

Curriculum Vitae

Michael S. Green, Ph.D.

Professor

Department of Kinesiology and Health Promotion

Troy University

Troy, Alabama 36082

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EDUCATIONAL RECORD

Doctor of Philosophy 2008

Sport Science

Georgia State University (Atlanta, Georgia)

Dissertation:

[Effect of a Repeated Bout of Eccentrically-Biased Contractions on Insulin Resistance](#)

(UMI No. 3350598)

Advisor: J. Andrew Doyle

Committee: Dan Benardot, Jeffrey C. Rupp, Christopher P. Ingalls

Master of Science 2002

Sport and Fitness Management

Troy State University (Troy, Alabama)

Non-thesis project:

Comparison of Direct and Indirect Methods of Assessing VO₂ Max

Advisor: Edith W. Smith

Bachelor of Science 2000

Sport and Fitness Management

Troy State University (Troy, Alabama)

PROFESSIONAL EXPERIENCE

Troy University:

Professor

Department of Kinesiology and Health Promotion

Troy University, Troy, Alabama

August 1, 2020 - present

Associate Professor

Department of Kinesiology and Health Promotion

Troy University, Troy, Alabama

August 1, 2014 - July 31, 2020

Assistant Professor

Department of Kinesiology and Health Promotion

Troy University, Troy, Alabama

January 1, 2008 - July 31, 2014

Graduate Teaching Assistant

Department of Kinesiology and Health Promotion

Troy State University, Troy, Alabama

August 1, 2001 - May 31, 2002

Georgia State University:

Graduate Research Assistant

Department of Kinesiology and Health
Georgia State University, Atlanta, Georgia
January 1, 2004 - December 31, 2007

Adjunct Instructor

Department of Kinesiology and Health
Georgia State University, Atlanta, Georgia
August 1, 2006 - May 31, 2007

ADMINISTRATIVE EXPERIENCE

Coordinator of Kinesiology Laboratories

Applied Physiology, Movement Education, and Sports Science Laboratories
Troy University, Troy, Alabama
February 1, 2024 - present

Exercise Science Program Coordinator [ESPC]

Undergraduate Exercise Science Major
Troy University, Troy, Alabama
August 1, 2022 - January 31, 2024

Interim Chair

Department of Kinesiology and Health Promotion
Troy University, Troy, Alabama
August 1, 2012 - July 31, 2013

Co-Program Developer

Exercise Science Major
Department of Kinesiology and Health Promotion
Troy University, Troy, Alabama
Launched August 1, 2013

TEACHING EXPERIENCE

Assistant/Associate/Professor (January 2008 - present)

Department of Kinesiology and Health Promotion
Troy University, Troy, Alabama

Undergraduate:

KHP 1141 Beginning Jogging
KHP 2241 Intermediate Jogging
KHP 2251 Foundations of Physical Education and Sport and Fitness Management
KHP 3345 Medical Terminology[†]
KHP 3352 Kinesiology and Efficiency of Human Movement
KHP 3360 Physiological Principles of Body Systems
KHP 4459 Sport and Exercise Nutrition
KHP 4474 Exercise Physiology[†]
KHP L474 Exercise Physiology Lab[†]
KHP 4476 Laboratory Practicum[†]
KHP 4487 Special Topics
KHP 4491 Guided Independent Research
KHP 4495 Advanced Exercise Physiology[†]
KHP 4497 Senior Seminar in Exercise Performance[†]
KHP 4498 Internship in Exercise Science

Graduate:

KHP 6604 Testing and Statistical Interpretation[†]
KHP 6650 Sport Nutrition and Exercise Metabolism[†]
KHP 6670 Exercise Physiology[†]

†AY 2024-2025 teaching rotation

Graduate Research Assistant (January 2004 - December 2007)

Department of Kinesiology and Health
Georgia State University, Atlanta, Georgia

Undergraduate:

KH 3020 Training and Fitness Concepts
KH 3650 Exercise Physiology Lab
KH 4290 Cardiopulmonary Physiology

Graduate:

KH 7500 Exercise Physiology Lab

Graduate Teaching Assistant (January 2001 - December 2002)

Department of Kinesiology and Health Promotion
Troy State University, Troy, Alabama

Undergraduate:

KHP 1108 Tennis
KHP 1141 Beginning Jogging
KHP 2200 Health Concepts
KHP 2202 First Aid and CPR

LABORATORY EXPERIENCE

Proficient (teaching/research) in the following selected lab-based equipment, techniques, and methods:

Phlebotomy

Finger/ear lobe sticks
Intravenous catheter
Venipuncture

Blood Analysis

Accutrend Plus (cholesterol, glucose)
CardioChek (lipid panel)
Lactate Plus
Micro-hematocrit
YSI 2300 STAT Plus (lactate, glucose)

Indirect Calorimetry

MedGem (e.g., resting metabolic rate)
Parvo Medics TrueOne 2400 (e.g. VO_2 max, substrate utilization, cardiac output via CO_2 rebreathing)

Spectrophotometry

Fisherbrand accuSkan FC microplate spectrophotometer (e.g., sandwich ELISA VEGF assay; R&D Systems)
Beckman Coulter DU 650/730 spectrophotometer (e.g., creatine kinase/hemoglobin assays; Pointe Scientific)
Opsys MR microplate spectrophotometer (e.g., sandwich ELISA insulin assay; Linco Research)

Body Composition

Bioelectrical impedance analysis (BIA)
DEXA (GE Lunar Prodigy)
Hydrodensitometry
Skinfolds (Lange/Harpenden skinfold calipers)

Dynamometry

Biodex System 4 Quick-Set isokinetic dynamometer (Advantage BX software)
Cybex 340/350 isokinetic dynamometer
KIN-COM 125AP isokinetic dynamometer

Exercise/Fitness Testing

Concept 2 Indoor Rower (model D; PM5 performance monitor)
Monark Ergonomic 828E cycle ergometer (e.g., YMCA submaximal cycle ergometer test)
Monark Ergonomic 894E cycle ergometer (e.g., Wingate anaerobic cycle ergometer test)
Polar Team Pro (e.g. team sport heart rate/movement monitoring)
Tendo Unit (e.g., barbell velocity/power)

