

Danilo (Dano) V. Tulusso, PhD

Contact Information

Cell Phone - (440)781- 9658
Email - danilotulusso@gmail.com

Current Address

2870 Industrial Dr. L6
Bowling Green, KY 42101

ACADEMIC DEGREES

- Doctor of Philosophy** August 2019
Major: Human Performance
Minor: Statistics
The University of Alabama
Tuscaloosa, Alabama
Dissertation title: The Validity and Reliability of Practical Measures of Recovery Following High Volume Resistance Training
- Graduate Certificate in Quantitative Educational Research** August 2019
The University of Alabama
Tuscaloosa, Alabama
- Master of Education** May 2014
Major: Kinesiology
Specialization: Exercise Science
Bowling Green State University
Bowling Green, Ohio
Thesis title: The Placebo Effect: Influence on Recovery During Repeated Intermittent Sprints
- Bachelor of Science in Education** May 2012
Major: Exercise Science
Bowling Green State University
Bowling Green, Ohio

ACADEMIC POSITIONS

- Assistant Professor** 8/19 to present
Western Kentucky University
Bowling Green, Kentucky
School of Kinesiology, Recreation, and Sport
- Graduate Assistant** 8/15 to 5/19
University of Alabama
Tuscaloosa, Alabama
Department of Kinesiology
- Quantitative Methodologist** 7/16 to 8/17
University of Alabama
Tuscaloosa, Alabama
College of Education Research Assistance Center
- Adjunct Instructor** 8/14 to 5/15
Bowling Green State University
Bowling Green, Ohio
School of Human Movement, Sport, and Leisure Studies

Graduate Assistant
Bowling Green State University
Bowling Green, Ohio
School of Human Movement, Sport, and Leisure Studies

8/12 to 5/14

TEACHING EXPERIENCES

Instructor on Record

Western Kentucky University

EXS 122 - Foundations of Kinesiology (SP 2020)
EXS 296 – Practicum in Exercise Science (SU 2020)
EXS 324 - Measurement and Evaluation in Kinesiology (FA 2019, SP 2020)
EXS 498 - Capstone Research Experience in Exercise Science (SP 2020)
KIN 518 - Advanced Statistics in Kinesiology (FA 2019)

University of Alabama

KIN 145 - Beginning Racquetball (FA 2015, SP 2016)
KIN 199 - Ecological Approach to Health and Wellness (FA 2017)
KIN 492 - Physiology of Exercise Lab (FA 2015, SP 2016, FA 2018, SP 2019)
KIN 493 - Fitness Appraisal in Exercise Prescription (FA 2017, SP 2018)

Bowling Green State University

KNS 2390 - Applied Sport Science (SP 2015)
KNS 3600 - Exercise Physiology Lab (FA 2014, SP 2015)
KNS 3600 - Exercise Physiology Lab Assistant (FA 2013, SP 2014)
KNS 3700 - Biomechanics Lab Assistant (FA 2013, SP 2014)

Guest Lectures

Western Kentucky University

EXS 122- Foundations in Kinesiology
Life as an Academic

University of Alabama

KIN 365- Applied Biomechanics
Forces and Motion
Linear Impulse and Momentum
KIN 366- Measurement and Evaluation
Test Score Standardization
KIN 492- Physiology of Exercise
Muscular Control of Movement
Cardiovascular Control
Bioenergetics and Metabolism
KIN 507- Laboratory Techniques in Physical Education
Electromyography Collection Techniques and Interpretation
KIN 593- Advanced Fitness Testing and Exercise Prescription
Exercise Testing and Prescription for Special Populations

PUBLICATIONS AND PRESENTATIONS

Published Manuscripts

Dobbs WC, Fedewa MV, MacDonald HV, **Tolusso DV**, Esco MR (2019). Profiles of Heart Rate Variability and Bar Velocity following Resistance Exercise. *Medicine and Science in Sports and Exercise*, 52(8), 1825-1833.

Snarr RL, **Tolusso DV**, Hallmark AV, Esco MR. Validity of Wearable Electromyographical Compression

Shorts to Predict Lactate Threshold During Incremental Exercise in Healthy Participants. *Journal of Strength and Conditioning Research*. (in press).

Snarr RL, **Tolusso DV**, Hallmark AV, Esco MR (2019). Comparison of Lactate and Electromyographical Thresholds after an Exercise Bout. *Journal of Strength and Conditioning Research*, 33(12),3322-3331.

Dobbs WC, **Tolusso DV**, Fedewa MV, Esco MR (2019). Effect of Post Activation Potentiation on Explosive Vertical Jump: A Systematic Review and Meta-Analysis. *Journal of Strength and Conditioning Research*, 33(7), 2009-2018.

