

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

CONTACT INFORMATION

| | | | |
|-----------------|--|---------------|-------------------|
| Address: | Kent State University 163C MACC Annex 350 Midway Dr. Kent, OH 44242 | Phone: | (330) 672-0212 |
| | | Email: | ajajtner@kent.edu |

ACADEMIC PREPARATION

| | | |
|-----|-------------|---|
| PhD | 2012 – 2016 | Exercise Physiology; University of Central Florida <i>Dissertation Topic:</i> Resistance Exercise Elicits a Selective Mobilization and Adhesion Characteristics of Granulocytes and Monocyte Subsets |
| MS | 2009 – 2012 | Exercise Physiology; Texas Christian University <i>Thesis Topic:</i> The Impact of High Intensity Interval Training on Mucosal Immunity |
| BS | 2005 – 2009 | Exercise Science; Valparaiso University <i>Minors:</i> Mathematics, Human Biology; Coaching Certificate |

PROFESSIONAL EXPERIENCE

Academic Institutions

Assistant Professor; Kent State University; Department of Exercise Science and Physiology

August 2016 - Present

- Exercise Performance and Recovery Laboratory – Director
- Exercise Biochemistry and Immunology Laboratory – Administrator
- Graduate Faculty

Graduate Assistant; University of Central Florida; Institute of Exercise Physiology and Wellness

August 2012 – July 2016

- Graduate Research Assistant
- Graduate Teaching Assistant

Departmental Assistant; Texas Christian University; Department of Kinesiology

August 2009 – June 2012

- Graduate Research Assistant
- Teacher's Assistant
- Instructor

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

Research Aid; Valparaiso University; Physical Education Dept.

May 2005 – July 2005

- Constructed and maintained research apparatus
- Collected data as requested by principal investigator

Non-Academic Institutions

Independent Consultant; Quest Diagnostics

April 2014-October 2014

- Member of the Sports and Human Performance Medical Advisory Board
- Completed research and substantiation of potential biomarkers of athletic performance

Certified Personal Trainer; 24 Hour Fitness

May 2011 – October 2011

- Designed and implemented safe and effective training programs for individuals from a variety of backgrounds
- Maintained and organized all client's workout records

Volunteer Assistant Swim Coach; Texas Christian University

August 2009 – February 2012

- Designed and implemented workouts for athletes that did not travel with the team to away meets
- Assisted coaches with the implementation of swimming workouts throughout the season

Aquatics Director; City of Port Washington; Parks and Recreation Dept.

March 2008 – August 2010

- Supervised staff of 45; scheduling, in-servicing, maintaining organizational records and certifications
- Instruction of CPR/AED, First Aid and Lifeguarding; re-certification for department employees

PROFESSIONAL AFFILIATIONS

- | | |
|--|----------------|
| • American College of Sports Medicine | 2009 – Current |
| • National Strength and Conditioning Association | 2010 – Current |
| • American Physiological Society | 2013 – Current |
| • International Society of Exercise and Immunology | 2016 – Current |
| • American College of Sports Medicine: Midwest Chapter | 2017 – Current |
| • Canadian Society for Exercise Physiology | 2018 – Current |
| • American College of Sports Medicine: Texas Chapter | 2009 – 2012 |

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

PROFESSIONAL CREDENTIALS

- Certified Strength and Conditioning Specialist (NSCA)
- CPR/AED/FA Instructor Certified (American Red Cross)
- CPR/AED/FA Certified (American Red Cross)
- CITI – Biomedical Research – Basic
- CITI – Biomedical Responsible Conduct of Research
- CITI – OSHA Bloodborne Pathogens

AWARDS AND HONORS

- NSCA Foundation 2014 Challenge Scholarship
- UCF 2014 Graduate Research Forum: Best in Life Sciences Category (Co-Author)
- UCF 2013 Graduate Research Forum: Best in Life Sciences Category (Co-Author)

LABORATORY TECHNIQUES

Laboratory Assessments

- Anaerobic Capacity Assessment
- Muscular Power Assessment
- Metabolic Assessment
- Resting Metabolic Rate
- Strength Assessment
- Isokinetic Assessment
- Body Temperature Assessment
- Electromyography
- Ultrasound assessment of muscle size
- Body Composition Assessment
- Upper and Lower Body Reaction Assessment
- Multiple Object Tracking
- Video Analysis of Movement (DartFish)
- Blood Pressure

Biochemistry Techniques

- Salivary Sampling/Processing
- Phlebotomy
- Blood processing
- Density Gradient leukocyte separation
- Skeletal muscle tissue homogenization
- Leukocyte lysate preparation
- ELISA
- Multi-Plex Assay
- Flow Cytometry
- Immunohistochemistry
- Cell Counting
- Osmotic Analysis
- Electrolyte Analysis
- Urine Specific Gravity

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

PUBLICATIONS

* Denotes a Graduate Student First Author

Peer Reviewed Scientific Publications

Published

1. Townsend JR, Stout JR, **Jajtner AR**, Church DD, Beyer KB, Riffe JJ, Muddle TWD, Herrlinger K, Fukuda DH, Hoffman JR. **Polyphenol supplementation alters intramuscular apoptotic signaling following acute resistance exercise.** *Physiological Reports*. **6**:2 e13552, 2018.
2. Beyer KS, Stout JR, Fukuda DH, **Jajtner AR**, Townsend JR, Church DD, Wang R, Riffe JJ, Muddle TWD, Herrlinger KA, Hoffman JR. **Impact of polyphenol supplementation on acute and chronic response to resistance training.** *Journal of Strength and Conditioning Research*. **31**:11, 2945-2954, 2017.
3. Wells AJ, **Jajtner AR**, Varanoske AN, Church DD, Gonzalez AM, Townsend JR, Boone CH, Baker KM, Beyer KS, Mangine GT, Oliveira LP, Fukuda DH, Stout JR, Hoffman JR. **Post-Resistance Exercise Ingestion of Milk Protein attenuates plasma TNF α and TNFr1 Expression on Monocyte subpopulations.** *Amino Acids*. **49**:8, 1415-1426, 2017.
4. **Jajtner AR**, Hoffman JR, Townsend JR, Beyer KS, Varanoske AN, Church DD, Oliveira LP, Herlinger KA, Radom-Aizik S, Fukuda DH, Stout JR. **Intramuscular Cytokine and Granulocyte Activation Response to Resistance Exercise.** *Physiological Reports*. **4**:24 e13058, 2016.
5. Townsend JR, Stout JR, **Jajtner AR**, Church DD, Beyer KB, Oliveira LP, LaMonica MB, Riffe JJ, Muddle TWD, Baker KM, Fukuda DH, Roberts MD, Hoffman JR. **Resistance exercise increases intramuscular NF- κ B signaling in untrained males.** *European Journal of Applied Physiology*. 2016.
6. Hoffman JR, Gepner Y, Stout JR, Hoffman MW, Ben-Dov D, Funk S, Daimont I, **Jajtner AR**, Townsend JR, Church DD, Shelef I, Rosen P, Avital G, Chen J, Frankel H, Ostfeld I. **HMB attenuates the cytokine response during sustained military training.** *Nutrition Research*. **36**: 553-563, 2016.
7. Mangine GT, Hoffman JR, Wang R, Gonzalez AM, Townsend JR, Wells AJ, **Jajtner AR**, Beyer KS, Boone CH, Miramonti AA, LaMonica MB, Fukuda DH, Ratamess NA, and Stout JR. **Resistance Training Intensity and Volume affect changes in Rate of Force Development in Resistance-Trained Men.** *European Journal of Applied Physiology*. 2016.
8. Gonzalez AM, Hoffman JR, Townsend JR, **Jajtner AR**, Boone CH, Beyer KS, Baker KM, Wells AJ, Mangine GT, Robinson EH, Church DD, Oliveira LP, Fukuda DH, Stout JR. **Intramuscular MAPK signaling following high volume and high intensity resistance exercise protocols in trained men.** *European Journal of Applied Physiology*. 2016.
9. Mangine GT, Hoffman JR, Gonzalez AM, Townsend JR, Wells AJ, **Jajtner AR**, Boone CH, Wang R, Miramonti AA, La Monica MB, Fukuda DH, Witta EE, Ratamess NA, Stout JR. **Exercise-Induced Hormone Elevations are Related to Muscle Growth.** *Journal of Strength and Conditioning Research*. **31**:1 45-53, 2016.