Refereed Journal Publications:

- Delinsky, L.K., Coppus, T.A., Brown, M.G., McNeal, B.J., Sluder, J.B., **Green, M.S.** (2023). The importance of reintegration to secondary school academics following mild traumatic brain injury. *MAHPERD Journal*, *10(1)*, 8-13.
- Coppus, T.A., Delinsky, L.K., Martin, T.D., **Green, M.S.**, Sluder, J.B., Basford, L. (2023). Weight training injuries: Importance of teaching proper technique in secondary schools and athletics. *MAHPERD Journal*, *10(1)*, 14-20.
- Green, M.S.**, Kimmel, C.S., Brune, M.P., Martin, T.D. (2022). Effect of carbohydrate mouth rinse on resistance exercise performance. *Journal of Strength and Conditioning Research*, *36(7)*, 1916-1921.
- Upton, K., Sluder, J.B., **Green, M.S.** (2021). The role and importance of athletic trainers in Mississippi high schools. *MAHPERD Journal*, *8(1)*, 3-8.
- Welch, C.R., Freeman, S.S., Sluder, J.B., **Green, M.S.** (2019). The importance of identifying sickle cell trait in the athletic population. *ASAHPERD Journal*, *39(2)*, 53-59.
- Martin, T.D., **Green, M.S.**, Whitehead, M.T., Scheett, T.P., Webster, M.J., & Hudson, G.M. (2019). Six weeks of oral Echinacea purpurea supplementation does not enhance the production of serum erythropoietin or erythropoietic status in recreationally active males with above average aerobic fitness. *Applied Physiology, Nutrition, and Metabolism*, *44(7)*, 791-795.
- Green, M.S.**, Corona, B.T. and Martin, T.D. (2018). Effect of caffeine supplementation on quadriceps performance after eccentric exercise. *Journal of Strength and Conditioning Research*, *32(10)*, 2863-2871.
- Green, M.S.**, Benson, A., Martin, T.D. (2018). Effect of mouthguard use on metabolic and cardiorespiratory responses to aerobic exercise in males. *Research Quarterly for Exercise and Sport*, *89(2)*, 183-189.
- Hulstrom, M., Amorim de Paula, C., Antonio Peliky Fontes, M., Porcelli, S., Bellistri, G., Pugliese, L., Rasica, L., Marzorati, M., Pavei, G., Ferguson, S.K., Holdsworth, C.T., Musch, T.I., Poole, D.C., Bourdillon, N., Hoon, M.W., Burke, L.M., Michielli, D.W., Faiss, R., Millet, G.P., Corona, B.T., **Green, M.S.**, da Silveira, A.L., Sindler, A.L., Casey, D.P., Johnson, D.D., Wheatley, C.M., Kunces, L.J., Bescos, R., Cody, L.C., Martens, C.R., Justice, J.N., Ballak, D.B., Wanner, S.P., Rehman, S. (2015). Commentaries on Viewpoint: Can elite athletes benefit from dietary nitrate supplementation? *Journal of Applied Physiology*, *119(6)*, 762-769.
- Baumann, C.W, **Green, M.S.**, Doyle, J.A., Rupp, J.C., Ingalls, C.P., and Corona, B.T. (2014). Muscle injury after low intensity downhill running reduces running economy. *Journal of Strength and Conditioning Research*, *28(5)*, 1212-1218.
- Green, M.S.**, Esco, M., Martin, T.D., Pritchett, R.C., Williford, H. (2013). Crossvalidation of two 20-M shuttle-run tests for predicting VO_{2max} in female collegiate soccer players. *Journal of Strength and Conditioning Research*, *27(6)*, 1520-1528.
- Bobo, L., Benson, A., and **Green, M.** (2012). The effect of self-reported efficacy on clinical skill performance. *Athletic Training Education Journal*, *7(4)*, 176-186.
- Sluder, J.B., **Green, M.S.**, Howard-Shaughnessy, C. (2012). Effect of an educational field day on learning outcomes in children. *National Teacher Education Journal*, *5(2)*, 59-66.

Benson, A.A., Bobo, L.S., and **Green, M.S.** (2012). Comparison of video and real-time scoring techniques. *Journal of Allied Health, 41(3), 118-122.*

Green, M.S., Doyle, J.A., Ingalls, C.P., Benardot, D., Rupp, J.C., Corona, B.T. (2010). Adaptation of insulin-resistance indicators to a repeated bout of eccentric exercise in human skeletal muscle. *International Journal of Sport Nutrition and Exercise Metabolism, 20(3), 181-190.*

Green, M.S., Corona, B.T., Doyle, J.A., Ingalls, C.P. (2008). Carbohydrate-protein drinks do not enhance recovery from exercise-induced muscle injury. *International Journal of Sport Nutrition and Exercise Metabolism, 18(1), 1-18.*

Manuscripts in Review:

Green, M.S., Martin, T.D., Corona, B.T. Effect of a non-steroidal anti-inflammatory drug on delayed onset muscle soreness and recovery from exercise-induced muscle damage. *Medicine and Science in Sports and Exercise.*

Martin, T.D., Whitehead, T., **Green, M.S.**, Scheet, T.P., Webster, M.J., Hudson, G.M. Effect of six weeks of oral *Echinacea purpurea* supplementation on nitric oxide production in recreationally active males. *Journal of Strength and Conditioning Research.*

Griffin, S.G., Martin, T.D., **Green, M.S.** Reaction and movement time in pre-pitch preparation techniques for baseball fielding. *Journal of Strength and Conditioning Research.*

Book Chapters:

Green, M.S. and Doyle, J.A. (2009). Carbohydrates. In J. Driskell (Ed.), *Nutrition and Exercise Concerns of Middle Age.* Boca Raton, FL: CRC Press.

Doyle, J.A., Papadopoulous, C., **Green, M.S.** (2008). Utilization of carbohydrates in energy production. In I. Wolinsky & J. Driskell (Eds.), *Sports Nutrition: Energy Metabolism and Exercise.* Boca Raton, FL: CRC Press.

