

FRANK BRYAN WYATT

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EDUCATION

University of Northern Colorado

Doctor of Education, May 1996

Exercise Physiology

Dissertation Topic: A Meta-Analysis of the Non-Linear Dynamics Associated with Anaerobic Threshold

San Francisco State University

Master of Art, May 1985

Physical Education with an emphasis in Exercise Physiology

North Texas State University

Bachelor of Science, December 1977

Education with a Minor in Mathematics

Continuing Education Credits through attendance of conferences, workshops, seminars:

- American College of Sports Medicine
- The National Strength and Conditioning Association
- American Society of Exercise Physiology

PROFESSIONAL EXPERIENCE

MIDWESTERN STATE UNIVERSITY

2005 to Present

Wichita Falls, TX

Administrative Achievements:

- **Full Professor** of the Department of Athletic Training & Exercise Physiology (Past Chair). Administrative work within the department included budgeting, hiring, curriculum changes, accreditation for specific programs.
- **Graduate Coordinator** for the Department of Athletic Training & Exercise Physiology. This position required advising all graduate students within the department, attending Graduate Council meetings and advocating for departmental concerns, issues related to graduate research (i.e., theses) and curriculum development, budgeting for Graduate Assistants. Achieved **Full Faculty** status in the graduate school.
- **Director and Chair of the Board of Directors (BOD)** Midwestern State University (MSU) Cycling. Budgeting and working with the MSU Cycling Coach.
- **Initiatives:** Established the first Study Abroad class in Exercise Physiology. This required curriculum development, budgeting, recruiting; Spear-headed the accreditation of both the undergraduate and graduate degree plans in Exercise

Physiology by the American Society of Exercise Physiology (ASEP). Awarded the first EURECA (Enhancing Undergraduate Research Endeavors and Creative Activities) undergraduate research grant. Host (four times) for the National Conference for the American Society of Exercise Physiologists (ASEP).

LOUISIANA TECH UNIVERSITY
Ruston, LA

2003 to 2005

Administrative Achievements

- **Director** of the Applied Human Performance Laboratory. Included conducting original research, writing grants for extramural funding, publishing research articles in refereed journals, advising students within the major and presenting research material at State, Regional and National Conferences.
- **Full Faculty** status in the graduate school.

BAYLOR UNIVERSITY
Waco, TX

2000 to 2003

Administrative Achievements

- **Director** of the Human Performance Laboratory. Included budgeting for supplies, conducting original research, writing grants for extramural funding, publishing research articles in refereed journals, and presenting research material at State and National Conferences.
- **Full Faculty** status in the graduate school.
- **Chair**, Departmental Institutional Review Board (IRB). Determining efficacy and safety for research utilizing animals and humans as subjects.

WICHITA STATE UNIVERSITY
Wichita, KS

1998 to 2000

Administrative Accomplishments

- **Chair Graduate Theses:** mentor original research in the area of Exercise Physiology
- **Coordinator** of the Human Performance Laboratory. Writing grants for extramural funding; publish research articles in refereed journals, and present research material at State and National Conferences.
- **Graduate School Coordinator** for Exercise Science
- **Research Coordinator** for The Center for Physical Activity & Aging. Research design, data collection, statistical analysis, interpretation of findings.
- **Chair**, IRB for Humans as Subjects for the University. Determine efficacy and safety for research utilizing animals and humans as subjects.

Administrative Accomplishments

- **Primary Investigator:** Conduct research projects, write grants for extramural funding, and publish research articles in State, Regional, and National refereed Journals.
- **Initiative:** Established the first Exercise Science degree through curriculum development and Kentucky State approval.

TEACHING RESPONSIBILITIES

Undergraduate (current and past)

- Exercise Medicine
- Exercise Physiology
- Structural Kinesiology (Anatomical)
- Exercise Testing and Prescription (currently Exercise Physiology & Clinical Assessment)
- Motor Development
- Fitness and Conditioning
- Weight Lifting for Women
- Taekwondo: South Korean Martial Arts

Graduate (current and past)

- Molecular and Cellular Exercise Physiology
- The Science Behind Injury and Rehabilitation
- Advanced Exercise Physiology
- Applied Exercise Physiology and Assessment
- Research and Design in Kinesiology
- Kinesiology in the Classroom
- Applied Research Statistics in Exercise Physiology
- Seminar in Exercise Physiology
- Myocardial Physiology and ECG Interpretation
- Research I & Research II in Exercise Physiology
- Thesis

RESEARCH AND SCHOLARLY ACTIVITY

Books

Wyatt, F.B. (2013). *Buddha on a Bike: stories of an enlightened cyclist-wannabe*. Amazon Books. Amazon.com

Wyatt, F.B. (2008). *The Tao of Training*. Heimdall Books Publishers, Wichita Falls, Texas.

Scholarly Writing/ Refereed Articles

Wyatt F.B. and Bhanushali, P.P. (2023). Influence of the parasympathetic nervous system on heart rate after the onset of exercise and immediate post-exercise recovery. *Journal of Exercise Medicineonline*, Vol. 8 (2):1-9.

Wyatt F.B. and Campbell P.A. (2022) Oxygen consumption through heart rate analysis in trained cyclists. *Journal of Exercise Medicineonline*, Vol. 7(1):10-17.

Gregg, Z., **Wyatt, F.**, Brown, S., Lopez, M., Choi, SM and Olson, M. (2021). Physiological adaptations to moderate intensity training in an elite cyclist. *Journal of Exercise Physiologyonline*, February.

Macklin, I.T., **Wyatt, F.B.**, Ramos, M. and Ralston, G. (2019). A meta-analytic review of muscle glycogen replenishment. *Journal of Exercise Physiologyonline*, Vol. 22 (4): 95-111.

Lopez, A. and **Wyatt, F. B.** (2019). The effect of aerobic and resistance training on glycemic control of type 2 diabetes mellitus: meta-analytic study. *Journal of Exercise Medicineonline*. Vol. 4 (2): 1-13.

Ralston, G., Kilgore, L., **Wyatt, F.B.**, Dutheil, F., Jaekel, P., Buchan, D.S. and Baker, J.S. (2019). Re-examination of the dose-response effect of 1- vs. 3-sets of resistance exercise pre-spaceflight conditioning: a systematic review and meta-analysis. *Frontiers in Physiology*. June.

Ralston, G.W., Kilgore, L., **Wyatt, F.B.**, Buchan, D. and Baker, J. S. (2018). Weekly training effects on strength gain: a meta-analysis. *Sports Medicine-Open*. July.

Brown, E.C., Buchan, D.S., Drignei, D., **Wyatt, F.B.**, Kilgore, L., Cavana, J. and Baker, J.S. (2018). Primary school children's health behaviors, attitudes, and body mass index after a 10-week lifestyle intervention with follow-up. *Frontiers in Pediatrics*, Vol. 6: 1-8.

Wyatt F, Russell K, Munoz N. (2018) A Comparison of Heart Rate Measures between Fit Cohorts of Cyclists. *Journal of Exercise Physiologyonline*, Vol. 21(3):71-78.

Ralston, G.W., Kilgore, J.L., Baker, J.S. and **Wyatt, F.B.** (2017). The effect of weekly set volume on strength gain: a meta-analysis. *Sports Medicine*, July:

Brown, E.C., Buchan, D.S., **Wyatt, F.B.**, Kilgore, J.L., Chatzi, M., Cavani, J. and Baker, J.S. (2017). The 10-week lifestyle intervention fit for school: impact on obesity indices, biomarkers, and blood pressure. *Health Behavior Policy Review*, Vol. 4 (2): 142-149.

Gillen, Z.M., **Wyatt, F.B.**, Winchester, J., Smith, D. and Ghetia, V. (2016). The relationship between aerobic and anaerobic performance in recreational runners. *International Journal of Exercise Science*, Vol. 9 (5), Article 9.

Odom, J.W., **Wyatt, F.B.** and Spaniol, F.J. (2016). Post-exercise recovery modalities: a meta-analysis. *Journal of Exercise Medicineonline*, Vol. 1 (5): 1-20.

Canivel, R. and **Wyatt, F.** (2016). Cardiovascular responses between low cadence/high force vs. high cadence/low force cycling. *International Journal of Exercise Science*, Vol. 9 (4): October.

Brown, E.C., Buchan, D.S., Baker, J.S., **Wyatt, F.B.**, Bocalini, D.S. and Kilgore, L. (2016). A systematized review of primary school whole class child obesity interventions: effectiveness, characteristics and strategies. *BioMed Research International*, September: 1-15.

Wyatt, F. B., Shah, Y. and Dhimar, M. (2016). A comparison of observed collegiate female cyclists to elite female cyclists from a meta-analytic review. *International Journal of Exercise Science*, Volume 9 (3):368-375.

Brown, E. C., Buchan, D. S., Cavana, J., Baker, J. S., **Wyatt, F. B.**, Kilgore, J. L. (2016). Fit for School: Results of a 10-week School-Based Child Healthy Weight Pilot Intervention for Primary School Students. *International Journal of Health Promotion and Education*, 54(2).

Wyatt, F., Baker, J.S. and Buchan, D. (2015). Fitness status and myocardial morphology in youth. *Journal of Exercise Physiologyonline*. Vol. 18 (5):1-12.

Scott, C., **Wyatt, F.**, Winchester, J., Williamson, K., Welter, A. and Brown, S. (2015). Physiological breakpoints and maximal steady state of cycling. *Journal of Exercise Physiologyonline*. Vol. 18 (3): 33-45.

Wyatt, F.B. (2014). Physiological Responses to Altitude: A Brief Review. *Journal of Exercise Physiologyonline*. Vol. 17 (1): 90-96.

Wyatt, F. B. and Donaldson, A. (2013). Segmental trend-lines define heart rate response to increased work. *Journal of Exercise Physiologyonline*. Vol.16 (6):59-68.

Wyatt, F.B., Donaldson, A. and Brown, E. (2013). The overtraining syndrome: a meta-analytic review. *Journal of Exercise Physiologyonline*, Vol. 16 (2):12-23.

Brown, E., Cavana, J., Baker, J.S., **Wyatt, F.** and Kilgore, J.L (2013). Fit for school: a school-based child healthy weight intervention reduces BMI-SDS scores in primary school students. *International Journal of Epidemiology*. Vol. 2:

Canivel, R.G., **Wyatt, F.B.** and Baker, J.S. (2012). Cardiovascular responses to isometric hand grip vs. relaxed hand grip in sustained cycling efforts. *Journal of Strength and Conditioning Research*, 26 (11): 3101-3105.

Hancock, S., **Wyatt, F.** and Kilgore, L. (2012). Variation in barbell position relative to shoulder and foot anatomical landmarks alters movement efficiency. *International Journal of Exercise Science*, Vol. 5 (3): 183-195.

