

CURRICULUM VITA

NAME: Andrew C. Fry

DEPARTMENT: Health, Sport and Exercise Sciences

RANK: Professor

EDUCATION

<u>DEGREE</u>	<u>DISCIPLINE</u>	<u>INSTITUTION</u>	<u>YEAR</u>
B. S.	Physical Education	Nebraska Wesleyan University	1979
M. P. E.	Exercise Science	The University of Nebraska-Lincoln	1988
Ph.D.	Exercise Physiology	The Pennsylvania State University	1993

EXPERIENCE

<u>RANK/POSITION</u>	<u>DEPARTMENT/DIVISION</u>	<u>INSTITUTION/COMPANY/ORGANIZATION</u>	<u>PERIOD</u>
Owner/Manager		Sweep Left Health Club	1979-85
Graduate Assistant	Health, Physical Education, Recreation and Dance	The University of Nebraska - Lincoln	1984-86
Editorial Assistant		The National Strength and Conditioning Association	1985-88
Research Assistant	Human Performance Laboratory	The University of Connecticut	1988-89
Research Assistant	The Osteoporosis Center	The University of Connecticut	1989
Research Assistant	Center for Sports Medicine	The Pennsylvania State University	1989-92
Instructor and Post-Doctoral Study	College of Osteopathic Medicine and Dept. of Biological Sciences	Ohio University	1992-94
Assistant Professor	Human Movement Sciences and Education	The University of Memphis	1994-98
Associate Professor	Human Movement Sciences and Education	The University of Memphis	1998-03
Affiliated Faculty	Dept. of Microbiology & Molecular Cell Sciences	The University of Memphis	1999-04
Adjunct Faculty	Dept. of Biology	The University of Memphis	2000-07
Adjunct Faculty	School of Allied Health	The University of Tennessee- Memphis	1996-07
Professor	Health & Sport Sciences	The University of Memphis	2003-07
Professor & Chair	Health, Sport & Exercise Sciences	The University of Kansas	2007-present
Adjunct Graduate	Health & Sport Sciences	The University of Memphis	2008-present

HONORS/AWARDS

	<u>INSTITUTION/COMPANY/ORGANIZATION</u>	<u>YEAR</u>
Challenge Scholarship	National Strength and Conditioning Association	1989
National Academic Honor Society	Phi Kappa Phi	1992
Student Research Award	National Strength and Conditioning Association	1992
Outstanding Teaching Award - Finalist	Ohio University College of Osteopathic Medicine	1994
Outstanding Junior Investigator Award	National Strength and Conditioning Association	1998
Outstanding Academic Book (for <i>Overtraining in Sport</i>)	Choice - Current Reviews for Academic Libraries	1999
Board of Directors	National Strength and Conditioning Association	2001-04
Vice President	National Strength and Conditioning Association	2003-04
Outstanding Sport Scientist of the Year	National Strength and Conditioning Association	2005
Research Achievement Award	National Strength and Conditioning Association	2007
Fellow	National Strength and Conditioning Association	2007

PROFESSIONAL MEMBERSHIPS

<u>ASSOCIATION</u>	<u>PERIOD</u>
National Strength and Conditioning Association	1982, 85-present
Nebraska Alliance of Health, Physical Education, Recreation and Dance	1985-88
U.S.A. Weightlifting	1985-present
American College of Sports Medicine	1986-present
New England Chapter, American College of Sports Medicine	1988-89
American Alliance of Health, Physical Education, Recreation and Dance	1988-1994
Mid-Atlantic Chapter, American College of Sports Medicine	1989-92
American Physiological Society	1990-94
Southeastern Chapter, American College of Sports Medicine	1995-07
New York Academy of Sciences	1995-03, 06-present
European College of Sport Sciences	2000-03
American Society of Mammalogists	2005-07
Tennessee Academy of Sciences	2005-07
Phi Kappa Phi	2007-present
Kansas Association for Health, Physical Education, Recreation & Dance	2007-present
Sigma Xi	2007-present
Central States Chapter, American College of Sports Medicine	2007-present

CERTIFICATIONS/PROFESSIONAL TRAINING

<u>ASSOCIATION/ORGANIZATION</u>	<u>CERTIFICATION</u>	<u>PERIOD</u>
National Strength and Conditioning Association	Certified Strength and Conditioning Specialist	1985-present
U.S.A. Weightlifting	Level I Weightlifting Coach Coach	1988-present
The University of Connecticut	Radiation Safety Training	1988-89
The Pennsylvania State University	Radiation Safety Training	1989-92
Ohio University	Radiation Safety Training	1993-94
American Red Cross	Adult CPR	1995-present
The University of Memphis	Chemical Safety Training	1995-2007
The University of Memphis	Radiation Safety Training	1995-2007
The University of Memphis	Biohazard Safety Training	1994-2007

TEACHING EXPERIENCE

<u>SUBJECT</u> <i>Undergraduate (U) Graduate (G)</i>	<u>INSTITUTION</u>
Beginning Weight Training (U, taught 7 times)	The University of Nebraska-Lincoln
Advanced Weight Training (U, taught 2 times)	The University of Nebraska-Lincoln
Health and Fitness (U, team taught 1 time)	The University of Nebraska-Lincoln
Beginnning Racquetball (U, taught 1 time)	The University of Nebraska-Lincoln
Exercise Physiology (U, assisted 1 time)	The Univerisity of Connecticut
Methods of Strength and Conditioning (U, assisted 1 time)	The Pennsylvania State University
Exercise Physiology (U, assisted 2 times)	The Pennsylvania State University
Gross Anatomy - College of Osteopathic Medicine (G, team taught 2 times)	Ohio University
Gross Anatomy - School of Physical Therapy (G, team taught 2 times)	Ohio University
Human Anatomy Laboratory (U, taught 4 times)	Ohio University
Human Physiology Laboratory (U, taught 4 times)	Ohio University
Advanced Exercise Physiology (G, team taught 2 times)	Ohio University
Measurement and Evaluation in Physical Education (U, taught 4 times)	The University of Memphis
Assessment and Evaluation in Exercise Science and Health Promotion (G, taught 2 times)	The University of Memphis
Applied Educational Research (G, taught 7 times)	The University of Memphis
Physiological Bases of Physical Therapy - Physiology of Muscle (G, taught 2 times)	University of Tennessee-Memphis
Measurement and Assessment in Exercise Science (G, taught 2 times)	The University of Memphis

Designing Resistance Exercise Programs (U & G, taught 3 times)	The University of Memphis
Mechanical Analysis in Human Performance (G, taught 1 time)	The University of Memphis
Special Topics - Current Readings in Overtraining (G, taught 1 time)	The University of Memphis
Kinesiology (U & G, taught 4 times)	The University of Memphis
Applied Kinesiology (U, taught 1 time)	The University of Memphis
Advanced Methods of Strength Conditioning (U & G, taught 12 times)	The University of Memphis
Special Topics - Advanced Considerations of Skeletal Muscle Structure and Function (G, taught 2 times)	The University of Memphis
Physiology of Exercise (U, taught 4 times)	The University of Memphis
Free Weights and Machines (U, taught 1 time)	The University of Memphis
Physiology of Exercise - Musculoskeletal Aspects (G, taught 1 time)	The University of Memphis
Seminar in Exercise Science (G, taught 3 times)	The University of Memphis
Special Topics - Applied Endocrinology (G, team taught 3 times)	The University of Memphis
Advanced Skeletal Muscle Structure and Function (G, taught 3 times)	The University of Memphis
Laboratory Methods in Exercise Science & Health Promotion (U; taught 2 times)	The University of Memphis
Anatomical Kinesiology (U & G, taught 4 times)	The University of Memphis
Special Topics – Exercise Endocrinology (G, taught 2 times)	The University of Memphis
Advanced Exercise Physiology (G; taught 1 time)	University of Kansas
Kinesiology (UG; taught 3 times)	University of Kansas
Introduction to Biomechanics (UG; taught 2 times)	University of Kansas

STUDENT MENTORING

<u>STATUS</u>	<u>ACTIVITY</u>	<u>YEARS</u>
Undergraduate	16 Senior Projects supervised	1995-present
Masters	23 Thesis committees chaired	1996-present
	25 Thesis committees, member	1996-present
Doctoral	2 Dissertation committees co-chaired (Dept. of Biology, Univ. of Memphis & Dept. of Exercise Science, Univ. of Mississippi)	2001-2004
	3 Dissertation committees, member (Dept. of Biology, Univ. of Memphis)	1999-2005
	1 Dissertation committee, chair	2008-present

3 Dissertation committees, member
(HSES Dept., Univ. of Kansas)

2007-present

RESEARCH/SCHOLARSHIP

PUBLICATIONS:

Books (authored, edited)

Kreider, R.B., A.C. Fry, and M.L. O'Toole, (eds.). *Overtraining and Overreaching in Sports*, Human Kinetics, Champaign, IL, 1998.

