

Whitley J. Stone, PhD

Curriculum Vitae

Education

Doctorate in Philosophy in Human Performance: Exercise Science	2014-2017
Middle Tennessee State University, Murfreesboro, TN	
Master of Science in Kinesiology: Exercise Physiology	2012-2014
Western Kentucky University, Bowling Green, KY	
Bachelor of Science in Health and Wellness Education	2008-2012
Lee University, Cleveland, TN	

Professional History

Western Kentucky University

Associate Professor	July 1, 2023 – p.
Assistant Professor	Aug 2019 – June, 2024

Instructor of Record: School of Kinesiology, Recreation, & Sport

EXS 122: Introduction to Kinesiology
EXS 223: Introduction to Exercise Science
EXS 296: Practicum in Exercise Science
EXS 311: Physiology of Exercise + Labs
EXS 325: Applied Exercise Physiology
EXS 420: Clinical Exercise Physiology
EXS 456: Advanced Studies in Kinesiology
EXS 496: Internship in Exercise Science
EXS 498: Capstone Experience
KIN 504: Advanced Exercise Physiology
KIN 530: Independent Study
KIN 596: Internship
KIN 599: Thesis Research/Writing

University of Central Missouri

Assistant Professor	Aug 2017 – June, 2019
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Instructor of Record: School of Nutrition, Kinesiology, & Psychological Sciences

KIN 2850: Foundations of Exercise Physiology
KIN 4850: Exercise Assessment and Evaluation of Fitness and Wellness

KIN 4860: Fitness Programming and Implementation
KIN 4870: Clinical Exercise Physiology
KIN 4875: Internship (coordinator)
KIN 5850: Stress Testing and EKG Interpretation
KIN 5900: Introduction to Research
KIN 2850: Foundations of Exercise Physiology
KIN 4850: Exercise Assessment and Evaluation of Fitness and Wellness

Research & Writings

Research Publications

**Represents student author*

Navalta, Davis, **Stone**, ... (2025) Gender Inclusive Approach in Sport and Exercise Science Studies using Fitbit Outcomes from the *All of Us* Research Program Dataset. *International Journal of Exercise Science*.

Caputo, Ibrahim*, Davis, **Stone**, Garver, Johnson (2025) Editorial Policies on Artificial Intelligence in Sports Science: Balancing Innovation and Ethical Standards. *Kinesiology Review*.
<https://doi.org/10.1123/kr.2025-0010>

Bacci et al., (2025) Impact of Sarcopenia, Dynapenia, and Obesity on Muscle Strength and Quality in Chronic Kidney Disease Patients: A Sex-Specific Study. *Healthcare* 13, 1621

Lord E* Tolbert M, **Stone WJ** (in press) A Case Series: Effectiveness of Nintendo Ring Fit in Improving Balance and Stability Deficits after Recovery from ACL Reconstruction. *Topics In Exercise Science and Kinesiology*

Stone WJ, Garver, Wakeman, Tulusso, Nelson*, Hair*, Nehlsen* (2024) More than Body Composition: A Darwinian Theory of Somatotype Applied to a DII Track and Field Outdoor Season. *International Journal of Exercise Science* 17(4) 1-12.

Navalta, Davis*, **Stone WJ** (2023) Implications for Cisgender Female Underrepresentation, Small Sample Sizes, and Misgendering in Sport and Exercise Science Research. *PLoS ONE* 18(11): e0291526.

Buoncrisiani*, Malone*, **Stone WJ**, Arnett, Schafer, Tulusso (2023) The Validity of Perceptual Recovery Status on Monitoring Recovery During a High-Intensity Back-Squat Session. *International Journal of Sports Physiology and Performance*. 19(3) 242-248.

Stone WJ, Tulusso DV, Pacheco G*, Brgoch SM, Nguyen VT. (2023) A Pilot Study on Cannabidiol (CBD) and Eccentric Exercise: Impact on Inflammation, Performance, and Pain. *International Journal of Exercise Science* 16(2) 109-117.

Stone WJ, Buoncrisiani N*, Malone G* (2022) Keep it simple: comparing functional assessments in individuals with Down syndrome. *Journal of Intellectual Disability* 66(22) 893-899.

Stone WJ, Tulusso DV, Duchette C*, Malone G*, Dolan A*. (2022) Eccentric resistance training with neurological conditions: A meta-analysis. *Gait and Posture* 100 14-26.

Melo*, Neto, Fonseca, **Stone**, Nascimento (2022) Resistance training and Down Syndrome: A narrative review on considerations for exercise prescription and safety *Frontiers in Physiology* 13, 1-17.

