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Muscle Physiology Laboratory
Florida Atlantic University
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Education History

- Ph.D.** The Florida State University, Tallahassee, FL. May 2012
Major: Exercise Physiology
Major Professor: *Jeong-Su Kim, Ph.D.*
Dissertation: *Physiological Responses to Two Different Models of Daily Undulating Periodization in Trained Powerlifters.*
- M.S.** Salisbury University, Salisbury, MD. May 2008
Major: Applied Health Physiology
- B.S.** Marietta College, Marietta, OH. December 2006.
Major: Exercise Science
Minor: Sports Management

Employment History

Full Professor, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2021-Present

Department Chair, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2021-Present

Associate Chair, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2019-August 2021

Associate Professor, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2017-July 2021

Assistant Professor, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2012-July 2017

Director Muscle Physiology Research Laboratory, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2012-Present

Managing Partner at Monthly Applications in Strength Sport LLC: Strength Sports Writing, Davie, FL. April 2017 - Present

Owner at Training Revolution, LLC: Fitness Writing and Consulting
Davie, FL. August 2014 - Present

Head Powerlifting Coach, The Florida State University Weightlifting Club/Powerlifting

Team. August 2008 – May 2012

Graduate Assistant Strength and Conditioning Coach, Department of Athletics, Salisbury University, Salisbury MD. January 2007 – May 2008

Head Strength and Conditioning Coach, Department of Athletics, The Bullis School, Potomac, MD. May 2008 – August 2008

Scholarship/Research/Creative Activity

56 Papers Published or Accepted/In Press, Citations: 2,400+, h-index=22:

<https://pubmed.ncbi.nlm.nih.gov/?term=Zourdos+MC&sort=date>

<https://scholar.google.com/citations?user=0fVsZLgAAAAJ&hl=en>

*Undergraduate Mentee, #Graduate Mentee

Publications in Print – Refereed Journal

1. Michael H. Haischer#, Daniel M. Cooke#, Joseph P. Carzoli#, Trevor K. Johnson*#, Amber M. Shipherd, and **Michael C. Zourdos**. The Short Grit Scale (GRIT-S) Does Not Relate to Acute Muscular Endurance Performance in Well-Trained Men and Women. **The Journal of Human Kinetics**. Mar; 31(78):263-269, 2021.
2. Johnathan B. Odgers, **Michael C. Zourdos**, Darren G. Candow, Eric R. Helms, Barclay Dahlstrom, Paul Bruno, and Colby A. Sousa. RPE and Velocity Relationships and RPE Accuracy Among Trained Men and Women in the Front Squat and High-Handle Hexagonal Bar Deadlift. **The Journal of Strength and Conditioning Research**. Feb; 35(1): S23-S30, 2021.
3. **Michael C. Zourdos**, Jacob A. Goldsmith#, Eric R. Helms#, Cameron Trepeck#, Jessica L. Halle*#, Kristin M. Mendez#, Daniel M. Cooke#, Michael H. Haischer#, Colby A. Sousa#, Alex Klemp#, Ryan K. Byrnes*#. Proximity to Failure and Total Repetitions Performed in a Set Influences Accuracy of Intra-Set Repetitions in Reserve-Based Rating of Perceived Exertion. **The Journal of Strength and Conditioning Research**. Feb; 35(1): S158-S155, 2021.
4. Michael H. Haischer#, Daniel M. Cooke#, Joseph P. Carzoli#, Trevor K. Johnson*#, Amber M. Shipherd, Robert F. Zoeller, Michael Whitehurst, **Michael C. Zourdos**. Impact of Cognitive Measures and Sleep on Acute Squat Strength Performance and Perceptual Responses Among Well-Trained Males and Females. **The Journal of Strength and Conditioning Research**. Feb; 35(1): S16-S22, 2021.
5. Jovana Kasovic, Benjamin Martin, Joseph P. Carzoli#, **Michael C. Zourdos**, and Christopher A. Fahs. Agreement Between the Iron Path App and Linear Position Transducer for Measuring Average Concentric Velocity and Range of Motion of Barbell Exercises. **The Journal of Strength and Conditioning Research**. Feb; 35(1): S95-S101, 2021.
6. S. Kyle Travis, **Michael C. Zourdos**, and Caleb D. Bazylar. Weight Selection Attempts of Elite Classic Powerlifters. **Perceptual and Motor Skills**. Feb; 128(1):

507-521, 2021.

7. Trevor K. Johnson*#, Daniel J. Belcher#, Colby A. Sousa#, Joseph P. Carzoli#, Nishant P. Visavadiya, Andy V. Khamoui, Michael Whitehurst, and **Michael C. Zourdos**. Low Volume Acute Multi-Joint Resistance Exercise Elicits a Peripheral Brain-Derived Neurotrophic Factor Response but Not Cathepsin B in Well-Trained Men. ***Applied Physiology, Nutrition, and Metabolism***. Dec; 45(12): 1332-1338, 2020.
8. Eric R. Helms#, Kedric Kwan, Colby A. Sousa#, Adam Storey, John Cronin, and **Michael C. Zourdos**. Methods for Regulating and Monitoring Resistance Training. ***The Journal of Human Kinetics***. Aug; 31(74):23-42, 2020.
9. Gabriel S. Pena, Hector G. Paez*, Trevor K. Johnson*#, Jessica L. Halle*#, Joseph P. Carzoli#, Nishant P. Visavadiya, **Michael C. Zourdos**, Michael A. Whitehurst, Andy V. Khamoui. Hippocampal Growth Factor and Myokine Cathepsin B Response to Aerobic and Resistance Training in 3xTg-AD Mice. ***International Journal of Chronic Diseases***. Jan 30, 2020.
10. Justin M. Quiles#, Alex Klemp#, Chad Dolan*#, Arun Maharaj, Chun-Jung Huang, Andy V. Khamoui, Michael Whitehurst, and **Michael C. Zourdos**. Impact of Resistance Training Program Configuration on the Circulating Brain-Derived Neurotrophic Factor Response. ***Applied Physiology, Nutrition, and Metabolism***. Jun; 45(6): 667-674, 2020.
11. Ciaran M. Fairman, Tormod S. Nilsen, Robert U. Newton, Dennis R. Taaffe, Nigel Spry, David Joseph, Suzanne K. Chambers, Zac P. Robinson, Truls Raastad, Nicholas H. Hart, **Michael C. Zourdos**, Brian C. Focht, Carolyn J. Peddle-McIntyre, and Daniel A. Galvao. Reporting of Resistance Training Dose, Adherence, and Tolerance in Exercise Oncology. ***Medicine and Science in Sports and Exercise***. Feb; 52(2): 315-322, 2020.
12. Joseph P. Carzoli#, Colby A. Sousa#, Daniel J. Belcher#, Eric R. Helms#, Andy V. Khamoui, Michael Whitehurst, and **Michael C. Zourdos**. The Effects of Eccentric Phase Duration on Concentric Outcomes in the Back Squat and Bench Press in Well-Trained Males. ***Journal of Sports Sciences***. Dec; 37(23): 2676-2684, 2019.
13. Rodrigo V. Gomes, **Michael C. Zourdos**, Alexandre Moreira, Marcelo S. Aoki, Caroline D. Capitani. Sodium Citrate Supplementation Enhances Tennis Skill Performance: A Crossover Placebo-Controlled Double Blind Study. ***The Journal of the International Society of Sports Nutrition***. Aug 1;16(1): 32, 2019.
14. Daniel J. Belcher#, Colby A. Sousa#, Joseph P. Carzoli#, Trevor K. Johnson*#, Eric R. Helms#, Nishant P. Visavadiya, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. The Time Course of Recovery for Muscle Damage and Performance are Similar Following Acute Training Bouts in the Squat, Bench Press, and Deadlift in Well-Trained Males. ***Applied Physiology, Nutrition, and Metabolism***. Oct; 44(10): 1033-1042, 2019.
15. Daniel M. Cooke#, Michael H. Haischer#, Joseph P. Carzoli#, Caleb D. Bazyler, Trevor K. Johnson*#, Robert Varieur#, Robert F. Zoeller, Michael Whitehurst, and

Michael C. Zourdos. Body Mass and Femur Length are Inversely Related to Repetitions Performed in the Back Squat. **The Journal of Strength and Conditioning Research**. Mar; 33(3): 890-895, 2019.

16. Jacob A. Goldsmith#, Cameron Trepeck#, Jessica L. Halle*#, Kristin M. Mendez#, Alex Klemp#, Daniel M. Cooke#, Michael H. Haischer#, Ryan K. Byrnes*#, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Validity of the Open Barbell and Tendo Weightlifting Analyzer Systems Versus the Optotrak Certus 3D Motion-Capture System for Barbell Velocity. **International Journal of Sports Physiology and Performance**. Apr1;14(4): 540-543, 2019
17. Michael J. Ormsbee, Joseph P. Carzoli#, Alex Klemp#, Brittany R. Allman, **Michael C. Zourdos**, Jeong-Su Kim, and Lynn B. Panton. Efficacy of the Repetitions in Reserve-based Rating of Perceived Exertion for the Bench Press in Experienced and Novice Benchers. **The Journal of Strength and Conditioning**. Feb; 33(2): 337-345, 2019.
18. Ragami Chaves Alves, Joao Carlos Alves Bueno, Thiago Oliveira Borges, **Michael C. Zourdos**, Tacito Pessoa de Souza Junior, and Marcelo Saldanha Aoki. Physiological Function in not Fully Regained Within 24 Hours of Rapid Weight Loss in Mixed Martial Artists. **Journal of Exercise Physiology Online**. Oct 1;21(5), 2018.
19. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, Aritz Urdampilleta, and Sergej Ostojic. Anthropometric Profile, Body Composition, and Somatotype in Elite Traditional Rowers. **Journal of Human Nutrition and Dietetics**. 22(4): 279-286, 2018.
20. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, and Aritz Urdampilleta. Eleven Weeks of Iron Supplementation is not Enough to Maintain Iron Status for the Duration of a Competitive Season in Elite Female Volleyball Players: A Follow-up Study. **Nutrients**. Oct 17;10(10): 1526, 2018.
21. Peter J. Ferrandi, Brandon G. Fico, Michael Whitehurst, **Michael C. Zourdos**, Fanchen Bao, Katelyn M. Dodge, Alexandra A. Rodriguez, Gabriel Pena, and Chun-Jung Huang. Acute High-Intensity Interval Exercise Induces and a Comparable Level of Circulating Cell-Free DNA and Inteleukin-6 in Obese and Normal-Weight Individuals. **Life Sciences**. Jun 1;202:161-166, 2018.
22. Eric R. Helms#, Ryan K. Byrnes*#, Daniel M. Cooke#, Michael H. Haischer#, Joseph P. Carzoli#, Trevor K. Johnson*#, Matthew R. Cross, John B. Cronin, Adam G. Storey, and **Michael C. Zourdos**. RPE vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions. **Frontiers in Physiology**. Mar 21;9:247, 2018.
23. Caleb D. Bazyler, Satoshi Mizuguchi, **Michael C. Zourdos**, Sato Kimitake, Ashley A. Kavanaugh, Brad H. DeWeese, Kevin F. Breuel, and Michael H. Stone. Characteristics of a National Level Weightlifter Peaking for Competition. **The Journal of Strength and Conditioning Research**. Nov; 32(11):3029-3038, 2018.
24. Christopher A. Fahs, Lindy M. Rossow, and **Michael C. Zourdos**. An analysis of factors related to back squat movement velocity. **The Journal of Strength and Conditioning Research**. Sep; 32(9): 2435-244, 2018.

