

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

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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 2022
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 Fall 2019 – 2022
\$4,000/year
Department of Kinesiology and Sport Management
Texas Tech University

Data Blitz 2021
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

Master's Division Poster Competition

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

Master's Division Poster Competition

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

Master's Division Poster Competition

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
KIN 484

Spring 2022 – Present

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 August 2017 – December 2017
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.

Summer Research Assistant May 2017 – August 2017
Department of Exercise Science & Sports Management
Kennesaw State University, Kennesaw, GA

Key Holder April 2016 – May 2017
The Vitamin Shoppe, Albuquerque, NM

Health Enthusiast June 2014 – April 2016
The Vitamin Shoppe, Albuquerque, NM
Promoted

Parade Performer August 2012 – January 2013
Toy Soldier, A Christmas Fantasy Parade
Disneyland, Anaheim, CA

Personal Trainer August 2010 – April 2012
LA Fitness, Riverside, CA

Visual Caption Head August 2007 – January 2009
Palm Desert High School Marching Band, Palm Desert, CA

Guest Lectures

Protein Metabolism in Response to Exercise September 2021
Course Code: EHS 6510
Level: Masters
Kennesaw State University, Kennesaw, GA

β-Alanine & HMB: The 2 Big Betas May, October 2021
ISSN Columbia CISSN Preparation Course

Proteomics of Aging Skeletal Muscle April 2021
Course Code: KIN 7304
Level: Doctoral
Texas Tech University, Lubbock, TX

How High is Too High? The Effects of Acute High Protein Intakes on the Muscle Protein Balance February 2021

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 March 2018

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

Neuromuscular Adaptations to Exercise July 2017, 2018

Course Code: ES 3900
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 learning in Bloom's Taxonomy. One way to involve students is by inviting them to share their narratives and experiences during class. This seminar addresses practical ways to involve student narratives in the classroom during lectures to assignments.

2. From Fear to Growth: Developing an Anti-Racist Pedagogy – Texas Tech University

Seminar Description: How can we participate in anti-racist work when we feel stuck in a place of fear and shame? What do we need in order to move forward into a space of learning and growth? In this session, participants will examine their positions within a developmental continuum and reflect on their journey toward becoming anti-racist educators.

3. Universal Design for Learning (UDL) Framework for Diverse Learners – Texas Tech University

Seminar Description: Every student learns differently, and because of this, educators must create flexible, barrier-free learning environments. The goal of this seminar is to help instructors gain information about principles of UDL and examples to illustrate how UDL principles can be implemented in the classroom.

4. Transparency in Learning and Teaching in Higher Education – Texas Tech University

Seminar Description: A 3-part seminar/workshop on utilizing the transparency in learning and teaching (TILT) assignment design of purpose, task, and criteria in order to increase student understanding, confidence, and work quality on given assignments in the university classroom.

Publications

Journal Articles (Peer-reviewed)

1. MR Seidler, C Rodriguez, **MT Stratton**, PS Harty, DS Keith, JJ Green, JR Boykin, SJ White, AD Williams, B DeHaven, GM Tinsley "Assessing the Reliability and Cross-Sectional and Longitudinal Validity of 15 Bioelectrical Impedance Analysis Devices" The British Journal of Nutrition (2022) ISSN: 1475-2662 DOI: <http://doi.org/10.1017/S0007114522003749> PMID: 36404739

