

CURRICULUM VITAE

RONALD OTTERSTETTER, Ph.D., FACSM

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ACADEMIC TRAINING:

- Ph. D. Exercise Physiology - December 2004
Kent State University
Dissertation: Effects of aspirin on thermoregulatory and hemostatic responses of males during acute cold exposure
- M. S. Clinical Exercise Physiology - August 1998
The George Washington University
Thesis: Hemostatic responses to maximal exercise in oral contraceptive users.
- B. S. Sports Medicine - August 1993
Old Dominion University

PROFESSIONAL EXPERIENCE:

School of Sport Science and Wellness Education, The University of Akron, Akron, OH.
August 2017 – Present
Full Professor

School of Sport Science and Wellness Education, The University of Akron, Akron, OH.
August 2010 – August 2017
Associate Professor

School of Sport Science and Wellness Education, The University of Akron, Akron, OH.
May 2010 – August 2013
Assistant Department Chair

School of Sport Science and Wellness Education, The University of Akron, Akron, OH.
August 2004 – August 2010
Assistant Professor

PROFESSIONAL EXPERIENCE: (cont.)

School of Exercise, Leisure, and Sport, Kent State University, Kent, OH.
October 2005 – Present
Adjunct Graduate Faculty

School of Exercise, Leisure, and Sport, Kent State University, Kent, OH.
August 2000 – August 2004
Graduate/Teaching Assistant

Walter Reed Army Institute of Research, Washington, D.C.
August 1994 - August 2000
Research Assistant

**School of Medicine and Health Sciences, Exercise Science Programs,
The George Washington University, Washington, D.C.**
May 1993 - December 1995
Graduate Assistant/Undergraduate Intern

The Fitness Center at Franklin Square, Washington, D.C.
September 1993 - October 1994
Fitness Instructor

REFEREED PUBLICATIONS:

*Szabo, K., Juravich, M., Kornspan, A., **Otterstetter, R.** (2019) High School Strength and Conditioning Coaches: A Descriptive Analysis of Employment Status and Future Occupational Opportunities. *Future Focus*. Spring/Summer 52-60.

*Kobak, M.S., Rebold, M.J, Buser, S., Kappler, R.M., **Otterstetter, R.** (2018) The Effects of Medicine Ball Training Program on Bat Swing Velocity of Prepubescent Softball Players. *International Journal of Exercise Science*. January 11(4):75-83.

*Johnson, K.E., Miller, B., Juvancic-Heltzel, J.A., Gibson, A.L., McLain, T.A., Kappler, R.M., **Otterstetter, R.** (2017) A Comparison of Dual Energy X-ray Absorptiometry, Air Displacement Plethysmography and Ultrasound to Assess Body Composition in College-Aged Adults. *Clinical Physiology and Functional Imaging*. November 37(6): 646-654.

*Baranauskas, M.N., Miller, B., Olson, J.T., Boltz, M., Richardson, L., Juravich, M., **Otterstetter, R.** (2017) Differential in Maximal Aerobic Capacity by Sex in Collegiate Endurance Athletes Consuming a Marginally Low Carbohydrate Diet. *Journal of the American College of Nutrition*. July 36 (5):370-377.

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- *Baranauskas, M.N., Johnson, K.E., Juvancic-Heltzel, J., Kappler, R.M., Richardson, L., Jamieson, S., **Otterstetter, R.** (2017) Seven Site Vs Three Site Method Of Body Composition Using Ultrasound Compared To Dual Energy X-Ray Absorptiometry. *Clinical Physiology and Functional Imaging*. May 37(3): 317–321.
- *Johnson, K.E., Miller, B., McLain, T.A., Gibson, A., **Otterstetter, R.** (2016) Bioelectrical Impedance and Ultrasound to Assess Body Composition in College-Aged Adults. *Journal of Advanced Nutrition and Human Metabolism*. (2):e1176; Published online Feb 8 2016 DOI:10.14800/janhm.1176
- Otterstetter, R.**, Miller, B., Fridline, M., Boltz, M., Faciana, C., Scanlon, K., Mendel, R. (2016) RMR Estimation Model Accuracy Using Air Displacement Plethysmography Derived Body Composition Measures in Young Adults. *Journal of the American College of Nutrition*. Jan 35 (1): 68-74.
- Otterstetter, R.**, Johnson, K.E., Kiger, D.L., Agnor, S.E., Kappler, R.M., Reinking, M., Tessmer, K. (2015) Comparison of air-displacement plethysmography results using predicted and measured lung volumes over a protracted period of time. *Clinical Physiology and Functional Imaging*. September 35(5): 328–331.
- *Kobak, M.S., Rebold, M., DeSalvo, R.M., **Otterstetter, R.** (2015) A Comparison of Aquatic-based Plyometrics vs. Land-based Plyometrics on Several Performance Variables. *International Journal of Exercise Science*. 2015 May 8(2): 134-144.
- *Johnson, K.E., Miller, B., Kiger, D.L., Agnor, S.E., Juvancic-Heltzel, J., Kappler, R.M., **Otterstetter, R.** (2014) Agreement between Ultrasound and Dual Energy X-ray Absorptiometry in Assessing Percent Body Fat in College-Aged Students. *Clinical Physiology and Functional Imaging*. November; 34(6), pp. 493-496.
- *Rebold, M., Kobak, M., **Otterstetter, R.** (2013) The Influence of a Tabata Interval-Training Program using an Aquatic Underwater Treadmill on Various Performance Variables. *Journal of Strength and Conditioning Research*. December 27(12):3419-3425.
- Otterstetter, R.**, Johnson, K.E., Kiger, D.L., Agnor, S.E., Edwards, J., Naylor, J.B., Krone, S.J. (2013) The Effect of Acute Moderate Intensity Exercise on the Accuracy of Air-Displacement Plethysmography in Young Adults. *European Journal of Clinical Nutrition*. October 67: 1092-1094.
- *Pollock, B.S., Barkley, J.E., Potenzini, N., DeSalvo, R.M., Buser, S.L., **Otterstetter, R.**, Juvancic-Heltzel, J.A. (2013) Validity of Borg Ratings of Perceived Exertion During Active Video Game Play. *International Journal of Exercise Science*. April 6(2): 164-170.

REFEREED PUBLICATIONS: (cont.)

Ryan, E.J., Kim, C.H., Muller, M.D, Bellar, D.M., Barkley, J.E., Bliss, M.V., Jankowski-Wilkinson, A., Russell, M., Macander, D., **Otterstetter, R.**, Glickman, E.L., Kamimori, G.H. (2012) Low dose caffeine administered in chewing gum does not enhance cycling to exhaustion. *Journal of Strength and Conditioning Research* March 26(3):844-850.

Murray, L.K., **Otterstetter, R.**, Muller, M.D., Glickman, E.L. (2011) The Effects of High and Low Dose Aspirin on Thermoregulation During and After Acute Cold Exposure. *Wilderness & Environmental Medicine*. December 22:321-325.

Otterstetter, R., Buser, S., Kappler, R., Herold, K., Mullet, N., Mullins, N. (2011) A Model for Collaborative Laboratory Experiences between Higher Education and High School Tech Prep Program: Promoting higher education, mentoring, and research. *Advances in Physiology Education*. December 35:460-463.

Price, J.H., Khubchandani, J., Dake, J.A., Thompson, A., Schmalzried, H., Adeyanju, M., Murnan, J., Pringle, D., Zullig, K.J., Ausherman, J., Jackson, D.L., **Otterstetter, R.**, Douthat, S., Esprit, L.G. (2010) College Students Perceptions and Experiences with Health Insurance. *Journal of The National Medical Association*. December 102(12) 1222-1230.

Kamimori, G.H., Ryan, E.J., **Otterstetter, R.**, Barkley, J.E., Glickman, E.L., Davis, H.Q. (2009) Catecholamine Response to Hypoxia Induced Acute Mountain Sickness. *Aviation, Space, and Environmental Medicine*. April; 80:376-380.

Cheatham, C.C., Caine, N., Blegen, M., Potkanowicz, E.S., Kamimori, G.H., Marcinkiewicz, J.L., **Otterstetter, R.**, Kalinski, M., Glickman, E.L. (2006) The effects of nicotine on the metabolic and hormonal responses during acute cold exposure. *Wilderness and Environmental Medicine* Sept. 17(3) 147-157.

