



**CURRICULUM VITAE**  
**TRENT J. HERDA, Ph.D.**

**CONTACT INFORMATION**

Department of Health, Sport, and Exercise Sciences  
University of Kansas  
1301 Sunnyside Avenue, Room 101BE  
Lawrence, KS 66045  
Office Phone: (785) 864-2224  
Email: t.herda@ku.edu

**EDUCATION**

---

- |      |   |
|------|---|
| 2011 | Doctor of Philosophy, Exercise Physiology, University of Oklahoma, Norman, Oklahoma,<br>Mentor - Dr. Joel T. Cramer |
| 2007 | Master of Science, Exercise Physiology, University of Oklahoma, Norman, Oklahoma,<br>Mentor - Dr. Joel T. Cramer    |
| 2005 | Bachelor of Science, Exercise Science, University of Sioux Falls, Sioux Falls, South<br>Dakota                      |

**PROFESSIONAL EXPERIENCE**

---

- |                |   |
|----------------|---|
| 2011 – Current | Assistant Professor, Docking Faculty Scholar, University of Kansas, Department of Health,<br>Sport, and Exercise Sciences, Neuromechanics Laboratory - Director, Hawk Fitness<br>Academy – Director. Lawrence, KS |
| 2005 – 2011    | Graduate Assistant, University of Oklahoma, Department of Health and Exercise Science,<br>Biophysics Laboratory, Norman, OK   |

**PROFESSIONAL AFFILIATIONS**

---

- |                |  |
|----------------|--|
| 2011 – Current | American College of Sports Medicine – Central States Chapter |
| 2006 - Current | National Strength and Conditioning Association               |
| 2006 - Current | American College of Sports Medicine                          |

**PROFESSIONAL SERVICE**

---

- |                |  |
|----------------|--|
| 2015 – Current | Human Subjects Committee – Lawrence, Member. |
|----------------|--|

2014 – Current	University of Kansas Honors Program, Mentor
2012 – Current	National Strength and Conditioning Association Research Committee, Elected Member
2012 – Current	National Strength and Conditioning Association, Grant Reviewer
2012 - Current	National Strength and Conditioning Association, National Conference Moderator
2012 – Current	Delta Epsilon Mu – Kappa Chapter Advisor, University of Kansas, Lawrence, KS
2012	American College of Sports Medicine Central States, Abstract Reviewer
2012	American College of Sports Medicine Central States, Undergraduate and Graduate Research Awards Reviewer
2010 – Current	National Strength and Conditioning Association, Abstract Reviewer

#### **TEACHING AND INSTRUCTIONAL ACTIVITIES**

---

2014 - Current	Motor Unit Physiology (HSES 890); Graduate Level. University of Kansas.
2013 - Current	Advance Exercise Physiology (HSES 810); Graduate Level. University of Kansas.
2012 – Current	Laboratory Experiments and Analysis – Exercise Physiology (HSES 805); Graduate Level. University of Kansas.
2011 – Current	Biomechanics (HSES 670); Undergraduate Level. University of Kansas.
2011 – Current	Introduction to Exercise Science (HSES 269); Undergraduate Level. University of Kansas.
2007 - 2011	Scientific Principles of Health and Disease (HES 1823); Undergraduate Level. University of Oklahoma.
2007 - 2011	Neuromuscular Physiology (HES 6844); Guest Lecturer; Graduate Level. University of Oklahoma.
2007 - 2011	Statistical Applications in Health and Exercise Science (HES 5863); Guest Lecturer; Graduate Level. University of Oklahoma.
2007 - 2011	Biomechanics (HES 3843); Guest Lecturer; Undergraduate Level. University of Oklahoma.
2005 - 2007	Beginning Tennis; Primary Instructor; Undergraduate Level. University of Oklahoma.



**MASTER AND DOCTORAL COMMITTEES**

***\*Committee Chair***

- 
- 2016 Jacob Siedlik, Ph.D. Student. University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.  
Immunoendocrine interactions and T cell proliferation responses to layered physical and psychological stressors.
- 2016 Farhana Abedin, Ph.D. Student. University of Kansas, Bioengineering. Lawrence, KS.  
Characterization of hydrophilic-rich phase mimic in dentin adhesive and computer-aided molecular design of water compatible visible light initiator.
- 2016 Tarrah Mitchell. Ph.D. Student. University of Kansas, Clinical Child Psychology. Lawrence, KS.
- 2015 Alexander Bryce, M.S. Student, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.  
A comparative study of strength improvements in autoregulatory training.
- 2015 Patricia Dietz, Ph.D. Student, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.  
Acute hormone response to slow velocity and traditional velocity resistance training sessions.
- 2015 Eric Mosier, M.S. Student, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.  
The contribution of upper limbs during counter-movement vertical jumps with and without arm swing.
- 2014 Beck Kudrna, Ph.D. Student, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.  
The effects of resistance exercise, resistance training, and a multi-ingredient high caffeine pre-exercise supplement on the p38 and ERK1/2 cellular signaling proteins.
- 2014 Israel Halperin, MS Student. Memorial University of Newfoundland, School of Human Kinetics and Recreation, St. John's, Newfoundland, Canada.  
Pacing strategies during repeated voluntary maximal contractions.
- 2014 Jake Deckert, MS Student, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.  
Effects of transcranial direct current stimulation on knee extensors during Thorstensson fatigue protocol.
- 2014 Zachary Graham, Ph.D. Student, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.  
The role of the focal adhesion following varying types of muscle loading.
- 2013 Eric Mosier, MS Student, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.



The contribution of upper limbs during the concentric phase of non-countermovement vertical jump.

- 2013 Linda Denney, Ph.D. Student, University of Kansas Medical Center, Department of Physical Therapy and Rehabilitation Science, Kansas City, KS.  
Rotary Task Kinematic and Kinetic Analysis of the Lower Extremity After Total Knee Arthroplasty: Stability and Strategies
- 2013 Matthew Andre, Ph.D. Student, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.  
Salivary biomarker assessment of elite collegiate basketball players across an NCAA season.
- 2013 Michael Lane, Ph.D. Student, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.  
Myosin heavy chain characteristics and their relationship to exercise performance.
- 2012 \*Michael Cooper, MS Student, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS.  
The relationships between skinfold, fatigue and the traditional and log-transformed electromyographic and mechanomyographic signal in the vastus lateralis and rectus femoris

**RESEARCH FUNDING**      \* *Student Grant/Listed as Principal Investigator*

---

1. **Herda, T.J.** Principal Investigator. University of Kansas Competition General Research Fund, 2016– 2017. \$10,648.96 requested – *\$10,648.96 awarded.*  
Neuromuscular function of a small hand muscle in children 8 to 10 years of age: an obesity study.
2. \* **Herda, T.J.**, Research Mentor. Doctoral Research Grant – Michael A. Trevino. National Strength and Conditioning Association Foundation. Colorado Springs, CO. \$14,510 requested - *\$14,510 awarded.*  
Effect of endurance training on motor unit behavior of the vastus lateralis.
3. \***Herda, T.J.**, Research Mentor. Undergraduate Research Award – Jeremy Lippman. Center for Undergraduate Research, University of Kansas. Lawrence, KS. \$1,000 requested - *\$1,000 awarded.*  
Influence of physical activity and the Sport Skills and Fitness School on motorneuron behavior in children.
4. **Herda, T.J.**, Principal Investigator. Center for Children’s Healthy Lifestyles and Nutrition Pilot Research Program. University of Kansas Medical Center/Children’s Mercy Kansas City, 2015. \$33,000 Requested – *Not Awarded.*  
Influence of physical activity, dietary intake and a physical activity camp on motorneuron behavior and muscle quality in children.
5. **Herda, T.J.**, Principal Investigator. Nutrition Research Institute - Nutrition Obesity Research Center Research Collaboration Grant. University of North Carolina, 2015. \$100,000 requested - *\$60,000 awarded.*  
The influence of obesity on motor unit behavior in children.



6. **Herda, T.J.**, Principal Investigator. Frontiers: The Heartland Institute for Clinical and Translational Research. University of Kansas Medical Center, 2015 – 2016. \$19,891 requested – *Not Awarded*.  
The influence of muscle spindle dysfunction on functional ankle instability.
7. **Herda, T.J.**, Principal Investigator. National Institutes of Health (National Institute of Arthritis and Musculoskeletal and Skin Diseases, K01), 2015 – 2020. \$640,986 requested – *Not Awarded*.  
The influence of muscle spindle dysfunction on functional ankle instability.
8. **Herda, T.J.**, Principal Investigator. Research Investment Council: Level II Proposal. University of Kansas. 2015 – 2020. \$50,000 requested – *Not Reviewed*.  
The influence of muscle spindle dysfunction on functional ankle instability.
9. Gallagher, P.M., Principal Investigator: **Herda T.J., Co-Investigator**. National Institutes of Health (National Institute of Aging, R21), 2014 – 2016. \$401,785 requested – *Not Awarded*.  
Skeletal muscle fiber-type specific adaptations and fatigue in older adults.
10. Vardiman P., Principal Investigator: **Herda T.J., Co-Investigator**. NATA Research & Education Foundation Grants Program, 2013 – 2014. \$55,766.00 requested - *Not awarded*.  
The effects of instrument assisted soft tissue mobilization on pain, functional ability, and markers of inflammation in college-aged males following exercise induced muscle damage.
11. Vardiman P., Principal Investigator: **Herda T.J., Co-Investigator**. Office of Naval Research – Broad Agency Announcements, 2013 - 2016. \$717,559 requested – *\$717,559 awarded*.  
Establishing optimal training intervals for the Marine Corps Martial Arts Program (MCMAP) for improvement in physical performance and warrior mindset.
12. Vardiman P., Principal Investigator: **Herda T.J., Co-Investigator**. Mid-America Athletic Trainers' Association Research and Education Committee, 2013. \$1,500 requested – *\$1,500 awarded*.  
Intramuscular inflammatory response to application of graded pressure instrument assisted soft tissue mobilization.
13. **Herda T.J., Principal Investigator**. University of Kansas Competition General Research Fund, 2013 – 2014. \$8,917 requested – *\$8,917 awarded*.  
A non-invasive model for muscle fiber type determination.
14. **Herda T.J., Principal Investigator**. General Nutrition Corporation (GNC), Pittsburgh, PA, 2012 – 2013. \$143,382 requested – *\$143,382 awarded*.  
The effects of leucine and whey protein supplementation on net muscle anabolism after acute resistance training.
15. **Herda T.J., Principal Investigator**. Big XII Faculty Fellowship. 2012 – 2013. \$2,500 requested - *\$2,500 awarded*.
16. **Herda T.J., Principal Investigator**. Frontiers: The Heartland Institute for Clinical and Translational Research. University of Kansas Medical Center Research Institute, 2012 – 2013. \$30,000 requested – *Not awarded*.  
Improving measurements that are required for the diagnoses of sarcopenia.
17. Vardiman P., Principal Investigator: **Herda T.J., Co-Principal Investigator**. NATA Research & Education Foundation Grants Program, 2012 – 2013. \$55,766.00 requested - *Not awarded*.



