

Curriculum Vitae

Eric M. Scudamore, Ph.D., CSCS

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EDUCATION

Middle Tennessee State University Murfreesboro, TN Ph.D. in Health and Human Performance	2017
University of North Alabama Florence, AL M.S. in Health and Human Performance	2014
University of Alabama Tuscaloosa, AL B.S.E. in Human Performance and Exercise Science	2012

ACADEMIC POSITIONS

Arkansas State University

Professor Department of Kinesiology	2026-present
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Associate Professor Dept. of Health, Physical Education, and Sport Sciences	2021-2026
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Assistant Professor Dept. of Health, Physical Education, and Sport Sciences	2017-2021
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Instructor of Record:

ES 3533	Basic Physiology of Activity
ES 3633	Nutrition for Health, Sport, and Exercise
ES 3743	Research and Statistical Methods in Exercise Science
HLTH 4543	Drug Use and Abuse
ES 4683	Exercise Prescription and Fitness Programming
ES 4843	Practicum, Pre-Internship in Exercise Science
HPESS 4863	Internship in HPESS 1
HPESS 4893	Internship in HPESS 2
ESPE 678V	Thesis
ESPE 679V	Graduate Project
ESPE 6533	Laboratory Techniques in Exercise Physiology
ESPE 6673	Research Design

Middle Tennessee State University

2014-2017

Graduate Teaching Assistant | Department of Health and Human Performance

Instructor of Record:

EXSC 3500	Exercise Techniques and Leadership
EXSC 3831	Physiology of Exercise Lab
EXSC 4230	Exercise Prescription & Program Planning
EXSC 4240	Principles of Exercise Assessment for Health Populations
EXSC 4250	Internship

University of North Alabama

2013-2014

Graduate Research Assistant | Department of Health, Physical Education, and Recreation

RESEARCH & SCHOLARSHIP

Publications

1. Knight SK, Scudamore EM, Bowling LR, Scudamore V, Waldman HS, O'Neal EK. (2026). Dual VO₂ plateau method for confirming VO₂max validity in trained female runners. *Sports Res in Str and Performance*. 6(1).
2. Bowling LR, Knight SN, Scudamore EM, Waldman HS, Scudamore V, O'Neal EK. (2025). Trained runners need lower respiratory exchange ratio criterion during graded exercise tests. *Res Str Performance*. 5(1).
3. Bowling LR, Scudamore EM, Church JB, Pribyslavskaya V. (2025) The effects of a carbohydrate mouth rinse on soccer-specific skills following a morning high-intensity practice. *Int J Ex Sci*. 18(6) 215-224.
4. Lara DA, Knight SN, Bowling LR, Dominy TA, Waldman HS, Scudamore EM, Andre TL, O'Neal EK. (2025). Effects of pre-run walk under load on reactive strength index, running economy, and performance of recreationally competitive male runners. *Research Directs in Strength and Performance*. 5(1).
5. Zhao X, Pribyslavskaya V, Yu H, Scudamore EM. (2024). Preseason FMS but not YBT scores predict musculoskeletal injury in elite female fast-pitch softball athletes. *J Sports Rehabil*. 34 (5): 551-556.
6. O'Neal EK, Knight SN, Waldman HS, Scudamore EM, Pribyslavskaya V, Bowling LR, Carder JM. (2023). Are NCAA Division-I women's and men's cross-country runners competing in the same race? A physiological perspective. *J Sports and Games*. 5(1): 15-22.
7. Carder MJ, Scudamore EM, Knight SN, Pribyslavskaya V, Bowling LR, O'Neal EK (2023). Retrospective and contemporary predictors of NCAA Division I cross-country performance are sex specific. *J Strength Cond Res*. 37(11): 2267-2272.
8. Scudamore EM, Sayer BL, Church JB, Bryant LG, Pribyslavskaya V. (2021). Effects of post-exercise foam rolling for delayed-onset muscle soreness on loaded military task performance and perceived recovery. *J Ex Sci Fit*. 19: 166-170.
9. Stamatis A, Deal P, Morgan G, Forsee J, Papadakis Z, McKinley-Barnard S, Scudamore EM. (2020). Can athletes be tough and kind to themselves? Improving mental health best practices in NCAA. *PLOS One*. 15(12): e0244579.
10. Tedford G, Pribyslavskaya V, Bryant L, Scudamore EM. (2020). A comparative analysis of Army body composition standards for women. *Int J Ex Sci*. 13(7): 1275-1282.
11. Scudamore EM, Coons JM, Fuller DK, Morgan DW, Stevens S. (2020). Functional movement screen scores predict dynamic balance with military torso-load. *Mil Med*. 185 (3-4), 493-498.
12. Simpson JD, Cosio-Lima L, Scudamore EM, O'Neal EK, Stewart EM, Miller BL, Chandler H, Knight AC. (2020). Effects of External loading during daily living and training on countermovement jump, agility, and sprint performance in trained women. *Int J Sports Physiol Perform*. 15(3) 309-318.
13. Scudamore EM, Coons JM, Fuller DK, Stevens S, Morgan DW. (2019). Use of functional movement screen scores to predict dynamic balance in physically-active males and females. *J Strength Cond Res*. 33(7) 1848-1854.
14. Langford TW, O'Neal EK, Scudamore EM, Johnson SL, Stevenson MC, Pribyslavskaya V, Green JM. (2019) Caffeine alters RPE-based intensity production. *Int J Ex Sci*. 12(6) 412-424.

