

## VITA

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## **EDUCATION**

- 2001 Ph.D. Health, Physical Education, and Recreation: University of New Mexico  
Concentration: Exercise Physiology with Minor in physiology/statistics  
**Dissertation:** Determination of the relationship of cardiac output, stroke volume, and heart rate with  $VO_2$  during incremental exercise to  $VO_{2max}$ .
- 1997 M.S. Adult Fitness/Cardiac Rehabilitation: University of Wisconsin-La Crosse  
**Thesis:** Heart rate and perceived exertion responses during climbing in beginner and recreational sport climbers.
- 1994 B.A. Exercise Science: The College of St. Scholastica, Duluth, MN.

## **PROFESSIONAL EXPERIENCE**

- 2016-current Chair, Department of Kinesiology, University of Wisconsin-Eau Claire, Eau Claire, WI.
- 2013-current Full Professor of Kinesiology, Department of Kinesiology, University of Wisconsin-Eau Claire, Eau Claire, WI.
- 2013-2014 Interim Chair, Department of Kinesiology, University of Wisconsin-Eau Claire, Eau Claire, WI.
- 2008-2013 Associate Professor of Kinesiology (*tenured*), Department of Kinesiology, University of Wisconsin-Eau Claire, Eau Claire, WI.
- 2005-2008 Assistant Professor of Kinesiology, Department of Kinesiology, University of Wisconsin-Eau Claire, Eau Claire, WI.
- 2002-2011 Technical Editor, IDEA Fitness Journal (formerly IDEA Personal Trainer and IDEA Health and Fitness Source), IDEA Health and Fitness, Inc.
- 2001-2005 Assistant Professor of Exercise Physiology, Department of HPER and Athletics, South Dakota State University, Brookings, SD.

- 1998-2001 Graduate/Project Assistant, Employee Health Promotion Program, Department of Clinical Affairs, University of New Mexico.
- 1998-1999 Exercise Physiologist, New Heart Cardiac Rehabilitation Program, Albuquerque, NM.
- 1997-1998 Graduate Assistant, Basic Instruction Program, University of New Mexico.
- 1997 Exercise Physiologist, Cardiovascular Health Clinic, Mayo Clinic, Rochester, MN.
- 1997 Fitness Instructor, Rochester Athletic Club, Rochester, MN.
- 1995-1996 Exercise Leader, La Crosse Exercise and Health Program, La Crosse, WI.
- 1995-1996 Graduate/Teaching Assistant, University of Wisconsin-La Crosse.
- 1995 Assistant Manager, ERGO Athletic Club, Joliet, IL.
- 1994 Cardiac Rehabilitation Intern, McKennan Hospital, Sioux Falls, SD.
- 1992-1994 Student Staff Member, Human Performance Laboratory, College of St. Scholastica, Duluth, MN.

#### **GRANT FUNDING**

- UW-Eau Claire Small Research grant, Office of Research and Sponsored Programs (\$500). Funded, 2023.
- UW-Eau Claire Small Research grant, Office of Research and Sponsored Programs (\$490). Funded, 2018.
- UW-Eau Claire Blugold Commitment Differential Tuition grant (renewal), Community Fitness Program and Research assistant, Submitted October 2015 (\$21,600). Funded for 5-yr cycle.
- Research equipment grant (est. \$2000). Bungee Athletics, Inc., Gloucester, Ontario, CA. Funded.
- UW-Eau Claire Small Research grant, Office of Research and Sponsored Programs (\$500). Funded.
- UW-Eau Claire Blugold Commitment Differential Tuition grant, Community Fitness Program and Research assistant, Submitted October 2010 (\$21,600). Funded for 5-yr cycle.
- UW-Eau Claire Differential Tuition grant, Community Fitness Program and Research assistant, Submitted October 2009 (\$15,000). Funded.
- UWEC Center of Excellence for Faculty/Student Research Collaboration Summer Research Grant, December 2009 (\$2,000). Funded.
- UW-Eau Claire Laboratory Modernization grant, Submitted November 2008 (\$30,000). Funded. (Co-author)

- UW-Eau Claire Differential Tuition grant, Community Fitness Program and Research assistant, Submitted October 2008 (\$15,000). Funded.
- UW-Eau Claire Differential Tuition grant, Community Fitness Program and Research assistant, Submitted October 2007 (\$10,000). Funded.
- UW-Eau Claire Differential Tuition grant, Community Fitness Program student intern, December 2006 (\$10,060). Funded.
- UWEC Center of Excellence for Faculty/Student Research Collaboration Summer Research Grant, December 2005 (\$2,198). Funded.
- UW-Eau Claire Differential Tuition grant, Community Fitness Program student intern, December 2005 (\$2,650). Funded.
- Frappier Acceleration Research grant, October 2004 (\$850). Funded.
- SDSU Mini-Grant, October 2004 (\$250). Funded.
- Bush Team Travel grant member, September, 2003 (PI: Dr. Renee Oscarson, \$4,000). Funded.
- SDSU Mini-Grant, January 2003 (\$500). Funded.
- SDSU Mini-Grant, May 2002 (\$300). Funded.
- New Faculty Research/Scholarship Start-up Funds, September, 2001 (\$7,456). Funded.
- PRECOR, Inc. Equipment Testing Grant (Co-PI), January 2000 (\$5,200). Funded.
- Research, Project, and Travel Grant, University of New Mexico, November 1999 (\$1,000). Funded.

## RESEARCH AND SCHOLARSHIP

### *Refereed Journal Manuscripts*

Zaworski, E., T. Atwood, **J. Janot**, V. Vaibhav, T. Allison, D. Holmes, and A. Calvin. (2023). A drop in heart rate and cardiac output during cardiopulmonary stress testing in a patient with a dual chamber pacemaker. *Pacing and Clinical Electrophysiology*, 1-4.

Ekker, R., J. Summer, M. Soderberg, L. Zach, S. Braun, & **J. Janot**. (2022). The acute effects of preferred music on self-selected usual and maximum gait speed on community-dwelling older adults. *International Journal of Research in Exercise Physiology*, 17, 93-103.

Rheault, M., G. Vogt, B. Juckett, V. Palzkill, H. Zavoral, C. Hannah, & **J. Janot**. (2021). Subjectively measured occupational physical activity and barriers/attitudes toward physical activity among rural communities. *International Journal of Research in Exercise Physiology*, 17, 1-11.

Glaser M., K. Geiger, A. Baugher, T. Bowker, and **J. Janot**. (2020). The effect of BungeeSkate™ training vs lateral plyometric jumps on on-ice acceleration and speed. *Journal of Sport and Human Performance*, 8, 1-10.

Beltz, N., T. Nunez, and **J. Janot** (2019). Effect of functional resistance training on movement outcomes in young adults. *Journal of Exercise Physiology online*, 22, 227-238.

Beltz, N., F. Amorim, A. Gibson, **J. Janot**, L. Kravitz, C. Mermier, N. Cole, T. Moriarity, T. Nunez, S. Trigg, and L. Dalleck (2018). Hemodynamic and metabolic responses to self-paced and ramp graded exercise testing protocols. Applied Physiology, Nutrition, and Metabolism, 43, 609-616.

Nuñez, T., F. Amorim, **J. Janot**, C. Mermier, R. Rozenek, and L. Kravitz (2018). Circuit weight training: acute and chronic effects on healthy and clinical populations. Journal of Sport and Human Performance, 6(3), 1-21.

Schleppenbach, L., A. Ezer, S. Gronemus, K. Widenski, S. Braun, and **J. Janot** (2017). Speed- and circuit-based high-intensity interval training on recovery oxygen consumption. International Journal of Exercise Science, 10(7), 942-953.

Beltz, N., A. Gibson, **J. Janot**, L. Kravitz, C. Mermier, and L. Dalleck (2016). Graded exercise testing protocols for the determination of  $VO_2$ max: Historical perspectives, progress, and future considerations. Journal of Sports Medicine, 1-12.

Hansen, A., N. Beltz, **J. Janot**, A. Martenson, A. Siegmann, A. Jagielo, A. Erdmann, and M. Wiggins (2016). A dose-response relationship between myofascial release and anaerobic power output in active college-aged males. Journal of Fitness Research, 5, 10-17.

**Janot, J.**, Beltz, N. and L. Dalleck (2015). Multiple off-ice performance variables predict on-ice skating performance in male and female Division III ice hockey players. Journal of Sports Science & Medicine, 14, 522-529.

Wolpern, A., D. Burgos, **J. Janot**, and L. Dalleck (2015). Is a threshold-based model a superior method to the relative percent concept for establishing individual exercise intensity? A randomized controlled trial. BMC Sports Science, Medicine, & Rehabilitation, 7:16.

Meier, J., J. Quednow, T. Sedlak, **J. Janot**, and S. Braun (2015). The effects of high intensity interval-based kettlebells and battle rope training on grip strength and body composition in college-aged adults. International Journal of Exercise Science, 8(2), 124-133.

Dalleck, L., G. Van Guilder, T. Richardson, D. Bredle, and **J. Janot** (2014). A community-based exercise intervention transitions metabolically abnormal obese adults to a metabolically healthy obese phenotype. Diabetes, Metabolic Syndrome, and Obesity: Targets and Therapy, 7, 369-380.

