

Tyler David Martin, Ph.D., CSCS

Professor & Graduate Program Coordinator
Department of Kinesiology & Health Promotion
211B Wright Hall
Troy University
Troy, AL 36082
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EDUCATIONAL RECORD

Doctor of Philosophy (Ph.D.), 2011

Passed Oral Defense of Dissertation: August 1, 2011

Graduation Date: December 16, 2011

The University of Southern Mississippi

College of Health

School of Human Performance and Recreation

Major: Human Performance – Exercise Physiology Emphasis

Dissertation Title: The Effect of Six Weeks of Oral Echinacea

Supplementation on Erythropoiesis, Nitric Oxide Production, and Exercise Performance

Advisor: Michael J. Webster, Ph.D., FACSM

Committee: Timothy P. Scheett, Ph.D., CSCS

Geoffrey M. Hudson, Ph.D., CSCS

Gregor Kay, Ed.D.

Master of Science (M.S.), 2005

The University of Southern Mississippi

College of Health

School of Human Performance and Recreation

Major: Human Performance – Exercise Science Emphasis

Advisors: Michael J. Webster, Ph.D., FACSM

Timothy P. Scheett, Ph.D., CSCS

Bachelor of Science (B.S.), 2003

Mississippi State University

College of Education

Department of Health, Physical Education, Recreation and Sport

Major: Physical Education - Fitness Management

Advisor: Joseph A. Chromiak, Ph.D., FACSM

Undergraduate Studies

University of Florida

College of Health and Human Performance

Department of Exercise and Sport Sciences

Major: Exercise and Sport Sciences

PROFESSIONAL EXPERIENCE

Summary of Position: I am currently in my seventeenth academic year (AY 2023/2024) as a teacher in higher education, with the past sixteen years (AY 2008/2009 – AY 2023/2024) being at Troy University. Over the past sixteen academic years, I have been in a faculty position that focuses primarily on teaching. My duties and responsibilities each semester have included, but not limited to: teaching a minimum of four (12 credit hours) undergraduate and graduate courses in Exercise Science and related areas, professionally preparing and advising students, devoting time to research and scholarly works, and actively engaging in service activities for the department, college, university, and community.

Troy University:

Professor

Department of Kinesiology and Health Promotion
College of Health and Human Services
Troy University, Troy, AL
August 1, 2021 – Present

Graduate Program Coordinator

August 1, 2022 – Present

*Promoted to rank of Professor by the University Review Committee, Senior Vice Chancellor for Academic Affairs and the Chancellor of Troy University. Troy University. Approved January 15, 2021. Effective August 1, 2021.

*Recommended for Promotion to rank of Professor by College of Health and Human Services Tenure and Promotion Review Committee on October 16, 2020.

*Promotion Portfolio submission deadline: September 2, 2020.

Associate Professor

Department of Kinesiology and Health Promotion
College of Health and Human Services
Troy University, Troy, AL
August 1, 2014 – July 31, 2021

*Granted tenure and promoted to rank of Associate Professor by the University Review Committee, Senior Vice Chancellor for Academic Affairs and the Chancellor of Troy University. Approved January 27, 2014. Effective August 1, 2014.

*Recommended for Promotion to rank of Associate Professor by College of Health and Human Services Tenure and Promotion Review Committee on October 16, 2013.

*Promotion & Tenure Portfolio submission deadline: September 3, 2013.

Assistant Professor

Department of Kinesiology and Health Promotion
College of Health and Human Services
Troy University, Troy, AL
August 1, 2008 – July 31, 2014

The University of Southern Mississippi:

Graduate Research Assistant - Sports and High Performance Materials

School of Human Performance and Recreation

The University of Southern Mississippi, Hattiesburg, MS

September 1, 2006 – May 31, 2008

Instructor (Visiting) - Exercise Science

School of Human Performance and Recreation

The University of Southern Mississippi, Hattiesburg, MS

September 1, 2005 – August 31, 2006

Research Assistant - Laboratory of Applied Physiology and Laboratory of Exercise Biochemistry

School of Human Performance and Recreation

The University of Southern Mississippi, Hattiesburg, MS

Summer 2005

Graduate Internship - Strength and Conditioning Coach, The University of Southern Mississippi Athletics

School of Human Performance and Recreation

The University of Southern Mississippi, Hattiesburg, MS

August 2004 - May 2005

Graduate Assistant - Fitness Instructor, YMCA - Petal, MS

School of Human Performance and Recreation

The University of Southern Mississippi, Hattiesburg, MS

Summer 2004

Graduate Research Assistant – Exercise Science, Laboratory of Applied Physiology and Laboratory of Exercise Biochemistry

School of Human Performance and Recreation

The University of Southern Mississippi, Hattiesburg, MS

January 1, 2004 – April 30, 2005

Mississippi State University:

Undergraduate Internship - Physical Therapy, HEALTHSOUTH – Columbus, MS

Department of Health, Physical Education, Recreation and Sport

Mississippi State University, Starkville, MS

Fall 2002 - Spring 2003

TEACHING EXPERIENCE

Summary of Teaching Achievements: I have prepared 56* (48* at TROY) different course preparations with a total of 315* (302* at TROY) different course sections taught throughout my teaching career, which have included course delivery in face-to-face, hybrid, and online environments at the undergraduate and graduate levels.

Troy University - AY 2008/2009 – 2023/2024

13 Graduate Course Preparations with a total of 37* course sections taught (10 Different Courses: 3 course taught in online and face-to-face format); 3 Online classes; 4 Face-to-Face classes

35* Undergraduate Course Preparations with a total of 265* course sections taught (28* Different Course Numbers: 7 course numbers taught in online and face-to-face semesters); 6 Online classes; 15* Face-to-Face classes

[*During the Spring 2020 semester, the six classes taught were transitioned from face-to-face to an online delivery format (March 16, 2020 – May 6, 2020).]

The University of Southern Mississippi - AY 2005/2006

8 Undergraduate Courses (Face-to-Face) with a total of 13 course sections taught

**See “TEACHING – AY 2005/2006; AY 2008/2009 – AY 2021/2022” below for complete listing of course preparations (courses taught) and course descriptions.*

HIGHLIGHTED SERVICE RELATED TO TEACHING:

Troy University (August 2008 – Present)

NSCA-ERP Application Coordinator and Faculty CSCS Sponsor

National Strength and Conditioning Association’s (NSCA) Education Recognition Program (ERP). Application Materials: Fall 2017; Application Submission:

March 2018; NSCA-ERP Approved: May 2018.

Coordinator and Faculty Sponsor: August 2017 – Present.

Exercise Science Program; Co-Developer: Drs. Tyler D. Martin & Michael S. Green

Bachelor of Science (B.S.): Exercise Science Major with Concentrations in Pre-Health Professions, Wellness & Fitness, and Nutrition.

Department of Kinesiology and Health Promotion, College of Health and Human Services, Troy University.

Fall 2012 – Fall 2013 (Exercise Science Program began August 2013).

Exercise Science; Co-Curriculum Advisor

Department of Kinesiology and Health Promotion

Undergraduate Program, Fall 2012 – present.

Undergraduate Minor and Graduate Concentration, August 2008 – Present

Course Sequence Charts (Exercise Science Major) - AY 2012/2013

Co-Developer: Drs. Tyler D. Martin & Michael S. Green

Bachelor of Science (B.S.): Exercise Science Major with Concentrations in Pre-Health Professions, Wellness & Fitness, and Nutrition.

Provided a suggested list and order of course completion (in a chart/table format) in the major. "Course Sequence Charts" were utilized by the Troy University Office of the University Registrar for the creation of Exercise Science "Degree Maps" beginning AY 2013/2014.

Office Hours Scheduling Plan/Template; Developer, Fall 2010.