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 Prolonged Standing on Raw Bioimpedance and Subsequent Body Fluid and Composition Estimates” *The Journal of Electrical Bioimpedance* (2022) ISSN: 1891-5469 DOI: <https://doi.org/10.2478/joeb-2022-0003> PMID: 35646197
4. **MT Stratton**, MR Siedler, PS Harty, C Rodriguez, JR Boykin, JJ Green, DS Keith, SJ White, B DeHaven, AD Williams, GM Tinsley. “The Influence of Caffeinated and Non-caffeinated Multi-Ingredient Pre-workout Supplements on Resistance Exercise Performance and Subjective Measures.” *The Journal of The International Society of Sports Nutrition* (2022) ISSN: 1550-2783 DOI: <https://doi.org/10.1080/15502783.2022.2060048> PMID: 35599920
5. **MT Stratton**, K Albracht-Shulte, PS Harty, MR Siedler, C Rodriguez, GM Tinsley. “Physiological Responses to Acute Fasting: Implications for Intermittent Fasting Programs” *Nutrition Reviews* (2021) ISSN: 1753-4887. DOI: <https://doi.org/10.1093/nutrit/nuab094> PMID:35142356
6. GT Mangine, PR Serafini, **MT Stratton**, AA Olmos, TA Vandusseldorp, Y Feito “Effect of the Repetitions in Reserve Resistance Training Strategy on Bench Press Performance, Perceived Effort, and Recovery in Trained Males” *Journal of Strength and Conditioning Research*. (2021) ISSN: 1064-8011. DOI: <https://doi.org/10.1519/JSC.0000000000004158> PMID:34941608
7. JJ Green, RW Smith, **MT Stratton**, PS Harty, C Rodriguez, MR Siedler, SJ White, AD Williams, JR Dellinger, DS Keith, JR Boykin, GM Tinsley “Cross-Sectional and Longitudinal Associations Between Subcutaneous Adipose Tissue Thickness and Dual-energy X-ray Absorptiometry Fat Mass” *Clinical Physiology and Functional Imaging* (2021) ISSN: 1475-097X. DOI: <https://doi.org/10.1111/cpf.12727>. PMID: 34549507
8. GM Tinsley, PS Harty, **MT Stratton**, RW Smith, C Rodriguez, MR Siedler “Tracking Changes in Body Composition: Comparison of Methods and Influence of Pre-Assessment Standardization” *The British Journal of Nutrition* (2021) ISSN: 1475-2662. DOI: <https://doi.org/10.1017/S0007114521002579>. PMID: 34325758
9. RW Smith, PS Harty, **MT Stratton**, Z Rafi, C Rodriguez, JR Dellinger, ML Benavides, BA Johnson, SJ White, A. D. Williams, and GM Tinsley. “Predicting Adaptations to Resistance Training Plus Overfeeding Using Bayesian Regression: A Preliminary Investigation”. *Journal of Functional Morphology and Kinesiology* 6.2 (2021). ISSN: 2411-5142. DOI: <https://doi.org/10.3390/jfmk6020036>. PMID: 33919267
10. **MT Stratton**, RW Smith, PS Harty, C Rodriguez, BA Johnson, JR Dellinger, AD Williams, SJ White, ML Benavides, and GM Tinsley. “Longitudinal agreement of four bioimpedance analyzers for detecting changes in raw bioimpedance during purposeful weight gain with resistance training”. *European Journal of Clinical Nutrition* (2021). ISSN: 1476-5640. DOI: <https://doi.org/10.1038/s41430-020-00811-3>. PMID: 33727706
11. GT Mangine, A Eggerth, J Gough, **MT Stratton**, Y Feito, TA VanDusseldorp. “Endocrine and Body Composition Changes Across a Competitive Season in Collegiate Speed-Power Track and Field Athletes.” *Journal of Strength and Conditioning Research*.

(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: 32882467
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: <https://doi.org/10.1186/s12970-020-00374-5>. PMID: 32831109
17. GM Tinsley, C Rodriguez, SJ White, AD Williams, **MT Stratton**, PS Harty, RW Smith, JR Dellinger, and BA Johnson. "A Field-based Three Compartment Model Derived from Ultrasonography and Bioimpedance for Estimating Body Composition Changes". *Medicine and Science in Sports and Exercise* (2020). ISSN: 1530-0315. DOI: <https://doi.org/10.1249/MSS.0000000000002491>. PMID: 32804903
18. R Bagheri, BH Moghadam, E Jo, GM Tinsley, **MT Stratton**, DA Larky, M Eskandari, and A Wong. "Comparison of whole egg vs. egg white ingestion during 12 weeks of resistance training on skeletal muscle regulatory markers in resistance-trained men". *The British Journal of Nutrition* (2020), pp. 1-20. ISSN: 1475-2662. DOI: <https://doi.org/10.1017/S0007114520002238>. PMID: 32576297
19. GM Tinsley, ML Moore, Z Rafi, N Griffiths, PS Harty, **MT Stratton**, ML Benavides, JR Dellinger, and BT Adamson. "Explaining Discrepancies Between Total and Segmental DXA and BIA Body Composition Estimates Using Bayesian Regression". *Journal of Clinical Densitometry* (2020). ISSN: 1094-6950. DOI: <https://doi.org/10.1016/j.jocd.2020.05.003>. PMID: 32571645
20. TA VanDusseldorp, KA Escobar, KE Johnson, **MT Stratton**, T Moriarty, CM Kerksick, GT Mangine, AJ Holmes, M Lee, MR Endito, CM Mermier. "Impact of Varying Dosages of Fish Oil on Recovery and Soreness Following Eccentric Exercise." *Nutrients*. (2020)

