VITAE

Name: Dr. Melissa (Miller) Cook, EP-C Department: Exercise Science

Division: Health and Human Performance Office Phone: (765) 677-3481

University: Indiana Wesleyan University (IWU) Email: melissa.cook@indwes.edu

# EDUCATION

Doctor of Education

Ball State University (BSU), Muncie, Indiana

Specialization: Physiology and Health Science

Cognate: Human Performance

Master of Science

California State University, Fullerton, California

Specialization: Kinesiology and Health Promotion

Bachelor of Arts

University of the Pacific, Stockton, California

Major: Sports Sciences

Track: Sports Medicine

# TEACHING/RESEARCH EXPERIENCE

2016 – present Professor, Health and Human Performance, IWU

2020 – 2023 Adjunct Faculty, School of Health Sciences, DPT, IWU

2009 – 2016 Associate Professor, Health and Human Performance, IWU

Spring 2009 Assistant Professor, Online professor for semester in Zambia

2007 – 2009 Assistant Professor, Health, Kinesiology, Recreation and Sports Studies

Department, IWU

2005 – 2007 Assistant Professor, Kinesiology and Exercise Science Department, ETBU

2004 – 2005 Graduate Assistant, Biology Department, BSU

2003 – 2004 Research Assistant, Muncie Center for Medical Education, BSU

2003 Contract Faculty, Physiology and Health Science Department, BSU

2002 – 2003 Graduate Assistant, Physiology and Health Science Department, BSU

2000 – 2002 Associate Instructor of Human Performance, Indiana University

1. Teaching/Lab Assistant of Exercise Physiology, JHU/CTY

# PROFESSIONAL ORGANIZATIONS/MEMBERSHIPS

National Strength and Conditioning Association (NSCA), 2020 - present

Midwest Regional Chapter of American College of Sports Medicine (MWACSM), 2007 – present

American College of Sports Medicine (ACSM), 2007 - present

Christian Society for Kinesiology and Leisure Studies (CSKLS), 2010 - present

Professional & Organization Development Network in Higher Education, 2010 - 2011

Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD), 2009 – 2016

Texas Association for Health, Physical Education, Recreation & Dance, 2005-2007

National Science Teachers Association, 2004-2005

Indiana Academy of Science, 2002-2004

American Physiological Society, 2002-2003

**CERTIFICATIONS**

2013 – present BBP, Hand Hygiene, Sharps, PPE, HIPAA, HITECH, Omnibus training

2012 – presentACSM Certified Exercise Physiologist (ACSM ID#: 639845)

2012 – present American Red Cross CPR for the Professional Rescuer

2013 – 2016 National Safety Council for First Aid

2016 – present American Red Cross for First Aid

### AWARDS AND HONORS

Academic All-American, 1995-1996 and 1996-1997

Big West Conference and University of the Pacific Scholar Athlete, 1995-1996 and 1996-1997

University of the Pacific Academic Achievement Award, 1996-1997

Mr. and Mrs. Jessie Grogan Endowed Scholar, 1995-1996 and 1996-1997

Team Captain of University of the Pacific softball team, 1996-1997

### DEPARTMENTAL, UNIVERSITY AND OTHER PROFESSIONAL SERVICE

Departmental:

DPT Student Interviews, DPT, SHS, IWU, 2021 - 2023

Director of the CAAHEP Accredited Exercise Science program, 2013 – present

Exercise Science Department/Lab Coordinator, IWU, 2007 - present

Exercise Science Faculty Search Committee, IWU, 2016, 2017, 2018, 2019, 2020

CAAHEP accreditation proposal for Exercise Science, 2010 – 2013

CSKLS 2012 Conference Planning Committee, IWU, 2012

PE Pedagogy Faculty Search Committee, IWU, 2009

Head Athletic Trainer Search Committee, IWU, 2008

Biology Department Promotion and Tenure Committee, BSU, 2004 - 2005

Anatomy & Physiology Faculty Search Committee, BSU, 2003 - 2004

University:

NAIA Track and Field National Championships volunteer, May 2023

CAS Curriculum committee, 2023 - present

OTA/PT Advisory Committees, 2023

Accreditation Council, IWU, 2018 - 2023

Athletic Committee, IWU, 2013 – 2015, 2018 - 2020

General Education Committee, 2018 - 2019

Faculty Senate, IWU, 2016 – 2018, Senate Secretary 2016 - 2017

CAS Faculty Relations Council, IWU, 2015 - 2018

Academic Affairs Council, IWU, 2010 – 2011, 2015 – 2017

Wellness Committee, IWU, 2014 – present

Definition of a Student Sub-committee, Student Life Council, IWU, 2013 - 2014

Student Life Council, IWU, 2013 – 2015, Chair

Director of Campus Recreation Search Committee, IWU, 2013

University Faculty Scholarship Award Committee, IWU, 2012 - 2013

Lilly Funds Award Committee, IWU, 2012 - 2013

Ticket Appeals Sub-committee, Student Life Council, IWU, January 2013 – September 2018

Student Development Council, IWU, 2011 - 2013

Assessment Committee, IWU, 2010 - 2012

University Student Lilly Scholarship Award Committee, IWU, 2011 - 2012

University Teaching & Mentoring Award Committee, IWU, 2010 – 2012

Faculty Development Council, IWU, 2009 – May 2012

CAS Technology Committee, IWU, 2009 - 2010

University Instructional Technology Council, IWU, 2009 - 2010

Human Subjects Review Board, IWU, 2008 - 2010

Travel Study Abroad Committee, ETBU, 2005 - 2007 (2006 - 07, chair)