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

10. Townsend JR, Hoffman JR, Oliveira LP, **Jajtner AR**, Gonzalez AM, Wells AJ, Beyer KS, Fragala MS, Stout JR, Fukuda DH. **Immunohistological and Morphological Analysis from a Skeletal Muscle Microbiopsy: A Pilot Study**. *Medicine and Science in Sport and Exercise*. **48**:2 331-335, 2016.
11. Church DD, Hoffman JR, Mangine GT, **Jajtner AR**, Townsend JR, Beyer KS, Wang R, La Monica MB, Fukuda DH, Stout JR. **Comparison of High Intensity versus High Volume Resistance Training on the BDNF Response to Exercise**. *Journal of Applied Physiology*. **121**: 123-128, 2016.
12. Wells AJ, Hoffman JR, **Jajtner AR**, Varanoske AN, Church DD, Gonzalez AM, Townsend JR, Beyer KS, Fukuda DH, Oliveira LP, Stout JR. **Monocyte recruitment after high-intensity and high-volume resistance exercise**. *Medicine and Science in Sport and Exercise*. **48**:6 1169-1178, 2016.
13. Wells AJ, Hoffman JR, **Jajtner AR**, Varanoske AN, Church DD, Gonzalez AM, Townsend JR, Boone CH, Baker KM, Beyer KS, Mangine GT, Oliveira LP, Fukuda DH, Stout JR. **The effect of post-resistance exercise amino acids on plasma MCP1 and CCR2 expression**. *Nutrients*. **8**: 409, 2016.
14. Boone CH, Hoffman JR, Gonzalez AM, **Jajtner AR**, Townsend JR, Baker KM, Fukuda DH, Stout JR. **Changes in plasma aldosterone and electrolytes following high-volume and high-intensity resistance exercise protocols in trained men**. *The Journal of Strength and Conditioning Research*. **30**:7 1917-1923, 2016.
15. Beyer KS, Fukuda DH, Boone CH, Wells AJ, Townsend JR, **Jajtner AR**, Gonzalez AM, Fragala MS, Hoffman JR, Stout JR. **Short-term unilateral resistance training results in the cross education of strength without changes in muscle size, activation, or endocrine response**. *Journal of Strength and Conditioning Research*. **30**:5 1213-1223, 2016.
16. Pruna GJ, Hoffman JR, McCormack WP, **Jajtner AR**, Townsend JR, Bohner JD, La Monica MB, Wells AJ, Stout JR, Fragala MS, Fukuda DH. **Effect of acute L-Alanyl-L-Glutamine and electrolyte ingestion on cognitive function and reaction time following endurance exercise**. *European Journal of Sport Science*. **16**:1 72-79, 2016.
17. **Jajtner AR**, Hoffman JR, Gonzalez AM, Worts P, Fragala MS, Stout JR. **Comparison of Electrical Stimulation versus Cold Water Immersion Treatment on Muscle Soreness following Resistance Exercise**. *Journal of Sport Rehabilitation*. **24**: 99-108, 2015.
18. Gonzalez AM, Hoffman JR, **Jajtner AR**, Townsend JR, Boone CH, Beyer KS, Baker KM, Wells AJ, Church DD, Oliveira LP, Moon JR, Fukuda DH, Stout JR. **Protein supplementation does not alter intramuscular anabolic signaling or endocrine response after resistance exercise in trained men**. *Nutrition Research*. **35**:11 990-1000, 2015.
19. Mangine GT, Hoffman JR, Gonzalez AM, Townsend JR, Wells AJ, **Jajtner AR**, Beyer KS, Boone CH, Miramonti AA, Wang R, La Monica MB, Fukuda DH, Ratamess NA, Stout JR. **The Effect of Training Volume and Intensity on Improvements in Muscular Strength and Size in Resistance-Trained Men**. *Physiological Reports*. **3**: 2015.
20. Gonzalez AM, Hoffman JR, Townsend JR, **Jajtner AR**, Boone CH, Beyer KS, Baker KM, Wells AJ, Robinson EH, Church DD, Oliveira LP, Willoughby DS, Fukuda DH, Stout JR. **Intramuscular anabolic signaling and endocrine response following high volume and**

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

- high intensity resistance exercise protocols in trained men.** *Physiological Reports*. **3**: 2015.
21. Townsend JR, Hoffman JR, Fragala MS, Jajtner AR, Gonzalez AM, Wells AJ, Mangine GT, Fukuda, DH, Stout JR. **TNF- α and TNFR1 Responses to Recovery Therapies Following Acute Resistance Exercise.** *Frontiers in Physiology*, 2015.
 22. Stout JR, Fragala MS, Hoffman JR, Robinson EH, McCormack WP, Townsend JR, Jajtner AR, Emerson NS, Oliveira LP, Fukuda DH. **C-Terminal Agrin Fragment is Inversely Related to Neuromuscular Fatigue in Older Men.** *Muscle and Nerve*. **51**: 132-133, 2015.
 23. Townsend JR, Hoffman JR, Gonzalez AM, Jajtner AR, Boone CH, Robinson EH, Mangine GT, Wells AJ, Fragala MS, Fukuda DH, Stout JR. **Effects of β -Hydroxy- β -Methylbutyrate Free Acid Ingestion and Resistance Exercise on the Acute Endocrine Response.** *International Journal of Endocrinology*, 2015.
 24. Wells AJ, Hoffman JR, Beyer KS, Hoffman MW, Jajtner AR, Fukuda DH, Fragala MS, Stout JR. **Regular- and post-season comparisons of playing time and measures of running performance in NCAA Division I women soccer players.** *Applied Physiology, Nutrition and Metabolism*. **40**:9 907-917, 2015.
 25. Gonzalez AM, Hoffman JR, Wells AJ, Mangine GT, Townsend JR, Jajtner AR, Wang R, Miramonti AA, Pruna GJ, LaMonica MB, Bohner JD, Hoffman MW, Oliveira LP, Fukuda DH, Fragala MS, Stout, JR. **Effects of time-release caffeine ingestion on metabolic rate, glycerol concentration, and performance.** *Journal of Sports Science & Medicine*. **14**: 322-332, 2015.
 26. McCormack WP, Hoffman JR, Pruna GJ, Jajtner AR, Townsend JR, Stout JR, Fragala MS, Fukuda DH. **Effects of l-Alanyl-l-Glutamine Ingestion on One-Hour Run Performance.** *Journal of the American College of Nutrition*. **34**:6 488-496, 2015.
 27. McCormack WP, Hoffman JR, Pruna GJ, Scanlon TC, Bohner JD, Townsend JR, Jajtner AR, Stout JR, Fragala MS, Fukuda DH. **Reduced high intensity running rate in collegiate women's soccer when games are separated by 42-hours.** *International Journal of Sports Physiology and Performance*. **10**: 436-439, 2015.
 28. Gonzalez AM, Hoffman JR, Townsend JR, Jajtner AR, Wells AJ, Beyer KS, Willoughby DS, Oliveira LP, Fukuda DH, Fragala MS, Stout, JR. **Association between myosin heavy chain protein isoforms and intramuscular anabolic signaling following resistance exercise in trained men.** *Physiological Reports*. **3**: e12268, 2015.
 29. Jajtner AR, Fragala MS, Townsend JR, Gonzalez AM, Wells AJ, Fukuda DH, Stout JR, Hoffman JR. **Mediators of Monocyte Migration in Response to Recovery Modalities following Resistance Exercise.** *Mediators of Inflammation*. Vol. 2014, Article ID 145817, 9 pages, 2014.
 30. Wells AJ, Hoffman JR, Gonzalez AM, Beyer KS, Jajtner AR, Townsend JR, Oliveira LP, Fukuda DH, Fragala MS, Stout JR. **Effects of 28-Days Ingestion of a Slow-Release Energy Supplement on Measures of Cardiovascular Health.** *Journal of the International Society of Sports Nutrition*. **11**: 59, 2014.

