

Summer B. Cook, Ph.D.

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POSITION

2015-Present **Associate Professor**
University of New Hampshire
Exercise Science
Department of Kinesiology

2009-2015 **Assistant Professor**
University of New Hampshire
Exercise Science
Department of Kinesiology

2013-Present **Affiliated Faculty**
University of New Hampshire
Neuroscience and Behavior
Department of Psychology

EDUCATION

2009 **Ph.D. Exercise Science and Science Education**
Syracuse University
School of Education, Syracuse, NY

2002 **M.S. Exercise Science**
Syracuse University
School of Education, Syracuse, NY

1999 **B.S. Exercise Physiology**
Minor in Gerontology
East Stroudsburg University
Movement Studies & Exercise Science Department, East Stroudsburg, PA

RESEARCH POSITIONS

2006-2009 **National Aeronautics & Space Administration**
NASA Graduate Student Research Program Pre-Doctoral Student Fellow
Exploration Systems Mission Directorates

RESEARCH POSITIONS (continued)

- 2002-2005 **Syracuse University**
Student Manager, Musculoskeletal Laboratory
Department of Exercise Science
- 2000-2002 **Syracuse University**
Research Assistant, Human Performance Laboratory
Department of Exercise Science

PUBLICATIONS

PEER REVIEWED ARTICLES

- Petersen CL, Wechsler EV, Halter RJ, Boateng GG, Proctor PO, Kotz DF, **Cook SB**, Batsis JA. Detection and monitoring of repetitions using an mHealth-enabled resistance band. *Applications, Systems and Engineering Technologies (CHASE '18)*, 26-28, 2018.
- Teo SYM, Kanaley JA, Guelfi K, **Cook SB**, Hebert JJ, Forrest M, Fairchild TJ. Exercise timing in Type 2 diabetes mellitus: A systematic review. *Medicine & Science in Sports & Exercise*. Epub ahead of print, 2018.
- Cook SB**, Scott BR, Hayes KL, Murphy BG. Neuromuscular adaptations to low-load blood flow restricted resistance training. *Journal of Sports Science & Medicine*. 17(1): 66-73, 2018.
- Cook SB**, LaRoche DP, Villa MR, Barile H, Manini TM. Blood flow restricted resistance training in older adults at risk of mobility limitations. *Experimental Gerontology*. 99: 138-145, 2017.
- Daniels RJ, **Cook SB**. Effect of instructions on EMG during the bench press in trained and untrained males. *Human Movement Science*. 55: 182-188, 2017.
- LaRoche DP, Villa MR, Bond CW, **Cook SB**. Knee extensor power asymmetry is unrelated to functional mobility of older adults. *Experimental Gerontology*. 98: 54-61. 2017.
- Batsis JA, **Cook SB**. Is the whole not greater than the sum of its parts? The case of Sarcopenic Obesity. Editorial on: Sarcopenic Obesity, weight loss and mortality: The English Longitudinal Study of Aging. *American Journal of Clinical Nutrition*. 106(1): 14-15, 2017.
- Bond CW, **Cook SB**, Swartz EE, LaRoche DP. Asymmetry of lower-extremity force and muscle activation during knee extension and functional tasks. *Muscle and Nerve*. 56(3): 495-504, 2016.
- LaRoche DP, Marques NR, **Cook SB**, Masley EA, Morcelli MH. Augmenting strength-to-weight ratio by body weight unloading affects walking performance equally in obese and nonobese older adults. *Age*. 38(1):21, 2016.

PUBLICATIONS (continued)

Swartz EE, Broglio SP, **Cook SB**, Guskiewicz KM, Ferrara M, Cantu RC, Myers J. Early results of a helmet-less tackling training intervention to decrease head impacts in American football. *Journal of Athletic Training*. 50(12): 1219-1222, 2015.

Cook SB, LaRoche DP, Swartz EE, Hammond P, King M. A novel sensorimotor movement and walking intervention to improve balance and gait in women. *Complementary Therapies in Clinical Practice*. 20(4): 311-316, 2014.

Cook SB, Kanaley JA, Ploutz-Snyder LL. Neuromuscular function following blood flow restricted resistance training during 30 days of unilateral lower limb suspension. *European Journal of Applied Physiology*, 114(7):1357-1365, 2014.

Crystal N, Towson D, **Cook SB**, LaRoche DP. Effect of cryotherapy on muscle damage and inflammation following a bout of damaging exercise. *European Journal of Applied Physiology*, 113(10):2577-2586, 2013.