Caine-Bish, N., Potkanowicz, E.S., **Otterstetter, R.**, Marcinkiewicz, J., Kamimori, G. (2005) The Effect of Cold Exposure on the Hormonal and Metabolic Responses to Sleep Deprivation. *Wilderness and Environmental Medicine* Dec;16,177-184.

Potkanowicz, E.S., Caine, N., **Otterstetter, R.**, Glickman, E.L. (2005) Thermal Sensation of Old vs. Young Males at 12, 18, and 27°C for 120-Minutes. In Y. Tochihara, and T. Ohnaka (eds.), *Environmental Ergonomics: The Ergonomics of Human Comfort, Health, and Performance in the Thermal Environment*; pp. 147-150. London: Elsevier Publishing

Caine-Bish, N., Potkanowicz, E.S., **Otterstetter, R.**, Glickman, E.L. (2004) Thermal and metabolic responses of sleep deprived males and females during acute cold exposure. *Aviation, Space, and Environmental Medicine*. Nov.;75:964-68.

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Glickman, E.L, Potkanowicz, E.S., **Otterstetter, R.** (2004) Pugh and Edholm's "The Physiology of Channel Swimmers"- A Commentary. *Wilderness and Environmental Medicine* Mar;15,38-39.

Potkanowicz, E.S., Caine-Bish,N., **Otterstetter, R.**, Glickman,E.L. (2003) Age effects of thermal, metabolic, and perceptual responses to acute cold exposure. *Aviation, Space, and Environmental Medicine* Nov; 74: 1157-1162.

Kamimori, G.H., Karyekar, C.S., **Otterstetter, R.**, Cox, D.S., Balkin, T.J., Belenky, G.L., Eddington, N.D. (2002) The rate of absorption and relative bioavailability of caffeine administered in chewing gum versus capsules to normal healthy volunteers. *International Journal of Pharmacology* Mar 2; 234 (1-2): 159-67.

Kamimori, G.H., Penetar, D.M., Headley, D.B., Thorne, D.A., **Otterstetter,R.**, Belenky, G. (2000) Effect of three caffeine doses on plasma catecholamines and alertness during prolonged wakefulness. *European Journal of Clinical Pharmacology* Nov; 56(8):537-544.

Otterstetter, R., Szymanski, L.M., Kamimori, G.H., Kessler, C.M., Gold, M.R., Fernhall, B. (1999) Hemostatic responses to maximal exercise in oral contraceptive users. *American Journal of Obstetrics and Gynecology* Oct, 181 (4): 958-63.

Kamimori, G.H., Joubert, A., **Otterstetter, R.**, Santaromana, M., Eddington, N.D. (1999) The effect of the menstrual cycle on the pharmacokinetics of caffeine in normal, healthy eumenorrheic females. *European Journal of Clinical Pharmacology* Aug; 55 (6): 445-9.

Goldfarb, A.H., Jamurtas, A.Z., Kamimori, G.H., Hedge, S., **Otterstetter, R.**, Brown, D.A. (1998) Gender effect on beta-endorphin response to exercise. *Medicine and Science in Sports and Exercise*, 30(12): 1672-6.

R. Otterstetter, K.E. Johnson, D.L. Kiger, S.E. Agnor. Assessment Of Body Fat Percentage By Position In Division I Collegiate Football Players Using Air-Displacement Plethysmography. *International Journal of Exercise Science*. Under review.

NATIONAL ABSTRACTS/POSTER PRESENTATIONS:

Pinheiro, A., Johnson, K.E., Baranauskas, M.N., Olson, J.T., Robinson, M., Kappler, R.M., Ramirez, R. J., **Otterstetter, R.** (2019). Relationship of Bone Mineral Density and Body Composition in Student Athletes and Collegiate Aged Students. Poster presented at ACSM National Conference – May 2019

NATIONAL ABSTRACTS/POSTER PRESENTATIONS: (cont.)

Kappler, R.M., **Otterstetter, R.** (2018). Changes in Physical Activity Using Motivational Interviewing in Law Enforcement Officers. Poster presented at ACSM National Conference – May 2018 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 50(5) Supplement p. S170.

Otterstetter, R. Olson, J.T., Baranauskas, M.N., Miller, B., Boltz, M., Richardson, L., Juravich, M., (2018) Changes In Bone Mineral Of Collegiate Middle Distance And Distance Runners Across An Indoor Season. Thematic Poster presented at ACSM National Conference – May 2018 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 50(5) Supplement p. S627.

Otterstetter, R., Robinson, M., Kappler, R.M. (2017) Total and Regional BMD Comparison of Collegiate Male and Female Athletes. Thematic presentation at ACSM National Conference – May 2017 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 49(5) Supplement p. P367.

*Baranauskas, M.N., Miller, B., Olson, J.T., Boltz, M., Richardson, L., Juravich, M., **Otterstetter, R.** (2017) Differential in Aerobic Capacity Among Collegiate Distance Runners Consuming a Low Carbohydrate Diet. Poster presented at ACSM National Conference – May 2017 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 49(5) Supplement p. P205.

*Smith, B.D., Miller, B., Gildersleeve, M., **Otterstetter, R.** (2017) Relationship Between Anthropometric Profiles and Sports Specific Physical Performance Tests in College football players. Poster presented at ACSM National Conference – May 2017 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 49(5) Supplement p. P458.

*Smith, B.D., Johnson, K.E., **Otterstetter, R.** (2016) Comparison of BMI and Body Composition in College Football Players. Poster presented at ACSM National Conference – May 2016 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 48(5) Supplement p. P246.

*Salberg, R., Drockton, M.C., Massacci, N., **Otterstetter, R.** (2016) Comparison of Blindfolded versus Non-Blindfolded YMCA Sit-and-Reach Test Results. Poster presented at ACSM National Conference – May 2016 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 48(5) Supplement p. P67.

*Kopec, T.J., Hibberd, E.E., Buser, S.L., Fister, C., **Otterstetter, R.** (2016) Effects of Two Therapeutic Modalities Versus No Treatment on Acute Muscle Soreness – Poster presented at NSCA National Conference – July 2015 - *Journal of Strength and Conditioning Research*. February 30(1) supplement: S88.

NATIONAL ABSTRACTS/POSTER PRESENTATIONS: (cont.)

*Johnson, K.E., Roth, E., **Otterstetter, R.** (2014) The Effects of Acute Water Consumption on Body Composition Measured by Air Displacement Plethysmography - Poster presented at ACSM National Conference – May 2014 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 46(5) Supplement p. S620.

Otterstetter, R., Deol, A., Johnson, K.E. (2014) The Effects Of Acute Food Consumption On Body Composition Measured By Air Displacement Plethysmography. Poster presented at ACSM National Conference – May 2014 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 46(5) Supplement p. S471.

Otterstetter, R., Feedback, M., Fratena, R. (2013) Effect of Exercise and Carbohydrate Cycling on Physiological Variables in Healthy Adults. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45(5) Supplement p. S106.

Kappler, R.M., **Otterstetter, R.** (2013) Pretesting and post testing exercise science students as a program outcomes assessment. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45(5) Supplement p. S105.

Juvancic-Heltzel, J., Johnson, K., Richardson, L., **Otterstetter, R.** (2013) Body Mass Index, Neck Circumference, Waist/Height and Waist/Hip Ratio Relationships in Healthy Adults. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45(5) Supplement p. S555.

*Miller, B., Faciana, C., O'Driscoll, K.F., McElrath, L., Pence, S., Mendel, R.W., **Otterstetter, R.** (2013) Validation of Air Displacement Plethysmography's Utility in Predicting Resting Metabolic Rate. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45(5) Supplement p. S209.

*Kiger, D.L., Johnson, K.E., Kappler, R., Buser, S., **Otterstetter, R.** (2013) The cardiovascular responses of running on an underwater treadmill at different water temperatures compared to landbased running. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45(5) Supplement p. S378.

*Johnson, K.E., Juvancic-Heltzel, J., Kappler, R., **Otterstetter, R.** (2013) Validation of an ultrasound body device in assessing body composition in college-aged students. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45(5) Supplement p. S373.

NATIONAL ABSTRACTS/POSTER PRESENTATIONS: (cont.)

*Kobak, M., Rebold, M., Buser, S., Kappler, R., **Otterstetter, R.** (2013) The effects of a medicine ball training program on bat velocity of prepubescent softball player. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45(5) Supplement p. S562.

*DeSalvo, R.M., Kobak, M.S., Rebold, M., **Otterstetter, R.** (2013) A Comparison of Aquatic-based Plyometrics vs. Land-based Plyometrics on Several Performance Variables. Poster presented at ACSM National Conference – May 2013 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 45(5) Supplement p. S96.

