

# Andrew J. Galpin

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## PROFESSIONAL EXPERIENCE

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**Professor:** California State University, Fullerton 2020-present  
Department of Kinesiology

- Teach 12 units a semester in the area of Kinesiology
- Conduct ongoing and focused scholarly and creative activities in the area of skeletal muscle physiology and strength and conditioning
- Provide ongoing Professional, University, and Community Service

**Associate Professor:** California State University, Fullerton 2016-2020  
Department of Kinesiology

- Teach 12 units a semester in the area of Kinesiology
- Conduct ongoing and focused scholarly and creative activities in the area of skeletal muscle physiology and strength and conditioning
- Provide ongoing Professional, University, and Community Service

**Assistant Professor:** California State University, Fullerton 2011-2016  
Department of Kinesiology

- Teach 12 units a semester in the area of Kinesiology
- Conduct ongoing and focused scholarly and creative activities in the area of skeletal muscle physiology and strength and conditioning
- Provide ongoing Professional, University, and Community Service

**Consultant:** 2011-present

- Provide professional services for various athletes, organizations, private, public, & nonprofits

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## EDUCATION

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**Doctorate of Philosophy:** Human Bioenergetics 2008-2011  
Ball State University, Muncie IN  
Mentor: Scott W. Trappe, Ph.D.  
Dissertation: *Fiber Type Specific Protein Analysis in Human Skeletal Muscle*

**Masters of Science:** Human Movement Sciences 2006-2008  
University of Memphis, Memphis, TN  
Mentor: Andrew C. Fry, Ph.D., Brian K. Schilling Ph.D., & Richard Bloomer, Ph.D.  
Thesis: *c-Jun NH<sub>2</sub>-terminal Kinase (JNK) Activation During High-Power Resistance Exercise In Men*

**Bachelors of Science:** Exercise Science 2001-2005  
Linfield College, McMinnville, OR  
Mentor: Janet Peterson, Ph.D.

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## TEACHING

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### Academic Lecture Courses:

- KNES 470 – *Nutrition for Exercise and Performance*
  - Sum13, S14, Sum14, S15, S16, Sum16, Sum17, Win18, Sum18, F18, Win19, Sum19, F19, Sum20, F20, Win20, Sum21
- KNES 458 – *Measurement Techniques in Strength and Conditioning*
  - S13, F13, S14, F14, F15
- KNES 450 – *Program Design for Strength and Conditioning*
  - F11, S12, F12, F13, S14, F14, S15, F15, S16, F16, S17, S18, F18, S19, F19, S20, F20, S21
- KNES 351 – *Principles of Strength and Conditioning*
  - F11, S12, F12, S13, F13, Inter14, S14, F14, S15, F15, S16, F16, S17, S18, S19, F19, F20, S21
- KNES 351 – *Principles of Strength and Conditioning (second section)*
  - F11, S12, F12, S13, F13, S14, S16, S21
- KNES 348 – *Physiology of Exercise*
  - Inter12
- KNES 555 – *Applied Strength and Conditioning*
  - S17, S18, S19, S20, S21
- EXSCI 293 (Ball State University) – *Foundations of Exercise Physiology*
  - S09, F09
- EXSS 3703 (University of Memphis) – *Exercise Programming for Special Populations*
  - S08
- EXSS 4015 (University of Memphis) – *Exercise Programming for Special Populations*
  - Sum07
- EXSS 4000 (University of Memphis) – *Exercise Testing Techniques and Interpretation*
  - Sum07

### Independent Study/Internship:

- KNES 499/599 – *Independent Study (3 credit)*
  - Nicholas Dimarco (S20), Daveena Banda (S20), Madeline Garcia (S20), Chelscie Pacheco (F19), Cody Hamane (F19), Daniel Blake (F19), Kara Lazauskas (S18), Preston Sprimont (S18), Nicole Millar (S18), Gynnae Romo (S18), Jose Gonzalez (S18), Hailey King (F17), Ryan Byrnes (S17), Brandon Maurer (S17), Gynnae Romo (S17), Nathan Serrano (S17), Jaci Shork (F16), Katherine Bathgate (S16), Stratton Kim (S16), Jaci Shork (S16), Kathy Jacobo (F15), David lee (F15), Ryan McManus (F15), Arjan Dougan (F15), Peter Pham (F15), Andre Rodrigues D. Mesquita (F15), Jakob Rosengarten (S15), Jose Arevalo (S15), Katherine Bathgate (S15), RoQue Harmon (S15), David Lee (S15), Andrew Mahlmeister (F14), Christian Salinas (F14), Anthony Galaviz (F14), Keith Enderlein (S14), Adam Manolovitz (S14), Anthony Galaviz (S14), Rachel Flemming (S14), Michael Marisco (S14), Kevin Camara (S14), Camille Croteau (S14), Kyle Davis (S13), Charles Siegel (S13), Grant Uyemura (S13), CJ Peiffer (F12), Anthony Darmiento (F12)
- KNES 550 – *Graduate Internship (3 credit)*
  - Lindsay Gonzalez (S20), Kevin Tiu (S19), Hailey King (S17), Ryan Byrnes (S16), Colleen Gullick (S15), Kathy Jacobo (S15), Jakob Rosengarten (S15), Christian Salinas (S15), Keith Enderlein (S14), Kyle Davis (S13), Blake Whitcomb (S12)

### Mentorship:

- KNES 599 – **Thesis Chair** (3 credit)
  - Daveena Banda (2020)
    - *The Effects of 10 Weeks of Strength and Conditioning Training on Physical Performance of an Elite Female Mixed Martial Artist*
  - Chelscie Pacheco (2019)
    - *Effects 8 Weeks of Time-Restricted Feeding on Muscle Hypertrophy*
  - Daniel Blake (2019)
    - *Effects 8 Weeks of Time-Restricted Feeding on The Anabolic Molecular Environment in Muscle*
  - Cody Hamane (2019)
    - *Acute Fasted vs. Fed Resistance Exercise and the Anabolic Signaling Cascade*
  - Preston Sprimont (2019)
    - *Effects of Nasal Breathing on Recovery During High Intensity Interval Exercise*
  - Nicole Millar (2019)
    - *Effects of 6-Week Explosive Hip Thrusts vs. Explosive Half Squats in Female High School Soccer Players*
  - Kara Lazauskas (2019)
    - *Fiber Type Specific AMPK Activation in Response to High Intensity Interval Exercise*

**Winner of College of HHD Outstanding Scholarly and Creative Activities Award**

**Winner of Department of Kinesiology Outstanding Graduate Student Award**

- Nathan Serrano (2018)
  - *Muscle Fiber Type in Elite American Weightlifters*
- Jose Arevalo (2017)
  - *Muscle Fiber-Type Differences Between the Dominant and Non-Dominant Limbs*

**Winner of College of HHD Outstanding Scholarly and Creative Activities Award**

**\*\*\*Winner of CSUF Student Research Competition**

- Ryan McManus (2016)
  - *Effect of Divergent Acute Exercise on Skeletal Muscle Epigenetics*

**Winner of College of HHD Outstanding Scholarly and Creative Activities Award**

- Katie Bathgate (2016)
  - *A Physiological Profile of Monzygous Twins With Differing Exercise Backgrounds*
- Taylor Thurston (2015)
  - *Influence of Respiratory Potentiation on Maximal Exercise Performance*

**Winner of College of HHD Outstanding Scholarly and Creative Activities Award**

- Blake Whitcomb (2014):
  - *The Effects of Intermittent Thermal and Non-thermal Cooling on Performance During Repeated Bouts of High Intensity Exercise*
- Kyle Davis (2013):
  - *Acute Effects of Elastic Bands on Power Characteristics During the Deadlift*
- **Thesis Committee Membership**
  - 2020

- William Riddell: ...
- 2019
  - Rachel Ruggieri: *Effects of A Vibrating Foam Roller on Peak Torque, Range of Motion, Hamstring-To-Quadriceps Ratio, Muscle Activation, and Contralateral Neuromuscular Function*
  - Matthew Moreno: *The Body Drag: Effects of Changing Grip and Dummy Mass and Relationships with Lower Body Strength and Power*
  - Karley Cesario: *The Effects of Ability-Based Interval Training on The Physical Fitness of Custody Assistant Recruits.*
  - Christian Madrigal: *Physical Performance Comparisons Between Elite and Sub-elite Youth Soccer Players*
  - Gregg Mallett (Rocky Mountain University) – PhD Dissertation: *Longitudinal Metabolic Cardiovascular Effects of Weighted Vest Training*
- 2018:
  - Brandon Maurer: *The Effect of a Split-Step On Change of Direction Speed and Agility in A Simulated Softball Fielding Response*
  - Donny Gregg (San Francisco State University): *Skeletal Muscle Fiber Type in Older Men Receiving Maintenance Hemodialysis Treatment*
  - Steven Machek (San Francisco State University): *Skeletal Muscle Fiber Type and Morphology in a Middle-Aged Male Powerlifter Using Anabolic Steroids*
- 2017:
  - Taran Eckel: *Bench Press and Push Up Repetitions to Failure With Equated Load*
  - Samantha Madoni: *Effects of Foam Rolling on Range of Motion, Peak Torque, Muscle Activation, and the Hamstring-To-Quadriceps Ratios*
  - Kyle Collins: *Assessing The Initial Drive Block Movement In High School Offensive Lineman: Reliability and Relationships With Traditional Football Performance Tests*
  - Joe Gonzales: *Differences In Muscle Architecture of the Gastrocnemii and Tibialis Anterior Between Forefoot and Rearfoot Runners*
  - Peter Pham: *The Effects of Preloading on Sumo Deadlift Kinetics and Muscle Activation in Powerlifters*
  - Kaylie Marsh (San Francisco State University): *Effects of Concurrent Exercise During Simulated Microgravity on Soleus Muscle Fiber Myonuclear Content*
  - Michelle Rivera: *Effects of Assisted Hip Rotation on Bat Velocity*
  - Saldiam Barillas: *Acute Effects of Plyometric Exercise on Fasting Blood Glucose*
- 2016:
  - Colleen Gulick: *Mechanomyographic Amplitude and Frequency Vs. Isometric Torque Relationships in Women With Higher vs. Lower Strength*
  - Jakob Rosengarten: *Effects of Blood Flow Restriction Training Vs. Traditional Resistance Exercise*
  - Whitney Leyva: *Comparison of Deadlift vs. Back Squat Postactivation Potentiation on Vertical Jump*
  - David Archer: *Back Squat vs. Back Squat With Chains on Vertical Jump Performance*
- 2015:
  - Taylor Ros: *Comparison of Kettlebell Jump Squats vs. Kettlebell Swings As Post Activation Potentiation on Vertical Jumps*
  - Chantel Anthony: *Balance Comparison Between Surfers and Non-Surfers*
  - Matt Maulit: *Effects of Kettlebell Swing vs. Explosive Deadlift Training on Power*
  - Daniel Vahradian: *An Analysis of Ascent and Descent Velocity of the Lifter and Barbell During A Clean*
  - Erin Thomson: *Potentiating Effects of A Depth Jump on A Countermovement*



**Research Agenda:** Perform innovative and impactful human performance research by studying the acute responses and chronic adaptations of skeletal muscle (from the whole muscle down to the single cell, molecule, & gene) to high intensity, power, or force exercise.

