

CURRICULUM VITAE
Michael W. Ramsey

EDUCATION

Ph.D. Exercise Physiology, Texas A&M University, 2005

Committee Members:

Michael Delp (Chair)

Judy Muller-Delp

Robert Armstrong

Janet Parker

Dissertation Title: Effects of head-up tilt on mean arterial pressure, heart rate, and regional cardiac output distribution in aging rats

M.A. Exercise Physiology, Sam Houston State University, 1995

B.S. Psychology/Kinesiology, Sam Houston State University, 1993

PROFESSIONAL EXPERIENCE

2016-Present	Chair, Department of Sport, Exercise, Recreation, and Kinesiology, East Tennessee State University, Johnson City Tennessee
2013-2016	Chair, Department of Exercise and Sport Science, East Tennessee State University, Johnson City, Tennessee
2014-Present	Professor, East Tennessee State University, Johnson City, Tennessee
2012-2013	Interim Chair, Department of Exercise and Sport Science, East Tennessee State University, Johnson City, Tennessee
2005-2012	Coordinator, Undergraduate Exercise Science Concentration, East Tennessee State University, Johnson City, Tennessee
2009-2014	Associate Professor, East Tennessee State University, Johnson City, Tennessee
2005-2009	Assistant Professor, East Tennessee State University, Johnson City, Tennessee
2002-2003	Assistant Professor, Sam Houston State University, Huntsville, Texas
2001-2002	Instructor, Sam Houston State University, Huntsville, Texas
1996-1998	Instructor, Western State College of Colorado, Gunnison, Colorado
1995-1996	Instructor, Houston Community College, Houston, Texas
1995-1996	Instructor, North Harris/Montgomery Community College, Houston, Texas
1994-1995	Physical Therapy Tech, Access Physical Therapy, Conroe, Texas
1993-1995	Community Health Education/Work-Site Wellness Department, Huntsville Memorial Hospital, Huntsville, Texas

SCHOLARSHIPS AND AWARDS

2012 - 2013	Outstanding Teaching Award, College of Education East Tennessee State University
2009 - 2010	Outstanding Research Award, College of Education East Tennessee State University
2008 - 2009	Outstanding Research Award, College of Education East Tennessee State University
2004	TACSM Manuscript Award, Doctoral Student Category Texas A&M University
2001	TACSM Poster Presentation, Doctoral Student Category Texas A&M University

COMMITTEE WORK

Appalachian Student Research Forum Task Force 2008 – 2018 (Chair 2012 -2016)
Research Development Committee 2008 - 2016

AREA OF RESEARCH

Enhancement of sport performance through conditioning programs and athlete monitoring

PUBLICATIONS

Peer Reviewed Manuscripts

Painter , K.B. , Haff G.G. Triplett N.T. , Stuart C. , Hornsby G. , **Ramsey M.W.** , Bazylar C.D. and Stone M.H. (2018) Resting Hormone Alterations and Injuries: Block vs. DUP Weight-Training among D-1 Track and Field Athletes *Sports*, Jan 16;6(1). pii: E3. doi: 10.3390/sports6010003.

Hornsby G., Gentles, J. McDonald C., J. Mizuguchi S., **Ramsey M.** and Stone M.H. (2017) Maximum Strength, Rate of Force Development, Jump Height, and Peak Power Alterations in Weightlifters across Five Months of Training *Sports*, 5(4), 78; doi:10.3390/sports5040078

Stuart CA, Lee ML, South MA, Howell ME, Cartwright BM, **Ramsey MW**, Stone MH. (2017) Pre-Training Muscle Characteristics of Subjects Who Are Obese Determine How Well Exercise Training Will Improve Their Insulin Responsiveness. *J Strength Cond Res.* Mar;31(3):798-808

South MA1, Layne AS, Stuart CA, Triplett NT, **Ramsey M**, Howell ME, Sands WA, Mizuguchi S, Hornsby WG 3rd, Kavanaugh AA, Stone MH. (2016) Effects of Short-Term Free-Weight and Semiblock Periodization Resistance Training on Metabolic Syndrome. *J Strength Cond Res.* Oct;30(10):2682-96

Stuart CA, Howell ME, Cartwright BM, McCurry MP, Lee ML, **Ramsey MW**, Stone MH. (2014) Insulin resistance and muscle insulin receptor substrate-1 serine hyperphosphorylation. *Physiol Rep.* Dec 3;2(12). pii: e12236