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

31. Gonzalez AM, Fragala MS, **Jajtner AR**, Townsend JR, Wells AJ, Beyer KS, Boone CH, Pruna GJ, Mangine GT, Bohner JD, Fukuda DH, Stout JR, Hoffman JR. **Effects of β -Hydroxy- β -methylbutyrate Free Acid and Cold Water Immersion on Expression of CR3 and MIP-1 β following Resistance Exercise.** *American Journal of Physiology, Regulatory, Integrative and Comparative Physiology*. **306**: R483-R489, 2014.
32. Fragala MS, Beyer KS, **Jajtner AR**, Townsend JR, Pruna GJ, Boone CH, Bohner JD, Fukuda DH, Stout JR, Hoffman JR. **Resistance Exercise May Improve Spatial Awareness and Reaction in Older Adults.** *Journal of Strength and Conditioning Research*. **28**:8 2079-2087, 2014.
33. Gonzalez AM, Stout JR, **Jajtner AR**, Townsend JR, Wells AJ, Beyer KS, Boone CH, Pruna GJ, Mangine GT, Scanlon TM, Bohner JD, Oliveira LP, Fragala MS, Hoffman JR. **Effects of β -Hydroxy- β -methylbutyrate Free Acid and Cold Water Immersion on Post-exercise Markers of Muscle Damage.** *Amino Acids*. **46**: 1501-1511, 2014.
34. Mangine GT, Fukuda DH, LaMonica MB, Gonzalez AM, Wells AJ, Townsend JR, **Jajtner AR**, Fragala MS, Stout JR, Hoffman JR. **Influence of Gender and Muscle Architecture Asymmetry on Jump and Sprint Performance.** *Journal of Sports Science & Medicine*. **13**: 904-911, 2014.
35. Mangine GT, Fukuda D, Townsend JR, Wells AJ, Gonzalez AM, **Jajtner AR**, Bohner JD, LaMonica MB, Hoffman JR, Fragala MS, Stout JR. **Sprinting performance on the Woodway Curve 3.0 TM is related to muscle architecture.** *European Journal of Sport Science*, 2014.
36. Wells AJ, Fukuda DH, Hoffman JR, Gonzalez AM, **Jajtner AR**, Townsend JR, Mangine GT, Fragala MS, Stout JR. **Vastus lateralis exhibits non-homogenous adaptation to resistance training.** *Muscle & Nerve*. **50**: 785-793, 2014.
37. Mangine GT, Hoffman JR, Gonzalez AM, **Jajtner AR**, Scanlon TC, Rogowski JP, Wells AJ, Fragala MS, and Stout JR. **Bilateral Differences in Thigh Muscle Architecture are Associated with Games Missed Due to Injury in Professional Basketball Players.** *Journal of Athletic Training*. **49**:6 794-799, 2014.
38. Mangine GT, Hoffman JR, Wells AJ, Gonzalez AM, Rogowski JP, Townsend JR, **Jajtner AR**, Beyer KS, Bohner JD, Pruna GJ, Fragala MS, and Stout JR. **Visual tracking speed is related to basketball-specific measures of performance in NBA players.** *Journal of Strength and Conditioning Research*. **28**:9 2406-2414, 2014.
39. Wells AJ, Hoffman JR, Beyer KS, **Jajtner AR**, Townsend JR, Gonzalez AM, Mangine GT, Robinson EH, Fragala MS, Stout JR. **Reliability of DyanvisionTM Reaction Time Performance.** *Journal of Sports Science & Medicine*. **13**: 145-150, 2014.
40. Reardon D, Hoffman JR, Gonzalez AM, **Jajtner AR**, Townsend JR, Mangine GT, McCormack WP, Wells AJ, Stout JR, Fukuda DH, Fragala MS. **Do changes in muscle architecture affect postactivation potentiation?** *Journal of Sport Science and Medicine*. **13**: 483-492, 2014.
41. **Jajtner AR**, Hoffman, JR, Scanlon, TC, Wells, AJ, Townsend, JR, Beyer, KS, Mangine, GT, McCormack, WP, Bohner, JD, Fragala, MS, Stout, JR. **Performance and Muscle Architecture Comparisons between Starters and Non-Starters in NCAA Division I Women's Soccer.** *Journal of Strength and Conditioning Research*. **27**:9 2355-2365, 2013.

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

42. Townsend JR, Fragala MS, **Jajtner AR**, Gonzalez AM, Wells AJ, Mangine GT, Robinson EH, McCormack WP, Beyer KS, Pruna GP, Boone CH, Scanlon TM, Bohner JD, Stout JR, Hoffman JR. **β -Hydroxy- β -Methylbutyrate (HMB)-Free Acid Attenuates Circulating TNF- α and TNFR1 Receptor Expression Post-Resistance Exercise.** *Journal of Applied Physiology*. **115**:8 1173-1182, 2013.
43. Fragala MS, **Jajtner AR**, Beyer KS, Townsend JR, Emerson NS, Scanlon TC, Oliveira LP, Hoffman JR, Stout JR. **Biomarkers of Muscle Quality: N-Terminal Propeptide of Type III Procollagen and C-terminal Agrin Fragment Responses to Resistance Exercise Training in Older Adults.** *Journal of Cachexia, Sarcopenia and Muscle*. Published Online, 2013.
44. Townsend JR, Stout JR, Morton AB, **Jajtner AR**, Wells AJ, Gonzalez AM, McCormack WP, Robinson EH, IV, Mangine GT, Emerson NS, Fragala MS, Hoffman JR, Cosio-Lima L. **Excess post-exercise oxygen consumption (EPOC) following multiple effort sprint and moderate aerobic exercise.** *Kinesiology*. **45**:1 155-165, 2013.
45. Wells AJ, Hoffman JR, Gonzalez AM, Stout JR, Fragala MS, Mangine GT, McCormack WP, **Jajtner AR**, Townsend JR, Robinson EH. **Phosphatidylserine and caffeine attenuate postexercise mood disturbance and perception of fatigue in humans.** *Nutrition Research*. **33**:6 464-472, 2013.
46. Mangine, GT, Hoffman, JR, Gonzalez, AM, Wells, AJ, Townsend, JR, **Jajtner AR**, McCormack, WP, Robinson, EH, Fragala, MS, Fukuda, DH, Stout, JR. **Speed, Force and Power Values Produced from a Non-Motorized Treadmill Test are Related to Sprinting Performance.** *Journal of Strength and Conditioning Research*. **28**: 1812-1819, 2013.
47. Gonzalez AM, Wells AJ, Hoffman JR, Stout JR, Fragala MS, Mangine GT, McCormack WP, Townsend JR, **Jajtner AR**, Emerson NS, Robinson EH. **Reliability of the Woodway Curve™ non-motorized treadmill for assessing anaerobic performance.** *Journal of Sports Science & Medicine*. **12**: 104-108, 2013.