Menges, L., D. Haney, A. Krupnow, A. Larson, C. Winter, and J. Janot (2014). Effects of gluteus medius strengthening exercises on hip abduction/adduction strength ratio in active adults. Journal of Undergraduate Kinesiology Research, 10, 52-63.

Beltz, N., J. Woldt, D. Clark, J. Tilque, J. St. Mary, **J. Janot**, and G. Van Guilder (2014). The effects of resistance and aerobic exercise sequence on energy expenditure. Journal of Undergraduate Kinesiology Research, 9, 31-39.

**Janot, J.**, T. Heltne, C. Welles, J. Riedel, H. Anderson, A. Howard, and S. Myhre (2013). Effects of TRX vs traditional resistance training on measures of muscular performance in young and middle-aged adults. Journal of Fitness Research, 2, 23-38.

**Janot, J.**, K. Auner, T. Emberts, R. Kaatz, K. Matteson, E. Muller, and M. Cook (2013). The effects of BungeeSkate™ training on measures of on-ice acceleration and speed. International Journal of Sports Physiology and Performance, 8, 419-427.

Fishbeck, M., **J. Janot**, C. Heil, E. Alsheskie, A. Daleiden, E. Erickson, S. Myhre, and N. Sommerville (2013). The effects of plyometric and agility training on balance and functional measures in middle aged and older adults. Journal of Fitness Research, 2, 30-40.

**Janot, J.**, B. Malin, R. Cook, J. Hagenbucher, A. Draeger, M. Jordan, and E. Quinn (2013). Effects of self-myofascial release and static stretching on anaerobic power output. Journal of Fitness Research, 2, 41-54.

Weiss, T., J. Kreitingger, H. Wilde, C. Wiora, M. Steege, L. Dalleck, and **J. Janot** (2010). Effect of functional resistance training on muscular fitness outcomes in young adults. Journal of Exercise Science and Fitness, 8, 113-122.

Koepf, K. and **J. Janot** (2008). Comparison of VO<sub>2</sub>max and other metabolic variables between treadmill running and treadmill skating. Journal of Strength and Conditioning Research, 22, 497-502.

Gibson, A., V. Heyward, C. Mermier, **J. Janot**, and M. Wilmerding (2004). Comparison of DXA, Siri's 2C, and Lohman's Db-Mineral models for estimating the body fat of physically active adults. International Journal of Sport Nutrition and Exercise Metabolism, 14, 657-672.

McGlone, C., L. Kravitz, and **J. Janot**. (2002). Rebounding: A low-impact exercise alternative. ACSM's Health & Fitness Journal, 6 (2), 11-15.

Mermier, C., **J. Janot**, D. Parker, and J. Swan (2000). Physiological and anthropometric determinants of sport rock climbing. British Journal of Sports Medicine, 34(5), 359-366.

**Janot, J.**, J. Steffen, J. Porcari, and M. Maher. Heart rate and perceived exertion for beginner and recreational sport climbers during indoor climbing. Journal of Exercise Physiology<sub>online</sub>, 3 (1), January 2000.

### **Books and Book Chapters**

**Janot, J.** & N. Beltz. Laboratory Assessment and Exercise Prescription, 1<sup>st</sup> ed. Human Kinetics: Champaign, IL, 2023.

**Janot, J.** & G. Van Guilder. Respiratory System. In: *ACE: Exercise Physiology, 1<sup>st</sup> ed.* F. A. Davis Company: Philadelphia, PA, 2015 (Invited chapter).

Van Guilder, G. & **J. Janot**. Cardiovascular System. In: *ACE: Exercise Physiology, 1<sup>st</sup> ed.* F. A. Davis Company: Philadelphia, PA, 2015 (Invited chapter).

**Janot, J.** & G. Van Guilder. Acute and Chronic Cardiorespiratory Responses to Exercise. In: *ACE: Exercise Physiology, 1<sup>st</sup> ed.* F. A. Davis Company: Philadelphia, PA, 2015 (Invited chapter).

Dalleck, L. & **J. Janot**. Special Populations. In: *ACSM's Resources for the Personal Trainer, 4<sup>th</sup> ed.* B. Bushman (Ed.). Lippincott, Williams, & Wilkins: Baltimore, MD, 2011 (Invited chapter).

**Janot, J.** & L. Dalleck. Programming for Special Populations. In: *ACSM's Resources for the Personal Trainer, 3<sup>rd</sup> ed.* W. Thompson (Ed.). Lippincott, Williams, & Wilkins: Baltimore, MD, 2009 (Invited chapter).

### **Professional Journals (Peer Reviewed)**

**Janot, J.** & M. Wiggins (2014). A model for embedding research in the curriculum at the University of Wisconsin-Eau Claire. Council on Undergraduate Research Quarterly, 34, 47.

Dalleck, L. & **J. Janot** (2013). 5 more fitness myths that won't go away.... (Part 2). ACE Certified News, 3. <http://www.acefitness.org/certifiednewsarticle/3044/5-more-fitness-myths-that-won-39-t-go-away>.

Dalleck, L. & **J. Janot** (2013). 4 fitness myths that need to go away...for good! (Part 1). ACE Certified News, 2. Web page: <http://www.acefitness.org/certifiednewsarticle/3056/4-fitness-myths-that-need-to-go-away-for-good-part>.

**Janot, J.** L. Dalleck, & T. Bushman (2008). A Second Chance at Health. IDEA Fitness Journal, 5(9).

Koepp, K. & **J. Janot** (2007). Too much of 2 good things? IDEA Fitness Journal, 4(7): 54-63.

**Janot, J.** (2007). Contributing author. In "25 things to watch for in the industry.", lead author: A. Williams. IDEA Fitness Journal, 4(3).

**Janot, J.**, L. Dalleck, & C. Reymont. (2007). Pre-exercise stretching performance? IDEA Fitness Journal, 4(2): 44-51 (Invited author).

**Janot, J.** (2007). Contributing editor feature. In "Contributing to a greater cause." IDEA Fitness Journal, 4(1).

McAdarah, G. & **J. Janot**. (2006). Analysis of kid's fitness testing. IDEA Fitness Journal, 3(5).

**Janot, J.** (2005). Buff up your muscular-fitness testing skills. IDEA Fitness Journal, 2(10).

- Koepp, K. & **J. Janot** (2005). Tapering: science and practice. IDEA Fitness Journal, 2(8).
- Janot, J.** (2005). A practical approach to program design. IDEA Fitness Journal, 2(8).
- Janot, J.** (2005). Calculating caloric expenditure. IDEA Fitness Journal, 2(6).
- Janot, J.** (2005). Andropause: man's problem for the ages. IDEA Fitness Journal, 2(5)
- Janot, J.** (2005). Comparing intensity monitoring methods. IDEA Fitness Journal, 2(4).
- Janot, J.** (2005). Made to "FITT" IDEA Fitness Journal, 2(2).
- Janot, J.** (2004). Cardiorespiratory fitness testing: Part II. IDEA Fitness Journal, 1(6).
- Janot, J.** (2004). Cardiorespiratory fitness testing: Part I. IDEA Fitness Journal, 1(4).
- Janot, J.** (2004). "Do You Know Your Scope of Practice?". IDEA Fitness Journal, 1(1).
- Janot, J.** (2004). Exercise safety. International Personal Trainer, 15(4).
- Janot, J.** (2004). The preexercise screening. International Personal Trainer, 15(2).
- Janot, J.** (2002). Drugs and exercise. IDEA Personal Trainer 13(8).
- Vella, C., L. Kravitz, & **Janot, J.** (2001). A review of the impact of exercise on cholesterol levels. IDEA Health & Fitness Source 19(10).
- Janot, J.** & L. Kravitz (2001). Maximizing functional abilities in the older adult. IDEA Health & Fitness Source 19(6).
- Janot, J.** & L. Kravitz (2000). Strength training the individual with diabetes: exercise prescription and clinical considerations. IDEA Personal Trainer 11(5).

### ***Popular Magazines***

**Janot, J.** "Fix lower-body trouble zones". In "9 most effective ways to get your best body", J. Cassity (author), Fitness, April 2006.

### ***Manuals and Research Reports***

Kravitz, L. and **J. Janot** (Co-PIs). Physiological Testing & Assessment of PRECOR Fit Program. PRECOR Inc., 2000.

**Janot, J.** Safety study of Traumeel tablets. University of New Mexico Clinical Research, 1998.

**Janot, J.** & B. Ziemer. Strength training considerations for the cardiac population manual. Cardiovascular Health Clinic research project, Mayo Clinic, 1997.

### ***Undergraduate Research Journals***

Lopez, S., M. LaRue, & **J. Janot**. (2007). Burnout levels in athletic training students across a semester. *Astra*, vol. 6 & 7, 108-117.

### ***Manuscripts in Preparation or Review***

Johnson, M., S. Braun, M. Hecimovich, K. Schultz, C. Bauer, A. Bohn, & **J. Janot**. Risk of metabolic syndrome among law enforcement officers due to physical activity and posture behaviors. *In review Journal of Occupational Health*.

Atwood, T., A. Horton, N. Hanson, K. Moyer, S. Braun, N. Beltz, & **J. Janot**. The cardiorespiratory response while Nordic walking vs. regular walking among middle-aged to older adults. *In review International Journal of Exercise Science*.

Renner, K., L. Franek, M. Devos, L. Carlson, S. Braun, & **J. Janot**. Physiological Responses and Perceived Exertion to Nordic Walking Compared to Conventional Walking in Apparently Healthy Young Adults. In preparation.

