

MARK A. SCHAFER

ACSM Certified Clinical Exercise Physiologist®, CSCS®

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EDUCATION

Doctor of Philosophy in Exercise Physiology <i>University of Pittsburgh, Pittsburgh, Pennsylvania</i>	2004-2007
Master of Science in Physical Education (Sports Physiology and Adult Fitness) <i>Ohio University, Athens, Ohio</i>	1996-1997
Bachelor of Science in Sports Sciences <i>Ohio University, Athens, Ohio</i>	1994-1996
University of Cincinnati <i>Cincinnati, Ohio, Biology / Exercise Physiology</i>	1991-1994

PROFESSIONAL EMPLOYMENT

Associate Professor of Exercise Science	2014 - Present
Program Coordinator Exercise Science (BS)	2013 - 2022
Program Coordinator Kinesiology (MS)	2014 – 2020
Assistant Professor of Exercise Science <i>Western Kentucky University – School of Kinesiology, Recreation and Sport</i>	2008 – 2014
Instructor – Exercise Science <i>Slippery Rock University – Department of Exercise and Rehabilitative Science</i>	2007 – 2008
Campus Fitness Coordinator <i>University of Pittsburgh - Baierl Student Recreation Center</i>	2006 - 2007

Responsibilities included: supervision and administration of the 40,000 sq. ft. Baierl Student Recreation Center. Improve and expand the “Fit at Pitt” student wellness testing and training services. Recruit, hire, train, schedule, supervise, and evaluate fitness center staff. Train and supervise graduate assistants teaching personal fitness, weight training, running, and power lifting. Maintain Baierl fitness facility records and prepare usage and maintenance reports. Purchase new equipment and perform maintenance on exercise equipment.

Graduate Assistant 2004–2006
Department of Health and Physical Activity, University of Pittsburgh

Research Study Coordinator, Botox Clinical Trial for Post–Stroke Spasticity 2003-2004
Drake Center, Cincinnati, Ohio

Responsibilities included: recruiting for the study, scheduling patients, performing pre/post PFT's, completing patient informed consents and questionnaires, collecting and submitting data, and organizing and implementing of study procedures and protocol.

Exercise Specialist, Cardiopulmonary Rehabilitation 2002-2004
Drake Center, Cincinnati, Ohio

Outpatient cardiac and pulmonary rehabilitation – contacted/scheduled incoming patients for program orientation, provided exercise orientation to program, provided individualized exercise prescriptions/progressions, conducted exercise therapy sessions, and taught individual/group education classes.

Peripheral Arterial Disease Rehabilitation – served on a committee to start a PAD program, contacted and visited physicians to promote new service, implemented PAD procedures and protocols for incoming patients and provided staff training.

Cardiopulmonary Rehabilitation/Cardiopulmonary Exercise Testing 1997-2002
New Hanover Health Network, Wilmington, North Carolina

Inpatient cardiac rehabilitation – designed and implemented the exercise component of inpatient cardiac rehabilitation, assessed medical or surgical patients, ambulated patients prior to discharge, provided discharge home exercise program and risk factor modification, promoted outpatient rehabilitation program, and performed documentation on patient status and progress.

Outpatient cardiac and pulmonary rehabilitation – contacted/scheduled incoming patients for program orientation, provided exercise orientation to program, provided individualized exercise prescriptions/progressions, conducted exercise therapy sessions, taught individual/group education classes, developed policies and procedures, trained and mentored incoming exercise staff and interns.

Cardiopulmonary exercise testing and pulmonary function testing – (SensorMedics Vmax 29 metabolic system) Performed diagnostic testing for patients referred by their doctor or referred to the pulmonary rehabilitation program, utilized bicycle ergometer or treadmill protocols to measure cardiovascular/ventilatory/gas-exchange responses to peak exercise, developed policies and procedures and provided training for staff members.

Wellness – provided teaching and educational materials regarding exercise and preventative health measures to area businesses and schools. Provided education through private consultations or classroom setting. Education sessions included: blood pressure, risk factors for heart disease, beginning/maintaining an exercise program, diabetes, obesity and diet.

Part-time Faculty	2001
<i>University of North Carolina at Wilmington – Exercise Science – Department of Health, Physical Education and Recreation, Wilmington, North Carolina</i>	
Internship, Cardiopulmonary Rehabilitation	1997
<i>The Heart Center – Pitt County Memorial Hospital Inc. University Medical Center of Eastern Carolina-Pitt County, Greenville, North Carolina</i>	
Graduate Assistant, Clinical Exercise Physiology	1996-1997
<i>Ohio University, Sports Physiology and Adult Fitness Graduate Program, Athens, Ohio</i>	
Fitness Center Supervisor	1995-1996
<i>Healthbeat – Ohio University’s Employee Wellness Program, Athens, Ohio</i>	
Exercise Testing Assistant and Fitness Center Supervisor	1995-1997
<i>Ohio University, Adult Fitness Program, Athens, Ohio</i>	

PROFESSIONAL CERTIFICATIONS & MEMBERSHIPS

<i>ACSM, Certified Clinical Exercise Physiologist, CEP®</i>	2001-Present
<i>NSCA, Certified Strength and Conditioning Specialist, CSCS®</i>	2003-Present
<i>American Heart Association or American Red Cross - Adult/Infant/Child CPR, AED</i>	1995-Present
<i>Mid-Atlantic American College of Sports Medicine, Member</i>	2006- 2008
<i>American College of Sports Medicine (ACSM), Member</i>	Current
<i>Southeast American College of Sports Medicine (SEACSM), Member</i>	Current

TEACHING

Western Kentucky University – Kinesiology, Recreation & Sport	2008 to Present
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Undergraduate Courses:

EXS 223 Introduction to Exercise Science
 EXS 296 Practicum in Exercise Science
 EXS 311 Physiology of Exercise
 EXS 325 Applied Exercise Physiology
 EXS 412 Exercise Testing & Prescription
 EXS 420 Clinical Exercise Physiology
 EXS 496 Internship in Exercise Science

Graduate Courses:

KIN 522 Advanced Exercise Prescription
 KIN 504 Advanced Exercise Physiology
 KIN 523 Seminar in Exercise Physiology
 KIN 514 Lab Methods in Exercise Physiology
 KIN 501 Research Methods Kinesiology
 DPT 772 Cardiopulmonary Rehabilitation

Undergraduate Courses:

ERS 375 Exercise Physiology

ERS 377 Exercise Leadership – Strength and Fitness

ERS 321 Care and Prevention of Injuries of the Physically Active

ERS 475 Clinical Exercise Physiology

University of North Carolina at Wilmington – Exercise Science – Department of Health, Physical Education and Recreation**2001**

EXS 347 Field Experience in Exercise Science

RESEARCH**Publications**

Schafer MA, Upright P, Michalik J, and Crandall, K. Jason. Impact of 10-Week Evidence-Based Falls Prevention Program on Outcomes Related to Falls Risk in Community-Dwelling Older Adults. *Int J Exerc Sci*. Vol. 16 (7), 1131–1141, 2023. Available at: <https://digitalcommons.wku.edu/ijes/vol16/iss7/5>

Griffin G, Stone W, Tolusso D, **Schafer M**, Lyons, T. Scott. A VO₂max Protocol for Young, Apparently Healthy Adults. *Int J Exerc Sci*. 2023. In-press.

Tinius RA, Maples JM, **Schafer MA**, Paudel A, Fortner KB, Zite NB, Nagpal TS. To Be Active or to Stop? A Cross-Sectional Retrospective Study Exploring Provider Advice and Patient Fears Surrounding Physical Activity in Pregnancies Complicated by Fetal Growth Restriction. *International Journal of Environmental Research and Public Health*. 2022; 19(10):6076. <https://doi.org/10.3390/ijerph19106076>

Stone W, **Schafer M**, Arnett S, Lyons S. Post Exercise Hypotension Following Concurrent Exercise: Does Order of Exercise Modality Matter? *Int J Exerc Sci* 13(2): 36–48, 2020.

Lyons TS, Navalta JW, Stone WJ, Arnett S, **Schafer MA**, Igaune L. Evaluation of Repetitive Jumping Intensity on the Digi-Jump Machine. *Int J Exerc Sci* 13(2): 818–25, 2020.

Dispennette AK, **Schafer MA**, Shake M, Clark B, Macy GB, Vanover S, et al. Effects of a Game-Centered Health Promotion Program on Fall Risk, Health Knowledge, and Quality of Life in Community-Dwelling Older Adults. *Int J Exerc Sci* 12(4): 1149–60, 2019.

Young S, VanWye W, **Schafer M**, Robertson T, Poore AV. Factors Affecting PhD Student Success. *Int J Exerc Sci* 12(1): 34–45, 2019.

Morris CE, Wessel PA, Tinius RA, **Schafer MA**, Maples JM. Validity of Activity Trackers in Estimating Energy Expenditure During High-Intensity Functional Training. *Res Q Exerc Sport* 90(3): 377–84, 2019.

Stone W, Navalta J, Lyons S, **Schafer M**. From the Editors: A Guide for Peer Review in the Field of Exercise Science. *Int J Exerc Sci* 11(1): 1112–9, 2018.

- Sobrero G, Arnett S, **Schafer M**, Stone W, Tolbert TA, Salyer-Funk A, et al. A Comparison of High Intensity Functional Training and Circuit Training on Health and Performance Variables in Women: A Pilot Study. *Women Sport Phys Act J* 25(1): 1–10, 2017.
- Crandall KJ, Zagdsuren B, **Schafer MA**, Lyons TS. Static and Active Workstations for Improving Workplace Physical Activity and Sitting Time. *Int J Hum Mov Sports Sci* 4(2): 20–5, 2016.
- Navalta JW, Fedor EA, **Schafer MA**, Lyons TS, Tibana RA, Pereira GB, et al. Caffeine affects CD8+ lymphocyte apoptosis and migration differently in naïve and familiar individuals following moderate intensity exercise. *Int J Immunopathol Pharmacol* 29(2): 288–94, 2016.
- Mays RJ, Goss FL, Nagle EF, Gallagher M, Haile L, **Schafer MA**, et al. Cross-validation of Peak Oxygen Consumption Prediction Models From OMNI Perceived Exertion. *Int J Sports Med* 37(10): 831–7, 2016.
- Mays RJ, Goss FL, Nagle-Stilley EF, Gallagher M, **Schafer MA**, Kim KH, et al. Prediction of VO₂ peak using the OMNI ratings of perceived exertion from a submaximal cycle exercise test. *Percept Mot Skills* 118(3): 863–81, 2014.
- Schafer M**, Kell H, Navalta J, Tibana R, Lyons S, Arnett S. Effects of a simulated tennis match on lymphocyte subset measurements. *Res Q Exerc Sport* 85(1): 90–6, 2014.
- Schafer MA**, Goss FL, Robertson RJ, Nagle-Stilley EF, Kim K. Intensity selection and regulation using the OMNI scale of perceived exertion during intermittent exercise. *Appl Physiol Nutr Metab Physiol Appl Nutr Metab* 38(9): 960–6, 2013.
- Schafer MA**, Robertson RJ, Thekkada SJ, Jr MG, Hunt SE, Goss FL, et al. Validation of the OMNI RPE Seven Day Exertional Recall Questionnaire. *Res Q Exerc Sport* 84(3): 363–72, 2013.
- Kell H, Pereira G, Tibana R, Jarrett M, **Schafer M**, Prestes J, et al. Acquisition Delays Affect Lymphocyte Subset Counts but not Markers of Exercise-induced Apoptosis. *Int J Exerc Sci* 6(3), 2013.
- Navalta JW, Lyons S, Prestes J, Arnett SW, **Schafer M**, Sobrero GL. Exercise Intensity and Lymphocyte Subset Apoptosis. *Int J Sports Med* 34(03): 268–73, 2013.
- Friedman RA, Navalta JW, Fedor EA, Kell HB, Lyons TS, Arnett SW, and **Schafer MA**. Repeated high-intensity Wingate cycle bouts influence markers of lymphocyte migration but not apoptosis. *Appl Physiol Nutr Metab Physiol Appl Nutr Metab* 37(2): 241–6, 2012.
- Gallagher M, Robertson RJ, Goss FL, Nagle-Stilley EF, **Schafer MA**, Suyama J, et al. Development of a perceptual hyperthermia index to evaluate heat strain during treadmill exercise. *Eur J Appl Physiol* 112(6): 2025–34, 2012.
- Navalta JW, Lyons TS, Pereira GB, Arnett SW, **Schafer MA**, Esslinger FT, and Sobrero GL. Effectiveness of blended instruction utilizing on-line lectures and split classes in delivering an applied exercise physiology course. *Medical Physiology Online*, 2012. <http://medicalphysiologyonline.wordpress.com>
- Navalta J, McFarlin B, Simpson R, Fedor E, Kell H, Lyons S, Arnett S, and **Schafer M**. Finger-stick Blood Sampling Methodology for the Determination of Exercise-induced Lymphocyte Apoptosis. *J Vis Exp* (48): 2595, 2011.