In Press

1. **Jajtner AR**, Townsend JR, Beyer, KS, Varanoske AN, Church DD, Oliveira LP, Herrlinger K, Radom-Aizik S, Fukuda DH, Stout JR, Hoffman JR. **Resistance Exercise Elicits a Selective Mobilization of Monocyte Subsets: Effects of Polyphenol Supplementation.** *Medicine and Science in Sport and Exercise*. (In Press) - 2018.
2. Mangine GT, Redd MJ, Gonzalez AM, Townsend JR, Wells AJ, **Jajtner AR**, Beyer KS, Boone CH, La Monica MB, Stout JR, Fukuda DH, Ratamess NA, Hoffman JR. **Resistance Training does not Induce Uniform Adaptations to Quadriceps Muscles.** *PLOS One*. (In Press) - 2018.
3. Sell KM, Prendergast J, Ghigiarelli JJ, Gonzalez AM, **Jajtner AR**, Biscardi LM, Rothstein AS. **Comparison of Physical Fitness Parameters for Starters versus Non-Starters in**

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

NCAA Division I Men's Lacrosse Team. *Journal of Strength and Conditioning Research.*
(In Press) - 2018.

In Review

1. Cardenas MA, Levitt MM, **Jajtner AR**, Mitchell JB, Phillips MD. **Sprint interval and endurance exercise increase salivary lactoferrin and IgA secretion rate while four days intensified training does not induce mucosal immunosuppression.** *Journal of Immunology Research.* (Submitted August, 2018).

Textbooks

Book Chapters

1. *Arroyo E, **Jajtner AR**. Vitamins and Minerals. In: Hoffman JR (Ed.) *Dietary Supplementation in Sport and Exercise: Evidence, Safety and Ergogenic Benefits.* Routledge Press: New York, NY. – ***In Review***

FUNDING

* Denotes Faculty Advisor for a Graduate Student Principal Investigator

Summary

- Total External funding obtained as PI or critical Co-Investigator to date: **\$262,011**

Total Indirect: \$60,670
- Total Internal funding obtained as PI or critical Co-Investigator to date: **\$15,000**

Funded Proposals

1. Principal Investigator. *Ferris Family Innovation Award.* Effects of Exercise Intensity, Volume and Mode on the Open Window to Infection. **\$24,000** (2019). - ***Pending***
2. *Co-Investigator – Faculty Advisor. *National Strength and Conditioning Association Foundation – Graduate Research Grant: Doctoral.* The Effects of Three Different Types of Exercise on Immune Function. **\$15,000** (2018).

Principal Investigator: Arroyo, E
3. Co-Principal Investigator. *Industry Proposal – DSM Nutritional Products.* Benefits of LGG Supplementation during Exertional Heat Stress. **\$247,011** (2017)

Co-Principal Investigators: Gunstad, J; Glickman, EL
4. Principal Investigator. *Kent State University, University Research Council Research Activity Appointment.* The role of Fitness on the Distribution of Monocyte Subsets in Obese and Aging Individuals. **\$6,500** (2016).

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

5. Principal Investigator. *Kent State University, University Research Council Research Activity Support*. The inflammatory response to aerobic exercise in high and low ambient temperatures. **\$3,500** (2016).
6. Principal Investigator. *Kent State University, College of Education, Health and Human Services – SEED Grant*. The role of Fitness on the Distribution of Monocyte Subsets in Obese and Aging Individuals. **\$5,000** (2016).
7. Sub-Principal Investigator. *Industry Proposal - Kemin Industries Inc.* The Effect of XSurge™ Supplementation on Biomarkers of Muscle Damage, Oxidative Stress, Immune Cell Modulation, Tissue Apoptotic signaling and recovery of functional performance from acute high intensity resistance exercise. **\$274,250** (2014-2015).
Principle Investigators: Hoffman, JR; Stout, JR
8. Co-Investigator. *American College of Sports Medicine-Texas Chapter*. The Influence of Ultra-High Intensity Training on Mucosal Immunity in Men and Women. **\$500** (2012).

PRESENTATIONS

- * Denotes a Graduate Student First Author
- ** Denotes an Undergraduate Student First Author

Scholarly Presentations

International Conference Presentations

1. **Jajtner AR**, Arroyo E, Followay BN, Vaughan JA, Boka K, Laudato JA, Gibson BM, Glickman EL. **The effects of Cycling in Cold Ambient Temperatures on Circulating Lymphocyte Subset Populations**. 2018 Canadian Society of Exercise Physiology Annual Conference. Niagara Falls, ON, Canada.
2. *Boka K, Vaughan JA, Followay BN, Gibson BM, Arroyo E, Laudato JA, Glickman EL, **Jajtner AR**. **Effect of Cold on the Inflammatory Response during Aerobic Exercise**. 2018 Canadian Society of Exercise Physiology Annual Conference. Niagara Falls, ON, Canada.
3. *Arroyo E, Followay BN, Vaughan JA, Boka K, Laudato JA, Gibson BM, Glickman EL, **Jajtner AR**. **Lymphocyte Subset responses to Cycling in the Heat**. 2018 Canadian Society of Exercise Physiology Annual Conference. Niagara Falls, ON, Canada.

National Conference Presentation

1. **Jajtner AR**, Followay BN, Vaughan JA, Arroyo E, Gibson BM, Laudato JA, Glickman EL. **Relationships between Body Temperatures Changes with Exercise Performance**. 2019 ACSM Annual Meeting. Orlando, FL. - **Submitted**
2. *Arroyo E, Followay BN, Vaughan JA, Laudato JA, Gibson BM, Glickman EL, and **Jajtner AR**. **Tumor Necrosis Factor-alpha, TNFR, and STNFR Relationships to Body Temperature**. 2019 ACSM Annual Meeting, Orlando, FL. - **Submitted**
3. *Laudato JA, Dulaney CS, Followay BN, Vaughn JA, Arroyo E, Gibson BM, Glickman EL, and **Jajtner AR**. **Monocyte Chemoattractant Protein-1 and C-C Chemokine**

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

Receptor Type 2 Expression related to Body Temperature Changes. 2019 ACSM Annual Meeting. Orlando, FL. - Submitted