The effects of instrument assisted soft tissue mobilization on pain, functional ability, and markers of inflammation in college-aged males following exercise induced muscle damage.

18. **Herda T.J., Principal Investigator.** University of Kansas School of Education New Faculty General Research Program, 2011 – 2013. \$8,000.00 requested, *\$8,000.00 awarded.*  
Electromyographic and mechanomyographic patterns of response for the vastus lateralis and first dorsal interosseous.
19. Cramer J.T., Principal Investigator: **Herda T.J., Graduate Student Co-Investigator.** Abbott Laboratories, Columbus, OH, 2010 – 2011. \$276,147 requested, *\$276,147 awarded,* University of Oklahoma.  
Evaluation of an oral nutritional supplement containing AN777 in Malnourished and frail subjects.
20. **Herda T.J., Principal Investigator.** Robberson Research Grant, University of Oklahoma, Norman, OK. \$1,000.00 requested, *\$1,000.00 awarded.*  
The effects of aging on the neuromuscular function of the leg extensors.
21. Cramer J.T., Principal Investigator, **Herda T.J., Graduate Student Co-Investigator.** General Nutrition Corporation (GNC), Pittsburgh, PA, 2010 – 2011. \$144,739 requested, *\$144,739 awarded.* University of Oklahoma.  
Effects of whey protein supplementation on body composition, muscular strength and mobility in older adults.
22. Cramer J.T., Principal Investigator, **Herda T.J., Graduate Student Co-investigator.** General Nutrition Corporation (GNC), Pittsburgh, PA, 2008 - 2009. \$198,422 requested, *\$198,422 awarded.* University of Oklahoma.  
Effects of two different whey protein supplements on thigh muscle cross-sectional area, muscular strength, endurance and body composition during 8 weeks of resistance training.
23. Cramer J.T., Principal Investigator, **Herda T.J., Graduate Student Co-investigator.** General Nutrition Corporation (GNC), Pittsburgh, PA, 2008. \$45,000 requested, *\$45,000 awarded.* University of Oklahoma.  
The acute effects of tri-pepper blend (TPB) on endurance performance and muscular strength.
24. Cramer J.T., Principal Investigator, **Herda T.J., Graduate Student Co-investigator.** General Nutrition Corporation (GNC), Pittsburg, PA, 2007. \$85,000 requested, *\$85,000 awarded.* University of Oklahoma.  
The effects of creatine supplementation on power output, vertical jump, muscle strength and endurance investigated in a randomized, placebo-controlled, parallel study.
25. Cramer J.T., Principal Investigator, **Herda T.J., Graduate Student Co-investigator.** General Nutrition Corporation (GNC), Pittsburgh, PA, 2006. \$70,000 requested, *\$70,000 awarded.* University of Oklahoma.  
The effect of a dietary supplement on energy expenditure before, during and following low intensity exercise investigated in a randomized, placebo-controlled, double blind, cross-over study.
26. Cramer J.T. Principal Investigator, **Herda T.J., Graduate Student Co-investigator.** EPIC Nutrition, LLC. Jupiter, FL, 2006/2007. \$14,652 requested, *\$14,652 awarded.* University of Oklahoma.  
Effects of oral adenosine triphosphate supplementation (5-TETRA) on muscle strength, power output, endurance, and neuromuscular function.



**PEER REVIEWED JOURNAL PUBLICATIONS** \* *Student Publication/Corresponding Author*

---

1. \*Trevino, M.A., **T. J. Herda**, A.C. Fry, P.M. Gallagher, J.P. Vardiman, E.M. Mosier, and J.D. Miller. The influence of the contractile properties of muscle on motor unit firing rates during a moderate intensity contraction *in vivo*. *J Neurophysiol. In Press*.
2. \*Trevino, M.A., **T. J. Herda**, A.C. Fry, P.M. Gallagher, J.P. Vardiman, E.M. Mosier, and J.D. Miller. The influence of myosin heavy chain isoform content on mechanical behavior of the vastus lateralis *in vivo*. *J Electromyogr Kinesiol. In Press*.
3. \*Miller J.D., **T.J. Herda**, M.A. Trevino and E.M. Mosier. The effects of passive stretching plus vibration on strength and activation of the plantar flexors. *Appl Phys Nut Met. In Press*.
4. Costa, P.B., **T.J. Herda**, A.A. Herda, and J.T. Cramer. Effects of short-term dynamic constant external resistance training and subsequent detraining on strength of the trained and untrained limbs. *Sports. In Press*.
5. Siedlik J.A., J.A. Deckert, A.W. Clopton, N. Gigliotti, M.A. Chan, S.H. Benedict, **T.J. Herda**, J.P. Vardiman, and P.M. Gallagher (2016). Immunoendocrine alterations following Marine Corps martial arts training are associated with changes in moral cognitive processes. *Physiol Behav*. V154:76-82.
6. **Herda, T.J.**, J.D. Miller, M.A. Trevino, E.M. Mosier, P.M. Gallagher, A.C. Fry, and J.P. 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*. V216(4):454-63.
7. Smith, C.M., T.J. Housh, **T.J. Herda**, J.M. Zuniga, E.D. Ryan, C.L. Camic, H.C. Bergstrom, D.B. Smith, J.P. Weir, J.T. Cramer, E.C. Hill, K.C. Cochrane, N.D.M. Jenkins, R.J. Schmidt and G.O. Johnson. Electromyographic responses during maximal and sustained submaximal isometric muscle actions. *Int J Sports Med. In Press*.
8. Fry, A.C., **T.J. Herda**, M.A. Cooper, and M.J. Andre. A novel motion capture system for deriving accurate ground reaction forces without a force plate. *Big Data Analytics. In Press*.
9. Smith, C.M., T.J. Housh, **T.J. Herda**, J.M. Zuniga, E.D. Ryan, C.L. Camic, H.C. Bergstrom, D.B. Smith, J.P. Weir, J.T. Cramer, E.C. Hill, K.C. Cochrane, N.D.M. Jenkins, R.J. Schmidt and G.O. Johnson (2015). Effects of the innervation zone on the time and frequency domain parameters of the surface electromyographic signal. *J Electromyogr Kinesiol*. V25(4):565-70.
10. \*Trevino, M.A. and **T.J. Herda** (2015). Mechanomyographic mean power frequency of the vastus lateralis during an isometric trapezoid muscle action. *Phys Meas*. V36(7):1383-97.
11. \*Trevino, M.A. and **T.J. Herda** (2015). The effects of chronic exercise training on motor unit activation and deactivation control strategies. *J Sport Sci*. V18:1-10.
12. **Herda T.J.**, J.M. Zuniga, E.D. Ryan, C.L. Camic, H.C. Bergstrom, D.B. Smith, J.P. Weir, J.T. Cramer, and T.J. Housh (2015). The influence of electromyographic recording methods and the innervation zone on the mean power frequency-torque relationships. *J Electromyogr Kinesiol*. V25(3):423-30.



13. Buckner S.L., N.D.M. Jenkins, P.B. Costa, E.D. Ryan, **T.J. Herda**, and J.T. Cramer (2015). Comparing passive angle-torque curves from the triceps surae recorded simultaneously with a load cell apparatus versus an isokinetic dynamometer. *Med Eng and Physics*. V37(5):494-8.
14. **Herda T.J.**, J.A. Siedlik, M.A. Trevino, M.A. Cooper and J.P. Weir (2015). The influence of endurance- and resistance-training on MU control properties. *Muscle Nerve*. V52:823-43.
15. \*Trevino M.A. and **T.J. Herda** (2015). The effects of training status and muscle action on muscle activation of the vastus lateralis. *Acta Bioeng Biomech*. V17(4):107-14.
16. **Herda T.J.** and M.A. Cooper. (2015) Muscle-related differences in mechanomyography frequency-force relationships are model dependent. *Med Biol Eng Comput*. V53(8):689-97.
17. Vardiman J.P., J.A. Siedlik, **T.J. Herda**, W.C. Hawkins, M.A. Cooper, Z.A. Graham, J.A. Deckert, and P.M. Gallagher. Instrument soft tissue mobilization: effects on the properties of human plantar flexors. *Int J Sports Med*. In Press.
18. \*Trevino M.A., **T.J. Herda**, and M.A. Cooper (2014). The effects of poliomyelitis on MU behavior during repetitive muscle actions. *BMC Research Notes*. V7:6-11.
19. Ryan E.D., **T.J. Herda**, P.B. Costa, A.A. Herda, and J.T. Cramer (2014). Acute effects of stretching on neuromuscular function: The influence of aging. *Age*. V36(4):9672.
20. **Herda T.J.** and M. Cooper (2014). Examination of motor unit control properties of the vastus lateralis in an individual that had acute paralytic poliomyelitis. *J Clin Neurophysiol*. V31(4):11-15.
21. \*Cooper M.A., **T.J. Herda**, J.P. Vardiman, P.M. Gallagher, and A.C. Fry (2014). Relationships between skinfold thickness and electromyographic and mechanomyographic amplitude recorded during voluntary and non-voluntary muscle actions. *J Electromyogr. Kinesiol*. V24(2):207-13.
22. Thompson B.J., E.D. Ryan, **T.J. Herda**, P.B. Costa, A.A. Herda, and J.T. Cramer (2014). Age-related changes in the rate of muscle activation and rapid force characteristics. *Age*. V36(2):839-49.
23. \*Cooper M.A. and **T.J. Herda** (2014). Muscle related differences in the MMG-force relationships are model dependent. *Muscle Nerve*. V49(2):202-8.
24. Costa P.B., **T.J. Herda**, A.A. Herda, and J.T. Cramer (2014). Effects of dynamic stretching on strength, muscle imbalance, and muscle activation. *Med Sci Sports Ex*. V46(3):586-93.
25. **Herda T.J.**, P.B. Costa, A.A. Walter, E.D. Ryan, and J.T. Cramer (2014). The time course of the effects of constant-angle and –torque stretching on the passive mechanical properties of the musculotendinous unit. *Scand J Med Sci Sports*. V24(1):62-7.
26. \*Cooper M.A., **T.J. Herda**, J.P. Vardiman, P.M. Gallagher, and A.C. Fry (2013). Relationships between the mechanomyographic amplitude patterns of response and concentric isokinetic fatiguing tasks of the leg extensors. *Physiol Meas*. V34(10):1293-301.





