

Curriculum Vitae

Dr. Michael S. Green, Ph.D.

Associate Professor
Department of Kinesiology and Health Promotion
112 Wright Hall
Troy University
Troy, Alabama 36082
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EDUCATIONAL RECORD

Doctor of Philosophy (Ph.D.), Sport Science, 2008

Georgia State University, Atlanta, Georgia

Dissertation: [Effect of a Repeated Bout of Eccentrically-Biased Contractions on Insulin Resistance](#) (UMI No. 3350598)

Advisor: J. Andrew Doyle, Ph.D.

Committee: Dan Benardot, Ph.D.
Jeffrey C. Rupp, Ph.D.
Christopher P. Ingalls, Ph.D.

Master of Science (M.S.), Sport and Fitness Management, 2002

Troy State University, Troy, Alabama

Project: Comparison of Direct and Indirect Methods of Assessing VO₂ Max (non-thesis)

Advisor: Edith W. Smith, Ph.D.

Bachelor of Science (B.S.), Sport and Fitness Management, 2000

Troy State University, Troy, Alabama

Advisor: Edith W. Smith, Ph.D.

PROFESSIONAL EXPERIENCE

Troy University:

Associate Professor, Exercise Science

Department of Kinesiology and Health Promotion
Troy University, Troy, Alabama
August 1, 2014 - present

Assistant Professor, Exercise Science

Department of Kinesiology and Health Promotion
Troy University, Troy, Alabama
January 1, 2008 - July 31, 2014

Interim Chair

Department of Kinesiology and Health Promotion
Troy University, Troy, Alabama
August 1, 2012 - July 31, 2013

Graduate Teaching Assistant

Dr. Edith Smith, Ph.D
Department of Kinesiology and Health Promotion
Troy State University, Troy, Alabama
2001-2002

Tutor

Writing Center
Troy State University, Troy, Alabama
2000-2002

Georgia State University:

Graduate Research Assistant

Dr. Andy Doyle, Ph.D.
Department of Kinesiology and Health
Georgia State University, Atlanta, Georgia
2004-2008

Adjunct Instructor

Department of Kinesiology and Health
Georgia State University, Atlanta, Georgia
2006-2007

TEACHING EXPERIENCE

Assistant/Associate Professor, Troy University (January 2008 - present)

Department of Kinesiology and Health Promotion

Undergraduate courses:

KHP 2251 Foundations of Physical Education and Sport and Fitness Management
KHP 3352 Kinesiology and Efficiency of Human Movement
KHP 3360 Physiological Principles of Body Systems
KHP 4459 Sport and Exercise Nutrition
KHP 4474 Exercise Physiology
KHP L474 Exercise Physiology Lab
KHP 4476 Laboratory Practicum
KHP 4487 Special Topics
KHP 4495 Advanced Exercise Physiology
KHP 4497 Senior Seminar in Exercise Performance
KHP 4498 Internship in Exercise Science

Graduate courses:

KHP 6604 Testing and Statistical Interpretation
KHP 6650 Sport Nutrition and Exercise Metabolism
KHP 6670 Exercise Physiology

Graduate Research Assistant, Georgia State University (January 2004 - December 2007)

Department of Kinesiology and Health

Undergraduate courses:

KH 3020 Training and Fitness Concepts
KH 3650 Exercise Physiology Lab

KH 4290 Cardiopulmonary Physiology
 Graduate course:
 KH 7500 Exercise Physiology Lab

Graduate Teaching Assistant, Troy State University (January 2001 - December 2002)

Department of Kinesiology and Health Promotion

Undergraduate courses:

KHP 1108 Tennis
 KHP 1141 Jogging
 KHP 2200 Health Concepts
 KHP 2202 First Aid and CPR

SCHOLARSHIP AND CREATIVE ACTIVITY [ORCID: [0000-0001-5051-8199](https://orcid.org/0000-0001-5051-8199)]

Peer Reviewed Research Publications (national/international)

- Green, M.S.**, Corona, B.T. and Martin, T.D. (2018). Effect of caffeine on quadriceps performance before and after eccentric exercise. *Journal of Strength and Conditioning Research*. [Epub ahead of print; doi: 10.1519/JSC.0000000000002530]
- Green, M.S.**, Benson, A., Martin, T.D. (2018). Effect of mouthguard use on metabolic and cardiorespiratory responses to aerobic exercise in males. *Research Quarterly for Exercise and Sport*, 89(2), 183-189.
- Hulstrom, M., Amorim de Paula, C., Antonio Peliky Fontes, M., Porcelli, S., Bellistri, G., Pugliese, L., Rasica, L., Marzorati, M., Pavei, G., Ferguson, S.K., Holdsworth, C.T., Musch, T.I., Poole, D.C., Bourdillon, N., Hoon, M.W., Burke, L.M., Michielli, D.W., Faiss, R., Millet, G.P., Corona, B.T., **Green, M.S.**, da Silveira, A.L., Sindler, A.L., Casey, D.P., Johnson, D.D., Wheatley, C.M., Kunces, L.J., Bescos, R., Cody, L.C., Martens, C.R., Justice, J.N., Ballak, D.B., Wanner, S.P., Rehman, S. (2015). Commentaries on Viewpoint: Can elite athletes benefit from dietary nitrate supplementation? *Journal of Applied Physiology*, 119(6), 762-769.
- Baumann, C.W, **Green, M.S.**, Doyle, J.A., Rupp, J.C., Ingalls, C.P., and Corona, B.T. (2014). Muscle injury after low intensity downhill running reduces running economy. *Journal of Strength and Conditioning Research*, 28(5), 1212-1218.
- Green, M.S.**, Esco, M., Martin, T.D., Pritchett, R.C., Williford, H. (2013). Crossvalidation of two 20 meter shuttle run tests for predicting VO_{2max} in female collegiate soccer players. *Journal of Strength and Conditioning Research*, 27(6), 1520-1528.
- Bobo, L., Benson, A., and **Green, M.** (2012). The effect of self-reported efficacy on clinical skill performance. *Athletic Training Education Journal*, 7(4), 176-186.
- Sluder, J.B., **Green, M.S.**, Howard-Shaughnessy, C. (2012). Effect of an educational field day on learning outcomes in children. *National Teacher Education Journal*, 5(2), 59-66.
- Benson, A.A., Bobo, L.S., and **Green, M.S.** (2012). Comparison of video and real-time scoring techniques. *Journal of Allied Health*, 41(3), 118-122.

