

Eric Jason Jones

E-mail : jonesej@sfasu.edu

Education

Doctor of Philosophy – The University of Alabama, December, 2006

Major: Exercise Physiology

Minor: Biochemistry/Molecular Biology

Minor: Educational Research Statistics

Dissertation Title: Influence of Carbohydrate Electrolyte and Water

Consumption on Urine

Production with Metered and Bolus Rehydration

Master of Arts – The University of Alabama, May, 2003

Major: Exercise Physiology

Thesis Title: Test-Retest Reliability of a Recovery Measure Following
Acute Bouts of Resistance Training in Trained College-Aged Males

Bachelor of Science – Southeast Missouri State University, May, 2001

Major: Fitness and Sports Medicine

Professional Experience

2007- Present

Professor, Department of Kinesiology and Health Science

Stephen F. Austin State University

- Undergraduate/Graduate Teaching
- Director- Human Performance Lab
- Graduate Assistant Coordinator
- Graduate Program Coordinator
- Research, Scholarly Activity, Service

Teaching Responsibilities:

- Exercise Physiology
- Graduate Exercise Physiology
- Fitness Appraisal and Prescription
- Advanced Exercise Testing (Field & Clinical)
- Laboratory Techniques
- Concepts of Fitness Education
- Graduate Seminar
- Graduate Internships

2001- 2007

Graduate Teaching Assistant, Department of Kinesiology

The University of Alabama.

- Undergraduate Teaching
- Research Assistance
- Coordinator; Human Performance Lab

Teaching Responsibilities:

- Ecological Approach to Health and Wellness
- Applied Biomechanics
- Exercise Physiology
- Beginning Weight Training
- Softball
- Physical Conditioning

- 2001-2007 (Quality Engineering) 3PEC, Bessemer Alabama (2007); (Carpentry) Mills Craftsmanship, Tuscaloosa Alabama (2005-2006); (Commercial Painting) Strickland Painting, Tuscaloosa Alabama (2002-2004); (Drywall) Stowers Construction, Columbia Missouri. (2001)
- 2000- 2001 Performance Enhancement/ Physical Therapy Assistant (Internship) St. Francis Medical Rehabilitation Center, Cape Girardeau, Missouri. (December 2000 – March 2001).
- Implement rehabilitation programs for various individual injuries.
 - Training of athletes to enhance performance (Frappier Acceleration Program).
 - Development of Post-Training Regimen for exiting athletes.
- 1999- 2001 Lab Assistant, Southeast Missouri State University.
- Lab maintenance and operations
 - Data collection
 - Fitness assessments and evaluations.

Publications/ Presentations/Service

Publications (* student Co-Authored work)

- *Abreu,A., Faries, M.D., **Jones, E.J.**, Thompson, J. Affective Responses to Fitness Testing in Women. *Women in Sport and Physical Activity Journal*. Published 10-22
<https://journals.humankinetics.com/view/journals/wspaj/aop/article-10.1123-wspaj.2021-0032/article-10.1123-wspaj.2021-0032.xml>
- *Gibbs, Shelby., Latta, Emily., **Jones, E.J.**, Joubert, D.P. Pre-Workout Caffeine Supplementation Eliminates the Post-Resistance Exercise Hypotensive Response. *Sports Medicine and Health Science* Revisions Submitted 7-21
- *Abreu, A., Smith-Bishop, C., Faries, M.D., **Jones, E.J.** Self-Regulation Capacity of Low-Income Mothers in Community based, Expanded Food and Nutrition Education Programs. *Family and Community Health*. Submitted for review 4-21
- *Joubert, Dustin., Guerra, Nicholas., **Jones, E.J.**, Knowles, Erica., Piper, Aaron. Ground Contact Time Imbalances Strongly Related to Impaired Running Economy. *International Journal of Exercise Science* :Vol. 13(4): 427-437, 2020
- *Piper, Aaron., Joubert, Dustin., **Jones, E.J.**, Whitehead, M.T. Comparison of Post-Activation Potentiation Methods on Power and Sprint Acceleration. *International Journal of Exercise Science*: Vol 13(4): 539-553, 2020
- *McMorries, Rebecca M.; Joubert, Dustin P.; **Jones, Eric J.**; and Faries, Mark D. A Validation Study of a Noninvasive Lactate Threshold Device. *International Journal of Exercise Science*: Vol. 12: Iss. 2, Pages 221 - 232. Available at: <https://digitalcommons.wku.edu/ijes/vol12/iss2/7> (2019)
- *Moran, M., Waggener, J.D., **Jones, E.J.**, Bergman, R., Pujol, T.J., Langenfield, M., Barnes, J., Sievers, M., Sutherland, A. Validation of a One-Minute Abdominal Crunch Test with the Canadian Curl-Up Test. *Journal of Public Health Issues and Practices*. 2:114 (2018)
- *McClendon, M., Faries, M.D., **Jones, E.J.** Destroying God’s Temple? Physical Inactivity, Poor Diet, Obesity, and Other “Sin” Behaviors. *Journal of Religion and Health* (**Published 2/17**) <http://rdcu.be/pl52>
- *Secrest, J., **Jones, E.J.**, Faries, M.D. The Effects of Ammonia Inhalants on Anaerobic Performance Following a Simulated American Football Game (manuscript in preparation)

