

Matthew Thomas Stratton Ph.D., CSCS, EP, CISSN

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760-899-6957

Education

Texas Tech University, Lubbock, TX August 2019 – August 2022
College of Arts & Sciences
Ph.D., Exercise Physiology

Kennesaw State University, Kennesaw, GA January 2018 – May 2019
College of Health & Human Services
M.S., Applied Exercise & Health Science
Honors Graduate

University of New Mexico, Albuquerque, NM August 2013 – December 2017
College of Education
B.S., Exercise Science
Minor: Music
Summa Cum Laude

Riverside Community College, Riverside, CA August 2007 – June 2013
College of Fine Arts
Transfer

Honors/Awards

Student Manuscript Award

3rd Place

Title: The Influence of Caffeinated and Non-caffeinated Multi-Ingredient Pre-workout Supplements on Resistance Exercise Performance and Subjective Measures.

American College of Sports Medicine Texas Chapter Annual Conference – Waco, Texas

Graduate Recruitment Fellowship

\$4,000/year

Department of Kinesiology and Sport Management
Texas Tech University

Data Blitz

2nd Place

Title: The Influence of Caffeinated and Non-caffeinated Pre-workout Supplements on Resistance Exercise Performance

International Society of Sports Nutrition (ISSN) Annual
Conference – St. Petersburg, Florida

Data Blitz

2019

3rd Place

Title: The Effect of Time-Restricted Feeding in Combination
with Resistance Training on Measures of Body Composition,
Muscle Performance, Resting Energy Expenditure, and Blood
Biomarkers

International Society of Sports Nutrition (ISSN) Annual
Conference – Las Vegas, Nevada

2019

1st Place

Title: The Effect of Time-Restricted Feeding in Combination
with Resistance Training on Measures of Body Composition,
Muscle Performance, Resting Energy Expenditure, and Blood
Biomarkers

International Society of Sports Nutrition (ISSN) Annual
Conference – Las Vegas, Nevada

Outstanding Graduate Student Award

2019

Applied Exercise and Health Science
Kennesaw State University

Honors Graduate

2019

GPA: 4.0

Kennesaw State University

2018

2nd Place

Title: Rate of Velocity, Torque, and Power Development in
Middle-Aged and Older Males

Southeast American College of Sports Medicine (ACSM)
Conference – Greenville, South Carolina

2018

2nd Place

Title: The Effect of Dynamine With and Without TeaCrine
Over Four Weeks of Continuous Use on Cardiovascular
Function, and Psychometric Parameters: A Pilot Study

International Society of Sports Nutrition (ISSN) Annual
Conference – Clearwater, Florida

Dean s List

2015 - 2017

GPA: 3.96

The University of New Mexico

Outstanding Graduating Undergraduate Student Award 2017

Exercise Science

The University of New Mexico

Instructor of Record

Applications in Sports Conditioning

Spring 2022 – Present

KIN 484

University of South Alabama

Modality: F2F

Number of sections per semester: 1

Enrollment per section: 30

Exercise Physiology

Fall 2022 – Present

KIN 476

University of South Alabama

Modality: F2F

Number of sections per semester: 2

Enrollment per section: 35

Advanced Strength and Conditioning

Spring 2022

KIN 4305

Texas Tech University

Modality: F2F

Number of sections per semester: 1

Enrollment per section: 45

Physiological Application of Nutrition to Exercise and Physical Activity

Fall 2020 – Summer 2022

KIN 3347

Texas Tech University

Overall student evaluation rating: 4.9/5 (n = 56)

Modality: F2F, Online

Number of sections per semester: 1 – 2

Enrollment per section: 45

Applied Exercise Physiology Lab

Fall 2019 – Summer 2020

KIN 3306

Texas Tech University

Overall student evaluation rating: 4.8/5 (n = 42)