27. Herda A.A., **T.J. Herda**, P.B. Costa, A.M. Valdez, E.D. Ryan, J.R. Stout, and J.T. Cramer (2013). Muscle performance, size, and safety responses after eight weeks of resistance training and protein supplementation: A randomized, double-blind, placebo-controlled trial. *J Strength Cond Res*. V27(11):3091-100.
28. **Herda T.J.**, J.M. Zuniga, E.D. Ryan, C.L. Camic, H.C. Bergstrom, D.B. Smith, J.P. Weir, J.T. Cramer, and T.J. Housh (2013). Quantifying the effects of electrode distance from the innervation zone on the electromyographic amplitude versus torque relationships. *Physiol Meas*. V34(3):315-24.
29. Costa, P.B., **T.J. Herda**, A.A. Herda, A.M. Valdez, and J.T. Cramer (2013). Effects of short-term resistance and subsequent detraining on the electromechanical delay. *Muscle Nerve*. V48(1):135-6.
30. \*Cooper M.A., **T.J. Herda**, A.A. Walter-Herda, P.B. Costa, E.D. Ryan, and J.T. Cramer (2013). The reliability of percent voluntary activation during submaximal and maximal isometric muscle actions. *J Strength Cond Res*. V27(10):2909-13.
31. **Herda T.J.**, and M.A. Cooper (2013). Electromyographic, but not mechanomyographic amplitude-force relationships, distinguished differences in voluntary activation capabilities between individuals. *J Electromyogr Kinesiol*. V23(2):356-61.
32. **Herda T.J.**, A.A. Walter, P.B. Costa, and J.T. Cramer (2013). The effects of a doublet stimulus and force level on the electromechanical delay. *J Strength Cond Res*. V27(8):2314-8.
33. **Herda T.J.**, N.D. Herda, P.B. Costa, A.A. Walter, A.M. Valdez, and J.T. Cramer (2013). The effects of dynamic stretching on the passive properties of the muscle-tendon unit. *J Sport Sci*. V31(5):479-87.
34. Costa P.B., E.D. Ryan, **T.J. Herda**, A.A. Walter, J.M. DeFreitas, J.R. Stout, and J.T. Cramer (2013). Acute effects of static stretching on peak torque and the hamstrings-to-quadriceps conventional and functional ratios. *Scand J Med Sci Sports*. V23(1):38-45.
35. Thompson B.T., E.D. Ryan, **T.J. Herda**, P.B. Costa, A.A. Walter, E.J. Sobolewski, and J.T. Cramer (2012). Consistency of rapid muscle force characteristics: Influence of muscle contraction onset detection methodology. *J Electromyogr Kinesiol*. V22(6):893-900.
36. Ryan E.D., **T.J. Herda**, P.B. Costa, A.A. Walter, and J.T. Cramer (2012). Dynamic of viscoelastic creep during repeated stretches. *Scand J Med Sci Sports*. V22(2):179-84.
37. Costa P.B., E.D. Ryan, **T.J. Herda**, A.A. Walter, K.M. Hoge, and J.T. Cramer (2012). Acute effects of passive stretching on the electromechanical delay and evoked twitch properties: a gender comparison. *J Appl Biomech*. V28(6):645-54.
38. **Herda T.J.**, P.B. Costa, E.D. Ryan, A.A. Walter, and J.T. Cramer (2011). Percent voluntary inactivation and peak force predictions with the interpolated twitch technique in individuals with high ability of voluntary activation. *Physiol Meas*. V32(10):1591-1603.
39. **Herda T.J.**, A. A. Walter, P.B. Costa, E.D. Ryan, J.R. Stout, and J.T. Cramer (2011). Differences in the log-transformed electromyographic-force relationships of the plantar flexors between high- and moderate-activated subjects. *J Electromyogr Kinesiol*. V21(5):841-846.



40. Ryan E.D., B.J. Thompson, **T.J. Herda**, E.J. Sobolewski, P.B. Costa, A.A. Walter, and J.T. Cramer. (2011). The relationship between passive stiffness and evoked twitch properties: The influence of muscle CSA normalization. *Physiol Meas.* V32(6):677-86.
41. **Herda T.J.**, P.B. Costa, A.A. Walter, E.D. Ryan, K.M. Hoge, C.M. Kerksick, J.R. Stout, and J.T. Cramer (2011). The effects of two modes of static stretching on muscle strength and stiffness. *Med Sci Sports Ex.* V43(9):1777-1784.
42. Moon J.R., J.R. Stout, A.A. Walter, A.E. Smith, M.S. Stock, **T.J. Herda**, V.D. Sherk, K.C. Young, C.M. Lockwood, K.L. Kendall, D.H. Fukuda, J.L. Graef, J.T. Cramer, T.W. Beck, and E.N. Esposito (2011). Mechanical scale and load cell underwater weighing: A comparison of simultaneous measurements and the reliability of methods. *J Strength Cond Res.* V25(3):652-61.
43. Hoge K.M., E.D. Ryan, P.B. Costa, **T.J. Herda**, A.A. Walter, J.R. Stout, and J.T. Cramer (2010). Gender differences in musculotendinous stiffness and range of motion following an acute bout of stretching. *J Strength Cond Res.* V24(6):2618-26.
44. Moon J.R., A.E. Smith, S.E. Tobkin, C.M. Lockwood, K.L. Kendall, J.L. Graef, D.H. Fukuda, P.B. Costa, M.S. Stock, K.C. Young, P. Tucker, E. Kim, **T.J. Herda**, A.A. Walter, S Ferguson, V.D. Sherk, J.T. Cramer, and J.R. Stout (2010). Reproducibility and validity of bioimpedance spectroscopy for tracking changes in total body water: implications for repeated measures. *Brit J Nutr.* V104(9):1384-94.
45. **Herda T.J.**, E.D. Ryan, P.B. Costa, A.A. Walter, K.M. Hoge, B.P. Uribe, J.R. McLagan, and J.T. Cramer (2010). Active and passive properties of voluntary and evoked muscle actions after passive stretching and prolonged vibration of the plantar flexors. *Electromyogr Clin Neurophysiol.* V50(6):277-88.
46. **Herda T.J.**, T.J. Housh, A.C. Fry, J.P. Weir, B.K. Schilling, E.D. Ryan, and J.T. Cramer (2010). A noninvasive, log-transform method for fiber type discrimination using mechanomyography. *J Electromyogr Kinesiol.* V20(5):787-94.
47. Ryan E.D., **T.J. Herda**, P.B. Costa, A.A. Walter, K.M. Hoge, J.R. Stout, and J.T. Cramer (2009). Viscoelastic creep in human skeletal muscle. *Eur J Appl Physiol.* V108(1):207-211.
48. **Herda T.J.**, E.D. Ryan, J.D. DeFreitas, P.B. Costa, A.A. Walter, K.M. Hoge, J. P. Weir, and J.T. Cramer (2009). Can recruiting rankings predict the success of NCAA Division I football teams? An examination of the relationships among Rivals and Scouts recruiting rankings and Jeff Sagarin end-of-season ratings in collegiate football. *JQAS.* V5(4)
49. Costa P.B., E.D. Ryan, **T.J. Herda**, A.A. Walter, K.M. Hoge, and J.T. Cramer (2009). Acute effects of passive stretching on the electromechanical delay and evoked twitch properties. *Eur J Appl Physiol.* V108(2):301-310.
50. Walter A.A., **T.J. Herda**, E.D. Ryan, P.B. Costa, K.M. Hoge, T.W. Beck, J.R. Stout, and J.T. Cramer (2009). Acute effects of a caffeine-containing thermogenic supplement on endurance performance and muscular strength in college-aged men. *Int J Sport Nutr Exerc Metab.* V13(6):6-15.
51. Costa P.B., E.D. Ryan, **T.J. Herda**, J.M. DeFreitas, T.W. Beck, and J.T. Cramer (2009). Effects of static stretching on the hamstring-to-quadriceps ratio and electromyographic amplitude in men. *J Sports Med Phys Fit.* V49(4):401-409.



52. Ryan E.D., **T.J. Herda**, P.B. Costa, J.M. DeFreitas, T.W. Beck, J.R. Stout, and J.T. Cramer. (2009). Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. *J Sport Sci.* V27(9):957-961.
53. **Herda T.J.**, J.P. Weir, E.D. Ryan, A.A. Walter, P.B. Costa, K. M. Hoge, T.W. Beck, J.R. Stout, and J.T. Cramer (2009). Reliability of absolute versus log-transformed regression models for examining the torque-related patterns of response for mechanomyographic amplitude. *J Neuroscience Meth.* V179:240-246.
54. **Herda T.J.**, T.J. Housh, J.P. Weir, E.D. Ryan, P.B. Costa, J.M. DeFreitas, A.A. Walter, J.R. Stout, T.W. Beck, and J.T. Cramer (2009). The consistency of ordinary least squares and generalized least squares polynomial regression on characterizing the mechanomyographic amplitude versus torque relationship. *Physiol Meas.* V30(2):115-128.
55. Ryan E.D., **T. J. Herda**, P.B. Costa, J.M. DeFreitas, T. W. Beck, J.R. Stout, and J.T. Cramer (2009). Passive properties of the muscle-tendon unit: the influence of muscle cross-sectional area. *Muscle Nerve.* V39(2):227-229.
56. DeFreitas J.M., P.B. Costa, E.D. Ryan, **T.J. Herda**, J. T. Cramer, and T.W. Beck (2008). An examination of innervation zone movement with increases in isometric torque production. *Clin Neurophysiol.* V119(12):2795-2799.
57. DeFreitas J.M., P.B. Costa, E.D. Ryan, **T.J. Herda**, J.T. Cramer and T.W. Beck (2009). Innervation zone location of the biceps brachii, a comparison between genders and correlation with anthropometric measurements. *J Electromyogr Kinesiol.* V20(1):76-80.
58. Ryan E.D., T.W. Beck, **T.J. Herda**, H.R. Hull, M.J. Hartman, P.B. Costa, J.M. DeFreitas, J.R. Stout and J.T. Cramer (2008). The time course of musculotendinous stiffness responses following different durations of passive stretching. *J Orthop Sports Phys Ther.* V38(10):632-639.
59. Costa P.B., E.D. Ryan, **T.J. Herda**, DeFreitas J.M., Beck T.W., and Cramer J.T. (2009). Acute effects of stretching on peak torque and H:Q ratio. *Int J Sports Med.* 30(1):60-65.
60. Beck T.W., T.J. Housh, J.T. Cramer, J.R. Stout, E.D. Ryan, **T.J. Herda**, P.B. Costa, and J.M. Defreitas (2009). Electrode placement over the innervations zone affects the low-, not the high-frequency portion of the EMG frequency spectrum. *J. Electromyogr. Kinesiol.* V19(4):660-666.
61. **Herda T.J.**, T.W. Beck, E.D. Ryan, M.J. Hartman, A.E. Smith, A.A. Walter, J.R. Stout, and J.T. Cramer (2009). Effects of creatine monohydrate and polyethylene glycosylated creatine supplementation on muscular strength, and endurance, and power output. *J Strengh Cond Res.* 23(3):818-826.
62. Ryan E.D., T.W. Beck, **T.J. Herda**, A.E. Smith, A.A. Walter, J.R. Stout, and J.T. Cramer (2009). Acute effects of a thermogenic nutritional supplement on energy expenditure and cardiovascular function at rest, during low-intensity exercise, and recovery from exercise. *J Strengh Cond Res.* 23(3):807-817.
63. **Herda T.J.**, E.D. Ryan, T.W. Beck, P.B. Costa, J.M. DeFreitas, and J.T. Cramer (2008). Reliability of mechanomyographic amplitude and mean power frequency during isometric step and ramp muscle actions. *J. Neuroscience Meth.* V171(1):104-109.



