**CURRICULUM VITAE**

**Michael R. Esco, Ph.D., FACSM, CSCS\*D, EP-C, RCEP**

**Business Address:** The University of Alabama

Department of Kinesiology

  P.O Box 870312

Tuscaloosa, AL 35487-0312

**Business Phone:** Office: (205) 348-2151

 Fax: (205) 348-0867

**Business E-mail:**  mresco@bamaed.ua.edu

**EDUCATION**

Auburn University Post-Graduate Certificate 8/2014

Auburn, AL Program Evaluation

Auburn University Doctor of Philosophy 5/2009

Auburn, AL Exercise Physiology

Auburn University at Montgomery Masters of Education 5/2004

Montgomery, AL Exercise Science

Auburn University at Montgomery Bachelor of Science 12/2002

Montgomery, AL Exercise Science

**FACULTY APPOINTMENTS**

The University of Alabama, Department of Kinesiology

* Professor: 8/2020 – Present
* Associate Professor (Tenured): 8/2016 – 8/2020
* Assistant Professor: 8/2014 – 8/2016
* Teach undergraduate and graduate classes in Sport and Exercise Science
* Mentor graduate research
* Conduct a line of research with potential to attract external funding
* Program Director: National Strength and Conditioning Association Educational Recognized Program (ERP): 8/2019 – Present

Auburn University at Montgomery, Department of Physical Education and Exercise Science

* Associate Professor (Tenured): 8/2012 – 8/2014
* Assistant Professor: 8/2009 – 7/2012
* Instructor: 8/2007 – 7/2009
* Founding Director: **WarhawkFit, a service-oriented program that provides health and fitness screenings and services to the Montgomery community, 8/2010 – 8/2014**
* **Co-director: Human Performance Laboratory: 8/2009 – 8/2014**
* Graduate Program Director: National Strength and Conditioning Association Educational Recognized Program (ERP): 8/2011 – 8/2014

Family Medicine Residency, Sports Medicine Baptist Health Montgomery, AL

* Adjunct Clinical Faculty: 12/2010 – 8/2014

Huntingdon College, Department of Sports Sciences and Physical Education Montgomery, AL

* Adjunct Professor: Fall, 2010

**CLASSES TAUGHT**

*Graduate*

The University of Alabama KIN 692 Seminar in Exercise Physiology

The University of Alabama KIN 593 Advanced Fitness Testing and Exercise Prescription

The University of Alabama KIN 592 Physiology of Exercise

The University of Alabama KIN 507 Laboratory Techniques

Auburn University at Montgomery PHED 6003 Advanced Physiology of Exercise

Auburn University at Montgomery PHED 6230 Advanced Scientific Basis of Exercise

Auburn University at Montgomery PHED 6013 Advanced Cardiac Rehabilitation

Auburn University at Montgomery PHED 6043 Advanced Kinesiology

Auburn University at Montgomery PHED 6250 Nutritional Basis of Exercise

Auburn University at Montgomery PHED 6383 Advanced Fundamentals of Athletic Training

Auburn University at Montgomery FNDS 6650 Applied Educational Statistics

*Undergraduate*

The University of Alabama KIN 494 Scientific Basis of Strength and Conditioning

The University of Alabama KIN 493 Exercise Prescription

The University of Alabama KIN 492 Physiology of Exercise

The University of Alabama KIN 366 Measurement and Evaluation

Auburn University at Montgomery PHED 4003 Physiology of Exercise

Auburn University at Montgomery PHED 4230 Scientific Basis of Exercise

Auburn University at Montgomery PHED 4010 Cardiac Rehabilitation

Auburn University at Montgomery PHED 4043 Kinesiology

Auburn University at Montgomery PHED 4250 Nutrition for the Physically Active

Auburn University at Montgomery PHED 4383 Fundamentals of Athletic Training

Auburn University at Montgomery PHED 2203 Wellness

Auburn University at Montgomery PHED 1723 Principles of Exercise and Conditioning

Auburn University at Montgomery PHED 1675 Exercise and Weight Control

Huntingdon College SSPE 499 Senior Capstone

**PROFESSIONAL AFFILIATIONS**

American College of Sports Medicine 2003 – Present

American College of Sports Medicine, Southeast Chapter 2003 – Present

National Strength and Conditioning Association 2004 – Present

Alabama State Assoc. for Health, Physical Education, Recreation, and Dance 2003 – Present

American Association of Cardiovascular and Pulmonary Rehabilitation 2008 – 2010

Clinical Exercise Physiology Association 2008 – 2010

**PROFESSIONAL CERTIFICATIONS, DISTINCTIONS, and FELLOWSHIPS**

American College of Sports Medicine Fellow (FACSM), 2014

Certified Exercise Physiologist (EP-C)

Registered Clinical Exerc. Physiol. (RCEP)

National Strength and Conditioning Association Cert. Strength and Conditioning Specialist

with Distinction (CSCS\*D)

**RESEARCH AND SCHOLARLY INTERESTS**

Measurement and evaluation of health and fitness related programs and products; Validation of field tests that predict various parameters of physical fitness; Monitoring physiological responses to acute exercise and physical training via non-invasive objective measures, such as heart rate variability; Anything that a student or colleague is interested in that I can assist with