Kavanaugh, A. A., Mizuguchi, S., Stone, M. H., Haff, G. G., Williams, D. A., Sands, W. A., Lamont, H. S., and **Ramsey, M. W.** (2014) Whole-body vibration does not affect sprint performance in NCAA Division I sprinters and jumpers. *Journal of Australian Strength and Conditioning* 22(6) 6-13

Mizuguchi S1, Gray H, Calabrese LS, Haff GG, Sands WA, **Ramsey MW**, Cardinale M, Stone MH. (2014) Repeated change-of-direction test for collegiate male soccer players. *J Sports Med & Phys Fitness.* Aug;54(4):417-23

Beckham G., Mizuguchi, S. Carter C., Dato K. **Ramsey M.**, Lamont H., Haff G. and Stone M. (2014) Relationship of isometric mid-thigh pull variables to weightlifting performance. *Journal of Sports Med & Phys Fitness* 53: 573 – 81

Sands W. A., McNeal J.R, Murray S.R, **Ramsey M.W.**, Sato K., Mizuguchi S., Stone M.H. (2013) Stretching and its effects on recovery: a review. *Strength and Conditioning Journal* 35; 5: 30 - 36

Stuart CA, South MA, Lee ML, McCurry MP, Howell ME, **Ramsey MW**, Stone MH. (2013) Insulin Responsiveness in Metabolic Syndrome after Eight Weeks of Cycle Training. *Med Sci Sports*

- Stuart CA, McCurry MP, Marino A, South MA, Howell ME, Layne AS, **Ramsey MW**, Stone MH. (2013) Slow-twitch fiber proportion in skeletal muscle correlates with insulin responsiveness. *J Clin Endocrinol Metab.* 98(5):2027-36.
- Davis RT 3rd, Stabley JN, Dominguez JM 2nd, **Ramsey MW**, McCullough DJ, Lesniewski LA, Delp MD, Behnke BJ. (2013) Differential effects of aging and exercise on intra-abdominal adipose arteriolar function and blood flow regulation *J Appl Physiol* Mar 15;114(6):808-15.
- Behnke BJ, **Ramsey MW**, Stabley JN, Dominguez JM 2nd, Davis RT 3rd, McCullough DJ, Muller-Delp JM, Delp MD (2012) Effects of aging and exercise training on skeletal muscle blood flow and resistance artery morphology. *J Appl Physiol.* 113; 11: 1699-1708
- Painter K.B., Haff G.G. , **Ramsey M. W.**, McBride J., Triplett T., Sands W.A., Lamont H. S., Stone M.E. and Stone M.H. (2012) Strength Gains: Block Vs DUP Weight-Training among Track and Field Athletes. *International Journal of Sport Physiology and Performance* 7(2):161-9
- Layne AS, Nasrallah S, South MA, Howell MEA, McCurry MP, **Ramsey MW**, Stone MH, and Stuart CA (2011) Impaired Muscle AMPK Activation In The Metabolic Syndrome May Attenuate Improved Insulin Action After Exercise Training. *Journal of Clinical Endocrinology and Metabolism* 96: 1815-1826.
- Kavanaugh, A., **Ramsey, M.W.**, Sands, G., Haff, G.G., and Stone, M.H. (2011) Acute whole-body vibration does not affect static jump performance. *European Journal of Sport Science*, 11(1): 19_25
- Stuart CA, Howell MEA, Baker JD, Dykes RJ, Duffourc MM, **Ramsey MW**, Stone MH. (2010) Cycle Training Increased GLUT4 and Activation of mTOR in Fast Twitch Muscle Fibers. *Medicine and Science in Sports and Exercise* 42(1):96-106.
- Whittington, J., Schoen, E., Labounty, L. Hamdy, R., **Ramsey M.W.**, Stone M.E., Sands, W.A., Haff, G.G. and Stone M.H. (2009) Bone Mineral Density and Content of Collegiate Throwers: Influence of Maximum Strength. *Journal of Sport Medicine and Physical Fitness* 49: 464-73.
- Kraska, J. **Ramsey, M.W.**, Haff, G.G., Fethke, N., Sands, W.A., Stone, M.E. and Stone, M.H. (2009) Relationship between strength characteristics and un-weighted and weighted vertical jump height. *International Journal of Sport Physiology and Performance* 4(4): 461-473.
- Everett M.D. & **Ramsey M.W.** (2009) A Framework and Model for Estimating the Individual Benefits and Costs of Exercise for Long Run Health . *The Open Sports Medicine Journal.* 3 (13): 26-38
- Pierce KC, Brewer C, **Ramsey MW**, Byrd R, Sands WA, Stone ME, Stone MH, (2008) Youth resistance training. *Professional Strength and Conditioning UKSCA.* June; 10: 9 – 23
- Haff GG, Jackson JR, Kawamori N, Carlock JM, Hartman MJ, Kilgore JL, Morris RT, **Ramsey MW**, Sands WA, Stone MH. (2008) Force-time curve characteristics and hormonal alterations during an eleven-week training period in elite women weightlifters. *J Strength Cond Res.* Mar;22(2):433-46
- Stone MH, Sands WA, Pierce KC, **Ramsey MW**, Haff GG, (2008) Power and Power Potentiation Among