Refereed journal publications (including book chapters)

1. Fry, A.C., "Heart rates and performance in competitive powerlifters: a pilot study". *The Nebraska Journal*, 17(1):20-22, 1986.
2. Fry, A.C., "The effect of weight training on the heart". *The National Strength and Conditioning Association Journal*, 8(4):38-41, 1986.
3. Fry, A.C., C.J. Cisar, and T.J. Housh, "A comparison of anthropometric equations to estimate body density in male competitive body builders". *The Journal of Applied Sport Science Research*, 1(4):61-65, 1987.
4. Cisar, C.J., G.O. Johnson, A.C. Fry, T.J. Housh, R.A. Hughes, A.J. Ryan, and W.G. Thorland, "Pre-season body composition, build, and strength as predictors of high school wrestling success". *The Journal of Applied Sport Science Research*, 1(4):66-70, 1987.
5. Fry, A.C., and D.R. Powell, "Hamstring-quadri-cep parity with three different weight training methods". *The Journal of Sports Medicine and Physical Fitness*, 27(3):362-367, 1987.
6. Fry, A.C., T.J. Housh, R.A. Hughes, and T. Eyford, "Stature and flexibility variables as discriminators of foot contact during the squat exercise". *The Journal of Applied Sport Science Research*, 2(2):24-26, 1988.
7. Housh, T.J., G.O. Johnson, R.A. Hughes, D.J. Housh, R.J. Hughes, A.C. Fry, K.B. Kenney, and C.J. Cisar, "Isokinetic strength and body composition of high school wrestlers across age". *Medicine and Science in Sports and Exercise*, 21(1): 105-109, 1989.
8. Kraemer, W.J., A.C. Fry, P.N. Frykman, J.R. Hoffman, and B. Conroy, "Resistance training and youth". *Pediatric Exercise Science*, 1(4):336-350, 1989.
9. Fry, A.C., "Norepinephrine". *The National Strength and Conditioning Association Journal*, 11(3):53-57, 1989.
10. Fry, A.C., "Epinephrine". *The National Strength and Conditioning Association Journal*, 11(4):58-61, 1989.
11. Hoffman, J.R., W.J. Kraemer, A.C. Fry, M. Deschenes, and M. Kemp, "The

- effects of self-selection for frequency of training in a winter conditioning program for football". *The Journal of Applied Sport Science Research*, 4(3): 76-82, 1990.
12. Kraemer, W.J., J.E. Dziados, S.E. Gordon, A.C. Fry, and K.L. Reynolds, "The effects of graded exercise on plasma catecholamines and proenkephalin peptide F responses at sea level". *European Journal of Applied Physiology*, 61:214-217, 1990.
 13. Fry, A.C., and W.J. Kraemer. "Comment on a preliminary comparison of front and back squat exercises". *Research Quarterly for Exercise and Sport*, 61(2): 210-211, 1990.
 14. Fry, A.C., A.J. Ryan, R.J.Schwab, and D.R. Powell, "Anthropometric characteristics as discriminators of body building success". *Journal of Sports Sciences*, 9:23-32, 1991.
 15. Kraemer, W.J., J.F. Patton, H.G. Knuttgen, C.J. Hannan, T.Kettler, S.E. Gordon, J.E. Dziados, A.C. Fry, P.N. Frykman, and E.A. Harman, "The effects of high intensity cycle exercise on sympatho-adrenal-medullary response patterns". *Journal of Applied Physiology*, 70(1):8-14, 1991.
 16. Kraemer, W.J., S.E. Gordon, S.J. Fleck, L.J. Marchitelli, R. Mello, J.E. Dziados, K. Freidl, E. Harman, C. Maresh, and A.C. Fry, "Endogenous anabolic hormonal and growth factor responses to heavy resistance exercise in males and females". *International Journal of Sports Medicine*, 12(2):228-235, 1991.
 17. Fry, A.C., W.J. Kraemer, K.W. Bibi, and T. Eyford, "Stature variables as discriminators of foot contact during the squat exercise in untrained females". *The Journal of Applied Sport Science Research*, 5(2):77-81, 1991.
 18. Fry, A.C., W.J. Kraemer, C.A. Weseman, B.P. Conroy, S.E. Gordon, J.R. Hoffman, and C.M. Maresh, "The effects of an off-season strength and conditioning program on starters and non-starters in women's intercollegiate volleyball". *The Journal of Applied Sport Science Research*, 5(4):174-181, 1991.
 19. Hoffman, J.R., A.C. Fry, R. Howard, C.M. Maresh, and W.J. Kraemer, "Strength, speed, and endurance changes during the course of a division I basketball season". *The Journal of Applied Sport Science Research*, 5(3):144-149, 1991.
 20. Fry, A.C., and W.J. Kraemer, "Physical performance characteristics of American collegiate football players". *The Journal of Applied Sport Science Research*, 5(3):126-138, 1991.
 21. Fry, A.C., "The effects of acute training status on reliability of integrated electromyographic activity and efficiency of electrical activity during isometric contractions: a case study". *Electromyography and Clinical Neurophysiology*, 32:565-570, 1992.
 22. Kraemer, W.J., A.C. Fry, M.H. Stone, S.J. Fleck, B. Warren, B.P. Conroy, C.A.

- Weseman, and S.E. Gordon, "Acute hormonal responses in elite junior weightlifters". *International Journal of Sports Medicine*, 13(20):103-109, 1992.
23. van Borselen, F., N.H. Vos, A.C. Fry, and W.J. Kraemer. "Overtraining: the role of anaerobic exercise". *The National Strength and Conditioning Association Journal* , 14(3):74-79, 1992.
 24. Fry, A.C., D.R. Powell, and W.J. Kraemer, "Validity of testing modalities for assessing short-term resistance exercise strength gains". *Journal of Sports Rehabilitation*, 1:275-283, 1992.
 25. Fry, A.C., R.J. Schmidt, G.O. Johnson, G.D. Tharp, and W.J. Kraemer, "Recovery heart rate and blood pressure responses to high intensity weight training and a graded exercise test". *Isokinetics and Exercise Science*, 3(2):74-84, 1993.
 26. Fry, A.C., W.J. Kraemer, M.H. Stone, B.J. Warren, J.T. Kearney, C.M. Maresh, C.A. Weseman, and S.J. Fleck. "Endocrine and performance responses to high volume training and amino acid supplementation in elite junior weightlifters". *International Journal of Sports Nutrition* , 3:306-322, 1993.
 27. Conroy, B.P., W.J. Kraemer, C.M. Maresh, S.J. Fleck, M.H. Stone, A.C. Fry, and P.D Miller, and G.P Dalsky, "Bone mineral density in elite junior olympic weightlifters". *Medicine and Science in Sports and Exercise*, 25(10):1103-1109, 1993.
 28. Fry, A.C., T.A. Aro, J.A. Bauer, and W.J. Kraemer, "A comparison of two methods for determining kinematic properties of squat resistance training exercises". *Journal of Human Movement Studies*, 24:83-95, 1993.
 29. Stone, M.H., A.C. Fry, J. Thrush, S.J. Fleck, W.J. Kraemer, J.T. Kearney, and J. Marsit. "Overtraining in weightlifting". In: *Proceedings of the 1993 Weightlifting Symposium*, International Weightlifting Federation, Budapest, Hungary, pp.133-141, 1993.
 30. Staron, R.S., D.L. Karapondo, W.J. Kraemer, A.C. Fry, S.E. Gordon, J.E Falkel, F.C. Hagerman, and R.S. Hikida. "Skeletal muscle adaptations in the early phase of heavy resistance training in men and women". *Journal of Applied Physiology*, 76:1247-1255, 1994.
 31. Fry, A.C., C.A. Allemeier, and R.S. Staron. " Correlation between myosin heavy chain content and percent fiber type area in human skeletal muscle". *European Journal of Applied Physiology*, 68:246-251, 1994.
 32. Fry, A.C., W.J. Kraemer, J.M. Lynch, N.T. Triplett and L.P. Koziris. "Does short-term near-maximal intensity machine resistance training induce overtraining?" *Journal of Strength and Conditioning Research*, 8(3):188-191, 1994.
 33. Fry, A.C., W.J. Kraemer, F. van Borselen, J.M. Lynch, J.L. Marsit, E.P. Roy, N.T. Triplett, and H.G. Knuttgen. "Performance decrements with high intensity resistance exercise overtraining". *Medicine and Science in Sports and Exercise*, 26(9):1165-1173, 1994.

34. Fry, A.C., W.J. Kraemer, M.H. Stone, B.J. Warren, S.J. Fleck, J.T. Kearney, and S.E. Gordon. "Exercise-induced endocrine responses to over-reaching before and after one year of weightlifting training". *Canadian Journal of Applied Physiology*, 14(4):400-410, 1994.
35. Fry, A.C., W.J. Kraemer, F. van Borselen, J.M. Lynch, N.T. Triplett, L.P. Koziris, and S.J. Fleck. "Catecholamine responses to short-term high intensity resistance exercise overtraining". *Journal of Applied Physiology*, 77(2):941-946, 1994.
36. Allemeier, C.A., A.C. Fry, P. Johnson, R.S. Hikida, F.C. Hagerman, and R.S. Staron. "Effects of sprint cycle training on human skeletal muscle". *Journal of Applied Physiology*, 77(5):2385-2390, 1994.
37. Stone, M.H., A.C. Fry, M. Ritchie, L. Stoessel-Ross, and J.L. Marsit. "Injury potential and safety aspects of weightlifting movements". *Strength and Conditioning*, 16(3):15-21, 1994.
38. Fry, A.C., M.H. Stone, J.T. Thrush, and S.J. Fleck. "Precompetition training sessions enhance competitive performances of high anxiety junior weightlifters". *Journal of Strength and Conditioning Research*, 9(1):37-42, 1995.
39. Vandeborne, K., G. Walter, L. Ploutz-Snyder, R. Staron, A. Fry, K. DeMeirlcir, G. Dudley, and J.S. Leigh. "Energy rich phosphates in fast and slow twitch human skeletal muscle". *American Journal of Physiology*, 268(4 pt. 1):C869-C876, 1995.
40. Kraemer, W.J., and A.C. Fry, "Strength testing: development and evaluation of methodology". In: *Physiological Assessment of Human Performance*, Human Kinetics, Champaign, Illinois, pp. 115-138, 1995.
41. Kraemer, W.J., N.T. Triplett, A.C. Fry, L.P. Koziris, J.E. Bauer, J.M. Lynch, T. McConnell, R.U. Newton, S.E. Gordon, R.C. Nelson, and H.G. Knuttgen. "An in-depth sports medicine profile of women college tennis players". *Journal of Sports Rehabilitation*, 4(2):79-98, 1995
42. Koziris, L.P., W.J. Kraemer, J.F. Patton, N.T. Triplett, A.C. Fry, S.E. Gordon, and H.G. Knuttgen. "Relationship of aerobic power to anaerobic performance indices". *Journal of Strength and Conditioning Research*, 10(1):35-39, 1996.
43. Fry, A.C. and W.J. Kraemer. "Resistance exercise overtraining and overreaching: neuroendocrine responses", *Sports Medicine*, 23(2):106-129, 1997.
44. Fry, A.C., M.H. Stone, W.J. Kraemer, D. Lewis, and B. Bonner. "The effects of gamma oryzanol ingestion and weight training on various physiological and performance parameters", *International Journal of Sports Nutrition*, 7:318-329, 1997.
45. Fry, A.C., R.S. Staron, C.B.L. James, R.S. Hikida, and F.C. Hagerman. "Differential titin isoform expression in human skeletal muscle". *Acta Physiologica Scandinavica*, 161:473-479, 1997.
46. Fry, A.C. "The role of training intensity in resistance exercise overtraining and overreaching". In: *Overtraining and Overreaching in Sports* (R.B. Kreider,