- *Faries, M., Kephart, W., **Jones, E.J.** Approach, avoidance and weight-related testing: An investigation of frontal EEG asymmetry. *Journal of Psychology, Health, & Medicine*. 20:7, 790-801, (2015)
- *Kephart, W, Faries, M., **Jones, E.J.** “Sprints to Smarts: The Acute Effect of High Intensity Interval Training on Various Executive Functions” *Journal of Sports and Exercise Psychology*. (Manuscript in preparation)
- *Secrest J., Thompson, Erin. Louw, K., **Jones, E.J.**, Whitehead, T. Establishing the Learned Effect of Repeated Wingate Anaerobic Tests. (Manuscript in preparation)
- *Frischmann, N., **Jones, E.J.**, Faries, M., Kephart, W. Effects of Different Types of Clothing on Thermoregulation and Microenvironments During Simulated American Football (manuscript in preparation)
- *Bishop, P., Frischmann, N., **Jones, EJ.** Deer Hunting Tree Stand Injuries in the USA: A Brief Review. *Journal of Outdoor Recreation, Education, and Leadership*. 5(3): 2013
- Jones, EJ.**, Bishop, PA., Green JM, Thornton J. Impact of Bolus versus Metered Fluid Consumption on Urine Specific Gravity and Urine Color. (manuscript in preparation)
- Jones, EJ.**, Bishop, P.A. Comparisons between hunter education instructor’s and hunters’ behaviors. *Human Dimensions of Wildlife*, 16:6, 425-434, (2011).
- Jones, EJ.**, Bishop, PA., Green, JM., Richardson, MT. Effects of metered vs. bolus water consumption on urine production and rehydration. *International Journal of Sports Nutrition and Exercise Metabolism*. 20(2):139-44 (2010).
- Jones, EJ.**, Bishop, PA., Woods, AK. Cross-Sectional Area and Muscular Strength: A Brief Review *Sports Medicine* 38(12): 1-8 (2008).
- Bishop, PA., **Jones, EJ.**, Woods, AK. Recovery from Training: A Brief Review. *Journal of Strength and Conditioning Research*. 22(3): 1015-1024 (2008).
- Bishop, PA., **Jones, EJ.**, Green, JM. Continuous vs. episodic hydration in encapsulating protective coveralls. *Journal of Occupational and Environmental Hygiene*. 4 (4): 260 – 26 (2007).
- Woods, AK., **Jones, EJ.**, Bishop, P. Warm-up and Stretching in the Prevention of Muscular Injury: A Review. *Sports Medicine*. 37(12):1089-1099 (2007).
- Wickwire, J., Bishop, P., Green, JM., Richardson, MT., Lomax, R., **Jones, EJ.**, and Curtner-Smith, M. Validation of a Personal Fluid Loss Monitor. *International Journal of Sports Medicine* 29:139-144 (2007).
- Jones, EJ.**, Bishop, PA., Richardson, MT., Smith, JL. Stability of a Practical Measure of Recovery from Resistance Training. *Journal of Strength and Conditioning Research* 20(3), 305-308 (2006).
- Bishop, PA., **Jones, EJ.**, Green, JM. Final report to CamelBak LLC. June 2005. Deliverable for funded research
- Langenfeld, M., Pujol, T., Moran, M., Barnes, J., Scheeter, R., **Jones, EJ.** The Metabolic Cost of Operating a Bicycle Generator Light. *Ergonomics* 45: (15), 1117-1120 (2002).

Presentations(* student Co-Authored work)

- *Oehlert, Garrett., **Jones, E.J.**, Burns, Geoffrey., Joubert, D. Comparative Effects of Advanced Footwear Technology on Running Economy in Track Spikes and Racing Shoes. Poster presentation at American College of Sports Medicine National Conference June 2023
- ***Jones, E.J.**, Castleberry, C.F., Joubert, D.P., Whitehead, R., Aguerrevere, L., Martinez, C. Biometric Analysis of Emotional Responses and Cognitive Effort To Stimuli in Euhydrated Versus Hypohydrated States. Poster presentation at American College of Sports Medicine National Conference 2022, San Diego CA.
- *Gebhardt, H.D., **Jones, E.J.**, Joubert, D.P. An Extended Period of Carbohydrate Mouth Rinsing Prior to Consumption Has No Additive Benefit on Cycling Performance. Poster presentation at Texas American College of Sports Medicine Regional Conference Feb. 2021, Virtual
- *Latta, Emily., Gibbs, S., **Jones, E.J.**, Joubert, D.P. Effects of Pre-Workout Caffeine Supplementation on Post Exercise Hypotension. Virtual Poster Presentation Texas American College of Sports Medicine Regional Conference 2021 (Virtual)
- *Joubert, Dustin., Dickerson, Broderick., **Jones, E.J.**, Willis, Dani. Attempting to Acutely Manipulate Ground Contact Time Imbalances Impairs Running Economy. Poster presentation at American College of Sports Medicine National Conference June 2020, Virtual.
- *Dickerson, Broderick., **Jones, E.J.**, Willis, Dani., Joubert, Dustin. Attempting to Acutely Manipulate Ground Contact Time Imbalances Impairs Running Economy. Poster presentation at Texas American College of Sports Medicine Regional Conference Feb. 2020, Waco TX.
- *Joubert, Dustin., Guerra, Nicholas., **Jones, E.J.**, Knowles, Erica., Piper, Aaron. Ground Contact Time Imbalances Strongly Related to Impaired Running Economy. Poster presentation at American College of Sports Medicine National Conference 2019, Orlando, FL.
- *Alyssa Abreu, Mark D. Faries, **Eric J. Jones**, Dustin P. Joubert., Self-Regulatory Capacity of Low-Income Mothers in a Community-Based Nutrition Program. Poster presentation at American College of Sports Medicine National Conference 2019, Orlando, FL.
- *Day, J.D., **Jones, E.J.**, Joubert, D.P., Drake, Sarah, Whitehead, T. Physical Therapy Students' Knowledge and Attitudes of Nutrition. Poster presentation at American College of Sports Medicine National Conference 2019, Orlando, FL.
- *Joubert, Dustin., Guerra, Nicholas., **Jones, E.J.**, Knowles, Erica., Piper, Aaron. Ground Contact Time Imbalances Strongly Related to Impaired Running Economy. Poster presentation at Texas American College of Sports Medicine Conference 2019, Fort Worth, TX.
- * M.T. Whitehead, D.R. Rouwtt, **Jones, E.J.**, and D.M. Rust. Effect of Compression on Recovery From Acute Resistance Exercise. Poster presentation at NSCA National Conference 2017, Las Vegas, NV.
- * **Jones, E.J.**, Martinez, K., Alger, C., Faries, M.D., and Joubert, D. Frontal Asymmetry Changes Following Passive Hypo-Hydration. Poster presentation at American College of Sports Medicine National Conference 2017, Denver, CO.
- * Day, D., Abreu, A., Faries, M.D., and **Jones, E.J.** Complexities of the Body Weight Screening Experience: A Qualitative Analysis. Poster presentation at American College of Sports Medicine National Conference 2017, Denver, CO.
- *Day, D., Abreu, A., Faries, M.D., and **Jones, E.J.** Complexities of the Body Weight Screening Experience: A Qualitative Analysis. Poster presentation at Texas American College of Sports Medicine Regional Conference 2017, Waco, TX.

