

## T. Scott Lyons, PhD, FACSM

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### FACULTY AND RESEARCH APPOINTMENTS

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<b>Professor of Exercise Science</b> <b>School of Kinesiology, Recreation &amp; Sport</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	07/2017 – present
<b>Dean</b> <b>The Graduate School</b> <i>Western Kentucky University</i>	01/2017 – 06/2018
<b>Associate Professor of Exercise Science</b> <b>School of Kinesiology, Recreation &amp; Sport</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	07/2009 – 06/2017
<b>Director</b> <b>School of Kinesiology, Recreation &amp; Sport</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	01/2014 – 12/2016
<b>Associate Dean for Research</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	09/2012 – 06/2015
<b>Program Director, Graduate Program in Kinesiology</b> <b>School of Kinesiology, Recreation &amp; Sport</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	07/2007 – 06/2013
<b>Program Director, Undergraduate Program in Exercise Science</b> <b>School of Kinesiology, Recreation &amp; Sport</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	07/2005 – 06/2013
<b>Assistant Professor of Exercise Science</b> <b>School of Kinesiology, Recreation &amp; Sport</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	07/2004 – 06/2009

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### ACADEMIC EDUCATION

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<b>Doctor of Philosophy: Human Performance/Exercise Physiology</b> <b>Department of Kinesiology</b> <b>College of Education</b> <i>University of Alabama</i>	12/2003
<b>Master of Arts: Human Performance/Exercise Physiology</b> <b>Department of Kinesiology</b> <b>College of Education</b> <i>University of Alabama</i>	05/1998

**Bachelor of Arts: History (Minors: English & Psychology)** 12/1995  
**Department of History**  
**College of Arts & Sciences**  
*University of Alabama*

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EXECUTIVE EDUCATION

**Crisis Leadership in Higher Education** 03/2015  
**Kennedy School of Government**  
*Harvard University*

**Management Development Program** 06/2013  
**Graduate School of Education**  
*Harvard University*

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PROFESSIONAL POSITIONS AND CONSULTING

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

**Research Consultant** 08/2015 – 07/2016  
*ICON Health & Fitness – Logan, Utah*

**Research Consultant** 05/2005 – 07/2014  
*The DigiJump Organization – Louisville, Kentucky*

**Expert Witness** 09/2007 – 05/2008  
*Personal Injury Lawsuit – Terre Haute, Indiana*

**Planning & Design Consultant** 01/2005 – 03/2005  
*Private Fitness & Wellness Facility – Bowling Green, Kentucky*

**Research Consultant** 04/2004 – 10/2004  
*CamelBak Products – Petaluma, California*

**Fitness & Wellness Coordinator** 07/2001 – 04/2004  
*Fitness One – Northport, Alabama*

**Director of Business Affairs** 10/1998 – 04/2000  
*Phi Sigma Kappa International Headquarters – Indianapolis, Indiana*

**Strength & Conditioning Consultant** 05/1998 – 12/1999  
*San Diego Chargers Football Organization – San Diego, California*

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APPOINTMENTS & MEMBERSHIPS

**Council of Graduate Schools** 07/2017 – present  
*Member*

**Order of Omega** 07/2017 – present  
*Honorary Member*

**National Association of Graduate Admissions Professionals** 04/2017 – present  
*Member*

**Conference of Southern Graduate Schools** 03/2017 – present  
*Member*

<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>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 AND PROFESSIONAL SERVICE

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<b>Search Committee Member, Associate Provost for International Affairs</b> <i>Western Kentucky University</i>	2018
<b>Search Committee Member, WKU Provost</b> <i>Western Kentucky University</i>	2018
<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>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>	09/2012 – 06/2015

*Western Kentucky University*

**Co-facilitator, Study Away Sports Facility Symposium** 05/2014 – 08/2014  
*Dallas, Texas*

**Conference Coordinator and Chair** 09/2013 – 04/2014  
**44<sup>th</sup> Annual WKU Student Research Conference**  
*Western Kentucky University*

**Advocate and White Paper Author** 11/2013 – 05/2014  
**Elevating the Department of Kinesiology, Recreation & Sport  
to School Status**  
*Western Kentucky University*

**Invited Speaker** 09/2013  
**13<sup>th</sup> Annual Asian Federation of Sports Medicine Congress**  
*Kuala Lumpur, Malaysia*

**Expert Panel Participant** 02/2013  
**Integrating Obesity Care into the Patient Centered Medical Home**  
*Washington, D.C.*

**Abstract Reviewer** 2012, 2013  
*Southeast American College of Sports Medicine*

**Invited Speaker: Keynote Address** 03/2012  
**Annual Meeting of the Philippine Association for Sport and Exercise Sciences**  
*Manila, Philippines*

**Research Session Chair** 02/2012  
**Endocrinology/Immunology; Epidemiology & Preventive Medicine;  
Skeletal Muscle; Body Composition/Energy Balance/Weight Control**  
*Annual Meeting of the Southeast American College of Sports Medicine  
Jacksonville, Florida*

**Research and Creative Activities Program (RCAP)** 09/2010 – 05/2012  
*Western Kentucky University*

**University Athletics Committee** 09/2004 – 05/2010  
*Western Kentucky University*

**Facilitator, Study Abroad project with the 2008 Summer Olympics** 04/2007 – 08/2008  
*Beijing, China*

**Facilitator, Faculty/Student Exchange Program** 02/2008  
**Capital Institute of Physical Education**  
*Beijing, China*

