

# CURRICULUM VITAE



**Exercise Science**  
School of Kinesiology  
Recreation & Sport

## CURRICULUM VITAE

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### Education

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

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### Professional History

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#### *Western Kentucky University*

Associate Professor: School of Kinesiology, Recreation, & Sport **July 1, 2023 – p.**

Assistant Professor: School of Kinesiology, Recreation, & Sport **2019 – June 30, 2023**

#### Instructor of Record:

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

#### *University of Central Missouri*

Assistant Professor: School of Nutrition, Kinesiology, & Psychological Sciences **2017-2019**

#### Instructor of Record:

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

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## Research & Writings

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### Publications

\*Represents student author

- **Stone WJ**, Garver, Wakeman, Toluoso, Nelson\*, Hair\*, Nehlsen\* (2024) More than Body Composition: A Darwinian Theory of Somatotype Applied to a DII Track and Field Outdoor Season. *International Journal of Exercise Science* 17(4) 1-12.
- Navalta, Davis\*, **Stone WJ** (2023) Implications for Cisgender Female Underrepresentation, Small Sample Sizes, and Misgendering in Sport and Exercise Science Research. *PLoS ONE* 18(11): e0291526.
- Buoncristiani\*, Malone\*, **Stone WJ**, Arnett, Schafer, Toluoso (2023) The Validity of Perceptual Recovery Status on Monitoring Recovery During a High-Intensity Back-Squat Session. *International Journal of Sports Physiology and Performance*. 19(3) 242-248.
- **Stone WJ**, Toluoso DV, Pacheco G\*, Brgoch SM, Nguyen VT. (2023) A Pilot Study on Cannabidiol (CBD) and Eccentric Exercise: Impact on Inflammation, Performance, and Pain. *International Journal of Exercise Science* 16(2) 109-117.
- **Stone WJ**, Buoncristiani N\*, Malone G\* (2022) Keep it simple: comparing functional assessments in individuals with Down syndrome. *Journal of Intellectual Disability* 66(22) 893-899.
- **Stone WJ**, Toluoso DV, Duchette C\*, Malone G\*, Dolan A\*. (2022) Eccentric resistance training with neurological conditions: A meta-analysis. *Gait and Posture* 100 14-26.
- Melo\*, Neto, Fonseca, **Stone**, Nascimento (2022) Resistance training and Down Syndrome: A narrative review on considerations for exercise prescription and safety *Frontiers in Physiology* 13, 1-17.
- Garver, Navalta, Heijnen, Davis, Reece, **Stone**, Siegel, Lyons (2023) IJES Self-Study on Participants' Sex in Exercise Science: Sex-Data Gap and Corresponding Author Survey. *International Journal of Exercise Science* 16(6): 364-376.
- Diniz, Nascimento, Neto, Alves, **Stone**, Prestes, Beal (2023) Muscle Performance in Octogenarians: Factors Affecting Dynapenia. *Journal of Bodywork and Movement Therapies*. <https://doi.org/10.1016/j.jbmt.2023.04.031>
- Melo GLR, Moraes MR, Nascimento EF, Boato EM, Beal FLR, **Stone WJ**, da Cunha Nascimento D. (2022) Field-based versus laboratory-based estimates of muscle quality index with and without Down syndrome. *Journal of Intellectual Disability Research*. Doi: 10.1111.jir.12959.
- **Stone WJ**, Wakeman AJ, Garver, MJ, Strohmeyer HS (2021) Using Biomechanics and Physiology to Offer New Insight on Activity Prescription after Incomplete Spinal Cord Injury. *Annals in Clinical Case Reports*, 6, Article 1996.
- \*DeLoach B, **Stone W**, Toluoso, Brown ... (2021) Aligning Perceptual Preference with Instructional Method in a Recreational Environment. *Journal of Outdoor Recreation, Education, and Leadership*, 13(4) 46-54.
- \*Duchette, Toluoso, **Stone**, Blankenship, Tinius (2021). Prenatal Yoga and Mental Health During the COVID-10 Pandemic: A Randomized Control Trial. *OBM Integrative and Complementary Medicine*, 6(4): 19.
- \*Neves, Corrêa, Neto, Souza, Costa, Haro, Deus, Reis, Simões, Andrade, Assumpção, **Stone**, Prestes, Vieira, Durigan, Cruzat, Rosa (2021) Renoprotection Induced by Aerobic Training is Dependent on Nitric Oxide Bioavailability in Obese Zucker Rats. *Oxidative Medicine and Cellular Longevity*, Article ID 3683796.
- **Stone WJ** and Baker K. A Roadmap: Social Distancing Physical Activity Data Collection to Protect those with Intellectual Disabilities. *Journal of Intellectual Disabilities*. Online ahead of print. doi: 10.1177/17446295211009655.
- \*Davis, Gaver, **Stone WJ**, Penumetcha, Hair, Philipp. Endothelial Function and Arterial Stiffness in Young Adults with Histories of Chronic Resistance Training. *Journal of Human Sport and Exercise*. Published online ahead of print. doi:10.14198/jhse.2022.172.11