Non-Refereed Publications:

Green, M.S. and Martin, T.D. (2009). Troy University Exercise Physiology Laboratory Policy and Procedures Manual.

Refereed Research Presentations:

National/International:

Roca, G.M., Martin, T.D., **Green, M.S.**, Mouser, J.G. (2023). Comparison of muscle activity during judo/jiu-jitsu specific pull-up and neutral pull-up grips. Published in *Journal of Strength and Conditioning Research, 37(12): e719-e720.* Poster presented at the National Conference & Exhibition of the National Strength and Conditioning Association (Las Vegas, NV, July 12-15, 2023)

Richards, J.M., Sluder, J.B., Howard-Shaughnessy, C., **Green, M.**, Hollett, N.L. (2018). Effect of a new games unit on secondary physical education. Oral presentation at the SHAPE America National Convention and Expo (Nashville, TN, March 20-24, 2018)

Martin, T.D., **Green, M.S.**, Whitehead, M.T., Scheett, T.P., Webster, M.J., & Hudson, G.M. (2017). Effect of six weeks of Echinacea Purpurea supplementation on white blood cell count in recreationally active males with above average aerobic fitness. Published in *Journal of Strength Conditioning Research, 31(Supp1): S192-S193.* Poster presented at the National Conference & Exhibition of the National Strength and Conditioning Association (Las Vegas, NV, July 12-15, 2017)

- Kryglowski, A, Benson, A., **Green, M.** (2013). The effects of fatigue on balance utilizing the Nintendo Wii balance board. Poster presented at the National Athletic Trainers Association Annual Meeting (Las Vegas, Nevada, June 24-27, 2013)
- Sluder, J.B., Howard-Shaughnessy, C, **Green, M.S.** (2013). Learning outcomes in children after an educational health field day. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention and Expo (Charlotte, North Carolina, April 23-27, 2013)
- Benson, A.K., **Green, M.**, Sexton, J. (2013). A pilot study investigating the effect of concussion, height, and gender on dominant leg stability and center of balance in division I athletes utilizing the Nintendo Wii balance system. Poster presented at the Big Sky Athletic Training and Sports Medicine Conference (Big Sky, Montana, February 3-7, 2013)
- Esco, M.R., **Green, M.S.**, Martin, T.D, Pritchett, R., McHugh, A.N., Williford, H.N. (2012). Cross-validation of two 20 Meter shuttle run tests for predicting VO₂max in female collegiate soccer players. Published in [*Journal of Strength Conditioning Research*, 27\(Supp14\), S34-35](#). Poster presented at the 35th National Conference & Exhibition of the National Strength and Conditioning Association (Providence, Rhode Island, July 11-14, 2012)
- Martin, T.D., **Green, M.S.**, Whitehead, M.T., Scheett, T.P., Webster, M.J., Hudson, G.M. (2012). Effect of six weeks of oral Echinacea purpurea supplementation on endurance exercise performance. Published in [*Journal of Strength Conditioning Research*, 27\(Supp14\), S80](#). Poster presented at the National Conference & Exhibition of the National Strength and Conditioning Association (Providence, Rhode Island, July 11-14, 2012)
- Martin, T., **Green, M.**, Whitehead, M.T., Scheett, T., Webster, M.J., Hudson, G.M. (2012). Effect of six weeks of oral Echinacea purpurea supplementation on nitric oxide production. Published in [*Journal of the International Society of Sports Nutrition*, 9\(Supp11\), P21](#). Poster presented at the 9th Annual Conference and Expo of the International Society of Sports Nutrition (Clearwater Beach, Florida, June 22-23, 2012)
- Sluder, J.B., Howard-Shaughnessy, C., **Green, M.S.** (2012). Using autonomy-supportive teaching in elementary physical education: an alternative approach to fitness units. Poster presented at the North American Society for the Psychology of Sport and Physical Activity Annual Meeting (Honolulu, Hawaii, June 7-9, 2012)
- Green, M.S.**, Martin, T.D., Benson, A.K., Corona, B.T., Ingalls, C.P. (2012). Ibuprofen prolongs functional deficits after a repeated bout of downhill treadmill running. Published in [*Medicine and Science in Sports and Exercise*, 44\(5\), S566](#). Poster presented at the 59th Annual Meeting of the American College of Sports Medicine (San Francisco, California, May 29-June 2, 2012)
- Luke, R., Benardot, D. A., Rupp, J.L., Ingalls, C.P., Corona, B.T., **Green, M.S.**, Doyle, J.A. (2012). The effect of N-acetylcysteine supplementation on recovery of strength following eccentric muscle injury. Published in [*Medicine and Science in Sports and Exercise*, 44\(5\), S297](#). Poster presented at the 59th Annual Meeting of the American College of Sports Medicine (San Francisco, California, May 29-June 2, 2012)