Navalta JW, McFarlin BK, Lyons S, Arnett SW, **Schafer MA**. Cognitive awareness of carbohydrate intake does not alter exercise-induced lymphocyte apoptosis. *Clinics* 66(2): 197–202, 2011.

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

Mays RJ, Goss FL, **Schafer MA**, Kim KH, Nagle-Stilley EF, Robertson RJ. Validation of adult omni perceived exertion scales for elliptical ergometry. *Percept Mot Skills* 111(3): 848–62, 2010.

Robertson RJ, Goss FL, Aaron DJ, Nagle EF, Gallagher M, Kane IR... **Schafer MA**...et al. Concurrent muscle hurt and perceived exertion of children during resistance exercise. *Med Sci Sports Exerc* 41(5): 1146–54, 2009

Grants

Owensboro Regional Health Hospital Community Benefit Grant. Co- Investigator; *Bingocize*[®] improves health and quality of life in older adults. \$36,677.00. **2017**

National Science Foundation: Major Research Instrumentation grant, NSF. 2017 \$315,357.00. Philips EPIQ 7G 3D ultrasound imaging system. Co-Author. Not funded. **2017**

Ergotron – Standing workstations. *Evaluation of sit-stand desktop workstations in the workplace*. A grant of 60 workstations (\$25,000) **2017**

College of Health and Human Services Research Grant, Western Kentucky University, \$3,000. **2013**

Western Kentucky University, RCAP II Award #: 13-8003. Fall 2012 - \$8,000.00. **2012**

Western Kentucky University, New Faculty Grant. \$4,000 **2011**

College of Health and Human Services Research Grant, Western Kentucky University \$3,000 **2011**

College of Health and Human Services Research Grant, Western Kentucky University. \$1,500 **2009**

University of Pittsburgh - Alumni Doctoral Fellowship. \$2,000 **2006**

University of Pittsburgh - School of Education Student Research Grant. \$1,497 **2006**

Current investigations

Nicholas A. Buoncristiani¹, Grant Malone, Whitley J. Stone, Scott Arnett, Mark A. Schafer, Danilo V. Toluoso. The Validity of Perceptual Recovery Status on Monitoring Recovery during a High-Intensity Back Squat Session. *Manuscript in review. International Journal of Sport Physiology and Performance*.

Schafer, Mark; Crandall, Jason K.; Grieve, Frederick; Bubnis Michelle. Muscle Dysmorphia Comparisons Between High Intensity Functional Training And Traditional Strength Training Environments. *Manuscript in review. Journal of Sport Behaviour*.

Schafer, Mark, A.; Jason Crandall, K.; Scott Lyons, T., FACSM; Edens, Kolbi; Blankenship, Lydia; Shaker, Nuha; Vondy, Robert. Impact Of Sit-stand Workstation Progressions On Stress, Focus, And Productivity In University Staff Members. *Manuscript in preparation*.

Rock Out Work Out! Cardio Drumming and Down Syndrome. Whitey Stone, Janice Smith, and Mark Schafer. Data collection completed in Spring 2022. Abstracts are in progress for regional and national conferences for 2023.

Regional and National Presentations and Published Abstracts

Schafer M, Scali S, Stone W, Lyons, S, Crandall, J. Impact of 10-Week Bingocize® Program on self-reported general health, fear of falling, and physical activity. (2023) Presentation at the Annual Meeting of the American College of Sports Medicine, Denver, CO.

Schafer M, Scali S, Stone W, Lyons, S, Crandall, J. Impact of 10-Week Bingocize® Program on self-reported general health, fear of falling, and physical activity. (2023) Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Avendano A, Stone W, **Schafer M**. Rock Out Workout: Cardiodrumming's Impact on Function with Down Syndrome. (2023) Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Rassi, S., Crandall, J., **Schafer, M.**, & Shake, M., Otto, S. (2022). Activity trackers and older adults. *Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS)*, Ottawa, Ontario.

Buoncristiani N, Toluoso DV, Arnett SW, Stone WS, **Schafer M**. The Validity of Perceptual Recovery Status on Monitoring Recovery During a High-Intensity Back Squat Session. National Strength and Conditioning Annual Meeting. New Orleans, LA, 2022

Malone G, Stone WS, Toluoso DV, Arnett SW, Buoncristiani N, **Schafer M**. Validity of the Repetitions in Reserve Based Rating of Perceived Exertion Scale in Single Joint Exercise. National Strength and Conditioning Association Annual Meeting. New Orleans, LA, 2022.

Dispennette AK, Focht B, Clark B, **Schafer M**, Shake M, Macy G, et al. Effects Of Bingocize® On Quality Of Life, Fall Risk, And Health Knowledge In Community-Dwelling Older Adults: 3096 Board #142 May 31 3:30 PM - 5:00 PM. *Med Sci Sports Exerc* 51(Supplement): 854, 2019.

Schafer MA, Alvis M, Morris C, Garrard T, Hughes A, Hunt L, et al. Evidence-based Educational Brochures Influenced Beliefs And Improved Knowledge Regarding The Benefits Of Exercise During Pregnancy: 3109 Board #155 May 31 2:00 PM - 3:30 PM. *Med Sci Sports Exerc* 51(Supplement): 859, 2019.