- \*Corrêa, \*Neves, \*Deus, Maia, Maya, Tzanno-Martins, Souza, Silva, Haro, Costa, Moraes, Simões, Prestes, **Stone WJ**, Rosa. (2021) Low-Load Resistance Training with Blood Flow Restriction Prevents Renal Functional Decline: The Role of the Redox Balance, Angiotensin 1-7 and Vasopressin. *Physiology and Behavior*. 230: 113295
- \*Amorim, \*Nascimento, **Stone WJ**, Alves, Moraes, Silva (2021) Muscle Quality is Associated with History of Falls in Octogenarians. *Journal of Nutrition, Health, and Aging* 25: 120-125.
- \*Nascimento, Prestes, Diniz, Beal, Alves, **Stone WJ**, Beal. (2020) Comparison of Field- and Laboratory-based Estimates of Muscle Quality Index between Octogenarians and Young Older Adults: An Observational Study. *Journal of Exercise Rehabilitation*. 16(5): 458-466.
- \*De Castro, \*Nascimento, Orsano, Neto, Beal, **Stone WJ**, Rosa, Prestes (2020) Effect of High-Velocity and Traditional Resistance Exercise on Serum Antioxidants and Inflammation Biomarkers in Older Women: A Randomized Crossover Trial. *Experimental Gerontology*. 139: 111026.
- \*Dues, \*Neves, \*Corrêa, Reis, Honorato, Silva, Simão, Prestes, Neto, Santos, Melo, **Stone WJ**, Rosa (2021) Improving the Prognosis of Renal Patients: The Effects of Blood Flow-Restricted Resistance Training on Redox Balance and Cardiac Autonomic Function. *Experimental Physiology*. 106(4): 1099-1109.
- \*Rosa, \*Corrêa, de Deus, **Stone WJ**, Gadelha, Araújo, Junior, Moraes, Silva, Tzanno-Martins, Simões, Prestes, Neves. (2021) Effects of Dynamic and Isometric Resistance Training Protocols on Metabolic Profile in Hemodialysis Patients: A Randomized Controlled Trial. *Applied Physiology, Nutrition, and Metabolism*. <https://doi.org/10.1139/apnm-2020-0900>
- \*Neves, \*Rosa, \*Corrêa, \*Aires, \*Deus, Sousa, **Stone WJ**, Aguiar, Prestes, Simões, Andrade, Moraes (2021) Biomarkers and Redox Balance in Aging Rats after Dynamic and Isometric Resistance Training. *International Journal of Sports Medicine* 42(03): 283-290. DOI: 10.1055/a-1231-5410
- **Stone WJ**, Schafer MA, Arnett SW, Lyons TS (2020) Post Exercise Hypotension following Concurrent Exercise: Does Order of Exercise Modality Matter? *International Journal of Exercise Science*. 13(2) 36-48.
- Johnson SJ, **Stone WJ**, Bunn JA, Lyons TS, Navalta JW (2020) New Author Guidelines in Statistical Reporting: Embracing an Era Beyond  $p < .05$ . *International Journal of Exercise Science*. 13(1) 1-5.
- \*Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, \*Davis DW, \*Philipp NM, \*Hair JN. (2020) Early-Morning and Late-Night Maximal Runs: Metabolic and Perceived Exertion Outcomes. *Topics in Exercise Science and Kinesiology*. 1(2) Article 2.
- Lyons TS, Navalta JW, **Stone WJ**, Arnett SW, Schafer MA, \*Igaune. (2020) Evaluation of Repetitive Jumping Intensity on the Digi-Jump Machine. *International Journal of Exercise Science*. 13(2), 818-825.
- Navalta JW, Hoover DL, \*Salatto RW, **Stone WJ**, Lyons TS (2020) Guidelines for Reviewers: Topics in Exercise Science and Kinesiology. *Topics in Exercise Science and Kinesiology*. 1(2) Article 1.
- Navalta JW, Lyons TS, **Stone WJ** (2019) Introducing a Practitioner-Focused Publication in Exercise Science and Kinesiology. *Scholarship in Kinesiology* 1(1): Article 1.
- \*Corrêa HL, \*Moura SRG, \*Neves RVP, Tzanno-Martins C, ... **Stone WJ**... (2020) Resistance Training Improves Sleep Quality, Redox Balance and Inflammatory Profile in Maintenance Hemodialysis Patients: A Randomized Control Trial. *Scientific Reports*, 10, 11708. <https://doi.org/10.1038/s41598-020-68602-1>.
- \*De Castro, \*Nascimento, Oranso, Neto, Beal, **Stone**, Rosa, Prestese (2020) Effects of High-Velocity and Traditional Resistance Exercise on Serum Antioxidants and Inflammation Biomarkers in Older Women: A randomized control trial. *Experimental Gerontology*. *Accepted – in production*.
- \*Lima PS, \*de Campos AS, de Faria Neto O, Ferreira TCA, Amorim CEN, **Stone WJ**, Prestes J, Garcia AMC, Urtado CB. (2019). Effects of Combined Resistance Plus Aerobic Training on Body Composition, Muscle Strength, Aerobic Capacity, and Renal Function in Kidney Transplantation Subjects. *Journal of Strength and Conditioning Research*, published online ahead of press.