**PEER-REVIEWED FULL LENGTH MANUSCRIPTS**

**\* Represents student authorship**

1. \*Cicone ZS, Nickerson BS, Choi YJ, \*Holmes CJ, \*Hornikel B, Fedewa MV, **Esco MR.** Generalized equations for predicting percent body fat from anthropometric measures using a criterion five-compartment model. *Medicine and Science in Sports and Exercise.* (Accepted for Publication).
2. Flatt AA, Allen JR, Keith CM, Martinez MW, **Esco MR.** Season-long heart-rate variability tracking reveals autonomic imbalance in American college football players. *International Journal of Sports Physiology and Performance*. (Accepted for Publication).
3. \*Sullivan K, \*Hornikel B, \*Holmes CJ, **Esco MR,** Fedewa MV. Validity of a 3-compartment body composition model using body volume derived from a novel 2-dimensional image analysis program. *European Journal of Clinical Nutrition* (Accepted for Puhlication).
4. \*Cicone ZS, Fedewa MV, Nickerson BS, **Esco MR.** Prediction of underwater residual lung volume in healthy men and women. *Clinical Physiology and Functional Imaging*. (Accepted for Publication).
5. \*Sherman SR, \*Holmes CJ, Demos AP, Stone TM, \*Hornikel B, Fedewa MV, MacDonald HV, **Esco MR**.Vagally-derived HRV and training perturbations with menses in female collegiate rowers. *International Journal of Sports Physiology and Performance*. (Accepted for Publication).
6. Fedewa MV, \*Sullivan K, \*Hornikel B, \*Holmes CJ, \*Metoyer CJ, **Esco MR**. (2021) Accuracy of a mobile 2D imaging system for body volume and subsequent composition estimates in a three-compartment model. *Medicine and Science in Sports and Exercise* 53, 1003-1009.
7. Boullosa D, Medeiros AR, Flatt AA, **Esco MR**, Nakamura FY, Foster C. (2021) *Journal of Functional Morphology and Kinesiology* 6, 30.
8. Fedewa MV, Nickerson BS, Tinsley GM, **Esco MR**, Dunbar EG, Boucher AG, DeLeon RM. (2021) Examining race-related error in two-compartment models of body composition assessment: A systematic review and meta-analysis. *Journal of Clinical Densitometry* 24,156-168.
9. **Esco MR,** \*Holmes CJ, \*Sullivan K, \*Hornikel B, Fedewa MV (2021) International Journal of Environmental Research and Public Health 18, 2413.
10. Dutra YM, Claus GM, Malta ES, Brisola GMP, **Esco MR,** Ferraresi C, Zagatto AM (2020) Acute Photobiomodulation by LED Does Not Alter Muscle Fatigue and Cycling Performance. *Medicine and Science in Sports and Exercise* 52, 2448-2458.
11. \*Holmes CJ, MacDonald HV, **Esco MR,** Fedewa MV, Wind SA, Winchester LJ. (2020) Comparison of heart rate variability responses to varying resistance exercise volume-loads. *Research Quarterly for Exercise and Sport* 10, 1-10.
12. \*Holmes CJ, Fedewa MV, Winchester LJ, MacDonald HV, Wind SA, **Esco MR**. (2020) Validity of smartphone heart rate variability pre- and post-resistance exercise. *Sensors* 20, 5738.
13. \*Williams TD, **Esco MR**, Fedewa MV, Bishop PA (2020) Bench press load velocity profiles and strength after overload and taper microcycles in male powerlifters. *Journal of Strength and Conditioning Research* 34, 3338-3345.
14. \*Williams TD, **Esco MR,** Fedewa MV, Bishop PA. (2020). Inter- and intra-day comparisons of smartphone-derived heart rate variability across resistance training overload and taper microcycles. International Journal of Environmental Research and Public Health, 18, 177.
15. Marcel-Millet P, Ravier G, **Esco MR**, Groslambert A (2020) Does firefighters’ physical fitness influence their cardiac parasympathetic reactivation? Analysis with post-exercise heart rate variability and ultra-short-term measures. *International Journal of Occupational Safety and Ergonomics* 26, 1-9.
16. \*Snarr RL, \*Tolusso DV, \*Hallmark AV, **Esco MR**. (2021) Validity of wearable electromyographical compression shorts to predict lactate threshold during incremental exercise in healthy participants. *Journal of Strength & Conditioning Research* 702-708.
17. \*Sherman SR, \*Holmes CJ, \*Hornikel B, Fedewa MV, MacDonald HV, **Esco MR**.(2021) Heart rate variability recording time and performance in collegiate female rowers. *International Journal of Sports Physiology and Performance* 16, 550-556.
18. \*Holmes CJ, Fedewa MV, \*Dobbs WC, \*Liu Y, Flatt AA, Nakamura FY, **Esco MR**. (2020) The effects of different body positions on the accuracy of ultra-short-term heart rate variability indexes. *Journal of High Technology Management Research*.
19. \*Holmes CJ, \*Sherman SR, \*Hornikel B, \*Cicone ZS, Wind SA, **Esco MR**. (2020) Compliance of self-measured HRV using smartphone applications in collegiate athletes. *Journal of High Technology Management Research*.
20. Moran R., Murray N, **Esco MR**, Dobbs, W, McAllister-Deitrick J (2020). Effects of exercise on symptoms, Vestibular/Ocular Motor Screening, and postural stability in a college-aged sample. *Concussion* 14, CNC73.
21. Flatt A, Allen J, Bragg A, Keith C, Earley R, **Esco MR**. (2020) Heart rate variability in college football players throughout preseason camp in the heat. *International Journal of Sports Medicine* 41, 589-595.
22. Nickerson BS, **Esco MR**, Fedewa MV, Park KS (2020) Development of a Body Mass Index-based body fat equation: Effect of handgrip strength. *Medicine and Science in Sports and Exercise* 52, 2459-2465.
23. \*Dobbs WC, Fedewa MV, MacDonald HV, \*Tolusso DV, **Esco MR**. (2020) Profiles of heart rate variability and bar velocity following resistance exercise. *Medicine and Science in Sports and Exercise* 52, 1825-1833.
24. Fields J, **Esco MR**, Merrigan J, White J, Jones MT (2020). Internal Training Load Measures During a Competitive Season in Collegiate Women Lacrosse Athletes. *International Journal of Exercise Science* 13, 778-788.
25. Nickerson BS, Fedewa MV, McLester CN, McLester JR, **Esco MR** (2020) Development of a DXA-derived body volume equation in Hispanic adults for administering a 4-compartment model. *British Journal of Nutrition* 123, 1373-1381.
26. Nickerson BS, Tinsley GM, Fedewa MV, **Esco MR** (2020) Fat-free mass characteristics of Hispanic adults: comparisons with non-Hispanic Caucasians and cadaver reference values. *Clinical Nutrition* 39, 3080-3085
27. Fedewa MV, Nickerson BS, **Esco MR.** (2020) The validity of relative fat mass and body adiposity index as measures of body composition in healthy adults. *Measurement in Physical Education and Exercise Science* 137-146.
28. Fedewa MV, Bentley J, Higgins S, Kindler J, **Esco MR**, MacDonald HV. (2020) Celiac Disease and bone health in children and adolescents. A systematic review and meta-analysis. *Journal of Clinical Densitometry* 200-211.
29. Nickerson BS, Fedewa MV, \*Cicone Z, **Esco MR.** (2020) The relative accuracy of skinfolds compared to four-compartment estimates of body composition. *Clinical Nutrition* 1112-1116.
30. Flatt AA, **Esco MR,** Allen JR, Robinson JB, Fedewa MV, Bragg A, Keith CM, Earley, RL (2020) Cardiac-autonomic responses to in-season training among division-1 College football players. *Journal of Strength and Conditioning Research* 1649-1656.
31. Nakamura FY, Antunes P, Nunes C, Costa JAH, **Esco MR**, Travassos B. (2020) Heart rate variability changes from traditional versus ultra-short-term recordings in relation to preseason training load and performance in futsal players. *Journal of Strength and Conditioning Research* 2974-2981.
32. Brisola GMP, Clause GM, Dutra YM, Malta ES, de Poli RAB, **Esco MR**, Zagatto AM (2020) Effects of seasonal training load on performance and illness symptoms in water polo. *Journal of Strength and Conditioning Research*, 34, 406-413.
33. \*Holmes CJ,Winchester LJ, MacDonald HV, Fedewa MV, Wind SA, **Esco MR** (2020). Changes in heart rate variability and fatigue measures following moderate load resistance exercise. *Journal of Exercise Physiology****,*** *23*(5):24-36.
34. Sekulic D, Foretic N, Gilic B, **Esco MR**, Hammami R, Uljevic O, Versic S, Spasic M (2019) Importance of agility performance in professional Futsal players: Reliability and applicability of newly developed testing protocols. *Environmental Research and Public Health* 16, 3246.
35. \*Dobbs WC, \*Tolusso DV, Fedewa MV, **Esco MR** (2019). Effect of post activation potentiation on explosive vertical jump: a systematic review and meta-analysis. *Journal of Strength and Conditioning Research* 33(7):2009-2018.
36. Fedewa, MV, \*Russell, A, \*Nickerson, BS, Fedewa, M, Myrick, J, **Esco MR** (2019). Relative accuracy of body adiposity index and relative fat mass in participants with and without Down syndrome. *European Journal of Clinical Nutrition* 73(8):1117-1121.
37. \*Nickerson BS, Tinsley GM, **Esco MR** (2019) Validity of field and laboratory three-compartment models in healthy adults. *Medicine and Science in Sports and Exercise* 51(5):1032-1039.
38. \*Snarr RL, **Esco MR,** \*Tolusso D, \*Hallmark AV, Earley, RL, Higginbotham JC, Fedewa MV, Bishop P (2019) Comparison of lactate and electromyographical thresholds after an exercise bout. *Journal of Strength and Conditioning Research* 33(12):3322-3331.
39. Coelho AB, Nakamura FY, Morgado MC, \*Holmes CJ, Baldassarre A, **Esco MR**, Rama L. (2019) Heart rate variability and stress recovery responses during a training camp in elite young canoe sprint athletes. *Sports* 7(5).
40. **Esco MR**, Fedewa MV, Freeborn T, Moon J, Wingo J, \*Cicone Z, \*Holmes C, \*Hornikel B, \*Welborn B (2019) Agreement between supine and standing bioimpedance spectroscopy devices and dual-energy X-Ray absorptiometry for body composition determination. *Clinical Physiology and Functional Imagining* 39(5):355-361.
41. Flatt AA, Wilkerson GB, Allen JR, Keith CM, **Esco MR** (2019) Daily heart rate variability before and after concussion in an American college football player. *Sports* 7(5): 97.
42. \*Dobbs WC, Fedewa MV, MacDonald HV, \*Holmes CJ, \*Cicone ZS, Plews DJ, **Esco MR** (2019) The accuracy of acquiring heart rate variability from portable devices: a systematic review and meta-analysis. *Sports Medicine* 49(3): 417-435.
43. Casey, J.C**.**, Herron, R.L., **Esco, M.R**. (2019). Comparison of BMI-based equations and plethysmography for estimating body fat in female collegiate gymnasts. *The Sport Journal*, 21.
44. Fedewa MV, Nickerson BS, **Esco MR** (2019) Associations of body adiposity index, waist circumference, and body mass index in young adults. *Clinical Nutrition* 38(2): 715-720.
45. **Esco MR,** \*Nickerson BS, Fedewa MV, Moon J, \*Snarr R. (2018). A novel method of utilizing skinfolds and bioimpedance for determining body fat percentage via a field-based three-compartment model. *European Journal of Clinical Nutrition* 72(10): 1431-1438.
46. **Esco MR**, Fedewa MV, Sinelnikov O, \*Cicone Z, Sekulic D, \*Holmes C (2018) Field-based performance tests are related to body fat percentage and fat-free mass, but not Body Mass Index, in youth soccer players. *Sports* 6(4).
47. Freeborn TJ, Milligan A, **Esco MR**. (2018). Evaluation of ImpediMed SFB7 BIS Device for Low-Impedance Measurements. *Measurement* 129, 20-30.
48. \*Holmes CJ, Wind SA, **Esco MR**. (2018). Heart rate variability responses to an undulating resistance training program in free-living conditions: A case study in a collegiate athlete. *Sports* 6(4).
49. \*Tolusso D, \*Dobbs W, **Esco MR**. (2018). The predictability of peak oxygen consumption using submaximal ratings of perceived exertion. *International Journal of Exercise Science* 11(4): 1173-1183.
50. \*Cicone Z, Sinelnokiv O, **Esco MR**. (2018) Age-predicted maximal heart rate equations are inaccurate for use in youth male soccer players. *Pediatric Exercise Science* 30(4): 495-499.