Development of an office hour scheduling plan/template that allows for maximum convenience to the students. Voluntarily adopted by other faculty within the Department of Kinesiology & Health Promotion at Troy University.

Academic Advising Plans; Developer, Fall 2009.

In order to provide an adequate availability for and effectiveness in academic advising and directing students I developed an academic advising plan prior to all registration periods throughout the year in order to provide an efficient and effective advising experience for the students. This process allowed me to become more effective in advising and directing students. Many faculty within the department and college adopted the original template to enhance their own advising procedures. In March 2011, the College of Health and Human Services Dean's Office at Troy University promoted the adoption of the Academic Advising Plan by departments and faculty within the college.

Assistant Director (Voluntary), Applied Physiology Laboratory

Troy University

August 1, 2008 - present

The University of Southern Mississippi (Fall 2005 – Summer 2006)

Undergraduate Curriculum Coordinator, Exercise Science Program

School of Human Performance and Recreation

Spring 2006

LETTERS OF RECOMMENDATION – AY 2005/2006; AY 2008/2009 – 2023/2024

Troy University - AY 2008/2009 – 2023/2024

AY 2009–2010: (1) 1 Graduate

AY 2010–2011: (4) 2 Pre-Health; 1 Graduate, 1 Award

AY 2011–2012: (12) 7 Pre-Health; 1 Graduate; 1 Medical; 2 Job; 1 Grad. Assist.

AY 2012–2013: (4) 4 Pre-Health

AY 2013–2014: (4) 2 Pre-Health; 2 Graduate

AY 2014–2015: (8) 2 Pre-Health; 4 Graduate; 2 Job

AY 2015–2016: (11) 4 Pre-Health; 4 Scholarship; 2 Award; 1 Internship

AY 2016–2017: (21) 14 Pre-Health; 5 Graduate; 1 Honor Society; 1 Grad. Assist.

AY 2017–2018: (30) 12 Pre-Health; 13 Graduate; 1 Law; 2 Job; 2 Phone

AY 2018–2019: (12) 5 Pre-Health; 2 Graduate; 1 Grad. Assist., 1 Award; 1 Fraternity - National Leadership; 1 Honor Society; 1 Teaching

AY 2019–2020: (27) 15 Pre-Health; 8 Graduate; 1 Grad. Assist.; 2 Teaching; 1 Internship (Orthopedic shadow)

AY 2020–2021: (12) 8 Pre-Health; 3 Graduate; 1 Job

AY 2021–2022: (7) 5 Pre-Health; 1 Internship; 1 Graduate

AY 2022–2023: (11) 3 Pre-Health; 0 Internship; 8 Graduate

AY 2023–2024: (2) 2 Graduate

Total: 166 Letters of Recommendation (126 students)

The University of Southern Mississippi - AY 2005/2006

AY 2005–2006: 2 Graduate; 2 On-Campus Organizations

Total: 4 Letter of Recommendations (4 students)

ACADEMIC ADVISING – AY 2008/2009 – 2023/2024

Department of Kinesiology and Health Promotion, Troy University, Troy, AL

Graduate: Master of Science in Education - Traditional Physical Education;
Master of Science in Education – Alternative Fifth Year Physical
Education (Fall 2023 – Present)

Graduate: Master of Science in Kinesiology; Sports Psychology (Fall 2023 –
Present)

Graduate: Master of Science in Kinesiology; Exercise Science and
Coaching Concentrations (Fall 2022 – Present)

Graduate: Master of Science in Physical Education; Traditional Track and
Alternative 5th year (Alt A) Track (Fall 2022 – Present)

Undergraduate: Coaching Minors (Fall 2021 – Present)

Undergraduate: Bachelor of Science in Exercise Science; Wellness & Fitness,
Pre-Health Profession, and Nutrition Concentrations (Spring 2013 –
Present)

Undergraduate: Exercise Science Minors (Fall 2008 – Spring 2015)

Undergraduate: Bachelor of Science in Sport and Fitness Management Majors
(Fall 2008 – Spring 2015)

TEACHING – AY 2005/2006; AY 2008/2009 – AY 2023/2024

**DEPARTMENT OF KINESIOLOGY & HEALTH PROMOTION
TROY UNIVERSITY
TROY, AL
Fall 2008 – Present**

Graduate Courses, Summer 2010 – Fall 2023

KHP 6620 (3) – Physical Fitness: A Critical Analysis. The course involves an examination of the effects of physical activity on various fitness and health parameters by reviewing current research studies. Students will be introduced to methods of evaluating one's fitness level and the proper prescription guidelines. **(14 Semesters [10 Face-to-Face; 4 Online])** [*Two semesters taught with course prefixes of KHP & SFM.]

KHP 6623 (3) – Biomechanics of Sport Techniques. This course is designed to prepare the student for the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) certification. The course explores basic biomechanical concepts and their application in the analysis of sport technique. Students will apply scientific knowledge to examine sport-specific testing assessments and interpretation of results, and practice the implementation of safe and effective training techniques for the goal of improving athletic performance. *Prerequisite: KHP 6650.* **(2 Semesters [1 Face-to-Face; 1 Online])** [*One semester taught with course prefixes of KHP & SFM.]

KHP 6650 (3) – Sport Nutrition and Exercise Metabolism. This course examines established dietary requirements of athletes relative to performance, training, and recovery. Emphasis will be placed on the use of peer reviewed literature to understand the importance of pre- and post-event nutrition, nutritional issues faced by athletes, and possible ergogenic strategies, foods, and dietary supplements. Examination of metabolic pathways and will allow advanced interpretation of the metabolism and macronutrients during conditions of exercise and disordered metabolism. *Prerequisite: KHP 6670.* **(2 Semesters [Online]: Taught as SFM 6625 – Specialized Study in SFM or HPE)**

SFM 6670 (3) – Exercise Physiology. This course examines acute and chronic physiological responses of the respiratory, cardiovascular, and musculoskeletal systems, to demands of exercise. Contributions made by aerobic and anaerobic metabolism to energy production will be examined. The contribution of various physiological variables will be investigated to facilitate an understanding of the physiological basis of human performance. **(2 Semesters [Online])**

KHP 6670 (3) – Exercise and Disease Prevention. This course examines the scientific evidence in support of the beneficial effect of regular physical activity on reduced mortality from all causes – from diseases such as cardiovascular diseases, non-insulin dependent diabetes mellitus and colon cancer, and from conditions such as obesity and high blood pressure. **(1 Semester)**

KHP 6671 (3) – Advanced Exercise Physiology. This course will allow students to experience and explore advanced concepts, topics, and laboratory techniques related to exercise physiology. Material covered in this course will prepare students to interpret, conduct, and share advanced material with their peers. Students will have the opportunity to implement an advanced research project or commence thesis-related research.

Prerequisite: KHP 6650. (6 Semesters + 1 Independent Study [1 student]) [*Two semesters taught with course prefixes KHP & SFM.]

KHP 6690 (3) – Internship. A 400-hour supervised experience in planning, staging, and evaluating a formal practicum in related field.

(Service: 6 Semesters [2 Face-to-Face; 4 Online])

KHP 6694 (3) – Thesis I. Independent research leading to the preparation of a scholarly paper related to sport and fitness management topic under the supervision of the student's advisory committee. The student's advisory committee will administer an oral examination covering the research and findings. Grading system is Pass/Fail.