Wyatt, F. B., Pawar, G. L. and Kilgore, J. L. (2011). Exercise induced cardiac fatigue following prolonged exercise in road cyclists. *The ICHPER-SD Journal of Research*, Vol. 6(2): 61-66.

Wyatt, F. and Swaminathan, A. (2010). Implementing a mathematical model to compare oxygen uptake kinetics between cyclists and non-cyclists during steady state. *The Journal of Strength and Conditioning Research*. Vol. 24 (10): 2627-2631.

Gregg, J., **Wyatt, F.** and Kilgore, L. (2010). Determination of ventilatory threshold through quadratic regression analysis. *The Journal of Strength and Conditioning Research*. Vol. 24 (9): 2512-2515.

Wyatt, F., Swaminathan, A. and Myles, R. (2008). A quantitative investigation of sub-maximal conditions of steady state. *The ICHPER-SD Journal of Research, Vol. III (2)*: 36-38.

Wyatt, F.B. (2007). Thresholds of ventilation and heart rate during incremental exercise and venous leg occlusion. *Journal of Exercise Physiologyonline*, Vol. 10 (3): 25-31.

Baghurst, T., Carlston, D., Wood, J., and **Wyatt, F. B.** (2007). Preadolescent male perceptions of action figure physiques. *Journal of Adolescent Health*, 41(6), 613-615.

Siegler, J.C., Robergs, R.A., Faria, E.W., **Wyatt, F.B.**, and McCarthy, J. (2007). Noninvasive profiling of exercise-induced hypoxemia in competitive cyclists. *Research in Sports Medicine*, 15 (1): 61-66.

Wyatt, F., McCarthy, J., and Neason, J. (2006). A comparison of muscle tissue oxygen saturation between female and male competitive cyclists. *ICHPER-SD Journal of Research, Vol. 1 (1)*: 16-19.

Wyatt, F., Godoy, S., Autrey, L., McCarthy, J., and Heimdal, J. (2005). Utilizing a logarithmic regression to identify the heart rate threshold in cyclists. *Journal of Strength and Conditioning Research*, 19 (4): 838-841.

Colson, S., **Wyatt, F.,** Johnston, D., FitzGerald, Y., Autrey, L. and Earnest, C. (2005). *Cordyceps sinensis* and *Rhodiola rosea* based supplementation in male cyclists and its effect on muscle tissue oxygen saturation. *Journal of Strength and Conditioning Research*, Vol. 19 (2); 358-363.

Wyatt, F., Autrey, L., FitzGerald, Y., Colson, S., and Heimdal, J. (2004). Phase transition defines steady state beyond threshold. *Journal of Exercise Physiologyonline*, Vol. 7 (2): 70-76.

Earnest, C., **Wyatt, F.,** Colson, S., FitzGerald, Y., Jurca, R., Morss, G., Jordan, A., Church, T., Autrey, L. and Lucia, A. (2004). Dietary ingestion of an herbal formula containing *Cordyceps sinensis* and *Rhodiola rosea* on cycling performance in competitive amateur cyclists. *Medicine and Science in Sport and Exercise*, Vol. 36 (3): 504-509.

Wilborn, C, Greenwood, M., **Wyatt, F.,** Bowden, R. and Grose, D. (2004). The effects of exercise intensity and body position on cardiovascular variables during resistance exercise. *Journal of Exercise Physiologyonline*, Vol. 7 (4): 29-36.

Bowden, R.G., **Wyatt, F.B.**, Wilson, R.L., Wilborn, C.D. and Gentile, M. (2004) Homocysteine and vascular access thrombosis in a cohort of end-stage renal disease patients. *Renal Failure*, Vol. 26, (6), November.

Wyatt, F.B. and McCarthy, J.P. (2003). Reduced ventilatory parameters in aging, fit cyclists facilitates time to exhaustion. *Journal of Exercise Physiology* *online*, Vol.6 (1): 12-17.

McCarthy, J. P. and **Wyatt, F. B.** (2003). Prediction equation: power output from heart rate for cyclists. *International Sports Journal*, Vol. 7 (1): 56-61.

Simonson, S. R., and **Wyatt, F. B.** (2003). A comparison of cardiovascular parameters for the supine cycle ergometer and the treadmill. *Journal of Biology in Sport*, 20(1):3-14.

Manske, R.C., Smith, B.S. and **Wyatt, F.B.** (2003) Test-retest reliability of lower extremity functional tests after a closed kinetic chain isokinetic testing bout. *Journal of Sport Rehabilitation*, Vol.12; 119-132.

Bowden, R. G., **Wyatt, F. B.** and Wilson, R. (2002). Homocysteine and Vascular Access Thrombosis in End-Stage Renal Disease Patients: A Retrospective Study. *Journal of Nephrology*, Vol. 15(6):666-670.

Blackwell III, C., Abercrombie, W., and **Wyatt, F.** (2002). Head coaching qualities sought by division I-A athletics directors. *The Extra Point, Journal of the American Football coaches Association*, March/April: 6.

Wyatt, F.B., Milam, S., Manske, R.C., and Deere, R.(2001). The effects of aquatic and traditional exercise programs on persons with knee osteoarthritis. *Journal of Strength and Conditioning Research*, Vol. 15 (3): 337-340.

Deaton, M. and **Wyatt, F.** (2001). Heart rate response of asymptomatic, at-risk individuals during treadmill work. *KAHPERD Journal*, Vol. 37 (1): 12-14.

Wyatt, F.B.(2000). A comparison of predictive equations and actual maximal heart rate. *International Sports Journal*, Vol. 4 (1): 1-8.

Wyatt, F.B., Worrell, V.J., and Deere, R.E. (2000). Understanding statistical concepts in sport and physical activity. *Kansas AHPERD Journal*, Vol. 71, Spring: 25-27

Wyatt, F.B., Crandall, J.K., and Greaney, E.J. (2000). A comparison of aerodynamic cycling positions on ventilatory responses. *Kentucky AHPERD Journal*, Vol. 36 (1): 27-31.

Wyatt, F.B. (1999). Comparison of lactate and ventilatory threshold to maximal oxygen consumption: a meta-analysis. *Journal of Strength & Conditioning Research*, Vol.13 (1): 67-71.

Deere, R., Crews, T. and **Wyatt, F.** (1999). The essence of writing a manuscript for publication. *Kentucky AHPERD Journal*, 35 (1).

Crews, T., **Wyatt, F.** and Deere, R. (1998). Basics about free radicals, antioxidants and vitamin supplementation. *Kentucky AHPERD Journal*, 34 (1): 17-20.

Wyatt, F. B. and Simonson, S. (1997). Comparison of ventilatory threshold for the treadmill and supine cycle ergometer. *International Sports Journal*, 1(1): 17-23.

Wyatt, F. B., Deere, R. and Crews, T.R. (1997). Utilization of complex adaptive systems theory & statistical analysis during training: a case study. *Kentucky AHPERD Journal*, 33(1): 27-30.

Balke, B., Anthony, J., and **Wyatt, F.**(1989). The effects of massage treatment on exercise fatigue. *Clinical Sports Medicine 1*; 189-196.

Submitted

Campolino, M.L., Macklin, I. and **Wyatt, F.B.** (2020). Resting ECG Analysis and Sinus Rhythm in Male Collegiate Soccer. *Journal of Strength and Conditioning Research*. January.

Bourgeois, F. A., Winchester, J. B., Brem, R. W., **Wyatt, F. B.** and Cronin, S. P. (2020). Lower-body strength and power in college football athletes influence performance in change of direction tasks. *Journal of Strength and Conditioning Research*.

Scholarly Writing/ Refereed Published Abstracts

Wyatt, F.B. and Roberts, B. (2023). A Dose-Response Exercise Treatment for Chronic Pain: A Qualitative Meta-Analysis. *Medicine & Science in Sports & Exercise: Supplement*. Vol. 55.

Prajapati, S, **Wyatt, F.**, and Kher, J. (2023). Effects of Six Weeks of Time-Based Intermittent Fasting on Body Composition, Metabolic Parameters in Young Adults. *International Journal of Exercise Science: Conference Proceedings*. Vol. 2 (4).

Wyatt, F. B. (2022). Meta-Analysis: A Timely Research Design". *Journal of Exercise Physiology*: August, Vol. 24 (4).

Wyatt, F.B., Olson, M.W., Winchester, J.B., Iga, S., Heaver, M., Chaffin, L., Brownstein, J. and Daniel, A. (2022). Associations Between Fitness Components in Collegiate Female Soccer Players. *Medicine & Science in Sports & Exercise: Supplement*. Vol. 54.

Patel, H.M., **Wyatt, F.B.**, Choi, S.M. and Olson, M.W. (2022). The Effect of Covid-19 on Cardiac Health Investigated by Electrocardiogram in Collegiate Athletes. *International Journal of Exercise Science: Conference Proceedings*. Vol. 2 (4).

Delgadillo, N.A., **Wyatt, F.B.**, Olson, M.W. and Choi, S.M. (2022). The Effects of Body Composition on Resting Metabolic Rate Among College Aged Students. *International Journal of Exercise Science: Conference Proceedings*. Vol.2 (4).

Hever, M., **Wyatt, F.B.**, Winchester, J., Olson, M.W., Chaffin, L., Brownstein, J., Iga, S. and Picasio, L. (2022). Joint Range of Motion is Associated with Injury Risk in Women's collegiate Soccer Players. . *International Journal of Exercise Science: Conference Proceedings*. Vol. 2 (4).

Brownstein, J., **Wyatt, F.B.**, Winchester, J., Olson, M.W., Iga, S., Chaffin, L., Hever, M. and Picasio, L. (2022). Change of Direction is Associated with Non-Contact Injuries in Women's Collegiate Soccer Players. . *International Journal of Exercise Science: Conference Proceedings*. Vol. 2 (4).

Chaffin, L., Winchester, J., **Wyatt, F.B.**, Olson, M.W., Hever, M., Iga, S., Brownstein, J. and Picasio, L. (2022). Joint Laxity is Predictive of Injury in Women's Collegiate Soccer Players. . *International Journal of Exercise Science: Conference Proceedings*. Vol. 2 (4).

West, H.G., Choi, S. M., **Wyatt, F.B.** and Olson, M.W. (2022). Effects of 8-Week Ketogenic Diet on Anthropometrics, Body Composition, Metabolic Parameters, and Psychological Factors in Young Obese Population. *International Journal of Exercise Science: Conference Proceedings*. Vol. 2 (4).

Wyatt, F.B., Leininger, L., Diehm, G., Houston, C., Campbell, P. and Poston, L. (2021). Comparison of Acute COVID19 Infected Athletes to Controls through Electrocardiography. *Supplement, Medicine and Science in Sport and Exercise*. June.