51. Nickerson BS, **Esco MR**, Kliszczewicz BM, Bishop PA, \*Welborn BA, Richardson MT. (2018) Time course toward baseline of hand-to-foot BIA measures following an acute bout of aerobic exercise. *International Journal of Exercise Science* 11(2): 640-647.
52. Bisschoff C.A., Coetzee B., **Esco, MR.** (2018) Heart rate variability and recovery as predictors of elite, African, male badminton players’ performance levels. *The International Journal of Performance Analysis in Sport* 18(1): 1-16*.*
53. \*Flatt AA, **Esco, MR,** Allen JR, Robinson JB, Earley, RL, Fedewa MV, Bragg A, Keith CM, Wingo JE. (2018) Heart rate variability and training load among NCAA Division-1 football players during Spring camp. *Journal of Strength and Conditioning Research* 32(11): 3127-3134.
54. **Esco MR**, Williford, HN, Flatt AA, Freeborn, T, Nakamura, FY, Fedewa, MV (2018) Authors' Replay to Medeiros et al.: "Make it easier! Evaluation of the 'vagal-sympathetic effect' in different conditions with R-R intervals monitoring.” *European Journal of Applied Physiology* 118, 1289-1290.
55. \*Stone TM, Wingo JE, \*Nickerson BC, **Esco MR** (2018) Comparison of Bioelectrical Impedance Analysis and Dual Energy X-ray Absorptiometry for Estimating Bone Mineral Content. *International Journal of Sports Nutrition and Exercise Metabolism* 1, 1-5.
56. Flatt AA, **Esco MR**, Nakamura FY (2018) Association between subjective indicators of recovery status and heart rate variability among Division-1 sprint-swimmers. *Sports* 6(3), 93.
57. \*Nickerson BS, **Esco MR,** Bishop PA, Fedewa MV, \*Snarr RL, Kliszczewicz BM, Park KS. (2018) Validity of BMI-based body fat equations in men and women: a four-compartment model comparison. *Journal of Strength and Conditioning Research* 32, 121-129.
58. **Esco MR**, Williford, HN, Flatt AA, Freeborn, T, Nakamura, FY (2018) Ultra-shortened time-domain HRV parameters at rest and following exercise in athletes: An alternative to frequency computation of sympathovagal balance. *European Journal of Applied Physiology* 118:175-184.
59. Fields JB, \*Metoyer CJ, Casey JC, **Esco MR,** Jagim AR, Jones MT (2018) Comparison of body composition variables across a large sample of NCAA women athletes from six competitive sports. *Journal of Strength and Conditioning Research* 32, 2452-2457.
60. \*Nickerson BS, **Esco MR,** Bishop PA, Kliszczewicz BM, Williford HN, Park K-S, \*Welborn BA, \*Snarr RL, \*Tolusso DV (2018) Effects of heat exposure on body water assessed using single-frequency bioelectrical impedance analysis and bioimpedance spectroscopy. *International Journal of Exercise Science* 10, 1085-1093.
61. \*Williams T, \*Tolusso DV, Fedewa, MV, **Esco, MR** (2018) Author’s reply to Nunes et al.: Comment on “Comparison of periodized and non-periodized resistance training on maximal strength: A meta-analysis”. *Sports Medicine* 48, 495-496.
62. \*Nickerson BS, **Esco MR,** Bishop PA, Kliszczewicz BM, Park K-S, Williford HN (2017) Validity of four-compartment model in physically active men and women when using DXA for body volume. *International Journal of Sport Nutrition and Exercise Metabolism* 27, 520-527.
63. Kliszczewicz BK, **Esco MR,** Feito Y, Bechke E, Williamson C, Brown D, Price B. (2017) Venipuncture procedure affects heart rate variability and chronotropic response. *Pacing and Clinical Electrophysiology* 40, 1080-1086.
64. \*Snarr RL, Hallmark AV, Casey JC, **Esco MR**. (2017) Electromyographical comparison of a traditional, suspension device, and towel pull-up. *Journal of Human Kinetics* 58, 5-13.
65. \*Williams T, \*Tolusso DV, Fedewa, MV, **Esco, MR.** (2017) Comparison of periodized and non-periodized resistance training on maximal strength: A meta-analysis. *Sports Medicine* 47, 2083-2100.
66. **Esco, MR,** Nickerson BS, \*Russell AR (2017) Comparison of bioelectrical impedance and DXA for measuring body composition among adults with Down syndrome. *Disability and Health Journal* 31(5):1395-1402.
67. \*Snarr RL, \*Casey JC, \*Hallmark AV, and **Esco MR**. Electromyographical analysis of a traditional and kipping pull-up. *Journal of Australian Strength and Conditioning (Accepted)*
68. \*Flatt, A.A., **Esco, M.R.**, Nakamura, F.Y., Plews, D. (2017) Interpreting daily heart rate variability changes in collegiate female soccer players. *The Journal of Sports Medicine and Physical Fitness* 57, 907-915.
69. \*Nickerson BS., **Esco M.R.**, Kliszczewicz B.M., Freeborn T. (2017) Comparison of bioimpedance and underwater weighing body fat percentage before and acutely after exercise at varying intensities. *Journal of Strength and Conditioning Research* 31, 1395-1402.
70. \*Nickerson, B.S., **Esco, M.R.**, Bishop, PA, Schumacker, R.E., Richardson, M.T., Fedewa, M.V., Wingo, J.E., \*Welborn, B.A. (2017) Impact of measured vs. predicted residual lung volume on body fat percentage via underwater weighing and four-compartment model. *Journal of Strength and Conditioning Research* 31, 2519-2527.
71. \*Nickerson, B.S., **Esco, M.R.,** Bishop, P.A., Schumaker, R.E., Richardson, M.T., Fedewa, M.V., Wingo, J.E., Welborn, B.A. (2018) Validity of selected bioimpedance equations for estimating body composition in men and women: a four-compartment model comparison. *Journal of Strength and Conditioning Research* 32, 121-129.
72. Nakamura, F.Y., Pereira, L.A., Abad, C.C.C., Cruz, I.F., Flatt, A.A., **Esco, M.R.,** Loturco, I. (2017) Adequacy of the ultra-short-term HRV to assess adaptive processes in youth female basketball players. *Journal of Human Kinetics* 56, 73 – 80.
73. Lesnik, B., Sekulic, D., Supej, M., **Esco, M.R.,** Zvan, M. (2017) Balance, basic anthropometric and performance in young alpine skiers: Longitudinal analysis of the associations during two competitive seasons. *Journal of Human Kinetics* 57, 7 – 16.
74. Williford, H.N., Redding, M., **Esco, M.R.,** Reilly, E., Foo, C., Schaefer, G., Allegro, D., Nickerson, B. (2017) Fractionalized walking at self-selected paces in women. *The Scientific Pages of Sports Medicine* 1, 15 – 19.
75. **Esco, M.R.,** \*Flatt, A.A., and Nakamura, F.Y. (2017) Agreement between a smartphone pulse sensor and electrocardiography for determining lnRMSSD. *Journal of Strength and Conditioning Research* 31, 151 – 159.
76. \*Flatt, A.A., Hornikel, B., **Esco. M.R.** (2017) Heart rate variability and psychometric responses to overload and tapering in collegiate sprint-swimmers. *Journal of Science and Medicine in Sport* 20, 606 - 610.
77. **Esco, M.R.**, \*Flatt, A.A., and Williford, H.N. (2017) Postexercise heart rate variability following treadmill and cycle exercise: A comparison study. *Clinical Physiology and Functional Imaging*. 37, 322-327.
78. Zaletel, P., Sekulic, D., Zenic, N, **Esco, M.R.,** Sajber, D., and Kondric, M. (2017) The association between body-build and injury occurrence in pre-professional ballet dancers - separated analysis for the injured body-locations. *International Journal of Occupational Medicine and Environmental Health* 30, 151 – 159.
79. \*Flatt, A.A., **Esco, M.R.,** and Nakamura, F.Y. (2017) Individual heart rate variability responses to preseason training in high level female soccer players. *Journal of Strength and Conditioning Research* 31, 531 – 538.
80. Nakamura, F.Y., Loturco, I., Pereira, L.A., Moraes, J.E., Cal Abad, C.C., \*Flatt, A.A., **Esco, M.R.** (2017)Intraday and interday reliability of ultra-short-term heart rate variability in Rugby Union players. *Journal of Strength and Conditioning Research* 31, 548 – 551.
81. \*Kopec T.J., Bishop, P.A., **Esco, M.R.** (2017) Influence of dynamic stretching and foam rolling on vertical jump. *Athletic Training and Sports Health Care* 9, 33 – 38.
82. **Esco, M.R.**, \*Flatt, A.A., Nakamura, F.Y. (2016) Initial weekly HRV response is related to the prospective change in VO2max in female soccer players. *International Journal of Sports Medicine* 37, 436 – 441.
83. \*Flatt, A.A., **Esco, M.R.** (2016) Monitoring heart rate variability during competition preparation in a national level powerlifter with cerebral palsy: A case report. *Journal of Sport and Human Performance* 4.
84. Bisschoff C.A., Coetzee B., **Esco, M.R.** (2016) Relationship between autonomic markers of heart rate and subjective indicators of recovery status in male, elite badminton players. *Journal of Sports Science and Medicine* 15, 658 – 669.
85. \*Snarr, R.L., \*Hallmark, A.V., \*Nickerson, B.S., **Esco, M.R**. (2016) Electromyographical analysis of pike variations with and without instability devices. *Journal of Strength and Conditioning Research*. 301, 3436-3442.
86. Bisschoff C.A., Coetzee B., **Esco, M.R.** (2016) Relationship between heart rate, heart rate variability, heart rate recovery and global positioning system determined match characteristics of male, elite badminton players. *The International Journal of Performance Analysis in Sport* 16, 881 – 897.
87. Nakamura, F.Y., Loturco, I., Pereira, L.A., \*Flatt, A.A., Berollo, M., Rabelo, F.N., **Esco, M.R.** (2016) Monitoring weekly heart rate variability in futsal players during the preseason: the importance of maintaining high vagal activity. *Journal of Sport Sciences* 34, 2262 – 2268.
88. \*Flatt, A.A., **Esco, M.R.** (2016) Heart rate variability stabilization in athletes: Toward shorter, more convenient data acquisition. *Clinical Physiology and Functional Imaging* 36, 331 – 336.
89. Sekulic, D., Kontic, D., **Esco, M.R.,** Zenic, N., Milanovic, Z., Zvan, M. (2016) Sport-specific conditioning variables predict offensive and defensive performance in high level youth water polo athletes. *Journal of Strength and Conditioning Research* 30, 1316 – 1324.
90. **Esco, M.R.**, \*Nickerson, B.S., Bicard, S.C., \*Russell, A.R., Bishop, P.A. (2016) Agreement of BMI-based equations and DXA for determining body fat percentage among adults with Down syndrome. *Adapted Physical Activity Quarterly* 33, 89 – 96.
91. \*Snarr R.L., \*Hallmark, A.V., **Esco, M.R.** (2016) Core muscle activation during traditional abdominal exercises: An electromyographical comparison. *Journal of Sport and Human Performance* 4, 1 – 7.
92. Kliszczewicz, B., **Esco, M.R.,** Quindry, J, Blessing, D, Oliver, G. (2016) Autonomic Responses to an Acute Bout of High-Intensity Body Weight Resistance Exercise vs. Treadmill Running. *Journal of Strength and Conditioning Research* 30, 1050 – 1058.
93. Flatt, A.A., **Esco, M.R.** (2016) Evaluating individual training adaptation with Smartphone-derived heart rate variability in a collegiate female soccer team. *Journal of Strength and Conditioning Research* 30, 378 – 385.
94. Flatt, A.A., **Esco, M.R.** (2015) Smartphone-derived heart rate variability and training load in a female soccer team. *International Journal of Sports Physiology and Performance* 10, 994 – 1000.
95. Kliszczewicz, B., Quindry, J, Blessing, D, Oliver, G., **Esco, M.R.,** Taylor, J.K. (2015) Acute Exercise and Oxidative Stress: CrossFit vs. Treadmill Bout. *Journal of Human Kinetics* 47, 81 – 90.
96. **Esco, M.R.**, \*Chamberlain, N, \*Flatt, A.A., \*Snarr, R.L., Bishop, P.A., Williford, H.N. (2015) Cross-validation of age-predicted maximal heart rate equations among female collegiate athletes. *Journal of Strength and Conditioning Research* 29, 3053 – 3059.
97. Nakamura, F.Y., Flatt, A.A., Pereira, L.A., Ramirez-Campillo, R., Loturco, I., **Esco, M.R.** (2015) Ultra-short-term heart rate variability is sensitive to training effects in team sports players. *Journal of Sports Science and Medicine* 14, 602-605.
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**PROFESSIONAL PRESENTATIONS and PUBLISHED ABSTRACTS**