McMillan, N., N. Beltz, M. Johnson, & **J. Janot**. Energy expenditure during traditional and functional resistance training. In preparation.

McMillan, N., L. Ouk, S. Berger, L. Skog, T. Wirth, S. Braun, & **J. Janot**. The durational effects of HIIT and moderate intensity aerobic exercise on VO<sub>2</sub>max, VT, and body composition. In preparation.

## **TEACHING AND ADVISEMENT**

### **Courses taught at the University of Wisconsin-Eau Claire**

- KINS 294: Anatomical Kinesiology
- KINS 308: Exercise Physiology
- KINS 309: Introduction to Human Performance (Co-instructor)
- KINS 358: Fitness Assessment and Exercise Prescription
- KINS 440: Human Performance Seminar (now Rehabilitation Science Seminar)
- KINS 464: Clinical Exercise Physiology
- KINS 476: Senior Seminar
- KINS 445/645: Basic Electrocardiography
- KINS 491: Practicum in Rehabilitation Science
- KINS 498: Human Performance Internship (on-line course delivery)

### **Courses taught at South Dakota State University:**

- PE 350: Exercise Physiology



- PE 367: Practicum: Fitness Management
- PE 400: Exercise Testing and Prescription
- PE 450/550: Clinical Exercise Physiology
- PE 455/555: ECG and Clinical Stress Testing
- PE 751: Laboratory Techniques in Exercise Physiology
- HSC 490: Senior Seminar
- HPER 690: Seminar in HPER (Co-instructor)
- HPER 783: Research Methods in HPER (Co-instructor)

#### **Courses taught at the University of New Mexico:**

- Exercise Testing and Interpretation (Spring 2000 & 2001)
- ECG Interpretation (Fall 1998, 1999, & 2000)
- Fundamentals of Exercise Physiology (Summer 1999)
- ACSM Health/Fitness Instructor course (Graduate Assistant)

#### **Courses taught at the University of Wisconsin-La Crosse:**

- Anatomy & Physiology (Graduate Lab Assistant)
- Exercise Physiology (Graduate Lab Assistant)

#### **Student Advisement and Mentorship:**

- ~30 Undergraduate students
- Mentor, McNair Scholar: Chantal Bougie (2017-2018)
- Mentor, McNair Scholar: Neil McMillan (2014-16)
- Mentor, McNair Scholar: Stephanie Lopez (2005-2007)
- Mentor, Blugold Fellow: Michelle Steege (2008-2010)  
Elizabeth Packer (2021-2023)
- Graduate project advisor, Resistance training exercise video project for dept. website (Nathan Jahn and Jason Price)

#### **Student Academic Club Advisement (current):**

- KINS Club (co-advisor)
- Pre-Chiropractic Club (past main advisor)
- Pre-Physical Therapy/Occupational Therapy Club (past main advisor)

#### **Thesis and Research Project Committee Membership (total)**

- 4 Master's Thesis Chair positions
  - 2005 Kriston Koepf
  - 2005 Krista Zeug
  - 2004 Katie Morrison
  - 2004 Lindsey Sosovec
- 13 Master's Thesis committees
- 15 Chair positions for Graduate Research Projects

## PRESENTATIONS

### **National Conference Presentations: Research**

Horton, A., T. Atwood, N. Hanson, K. Moyer, S. Braun, N. Beltz, & **J. Janot**. *The cardiorespiratory response while Nordic walking vs. regular walking among middle-aged to older adults*. Presented at the National Conference on Undergraduate Research, Eau Claire, WI, April 2023.

Atwood, T., E. Zaworski, **J. Janot**, V. Vaibhav, T. Allison, D. Holmes, & A. Calvin. *Case Series: Pacemaker Wenckebach*. Presented at the National Conference on Undergraduate Research, Eau Claire, WI, April 2023.

Crews, D. Z. Yengo, S. Braun, & **J. Janot**. *Effect of postural variations on on-task behavior in a college classroom setting*. Presented at the National Conference on Undergraduate Research, Eau Claire, WI, April 2023.

Johnson, M. S. Braun, M. Hecimovich, K. Schultz, & **J. Janot**. *Physical activity behaviors and metabolic syndrome among law enforcement officers*. Presented at the American College of Sports Medicine Annual Meeting, San Diego, CA, June 2022.

Braun, S., Y. Kim, M. Johnson, & **J. Janot**. *Minimum number of monitoring days necessary to reliably estimate on-duty stepping activities among police officers*. Presented at the American College of Sports Medicine Annual Meeting, San Diego, CA, June 2022.

Rauk, S. B. Lozon, C. Mascia, M. Walker, S. Braun, & **J. Janot**. *The impact of pitch types on torque placed on the ulnar collateral ligament in college-age softball and baseball players*. Presented at the National Conference on Undergraduate Research, Bozeman, MT, April 2020 (*accepted but not presented due to COVID-19*).

Bougie, C., A. Kohler, S. Freid, J. Nagel, M. Downing, L. Opelt, M. Johnson, N. Beltz, A. Floren, S. Braun & **J. Janot**. *Effect of two equipment load bearing strategies on low back discomfort in on-duty police officer*. Presented at the National Conference on Undergraduate Research, Kennesaw, GA, April 2019.

**Janot, J.**, C. Bougie, A. Kohler, S. Freid, J. Nagel, M. Downing, L. Opelt, M. Johnson, N. Beltz, A. Floren, & S. Braun. *Effect of two equipment load bearing strategies on low back discomfort in on-duty police officer*. Presented at the American College of Sports Medicine Annual Meeting, Orlando, FL, May 2019.

**Janot, J.**, S. Braun, N. Cisewski, A. Stover, S. Noetzelman, & L. Grover. *The effects of tempo-adjusted music on gait speed and functionality in middle-aged and older adults*. Presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN, May 2018 (Thematic poster).

Braun, S., M. Johnson, **J. Janot**, S. Reischel, J. Stewart, C. Alger, & B. Casper. *Comparison of ActivPAL and Actigraph on detecting sitting vs. standing in three classroom postures*. Presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN, May 2018.

Beltz, N., F. Amorim, A. Gibson, **J. Janot**, L. Kravitz, C. Mermier, N. Cole, T. Moriarity, T. Nunez, S. Trigg, & L. Dalleck. *Hemodynamic and metabolic responses to self-paced and ramp graded exercise testing protocols*. Presented at the American College of Sports Medicine Annual Meeting, Minneapolis, MN, May 2018 (Thematic poster).

Gullekson, A., C. Hauptert, B. Luedke, A. Peronto, S. Wegener, A. Redford, B. Harder, T. Sather, S. Braun, & **J. Janot**. *Impact of community exercise on communication and quality of life for people with aphasia*. Presented at the ASHA Annual Convention, Los Angeles, CA, October 2017 (slide presentation).

Gullekson, A., C. Hauptert, B. Luedke, A. Peronto, S. Wegener, S. Braun, **J. Janot**, & T. Sather. *Impact of regular exercise on communication and quality of life for people with aphasia*. Presented at the National Conference on Undergraduate Research, Memphis, TN, April 2017 (slide presentation).

**Janot, J.**, L. Schleppebach, A. Ezer, S. Gronemus, K. Widenski, & S. Braun. *Effects of speed- and circuit-based high-intensity interval training on excess post-exercise oxygen consumption*. Presented at the American College of Sports Medicine Annual Meeting, Denver, CO, May 2017.

Hodgson Jr, S., A. Kurilla, K. Von Arx, B. Luteyn, J. Dobbs, S. Braun, & **J. Janot**. *Comparisons of caloric expenditure during- and post-treadmill activity vs. racquetball in apparently-healthy college-aged adults*. Presented at the American College of Sports Medicine Annual Meeting, Denver, CO, May 2017.

Beltz, N., N. McMillan, G. Stadler, M. Johnson, & **J. Janot**. *A functional resistance training design elicits greater exercise and excess post-exercise oxygen consumption energy expenditure compared to a traditional resistance training design*. Presented at the American College of Sports Medicine Annual Meeting, Denver, CO, May 2017.

**Janot, J.**, A. Stone, S. Doherty, L. Malley, M. Meister, M. Johnson, & S. Braun. *Increasing energy expenditure in a modified versus traditional college classroom setting*. Presented at the American College of Sports Medicine Annual Meeting, Boston, MA, May 2016.

McMillan, N., T. Wirth, S. Berger, L. Ouk, L. Skog, N. Beltz, **J. Janot**, & S. Braun. *The durational effects of HIIT and moderate intensity aerobic exercise on  $VO_2max$ , VT, and body composition*. Presented at the American College of Sports Medicine Annual Meeting, Boston, MA, May 2016.

Baugher, A., T. Bowker, K. Geiger, M. Glaser, S. Braun, & **J. Janot**. *The Effect of BungeeSkate™ Training vs Lateral Plyometric Jumps on On-Ice Acceleration and Speed*. Presented at the National Conference on Undergraduate Research, April 2016.

**Janot, J.**, B. Carlson, M. Cook, K. Nelson, J. Taiple, T. Turnquist, N. Beltz, & N. McMillan. *Effectiveness of resistance band training on scapular stability in high school baseball players*. Presented at the American College of Sports Medicine Annual Meeting, San Diego, CA, May 2015.