Modality: F2F, Online

Number of sections per semester: 2

Enrollment per section: 20

Teaching Assistant on Record

Nutrition and Performance

Professor: Trisha VanDusseldorp
Kennesaw State University

January 2018 – August 2019

Clinical Exercise Physiology

Professor: Trisha VanDusseldorp
Kennesaw State University

January 2019 – August 2019

Work Experience

Assistant Professor of Exercise Science

Department of Health, Kinesiology, and Sport
University of South Alabama, Mobile, AL

August 2022 – Present

Graduate Part-Time Instructor

Department of Kinesiology & Sports Management
Texas Tech University, Lubbock, TX

Duties: Conducted research regarding applied body composition and nutritional supplements. Additionally taught 2 sections per semester of either applied exercise physiology lab or lecture courses such as sports nutrition or advanced strength and conditioning.

August 2019 – August 2022

Analytical Chemist

Deerland Enzymes and Probiotics
Research and Development
Kennesaw, GA

Duties: Worked as a part of a research team assessing the stability of various probiotic strains in a multitude of commercial food and beverages. Additionally, developed protocols to assess the validity of new products.

May 2019 – August 2019

Graduate Research Assistant

Department of Exercise Science & Sports Management
Kennesaw State University, Kennesaw, GA

Duties: Worked as part of a research team in the KSU Human Performance Lab (HPL). Duties included running and coordinating data collection for community and lab testing for multiple labs including: Bodpod, DXA, BIA, blood draws, VO₂max and stress testing, biodex assessments, balance, and ELISA and SimpleWes biochemical assessments.

January 2018 – May 2019

Exercise Performance Laboratory Intern

Department of Exercise Science

The University of New Mexico, Albuquerque, NM

Duties: Worked as part of a research team in the UNM Exercise Physiology Lab (UNM EPL) to collect and disseminate research. Worked in the UNM EPL running community, student, and staff testing, including: hydrostatic weighing, BodPod, skinfolds, blood draws, stress testing, and VO2max testing.

August 2017 – December
2017

Summer Research Assistant

Department of Exercise Science & Sports Management

Kennesaw State University, Kennesaw, GA

May 2017 – August 2017

Key Holder

The Vitamin Shoppe, Albuquerque, NM

Course Code: KIN 7104
Level: Doctoral
Texas Tech University, Lubbock, TX

The Role of Intermittent Fasting in Weight Loss and Maintenance of Fat Free Mass October 2020

Course Code: KIN 7104
Level: Doctoral
Texas Tech University, Lubbock, TX

Impact of Acute Dietary Nitrate Supplementation during Exercise in Hypertensive Populations September 2020

Course Code: KIN 7303
Level: Doctoral
Texas Tech University, Lubbock, TX

The Role of Training to Failure in the Hypertrophic Response to Resistance Training October 2019

Course Code: KIN 7303
Level: Doctoral
Texas Tech University, Lubbock, TX

Cardiovascular Adaptations to Exercise July 2018

Course Code: ES 3900
Level: Undergraduate
Kennesaw State University, Kennesaw, GA

Ketogenic Style Diets and Their Performance Implications July 2018

Course Code: ES 4200
Level: Undergraduate
Kennesaw State University, Kennesaw, GA

History of the Placebo Effect in Supplementation April 2018

Course Code: EHS 6520
Level: Masters
Kennesaw State University, Kennesaw, GA

Protein Composition and Animal vs Plant Protein

Course Code: ES 4200
Level: Undergraduate
Kennesaw State University, Kennesaw, GA

Ergogenic Aid Formulations

Course Code: ES 4200

Level: Undergraduate

Kennesaw State University, Kennesaw, GA

July 2017, 2018

The Science Behind Common Ergogenic Aids

Course Code: ES 4200

Level: Undergraduate

Kennesaw State University, Kennesaw, GA

July 2017, 2018

Mitral Valve Prolapse: Training Implications

Course Code: PEP 476

Level: Undergraduate

University of New Mexico, Albuquerque, NM

May 2017

Protein Demystified

Course Code: ES 4200

Level: Undergraduate

Kennesaw State University, Kennesaw, GA

April 2017

Activities to Improve Instruction

University Level Courses

1. KIN 7305 “*College and University Teaching in Exercise Physiology*” – Texas Tech University

Course Description: Study of educationally sound curricular design, instructional delivery characterized by interactive lecturing and active learning, and formative and summative assessments of learning in exercise physiology.