Green, M.S., Doyle, J.A., Ingalls, C.P., Benardot, D., Rupp, J.C., Corona, B.T. (2010). Adaptation of insulin-resistance indicators to a repeated bout of eccentric exercise in human skeletal muscle. [*International Journal of Sport Nutrition and Exercise Metabolism*, 20\(3\), 181-190.](#)

Green, M.S., Corona, B.T., Doyle, J.A., Ingalls, C.P. (2008). Carbohydrate-protein drinks do not enhance recovery from exercise-induced muscle injury. [*International Journal of Sport Nutrition and Exercise Metabolism*, 18\(1\), 1-18.](#)

Peer Reviewed Research Publications (in review)

n/a

Peer Reviewed Research Publications (in preparation)

Martin, T.D., Whitehead, T., **Green, M.S.**, Scheet, T.P., Webster, M.J., Hudson, G.M. (in preparation). Effects of six weeks of *Echinacea Purpurea* supplementation on erythropoiesis.

Green, M.S., Martin, T.D., Corona, B.T. (in preparation). Effect of a non-steroidal anti-inflammatory drug on delayed onset muscle soreness and recovery from exercise-induced muscle damage.

Allen, C., Hatchett, A., **Green, M.S.**, Esco, M., Martin, T.D. (in preparation). Prediction of upper body strength in resistance trained females.

Martin, T.D., Whitehead, T., **Green, M.S.**, Scheet, T.P., Webster, M.J., Hudson, G.M. (in preparation). Effects of six weeks of *Echinacea Purpurea* supplementation in recreational weight lifters on nitric oxide levels.

Book chapters

Green, M.S. and Doyle, J.A. (2009). Carbohydrates. In J. Driskell (Ed.), [*Nutrition and exercise concerns of middle age*](#). Boca Raton, FL: CRC Press.

Doyle, J.A., Papadopoulos, C., **Green, M.S.** (2008). Utilization of carbohydrates in energy production. In I. Wolinsky & J. Driskell (Eds.), [*Sports nutrition: Energy metabolism and exercise*](#). Boca Raton, FL: CRC Press.

Peer Reviewed Published Research Abstracts and/or Poster Presentations

(national/international)

Richards, J.M., Sluder, J.B., Howard-Shaughnessy, C., **Green, M.**, Hollett, N.L. (2018). Effect of a new games unit on secondary physical education. Oral presentation at the SHAPE America National Convention and Expo (Nashville, TN, March 20-24, 2018)

Martin, T.D., **Green, M.S.**, Whitehead, M.T., Scheet, T.P., Webster, M.J., & Hudson, G.M. (2017). Effect of six weeks of *Echinacea Purpurea* supplementation on white blood cell count in recreationally active males with above average aerobic fitness. Published in *Journal of Strength Conditioning Research*, 31(Supp1): S192-S193. Poster presented at the 40th National Conference & Exhibition of the National Strength and Conditioning Association (Las Vegas, NV, July 12-15, 2017)

- Kryglowski, A, Benson, A., **Green, M.** (2013). The effects of fatigue on balance utilizing the Nintendo Wii balance board. Poster presented at the National Athletic Trainers Association Annual Meeting (Las Vegas, Nevada, June 24-27, 2013)
- Sluder, J.B., Howard-Shaughnessy, C, **Green, M.S.** (2013). Learning outcomes in children after an educational health field day. Poster presented at the American Alliance for Health, Physical Education, Recreation and Dance National Convention and Expo (Charlotte, North Carolina, April 23-27, 2013)
- Benson, A.K., **Green, M.**, Sexton, J. (2013). A pilot study investigating the effect of concussion, height, and gender on dominant leg stability and center of balance in division I athletes utilizing the Nintendo Wii balance system. Poster presented at the Big Sky Athletic Training and Sports Medicine Conference (Big Sky, Montana, February 3-7, 2013)
- 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 VO₂max in female collegiate soccer players. Published in *Journal of Strength Conditioning Research*, 27(Supp14), S34-35. Poster presented at the 35th National Conference & Exhibition of the National Strength and Conditioning Association (Providence, Rhode Island, 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. Published in *Journal of Strength Conditioning Research*, 27(Supp14), S34-35. Poster presented at the 35th National Conference & Exhibition of the National Strength and Conditioning Association (Providence, Rhode Island, July 11-14, 2012)
- Martin, T., **Green, M.**, Whitehead, M.T., Scheett, T., Webster, M.J., Hudson, G.M. (2012). Effect of six weeks of oral Echinacea purpurea supplementation on nitric oxide production. Published in *Journal of the International Society of Sports Nutrition*, 9(Supp11), P21. Poster presented at the 9th Annual Conference and Expo of the International Society of Sports Nutrition (Clearwater Beach, Florida, June 22-23, 2012)
- Sluder, J.B., Howard-Shaughnessy, C., **Green, M.S.** (2012). Using autonomy-supportive teaching in elementary physical education: an alternative approach to fitness units. Poster presented at the North American Society for the Psychology of Sport and Physical Activity Annual Meeting (Honolulu, Hawaii, June 7-9, 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. Published in *Medicine and Science in Sports and Exercise*, 44(5), S566. Poster presented at the 59th Annual Meeting of the American College of Sports Medicine (San Francisco, California, May 29-June 2, 2012)