- \*Miranda JM, Rica RL, Bergamin M, Barbosa WA, Valenti VE, Baker JS, Shimojo GL, Prestes J, **Stone WJ**, Bocalini DS, Wichy RB. (2019) Effects of a Competitive Season on Autonomic Heart Rate Modulation in Field Soccer Athletes. *International Journal of Exercise Science*, 12(2) 1198-1205.
- Navalta JW, **Stone WJ**, Lyons TS. (2019). Ethical Issues Relating to Scientific Discovery in Exercise Science. *International Journal of Exercise Science*. 12(1), 1-8.
- Neves RVP, Rosa TS, Souza MK, Oliveira AJC, Gomes GNS, ... **Stone WJ**. Dynamic, Not Isometric Resistance Training Improves Immunometabolism and Muscle Function in Rats. (2019) *Frontiers Physiology*, 10, Article 4, 1-14.
- \*Pitta RM, de Sá Pinto Montenegro CG, Luksevicius R, Bocalini RDS, Tibana RA, Prestes J, **Stone WJ**, Figueira Jr AJ. (2019) Comparison of the Effects of Linear and Non-Linear Resistance Training Periodization on Morphofunctional Capacity of Subjects with Different Fitness Levels: A Systematic Review. *International Journal of Exercise Science*, 12(4), 666-690.
- \*Trindade TB, Prestes J, Neto LO, Medeiros RMV, Tibana RA, de Sousa NM, Santana EE, Cabral BG, **Stone WJ**, Dantas PMS. (2019) Effects of Pre-exhaustion versus Traditional Resistance Training on Training Volume, Maximal Strength, and Quadriceps Hypertrophy. *Frontiers in Physiology*, 10:1424.
- **Stone WJ**, Lyons TS, Navalta JW, & Schafer MA. (2018). From the Editors: A Guide for Peer Review in the Field of Exercise Science. *International Journal of Exercise Science*. 11(1), 1112-1119.
- **Stone WJ** & Stevens SL. (2018) Walker vs Wheelchair User: Expected Gains from Lower Extremity Eccentric Resistance Training after Incomplete Spinal Cord Injury. *Annals of Behavioral Neuroscience*. 1(1), 119-122.
- **Stone WJ**, Stevens SL, Fuller DK, & Caputo JL. (2018). Strength and Step Activity after Eccentric Resistance Training in Those with Incomplete Spinal Cord Injuries. *Topics in Spinal Cord Injury Rehabilitation*. In-press. DOI: 10.1310/sci17-00052.
- **Stone WJ**, Stevens SL, Fuller DK, & Caputo JL. (2018). Ambulation and Physical Function after Eccentric Resistance Training in Adults with Incomplete Spinal Cord Injury: A feasibility study. *Journal of Spinal Cord Medicine*. DOI: 10.1080/10790268.2017.1417804.
- \*Lino AD, Leite RD, Prestes J, Pereira G, Frade N, Magosso R, Duarte F, Sene-Fiorese M, **Stone W**, ... (2018). Resistance Training Decreases Lipid Content of Different Fat Deposits in Ovariectomized Rats. *Asian Journal of Sports Medicine*, 9(1), 1-9. DOI: 10.5812/asjms.62258.
- **Stone WJ**, Hoover D, & Arnett SW (2017). Lower Extremity Kinematics of ACL-Repaired and Non-Injured Females when using Knee Savers. *International Journal of Sport Physical Therapy*, 12(5), 737-746. DOI: 10.16603/ijst20170737.
- **Stone WJ**, Stevens SL, Fuller D, & Caputo JL (2017). Eccentric Resistance Training in Adults with and without Spinal Cord Injuries. *International Journal of Exercise Science*, 10(1): 154-165.
- Sobrero G, Arnett SW, Schafer MA, **Stone WJ**, Tolbert TA, . . . Maples J. (2017). A Comparison of High Intensity Functional Training and Circuit Training on Health and Performance Variables in Women: A Pilot Study. *Women in Sport and Physical Activity Journal*. 25(1) 1-10; DOI: <http://dx.doi.org/10.1123/wspaj.2015-0035>.