- Martin, T.D., **Green, M.S.**, Whitehead, M.T., Scheett, T.P., Webster, M.J. (2012). Effect of six weeks of oral *Echinacea Purpurea* supplementation on erythropoiesis. Published in [*Medicine and Science in Sports and Exercise*, 44\(5\), S181](#). Poster presented at the 59th Annual Meeting of the American College of Sports Medicine (San Francisco, California, May 29-June 2, 2012)
- McHugh, A.N., **Green, M.S.**, Esco, M.R., Williford, H.N., Martin, T.D., Bloomquist, B.E., Pritchett, R. (2012). Cross-validation of the 20-meter shuttle test for predicting VO₂max in male and female soccer players. Published in [*Medicine and Science in Sports and Exercise*, 44\(5\), S554](#). Poster presented at the 59th Annual Meeting of the American College of Sports Medicine (San Francisco, California, May 29-June 2, 2012)
- Andrews, A.K., Bobo, L.S., and **Green, M.** (2011). Are teachers being fair when assessing students' clinical skills? Published in *Athletic Training Education Journal*, 6(Supp1), S17. Poster presented at the National Athletic Trainers' Association Athletic Training Educators' Conference (Washington, D.C., February 25-27, 2011)
- Green, M.S.**, Corona, B.T., Doyle, J.A., Benardot, D., Rupp, J.C., Ingalls, C.P. (2008). Exercise-induced muscle injury and recovery: Insulin resistance and carbohydrate-protein supplementation. Published in [*Medicine and Science in Sports and Exercise*, 40\(5\), S60](#). Oral presentation (Featured Science Session) at the 55th Annual Meeting of the American College of Sports Medicine (Indianapolis, Indiana, May 28-May 31, 2008)
- Green, M.S.**, Corona, B.T., Doyle, J.A., Ingalls, C.P. (2007). A carbohydrate-protein drink does not enhance recovery from exercise-induced muscle injury. Published in *Medicine and Science in Sports and Exercise*, 39(5), S363. Poster presented at the 54th Annual Meeting of the American College of Sports Medicine (New Orleans, Louisiana, May 30-June 2, 2007)
- Doyle, J.A., **Green, M.S.**, Corona, B.T., Simone, J., Dennison, D. (2007). Validation of an electronic pedometer in a field-based setting. Published in *Medicine and Science in Sports and Exercise*, 39(5), S186. Poster presented at the 54th Annual Meeting of the American College of Sports Medicine (New Orleans, Louisiana, May 30-June 2, 2007)
- Rupp, J.C., **Green, M.S.**, Corona, B.T., Heimburger, K.D., Pullen, P.R., Everest, A.S. (2007). Predictors of 10k running performance in well trained athletes matched for ventilatory threshold. Published in *Medicine and Science in Sports and Exercise*. 39(5), S207. Poster presented at the 54th Annual Meeting of the American College of Sports Medicine (New Orleans, Louisiana, May 30-June 2, 2007)
- Corona, B.T., **Green, M.S.**, Doyle, J.A., Rupp, J.C., Ingalls, C.P. (2006). Exercise-induced muscle injury results in elevations in aerobic and anaerobic metabolism during submaximal treadmill running. Published in *Medicine and Science in Sports and Exercise*. 38(5), S1523. Poster presented at the 53rd Annual Meeting of the American College of Sports Medicine (Denver, Colorado, May 31-June 3, 2006)
- Doyle, J.A., Dennison, D.A., **Green, M.S.**, Corona, B.T., Kimball, A. (2006). Validity and reliability of an electronic pedometer in a laboratory setting. Published in *Medicine and Science in Sports and Exercise*. 38(5), S2855. Poster presented at the 53rd Annual Meeting of the American College of Sports Medicine (Denver, Colorado, May 31-June 3, 2006)

Regional:

- Green, M.S.**, Kimmel, C.S., Martin, T.D., Mouser, J.G., Brune, M.P. Effect of carbohydrate mouth rinsing on resistance exercise performance. (2020). Published in D. Torok (Ed.), *Proceedings of the 48th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, TP32. Thematic poster presentation at the 48th Annual Meeting of the Southeast American College of Sports Medicine (Jacksonville, Florida, February 13-15, 2020)
- Green, M.S.**, Allen, C., Hatchett, A., Esco, M.R., Fedewa, M.V., Martin, T.D. (2019). Association between push-ups and anthropometric variables and upper body strength in women. Published in D. Torok (Ed.), *Proceedings of the 47th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, O28. Oral presentation at the 47th Annual Meeting of the Southeast American College of Sports Medicine (Greenville, South Carolina, February 14-16, 2019)
- Hoke, E.L., Wilson, S.J., Gdovin, J.R., Williams, C.C., Eason, J.D., Luginsland, L.A., Hill, C.M., Donahue, P.T., Chander, H., Wade, C., **Green, M.**, Garner, J.C. (2017). Acute effects of golf specific footwear on bilateral balance. Published in D. Torok (Ed.), *Proceedings of the 45th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, P77. Poster presented at the 45th Annual Meeting of the Southeast American College of Sports Medicine (Greenville, South Carolina, February 16-18, 2017)
- Wilson, S.J., Gdovin, J.R., Williams, C.C., Eason, J.D., Hoke, E.L., Luginsland, L.A., Hill, C.M., Donahue, P.T., Chander, H., Wade, C., **Green, M.**, Garner, J.C. (2017). The effects of golf specific footwear on human balance. Published in D. Torok (Ed.), *Proceedings of the 45th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, P72. Poster presented at the 45th Annual Meeting of the Southeast American College of Sports Medicine (Greenville, South Carolina, February 16-18, 2017)
- Benson, A, **Green, M.**, Forte, C. (2016). The effect of mouthguards on athletic performance. Oral presentation at the 62nd Annual Southwest Athletic Trainers Association Symposium (Addison, Texas, July 21-23, 2016)
- Green, M.S.**, Martin, T.D., Ito, R., Seale, B.D. (2011). Comparison of two field-based tests to predict maximal oxygen uptake in soccer and cross-country athletes. Published in D. Torok (Ed.), *Proceedings of the 39th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, P50. Poster presented at the 39th Annual Meeting of the Southeast American College of Sports Medicine (Greenville, South Carolina, February 3-5, 2011)
- Green, M.S.**, Corona, B.T., Martin, T.D. (2010). Effect of caffeine following exercise-induced muscle injury. Published in D. Torok (Ed.), *Proceedings of the 38th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, P15. Poster presented at the 38th Annual Meeting of the Southeast American College of Sports Medicine (Greenville, South Carolina, February 11-13, 2010)
- Sluder, B., Andrews, A., **Green M.** (2010). The effect of social networking sites (Facebook/My Space) on hiring practices in K-12 public education. Oral presentation at the Sharing the Wealth in Elementary, Middle and High School Physical Education Conference (Jekyll Island, Georgia, January 28-30, 2010)