Contract Faculty Affairs Committee, BSU, 2003 - 2004

University Research Committee, BSU, 2003 – 2004

Church Service/Responsibilities:

Finance Committee member, Brookhaven Wesleyan Church, May 2021 - 2023

Board Member, Brookhaven Wesleyan Church, May 2021 - present

Welcome Center team member, Brookhaven Wesleyan Church, August 2018 - present

Church Teller, Brookhaven Wesleyan Church, September 2012 – March 2020

Hospitality team member, Brookhaven Wesleyan church, August 2019 – March 2020

Strat Op team member, Leadership Pipeline team leader, March 2018 – December 2019

Discipleship Group Leader, Brookhaven Wesleyan Church, August 2014 – December 2019,

January 2021 - 2023

Nursery Room Worker, Brookhaven Wesleyan Church, August 2013 – September 2018, September 2021 - 2022

Nominating Committee, Brookhaven Wesleyan Church, June 2013 – May 2014,

June 2018 – May 2019

Assistant Secretary/Treasurer, Wesleyan Women, Brookhaven Wesleyan Church,

June 2013 – May 2014

Food Pantry Committee, Brookhaven Wesleyan Church, May 2012 – May 2014

Small Group Leader, God’s House Ministries, Marion, Indiana, September 2009 – November 2010

God’s Kid’s Ministry, God’s House Ministries, Marion, Indiana, May 2009 - December 2009

“After High” Co-director, New Life Community Church, October 2007 - June 2008

Community Service:

Advisory Committee Member, Grant Regional Career Center's Exercise Science Pathway, 2023

ACSM photoshoot, June 2021

Away game meal coordinator, Mississinewa High School Boys and Girls soccer teams, August 2019 - 2022

Ole Miss Youth Sports, Soccer Coach 3rd – 5th grade, Spring 2018

Volunteer, Bridges to Health, Marion, Indiana, March 2013 – August 2016

Licensed Foster Parent, The Villages, March 2012 – April 2015

Parent Representative, Sonshine Preschool Board, Sweetser, Indiana, August 2010 – May 2012

Purdue Master Gardener, Grant County, January 2009 - 2010

Project Leadership Mentor, Marion, Indiana, 2007

The Optimist Club, Marshall, Texas, 2005 - 2007

### FACULTY DEVELOPMENT

### Faculty Reading Group Coordinator, Fall 2010 – May 2012

### Coordinator, CAS Faculty Development, August 2010 – December 2011

### Faculty Development Council, Fall 2009 – May 2012

Women’s Leadership Development Reunion Retreat, IWU, Indianapolis, Indiana, May 7 – 8, 2009

New Faculty Mentor, IWU, 2009 – 2010, 2023 - present

### Advancing Women Leadership Cohort, Women’s Leadership Development Initiative, IWU, 2008 - 2009

### RESEARCH AND SCHOLARSHIP

**Undergraduate courses taught**

Indiana Wesleyan University (IWU) – Division of Health and Human Performance

PHE 101 Concepts of Health and Wellness EXS 374 Physiology of Exercise

PHE 102 Adult Fitness EXS 374L Physiology of Exercise Lab

EXS 170 Introduction to Exercise Science PHE 377 Physics of Sport Movement

EXS 190 Medical Terminology PHE 385 Psychology of Motor Learning PHE 235 Professional Experience I EXS 383 Professional Experience I

PHE 236 Professional Experience II EXS 415 Nutrition for Sport and Exercise

PHE 282 Motor Development PHE 482 Senior Seminar

EXS 286 Kinesiology EXS 483 Exercise Science Internship EXS 370 Biomechanics and Physics of Sport Movement EXS 485 Senior Research Seminar I

EXS 370L Biomechanics and Physics of Sport Movement Lab EXS 486 Senior Research Seminar II

EXS 487 Culminating Senior Experience

Indiana Wesleyan University (IWU) – School of Health Sciences – DPT program

DPT 703 Movement Science 3 (Human Applied Physiology)

East Texas Baptist University (ETBU)

KINE 1302 Introduction to the Structure and Function of the Human Body

KINE 2303 Lifespan Motor Development KINE 3312 Kinesiology/Applied Anatomy

KINE 3310 Personal Concepts of Health and Wellness KINE 4306 Evaluation in Kinesiology

KINE 3311 Physiology of Exercise KINE 4310 Human Diseases

Ball State University (BSU)

ANAT 201 Human Anatomy

ANAT 201 Lab Human Anatomy Lab

PHYS 210 Lab Human Physiology Lab

Indiana University (IU)

HPER P205 Lab Structural Kinesiology Lab

John Hopkins University/Center for Talented Youth (JHU/CTY)

Exercise Physiology

**ACCREDITATION/CURRICULUM**

CAAHEP Accredited Exercise Science Program, 2013 – present

Continuing accreditation through March 2028, 10 year accreditation award

Initial accreditation through March 2018, 5 year accreditation award

Site visitor for CAAHEP/CoAES exercise science accreditation

Cleveland State University, 2024 Central College in Iowa, 2023 (virtual)

Northeastern State University Oklahoma, January 27th, 2021 (virtual)

Missouri Baptist University, 2019 Murray State University, 2017

Ambassador/Mentor for CAAHEP/CoAES exercise science accreditation

Panel speaker at CAAHEP/CoAES annual training at ACSM conference, May 2019

New Courses Developed

Indiana Wesleyan University

DPT 703 – Movement Science 3, IWU, Fall 2021

EXS 190 – Medical Terminology, New Online Course Developer, IWU, Spring 2012

EXS 374L – Physiology of Exercise Lab, IWU

EXS 370L – Biomechanics and Physics of Sport Movement Lab, IWU

EXS 383 – Professional Experience I, IWU, Spring 2018

EXS 485 – Senior Research Seminar I, IWU

EXS 486 – Senior Research Seminar II, IWU

EXS 487 – Culminating Senior Experience

Ball State University

Honors 298 – Food, Values, Politics and Society, New Course Developer, BSU, Spring 2005 - Involved in the design, development, implementation and assessment (Doctoral Dissertation) of an inter-disciplinary *Fast Food Nation* Course