- *Martinez, K., Alger, C., **Jones, E.J.**, Faries, M.D., and Joubert, D. Frontal Asymmetry Changes Following Passive Hypo-Hydration. Soar Conference 2017 SFASU (Poster)
- *Day, D., Abreu, A., Faries, M.D., and **Jones, E.J.** Complexities of the Body Weight Screening Experience: A Qualitative Analysis. Soar Conference 2017 SFASU (Poster)
- *Nanez, Rachel., Abreu, Alyssa., Faries, M.D., **Jones, E.J.** Effects of a 3D Body Imaging Trigger on Self-Perceived Attractiveness, Self-Conscious Emotions and Coping. American College of Sports Medicine National Conference 2016, Boston, MA.
- *Abreu, Alyssa, Nanez, Rachel, Faries, M.D., **Jones, E.J.** Affective and Motivational Responses to 3D Body Imaging. American College of Sports Medicine National Conference 2016, Boston, MA.
- *Nanez, Rachel., Abreu, Alyssa., Faries, M.D., **Jones, E.J.** Effects of a 3D Body Imaging Trigger on Self-Perceived Attractiveness, Self-Conscious Emotions and Coping. Texas American College of Sports Medicine Regional Conference 2016, College Station, Texas.
- *Abreu, Alyssa, Nanez, Rachel, Faries, M.D., **Jones, E.J.** Affective and Motivational Responses to 3D Body Imaging. Texas American College of Sports Medicine Regional Conference 2016, College Station, Texas.
- *Martinez, Kristen, Alger, W.C., **Jones, E.J.**, Faries, M.D. Frontal Asymmetry Changes Following Passive Hypo-Hydration. Texas American College of Sports Medicine Regional Conference 2016, College Station, Texas.
- *Thompson, E., Secrest, J., **Jones, E.J.**, Whitehead, M.T. Establishing the Learned Effect of Repeated Wingate Anaerobic Tests. Poster presentation at American College of Sports Medicine National Conference, San Diego, CA. May 2015
- *Thompson, J., Faries, M.D., Cofield, D., **Jones, E.J.** Affective Responses to Common Fitness Testing in College-Aged Women. Poster presentation at American College of Sports Medicine National Conference, San Diego, CA. May 2015
- *Secrest, J., **Jones, E.J.**, Faries, M.D. The Effects of Ammonia Inhalants on Anaerobic Performance Following a Simulated American Football Game. Poster presentation at American College of Sports Medicine National Conference, San Diego, CA. May 2015
- *Thompson, E., Secrest, J., **Jones, E.J.**, Whitehead, M.T. Establishing the Learned Effect of Repeated Wingate Anaerobic Tests. Poster presentation at Texas American College of Sports Medicine conference, Austin TX. March 2015
- *Thompson, J., Faries, M.D., Cofield, D., **Jones, E.J.** Affective Responses to Common Fitness Testing in College-Aged Women. Poster presentation at Texas American College of Sports Medicine conference, Austin TX. March 2015
- *Secrest, J., **Jones, E.J.**, Faries, M.D. The Effects of Ammonia Inhalants on Anaerobic Performance Following a Simulated American Football Game. Poster presentation at Texas American College of Sports Medicine conference, Austin TX. March 2015
- *Faries, M.D., Kephart, W., **Jones, E.J.** Approach, Avoidance, and Weight-Related Testing: An Investigation of Frontal EEG Asymmetry. Poster presentation at American College of Sports Medicine national conference. Orlando FL. May 2014
- *Jupe, N., Faries, M.D., **Jones, E.J.**, Whitehead, M.T. Evaluation of the Nike+ FuelBand in energy expenditure and steps taken during exercise. Poster presentation at American College of Sports Medicine national conference. Orlando FL. May 2014