- Luke, R., Benardot, D. A., Rupp, J.L., Ingalls, C.P., Corona, B.T., **Green, M.S.**, Doyle, J.A. (2012). The effect of N-acetylcysteine supplementation on recovery of strength following eccentric muscle injury. Published in *Medicine and Science in Sports and Exercise*, 44(5), S297. Poster presented at the 59th Annual Meeting of the American College of Sports Medicine (San Francisco, California, May 29-June 2, 2012)
- Martin, T.D., **Green, M.S.**, Whitehead, M.T., Scheett, T.P., Webster, M.J. (2012). Effect of six weeks of oral *Echinacea Purpurea* supplementation on erythropoiesis. Published in *Medicine and Science in Sports and Exercise*, 44(5), S181. Poster presented at the 59th Annual Meeting of the American College of Sports Medicine (San Francisco, California, May 29-June 2, 2012)
- 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 shuttle test for predicting VO₂max in male and female soccer players. Published in *Medicine and Science in Sports and Exercise*, 44(5), S554. Poster presented at the 59th Annual Meeting of the American College of Sports Medicine (San Francisco, California, May 29-June 2, 2012)
- Andrews, A.K., Bobo, L.S., and **Green, M.** (2011). Are teachers being fair when assessing students' clinical skills? Published in *Athletic Training Education Journal*, 6(Supp1), S17. Poster presented at the National Athletic Trainers' Association Athletic Training Educators' Conference (Washington, D.C., February 25-27, 2011)
- Green, M.S.**, Corona, B.T., Doyle, J.A., Benardot, D., Rupp, J.C., Ingalls, C.P. (2008). Exercise-induced muscle injury and recovery: Insulin resistance and carbohydrate-protein supplementation. Published in *Medicine and Science in Sports and Exercise*, 40(5), S60. Oral presentation (Featured Science Session) at the 55th Annual Meeting of the American College of Sports Medicine (Indianapolis, Indiana, May 28-May 31, 2008)
- Green, M.S.**, Corona, B.T., Doyle, J.A., Ingalls, C.P. (2007). A carbohydrate-protein drink does not enhance recovery from exercise-induced muscle injury. Published in *Medicine and Science in Sports and Exercise*, 39(5), S363. Poster presented at the 54th Annual Meeting of the American College of Sports Medicine (New Orleans, Louisiana, May 30-June 2, 2007)
- Doyle, J.A., **Green, M.S.**, Corona, B.T., Simone, J., Dennison, D. (2007). Validation of an electronic pedometer in a field-based setting. Published in *Medicine and Science in Sports and Exercise*, 39(5), S186. Poster presented at the 54th Annual Meeting of the American College of Sports Medicine (New Orleans, Louisiana, May 30-June 2, 2007)
- Rupp, J.C., **Green, M.S.**, Corona, B.T., Heimburger, K.D., Pullen, P.R., Everest, A.S. (2007). Predictors of 10k running performance in well trained athletes matched for ventilatory threshold. Published in *Medicine and Science in Sports and Exercise*. 39(5), S207. Poster presented at the 54th Annual Meeting of the American College of Sports Medicine (New Orleans, Louisiana, May 30-June 2, 2007)

Corona, B.T., **Green, M.S.**, Doyle, J.A., Rupp, J.C., Ingalls, C.P. (2006). Exercise-induced muscle injury results in elevations in aerobic and anaerobic metabolism during submaximal treadmill running. Published in *Medicine and Science in Sports and Exercise*. 38(5), S1523. Poster presented at the 53rd Annual Meeting of the American College of Sports Medicine (Denver, Colorado, May 31-June 3, 2006)

Doyle, J.A., Dennison, D.A., **Green, M.S.**, Corona, B.T., Kimball, A. (2006). Validity and reliability of an electronic pedometer in a laboratory setting. Published in *Medicine and Science in Sports and Exercise*. 38(5), S2855. Poster presented at the 53rd Annual Meeting of the American College of Sports Medicine (Denver, Colorado, May 31-June 3, 2006)

Peer Reviewed Published Research Abstracts, Poster, and/or Oral Presentations (regional)

Hoke, E.L., Wilson, S.J., Gdovin, J.R., Williams, C.C., Eason, J.D., Luginsland, L.A., Hill, C.M., Donahue, P.T., Chander, H., Wade, C., **Green, M.** & Garner, J.C. Acute effects of golf specific footwear on bilateral balance. Southeast American College of Sports Medicine (Greenville, South Carolina, February 16-18, 2017)