### REFEREED PUBLICATIONS

Biggs, N.C., England, B.S., Turcotte, N.J., Cook, M.R., and Williams, A.L. (2017). Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness. *International Journal of Exercise Science,* 10(1), 128 - 136. Available at: <http://digitalcommons.wku.edu/ijes/vol10/iss1/13>

Davison, E.A, Anderson, C.T., Ponist, B.H., Werner, D.M., Jacobs, M.E., Thompson, A.J., and Cook, M.R. (2016). Inhibitory Effect of the Kinesio Taping® Method on the Gastrocnemius Muscle. *American Journal of Sports Science and Medicine*, 4(2), 33-38. DOI: 10.12691/ajssm-4-2-2. Available at: <http://pubs.sciepub.com/ajssm/4/2/2/index.html>

Cook, M.R. and Mulvihill, T.M. (2008). Problem-Based Learning and Scientific Literacy. *Academic Exchange Quarterly*, Spring 2008, 158-162.

Cook, M.R. and Mulvihill, T.M. (2008). Examining US College Students’ Attitudes Toward Science: Learning From Non-Science Majors. *Educational Research and Reviews*, January 2008, 038-047.

Coggan, J.S., Grutzendler, J., Bishop, D.L., Cook, M.R., Gan, W., Heym, J. and Lichtman, J.L. (2004). Age-Associated Synapse Elimination in Mouse Parasympathetic Ganglia. *Journal of Neurobiology*, 60(2), 214-226.

**PRESENTATIONS AT PROFESSIONAL MEETINGS**

*Lecture*

Williams, A.L. and Cook, M.R. How useful is RPE in determining exercise intensity? With New Insights., presented at CSKLS annual meeting (virtual), Nashville, TN, June 14th, 2021.

Williams, A.L. and Cook, M.R. How useful is RPE in determining exercise intensity?, presented at Midwest ACSM Regional Chapter Annual Meeting, Oak Brook, Illinois, November 8-9, 2019.

Mulvihill, T.M., Latz, A., Cook. M.R. and Pauline, G. Collaborative Autoethnography: understanding how athletic experiences shape the professional identity of some women college and university faculty, presented at the 2010 Association for the Study of Higher Education (ASHE) conference, Indianapolis, Indiana, November 18, 2010.

Cook, M.R., Pauline, G., Mulvihill, T.M. and Latz, A. Autoethnographically speaking: case studies of women college and university faculty examining their athletic experiences, accepted to be presented at the 22nd Annual Conference on Ethnographic and Qualitative Conference (EQRC), Cedarville, Ohio, June 4-5, 2010.

Cook, M.R. Examining Students’ Attitudes toward Science and Scientific Literacy in a Non-Science Major, Interdisciplinary Course, presented at the Midwest Scholars Conference, Indiana Wesleyan University, Indianapolis, February 22, 2008.

Miller, M.R. A Comparison of the Sidearm Throws Versus the Overarm Throws in Softball Players, presented at the Southern California Conference on Biomechanics, University of Southern California, April 8, 2000.

### *Abstract*

Blakey, A., Cook, M.R., Rogers, W., Johnson, S., Hott, A.M., Eflin, J. and Gray, J. Science: The Success Catalyst – Instructors Energizing Novel Courses and Engaging Students, presented at SENCER (Science Education for New Civic Engagement and Responsibilities) Summer Institute, Santa Clara, California, August 2005.

Poster

Anthony, L.A., Cook, M.R., Lawrence, M., Keith, J., Kinney, D. Effect Of Different Durations of Whole-Body Vibration on Dynamic Postural Stability, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2023.

Henry, I., Cook, M.R., Vogel, C. and Weldy, L. The Effect 100mg of Caffeine has on Simple Reaction Time, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2023.

Flewelling, M., Cook, M.R., Hathaway, S., Lain, C., and Clement, J. Dynamic Postural Stability in College Football Players with Chronic Ankle Instability, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2023.

Cook, M.R., Branan, M., Jackson, F. and Whiteman, R. The Validity of Bioelectrical Impedance When Testing Resting Metabolic Rate, Compared to Indirect Calorimetry Using a Metabolic Cart, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2023.

Cook, M.R., Coryell, K., Grubbs, J. and Whitehouse, H. Effects of Celsius© on Anaerobic Performance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2023.

Martin, L., Waterway, T., Khlar, E. and Cook, M.R. Physiological Differences on a Standard Treadmill Versus a Lower Body Positive Pressure Treadmill, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, 2023.

Anthony, L.A., Cook, M.R., Savieo, J., Buresh, S. and Fritz, L. The Efficacy of Reflexive Performance Reset, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2022.

Cook, M.R., Tripp, E., Schoerder, L., and Impact of Plated Running Shoes on Physiological and Psychological Variables, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, IN, October, 2022.

Henely, K., Unger, Z., Swenson, J., Cook, M.R. and Williams, A.L. Comparison of Upper and Lower Body Muscular Strength and Endurance in College Students at Indiana Wesleyan University, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oak Brook, Il, November 8 – 9, 2019.