25. Eric R. Helms#, Matt R. Cross, Scott R. Brown, Adam G. Storey, John B. Cronin, and **Michael C. Zourdos**. Rating of Perceived Exertion as a Method of Volume Autoregulation Within a Periodized Program. ***The Journal of Strength and Conditioning Research***. Jun; 32(6): 1627-1636, 2018.
26. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, Aritz Urdampilleta, Sergej Ostojic, and Amber A. Shipherd. Can Psychological Well-being Scales and Hormone Levels be Used to Predict Acute Performance of Anaerobic Training Tasks in Elite Female Volleyball Players. ***Physiology and Behavior***. Oct 15;180: 31-38, 2017.
27. Sang-Rok Lee, Andy V. Khamoui, Edward Jo, **Michael C. Zourdos**, Lynn B. Panton, Michael J. Ormsbee, and Jeong-Su Kim. Effect of Conjugate Linoleic Acids and Omega-3 Fatty Acids with or Without Resistance Training on Muscle Mass in High Fat Diet-Fed Middle-Aged Mice. ***Experimental Physiology***. Nov 1;102(11): 1500-1512, 2017.
28. Eric R. Helms#, Scott R. Brown, Matt R. Cross, Adam G. Storey, John B. Cronin, and **Michael C. Zourdos**. Self-Rated Accuracy of Rating of Perceived Exertion-Based Load Prescription in Powerlifters. ***The Journal of Strength and Conditioning Research***. Oct; 31(10): 2938-2943, 2017.
29. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, Aritz Urdampilleta, and Sergej Ostojic. Relationship of total energy and macronutrient intake with anabolic/catabolic hormone response in elite female volleyball players during a full season. ***Nutricion Hospitalaria***. Oct 24;35(5): 1155-1162, 2017.
30. Ciaran M. Fairman, **Michael C. Zourdos**, Eric R. Helms#, and Brian C. Focht. A Scientific Rationale to Improve Resistance Exercise Recommendations in Exercise Oncology. ***Sports Medicine***. Jan;10, 1-9. 2017.
31. **Michael C. Zourdos**, Caleb D. Bazylar, Bong-Sup Park, Edward Jo, Andy V. Khamoui, Lynn B. Panton, and Jeong-Su Kim. Impact of a submaximal warm-up on endurance performance in trained and competitive male runners. ***Research Quarterly in Exercise and Sport***. Mar; 88(1): 114-119, 2017.
32. Eric R. Helms#, Adam G. Storey, Matt R. Cross, Scott R. Brown, Seth Lenetsky Hamish Ramsay, H., Carolina Dillen, and **Michael C. Zourdos**. RPE and Velocity Relationships for the back squat, bench press, and deadlift in powerlifters. ***The Journal of Strength and Conditioning Research***. Feb; 31(2) 292-297, 2017.
33. Eric R. Helms#, Adam G. Storey, John Cronin, and **Michael C. Zourdos**. Application of the repetitions in reserve-based rating of perceived exertion scale for resistance training. ***Strength and Conditioning Journal***. Aug; 38(4):42-49, 2016.
34. Alex Klemp#, Chad Dolan*#, Justin M. Quiles#, Rocky Blanco#, Robert F. Zoeller., B. Sue Graves, and **Michael C. Zourdos**. Volume-Equated high and low repetition daily undulating programming strategies produce similar hypertrophy and strength adaptations. ***Applied Physiology, Nutrition, and Metabolism***. July; 41(7) 699-705, 2016.
35. **Michael C. Zourdos**, Chad Dolan*#, Justin M. Quiles#, Alex Klemp#, Edward Jo, Jeremy P. Loenneke, Rocky Blanco#, Michael Whitehurst. Efficacy of daily 1RM training in well-trained powerlifters and weightlifters: A Case Series. ***Nutricion***

Hospitalaria. Mar; 33(2):437-443, 2016.

36. **Michael C. Zourdos**, Edward Jo, Andy V. Kahmoui, Sang-Rok Lee, Bong-Sup Park, Michael J. Ormsbee, Lynn B. Panton, Robert J. Contreras, and Jeong-Su Kim. Modified daily undulating periodization model produces greater performance than a traditional configuration in powerlifters. **The Journal of Strength and Conditioning Research**. Mar; 30(3):784-791, 2016.
37. Rodrigo V. Gomes., Vivian C.R. Cunha., **Michael C. Zourdos**, Marcelo S. Aoki, Alexandre Moreira, Jaime Fernandez-Fernandez, and Caroline D. Capitani. Physiological and perceptual responses of young tennis players during various drills. **The Journal of Strength and Conditioning Research**. Mar; 30(3):851-858, 2016.
38. Arun Maharaj, Aaron L. Slusher, **Michael C. Zourdos**, Michael Whitehurst, Brandon G. Fico, and Chun-Jung Huang. Association of Calprotectin with Leukocyte Chemotactic and Inflammatory Mediators Following Acute Aerobic Exercise. **Applied Physiology, Nutrition, and Metabolism**. Jan; 41(1):83-87, 2016.
39. **Michael C. Zourdos**, Alex Klemp#, Chad Dolan*#, Justin M. Quiles#, Kyle A. Schau, Edward Jo, Eric Helms#, Ben Esgro, Sonia Garcia Merino, and Rocky Blanco#. Novel Resistance training-specific RPE scale Measuring Repetitions in Reserve. **The Journal of Strength and Conditioning Research**. Jan; 30(1):267-275, 2016.
40. Luis Viveiros, Alexandre Moreira, **Michael C. Zourdos**, Marcelo S. Aoki, Caroline D. Capitani. Pattern of Weight Loss of Young Female and Male Wrestlers. **The Journal of Strength and Conditioning Research**. Nov; 29(11):3149-55, 2015.
41. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, Aritz Urdampilleta, and Sergej Ostojic. Dietary intake habits and controlled training on body composition and strength in elite female volleyball players during the season. **Applied Physiology, Nutrition, and Metabolism**. Aug; 40(8):827-834, 2015.
42. **Michael C. Zourdos**, Paul C. Henning, Edward Jo, Andy V. Khamoui, Sang-Rok Lee, Young-Min Park, Marshall Naimo, Kasunori Nosaka, and Jeong-Su Kim. Repeated Bout Effect in Muscle-Specific Exercise Variations. **The Journal of Strength and Conditioning Research**. Aug; 29(8):2270-6, 2015.
43. Sang-Rok Lee, Andy V. Khamoui, Edward Jo, Bong-Sup Park, **Michael C. Zourdos**, Lynn B. Panton, Michael J. Ormsbee, and Jeong-Su Kim. Effects of Chronic High Fat Feeding on Skeletal Muscle Mass in Middle-Aged Mice. **Aging Clinical and Experimental Research**. Aug; 27(4):403-411, 2015.
44. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, Aritz Urdampilleta, Sergej Ostojic. Iron supplementation prevents a decline in iron stores and enhances strength performance in elite female volleyball players during the competitive season. **Applied Physiology, Nutrition, and Metabolism**. Jun; 40(6):615-22, 2015.
45. **Michael C. Zourdos**, Marcos A. Sanchez-Gonzalez, and Sara E. Mahoney. A Brief Review: The Implications of Iron Supplementation for Marathon Runners on Health

and Performance. **The Journal of Strength and Conditioning Research**. Feb; 29(2):559-565, 2015.

46. Juan Mielgo-Ayuso, Vicente J. Clemente-Suarez, and **Michael C. Zourdos**. Anthropometric and physical performance profile of professional female volleyball players in relation to playing position. **Nutricion Hospitalaria**. Oct; 6,31(2):849-857, 2014.
47. Chun-Jung Huang, Edmund O. Acevedo, Heather E. Webb, and **Michael C. Zourdos**. Cardiovascular Reactivity, Chronic Stress, and Physical Activity. **Frontiers in Physiology**. Nov; 7;4:314, 2013.
48. Chun-Jung Huang, **Michael C. Zourdos**, Edward Jo, and Michael J. Ormsbee. Influence of Physical Activity and Nutrition on Obesity-Related Immune Function. **Scientific World Journal**. Nov; 7;752071, 2013.
49. Rodrigo V. Gomes, Caroline D. Capitani, Carlos Ugrinowitsch, **Michael C. Zourdos**, Fernandez-Fernandez Jaime, Alberto Mendez-Villanueva, and Marcelo S. Aoki. Does Carbohydrate Supplementation Maximize Tennis Match Play Performance? **Journal International Society of Sports Nutrition**. Oct 22; 10(1):46, 2013.
50. Marshall Naimo, **Michael C. Zourdos**, Jacob M. Wilson, Jeong-Su Kim, Emery C. Ward, David W. Eccles, and Lynn B. Panton. Contextual Interference Effects on the Acquisition of Skill and Strength of the Bench Press. **Journal of Human Movement Science**. June; 32(3):472-484, 2013.
51. **Michael C. Zourdos**, Jacob M. Wilson, Brian A. Sommer, Sang-Rok Lee, Young-Min Park, Paul C. Henning, Lynn B. Panton, Jeong-Su Kim. Effects of dynamic stretching on endurance performance and energy cost in trained runners. **The Journal of Strength and Conditioning Research**. Feb; 26(2):335-341, 2012.
52. Jeremy P. Loenneke, Jacob M. Wilson, Pedro J. Marin, **Michael C. Zourdos**, and Michael G. Bemben. Low intensity blood flow restriction training: A meta-analysis **European Journal of Applied Physiology**. May; 112(5):1849-1859, 2012.
53. Jacob M. Wilson, Jeremy P. Loenneke, Gabriel J. Wilson, **Michael C. Zourdos**, Edward Jo, and Jeong-Su Kim, A Brief Review: The Effects of Endurance, Strength, and Power Training, on Muscle Fiber Type Shifting. **The Journal of Strength and Conditioning Research**. Jun; 26(6):1724-1729, 2012.
54. Jacob M. Wilson, Lyndsey M. Hornbuckle, Jeong-Su Kim, **Michael C. Zourdos**, Brian A. Sommer, Sang-Rok Lee, Tej Diah., Brian Dalmeau., David Mendez., and Lynn B. Panton. Effects of static stretching on energy cost and running endurance performance. **The Journal of Strength and Conditioning Research**. Sept; 24(9):2274-2279, 2010.
55. Jacob M. Wilson, Gabriel J. Wilson, **Michael C. Zourdos**, Abbie E. Smith, Jeffrey R. Stout. Beta-alanine Supplementation improves aerobic and anaerobic indices of performance: A review. **Strength and Conditioning Journal**. Jan; 32(1):71-78, 2010.