Schafer MA, Jason Crandall K, Scott Lyons T, Edens K, Blankenship L, Shaker N, et al. Impact Of Sit-stand Workstation Progressions On Stress, Focus, And Productivity In University Staff Members: 2899 Board #182 June 1 2 00 PM - 3 30 PM. *Med Sci Sports Exerc* 50(5S): 716, 2018.

Hoover DL, O'Brien J, Arnett SW, **Schafer MA**, Judge LW, Norris B. (2018) Field testing equations for predicting maximal anaerobic power. Annual Meeting of the National Strength and Conditioning Association. Indianapolis, IN.

Edens K, **Schafer M**, Crandall J, Lyons S, Vondy R, Olenick A, Blankenship L, Shaker N. (2018) Impact of utilizing sit-stand workstations for 10 weeks in university staff members. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Chattanooga, TN.

Hall AT, Morris CE, Forsythe S, Jordan T, **Schafer MA**, Wiczynki TL, et al. Evaluation Of The Health And Physical Fitness And Factors Influencing Retention Of Scholastic Sports Officials In The Sport Of American Football: 782 Board #43 May 30 2 00 PM - 3 30 PM. Med Sci Sports Exerc 50(5S): 170, 2018.

Schafer MA, Hoover DL, Wright J, Reese M, Crandall KJ, Olenick A, et al. Effect Of Sitting, Standing, And Walking Upon Physiological Measures During A Traditional College Lecture: 3244 Board #309 June 3, 2. Med Sci Sports Exerc 48: 928, 2016.

Bubnis M, Crandall JK, **Schafer M**, Grieve F. Muscle Dismorphia Comparisons Between High Intensity Functional Training And Traditional Strength Training Environments: 1124 Board #7 June 1, 3. Med Sci Sports Exerc 48: 306, 2016.

Olenick A, Jason C, **Schafer MA**, Battogtokh Z, Lyons ST, Brown J, et al. Workstations To Increase Workplace Physical Activity And Reduce Sitting Time: A Pilot Study. Med Sci Sports Exerc 48: 137, 2016.

Schafer M, Hoover D, Wright J, Reece M, Lyons S, Crandall J, Olenick A, Brown J. (2016) Effect of Sitting, Standing, and Walking During a Traditional College Lecture. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Brown J, Zagdsuren B, Crandall J, **Schafer M**, T. Lyons S, Falls D, and Olenick A. (2016) Workstations to increase workplace physical activity and reduce sitting time: A pilot study. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Perkins BE, **Schafer MA**, Hoover DL. Preparing a Student with Paraplegia for Health Fitness Specialist Certification: Functional Capacity Evaluation and Accommodation. Med Sci Sports Exerc 47: 367, 2015.

Zagdsuren B, Evans GS, Inman C, Stone W, Arnett S, **Schafer M**, et al. Crossfit Vs. Circuit-training: Effects Of A Ten-week Training Program On Aerobic, Anaerobic And Flexibility Indicators. Med Sci Sports Exerc 47: 801, 2015.

Sobrero GL, Inman C, Stone W, Zagdsuren B, Arnett SW, **Schafer MA**, et al. Crossfit Vs. Circuit-trained Individuals: Effects Of A Ten-week Training Program On Body Composition And Bone Mineral Density. Med Sci Sports Exerc 47: 800, 2015.

Brown JT, Sobrero GL, Inman C, Stone W, Zagdsuren B, Arnett SW, **Schafer M** et al. Crossfit Vs. Circuit-trained Individuals: Effects Of A Ten-week Training Program On Muscular Strength And Endurance. Med Sci Sports Exerc 47: 800, 2015.

Wessel P, Sobrero GL, Inman C, Stone W, Arnett SW, **Schafer MA**, et al. Crossfit Vs. Circuit-trained Individuals: Effects Of A 10-week Training Program On Power. Med Sci Sports Exerc 47: 800, 2015.

Norris B, McMullen RS, Weatherholt WT, Arnett SW, Judge LW, **Schafer MA**, Hoover DL. Cross-country cycling does not significantly affect bone mineral density measures. J Strength Cond Res; 2015: 29(S):

Judge LW, Bellar DM, Norris B, McMullen RS, Weatherholt WT, Arnett SA, **Schafer MA**, Hoover DL.

Novice cyclists show improved aerobic fitness measures following ride across United States. *J Strength Cond Res*; 2015: 29(S):

Arnett SW, Norris B, Weatherholt WT, McMullen RS, Judge LW, **Schafer MA**, Hoover DL. Ratings of perceived exertion lessened following bike ride across America. *J Strength Cond Res*; 2015: 29(S):

Weatherholt WT, McMullen RS, Inman CF, **Schafer MA**, Hoover DL. Bone Mineral Density Not Significantly Changed By Cycling Across The United States: 2326 Board #73 May 29, 11. *Med Sci Sports Exerc* 47: 622, 2015.

McMullen RS, Weatherholt WT, Inman CF, **Schafer MA**, Hoover DL. Vo2 Max And Time To Volitional Failure Improved Following Bike Ride Across The United States: 3304 Board #65 May 30, 8. *Med Sci Sports Exerc* 47: 884, 2015.

Schafer M, Sobrero G, Arnett S, Lyons S, Stone W, Navalta J, et al. Performance Indicators in ROTC Cadets After 12 Weeks of Training that Included CrossFit: 443 Board #281 May 28, 9. *Med Sci Sports Exerc* 46: 119, 2014.

Sobrero G, Arnett S, **Schafer M**, Stone W, Lyons S, Esslinger, K, Esslinger, T, Crandall J, Maples J. Crossfit Vs. Resistance-training: Effects Of A Six-week Training Program On Selected Performance Indicators. *Med Sci Sports Exerc* 46(5): G29, 2014.

Hoover DL, **Schafer MA**, Evans B, Besser T, Finn D, O'Neill A. Static stretching does not affect ratings of perceived exertion during a graded cycling test. *Med Sci Sports Exerc* 46(5): S528, 2014.