- Green, M.S.**, Ingalls, C.P., Benardot, D., Corona, B.T., and Doyle, J.A. (2008). Effect of a repeated bout of eccentric contractions on insulin resistance. Published in D. Torok (Ed.), *Proceedings of the 36th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, O6. Oral presentation at the 36th Annual Meeting of the Southeast American College of Sports Medicine (Birmingham, Alabama, February 14-16, 2008)
- Green, M.S.**, Corona, B.T., Doyle, J.A., and Ingalls, C.P. (2007). A carbohydrate-protein drink does not enhance recovery from exercise-induced muscle injury. Published in D. Torok (Ed.), *Proceedings of the 35th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, O23. Oral presentation at the 35th Annual Meeting of the Southeast American College of Sports Medicine (Charlotte, North Carolina, February 8-10, 2007)
- Green, M.S.**, Corona, B.T., Kimball, A., Dennison, D.A., and Doyle, J.A. (2006). Validity and reliability of an electronic pedometer in a laboratory setting. Published in D. Torok (Ed.), *Proceedings of the 34th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, P44. Poster presented at the 34th Annual Meeting of the Southeast American College of Sports Medicine (Charlotte, North Carolina, February 9-11, 2006)
- Green, M.S.** and Tatum, L. (2001). The property interest rights of an HIV-positive individual denied participation in a professional contact sport. Oral presentation at the Sport Administration and Physical Education Conference (Tallahassee, Florida)
- State:
- Green, M.S.**, Gilliam, L.A., Copland, A.N., Delinsky, L.K., Coppus, T.A. (2024). Bio-banding in middle and high school children. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Green, M.S.**, Mitchell, I.R., Delinsky, L.K., Coppus, T.A. (2023). The prevalence of scoliosis in rotational-sport athletes and effective intervention. Poster presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Green, M.S.**, Higgins, A.K., Woolf, A. (2023). Hydration and fluid replacement in physically active individuals. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Green, M.S.** (2022). Carbohydrate mouth rinsing: Applications for sporting performance. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Green, M.S.**, Sluder, J.B., Delinsky, L.K., Coppus, T., Brown, M.G., McNeal, B.J. (2022). The importance of return to class and sport activity protocols following mild traumatic brain injury for secondary school athletes. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Sluder, J.B., **Green, M.S.**, Howard-Smith, C., Grimes, J.R., Higgins, A.K., Browder, K.A., Sturtridge, E.L. (2022). The dangers of early sport specialization: Predisposition to injury in the adolescent athlete. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)

- Green, M.S., Sluder, J.B., Hill, A., Kaye, C., Cunningham, D., Delinsky, K., Coppus, T.** (2022). The effect of anterior knee displacement during the back squat. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Sluder, J.B., Green, M.S., Higgins, A.K., Grimes, J.R., Freeman, A.O., Saager, K., Murphy, J.** (2022). Optimizing online learning in Physical Education (K-12). Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Green, M.S.** (2021). Effects of carbohydrate mouth rinsing on athletic performance. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Green, M.S., Sluder, J.B., Delinsky, L.K., Coppus, T.A., Roca, G., Harrison, D., Stacks, G.** (2021). Sex differences in response to non-traditional resistance training: A literature review. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Sluder, J.B., Green, M.S., Coppus, T.A., Delinsky, L.K., Addison, C., Loudior, M, Hameed, D.** (2021). Advocating dry needling by athletic trainers and physical therapists in injury rehabilitation and the barriers preventing its application. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Green, M.S., Sluder, J.B., Stanaland, Z., Hessing, Y.** (2019). Exercise benefits and training parameters for young athletes. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Sluder, J.B., Green, M.S., Moore, M., Hayes, L.** (2019). Hydration and energy drink usage in primary and secondary students. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Sluder, J.B., Green, M.S., Howard-Shaughnessy, Wright, R.R., Crenshaw, B.A., Higgins, K.** (2019). The risk of injuries in high school sports. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Green, M.S., Sluder, J.B., Howard-Shaughnessy, C., Martin. N., Ross. J., Higgins, K.** (2019). Reducing the risk of injury in high school sports. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Sluder, J.B., Green, M.S., Howard-Shaughnessy, C., Cox, R., Chaudhari, Z.** (2018). Correlation between physical activity and academic performance. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Sluder, J.B., Green, M.S., Howard-Shaughnessy, C., Kimmel. C.S., Westry, S.D.** (2018). Discovering the positives and negatives of resistance training. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)

- Green, M.S.**, Sluder, J.B., Howard-Shaughnessy, C., Coleman, K.C., Mills, O.V., Moynihan, P.C., Biagtan, C. (2018). The power of positivity: Positive and negative coaching attributes. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Sluder, J.B., **Green, M.S.**, Howard-Shaughnessy, C., Fuller, T.T., Griffin, S.G., McCray, Z.M. (2018). The pros and cons of sport specialization. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Green, M.S.**, Simpson, A.M., Leach, R.N., Chapman, C.A., Pridgen, S.N., Gilheart, B.J., Waters, J.K., Jamison, K.A., Sluder, J.B., Martin, T.D. (2017). Effect of carbohydrate mouth rinse on high intensity rowing performance. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Richards, J.M., Sluder, J.B., **Green, M.S.**, Howard-Shaughnessy, C. (2017). Advantages of a student centered curriculum in secondary physical education. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Grantham, E.K., Smith, B.D., Lee, K., Stoner, G., Huett, C.A., Edwards, D.D., Leurinda, E., **Green, M.S.**, Martin, T.D. (2016). The effects of low and moderate doses of caffeine on blood lactate during repeated Wingate tests. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Spicuzza, A., Verma, S., Williams, C., **Green, M.** (2016). Static stretching vs. dynamic stretching: Preventing injuries among adolescent athletes. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- McGowan, J., Carter, B., **Green, M.** (2016). What coaches really need to know about nutrition and training adolescent athletes. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Tarver, C., Chang, C., Sluder, J.B., **Green, M.** (2015). Effect of music on power performance. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Watson, J.G., Roberts, M.S., Perdue, M.G., Wellman, K.E, **Green, M.S.** (2015). Effect of motivational music on athletic performance. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Green, M.** (2013). No pain, no Gain: How to treat and prevent delayed onset muscle soreness. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Green, M.** (2012). Applying lab- and field-based tests of endurance to the real world. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)