Publications in Press (Works in Press) – Refereed Journal

1. Joseph P. Carzoli#, Colby A. Sousa#, Eric R. Helms#, and **Michael C. Zourdos**. Agreement Between Kinovea Video Analysis and the Open Barbell System for Measuring Resistance Training Movement Outcomes. [**In Review, Revisions Requested – Submitted to the Journal of Human Kinetics**].
Number of Manuscript Pages in Journal-Generated PDF: 25

Works Currently Under Review – Refereed Journal

1. Christian T. Macarilla#, Nicholas M. Sautter*#, Zac P. Robinson#, Matthew Juber*#, Landyn M. Hickmott#, Rebecca M. Cerminaro*#, Brian Benitez#, Joseph P. Carzoli#, Caleb D. Bazylar, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Accuracy of Predicting One-Repetition Maximum from Submaximal Velocity in the Barbell Back Squat and Bench Press. [**In Review – Submitted to Biology of Sport**].
Number of Manuscript Pages in Submitted Word File: 16
2. Michael H. Haischer#, Joseph P. Carzoli#, Daniel M. Cooke#, and **Michael C. Zourdos**. Predicting Total Back Squat Repetitions from Repetition Velocity and Velocity Loss. [**In Review – Submitted to Sports Biomechanics**].
Number of Manuscript Pages in Journal-Generated PDF: 28

Refereed Book Chapters (National Publisher)

1. **Michael C. Zourdos**, Andy V. Khamoui, and Lee E. Brown. Resistance Training Prescription. In: **Conditioning for Strength and Human Performance 3rd Edition**. Chandler TJ and Brown LE (Eds.). Abingdon, OX, UK: Routledge, 2018.
2. Andy V. Khamoui, **Michael C. Zourdos**, and Lee E. Brown. Needs Analysis. In: **Conditioning for Strength and Human Performance 3rd Edition**. Chandler TJ and Brown LE (Eds.). Abingdon, OX, UK: Routledge, 2018.

Refereed Presentations and Proceedings (Conferences)

**Undergraduate Mentee, #Graduate Mentee
@First author from an Undergraduate Mentee*

INTERNATIONAL

1. Rodrigo V. Gomes, **Michael C. Zourdos**, Alexandre A. Moreira, Marcelo S. Aoki, Caroline D. Capitani. Sodium Citrate supplementation enhances tennis skill performance. **European Conference of Sport Science**. Malmo, Sweden, 2015.
(Resulted in Publication)

2. Caroline D. Capitani, **Michael C. Zourdos**, Alexandre Moreira, Luis Viveiros, Vidal, J., and Marcel S. Aoki. Fluid intake habits among Brazilian high-school wrestlers. **European Conference of Sport Science**. Barcelona, Spain. 2013. **(Resulted in Publication)**
3. Caroline D. Capitani, Luis Viveiros, Alexandre Moreira, **Michael C. Zourdos**, J.A.A., Vidal, Marcelo S. Aoki. Patterns of weight loss of young wrestlers during the Brazilian national high-school games. **European Conference of Sport Science**, Barcelona, Spain. 2013. **(Resulted in Publication)**

NATIONAL

1. Zac P. Robinson*#, Trevor K. Johnson*#, Daniel J. Belcher#, Colby A. Sousa#, Joseph P. Carzoli#, Nishant P. Visavadiya, Andy V. Khamoui, Michael Whitehurst, and **Michael C. Zourdos**. Acute Resistance Exercise Elicits BDNF but Not Cathepsin B in Well-Trained Men. **American College of Sports Medicine Conference**, Orlando, FL. Medicine & Science in Sports & Exercise. 2020 Jul 1;52(7):783. **(Resulted in Publication)**.
2. Christian T. Macarilla#, Joseph P. Carzoli#, Colby A. Sousa#, Eric R. Helms#, and **Michael C. Zourdos**. Agreement Between Kinovea and the Open Barbell System for Barbell Velocity and Range of Motion. **American College of Sports Medicine Conference**, San Francisco, CA. Medicine & Science in Sports & Exercise. 2020 Jul 1;52(7S):214. **(Manuscript Currently In-Review)**.
3. Trevor K. Johnson*#, Daniel J. Belcher#, Colby A. Sousa#, Joseph P. Carzoli#, Nishant P. Visavadiya, Eric R. Helms, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Temporal Recovery in the Squat, Bench Press, and Deadlift and the Predictive Performance Ability of Cell-Free DNA. **Experimental Biology Conference**, Orlando, FL. FASEB Journal. 2019. **(Resulted in Publication)**
4. Matthew Juber*#, Joseph P. Carzoli#, Colby A. Sousa#, Daniel J. Belcher#, Eric R. Helms#, Andy V. Khamoui, Michael Whitehurst, and **Michael C. Zourdos**. The Effects of Eccentric Duration on Squat and Bench Press Concentric Performance. **American College of Sports Medicine Conference**, Orlando, FL. Medicine & Science in Sports & Exercise. 2019 May 1;(51).46-47. **(Resulted in Publication)**
5. Nicholas Sautter*#@, Colby A. Sousa#, Daniel J. Belcher#, Joseph P. Carzoli#, Trevor K. Johnson#, Rebecca M. Cerminaro*#, Eric R. Helms#, Chun-Jung Huang, Michael Whitehurst, and **Michael C. Zourdos**. Proximity to Failure and Repetitions Per Set Effects RPE Accuracy in the Squat, Bench Press, and Deadlift. **American College of Sports Medicine Conference**, Orlando, FL. Medicine & Science in Sports & Exercise. 2019 May 1;(51).939. **(Resulted in Publication)**
6. Adrianna J. Castro, Gabriel S. Pena, Hector G. Paez*, Nishant P. Visavadiya, **Michael C. Zourdos**, Michael Whitehurst, and Andy V. Khamoui. Mitochondrial Ant 2 and Ucp2 Expression in Mouse Liver During Colon-26 Tumor-Induced Cachexia. **American College of Sports Medicine Conference**, Orlando, FL. Medicine & Science in Sports & Exercise. 2019 May 1;(51).503-504.
7. Spencer K. Travis, Caleb D. Bazyler, and **Michael C. Zourdos**. Comparing Attempt Selections of Elite Male and Female Raw Powerlifters. **American College of Sports Medicine Conference**, Orlando, FL. Medicine & Science in Sports & Exercise. 2019 May 1;(51).48. **(Resulted in Publication)**

8. Colby A. Sousa#, Michael H. Haischer#, Daniel M. Cooke#, Amber M. Shipherd, Joseph P. Carzoli#, Trevor K. Johnson*#, Edward P. Davis*, Dan J. Belcher#, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Self-Confidence is Positively Related to Rating of Perceived Exertion During a Maximal Squat Test. **American College of Sports Medicine Conference**, Minneapolis, MN. Medicine & Science in Sports & Exercise. 2018 May 1;(50).178. **(Resulted in Publication)**
9. Dan J. Belcher#, Michael H. Haischer#, Daniel M. Cooke#, Joseph P. Carzoli#, Amber M. Shipherd#, Robert Varieur#, Trevor K. Johnson*#, Edward P. Davis*, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Hypersomnia is Negatively Related to Maximal Strength Performance. **American College of Sports Medicine Conference**, Minneapolis, MN. Medicine & Science in Sports & Exercise. 2018 May 1;(50).796. **(Resulted in Publication)**
10. Hector G. Paez*@, Michael H. Haischer#, Daniel M. Cooke#, Joseph P. Carzoli#, Amber M. Shipherd, Trevor K. Johnson*#, Edward P. Davis*, Robert Varieur#, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Acute Anxiety is Not Significantly Related to Repetitions Performed in the Back Squat. **American College of Sports Medicine Conference**, Minneapolis, MN. Medicine & Science in Sports & Exercise. 2018 May 1;(50).796. **(Resulted in Publication)**
11. Joseph P. Carzoli#, Michael H. Haischer#, Daniel M. Cooke#, Amber M. Shipherd, Trevor K. Johnson*#, Edward P. Davis*, Dan J. Belcher#, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Acute Cognitive Anxiety is Positively Related to Maximal Strength Performance. **American College of Sports Medicine Conference**, Minneapolis, MN. Medicine & Science in Sports & Exercise. 2018 May 1;(50).794. **(Resulted in Publication)**
12. Michael H. Haischer#, Daniel M. Cooke#, Joseph P. Carzoli#, Amber M. Shipherd, Trevor K. Johnson*#, Edward P. Davis*, Dan J. Belcher#, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Perceived Recovery Status is Associated With Back Squat One-Repetition Maximum Self-Efficacy. **American College of Sports Medicine Conference**, Minneapolis, MN. Medicine & Science in Sports & Exercise. 2018 May 1;(50).803. **(Resulted in Publication)**
13. Robert J. Pratt#, Michael H. Haischer#, Daniel M. Cooke#, Joseph P. Carzoli#, Amber M. Shipherd, Trevor K. Johnson*#, Edward P. Davis*, Robert Varieur#, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Grit is Not Significantly Related to Repetitions Performed in the Back Squat. **American College of Sports Medicine Conference**, Minneapolis, MN. Medicine & Science in Sports & Exercise. 2018 May 1;(50).797. **(Manuscript Under Review)**
14. Trevor K. Johnson*#, Michael H. Haischer#, Daniel M. Cooke#, Joseph P. Carzoli#, Amber M. Shipherd, Edward P. Davis*, Robert Varieur#, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. The Short Grit Scale Does Not Relate to Acute One-Repetition Maximum Back Squat Performance. **American College of Sports Medicine Conference**, Minneapolis, MN. Medicine & Science in Sports & Exercise. 2018 May 1;(50).797. **(Manuscript Under Review)**