Skills Developed: The ability to develop engaging, interactive lectures that aid in student learning. The ability to use and integrate a wide variety of active learning techniques. The development of productive and meaningful formative and summative learning assessments and interpretation and utilization of the results. Best practices for online course design including universal course design concepts.

2. GRAD 9001 “*College and University Teaching*” – Kennesaw State University

Course Description: This course introduces students to effective pedagogical skills and is designed to prepare Graduate Teaching Assistants for their duties. Topics include understanding how students learn, creating active learning environments, using formative and summative assessments, grading, handling problematic student behavior, responding to student diversity, designing courses and syllabi, and creating teaching philosophies.

Skills Developed: The ability to identify and use active learning strategies in a variety of settings and classrooms. Additionally, the ability to develop successful courses and syllabi for students from a wide variety of backgrounds.

Seminars Attended Regarding University Instruction and Course Design

1. Involving Student Narratives – Texas Tech University

Seminar Description: Student involvement is a great way to help move higher-order

2. GM Tinsley, PS Harty, **MT Stratton**, MR Siedler, C Rodriguez “Liposomal Mineral Absorption: A Randomized Crossover Trial” *Nutrients* (2022) ISSN: 2072-6643 DOI: <https://doi.org/10.3390/nu14163321> PMID: 36014827
3. GM Tinsley, **MT Stratton**, PS Harty, AD Williams, SJ White, C Rodriguez, JR Dellinger, BA Johnson, RW Smith, ET Trexler “Influence of Acute Water Ingestion and

(2021) Aug 1;35(8):2067-2074. ISSN: 1064-8011 DOI:

<https://doi.org/10.1519/JSC.0000000000004069>. PMID: 34100783

12. C Rodriguez, PS Harty, **MT Stratton**, MR Siedler, RW Smith, BA Johnson, JR Dellinger, AD Williams, SJ White, ML Benavides, GM Tinsley. "Comparison of Indirect Calorimetry and Common Prediction Equations for Evaluating Changes in Resting Metabolic Rate Induced by Resistance Training and a Hypercaloric Diet." *Journal of Strength and Conditioning Research*. (2021) ISSN: 1064-8011 DOI: <https://doi.org/10.1519/JSC.0000000000004077>. PMID: 34172636
13. JR Dellinger, BA Johnson, ML Benavides, ML Moore, **MT Stratton**, PS Harty, MR Siedler, and GM Tinsley. "Agreement of bioelectrical resistance, reactance, and phase angle values from supine and standing bioimpedance analyzers". *Physiological Measurement* (2021). ISSN: 1361-6579. DOI: <https://doi.org/10.1088/1361-6579/abe6fa>. PMID: 33592586.
14. GM Hester, PL Ha, BE Dalton, TA VanDusseldorp, AA Olmos, **MT Stratton**, AR Bailly, TM Vroman. "Rate of Force Development as a Predictor of Mobility in Community-dwelling Older Adults". *Journal of Geriatric Physical Therapy* (2021) ISSN: 1539-8412 DOI: <https://doi.org/10.1519/JPT.0000000000000258> PMID: 31917715
15. GM Tinsley, AE Smith-Ryan, Y Kim, MNM Blue, BS Nickerson, **MT Stratton**, and PS Harty. "Fat-free mass characteristics vary based on sex, race, and weight status in US adults". *Nutrition Research* 81 (2020), pp. 58-70. ISSN: 1879-0739. DOI: <https://doi.org/10.1016/j.nutres.2020.07.002> PMID: 324672467
16. PS Harty, **MT Stratton**, G Escalante, C Rodriguez, JR Dellinger, AD Williams, SJ White, RW Smith, BA Johnson, MB Sanders, and GM Tinsley. "Effects of Bang® Keto Coffee Energy Drink on Metabolism and Exercise Performance in Resistance-Trained Adults: A Randomized, Double-blind, Placebo-controlled, Crossover Study". *Journal of the International Society of Sports Nutrition* 17.1 (2020), p. 45. ISSN: 1550-2783. DOI, race, a3783. DOI