### Book Publications

- Garver MJ & **Stone WJ**. Practical Content for Beginning Kinesiologists. Ed 2. 2021. *Perceivant*, Indianapolis, IN.
- Garver MJ & **Stone WJ**. Practical Content for Beginning Kinesiologists. Ed 1. 2020. *Perceivant*, Indianapolis, IN.

### Presentations and Published Abstracts

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

- McGee, Arnett, Toluoso, **Stone WJ** (2024) The Effects of Mindfulness Training on Muscular Endurance Performance, Mindfulness, and Mental Toughness. *Presentation at the American College of Sports Medicine Annual Regional Meeting.*
- **Stone**, Garver, Wakeman, Toluoso, Nelson\*, Hair\*, Nehlsen\*. (2023) Darwinian Theories Applied to Sport: Somatotype and its Changes across a DII Track and Field Competition Season. *Presentation at the National Strength and Conditioning Association's Annual National Meeting.*
- Toluoso, Buoncristiani\*, **Stone**, Malone\*, McGee\*, Arnett, (2023) Perceptual Recovery Status as a Marker to Track Recovery of Performance following Strength-Based Resistance Exercise. *Presentation at the National Strength and Conditioning Association's National Meeting.*
- **Stone WJ**, Toluoso DV, Pacheco G\*, Brgoch S, Nguyen VT. (2023) Cannabidiol (CBD), Eccentric Exercise, and Inflammation. *Presentation at the American College of Sports Medicine Annual Regional Meeting.*
- Lord E\*, **Stone WJ**, Tolbert M, Scali S. (2023) Effectiveness of Nintendo Ring Fit in Improving Balance Deficits After Recovery from ACL Reconstruction. *Presentation at the Southeast Chapter of the American College of Sports Medicine Annual Meeting.*
- Avendano\*, **Stone**, Buoncristiani\*, Malone\*, Schafer. (2023) Rock Out Workout: Cardiodrumming's Impact on Function with Down Syndrome. *Presentation at the American College of Sports Medicine Annual Regional Meeting.*
- Pacheco G\*, Toluoso D, **Stone WJ**, Brgoch S, Nguyen VT. (2023) Impact of Cannabidiol (CBD) Oil after Eccentric Loading on Physical Performance and Pain. *Presentation at the American College of Sports Medicine Annual Regional Meeting.*
- Schafer, Scali, **Stone**, Lyons, Crandall (2023) Impact of 10-Week Bingocize Program on Self-Reported General Health, Fear of Falling, and Physical Activity. *Presentation at the American College of Sports Medicine Annual Regional Meeting.*
- **Stone WJ**, Baker K, \*Buoncristiani N, \*Malone G. (2022) Balance, Functional Gait, and Wearable Technology in Individuals with Down Syndrome. *Presentation at the American College of Sports Medicine International Meeting.*
- **Stone WJ**, Toluoso, DV, \*Duchette C, \*Malone G, \*Dolan, A. (2022) Is Negative as Effective as Positive Work in those with Neurological Conditions: A Meta-Analysis. *Presentation at the American College of Sports Medicine Regional Southeastern Meeting.*
- \*Buoncristiani N, **Stone WJ**, \*Malone G, Baker K. (2022) Balance and Functional Gait Relate to Daily Physical Activity in Individuals with Down Syndrome. *Presentation at the American College of Sports Medicine Regional Southeastern Meeting.*
- \*Malone G, **Stone WJ**, Baker, \*Buoncristiani. (2022) Wearable Activity Trackers Do Not Increase Physical Activity in Individuals with Down Syndrome. *Presentation at the American College of Sports Medicine Regional Southeastern Meeting.*
- **Stone WJ**, Navalta JW, Lyons TS (2021) Behind the Veil: Open Discussion with the Editors of the International Journal of Exercise Science. *Tutorial Presentation at the International Community of Scholars in Kinesiology's Annual Student Research Week.*
- **Stone WJ**, Baker K. (2021) A Roadmap: Social Distanced Physical Activity Data Collection to Protect Those with Intellectual Disabilities. *Presentation at the American College of Sports Medicine International Meeting and Accepted to the Southeast Regional Meeting*
- \*Lambert J & **Stone WJ**. (2021) Lightboard and Online Learning. *Convince Me in 3 Competition Presentation at the International Community of Scholars in Kinesiology's Annual Student Research Week.*
- \*Dolan A, Arnett SW, Baker K, **Stone WJ** (2021) A Taekwondo Intervention in Adults with Down Syndrome. *Presentation at the American College of Sports Medicine Sout East Regional Meeting.*
- **Stone WJ**, Wakeman AJ, Garver MJ, Hair JN, Davis DW, Grinde D, Allan S (2020) Somatotyping in College Track Athletes: Evaluating Change Across a Competitive Season by Sex and Age. *Presentation*