Cook, M.R., Williams, A.L., Oliveira, D.B., Planck, J., Wolgemuth, C., Yoder, W., and Foster, R.N.

The Accuracy of Activity Trackers Measuring Energy Expenditure while Walking*,* presented at the American College of Sports Medicine (ACSM) Annual Meeting, Orlando, FL, May 30th, 2019.

Williams, A.L., Cook, M.R., Castro, C., Haller, V., Seabeck, A., Springer, A., and Kennell, A. Correlation Analysis of the Skulpt© and BodPod©*,* presented at the American College of Sports Medicine (ACSM) Annual Meeting, Orlando, FL, June 1st, 2019.

Oliveira, D.B., Planck, J., Wolgemuth, C., Yoder, W., Cook, M.R., Foster, R.N. and Williams, A.L.

The Accuracy of Activity Trackers Measuring Energy Expenditure while Walking*,* presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 9 – 10, 2018.

Cook, M.R., Williams, A.L., Bantz, E., Blubaugh, J., and Peters, C. The Effects of Simulated Altitude Masks on Aerobic Endurance in Trained Individuals*,* presented at the American College of Sports Medicine (ACSM) Annual Meeting, Minneapolis, MN, June 2nd, 2018.

Kirby, J., Hayden, H., Coffey, M., Forbes, B., Cook, M.R., and Williams, A.L. The Accuracy of Caloric Expenditure in Fitness Tracking Technology*,* presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.

Moore, C., Deaton, K., Meinert, B., Price, C., Cook, M.R., and Williams, A.L. The Effects of Bingocize on Muscular Strength, Balance, Body Composition and Confidence in ADLs in The Elderly*,* presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.

Yoder, W., Bantz, E., Blubaugh, J., Peters, C., Cook, M.R., and Williams, A.L. The Effects of Simulated Altitude Masks on Aerobic Endurance in Trained Individuals*,* presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.

Shimmons, E., Balzano, D., Cain, L., Hornett, E., Cook, M.R., and Williams, A.L. The Effects of HIIT on Body Composition and Muscular Endurance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Grand Rapids, MI, November 10 – 11, 2017.

England, B.S., Biggs, N.C., Turcotte, N.J., Cook, M.R., and Williams, A.L. Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness*,* presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 4 – 5, 2016.

Williams, A.L., Cook, M.R., Shaffer, J., & Cuzzort, M. Dissociative Effects of a Spin Studio, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.

Stearns, E.M., Cook, M.R., Williams, A.L., Anglemyer, C., DeMoss, L., & Godbey, J. Effects of Time of Day on Muscular Strength, Muscular Endurance and Flexibility, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.

Cook, M.R., Williams, A.L., Anglemyer, T., Stephens, J., Hoffman, S., & Spencer, C. The Effects of a Plyometric Training Program on College Students, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.

Beerman, J., Cook, M.R., Williams, A.L., Hayden, A., Krebs, T., & Bok, B. The Relationship between Rate of Perceived Exertion and Actual Heart Rate, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.

Alao, D., Wilson, K., Cook, M.R., Williams, A.L., Miller, D., & VanKerkhoff, M.G. The Effects of Different Stretching Protocols on Golf Performance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.

Ryan, M., Worthman, J., Cook, M.R., Williams, A.L., Thompson, Z., & Jones, A. The Effects of High Intensity Interval Training on Gender, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Fort Wayne, IN, November 6 – 7, 2015.

Anglemyer, C.P., Cook, M.R., Williams, A.L., Brackenhoff, M.D., Kursonis, B.A., Lapp, M.R., & Smith, K.R. The Effects of Participation in a BingocizeTM Program on Self- Efficacy, Muscular Strength, Balance & Flexibility of Older Adults, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Merrillville, IN, November 7 – 8, 2014.

Ream, J-M., Cook, M.R., Williams, A.L., Greentree, J., Orozco, L. & Reinke, A. Let’s Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to Exercise, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Merrillville, IN, November 7 – 8, 2014.

Cook, M.R., Carmichael, M., Enger, D., Golden, K., Stemmler, E. & Williams, A.L. Effects of an Energy Drink On Blood Lactate Levels During Maximal Anaerobic Exercise, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.

Speidel, J., Cook, M.R., Williams, A.L., Arnold, S., Copple, S., Gurley, T., & Percy, E. Effectiveness of Blood Lactate Clearance in Arm Ergometry Active Recovery, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.

Williams, A.L., Cook, M.R., Bush, L., Humason, S., Rosenkranz, S., Sailor, B., & Springer, M. The Effects of a College Multiple Skill Activities, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.

Wilson, L., Lohser, A., Cook, M.R., Williams, A.L., Breckner, H., Hochstettler, A., & Stoneking, K. Tennis Ranking Correlation with Resting Heart Rate and Vo2max, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Oregon, Ohio, November 1 - 3, 2012.

Wilcoxson, E., Cook, M.R., Williams, A.L., Cocallas, T., Froderman, H., Klingeman, R., & Pedersen, M. Duration of Post-Exercise Effects on Brain Cognition, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, Indiana, October 28 – 29, 2011.

Rosenkranz, S., Cook, M.R., Williams, A.L., Baker, K., Malkowski, L., Miller, B., & Thompson, P. Effects of Music Tempo on Performance, presented at the Midwest American College of Sports Medicine (MWACSM) Annual Meeting, Indianapolis, Indiana, October 28 – 29, 2011.

Horsch, S., Dufek, J.S., Cook, M.R., Williams, A.L., Dixon, L., Hanson, B., Hamilton, K., & Reikowsky, L. The Influence of Static, Dynamic, and Active Isolated Stretching on Vertical Jump Performance, presented at the Southwest American College of Sports Medicine (SWACSM) 30th Annual Meeting, Reno, Nevada, October 21 – 22, 2011.