Morrell J, **Cook SB**, Carey G. Cardiovascular fitness, activity, and metabolic syndrome among college men and women. *Metabolic Syndrome and Related Disorders*. 11(5):370-376, 2013.

Cook SB, Scarneo S, McAvoy R. Physiological effects of an acute bout of shallow water sprinting. *International Journal of Aquatic Research and Education*. 7:105-115, 2013.

LaBarbara KE, Murphy BG, LaRoche DP, **Cook SB**. Sex differences in blood flow restricted isotonic knee extensions to volitional failure. *Journal of Sports Medicine and Physical Fitness*. 53(4):444-452, 2013.

Cook SB, Murphy BG, Labarbera KE. Neuromuscular function following a bout of low-load blood flow restricted exercise. *Medicine & Science in Sports & Exercise*, 45(1):67-74, 2013.

LaRoche DP, **Cook SB**, Mackala K. Strength asymmetry increases gait asymmetry and variability in older women. *Medicine & Science in Sports & Exercise*, 44(11): 2172-2181, 2012.

Hackney KJ, **Cook SB**, Fairchild TJ, Ploutz-Snyder LL. Skeletal muscle volume following dehydration induced by exercise in heat. *Extreme Physiology & Medicine*. 1(3): 1-9, 2012.

Hackney KJ, **Cook SB**, Ploutz-Snyder LL. Nutrition and resistance exercise during reconditioning from unloading. *Aviation, Space, and Environmental Medicine*, 82(8): 805-809, 2011.

Cook SB, Druger M, Ploutz-Snyder LL. Scientific literacy and attitudes towards American space exploration among college undergraduates. *Space Policy*. 27:48-52, 2011.

PUBLICATIONS (continued)

Cook SB, Brown KA, DeRuisseau K, Kanaley JA, Ploutz-Snyder LL. Skeletal muscle adaptations following blood flow restricted training during 30 days of muscular unloading. *Journal of Applied Physiology*. 109(2): 341-349, 2010.

Cook SB, Clark BC, Ploutz-Snyder LL. Effects of exercise load and blood flow restriction on skeletal muscle function. *Medicine & Science in Sports & Exercise*. 39(10):1708-1713, 2007.

Manini TM, Marko M, VanArnam T, **Cook SB**, Fernhall B, Burke J, Ploutz-Snyder LL. Efficacy of resistance and task-specific exercise in older adults who modify tasks of everyday life. *Journals of Gerontology. Series A. Biological Sciences and Medical Sciences*, 62:616-623, 2007.

Clark BC, **Cook SB**, Ploutz-Snyder LL. Reliability of techniques to assess human neuromuscular function *in vivo*. *Journal of Electromyography and Kinesiology*. 17(1):90-101, 2007.

Cook SB, Clark BC, Ploutz-Snyder LL. Accelerometry as a measure of compliance in unilateral lower limb suspension. *Aviation, Space, and Environmental Medicine*. 77(9):953-956, 2006.

Manini TM, **Cook SB**, VanArnam T, Marko M, Ploutz-Snyder LL. Evaluating task modification as an objective measure of functional limitation: repeatability and comparability. *Journals of Gerontology*, 61(7): 718-725, 2006.

Manini TM, **Cook SB**, Ordway NR, Ploutz-Snyder RJ, Ploutz-Snyder LL. Knee extensor isometric strength unsteadiness does not predict functional limitation in older adults. *American Journal of Physical Medicine & Rehabilitation*. 84(2):113-21, 2005.

ACCEPTED MANUSCRIPTS

Crow RS, Lohman MC, Titus AJ, **Cook SB**, Bruce ML, Mackenzie TA, Bartels SJ, Batsis JA. Association of Obesity and Frailty in Older Adults: NHANES 1999-2004. *Journal of Nutrition, Health & Aging*. Accepted August 2018.

MANUSCRIPTS IN REVIEW

Ruaro MF, Doro MR, Franca E, **Cook SB**, Miranda ML, Caperuto EC. Effects of resistance training with blood flow restriction on strength and muscle mass in elderly: A systematic review with meta-analysis. Submitted to *GeroScience*. November 2018.

Batsis JA, Petersen C, Crow RS, **Cook SB**, Stevens CJ, Seo LM, Brooks E, Mackenzie TA. Weight change and risk of sarcopenia: Data from the National Health and Nutrition Examination Surveys 1999-2004. Submitted to *Clinical Nutrition*. November 2018.

PUBLICATIONS (continued)

Swartz EE, Meyers JL, **Cook SB**, Guskiewicz KM, Ferrara MS, Cantu RC, Chang H, Broglio SP. A helmetless-tackling intervention in American football for decreasing head impact exposure: a randomized controlled trial. Submitted to *Journal of Science and Medicine in Sport*. November 2018.

