

## **T. Scott Lyons, PhD, FACSM**

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Bowling Green, Kentucky 42101  
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### ADMINISTRATIVE APPOINTMENTS

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**Program Director, Graduate Program in Kinesiology** 07/2007 – 06/2013 & 07/2020 – present  
**School of Kinesiology, Recreation & Sport**  
**College of Health and Human Services**  
*Western Kentucky University*

*Responsibilities included advising all students in graduate program; maintaining accurate academic records; supervising internships; recruiting, hiring, and supervising graduate assistants; supervising research program; managing laboratory; reconciling all graduate students' degree programs; writing/updating curriculum; supervising class scheduling; and writing SACSCOC reports.*

**Editor-in-Chief & Co-Founder** 04/2007 – present  
*International Journal of Exercise Science*

*Responsibilities include working with the journal executive committee and editorial board to ensure all policies are followed with respect to manuscript submission, originality, peer-review, and publication; supervising associate editors, managing editors, and section editors; maintaining regular contact with publishing platform to ensure quality control and a current, up-to-date look and feel of the journal site; managing all legal and financial aspects of the journal; and ensuring all manuscripts are indexed appropriately with the National Library of Medicine.*

**Dean** 01/2017 – 06/2018  
**The Graduate School**  
*Western Kentucky University*

*Responsibilities included serving as the primary advocate and voice for graduate education at WKU; leading and implementing a strategic plan focused on growth across all graduate programs, streamlining graduate operations, improving technology, and increasing graduate student research; corresponding directly with government legislators on bills affecting graduate education in the state; managing and directing all marketing activities; monitoring program enrollments/conferrals; working with program directors/faculty to initiate new graduate programs that would address workforce needs; managing a total budget of nearly \$7 million; allocating nearly \$5 million in graduate assistantship and fellowship funds and supervising their use to ensure all programs utilized graduate assistants/fellows appropriately and effectively; awarding internal grants to graduate students for both professional development and research; managing twelve direct reports in the graduate school as well as working with more than 50 program directors as "semi-direct" reports; reviewing all proposed graduate curricula; reviewing graduate programs during yearly program review; serving on the Academic Affairs Executive Team and the Council of Academic Deans; and serving as a partner to the Graduate Council on matters of graduate education policy.*

**Director** 01/2014 – 12/2016  
**School of Kinesiology, Recreation & Sport**  
**College of Health and Human Services**  
*Western Kentucky University*

*Responsibilities included leading and implementing a strategic plan focused on growth across all academic programs within the school, external fundraising, support of faculty/staff, and support of students; managing a yearly budget in excess of \$3 million; managing and directing all marketing activities; supervising 35 full-*

*time faculty/staff, as well as an additional 20 – 25 part-time faculty depending on the semester; restructuring all staff responsibilities and program director responsibilities to create a more efficient work environment; advocating for faculty, when applicable, to the Dean and Provost; managing school facilities, including off-campus properties owned or leased by the school, such as the challenge course, the McChesney Field Campus, and the Shanty Hollow property; serving as the hiring official for all school hires; reviewing all tenure & promotion portfolios; serving on the college administrative council; and writing SACSCOC reports.*

**Associate Dean for Research**  
**College of Health and Human Services**  
*Western Kentucky University*

09/2012 – 06/2015

*As I was only the second Associate Dean for Research of this college, and the first one served for fewer than two years, I created this position almost from scratch. Responsibilities included planning, implementing, and evaluating research activities across all programs within the college; facilitating interdisciplinary research collaboration; reviewing and approving all external grant applications; coordinating and chairing the college research committee and awarding funding to faculty and students; coordinating the college's student research week activities; representing the college on other research committees, such as the WKU Research Council; promoting both college and university-wide research activities; and serving on the college Administrative Council.*

**Program Director, Undergraduate Program in Exercise Science**  
**School of Kinesiology, Recreation & Sport**  
**College of Health and Human Services**  
*Western Kentucky University*

07/2005 – 06/2013

*Responsibilities included assigning advisers and advising program majors; maintaining accurate academic records; supervising internships; reconciling all majors' degree programs; requesting/justifying new faculty lines; chairing search committees; writing/updating curriculum; supervising class scheduling; and writing SACSCOC reports.*

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FACULTY APPOINTMENTS

**Professor of Exercise Science**  
**School of Kinesiology, Recreation & Sport**  
**College of Health and Human Services**  
*Western Kentucky University*

07/2017 – present

**Associate Professor of Exercise Science**  
**School of Kinesiology, Recreation & Sport**  
**College of Health and Human Services**  
*Western Kentucky University*

07/2009 – 06/2017

**Assistant Professor of Exercise Science**  
**School of Kinesiology, Recreation & Sport**  
**College of Health and Human Services**  
*Western Kentucky University*

07/2004 – 06/2009

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ACADEMIC EDUCATION

**Doctor of Philosophy: Human Performance/Exercise Physiology**  
**Department of Kinesiology**  
**College of Education**  
*University of Alabama*

12/2003

<b>Master of Arts: Human Performance/Exercise Physiology</b> Department of Kinesiology College of Education <i>University of Alabama</i>	05/1998
<b>Bachelor of Arts: History (Minors: English &amp; Psychology)</b> Department of History College of Arts & Sciences <i>University of Alabama</i>	12/1995
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EXECUTIVE EDUCATION	
<b>Crisis Leadership in Higher Education</b> Kennedy School of Government <i>Harvard University</i>	03/2015
<b>Management Development Program</b> Graduate School of Education <i>Harvard University</i>	06/2013
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PROFESSIONAL POSITIONS AND CONSULTING	
<b>Research Consultant</b> <i>ICON Health &amp; Fitness – Logan, Utah</i>	08/2015 – 07/2016
<b>Research Consultant</b> <i>The DigiJump Organization – Louisville, Kentucky</i>	05/2005 – 07/2014
<b>Expert Witness</b> <i>Personal Injury Lawsuit – Terre Haute, Indiana</i>	09/2007 – 05/2008
<b>Planning &amp; Design Consultant</b> <i>Private Fitness &amp; Wellness Facility – Bowling Green, Kentucky</i>	01/2005 – 03/2005
<b>Research Consultant</b> <i>CamelBak Products – Petaluma, California</i>	04/2004 – 10/2004
<b>Fitness &amp; Wellness Coordinator</b> <i>Fitness One – Northport, Alabama</i>	07/2001 – 04/2004
<b>Director of Business Affairs</b> <i>Phi Sigma Kappa International Headquarters – Indianapolis, Indiana</i>	10/1998 – 04/2000
<b>Strength &amp; Conditioning Consultant</b> <i>San Diego Chargers Football Organization – San Diego, California</i>	05/1998 – 12/1999
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APPOINTMENTS & MEMBERSHIPS	
<b>Order of Omega</b> <i>Honorary Member</i>	07/2017 – present
<b>American College of Sports Medicine</b> <i>Fellow</i>	11/2016 – present
<b>World Association of Medical Editors</b> <i>Member</i>	08/2007 – present

