

## Tyler David Martin, Ph.D., CSCS

Professor & Graduate Program Coordinator  
Department of Kinesiology & Health Promotion  
211B Wright Hall  
Troy University  
Troy, AL 36082  
Email: [tdmartin@troy.edu](mailto:tdmartin@troy.edu)

---

### RECENT SELECTED RESEARCH (Troy University, AY 2008/2009 - AY 2023/2024)

---

#### **Recent Peer-Reviewed Research - National/International Journal Publications**

(Note: <sup>UG</sup> Undergraduate Student or <sup>G</sup> Graduate Student within academic program of teaching assignment)

##### Troy University

Barrett, K.B.\*<sup>UG</sup>, Page, L.B.\*<sup>UG</sup>, Szczyglowski, 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](https://digitalscholarship.unlv.edu/scholarship_kin/vol4/iss1/7)

Green, M.S., Kimmel, C.S.<sup>G</sup>, **Martin, T.D.**, Mouser, J.G., Brune, M.P.<sup>UG</sup> (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<sub>2max</sub> 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.<sup>G</sup>, Moore, M.<sup>G</sup>, & Helm, J.<sup>G</sup> (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](https://issuu.com/mahperdjournals/docs/mahperd_june23)

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

(Note: <sup>UG</sup> Undergraduate Student or <sup>G</sup> Graduate Student within academic program of teaching assignment)

Troy University

Roca, G.M. <sup>G</sup>, **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. Abstract to be published in *Journal of Strength and Conditioning Research*, XX(SupplX): SXX-SXX. Poster presented at the 46<sup>th</sup> National Conference of the *National Strength and Conditioning Association*, Las Vegas, NV, July 12-15, 2023.

Harrison, A. <sup>UG</sup>, **Martin, T.**, Garner, J., & Mouser, J. (2020). Reliability and Repeatability of Ultrasound Muscle Pennation Angle at Several Common Measurement Locations in the Quadriceps Femoris. To be published in *Journal of Strength and Conditioning Research*, XX(SupplX): SXX-SXX. ePoster presented virtually, July 8, 2020 (<https://www.eventscribe.com/2020/NSCA/>) due to the cancelation of the 43<sup>rd</sup> National Conference & Exhibition of the *National Strength and Conditioning Association*, Las Vegas, NV, July 8-11, 2020.

Barrett, K.B. <sup>UG+G</sup>, Page, L.B. <sup>UG</sup>, Szczyglowski, 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 (<https://virtualmeeting.ctimeetingtech.com/acsm2020/attendee/eposter/poster/632>) due to the cancelation of the 67<sup>th</sup> 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. 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 40<sup>th</sup> 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<sub>2max</sub> in Female Collegiate Soccer Players. *Journal of Strength and Conditioning Research*, 27(Suppl4): S34-S35. Poster presented at the 35<sup>th</sup> 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 35<sup>th</sup> 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 9<sup>th</sup> 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 59<sup>th</sup> 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 59<sup>th</sup> 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 59<sup>th</sup> 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 3<sup>rd</sup> 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 6<sup>th</sup> *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 56<sup>th</sup> 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 56<sup>th</sup> Annual Meeting of the *American College of Sports Medicine*, Seattle, WA, May 2009.

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

(Note: <sup>UG</sup> Undergraduate Student or <sup>G</sup> Graduate Student within academic program of teaching assignment)

Troy University

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

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

Barrett, K.B. <sup>UG+G</sup>, Page, L.B. <sup>UG</sup>, Szczygłowski, M.K., **Martin, T.D.**, Mouser, J.G. (2019). Comparison of Vascular Dopplers in Measuring Arterial Occlusion Pressure. Free Communication/Slide presented at the 3<sup>rd</sup> 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 47<sup>th</sup> Annual Meeting of the Southeast American College of Sports Medicine*, O28. Free Communication/Slide presented at the 47<sup>th</sup> Annual Meeting of the *Southeast American College of Sports Medicine*, Greenville, SC, February 14, 2019.

Green, M.S., **Martin, T.D.**, Ito, R. <sup>UG</sup>, & Seale, B.D. <sup>UG</sup> (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 39<sup>th</sup> Annual Meeting of the Southeast American College of Sports Medicine*, P50. Poster presented at the 39<sup>th</sup> 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 38<sup>th</sup> Annual Meeting of the Southeast American College of Sports Medicine*, P15. Poster presented at the 38<sup>th</sup> Annual Meeting of the *Southeast American College of Sports Medicine*, Greenville, SC, February 2010. (\*poster co-authorship)

**Peer-Reviewed Research - State Poster Presentations**

(Note: <sup>UG</sup> Undergraduate Student or <sup>G</sup> Graduate Student within academic program of teaching assignment)

**Troy University**

Green, M.S., Simpson, A.M. <sup>UG</sup>, Leach, R.N. <sup>UG</sup>, Chapman, C.A. <sup>UG</sup>, Pridgen, S.N. <sup>UG</sup>, Gilheart, B.J. <sup>UG</sup>, Waters, J.K. <sup>UG</sup>, Jamison, K.A. <sup>G</sup>, 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. <sup>UG</sup>, Smith, B.D. <sup>UG</sup>, Lee, K. <sup>UG</sup>, Stoner, G. <sup>UG</sup>, Huett, C.A. <sup>UG</sup>, Edwards, D.D. <sup>UG</sup>, Leurinda, E. <sup>UG</sup>, 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. <sup>G</sup>, Welch, M. <sup>G</sup>, & **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. <sup>G</sup>, 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.