Garver, Navalta, Heijnen, Davis, Reece, **Stone**, Siegel, Lyons (2023) IJES Self-Study on Participants' Sex in Exercise Science: Sex-Data Gap and Corresponding Author Survey. *International Journal of Exercise Science* 16(6): 364-376.

Diniz, Nascimento, Neto, Alves, **Stone**, Prestes, Beal (2023) Muscle Performance in Octogenarians: Factors Affecting Dynapenia. *Journal of Bodywork and Movement Therapies*.
<https://doi.org/10.1016/j.jbmt.2023.04.031>

Melo GLR, Moraes MR, Nascimento EF, Boato EM, Beal FLR, **Stone WJ**, da Cunha Nascimento D. (2022) Field-based versus laboratory-based estimates of muscle quality index with and without Down syndrome. *Journal of Intellectual Disability Research*. Doi: 10.1111.jir.12959.

*DeLoach B, **Stone W**, Tolusso, Brown ... (2021) Aligning Perceptual Preference with Instructional Method in a Recreational Environment. *Journal of Outdoor Recreation, Education, and Leadership*, 13(4) 46-54.

*Duchette, Tolusso, **Stone**, Blankenship, Tinius (2021). Prenatal Yoga and Mental Health During the COVID-10 Pandemic: A Randomized Control Trial. *OBM Integrative and Complementary Medicine*, 6(4): 19.

*Neves, Corrêa, Neto, Souza, Costa, Haro, Deus, Reis, Simões, Andrade, Assumpção, **Stone**, Prestes, Vieira, Durigan, Cruzat, Rosa (2021) Renoprotection Induced by Aerobic Training is Dependent on Nitric Oxide Bioavailability in Obese Zucker Rats. *Oxidative Medicine and Cellular Longevity*, Article ID 3683796.

Stone WJ and Baker K. A Roadmap: Social Distancing Physical Activity Data Collection to Protect those with Intellectual Disabilities. *Journal of Intellectual Disabilities*. Online ahead of print. doi: 10.1177/17446295211009655.

*Davis, Gaver, **Stone WJ**, Penumetcha, Hair, Philipp. Endothelial Function and Arterial Stiffness in Young Adults with Histories of Chronic Resistance Training. *Journal of Human Sport and Exercise*. Published online ahead of print. doi:10.14198/jhse.2022.172.11

*Corrêa, *Neves, *Deus, Maia, Maya, Tzanno-Martins, Souza, Silva, Haro, Costa, Moraes, Simões, Prestes, **Stone WJ**, Rosa. (2021) Low-Load Resistance Training with Blood Flow Restriction Prevents Renal Functional Decline: The Role of the Redox Balance, Angiotensin 1-7 and Vasopressin. *Physiology and Behavior*. 230: 113295

*Amorim, *Nascimento, **Stone WJ**, Alves, Moraes, Silva (2021) Muscle Quality is Associated with History of Falls in Octogenarians. *Journal of Nutrition, Health, and Aging* 25: 120-125.

*Nascimento, Prestes, Diniz, Beal, Alves, **Stone WJ**, Beal. (2020) Comparison of Field- and Laboratory-based Estimates of Muscle Quality Index between Octogenarians and Young Older Adults: An Observational Study. *Journal of Exercise Rehabilitation*. 16(5): 458-466.

*De Castro, *Nascimento, Orsano, Neto, Beal, **Stone WJ**, Rosa, Prestes (2020) Effect of High-Velocity and Traditional Resistance Exercise on Serum Antioxidants and Inflammation Biomarkers in Older Women: A Randomized Crossover Trial. *Experimental Gerontology*. 139: 111026.

*Dues, *Neves, *Corrêa, Reis, Honorato, Silva, Simão, Prestes, Neto, Santos, Melo, **Stone WJ**, Rosa (2021) Improving the Prognosis of Renal Patients: The Effects of Blood Flow-Restricted Resistance

Training on Redox Balance and Cardiac Autonomic Function. *Experimental Physiology*. 106(4): 1099-1109.

*Rosa, *Corrêa, de Deus, **Stone WJ**, Gadelha, Araújo, Junior, Moraes, Silva, Tzanno-Martins, Simões, Prestes, Neves. (2021) Effects of Dynamic and Isometric Resistance Training Protocols on Metabolic Profile in Hemodialysis Patients: A Randomized Controlled Trial. *Applied Physiology, Nutrition, and Metabolism*. <https://doi.org/10.1139/apnm-2020-0900>

*Neves, *Rosa, *Corrêa, *Aires, *Deus, Sousa, **Stone WJ**, Aguiar, Prestes, Simões, Andrade, Moraes (2021) Biomarkers and Redox Balance in Aging Rats after Dynamic and Isometric Resistance Training. *International Journal of Sports Medicine* 42(03): 283-290. DOI: 10.1055/a-1231-5410

Stone WJ, Schafer MA, Arnett SW, Lyons TS (2020) Post Exercise Hypotension following Concurrent Exercise: Does Order of Exercise Modality Matter? *International Journal of Exercise Science*. 13(2) 36-48.