MANUSCRIPT PREPARATIONS

Cook SB and Cleary CJ. Time course of blood flow restricted resistance training adaptations in older adults. Anticipated submission to: *Frontiers in Exercise Physiology*. November 2018.

Cleary CJ and **Cook SB**. Postactivation potentiation during blood flow restricted complex training. Anticipated submission to: *Journal of Strength and Conditioning Research*. December 2018.

Frechette ML, Scott BR, Vallence AM, **Cook SB**. Corticomotor function during blood flow restricted arm crank ergometry. Anticipated submission to: *Journal of Applied Physiology*. December 2018.

PUBLISHED ABSTRACTS

Cook SB, LaRoche DP, Manini TM. Multiple strength assessments to evaluate adaptations to high-load and low-load blood flow restricted exercise. *Medicine & Science in Sports & Exercise*. 50(5S):243, 2018.

Frechette ML, Scott BR, Vallence AM, **Cook SB**. Corticomotor function during blood flow restricted arm crank ergometry. *Medicine & Science in Sports & Exercise*. 50(5S):287, 2018.

Cleary CJ, DiScenza D, **Cook SB**. Postactivation potentiation during blood flow restricted complex training. *Medicine & Science in Sports & Exercise*. 50(5S):287-288, 2018.

Daniels RJ, Edmonds TD, Schwartz JC, **Cook SB**. Effect of verbal instructions on EMG during the bench press in trained and untrained males. *Medicine & Science in Sports & Exercise*. 48(5S):2193, 2016.

Cook SB, LaRoche DP, Villa MR, Barile H, Manini TM. Effects of resistance training on strength, physical function and quality of life in older adults. *Medicine & Science in Sports & Exercise*. 48(5S):442, 2016.

Larson EA, **Cook SB**, Quinn TQ. Identification and prevalence of atrial fibrillation associated ECG markers in collegiate cross-country skiers. *Medicine & Science in Sports & Exercise*. 48(5S):1772, 2016.

Bond CW, **Cook SB**, Villa MR, LaRoche DP. Does the weaker limb limit physical performance in older adults? *Medicine & Science in Sports & Exercise*. 47(5S):19, 2015.

PUBLICATIONS (continued)

LaRoche DP, Greeley H, Marques NR, Masely EA, **Cook SB**, Quinn TJ. An unobtrusive vitality monitor. *Medicine & Science in Sports & Exercise*. 47(5S):210, 2015.

Meyer AR, Manini TM, **Cook SB**. Sex differences in regional distribution of muscle, intermuscular adipose and subcutaneous adipose tissue in older adults. *Medicine & Science in Sports & Exercise*. 47(5S):328, 2015.

Villa MR, Croce RV, LaRoche DP, **Cook SB**. The effect of blood flow restriction on neuromuscular function and fatigue during leg press exercise. *Medicine & Science in Sports & Exercise*. 47(5S):351, 2015.

Cook SB, LaRoche DP, Villa MR, Barile H, Manini TM. Short-term effects of blood flow restricted resistance training in older adults at risk of mobility limitations. *Medicine & Science in Sports & Exercise*. 47(5S):411, 2015.

Gagnon SA, Villa MR, LaRoche DP, **Cook SB**. The relationship of quadriceps power and physical function in older adults. *Medicine & Science in Sports & Exercise*. 47(5S):470, 2015.

Cook SB, Murphy BG, LaBarbera KE. Neuromuscular and hypertrophic adaptations to short-term blood flow restricted resistance training. *Medicine & Science in Sports & Exercise*. 47(5S):3325, 2014.

Villa M, Manini TM, LaRoche DP, **Cook SB**. The influence of strength and aerobic capacity on walk performance in older adults. *Medicine & Science in Sports & Exercise*. 46(5S):1672, 2014.

LaRoche DP, Marques NR, Masley E, Morcelli-Gotardo MH, **Cook SB**. Increasing the strength-to-weight ratio increases gait timing but not walking speed. *Medicine & Science in Sports & Exercise*. 46(5S):3028, 2014.

Cook SB, LaRoche DP, Swartz EE, Hammond P, King M. A novel somatosensory training program to improve balance and gait in women. *Medicine & Science in Sports & Exercise*. 45(5S):1246, 2013.

Allen MM, Milano DM, Mazzella AP, **Cook SB**. Post activation potentiation after a bout of low-load blood flow restricted exercise. *Medicine & Science in Sports & Exercise*. 45(5S):2629, 2013.