Strength–Power Athletes: Preliminary Study. *IJSP*, 3(1): 55-67

- Kinser AM, **Ramsey MW**, O'Bryant HS, Ayres CA, Sands WA, Stone MH. (2008) Vibration and stretching effects on flexibility and explosive strength in young gymnasts. *Med Sci Sports Exerc.* Jan;40(1):133-40.
- Everett MD, Kinser AM, **Ramsey MW**. (2007) Physical fitness and performance. Training for old age: production functions for the aerobic exercise inputs. *Med Sci Sports Exerc.* Dec;39(12):2226-33.
- Ramsey MW**, Behnke BJ, Prisby RD, Delp MD. (2007) Effects of aging on adipose resistance artery vasoconstriction: possible implications for orthostatic blood pressure regulation. *J Appl Physiol.* Nov;103(5):1636-43.
- Prisby RD, **Ramsey MW**, Behnke BJ, Dominguez J, Donato AJ, Allen M, and Delp MD. (2007) Aging reduces skeletal blood flow, endothelium-dependent vasodilation and nitric oxide bioavailability in rats. *J. Bone and Min. Res.* 22(8):1280-8
- Parnell SE, Ramadoss J, Delp MD, **Ramsey MW**, Chen WJ, West JR, Cudd TA. (2007) Chronic ethanol increases fetal cerebral blood flow specific to the ethanol-sensitive cerebellum under normoxaemic, hypercapnic and acidaemic conditions: ovine model. *Exp Physiol.* Sep;92(5):933-43.
- Stone, M. H., **Ramsey, M. W.**, Kinser, A. M., O'Bryant, H. S., Ayres, C., & Sands. W. A. (2006) Stretching: Acute and Chronic – The potential consequences. *Strength and Conditioning J.* 66 – 74,
- Kinser, A., **Ramsey, M. W.**, O'Bryant, H. S., Ayres, C., Sands, W., Wolf, T., Calloway, J., Whittington, J. & Stone, M. H.. (2006) Preliminary report: The effects of simultaneous stretch and vibration on flexibility and a measure of explosive strength (vertical jumps). *The Elite Gymnast Journal* 29(10), 37-43.
- Spier SA, Delp MD, Meininger CJ, Donato AJ, **Ramsey MW**, and Muller-Delp JM.(2004) Effects of Aging and Exercise Training on Endothelium-Dependent Vasodilation and Structure of Skeletal Muscle Arterioles. *J. Physiol. (Lond)* 556: 947-958
- Muller-Delp, J.M., S.A. Spier, **M.W. Ramsey**, L.A. Lesniewski, A. Papadopoulos, J.D. Humphrey, and M.D. Delp. (2002) Effects of aging on vasoconstrictor and mechanical properties of rat skeletal muscle arterioles. *Am. J. Physiol. Heart Circ. Physiol.* 282: H1843-H1854.
- Muller-Delp, J.M., S.A. Spier, **M.W. Ramsey**, and M.D. Delp. (2002) Aging impairs endothelium-dependent vasodilation in rat skeletal muscle arterioles. *Am. J. Physiol. Heart Circ. Physiol.* 283: H1662-H1672.