Johnson SJ, **Stone WJ**, Bunn JA, Lyons TS, Navalta JW (2020) New Author Guidelines in Statistical Reporting: Embracing an Era Beyond $p < .05$. *International Journal of Exercise Science*. 13(1) 1-5.

*Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, *Davis DW, *Philipp NM, *Hair JN. (2020) Early-Morning and Late-Night Maximal Runs: Metabolic and Perceived Exertion Outcomes. *Topics in Exercise Science and Kinesiology*. 1(2) Article 2.

Lyons TS, Navalta JW, **Stone WJ**, Arnett SW, Schafer MA, *Igaune. (2020) Evaluation of Repetitive Jumping Intensity on the Digi-Jump Machine. *International Journal of Exercise Science*. 13(2), 818-825.

Navalta JW, Hoover DL, *Salatto RW, **Stone WJ**, Lyons TS (2020) Guidelines for Reviewers: Topics in Exercise Science and Kinesiology. *Topics in Exercise Science and Kinesiology*. 1(2) Article 1.

Navalta JW, Lyons TS, **Stone WJ** (2019) Introducing a Practitioner-Focused Publication in Exercise Science and Kinesiology. *Scholarship in Kinesiology* 1(1): Article 1.

*Corrêa HL, *Moura SRG, *Neves RVP, Tzanno-Martins C, ... **Stone WJ**... (2020) Resistance Training Improves Sleep Quality, Redox Balance and Inflammatory Profile in Maintenance Hemodialysis Patients: A Randomized Control Trial. *Scientific Reports*, 10, 11708. <https://doi.org/10.1038/s41598-020-68602-1>.

*De Castro, *Nascimento, Oranso, Neto, Beal, **Stone**, Rosa, Prestese (2020) Effects of High-Velocity and Traditional Resistance Exercise on Serum Antioxidants and Inflammation Biomarkers in Older Women: A randomized control trial. *Experimental Gerontology*. *Accepted – in production*.

*Lima PS, *de Campos AS, de Faria Neto O, Ferreira TCA, Amorim CEN, **Stone WJ**, Prestes J, Garcia AMC, Urtado CB. (2019). Effects of Combined Resistance Plus Aerobic Training on Body Composition, Muscle Strength, Aerobic Capacity, and Renal Function in Kidney Transplantation Subjects. *Journal of Strength and Conditioning Research*, *published online ahead of press*.

*Miranda JM, Rica RL, Bergamin M, Barbosa WA, Valenti VE, Baker JS, Shimojo GL, Prestes J, **Stone WJ**, Bocalini DS, Wichi RB. (2019) Effects of a Competitive Season on Autonomic Heart Rate Modulation in Field Soccer Athletes. *International Journal of Exercise Science*, 12(2) 1198-1205.

Navalta JW, **Stone WJ**, Lyons TS. (2019). Ethical Issues Relating to Scientific Discovery in Exercise Science. *International Journal of Exercise Science*. 12(1), 1-8.

Neves RVP, Rosa TS, Souza MK, Oliveira AJC, Gomes GNS, ... **Stone WJ**. Dynamic, Not Isometric Resistance Training Improves Immunometabolism and Muscle Function in Rats. (2019) *Frontiers Physiology*, 10, Article 4, 1-14.

*Pitta RM, de Sá Pinto Montenegro CG, Luksevicius R, Bocalini RDS, Tibana RA, Prestes J, **Stone WJ**, Figueira Jr AJ. (2019) Comparison of the Effects of Linear and Non-Linear Resistance Training Periodization on Morphofunctional Capacity of Subjects with Different Fitness Levels: A Systematic Review. *International Journal of Exercise Science*, 12(4), 666-690.

*Trindade TB, Prestes J, Neto LO, Medeiros RMV, Tibana RA, de Sousa NM, Santana EE, Cabral BG, **Stone WJ**, Dantas PMS. (2019) Effects of Pre-exhaustion versus Traditional Resistance Training on Training Volume, Maximal Strength, and Quadriceps Hypertrophy. *Frontiers in Physiology*, 10:1424.

Stone WJ, Lyons TS, Navalta JW, & Schafer MA. (2018). From the Editors: A Guide for Peer Review in the Field of Exercise Science. *International Journal of Exercise Science*. 11(1), 1112-1119.