<b>Open Access Scholarly Publishers Association</b> <i>Member</i>	08/2007 – present
<b>American College of Sports Medicine</b> <i>Member</i>	03/2004 – present
<b>Southeast Regional Chapter, American College of Sports Medicine</b> <i>Member</i>	11/2003 – present
<b>Council of Graduate Schools</b> <i>Member</i>	07/2017 – 06/2019
<b>National Association of Graduate Admissions Professionals</b> <i>Member</i>	04/2017 – 06/2019
<b>Conference of Southern Graduate Schools</b> <i>Member</i>	03/2017 – 06/2019
<b>Grand Chapter of Phi Sigma Kappa</b> <i>Grand Council Director</i>	08/2009 – 08/2013
<b>Phi Sigma Kappa Foundation</b> <i>Secretary</i>	08/2008 – 08/2009
<b>Phi Sigma Kappa Foundation</b> <i>Trustee</i>	08/2007 – 08/2009
<b>Southeast Regional Chapter, American College of Sports Medicine</b> <i>Strategic Planning Committee</i>	02/2005 – 02/2008
<b>DCH Health System</b> <i>Diabetes Advisory Board</i>	02/2003 – 04/2004
<b>DCH Health System and American Cancer Society</b> <i>Health Initiatives Action Team</i>	02/2003 – 04/2004
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UNIVERSITY, PROFESSIONAL, AND COMMUNITY SERVICE	
<b>Junior Faculty Research Mentor – Dr. Kayla Baker</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	09/2019 – present
<b>Junior Faculty Research Mentor – Dr. Brian Myers</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	09/2019 – present
<b>Volunteer Judge</b> <b>Regional Collegiate Speech &amp; Debate Tournament</b> <i>Western Kentucky University</i>	09/2019
<b>Comprehensive Academic Program Evaluation Committee (CAPE)</b> <i>Western Kentucky University</i>	12/2018 – 03/2019

<b>Search Committee Member, Associate Provost for International Affairs</b> <i>Western Kentucky University</i>	12/2017 – 06/2018
<b>Search Committee Member, WKU Provost</b> <i>Western Kentucky University</i>	12/2017 – 04/2018
<b>Academic Affairs Executive Team</b> <i>Western Kentucky University</i>	01/2017 – 06/2018
<b>President's Transition Team</b> <b>Academic Affairs Committee</b> <i>Western Kentucky University</i>	02/2017 – 06/2017
<b>Invited Speaker</b> <b>Annual Meeting of the Kentucky American Physiological Society</b> <i>Bowling Green, Kentucky</i>	04/2017
<b>Honors Development Board</b> <i>Western Kentucky University</i>	08/2015 – 05/2017
<b>Invited Speaker</b> <b>Introduction to the Process of Publishing and Reviewing</b> <b>Scientific Research</b> <b>Annual Meeting of the Northwest American College of Sports Medicine</b> <i>Tacoma, Washington</i>	03/2016
<b>Institutional Review Board (IRB) for Protection of Human Subjects</b> <i>Western Kentucky University</i>	05/2012 – 12/2016
<b>Graduate Curriculum Committee</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	08/2007 – 12/2016
<b>WKU Research Council</b> <i>Western Kentucky University</i>	09/2012 – 06/2015
<b>Co-facilitator, Study Away Sports Facility Symposium</b> <i>Dallas, Texas</i>	05/2014 – 08/2014
<b>Conference Coordinator and Chair</b> <b>44<sup>th</sup> Annual WKU Student Research Conference</b> <i>Western Kentucky University</i>	09/2013 – 04/2014
<b>Advocate and White Paper Author</b> <b>Elevating the Department of Kinesiology, Recreation &amp; Sport</b> <b>to School Status</b> <i>Western Kentucky University</i>	11/2013 – 05/2014
<b>Invited Speaker</b> <b>13<sup>th</sup> Annual Asian Federation of Sports Medicine Congress</b> <i>Kuala Lumpur, Malaysia</i>	09/2013

<b>Expert Panel Participant</b> <b>Integrating Obesity Care into the Patient Centered Medical Home</b> <i>Washington, D.C.</i>	02/2013
<b>Abstract Reviewer</b> <i>Southeast American College of Sports Medicine</i>	2012, 2013
<b>Invited Speaker: Keynote Address</b> <b>Annual Meeting of the Philippine Association for Sport and Exercise Sciences</b> <i>Manila, Philippines</i>	03/2012
<b>Research Session Chair</b> <b>Endocrinology/Immunology; Epidemiology &amp; Preventive Medicine; Skeletal Muscle; Body Composition/Energy Balance/Weight Control</b> <b>Annual Meeting of the Southeast American College of Sports Medicine</b> <i>Jacksonville, Florida</i>	02/2012
<b>Invited Speaker</b> <b>Disseminating Undergraduate Research. Component of Special Symposium on Undergraduate Research Experiences in Exercise Science.</b> <b>Annual Meeting of the American College of Sports Medicine</b> <i>Baltimore, Maryland</i>	05/2010
<b>Research and Creative Activities Program (RCAP)</b> <i>Western Kentucky University</i>	09/2010 – 05/2012
<b>University Athletics Committee</b> <i>Western Kentucky University</i>	09/2004 – 05/2010
<b>Facilitator, Study Abroad project with the 2008 Summer Olympics</b> <i>Beijing, China</i>	04/2007 – 08/2008
<b>Facilitator, Faculty/Student Exchange Program</b> <b>Capital Institute of Physical Education</b> <i>Beijing, China</i>	02/2008
<b>Search Committee Member, Department Chair</b> <b>Department of Kinesiology, Recreation &amp; Sport</b> <i>Western Kentucky University</i>	2007, 2008
<b>Facilitator and Recruiter for Visiting Scholar from Beijing, China</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	08/2007 – 05/2008
<b>Search Committee Chair, Exercise Science Faculty</b> <b>School of Kinesiology, Recreation &amp; Sport</b> <i>Western Kentucky University</i>	2005 – 2007, 2009, 2011 – 2013, 2018, 2019
<b>Search Committee Member, Rural Health Institute Director</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	2006