(Service: 1 Semester [Face-to-Face])

KHP 6695 (3) – Thesis II. Independent research leading to the preparation of a scholarly paper related to sport and fitness management topic under the supervision of the student's advisory committee. The student's advisory committee will administer an oral examination covering the research and findings. Grading system is Pass/Fail. (1

Semester [Online]; Service: 1 Semester [Face-to-Face])

Undergraduate Courses, Fall 2008 – Fall 2023

KHP 1142 (1) – Beginning Weight Training. Physical education activity course. (4 Semesters [Online])

KHP 2242 (1) – Intermediate Weight Training. Physical education activity course. (2 Semesters [Online])

KHP 2240 (3) – Personal and Community Health. A study of personal health as it applies to knowledge, practices, and behavior, and community organization for health, including environmental health, epidemiology, and medical services. (7 Semesters)

KHP 2250 (1) – Foundations of Health Science. A study of the historical, philosophical and theoretical foundations of health education and health promotion, including the current status and projected trends in health education and promotion. (1 Semester [Online])

KHP 2251 (2-2) – Foundations of Physical Education and Sport-Fitness Management. A study of the history and principles of health education and physical education with particular emphasis placed on present practices and trends. (10 Semesters [2 Face-to-Face; 8 Online])

KHP 2260 (2) – Applied Fitness Concepts. Personal conditioning-based course focusing on training principles, modes of exercise, training tools, performance enhancers, measurement concepts and exercise prescription. (9 Terms)

KHP 3345 (1-2) – Medical Terminology. A course intended to instruct in the proper interpretation of medical and allied health terminology. Topics covered include Arabic, Greek, and Latin prefixes, suffixes, and root words common across medical and health-related fields, and their definitions and rules of usage. (8 Terms [Online] + Expected Term 4, 2024).

KHP 3352 (3-3) – Kinesiology and Efficiency of Human Movement. The analysis of human movement based on anatomical and mechanical principles. Emphasis is given to the application of these principles to the understanding of human movement and athletic performance. *Prerequisites: BIO 3347/L347 & 3348/L348 or KHP 3360.* (26 Semesters [22 Face-to-Face; 4 Online])

KHP 3355 (3) – Introduction to Sport and Fitness Management. This course is an introductory course for students who wish to enter the professional field of sport and/or fitness management. Students will be exposed to a variety of subjects related to sport and fitness management. (7 Semesters)

KHP 3360 (3-3) – Physiological Principles of Body Systems. This course will examine the structure, function and control mechanisms of the following body systems: musculoskeletal, nervous, endocrine, cardiovascular, and respiratory. Metabolism, temperature regulation, and fluid, electrolyte, and acid base balance will also be discussed. *Prerequisites: BIO 1100/L100 and CHM 1142/L142; or SCI 2233/L233; or PHY 2252/L252. (24 Semesters* + Spring 2024)* [*During the Spring 2020 semester, the face-to-face class was transitioned to an online delivery format.]

KHP/AT 3394 (1) – Lifting Techniques for Conditioning and Rehabilitative Exercise. Students will gain knowledge of spotting techniques, safety techniques, exercises, periodization and development of strength and conditioning programs on the physically active. **(6 Semesters + Spring 2024)** [*Course prefix changed to KHP beginning Spring 2022.]

KHP 3395 (2) – Care and Prevention of Athletic Injury. The study of basic care and prevention, evaluation, management and rehabilitation of athletic injuries. *Prerequisites: Grade of C or better in BIO 3347/L347 and BIO 3348/L348 or KHP 3360. (3 Semesters [Online])*

KHP 4400 (3-3) – Sports Officiating and Programs in Intramurals. Focuses on school and community recreation programs, including sports, games and officiating techniques. **(3 Semesters [2 Face-to-Face; 1 Online])**

KHP 4405 (3) – Physical Activity and Disease Prevention. This course will explore the link between physical activity and the major diseases experienced by modern day humans. Evidence for and against the potential benefits of physical activity will be reviewed for conditions such as coronary heart disease, cancer, stroke, diabetes, arthritis, low back pain, asthma, infection, high blood cholesterol, high blood pressure, obesity, and stress. *Prerequisites: BIO 1100/L100, CHM 1142/L142 or PHY 2252/L252 or SCI 2233/L233, KHP 3360. (11 Semesters [10 Face-to-Face; 1 Online]+ 1 Independent Study [2 students])*

KHP 4425 (3-3) – Pathophysiology. This course explores the differences in normal and disordered physiological processes in human body cells, organs, and organ systems. In addition, this course examines the scientific evidence in support of the beneficial effect of regular physical activity on reduced mortality from all causes including cardiovascular diseases and metabolic disorders. *Prerequisites: Grade of C or better in BIO 3348/L348 and KHP 4474/L474. (9 Semesters [7 Face-to-Face + Spring 2024; 2 Online]).*

KHP 4446 (3-3) – Secondary Physical Education Resistance Training Practicum. This course will enable the physical education major to develop scientific-evidence based knowledge and expertise in the areas of strength training, cardiovascular endurance, flexibility, reaction time, speed and agility in traditional and non-traditional sports. This course will also give students the opportunity to learn how to test and evaluate athletes and to practice performing correct exercise technique. Emphasis will be placed on implementation and measurement of the above programs in conjunction with prescribed workout regimens for athletic development in youth athletes in a physical education setting. *Prerequisites: Grade of C or better in KHP 3352, KHP 4474, KHP L474 and be a Physical Education Major. (4 Semesters + Spring 2024).*

KHP 4460 (3) – Principles of Strength and Conditioning. This course will enable the student to develop knowledge and expertise in the areas of strength training, cardiovascular endurance, flexibility, reaction time, speed, and agility in traditional and non-traditional sports. Emphasis will be placed on implementation and measurement of the above programs in conjunction with athletic development. *Prerequisites: Grade of C or better in KHP 3360 or BIO 3347/L347 and BIO 3348/L348 and KHP 3352. Co-requisite: KHP L460. (12 Semesters* + 3 Independent Studies [1 student/section] + Spring 2024)* [*During the Spring 2020 semester, the face-to-face class was transitioned to an online delivery format.]

KHP L460 (1) – Principles of Strength and Conditioning Lab. This lab is designed to develop practical knowledge and expertise in the areas of strength training, cardiovascular endurance, flexibility, reaction time, speed, and agility in traditional and non-traditional sports. Emphasis will be placed on implementation and measurement of the above programs in conjunction with athletic development. *Co-requisite: KHP 4460. (12 Semesters* + 2 Independent Studies [1 student/section] + Spring 2024)* [*During the Spring 2020 semester, the face-to-face class was transitioned to an online delivery format.]

KHP L474 – Exercise Physiology Laboratory. Course will provide experience for applied exercise physiology principles as students are introduced to laboratory and field tests of muscular strength, anaerobic power, maximal oxygen uptake, body composition and other physiological measurements. *Co-requisite: KHP 4474. (8 Semesters)*

KHP 4475 (3-3) – Exercise Testing and Prescription. Course will examine the criteria for evaluation of health status of persons wishing to begin an exercise program, guidelines of establishing current fitness level, and the basic principles of exercise prescription. Levels of certification and criteria by ACSM will also be discussed. *Prerequisite: KHP 4474/L474. (35 Semesters* [36 sections: 32 Face-to-Face + Spring 2024; 4 Online])* [*During the Spring 2020 semester, the face-to-face class was transitioned to an online delivery format.]

KHP 4476 (2-2) – Laboratory Practicum in Exercise Performance. Students will be introduced to some of the measurement techniques routinely used in exercise physiology and will gain practical experience in administration of these tests. Emphasis will be placed on how to avoid measurement errors. *Prerequisite: KHP 4475. (29 Semesters* [34 sections: 31 Face-to-Face + Spring 2024; 3 Online] + 1 Independent Study [1 student])* [*During the Spring 2020 semester, the face-to-face class was transitioned to an online delivery format.]

