

**Tyler David Martin, Ph.D., CSCS**

Assistant Professor,  
Physical Education & Sport-Fitness Management (August 1, 2008 - Present)  
Department of Kinesiology & Health Promotion  
Wright Hall, Suite 112  
Troy University  
Troy, AL 36082  
Office: 334-808-6291  
tdmartin@troy.edu

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**EDUCATIONAL RECORD**

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**Doctor of Philosophy (Ph.D.), 2011**

Passed Oral Defense of Dissertation: August 1, 2011

Graduation Date: December 16, 2011

**The University of Southern Mississippi**

College of Health

School of Human Performance and Recreation

**Major: Human Performance – Exercise Physiology Emphasis**

*Dissertation Title:* The Effect of Six Weeks of Oral Echinacea

Supplementation on Erythropoiesis, Nitric Oxide Production, and Exercise Performance

*Advisor:* Michael J. Webster, Ph.D., FACSM

*Committee:* Timothy P. Scheett, Ph.D., CSCS

Geoffrey M. Hudson, Ph.D., CSCS

Gregor Kay, Ed.D.

**Master of Science (M.S.), 2005**

**The University of Southern Mississippi**

College of Health

School of Human Performance and Recreation

**Major: Human Performance – Exercise Science Emphasis**

*Advisors:* Michael J. Webster, Ph.D., FACSM

Timothy P. Scheett, Ph.D., CSCS

**Bachelor of Science (B.S.), 2003**

**Mississippi State University**

College of Education

Department of Health, Physical Education, Recreation and Sport

**Major: Physical Education - Fitness Management**

*Advisor:* Joseph A. Chromiak, Ph.D., FACSM

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## **PROFESSIONAL EXPERIENCE**

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### Troy University:

#### **Assistant Professor, Physical Education & Sport-Fitness Management**

Department of Kinesiology and Health Promotion  
Troy University, Troy, AL  
August 1, 2008 – Present

### The University of Southern Mississippi:

#### **Graduate Research Assistant - Sports and High Performance Materials**

School of Human Performance and Recreation  
The University of Southern Mississippi, Hattiesburg, MS  
September 1, 2006 – May 31, 2008

#### **Instructor (Visiting) - Exercise Science**

School of Human Performance and Recreation  
The University of Southern Mississippi, Hattiesburg, MS  
September 1, 2005 – August 31, 2006

#### **Research Assistant - Laboratory of Applied Physiology and Laboratory of Exercise Biochemistry**

School of Human Performance and Recreation  
The University of Southern Mississippi, Hattiesburg, MS  
Summer 2005

#### **Graduate Internship - Strength and Conditioning Coach, The University of Southern Mississippi Athletics**

School of Human Performance and Recreation  
The University of Southern Mississippi, Hattiesburg, MS  
August 2004 - May 2005

#### **Graduate Assistant - Fitness Instructor, YMCA - Petal, MS**

School of Human Performance and Recreation  
The University of Southern Mississippi, Hattiesburg, MS  
Summer 2004

#### **Graduate Research Assistant – Exercise Science, Laboratory of Applied Physiology and Laboratory of Exercise Biochemistry**

School of Human Performance and Recreation  
The University of Southern Mississippi, Hattiesburg, MS  
January 1, 2004 – April 30, 2005

### Mississippi State University:

#### **Undergraduate Internship - Physical Therapy, HEALTHSOUTH – Columbus, MS**

Department of Health, Physical Education, Recreation and Sport  
Mississippi State University, Starkville, MS  
Fall 2002 - Spring 2003

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## **TEACHING EXPERIENCE**

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**Assistant Professor, Physical Education & Sport-Fitness Management**  
**Department of Kinesiology and Health Promotion**  
**Troy University, Troy, AL**  
**Fall 2008 – Present**

### **Graduate Courses, Summer 2010 – Spring 2013**

**KHP/SFM 6620 (3) – Physical Fitness: A Critical Analysis.** The course involves an examination of the effects of physical activity on various fitness and health parameters by reviewing current research studies. Students will be introduced to methods of evaluating one's fitness level and the proper prescription guidelines. **(3 Semesters)**

**KHP/SFM 6623 (3) – Biomechanics of Sport Techniques.** This course is designed to prepare the student for the National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) certification. The course explores basic biomechanical concepts and their application in the analysis of sport technique. Students will apply scientific knowledge to examine sport-specific testing assessments and interpretation of results, and practice the implementation of safe and effective training techniques for the goal of improving athletic performance. *Prerequisite: KHP 6650 (Spring 2013 Semester)*

**KHP/SFM 6670 (3) – Exercise and Disease Prevention.** This course examines the scientific evidence in support of the beneficial effect of regular physical activity on reduced mortality from all causes – from diseases such as cardiovascular diseases, non insulin dependent diabetes mellitus and colon cancer, and from conditions such as obesity and high blood pressure. **(1 Semester)**

**KHP/SFM 6671 (3) – Advanced Exercise Physiology.** This course will allow students to experience and explore advanced concepts, topics, and laboratory techniques related to exercise physiology. Material covered in this course will prepare students to interpret, conduct, and share advanced material with their peers. Students will have the opportunity to implement an advanced research project or commence thesis-related research. *Prerequisite: KHP 6650 (1 Semester)*

**Undergraduate Courses, Fall 2008 – Spring 2013**

**KHP 2240 (3) – Personal and Community Health.** A study of personal health as it applies to knowledge, practices, and behavior, and community organization for health, including environmental health, epidemiology, and medical services. **(7 Semesters)**