Jul 27;12(8):2246. ISSN: 1475-2662. DOI: <https://doi.org/10.3390/nu12082246>. PMID: 32727162

21. SC Forbes, DG Candow, AE Smith-Ryan, KR Hirsch, MD Roberts, TA VanDusseldorp, **MT Stratton**, M Kaviani, JP Little. "Supplements and Nutritional Interventions to Augment High-Intensity Interval Training Physiological and Performance Adaptations-A Narrative Review". *Nutrients*. 2020 Jan 31;12(2):390. ISSN: 2072-6643 DOI: <https://doi.org/10.3390/nu12020390>. PMID: 32024038

22. TM Smith, GM Hester, PL Ha, AA Olmos, **MT Stratton**, TA VanDusseldorp, *YnBT*(n 31;12(2))4 (:390

Professional Journals

1. **MT Stratton**, TA VanDusseldorp, L Kravitz (2017). “Protein Supplements: Which “Whey” to Go? Understanding the differences between major animal- and plant-based protein supplements.” *IDEA Fitness Journal*, 14(9), 11-12.
2. **MT Stratton**, L Kravitz (2017). “5 Common Athletic-Performance Supplements: What's the Evidence?” *IDEA Fitness Journal*, 14(3), 16-18.

Textbook Chapters

1. GT Mangine, **MT Stratton**. Chapter 16 “Incorporating Dietary Supplements with Sports-Specific Training and Competition” *Dietary Supplementation in Sport and Exercise: Evidence, Safety and Ergogenic Benefits*, 2019, Routledge Taylor and Francis, ISBN: 9781138610842

Manuscripts Under Review

MT Stratton, C Rodriguez, MR Siedler, PS Harty, JR Boykin, JJ Green, DS Keith, SJ White, E Tinoco, GM Tinsley. “The Impact of Breakfast Consumption on Afternoon Resistance Training Performance in Habitual Breakfast Consumers and Non-Consumers.” *British Journal of Nutrition – Under Review*

GM Tinsley, MR Siedler, C Rodriguez, PS Harty, **MT Stratton**, SJ White, DS Keith, JJ Green, JR Boykin, AD Williams, B DeHaven, A Brojanac, E Tinoco “Evaluation of Novel Beverage Formulations for Hydration Enhancement in Humans” *Journal of Electrical Bioimpedance – Under Review*

GM Tinsley, PS Harty, MR Siedler, **MT Stratton**, C Rodriguez “Improved Precision of 3-Dimensional Optical Imaging for Anthropometric Measurement Using Non-Rigid Avatar Reconstruction and Parameterized Body Model Fitting” *European Journal of Clinical Nutrition Under Review*

DS Keith, D Sc1 12 Tf125.18 46TJETQ3 12Td (ng)TJEQ

A Holmes, GM Hester, **MT Stratton**, Y Feito, J Gottschall, T Esmat, P Ha, A Lavigne, K Persaud, H Gagnon, A Krueger, A Modjeski, TA Vandusseldorp “Effect of 8 Weeks of Plyometric-based and Cycle-based High Intensity Training on Physiological Measures” *Applied Physiology, Nutrition and Metabolism* – Manuscript in Preparation – 2022

KA Escobar, **MT Stratton**, KE Johnson, CM Mermier, K Dokladny, C Kerksick, L Kravitz, TA VanDusseldorp “Relationship Between Autophagy and Heat Shock Protein Response in Peripheral Blood Mononuclear Cells Following Resistance Exercise” *Human Nutrition & Metabolism* Manuscript in Preparation – 2022

External Funding

Funded

Nutraceutical Corporation

Pharmacokinetic Analysis of Nutrient Absorption from a Novel Liposomal Multivitamin/mineral Formulation

Role: Co-investigator (PI: Tinsley)

Amount: \$159,341

August 2021 – August 2022

8 POiNT, LLC

Evaluation of Novel Beverage Formulations for Hydration Enhancement in Humans

Role: Co-investigator (PI: Tinsley)

Amount: \$35,000

August 2021 – August 2022

Legion Athletics, Inc.