Milano DM, Mazzella AP, Allen MM, **Cook SB**. Neuromuscular recovery after a bout of low-load blood flow restricted exercise in young females. *Medicine & Science in Sports & Exercise*. 45(5S):2630, 2013.

PUBLICATIONS (continued)

Slate CR, **Cook SB**, Swartz EE, Hammond PR, King MA, LaRoche DP. Static balance testing predicts gait performance in middle-aged and older women. *Medicine & Science in Sports & Exercise*. 45(5S): 1245, 2013.

Cook SB, Murphy BG, LaBarbera KE. Effects of high-load versus low-load blood flow restricted resistance training on strength and hypertrophy. *Medicine & Science in Sports & Exercise*, 44(5S):966, 2012.

LaRoche DP, **Cook SB**, Mackala K, Quinn TJ. Strength asymmetry increases gait asymmetry and variability in older women. *Medicine & Science in Sports & Exercise*, 44(5S):1791, 2012.

Litka KL, LaRoche DP, Cook SB, Quinn TJ. Effects of seat tube angle manipulation on cardiorespiratory response and frontal area in female cyclists. *Medicine & Science in Sports & Exercise*, 43(5S):62, 2011.

Murphy BM, LaBarbera KE, **Cook SB**. Acute effects of blood-flow-restricted exercise on muscular function and central activation. *Medicine & Science in Sports & Exercise*. 43(5S): 2967, 2011.

Cook SB, Brown KA, Smith SM, Ploutz-Snyder LL. Evaluation of bone markers during unilateral lower limb suspension and blood flow restricted exercise. *Medicine & Science in Sports & Exercise* 42(5S):717, 2010.

Hackney KJ, **Cook SB**, Ploutz-Snyder LL. Resistance exercise and nutrition in muscle hypertrophy following disuse muscle atrophy. *Medicine & Science in Sports & Exercise* 42(5S), 2010.

Ploutz-Snyder LL, **Cook SB**. Low-load resistance training with a blood flow occlusion as a countermeasure to disuse atrophy. *Medicine & Science in Sports & Exercise*. 41(5S), 2009.

Cook SB, Ploutz-Snyder LL. Long term reliability of muscle function and size in the knee extensors. *The Integrative Biology of Exercise—V*. 19.8, 2008.

Ploutz-Snyder LL, **Cook SB**, Fairchild TJ, Hackney KJ, Frechette V, Ploutz-Snyder R. Muscle volume decreases with whole body dehydration. *The Integrative Biology of Exercise—V*. 4.6, 2008.

Cook SB, Faust K, Ploutz-Snyder LL, Kanaley JA. The effects of an acute bout of plyometrics on muscle fatigue in female athletes. *Medicine & Science in Sports & Exercise*. 40(5S): 539,

Cook SB, Clark BC, Ploutz-Snyder LL. Effects of exercise intensity and vascular occlusion pressure and duration on skeletal muscle function. *Medicine & Science in Sports & Exercise*. 39(5S): 2248, 2007.

PUBLICATIONS (continued)

Jung SH, **Cook SB**, Ordway NR, Ploutz-Snyder LL. Reliability and validity of handheld dynamometer to assess knee and ankle strength in an older adult population. *Medicine & Science in Sports & Exercise*. 39(5S):1592, 2007.

Cook SB, Clark BC, Ploutz-Snyder LL. Influence of motor imagery on disuse-induced strength loss and central activation function. *Medicine & Science in Sports & Exercise*. 38(5S): 2193, 2006.

Cook SB, Clark BC, Ploutz-Snyder LL. Two dimensional accelerometry as a measure of subject compliance with unilateral lower limb suspension. *Medicine & Science in Sports & Exercise*. 37(5S): 36, 2005.

Unnithan VB, **Cook SB**, Clark BC, Ploutz-Snyder LL. Role of coactivation during an isometric leg-extensor fatigue test in children with cerebral palsy. *Medicine & Science in Sports & Exercise*. 37(5S): 124, 2005.

Baldwin SL, VanArnam TW, Ploutz-Snyder LL. Reliability of dynamic postural stability in older adults on the Biodex Stability System. *Medicine & Science in Sports & Exercise*. 36(5S): 30, 2004.

Manini TM, **Baldwin SL**, Van Arnam TW, Ploutz-Snyder LL. Isotonic force steadiness of the leg extensors is dependent on intensity and contraction type in pre-clinically disabled older adults. *Medicine & Science in Sports & Exercise*. 36(5S): 123, 2004.