- A.C. Fry, and M.L. O'Toole, eds.) Human Kinetics, Champaign, IL, 1998, pp. 107-130.
47. Stone, M.H., and A.C. Fry. "The role of increased training volume in resistance exercise overtraining and overreaching". In: *Overtraining and Overreaching in Sports* (R.B. Kreider, A.C. Fry, and M.L. O'Toole, eds.) Human Kinetics, Champaign, IL, 1998, pp. 87-106.
 48. Weiss, L.W., A.C. Fry, E.L. Gossick, J.M. Webber, and E.H. Barrow. "Validity of bench press velocity-spectrum testing". *Measurement in Physical Education and Exercise Science*, 2(4):243-252, 1998.
 49. Fry, A.C., W.J. Kraemer, and L.T. Ramsey. "Pituitary-adrenal-gonadal responses to high intensity resistance exercise overtraining", *Journal of Applied Physiology*, 85(6):2352-2359, 1998.
 50. Kraemer, W.J., R.S. Staron, F.C. Hagerman, R.S. Hikida, A.C. Fry, S.E. Gordon, B.S. Nindl, J.S. Volek, R.U. Newton, and K. Häkkinen. The effects of short-term resistance training on endocrine function in men and women. *European Journal of Applied Physiology*, 78:69-76, 1998.
 51. Staron, R.S., W.J. Kraemer, R.S. Hikida, A.C. Fry, J.D. Murray, and G.E.R. Campos. "Fiber type composition of four hindlimb muscles of adult Fisher 344 rats" *Histochemistry and Cell Biology* 111(2):117-123, 1999.
 52. Fry, A.C. Overload and regeneration during resistance exercise. In: *Overload, Performance Incompetence, and Regeneration in Sport*, (M. Lehmann, J.M. Steinacker, and U. Gastmann, eds.) Kluwer Academic/Plenum Publishers, New York, 1999, pp. 149-162.
 53. Fry, M.D., and A.C. Fry. "Goal perspectives and motivational responses of elite junior weightlifters", *Journal of Strength and Conditioning Research*, 13(4):311-317, 1999.
 54. Calhoon, G. and A.C. Fry. "Injury profile and injury rates of elite weightlifters", *Journal of Athletic Training*, 34(3):232-238, 1999.
 55. Bauer, J.A., A.C. Fry, C. Carter. "The use of lumbar-supporting weight belts while squatting: erector spinae EMG activity", *Journal of Strength and Conditioning Research*, 13(4):384-388, 1999.
 56. Byrd, R., T.J. Chandler, M.S. Conley, A.C. Fry, G.G. Haff, A. Koch, F. Hatfield, K.B. Kirksey, J. McBride, T. McBride, H. Newton, H.S. O'Bryant, M.H. Stone, K.C. Pierce, S. Plisk, M. Ritchie-Stone, and D. Wathen. "Strength training: single versus multiple sets", *Sports Medicine*, 27(6): 409-416, 1999.
 57. Kraemer, W.J., S.J. Fleck, C.M. Maresh, N.A. Ratamess, S.E. Gordon, K.L. Goetz, E.A. Harman, P.N. Frykman, J. Volek, S.A. Mazzetti, A.C. Fry, L.J. Marchitelli, and J.F. Patton. "Acute hormonal responses to a single bout of heavy resistance exercise in trained power lifters and untrained men". *Canadian Journal of Applied Physiology*, 24(6): 524-537, 1999.
 58. Fry, A.C., J.M. Webber, L.W. Weiss, and Y. Li. "Impaired performance after excessive high relative intensity free weight training", *Journal of Strength and*

- Conditioning Research*, 14(1):55-64, 2000.
59. Fry, A.C., W.J. Kraemer, L.P. Koziris, M.H. Stone, J. Thrush, and S.J. Fleck. "The relationship between testosterone, cortisol and weightlifting performance", *Journal of Strength and Conditioning Research*, 14(3):338-343, 2000.
 60. Weiss, L.W., A.C. Fry, L.E. Wood, G.E. Relyea, and C. Melton. Comparative effects of deep versus shallow squat and leg-press training on vertical jumping ability and related factors". *Journal of Strength and Conditioning Research*, 14(3):241-247, 2000.
 61. Weiss, L.W., T.R. Ireland, A.A. Friedman, A.C. Fry, and Y. Li. "Functional submersion technique for assessing volume", *Measurement in Physical Education and Exercise Science*, 4(4):199-213, 2000.
 62. Kraemer, W.J., R.S. Staron, S.E. Gordon, A.C. Fry, J.S. Volek, L.P. Koziris, N.D. Duncan, B.C. Nindl, A.L. Gómez, J.U. Marx, J.D. Murray, and R.S. Hikida. "The effect of 10 days spaceflight on skeletal muscle fiber cross-sectional area and myosin heavy chain composition in rats", *Histochemistry and Cell Biology*, 114:349-355, 2000.
 63. Kraemer, W.J., N. Ratamess, A.C. Fry, N.T. Triplett-McBride, L.P. Koziris, J.A. Bauer, J.M. Lynch, and S.J. Fleck. "Influence of resistance training volume and periodization on physiological and performance adaptations in college women tennis players", *American Journal of Sports Medicine*, 28(5):626-633, 2000.
 64. Fry, A.C., W.J. Kraemer, J.M. Lynch, and J.M. Barnes. "Overuse injury of the knees with resistance exercise overtraining: a case study", *Journal of Sport Rehabilitation*, 10(1):57-66, 2001.
 65. Schilling, B.K., Stone, M.H., A. Utter, J.T. Kearney, M. Johnson, R. Coglianese, L. Smith, H.S. O'Bryant, A.C. Fry, M.A. Starks, R. Keith, and M.E. Stone. Creatine supplementation and health variables: a retrospective study. *Medicine and Science in Sports and Exercise*, 33(2):183-188, 2001.
 66. Kraemer, W.J., A.C. Fry, M.R. Rubin, N.T. Triplett-McBride, S.E. Gordon, L.P. Koziris, J.M. Lynch, J.S. Volek, D.E. Meuffels, and S.J. Fleck. "Physiological and performance responses tournament wrestling". *Medicine and Science in Sport and Exercise*, 33(8):1367-1378, 2001.
 67. Fry, A.C., and R.U. Newton. "A brief history of strength training and basic principles and concepts". In: *Handbook of Sports Medicine and Science - Strength Training for Sport, An IOC Medical Commission Publication*, (W.J. Kraemer, and K. Häkkinen, eds.), Blackwell Scientific, London, 2001, pp. 1-19.
 68. Hasegawa, H., J. Dziados, R.U. Newton, Fry, A.C., W.J. Kraemer, and K. Häkkinen. "Periodized training programmes for athletes". In: *Handbook of Sports Medicine and Science - Strength Training for Sport, An IOC Medical*

- Commission Publication*, (W.J. Kraemer, and K. Häkkinen, eds.), Blackwell Scientific, London, 2001, pp. 69-134.
69. Fry, A.C., K. Hakkinen, and W.J. Kraemer. "Special considerations in strength training". In: *Handbook of Sports Medicine and Science - Strength Training for Sport, An IOC Medical Commission Publication*, (W.J. Kraemer, and K. Häkkinen, eds.), Blackwell Scientific, London, 2001, pp. 135-162.
 70. Smith, J.C., A.C. Fry, L.W. Weiss, Y. Li, and S.J. Kinzey. "The effects of high-intensity exercise on a 10-second sprint cycle test", *Journal of Strength and Conditioning Research*, 15(3): 344-348, 2001.
 71. Chiu, L.Z., L.W. Weiss and A.C. Fry. "Post-training massage: a review for strength and power athletes", *Strength and Conditioning*, 23(4):65-69, 2001.
 72. Fry, A.C., and M. Parks. "Tachycardia during heavy resistance exercise: a case study". *Journal of Strength and Conditioning Research*, 15(4):503-506, 2001.
 73. Kraemer, W.J., K. Adams, E. Cafarelli, G.A. Dudley, C. Dooly, M.S. Feigenbaum, S.J. Fleck, B. Franklin, A.C. Fry, J.R. Hoffman, R.U. Newton, J. Potteiger, M.H. Stone, N.A. Ratamess, N.T. Triplett-McBride. "Progression models in resistance training for healthy adults - American College of Sports Medicine position stand", *Medicine and Science in Sports and Exercise*, 34(2):364-380, 2002.
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SCIENTIFIC MANUSCRIPTS IN REVIEW/REVISION/PREPARATION:

1. Moore, C.M., A.C. Fry, McLellan, E., L.W. Weiss, and F.D. Rosato. "The effect of static stretching on peak power and peak velocity during the bench press", *Journal of Strength and Conditioning Research*, (in revision).
2. Kudrna, R., A.C. Fry, B.K. Schilling, L.W. Weiss, M.J. Falvo, C.A. Moore, and W. Smith. “Kansas Squat Test: A valid indicator of short-term anaerobic power”. *J. Str. Cond. Res.* (in revision).
3. Beck, T.W., T.J. Housh, A.C. Fry, J.T. Cramer, J.P. Weir, B.K. Schilling, M.J. Falvo, and C.A. Moore. “An examination of the mechanomyogram and electromyogram cross spectrum during a fatiguing isometric muscle action as an indicator of differences in muscle fiber type composition”. *J. Neurosci. Meth.* (in review).
4. Lohnes, C.A., A.C. Fry, B.K. Schilling, and L.W. Weiss. “Kinetic and kinematic comparison between a rotational inertial resistance device and free-weights”, *Sports Biomechanics* (in review).
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6. Fry, A.C., D. Ferebee, and C. Irwin. “Muscular strength and power in children 3-7 years old” (in preparation).
7. Fry, A.C., L.Z.F. Chiu, B.K. Schilling, R.J. Bloomer, A.J. Galpin, L.W. Weiss and C.A. Moore. “ β_2 adrenergic receptor downregulation during high power resistance exercise overreaching: influence of dietary supplementation” (in preparation).