*Faciana, C., O'Driscoll, K.F., McElrath, L., Pence, S., Mendel, R.W., **Otterstetter, R.** (2012) Accuracy of Air Displacement Plethysmography Body Composition Measure in Estimating Resting Metabolic Rate in Adults. Poster presented at ACSM National Conference – May 2012 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 44(5) Supplement p. S591-592.

Kappler, R.M., Reinking, M., Tessmer, K., **Otterstetter, R.** (2012) Comparison of Air-Displacement Plethysmography Results Using Predicted and Measured Lung Volumes Over Time. Poster presented at ACSM National Conference – May 2012 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 44(5) Supplement p. S591.

*Mason, B.W., **Otterstetter, R.**, Gearhart, R.F., Patton, B. (2012) Effect of Body Composition on Electromyography Using a Vibration Platform. Poster presented at ACSM National Conference – May 2012 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 44(5) Supplement p. S496.

Otterstetter, R., Viar, J., Naylor, J., Krone, S., Tessmer, K. (2012) Effects Of Acute Exercise On The Accuracy Of Air-displacement Plethysmography In Young Adults. Poster presented at ACSM National Conference – May 2012 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 44(5) Supplement p. S591.

*DeSalvo, R.M., Pollock, B.S., Potenzini, N.T., **Otterstetter, R.**, Juvancic-Heltzel, J.A., Fister, C. (2012) Influence of Wii Fit Plus Exercises on Lower Extremity Strength and Balance in Middle-Aged Adults. Poster presented at ACSM National Conference – May 2012 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 44(5) Supplement p. S276.

*Pollock, B.S., Barkley, J.E., Potenzini, N., DeSalvo, R.M., Buser, S.L., **Otterstetter, R.**, Juvancic-Heltzel, J.A. (2012) Validity of Borg Ratings of Perceived Exertion During Active Video Game Play. Poster presented at ACSM National Conference – May 2012 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 44(5) Supplement p. S460.

NATIONAL ABSTRACTS/POSTER PRESENTATIONS: (cont.)

Otterstetter, R., Feeback, M.R., Corbett, E.J., Kennell, B.J. (2011) Effect of L-arginine Supplementation on Nitric Oxide and VO₂ max in Healthy Males. Poster presented at ACSM National Conference – May 2011 -*Medicine & Science in Sports & Exercise* - (abstract) Vol 43 (5) Supplement p. S406.

*Salameh, A., Rosneck,, J., Waechter, D., **Otterstetter, R.** (2010) Achieving Optimal Stress Test Time in Patient Testing: The Accelerated Ramped Protocol. Poster presented at AACVPR National Conference – July 2010. *Journal of Cardiopulmonary Rehabilitation and Prevention* – (abstract) Vol 30 (4) p. 275.

*Feeback, M.R., Corbett, E.J., Kennell, B.J., **Otterstetter, R.** (2010) Effect of L-Arginine Supplementation on Lactic Acid and VO₂ max in Healthy Males. Poster presented at ACSM National Conference – May 2010 -*Medicine & Science in Sports & Exercise* - (abstract) Vol 42 (5) Supplement p. S778.

Ryan, E.J., Jankowski-Wilkinson, A., Bellar, D.M., Kim, C.H., Muller, M.D., Russell, M., **Otterstetter, R.**, Glickman, E.L., Kamimori, G.H. (2010) The Effects of Caffeine Administered in Chewing Gum on Psychomotor Performance Following Acute Bouts of Exhaustive Cycling. Poster presented at ACSM National Conference – May 2010 -*Medicine & Science in Sports & Exercise* - (abstract) Vol 42 (5) Supplement p. S288.

Thompson, A., Khubchandani, J., Price, J.H., Dake, J., Schmalzried, H., Adeyanju, M., Murnan, J., Pringle, D., Zullig, K., Ausherman, J., Jackson, D.L., **Otterstetter, R.**, Douthat, S., Esprit, L.G. (2010) College students' coverage and perceptions of health insurance. Presented at the 137th American Public Health Association Meeting – April 2010 - *Annals of Behavioral Medicine*. (abstract) Vol 39 (5) Supplement p. S84.

Otterstetter, R., Smith, L.C., Mroczkowski, S.A., Murray, L., Buser, S. (2009) Effects of gender and different temperature modalities on contraction force following a resistance exercise program. Poster presented at ACSM National Conference – May 2009 -*Medicine & Science in Sports & Exercise* - (abstract) Vol 41 (5) Supplement p. S298.

*Ryan, E.J., Kim, C.H., Muller, M.D., Jankowski-Wilkinson, A., Russell, M., Bliss, M.V., Bellar, D., **Otterstetter, R.**, Barkley, J.E., Glickman, E.L., Kamimori, G.H. (2009) Low Dose Caffeine Does Not Enhance Cycle Time To Exhaustion. Oral presentation at National ACSM conference, May 2009 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 41 (5) Supplement p. S79.

*Kim, C.H., Jankowski-Wilkinson, A., Ryan, E.J., Muller, M.D., Russell, M., Bliss, M.V., Bellar, D. , **Otterstetter, R.**, Kamimori, G.H., Barkley, J., Glickman, E.L. (2009) Low Dose Caffeine Does Not Decrease Perceived Exertion And Leg Pain During Exhaustive Cycling. Poster presentation at National ACSM conference – May 2009 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 41 (5) Supplement p. S421.

NATIONAL ABSTRACTS/POSTER PRESENTATIONS: (cont.)

*Kennell, B.J., Feeback, M.R., Corbett, E., Naylor, J.B., **Otterstetter, R.** (2009) Effects of L-Arginine Supplementation on Pre and Post Maximal Exercise Inflammatory Response. Poster presentation at National ACSM conference – May 2009 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 41 (5) Supplement p. S548.

*Smith, L.C., Mroczkowski, S.A., Buser, S., Bemis, S., **Otterstetter, R.** (2008) Effect of Thermotherapy and Cryotherapy on Muscle Hypertrophy and Muscle Contraction Force Following Resistance Training. Poster presentation at ACSM National Conference - June 2008 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 40 (5) Supplement p. S258.

Otterstetter, R., Murray, L., Kamimori, G.H., Glickman, E.L. (2007) Effects of Aspirin on Catecholamine Responses of Males During Acute Cold Exposure. Poster presentation at ACSM National Conference - June 2007 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 39 (5) Supplement p. S276.

Murray, L., Demes, R., Juvancic-Heltzel, J., Pierce, K., Farnell, G. Collinsworth, T., **Otterstetter, R.**, Glickman, E.L. (2007) Effect of Fitness Level on Thermoregulatory Variables in Healthy Males After Cold Exposure. Poster presentation at ACSM National Conference - June 2007 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 39 (5) Supplement p. S276.

Glickman, E.L., Murray, L., Demes, R., Juvancic-Heltzel, J., Pierce, K., Collinsworth, T., **Otterstetter, R.**, Farnell, G. (2007) Effect of Aspirin Ingestion and Fitness Level on Thermal Sensation Following Acute Cold Exposure. Poster presentation at ACSM National Conference - June 2007 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 37 (5) Supplement p. S275.

*Murray, L., **Otterstetter, R.**, Glickman, E.L. (2006) Effect of Varying Doses of Aspirin on Blood Coagulation Variables After Acute Cold Exposure in Healthy Males. Poster presentation at ACSM National Conference - June 2006 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 37 (5) Supplement p. S423.

Otterstetter, R., Murray, L., Kalinski, M., Glickman, E.L. (2006) Effect of Aspirin on Hematologic Responses of Males During Acute Cold Exposure. Poster presentation at ACSM National Conference - June 2006 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 37 (5) Supplement p. S423.

Glickman, E.L., Murray, L., **Otterstetter, R.** (2006) Effect of Varying Doses of Aspirin on Thermal Sensation During and Following Acute Cold Exposure. Poster presentation at ACSM National Conference - June 2006 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 37 (5) Supplement p. S423-S424.

NATIONAL ABSTRACTS/POSTER PRESENTATIONS: (cont.)

*Farnell, G., Murray, L., **Otterstetter, R.**, Elco, H., Glickman, E.L. (2006) Effect of Varying Doses of Aspirin on Energy Substrate Utilization During Acute Cold Exposure. Poster presentation at ACSM National Conference -June 2006 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 37 (5) Supplement p. S423.