15. Scudamore EM, Barry, VW, Coons, JM. (2018). An evaluation of time-trial based predictions of $\dot{V}_{O2max}$ and recommended training paces for collegiate and recreational runners. *J Strength Cond Res.* 32(4) 1137-1143.
16. Lowe JB, Scudamore EM, Stevenson MC, Johnson S, Pribyslavská V, Langford T, Green J.M, & O'Neal EK. (2016). External loading during daily living improves high intensity tasks under load. *Int J Ind Ergons.* 55, 34-39.
17. Scudamore EM, Lowe JB, Pribyslavská V, Johnson SL, Stevenson Wilcoxson MC, Langford TW, Green, JM, & O'Neal EK. (2016). Three week hypergravity training intervention decreases ground contact time during repeated jumping and improves sprinting and shuttle running performance. *Int J Ex Sci.* 9(2) 149-158.
18. Pribyslavská V, Scudamore EM, Johnson SL, Green JM, Stevenson Wilcoxson MC, Lowe JB, & O'Neal EK. (2015). Influence of carbohydrate mouth rinsing on running and jumping performance during early morning soccer scrimmaging. *Eur J Sport Sci.* 16(4):441-447.
19. Holm RL, Pribyslavská V, Scudamore EM, Johnson SL, Langford, TW, Stevenson-Wilcoxson MC, Lowe, JB, Green JM, Katica CP, & O'Neal EK. (2015). Performance and perceptual responses of collegiate female soccer players to a practical external and internal cooling protocol. *Int J Ex Sci.* 8(4) 331-340.

Student Research Mentorship

1. Alam, F. (2026). Correlations between fluid consumption and hydration and heat stress knowledge in U.S. steelworkers. (Chair)
2. Kiddle, A. (2026). Prevalence of musculoskeletal asymmetries in female collegiate bowlers. (Chair)
3. Bokker, K. (2026). Fear of negative evaluation and intrinsic motivation in resistance-trained individuals a comparison of novice and experienced lifters
4. Pitts, L. (2026). The influence of social media on modern fitness body ideals. (Chair)
5. Teel C. (2026). The effects of cycling resistance on blood lactate, peak power, and rate of fatigue.
6. Bennett B (2026). Effects of exercise intensity and body mass index on reaction time in physically active males.
7. Pulcher MO. (2023). Effects of external loading during daily living on anaerobic performances in D1-A rugby athletes. (Chair)
8. Shaw D. (2023). Anaerobic performance profiles of DIA college rugby players.
9. Ravar Ladislau VC. (2023), Effects of velocity-based training on acute recovery of American college football players' sport-specific performance.
10. Kobayashi K. (2023) Correlation between pass speed, leg strength, and explosive leg performance in male soccer players.
11. Bowen P. (2023). A qualitative study on the impact of COVID-19 on the transition from classroom to virtual learning among elementary school teachers with underrepresented students in a rural school district. (Dissertation committee member)
12. Carder MJ. (2022). Prediction of NCAA Division I Cross Country Performance. (Chair)
13. Zhao X. (2022). Association of Functional Movement Screen and Y-Balance Test Scores with lower extremity injury in Elite Fast-Pitch Softball Athletes. (Chair)