- *Kephart, W. Faries, M.D., **Jones, E.J.**, Whitehead, M.T. TACSM 2014 "Sprints to Smarts: The Effect of High Intensity Interval Training on Various Executive Functions" Poster presentation at Texas American College of Sports Medicine, Fort Worth TX. March 2014
- *Jupe, N., Faries, M.D., **Jones, E.J.**, Whitehead, M.T. Evaluation of the Nike+ FuelBand in energy expenditure and steps taken during exercise. Poster presentation at Texas American College of Sports Medicine, Fort Worth TX. March 2014
- *Decker, S., Bachrich, H., Kellman, N., Flowers, L., **Jones, E.J.**, Faries, M.D. Effects of Hot and Temperate Environments on Executive Function Tasks during Moderate and High Intensity Exercise. Poster presentation at Texas American College of Sports Medicine, Fort Worth TX. March 2014
- *Secret J., Thompson, E., Louw, K., **Jones, E.J.**, Whitehead, T. Establishing the Learned Effect of Repeated Wingate Anaerobic Tests. Bright Ideas Conference 2014 SFASU (Poster)
- ***Jones, E.J.**, Frischmann, N., Faries, M., Kephart, W. Effects of Different Types of Clothing on Thermoregulation and Microenvironments During Simulated American Football. Bright Ideas Conference 2014 SFASU (Poster)
- *Kephart, W. Faries, M.D., **Jones, E.J.**, Whitehead, M.T. TACSM 2014 "Sprints to Smarts: The Effect of High Intensity Interval Training on Various Executive Functions" Bright Ideas Conference 2014 SFASU (Poster)
- *Faries, M.D., Kephart, W., **Jones, E.J.** Approach, Avoidance, and Weight-Related Testing: An Investigation of Frontal EEG Asymmetry. Bright Ideas Conference 2014 SFASU (Poster)
- ***Jones, E.J.**, Frischmann, N., Faries, M., Kephart, W. Effects of Different Types of Clothing on Thermoregulation and Microenvironments During Simulated American Football. Poster presentation at American College of Sports Medicine national conference. Indianapolis IN. May 2013
- Jones, E.J.** Hydration or Fluid Replacement? From Conventional Wisdom to Now. **"2013 Distinguished Lecturer"** Southeast Missouri State University, Cape Girardeau MO. March 2013
- *Secret J., Louw, K., **Jones, E.J.**, Whitehead, T. Establishing the Learned Effect of Repeated Wingate Anaerobic Tests. Poster presentation at Texas American College of Sports Medicine, Austin TX. March 2013
- Jones, Eric.** Research on a Budget: Productivity in Regional Teaching Campuses. **Invited Speaker** at Texas American College of Sports Medicine regional meeting. Austin TX. March 2012
- *Bishop, P., Frischmann, N., **Jones, E.J.** Comparisons between hunter education instructor's and hunters' behaviors. Oral presentation at Texas Association of Health, Physical Education, Recreation, and Dance regional meeting. Dallas December 2011
- ***Jones, Eric.**, Graham, Jared., Frischman, Nathan. Effects of varying fluid consumption rates on fluid retention and hydration efficiency using 150% fluid replacement following dehydration. Poster presentation at American College of Sports Medicine national meeting. Baltimore May 2010
- ***Jones, Eric.**, Graham, Jared., Frischman, Nathan. Effects of varying fluid consumption rates on fluid retention and hydration efficiency using 150% fluid replacement following dehydration. Bright Ideas Conference 2010 SFASU (Poster)
- Bishop, Phillip., **Jones, Eric.**, Green, James. Physiological Considerations of Rate and Composition in Rehydration Following Dehydration in the Heat. International Symposium on Physiology and Pharmacology of Temperature Regulation. (July 2009)

Jones, Eric. SFA COE Faculty/Staff Showcase April 29, 2009 Impact of Bolus versus Metered Fluid Consumption on Urine Specific Gravity and Urine Color. (Poster)

Jones Eric. Effects of Metered vs. Bolus Water Consumption on Urine Production and Rehydration
Bright Ideas conference 2008 SFASU (Poster)

Bishop, Phillip, **Jones, Eric,** Green, James M. Effects of Metered vs. Bolus Water Consumption on Urine Production and Rehydration. 2008 International Convention on Science, Education and Medicine in Sport (2008 ICSEMIS), August 1st – 5th, 2008

Eric J. Jones, Phil A. Bishop, James M. Green FACSM, Mark T. Richardson. “Impact of Bolus versus Metered Fluid Consumption on Urine Specific Gravity and Urine Color.” Poster presentation at American College of Sports Medicine national meeting. Indianapolis May 2008

Eric J. Jones, Phil A. Bishop, and Matt Green. “Hydrating People in Realistic Situations.” Tutorial at American College of Sports Medicine Southeastern Regional meeting. Birmingham AL. Feb. 2008

Eric J. Jones, Phil A. Bishop, James M. Green, Mark T. Richardson. “Effects of Metered vs. Bolus Water Consumption on Urine Production and Rehydration” Oral presentation at American College of Sports Medicine National meeting. New Orleans LA. May. 2007.

Eric J. Jones, Phil A. Bishop, James M. Green, Mark T. Richardson. “Effects of Metered vs. Bolus Water Consumption on Urine Production and Rehydration” Poster presentation at American College of Sports Medicine Southeast Regional meeting. Charlotte, North Carolina. Feb. 2007.

P.J. Wickwire, P.A. Bishop, J.M. Green, M.T. Richardson, R.G. Lomax, C., Casaru, **E. Jones,** and M. Curtner-Smith. “Validation of a Personal Fluid Loss Monitor” Poster presentation at the American College of Sports Medicine Southeast Regional annual meeting. Charlotte North Carolina February 2007.