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, Y Feito, BE Dalton. "Sit-to-Stand Kinetics and Correlates of Performance in Young and Older Males." *Archives of Gerontology and Geriatrics*. 2020 Jul 30;91:104215. ISSN: 0167-4943. DOI: <https://doi.org/10.1016/j.archger.2020.104215>. PMID: 32763756
23. **MT Stratton**, GM Tinsley, MG Alesi, GM Hester, AA Olmos, PR Serafini, AS Modjeski, GT Mangine, K King, SN Savage, AT Webb, and TA VanDusseldorp. "Four Weeks of Time-Restricted Feeding Combined with Resistance Training Does Not Differentially Influence Measures of Body Composition, Muscle Performance, Resting Energy Expenditure, and Blood Biomarkers". *Nutrients* 12.4 (2020). ISSN: 2072-6643. DOI: <https://doi.org/10.3390/nu12041126>. PMID: 32316561.
24. TA VanDusseldorp, **MT Stratton**, AR Bailly, AJ Holmes, MG Alesi, Y Feito, GT Mangine, GM Hester, TA Esmat, M Barcala, KR Tuggle, M Snyder, AS Modjeski. "Safety of Short-Term Supplementation with Methylliberine (Dynamine®) Alone and in Combination with TeaCrine® in Young Adults." *Nutrients*. 2020 Feb 28;12(3):654. ISSN: 2072-6643 DOI: <https://doi.org/10.3390/nu12030654>. PMID: 32121218
25. GT Mangine, **MT Stratton**, CG Almeda, MD Roberts, TA Esmat, TA VanDusseldorp, Y Feito. "Physiological differences between advanced CrossFit athletes, recreational CrossFit participants, and physically-active adults." *PLoS One*. 2020 Apr 7;15(4):e0223548. ISSN: 1932-6203 DOI: <https://doi.org/10.1371/journal.pone.0223548>. PMID: 32255792
26. AA Olmos, **MT Stratton**, PL Ha, BE Dalton, TA VanDusseldorp, GT Mangine, Y Feito, MJ Poisal, JA Jones, TM Smith, GM Hester. "Early and late rapid torque characteristics and select physiological correlates in middle-aged and older males." *PLoS One*. 2020 Apr 23;15(4):e0231907. ISSN: 1932-6203 DOI: <https://doi.org/10.1371/journal.pone.0231907>. PMID: 32324776
27. PS Harty, B Sieglinger, SB Heymsfield, JA Shepherd, D Bruner, **MT Stratton**, and GM Tinsley. "Novel body fat estimation using machine learning and 3-dimensional optical imaging". *European Journal of Clinical Nutrition* (2020). ISSN: 1476-5640. DOI: <https://doi.org/10.1038/s41430-020-0603-x>. PMID: 32203233.
28. AA Olmos, **MT Stratton**, PL Ha, TA VanDusseldorp, AR Bailly, Y Feito, GT Mangine, MJ Poisal, JA Jones, BE Dalton, TM Smith, GM Hester. "Neuromuscular function of the plantar flexors and predictors of peak power in middle-aged and older males." *Experimental Gerontology* (2019) ISSN: 0531-5565. DOI: <https://doi.org/10.1016/j.exger.2019.110677> PMID: 31374246
29. TA VanDusseldorp, K Escobar, K Johnson, **MT Stratton**, T Moriarty, N Cole, L Kravitz (2018). Effect of Branched-Chain Amino Acid Supplementation on Recovery Following Acute Eccentric Exercise. *Nutrients*, 10(10), 1389. DOI: <https://doi.org/10.3390/nu10101389> PMID: 30275356

