

# CURRICULUM VITAE

## PERSONAL

**Philip M. Gallagher, Ph.D.**  
Applied Physiology Laboratory  
Osness Human Performance Laboratories  
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## EDUCATION

**Ball State University, Muncie, IN 47306**  
Doctor of Philosophy in Human Bioenergetics 1997 – 2000  
**Northern Michigan University, Marquette, MI 49855**  
Master of Science in Exercise Science 1994 – 1997  
**University of Wisconsin - Green Bay, Green Bay, WI 54311**  
Bachelor of Science in Human Biology 1989 – 1994

## POST DOCTORAL TRAINING

**Ball State University – Human Performance Laboratory**  
Muscle Physiology 2000 – 2004

## PROFESSIONAL EXPERIENCE

**University of Kansas – Department of Health, Sport and Exercise Science**  
Director of the Applied Physiology Laboratory 2005 – Present  
Professor 2018 – Present  
Associate Professor 2010 – 2018  
Assistant Professor 2004 – 2010  
**University of Kansas Medical Center – Department of Neurology**  
Secondary Appointment 2005 – Present  
**Ball State University – Human Performance Laboratory**  
Post Doctoral Fellow 2000 – 2004  
Doctoral Fellow 1997 – 2000  
**Northern Michigan University**  
Graduate Assistant in the Physical Education Department 1994 – 1996

## AFFILIATIONS

### Neuromuscular and Movement Disorders Division: Institute for Neurological Disorders

University of Kansas Medical Center

2009 – Present

## HONORS AND AWARD

- Fellow, American College of Sports Medicine (2018).
- Joyce Elaine Pauls-Morgan Teaching Award, Department of Health, Sports and Exercise Science at the University of Kansas (2009).
- Faculty Achievement Award: Promising Scholar, School of Education at the University of Kansas (2008).
- Accepted to and attended the Baltic Summer School - Signaling in muscle metabolism (August – September 2002).
- Inducted into University of Wisconsin – Green Bay Phoenix Hall of Fame (2000).
- Nominated for Chancellors Leadership Medallion and University Leadership Award, University of Wisconsin - Green Bay (1994).
- Individual Qualifier for NCAA National Championships in Cross-Country Skiing (1991, 1992, and 1994).

## PUBLICATIONS – Peer Reviewed Articles

[https://www.researchgate.net/profile/Philip\\_Gallagher/reputation](https://www.researchgate.net/profile/Philip_Gallagher/reputation)

<https://scholar.google.com/citations?user=nWsrya0AAAAJ&hl=en>

(Hyperlink for Google Scholar does not work, but cut and paste does)

\* Indicates student led publication where I served as mentor and corresponding author.

1. **Trevino, M, A Sterczala, J Miller, M Wray, H Dimmick, A Ciccone, J Weir, P Gallagher, A Fry, T Herda.** (In Press). Sex-related differences in muscle cross-sectional area, higher-threshold motor unit action potential amplitudes, and myosin heavy chain area of the vastus lateralis. *Acta Physiologica*, (H-Index = 98, SJR = 1.54, IF = 5.9). PMID: 29908102.
2. **Ciccone, A, J Deckert, C Schlabs, M Tilden, T Herda, P Gallagher, J Weir.** (2018 - Epub ahead of print). Transcranial Direct Current Stimulation of the Temporal Lobe Does Not Affect High Intensity Work Capacity. *J Strength Condit Res*, 29:1139-45. (H-Index = 84, SJR = 1.23, IF = 2.49). PMID: 29489734.
3. **Kudrna, R, A Fry, J Nicoles, P Gallagher, M Prewitt.** (2017). The Effect of Three Different Maximal Concentric Velocity Squat Protocols on MAPK Phosphorylation and Endocrine Responses. *J Strength Condit Res*, 29:1139-45. (H-Index = 84, SJR = 1.23, IF = 2.49). PMID: 29283929.

4. **Ciccone, A, J Deckert, T Herda, P Gallagher, J Weir.** (2017). Methodological Differences in the Interpretation of Fatigue Data from Repeated Maximal Effort Knee Extensions. *Open Sports Sci J.* 10:37-51. (H-Index = 7, SJR = 0.12, IF = 0.33).
5. \* **Siedlik, J, J Deckert, S Benedict, A Bhatta, A Dunbar, J Vardiman, P Gallagher.** (2017). T cell activation and proliferation following acute exercise in human subjects is altered by storage conditions and mitogen selection. *J Immunol Methods.* 446:7-14. (H-Index = 109, SJR = 1.05, IF = 1.86). PMID: 28366645.
6. **Lane, M, T Herda, A Fry, M Cooper, M Andre, P Gallagher.** (2017). Endocrine Responses and Acute mTOR Pathway Phosphorylation to Resistance Exercise with Leucine and Whey. *Biol Sport.* 34:197-203. (H-Index = 15, SJR = 0.45, IF = 1.14). PMID: 28566814.
7. **Trevino, M, T Herda, A Fry, P Gallagher, J Vardiman, E Mosier, J Miller.** (2016). The influence of myosin heavy chain isoform content on mechanical behavior of the vastus lateralis *in vivo*. *J Electromyogr Kinesiol.* 28:143-51. (H-Index = 75, SJR = 0.89, IF = 1.53). PMID: 27152756.
8. **Trevino, M, T Herda, A Fry, P Gallagher, J Vardiman, E Mosier, J Miller.** (2016). The influence of the contractile properties of muscle on motor unit firing rates during a moderate contraction intensity *in vivo*. *J Neurophysiol.* 116:552-62. (H-Index = 189, SJR = 2.23, IF = 2.89). PMID: 27146989.
9. \* **Siedlik, J, S Benedict, E Landes, J Weir, J Vardiman, P Gallagher.** (2016). The Effect of Acute Exercise on Lymphocyte Proliferation: A Meta-Analysis. *Brain, Behavior Immun.* 56:343-51. (H-Index = 100, SJR = 2.88, IF = 5.89). PMID: 27103377.
10. **Machado, P, M Ahmed, A Miller, L Herbelin, J He, J Noe, Y Wang, A McVey, M Pasnoor, P Gallagher, J Statland, C Lu, H Sethi, G Samandouras, M Parton, J Holton, M Hanna, R Barohn, M Dimachkie, L Greensmith.** (2016). Targeting protein homeostasis in Sporadic Inclusion Body Myositis. *Sci Trans Med.* 8:331ra41. (H-Index = 97, SJR = 8.93, IF = 15.84). PMID: 27009270.
11. \* **Siedlik, J, C Bergeron, M Cooper, D Nabhan, W Moreau, R Emmons, P Gallagher, J Vardiman.** (2016). Advanced treatment monitoring for Olympic athletes using unsupervised modeling techniques. *J Athl Training.* 51:74-81. (H-Index = 75, SJR = 1.31, IF = 1.42). PMID: 26794628.
12. \* **Siedlik, J, J Deckert, A Clopton, N Gigliotti, M Chan, S Benedict, T Herda, P Gallagher, P Vardiman.** (2016). Immunoendocrine alterations following Marine Corps martial arts training are associated with changes in moral cognitive processes. *Physiol Behavior.* 154:76-82. (H-Index = 122, SJR = 1.25, IF = 2.45). PMID: 26577267.
13. **Herda, T, J Miller, M Trevino, E Mosier, P Gallagher, A Fry, and J Vardiman.** (2016). The change in motor unit firing rates at derecruitment relative to recruitment is correlated with type I myosin heavy chain isoform content of the vastus lateralis *in vivo*. *Acta Physiol.* 216:454-63. (H-Index = 88, SJR = 1.69, IF = 4.38). PMID: 26513624.
14. \* **Graham Z, P Gallagher, C Cardozo.** (2016). Focal adhesion kinase signaling is decreased 56 days following spinal cord injury in rat gastrocnemius. *Spinal Cord.* 54:502-509. (H-Index = 82, SJR = 0.97, IF = 1.54). PMID: 26481700.