64. Ryan E.D., T.W. Beck, **T.J. Herda**, H.R. Hull, M.J. Hartman, and J.T. Cramer (2008). Do practical durations of stretching alter muscle strength? A dose-response study. *Med Sci Sports Ex.* V40(8):1529-37.
65. **Herda T.J.**, E.D. Ryan, A.E. Smith, A.A. Walter, M.G. Bembem, J.R. Stout, and J.T. Cramer (2009). Acute effects of passive stretching versus vibration on the neuromuscular function of the plantar flexors. *Scand J Med Sci Sports.* V19(5):703-713.
66. **Herda T.J.**, E.D. Ryan, J.R. Stout, and J.T. Cramer (2008). Effects of a supplement designed to increase ATP levels on muscle strength, power output, and endurance. *J Int Soc Sports Nutr.* V5(3).
67. Walter A.A., A.E. Smith, **T.J. Herda**, E.D. Ryan, J.R. Moon, J.T. Cramer, and J.R. Stout (2008). Effects of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged men. *Int J Sport Nutr Exerc Metab.* V18(2):142-151.
68. Smith A.E., A.A. Walter, **T.J. Herda**, E.D. Ryan, J.R. Moon, J.T. Cramer, and J.R. Stout (2007) Effects of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged women. *J Int Soc Sports Nutr.* V4(4).
69. **Herda T.J.**, J.T. Cramer, E.D. Ryan, M.P. McHugh, and J.R. Stout (2008). Acute effects of static versus dynamic stretching on isometric peak torque, electromyography, and mechanomyography of the biceps femoris muscle. *J Strength Cond Res.* V22(3):809-817.
70. Ryan E.D., T.W. Beck, **T.J. Herda**, M.J. Hartman, J.R. Stout, T.J. Housh, and J.T. Cramer (2007). Mechanomyographic amplitude and mean power frequency responses during isometric vs. step muscle actions. *J Neurosci Methods.* V168(2):293-305.
71. Ryan E.D., J.T. Cramer, T.J. Housh, T.W. Beck, **T.J. Herda**, M.J. Hartman, J.R. Stout (2007). Inter-individual variability among the mechanomyographic and electromyographic amplitude and mean power frequency responses during isometric ramp muscle actions. *Electromyogr. Clin. Neurophysiol.* V161(2):212-219.
72. Ryan E.D., J.T. Cramer, T.J. Housh, T.W. Beck, **T.J. Herda**, and M.J. Hartman (2007). Inter-individual variability in the torque-related patterns of responses for mechanomyographic amplitude and mean power frequency. *J Neurosci Methods.* V161(2):212-219.
73. Ryan E.D., J.T. Cramer, A.D. Egan, M.J. Hartman, and **T.J. Herda** (2007). Time and frequency domain responses of the mechanomyogram and electromyogram during isometric ramp contractions: A comparison of the short-term Fourier and continuous wavelet transforms. *J Electromyogr Kinesiol.* V18(1):54-67.

**PEER REVIEWED JOURNAL PUBLICATIONS (In Review) \* Student Publication/Corresponding AU**

74. Smith, C.M., T.J. Housh, J.M. Zuniga, E.D. Ryan, C.L. Camic, H.C. Bergstrom, D.B. Smith, **T.J. Herda**, J.P. Weir, J.T. Cramer, E.C. Hill, K.C. Cochrane, N.D.M. Jenkins, R.J. Schmidt and G.O. Johnson. Influences of interelectrode distance and the innervation zone on electromyographic parameters during the process of fatigue. *JEK. In Review.*
75. \*Mosier, E.M., **T.J. Herda**, M.A. Trevino, and J.D. Miller. The influence of muscle spindle function on motor unit control strategies. *Muscle Nerve. Revisions Submitted.*



76. Lane M.T., **T.J. Herda**, A.C. Fry, M.A. Cooper, M.J. Andre, and P.M. Gallagher. Endocrine responses and acute mTOR pathway phosphorylation to resistance exercise with leucine and whey. *J Amino Acids*. *In Review*.
77. Smith, C.M., T.J. Housh, **T.J. Herda**, J.M. Zuniga, E.D. Ryan, C.L. Camic, H.C. Bergstrom, D.B. Smith, J.P. Weir, J.T. Cramer, E.C. Hill, K.C. Cochrane, N.D.M. Jenkins, R.J. Schmidt and G.O. Johnson. Changes in activation strategies throughout a sustained isometric muscle action. *J Strength Cond Res*. *In Review*.
78. **Herda, T.J.**, M.A. Trevino, E.M. Mosier, and J.D. Miller. The concurrent examination of motor unit and mechanical behavior during linearly increasing and decreasing muscle actions. *J Biomech*. *In Review*.
79. Graham, Z.A., J.P. Vardiman, J.A. Siedlik, J.A. Deckert, **T.J. Herda**, and P.M. Gallagher. Instrument-assisted soft tissue manipulation and the integrin / focal adhesion kinase pathway. *J Orthop Sports Phys Ther*. *In Review*.
80. Dietz, P.R., A.C. Fry, **T.J. Herda**, M.A. Cooper, M.T. Lane, and M.J. Andre. Kinetic and kinematic properties of low versus traditional velocity resistance exercise. *J Strength Cond Res*. *In Review*.
81. \*Mosier, E.M., **T.J. Herda**, and M.A. Trevino. Reliability of motor unit recruitment threshold versus mean firing rate relationship during submaximal contractions. *J Strength Cond Res*. *In Review*.

---

**PEER REVIEWED JOURNAL PUBLICATIONS IN PROCESS**     \* *Student Publication*

---

82. Vardiman J.P., N. Moodie, Z. Graham, **T.J. Herda**, S. Cupp, and P.M. Gallagher. Instrument assisted soft tissue mobilization: effects on inflammation, pain, strength, and range of motion in human skeletal muscle following eccentric exercise. *J Manipulative Physiol Ther*. *In Review*.

---

**TEXTBOOK CHAPTERS IN PROCESS**

---

1. **Herda T.J.**, J.T. Cramer. Bioenergetics of exercise and training in *NSCA's Essentials of Strength Training and Conditioning*. 4<sup>th</sup> edition. Editors: Thomas Baechle and Roger Earle. Human Kinetics, Champaign, IL

---

**PUBLISHED ABSTRACTS**

---

1. Marquess, L.M., O.M. Rehman, J.D. Miller, J. Lippman, E.M. Mosier, M.A. Trevino, and **T.J. Herda**. Acute effects of passive stretching on the electromechanical delay at short and long muscle lengths. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2015.
2. Tilden, M.J., A.B. Ciccone, J.A. Deckert, C.R. Schlabs, T.A.R. Barros, **T.J. Herda**, and J.P. Weir. Effect of thorstenson data collection window and muscle on EMG median power frequency slope. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2015.
3. Miller, J.D., O.M. Rehman, L.M. Marquess, M.A. Trevino, E.M. Mosier, and **T.J. Herda**. Examining motor unit potentiation of the vastus lateralis during an isometric trapezoid muscle action at 50% of maximal



voluntary contraction. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2015.

4. Mosier, E.M., M.A. Trevino, J.D. Miller, and T.J. Herda. Acute effects of vibration on recruitment threshold versus peak firing rate relationship during an isometric contraction. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2015.
5. Rehman, O.M., J.D. Miller, L.M. Marquess, J.D. Lippman, E.M. Mosier, M.A. Trevino, and **T.J. Herda**. The effects of passive stretching plus vibration on voluntary inactivation and peak torque of the planter flexors at a short and long muscle length. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2015.
6. Barros, T.A.R., A.B. Ciccone, J.A. Deckert, C.R. Schlabs, M.J. Tilden, **T.J. Herda**, and J.P. Weir. Effect of thorstenson test data collection window on synergist between-muscle EMG amplitude relationships. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2015.
7. Schlabs, C.R., A.B. Ciccone, J.A. Deckert, M.J. Tilden, T.A.R. Barros, **T.J. Herda**, and J.P. Weir. Effect of fatigue index calculation method on the quantification of fatigue. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2015.
8. Deckert, J.A., C.A. Hambleton, **T.J. Herda**, E.M. Mosier, and P.M. Gallagher. Effects of ibuprofen on the passive properties of musculotendinous stiffness of the plantar flexor muscle group. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2015.
9. Dietz, P.R., A.C. Fry, **T.J. Herda**, M.T. Lane, and M.J. Andre. Kinematic properties of slow velocity and traditional velocity resistance training sessions. Accepted for presentation at the National Strength and Conditioning Association national conference in Orlando, FL. July, 2015. *J Strength Cond Res*, 29(Suppl.).
10. Lane, M.T., A.C. Fry, **T.J. Herda**, J.P. Weir, and A.W. Herda. Fast myosin heavy chain isoform composition is related to leg extension velocity and power performance. Accepted for presentation at the National Strength and Conditioning Association national conference in Orlando, FL. July, 2015. *J Strength Cond Res*, 29(Suppl.).
11. Trevino, M.A., E.M. Mosier, and **T.J. Herda**. The influence of type I myosin heavy chain expression on motor unit control properties during a submaximal isometric contraction. Accepted for presentation at the National Strength and Conditioning Association national conference in Orlando, FL. July, 2015. *J Strength Cond Res*, 29(Suppl.).
12. Smith, C.S., T.J. Housh, **T.J. Herda**, J.M. Zuniga, E.D. Ryan, C.L. Camic, H.C. Bergstrom, D.B. Smith, J.P. Weir, J.T. Cramer, K.C. Cochrane, E.C. Hill, N.D.M. Jenkins, R.J. Schmidt, and G.O. Johnson. Effects of the innervation zone on electromyographic time and frequency domain parameters during a fatiguing isometric muscle action. Accepted for presentation at the National Strength and Conditioning Association national conference in Orlando, FL. July, 2015. *J Strength Cond Res*, 29(Suppl.).