Influence of Caffeinated and Non-caffeinated Pre-workout Supplements on Resistance Exercise Performance

Role: Co-investigator and study coordinator (PI: Tinsley)

Amount: \$20,000

December 2020 – August 2022

8 POiNT, LLC

Evaluation of Novel Beverage Formulations for Hydration Enhancement in Humans: A Pilot Study

Role: Co-investigator (PI: Tinsley)

Amount: \$43,494

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The Effect of 13 Weeks of Fish Oil Supplementation on Hypertrophy, Physical Function, and the Muscle Protein Synthesis response to Feeding in the Elderly

Role: Lead student investigator

Amount: \$7,500

Invited, Professional Oral Presentations

A Time for Gainz: Is There a Right Time to Train? – Featured Talk – ISSN Annual Conference – June 2023

Fast or Breakfast? Impact on Strength Training and Performance – Featured Talk – Congress of the International Society of Sports Nutrition ISSN – Colombia – November 2022

Intermittent Fasting: Physiological Responses, Cognitive and Practical Considerations in Intermittent Fasting Programs – Featured Talk – Congress of the International Society of Sports Nutrition ISSN – Colombia – November 2022

- Foot-to-Foot Consumer Bioimpedance Analyzers: A Four-Compartment Model Comparison” International Journal of Exercise Science: Conference Proceedings. 2022;2(14). <https://digitalcommons.wku.edu/ijesab/vol2/iss14/3/>
3. GC DeHaven, MR Siedler, C Rodriguez, SJ White, AD Williams, PS Harty, **MT Stratton**, DS Keith, JJ Green, JR Boykin, GM Tinsley. "Comparison of Laboratory-Grade and Consumer-Grade Hand-to-Foot Bioelectrical Impedance Analyzers for Body Composition Estimation" International Journal of Exercise Science: Conference Proceedings. 2022;2(14). <https://digitalcommons.wku.edu/ijesab/vol2/iss14/11/>
 4. JJ Green, A Ambrosius, C Dodge, B Merfeld, C Khurelbaatar, M Carpenter, PS Harty, C Rodriguez, MR Siedler, **MT Stratton**, DS Keith, JR Boykin, AR Jagim, GM Tinsley. "Assessment of Youth Athlete Body Composition using Bioimpedance Techniques as Compared to a Three-Compartment Model" International Journal of Exercise Science: Conference Proceedings. 2022;2(14). <https://digitalcommons.wku.edu/ijesab/vol2/iss14/18/>
 5. MR Siedler, C Rodriguez, **MT Stratton**, PS Harty, DS Keith, JJ Green, JR Boykin, SJ White, AD Williams, GC DeHaven, GM Tinsley. "A Between-sex Comparison of the Validity of Body Fat Percentage Estimates From Four Bioelectrical Impedance Analyzers” International Journal of Exercise Science: Conference Proceedings. 2022;2(14). <https://digitalcommons.wku.edu/ijesab/vol2/iss14/29/>
 6. PS Harty, A Ambrosius, C Dodge, B Merfeld, C Khurelbaatar, M Carpenter, MR Siedler, **MT Stratton**, C Rodriguez, JJ Green, DS Keith, JR Boykin, AR Jagim, GM Tinsley. "Body Composition Estimation in Youth Athletes: Agreement Between Two-Component Methods” International Journal of Exercise Science: Conference Proceedings. 2022;2(14). <https://digitalcommons.wku.edu/ijesab/vol2/iss14/50/>
 7. **MT Stratton**, MR Siedler, PS Harty, C Rodriguez, JR Boykin, JJ Green, DS Keith, SJ White, G DeHaven, AD Williams, GM Tinsley. "The influence of caffeinated and non-caffeinated pre-workout supplements on resistance exercise performance.” The International Society of Sports Nutrition Annual Conference, 2021
 8. C Rodriguez, **MT Stratton**, MR Siedler, PS Harty, JR Boykin, JJ Green, DS Keith, SJ White, AD Williams, B DeHaven, GM Tinsley. "Influence of caffeinated and non-caffeinated pre-workout supplements on maximal and rapid isometric strength characteristics” The International Society of Sports Nutrition Annual Conference, 2021
 9. JR Boykin, **MT Stratton**, MR Siedler, PS Harty, C Rodriguez, JJ Green, AD Williams, DS Keith, SJ White, B DeHaven, GM Tinsley. "Acute effects of caffeinated and non-caffeinated pre-workout supplement consumption on eccentric and concentric force production during an isokinetic squat exercise.” The International Society of Sports Nutrition Annual Conference, 2021
 10. JJ Green, PS Harty, **MT Stratton**, MR Siedler, C Rodriguez, JR Boykin, DS Keith, SJ White, B DeHaven, AD Williams, GM Tinsley. "Differential effects of caffeinated and stimulant-free pre-workout supplements on ratings of perceived energy, focus, and fatigue” The International Society of Sports Nutrition Annual Conference, 2021
 11. M Lee, TA VanDusseldorp, M Alesi, J Easter, AR Bailly, **MT Stratton**, C Katsoudas, K Tran, GM Hester "Efficacy of an Enzymatically-Enhanced Spinach Supplement

