

# Tyler David Martin, Ph.D., CSCS

Associate Professor  
Department of Kinesiology & Health Promotion  
Wright Hall, 112A  
Troy University  
Troy, AL 36082  
Office: 334-808-6291  
tdmartin@troy.edu

---

## **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

---

## **PROFESSIONAL EXPERIENCE**

---

### Troy University:

#### **Associate Professor**

Department of Kinesiology and Health Promotion  
Troy University, Troy, AL  
August 1, 2014 - Present

\*Granted tenure and promoted to rank of Associate Professor by Troy University (Approved January 27, 2014).

#### **Assistant Professor**

Department of Kinesiology and Health Promotion  
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:** Dr. Martin is currently in his twelfth academic year (AY 2018/2019) as a teacher in higher education, with the past eleven years (AY 2008/2009 – AY 2018/2019) being at Troy University. Over the past eleven academic years, he been in a faculty position that focuses primarily on teaching. His 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. Dr. Martin has prepared 37 (29 at TROY) different course preparations throughout his 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 – AY 2018/2019

6 Graduate Courses: 2 Online classes; 4 Face-to-Face classes  
23 Undergraduate Courses (20 Different Course Numbers: 3 course numbers taught  
in online and face-to-face semesters): 5 Online classes; 18 Face-to-Face classes

The University of Southern Mississippi - AY 2005/2006

8 Undergraduate Courses (Face-to-Face)

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

**Graduate Courses, Summer 2010 – Fall 2018**

**KHP/SFM 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. **(9 Semesters)**

**KHP/SFM 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.* **(1 Semester)**

**KHP 6650 - ONLINE (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: Taught as SFM 6625 – Specialized Study in SFM or HPE)**

**SFM 6670 – ONLINE (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)**

**KHP/SFM 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/SFM 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])*

### **Undergraduate Courses, Fall 2008 – Fall 2018**

**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) – ONLINE – 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)**

**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. **(2 Semesters)**

**KHP 2251 (3) – ONLINE - Foundations of Physical Education Health.** A study of the history and principles of health education and physical education with particular emphasis placed on present practices and trends in exercise science. *Prerequisite: Student must be a Health Education, Physical Education, or Exercise Science Major.* **(8 Semesters)**

**KHP 2260 (2) – ONLINE – Applied Fitness Concepts.** Personal conditioning-based course focusing on training principles, modes of exercise, training tools, performance enhancers, measurement concepts and exercise prescription. **(4 Semesters)**

**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.* **(22 Semesters)**

**KHP 3352 (3) – ONLINE – 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.* **(1 Semester)**

**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. (14 Semesters + Fall 2018)*

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

**KHP 4400 (3) – ONLINE - Sports Officiating and Programs in Intramurals.** Focuses on school and community recreation programs, including sports, games and officiating techniques. **(1 Semester)**

**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. (9 Semesters + 1 Independent Study [2 students])*

**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. (1 Semester + 1 Independent Study [1 student] + Fall 2018)*

**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. (1 Semester + 1 Independent Study [1 student] + Fall 2018)*

**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. (17 Semesters [18 sections] + Fall 2018)*

**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.*  
**(14 Semesters [18 sections] + Summer 2018 [Independent Study; 1 student] + Fall 2018 [2 sections])**

**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.* **(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.  
**(5 Semesters; Service: 1 Semester)**

**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.*  
**(5 Semesters; Service: 3 Semesters)**

**LETTERS OF RECOMMENDATION – Fall 2008 – Fall 2018**

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: (5) 3 Pre-Health; 1 Grad. Assist., 1 Award

Total: 100 Letters of Recommendation (72 students)

**ACADEMIC ADVISING – Fall 2008 – Fall 2018**

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

Exercise Science Majors (Spring 2013 – Present)

Exercise Science Minors (Fall 2008 – Spring 2015)

Sport and Fitness Management Majors (Fall 2008 – Spring 2015)

---



**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)**

**LETTERS OF RECOMMENDATION – Fall 2005 – Spring 2006**

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

Total: 4 Letter of Recommendations (4 students)

---

## **SCHOLARSHIP AND CREATIVE ACTIVITY**

---

**Summary of Scholarly and Creative Activity Achievements:** Dr. Martin is currently in his twelfth academic year (AY 2018/2019) as a teacher in higher education, with the past eleven years (AY 2008/2009 – AY 2018/2019) being at Troy University. Over the past eleven academic years, he has been in a faculty position that focuses primarily on teaching. His 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. During this time, Dr. Martin has displayed the ability to contribute to the production of scholarly works including: eight peer reviewed publications, 20 peer reviewed national/international poster presentations, eleven regional or state presentations, seven internal grants and four article reviews.