**Dean's Internal Advisory Committee** 08/2004 – 05/2007  
**College of Health and Human Services**  
*Western Kentucky University*

**Sabbatical & Awards Committee** 08/2004 – 05/2006  
**College of Health and Human Services**  
*Western Kentucky University*

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AWARDS

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**Most Valuable Professor – Spring 2019** 05/2019  
**WKU Athletics**  
*Western Kentucky University*

**Open-Access Publishing Hall of Fame** 11/2015  
**International Journal of Exercise Science**  
**WKU Libraries**  
*Western Kentucky University*

**Faculty Excellence in Research Award** 11/2010  
**College of Health and Human Services**  
*Western Kentucky University*

**Open-Access Publishing Award** 11/2009  
**International Journal of Exercise Science**  
**WKU Libraries**  
*Western Kentucky University*

**Faculty Excellence in Student Advisement Award** 11/2009  
**College of Health and Human Services**  
*Western Kentucky University*

**M. Ray Loree Award for Outstanding Dissertation Research** 04/2004  
**College of Education**  
*University of Alabama*

**Omicron Deuteron Alumni Club Outstanding Alumnus Award** 04/2002  
**Omicron Deuteron Chapter of Phi Sigma Kappa**  
*University of Alabama*

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TEXTBOOK

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**Lyons S**, J Jackson, W Hey, P Bannon. *Interactive Health and Fitness: A Practical Approach to Wellness*. Urbana, Illinois: Sagamore Publishing; 2016.

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ORIGINAL RESEARCH

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

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

Stinnett B, D Hoover, L Cannady, **S Lyons**, L Judge. Scholastic Basketball Facilities: A Case Study of Schools Within One Midwestern State. *The Physical Educator* 75(4): 617-632, 2018.

Crandall KJ, B Zagdsuren, MA Schafer, **TS Lyons**. Static and Active Workstations for Improving Workplace Physical Activity and Sitting Time. *International Journal of Human Movement and Sports Sciences* 4(2): 20-25, 2016.

Schafer M, H Kell, J Navalta, R Tibana, **S Lyons**, S Arnett. Effects of a Simulated Tennis Match on Lymphocyte Subset Measurements. *Research Quarterly for Exercise and Sport* 85(1): 90-96, 2014.

Balsamo S, RA Tibana, DC Nascimento, CB Franz, **S Lyons**, A Faigenbaum, J Prestes. Exercise Order Influences Number of Repetitions and Lactate Levels but not Perceived Exertion During Resistance Exercise in Adolescents. *Research in Sports Medicine: An International Journal* 21(4): 293-304, 2013.

Wright KE, **TS Lyons**, JW Navalta. Effects of Exercise-Induced Fatigue on Postural Balance: A Comparison of Treadmill Versus Cycle Fatiguing Protocols. *European Journal of Applied Physiology* 113(5): 1303-1309, 2013.

Navalta JW, **TS Lyons**, J Prestes, SW Arnett, MA Schafer, GL Sobrero. Exercise Intensity and Lymphocyte Subset Apoptosis. *International Journal of Sports Medicine* 34(3): 268-273, 2013.

Friedman RA, JW Navalta, EA Fedor, HB Kell, **TS Lyons**, SA Arnett, MA Schafer. Repeated High-Intensity Wingate Cycle Bouts Influence Markers of Lymphocyte Migration but not Apoptosis. *Applied Physiology, Nutrition, and Metabolism* 37(2): 241-246, 2012.

Navalta JW, **TS Lyons**, GB Pereira, SW Arnett, MA Schafer, FT Esslinger, GL Sobrero. Effectiveness of blended instruction utilizing on-line lectures and split classes in delivering an applied exercise physiology course. *Medical Physiology Online*, 2012; published Jan 14, 2012 available from <http://medicalphysiologyonline.wordpress.com>.

**Lyons S**. Case Study on the Development of the International Journal of Exercise Science. *International Journal of Exercise Science* 4(4): 1-13, 2011.

Navalta JW, BK McFarlin, **TS Lyons**, AR Ramos, SW Arnett. Intra- and Interrater Reliability of Morphologically Evaluated Lymphocyte Apoptosis in Trained and Untrained Observers. *Biology of Sport* 28: 223-226, 2011.

Navalta JW, BK McFarlin, RJ Simpson, EA Fedor, HB Kell, **TS Lyons**, SW Arnett, MA Schafer. Finger-stick Blood Sampling Methodology for the Determination of Exercise-induced Lymphocyte Apoptosis. *Journal of Visualized Experimentation* 48: e2595, 2011.

Navalta JW, BK McFarlin, **TS Lyons**, SW Arnett, MA Schafer. Cognitive Awareness of Carbohydrate Intake does not alter Exercise-induced Lymphocyte Apoptosis. *Clinics* 66(2): 197-202, 2011.

**Lyons S**, J McLester, S Arnett, M Thoma. Specificity of Training Modalities on Upper-Body 1 RM performance: Free Weights vs. Hammer Strength Equipment. *Journal of Strength and Conditioning Research* 24(11): 2984-2988, 2010.

**Lyons S**, J Navalta, Z Callahan. Evaluation of Metabolic Stress between Jumping at Different Cadences on the Digi-Jump Machine. *International Journal of Exercise Science* 3(4): 233-238, 2010.

Navalta JW, **TS Lyons**. Student Peer-Review Decisions on Submitted Manuscripts are as Stringent as Faculty Peer Reviewers. *Advances in Physiology Education* 34: 170-173, 2010.



Navalta JW, R Mohamed, A El-Baz, BK McFarlin, **TS Lyons**. Exercise-Induced Immune Cell Apoptosis: Image-Based Model for Morphological Assessment. *European Journal of Applied Physiology* 110: 325-331, 2010.

Jackson J, **TS Lyons**, JL Roberts, C Geary, J Williams. Use of Nutritional Supplementation Among University Recreation Users. *Recreational Sports Journal* 34(1): 2-8, 2010.