Stone WJ & Stevens SL. (2018) Walker vs Wheelchair User: Expected Gains from Lower Extremity Eccentric Resistance Training after Incomplete Spinal Cord Injury. *Annals of Behavioral Neuroscience*. 1(1), 119-122.

Stone WJ, Stevens SL, Fuller DK, & Caputo JL. (2018). Strength and Step Activity after Eccentric Resistance Training in Those with Incomplete Spinal Cord Injuries. *Topics in Spinal Cord Injury Rehabilitation*. In-press. DOI: 10.1310/sci17-00052.

Stone WJ, Stevens SL, Fuller DK, & Caputo JL. (2018). Ambulation and Physical Function after Eccentric Resistance Training in Adults with Incomplete Spinal Cord Injury: A feasibility study. *Journal of Spinal Cord Medicine*. DOI: 10.1080/10790268.2017.1417804.

*Lino AD, Leite RD, Prestes J, Pereira G, Frade N, Magosso R, Duarte F, Sene-Fiores M, **Stone W**, ... (2018). Resistance Training Decreases Lipid Content of Different Fat Deposits in Ovariectomized Rats. *Asian Journal of Sports Medicine*, 9(1), 1-9. DOI: 10.5812/asjms.62258.

Stone WJ, Hoover D, & Arnett SW (2017). Lower Extremity Kinematics of ACL-Repaired and Non-Injured Females when using Knee Savers. *International Journal of Sport Physical Therapy*, 12(5), 737-746. DOI: 10.16603/ijsp20170737.

Stone WJ, Stevens SL, Fuller D, & Caputo JL (2017). Eccentric Resistance Training in Adults with and without Spinal Cord Injuries. *International Journal of Exercise Science*, 10(1): 154-165.

Sobrero G, Arnett SW, Schafer MA, **Stone WJ**, Tolbert TA, . . . Maples J. (2017). A Comparison of High Intensity Functional Training and Circuit Training on Health and Performance Variables in Women: A Pilot Study. *Women in Sport and Physical Activity Journal*. 25(1) 1-10; DOI: <http://dx.doi.org/10.1123/wspaj.2015-0035>.

Book Publications

Stone WJ. LabX: A Complete Lab Manual for Exercise Science Majors. 2025. *Kendall Hunt*.

Garver MJ & **Stone WJ**. Practical Content for Beginning Kinesiologists. Ed 2. 2021. *Perceivant*, Indianapolis, IN.

Garver MJ & **Stone WJ**. Practical Content for Beginning Kinesiologists. Ed 1. 2020. *Perceivant*, Indianapolis, IN.

Presentations and Published Abstracts

Navalta, **Stone**, Thomas. (2025) Prospero Methodology Publication: A systematic review of demographic profiles and methodology in the generation and validation of resting metabolic rate prediction equations.

Navalta, J.W., Davis, D.W., Flatt, J., Wooldridge, J.D., Moore, J.L., Thomas, J.D., **Stone, W.J.** (2024) A Gender-Inclusive Approach in Common Sport and Exercise Science Measurements Using the All of Us Research Program Dataset. 69th Annual Conference Western Society for Kinesiology and Wellness. Oakland, CA 2024.

Pacheco, **Stone WJ**, Toluoso, Arnett, Barksdale, McGee (2024) Cannabidiol and Resistance Training: Does CBD Attenuate Acute Pain? *Presentation at the American College of Sports Medicine Annual Regional Meeting.*

McGee, Arnett, Toluoso, **Stone WJ** (2024) The Effects of Mindfulness Training on Muscular Endurance Performance, Mindfulness, and Mental Toughness. *Presentation at the American College of Sports Medicine Annual Regional Meeting.*

Stone, Garver, Wakeman, Toluoso, Nelson*, Hair*, Nehlsen*. (2023) Darwinian Theories Applied to Sport: Somatotype and its Changes across a DII Track and Field Competition Season. *Presentation at the National Strength and Conditioning Association's Annual National Meeting.*

Toluoso, Buoncristiani*, **Stone**, Malone*, McGee*, Arnett, (2023) Perceptual Recovery Status as a Marker to Track Recovery of Performance following Strength-Based Resistance Exercise. *Presentation at the National Strength and Conditioning Association's National Meeting.*

Stone WJ, Toluoso DV, Pacheco G*, Brgoch S, Nguyen VT. (2023) Cannabidiol (CBD), Eccentric Exercise, and Inflammation. *Presentation at the American College of Sports Medicine Annual Regional Meeting.*

Lord E*, **Stone WJ**, Tolbert M, Scali S. (2023) Effectiveness of Nintendo Ring Fit in Improving Balance Deficits After Recovery from ACL Reconstruction. *Presentation at the Southeast Chapter of the American College of Sports Medicine Annual Meeting.*