14. Terrell T. (2022). An investigation of popular recovery methods in volleyball players.
15. Sanders C. (2021). Effects of external loading during daily living on Army Combat Fitness Test performance. (Chair).
16. Bowling L. (2021). Effects of carbohydrate mouth rinsing on the performance of soccer-specific skills following a morning high-intensity practice.
17. Miller B. (2021). The efficacy of wearing a “Shrinkx Belly Postpartum Wrap” during postpartum pregnancy to decrease present diastasis recti abdominis.
18. Raines A. (2020). The effect of static stretching on vertical jump in high flexibility athletes.
19. White B. (2020). The officiating shortage: examining the administrator’s role in addressing basketball contest climates in the state of Missouri. (Dissertation committee member)
20. Belk WF. (2020). Effects of aerobic exercise on point-and-click accuracy and motor reaction time in esports athletes. (UG Project Chair)
21. Charles A. (2020). Accuracy of predicted VO₂max from the Garmin Forerunner 235, Polar M430, and VDOT calculator.
22. Cheek J. (2020). How Does Breathing Technique in Plyometric Training Effect Rate of Perceived Exertion and Heart Rate?
23. Jiwani N. (2019). Use of accelerometry to quantify the effects of physical education on physical activity levels and sedentary time in preschool students. (Mentor | Arkansas Biosciences Institute Mentorship program)
24. Tedford AG. (2019). A comparative analysis of army body composition standards for U.S. Army recruits.
25. Griffin J. (2018). The Effects of a 12-week Kenpo Karate Program on Physical Fitness, Attentiveness, and Behavior in 4 to 14 year-old Children. (Chair)
26. Sayer B. (2018). The Effects of Post-Exercise Myofascial Release on Subsequent Military Task Performance and Perceived Recovery.

PRESENTATIONS

1. Church JB, Shaw DA, Cantrell GS, Scudamore EM. Anaerobic performance profiles of D1A college rugby players. National Strength & Conditioning Association National Conference. July 2024, Baltimore MD.
2. Qualls J, Kobayashi K, Shepherd M, Pulscher M, Scudamore EM, Cantrell G, Church JB, Wheeler AA, Pribyslavska V. Correlation between pass speed and leg strength and explosive leg performance in male soccer players. Central States Regional ACSM Conference. March 2024, Kansas City, MO
3. Scott E, Ravar Ladislau C, Cantrell GS, Scudamore EM, Church JB. Effects of velocity based and resistance training on velocity-based recovery of soccer-specific performance. Central States Regional ACSM Conference. March 2024, Kansas City, MO
4. Bowling LR, Scudamore EM, Knight SN, Pribyslavska V, Carder MJ, Waldman HS, O’Neal EK. Validity of respiratory exchange ratio as a secondary confirmation marker of VO₂max in trained runners. Central States Regional ACSM Conference. March 2024, Kansas City, MO.
5. Knight SN, Bowling LR, Carder MJ, Scudamore EM, Pribyslavska V, Waldman HS, O’Neal EK. VO₂ and RER at 90% of 5-km race pace better represents metabolic profile of NCAA division I female runners than lower intensities. Central States Regional ACSM Conference. March 2024, Kansas City, MO.

