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I. EDUCATION

Ph.D.	2009	Exercise Physiology – The Florida State University Mentor: Arturo Figueroa, Ph.D. FACSM
M.S.	2003	Exercise Physiology – The Florida State University Mentor: Lynn B. Panton, Ph.D. FACSM
B.S.	1999	Exercise and Sport Science – The University of North Carolina at Greensboro

II. PROFESSIONAL EXPERIENCE

2018-present	Associate Professor, Kent State University
2013-2018	Assistant Professor, Kent State University
2009-2013	Assistant Professor, Indiana State University
2001-2009	Graduate teaching assistant, The Florida State University
2002-2004	Graduate research assistant, The Florida State University
1999-present	Professional Fitness Consultant (self-employed)

III. PUBLICATIONS

A. Refereed Articles-Published

1. Connors J.C., Boike A.M., Rao N., **Kingsley J.D.** (2020). Radiofrequency Ablation for the Treatment of Painful Neuroma. *Foot Ankle Surgery*, 59, 457-461. doi: 10.1053/j.jfas.2019.09.003.
2. Rúa-Alonso M., Mayo X., Mota J., **Kingsley J.D.**, Iglesias-Soler E. (2020). A short set configuration attenuates the cardiac parasympathetic withdrawal after a whole-body resistance training session. *European Journal of Applied Physiology*, 120, 1905-1919. doi: 10.1007/s00421-020-04424-3.

3. Marshall, E.M., Parks, J.C., Tai, Y.L., **Kingsley, J.D.** (2020). The effects of machine-weight and free-weight resistance exercise on hemodynamics and vascular function. *International Journal of Exercise Science*, 13, 526-538.
4. **Kingsley, J.D.**, Tai, Y.L. (2019). A commentary on: Acute effects of exercise mode on arterial stiffness and wave reflection in healthy young adults: A systematic review and meta-analysis. *Frontiers in Physiology*, Dec 17, 1516. DOI: 10.3389/fphys.2019.01516.
5. Parks, J.C., Marshall, E.M., Tai, Y.L., **Kingsley, J.D.** (2019). Free-weight versus weight machine resistance exercise on pulse wave reflection and aortic stiffness in resistance-trained individuals. *European Journal of Sport Science*, 9, 1-9. DOI: 10.1080/17461391.2019.1685007.
6. Tai, Y.L., Marshall, E.M., Glasgow, A., Parks, J.C., Sensibello, L., **Kingsley, J.D.** (2019). Autonomic modulation following an acute bout of bench press with and without blood flow restriction. *European Journal of Applied Physiology*, 119, 2177-2183. DOI: 10.1007/s00421-019-04201-x.
7. Farinas, J., Mayo, X., Giraldez-Garcia, M., Carballeria, E., Fernandez-Del-Olmo, M., Vazquez, J.R., **Kingsley, J.D.**, Iglesias-Soler, E. (2019). Set configuration in strength training programs modulates the Cross Education phenomenon. *Journal of Strength and Conditioning Research*. DOI: 10.1519/JSC.0000000000003189. Published online May 24.
8. De Oliveria, R.M., Ugrinowitsch, C., **Kingsley, J.D.**, Da Silva, D.G, Bittencourt D., Caruso, F.R., Borghi-Silva, A., Libardi, C.A. (2019). Effect of individualized resistance training prescription with heart rate variability on individual muscle hypertrophy and strength responses. *European Journal of Sport Science*, 19, 1092-1100. DOI: 10.1080/17461391.2019.1572227
9. Tai, Y.L., Marshall, E.M., Glasgow, A., Parks, J.C, Sensibello, L., **Kingsley, J.D.** (2018). Pulse wave reflection responses to bench press with and without practical blood flow restriction. *Applied Physiology, Nutrition and Metabolism*, 44, 341-347. DOI: 10.1139/anpm-2018-0265.
10. Fennell, C., Glickman, E., Lepp, A., **Kingsley, J.D.**, Barkley, J.E. (2018). The relationship between cell phone use, physical activity, and sedentary behavior in United States adults above college age. *International Journal of Human Movement and Sports Sciences*, 6, 63-70.
11. Connors, J., Hardy, M., Kishman, L., Botek, G., Verdin, C., Rao, N., **Kingsley, J.D.** (2018). Charcot pathogenesis: A study of in vivo gene expression. *The Journal of Foot and Ankle Surgery*, 57, 1067-1072.
12. Tai, Y.L., Marshall, E.M., Parks, J.C., Mayo, X., Glasgow, A., **Kingsley, J.D.** (2018). Changes in endothelial function after acute resistance exercise using free-weights. *Journal of Functional Morphology and Kinesiology*, 3, 32-41.
13. **Kingsley, J.D.**, Tai, Y.L, Marshall, E.M., Glasgow, A., Oliveira, R., Parks, J.C., Mayo, X. (2018). Autonomic modulation and baroreflex sensitivity after acute resistance exercise: Responses between sexes. *The Journal of Sports Medicine and Physical Fitness*, 59, 1036-1044. DOI: 10.23736/S0022-4707.18.08864-3. Published online July 23rd.
14. Corbett, D.B., Fennell, C., Peroutky, K., **Kingsley, J.D.**, Glickman, E.L. (2018). The effects of a 12-week worksite physical activity program on anthropometric

- indices, blood pressure indices, and plasma biomarkers of cardiovascular disease risk among university employees. *BMC-Research Notes*, 11: 80. DOI: 10.1186/s13104-018-3151-x.
15. Tai, Y.L., Gerhart, H., Mayo, X., & **Kingsley, J.D.** (2018). Acute resistance exercise using free weights on aortic wave reflection characteristics. *Clinical Physiology and Functional Imaging*, 38: 145-150.
 16. Mayo, X, Iglecias-Soler, E., **Kingsley, J.D.**, Dopico, X. (2018). Interrepetition set lacks the v-shape systolic pressure response advantage during resistance exercise. *Sports (Basel)*, 5, 90. DOI: 10.3390/sports5040090.
 17. Perez-Quilis, C., **Kingsley, J.D.**, Malkani, K., Cervellin, G., Lippi, G., Sanchis-Gomar, F. (2017). Modulation of heart rate by acute or chronic aerobic exercise. Potential effects on blood pressure control. *Current Pharmaceutical Design*, 23, 4650-4657. DOI: 10.2174/1381612823666170710151942
 18. Mayo, X., Iglesias-Soler, E., **Kingsley, J.D.** (2017). Perceived exertion is affected by the submaximal set configuration used in resistance exercise. *Journal of Strength and Conditioning Research*, 33: 426-432. DOI: 10.1519/JSC.0000000000001886
 19. **Kingsley, J.D.**, Tai, Y.L., Marshall, E.M., Glasgow, A., & Mayo, X. (2017). Free-weight resistance exercise on pulse wave reflection and arterial stiffness between sexes in young, resistance-trained adults. *European Journal of Sport Science*, 17, 1056-1064. DOI: 10.1080/17461391.2017.1342275
 20. Glasgow, A., Stone, T.M., **Kingsley, J.D.** (2017). Resistance exercise training on disease impact, pain catastrophizing and autonomic modulation in women with fibromyalgia. *International Journal of Exercise Science*, 10, 1184-1195.
 21. Gerhart, H., Tai, Y.L., Fennell, C., Mayo, X., & **Kingsley, J.D.** (2017). Autonomic modulation in older women: using resistance exercise as a countermeasure. *International Journal of Exercise Science*, 10, 178-187.
 22. **Kingsley, J.D.**, Tai, Y.L., Vaughan, J., & Mayo, X. (2016). The effects of high-intensity interval exercise on wave reflection and arterial stiffness. *Journal of Strength and Conditioning Research*, 31, 1313-1320.
 23. **Kingsley, J.D.**, Mayo, X, Tai, Y.L. & Fennell C. (2016). Arterial stiffness and cardiac autonomic modulation after acute resistance exercise in resistance-trained individuals. *Journal of Strength and Conditioning Research*, 30, 3373-3380.
 24. Hornbuckle, L., Toole, T., **Kingsley, J.D.**, Kushnick, M., Moffatt, R., Haymes, E.M., Miles, R & Panton, L.B. (2016). Effects of a 12-month pedometer-based walking intervention in women with low socioeconomic status. *Clinical Medical Insights: Women's Health*.
 25. Heisey, C., **Kingsley, J.D.** (2016). The effects of static stretching on squat performance. *International Journal of Exercise Science*, 9, 359-367.
 26. Yeargin, S.W., McKenzie, A., Eberman, L.E., **Kingsley, J.D.**, Dziedzicki, D.J., Yoder, P. (2016). Physiological and perceived effects of field cooling strategies during simulated firefighting activity. *Journal of Athletic Training*, 51, 927-935.
 27. Mayo, X., Iglecias-Soler, E., Fernández-del-Olmo, M., & **Kingsley, J.D.** (2016). Exercise type affects cardiac vagal autonomic recovery after a resistance training session. *Journal of Strength and Conditioning Research*, 30, 2565-2573.