\*\*\*Note: My policy is to report the PI/"lead scientist" as the **LAST** author (if not the first).

\* indicates me as the corresponding author.

† signifies CSUF graduate student first author.

‡ signifies CSUF undergraduate student first author.

### Projects in Data Collection/Processing:

1. \***Galpin AJ**, Blake D, Hamane C, Pacheco C, Henselmans M, Pamukoff D, Bagley JR, Tinsley G. Influence of Time-Restricted Eating on Muscle Hypertrophy, Performance, Single Fiber Function, and the Anabolic Molecular Environment During 8 Weeks of Resistance Exercise in Trained Men and Women. Collaboration with Grant Tinsley at Texas Tech, Menno Henselmans at Neatherlands, and James Bagley at San Francisco State.
2. \***Galpin AJ**, Blake D, Hamane C, Pacheco C, Henselmans M, Pamukoff D, Bagley JR, Tinsley G. Influence of Time-Restricted Eating on The Gut Microbiome During 8 Weeks of Resistance Exercise in Trained Men and Women. Collaboration with Grant Tinsley at Texas Tech, Menno Henselmans at Neatherlands, and James Bagley at San Francisco State.
3. Joyner M, Galpin AJ, Bagley JR. High Resolution Imaging of Monozygous Twins with Discordant Exercise Histories. Collaboration with Mike Joyner at Mayo Clinic and James Bagley at San Francisco State.
4. \*Bagley JR, Meyers J, Serrano N, Lazauskas K, Tobias IS, **Galpin AJ**. Skeletal Muscle Fiber Type Changes in Kidney Failure Patients With and Without Concurrent Exercise and Amino Acid Supplementation. Collaboration with John Meyers et al. Stanford Medical and Palo Alto VA.
5. \***Galpin AJ**, Bagley JR, McLeland K, Malyszek K, and Arevalo J. Fiber-Type Specific Nuclear Domain of Skeletal Muscle in Elite Mixed Martial Artists vs. Recreationally Trained Men.
6. \*Murach K, Bagley JR, Arevalo JA, and **Galpin AJ**. Skeletal Muscle Fiber Typing – A History. Collaboration with James Bagley et al. San Francisco State and Kevin Murach et al. at The University of Kentucky

### Manuscripts in Review:

1. Sprimont P, Bentley TGK, Mackenzie B, Wilson R, Statler RA, Costa PB, & **Galpin AJ**. The Use of A Timed Exhale CO<sub>2</sub> Tolerance Test As An Index of State Anxiety. *Scientific Reports*. (in review)

### Peer-Reviewed Publications:

1. Ruggieri RM, Coburn JW, **Galpin AJ**, & Costa PB. Effects of a Vibrating Foam Roller on Ipsilateral and Contralateral Neuromuscular Function and the Hamstring-to-Quadriceps Ratios. *International Journal of Exercise Science*. 14(1), 304, 2021.
2. Bagheri R, Moghadam BH, Ashtary-Larky D, Forbes SC, Candow DF, **Galpin AJ**, Eskandari M, Kreider RB, Wong A. Whole Egg vs. Egg White Ingestion During 12 Weeks of Resistance Training in Trained Young Males. *Journal of Strength and Conditioning Research*. Feb 1;35(2):411-419, 2021
3. Machek SB, Hwang PS, Cardaci TD, Wilburn DT, Bagley JR, Blake DT, **Galpin AJ**, & Willoughby DS. Myosin Heavy Chain Composition, Creatine Analogues, and the Relationship of Muscle Creatine Content and Fast-Twitch Proportion to Wilks Coefficient in Powerlifters. *Journal of Strength and Conditioning Research*. Aug 27;(ahead of print), 2020.
4. Tobias IS & **Galpin AJ**. Moving Human Muscle Physiology Research Forward: An Evaluation of Fiber Type-Specific Protein Research Methodologies. *American Journal of Physiology – Cell Physiology* Nov 1;319(5):C858-C876, 2020.
5. Stone MH, et al, **Galpin AJ**, et al. Letter to the Editor. On “The Basis of Strength Training on Muscle Size and Strength”. *Medicine and Science in Sport and Exercise*. Sep;52(9):2047-2050, 2020.
6. \*Tobias IS, Lazauskas KK, Siu J, Costa PB, Coburn JW, & **Galpin AJ**. Sex and Fiber Type

- Independently Influence AMPK at Rest and During Recovery from High Intensity Exercise. *Journal of Applied Physiology*. Feb 128(2):350-361, 2020.
7. \*†Millar NA, Colenso-Semple LM, Lockie RG, Marttinen RHJ, & **Galpin AJ**. In-Season Hip Thrust vs. Back Squat Training in Female High School Soccer Players. *International Journal of Exercise Science*. 13(4):49-61, 2020.
  8. \*Bagley JR, Burghardt KJ, McManus R, Howlett B, Costa PB, Coburn JW, Arevalo JA, Malek MH, **Galpin AJ**. Epigenetic Responses to Acute Resistance Exercise In Trained vs. Sedentary Men. *Journal of Strength and Conditioning Research*. Jun;34(6):1574-1580, 2020.
  9. \*†Machek SB, Lorenz KA, Kern M, **Galpin AJ**, & Bagley JR. Skeletal Muscle Fiber Type and Morphology in A Middle-Aged Elite Male Powerlifter Using Anabolic Steroids. *Journal of Science in Sport and Exercise*. Oct 18, 2019.
  10. †Gonzalez JM, Montgomery MM, **Galpin AJ**, & Pamukoff DN. Differences in Muscle Architecture of the Gastrocnemii and Tibialis Anterior Between Forefoot and Rearfoot Runners. *Journal of Sports Sciences*. Oct; 37(19): 2184-2190, 2019.
  11. \*†Serrano N, Colenso-Semple LM, Lazauskas KK, Siu JW, Tobias IS, Bagley JR, Lockie RG, Costa PB, **Galpin AJ**. Extreme Fast-Twitch Abundance in Elite Weightlifters. *PLOS ONE*. March; 14(3): 1-12, 2019.
  12. \*Peos J, Norton L, Helms E, **Galpin AJ**, Fournier P. Intermittent Dieting: Theoretical Considerations for the Athlete. *Sports*. Jan;7(1);22, 2019.
  13. \*Collins KS, Coburn JW, **Galpin AJ**, Lockie RG. Relationships and Reliability Between A Drive Block Test and Traditional Football Performance Tests in High School Offensive Line Players. *Journal of Strength and Conditioning Research*. Dec;32(12):3423-3432, 2018.
  14. \*†Bathgate KE, Bagley JR, Brown LE, Coburn JW, Jo E, Segal N, **Galpin AJ**. Skeletal Muscle, Bone, and Cardiovascular Health After 30 Years of Endurance Exercise: A Monozygous Twins Study. *European Journal of Applied Physiology*. October; 118(10): 2097-2110, 2018.
  15. †Madoni SN, Costa PB, Coburn JW, & **Galpin AJ**. Effects of Foam Rolling on Range of Motion, Peak Torque, Muscle Activation, and the Hamstrings to Quadriceps Strength Ratios. *Journal of Strength and Conditioning Research*. Jul; 32(7): 1821-1830, 2018.
  16. \*†Tobias IS, Lazauskas KK, Arevalo JA, Bagley JR, Brown LE, **Galpin AJ**. Fiber type-specific analysis of AMPK isoforms in human skeletal muscle: advancement in methods via capillary nano-immunoassay. *Journal of Applied Physiology*. 125: 840-849, 2018.
  17. \*†Arevalo JA, Lynn SK, Bagley JR, Brown LE, Costa PB, and **Galpin AJ**. Lower limb dominance, performance, and fiber type in resistance-trained men. *Medicine and Science in Sport and Exercise*. 50(5): 1054-1060, 2018.
  18. †Rivera M, Leyva WD, Archer DC, Munger CN, Watkins CM, Wong MA, Dobbs IJ, **Galpin AJ**, Coburn JW, Brown LE. No effect of assisted hip rotation on bat velocity. *International Journal of Exercise Science*. 11(4): 68- 74, 2018.
  19. †Marquardt AM, Wong, MA, Watkins CM, Barillas SR, **Galpin AJ**, Coburn JW, Brown LE. Effects of starting stance on base running sprint speed in softball players. *International Journal of Exercise Science*. 2018 11(6): 179-186.
  20. †Barillas SR, Watkins CM, Wong MA, Dobbs IJ, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, Brown LE. Repeated plyometric exercise attenuates blood glucose in healthy adults. *International Journal of Exercise Science*. 10(7): 1076- 84, 2017.
  21. \*Montgomery MM, Marttinen RH, **Galpin AJ**. Comparison of Body Fat Results From 4 Bioelectrical Impedance Analysis Devices Vs. Air Displacement Plethysmography In American Adolescent Wrestlers. *International Journal of Kinesiology and Sports Science*. 2017 September 5(4); 1-8.
  22. †Eckel TL, Watkins CM, Archer DC, Wong MA, Arevalo JA, Lin A, Coburn JW, **Galpin AJ**, Brown LE. Bench Press and Pushup Repetitions to Failure with Equated Load. *International Journal of Sports Science and Coaching*. 2017 October; 12(5): 647-652.
  23. \*†Nicoll JX, Fry AC, **Galpin AJ**, Bloomer RJ, Thomason DB, Moore CA. Resting MAPK Expression in Chronically Trained Endurance Runners. *European Journal of Sports Science*. 2017; Oct; 17(9): 1194-1202.