15. \* **Siedlik, J, S Siscos, K Evans, A Rolf, P Gallagher, J Seeley, J Vardiman.** (2016). Computerized neurocognitive assessments and detection of the malingering athlete. *J Sports Med Physical Fit.* 56:1086-1091. (H-Index = 50, SJR = 0.46, IF = 1.11). PMID: 26472603.
16. \* **Graham, Z, P Gallagher, C Cardozo.** (2015). Focal adhesion kinase and its role in skeletal muscle. *J of Muscle Res Cell Motil.* 36:305-315. (H-Index = 55, SJR = 1.26, IF= 2.07). PMID: 26142360.
17. **Vardiman, P, N Moodie, J Siedlik, R Kudrna, Z Graham, P Gallagher.** (2015). Short-Wave Diathermy Pre-treatment Attenuates Inflammatory Myokine Response from High-Intensity Eccentric Exercise. *J Athl Training,* 50:612-20. (H-Index = 75, SJR = 1.31, IF = 1.42). PMID: 25844857.
18. **Vardiman, J, J Siedlik, T Herda, W Hawkins, M Cooper, J Deckert, P Gallagher.** (2015). Instrument Soft Tissue Mobilization: Effects on the Properties of Human Plantar Flexors. *Int J Sports Med,* 36:197-203. (H-Index = 76, SJR = 1.21, IF = 1.97). PMID: 25347141.
19. \* **Graham, Z, C Touchberry, A Gupte, G Bomhoff, P Geiger, P Gallagher.** (2015). Changes in alpha7beta1 integrin signaling following eccentric exercise in heat shocked rat soleus muscle. *Muscle Nerve,* 51:562-568. (H-Index = 116, SJR = 1.14, IF = 2.71). PMID: 24956997.
20. \* **Siedlik, J, G Harrison, R Brigman, Z Graham, J Weir, P Gallagher, J Vardiman.** (2015). Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. *J Strength Condit Res,* 29:1139-45. (H-Index = 84, SJR = 1.23, IF = 2.49). PMID: 24045634.
21. **Cooper, M.A., T.J. Herda, J.P. Vardiman, P.M. Gallagher, A.C. Fry.** (2014). Relationships between skinfold thickness and electromyographic and mechanomyographic amplitude recorded during voluntary and non-voluntary muscle actions. *J Electromyogr Kinesiol,* 24:207-13. (H-Index = 75, SJR = 0.89, IF = 1.53). PMID: 24444832.
22. **Cooper, M, T Herda, JP Vardiman, P Gallagher, A Fry.** (2013). Relationships between the mechanomyographic amplitude patterns of response and concentric isokinetic fatiguing tasks of the leg extensors. *Physiol Meas,* 34:1293-301. (H-Index = 67, SJR = 0.80, IF = 1.58). PMID: 24021893.
23. **Gallagher, P.** (2013). Stress sensors of skeletal muscle: heat shock induced cytokine expression. Focus on "Skeletal muscle interleukin-6 regulation in hyperthermia". *Am J Physiol: Cell Physiol,* 305:C375-C376. (H-Index = 151, SJR = 1.89, IF = 3.39). PMID: 23784546.
24. **Vardiman, J, L Jefferies, C Touchberry, P Gallagher.** (2013). Intramuscular heating through fluidotherapy and heat shock protein response. *J Athl Training,* 48:353-61. (H-Index = 75, SJR = 1.31, IF = 1.42). PMID: 23675795.
25. **Gallagher, P, C Touchberry, K Teson, E McCabe, M Tehel, M Wacker.** (2013). Effects of an acute bout of resistance exercise on fiber-type specific GLUT4 and IGF-1R expression. *Appl Physiol Nutri Metab,* 38:581-86. (H-Index = 64, SJR = 0.98, IF = 2.01). PMID: 23668768.

26. \* **Touchberry, C, A Gupte, G Bomhoff, Z Graham, P Geiger, P Gallagher.** (2012). Acute heat stress prior to downhill running enhances skeletal muscle remodeling. *Cell Stress Chaperones*, 17:693-705. (H-Index = 70, SJR = 1.28, IF = 2.58). PMID: 22589083.
27. **Andre, M, A Fry, M Heyrman, A Hudy, B Holt, C Roberts, J Vardiman, P Gallagher.** (2012). A reliable method for assessing rotational power. *J Strength Condit Res*, 26:720-24. (H-Index = 84, SJR = 1.23, IF = 2.49). PMID: 22297413.
28. **Vardiman, J, C Riggs, D Galloway, M Waxman, C Touchberry, P Gallagher.** (2011). Salivary IgA is not a reliable indicator of upper respiratory infection in collegiate female soccer athletes. *J Strength Condit Res*, 25:1937-42. (H-Index = 84, SJR = 1.23, IF = 2.49). PMID: 21519285.
29. **Fitts, R, S Trappe, D Costill, P Gallagher, A Creer, P Colloton, J Peters, J Romatowski, J Bain, and D Riley.** (2010). Prolonged space flight-induced alterations in the structure and function of human skeletal muscle fibres. *J Physiol (Lond)*, 588:3567-92. (H-Index = 191, SJR = 2.67, IF = 4.73). PMID: 20660569.
30. \* **Richmond, S, C Touchberry, P Gallagher.** (2009). Forskolin attenuates the action of insulin on the Akt/mTOR pathway in human skeletal muscle. *Appl Physiol Nutri Metab*, 34:916-25. (H-Index = 64, SJR = 0.98, IF = 2.01). PMID: 19935854.
31. **Sogabe, A, N Mukai, S Miyakawa, N Mesaki, K Maeda, T Yamamoto, P Gallagher, M Schrage, A Fry.** (2009). Influence of knee alignment on quadriceps cross-sectional area. *J Biomech*, 42:2313-17. (H-Index = 150, SJR = 1.23, IF = 2.50). PMID: 19698946.
32. **Trappe, S, D Costill, P Gallagher, A Creer, J Peters, H Evans, D Riley, R Fitts.** (2009). Exercise in space: Human skeletal muscle after 6 months aboard the international space station. *J Appl Physiol*, 106:1159-68. (H-Index = 181, SJR = 1.49, IF = 3.00). PMID: 19150852.
33. **Wacker, M, M Tehel, P Gallagher.** (2008). Technique for quantitative RT-PCR analysis directly from single muscle fibers. *J Appl Physiol*, 105:308-15. (H-Index = 181, SJR = 1.49, IF = 3.00). PMID: 18467545.
34. \* **Touchberry, C, T Le, S Richmond, M Prewitt, D Beck, D Carr, J Vardiman, P Gallagher.** (2008). Diathermy treatment increases heat shock protein expression in female, but not male skeletal muscle. *Eur J Appl Physiol*, 102:319-23. (H-Index = 99, SJR = 1.15, IF = 2.33). PMID: 17943309.
35. **Trappe, S, M Harber, A Creer, P Gallagher, D Slivka, K Minchev and D Whitsett.** (2006). Single muscle fiber adaptations with marathon training. *J Appl Physiol*, 101: 721-27. (H-Index = 181, SJR = 1.49, IF = 3.00). PMID: 16614353.
36. **Gallagher, P, M Harber, A Creer, S Mazzetti, T Trappe, B Alkner, P Tesch, S Trappe.** (2005). Effects of 84-days of bedrest and resistance training on single muscle fibre myosin heavy chain distribution in human vastus lateralis and soleus muscles. *Acta Physiol Scand*, 185:61-69. (H-Index = 88, SJR = 1.69, IF = 4.01). PMID: 16128698.
37. **Raue, U, Terpstra, B, Williamson, D, P Gallagher, S Trappe.** (2005). Effects of short-term concentric vs. eccentric resistance training on single muscle fiber MHC distribution in humans. *Int J Sports Med*, 26:339-43. (H-Index = 76, SJR = 1.21, IF = 1.97). PMID: 15895315.