Wilson, S.J., Gdovin, J.R., Williams, C.C., Eason, J.D., Hoke, E.L., Luginsland, L.A., Hill, C.M., Donahue, P.T., Chander, H., Wade, C., **Green, M.** & Garner, J.C. The effects of golf specific footwear on human balance. Southeast American College of Sports Medicine (Greenville, South Carolina, February 16-18, 2017)

Benson, A, **Green, M.** & Forte, C. (2016). The effect of mouthguards on athletic performance. Oral presentation at the 62nd Annual Southwest Athletic Trainers Association Symposium (Addison, Texas, July 21-23, 2016)

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. Published in D. Torok (Ed.), *Proceedings of the 39th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, P50. Poster presented at the 39th Annual Meeting of the Southeast American College of Sports Medicine (Greenville, South Carolina, February 3-5, 2011)

Green, M.S., Corona, B.T., Martin, T.D. (2010). Effect of caffeine following exercise-induced muscle injury. Published in D. Torok (Ed.), *Proceedings of the 38th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, P15. Poster presented at the 38th Annual Meeting of the Southeast American College of Sports Medicine (Greenville, South Carolina, February 11-13, 2010)

Sluder, B., Andrews, A., **Green M.** (2010). The effect of social networking sites (Facebook/My Space) on hiring practices in K-12 public education. Oral presentation at the Sharing the Wealth in Elementary, Middle and High School Physical Education Conference (Jekyll Island, Georgia, January 28-30, 2010)

- Green, M.S.**, Ingalls, C.P., Benardot, D., Corona, B.T., and Doyle, J.A. (2008). Effect of a repeated bout of eccentric contractions on insulin resistance. Published in D. Torok (Ed.), *Proceedings of the 36th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, O6. Oral presentation at the 36th Annual Meeting of the Southeast American College of Sports Medicine (Birmingham, Alabama, February 14-16, 2008)
- Green, M.S.**, Corona, B.T., Doyle, J.A., and Ingalls, C.P. (2007). A carbohydrate-protein drink does not enhance recovery from exercise-induced muscle injury. Published in D. Torok (Ed.), *Proceedings of the 35th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, O23. Oral presentation at the 35th Annual Meeting of the Southeast American College of Sports Medicine (Charlotte, North Carolina, February 8-10, 2007)
- Green, M.S.**, Corona, B.T., Kimball, A., Dennison, D.A., and Doyle, J.A. (2006). Validity and reliability of an electronic pedometer in a laboratory setting. Published in D. Torok (Ed.), *Proceedings of the 34th Annual Meeting of the Southeast American College of Sports Medicine Annual Conference*, P44. Poster presented at the 34th Annual Meeting of the Southeast American College of Sports Medicine (Charlotte, North Carolina, February 9-11, 2006)
- Green, M.S.** and Tatum, L. (2001). The property interest rights of an HIV-positive individual denied participation in a professional contact sport. Oral presentation at the Sport Administration and Physical Education Conference (Florida State University, Tallahassee, Florida, 2001)

Peer Reviewed Research Poster Presentations and/or Oral Presentations (state)

- Green, M.S.**, Sluder, J.B., Howard-Shaughnessy, C., Coleman, K.C., Mills, O.V., Moynihan, P.C., Biagtan, C. (2018). The Power of Positivity: Positive and Negative Coaching Attributes. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Sluder, J.B., **Green, M.S.**, Howard-Shaughnessy, C., Fuller, T.T., Griffin, S.G., McCray, Z.M. (2018). The Pros and Cons of Sport Specialization. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Green, M.S.**, Simpson, A.M., Leach, R.N., Chapman, C.A, Pridgen, S.N., Gilheart, B.J., Waters, J.K., Jamison, K.A., Sluder, J.B., Martin, T.D. (2017). Effect of Carbohydrate Mouth Rinse on High Intensity Rowing Performance. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Richards, J.M., Sluder, J.B., **Green, M.S.**, Howard-Shaughnessy, C. (2017). Advantages of a Student Centered Curriculum in Secondary Physical Education. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)

- Grantham, E.K., Smith, B.D., Lee, K., Stoner, G., Huett, C.A., Edwards, D.D., Leurinda, E., **Green, M.S.**, Martin, T.D. (2016). The Effects of Low and Moderate Doses of Caffeine on Blood Lactate During Repeated Wingate Tests. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Spicuzza, A., Verma, S., Williams, C., **Green, M.** (2016). Static Stretching vs. Dynamic Stretching: Preventing Injuries Among Adolescent Athletes. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- McGowan, J., Carter, B., **Green, M.** (2016). What Coaches Really Need to Know About Nutrition and Training Adolescent Athletes. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Tarver, C., Chang, C., Sluder, J.B., **Green, M.** (2015). Effect of Music on Power Performance. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Watson, J.G., Roberts, M.S., Perdue, M.G., Wellman, K.E, **Green, M.S.** (2015). Effect of Motivational Music on Athletic Performance. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Green, M.** (2013). No Pain, No Gain: How to Treat and Prevent Delayed Onset Muscle Soreness. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Green, M.** (2012). Applying Lab- and Field-Based Tests of Endurance to the Real World. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Kryglowski, A., Brack, W. Benson, A., **Green, M.** (2012). The Effect of Fatigue on Balance. Poster presented at the Southern Sport Management Conference (Troy, Alabama)
- Benson, A. and **Green, M.** (2012). Nutrition and Athletes: A Primer for Athletic Trainers. Oral presentation at the Alabama Athletic Trainers' Association High School Athletic Trainer Symposium [ALATA Emergency Preparedness and Current Medical Issues Conference] (Birmingham, Alabama)
- Benson, A., Sexton, J. **Green, M.** (2011). Effect of Height on Dominant Leg Stability in Male Athletes Utilizing the Nintendo Wii Balance System. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)