Wyatt, F.B. (2021). Oxygen Consumption through Heart Rate Analysis in Trained Cyclists. *Journal of Exercise Physiologyonline: Conference Proceedings*. Volume 24 (3). June.

Zamastil, S.C. and **Wyatt, F.B.** (2021). The Effect of Sodium Bicarbonate Supplementation on Max VO₂ and Ramp Cycling Test Performance in Collegiate Cyclists. *Journal of Exercise Physiologyonline: Conference Proceedings*. Volume 24 (3). June.

Louisy, E., Tulagan, M., Rohleder, C. and **Wyatt, F.** (2021). The Effects of Exercise on Brain Function: A Meta-Analytic Review. *Journal of Exercise Physiologyonline: Conference Proceedings*. Volume 24 (3). June.

Knoble, C., **Wyatt, F.**, Leininger, L. and Monreal, C. (2020). Determining Potential Risk Factors for Non-Contact Lower Extremity Injuries in Female Collegiate Soccer Players. *International Journal of Exercise Science: Conference Proceedings*. February.

Gregg, Z., Lopez, M., Brown, S. and **Wyatt, F.** (2020). Physiological Adaptations to Moderate Intensity Training in an Elite Cyclist. *International Journal of Exercise Science: Conference Proceedings*. February.

Wyatt, F. B. and Ellis, S. (2019). Prediction Equations in Exercise Physiology: A Regression Analysis Tutorial. *Journal of Exercise Physiologyonline: Conference Proceedings*. October.

Campolino, M. and **Wyatt, F.B.** (2019). Resting ECG Analysis and Sinus Rhythm in Sports Involving Intermittent Intensities. *Journal of Exercise Physiologyonline: Conference Proceedings*. October.

Montalvo, B. and **Wyatt, F.B.** (2019). Does Fitness Status in Female Runners, Based on Maximal Oxygen Consumption, Affect Electrical Activity of the Myocardium? *Journal of Exercise Physiologyonline: Conference Proceedings*. October.

Streadwick, A. and **Wyatt, F.B.** (2019). The Relationship Between Aerobic Capacity and Resting Heart Rate. *Journal of Exercise Physiologyonline: Conference Proceedings*. October.

Macklin, I., Ramos, M., Ralston, G. and **Wyatt, F.B.** (2019). Muscle Glycogen Depletion and Replenishment: A Meta-Analytic Review. *International Journal of Exercise Science: Conference Proceedings*. February.

Lopez, A. and **Wyatt, F.B.** (2019). The Effect of Aerobic and Resistance Training on Glycemic Control in Type 2 Diabetes Mellitus: Meta-Analytic Study. *International Journal of Exercise Science: Conference Proceedings*. February.

Martin, A., Groshek, B., Hernandez, J., Trujillo, L., **Wyatt, F.** and Winchester, J.B. (2019). The Influence of Strength, Torque, and Range of Motion on Injury Rates in Distance Runners: A Meta-Analytic Review. *International Journal of Exercise Science: Conference Proceedings*. February.

Wyatt, F.B., Wyatt, C.B., Wilson, E., Nelson, K., Russell, K., Zynda, D., Veitenheimer, L. and Cochran, N. (2017). Time Course for Physiological Adaptations with Hypobaric Exposure: A Research/Pedagogical Project. *Medicine and Science in Sports and Exercise, Vol. 49, 1 5S:1053*.

Choi, S. M., Russell, K., **Wyatt, F.B.**, Yoo, D.S. (2017). Effects of Energy Drink on Metabolic Parameters and Exercise Performance Following Basketball Game Simulation. *Medicine and Science in Sports and Exercise, (supplement)*.

Russell, K., **Wyatt, F. B.**, Yoo, D.S. and Choi, S.M. (2017) Effect of Energy Drink on Metabolic Response and Exercise Performance Post Basketball Game Simulation. *International Journal of Exercise Science, Volume 2 (9)*.

Choi, S. M., Shah, K., Phares, F., Russell, K., Nelson, K., **Wyatt, F.B.**, Lee, S. (2017). Eight Weeks of Zumba Fitness Training Improves Balance Ability in Sedentary Obese Women (2016). *Medicine and Science in Sports and Exercise, Volume 48:5 (supplement)*.

Brown, E., Buchan, D.S., **Wyatt, F.B.**, Cavana, J. and Baker, J.S. (2016). The 10-week lifestyle intervention fit for school: impact on obesity indices, biomarkers and blood pressure. *Medicine and Science in sports and Exercise, 48 (5S Suppl 1): 593*.

Phares, F and **Wyatt, F.B.** (2016). Protein assimilation, usage and storage. *International Journal of Science, Vol. 2 (8). 79*.

Hill, A. and **Wyatt, F.B.** (2016). The impact of three different forms of warm up on performance. *International Journal of Science, Vol. 2 (8)*. 79.

Onwubuya, K. and **Wyatt, F.B.** (2016). Effect of low or high intensity aerobic exercise and the association to cardiovascular health conditions for college-aged students. *International Journal of Science, Vol. 2 (8)*. 79.

Shah, K, Phares, F, Russell, K, Nelson, K, Bhatt, U, **Wyatt, F** and Choi, S-M (2016). Eight weeks of Zumba fitness training improves balance ability in women. *International Journal of Exercise Science, Vol. 2 (8)*. 31.

Wyatt, F. B., Scott, C., Holmes, R. and Brown, S. (2015). Blood lactate kinetics at maximal steady state indicate regulation of transporter proteins. *Medicine and Science in Sport and Exercise, Vol. 47 (5), Supplement*.

Ghadia, P, Holmes, R and **Wyatt, F.** (2015). Prediction equations for competitive male and female collegiate road cyclists. *International Journal of Exercise Science. Vol. 2 (7)*. 54.

Gillen, Z, Smith, D, Ghetia, V and **Wyatt, F.** (2015). Neuromuscular recruitment in endurance runners should be improved with explosive-strength training. *International Journal of Exercise Science. Vol. 2(7)*. 53.

Phares, F, Moats, M and **Wyatt, F.** (2015). Blood lactate kinetics established through polynomial line of best fit. *International Journal of Exercise Science. Vol. 2(7)*. 52.

Ross, H, Onwubuya, K and **Wyatt, F.** (2015). Metabolic efficiency during ramp test in collegiate cyclists. *International Journal of Exercise Science. Vol. 2(7)*. 51.

Shah, Y, Dhimar, M and **Wyatt, F.** (2015). A bayesian inference comparing collegiate female cyclists to elite female cyclists from a meta-analysis. *International Journal of Exercise Science. Vol. 2(7)*. 50.

Bourgeois, F A, McGuigan, M R, Winchester, J B, Brem, R W and **Wyatt, F B.** (2014). *Journal of Australian Strength & Conditioning. Vol. 22 (5)*. 132.

Wyatt, C., Moats, M., Williams, A. and **Wyatt, F.** (2014). A comparison of heart rate slope between high fit and recreational fit cyclists. *International Journal of Exercise Science. Vol.2 (6)*. February.

Moats, M., Williams, A., Wyatt, C. and **Wyatt, F.** (2014). A comparison of heart rate variability between high fit and recreational fit cyclists. *International Journal of Exercise Science. Vol.2 (6)*. February.

Williams, A., Wyatt, C., Moats, M. and **Wyatt, F.** (2014). A comparison of heart rate threshold points between high fit and recreational fit cyclists. *International Journal of Exercise Science. Vol.2 (6)*. February.

Welter, A., Scott, C. and **Wyatt, F.** (2013). Physiological markers of phase change in heart rate response to work. *International Journal of Exercise Science, Vol. 2 (5)*. February.

Scott, C., Welter, A. and **Wyatt, F.B.** (2013). Heart rate variations in statistical quartiles from VO₂max values in competitive cyclists. *International Journal of Exercise Science, Vol. 2 (5)*. February.

Wyatt, F. (2012). A Prediction Equation for Determining Maximal Oxygen Uptake in Competitive Cyclists. *Medicine & Science in Sports & Exercise, Vol. 44 (5), Supplement*.

Donaldson, A., **Wyatt, F.** and Kilgore, L. (2012). An Investigation of Expired Gas Influence on the Shape of the Heart Rate Response at Maximal Effort in Cyclists. *International Journal of Exercise Science, Vol. 2 (4)*. February.

Pandya, P., **Wyatt, F.**, Kilgore, L. and Velasquez, B. (2012). Meta-Analysis of Exercise Associated Hyponatremia in Endurance Athletes. *International Journal of Exercise Science, Vol. 2 (4)*. February.

Taylor, N, **Wyatt, F.**, Kilgore, L. and Velasquez, B. (2012). Oxidative Low Density Lipoprotein and Exercise: A Historical and Meta-Analysis. *International Journal of Exercise Science, Vol. 2 (4)*. February.

Hayes, M. A., **Wyatt, F. B.**, Lyman, K. J. and Reeves, J. D. (2011). Soccer Fatigue's Effect on Standardized Assessment of Concussion (SAC) Test. *Journal of Athletic Training, 46, Supplement 3*.

Hayes, M. A., **Wyatt, F. B.**, Lyman, K. J. and Reeves, J. D. (2011). Soccer Fatigue's Effect on Standardized Assessment of Concussion (SAC) Test. *International Journal of Science. Vol. 2 (3)*.

Wyatt, F., Canivel, R., Prajapati, K., Patel, S., Patel, D. and Patel, J. (2010). Comparing Low vs. High Cadence during Sustained Power on the Cycle Ergometer. *Medicine and Science in Sports and Exercise, Vol. 42 (5), Supplement*.

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Scholarly Refereed Presentations

Wyatt, F.B. and Roberts, B. (2023). A Dose-Response Exercise Treatment for Chronic Pain: A Qualitative Meta-Analysis. Poster Presentation at The National American College of Sports Medicine Annual Meeting, June. Denver, CO.

Prajapati, S, **Wyatt, F.,** and Kher, J. (2023). Effects of Six Weeks of Time-Based Intermittent Fasting on Body Composition, Metabolic Parameters in Young Adults. Poster Presentation at the Texas American College of Sports Medicine Annual Meeting. February. Waco, TX.

Winchester JB, MW Olson, **FB Wyatt**, S Iga, L Picasio, L Chaffin, M Hever, and J Brownstein (2022) Muscular power and aerobic capacity are associated with injury risk in women's collegiate soccer players. National Strength and Conditioning Association – National Conference. New Orleans, LA

Wyatt, F.B., Olson, M.W., Winchester, J.B., Iga, S., Hever, M., Chaffin, L., Brownstein, J. and Daniel, A. (2022). Associations Between Fitness Components in Collegiate Female Soccer Players. Poster Presentation at the American College of Sports Medicine Annual Meeting and World Congress. May. San Diego, CA.