KHP 4483 (2-2) – Theory and Techniques of Coaching Baseball. Offensive and defensive techniques, purchase and care of equipment, budgeting, batting and field drills, rules, scouting and team conditioning. **(3 Semesters)**

KHP 4487 (2-2) – Special Topics in Exercise Performance. An intensive study of selected topics in exercise science. Topics to be taught each term TBA. *Prerequisite: KHP 4474 or permission of instructor. (4 Semesters)*

KHP 4488 (3-3) – Issues and Practice in Cardiac Rehabilitation. Course will examine the policies and procedures of cardiac rehabilitation programs. Students will be introduced to the phases of cardiac rehabilitation programs, administration and reporting of graded exercise stress tests, administration of exercise sessions, reporting procedures, and techniques of successful patient educational programs. *Prerequisite: KHP 4475.*
(3 Semesters)

KHP 4490 (6) – Internship in Area of Concentration. A supervised experience in planning, staging and evaluating a formal practicum in related field. *Prerequisite: Permission of the department chair.* **(Service: 1 Semester [co-supervised])**

KHP 4493-94 Guided Independent Study (1 to 3 credit hours).
Supervised study through internship, field or laboratory projects, guided readings, creative endeavors, or achievement in specific skills. *Prerequisite: Junior or senior standing, permission of guiding professor, approval of the department chair and dean.* **(1 Semester [substitute for KHP 4405])**

KHP 4497 (1) – Senior Seminar in Exercise Science. Students will examine trends in the industry, career paths, and discuss current topics in wellness, fitness, sport, nutrition, athletic training and physical therapy. This course will also address the standards, behaviors, and expectations of the exercise scientist.
(7 Semesters* [Service: 1 Semester]) [*During the Spring 2020 semester, the face-to-face class was transitioned to an online delivery format.]

KHP 4498 (3) – Internship in Exercise Science. A supervised experience in planning, staging, and evaluating a formal practicum in exercise science or a related field.
Prerequisite: Sr. standing or permission of instructor.
(6 Semesters [Service: 3 Semesters])

**SCHOOL OF HUMAN PERFORMANCE AND RECREATION
THE UNIVERSITY OF SOUTHERN MISSISSIPPI
HATTIESBURG, MS
Fall 2005 – Summer 2006**

Undergraduate Courses, Fall 2005 – Summer 2006

HPR 101 – Weight Training. 1 hr. Theoretical bases and laboratory experiences in development of muscular strength, flexibility, and cardiovascular endurance. **(1 Semester)**

HPR 105 – Concepts in Physical Fitness. 1 hr. The course is designed to develop understanding in the conceptual knowledge of health and fitness in the development and maintenance of human wellness. **(1 Semester)**

HPR 202 – Introduction to Exercise Science. 1 hr. Prerequisite: HPR majors or permission of instructor. Introduction to the disciplines within exercise science, including the historical background, terminology, professional preparation, and careers. **(2 Semesters)**

HPR 302 – Exercise Testing and Prescription. 3 hrs. Prerequisites: HPR 308, HPR 308L. This course provides the student with the necessary cognitive skills and appropriate lab experiences to evaluate fitness in a systematic and safe manner. **(2 Semesters)**

HPR 304 – Nutrition and Human Performance. 3 hrs. Prerequisites: HPR 308, HPR 308L; NFS 362 or NFS 367; CHE 106, 106L. HPR majors and minors only. The analysis and synthesis of available literature relative to nutrition and human performance. **(2 Semesters)**

HPR 310 – Pre-Internship in Exercise Science. 2 hrs. Prerequisites: HPR 302, HPR 308, HPR 308L, HPR 342, or permission of instructor. Exercise science majors only. Preparation for the internship experience, which consists of observation and practicing at potential exercise science internship sites, interviewing for internship positions and writing the internship proposal. **(2 Semesters)**

HPR 422 – Exercise Leadership. 3 hrs. HPR majors and minors only. Prerequisites: HPR 308, HPR 308L. Application of the principles of exercise leadership and prescription, fitness program development and implementation. **(1 Semester)**

HPR 470 – Development of Strength and Conditioning Programs. 3 hrs. The development and administration of strength, endurance, flexibility, speed, and agility programs. **(2 Semesters)**

SCHOLARSHIP AND CREATIVE ACTIVITY

Summary of Scholarly and Creative Activity Achievements: Throughout my academic career, I have contributed to the production of 67 (46 peer-reviewed) scholarly works including: 12 peer-reviewed publications, 23 peer-reviewed national/international published abstracts and/or presentations, 11 peer-reviewed regional or state published abstracts and/or presentations, 4 invited oral state presentations, 8 internal grants, 1 external grant application inquiry, 4 article reviews, 1 departmental publication, 1 invited teleconference interview, 1 technical report, 1 magazine article, and 2 Chair of Master's Thesis Committees.

Peer-Reviewed Research - National/International Journal Publications

(Note: ^{UG} Undergraduate Student or ^G Graduate Student within academic program of teaching assignment)

Troy University

Barrett, K.B.*^{UG+G}, Page, L.B.*^{UG}, Szczygłowski, M.K., **Martin, T.D.**, Mouser, J.G. (2023). Comparison of Vascular Dopplers in Measuring Limb Occlusion Pressure for Blood Flow Restriction Therapy. *Topics in Exercise Science and Kinesiology*, 4(1), Article 7. (*Shared first authorship with equal contribution.)
https://digitalscholarship.unlv.edu/scholarship_kin/vol4/iss1/7

Green, M.S., Kimmel, C.S.^G, **Martin, T.D.**, Mouser, J.G., Brune, M.P.^{UG} (2022). Effect of a carbohydrate mouth rinse on resistance training performance. *Journal of Strength and Conditioning Research*, 36(7), 1916-1921.
<https://doi.org/10.1519/JSC.0000000000003755>

Martin, T.D., Green, M.S., Whitehead, M.T., Scheett, T.P., Webster, M.J., & Hudson, G.M. (2019). Six weeks of oral *Echinacea purpurea* supplementation does not enhance the production of serum erythropoietin or erythropoietic status in recreationally active males with above average aerobic fitness. *Applied Physiology, Nutrition, and Metabolism*, 44(7), 791-795,
[dx.doi.org/10.1139/apnm-2018-0783](https://doi.org/10.1139/apnm-2018-0783).

Green, M.S., Benson, A.K., & **Martin, T.D.** (2018). Effect of Mouthguard Use on Metabolic and Cardiorespiratory Responses to Aerobic Exercise in Males. *Research Quarterly for Exercise and Sport*, 89(2), 183-189.

Green, M.S., **Martin, T.D.**, & Corona, B.T. (2018). Effect of Caffeine Supplementation on Quadriceps Performance Following Eccentric Exercise. *Journal of Strength and Conditioning Research*, 32(10), 2863-2871.

Green, M.S., Esco, M.R., **Martin, T.D.**, Pritchett, R.C., McHugh, A.N., & Williford, H.N. (2013). Crossvalidation of Two 20-M Shuttle-Run Tests for Predicting VO_{2max} in Female Collegiate Soccer Players. *Journal of Strength and Conditioning Research*, 27(6), 1520-1528.

Whitehead, M.T., **Martin, T.D.**, Scheett, T.P., & Webster, M.J. (2012). Running Economy and Maximal Oxygen Consumption After 4 Weeks of Oral *Echinacea* Supplementation. *Journal of Strength and Conditioning Research*, 26(7), 1928-1933.

The University of Southern Mississippi

Whitehead, M.T., **Martin, T.D.**, Scheett, T.P., & Webster, M.J. (2007). The Effect of 4 Wk of Oral Echinacea Supplementation on Serum Erythropoietin and Indices of Erythropoietic Status. *International Journal of Sport Nutrition and Exercise Metabolism*, 17(4), 378-390.