- Green, M., Schuler, B., Welch, M., Martin, T.** (2011). Effect of sports beverage composition on resting blood glucose levels. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Patil, N., Green, M., Martin, T., Howard-Shaughnessy, C.** (2011). Validity of a hand-held indirect calorimeter for estimating resting metabolic rate. Poster presented at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)
- Green, M.S.** (2010). Exercise-Induced Muscle Injury and Options to Enhance Recovery. Oral presentation at the Alabama Athletic Trainers' Association Annual Meeting (Sandestin, Florida)
- Green, M.S.** (2008). Exercise-Induced Muscle Injury and Insulin Resistance: The Repeated Bout Effect. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Spring Conference (Orange Beach, Alabama)
- Green, M.S.** (2005). Cardiorespiratory Fitness: Considerations for Accurate Prediction of Maximal Oxygen Consumption. Oral presentation at the Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, Alabama)

Non Peer Reviewed Publications

- Green, M.S., Martin, T.D.** (2009). Troy University Exercise Physiology Laboratory Policy and Procedures Manual.

Grants: Funded

- Green, M.S. and Martin, T.D.** (2018). Prediction of Bench Press One Repetition Max from Push-Ups. Faculty Research Grant, Troy University Faculty Development Committee (\$2,000)
- Green, M.S.** (2017). Acute Effects of Golf Specific Footwear on Bilateral Balance. 45th Annual Southeast American College of Sports Medicine Conference (Greenville, SC). Paper Presentation Grant (Spring), Troy University Faculty Development Committee (\$750.00)
- Green, M.S.** (2015). Effect of Motivational Music on Athletic Performance. Alabama State Association for Health, Physical Education, Recreation and Dance (Orange Beach, AL). Paper Presentation Grant (Spring), Troy University Faculty Development Committee (\$477.80)
- Green, M.S.** (2013). Learning Outcomes in Children After an Educational Health Field Day. American Alliance for Health, Physical Education, Recreation and Dance National Convention and Exposition (Charlotte, NC). Paper Presentation Grant (Spring), Troy University Faculty Development Committee (\$575.70)
- Green, M.S.** (2012). Applying Lab- and Field-Based Tests of Endurance to the Real World. Alabama State Association for Health, Physical Education, Recreation and Dance Fall Conference (Birmingham, AL). Paper Presentation Grant (Fall), Troy University Faculty Development Committee (\$424.30)

- Green, M.S.** (2012). Effect of Six Weeks of Oral *Echinacea Purpurea* Supplementation on Nitric Oxide. International Society for Sport Nutrition Annual Conference (Clearwater Beach, FL). Paper Presentation Grant (Spring), Troy University Faculty Development Committee (\$250.00)
- Green, M.S.** (2012). Ibuprofen Prolongs Functional Deficits after a Repeated Bout of Downhill Treadmill Running. 59th American College of Sports Medicine Conference (San Francisco, CA). Paper Presentation Grant (Spring), Troy University Faculty Development Committee (\$750.00)
- Green, M.S.** and Martin, T.D. (2011). Comparison of Two Field-Based Tests to Predict Maximal Oxygen Uptake in Soccer and Cross-Country Athletes. 39th Annual Southeast American College of Sports Medicine Conference (Greenville, SC). Paper Presentation Grant (Spring), Troy University Faculty Development Committee (\$750.00/2 = 375.00)
- Green, M.S.** (2010). Effect of Caffeine Following Exercise-Induced Muscle Injury 38th Annual Southeast American College of Sports Medicine Conference (Greenville, SC). Paper Presentation Grant (Spring), Troy University Faculty Development Committee (\$750.00)
- Green, M.S.** (2009). Effect of Caffeine on Recovery from Exercise-Induced Muscle Injury. Summer Research Grant, Troy University Faculty Development Committee (\$1,578.00)
- Green, M.S.** (2008). Exercise-Induced Muscle Injury and the Repeated Bout Effect: Effects on Insulin Resistance. Dissertation Grant, Georgia State University College of Education (\$990.69)
- Green, M.S.** and Corona, B.T. (2005). Effect of a Carbohydrate-Protein Recovery Beverage on Exercise-Induced Muscle Injury. Pacific Health Laboratories, Inc. (experimental beverages)

Grants: In review

n/a

Grants: Unfunded

- Green, M.S.** and Andrews-Benson, A. (2011). The Effect of a Non-Steroidal Anti-Inflammatory Drug on Delayed Onset Muscle Soreness and Recovery from Exercise-Induced Muscle Injury. Southeast Athletic Trainers' Association (SEATA) Research and Education Committee Research Grant (\$1,692)
- Green, M.S.** and Sluder, J.B. (2010). Comparison of the Physiological Effects of Playing Ripken Quickball, Softball, and Basketball. Ripken Quickball (\$7,500)
- Green, M.S.** (2008). Exercise-Induced Muscle Injury and Recovery: Insulin Resistance and Carbohydrate-Protein Supplementation. 55th Annual American College of Sports Medicine Annual Conference (Indianapolis, IN). Paper Presentation Grant (Summer), Troy University Faculty Development Committee (\$750.00)
- Green, M.S.** (2006). Downhill Treadmill Running and the Repeated Bout Effect: Effect on Insulin Resistance. Student Grant Program, Gatorade Sport Science Institute (\$2,556)
- Green, M.S.** and Corona, B.T. (2004). The Effect of a Mixed Glucose-Fructose-Sucrose Beverage on Endurance Performance. Student Grant Program, Gatorade Sport Science Institute (\$2,000)

Graduate student research mentor (thesis committee member)

Richards, J. (2017). Effect of a new games unit on secondary physical education.