Delgadillo, N.A., **Wyatt, F.B.**, Olson, M.W. and Choi, S.-M. (2022). The Effects of Body Composition on Resting Metabolic Rate among College Aged Students. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine. February. Waco, TX.

Patel, H. **Wyatt, F.B.**, Choi, S.-M. and Olson, M.W. (2022). The Effect of Covid-19 on Cardiac Health Investigated by Electrocardiogram in Collegiate Athletes. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine. February. Waco, TX.

West, H.G., Choi, S. M., **Wyatt, F.B.** and Olson, M.W. (2022). Effects of 8-Week Ketogenic Diet on Anthropometrics, Body Composition, Metabolic Parameters, and Psychological Factors in Young Obese Population. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine. February. Waco, TX.

Brownstein, J., **Wyatt, F.B.**, Winchester, J.B., Olson, M.W., Iga, S., Chaffin, L. and Hever, M. (2022). Agility and Injury Rates in Collegiate Women's Soccer. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine. February. Waco, TX.

Iga, S., Winchester, J.B., **Wyatt, F.B.**, Olson, M.W., Brownstein, J., Hever, M. and Chaffin, L. (2022). Landing Mechanics and Injury Rates in Collegiate Women's Soccer. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine. February. Waco, TX.

Chaffin, L., Winchester, J.B., **Wyatt, F.B.**, Olson, M.W., Hever, M., Iga, S. and Brownstein, J. (2022). Joint Play and Injury Rates in Collegiate Women's Soccer. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine. February. Waco, TX.

Hever, M., **Wyatt, F.B.**, Winchester, J.B., Olson, M.W., Chaffin, L., Brownstein, J. and Iga, S.(2022). Range of Motion (ROM) and Injury Rates in Collegiate Women's Soccer. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine. February. Waco, TX.

Wyatt, F.B., Leininger, L., Diehm, G., Houston, C., Campbell, P. and Poston, L. (2021). Comparison of Acute COVID19 Infected Athletes to Controls through Electrocardiography. Poster Presentation at the National American College of Sports Medicine Conference. Washington, DC.

Capozzella H, B Castleberry, J Heinsohn, J Rochelle, JB Winchester, and **F Wyatt** (2021). The influence of joint torque on injury rates in soccer players – a meta-analytic review. National Strength and Conditioning Association – National Conference. Orlando, FL.

Wyatt, F.B. (2021). Oxygen Consumption through Heart Rate Analysis in Trained Cyclists. Oral Presentation, National Conference of The American Society of Exercise Physiologists. April.

Zamastil, C. and **Wyatt, F.** (2021). The Effect of Sodium Bicarbonate Supplementation on Max VO₂ and Ramp Cycling Test Performance in Collegiate Cyclists. Oral Presentation, National Conference of The American Society of Exercise Physiologists. April.

Louisy, E., Tulagan, M., Rohleder, C. and **Wyatt, F.** (2021). The Effects of Exercise on Brain Function: A Meta-Analytic Review. Poster Presentation, National Conference of The American Society of Exercise Physiologists. April.

Winchester, J.B., Scott, A., Scott, C. and **Wyatt, F.B.** (2020). Muscular Strength and VO₂ are Associated with C-Reactive Protein Expression in Normal Health Adults. Poster Presentation at the National Conference of The National Strength and Conditioning Association. Las Vegas, NV. (delivered in online gallery due to COVID-19).

Knoble, C., **Wyatt, F.**, Leininger, L. and Monreal, C. (2020). Determining Potential Risk Factors for Non-Contact Lower Extremity Injuries in Female Collegiate Soccer Players. Presentation at the Annual Meeting of the Texas Chapter of the American College of Sports Medicine. February.

Gregg, Z., Lopez, M., Brown, S. and **Wyatt, F.** (2020). Physiological Adaptations to Moderate Intensity Training in an Elite Cyclist. Presentation at the Annual Meeting of the Texas Chapter of the American College of Sports Medicine. February

Wyatt, F. B. and Ellis, S. (2019). Prediction Equations in Exercise Physiology: A Regression Analysis Tutorial. Oral Presentation at the National Annual Conference of the American Society of Exercise Physiology. October.

Campolino, M. and **Wyatt, F.B.** (2019). Resting ECG Analysis and Sinus Rhythm in Sports Involving Intermittent Intensities. Oral Presentation at the National Annual Conference of the American Society of Exercise Physiology.. October.

Montalvo, B. and **Wyatt, F.B.** (2019). Does Fitness Status in Female Runners, Based on Maximal Oxygen Consumption, Affect Electrical Activity of the Myocardium? Oral Presentation at the National Annual Conference of the American Society of Exercise Physiology. October.

Streadwick, A. and **Wyatt, F.B.** (2019). The Relationship between Aerobic Capacity and Resting Heart Rate. Oral Presentation at the National Annual Conference of the American Society of Exercise Physiology. October.

Macklin, I., Ramos, M., Ralston, G. and **Wyatt, F.B.** (2019). Muscle Glycogen Depletion and Replenishment: A Meta-Analytic Review. Poster Presentation at the Annual Meeting of the Texas Chapter of the American College of Sports Medicine. February.

Lopez, A. and **Wyatt, F.B.** (2019). The Effect of Aerobic and Resistance Training on Glycemic Control in Type 2 Diabetes Mellitus: Meta-Analytic Study. Poster Presentation at the Annual Meeting of the Texas Chapter of the American College of Sports Medicine. February.

Martin, A., Groshek, B., Hernandez, J., Trujillo, L., **Wyatt, F.** and Winchester, J.B. (2019). The Influence of Strength, Torque, and Range of Motion on Injury Rates in Distance Runners: A Meta-Analytic Review. Poster Presentation at the Annual Meeting of the Texas Chapter of the American College of Sports Medicine. February.

Wyatt, F., Macklin, I., Russell, K., Hughes, B., Russell, B., Gross, H., Dominguez, J., Delgadillo, N., Campbell, A. and McMahan. (2018). Cultural Influence on fitness and Health Status: A Study Abroad Research-Pedagogy Project. Slide Presentation, National Meeting of The American Society of Exercise Physiologists. October, Wheeling, WV.

Wyatt, F. B. (2017). The Role of Glycogen in Movement. The 20th National Meeting of The American Society of Exercise Physiology. Minneapolis, MN.

Wyatt, F.B. (2017). Effect of Endurance Training on Cardiovascular Physiology. The 29th International Sport Science Congress, "Promoting Integrity and Safety in Sport". Dankook University, Cheonan, South Korea

Wyatt, F.B., Wyatt, C.B., Wilson, E., Nelson, K., Russell, K., Zynda, D., Veitenheimer, L. and Cochran, N. (2017). Time Course for Physiological Adaptations with Hypobaric Exposure: A Research/Pedagogical Project. Poster Presentation at the National Meeting of The American College of Sports Medicine. Denver, CO.

Choi, S. M., Russell, K., **Wyatt, F.B.**, Yoo, D.S. (2017). Effects of Energy Drink on Metabolic Parameters and Exercise Performance Following Basketball Game Simulation. Poster Presentation at the American College of Sports Medicine, Denver, CO.

Russell, K., **Wyatt, F. B.**, Yoo, D.S. and Choi, S.M. (2017) Effect of Energy Drink on Metabolic Response and Exercise Performance Post Basketball Game Simulation. National Meeting of the Texas Chapter of The American College of Sports Medicine. Waco, TX.

Wyatt, F.B. and Wyatt, C.B. (2016). Heart Rate Variability Indicated Myocardial Adaptation. National Conference of The American Society of Exercise Physiologists. Alliance, OH.

Smith, D.A. and **Wyatt, F.B.** (2016). Low Carbohydrate Diets Effect on Performance: A Meta-Analytic Review. National Conference of The American Society of Exercise Physiologists. Alliance, OH.

Wyatt, F.B. (2016). Endurance Training/Repetitive Motion and Psychological Well Being: Hemispheric Function and Outcome. National Conference of The American Society of Exercise Physiologists. Alliance, OH.

Choi, S. M., Shah, K., Phares, F., Russell, K., Nelson, K., **Wyatt, F.B.**, Lee, S. (2017). Eight Weeks of Zumba Fitness Training Improves Balance Ability in Sedentary Obese Women. Poster Presentation at the National Meeting of the American College of Sports Medicine. Boston, MA.

Wyatt, F.B. (2016). Segmental Trend-Lines Define Myocardial Function During Increased Work. Regional Conference of The American Society of Exercise Physiologists. Allentown, PA.

Hill, A. and **Wyatt, F.B.** (2016). The Impact of Three Different Forms of Warm Up On Performance. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. College Station, TX.

Onwubuya, K. and **Wyatt, F.B.** (2016). Effect of Low or High Intensity Aerobic Exercise and the Association to Cardiovascular Health Conditions for College-Aged Students. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. College Station, TX.

Phares, F. and **Wyatt, F.B.** (2016). Protein Assimilation, Usage and Storage. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. College Station, TX.

Wyatt, F.B. (2015). Physiological Thresholds: Identification and Implications in Sport Performance. Slide Presentation at the National Meeting of The American Society of Exercise Physiologists. Oklahoma City, OK

Holmes, R. and **Wyatt, F.B.** (2015). Relationship between Maximal Strength, Power Output, and Cycling Efficiency. Slide Presentation at the National Meeting of the American Society of Exercise Physiologists. Oklahoma City, OK.

McAndrew, M., Winchester, J., **Wyatt, F.**, Vandehey, M., Cronin, S., Rogers, M. and Jones, W. (2015). Do Bilateral Strength and Power Deficits Effect On Ice Sprint Performance In Elite Junior Hockey Players? Slide Presentation at the National Strength and Conditioning Association Conference. Orlando, FL.

Broadbent, S.L., Winchester, J.B. and **Wyatt, F.B.** (2015). The Relationship between Soccer Performance Tests and the Ranking Order of Collegiate Soccer Players. Poster Presentation at the National Strength and Conditioning Association Conference. Orlando, FL.

Cronin, S.P., Winchester, J.B., **Wyatt, F.B.**, Bourgeois, F.A., McAndrew, M. and Gillen, Z. (2015). The Comparison of Preseason Testing Protocols: Can We Predict Injury For Subsequent Exposure in Sport? Poster Presentation at the National Strength and Conditioning Association Conference. Orlando, FL.

Rogers, M., Winchester, J.B., **Wyatt, F.**, Cronin, S.P., McAndrew, M. and Wood, M. (2015). Is Resisted Spring Training More Effective Than Non Resisted Sprint Training At Increasing Linear Speed? Poster Presentation at the National Strength and Conditioning Association Conference. Orlando, FL.