28. **Kingsley, J.D.**, Figueroa, A. (2016). Acute and training effects of resistance exercise on heart rate variability. *Clinical Physiology and Functional Imaging*, 36, 179-187.
29. **Kingsley, J.D.**, Demchak, T., Mathis, R. (2014). Low-level laser therapy as a treatment for chronic pain. *Frontiers in Physiology*. 5, 306.
30. **Kingsley, J.D.**, Hochgesang, S., Brewer, A., Heidner, G.S., Buxton, E., & Martinson, M. (2014). Autonomic modulation in resistance trained individuals after acute resistance exercise. *International Journal of Sports Medicine*, 35, 851-856.
31. **Kingsley, J.D.**, Zakrajsek, R.A., Nesser, T.W., Gage, M.J. Effects of motor imagery versus stretching on anaerobic performance. (2013). *Journal of Strength and Conditioning Research*, 27, 265-269.
32. Panton, L.B., **Kingsley, J.D.**, Simonavice, E., Williams, K., Mojock, C., Kim, J., McMillan, V., Mathis, R. (2013). Effects of class IV laser therapy on fibromyalgia impact and function in women with fibromyalgia. *Complementary and Alternative Medicine*, 19, 445-452.
33. **Kingsley, J.D.** Autonomic dysfunction in women with fibromyalgia. (2012). *Arthritis Research and Therapy*, 14, 102-103.
34. **Kingsley, J.D.**, Figueroa, A. (2012). Effects of resistance exercise training on resting and post-exercise forearm blood flow and wave reflection in overweight and obese women. *Journal of Human Hypertension*, 26, 684-690.
35. **Kingsley, J.D.**, McMillan, V., Figueroa, A. (2011). Resistance exercise training does not affect post-exercise hypotension and wave reflection in women with Fibromyalgia. *Applied Physiology, Nutrition and Metabolism*, 36, 254-263.
36. **Kingsley, J.D.**, McMillan, V., Figueroa, A. (2010). The effects of 12 weeks of resistance exercise training on disease severity and autonomic modulation at rest and after acute leg resistance exercise in women with fibromyalgia. *Archives of Physical Medicine and Rehabilitation*, 91, 1551-1557.
37. **Kingsley, J. D.**, Panton, L.B., McMillan, V., & Figueroa, A. (2009). Cardiovascular autonomic modulation after acute resistance exercise in women with fibromyalgia. *Archives of Physical Medicine and Rehabilitation*, 90, 1628-1634.
38. Panton, L. B., **Kingsley, J. D.**, St. John, N., McMillan, V., Mathis, R., Van Tassel, J., & Figueroa, A. (2009). Effects of resistance training and chiropractic treatment in women with fibromyalgia. *Complementary and Alternative Medicine*, 15, 321-328.
39. Wilson, J.M., Kim, J., Lee, S., Rathmacher, J.A., Dalmau, B., Koch, H., Colon, J., **Kingsley, J.D.**, & Panton, L.B. (2009). Acute and timing effects of β -hydroxy β -methylbutyrate (HMB) on indices of muscle damage. *The Journal of Nutrition*, 4, 6-11.
40. Figueroa, A., **Kingsley, J. D.**, McMillan, V., & Panton, L. B. (2008). Resistance exercise training improves heart rate variability in women with fibromyalgia. *Clinical Physiology and Functional Imaging*, 28, 49-54.
41. Toole, T., Thorn, J., Panton, L. B., **Kingsley, J. D.**, & Haymes, E. M. (2007). The effects of a 12-month pedometer walking program on gait, body mass index and

- lower extremity function in obese women. *Perceptual and Motor Skills*, 104, 212-220.
42. Panton, L. B., Kushnick, M., **Kingsley, J. D.**, Moffatt, R., Haymes, E. M., & Toole, T. (2007). Pedometer measurement of physical activity and chronic disease risk factors of obese lower socioeconomic status African American women. *Journal of Physical Activity and Health*, 4, 447-458.
 43. Panton, L. B., **Kingsley, J. D.**, Cress, M. E., Sirithienthad, P., Abboud, G., Toole, T., McMillan, V. (2006). A comparison of physical functional performance and strength in women with fibromyalgia, age and weight matched controls, and women who are healthy. *Physical Therapy*, 86, 1479-1488.
 44. **Kingsley, J. D.**, Panton, L. B., Toole, T., Sirithienthad, P., Mathis, R., & McMillan, V. (2005). The effects of a 12 week strength-training program on strength and functionality in women with fibromyalgia. *Archives of Physical Medicine and Rehabilitation*, 86, 1713-1721.

B. Book Chapters

1. **Kingsley, J.D.** (2013). Fibromyalgia. In J. Ciccolo and W. Kraemer (Ed.), *Resistance training for the prevention and treatment of chronic diseases*. Boca Raton, FL: CRC Press.

C. Other Publications

1. Panton, L.B., **Kingsley, J.D.**, Mathis, R. (2009). Resistance training and chiropractic treatment for fibromyalgia. *The Pain Practitioner*. 19, 50-52.
2. **Kingsley, J. D.**, and Panton, L. B. (2003). Fibromyalgia Syndrome. *North Central Chiropractic Society*.

IV. RESEARCH AND GRANT PROPOSALS

A. External Sources

a. Funded

- Kent State University**
1. **Kingsley, J.D.** *Effects of a total-body routine compared to a split-routine on maximal strength, cardiovascular hemodynamics, central arterial stiffness and wave reflection*. National Strength and Conditioning Association Foundation, Senior Investigator Grant. August 2018-August 2019 (\$30,000).
- Indiana State University**
1. Demchak, T., and **Kingsley, J.D.** (co-PI). *The effect of class-IIIb laser and resistance training on pain and function in women with fibromyalgia*. Multi Radiance Medical, Inc. August 2012-August 2013 (9,600).
- Florida State University**
2. Panton, L.B. and **Kingsley, J.D.** (co-PI). *The effect of a class-IV laser on pain and functionality in women with fibromyalgia*. Litecure, Inc. July 2008-July 2009 (\$15,000).

3. **Kingsley, J. D.** *The effect of resistance training on pain, autonomic and endothelial function in women with fibromyalgia.* American College of Sports Medicine Foundation Research Grant, June 10, 2007-June 9, 2008 (\$5000).

b. Not Funded

Kent State University

1. **Kingsley, J.D.**, McDaniel, J. *Blood flow restriction aerobic training to increase quality of life in persons with incomplete spinal cord injuries.* SCIRTS Pilot Research Grant, Neilson Foundation, 2018 (\$165,300.22).
2. **Kingsley, J.D.** *Blood flow restricted exercise on cardiovascular function.* National Strength and Conditioning Foundation, Senior Investigator Grant, 2017 (\$30,000).
3. **Kingsley, J.D.**, Miracle, A., McDaniel, J. *Effect of blueberry powder on cognition in women with fibromyalgia.* U.S. Highbush Blueberry Council, 2017 (\$124,018.17).
4. **Kingsley, J.D.** *Using mindful exercise to combat cognitive dysfunction in women with Fibromyalgia.* American College of Sports Medicine Foundation, 2017 (\$10,000).
5. Glickman, E.L., **Kingsley, J.D.** (Co-I). *Heat vest development.* Panoply Industries, 2015 (\$50,000).
6. **Kingsley, J.D.**, Miracle, A., McDaniel, J. *Daily blueberry consumption on hypertension, cognition and vascular function in postmenopausal women with pre- and stage-1 hypertension.* U.S. Highbush Blueberry Council, 2015 (\$59,297).
7. **Kingsley, J.D.** *Acute resistance exercise in Fibromyalgia and Chronic Fatigue Syndrome.* American College of Sports Medicine Foundation, 2015 (\$10,000).
8. **Kingsley, J.D.** *Resistance training on cardiovascular and cognitive function in women with Fibromyalgia.* American College of Sports Medicine Foundation, 2014 (\$10,000).
1. McDaniel J., **Kingsley, J.D.** (Co-PI). *Sympathetic integrity in SCI: Implications for exercise and orthostasis.* Paralyzed Veterans of America, 2014 (\$95,097.95).
2. Chinn, L., **Kingsley, J.D.**, Jonas, J. *The effects of Graston technique and low-level laser therapy on functional outcomes following induced muscle soreness.* Great Lakes Athletic Training Association, 2014 (\$1500).

Indiana State University

1. **Kingsley, J.D.** *Effect of laser therapy and resistance exercise on symptomology in women with fibromyalgia.* American College of Sports Medicine Research Foundation, 2012 (\$10,000).
2. Demchak, T., and **Kingsley, J.D.** (Co-PI). *Effect of low power laser therapy on pain and function of fibromyalgia patients.* American Fibromyalgia Syndrome Association, 2011 (\$39, 176).

a. Student Grants

Kent State University

1. Marshall, E.M. The effects of bilateral versus unilateral upper-body acute resistance exercise on cardiovascular function. National Strength and Conditioning Association Foundation Doctoral Grant, Spring 2019 (\$15,000, not funded).
2. Parks, J.C. Effects of a proper cool-down after supramaximal interval exercise on pulse wave reflection, aortic stiffness, and autonomic modulation. National Strength and Conditioning Association Foundation Doctoral Grant, Spring 2019 (\$15,000, not funded).
3. Marshall, E.M. The effects of bilateral versus unilateral upper-body acute resistance exercise on cardiovascular function. American College of Sports Medicine Foundation Pre-Doctoral Grant, Spring 2019 (\$5,000, not funded).
4. Parks, J.C. Effects of a proper cool-down after supramaximal interval exercise on pulse wave reflection, aortic stiffness, and autonomic modulation. American College of Sports Medicine Foundation Pre-Doctoral Grant, Spring 2019 (\$5,000, not funded).
5. Tai, Y.L. Resistance exercise with blood flow restriction on pulse wave reflection and vagal modulation. National Strength and Conditioning Association Foundation Doctoral Grant, Spring 2017 (\$15,000, not funded).
6. Habowski, S. Effects of the IL-6 gene polymorphism -174G/C on IL-6 production and exercise. National Strength and Conditioning Association Foundation Doctoral Grant, Spring 2017 (\$15,000, not funded).
7. Jones, W. Nitrate's effect on peak power of varying athletes in hypoxia. National Strength and Conditioning Association Foundation GNC Grant, Spring 2017 (\$2,500, not funded).
8. Habowski, S. Effects of the IL-6 gene polymorphism -174G/C on IL-6 production and exercise. American College of Sports Medicine Foundation Pre-Doctoral Grant, Spring 2017 (\$5,000, not funded).

3. Internal Sources

b. Funded

Kent State University

1. **Kingsley, J.D.**, Smith, T. *The effects of caffeine in conjunction with acute resistance exercise on cardiovascular function in resistance-trained women.* University Research Council, Fall 2018 (\$3370).
2. **Kingsley, J.D.** *Cognitive benefits of exercise in women with Fibromyalgia and Systemic Exertion Intolerance Disease.* Research/Creative Activity Summer Appointment, Summer 2016 (\$6500)
3. **Kingsley, J.D.** *Cognition in women with Fibromyalgia and/or Chronic Fatigue Syndrome.* College of Education, Health and Human Services Seed Money, Spring 2015 (\$5000).

Indiana State University

1. Eberman, L., **Kingsley, J.D.**, Walsh, C. *Mini-marathon Training.* Focus Indiana Health Care Departmental Initiatives Grant, Center for Community Engagement, Fall 2012 (\$2230.25).
2. **Kingsley, J.D.** *Midwest ACSM for Students in Exercise Science.* Course-related Travel, Fall 2012 (\$1440).