Hansen, A., **J. Janot**, A. Martenson, A. Siegmann, A. Jagielo, A. Erdmann, M. Wiggins, & N. Beltz. *A dose-response relationship between myofascial release and anaerobic power output in active college-aged males*. Presented at the American College of Sports Medicine Annual Meeting, San Diego, CA, May 2015.

Braun, S. **J. Janot**, J. Hess, S. Fern, D. Dessecker, & J. Roshell. *Impact of 8-wk resistance band training on scapular mobility in Div3 softball players*. Presented at the American College of Sports Medicine Annual Meeting, San Diego, CA, May 2015.

Stone, A., S. Doherty, L. Malley, M. Meister, M. Johnson, S. Braun, & **Janot, J.** *Increasing energy expenditure in a modified versus traditional college classroom setting*. Presented at the National Conference on Undergraduate Research, Cheney, WA, April 2015.

Menges, L., D. Haney, A. Krupnow, A. Larson, C. Winter, & **J. Janot**. *Effects of gluteus medius strengthening exercises on hip abduction strength in active adults*. Presented at the National Conference on Undergraduate Research, Cheney, WA, April 2015.

Heltne, T., **J. Janot**, C. Welles, J. Riedel, H. Anderson, A. Howard, & S. Myhre. *The effects of TRX vs traditional resistance training on measures of muscular performance in young and middle-aged adults*. Presented at the American College of Sports Medicine Annual Meeting, Orlando, FL, June 2014.

**Janot, J.**, M. Fishbeck, C. Heil, E. Alsheskie, A. Daleiden, E. Erickson, & S. Myhre. *The effects of plyometric and agility training on balance and functional measures in middle aged and older adults*. Presented at the American College of Sports Medicine Annual Meeting, Orlando, FL, June 2014.

**Janot, J.**, K. Auner, T. Emberts, R. Kaatz, K. Matteson, E. Muller, & M. Cook. *The effects of BungeeSkate™ training on measures of on-ice acceleration and speed*. Presented at the American College of Sports Medicine Annual Meeting, Indianapolis, IN, June 2013.

**Janot, J.**, B. Malin, R. Cook, J. Hagenbucher, A. Draeger, M. Jordan, & G. Van Guilder. *Effects of self-myofascial release and static stretching on anaerobic power output*. Presented at American College of Sports Medicine Annual Meeting, San Francisco, CA, June 2012.

Figg, K., C. Kirk, K. Wittman, K. Appel, A. Handorff, G. Van Guilder, & **Janot, J.** *The effects of core endurance training on running economy.* Presented at American College of Sports Medicine Annual Meeting, San Francisco, CA, June 2012.

Beltz, N., D. Clark, J. St. Mary, J. Tilque, J. Woldt, G. Van Guilder, & **J. Janot.** *The sequence of concurrent exercise training influences energy expenditure during a single exercise bout.* Presented at American College of Sports Medicine Annual Meeting, Denver, CO, June 2011.

**Janot, J.,** T. Weiss, M. Steege, D. Swanson, S. DeLap, & J. Dent. *Effect of functional resistance training on functional movement outcomes in young adults.* Presented at American College of Sports Medicine Annual Meeting, Denver, CO, June 2011.

**Janot, J.,** T. Weiss, J. Kreitinger, H. Wilde, C. Wiora, M. Steege, & L. Dalleck. *Effect of functional resistance training on muscular fitness outcomes in young adults.* Presented at American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2010.

**Janot, J.,** L. Dalleck, M. Korinek, J. Weber, E. McMahon, & M. Schaeuble. *Multiple off-ice variables predict on-ice skating performance in male and female ice hockey players.* Presented at American College of Sports Medicine Annual Meeting, Seattle, WA, 2009 (slide presentation).

Dent, J., J. O'Brien, T. Bushman, K. Abel, & **J. Janot.** *Acute and prolonged effects of static stretching and dynamic warm-up on muscular power and strength.* Presented at American College of Sports Medicine Annual Meeting, Seattle, WA, 2009 (slide presentation).

Lopez, S., M. LaRue, & **J. Janot.** *Burnout levels in athletic training students across a semester.* Presented at National Athletic Trainers Association Annual Meeting, 2008.

Reyment C., L. Dalleck, M. Bonis, J. Lundquist, & **J. Janot.** *Effects of a four week plyometric training program on measurements of power in male collegiate hockey players.* Presented at American College of Sports Medicine Annual Meeting, New Orleans, LA, 2007.

**Janot, J.** & K. Koepp. *Comparison of  $VO_2$ , HR, and Ventilatory Threshold responses between treadmill running and treadmill skating.* Presented at American College of Sports Medicine Annual Meeting, Denver, CO, 2006.

Koepp, K. & **J. Janot.** *Comparison of  $VO_{2max}$  and metabolic variables between Treadmill Running and Treadmill Skating.* Presented at American College of Sports Medicine Annual Meeting, Denver, CO, 2006.

Gibson, A., V. Heyward, **J. Janot,** M. Wilmerding, C. Mermier, & Faria, E. *Comparison of laboratory methods for estimating relative body fatness of physically active and ethnically diverse men.* Presented at American College of Sports Medicine Annual Meeting, Nashville, TN, 2005.

Gibson, A., **J. Janot**, J. Chavez, C. Mermier, M. Wilmerding, & V. Heyward. *Laboratory method comparisons for estimating relative fatness of physically active and ethnically diverse women*. Presented at American College of Sports Medicine Annual Meeting, Indianapolis, IN, 2004.

McAdaragh, G, **J. Janot**, & M. Vukovich. Accuracy of body composition methods in relation to hydrostatic weighing: a meta-analysis. Presented at American College of Sports Medicine Annual Meeting, Indianapolis, IN, 2004.

**Janot, J.**, R. Robergs, J. Bell, C. Vella, & L. Kravitz. *Interindividual variability of cardiac output, stroke volume, and heart rate responses during incremental exercise to  $VO_{2max}$* . Presented at American College of Sports Medicine Annual Meeting, San Francisco, CA, 2003.

Gibson, A., **J. Janot**, J. Chavez, C. Mermier, M. Wilmerding, & V. Heyward. *Comparative accuracy of six bioelectrical impedance analysis equations in predicting FFM of physically active women*. Presented at American College of Sports Medicine Annual Meeting, San Francisco, CA, 2003.

**Janot, J.**, R. Robergs, J. Bell, C. Vella, & L. Kravitz. *Determination of the relationship between cardiac output, stroke volume, and heart rate with  $VO_2$  during incremental exercise to  $VO_{2max}$* . Presented at American College of Sports Medicine Annual Meeting, St. Louis, MO, 2002.

McGlone, C., L. Kravitz, **J. Janot**. *Rebounding exercise versus treadmill jogging: a cardiorespiratory comparison*. Presented at American College of Sports Medicine Annual Meeting, St. Louis, MO, 2002.

Gibson, A., V. Heyward, **J. Janot**, J. Chavez, J. Schiller, V. Wilmerding, & C. Mermier. *Comparison of Tanita and Omron bioimpedance estimates of relative body fatness for physically active women*. Presented at American College of Sports Medicine Annual Meeting, St. Louis, MO, 2002.

**Janot, J.**, A. Gibson, E. Faria, C. Mermier, V. Wilmerding, & V. Heyward. *Body composition assessment of physically active adults: hydrodensitometry vs. air displacement plethysmography (Bod Pod®)*. Presented at American College of Sports Medicine Annual Meeting, Baltimore, MD, 2001.

Gibson, A., **J. Janot**, C. Mermier, V. Wilmerding, & V. Heyward. *Body composition assessment of physically active adults: hydrodensitometry vs. dual-energy x-ray absorptiometry*. Presented at American College of Sports Medicine Annual Meeting, Baltimore, MD, 2001.

**Janot, J.,** C. Mermier, D. Parker, J. Swan, & R. Robergs. *The relationship between muscular strength and endurance and rock climbing performance*. Presented at American College of Sports Medicine Annual Meeting, Seattle, WA, 1999.

Mermier, C., **J. Janot**, D. Parker, J. Swan, & R. Robergs. *Anthropometric variables that explain rock climbing performance*. Presented at American College of Sports Medicine Annual Meeting, Seattle, WA, 1999.

**Janot, J.,** J. Steffen, P. Maher, J. Zedaker, & J.P. Porcari. *Heart rate and perceived exertion responses during climbing in beginner and recreational sport climbers*. Presented at American College of Sports Medicine Annual Meeting, Orlando, FL, 1998.

### **Regional Conference Presentations: Research**

Horton, A., T. Atwood, N. Hanson, K. Moyer, S. Braun, N. Beltz, & **J. Janot**. *The cardiorespiratory response while Nordic walking vs. regular walking among middle-aged to older adults*. Presented at the Northland American College of Sports Medicine Annual Meeting, Sioux Falls, SD, 2023. (3<sup>rd</sup> place Undergraduate Research Award)

Janicki, G., L. Schwab, J. Noel, E. Stadtmueller, & **J. Janot**. *The effect of the ProprioSox sock on power, speed, and agility*. Presented at the Northland American College of Sports Medicine Student Tutorial Meeting, St. Paul, MN, 2019.

Baugher, A., T. Bowker, K. Geiger, M. Glaser, S. Braun, & **J. Janot**. *The effect of BungeeSkate™ training vs lateral plyometric jumps on on-ice acceleration and speed*. Presented at the Northland American College of Sports Medicine Student Tutorial Meeting, St. Paul, MN, 2016.