4. *Gibson BM, Boka K, Followay BN, Vaughan JA, Arroyo E, Laudato JA, **Jajtner AR**, and Glickman EL. **The Relationship between Increased Cytokine Concentration with Body Temperature Changes. 2019 ACSM Annual Meeting, Orlando FL. - Submitted**
5. *Boka K, Gibson BM, Vaughn JA, Followay BN, Arroyo E, Laudato JA, Glickman EL, **Jajtner AR**. **Effect of Heat and Humidity on the Inflammatory Response During Aerobic Exercise. 2019 ACSM Annual Meeting. Orlando, FL. - Submitted**
6. *Dulaney CS, Arroyo E, Tagesen E, Laudato JA, Followay BN, Vaughan JA, Glickman EL, **Jajtner AR**. **Circulating MCP-1 associated with prolonged cycling in hot temperature. 2019 ACSM Annual Meeting, Orlando, FL. - Submitted**
7. **Hart TL, Arroyo E, Followay BN, Vaughan JA, Glickman EL, **Jajtner AR**. **Effects of Exercise in Different Environmental Conditions on Leukocyte Counts and Subsets. 2019 ACSM Annual Meeting, Orlando, FL. – Submitted**
8. Church DD, **Jajtner AR**, Townsend JR, Beyer KS, La Monica MB, Oliveira LP, & Hoffman JR. **Association between Muscle Carnosine Content and Changes in Muscle Cytokines following Lower-Body Resistance Exercise. 2019 ACSM Annual Meeting. Orlando, FL. – Submitted**
9. Followay BN, Vaughan JA, Arroyo E, Gibson BM, Laudato JA, Glickman EL, **Jajtner AR**. **Effects of Environmental Condition and Body Fat Percentage on Substrate Utilization during and following Exercises. 2019 ACSM Annual Meeting, Orlando, FL. - Submitted**
10. Vaughan JA, Followay BN, **Jajtner AR**, Glickman EL. **Metabolic Recovery Responses during seated Rest in Hot Environment. 2019 ACSM Annual Meeting. Orlando, FL. - Submitted**
11. Glickman EL, Dulaney CS, Tagesen E, Arroyo E, Followay BN, Vaughan JA, **Jajtner AR**. **Circulating MCP-1 during and following Prolonged Cycling in Cold Temperatures. 2019 ACSM Annual Meeting, Orlando, FL. – Submitted**
12. **Jajtner AR**, Arroyo E, Followay BN, Vaughan JA, Laudato JA, Gibson BM, Glickman EL. **No changes observed in Circulating Tumor Necrosis Factor-alpha or receptors following Prolonged Exercise in a Cold Environment. 2018 Experimental Biology Conference, San Diego, CA.**
13. *Arroyo E, Followay BN, Vaughan JA, Laudato JA, Gibson BM, Glickman EL, **Jajtner AR**. **Tumor Necrosis Factor-alpha, TNFR1, and TNFR2 Responses to Exercise in the Heat. 2018 Experimental Biology Conference, San Diego, CA.**
14. Church DD, Hoffman JR, Townsend JR, **Jajtner AR**, Beyer KS, Oliveira LP, Fukuda DH, & Stout JR. **Effect of Skeletal Muscle Carnosine Content on Apoptotic Signaling. 2018 Experimental Biology Conference. San Diego, CA.**
15. **Jajtner AR**, Followay BN, Vaughan JA, Arroyo E, Hall SR, Dulaney CS, Laudato JA, Glickman EL. **Bilateral Differences in Muscle Activation Associated with Cycling in Varying Environmental Conditions. 2018 ACSM Annual Meeting, Minneapolis, MN.**
16. *Arroyo E, Followay BN, Vaughan JA, Dulaney CS, Laudato JA, Hall SR, Glickman EL, **Jajtner AR**. **Thermoregulatory Responses to Moderate-Intensity and High-Intensity Cycling in the Heat. 2018 ACSM Annual Meeting, Minneapolis, MN.**
17. *Dulaney CS, **Jajtner AR**, Followay BN, Vaughan JA, Arroyo E, Laudato JA, Hall SR, Glickman EL. **Thermal Responses Associated with Prolonged Cycling in Cold Temperatures. 2018 ACSM Annual Meeting, Minneapolis, MN.**

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

18. *Laudato JA, Followay BN, Vaughan JA, Arroyo E, Dulaney CS, Hall SR, Glickman EL, **Jajtner AR**. **Effect of Thermal Stress on Cycling and Plasma Volume Shifts, Body Weight and Water Intake.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
19. *Hall SR, Glickman EL, Vaughan JA, Followay BN, Arroyo E, Dulaney CS, Laudato JA, **Jajtner AR**. **Physiological Response in Time to Exhaustion Trial Across Varied Environmental Conditions.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
20. *Followay BN, Vaughan JA, Hall SR, Dulaney CS, Arroyo E, Laudato JA, Glickman EL, **Jajtner AR**. **Effects of Cycling in the Cold on Neuromuscular Activation and Fatigue.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
21. *Vaughan JA, Followay BN, Hall SR, Laudato JA, Arroyo E, Dulaney CS, **Jajtner AR**, Glickman EL. **Afterdrop Effect during Recovery after Aerobic Exercise in a Cold vs Moderate Temperature Environment.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
22. Glickman EL, Followay BN, Vaughan JA, Hall SR, Arroyo E, Dulaney CS, Laudato JA, **Jajtner AR**. **Effects of Aerobic Cycling Exercise in the Heat on Neuromuscular Activation and Fatigue.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
23. **Jajtner AR**, Hoffman JR, Townsend JR, Beyer KS, Varanoske AN, Church DD, La Monica MB, Riffe JJ, Muddle TW, Oliveira LP, Herrlinger KA, Radom-Aizik S, Fukuda DH, Stout JR. **Resistance Exercise and Polyphenol Supplementation elicits Unique Recruitment of Monocyte Subsets in Untrained Men.** *2017 ACSM Annual Meeting. Denver, CO.*
24. **Jajtner AR**, Hoffman JR, Townsend JR, Beyer KS, Varanoske AN, Church DD, Oliveira LP, Herrlinger KA, Radom-Aizik S, Fukuda DH, Stout JR. **Polyphenol Supplementation does not change the Post-Resistance Exercise Circulating and Intramuscular TNF- α or TNFR1 Response on Monocyte Subsets.** *2017 Experimental Biology Conference. Chicago, IL.*
25. Wells AJ, Hoffman JR, **Jajtner AR**, Varanoske AN, Church DD, Gonzalez AM, Townsend JR, Boone CH, Baker KM, Beyer KS, Mangine GT, Oliveira LP, Fukuda DH, Stout JR. **Post-Resistance Exercise Ingestion of Amino Acids Attenuates the Initial Increase in Plasma TNF α and TNFR1 Expression on Monocyte Subpopulations.** *2017 Experimental Biology Conference. Chicago, IL.*
26. Varanoske, AN, Hoffman, JR, Church, DD, **Jajtner AR**, Townsend, JR, Beyer, KS, Oliveira, LP, Fukuda, DH, Stout, JR. **Effects of resting muscle carnosine content on the intramuscular antioxidant response to a bout of resistance exercise.** *2017 Experimental Biology Conference. Chicago, IL.*
27. Coker NA, Wells AJ, Mangine GT, Church DD, **Jajtner AR**, Townsend JR, Beyer KS, Wang R, Fukuda DH, Stout JR, Hoffman JR. **Comparison Between High-Intensity and High-Volume Resistance Training on the Acute Myokine Response in Resistance Trained Men.** *2017 Experimental Biology Conference. Chicago, IL.*
28. Church DD, Hoffman JR, Mangine GT, **Jajtner AR**, Townsend JR, Gonzalez AM, Beyer KS, Wang R, Boone CH, La Monica MB, Miramonti AA, Wells AJ, Fukuda DH, Stout JR. **The Response of Leukemia Inhibitory Factor to High-Intensity and High-Volume Resistance Training in Trained Men.** *2017 ACSM Annual Meeting. Denver, CO.*
29. Townsend JR, Stout JR, **Jajtner AR**, Church DD, Beyer KS, La Monica MB, Riffe JJ, Muddle TWD, Oliveira LP, Herrlinger KA, Fukuda DH, Hoffman JR. **Polyphenol Supplementation Attenuates Apoptotic Signaling Following Acute Resistance Exercise in Untrained Males.** *2017 ACSM Annual Meeting. Denver, CO.*