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53. \*Liu Y, **Esco MR**, \*Cicone ZS, \*Holmes CJ, Flatt AA (2017) The relationship between SDNN:RMSSD and LF:HF measures of heart rate variability in three different body positions. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Abstract will be published in the *Journal of Strength and Conditioning Research*.
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61. **Esco, MR.,** Fedewa, MV, MacDonald, HV. (2017) The accuracy of mobile devices for providing RMSSD under a variety of conditions (Presented by Fedewa and MacDonald). American College of Sports Medicine Annual Meeting, Denver, CO. Abstract published in Medicine and Science in Sports and Exercise.
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63. \*Nickerson, B., \*Welborn, B., \*Pezzuti, K., Bishop, P., **Esco, M.R.** (2016). Validity of selected bioimpedance equations for estimating body fate percentage: A four-compartment model comparison. National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Abstract published in *Journal of Strength and Conditioning* 30: S1.
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65. \*Allen, K., \*Metoyer, C., **Esco, M.R.,** Bishop, P. (2016). Impact of a 4-week linear periodization program on Army Physical Fitness Test scores in ROTC cadets. National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Abstract published in *Journal of Strength and Conditioning* 30: S1.
66. \*Hallmark, A., \*Snarr, R., **Esco, M.R.** (2016). Determining the relationship between heart rate deflection point and lactate threshold during an incremental cycling test. National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Abstract published in *Journal of Strength and Conditioning* 30: S1.
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76. **Esco, M.R.,** \*Nickerson, B., \*Welborn, B., \*Pezzuti, K., Fedewa, M., Bishop, P. (2016). A novel method of utilizing skinfolds and bioimpedance for determining body fat percentage via three-compartment model. National Strength and Conditioning Association Annual Meeting, New Orleans, LA. Abstract published in *Journal of Strength and Conditioning* 30: S1.
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22. \*Welborn, B.A., \*Nickerson, B.S., Richardson, M., **Esco, M.R.** (2015) Agreement between bioimpedance spectroscopy and single-frequency bioimpedance analysis for assessment of total and compartmental body water. National Strength and Conditioning Association Annual Meeting, Orlando, FL. Abstract published in the *Journal of Strength and Conditioning Research* 30: S1-S171.
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28. Williford, H., **Esco, M.R.,** Reilly, E., Herron, R., Schaefer, G., Foo, C., and Walker, A.  (2015) Changes in fire fighter fitness and performance over an 18 year period.  20th annual Congress of the European College of Sport Science, ECSS Malmo, Sweden.
29. **Esco, M.R.,** Reilly, E, Williford, H., Bishop, P., (2015) (Presented by Reilly, E.) Accuracy of predictive maximal heart rate equations in female athletes. 20th annual Congress of the European College of Sport Science, ECSS Malmo, Sweden.
30. \*Russell, A.R., Williford, H.N., Schaefer G., Foo, C.E., **Esco, M.R.** (2014). The relationship between the number of weekly practice hours and competition performance by apparatus of compulsory female gymnasts. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Abstract published in the *Journal of Strength and Conditioning Research* 28: S1.
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33. \*Leatherwood, M.D., Herron, R.L., \*Flatt, A.A., and **Esco, M.R.** (2014). Body position’s effect on the relationship between heart rate variability and heart rate recovery in collegiate female athletes. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Abstract published in the *Journal of Strength and Conditioning Research* 28: S1.
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40. Feito, Y, and **Esco, MR.** (2014). Colloquium-Exploring the Crossfit Debate. American College of Sports Medicine Annual Meeting, Orlando, FL.
41. Kliszczewicz, B, **Esco, MR,** Blessing, D, Quindry, J, Oliver, G, and Taylor, K. (2014).Differences in Vagal-rebound Following Crossfit Compared To Treadmill Exercise. American College of Sports Medicine Annual Meeting, Orlando, FL. *Medicine and Science in Sports and Exercise,* 46:5, S471.
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46. Leatherwood, M, Whittaker,M, Chamberlain, N, Witte, E, Jenkins, CT, Redding, ML, Snarr, RL, Williford, HN, and **Esco, MR.** (2014). Comparison of Hand-to-foot Bioelectrical Impedance Analysis An Dual-energy X-ray Absorptiometry in Female Athletes. American College of Sports Medicine Annual Meeting, Orlando, FL. *Medicine and Science in Sports and Exercise,* 46:5, S471.
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52. Whittaker, AM, Leatherwood, MD, Chamberlain, N, Witte, E, Jenkins, CT, Redding M, Snarr, RL, Williford, HN, and **Esco, MR.** (2014). Heart Rate Radio Method for Tracking Changes in Aerobic Power in Female Collegiate Soccer Players.American College of Sports Medicine Annual Meeting, Orlando, FL. *Medicine and Science in Sports and Exercise,* 46:5, S471.
53. Williford, H.N., \*Smoak, L., **Esco, M.R.,** Reilly, E., Pugh, S., and Walker, A. (2013) Does sodium bicarbonate loading improve fire fighter performance? 18th Annual Congress of the European College of Sport Science, Barcelona, 2013, Abstract published in the conference proceedings, 293.
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58. \*Herron, R.L., \*Carter, S.J., Williford, H.N., and **Esco, M.R.** (2013) The relationship between fat-mass, fat-free-mass, and heart rate variability. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Abstract published in the Journal of Strength and Conditioning Research 27:S2.
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63. \*Snarr, R., \*Verdy, J., and **Esco, M.R.** (2013) Accuracy of foot-to-foot bioelectrical impedance analysis in collegiate female soccer players. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Abstract published in the Journal of Strength and Conditioning Research 27:S2.
64. \*Kliszczewicz, B., \*Snarr, R., and **Esco, M.R.** (2013) The relationship between aerobic power, fat-free mass, and CrossFit performance. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Abstract published in the Journal of Strength and Conditioning Research 27:S2.
65. \*Herron, R.L., \*Carter, S.J., Williford, H., and **Esco, M.R.** (2013) Association of body composition and aerobic fitness on heart rate variability and recovery in black men. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV. Abstract published in the Journal of Strength and Conditioning Research 27:S2.
66. \*Russell, A.R., Williford, H.N., Taylor J.K., Mahurin, A.J., and **Esco, M.R.** (2013) Estimating maximal heart rate with age and resting heart rate. American College of Sports Medicine Annual Meeting, Indianapolis, IN. Abstract published in Medicine and Science in Sports and Exercise 44(5).
67. Taylor, J.K., **Esco M.R.,** Jones K.W., Dugan, K., Qian, L., and Mahurin A.J. (2013) Comparison of PON1 activity and concentration between non-obese and obese men. American College of Sports Medicine Annual Meeting, Indianapolis, IN. Abstract published in Medicine and Science in Sports and Exercise 44(5).
68. \*Snarr, R.L., \*Witte, E.V., \*Jenkins, C.T., \*Brannan, R.M., **Esco, M.R.,** Williford, H.N., and Olson, M.S. (2013) Electromyographic activity of rectus abdominis and pectoralis major during suspension push-up compared to traditional exercises. American College of Sports Medicine Annual Meeting, Indianapolis, IN. Abstract published in Medicine and Science in Sports and Exercise 44(5).
69. \*Kliszczewicz, B.K., \*Snarr, R., Blessing D., and **Esco M.R.** (2013) Metabolic and cardiovascular demand of a named Crossfit workout “Cindy”. American College of Sports Medicine Annual Meeting, Indianapolis, IN. Abstract published in Medicine and Science in Sports and Exercise 44(5).
70. \*Nickerson, \*B.S., Russell, A.R., \*Jenkins, C.T., \*Witte, E., \*Snarr, R.D., Taylor J.K., Mahurin, A.J., and **Esco, M.R.** (2013) The accuracy of bioelectrical impedance analysis for estimating body composition in individuals with developmental disabilities. American College of Sports Medicine Annual Meeting, Indianapolis, IN. Abstract published in Medicine and Science in Sports and Exercise 44(5).
71. \*Herron, R.L., and **Esco, M.R**. (2013) Heart rate variability and cardiorespiratory fitness in African American men. Experimental Biology Annual Conference, Boston, MA. Abstract published in *FASEB J.* 27, 1118.27.
72. Williford, H.N., **Esco, M.R.**, **Reilly, E.,** \*McHugh, A., and \*Bloomquist, B. (2012) Cross-validation of the 20-Meter Multiple Shuttle Test for predicting VO2max in collegiate male basketball athletes.  International Convention on Science, Education & Medicine in Sport, Glasgow, UK. Abstract published in the conference proceeding*.*
73. **Esco, M.R.**, Green, M.S., Martin, T.D., Pritchett, R., \*McHugh, A.N., and Williford, H.N. (2012) Cross validation of two 20 meter shuttle run tests for predicting VO2max in female collegiate soccer players.  National Strength and Conditioning Association Annual Conference, Providence RI.  Abstract published in the conference proceeding*.*
74. **Esco, M.R.**, \*McHugh, A.N., \*Bloomquist, B.E., and Williford, H.N. (2012) The effects of a 7-week low frequency recreational jogging program on heart rate variability. National Strength and Conditioning Association Annual Conference, Providence RI. Abstract published in the conference proceeding*.*
75. \*Snarr, R.L., **Esco, M.R.**, \*Nickerson, B.S., Williford, H.N., Taylor, J.K., and Mahurin, A.J. (2012) The accuracy of bioelectrical impedance analysis for predicting body fat percentage in women. National Strength and Conditioning Association Annual Conference, Providence RI. Abstract published in the conference proceeding*.*
76. \*Snarr, R.L., **Esco, M.R.**, \*Nickerson, B.S., Williford, H.N., and Olson, M.S. (2012)  The accuracy of two heart rate based equations for estimating VO2max in collegiate male basketball players.  National Strength and Conditioning Association Annual Conference, Providence RI. Abstract published in the conference proceeding*.*
77. \*Nickerson, B.S., \*Bloomquist, B.E., Williford, H.N., \*McHugh, A.N., and **Esco, M.R.** (2012) Energy expenditure in dance associated exergaming: A comparison between two systems. National Strength and Conditioning Association Annual Conference. Providence RI. Abstract published in the conference proceeding*.*