15. Gabriel Pena, Arun Maharaj, Arun Slusher, Chun-Jung Huang, **Michael C. Zourdos**, and Michael Whitehurst. Maximal Aerobic Exercise Alters Plasma BDNF and BDNF Expression in PBMCs in Obese and Non-Obese **American College of Sports Medicine Conference**, Denver, CO. *Medicine & Science in Sports & Exercise*. 2017 May 1;(49).700.
16. Peter J. Ferrandi, Justin M. Quiles#, Rocky Blanco#, Alex Klemp#, Chad Dolan*#, Arun Maharaj, Chun-Jung Huang, Michael Whitehurst, and **Michael C. Zourdos**. Acute Resistance Training Induced Increases in Plasma Interleukin-6 are Volume-Dependent. **American College of Sports Medicine Conference**, Denver, CO. *Medicine & Science in Sports & Exercise*. 2017 May 1;(49).1029. **(Resulted in Publication)**
17. Ryan K. Byrnes*#, Eric R. Helms#, Daniel M. Cooke#, Michael H. Haischer#, Trevor K. Johnson*#, Jose C. Velazquez*, Joseph P. Carzoli#, John B. Cronin, Adam S. Storey, and **Michael C. Zourdos**. Percentage-Based and Autoregulated-Based Resistance Training Loading Produce Similar Lower Body Hypertrophy Outcomes. **American College of Sports Medicine Conference**, Denver, CO. *Medicine & Science in Sports & Exercise*. 2017 May 1;(49).130. **(Resulted in Publication)**
18. Michael H. Haischer#, Jacob A. Goldsmith#, Daniel M. Cooke#, Ryan K. Byrnes*#, Jared H. Perlmutter*, Jose C. Velazquez*, Adam Sayih#, Eric R. Helms#, Chad Dolan*#, and **Michael C. Zourdos**. Training and Chronological Age Effects Repetitions in Reserve-Based Rating of Perceived Exertion Accuracy. **American College of Sports Medicine Conference**, Denver, CO. *Medicine & Science in Sports & Exercise*. 2017 May 1;(49).1042. **(Resulted in Publication)**
19. Jared H. Perlmutter*@, Jacob A. Goldsmith#, Daniel M. Cooke#, Ryan K. Byrnes#, Michael H. Haischer#, Jose C. Velazquez*, Eric R. Helms#, Chad Dolan*#, and **Michael C. Zourdos**. Total Repetitions Per Set Effects Repetitions in Reserve-Based Rating of Perceived Exertion Accuracy. **American College of Sports Medicine Conference**, Denver, CO. *Medicine & Science in Sports & Exercise*. 2017 May 1;(49).1043. **(Resulted in Publication)**
20. Jessica L. Halle*#@, Jacob A. Goldsmith#, Cameron Trepeck#, Ryan K. Byrnes*#, Daniel M. Cooke#, Michael H. Haischer#, Kristin M. Mendez#, Robert F. Zoeller, Michael Whitehurst and **Michael C. Zourdos**. Validity of Linear Position Transducers Versus the Optotrak 3D Motion Capture System. **American College of Sports Medicine Conference**, Denver, CO. *Medicine & Science in Sports & Exercise*. 2017 May 1;(49).757. **(Resulted in Publication)**
21. Daniel M. Cooke#, Eric R. Helms#, Ryan K. Byrnes*#, Michael H. Haischer#, Trevor K. Johnson*#, Jose C. Velazquez*, Joseph P. Carzoli#, John B. Cronin, Adam S. Storey, and **Michael C. Zourdos**. Impact of Percentage-Based vs. Autoregulated-Based Load Prescription on Maximal Strength. **American College of Sports Medicine Conference**, Denver, CO. *Medicine & Science in Sports & Exercise*. 2017 May 1;(49).1062. **(Resulted in Publication)**
22. Nathan A. Diaz, Catherine C. Coccia, Chad Dolan*#, Jacob A. Goldsmith#, **Michael**

- C. Zourdos.** Ad Libitum Dietary Intake Habits of Resistance Trained Males: A Comparison to Established Dietary Recommendations. **Food and Nutrition Conference and Expo (FNCE)**, Boston, MA. *Journal of the Academy of Nutrition and Dietetics*. 2016 Sep 1;116(9):A10.
23. Jacob A. Goldsmith#, Justin M. Quiles#, Rocky Blanco#, Alex Klemp#, Chad Dolan*#, Chun-Jung, Michael Whitehurst, and **Michael C. Zourdos**. Progressive resistance exercise elicits significant brain-derived neurotrophic growth factor expression. **American College of Sports Medicine Conference**, Boston, MA. *Medicine & Science in Sports & Exercise*. 2016 May 1;(48).635. **(Resulted in Publication)**
24. Jared H. Perlmutter*#, Chad Dolan*#, Justin M. Quiles#, Rocky Blanco#, Jacob A. Goldsmith#, Kristin M. Mendez#, Ryan K. Byrnes*#, Robert F. Zoeller, Michael Whitehurst, **Michael C. Zourdos**. Impact of various concurrent training interventions on squat strength. **American College of Sports Medicine Conference**, Boston, MA. *Medicine & Science in Sports & Exercise*. 2016 May 1;(48).957.
25. Kristin M. Mendez#, Chad Dolan*#, Justin M. Quiles#, Rocky Blanco#, Jacob A. Goldsmith#, Jared H. Perlmutter*, Ryan K. Byrnes*#, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Impact of various concurrent training interventions on bench press strength. **American College of Sports Medicine Conference**, Boston, MA. *Medicine & Science in Sports & Exercise*. 2016 May 1;(48).936-937.
26. Arun Maharaj, **Michael C. Zourdos**, Michael Whitehurst, Brandon G. Fico, and Chun-Jung Huang. Association of calprotectin with leukocyte chemotactic and inflammatory mediators following acute aerobic exercise. **American College of Sports Medicine Conference**, Boston, MA. *Medicine & Science in Sports & Exercise*. 2016 May 1;(48).86. **(Resulted in Publication)**
27. **Michael C. Zourdos**, Chad Dolan*#, Justin M. Quiles#, Alex Klemp#, Rocky Blanco#, Anthony J. Krahwinkel#, Jacob A. Goldsmith#, Edward Jo, Jeremy P. Loenneke, and Michael Whitehurst. Efficacy of daily 1RM squat training in well-trained lifters: Three Case Studies. **College of Sports Medicine Conference**, San Diego, CA. *Medicine & Science in Sports & Exercise*. 2015 May 1;(47).940. **(Resulted in Publication)**
28. Alex Klemp#, Rocky Blanco#, Chad Dolan*#, Justin M. Quiles#, Anthony J. Krahwinkel#, Robert F. Zoeller, B. Sue Graves, **Michael C. Zourdos**. Two volume-equated daily undulating periodization models enhance strength similarly independent of specific repetition range. **American College of Sports Medicine Conference**, San Diego, CA. *Medicine & Science in Sports & Exercise*. 2015 May 1;(47).829-830. **(Resulted in Publication)**
29. Justin M. Quiles#, Alex Klemp#, Rocky Blanco#, Chad Dolan*#, Anthony J. Krahwinkel#, Robert F. Zoeller, B. Sue Graves, **Michael C. Zourdos**. Volume-Equated high and low repetition daily undulating periodization models for upper body muscle hypertrophy. **American College of Sports Medicine Conference**, San Diego, CA. *Medicine & Science in Sports & Exercise*. 2015 May 1;(47)934. **American College of Sports Medicine, San Diego, CA. 2015. (Resulted in Publication)**

30. Chad Dolan*#, Alex Klemp#, Rocky Blanco#, Justin M. Quiles#, Anthony J. Krahwinkel#, Robert F. Zoeller, B. Sue Graves, **Michael C Zourdos**. Volume-Equated high and low repetition daily undulating periodization models for lower body muscle hypertrophy. **American College of Sports Medicine Conference**, San Diego, CA. Medicine & Science in Sports & Exercise. 2015 May 1;(47):934-935. **(Resulted in Publication)**
31. Chad Dolan*#, Justin M. Quiles#, Alex Klemp#, Kyle A. Schau#, Ben Esgro, Edward Jo, and **Michael C. Zourdos**. Evaluating squat attempt velocities of collegiate and open powerlifters as a marker of performance and indicator of success during competition. **National Strength and Conditioning Association**, Las Vegas, NV. 2014.
32. Alex Klemp#, Chad Dolan*#, Justin M. Quiles#, Kyle A. Schau#, Ben Esgro, Edward Jo, and **Michael C. Zourdos**. The usefulness of average velocity of opening deadlift attempts in open and collegiate powerlifters during competition as a predictor of performance. **National Strength and Conditioning Association**, Las Vegas, NV. 2014.
33. **Michael C. Zourdos**, Justin M. Quiles#, Alex Klemp#, Chad Dolan*#, Kyle A. Schau#, John Crimmins#, Ben Esgro, Sonia Garcia Merino, and Sue Graves. A comparison of efficiency between experienced and novice squatters during high intensity squats. **American College of Sports Medicine Conference**, Orlando, FL. Medicine & Science in Sports & Exercise. 2014 May 1;(46). **(Resulted in Publication)**
34. Chad Dolan*#, Kyle A. Schau#, Justin M. Quiles#, Alex Klemp#, Bradford Day*, Sonia Garcia Merino, Sue Graves, and **Michael C. Zourdos**, Comparison of center of pressure during the squat between experienced and novice squatters. **American College of Sports Medicine Conference**, Orlando, FL. Medicine & Science in Sports & Exercise. 2014 May 1;(46):69. **(Resulted in Publication)**
35. Alex Klemp#, Justin M. Quiles#, Chad Dolan*#, Kyle A. Schau#, John Crimmins#, Ben Esgro, Sonia Garcia Merino, Sue Graves, and **Michael C. Zourdos**, Does high intensity squatting elicit post activation potentiation on the squat? **American College of Sports Medicine Conference**, Orlando, FL. Medicine & Science in Sports & Exercise. 2014 May 1;(46):671.
36. **Michael C. Zourdos**, Edward Jo, Andy V. Khamoui, Bong-Sup Park, Sang-Rok Lee, Lynn B. Panton, Michael J. Ormsbee, David D. Thomas, Emery Ward, Robert J. Contreras, and Jeong-Su Kim. Novel daily undulating periodization model produces greater performance gains than a traditional configuration in powerlifters. **American College of Sports Medicine Conference**, Indianapolis, IN. Medicine & Science in Sports & Exercise. 2013 May 1;(45):218. **(Resulted in Publication)**
37. Sang-Rok Lee, Edward Jo, Andy V. Khamoui, Bong-Sup, **Michael C. Zourdos**, Lynn B. Panton, Michael J. Ormsbee, and Jeong-Su Kim. Resistance training and CLA/n-3 administration improve myofiber size and myogenic capacity in high fat diet-fed mice. **Experimental Biology Conference**. Boston, MA. The FASEB Journal. 2013