Bishop, PA JM Green, **EJ Jones.** Hydration in EPC. Presented to the AIHce, Chicago, IL, May 2006.

Bishop, P., Green, M., **Jones, E.J.** Hydrating Civilian Emergency Responders to CBRN Terrorism. USSOCOM CBRN Conference and Exposition. Tampa FL Dec 2005.

Jones, E.J., Bishop, P., Smith, J., Richardson, M. “Test- Retest Reliability of a Recovery Measure Following Acute Bouts of Resistance Training in Trained College-aged Males.” Poster presentation at the American College of Sports Medicine Southeast Regional annual meeting, Atlanta Georgia, January 2004.

Pujol, T.J., Wagganer, J.D., Langenfeld, M., Sutherlin, A., Tucker, J., Leible, M., Barnes, J.T., **Jones, E.J.** “Music Has No Effect on the RPE- Lactate Relationship.” Poster presentation at the American College of Sports Medicine national meeting, San Francisco, California, May 2003.

Moran, M., Wagganer, J., **Jones, E.J.,** Pujol, T.J., Langenfeld, M., Bergman, R. “Validation of a one-minute crunch test” Poster presentation at the American College of Sports Medicine national meeting, Baltimore, Maryland, June 2001.

Langenfeld, M.E., Pujol, T.J., Moran, M.K., Barnes, J.T., Scheeter, R.L. and **Jones, E.J.** “Metabolic cost of operating a bicycle generator light”, presented at the American College of Sports Medicine Convention, Indianapolis, IN, June, 2000.

Service

Professional and Reviewer Responsibilities

Texas American College of Sports Medicine Presidential Nomination: (3-year appointment) (11-2020-Current) (Waco TX).

Human Dimensions of Wildlife (Reviewer) "Evaluating how Swedish Hunters Value Content in Hunter Education Classes". 8/2020

Texas American College of Sports Medicine Officer Appointment: "Treasurer" 3/2012-3/2021 (Austin TX).

Texas American College of Sports Medicine Appointment: "Directed and Co-Coordinated National American College of Sports Medicine Socials" (2013-present)

International Journal of Exercise Science (Reviewer) "Aerobic Capacity is Related to Repeated Sprint Ability with Sprint Distances Less Than 40 Meters." 6/2016

Texas Association of Health, Physical Education, Recreation and Dance Journal (Reviewer) "Relationship between perceived and measured aerobic fitness in college students." 2/2014

Nutrients Journal (Reviewer) "24-h Fluid Kinetics and Perception of Sweat Losses following a 1-h Run in Temperate Environments". 11/2013

Texas American College of Sports Medicine Officer Nomination: "Representative" (3-year appointment) (2011-2012) (Austin TX).

Doctoral Student Presentation Judge: Texas American College of Sports Medicine Regional Meeting 2010-2012 (Austin TX).

Student Bowl Competition Team Judge: Texas American College of Sports Medicine Regional Meeting 2011 (Austin TX).

International Journal of Exercise Science (Reviewer) "Ankle Range of Motion and its Relationship to Calf Cramps in Tri-athletes while Swimming". Landers, GJ. 6/2010

Review Textbook Proposal: Applied Exercise Testing & Prescription: Theory and Practice. Holcomb Hathaway Publishers 4/10

Departmental

Graduate Program Co-Coordinator, Kinesiology and Health Science SFASU (2015-present)

Graduate Curriculum Committee, Kinesiology (2019-present)

Tenure and Promotion Committee Chairperson; Kinesiology and Health Science SFASU (2020-present)

Graduate Assistant Coordinator, Kinesiology and Health Science SFASU (2014-present)

Tenure and Promotion Committee; Kinesiology and Health Science SFASU (2014-present)

SFASU Freshman Convocation; Kinesiology and Health Science (2014-present)

SACS Assessment Committee member (2008-present)

Organized and directed Graduate Assistant Welcoming/Feedback Dinner (2008-present)

Organized and supervised SFA undergraduate ACSM Texas regional conference trips (2008-present)

Co-Director of Steven F. Austin Human Performance Lab (2007-Current)

Search Committee “Member” Human Sciences Aviation position 2023

Search Committee “Member” Kinesiology and Health Science Exercise Physiology position. 2022

Search Committee “Member” Kinesiology and Health Science Exercise Physiology position. 2020

Search Committee “Member” Kinesiology and Health Science Department Chair position. 2017

Search Committee “Chair” Exercise Physiology position. 2017

Search Committee “Chair” Exercise Physiology position. 2015

Search Committee “Chair” Exercise Physiology position. 2013

Organized and directed implementation of new Human Performance program for Bachelor and Master’s degree (2011,2014)

Designed and implemented American College of Sports Medicine curriculum (2008, 2011)

Designed and provided oversight for construction of new Exercise Physiology Lab at Stephen F. Austin (2007-2010)

Team Director: Student Bowl Team Competition ACSM Texas regional conference (2011-2015)

Organized and implemented AED/CPR certification course for SFA graduate students (2007, 2008, 2010-2012-present)

Directed EHS Blood Borne Pathogens course for all SFA Kinesiology graduate students (2007, 2009-2012-present)

Participated as examiner for ACSM Health Fitness Instructor (HFI) certification testing at University of Alabama (2005)

Supervised and instructed undergraduates conducting fitness tests during Exercise Programming class at Southeast Missouri State University (2000)