at the *American College of Sports Medicine International Meeting and Accepted to the Southeast Regional Meeting*

- \*Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, Davis DW, Hair JN, Philipp NM (2020) Metabolic and Perceived Exertion Outcomes during Maximal Runs at Extreme Ends of the Day. Presentation at the *American College of Sports Medicine International Meeting*.
- \*Davis, Garver, **Stone** et al. (2020) Endothelial Function in Young Adults Reporting Histories of Chronic Resistance Activity. Presentation at the *American College of Sports Medicine International Meeting*.
- \*Hair, Garver, **Stone**, et al. (2020). Somatotyping in Male and Female Sprinters and Endurance Sprinters. Presentation at the *American College of Sports Medicine International Meeting*.
- Garver, **Stone**, Wakeman, et al. (2020) Somatotype of Female and Male Athletes: Comparing Between Sexes and Among Select Events. Presentation at the *American College of Sports Medicine International Meeting*.
- **Stone WJ**, Wakeman AJ, Younkin BA, Davis DW, Garver MJ, Strohmeyer HS (2019) Should We Stick with Step Counts after Incomplete Spinal Cord Injury? A Case-Control Investigation. Presentation at the *American College of Sports Medicine National Annual Meeting*.
- Wakeman AJ, **Stone WJ**, Younkin BA, Davis DW, Garver MJ, Strohmeyer HS. (2019) Case-Control Investigation of Speed and Gait after an Incomplete Spinal Cord Injury. Presentation at the *American College of Sports Medicine National Annual Meeting*.
- **Stone WJ**, Wakeman AJ, Younkin BA, Davis DW, Garver MJ, Strohmeyer HS (2019) Should We Stick with Step Counts after Incomplete Spinal Cord Injury? A Case-Control Investigation. Presentation at the *Graduate Education and Research's Graduate Scholars Symposium, University of Central Missouri*.
- Wakeman AJ, **Stone WJ**, Younkin BA, Davis DW, Garver MJ, Strohmeyer HS. (2019) Case-Control Investigation of Speed and Gait after an Incomplete Spinal Cord Injury. Presentation at the *Graduate Education and Research's Graduate Scholars Symposium, University of Central Missouri*.
- \*Davis DW, \*Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, Philipp NM... Hopkins ZS. (2019). Ability to predict impending volitional exhaustion based on aerobic capacity. Presentation at the *American College of Sports Medicine National Annual Meeting*.
- \*Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, \*Davis DW, ... (2018) Maximal VO<sub>2</sub> at Extreme Ends of the Day Following Glucose Provision. Presentation at the *American College of Sports Medicine Central States Regional Meeting*.
- \*Davis DW, \*Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, ... (2018) Ability to Predict Occurrence of Volitional Exhaustion Based on Aerobic Capacity. Presentation at the *American College of Sports Medicine Central States Regional Meeting*.
- \*Philipp NM, \*Carducci JL, Garver MJ, **Stone WJ**, Penumetcha M, \*Davis DW, ... (2018) Maximal Perceived Effort during Maximal Running at Extreme Ends of the Day. Presentation at the *American College of Sports Medicine Central States Regional Meeting*.
- **Stone WJ**, Stevens SL, Fuller DK, Caputo JL. (2018). Ambulation and Physical Function after Eccentric Resistance Training in Adults with Incomplete Spinal Cord Injury. Presentation at the *American College of Sports Medicine Annual Meeting*.
- **Stone WJ**, Stevens, S.L., Fuller, D.K., & Caputo, J.L. (2017). Strength and Step Activity after Eccentric Resistance Training in Those with Incomplete Spinal Cord Injuries. Presentation at the *American College of Sports Medicine Central States Regional Meeting*.
- **Stone WJ**, Stevens S, Fuller D, & Caputo J. (2017). Eccentric Resistance Training in Adults with and without Spinal Cord Injuries. *Presentation at the National American College of Sports Medicine*. Denver, CO.
- **Stone WJ**, Stevens S, Fuller D, & Caputo J. (2017). Eccentric Resistance Training in Adults with and without Spinal Cord Injuries. *Presentation at the Southeast American College of Sports Medicine*. Greenville, SC.