CHAPTERS IN BOOKS

- Stone M.H. Pierce K.P., **Ramsey M.W.**, Stone M.,E. and Mizuguchi S. Dispelling the Myths of Resistance Training for Youths (In R. Lloyd and J.L. Oliver eds.) *Strength and Conditioning for Young Athletes*. Routledge, London 2013.

PRESENTATIONS (International and National)

- Ramsey, M.W.**, Testing and Interpreting Data to Monitor Progression of Cardiovascular Training, Sports

- & Coaching Science Conference, Taipei, Taiwan/Beijing, China, July 2017.
- Ramsey, M.W.**, Cardiovascular Adaptation from Various Intensities of Endurance Training, Sports & Coaching Science Conference, Taipei, Taiwan/Beijing, China, July 2017.
- Ramsey, M.W.**, Monitoring Athlete Training and Performance, Sports & Coaching Science Conference, Taipei, Taiwan/Guangzhou, China, July 2016.
- Ramsey, M.W.**, Resistance Training for Aerobic Sports, Sports & Coaching Science Conference, Taipei, Taiwan/ Guangzhou, China, July 2016.
- Ramsey, M.W.**, Strength and Conditioning for the Aerobic Athlete, Sports & Coaching Science Conference, Taipei, Taiwan, July 2013.
- Ramsey, M.W.**, Athlete Monitoring, Sports & Coaching Science Conference, Taipei, Taiwan, July 2013.
- MacDonald, C. Alexander, R., Sayers, A., Gray H., Israel, M. Gentles J., Casey A., Sams, M., Lamont H., **Ramsey, M.** and Stone M. Changes in Measures of Power in NCAA DI Female Soccer Athletes Through Competitive Seasons. ACSM Annual meeting, San Francisco, June 2012.
- Ramsey MW**, Brown N, Kavanaugh AA, Israel M, Swisher A, Nelson C, and Stone MH, Changes in Relationship Between Static Jump Height, Strength Characteristics, and Body Composition With Training. ACSM National Conference, Denver, CO, June 2011
- Gray H.S., Mizuguchi S., Nowell, H. **Ramsey M.W.**, Winchester, J. and Stone M.H. Pilot Study - Tracking session RPE TRIMP during an NCAA D1 men's soccer season with special emphasis on practical application. CESSCE Coaches College, Johnson City, TN Dec 2010.
- Hornsby W.G., Carter, C.R., Haff, G.G., **Ramsey M.W.**, Dotterwiech A.R., Triplett, N.T., Stuart C.A., Stone M.E. and Stone M.H. Hormone and Adipokine Alterations across 11 Weeks of Training in Division 1 Collegiate Throwers: An Exploratory Study. CESSCE Coaches College, Johnson City, TN Dec 2010.
- A.A. Kavanaugh, M.A. South, R.C. Hamdy, M.E. Stone, M.H. Stone, and **M.W. Ramsey**, The Effect of 4 Months Whole Body Vibration of on Bone Mineral Density of Division I Cross Country/Distance Runners. NSCA National Conference, July 2010
- K. B. Painter, G. Haff, **M.W. Ramsey**, T. Triplett, J. McBride, C. Stuart, W. A. Sands, M. E. Stone, M. H. Stone; Comparison Of Traditional Versus Daily Undulating Periodization Training Among D-1collegiate Throwers: An Exploratory Study. NSCA National Conference, July 2010
- E.M. Owens, A.J. Serrano, **M.W. Ramsey**, S. Mizuguchi, B. Johnston, and M.H. Stone, Comparing Lower-Limb Asymmetries In Ncaa D-I Male And Female Athletes. NSCA National Conference, July 2010
- A.A. Kavanaugh, **M.W. Ramsey**, D.A. Williams, G.G. Haff, W.A. Sands and M.H. Stone, The Acute Effect Of Whole Body Vibration On 30 Meter Fly Sprint Performance, In Ncaa Division I Sprinters And Jumpers, NSCA National Conference, July 2010
- G. G. Haff, Keith B. Painter, **Mike W. Ramsey**, N. Travis Triplett, Jeff McBride, Charles Stuart, William A. Sands, Margaret E. Stone, and Michael H. Stone, Comparison Of Block Versus Dup Training

Among Division-1 (D-1) Collegiate Track And Field Athletes: An Exploratory Study. United Kingdom Strength and Conditioning Association, London, England, June 2010