78. \*Nickerson, B.S., **Esco, M.R.**, \*Snarr, R.L., Williford, H.N., Taylor, J.K., and Mahurin, A.J. (2012) The accuracy of the body adiposity index for predicting body fat percentage in men.  National Strength and Conditioning Association Annual Conference, Providence RI. Abstract published in the conference proceeding*.*
79. **Esco, M.R.**, Williford, H.N., and Olson, M.S. (2012) Heart rate variability following two different exercise modalities. American College of Sports Medicine. Annual Conference.  San Francisco, CA. Abstract published in Medicine and Science in Sports and Exercise 43(5).
80. Taylor, J.K., **Esco, M.R.**, Williford, H.N., \*McHugh, A.N., \*Bloomquist, B.E., and Mahurin, A.J. (2012) Handgrip strength enhances the utility of traditional body composition parameters with predicting percent body fat. American College of Sports Medicine Annual Conference.  San Francisco, CA. Abstract published in Medicine and Science in Sports and Exercise 43(5).
81. \*McHugh, A.N., Green, M.S., **Esco, M.R.**. Williford, H.N., \*Bloomquist, B.E. and Pritchett, R. (2012) Cross-validation of the 20-meter shuttle test for predicting VO2max in male and female soccer players. American College of Sports Medicine Annual Conference.  San Francisco, CA. Abstract published in Medicine and Science in Sports and Exercise 43(5).
82. \*Bloomquist, B.E., **Esco, M.R.**, \*McHugh, A.N. and Williford, H.N. (2012) Cross-validation of the 20-meter multiple shuttle test for predicting VO2max in basketball and soccer players. American College of Sports Medicine Annual Conference.  San Francisco, CA. Abstract published in Medicine and Science in Sports and Exercise 43(5).
83. **Esco, M.R.,** and Williford, H.N. (2011) Percent body fat and post-exercise heart rate variability. National Strength and Conditioning Association Annual Conference. Las Vegas, NV. Abstract published in the conference proceeding*.*
84. Williford, H.N., **Esco, M.R.,** Martinez, R., and Jordan, C.M. (2011) Body fat can be a detriment to fire fighter performance. National Strength and Conditioning Association Annual Conference. Las Vegas, NV. Abstract published in the conference proceeding*.*
85. Schaefer, G.R., **Esco, M.R.,** Gross, M., and Williford, H.N. (2011) An examination of cardiopulmonary resuscitation and first aid training in interscholastic coaches: A pilot study. National Strength and Conditioning Association Annual Conference. Las Vegas, NV. Abstract published in the conference proceeding*.*
86. \*Bloomquist, B.E., **Esco, M.R.,** Williford, H.N., and \*McHugh, A.N. (2011) The relationship between selected body composition variables and muscular endurance in men. National Strength and Conditioning Association Annual Conference. Las Vegas, NV. Abstract published in the conference proceeding*.*
87. \*McHugh, A.N., **Esco, M.R.,** Williford, H.N., and \*Bloomquist, B.E. (2011) The association of predicted body fat percentage and muscular endurance in women. National Strength and Conditioning Association Annual Conference. Las Vegas, NV. Abstract published in the conference proceeding*.*
88. \*Russell, A.R., **Esco, M.R.,** \*Bloomquist, B.E., Reilly, E.R., Shumack, K.A., and Williford, H.N. (2011) Podcasting for improved skill acquisition and performance in youth gymnastics. National Strength and Conditioning Association Annual Conference. Las Vegas, NV. Abstract published in the conference proceeding*.*
89. **Esco, M.R.,** Williford, H.N., and Olson, M.S. (2011) Resting short-term heart rate variability is different for race and aerobic fitness level. American College of Sports Medicine Annual Conference, Denver, CO. Abstract published in Medicine and Science in Sports and Exercise 42(5).
90. \*McHugh, A.N., **Esco, M.R.,** Williford, H.N., and \*Russell, A.R. (2011) Accuracy of selected field measures for predicting body fat percentage in female athletes. American College of Sports Medicine Annual Conference, Denver, CO. Abstract published in Medicine and Science in Sports and Exercise 42(5).
91. \*Bloomquist, B.E., \*Mugu, E.M., **Esco, M.R.,** Williford, H.N. (2011) Cross-validation Of the Polar F11 for Predicting VO2max. American College of Sports Medicine Annual Conference, Denver, CO. Abstract published in Medicine and Science in Sports and Exercise 42(5).
92. Schaefer, G.R., McGlone, C., Lovett, D.M, and **Esco, M.R.** (2011) The Dissemination of Information: Are Practices Changing? Sports and Recreation Law Association Annual Conference, Savannah, GA. Abstract published in Sports and Recreation Law Association Annual Conference Proceedings.
93. **Esco, M.R.**, Olson, M.S., Williford, H.N., \*Russell, A.R., and \*Gaston K. (2010) Skinfold thickness is related to cardiovascular autonomic control as assessed by resting heart rate variability. National Strength and Conditioning Association Annual Conference, Orlando, FL. Abstract published in the Journal of Strength and Conditioning Research 25(3).
94. **Esco, M.R.**, Williford, H.N., Olson, M.S., \*Russell, A.R., and \*Gaston, K. (2010) The relationship between selected anthropometric variables, VO2max, and heart rate recovery. National Strength and Conditioning Association 2010 Annual Conference. Orlando, FL. Abstract published in the Journal of Strength and Conditioning Research 25(3).
95. Williford, H.N., **Esco, M.R.**, Olson, M.S., \*Gaston, K., and \*Russell A.R. (2010) The accuracy of selected equations to predict maximal heart rate in African American men. National Strength and Conditioning Association Annual Conference, Orlando, FL. Abstract published in the Journal of Strength and Conditioning Research 25(3).
96. \*Russell, A.R., **Esco, M.R.**, \*Lizana, S.N., Williford, H.N., Olson, M.S., and \*Kim, H. (2010) The accuracy of a BMI-based equation in predicting percent body fat in college-age female athletes. National Strength and Conditioning Association Annual Conference, Orlando, FL. Abstract published in the Journal of Strength and Conditioning Research 25(3).
97. \*Kim, H., **Esco, M.R.**, \*Russell, A.R., \*Lizana, S.N., Olson, M.S., Williford, H.N., \*Gaston, K. (2010) Body fat percentage in college-age female athletes as estimated via four selected skinfold equations: A dual-energy X-ray absorptiometry validation. National Strength and Conditioning Association Annual Conference, Orlando, FL. Abstract published in the Journal of Strength and Conditioning Research 25(3).
98. Olson M.S., **Esco, M.R.**, and Williford, H.N. (2010). Body image concerns in African American college women: Athletes versus non-athletes. National Strength and Conditioning Association Annual Conference, Orlando, FL. Abstract published in the Journal of Strength and Conditioning Research 25(3).
99. **Esco, M.R., Olson M.S., and Williford, H.N. (2010)** Heart Rate Recovery and Aerobic Fitness: The Importance of Accounting For Race. American College of Sports Medicine Annual Conference, Baltimore, MD. Abstract published in Medicine and Science in Sports and Exercise 41(5).
100. **Williford, H.N., \*Gaston, K, Esco, M.R., and Olson, M.S. (2010) The acute physiological responses of youth to an interactive video game.** American College of Sports Medicine Annual Conference, Baltimore, MD. Abstract published in Medicine and Science in Sports and Exercise 41(5).
101. **Esco, M.R., Olson M.S., and Williford, H.N. (2009) Influence of race on cardiac autonomic function following maximal exercise. American Association for Cardiopulmonary Rehabilitation Annual Conference, Pittsburgh, PA.** Abstract published in the Journal of Cardiopulmonary Rehabilitation and Prevention 29(4).
102. **Esco, M. R.,** Olson, M., Williford, H. (2008) Sit-ups Performance In Pre-menopausal Women: Association To Waist Circumference And Abdominal Skinfolds.  American College of Sports Medicine Annual Conference.  Indianapolis, IN.  Abstract published in Medicine and Science in Sports and Exercise 40(5).
103. Olson, M., **Esco, M.R.,** and Williford, H. (2008) Prediction of Superficial Versus Deep Abdominal Muscle Activity During Selected Pilates Exercises.  American College of Sports Medicine Annual Conference, Indianapolis, IN.  Abstract published in Medicine and Science in Sports and Exercise 40(5).
104. **Esco, M. R.,** Olson, M., Williford, H., and Corliss, C. (2007) Anthropometrics and performance correlates of push-ups and sit-ups test. American College of Sports Medicine Annual Conference, New Orleans, LA. Abstract published in Medicine and Science in Sports and Exercise 39(5).
105. Olson, M., **Esco, M. R.,** Williford, H., and Corliss, C. (2007) Prediction of selected skinfold measurements from anthropometric and performance variables. American College of Sports Medicine Annual Conference, New Orleans, LA. Abstract published in Medicine and Science in Sports and Exercise 39(5).
106. **Esco, M. R.,** Olson, M., and Williford, H. (2006) Body image perception among active college-aged men. American College of Sports Medicine Annual Conference, Denver, CO. Abstract published in Medicine and Science in Sports and Exercise 38(5).
107. Olson, M., **Esco, M. R.,** and Williford, H. (2006) Body image and muscularity is regionally-based in young men. American College of Sports Medicine Annual Conference, Denver, CO. Abstract published in Medicine and Science in Sports and Exercise 38(5).
108. Williford, H., Olson, M., **Esco, M. R.,** Edwards, P., and Yung, B. (2006) EMG activity of the superficial abdominal musculature using the Core Master Abdominal Trainer. American College of Sports Medicine Annual Conference, Denver, CO. Abstract published in Medicine and Science in Sports and Exercise 38(5).
109. Olson, M. S., Lindsay, A., Williford, H. N., Golding, L., Reilly, E., **Esco, M.,** and Ford, T. (2005) Body image, exercise and substance use in a large sample of incarcerated women. American College of Sports Medicine Annual Conference, Nashville, TN. Abstract published in Medicine and Science in Sports and Exercise 37(5).
110. Olson, M. S., and **Esco, M. R.** (2004) All About Abdominal Training. American College of Sports Medicine Summit Conference. Reno, NV.
111. **Esco, M. R.,** Olson, M. S., St. Martin, R., Woollen, E., Ellis, M., and Williford, H. N. (2004) Abdominal EMG of selected Pilates’ mat exercises. American College of Sports Medicine Annual Conference, Indianapolis, IN. Abstract published in Medicine and Science in Sports and Exercise 36(5).
112. Olson, M. S., Williford, H. N., St. Martin, R., Ellis, M., Woollen, E., and **Esco, M. R. (2004)** The energy cost of a basic, intermediate, and advanced Pilates’ mat workout. American College of Sports Medicine Annual Conference, Indianapolis, IN. Abstract published in Medicine and Science in Sports and Exercise 36(5).