24. †Maulit MR, Archer DC, Leyva WD, Munger CN, Wong MA, Brown LE, Coburn JW, **Galpin AJ**. Effects of kettlebell swing vs. explosive deadlift training on strength and power. *International Journal of Kinesiology and Sports Science*. 2017; 5 (1); 1-7.
25. \*Bagley JR, McLeland K, Arevalo JA, Brown LE, Coburn JW, and **Galpin AJ**. Skeletal Muscle Fatigability and Myosin Heavy Chain Fiber Type in Resistance Exercise Trained Men. *Journal of Strength and Conditioning Research*. 2017 March 31 (3); 602-607.
26. Kupchak BR, Hooper DR, Saenz C, Dulkis LL, Secola PJ, Brown LE, Coburn JW, **Galpin AJ**, Dupont WH, Caldwell LK, Maresh CM, & Kraemer WJ. Combined Effects of A Full Body Workout & Transcontinental Flight on Markers of Coagulation & Fibrinolysis In Healthy Men. *Chronobiological International*. 2017 Nov; 34(2);148-161.
27. Nicoll JX, Fry AC, **Galpin AJ**, Sterczala AJ, Thomason DB, Moore CA, Weiss LW, Chiu LZF. Changes In Resting Mitogen-activated Protein Kinases Following Resistance Exercise Overreaching and Overtraining. *European Journal of Applied Physiology*. 2016 December; 116 (11-12); 2401-2413.
28. †Leyva WD, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, Brown LE. Comparison of Deadlift Versus Back Squat Postactivation Potentiation on Vertical Jump. *Journal of Orthopedic Research and Therapy*. 2016 September; 1-5.
29. †Gulick CN, Coburn JW, **Galpin AJ**, Costa P. Mechanomyographic Amplitude and Frequency vs. Isometric Torque Relationships In Women With Higher Vs. Lower Strength. *Isokinetics and Exercise Science*. 2016 December 24; 295-300.
30. †Romero B, Brown LE, Coburn JW, **Galpin AJ**. Metabolic Demands of Heavy Metal Drumming. *International Journal of Kinesiology & Sports Science*. 2016;4(3);32-36.
31. \***Galpin AJ**, Nicoll JX, Fry AC, Moore CA, Thomason DB, Schilling BK. Resting Extracellular Signal-Related 1/2 Kinase Activity Following a Continuum of Chronic Resistance Exercise Training Paradigms. *Research in Sports Medicine*. 2016. 24(3): 1-6.
32. \***Galpin AJ**, Bagley JR, Whitcomb B, Wiersma LD, Rosengarten J, Coburn JW, Judelson DA. Effects of Intermittent Actual and Perceived Neck Cooling on Performance and Perception During Repeated Bouts of High Intensity Exercise. *Sports*. 2016 June; 4 (38):1-11.
33. †Arias J, Brown LE, Coburn JW, **Galpin AJ**. The Acute Effects of Heavy Deadlifting on Vertical Jump Performance in Men. *Sports*. 2016 March; 4 (22);1-8.
34. \*Murach KA, Bagley JR, McLeland KA, Arevalo JA, Ciccone AB, Malyszczek KK, Wen Y, and **Galpin AJ**. Improving Human Skeletal Muscle Myosin Heavy Chain Fiber Typing Efficiency. *Journal of Muscle Research and Cell Motility*. 2016; 37(1-2):1-5.
35. Schoenfeld B, Contreras B, Ogborn D, **Galpin AJ**, Krieger J, and Sonmez Gul. Effects of Varied Versus Constant Loading Zones on Muscular Adaptations In Well-Trained Men. *International Journal of Sports Medicine*. 2016 Jun;37(6):442-7.
36. †Camara K, Coburn JW, Dunnick DD, Brown LE, **Galpin AJ**, and Costa PB. An Examination of Muscle Activation and Power Characteristics While Performing the Deadlift Exercise with Straight and Hexagonal Barbells. *Journal of Strength and Conditioning Research*. 2016 May; 30(5):1183-1188.
37. †Anthony CC, Brown LE, Coburn JW, **Galpin AJ**, Tran TT. Stance Affects Balance in Surfers. *International Journal of Sports Physiology and Performance*. 2016; 11(3):446-450.
38. †McLeland K, Ruas CV, Arevalo JA, Bagley JR, Ciccone AB, Brown LE, Coburn JW, **Galpin AJ**, and Malyszczek KK. Comparison of Knee Extension Fatigue Between Repetition Ranges. *Isokinetics and Exercise Science*. 2016 (24):33-38.
39. \*†Marisco M, Malyszczek K, Bagley JR, and **Galpin AJ**. A Supplemental Aquatic Speed Training Program for NFL Combine Preparation. *Strength and Conditioning Journal*. 2015 December; 37(6):58-64.
40. \*Bagley JR & **Galpin AJ**. Three-dimensional Printing of Human Skeletal Muscle Cells: An Interdisciplinary Approach for Studying Biological Systems. *Biochemistry and Molecular Biology Education*. 2015 November/December; 43(6):403-407.
41. **Galpin AJ**, Malyszczek K, Davis KA, Record S, Brown LE, Coburn JW, Harmon RA, Steel JM, and Manolovitz AD. Acute Effects of Elastic Bands on Kinetic Characteristics During the Deadlift At Moderate and Heavy Loads. *J. Strength Cond. Res*. 2015 December; 29(12):3271-3278.

42. \*†Thurston TS, Coburn JW, Brown LE, Bartolini A, Beaudette TL, Karg P, McLeland KA, Arevalo JA, Judelson DA, and **Galpin AJ**. The Effects of Respiratory Muscle Warm-up on High-Intensity Exercise Performance. *Sports*. 2015 Nov; 3:312-324.
43. \***Galpin AJ**, Gulick CN, Jacobo K, Schilling BK, Lynn SK, McManus R, Costa P, and Brown LE. Influence of Hand Wrapping Strategies on Punching Impact in Elite and Untrained Punchers. *International Journal of Kinesiology and Sports Science*. 2015 Oct; 3(4):22-30.
44. \*Bagley JR, Rosengarten J, and **Galpin AJ**. Is Blood Flow Restriction Training Beneficial for Athletes. *Strength and Conditioning Journal*. 2015 June;37 (3):48-53
45. \*†Nijem R and **Galpin AJ**. Bilateral and Unilateral Training. *Strength and Conditioning Journal*. 2014 Oct;36 (5):113-118.
46. †Ciccone AB, Brown LE, Coburn JW, and **Galpin AJ**. Effects of Traditional Versus Alternating Whole-body Strength Training on Squat Performance. *J. Strength Cond. Res.* 2014 Sept;28 (9):2569-77.
47. †LaPorta JW, Brown LE, Coburn JW, **Galpin AJ**, Tufano JJ, Cazas VL, Tan JG. Effects of Different Footwear on Vertical Jump and Landing Parameters. *J. Strength Cond. Res.* 2013 Mar;27(3):733-7.
48. †Gallegos BG, Brown LE, Coburn JW, **Galpin AJ**, and Cazas VL. No Effect of A Single Remote Voluntary Contraction on Performance In Female Soccer Players. *J. Strength Cond. Res.* 2013 Feb;27 (2):416-20.
49. †Cazas VL, Brown LE, Coburn JW, **Galpin AJ**, Tufano JJ, LaPorta JW, and Brandt-DuBois AM. Influence of Rest Intervals Following Assisted Jumping on Bodyweight Vertical Jump Performance. *J. Strength Cond. Res.* 2013 Jan;27 (1):64-68.
50. Trappe SW, Hayes E, **Galpin AJ**, Kaminsky L, Jemiolo B, Fink W, Trappe TA, Jansson A, Gustafsson T, and Tesch P. New Records in Aerobic Power Among Octogenarian Lifelong Endurance Athletes. *J Appl Physiol*. 2013 Jan;114 (1):3-10.
51. \*†Darmiento A, **Galpin AJ**, and Brown LE. Vertical Jump and Power. *Strength and Conditioning Journal* 2012 Dec; 34 (6): 34-43.
52. **Galpin AJ**, Raue U, Jemiolo B, Trappe TA, and Trappe SW. Human Skeletal Muscle Fiber Type Specific Protein Content. *Anal Biochem*. 2012 Jun 15;425 (2).
53. **Galpin AJ**, Fry AC, Chiu LZ, Schilling BK, and Thomason DB. High-Power Resistance Exercise Induces Mitogen Activated Protein Kinase (MAPK) Phosphorylation in Weightlifting Trained Men. *Appl Physiol Nutr Metab*. 2012 Feb;37(1): 80-7.
54. \***Galpin AJ** and Bagley JR. Guiding Coaches Through Scientific Articles By Examining Human Growth Hormone. *Strength and Conditioning Journal*. 2011 Oct: 33 (5): 62-66.
55. Luden N, Hayes E, **Galpin AJ**, Minchev K, Jemiolo B, Raue U, Trappe TA, Harber MP, Bowers T, and Trappe S. Myocellular Basis For Tapering In Competitive Distance Runners. *J Appl Physiol*. 2010 Jun; 108 (6):1501-9.
56. Bloomer RJ, Larson DE, Fisher-Wellman KH, **Galpin AJ**, and Schilling BK. Effect of eicosapentaenoic and docosahexaenoic acid on resting and exercise-induced inflammatory and oxidative stress biomarkers: a randomized, placebo controlled, cross-over study. *Lipids Health Dis*. 2009 Aug 19;8:36.
57. **Galpin AJ**, Li Y, Lohnes CA, and Schilling BK. The Effects of A Four-Week “Quick Feet” Training Program on Reaction Time and Agility. *J. Strength Cond. Res.* 2008 Nov;22(6):1901-7.

#### Published Book:

1. Brian MacKenzie, **Andy Galpin**, and Phil White. *Unplugged: Evolve From Technology to Upgrade Your Fitness, Performance, and Consciousness*. Victory Belt Publishing (July, 2017). #1 New Release on [www.Amazon.com](http://www.Amazon.com)

#### Published Book Chapters:

1. \*†McManus RT and **Galpin AJ**. Chapter 11: Resistance Exercise Techniques and Spotting. *Conditioning for Strength and Human Performance*. 2017. Human Kinetics.
2. \*†Serrano N and **Galpin AJ**. Chapter 13: Program Design. *Conditioning for Strength and Human Performance*. 2017. Human Kinetics.

3. **Galpin AJ** and Fry AC. Chapter 8: Experimental Design II – Dependent Variables, Blinding, Randomization, and Matching. *American College of Sports Medicine: Research Methods* (2016). Wolters Kluwer.
4. \*†Bathgate K and **Galpin AJ**. Chapter 10: Lower Body Exercises. *Strength Training*. National Strength and Conditioning Association, Human Kinetics. (July 2015).
5. \***Galpin AJ** and Bagley JR. Chapter 11: Torso Exercises. *Strength Training*. National Strength and Conditioning Association. 2015. Human Kinetics
6. \***Galpin AJ** and Bartolini A. Chapter 12: Explosive Exercises. *Strength Training*. National Strength and Conditioning Association. 2015. Human Kinetics.