Apr;27:1152-6. **(Resulted in Publication)**

38. Bong-Sup Park, Paul C. Henning, Andy V. Khamoui, Edward Jo, Sang-Rok Lee, **Michael C. Zourdos**, Do-Houn Kim, and Jeong-Su Kim. HMB attenuates a loss of myofiber cross-sectional area during prolonged exercise with calorie restriction by enhancing regenerative capacity. **Experimental Biology Conference**. Boston, MA. The FASEB Journal. 2013 Apr;27:1076-5.
39. **Michael C. Zourdos**, Edward Jo, Andy V. Khamoui Bong-Sup Park, Sang-Rok Lee, Lynn B. Panton, Robert J. Contreras, Michael J. Ormsbee, and Jeong-Su Kim. Changes in maximal strength with two different models of daily undulating periodization in trained powerlifters. **American College of Sports Medicine Conference**, San Francisco, CA. Medicine & Science in Sports & Exercise. 2012 May 1;(44):530. **(Resulted in Publication)**
40. Edward Jo, **Michael C. Zourdos**, Kasunori Nosaka, Sang-Rok Lee, Marshall Naimo Paul C. Henning, Young-Min Park, Andy V. Khamoui, Bong-Sup. Park, Lynn B. Panton, and Jeong-Su Kim. Varying muscle-specific exercise between consecutive training sessions does not diminish the repeated bout effect. **American College of Sports Medicine Conference**, San Francisco, CA. Medicine & Science in Sports & Exercise. 2012 May 1;(44):458. **(Resulted in Publication)**
41. Marshall Naimo, David W. Eccles, Jacob M. Wilson, **Michael C. Zourdos**, Jeong-Su. Kim, and Lynn B. Panton. Contextual interference effects on the acquisition of strength and skill of the bench press. **American College of Sports Medicine Conference**, San Francisco, CA. Medicine & Science in Sports & Exercise. 2012 May 1;(44):194. **(Resulted in Publication)**
42. Sang-Rok Lee, Andy V. Khamoui, Edward Jo, Bong-Sup Park, **Michael C. Zourdos**, Neema Bakshalian, Samuel C. Grant, Bahram H. Arjmandi, Michael J. Ormsbee, and Jeong-Su Kim. Anti-catabolic effects of CLA/n-3 in resting and loaded muscles of a high fat diet-fed mice. **American College of Sports Medicine Conference**, San Francisco, CA. Medicine & Science in Sports & Exercise. 2012 May 1;(44):685. **(Resulted in Publication)**
43. Jeong-Su Kim, Sang-Rok, Edward Jo, Andy V. Khamoui, Bong-Sup Park, **Michael C. Zourdos**, Shirin Hooshmand, Bahram H. Arjmandi, Michael J. Ormsbee, and Samuel C. Grant. Fatty acid intake and exercise improve body composition and functionality in high fat diet-fed mice. **American College of Sports Medicine Conference**, San Francisco, CA. Medicine & Science in Sports & Exercise. 2012 May 1;(44):693-694.
44. Jacob M. Wilson, Pedro J. Marin, Nevine Duncan, Jeremy P. Loenneke, **Michael C. Zourdos**, Edward Jo, Lee E. Brown. Post Activation Potentiation: A meta-analysis examining the effects of volume, rest period length, and conditioning mode on changes in power. **American College of Sports Medicine Conference**, San Francisco, CA. Medicine & Science in Sports & Exercise. 2012 May 1;(44):86-87.
45. Caleb D. Bayzler, **Michael C. Zourdos**, Bong-Sup Park, Sang-Rok Lee, Panton, L.B., and Kim, J-S. The Effects of a Sub-Maximal Warm-up on endurance performance in trained male runners during a 30-minute time trial. **American College of Sports Medicine Conference**, Denver, CO. Medicine & Science in Sports & Exercise. 2011

May 1;43(5):868. (**Resulted in Publication**)

46. Bong-Sup Park, Paul C. Henning, Sang-Rok Lee, Jacob M. Wilson, Young-Min Park, Edward Jo, Andy V. Khamoui, **Michael C. Zourdos**, and Jeong-Su Kim. β -hydroxy- β -methylbutyrate (HMB) Improves Myogenesis and Maintains Strength in Male Mice during a 6-Week Catabolic Condition. **Experimental Biology Conference**. Washington, D.C. The FASEB Journal. 2011. Apr;25:1105.
47. Jeong-Su Kim, Jacob M. Wilson, Sang-Rok Lee, Paul C. Henning, Young-Min. Park, **Michael C. Zourdos**, Carlos Ugrinowitsch, Samuel C. Grant, Lynn B. Panton, John A. Rathmacher, and Bahram H. Arjmandi. Daily β -hydroxy- β -methylbutyrate (HMB) Intake Prevents a Loss of Lean/Total Body Mass Ratio during Senescence. **American College of Sports Medicine Conference**, Baltimore, MD. Medicine & Science in Sports & Exercise. 2010 May 1;42(5):2.
48. Young-Min Park, Sang-Rok Lee, Jacob M. Wilson, Paul C. Henning, Neema Bakhshalian, Carlos Ugrinowitsch, **Michael C. Zourdos**, Bong-Sup Park, Edward Jo, Andy V. Khamoui, and Jeong-Su. Kim. Influence of b-hydroxy-b-methylbutyrate on Body Composition and Neuromuscular Function in Old Rats during Resistance Training: **American College of Sports Medicine Conference**, Medicine & Science in Sports & Exercise. 2010 May 1;42(5):775.
49. Paul C. Henning, Jacob M. Wilson, Sang-Rok Lee, Arturo Figueroa, Lynn B. Panton, David Mendez, **Michael C. Zourdos**, Young-Min Park, Shirin Hooshmand, and Jeong-Su Kim Effects Of 3 Or 6 Grams Of b-hydroxy-b-methylbutyrate (HMB) On Muscle Damage and Performance In Elderly: **American College of Sports Medicine Conference**, Medicine & Science in Sports & Exercise. 2010 May 1;42(5):775.
50. Sang-Rok Lee, Jacob M. Wilson, Paul C. Henning, Carlos Ugrinowitsch, Young-Min Park, **Michael C. Zourdos**, Bong-Sup Park, Andy V. Khamoui, Edward Jo, Samuel C. Grant, Lynn B. Panton, and Jeong-Su Kim. b-hydroxy-b-methylbutyrate (HMB) Improves Relative Grip Strength and Sensorimotor Function in Middle aged and Old Rats: **American College of Sports Medicine Conference**, Medicine & Science in Sports & Exercise. 2010 May 1;42(5):774-5.
51. Young-Min Park, Sang-Rok Lee, Jacob M. Wilson, Paul C. Henning, Carlos Ugrinowitsch, **Michael C. Zourdos**, Bahram H. Arjmandi, John A. Rathmacher, and Jeong-Su Kim. Effects of β -hydroxy- β -methylbutyrate (HMB) on Muscle IGF-I and MGF mRNA Expression in Aged Female Rats during 10-Week Resistance Training. **Experimental Biology Conference**. Anaheim, CA. The FASEB Journal. 2010 Apr;24:621-4.
52. Jacob M. Wilson, Sang-Rok Lee, Paul C. Henning, Carlos Ugrinowitsch, Samuel C. Grant, Young-Min Park, Issan S. Masad, Ken P. Leonard, **Michael C. Zourdos**, Neema Bakhshalian, Lynn B. Panton, and Jeong-Su Kim. Beta-hydroxy-beta-methylbutyrate (HMB) Decreases Body Fat in Middle Aged and Old Rats. **Experimental Biology Conference**. Anaheim, CA. The FASEB Journal. 2010 Apr;24:736-1.
53. **Michael C. Zourdos**, Jacob M. Wilson, Brian A. Sommer, Lyndsey M. Hornbuckle, Young-Min Park, Sang-Rok Lee, Lynn B. Panton, and Jeong-Su Kim. The Effects Of

Dynamic Stretching On Endurance Performance During A 30 Minute Time Trial. **American College of Sports Medicine Conference**. Medicine & Science in Sports & Exercise. 2009 May 1;41(5):87. **(Resulted in Publication)**

54. Brian A. Sommer, Jacob M. Wilson, **Michael C. Zourdos**, Lyndsey M. Hornbuckle, Young-Min Park, Sang-Rok Lee, Lynn B. Panton, and Jeong-Su. Kim. The effects of dynamic stretching on energy cost during A 30-minute time trial. **American College of Sports Medicine Conference**, Seattle, WA. Medicine & Science in Sports & Exercise. 2009 May 1;41(5):87. **(Resulted in Publication)**

REGIONAL

1. Zac P. Robinson*#, Trevor K. Johnson*#, Daniel J. Belcher#, Colby A. Sousa#, Joseph P. Carzoli#, Nishant P. Visavadiya, Andy V. Khamoui, Michael Whitehurst, and **Michael C. Zourdos**. Acute Resistance Exercise Elicits BDNF but Not Cathepsin B in Well-Trained Men. **American College of Sports Medicine**, San Francisco, CA. 2020. **(Resulted in Publication)**
2. Christian T. Macarilla#, Joseph P. Carzoli#, Colby A. Sousa#, Eric R. Helms#, and **Michael C. Zourdos**. Agreement Between Kinovea and the Open Barbell System for Barbell Velocity and Range of Motion. **American College of Sports Medicine**, San Francisco, CA. 2020. **(Manuscript Currently In-Review)**.
3. Daniel M. Cooke#, Jacob A. Goldsmith#, Ryan K. Byrnes*#, Jared H. Perlmutter*, Michael H. Haischer#, Jose C. Velazquez*, Adam Sayih#, Eric R. Helms#, Chad Dolan*#, and **Michael C. Zourdos**. Total repetitions per set effects RIR-Based RPE accuracy. **Southeast American College of Sports Medicine**, Greenville, SC. 2017. **(Resulted in Publication)**
4. Michael H. Haischer#, Jacob A. Goldsmith#, Daniel M. Cooke#, Ryan K. Byrnes*#, Jared H. Perlmutter*, Jose C. Velazquez*, Adam Sayih#, Eric R. Helms#, Chad Dolan*#, and **Michael C. Zourdos**. Training and chronological age effect RIR-Based RPE accuracy. **Southeast American College of Sports Medicine**, Greenville, SC. 2017. **(Resulted in Publication)**
5. Jessica L. Halle*#@, Jacob A. Goldsmith#, Daniel M. Cooke#, Ryan K. Byrnes*#, Jared H. Perlmutter*, Michael H. Haischer#, Jose C. Velazquez*, Eric R. Helms#, Chad Dolan*#, and **Michael C. Zourdos**. Assessment of repetitions allowed at 70% of one-repetitions maximum in the back squat in trained males. **Southeast American College of Sports Medicine**, Greenville, SC. 2017. **(Resulted in Publication)**
6. Jacob A. Goldsmith#, Chad Dolan*#, Justin M. Quiles#, Rocky Blanco#, Kristin M. Mendez#, Jared H. Perlmutter*, Robert F. Zoeller, R.F., Whitehurst, M., and **Michael C. Zourdos**. Impact of various concurrent training interventions on 1RM Squat. **Southeast American College of Sports Medicine**, Greenville, SC. 2016.
7. Kristin M. Mendez#, Chad Dolan*#, Justin M. Quiles#, Rocky Blanco#, Jacob A. Goldsmith#, Jared A. Perlmutter*, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Impact of various concurrent training interventions on 1RM bench. **Southeast American College of Sports Medicine**, Greenville, SC. 2016.
8. Arun Maharaj, Aaron L. Slusher, **Michael C. Zourdos**, Michael Whitehurst, Brandon