Tolusso DV, Dobbs WC, Esco MR (2018). The Predictability of Peak Oxygen Consumption Using Submaximal Ratings of Perceived Exertion in Adolescents. *International Journal of Exercise Science*, 11(4), 1173-1183.

Snarr RL, Chrysosferidis P, **Tolusso DV**. (2018). Understanding the Physiological Limiting Factors of VO_{2max} . *Personal Training Quarterly*, 5(3), 16-18.

Williams TD, **Tolusso DV**, Fedewa MV, Esco MR. (2018). Author's Reply to Nunes et al.: Comment on: "Comparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysis". *Sports Medicine*, 48(2), 495-496.

Fullenkamp AM, **Tolusso DV**, Laurent CM, Campbell BM, Cripps AE. (2017). A Comparison of Both Motorized and Non-Motorized Treadmill Gait Kinematics to Overground Locomotion. *Journal of Sport Rehabilitation*, 1-20.

Nickerson BS, Esco MR, Bishop PA, Kliszczewicz BM, Williford HN, Park KS, ... **Tolusso DV**. (2017). Effects of Heat Exposure on Body Water Assessed using Single-Frequency Bioelectrical Impedance Analysis and Bioimpedance Spectroscopy. *International Journal of Exercise Science*, 10(7), 1085-1093.

Williams TD, **Tolusso DV**, Fedewa MV, Esco MR. (2017). Comparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysis. *Sports Medicine*, 47(10), 2083-2100.

Tolusso DV, Laurent CM, Fullenkamp AM, & Tobar DA. (2015). The Placebo Effect: Influence on Repeated Intermittent Sprinting Performance on Consecutive Days. *Journal of Strength and Conditioning Research*, 29(7), 1915-1924.

Manuscripts in Preparation/Review

Morris CE, **Tolusso DV**, Arnett SW. A Retrospective Evaluation of Physical Fitness Maintenance in Members of a Southeastern United States City Professional Firefighting Department. *International Journal of Environmental Research and Public Health*. (in preparation)

Tolusso DV, Esco MR, Dobbs WC, MacDonald HV, Fedewa MV, Laurent CM. The validity of perceptual recovery status as a marker of daily recovery following a high-volume back squatting protocol. (in preparation)

Stone TM, **Tolusso DV**, Fedewa MV, MacDonald HV, Wingo JE. The Impact of Glycerol Hydration on Exercise Performance: A Systematic Review and Meta-Analysis. (in preparation).

Stone WJ, **Tolusso DV**, Henry SJ, Wiseman LM. The Impact of Eccentric Resistance Training on Functional Strength in Individuals with Neurological Disorders: A Meta-Analysis (in collection)

Poster Presentations

Tolusso DV, Dobbs WC, Esco MR, Arnett SW. The Influence of Fatigue on the Intrasession Reliability of Performance Indices Following a High-Volume Back Squat Protocol. National Strength and Conditioning Annual Meeting. Las Vegas, NV, 2020.

Dobbs WC, **Tolusso DV**, Fedewa MV, Esco MR. Validity of Ultra-Short Measurements of Heart Rate Variability Before and After Exhaustive Resistance Exercise. National Strength and Conditioning Annual Meeting. Las Vegas, NV, 2020.

Laurent CM, Wolfe A, Rinehart A, **Tolusso DV**. Effect of Self-Selected Vs. Standardized Recovery on Squat Velocity in Men and Women. National Strength and Conditioning Annual Meeting. Las Vegas, NV, 2020.

Wolfe A, Laurent CM, Rinehart A, **Tolusso DV**. Effect of Self-Selected Vs. Standardized Recovery on Squat Power and Force Production. National Strength and Conditioning Annual Meeting. Las Vegas, NV, 2020.

Baker K, **Tolusso DV**, Garcia J. The Relationship between Mental Toughness and the Ergogenic Effects of Music during Exercise. American College of Sports Medicine National Conference. San Francisco, CA, 2020.

Green GK, Lyons TS, Stone WJ, **Tolusso DV**. Validation of a Novel VO_{2max} Protocol. American College of Sports Medicine National Conference. San Francisco, CA, 2020.

Gibson B, **Tolusso DV**, Green G, Schafer M, Lyons S. The effect of protocol selection on the predictability of peak oxygen uptake using perceived exertion. WKU Student Research Conference, Bowling Green, KY, 2020.

Green G, Henry S, Otto S, Arnett S, **Tolusso DV**. Effects of Versa-lifts on Back Squat Kinetics And Kinematics. WKU Student Research Conference, Bowling Green, KY, 2020.

Baker K, **Tolusso DV**, Garcia J. The Relationship between Mental Toughness and the Ergogenic Effects of Music during Exercise. Southeast American College of Sports Medicine Regional Conference. Jacksonville, FL, 2020.

