, 2014; September 27, 2015 with a total gross income of \$29,816.00.
2. Co-organized and co-directed fund-raising from May through December 2008. Community members as well as private and state companies contributed and a total of \$23,100 has been raised. Funding has not yet been spent.
3. Co-organized and co-directed fund-raising from February through July, 2007. Community members as well as private and state companies contributed and a total of \$13,712 was raised. Funding was spent on fitness training equipment to furnish the Department of Kinesiology – Fitness Research Facility.

MEMBERSHIPS

1. American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), 2003-2010
2. American Association for Physical Activity and Recreation (AAPAR), 2003-2010
3. American College of Sports Medicine (ACSM), 2011 – present
4. American Educational Research Association (AERA); 2001-2003
5. National Association for Sport and Physical Education (NASPE), 2003-2010
6. National Strength and Conditioning Association (NSCA), 2001 – present
7. Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD), 2004-2008

PROFESSIONAL DEVELOPMENT

1. 41st National Strength and Conditioning Association National Conference, July 12-14, 2018, Indianapolis, IN.
2. 40th National Strength and Conditioning Association National Conference, July 13-15, 2017, Las Vegas, NV.
3. 39th National Strength and Conditioning Association National Conference, July 7-9, 2016, New Orleans, LA.
4. American College of Sport Medicine’s 63rd Annual Meeting, May 31 – June 4, 2016, Boston, MA.
5. UT System Academy of Distinguished Teachers – 2015 ROTA Winner’s Forum on Teaching, August 19, 2015, Austin, TX.
6. 38th National Strength and Conditioning Association National Conference, July 8-11, 2015, Orlando, FL.
7. University of Texas at El Paso - Leadership Development Institute, 9-month long workshop series from September 2014 to May 2015, El Paso, TX.
8. International Sun Conference on Teaching and Learning, March 5-6, 2015, El Paso, TX.
9. 37th National Strength and Conditioning Association National Conference, July 9-12, 2014, Las Vegas, NV.
10. American College of Sport Medicine’s 61st Annual Meeting, May 27-31, 2014, Orlando, FL.

11. International Sun Conference on Teaching and Learning, February 25, 2014, El Paso, TX.
12. 36th National Strength and Conditioning Association National Conference, July 11-13, 2013, Las Vegas, NV.
13. International Sun Conference on Teaching and Learning, February 28 - March 1, 2013, El Paso, TX.
14. 35th National Strength and Conditioning Association National Conference, July 11-14, 2012, Providence, RI.
15. American College of Sport Medicine's 59th Annual Meeting, May 29 - June 2, 2012, San Francisco, CA.
16. International Sun Conference on Teaching and Learning, March 1-2, 2012, El Paso, TX.
17. 34th National Strength and Conditioning Association National Conference, July 7-10, 2011, Las Vegas, NV.
18. American College of Sport Medicine's 58th Annual Meeting, May 31 - June 4, 2011, Denver, CO.
19. International Sun Conference on Teaching and Learning, March 10-11, 2011, University of Texas at El Paso, El Paso, TX.
20. 33rd National Strength and Conditioning Association National Conference, July 7-10, 2010, Orlando, FL.
21. 32nd National Strength and Conditioning Association National Conference, July 8-11, 2009, Las Vegas, NV.
22. International Sun Conference on Teaching and Learning, February 27, 2009, University of Texas at El Paso, El Paso, TX.
23. 31st National Strength and Conditioning Association National Conference, July 9-12, 2008, Las Vegas, NV.
24. 123rd American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 8-12, 2008, Fort Worth, TX.
25. 30th National Strength and Conditioning Association National Conference, July 11-14, 2007, Atlanta, GA.
26. 7th Annual Southern States Knowledge in Research Conference: Eliminating Health Care Disparities in the Southwest, April 20-21, 2007, San Antonio, TX.
27. 122nd American Alliance for Health, Physical Education, Recreation and Dance National Conference, March 13-17, 2007, Baltimore, MD.
28. Healthy Aging Research Network symposium "Effective Community-Based Physical Activity Programs for Older Adults"; February 14-15, 2007, Seattle, WA.
29. 13th Annual Texas Association for Health, Physical Education, Recreation, and Dance Regional Conference; January 4, 2007, El Paso, TX.
30. 83rd Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention; November 29 – December 2, 2006, Fort Worth, TX.
31. Center of Effective Teaching and Learning workshop on "Publish and Flourish", September 29, 2006; University of Texas at El Paso, El Paso, TX.
32. Workshop organized by the Active Aging Collaborative on "Getting Older Adults Moving through Lifestyle Behavior Training", September 28, 2006, El Paso, TX.
33. Center of Effective Teaching and Learning full day workshop, August 17, 2006; University of Texas at El Paso, El Paso, TX.
34. XXIV International Symposium on Biomechanics in Sport, July 14-18, 2006, Salzburg, Austria.
35. 29th National Strength and Conditioning Association National Conference, July 12-15, 2006, Washington, DC.
36. Workshop organized by the Active Aging Collaborative on "Volunteerism and Sustainability", June 1, 2006, El Paso, TX.
37. 121st American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 25-29, 2006, Salt Lake City, UT.