38. **Creer, A, P Gallagher, D Slivka, B Jemiolo, W Fink, S Trappe.** (2005). Influence of muscle glycogen availability on ERK1/2 and Akt signaling after resistance exercise in human skeletal muscle. *J Appl Physiol*, 99:950–56. (H-Index = 181, SJR = 1.49, IF = 3.00). PMID: 15879168.
39. **Carrol, C, P Gallagher, M Seidle, S Trappe.** (2005). Skeletal muscle characteristics of people with multiple sclerosis. *Arch Phys Med Rehab*, 86:224-9. (H-Index = 143, SJR = 1.43, IF = 3.05). PMID: 15706547.
40. **Harber, M, P Gallagher, A Creer, K Minchev, and S Trappe.** (2004). Single muscle fiber contractile properties during a competitive season in male runners. *Am J Physiol: Regul Integr Comp Physiol*, 278:R1124-R1131. (H-Index = 143, SJR = 1.66, IF = 3.17). PMID: 15142838.
41. **Trappe, S, T Trappe, P Gallagher, M Harber, B Alkner, P Tesch.** (2004). Human single muscle fibre function with 84 day bed-rest and resistance exercise. *J Physiol (Lond)*, 557:501-13. PMID: 15064323.
42. **Trappe, S, P Gallagher, M Harber, J Carrithers, and T Trappe.** (2003). Aging human skeletal muscle: Single muscle fiber contractile properties. *J Physiol (Lond)*, 552:47-58. PMID: 12837929.
43. **Williamson, D, P Gallagher, M Harber, S Hollon, T Sevier, and S Trappe.** (2003). Mitogen-activated protein kinase (MAPK) pathway activation: Effects of age and acute exercise on human skeletal muscle. *J Physiol (Lond)*, 547:977-87. PMID: 12562918.
44. **Harber, M, P Gallagher, J Trautmann, S Trappe.** (2002). Myosin heavy chain composition of single fibers in male distance runners. *Int J Sports Med*, 23:484-88. PMID: 12402179.
45. **Godard, M, P Gallagher, U Raue, D Williamson, D Costill, S Trappe.** (2002). Alterations in single fiber calcium sensitivity with resistance training in older women. *Pflugers Arch*, 444:419-25. PMID: 12111251.
46. **Schulze, K, P Gallagher, and S Trappe.** (2002). Resistance training preserves skeletal muscle function during unloading in humans. *Med Sci Sports Exerc*, 34: 303-313. PMID: 11828241.
47. **Williamson, D, P Gallagher, C Carrol, U Raue, S Trappe.** (2001). Reduction in hybrid single muscle fiber proportions with resistance training in humans. *J Appl Physiol*, 91:1955-61. PMID: 11641330.
48. **Trappe S, M Godard, P Gallagher, C Carroll, G Rowden, D Porter.** (2001). Resistance training improves single muscle fiber contractile function in older women. *Am J Physiol: Cell Physiol*, 281:C398-406. PMID: 11443039.
49. **Gallagher, P, J Carrithers, M Godard, K Schulze, and S Trappe.** (2000).  $\beta$ -hydroxy- $\beta$ -methylbutyrate ingestion part II: Effects on hematology, hepatic and renal function. *Med Sci Sports Exerc*, 32:2116-2119. PMID: 11128860.
50. **Gallagher, P, J Carrithers, M Godard, K Schulze, and S Trappe.** (2000).  $\beta$ -hydroxy- $\beta$ -methylbutyrate ingestion part I: Effects on strength and fat free mass. *Med Sci Sports Exerc*, 32:2109-2115. PMID: 11128859.
51. **Carrithers, J, D Williamson, M Godard, P Gallagher, K Schulze, and S Trappe.** (2000). Effects of post-exercise carbohydrate-protein feeding on muscle glycogen restoration. *J Appl Physiol*, 88:1976-82. PMID: 10846008.

52. **Watts, P, M Daggett, P Gallagher, and B Wilkins.** (2000). Metabolic response during sport rock climbing and the effects of active versus passive recovery. *Int J Sports Med*, 21:185-90. PMID: 10834350.
53. **Watts, P, B Coleman, C Clure, P Gallagher, S Humphreys, P Sustrich, and B Wilkins.** (1999). Metabolic and cardiovascular responses to performance on a high ropes course. *J Sports Med Physical Fit*, 39:37-41. PMID: 10230167.

## PUBLICATIONS – Book Chapters

1. **Vardiman, P, P Gallagher, J Siedlik.** Chapter 2: Acute and Chronic Inflammation. In: Cappaert TS, Merrick M, eds. *Sports Medicine Pathophysiology: Trauma, Disease and Athletes*. F. A. Davis Company Publisher. (Delayed publication due to artwork and illustration complexities – expected publication in 2018).
2. **Vardiman, P, P Gallagher, J Siedlik.** (2015). Potential cytoprotective effects of heat shock proteins to skeletal muscle. In: Kaur, P, ed. *Volume 9: Heat Shock Proteins-Based Therapies*. New York: Springer Publisher.

## PUBLICATIONS – Minor

1. **Vardiman, J, D Carr, P Gallagher.** (2010). Theory into Practice: Stretching: Does it help? *Strategies*, 23:1-40. (H-Index = 75, SJR = 1.31, IF= N/A).
2. **Sustrich, P, P Gallagher, and D Drewlinger.** (1995). Kinematic analysis of an indoor ski jumping simulator. *Proceedings XIII Int Symp Biomech Sports*, 261-264.

## PUBLICATIONS IN REVIEW AND IN PREPARATION

(\* Indicates student lead publication where I served as mentor and corresponding author.)

1. \* **Siedlik, J, J Deckert, S Benedict, A Bhatta, A Dunbar, J Vardiman, P Gallagher.** T cell responses to exercise stress do not adequately model those from multi-layered high-stress events. Submitted to *Med Sci Sports Exerc* (H-Index = 197, SJR = 2.07, IF = 4.5).
2. **Gallagher, P, J Ward, J Vardiman, J Siedlik, J Deckert, E Barns.** Global DNA methylation following acute and multiple bouts of Marine Corps martial arts training. Planned submission to *Stress: Inter J Biol Stress*. (H-Index = 60, SJR = 1.0, IF = 2.72).
3. \* **Hambleton, C, J Deckert, P Gallagher.** The effects of ultra marathon trail running and the physiological response of stress on salivary biomarkers. Planned submission to *Wilderness Environ Med*. (H-Index = 29, SJR = 0.49, IF = 1.16).

4. **Gallagher P, N Moodie, W. Hawkins, M Matuszek, Z Graham, J Vardiman.** Comparison of different leg press exercise volumes on intramuscular anabolic signaling. Planned submission to *J Physiol Sci*. (H-Index = 75, SJR = 0.7, IF = 2.17).
5. \* **Moodie, N, R Kudrna, M Matuszek, M Andre, P Vardiman, A Fry, P Gallagher.** The Effects of a Multi-Ingredient Pre-Workout Supplement and Eight Weeks of Resistance Training on performance, Body Composition, Inflammation, and Hypertrophic Signaling. Planned submission to *Appl Physiol Nutr Metab*. (H-Index = 64, SJR = 0.98, IF = 2.01).
6. \* **Graham, Z, J Siedlik, J Deckert, J Vardiman, P Gallagher.** Instrument-assisted soft tissue manipulation and mechanoreceptor pathways. Planned submission to *unknown*. (H-Index = ?, SJR = ?, IF = ?).
7. \* **Graham, Z, C Carroll, T Broderick, P Gallagher.** Acetaminophen and chronic treadmill exercise lead to muscle-specific alterations in phosphorylation of the  $\alpha7\beta1$  integrin pathway. Planned submission to *unknown*. (H-Index = ?, SJR = ?, IF = ?).
8. **Gallagher P, Vardiman, J, J Siedlik, J Deckert, Z Graham, N Moodie, T Herda,** Effects of Instrumented Soft Tissue Mobilization on Skeletal Muscle Following Eccentric Exercise. Planned Submission to *unknown*. (H-Index = ?, SJR = ?, IF = ?).
9. \* **Hawkins, W, S Shalhoub, P Gallagher, J Vardiman.** A novel method for the quantification of pressure forces during administration of instrument-assisted soft tissue mobilization. Planned Submission to *unknown*. (H-Index = ?, SJR = ?, IF = ?).

## GRANTS

### External Funding

1. Examination of 100% Orange Juice on Rehydration and Recovery following Repeated Exercise. *State of Florida Department of Citrus*. (\$84,570). **Co-Investigator**, (D Emmerson PI), 7/01/16 – 6/30/17.
2. Expansion Budget: Establishing Optimal Training Intervals for the Marine Corps Martial Arts Program (MCMAP) For Improvement in Physical Performance and Warrior Mindset. *Office of Naval Research*. (\$371,128). **Co-Principal Investigator**, 7/01/15 – 9/30/17.
3. Soy Health Research Program Award. *United Soybean Board*. (\$10,000). **Principal Investigator**, 2/01/15 – 1/31/16.
4. Translating neuromuscular effects of targeted isometric strength training. *National Institute of Health / National Institute of General Medical Sciences K-INBRE Partnerships for Translational Research Training Award – P20 GM103418*. (\$20,000). **Co-Investigator** (J Stanford PI), 5/01/14 – 4/30/15.
5. Establishing Optimal Training Intervals for the Marine Corps Martial Arts Program (MCMAP) For Improvement in Physical Performance and Warrior Mindset. *Office of Naval Research*. (\$711,519). **Co-Principal Investigator**, 3/01/14 – 9/30/17.