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

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### Grants & Funding

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- AI Grant – CITL (*awarded*)
- QTAG. Jet Lag in Hawaii. (October 2023) \$3,000
- C-QTAG. Exercise and Health: Program Evaluation and Needs Assessment for Community Cardio-Drumming Classes. (December 2023) Co-Author. \$10,000.
- Collaborative QTAG (C-QTAG) CBD and Eccentric Exercise. (Summer 2023) \$10,000.
- Quick Turn Around Grant. Adapted Cardiodrumming in those with Down Syndrome (Fall 2021) \$3,000
- FUSE Grant. Adapted Cardiodrumming in those with Down Syndrome (Spring 2022) \$3,000
- Quick Turn Around Grant. Wearable Technology with Down Syndrome. Fall 2019 (WKU) \$3,000
- Graduate Student Grant. Support for Graduate Student thesis project. Fall 2021 (WKU) \$1,700
- Sisterhood Grant. To Fund Lightboard Studio. Fall 2019 (WKU) \$20,000 [*not funded*]
- Graduate Research Award. A faculty mentor to student recipient. Fall, 2018 (UCM) \$1,000
- Center for Teaching and Learning Academic Advancement Grant. Fall 2018 (UCM) \$500
- Graduate Education and Research: Scholarly Activity Fund. Fall 2018 (UCM) \$1000
- Student Technology Fees, Spring 2018. (UCM) \$1,300.
- Center for Teaching and Learning's Institutional Improvement Grant, Fall 2017. (UCM) \$1,500
- Student Technology Fees, Fall 2017. (UCM) \$10,847.91
- Student Organizations Research Travel Grant, Spring 2016. (MTSU) \$250
- Student Organizations Research Travel Grant, Spring 2015. (MTSU) \$250
- ACSM Foundation Doctoral Student Research Grant, Fall 2015. (MTSU) \$5,000 [*not funded*]
- College of Health and Human Services Student Research Grant, (WKU), Spring 2013- \$718.95
- Graduate Student Research Grant, (WKU), Fall, 2014. \$1,500.00

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### Personal Certifications, Memberships, and Awards

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- Nominated for CHHS Teaching Award Fa 23
- Nominated as Chi Omega's Professor of the Month (October 2023) Fa 23
- Diversity, Equity, and Inclusion in the Workplace Certificate. *University of South Florida* Sp 21
- The Association of College and University Educators and The American Counsel on Education: Effective Teaching Practices Course. *Certificate Earned.* FY 17-18
- Nominated for CITL Teaching Honors Fa 20-Sp22
- USA Weightlifting Level 1 Coaching Certification Fa 2018-p
- Outstanding Doctoral Graduate Assistant. *MTSU* Sp 2016
- Academic and Research Excellence in Kinesiology. Outstanding Graduate Student. *WKU* 2014
- Outstanding CHHS Graduate Student. *WKU* 2014
- American College of Sports Medicine, Professional Member 2017-p.
- American College of Sports Medicine, Student Member 2011-2017
- Southeastern American College of Sports Medicine, Student Member 2013-2017
- American Red Cross Instructor for CPR, AED, and First Aid 2015-p.