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 Scherrer, B Nunley, JR Boykin, JJ Green, MR Siedler, C Rodriguez, PS Harty, **MT Stratton**, JR Harry, GM Tinsley, “Anthropometric Predictors of Conventional Deadlift Kinematics and Kinetic: A Preliminary Study” *International Journal of Exercise Science – Under Review*

C Rodriguez, **MT Stratton**, PS Harty, MR Siedler, JR Boykin, JJ Green, DS Keith, SJ White, B DeHaven, A Brojanac, E Tinoco, LW Taylor, GM Tinsley “Effects of a Novel Ready-to-Drink Thermogenic Beverage on Resting Energy Expenditure, Hemodynamic Function, and Subjective Outcomes” *Journal of the International Society of Sports Nutrition – Under Review – 2022*

Manuscripts in Preparation

MR Siedler, **MT Stratton**, C Rodriguez, MR Siedler, M Humphries, P Lamadrid, M Blacutt, Z Hosseini. “Assessment of Certainty of Evidence in Sport Science” Manuscript in Preparation – 2022

MR Siedler, **MT Stratton**, C Rodriguez, MR Siedler, M Humphries, P Lamadrid, M Blacutt, Z Hosseini. “Assessment of Certainty of Evidence in Medicine” Manuscript in Preparation – 2022

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

November 2020 – August 2022

Vital Pharmaceuticals, Inc.

Effects of a Caffeine- and Protein-Containing Coffee Beverage on Metabolism and Muscular Performance

Role: Co-investigator (PI: Tinsley)

Amount: \$20,000

November 2019 – December 2020

Not Funded

NSCA Master’s Student Award

June 2018

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
- Ergogenic Aids: Take it or Leave it? Sports Nutrition Webinar Series – Arizona State University – October 2022
- Is the Clock Your Greatest Ally? A Critical Evaluation of the Current Intermittent Fasting Literature – Featured Talk – ISSN Annual Conference – June 2021
- The Influence of Caffeinated and Non-caffeinated Pre-workout Supplements on Resistance Exercise Performance – Data Blitz – ISSN Annual Conference – June 2021
- To Fast or Feast? That is the Question – Featured Talk – ISSN-KSU Conference – October 2020
- The Effect of Time-Restricted Feeding in Combination with Resistance Training on Measures of Body Composition, Muscle Performance, Resting Energy Expenditure, and Blood Biomarkers – Data Blitz – ISSN Annual Conference – June 2018
- Keto with a Side of Bacon: An Evidence Based Look at the Social Media Giant ISSN-KSU Conference – March 2019
- Effect of Varying Doses of Fish Oil Supplements on Recovery of Exercise Performance, Indirect Markers of Muscle Damage, and Perceived Soreness Following an Acute Bout of Eccentric Exercise. Data Blitz – ISSN Annual Conference – June 2018
- Got Supplements? Take These to Enhance Performance – Featured Talk – ISSN-UCF Conference - Sports Nutrition for Body Composition – November 2017

Abstracts & Poster Presentations

1. E Tinoco, MR Siedler, C Rodriguez, SJ White, GC DeHaven, A Brojanac, PS Harty, **MT Stratton**, JJ Green, JR Boykin, AD Williams, GM Tinsley, DS Keith. "Alpha-Cyclodextrin-Containing Beverages for Hydration Enhancement in Humans" International Journal of Exercise Science: Conference Proceedings. 2023
2. SJ White, MR Siedler, C Rodriguez, AD Williams, GC DeHaven, PS Harty, **MT Stratton**, DS Keith, JJ Green, JR Boykin, GM Tinsley. "Validity of Hand-to-Foot and