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

30. **Jajtner AR**, Hoffman JR, Townsend JR, Beyer KS, Varanoske AN, Church DD, Riffe JJ, Muddle TWD, Radom-Aizik S, Fukuda DH, Stout JR. **Training Enhances the Recovery of Monocyte Subset Response to a Bout of Resistance Exercise.** *2016 Experimental Biology Conference. San Diego, CA.*
31. **Jajtner AR**, Hoffman JR, Mangine GT, Church DD, Townsend JR, Beyer KS, Boone CH, Fukuda DH, Stout JR. **Eight Weeks of Resistance Training Reduces IL-15 Response to Acute Resistance Exercise in Trained Men.** *2016 ACSM Annual Meeting. Boston, MA.*
32. Townsend JR, Stout JR, **Jajtner AR**, Church DD, Beyer KB, Oliveira LP, Fukuda DH, Hoffman JR. **Intramuscular NF- κ B Signaling in Response to Resistance Exercise and Recovery in Untrained Males.** *2016 Experimental Biology Conference. San Diego, CA.*
33. Church DD, Hoffman JR, Mangine GT, **Jajtner AR**, Townsend JR, Beyer KS, Wang R, Fukuda DH, Stout JR. **Changes in the BDNF response to Resistance Exercise is Associated with Changes in Power Performance in Experienced, Resistance-Trained Men.** *2016 Experimental Biology Conference. San Diego, CA.*
34. Townsend JR, Stout JR, **Jajtner AR**, Church DD, Oliveira LP, Beyer KB, La Monica MB, Riffe JJ, Muddle TW, Wang R, Baker KB, Boone CH, Varanoske AN, Redd MJ, Fukuda DH, Hoffman JR. **The Effects of Acute Resistance Exercise on Apoptotic Signaling in Untrained Males.** *2016 ACSM Annual Meeting. Boston, MA.*
35. Baker KM, Hoffman JR, **Jajtner AR**, Townsend JR, Varanoske AN, Beyer KS, Boone CH, Fukuda DH, Stout JR. **Effect of Muscle-Damaging Exercise on Circulating TNF- α and TNFR1 Expression in Monocytes and Neutrophils.** *2016 ACSM Annual Conference. Boston, MA.*
36. Wells AJ, Hoffman JR, **Jajtner AR**, Varanoske AN, Church DD, Gonzalez AM, Townsend JR, Boone CH, Baker KM, Mangine GT, Oliveira LP, Fukuda DH, Stout JR. **Monocyte Recruitment Following High-intensity and High-volume Resistance Exercise.** *2016 ACSM Annual Meeting. Boston, MA.*
37. Church DD, Hoffman JR, Mangine GT, **Jajtner AR**, Townsend JR, Gonzalez AM, Wells AJ, Beyer KS, Wang R, Boone CH, La Monica MB, Fukuda DH, Stout JR. **BDNF Concentrations are Elevated during Acute Resistance Exercise in Experienced, Resistance-Trained Men.** *2016 ACSM Annual Meeting. Boston, MA.*
38. Gonzalez AM, Hoffman JR, Townsend JR, **Jajtner AR**, Boone CH, Beyer KS, Baker KM, Wells AJ, Mangine GT, Robinson EH, Church DD, Oliveira LP, Fukuda DH, Stout JR. **MAPK signaling following high volume and high intensity resistance exercise protocols in trained men.** *2016 ACSM Annual Meeting. Boston, MA.*
39. Hoffman JR, Gepner Y, Stout JR, Hoffman MW, Ben-Dov D, Funk S, Daimont I, **Jajtner AR**, Townsend JR, Shelef I, Avital G, Chen Y, Frankel H, Ostfeld I. **HMB Supplementation may Affect Cytokine and Inflammatory Response during High Intensity Combat Training.** *2016 ACSM Annual Meeting. Boston, MA.*
40. Redd MJ, Fukuda DH, Mangine GT, Gonzalez AM, Townsend JR, Wells AJ, **Jajtner AR**, Beyer KS, Boone CH, La Monica MB, Wang R, Hoffman JR. **Longitudinal Changes in Muscle Cross-Sectional Area following Different Resistance Training Programs in Resistance Trained Men.** *2016 ACSM Annual Meeting. Boston, MA.*
41. Beyer KS, Stout JR, Fukuda DH, **Jajtner AR**, Townsend JR, Church DD, Herrlinger K, Hoffman JR. **Supplementation with a Proprietary Polyphenol Blend does not hinder Resistance Training Adaptations while Enhancing Antioxidant Capacity and Muscle Recovery.** *2016 NSCA Annual Meeting, New Orleans, LA.*

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

42. Mangine GT, Hoffman JR, Wang R, Gonzalez AM, Townsend JR, Wells AJ, **Jajtner AR**, Beyer KS, Boone CH, Miramonti AA, LaMonica MB, Fukuda DH, Ratamess NA, and Stout JR. **Resistance Training Intensity and Volume affect changes in Explosive Strength and Power in Resistance-Trained Men.** *2016 NSCA National Conference, New Orleans, LA.*
43. **Jajtner AR**, Hoffman JR, Fragala MS, Townsend JR, Gonzalez AM, Beyer KS, Wells AJ, Boone CH, Wang R, Robinson IV EH, Mangine GT, Oliveira LP, Fukuda DH, Stout JR. **Increased proportion of lymphocytes expressing androgen and interferon-gamma receptors following high volume resistance exercise.** *2015 ACSM Annual Meeting. San Diego, CA.*
44. Church DD, Mangine GT, Gonzalez AM, Townsend JR, Wells AJ, **Jajtner AR**, Beyer KS, Boone CH, Wang R, Miramonti AA, LaMonica MB, Fukuda DH, Fragala MS, Stout JR, Hoffman JR. **High-Intensity Resistance Training Increases Upper Body Muscle and Bone variables in Resistance Trained Males.** *2015 ACSM Annual Meeting. San Diego, CA.*
45. Boone CH, Hoffman JR, Gonzalez AM, **Jajtner AR**, Townsend JR, Baker KM, Fukuda DH, Stout JR. **Changes in plasma aldosterone and electrolytes following high-volume and high-intensity resistance exercise protocols in trained men.** *2015 NSCA National Conference. Orlando, FL.*
46. Townsend JR, Fragala MS, Oliveira LP, **Jajtner AR**, Gonzalez AM, Wells AJ, Beyer KS, Stout JR, Fukuda DH, Hoffman JR. **Immunohistological and Morphological Analysis from a Skeletal Muscle Microbiopsy.** *Experimental Biology 2015, Boston MA.*
47. Fragala MS, Townsend JR, **Jajtner AR**, Oliveira LP, Willoughby DS, Beyer KS, Gonzalez AM, Wells AJ, Hoffman JR, Stout JR, Fukuda DH. **Androgen mediated leukocyte responses to acute resistance exercise.** *Experimental Biology 2015, Boston MA.*
48. **Jajtner AR**, Hoffman JR, Gonzalez AM, Townsend JR, Wells AJ, Beyer KS, Mangine GT, Scanlon TM, Boone CH, Pruna GJ, Bohner JD, Worts P, Fragala MS, Oliveira LP, Fukuda DH, Stout JR. **Comparison of electrical stimulation versus cold water immersion on treatment of muscle soreness following resistance exercise.** *2014 ACSM Annual Meeting. Orlando, FL.*
49. Gonzalez AM, Hoffman JR, Wells AJ, Mangine GT, Townsend JR, **Jajtner AR**, Wang R, Miramonti AA, Pruna GJ, LaMonica MB, Bohner JD, Hoffman MW, Oliveira LP, Fukuda DH, Fragala MS, Stout, JR. **Pharmacokinetics of caffeine administered in a time-release versus regular tablet form.** *2014 ISSN Annual Conference. Clearwater, FL.*
50. Wang R, Fukuda DH, Stout JR, Robinson EH, Miramonti AA, Townsend, JR, Mangine GT, **Jajtner AR**, Wells AJ, Gonzalez AM, McCormack WP, Bohner JD, Fragala MS, Hoffman JR. **Evaluation of EMG frequency domain changes during a three-minute maximal effort cycling test.** *2014 ACSM Annual Meeting. Orlando, FL.*
51. LaMonica MB, Mangine GT, Gonzalez AM, Wells AJ, Townsend JR, **Jajtner AR**, Robinson EH, McCormack WB, Fukuda DH, Fragala MS, Stout JR, Hoffman JR. **Bilateral muscle architecture symmetry is related to greater vertical jump power.** *2014 ACSM Annual Meeting. Orlando, FL.*
52. Robinson EH, Fukuda DH, Stout JR, Wang R, Miramonti AA, Townsend JR, Mangine GT, **Jajtner AR**, Wells AJ, Gonzalez AM, McCormack WP, Bohner JD, LaMonica MB, Reardon D, Oliveira LP, Fragala MS, Hoffman JR. **Gender-specific differences in the**