6. Dominy TA, Knight SN, Bowling LR, Carder MJ, Scudamore EM, Pribyslavska V, Waldman HS, O'Neal EK. VO₂ and RER at 90% of 8-km race pace most accurately represents running economy. Central States Regional ACSM Conference. March 2024, Kansas City, MO.
7. Lara DA, Knight SN, Bowling LR, Killen LG, Waldman HS, Scudamore EM, O'Neal EK. Pre-run walking under load does not alter reactive strength index, running economy, or performance of recreationally competitive male runners. Central States Regional ACSM Conference. March 2024, Kansas City, MO.
8. Kobayashi K, Shepherd M, Pulscher M, Qualls J, Scudamore EM, Cantrell G, Church JB, Wheeler A, Pribyslavska V. Correlation between pass speed, leg strength, and explosive leg performance in male soccer players. Arkansas SHAPE Conference. November 2023, Jonesboro, AR (1st place presentation award)
9. Scudamore EM, Zhao X, Church JB, Pribyslavska V. Association of functional movement screen and Y-Balance test scores with injury in elite softball athletes. Central States American College of Sports Medicine. March 2023, Tulsa, OK.
10. Kobayashi K, Shepherd M, Pulscher M, Pribyslavska V, O'Neal EK, Brown G, Coats Z, Scudamore EM. Association between external loading wear time and change in anaerobic performance of rugby athletes. Central States American College of Sports Medicine. March 2023, Tulsa, OK. (Nominated for Outstanding Student Research Award).
11. Pulscher M, Pribyslavska V, O'Neal EK, Shepherd M, Kobayashi K, Brown G, Coats Z, Scudamore EM. Effects of external loading during daily living on anaerobic performance in D1-A rugby athletes. Central States American College of Sports Medicine. March 2023, Tulsa, OK.
12. Bowling LR, Knight SN, Carder MJ, Scudamore EM, Pribyslavska V, & O'Neal EK. VO₂max observation window differences in male NCAA cross-country athletes. Southeastern American College of Sports Medicine. February 2023, Greenville, SC.
13. Knight SN, Bowling LR, Carder MJ, Scudamore EM, Pribyslavska V, & O'Neal EK. VO₂max observation window differences in female NCAA cross-country athletes. Southeastern American College of Sports Medicine. February 2023, Greenville, SC.
14. Bowling L, Scudamore EM, Church JB, Pribyslavska V. Carbohydrate mouth rinse does not improve soccer-specific skills following a morning high-intensity practice. Central States Regional ACSM Conference, March 2022, Fayetteville, AR.
15. Pribyslavska V, Charles A, Scudamore EM. Evaluating the accuracy of two VO₂max prediction methods in Division I cross-country runners. Central States Regional ACSM Conference, March 2021, Virtual.
16. Bowling L, Scudamore EM, Church JB, Pribyslavska V. The effects of a carbohydrate mouth rinse on soccer-specific skills following a morning high-intensity practice. Central States Regional ACSM Conference, March 2021, Virtual.
17. Sanders CW, Pribyslavska V, Church BJ, Bowling LR, Burner LM, Loar JA, Scudamore EM. The effects of external loading during daily living on ACFT performance. Central States Regional ACSM Conference, March 2021, Virtual.
18. Belk W, Pribyslavska V, Cantrell GS, Scudamore EM. Effects of aerobic exercise on eSport motor reaction time and point-and-click accuracy. Central States Regional ACSM Conference, March 2021, Virtual.