21. TM Smith, PL Ha, AA Olmos, **MT Stratton**, TA VanDusseldorp, AR Bailly, Y Feito, ML Poisal, JA Jones, BE Dalton, GM Hester “Rate of force development parameters in young and older males during a chair rise” American College of Sports Medicine Southeast chapter regional conference, 2020
22. **MT Stratton**, P Harty, R Smith, C Rodriguez, A Williams, S White, J Dellinger, B Johnson, M Benavides, GM Tinsley. “A Comparison Between Alterations in Ultrasound derived Muscle Thickness and Dual-energy X-ray Absorptiometry Segmental Lean Mass”. Journal of

Conference Proceedings. 2020;2(12).

<https://digitalcommons.wku.edu/ijesab/vol2/iss12/23>

30. S White, P Harty, **MT Stratton**, J Dellinger, B Johnson, R Smith, A Williams, M Benavides, G Tinsley. "Tracking Resistance Training-Induced Changes in Body Composition via 3-Dimensional Optical Scanning". International Journal of Exercise Science: Conference Proceedings. 2020;2(12).

<https://digitalcommons.wku.edu/ijesab/vol2/iss12/20>

31. P Harty, **MT Stratton**, B Johnson, J Dellinger, M Benavides, R Smith, S White, A Williams, C Rodriguez, G Tinsley "Influence of Subject Presentation on Body Composition Estimates from Dual-Energy X-Ray Absorptiometry, Air Displacement Plethysmography, and Bioelectrical Impedance Analysis". International Journal of Exercise Science: Conference Proceedings. 2020;2(12).

<https://digitalcommons.wku.edu/ijesab/vol2/iss12/68>.

32.

39. A Franklin, Y Feito, T VanDusseldorp, T Esmat, **MT Stratton**, G. Mangine. “Aerobic and Anaerobic Differences Among Fitness Competitors and Physically-Active Adults” Journal of Strength & Conditioning Research. 2019; 34(1).

<https://journals.lww.com/nsca-jscr/Fulltext/2020/01000/Abstracts.33.aspx>

40. C Almeda, G Mangine, T VanDusseldorp, Y Feito, T Esmat, and **MT Stratton**. “Muscle Architecture and Quality Differences in Advanced and Recreational Level Fitness Competitors and Physically-Active Adults” Journal of Strength & Conditioning Research. 2019; 34(1).