Ploutz-Snyder LL, Manini TM, **Baldwin SL**, Ordway NR, Ploutz-Snyder RJ. Predictors of strength loss in older adults: A longitudinal study. *Medicine & Science in Sports & Exercise*. 35(5S): 172, 2003.

Baldwin SL, Wolf DA, Ploutz-Snyder LL. Relationship of self-reported and observed performance in daily tasks among older adults. *Medicine & Science in Sports & Exercise*. 35(5S): 130, 2003.

Manini TM, **Baldwin SL**, Ordway NR, Clark BC, Ploutz-Snyder RJ, Ploutz-Snyder LL. Isometric force steadiness and the relationship to functional ability in older adults. *Medicine & Science in Sports & Exercise*. 35(5S):282, 2003.

Ordway NR, Manini TM, **Baldwin SL**, Ploutz-Snyder RJ, Ploutz-Snyder LL. Relationship between muscular endurance and everyday activities in the elderly. *Medicine & Science in Sports & Exercise*. 35(5S): 171, 2003.

GRANTS

EXTERNALLY FUNDED:

A pilot study of an eHealth-delivered health coaching obesity intervention. Principal Investigator: Batsis JA. Consultant: **Cook SB**. Dartmouth Synergy Clinical and Translational Science Institute. \$25,000. 2017-2020.

A feasibility study of unsupervised, pre-operative exercise for patients scheduled for lung cancer surgery. Principal Investigator: Lyons K. Consultant: **Cook SB**. Norris Cotton Cancer Center Population Sciences Developmental Fund. \$49,710. 2017-2020.

Mobile Health Obesity Wellness Intervention in Rural Older Adults. Principal Investigator: Batsis JA. Consultant: **Cook SB**. 5K23AG051681-03. National Institute on Aging Career Development Award. \$159,300 for 5 years.

Prevention of head impacts in football: The HuTT Technique. Principal Investigators: Swartz EE and Broglio S. Co-Investigator: **Cook SB**. NineSigma's Head Health Challenge 2: Innovative Approaches for Preventing and Identifying Brain Injuries. \$500,000. 2014-2016.

Prevention of head impacts in American football. Principal Investigators: Swartz EE and Broglio S. Co-Investigator: **Cook SB**. National Athletic Trainer's Association Foundation. #14GGP005-2. \$57,484. 2014-2016.

Comparative effects of resistance training protocols in older adults at risk of mobility limitations. Principal Investigator: **Cook SB**. 1R15AG040700-01A1. National Institutes of Health Academic Research Enhancement Award (AREA) Grants. \$360,236. 2012-2016.

Neuromuscular recovery after blood flow restricted exercise. Principal Investigator: **Cook SB**. American College of Sports Medicine. Research in KAATSU Methodology Grant. \$20,000. 2012.

Efficacy of a novel, comprehensive movement awareness program. Principal Investigator: Swartz EE. Co-Investigator: **Cook SB**. Foundation for Movement Intelligence. \$14,386, 2011.

Adaptations of the IGF-1 axis during prolonged disuse. Principal Investigator: **Cook SB**. National Aeronautics and Space Administration Space Physiology Research Grant through the American College of Sports Medicine Foundation. \$5,000. 2008-2009.

Neuromuscular adaptations to occlusive resistance training. Principal Investigator: **Cook SB**. American College of Sports Medicine. Research in KAATSU Methodology Grant. \$10,000. 2010.

Efficacy of resistance exercise coupled with blood flow restriction as a countermeasure to unilateral lower limb suspension. Principal Investigator: **Cook SB**. National Aeronautics and Space Administration (NNX06AG26H). \$85,000. 2006-2009.

GRANTS (continued)

INTERNALLY FUNDED:

Assessment of high-velocity blood flow restricted exercise. Grimes II Award. Principal Investigator: **Cook SB**. College of Health and Human Services, University of New Hampshire. \$5000.

Using transcranial magnetic stimulation to assess neuromuscular function during blood flow restricted exercise. Faculty Development Grant. Principal Investigator: **Cook SB**. University of New Hampshire. \$1500. 2017.

Development of an international collaboration to study blood flow restricted exercise. Center for International Education International Development Grant. Principal Investigator: **Cook SB**. University of New Hampshire. \$1500. 2015.

Measuring intermuscular adipose tissue after resistance training. Summer Faculty Fellowship. Principal Investigator: **Cook SB**. University of New Hampshire. \$5,750. 2011.

Graduate School Travel Grants. Principal Investigator: **Cook SB**. Syracuse University: Graduate School Grant. \$2,800. 2003-2008.

Adaptations of the IGF-1 axis during prolonged disuse. Principal Investigator: **Cook SB**. Syracuse University: School of Education Creative Research Grant. \$800. 2008.