19. Scudamore EM, Charles A, Coons JM, Pribyslavska V. Gender differences in time-trial based predictions of VO₂max and training paces for collegiate track athletes. National ACSM Conference, May 2020, San Francisco, CA. (Accepted, conference cancelled)
20. Pribyslavska V, Sayer B, Church B, Scudamore EM. Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. National ACSM Conference, May 2020, San Francisco, CA. (Accepted, conference cancelled)
21. Morgan G, Stamatis A, Deal P, Papadakis Z, Forsee J, McKinley-Barnard S, Scudamore EM. Can athletes be tough and kind to themselves? Improving mental health best practices in NCAA. National ACSM Conference, May 2020, San Francisco, CA. (Accepted, conference cancelled)
22. Lehtola KN, Scudamore EM, O'Neal EK, Simpson JD. Kinetic asymmetry of CrossFit athletes during hang power cleans at various loads – a pilot study. Southeast Regional ACSM Conference, February 2020, Jacksonville, FL.
23. Doig SR, Scudamore EM, Yoshimura N, Burner L, Tatum J, Bell R. The impact of early high-quality physical education on negative effects associated with adverse childhood experiences. Hawaii International Conference on Education, January, 2020, Honolulu, HI.
24. Scudamore EM, Jiwani N, Doig SR, Pribyslavska V. The effects of early-childhood physical education on moderate-vigorous physical activity levels and sedentary time. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
25. Charles A, Shelton K, Long K, Freeland H, Thomas C, Tedford AG, Pribyslavska V, Scudamore EM. The effects of external-loading during daily living on single and repeated jump performance in rugby athletes. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
26. Tedford G, Charles A, Long K, Freeland H, Shelton K, Pribyslavska V, Bryant L, Scudamore EM. A comparative analysis of body composition standards for U.S. Army recruits. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
27. Pribyslavska V, Sayer B, Church B, Scudamore EM. Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.,
28. Long K, Thomas C, Freeland H, Tedford AG, Shelton K, Charles A, Scudamore EM, Pribyslavska V. Effects of three-week external-loading intervention on sprint performance in rugby athletes. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
29. Scudamore EM. External-loading during daily living: A training strategy to improve the force-velocity curve. NSCA Arkansas State Clinic, September 2019, Jonesboro, AR.
30. Scudamore EM, Coons JM, Fuller DK, Morgan DW, Stevens S. Use of traditional and modified functional movement screening to predict balance with military load. National ACSM Conference, May 2019, Orlando, FL.
31. Scudamore EM, Pribyslavska V. Strength training for the high school athlete. Arkansas AAPHERD District IV Workshop, April 2019, Jonesboro, AR.
32. Scudamore EM, Coons JM, Fuller DK, Stevens S, Morgan DW. Use of functional movement screen scores to predict dynamic balance in physically-active males and females. Central States Regional ACSM Conference, October 2018, Kansas City, MO.
33. Griffin J, Pribyslavska V, Northcutt M, Scudamore EM. Effects of an 11-week karate program on physical fitness, aggression, and attentiveness in children. Central States Regional ACSM Conference, October 2018, Kansas City, MO.

34. Simpson JD, Scudamore EM, & O'Neal EK. Chronic external loading during daily living: a “lost” training strategy to improve the force-velocity curve. Southeast Regional ACSM Conference, February 2018, Chattanooga, TN. Symposium.
35. Scudamore EM, Barry VW, & Coons JM. An evaluation of time-trial based predictions of $\dot{V}O_{2max}$ and recommended training paces for collegiate and recreational runners. National ACSM Conference, June 2017, Denver, CO.
36. Langford TW, Green JM, Scudamore EM, O'Neal EK. (2016) Caffeine alters RPE-based intensity production. National ACSM Conference, June 2017, Denver, CO.
37. Lowe JB, Scudamore EM, Stevenson MC, Johnson SL, Pribyslavska, Langford TW, Green JM, & O'Neal EK. 3 week chronic hypergravity training improves tactical athlete anaerobic tasks. National ACSM Conference, May 2015, San Diego, CA.
38. Scudamore EM, Barry VW, & Coons JM. An evaluation of time-trial based predictions of $\dot{V}O_{2max}$ and recommended training paces for collegiate and recreational runners Southeast Regional ACSM Conference, February 2017, Greenville, SC.
39. Scudamore EM, Lowe JB, Pribyslavska V, Johnson SL, Stevenson Wilcoxson MC, Langford TW, Green JM, & O'Neal EK. Three week hypergravity training intervention decreases ground contact time during repeated jumping and improves sprinting and shuttle running performance. Southeast Regional ACSM Conference, February 2015, Jacksonville, FL.
40. Simpson JD, Lowe JB, Scudamore EM, Stevenson MC, Johnson SL, Pribyslavska V, Langford T, Green JM, O'Neal EK. 21-Day Chronic hypergravity training improves tactical athlete specific anaerobic tasks. Southeast Regional ACSM Conference, February 2015, Jacksonville, FL.
41. Pribyslavská V, Scudamore EM, Johnson SL, Green JM, Stevenson Wilcoxson MC, Lowe JB, & O'Neal EK. (2015). Influence of carbohydrate mouth rinsing on running and jumping performance during early morning soccer scrimmaging. Southeast Regional ACSM Conference, February 2015, Jacksonville, FL.
42. Pribyslavska V, Holm RL, Scudamore EM, Johnson SL, Langford TW, Stevenson MC, Lowe JB, Neal KK, Kelly A, Stewart S, Green JM, & O'Neal EK. Performance and perceptual responses to a practical cooling strategy for female soccer players. Southeast Regional ACSM Conference, February 2014, Greenville, SC. (accepted, conference cancelled).