Otterstetter, R., Murray, L., Kalinski, M., Glickman, E.L. (2005) Effects of aspirin on thermoregulatory responses in males during acute cold exposure – Thematic Poster presentation at ACSM National Conference – June 2005 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 37 (5) Supplement p. S212-S213.

*Murray, L., **Otterstetter, R.**, Glickman, E.L. (2005) Effect of aspirin on thermal and metabolic variables after cold exposure in healthy males - Thematic Poster presentation at ACSM National Conference – June 2005 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 37 (5) Supplement p. S213.

Glickman, E.L., **Otterstetter, R.**, Murray, L., Elco, H. (2005) Evaluating physiological strain in males during acute cold exposure following aspirin ingestion. - Thematic Poster presentation at ACSM National Conference – June 2005 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 37 (5) Supplement p. S213.

*Latsch, E., **Otterstetter, R.**, Glickman, E.L. (2005) Effect of lactate salts on performance and metabolic variables during incremental exercise in healthy males - Poster presentation at ACSM National Conference – June 2005 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 37 (5) Supplement p. S40.

*Potkanowicz, E., **Otterstetter, R.**, Glickman, E.L (2005) Caloric Expenditure and Substrate Utilization of African American versus Caucasian Males During Cold-Water Immersion - Thematic Poster presentation at ACSM National Conference – June 2005 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 37 (5) Supplement p. S213.

*Perry, Y.M., Kamimori, G.H., LaJambe, C.M., Phares, D.A., **Otterstetter, R.**, Davis, H.Q. (2004) Effects of Menstrual Cycle Phase and Oral Contraceptive Use on Plasma Cortisol and Catecholamines during Moderate and High Intensity Exercise. Poster presentation - Experimental Biology Conference April 2004. *FASEB Journal* (abstract) Vol 18(5):A1289-A1290 Suppl S Mar 24.

Cheatham, C.C., Caine, N., Blegen, M., Potkanowicz, E.S., Kamimori, G.H., Marcinkiewicz, J.L., **Otterstetter, R.**, Glickman, E.L. (2004) The effects of nicotine on the metabolic and hormonal responses during acute cold exposure. Slide presentation at ACSM National Conference – June 2004 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 36 (5) Supplement p. S130.

NATIONAL ABSTRACTS/POSTER PRESENTATIONS: (cont.)

Caine, N., Potkanowicz, E.S., Blegen, M., **Otterstetter, R.**, Glickman, E.L. (2004) Hormonal Responses of Sleep Deprived Males and Females Exposed to 12°C for 180-min. Slide presentation at ACSM National Conference – June 2004 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 36 (5) Supplement p. S130.

*Potkanowicz, E., **Otterstetter, R.**, Hearon, C., Glickman, E.L. (2004) The influence of ethnicity on thermoregulation during immersion in 20 and 27°C for 120 minutes. Slide presentation at ACSM National Conference – June 2004 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 36 (5) Supplement p. S130.

*Glickman, E.L., Potkanowicz, E., Caine, N., **Otterstetter, R.** (2004) Evaluating Physiological Strain in Old vs. Young Males Using a Cold Strain Index. Slide presentation at ACSM National Conference – June 2004 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 36 (5) Supplement p. S130.

***Otterstetter, R.**, Potkanowicz, E., Hearon, C.M., Glickman, E.L. (2004) Thermal Sensation of Caucasians vs. African Americans During Immersion in 20 and 27°C for 120-minutes. Slide presentation at ACSM National Conference – June 2004 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 36 (5) Supplement p. S130.

***Otterstetter, R.**, Potkanowicz, E., Caine-Bish, N., Cheatham, C.C., Blegen, M., Glickman, E.L. (2003) Evaluating physiological strain during cold exposure in males and female using a cold strain index. Poster presentation at ACSM National Conference – May 2003 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 35 (5) Supplement p. S25.

*Potkanowicz, E., Caine-Bish, N., **Otterstetter, R.**, Hearon, C., Glickman, E.L. (2003) Caloric expenditure and substrate utilization of young and old males during acute cold exposure. Poster presentation at ACSM National Conference – May 2003 *Medicine & Science in Sports & Exercise* - (abstract) Vol 35 (5) Supplement p. S25.

*Potkanowicz, E., Caine, N., **Otterstetter, R.**, Glickman, E.L. (2002) Thermal, metabolic, and perceptual responses of apparently healthy old and young men during exposure to 12, 18, and 27°C for 120-minutes. Poster presentation at ACSM National Conference – May 2002 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 34 (5) Supplement p. S144.

*Caine, N., Potkanowicz, E.S., Blegen, M., **Otterstetter, R.**, Glickman, E.L. (2002) The effect of sleep deprivation on thermoregulation in males exposed to 12°C for 180 min. Poster presentation at ACSM National Conference – May 2002 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 34 (5) Supplement p. S144.

NATIONAL ABSTRACTS/POSTER PRESENTATIONS: (cont.)

*Malloy-McFall, J., Dochstader, L., **Otterstetter, R.**, Lowery, L., Ziegenfuss, T., Caine, N., Glickman, E.L. (2002) Effect of an herbal supplement on thermoregulatory, cardiovascular, and metabolic responses during submaximal exercise. Poster presentation at ACSM National Conference – May 2002 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 34 (5) Supplement p. S225.

*Caine-Bish, N., Potkanowicz, E.S., **Otterstetter, R.**, Glickman, E.L. (2002) The Effect of sleep deprivation on thermoregulation in males and females exposed to 12°C for 120-minutes. Poster presentation at 10th International Conference on Environmental Ergonomics – September 23-28; Fukuoka, Japan.

*Potkanowicz, E., Caine, N., **Otterstetter, R.**, Glickman, E.L. (2002) Thermal sensation of old vs Young Males at 12, 18, and 27°C For 120-Minutes. *The 10th International Conference on Environmental Ergonomics*, September 23-28; Fukuoka, Japan.

Kamimori, G.H., Karyekar, C., **Otterstetter, R.**, Cox, D., Eddington, N. (2001) Relative bioavailability and absorption rate of caffeine and capsule form in normal males. Presentation at FASEB meeting. *FASEB Journal* 15(5):A916 Part 2 Mar 8.

***Otterstetter, R.**, Szymanski, L.M., Kamimori, G.H., Kessler, C.M., Gold, M.R., Fernhall, B. (1999) Effect of maximal exercise on hemostatic markers in users and non users of oral contraceptives. Poster presentation at ACSM National Conference – May 1999 – *Medicine & Science in Sports & Exercise* - (abstract) Vol 31 (5) Supplement p. S64.

***Otterstetter, R.**, Kamimori, G.H., Lyden, A.K, Balkin, T.J., Brown, D.A, Davis, H.Q.(1997) The effect of the menstrual cycle and oral contraceptives on cognitive performance during exercise. Poster presentation at ACSM National Conference - May 1997 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 29 (5) Supplement p. S121.

Kamimori, G.H., Mittleman, K.D., Zacher, C., **Otterstetter, R.**, Brown, D.A., Santaromana, M., Davis, H.Q. (1997) Effect of the menstrual cycle on serum cortisol during moderate and high intensity exercise. Poster presentation at ACSM National Conference - May 1997 - *Medicine & Science in Sports & Exercise* - (abstract) Vol 29 (5) Supplement p. S201.

Kamimori, G.H., **Otterstetter, R.**, Santaromana, M., Lawless, N., Davis, H.Q. (1997) Effect of acute hypoxia on arterial and venous catecholamine responses in humans. Poster presentation at 10th International Symposium on Hypoxia and Mountain Medicine.

NATIONAL ABSTRACTS/POSTER PRESENTATIONS: (cont.)

*Lyden, A.K., **Otterstetter, R.**, Kamimori, G.H. (1996) Effect of terfenadine and diphenhydramine on cognitive performance at rest and during light exercise. Poster presentation at ACSM National Meeting - May 1996 - *Medicine & Science in Sports & Exercise* (abstract) Vol. 28 (5) Supplement p. S35.

*= Student Presentation

REGIONAL ABSTRACTS/POSTER PRESENTATIONS:

*Salberg, R., Drockton, M.C., Massacci, N., **Otterstetter, R.** (2015) Comparison of Blindfolded versus Non-Blindfolded YMCA Sit-and-Reach Test Results. Poster presentation at ACSM Midwest Regional Conference.

*Benson, T.W., Lewis, K., Johnson, K.E., **Otterstetter, R.** (2013) The Acute Effects Of No Stretching Versus Static And Dynamic Stretching On Wingate Performance. Poster presentation at ACSM Midwest Regional Conference.