- Kryglowski, A., Brack, W. Benson, A., **Green, M.** (2012). The effect of fatigue on balance. Poster presented at the Southern Sport Management Conference (Troy, Alabama)
- Benson, A. and **Green, M.** (2012). Nutrition and athletes: A primer for athletic trainers. Oral presentation at the Alabama Athletic Trainers' Association High School Athletic Trainer Symposium [ALATA Emergency Preparedness and Current Medical Issues Conference] (Birmingham, Alabama)
- Benson, A., Sexton, J. **Green, M.** (2011). Effect of height on dominant leg stability in male athletes utilizing the Nintendo Wii balance system. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Green, M.**, Schuler, B., Welch, M., Martin, T. (2011). Effect of sports beverage composition on resting blood glucose levels. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Patil, N., **Green, M.**, Martin, T., Howard-Shaughnessy, C. (2011). Validity of a hand-held indirect calorimeter for estimating resting metabolic rate. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Green, M.S.** (2010). Exercise-induced muscle injury and options to enhance recovery. Oral presentation at the Alabama Athletic Trainers' Association Annual Meeting (Sandestin, Florida)
- Green, M.S.** (2008). Exercise-induced muscle injury and insulin resistance: The repeated bout effect. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Green, M.S.** (2005). Cardiorespiratory fitness: Considerations for accurate prediction of maximal oxygen consumption. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)

GRANTS

Funded External Grants

- Eason, J.R., Sluder, J.B., Forehand, W., **Green, M.S.** (2023). Troy University Movement Education Laboratory. Blue Cross Blue Shield (\$100,000)
- Green, M.S.** and Corona, B.T. (2005). Effect of a carbohydrate-protein recovery beverage on exercise-induced muscle injury. Pacific Health Laboratories, Inc. (\$n/a; experimental beverages)

Funded Internal Grants

- Green, M.S.** (2023). The prevalence of scoliosis in rotational sport athletes and effective intervention. Alabama State Association for Health, Physical Education, Recreation and Dance (Birmingham, AL). Paper Presentation Grant, Troy University Faculty Development Committee (\$584.23)
- Green, M.S.** (2023). Hydration and fluid replacement in physically active individuals. Alabama State Association for Health, Physical Education, Recreation and Dance (Orange Beach, AL). Paper Presentation Grant, Troy University Faculty Development Committee (\$678.77)

- Green, M.S.** (2021). Effects of carbohydrate mouth rinsing on athletic performance. Alabama State Association for Health, Physical Education, Recreation and Dance (Birmingham, AL). Paper Presentation Grant, Troy University Faculty Development Committee (\$540.08)
- Green, M.S.** (2020). Effect of carbohydrate mouth rinsing on resistance exercise performance. 48th Annual Southeast American College of Sports Medicine Conference (Jacksonville, FL). Paper Presentation Grant, Troy University Faculty Development Committee (\$809.22)
- Green, M.S.** (2019). Association between push-ups and anthropometric variables and upper body strength in women. 47th Annual Meeting of the Southeast American College of Sports Medicine Paper Presentation Grant, Troy University Faculty Development Committee (\$725.00)
- Green, M.S.** and Martin, T.D. (2018). Prediction of bench press one repetition max from push-ups. Faculty Research Grant, Troy University Faculty Development Committee (\$2,000)
- Green, M.S.** (2017). Acute effects of golf specific footwear on bilateral balance. 45th Annual Southeast American College of Sports Medicine Conference (Greenville, SC). Paper Presentation Grant, Troy University Faculty Development Committee (\$750.00)
- Green, M.S.** (2015). Effect of motivational music on athletic performance. Alabama State Association for Health, Physical Education, Recreation and Dance (Orange Beach, AL). Paper Presentation Grant, Troy University Faculty Development Committee (\$477.80)
- Green, M.S.** (2013). Learning outcomes in children after an educational health field day. American Alliance for Health, Physical Education, Recreation and Dance National Convention and Exposition (Charlotte, NC). Paper Presentation Grant, Troy University Faculty Development Committee (\$575.70)
- Green, M.S.** (2012). Applying lab- and field-based tests of endurance to the real world. Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, AL). Paper Presentation Grant, Troy University Faculty Development Committee (\$424.30)
- Green, M.S.** (2012). Effect of six weeks of oral *Echinacea Purpurea* supplementation on nitric oxide. International Society for Sport Nutrition Annual Conference (Clearwater Beach, FL). Paper Presentation Grant, Troy University Faculty Development Committee (\$250.00)
- Green, M.S.** (2012). Ibuprofen prolongs functional deficits after a repeated bout of downhill treadmill running. 59th American College of Sports Medicine Conference (San Francisco, CA). Paper Presentation Grant, Troy University Faculty Development Committee (\$750.00)
- Green, M.S.** and Martin, T.D. (2011). Comparison of two field-based tests to predict maximal oxygen uptake in soccer and cross-country athletes. 39th Annual Southeast American College of Sports Medicine Conference (Greenville, SC). Paper Presentation Grant, Troy University Faculty Development Committee (\$750.00/2 = 375.00)
- Green, M.S.** (2010). Effect of caffeine following exercise-induced muscle injury. 38th Annual Southeast American College of Sports Medicine Conference (Greenville, SC). Paper Presentation Grant, Troy University Faculty Development Committee (\$750.00)

Green, M.S. (2009). Effect of caffeine on recovery from exercise-induced muscle injury. Summer Research Grant, Troy University Faculty Development Committee (\$1,578.00)

Green, M.S. (2008). Exercise-induced muscle injury and the repeated bout effect: Effects on insulin resistance. Dissertation Grant, Georgia State University College of Education (\$990.69)

Unfunded External Grants

Green, M.S. and Andrews-Benson, A. (2011). The effect of a non-steroidal anti-inflammatory drug on delayed onset muscle soreness and recovery from exercise-induced muscle injury. Southeast Athletic Trainers' Association (SEATA) Research and Education Committee Research Grant (\$1,692; unfunded)

Green, M.S. and Sluder, J.B. (2010). Comparison of the physiological effects of playing Ripken Quickball, softball, and basketball. Ripken Quickball (\$7,500; unfunded)