- Jenna M. Kraska, **Michael W. Ramsey**, G. Gregory Haff, Nate Fethke, Ann M. Kinser, William A. Sands, Keith Painter, Margaret E. Stone and Michael H. Stone Relationship between isometric force characteristics and the difference in un-weighted and weighted vertical jump height. UKSCA Annual Meeting, Largs, Scotland 2008
- J. M. Whittington, E. J. Schoen, L. L. Labounty, J. A. Gentles, J. M. Kraska, A. M. Swisher, J. E. Keller, M. E. Stone, **M. W. Ramsey**, R. C. Hamdy, M. H. Stone Bone Mineral Density and Content of Collegiate Throwers: Influence of Maximum Strength. SEACSM Meeting, Birmingham, AL 2008
- A. M. Swisher J.M. Kraska, **M.W. Ramsey**, K. Painter, C. Gooden, A. Layne, W.A. Sands, G.G. Haff, J. McBride, M.E. Stone and M.H. Stone. The relationship of peak isometric strength to peak aerobic power and 3000 m performance in cross-country runners. SEACSM Meeting, Birmingham, AL 2008
- J.M. Kraska, A. M. Swisher, **M.W. Ramsey**, C. Nelson, W.A. Sands, G.G. Haff, H. Hasegawa, J. McBride, M.E. Stone and M.H. Stone Relationship of peak isometric strength to rate of force development among collegiate track and field athletes. SEACSM Meeting, Birmingham, AL 2008
- Jenna M. Kraska, Ann M. Kinser, Corey B. Whitted, Jon Keller, **Michael W. Ramsey**, G. Gregory Haff, William A. Sands, Margaret E. Stone and Michael H. Stone. Relationship of isometric peak force and rate of force development to coaches rank, agility, and agility endurance characteristics among female American collegiate football (soccer) players. UKSCA Annual Meeting, Belfast, Ireland 2007.
- Ramsey MW**, Behnke BJ, Prisby RD, and Delp MD. Aging alters regional vascular conductance and arterial pressure during orthostatic stress. *FASEB J.* 21 (5): 587.11, 2007.
- Ramsey MW**, G.G. Haff, A.M. Kinser, J.M. Kraska, M.E. Stone, W.A. Sands, H. Hasegawa and M.H. Stone. Isometric and dynamic force-time curve characteristics of collegiate throwers. NSCA Conference. July, 2007.
- Ramsey MW**, J.M. Kraska, A.M. Kinser, J. Keller, H. Hasegawa, G.G. Haff, W.A. Sands, M.E. Stone, and M.H. Stone. The relationship between coaches' rank and Explosive strength performance in female collegiate athletes. NSCA Conference. July, 2007.
- A.M. Kinser, **M.W. Ramsey**, H.S. O'Bryant, W.A. Sands, C. Ayres, and M.H. Stone. Vibration and stretching effects on flexibility and explosive strength in gymnasts. NSCA Conference. July, 2007.
- A.M. Kinser, J.M. Kraska, **M.W. Ramsey**, W.A. Sands, G.G. Haff, M.E. Stone and M.H. Stone. The effect of 8 weeks of strength-power training in collegiate throwers on force-time parameters generated during a post-exercise potentiation complex. NSCA Conference. July, 2007.
- J.M. Kraska, **M.W. Ramsey**, A.M. Kinser, M.E. Stone, G.G. Haff, W.A. Sands and M.H. Stone. NSCA Conference. July, 2007. Relationship between isometric force characteristics and peak power output in static and countermovement jumps at various loading conditions. NSCA Conference.

July, 2007.

J.M. Kraska, A.M. Kinser, C. Whitted, **M.W. Ramsey**, M.E. Stone, G.G. Haff, W.A. Sands, and M.H. Stone. Relationship between isometric force characteristics and the difference in jump height in weighted and un-weighted jumps. NSCA Conference. July, 2007.

Ramsey MW, Behnke BJ, Prisby RD, Donato AJ, and Delp MD. Effects of aging on mean arterial pressure, heart rate, and regional cardiac output distribution during head-up tilt in rats. *FASEB J.* 18: D135, 2004.

Spier SA, Delp MD, **Ramsey MW**, and Muller-Delp J.M. Effects of age and exercise training on myogenic responsiveness of skeletal muscle arterioles *FASEB J.* 17: D181, 2003.