Cook, M.R. and Bishop, D.L. Structural Correlates to Synapse Reoccupation and Axon Regeneration at the Neuromuscular Junction, presented at Society for Neuroscience, San Diego, California, October 26, 2004.

*Poster - Student Research Specific*

Anglemyer, C.P., Cook, M.R., Williams, A.L., Brackenhoff, M.D., Kursonis, B.A., Lapp, M.R., & Smith, K.R. The Effects of Participation in a BingocizeTM Program on Self- Efficacy, Muscular Strength, Balance & Flexibility of Older Adults, presented at the Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November 5 – 7, 2014. – **This poster won the student poster research competition.**

Ream, J-M., Cook, M.R., Williams, A.L., Greentree, J., Orozco, L. & Reinke, A. Let’s Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to Exercise, presented at the Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November 5 – 7, 2014.

Gurley, T., McKinley, J., Cook, M.R., Williams, A.L., Foulk, S. & Pearce, H. The Potential Benefits and Effects of CrossFit® on Cardiovascular Endurance, Muscular Strength and Speed, presented at Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November, 2011.

Percy, E. Cook, M.R., Williams, A.L., Devereax, K., Garber, K., Hamsley, J. and Schortgen, J. Wii Fit® with Aerobic Step Platform and the Effects on Target Heart Rate, presented at Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November, 2011.

Rosenkranz, S., Cook, M.R., Williams, A.L., Baker, K., Malkowski, L., Miller, B., & Thompson, P. Effects of Music Tempo on Performance, presented at the Indiana Association for Health, Physical Education, Recreation & Dance (IAHPERD) State Conference, Indianapolis, IN, November, 2011. – **This poster won the student poster research competition.**

**BOOKS**

Cook, M.R. (2016). *A Comparison of the Sidearm Throw Versus the Overarm Throw*. Germany: Lambert Academic Publishing.

Cook, M.R. (2009). *Examining Students’ Attitudes About Science and Scientific Literacy*. Germany: VDM Verlag.

**NEWS ARTICLES**

WDIO, ABC affiliate, Duluth, Minnesota Press Release, November 13, 2020 05:41 PM. <https://www.wdio.com/news/lightspeed-lift-exercise-happiness-covid-19/5924059/>

Wall Street Journal, London, Avantika Chilkoti, May 4, 2019 07:00 AM EST, <https://www.wsj.com/articles/altitude-training-in-london-requires-extra-effort-11556967601?emailToken=ea74219a3aa382486921d442ce8a7613YDcq8unawcRpfj6kE71lowpvDHlXp9vTy+5XoZ+2G7VII7/9tWo7OVnZHQXOigpmUPT8aky3lccYZF0kJy/gS1vTUxYJXtC2euC5HAYQjag%3D&reflink=article_copyURL_share>

**GRANTS RECEIVED**

Discovered Opportunity Grant, IWU, 2021 ($1000)

Indiana Academy of Science Grant, 2003 ($1,417)

Research Grant-in-Aid, Indiana University, 2001 ($443.30)

**DOCTORAL COMMITTEE APPOINTMENTS**

Committee Member for EdD in Organizational Leadership

Dissertation: A Healthy Dose of Leadership: Superintendents' Leadership Styles in Implementing School Health and Wellness Programs in Indiana

Student: Alice J. Robertson

Institution: Indiana Wesleyan University

Completion: August 2009

**LILLY SCHOLARSHIP AWARDS**

Student Lilly Scholarship Award Mentor, Tennis Ranking Correlation with Arm Ergometer VO2 Max Test, IWU, Lauren Wilson, 2012 - 2013

Student Lilly Scholarship Award Mentor, Analysis of Indiana Wesleyan University’s Wellness Program, IWU, Emily Percy, 2011 – 2012

**TEXTBOOK/WEBSITE/LMS/MANUSCRIPTS/ABSTRACTS**

Technology

Multiple LMS/websites/apps in design - Pearson Education Publishers – Indianapolis, IN,

2012 - 2017

Textbooks

Fitquest: A Personal Journey by Bell, Garver, McCurley, Mood and Banks (2014) – Bearface Instructional Technologies

Exercise for Older Adults by ACSM (2013) - Lippincott, Williams, & Wilkins Publishers

Basic and Applied Sports Kinesiology by Declan Connolly (2013) - Lippincott, Williams, &

Wilkins Publishers

Total Fitness Assessment by Ng and Bosso (2013) – Lippincott, Williams, & Wilkins Publishers

Introduction to Exercise Science by Housh, Housh, and Johnson (2012) - Holcomb Hathaway Publishers

Basic Biomechanics (6E) by Hall (2012) - McGraw-Hill

Exercise Physiology by William Kraemer, Steven Fleck and Michael Deschenes (2011) –

Lippincott, Williams, & Wilkins Publishers

Introduction to Human Disease: Pathophysiology for Health Professionals (5E) by Hart and

Loeffler (2006) – Jones & Bartlett Learning

Manuscript Proposals

Journal of Sports Science manuscript reviewer, 2016 – 2018

Abstract Proposals

Abstract Review Committee for MWACSM, 2019 - 2021

CSKLS conference proposal reviewer, 2016

ASHE conference proposal reviewer, Teaching, Learning, Assessment and Methods, 2011 – 2014

**SUPERVISED UNDERGRADUATE STUDENT RESEARCH PROJECTS (IWU)**

Comparison of Co-Contraction Ratios of College Athletes After ACLR During a Single Leg Drop Landing, 2023-2024