Graduate student research mentor (non-thesis; IRB approved)

Norris, M. (2018). Effect of chronic caffeine on anaerobic exercise performance.

Jamison, K. (2017). Vitamin D and athletic performance in collegiate basketball players.

Garner, D. (2013). The effects of combined interferential current and ice therapy on the signs and symptoms of delayed-onset muscle soreness.

Patil, N. (2011). Validity of a hand-held indirect calorimeter to measure resting metabolic rate.

Davuluri, A. (2010). Reliability of the 12-minute walk test and national and international students.

Pandya, H. (2010). Effect of 6-weeks of moderate-intensity aerobic exercise training on resting heart rate and blood pressure in previously sedentary individuals.

Chabhadiya, J. (2010). Prevalence of high-fat versus high-carbohydrate diets in endurance athletes.

Undergraduate student research mentor (IRB approved)

Simpson, A., Leach, R., Chapman, C., Pridgen, S., Gilheart, B., Waters, J. (2017). Effect of carbohydrate mouth rinse on high intensity rowing performance.

Grantham, E., Smith, B., Lee, K., Stoner, G., Huett, C., Edwards, D., Leurinda, E. (2016). The effects of low and moderate doses of caffeine on blood lactate during repeated Wingate tests.

Watson, J., Roberts, M., Perdue, M. (2015). Effect of motivational music on athletic performance.

SERVICE TO PROFESSIONAL DISCIPLINE**Leadership**

Vice President, Sport and Exercise Science Council, Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) (2013)

Vice President-Elect, Sport and Exercise Science Council, Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) (2012)

Invited Reviewer: Journals

International Journal of Sports Medicine (1 review, 2018)

Sports Medicine (1 review, 2013)

Medicine and Science in Sports and Exercise (1 review, 2011; 4 reviews, 2009)

Applied Physiology, Nutrition, and Metabolism (2 reviews, 2009)

Invited Reviewer: Textbooks

Kraemer, W.J., Fleck, S.J., and Deschenes, M.R. Exercise Physiology: Integrating Theory and Application (review of 1st edition, 2012)

Plowman, S. Exercise Physiology for Health, Fitness and Performance (review of 4th edition, 2011)

Invited Reviewer: Other

Lippincott Williams & Wilkins, Total Fitness Assessment (review of online platform, 2014)

SERVICE TO UNIVERSITY

Department

Department Website designer (troy.edu domain; 2018)

Departmental Website designer/moderator (trojan.troy.edu domain; 2008-present)

Study Abroad Coordinator (2014-2017)

USA (2017): Students and faculty from Troy, Technische Universität Darmstadt, Johann Wolfgang Goethe-Universität, University of Florida, and University of West Florida

Germany (2016): Students and faculty from Troy, Technische Universität Darmstadt, Johann Wolfgang Goethe-Universität, University of Florida, and University of West Florida

USA (2015): Students and faculty from Troy, Technische Universität Darmstadt, Johann Wolfgang Goethe-Universität, University of Florida, and University of West Florida

Germany (2014): Students and faculty from Troy, Technische Universität Darmstadt, Johann Wolfgang Goethe-Universität, and University of Florida

Chair, Search Committee:

Assistant/Associate Professor, Athletic Training Clinical Coordinator (Spring 2015)

Assistant/Associate Professor, Athletic Training Program Director (Spring 2014)

Member, Search Committee:

Department Chair (KHP) and Associate/Full Professor (Spring 2016)

Lecturer, Athletic Training Clinical Coordinator (Spring 2016)

Department Chair (KHP) and Associate/Full Professor (Spring 2013)

Assistant/Associate Professor in Health and PE (Spring 2008)

Assistant/Associate Professor in PE/Sport and Fitness Management (Spring 2008)

Assistant/Associate Professor in Sport and Fitness Management (Spring 2008)

Co-Director, Kinesiology and Health Promotion Majors Club (2013)

Chair, Ad-hoc Committee, online KHP course offerings (2013)

Committee member, Ad-hoc committee for development of MS-Exercise Science (2013)

Departmental Consultant, Troy University Soccer Recruits (ongoing)

Departmental Consultant, Troy University Track and Field Recruits (ongoing)

Committee member, Undergraduate Exercise Science Curriculum Committee (2008-present)

Committee member, Graduate Exercise Science Curriculum Committee (2008-present)

Departmental Representative, Freshman IMPACT session (2008, 2010-2013)

Departmental Representative, College of Health and Human Services Homecoming Tent (2008-2013)

Speaker, KHP Graduate Student Orientation (Fall 2011, 2012)

Departmental Representative, Commencement Ceremony (Spring 2009-2011; Fall 2011, 2012)

Chair, Nick Costes 5k Road Race Committee (2008-2012)

Race Director, Nick Costes 5k Road Race Committee (2008-2012)

Departmental Representative, Fall Trojan Preview Day (2008-2010)

Departmental Consultant, Troy Trojan Vision, Avoiding Holiday Weight Gain (Fall 2010)

Faculty Supervisor, KHP Club Bowling Night (2010)