Spier SA, Delp MD, **Ramsey MW**, and Muller-Delp J.M. Mechanisms of enhanced flow-induced dilation of skeletal muscle arterioles: effects of age and training. *FASEB J.* 17: D470, 2003.

Spier SA, Delp MD, **Ramsey MW**, and Muller-Delp J.M. Exercise training attenuates aging-associated reductions in endothelium-dependent vasodilation of rat skeletal muscle arterioles. *FASEB J.* 16: A766, 2002.

Spier, S.A., M.D. Delp, **M.W. Ramsey**, and J.M. Muller-Delp. Mechanisms of endothelium-dependent flow-induced vasodilation in rat skeletal muscle arterioles. *FASEB J.* 15: A51, 2001.

Ramsey MW, Delp MD, Spier SA, and Muller-Delp JM. The effects of aging on mechanical properties of rat skeletal muscle arterioles. *FASEB J.* 14 (4): 8: 2000.

PRESENTATIONS (Regional)

Ramsey, MW, Physiological Technology for Coaches. ETSU, CESSCE Coaches College, Johnson City, TN Dec 2012

Ramsey, MW, Physiology of Sprint and Road Cycling. ETSU, CESSCE Coaches College, Johnson City, TN Oct 2011.

Ramsey, MW, Athlete Monitoring Considerations. ETSU, CESSCE Coaches College, Johnson City, TN Dec 2010.

Ramsey, M.W. Sport Performance Enhancement Groups: Monitoring athletes. ETSU, CESSCE Coaches College, Johnson City, TN, Dec 2009.

A.S. Layne, G. Hornsby, D.E. Corriher, H.B. Nowell, M.E. Stone, **M.W. Ramsey**, and M.H. Stone. Long Term Athlete Monitoring: Changes in Isometric Strength and Explosiveness in Division I NCAA Athletes. ETSU, CESSCE Coaches College, Johnson City, TN, Dec 2009.

G. Hornsby, M. South, A. Kavanaugh, A. Layne, G. G. Haff, W. A. Sands, M. Cardinale, **M.W. Ramsey**, and M.H. Stone. The Acute Effects of Whole Body Vibration on Isometric Mid-Thigh Pull Performance. ETSU, CESSCE Coaches College, Johnson City, TN Dec 2009.

Mizuguchi S., Cormie P. Layne A., South M., Haff G.G., Sands, W.A., McBride J.M., **Ramsey, .M.W.** and Stone, M.H. Comparison of Concentric Impulse Determination Methods in Counter-movement Jump. ETSU, CESSCE Coaches College, Johnson City, TN Dec 2009.

A. A. Kavanaugh, B.T. Jennings, C.D. Plourd, M.G. Shifflett, M.E. Stone, **M.W. Ramsey**, and M.H. Stone. Relationship of various performance measures over time in NCAA division I volleyball players. ETSU, CESSCE Coaches College, Johnson City, TN Dec 2009.

Ramsey, M.W. Vibration : Health and performance – a panacea of a great big load. Strength and Conditioning for the Medical Professions, Johnson City, August 2009.

J. M. Whittington, E. J. Schoen, L. L. Labounty, J. A. Gentles, J. M. Kraska, A. M. Swisher, J. E. Keller, M. E. Stone, **M. W. Ramsey**, R. C. Hamdy, M. H. Stone Bone Mineral Density and Content of Collegiate Throwers: Influence of Maximum Strength. SEACSM Meeting, Birmingham, AL 2008

A. M. Swisher J.M. Kraska, **M.W. Ramsey**, K. Painter, C. Gooden, A. Layne, W.A. Sands, G.G. Haff, J. McBride, M.E. Stone and M.H. Stone. The relationship of peak isometric strength to peak aerobic power and 3000 m performance in cross-country runners. SEACSM Meeting, Birmingham, AL 2008

J.M. Kraska, A. M. Swisher, **M.W. Ramsey**, C. Nelson, W.A. Sands, G.G. Haff, H. Hasegawa, J. McBride, M.E. Stone and M.H. Stone Relationship of peak isometric strength to rate of force development among collegiate track and field athletes. SEACSM Meeting, Birmingham, AL 2008

RESEARCH/GRANT FUNDING

NIH (NIDDKD) R-15, Charles Stuart (PI), Michael Stone (CoI), Michael Ramsey (CoI) “Mechanisms by which exercise training ameliorates the metabolic syndrome” 2011 – 2013, \$275,000 (funded)

Stone M.H. Ramsey M.W. and Stone M.E. (PI’s) Validation of the Polar Pro Trainer (and software). Polar Electro Inc., Lake Success, NY. \$8,576.