Navalta JW, BK McFarlin, **TS Lyons**. Does Exercise Really Induce Lymphocyte Apoptosis? *Frontiers in Bioscience* E2(1): 478-488, 2010.

Navalta JW, BK McFarlin, **TS Lyons**, JC Faircloth, NT Bacon ZJ Callahan. Exercise-induced Lymphocyte Apoptosis Attributable to Cycle Ergometer Exercise in Endurance Trained Individuals. *Applied Physiology, Nutrition, and Metabolism* 34(4): 603-608, 2009.

Sivley JC, JW Navalta, **TS Lyons**, LK Marable. Test-Retest Reliability of the Digijump Machine. *International Journal of Exercise Science* 1(3): 106-112, 2008.

**Lyons S**, M Richardson, P Bishop, J Smith, H Heath, J Giesen. Excess Postexercise Oxygen Consumption in Untrained Men Following Exercise of Equal Energy Expenditure: Comparisons of Upper and Lower Body Exercise. *Diabetes, Obesity, and Metabolism* 9(6): 889-894, 2007.

Jackson J, **S Lyons**, P Bishop, M Richardson, Y Neggers. Effect of Isothermal Air on the Measurement of Body Composition by Air Displacement Plethysmography. *International Journal of Body Composition Research* 4(4): 1-7, 2006.

**Lyons S**, M Richardson, P Bishop, J Smith, H Heath, J Giesen. Excess Postexercise Oxygen Consumption in Untrained Males: Effects of Intermittent Durations of Arm Ergometry. *Applied Physiology, Nutrition, and Metabolism* 31(3): 196-201, 2006.

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#### EDITORIALS AND POSITION STANDS

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

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

**Lyons TS**, J Hutchens, JW Navalta. The International Journal of Exercise Science: 2011 Year in Review. *International Journal of Exercise Science* 5(1): 1-3, 2012.

McFarlin BK, **TS Lyons**, JW Navalta. The International Journal of Exercise Science: 2010 Year in Review. *International Journal of Exercise Science* 4(1): 1-3, 2011.

McFarlin BK, **TS Lyons**, JW Navalta. Position Stand: Prevalence of Plagiarism in Manuscript Submissions and Solutions. *International Journal of Exercise Science* 3(3): 68-69, 2010.

**Lyons TS**, JW Navalta. From the Editors: Assessing the International Journal of Exercise Science after Two Years. *International Journal of Exercise Science* 3(1): 1-3, 2010.

**Lyons TS**, JW Navalta. From the Editors: Assessing the International Journal of Exercise Science after One Year. *International Journal of Exercise Science* 2(1): 1-3, 2009.

Navalta JW, **TS Lyons**, FW Gibson. Student Reflections on a Study Abroad Course to the 2008 Summer Olympics in Beijing. *International Journal of Exercise Science* 1(4): 136-141, 2008.

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ORIGINAL RESEARCH IN REVIEW

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**Lyons S**, J Navalta, M Schafer, S Arnett. Examination of Metabolic Variables During Repetitive Jumping: Effects of Differing Platform Rigidity. Submitted to European Journal of Sport Science.

Tinius RA, K Edens, JM Maples, **TS Lyons**, K Link, MS Jones, KJ Pearson, R Tatum. Evidence-Based Materials and Access to Local Resources Reduced Sedentary Time and Maintained Exercise Self-Efficacy during Pregnancy in a Rural Setting. Submitted to Journal of Physical Activity & Health.

Yu H, **S Lyons**, W Stone, M Liu. Evolution of the Chinese Student Fitness Test: 1958 – 2018. Submitted to International Journal of the History of Sport.

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PROFESSIONAL PRESENTATIONS (those denoted with an \* also had an abstract published in the conference proceedings)

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**Lyons TS**, GK Green, B Zagdsuren, DV Tolusso. Evaluating the Validity of the Integrative Body Composition Assessment Technique vs. Dual-energy X-ray Absorptiometry in Recreationally Active College-aged Students. Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, Florida 2020.

Winchester LJ, P Allen, T Wiczynski, S Arnett, **S Lyons**. The Impact of Volume-matched, Heavy vs Moderate Weight Resistance Training on Inflammation and Muscular Damage. Annual Meeting of the American College of Sports Medicine, Orlando, Florida 2019.\*

Tinius RA, K Edens, B Pitts, K Yoho, JM Maples, **TS Lyons**, K Link, MS Jones, KJ Pearson. Effects of Evidence-based Materials and Access to Local Resources on Physical Activity Levels During Pregnancy. Annual Meeting of the American College of Sports Medicine, Orlando, Florida 2019.\*

Schafer MA, KJ Crandall, **TS Lyons**, K Edens, L Blankenship, N Shaker, R Vondy. Impact of Sit-stand Workstation Progressions on Stress, Focus, and Productivity in University Staff Members. Annual Meeting of the American College of Sports Medicine, Minneapolis, Minnesota 2018.\*

**Lyons S**, S Gordon. Staying True to the Mission When Leaders Transition: Thriving during Leadership Changes. Annual Meeting of the National Association of Graduate Admissions Professionals, New Orleans, Louisiana 2018.\*

**Lyons TS**, B Zagdsuren, JC Jackson, JM Green. Validation of the Integrative Body Composition Method for Assessing Fat Mass with Dual-energy X-ray Absorptiometry in Division I College Athletes. Annual Meeting of the American College of Sports Medicine, Boston, Massachusetts 2016.\*

Olenick A, KJ Crandall, MA Schafer, B Zagdsuren, **TS Lyons**, J Brown, D Falls. Workstations to Increase Workplace Physical Activity and Reduce Sitting Time: A Pilot Study. Annual Meeting of the American College of Sports Medicine, Boston, Massachusetts 2016.\*

Zagdsuren B, **TS Lyons**, JM Maples, DL Hoover. Sex Differences in Relative Contribution of Lean Mass and Fat Mass on Bone Mineral Density. Annual Meeting of the American College of Sports Medicine, Boston, Massachusetts 2016.\*

**Lyons TS**, JC Jackson, B Zagdsuren, JM Green. Evaluation of a New Anthropometric Technique Assessing Risk for Cardiovascular Disease. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2016.