6. Intramuscular Inflammatory Response to Application of Graded Pressure Instrument Assisted Soft Tissue Mobilization. *Mid-America Athletic Trainers Association Research and Education Athletic Training Grant*. (\$1750). **Co-Investigator** (J Vardiman PI), 1/01/13 – 12/31/14.
7. The effects of leucine and whey protein supplementation on net muscle anabolism after acute resistance exercise. *General Nutrition, Inc.* (\$143,382). **Co-Investigator** (T Herda PI), 1/01/12 – 9/30/12.
8. Assessment of a Field Testing Device Used to Monitor Workloads in Endurance Cycling Athletes. *Mid-America Athletic Trainers Association Research and Education Athletic Training Grant* (\$3500). **Co-Investigator** (J Vardiman PI), 1/01/11 – 12/31/12.
9. Effects of exercise and a “ready-to-drink” dietary supplement on physical, psychological and physiological adaptations. *Labrada Nutrition, Inc.* (\$22,500). **Co-Principal Investigator**, 10/01/10 – 9/30/11.
10. Insulin Sensitivity and Brain Structure in Parkinson’s Disease and Parkinson’s Disease Dementia. *TEVA Neuroscience Research Grant*. (\$25,000). **Co-Investigator** (J Burns PI), 1/02/09 – 12/31/09.
11. Whey protein supplementation with resistance training: Effects on body composition of young adults. *Dairy Management, Inc / National Dairy Council*. (\$1,426,105). **Co-Investigator** (R Washburn PI), 6/01/07 – 5/31/10.

#### Internal Funding

1. Skeletal Muscle Wasting in Severe Burn Trauma. *University of Kansas General Research Fund*. (\$8,797). **Principal Investigator**, 6/01/15 – 5/31/16.
2. Acute and chronic immunoendocrine response to physiological and psychological dual-stress models. *University of Kansas School of Education Support Funding* (\$9625). **Co-Investigator** (J Vardiman PI), 7/01/14 – 6/31/15.
3. Mitochondrial function in human muscle biopsy samples. *University of Kansas General Research Fund*. (\$7,500). **Principal Investigator**, 5/01/12 – 4/30/13.
4. Functional activity, range of motion, power, strength, and subjective assessment following instrument assisted soft tissue mobilization. *University of Kansas School of Education Support Funding*. (\$8300). **Co-Investigator** (J Vardiman PI), 7/01/11 – 6/31/13.
5. Exercise, Muscle Damage, Inflammation, Instrument Assisted Soft Tissue Mobilization. *University of Kansas Graduate Research Funding*. (\$8558). **Co-Investigator** (J Vardiman PI), 6/01/10 – 5/30/12.
6. Inflammatory cytokines, intracellular stress kinases, obesity and aging skeletal muscle. *University of Kansas General Research Fund*. (\$8,654). **Principal Investigator**, 6/01/08 – 5/30/09.
7. Heat treatment for muscle damage. *University of Kansas General Research Fund*. (\$7,990). **Principal Investigator**, 7/01/07 – 6/30/08.
8. Interaction between age and activity level on skeletal muscle. *School of Education Innovative Idea Support Program*. (\$15,548). **Principal Investigator**, 12/15/06 – 12/14/07.

9. Effects of various core-temperatures on heat-shock protein expression. *University of Kansas General Research Fund*. (\$7,660). **Principal Investigator**, 7/01/06 – 6/30/07.
10. Effects of amino acid supplementation and resistance exercise on intracellular signaling pathways in skeletal muscle. *New Faculty General Research Fund*. (\$8,000) **Principal Investigator**, 1/02/05 – 12/31/07.
11. *Ball State University New Faculty Research Grant*. (\$1,500). **Principal Investigator**, 6/01/02 – 5/30/03.

## PUBLISHED ABSTRACTS

1. **Hawkins, W, R Thiele, J Vardiman, P Gallagher**. Effects of Instrument Assisted Soft Tissue Mobilization on Biceps Femoris Muscle Architecture. *Med Sci Sports Exerc*, 50, 2018.
2. **Kelly, M, D Emerson, E Landes, E Barnes, P Gallagher**. 100% Orange Juice Consumption on Hydration, Electrolyte, and Cardiovascular Measures Following Exercise In The Heat. *Med Sci Sports Exerc*, 50, 2018.
3. **Siedlik, J, J Vardiman, J Deckert, T Herda, J Weir, A Clopton, P Gallagher**. Change in Measures of Moral Function Following Acute Bouts of Marine Corps Martial Arts Training. *Med Sci Sports Exerc*, 50, 2018.
4. **Siedlik, J, J Deckert, A Bhatta, A Dunbar, N Gigliotti, M Chan, S Benedict, JP Vardiman, P Gallagher**. T cell responses to exercise stress do not adequately model those from tactical stress events. *J Immun*, 198, 2017.
5. **Trevino, M, P Gallagher, A Fry, J Miller, A Sterczala, T Herda**. Myosin Heavy Chain Influences Firing Rate Behavior from Moderate to High Intensity Targeted Forces. *Med Sci Sports Exerc*, 49, 2017.
6. **Hambleton, C, M Trevino, T Herda, P Gallagher**. Measures of fiber-type specific transcriptional regulation of mitochondrial morphology. *FASEB J*, 30, 2016.
7. **Tilden, M, A Ciccone, J Deckert, C Schlabs, T Barros, P Gallagher, T Herda, J Weir**. Effect of Thorstensson data collection window and muscle on EMG median power frequency slope. *Med Sci Sports Exerc*, 48, 2016.
8. **Schlabs, C, A Ciccone, J Deckert, M Tilden, T Barros, P Gallagher, T Herda, J Weir**. Effect of Thorstensson test data collection window on synergist between-muscle EMG amplitude relationships. *Med Sci Sports Exerc*, 48, 2016.
9. **Deckert, J, C Hambleton, T Herda, E Mosier, P Gallagher**. Effects of ibuprofen on the passive properties of musculotendinous stiffness in the plantar flexor muscle group. *Int J Exerc Sci*, 11(3), 2015.
10. **Hambleton, C Deckert, P Gallagher**. The effects of ultra marathon trail running on salivary biomarkers. *Int J Exerc Sci*, 11(3), 2015.
11. **Trevino, M, E Mosier, J Miller, A Fry, P Gallagher, J Vardiman, T Herda**. The influence of type-I myosin heavy chain expression on motor unit firing rates of the vastus lateralis. *in vivo. Int J Exerc Sci*, 11(3), 2015.

12. **Hawkins, W, S Shalhoub, P Gallagher, P Vardiman.** A novel method for the quantification of pressure forces during administration of instrument-assisted soft tissue mobilization. *Int J Exerc Sci*, 11(3), 2015.
13. **Siedlik, J, J Deckert, A Clopton, T Herda, J Weir, P Gallagher, J Vardiman.** Impact of acute training stress on moral decision making following Marine Corps martial arts training. *Med Sci Sports Exerc*, 47, 2015.
14. **Deckert, J, T Herda, P Gallagher, J Weir.** The effects of transcranial direct current stimulation (tdcs) on fatigue during maximal intensity exercise. *Med Sci Sports Exerc*, 47, 2015.
15. **Teson, K, H Kilbride, L Greene, P Gallagher, V Peyton, P Vardiman.** Self-report physical activity levels of extremely low birth weight, late preterm, and full-term adolescents. *Med Sci Sports Exerc*, 47, 2015.
16. **Siedlik, J, J Deckert, N Gigliotti, M Chan, S Benedict, P Gallagher, J Vardiman.** Peripheral immune response to Marine Corps martial arts training. *FASEB J*, 29, 2015.
17. **Alayafi, Y, M Alsulaiman, K Aljaloud, A Jabbary, S Aljaloud, A Aldayel, A Fry, P Vardiman, P Gallagher.** The physiological effect of fasting the month of ramadan on anthropometrics and blood variables. *FASEB J*, 29, 2015.
18. **Dimachkie D, P Machado, J He, Y Wang, A McVey, M Pasnoor, P Gallagher, L Herbelin, J Statland, A Miller, L Greensmith, J Holton, M Hann, R Barohn.** Lack of correlation between biomarker and clinical outcome measures in the arimoclomol inclusion body myositis pilot study. *Neurology*, 82:S16.001, 2014.
19. **Hawkins, W, N Moodie, M Matuszek, Z Graham, J Vardima, P Gallagher.** Comparison of different leg press exercise volumes on the AKT/mTOR signaling pathway. *Int J Exerc Sci*, 11(2), 2014.
20. **Siedlik, J, J Deckert, T Herda, J Weir, P Gallagher, J Vardiman.** Immunoendocrine response to Marine Corps martial arts training. *Int J Exerc Sci*, 11 (2), 2014.
21. **Deckert, J, T Herda, P Gallagher, J Weir.** The effects of transcranial direct current stimulation (tdcs) on peripheral fatigue of the leg extensors during a thorstensson fatigue protocol. *Int J Exerc Sci*, 11 (2), 2014.
22. **Lane, T Herda, A Fry, M Cooper, M Andre, P Gallagher, J Seeman.** Mtor pathway phosphorylation and endocrine responses following heavy resistance exercise with leucine and whey protein supplementation. *Med Sci Sports Exerc*, 46, 2014.
23. **Gallagher, P, Z Graham, T Broderick, C Carroll.** Increases in protein expression of the alpha7beta1 integrin pathway following 8 weeks of acetaminophen administration in the rat soleus. *FASEB J*, 28, 2014.
24. **Graham, Z, J Vardiman, J Siedlik, J Deckert, P Gallagher.** Instrument-assisted soft tissue manipulation has no effect on the alpha7beta1 integrin pathway. *FASEB J*, 28, 2014.