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### Professional Development and Mentorship

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#### *Professional Development*

- Faculty Leadership Year (FLY) AY 23-24



- Search Chair Training Fa 2023
- The New AI Frontiers: CITL Conference Spring 24
- Grant-seeking for Mid-Career Faculty Sp 23
- CITL Getting Students Excited about Learning Sp 23
- My WKU Experience: Addressing Race in the Classroom Fa 20
- Students' Misconception about Learning Fa 20
- CITL Winter Workshop Winter 21
- Safe Zone Training 1 hosted by Katie Knackmuhs Fa 2020
- A number of webinars hosted by WKU's CITL consequent to COVID-19. Sp-Su 20
- Met with Dr. Audrey Harper (Literacy Consultant for Warren Co Schools) Fa 2019  
Sought advice on developing and evaluating group-based assignments and concept maps
- Active Learning Classroom Workshops (8/22 & 9/18/19)- Directed by faculty from CITL Fa 2019
- Pathways to Publication-Workshop- Alice Ruleman. UCM Fa 2018
- Attendance: USA Weightlifting Weekend Clinic. Fa 2018
- Attendance: UCM Learning Day for Faculty and Staff 2017 & 18
- Attendance and presentations: Regional ACSM annual conferences 2011-18
- Attendance: ACSM annual conference 2013, 2017
- Completion of Best Practices in Mentoring and College Teaching course 2013
- Attendance and presentations: International Society of Biomechanics Conference 2014

### *Mentorship*

- Thesis committee member, Chair: **Whitley Stone**, Student: Knik Durman. *Title TBD.* AY 23-25
- Thesis committee member, Chair: **Whitley Stone**, Student: Manly Barksdale. *Title TBD.* AY 23-25
- Honors thesis committee – First Reader (Chair) **Whitley Stone** Student Audrey Clark. AY 23-25  
*Mobility, Strength, and Non-Contact Injuries in Female College Athletes*
- Thesis committee member. Chair. **Whitley Stone**, Student. Guillermo Pacheco AY 22-24
- Honors thesis committee – First Reader (chair) **Whitley Stone**. Student. Emma Lord AY 22-23  
*Effectiveness of Nintendo Ring Fit in Improving Balance Deficits after Recovery from ACL Reconstruction*
- Thesis committee member. Chair. Scott Arnett; Student: Donte McGee AY 22-24
- Thesis committee member. Chair: **Whitley Stone**; Student: Grant Malone AY 20-22
- Thesis committee member. Chair: Dano Tolusso; Student: Nick Buonchristiani FY 20-22
- Thesis committee member. Chair: Rachel Tinius; Student: Catie Duchette FY 19-21  
*Influence of Prenatal Yoga on Mental Health in Pregnancy during the COVID-19 Pandemic*
- Thesis committee member. Chair: T. Scott Lyons; Student: Griffin Green FY 19-20  
*Validation of a Novel Graded Exercise Test*
- Thesis committee member. Chair: Scott Arnett; Student: Angie Dolan FY 19-21  
*The Effects of Taekwondo Intervention on Young Adults with Down Syndrome*
- Thesis committee member. Chair: Dr. H. Scott Strohmeier; Student: Nicholas Harden FY 18-19  
*The Effect of Alpha-GPC on Muscular Power*
- Thesis committee member. Chair: Dr. H. Scott Strohmeier; Student: Drake Grinde FY 18-19  
*Intersegmental Coordination of the Standing Barbell Overhead Press*
- Thesis committee member. Chair: Dr. Matthew Garver; Student: Dustin Davis FY 18-19  
*Utilization of Peripheral Arterial Tonometry to Assess Endothelial Function*
- Thesis committee member. Chair: Dr. Matthew Garver; Student: Jenna Carducci FY 17-18  
*The Relationship between Chronotype and  $VO_{2max}$ , Fat Oxidation, and RPE During Exercise at Extreme Ends of the Day*
- Faculty Representative: Central States ACSM Quiz Bowl Team Fall 2018
- Teaching mentor to KIN graduate assistants in general education course. FY 18-19

- Faculty panel member. Seminar for UCM McNair Scholars seeking graduate degrees Sp 2018

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**University, Professional, and Community Service**