Zagdsuren B, GL Sobrero, C Inman, W Stone, SW Arnett, MA Schafer, **TS Lyons**, J Maples, J Crandall, Z Callahan. Crossfit Vs. Circuit-training: Effects of a Ten-week Training Program on Aerobic, Anaerobic and Flexibility Indicators. Annual Meeting of the American College of Sports Medicine, San Diego, California 2015.\*

Sobrero GL, C Inman, W Stone, B Zagdsuren, SW Arnett, MA Schafer, **TS Lyons**, J Maples, J Crandall, Z Callahan. Crossfit vs. Circuit-trained Individuals: Effects of a Ten-week Training Program on Body Composition and Bone Mineral Density. Annual Meeting of the American College of Sports Medicine, San Diego, California 2015.\*

Brown JT, GL Sobrero, C Inman, W Stone, B Zagdsuren, SW Arnett, MA Schafer, **TS Lyons**, J Maples, J Crandall, Z Callahan. Crossfit Vs. Circuit-trained Individuals: Effects of a Ten-week Training Program on Muscular Strength and Endurance. Annual Meeting of the American College of Sports Medicine, San Diego, California 2015.\*

Wessel P, GL Sobrero, C Inman, W Stone, B Zagdsuren, SW Arnett, MA Schafer, **TS Lyons**, J Maples, J Crandall, Z Callahan. Crossfit Vs. Circuit-trained Individuals: Effects of a 10-week Training Program on Power. Annual Meeting of the American College of Sports Medicine, San Diego, California 2015.\*

Stone WJ, MA Schafer, SW Arnett, **TS Lyons**, G Sobrero, D Hoover, J Maples, KJ Crandall. Post-Exercise Hypotension following Concurrent Exercise. Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, Florida 2015.

Sobrero GL, S Arnett, M Schafer, W Stone, **S Lyons**, K Esslinger, T Esslinger, J Crandall, J Maples. Crossfit vs. Resistance-training: Effects of a Six-week Training Program on Selected Performance Indicators. Annual Meeting of the American College of Sports Medicine, Orlando, Florida 2014.\*

Schafer M, G Sobrero, S Arnett, **S Lyons**, W Stone, J Navalta, S Bean, J Crandall, J Maples, D Hoover. Performance Indicators in ROTC Cadets After 12 Weeks of Training that Included Crossfit. Annual Meeting of the American College of Sports Medicine, Orlando, Florida 2014.\*

**Lyons TS**, GS Evans, MA Schafer, SW Arnett, L Igaune. Determination of Repetitive Jumping Intensity Relative to Measured VO<sub>2</sub>max. Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana 2013.\*

Schafer MA, SW Arnett, GL Sobrero, **S Lyons**, JW Navalta, T Esslinger, K Esslinger, W Stone, S Bean, F Goss. Evaluation of Muscular Endurance, Agility, and Flexibility in Healthy Trained Crossfit and Weight Trained Individuals. Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana 2013.\*

Sobrero GL, MA Schafer, SW Arnett, **S Lyons**, JW Navalta, WJ Stone, SD Bean, T Esslinger, K Esslinger, F Goss. Comparison of Aerobic and Anaerobic Power in Crossfit and Resistance Trained Individuals. Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana 2013.\*

Arnett SW, GL Sobrero, MA Schafer, **TS Lyons**, JW Navalta, WJ Stone, SD Bean, FT Esslinger, K Esslinger, FL Goss. Crossfit vs Resistance Trained Individuals: Evaluation of Strength and Power. Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana 2013.\*

**Lyons TS**, FW Gibson, JC Jackson, G Sobrero Evans, SW Arnett, MA Schafer. Examining Quality of Life and Health Satisfaction Factors of a Mid-South University Population. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2013.

Falls DG, **TS Lyons**, MA Schafer, KF Durham. Effectiveness of the Life Improving Functional Exercise (LIFE) Program on Physiological and Performance Variables in Elderly Adults. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2013.

Arnett SW, G Sobrero, MA Schafer, **TS Lyons**, JW Navalta, WJ Stone, SD Bean, FT Esslinger, K Esslinger. Assessment of 1RM Strength Between Crossfit and Resistance Trained Individuals. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2013.

Sobrero G, MA Schafer, SW Arnett, **TS Lyons**, JW Navalta, WJ Stone, SD Bean, FT Esslinger, K Esslinger. Comparison of Aerobic and Anaerobic Power in Crossfit and Resistance Trained Individuals. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2013.

Stone WJ, MA Schafer, G Sobrero, SW Arnett, **TS Lyons**, JW Navalta, SD Bean, FT Esslinger, K Esslinger. Muscular Endurance, Agility, and Flexibility in Crossfit vs Weight Trained Individuals. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2013.

Schafer MA, SW Arnett, G Sobrero, **TS Lyons**, JW Navalta, WJ Stone, SD Bean, FT Esslinger, K Esslinger. Evaluation of Power in Crossfit vs Weight Trained Individuals. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2013.

Friedman RA, **S Lyons**, J Navalta, M Schafer, S Arnett. Investigation of C-Reactive Protein and Leptin as Biomarkers of Obesity With Potential Clinical Utility. Annual Meeting of the American College of Sports Medicine, San Francisco, California 2012.\*

Schafer MA, JW Navalta, SW Arnett, **S Lyons**, GL Sobrero, S Bean, S Sims, D Kirkwood, FL Goss. Participation in a 10K Running Race Significantly Decreases Post Exercise Blood Pressure. Annual Meeting of the American College of Sports Medicine, San Francisco, California 2012.\*

Bush J, M Schafer, S Arnett, J Navalta, **S Lyons**, G Sobrero. Post-Exercise Hypotension in Brief Exercise. Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, Florida 2012.

Navalta JW, **TS Lyons**, SE Whitlock, DD Kirkwood, SW Arnett, MA Schafer, GL Sobrero. The Disease Analog Model and Leptin may Identify Susceptible Pre-Obese African American Women. Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, Florida 2012.

Kirkwood D, S Sims, L Iguane, JW Navalta, **TS Lyons**, MA Schafer. Effect of Different Exercise Test Protocols on Post-Exercise Hypotension. Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, Florida 2012.