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

- relationship between muscle morphology and neuromuscular economy. 2014 ACSM Annual Meeting. Orlando, FL.**
53. Gonzalez AM, Stout JR, Jajtner AR, Townsend JR, Wells AJ, Beyer KS, Boone CH, Pruna GJ, Mangine GT, Scanlon TM, Bohner JD, Oliveira LP, Fragala MS, Hoffman JR. **Cold water immersion combined with β -Hydroxy- β -methylbutyrate free acid improves performance recovery following damaging resistance exercise. 2014 ACSM Annual Meeting. Orlando, FL.**
54. Wells AJ, Fukuda DH, Hoffman JR, Gonzalez AM, Jajtner AR, Townsend JR, Mangine GT, Fragala MS, Stout JR. **Vastus lateralis muscle architecture exhibits non-homogeneous adaptation to resistance training. 2014 ACSM Annual Meeting. Orlando, FL.**
55. Mangine GT, Hoffman JR, Wells AJ, Gonzalez AM, Rogowski, JP, Townsend JR, Jajtner AR, Beyer KS, Bohner JD, Pruna GJ, Fragala MS, Stout JR. **Visual tracking speed is related to basketball-specific measures of performance in NBA players. 2014 ACSM Annual Meeting. Orlando, FL.**
56. Townsend JR, Fragala MS, Jajtner AR, Gonzalez AM, Wells AJ, Mangine GT, Robinson IV EH, McCormack WP, Beyer KS, Pruna GJ, Boone CH, Bohner JD, Wang R, Fukuda DH, Stout JR, Hoffman JR. **Neuromuscular electrical stimulation (NMES) does not attenuate TNF- α following acute heavy resistance exercise. 2014 ACSM Annual Meeting. Orlando, FL.**
57. Hoffman JR, McCormack WJ, Pruna GJ, Jajtner AR, Townsend JR, La Monica MB, Wells AJ, Stout JR, Fragala MS, Fukuda DH. **L-Alanyl-L-Glutamine Ingestion Improves Time to Exhaustion and Reaction Following Prolonged Endurance Exercise. 2014 Integrative Physiology of Exercise Conference, Miami Beach, FL.**
58. Townsend JR, Stout JR, Hoffman JR, Gonzalez AM, Jajtner AR, Wells AJ, Boone CH, Beyer KS, Mangine GT, Robinson IV EH, Pruna GJ, Bohner JD, Fragala MS, Fukuda DH. **Acute Anabolic Response to β -Hydroxy- β -Methylbutyrate (HMB)-Free Acid Supplementation Following Heavy Resistance Exercise. 2014 ISSN Annual Conference. Clearwater, FL.**
59. Wells AJ, Hoffman JR, Gonzalez AM, Mangine GT, Townsend JR, Jajtner AR, Beyer KS, Boone CH, Wang R, Miramonti AA, Pruna GJ, LaMonica MB, Bohner JD, Hoffman MW, Oliveira LP, Fukuda DH, Fragala MS, Stout, JR. **Safety of time-release caffeine ingestion over 28 days. 2014 ISSN Annual Conference. Clearwater, FL.**
60. Fragala MS, Jajtner AR, Townsend JR, Gonzalez AM, Wells AJ, Oliveira LP, Hoffman JR, Stout JR, and Fukuda DH. **Leukocyte IGF-1 receptor expression during muscle recovery. 2014 NSCA National Conference. Las Vegas, NV.**
61. Fragala MS, Jajtner AR, Beyer KS, Wells AJ, Townsend JR, Emerson NS, Scanlon T, Stout JR, Oliveira LP, Hoffman JR. **N-Terminal Propeptide of Type III Procollagen (P3NP) Responses to Resistance Exercise in Older Adults. Experimental Biology. Boston, MA, 2013.**
62. Jajtner AR, Mangine GT, Scanlon TC, Stout JR, Townsend JR, McCormack WP, Gonzalez AM, Wells AJ, Rogowski JP, Robinson EH, Emerson NS, Fragala MS, Hoffman

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

- JR. **Effect of lower-limb injury on ultrasonography measures of muscle quality and architecture in NBA players.** *2013 ACSM Annual Meeting. Indianapolis, IN.*
63. Pruna GJ, McCormack WP, Scanlon T, Wells AJ, Beyer KS, Jajtner AR, Townsend JR, Fragala MS, Hoffman JR, Stout, JR. **Perceptual Cognitive Function Correlates with Reaction Time in Female Collegiate Soccer Players.** *2013 ACSM Annual Meeting. Indianapolis, IN.*
64. Beyer K, Fragala MS, Pruna GJ, Boone CH, Bohner JD, Townsend JR, Jajtner AR, Emerson NS, Stout JR, Hoffman JR, Oliveira LP. **Resistance Exercise Training and Cognitive Function in Older Adults.** *2013 ACSM Annual Meeting. Indianapolis, IN.*
65. Townsend, JR, Morton AB, Jajtner AR, Gonzalez AM, Wells AJ, Mangan GT, McCormack WP, Robinson EH, Emerson NS, Stout JR, Fragala MS, Hoffman JR, Cosio-Lima L. **Excess post-exercise oxygen consumption (EPOC) following multiple effort sprint and moderate aerobic exercise.** *2013 ACSM Annual Meeting. Indianapolis, IN.*
66. Robinson EH, Scanlon TC, Stout JR, Emerson NS, McCormack WP, Mangan GT, Jajtner AR, Gonzalez AM, Wells AJ, Townsend JR, Boone CH, Pruna GJ, Hoffman JR, Oliveira LP, Fragala MS. **Ultrasound determined muscle quality is associated with neuromuscular fatigue and mobility in older adults.** *2013 ACSM Annual Meeting. Indianapolis, IN.*
67. Gonzalez AM, Wells AJ, Hoffman JR, Stout JR, Mangan GT, McCormack WP, Fragala MS, Townsend JR, Jajtner AR, Emerson NS, Robinson EH. **Reliability of a non-motorized treadmill for assessing anaerobic performance.** *2013 ACSM Annual Meeting. Indianapolis, IN.*
68. Emerson NS, Stout JR, Robinson EH, McCormack WP, Scanlon TC, Warren AM, Wells AJ, Gonzalez AM, Mangan GT, Townsend JT, Jajtner AR, Hoffman JR, Fragala MS. **PWC_{FT} is associated with measures of functionality in elderly with low risk of physical disability.** *2013 ACSM Annual Meeting. Indianapolis, IN.*
69. Mangan GT, Hoffman JR, Jajtner AR, Gonzalez AM, McCormack WP, Wells AJ, Townsend JR, Emerson NS, Robinson EH, Vazques J, Pichardo N, Fragala MS, Stout JR. **Predictors of fielding performance in professional baseball players.** *2013 ACSM Annual Meeting. Indianapolis, IN.*
70. Scanlon TC, McCormack WP, Bohner JD, Wells AJ, Jajtner AR, Townsend JR, Emerson NS, Gonzalez AM, Robinson EH, Pruna GJ, Boone CH, Fragala MS, Hoffman JR, Stout JR. **Muscular power correlates to echo intensity and muscle architecture in NCAA Division I female soccer players.** *2013 ACSM Annual Meeting. Indianapolis, IN.*
71. Olson EC, Christensen KV, Jajtner AR, Copeland J, Unthank M, Mitchell JB. **The Effect of Short and Long Recovery Periods on the Contribution of Oxidative Processes to Energy Expenditure During Multiple Bouts of Supramaximal Exercise.** *2012 ACSM National Conference. San Francisco, CA.*