Wyatt, F. B., Scott, C., Holmes, R. and Brown, S. (2015). Blood lactate kinetics at maximal steady state indicate regulation of transporter proteins. Poster Presentation at the National American College of Sports Medicine Conference. San Diego, CA.

Ghadia, P, Holmes, R and **Wyatt, F.** (2015). Prediction equations for competitive male and female collegiate road cyclists. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. Austin, TX

Gillen, Z, Smith, D, Ghetia, V and **Wyatt, F.** (2015). Neuromuscular recruitment in endurance runners should be improved with explosive-strength training. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. Austin, TX

Phares, F, Moats, M and **Wyatt, F.** (2015). Blood lactate kinetics established through polynomial line of best fit. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. Austin, TX

Ross, H, Onwubuya, K and **Wyatt, F.** (2015). Metabolic efficiency during ramp test in collegiate cyclists. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. Austin, TX

Shah, Y, Dhimar, M and **Wyatt, F.** (2015). A bayesian inference comparing collegiate female cyclists to elite female cyclists from a meta-analysis. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. Austin, TX

Bourgeois, F A, McGuigan, M R, Winchester, J B, Brem, R W and **Wyatt, F B.** (2014). The relationship between strength and change of direction performance in college football players. Australian Strength & Conditioning Association National Conference. Melbourne, AU.

Wyatt, F.B. (2014). Cardiovascular response to steady state during altered cadence and resistance in cyclists. National Conference of The American Society of Exercise Physiologists. Charlotte, NC.

Wyatt, C., Moats, M., Williams, A. and **Wyatt, F.** (2014). A comparison of heart rate slope between high fit and recreational fit cyclists. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. Fort Worth, TX

Moats, M., Williams, A., Wyatt, C. and **Wyatt, F.** (2014). A comparison of heart rate variability between high fit and recreational fit cyclists. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. Fort Worth, TX

Williams, A., Wyatt, C., Moats, M. and **Wyatt, F.** (2014). A comparison of heart rate threshold points between high fit and recreational fit cyclists. Poster Presentation at

the Texas Chapter of the American College of Sports Medicine Conference. Fort Worth, TX

Wyatt, F. B. (2013). Endurance Training and Performance: Physiological Considerations. National Conference of The American Society of Exercise Physiologists. Chicago, IL.

Wyatt, F.B. (2013). Physiology and the Bike. National Conference of The American Society of Exercise Physiologists. Chicago, IL.

Brem, R.W., Winchester, J.B., Bourgeois, F.A., **Wyatt, F.B.** and Cronin, S.P. (2013) Strength as a predictor of the magnitude of adaptation from training for improvement in power. National Strength and Conditioning Association – National Conference. Las Vegas, NV USA.

Bourgeois, F.A., Winchester, J.B., Brem, R.W., **Wyatt, F.B.** and Cronin, S.P. (2013) Lower body strength and power influence change of direction ability. National Strength and Conditioning Association – National Conference. Las Vegas, NV USA.

Brown, E., Canava, J., Baker, J., **Wyatt, F.** and Kilgore, L. (2013). Fit for School: a School-based Child Healthy Weight Intervention Reduces BMI-SDS Scores in Primary School students. Oral Presentation at the 9th Annual International Conference on Kinesiology and Exercise Sciences. Athens, Greece.

Welter, A., Scott, C. & **Wyatt, F.** (2013). Physiological Markers of Phase Change in Heart Rate Response to Work. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. Austin, TX.

Scott, C., Welter, A. & **Wyatt, F.B.** (2013). Heart Rate Variations in Statistical Quartiles from VO₂max Values in Competitive Cyclists. Poster Presentation at the Texas Chapter of the American College of Sports Medicine Conference. Austin, TX.

Wyatt, F. B. (2012). A Prediction Equation for Determining Maximal Oxygen Uptake in Competitive Cyclists. Poster Presentation at the National Annual American College of Sports Medicine Conference. San Francisco, CA.

Donaldson, A., **Wyatt, F.** and Kilgore, L. (2012). An Investigation of Expired Gas Influence on the Shape of the Heart Rate Response at Maximal Effort in Cyclists. Poster Presentation at the Texas American College of Sports Medicine Conference. Austin, TX.

Pandya, P., **Wyatt, F.**, Kilgore, L. and Velasquez, B. (2012). Meta-Analysis of Exercise Associated Hyponatremia in Endurance Athletes. Poster Presentation at the Texas American College of Sports Medicine Conference. Austin, TX.

Taylor, N, **Wyatt, F.**, Kilgore, L. and Velasquez, B. (2012). Oxidative Low Density Lipoprotein and Exercise: A Historical and Meta-Analysis. Poster Presentation at the Texas American College of Sports Medicine Conference. Austin, TX.

Wyatt, F. B. (2011). Phase Change in Heart Rate Response to Increased Work. Oral/Slide Presentation at the Yangtze River International Congress of Cardiology. Chongqing, China.

Downey, C., **Wyatt, F.**, Lyman, K. and Brown, D. (2011). The Effects of the Cool Shirt on Core Temperature. Poster Presentation at The National Athletic Trainer's Association Conference. New Orleans, LA.

Hayes, M.A., **Wyatt, F.B.**, Lyman, K. J., and Reeves, J. D. (2011). Soccer Fatigue's Effect on Standardized Assessment of Concussion (SAC) Test. Poster Presentation at The National Athletic Trainer's Association Conference. New Orleans, LA.

Hayes, M. A., **Wyatt, F. B.**, Lyman, K. J. and Reeves, J. D. (2011). Soccer Fatigue's Effect on Standardized Assessment of Concussion (SAC) Test. Poster Presentation at the Texas American College of Sports Medicine Conference. Austin, TX.

Wyatt, F., Canivel, R., Prajapati, K., Patel, S., Patel, D. & Patel, J. (2010). Comparing Low vs. High Cadence during Sustained Power on the Cycle Ergometer. Poster Presentation at the National Annual American College of Sports Medicine Conference, Baltimore, MD.

Canivel, R., **Wyatt, F.**, Almeida, N., Kalivada, N. & Patel, K. (2010). Cardiovascular Responses to Isometric Hand Grip/Relaxed Handgrip in Sustained Cycling Efforts. Poster Presentation at the National Annual American College of Sports Medicine Conference, Baltimore, MD.

Canivel, R. **Wyatt, F.**, Prajapati, K., Almeida, N., Patel, S., Patel, S., Kalivada, N., Patel, K. & Patel, J. (2010). The Influence of Handgrip and Pedal Cadence during Sustained Cycling Power Outputs. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine Conference, Houston, TX.

Heimdal, J., **Wyatt, F.**, Cidzik, R. & Davis, J. (2009). Effects of a Pre-Season Strength and Conditioning Program on NCAA-IA Football Players. Poster Presentation at the National Annual American Society of Exercise Physiologists. Wichita Falls, TX.

Donaldson, A., **Wyatt, F.**, Fagan, T., & Brown, E. (2009). A Meta-Analysis of Biomarkers Associated with the Overtraining Syndrome. Poster Presentation at the National Annual American College of Sports Medicine Conference, Seattle, WA.

Donaldson, A., **Wyatt, F.**, Brown, E. & Fagan, T. (2009). A Meta-Analysis of Biomarkers Associated with the Overtraining Syndrome. Poster Presentation at the Texas Chapter of the American College of Sports Medicine. Tyler, TX.

Brown, E., **Wyatt, F.** & Donaldson, A. (2009). Psychological Markers of the Overtraining Syndrome. Poster Presentation at the Texas Chapter of the American College of Sports Medicine. Tyler, TX.

Wyatt, F., Pawar, G., Brown, E., Trant, C., Davis, C. & Achterberg, G. (2008). Determination of Acute Myocardial Fatigue through Electrocardiography. Poster Presentation at the National Annual American College of Sports Medicine Conference. Indianapolis, IN.

Pawar, G., **Wyatt, F.**, Kilgore, L. & Waugh, L. (2008). Exercise Induced Dysfunction Following Prolonged Exercise in Ambient Environment in Road Cyclists. Poster Presentation at the National Annual American College of Sports Medicine Conference. Indianapolis, IN.

Gregg, J., **Wyatt, F.**, Kilgore, L. & Pack, C. (2008). Determination of Ventilatory Threshold through Quadratic Regression Analysis. Poster Presentation at the National Annual American College of Sports Medicine Conference. Indianapolis, IN.

Wyatt, F., Kilgore, L., & Achterberg, G. (2008). Sport Science and Sport Performance: An Overview of the Midwestern State University Program. Slide Presentation at the National Annual Meeting of the American Society of Exercise Physiologist. Duluth, MN.

Pawar, G., **Wyatt, F.**, Kilgore, L. & Waugh, L. (2008). Exercise Induced Cardiac Dysfunction Following Prolonged Exercise in Ambient Environment in Road Cyclists. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine, Odessa, TX.

Lopez, Y., **Wyatt, F.**, Kilgore, L. & Pack, C. (2008). Analysis of Urine Specific Gravity in American Football Players via Water and High-Sodium Supplementation. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine, Odessa, TX.

Motiani, R., Modi, N. & **Wyatt, F.** (2008). Effects of Yoga Asanas and Pranayama on Pulmonary Function Tests. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine, Odessa, TX.

Gregg, J. & **Wyatt, F.** (2007). Determination of Ventilatory Threshold and Respiratory Compensation through Quadratic Regression Analysis. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine, Ft. Worth, TX.

Pawar, G. & **Wyatt, F.** (2007). Evaluation of Electrocardiography during Exercise for Evidence of Cardiac Fatigue. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine, Ft. Worth, TX.

Goldberg, K, Offield, S., Williamson, A-M, Lancaster, J., Pack, C., & **Wyatt, F.** (2007). Assessment of Subjects during a Cycling Event In Extreme Ambient Temperatures. Poster Presentation at the Annual Texas Chapter of the American College of Sports Medicine, Ft. Worth, TX.

Wyatt, F., Van Nielen, D., and Achterberg, G. (2006). Heart Rate Threshold Detection Method Associates with the Onset of Metabolic Acidosis. Oral/Slide Presentation at the Australian Association of Exercise and Sport Sciences. Sydney, Australia.

Swaminathan, A. and **Wyatt, F.** (2006). Implementing a Mathematical Model to Compare Oxygen Uptake Kinetics during Steady State. Poster Presentation at the National Annual American College of Sports Medicine Conference. Denver, CO.

Cidzik, R., **Wyatt, F.**, Szymanski, D., and Heimdal, J. (2006). Effect of Eccentric Quasi-Isometric and Static Stretching on Lower Body Flexibility in Division IA

Basketball Players. Presentation at the Annual National Strength and Conditioning Association. Indianapolis, IN.