**Lyons TS**, JW Navalta, MA Schafer, SW Arnett, JC Sivley, KS Livesay. Comparative Analysis Of Heart Rate During Circuit Training Compared With Different Cardiovascular Training Apparatus. Annual Meeting of the American College of Sports Medicine, Denver, Colorado 2011.\*

Navalta JW, MA Schafer, EA Fedor, RA Friedman, **TS Lyons**, SW Arnett. Lymphocyte Subset and Apoptotic Response to a 5K Road Race. Annual Meeting of the American College of Sports Medicine, Denver, Colorado 2011.\*

Ziarten RL, SD Bean, DD Kirkwood, **TS Lyons**, FT Esslinger, JW Navalta. Helper T Cell Response to Supramaximal Exercise in Untrained Individuals. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2011.

Kirkwood DD, RL Ziarten, SD Bean, MA Schafer, **TS Lyons**, SW Arnett, FT Esslinger, JW Navalta. Exercise-Induced Apoptosis of Lymphocytes Does Not Depend on Anaerobic Training Status. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2011.

Jackson J, **S Lyons**, F Gibson. Use of Nutritional Supplementation among University Recreation Users. Annual Hawaii International Conference on Education, Honolulu, Hawaii 2011.\*

Gibson F, **S Lyons**, J Navalta, R Maloney, E Oregon, B Larson, W Hey, J Smith, P Upright. Conducting a Comprehensive Study Abroad Course: The 2008 Beijing Summer Olympic Games. Annual Hawaii International Conference on Education, Honolulu, Hawaii 2011.\*

Navalta J, **S Lyons**, M Schafer, S Arnett. Utilizing On-Line Lectures and Split Classes are Effective in Delivering Instruction to a Large Laboratory-Based Applied Exercise Physiology Course. Annual Hawaii International Conference on Education, Honolulu, Hawaii 2011.\*

**Lyons S**, JW Navalta, MA Schafer, SW Arnett, EA Fedor, G Lee, HB Kell. Excess Postexercise Oxygen Consumption following Repeated Bouts of Anaerobic Exercise. Annual Meeting of the American College of Sports Medicine, Baltimore, Maryland 2010.\*

Navalta JW, EA Fedor, G Lee, HB Kell, **S Lyons**, MA Schafer, SW Arnett, BK McFarlin, RJ Simpson. Exercise Induces Apoptosis of Blood Lymphocytes but not in the Helper or Cytotoxic T Cell Subsets. Annual Meeting of the American College of Sports Medicine, Baltimore, Maryland 2010.\*

Kell HB, EA Fedor, G Lee, DN Richardson, JW Navalta, **S Lyons**, M Schafer, SW Arnett. Maximal Exercise Significantly Affects Helper T-Cell (CD3+/CD4+) Count Compared to Rest and 1-h Post Exercise. Annual Meeting of the American College of Sports Medicine, Baltimore, Maryland 2010.\*

Lee G, EA Fedor, HB Kell, JW Navalta, **S Lyons**, DN Richardson, MA Schafer, SW Arnett. No Relationship between Lymphocyte Apoptosis and Lymphocytopenia Post-exercise following Maximal Treadmill Running. Annual Meeting of the American College of Sports Medicine, Baltimore, Maryland 2010.\*

Fedor EA, G Lee, HB Kell, JW Navalta, **S Lyons**, DN Richardson, RJ Simpson, BK McFarlin. Repeated Anaerobic Bouts Modulate Counts but not Apoptosis in Helper (CD3+/CD4+) and Cytotoxic (CD3+/CD8+) Lymphocytes. Annual Meeting of the American College of Sports Medicine, Baltimore, Maryland 2010.\*

Sivley JC, JW Navalta, **TS Lyons**, MA Schafer. Effects of Repeated Anaerobic Bouts on Plasma Levels of TH1/TH2 Cytokines and Caspase-3. Annual Meeting of the Midwest American College of Sports Medicine, Indianapolis, Indiana 2010.

Livesay KS, **TS Lyons**, JW Navalta, C Sivley. Comparison of the Metabolic Responses of Upright Exercise and Supine Lower Body Negative Pressure Jumping Exercise. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2010.

Jensen E, **TS Lyons**, JW Navalta, SW Arnett, K Darby. Prevalence of Childhood Obesity: A Study on Bowling Green, KY Middle School Students. Annual Meeting of the Southeast American College of Sports Medicine, Greenville, South Carolina 2010.

Navalta JW and **TS Lyons**. Assessment of Graduate Students versus Professional Peer Reviewers. Annual Hawaii International Conference on Education. Honolulu, Hawaii 2010.\*

McLester, JR, **TS Lyons**, ZJ Callahan, JC Faircloth. A Kinematic Comparison of the Digi-Jump Machine Versus Rope Jumping. Annual Meeting of the American College of Sports Medicine, Seattle, Washington 2009.\*

Sivley JC, JW Navalta, **TS Lyons**, LK Marable. Stability Reliability of Cardiopulmonary Measures on the Digijump. Annual Meeting of the Southeast American College of Sports Medicine, Birmingham, Alabama 2009.

Navalta J, B McFarlin, **S Lyons**, A Ramos, S Arnett, Z Callahan, K Livesay. Intra- and Interrater Reliability of Morphologically Evaluated Lymphocyte Apoptosis in Trained and Untrained Observers. Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana 2008.\*

Navalta J, B McFarlin, **S Lyons**, S Arnett, Z Callahan. Knowledge of Carbohydrate Consumption does not alter Exercise-induced Lymphocyte Apoptosis following an Acute Bout of High-intensity Aerobic Exercise. Experimental Biology Annual Meeting, San Diego, California 2008.\*

Bacon N, **S Lyons**, J Navalta, Z Callahan, T Crews, G Cissell. Low Back Pain among College Athletes: A Survey of Basketball Players, Swimmers, and Track/Field Athletes. Annual Meeting of the Southeast American College of Sports Medicine, Birmingham, Alabama 2008.

Livesay K, **S Lyons**, J Navalta, S Wilson. Effects of Caffeine on Muscular Strength. Annual Meeting of the Southeast American College of Sports Medicine, Birmingham, Alabama 2008.

Navalta J, B McFarlin, **S Lyons**, J Faircloth, N Bacon, Z Callahan. Exercise-induced Lymphocyte Apoptosis Attributable to Cycle Ergometer Exercise. Annual Meeting of the Southeast American College of Sports Medicine, Birmingham, Alabama 2008.