8. Andre, M., A.C. Fry, A. Hudy. "Reliability of a test for assessing rotational performances" (in preparation).
9. Lane, M., A.C. Fry, A. Hudy, P. Gallagher, P. Vardiman. R. Kudrna and N. Moodie. "Squat power characteristics of men and women collegiate basketball players" (in preparation).
10. Fry, A.C., C.A. Moore, C.A. Lohnes, and D. DeAngelis. "Polyethylene glycol enhances skeletal muscle uptake of dietary creatine" (in preparation).

Refereed conference publications -

1. Fry, A.C. "Trainability of junior weightlifters: Hormonal adaptation to weightlifting training in juniors. In: Conference Book - International Conference on Weightlifting and Strength Training. (K Häkkinen, ed.) Gummerus Printing, Jyväskylä, Finland, 1998, pp. 113-118.

Book Reviews

1. *Designing Resistance Exercise Programs*. S.J. Fleck and W.J. Kraemer. Human Kinetics: Champaign, Il, 1999.
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Non-refereed publications

1. Fry, A.C., "Facility considerations: weight room safety". *The National Strength and Conditioning Association Journal*, 7(4):32-33, 1985.
2. Fry, A.C., "Safety in the weightroom: spotting the bench press", *The National Strength and Conditioning Association Journal*, 7(6):46, 1985.
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 20. Fry, A.C., "Equipment utilization and construction: wooden plates", *The National Strength and Conditioning Association Journal*, 10(5):57, 1988.
 21. Fry, A.C., "Startin' out - monitoring your workouts: how to effectively use your training diary". *Powerlifting - USA*, 11(11):40, 57, 1988.
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 45. McLellan, E. and A.C. Fry, "Sport science scene - Olympic lifts are for kids ", *Weightlifting - USA*, 17(4):4, 1999.
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 48. McLellan, E. and A.C. Fry, "Sport science scene - Can a computer replace a weightlifting coach?", *Weightlifting - USA*, 18(3):3, 2000.
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 51. Fry, A.C. "Current Comments for the American College of Sports Medicine – Overtraining with Resistance Exercise". <http://www.acsm.org/health%2Bfitness/pdf/currentcomments/overtrain.pdf>. 2001.
 52. Fry, A.C. "Body position and specific squat training for the catching position – Part I". *Baseball/Softball Performance Conditioning*, 8(5):1-4, 2008.
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Part II". *Baseball/Softball Performance Conditioning*, 8(6):1-4, 2008.

INVITED PRESENTATIONS

1. Fry, A.C., "Upper Body Exercise Techniques", Kansas State NSCA Clinic, Pratt Community College, May 1986
2. Fry, A.C., "Resistance Exercise Program Design - I", Nebraska State NSCA Clinic, Doniphan High School, May 1987
3. Fry, A.C., "Resistance Exercise Program Design", Nebraska State NSCA Clinic, Northeast Technical Community College, May 1988
4. Fry, A.C., "Principles of Periodization", NSCA Coaches' Institute, Hofstra University, May 1990
5. Fry, A.C., "Principles of Periodization", Pennsylvania State NSCA Clinic, Bucknell University, June 1990
6. Fry, A.C., "Principles of Periodization", Pennsylvania State NSCA Clinic, Chambersburg, PA, March 1991
7. Fry, A.C., "Concepts of Conditioning", NSCA Conditioning Foundation Conference, St. Louis, Missouri, June 1991
8. Fry, A.C., "Principles of Periodization - I", NSCA Coaches' Institute, Bucknell University, July 1991
9. Fry, A.C., "Principles of Periodization - II", NSCA Coaches' Institute, Bucknell University, July 1991
10. Kraemer, W.J., M.H. Stone, and A.C. Fry. "Amino Acid Supplementation with Heavy Resistance Exercise", NSCA National Conference, Philadelphia, Pennsylvania, June 1992
11. Kraemer, W.J., A.C. Fry. "Physiological Aspects of Conditioning for Wrestling", NSCA National Conference, Las Vegas, Nevada, June 1993
12. Stone, M.H., M. Ritchie, A.C. Fry, and L. Stoessel. "Injury potential and safety aspects of weightlifting movements". International Weightlifting Federation, Sports Medicine Conference, Melbourne, Australia, 1993.
13. Stone, M.H., A.C. Fry, J. Thrush, S.J. Fleck, W.J. Kraemer, J.T. Kearney, and J. Marsit. "Overtraining and weightlifting". International Weightlifting Federation, Sports Science and Research Committee Meeting, Olympia, Greece, 1993.
14. Fry, A.C., "Strength Training for the Development of Speed", Medical Aspects of Sports, University of Delaware, January 1994
15. Fry, A.C., and R.B. Kreider. "Physiology of overtraining". Goodwill Games: Current Research in Sports Sciences, St. Petersburg, Russia, July 1994.
16. Fry, A.C., "Skeletal Muscle Fiber Type Characteristics of Elite Olympic-Style Weightlifters"; U.S. Weightlifting Federation, Elite Coaches Seminar, Colorado Springs, Colorado, November 1994
17. Fry, A.C., M.H. Stone, and R.B. Kreider. "Current physiological concepts of overtraining: Implications for resistance exercise". Southeastern ACSM,

- Lexington, KY, January 1995.
18. Fry, A.C., "Speed Development in the Weight Room", National Institute of Speed, Agility and Quickness National Conference, Portland, Oregon, February 1995
 19. Fry, A.C., "Considerations for Resistance Exercise for Youth", National Institute of Speed, Agility and Quickness National Conference, Portland, Oregon, February 1995
 20. Fry, A.C., "Resistance Training for Tennis", Memphis Area Tennis Coaches Clinic, February 1995
 21. Fry, A.C. "Cytoskeletal proteins in skeletal muscle: implications for performance", NSCA National Conference, Phoenix, AZ, June 1995.
 22. Fry, A.C. " Cytoskeletal proteins: functional implications", Advances in Respiratory and Locomotor Muscle Biology III: Effects of Exercise", The University of Florida, Gainesville, FL, September 1995.
 23. Fry, A.C., "Measurement and Evaluation for the Strength and Conditioning Professional", NSCA Certification Tutorial, Phoenix, Arizona, June 1996.
 24. Fry, A.C., "The Role of Training Intensity in Resistance Exercise Overtraining and Overreaching", Overtraining and Overreaching in Sports Conference, Memphis, TN, July 1996.
 25. Fry, A.C., "Measurement and Evaluation for the Strength and Conditioning Professional", NSCA Certification Tutorial, San Jose, California, December 1996.
 26. Fry, A.C., "Physiological Basis for Strength and Conditioning", NSCA Certification Tutorial, San Jose, California, December 1996.
 27. Fry, A.C., "Measurement and Evaluation for the Strength and Conditioning Professional", NSCA National Conference, Las Vegas, Nevada, June 1997.
 28. Fry, A.C., "Physiological Basis for Strength and Conditioning", NSCA National Conference, Las Vegas, Nevada, June 1997.
 29. Fry, A.C., "Overload and Regeneration with Resistance Exercise" 2nd Annual Conference on Sports Medicine, The University of Ulm, Ulm, Germany, November 1997.
 30. Fry, A.C., "Measurement and Evaluation for the Strength and Conditioning Professional", NSCA-Japan National Conference, Wasada University, Tokyo, Japan, December 1997.
 31. Fry, A.C., "Talent Identification for Olympic-Style Weightlifting", NSCA-Japan National Conference, Wasada University, Tokyo, Japan, December 1997.
 32. Fry, A.C., "Trainability of Junior Weightlifters: Hormonal Adaptation to Weightlifting Training in Juniors", International Conference on Weightlifting and Strength Training, Lahti, Finland, November 1998.
 33. Fry, A.C., "Measurement and Evaluation for the Strength and Conditioning Professional", NSCA National Conference, Kansas City, Missouri, June 1999.
 34. Fry, A.C., "Physiological Basis for Strength and Conditioning", NSCA National Conference, Kansas City, Missouri, June 1999.

35. Fry, A.C., "Measurement and Evaluation for the Strength and Conditioning Professional", NSCA National Conference, Orlando, Florida, June 2000.
36. Fry, A.C., "Physiological Basis for Strength and Conditioning", NSCA National Conference, Orlando, Florida, June 2000.
37. Fry, A.C., "The role of resistance exercise load in skeletal muscle adaptations", NSCA National Conference, Orlando, Florida, June 2000.
38. Fry, A.C., "Endocrine disorders in athletes", National Athletic Trainers Association, Nashville, Tennessee, June 2000.
39. Fry, A.C., "Weight training adaptations in boys and girls", European Sports Science Congress, Jyvyskka, Finland, July 2000.
40. Fry, A.C., "Strength training for high performance - muscle fiber characteristics contributing to maximal force and power", XXIII Simpósio Internacional de Ciências do Esport, Sao Paulo, Brazil, October 2000.