#### **Peer-Reviewed Conference Abstracts/Posters:**

1. †Machek S, Huang, PS, Cardaci TD, Suezaki ES, Kim C, Wilburn DT, Blake D, **Galpin AJ**, Willoughby DS. Fiber Type Profile and its Relation to Wilks Coefficient in Both Male and Female Powerlifters. *American College of Sports Medicine – National Meeting*, San Francisco, CA, June, 2020.
2. †Zepeda C, Pardini C, Lazauskas KK, Tobias IS, **Galpin AJ**, Bagley JR. Novel Method to Visualize AMPK Protein Localization in Human Single Muscle Fibers via Confocal Microscopy. *American College of Sports Medicine – National Meeting*, San Francisco, CA, June, 2020.
3. †Zepeda C, Pardini C, Lazauskas KK, Tobias IS, **Galpin AJ**, Bagley JR. Novel Method to Visualize AMPK Protein Localization in Human Single Muscle Fibers via Confocal Microscopy. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2019.
4. \*†Hamane CK, Blake D, Pacheco CK, Montano B, Sandoval E, Tobias IS, **Galpin AJ**. Myosin Heavy Chain Fiber Type Distribution In An Elite Female Mixed Martial Artist. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2019.
5. \*†Blake D, Tobias IS, **Galpin AJ**. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2019.
6. \*†Pacheco C, Feito Y, **Galpin AJ**. The Relationships Between Performance on a CrossFit® Benchmark Test and Body Composition, Bone Mineral Density, and VO<sub>2</sub>max. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2019.
7. †Gregg DF, Bagley JR, Machek SB, Chan K, L Yiming, Chen Y, Tobias IS, **Galpin AJ**, Myers J, Rabkin R. Skeletal Muscle Fiber Type in Older Patients Receiving Maintenance Dialysis Treatment. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2019.
8. \*†Pardini CE, Zapanta K, Lorenz KA, **Galpin AJ**, Cotter JA, and Bagley JR. Short-duration Simulated Microgravity alters Human Skeletal Muscle Nuclei Morphology. *Aerospace Medical Association Annual Meeting*, Las Vegas, NV, May, 2019.
9. \*†Siu J, Serrano N, Lazauskas KK, Colenso-Semple, L, Tobias IS, Bagley JR, Yen C, Costa PB, Lockie RG, and **Galpin AJ**. Disagreement between Two Popular Methods for Assessing Human Skeletal Muscle Fiber Type Composition. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2018.
10. \*†Pardini CE, Zapanta K, Serrano N, Lorenz KA, Cotter JA, **Galpin AJ**, and Bagley JR,. Skeletal Muscle Fiber Type after 10-days of Simulated Microgravity with Concurrent Exercise Training. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2018.
11. Gregg DF, Bagley JR, Machek SB, Chan K, L Yiming, Chen Y, Tobias IS, **Galpin AJ**, Myers J, Rabkin R. Skeletal Muscle Fiber Type in Older Men Receiving Maintenance Dialysis Treatment. *American Society of Nephrology “Kidney Week” Conference*, San Diego, CA, October 2018.
12. Tobias IS, Lazauskas KK, Siu J, Bagley JR, **Galpin AJ**. AMPK Activation in Human Skeletal Muscle is Fiber Type-Specific Following Acute High Intensity Interval Exercise. *Cold Spring Harbor Meeting: Nutrient Signaling*. Cold Spring Harbor, NY, October 2018.
13. Machek SB, Gregg DF, Serrano N, Lazauskas KK, Lorenz KA, Kern MA, Tobias IS, **Galpin AJ**, Bagley JR. Skeletal Muscle Fiber Type and Morphology of an Elite Middle-aged Male Powerlifter Using Anabolic Steroids. *Integrative Physiology of Exercise Bi-Annual Meeting*, San Diego, CA,

Sept 2018.

14. Bagley JR, Lazauskas KK, Tobias IS, Siu J, Serrano N, Yen C, **Galpin AJ**. Fiber Type-Specific Activation of AMPK Following Acute High Intensity Interval Exercise in Concurrently Trained Men. *Integrative Physiology of Exercise Bi-Annual Meeting*, San Diego, CA, Sept, 2018.
15. \*†Yen C, Lazauskas KK, Tobias IS, Serrano N, Siu J, Seigler G, **Galpin AJ**. Fiber Type-Specific Activation of AMPK Following Acute High Intensity Interval Exercise. *National Strength and Conditioning Association Annual Meeting*, Indianapolis, IN, July, 2018.

**\*\*\*NSCA National Conference Undergraduate Poster of the Year Finalist**

16. \*†Serrano N, Lazauskas KK, Tobias IS, Yen C, Siu J, Seigler G, **Galpin AJ**. Skeletal Muscle Fiber Type Composition of Elite Female Weightlifters. *National Strength and Conditioning Association Annual Meeting*, Indianapolis, IN, July, 2018.
17. \*†Lazauskas KK, Tobias IS, Serrano N, Yen C, Siu J, Seigler G, **Galpin AJ**. Fiber Type-Specific Activation of AMPK Substrates Following Acute High Intensity Interval Exercise. *National Strength and Conditioning Association SW Regional Meeting*, Santa Monica, CA, April, 2018.
18. \*†Serrano N, Lazauskas KK, Tobias IS, Yen C, Siu J, Seigler G, **Galpin AJ**. Skeletal Muscle Fiber Type Composition of Elite Female Weightlifters. *National Strength and Conditioning Association SW Regional Meeting*, Santa Monica, CA, April, 2018.
19. †Zapanta, KRM A, Cotter, JA, **Galpin AJ**, Bagley JR. Effects of Concurrent Exercise During Simulated Microgravity On Soleus Muscle Fiber Myonuclear Content. *American College of Sports Medicine – Annual Meeting*, Minneapolis, MN, June, 2018.
20. †Osmond A, Talmadge RJ, Bathgate KE, Bagley JR, Brown LE, Coburn JW, **Galpin AJ**, Murach KA, Jo E. Skeletal Muscle Gene Expression Study of Monozygous Twins with 35 Years of Divergent Exercise History. *American College of Sports Medicine – Annual Meeting*, Minneapolis, June, 2018.
21. †Madoni SN, Costa PB, Coburn JW, & **Galpin AJ**. Effects of Foam Rolling on Isokinetic Peak Torque and Muscle Activation. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2017.
22. †Gonzalez JM, Montgomery MM, **Galpin AJ**, & Pamukoff DN. Differences in Muscle Architecture of the Gastrocnemii and Tibialis Anterior Between Forefoot and Rearfoot Runners. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2017.
23. \*†Serrano N, Bagley JR, Lazauskas KK, McManus RT, & Tobias IS, & **Galpin AJ**. Skeletal Muscle Fiber Type Profile of An Ultra Marathon Runner. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2017.
24. Bagley JR, Lazauskas KK, McManus RT, Tobias IS, & **Galpin AJ**. Women in Space: Studying Simulated Weightlessness on Slow-twitch Muscle Fibers in Healthy Females. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2017.
25. \*†Tobias IS, Bagley JR, & **Galpin AJ**. Estrogen Effects on AMPK Activation In Human Skeletal Muscle: A Pilot Study. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2017.
26. Bagley JR, Zapanta K, Cotter J, & **Galpin AJ**. Women in Space: Studying Simulated Weightlessness on Slow-Twitch Muscle Fibers in Healthy Females. *Annual CHSS Showcase*. San Francisco State University, San Francisco, CA, May 4, 2017
27. \*†Arevalo JA, Rosengarten J, Lynn SK, Brown LE, Bagley JR, Costa PB, **Galpin AJ**. Relationship Between Vertical Jump Velocity, Muscle Fiber Type, and Leg Dominance In Resistance-Trained Men. *National Strength and Conditioning Association Annual Meeting*, Las Vegas, July 12-15, 2017.
28. \*†Tobias IS, Arevalo JA, Bagley JR, Brown LE, McManus R, **Galpin AJ**. Methods for Time-Course Measurement of the Fiber Type-Specific AMPK Activation in Single Fibers Following Acute High Intensity Interval Exercise. *National Strength and Conditioning Association Annual Meeting*, Las Vegas, NV, July 12-15, 2017.
29. †Eckel TE, Watkins CM, Archer DC, Wong MA, Arevalo JA, Lin A, Coburn JW, **Galpin AJ**, Brown