- 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

- Solarplast®, on Inflammation.” The International Society of Sports Nutrition Annual Conference, 2021
12. J Kurtz, TA VanDusseldorp, J Easter, M Alesi, AR Bailly, **MT Stratton**, C Katsoudas, K Tran, M Lee, GM Hester “Efficacy and Safety of an Enzymatically Enhanced Spinach Supplement, Solarplast®, in Non-Smokers and Smokers” The International Society of Sports Nutrition Annual Conference, 2021
 13. MG Alesi, AR Bailly, J Easter, C Katsoudas, **MT Stratton**, K Tran, GM Hester, TA Vandusseldorp “The effect of a spinach derivative supplement, Solarplast, on Inflammation Blood Biomarkers” American College of Sports Medicine, Southeast Chapter Annual Conference, 2021
 14. **MT Stratton**, P Harty, M Siedler, R Smith, J Green, J Boykin, D Keith, A Williams, S White, J Dellinger, B DeHaven, G Tinsley. “Comparison Between Changes in Muscular Performance and Dual-Energy X-Ray Absorptiometry Segmental Lean Mass After Overfeeding with Resistance Training” National Association of Strength and Conditioning Annual Conference, 2021
 15. J Green, R Smith, P Harty, **MT Stratton**, C Rodriguez, S White, A Williams, B Johnson, J Dellinger, M Benavides, M Siedler, GM Tinsley. “Cross-sectional and Longitudinal Relationships Between Skinfold Thicknesses Obtained by Ultrasonography and Body Fat Estimates Produced by Dual-energy X-ray Absorptiometry.” International Journal of Exercise Science: Conference Proceedings. 2021;2(13).
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 17. G DeHaven, M Siedler, **MT Stratton**, P Harty, C Rodriguez, D Keith, J Green, J Boykin, J Dellinger, S White, A Williams, GM Tinsley. “Analyzing the Between-Day Reliability of Three-Dimensional Body Scanners for Body Composition Assessment.” International Journal of Exercise Science: Conference Proceedings. 2021;2(13).
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 18. C Rodriguez, P Harty, **MT Stratton**, M Siedler, R Smith, B Johnson, J Dellinger, A Williams, S White, M 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.” International Journal of Exercise Science: Conference Proceedings. 2021;2(13).
<https://digitalcommons.wku.edu/ijesab/vol2/iss13/9>
 19. PL Ha, AA Olmos, **MT Stratton**, TA VanDusseldorp, AR Bailly, Y Feito, GT Mangine, BE Dalton, TM Smith, GM Hester “Age-related differences in rapid neuromuscular parameters in the plantar flexors and correlations with physical function” American College of Sports Medicine Southeast chapter regional conference, 2020
 20. BE Dalton, AA Olmos, **MT Stratton**, PL Ha, TA VanDusseldorp, AR Bailly, Y Feito, GT Mangine, TM Smith, GM Hester “Early and late rapid neuromuscular parameters of the plantar flexors in middle-aged and older males” American College of Sports Medicine Southeast chapter regional conference, 2020