13. Ciccone, A.B., J.A. Deckert, J.P. Weir, **T.J. Herda**, and P.M. Gallagher. Thorstensson test data analysis method affects percent fatigue calculation. Accepted for presentation at the American College of Sports Medicine national conference in San Diego, CA. June, 2015. *Med Sci Sports Exerc*, 46(5 Suppl.).
14. Smith, C.S., **T.J. Herda**, J.M. Zuniga, E.D. Ryan, C.L. Camic, H.C. Bergstrom, D.B. Smith, J.P. Weir, J.T. Cramer, K.C. Cochrane, E.C. Hill, N.D.M. Jenkins, T.J. Housh, R.J. Schmidt, and G.O. Johnson. Effects of the innervation zone on electromyographic responses during fatiguing isometric muscle actions. Accepted for presentation at the American College of Sports Medicine national conference in San Diego, CA. June, 2015. *Med Sci Sports Exerc*, 46(5 Suppl.).
15. Trevino, M.A., E.M. Mosier, and **T.J. Herda**. The effects of training status and muscle action on electromyographic amplitude of the vastus lateralis. Accepted for presentation at the American College of Sports Medicine national conference in San Diego, CA. June, 2015. *Med Sci Sports Exerc*, 46(5 Suppl.).
16. Mosier, E.M., M.A. Trevino, and **T.J. Herda**. Reliability of motor unit recruitment threshold versus mean firing rate relationship during a submaximal contraction. Accepted for presentation at the American College of Sports Medicine national conference in San Diego, CA. June, 2015. *Med Sci Sports Exerc*, 46(5 Suppl.).
17. Costa, P.B., **T.J. Herda**, A.A. Herda, and J.T. Cramer. Effects of resistance exercise mode on rating of perceived exertion during short-term training. Accepted for presentation at the American College of Sports Medicine national conference in San Diego, CA. June, 2015. *Med Sci Sports Exerc*, 46(5 Suppl.).
18. Deckert, J.A., T.J. Herda, P.M. Gallagher, and J.P. Weir. The effects of transcranial direct current stimulation (tDCS) on fatigue during maximal intensity exercise. Accepted for presentation at the American College of Sports Medicine national conference in San Diego, CA. June, 2015. *Med Sci Sports Exerc*, 46(5 Suppl.).
19. Costa, P.B., **T.J. Herda**, A.A. Herda, and J.T. Cramer. Effects of resistance exercise mode on rating of perceived exertion during short-term training. Accepted for presentation at the Southwest Chapter of the American College of Sports Medicine regional conference, Costa Mesa, CA, October 2014.
20. Mosier, E.M., M.A. Trevino, and **T.J. Herda**. Reliability of motor unit recruitment threshold versus mean firing rate relationships during submaximal contractions. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Overland, KS, October 2014.
21. Trevino, M.A., E.M. Mosier, and **T.J. Herda**. Mechanomyographic mean power frequency of the vastus lateralis during an isometric trapezoid muscle action. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Overland, KS, October 2014.
22. Deckert, J.A., **T.J. Herda**, P.M. Gallagher, and J.P. Weir. The effects of transcranial direct current stimulation (tDCS) on peripheral fatigue of the leg extensors during a Thorstensson fatigue protocol. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Overland, KS, October 2014.
23. Siedlick, J.A., J.A. Deckert, **T.J. Herda**, J.P. Weir, P.M. Gallagher, and J.P. Vardiman. Immunoendocrine response to marine corps martial arts training. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Overland, KS, October 2014.
24. Buckner, S.L., N.D.M. Jenkins, E.D. Ryan, **T.J. Herda**, P.B. Costa, T.J. Housh, and J.T. Cramer. Differences between passive angle torque curves sampled from an isokinetic dynamometer versus a load cell. Accepted for



- presentation at the American College of Sports Medicine national conference in Orlando, FL. June, 2014. *Med Sci Sports Exerc*, 46(5 Suppl.).
25. Costa, P.B., **T.J. Herda**, A.A. Herda, and J.T. Cramer. Effects of short-term resistance training and subsequent detraining on body and thigh composition. Accepted for presentation at the American College of Sports Medicine national conference in Orlando, FL. June, 2014. *Med Sci Sports Exerc*, 46(5 Suppl.).
  26. Trevino, M.A., E.C. Lewis, J.M. Harmening, E.E. Teefey, and **T.J. Herda**. Influence of training status on motor unit control properties during a submaximal isometric contraction. Accepted for presentation at the American College of Sports Medicine national conference in Orlando, FL. June, 2014. *Med Sci Sports Exerc*, 46(5 Suppl.).
  27. Lane, M.T., **T.J. Herda**, A.C. Fry, M.A. Cooper, M.J. Andre, P.M. Gallagher, and J.L. Seeman. MTOR pathway phosphorylation and endocrine responses following heavy resistance exercise with leucine and whey protein supplementation. Accepted for presentation at the American College of Sports Medicine national conference in Orlando, FL. June, 2014. *Med Sci Sports Exerc*, 46(5 Suppl.).
  28. Costa, P.B., **T.J. Herda**, A.A. Herda, and J.T. Cramer. Effects of short-term resistance training and subsequent detraining on dynamic constant external resistance strength and isokinetic peak torque. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July, 2014. *J Strength Cond Res*, 28(12 Suppl.).
  29. Lane, M.T., A.C. Fry, **T.J. Herda**, M.A. Cooper, P.M. Gallagher, and J. Seeman. MTOR pathway activation in skeletal muscle is related to myosin heavy chain content: role of leucine and whey supplementation. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July, 2014. *J Strength Cond Res*, 28(12 Suppl.).
  30. Trevino, M.A., P.R. Dietz, J.C. Springer, C.A. Hambleton, D.R. Wilson, L.M. Marquess, and **T.J. Herda**. Effects of prolonged vibration on isometric maximal strength and electromyographic amplitude and frequency. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July, 2014. *J Strength Cond Res*, 28(12 Suppl.).
  31. Lindskog, A.D., J.M. Hannon, K.E. McNay, M.A. Trevino, and **T.J. Herda**. The influence of training status on firing rates at recruitment during two consecutive isometric trapezoid muscle actions at 50% of maximal voluntary contraction. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2013.
  32. Corrigan, C.E., S.M. Hurd, J.E. Burton, M.A. Trevino, and **T.J. Herda**. The influence of training status of peak firing rates during multiple repetitive isometric trapezoid muscle actions at 50% of maximal voluntary contraction. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2013.
  33. Lewis, E.C., J.M. Harmening, E.E. Teefey, and **T.J. Herda**. The influence of resistance and aerobic training on motor unit control properties during an isometric trapezoid muscle action at 70% of maximal voluntary contraction. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2013.
  34. Lane, M.T., **T.J. Herda**, A.C. Fry, M.A. Cooper, M.J. Andre, P.M. Gallagher, J.L. Seeman. MTOR pathway phosphorylation and endocrine responses following heavy resistance exercise with leucine and whey protein





- supplementation. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2013.
35. Fry, A.C., L. Bradford, **T.J. Herda**, J.P. Weir, M.T. Lane, M.J. Andre, A. Hudy, J. Deckert, and J. Siedlik. Validation of a 3-dimensional video motion capture system for determining barbell power and velocity during the bench press. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Warrensburg, MO, October 2013.
  36. Costa P.B., **T.J. Herda**, A.A. Walter, A.M. Valdez, D.H. Fukuda, and J.T. Cramer. Reliability of anthropometrically-derived thigh muscle cross-sectional area and its relationship with thigh lean mass. Accepted for presentation at the American College of Sports Medicine national conference in Indianapolis, IN. June 1<sup>st</sup>, 2013. *Med Sci Sports Exerc*, 45(5 Suppl.).
  37. Walter-Herda A.A., **T.J. Herda**, P.B. Costa, and J.T. Cramer. Gender-related changes in body composition in older adults. Accepted for presentation at the American College of Sports Medicine national conference in Indianapolis, IN. June 1<sup>st</sup>, 2013. *Med Sci Sports Exerc*, 45(5 Suppl.).
  38. **Herda T.J.** and M.A. Cooper. Mechanomyographic-force relationships for high- and moderate-activated individuals. Accepted for presentation at the American College of Sports Medicine national conference in Indianapolis, IN. June 1<sup>st</sup>, 2013. *Med Sci Sports Exerc*, 45(5 Suppl.).
  39. Deckert J.A., **T.J. Herda**, J.P. Vardiman, P.M. Gallagher, and M.A. Cooper. The acute effects of static stretching on the passive muscle properties of the leg extensors. Accepted for presentation at the American College of Sports Medicine national conference in Indianapolis, IN. June 1<sup>st</sup>, 2013. *Med Sci Sports Exerc*, 45(5 Suppl.).
  40. Ryan E.D., **T.J. Herda**, P.B. Costa, A.A. Herda, and J.T. Cramer. Acute effects of stretching on passive stiffness and maximum range of motion: influence of aging. Accepted for presentation at the American College of Sports Medicine national conference in Indianapolis, IN. June 1<sup>st</sup>, 2013. *Med Sci Sports Exerc*, 45(5 Suppl.).
  41. Cooper M.A. and **T.J. Herda**. The relationships among the slopes of the mechanomyographic amplitude-force patterns of response and the fatigue index for the leg extensors. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July 10<sup>th</sup>, 2013. *J Strength Cond Res*, 27(1 Suppl.).
  42. Costa P.B., **T.J. Herda**, A.A. Walter, and J.T. Cramer. Effects of short-term resistance training and subsequent detraining on contralateral strength. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July 10<sup>th</sup>, 2013. *J Strength Cond Res*, 27(1 Suppl.).
  43. Lane M.T., A.C. Fry, J.P. Weir, T.J. Herda, M.J. Andre, A. Hudy, G.J. Cain, L. Bradford. Power-load and velocity-load curves: A comparison of two weight room testing modalities. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July 10<sup>th</sup>, 2013. *J Strength Cond Res*, 27(1 Suppl.).
  44. Herda A.A., A.E. Smith, K.L. Kendall, **T.J. Herda**, J.R. Stout, and J.T. Cramer. Effects of high-intensity interval training and b-alanine supplementation on the electromyographic fatigue threshold. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July 10<sup>th</sup>, 2013. *J Strength Cond Res*, 27(1 Suppl.).