- LE. Differences in Bench Press vs. Push-Ups Repetitions To Failure with Equal Load Between Genders. NSCA Annual Meeting, Las Vegas, NV, July 12-15, 2017.
30. †Marquardt AM, Wong, MA, Watkins CM, Barillas SR, Coburn JW, **Galpin AJ**, Brown LE. Effects of starting stance on sprint speed in softball players. NSCA Annual Meeting, Las Vegas, July, 2017.
  31. \*†Rosengarten JJ, Arevalo JA, Gannon RG, Kavalek MR, Bagley JR, Lynn SK, Brown LE, Costa PB, Rasche ME, and **Galpin AJ.** Leg Dominance Influences Landing Strategy and Is Correlated With Fiber-Type Composition. American College of Sports Medicine – Southwest Regional Meeting, Newport, CA, October, 2016.
  32. \*†Lazauskas K, Bathgate KE, Bagley JR, Jo E, Segal NL, Brown LE, Coburn JW, Ruas CV, and **Galpin AJ.** Muscle Structure in Monozygous Twins With 35 Years of Differing Exercise Background. American College of Sports Medicine – Southwest Regional Meeting, Newport, CA, October, 2016.
  33. \*†McManus RT, Malek MH, Burghardt KJ, Bagley JR, Arevalo JA, Shumaker G, Coburn JW, Costa PB, and **Galpin AJ.** Epigenetic Response To An Acute Bout of Resistance Exercise in Trained Men. American College of Sports Medicine – Southwest Regional Meeting, Newport, CA, October, 2016.
  34. \*†Arevalo JA, Gannon RG, Kavalek MR, Bagley JR, Lynn SK, Brown LE, Costa PB, Rasche ME, and **Galpin AJ.** Fiber Type Composition & Leg Dominance In Resistance-Exercise Trained Men. American College of Sports Medicine – Southwest Regional Meeting, Newport, CA, October, 2016.
  35. †Barillas SR, Watkins CM, **Galpin AJ**, Coburn JW, and Brown LE. Acute Effects of Plyometric Exercise On Glycemic Control. American College of Sports Medicine – Southwest Regional Meeting, Newport, CA, October, 2016.
  36. †Dobbs IJ, McLeland KA, Wong MA, Brown LE, Coburn JW, and **Galpin AJ** Max Effort Thirty Repetition Isokinetic Fatigue Test Does Not Correlate With Classic Thorstensson Test. American College of Sports Medicine – Southwest Regional Meeting, Newport, CA, October, 2016. †Rivera, M, Dobbs IJ, McLeland KA, Wong MA, Brown LE, Coburn JW, and **Galpin AJ** No Evidence of Pacing Between A Thirty Repetition and Fifty Repetition Fatigue Test. American College of Sports Medicine – Southwest Regional Meeting, Newport, CA, October, 2016.
  37. †Thomson EE, Munger CN, Brown LE, Coburn JW, and **Galpin AJ.** No Potentiating Effect of Weighted Depth Jumps on Vertical Jump Height in Recreational & Club Female Volleyball Players. American College of Sports Medicine – Southwest Regional Meeting, Newport, CA, October, 2016.
  38. †Ros T, Brown LE, Coburn JW, and **Galpin AJ.** Comparison of Kettlebell Jump Squats vs. Kettlebell Swings On The Vertical Jump. American College of Sports Medicine – Southwest Regional Meeting, Newport, CA, October, 2016.
  39. †Leyva WD, Maulit MR, Archer DC, Munger CN, Wong MA, Coburn JW, **Galpin AJ**, and Brown LE. Effects of Kettlebell Jump Squats vs. Explosive Deadlifts Training on Rate of Force Development. American College of Sports Medicine – Southwest Regional Meeting, Newport, 2016.
  40. †Thomson EE, Munger CN, Brown LE, Coburn JW, and **Galpin AJ.** No Potentiating Effect of Weighted Depth Jumps on Vertical Jump Impulse in Recreational Female Volleyball Players. National Strength and Conditioning Association Annual Meeting, New Orleans, LA, July, 2016.
  41. †Leyva WD, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, and Brown LE. Comparison of Hex Bar Deadlift vs. Back Squat Postactivation Potentiation on Vertical Jump Force, Power, and Velocity Interpeak Times. National Strength & Conditioning Association Annual, New Orleans, 2016.
  42. †Eckel TL, Leyva WD, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, and Brown LE. Effect of Hex Bar Deadlift vs. Back Squat Postactivation Potentiation on Vertical Jump Time to Peak Force. National Strength and Conditioning Association Annual Meeting, New Orleans, LA, July, 2016.
  43. †Archer DC, Munger CN, Leyva WD, Drouet PC, Wong MA, **Galpin AJ**, Coburn JW, and Brown LE. Effects of Short Term Jump Squat Training With And Without Chains On Back Squat 1RM. National Strength and Conditioning Association Annual Meeting, New Orleans, LA, July, 2016.
  44. \*†Bathgate KE, Bagley JR, Jo E, Segal NL, Brown LE, Coburn JW, Gulick CN, Ruas CV, and **Galpin AJ.** Physiological Profile of Monozygous Twins With 35 Years of Differing Exercise Habits. National Strength and Conditioning Association Annual Meeting, New Orleans, LA, July, 2016.
  45. \*†Arevalo JA, McManus RT, Rosengarten J, Lynn SK, Brown LE, Bagley JR, PB Costa, and

- Galpin AJ.** Knee Extension Strength and Muscle Fiber Type Composition in Resistance-Trained Men. *National Strength & Conditioning Association Annual Meeting*, New Orleans, July, 2016.
46. \*† Rosengarten J, Arevalo JA, Lynn SK, Spencer JA, Brown LE, PB Costa, and **Galpin AJ.** Asymmetries in Knee Extension Strength Do Not Correlate with Sagittal Plane Knee Landing Mechanics in Resistance Trained Men. *National Strength and Conditioning Association Annual Meeting*, New Orleans, LA, July, 2016.
47. \*Bagley JR, Arevalo JA, Malyszek KK, Spencer JA, Rosengarten J, Barillas SR, Leyva WD, McManus RT, Lee D, and **Galpin AJ.** Skeletal Muscle Phenotype and Performance of an Elite Mixed Martial Artist. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.
48. \*†Arevalo JA, McManus RT, Lee D, Barillas SR, Lynn SK, Spencer JA, Brown LE, Bagley JR, and **Galpin AJ.** Bilateral Differences in Leg Muscle Fiber Type of Resistance Trained Men. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.
49. \*†Ballon J, Bagley JR, McLeland KA, Arevalo JA, Brown LE, Coburn JW, Ciccone AB, and **Galpin AJ.** Reexamining Skeletal Muscle Fatigability and Fiber Type in Resistance Trained Men: 40 years After Thorstensson and Karlsson. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.
50. †Anthony CC, Brown LE, Coburn JW, **Galpin AJ**, Tran TT. Effect of stance on balance in surfers. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.
51. †Munger CN, Leyva WD, Archer DC, **Galpin AJ**, Coburn JW, and Brown LE. Comparison of Hex Bar Deadlift vs. Back Squat Postactivation Potentiation on Takeoff Velocity. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.
52. †Leyva WD, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, Brown LE. Comparison of hex bar deadlift vs. back squat postactivation potentiation on vertical jump. *Coaching & Sports Science College Conference – Annual Meeting*, TN, December, 2015.
53. †Munger CN, Leyva WD, Archer DC, **Galpin AJ**, Coburn JW, and Brown LE. Comparison of Hex Bar Deadlift vs. Back Squat Postactivation Potentiation on Vertical Jump Takeoff Velocity. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
54. \*†Ballon J, Bagley JR, McLeland KA, Arevalo JA, Brown LE, Coburn JW, Ciccone AB, and **Galpin AJ.** Reexamining Skeletal Muscle Fatigability and Fiber Type in Resistance Trained Men: 40 years After Thorstensson and Karlsson. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
55. \*†Lee D, Bagley JR, Arevalo JA, Spencer JA, McManus RT, Leyva WD, Barillas SR, and **Galpin AJ.** Rapid Human Muscle Fiber Dissection Methods: Mechanical Isolation vs. Enzyme Digestion. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
56. \*†Arevalo JA, McManus RT, Lee D, Barillas SR, Lynn SK, Spencer JA, Brown LE, Bagley JR, and **Galpin AJ.** Bilateral Differences in Leg Muscle Fiber Type of Resistance Trained Men. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
57. \*†Bathgate KE, Arevalo JA, Lynn SK, Spencer JA, Lee D, McManus RT, Ballon J, Barillas SR, Rosengarten J, Brown LE, and **Galpin AJ.** Relationship Between Leg Dominance and Muscle Fiber Type Composition of the Vastus Lateralis. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
58. †Anthony CC, Brown LE, Coburn JW, **Galpin AJ**, Tran TT. Effect of stance on balance in surfers. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
59. †Leyva WD, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, Brown LE. Comparison of hex bar deadlift vs. back squat postactivation potentiation on vertical jump. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
60. †Archer D, Munger CN, Leyva WD, Drouet PC, **Galpin AJ**, Coburn JW, Brown LE. Effect of short-term jump squat training with or without chains on vertical jump. A pilot study. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
61. †Camara KD, Coburn JW, Dunnick DD, Brown LE, **Galpin AJ**, and Costa P. An Examination of Muscle Activation and Power Characteristics While Performing the Deadlift Exercise with Straight and Hexagonal Barbells. *American College of Sports Medicine – Southwest Regional Meeting*,

Newport, CA, October, 2015.

62. †Vahradian DJ, Brown LE, Coburn JW, **Galpin AJ**, and Dunnick DD. An Analysis of Ascent and Descent Velocity of the Lifter and Barbell During a Clean. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
63. †McLeland KA, Brown LE, Coburn JW, and **Galpin AJ**. Differences in Fatigue Percentage Based on Repetitions of Leg Extension. *National Strength and Conditioning Association Annual Meeting*, Orlando FL, July, 2015.
64. †Malyszek KK, Dunnick DD, **Galpin AJ**, Coburn JW, and Brown LE. Predictions of Dynamic Bench Press 1RM Via Isometric Bench Press Force. *National Strength and Conditioning Association Annual Meeting*, Orlando FL, July, 2015.
65. †Harmon RA, Malyszek KK, Dunnick DD, **Galpin AJ**, Coburn JW, and Brown LE. Methodological Considerations for An Isometric Bench Press Protocol. *National Strength and Conditioning Association Annual Meeting*, Orlando FL, July, 2015
66. Kupchak BR, Hooper DR, Saenz C, Dulkis LL, Secola PJ, White MT, Coburn JW, **Galpin AJ**, Brown LE, Kraemer WJ. The impact of a full body workout and trans- continental flight on markers of coagulation, fibrinolysis and muscle damage. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
67. Hooper DR, Secola PJ, Dulkis LL, Dupont WH, Saenz C, Kupchak BR, Szivak TK, Comstock BA, Flanagan SD, Looney DP, Pryor JL, Kalkowski RJ, Luk HY, Beaudette TL, Thurston TS, **Galpin AJ**, Volek JS, Maresh CM, Brown LE, Kraemer WJ. Trans-American travel within NCAA regulations induces jet lag which attenuates sleep quality and athletic performance. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
68. †Arevalo JA, McLeland KA, Brown LE, Coburn JW, and **Galpin AJ**. Comparison of classic fatigability and peak torque tests used to estimate fast-twitch muscle fiber composition. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015.
69. †McLeland KA, Arevalo JA, Bagley JR, Ciccone AB, Brown LE, Coburn JW, and **Galpin AJ**. A reexamination of fatigability and fiber composition of human skeletal muscle. ACSM Annual Meeting, San Diego, CA, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
70. †Rosengarten JJ, Whitcomb B, Fippinger M, Coburn JW, Wiersma LD, Judelson DA, and **Galpin AJ**. The Effects of Intermittent Actual and Perceived Cooling on Repeated Bouts of High Intensity Exercise. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015.
71. †Kylie Malyszek, Shaina Record, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, Jeffrey Steele, Adam Manalovitz, and **Andrew J. Galpin**, Acute Effects of Elastic Bands on Performance Characteristics During the Deadlift at Various Loads. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
72. †Shaina Record, Kylie Malyszek, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, Jeffrey Steele, Adam Manalovitz, and **Andrew J. Galpin**, Acute Effects of Elastic Bands on Force, Velocity, and Power During the Deadlift at Various Loads. *ACSM Annual Meeting*, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
73. †Eckel T, Rosengarten JJ, Whitcomb B, Fippinger M, Coburn JW, Wiersma LD, Judelson DA, and **Galpin AJ**. The Effects of Intermittent Actual and Perceived Cooling on Repeated Bouts of High Intensity Exercise. *Southern California Conference for Undergraduate Research*, 2014.
74. †Meeves C, Kylie Malyszek, Shaina Record, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, Jeffrey Steele, Adam Manalovitz, and **Galpin AJ**, Acute Effects of Elastic Bands on Velocity Characteristics During the Deadlift at Various Loads *Southern California Conference for Undergraduate Research*, 2014.
75. †Bryan Romero, JW. Coburn, LE. Brown, and **AJ. Galpin**. Metabolic Demands of Heavy Metal Drumming. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
76. †Crum BN, Coburn JW, Brown LE, and **Galpin AJ**. Acute Effects of Alkaline Water on High Intensity Anaerobic Performance. *American College of Sports Medicine – SW Regional Meeting*, 2014.
77. †Jose Arevalo, Kathryn McLeland, Lee E. Brown, Jared W. Coburn, and **Andrew J. Galpin**,