**KHP 2251 (2-2) – Foundations of Physical Education and Sport-Fitness Management.** A study of the history and principles of health education and physical education with particular emphasis placed on present practices and trends. **(2 Semesters)**

**KHP 3352 (3-3) – Kinesiology and Efficiency of Human Movement.** The analysis of human movement based on anatomical and mechanical principles. Emphasis is given to the application of these principles to the understanding of human movement and athletic performance. *Prerequisites: BIO 3347/L347 & 3348/L348 or KHP 3360* **(11 Semesters + Spring 2013)**

**KHP 3352 – ONLINE (3) – Kinesiology and Efficiency of Human Movement.** The analysis of human movement based on anatomical and mechanical principles. Emphasis is given to the application of these principles to the understanding of human movement and athletic performance. *Prerequisites: BIO 3347/L347 & 3348/L348 or KHP 3360* **(1 Semester)**

**KHP 3355 (3) – Introduction to Sport and Fitness Management.** This course is an introductory course for students who wish to enter the professional field of sport and/or fitness management. Students will be exposed to a variety of subjects related to sport and fitness management. **(7 Semesters)**

**KHP 3360 (3-3) – Physiological Principles of Body Systems.** This course will examine the structure, function and control mechanisms of the following body systems: musculoskeletal, nervous, endocrine, cardiovascular, and respiratory. Metabolism, temperature regulation, and fluid, electrolyte, and acid base balance will also be discussed. *Prerequisites: BIO 1100/L100 and CHM 1142/L142; or SCI 2233/L233; or PHY 2252/L252* **(2 Semesters + Spring 2013)**

**KHP 4400 (3-3) – Sports Officiating and Programs in Intramurals.** Focuses on school and community recreation programs, including sports, games and officiating techniques. **(2 Semesters)**

**KHP 4405 (3) – Physical Activity and Disease Prevention.** This course will explore the link between physical activity and the major diseases experienced by modern day humans. Evidence for and against the potential benefits of physical activity will be reviewed for conditions such as coronary heart disease, cancer, stroke, diabetes, arthritis, low back pain, asthma, infection, high blood cholesterol, high blood pressure, obesity, and stress. *Prerequisites: BIO 1100/L100, CHM 1142/L142 or PHY 2252/L252 or SCI 2233/L233, KHP 3360* **(2 Semesters)**

**KHP L474 – Exercise Physiology Laboratory.** Course will provide experience for applied exercise physiology principles as students are introduced to laboratory and field tests of muscular strength, anaerobic power, maximal oxygen uptake, body composition and other physiological measurements. *Corequisite: KHP 4474*  
**(1 Semester + Spring 2013)**

**KHP 4475 (3-3) – Exercise Testing and Prescription.** Course will examine the criteria for evaluation of health status of persons wishing to begin an exercise program, guidelines of establishing current fitness level, and the basic principles of exercise prescription. Levels of certification and criteria by ACSM will also be discussed. *Prerequisite: KHP 4474/L474* **(6 Semesters)**

**KHP 4476 (2-2) – Laboratory Practicum in Exercise Performance.** Students will be introduced to some of the measurement techniques routinely used in exercise physiology and will gain practical experience in administration of these tests. Emphasis will be placed on how to avoid measurement errors. *Prerequisite: KHP 4475* **(4 Semesters + Spring 2013)**

**KHP 4483 (2-2) – Theory and Techniques of Coaching Baseball.** Offensive and defensive techniques, purchase and care of equipment, budgeting, batting and field drills, rules, scouting and team conditioning. **(3 Semesters)**

**KHP 4487 (2-2) – Special Topics in Exercise Performance.** An intensive study of selected topics in exercise science. Topics to be taught each term TBA. *Prerequisite: KHP 4474 or permission of instructor* **(1 Semester)**

**KHP 4488 (3-3) – Issues and Practice in Cardiac Rehabilitation.** Course will examine the policies and procedures of cardiac rehabilitation programs. Students will be introduced to the phases of cardiac rehabilitation programs, administration and reporting of graded exercise stress tests, administration of exercise sessions, reporting procedures, and techniques of successful patient educational programs. *Prerequisite: KHP 4475* **(3 Semesters)**

**KHP 4490 (6) – Internship in Area of Concentration.** A supervised experience in planning, staging and evaluating a formal practicum in related field. *Prerequisite: Permission of the department chair.* **(1 Semester: co-supervised)**

### **ACADEMIC ADVISING – Fall 2008 – Spring 2013**

Sport and Fitness Management Majors, Exercise Science Minors  
Department of Kinesiology and Health Promotion, Troy University, Troy, AL  
Faculty Academic Advisor for approximately 74 students.

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**Instructor, Exercise Science**

**School of Human Performance and Recreation,  
The University of Southern Mississippi, Hattiesburg, MS  
Fall 2005 – Summer 2006**

**Undergraduate Courses, Fall 2005 – Summer 2006**

**HPR 101 – Weight Training.** 1 hr. Theoretical bases and laboratory experiences in development of muscular strength, flexibility, and cardiovascular endurance. **(1 Semester)**

**HPR 105 – Concepts in Physical Fitness.** 1 hr. The course is designed to develop understanding in the conceptual knowledge of health and fitness in the development and maintenance of human wellness. **(1 Semester)**

**HPR 202 – Introduction to Exercise Science.** 1 hr. Prerequisite: HPR majors or permission of instructor. Introduction to the disciplines within exercise science, including the historical background, terminology, professional preparation, and careers. **(2 Semesters)**