Myles, R., **Wyatt, F.**, Van Nielen, D. and Achterberg, G. (2006). Heart Rate Threshold Detection Method Associates with the Onset of Metabolic Acidosis. Poster Presentation at the Annual Texas American College of Sports Medicine Conference. Denton, TX.

Carson, J., **Wyatt, F.**, Quebedeaux, L., Heimdal, J., and Proctor, L. (2005). Absolute and Relative Measures of Collegiate Power-Lifters. Poster Presentation at the Annual National Strength and Conditioning Association. Las Vegas, NV.

Wyatt, F., McCarthy, J., Robergs, R., Siegler, J., Faria, E. and Heimdal, J. (2005). Lactate Kinetics during Altered Partial Pressures of Oxygen In Cyclists at High Intensity Steady State. Poster Presentation at the Annual National American College of Sports Medicine Conference. Nashville, TN.

Swaminathan, A., **Wyatt, F.**, McCarthy, J., Robergs, R., Siegler, J., Faria, E., and Heimdal, J. (2005). Heart Rate and Muscle Tissue Oxygen Desaturation Kinetics Are Not Altered in Hypo/Hyperbaric Conditions. Poster Presentation at the Annual National American College of Sports Medicine Conference. Nashville, TN.

Quebedeaux, L., Wyatt, J., Carson, J., **Wyatt, F.** and Heimdal, J. (2005). Effects of High Fat Diet (24-Hour) on Ventilatory Threshold and Time to Exhaustion in Females. Poster Presentation at the Annual National American College of Sports Medicine Conference. Nashville, TN.

Wyatt, J., Miletello, W., **Wyatt, F.** and Heimdal, J. (2005). Effects of a 24-hour high fat diet on physiological responses to maximal exercise. Poster Presentation at the Annual National American College of Sports Medicine Conference. Nashville, TN.

Carson, J., **Wyatt, F.**, Quebedeaux, L., Heimdal, J., Dixon, D. and Proctor, L. (2005). Absolute and Relative Physiological Measures of Collegiate Power-Lifters. Presentation at the Annual National Conference for the National Strength and Conditioning Association. Las Vegas, NV.

Wyatt, F., Swamanathan, A., McCabe, J., Jones, K., Quebedeaux, L. and Myles, R. (2005). Investigating Sub-Maximal Conditions of Steady State. Free Communication at the 7th Annual National American Society of Exercise Physiologists. Minneapolis, MN.

Proctor, L., Maneval, M. and **Wyatt, F.** (2005) Profiles of Body Mass Index in Low Socio-Economic Status African-American Female Youth: A Cross-Sectional Study, National AAHPERD Conference, Chicago, IL.

Wyatt, F., J. Carson, J. Heimdal, T. Sterba and L. Proctor (2005). A Comparison of Male and Female Collegiate Power-Lifters Relative to Lean Body Mass. Free Communication at Annual National Conference on Girls' and Women's Health, Physical Activity, and Sport. Shreveport, LA.

Sterba, T. and **F. Wyatt** (2005). Predictions of Maximal Squat and Deadlift Based On Power Tests in Collegiate Powerlifters. Poster Presentation, Southern District AAHPERD Conference, Little Rock, Arkansas.

Lovell, T, J. O'Connor, **F. Wyatt** and J. Heimdahl (2005). The Effects of Exercise Duration on Depression of At-Risk Adolescents. Poster Presentation at Southeast American College of Sports Medicine, Charlotte, NC.

Harrington, D., **F. Wyatt** and J. Heimdahl (2005). Effect of an 8-Week Pre-Season Training Program on NCAA 1A Football Players. Poster Presentation at Southern District American Alliance of Health, Physical Education, Recreation & Dance. Little Rock, AR.

Wyatt, J., W. Miletello, **F. Wyatt** and J. Heimdahl (2005). Effect of a High Fat Diet (24-Hour) on Female Subject's Maximal Physiologic Responses. Poster Presentation at Southern District American Alliance of Health, Physical Education, Recreation & Dance. Little Rock, AR.

Spatafora, **F. Wyatt** and J. Heimdahl (2005). Physiologic Adaptations of an 8-Week High School Pre-Season Football Conditioning Program. Poster Presentation at The National Meeting of The American Association of Health, Physical Education, Recreation and Dance, Chicago, IL.

Wyatt, F., L. Autrey, S. Colson, Y. FitzGerald, T. Sterba and J. Heimdahl (2004). Fatigue Occurs Below Max VO_2 and Peak Lactate at High Intensity Steady State. Poster Presentation at the National Annual Meeting of The American College of Sports Medicine, Indianapolis, IN.

Wyatt, F., J. McCarthy, J. Neason, C. Threats and J. Heimdahl (2004). A Comparison of Muscle Tissue Oxygen Saturation between Female and Male Competitive Cyclist. Poster Presentation, 2nd Annual National Conference on Girls' & Women's Health, Physical Activity, and Sport. February, Shreveport, LA.

Wyatt, F., L. Autrey, S. Colson, Y. FitzGerald, T. Sterba and J. Heimdahl (2004). Fatigue Occurs Below Max VO_2 at High Intensity Steady State. Poster Presentation at Annual Southeast American College of Sports Medicine. January, Atlanta, GA.

Brown, E., L. Johnson, R. McCann, **F. Wyatt**, and J. Heimdahl (2004). Physiological Responses of Aerobic Exercise With and Without the Flexwand. Poster Presentation at the Annual Southeast American College of Sports Medicine. January, Atlanta, GA.

Colson, S.N., **Wyatt, F.B.**, FitzGerald, Y.L., Autrey, L.D., Earnest, C.P. and Johnston, D.L. (2004). The Effects of Cordyceps and Rhodiola Supplementation on Physiological Performance Indices During Cycling in Males. Poster Presentation at National Annual Meeting of The American College of Sports Medicine, Indianapolis, IN.

FitzGerald, Y., Colson, S., Autrey, L., **Wyatt, F.**, Earnest, C., Sterba, T., Venkatesan, R., and Wilson, S. (2004). Associations between Heart Rate, Oxygen

Utilization and Muscle Tissue De-saturation. Poster Presentation at National Annual Meeting of The American College of Sports Medicine, Indianapolis, IN.

Earnest, C., **Wyatt, F.**, and Lucia, A. (2004). Effects of a Cordyceps Sensis and Rhodiol Rosea Based Formula on Exercise Performance in Cyclists. Poster Presentation at National Annual Meeting of The American College of Sports Medicine, Indianapolis, IN.

Willis, D., O'Connor, J., **Wyatt, F.** and Heimdal, J. (2004). Relationship between Exercise and Depression in Active and Non-Active Registered Nurses. Poster Presentation at National Annual Meeting of The American College of Sports Medicine, Indianapolis, IN.

Wyatt, F., Autrey, L., Colson, S. and FitzGerald, Y. (2004). Phase Transition Defines Steady State Work Beyond Threshold. Poster Presentation, National Meeting of The American Association of Health, Physical Education, Recreation and Dance, New Orleans, LA.

Bowden, R., **Wyatt, F.**, Gentile, M., and Wilson, R. (2003). Homocysteine, Age, Gender and Vascular Access Thrombosis in End-Stage Renal Disease Patients: Retrospective Analysis. Symposia, Argentine Federation of Cardiology, 3rd International Congress of Cardiology.

Wyatt, F.B., J. P. McCarthy, R. A. Robergs, E. W. Faria, J. C. Siegler, R. C. Manske and M. V. Neason (2003). Utilizing a Logarithmic Regression to Identify Thresholds. Poster Presentation, 50th Annual Meeting of the American College of Sports Medicine, San Francisco, CA.

Godoy, S.J., J.P. McCarthy, P.B. Raven, **F.B. Wyatt** (2003). Ventilatory and Heart Rate Responses to Incremental Exercise With and Without Venous Occlusion. Experimental Biology Meeting (FASEB), San Diego, CA.

McCarthy, J.P., **F.B. Wyatt**, J. C. Siegler, E. W. Faria and R.A. Robergs (2003). Muscle Tissue Saturation and Physiological Thresholds at Varying Levels of Hypobaric Hypoxia. Slide Presentation, 50th Meeting of the American College of Sports Medicine, San Francisco, CA.

Coffer, L.W., J.P. McCarthy, C.T. Miller, M.V. Neason and **F.B. Wyatt** (2003) The Effects Of Active And Passive Recovery On Blood Lactate. Poster Presentation, 50th National Meeting of the American College of Sports Medicine, San Francisco, CA.

Siegler, J.C., J.P. McCarthy, **F.B. Wyatt**, E. W. Faria, and R.A. Robergs (2003) Physiological Threshold Associations at Varying Levels of Hypobaric Hypoxia. Poster Presentation, 50th Meeting of the American College of Sports Medicine, San Francisco, CA.

FitzGerald, Y.L., C. T. Miller, J. P. McCarthy and **F. B. Wyatt** (2003). A Comparison of Performance Variables between Male and Female Division I Tennis Players. Poster Presentation, 50th National Meeting of the American College of Sports Medicine, San Francisco, CA.

Neason, M.V., **F. B. Wyatt** and J. P. McCarthy (2003). Associations between Heart Rate Threshold, Lactate Threshold and Muscle Tissue Desaturation in Elite Female Cyclist. Poster Presentation, 50th National Meeting of The American College Of Sports Medicine, San Francisco, Ca.

Wyatt, F. and R. Robergs (2003). Ventilatory Measures: Threshold and Beyond. Slide Presentation at National Conference of the American Society of Exercise Physiologists, Sacramento, CA.

Robergs, R., **F. Wyatt**, E. Faria, J. Siegler and J. McCarthy (2003). Differences Between 20 km Time Trial Cycling Performance At Sea Level, 1,500 m, and 3,000 m. Slide Presentation at National Conference of the American Society of Exercise Physiologists, Sacramento, CA.

Autrey, L.D., **F. B. Wyatt**, Y. L. FitzGerald, S. N. Colson, S. T. Herrin and T.A.Morrison (2003) Identifying Physiological Thresholds as Phase Transitions To Increased Work Intensity. Poster Presentation, Texas Chapter of the American College of Sports Medicine, Houston, TX.

FitzGerald, Y., C. Miller, J. McCarthy and **F. Wyatt** (2003). A Comparison Of Performance Variables between Male And Female Division I Tennis Players. Poster Presentation, Texas Chapter of the American College of Sports Medicine, Houston, TX.

Wilborn, C.D., D.M. Grose and **F.B. Wyatt** (2003). The Effects Of Exercise Intensity And Body Position On Cardiovascular Variables During Resistance Training. Poster Presentation, Texas Chapter of the American College of Sports Medicine, Houston, TX.