Peer-Reviewed National Publications

Troy University

Martin, T.D. (2010). Staff Health: Daily Hydration. *Healthy Childcare®*, 13(2), 14-15.

Miller, L.L., Martin, C.L.L., & **Martin, T.D.** (2009). Staff Health: The Activity Pyramid. *Healthy Childcare®*, 12(3), 14-15.

Martin, C.L., & **Martin, T.D.** (2009). Flexibility Exercise and the Childcare Provider. *Healthy Childcare®*, 12(2), 14-15.

Peer-Reviewed State Publications

Troy University

Coppus, T., Delinsky, K., **Martin, T.**, Green, M., Sluder, B., Basford, L.^g, Moore, M.^g, & Helm, J.^g (2023). Weight Training Injuries: Importance of Teaching Proper Technique in Secondary Schools and Athletics. *Mississippi Association for Health, Physical Education, Recreation and Dance (MAHPERD) Journal*, 10(1), 14-20. https://issuu.com/mahperdjournals/docs/mahperd_june23

Peer-Reviewed Research – National/International Published Abstracts, Poster Presentations and/or Free Communication

(Note: ^{ug} Undergraduate Student or ^g Graduate Student within academic program of teaching assignment)

Troy University

Roca, G.M.^g, **Martin, T.D.**, Green, M.S., & Mouser, J.G. (2023). Comparison of Muscle Activity During the Judo/Jiu-Jitsu Specific Pull-Up and Neutral Pull-Up Grips. *Journal of Strength and Conditioning Research*, 37(12): e719-e720. Poster presented at the 46th National Conference of the *National Strength and Conditioning Association*, Las Vegas, NV, July 12-15, 2023.

Harrison, A.^{ug}, **Martin, T.**, Garner, J., & Mouser, J. (2020). Reliability and Repeatability of Ultrasound Muscle Pennation Angle at Several Common Measurement Locations in the Quadriceps Femoris. *Journal of Strength and Conditioning Research*, 35(4): e19-e20. ePoster presented virtually, July 8, 2020 due to the cancelation of the 43rd National Conference & Exhibition of the *National Strength and Conditioning Association*, Las Vegas, NV, July 8-11, 2020.

Barrett, K.B.^{UG+G}, Page, L.B.^{UG}, Szczygłowski, M.K., **Martin, T.D.**, & Mouser, J.G. (2020). Measuring Limb Occlusion Pressure Using Different Vascular Dopplers. *Medicine and Science in Sports and Exercise*, 52(7S), 889. Poster presented virtually, June 17, 2020 due to the cancelation of the 67th Annual Meeting of the *American College of Sports Medicine*, San Francisco, CA, May 26-30, 2020.

Martin, T.D., Green, M.S., Whitehead, M.T., Scheett, T.P., Webster, M.J., & Hudson, G.M. (2017). Effect of Six Weeks of *Echinacea Purpurea* Supplementation on White Blood Cell Count in Recreationally Active Males with Above Average Aerobic Fitness. *Journal of Strength and Conditioning Research*, 31(Suppl1): S163-S240. Poster presented at the 40th National Conference & Exhibition of the *National Strength and Conditioning Association*, Las Vegas, NV, July 12-15, 2017.

Esco, M.R., Green, M.S., **Martin, T.D.**, Pritchett, R., McHugh, A.N., & Williford, H.N. (2012). Cross-validation of Two 20 Meter Shuttle Run Tests for Predicting VO_{2max} in Female Collegiate Soccer Players. *Journal of Strength and Conditioning Research*, 27(Suppl4): S34-S35. Poster presented at the 35th National Conference & Exhibition of the *National Strength and Conditioning Association*, Providence, RI, July 11-14, 2012.

Martin, T.D., Green, M.S., Whitehead, M.T., Scheett, T.P., Webster, M.J., & Hudson, G.M. (2012). Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Endurance Exercise Performance. *Journal of Strength and Conditioning Research*, 27(Suppl4): S80. Poster presented at the 35th National Conference & Exhibition of the *National Strength and Conditioning Association*, Providence, RI, July 11-14, 2012.

Martin, T.D., Green, M.S., Whitehead, M.T., Scheett, T.P., Webster, M.J., & Hudson, G.M. (2012). Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Nitric Oxide Production. *Journal of the International Society of Sports Nutrition*, 9(Suppl1): P21. Poster presented at the 9th Annual Conference and Expo of the *International Society of Sports Nutrition*, Clearwater Beach, FL, June 22-23, 2012.

Green, M.S., **Martin, T.D.**, Benson, A.K., Corona, B.T., & Ingalls, C.P. (2012). Ibuprofen Prolongs Functional Deficits After a Repeated Bout of Downhill Treadmill Running. *Medicine and Science in Sports and Exercise*, 44(5), S566. Poster presented at the 59th Annual Meeting of the *American College of Sports Medicine*, San Francisco, CA, May 29-June 2, 2012.

Martin, T.D., Green, M.S., Whitehead, M.T., Scheett, T.P., Webster, M.J., & *Hudson, G.M. (2012). Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Erythropoiesis. *Medicine and Science in Sports and Exercise*, 44(5), S181-S182. Poster presented at the 59th Annual Meeting of the *American College of Sports Medicine*, San Francisco, CA, May 29-June 2, 2012. (*poster co-authorship)

McHugh, A.N., Green, M.S., Esco, M.R., Williford, H.N., **Martin, T.D.**, Bloomquist, B.E., & Pritchett, R. (2012). Cross-Validation of the 20-meter Multiple Shuttle Test for Predicting $\text{VO}_{2\text{max}}$ in Male and Female Collegiate Soccer Players. *Medicine and Science in Sports and Exercise*, 44(5), S554. Poster presented at the 59th Annual Meeting of the *American College of Sports Medicine*, San Francisco, CA, May 29-June 2, 2012.

Whitehead, M.T., Scheett, T.P., **Martin, T.D.**, & Webster, M.J. (2012). Effect of 2 Weeks of Oral Echinacea Supplementation on Leukocyte Responses. Poster presented at the 3rd Annual Conference of the *American Council for Medicinally Active Plants*, Arkansas State University, State University, AR, May 22-25, 2012.

Scheett, T., **Martin, T.**, Carr, B., & Webster, M. (2009). A Comparison of Hyperimmune Egg Protein and Placebo for Efficacy and Safety Among Healthy Young Adults. *Journal of the International Society of Sports Nutrition*, 6(Suppl1): P8. Poster presented at the 6th *International Society of Sports Nutrition* Conference and Expo, New Orleans, LA, June 2009.

Aartun, J.D., **Martin, T.D.**, Carr, B.M., Webster, M.J., & Scheett, T.P. (2009). Effect Of The Hyperimmune Egg Supplement On Indices Of Mood State And Quality Of Life. *Medicine and Science in Sports and Exercise*, 41(5), 228. Poster presented at the 56th Annual Meeting of the *American College of Sports Medicine*, Seattle, WA, May 2009.

Piland, S.G., Gould, T.E., Morris, D., & **Martin, T.D.** (2009). Effect Of Mandibular Orthopedic Repositioning Device On Neuropsychological Measures. *Medicine and Science in Sports and Exercise*, 41(5), 359. Poster presented at the 56th Annual Meeting of the *American College of Sports Medicine*, Seattle, WA, May 2009.

The University of Southern Mississippi

Scheett, T.P., Boland, C.G., Rivera, L.E., **Martin, T.D.**, Carr, B.M., & Webster, M.J. (2008). Hyperimmune Egg Protein Supplementation Stimulates the GH→IGH-1 Axis. *Journal of Strength and Conditioning Research*, 22(6), 67. Poster presented at the 31st Annual Meeting of the *National Strength and Conditioning Association*, Las Vegas, NV, July 2008.