- Comparison of Estimated Percent Fast Twitch Fibers Between Classic Fatigability and Peak Torque Tests. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
78. \*†Colleen Gullick, Kathy Jacobo, Lee E. Brown, Pablo Costa, Brian K. Schilling, and **Andrew J. Galpin**, The Reliability of A Commercial Device Designed to Measure Punching Impact. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
  79. \*†Kathy Jacobo, Colleen Gullick, Lee E. Brown, Pablo Costa, Brian K. Schilling, and **Andrew J. Galpin**, The Influence of Hand Padding on Punching Impact. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
  80. \*†Jakob Rosengarten, Blake Whitcomb, Morgan Fippinger, Daniel A. Judelson, Lee E. Brown, Jared W. Coburn, and **Andrew J. Galpin**. The Effects of Intermittent Actual and Percieved Cooling on Repeated Bouts of High Intensity Exercise. *ACSM – Southwest Regional Meeting*, 2014.
  81. \*†Kylie Malyszek, Shaina Record, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, Jeffrey Steele, Adam Manalovitz, and **Andrew J. Galpin**, Acute Effects of Elastic Bands on Power Characteristics During the Deadlift at Various Loads. *American College of Sports Medicine – SW Meeting*, 2014.
  82. \*†Shaina Record, Kylie Malyszek, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, Jeffrey Steele, Adam Manalovitz, and **Andrew J. Galpin**, Acute Effects of Elastic Bands on Power Characteristics During the Deadlift at Various Loads. *American College of Sports Medicine – SW Meeting*, 2014.
  83. †Du Bois AM, Nelson GC, Ciccone AB, April SA, Thurston TA, Brown LE, Coburn JW, Galpin AJ, Judelson DA. Effect of serial apneas and facial immersion on high intensity aerobic performance. *American College of Sports Medicine Annual Meeting*, 2014.
  84. †Anthony B. Ciccone, Rex Hafenstine, Austria L. Cho, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Effects of Traditional Vs. Alternating Whole-Body Strength Training on Squat Performance. *National Strength and Conditioning Association Annual Meeting*, 2014.
  85. †Anthony B. Ciccone, Rex Hafenstine, Austria L. Cho, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Effects of Traditional Vs. Alternating Whole-Body Strength Training on Squat Performance. *American College of Sports Medicine – National Meeting*, 2014.
  86. \*†RoQue Harmon, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Effect of Elastic Bands vs. Acute Effects of Elastic Bands on Power Characteristics During the Deadlift. *American College of Sports Medicine – Southwest Regional Meeting*, 2013.
  87. \*†RoQue Harmon, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Effect of Elastic Bands vs. Acute Effects of Elastic Bands on Power Characteristics During the Deadlift. *Southern California Conference for Undergraduate Research*, 2013.
  88. \*†Austria L. Cho, Kyle A. Davis, **Andrew J. Galpin**, Lee E. Brown, Jared W. Coburn, Effect of Elastic Bands vs. Free Weights on Deadlifting Interpeak Time Between Ground Reaction Force, Power, and Velocity. *American College of Sports Medicine – Southwest Regional Meeting*, 2013.

**\*\*\*Winner of SWACSM Undergraduate Poster of the year**

89. \*†Austria L. Cho, Kyle A. Davis, **Andrew J. Galpin**, Lee E. Brown, Jared W. Coburn, Effect of Elastic Bands vs. Free Weights on Deadlifting Interpeak Time Between Ground Reaction Force, Power, and Velocity. *Southern California Conference for Undergraduate Research*, 2013.
90. †Andrea M. Du Bois, Garrett C. Nelson, A. B. April, Taylor S. Thurston, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Dan A. Judelson, Effect of Serial Apneas and Facial Immersion on High Intensity Aerobic Performance. *American College of Sports Medicine – Southwest Meeting*, 2013.
91. †Claudia Godinez, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Tori L. Beaudette, Maria C. Pereira, Differences in Electromechanical Delay Between Genders and Muscles During Isometric Knee Extension/Flexion. *American College of Sports Medicine – Southwest Meeting*, 2013.
92. †Anthony B. Ciccone, Rex Hafenstine, Austria L. Cho, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Effects of Traditional Vs. Alternating Whole-Body Strength Training on Squat Performance. *American College of Sports Medicine – Southwest Regional Meeting*, 2013.
93. Wilkerson W, Bagley JR, Murach K, Hayes E, **Galpin AJ**, Jemiolo B, Gustafsson T, Tesch P, Trappe SW. Skeletal Muscle Health in Elite Octogenarian Lifelong Endurance Athletes and

- Untrained Men: Part One. *American College of Sports Medicine Annual Meeting*, 2013
94. Bagley JR, Murach K, Hayes E, **Galpin AJ**, Minchev K, Gustafsson T, Tesch P, Trappe SW. Skeletal Muscle Health in Elite Octogenarian Lifelong Endurance Athletes and Untrained Men: Part Two. *American College of Sports Medicine Annual Meeting*, 2013.
  95. †Vanessa L. Cazas, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, James J. Tufano, John C. Garner, Nicole C. Dabbs, Harish Chander. Influence of Rest Intervals Following Assisted Jumping on Peak Velocity, Rate of Velocity Development & Rate of Force Development. *National Strength and Conditioning Association Annual Meeting*, 2013.
  96. †Vanessa L. Cazas, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, James J. Tufano, Joe W. LaPorta, Leah Truong. Influence of Rest Intervals Following Assisted Jumping On Relative Peak Power. *American College of Sports Medicine – Southwest Regional Meeting*, 2012.
  97. †James J. Tufano, Vanessa L. Cazas, Jared W. Coburn, **Andrew J. Galpin**, Juan Carlos Santana, Lee E. Brown. Effects of Position and Gender On Push-up Force. *National Strength and Conditioning Association Annual Meeting*, 2012.
  98. †Vanessa L. Cazas, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, James J. Tufano, Joe W. LaPorta, Leah Truong. Influence of Rest Intervals Following Assisted Jumping On Vertical Jump Height. *National Strength and Conditioning Association Annual Meeting*, 2012.
  99. †Tai T. Tran, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Vanessa L. Cazas, James J. Tufano, Joe W. LaPorta, Leah Truong. Effects of Assisted Jumping On Vertical Jump Relative Rate of Peak Power Development. *National Strength and Conditioning Association Annual Meeting*, 2012.
  100. **Galpin AJ**, Raue U, Jemiolo B, Harber MP, Trappe TA, Trappe SW. Novel Application of Western Blotting for Human Skeletal Muscle Fiber Type Specific Protein Expression. *American College of Sports Medicine Annual Meeting*, 2011.
  101. Hayes E, **Galpin AJ**, Raue U, Minchev K, Gustafson T, Tesch P, Trappe SW. Decreased Prevalence of Myosin Heavy Chain Hybrid Isoforms in Lifelong Endurance Trained Octogenarians. *American College of Sports Medicine Annual Meeting*, 2011.
  102. Trappe SW, Hayes E, **Galpin AJ**, Jemiolo B, Fink W, Trappe TA, Kaminsky L, Jansson A, Gustafsson T, Tesch P. New Records In Aerobic Power Among Octogenarian Lifelong Endurance Athletes. *ACSM Conference on Integrative Physiology of Exercise*, 2010.
  103. Bloomer RJ, Larson DE, **Galpin AJ**, Fisher-Wellman KH, Schilling BK. Effect of Eicosapentaenoic and Docosahexaenoic Acid on Resting and Exercise-induced Inflammation and Oxidative Stress. *International Society of Sports Nutrition Annual Meeting*, 2009.
  104. Larson DE, **Galpin AJ**, Fisher-Wellman KH, Schilling BK, Bloomer RJ. Effect of EPA/DHA on Resting and Exercise-Induced Inflammation and Oxidative Stress. *American College of Sports Medicine Annual Meeting*, 2009.
  105. **Galpin AJ**, Fry AC, Chiu LZF, Schilling BK, Thomason DB. Acute High Load, High Power Exercise Activates A Hypertrophic Signaling Pathway in Male Weightlifters. *National Strength and Conditioning Association Annual Meeting*, 2008.
  106. **Galpin AJ**, Fry AC, Moore CA, Thomason DB, Schilling BK. Resting JNK Activation in Runners, Weight-Trained, and Sedentary Men. *National Strength and Conditioning Association Annual Meeting*, 2007.
  107. **Galpin AJ**, Fry AC, Moore CA, Thomason DB, Schilling BK, Weiss LW, Chiu LZF. Resting ERK Activation & High Intensity Resistance Exercise Overtraining. *ACSM Annual Meeting* 2007.

#### Oral Poster Presentation

1. **Galpin AJ**, Fry AC, Chiu LZF, Schilling BK, Thomason DB. Acute High Load, High Power Exercise Activates A Stress Responding Signaling Pathway in Male Weightlifters. *NSCA National*, 2008.
2. **Galpin AJ**, Fry AC, Chiu LZF, Schilling BK, Thomason DB. Acute High Load, High Power Exercise Activates An Apoptotic Signaling Pathway in Male Weightlifters. *ACSM National* 2008.
3. **Galpin AJ**, Fry AC, Moore CA, Thomason DB, Schilling BK, Weiss LW, Chiu LZF. Resting JNK Activation & High Intensity Resistance Exercise Overtraining. *NSCA National*, 2007.