College

College of Education Tenure Review Committee (2020-present)

Chair: College of Education Undergraduate Research Conference (2008-present)

College of Education Masters Thesis Handbook Committee (2021-2022)

COE Full Professor Review Committee Human Services (Fall 2020)

COE Dean’s Counsel committee (2013-2016)

Chair: College of Education Staff Appreciation Banquet (2015)

Panel Expert: SFA Doctoral Educational Leadership Cohort 18 (2014)

Graduate Research Committee (2012- 2015)

College of Education Assessment Day (Assistant) (2011)

College of Education Department Representative (Freshman Convocation) (2009-2013)

Fiscal Appeals Panel (2009)

“Recruitment and Retention” committee (2008-2013)

“Southern Association of Colleges and Schools” accreditation committee (2007)

University

Co-Chair: SFASU Undergraduate Research Council (2011-present)

SFASU Summer Academic Study Initiative Committee (7/20-present)

Employee Early Retirement Analysis Committee (5/20-present)

Stephen F. Austin Bass Club Faculty Sponsor (2019-present)

Undergraduate Council on Research Committee (1/19-Present)

SFA Center for Undergraduate Research Committee (5/2016-present)

University “ASHQFS Salary Equity” Sub-committee chair (2-21-2022)

SFA Strategic Planning Envisioned Sub-Committee Chair “Attracting and Supporting High Quality Faculty and Staff” (11/17-2022)

SFA Strategic Planning Envisioned Committee “Attracting and Supporting High Quality Faculty and Staff” (6/15-2022)

University SACS 9.6 Onsite Review Committee (3-21)

Chair: SFA Kinesiology and Health Science “Lecture Series” Dr. Matt Green; University of North Alabama (Fall 2021)

STEM Cohort #4 Mentor to High School Students 2019

Chair: SFA Kinesiology and Health Science “Lecture Series” Dr. Larry Armstrong; University of Connecticut (Fall 2018)

Chair: SFA Kinesiology and Health Science “Lecture Series” Dr. Scott Smith; University of Texas Southwestern (Spring 2018)

Career Services “Search Committee member” (7/16)

Foundations Research Award 2015 Selection Committee (10/2015)

Chair: SFA Kinesiology and Health Science “Lecture Series” Dr. Patricia Painter; University of Utah (2014)

Graduate Council Committee (2013-2016)

Undergraduate Initiatives Committee (2012-2016)

Planning Committee: Bright Ideas Conference (2012-2014)

SFA Football Recruitment Weekend: Academic Representative (2012-2014)

SFASU Track/Field and Baseball Recruitment tours (6 tours) (2013-2014)

Co-Chair: SFASU Undergraduate Research Council (2010)

“Club Soccer” Faculty Advisor (2009)

“Students Moving In” (Water Handout) (2009, 2011)

Student recruitment: Showcase Saturday (2007-present)

Participated in “student recruitment” of prospective students from area junior colleges (2008)

Theses/Dissertations

Oehlert, Garrett. Master’s Thesis Committee Chair. “Title TBD” (Proposal Fall 2023)

Rodriguez, Jeremy. Master’s Thesis Committee Member. “Arm Care Valuation Comparisons to Pitching Metrics” (Proposal Fall 2023)

Bigenho, Connor. Master’s Thesis Committee Member. “Effects of Varying Warmup Stimuli on Running Economy” (Completed December 2021)

Johnson, Blake. Master’s Thesis Committee Member. “Recovery Methodologies and High Intensity Interval Training” (Completed July 2021)

Mchenry, Tyler. Master’s Thesis Committee Member. “Deception of Resistance and the Effects on Muscular Fitness and Perceived Exertion” (Completed July 2021)

Castleberry, Frederick. Master’s Thesis Committee Chair. “Biometric Analysis of Emotional Responses and Cognitive Effort To Stimuli in Euhydrated Versus Hypohydrated States” (Completed May 2021)

Gebhardt, Henry. Master’s Thesis Committee Member. “Effects of Carbohydrate Mouth Rinsing Plus Ingestion on Cycling Time Trial Performance” (Completed December 2020)

Katayama, Ayano. Master’s Thesis Committee Chair. “Individual EEG Asymmetry as a Predictor of Hydration Status During Exercise in Heat” (Completed August 2019)

Hollis, Erin. Master’s Thesis Committee Chair. “Impact of Clothing on Physiological, Perceptual, and Cognitive Variables While Exercising in a Hot Environment” (Completed May 2019)

Piper, Aaron. Master’s Thesis Committee Member. “Comparison of Post-Activation Potentiation Methods on Power and Sprint Acceleration”. (Completed May 2019)

Day, Delaney. Master’s Thesis Committee Chair. “Entry-Level Physical Therapy Students’ Knowledge and Attitudes of Nutrition”. (Completed May 2018)

Abreu, Alyssa. Master’s Thesis Committee Chair. “Self-Regulation Abilities of Low-Income Mothers in Community Based, Expanded Food and Nutrition Education Programs”. (Completed July 2018)

Martinez, Kristen. Master’s Thesis Committee Chair. “Variations in Sweat Rates and Ad-libitum Fluid Consumption during Work and Environmental Heat Stress”. (Completed May 2017)

Alger, Craig. Master’s Thesis Committee Chair. “Evaluation of a Non-Invasive Exertional Heat Illness Early Alert Indicator and Perceptions of Core Temperature”. (Completed December 2016)

Nanez, Rachel. Master's Thesis Committee Member. "Comparison of Two Body Weight Screenings on Self-Conscious Emotions and Coping". (Completed May 2016)