45. Deckert J.A., **T.J. Herda**, P. Vardiman, P.M. Gallagher, and M.A. Cooper. The acute effects of static stretching on the passive muscle properties of the leg extensors. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Columbia, MO, October 2012.
46. Cooper M.A. and **T.J. Herda**. Differences in the electromyographic-force relationships between high- and moderate-activated individuals. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Columbia, MO, October 2012.
47. **Herda T.J.** and M.A. Cooper. Mechanomyographic-force relationships for high- and moderate-activated individuals. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Columbia, MO, October 2012.
48. Lane M.T., A.C. Fry, **T.J. Herda**, A. Hudy, M.A. Cooper, M.J. Andre, J.P. Weir, J. Siedlik, Z.A. Graham and W. Hawkins. Validation of a 3-dimensional video motion capture system for determining weight training kinetics and kinematics. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Columbia, MO, October 2012.
49. Walter-Herda A.A., **T.J. Herda**, P.B. Costa, and J.T. Cramer. Gender-related changes in body composition in older adults. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Columbia, MO, October 2012.
50. Cooper, M.A., A.A. Walter, P.B. Costa, E.D. Ryan, J.T. Cramer, and **T.J. Herda**. The reliability of percent voluntary activation during submaximal and maximal isometric muscle actions. Accepted for presentation at American College of Sports Medicine Annual Meeting, San Francisco, CA. 2012. *Med Sci Sports Exerc*, 44(5 Suppl.).
51. **Herda, T.J.**, E.D. Ryan, M.A. Cooper, and J.T. Cramer. Mechanomyographic frequency domain responses during fatiguing concentric isokinetic leg extensions. Accepted for presentation at American College of Sports Medicine Annual Meeting, San Francisco, CA. 2012. *Med Sci Sports Exerc*, 44(5 Suppl.).
52. Costa, P.B., E.D. Ryan, **T.J. Herda**, A.A. Walter, A.M. Valdez, and J.T. Cramer. Effects of short-term resistance training and subsequent detraining on the electromechanical delay. Accepted for presentation at American College of Sports Medicine Annual Meeting, San Francisco, CA. 2012. *Med Sci Sports Exerc*, 44(5 Suppl.).
53. Ryan, E.D., **T.J. Herda**, P.B. Costa, A.A. Walter, and J.T. Cramer. The influence of aging on the stretching-induced force deficit. Accepted for presentation at American College of Sports Medicine Annual Meeting, San Francisco, CA. 2012. *Med Sci Sports Exerc*, 44(5 Suppl.).
54. Walter, A.A., **T.J. Herda**, P.B. Costa, A.M. Valdez, A.E. Smith, K.L. Kendall, D.H. Fakuda, J.R. Stout, and J.T. Cramer. Sarcopenia indices: age- and gender-related differences in body composition, strength, and muscle quality. Accepted for presentation at American College of Sports Medicine Annual Meeting, San Francisco, CA. 2012. *Med Sci Sports Exerc*, 44(5 Suppl.).
55. Cooper, M.A., and **T.J. Herda**. Muscle related differences in mechanomyographic amplitude versus force relationships. Accepted for presentation at National Strength and Conditioning Association National Conference, Providence, RI, 2012. *J Strength Cond Res*, 26(1 Suppl.).



56. **Herda, T.J.** and M.A. Cooper. Differences in the mechanomyographic median frequency-force relationships between the vastus lateralis and first dorsal interosseous muscles. Accepted for presentation at National Strength and Conditioning Association National Conference, Providence, RI, 2012. *J Strength Cond Res*, 26(1 Suppl.).
57. **Herda, T.J.**, M.A. Cooper, M.J. Andre, M.T. Lane, Z.A. Graham, P.M. Gallagher, P. Vardiman, and A.C. Fry. Comparison of ground reaction forces derived from a force plate and motion capture system during body weight squats. Accepted for presentation at National Strength and Conditioning Association National Conference, Providence, RI, 2012. *J Strength Cond Res*, 26(1 Suppl.).
58. Ryan, E.D., A.E. Smith, P.B. Costa, D. Fukuda, **T.J. Herda**, J.R. Stout, and J.T. Cramer. The influence of creatine loading on stretch tolerance and passive stiffness. Accepted for presentation at National Strength and Conditioning Association National Conference, Providence, RI, 2012. *J Strength Cond Res*, 26(1 Suppl.).
59. Costa, P.B., E.D. Ryan, **T.J. Herda**, A.A. Walter, A.M. Valdez, and J.T. Cramer. Effects of short-term resistance training and subsequent detraining on muscle activation. Accepted for presentation at National Strength and Conditioning Association National Conference, Providence, RI, 2012. *J Strength Cond Res*, 26(1 Suppl.).
60. Cooper, M.A., A.A. Walter, P.B. Costa, E.D. Ryan, J.T. Cramer, and **T.J. Herda**. The reliability of percent voluntary activation during submaximal and maximal isometric muscle actions. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Overland Park, KS, October 2011.
61. **Herda, T.J.**, E.D. Ryan, M.A. Cooper, and J.T. Cramer. Mechanomyographic frequency domain responses during fatiguing concentric isokinetic leg extensions. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Overland Park, KS, October 2011.
62. Weir, J.P., E.D. Ryan, **T.J. Herda**, E.J. Sobolewski, B.J. Thompsom, and D.B. Smith. Electrical versus magnetic stimulation of M-waves with fatigue. Accepted for presentation at American College of Sports Medicine Annual Meeting, Denver, CO. 2011. *Med Sci Sports Exerc*, 43(5 Suppl.).
63. Valdez, A.M., **T.J. Herda**, E.D. Ryan, P.B. Costa, A.A. Walter, J.R. Stout, and J.T. Cramer. Relationships among mechanomyographic responses, M-waves, and twitch forces during incremental increases in tibial nerve stimulation. Accepted for presentation at American College of Sports Medicine Annual Meeting, Denver, CO. 2011. *Med Sci Sports Exerc*, 43(5 Suppl.).
64. Walter, A.A., **T.J. Herda**, P.B. Costa, A.M. Valdez, J.R. Stout, and J.T. Cramer. Relationships among skeletal muscle index, dietary protein intake, and serum markers of protein in sarcopenic older adults. Accepted for presentation at American College of Sports Medicine Annual Meeting, Denver, CO. 2011. *Med Sci Sports Exerc*, 43(5 Suppl.).
65. Costa, P.B., E.D. Ryan, **T.J. Herda**, A.A. Walter, A.M. Valdez, and J.T. Cramer. Effects of dynamic stretching on peak torque and the hamstrings-to-quadriceps conventional and function ratios. Accepted for presentation at American College of Sports Medicine Annual Meeting, Denver, CO. 2011. *Med Sci Sports Exerc*, 43(5 Suppl.).
66. Ryan, E.D., B.J. Thompson, **T.J. Herda**, E.J. Sobolewski, P.B. Costa, A.A. Walter, and J.T. Cramer. The relationships between passive stiffness and evoked twitch properties: The influence of muscle CSA. Accepted



for presentation at American College of Sports Medicine Annual Meeting, Denver, CO. 2011. *Med Sci Sports Exerc*, 43(5 Suppl.).

67. **Herda, T.J.**, P.B. Costa, A.A. Walter, A.M. Valdez, E.D. Ryan, J.R. Stout, and J.T. Cramer. The effects of voluntary contraction intensity on the electromechanical delay. Accepted for presentation at American College of Sports Medicine Annual Meeting, Denver, CO. 2011. *Med Sci Sports Exerc*, 43(5 Suppl.).
68. Costa, P.B., E.D. Ryan, **T.J. Herda**, A.A. Walter, A.M. Valdez, C.N. Wyatt, J.R. Stout, and J.T. Cramer. Acute effects of hamstring static stretching on leg flexion joint angle at peak torque. Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV, 2011. *J Strength Cond Res*, 25(1 Suppl.).
69. **Herda, T.J.**, A.A. Walter, P.B. Costa, K.L. Sunderland, C.N. Poole, A.M. Valdez, C.N. Wyatt, T.J. Kirby, P.D. Dib, C.M. Kerksick, and J.T. Cramer. Differences in the mechanomyographic versus force relationships and myosin heavy chain isoform content between young and old. Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV, 2011. *J Strength Cond Res*, 25(1 Suppl.).
70. Herda, N.D., **T.J. Herda**, A.M. Valdez, P.B. Costa, E.D. Ryan, A.A. Walter, C.N. Wyatt, J.R. Stout, and J.T. Cramer. Acute effects of dynamic stretching on muscle strength and flexibility of the leg flexors. Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV, 2011. *J Strength Cond Res*, 25(1 Suppl.).
71. Ryan, E.D., B.J. Thompson, E.J. Sobolewski, **T.J. Herda**, P.B. Costa, A.A. Walter, and J.T. Cramer. The influence of aging on the isometric force-time characteristics. Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV, 2011. *J Strength Cond Res*, 25(1 Suppl.).
72. Thompson, B.J., E.D. Ryan, **T.J. Herda**, P.B. Costa, A.A. Walter, E.J. Sobolewski, and J.T. Cramer. Test-retest reliability for maximal isometric force and the force-time characteristics of the plantar flexors. Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV, 2011. *J Strength Cond Res*, 25(1 Suppl.).
73. Valdez, A.M., **T.J. Herda**, E.D. Ryan, P.B. Costa, C.N. Wyatt, A.A. Walter, J.R. Stout, and J.T. Cramer. Mechanomyographic-force relationships during voluntary versus evoked contractions. Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV, 2011. *J Strength Cond Res*, 25(1 Suppl.).
74. Walter, A.A., **T.J. Herda**, P.B. Costa, A.M. Valdez, C.N. Wyatt, J.R. Stout, and J.T. Cramer. Effects of age, gender, and sarcopenic classification on muscle quality expressed as strength per unit of muscle mass in older adults. Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV, 2011. *J Strength Cond Res*, 25(1 Suppl.).
75. Wyatt, C.N., A.A. Walter, A.M. Valdez, **T.J. Herda**, P.B. Costa, and J.T. Cramer. Can simple field tests accurately predict skeletal muscle index and classify sarcopenia in older adults? Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV, 2011. *J Strength Cond Res*, 25(1 Suppl.).
76. Ryan, E.D., **T.J. Herda**, P.B. Costa, A.A. Walter, K.M. Hoge, and J.T. Cramer. The effect of the length-tension relationship on muscle activation. Accepted for presentation at American College of Sports Medicine Annual Meeting, Baltimore, MD. 2010. *Med Sci Sports Exerc*, 42(5 Suppl.).