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

Regional Conference Presentations

1. **Hart TL, Arroyo E, Followay BN, Vaughan JA, Glickman EL, **Jajtner AR**. **Effects of Exercise in Different Environmental Conditions on Leukocyte Counts and Subsets.** *2018 MWACSM Annual Conference. Grand Rapids, MI.*
2. *Gibson BM, Boka K, Followay BN, Vaughan JA, Arroyo E, Laudato JA, Glickman EL, **Jajtner AR**. **The Circulating Inflammatory Response to Aerobic Exercise in a Hot Condition.** *2018 MWACSM Annual Conference. Grand Rapids, MI.*

University Presentations

1. *Dulaney CS, Arroyo E, Tagesen E, Laudato JA, Followay BN, Vaughan JA, Glickman EL, **Jajtner AR**. **Circulating MCP-1 associated with prolonged cycling in hot temperature.** *Poster presented at the 2019 Kent State Graduate Symposium, Kent, OH.*
2. **Hart TL, Arroyo E, Followay BN, Vaughan JA, Glickman EL, **Jajtner AR**. **Effects of Exercise in Different Environmental Conditions on Leukocyte Counts and Subsets.** *2018 Undergraduate Symposium on Research, Scholarship and Creative Activity – Kent State University.*
3. *Arroyo E, Followay BN, Vaughan JA, Dulaney CS, Laudato JA, Hall SR, Glickman EL, **Jajtner AR**. **Thermoregulatory Responses to Moderate-Intensity and High-Intensity Cycling in the Heat.** *2018 Graduate Symposium on Research, Scholarship and Creative Activity – Kent State University.*
4. *Laudato JA, Followay BN, Vaughan JA, Arroyo E, Dulaney CS, Hall SR, Glickman EL, **Jajtner AR**. **Effect of Thermal Stress on Cycling and Plasma Volume Shifts, Body Weight and Water Intake.** *2018 Graduate Symposium on Research, Scholarship and Creative Activity – Kent State University.*
5. *Hall SR, Glickman EL, Vaughan JA, Followay BN, Arroyo E, Dulaney CS, Laudato JA, **Jajtner AR**. **Physiological Response in Time to Exhaustion Trial Across Varied Environmental Conditions.** *2018 Graduate Symposium on Research, Scholarship and Creative Activity – Kent State University.*

Lay Presentations

Community Presentations

1. **Jajtner AR**. **Keep your kids Hydrated, their Health and Performance depend on it.** *Training & Nutrition for Future Olympians and Young Athletes. University of Central Florida. Orlando, FL. 2012.*

GRADUATE STUDENT COMMITTEES

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

Doctoral Dissertation Committee

Chair or Co-Chair

1. **Kylene Boka**; (2018). The Effects of temperature and humidity on the inflammatory response during aerobic exercise. – **Co-Chair**
2. **Brittany Followay**; (2018). Effects of Cycling Exercise and Cold Exposure on Neuromuscular Activation and Fatigue, and Metabolic Responses. – **Co-Chair**
3. **Jeremiah Vaughan**; (2018). Hydration status and Neuromuscular Fatigue during Cycling in different Environmental Conditions– **Co-Chair**

Committee Member

1. **William Jones II**; (In Progress). The Effects of Nitrate Supplementation on Athletic Performance.
2. **Scott Habowski**; (2018). Effects of the IL-6 Gene Polymorphism – 174G/C on Interleukin-6 Production and Endurance Exercise Performance.
3. **Jon Stavros**; (2017). The feasibility of blood flow restriction exercise in incomplete spinal cord injuries.
4. **Ana Paula Fantini**; (2017). The Effects of Acai (Euterpe Oleracea Mart) on Delayed Muscle Soreness (DOMS) in Collegiate Male Athletes & Non-Athletes.

Master's Thesis Committee

Chair or Co-Chair

1. **Joseph A. Laudato**; (In Progress). The Acute Effects of Knee Wraps on Muscular Performance and Recovery following Resistance Exercise
2. **Brandon M. Gibson**; (In Progress). The Acute Effects of Caffeine Supplementation on Muscular Performance and Recovery following Resistance Exercise.

Committee Member

- 1.

Undergraduate Student Mentoring

1. **Tricia L. Hart**; (2018-19) The Effects of Three Different Types of Exercise on Immune Function.

TEACHING RESPONSIBILITIES

Graduate Teaching

Kent State University

| | |
|------------|-------------------------------------|
| EXPH 55080 | Physiology of Exercise (Masters) |
| EXPH 63098 | Graduate Student Research (Masters) |

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

EXPH 83098

Graduate Student Research (Doctoral)

Undergraduate Teaching

Kent State University

| | |
|------------|---|
| EXSC 35022 | Exercise Leadership |
| EXSC 35023 | Professional Certification Preparation |
| EXSC 40612 | Exercise Leadership for the Older Adult |
| EXSC 45080 | Physiology of Exercise |
| EXSC 45096 | Individual Investigation |
| HONR 40096 | Individual Honors Work |

University of Central Florida

| | |
|-------------|---|
| PEM - 2104 | Personal Fitness |
| PET - 3005 | Introduction to Sport and Exercise Science |
| PET - 4143 | Current Issues and Trends in Sport and Exercise Science |
| PET - 4312 | Kinesiology / Biomechanics |
| PET - 4550C | Fitness Assessment |
| PET - 4552 | Exercise Prescription for Special Populations |

Texas Christian University

| | |
|---------------|--|
| KINE - 10011 | Personal Fitness (Teaching Assistant) |
| KINE - 30522 | Fitness Assessment (Teaching Assistant) |
| KINE - 30523 | Fitness Programming (Teaching Assistant) |
| KINE - 30634L | Exercise Physiology Lab |
| KINE - 40003 | Senior Research (Teaching Assistant) |
| KINE - 40313 | Individual and Dual Sport (Teaching Assistant) |

SERVICE ACTIVITIES

Professional Service

Journal Review Activity

- International Journal of Exercise Science
- International Journal of Environmental Research and Public Health
- Journal of Strength and Conditioning Research
- Journal of Nutrition, Health and Aging
- Nutrients
- Physician and Sports Medicine

ADAM R. JAJTNER, PhD, CSCS
CURRICULUM VITAE

American College of Sports Medicine - Midwest

- MWACSM Annual Meeting – Abstract Reviewer
 - 2017, 2018
- MWACSM Annual Meeting – Session Moderator
 - 2017

National Strength and Conditioning Association

- NSCA Annual Meeting – Graduate Student Presentation Judge
 - Podium Presentations – 2018
 - Poster Presentations – 2018
- NSCA – Annual Meeting Abstract Reviewer
 - 2018
- NSCA – Foundation Grant Reviewer
 - 2017, 2018

University Service

University Research Symposiums

- 2018 – Undergraduate Research Symposium Judge

College Climate Committee – Education Health and Human Services

- 2018-19 Academic Year

Faculty Advisory Committee – School of Health Sciences

- 2017-18 Academic Year
- 2018-19 Academic Year

NTT Ad Hoc Committee

- 2017-18 Academic Year

Search Committees

- EHHS Academic Advisor – Fall 2018

Academic Grievance Committee

- 2017 – Spring Semester
- 2017 – Fall Semester