3. **Kingsley, J.D.** *Exercise is Medicine Speaker Series*. Center for Community Engagement and Experiential Learning, Fall 2012 (\$1250).
4. **Kingsley, J.D.** *Undergraduate Student Research Support*. Center for Student Research and Creativity, Fall 2012 (\$500).
5. **Kingsley, J.D.** *Defending the Crown; MWACSM Quiz Bowl*. Leadership Consortium, Spring 2012 (\$250).
6. Eberman, L., Calawerts, M., **Kingsley, J.D.**, Walsh, C. *Mini-marathon Training*. Focus Indiana Health Care Departmental Initiatives Grant, Center for Community Engagement, Fall 2011 (\$7861.25)
7. **Kingsley, J.D.** *National ACSM for Exercise Science Students*, Course-Related Travel Grant, Fall 2011 (\$5700).
8. **Kingsley, J.D.** *Effects of resistance exercise training on pain, autonomic and vascular function in women with fibromyalgia*. University Research Committee Grant, Fall 2011 (\$4517).
9. **Kingsley, J.D.** *Exercise is Medicine Speaker Series*. Center for Community Engagement and Experiential Learning, Fall 2011 (\$556)
10. **Kingsley, J.D.** *Midwest ACSM for Exercise Science Students*. Course-related Travel, Fall 2011 (\$1640).
11. **Kingsley, J.D.** *The effects of resistance exercise on autonomic and vascular function in trained and untrained individuals*. Undergraduate Research and Creative Inquiry Summer Stipend Pilot Program, Spring 2011 (\$3500).
12. **Kingsley, J.D.** *The effects of daily ambulation on cardiovascular disease risk factors in overweight and obese women; a pilot study*. Center for Instruction, Research and Technology, Spring 2010 (\$2500).
13. Hagood, S., **Kingsley, J.D.** *Financial Support for Students to National AAHPERD*. CPSCE Curriculum and Research Support for Experiential Learning and Community Engagement, Spring 2010 (\$700).

c. Not Funded

Kent State University

1. **Kingsley, J.D.** Kent State University Teaching Council Summer Teaching Development Grant, Spring 2017 (\$4500).
2. **Kingsley, J.D.** Kent State University Foundation Grant, Fall 2015 (\$13,354).
3. Ridgel, A., **Kingsley, J.D.** (co-I). Kent State University Foundation Grant, Fall 2014 (\$59,195.93).

V. RESEARCH PRESENTATIONS

A. International (Peer-Reviewed)

1. Silva, D.G., Oliveira, R.M., Urinowitsch, C., **Kingsley, J.D.**, Fernandes, D.B., Silva, A.B., Caruso, F.R., Libardi, C.A. (2018). *Effect of individualized recovery intervals between strength training sessions in muscle hypertrophy and force*. Paper presented at the Brazilian Congress of Metabolism, Nutrition and Exercise, Londrina, Brazil.

2. Oliveira, R.M., Urinowitsch, C., **Kingsley, J.D.**, Spada, V.R., Bergamasco, J.G.A., Fernandes, D.B., Silva, D.G., Jacomassi, D.G., Cesar, M.C., Libardi, C.A. (2018). *Effect of individualized recovery intervals between strength training sessions training sessions and muscular hypertrophy in the elderly*. Paper presented at the Brazilian Congress of Metabolism, Nutrition and Exercise, Londrina, Brazil.
3. Tai, Y.L., Marshall, E., Glasgow, A., **Kingsley, J.D.** (2017). *Bench press with and without blood flow restriction on endothelial function*. Paper presented at the Annual Meeting of The Society of Chinese Scholars on Exercise Physiology and Fitness, Hunan Normal University, China.

B. National (Peer-Reviewed)

1. Marshall, E.M., Parks, J.C., Humm, S.M., , Erb, E., Paskert, M., Kearney, S., **Kingsley, J.D.** (2020). Alterations in autonomic modulation following bilateral and unilateral upper-body acute resistance exercise. Poster presented at the Annual Meeting of the National Strength and Conditioning Association, Online-COVID19.
2. Marshall, E.M., Parks, J.C., Humm, S.M., , Erb, E., Paskert, M., Kearney, S., **Kingsley, J.D.** (2020). Bilateral and unilateral resistance exercise on pulse wave reflection and arterial stiffness. *Medicine and Science in Exercise and Sport*, 52.
3. Humm, S.M., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2019). Vagal responses to acute resistance exercise between resistance-trained and untrained individuals. *Medicine and Science in Exercise and Sport*, 51.
4. Tai, Y.L., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2019). Upper- and lower-body resistance exercise with and without blood flow restriction on autonomic modulation. *Medicine and Science in Exercise and Sport*, 51.
4. Parks, J.C., Marshall, E.M., Singer, T.J., Humm, S.M., **Kingsley, J.D.** (2019). Heavy rope exercise on cardiovascular hemodynamics and arterial stiffness in resistance-trained individuals. *Medicine and Science in Exercise and Sport*, 51.
5. Marshall, E.M., Parks, J.C., Singer, T.J., Humm, S.M., **Kingsley, J.D.** (2019). Autonomic modulation after high-Intensity heavy rope exercise in resistance-trained individuals. *Medicine and Science in Exercise and Sport*, 51.
6. Marshall, E.M., Parks, J.C., Tai, Y.L., DeBord, A., Hembree, S., **Kingsley, J.D.** (2018). The effects of high-intensity heavy rope exercise on pulse wave reflection characteristics in resistance-trained individuals. Poster presented at the Annual Meeting of the National Strength and Conditioning Association, Washington, D.C..
7. Hembree, S., Neilson, C., Tai, Y.L., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2018). The effects of hypoxia on power output following multiple wingate anaerobic tests. Poster presented at the Annual Meeting of the National Strength and Conditioning Association, Washington. D.C.
8. Parks, J.C., Glasgow, A., Geither, K., Marshall, E.M., Sensibello, L., Tai, Y.L., **Kingsley, J.D.** (2018). Resistance exercise on pulse wave reflection and arterial stiffness between trained and untrained individuals. *Medicine and Science in Sports and Exercise*, 50.

9. Trionfante, C., Kantura, B., Marshall, E.M., Nelson, A.G., **Kingsley, J.D.** (2018). The effects of wearing knee wraps on total concentric work performed during the back squat exercise. *Medicine and Science in Sports and Exercise*, 50.
10. DeBord, A., Glasgow, A., Giether, K., Sensibello, L., Parks, J.C., Marshall, E.M., Tai, Y.L., **Kingsley, J.D.** (2018). Autonomic modulation after acute resistance exercise in resistance-trained individuals. *Medicine and Science in Sports and Exercise*, 50.
11. Glasgow, A., Geither, K., Parks, J.C., Marshall, E.M., Sensibello, L., Tai, Y.L., **Kingsley, J.D.** (2018). Acute resistance exercise effects on blood flow in resistance-trained versus untrained individuals. *Medicine and Science in Sports and Exercise*, 50.
12. Sensibello, L., Tai, Y.L., Marshall, E.M., Glasgow, A., Parks, J., Oliveira, R., **Kingsley, J.D.** (2018). The effects of upper- and lower-body blood flow restriction exercise on vascular function. *Medicine and Science in Sports and Exercise*, 50.
13. Tai, Y.L., Marshall, E.M., Glasgow, A., Parks, J., Geither, K., Sensibello, L., Oliveira, R., **Kingsley, J.D.** (2018). Upper- and lower-body resistance exercise with and without blood flow restriction on pulse wave reflection. *Medicine and Science in Sports and Exercise*, 50.
14. Geither, K., Sensibello, L., Glasgow, A., Parks, J.C., Marshall, E.M., Tai, Y.L., **Kingsley, J.D.** (2018). Free-weight exercise versus weight machines on pulse wave reflection. *Medicine and Science in Sports and Exercise*, 50.
15. Marshall, E.M., Glasgow, A., Geither, K., Parks, J.C., Sensibello, L., Tai, Y.L., **Kingsley, J.D.** (2018). Different restrictive devices to achieve blood flow restriction on pulse wave reflection. *Medicine and Science in Sports and Exercise*, 50.
16. **Kingsley, J.D.**, Glasgow, A., Geither, K., Parks, J.C., Marshall, E.M., Sensibello, L., Tai, Y.L. (2018). Autonomic modulation in response to three different autonomic reflex tests in women with Fibromyalgia. *Medicine and Science in Sports and Exercise*, 50.
17. Custer, L., Kobordo T., Peer, K., Jonas, J. **Kingsley, J.D.** (2017). The effect of low-level laser therapy on delayed onset muscle soreness when delivered pre- and post-eccentric exercise. *Journal of Athletic Training*, 52, S302.
18. **Kingsley, J.D.**, Marshall, E.M., Glasgow, A., Tai, Y.L. (2017). The effects of resistance exercise on forearm blood flow and vasodilatory capacity between the sexes. *Medicine and Science in Sports and Exercise*, 49, S297.
19. Tai, Y.L., Marshall, E.M., Glasgow, A., **Kingsley, J.D.** (2017). Bench press with and without blood flow restriction on hemodynamics and pulse wave reflection. *Medicine and Science in Sports and Exercise*, 49, S292.
20. Gilmore, O., Tai, Y.L., Marshall, E.M., Glasgow, A., **Kingsley, J.D.** (2017). Autonomic modulation after an acute bout of bench press with and without blood flow restriction. *Medicine and Science in Sports and Exercise*, 49, S954.
21. Glasgow, A., Marshall, E.M., Tai, Y.L. **Kingsley, J.D.** (2017). Acute resistance exercise effects on autonomic modulation between resistance-trained men and women. *Medicine and Science in Sports and Exercise*, 49, S2562.