Avendano*, **Stone**, Buoncristiani*, Malone*, Schafer. (2023) Rock Out Workout: Cardiodrumming's Impact on Function with Down Syndrome. *Presentation at the American College of Sports Medicine Annual Regional Meeting.*

Pacheco G*, Toluoso D, **Stone WJ**, Brgoch S, Nguyen VT. (2023) Impact of Cannabidiol (CBD) Oil after Eccentric Loading on Physical Performance and Pain. *Presentation at the American College of Sports Medicine Annual Regional Meeting.*

Schafer, Scali, **Stone**, Lyons, Crandall (2023) Impact of 10-Week Bingocize Program on Self-Reported General Health, Fear of Falling, and Physical Activity. *Presentation at the American College of Sports Medicine Annual Regional Meeting.*

Stone WJ, Baker K, *Buoncristiani N, *Malone G. (2022) Balance, Functional Gait, and Wearable Technology in Individuals with Down Syndrome. *Presentation at the American College of Sports Medicine International Meeting.*

Stone WJ, Toluoso, DV, *Duchette C, *Malone G, *Dolan, A. (2022) Is Negative as Effective as Positive Work in those with Neurological Conditions: A Meta-Analysis. *Presentation at the American College of Sports Medicine Regional Southeastern Meeting.*

*Buoncristiani N, **Stone WJ**, *Malone G, Baker K. (2022) Balance and Functional Gait Relate to Daily Physical Activity in Individuals with Down Syndrome. Presentation at the *American College of Sports Medicine Regional Southeastern Meeting*.

*Malone G, **Stone WJ**, Baker, *Buoncristiani. (2022) Wearable Activity Trackers Do Not Increase Physical Activity in Individuals with Down Syndrome. *Presentation at the American College of Sports Medicine Regional Southeastern Meeting*.

Stone WJ, Navalta JW, Lyons TS (2021) Behind the Veil: Open Discussion with the Editors of the International Journal of Exercise Science. *Tutorial Presentation at the International Community of Scholars in Kinesiology's Annual Student Research Week*.

Stone WJ, Baker K. (2021) A Roadmap: Social Distanced Physical Activity Data Collection to Protect Those with Intellectual Disabilities. Presentation at the *American College of Sports Medicine International Meeting and Accepted to the Southeast Regional Meeting*

*Lambert J & **Stone WJ**. (2021) Lightboard and Online Learning. *Convince Me in 3 Competition Presentation at the International Community of Scholars in Kinesiology's Annual Student Research Week*.

*Dolan A, Arnett SW, Baker K, **Stone WJ** (2021) A Taekwondo Intervention in Adults with Down Syndrome. Presentation at the *American College of Sports Medicine Sout East Regional Meeting*.

Stone WJ, Wakeman AJ, Garver MJ, Hair JN, Davis DW, Grinde D, Allan S (2020) Somatotyping in College Track Athletes: Evaluating Change Across a Competitive Season by Sex and Age. Presentation at the *American College of Sports Medicine International Meeting and Accepted to the Southeast Regional Meeting*

*Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, Davis DW, Hair JN, Philipp NM (2020) Metabolic and Perceived Exertion Outcomes during Maximal Runs at Extreme Ends of the Day. Presentation at the *American College of Sports Medicine International Meeting*.

*Davis, Garver, **Stone** et al. (2020) Endothelial Function in Young Adults Reporting Histories of Chronic Resistance Activity. Presentation at the *American College of Sports Medicine International Meeting*.

*Hair, Garver, **Stone**, et al. (2020). Somatotyping in Male and Female Sprinters and Endurance Sprinters. Presentation at the *American College of Sports Medicine International Meeting*.

Garver, **Stone**, Wakeman, et al. (2020) Somatotype of Female and Male Athletes: Comparing Between Sexes and Among Select Events. Presentation at the *American College of Sports Medicine International Meeting*.

Stone WJ, Wakeman AJ, Younkin BA, Davis DW, Garver MJ, Strohmeyer HS (2019) Should We Stick with Step Counts after Incomplete Spinal Cord Injury? A Case-Control Investigation. Presentation at the *American College of Sports Medicine National Annual Meeting*.

Wakeman AJ, **Stone WJ**, Younkin BA, Davis DW, Garver MJ, Strohmeyer HS. (2019) Case-Control Investigation of Speed and Gait after an Incomplete Spinal Cord Injury. Presentation at the *American College of Sports Medicine National Annual Meeting*.