Faculty Supervisor, KHP Club Montgomery Biscuits stadium tour (2009)

College

Committee Member, College Review Committee [CRC] (2017-2018)
 Committee Member, Executive Council (2012-2013)
 Committee Member, College Review Committee [CRC] (2012-2013)
 Committee Member, College of Health and Human Services Technology Committee (2009-2011)
 Committee Member, College of Health and Human Services Web Page Committee (2008-2009)

University

Committee Member, University Review Committee [URC] (2017-2018)
 Committee Member, Troy University Committee on Promotion and Tenure Appeals (CPTA) (2016-2017)
 Co-Developer (with Dr. Tyler Martin), Bachelor of Science in Exercise Science (2013)
 Committee Member, Troy University Institutional Review Board (2012-2015)
 Committee Member, Troy University Sponsored Program Creativity Committee (2010- present)
 Committee Member, Troy University Athletics Advisory Committee (2008-2014)
 Committee Member, Ad-hoc Committee for IRB Review Form Updates (2013)
 Cast Member, "TROY 1887 Motto" television advertising campaign (2011)
 Faculty Advisor, Troy University Rugby Football Club (2010-2011)

SERVICE TO COMMUNITY

Member, Troy Odyssey Half Marathon and 10k Organizing Committee, Troy, AL (2010)
 Volunteer (finish line), Troy University Coach O Cross Country Meet, Troy, AL (Oct. 16, 2010)
 Volunteer (finish line), Troy University Invitational Cross Country Meet, Troy, AL (Sep. 4, 2010)
 Volunteer, Pike Animal Shelter "Bow Wow Pow Wow!" (Aug. 28, 2010)
 Volunteer (Troy University representative), Gulf Oil Spill Relief Project, Bay Area Food Bank, Mobile, AL (Fall, 2010)
 Member, Pike Animal Shelter Advisory Board (2010)
 Body Composition Testing and Education workshop, Global Studies students (Spring 2009, 2010)
 Cardiovascular Fitness Testing, Troy University varsity softball team (Fall 2009)
 Volunteer, Pike Animal Shelter "Bow Wow Pow Wow!" (Jun. 27, 2009)
 Volunteer, Troy University Trojan Day Parade (Spring 2009)
 Volunteer, FurFest Fundraiser, Pike Animal Shelter, Troy, AL (2008-2010)
 Volunteer, Troy Fest, Pike Animal Shelter Booth, Troy, AL (Apr. 26, 2009)
 Race Official (Discus), Coach O Invitational, Troy, AL (Spring 2009)
 Participant, Relay for Life Catch Me if You Can 5k (Feb. 21, 2009)
 Nutrition and Training presentation, Trojan Road Runners [student organization] (Spring 2009)
 Race Official (Timing), Coach O Invitational, Troy, AL (Spring 2008)
 Cardiovascular Fitness Testing, Troy University varsity cross-country team (2008)
 Founding Member, Pike Animal Shelter, Troy, AL (2008)
 Panel Member, Chattahoochee Road Runners Elite Athlete Forum, Atlanta, GA (2007)
 Lab technician, Laboratory for Elite Athlete Performance (LEAP), Atlanta, GA (2004-2007)

OTHER SERVICE

Audiovisual Technical Support Crew, Southeast American College of Sports Medicine Annual Conferences (2004-2007)

Student Member, Georgia State University College of Education Graduate Admissions and Exceptions Committee (2006-2007)

Student Member, Troy State University Institutional Effectiveness Committee of the SACS Institutional Self-Study (2001)

President, Troy State University Chapter, Phi Epsilon Kappa Professional Fraternity (2000)

Vice President, Troy State University Student Athlete Advisory Council (2000)

HONORS AND AWARDS

Faculty Member of the Game, 2013

Service to the university recognized at a Troy University basketball game

Troy University Phi Kappa Phi Outstanding Scholar Award, 2009

Phi Kappa Phi Chapter 129 Scholar Award

-Awarded annually to a single faculty member for scholarship and research excellence

Georgia State University College of Education Honors Day, 2008

Department of Kinesiology and Health Outstanding Doctoral Student Award

-Scholarly and extraordinary leadership in department and/or professional activities

Georgia State University Dissertation Grant Program, 2008

-Proposal selected for funding (\$990.69)

American College of Sports Medicine Nutrition Interest Group, 2007

Student Research Award (\$250; joint winner)

-Awarded at the 2007 ACSM Annual Meeting in New Orleans

Georgia State University College of Education Honors Day, 2006

Department of Kinesiology and Health Outstanding Doctoral Student Award

-Scholarly and extraordinary leadership in department and/or professional activities

Troy State University Honors Convocation, 2001

Clements Award

-Academic Achievement Award in Sport and Fitness Management

NCAA Postgraduate Scholarship Award Winner, 2001

-Awarded to student-athletes who excel academically and athletically (\$5,000)

Academic All-American, 1998

-Named by the US Cross Country Coaches Association

Dr. Jesse Hall Colley Memorial Scholarship, 2000

-Provided to an outstanding Troy State University senior track athlete (\$500)

Who's Who Among Students in American Universities and Colleges, 2000

Inducted into Phi Epsilon Kappa Fraternity, 2000

-National professional fraternity for Health, Physical Education, Recreation, and Safety