22. Marhsall, E.M., Glasgow, A., Tai, Y.L., **Kingsley, J.D.** (2017). Sex-specific differences in pulse wave reflection and arterial stiffness after resistance exercise. *Medicine and Science in Sports and Exercise*, 49, S1263.
23. Fennell, C., Lepp, A., Glickman, E.L., **Kingsley, J.D.**, Barkley, J.E. (2017). The relationship between cell phone use, physical activity, and sedentary behavior in adults above college age. *Medicine and Science in Sports and Exercise*, 49, S2048.
24. Trionfante, C., Kantura, B., Aladwani, W., Nelson, A., **Kingsley, J.D.** (2017). Back squat performance characteristics of resistance-trained males are affected by wearing knee wraps. *Medicine and Science in Sports and Exercise*, 49, S1412.
25. **Kingsley, J.D.**, Tai, Y.L., Fennell, C., Mayo, X. (2016). Vascular responses following an acute bout of resistance exercise in resistance-trained individuals. *Medicine and Science in Sports and Exercise*, 48, S1401.
26. Tai, Y.L., Fennell, C., Mayo, X., **Kingsley, J.D.** (2016). Vascular function in young women and middle-aged women: Effects of resistance exercise. *Medicine and Science in Sports and Exercise*, 48, S727. **(Winner of the 2016 Michael L. Pollock Student Scholarship from the American College of Sports Medicine).**
27. Trionfante, C., Tai, Y.L., Mayo, X., Kingsley, J.D. (2016). Autonomic modulation following heavy, free-weight resistance exercise. *Medicine and Science in Sports and Exercise*, 48, S528.
28. Gerhart, H., Tai, Y.L., Stavres, J., **Kingsley, J.D.** (2015). Aging and autonomic modulation in women: Using resistance exercise as a countermeasure. *Medicine and Science in Sports and Exercise*, 47, S3200.
29. McLain, L. Tai, Y.L., Stavres, J., Gerhart, H., Cooper, H., Long, K., Johnson, W., **Kingsley, J.D.** (2015). Forearm blood flow and reactive hyperemia in response to an acute bout of resistance exercise using free-weights. *Medicine and Science in Sports and Exercise*, 47, S2761.
30. **Kingsley, J.D.**, Stone, T., Brewer, A., Buxton, E., Heidner, G.S. (2015). Eight weeks of resistance training on disease symptomology and autonomic modulation in women with fibromyalgia. *Medicine and Science in Sports and Exercise*, 47, S605.
31. **Kingsley, J.D.**, Hochgesang, S., Brewer, A., Heidner, G.S., Buxton, E., Martinson, M. (2014). Autonomic modulation in resistance-trained individuals after acute resistance exercise. *Medicine and Science in Sports and Exercise*, 46, S678.
32. Wunderlich, A., Wilson, J., Yeargin, S.W., **Kingsley, J.D.** (2013). Dynamic warm-up effect on 5-km performance and running economy in collegiate cross-country runners. *Medicine and Science in Sports and Exercise*, 45, S698.
33. **Kingsley, J.D.**, Buxton, E., Southwood, B., Brewer, A., Heidner, G.S., Hochgesang, S., Martinson, M., Smith, K., Edwards, A. (2013). The effects of resistance exercise training on vascular modulation after various acute resistance exercise modalities. *Medicine and Science in Sports and Exercise*, 45, S1340.
34. Brewer, A, Heidner, G.S., Buxton, E., Hochgesang, S., Southwood, B., Martinson, M., Demchak, T., Valencia, C., Purviance, D., & **Kingsley, J.D.** (2013). Pain intensity and pain catastrophizing as predictors of the 6-minute

- walk in women with fibromyalgia. *Medicine and Science in Sports and Exercise*, 45, S880.
35. Claeys, H., Zakrajsek R., Martinson, M., Hochgesang, S., Brewer, A., Edwards, A., Nesser, T., Gage, M., **Kingsley, J.D.** (2012). The effect of static stretching and motor imagery on anaerobic performance in trained cyclists. *Medicine and Science in Sports and Exercise*, 44, S1885.
 36. **Kingsley, J.D.**, Tucker, M., Yeargin, S.W. (2012). Prevalence of cardiac abnormalities in college athletes when exposed to physiological and thermal stressors. *Medicine and Science in Sports and Exercise*, 44, S2796.
 37. Kalsaria, P., Moga, M, Waite, G., Li, H., **Kingsley, J.D.**, Geib, R. (2012). Acute effects of Tai Chi exercise on cardiac autonomic function in healthy adults with Tai Chi experience. *Biomedical Sciences Instrumentation*, 48, 226-231.
 38. **Kingsley, J.D.**, McMillan, V., Figueroa, A. (2011). Resistance exercise training does not affect post-exercise hypotension and wave reflection in women with Fibromyalgia. *Medicine and Science in Sports and Exercise*, 43, S1864.
 39. Yeargin, S.W., McKenzie, A.L., Eberman, L.E., **Kingsley, J.D.**, Dziedzicki, D.J., Finn, M.E., Niemann, A.J., Yoder, P.J., Kelly, J.L., Vaal, T. (2011). Physiological and perceived effects of forearm cooling during simulated firefighting activity. *Medicine and Science in Sports and Exercise*, 43, S760.
 40. McKenzie, A.L., Yeargin, S.W., Eberman, L.E., **Kingsley, J.D.**, Dziedzicki, D.J., Finn, M.E., Niemann, A.J., Yoder, P.J., Kelly, J.L., Vaal, T. (2011). Physiological and perceived effects of head cooling during simulated firefighting activity. *Medicine and Science in Sports and Exercise*, 43, S919.
 41. **Kingsley, J.D.**, McMillan, V., Figueroa, A. (2010). Forearm blood flow and vasodilatory capacity in women with fibromyalgia. *Medicine and Science in Sports and Exercise*, 42, S985.
 42. Williams, K., **Kingsley, J.D.**, Simonavice, E., Charles, F., Mojock, C., Kim, J., McMillan, V., Mathis, R., Panton, L.B. (2010). Effects of a class IV laser on disease impact and function in women with fibromyalgia. *Medicine and Science in Sports and Exercise*, 42, S1081.
 43. Waggener, G., Haymes, E., **Kingsley, J.D.**, Nichols, I, Wiley, L., Moffatt, R. (2009). The effects of three pre-exercise meals on long and short-term submaximal cycling endurance exercise. *Medicine and Science in Sports and Exercise*, 41, S1713.
 44. Wilson, J.M., Kim, J., Lee, S., John,R, Koch, H., **Kingsley, J.D.**, Saadat, R., Panton, L.B. (2009). Acute timing effects of HMB supplementation on serum indices of muscle damage. *Medicine and Science in Sports and Exercise*, 41, S2939.
 45. Kim, J., Wilson, J., Lee, S., Wilson, G.J., Sommer, B., Colon, J., Diah, T., Mendez, D., **Kingsley, J.D.**, Panton, L.B. (2008). Acute timing effects of hydroxy methyl butyrate (HMB) supplementation on muscle strength and soreness. *Medicine and Science in Sports and Exercise*, 40, S542.
 46. Figueroa, A., **Kingsley, J.D.**, McMillan, V., Panton, L.B. (2008). Sixteen weeks of resistance training increases heart rate variability in women with fibromyalgia. *Medicine and Science in Sports and Exercise*, 40, S1718.

47. Hornbuckle, L., **Kingsley, J. D.**, Wilson, J. M., St. John, N., Holmes, A., Figueroa, A., Van Tassel, J., Mathis, R., McMillan, V. (2007). Effects of strength training and chiropractic therapy on functionality in women with fibromyalgia. *Medicine and Science in Sports and Exercise*, 39, S294.
48. **Kingsley, J. D.**, Panton, L. B., McMillan, V., Figueroa, A. (2007). Autonomic dysfunction at rest and during isometric exercise in women with fibromyalgia. *Medicine and Science in Sports and Exercise*, 39, S286.
49. Newlin, M., **Kingsley, J. D.**, McMillan, V., Hornbuckle, L., Figueroa, A., Panton, L. (2007). Effects of body mass index on measured and perceived functionality in women with fibromyalgia. *Medicine and Science in Sports and Exercise*, 39, S415.
50. Wilson, J. M., **Kingsley, J. D.**, Toole, T., Mengelkock, L., Panton, L. B. (2007). Measurement of functionality in individuals with chronic obstructive pulmonary disease utilizing the Cs-PFP. *Medicine and Science in Sports and Exercise*, 39, S334.
51. Hornbuckle, L., Panton, L. B., **Kingsley, J. D.**, St. John, N., Holmes, A., McMillan, V. (2006). Pedometer-determined physical activity in women diagnosed with fibromyalgia. *Medicine and Science in Sports and Exercise*, 38, S515.
52. **Kingsley, J. D.**, Panton, L. B., Lee, J., McMillan, V., Fernhall, B., & Figueroa, A. (2006). Exercise pressor response in overweight and obese women with fibromyalgia. *Medicine and Science in Sports and Exercise*, 38, S320.
53. **Kingsley, J. D.**, Panton, L. B., Toole, T., Moffatt, R., Kushnick, M., & Haymes, E. M. (2005). Cardiovascular risk factors of low socioeconomic overweight and obese women following 12-month use of pedometers. *Medicine and Science in Sports and Exercise*, 37, S286.
54. Panton, L. B., **Kingsley, J. D.**, Toole, T., Moffatt, R., Kushnick, M., & Haymes, E. M. (2005). The threshold of 10,000 steps/day is not necessary to elicit anthropometric changes in obese women. *Medicine and Science in Sports and Exercise*, 37, S286.
55. Kushnick, M., Bodin, B., Tackett, J., **Kingsley, J. D.**, Alhassen, S., Plaisance, E. (2004). LDL particle size and distribution in white and black untrained men following acute treadmill walking. *Medicine and Science in Sports and Exercise*, 36, S143.
56. Panton, L. B., **Kingsley, J. D.**, Toole, T., Moffatt, R., Kushnick, M., & Haymes, E. M. (2004). Feasibility of using pedometers to increase physical activity in lower socioeconomic overweight and obese women. *Medicine and Science in Sports and Exercise*, 36, S231.
57. **Kingsley, J. D.**, Panton, L.B., Toole, T., Holton, E., Abboud, G., Sirthienthad, P., McMillan, V. (2003). The comparison of functionality between older women and women diagnosed with fibromyalgia utilizing the Cs-PFP. *Medicine and Science in Sports and Exercise*, 35, S320.