## Invited Lectures, Symposiums, & Presentations:

- *USAW*
- Seattle Sounders – Sport Science Seminar
  - Muscle Plasticity and Performance 2019
- Altis Human Performance Summit
  - The Science of Human Performance 2019
- International Society of Sports Nutrition – National Conference
  - 6 Lessons About Performance Nutrition 2019
- City of Hope Health Symposium
  - Nutrition Recommendations for Athletes vs. Disease 2019
- National Strength and Conditioning Association - *Southwest Regional*
  - Muscle Plasticity and Performance 2019
- United State Special Operations Command - *Human Performance Optimization, Precision Performance, and Special Operations Forces: The Role of Nutrition Special Meeting* 2018
  - Plasticity of Muscle with Exercise
- United State Navy Warship: USS Champion 2018
  - Human Performance Optimization
- Rutgers 5<sup>th</sup> Annual Human Performance Conference 2018
  - 8 Biggest Nutrition Mistakes As A Coach & Scientist
  - Olympic Lifting Variations for Mobility Restrictions
- PLAE Training Labs – Coaching Clinic 2018
  - How To Use Training Technology
- National Strength and Conditioning Association – *Coaches Conference* 2018
  - How To Use Training Technology
- National Strength and Conditioning Association – *Annual Meeting*
  - Career Path for Becoming a Sport Scientist 2017
  - Horizontal Pressing 2017
  - New Insight Into Muscular Function & Performance 2015
  - Gary Dudley Memorial Lecture: Learning From Aristotle, Laws of Strength 2013
  - Do Fiber Types Change? A Conclusion To the Debate 2012
  - Training for Combat Sports: Maximizing Strength & Power Endurance 2010
- National Strength and Conditioning Association - *Personal Trainers National*
  - Optimizing Exercise Selection 2017
  - Olympic Lifting Variations & Alternatives 2017
- National Strength and Conditioning Association - *Tactical Leadership Course*
  - Effective Use of Athlete Monitoring Technology 2017
- National Strength and Conditioning Association - *Training for Combat Sports*
  - Whole Muscle to Gene: A Physiological Blueprint of Elite Fighters 2016
  - Coaching Friendly Science 2015
- National Strength and Conditioning Association - *State Clinic*
  - Integrating Science Into Combat Sport Training 2015
- PaleoFx– *Annual National Meeting*
  - How To Use and Not Be Used by Technology 2018
  - Molecular Boundaries of Human Performance 2017
  - The Future of Higher Education 2016
  - Is the Post-Exercise Anabolic Window a Myth? 2015
- Fibromyalgia Summit – *Annual National Meeting*
  - Skeletal Muscle 2016
- American College of Sports Medicine
  - *Annual Regional Meetings*
    - (SW) Skeletal Muscle Fiber Types and Human Performance 2016

- (SW) What Are Skeletal Muscle Fiber Types? 2012
- (SE) Muscle Plasticity and Exercise 2019
- International Weightlifting Federation World Championships 2015
  - New Science of Human Performance
- Muscle Physiology Lecture Series: San Francisco State University
  - Cellular & Molecular Boundaries of Human Performance 2017
  - Strength and Conditioning As A Science 2015
- CSUF NSM College Symposium 2015
  - The Evolution of Kinesiology: How We're Using Natural Sciences to Understand Human Performance
- Karolinska Institutet, *International Research Colloquium* 2009
  - Muscle Fiber Specific Protein Profiles in Human Skeletal Muscle:

### Non-Peer Reviewed (Coaching) Publications:

1. Andrew J. Galpin ...Fast or Slow Reps, Train Heroic
2. **Andrew J. Galpin.** [Going Back to Basics in Your Training.](#) *XPTLife.* 2018.
3. **Andrew J. Galpin.** [Busting 6 Common Strength Training Myths](#) .*Train Heroic.* 2018.
4. †Nathan Serrano, Kara Lazauskas, & **Andrew J. Galpin.** [Can Muscle Fiber Types Change? An End To the Debate.](#) *Renaissance Periodization.* 2017.
5. **Andrew J. Galpin.** [3 Common Power Training Mistakes and How to Fix Them.](#)*Train Heroic.* 2017.
6. **Andrew J. Galpin.** [3 Benefits of a Tech Free World.](#) *Seal Grinder Physical Therapy.* 2017.
7. **Andrew J. Galpin.** [Help Us Unbreak Science: Fixing Research Through Crowdfunding](#) *Paleo F(x).* 2016.
8. **Andrew J. Galpin.** Taper for Performance: A Quick “How To” Guide. *3Fu3l.* 2016.
9. **Andrew J. Galpin.** [Spotlight on XPT Advisor Dr. Andy Galpin.](#) *XPTLife.* 2016.
10. **Andrew J. Galpin.** [Epigenetics: How Your Lifestyle Can Literally Change Your DNA.](#) *XPTLife.* 2016.
11. †James Bagley and **Andrew J. Galpin.** [Deep Squats and Knee Health: A Scientific Review.](#) *Barbell Shrugged Daily.* 2015
12. **Andrew J. Galpin** & James Bagley. [3 Ways to Reduce Post-exercise Muscle Soreness.](#) *Breaking Muscle.* 2015
13. **Andrew J. Galpin.** [5 Diet Tips for Surviving The Holidays.](#) *Barbell Shrugged Daily.* 2015.
14. **Andrew J. Galpin.** [A Quick Guide to Supplements.](#) *Barbell Shrugged Daily.* 2015.
15. **Andrew J. Galpin.** [My Laws of Strength and Conditioning.](#) *Barbell Shrugged Daily.* 2014.

### Grants, Donations, & Other Fundraising:

\*Available upon special request

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## PROFESSIONAL, UNIVERSITY, DEPARTMENT, & COMMUNITY SERVICE

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### Professional Service:

#### Editor:

*Strength and Conditioning Journal*

- Journal Editor 2015-present
- Point/Counterpoint Column 2012-present

**Reviewer:****Books**

- American College of Sports Medicines: *Foundations of Strength Training and Conditioning* 2011

**Peer Reviewed Manuscript**

- International Journal of Sports Nutrition & Exercise Metabolism 2020-present
- Journal of Science in Sport and Exercise 2019-present
- International Society of Sports Nutrition 2019-present
- Nutrients 2019-present
- Journal of Sports Science and Medicine 2019-present
- Exercise and Sport Science Reviews 2018-present
- PLOS One 2018-present
- Frontiers in Physiology 2018-present
- Journal of Applied Physiology 2014-present
- Nature – Scientific Reports 2016-present
- Diabetes Research 2016-present
- Comparative Exercise Physiology 2016-present
- International Journal of Undergraduate Research 2016-present
- British Journal of Sports Medicine 2015-present
- Sports (Basel) 2015-present
- Journal of Strength and Conditioning Research 2012-present
- Strength and Conditioning Journal 2012-present
- Diabetes Research and Clinical Practices 2012-present
- Journal of Physical Education & Sports 2013-present
- Journal of Athletic Enhancement 2013-present

**National Conference Organizer:**

- National Strength and Conditioning Association - Training for Combat Sports Clinic 2015-present

**National Committees:**

- National Strength and Conditioning Association; Education – Member 2019- present
- National Strength and Conditioning Association; Membership – Member 2019- present
- National Strength and Conditioning Association; Conference – Chair 2016-2019
- National Strength and Conditioning Association; Conference - Member 2012-2016

**Advisory Board Member:**

- State Physiology (private company) 2019-present
- The Health and Human Performance Foundation 2018-present
- Marysville University Exercise Science Curriculum Program 2016-present
- Eagle Rock High School Sports Med Program 2017-present
- Extreme Performance Training (private company) 2015-present
- Power Speed Endurance (private company) 2016-present

**Professional Memberships:**

- USA Weightlifting 2006-present
- American College of Sports Medicine 2004-present
- Weightlifting Special Interest Group 2007-present
- National Strength and Conditioning Association 2002-present
- NSCA Research Consortium 2007-present
- American Physiology Society 2008-present

**Professional Media Appearances:**

- Podcast Appearances 2014-present
  - >150 different interviews = ~>30,000,000 views, downloads, and listens
- Runner's World 2020
  - Muscle Recovery Technologies
- Kinesiology Today (American Kinesiology Association) 2019
  - Muscle – What We Didn't Know
- The Oprah Magazine 2019
  - Strength Training for Women
- Muscle and Fitness 2019
  - Muscle Fiber Types
- The Orange County Register
  - Study looks at time-restricted eating effects on muscle mass (Feb 27<sup>th</sup>) 2020
  - [Professor Tells Athletes Like Conor McGregor & Mike Lee Where to Spend Energy](#) 2019
  - Are Kettlebells Legit? 2013
  - [CSUF Weightlifting Club Has Power](#) 2013
- USA Today 2019
  - [Apple Watch or it Doesn't Count: How Tech is Ruining Your Workout](#)
- Men's Health Magazine Feature 2019
  - [How Scientists Are Learning How to Use Your Muscle to Predict Mortality](#)
- Men's Health Magazine
  - [Keto Diet History](#) 2019
  - [Protein: The Manual for Men](#) 2015
- Bar Bend
  - [Rethinking CNS Fatigue and Recovery: What's Really Going on Post-Workout?](#) 2019
  - [Study: Sub-Elite Weightlifters Should Train Three Characteristics in the Snatch](#) 2019
  - [Research Shines Light On How Much Genetics Really Impact Fitness](#) 2018
  - [Unplug from Technology in the Gym for Bigger Lifts](#) 2017
  - [Could This Research Change the Way We Look at Muscles and Strength?](#) 2016
- Everyday Health 2019
  - [6 Things You Need to Know About Exercising on the Keto Diet](#)
- Marie Claire Magazine 2019
  - [The Keto Diet: What it's Actually Like to Follow This Super Popular Diet Plan](#)
- The Doctor will See you Now 2019
  - [Lift Like A Girl](#)
- Open Fit 2019
  - [Muscle Fiber Types and How They Affect Your Workouts](#)
- U.S. News & World Report 2018
  - [Muscle's Many Powers](#)
- Daily Titan
  - [CSUF Team Completes Most In-Depth Study Ever of Female Athlete Muscle](#) 2019
  - [CSUF Alumna Kara Lazauskas' Journey to Becoming A Titan](#) 2019
  - [Inside the Rise of Keto: How An Extreme Diet Went Mainstream](#) 2019
  - [Cal State Fullerton Professor Discusses Workout Supplements](#) 2018
  - [Kinesiology Professor Works to Lift Nation's Health IQ](#) 2016
- CSUF News Center
  - [Sports Researcher Helps Prep Boxer for the Ring](#) 2019
  - [Campus Center Explores Performance of World-Class Weightlifters](#) 2018
  - [Listen to Your Body, Says Kinesiologist In New Book](#) 2018
- Mel Magazine
  - [Is Fancy Weightlifting Gear Cheating? Not If Your Bros Don't Care](#) 2018