25. **Machado, P, A Miller, L Herbelin, J He, J Noel, Y Wang, A L McVey, M Pasnoor, P Gallagher, J Statland, S Brady, C-H Lu, B Kalmar, H Sethi, G Samandouras, J Holton, L Greensmith, R J Barohn, M G Hanna, M M Dimachkie.** Safety and tolerability of arimoclolomol in patients with sporadic Inclusion body myositis: A randomised, double-blind, placebo-controlled, phase IIa proof-of-concept trial. *Ann Rheum Dis*, 72:A164, 2013.
26. **Lane, M, T Herda, A Fry, M Cooper, M Andre, P Gallagher, J Seeman.** mTOR pathway phosphorylation and endocrine responses following heavy resistance exercise with leucine and whey protein supplementation. *Int J Exerc Sci*, 11 (1), 2013.
27. **Siedlik, S, S Siscos, P Gallagher, J Seeley, A Rolf, K Evans, P Vardiman.** Computerized neurocognitive assessments and detection of the malingering athlete. *Int J Exerc Sci*, 11 (1), 2013.
28. **Siedlik, J, G Harrison, R Brigman, Z Graham, J Weir.** Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. *Med Sci Sports Exer*, 45, 2013.
29. **Graham, Z, C Carroll, T Broderick, P Gallagher.** Acetaminophen has no effect on phosphorylated proteins downstream of integrins after 5-weeks of aerobic exercise training in rat soleus. *Muscle. Med Sci Sports Exer*, 45, 2013.
30. **Vardiman, P, J Siedlik, M Cooper, R Emmons, W Moreau, D Nabhan, J Street, P Gallagher.** Gold medal sports medicine: integrative model of medical care during international competition. *Med Sci Sports Exer*, 45, 2013.
31. **Deckert, J, T Herda, P Vardiman, P Gallagher, M Cooper.** The acute effects of static stretching on the passive muscle properties of the leg extensors. *Muscle. Med Sci Sports Exer*, 45, 2013.
32. **Wang, Y, H Jianghua, A McVey, M Pasnoor, P Gallagher, L Herbelin, J Statland, A Miller, L Greensmith, L, P Machado, M Hanna, R Barohn R, M Dimachkie.** Twelve-month change of ibmfrs in the arimocolomol inclusion body myositis pilot study. *Neurology*, 78: P07.225, 2012.
33. **Graham, Z, C Touchberry, P Geiger, A Gupta, G Bunhoff, and P Gallagher.** Focal adhesion kinase expression in heat-shocked rat soleus muscle following eccentric exercise. *The Physiologist*, 55, 2012.
34. **Iwasaki, S, A Sogabe, A Fry, P Gallagher, E Christensen.** A description of the relationship between straight leg raise (SLR) test and muscle hardness. *Med Sci Sports Exer*, 44, 2012.
35. **Vardiman, J, M Andre, P Moodie, J Maresh, Z Graham, M Lane, D Carr, Y Alayafi, P Gallagher.** The use of instrument assisted soft tissue mobilization to change perception of functional ability in college-aged students. *Med Sci Sports Exer*, 44, 2012.
36. **Kudrna, R, N Moodie, M Prewitt, A Fry, P Gallagher.** Erk and p38 phosphorylation following three different maximal velocity squat protocols. *Med Sci Sports Exer*, 44, 2012.
37. **Graham, Z, C Touchberry, P Geiger, A Gupte, G Bumhoff, P Gallagher.** Focal adhesion kinase expression in heat-shocked rat soleus muscle following eccentric exercise. *Med Sci Sports Exer*, 44, 2012.

38. **Vardiman, P, J Donnelly, J Honas, R Horinek, N Moodie, P Gallagher.** Comparison of immune status in active-fit and sedentary-overweight college aged students. *Med Sci Sports Exer*, 43, 2011.
39. **Moodie, N, B Kudrna, M McCartney, Z Graham, A Fry, P Vardiman, P Gallagher.** The effects of pre-workout supplementation and eight weeks of resistance training on markers of inflammation. *Med Sci Sports Exer*, 43, 2011.
40. **Lane, M, A Fry, P Gallagher, P Vardiman, A Hudy, Z Graham, M McCartney, M Andre.** Relationships of lower body power and strength for NCAA division I men's collegiate basketball players. *Med Sci Sports Exer*, 43, 2011.
41. **Kudrna, R, N Moodie, M McCartney, J Bustamante, A Fry, P Gallagher.** The effect of a multi-ingredient high caffeine pre-exercise supplement on strength power and body composition in 8 weeks of resistance training. *J Strength Condition Res*, 25, 2011.
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43. **Fry, A, D Honnold, A Hudy, C Roberts, P Gallagher, P Vardiman, C Dellasega.** Relationship between muscular strength and batting performance in collegiate baseball athletes. *J Strength Condition Res*, 25, 2011.
44. **Graham, Z, C Touchberry, P Geiger, A Gupte, G Bomhoff, P Gallagher,** Integrin signaling in heat-shocked rat skeletal muscle following eccentric exercise, *Med Sci Sports Exer*, 42: 58, 2010.
45. **Moodie, N, P Vardiman, R Kudrna, Z Graham, J Bustamante, P Gallagher.** Inflammatory cytokines and pain perception resulting from an eccentric exercise muscle damage protocol. *Med Sci Sports Exer*, 42, 2010.
46. **Fry, A, A Hudy, P Gallagher, P Vardiman, R Kudrna, N Moodie, M McCartney, J Bustamante.** Lower body power-load curves for NCAA division in men's and women's collegiate basketball players. *Med Sci Sports Exer*, 42, 2010.
47. **Sogabe, A, S Iwasaki, P Gallager, S Edinger, A Fry.** Influence of stance width on power production during the barbell squat. *J Strength Condition Res*, 24, 2010.
48. **Touchberry, C, A Gupte, G Bomhoff, P Geiger, P Gallagher.** The effect of heat shock on acute hypertrophic signaling following skeletal muscle damage. *The Physiologist*, 51, 2008.
49. **Gallagher, P, M Tehel, E McCabe, N Gandy, M Wacker.** The effects of resistance exercise on fiber-type specific GLUT4 and insulin-like growth factor-I receptor expression in human skeletal muscle. *FASEB J*, 22, 2008.
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51. **Vardiman, J, C Riggs, P Gallagher, C Touchberry.** Immune response of collegiate female soccer athletes participating in sport training and competition. *J Athl Training*, 43:3-S, 2008.
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54. **Touchberry, C, T Le, S Richmond, M Prewit, D Beck and P Gallagher.** Gender differences in skeletal muscle heat shock proteins induced by diathermy. *FASEB J*, 21, 2007.
55. **Trappe, S, J Peters, P Gallagher, H Evans, A LeBlanc, V Sinitsyn, D Riley, D Costill and R Fitts.** Human skeletal muscle responses to prolonged space flight: whole muscle size and strength. *FASEB J*, 21, 2007.
56. **Fitts, R, J Romatowski, J Peters, S Trappe, P Gallagher, A Creer, D Costill and D Riley.** Human skeletal muscle responses to prolonged spaceflight: functional capacity of single slow and fast fibers. *FASEB J*, 21, 2007.
57. **Gallagher, P, S Richmond, C Touchberry, T Le, P Vardiman, and D Carr.** Effects of diathermy on Hsp70 content in human skeletal muscle. *Med Sci Sports Exerc.* 38(11) Suppl 1:S11, 2006.
58. **Haus, J, P Gallagher, J Oleson, S Trappe, B Craig.** AMP-activated protein kinase (AMPK) and calcium/calmodulin-dependent protein kinase II (CAMK II) activation in exercising human skeletal muscle. *FASEB J*, 19, 2005.
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60. **Gallagher, P, M Harber, K Minchev, D Whitsett, S Trappe.** Comparison of gastrocnemius muscle single fiber function between college elite runners and moderately active runners. *Med Sci Sports Exerc*, 36, May 2004.
61. **Trappe, S, M Harber, P Gallagher, K Minchev, D Whitsett.** Effects of marathon run training on single muscle fiber function. *Med Sci Sports Exerc*, 36, May 2004.
62. **Creer, A Y Yang, P Gallagher, M Harber, D Whitsett, S Trappe.** Marathon training alters single muscle fiber MHC distribution. *Med Sci Sports Exerc*, 36, May 2004.
63. **Gallagher, P, B Jemiolo, S Trappe.** ERK 1/2 and TNF-alpha responses to 12-wks of resistance exercise training in young and old men. *FASEB J*, 18, 2004.
64. **Creer, A, Y Yang, P Gallagher, B Jemiolo, S Trappe.** Time course of gene activation in response to moderate running. *FASEB J*, 18, 2004.
65. **Mazzetti, S, P Gallagher, M Harber, A Creer, B Jemiolo, S Trappe.** Mitogenic signaling responses in human skeletal muscle with intense contractions. *FASEB J*, 18, 2004.
66. **Yang, Y, P Gallagher, B Jemiolo, S Trappe.** Time course activation of myogenic and metabolic genes with an acute bout of resistance exercise. *FASEB J*, 18, 2004.
67. **Gallagher, P, M Harber, S Trappe.** Human single muscle fiber contractile function from multiple biopsies and consecutive fiber segments. *FASEB J*, 17, 2003.
68. **Trappe, S, P Gallagher, M Harber, T Trappe, B Alkner, P Tesch.** Human single muscle fiber function with 84-d bedrest and resistance exercise. *FASEB J*, 17, 2003.
69. **Harber, M, P Gallagher, A Creer, S Mazzetti, T Trappe, B Alkner, P Tesch, S Trappe.** Human single muscle fiber morphology with 84-d bedrest and resistance exercise. *FASEB J*, 17, 2003.