**HPR 302 – Exercise Testing and Prescription.** 3 hrs. Prerequisites: HPR 308, HPR 308L. This course provides the student with the necessary cognitive skills and appropriate lab experiences to evaluate fitness in a systematic and safe manner. **(2 Semesters)**

**HPR 304 – Nutrition and Human Performance.** 3 hrs. Prerequisites: HPR 308, HPR 308L; NFS 362 or NFS 367; CHE 106, 106L. HPR majors and minors only. The analysis and synthesis of available literature relative to nutrition and human performance. **(2 Semesters)**

**HPR 310 – Pre-Internship in Exercise Science.** 2 hrs. Prerequisites: HPR 302, HPR 308, HPR 308L, HPR 342, or permission of instructor. Exercise science majors only. Preparation for the internship experience, which consists of observation and practicing at potential exercise science internship sites, interviewing for internship positions and writing the internship proposal. **(2 Semesters)**

**HPR 422 – Exercise Leadership.** 3 hrs. HPR majors and minors only. Prerequisites: HPR 308, HPR 308L. Application of the principles of exercise leadership and prescription, fitness program development and implementation. **(1 Semester)**

**HPR 470 – Development of Strength and Conditioning Programs.** 3 hrs. The development and administration of strength, endurance, flexibility, speed, and agility programs. **(2 Semesters)**

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## **SCHOLARSHIP AND CREATIVE ACTIVITY**

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### **Peer-Reviewed Research Publications**

Whitehead, M.T., **Martin, T.D.**, Scheett, T.P., & Webster, M.J. (2012). Running Economy and Maximal Oxygen Consumption After 4 Weeks of Oral *Echinacea* Supplementation. *Journal of Strength and Conditioning Research*, 26(7), 1928-1933.

Whitehead, M.T, **Martin, T.D.**, Scheett, T.P, & Webster, M.J. (2007). The Effect of 4 Wk of Oral Echinacea Supplementation on Serum Erythropoietin and Indices of Erythropoietic Status. *International Journal of Sport Nutrition and Exercise Metabolism*, 17(4), 378-390.

### **Peer-Reviewed Publications**

**Martin, T.D.** (2010). Staff Health: Daily Hydration. *Healthy Childcare®*, 13(2), 14-15.

Miller, L.L., Martin, C.L.L., & **Martin, T.D.** (2009). Staff Health: The Activity Pyramid. *Healthy Childcare®*, 12(3), 14-15.

Martin, C.L., & **Martin, T.D.** (2009). Flexibility Exercise and the Childcare Provider. *Healthy Childcare®*, 12(2), 14-15.

### **Peer-Reviewed Research Manuscript Accepted for Publication**

Green, M.S., Esco, M.R., **Martin, T.D.**, Pritchett, R., McHugh, A.N., & Williford, H.N. (2012). Cross-validation of Two 20 meter Shuttle Run Tests for Predicting  $VO_{2max}$  in Female Collegiate Soccer Players. *Journal of Strength and Conditioning Research*. (Accepted for publication in *JSCR* – August 24, 2012; Published Ahead-of-Print in *JSCR* – September 7, 2012)

### **Research Manuscript Submitted for Peer-Review (In-Review for Publication)**

**Martin, T.D.**, Green, M.S., Scheett, T.P., Webster, M.J., & Hudson, G.M. Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Erythropoiesis.

### **Research Manuscripts in Preparation for Peer-Review (In-Preparation for Publication)**

Green, M.S., Corona, B.T., & **Martin, T.D.** (2012). Effect of Caffeine on Recovery from Eccentric Exercise. *International Journal of Sports Physiology and Performance*, (IJSPP\_2012\_0072). (Submitted for review to *IJSPP* – March 7, 2012; In-preparation for re-submission to the *JSCR*)

**Martin, T.D.**, Green, M.S., Scheett, T.P., Webster, M.J., & Hudson, G.M. The Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Nitric Oxide Production. Exercise Physiology Laboratory, Department of Kinesiology & Health Promotion, Troy University.

**Martin, T.D.**, Green, M.S., Scheett, T.P., Webster, M.J., & Hudson, G.M. The Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Endurance Exercise Performance. Exercise Physiology Laboratory, Department of Kinesiology & Health Promotion, Troy University.

Green, M.S., **Martin, T.D.**, & Benson, A.K. Effect of a Non-Steroidal Anti-Inflammatory Drug on Delayed Onset Muscle Soreness and Recovery from Exercise-Induced Muscle Injury. Exercise Physiology Laboratory, Department of Kinesiology & Health Promotion, Troy University.

### **Peer-Reviewed Research Abstracts and/or Poster Presentations (In-Preparation)**

**Martin, T.D.**, Green, M.S., Whitehead, M.T., Scheett, T.P., Webster, M.J., & Hudson, G.M. (2012). Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on White Blood Cells and Differential White Blood Cell Counts in Recreationally Active Males with Above Average Aerobic Fitness. **If accepted**, abstract will be published in the *Journal of the International Society of Sports Nutrition*, X(Suppl1): PX. **If accepted**, poster will be presented at the 10<sup>th</sup> Annual Conference and Expo of the *International Society of Sports Nutrition*, Colorado Springs, CO, June 14-15, 2013.

### **Peer-Reviewed Published Research Abstracts and/or Poster Presentations**

Esco, M.R., Green, M.S., **Martin, T.D.**, Pritchett, R., McHugh, A.N., & Williford, H.N. (2012). Cross-validation of Two 20 Meter Shuttle Run Tests for Predicting VO<sub>2max</sub> in Female Collegiate Soccer Players. To be published as a supplement to the *Journal of Strength and Conditioning Research*. Poster presented at the 35<sup>th</sup> National Conference & Exhibition of the *National Strength and Conditioning Association*, Providence, RI, July 11-14, 2012.