University Presentations

1. Teel C, Scudamore EM. Adolescent Vitamin D Insufficiency: A Review. Create@State, April 2025, Jonesboro AR.
2. Eaton A, Scudamore EM, Church JB, Pribyslavska V. Comparison of lower limb anthropometry, body composition, and vertical jump in collegiate female athletes. Create@State, April 2025, Jonesboro AR.
3. Terrell T, Scudamore EM, Pribyslavska V, Church JB. An investigation of popular recovery methods in volleyball players. Create@State, April 2022, Jonesboro AR.
4. Belk WF, Scudamore EM. Effects of aerobic exercise on point-and-click accuracy and motor reaction time in esports athletes. Create@State, April 2020, Jonesboro AR. (accepted, conference cancelled)

5. Long K, Scudamore EM. Effects of physical activity on persons diagnosed with clinical depression. Create@State, April 2020, Jonesboro AR. (accepted, conference cancelled)
6. Charles A, Scudamore EM, Pribyslavska V. Evaluating the accuracy of two VO2max prediction methods in division 1 cross-country runners. Create@State, April 2020, Jonesboro AR. (accepted, conference cancelled)
7. Scudamore EM. Seminar on Innovation in Teaching and Learning: Incorporating Student Choice. A-State Faculty Center, June 2019, Jonesboro, AR. (Invited speaker)
8. Sayer B, Pribyslavska V, Scudamore EM. Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. Create@State, April 2019, Jonesboro, AR. (*Graduate student oral presentation award for College*)
9. Shelton K, Tedford A, Long K, Freeland H, Pribyslavska V, Scudamore EM. Effects of external loading during daily living on anaerobic performance: A Review. Create@State, April 2019, Jonesboro, AR. (*Graduate student poster presentation award for College*)
10. Yoshimura N, Scudamore EM, Doig SR. The impact of parent perceptions on child fundamental motor skill. Create@State, April 2019, Jonesboro, AR. Oral Symposium.
11. Freeland H, Long K, Tedford A., Charles A, Shelton K, Kahoun E, Thomas C, Pribyslavska V, Scudamore EM. Familiarization sessions are not necessary for sprint assessments in rugby athletes. Create@State, April 2019, Jonesboro, AR.
12. DeLon JD, Scudamore EM. Practicality of the functional movement system in the general population. Create@State, April 2019, Jonesboro, AR.
13. Raper R, Taylor K, Scudamore EM, Doig SR. Preschool physical education curriculum development. Create@State, April 2019, Jonesboro, AR.