Green, M.S. (2006). Downhill treadmill running and the repeated bout effect: Effect on insulin resistance. Student Grant Program, Gatorade Sport Science Institute (\$2,556; unfunded)

Green, M.S. and Corona, B.T. (2004). The effect of a mixed glucose-fructose-sucrose beverage on endurance performance. Student Grant Program, Gatorade Sport Science Institute (\$2,000; unfunded)

Unfunded Internal Grants

Green, M.S. (2008). Exercise-induced muscle injury and recovery: Insulin resistance and carbohydrate-protein supplementation. 55th Annual American College of Sports Medicine Annual Conference (Indianapolis, IN). Paper Presentation Grant (Summer), Troy University Faculty Development Committee (\$750.00; unfunded)

STUDENT RESEARCH MENTOR

Thesis Committee Chair:

Kimmel, C. (2018-2019). Effect of branched chain amino acids on muscle soreness following blood flow restricted exercise.

Thesis Committee Member:

Price, C.A. (2023-2024). Muscular activity and barbell velocity during variations of the bench press.

Melgar, G.M. (2022-2023). Comparison of muscle activation during the judo/jiu-jitsu specific pull-up grip and the neutral grip pull-up grip.

Alexander, D. (2021-2022). Effect of blood flow restriction in the absence of resistance training on serum VEGF concentrations in humans.

Killough, B. (2018-2019). Effect of high intensity interval training (HIIT) on health-related fitness levels in school-aged children.

Richards, J. (2016-2017). Effect of a new games unit on secondary physical education.

Non-Thesis Graduate Projects (IRB approved):

Norris, M. (2018). Effect of chronic caffeine on anaerobic exercise performance.

Jamison, K. (2017). Vitamin D and athletic performance in collegiate basketball players.

Garner, D. (2013). The effects of combined interferential current and ice therapy on the signs and symptoms of delayed-onset muscle soreness.

Patil, N. (2011). Validity of a hand-held indirect calorimeter to measure resting metabolic rate.

Davuluri, A. (2010). Reliability of the 12-minute walk test and national and international students.

Pandya, H. (2010). Effect of 6-weeks of moderate-intensity aerobic exercise training on resting heart rate and blood pressure in previously sedentary individuals.

Chabhadiya, J. (2010). Prevalence of high-fat versus high-carbohydrate diets in endurance athletes.

Non-Thesis Undergraduate Projects (IRB approved):

Simpson, A., Leach, R., Chapman, C., Pridgen, S., Gilheart, B., Waters, J. (2017). Effect of carbohydrate mouth rinse on high intensity rowing performance.

Jacobs, C., Smith, B., Hayes, K., Judah, H. (2016). Psychological factors and athletic performance.

Grantham, E., Smith, B., Lee, K., Stoner, G., Huett, C., Edwards, D., Leurinda, E. (2016). The effects of low and moderate doses of caffeine on blood lactate during repeated Wingate tests.

Watson, J., Roberts, M., Perdue, M. (2015). Effect of motivational music on athletic performance.

SERVICE

Service to the Department of Kinesiology and Health Promotion

Committee Chair:

Curriculum Committee: Undergraduate Exercise Science Curriculum Committee (2022-present)

Website Committee: Website Design/moderator (troy.edu/khp domain; 2018-present)

Website Committee: Website Design/moderator (trojan.troy.edu/khp domain; 2008-2018)

Search Committee: Assistant/Associate Professor, Athletic Training Clinical Coordinator (2015)

Search Committee: Assistant/Associate Professor, Athletic Training Program Director (2014)

Ad-hoc Committee: Online KHP course offerings (2013)

Department of Kinesiology and Health Promotion 5k Road Race Committee (2008-2012)

Committee Member:

Search Committee: Assistant/Associate Professor, Exercise Science (2023)

Search Committee: Lecturer, Exercise Science (2023)

Search Committee: Assistant/Associate Professor, Physical Education (2023)

Curriculum Committee: Undergraduate Exercise Science Curriculum Committee (2008-present)

Curriculum Committee: Graduate Exercise Science Curriculum Committee (2008-present)

Search Committee: Department Chair (KHP) and Associate/Full Professor (2016)

Search Committee: Lecturer, Athletic Training Clinical Coordinator (2016)

Ad-hoc Committee: Development of MS in Exercise Science (2013-2014)

Search Committee: Department Chair (KHP) and Associate/Full Professor (2013)

Search Committee: Assistant/Associate Professor in Health and PE (2008)

Search Committee: Assistant/Associate Professor in PE/Sport and Fitness Management (2008)

Search Committee: Assistant/Associate Professor in Sport and Fitness Management (2008)

Representative:

Commencement Ceremony (Fall, 2008-present)

Trojan Preview Day (Spring/Fall, 2008-present)

Troy University Soccer Recruits (2008-present)

Troy University Track and Field Recruits (2008-present)
Homecoming Tent (2008-present)
Troy University Honors Convocation [Award Presenter, Outstanding Student in Exercise Science (2018-2019, 2021)]
Freshman IMPACT sessions (2008, 2010-2013)

General:

Faculty Sponsor, Student Bowl Team, SEACSM Annual Conference (2019-2020, 2022)
Co-coordinator, Germany-America Study Abroad Program (4 trips; 2014-2017)
Host, Kinesiology and Health Promotion Majors Club Fall Social (2012-present)
Faculty Sponsor, Kinesiology and Health Promotion Majors Club (2013)

Service to the College of Health and Human Services

Committee Member:

College of Health and Human Services Promotion and Tenure Review Committee (2012-2013; 2017-2018; 2021-2022)
College of Health and Human Services Executive Council (2012-2013)
College of Health and Human Services Technology Committee (2009-2011)
College of Health and Human Services Web Page Committee (2008-2009)

Representative:

Troy University Commencement Ceremony [College Banner Carrier (2015, 2018)]
Student Appreciation Day (Fall, 2018-2019)

Service to Troy University

Committee Member:

Troy University Faculty Handbook Review Committee (2019)
Troy University Sponsored Program Creativity Committee (2010-present)
Troy University Promotion and Tenure Review Committee (2017-2018)
Troy University Committee on Promotion and Tenure Appeals (2016-2017)
Troy University Institutional Review Board (2012-2015)
Troy University Athletics Advisory Committee (2008-2014)

General:

Co-Developer, BS in Exercise Science degree program (2013)
Committee for IRB Review Form Updates (2013)
Cast Member, *TROY 1887 Motto* television advertising campaign (2011)
Faculty Advisor, Troy University Rugby Football Club (2010-2011)

Service to Professional Discipline

Leadership:

Editorial Board, ASAHPERD Journal (2022-present)
Committee Member, Southern Union State Community College Health Sciences Advisory Committee (2021-2022)
Vice President, Sport and Exercise Science Council, Alabama State Association for Health, Physical Education, Recreation, and Dance (2013)
Vice President-Elect, Sport and Exercise Science Council, Alabama State Association for Health, Physical Education, Recreation, and Dance (2012)

Invited Manuscript Reviewer:

Frontiers in Nutrition (1 review, 2023)
European Journal of Sport Science (1 review, 2023)
ASAHPERD Journal (1 review, 2021; 1 review, 2023)

International Journal of Sport Nutrition and Exercise Metabolism (1 review, 2021)

Journal of Strength and Conditioning Research (1 review, 2021)

International Journal of Sports Medicine (1 review, 2018)

Sports Medicine (1 review, 2013)

Medicine and Science in Sports and Exercise (1 review, 2011; 4 reviews, 2009)

Applied Physiology, Nutrition, and Metabolism (2 reviews, 2009)

Invited Textbook Reviewer:

Powers, S. and Howley, E. Exercise Physiology: Theory and Application to Fitness and Performance (10th edition, 2018)

Total Fitness Assessment Lippincott Williams & Wilkins (online platform, 2014)

Kraemer, W.J., Fleck, S.J., and Deschenes, M.R. Exercise Physiology: Integrating Theory and Application (1st edition, 2012)

Plowman, S. Exercise Physiology for Health, Fitness and Performance (4th edition, 2011)

Invited External Reviewer:

Kennesaw State University Tenure and Promotion Committee (2020)

Kennesaw State University Tenure and Promotion Committee (2018)

Conference Abstract Submission Reviewer:

SEACSM Annual Conference (2020, 2022-2024)

ASAPERD Fall Conference (2012, 2013)

ASAPERD Spring Conference (2012, 2013)

General:

Judge, Student Bowl, SEACSM Annual Conference (2019-2020, 2022-2023)

AV Technical Support Crew, SEACSM Annual Conferences (2004-2007)

CONFERENCE ATTENDANCE

National Conferences:

American Alliance for Health, Physical Education, Recreation and Dance (2013)

International Society of Sport Nutrition Annual Conference and Expo (2012)

American College of Sports Medicine National Annual Conference (2005-2008, 2012)

Regional Conferences:

Southeast America College of Sports Medicine Annual Conference (2001, 2004-2011, 2017, 2019-2020, 2022-2023)

Annual ISSN-Kennesaw State University Conference on Nutrition and Training (2017, 2019)

State Conferences:

Alabama State Association for Health, Physical Education, Recreation, and Dance Fall Conference (2005, 2011-2012, 2018, 2021-2023)

Alabama State Association for Health, Physical Education, Recreation, and Dance Spring Conference (2008, 2015-2020, 2022-2024)

Alabama Athletic Trainers' Association Annual Conference (2010)

Florida State University Sport Management Annual Conference (2001)

HONORS AND AWARDS

Faculty Member of the Game (2013)

Service to Troy University recognized at a Troy basketball game

Troy University Phi Kappa Phi Outstanding Scholar Award (2009)

Awarded annually to a single faculty member for scholarship and research excellence

Georgia State University College of Education Honors Day (2008)
Department of Kinesiology and Health Outstanding Doctoral Student Award
American College of Sports Medicine Nutrition Interest Group (2007)
Student Research Award (\$250; joint winner)

Georgia State University College of Education Honors Day (2006)
Department of Kinesiology and Health Outstanding Doctoral Student Award

Awarded Full Athletic Scholarship (1997-2002)
Troy State University, Track and Field + Cross Country

Troy State University Honors Convocation (2001)
Clements Award

NCAA Postgraduate Scholarship Award Winner (2001)
Awarded to student-athletes who excel academically and athletically (\$5,000)

Dr. Jesse Hall Colley Memorial Scholarship (2000)
Provided to an outstanding Troy State University senior track athlete (\$500)

Inducted into Who's Who Among Students in American Universities and Colleges (2000)

Inducted into Phi Epsilon Kappa Fraternity (2000)
National professional fraternity for Health, Physical Education, Recreation, and Safety

Outstanding Major of the Year (2000)
National Association for Sport and Physical Education (NASPE)

Inducted into the Honor Society of Phi Kappa Phi (1999)

Academic All-American (1998)
Named by the US Cross Country Coaches Association

The National Dean's List (1998)
Honorary Award Recognition in the 21st Annual Edition

PROFESSIONAL AND ACADEMIC AFFILIATIONS

American College of Sports Medicine: 2003-present

Southeast American College of Sports Medicine: 2001-present

Alabama State Association for Health, Physical Education, Recreation, and Dance: 2008-present

MISCELLANEOUS

Member:

Atlanta Track Club: 2004-present

Blackburn Harriers and Athletic Club: 1991-present
Club record holder in the 10k [29:31], 15k [45:45], Half Marathon [65.14], and Marathon [2:18:11]

Notable Athletic Achievements:

Mercedes Benz Half Marathon (Birmingham, AL)
1st overall, 2011 (65:14)

ACSM Gisolfi 5k Fun Run
1st overall, 2007 (15:17), 2006 (14:54), 2005 (14:48; ACSM record)

Flora London Marathon (London, England)
24th overall, 2004 (2:18:11)

Huntsville Times Rocket City Marathon (Huntsville, AL)
1st overall, in 2003 (2:20:25)

Troy University 3000m record holder
8:10.06 (2001)