**Lyons S**, J McLester, J Navalta, Z Callahan, J Faircloth, J Pearman. Evaluation of Metabolic Variables During Repetitive Jumping on the Digi-Jump Machine Using Platforms of Varying Rigidity. Annual Meeting of the American College of Sports Medicine, New Orleans, Louisiana 2007.\*

Callahan Z, **S Lyons**, J Navalta, T Crews, A Bosak. The Effects of Varying Cadence in Cycle Ergometry on Submaximal Predictions of Peak Oxygen Uptake. Annual Meeting of the Southeast American College of Sports Medicine, Charlotte, North Carolina 2007.

**Lyons S**, J McLester, Z Callahan, J Faircloth, J Davis. Examination of Metabolic Responses Using the Digi-Jump Machine: Gender and Cadence Comparisons. American College of Sports Medicine Integrative Physiology of Exercise Conference, Indianapolis, Indiana 2006.\*

**Lyons S**, J Jackson. Invited Lecture: Energy Expenditure, Exercise Recommendations, and Body Composition Assessment in Children and Adolescents. Alabama Governor's Conference on Obesity, Tuscaloosa, Alabama 2006.

Bosak A, **S Lyons**, Z Callahan, C Morehead, J Faircloth. Evaluation of Cadence Differences Between 100 and 120 Jumps per Minute Using the Digi-Jump Machine. Annual Meeting of the Southeast American College of Sports Medicine, Charlotte, North Carolina 2006.

Callahan Z, **S Lyons**, A Bosak, C Morehead, J Faircloth, J Davis. Examination of an Innovative Jumping Device: Observed Rates of Perceived Exertion Responses in Trained Subjects. Annual Meeting of the Southeast American College of Sports Medicine, Charlotte, North Carolina 2006.

Gardner M, **S Lyons**. Adolescent Overweight: Prevalence and Predictors. Annual Meeting of the Southeast American College of Sports Medicine, Charlotte, North Carolina 2006.

**Lyons S**, M Richardson, P Bishop, J Smith, H Heath, J Giesen. Excess Postexercise Oxygen Consumption in Untrained Males: Effects of Equal Caloric Expenditure Between a Combined Bout of Arm and Leg Exercise and a Continuous Bout of Arm Exercise. Annual Meeting of the Southeast American College of Sports Medicine, Charlotte, North Carolina 2005.

**Lyons S**, M Richardson, P Bishop, J Smith, H Heath, J Giesen. Excess Postexercise Oxygen Consumption in Untrained Males: Effects of Equal Caloric Expenditure in Arm and Leg Exercise. Annual Meeting of the American College of Sports Medicine, Indianapolis, Indiana 2004.\*

**Lyons S**, M Richardson, P Bishop, J Smith, H Heath, J Giesen. Excess Postexercise Oxygen Consumption in Untrained Males: Effects of Intermittent Durations of Exercise in Arm Ergometry. Annual Meeting of the Southeast American College of Sports Medicine, Atlanta, Georgia 2004.

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THESES AND DISSERTATIONS MENTORED

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Thesis title: "Effects of Stretching on Jumping Performance"

Student: Carisa Chavez

Role: Committee member

Thesis title: "Specificity of Training Modalities on Upper-body 1-RM Performance: Free Weights vs. Hammer Strength Equipment"

Student: Matthew Thoma

Role: Committee chair

Thesis title: "Compact Training: An Undulating Periodization Protocol"

Student: Bryan Tatum

Role: Committee chair

Thesis title: "Effects of Exercise Induced Fatigue on Postural Balance: A Comparison of Treadmill vs. Cycle Fatiguing Protocols"

Student: Kate Wright

Role: Committee chair

Thesis title: "Examining the Relationship between Family Leisure and Physical Activity in Seventh and Eighth Grade Students"

Student: Trinity Edwards

Role: Committee member

Thesis title: "Effects of Caffeine on Muscular Strength and Endurance in Recreationally Active College Students"

Student: Scott Wilson

Role: Committee chair

Thesis title: "Low Back Pain among College Athletes: A Survey of Basketball Players, Swimmers, Track and Field Athletes, and Nonathletic Controls"

Student: Nick Bacon

Role: Committee chair

Thesis title: "Effects of Varying Cadence on Submaximal Predictions of Peak Oxygen Uptake"

Student: Zac Callahan

Role: Committee chair

Thesis title: "Prevalence of Childhood Obesity: A Study on Bowling Green, Kentucky Middle School Students"

Student: Emily Jensen

Role: Committee chair

Thesis title: "Comparison of the Metabolic Responses of Upright Jumping Exercise and Supine Lower Body Negative Pressure Jumping Exercise"

Student: Kyle Livesay

Role: Committee chair

Thesis title: "Effects of Exergaming on Energy Expenditure"

Student: Demetrice Kirkwood

Role: Committee member

Dissertation title: "An Investigation of Relationships between Body Mass Index and Factors of Wellness among Full-Time Employees at Private Kentucky Colleges and Universities"

Student: Chris Schmidt

Role: Committee member

Thesis title: "Effects of a Topical Analgesic Using Massage on Delayed Onset Muscle Soreness"

Student: Beth Varvil

Role: Committee chair

Honors Thesis title: "An Evaluation of Assistive Ambulation Devices with Residents from Assisted Living Facilities"

Student: Allison Randall

Role: Committee chair

Thesis title: "Determination of Repetitive Jumping Intensity Relative to Measured  $VO_{2max}$ "

Student: Laura Igaune

Role: Committee chair

Thesis title: "Investigation of C-Reactive Protein and Leptin as Biomarkers of Obesity with Potential Clinical Utility"

Student: Rachel Friedman

Role: Committee chair

Thesis title: "Effects of Moderate Intensity Exercise on Blood Pressure and Plasma Fibrinogen Levels in Smokers and Non-smokers"

Student: Steven Bean

Role: Committee member

Thesis title: "Assessment of the Administration, Facilities, and Support of Scholastic Basketball Programs: A Pilot Study"

Student: Leah Cannady

Role: Committee member

Thesis title: "Effect of Jump Training on Bone Mineral Density in Young Adult Females"

Student: Battogtokh Zagdsuren

Role: Committee chair

Thesis title: "24-hour Post-exercise Hypotension following Concurrent Aerobic and Resistance Exercise"

Student: Whitley Stone

Role: Committee member



Thesis title: "Examining the Influence and Role of Pharmacogenetics in Children with Autism Spectrum Disorder"

Student: Nuha Shaker

Role: Committee member

Thesis title: "Effects of Evidence-based Materials and Access to Local Resources on Physical Activity during Pregnancy"

Student: Kolbi Edens

Role: Committee member

Thesis title: "Metabolism during Pregnancy and Postpartum: How Does it Change and What Factors Influence It?"