*Roth, E., Johnson, K.E., **Otterstetter, R.** (2013) The Effects of Acute Water Consumption on Body Composition Measured by Air Displacement Plethysmography - Poster presentation at ACSM Midwest Regional Conference.

*Deol, A., Johnson, K.E., **Otterstetter, R.** (2013) The Acute Effects Of Food Consumption On Body Composition Measured By Air Displacement Plethysmography. Poster presentation at ACSM Midwest Regional Conference.

*Johnson, K.E., Juvancic-Heltzel, J., Kappler, R., **Otterstetter, R.** (2012) Validation of an ultrasound body device in assessing body composition in college-aged students. - Poster presentation at ACSM Midwest Regional Conference.

*Rebold, M., Kobak, M., **Otterstetter, R.** (2012) The Influence of a Tabata Interval-Training Program using an Aquatic Underwater Treadmill on Various Performance Variables. - Poster presentation at ACSM Midwest Regional Conference.

*Pollock, B.S., Barkley, J.E., Potenzini, N., DeSalvo, R.M., Buser, S.L., **Otterstetter, R.**, Juvancic-Heltzel, J.A. (2012) Validity of Borg Ratings of Perceived Exertion During Active Video Game Play - Poster presentation at ACSM Midwest Regional Conference.

***Otterstetter, R.**, Kamimori, G.H., Santaromana, M., Lawless, N., Davis, H.Q. (1996). Arterial and venous catecholamine responses associated with hypoxia-induced acute mountain sickness. Oral presentation at SEBM Annual Graduate Student and Scientist Symposium - March 1996 (abstract) *Proceedings of the Society for Experimental Biology and Medicine* Vol. 212 (4) pp 386.

REGIONAL ABSTRACTS/POSTER PRESENTATIONS: (cont.)

*Renaud, M., Kamimori, G.H., Santaromana, M., Wang, T., **Otterstetter, R.**, Brown, D., Balkin, T.J., Davis, H.Q. (1996) Effect of gender and menstrual cycle on catecholamine responses during moderate and heavy exercise. Poster presentation at ACSM Mid Atlantic Regional Conference.

***Otterstetter, R.**, Kamimori, G.H., Santaromana, M., Lawless, N., Davis, H.Q. (1995) Arterial and venous catecholamine response during 8 hours of acute hypoxia in males and females. Poster presentation at ACSM Mid Atlantic Regional Conference.

Brown, D.A., Kamimori, G.H., Santaromana, M., **Otterstetter, R.**, Lyden, A.K, Balkin, T.J., Belenky, G.L., Davis, H.Q. (1995) Effect of gender and menstrual cycle on glucose and lactate during two intensities of exercise. Poster presentation at ACSM Mid Atlantic Regional Conference.

*= Student Presentation

LOCAL PRESENTATIONS:

*Grimm, N., McGeary, D., Jamieson, S., **Otterstetter, R.**, Mendel, R., Clark, K. (2014) "Can a Typical Swimmer's Snorkel Elicit the Same physiological Effects as a Short Sojourn to Moderate Altitude?" Oral presentation at 3rd Annual NEOESC meeting.

*Benson, T.W., Lewis, K., Johnson, K.E., **Otterstetter, R.** (2014) The Acute Effects Of No Stretching Versus Static And Dynamic Stretching On Wingate Performance. Oral presentation at 3rd Annual NEOESC meeting.

*Kiger, D.L., Johnson, K.E., Kappler, R., Buser, S., **Otterstetter, R.** (2013) The cardiovascular responses of running on an underwater treadmill at different water temperatures compared to landbased running. Oral presentation at 2nd Annual NEOESC meeting.

*Roth, E., Johnson, K.E., **Otterstetter, R.** (2013) The Acute Effects of Water Consumption on Body Composition Measured by Air Displacement Plethysmography - Oral presentation at 2nd Annual NEOESC meeting.

*Deol, A., Johnson, K.E., **Otterstetter, R.** (2013) The Acute Effects Of Food Consumption On Body Composition Measured By Air Displacement Plethysmography. Oral presentation at 2nd Annual NEOESC meeting.

*Johnson, K.E., Juvancic-Heltzel, J., Kappler, R., **Otterstetter, R.** (2013) Validation of an ultrasound body device in assessing body composition in college-aged students. Oral presentation at 2nd Annual NEOESC meeting.

*= Student Presentation

INVITED SPEAKER/MEDIA REFERENCE:

R. Otterstetter. (2004) Youngstown State University – Invited Speaker - Effects of aspirin on thermoregulatory and hemostatic responses of males during acute cold exposure.

R. Otterstetter. (2004) Road Runner Akron Marathon – Invited Speaker – Be Healthy and Get Fit! Presentation.

R. Otterstetter. (2005) Road Runner Akron Marathon – Invited Speaker – Exercise in the Cold Presentation.

R. Otterstetter. (2008-2013) Honors College Colloquium Speaker – Natural Sciences – Speaker.

R. Otterstetter. (2009 – present) – Fellowship Curriculum Lecture Series - Akron Children's Hospital Primary Care Sports Medicine Fellowship.

R. Otterstetter. (2010) New Directions in Sports Nutrition - “Fueling the Endurance Athlete”. Protein and Endurance Performance. The University of Akron Nutrition Center. February 12th, 2010

R. Otterstetter. (2010) Inner Workings: Marathon de Sables – Runner’s World Magazine – June 16, 2010. Quote regarding physiological adaptations during the race.

R. Otterstetter. (2011) Ties Between the Generations: Looking to the Future, Building on the Past. Institute for Life-Span Development and Gerontology 35th Anniversary. April 25th, 2011.

R. Otterstetter. (2014) Sports Performance Testing - Sports Medicine Update : Building Young Athletes: Safe & Healthy VIII - Akron Children's Hospital Sports Medicine Center – March 7-8, 2014.

R. Otterstetter. (2016) Body Composition – Medical Assisting CEU Event – Cuyahoga County Chapter of Medical Assisting and Summit County Chapter of Medical Assistants – March 19, 2016.

R. Otterstetter. (2018) GPS for Success – 2018 Ohio Health Occupations Students of America (HOSA) Mideast Regional – February 3, 2018

AWARDS AND HONORS:

Named Fellow of the Institute for Life-Span Development and Gerontology – The University of Akron (August 2011)

Nominated for Faculty Mentor of the Year Award (April 2013)

AWARDS AND HONORS: (cont.)

Named Fellow of the American College of Sports Medicine (November 2014)

Named Outstanding Faculty Member at The University of Akron by The Richard L. Hansford Chapter National Residence Hall Honorary (November 2014)

Named as part of the Research Faculty at the Conquer Chiari Research Center – The University of Akron (January 2016)

GRANTS:

Funded:

R. Otterstetter, E. Glickman (2003). The effect of a dietary supplement on aerobic performance. Funded by SportLegs Company – Co-Investigator
\$ 20,000.

R. Otterstetter (2005). Ohio Board of Regents HB 16 Capital Appropriations Grant for Instructional and Data Processing Material.
\$ 78,838.00

S. Buser, R. Kappler, **R. Otterstetter** (2005).
The University of Akron – Institute for Teaching and Learning
2005-2006 Academic Program Assessment Grant
Project title: Student Outcomes Assessment of Clinical Skill Mastery in Allied Health Majors
\$ 3,750.00

R. Otterstetter (2007). College of Education Faculty Research Grant: “Effect of oral l-arginine supplementation on lactic acid, nitric oxide synthase, platelet aggregation and maximal oxygen consumption in healthy males.”
\$ 4166.00

R. Otterstetter (2007). Ohio Board of Regents HB 699 Capital Appropriations Grant for Instructional and Data Processing Material.
\$57, 500.00

R. Otterstetter (2009). Ohio Board of Regents HB 562 Capital Appropriations Grant for Instructional and Data Processing Material.
\$29,000.00

R. Otterstetter (2009). Ohio Board of Regents HB 562 Capital Appropriations Grant for Instructional and Data Processing Material.
\$59,500.00

GRANTS: (cont.)