B. Regional (Peer-Reviewed)

1. Erb, E., Marshall, E.M., Parks, J.C., Humm, S.C., **Kingsley, J.D.** (2019). *Sex differences on measures of pulse wave reflection response to heavy battle rope*

- exercise*. Paper presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Chicago, IL. (**Award Winner for Best Oral Presentation**).
2. Reich, M.R., Tia, Y.L., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2019). *Bench press with blood flow restriction on autonomic modulation*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Chicago, IL.
 3. Paskert, M.C., Parks, J.C., Marshall, E.M., Humm, S.M., **Kingsley, J.D.** (2019). *Exploring sex differences on arterial stiffness in response to heavy rope exercise*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Chicago, IL.
 4. Varner, S., Kearney, S.G., Paskert, M.C., Humm, S.M., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2019). *Sex differences on autonomic modulation in response to weight machines*. Paper presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Chicago, IL.
 5. Kearney, S.G., Parks, J.C., Marshall, E.M., Humm, S.M., **Kingsley, J.D.** (2019). *Heavy battle rope exercise on autonomic modulation: Differences between the sexes*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Chicago, IL.
 6. Hare, K., Marshall, E.M., Parks, J.C., Singer, T., Kearney, S.G., **Kingsley, J.D.** (2019). *High-intensity heavy rope exercise on arterial stiffness*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Chicago, IL.
 7. Jones, R., Smith, T.M., Marshall, E.M., Parks, J.C., Humm, S.M. Paskert, M.C., Kearney, S.G., **Kingsley, J.D.** (2019). *Caffeine combined with resistance exercise on performance and cardiovascular function in women*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Chicago, IL.
 8. Humm, S., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2018). *The effects of high-intensity heavy rope exercise in resistance-trained individuals*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Grand Rapids, MI.
 9. Smith, T., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2018). *Vagal responses to acute resistance exercise between resistance-trained and untrained individuals*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Grand Rapids, MI.
 10. Bates, Z., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2018). *Different restrictive devices to achieve blood flow restriction on pulse wave reflection*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Grand Rapids, MI.
 11. Sandor, J., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2018). *Heavy rope exercise on hemodynamics and arterial stiffness in resistance-trained individuals*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Grand Rapids, MI.
 12. Parks, J. Marshall, E., Tyler Singer, **Kingsley, J.D.** (2018). *Autonomic modulation after high-intensity heavy rope exercise in resistance-trained*

- individuals*. Paper presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Grand Rapids, MI.
13. Parks, J., Marshall, E., Tai, Y.L., Glasgow, A., Sensibello, L., Geither, K., **Kingsley, J.D.** (2017). *Free-weight resistance exercise versus weight machines on pulse wave reflection characteristics in resistance-trained individuals*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Grand Rapids, MI.
 14. Tai, Y.L., Marshall, E., Glasgow, A., **Kingsley, J.D.** (2017). *Bench press with and without blood flow restriction on endothelial function*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Grand Rapids, MI.
 15. Marshall, E., Parks, J., Tai, Y.L., Glasgow, A., Sensibello, L., Geither, K., **Kingsley, J.D.** (2017). *The effect of resistance exercise on pulse wave reflection characteristics and arterial stiffness between resistance-trained individuals*. Paper presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Grand Rapids, MI.
 16. Glasgow, A., Sensibello, L., Marshall, E., Parks, J., Tai, Y.L., Geither, K., **Kingsley, J.D.** (2017). *Cognition, vagal modulation, pulse wave reflection and arterial stiffness in women with Fibromyalgia*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Grand Rapids, MI.
 17. Geither, K., Parks, J., Glasgow, A., Sensibello, L., Marshall, E., Tai, Y.L., **Kingsley, J.D.** (2017). *Acute resistance exercise effects on blood flow in resistance-trained versus untrained individuals*. Poster presented at Midwest Regional Annual Meeting of the American College of Sports Medicine, Grand Rapids, MI.
 18. Millsaps, S., Barkley, J.E., Lepp, A., Glickman, E.L., **Kingsley, J.D.**, Fennell, C. (2017). *The relationship between cell phone use, physical activity, and sedentary behavior in adults above the college age*. Poster presented at the Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC.
 19. Fennell, C., Barkley, J.E., **Kingsley, J.D.**, Glickman, E.L., Duckworth, L. (2017). *Effects of a 16-week worksite exercise program on physical activity, sedentary behavior, and fitness variables*. Poster presented at the Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC.
 20. Perry, S., Glasgow, A., Marshall, E., Tai, Y.L., **Kingsley, J.D.** (2016). *Gender differences in pulse wave reflection and arterial stiffness after resistance exercise*. Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 21. Marshall, E., Glasgow, A., Tai, Y.L., **Kingsley, J.D.** (2016). *The effects of resistance exercise on forearm blood flow and vasodilatory capacity between genders*. Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 22. Hanna, B., Marshall, E., Glasgow, A., Tai, Y.L., **Kingsley, J.D.** (2016). *Acute resistance exercise effects on autonomic modulation in resistance-trained men*

- and women.* Paper presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
23. Neilson, C., Vaughan, J., **Kingsley, J.D.** (2016). *The effects of hypoxia on power output following multiple Wingate Anaerobic Tests.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 24. Tai, Y.L., Marshall, E., Glasgow, A., **Kingsley, J.D.** (2016). *Bench press with and without blood flow restriction on pulse wave reflection and arterial stiffness.* Paper presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 25. Hanshaw, B., Tai, Y.L., Marshall, E., Glasgow, A., **Kingsley, J.D.** (2016). *Autonomic modulation after an acute bout of bench press with and without blood flow restriction.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 26. Kantura, B., Aladwani, A., Trionfante, C., Nelson, A., **Kingsley, J.D.** (2016). *Effects of knee wrap use on back squat and post-exercise vertical jump performance outcomes in conditioned college-aged individuals.* Paper presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 27. Trionfante, C., Aladwani, A., Kantura, B., Nelson, A., **Kingsley, J.D.** (2016). *The effects of using knee wraps on back squat performance.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 28. Buxton, E., Tai, Y.L., Marshall, E., **Kingsley, J.D.** (2016). *Resistance exercise in women as a countermeasure for decreases in vagal modulation due to aging.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 29. Glasgow, A., Marshall, E., Tai, Y.L., **Kingsley, J.D.** (2016). *Autonomic modulation in response to three different autonomic reflex tests in women with Fibromyalgia.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 30. Heisey, C., **Kingsley, J.D.** (2015). *Static stretching on squat performance in Division I in female athletes.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 31. Fennell, C., Tai, Y.L., Schnee, S., **Kingsley, J.D.** (2015). *The effects of acute resistance exercise on forearm blood flow and vasodilatory capacity in resistance-trained individuals.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 32. Mayo, X., Tai, Y.L., Fennell, C., **Kingsley, J.D.** (2015). *Acute, heavy resistance exercise alters autonomic modulation in young, trained individuals.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
 33. Tai, Y.L., Fennell, C., Schnee, S., **Kingsley, J.D.** (2015). *Arterial stiffness and pulse wave reflection following an acute bout of resistance exercise in resistance-trained individuals.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.

34. Aladwani, A., Fennell, C, Tai, Y.L., **Kingsley, J.D.** (2015). *Effects of resistance training on vascular function in middle-aged women.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
35. Trionfante, C., Nelson, A.G., Fennell, C., Aladwani, A., **Kingsley, J.D.** (2015). *The effects of knee wraps on vertical jump performance.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Fort Wayne, IN.
36. Corbett, D.B., Peroutky, K., Gunstad, J., **Kingsley, J.D.**, Glickman, E.L. (2015). *Effects of a 12-week exercise program on negative emotions in normal weight and obese individuals.* Poster presented at the Southeast Chapter of the American College of Sports Medicine Annual Meeting, Jacksonville, FL.
37. Tai, Y.L., McLain, L., Cooper, H., **Kingsley, J.D.** (2014). *High-intensity exercise on central and peripheral vascular function.* Paper presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN.
38. Buxton, E., Heidner, G.S., Brewer, A., **Kingsley, J.D.** (2014). *Eight weeks of resistance training on disease impact and pain catastrophizing and autonomic modulation in women with fibromyalgia.* Paper presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN.
39. Heidner, G.S., Brewer, A., Buxton, E., **Kingsley, J.D.** (2014). *Acute bout of resistance exercise on vascular parameters in resistance-trained men.* Paper presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN.
40. Polen, B., Corbett, D.B., Peroutky, K., Rebold, M., Kobak, M., Glickman, E.L., **Kingsley, J.D.** (2014). *Effects of a 12-week exercise program on physiological and cardiovascular disease risk factors.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN.
41. Brewer, A., Buxton, E., Heidner, G.S., Hochgesang, S., Martinson, M., Osude, I., Purviance, D., Demchak, T., **Kingsley, J.D.** (2013). *Resistance exercise does not alter cardiovascular function in women with fibromyalgia: A pilot study.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN.
42. Buxton, E., Brewer, A., Heidner, G.S., Hochgesang, S., Martinson, M. & **Kingsley, J.D.** (2013). *Heart rate variability and complexity after acute bouts of resistance exercise in trained versus untrained individuals.* Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN.
43. Brewer, A., Buxton, E., Heidner, G.S., Hochgesang, S., Martinson, M., Smith, K., Edwards, A., & **Kingsley, J.D.** (2012). *The efficacy of a mini-marathon training course on aerobic capacity.* Paper presented at Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Maumee Bay, OH.
44. Buxton, E., Wunderlich, A., Wilson, J., Yeargin, S.W., **Kingsley, J.D.** (2012). *Dynamic warm-up effect on 5-km performance and running economy in collegiate*

- cross-country runners*. Paper presented at Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Maumee Bay, OH.
45. Southwood, B., A., Brewer, A., Buxton, E., Heidner, G.S., Hochgesang, S., Martinson, M., Smith, K., Edwards, A., **Kingsley, J.D.** (2012). *The effects of resistance exercise training on vascular modulation after various acute resistance exercise modalities*. Paper presented at Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Maumee Bay, OH.
 46. Heidner, G.S., A., Brewer, A., Buxton, E., Hochgesang, S., Southwood, B., Martinson, M., Demchak, T., Valencia, C., Purviance, D., **Kingsley, J.D.** (2012). *Pain intensity and pain catastrophizing as predictors of the 6-minute walk in women with fibromyalgia*. Paper presented at Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Maumee Bay, OH.
 47. Martinson, M., Brewer, A., Southwood, B., Buxton, E., Heidner, G.S., Hochgesang, S., Smith, K., Edwards, A., **Kingsley, J.D.** (2012). *Different acute resistance exercise modalities on autonomic modulation in resistance trained individuals*. Paper presented at Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Maumee Bay, OH.
 48. Claeys, H., Zakrajsek R., Martinson, M., Hochgesang, S., Brewer, A., Edwards, A., Nesser, T., Gage, M., **Kingsley, J.D.** (2011). *The effect of static stretching and motor imagery on anaerobic performance in trained cyclists*. Poster presented at Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Indianapolis, IN.
 49. Wunderlich, A., Tucker, M., Yeargin, S.W., **Kingsley, J.D.** (2011). *Prevalence of cardiac abnormalities in college athletes when exposed to physiological and thermal stressors*. Poster presented at Midwest Chapter of the American College of Sports Medicine, Indianapolis, IN.
 50. **Kingsley, J.D.**, Panton, L.B., McMillan, V., Figueroa, A. (2009). *Forearm blood flow and vasodilatory capacity in women with fibromyalgia*. Poster presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine Convention, Birmingham, AL. (Award Winner)
 51. Wilson, J.M., Kim, J., Lee, S., Rathmacher, J.A., Dalmau, B., Koch, H., Colon, J., **Kingsley, J.D.**, Panton, L.B. (2009). *Acute and timing effects of β -hydroxy β -methylbutyrate (HMB) on indices of muscle damage*. Paper presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Birmingham, AL.
 52. Hornbuckle L. M., Wilson, J. M., **Kingsley, J.D.**, St. John, N., Figueroa, A., Mathis, R., Van Tassel, J., McMillan, V., Panton, L. B. (2007). *Effects of strength training and chiropractic therapy in women with fibromyalgia*. Paper presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine Convention, Charlotte, NC.
 53. Wilson, J. M., Hornbuckle, L. M., **Kingsley, J.D.**, St. John, N., Mathis, R., Van Tassel, J., McMillan, V., Figueroa, A., Panton, L. B. (2007). *Effects of strength training and chiropractic therapy on symptoms of fibromyalgia*. Poster presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine Convention, Charlotte, NC.