Stone WJ, Wakeman AJ, Younkin BA, Davis DW, Garver MJ, Strohmeyer HS (2019) Should We Stick with Step Counts after Incomplete Spinal Cord Injury? A Case-Control Investigation. Presentation at the *Graduate Education and Research's Graduate Scholars Symposium, University of Central Missouri*.

Wakeman AJ, **Stone WJ**, Younkin BA, Davis DW, Garver MJ, Strohmeier HS. (2019) Case-Control Investigation of Speed and Gait after an Incomplete Spinal Cord Injury. Presentation at the *Graduate Education and Research's Graduate Scholars Symposium, University of Central Missouri*.

*Davis DW, *Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, Philipp NM... Hopkins ZS. (2019). Ability to predict impending volitional exhaustion based on aerobic capacity. Presentation at the *American College of Sports Medicine National Annual Meeting*.

*Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, *Davis DW, ... (2018) Maximal VO₂ at Extreme Ends of the Day Following Glucose Provision. Presentation at the *American College of Sports Medicine Central States Regional Meeting*.

*Davis DW, *Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, ... (2018) Ability to Predict Occurrence of Volitional Exhaustion Based on Aerobic Capacity. Presentation at the *American College of Sports Medicine Central States Regional Meeting*.

*Philipp NM, *Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, *Davis DW, ... (2018) Maximal Perceived Effort during Maximal Running at Extreme Ends of the Day. Presentation at the *American College of Sports Medicine Central States Regional Meeting*.

Stone WJ, Stevens SL, Fuller DK, Caputo JL. (2018). Ambulation and Physical Function after Eccentric Resistance Training in Adults with Incomplete Spinal Cord Injury. Presentation at the *American College of Sports Medicine Annual Meeting*.

Stone WJ, Stevens, S.L., Fuller, D.K., & Caputo, J.L. (2017). Strength and Step Activity after Eccentric Resistance Training in Those with Incomplete Spinal Cord Injuries. Presentation at the *American College of Sports Medicine Central States Regional Meeting*.

Stone WJ, Stevens S, Fuller D, & Caputo J. (2017). Eccentric Resistance Training in Adults with and without Spinal Cord Injuries. *Presentation at the National American College of Sports Medicine*. Denver, CO.

Stone WJ, Stevens S, Fuller D, & Caputo J. (2017). Eccentric Resistance Training in Adults with and without Spinal Cord Injuries. *Presentation at the Southeast American College of Sports Medicine*. Greenville, SC.

*Gray C, **Stone WJ**, Stevens S. (2017). Upper-Extremity Eccentric Resistance Training Postpartum and Incomplete Spinal Cord Injury. *Presentation at Middle Tennessee State University's Scholars Week Exposition, Murfreesboro, TN*.

Grants and Funding

Top Tier Doctoral Graduate Research Assistantship Grant Program. UNLV (Navalta: PI). Su25 \$26,700/yr, renewable. Submitted.

Catalyst Grant Program Sport Innovation Affiliate Faculty Award- UNLV (Navalta: PI); \$25,000. Funded. Sp25

NAKHE Hellison Interdisciplinary Grant (PI: Thomas); Funded. \$5000 Su25

CHHS QTAG - Surfing Training in Hawaii (Sp 2025, Funded) = \$3,004

CHHS QTAG - Cold Water Immersion and Motor Learning (Funded, Fall 2024) = \$2,228

CITL AI Grant (Funded, Fall 2024) = \$2500

NIH Grant, AY 24-25 - Development of Inclusive Algorithms for Estimating Energy Expenditure with Wrist Worn Wearable Technologies. Grant prepared for submission, but award cancelled by funding agency.

Amazon "Think Big" Research Award. Submitted. \$168,983. Su25.

QTAG. Jet Lag in Hawaii. (October 2023). Awarded. \$3,000

C-QTAG. Exercise and Health: Program Evaluation and Needs Assessment for Community Cardio-Drumming Classes. (December 2023). Awarded. Co-Author. \$10,000.

Collaborative QTAG (C-QTAG) CBD and Eccentric Exercise. (Summer 2023) \$10,000.

Quick Turn Around Grant. Adapted Cardiodrumming in those with Down Syndrome (Fall 2021) \$3,000

FUSE Grant. Adapted Cardiodrumming in those with Down Syndrome (Spring 2022) \$3,000

Quick Turn Around Grant. Wearable Technology with Down Syndrome. Fall 2019 (WKU) \$3,000

Graduate Student Grant. Support for Graduate Student thesis project. Fall 2021 (WKU) \$1,700

Sisterhood Grant. To Fund Lightboard Studio. Fall 2019 (WKU) \$20,000 [*not funded*]

Graduate Research Award. A faculty mentor to student recipient. Fall, 2018 (UCM) \$1,000

Center for Teaching and Learning Academic Advancement Grant. Fall 2018 (UCM) \$500

Graduate Education and Research: Scholarly Activity Fund. Fall 2018 (UCM) \$1000

Student Technology Fees, Spring 2018. (UCM) \$1,300.