- G. Fico, and Chun-Jung Huang. Association of calprotectin with leukocyte chemotactic and inflammatory mediators following acute aerobic exercise. **Southeast American College of Sports Medicine**, Greenville, SC. 2016. **(Resulted in Publication)**
9. Alex Klemp#, Rocky Blanco#, Chad Dolan*#, Justin M. Quiles#, Anthony J. Krahwinkel#, Robert F. Zoeller, Sue Graves, and **Michael C. Zourdos**. Effects of volume-equated high and low repetition daily undulating periodization models on maximal strength. **Southeast American College of Sports Medicine Conference**. Jacksonville, FL. 2015. **(Resulted in Publication)**
 10. Justin M. Quiles#, Alex Klemp#, Rocky Blanco#, Chad Dolan*#, Anthony J. Krahwinkel#, Robert F. Zoeller, Sue Graves, and **Michael C. Zourdos**. Volume-equated high and low repetition daily undulating periodization models for muscle hypertrophy. **Southeast American College of Sports Medicine Conference**. Jacksonville, FL. 2015. **(Resulted in Publication)**
 11. Chad Dolan*#, Kyle A. Schau#, Justin M. Quiles#, Alex Klemp#, Bradford Day*, Sue Graves, and **Michael C. Zourdos**. An examination of center of pressure during the squat at various intensities as a marker of technique efficiency between experienced and novice squatters. **Southeast American College of Sports Medicine**. Greenville, SC. 2014.
 12. Alex Klemp#, Kyle A. Schau#, Justin M. Quiles#, Chad Dolan*#, Ben Esgro, Sue Graves, and **Michael C. Zourdos**. A comparison of average velocity at maximal intensity in the squat as a marker of efficiency between experienced and novice squatters. **Southeast American College of Sports Medicine**, Greenville, SC. 2014. **(Resulted in Publication)**
 13. **Michael C. Zourdos**, Michael J. Ormsbee, Edward Jo, Andy V. Khamoui, Bong-Sup Park, Sang-Rok Lee, Lynn B. Panton, David D. Thomas, Emery Ward, Robert J. Contreras, and Jeong-Su Kim. Time course of hormonal responses with two different models of daily undulating periodization in trained powerlifters. **Southeast Regional American College of Sports Medicine**. Greenville, SC. 2013. **(Resulted in Publication)**.
 14. **Michael C. Zourdos**, Carlos Ugrinowitsch, Jacob M. Wilson, Paul C. Henning, Song-Rok Lee, Young-Min Park, and Jeong-Su Kim. Changing exercises between sessions does not prevent the repeated bout effect occurrence. **Southeast Regional American College of Sports Medicine**. Greenville, SC. 2010. **(Resulted in Publication)**
 15. Sang-Rok Lee, Young-Min Park, Jacob M. Wilson, Paul C. Henning, **Michael C. Zourdos**, Neema Bakhshalian, Carlos Ugrinowitsch, Bong-Sup Park, Andy V. Khamoui, Edward Jo, and Jeong-Su Kim. Effects of β -hydroxyl- β -methylbutyrate (HMB) on body composition in old sprague-dawley female rats during 10-week resistance training. **Southeast Regional American College of Sports Medicine**. Greenville, SC. 2010.
 16. Paul C. Henning, Jacob M. Wilson, Sang-Rok Lee, Arturo Figueroa, Lynn B. Panton, David Mendez, **Michael C. Zourdos**, Young-Min Park, Shirin Hooshmand, and Jeong-Su Kim. Effects of 3 or 6 grams of β -hydroxy- β -methylbutyrate (HMB) on muscle damage and performance in elderly. **Southeast Regional American College of Sports Medicine**. Greenville, SC. 2010.

Non-Refereed Presentations and Proceedings

Instruction Manual Chapter

1. **Michael C. Zourdos**. USA Powerlifting Coaching Certification Curriculum Training Principles and Program Design: A Short Review. USA Powerlifting Coaching Certification Curriculum, 2013.

Creative Activities and Achievements

- **International Invited Presentations**

1. Shredded by Science (of the United Kingdom) presents **Dr. Mike Zourdos** and Eric Helms. **The Strength and Physique Conference. London, England.** July 2017.
2. BioLayne LLC. Natural Figure and Bodybuilding VIP Camp. **Toronto, Ontario, Canada.** October 2014.
3. Reactive Training Systems Strength and Power Seminar. **Sydney, Australia.** December, 2013.
4. The University of Madrid Physical Activity and Exercise Conference. **Madrid, Spain.** October 4th, 2013.

- **National Conference Invited Speaker/Keynote**

1. **National Strength and Conditioning Association (NSCA) National Conference Selected Keynote Presenter:** Integration of Periodization, Autoregulation, and Structured Overreaching for Muscle Performance. 2015
****Noted Celebrated Speaker****
2. *NSCA National Conference*
Selected Keynote Presenter: Challenging Current Thoughts and Practices of Periodization – A Scientific Critique. 2014.

- **Regional Conference Symposium**

1. Chung-Jung Huang, Heather E. Webb., **Michael C. Zourdos**, Edmund O. Acevedo. Flight-or-Flight: The SAM axis and Your Health. *A Symposium.* **Southeast American College of Sports Medicine.** Greenville, SC. 2014.

- **Other Invited Presentations (Academic Conferences and Industry Invitations)**

1. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp V (2016) Presentation:* Periodization/Program Design for Muscle Performance and Muscle Physiology

2. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp IV (2015)*
Presentation: Periodization/Program Design for Muscle Performance
3. *Reactive Training Systems (RTS) Ft. Lauderdale Seminar (2015)*
Presenter: Integrating Periodization, Autoregulation, and Daily 1RM Training
4. *Florida International University (2014), HUN2201 Principles of Nutrition*
Guest Lecturer: Protein Timing and Leucine's Regulatory Properties
5. *Elite Fitness Mentoring (2014)*
Guest Mentor/Lecturer: Optimizing Daily Undulating Periodization
6. *BioLayne, LLC. and Ledbetter, Inc. Training/Nutrition Seminar (2014)*
Presentation 1: Optimization and Implementation of Undulating Periodization
Presentation 2: Technique and Biomechanics of the Powerlifts
7. *Reactive Training Systems Classroom Presenter (2014-2015)*
20 Total Presentations: Skeletal Muscle Physiology and Periodization
8. *Ledbetter, INC. & Armbrust Pro Gym Host: Dr. Layne Norton, Dr. Mike Zourdos and Ben Esgro (2014)*
Presentation: Optimizing Periodization Models for Powerlifting and Bodybuilding.
9. *Optimal Human Performance Symposium at The Florida State University Hosted by the International Society of Sports Nutrition (2014)*
Presentation: Optimizing Periodization and Program Design Methods for Muscle Performance Adaptations
10. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp III (2014)*
Presentation: Optimizing Periodization and Program Design for Muscle Hypertrophy
11. Guest Lecture: Salisbury University, 2103 (via Skype)
Lecture: Optimizing Periodization Methodology and Design for Optimal Muscle Performance Adaptations
12. Texas Extension Association of Family and Consumer Sciences (TEAFCS), 2013.
Presentation: The Obesity and Fitness Connection, Obesity and the Family: How Did We Get Here?
13. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp I (2012)*
Presentation: Optimizing Periodization and Program Design for Muscle Hypertrophy
14. *Mike Tuchscherer's Reactive Training Systems Powerlifting Seminar (2012)*
Presentation 1: Optimizing Protein Timing and the Importance of Leucine to Maximize Training Adaptations
Presentation 2: Concurrent Training Attenuates Hypertrophy, Strength, and power Gains
15. *Special Operations Medical Association (SOMA) Conference on Human Performance (2012)*
Presentation: Designing Periodization Models to Optimize Performance in Special Operations

16. *FSU Powerlifting's Optimizing Performance Training and Nutritional Adaptations at The Florida State University: Host and Presenter (2012)*
Presentation 1: Implementing Optimal Periodization Models and Program Design
Presentation 2: The Effects of Various Stretching Models on High Level Performance

GRANTS

- **External Grants**

FUNDED

1. Source: Core Nutritionals
Product Grant: Received Supplementation for Research in the Equivalent of \$1,000
[Funded - 2019]
The Effects of Training with Different Proximities to Failure on Strength and Hypertrophy Outcomes
Role: Principle Investigator

2. Source: ScivationTM
Product Grant: Received Supplementation for Research in the Equivalent of \$1,000
[Funded - 2014]
Examination of High and Low Repetition DUP Training with Equated Volume on Muscle Performance in Trained Males
Role: Principle Investigator

PENDING

1. Source: Florida Department of Health: *Bankhead Coley Cancer Research Program – Clinical Research Grant. Autoregulation and Individualization in Resistance Training to Combat Muscle Wasting, Improve, Health-Related Quality of Life and Cancer-Related Biomarkers, and Exercise Adherence in Patients Undergoing Curative Care.*
[Submitted September 2020]
Role: Principal Investigator
Co-Investigators
Brian Focht: Professor, Ohio State University
Ciaran Fairman Post-Doctoral Fellow Edith Cowan University
Michael Whitehurst: Professor, Florida Atlantic University
Nishant Visavadiya: Laboratory Scientist, Florida Atlantic University
Funding Amount Applied For: **\$1,477,289.89.**

UNFUNDED

1. Source: Florida Department of Health: *Bankhead Coley Cancer Research Program – Clinical Research Grant. Autoregulation and Individualization in Resistance Training to Increase Adherence and Combat Muscle Wasting to Improve Health-Related Quality of Life.* **[Submitted 2018]**
Role: Principle Investigator
Co-Investigators
Brian Focht: Professor, Ohio State University
Ciaran Fairman Post-Doctoral Fellow Edith Cowan University

Michael Whitehurst: Professor, Florida Atlantic University
Nishant Visavadiya: Laboratory Scientist, Florida Atlantic University
Funding Amount Applied For: **\$1,302,860.00.**

2. Source: National Strength and Conditioning Association
Grant Mechanism: *International Collaborative Grant*. RPE vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions [**Submitted 2015**]
Role: Principle Investigator
International Collaborator
Eric Helms, Research Fellow, Auckland University of Technology, Auckland, NZ.
Funding Amount Applied For: **\$50,000**

- **Internal Grants**

FUNDED

1. Florida Atlantic University Technology Fee Grant 2014: \$35,000 [**Funded - 2014**]
Innovation in Muscle Physiology Analysis.
Role: Principle Investigator
2. Florida Atlantic University Technology Fee Grant 2013: \$112,285 [**Funded - 2013**]
Optimizing Endurance Equipment Technology and Implementation
Role: Principle Investigator
3. FAU Undergraduate Research Grant, "The effects of pre-cooling and sub-maximal warm-up on physiological measures and endurance performance in trained male runners." \$1,000. Spring 2014.
Role: Principle Investigator, Mentor to Undergraduate Student (Tamara Estevez)

UNFUNDED

1. Florida Atlantic University Technology Fee Grant 2015: \$138,210 [**Unfunded**]
Optimizing Exercise Testing and Imaging Techniques.
Role: Principle Investigator

COURSES TAUGHT AT FAU

1. PET6346 Functional Biomechanics (Graduate)
2. PET4330 Kinesiology
3. PEP4138 Advanced Methods Strength/Conditioning
4. PEP4138 Applications of Training Physiology 2
5. HUN6247 Advanced Sport Nutrition (Graduate)
6. PET5391 Strength and Conditioning Program Design (Graduate)
7. PET6505C Research and Evaluation (Graduate)