The Effects of Caffeine on Reaction Time and Accuracy in Law Enforcement, 2023-2024

The Validity of Bioelectrical Impedance When Testing Resting Metabolic Rate, Compared to Indirect Calorimetry Using a Metabolic Cart, 2022-2023

Effects of Celsius© on Anaerobic Performance, 2022-2023

Physiological Differences on a Standard Treadmill Versus a Lower Body Positive Pressure Treadmill, 2022-2023

The Efficacy of Reflexive Performance Reset, 2021-2022

The Effect of a Chlorophyll Placebo on Psychological and Physical Outcomes in Treadmill Exercise, 2021-2022

Impact of Plated Running Shoes on Physiological and Psychological Variables, 2021-2022

Metabolic and Psychological Observations During Running with and without the Lightspeed Lift©, 2020 - 2021

Comparing Muscular Activation Through EMG During Full-Weight Bearing Versus Reduced-Weight Bearing Treadmill Running, 2020 - 2021

The Cardiometabolic Effects of the Lightspeed Lift© Harness System, 2019 - 2020

The Effects of Body Weight Support Treadmill Activity on the Lightspeed Lift©: Changes in Affective Valence and RPE, 2019 - 2020

The Effect of the Lightspeed Lift© on Caloric Expenditure, Time to Exhaustion and Rate of Caloric Expenditure During Maximal Exertion Treadmill Running, 2019 - 2020

Factors Influencing Perception of Effort During Treadmill Exercise, 2019 - 2020

A Comparison of Validity Between the Borg RPE Scale and Borg CR10 Scale, 2019 - 2020

Validation of Emoji Pictorial Perceived Exertion Scale Versus Borg CR10 Scale, 2019 - 2020

Evaluating Rate of Perceived Exertion in College Students Using the Upright Bike and Stair Stepper, 2018 - 2019

Comparing RPE to Heart Rate: Recumbent versus Upright Bicycle, 2018 - 2019

An Evaluation of Body Composition and Nutrition in Indiana Wesleyan University Students, 2018 - 2019

Comparison of Upper and Lower Body Muscular Strength and Endurance in College Students at Indiana Wesleyan University, 2018 - 2019

Rate of Perceived Exertion and Heart Rate on Treadmill and Rower Ergometer, 2018 - 2019

Flexibility and Balance of Undergraduate Students at Indiana Wesleyan University, 2018 - 2019

Cardiorespiratory Fitness Among Residential Undergraduate Students Attending Indiana Wesleyan University, 2018 - 2019

The Comparison of Heart Rate to Rate of Perceived Exertion on College Students Using the Treadmill and Arm Ergometer, 2018 - 2019

The Accuracy of Activity Trackers Measuring Energy Expenditure while Walking, 2017 - 2018

Accuracy of Fitness Trackers in Predicting Caloric Expenditure During Stationary Biking, 2017 - 2018

Heart Rate and Caloric Expenditure Accuracy of Popular Fitness Trackers, 2017 - 2018

The Effect of Music Preference on Exercise Performance in College Students, 2017 - 2018

Correlation Analysis of the Skulpt© and BodPod, 2017 – 2018

Competition’s Impact on Heart Rate in Zumba Exergaming, 2016 - 2017

The Effects of Elevation Training Masks on Aerobic Endurance in Trained Individuals, 2016 - 2017

The Effects of Bingocize™ on Muscular Strength, Balance, Body Composition and Confidence in Activities of Daily Living in the Elderly, 2016 - 2017

The Effects of HIIT on Body Composition and Muscular Endurance, 2016 - 2017

The Accuracy of Caloric Expenditure in Activity Tracking Technology, 2016 - 2017

Vibration’s Impact on Flexibility, 2016 - 2017

Effects of Simulated Altitude on Maximal Oxygen Uptake and Inspiratory Fitness, 2015 - 2016

Comparison of Physiological Benefits and Enjoyment of Dance Dance Revolution With and Without a Partner, 2015 - 2016

Muscle Activation During Front and Back Squat, 2015 - 2016

The Impact of Whole-Body Vibration Training on Muscle Activation and Flexibility, 2015 - 2016

What’s Your Power Hour? The Effects of Time of Day on Exercise Performance, 2014 - 2015

PLYO+: The Effects of Plyometric Training on the Active Non-Athlete College Population, 2014 - 2015

The Effect of Dissociation in a Spin Studio Environment, 2014 - 2015

A Comparison of Perceived Exertion Versus Actual Exertion During Exercise, 2014 - 2015

HIIT IT: The Physiological Differences Between Men and Women in Response to HIIT Training,

2014 - 2015

Effects of Gatorade and Water on Exercise, 2014 - 2015

Stretching and Golf Performance: The Significance of Dynamic, Static, and No Stretching on

Performance of a Golf Swing, 2014 - 2015

The Effect of Participation in a Bingocize® Program on Self-Efficacy, Muscular Strength, Balance, and Flexibility of Older Adults, 2013 - 2014

Let’s Get Motivated: The Relationship Between Fitness Assessment Results and Motivation to

Exercise, 2013 - 2014

The Effects of Music Tempo and Enjoyment on Exercise Performance, 2012 - 2013

The Relationship Between Religious Values, Health Habits, and Motivation for Exercise, 2012 - 2013

The Different Modes of Exercise and their Effects of Cognitive Function, 2012 - 2013

Effectiveness of Blood Lactate Clearance in Arm Ergometry Active Recovery, 2011 – 2012

Effects of 5-Hour Energy® on Blood Lactate Levels During Maximal Anaerobic Exercise, 2011 - 2012