Wyatt, F.B., McCarthy, J.P., Neason, M.V. and Welch, B.S. (2002). Comparing Post Exercise Blood Lactate Between Sea Level and Altitude Natives. Slide Presentation, 49th Annual Meeting of the American College of Sports Medicine, St. Louis, MO. May.

Wyatt, F., Kirby, B., Yarmer, D., Thompson, D., & Voran, B. (2002). The Effects of Acute Altitude Exposure on Females Living and Training at Low Altitude. Poster Presentation, International Olympic Committee World Congress at 49th Annual Meeting of the American College of Sports Medicine Conference, St. Louis, MO. May.

Neason, M.V., **Wyatt, F.B.** and Welch, B.S. (2002). Heart Rate Threshold as a Predictor of $\dot{V}O_2$. Texas Chapter of the American College of Sports Medicine, February.

McCarthy, J.P. and **Wyatt, F.B.** (2002). Actual vs Predicted Volume of Oxygen Consumption for Treadmill Exercise at Submaximal Workloads. Texas Chapter of The American College of Sports Medicine, February.

Coffer, L.W., McCarthy, J.P., Miller, C.T., Neason, M.V. and **Wyatt, F.B.** (2002). The Effects of Active and Passive Recovery on Blood Lactate. Texas Chapter of the American College of Sports Medicine, February.

Manske, R. C., Smith, B.S., Rogers, M.E. and **Wyatt, F.B.** (2002). Closed Kinetic Chain Isokinetic Testing: Relationship to Functional Testing. American Physical Therapy Association Combined Sections Meeting 2002, Boston, MA. February 20-24.

Blackwell III, C., Abercrombie, W. and **Wyatt, F.** (2002). Head Football Coaching Qualities Sought by NCAA Division I-A Athletic Directors. Proceedings: 79th AFCA Convention, January.

Wyatt, F. and McCarthy, J. (2001). Ventilatory Parameters Influence the Decline in VO₂ in Fit, Male Cyclists. Slide Presentation National Conference of The American Society of Exercise Physiologists, September.

McCarthy, J. and **Wyatt, F.** (2001). Group Heart Rate is Not an Adequate Predictor of Power Output for Individual Cyclists. Slide Presentation, National Conference of The American Society of Exercise Physiologists, September.

Gentile, M., Wilson, R., **Wyatt, F.** and Davis, B. (2001). Examination of the Effects of Exercise on Patients with End Stage Renal Disease. Texas Chapter of The American College of Sports Medicine, February.

Manske, R.C., Smith, B.S., **Wyatt, F.B.**, Yearout, K.M. and Needham, H.M. (2001). Test-retest reliability of lower extremity functional tests after pre-fatigue from closed kinetic chain isokinetic testing American Physical Therapy Association National Convention. Anaheim, CA (June).

Hunt, A., **Wyatt, F.** and Worrell, V. (2000). Comparison of Fitness Parameters Between Children Ages 7-13: Involvement versus Non-Involvement in IronkidsTM Competition. Poster Presentation at the Central States American College of Sports Medicine Conference, October.

Wyatt, F.B., Hulser, J.K. and Thompson, D.A. (2000). A Comparison of Physiological Variables Between Competitive Cyclists Ages 20 to 70+ Years. The American College of Sports Medicine National Conference. Indianapolis, IN.

Wyatt, F. (1999). Complex Adapted Systems and Dynamic Systems Operation: Application to Children in Exercise and Sport. Slide Presentation at the Kansas Association for Health, Physical Education, & Recreation. November.

Hulser, J.K., Thompson, D.A. and **Wyatt, F.B.** (1999). Heart rate threshold detection of trained cyclists ages 20 – 70+ years. Poster Presentation at the Central States American College of Sports Medicine Conference. October.

Kirby, B., Yarmer, D., Thompson, D., Gregg, K. and **Wyatt, F.** (1999). The effects of acute altitude exposure on females living and training at low altitude: a case study. Poster Presentation at the Central States American College of Sport Medicine Conference. October.

McCarthy, S.C., **Wyatt, F.B.** and Rogers, M.E. (1999). Stage of exercise change model and attitudes toward exercise in older adults. Poster Presentation at the Central States American College of Sport Medicine Conference. October.

Ponte, J., **Wyatt, F.** and Rogers, M. (1999). Response to daily living, functional living, and pain following a cancer wellness program. Poster Presentation at the Central States American College of Sport Medicine Conference. October.

Wyatt, F. (1999). Physiological Adaptations to Training: GAS, OR, OT. One Hour Slide Presentation at Lindsey Wilson College. March.

Wyatt, F. (1999). A Comparison of Prediction Equations and Actual Maximal Heart Rate. One Hour Slide Presentation at The Midwest Chapter of The American Alliance of Health, Physical Education, Recreation, & Dance. February.

Wyatt, F., Rogers, M., Thompson, D., Bohlken, R. and Kirby, B. (1999). A meta-analysis profiling quantitative characteristics of female bicyclists. Poster Presentation at The American College of Sports Medicine National Conference. Seattle, WA.

Wyatt, F., Ballard, M., Crews, T., Thompson, D. and Kehrwald, W. (1998) A Comparison of Substrate Utilization and Caloric Expenditure Between Varying Treadmill Speeds. Poster Presentation at Kentucky Association of Health, Physical Education, Recreation, & Dance. November.

Wyatt, F.B., Crandall, J. and Greaney, L. (1998). A Comparison of Aerodynamic Cycling Positions on Ventilatory Responses. Poster Presentation at National Convention of The American College of Sports Medicine. June.

Wyatt, F. B. (1998). Determining Exercise Intensity from Predictive and Actual Heart Rate Measurements. Poster Presentation at National Convention of The American Alliance for Health, Physical Education, Recreation and Dance. April.

Daniel, C., Oglesby, B., Askins, J., Cobb, M., Crews, T., Deere, R., Whitlock, C., Long, C., **Wyatt, F.,** and Arnold, R. (1998). Collaborative Teaching in the Physical Education Department: Result of Folio and New Teaching Standards. Free Communication at National Convention of The American Alliance for Health, Physical Education, Recreation and Dance. April.

Deere, R., **Wyatt, F.B.** and Spenser, S. (1998). Heat Illness and Dehydration: Identification, Treatment and Prevention. Slide Presentation at Southern District of The American Alliance for Health, Physical Education, Recreation and Dance. February.

Wyatt, F. and Deere, R. (1997). Force analysis of children on playground equipment. Slide presentation at Annual Kentucky Association for Health, Physical Education, Recreation and Dance (KAHPERD). November.

Wyatt, F. B., Jackson, C.G.R. (FACSM) and Tran, Z.V. (FACSM) (1997). Metabolic threshold defined by disproportionate increases in physiological parameters: a meta-analytic review. Slide Presentation presented at the Annual Meeting of the American College of Sports Medicine. May.

Wyatt, F.B., Tran, Z.V. (FACSM), Jackson, C.G.R. (FACSM), Brustad, R.J. and Banchemo, N. (1996). Comparison of lactate and ventilatory threshold to maximal oxygen

consumption: a meta-analysis. Poster Presentation presented at the Annual Meeting of the American College of Sports Medicine. May.

Wyatt, F.B. and Bell, C. (1996). Complex adaptive systems theory and statistical analysis in training elite level cyclists: a case study. Poster presentation at the Kentucky Alliance for Health, Physical Education, Recreation, and Dance. November.

Crandell, J. and **Wyatt, F.B.** (1996). The effects of differing bicycle handlebar positions on ventilatory measures. Slide presentation at the Kentucky Alliance for Health, Physical Education, Recreation, and Dance. November.

Brustad, R., Wiggins, M. and **Wyatt, F.** (1995). Attraction to physical activity in urban children: parental socialization influences. Presented at the Annual Meeting of American Alliance for Health, Physical Education, Recreation, and Dance. March.

Simonson, S., **Wyatt, F.**, Rodearmel, S. and Moffit, J. (1995). Comparison of cardiovascular parameters for the supine cycle ergometer and the treadmill. Poster presentation at the Winter Meeting of the Rocky Mountain Chapter of the American College of Sports Medicine. January.

Wyatt, F., Simonson, S., Rodearmel, S. and Moffit, J. (1995). Comparison of the ventilatory threshold for the treadmill and supine ergometer. Poster presentation at the Winter Meeting of the Rocky Mountain Chapter of the American College of Sports Medicine. January.

Wyatt, F. (1994). Right and left brain lateralization during competition. Poster presentation at the Winter Meeting of the Rocky Mountain Chapter of the American College of Sports Medicine. January.

Invited Presentations

“The Role of Muscle Glycogen in Movement”, Science of Cycling Symposium, Wichita Falls, TX, August 2021

“Muscle Glycogen: Use, Importance, Depletion and Replenishment”, Science of Cycling Symposium, Wichita Falls, TX, August 2019.

“Anatomy of the Power Stroke: Analysis and Enhancement”, Science of Cycling Symposium, Wichita Falls, TX, August 2018

“Segmental Trend-Lines Define Myocardial Function During Increased Work”, Cha Medical Center, Seoul, South Korea, June 2017

“Neuromuscular Fatigue During Exercise and Performance”, Science of Cycling Symposium, Wichita Falls, TX, August 2017

“Physiology and the Bike”, Cha Medical Center, Seoul, South Korea, June 2017

“Cardiovascular Responses Between Low Cadence/High Resistance vs. High Cadence/Low Resistance Cycling” Science of Cycling Symposium, August 2014

“Laboratory Tests for Cyclists: Validity and Application to the Field”. Science of Cycling Symposium, August 2012

“Phase Change in Heart Rate During Work: Trained vs. Untrained”. Science of Cycling Symposium, August 2011

“Heart Rate Threshold: Detection, Physiological Rationale and Training.” Science and Medicine in Cycling, August 2010.

“Physiological Thresholds: Training and Adaptation.” National Annual American Society of Exercise Physiologists. April, 2009.

“Ventilatory Parameters: To Threshold and Beyond”, National Meeting of the American Society of Exercise Physiologists (ASEP), April 2003.

“Heart Rate Threshold (HRT): Detection Association with Other Physiologic Thresholds and Training the HRT”, Texas Chapter of The American College of Sports Medicine (TACSM), March 2003.

“Application of Laboratory Measures to Performance”. Waco Bicycle Club, February 2003.

“Fitness and Aging”. Slide Presentation at the Baylor University Fitness Expo, February 2003.

"The Overtraining Syndrome", presented to the Texas Baptist Recreation Association Conference, September 2001.

“Physical Activity, Health, & Hypokinetic Diseases”, presented at Kansas/IIMC City Clerks and Municipal Finance Officers Certification Institute, November 1999.

“Children And Sports: Participation, Competition, And Movement”, presented at Parents University by Sedgwick County Extension Education Center and Kansas State University, October 1999.