54. **Kingsley, J.D.**, Panton, L. B., Toole, T., Sirithienthad, P., Mathis, R., McMillan, V. (2005). *The comparison of functionality between older adults, women diagnosed with fibromyalgia and healthy control women*. Paper presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine Convention, Charlotte, NC.
55. **Kingsley, J.D.**, Panton, L. B., Toole, T., Sirithienthad, P., Mathis, R., & McMillan, V. (2005). *The comparison of functionality between older adults, women diagnosed with fibromyalgia and healthy control women*. Poster presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine Convention, Charlotte, NC.
56. Hart, J., Panton, L. B., **Kingsley, J.D.**, Toole, T., Moffatt, R., Kushnick, M., & Haymes, E. M. (2005). *Effects of lifestyle activity on glycosylated hemoglobin in middle-aged lower socioeconomic overweight and obese women*. Poster presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine Convention, Charlotte, NC.
57. **Kingsley, J.D.**, Panton, L. B., Toole, T., Sirithienthad, P., Mathis, R., McMillan, V. (2004). *The effects of strength training in women with fibromyalgia*. Paper presented at Annual Meeting of the Southeast Chapter of The American College of Sports Medicine Convention, Atlanta, GA. (**Award winner**)
58. St. John, N., Panton, L. B., **Kingsley, J.D.**, Toole, T., Moffatt, R., Kushnick, M., Haymes, E. M. (2004). *Health related characteristics of overweight and obese women on Medicaid*. Paper presented at Annual Meeting of the Southeast Chapter of The American College of Sports Medicine Convention, Atlanta, GA.
59. Thorn, J., Toole, T., Panton, L. B., **Kingsley, J.D.**, Haymes, E. M. (2004). *The relationship of obesity to selected gait variables in women ages 40-65*. Poster presented at Annual Meeting of the Southeast Chapter of The American College of Sports Medicine Convention, Atlanta, GA..
60. **Kingsley, J.D.**, Panton, L. B., Toole, T., Sirithienthad, P., Mathis, R., McMillan, V. (2003). *Relationship between total myalgic score, fibromyalgia impact, and functionality in women with fibromyalgia*. Poster presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine Convention, Atlanta, GA.
61. Thorn, J., Toole, T., **Kingsley, J.D.**, & Panton, L. B. (2003). *Relationships of continuous scale-physical functional performance indices (Cs-PFP) to gait and balance parameters in older women*. Poster presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine Convention, Atlanta, GA.
62. Panton, L. B., **Kingsley, J.D.**, Thorn, J., & Toole, T. (2003). *The relationship between strength measures and the continuous scale-physical functional performance test in older women*. Paper presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine Convention, Atlanta, GA.

C. Collegiate

Kent State University

1. Hare, K., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2019). *Sex-specific differences in pulse wave reflection and arterial stiffness after resistance exercise.* Graduate Research Symposium.
2. Marshall, E.M., Parks, J.C., Singer, T.J., Humm, S.M., **Kingsley, J.D.** (2019). *Autonomic modulation after high-Intensity heavy rope exercise in resistance-trained individuals.* Graduate Research Symposium. (**Section Award Winner**)
3. Humm, S.M., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** *Vagal responses to acute resistance exercise between resistance-trained and untrained individuals.* Graduate Research Symposium.
4. Paskert, M., Parks, J.C., Marshall, E.M., Humm, S.M., **Kingsley, J.D.** (2019). *Aging and autonomic modulation: Using resistance exercise as a countermeasure.* Graduate Research Symposium. (**Section Award Winner**)
5. Parks, J.C., Marshall, E.M., Singer, T.J., Humm, S.M., **Kingsley, J.D.** (2019). *Heavy rope exercise on cardiovascular hemodynamics and arterial stiffness in resistance-trained individuals.* Graduate Research Symposium.
6. Banyai, I., Humm, S.M., Marshall, E.M., Parks, J.C., **Kingsley, J.D.** (2019). *High-intensity heavy rope exercise on pulse wave reflection in resistance-trained individuals.* Undergraduate Research Symposium. (**Section Award Winner**)
7. Gee, B., Tai, Y.L., Marshall, E.M., Parks, J.C., Humm, S.M., **Kingsley, J.D.** (2019). *Upper- and lower-body resistance exercise with and without blood flow restriction on pulse wave reflection.* Undergraduate Research Symposium.
8. Grunder, R., Smith, T., Marshall, E.M., Parks, J.C., Humm, S.M., **Kingsley, J.D.** (2019). *Reductions in vagal tone after acute resistance exercise are similar between resistance-trained and untrained individuals.* Undergraduate Research Symposium. (**Section Award Winner**)
9. Smith, T., Parks, J.C., Marshall, E.M., Singer, T.J., Humm, S.M., **Kingsley, J.D.** (2019). *Heavy rope exercise on cardiovascular hemodynamics and arterial stiffness in resistance-trained individuals.* Undergraduate Research Symposium.
10. Parks, J., Glasgow, A., Geither, K., Marshall, E., Sensibello, L., Tai, Y.L., **Kingsley, J.D.** (2018). *Resistance exercise on pulse wave reflection and arterial stiffness between trained and untrained individuals.* Graduate Research Symposium.
11. DeBord, A., Glasgow, A., Giether, K., Sensibello, L., Parks, J., Marshall, E., Tai, Y.L., **Kingsley, J.D.** (2018). *Autonomic modulation after acute resistance exercise in resistance-trained individuals.* Undergraduate Research Symposium.
12. Glasgow, A., Geither, K., Parks, J., Marshall, E., Sensibello, L., Tai, Y.L., **Kingsley, J.D.** (2018). *Acute resistance exercise effects on blood flow in resistance-trained versus untrained individuals.* Graduate Research Symposium.
13. Sensibello, L., Tai, Y.L., Marshall, E., Glasgow, A., Parks, J., Oliveira, R., **Kingsley, J.D.** (2018). *The effects of upper- and lower-body blood flow restriction exercise on vascular function.* Undergraduate Research Symposium.
14. Tai, Y.L., Marshall, E., Glasgow, A., Parks, J., Geither, K., Sensibello, L., Oliveira, R., **Kingsley, J.D.** (2018). *Upper- and lower-body resistance exercise with and without blood flow restriction on pulse wave reflection.* Graduate Research Symposium.

15. Geither, K., Sensibello, L., Glasgow, A., Parks, J., Marshall, E., Tai, Y.L., **Kingsley, J.D.** (2018). *Free-weight exercise versus weight machines on pulse wave reflection*. Graduate Research Symposium.
16. Marshall, E., Glasgow, A., Geither, K., Parks, J., Sensibello, L., Tai, Y.L., **Kingsley, J.D.** (2018). *Different restrictive devices to achieve blood flow restriction on pulse wave reflection*. Graduate Research Symposium.
17. Singer, T., Marshall, E., Glasgow, A., Tai, Y.L., **Kingsley, J.D.** (2017). *The effects of resistance exercise on forearm blood flow and vasodilatory capacity between sexes*. Graduate Research Symposium. (**Section Award Winner**)
18. Dorsch, E., Tai, Y.L., Marshall, E., Glasgow, A., **Kingsley, J.D.** (2017). *Autonomic modulation after an acute bout of bench press with and without blood flow restriction*. Graduate Research Symposium.
19. Tai, Y.L., Marshall, E., Glasgow, A., **Kingsley, J.D.** (2017). *Bench press with and without blood flow restriction on pulse wave reflection and arterial stiffness*. (Section Award Winner)
20. Marhsall, E., Glasgow, A., Tai, Y.L., **Kingsley, J.D.** (2017). *Sex-specific differences in pulse wave reflection and arterial stiffness after resistance exercise*.
21. Dorsch, E., Tai, Y.L., Marshall, E., Glasgow, A., **Kingsley, J.D.** (2017). *Autonomic modulation after an acute bout of bench press with and without blood flow restriction*. Gallery of Research, College of Education, Health and Human Services.
22. Glasgow, A., Marshall, E., Tai, Y.L. **Kingsley, J.D.** (2017). *Acute resistance exercise effects on autonomic modulation between resistance-trained men and women*. Kent State University, TEDx Kent State.
23. Mervar, A., Glasgow, A., Marshall, E., Tai, Y.L, **Kingsley, J.D.** (2017). *Sex-specific differences in pulse wave reflection and arterial stiffness after resistance exercise*. Undergraduate Research Symposium.
24. Gilmore, O., Tai, Y.L., Marshall, E., Glasgow, A., **Kingsley, J.D.** (2017). *Autonomic modulation after an acute bout of bench press with and without blood flow restriction*. Undergraduate Research Symposium.
25. Glasgow, A., Marshall, E., Tai, Y.L. **Kingsley, J.D.** (2017). *Acute resistance exercise effects on autonomic modulation between resistance-trained men and women*. Undergraduate Research Symposium. (**Second Place Award Winner**)
26. Aladwani, A., Trionfante, C., Nelson, A.G., Fennell, C., **Kingsley, J.D.** (2016). *The effects of using knee wraps on vertical jump performance*. Undergraduate Research Symposium.
27. Vetter, M., Tai, Y.L., Mayo, X., Kingsley, J.D. (2016). *Forearm blood flow and reactive hyperemia in response to an acute bout of resistance exercise using free weights*. Undergraduate Research Symposium.
28. Kantura B., Tai, Y.L., Fennell, C., **Kingsley, J.D.** (2016). *Effects of resistance training on vascular function in middle-aged women*. Undergraduate Research Symposium.
29. **Kingsley, J.D.** (2015). *Cognition in women with fibromyalgia and/or chronic fatigue syndrome*. The EHHS Faculty Research Advisory Council.
30. Vaughan, J., Fennell, C., Tai, Y.L., **Kingsley, J.D.** (2015). *Resistance training on symptoms and autonomic modulation in women with fibromyalgia*. Kent State