70. **Williamson, D, P Gallagher, M Harber, S Trappe.** Human skeletal muscle mitogen-activated protein kinase (MAPK) pathway activation: effects of age and exercise. *FASEB J*, 17, 2003.
71. **Trappe, S, P Gallagher, M Harber, J Carrithers, W Evans, T Trappe.** Muscle power with aging: Whole muscle and myocellular determinants of quality. *Med Sci Sports Exerc*, 34, 2002.
72. **Carrither, J, S Trappe, P Gallagher, M Harber, D Sullivan, T Trappe.** Muscle strength with aging: Whole muscle and myocellular determinants of quality. *Med Sci Sports Exerc*, 34, 2002.
73. **Raue, U, B Terpstra, D Williamson, P Gallagher, S Trappe.** Effects of concentric vs. eccentric resistance training on single fiber muscle fiber MHC distribution in young men. *Med Sci Sports Exerc*, 34, 2002.
74. **Harber, M, P Gallagher, J Trautmann, S Trappe.** Myosin heavy chain composition of single muscle fibers in male runners. *Med Sci Sports Exerc*, 34, 2002.
75. **Carroll, C, P Gallagher, M Seidle, S Trappe.** Single fiber myosin heavy chain distribution with multiple sclerosis. *Med Sci Sports Exerc*, 34, 2002.
76. **Gallagher, P, M Harber, J Carrithers, T Trappe, S Trappe.** Single muscle fiber quality is maintained with age. *FASEB J*, 16, 2001.
77. **Carrithers, J, S Trappe, P Gallagher, T Trappe.** In-vivo skeletal muscle function with aging. *FASEB J*, 16, 2001.
78. **Harber, M, P Gallagher, J Carrithers, T Trappe, S. Trappe.** Single muscle fiber shortening velocity is not altered with age. *FASEB J*, 16, 2001.
79. **Trappe, S, P Gallagher, M Harber, J Carrithers, T Trappe.** Single muscle fiber power with aging. *FASEB J*, 16, 2001.
80. **Williamson, D, P Gallagher, M Harber, U Raue, S Trappe.** Comparison of three methodologies for fiber type determination in human vastus lateralis muscle. *FASEB J*, 16, 2001.
81. **Godard, M, P Gallagher, U Raue, D Williamson, D Costill, D Porter, G Rowden, S Trappe.** Effects of progressive resistance training on single myofiber calcium sensitivity in older women. *Med Sci Sports Exerc*, 33, 2001.
82. **Gallagher, P, D Williamson, M Godard, J Witter, S Trappe.** Effects of ribose supplementation on adenine concentration in skeletal muscle following high-intensity exercise. *Med Sci Sports Exerc*, 33, 2001.
83. **Trappe, S, D Williamson, M Godard, P Gallagher.** Maintenance of whole muscle strength and size following resistance training in older men. *Med Sci Sports Exerc*, 33, 2001.
84. **Raue, U, P Gallagher, D Williamson, M Godard, S Trappe.** Effects of ribose supplementation on performance during repeated high-intensity cycle sprints. *Med Sci Sports Exerc*, 33, 2001.
85. **Williamson, D, M Godard, P Gallagher, D Costill, and S Trappe.** Single myofibril myosin heavy chain expression among inactive humans: influence of age and gender. *Med Sci Sport Exerc*, 32, 2000.
86. **Carrithers, J, D Williamson, P Gallagher, M Godard, K Shultze, and S Trappe.** Effects of post-exercise carbohydrate-protein feeding on muscle glycogen restoration. *Med Sci Sport Exerc*, 32, 2000.

87. **Gallagher, P, J Carrithers, M Godard, K Schulze, S Trappe.**  $\beta$ -hydroxy- $\beta$ -methylbutyrate supplementation during resistance training. *Med & Sci Sports Exerc.* 31, 1999.
88. **Carrithers, J, P Gallagher, S Baier, S Trappe.** Oral ingestion of  $\beta$ -hydroxy- $\beta$ -methylbutyrate: Effects on hematology, hepatic and renal function. *Med & Sci Sports Exerc.* 31, 1999.
89. **Schulze, K, P Gallagher, S Trappe.** A minimalistic model of resistance training: Effects on skeletal muscle function during unloading. *Med & Sci Sports Exerc.* 31, 1999.
90. **Gallagher, P, M Daggett, R Jensen, P Watts.** Physiological comparison of arm vs. leg vs. combined arm and leg exercise during modified rowing. *Med & Sci Sports Exerc.* 30, 1998.
91. **Gallagher, P, M Daggett, B Wilkins, P Watts.** Effects of sport rock climbing and active vs passive recovery on hand grip force and blood lactate. *Med & Sci Sports Exerc.* 29, 1997.
92. **Watts, P, M Daggett, P Gallagher, B Wilkins.** Continuous assessment of oxygen uptake during and after difficult sport rock climbing. *Med & Sci Sports Exerc.* 29, 1997.
93. **Daggett, M, R Jensen, P Gallagher, E Gannon, P Watts.** Physiological responses elicited by varied terrain while riding a mountain bicycle. *Med & Sci Sports Exerc.* 29, 1997.
94. **Jensen, R, M Daggett, P Gallagher, B Wilkins.** The reliability and validity of the Caltrac[™] activity monitor during stationary cycling at 60 and 90 RPM. *Med & Sci Sports Exerc.* 29, 1997.
95. **Coleman, B, C Clure, P Gallagher, S Humphreys, P Sustrich, B Wilkins, P Watts.** Metabolic and cardiovascular responses to performance on a high ropes course. *Med & Sci Sports Exerc.* 28, 1996.