Whitehead, M.T., **Martin, T.D.**, Webster, M.J., & Scheett, T.P. (2007). Improved Running Economy and Maximal Oxygen Consumption after 4-weeks of oral Echinacea supplementation. *Medicine and Science in Sports and Exercise*, 39(5), S90. Free Communication/Slide presented at the 54th Annual Meeting of the *American College of Sports Medicine*, New Orleans, LA, June 1, 2007.

Scheett, T.P., **Martin, T.D.**, Carr, B.M., Koster, C.A., Celmer, P.A., Whitener, J.A., & Webster, M.J. (2007). Hyperimmune Egg Protein Decreases Submaximal Heart Rate and Increases Peak Power. *Medicine and Science in Sports and Exercise*, 39(5), S365. Poster presented at the 54th Annual Meeting of the *American College of Sports Medicine*, New Orleans, LA, May 2007.

Scheett, T.P., **Martin, T.D.**, Carr, B.M., Koster, C.A., Celmer, P.A., Whitener, J.A., & Webster, M.J. (2007). Increased Muscular Strength and Enhanced Muscle Repair with Hyperimmune Egg Protein Supplementation. *Journal of Strength and Conditioning Research*, 21(4), e41. Poster presented at the 30th Annual Meeting of the *National Strength and Conditioning Association*, Atlanta, GA, July 2007.

Scheett, T.P., Whitehead, M.T., **Martin, T.D.**, & Webster, M.J. (2006). Effect of Oral Echinacea Supplementation on Resting Leukocytes. *Medicine and Science in Sports and Exercise*, 38(5), S405. Poster presented at the 53rd Annual Meeting of the *American College of Sports Medicine*, Denver, CO, May 2006.

Whitehead, M.T., ***Martin, T.D.**, *Scheett, T.P., & Webster, M.J. (2006). The Effect of 4-Weeks of Oral Echinacea Supplementation on Serum Erythropoietin and Indices of Erythropoietic Status. *Medicine and Science in Sports and Exercise*, 38(5), S407. Poster presented at the 53rd Annual Meeting of the *American College of Sports Medicine*, Denver, CO, May 2006. (*poster co-authorship)

Scheett, T.P., Whitehead, M.T., **Martin, T.D.**, & Webster, M.J. (2005). Effect of Oral Echinacea Supplementation on Resting Cortisol and IgA Responses. Poster presented at the 2nd Annual Meeting of the *International Society of Sports Nutrition*, New Orleans, LA, June 2005.

Scheett, T.P., Whitehead, M.T., **Martin, T.D.**, & Webster, M.J. (2005). Exercise, Immune Status and Stress Markers in College Students and College Student Athletes. *Medicine and Science in Sports and Exercise*, 37(5), S375. Poster presented at the 52nd Annual Meeting of the *American College of Sports Medicine*, Nashville, TN, May 2005.

Whitehead, M.T., **Martin, T.D.**, Webster, M.J., & Scheett, T.P. (2005). Two Weeks of Oral Echinacea Supplementation Significantly Increases Circulating Erythropoietin. *Medicine and Science in Sports and Exercise*, 37(5), S43. Poster presented at the 52nd Annual Meeting of the *American College of Sports Medicine*, Nashville, TN, May 2005.

Peer-Reviewed Research – Regional Published Abstracts, Poster Presentations and/or Free Communication

(Note: ^{UG} Undergraduate Student or ^G Graduate Student within academic program of teaching assignment)

Troy University

Barrett, K.B.^{UG+G}, Page, L.B.^{UG}, Szczyglowski, M.K., **Martin, T.D.**, Mouser, J.G. (2020). Measuring Limb Occlusion Pressure Using Different Vascular Dopplers. In D. Torok (Ed.), *Proceedings of the 48th Annual Meeting of the Southeast American College of Sports Medicine*, P1. Free Communication Poster presented at the 48th Annual Meeting of the *Southeast American College of Sports Medicine*, Jacksonville, FL, February 13-15, 2020.

Green, M.S., Kimmel, C.S.^G, **Martin, T.D.**, Mouser, J.G., Brune, M.P.^{UG} (2020). Effect of a carbohydrate mouth rinse on resistance training performance. In D. Torok (Ed.), *Proceedings of the 48th Annual Meeting of the Southeast American College of Sports Medicine*, TP32. Free Communication Poster presented at the 48th Annual Meeting of the *Southeast American College of Sports Medicine*, Jacksonville, FL, February 13-15, 2020.

Barrett, K.B.^{UG+G}, Page, L.B.^{UG}, Szczyglowski, M.K., **Martin, T.D.**, Mouser, J.G. (2019). Comparison of Vascular Dopplers in Measuring Arterial Occlusion Pressure. Free Communication/Slide presented at the 3rd conference of the *Journal of Trainology*, Oxford, MS, July 12, 2019.

Green, M.S., Allen, C.R., Hatchett, A., Esco, M.R., Fedewa, M.V., & **Martin, T.D.** (2019). Association Between Push-Ups and Anthropometric Variables and Upper Body Strength in Women. In D. Torok (Ed.), *Proceedings of the 47th Annual Meeting of the Southeast American College of Sports Medicine*, O28. Free Communication/Slide presented at the 47th Annual Meeting of the *Southeast American College of Sports Medicine*, Greenville, SC, February 14, 2019.

Green, M.S., **Martin, T.D.**, Ito, R.^{UG}, & Seale, B.D.^{UG} (2011). Comparison of Two Field-Based Tests to Predict Maximal Oxygen Uptake in Soccer and Cross-Country Athletes. In D. Torok (Ed.), *Proceedings of the 39th Annual Meeting of the Southeast American College of Sports Medicine*, P50. Poster presented at the 39th Annual Meeting of the *Southeast American College of Sports Medicine*, Greenville, SC, February 2011.

Green, M.S., Corona, B.T., & ***Martin, T.D.** (2010). Effect of Caffeine Following Exercise-Induced Muscle Injury. In D. Torok (Ed.), *Proceedings of the 38th Annual Meeting of the Southeast American College of Sports Medicine*, P15. Poster presented at the 38th Annual Meeting of the *Southeast American College of Sports Medicine*, Greenville, SC, February 2010. (*poster co-authorship)

The University of Southern Mississippi

Scheett, T.P., Whitehead, M.T., **Martin, T.D.**, & Webster, M.J. (2006). Effect of Oral Echinacea Supplementation on Resting IL-4 and IL-10 Responses. In D. Torok (Ed.), *Proceedings of the 34th Meeting the Southeast American College of Sports Medicine*, P52. Poster presented at the 34th Annual Meeting of the *Southeast American College of Sports Medicine*, Charlotte, NC, February, 2006.

Peer-Reviewed Research - State Poster Presentations

(Note: ^{UG} Undergraduate Student or ^G Graduate Student within academic program of teaching assignment)

Troy University

Green, M.S., Simpson, A.M.^{UG}, Leach, R.N.^{UG}, Chapman, C.A.^{UG}, Pridgen, S.N.^{UG}, Gilheart, B.J.^{UG}, Waters, J.K.^{UG}, Jamison, K.A.^G, Sluder, J.B., **Martin, T.D.** (2017). Effect of Carbohydrate Mouth Rinse on High Intensity Rowing Performance. Poster presented at the 2017 *Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD)* Spring Conference, Orange Beach, AL, April 21, 2017.