38. Center of Effective Teaching and Learning workshop on “Teaching Writing Online”, April 17, 2006; University of Texas at El Paso, El Paso, TX.
39. International Sun Conference on Teaching and Learning: Creating Inquiring Minds: How to get students to discover (in) the disciplines?; March 3-4, 2006, University of Texas at El Paso, El Paso, TX.
40. 1st Lineae Terrarum Conference, March 27-30, 2006, El Paso TX, Las Cruces, NM, and Ciudad Juarez, Mexico.
41. 12th Annual Texas Association for Health, Physical Education, Recreation, and Dance Regional Conference; January 5, 2006, El Paso, TX.
42. 82nd Texas Association for Health, Physical Education, Recreation, and Dance Annual Convention; November 30-December 2, 2005, Corpus Christy, TX.
43. Center of Effective Teaching and Learning workshop: Why Hybridize?, October 20, 2005 University of Texas at El Paso, El Paso, TX.
44. Center of Effective Teaching and Learning full day workshop, August 18, 2005; University of Texas at El Paso, El Paso, TX.
45. 28th National Strength and Conditioning Association National Conference, July 6-9, 2005, Las Vegas, NV.
46. 120th American Alliance for Health, Physical Education, Recreation and Dance National Conference, April 12-16, 2005, Chicago, IL.
47. Center of Effective Teaching and Learning workshop: Assessment of Teaching and Learning Online and Off, February 10, 2005; University of Texas at El Paso, El Paso, TX.
48. Center of Effective Teaching and Learning workshop: Teaching Online, September 22, 2004; University of Texas at El Paso, El Paso, TX.
49. National Strength and Conditioning Association “Improving Power for Sports” Symposium, Colorado Springs, CO, June 11-12, 2004.
50. Center of Effective Teaching and Learning full day workshop, August 22, 2003; University of Texas at El Paso, El Paso, TX.
51. 26th National Strength and Conditioning Association National Conference, July 16-19, 2003, Indianapolis, IN.
52. 118th American Alliance for Health, Physical Education, Recreation and Dance National Conference, March 2003, Philadelphia, PA.
53. American Educational Research Association National Conference, April 2002, New Orleans, LA.

OTHER

CERTIFICATIONS

Teaching Certifications

Hungarian Teaching License at Elementary and Secondary Level (1998)

Coaching Certifications

- Certified Strength and Conditioning Specialist (CSCS), *earned in 2002*
- Hungarian “B Level” Coaching License in Judo, Karate, Swimming, Track and Field, and Gymnastics, *earned in 1998*

Other Certifications

- Training and Encouraging Senior Activity – Balance, Fall Prevention and Mobility Certification (American Association for Physical Activity and Recreation), *2006*
- Certified Dual Energy X-ray Absorptiometry Machine Operator, *earned in 2007*

HONORS AND AWARDS

1. University of Texas at El Paso, President's Recognition for Community Engaged Scholarship. University of Texas at El Paso, May 15, 2018.
2. Paso Del Norte Institute for Healthy Living 1st Annual Healthy Eating Active Living Hero Award, El Paso, TX, April 7, 2017.
3. President's Recognition of the Leadership of the Physical Fitness in the Golden Age Program. University of Texas at El Paso, April 15, 2016.
4. Star on the Mountain Award by El Paso Mayor Oscar Leeser, September 22, 2015.
5. Certificate of Recognition for Commitment to Serving the state of Texas by District 29 State Senator Jose R. Rodriguez, Austin, YX, August 25, 2015.
6. University of Texas System Regents' Outstanding Teaching Award (ROTA), Austin, TX, August 19, 2015.
7. 10-Year Service Award, University of Texas at El Paso, September 25, 2013.
8. Faculty Marshal of Students for the Graduate School – University of Texas at El Paso 129th Commencement Ceremony, December 15, 2012
9. Federation of American Societies for Experimental Biology, Minority Access to Research Careers Program Travel Award (obtained several times) to attend the American College of Sports Medicine National Conference, April 20, 2011; March 7, 2012; March 25, 2014;
10. College of Health Sciences Award for being nominated for the UT System Regents' Outstanding Teaching Award in the tenured faculty category, and for the UTEP Distinguished Achievement Award for Teaching Excellence, April 13, 2011
11. College Marshal for the College of Health Sciences – University of Texas at El Paso 125th Commencement Ceremony, December 10, 2010
12. College of Health Sciences Nominee for the UT System Regents' Outstanding Teaching Award, tenure-track faculty category, 2009 and 2010
13. Hispanic Health Disparities Research Center – Faculty Summer Stipend Award, 2009
14. The University of Texas at Austin, Center for Health Promotion & Disease Prevention Research in Underserved Populations – Summer Faculty Fellowship Award, 2008
15. University of Texas at El Paso – Research and Sponsored Programs Young Investigator Award, 2006
16. Faculty Marshal of Students for the College of Health Sciences – University of Texas at El Paso 116th Commencement Ceremony, May 12, 2006
17. University of Georgia – Outstanding Teaching Assistant Award, 2003
18. Hungarian National Republic Scholarship, 1997 – 1998
19. Outstanding Academic University Student, 1997
20. Outstanding University Athlete, 1997

REFERENCES

Academic and work references available upon request