Funded:

R. Otterstetter (2012). College of Education Faculty Research Grant: “The Effect of High Intensity Dynamic Whole-body Vibration Training on Bone Mineral Density and Bone Turnover in Premenopausal Women”
\$ 1698.00

J. Juvancic-Heltzel, **R. Otterstetter** (2013). College of Education Teaching Enhancement Grant: “Body Composition Assessment utilizing an ultrasound body composition analyzer.”
\$ 1530.00

P. Allen, D. Johnson, **R. Otterstetter** (2016-2017) Conquer Chiari Supplemental Award: “Non-invasive Therapies for the Treatment of Chronic Pain in Chiari Malformation.”
\$129,973.80. Sponsor: Conquer Chiari Foundation

C.N. Monty, **R. Otterstetter** (2017-2018) “Hydration Monitor.” Sponsor: SparkFunds, The State of Ohio, The University of Akron
\$90,000

C.N. Monty, H. Ghadimi, **R. Otterstetter** (2019-2020) STTR Phase I: Wearable Fabric Sensor for Hydration Monitoring Sponsor: NSF
\$225,000

Not Funded:

R. Otterstetter. (2006) The Effect of Aspirin on Hematologic Responses of High and & Low Fit Males During Acute Cold Exposure. Faculty Research Grant. Office of Research Services and Sponsored Programs. The University of Akron.
\$ 4758.00

R. Otterstetter. (2006) The Effect of Aspirin on Hematologic Responses of High and & Low Fit Males During Acute Cold Exposure. Faculty Research Grant. College of Education. The University of Akron.
\$ 1743.00

M.J. MacCracken (PI), **R. Otterstetter**, S. Buser, C. Fister, R. Kappler, L. Richardson. (2009) Project PACE (Physical Activity/Tennis, Counseling, and Exercise). Submitted to Learn and Serve America.
\$ 120,000.00/yr for 3 years

GRANTS: (cont.)

Not Funded:

M.J. MacCracken (PI), **R. Otterstetter**, S. Buser, C. Fister, R. Kappler, L. Richardson. (2009) STRIDE Project (Steps To Reduce the Incidence of Diabetes through Exercise and Education). Submitted to the Ohio Commission on Minority Health.
\$ 75,000.00

Porfeli, E. J. (PI) & **R. Otterstetter (Co-Investigators)** (2011). The Northeast Ohio Health Careers Opportunity Program (HCOP). *Health Resources and Services Administration (HRSA)*. \$2,214,544. Co-Investigator.

D. Johnson, **R. Otterstetter** (2017-2018) R34AT009997 Yoga as an intervention for PTSD in Residents of Domestic Violence Shelters – This proposal will develop and evaluate the acceptability, feasibility and safety of yoga for PTSD or subthreshold PTSD in residents of domestic violence shelters. Peer review: 3/16/18
\$799,409

LICENSES:

General X-Ray Machine Operator – OH License # 8866956 Expiration: 04/05/2020

ORGANIZATIONS:

American College of Sports Medicine (1992 - present)
American College of Sports Medicine - Mid Atlantic Chapter (1994 -1998)
American College of Sports Medicine – Midwest Chapter (2003 - present)
American Physiological Society (2002 - 2017)
D.C. Association of Cardiovascular and Pulmonary Rehabilitation (1994 -1996)
National Career Pathways Network (2009)

TEACHING HISTORY:

Undergraduate courses taught at The University of Akron

Introduction to Sport and Exercise Science
Physiology of Exercise
ST: Nutrition for Teachers/Coaches
ST: Nutrition in Sports
Exercise in Special Populations
Cardiorespiratory Function
Practicum

TEACHING HISTORY: (cont.)

Graduate courses taught at The University of Akron

Laboratory Instrumentation/Techniques in Exercise Physiology
Field Experience
Physiology of Muscular Activity and Exercise
Cardiorespiratory Function
ST: Nutrition in Sports
ST: Nutrition for Teachers/Coaches
Independent Study

STUDENT RESEARCH AND SCHOLARSHIP

Dissertation Committees:

Leigh Murray – The Influence Of Aspirin On Thermoregulatory And Hematologic Factors Of Low-Fit And High-Fit Males Following Acute Cold Exposure - Kent State University – Committee Member – Summer 2006

Jeanne Dorland – Objectification theory: Examining the relation between self-objectification and flow for college-aged women athletes - The University of Akron – Committee Member – Fall 2006

Brian Bossick – An Empirical Examination Of The Relationship Between Posttraumatic Growth And The Personality Traits Of Hardiness, Sense Of Coherence, Locus Of Control, Self-Efficacy, Resilience, And Optimism. - The University of Akron – Committee Member – Fall 2007

Cheryl Goliath – Diffusion of an E-Portfolio to Assist in the Self-Directed Learning of Physicians: An Exploratory Study - The University of Akron – Committee Member – Summer 2009

Liesl Glover – Clinician Trainees Physiological Reactivity, Perceived Stress, and Self-Efficacy In Response to Client Suicidality - The University of Akron – Committee Member – Fall 2014

Gail Evanchan - The Development Of Fluency And Comprehension Literacy Skills Of Second Grade Students By Providing Regular Use Of The Fluency Development Lesson - The University of Akron – Committee Member – Summer 2015

Margaret Kate Murdoch - Sibling Impact On Early Literacy Development As Observed By Parents - The University of Akron – Committee Member – Spring 2016

STUDENT RESEARCH AND SCHOLARSHIP (cont.)

Dissertation Committees: (cont.)

David Blankenship - The Influence Of Race On Professional Counselors' Symptomatology Ratings Among Persons With Schizophrenia- The University of Akron – Committee Member – Spring 2017

Stacey Buser – A Case Study On Critical Thinking Skills And Problem-Based Learning In Athletic Training Education - The University of Akron – Committee Member – Spring 2017

Rachele Kappler – Changes in Physical Activity with the Use of Motivational Interviewing in Law Enforcement Officers: A Case Study – The University of Akron – Committee Member - Spring 2017

Shelley Houser – Key Steps To Reading Success: Measuring The Impact Of Participation In A Family/School Literacy Partnership Program On The Foundational Literacy Skills Of Kindergarteners – Fall 2017

Dee Dee Hecht-Hewit - Counselor Trainee's Cognitive Attributions and Countertransference Reactions Toward Persons with Disabilities - The University of Akron – Committee Member – Spring 2016

Carrie Fister – Proposal Phase

Doctoral Comprehensive Exams:

Cheryl Goliath – Spring 2009

Stacey Buser – Summer 2013

Rachele Kappler – Summer 2013

Laura Richardson – Fall 2014

Carrie Fister – Fall 2015

Shelley Houser – Fall 2016

Thesis Committees:

Andrea Jankowski – Thesis Title: The Effects Of Caffeine Gum Administration On Reaction Time And Lower Body Pain During Cycling To Exhaustion – The University of Akron – Chair – Summer 2008

STUDENT RESEARCH AND SCHOLARSHIP (cont.)

Thesis Committees: (cont.)

Morgan Russell: Thesis Title: The Effect Of Caffeine Gum Administration On Blood Glucose And Blood Lactate During Cycling To Exhaustion – The University of Akron – Chair – Summer 2008

Laura Marinaro – Thesis Title: Nutrition Competency of Certified Athletic Trainers – The University of Akron – Committee Member – Summer 2008

Matt Feedback – Thesis Title: Effect of Oral L-Arginine Supplementation on Lactic Acid and Maximal Oxygen Consumption in Healthy Males - The University of Akron – Chair – Spring 2009

Eric Corbett – Thesis Title: Effect of Oral L-Arginine Supplementation on Platelet Count and Maximal Oxygen Consumption in Healthy Males - The University of Akron – Chair – Spring 2009

Thomas Kopec – Thesis Title: Effects of Two Therapeutic Modalities on Acute Muscle Soreness. - The University of Akron – Chair – Spring 2009

Ahlan Salameh – Thesis Title: Graded Exercise Stress Testing: Treadmill Protocols Comparison Of Peak Exercise Times In Cardiac Patients – The University of Akron – Chair – Summer 2009

Laura Hemlepp – Thesis Title: Protein Intake and Site Specific Bone Mineral Density in Caucasian Male Resistance Trainers – The University of Akron – Committee Member – Summer 2010

Michael Rebold – Thesis Title: The Influence of a Resistance Training Apparatus on Vertical Jump and 40-Yard Sprint Performance - The University of Akron – Chair – Spring 2011

Brandon Pollock – Thesis Title: Changes in Body Composition and Resting Blood Pressure Among Adults Using Wii Fit Plus - The University of Akron – Committee Member – Spring 2011

Renee DeSalvo – Thesis Title: The Influence of a Wii Fit Plus Exercise Protocol on Lower Extremity Strength and Balance in an Adult Population - The University of Akron – Committee Member – Spring 2011

Nicholas Potenzini – Thesis Title: The Effects of the Wii Fit Plus on Bone Mineral Density and Flexibility in Adults - The University of Akron – Committee Member – Spring 2011

STUDENT RESEARCH AND SCHOLARSHIP (cont.)

