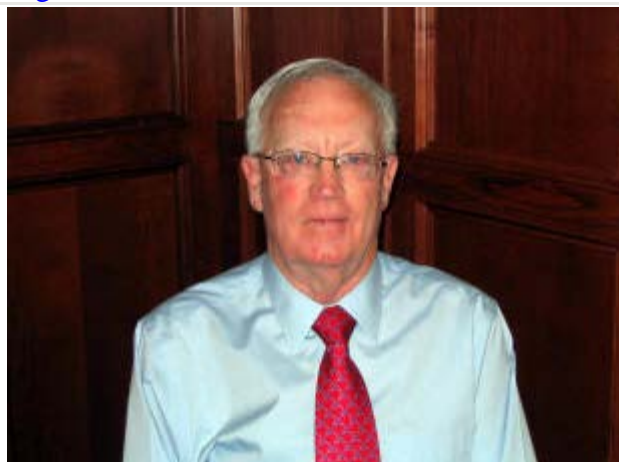


[Return to Home Page](#)

**Lloyd L. Laubach, Ph.D.**

Associate Professor  
Department of Health and Sport Science  
University of Dayton  
300 College Park  
Dayton, OH 45469-1210  
Thomas J. Frericks Center Room 40 H (office)  
937.229.4205 (voice)  
937.229.4244 (fax)  
[laubach@udayton.edu](mailto:laubach@udayton.edu) (Email)  
<http://homepages.udayton.edu/~laubach/> (Homepage)



• **Research Interests:**

Guiding graduate exercise science students through the process of peer reviewed publication. The primary emphasis of our research is the applied aspects of exercise science.

• **Education:**

1961 B.S., Physical Education. University of Central Oklahoma, Edmond, OK

1962 M.S., Physical Education. University of Oregon, Eugene, OR

1970 Ph.D., Physical Education. The Ohio State University, Columbus, OH

• **Professional Experience:**

1963-1968 Research Associate, Anthropology Research Project, Antioch College, Yellow Springs, OH

1968-1969 Graduate Teaching Assistant, The Ohio State University, Columbus, OH

1969-1970 Research Associate, Anthropology Research Project, Antioch College, Yellow Springs, OH

1970-1976 Research Associate, Webb Associates, Yellow Springs, OH

1974-1976 Adjunct Assistant Professor, Wright State University, Dayton, OH

1977-1980 Adjunct Assistant Professor and Research Associate, Wright State University and the Veterans Administration Center, Dayton, OH

1977-1984 United States Volleyball Association, Colorado Springs, CO

1994-2004 Chair, Department of Health and Sport Science, University of Dayton, Dayton, OH

1986-Present Director of the Faculty-Staff Wellness Program, University of Dayton, Dayton, OH

1980-Present Department of Health and Sport Science, University of Dayton,

Dayton, OH

• **Professional Association Memberships:**

American College of Sports Medicine (Fellow)

American Alliance for Health, Physical Education, Recreation and Dance

• **Classes Taught:**

HSS 405 Tests and Measurements in Sport Science (undergraduate)

HSS 408 Physiology of Exercise (undergraduate)

HSS 550 Physiological Responses to Exercise (graduate)

HSS 551 Laboratory Techniques for the Practitioner (graduate)

HSS 555 Survey of Research Processes/Design in Sport Science (graduate)

HSS 560 Evaluation & Applied Statistics in Sport Science (graduate)

EDU 902 Introduction to Quantitative Research and Statistics (graduate)

• **Selected Publications:**

**Laubach, L.L.** and J.T. McConville. The relationship of strength to body size and typology. *Medicine and Science in Sports*, Vol. 1, No. 4, pp. 189-194, December, 1969.

**Laubach, L.L.** Comparative muscular strength of men and women-a review of the literature. *Aviation, Space, and Environmental Medicine*, Vol. 47, No. 5, pp. 534-542, May, 1978.

Glaser, R.M., M.N. Sawka, **L.L. Laubach**, and A.G. Suryaprasad. Metabolic and cardiopulmonary responses to wheelchair and bicycle ergometry. *Journal of Applied Physiology: Respiratory, Environmental and Exercise Physiology*, Vol. 46, No. 6, pp. 1066-1070, June, 1979.

Wynee, T.P., M.A.B. Frey, **L.L. Laubach**, and C.J. Glueck. Effect of a controlled exercise program on serum lipoprotein levels in women on oral contraceptives. *Metabolism*, Vol. 27, No. 12, pp. 1267-1271, December, 1980.

**Laubach, L.L.**, R.M. Glaser, and A.G. Suryaprasad. Anthropometry of aged male wheelchair-dependent patients. *Annals of Human Biology*, Vol. 8, No. 1, pp. 25-29, January, 1981.

Sawka, M.N., R.M. Glaser, **L.L. Laubach**, O. Al-Samkari, and A.G. Suryaprasad. Wheelchair exercise performance of young, middle-aged, and elderly. *Journal of Applied Physiology: Respiratory, Environmental and Exercise Physiology*, Vol. 50, No. 4, pp. 824-828, April, 1981.