<https://journals.lww.com/nsca-jscr/Fulltext/2020/01000/Abstracts.33.aspx>

41. **MT Stratton**, AA Olmos, PL Ha, AR Bailly, Miffa, 171 584.2 Tf 58eW*hBT0 g/TT0 12 Tf377.11 58

49. MJ Poisal, **MT Stratton**, AA Olmos, PL Ha, AR Bailly, JA Jones, BE Dalton, AN Haire, TA VanDusseldorp, Y Feito, GM Hester. "Relationship Between" (Poster Presentation: 2018 SEACSM Conference).
50. AA Olmos, PL Ha, **MT Stratton**, AR Bailly, MJ Poisal, JA Jones, BE Dalton, AN Haire, TA VanDusseldorp, Y Feito, GM Hester. "Contractile Parameters of the Knee Extensors in Young, Middle-Aged and Older Males." (Poster Presentation: 2018 SEACSM Conference).
51. **MT Stratton**, Y Feito, TA VanDusseldorp, TA Esmat, GT Manginge. "A Comparison of Four Methods of Determining Body Composition in Advanced and Recreational Fitness Athletes" *Journal of Strength & Conditioning Research*. 2019; 34(1).
<https://journals.lww.com/nsca-jscr/Fulltext/2019/02000/Abstracts.36.aspx>

59. AJ Holmes, TA VanDusseldorp, KA Escobar, KE Johnson, **MT Stratton**, T Moriarty, JJ McCormick, G Mangine, T Nunez, N Beltz, N Cole, M Endito, CM Kerksick, CM Mermier. "Six grams of fish oil supplementation mitigates perceived muscle soreness

Nutrients

International Journal of Food Sciences and Nutrition

Western Society of Kinesiology and Wellness

Laboratory Skills

Metabolism

Parvo Medics Metabolic Cart

Resting Metabolic Rate Testing

Maximal Exercise Testing

Performance Testing

Biodex System 4 Dynamometer

Knee Extensor

Ankle Dorsiflexor

Elbow Flexor

AMTI Portable Force Plate

Delsys Trigno Wireless EMG System

Acquisition

Analysis

1080 Sprint

Vertec Vertical Jump Assessment

Wingate (Lode or similar)

Body Composition Assessments

Ultrasound

LOGIQ S7 with XDclear Ultrasound

- *Muscle Cross Sectional Area*
- *Muscle Thickness*
- *Echo Intensity*

Musclesound Ultrasound

- *muscle fuel12 Tf1262 182 Td6TET@28s2662 182164e 06080551855604C26048048*

Fit3D
Sizestream
Styku

Bioimpedance Technologies

Inbody

- 770
- 570
- H20N

Seca mBCA 515/514
Impedimed SFB7
RJL Quantum V

Dual-energy X-ray Absorptiometry

GE Prodigy
GE iDXA

Air Displacement Plethysmography

Bodpod GS

Hydrostatic Weighing

Clinical Assessments

Stress Testing

Pulmonary Function Testing

Electrocardiography Preparation

Actigraph wGT3X-BT activity monitor

Biochemical Assessments

Blood

Acquisition (phlebotomy)
Plasma and serum aliquoting & storage

Enzyme-Linked Immunosorbent Assay (ELISA)

Polymerase Chain Reaction (PCR)

Gel Electrophoresis

Memberships

International Society of Sports Nutrition (ISSN) 2017 - Present

National Strength and Conditioning Association (NSCA) 2017 - Present

Certifications

American College of Sports Medicine

Sep 2021

Certified Exercise Physiologist (EP)

National Strength and Conditioning Association

Certified Strength and Conditioning Specialist (CSCS)

Dr. Gerald Mangine
Assistant Professor of Exercise Science
Kennesaw State University

(470) 578-3425
gmanine@kennesaw.edu

Dr. Len Kravitz
Professor
University of New Mexico

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