77. Costa, P.B., K.M. Hoge, E.D. Ryan, **T.J. Herda**, B.P. Uribe, J.R. McLagan, and J.T. Cramer. Acute effects of passive stretching on the electromechanical delay and evoked twitch properties in women. Accepted for presentation at American College of Sports Medicine Annual Meeting, Baltimore, MD. 2010. *Med Sci Sports Exerc*, 42(5 Suppl.).
78. **Herda, T.J.**, P.B. Costa, A.A. Walter, K.M. Hoge, B.P. Uribe, J.R. McLagan, E.D. Ryan, J.R. Stout, and J.T. Cramer. Describing the percent inactivation versus force relationships and predicting true force with polynomial regression. Accepted for presentation at American College of Sports Medicine Annual Meeting, Baltimore, MD. 2010. *Med Sci Sports Exerc*, 42(5 Suppl.).
79. Walter, A.A., **T.J. Herda**, P.B. Costa, K.M. Hoge, B.P. Uribe, J.R. McLagan, and J.T. Cramer. Test-retest reliability of EMG<sub>FT</sub> during cycle ergometry. Accepted for presentation at American College of Sports Medicine Annual Meeting, Baltimore, MD. 2010. *Med Sci Sports Exerc*, 42(5 Suppl.).
80. **Herda, T.J.**, A.A. Walter, P.B. Costa, E.D. Ryan, K.M. Hoge, M.D. Roberts, V.J. Dalbo, K.L. Sunderland, C.N. Poole, C.M. Kerksick, and J.T. Cramer. Differences in the mechanomyographic amplitude versus force relationships between young and old during isometric ramped muscle actions. Accepted for presentation at National Strength and Conditioning Association National Conference, Orlando, FL. 2010. *J Strength Cond Res*, 24(1 Suppl.).
81. Costa, P.B., E.D. Ryan, **T.J. Herda**, A.A. Walter, K.M. Hoge, and J.T. Cramer. Acute effects of static stretching on leg extension and flexion peak torque and the hamstring-to-quadriceps conventional and functional ratios. Accepted for presentation at National Strength and Conditioning Association National Conference, Orlando, FL. 2010. *J Strength Cond Res*, 24(1 Suppl.).
82. Ryan, E.D., **T.J. Herda**, P.B. Costa, A.A. Walter, K.M. Hoge, and J.T. Cramer. The effects of chronic stretch training on muscle strength. Accepted for presentation at National Strength and Conditioning Association National Conference, Orlando, FL. 2010. *J Strength Cond Res*, 24(1 Suppl.).
83. Walter, A.A., K.M. Hoge, **T.J. Herda**, P.B. Costa, E.D. Ryan, J.R. Stout, and J.T. Cramer. Effects of resistance training and whey protein supplementation on body composition, strength, endurance, and muscle cross-sectional area. Accepted for presentation at National Strength and Conditioning Association National Conference, Orlando, FL. 2010. *J Strength Cond Res*, 24(1 Suppl.).
84. Walter, A.A., K.M. Hoge, **T.J. Herda**, P.B. Costa, E.D. Ryan, J.R. Stout, J.T. Cramer. Effects of resistance training volume and whey protein supplementation on lower-body strength and muscle cross-sectional area. Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV. 2009. *J Strength Cond Res*, 23(6 Suppl.).
85. Ryan, E.D., **T.J. Herda**, P.B. Costa, **A.A. Walter**, K.M. Hoge, J.R. Stout, T.W. Beck, and J.T. Cramer. The influence of flexibility on the stretching-induced force deficit and maximal joint range of motion. Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV. 2009. *J Strength Cond Res*, 23(6 Suppl.).
86. Costa, P.B., K.M. Hoge, E.D. Ryan, **T.J. Herda**, A.A. Walter, T.W. Beck, and J.T. Cramer. Acute effects of passive stretching on the electromechanical delay and evoked twitch properties. Accepted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV. 2009. *J Strength Cond Res*, 23(6 Suppl.).



87. Hoge, K.M., P.B. Costa, E.D. Ryan, **T.J. Herda**, A.A. Walter, T.W. Beck, J.R. Stout, and J.T. Cramer. Gender differences in musculotendinous stiffness and range of motion in college-aged men and women. Submitted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV. 2009. *J Strength Cond Res*, 23(6 Suppl.).
88. **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 response patterns during ramped isometric muscle actions. Submitted for presentation at National Strength and Conditioning Association National Conference, Las Vegas, NV. 2009. *J Strength Cond Res*, 23(6 Suppl.).
89. Walter, A.A., **T.J. Herda**, E.D. Ryan, P.B. Costa, K.M. Hoge, T.W. Beck, J.R. Stout, J.T. Cramer. Acute effects of a caffeine-containing thermogenic supplement on endurance performance and muscular strength in men. Accepted for presentation at American College of Sports Medicine Annual Meeting, Seattle, WA. 2009. *Med Sci Sports Exerc*, 41(5 Suppl.).
90. **Herda, T.J.**, J.P. Weir, E.D. Ryan, P.B. Costa, A.A. Walter, T.W. Beck, J.R. Stout, J.T. Cramer. Reliability of linear versus log-transformed models for torque-related patterns of response for mechanomyographic amplitude. Accepted for presentation at American College of Sports Medicine Annual Meeting, Seattle, WA. 2009. *Med Sci Sports Exerc*, 41(5 Suppl.).
91. Hoge, K.M., E.D. Ryan, **T.J. Herda**, P.B. Costa, A.A. Walter, T.W. Beck, J.R. Stout, J.T. Cramer. Acute effects of passive stretching on the electromechanical delay. Accepted for presentation at American College of Sports Medicine Annual Meeting, Seattle, WA. 2009. *Med Sci Sports Exerc*, 41(5 Suppl.).
92. Ryan, E.D., **T.J. Herda**, P.B. Costa, A.A. Walter, K.M. Hoge, T.W. Beck, J.R. Stout, and J.T. Cramer. Viscoelastic creep in human skeletal muscle. Accepted for presentation at American College of Sports Medicine Annual Meeting, Seattle, WA. 2009. *Med Sci Sports Exerc*, 41(5 Suppl.).
93. Costa, P.B., E.D. Ryan, T.J. Herda, J.M. DeFreitas, T.W. Beck, and J.T. Cramer. Acute effects of static stretching on peak torque and the rate of velocity development. Accepted for presentation at American College of Sports Medicine Annual Meeting, Seattle, WA. 2009. *Med Sci Sports Exerc*, 41(5 Suppl.).
94. Walter, A.A., **T.J. Herda**, P.B. Costa, E.D. Ryan, K. M. Hoge, J.R. Stout, and J.T. Cramer. Safety and efficacy of standard versus bioenhanced whey protein supplementation on blood markers, muscle cross-sectional area, and strength after 8 weeks of low- and moderate-volume resistance training. Accepted for presentation at American College of Nutrition Annual Meeting, Orlando, FL. 2009. *J Am Coll Nutr*, 28(3).
95. Ryan, E.D., T.W. Beck, **T.J. Herda**, P.B. Costa, J.M. DeFreitas, and J.T. Cramer. Repeatability of the mechanomyographic amplitude versus isometric torque patterns of responses. Accepted for presentation at the International Society of Electrophysiology and Kinesiology national conference, Ontario, CA. June 19, 2008.
96. Cramer, J.T., J.M. DeFreitas, T.W. Beck, P.B. Costa, E.D. Ryan, and **T.J. Herda**. Innervation zones of the biceps brachii may shift with increasing torque during isometric forearm flexion. Accepted for presentation at the International Society of Electrophysiology and Kinesiology national conference, Ontario, CA. June 19, 2008.