41. Fry, A.C., "Strength training for health - the effects of overtraining", XXIII Simpósio Internacional de Ciências do Esport, Sao Paulo, Brazil, October 2000.
42. Fry, A.C., "Strength training for fitness - the role of intensity on skeletal muscle adaptations", XXIII Simpósio Internacional de Ciências do Esport, Sao Paulo, Brazil, October 2000.
43. Fry, A.C., "Physiological and performance responses to simulated tennis tournament play", Intercollegiate Tennis Association National Conference, Saddle Brook, Florida, November 2000.
44. Fry, A.C., "Overtraining in off-season football? Bridging the gap between science and practice", National Strength and Conditioning Association Sport-Specific Training Conference, Atlanta, January 2001.
45. Fry, A.C., "The role of resistance exercise load in skeletal muscle adaptations", University of Mississippi Exercise Science Seminar, Oxford, Mississippi, February 2001.
46. Fry, A.C., "From the weight room to the laboratory: training implications for physiological adaptations", South West Regional ACSM Conference, Salt Lake City, Utah, November 2001.
47. Fry, A.C., J. McBride, and N.T. Triplett-McBride. "The titin cytoskeletal protein: what is it and what does it do?", South West Regional ACSM Conference, Salt Lake City, Utah, November 2001.
48. Fry, A.C., and M. Greenwood. " Specificity training for catchers: implications for the strength and conditioning program", National Strength and Conditioning Association Sport-Specific Training Conference, San Antonio, January 2002.
49. Fry, A.C., "Structure and function in skeletal muscle: protein expression and its relation to functional properties" Mid-Atlantic ACSM Conference, Poconos Conference Center, PA, November 2002.
50. Fry, A.C. "Overtraining in weightlifting and strength training", USA-Weightlifting Strength and Weightlifting Symposium, U.S. Olympic Training

- Center, Colorado Springs, CO, July 2003.
51. Fry, A.C. “Resistance exercise overtraining: high velocity’s worst nightmare”, NSCA National Conference, Minneapolis, MN 2004.
 52. Fry, A.C. “The effects of dietary supplementation as a counter-measure for high power resistance exercise overtraining”, Pre-Conference Symposium at the NSCA National Conference, Minneapolis, MN 2004.
 53. Fry, A.C. “Resistance exercise overtraining: performance and physiological responses. What is going on?” Universidade de Sao Judas Tadeu, Sao Paulo, Brazil 2005.
 54. Fry, A.C., "Measurement and Evaluation for the Strength and Conditioning Professional", NSCA Certification Commission, Orlando, Tucson, AZ, 2005.
 55. Fry, A.C., "Physiological Basis for Strength and Conditioning", NSCA Certification Commission, Tucson, AZ 2005.
 56. Allerheilgen, W., and A.C. Fry. "Dynamic variable resistance training with chains only" Presented at the NSCA Conference, Las Vegas, NV 2005.
 57. Fry, A.C., C.M. Moore, and M.J. Falvo. “Fundamentals of weight training”, Memphis City Schools Secondary Physical Education Teacher In-Service, Cordova High School, Cordova, TN 2005.
 58. Fry, A.C. “Overtraining: diet, performance and psychology – Performance and muscle maladaptations to overtraining”. Mid-Atlantic ACSM Conference, Harrisburg, PA 2005.
 59. Fry, A.C. “ Performance and muscle maladaptations to resistance exercise overtraining”, Biomedical Engineering Seminar Series, University of Tennessee-Memphis Health Sciences Center, Memphis, TN 2005.
 60. Fry, A.C. “Resistance exercise overtraining – performance and muscle maladaptations”, Northland ACSM Conference, University of Minnesota – Mankato, MN 2006.
 61. Fry, A.C. “Resistance exercise overtraining: performance and muscle maladaptations”, University of Tulsa Exercise Science Invited Lecture Series, Tulsa, OK 2007.
 62. Fry, A.C. “Protein isoform expression in skeletal muscle: relationships with performance”, University of Tulsa Exercise Science Invited Lecture Series, Tulsa, OK 2007.
 63. Fry, A.C. “Overtraining in the weight room: high velocity and power’s worst nightmare”. 2nd Annual University of Missouri Strength and Conditioning Clinic, Columbia, MO 2008.
 64. Fry, A.C. “The role of training intensity and repetition number of muscular hypertrophy”. ENAF Conference, Pocos de Caldas, MG, Brazil 2008.
 65. Fry, A.C. “Training prescription for strength”. ENAF Conference, Pocos de Caldas, MG, Brazil 2008.
 66. Fry, A.C. “Resistance exercise overtraining and muscle physiology – Part I”. ENAF Conference, Pocos de Caldas, MG, Brazil 2008.
 67. Fry, A.C. “Resistance exercise overtraining and muscle physiology – Part II”.

- ENAF Conference, Pocos de Caldas, MG, Brazil 2008.
68. Fry, A.C. "Overreaching and overtraining: understanding its role in recovery from workouts in a resistance exercise program". University of Connecticut Strength and Conditioning Conference, Storrs, CT 2008.
 69. Fry, A.C. "Physiological alterations in muscle tissue with resistance overtraining". Central States ACSM Conference, Kansas City, MO 2008.
 70. Fry, A.C. "Performance alterations with resistance overtraining" Central States ACSM, Kansas City, MO 2008.
 71. Fry, A.C. "Models and mechanisms of resistance training overreaching and overtraining" 6th International Conference on Strength Training, Colorado Springs, CO 2008.
 72. Fry, A.C. "Overtraining in the weight room – How does it affect performance?" Midwest Sport Performance Conference, University of Kansas, Lawrence, KS 2009.
 73. Fry, A.C. "Overtraining in the weight room – What is going on and why?" United Kingdom Strength and Conditioning Association's 5th Annual Conference, Wyboston Lakes, Bedfordshire, United Kingdom 2009.
 74. Fry, A.C. "Strength performance – How much do fiber types matter?" National Strength and Conditioning Association Conference, Las Vegas, NV 2009.
 75. Cramer, J., J. Weir and A.C. Fry. "Sports nutrition needs and supplements for endurance, strength, and power athletes" National Strength and Conditioning Association Conference, Orlando, FL 2010.

SCIENTIFIC PRESENTATIONS

1. Fry, A.C., and C.J. Cisar, "The validation of anthropometric equations to estimate body density in male competitive body builders". NSCA National Convention, New Orleans, 1986.
2. Fry, A.C., T.J. Housh, and R.A. Hughes, "Stature and flexibility variables as discriminators of proper foot contact during the squat weight training exercise". Central District AAHPERD, Overland Park, Kansas, 1987.
3. Cisar, C.J., M.J. Staley, G.O. Johnson, A.C. Fry, and A.J. Ryan, "Aerobic and anaerobic work indices as predictors of distance running success in prepubescent school children". AAHPERD National Convention, Las Vegas, Nevada, 1987.
4. Cisar, C.J., M. Staley, G. Johnson, A.C. Fry, and A Ryan, "Physiological determinants of distance running performance across adolescent age groups". ACSM National Convention, Las Vegas, Nevada, 1987.
5. Fry A.C., and D.R. Powell, "A comparison of isokinetic and isometric muscle balance characteristics". NSCA National Convention, Las Vegas, Nevada, 1987.
6. Cisar, C.J., G.O. Johnson, A.C. Fry, and A.J. Ryan, "Assessment of pre-season muscular strength as a basis for specific conditioning". NSCA National Convention, Las Vegas, Nevada, 1987.

7. Cisar, C.J., M.J. Staley, G.O. Johnson, A.C. Fry, A.J. Ryan, and C.L. Christensen, "Aerobic and anaerobic work indices as predictors of distance running success in prepubescent school children". CAHPERD Convention, Los Angeles, California, 1988.
8. Cisar, C.J., M. Staley, G. Johnson, A. Fry, and A. Ryan, "Physiological determinants of running performance in prepubescent and pubescent males". AAHPERD National Convention, Kansas City, Missouri, 1988.
9. Housh, T.J., G.O. Johnson, R.A. Hughes, D.J. Housh, R.J. Hughes, A.C. Fry, and C.J. Cisar, "Isokinetic strength of high school wrestlers across age". AAHPERD National Convention, Kansas City, Missouri, 1988.
10. Fry, A.C., G.D. Tharp, R.J. Schmidt, and G.O. Johnson, "Abnormal heart rate response during weight training with anabolic steroid use: a case study". NSCA National Convention, Orlando, Florida, 1988.
11. Fry, A.C., R.J. Schmidt, G.O. Johnson, and G.D. Tharp, "The cardiovascular response to weight training and a graded exercise test". New England ACSM, Worcester, Massachusetts, 1988.

12. Kraemer, W.J., J. Dziados, K. Reynolds, S. Gordon, R. Mello, C. Maresh, A.C. Fry, M. Deschenes and L. Marchitelli, "The effects of different training protocols on hypothalamic-pituitary-adrenal responses to exercise". ACSM National Convention, San Diego, California, 1989.
13. Fry, A.C., K.W. Bibi, and T. Eyford, "Stature variables as discriminators of foot contact during the squat exercise in untrained females". NSCA National Conference, Denver, Colorado, 1989.
14. Conroy, B.P., D. Stanley, A.C. Fry, and W.J. Kraemer, "A comparison of isokinetic protocols". NSCA National Conference, Denver, Colorado, 1989.
15. Hoffman, J.R., A.C. Fry, R. Howard, C.M. Maresh, and W.J. Kraemer, "Strength, speed, and endurance changes during the course of a basketball season". New England ACSM, Worcester, Massachusetts, 1989.
16. Gabaree, C.L., C.M. Maresh, W.J. Kraemer, M.R. Deschenes, J. Hoffman, A.C. Fry, D. Hannon, C. Palmer, and C.A. Weseman, "Plasma lactic acid responses to exhaustive aerobic and anaerobic exercise". New England ACSM, Worcester, Massachusetts, 1989.
17. Deschenes, M.R., C.M. Maresh, W.J. Kraemer, C.L. Gabaree, S.E. Dunphy, S.E. Gordon, A.C. Fry, J. Hoffman, B. Conroy, and D. Hannon, "Plasma substrate and hormone responses to arm and leg ergometry". New England ACSM, Worcester, Massachusetts, 1989.
18. Maresh, C.M., W.J. Kraemer, C.L. Gabaree, M.R. Deschenes, S.E. Dunphy, S.E. Gordon, A.C. Fry, J. Hoffman, B. Conroy, and D. Hannon, "Effects of upper body exercise on plasma hormone and substrate responses". International Olympic Committee Symposium, Colorado Springs, Colorado, 1989.
19. Maresh, C.M., W.J. Kraemer, M.R. Deschenes, A.C. Fry, C.L. Gabaree, J.R.