McGown, C.M., A.A. Sucec, M.A.B. Frey, **L.L. Laubach**, R.K. Conlee, M.J. Buono, M. Tamayo, and W. Phillips. Gold medal volleyball: the training program and physiological profile of the 1984 Olympic champions. *Research Quarterly for Exercise and Sport*, Vol. 61, No. 2, pp. 196-200, June, 1990.

Queary, J.L. and **L.L. Laubach**. The effects of muscular strength/endurance training. *U.S. Gymnastics Technique*, Vol. 12, No. 1, pp. 9-11, January, 1992.

Vanderburgh, P. M. and **Lloyd L. Laubach**. Modeling a two-mile run age and body weight handicap for men and women. *Biomedical Sciences Instrumentation*, Vol. 36 (ISA Volume 395), pp. 325-330, April, 2000.

O'Hara, R. B., J. T. Baer, R. L. Pohlman, and **Lloyd L. Laubach**. The effect of a walking program on blood pressure response in African-American women. *ACSM'S Health & Fitness Journal*, Vol. 4, No. 5, pp. 20-24, September/October, 2000.

Darling, J., M. Riggenbach, S.P. Flanagan, and **L.L. Laubach**. The effects of different strength training modes on performance in selected motor activities for prepubescents. *Research Quarterly for Exercise and Sport*, Vol. 72, No. 1 Supplement, pp. A-20-21, March 2001.

Palmer, D., M.J. Peterson, and **L.L. Laubach**. Intermittent Walking for Calorie Burn-Does it Count? *Research Quarterly for Exercise and Sport*, Vol. 72, No. 1 Supplement, pp. A-23, March 2001.

Money, M., **L.L. Laubach**, and A Zerkle. Does the volume of resistance exercise affect muscular strength and the performance of the activities of daily living in older females? *Research Quarterly for Exercise and Sport*, Vol. 72, No. 1 Supplement, pp. A-103-104, March 2001.

Flanagan, S.P., **L.L. Laubach**, G.M. DeMarco Jr., C. Alvarez, S. Borchers, E. Dressman, C. Gorka, M. Lauer, A. McKelvy, M. Metzler, J. Poepelman, C. Redmond, M. Riggenbach, S. Tichar, K. Wallis, and D. Weseli. Effects of two different strength training modes on motor performance in children. *Research Quarterly for Exercise and Sport*, Vol. 73, No. 3, pp. 340-344, September 2002.

Linderman, J.K. and **L.L.Laubach**. Energy balance during 24 hours of treadmill running. *Journal of Exercise Physiologyonline*, Vol. 7, Number 2, pp. 37-44, February 2004

Peterson, M.J., D.R. Palmer, and **L. L. Laubach**. Comparison of caloric expenditure in intermittent and continuous walking bouts. *Journal of Strength and Conditioning Research*, Vol. 18, No. 2, pp. 373-376, 2004.

Darling, J.L., J.K. Linderman, and **L.L. Laubach**. Energy expenditure of continuous and intermittent exercise in college-aged males. *Journal of Exercise Physiologyonline*, Vol. 8, No, 4, pp. 1-8, August 2005.

Petry, L., **L.L. Laubach**, P.W. Hovey, N.L. Rogers, B. Towne, and W.C. Chumlea. Development and validation of an anthropometrically based prediction equation for estimating the percent body fat of post-menopausal black females. *Journal of Exercise Physiologyonline*, Vol. 8, No. 4, pp. 20-28, August 2005.

Vanderburgh, P.V. and **L. L. Laubach**. Derivation of an age and weight handicap for the 5K run. *Measurement in Physical Education and Exercise Science*. Vol. 11, No. 1, pp. 49-59, January 2007.

O'Hara, R.B., M. Khan, J.F. Schlub, R.L. Pohlman, **L.L. Laubach**, and E. Eveland. Effects of increased leg resistance training and reduced aerobic training on selected physiological parameters in United States Air Force men and women. *Journal of Exercise Physiologyonline*, Vol. 10, No. 5, pp. 16-34, October 2007.

Vanderburgh, P.M. and **L.L. Laubach**. Body mass bias in a competition of muscle strength and aerobic power. *Journal of Strength and Conditioning Research*, Vol. 22, No. 2, pp. 375- 382, March 2008.

Crecelius, A.R., P.M. Vanderburgh, and **L.L. Laubach**. Contributions of body composition and effort in the 5K run age and body weight handicap model. *Journal of Strength and Conditioning Research*, Vol. 22, No. 5, pp.1475-1480, September 2008.

**Laubach, L. L.** , K. Porter, P. Hovey, and J. Linderman. A modest increase in weekly step counts improved cardiovascular function in healthy elderly women. *Journal of Exercise Physiologyonline*, Vol. 12, No. 6, pp. 25-32, December 2009.

Pennington, J.M., **L. L. Laubach**, G. P. De Marco, and J. Linderman. Determining the optimal load for maximal power output for the power clean and snatch in collegiate male football players. *Journal of Exercise Physiologyonline*, Vol. 13, No. 2, pp. 10-19, April 2010.