#### LEAD AUTHOR PRESENTATIONS (\* - Indicates Invited Presentation)

1. Skeletal muscle wasting – an update from bench to countermeasures *American College of Sports Medicine, Central State Regional Meeting.* Fayetteville, Arkansas (October, 2016).\*
2. Increases in protein expression of the  $\alpha$ 7 $\beta$ 1 integrin pathway following 8 weeks of acetaminophen administration in the rat soleus. *Federation of American Societies for Experimental Biology.* San Diego, California (April, 2014).
3. The role of the mitochondria in healthy aging skeletal muscle. *Clinical and Translational Research Seminars,* Kansas City, KS (April 2013).\*
4. The role of the mitochondria in healthy skeletal muscle. *HSES Graduate Research Seminar Series,* Lawrence, KS (April, 2013).\*
5. Resistance Exercise, aging, and skeletal muscle. *Claridge Court - Men's Breakfast,* Prairie Village, KS (November 2012).\*
6. Resistance exercise, aging, and skeletal muscle. *American College of Sports Medicine, Central State Regional Meeting.* Columbia, Missouri (October, 2012).\*
7. Anabolic vs. anti-catabolic: Is there a difference and if so, can we exploit it? *Collegiate and Professional Sports Dietitians Association Meeting.* St. Pete's Beach, FL (May 2012).\*



8. Validity and reliability assessment of a power meter field-testing device. *American College of Sports Medicine, Central State Regional Meeting*. Overland Park, KS (October, 2011).
9. Long-term efficacy of protein timing and hypertrophy: Where is the data? *National Strength and Conditioning Conference*, Las Vegas, NV (July 2011).\*
10. Protein requirements for athletes: Facts and fallacies. *Midwest Sports Performance Conference*, Lawrence, KS (May 2011).\*
11. From the lab to the court. How an exercise physiologist can help a coach, *Midwest Sports Performance Conference*, Lawrence, KS (May 2009).\*
12. Heat shock proteins and exercise. *American College of Sports Medicine, Central State Regional Meeting*. Kansas City, Missouri (October, 2008).\*
13. Skeletal muscle physiology. *Integrative Physiology of Exercise*. University of Kansas Medical Center, Kansas City, KS (September 2007).\*
14. Exercise physiology and aging skeletal muscle. *Neurophysiology Fellows Lecture*. Landon Center on Aging, Kansas City, KS (May 2007).\*
15. Interaction of resistance exercise and BCAA supplementation on Akt and p70 s6 kinase phosphorylation in human skeletal muscle. *Federation of American Societies for Experimental Biology*. Washington, DC, (May, 2007).
16. Aging muscle: Use it or lose it? *Alzheimer & Memory Seminar Series*, Landon Center on Aging, Kansas City, KS (March 2007).\*
17. Effects of diathermy on Hsp70 content in human skeletal muscle. *American College of Sports Medicine Intersociety Meeting: Integrative Biology of Exercise*. Indianapolis, IN (September, 2006).
18. Muscle wasting with unloading and aging, *University of Kansas Gerontology Center Faculty Colloquium*. Lawrence, KS (April 2006).\*
19. Role of exercise in compression of morbidity. *Central Plains Geriatric Education Center Core Conference*. Kansas City, MO (January 2006).\*
20. Zvezdny Gorodok: My travels to Stellar Town. *Center for Russian, East European and Eurasian Studies Brown Bag Lunch*. Lawrence, KS (October, 2005).\*
21. No change in AMPK phosphorylation (Thr172), despite significant decreases in total adenine nucleotide levels in human skeletal muscle. *Federation of American Societies for Experimental Biology*. San Diego, CA (April, 2005).
22. Human muscle volume and performance: The effect of 6-months of microgravity. *American Physiological Society Intersociety Meeting: Integrative Biology of Exercise*. Austin, Texas (October, 2004).
23. Potential mechanisms for skeletal muscle wasting. *American College of Sports Medicine, Central State Regional Meeting*. Kansas City, Missouri (October, 2004).\*
24. Comparison of gastrocnemius muscle single fiber function between college elite runners and moderately active runners. *American College of Sports Medicine Annual Meeting*. Indianapolis, Indiana (June, 2004).
25. ERK 1/2 and TNF-alpha responses to 12-wks of resistance exercise training in young and old men. *Federation of American Societies for Experimental Biology*. Washington, D.C. (April, 2004).
26. Human single muscle fiber contractile function from multiple biopsies and consecutive fiber segments. *Federation of American Societies for Experimental Biology*. San Diego, California (April, 2003).

27. Effects of age and resistance training on myosin heavy chain distribution, *Baltic Summer School*. Copenhagen, Denmark (August, 2002).
28. Single muscle fiber quality is maintained with age. *Federation of American Societies for Experimental Biology*. New Orleans, Louisiana (April, 2002).
29. Aging and skeletal muscle. *Sports Medicine Lecture Series*. Central Indiana Sport Medicine Clinic, Muncie, Indiana (September, 2001).\*
30. Effects of ribose supplementation on adenine nucleotide concentration in skeletal muscle following high-intensity exercise. *American College of Sports Medicine Annual Meeting*. Baltimore, Maryland. (June, 2001).
31. Single muscle fiber myosin heavy and light chain phenotype changes with resistance training. *Federation of American Societies for Experimental Biology*. Orlando, Florida (April, 2001).
32. Effects of ribose supplementation on adenine nucleotide concentration in skeletal muscle following high-intensity exercise. *Mid-West Region of the American College of Sports Medicine Annual Meeting*. Grand Rapids, Michigan (October, 2000).
33.  $\beta$ -hydroxy- $\beta$ -methylbutyrate supplementation during resistance exercise training: Influence of dosage on muscle metabolism. *American College of Sports Medicine Annual Meeting*. Seattle, Washington. (June, 1999).
34. Physiological comparison of arm vs. leg vs. combined arm and leg exercise during modified rowing. *American College of Sports Medicine Annual Meeting*. Orlando, Florida. (June, 1998).
35. No effect of music on performance and physiological parameters during a simulated running race. *American College of Sports Medicine Annual Meeting*. Cincinnati, Ohio. (June, 1996).

## TEACHING EXPERIENCE

### University of Kansas

Doctoral Seminar (G)	F12, S14, S16, S18
Exercise Biochemistry (U)	S09, S10, S11, S12, S13, Su13, S14, S15, F15, S17, S18
Grant Writing (G)	S08
Biochemistry of Exercise (G)	F06, F08, S10, S11, S12, S13, S14, S15, S17, S18
Exercise Physiology (U)	Su06, Su07, F07, Su08, Su09, F09, Su10, F10, Su11, F11, Su12, F12, Su13, F13, Su14, F14, Su 15, S17, Su17, F18, Su18
Clinical Fitness and Evaluation Techniques (U)	Su06, F13
Lab Experience & Analysis in Ex Phys (G)	F05, F06, F08, F10
Intro to Exercise Science (U)	Su05
Proc & Tech in Physical Training (U)	Su05
Advanced Exercise Physiology (G)	S05, S06, S07, F09, F11, F14
Exercise and the Cardiovascular System (G)	S05, S06, S07, S08, S09, S11,

Muscle Physiology (G)

S13, S15, S17  
F04, F05, F07, S12

Ball State University

Exercise Physiology (U)

S02, S04

Physiology (U)

S99, F01

Exercise Physiology Laboratory (U)

F99, F00, F01

Northern Michigan University

How to Teach Rock Climbing (U)

S97

Exercise Physiology Laboratory (U)

F94, F95, S96

Mechanical Kinesiology Laboratory (U)

S95, S96

Activity Classes: XC Skiing, Mountain Biking,  
Jogging, Rock Climbing

F94, S95, F95, S96

**STUDENT MENTORING (of which I was committee chair)**

Current Doctoral Student

- Jake Deckert, Official Graduation in December 2018.  
Currently a Post-Doctorate at Hofstra Northwell Health, Manhasset, NY.
- Cathy Hambleton, 4<sup>th</sup> year PhD student.
- Matthew Bubak, 3<sup>rd</sup> year PhD student.