McMorries, Becky. Master's Thesis Committee Member. "Stop the Pricks: A Validation Study of the BSX Insight Device". (Completed May 2016)

Decker, Stephen. Master's Thesis Committee Member. "Effects of Acute Exercise on Postprandial Lipemia and Postprandial Glycemia". (Completed July 2016)

Martin, Anthony. Master's Thesis Committee Member "The Effects of Prayer Following Ego-Depletion on Executive Functions". (Completed November 2015)

Rouwtt, Deandrea. Master's Thesis Committee Member "Recovery from Resistance Exercise using a Lower Body Compression Garment". (Completed May 2015)

Drew, Richard. Master's Thesis Committee Member "Effect of Calibrated Lower Body Compression Garments on Recovery Following an Acute Bout of Exhaustive Exercise". (Completed May 2015)

McElrath, John. Master's Thesis Committee Chair "The Effects of Diress on Executive Functioning Skills During Computer-Based and Functional Performance". (Completed May 2015)

Ankamah, Kofi. Master's Thesis Committee Chair "A Comparative Analysis: Computer-Based Executive Function Performance and Functional-Based Executive Function Performance". (Completed May 2015)

Mccleendon, Megan. Master's Thesis Committee Member "The Impact of Spirituality on Healthy Behavior Beliefs". (Completed May 2015)

Thompson, Jessica. Master's Thesis Committee Member "The Effects of Executive Function on Goal-Directed Physical Activity in College Students". (Completed May 2015)

Thompson, Erin. Master's Thesis Committee Member "Relationship of Women's Hip Anthropometrics with Aerobic Fitness and Attractiveness". (Completed May 2015)

Secrest, Joseph. Master's Thesis Committee Chair "The Effects of Ammonia Inhalants on Anaerobic Performance Following a Simulated American Football Game". (Completed May 2014)

Mccrady, William. Master's Thesis Committee Member "Assessment of Animal-Borne Video Systems for Studying Behavior and Energetics of Male White-Tailed Deer". (Completed December 2013)

Kephart, Wesley. Master's Thesis Committee Member "Sprints to Smarts: The Effect of High Intensity Interval Training on Various Executive Functions" (Completed November 2013)

Jupe, Nikki. Master's Thesis Committee Member "Validation of a Commercial Physical Activity Monitor in Energy Expenditure and Steps Taken". (Completed July 2013)

Dooling, Steven. Master's Thesis Committee Member "Affective Response to Discrepancy in Fitness Testing: Awareness Versus Saliency". (Completed May 2013)

Frischmann, Nathan. Master's Thesis Committee Chair "Effects of Different Types of Clothing on Physiological Responses and Micro-environments in Collegiate Football Players". (Completed May 2012)

Graham, Jared. Master's Thesis Committee Chair "Practical Measure of Performance in Response to Delayed Onset Muscle Soreness and Range of Motion". (Completed May 2010)

Newcomb, Tiffany. Master's Thesis Committee Chair "Effects of Metered vs. Bolus Water Consumption on Urine Production and Rehydration in Females". (2009)

Allen, James. Master's Thesis Committee Member "The Effects of Wii Fit on Elderly Balance". (Completed 2009)

Carver, James. Master's Thesis Committee Member "Effects of Heat and Humidity on Thermal Sensation". (Completed 2008)

Royer, Rob. Master's Thesis Committee Member "Acute Effects of Different Stretching Protocols on Fitness Performance in Middle School-Aged Participants". (Completed 2008)

Undergraduate/Masters Mentorship

Savanna Knight (University of North Alabama) Graduate Assistant Position, Full Scholarship for Master's and PhD. Fall 2021-current

Alyssa Abreu (Human Performance Graduate Assistant) received the "**Marilyn Odom Outstanding Graduate Student**" award at **Stephen F. Austin State University 2018**

"Effects of a 3D Body Imaging Trigger on Self-Perceived Attractiveness, Self-Conscious Emotions and Coping". Rachel Nanez was awarded the **TACSM Outstanding Master's Research Award (3rd place) 2016 by the Texas American College of Sports medicine.**

"Effects of Ammonia Inhalants on Anaerobic Performance Following a Simulated American Football Game", Joseph Secrest was awarded the **TACSM Outstanding Master's Research Award (2nd place) 2015 by the Texas American College of Sports medicine.**

"Effects of Ammonia Inhalants on Anaerobic Performance Following a Simulated American Football Game", Joseph Secrest was awarded the **William R. Johnson Outstanding Thesis Award for SFASU 2014**

Approach, avoidance and weight-related testing: An investigation of frontal EEG asymmetry. *Journal of Psychology, Health, & Medicine*. **Co-Authorship** (Wesley Kephart) (accepted for publication 8/14)

"Effects of Different Types of Clothing on Thermoregulation and Microenvironments During Simulated American Football", Nathan Frischmann and Wesley Kephart. **SFASU Bright Ideas Conference 2014 "Spotlight Exhibit" Award.**

"Effects of Hot and Temperate Environments on Executive Function Tasks during Moderate and High Intensity Exercise". Decker, S., Bachrich, H., Kellman, N., Flowers, L. "**University Scholar 2014**" award, **SFASU Undergraduate Research Conference (April 2014)**

"Evaluation of the Nike+ FuelBand in energy expenditure and steps taken during exercise", Nikki Jupe. **TACSM Outstanding Master's Research Award (3rd place) 2014 by the Texas American College of Sports medicine. (March 2014).**

Wesley Kephart (Human Performance Graduate Assistant) received the "**Marilyn Odom Outstanding Graduate Student**" award at **Stephen F. Austin State University 2013**

Nathan Frischman (Human Performance Graduate Assistant) received the "**Marilyn Odom Outstanding Graduate Student**" award at **Stephen F. Austin State University 2012**

"Deer Hunting Tree Stand Injuries in the USA: A Brief Review". **Co-authorship** (Nathan Frischmann) accepted for publication (JOREL 2012).