**Martin, T.D.**, Green, M.S., Whitehead, M.T., Scheett, T.P., Webster, M.J., & Hudson, G.M. (2012). Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Endurance Exercise Performance. To be published as a supplement to the *Journal of Strength and Conditioning Research*. Poster presented at the 35<sup>th</sup> National Conference & Exhibition of the *National Strength and Conditioning Association*, Providence, RI, July 11-14, 2012.

**Martin, T.D.**, Green, M.S., Whitehead, M.T., Scheett, T.P., Webster, M.J., & Hudson, G.M. (2012). Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Nitric Oxide Production. *Journal of the International Society of Sports Nutrition*, 9(Suppl1): P21. Poster presented at the 9<sup>th</sup> Annual Conference and Expo of the *International Society of Sports Nutrition*, Clearwater Beach, FL, June 22-23, 2012.



- Green, M.S., **Martin, T.D.**, Benson, A.K., Corona, B.T., & Ingalls, C.P. (2012). Ibuprofen Prolongs Functional Deficits After a Repeated Bout of Downhill Treadmill Running. *Medicine and Science in Sports and Exercise*, 44(5), S566. Poster presented at the 59<sup>th</sup> Annual Meeting of the *American College of Sports Medicine*, San Francisco, CA, May 29-June 2, 2012.
- Martin, T.D.**, Green, M.S., Whitehead, M.T., Scheett, T.P., Webster, M.J., & \*Hudson, G.M. (2012). Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Erythropoiesis. *Medicine and Science in Sports and Exercise*, 44(5), S181-S182. Poster presented at the 59<sup>th</sup> Annual Meeting of the *American College of Sports Medicine*, San Francisco, CA, May 29-June 2, 2012. (\*poster co-authorship)
- McHugh, A.N., Green, M.S., Esco, M.R., Williford, H.N., **Martin, T.D.**, Bloomquist, B.E., & Pritchett, R. (2012). Cross-Validation of the 20-meter Multiple Shuttle Test for Predicting  $\text{VO}_{2\text{max}}$  in Male and Female Collegiate Soccer Players. *Medicine and Science in Sports and Exercise*, 44(5), S554. Poster presented at the 59<sup>th</sup> Annual Meeting of the *American College of Sports Medicine*, San Francisco, CA, May 29-June 2, 2012.
- Whitehead, M.T., Scheett, T.P., **Martin, T.D.**, & Webster, M.J. (2012). Effect of 2 Weeks of Oral Echinacea Supplementation on Leukocyte Responses. Poster presented at the 3<sup>rd</sup> Annual Conference of the *American Council for Medicinally Active Plants*, Arkansas State University, State University, AR, May 22-25, 2012.
- Green, M.S., Schuler, B., Welch, M., & **Martin, T.D.** (2011). Effect of Sports Beverage Composition on Resting Blood Glucose Levels. Poster presented at the 2011 *Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD)* Fall Conference, Birmingham, AL, November 2011.
- Patil, N.D., Green, M.S., **Martin, T.D.**, & Howard-Shaughnessy, C. (2011). Validity of a Hand-Held Indirect Calorimeter for Estimating Resting Metabolic Rate. Poster presented at the 2011 *Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD)* Fall Conference, Birmingham, AL, November 2011.
- Green, M.S., **Martin, T.D.**, Ito, R., & Seale, B.D. (2011). Comparison of Two Field-Based Tests to Predict Maximal Oxygen Uptake in Soccer and Cross-Country Athletes. In D. Torok (Ed.), *Proceedings of the 39<sup>th</sup> Annual Meeting of the Southeast American College of Sports Medicine*, P50. Poster presented at the 39<sup>th</sup> Annual Meeting of the *Southeast American College of Sports Medicine*, Greenville, SC, February 2011.
- Green, M.S., Corona, B.T., & \***Martin, T.D.** (2010). Effect of Caffeine Following Exercise-Induced Muscle Injury. In D. Torok (Ed.), *Proceedings of the 38<sup>th</sup> Annual Meeting of the Southeast American College of Sports Medicine*, P15. Poster presented at the 38<sup>th</sup> Annual Meeting of the *Southeast American College of Sports Medicine*, Greenville, SC, February 2010. (\*poster co-authorship)