Stone, W.J.; **Schafer M.A.**, Lyons, T.S., Hoover, D., Evans, G., Maples, J., Crandall, J. "Twenty-Four Hour Post-Exercise Hypotension Following Concurrent Cardiovascular and Resistance Exercise" (2014). Presentation at the Annual Meeting of the Southeast American College of Sports Medicine. Greenville, SC.

G.L. Sobrero, W.J. Stone, **M.A. Schafer**, S.W. Arnett, T.S. Lyons, J. Crandall, J. Maples, J.W. Navalta, S.D. Bean, F.T. Esslinger, K. Esslinger. (2014). Evaluation of Upper and Lower Body Power in First Year ROTC Cadets after One Semester of ROTC training that Included Crossfit. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine. Greenville, SC.

Schafer, M.A., Arnett, S.W., Sobrero, G., Lyons, T.S., Navalta, J.W., Bean, S.D., Esslinger, F.T., Esslinger, K., Stone, W.J., Bean, S., Goss, F.L. Evaluation of Muscular Endurance, Agility, and Flexibility In Healthy Trained Crossfit and Weight Trained Individuals. *Med Sci Sports Exerc* 45 (5): S130, 2013.

Lyons, T.S., Evans, G., **Schafer, M.A.**, Arnett, S.A., Igaune, L. Determination of Repetitive Jumping Intensity Relative to Measured VO₂max. *Med Sci Sports Exerc* 45 (5): S32, 2013.

Finn, F., Besser, T., O'Neill, A., Evans, B., **Schafer, M.A.**, Hoover, D. Static Stretching Does Not Affect VO₂ Max Or Time To Volitional Failure During Graded Cycling. *Med Sci Sports Exerc* 45 (5): S114, 2013

Arnett, S.W., Sobrero, G., **Schafer, M.A.**, Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., Esslinger, K. Goss, F.L. Crossfit vs. Resistance-trained Individuals: Evaluation of Strength and Power. *Med Sci Sports Exerc* 45 (5): S130, 2013.

Sobrero, G., **Schafer, M.A.**, Arnett, S.W., Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, W.J., Esslinger, F.T., Esslinger K. Comparison of Aerobic and Anaerobic Power in Crossfit and Resistance Trained Individuals. *Med Sci Sports Exerc* 45 (5): S130 2013.

Besser, T., Evans, B., Finn, D., O'Neill, A., **Schafer, M.A.**, Hoover, D.A. The Effects of Static Stretching on Metabolic Efficiency during a Graded Cycling Test. *Med Sci Sports Exerc* 45 (5): S428, 2013.

O'Neill, A., Finn, D., Evans, B., Besser, T., **Schafer, M.A.**, Hoover, D.A. The Effects of Static Stretching on Gross Motor Coordination during a Graded Cycling Test. *Med Sci Sports Exerc* 45 (5): S583, 2013.

Schafer, M.A., Arnett, S.W., Sobrero, G., Lyons, T.S., Navalta, J.W., Stone, J.W., Bean, S.D., Esslinger, F.T., Esslinger, K. (2013) Evaluation of Power in Crossfit vs. Weight Trained Individuals. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Stone, W.J., **Schafer, M.A.**, Sobrero, G., Arnett, S.W., Lyons, T.S., Navalta, J.W., Bean, S.D., Esslinger, F.T., Esslinger, K. (2013) Muscular Endurance, Agility, and Flexibility in Crossfit vs. Weight Trained Individuals. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Arnett, S.W., Sobrero, G., **Schafer, M.A.**, Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, F.T., Esslinger, K. (2013) Assessment of 1RM Strength Between Crossfit and Resistance Trained Individuals. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Falls, D.G., Lyons, T.S., **Schafer, M.A.**, Durham K.F. (2013) Effectiveness of the Life Improving Functional Exercise (LIFE) Program on Physiological and Performance Variables in Elderly Adults. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Sobrero, G., **Schafer, M.A.**, Arnett, S.W., Lyons, T.S., Navalta, J.W., Stone, W.J., Bean, W.J., Esslinger, F.T., Esslinger K. (2013) Comparison of Aerobic and Anaerobic Power in Crossfit and Resistance Trained Individuals. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Lyons, T.S., Gibson, F.W., Jackson, J.C., Sobrero-Evans G., Arnett, S.A., **Schafer M.A.** (2013) Examining Quality of Life and Health Satisfaction Factors of a Mid-South University Population. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Schafer M.A., Navalta J.W., Arnett S.W., Lyons T.S., Sobrero G., Bean S., Sims S., Kirkwood K. Goss F.L. Participation in a 10K Running Race Significantly Decreases Post Exercise Blood Pressure. *Med Sci Sports Exerc* 44 (5): S242, 2012.

Friedman R.A., Lyons T.S., Navalta J.W., **Schafer M.S.**, Arnett S.A. Investigation Of C-reactive Protein And Leptin As Biomarkers Of Obesity With Potential Clinical Utility. *Med Sci Sports Exerc* 44 (5): S67, 2012.

Bush J., **Schafer M.A.**, Arnett S., Navalta J., Lyons S., Sobrero G. (2012) Post-Exercise Hypotension in brief exercise. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, FL.

Kirkwood D., Sims S., Igaune L., Navalta J.W., Lyons T.S., and **Schafer M.A.** (2012) Effect of different exercise test protocols on post-exercise hypotension. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, FL.

Navalta J.W., Lyons T.S., Whitlock S., Kirkwood D., Arnett S.W., **Schafer M.A.**, and Sobrero G. (2012) The disease analog model and leptin may identify susceptible pre-obese African American women. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, FL.

Lyons T.S., Navalta J.W., **Schafer M.A.**, Arnett S.W., Sivley J.C., and Livesay K.S. Comparative Analysis Of Heart Rate During Circuit Training Compared With Different Cardiovascular Training Apparatus. *Med Sci Sports Exerc* 43(5):404, 2011.

Navalta J.W., **Schafer M.A.**, Fedor E.A., Friedman R.A., Lyons S., and Arnett S.W. Lymphocyte Subset and Apoptotic Response to a 5K Road Race. *Med Sci Sports Exerc* 43(5):335, 2011.