NIH (NIDDKD) R-15, Charles Stuart (PI), Michael Stone (CoI), Michael Ramsey (CoI) “Mechanisms by which strength training ameliorates the Metabolic Syndrome” 2008 – 2010, \$150,000 (funded)

PowerPlate, North America, Michael Stone (PI), Michael Ramsey (CoI), “Relationship of Vibration to bone mineral density (BMD) and Performance Levels among collegiate athletes, 2008 – 2011, \$124, 586 (funded)

USOC Research Grant/Contract, Michael Stone (PI), Michael Ramsey (CoI), “Multiple sports research program”, 2007, \$20, 000 (funded)

STUDENT THESIS/DISSERTATION COMMITTEES

John Abbot, Aug. 2020, Doctoral Dissertation (Chair)
The Use of Near Infrared Spectroscopy In Assessing Muscle Oxygenation In Sport

Alex Harrison, Aug. 2017, Doctoral Dissertation
“The Bobsled Push Start: Influence on Race Outcome and Push Athlete Talent Identification and Monitoring”

Brad Alban, Aug. 2017, Doctoral Dissertation (Chair)
“Relationships of characteristics to running performances and their changes throughout collegiate cross country and track seasons”

- Ashley Littrell, Dec. 2016, Undergraduate Honors Thesis (Chair)
“The Relationship between Body Image and Exercise Type.”
- Janna Hollins, Aug. 2016, Doctoral Dissertation (Chair)
“The relationships of physiological and strength variables to run performances”
- Alexa Passingham, Dec. 2015, Undergraduate Honors Thesis (Chair)
“The Relationship Between Pass Completion Percentage And Perceived Player Workload In Division 1 Women's Soccer.”
- Howard Gray, May 2015, Doctoral Dissertation (Co-Chair)
“Monitoring Training Volume in NCAA D-I Men’s Soccer”
- Austin Ryan Driggers, Dec. 2014, Masters Thesis
“The Effects of Vertically-Oriented Resistance Training on Golf Swing Performance Variables”
- Mark Chiang, Aug 2014, Doctoral Dissertation
“Lower Body Strength and Power Characteristics influencing Change of Direction and Straight-line sprinting Performance in Division I Soccer Players: An Exploratory Study”
- Tim McInnis, Aug 2014, Doctoral Dissertation
“Acute Effects of Peristaltic Pulse Dynamic Compression on Recovery: Kinetic, Kinematic, and Perceptual Factors”
- Keith Leiting, Aug 2014, Doctoral Dissertation (Chair)
“Cause and Effect of Army Reserve Officer Training Corps Cadets Over a 15 Week Period.”
- Ashley Kavanaugh, December 2013, Doctoral Dissertation
Title: Longitudinal Changes in Strength and Explosive Performance Characteristics in NCAA Division I Women’s Volleyball Athletes
- Guy Hornsby, Aug 2013, Doctoral Dissertation
“A Comprehensive, Systematic Approach to the Monitoring of Competitive Weightlifters.”
- Christian Carter, Aug 2013, Doctoral Dissertation
“Acute Response of Eccentric Accentuated Loading in Collegiate Weightlifters”
- Ramey Kerns, May 2013, Undergraduate Honors Thesis (Chair)
“The Relationship of Anthropometric Measures to Vertical Jump Height.”
- Ethan Owens, Fall 2011, Master’s Thesis (Chair)
“Use of Isometric Mid-thigh Pull to Determine Asymmetrical Strength Differences in NCAA D-I Athletes”
- Jonathan Blankenship, Dec 2011, Undergraduate Honors Thesis (Chair)
Title: The Relationship of Strength Characteristics to VO₂max in Recreationally Competitive Runners
- Alyssa Shedlarski, Dec 2011, Undergraduate Honors Thesis (Chair)
Title: The Relationship of Strength and Body Composition to Vertical Jump Ability in Division I Female Volleyball Players