Current Applied Research

- Alleviation of Chronic Pain through Movement*
- Neural Plasticity and Brain Function with Exercise*
- Curvilinear Prediction of VO₂ with Elite Cyclists*

***Principal Investigator**

Theses Chaired

Harsh Patel, (2022): THE Effect of COVID-19 on Cardiac Health Investigated by Electrocardiogram in Collegiate Athletes

Marissa Lopez, (2022): Is Blood Lactate Metabolically Regulated?

Natalie Delgadillo, (2021): The Effects of Body Composition on Resting Metabolic Rate among College Aged Students.

Pablo Cruz, (2021): Is HRV (Heart Rate Variability) a Valuable Method for Gauging Recovery During Periodized Training in Elite Endurance Cyclists?

Zach Gregg, (2020): Physiological Adaptations to Moderate Intensity Training in an Elite Cyclist

Angela Streadwick (2019): The Relationship Between Aerobic Capacity and Resting Heart Rate

Brissia Montalvo (2019): Does Fitness Status in Female Runners, Based on Maximal Oxygen Consumption, Effect Electrical Activity of the Myocardium?

Kristi McQueen (2019): The Effect of Supplemental Training and Sleep Quality on the Physiological Demands and Fitness Status of Ballet Dancers: A Case Study Trend Analysis

Ian Macklin (2018). A Meta-Analytical Review of Muscle Glycogen Replenishment.

Ana Lopez (2018). The Effect of Aerobic and Resistance Training on Glycemic Control in Type 2 Diabetes Mellitus: Meta-Analytic Study

Nathan Morris (2018): Hexagonal Barbell Deadlift and Barbell Back Squat: A Velocity Based Training Approach

Hope Siffert (2018): An Analysis of Different Forms of Carbohydrate Utilization in Elite Female Soccer Athletes During a 90-Minute Simulated Soccer Match

Danica Atchley (2017): The Effects of a Six Week Resistance Training Program on Body Composition, Strength and Mobility on Older Sedentary Adults

Jacob Davis (2017): The Effects of Training Frequency on Powerlifting Performance

Marcelo Campolino (2017): Resting ECG Analysis and Sinus Rhythm in Male Collegiate Soccer

Mason Wheeler (2017): Enhancement in Power Output Following a Loaded Back Squat Warm-Up

Ross, Hannah (2016). An Assessment of Muscle Glycogen Trends in Elite Cyclists Over a High Intensity Training Camp at Altitude.

Castillo, Enrique (2016). Effects of Training Intensity and Volume on Recreationally Active Adults

Hill, Andrew (2016). The Impact of Three Different Forms of Warm-Up on Performance

Phares, Franklin (2016). Protein Assimilation, Usage and Storage

Onwubuya, Kenechukwu (2015). Effect of Low or High Intensity Aerobic Exercise and the Association to Cardiovascular Health Conditions for College-Aged Students

Holmes, Rodney (2015). Relationship Between Maximal Strength, Power Output, and Cycling Efficiency.

Chauhan, Anushree (2015). Effect of Aerobic Training at Different Altitude Level of Physiological Adaptations: Meta-Analytic Study

Smith, Dalton (2015). Low Carbohydrate Diet Effects on Performance: A Meta-Analytic Review

Andreolli, Matthew (2015). Effects of Low-Level Laser Therapy on Patellar Tendinitis

Boucher, Meridith (2015). A Meta-Analysis of Ankle Rehabilitation and Return to Activity Procedure: Lateral and Syndesmosis Ankle Sprains

Gillen, Zachary (2015). The Relationship Between Aerobic and Anaerobic Performance in Recreational Runners

John, Apphia (2014). The Effects of Fitness Status on Heart Rate Variability

Scott, Cory (2014). Physiological Breakpoints and Maximal Steady State of Cycling

Nayak, Dipika (2014). The Effect of Hypercapnic Breathing with O2 Trainer™ Device on Blood Parameters in Competitive Endurance Cyclists

Pathak, Hrishi (2014). The Effect of Hypercapnic Breathing with O2 Trainer™ Device on Peripheral Oxygen Saturation in Collegiate Endurance Athletes

Motiani, Rishika (2014). Effects of Yoga Asana on Pulmonary Function Tests

Bhanushali, Pranav (2014). Parasympathetic Influence on the Myocardium to the Onset of Exercise and Immediate Post Exercise Recovery

Bist, Akanksha (2013). Time Line for Limits of Postural Stability After Aerobic volitional Fatigue

Kolluru, Swetha (2013). Comparison of Delayed Onset of Soreness Between Multi-Joint Eccentric Contraction and Single-Joint Eccentric Contraction

Cunning, Collin (2012). Reduced Reaction Time with Sport Specific Training in Soccer

Chauhan, Ashutosh (2012). An Investigation of Cycling Cadence and Performance: A Meta-Analytic Review

Barot, Urvish (2011). Consistent Consumption of Olive Oil for Definite Period of Time Will Reduce Blood Pressure.

- Scott, Everett Lee (2011). The Effects of Cold Immersion Therapy on Blood Cortisol
- Pandya, Priyanka (2011). Meta-Analysis of Exercise Associated Hyponatremia in Endurance Athletes.
- Mehta, Preyas (2011). Time Course of Changes in Power Output and Speed After Dynamic Warm-Up Exercises and Static Stretching Exercises.
- Bhartiya, Priyadarshina (2011). The Effect of O₂ Trainer™ Device on Respiratory and Cardiovascular Functions in Collegiate Female Cross Country Runners.
- Patel, Nirali (2011). The Effect of Training with O₂ Trainer™ Device on Blood Parameters in collegiate Female Cross Country Runners.
- Tailor, Nikita (2011). Oxidative Low Density Lipoprotein and Exercise: A Historical and Meta-Analysis
- Landon, Jake (2011). Effects of Strength and Plyometric Training on Vertical Jump
- Downey, Christopher J. (2011). The Effects of the Cool Shirt® On Core Temperature
- Hayes, Melissa (2011). The Effect of Soccer Match-Induced Fatigue on the Standardized Assessment of Concussion (SAC) Score.
- Donaldson, Alissa (2010). An Investigation of Blood Gas Influence on the Shape of the Heart Rate Response at Maximal Effort in Cyclists.
- Bacigulupo, Santiago P. (2010). Talent Identification and Development in Sport
- Rocco, Thomas A. (2010): Football Performance Testing and Position Specific Movement: A Comparison of Test Movement Patterns and Actual Movement Patterns of Division II Football Players.
- Brown, Elise (2009). Females Athletes and Sexual Coercion.
- Pawar, Ganesh (2007). Exercise Induced Cardiac Dysfunction Following Prolonged Exercise in Ambient Environment in Road Cyclists.
- Lopez, Ygnacio (2007). Analysis of Urine Specific Gravity in American Football Players via Water And High-Sodium Supplementation
- Miucic, Ivana (2007). Effect of Menstrual Cycle on Athletic Performance
- Gregg, Joey (2007). Determination of Ventilatory Threshold and Respiratory Compensation through Quadratic Regression Analysis
- Portmann, Kurt (2007). An Examination of Personality Preferences for Athletic Directors of the Lone Star Conference

Myles, Rosemary (2007). Actual Effort versus Perceived Effort in Weight Trained Individuals

Alcorn, Kim (2007). The Relationship between Mood Scores and Athletic Performance in Female Collegiate Volleyball Players

Trobaugh, Christopher (2006). Influence of Sleep Patterns on the Mood States

Hill, Amanda (2006). Grade II Ankle Sprains: Mood State, Personality and Rehabilitation

Swaminathan, Aruna (2005). Implementing a mathematical model to compare the physiological measures between cyclists and non-cyclists during steady state

Autrey, Lance (2003). Lactate Kinetics at High Intensity Steady State in Endurance Trained Cyclists.

Colson, Sheree (2003). The Concomitant Effects of Cordyceps Sinensis Supplementation on Physiological Performance Indices during Cycling in Males.

Wilborn, Colin (2003). The Effects of Exercise Intensity and Body Position on Cardiovascular Variables during Resistance Training.

McCarthy, Jason (2002). Tissue Saturation and Physiological Thresholds at Varying Levels of Hypobaric Hypoxia.

Yarmer, Dan (2000). Fitness Levels of Children and Adolescents 6-18 Years of Age with Mental Retardation.

SERVICE

University

- **Supervisor/Director:** Midwestern State University Collegiate Cycling Team
- College Research Committee (College of Health Sciences & Human Services)
- **Chair**, College Tenure & Promotion Committee
- Faculty Senate
- Graduate Council
- College (Health Sciences & Human Services) Institutional Review Board for Humans as Subjects
- University Student Evaluation Committee
- Honors Committee

- University Mentor
- University Assessment Committee
- Faculty Sponsor, Student Martial Arts Club

Profession

- Member, The American College of Sports Medicine (**ACSM**)
 - Judge for Doctoral Research Grants for Texas ACSM, 2012
 - Lead Judge for Master Research Posters at Texas ACSM, 2010
 - Judge for Doctoral Research Posters at Texas ACSM, 2009
- **Fellow** and Member, The American Society of Exercise Physiologists (**FASEP**)
- Certified by the American Society of Exercise Physiologists as **Board Certified Exercise Physiologist (EPC)**
- Certified by The American College of Sports Medicine as **Exercise Test Technologist (ETT)**
- **Manuscript Reviewer**
 - *Journal of Strength and Conditioning Research*
 - Journal of Exercise Physiology-online, *JEP-online*
 - *Journal of Sports Science & Medicine*
 - *Journal of Sports Medicine and Physical Fitness*
- **Member, Board of Accreditation**, The American Society of Exercise Physiologists (**ASEP**)
- **Board of Directors**, The American Society of Exercise Physiologists (**ASEP**)
- **President 2008-2009**, The American Society of Exercise Physiologists (**ASEP**)

Community

- Member of Hotter-N-Hell Hundred Science in Cycling Seminar: **Director 2010, 2011, 2012, 2013, 2014, 2017, 2018, 2019, 2021, 2022**
- **Chair, Board of Directors** for Midwestern State University Collegiate Cycling
- Featured Author: The American Society of Exercise Physiologists (**ASEP**), Monthly Newsletter
- UIL Weight Management Assessor (Texas)

AWARDS

FACULTY MEMBER OF THE YEAR, 2018
Sports/Athletics

Midwestern State University

ENDOWED PROFESSOR, 2005
Melvin McCann Endowed Professorship
Louisiana Tech University

DEPARTMENT OUTSTANDING FACULTY AWARD, 2003-2004
Louisiana Tech University

KANSAS 2000 BOARD OF TRUSTEES TEACHER EXCELLENCE AWARD
Wichita State University

FACULTY EXCELLENCE AWARD for RESEARCH / CREATIVITY, 1998
Western Kentucky University