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

- 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.
- 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**

**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.

### **Current Research Projects**

Green, M.S., Allen, C.R., Hatchett, A., Esco, M.R., Fedewa, M.V., & **Martin, T.D.** (in-preparation). Association Between Push-Ups and Anthropometric Variables and Upper Body Strength in Women.

**Martin, T.D.**, Green, M.S., Scheett, T.P., Webster, M.J., & Hudson, G.M. (in-preparation). Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Erythropoiesis.

Green, M.S., **Martin, T.D.**, Benson, A.K., & Corona, B.T. (in-preparation). Effect of a Non-Steroidal Anti-Inflammatory Drug on Delayed Onset Muscle Soreness and Recovery from Exercise-Induced Muscle Injury. *Medicine and Science in Sports and Exercise*.

**Martin, T.D.**, Green, M.S., Scheett, T.P., Webster, M.J., & Hudson, G.M. The Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Nitric Oxide Production.

**Martin, T.D.**, Green, M.S., Scheett, T.P., Webster, M.J., & Hudson, G.M. The Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Endurance Exercise Performance.

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

**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., Escó, 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.
- 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 31<sup>st</sup> 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 54<sup>th</sup> 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 54<sup>th</sup> 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 30<sup>th</sup> 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 53<sup>rd</sup> 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 53<sup>rd</sup> 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 2<sup>nd</sup> 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 52<sup>nd</sup> 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 52<sup>nd</sup> Annual Meeting of the *American College of Sports Medicine*, Nashville, TN, May 2005.

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

- Green, M.S., **Martin, T.D.**, Ito, R., & Seale, B.D. (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)
- 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**

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

**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.

**Troy University Internal Grants**

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**

*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**

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**

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**

*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**

*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.

**Scholarship Growth and Development - Reading Current Professional Journals:**

***Medicine & Science in Sports & Exercise (monthly issues)***

The American College of Sports Medicine's flagship monthly journal, is the leading multidisciplinary original research journal for members. Each issue features original investigations, clinical studies and comprehensive reviews on current topics in sports medicine and exercise science.

Subscription/Reading: 2011 - Present

***The Journal of Strength and Conditioning Research (monthly issues)***

The journal publishes peer-reviewed, evidence-based, original research, symposia, reviews, technical reports, and research notes to provide educational content with a mission to advance the strength and conditioning industry.

Subscription/Reading: 2009 – Present

***Strength and Conditioning Journal (6 issues per year)***

The journal disseminates peer-reviewed articles about research-based training for professionals working in the strength and conditioning industry. Its mission is to provide access to practical application of the latest research findings and the knowledge gained by experienced professionals.

Subscription/Reading: 2009 – Present

---

## **PROFESSIONAL SERVICE**

---

### **Service to the Profession: State Level**

#### **2013-2014 Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Board of Directors**

Vice President Elect (2013-2014), Sport and Exercise Science Council  
January 2013 – January 2014

### **Troy University (August 2008 – Present)**

#### **University Service:**

#### **Who's Who Committee of Troy University**

AY 2012-2013, AY 2013-2014, AY 2017-2018

Nominating committee for *Who's Who in American Universities and Colleges*.

#### **Second Year Leadership Scholar Faculty Mentor, AY 2017-2018.**

#### **First Year Leadership Scholar Faculty Mentor, AY 2008-2009.**

Leadership Scholars are required to give three hours of service to the university each week. Freshman and sophomore leadership scholars are assigned to faculty or staff mentors. These mentors help guide their Leadership Scholar through their first two years.

#### **IMPACT Session Leader**

IMPACT session leader for "Transfer Students", KHP: 2014; Exercise Science: July 7, 2017.

Summer Academic Advisement for incoming students, 2009-2013.

#### **Troy University Commencement Ceremony**

May 2009, December 2009, December 2010, May 2011, May 2012, May 2013, July 2014, July 2015, July 2016, May 2017, July 2017, December 2017, July 2018.