Past Doctoral Students

- William Hawkins, Graduated in May 2017.  
Currently an Assistant Professor at University of Southern Indiana, Evansville, IN.
- Jacob Siedlik, Graduated in May 2016.  
Currently an Assistant Professor at Creighton University, Omaha, NE.
- Yahya Alayafi, Graduated in August 2014.  
Currently a Post-Doctorate at the University of São Paulo, Brazil.
- Zachary Graham, Graduated in May 2014.  
Currently a Post-Doctorate at James J. Peters Veterans Affairs Hospitals Medical Center, Bronx, NY.
- Nicole Gandy-Moodie, PhD, Graduated in August 2010.  
Currently an Associate Professor at Rockhurst University, Kansas City, MO.
- Chad Touchberry, PhD, Graduated in August 2009.  
Performed a Post-Doctorate at the University of Missouri – Kansas City, MO.  
Currently an Assistant Teaching Professor at the University of Missouri – Kansas City, MO.
- Scott Richmond, PhD, Graduated in May 2007.  
Performed a Post-Doctorate at the Washington University, St. Louis, MO.  
Currently an Assistant Professor at Lindenwood University, St. Charles, MO.

Current Masters Students (Thesis)

N/A

### Past Masters Students (Thesis)

- Evan Landes, Graduated in May 2018
- Jamie Ward, Graduated in August 2016
- Jake Deckert, Graduated in May 2015
- Russell Emmons, Graduated in August 2013
- Bryan Bond, Graduated in May 2012
- Justin Fletcher, Graduated in August 2010
- Zachary Graham, Graduated in August 2010
- Michael Prewitt, Graduated in August 2009
- Laura Jefferies, Graduated in December 2008
- Patrick Moodie, Graduated in December 2007

### Past Masters Students (Non-Thesis)

- Michael Thompson, Graduated in 2017
- Brendan Thibault, Graduated in 2015
- Britney Jull, Graduated in 2014
- Cathy Hambleton, Graduate in 2014
- Justin Springer, Graduated in 2013
- Stephanie Newell, Graduated in 2013
- Mallory McCartney, Graduated in 2013
- Robert Mitchell, Graduated in 2011
- Kevin Buhr, Graduated in 2011
- Paul Mallamo, Graduated in 2011
- Chris Dellasega, Graduated in 2011
- Nate Burns, Graduated in 2011
- Will McDavitt, Graduated in 2010
- Rebecca May, Graduated in 2009
- Pamela Hall, Graduated in 2009
- Corey Meredith, Graduated in 2009
- Shawn Carpenter, Graduated in 2008
- Lacy Hatfield, Graduated in 2008
- Yahya Alayafi, Graduated in 2007
- Jan Madlock, Graduated in 2007
- Aaron Siebert, Graduated in 2007
- Lanecia Wright, Graduated in 2007
- Elizabeth Askren, Graduated in 2007
- Laura Combs, Graduated in 2007
- Sidnee Dyke, Graduated in 2007
- Gregory Huff, Graduated in 2007
- Elizabeth Khant, Graduated in 2007
- Courtney Lockhart, Graduated in 2007
- Kelli (Dudley) Teson, Graduated in 2005
- Becky Bridson, Graduated in 2005
- Brian Erickson, Graduated in 2005

- Jennifer Fibuch, Graduated in 2005
- Melissa Mills, Graduated in 2005
- Stephanie Saur, Graduated in 2005
- Yasu Minoda, Graduated in 2005

## STUDENT COMMITTEE MEMBERSHIP

### Current Doctoral Students:

- Ronald Christian – Comprehensive Exam (F2018)

### Past Doctoral Students:

- Erik Moiser – Comprehensive Exam and Dissertation, 2018
- Justin Nicoll – Comprehensive Exam and Dissertation, 2018
- Adam Sterczala – Comprehensive Exam and Dissertation, 2018
- Michael Trevino – Comprehensive Exam and Dissertation, 2017
- Erin Blocker – Comprehensive Exam, 2017.
- Aaron Carbuhn – Comprehensive Exam and Dissertation, 2016
- Erik Willis – Comprehensive Exam and Dissertation, 2016
- Jennifer Bechard – Comprehensive Exam, 2016
- Joseph Beyer – Dissertation, 2016
- Patricia Dietz – Comprehensive Exam and Dissertation, 2015
- Matthew Andre – Comprehensive Exam and Dissertation, 2014
- Becky Kudrna – Comprehensive Exam and Dissertation, 2014
- Kelli Teson – Dissertation, 2014

### Current Masters Students (Thesis and Comprehensive):

- N/A

### Past Masters Students (Thesis and Comprehensive):

- Jonathan Miller – Thesis, 2018
- Michael Thompson – Comprehensive, 2017
- Jennifer Bechard – Comprehensive, 2016
- Erik Engelken – Comprehensive, 2016
- Michael Cooper – Thesis, 2013
- Samuel Brethauer – Thesis, 2013
- Chris Hawkins – Comprehensive, 2013
- Tyler Whitmer – Comprehensive, 2013
- Megan McCaffrey – Comprehensive, 2012
- Renee Horinek – Comprehensive, 2011
- Joel Luedke – Comprehensive, 2011
- Ben Anderson – Comprehensive, 2011
- Rosie Martins – Comprehensive, 2010
- Cody Roberts – Comprehensive, 2010

- Amy Dwyer – Comprehensive, 2005
- Lara Greczyn – Comprehensive, 2005
- Adam Mills – Comprehensive, 2005
- Carly Morgan – Comprehensive, 2005
- Cody Shaffer – Comprehensive, 2005

## PROFESSIONAL MEMBERSHIP

- American College of Sports Medicine (ACSM)
- American Physiological Society (APS)
- Central States Regional Chapter of ACSM
- National Strength and Conditioning Association (NSCA)

## PROFESSIONAL SERVICE

### University of Kansas:

- Human Subjects Committee, Lawrence Campus (2005 – Present)
- Faculty Mentor for Women’s Basketball Team at the University of Kansas (2009 – Present)
- Selection Committee for IRB Administrator position at KU (2017)
- Faculty Advisor for the KU Rock Climbing Club (2013 – 2015)
- Faculty Advisor for the KU Boxing Club (2012 – 2013)

### School of Education:

- Advisory Board for The Achievement and Assessment Institute, University of Kansas (2012 – 2015)
- Personnel Committee (2015 – Present)
- GRF Proposal Review Committee (2009 & 2013)

### Department of Health Sports and Exercise Science:

- Awards and Scholarship Committee (2010 – 2016)
- Director for Exercise Science Graduate Program at the University of Kansas (2006 – 2015)
- Director for Exercise Science Undergraduate Program at the University of Kansas (2006 – 2015)
- Undergraduate Curriculum Committee (2014 – 2015)
- Graduate Curriculum Committee (2006 – 2014)
- Personnel Committee (2011 – 2015)

### External Service:

President of the Central States Chapter of the American College of Sports Medicine (2007 – 2010; three year term: President Elect, President and Past-President)

Kansas State Representative for Central States Chapter of the American College of Sports Medicine (2005 – 2007)

External Reviewer for Promotion and Tenure Application at Brigham Young University (2013)

Reviewer for the University of Nebraska at Omaha Internal Seed Funding Initiative (2013)

Reviewer for Ball State University's Internal Grant Program (2003)

Manuscript Reviewer (dates for last five years):

- Journal of Applied Physiology (2018, 2017, 2016 x 2, 2015 x 2, 2014)
- Applied Physiology, Nutrition and Metabolism (2018, 2017, 2016, 2015, 2014, 2013)
- American Journal of Physiology – Reg, Integr and Comp Phy (2018, 2017, 2013)
- Plos One (2018, 2016)
- BMC Geriatrics (2018)
- Experimental Physiology (2018, 2015)
- Journal of Physiology (2017)
- Medicine and Science in Sports and Exercise (2017x3, 2015x2, 2013)
- Physiological Reports (2017)
- Exercise and Sports Science Reviews (2017)
- BMC Infectious Diseases (2017)
- Acta Physiologica (2017, 2016, 2014)
- Physiological Genomics (2017)
- International Journal of Environmental Research and Public Health (2017)
- Chemico-Biological Interaction (2017)
- Cell Stress and Chaperones (2016, 2014)
- Journal of Sports Sciences (2016)
- Muscle and Nerve (2015)
- Lipids (2015)
- Biomedical Research International (2014)
- Journal of NeuroEngineering and Rehabilitation (2014)
- American Journal of Physiology – Cell Physiology (2013)
- Brain, Behavior, and Immunity (2013)
- Journal of Sports Science and Medicine
- Journal of Strength and Conditioning Research
- International Journal of Sports Medicine and Physical Fitness
- Journal Sports Medicine and Physical Fitness