- [How The Deadlift Reclaimed Its Rightful Spot At The Gym](#) 2018
  - [Untold Story of the Burpee](#) 2017
- Red Bull Bulletin 2018
  - [Find Out Why Women Like Morghan King Are Crushing It At Weightlifting](#)
- Borne Fitness 2017
  - [What is the Keto Diet \(and Should I Try It?\)](#)
- Cosmopolitan Magazine 2017
  - [Is Your Workout A Little Too Extra?](#)
- Men's Journal
  - [How Fitness Trackers Are Ruining Your Workout](#) 2017
  - How do you pick a trainer? 2014
- Outside Magazine 2016
  - [Change Your Breath, Change Your Life: The Daily Routine Athletes Love](#)
- Inside MMA ([Television appearance](#)) 2015
- Experience Life Magazine
  - [True or False? 11 Common Fitness Beliefs Explained](#) 2016
  - Knee Health 2016
  - Carbohydrate Cycling 2015
- Interview for [www.MMAWeekly.com](http://www.MMAWeekly.com) 2014
  - [Dennis Bermudez Applied Science To Prepare for UFC 180](#)
- UFC Rising (Fox Television) (~250,000 YouTube views) 2014
- Fox Broadcast Company – UFC's Road to the Octagon 2014
- Ultimate Fighting Championship – Road to the Octagon 2014
  - Replayed on Fox.com, UFC.com, FoxSports1, FoxSports2
- Columbia Pictures – Paul Blart, Mall Cop 2 2014
- ESPN.com – CrossFit Debate Not Going Away 2014
- Gulf News – Is CrossFit Safe? 2014
- NPR AirTalk Live – Concerns with CrossFit 2014
- BluePrint: The Making of a TV Series by Fox Television 2013
- Jason Ellis Show – Sirius Radio 2013

### Event Organizer:

- Host, Director, and Organizer (July 2014)
  - “CSUF International Coaching Clinic: Rotational Sports” (featuring presenters from New Zealand, Holland, China, Canada, and CSUF)
- Host & Presenter of NSCA *Certified Strength and Conditioning Specialist* Exam Prep
  - Sept 2019, April 2019, Jan 2019, Oct 2018, Sept 2018, April 2018, Jan 2018, Oct2017, April 2017, Jan 2017, Oct 2016, April 2016, Jan 2016, Oct 2015, July 2015
- Host & Presenter of NSCA *Certified Personal Trainer* Exam Prep
  - October 2017
- Host of NSCA Certification Exams
  - Certified Strength and Conditioning Specialist
    - Jan 2013, March 2013, June 2013, Sept 2013, Jan 2014, March 2014, June 2014, Sept 2014
  - Certified Personal Trainer
    - Jan 2013, March 2013, June 2013, Sept 2013, Jan 2014, March 2014, June 2014, Sept 2014
- Host of United States Weightlifting Association Certification Exams
  - USAW- Level 1 (Sept 2013)
- Host of USA Weightlifting Association Sanctioned Meet

- Fall Meet – October 2013, 2014
- St. Patty’s Day Meet – March 2013, 2014, 2015, 2016, 2017
- Spring Meet – May 2013, May 2018

**Consulting & Coaching:**

▪ Ben Rothwell (UFC)	2021-present
▪ Tatiana Suarez (UFC)	2019-present
▪ Brian Ortega (UFC)	2019-present
▪ Trevor Bauer (MLB)	2019-present
▪ AJ Pollock (MLB)	2019-2020
▪ Genah Fabian (MMA)	2019-2020
▪ Jessica Lucero (USA Weightlifting)	2019-2020
▪ Morghan King (USA Weightlifting - Olympian)	2018-present
▪ Stefi Cohen (Powerlifting - >20x World Record Holder)	2018-2019
▪ Matt Brown (UFC)	2018-present
▪ Nathan Tomasello (USA Wrestling)	2018-2020
▪ Zoila Frausto (MMA)	2018-present
▪ Lauren Murphy (UFC)	2018-present
▪ Alexis Rocha (Boxer)	2018-2019
▪ Bryan Callen (Actor)	2018-2019
▪ Sean O’Malley (UFC)	2016-2017
▪ Scott Holtzman (UFC)	2016-present
▪ Heather Jo Clark (UFC)	2016-2017
▪ Helen Maroulis (World and Olympic Champion Wrestling)	2016-present
▪ Laura Anderson (Wrestling)	2016
▪ Mike Lee (Boxer)	2015-2019
▪ Unbreakable Performance	2014-2016
▪ 3Fu3l Supplements	2014-2019
▪ Paul Blart: Mall Cop 2 (Movie)	2014
▪ Kevin James (Actor)	2014
▪ Kailin Curran (UFC)	2014-2016
▪ Ronny Rios (Pro Boxer)	2014-2015
▪ Dennis Bermudez (UFC)	2013-2019
▪ Pat Cummings (UFC)	2013-2017
▪ Jake Ellenberger (UFC)	2012-2018
▪ Tom Watson (UFC)	2014-2016
▪ Ryan Parsons (Radius Management)	2012-2017
▪ Primal Justice Fitness	2013-2014
▪ Velocity Sports Performance	2012-2013
▪ Major League Baseball – Various athletes	2012-2015
▪ STARS Training Center	2013-2016
▪ Barbell Shrugged	2012-present
▪ Fox Sports 1 Television “Blueprint”	2012-2014
▪ Faction Strength and Conditioning	2008-2012
▪ Ball State University - All Olympic Sports	2008-2011

**University Service:**

**Director:**

▪ Center for Sport Performance (Co-Director)	2017-present
▪ Biochemistry and Molecular Exercise Physiology Laboratory	2013-present

**Institutional Review Board:**

- Member 2013-2018

**California State University Fullerton - Activity Club**

- CSUF Weightlifting Club 2012-present
  - Developed the club and currently serve as the faculty advisor
- CSUF Brazilian Jiu-Jitsu Club 2012-2014
  - Faculty advisor

**University Symposiums/Workshops:**

- What Can I Do With My Degree In Kinesiology? – Annual Guest 2012-2014 Speaker Series
  - Developed, organized, secured funding, marketed, and presented

**College Service:****Committee Membership:**

- Jr/Sr Intramural Grant Award Committee 2019

**Department Service:****New Curriculum Development:**

- KNES 458 – Measurement Techniques in Strength and Conditioning 2012

**NSCA Education Recognition Program:**

- Graduate Studies 2011-2014, 2014-2017, 2017-2020
- Strength and Conditioning 2012-2015, 2015-2018, 2018-2021
- Personal Training 2012-2015, 2015-2018, 2018-2021

**KNES Department Committees:**

- Strength and Conditioning Faculty Search 2015-2016
- Exercise Physiology Faculty Search 2013-2014
- Graduate Program 2012-2015, 2017-2018
- Student Development 2012-2015

**Community Service:****Community Workshops:**

- Sierra Vista Middle School: How to Deadlift, Squat, Jump, and Throw 2018
- Los Alamitos Middle School Career Day 2014, 2016, 2017
- Los Alamitos Youth Center Professional Development Day 2014
- Translating Academics to Professional Success 2013
  - Gamma Phi Beta Sorority
- CSUF Freshman College Major/Career Path 2013
  - What is Kinesiology?
- Tutor/Faculty Mentor 2013
  - KON Honor Society
- Faculty Hearing Panel 2012-2014

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**HONORS & AWARDS**


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**Professional Awards:**

- CSUF – HHD Faculty Scholar Award 2019
- NSCA – Terry J. Housh Outstanding Young Scientist Award (nominated) 2017, 2018

- CSUF – Author Award 2018
- CSUF – Early Tenure & Promotion 2016
- NSCA – Fellowship 2016
- HHD – Outstanding Scholar (nominated) 2016
- NSCA – Educator of the Year (nominated) 2016
- CSUF – Faculty Recognition Award for Scholarly and Creative Activity 2016
- CSUF – “Titan On The Rise” (nominated) 2016
- CSUF – Faculty Club Advisor of the Year (nominated) 2016
- CSUF – Faculty Club Advisor of the Year (nominated) 2015

### Student Honors:

- Kara Lazauskas
  - HHD Outstanding Scholarly and Creative Activities Award 2019
- Nathan Serrano
  - Full-funded PhD (Arizona State University) 2018
  - HHD Outstanding Scholarly and Creative Activities Award (nominated) 2018
  - KNES Department Outstanding Graduate Student (nominated) 2018
  - American Kinesiology Association Graduate Writing Scholar (nominated) 2018
- Jose Arevalo
  - Full-funded PhD (Cal Berkley)
  - CSU Student Research Contest Finalist 2018
  - HHD Outstanding Scholarly and Creative Activities Award 2016
  - KNES Department Outstanding Graduate Student (nominated) 2016
  - American Kinesiology Association Graduate Writing Scholar (nominated) 2016
  - Graduate Equity Program Scholarship (\$2,000) 2015
  - SOAR’s Elevar Scholarship (\$2,000) 2014
- Ryan McManus
  - HHD Outstanding Scholarly and Creative Activities Award 2017
- Kathryn McLeland
  - NSCA Women’s Scholarship (\$1,500) 2015
  - NSCA Women’s Scholarship (\$1,500) 2014
- Kylie Malyszek
  - NSCA Women’s Scholarship (\$1,500) 2015
- Taylor Thurston
  - Full-funded PhD (Utah University) 2014
  - HHD Outstanding Scholarly and Creative Activities Award 2014
- Kathy Jacobo
  - SOAR’s Elevar Scholarship (\$2,000) 2014
- Austria Cho
  - ACSM SW Regional Undergraduate Poster of the Year Award 2014

### Academic Awards As Student:

- Outstanding Work in Muscle Mechanics & Physiology 2008
- Student Research Forum Award, 1<sup>st</sup> Place 2008
- Sigma Tau Health Science Student Scholarship 2007
- Melvin A. Humphreys Award for Student Research 2007, 2008

### Athletic Awards:

- Oregon Sports Hall of Fame (Linfield Football Team) 2011
- USA Weightlifting National Championships (7<sup>th</sup> Place) 2008
- Extreme Grappling Open Champion 2008, 2011
- Mr. Grappler Submission Wrestling Champion 2008

- Varsity Football Letter Winner (3x) – Linfield College

2001-2005

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### **PROFESSIONAL CERTIFICATIONS**

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- NSCA - Certified Strength and Conditioning Specialist with special distinction (\*D) 2005-present
- NSCA - Certified Personal Trainer with special distinction (\*D) 2002-present