#### **Troy University Honors Convocation**

Presenter for Academic Honor Award in Physical Education, Spring 2017.

Presenter for Phi Epsilon Kappa, Spring 2009 – Spring 2011.

Presenter for Academic Honor Award in Sport and Fitness Management, Spring 2010.

#### **Helen Keller Lecture Series**

Attendance: November 14, 2016, April 9, 2009.

Claudia Crosby Theatre - Troy University

#### **Troy University Faculty/Staff Convocation**

Attendance: August 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2018.

**Exercise Science Program, Co-Developer**

Department of Kinesiology and Health Promotion  
Fall 2012 – Fall 2013. (Exercise Science Program began August 2013.)

**Mentoring Appointment with eTROY (Term 5, 2013)**

Appointed: April 15, 2013  
Invited and served as a mentor to a faculty member for KHP 4400 (online).

**Trojan Day/Spring Preview Day, Faculty Representative**

Department of Kinesiology and Health Promotion, Spring 2009 - 2012.

**Trojan Day/Fall Preview Day, Faculty Representative**

Department of Kinesiology and Health Promotion, Fall 2008 - 2010.

College Service:

**College Review Committee (CRC) – Alternate Member (AY 2017-2018)**

College of Health and Human Services (CHHS); Fall 2017 - Present.  
The CRC evaluates faculty members within the CHHS who are applying for tenure and/or promotion in the areas of teaching, scholarly/creative activities, and service.

**Children’s Field Day, School of Hospitality, Sport and Tourism Management, (College of Health and Human Services) Troy University**

Volunteer for supplying and setting up baseball/softball equipment for hitting stations. April 20, 2017.

**CHHS Student Research Competition - Reviewer**

College of Health and Human Services; Spring 2017

**School of Hospitality, Sport and Tourism Management (College of Health and Human Services) - Graduate Program**

“Readmissions” Committee, August 2013 - Present.

**CHHS Address**

Attendance: August 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2018.

**Proctor - Graduate Comprehensive Examinations (Sport and Fitness Management)**

**School of Hospitality, Sport and Tourism Management**

**College of Health and Human Services**

November 12, 2014

**Search Committee Member for the “Athletic Training Program Director” position,**

Fall 2014.

**College of Health and Human Services Facility Committee**

Appointed February 27, 2009 – August 1, 2010.

Members of this committee make monthly assessments of their assigned facility and report maintenance and housekeeping concerns to the Dean. They also serve as Building Safety monitors.

**Athletic Training Program**

Meetings with CAATE accreditation site visit team.

April 15, 2010. October 11, 2010.

**CHHS Homecoming Tent**

Faculty Representative, Department of Kinesiology and Health Promotion

Fall 2009 – 2010

Departmental Service:

**Major Exploration Fair**

The Major Exploration Fair is an effort by the Office of Career Services to reach out primarily to lower classmen to assist them in solidifying their major and career choice. Faculty representing their departments at the event speak to students concerning their curriculum, but also the variety of career paths that are available in their particular field. September 26, 2018.

**Search Committee Member**

Department of Kinesiology & Health Promotion, Assistant/Associate Professor Position in Exercise Science, Spring 2018.

**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.

**Evaluation of Instruction/Peer Review (Peer Reviewer for 5 Faculty Members)**

Department of Kinesiology and Health Promotion

AY 2016-2017

**TROY Admissions - Trojan Luncheons for VIP Student Prospects**

Department of Kinesiology & Health Promotion.

Meeting with prospective Exercise Science students and their families.

February 16 and 21, 2017.

**Immediate Supervisor – Graduate Assistantship (Exercise Science)**

Department of Kinesiology & Health Promotion.

AY 2014-2015 (1 student), AY 2015-2016 (1 student),

Present - AY 2016-2017 (1 student)

**KHP Convocation Meeting**

Attendance: August 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2018.

**Search Committee Member**

Department of Kinesiology & Health Promotion, Athletic Training Lecturer  
Position, Fall 2015 – Spring 2016.

**Search Committee Member**

Department of Kinesiology & Health Promotion, Chair Position, Fall 2015 –  
Spring 2016.