- Hoffman, and D. Hannon, "Effects of nutritional supplementation (ATP-E[®]) on high intensity exercise performance". International Workshop on Nutritional Ventilatory Function, Salice, Italy, 1989.
20. Fry, A.C., W.J. Kraemer, M.H. Stone, S.J. Fleck, B. Warren, B.P. Conroy, C.A. Weseman, and S.E. Gordon, "Acute endocrine responses in elite junior weightlifters". ACSM National Convention, Salt Lake City, Utah, 1990.
 21. Kraemer, W.J., J.F. Patton, J.E. Dziados, A.C. Fry, S.E. Gordon, and C.M. Maresh, "Compatibility of conventional strength and endurance programs". ACSM National Convention, Salt Lake City, Utah, 1990.
 22. Dalsky, G.P., W.J. Kraemer, A.E. Zetterlund, B.P. Conroy, A.C. Fry, J.O. Judge, and J. Smith, "A comparison of methods to assess body composition". ACSM National Convention, Salt Lake City, 1990.
 23. Fry, A.C., W.J. Kraemer, C.A. Weseman, B.P. Conroy, S.E. Gordon, J.R. Hoffman, and C.M. Maresh, "The effects of resistance training on starters and non-starters in women's intercollegiate volleyball". NSCA National Conference, San Diego, California, 1990.
 24. Hoffman, J.R., A.C. Fry, B.P. Conroy, M. Kemp, W.J. Kraemer, and C.M. Maresh, "Comparison of Olympic lifting and powerlifting programs in a 10 week conditioning program for football". New England ACSM, Worcester, Massachusetts, 1990.
 25. Fry, A.C., W.J. Kraemer, M.H. Stone, B. Warren, J.T. Kearney, S.J. Fleck, and C.A. Weseman, "The effect of amino acid supplementation on testosterone, cortisol, and growth hormone responses to one week of intensive weightlifting". Mid-Atlantic ACSM, New Brunswick, New Jersey, 1991.
 26. Fry, A.C., W.J. Kraemer, M.H. Stone, S.J. Fleck, J. Thrush, S.E. Gordon, C.A. Weseman, and J. Weatherly, "Acute endocrine responses in elite junior weightlifters following one year of training". ACSM National Convention, Orlando, Florida, 1991.
 27. Kraemer, W.J., J.F. Patton, S.E. Gordon, J.E. Dziados, L.J. Marchitelli, A.C. Fry, C.M. Maresh, and K. Reynolds, "Sympathoadrenal exercise responses to various combinations of strength and endurance training". ACSM National Convention, Orlando, Florida, 1991.
 28. Koziris, L.P., W.J. Kraemer, N.T. Triplett, A.C. Fry, J.A. Bauer, J.G. Pedro, A. Clemson, and J. Connors, "Strength imbalances in women tennis players". ACSM National Convention, Orlando, Florida, 1991.
 29. Warren, B.J., A.C. Fry, M.H. Stone, J.T. Kearney, S.J. Fleck, and W.J. Kraemer, "The effect of amino acid supplementation on physiological and performance responses of elite junior weightlifters". ACSM National Convention, Orlando, Florida, 1991.
 30. Fry, A.C., T.A. Aro, J.A. Bauer, and W.J. Kraemer, "A kinematic comparison of three barbell squat variations and a squat simulating machine". NSCA National Conference, St. Louis, Missouri, 1991.

31. Triplett, N.T., W.J. Kraemer, J.A. Bauer, M.A. Makary, A.C. Fry, J.G. Pedro, L.P. Koziris, A. Clemson, S.E. Gordon, N. Paxton, and J.M. Lynch, "Physiological relationships to ball velocities in competitive women tennis players". NSCA National Conference, St. Louis, Missouri, 1991.
32. Fry, A.C., D.R. Powell, and W.J. Kraemer, "Validity of testing modalities for assessing short-term resistance exercise strength gains". CASS Annual Meeting, Kingston, Ontario, Canada, 1991.
33. Fry, A. C., W.J. Kraemer, L.P. Koziris, S.J. Fleck, E.A. Harman, C.M. Maresh, P.N. Frykman, and S.E. Gordon, "The effect of chronic training on plasma dopamine secretion during acute resistance exercise". Mid-Atlantic ACSM, Western Maryland University, 1992.
34. Kraemer, W.J., A.C. Fry, S.J. Fleck, H.G. Knuttgen, N.T. Triplett, S.E. Gordon, L.P. Koziris, J. Yankanich, J.G. Pedro, A. Clemson and N.J. Paxton. "Physiology of tournament wrestling". ACSM National Convention, Dallas, TX, 1992.
35. Stone, M.H., D.C. Nieman, S.J. Fleck, W.J. Kraemer, J.T. Kearney, A.C. Fry, J. Thrush, S.E. Gordon, "Interleukin-1 response and adaptation to weight training in junior elite weightlifters". NSCA National Conference, Philadelphia, PA, 1992.
36. Conley, M., J. Weatherly, R. Keith, S.J. Fleck, J.T. Kearney, A.C. Fry, M.H. Stone, W.J. Kraemer, R. Johnson and J. Thrush. "The effect of amino acid supplementation on substrate and ammonia response in elite junior weightlifters". NSCA National Conference, Philadelphia, PA, 1992.
37. Kramer, J., J. Weatherly, M.H. Stone, W.J. Kraemer, S.J. Fleck, J.T. Kearney, A.C. Fry, R. Johnson, S.E. Gordon and J. Thrush, "The effect of amino acid supplementation on beta endorphin response in elite junior weightlifters". NSCA National Conference, Philadelphia, PA, 1992.
38. Weatherly, J., M.H. Stone, A.C. Fry, S.J. Fleck, J.T. Kearney, W.J. Kraemer, J. Thrush, B.J. Warren and R.L. Johnson, "The effect of amino acid supplementation on the performance of elite junior weightlifters". NSCA National Conference, Philadelphia, PA, 1992.
39. Koziris, L.P., A.C. Fry, W.J. Kraemer, M.H. Stone, J.T. Kearney, S.J. Fleck, J. Thrush, S.E. Gordon, and N.T. Triplett, "Hormonal and competitive performance responses to an over-reaching training stimulus in elite junior weightlifters". NSCA National Conference, Philadelphia, PA, 1992.
40. Fry, A.C., W.J. Kraemer, M.H. Stone, J.T. Kearney, S.J. Fleck, J. Thrush, S.E. Gordon, and N.T. Triplett, "Endocrine and performance responses during one month of periodized weightlifting with amino acid supplementation". NSCA National Conference, Philadelphia, PA, 1992.
41. Kraemer, W.J., G.A. Dudley, P.A. Tesch, S.E. Gordon, C.M. Maresh, B.J. Miller, P. Buchanan, L.P. Koziris, N.T. Triplett, R.T. Harris, C.L. Golden and A.C. Fry. "The effects of muscle action and short-term detraining on hormonal responses to exercise". APS Conference: Integrative Biology of Exercise, Colorado Springs, CO, 1992.

42. Fry, A.C., W.J. Kraemer, F. van Borselen, J.M. Lynch, J.L. Marsit, E.P. Roy, N.T. Triplett, and A. Clemson. "Performance decrements: development of an intensity-specific resistance exercise overtraining model". ACSM National Convention, Seattle, WA, 1993.
43. Kraemer, W.J., N.T. Triplett, J.Bauer, L.P. Koziris, A.C. Fry, J.M. Lynch, H.G. Knuttgen, and R.C. Nelson. "Heavy resistance training enhances maximal ball velocities in intercollegiate women tennis players". ACSM National Convention, Seattle, WA, 1993.
44. Triplett, N.T., W.J. Kraemer, A.C. Fry, S.J. Fleck, L.P. Koziris, and J.M. Lynch. "Hormonal responses to tournament wrestling". ACSM National Convention, Seattle, WA, 1993.
45. Clark, K.L., W.J. Kraemer, N.T. Triplett, L.P. Koziris, A.C. Fry, L.C. Mangino, B.G. Aguilera, J.M. Lynch, T.R. McConnell, and H.G. Knuttgen. "Physiological effects of heavy resistance training in women tennis players". ACSM National Convention, Seattle, WA, 1993.
46. Koziris, L.P., W.J. Kraemer, N.T. Triplett, A.C. Fry, K. Clark, and J.M. Lynch. "Force production and hormonal responses to six weeks of detraining". ACSM National Convention, Seattle, WA, 1993.

47. Fry, A.C., W.J. Kraemer, F. van Borselen, J.M. Lynch, J.L. Marsit, N.T. Triplett, and A. Clemson. "Endocrine responses to short-term intensity-specific resistance exercise overtraining". NSCA National Conference, Las Vegas, NV, 1993.
48. Knuttgen, H.G., W.J. Kraemer, N.T. Triplett, L.P. Koziris, A.C. Fry, and S.E. Gordon. "The effects of heavy resistance training on performance in tennis". 7th European Sports Medicine Congress, Nicosia, Cyprus, 1993.
49. Hikida, R.S., F.C. Hagerman, A.C. Fry, and R.S. Staron. "Exercise preferentially damages type IIB skeletal muscle fibers". Experimental Biology '94, Anaheim, CA, 1994.
50. Verdun, M., G. Dudley, A.Fry, R. Gilders, F. Hagerman, T. Murray, L. Ploutz, and R. Staron. "Specific and non-specific adaptations to rowing and cycle ergometer training". ACSM National Convention, Indianapolis, IN, 1994.
51. Fry, A.C., C.A. Allemeier, R.S. Staron, P. Johnson, F.C. Hagerman, and R.S. Hikida. "The effects of sprint cycle training on human skeletal muscle". ACSM National Convention, Indianapolis, IN, 1994.
52. Fry, A.C., W.J. Kraemer, M.H. Stone, S.J. Fleck, J.T. Kearney, N.T. Triplett, and S.E. Gordon. "Acute endocrine responses with long-term weightlifting in a 51 year old male weightlifter". NSCA National Conference, New Orleans, LA, 1994.
53. Ramsey, L.T., A.C. Fry, W.J. Kraemer, S.J. Fleck, R.S. Staron, J.M. Lynch, and A.B. Loucks. " Plasma proenkephalin peptide F responses to short-term high-intensity resistance exercise overtraining". Southeastern ACSM, Lexington, KY, 1995.