- Scheett, T., **Martin, T.**, Carr, B., & Webster, M. (2009). A Comparison of Hyperimmune Egg Protein and Placebo for Efficacy and Safety Among Healthy Young Adults. *Journal of the International Society of Sports Nutrition*, 6(Suppl1): P8. Poster presented at the 6<sup>th</sup> *International Society of Sports Nutrition Conference and Expo*, New Orleans, LA, June 2009.
- Aartun, J.D., **Martin, T.D.**, Carr, B.M., Webster, M.J., & Scheett, T.P. (2009). Effect Of The Hyperimmune Egg Supplement On Indices Of Mood State And Quality Of Life. *Medicine and Science in Sports and Exercise*, 41(5), 228. Poster presented at the 56<sup>th</sup> Annual Meeting of the *American College of Sports Medicine*, Seattle, WA, May 2009.
- Piland, S.G., Gould, T.E., Morris, D., & **Martin, T.D.** (2009). Effect Of Mandibular Orthopedic Repositioning Device On Neuropsychological Measures. *Medicine and Science in Sports and Exercise*, 41(5), 359. Poster presented at the 56<sup>th</sup> Annual Meeting of the *American College of Sports Medicine*, Seattle, WA, May 2009.
- Scheett, T.P., Boland, C.G., Rivera, L.E., **Martin, T.D.**, Carr, B.M., & Webster, M.J. (2008). Hyperimmune Egg Protein Supplementation Stimulates the GH→IGH-1 Axis. *Journal of Strength and Conditioning Research*, 22(6), 67. Poster presented at the 31<sup>st</sup> Annual Meeting of the *National Strength and Conditioning Association*, Las Vegas, NV, July 2008.
- Whitehead, M.T., **Martin, T.D.**, Webster, M.J., & Scheett, T.P. (2007). Improved Running Economy and Maximal Oxygen Consumption after 4-weeks of oral Echinacea supplementation. *Medicine and Science in Sports and Exercise*, 39(5), S90. Free Communication/Slide presented at the 54<sup>th</sup> Annual Meeting of the *American College of Sports Medicine*, New Orleans, LA, June 1, 2007.
- Scheett, T.P., **Martin, T.D.**, Carr, B.M., Koster, C.A., Celmer, P.A., Whitener, J.A., & Webster, M.J. (2007). Hyperimmune Egg Protein Decreases Submaximal Heart Rate and Increases Peak Power. *Medicine and Science in Sports and Exercise*, 39(5), S365. Poster presented at the 54<sup>th</sup> Annual Meeting of the *American College of Sports Medicine*, New Orleans, LA, May 2007.
- Scheett, T.P., **Martin, T.D.**, Carr, B.M., Koster, C.A., Celmer, P.A., Whitener, J.A., & Webster, M.J. (2007). Increased Muscular Strength and Enhanced Muscle Repair with Hyperimmune Egg Protein Supplementation. *Journal of Strength and Conditioning Research*, 21(4), e41. Poster presented at the 30<sup>th</sup> Annual Meeting of the *National Strength and Conditioning Association*, Atlanta, GA, July 2007.
- Scheett, T.P., Whitehead, M.T., **Martin, T.D.**, & Webster, M.J. (2006). Effect of Oral Echinacea Supplementation on Resting Leukocytes. *Medicine and Science in Sports and Exercise*, 38(5), S405. Poster presented at the 53<sup>rd</sup> Annual Meeting of the *American College of Sports Medicine*, Denver, CO, May 2006.

Whitehead, M.T., \***Martin, T.D.**, \*Scheett, T.P., & Webster, M.J. (2006). The Effect of 4-Weeks of Oral Echinacea Supplementation on Serum Erythropoietin and Indices of Erythropoietic Status. *Medicine and Science in Sports and Exercise*, 38(5), S407. Poster presented at the 53<sup>rd</sup> Annual Meeting of the *American College of Sports Medicine*, Denver, CO, May 2006. (\*poster co-authorship)

Scheett, T.P., Whitehead, M.T., **Martin, T.D.**, & Webster, M.J. (2006). Effect of Oral Echinacea Supplementation on Resting IL-4 and IL-10 Responses. In D. Torok (Ed.), *Proceedings of the 34th Meeting the Southeast American College of Sports Medicine*, P52. Poster presented at the 34th Annual Meeting of the *Southeast American College of Sports Medicine*, Charlotte, NC, February, 2006.

Scheett, T.P., Whitehead, M.T., **Martin, T.D.**, & Webster, M.J. (2005). Effect of Oral Echinacea Supplementation on Resting Cortisol and IgA Responses. Poster presented at the 2<sup>nd</sup> Annual Meeting of the *International Society of Sports Nutrition*, New Orleans, LA, June 2005.

Scheett, T.P., Whitehead, M.T., **Martin, T.D.**, & Webster, M.J. (2005). Exercise, Immune Status and Stress Markers in College Students and College Student Athletes. *Medicine and Science in Sports and Exercise*, 37(5), S375. Poster presented at the 52<sup>nd</sup> Annual Meeting of the *American College of Sports Medicine*, Nashville, TN, May 2005.

Whitehead, M.T., **Martin, T.D.**, Webster, M.J., & Scheett, T.P. (2005). Two Weeks of Oral Echinacea Supplementation Significantly Increases Circulating Erythropoietin. *Medicine and Science in Sports and Exercise*, 37(5), S43. Poster presented at the 52<sup>nd</sup> Annual Meeting of the *American College of Sports Medicine*, Nashville, TN, May 2005.

### **Invited Oral Presentation (In-Preparation)**

**Martin, T.D.** Common Exercise Nutrition Practices of the Physically Active: Nutrition, Dietary Supplements and Ergogenic Aids. Invited to present at the Spring 2013 Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Conference. Orange Beach, AL. April 12-13, 2013.

### **Invited Oral Presentation**

Martin, C.L.L. & **Martin, T.D.** Flexibility Exercise and the Childcare Provider. Invited presentation to the 2010 Sensational Saturday Childcare Conference hosted by the Family Guidance Center of Alabama. Montgomery, AL. February 20, 2010.

## **Grants**

**Martin, T.D.** Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on White Blood Cells and Differential White Blood Cell Counts in Recreationally Active Males with Above Average Aerobic Fitness. Troy University Faculty Development Paper Presentation Grant, Requested: \$750.00, Submitted: January 18, 2013.

**Martin, T.D.** Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Erythropoiesis. Troy University Faculty Development Paper Presentation Grant, Requested: \$750.00, Funded: \$750.00, Approved: March 5, 2012.

**Martin, T.D.** Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Endurance Exercise Performance. Troy University Faculty Development Paper Presentation Grant, Requested: \$250.00, Funded: \$250.00, Approved: March 5, 2012.