Center for Teaching and Learning's Institutional Improvement Grant, Fall 2017. (UCM) \$1,500

Student Technology Fees, Fall 2017. (UCM) \$10,847.91

Student Organizations Research Travel Grant, Spring 2016. (MTSU) \$250

Student Organizations Research Travel Grant, Spring 2015. (MTSU) \$250

ACSM Foundation Doctoral Student Research Grant, Fall 2015. (MTSU) \$5,000 [*not funded*]

College of Health and Human Services Student Research Grant, (WKU), Spring 2013- \$718.95

Graduate Student Research Grant, (WKU), Fall, 2014. \$1,500.00

Personal Certifications, Memberships, and Awards

Nominated for CHHS Teaching Award	Fall 2023
Nominated as Chi Omega's Professor of the Month (October 2023)	Fall 2023
Diversity, Equity, and Inclusion in the Workplace Certificate. <i>University of South Florida</i>	Spring 2021

The Association of College and University Educators and The American Council on Education: Effective Teaching Practices Course. <i>Certificate Earned.</i>	AY 17-18
Nominated for CITL Teaching Honors	Fall 2020 – p.
USA Weightlifting Level 1 Coaching Certification	2018 - 2024
Outstanding Doctoral Graduate Assistant. <i>MTSU</i>	Sp 2016
Academic and Research Excellence in Kinesiology. Outstanding Graduate Student. <i>WKU</i>	2014
Outstanding CHHS Graduate Student. <i>WKU</i>	2014
American College of Sports Medicine, Professional Member	2017- 2024
American College of Sports Medicine, Student Member	2011-2017
Southeastern American College of Sports Medicine, Student Member	2013-2017
American Red Cross Instructor for CPR, AED, and First Aid	2015 – p.

Professional Development and Mentorship

Professional Development

Faculty Leadership Year (FLY)	AY 23-25
AUAI in Education Explorer Credential. Completion of a 15+ hour training on implementing AI in the classroom. Provided by CITL	2024
Search Chair Training	Fa 2023
The New AI Frontiers: CITL Conference	Sp 2024
Grant-seeking for Mid-Career Faculty	Sp 2023
CITL Getting Students Excited about Learning	Sp 2023
My WKU Experience: Addressing Race in the Classroom	Fa 2020
Students' Misconception about Learning	Fa 2020
CITL Winter Workshop	Winter 2021
Safe Zone Training 1 hosted by Katie Knackmuhs	Fa 2020
A number of webinars hosted by WKU's CITL consequent to COVID-19.	Sp-Su 2020
Met with Dr. Audrey Harper (Literacy Consultant for Warren Co Schools) Sought advice on developing and evaluating group-based assignments and concept maps	Fa 2019
Active Learning Classroom Workshops (8/22 & 9/18/19)- Directed by faculty from CITL	Fa 2019
Pathways to Publication-Workshop- Alice Ruleman. UCM	Fa 2018

Attendance: USA Weightlifting Weekend Clinic.	Fa 2018
Attendance: UCM Learning Day for Faculty and Staff	2017-2018
Attendance and presentations: Regional ACSM annual conferences	2011- p.
Attendance: ACSM annual conference	2013, 2017
Completion of Best Practices in Mentoring and College Teaching course	2013
Attendance and presentations: International Society of Biomechanics Conference	2014