54. Haff, G., H. O'Bryant, K. Pierce, M. Stone, J. Garhammer, and A.Fry. "Power output of vertical jumps and lifts at the 1991 U.S. National Weightlifting Championships". Southeastern ACSM, Lexington, KY, 1995.
55. Fry, A.C., C.B.L. James, R.S. Staron, R.S. Hikida, and F.C. Hagerman. "Differential titin isoform expression in human skeletal muscle. ACSM National Convention, Minneapolis, MN, 1995.
56. Fry, A.C., R.S. Staron, F.C. Hagerman, M.H. Stone, J.R. Thrush, and K.D. Peterson. "Muscle fiber types and myosin heavy chain expression in elite Olympic-style weightlifters", NSCA National Conference, Phoenix, AZ, 1995.
57. Ramsey, L.T., A.C. Fry, W.J. Kraemer, and J.M. Lynch. "Pituitary responses to short-term high intensity resistance exercise overtraining", SEACSM Conference, Chattanooga, TN, 1996.
58. Fry, A.C., M.H. Stone, B.R. Cahill, K. Pierce, F. Eksten, and M. Gattone. "Correlations between competitive performance and tests of lower body power in male and female collegiate weightlifters", SEACSM Conference, Chattanooga, TN, 1996.
59. Fry, A.C., J.M. Barnes, W.J. Kraemer, and J.M. Lynch. "Overuse syndrome of the knees with resistance exercise overtraining", ACSM National Convention, Cincinnati, OH 1996.
60. Fry, M.D., and A.C. Fry. "Goal perspectives and motivational responses of elite junior weightlifters", NSCA National Conference, Atlanta, GA, 1996.
61. Fry, A.C., D. Ciroslan, M.D. Fry, L.T. Ramsey, and S. Chochon. "Physical and performance variables discriminating between elite and non-elite junior-aged male weightlifters", NSCA National Conference, Atlanta, GA, 1996.
62. Stone, M.H., J. Josey, G. Hunter, J.T. Kearney, A.C. Fry, W.J. Kraemer, R. Johnson, D. Ciroslan, and G. Haff. "Different taper lengths: effects of weightlifting performance", Overtraining and Overreaching in Sport Conference, Memphis, TN, 1996.
63. Webber, J.M., A.C. Fry, L.W. Weiss, Y. Li, M.P. Ferreira, and C.N. Alexander. "Impaired performance after high relative intensity free weight training", Overtraining and Overreaching in Sport Conference, Memphis, TN, 1996.
64. Fry, M.D., A.C. Fry, and W.J. Kraemer. "Self-efficacy responses to short-term high intensity resistance exercise overtraining", Overtraining and Overreaching in Sport Conference, Memphis, TN, 1996.
65. Fry, A.C., R.S. Staron, F.C. Hagerman, J.T. Thrush, and J.A. Gibson. "Fiber type-specific capillarization of skeletal muscle in elite Olympic-style weightlifters", Overtraining and Overreaching in Sport Conference, Memphis, TN, 1996.
66. Fry, A.C., R.S. Staron, C.B.L. James, and F.C. Hagerman. "Uniform titin cytoskeletal protein expression in elite Olympic-style weightlifters", SEACSM Conference, Atlanta, GA, 1997.

67. Bauer, J., A.C. Fry, and C. Carter. "Comparison of novice versus expert for a hang clean lift: muscle activation and temporal differences", ACSM National Convention, Denver, CO, 1997.
68. Staron, R.S., W.J. Kraemer, R.S. Hikida, J. Murray, A.C. Fry, and S.E. Gordon. "Underestimation of slow-to-fast transformation in rat soleus muscles following 10 days of spaceflight", ACSM National Convention, Denver, CO, 1997.
69. Fry, A.C., M.D. Fry, and D. Ciroslan. "Variables discriminating between elite and non-elite junior-aged female weightlifters", ACSM National Convention, Denver, CO, 1997.
70. Marx, J.O., W.J. Kraemer, R.S. Staron, F.C. Hagerman, R.S. Hikida, A.C. Fry, S.E. Gordon, B.C. Nindl, L. Gotschalk, J.S. Volek, R.U. Newton, and K. Häkkinen. "The effects of short-term resistance training on endocrine function in men and women", ACSM National Convention, Denver, CO, 1997.
71. Fry, A.C., R.S. Staron, F.C. Hagerman, and J.T. Thrush. "Muscle fiber characteristics and vertical jump performances in elite male weightlifters: a correlational study", NSCA National Conference, Las Vegas, 1997.
72. Weiss, L.W., A.C. Fry, J. Webber, E. Gossick, and H. Barrow. "Velocity-spectrum bench press validation", NSCA National Conference, Las Vegas, 1997.
73. Matuszak, M.E., T.R. Ireland, M. McKnight, L.W. Weiss, and A.C. Fry. "The effect of rest interval length on repeated one repetition maximum back squats", NSCA National Conference, Las Vegas, 1997.
74. Carter, C., J.A. Bauer, and A.C. Fry. "Effect of heel shims and belt on EMG activity during the barbell squat", NSCA National Conference, Las Vegas, 1997.
75. Fry, M.D., A.C. Fry, and M.L. Newton. "Sources of stress identified by elite junior weightlifters", AAASP Conference, San Diego, CA, 1997.
76. Harber, M.P., A.C. Fry, J.M. Webber, L.W. Weiss, and N.A. Pattison. "Myosin heavy chain expression in skeletal muscle of elite power lifters", SEACSM Conference, Destin, FL, 1998.
77. Fry, A.C., M. Wilson, M.D. Fry, and Y. Li. "The effects of simulated tennis tournament play on selected physical performance measures", SEACSM Conference, Destin, FL, 1998.
78. Fry, A.C., G. Calhoun, M.H. Stone, L.W. Weiss, Y. Li, and E.L. Cantler. "Injury rates and profiles of elite competitive Olympic-style weightlifters", ACSM National Conference, Orlando, FL, 1998.
79. Kreider, R.B., M.L. O'Toole, A.C. Fry, W.B. Kibler, D.C. Nieman, J.P. Whelan, and M. Lehman. "Overtraining in Sport", ACSM National Convention, Orlando, FL, 1998.
80. Starks, M.A., M.L. Wilson, M.D. Fry, Y. Li, and A.C. Fry. "Acute hormonal effects of simulated tennis tournament play", NSCA National Conference,

- Nashville, TN, 1998.
81. Wood, L.E., L.W. Weiss, A.C. Fry, R.B. Kreider, D. Bullen, P. Grindstaff, and G. Relyea. "The effect of pre-performance training abstinence on maximal bench press strength and power", NSCA National Conference, Nashville, TN, 1998.
 82. Harber, M.P., M.D. Fry, and A.C. Fry. "Sources of stress identified by elite collegiate weightlifters", NSCA National Conference, Nashville, TN, 1998.
 83. Smith, J.C., and A.C. Fry. "The effect of knee positioning on parallel barbell squat hip and knee torques", NSCA National Conference, Nashville, TN, 1998.
 84. Rubin, M.R., A.C. Fry, L.W. Weiss, Y. Li, E.L. Gossick, J.M. Webber, E.H. Barrow. "Effects of free weight vs. machine bench press training on strength development", NSCA National Conference, Nashville, TN, 1998.
 85. Fry, A.C., M.P. Harber, M. Vaczi, J.M. Webber, N.A. Pattison, and L.W. Weiss. "Muscle fiber characteristics of elite power lifters", NSCA National Conference, Nashville, TN, 1998.
 86. Fry, A.C., R.S. Staron, F.C. Hagerman, R.S. Hikida, G.E.R. Campos, M.A. Starks, and M.R. Rubin. "The effects of three different resistance exercise protocols on acute and chronic endocrine profiles", ACSM National Convention, Seattle, WA, 1999.
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 202. Luebbers, P.E., and A.C. Fry. "Validity of the Kansas Squat Test for track and field sprinters and jumpers" NSCA Conference, Las Vegas, NV 2009.
 203. Sogabe, A., S. Iwasaki, P.M. Gallagher, S. Edinger, and A.C. Fry. "Influence of stance width in power production during the barbell squat" NSCA Conference, Las Vegas, NV 2009.
 204. Kudrna, R., and A.C. Fry. "Average power changes across five sets for three different lifting protocols" NSCA Conference, Las Vegas, NV 2009.
 205. Herda, T.J., T.J. Housh, A.C. Fry, T.W. Beck, J.P. Weir, B.K. Schilling, E.D. Ryan and J.T. Cramer. "Relationships among muscle fiber type, mechanomyographic, and electromyographic amplitude responses patterns during ramped isometric muscle actions". NSCA Conference, Las Vegas, NV 2009.
 206. Fry, A.C., D. Honnold, A. Hudy, C. Roberts, P. Gallagher, P. Vardiman and C. Dellasega. "Relationships between muscular strength and batting performances in collegiate baseball athletes". National Strength and Conditioning Association National Conference, Orlando, FL 2010.
 207. A.C. Fry, R. Kudrna, P.M. Gallagher, N. Moodie and M. Prewitt. "Acute endocrine responses to maximal velocity barbell squats with three different loads". National Strength and Conditioning Association National Conference, Orlando, FL 2010.

208. Gallagher, P.M., A.C. Fry, P. Vardiman, M.D. Fry, R. Kudrna, N. Moodie, Z. Graham, M. McCartney and Y. Alayafi. "Effects of an eight week resistance exercise program and a "ready-to-drink" dietary supplement on muscular strength and power". National Strength and Conditioning Association National Conference, Orlando, FL 2010.
209. Luebbbers, P.E. and A.C. Fry. "The Kansas Squat Test protocol comparison: Smith machine vs. free-weights". National Strength and Conditioning Association National Conference, Orlando, FL 2010.