**Martin, T.D.** The Effects of Echinacea-Induced Erythropoietin Production on Erythropoiesis, Oxygen Transport, and Exercise Capacity. Troy University Faculty Development Research Grant, Requested: \$2,993.80, Funded: \$2,993.80, Approved: October 15, 2009.

**Martin, T.D.** Comparison of Two Field-Based Tests to Predict Maximal Oxygen Uptake in Soccer and Cross-Country Athletes. Troy University Faculty Development Paper Presentation Grant, Requested: \$750.00, Funded: \$375.00, Approved: February 9, 2011.

## **Journal Reviewer for Research Manuscripts**

International Journal of Sport Nutrition and Exercise Metabolism  
Spring 2010

Event Management Journal  
Spring 2011

## **Exercise Physiology Laboratory Manual (Non-Peer Reviewed Publication)**

Green, M.S., & **Martin T.D.** 2009. *Troy University Exercise Physiology Policy and Procedures Manual*. Exercise Physiology Laboratory, Department of Kinesiology & Health Promotion, Troy University. (Exercise Physiology Laboratory Manual developed to utilize for teaching and research in the laboratory.)

## **Technical Report**

Scheett, T.P., Webster, M.J., & **Martin, T.D.** "Physical Fitness Assessment of Mississippi Police Corps Class 6: Final Report". Submitted to Mississippi Police Corps, Hattiesburg, MS, April, 2005. 63 pages.

### **Other Contributions**

*Muscle and Fitness Magazine* – “Off the Cuff, Shoulder the Load”. p. 58 – June 2005  
Shoulder - Workout Design by **Tyler D. Martin**.

### **Invited Teleconference Interview**

*Legacy for Life*. Live call topic: Wellness, Health and Fitness. Live call with Hellen Greenblatt, Ph.D., Chief Science Officer. Host: Jan Martin. July 27, 2010.

### **Guest Lectures**

**Martin, T.D.**, & Green, M.S. Careers in Exercise Science: Key Topic - Biomechanics. Class KHP 2251 – Foundations of Physical Education and Sport-Fitness Management. Troy University, Troy, AL, October 10 & 11, 2011.

**Martin, T.D.**, & Green, M.S. Careers in Exercise Science: Key Topic – Exercise Physiology. Class KHP 2251 – Foundations of Physical Education and Sport-Fitness Management. Troy University, Troy, AL, October 18 & 19, 2011.

**Martin, T.D.** Topic: Exercise Science - Biomechanics and Exercise Physiology. Class: KHP 2251 – Foundations of Physical Education and Sport-Fitness Management. Troy University, Troy, AL, March 31, 2011; March 7, 2012; March 8, 2012; October 10, 2012; October 12, 2012.

**Martin, T.D.** Temperature Regulation in the Heat. Troy University, Troy, AL, June 3, 2008.

**Martin, T.D.** Exercise Metabolism. KHP 4474 – Exercise Physiology, Troy University, Troy, AL, September 14, 2010.

### **Research Participant**

Effect of Caffeine on Recovery from Exercise-Induced Muscle Injury. June 2009.  
Exercise Physiology Laboratory, Department of Kinesiology & Health Promotion,  
Troy University.

Echinacea-Induced Erythropoiesis: The Effects of Oxygen Transport and Exercise Performance. Spring 2004. Laboratory of Applied Physiology, School of Human Performance & Recreation, The University of Southern Mississippi.

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## **PROFESSIONAL SERVICE**

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### **Service to the Profession: State Level**

2013-2014 Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Board of Directors:  
Vice President Elect (2013-2014), Sport and Exercise Science Council  
January 2013 - Present

### **Troy University (August 2008 – Present)**

#### University Service:

#### **Who's Who Committee of Troy University**

September 24, 2012 – Present

Nominating committee for *Who's Who in American Universities and Colleges*.

#### **Troy University Commencement Ceremony**

May 2009, December 2009, December 2010, May 2011, May 2012

#### **Troy University Honors Convocation**

Presenter for Phi Epsilon Kappa, Spring 2009 – Spring 2011.

Presenter for Academic Honor Award in Sport and Fitness Management,  
Spring 2010.

#### **First Year Leadership Scholar Faculty Mentor, Trevin Tate, 2008-2009.**

Leadership Scholars are required to give three hours of service to the university each week. Freshman and sophomore leadership scholars are assigned to faculty or staff mentors. These mentors help guide their Leadership Scholar through their first two years.

#### **IMPACT Session Leader**

Summer Academic Advisement for incoming students, 2009-2012.

#### College Service:

#### **College of Health and Human Services Facility Committee**

Appointed February 27, 2009 – August 1, 2010.

Members of this committee make monthly assessments of their assigned facility and report maintenance and housekeeping concerns to the Dean. They also serve as Building Safety monitors.

#### **Athletic Training Program**

Meetings with CAATE accreditation site visit team.

April 15, 2010. October 11, 2010.

#### **CHHS Homecoming Tent**

Faculty Representative, Department of Kinesiology and Health Promotion

Fall 2009 – 2010

Departmental Service:

**Department of Kinesiology and Health Promotion - Graduate School  
“Readmissions” Committee, February 8, 2013 - Present**

**Exercise Science, Co-Curriculum Advisor  
Undergraduate Minor – Graduate Concentration**  
Department of Kinesiology and Health Promotion, August 2008 – Present

**The Delta Sigma Chapter of the Phi Epsilon Kappa Fraternity, Faculty Advisor**  
Department of Kinesiology and Health Promotion  
Appointed August 2008 – August 2011.  
Phi Epsilon Kappa is a professional fraternity for individuals engaged in, or pursuing careers in Health, Physical Education, Recreation, Fitness, or Sport Administration.