Student: Kristin Yoho

Role: Committee member

Thesis title: "Factors Influencing both Maternal and Offspring Body Composition at Two Years Postpartum" (in process)

Student: Samantha Henry

Role: Committee member

Thesis title: "Validation of a Novel  $VO_{2max}$  Protocol Using the Bruce and Astrand Protocols as Criterion Measures" (in process)

Student: Griffin Green

Role: Committee chair

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#### FUNDING

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Green JM, L Killen, E O'Neal, A Olenick, <b>S Lyons</b> . Influence of simulated altitude mask on perceptual responses to exercise and self-selected exercise intensity. Training Mask, LLC, 2015 (funded).	\$22,643
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Wallmann H, <b>S Lyons</b> . Investigating the effects of a low to mid frequency acoustic waveform on peripheral vascular disease. National Institutes of Health, 2014 (R21) (not funded).	\$275,000
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Crandall KJ, <b>S Lyons</b> . Bingocize: A replicable model to improve functional physical fitness in older adults while engaging university students and the community. Owensboro Health Hospital Community Benefit Grant, 2013 (funded).	\$7,800
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Byrne M, <b>S Lyons</b> . Neurophysical effects of forced exercise on adults with intellectual disabilities. Faculty-Undergraduate Student Engagement (FUSE), Western Kentucky University, 2013 (funded).	\$4,500
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Randall A, <b>S Lyons</b> . The fitting of assistive ambulation devices of residents from assisted living facilities. Faculty-Undergraduate Student Engagement (FUSE), Western Kentucky University, 2013 (funded).	\$4,500
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<b>Lyons TS</b> , JW Navalta. Evaluating the Efficacy of the Disease Analog Model and Epigenetic Markers in Individuals with Cardiovascular Disease. American Heart Association, 2012 (not funded).	\$140,534
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<b>Lyons TS</b> , JW Navalta. Evaluating the Efficacy of the Disease Analog Model and Epigenetic Markers in Individuals with Chronic Disease States. National Institutes of Health – New Innovator’s Award Program, 2011 (DP2) (not funded).	\$1,500,000
<b>Lyons TS</b> , DM Carter, DL Hanson, MA Schafer. Chronic Disease Risk: 6th Grade Student Health and Fitness Factors. Robert Wood Johnson Foundation – Active Living Research, 2011 (not funded).	\$150,000
Navalta JW, <b>TS Lyons</b> . Development of an Obesity Disease Analog Model for Identifying Predisposed Pre-Obese Women. National Institutes of Health, 2010 (R21) (not funded).	\$345,579
<b>Lyons TS</b> , JW Navalta. Meeting and Reception for the Editorial Board and Reviewers of the International Journal of Exercise Science. Provost’s Initiatives for Excellence Grant, Western Kentucky University, 2010 (funded).	\$1,000
<b>Lyons TS</b> . Effect of Repetitive Jumping on Bone Health in Postmenopausal Women. Summer Research Scholarship, Western Kentucky University, 2009 (not funded).	\$6,000
<b>Lyons TS</b> , JW Navalta, SW Arnett. NIH Regional Seminar – Atlanta, Georgia. Western Kentucky University Proposal Development Travel Fund, 2009 (funded).	\$675
<b>Lyons TS</b> , JW Navalta. Exhibition Booth for the International Journal of Exercise Science at the Annual Meeting of the American College of Sports Medicine. Provost’s Initiatives for Excellence Grant, Western Kentucky University, 2008 (funded).	\$2,000
<b>Lyons TS</b> . Effect of Exercise on Bone Mineral Density. College of Health and Human Services Research Scholarship, Western Kentucky University, 2007 (funded).	\$1,500
<b>Lyons TS</b> . Examining the Role of Protein Metabolism in Anaerobic and Aerobic Exercise. New Faculty Research Scholarship, Western Kentucky University, 2007 (funded).	\$4,000
<b>Lyons TS</b> , JW Navalta. Study Abroad Course Development: 2008 Beijing Olympics. Provost’s Initiatives for Excellence Grant, Western Kentucky University, 2007 (funded).	\$500
<b>Lyons TS</b> . Effects of Varying Cycle Cadence in Submaximal Prediction of Peak Oxygen Uptake. Faculty Research Scholarship, Western Kentucky University, 2006 (funded).	\$1,000

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COURSES TAUGHT

*Western Kentucky University*

EXS 296	Practicum in Exercise Science
EXS 311	Exercise Physiology
EXS 324	Measurement & Evaluation
EXS 325	Applied Exercise Physiology
EXS 412	Exercise Testing & Prescription
EXS 455	Exercise & Aging

EXS 456	Independent Study in Exercise Science
EXS 485/485G	Study Abroad
EXS 496	Internship in Exercise Science
EXS 498	Capstone Project in Exercise Science
KIN 501	Research Methods
KIN 504	Advanced Exercise Physiology
KIN 514	Laboratory Methods
KIN 515	Advanced Measurement & Evaluation
KIN 518	Advanced Statistics in Exercise Physiology
KIN 521	Critical Analysis of Professional Literature
KIN 522	Advanced Exercise Testing & Prescription
KIN 523	Seminar in Exercise Physiology
KIN 530	Independent Study in Exercise Physiology
KIN 596	Internship in Exercise Physiology
KIN 598	Capstone Project in Exercise Physiology
KIN 599	Thesis Research
PE 100	Life Fitness & Wellness
PE 101	Jogging
PE 212	Lifetime Team Sports: Volleyball
PE 222	Health Related Fitness II: Strength/Endurance/Flexibility

*University of Alabama*

HPE 101	Weight Training
HPE 199	Ecological Approach to Health and Fitness

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REFEREED JOURNALS

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The Anatomical Record  
 Applied Physiology, Nutrition, and Metabolism  
 Clinical Physiology and Functional Imaging  
 Diabetology and Metabolic Syndrome  
 European Journal of Applied Physiology  
 International Journal of Exercise Science  
 International Journal of Sports Medicine  
 Journal of Physical Activity and Health  
 Journal of Strength and Conditioning Research  
 Medicine & Science in Sports and Exercise  
 Nutrition and Metabolism