Efficacy of resistance exercise coupled with blood flow restriction as a countermeasure to prolonged unweighting. Principal Investigator: **Cook SB**. Syracuse University: School of Education Creative Research Grant. \$1,000. 2006.

Two dimensional accelerometry as a measure of subject compliance with unilateral lower limb suspension. Principal Investigator: **Cook SB**. Syracuse University: Sidney W. Young Research Award. \$200. 2004.

Reliability of the Biodex Stability System in older adults. Principal Investigator: **Cook SB**. Syracuse University: School of Education Creative Research Grant. \$350. 2003.

Relationship of self-reported and observed performance in daily tasks among older adults. Principal Investigator: **Cook SB**. Syracuse University: Sidney W. Young Research Award. \$230. 2002.

Balance changes in older adults participating in traditional strength training or functional training. Principal Investigator: **Cook SB**. Syracuse University: Sidney W. Young Research Award. \$330. 2003.

GRANTS (continued)

Relationship of self-reported and observed performance in daily tasks among older adults. Principal Investigator: **Cook SB**. Syracuse University: School of Education Creative Research Grant. \$200. 2002.

GRANTS UNDER REVIEW:

Resistance training, detraining, and retraining in older adults with sarcopenia. Principal Investigator: **Cook SB**. \$2,421,852.00. Submitted to National Institutes of Health. October 2018.

Telemedicine Intensive Behavioral Therapy in Rural Older Obese Adults. Principal Investigator: Batsis JA. Consultant: **Cook SB**. Subaward: \$15,554. Submitted to National Institutes of Health. October 2018.

INVITED LECTURES OR PRESENTATIONS

Blood flow restricted resistance training: Who, what, when, where, how and why? Annual Meeting of the New England Chapter of the American College of Sports Medicine. Providence, RI. November 2018.

Blood flow restricted training: From laboratory to practice. Annual Meeting of the National Athletic Trainers' Association. Symposium titled: Occlusion rehabilitation exercise: Blood flow restricted exercise. Baltimore, MD. June 2016.

Blood flow restricted exercise. Department of Kinesiology. California State University at Fullerton. December 2015.

Blood flow restricted resistance training in older adults. Annual Meeting of the American Congress on Rehabilitation Medicine. Symposium titled: Optimizing exercise for improving physical function in older adults. Dallas, TX. October 2015.

Blood flow restricted resistance training in older adults. Annual Meeting of the Geriatric Society of America. Symposium titled: Optimizing exercise for improving physical function and preventing disability among older adults. Orlando, FL. November 2015.

Blood flow restricted resistance training exercise as a modality for older adults. Dartmouth-Hitchcock Aging Resource Center. January 2015.

Why older adults need to resistance train. Age of Champions Senior Event. University of New Hampshire College of Health and Human Services. September 2014.

Blood flow restricted exercise in rehabilitation. University of Maine Exercise Science Seminar Series. October 2013.

INVITED LECTURES OR PRESENTATIONS (continued)

Concepts and applications of blood flow restricted exercise. New Hampshire Musculoskeletal Institute Fall Symposium. September 2013.

To post-doc or not? Graduate and Early Career Day Pre-Conference. American College of Sports Medicine Annual Meeting. Indianapolis, IN. 2013.

Comparative effects of resistance training protocols in older adults at risk of mobility limitations. University of New Hampshire Department of Molecular, Cellular & Biomedical Sciences seminar series MCBS 997.04, Durham, NH. October 2012.

Low-load blood flow restricted resistance training: An alternative to high-load training? University of Massachusetts Amherst Department of Kinesiology Graduate Seminar Series. Amherst, MA. January 2012.

To post-doc or not? Graduate and Early Career Day Pre-Conference. American College of Sports Medicine Annual Meeting. San Francisco, CA. May 2012.

Fitness and its effects on activities of daily living. Riverwoods Retirement Community. Exeter, NH. February 2011.

The impact of aging and obesity on physical functioning. New England Chapter of the American College of Sports Medicine Annual Fall Conference. Providence, RI. November 2010.

Low-load resistance training with a blood flow restriction as a countermeasure to prolonged unloading. NASA. Johnson Space Center, Houston, TX. February 2009.

Low-load resistance exercise with blood flow restriction as a countermeasure to disuse atrophy. Syracuse University Graduate Student Seminar Series. Syracuse, NY. November 2008.

Make an Impact: Getting involved in ACSM—A Student Perspective. American College of Sports Medicine Annual Meeting. New Orleans, LA. May 2007.