Guest Lectures at FAU: College of Medicine and PET4550 Exercise Testing and Prescription

- **Supervision of Graduate Students:**

Thesis and Dissertation Committees

Committee Chair: 16 (13 Completed, 3 In Progress)

Committee Member: 9

Total: 25 Committees

1. Alex Klemp: Role: **Committee Chair** (Master's Thesis): **Graduated 2014**
Current Position: Postdoctoral Scholar at the Navy Experimental Diving Unit
Thesis Title: Volume-Equated High- and Low-Repetition Daily Undulating Programming Strategies Produce Similar Hypertrophy and Strength Adaptations.
2. Thomas Mock: Role: **Committee Member** (Master's Thesis): **Graduated 2014**
Current Position: Ph.D. Student, University of North Texas
Thesis Title: The Effect of Acute Moderate-Intensity Continuous and High-Intensity Interval Exercise on Serum Brain-Derived Neurotrophic Factor in Recreationally Trained Males.
3. Rocky Blanco: Role: **Committee Chair** (Master's Thesis): **Graduated 2015**
Current Position: Ph.D. Student, University of Wisconsin
Thesis Title: Temporal Response of Creating Kinase and Fibroblast Growth Factor-21 to High and Low Repetition Resistance Training.
4. Chad Dolan: Role: **Committee Chair** (Master's Thesis): **Graduated 2015**
Current Position: U.S. Army
Thesis Title: The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition
5. Justin Quiles: Role: **Committee Chair** (Master's Thesis): **Graduated 2015**
Current Position: Postdoctoral Scholar School of Pharmacy and Pharmaceutical Sciences at the University of California, San Diego
Thesis Title: Impact of Resistance Training Program Configuration on the Circulating Brain-Derived Neurotrophic Factor Response.
6. Jacob Goldsmith: Role **Committee Chair** (Master's Thesis): **Graduated 2016**
Current Position: Recent Ph.D. Graduate from Florida State University
Thesis Title: Validity of the Open Barbell and Tendo Weightlifting Analyzer Systems Versus the Optotrak Certus 3D Motion Capture System for Barbell Velocity.
7. Arun Maharaj: Role **Committee Member** (Master's Thesis): **Graduated 2016**
Current Position: Ph.D. Student, Texas Tech University
Thesis Title: The Effect of Maximal Aerobic Exercise on Plasma BDNF and BDNF Expression in PBMCs in Obese and Non-Obese Subjects.
8. Cameron Trepeck: Role: **Committee Member** (**Ph.D. Dissertation – FAU College of Engineering**): **Graduated 2017.**
Current Position: Postdoctoral Fellow, Florida Atlantic University
Dissertation Title: A Hybrid System for Simulation of Athletic Activities Related to Lower Extremity Biomechanics.
9. Eric Helms: Role: **Committee Member** (**Ph.D. Dissertation – AUT University, Auckland, New Zealand**): **Graduated 2017.**
Current Position: Research Fellow, Auckland University of Technology
Dissertation Title: RPE Vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions.
10. Brandon Fico: Role: **Committee Member** (Master's Thesis): **Graduated 2017.**
Current Position: Ph.D. Student, University of Texas at Austin
Thesis Title: The Comparison of High Intensity Interval Exercise vs. Continuous Moderate Exercise on C1q/TNF-Related Protein-9 Expression and Flow-Mediated Dilatation in Obese Individuals.

11. Daniel Cooke: Role: **Committee Chair** (Master's Thesis): **Graduated 2017.**
Current Position: Ph.D. Student, Auckland University of Technology
Thesis Title: Body Mass and Femur Length are Inversely Related to Repetitions Performed in the Back Squat in Well-Trained Lifters.
12. Michael Haischer: Role: **Committee Chair** (Master's Thesis): **Graduated 2017.**
Current Position: Ph.D. Student, University of Wisconsin Milwaukee
Thesis Title: Impact of Cognitive Measures and Sleep on Acute Squat Strength Performance and Perceptual Responses Among Well-Trained Men and Women.
13. Peter Ferrandi: Role: **Committee Member** (Master's Thesis): **Graduated 2017.**
Current Position: Ph.D. Student, University of Tennessee
Thesis Title: Acute High-Intensity Interval Exercise Induces Comparable Levels of Circulating Cell-Free DNA and Interleukin-6 in Obese and Normal-Weight Individuals.
14. Joseph Carzoli: Role: **Committee Chair** (Master's Thesis): **Graduated 2018.**
Current Position: Ph.D. Student, University of Colorado
Thesis Title: The Effects of Eccentric Phase Duration on Concentric Outcomes in the Back Squat and Bench Press in Well-Trained Males.
15. Daniel Belcher: Role: **Committee Chair** (Master's Thesis): **Graduated 2018.**
Current Position: Ph.D. Student, Penn State University
Thesis Title: Time Course of Recovery is Similar for the Back Squat, Bench Press, and Deadlift in Well-Trained Males
16. Colby Sousa: Role: **Committee Chair** (Master's Thesis): **Graduated 2018.**
Current Position: Ph.D. Student, Auckland University of Technology
Thesis Title: Assessment of Accuracy of Intra-Set Rating of Perceived Exertion in the squat, Bench Press, and Deadlift
17. Gabriel Pena: Role: **Committee Member** (Master's Thesis): **Graduated 2018.**
Current Position: Ph.D. Student, Florida Atlantic University
Thesis Title: Effects of Resistance and Aerobic Training of IGF-1 and BDNF Expression in a Murine Model of Alzheimer's Disease
18. Hector Paez: Role: **Committee Member** (Master's Thesis): **Graduated 2018.**
Current Position: Ph.D. Student, University of Tennessee
Thesis Title: Myokine Cathepsin B Expression with Exercise Training in the 3XTg-AD Murine Model of Alzheimer's Disease
19. Trevor Johnson: Role: **Committee Chair** (Master's Thesis): **Graduated 2019.**
Current Position: Ph.D. Student, University of Minnesota
Thesis Title: Low-Volume Acute Multi-Joint Resistance Exercise Elicits a Circulating Brain-Derived Neurotrophic Factor Response but Not a Cathepsin B Response in Well-Trained Men
20. Christian Macarilla: Role: **Committee Chair** (Master's Thesis): **Graduated 2020.**
Current Position: Ph.D. Student, University of South Alabama
Thesis Title: Accuracy of Predicting One-Repetition Maximum from Submaximal Velocity in the Barbell Back Squat and Deadlift
21. Landyn Hickmott: Role: **Committee Chair** (Master's Thesis): **Graduated 2020.**
Current Position: Ph.D. Student, University of Saskatchewan
Thesis Title: Relationship Between Velocity and Repetitions in Reserve in the Back Squat, Bench Press, and Deadlift

22. Zac Robinson: Role: **Committee Chair** (Master's Thesis):
Expected Graduation 2021.
Thesis Title: To Be Determined
23. Rebecca Cerminaro: Role: **Committee Chair** (Master's Thesis):
Expected Graduation 2021.
Thesis Title: To Be Determined
24. Brian Benitez: Role: **Committee Chair** (Master's Thesis):
Expected Graduation 2021.
Thesis Title: To Be Determined
25. Colby Sousa: Role: **Committee Member** (**Ph.D. Dissertation – AUT University, Auckland, New Zealand**): Expected Graduation: **2022**

Graduate Students: Directed Independent Study

30 Total Graduate DIS Administered

Fall 2013: Alex Klemp
Spring 2014: Alex Klemp, John Crimmins
Summer 2014: John Crimmins, Chad Dolan, Jared Edwards, Justin Quiles
Fall 2014: Chad Dolan, Evan Malone
Spring 2015: Anthony Krahwinkel
Summer 2015: Nicholas Gounaris, Kristin Mendez
Fall 2015: Jared Perlmutter
Spring 2016: Jonathan Dobson, Carolyn Karch, Kristin Mendez
Summer 2016: Adam Sayih
Fall 2016: Daniel Cooke
Spring 2017: Daniel Cooke
Summer 2017: Joseph Carzoli, Daniel Belcher, Colby Sousa
Fall 2017: Jared Perlmutter
Spring 2018: Robert Pratt, Colby Sousa
Spring 2019: Jessica Halle, Trevor Johnson
Summer 2019: Jessica Halle, Matthew Juber
Spring 2020: Deanna Ditmyer

Additional Graduate Student Mentorship

The following awards have been won by my mentees

1. ESHP Graduate Student of the Year: Trevor K. Johnson (2018-2019)
Role: Thesis Mentor/Advisor
2. ESHP Graduate Student of the Year: Jacob A. Goldsmith (2015-2016)
Role: Thesis Mentor/Advisor
3. ESHP Graduate Student of the Year: Chad Dolan (2014-2015)
Role: Thesis Mentor/Advisor
4. ESHP Graduate Student of the Year: Alex Klemp (2013-2014)
Role: Thesis Mentor/Advisor

- **Supervision of Undergraduate Students:**

Undergraduate Students: Directed Independent Study

15 Total Undergraduate DIS Administered

Fall 2014: Brianna Friedrich, Ernest Vargas

Research Project Assisted On: *The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition*

Spring 2015: Elvy Buitrago, Ryan Byrnes, Carl Penney, Jared Perlmutter

Research Projects Assisted On:

1. *The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition*
2. Efficacy of daily 1RM training in well-trained powerlifters and weightlifters: A Case Series

Summer 2015: Gustavo Felipe

Research Projects Assisted On:

1. *The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition*
2. Efficacy of daily 1RM training in well-trained powerlifters and weightlifters: A Case Series

Fall 2015: Connor Kelaher

Research Project Assisted On: *The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition*

Spring 2016: Jessica Halle, Jonathan Perry

Research Projects Assisted On:

1. *Validity of the Open Barbell and Tendo Weightlifting Analyzer Systems Versus the Optotrak Certus 3D Motion Capture System for Barbell Velocity.*
2. Proximity to Failure and Total Repetitions Performed in a Set Influences Accuracy of Intra-Set Repetitions in Reserve-Based Rating of Perceived Exertion.