**Search Committee Member for the “Lecturer” position within the Department of  
Kinesiology and Health Promotion, Summer-Fall 2014.**

**Spring Transfer Day – March 21, 2014**

Meeting with prospective students interested in the Exercise Science Program

**Department of Kinesiology and Health Promotion - Graduate Program**

“Readmissions” Committee, February 8, 2013 – 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

**Children’s Health Field Day**, Sponsored by Troy University, KHP Club

Department of Kinesiology and Health Promotion, Troy University

Faculty advisor/consultant for fitness assessment station for children, promoting  
physical activity. Spring 2010 - 2013.

**Nick Costes 5K**, Department of Kinesiology and Health Promotion

Assist Faculty Advisor with Course Marshals. Spring 2009 - 2012.

**The Delta Sigma Chapter of the Phi Epsilon Kappa Fraternity, Faculty Advisor**

Department of Kinesiology and Health Promotion

Appointed August 2008 – August 2011.

Phi Epsilon Kappa is a professional fraternity for individuals engaged in, or pursuing  
careers in Health, Physical Education, Recreation, Fitness, or Sport Administration.

**Kinesiology and Health Promotion Club, Member**

Department of Kinesiology and Health Promotion, Troy University

Fall 2009 – Fall 2011.

**Department of Kinesiology and Health Promotion Banquet**

Presenter for Phi Epsilon Kappa Inductees. Spring 2009 - 2011.

Community Involvement:

**Camp Butter & Egg, Troy MVP Training Center – Troy, Alabama**

Served as Infield Instructor during “Father & Son Baseball Camp”.  
January 4, 2014. “Team Camp” January 22, 2014.

**Assisted Faculty Representative**

Body composition presentation/testing for Troy University Global Studies  
Academy’s high school students, Troy, Alabama. February 3, 2009; February 23,  
2010; March 27, 2012.

**Youth Sports Programs (Volunteer) - Troy, Alabama**

Assistant Coach

Ariton School - Ariton, Alabama: High School Baseball Team.  
Fall 2017-Present.

Assistant Coach

12 & under Travel Baseball Team, “Beehive Stars”, Fall 2017-Summer  
2018. Beehive, AL.

Assistant Coach

Pike Liberal Arts School, Junior Varsity Baseball Team (Grades 7-9). Fall  
2015 – Spring 2017.

Assistant Coach

10 & under Dixie Youth Minor (AAA) Baseball, “Troy All-Star Team”,  
Summer 2016. Troy Parks and Recreation, Troy, AL.

Assistant Coach

9-10 yr. old Dixie Minor Baseball, “Braves”, Spring 2016. Troy Parks and  
Recreation, Troy, AL.

Assistant Coach

Pike Liberal Arts School, Termite Football Team (Grades 3-4). Fall 2015.

Head Coach

10&U Travel Baseball Team, “SEAL Baseball”, Fall 2015-Spring 2016.

Assistant Coach

10 & under Dixie Youth Minor (AAA) Baseball, “Troy All-Star Team”,  
Summer 2015. Troy Parks and Recreation, Troy, AL.

Head Coach

9-10 yr. old Dixie Minor Baseball, “Mariners”, Spring 2015. Troy Parks  
and Recreation, Troy, AL.

Head Coach/Manager

2014-2015 9&U Travel Baseball Team, “Team 24”,  
Fall 2014 – Summer 2015.

Host Family

Alabama Dixie Youth Baseball 2014 AAA (Minor) State Tournament,  
Troy, AL, July 18-24. Troy Parks and Recreation, Troy, AL. Served as  
volunteer host family for East Montgomery, AL baseball team.

Head Coach

8 & under Dixie Youth Pre-Minor (AA-Pitching Machine) Baseball,  
“Troy All-Star Team”, Summer 2014. Troy Parks and Recreation, Troy,  
AL.

Head Coach

8 yr. old Dixie Youth Pre-Minor (AA-Pitching Machine) Baseball,  
“Giants”, Spring 2014. Troy Parks and Recreation, Troy, AL.

Head Coach/Manager

Fall Developmental Team (7-8 yrs.), Fall 2013.

Assistant Coach

7 & under soccer team, “Green Lantern”. Fall 2013. Troy Parks and  
Recreation, Troy, AL.

Host Family

2013 Dixie Youth Ozone State Tournament, Troy, AL, July 19-25.  
Troy Parks and Recreation, Troy, AL. Served as volunteer host family for  
Muscle Shoals, AL baseball team.