**Search Committee Member, Department Chair** 2007, 2008  
**Department of Kinesiology, Recreation & Sport**  
*Western Kentucky University*

**Facilitator and Recruiter for Visiting Scholar from Beijing, China** 08/2007 – 05/2008  
**College of Health and Human Services**  
*Western Kentucky University*

<b>Search Committee Chair, Exercise Science Faculty</b> <b>Department of Kinesiology, Recreation &amp; Sport</b> <i>Western Kentucky University</i>	2005, 2006, 2007, 2009 2011, 2012, 2013, 2018
<b>Search Committee Member, Rural Health Institute Director</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	2006
<b>Dean's Internal Advisory Committee</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	08/2004 – 05/2007
<b>Sabbatical &amp; Awards Committee</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	08/2004 – 05/2006

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AWARDS

<b>Open-Access Publishing Hall of Fame</b> <b>International Journal of Exercise Science</b> <b>WKU Libraries</b> <i>Western Kentucky University</i>	11/2015
<b>Faculty Excellence in Research Award</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	11/2010
<b>Open-Access Publishing Award</b> <b>International Journal of Exercise Science</b> <b>WKU Libraries</b> <i>Western Kentucky University</i>	11/2009
<b>Faculty Excellence in Student Advisement Award</b> <b>College of Health and Human Services</b> <i>Western Kentucky University</i>	11/2009
<b>M. Ray Loree Award for Outstanding Dissertation Research</b> <b>College of Education</b> <i>University of Alabama</i>	04/2004
<b>Omicron Deuteron Alumni Club Outstanding Alumnus Award</b> <b>Omicron Deuteron Chapter of Phi Sigma Kappa</b> <i>University of Alabama</i>	04/2002

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TEXTBOOK

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

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PUBLISHED MANUSCRIPTS (PEER-REVIEWED RESEARCH)

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. From the Editors: Ethical Issues Relating to Scientific Discovery in Exercise Science. *International Journal of Exercise Science* (in press)

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.

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** and 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** and 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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#### SUBMITTED MANUSCRIPTS

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Stone WJ, MA Schafer, SW Arnett, **S Lyons**. Post Exercise Hypotension Following Concurrent Exercise: Does Order of Exercise Modality Matter? Submitted to *International Journal of Exercise Science*, August 2018.

**Lyons S**, J Navalta, M Schafer, S Arnett. Examination of Metabolic Variables During Repetitive Jumping: Effects of Differing Platform Rigidity. Submitted to *Applied Physiology, Nutrition, and Metabolism*, June 2018.

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

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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. 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 S**. Invited Lecture: Introduction to the Process of Publishing and Reviewing Scientific Research. Annual Meeting of the Northwest American College of Sports Medicine, Tacoma, Washington 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**. Invited Lecture: Disseminating Undergraduate Research. Component of Special Symposium on Undergraduate Research Experiences in Exercise Science. Annual Meeting of the American College of Sports Medicine, Baltimore, Maryland 2010.\*

**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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#### FUNDING

Green JM, L Killen, E O'Neal, A Olenick, **S Lyons**. Influence of simulated altitude mask on perceptual responses to exercise and self-selected exercise intensity. Training Mask, LLC, 2015 (funded). \$22,643

Wallmann H, **S Lyons**. 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

Crandall KJ, **S Lyons**. Bingocize: A replicable model to improve functional \$7,800

physical fitness in older adults while engaging university students and the community. Owensboro Health Hospital Community Benefit Grant, 2013 (funded).

Byrne M, **S Lyons**. Neurophysical effects of forced exercise on adults with intellectual disabilities. Faculty-Undergraduate Student Engagement (FUSE), Western Kentucky University, 2013 (funded). \$4,500

Randall A, **S Lyons**. The fitting of assistive ambulation devices of residents from assisted living facilities. Faculty-Undergraduate Student Engagement (FUSE), Western Kentucky University, 2013 (funded). \$4,500

**Lyons TS**, 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

**Lyons TS**, 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

**Lyons TS**, 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, **TS Lyons**. Development of an Obesity Disease Analog Model for Identifying Predisposed Pre-Obese Women. National Institutes of Health, 2010 (R21) (not funded). \$345,579

**Lyons TS**, 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

**Lyons TS**. Effect of Repetitive Jumping on Bone Health in Postmenopausal Women. Summer Research Scholarship, Western Kentucky University, 2009 (not funded). \$6,000

**Lyons TS**, JW Navalta, SW Arnett. NIH Regional Seminar – Atlanta, Georgia. Western Kentucky University Proposal Development Travel Fund, 2009 (funded). \$675

**Lyons TS**, 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

**Lyons TS**. Effect of Exercise on Bone Mineral Density. College of Health and Human Services Research Scholarship, Western Kentucky University, 2007 (funded). \$1,500

**Lyons TS**. Examining the Role of Protein Metabolism in Anaerobic and Aerobic Exercise. New Faculty Research Scholarship, Western Kentucky University, 2007 (funded). \$4,000

**Lyons TS**, JW Navalta. Study Abroad Course Development: 2008 Beijing Olympics. Provost’s Initiatives for Excellence Grant, Western Kentucky University, 2007 (funded). \$500

**Lyons TS.** 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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JOURNALS FOR WHICH I HAVE SERVED AS A PEER-REVIEWER

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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