Green GK, Lyons TS, Zagdsuren B, **Tolusso DV**. Evaluating the Validity of the Integrative Body Composition Assessment Technique Vs. Dual-Energy X-Ray Absorptiometry. Southeast American College of Sports Medicine Regional Conference. Jacksonville, FL, 2020.

Tolusso DV, Dobbs WC, Holmes CJ, Esco MR. The Ability of Perceptual Recovery Status to Track Daily Changes in Performance Following Fatiguing Resistance Training. National Strength and Conditioning Association Annual Meeting, Indianapolis, IN, 2018.

Tolusso DV Dobbs WC, Holmes CJ, Esco MR. The Utility of Perceptual Recovery Status as a Marker of Subsequent Performance During Fatiguing Resistance Training. National Strength and Conditioning Association Annual Meeting, Indianapolis, IN, 2018.

Dobbs WC, **Tolusso DV**, Holmes CJ, Fedewa MV, Esco MR. Heart Rate Variability for Tracking Changes in Muscular Performance Following Strenuous Resistance Exercise. National Strength and Conditioning Association Annual Meeting, Indianapolis, IN, 2018.

Kraft J, Laurent CM, Douglas SL, **Tolusso DV**, Fullenkamp AM, Green JM. Relationships among

Perceived Recovery, Vertical Jump, and Change in Repeated Sprint Performance. American College of Sports Medicine National Conference, Minneapolis, MN, 2018.

Snarr RL, **Tolusso DV**, Hallmark AV, Esco MR. Comparison of Electromyographical Signal Analyses for Estimating Lactate Threshold. American College of Sports Medicine National Conference, Minneapolis, MN, 2018.

Tolusso DV, Esco MR. Predictability of Maximal Oxygen Consumption Using Submaximal Rating of Perceived Exertion in Children. Southeast American College of Sports Medicine Regional Conference, Chattanooga, TN, 2018.

Snarr RL, **Tolusso DV**, Hallmark AV, Esco MR. Comparison of Electromyographical Signal Analyses for Estimating Lactate Threshold. Southeast American College of Sports Medicine Regional Conference, Chattanooga, TN, 2018. Historical

Tolusso DV, Snarr RL, Hallmark AV, Esco MR. The Effect of Fatigue on Rate of Change of Physiological Markers of Exertion During Graded Exercise. *Journal of Strength and Conditioning Research*, 31(S1), S154. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, 2017.

Tolusso DV, Snarr RL, Hallmark AV, Esco MR. Reliability of Lactate Threshold Following a Fatiguing Bout of Exercise. *Journal of Strength and Conditioning Research*, 31(S1), S120. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, 2017.

Dobbs WC, **Tolusso DV**, Fedewa MV. Post Activation Potentiation on Explosive Power: A Systematic Review and Meta-Analysis. *Journal of Strength and Conditioning Research*, 31(S1), S190. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, 2017.

Snarr RL, Hallmark AV, **Tolusso DV**, Esco MR. Ability of Wearable Electromyographical Compression Shorts to Predict Lactate Threshold. *Journal of Strength and Conditioning Research*, 31(S1), S238. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, 2017.

Nickerson BS, Welborn B, **Tolusso DV**, Park KS, Williford HN, Esco MR. Comparison of Single-Frequency Bioelectrical Impedance and Dual Energy X-Ray Absorptiometry for Total and Segmental Body Composition. *Journal of Strength and Conditioning Research*, 31(S1), S34. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, 2017.

Laurent CM, **Tolusso DV**, Fullenkamp AM, Douglas SL, Kraft JA, Green JM. Impact of Using Perceptually Regulated Recovery Periods During Repeated Sprint Work. *Medicine and Science in Sport and Exercise*, 49(5S), S114. American College of Sports Medicine Annual Meeting, Denver, CO, 2017.

Tolusso DV, Dobbs WC, Williams TD, Fedewa MV. The Effect of Temperature on Rating of Perceived Exertion: A Meta-analysis. *Journal of Strength and Conditioning Research*, 30(S2), S52. National Strength and Conditioning Association Annual Meeting, New Orleans, LA, 2016.

Stone TM, Wingo JE, **Tolusso DV**, Fedewa MV. The Effects of Pre-Exercise Glycerol Hyperhydration on Subsequent Exercise Performance: A Meta-analysis. *Journal of Strength and Conditioning Research*, 30(S2), S116. National Strength and Conditioning Association Annual Meeting, New Orleans, LA, 2016.

Williams TD, **Tolusso DV**, Fedewa MV, Esco MR. The Effect of Periodized Resistance Training on Maximal Strength: A Meta-analysis. *Journal of Strength and Conditioning Research*, 30(S2), S177. National Strength and Conditioning Association Annual Meeting, New Orleans, LA, 2016.