Assistant Coach

7 & under Dixie Youth Coach Pitch Baseball, “Troy  
Americans All-Star Team”, Summer 2013. Troy Parks and Recreation,  
Troy, AL.

Assistant Coach

7 & under Dixie Youth Coach Pitch Baseball, “Rangers”,  
Spring 2013. Troy Parks and Recreation, Troy, AL.

Assistant Coach

7 & under soccer team, “Superman”. Fall 2012. Troy Parks and  
Recreation, Troy, AL.

Volunteer Coach

7 & under Dixie Youth Coach Pitch Baseball, “Cardinals”, Spring  
2012. Troy Parks and Recreation, Troy, AL.

Assistant Coach

5 & under soccer team, “T-Rex”. Fall 2011. Troy Parks and Recreation,  
Troy, AL.

Substitute/Volunteer assistant to head coach

5 & under soccer team, “Chargers”. Fall 2010. Troy Parks and Recreation,  
Troy, AL.

---

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

Departmental Service:

**Undergraduate Curriculum Coordinator, Exercise Science Program**

School of Human Performance and Recreation  
Spring 2006

Academic Field:

Volunteer Instructor – American College of Sports Medicine Health/Fitness  
Instructor® Workshop, Hattiesburg, MS  
October 2004



---

## **PROFESSIONAL DEVELOPMENT**

---

### **Information Technology Security Awareness Training**

#### **Troy University Information Technology Department**

Date of Completion: September 5, 2017; August 9, 2018

### **TROY Online Canvas Introductory Training**

Organized by TROY Online Center for Excellence in eTeaching

Training Part I: May 11, 2017; Training Part II: June 29, 2017;

Canvas Certificate (marked as Canvas Proficient): June 30, 2017

### **Americans With Disabilities (ADA) Training**

Training Session Troy University: March 31, 2017; April 17, 2018

### **Heads Up! Concussion in Youth Sports - Centers for Disease Control and Prevention.**

**Training for Coaches:** The *Heads Up* initiative provides important information on preventing, recognizing, and responding to a concussion to help ensure the health and safety of young athletes.

Date of Completion: June 4, 2014, May 28, 2015, May 17, 2016

### **The Second International Symposium on Alabama-China Education and Culture.**

#### **Confucius Institute at Troy University.**

Research Forum. October 9, 2013

Guest Speaker Presentation: October 10, 2013

### **Troy University – Institutional Review Board**

IRB Training

Date of Completion (Initial Certification): October 1, 2009.

Confirmation Number: 09274222

(Recertification: January 16, 2013; September 7, 2018)

### **Assessment for HR Harassment and Discrimination Prevention**

Troy University

Certificate of Training: April 4, 2012; October 11, 2013; October 29, 2014,

November 20, 2015; November 30, 2016; August 9, 2018

### **TOP Blackboard Certified – Troy University**

Date of Completion: May 5, 2011. Certification Granted: May 9, 2011

### **Alabama Ethics Law Training**

Alabama Ethics Commission (Statement of Economic Interests)

Certificate of Completion: March 8, 2011, April 5, 2013, April 7, 2014, March 13, 2015, February 10, 2016, April 19, 2018.

### **Troy University Office of Sponsored Programs**

Briefing and materials meeting with the Director of Sponsored Programs, June, 1, 2010.

**LiveText Training**

Trained by the Technology Coordinator, College of Education, Troy University  
March 23, 2010

**AAHPERD Research Consortium Webinar.**

Preparing and Submitting Research Manuscripts for Peer-Reviewed Publication:  
Winning Friends and Influencing Editors and Reviewers. November 3, 2009.  
Viewed via Department of Kinesiology & Health Promotion, College of Health  
and Human Services, Troy University.

**TROY eCampus eColloquium.** Troy University, May 7, 2009.  
“Blackboard – General Information”

**Advising Training Workshop** –Troy University. April 29, 2009.

**The National Institutes of Health (NIH) Office of Extramural Research**

Certificate of Completion: NIH Web-based training course “Protecting Human  
Research Participants”.

Date of completion: February 16, 2009. Certification Number: 186522

**Conferences Attended**

2017 National Strength and Conditioning Association 40<sup>th</sup> National Conference &  
Exhibition. Paris Hotel & Casino, Las Vegas, NV, July 12-15.