- University Symposium on Aging: Future Directions for Chronic Illness Self-Management Research, Practice and Policy.
31. Polen, B., Corbett, D.B., Peroutky, K., Rebold, M., Kobak, M., Glickman, E.L., **Kingsley, J.D.** (2015). *Effects of a 12-week exercise program on physiological and cardiovascular disease risk factors*. Undergraduate Research Symposium. **(Section Award Winner)**
 32. Vetter, M., Tai, Y.L., Gerhart, H., **Kingsley, J.D.** (2015). *High-intensity exercise on central and peripheral vascular function*. Undergraduate Research Symposium. **(Section Award Winner)**
 33. Aladwani, W., Tai, Y.L., Johnson, W., Long, K., Gerhart, H., Stavres, J., **Kingsley, J.D.** (2015). *Acute free-weight resistance exercise alters wave reflection but not pulse wave velocity in resistance-trained individuals*. Undergraduate Research Symposium.
 34. Gerhart, H., Tai, Y.L., Stavres, J., Fennell, C., **Kingsley, J.D.** (2015). *Forearm blood flow and reactive hyperemia in response to an acute bout of resistance exercise using free weights*. Graduate Research Symposium. **(Section Award Winner)**
 35. Tai, Y.L., Gerhart, H., Fennell, C., Stavres, J., Draper, S., **Kingsley, J.D.** (2015). *The effects of acute free-weight resistance exercise on autonomic modulation*. Graduate Research Symposium.
 36. Fennell, C., Stavres, J., Gerhart, H., Draper, S., Tai, Y.L., **Kingsley, J.D.** (2015). *Arterial stiffness and wave reflection following an acute bout of resistance exercise in resistance-trained individuals*. Graduate Research Symposium.
 37. Gerhart, H., Tai, Y.L., Stavres, J., **Kingsley, J.D.** (2014). *Aging and autonomic modulation: Using resistance exercise as a countermeasure*. The Kent State University Symposium on Aging: Life in the Balance: Fall Prevention from Multidisciplinary Perspectives.
 38. Hupp, L., Lester, A., Costanza, R., Misiak, J., Hershberger, K., Maravola, K., Cooper, H., McLain, L., Tai, Y.L., Peters, F., **Kingsley, J.D.** (2014). *Effects of laser therapy on performance and recovery during repeated power tests*. Gallery of Research, College of Education, Health and Human Services.

Indiana State University

1. **Kingsley, J.D.** (2013). *Let's Move: A Physical Approach to Wellness*. Indiana State University Employee Wellness. Terre Haute, IN.
2. Edwards, A., **Kingsley, J.D.** (2012). *The effects of resistance exercise training on vascular modulation after various acute resistance exercise modalities*. McNair Scholarship Presentation.
3. Heidner, G.S., Martinson, M., Brewer, A., Edwards, A., Hochgesang, S., Smith, K., **Kingsley, J.D.** (2012). *The effect of resistance exercise training on vascular modulation after various resistance exercise modalities*. Symposium: A celebration of student research and creativity.
4. Wunderlich, A., **Kingsley, J.D.** (2012). *Dynamic warm-up effect on 5-km performance and running economy in collegiate cross-country runners*. Symposium: A celebration of student research and creativity.

D. Invited Speaker-National

1. Dumke, C., **Kingsley, J.D.**, Smith, C., Blauwet C., Keith, N.R. (2020). *Tips for applying for ACSM Fellowship*. Tutorial lecture presented at Annual Meeting of the American College of Sports Medicine Convention, San Francisco, CA. Online-COVID19.

E. Invited Speaker-Regional

1. Humm, S., **Kingsley, J.D.** (2019). *Understanding the effects of caffeine on resistance exercise performance*. Symposium presented at Annual Meeting of the Midwest Chapter of the American College of Sports Medicine Convention, Chicago, IL.
2. Marshall, E.M., and **Kingsley, J.D.** (2018). *Is resistance exercise bad for the cardiovascular system?* Symposium presented at Annual Meeting of the Midwest Chapter of the American College of Sports Medicine Convention, Grand Rapids, MI.
3. Ballard, K. and **Kingsley, J.D.** (2017). *Physiological impact of acute exercise, physical inactivity, and postprandial metabolism on vascular function*. Symposium presented at Annual Meeting of the Midwest Chapter of the American College of Sports Medicine Convention, Grand Rapids, MI.

F. Invited Speaker-State

1. **Kingsley, J.D.** (2020). *Using blood flow restriction with your clients*. Presented at the Summa Health Sports Medicine Symposium.
2. **Kingsley, J.D.** (2019). *Blood flow restriction and training*. Symposium presented at the NSCA Northeast Ohio Strength Clinic, Berea, OH.

G. Invited Speaker at Other Conferences

1. **Kingsley, J.D.** (2016). *Laser therapy: A prophylactic and treatment modality*. Annual Meeting of the Arkansas Athletic Training Association Conference, Little Rock, AR.

H. Invited Speaker at Other Universities and/or High Schools

1. **Kingsley, J.D.** (2017). *Is resistance exercise bad for the cardiovascular system?* Presented to Miami University (OH).
2. **Kingsley, J.D.** (2011-12). *Yeast flocculation; its use in brewing beer*. Presented to Microbiology 433, Rose-Hulman Institute of Technology, Terre Haute, IN.
3. **Kingsley, J.D.** (2011-12). *Tilt table testing*. Presented to Indiana University-School of Medicine-Terre Haute, Physiology Course.
4. **Kingsley, J.D.** (2011). *Heart rate variability*. Presented to Indiana University-School of Medicine-Terre Haute, Physiology Course.
5. **Kingsley, J.D.** (2011). *Understanding fibromyalgia*. Guest speaker for Rose-Hulman Institute of Technology Science and Research Day, Terre Haute, IN.

6. **Kingsley, J.D.** (2010). *What is a physiologist?* Presented to a Marshall High School Anatomy and Physiology course, Marshall, IL.

I. Invited Speaker at Community-Based Events

1. **Kingsley, J.D.** (2017). *Exercise and a Senior Center*. Presented to the City of Kent City Council, Kent, OH.
2. **Kingsley, J.D.** (2015). *Health, Nutrition and Fitness*. Presented to the Kent State University ROTC program, Kent, OH.
3. **Kingsley, J.D.** (2014). *Fibromyalgia*. Podcast for Vicki Doe Fitness, Youngstown, OH.
4. **Kingsley, J.D.** (2011). *Weight maintenance*. Guest speaker for the Wabash Valley Minority Health Coalition, Terre Haute, IN.
5. **Kingsley, J.D.** (2010). *Exercise and you*. A 5-part series presented to the Maple Center's Coronary Health Improvement Program (CHIP), Terre Haute, IN.
6. **Kingsley, J.D.** (2006). *Treating fibromyalgia with exercise*. Presented to the Fibromyalgia Support Group, Tallahassee, FL.
7. **Kingsley, J.D.** (2003). *Fibromyalgia: The effect of strength training On symptomology*. Presented to the Fibromyalgia Support Group, Tallahassee, FL.
8. **Kingsley, J.D.** (2002). *Fibromyalgia: The effect of strength training*. Presented to Women's World, Tallahassee, FL.

VI. Students

A. International

a. Doctoral Mentor-Visiting Scholar

1. Ramon Oliveira (completed 2018). Collaboration between Kent State University and Federal University of Sao Carlos, Sao Paulo, Brazil.
2. Xián Mayo (completed 2015). Collaboration between Kent State University and the University of A Coruña, Spain.

b. Bachelor's Mentor

1. Gustavo S. Heidner (completed 2012). *Science without Borders Program*. Collaboration between Indiana State University and Pontificia Universidade Católica do Rio Grande do Sul (the Pontifical Catholic University of Rio Grande do Sul), in Porto Alegre, Brazil.

B. National

a. Doctoral Committee Chair

1. Kearney, S. (2019). *The effects of cannabidiol following repeated cold pressor tests on pain, anxiety and cardiovascular function*.
2. Paskert, M. (2019). *Kettlebell swings on cardiovascular function*.
3. Jones, W. (2017). *The effect of beetroot supplementation on anaerobic and aerobic performance*. (Co-Chair, John McDaniel)
4. Marshall, E.M. (completed 2020). *The effects of bilateral versus unilateral upper-body acute resistance exercise on cardiovascular function*.

5. Parks, J.C. (completed 2020). *Effects of a proper cool-down after supramaximal interval exercise on pulse wave reflection, aortic stiffness, and autonomic modulation.*
6. Tai, Y.L. (completed 2018). *Blood flow restricted exercise on hemodynamics, aortic function and autonomic modulation.*
7. Habowski, S. (completed 2018). *Interleukin-6 response to endurance exercise in athletes with IL-6 polymorphism -174G/C.*
8. Peters, F. (completed 2016). *Effects of localized vibration using the swisswing on delayed onset muscle soreness and measures of muscle damage following intense eccentric cycling.* (Co-Chair, Angela Ridgel)
9. Corbett, D. (completed 2014). *Physiological and psychological effects of a 12-week faculty/staff exercise program in a university setting.* (Co-Chair, Ellen Glickman)

b. Doctoral Committee Member

1. Draper, S. (completed 2018). *The effect of single leg cycling in hypoxia.*
2. Stavres, J. (completed 2017). *The feasibility of blood flow restriction exercise in incomplete spinal cord injuries.*
3. Harper, S. (completed 2016). *BDNF VAL66MET polymorphism effects during dynamic cycling in Parkinson's disease.*
4. Trionfante, C. (completed 2016). *The effects of knee wraps on back squat and vertical jump performance.*
5. Fennell, C. (completed 2016). *The association between psychometric factors, fitness, physical activity and participation in a University-based faculty and staff exercise intervention.*
6. Pollock, B. (completed 2015). *Cardiovascular responses to upper and lower body negative pressure at rest and during exercise.*
7. Burns, K. (completed 2015). *Exercise to improve blood flow and vascular health in the lower limbs of paraplegics.*
8. Kalsaria, P. (completed 2011). *Effect of Tai Chi exercise on heart rate variability and cortisol levels in normal adults.*

c. Masters Committee Chair

1. Neilson, C. (completed 2017). *The effect of hypoxia on power output during multiple Wingate anaerobic tests.*
2. Wunderlich, A. (completed 2012). *The effects of dynamic stretching on 5km performance in DI and DIII NCAA athletes.*
3. Tucker, M. (completed 2011). *Prevalence of cardiac abnormalities in male and female college athletes when exposed to physiological and thermal stressors.*

d. Masters Committee Member

1. Miller, B. (completed 2020).
2. Fischer, S. (completed 2016). *Metabolic differences between a bout of eccentric, concentric and traditional resistance exercise.*
3. Kobordo, T. (completed 2015). *Effect of low-level laser therapy on*

delayed onset muscle soreness when delivered pre- and post-eccentric exercise.