**Regional and State**

1. **Esco, MR** (2019) Physiology of exercise conditioning and the use of to heart rate variability to monitor outcomes. The Southern Association of Cardiovascular and Pulmonary Rehabilitation Annual Meeting. Montgomery, AL.
2. Dobbs, W, Holmes, C, **Esco, MR** (2018). Heart rate variability monitoring in athletes. Southeast American College of Sports Medicine Annual Meeting. Chattanooga, TN.
3. **Esco, MR** (2017). Heart rate variability monitoring in athletes. National Strength and Conditioning Association Georgia State Clinic. Kennesaw, GA.
4. Fedewa, MV, **Esco, MR** (2017). Exercise Science: What can you do with that degree? ASAHPERD Conference, Birmingham, AL.
5. **Esco, M.R.** (2015) Finding the Time for Physical Activity. Manufacture Alabama. Point Clear, AL.
6. **Esco, M.R.** (2015) New Year, New You: Finding the Time for Physical Activity. Executive Women International, Alabama Division. Birmingham, AL.
7. **Esco, M.R.** (2014) Predicting VO2max with heart rate monitors. Alabama State Association for Health, Physical Education, Recreation and Dance. Annual Fall Conference, Birmingham, AL.
8. **Esco, M.R.** (2014) Physiological Adaptions to Resistance Training. Alabama State Association for Health, Physical Education, Recreation and Dance. Annual Fall Conference, Birmingham, AL.
9. **Esco, M.R.** (2014) How to incorporate physical activity into a busy lifestyle. Alabama Council for Association Executives. Annual Convention. Biloxi, MS.
10. Whittaker, A.M., Leatherwood, M.D., Williford, H.N., and **Esco, M.R.** (2014) Predicting body fat with the Womersley and Durnin Body Mass Index equation in female athletes. Alabama State Association for Health, Physical Education, Recreation and Dance. Annual Spring Conference, Orange Beach, AL.
11. Leatherwood, M.D., Chamberlain, N., Whittaker, A.M., Williford, H.N., and **Esco, M.R.** (2014) Accuracy of 220-age equation for predicting maximal heart rate in female athletes. Alabama State Association for Health, Physical Education, Recreation and Dance. Annual Spring Conference, Orange Beach, AL.
12. **Esco, M.R.,** Feito, Y., Klisczewicz, B. (2013) The CrossFit Revolution: Current Issues and Develops. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference, Birmingham, AL.
13. \*Jenkins, C.T., \*Russell, A.R., and **Esco, M.R.** (2013) An adapted fitness program on walking distance in a female with a spinal cord injury: A Case Report. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference, Birmingham, AL.
14. Walker, A.T., and **Esco, M.R.** (2013) The effects of a fitness-based physical education curriculum on selected fitness variables in junior high students. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference, Birmingham, AL.
15. \*Nickerson, B.S., \*Russell, A.R., Bicard, S., and **Esco, M.R.** (2013) Health and Fitness among People with Down Syndrome. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference, Birmingham, AL.
16. \*Leatherwood, M.D., \*Whittaker, A.M., and **Esco, M.R.** (2013) Comparison of Body Composition between Soccer and Basketball Female Collegiate Athletes. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference, Birmingham, AL.
17. \*Whittaker, A.M., \*Leatherwood, M.D., and **Esco, M.R.** (2013) Comparison of maximal oxygen uptake between Soccer and Basketball Female Collegiate Athletes. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference, Birmingham, AL.
18. Flatt, A.A., and **Esco, M.R.** (2013) Suitability of ultra-short-term heart rate variability in collegiate male athletes before and after maximal exercise. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference, Birmingham, AL.
19. \*Snarr, R.L., and **Esco, M.R.** (2013) Electromyographic activity of superficial musculature during suspension training. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference, Orange Beach, AL.
20. \*Witte, E., \*Snarr, R.L., \*Nickerson, B.S., \*Russell, A.R., \*Jenkins, C.T., Taylor, J.K., Mahurin, A.J., and **Esco, M.R.** (2013) The accuracy of the 220-age equation for predicting maximal heart rate. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference, Orange Beach, AL.
21. \*Snarr, R.L., \*Witte, E.V., \*Verdy, J.M., \*Jenkins, C.T., \*Nickerson, B.S., and **Esco, M.R.** (2013) Average caloric expenditure during metabolic conditioning with a suspension device. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference, Orange Beach, AL.
22. \*Kliszczewicz, B.M., \*Snarr, R.L., and **Esco, M.R.** (2013) Maximal oxygen consumption of a typical CrossFit athlete. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference, Orange Beach, AL.
23. **Esco, M.R.**, and Olson, M.S. (2012) Predicting body fat from established field tests in female collegiate athletes. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL.
24. \*Nickerson, B.S., Walker, Z., and **Esco, M.R**. (2012) Health and fitness among individuals with disabilities: A call to awareness. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL. Abstract published in the *ASAHPERD Journal*, 33(1), 2013.
25. **\***Kliszczewicz, B.M., \*Snarr, R.L., and **Esco, M.R**. (2012) Metabolic demands of the named CrossFit workout “Cindy”: A pilot study. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL. Abstract published in the *ASAHPERD Journal*, 33(1), 2013.
26. \*Jenkins, C.T., \*Snarr, R.L., \*Nickerson, B.S., \*Witte, E.V., \*Russell, A.R., and **Esco, M.R**. (2012) The accuracy of predicting body fat percentage via body mass index and body adiposity index in women. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL. Abstract published in the *ASAHPERD Journal*, 33(1), 2013.
27. \*Snarr, R.L., \*Witte, E.V., \*Jenkins, T., \*Brannan, R., and **Esco, M.R**. (2012) Electromyographic activity of rectus abdominis during suspension push-up compared to traditional exercises. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL. Abstract published in the *ASAHPERD Journal*, 33(1), 2013.
28. \*Brannan, R., \*Snarr, R.L., and **Esco, M.R**. (2012) Electromyographic activity of Pectoralis Major during a suspension push-up compared to a standard push up. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL. Abstract published in the *ASAHPERD Journal*, 33(1), 2013.
29. \*Witte, E.V., \*Snarr, R.L., \*Nickerson, B.S., Williford, H.N., Taylor, J.K., Mahurin, A.J., and **Esco, M.R**. (2012) Predicting body fat in women using anthropometry and a simple physical activity rating. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL. Abstract published in the *ASAHPERD Journal*, 33(1), 2013.
30. \*Nickerson, B.S., \*Russell, A.R., Mahurin, A.J., and **Esco, M.R**. (2012) Distribution of adiposity between wheelchair- and non-wheelchair-dependent men: A pilot study.Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL. Abstract published in the *ASAHPERD Journal*, 33(1), 2013.
31. \*Russell, A.R., \*Snarr, E.V., \*Witte, E.V., \*Jenkins, T., \*Nickerson, B.S., Williford, H.N., and **Esco, M.R.** (2012) The effect of body position on body fat percentage determined by hand-to-foot bioelectrical impedance. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL. Abstract published in the *ASAHPERD Journal*, 33(1), 2013.
32. **Esco, M.R.** (2012)The importance of accurately predicting body fat percentage. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference. Orange Beach, AL.
33. \*McHugh, A.N., **Esco, M.R.,** \*Bloomquist, B.E., and Williford, H.N. (2012)Two weekly days of recreational jogging does not improve heart rate recovery after 7 weeks. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference. Orange Beach, AL.
34. \*Bloomquist, B.E., Williford, H.N., **Esco, M.R.**, and \*McHugh, A.N. (2012)Metabolic and Cardiovascular Responses in Dance Associated Exergaming Using the XBOX 360 KinectTM. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference. Orange Beach, AL.
35. \*Nickerson, B., **Esco, M.R.,** and Williford, H.N. (2012) The accuracy of the body adiposity index for predicting body fat percentage in women. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference. Orange Beach, AL.
36. \*Snarr, R.L., **Esco, M.R.**, and Williford, H.N. (2012) The accuracy of the bioelectrical impedance analysis for predicting body fat percentage in men. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference. Orange Beach, AL.
37. **Esco, M.R.** Sudden Cardiac Death in Athletes. (2011) Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL.
38. **Esco, M.R. (2011) Exercise for Weight Loss and Management. Medical Fitness Association’s South Central Meeting. Opelika, AL.**
39. **Esco, M.R. (2011) Physical Activity and Diabetes.** Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference. Orange Beach, AL.
40. **Esco, M.R. (2010) Wellness, Fitness, and Service. Regional conference of Methodist Preachers. Montgomery, AL.**
41. \*Russell, A.R., **M.R.,** **Esco,** M.S., Olson, H.N., Williford, and \*S. Lizana. (2009) The accuracy of selected body fat percentage field estimates in college-age female athletes. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL.
42. **Schaefer, G., and Esco, M.R. (2009)** Risk Management in Physical Education and Sport: Are Coaches, In-service and Pre-service Teachers Ready? Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL.
43. **Olson, M.S., Williford, H.N., and Esco, M.R. (2009) Obesity: What it cost our communities and how we shape our future. The Alabama League of Municipalities Convention. Montgomery, AL.**
44. **Schaefer, G., and Esco, M.R. Heat Can Kill.** (2009) **Southern Sports Management Annual Conference. Troy, AL.**
45. **Esco, M.R. The Timing of Exercise.** (2008)Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL.
46. **Williford, H.W., and Esco, M.R.** (2008) **Heart Rate and Heart Rate Recovery, and Heart Rate Variability Related to Exercise.** Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference. Birmingham, AL.
47. **Esco, M. R.,** and Olson, M. S. (2006) Stretching the Truth. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL.
48. **Esco, M. R.,** and Olson, M. S. (2004) The Obesity Crisis. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL.
49. Olson, M. S, and **Esco, M. R.** (2003) Body Image and the Physique. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Fall Conference. Birmingham, AL.