McMillan, N., T. Wirth, S. Berger, L. Ouk, L. Skog, N. Beltz, **J. Janot**, & S. Braun. *The durational effects of HIIT and moderate intensity aerobic exercise on VO<sub>2</sub>max, VT, and body composition*. Presented at the Northland American College of Sports Medicine Student Tutorial Meeting, St. Paul, MN, 2016.

Menges, L., D. Haney, A. Krupnow, A. Larson, C. Winter, & **J. Janot**. *Effects of gluteus medius strengthening exercises on hip abduction strength in active adults*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Paul, MN, 2015.

Stone, A., S. Doherty, L. Malley, M. Meister, M. Johnson, S. Braun, & **Janot, J.** *Increasing energy expenditure in a modified versus traditional college classroom setting*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Paul, MN, 2015. (**1<sup>st</sup> place award in undergraduate research category**).

Auner, K., T. Emberts, R. Kaatz, K. Matteson, E. Muller, M. Cook, & **J. Janot**. *The effects of BungeeSkate™ training on measures of on-ice acceleration and speed*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, 2012.

Peterson, N., C. Thewis, J. Charette, S. Forsting, L. Grosskreutz, & **J. Janot**. *Modifying the university classroom to increase energy expenditure in college students*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, 2011.

Malin, B., R. Cook, J. Hagenbucher, A. Draeger, M. Jordan, G. Van Guilder, & **J. Janot**. *Effects of self-myofascial release and static stretching on anaerobic power output*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, 2011.

Beltz, N., D. Clark, J. St. Mary, J. Tilque, J. Woldt, G. Van Guilder, & **J. Janot**. *The sequence of concurrent exercise training influences energy expenditure during a single exercise bout*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, 2010.

Weiss, T., J. Kreitinger, H. Wilde, C. Wiora, M. Steege, L. Dalleck, & **J. Janot**. *Effect of functional resistance training on muscular fitness outcomes in young adults*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, 2009.

Dent, J., J. O'Brien, T. Bushman, K. Abel, & **J. Janot**. *Acute and prolonged effects of static stretching and dynamic warm-up on muscular power and strength*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, 2009 (slide presentation).

Schilter J., M. Henjum, B. Funk, & **J. Janot**. *Effect of resistance exercise ordering on strength development*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, 2008 (slide presentation).

Lopez, S., M. LaRue, & **J. Janot**. *Burnout levels in athletic training students across a semester*. Presented at Wisconsin Athletic Trainers Association meeting, 2007 & Great Lakes Athletic Trainers Association Annual Meeting, 2008.

Reyment C., L. Dalleck, M. Bonis, J. Lundquist, & **J. Janot**. *Effects of a four week plyometric training program on measurements of power in male collegiate hockey players*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, 2007.

DeJarlais, B & **J. Janot**. *1-day versus 3-day, 6-week resistance training program for the maintenance of strength*. Presented at Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, 2007.

Gibson, A., D. Parker, **J. Janot**, J. Swan, E. Faria, R. Robergs, & P. Montner. *Effect of an overnight stay at 440 Torr on VO<sub>2</sub>peak oxygen saturation during maximal cycle ergometry*. Presented at the Southwest ACSM Annual Meeting, 1999.



**Janot, J.** *Effects of progressive relaxation on sub-maximal exercise performance.* Presented at the Northland ACSM Spring Tutorial, St. Cloud, MN, 1994.

***National and Regional Presentations: Professional***

*The Accidental Professor.* Presented at the Finding Direction graduate program speaker series, Western Colorado University, Gunnison, CO, November 2021.

(<https://www.youtube.com/watch?v=qmBBxXw3WWk>)

*Overuse injuries in young throwers: the perils of year-round and/or overstress of young arms.* Presented at the 2019 Mayo Clinic/UWEC Sports Medicine Symposium, Eau Claire, WI January 2019.

*Basic electrocardiography for the rehab professional.* 8-hr workshop for physical and occupational therapists presented at Mayo Clinic, Rochester, MN, August 2018 (Invited speaker).

*Resistance training for healthy aging.* Presented at the Wellness Elevated program speaker series, Western State Colorado University, Gunnison, CO, November 2017 (Invited presentation with co-presenter: Dr. Nick Beltz).

*Living the high life!: Acute and chronic adaptations to altitude.* Presented at the Exercise & Sport Science graduate program seminar, Western State Colorado University, Gunnison, CO, November 2017 (Invited presentation with co-presenter: Dr. Nick Beltz).

The Dr. Bortz Lecture: *Act your age: Resistance training for healthy aging.* Presented at the ACSM Health and Fitness Summit & Expo, Orlando, FL, April 2016.

*Exercise is Medicine.* Presented at the CWHP annual conference, Western State Colorado University, Gunnison, CO, December 2013 (Invited presentation).

*Top myths in exercise physiology.* Presented at the CWHP annual conference, Western State Colorado University, Gunnison, CO, December 2013 (Invited presentation).

*Considering and applying for graduate programs.* Presented at the Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, March 2010.

*Health Promotion Curriculum.* Participant in roundtable discussion at the Northland Chapter of the American College of Sports Medicine Spring Tutorial, St. Cloud, MN, March 2009.

*Determination of the relationship between cardiac output, stroke volume, and heart rate with  $VO_2$  during incremental exercise to  $VO_{2max}$ .* Presented at the SDSU Faculty Research Conference, South Dakota State University, February 2003.

*Resistance and aerobic training for clients with diabetes.* Presented at the ACSM Health and Fitness Summit and Exposition, Orlando, FL, April 2002.

*Comparative analysis of exercise intensity monitoring methods.* Presented at the ACSM Health and Fitness Summit and Exposition, Orlando, FL, April 2002.

*Pharmacology for the personal trainer: what you need to know!*. Presented at the IDEA Personal Trainer International Summit, Baltimore, MD, March 2002.

*Resistance training for clients with diabetes.* Presented at the IDEA Personal Trainer International Summit, Baltimore, MD, March 2002.

*Comparison of percent body fat and body density between hydrodensitometry vs. Bod Pod in physically active adults.* Presented at the SDSU Faculty Research Conference, South Dakota State University, September, 2001.

*Analysis of intensity monitoring methods.* Presented at the IDEA Personal Trainer International Summit, New York, NY, February 2001.

*Physiological and anthropometric determinants of sport rock climbing.* Presented at the University of New Mexico Student Research Fair, Albuquerque, NM, September, 2000.

*Strength training for clients with diabetes.* Presented at the New Mexico State NSCA Annual Meeting, Albuquerque, NM, August 2000.

#### **CERCA Presentations: Student-Faculty Research Mentorship**

Packer, E., G. Palubicki, N. Rumery, E. Flaskrud, E. Lamarche, and A. Hall. *Acute impact of resistance exercise on premenstrual symptoms in college-aged non-exercising eumenorrheic females.* 2022.

Hodgson Jr, S., A. Kurilla, K. Von Arx, B. Luteyn, J. Dobbs. *Comparisons of caloric expenditure during- and post-treadmill activity vs. racquetball in apparently-healthy college-aged adults.* 2016.

Schleppenbach, L., A. Ezer, S. Gronemus, K. Widenski. *Effects Of Speed- and Circuit-based High-intensity Interval Training Excess Post-exercise Oxygen Consumption.* 2016.

McMillan, N. *A Functional Resistance Training Design Elicits Greater Exercise and Excess Post-Exercise Oxygen Consumption Energy Expenditure Compared to a Traditional Resistance Training Design.* 2016.

McMillan, N., T. Wirth, S. Berger, L. Ouk, L. Skog. *The durational effects of HIIT and moderate intensity aerobic exercise on  $VO_{2max}$ , VT, and body composition.* 2015.

Hansen, A., A. Martenson, A. Siegmann, A. Jagielo, A. Erdmann. *A dose-response relationship between myofascial release and anaerobic power output in active college-aged males*. 2014.

Hess, J., S. Fern, D. Dessecker, J. Roshell. *Impact of 8-wk resistance band training on scapular mobility in Div3 softball players*. 2014.

Heltne, T., C. Welles, J. Riedel, H. Anderson, A. Howard. *The effects of TRX vs traditional resistance training on measures of muscular performance in young and middle-aged adults*. 2013.

Carlson, B., M. Cook, K. Nelson, J. Taiple, T. Turnquist. *Effectiveness of resistance band training on scapular stability in high school baseball players*. 2013.

Fishbeck, M., C. Heil, E. Alsheskie, A. Daleiden, E. Erickson. *The effects of plyometric and agility training on balance and functional measures in middle aged and older adults*. 2013.

Auner, K., T. Emberts, R. Kaatz, K. Matteson, E. Muller, M. Cook. *The effects of BungeeSkate™ training on measures of on-ice acceleration and speed*. 2012.

Melby, T., R. Ferestad, L. Hetzel. *The effects of myofascial release and dynamic warm-up on exercise performance*. 2012. **(2<sup>nd</sup> place winner in the Education, Scholarship of Teaching & Learning, and Health Sciences and Services category)**.

Figg, K., C. Kirk, K. Wittman, K. Appel, A. Handorff. *The effects of core endurance training on running economy*. 2011.