- Grantham, E.K.^{UG}, Smith, B.D.^{UG}, Lee, K.^{UG}, Stoner, G.^{UG}, Huett, C.A.^{UG}, Edwards, D.D.^{UG}, Leurinda, E.^{UG}, Green M.S., & **Martin, T.D.** (2016). The Effects of Low and Moderate Doses of Caffeine on Blood Lactate During Repeated Wingate Tests. Poster presented at the 2016 *Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD)* Spring Conference, Orange Beach, AL, April 15-16, 2016.
- Green, M.S., Schuler, B.^G, Welch, M.^G, & **Martin, T.D.** (2011). Effect of Sports Beverage Composition on Resting Blood Glucose Levels. Poster presented at the 2011 *Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD)* Fall Conference, Birmingham, AL, November 2011.
- Patil, N.D.^G, Green, M.S., **Martin, T.D.**, & Howard-Shaughnessy, C. (2011). Validity of a Hand-Held Indirect Calorimeter for Estimating Resting Metabolic Rate. Poster presented at the 2011 *Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD)* Fall Conference, Birmingham, AL, November 2011.

Invited Oral State Presentations

Troy University

- Martin, T.D.** (2013). You Are What You Eat: Nutrition Guidelines for the Active Individual. Invited presentation at the Fall 2013 Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Conference. Birmingham, AL. November 18, 2013.
- Martin, T.D.** (2013). Effect of *Echinacea Purpurea* Supplementation on Serum Erythropoietin and Erythropoietic Status in Recreationally Active Males with Above Average Aerobic Fitness. Invited presentation at the Research Forum for The Second International Symposium on Alabama-China Education and Culture. Confucius Institute at Troy University. October 9, 2013.
- Martin, T.D.** (2013). Common Exercise Nutrition Practices of the Physically Active: Nutrition, Dietary Supplements and Ergogenic Aids. Invited presentation at the Spring 2013 Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Conference. Orange Beach, AL. April 12-13, 2013.
- Martin, C.L.L. & **Martin, T.D.** (2010). Flexibility Exercise and the Childcare Provider. Invited presentation at the 2010 Sensational Saturday Childcare Conference hosted by the Family Guidance Center of Alabama. Montgomery, AL. February 20, 2010.

Support and Funding - Grant Applications**External**

Martin, T.D. & Martin, C.L.L. Charles Henderson High School within the Troy City Schools system in Troy, Alabama: baseball and softball artificial playing surface installation project. Major League Baseball-Major League Baseball Players Association (MLB-MLBPA) Youth Development Foundation Grant. Letter of Inquiry for Selection of Grant Application (submitted November 30, 2020). Requested: \$1,022,996.00. Not funded December 22, 2020.

Troy University

Martin, T.D. Effect of Carbohydrate Mouth Rinsing on Resistance Exercise Performance. Troy University Faculty Development Paper Presentation Grant. Requested: \$750.00, Funded: \$500.00. Approved December 11, 2019.

Green, M.S. & **Martin, T.D.** Prediction of Bench Press One Repetition Max from Push-Ups. Troy University Faculty Development Research Grant, Requested: \$3,000.00, Funded: \$2,000.00. Approved February 21, 2018

Martin, T.D. Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on White Blood Cell and Differential Count. Troy University Faculty Development Paper Presentation Grant. Requested: \$750.00, Funded: \$750.00. Approved February 16, 2017.

Martin, T.D. Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on White Blood Cells and Differential White Blood Cell Counts in Recreationally Active Males with Above Average Aerobic Fitness. Troy University Faculty Development Paper Presentation Grant, Requested: \$750.00, *Awarded: \$750.00, Approved: March 5, 2013. *Author did not use awarded amount.

Martin, T.D. Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Erythropoiesis. Troy University Faculty Development Paper Presentation Grant, Requested: \$750.00, Funded: \$750.00, Approved: March 5, 2012.

Martin, T.D. Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Endurance Exercise Performance. Troy University Faculty Development Paper Presentation Grant, Requested: \$250.00, Funded: \$250.00, Approved: March 5, 2012.

Martin, T.D. Comparison of Two Field-Based Tests to Predict Maximal Oxygen Uptake in Soccer and Cross-Country Athletes. Troy University Faculty Development Paper Presentation Grant, Requested: \$750.00, Funded: \$375.00, Approved: February 9, 2011.

Martin, T.D. The Effects of Echinacea-Induced Erythropoietin Production on Erythropoiesis, Oxygen Transport, and Exercise Capacity. Troy University Faculty Development Research Grant, Requested: \$2,993.80, Funded: \$2,993.80, Approved: October 15, 2009.

Article Reviews - Journal Reviewer for Research Manuscripts

Troy University

Journal of Dietary Supplements
Fall 2014

Research Quarterly for Exercise and Sport
Fall 2013 – Fall 2014

International Journal of Sport Nutrition and Exercise Metabolism
Spring 2010

Event Management Journal
Spring 2011

Non-Peer Reviewed Departmental Publication

Troy University

Green, M.S., & **Martin T.D.** 2009. *Troy University Exercise Physiology Policy and Procedures Manual*. Exercise Physiology Laboratory, Department of Kinesiology & Health Promotion, Troy University. (Exercise Physiology Laboratory Manual developed to utilize for teaching and research in the laboratory.)

Technical Report

The University of Southern Mississippi

Scheett, T.P., Webster, M.J., & **Martin, T.D.** “Physical Fitness Assessment of Mississippi Police Corps Class 6: Final Report”. Submitted to Mississippi Police Corps, Hattiesburg, MS, April, 2005. 63 pages.

Magazine Article

The University of Southern Mississippi

Muscle and Fitness Magazine – “Off the Cuff, Shoulder the Load”. p. 58 – June 2005
Shoulder - Workout Design by **Tyler D. Martin**.

Invited National Teleconference Interview

Troy University

Legacy for Life. Live call topic: Wellness, Health and Fitness. Live call with Hellen Greenblatt, Ph.D., Chief Science Officer. Host: Jan Martin. July 27, 2010.

Master of Science Thesis Committees

Thesis Committee Chair

Christian A. Price. Comparison of Muscle Activity, Barbell Velocity, and Ground Reaction Forces During Variations of the Bench Press. August 2022 – July 2023. Department of Kinesiology & Health Promotion, Troy University. Graduated July 2023.

German Melgar Roca. Comparison of Muscle Activation During the Judo/Jiu-Jitsu Specific Pull-Up Grip and the Neutral Pull-Up Grip. August 2021 – July 2022. Department of Kinesiology & Health Promotion, Troy University. Graduated July 2022.

PROFESSIONAL SERVICE

Summary of Service Achievements: In addition to my professional contributions related to teaching and scholarship, I have served in numerous roles and activities; including service to the community, my profession, and the university at multiple levels including activities at university functions as well as university, college and departmental committees.

PROFESSIONAL DEVELOPMENT

Summary of Professional Development Achievements: I have accomplished numerous professional development activities and achievements including, but not limited to: professional conference attendance, completion and/or renewal of professional certifications, and professional memberships.

COMPUTER/TECHNICAL/LABORATORY SKILLS

Applied Physiology/Applied Biomechanics/Research Experience:

Exercise (Health/Fitness) Testing & Prescription (ACSM); Sport Performance Testing (NSCA); Body Composition; Metabolic Measurement Systems; Dynamometry; Electrocardiography Systems; Phlebotomy; Blood storage; Blood Analysis; Spectrophotometry; Enzyme-linked immunosorbent assay; Blood Flow Restriction (Limb Occlusion Pressure); Tonometer; Force Plate Testing; Motion Analysis; Electronic Timing Device; Electromyography; Ultrasound; Size Exclusion Chromatography; Nuclear Magnetic Resonance; Fourier Transform Infrared (FT-IR) Spectroscopy; Real-time FT-IR Alternated Total Reflectance Spectroscopy.

Teaching/Research:

Troy University Blackboard and CANVAS Proficient for online teaching.

Computer:

Microsoft Word; PowerPoint; Excel; SPSS; Adobe; Reference Managers.