**Local**

1. **Esco, M.R. (2013) WarhawkFit Program. River Region Obesity Task Force Meeting. Montgomery, AL.**
2. **Esco, M.R.** (2011) **Exercise and Type 1 Diabetes Mellitus. Athletic Trainer and Physical Therapy Conference. Baptist Family Residence Program. Montgomery, AL.**
3. **Esco, M.R. (2010) Fitness and weight management. Wellness Program at AUM: Scale Back Alabama. Montgomery, AL.**
4. **Esco, M.R. (2009) Core Anatomy and Function. Athletic Trainer and Physical Therapy Conference. Baptist Family Residence Program. Montgomery, AL.**
5. **Esco, M.R. (2009) Periodization of Resistance Training. Huntingdon College. Montgomery.**
6. **Esco, M. R. (**2007) Finding the Time to Exercise. Wellness program at Hyundai, Montgomery, AL.

**GRANTS AND CONTRACTS (Funded)**

Validity of EliteHRV Facial Scanning Technology for Measuring HRV Under Resting Conditions With Changes in Body Position.

Elite HRV

Role: Principle Investigator

Funded: $24,880

Occupational Health, Safety, and Performance of Tactical and Industrial Athletes

University of Alabama, Research Grants Committee, 2018 – 2020.

Role: Co-Investigator (PI, Hayley MacDonald)

Funded: $184,135

Evaluation of Sozo Bioimpedance Measures for Body Composition Determination at Rest and Following Heat Stress

Impedimed, Inc., 2017 - 2019

Role: Principle Investigator (Co-Investigators, Dr. Todd Freeborn and Dr. Jonathan Wingo)

Funded: $349,945

The Psychophysiology of Recovery in Department of Defense Personnel

University of Alabama, Research Grants Committee, 2016 – 2018.

Role: Principle Investigator (Co-Investigators, Dr. Philip Gable and Dr. Philip Bishop)

Funded: $130,000

Wearable Technology Research

MAD Apparel, Inc., 2016

Role: Principle Investigator (Co-Investigator: Ronald Snarr)

Funded: $16,847

Health and Fitness for Individuals with Down Syndrome

Montgomery Area Down Syndrome Outreach Group, 2013

Role: Co-Principle Investigator

Funded: $6,000

WarhawkFit Program Support

Hyundai Corporation, 2013

Role: Principle Investigator

Funded: $2,500

Determining the Accuracy of the InBody720 for Predicting Body Fat Percentage in Individuals with Disabilities

Auburn University at Montgomery, Ida Belle Young Faculty Research Award, 2013

Role: Principle Investigator

Funded: $20,000

WarhawkFit Program for People with Developmental Disabilities

Alabama Council of Developmental Disabilities, 2012 - 2014

Role: Co-Principle Investigator (Primary Project Manager: Kent Crenshaw, Montgomery Center for Independent Living; Co-Investigator, Dr. Sara Bicard, Department of Counselor, Leadership, and Special Education, Auburn University at Montgomery)

Funded: $100,000 (AUM Sub-Award: $51,610)

Body Composition Laboratory Advancement

Auburn University at Montgomery, Office of the Provost, 2012

Role: Principle Investigator

Funded: $70,500

WarhawkFit Program for People with Developmental Disabilities

Auburn University at Montgomery, Office of Outreach, 2012

Role: Co-Principle Investigator

Funded: 8,094

Fire Fighter Training and Fitness Program

Auburn University at Montgomery, Office of the Provost, 2012

Role: Co-Investigator

Funded: $20,351

Start-up Funds Request for WarhawkFit

Auburn University at Montgomery, Office of the Provost, 2012

Role: Principle Investigator

Funded: $5,000

The dissemination of information: Are practices changing?

Auburn University at Montgomery, School of Education Faculty Travel Funds, 2011

Role: Co-Investigator

Funded: $1,000

The relationship between cardiovascular autonomic regulation and pedometer-based walking Auburn University at Montgomery, School of Education Faculty Research Funds, 2011

Role: Principle Investigator

Funded: $10,000

Cardiovascular responses to an acute bout of resistance exercise

Auburn University at Montgomery, Ida Belle Young Faculty Research Award, 2010.