Kirkwood D.D., Zierten R.L., Bean S.D., **Schafer M.A.**, Lyons S., Arnett S.W., Esslinger T., and Navalta J.W. Exercise-induced Apoptosis of Lymphocytes Does Not Depend on Anaerobic Training Status. *Med Sci Sports Exerc* 43(5):483-4, 2011.

Bean, S.D., Kirkwood, D.D., Zierten, R.L., **Schafer, M.A.**, Arnett, S.W. & Navalta, J.W. (2011). High Intensity Exercise Increases Cell Death of B-Lymphocytes (CD19) in Anaerobically Trained Individuals. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

D.D. Kirkwood, R.L. Zierten, S.D. Bean, M.A. Schafer, T.S. Lyons, S.W. Arnett, F.T. Esslinger, J.W. (2011) Exercise-induced Apoptosis of Lymphocytes Does Not Depend on Anaerobic Training Status. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.

Navalta, J.W., Lyons, T.S., Arnett, S.W., **Schafer, M.A.** & Esslinger, F.T. (2011). Utilizing On-line Lectures and Split Classes are Effective in Delivering Instruction to a Large Laboratory-Based Applied Exercise Physiology Course. 9th Annual Hawaii International Conference on Education. Honolulu, HI.

Navalta, J.W., McFarlin, B.K., Simpson, R.J., Fedor, E.A., Kell, H.B., Lee, C.G., Lyons, T.S., Arnett, S.W. & **Schafer M.A.** (2010). A Methodology for Determining Exercise-induced Changes of Fractalkine in Lymphocyte Subsets. International e-Conference on Kinesiology and Integrated Physiology, <http://kinesiology.econferenceintl.com>.

Gallagher M.J., Robertson R.J., Nagle E.F., Goss F.L., **Schafer M.A.**, Hostler D., and Suyama J. Development of a Perceptual Hyperthermia Index to Evaluate Heat Strain during Treadmill Exercise. *Med Sci Sports Exerc* 42(5):670-1, 2010.

Kell H.B., Fedor E.A., Lee G., Richardson D., Navalta J.W., Lyons S., **Schafer M.A.**, and Arnett S.W. Maximal Exercise Significantly Affects Helper T-Cell (CD3+/CD4+) Count Compared to Rest and 1-h Post Exercise. *Med Sci Sports Exerc* 42(5):647, 2010.

Lee G., Fedor E.A., Kell H.B., Navalta J.W., Lyons S., Richardson D.N., **Schafer M.A.**, and Arnett S.W.. No Relationship between Lymphocyte Apoptosis and Lymphocytopenia Post-exercise following Maximal Treadmill Running. *Med Sci Sports Exerc* 42(5):366-7, 2010.

Lyons S., Navalta J., **Schafer M.A.**, Arnett S., Fedor E., Lee G., and Kell H. Excess Postexercise Oxygen Consumption following Repeated Bouts of Anaerobic Exercise. *Med Sci Sports Exerc* 42(5):631, 2010.

- Navalta J.W., Fedor E.A., Lee G., Kell H.B., Lyons S., **Schafer M.A.**, Arnett S.W., McFarlin B.K., and Simpson R.J. Exercise Induces Apoptosis of Blood Lymphocytes but not in the Helper or Cytotoxic T Cell Subsets. *Med Sci Sports Exerc* 42(5):365, 2010.
- Richardson D, Kell H, Lee G, Fedo Er, **Schafer M.** (2010) No relationship between lymphocyte apoptosis and lymphocytopenia in the post-exercise period following maximal treadmill running. Presentation at the Annual Meeting of the Southeast American College of Sports Medicine, Greenville, SC.
- Sivley C., Navalta J/, Lyons T.S., **Schafer M.** (2010) Effects of Repeated Anerobic Bouts on Plasma Levels of TH1/TH2 Cytokines and Caspase-3. Presentation at the Annual Meeting of the Midwest American College of Sports Medicine.
- Schafer M.**, Goss F., Robertson R., Nagle E., and Kim K. Intensity Selection and Regulation using the OMNI Scale of Perceived Exertion during Intermittent Exercise. *Med Sci Sports Exerc* 40(5):S263, 2008.
- Welikonich M., Koch K., Haile L., Mays R, **Schafer M.**, Goss F.L., Aaron D., and Robertson R.J. Self-Regulation of Exercise Intensity Using the OMNI RPE Scale During Intermittent Cycle Ergometry. *Med Sci Sports Exerc* 40(5):S265, 2008.
- Schafer M.A.**, Koch K., Rothstein J., Goss F., Aaron D., and Robertson R. Self-regulation Of Exercise Intensity Using The Omni Rpe Scale During Intermittent Cycle Ergometer Exercise. *Medicine & Science in Sports & Exercise*. 2007;39(5):S485
- Schafer M.A.**, Thekkada S.J., Gallagher M.J., Hunt S.E., Goss F.L., Aaron D.J., and Robertson R.J. Validation of the OMNI RPE Seven Day Effort Recall Questionnaire. *Med Sci Sports Exerc* 38(5):S79, 2006.
- Thekkada S.J., Ghigiarelli J.J., **Schafer M.A.**, Goss F.L., Aaron D.J., and Robertson R.J. Validation of a OMNI RPE based 7-day recall questionnaire to assess session RPE. *Med Sci Sports Exerc* 38(5):S78, 2006.
- Gairola A., Gallagher M.J., **Schafer M.**, Resler K., Goss F.L., Aaron D.J., Metz K.F., and Robertson R.J. Validation of the OMNI Walk/Run RPE Scale for Intermittent Treadmill Exercise. *Med Sci Sports Exerc* 38(5):S79, 2006.
- Schafer, M., Presentation, Peripheral Arterial Disease. Science to Practice. 22nd Annual Cardiac & Pulmonary Conference, 2003.
- Schafer, M., Presentation, Energy Expenditure in Cardiac and Pulmonary Patients. 22nd Annual Cardiac & Pulmonary Conference, 2003.
- Schafer, M., Physical Activity and Health. Radio Interview, June 2000.
- Schafer, M., Presentation, Determining a patient's physical work capacity. Coastal Area Health Education Center (AHEC), 1999.
- Schafer, M., Presentation, Exercise for Patient's with Diabetes. Coastal Area Health Education Center (AHEC), 1999.
- Schafer, M., Risk Factors for Heart Disease. Radio interview, May 1998.