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 Strength & Conditioning Research. 2020; 35(4).
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24. J Boone, G Mangine, T VanDusseldorp, Y Feito, J McDougale, **MT Stratton**, and N Velazquez “Relationships Between the Jumping and Sprinting Kinetics of Elite, Collegiate Football Athletes” Journal of Strength & Conditioning Research. 2020; 35(4).
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28. **MT Stratton**, G Tinsley, M Alesi, G Hester, A Olmos, P Serifini, A Modjeski, G Mangine, K King, S Savage, A Webb, T VanDusseldorp. “The Effect of Time-Restricted Feeding in Combination with Resistance Training on Measures of Body Composition, Muscle Performance, Resting Energy Expenditure, and Blood Biomarkers”. Journal of the International Society of Sports Nutrition. 2020;17(1):23.
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41. **MT Stratton**, AA Olmos, PL Ha, AR Bailly, MJ Poisal, JA Jones, BE Dalton, AN Haire, TA VanDusseldorp, Y Feito, GM Hester. “Rate of Velocity, Torque, and Power Development in Middle-Aged and Older Males.” (Poster Presentation: 2019 SEACSM Conference; *Student Masters Award 2nd Place*; 2019 American College of Sports Medicine Annual Conference)
42. BN Stefan, **MT Stratton**, GM Hester, MJ Poisal, RB Gandhi, M Alesi, GT Mangine, BM Jensen, BC Olmstead, TA VanDusseldorp. “Effect of Twenty Weeks of Non-Contact Boxing on Walking Time in Two Individuals with Parkinson’s Disease” (Poster Presentation: 2019 Annual National Conferences on Undergraduate Research).
43. M Alesi, BN Stefan, **MT Stratton**, GM Hester, MJ Poisal, RB Gandhi, GT Mangine, BM Jensen, BC Olmstead, TA VanDusseldorp. “Effect of Twenty Weeks of Non-Contact Boxing on Upper- and Lower-Body Muscular Performance in Two Individuals with Parkinson’s Disease” (Poster Presentation: 2019 Annual National Conferences on Undergraduate Research).
44. H Gagnon, AJ Holmes, GM Hester, Y Feito, AR Bailly, **MT Stratton**, PL Ha, A Kruger, K Persaud, A Modjeski, T Esmat, JS Gottschall, TA VanDusseldorp. “Effect of eight weeks of impact versus low-impact high-intensity group exercise on body composition” (Poster Presentation: 2019 Annual National Conferences on Undergraduate Research).
45. A Kruger, AJ Holmes, GM Hester, Y Feito, AR Bailly, **MT Stratton**, PL Ha, H Gagnon, K Persaud, A Modjeski, T Esmat, JS Gottschall, TA VanDusseldorp. “Effect of Eight Weeks of Impact Versus Low-Impact High-Intensity Group Exercise on Peak Aerobic Capacity” (Poster Presentation: 2019 Annual National Conferences on Undergraduate Research).
46. JA Jones, **MT Stratton**, AA Olmos, PL Ha, AR Bailly, MJ Poisal, BE Dalton, TA VanDusseldorp, Y Feito, GM Hester. “Relationship between Rate of Force Development and Physical Performance in Older Adults” (Poster Presentation: 2019 Annual National Conferences on Undergraduate Research).
47. BE Dalton, AA Olmos, PL Ha, **MT Stratton**, AR Bailly, MJ Poisal, JA Jones, AN Haire, TA VanDusseldorp, Y Feito, GM Hester. “Contractile Characteristics of the Plantar Flexors in Middle-aged and Older Males” (Poster Presentation: 2019 Annual National Conferences on Undergraduate Research).
48. PL Ha, AA Olmos, **MT Stratton**, AR Bailly, MJ Poisal, JA Jones, BE Dalton, AN Haire, TA VanDusseldorp, Y Feito, GM Hester. “Age-Related Comparisons of Dynamic Postural Stability and Maximal Rapid Torque Parameters” (Poster Presentation: 2018 SEACSM Conference).