The Effects of a College Multiple Skills Activities Class, 2011 - 2012

The Effects of Longboarding on the Cardiovascular System, 2011 - 2012

Tennis Ranking Correlation with Resting Heart Rate and VO2 Max, 2011 - 2012

Effects of Music Tempo on Performance, 2010 – 2011

Duration of Post-Exercise Effects on Brain Cognition, 2010 - 2011

The Potential Benefits and Effects of CrossFit® on Cardiovascular Endurance, Muscular Strength

and Speed, 2010 - 2011

The Validity of Power Balance® Bracelets, 2011 - 2011

Wii Fit® with Aerobic Step Up Platform and the Effects on Target Heart Rate, 2010 – 2011

Investigating Perceived versus Actual Activity Levels While Exercising on the Wii Fit®, 2009 - 2010

The Influence of Static, Dynamic, and Active-Isolated Stretching on Vertical Jump Height, 2009 - 2010

Comparing Body Composition Between Health Related and Non-Health Related Academic Majors, 2009 - 2010

**STUDENT CLUBS/ORGANIZATIONS ADVISOR**

Exercise Science Club advisor, HHP, IWU, 2021 – present

Swing Dance Club advisor, IWU, 2013 – 2014

IWU Remix advisor, IWU, 2010 – 2013

Exercise Science and Applied Health and Fitness Club advisor, IWU, 2010 – 2011, 2021 - present

Martin Hall Unit Parents (Holly King, Britta Sjoberg, Brittany Molnar), IWU, 2009 – 2012

**SERVICE PROJECTS/MISSION TRIPS**

World Gospel Mission:

Sanyu Babies Home, Kampala, Uganda, May 31 – June 11, 2015

IWU students:

Hephzibah Children’s Home, Macon, Georgia, May 1 – May 7, 2016

95 Acts of Intentional Kindness, Brookhaven Wesleyan Church, Marion, IN, September 4, 2015

Hephzibah Children’s Home, Macon, Georgia, February 28 – March 7, 2015

94 Acts of Intentional Kindness, Brookhaven Wesleyan Church, Marion, IN, August 29, 2014

# PANEL SPEAKER

Day of Courageous Conversations, Student Athletes…Privileged or Penalized, February 11, 2020

Cancer Center Support Group, Exercise Recommendations for Cancer Patients, October 16, 2018

Instructor, Nutrition and Exercise Recommendations for Children, Foster Care Training, The Villages, August 19, 2014

Faculty Panel, SPAS Undergraduate Research Highlights, SPAS Faculty Retreat, August 21, 2014

Math and Athletics Instructor, Camp Blast, Fairmount Campgrounds, July 1, 2014

Guest Speaker, Parish Nurses Luncheon, Marion General Hospital, April 2014

Faculty Panel, Teaching Online Classes in the Summer: Effective & Efficient or Mediocre & Misguided?, SPAS Faculty Retreat, IWU, August 23, 2012

CAS Faculty Panel, Scholarship as a Christian Vocation, CAS Faculty Retreat, IWU, August 31, 2009

Health and Wellness Panel, Grant County Young Professionals Network, Meshingomesia Country Club, Marion, Indiana, April 2009

**LEARNING ACADEMY COURSES COMPLETED**

Living in the Zoom Universe, November, 2020

Online Tips and Tricks, May 14, 2020

Course Design, Spring, 2012

Assessment of Student Learning, Spring, 2012

# Professional Development/Workshops

*Discipline Specific*

ACSM Health Fitness Summit, Chicago, Illinois, February 22 – 25, 2024

MWACSM Annual meeting, Indianapolis, IN, Oct 2023

NSCA National Conference, Las Vegas, NV, July 12 – 15th, 2023

MWACSM Annual meeting, Indianapolis, IN, Oct 21st, 2022

ACSM 69th Annual Meeting, San Diego, Ca, May 31 – June 4th, 2022

2021 National Conference, National Strength and Conditioning Association (NSCA),

Orlando, FL, July 7-10, 2021

ACSM 67th Annual Meeting, Virtual Experience, June 2020

MWACSM Annual meeting, Oak Brook, IL, November 8 – 9, 2019

ACSM 66th Annual Meeting, Orlando, FL, May 28 – June 1, 2019

MWACSM Annual meeting, Grand Rapids, MI, November 9 – 10, 2018

ACSM 65th Annual Meeting, Minneapolis, MN, May 29 – June 2, 2018

MWACSM Annual meeting, Grand Rapids, MI, November 10 – 11, 2017

ACSM 64th Annual Meeting, Denver, Colorado, May 31 – June 3, 2017

ACSM’s 21st Health and Fitness Summit and Exposition, San Diego, CA, April 6 – 9, 2017

MWACSM Annual meeting, Fort Wayne, IN, November 4 – 5, 2016

ACSM 63rd Annual Meeting, Boston, Massachusetts, June 1 – 4, 2016

MWACSM Annual meeting, Fort Wayne, IN, November 6 – 7, 2015

ACSM 62nd Annual Meeting, San Diego, California, May 26 – May 30, 2015

MWACSM Annual meeting, Merrillville, IN, November 7 – 8, 2014

IAHPERD, Indianapolis, Indiana, November 6 – 8, 2014

ACSM 61st Annual Meeting, Orlando, Florida, May 27 – May 31, 2014

ACSM 60th Annual Meeting, Indianapolis, Indiana, May 29 – June 1, 2013

MWACSM Annual meeting, Oregon, Ohio, November 1-3, 2012

ACSM’s 16th Health and Fitness Summit and Exposition, Las Vegas, NV, March 27 – 30, 2012