4. Folsom, M. (completed 2015). *The effects of an anti-inflammatory diet on women with fibromyalgia.*
5. Harper, S. (completed 2013). *The influence of lateral foot displacement on cycling efficiency and maximal cycling power.*
6. Dorpinghaus, N. (completed 2011). *A 6-week training program of the gluteus medius on functionality.*
7. McKenzie, A. (completed 2010). *Physiological and perceived effects of head cooling during simulated firefighting activity.*
8. Yoder, P. (completed 2010). *Effects of body somatotype and fat composition on cooling rates.*

e. Honor's Undergraduate Chair

1. Smith, T. (completed 2019). *Effects of caffeine supplementation on fatigue in resistance-trained women.*
2. Heisey, C. (completed 2015). *Effects of static stretching on squat performance in Division 1 females. (Winner, Midwest ACSM Student Scholar of the Year Award)*

f. Undergraduate Mentor

1. Gavriloff, M. (2020). Summer Undergraduate Research Experience (SURE). *The effects of weight machines on autonomic modulation.*
2. Reich, M. (2019). Summer Undergraduate Research Experience (SURE). *High-intensity exercise and the need of a proper cool-down.*
3. Smith, T. (2018). Summer Undergraduate Research Experience (SURE). *Caffeine and resistance exercise performance.*
4. Sensibello, L. (2017). Summer Undergraduate Research Experience (SURE). *Blood flow restriction and exercise. (SURE 3-minute Thesis Award Winner)*
5. Glasgow, A. (2016). Summer Undergraduate Research Experience (SURE). *Cognition in women with Fibromyalgia.*

VII. PROFESSIONAL ASSOCIATIONS

Midwest Chapter – American College of Sports Medicine (member since 2009)

The Obesity Society (member since 2009)

American Heart Association/American Stroke Association (member since 2006)

American Association for the Advancement of Science (member since 2005)

American Physiological Society (member since 2002)

Indiana Physiological Society (2010-2013)

American College of Sports Medicine (member since 2002; Fellow since 2016)

National Strength and Conditioning Association (member since 2002)

Southeast Chapter - American College of Sports Medicine (2002-2009)

VIII. PROFESSIONAL CERTIFICATIONS

Certified Strength and Conditioning Specialist (CSCS) by the National Strength and Conditioning Association (2015-present)
Certified Exercise Physiology (ACSM-EP) by the American College of Sports Medicine (2013-present)
Certified American Red Cross Instructor (2002-present)
Certified Personal Trainer by Aerobics and Fitness Association of America (1999- 2001)

IX. HONORS

2019 Outstanding Mentor Award, College of EHHS, Kent State University

2017 Faculty Recognition Award, University Teaching Council, Kent State University

2016 Fellow, American College of Sports Medicine

2016 Dr. Terry Kuhn Distinguished Undergraduate Advising Award Nominee, Kent State University

2015 Faculty Recognition Award, University Teaching Council, Kent State University

2014 Excellence in Accessibility, Student Accessibility Services, Kent State University

2009 Student Research Award, Southeast Chapter of the American College of Sports Medicine

2008 University Graduate Student Research and Creativity Award, The Florida State University

2004 Student Research Award, Southeast Chapter of the American College of Sports Medicine

X. SERVICE ACTIVITIES

A. Professional Service

a. American College of Sports Medicine

Appointed Member, Fellowship Task Force (2020)

Moderator, ACSM National Meeting, Rapid Fire Presentations on Vascular Health (2019)

Member, Credentials Committee (2018-present)

Member, Professional Education Committee (2016-present)

Member, Exercise is Medicine Committee (2016-2018)

Member, Membership Committee (2014-2017)

b. National Strength and Conditioning Association

Member, Membership Committee (2018-present)

Instructor, CSCS Exam Prep Live (2018-present)

c. Midwest Chapter of the American College of Sports Medicine

President-Elect, President (2018-present)

Chair, Abstract Review Committee (2019)

Judge, MWACSM Annual Meeting (2018)

Moderator, MWACSM Annual Meeting, Doctoral Oral Presentations (2016-2019)

Chair, Awards and Scholarship Committee (2014-2016)

Board of Directors, Member-at-Large (2013-2016)

Mentor, Graduate Mentor Program Level II (2013-2015)

Member, Awards and Scholarship Committee (2013-2014)

Member, Exercise is Medicine Committee (2011-2014)

Member, Graduate Fair Committee (2011-2012)

Member, Membership Committee (2010-2011)

Exercise is Medicine Blog (<http://www.mwacsm.org/blog/leadership-blog/>; September 2012-December 2012)

d. Committee on Accreditation for the Exercise Sciences (COAES)

Accreditation Ambassador Program (2018-present)

Site Visitor (2018-present)

e. Editorial Board

Journal of Strength and Conditioning Research (2019-present)

European Journal of Applied Physiology (2018-present)

PlosOne (2018-present)

ISRN Rehabilitation (2011-present)

f. Journal Reviewer (Abbreviated List)

AGE: Journal of the American Aging Association

American Journal of Hypertension

Applied Physiology, Nutrition and Metabolism

Clinical Autonomic Research

Clinical Medicine Insights: Therapeutics

Clinical Physiology and Functional Imaging

Computers in Human Behavior

Current Vascular Pharmacology

European Journal of Applied Physiology

European Journal of Sport Science

European Review of Aging and Physical Activity

Gerontology

International Journal of Exercise Science

Journal of Applied Physiology

Journal of Alternative and Complementary Medicine

Journal of Human Hypertension

Journal of Sports Sciences

Journal of Sports Science and Medicine

Journal of Strength and Conditioning Research

Medicine and Science in Sports and Exercise

Muscle and Nerve

Physiology and Behavior

PLoS ONE

Rheumatology International (Clinical and Experimental Investigations)

Scandinavian Journal of Rheumatology

Sports Medicine

Women & Health

g. Grant Reviewer

21st Century Community Learning Center: from the DOE of the state of Florida. (2012)

h. Program Reviewer

University of Toledo, Undergraduate and Graduate Exercise Science (2015)

B. University Service

Kent State University

Member, Commencement Committee (2020-present)

Advisory Board Member, Community Health Research Institute (2020)

Seed Grant Reviewer, Community Health Research Institute (2020)

Reviewer, Graduate Studies Awards (2020)

Member, Community Health Research Institute (2019-2022)

Member, Brain Health Research Institute (2019-2022)

Moderator, Graduate Research Symposium (2019)

Judge, Undergraduate Research Symposium (2017-2019)

Graduate Programs Representative, Educational Policies Council (2016-present)

Member, University Research Council Proposal Reviewer (2015-2017)

Judge, Graduate Research Symposium (2015, 2017-2019)

Indiana State University

Secretary, Graduate Council (2012-2013)

Sycamore Wellness Research Associate, Sycamore Wellness Committee (2011-2013)

Sycamore Cycling Club (Faculty Sponsor 2011-2012)

C. College Service

Kent State, College of Education, Health and Human Services

Interim Member, University Requirements Curriculum Committee (Spring 2020)

Member, Grants Advisory Board (2019-present)

Member, College Scholarship Committee (2018-present)

Member, Ed.D. Task Force (2016)

Representative, School Curricular Committee at the College Curriculum Committee (2015-present)

Member, Technology Advisory Council (2014-2016, 2018-present)

Indiana State University, College of Nursing, Health and Human Services

Member, Curriculum Academic Advisory Committee (2010-2011)

Member, Research Committee: Applied Medicine Research Center (2009-2011)

D. School Service

Kent State University, School of Human Sciences

Interim Chair, School Curricular Committee (Spring 2020)

Member, Faculty Advisory Committee (2019-present)

Chair, Academic Complaint Committee (2015)

Advisor Search Committee: Academic Advisor II (2015)

Member, School Curricular Committee (2014-present)

Member, Academic Complaint Committee (2014)

E. Departmental Service

Kent State University

Program Coordinator (2020-present)

Interim Undergraduate Program Coordinator (2018)

Faculty Sponsor, National Strength and Conditioning Association-Undergraduate Education Recognition Program (2016-present)

Co-Chair, Faculty Search Committee: Tenure Track Exercise Physiology (2016)

Member, Faculty Search Committee: Non-Tenure Track Exercise Physiology (2016)

Representative, Career Technical Opportunities-Ohio Board of Regents (2015)

Member, Faculty Search Committee: Tenure Track Exercise Physiology (2014)

Volunteer, Annual Northeast Ohio Exercise Science Conference (2014-2015)

Director, Cardiovascular Dynamics Laboratory (2012-present)

Indiana State University

Director, Exercise and Cardiovascular Research Laboratory

Faculty advisor for the Organization for Students in Kinesiology,
Recreation and Sport (Club KRS) (2009-2013)

Member, Award Ceremony Planning Committee (2012)

Member, Departmental Curriculum Committee (2012)

Member, Faculty Search Committee: Tenure Track Exercise Physiology
(2011-2012)

Chair, Library Liaison (2011-2013)

Exercise Physiology Laboratory Coordinator (2011-2013)

Member, Faculty Search Committee: PE101 Faculty (2010-2011)

Member, Graduate Program Assessment Committee (2010)

Member, Graduate Curriculum Development Committee (2009-2010)

X. TEACHING RESPONSIBILITIES

A. Graduate Lecture Courses

Kent State University

EXPH7/65084 Cardio-respiratory Dynamics During Exercise

EXPH7/65083 Exercise Energy Metabolism

EXPH7/65082 Cardio-respiratory Function

EXPH7/63050 Research Processes on Athletic Training and Exercise
Physiology

EXPH55080 Physiology of Exercise

EXPH55065 Exercise Testing

Indiana State University

PE 688 Exercise Testing in Exercise Science

PE 683 Cardiorespiratory Physiology

B. Undergraduate Lecture Courses

Kent State University

EXSC45080 Physiology of Exercise-Writing Intensive

EXSC45065 Exercise Testing

EXSC35075 Exercise Programming

EXSC35068 Statistics for the Exercise Scientist

EXSC35022 Exercise Leadership

Indiana State University

PE 489	Chronic Lifestyle Disease
PE 488	Fitness Appraisal and Exercise Prescription
PE 404	Scientific Aspects of Physical Education and Coaching
PE 225	Introduction to Exercise Science
PE 220	Human Physiology for Allied Health Professions
PE 218	Aerobic and Anaerobic Training Methods

C. Undergraduate Laboratory Courses

Indiana State University

PE 488L	Fitness Appraisal and Exercise Prescription
PE 220L	Human Physiology for Allied Health Professions