Dissertation and Thesis Committees

- Willarachilage Perera: Health professional communication regarding physical activity during pregnancy: is it appropriate and can BumptUp® influence it? Thesis Chair, Rachel Tinius. Committee, Mark Schafer & Dano Tulusso. Western Kentucky University. **2023 – 2024**
- Jada Shannon: Factors Affecting Mental Health of College-Aged Individuals. Thesis Chair, Rachel Tinius. Committee, Mark Schafer. **2023 – 2024**
- Nick Buoncristiani: *The Validity of Perceptual Recovery Status on Monitoring Recovery During a High-Intensity Back Squat Session*. Thesis Chair, Dano Tulusso. Committee Scott Arnett, Whitley Stone, Mark Schafer. Western Kentucky University. **2021-2022**
- Grant Malone: Thesis Chair, Whitley Stone Committee, Dano Tulusso, Scott Arnett, Mark Schafer. *Validity of the Repetitions in Reserve Based Rating of Perceived Exertion Scale in Single Joint Exercise*. Western Kentucky University. **2021-2022**
- Ariel Tomes: *Biopsychosocial effects of Bingocize® remote delivery in community-dwelling older adults*. Thesis Chair Jason Crandall. Advisors: Mark Schafer and Scott Lyons. Western Kentucky University. **2020 - 2021**
- Griffin Green: *Validation of a New VO2max Protocol for Cardiorespiratory Fitness Testing*. Thesis Chair Scott Lyons. Advisors: Mark Schafer and Dano Tulusso. Western Kentucky University. **2019 - 2020**
- Rassi, Sepehr: *Effects Of Bingocize® On Overall Physical Activity, Functional Performance, Blood Glucose Level, Sleep Quantity And Quality Among Older Adults in Long-Term Care Facilities*. Thesis Chair Jason Crandall Advisors: Matthew Shake and Mark Schafer. Western Kentucky University. **2019 – 2020**
- Elise VanMeter: *An examination of factors that affect male body image in college students*. Thesis Advisors: Rick Grieve, Ryan Farmer, and Mark Schafer. Western Kentucky University, Department of Psychology. **2018**
- Kathryn Dispenette: *The effects of Bingocize on fall risk, health knowledge, and quality of life in community-dwelling older adults*. Thesis Advisors: Jason Crandall and Mark Schafer. Western Kentucky University. **2018**
- TJ Gerking: *Effects of Resistance Training on Kinetic Outcomes during a Heavy Conventional Deadlift Exercise*. Thesis Advisors: Scott Arnett, Mark Schafer, Lee Winchester. Western Kentucky University. **2018**
- Teresa Wiczynski: *Interactions Between Aerobic Exercise Intensity, Academic Stress, and Immune Function*. Thesis Advisors: Lee Winchester, Scott Arnett, and Mark Schafer. Western Kentucky University, 2018.
- Jason Wright, Melissa Reece, K. & Jason Crandall. *Effect of Sitting, Standing, and walking during a traditional college lecture*. Advisors Mark Schafer and Donald L. Hoover. Western Kentucky University, Department of Physical Therapy. **2015**
- Whitley Stone: *24-Hour Post-exercise Hypotension Following Concurrent Aerobic and Resistance Exercise*. Thesis Chair: Mark Schafer. Western Kentucky University. **2013 – 2014**

Battogtokh Zagdsuren: *The effects of jump training on bone mineral density in young adult females*. Advisors: Scott Lyons, Mark Schafer, Scott Arnett. Western Kentucky University. **2013**

Jeremiah Bush: *Post-Exercise Hypotension in Brief Exercise*. Thesis Chair: Mark Schafer. Thesis Advisers: James Navalta, Scott Lyons, Scott Arnett. Western Kentucky University. **2011**

Rachel Friedman: *Investigation of C-Reactive Protein and Leptin as Biomarkers of Obesity with Potential Clinical Utility*. Thesis Advisers: James Navalta, Scott Lyons, Mark Schafer, Scott Arnett. Western Kentucky University.

2011

Holly Kell: *Effects of a Simulated Tennis Match on Lymphocyte Subset Measurements*. Thesis Advisers: James Navalta, Scott Lyons, Mark Schafer. Western Kentucky University. **2010**

Elizabeth Fedor: *Caffeine Supplementation and Moderate Intensity Exercise Modulates the Cytotoxic Lymphocyte Subset (CD+8) in Naive and Tolerant Individuals*. Thesis Advisers: James Navalta, Scott Lyons, Mark Schafer. Western Kentucky University. **2010**

Carrie E. Varvil: *Effects of a Topical Analgesic Using Massage on Delayed Onset Muscle Soreness*. Thesis Advisers: James Navalta, Scott Lyons, Mark Schafer. Western Kentucky University. **2009**

Emily Jenson: *Prevalence of childhood obesity: A Study on bowling Green, KY Middle School students*. Thesis Advisers: James Navalta, Scott Lyons, Mark Schafer. Western Kentucky University. **2009**

Cody Sively: *The Effects of Repeated Anaerobic Bouts on Immune Parameters*. Thesis Advisers: James Navalta, Scott Lyons, Mark Schafer. Western Kentucky University. **2009**

Mike Gallagher: *Development and Validation of a Perceptual Hyperthermia Index (PHI) in the Assessment of Heat Strain*. Dissertation Advisers: R. J. Robertson, D Hostler, F Goss, Elizabeth Nagle-Stilley, M Schafer. University of Pittsburgh. **2009**

Ryan Mays: *Validation of Adult OMNI Perceived Exertion Scales for Elliptical Ergometry*. Dissertation advisers: Fredric L. Goss, Robert J. Robertson, Elizabeth F. Nagle-Stilley, Kevin H. Kim, Mark A. Schafer. University of Pittsburgh. **2009**