**Department of Kinesiology and Health Promotion Banquet**  
Presenter for Phi Epsilon Kappa Inductees. Spring 2009 - 2011.

**Nick Costes 5K, Department of Kinesiology and Health Promotion**  
Assist Faculty Advisor with Course Marshals. Spring 2009 - 2012.

**Children’s Health Field Day, Sponsored by Troy University, KHP Club**  
Department of Kinesiology and Health Promotion, Troy University  
Faculty advisor/consultant for fitness assessment station for children, promoting physical activity. Spring 2010 - 2012.

**Kinesiology and Health Promotion Club, Member**  
Department of Kinesiology and Health Promotion, Troy University  
Fall 2009 – Fall 2011.

**Trojan Day/Spring Preview Day, Faculty Representative**  
Department of Kinesiology and Health Promotion, Spring 2009 - 2012.

**Trojan Day/Fall Preview Day, Faculty Representative**  
Department of Kinesiology and Health Promotion, Fall 2008 - 2010.

Community Involvement:

Assist KHP Faculty Advisor (Dr. Michael Green) with body composition presentation/testing for Troy University Global Studies Academy’s high school students, Troy, Alabama (Global Studies Facilitator – Phyllis Wilson). February 3, 2009; February 23, 2010; March 27, 2012.

Troy Parks and Recreation, Troy, AL  
Assistant Coach – 7 & under Coach Pitch Baseball, “Cardinals”, Spring 2013.  
Assistant Coach – 7 & under soccer team, “Superman”. Fall 2012.  
Volunteer – 7 & under Coach Pitch Baseball, “Cardinals”, Spring 2012.  
Assistant Coach – 5 & under soccer team, “T-Rex”. Fall 2011.  
Substitute/Volunteer assistant to head coach - 5 & under soccer team, “Chargers”.  
Fall 2010.

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**The University of Southern Mississippi (Fall 2005 – Summer 2006):**

Departmental Service:

**Undergraduate Curriculum Coordinator, Exercise Science Program**

School of Human Performance and Recreation

Spring 2006

Academic Field:

Volunteer Instructor – American College of Sports Medicine Health/Fitness

Instructor® Workshop, Hattiesburg, MS (Site Director – Dr. Michael J. Webster)

October 2004

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**PROFESSIONAL DEVELOPMENT**

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**Troy University – Institutional Review Board**

IRB Training

Date of Completion (Initial Certification): October 1, 2009.

Confirmation Number: 09274222

(Recertification: January 16, 2013)

**Assessment for HR Harassment and Discrimination Prevention**

Troy University

Certificate of Training: April 4, 2012

**TOP Blackboard Certified – Troy University**

Date of Completion: May 5, 2011. Certification Granted: May 9, 2011

**Alabama Ethics Law Training**

Alabama Ethics Commission

Certificate of Completion: March 8, 2011.

**Troy University Office of Sponsored Programs**

Briefing and Materials meeting.

Judy Brighton Fulmer, Director Sponsored Programs, June, 1, 2010.

**LiveText Training**

Marci Shirley, Technology Coordinator, College of Education, Troy University

March 23, 2010

**AAHPERD Research Consortium Webinar.**

Morrow, J.R., Thomas, J.R., University of North Texas. Preparing and Submitting Research Manuscripts for Peer-Reviewed Publication: Winning Friends and Influencing Editors and Reviewers. November 3, 2009. Viewed via Department of Kinesiology & Health Promotion, College of Health and Human Services, Troy University.



**TROY eCampus eColloquium.** Troy University, May 7, 2009.

“Blackboard – General Information”, William Drake.

**Advising Training Workshop** – Trained by Donna Schubert, Troy University. April 29, 2009.

**The National Institutes of Health (NIH) Office of Extramural Research**

Certificate of Completion: NIH Web-based training course “Protecting Human Research Participants”.

Date of completion: February 16, 2009. Certification Number: 186522

**Conferences Planning to Attend (2013)**

2013 International Society of Sports Nutrition 10<sup>th</sup> Annual Conference and Expo.  
Antlers Hilton, Colorado Springs, CO, June 14-15, 2013.

2013 Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Spring Conference. Phoenix VI, Orange Beach, AL, April 12-13, 2013.

**Conferences Attended**

2012 National Strength and Conditioning Association 35<sup>th</sup> National Conference & Exhibition. Rhode Island Convention Center, Providence, RI, July 12-14.

2012 International Society of Sports Nutrition 9<sup>th</sup> Annual Conference and Expo.  
Hilton Clearwater Beach Resort, Clearwater Beach, FL, June 22-23, 2012.

2012 American College of Sports Medicine 59<sup>th</sup> Annual Meeting and 3<sup>rd</sup> World Congress on Exercise is Medicine®. San Francisco Marriott Marquis, San Francisco, CA, May 29 – June 2, 2012.

2011 National Strength and Conditioning Association Alabama State Clinic. Troy University, Troy, AL. April 15, 2011.

2011 Southeast Regional Chapter, American College of Sports Medicine 39<sup>th</sup> Annual Meeting. Hyatt Regency Hotel, Greenville, SC, February 2-5, 2011

2010 Sensational Saturday Childcare Conference hosted by the Family Guidance Center of Alabama. Montgomery, AL, February 2010.

2010 Southeast Regional Chapter, American College of Sports Medicine 38<sup>th</sup> Annual Meeting. Hyatt Regency Hotel, Greenville, SC, February 11-13, 2010

2009 Southeast Regional Chapter, American College of Sports Medicine 37<sup>th</sup> Annual Meeting. Wynfrey Hotel, Birmingham, AL, February 12 – 14, 2009.