Mentorship

Honors Thesis Committee - Second Reader; Student: Jae McReynolds. "The Effects of Pain Neuroscience Education in Young Adults with Knee Pain".	AY 23-24
Thesis committee member - student Blake Crutcher; Chair: Silvio Polly. Project discontinued	AY 24-25
Honors Thesis Committee - Third Reader; Student: Grace Carter. "Enhancing Injury Prevention and Management: Developing a Standardized Injury Screening Survey for WKU's Dance Program."	AY 24-25
Thesis committee member, Chair: Whitley Stone , Student: Knik Durman. Kettlebell Swings as a Conditioning Activity on Standing Power Throw: Exploring Post-Activation Performance Enhancement in ROTC Cadets	AY 23-24
Thesis committee member, Chair: Whitley Stone , Student: Manly Barksdale. THE EFFECTS OF COLD IMMERSION ON MOTOR CONSOLIDATION	AY 23-25
Honors thesis committee – First Reader (Chair) Whitley Stone ; Student: Audrey Clark. Mobility, Strength, and Non-Contact Injuries in Female College Athletes	AY 23-25
Thesis committee member. Chair. Whitley Stone , Student. Guillermo Pacheco Cannabidiol and Resistance Training: Does CBD Attenuate Acute Pain?	AY 22-24
Honors thesis committee – First Reader (chair) Whitley Stone . Student. Emma Lord <i>Effectiveness of Nintendo Ring Fit in Improving Balance Deficits after Recovery from ACL Reconstruction.</i>	AY 22-23
Thesis committee member. Chair. Scott Arnett; Student: Donte McGee THE EFFECT OF MINDFULNESS TRAINING ON MUSCULAR ENDURANCE EXERCISE PERFORMANCE, MINDFULNESS, AND MENTAL TOUGHNESS	AY 22-24
Thesis committee member. Chair: Whitley Stone ; Student: Grant Malone The validity and reliability of the repetitions in reserve-based rating of perceived exertion scale in single joint exercise.	AY 20-22
Thesis committee member. Chair: Dano Tolusso; Student: Nick Buonchristiani The validity of perceptual recovery status on monitoring recovery during a high-intensity back squat session.	AY 20-22

Thesis committee member. Chair: Rachel Tinius; Student: Catie Duchette <i>Influence of Prenatal Yoga on Mental Health in Pregnancy during the COVID-19 Pandemic</i>	AY 19-21
Thesis committee member. Chair: T. Scott Lyons; Student: Griffin Green <i>Validation of a Novel Graded Exercise Test</i>	AY 19-20
Thesis committee member. Chair: Scott Arnett; Student: Angie Dolan <i>The Effects of Taekwondo Intervention on Young Adults with Down Syndrome</i>	AY 19-21
Thesis committee member. Chair: Dr. H. Scott Strohmeyer; Student: Nicholas Harden. <i>The Effect of Alpha-GPC on Muscular Power</i>	AY 18-19
Thesis committee member. Chair: Dr. H. Scott Strohmeyer; Student: Drake Grinde. <i>Intersegmental Coordination of the Standing Barbell Overhead Press</i>	AY 18-19
Thesis committee member. Chair: Dr. Matthew Garver; Student: Dustin Davis <i>Utilization of Peripheral Arterial Tonometry to Assess Endothelial Function</i>	AY 18-19
Thesis committee member. Chair: Dr. Matthew Garver; Student: Jenna Carducci <i>The Relationship between Chronotype and VO_{2max}, Fat Oxidation, and RPE During Exercise at Extreme Ends of the Day</i>	AY 17-18

University, Professional, and Community Service

Western Kentucky University

Graduate Council: member, chair: curriculum committee, or vice chair: council	AY 22 - p.
Minton Award Selection Committee	Sp 24 & 25

College of Health and Human Services

Academic Complaint Committee	AY 20-21
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School of Kinesiology, Recreation, and Sport

Assistant Director	AY 23-25
Search Committee Chair, Exercise Science Faculty Search	AY 23-24
Development of Workload Rubric	Sp 24
KRS Lightboard Liason	2019 – p.
Search Committee Member: Faculty Search Exercise Science	AY 19-20
Exercise Science Advisory Board	2019 – p.
Exercise Science and Kinesiology webpage manager	2020 – p.

International Journal of Exercise Science

Editor in Chief	2024 – p.
Executive Editor	2017 - 2024
Assistant Editor in Chief	2016 - 2017
Section Editor	2016 - 2017
Student Managing Editor	2014 - 2016
Reviewer	2013 – p.

<i>International Community of Scholars in Kinesiology & Research Week</i> Executive Director	2019 - 2023
<i>International Journal of Exercise Science: Conference Proceedings</i> Editor in Chief	2019 - 2023
<i>Topics in Exercise Science and Kinesiology</i> Executive Editor	2019 – p.
<i>ACSM's Health & Fitness Journal</i> Editorial Board Member	2021 – p.
<i>American College of Sports Medicine</i> Chapter Reviewer: ACSM Guidelines for Testing and Prescription 12 th Ed, Ch 3	2023 - 2024
Poster Abstract Reviewer: Southeastern Regional Conference	2020; 2024
Poster Session Chair: Southeastern Regional Conference	2020
External Professional Reviewer. ACSM's GETP's 11 ed. Ch. 3.	2019
Poster Judge: Central States Regional Conference	2018
<i>Community Service</i> Guided board in the creation of the scholarly journal, <i>Educational Practices in Kinesiology</i> .	2020 - 2021
Developed a workplace wellness program for a local business (included program and website).	2021
Invited speaker at a local veterinary's clinic to educate staff on health and wellness behaviors.	2020