“Comparisons between hunter education instructor’s and hunters’ behaviors”. Nathan Frischmann *Oral Presentation* at Texas Association of Health, Physical Education, Recreation, and Dance regional meeting. Dallas December 2011

"Effects of Bolus vs. Metered Rehydration Rates on Fluid Retention and Hydration Efficiency using 150% Fluid Replacement". Nathan Frischman, Undergraduate Research Conference **"University Scholar 2010" award for the SFASU Undergraduate Research Conference. (April 2010)**

"Effects of Bolus vs. Metered Rehydration Rates on Fluid Retention and Hydration Efficiency using 150% Fluid Replacement". Jared Graham, **TACSM Outstanding Master's Research Award 2010 by the Texas American College of Sports medicine. (March 2010).**

Funded Research Activity

Jones, Eric. “Mental Efforts and Hypohydration” SFASU Comprehensive Research Program Grant (\$25,000) Funded 4-23

Jones, Eric., Faries, Mark. “Non-invasive Identification of Hyper-Thermic Events During Heat Stress” Private Corp. (\$17,850) (June 2016 – Present) Not funded

Faries, Mark., Jones, Eric. “Cognitive Function, Performance, and the Fitlight Trainer” Private Corp. (\$5000.00) (November 2015- Present) Accepted 6-15

Jones, Eric J. “Assessment of Intra/Extra Cellular Body Water Regulation with Bioelectrical Impedance Analysis.” SFASU Research Development Program Grant (\$10,000). Not funded.

Jones, Eric J "Influence of Water Consumption on Urine Production with Metered and Bolus Rehydration." (Funded), Stephen F. Austin State University, \$750.00. (February 16, 2009 - Present) Mini grant awarded.

Jones E. 2009. Hydrapak Style Hydration vs. Episodic Large-Volume Consumption: Implications on Survival and Limited Fluid Situations. Private Corp. 6,612.00 Not funded

Jones E, and Bishop P. 2006. Bolus vs. Metered Hydration. Private Corp. \$14,000. Not funded

Jones E. and Bishop P. 2006. Metered Hydration vs. Episodic Large-Volume Water/Electrolyte Consumption on Rehydration Efficiency. Private Corp. \$9000.00. Not funded

Bishop P. and Jones E. 2006 Micro-Environmental Cooling for Law Enforcement and Corrections Officers Wearing Body Armor. NIJ 451,901.00 Not funded

Professional Development

SFASU Online Instructor Certification (2020)

Leadership Stephen F. Austin State University Cohort 2019-2020

Certified Exercise Physiologist, American College of Sports Medicine, certificate number 15100, certified 2001

Dual Energy X-Ray Absorptometry certification (2014-current)

American Heart Association AED/CPR certification (2007-current)

Member, American College of Sports Medicine (2001-2003, 2007-current)

Member, Texas Regional American College of Sports Medicine (2007-current)

Honors, Awards, Activities

Stephen F. Austin State University “Foundations Excellence in Research Award” Finalist (2020)

Stephen F. Austin State University National Residence Hall “Professor of the Month” (April 2016)

Stephen F. Austin State University “Foundations Excellence in Teaching Award” Recipient (2015)

Stephen F. Austin State University “Foundations Excellence in Teaching Award” Finalist (2014)

Stephen F. Austin State University 2014 Bright Ideas Conference “Spotlight Exhibit” Award (2014)

Southeast Missouri State University 2013 “Distinguished Lecturer” Award (March 2013)

College of Education “Teaching Excellence Award” nominee (2013)

Kinesiology and Health Science Teaching Excellence Award winner (2013)

Honorary Assistant Head Coach, SFA Lady Jacks Basketball (2009)

Honorary Assistant Head Coach, SFA Lady Jacks Basketball (2008)

M. Ray Loree Outstanding Dissertation Research Award, College of Education, University of Alabama (2007)

ACSM Southeast Regional Outstanding Research Presentation Award (2007)

College of Education Graduate Student of the Year Award, University of Alabama (2006)

College of Education Excellence in Teaching and Research Award for Outstanding Thesis, University of Alabama (2005)

Graduate School Outstanding Thesis Award of Merit, University of Alabama (2005)

Excellence in Research Award, University of Alabama (2003)

Magna Cum Laude Graduate, Southeast Missouri State University (2001)

Phi Kappa Phi National Honor Society member (2000)

References

Bishop, Phil, Professor, The University of Alabama, Department of Kinesiology, P.O. Box 870312, Tuscaloosa AL. 35487. Office Phone: (205) 348-8370. E-mail: pbishop@bamaed.ua.edu

Finkenberger, Mel, Professor Emeritus, Stephen F. Austin State University, Department of Kinesiology and Health Science, P.O. Box 13015, SFA Station, Nacogdoches TX, 75962. E-mail: mfinkenberger@sfasu.edu

Green, Matt, Assistant Professor, University of North Alabama, Department of Health, Physical Education, and Recreation, P.O. Box 5073, Florence AL. 35632. Office Phone: (256) 765-4554. jmgreen@una.edu