Fall 2016: Luis Espinoza, Cory Moogerfield

Research Project Assisted On: *RPE Vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions.*

Spring 2017: Amanda Kramer

Research Projects Assisted On:

1. *Body Mass and Femur Length are Inversely Related to Repetitions Performed in the Back Squat in Well-Trained Lifters.*
2. *Impact of Cognitive Measures and Sleep on Acute Squat Strength Performance and Perceptual Responses Among Well-Trained Men and Women.*

Fall 2018: Sabrina Mohamed

Research Project Assisted On: *Preparation stage of various projects, assisted in gathering papers and summarizing data to design new projects.*

Spring 2020: Stephanie Poole

Research Project Assisted On: *Does Long-Term Resistance Training Alter Resting Concentrations of Brain-Derived Neurotrophic Factor and Cathepsin B: A Cross-Sectional Study*

Undergraduate Student Interns (Muscle Physiology Laboratory Internship)

8 Total Internships in the Muscle Physiology Laboratory

Fall 2016: Phillip Jones

Research Project Assisted On: *RPE Vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions.*

Summer 2016: Trevor Johnson

Research Project Assisted On: *RPE Vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions.*

Fall 2018: Chris Clow

Research Project Assisted On: *Preparation stage of various projects, assisted in gathering papers and summarizing data to design new projects.*

Spring 2018: Matthew Juber

Research Projects Assisted On: 1. Low Volume Acute Multi-Joint Resistance Exercise Elicits a Peripheral Brain-Derived Neurotrophic Factor Response but Not Cathepsin B in Well-Trained Men, and 2. The Time Course of Recovery for Muscle Damage and Performance are Similar Following Acute Training Bouts in the Squat, Bench Press, and Deadlift in Well-Trained Males.

Fall 2019: Alexander Bieri, Jorge Soto

Research Project Assisted On: *Effect of Proximity to Failure During Resistance Training on Muscle Performance and Fatigue*

Spring 2019: Albert Lains

Research Project Assisted On: *Effect of Proximity to Failure During Resistance Training on Muscle Performance and Fatigue.*

Spring 2020: Lawrence Craver

Research Projects Assisted On: 1. *Effect of Proximity to Failure During Resistance Training on Muscle Performance and Fatigue,* and 2. *Standard Versus Autoregulated Resistance Training in Cancer Patients for Muscle Quality and Strength.*

Additional Undergraduate Student Mentorship

The following awards have been won by my mentees

1. *COE Undergraduate Researcher of the Year: Jared Perlmutter (2015-2016)*
Role: Research Mentor

2. *ESHP Undergraduate Student of the Year: Ryan Byrnes (2015)*
Role: Research Mentor

Additional Activity

1. Ph.D. Advisor: Integrative Biology Program (College of Science)
Prospective Ph.D. approved mentor in both the "Core" and "Biomedical" tracks within the Integrative Biology program.

- **Advising Activities**

Fall 2012 – Spring 2013: No Advising Assignment

Summer 2013: 1 Graduate Student, No Undergraduate Assignment

Fall 2013: 6 Graduate Students, 32 Undergraduate Students

Spring 2014: 11 Graduate Students, 43 Undergraduate Students

Summer 2014: 14 Graduate Students, 47 Undergraduate Students

Fall 2014: 12 Graduate Students, 41 Undergraduate Students

Spring 2015: 16 Graduate Students, 5 Undergraduate Students

Summer 2015: 14 Graduate Students, 5 Undergraduate Students

Fall 2015: 12 Graduate Students, No Undergraduate Assignment

Spring 2016: 15 Graduate Students, No Undergraduate Assignment

Summer 2016: 17 Graduate Students, 1 Undergraduate Student

Fall 2016: 11 Graduate Students, No Undergraduate Assignment

Spring 2017: 14 Graduate Students, 2 Undergraduate Students

Summer 2017: 12 Graduate Students, 2 Undergraduate Students

Fall 2017: 9 Graduate Students, No Undergraduate Assignment

Spring 2018: 14 Graduate Students, 1 Undergraduate Students

Summer 2018: 11 Graduate Students, No Undergraduate Assignment

Fall 2018: 6 Graduate Students, No Undergraduate Assignment

Spring 2019: 12 Graduate Students, No Undergraduate Assignment

Summer 2019: 6 Graduate Students, No Undergraduate Assignment

Fall 2019: 12 Graduate Students, No Undergraduate Assignment

Spring 2020: 10 Graduate Students, No Undergraduate Assignment

Summer 2020: 9 Graduate Students, No Undergraduate Assignment

SERVICE AND PROFESSIONAL DEVELOPMENT

Service to the Institution

- **Department Service**

Associate Department Chair, 2019-Present

Associate Chair of the ESHP Department

ESHP Search Committee Chair, 2019-2020

Search for Assistant Professor in Exercise Neuroscience

ESHP Search Committee Chair, 2018-2019

Search for Assistant Professor in Exercise Neuroscience

ESHP Graduate Curriculum Committee Member, 2016-Pesent

Examine and graduate department curriculum

ESHP Undergraduate Curriculum Committee Member, 2016-Pesent

Examine and improve undergraduate department curriculum

ESHP Search Committee Member, 2015-2016

Search for Assistant Professor in Exercise Biochemistry

FAU Department of Exercise Science and Health Promotion NSCA Certification Program, Co-Direction Spring 2013-2017

- **College Service**

College of Education Continuous Improvement Plan Task Force: Committee Member (2015-2017)

College of Education Diversity Committee: Committee Member (2015-2017)

College of Education Committee to Reduce Teaching Load: Committee Member (2016)

Commencement Marshall: Graduation Summer 2014

- **University Service**

Institutional Liaison Committee: Committee Member

Advise University leadership on clinical research priorities in association with FAU's affiliation with the Memorial Healthcare System (2020 – Present)

Institutional Review Board (IRB): Committee Member
Health Sciences IRB Member (2019-Present)

Institutional Review Board (IRB): Committee Member
Social and Behavioral IRB Member (2018)

FAU Athletics Committee: Committee Member
Athletics Sub-Committee Member: Student-Athlete Well-Being and Student-Athlete Academics (2015 – 2017)

Faculty Advisor: Orthodox Christian Fellowship at FAU (2013 – Present)

Advisor, Exercise Science and Health Promotion Club (2014 – Present)

Head Coach FAU Powerlifting (2013 and 2014 State Collegiate Competition)

Advisor and Head Coach FAU Powerlifting Club (2018)

College of Education "Thought Leader" Member for New Dean (2018)

- **Service to the Discipline/Profession**

Journal Peer Reviewer:

1. Journal of Clinical Physiology and Functional Imaging
2. The Journal of Strength and Conditioning Research
3. Strength and Conditioning Journal
4. PLoS One
5. Sports Medicine
6. International Journal of Sports Medicine
7. International Journal of Sports Nutrition and Exercise Metabolism
8. International Journal of Sports Physiology and Performance
9. Medicine and Science in Sports and Exercise
10. British Journal of Nutrition
11. Research Quarterly in Exercise and Sport
12. Perceptual and Motor Skills
13. Biology of Sport
14. PeerJ
15. Sports Medicine - Open

Grant Reviewer

1. National Strength and Conditioning Association (NSCA): 2014, 2015, 2016, 2017

Conference Abstract Reviewer:

1. National Strength and Conditioning Association (NSCA): 2013
2. National Strength and Conditioning Association (NSCA): 2014
3. National Strength and Conditioning Association (NSCA): 2015
4. National Strength and Conditioning Association (NSCA): 2016

Textbook Reviewer

1. Biomechanics: A Case Based Approach

External Tenure Letters Written

1. Letter written for Dr. Andrew Carnes
For Promotion to Associate Professor and Tenure at Bellarmine University

(July 2019)

2. Letter written for Dr. Caleb Bazylar
For Promotion to Associate Professor and Tenure at East Tennessee State University (July 2020)

External Thesis Reviewer

1. External Master's Thesis Reviewer
Review of Jonathan Odgers under Major Professor Darren Candow
University: University of Regina. Regina, Saskatchewan, Canada
Title: RPE and Velocity Relationships and RPE Accuracy Among Trained Men and Women in the Front Squat and High-Handle Hexagonal Bar Deadlift

Professional Development

1. Member of the American College of Sports Medicine (ACSM)
2. Attended the Institute for Academic Leadership Department Chairs Workshop
October 7th-10th, 2018
3. Certified Strength and Conditioning Specialist (CSCS) via the National Strength and Conditioning Association (NSCA)
2007 - Present

• **Service to the Community/Public**

Media Publications/Interviews

1. Iron Culture Podcast: [Programming Vs. Periodization for Strength, Ft: Dr. Mike Zourdos.](#)
2. Iron Culture Podcast: [Periodization and Autoregulation, Ft: Mike Tuchscherer, Mike Zourdos, and John Kiely.](#)
3. Reactive Training Systems Podcast: [The Efficacy of Fatigue with Dr. Mike Zourdos.](#)
4. Muscle for Life Podcast: [Dr. Mike Zourdos on Training to Failure.](#)
5. Muscle for Life Podcast: [Dr. Mike Zourdos on Blood-Flow Restriction Training.](#)
6. Shredded By Science Radio: [Dr. Mike Zourdos and Eric Helms – Stress, Exercise Oncology, and RPE-Velocity Relationships.](#)
7. Revive Stronger Podcast: [How to Apply DUP to Bodybuilders vs. Powerlifters.](#)
8. New York Muscle Radio Podcast: [How to Write Your Own Training Program with Dr. Mike Zourdos.](#)
9. 3D Muscle Journey Podcast: [Dr. Mike Zourdos and the Future of Strength Training Research.](#)
10. Iraki Nutrition Podcast: [Dr. Michael Zourdos: Daily Undulating Periodization.](#)
11. Shredded By Science Radio: [The Six Levels of the Training Pyramid.](#)

12. *Interview with Men's Health.com*: [Incorporating RPE/RIR autoregulated strategies into a periodized resistance training program.](#)
13. *Complimentary Training Podcast*: [Mike Zourdos on Strength Training.](#)
14. *Reactive Training Systems Podcast*: [Episode 3 with Dr. Mike Zourdos.](#)
15. *OutsideOnline.com interview*: "[Should I Take an Iron Supplement](#)" in reference to publication: **Zourdos, M.C., Sanchez-Gonzalez, M.A., and Mahoney, S.E.** *A Brief Review: The Implications of Iron Supplementation for Marathon Runners on Health and Performance.* (2015)
16. *Physique Science Radio*: [Periodization Training with Dr. Mike Zourdos.](#)
17. *PR-Breaker.com*: [Interview with Dr. Mike Zourdos on Daily Undulating Periodization \(DUP\)](#)
18. *Reddit.com, Ask Me Anything (AMA)*: [Dr. Michael Zourdos AMA: Daily Undulating Periodization, Powerlifting, and Skeletal Muscle Physiology](#)
19. *Muscle Geek Radio*: [Episode 1: Dr. Mike Zourdos.](#)
20. *Muscular Development Magazine*: *Interview in Print on Daily Undulating Periodization*

USA Powerlifting

1. State Referee
2. Coaching Curriculum Author

HONORS AND AWARDS

1. *2018 Distinguished Teacher of the Year.* College of Education, Florida Atlantic University.
2. *Moderator:* Florida State University, College of Human Sciences Research and Creativity Day 2012.
3. *1st Place Oral Research Presentation Competition:* Florida State University, College of Human Sciences Research and Creativity Day 2011.
4. *2nd Place Oral Research Presentation Competition:* Florida State University, College of Human Sciences Research and Creativity Day 2010.
5. *Seminole Torchbearers Member:* Florida State University 2012.