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 Mangine. "A Comparison of Four Methods of Determining Body Composition in Advanced and Recreational Fitness Athletes" *Journal of Strength & Conditioning Research*. 2019; 34(1).
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52. **MT Stratton**, AJ Holmes, AR Bailly, A Modjeski, M Barie, P Serafini, Y Feito, GT Mangine, K Tuggle, TA Esmat, GM Hester, TA VanDusseldorp. "Effect of Dynamine With and Without TeaCrine Over Four Weeks of Continuous Use on Cardiovascular Function, and Psychometric Parameters: A Pilot Study" *Journal of the International Society of Sports Nutrition*. 2018;15(1):23. <https://doi.org/10.1186/s12970-018-0256-5>
53. P Serafini, TA VanDusseldorp, J Boone, G Hampton, J McNabb, **MT Stratton**, M Barie, A Modjeski, Y Feito, R Wildman, GT Mangine. "The Effect of a 6-week NFL Draft Preparation Training Program on Bilateral Differences in the 40yd Sprint" *Journal of the International Society of Sports Nutrition*. 2018;15(1):23. <https://doi.org/10.1186/s12970-018-0256-5>
54. M Lee, TA VanDusseldorp, J Boone, G Hampton, J McNabb, **MT Stratton**, M Barie, A Modjeski, Y Feito, R Wildman, GT Mangine. "The Effect of a 6-Week NFL Draft Preparation Training Program on Standing Broad Jump Performance" *Journal of the International Society of Sports Nutrition*. 2018;15(1):23. <https://doi.org/10.1186/s12970-018-0256-5>
55. **MT Stratton**, GT Mangine, AA Olmos, TA VanDusseldorp, Y Feito, and GM Hester. "Effect of β -hydroxy β -methylbutyrate Supplementation on Body Composition and Muscle Strength During a Rugby Season" (Poster Presentation: 2018 Annual Conference American College of Sports Medicine: Southeast Chapter)
56. KE Johnson, TA VanDusseldorp, KA Escobar, **MT Stratton**, TA Moriarty, JJ McCormick, GT Mangine, TP Nuñez, NM Beltz, N Cole, MR Endito, CM Kerksick, CM Mermier. "Six Grams Of Fish Oil Supplementation Improves Vertical Jump Performance Following Acute Eccentric Resistance Training". American College of Sports Medicine National Conference, 2018
57. M Lee, TA VanDusseldorp, KA Escobar, KE Johnson, **MT Stratton**, T Moriarty, JJ McCormick, GT Mangine, AJ Holmes, N Cole, CM Kerksick, CM Mermier. "Six grams of fish oil supplementation improves recovery of indirect markers of muscle damage following eccentric exercise." *International Society of Sports Nutrition*. 2017;14(1):23. <https://doi.org/10.1186/s12970-017-0188-5>
58. TA VanDusseldorp, KA Escobar, KE Johnson, RA Vaughan, JJ McCormick, T Moriarty, **MT Stratton**, N Cole, K Dokladny, CM Kerksick, L Kravitz, CM Mermier. "Relationship between autophagy and heat shock response in peripheral blood mononuclear cells following resistance exercise." (Poster Presentation: 2017 Annual American College of Sports Medicine Conference).

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 following acute resistance exercise.” (Poster Presentation: 2017 Annual American College of Sports Medicine Conference).
60. 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 following acute resistance exercise.” (Poster Presentation: 2017 SEACSM Conference).
61. M Lee, 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. “Recovery in vertical jump performance is improved with six grams of fish oil supplementation prior to an eccentric resistance training bout.” (Poster Presentation: 2017 SEACSM Conference).
62. TA VanDusseldorp, KA Escobar, KE Johnson, JJ McCormick, N Cole, T Moriarty, **MT Stratton**, MR Endito, CM Kerksick, CM Mermier. “Effect of Branched-Chain Amino Acid Supplementation on Creatine Kinase, Muscular Performance, and Perceived Soreness following Acute Eccentric Exercise.” *International Society of Sports Nutrition*. 2016;13(1):23. <https://doi.org/10.1186/s12970-016-0144-9>

Service

Community Service

Parkinson’s Disease Gladiators (May 2018 – December 2018)

Sterling Estates (March 2018 – August 2019)

Cobb County Senior Services (March 2018 – August 2019)

Professional Service

Service Position

Texas Tech University Kinesiology Doctoral Organization

Founding Board Member: Treasurer (September 2020 – Present)

Reviewer

Frontiers in Physiology

BMJ Open Sports & Exercise Medicine

Journal of the International Society of Sports Nutrition

Journal of Clinical Medicine

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
 - *Proprietary “muscle fuel” assessment*
 - *Body composition via seven site assessment*
- Clarius Portable Ultrasound
 - *Muscle Thickness*
 - *Echo Intensity*

Digital Anthropometry

- 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 Certified Exercise Physiologist (EP)	Sep 2021 – Present
National Strength and Conditioning Association Certified Strength and Conditioning Specialist (CSCS)	May 2018 – Present
International Society of Sports Nutrition Certified Sports Nutritionist (CISSN)	Sep 2017 – Present
American College of Sports Medicine Certified Personal Trainer (CPT)	May 2017 – Dec 2020
American Heart Association Adult and Infant CPR, AED, and First Aid Certified	July 2010 – Present
National Academy of Sports Medicine Certified Personal Trainer (CPT)	July 2010 – July 2012

References

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