IAHPERD, Indianapolis, Indiana, November 9 – 11, 2011

MWACSM Annual meeting, Indianapolis, Indiana, October 28 – 29, 2011

ACSM 58th Annual Meeting, Denver, Colorado, May 31 – June 4, 2011

ACSM’s 15th Health and Fitness Summit and Exposition, Anaheim, CA, April 13 – 16, 2011

MWACSM Annual meeting, Indianapolis, Indiana, October 29 – 30, 2010

ACSM’s 57th Annual Meeting, Baltimore, Maryland, June 1 – 4, 2010

Perform Better 3-Day Functional Training Summit, Chicago, IL, May 2010

ACSM’s 56th Annual Meeting, Seattle, Washington, May 27 – 30, 2009

Effective Techniques for Total Body Strengthening workshop, Indianapolis, IN, March 24, 2009

ACSM’s 55th Annual Meeting, Indianapolis, Indiana, May 28 – 31, 2008

5th Annual Conference on Girls’ and Women’s Physical Activity and Sport, Louisiana State University, Shreveport, Louisiana, February 16, 2007

TAHPERD Annual Convention, Fort Worth, Texas, November 30 – December 2, 2006

NSCA Personal Trainers Conference, Las Vegas, Nevada, March 12 – 13, 2006

*Faith Integration Specific*

Christian Society for Kinesiology and Leisure Studies, Lipscomb University, June 14 – 16, 2021

Christian Society for Kinesiology and Leisure Studies, IWU, June 7 – 9, 2012

The Pedagogy of Faith in the Science Classroom, IWU, June 27 – 29, 2011

Life Calling Workshop, Indiana Wesleyan University, May 12 – 13, 2008

Midwest Scholars Conference, Indiana Wesleyan University, Indianapolis, IN, February 22, 2008

New Faculty Development Course, Indiana Wesleyan University, Fall 2007

Gnosis to Epignosis: A Seminar on Faith Integration in Christian Higher Education, La Tourneau University, November 1, 2005

*Teaching Specific*

Lilly Faculty Development Workshop, Indiana Wesleyan University, August 2021

Assessment Workshop, Indiana Wesleyan University, May 7, 2013

IDEA Mentor Training, 2011

Performance Task Academy, Indiana Wesleyan University, May 2011

2010 ASHE Annual Conference, Indianapolis, Indiana, November 18 – 20, 2010

35th Annual POD Conference, St. Louis, Missouri, November 3 – 7, 2010

8th Annual “Technology for Teaching” Conference, Taylor University, Upland, Indiana, August 19 – 20, 2010

Map-works Training, IWU, 2010

2010 ICI, Instructional Technology Summit, Butler University, August 6, 2010

New Faculty Mentor Training, IWU, August 21, 2009

2009 ICI, Instructional Technology Summit, Taylor University, August 14, 2009

6th Annual “Technology for Teaching” Conference, Taylor University, Upland, Indiana, August 14 – 15, 2008

3rd Annual Conference: “No Educator Left Behind: Equipping Adjunct Faculty with Skills and Knowledge”, Indianapolis, Indiana, June 20, 2008

Advising Webinar, Indiana Wesleyan University, Spring 2008

Promoting an Undergraduate Research Culture, Inside Higher Education Audioconference, Indiana Wesleyan University, December 12, 2007

Faculty Development/Frenzy Workshops, August 2007 – present

SENCER Summer Institute, Santa Clara University, August 2004

*General Employee*

Conflicts of Commitment & Interest, 2023

FERPA: Privacy of Student Records, 2023

Title IX and Sexual Harassment Prevention, 2023

PCI\_DSS and University Credit and Policy Awareness Training, IWU, January 2022

Active Shooter: Run, Hide, Fight Training, IWU, January 2022

General Mental Health, IWU, January 2022

FERPA: Confidentiality of Records, IWU, January 2022

Information Security and Privacy, IWU, January 2022

CITI training, IRB, IWU, October 2021

7:9 Multicultural Awareness Training, December 2020

Cyber Security Awareness Training, December 2020

FERPA: Confidentiality of Records, February 13, 2020

Cyber Security Awareness Training, January 2020

Blood Borne Pathogens, Employee Professional Development Training, 2007 - present

Code of Conduct, Employee Professional Development Training, December 5, 2017

FERPA, Employee Professional Development Training, December 5, 2017

Information Security, Employee Professional Development Training, December 5, 2017

Code of Conduct,Employee Professional Development Training, November 29, 2016

American with Disabilities Act, Employee Professional Development Training, January 19, 2016

Workplace Bullying, Employee Professional Development Training, January 19, 2016

Managing Workplace Stress, Employee Professional Development Training, January 19, 2016

Information Security, Employee Professional Development Training, January 19, 2016

Code of Conduct, Employee Professional Development Training, IWU, February 2, 2015

Title IX, Employee Professional Development Training, IWU, February 2, 2015

Preventing Discrimination and Harassment – EE, Employee Professional Development Training, IWU, February 2, 2015

Active Shooter Preparedness, Employee Professional Development Training, IWU, January 23, 2015

FERPA, Employee Professional Development Training, IWU, January 23, 2015

ALICE Training, Mario Rangel, IWU, August 21, 2014

Diversity Awareness Training, IWU, August 23, 2013

Realizing the Potential for Women’s Leadership Webinar, IWU, May 12, 2011

Managing Energy, not Time, Is the Key to High Performance and Personal Renewal, Wabash Leadership Luncheons, April 16, 2009

Women’s Leadership Development Conference, Indiana Wesleyan University, Indianapolis, Indiana, May 8 – 9, 2008