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## COMPUTER/TECHNICAL SKILLS

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Troy University Blackboard Proficient for online teaching.

Teaching Website: <http://sites.google.com/site/tdmcourses/>

Students may be provided: course lectures, syllabi, handouts, notes, quizzes, assignments, and announcements for download.

Teaching/Research:

Microsoft Word, Power Point, Excel, SPSS, Troy University Classroom Technology, Department of Kinesiology and Health Promotion Portable Classroom Technology

Exercise Physiology Laboratory/Research Experience:

Phlebotomy-Blood Collection and Storage, Metabolic Measurement Systems, Electrocardiography (ECG) Systems, Cybex, Microplate Readers, ELISA

Observation:

Methodist Rehabilitation Center, Jackson, MS. Fall 2007

Motion Analysis – EVaRT 5.0, EMG, Force Plates - Bertec, OrthoTrak, GaitRite Systems, Biodex

Polymer Science Laboratory Experience (Spring – Summer 2007):

Size Exclusion Chromatography (SEC), Nuclear Magnetic Resonance (NMR) and Fourier Transform Infrared (FT-IR) Spectroscopy, Real-time FT-IR Alternated Total Reflectance (ATR) Spectroscopy

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## PROFESSIONAL CERTIFICATIONS

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**Certified Strength and Conditioning Specialist (CSCS)**

National Strength and Conditioning Association

Initial Certification: May 2, 2006 - Present. CSCS#: 200629022

(Recertification: January 1, 2009; January 1, 2012)

**Cardiopulmonary Resuscitation (CPR) – Automated External Defibrillator (AED)**

American Red Cross

Recertification: December 9, 2011.

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## PROFESSIONAL ORGANIZATION MEMBERSHIPS

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**American College of Sports Medicine**

Member, 2011 – Present.

**Southeast Regional Chapter, American College of Sports Medicine**

Member, 2009 - Present.

**National Strength and Conditioning Association**

Member, 2009 – Present.

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## PROFESSIONAL ACCOMPLISHMENTS

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Recognized as a Troy University **“Reward Caller”** recipient for the month of June 2011.

“Your polite, timely help to those calling Troy University is indicative of your ‘one student at a time’ attitude that is so important to our University. Thank you for your positive attitude and friendly response each time you answer the phone.”

–Dr. Jack Hawkins, Jr., Chancellor

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## ACADEMIC ACCOMPLISHMENTS

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<u>Association</u>	<u>Award</u>	<u>Dates</u>
The University of Southern Mississippi, Human Performance and Recreation	Outstanding Master’s Student	2004-2005
Chancellor’s List for Graduate Students The University of Southern Mississippi	Chancellor’s List	2004-2005

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**OTHER EXPERIENCE**


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<u>Association</u>	<u>Title</u>	<u>Dates</u>
Mississippi State University Starkville, MS	Baseball Camp Instructor, Hitting Coordinator	Summer 2005
University of Florida Gainesville, FL	Baseball Camp Instructor, Squad Coach	Summer 2005
<b><u>Professional Baseball:</u></b>		
Texas Rangers Organization	Professional Baseball Player	2000-2003
Frisco Roughriders Frisco, TX	Double A	2003
Texas Rangers (AAA) Surprise, AZ	Triple A Spring Training	2003
Charlotte Rangers Port Charlotte, FL	High A	2001 & 2002
Savannah Sand Gnats Savannah, GA	Low A	2001
Texas Rangers Ft. Myers, FL	Fall Instructional League	2000
Pulaski Rangers Pulaski, VA	Short A/Rookie	2000
<b><u>Major League Baseball Amateur Draft</u></b>		
Texas Rangers	20 <sup>th</sup> Round	2000
Minnesota Twins	19 <sup>th</sup> Round	1996
<b><u>Collegiate Baseball</u></b>		
Mississippi State University Starkville, MS	Student-Athlete	1999-2000
University of Florida Gainesville, FL	Student-Athlete	1997-1998

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**OTHER ACCOMPLISHMENTS**


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<u>Association</u>	<u>Award</u>	<u>Dates</u>
Charlotte Rangers	Most Inspirational Player	2002
Florida State League Charlotte Rangers	League Championship	2002
Florida State League	Player of the Week	July 29- August 4, 2002
TOPP'S	Minor League Player of the Month	July, 2002
Florida State League	Player of the Week	July 22-28, 2002
National Collegiate Athletic Association Mississippi State University	NCAA Starkville Regional Tournament Most Valuable Player	2000
National Collegiate Athletic Association Mississippi State University	NCAA Starkville Regional All-Regional Team	2000
Mississippi State University	Team Batting Average Leader (.352)	2000
Southeastern Conference Mississippi State University	Scholar Athlete	1999-2000, & 2000-2001
National Collegiate Athletic Association Mississippi State University	GTE Academic All- American Team (3 <sup>rd</sup> )	1999-2000
Mississippi State University	President's Scholar	1999-2000
Mississippi State University	Dean's Scholar	1999-2000
Southeastern Conference Mississippi State University	All SEC Team (2 <sup>nd</sup> )	1999
University of Florida	College World Series	1998
Southeastern Conference University of Florida	Conference Champions	1998

National Collegiate Athletic Association University of Florida	GTE Academic All- American (District Team)	1997-1998
Southeastern Conference University of Florida	Scholar Athlete	1997-1998
University of Florida	Dean's List	1996

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## **INTERESTS**

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Family  
Hunting, Fishing, Outdoors  
Sports, Fitness