Low-intensity resistance training and ischemia. The new way to hypertrophy? Graduate Student Seminar Series. Syracuse, NY. November 2005.

Trends in Physical Functioning and Aging. OASIS Institute. Syracuse, NY. March 2004.

Significance of scholarship in college science teaching. Syracuse University Symposium on Science Education Research. Syracuse, NY. October 2003.

TEACHING POSITIONS

2015-Present	Associate Professor Department of Kinesiology Exercise Science Option University of New Hampshire
2009-2015	Assistant Professor Department of Kinesiology Exercise Science Option University of New Hampshire
2008	Adjunct Lecturer Department of Exercise Science Syracuse University
2006	Adjunct Lecturer School of Education Syracuse University
2000-2005	Teaching Assistant Department of Exercise Science Syracuse University.
2001-2002	Adjunct Lecturer Department of Exercise Science State University of New York at Cortland
2000-2002	Exercise Physiology Tutor School of Education Syracuse University

SUBJECTS TAUGHT

Biology of Aging (traditional and online), Exercise Prescription and Leadership in Healthy and Special Populations, Exercise Physiology Laboratory Techniques, Science and Practice of Strength Training, Scientific Foundations of Health and Fitness, Topics in Applied Physiology, Contemporary Perspectives in Exercise Science, Graduate Colloquium, Analysis of Professional Literature, Research Methods in Exercise Science, Quantitative Statistics, Current Literature in Exercise Science

ACADEMIC ADVISING

2018-2019	1 Graduate Student, 20 Undergraduate Students
2017-2018	1 Graduate Student, 13 Undergraduate Students
2016-2017	0 Graduate Student, 13 Undergraduate Students
2015-2016	1 Graduate Student, 14 Undergraduate Students
2014-2015	1 Graduate Student, 20 Undergraduate Students
2013-2014	1 Graduate Student, 22 Undergraduate Students
2012-2013	2 Graduate Students, 22 Undergraduate Students
2011-2012	1 Graduate Student, 23 Undergraduate Students
2010-2011	1 Graduate Student, 29 Undergraduate Students
2009-2010	1 Graduate Student, 10 Undergraduate Students

STUDENT AWARDS AND GRANTS

2018	Teigue Young UNH Summer Undergraduate Research Fellowship
2017	Mikaela Frechette Robert Axtell UNH International Research Opportunities Program Undergraduate Research Conference Award of Excellence UNH Research Presentation Grant from the Hamel Center
2017	Christopher Cleary UNH Summer Undergraduate Research Fellowship UNH Research Presentation Grant from the Hamel Center
2016-2017	Nora Scanlan UNH Summer Undergraduate Research Fellowship UNH Grimes Competition Winner
2016	Margarethe Hauschildt UNH Summer Undergraduate Research Fellowship UNH Undergraduate Research Conference Parents Association Undergraduate Research Symposium Award of Excellence
2015	Colin Bond UNH Research Presentation Grant from the Hamel Center
2015	Rebecca Daniels UNH Summer Undergraduate Research Fellowship UNH Grimes Competition Winner UNH Research Presentation Grant from the Hamel Center

STUDENT AWARDS AND GRANTS (continued)

- 2015 **Megan Sellarole**
UNH Summer Undergraduate Research Fellowship
- 2015 **Elissa Solomon**
UNH Undergraduate Research Conference Parents Association Undergraduate
Research Symposium Award of Excellence
- 2014 **Ashley Meyer**
UNH Summer Undergraduate Research Fellowship
UNH Research Presentation Grant from the Hamel Center
- 2014 **Samuel Gagnon**
UNH Grimes Competition Runner-up
UNH Research Presentation Grant from the Hamel Center
- 2013-2014 **Hannah Barile**
New England American College of Sports Medicine Undergraduate Research
Presentation Award
UNH Undergraduate Research Award
UNH Undergraduate Research Conference Parents Association Undergraduate
Research Symposium Award of Excellence
- 2013-2014 **Michelle Villa**
UNH Research Presentation Grant from the Hamel Center
UNH College of Health and Human Services Basil Mott Award
- 2012-2013 **Madeline Allen**
UNH Undergraduate Research Award
UNH College of Health and Human Services Grimes Family Fund
UNH Research Presentation Grant from the Hamel Center
- 2012-2013 **Dina Milano**
UNH Summer Undergraduate Research Fellowship
UNH Roger A. Ritvo Award
UNH Research Presentation Grant from the Hamel Center
- 2011-2012 **Samantha Scarneo**
UNH Undergraduate Research Award
UNH Grimes Competition winner
UNH Undergraduate Research Conference Parents Association Undergraduate
Research Symposium Award of Excellence