AWARDS

Emily M. Haymes Mentoring award - Southeast American College of Sports Medicine (SEACSM) **2022**

Faculty Award for Student Advisement - College of Health and Human Services (CHHS) **2020**

WKU Faculty Mentoring Award – Provost and Vice President for Academic Affairs **2018**

SERVICE**College of Health and Human Services (CHHS)**

CHHS Undergraduate Curriculum Committee	2017 - Present
CHHS First Generation Initiative	2022
CHHS Career day	2013 – Present
CHHS Sabbatical and Awards Committee	2020 – present
Faculty research mentor – Dr. Mike Kennedy	2019–2020
WKU REACH week Judge for poster presentations	2016 – 2020
Faculty Marshall for CHHS Commencement Ceremony	2018
CHHS academic complaint committee	2016

Western Kentucky University (WKU)

Faculty Senate, At-Large Senator	2018 – 2020
Academic Quality Committee	2018 - 2020
Faculty Senate, Senate Representative	2008 - 2011
Undergraduate Curriculum Committee, Senate Representative Alternate	2010 - 2011
Undergraduate Curriculum Committee, Senate Representative	2009 - 2010

School of Kinesiology, Recreation & Sport (KRS)

EXS 223 Introduction to Exercise Science Colonnade committee	2022 - 2023
Exercise Science (BS) Program Coordinator	2013 – 2022
Kinesiology (MS) Program Coordinator	2014 – 2020
Chair, Academic Program review - (ASL) Exercise Science & Kinesiology	2018 -2019
Grow & Enhance Funds – Facilitator of \$60,000 in funds for Exercise Science equipment	2019
Chair, Comprehensive Academic Program Evaluation (CAPE) Exercise Science & Kinesiology	2018
Chair, Exercise Science Faculty search committee	2018
Exercise Science – Facebook, Instagram, and Twitter Social Media	2016 to Present

Chair, KRS Continuance and Tenure & Promotion committee	2015 - 2017
Chair, Exercise Science Faculty search committee	2016
Chair, Exercise Science Faculty search committee	Fall 2015
Chair, Exercise Science Faculty search committee	Spring 2015
Chair, Exercise Science Faculty search committee	2014
Exercise Science webpage coordinator.	2012 – 2015
Founder and Faculty Advisor of the Exercise Science Club	2008 - 2015
Faculty Advisor for the WKU Run Club	2012 – 2014
KRS, Faculty search committee	2008, 2009, and 2013
Faculty Advisor for the WKU Hillbomber's Longboard Club	2012 – 2013
KRS, Instructor search committee	2010, 2011, and 2012
Buildings and space committee, Kinesiology, Recreation and Sport representative	2011 – 2012
Master Adviser Certificate (MAC)	2010
Recruiting & Student Engagement - WKU, CHHS, KRS, and Exercise Science	2008 to present
Academic Transitions Program (ATP) / TOP advising Majors and Minors fair M.A.S.T.E.R Plan Head for the Hill Majors and Minors Fair	
Professional service	
International Journal of Exercise, Clinical Exercise Physiology - Section Editor	2009 to present
Southeast American College of Sports Medicine (SEACSM)	
SEACSM Mentoring committee (2 year term)	2023-2024
SEACSM Member At Large – Nominated	2021
Chair, SEACSM Speaker Tour	2019 – 2020
Mentor, SEACSM Leadership Diversity Training Program (LDTP)	2020

Abstract reviewer, SEACSM Annual Conference	2010, 2012, 2013, 2014, 2018, 2019, 2020, 2021, 2022, & 2023
SEACSM Abstract reviewer (Top 8)	2023
Chair, Conference Symposium	2023
SEACSM Abstract Review for Student Poster Awards	2021
Judge, Undergraduate Student Poster Competition	2021
Chair, SEACSM Tutorial session	2012, 2020 & 2022
Judge, SEACSM Quiz Bowl	2019
Chair, Free communication session at annual SEACSM conference	2010
American College of Sports Medicine (ACSM) Annual Meeting & World Congress	2023
Abstract Reviewer	
Chair – Thematic Poster. Fitness Assessment in Collegiate Athletes.	

Professional Manuscript reviews

PCI Health & Movement Science. Perceived exertion and pain during aerobic exercise differ by body mass index classification in college-aged women.	2023
<i>European Journal of Sports Science</i> . RPE during concentric and eccentric cycling: Are we measuring effort or exertion?	2016
<i>BMC Cardiovascular Disorder</i> . Resistance exercise leading to failure versus not to failure: effects on cardiovascular control.	2013
<i>Diabetology</i> . Effects of eight weeks of resistance training on the risk factors of metabolic syndrome in overweight /obese women - "A Pilot Study"	2012
<i>International Journal of Exercise Science</i> . A Study of Exercise Training In Coronary Artery Bypass Graft Surgery Patients to Improve Their Exercise Capacity (6MWTDD)	2011
<i>International Journal of Exercise Science</i> . Arm positioning and pulmonary function, repeated measures, experimental study.	2010
<i>Lipids</i> . Postprandial lipemia detects the effect of soy protein on cardiovascular disease risk compared with the fasting lipid profile.	2010
<i>International Journal of Exercise Science</i> . Performance Following Adaptation To Hypoxemia Induced By Breath Holding In Exercise.	2009
<i>International Journal of Exercise Science</i> . Parameters of Walking and Jogging in Healthy Young Adults.	2009

Community Service

Fortify – Youth leader. Crossland Community Church	2016 – 2020
Deacon for the Presbyterian Church of Bowling Green, KY	2011 - 2014
Sunday school youth leader. Presbyterian Church of Bowling Green, KY	2011 to 2014
Assistant Soccer coach. SKY soccer girls age 6	2010 to 2012
Head Soccer coach. SKY soccer girls U13 Fall	2012 - 2015
Field Day volunteer at Potter Gray Elementary	2009
Accelerated reader volunteer for Potter Gray Elementary	2010
Guest Speaker. Say Yes to Health, Right Choice, Right Now. Bowling Green Junior High	2012