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## **RECENT SELECTED RESEARCH** (Troy University, AY 2008/2009 - AY 2018/2019)

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### **Recent 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.

**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  $VO_{2max}$  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 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.