Noelle Brown, May 2010, Undergraduate Honors Thesis (Chair)

Title: Strength, Force, and Power Characteristics and Their Relationship to Static Vertical Jump Height in NCAA Division I Female Collegiate Volleyball Players

Ashley Kavanaugh, May 2010, Master's Thesis (Chair)

Title: Acute Effects of Whole-Body Vibration on 30 Meter Sprint Performance

Jeremy Gentiles, May 2009, Master's Thesis

Title: The Design of a Web Based Athlete Development and Monitoring System

Keith Painter, May 2009, Master's Thesis

Title: A Practical Comparison between Traditional Periodization and Daily-Undulated Weight Training Among Collegiate Track and Field Athletes

Anna Swisher, May 2009, Master's Thesis

Title: Relationship of strength, and power characteristics to overhead shot throw performance in NCAA Division 1 male throwers.

Jenna Marie Kraska, May 2008, Master's Thesis

Title: The Relationship between isometric force characteristics and vertical jump height under various loading conditions

Jonathan Calloway, December 2007, Undergraduate Honors Thesis (Chair)

Title: Relationship between collegiate throwers' ability to produce maximum force and their ability to potentiate

Ann Marie Kinser, May 2007, Master's Thesis

Title: Vibration and stretching effects on flexibility and explosive strength in young gymnasts and explosive strength in young gymnasts

PROFESSIONAL SOCIETIES

American College of Sports Medicine

American College of Sports Medicine-South East Region

National Strength and Conditioning Association

TEACHING EXPERIENCE

East Tennessee State University

PEXS 7030	Seminar in Sport Science and Performance I
PEXS 6620	Sport Physiology II: Cardiopulmonary Physiology
PEXS 5977	Exercise Management in Chronic Disease
PEXS 5620	Sport Physiology II: Cardiopulmonary Physiology
PEXS 5657	Sport Nutrition and Ergogenic Aids
PEXS 5540	Exercise Testing and Prescription
PEXS 4977	Exercise Management in Chronic Disease
PEXS 4657	Sport Nutrition and Ergogenic Aids
PEXS 4656	Sport Conditioning and Training
PEXS 4620	Exercise Physiology II
PEXS 4270	Structural Kinesiology
PEXS 4062	Cardiovascular Exercise Testing

PEXS 3850	Scientific Basis of Human Performance
PEXS 3610	Exercise Physiology I
PEXS 3510	Foundations of Physical Education, Exercise Science, & Sport
PHED 1130	Fit for Life

Sam Houston State University

KIN 595	Advanced Biomechanics
KIN 373	Physiology of Exercise
KIN 362	Biomechanics
KIN 334	Methods of Teaching Individual Sports
KIN 230	First Aid (American Red Cross)
KIN 215	Fitness for Life
HED 166	Lifestyle and Wellness

Texas A&M University

KINE 638	Exercise Physiology II (Teaching Assistant)
KINE 433	Exercise Physiology
KINE 199	Fitness and Conditioning
KINE 199	Golf
KINE 199	Bowling

Western State College of Colorado

KINS 490	Sociology of Sport and Physical Activity
KINS 397	History of Sport
KINS 394	Methods of Teaching Individual and Dual Sports
KINS 280	Anatomical and Biomechanical Kinesiology
KINS 185	Lifetime Wellness
KINS 181	Introduction to Kinesiology and Athletics
KINS 143	Volleyball
KINS 112	Running
KINS 111	Initiative Games

North Harris/Montgomery Community College District

KINE 1111	Fitness for Life I
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Houston Community College District

PHED 2111	Weight Training and Conditioning
PHED 1306	First Aid
PHED 1157	Tennis

SERVICE ACTIVITIES

2008 – present	Lincoln Memorial University Physical Education Advisory Board
2007 – 2017	Exercise and Sports Science Club Faculty Adviser
2006 – 2015	Journal Reviewer:
	Strength and Conditioning Journal,

European Journal of Sport Sciences
Medicine and Science in Sports and Exercise,

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| 2006 – present | Hosted/directed Exercise Science Labs for:
Milligan College
Tusculum College
Hixon High School |
| 2006 – present | Orientation advisor for department/concentration at ETSU Spring Fling, new and transfer student orientation sessions |
| 2005 – present | Undergraduate Advisor – Current advisement load ~65 students/semester |