Peterson, N., C. Thewis, J. Charette, S. Forsting, L. Grosskreutz. *Modifying the university classroom to increase energy expenditure in college students*. 2011. **(1<sup>st</sup> place winner in the Education, Scholarship of Teaching & Learning, and Health Sciences and Services category)**.

Malin, B., R. Cook, J. Hagenbucher, A. Draeger, M. Jordan. *Effects of self-myofascial release and static stretching on anaerobic power output*. 2011.

Beltz, N., D. Clark, J. St. Mary, J. Tilque, J. Woldt. *The sequence of concurrent exercise training influences energy expenditure during a single exercise bout*. 2010.

Weiss, T., J. Kreitinger, H. Wilde, C. Wiora, M. Steege. *Effect of functional resistance training on muscular fitness outcomes in young adults*. 2010.

Dent, J., J. O'Brien, T. Bushman, K. Abel. *Acute and prolonged effects of static stretching and dynamic warm-up on muscular power and strength*. 2009.

Schilter, J., M. Henjum, B. Funk. *Effect of resistance exercise ordering on strength development*. 2008.

Bickel, S., S. Van Meter, J. Shatzer. Comparison of single vs. multiple set resistance training programs. 2008.

Lopez, S. *Burnout levels in athletic training students across a semester*. 2007.

Reyment, C., M. Bonis, J. Lundquist. *Effects of a four-week plyometric training program on measurements of power in male collegiate hockey players*. 2007.

### **Other Professional Presentations**

*Police vest research impact on the Eau Claire community and reflections on educational/career benefits of participating in research*. Presented to the Leadership Eau Claire group, Education Day lecture, February 2019 (Presenter: Chantal Bougie and **Jeff Janot**).

*Effect of two equipment load bearing strategies on low back discomfort in on-duty police officers*. Presented to the Eau Claire Police Department Executive Staff, September 2018 (Presenter: Chantal Bougie, Anna Kohler, **Jeff Janot**).

*Health disparity in America*. Presented at the College of Education and Human Sciences retreat, University of Wisconsin-Eau Claire, August 2018.

*Effect of two equipment load bearing strategies on low back discomfort in on-duty police officers*. Selected to present at the 1<sup>st</sup> Annual Mayo Choice Awards symposium, May 2018 (Presenter: Chantal Bougie; **Mentor: Dr. Jeff Janot**).

*The application of research in health care*. Invited speaker, "Health and Wellness Day", Youth Leadership Eau Claire, Eau Claire Area Chamber of Commerce (Co-presented with Chantal Bougie (student))

*Resistance training for healthy aging*. Invited speaker (two sessions), Chippewa Valley Learning in Retirement program, L.E. Phillips Library, November and December 2017 (Co-presented with Dr. Nick Beltz).

*Graded exercise testing protocols for the determination of  $VO_{2max}$ : historical perspectives, progress, and future considerations*. Presented at Author's Celebration Day, UWEC Office of Research and Sponsored Programs, November 2017.

*Effect of two equipment load bearing strategies on low back discomfort in on-duty police officers*. Invited speaker, WiSys Advisory Council meeting, Mayo/UW-Eau Claire Research Partnership panel, UW-Eau Claire, October 2017.

*Exercise Physiology book chapters*. Presented at Author's Celebration Day, UWEC Office of Research and Sponsored Programs, November 2016.

*Getting fit, keeping fit: The Community Fitness Program at UW-Eau Claire.* Invited speaker, Chippewa Valley Learning in Retirement program, L.E. Phillips Library, October 2016 (Co-presented with Dr. Saori Braun).

*Embedding Research Experiences in the Major: Three examples.* The Teacher-Scholar Series, Office of Research and Sponsored Programs, October 2012.

*On the road to success: Enjoy the journey.* Invited speaker, UWEC Kinesiology Club, 2012.

*Diabetes and exercise.* Co-presenter (G. Van Guilder) at L.E. Phillips Senior Center, February 2011 (Invited presentation).

*Effect of functional resistance training on muscular fitness outcomes in young adults.* Presented at Author's Celebration Day, UWEC Office of Research and Sponsored Programs, October 2011.

*Special Populations* Book chapter in ACSM's Resources for the Personal Trainer, 3<sup>rd</sup> ed. Presented at Author's Celebration Day, UWEC Office of Research and Sponsored Programs, October 2009.

*Comparison of  $VO_2$ max and other metabolic variables between treadmill running and treadmill skating.* Presented at Author's Celebration Day, UWEC Office of Research and Sponsored Programs, October 2008.

*Exercise (and other) Myths.* Invited speaker, UWEC Community Fitness Program education class, 2008.

*Graduate School Preparation Tutorial.* Invited speaker, UWEC Kinesiology Club, 2008, 2009, 2010.

*Kinesiology Major: Set Sail for Exciting Career Opportunities.* Invited speaker, "Explore Your Possibilities", Career Services Department student event, University of Wisconsin-Eau Claire, 2006.

*Exploring the Kinesiology Major: Career Possibilities and More.* Invited speaker, "Explore Your Possibilities", Career Services Department student event, University of Wisconsin-Eau Claire, 2005.

*Sports Conditioning and Flexibility Training for Soccer.* Invited speaker, Brookings High School Varsity Soccer, 2004.

*Determination of the relationship between cardiac output, stroke volume, and heart rate with  $VO_2$  during exercise to  $VO_2$ max.* Guest lecturer, Exercise Science Seminar, University of New Mexico, 2000.

*Creating Powerful Presentations.* Lecturer, Department of Exercise Science student/faculty in-service, University of New Mexico, 2000.

*Applications of exercise testing.* Guest instructor, Department of Nutrition graduate students, University of New Mexico, 2000.

*Determination of cardiac output during exercise using the CO<sub>2</sub> rebreathing technique.* Guest lecturer, Exercise Science Seminar, University of New Mexico, 2000.

*Clinical exercise testing.* Guest instructor, Cardiovascular Exercise Testing class, California State University-Sacramento, 2000.

*Informed consent, health history screening, and risk stratification.* Guest lecturer, Employee Health Promotion Program, University of New Mexico, 2000.

*Body composition testing.* Guest instructor, University of New Mexico (visiting students from Santa Fe Community College), 2000.

*Physiological and anthropometric determinants of rock climbing performance.* Guest lecturer, Exercise Science Seminar, University of New Mexico, 1999.

*Emergency procedures for clinical exercise testing review.* Lecturer, Center for Exercise staff in-service, University of New Mexico, 1999.

*Exercise testing in clinical populations.* Guest lecturer, Tests and Measurement, University of New Mexico, 1999.

*Exercise stress testing.* Guest instructor, Department of Pediatrics, University of New Mexico (visiting students from American Indian Students in Science program), 1999.

*Statistical Power: application of the Monte Carlo procedure.* Guest lecturer, Exercise Science Seminar, University of New Mexico, 1999.

*Common cardiac medications.* Lecturer, Center for Exercise staff in-service, University of New Mexico, 1999.

*VO<sub>2</sub>max testing.* Guest instructor, University of New Mexico, (visiting students from Santa Fe Community College), 1999.

*Application of body composition and exercise testing.* Guest instructor, Department of Nutrition graduate students, University of New Mexico, 1999.

*Emergency procedures for clinical exercise testing.* Lecturer, Center for Exercise staff in-service, University of New Mexico, 1998.

*Multiple physical and physiological variables explain rock climbing performance.* Guest lecturer, Exercise Science Seminar, University of New Mexico, 1998.

*Emergency Pharmacology.* Lecturer, Center for Exercise staff in-service, University of New Mexico, 1998.

*Exercise testing in the cardiac population.* Guest lecturer, Tests and Measurement, University of New Mexico, 1998.

*Electrocardiography review.* Lecturer, Center for Exercise staff in-service, University of New Mexico, 1998.

*Conducting an exercise stress test: policies and procedures.* Lecturer, Center for Exercise staff in-service, University of New Mexico, 1998.

*Sudden death in athletes.* Guest lecturer, Exercise Science Seminar, University of New Mexico, 1998.

*Body composition and exercise stress testing.* Guest instructor, University of New Mexico (visiting students from Santa Fe Community College), 1998.

*Strength training considerations for the cardiac population.* Lecturer, Cardiovascular Health Clinic staff in-service, Mayo Clinic, 1997.

*Secondary prevention of cardiovascular heart disease.* Lecturer, La Crosse Exercise and Health Program, University of Wisconsin-La Crosse, 1996.

*Exercise Lite.* Lecturer, La Crosse Exercise and Health Program, University of Wisconsin-La Crosse, 1995.

## **SERVICE/PROFESSIONAL ACTIVITIES**

### ***Professional service***

2023 Ad-hoc reviewer, Journal of Sports Science

2022 Ad-hoc reviewer, Journal of Sports Science & Medicine

2020 Outside reviewer for dissertation, "*The acute and chronic effects of high-intensity functional training on fitness and cardiometabolic risk factors in adults with metabolic syndrome*". Auckland University of Technology. (PhD student: Erin Smith).