GRANT SUPPORT

<u>EXTERNAL</u>	<u>AGENCY/SOURCE</u>	<u>AMOUNT</u>	<u>PERIOD</u>
Skeletal muscle characteristics of elite U.S. weightlifters	U.S. Weightlifting Federation	\$3,000	1994
Talent Identification Project - Phase I	U.S. Weightlifting Federation	\$4,000	1995
Equipment Grant	Penn State University Ctr. for Sports Medicine	\$2,600	1995
Equipment Grant	Southern Exercise Equipment Co.	\$3,000	1995
Center of pressure characteristics during the power clean exercise (with J. Bauer, U. of Florida)	U.S. Weightlifting Federation	\$3,000	1996
Bone density loss in athletes	National Institutes of Health	\$50,000	1997
Performance and physiological responses to simulated tennis tournament play	U.S. Tennis Association	\$9,948	1997
Memphis Urban Youth Wellness Initiative - Olympic-style weightlifting program	Memphis Youth Fair Chance	\$16,762	1997
Bone mineral density and endocrine responses to chronic exercise	The University of Memphis Prevention Center	\$6,500	1998

Hormonal responses to long-term use of dietary creatine monohydrate	Human Performance Lab, Appalachian State Univ.	\$600	1998
The effect of circuit weight training on skeletal muscle fiber characteristics	National Strength & Conditioning Assoc.	\$2,500	1998
Endocrine responses to honey ingestion	U.S. Honey Board	\$13,500	2000
Skeletal muscle adaptations to protein supplementation and resistance exercise	GNC, Numico Corp.	\$20,000	2000-02
Memphis Urban Youth Wellness Initiative - Olympic-style weightlifting program	U.S. Dept. of Labor & City of Memphis	\$16,000	2000
The effects of astaxanthin supplementation on delayed onset muscle soreness and muscle performance	Cyanotech Corp.	\$31,000	2001-02
A pilot study for examining the effects of FlexAnew on skeletal muscle pain and soreness (co-PI with M. Greenwood, Arkansas State Univ.)	Next Pharmaceuticals, Inc.	\$25,620	2002
The acute effects of maximal resistance training on force, velocity, and power production	National Strength & Conditioning Association	\$2,500	2001-02
Anabolic Recovery supplementation and high power resistance exercise overtraining	Nutricia-USA	\$55,000	2002-2003
The effects of liquid multi-vitamin & mineral supplementation on	High Performance Fitness	\$6,900	2003-2004

anaerobic performance			
Kinetic properties of the Versa-Pulley	Heart Rate, Inc.	\$17,000	2005-2006
Comparison of muscle uptake of two formulations of creatine	GNC, Inc.	\$92,688	2005-2007
Physiologic mechanisms contributing to exercise-induced potentiation and fatigue	Univ. of Southern California	\$2,500	2006-2007
Effects of exercise and a “ready-to-drink” dietary supplement on physical, psychological and physiological adaptations (co-PI)	Labrada Nutrition	\$22,500	2009-10
<u>INTERNAL</u>	<u>SOURCE</u>	<u>AMOUNT</u>	<u>PERIOD</u>
Plasma proenkephalin peptide F responses to short-term high-intensity resistance exercise overtraining	Ohio University Biological Sciences Research Fund	\$2,100	1994
Biochemical and morphological characteristics of skeletal muscle in competitive power lifters	The University of Memphis Faculty Research Grant	\$4,000	1995
Computerized technology for Kinesiology instruction (Technology Infusion Grant)	Dept. HMSE	\$200	1998
Skeletal muscle adaptations to high intensity resistance exercise overtraining	The University of Memphis Faculty Research Grant	\$4,000	1999-2001
Non-invasive assessment of skeletal using mechanomyography	The University of Memphis FedEx Institute of Technology Research Investment Fund	\$42,000	2005
Skeletal muscle MAPK activation	New Faculty General Research	\$8,000	2008-09

during high power resistance exercise	Fund		
Skeletal muscle MAPK activation in response to chronic resistance exercise and diet in untrained men	SOE General Research Funds	\$4,000	2009-10
Perceived motivational climate and salivary cortisol	SOE General Research Funds	\$6,280	2010-11

UNIVERSITY SERVICE

	<u>COMMITTEE/ACTIVITY</u>	<u>PERIOD</u>
Department -	Exercise and Sport Sciences Laboratories Users Group	1994-2007
	Human Performance Laboratories, Safety Officer/Co-Officer	1995-2007
	Exercise Science Academic Unit	1994-2007
	Exercise Biochemistry Laboratory, Director	1994-2007
	Human Resources Committee	1994-96, 01
	Ad Hoc Committee on Internships	1994-95
	Overtraining and Overreaching in Sport - Conference Organizing Committee	1994-96
	Ad-hoc Committee - Graduate Student Handbook Development	1995-96
	Exercise Biochemistry Laboratory Users Group	1995-2007
	Material Resources Committee [Chair 97-98]	1995-98
	Graduate Council	1996-99, 02
	Acting Director, Exercise and Sport Science Laboratories	1997
	Library Representative	1998-99
	Faculty Co-Advisor, NSCA Student Chapter/ Tiger Weightlifting Club	1996-2007
	Tenure & Promotion Committee [Chair]	2003-06
	Graduate Coordinator	2006-2007
Faculty Advisor, Kansas Strength Club	2008-present	
College -	Committee for Faculty Professional Development [Chair]	2002-05
	Administrative Council	2007-present

	Strategic Planning Committee	2008-09
	100 th Anniversary SOE Committee	2008-present
	C&T Chairperson Search Committee	2008-09
	SOE Research Awards Committee	2009
University -	Physical Education Building Planning Committee	1996
	Performance Team, Department of Athletics	1997
	Environmental Health and Safety Task Force	1998-99
	Chemical Hygiene Committee	1998-06
	Faculty Research Grants, Reviewer	2001-02
	University Safety Committee	2002-03
	NCAA Certification Sub-committee on Student-Athlete Wellbeing [chair]	2008-09
 <u>OTHER SERVICE</u>		
<u>Society/Organization/Journal</u>	<u>COMMITTEE/EDITORIAL BOARD/OFFICE</u>	<u>PERIOD</u>
U.S.A. Weightlifting	Collegiate Committee	1988-03
U.S.A. Weightlifting	Research Technician, U.S. Olympic Training Center, Colorado Springs, CO	1990
U.S.A. Weightlifting	Sports Science and Medical Committee [Chair 1993-96]	1990-96, 2004- present
National Strength and Conditioning Assoc.	Research Committee	1992-96, 98-01
<i>Journal of Strength and Conditioning Research</i>	Associate Editor	1993- present
National Strength and Conditioning Association	Post-competitive Athlete Sub-committee	1993-94
<i>Crosstrainer</i>	Advisory Board	1993-95
<i>Strength and Conditioning</i>	Associate Editor	1994-04
American College of Sports Medicine	Scientific Abstract Reviewer	1995, 97
U.S.A. Weightlifting	Ad-hoc Committee for Talent Identification	1995-99
<i>Strength and Conditioning</i>	Publication Committee	1995-97
U.S.A. Weightlifting	Ad-Hoc Committees for Positive Drug Tests	1996, 97
National Strength and Conditioning Assoc.	Research Summaries Sub-committee [Chair]	1996-00
National Strength and Conditioning Assoc.	Scientific Abstract Review Sub-committee	1996-01, 04-05, 08-09
U.S.A. Weightlifting	Column editor, Sports Science Corner <i>Weightlifting - U.S.A.</i>	1997-01
U.S.A. Weightlifting	Ad-Hoc Committee on Youth in Weightlifting	1997-98
National Institutes of Health	ABC Muscle Strength and Function	1998-99

Health	Working Group	
U.S. Olympic Committee	U.S.O.C. High Performance Summit on Overtraining - Moderator	1998
American College of Sports Medicine	Writing Committee – Progression Models Resistance Exercise in Healthy Adults	1999-01
American College of Sports Medicine	Development of Product Recommendations Committee	1999-05
Memphis City Schools	Secondary In-Service Instructor	2000
National Aeronautics & Space Administration	External Peer Review Panel - National Space Biomedical Research Institute	2000, 05
American College of Sports Medicine	Proclamations Committee	2001-04
National Strength and Conditioning Assoc.	Board of Directors	2001-04
National Strength and Conditioning Assoc.	Chair, Ad-Hoc Committee on USAW Certification Issues	2001-02
National Strength and Conditioning Assoc.	Ad-Hoc Committee on NSCA Certification Issues	2001-03
National Strength and Conditioning Assoc.	Ad-Hoc Committee on College Strength and Conditioning Professionals Issues	2001-03
National Strength and Conditioning Assoc.	Board of Directors Liaison to NSCA Certification Commission	2002-04
National Aeronautic and Space Administration	Flywheel Exercise Device Non-Advocate Review Committee	2004
National Strength and Conditioning Assoc.	Communications Committee	2004- present
American Institute of Biological Sciences	Chair, External Review Committee, U.S. Army Research Institute of Environmental Medicine, Military Office of Medical Research Programs	2005
<i>American Journal of Physiology</i>	Reviewer	
<i>British Journal of Sports Medicine</i>	Reviewer	
<i>Clinical Physiology</i>	Reviewer	
<i>European Journal of Applied Physiology</i>	Reviewer	
<i>Journal of Applied Physiology</i>	Reviewer	
<i>Journal of Strength and Conditioning Research</i>	Reviewer	
<i>Medicine Exercise Nutrition and Health</i>	Reviewer	
<i>Medicine and Science in</i>	Reviewer	

<i>Sports and Exercise</i>	
<i>Metabolism</i>	Reviewer
<i>Muscle and Nerve</i>	Reviewer
<i>Peptides</i>	Reviewer
<i>Perceptual Motor Skills & Motor Control</i>	Reviewer
<i>Research Quarterly for Exercise and Sport</i>	Reviewer
<i>Scandinavian Journal of Medicine and Science in Sports</i>	Reviewer
<i>Sports Medicine</i>	Reviewer

Department of Health, Sport & Exercise Sciences –
Faculty Advisor, Kansas Strength Club

School of Education –
SOE Academic Council
SOE Strategic Planning Committee
SOE 100th Anniversary Committee
C&T Chairperson Search Committee
SOE Research Awards Committee
Attended Superintendent’s Circle

University of Kansas –
Student Athlete Well-Being Subcommittee for NCAA Certification [Chair]

Professional –
USA Weightlifting – Sport Science and Medical Committee
National Strength and Conditioning Association - Scientific abstract reviewer
National Strength and Conditioning Association – Communications Committee
Journal of Applied Physiology – Reviewer
Journal of Strength and Conditioning Research – Associate Editor
Medicine and Science in Sports and Exercise – Reviewer
Research Quarterly -Reviewer
Exerbotics, LLC - Advisory Board
General Nutrition Centers, Inc. – Scientific Consultant