Herron RL, Casey JC, **Tolusso DV**, Casey KL, Bishop PA. Influence of Short-Term Training on Performance and Reliability of a 1-Minute Push-Up Test. *Medicine and Science in Sport and Exercise*, 48(5S), S935. American College of Sports Medicine Annual Meeting, Boston, MA, 2016.
Casey JC, Herron RL, **Tolusso DV**, Casey KL, Bishop PA. Influence of Short-Term Training on Performance and Reliability of a 1-Mile Run Test. *Medicine and Science in Sport and Exercise*, 48(5S), S465. American College of Sports Medicine Annual Meeting, Boston, MA, 2016.

Fullenkamp AM, Laurent CM, **Tolusso DV**, Campbell BM. A Comparison of Non-Motorized Treadmill Gait Kinematics to Both Overground and Motorized Treadmill Locomotion. *Gait and Posture*, 42(S1), S73. European Society for Movement Analysis in Adults and Children Annual Meeting, Heidelberg, Germany, 2015.

Oral Presentations

Tolusso DV, Hornikel, B. Internal and External Markers Used to Assess Recovery from Training. Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Fall Conference. Birmingham, AL, 2018.

Tolusso DV, Laurent CM, Fullenkamp AM, Tobar DA. The Placebo Effect During Repeated Intermittent Sprint Work: Effect on Recovery and Fatigue. Midwest American College of Sports Medicine Regional Conference. Merrillville, IN, 2014.

Tolusso DV, Laurent CM, Fullenkamp AM, Fischer DA, Morgan AL. Pre-to-Post Season Changes in Repeated Sprint Performance in NCAA Division I Ice Hockey Athletes. Midwest American College of Sports Medicine Regional Conference. Merrillville, IN, 2013.

GRANTS AND FUNDING

Faculty Mentor/Co-PI, Fatigue Status and the Disassociation Between Center of Mass and Bar Velocity. Western Kentucky University Faculty-Undergraduate Student Engagement Grant (In-review). 4/20

Project Director, Player Development: The Efficacy of the Birkman Method Personality Assessment and Programming. National Collegiate Athletic Association (Not Funded- \$25,000). 11/19

Faculty Mentor/Co-PI, Fatigue Status and the Disassociation Between Center of Mass and Bar Velocity. Western Kentucky University Faculty-Undergraduate Student Engagement Grant (Not Funded- \$3,000). 10/19

Co-Principle Investigator, The Effect of the Iron Neck on activation of neck and core musculature during exercise. Mission Competition Fitness Equipment LLC. (Not Funded- \$20,115). 9/18

University of Alabama Graduate Student Travel and Research Support Funding and Department of Kinesiology Travel Fund. Spring 2018. (Funded- \$400) 4/18

University of Alabama Graduate Student Travel and Research Support Funding and Department of Kinesiology Travel Fund. Spring 2017. (Funded- \$400) 3/17

University of Alabama Graduate Student Travel and Research Support Funding and Department of Kinesiology Travel Fund. Fall 2017. (Funded- \$450)	9/17
University of Alabama Graduate Student Travel and Research Support Funding and Department of Kinesiology Travel Fund. Spring 2016. (Funded- \$425)	3/16
Project Coordinator, Human deception detection from whole body motion analysis. Infoscitex, subcontractor for the Department of Defense at Wright Patterson Military Base. (Funded- \$151,182).	4/14
Project Coordinator, Ecological validity of human gait metrics on a non-motorized treadmill: EMG and gait variability. BGSU College of Education and Human Development Research Development Council, Bowling Green, OH. (Funded- \$12,480).	5/13

MENTORSHIP

Capstone Research Experience Advisor, Student: Brent Gibson <i>The effect of protocol selection on the predictability of peak oxygen uptake using perceived exertion.</i>	1/20 to 5/20
Thesis Committee Member, Chair: Scott Lyons, Student: Griffin Green <i>Validation of a Novel Graded Exercise Test</i>	2019-2020
Thesis Committee Member, Chair: Rachel Tinius, Student: Samantha Henry <i>Factors Influencing Both Maternal and Infant Body Composition at Two Years Postpartum</i>	2019-2020

SERVICE

Invited Manuscript Reviewer (# of invitations)

International Journal of Exercise Science (10)	2012 to present
International Journal of Exercise Science Quantitative Section Editor	2020 to present
Southeast American College of Sports Medicine Abstract Reviewer	10/19
ACSM Quiz Bowl Coach	9/17 to 2/18
Graduate Student Presenter at Northridge High School	12/15
STEM in the Park Demonstration Leader	4/15 and 4/15
Graduate Student Advisory Board	9/13 to 5/14
Graduate Student Mentor	8/13 to 5/14

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine
Southeast Chapter of the American College of Sports Medicine
National Strength and Conditioning Association