Role: Principle Investigator

Funded: $35,000

The relationship between selected anthropometric variables, VO2max, and heart rate recovery Auburn University at Montgomery, Faculty Research Conference Fund, 2010

Role: Principle Investigator

Funded: $300

Cardiovascular autonomic responses between treadmill and cycle ergometer exercise

Auburn University at Montgomery, Research Council Equipment Grant, 2009

Role: Principle Investigator

Funded: $4,500

Body composition and Laboratory Advancement

Auburn University at Montgomery, Ida Belle Young Faculty Research Award, 2009

Role: Co-Investigator

Funded: $24,000

Research Equipment Grant to Purchase a Moxus Metabolic Cart for the Human Performance Laboratory

Auburn University at Montgomery, Research Council Equipment Grant, 2008

Role: Principle Investigator

Funded: $8,125

Racial differences in heart rate variability after acute bouts of maximal and submaximal aerobic exercise

Auburn University at Montgomery, Research Council New Faculty Grant-in-Aid, 2008

Role: Principle Investigator

Funded: $4,340

**GRANTS AND CONTRACTS (Not Funded)**

Determining Psychophysiological Readiness and Stress Following Physically and Mentally Challenging Events Using Heart Rate Variability

Department of Defense Special Operations Command

Role: Primary Investigator

Not Funded: $700,000

Innovative Wheelchair Setup for Improving Children’s Physical Activity and Quality of Life

Stiftelsen Promobilia

Role: Co-Investigator (PI: Margaret Stran)

Not Funded: $58,007

Improving Physical Activity and Quality of Life through Improved Wheelchair Function

Alabama Council of Developmental Disabilities, 2014

Role: Co-Investigator (PI: Margaret Stran)

Not Funded: $25,000

The effects of a 12-week home-based cycling program on prosthetic mobility and physical fitness variables in individuals with transtibial amputation

National Institute on Disability and Rehabilitation Research, 2013

Role: Co-Investigator (PI: Lee Childres)

Not Funded: $600,000

Cardiac autonomic recovery from acute eccentric resistance exercise

National Strength and Conditioning Foundation, New Investigator Grant, 2011

Role: Primary Investigator

Not Funded: $15,000

**DOCTORAL DISSERTATIONS AND MASTERS THESES**

Ward Dobbs, 2018

Exploring the utility of unobtrusive methods of acquiring heart rate variability at rest and following exercise

Doctor of Philosophy, Exercise Physiology, The University of Alabama

Role: Chair

Angela Russell, 2017

Body composition assessment in adults with Down syndrome

Doctor of Philosophy, Exercise Physiology, The University of Alabama

Role: Chair

Kermit Crew, 2017

Impact of heat stress and cooling strategies on body temperature and performance in elite tennis players

Doctor of Philosophy, Exercise Physiology, The University of Alabama

Role: Co-Chair

Andrew A. Flatt, 2017

Monitoring heart rate variability in elite college football players throughout the preparatory and competitive season

Doctor of Philosophy, Exercise Physiology, The University of Alabama

Role: Chair

Tyler D. Williams, 2017

Monitoring changes in resistance training performance following overload and taper microcycles

Doctor of Philosophy, Exercise Physiology, The University of Alabama

Role: Co-Chair

Ronald Snarr, 2017

Relationship between blood lactate and electromyography during aerobic exercise

Doctor of Philosophy, Exercise Physiology, The University of Alabama

Role: Co-Chair

Christo Bisschoff, 2017

Heart rate variability and heart rate recovery in relation to match results in elite African male badminton players

Doctor of Philosophy, North-West University,Potchefstroom, South Africa

Role: Co-Promotor (Co-Chair)

Brett S. Nickerson, 2016

A critical examination of selected measures of body composition

Doctor of Philosophy, Exercise Physiology, The University of Alabama

Role: Co-Chair

Thomas Kopec, 2016

Performance recovery following exercise induced muscle damage

Doctor of Philosophy, Exercise Physiology, The University of Alabama

Role: Co-Chair

Kimberly Allen, 2016

Evaluation of HRV as a Predictor of Response to a Modified Physical Training in ROTC Cadets

Master of Arts, Human Performance, The University of Alabama

Role: Member

Anthony Fava, 2016

Acute effects of exercise between sets on upper body power

Master of Arts, Human Performance, The University of Alabama

Role: Member

Jason Casey, 2016

Monitoring recovery following an acute bout of extreme conditioning exercise

Doctor of Philosophy, Exercise Physiology, The University of Alabama

Role: Member

Jermaine B. Mitchell, 2015

The effects of interval walking on measures of exercise enjoyment and caloric expenditure

Doctor of Philosophy, Exercise Physiology, The University of Alabama

Role: Member

Brian Kliszczewicz, 2013

Physiological responses to a CrossFit workout

Doctor of Philosophy, Exercise Physiology, Auburn University

Role: Member

James Kyle Taylor, 2013

The acute effects of exercise and exercise plus niacin on paraxonase activity

Doctor of Philosophy, Exercise Physiology, Auburn University

Role: Member

Ronald L. Snarr, 2013

Electromyographic comparison of selected musculature during suspension push-ups versus traditional exercises

Masters of Education, Exercise Science, Auburn University at Montgomery

Role: Chair

Aindrea McHugh, 2012

The effects of a 4-week stretching program on cardiovascular autonomic control in recreational runners

Masters of Education, Exercise Science, Auburn University at Montgomery

Role: Chair

Barbara Bloomquist, 2012

Energy expenditure in dance associated exergaming: Comparison between the Nintendo Wii and the Xbox Kinect

Masters of Education, Exercise Science, Auburn University at Montgomery

Role: Member

Shawn O’Malia, 2009

The Nature and Existence of Mentoring Relationships at the United States Air Force Academy

Doctor of Education, Adult Education, Auburn University

Role: Outside Reader

Kelly Gaston, 2009

The acute physiological responses of youth to an interactive video game

Masters of Education, Exercise Science, Auburn University at Montgomery

Role: Member

Lindy Lunkenhiemer, 2007

The acute effects of stretching on anaerobic power

Masters of Education, Exercise Science, Auburn University at Montgomery

Role: Member

**UNIVERSITY SERVICE**

Faculty Senate (Alternate) University of Alabama

 2017 – 2018

Research Grants Committee University of Alabama

 2016 - Present

Undergraduate Scholarship Committee University of Alabama

 2015 College of Education

Exercise Physiology Faculty Search Committee University of Alabama

 2014 – 2018 Department of Kinesiology

Strength and Conditioning Coach Search Committee University of Alabama

 2017 Adapted Athletics Program

Strategic Planning Committees and Task Forces Auburn University at Montgomery

 2011 – 2012

Provost Search Committee Auburn University at Montgomery

 2011 – 2012

Research Council Auburn University at Montgomery

 2010 – Current

Health Professions Advisory Committee Auburn University at Montgomery

 2009 – Current

Rubric for Evaluating On-Line Courses Committee School of Education

 2009 – 2012

NCATE Standard I Committee Member School of Education

 2007 – Current

School of Education Luau Entertainment Committee School of Education

 2007, 2008, 2009, 2010

Tenure and Promotion Committee: Member Dept. of Phys. Ed. and Ex. Science

 2013

Tenure and Promotion Committee: Chair Dept. of Phys. Ed. and Ex. Science

 2012

Sports Management Position Search Committee Dept. of Phys. Ed. and Ex. Science

 2007

Intramural Director Search Committee Dept. of Phys. Ed. and Ex. Science

 2008

**PROFESSIONAL SERVICE**

Editorial Board Membership:

*Journal of ASAHPERD* (Editorial Board) 2012 – 2016

*Sports* (Guest Editor Special Edition)2018

*Frontiers in Physiology* (Guest Editor Special Edition)2018

*Int. Journal of Environmental Research and Public Health* (Editorial Board) 2020 – Present

Manuscript Reviewer:

*European Journal of Applied Physiology*

*Journal of Strength and Conditioning Research*

*The Physician and Sports Medicine*

*Journal of Sports Science*

*Physical Therapy in Sport*

*PlosOne*

*Clinical Physiology and Functional Imagining*

*International Journal of Sport Physiology and Performance*

*Journal of Sport Science and Medicine*

*Age*

*International Journal of Sports Medicine*

*Clinical Autonomic Research*

*European Journal of Clinical Nutrition*

*European Journal of Sports Science*

*European Journal of Sports Medicine*

*Open Access Journal of Sports Medicine*

*Current Cardiology Reviews*

*Vascular Health and Risk Management*

*Anatolian Journal of Cardiology*

*Ethnicity and Disease*

American College of Sports Medicine (ACSM)

 Committee on Certification and Registry Boards: Member 2012 - 2016

Reviewer for *Guidelines for Ex. Test. and Presc*, 10th ed 2015

Authored an ACSM Brochure on Resistance Training 2013

 Poster Session Chair at the Southeastern Meeting 2010

National Strength and Conditioning Research

 Alabama State Division, Director 2016 – current

Alabama State Board Member 2014 – 2016

Alabama State Assoc. for Health, Physical Education, Recreation, and Dance

Executive Director Evaluation Committee 2012 - 2013

ASAHPERD Service Award Selection Committee 2012 - 2013

Vice President of the Sports and Exercise Science Division  2012, 2014

Strategic Planning Committee 2012

Ethnic Minority Award Selection Committee 2012

Vice President-elect of the Sports and Exercise Science Division  2011

Reviewer for McGraw-Hill Higher Education: Exercise Physiology: Theory and 2017

Application to Fitness and Performance, 10th Ed, Powers and Howley

WebMD Expert Reviewer 2008 - 2013

Movement Analysis Video Reviewer for Motion Graphics 2009

Textbook Reviewer for McGraw-Hill 2009

**RELATED PROFESSIONAL EXPERIENCE**

Owner Health Promotion and Exercise Specialists 2003 – 2008

Montgomery, AL

Clinical Exercise Physiologist Montgomery Cardiovascular Associates 2003 – 2006

 Montgomery, AL

Strength and Conditioning Coach Velocity Sports 2005

 Montgomery, AL

Clinical Exercise Physiologist Baptist Pulmonary Rehab 2004

Practicum Intern 200 hrs Montgomery, AL

Physical Therapy Technician Rehab Associates 2002

Intern 300 hrs Montgomery, AL

**AWARDS and HONORS**

AUM Department of Kinesiology Alumni Award 2017

AUM School of Education: Henry N. Williford Distinguished Research Award 2012

AUM School of Education: The Robert Wiesman Emerging Professional 2010

Marquis Who’s Who 2010

ASAHERD P.R.I.D.E. Award 2009

Cambridge Who’s Who 2008

Phi Epsilon Kappa 2006

Graduate Scholars List 2004

Who’s Who in American Universities and Colleges 2004

Kappa Delta Pi 2004