2013 Alabama State Association for Health, Physical Education, Recreation, and Dance  
(ASAHPERD) Fall Conference. Birmingham, AL, November 17-19,  
2013.

2013 Alabama State Association for Health, Physical Education, Recreation, and Dance  
(ASAHPERD) Spring Conference. Phoenix VI, Orange Beach, AL, April 12-13,  
2013.

2012 National Strength and Conditioning Association 35<sup>th</sup> National Conference &  
Exhibition. Rhode Island Convention Center, Providence, RI, July 12-14.

2012 International Society of Sports Nutrition 9<sup>th</sup> Annual Conference and Expo.  
Hilton Clearwater Beach Resort, Clearwater Beach, FL, June 22-23, 2012.

2012 American College of Sports Medicine 59<sup>th</sup> Annual Meeting and 3<sup>rd</sup> World Congress  
on Exercise is Medicine®. San Francisco Marriott Marquis, San Francisco, CA,  
May 29 – June 2, 2012.

2011 National Strength and Conditioning Association Alabama State Clinic. Troy  
University, Troy, AL. April 15, 2011.

2011 Southeast Regional Chapter, American College of Sports Medicine 39<sup>th</sup> Annual  
Meeting. Hyatt Regency Hotel, Greenville, SC, February 2-5, 2011.

2010 Sensational Saturday Childcare Conference hosted by the Family Guidance Center of Alabama. Montgomery, AL, February 2010.

2010 Southeast Regional Chapter, American College of Sports Medicine 38<sup>th</sup> Annual Meeting. Hyatt Regency Hotel, Greenville, SC, February 11-13, 2010.

2009 Southeast Regional Chapter, American College of Sports Medicine 37<sup>th</sup> Annual Meeting. Wynfrey Hotel, Birmingham, AL, February 12 – 14, 2009.

---

## **COMPUTER/TECHNICAL SKILLS**

---

Troy University Blackboard Proficient for online teaching.

Troy University CANVAS Proficient for online teaching.

Teaching Website: <http://sites.google.com/site/tdmcourses/>

Students may be provided: course lectures, syllabi, handouts, notes, quizzes, assignments, and announcements for download.

Teaching/Research:

Microsoft Word, Power Point, Excel, SPSS, Troy University Classroom Technology, Department of Kinesiology and Health Promotion Portable Classroom Technology

Exercise Physiology Laboratory/Research Experience:

Phlebotomy-Blood Collection and Storage, Metabolic Measurement Systems, Electrocardiography (ECG) Systems, Cybex, Microplate Readers, ELISA

Observation:

Methodist Rehabilitation Center, Jackson, MS. Fall 2007

Motion Analysis – EVaRT 5.0, EMG, Force Plates - Bertec, OrthoTrak, GaitRite Systems, Biodex

Polymer Science Laboratory Experience (Spring – Summer 2007):

Size Exclusion Chromatography (SEC), Nuclear Magnetic Resonance (NMR) and Fourier Transform Infrared (FT-IR) Spectroscopy, Real-time FT-IR Alternated Total Reflectance (ATR) Spectroscopy

---

## **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)

### **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.

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

*American Red Cross*

Recertification: October 12, 2017 – October 12, 2019.

First Aid/CPR/AED: Adult

*American Heart Association*

Certification: August 1, 2017 – August 1, 2019

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

*International CPR Institute*

Recertification (Renewal): December 12, 2016 – December 12, 2018

CPR/AED: Adult/Child/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 State Association for Health, Physical Education, Recreation, and Dance**

Member, 2013 – 2014.

---

**PROFESSIONAL ACCOMPLISHMENTS**

---

**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 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

### **Professional Baseball Player**

Texas Rangers Organization, 2000-2003  
Double A – Texas League (2003)  
Frisco Roughriders, Frisco, TX  
Triple A Spring Training - Texas Rangers AAA (2003)  
Surprise, AZ  
High A – Florida State League (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, 20<sup>th</sup> Round

### **1996 Major League Baseball Amateur Draft**

Minnesota Twins, 19<sup>th</sup> 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)

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)

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 (3<sup>rd</sup>), 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 (2<sup>nd</sup>), 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