2018 Ad-hoc reviewer, Physiology International journal.

- 2015-current Member and ad-hoc reviewer, International Journal of Research in Exercise Physiology Editorial Board.
- 2015-2018 Member, Consumer Education Committee, American College of Sports Medicine.
- 2015 Co-designer, American Council on Exercise/F.A. Davis Publishing “Exercise Physiology” textbook animation concepts design team.
- 2013-2017 Member, Journal of Fitness Research Editorial Board.
- 2010 Chapter Reviewer, National Strength and Conditioning Association publications (Invited review for topics: Speed and Agility).
- 2009-2013 Student Quiz Bowl judge, Northland Chapter of the American College of Sports Medicine (Fall meeting event).
- 2008-2011 Northland Chapter of the American College of Sports Medicine Representative to the American College of Sports Medicine (*elected*).
- 2007 Past-President, Northland Chapter of the American College of Sports Medicine.
- 2007-2011 Member, Northland Chapter of the American College of Sports Medicine Strategic Planning Committee.
- 2007-14 Ad-Hoc Reviewer, Journal of Sports Sciences.
- 2007 Chair, Organizing Committee, Northland Chapter of the American College of Sports Medicine Spring Tutorial Meeting, St. Cloud, MN.
- 2006 President, Northland Chapter of the American College of Sports Medicine.
- 2005-2006 Appointed Member (by ACSM President), CCRB/PEC Presidential Task Force, American College of Sports Medicine.
- 2006-2014 Editorial board member, Journal of Undergraduate Kinesiology Research, Department of Kinesiology, University of Wisconsin-Eau Claire.
- 2005-2014 Ad Hoc Reviewer/Judge, student abstract submissions, Northland Chapter of the American College of Sports Medicine Spring Tutorial meeting.
- 2005 President-Elect, Northland Chapter of the American College of Sports Medicine.



- 2004-2005 Chair, Organizing Committee, Northland Chapter of the American College of Sports Medicine Annual Fall Meeting, Fargo, ND.
- 2004-2007 Appointed Member, Professional Education Committee, American College of Sports Medicine.
- 2004-2007 Appointed Member, American Society of Exercise Physiologists Board of Certification Committee.
- 2004 Invited member, Federal Grant Advisory Board, Diabetes prevention program, Flandreau Indian Hospital and Clinic.
- 2004 Ad Hoc Reviewer, British Journal of Sports Medicine.
- 2002-2003 Head Proctor, American College of Sports Medicine Health/Fitness Instructor written exam, South Dakota State University.
- 2002-2004 South Dakota Representative (elected), Northland Chapter of the American College of Sports Medicine Executive Board.
- 2002-2005 Ad-Hoc consultant to Fitness Section Editor, Fitness Magazine.
- 2002-2003 Invited Member, American Society of Exercise Physiologists Board of Licensure Committee.
- 2002-2003 Director, Metabolic Studies Core, South Dakota Program for Rural Health Promotion and Research, South Dakota State University.
- 2002-2005 Staff Member, South Dakota Health Promotion and Research Program, South Dakota State University.
- 2002 Ad-Hoc Reviewer, IDEA Health and Fitness Source Journal, IDEA Health and Fitness Inc.
- 2002 Test Proctor, American College of Sports Medicine Exercise Specialist Certification, University of Wisconsin-La Crosse.
- 2001-2004 Fitness Testing Consultant, Department of Corrections, State of South Dakota.
- 2000 Test Proctor, American Society of Exercise Physiologists EPC Practical Exam, University of New Mexico.

- 2000 Member, American Society of Exercise Physiologists EPC Practical Exam development committee.
- 1999-2000 Assistant Editor, Journal of Exercise Physiology<sup>online</sup>, American Society of Exercise Physiologists.
- 1998-2000 Legislative Committee Chairperson, UNM Student Chapter, American Society of Exercise Physiologists.
- 1998-2000 Ad-Hoc Reviewer, Journal of Exercise Physiology<sup>online</sup>, American Society of Exercise Physiologists.
- 1998-2001 Test Proctor, American College of Sports Medicine Health/Fitness Instructor Certification, University of New Mexico.
- 1997-2000 Testing director, new recruit fitness testing, University of New Mexico Police Department, Albuquerque, NM.

#### ***Academic service***

- 2022-current Department of Kinesiology representative and facilitator, COEHS Prospective Student Visit Days, University of Wisconsin-Eau Claire.
- 2021 Department of Kinesiology representative, Health + Rehab Virtual Panel webinar (in collaboration with Admissions), University of Wisconsin-Eau Claire.
- 2019 Chair, Department of Education Studies Chair Search Committee, University of Wisconsin-Eau Claire.
- 2018-2020 Past Chair and Member, College of Education and Human Sciences Inclusive Excellence Council, University of Wisconsin-Eau Claire.
- 2018 Presenter, "Exercise Science major", UW HELP webinar for HS counselors in Wisconsin.
- 2017-current Presenter and facilitator, Admitted Student Days, Department of Kinesiology, University of Wisconsin-Eau Claire (collaboration with University Admissions).
- 2017-2022 Presenter and facilitator, Prospective Student Days, Department of Kinesiology, University of Wisconsin-Eau Claire (collaboration with University Admissions).
- 2017-2020 Member, Chancellor's Cabinet committee, University of Wisconsin-Eau Claire.
- 2017-2020 Member, College of Education and Human Sciences Curriculum and Assessment Committee, University of Wisconsin-Eau Claire.

- 2017-current Member, College of Education and Human Sciences Academic Appeals Committee, University of Wisconsin-Eau Claire.
- 2017 External Reviewer, Exercise Science Undergraduate Program, Department of Rehabilitation Science, Florida Gulf Coast University, Fort Myers, FL.
- 2017-2019 UWEC representative, Mayo Clinic/UWEC Sports Medicine Symposium planning committee.
- 2017-2021 Kinesiology/Academic representative, Stakeholder Team, Sonnentag Event and Recreation Complex.
- 2017 Member, Associate Vice Chancellor for Academic Affairs and Dean of Graduate Studies search committee, University of Wisconsin-Eau Claire.
- 2016-current Member, College of Education and Human Sciences Chair's Council, University of Wisconsin-Eau Claire.
- 2016-2017 Chair, Biomechanics Faculty Search Committee, University of Wisconsin-Eau Claire.
- 2015 Member, Curriculum Rapid Action Task Force, University of Wisconsin-Eau Claire.
- 2014 Invited External Reviewer, Tenure and Promotion Application (Dr. Christine Mermier), University of New Mexico.
- 2014 Lead organizer and instructor, Blugold Beginnings week summer STEM camp, Division of Student Affairs, University of Wisconsin-Eau Claire.
- 2012-2013 Chair, Human Performance Faculty Search Committee, University of Wisconsin-Eau Claire (Past Chair 2010-2011).
- 2011-2013 Lead coordinator, **Kinesiology laboratory workshop**, Multicultural student preview days, UWEC Admissions project.
- 2011 External Reviewer, Exercise Science Undergraduate Program, Department of Exercise and Sports Science, University of Wisconsin-La Crosse.
- 2005-current Department of Kinesiology Curriculum and Assessment Committee, University of Wisconsin-Eau Claire (Past Chair: 2006-2007; 2011-2012).

- 2010-11 Member, Physical Education/Teacher Education Faculty Search Committee, University of Wisconsin-Eau Claire.
- 2010-2014 Member, University Faculty Complaint, Grievance and Termination Review Committee.
- 2010 Member, University Senate Academic Policies Committee.
- 2009-2013 Member, Departmental Personnel Committee, Department of Kinesiology (Chair: 2010-2011).
- 2009-2016 Ad-Hoc reviewer, Faculty/student research grant proposals, University of Wisconsin-Eau Claire Office of Research and Sponsored Programs.
- 2005-2013 Academic Program Director, Human Performance program, University of Wisconsin-Eau Claire.
- 2005-2013 Chair, Human Performance Subcommittee, University of Wisconsin-Eau Claire.
- 2008-2009 College of Education and Human Sciences Strategic Planning Revision Committee, Kinesiology Representative (Chair appointed).
- 2008-2010 College of Education and Human Sciences Representative, UWEC University Senate Executive Committee.
- 2007-2011 Department of Kinesiology Representative, UWEC University Senate.
- 2007-2009 Chair, College of Education and Human Sciences Academic Administrator Review Committee.
- 2007 Member, Athletic Training Education Program Clinical Coordinator Search Committee, University of Wisconsin-Eau Claire.
- 2007 Member, Physical Education/Teacher Education (Adapted PE) Faculty Search Committee, University of Wisconsin-Eau Claire.
- 2006 Chair, Internal Review Committee – Department of Social Work, University of Wisconsin-Eau Claire.
- 2005-2010 Research Coordinator, UWEC Community Fitness Program, University of Wisconsin-Eau Claire.

- 2005-current Member, Department of Kinesiology Curriculum and Assessment Committee, University of Wisconsin-Eau Claire.
- 2005-2007 Department Representative, Career Services Major's Fair.
- 2005-2006 Member, College of Education and Human Sciences Strategic Planning Committee (Research), University of Wisconsin-Eau Claire.
- 2005-2007 Appointed Member, College of Education and Human Sciences Graduate and Continuing Education Advisory Committee, University of Wisconsin-Eau Claire.
- 2005-2006 Member, Athletic Training Program Director Search Committee, University of Wisconsin-Eau Claire.
- 2005 Appointed Member, College of Education and Human Sciences Associate Dean Search Committee, University of Wisconsin-Eau Claire.
- 2005-current Graduate Faculty, University of Wisconsin-Eau Claire.
- 2005 Invited External Reviewer, Tenure and Promotion Application (Dr. Mary Miles), Montana State University.
- 2004-2005 Member, Gerontology Studies Committee, South Dakota State University.
- 2003-2005 Member, Athletic, Intramural, and Recreation Committee, South Dakota State University.
- 2004 Invited Reviewer, Midwestern Association of Graduate Schools Thesis Competition, South Dakota State University Graduate School.
- 2004 Appointed, Department of HPER special project, Research on regional university wellness centers, South Dakota State University.
- 2003 Assisted in securing American College of Sports Medicine program endorsement for the undergraduate Health Promotion major, South Dakota State University.
- 2003 Member, Practice Standards for Use of Automated External Defibrillator committee, South Dakota State University.
- 2003 Appointed Member, College of Arts and Sciences Assistant Dean Search Committee, South Dakota State University.
- 2003 Member, Department of HPER Public Recreation Faculty Search Committee, South Dakota State University.