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**Western Kentucky University**

- Service to Graduate Council: member and/or chair of curriculum committee AY 22-24
- Minton Award Selection Committee Sp 2024
- Nominated for Graduate Council: not awarded position AY 20-21

**College of Health and Human Services**

- Academic Complaint Committee AY 20-23

**School of Kinesiology, Recreation and Sport**

- Assistant Director AY 23-24
- Search Committee Chair, Exercise Science Faculty Search AY 23-24
- Development of Workload Rubric for Director of KRS Sp 24
- KRS Lightboard Liaison 2019-p.
- Social Media Director for Exercise Science (BS) and Kinesiology (MS) 2019 – p.
- Search Committee- Faculty Search: Exercise Science AY 19-20
- Represented KRS at Head to the Hill Fa 19 – p.
- Represented KRS at Commencement Fa 2019 – p.
- Represented Exercise Science at MASTER Plan Fa 2021
- Represented KIN Master’s Program at JUMP Fair Fa 2021
- Represented Exercise Science at Majors and Minors Fair Sp 20 & Fa 21
- WKU Exercise Science Advisory Board 2019-p.
- Exercise Science and Kinesiology webpage editor 2020 - p.

**International Community for Scholars in Kinesiology & Research Week**

- Executive Director 2019- 23.
- Director of Research Week

**International Journal of Exercise Science**

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

**International Journal of Exercise Science: Conference Proceedings**

- Co-Editor-in-Chief 2019 – p.

**Topics in Exercise Science and Kinesiology**

- Executive Editor 2019- p.

**ACSM’s Health & Fitness Journal**

- Editorial Board Member 2021-2022

**Journal of Spinal Cord Medicine**

- Reviewer *no requests at this time* 2019 – p.

**American College of Sports Medicine**

- Chapter Reviewer: ACSM Guidelines for Testing and Prescription 12<sup>th</sup> Ed, Ch 3 AY 23-24

- Poster Abstract Reviewer: Southeastern Regional Conference 2024
- Poster Abstract Reviewer: Southeastern Regional Conference Fa 20
- Poster Session Chair: Southeastern Regional Conference 2020
- External Professional Reviewer. ACSM's GETP's 11 ed. Ch. 3. 2019
- Poster Judge: Central States Regional Conference Fall 2018

#### **UCM and School of Kinesiology, Nutrition, & Psychological Sciences**

- UCM Learning Day Symposium Presentation: Technology is Your Friend! Sp 2019
- UCM College Showcase. Tour of KIN laboratories for high school students Sp 2019
- External Reviewer: Educational Development for Online Pedagogy Course Sp 2019
- Committee Member: Kinesiology Graduate Assistant Search. Sp 2019
- Invited Speaker. ACUE Pinning Ceremony. 2018
- Internship Supervision- without teaching load. FY 18-19
- Fall 2018: Committee Member: Creation of Bachelor of Kinesiology Major.
- Invited Speaker. Sports Medicine Seminar. 2018
- Committee Member: Nutrition & Kinesiology Graduate Assistant Search. 2018
- Committee Member: Academic Advisor for College of Health, Science, & Technology. Review of applicants, phone interviews, on campus interviews, voting member. 2017
- Awards Committee. Service to School. Nominating and voting member. 2017-2019
- Family weekend. Students and their families were encouraged to visit the Exercise Physiology Lab to promote our undergraduate and graduate degrees. 2017

#### **Scholarly Service**

- Article Review: Cannabidiol (CBD) Upregulates Vitamin D3 Receptors (VDRs) Expression that Modulates Cytokines (TNF- $\alpha$ , IL-6), Tissue Elasticity, Cellular Senescence, and Mitochondrial ATP Generation in Human and Rodent Cell Lines. *Nutrients and Dietary Supplements* (Fall 2023)
- External English Editor: Age-group differences in muscle quality index: Octogarians versus young older adults. Authors' first language is Spanish.
- External English Editor: Nascimento DC, Petriz B, Prestes J. Effects of blood flow restriction exercise on haemostasis: A systematic review of randomized and non-randomized trials. Submitted to *Frontiers in Physiology*. August 2018.

#### **Community Service**

- Guided board in the creation of the scholarly journal, *Educational Practices in Kinesiology*. 20-21
- Developed a workplace wellness program for a local business (included program and website). Su 21
- Invited speaker at a local veterinary's clinic to educate staff on health and wellness behaviors. W 20