RESEARCH FUNDING & AWARDS

Funding

1. Scudamore EM. Exploration of Health, Fitness, and Movement Quality as Predictors of Workplace Injury in U.S. Steel Workers. NIOSH R21 Exploratory Grant. PAR-18-798. Fall 2025. (\$275,000: In review)
2. Scudamore EM. Predicting Workplace Injury from Heat Stress Safety Knowledge and 24-Hour Hydration Status in U.S. Steelworkers – A Translational Safety Study. Provost Challenge Grant. July 2026. (\$60,000: Awarded)
3. Scudamore EM, Pribyslavska V. ACSM Central States Region: *Facilitating Student Engagement through Financial Assistance Travel Grant*. Fall 2019. (\$745: awarded)
4. Doig SR, Scudamore EM. Physical literacy and adverse childhood events: The PLACeS Study. Blue and You Foundation. July 2019. (\$72,466: not awarded)
5. Scudamore EM. Physical literacy, physical activity, and adverse childhood events: Effects on health- related lifestyles. Arkansas Bioscience Institute Research Mentorship Program. Summer 2019. (\$1,000: awarded)
6. Scudamore EM. Assessment of caloric and fat burning capacity of Ryse Burner Extended-Release Fat Burner. *Ryse Up Supplements LLC*. Spring 2018. (\$3,300: not awarded)
7. Doig SR, Scudamore EM. Assessment of movement skill quality across the lifespan. *Kays Foundation*. Fall 2017. (\$61,860: not awarded)

8. O'Neal EK, Lowe JB, Scudamore EM. Effects of hypergravity training on sport and military-specific anaerobic performance. *MiR Vest Inc.* Spring 2014. (\$11,670: not awarded)

Awards

- Faculty Achievement Award for Scholarship, College of Edu & Behavioral Sciences. 2021
- Faculty Scholarship Award, College of Edu and Behavioral Sciences. Fall 2019.

SERVICE

Professional Service

- Planning Committee Member | Central States Chapter of ACSM 2023-2024
- Section Editor | *International Journal of Exercise Science* 2017-Present
- Nominee | Arkansas Representative for Central States Chapter of ACSM 2018
- Reviewer | *Human Movement Science* 2018-Present
- Reviewer | *Journal of Strength & Conditioning Research* 2018-Present
- Reviewer | *International Journal of Exercise Science* 2014-Present

University Service

- Program Coordinator Exercise Science Undergraduate Program 2025-Present
- Chair | Departmental Curriculum Committee 2025-Present
- College Curriculum Committee Member 2025-Present
- University IRB Committee Member 2025-Present
- Parking and Motor Vehicle Committee 2025-Present
- COEBS Faculty Achievement Awards Committee 2024- Present
- University Equity Committee 2024
- Faculty Senator 2021-2023
- COEBS Student Research Travel Support Committee 2021-2022
- HPESS Graduate Curriculum Committee 2021- Present
- HPESS Promotion, Retention, and Tenure Committee 2021-Present
- Faculty Center Director Search Committee 2020
- University Honors Council, College Representative 2019-2021
- University Building, Grounds, and Facilities Committee 2018-2020
- Kinesiology Research Group Advisor 2018-2021
- Chair | HPESS Safety & Emergency Management Committee 2018-Present
- HPESS Faculty Search Committee 2017, 2019, 2020, 2025 (2)
- HPESS Recruitment and Retention Committee 2017-Present
- Chair | HPESS Grievance Council 2019-2025
- HPESS Grievance Council 2017-2025

Service to the Community

- Board Member | Northeast Arkansas Trail Organization (N.E.A.T.O.) 2017-2021
Trail building/maintenance for multi-use recreational trails in northeast Arkansas.
(www.neatrails.org/)
- Multiuse Trail Building and Maintenance | Jonesboro Parks and Recreation 2024

PROFESSIONAL DEVELOPMENT

- A-State RTT Grant Writing Workshop 2025
- The Bridge Virtual Performance Summit (NSCA CEUS) 2025
- ADOBE Rush Institute, ASU Faculty Center 2019
- Digital Literacy Institute, ASU Faculty Center 2019
- National Strength and Conditioning Association, Arkansas State Clinic 2018
- Seminar on Innovation in Teaching and Learning, ASU Faculty Center 2018
- Teaching for Active and Dynamic Learning, ASU Faculty Center 2018
- Teaching with No Tech to Fully Engaged with Digital Content, ASU Faculty Center 2018