- 2002-2005 Graduate Faculty, Graduate School, South Dakota State University.
- 2002-2005 Academic Coordinator, Health Promotion program, South Dakota State University.
- 2002-2005 Member, Academic Appeals Committee, South Dakota State University.
- 2002-2004 Member, Department of HPER & Athletics Activities Planning Committee, South Dakota State University.
- 2001-2005 Member, Academic Coordinators Committee, Department of HPER & Athletics, South Dakota State University.
- 1999-2000 Student representative, Exercise Science Program Faculty Search Committee, University of New Mexico.

### ***Community service***

- 2023 Eau Claire Memorial High School Exercise Physiology Lab visit, COEHS Student Engagement Day activity (Co-presenter).
- 2022-current Member, South Dakota Amateur Hockey Association Hall of Fame Selection Committee.
- 2013-2014 President, Eau Claire American Little League baseball organization.
- 2012-2013 Vice President & President-elect, Eau Claire American Little League baseball organization.
- 2011-2012 Director, Eau Claire Youth Hockey Association dry land training program (previous director: 2005-2007 <http://www.youtube.com/watch?v=86IOZXi8BJY>).
- 2010-2022 Assistant coach-Pitching coach, Eau Claire Memorial High School.
- 2009 Coordinator, Cameron High School student laboratory experience (laboratory demonstration for high school students).
- 2007 Advisor, Chippewa Falls High School Strength and Conditioning Apprenticeship
- 2006-2008 Assistant Coach, Pizza Hut American Legion Baseball, Eau Claire, WI.
- 2006-2016 Coordinator, Off-season winter conditioning program for Memorial High School baseball players (apprenticeship opportunity for Human Performance students).

- 2002-2003 Faculty Representative, Careers in HPER day, Flandreau Indian School Success Academy.
- 2002-2005 Coach, Brookings Rangers hockey team (Varsity/Junior Varsity level), Brookings Ice Skating Association, Brookings, SD.
- 2002-2005 Director, Brookings Rangers boys and girls hockey (Varsity/Junior Varsity level) Strength and Conditioning Program, Brookings Ice Skating Association, Brookings, SD.
- 2002-2005 Coaching Instructor, USA Hockey Coaching Certification Program (Beginner, Associate, Intermediate levels).
- 2001-2002 Coach, Brookings Rangers hockey team (Pee Wee level), Brookings Ice Skating Association, Brookings, SD.
- 2001 Guest Instructor, Science Olympiad Class, Menaul School, Albuquerque, NM.
- 2000 Career Partnership Representative, Groundhog Job Shadow Day, Belen Consolidated Schools, Belen, NM.
- 1998 Assistant race coordinator, American Heart Association Heart Walk/Run, Albuquerque, NM.

***Equity, diversity and inclusion activities***

- 2021 *Trauma informed pedagogy in the college classroom.* Tier Two training workshop, UW-Eau Claire.
- 2021 *Promoting student and faculty well-being in the classroom.* Tier Two training workshop, UW-Eau Claire.
- 2021 *Identity, Privilege, and Oppression.* Tier Two training workshop, UW-Eau Claire.
- 2020 *Promoting Equitable Access for Students with Disabilities.* Tier Two training workshop, UW-Eau Claire.
- 2020 *Wind River Screening and Discussion group.* Tier Two training workshop, UW-Eau Claire.
- 2020 *How to be an Anti-racist (Reading group).* Tier Two training workshop, UW-Eau Claire.
- 2019 *Eliminating Non-Inclusive Language toward Native Americans.* Tier Two training workshop, UW-Eau Claire.

- 2019 *Identifying and Responding to the Mental Health Needs of UWEC Students: A Comprehensive Guide for Faculty and Staff*. Tier Two training workshop, UW-Eau Claire.
- 2018 *Health disparity in individuals with disabilities*. Presentation by Dr. Marquell Johnson, COEHS meeting, UW-Eau Claire.
- 2018 *13<sup>th</sup> Film and Discussion*. Tier Two training workshop, UW-Eau Claire.
- 2018 *The Student Experience Training Series: Native American*. Tier Two training workshop, UW-Eau Claire.
- 2017 *Diversity: Inclusion in the Modern Workplace (EDU)*. Tier One training, UW-Eau Claire.
- 2017 *Intersections: Preventing Harassment & Sexual Violence*. Tier One training, UW-Eau Claire.

### **Other Professional Activities**

- 2021 Research expert, "Eau Claire police officer study update 4 years later", Channel 13 segment interview. <https://www.weau.com/video/2021/05/13/four-years-later-uwec-research-still-impactful/?fbclid=IwAR1IQua8h2atWjRHU6bVEZfyoZTmrCUX1QJgOt6f-91RfbF7YTNQ8njlvMk>
- 2020 Research expert, "TRX training", interview for Insider/Business Insider with Madeline Kennedy. <https://www.insider.com/guides/health/fitness/how-to-do-suspension-training-exercises>
- 2018 Research expert, "As heavy duty belts leave officers aching, study suggests", interview for Orlando Sentinel. <https://www.orlandosentinel.com/news/breaking-news/os-ne-police-officer-utility-belt-health-concerns-20181127-story.html>
- 2018 Research expert, "Eau Claire police officer study follow-up", Channel 13 segment interview
- 2017 Research expert, "Eau Claire police officer study", Channel 13 segment interview <http://www.weau.com/content/news/Research-study-helping-Eau-Claire-police-address-issues-with-back-pain-458356523.html>
- 2007 Faculty expert, "Building Successful Learning Communities" NET's Spotlight on Teaching & Learning newsletter interview.



2007 Health and Fitness expert, “Weight loss strategies” Channel 13 segment interview.

2007 Health and Fitness expert, “Banish those exercise excuses, get your body moving” article interview, UWEC Spectator.

### HONORS AND AWARDS

2018 Recipient of the *Dean’s Excellence award*, College of Education and Human Sciences.

2016-2017 Nominated and received, *Excellence in Mentoring in Research, Scholarship and Creative Activity Award*, Office of Research and Sponsored Programs, University of Wisconsin-Eau Claire (both years).

2010 Recipient of the *Ron Satz Teacher/Scholar Award*, College of Education and Human Sciences.

2007 Favorite UWEC Professors, Towers North Hall.

2006 Nominated, UWEC Academic Advising award.

2005 Friends of HPER award, Department of HPER, South Dakota State University.

2002 Outstanding Ph.D. Graduate, Division of Physical Performance and Development, University of New Mexico.

2001 Member, The Honor Society of Phi Kappa Phi, University of New Mexico Chapter.

### CERTIFICATIONS

- ASEP Exercise Physiologist Certified (2000-2010)
- ACSM Clinical Exercise Physiologist (formerly Exercise Specialist; 1996-current)
- USA Hockey, Level 5-Master Coach certification (2009-present)
- AHA ACLS certified (1996-2000)
- AHA/Red Cross BCLS certified (1991-current)

### PROFESSIONAL AFFILIATIONS

- American College of Sports Medicine (1996-current)
- Northland Chapter of the American College of Sports Medicine (2001-current)

### SPECIAL SKILLS

- Monark Wingate Testing package
- Rayfield inspired ventilation system and software
- SensorMedics, Jaeger, Medical Graphics, Cosmed, Parvomedics, and Quinton metabolic gas analyzers

- Blood analysis (Hematocrit and Hemoglobin, drawing and handling of blood)
- ExerTech residual volume measurement system (Nitrogen washout method)
- Collins residual volume measurement system (Helium dilution method)
- Collins, Medical Graphics, and SensorMedics pulmonary function testing systems
- Marquette, Quinton, Bosch, and Burdick EKG systems
- Colin beat-to-beat blood pressure analyzer
- Colin and Poet end-tidal CO<sub>2</sub> capnograph
- Cybex isokinetic strength testing hardware and software
- Hypobaric pressure chamber operation and maintenance
- BodPod air displacement plethysmography system operation and maintenance

### **SOFTWARE SKILLS**

- Microsoft PowerPoint, Word, Excel, and Publisher programs
- SPSS and GraphPad Prism data analysis
- GraphPad Prism and Inplot graphing programs
- Analog-to-digital data acquisition hardware (BioPac MP100 and iWorx systems) and software (Acknowledge) for the determination of underwater body weight, heart rate, end-tidal CO<sub>2</sub>, ventilation, blood pressure, O<sub>2</sub> saturation, and cardiac output
- Adobe Photoshop 5.0, Illustrator 9.0, Live Motion, and Acrobat 4.0 programs
- Various health appraisal and nutrition software packages