Thesis Committees: (cont.)

Brian Kennell – Thesis Title: The Effects of L-Arginine Supplementation on Pre and Post Maximal Exercise Immune Response - The University of Akron – Chair – Spring 2011

Joshua Bauman – Thesis Title: The Influence of a Resistance Training Apparatus on Maximal Parallel Squat Performance and Agility - The University of Akron – Chair – Summer 2011

Kelly Johnson – Thesis Title: A Validation of an Ultrasound Machine to Assess Body Composition in College-Aged Males - The University of Akron – Chair – Spring 2013

Dana Kiger – Thesis Title: The Cardiovascular Responses of Running on an Underwater Treadmill at Two Different Water Temperatures Compared to Land Based Running - The University of Akron – Chair – Spring 2013

Mallory Kobak – Thesis Title: The Effects of a Medicine Ball Training Program on Bat Velocity of Prepubescent Softball Players - The University of Akron – Chair – Spring 2013

Jody Duecker - Thesis Title: Measurement Of Validity For Balance Assessments Using A Modified Ctsib Sway Index Versus A Biodex Sway Index – The University of Akron – Chair – Spring 2013

Kristin Knapp-Clites - Thesis Title: Reliability Of The Balance Error Scoring System Protocol On The Biodex Balance System - The University of Akron – Chair – Spring 2013

Brian Miller - Thesis Title: Measurement of agreement of resting metabolic rate between indirect calorimetry and multiple estimation models in adults using air displacement plethysmography – The University of Akron – Chair – Fall 2013

Adam Reeder - Thesis Title: Ankle Muscle Activation During Unilateral And Bilateral Lower Body Strength Exercises – The University of Akron – Chair – Spring 2014

Marissa Baranauskas – Long Term Carbohydrate Intake And The Effect On Endurance Performance In Collegiate Distance Runners – The University of Akron – Chair – Spring 2016

Jordan Olson - Relationship between bone mineral density and performance in collegiate track runners– The University of Akron – Chair – Summer 2016

STUDENT RESEARCH AND SCHOLARSHIP (cont.)

Thesis Committees: (cont.)

Mackenzie Conrad – Ironic Effects in Softball Pitching: How information about an opponent can influence performance under pressure – The University of Akron – Chair – Spring 2018

Amanda Pinheiro – A Comparative Study Of Bone Density And Body Composition In College Aged Athletes And The General Populations – The University of Akron – Chair – Spring 2018

Hadia Meashi - HbA1c in non-diabetic adults using NHANES 2013-2014 data: The relationship with caffeine, carbohydrates, and physical activity - The University of Akron – Chair – Fall 2018

Nicole Krueger – The Accuracy Of Female Collegiate Soccer Players In Self-Detecting Anaerobic Threshold– The University of Akron – Chair – Spring 2019

Master’s Problem:

Robert Battison: Project Title: Women’s Soccer, NCAA Division I – Periodization Planning – The University of Akron – Spring 2011

Brian Hartman – Project Title: The Relationship between Dietary Cholesterol and Lean Mass in Resistance Trainers - The University of Akron – Spring 2013

Rosalie Franek - The Effect of Massage Therapy on Collegiate Track and Field Athletes- The University of Akron – Spring 2014

Claudia Garcia Jou – Biomechanics of the High Jump – The University of Akron – Spring 2016

Honors Project Committees:

Rachel Zubricky – The Effects of Running Shoe wear on Selected Biomechanical Markers of College Runners – Department of Sport Science and Wellness Education - Spring 2007 - Reader

Angelique Thomas – The Foot and Ankle Complex - Department of Sport Science and Wellness Education – Summer 2007 - Reader

Scott Sheaffer – Effects of Moisture Wicking Fabrics on Thermoregulatory Markers during Exercise – Department of Sport Science and Wellness Education - Spring 2007 - Sponsor

Jessica Quinn – Physical Therapy for Children of Special Needs - Department of Sport Science and Wellness Education - Spring 2007/Fall 2008 - Reader

STUDENT RESEARCH AND SCHOLARSHIP (cont.)

Honors Project Committees: (cont.)

Emily Lippert - Developmental Differences of Premature Twins - Department of Sport Science and Wellness Education – Fall 2008 – Reader

John Walters - The Acute Effects of Elastic Band Resistance and Weighted Vest Resistance on Vertical Jump Height - Department of Sport Science and Wellness Education – Spring 2010 - Sponsor

Nicole Clester – Physically Active Lessons: Changing Stationary Classroom Activities to Incorporate Movement – Spring 2010 - Sponsor

Lauren Reed – A Qualitative Analysis Comparing Shod Running and Barefoot Running in Habitually Shod Subjects – Spring 2012 - Sponsor

Kristina Kehoe – The Effectiveness of Three Recovery Methods in Blood Lactate Clearance following a Wingate Test – Spring 2012 - Reader

Kara Cooper - Effects of long duration aerobic exercise on total cholesterol levels – Spring 2012- Sponsor

Nicole Kline - A Qualitative Analysis Comparing Shod Running and Barefoot Running in Habitually Shod Runners- Fall 2012 - Sponsor.

Brandon Rennicker – CrossFit: The New Wave of Fitness Training – Spring 2013 - Reader

David Ramsey - The effects of vigorous exercise on air displacement plethysmography accuracy- Fall 2013 - Sponsor

Emily Roth – The Effects of Acute Water Consumption on Body Composition Measured by Air Displacement Plethysmography - Fall 2013 - Sponsor

Kelsey Corle – An Analysis of The Effects Of Body Positioning On Percent Body Fat Measurements Of Young Adult Females Using The BOD POD - Fall 2013 - Sponsor

Marissa Baranauskas - A Comparative Analysis Of Seven Site Vs Three Site Methods Of Body Composition Assessment Using Ultrasound – Spring 2014 - Reader

Alysse Dambrot – The Effects of Body Temperature on Body Composition Testing – Spring 2014 - Sponsor

Nickole Najjar – Heart Rate Recovery in Hydrated vs. Dehydrated States - Spring 2014 – Reader

STUDENT RESEARCH AND SCHOLARSHIP (cont.)

Honors Project Committees: (cont.)

Alexandra Burch - The Effects of Information on Participation in Regular Exercise and Utilization of a Variety of Exercise Equipment – Fall 2014 - Sponsor

Breanna Koch - The Effects of Information on Participation in Regular Exercise and Utilization of a Variety of Exercise Equipment – Fall 2014 - Sponsor

Taylor Graham – The Effects of Instructional Strategies on adherence to a flexibility program and physiological outcomes – Spring 2015 – Reader

Michael DeLucia - The Acute Effects of Caffeine in the Form of Coffee on Anaerobic Performance – Summer 2015 - Reader

Jonah Spoerndle – The Effects of Vitamin D Supplementation on Influenza – Spring 2015 – Reader

Peter Waisala – The Effects of Instructional Strategies on adherence to a flexibility program and physiological outcomes – Spring 2015 – Reader

Cory Egli - The Influence Of An Aerobic Exercise Interval-Training Program Using An Aquatic Underwater Treadmill Vs A Land-Based Treadmill On Force Production And Aerobic Exercise Performance – Spring 2015 – Sponsor

Rachel Salberg – Association of Running Biomechanics and Injury in Middle School Cross Country Runners - Spring 2016 – Sponsor

Mike Robinson – BMD Comparison of Male and Female Collegiate Athletes- Spring 2016 – Reader

Trevor Norris – Factors Affecting Injury History and Their Overall Impact on Athletic Performance in Distance Runners – Spring 2016 - Sponsor

Karina Atkinson and Catherine Benedict - HydroBand - Spring 2016 – Reader

Mary Catherine Drockton - Exploring Autism and the Caregiver Burden Relationship – Spring 2017 – Reader

Iris Javersak and Amanda Montemayor - Comparison of Perceived Exertion While Exercising at the Same Intensity on Land and Aquatic Treadmills – Spring 2017 - Sponsor

Zach Guiser – Examination of Hamstring Flexibility and Maximal Sprint Speed – Spring 2017 – Reader

STUDENT RESEARCH AND SCHOLARSHIP (cont.)

Honors Project Committees: (cont.)