STUDENT AWARDS AND GRANTS (continued)

2010-2011 **Bethany Murphy**
UNH Student Undergraduate Research Fellowship
UNH Undergraduate Research Award
UNH 2011 Grimes Competition winner
UNH Research Presentation Grant from the Hamel Center

RELATED PROFESSIONAL EXPERIENCE

2006-2010 **Onondaga County on Aging- Fit for the Next Fifty**
Syracuse, NY
Group fitness instructor

2006-2008 **Syracuse University Exercise Science Department**
Syracuse, NY
Administrative Assistant to the head of the department

2001- 2005 **Personal Fitness Programs** Syracuse, NY
Exercise Physiologist

2000 **Saint Joseph's Cardiopulmonary Rehabilitation**
Syracuse, NY
Exercise Physiology Intern

2000-2001 **Fitness Forum**
Fayetteville, NY
Exercise Physiologist

1998-1999 **Pocmont Fitness Center**
Bushkill, PA
Exercise Physiologist

1999 **Anheuser-Busch Wellness Center**
Baldwinsville, NY
Exercise Physiology Intern

APPOINTED POSITIONS

2018-Present Hamel Center Liaison for College of Health and Human Services
University of New Hampshire

2018-Present Vice-Chair of the Institutional Review Board
University of New Hampshire

APPOINTED POSITIONS (continued)

2016-Present	American College of Sports Medicine Strategic Health Initiative--Aging
2015-Present	Institutional Review Board University of New Hampshire
2014-Present	Fulbright Specialist Roster Candidate
2014-Present	American College of Sports Medicine Fit Society Page Newsletter Editorial Board Committee
2014-Present	Undergraduate Research Conference Committee Member University of New Hampshire
2013	American College of Sports Medicine Fellow
2012	Faculty Instructional Technology Summer Institute (FITSI) University of New Hampshire
2012-2016	National Institutes of Health Early Career Reviewer Program
2012-Present	Responsible Conduct of Research and Scholarly Activity Committee University of New Hampshire
2012-2013	Co-Chair of the Kaatsu Special Interest Group American College of Sports Medicine
2012-2013	Member-at-Large New England Chapter of the American College of Sports Medicine
2010-2012	New Hampshire State Representative New England Chapter of the American College of Sports Medicine
2010-2015	Chair of the Awards and Celebrations Committee University of New Hampshire Department of Kinesiology
2008-2009	Chair of the Student Affairs Committee American College of Sports Medicine
2006-2008	Board of Trustees Student Representative American College of Sports Medicine
2003-2005	Student Representative Mid-Atlantic Regional Chapter of the American College of Sports Medicine

APPOINTED POSITIONS (continued)

2004 Teaching Fellow Future Professoriate Program
Syracuse University

AWARDS

2015 New Investigator Award
American College of Sports Medicine

2014 Outstanding New Investigator Research Award
University of New Hampshire College of Health and Human Services

2013 College of Health and Human Services Grimes Family Fund
University of New Hampshire

2013 Roger A. Ritvo Award for Study/Faculty Research
University of New Hampshire College of Health and Human Services

2005 President's Award
Mid-Atlantic Regional Chapter of the American College of Sports Medicine

2004 Outstanding Teaching Assistant
Syracuse University

PROFESSIONAL MEMBERSHIP

2015-2016 American Congress of Rehabilitation Medicine

2013-Present Fellow in the American College of Sports Medicine

2009-Present New England Chapter of the American College of Sports Medicine

2008-Present The American Physiological Society

2001-Present American College of Sports Medicine

2001-2009 Mid-Atlantic Chapter of the American College of Sports Medicine

JOURNAL REVIEWER

Applied Physiology, Nutrition, and Metabolism
Athletic Training & Sports Health Care
Clinical Physiology and Functional Imaging
Comparative Biochemistry and Physiology
Experimental Gerontology
Extreme Physiology and Medicine
Growth Hormone & IGF Research
Human Brain Mapping

JOURNAL REVIEWER (continued)

International Journal of Exercise Science
Journal of Applied Physiology
Journal of Athletic Training
Journal of Biomechanics
Journal of Dance and Medicine
Journal of Hypertension
Journal of Physical Activity and Aging
Journal of Physiology
Journal of Cachexia, Sarcopenia and Muscle
Journal of Science and Medicine in Sport
Journal of Strength and Conditioning Research
Medicine & Science in Sports & Exercise
Muscle & Nerve
Physical Medicine & Rehabilitation
Sports Medicine
Wilderness & Environmental Medicine