PROFESSIONAL CERTIFICATIONS

Certified Strength and Conditioning Specialist (CSCS)

National Strength and Conditioning Association

Initial Certification: May 2, 2006 - Present. CSCS#: 200629022

(Recertification: January 1, 2009; January 1, 2012; January 1, 2015; January 1, 2018; January 1, 2021; January 1, 2024)

Cardiopulmonary Resuscitation (CPR) – Automated External Defibrillator (AED)

International CPR Institute

Recertification (Renewal): May 2, 2023 – May 1, 2025

CPR/AED: Adult/Child/Infant

American Red Cross

Recertification: October 1, 2019 – October 1, 2021.

First Aid/CPR/AED: Adult

American Heart Association

Last Certification: August 1, 2017 – August 1, 2019

CPR/AED: Adult; CPR/AED: Child; CPR: Infant

American Safety & Health Institute

Last Certification: August 10, 2007 – August 10, 2009

CPR/AED: Adult

PROFESSIONAL ORGANIZATION MEMBERSHIPS

American College of Sports Medicine

Member, 2011 – Present.

Southeast Regional Chapter, American College of Sports Medicine

Member, 2009 - Present.

National Strength and Conditioning Association

Member, 2009 – Present.

Alabama Baseball Coaches Association

Member, 2020/2021.

Alabama State Association for Health, Physical Education, Recreation, and Dance

Member, 2013 – 2014.

PROFESSIONAL ACCOMPLISHMENTS

Fifteen Year Service Pin Award – Service Awards Ceremony, Troy University
September 28, 2023

Ten Year Service Pin Award – Service Awards Ceremony, Troy University
September 25, 2018

Five Year Service Pin Award – Service Awards Ceremony, Troy University
September 24, 2013

Recognized as a Troy University **“Reward Caller”** recipient for the month of June 2011.
“Your polite, timely help to those calling Troy University is indicative of your
‘one student at a time’ attitude that is so important to our University. Thank you
for your positive attitude and friendly response each time you answer the phone.”
–Dr. Jack Hawkins, Jr., Chancellor

ACADEMIC ACCOMPLISHMENTS

Outstanding Master’s Student, 2004-2005
School of Human Performance and Recreation
The University of Southern Mississippi

Chancellor’s List for Graduate Students, 2004-2005
The University of Southern Mississippi

OTHER CERTIFICATIONS

Student Mental Health and Suicide Prevention

The National Federation of State High School Associations (NFHS)

Course Completion Date: September 1, 2021

The Collapsed Athlete

The National Federation of State High School Associations (NFHS)

Course Completion Date: August 10, 2020

Covid 19 For Coaches And Administrators

The National Federation of State High School Associations (NFHS)

Course Completion Date: August 10, 2020

Certified Interscholastic Coach (CIC)

The National Federation of State High School Associations (NFHS)

National Certification – NFHS National Coaching Certification Program

Completion Date: September 7, 2017

Courses Completed: *Bullying, Hazing and Inappropriate Behaviors*, September 6, 2017; *Heat Illness Prevention*, August 4, 2017; *Strength and Conditioning*, September 7, 2017; *Teaching and Modeling Behaviors*, September 6, 2017; *Engaging Effectively With Parents*, September 6, 2017; *Sportsmanship*, August 4, 2017; *Fundamentals of Coaching*, August 23, 2017; *First Aid, Health and Safety*, August 28, 2017; *Concussion in Sports*, August 4, 2017; *Sudden Cardiac Arrest*, August 4, 2017; *Coaching Baseball*, August 30, 2017.

Accredited Interscholastic Coach (AIC)

The National Federation of State High School Associations (NFHS)

National Certification – NFHS National Coaching Certification Program

Completion Date: August 30, 2017

Courses Completed: *First Aid, Health and Safety*, August 28, 2017; *Fundamentals of Coaching*, August 23, 2017; *Concussion in Sports*, August 4, 2017; *Coaching Baseball*, August 30, 2017.

High School Heads Up Football Coach Certification

The National Federation of State High School Associations (NFHS)/USA Football

National Certification – NFHS National Coaching Certification Program

Completion Date: August 30, 2017

Courses Completed: *Concussion in Sports*, August 4, 2017; *Heat Illness Prevention*, August 4, 2017; *Sudden Cardiac Arrest*, August 4, 2017; *Blocking, Shoulder Tackling & Equipment Fitting*, August 30, 2017.

Alabama State Coaching Requirements

The National Federation of State High School Associations (NFHS)

Courses Completed: *Heat Illness Prevention*, August 4, 2017; *First Aid, Health and Safety*, August 28, 2017.

OTHER EXPERIENCE

Baseball Camp Instructor, Hitting Coordinator

Mississippi State University, Starkville, MS
Summer 2005

Baseball Camp Instructor, Squad Coach

University of Florida, Gainesville, FL
Summer 2005

Baseball Camp Instructor, Student-Athlete Volunteer (Hitting/Fielding Instruction)

Mississippi State University, Starkville, MS
1999 & 2000 Winter Camps

Professional Baseball Player

Texas Rangers Organization, 2000-2003
Double A – Texas League (2002, 2003)
Frisco Roughriders, Frisco, TX (2003)
Tulsa Drillers, Tulsa, OK (2002)
Triple A Spring Training - Texas Rangers AAA (2003)
Surprise, AZ
High A – Florida State League (2000, 2001 & 2002)
Charlotte Rangers, Port Charlotte, FL
Low A - South Atlantic League (2001)
Savannah Sand Gnats, Savannah, GA
Fall Instructional League (2000)
Texas Rangers, Ft. Myers, FL
Short A/Rookie – Appalachian League (2000)
Pulaski Rangers, Pulaski, VA

2000 Major League Baseball Amateur Draft

Texas Rangers, 20th Round

1996 Major League Baseball Amateur Draft

Minnesota Twins, 19th Round

Collegiate Baseball Player

Mississippi State University, Starkville, MS
Student-Athlete, 1999-2000

University of Florida, Gainesville, FL
Student-Athlete, 1997-1998

OTHER ACCOMPLISHMENTS

Charlotte Rangers Most Inspirational Player, 2002

Florida State League - League Championship, 2002 (Charlotte Rangers)

Texas Rangers Minor League Player of the Month, August 2002

Florida State League Player of the Week, July 29- August 4, 2002 (Charlotte Rangers)

TOPP'S Minor League Player of the Month, July 2002 (Charlotte Rangers)

Texas Rangers Minor League Player of the Month, July 2002

Florida State League Player of the Week July 22-28, 2002 (Charlotte Rangers)

NCAA Starkville Regional Baseball Tournament Most Valuable Player, 2000
(Mississippi State University)

NCAA Starkville Regional All-Regional Team, 2000 (Mississippi State University)

Mississippi State University - Team Batting Average Leader (.352), 2000

Southeastern Conference - Scholar Athlete Honor Roll, 1999-2000
(Mississippi State University)

Southeastern Conference - Scholar Athlete Honor Roll, 2000-2001
(Mississippi State University)

GTE Academic All-American Team (3rd), 1999-2000 (Mississippi State University)

Mississippi State University - President's Scholar, 1999-2000

Mississippi State University - Dean's Scholar, 1999-2000

Southeastern Conference - All SEC Team (2nd), 1999 (Mississippi State University)

College World Series Participant, 1998 (University of Florida)

Southeastern Conference Baseball Champions, 1998 (University of Florida)

GTE Academic All-American (District Team), 1997-1998 (University of Florida)

Southeastern Conference - Scholar Athlete Honor Roll, 1997-1998
(University of Florida)

University of Florida - Dean's List, 1996

INTERESTS

Family

Hunting, Fishing, Outdoors

Sports, Fitness