Maria Lamontagne - Development and implementation of a nutritional-risk screening procedure for pregnant mothers in a Honduran community hospital system – Fall 2017 - Reader

Cassandra Guillespie – Exercise and Cancer – Spring 2018 - Reader

Kendal Rozaieski - Calling Attention to the Growing Heroin Epidemic and How to Fight It - Spring 2018 – Reader

Erica Schrader - Exploring the correlation between cognitive awareness of body composition and perceived ventilatory threshold – Fall 2018 – Reader

Sean Roberts – Astrand –Rhyming and YMCA: A Compare and Contrast Literature Review of Two Submaximal Cycle ergometer Tests - Spring 2019 - Reader

Christian Evans –Comparison of Blindfolded vs Non Blindfolded Vertical Jump Tests – Spring 2019 – Reader

Victoria Reljin – Effects of Adaptive Sports on Quality of Life in Individuals with Disability – Spring 2019 - Sponsor

PROFESSIONAL SERVICE ACTIVITIES

Book Reviews:

ACSM's Advanced Exercise Physiology – Lippincott, Williams and Wilkins Publishers (2007)

Biochemistry of Exercise and Sport - Holcomb Hathaway Publishers (2007)

The Art and Science of Coaching Excellence - Warde Publishers (2007)

FitWell: Questions and Answers – McGraw Hill - 1st edition (2011)

ACE Exercise Physiology – F.A Davis Co. (2012)

Questions and Answers: A Guide to Fitness and Wellness – McGraw Hill - 2nd edition (2013)

Exercise Physiology – F.A Davis Co. (2016)

PROFESSIONAL SERVICE ACTIVITIES (cont.)

Journal Reviewer:

International Journal of Exercise Science – November 2012 - present

PLOS ONE - June 2015 - Invited Reviewer

International Journal of Sport Nutrition and Exercise Metabolism – August 2015 –
Invited Reviewer

National organization activity:

ACSM Environmental Physiology Interest Group – Graduate Research Student Award
Evaluator (2005 - 2009)

Regional organization service:

MWACSM Abstract Review ad-hoc Committee (2013, 2014, 2016, 2018)

MWACSM Awards Review ad-hoc Committee (2013, 2014, 2016, 2017)

MWACSM Membership and Member Services Standing Committee (2014)

MWACSM Board of Directors Member-at-large (2015-2016)

MWACSM Membership and Member Services Standing Committee Chair (2015-2016)

MWACSM Meeting Symposium Moderator (2015, 2016)

MWACSM Leadership and Mentoring Program – Mentor (2017)

Local organization service:

NEOESC 2013 – Organization Chair and host site

Department/School Service

Master's Comprehensive Examination Coordinator (2005 – Present)

Merit Pay Ad-hoc Committee – Chair (2006-2007)

RTP Revision Ad-hoc Committee – Chair (2006, 2014)

Clinical Instructor for Athletic Training Search Committee – Member (2007)

PROFESSIONAL SERVICE ACTIVITIES (cont.)

Department/School Service

Assistant Professor for Exercise Physiology Search Committee – Chair (2009)

Assistant Professor for Exercise Physiology Search Committee – Chair (2013)

Department Chair Review Committee – Member – (2010)

General Studies Coordinator Search Committee – Chair (2011)

School RTP Committee – Chair (2010-2011, 2014-2015); Member (2011-2018)

Campus Advisor – Exercise Science Club (academic club) (2011- present)

Campus Advisor – Akron Barbell (sport club) (2015- present)

SSWE Instructor Search Committee – Chair (2016)

College Service

College of Education Graduate Studies Committee (2004 – 2006, 2012-2013)

College of Education Graduate Studies Committee Chair (2005 – 2006)

College of Education College Community Committee (2004 – 2008)

College of Education Grievance Committee (2006 – 2007, Co-Chair 2009 - 2010)

College of Education Executive Committee (2005-2006, 2008-2009, 2009-2010)

College of Education Technology Committee – (2007-2008)

College of Education RTP Appeals Committee – (2007-2010)

College of Education College Council Secretary – (2008-2009)

College of Education Representative – 184th Commencement Exercises – Spring 2005

College of Education Representative – 196th Commencement Exercises – Spring 2009

College of Education Representative – 205th Commencement Exercises – Spring 2012

College of Education Representative – 208th Commencement Exercises – Spring 2013

PROFESSIONAL SERVICE ACTIVITIES (cont.)

College Service: (cont.)

Assistant Dean of Student Affairs Search Committee – SSWE Representative – (2006)

Dubick Award Evaluator (2006 - 2013)

InfoCision Stadium Academic Multiplex Building Committee – (2009)

College of Education - College Council - Chair – (2011-2012)

College of Education - Executive Committee – College Council Chair – (2011-2012)

College of Education RTP Committee – (2012-2013)

University Service

Review of Program Development Plan for a Doctor of Physical Therapy: University of Dayton, Youngstown State University, Cleveland State University (2005-2006)

Review of Full Proposal for a Doctor of Physical Therapy: University of Dayton, Youngstown State University, Cleveland State University, Ohio University (2005-2007)

Invitation to Excellence: Scholarship Saturday – Faculty Interviewer (2006-2010)

Cardiovascular Health and Rehabilitation Research Institute – Summa Health Care – University Associate (2004 – present)

Ronald E. McNair Post Baccalaureate Achievement Program – Mentor (2006)

University Hearing Board – College of Education Representative - (2006-2009)

Academic Alignment Project Team – Provost's Office (Fall 2007)

College of Education Dean Search Committee – (2007-2008)

College of Education - Ad Hoc Committee on Organizational Options – Spring 2013

Assistant Professor for Nutrition/Dietetics Search Committee – Member (2011)

College of Health Professions – Faculty Senate Representative – 2014-2017

College of Health Professions - Graduate Council Representative – 2014-2017

Faculty Senate Representative – Athletics Committee – 2014 -2017

PROFESSIONAL SERVICE ACTIVITIES (cont.)

University Service (cont.)

Graduate Council Vice-Chair – 2016-2017

College of Health Professions - Graduate Council Representative – Student Policy Committee – 2014-2015, 2015-2016

Carol A. Cartwright Award Representative – Mid American Conference (2017 - present)

Academic Program Review – Fall 2017 – Spring 2018

Institutional Review Board – The University of Akron – (2018-2021)

School and Community Service:

Dance Sophomore Jury – Underwater weighing/BOD POD – (2004 – 2006)

Athletic Health Care & Fitness College Tech Prep – Six District Educational Compact (2004 – 2007)

WAKR Ray Horner Show – January 5th, 2005 – New Year’s Resolution on Weight Loss

Solon High School Newspaper (Courier) – Leigh Visconti – Dangers/effects of over working your body (2005)

Greg Beder – Student at Solon High School – Paper on effect of carbohydrate and sugars on athlete’s performance (2005)

Baldwin Wallace College 3rd Annual Job/Graduate School Internship Fair (2005)

Baldwin Wallace College 4th Annual Job/Graduate School Internship Fair (2006)

Baldwin Wallace College 5th Annual Job/Graduate School Internship Fair (2008)

West Side Visually Impaired Veterans Support Group – Exercise Program for Blind Veterans. (2006, 2008, 2009)

Roo Challenge - Athletic Health Care & Fitness College Tech Prep – Six District Educational Compact (2006-2009)

Akron Beacon Journal – May 13th, 2006 – “Get in shape as you plant” article

The Suburbanite – December 12, 2005 – “Make a “HIT” in fitness at new Green facility

PROFESSIONAL SERVICE ACTIVITIES (cont.)

School and Community Service: (cont.)

Advisory Committee for College Tech Prep Class – YSU – Member

Guest Coach – The University of Akron Women’s Soccer Team – Fall 2007

Guest Coach – The University of Akron Women’s Basketball Team – Fall 2007, Fall 2015

Faculty Appreciation Nominee – Student-Athlete Advisory Council – Spring 2008

Honors College Interviewer – Fall 2005 – 2012

2018 Ohio Health Occupations Students of America (HOSA) Mideast Regional – Judge – February 3, 2018

2019 Ohio Health Occupations Students of America (HOSA) Mideast Regional – Judge – February 2, 2019

PERSONAL COMMUNITY SERVICE ACTIVITY

Bulldog Dash 5K & Pup Fun Run/Walk (Green Local Schools) – Organizing Committee (2014-present)

Green Schools Foundation – Board Member, Chair – Communications Committee (2017-present)