97. **Herda, T.J.**, E.D. Ryan, P.B. Costa, J.M. DeFreitas, T.W. Beck, and J.T. Cramer. Reliability of the mechanomyogram during incremental isometric muscle actions. Accepted for presentation at the International Society of Electrophysiology and Kinesiology national conference, Ontario, CA. June 19, 2008.
98. Ryan, E.D., **T.J. Herda**, H.R. Hull, M.J. Hartman, T.W. Beck, J.R. Stout, and J.T. Cramer. Time course for the effects of passive stretching on musculotendinous stiffness: A dose-response study. Accepted for presentation at the American College of Sports Medicine national conference in Indianapolis, IN. May 28, 2008. *Med Sci Sports Exerc*, 40(5 suppl.).
99. **Herda, T.J.**, E.D. Ryan, P.B. Costa, J.M. DeFreitas, T.W. Beck, J.R. Stout, and J.T. Cramer. Reliability of mechanomyography of the vastus lateralis during isometric step and ramp muscle actions. Accepted for presentation at the American College of Sports Medicine national conference in Indianapolis, IN. May 28, 2008. *Med Sci Sports Exerc*, 40(5 suppl.).
100. Costa, P.B., J.M. DeFreitas, E.D. Ryan, **T.J. Herda**, T.W. Beck, J.R. Stout, and J.T. Cramer. Acute effects of static stretching on leg extension and flexion isokinetic peak torque and the hamstring-to-quadriceps ratio. Accepted for presentation at the American College of Sports Medicine national conference in Indianapolis, IN. May 28, 2008. *Med Sci Sports Exerc*, 40(5 suppl.).
101. DeFreitas, J.M., T.W. Beck, E.D. Ryan, **T.J. Herda**, P.B. Costa, and J.T. Cramer. A comparison of three different techniques for estimating the locations of the innervation zones for the vastus lateralis and vastus medialis muscles. Accepted for presentation at the American College of Sports Medicine national conference in Indianapolis, IN. May 28, 2008. *Med Sci Sports Exerc*, 40(5 suppl.).
102. Ryan, E.D., T.W. Beck, **T.J. Herda**, P.B. Costa, J.M. DeFreitas, J.R. Stout, and J.T. Cramer. The effect of passive stretching duration on musculotendinous stiffness. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July 9, 2008. *J Strength Cond Res*, 22(6 Suppl.).
103. **Herda, T.J.**, E.D. Ryan, P.B. Costa, J.M. DeFreitas, T.W. Beck, and J.T. Cramer. The relationship between musculotendinous stiffness and muscle cross-sectional area of the plantar flexors. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July 9, 2008. *J Strength Cond Res*, 22(6 Suppl.).
104. Costa, P.B., E.D. Ryan, **T.J. Herda**, J.M. DeFreitas, T.W. Beck, and J.T. Cramer. Acute effects of static stretching on leg extension and flexion isokinetic peak torque and the hamstring-to-quadriceps ratio in men. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July 9, 2008. *J Strength Cond Res*, 22(6 Suppl.).
105. DeFreitas, J.M., P.B. Costa, E.D. Ryan, **T.J. Herda**, J.T. Cramer, and T.W. Beck. An examination of innervation zone movement during isometric muscle actions. Accepted for presentation at the National Strength and Conditioning Association national conference in Las Vegas, NV. July 9, 2008. *J Strength Cond Res*, 22(6 Suppl.).
106. Ryan, E.D., T.W. Beck, **T.J. Herda**, A.E. Smith, A.A. Walter, J.R. Stout, and J.T. Cramer. Acute effects of a thermogenic nutritional supplement on energy expenditure and cardiovascular function at rest, during low-intensity exercise, and recovery from exercise. Accepted for presentation at the Southwest Chapter of the American College of Sports Medicine regional conference, San Diego, CA November 9, 2007.



107. **Herda T.J.**, E.D. Ryan, A.E. Smith, A.A. Walter, J.R. Stout, and J.T. Cramer. Effects of creatine monohydrate versus polyethylene glycosolated creatine supplementation on muscle strength, power output, and endurance. Accepted for presentation at the Southwest Chapter of the American College of Sports Medicine regional conference, San Diego, CA November 9, 2007.
108. Ryan, ED. **T.J. Herda**, H.R. Hull, M.J. Hartman, T.W. Beck, J.R. Stout, J.T. Cramer. Time course for the effects of passive stretching on musculotendinous stiffness: A dose-response study. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Springfield, MO, October 18, 2007. *Doctoral Student Research Award Recipient*.
109. Ryan, E.D., **T.J. Herda**, H.R. Hull, M.J. Hartman, J.R. Stout, and J.T. Cramer. Time course for the acute effects of passive stretching on range of motion and musculotendinous stiffness. Accepted for presentation at the National Strength and Conditioning Association national conference in Atlanta, GA. July 14, 2007. *J Strength Cond Res*, 21(4 Suppl.).
110. Cramer, J.T., E.D. Ryan, **T.J. Herda**, H.R. Hull, M.J. Hartman, and J.R. Stout. Time course for the acute effects of passive stretching on muscle stiffness and mechanomyographic amplitude. Accepted for presentation at the National Strength and Conditioning Association national conference in Atlanta, GA. July 14, 2007. *J Strength Cond Res*, 21(4 Suppl.).
111. **Herda, T.J.**, E.D. Ryan, A.E. Smith, A.A. Walter, J.R. Stout, and J.T. Cramer. Acute effects of passive stretching versus high-frequency vibration on isometric peak torque electromyographic amplitude, muscle stiffness, and range of motion of the plantar flexors. Accepted for presentation at the National Strength and Conditioning Association national conference in Atlanta, GA. July 14, 2007. *J Strength Cond Res*, 21(4 Suppl.).
112. Smith, A.E., A.A. Walter, **T.J. Herda**, E.D. Ryan, J.R. Moon, J.T. Cramer, and J.R. Stout. Effects of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged women. Accepted for presentation at the National Strength and Conditioning Association national conference in Atlanta, GA. July 14, 2007. *J Strength Cond Res*, 21(4 Suppl.).
113. Walter, A.A., A.E. Smith, **T.J. Herda**, E.D. Ryan, J.R. Moon, J.T. Cramer, J.R. Stout. Effects of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged men. Accepted for presentation at the National Strength and Conditioning Association national conference in Atlanta, GA. July 14, 2007. *J Strength Cond Res*, 21(4 Suppl.).
114. Ryan, E.D., J.T. Cramer, T.J. Housh, T.W. Beck, **T.J. Herda**, and M.J. Hartman. Inter-individual variability in the patterns of response for mechanomyographic amplitude and frequency versus isometric torque. Central States Chapter of the American College of Sports Medicine regional conference, Kansas City, MO, October 19, 2006.
115. **Herda T.J.**, J.T. Cramer, E.D. Ryan, M.P. McHugh, and J.R. Stout. Acute effects of static versus dynamic stretching on isometric strength and neuromuscular function of the leg flexors. Accepted for presentation at the American College of Sports Medicine national conference in New Orleans, LA. June 1<sup>st</sup>, 2007. *Med Sci Sports Exerc*, 39(5 Suppl.).
116. Ryan E.D., J.T. Cramer, **T.J. Herda**, H.R. Hull, M.J. Hartman, M. Karabulut, R.L. Anderson, J.R. Stout. Time course for the acute effects of passive stretching on isometric strength and neuromuscular function.





Accepted for presentation at the American College of Sports Medicine national conference in New Orleans, LA. June 1<sup>st</sup>, 2007. *Med Sci Sports Exerc*, 39(5 Suppl.).

117. Cramer J.T., I.J. Palmer, E.D. Ryan, **T.J. Herda**, and D.A Bembem. Validity and reliability of a peripheral quantitative computed tomography scanner for measuring muscle cross-sectional area. Accepted for presentation at the American College of Sports Medicine national conference in New Orleans, LA. June 1<sup>st</sup>, 2007. *Med Sci Sports Exerc*, 39(5 Suppl.).
118. Cramer J.T., **T.J. Herda**, E.D. Ryan, and J.R. Stout. Acute effects of a nutritional supplement containing adenylypyrophosphoric acid, cordyceps sinensis extract, calcium pyruvate, and yohimbine hydrochloride on vertical jump height, leg extension strength, and local muscular endurance. Accepted for presentation at the International Society of Sport Nutrition national conference in Las Vegas, NV. June 10<sup>th</sup>, 2006. *J Int Soc Sports Nutr*, 4(1 Suppl.).

### **INVITED PRESENTATIONS:**

---

1. **Herda, T.J.**, Application of Electromyography in Strength and Conditioning Research. National Strength and Conditioning Association National Conference, New Orleans, LA, 2016.
- 2.
3. **Herda, T.J.**, Motor Unit Behavior: Implications for Childhood Obesity. University of Kansas Medical Center. School of Health Professions. Kansas City, KS, 2015.
4. **Herda, T.J.**, The influence of chronic exercise training and neuromuscular disease on motor unit behavior. University of Kansas, School of Education Faculty Research Conference, Lawrence, KS, 2015.
5. **Herda, T.J.**, The influence of resistance and endurance training on motor unit control properties. National Strength and Conditioning Association National Conference, Las Vegas, NV, 2014.
6. **Herda, T.J.**, Nutritional supplementation to increase muscle mass. National Strength and Conditioning Association National Conference, Las Vegas, NV, 2014.
7. **Herda, T.J.**, The influence of training status on motor peak firing rates during submaximal isometric muscle actions. University of Kansas, School of Education Faculty Research Conference, Lawrence, KS, 2014.
8. **Herda, T.J.**, Exercise and Energy Expenditure in Weight Management and Body Composition. National Strength and Conditioning Association National Conference, Providence, RI, 2012.

### **AWARDS**

---

- |      |   |
|------|---|
| 2016 | The Joyce Elaine Pauls Morgan Outstanding Teaching Award, University of Kansas, KS. |
| 2015 | School of Education Promising Scholar Award. University of Kansas, Lawrence, KS.    |
| 2013 | Docking Faculty Scholar Award. University of Kansas, Lawrence, KS.                  |
| 2011 | NSCA Student Research Award – Oral. NSCA National Conference, Las Vegas, NV.        |



- 2011 NSCA Challenge Scholarship, NSCA National Conference, Las Vegas, NV.
- 2009 Doctoral Student Research Award Recipient. Department of Health and Exercise Science, University of Oklahoma, Norman
- 2007 G. Michael Sims Scholarship Award Recipient (\$500). Department of Health and Exercise Science, University of Oklahoma, Norman

#### **COMMITTEE ASSIGNMENTS**

---

- 2015 General Research Fund Review Committee. University of Kansas, School of Education, Lawrence, KS
- 2015 Dean Rick Ginsberg's 5-year administrative performance review committee. University of Kansas, School of Education, Lawrence, KS
- 2014 – Current Graduate Curriculum Committee, University of Kansas, School of Education, Lawrence, KS
- 2012 – Current Graduate Committee, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS
- 2012 United Way Rep, University of Kansas, Department of Health, Sport, and Exercise Sciences, Lawrence, KS
- 2012 LRC Advisory Council, University of Kansas, School of Education, Lawrence, KS

#### **EXTERNAL REVIEWS:**

---

Medicine and Science in Sports and Exercise  
European Journal of Applied Physiology  
Scandinavian Journal of Medicine and Science in Sports  
Muscle & Nerve  
Journal of Strength and Conditioning Research  
Applied Physiology, Nutrition, and Metabolism  
Journal of Athletic Training  
Experimental Gerontology  
Medical Engineering & Physics  
Sports Medicine, Arthroscopy, Rehabilitation, Therapy & Technology  
International Journal of Sports Medicine  
Physical Therapy in Sport  
Pediatric Exercise Science  
Journal of Sport Sciences  
Sensors  
Physiological Measurements  
Journal of Neuroengineering and Rehabilitation  
BioMed Research International



Clinical Physiology and Functional Imaging  
Sensors  
Acta of Bioengineering and Biomechanics  
Journal of Electrophysiology and Kinesiology  
Journal of Biomechanics  
Neurorehabilitation and Neural Repair  
Human Factors