Outstanding Major of the Year, 2000

-National Association for Sport and Physical Education

Inducted into the Honor Society of Phi Kappa Phi, 1999

The National Dean's List, 1998

-Honorary Award Recognition in the 21st Annual Edition

Full Athletic Scholarship, Troy State University, 1997-2002

-Track and Field and Cross Country

PROFESSIONAL DEVELOPMENT

WORKSHOPS

Graduate Assistant Supervisor's Workshop (2014)
 Blackboard Teaching Online Proficiency Course (TOP 2013) (2013)
 Troy IRB Training (recertification) (2012)
 Human Subject Assurance Training (Module 1) (2012)
 Human Subject Assurance Training (Module 2) (2012)
 Human Subject Assurance Training (Module 3) (2012)
 Department Chair Training Workshop (2012)
 Assessment for HR Harassment and Discrimination Prevention (2012)
 Alabama Ethics Law Training (2011)
 Troy University Department of Kinesiology and Health Promotion Faculty Development Workshop (August, 2011)
 National Institutes for Health (NIH) Early Career Investigators Webinar (February 10, 2011)
 Troy University Department of Kinesiology and Health Promotion Faculty Development Workshop (August, 2010)
 Academic Advising Workshop (Apr. 29, 2009)
 Troy University Department of Kinesiology and Health Promotion Faculty Development Workshop (Aug, 2008)
 Troy University New Faculty Orientation (Aug. 7, 2008)
 Troy University IRB Training Workshop (Mar. 27, 2008)
 Georgia State University Radiation Safety Training (Summer 2006)
 Georgia State University OSHA Bloodborne Pathogen Training (Spring 2005)
 Georgia State University Phlebotomy Workshop (Spring 2005)

CONFERENCE ATTENDANCE

National

2013 American Alliance for Health, Physical Education, Recreation and Dance (Charlotte, NC)
 2012 International Society of Sport Nutrition Annual Conference and Expo (Clearwater Beach, FL)
 2012 American College of Sports Medicine National Annual Conference (San Francisco, CA)
 2008 American College of Sports Medicine National Annual Conference (Indianapolis, IN)
 2007 American College of Sports Medicine National Annual Conference (New Orleans, LA)
 2006 American College of Sports Medicine National Annual Conference (Denver, CO)
 2005 American College of Sports Medicine National Annual Conference (Nashville, TN)

Regional

2017 ISSN-Kennesaw State University Conference on Nutrition and Training (Kennesaw, GA)
 2017 Southeast American College of Sports Medicine Annual Conference (Greenville, SC)
 2011 Southeast American College of Sports Medicine Annual Conference (Greenville, SC)
 2010 Southeast American College of Sports Medicine Annual Conference (Greenville, SC)
 2009 Southeast American College of Sports Medicine Annual Conference (Birmingham, AL)
 2008 Southeast American College of Sports Medicine Annual Conference (Birmingham, AL)
 2007 Southeast American College of Sports Medicine Annual Conference (Charlotte, NC)
 2006 Southeast American College of Sports Medicine Annual Conference (Charlotte, NC)
 2005 Southeast American College of Sports Medicine Annual Conference (Charlotte, NC)
 2004 Southeast American College of Sports Medicine Annual Conference (Atlanta, GA)
 2001 Southeast American College of Sports Medicine Annual Conference (Columbia, SC)

State

2018 Alabama State Association for Health, Physical Education, Recreation, and Dance Spring Conference (Orange Beach, AL)
2017 Alabama State Association for Health, Physical Education, Recreation, and Dance Spring Conference (Orange Beach, AL)
2016 Alabama State Association for Health, Physical Education, Recreation, and Dance Spring Conference (Orange Beach, AL)
2015 Alabama State Association for Health, Physical Education, Recreation, and Dance Spring Conference (Orange Beach, AL)
2012 Alabama State Association for Health, Physical Education, Recreation, and Dance Fall Conference (Birmingham, AL)
2011 Alabama State Association for Health, Physical Education, Recreation, and Dance Fall Conference (Birmingham, AL)
2010 Alabama Athletic Trainers' Association Annual Conference (Sandestin, FL)
2008 Alabama State Association for Health, Physical Education, Recreation, and Dance Spring Conference (Orange Beach, AL)
2005 Alabama State Association for Health, Physical Education, Recreation, and Dance Fall Conference (Birmingham, AL)
2001 Florida State University Sport Management Annual Conference (Tallahassee, FL)

PROFESSIONAL AFFILIATIONS

Member, American College of Sports Medicine (ACSM): 2003-present
Member, Southeast American College of Sports Medicine (SEACSM): 2001-present
Member, Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD): 2005, 2008, 2011-present

CERTIFICATIONS

Current

Canvas Certified (2018)

Certified to teach a Troy University or Web-enhanced course using Canvas

Troy University Institutional Review Board (IRB) Certified

American Red Cross Adult CPR and AED Certified

Education Program on Universal Precautions

OSHA's Bloodborne Pathogens Standard for Laboratory and Healthcare Workers
Completed under supervision of Dr. J. Andrew Doyle

Phlebotomy Education Program

Completed under supervision of Dr. J. Andrew Doyle

Expired

Radiation Safety Certified

Under supervision of Georgia State University Radiation Safety Officer
Expired Summer 2008

CITI Training: Collaborative IRB Training Initiative for the Protection of Human Research Subjects

Expired April 23, 2008

GENERAL COLLEGIALLY

Mock Interviewer, athletic training students (2009, 2011)

Incorporated planning, organization, and implementation of the Nick Costes 5k road race into the undergraduate Event Management course (2009-2011)

Attended senior presentations for athletic training students (2008, 2010)

Attended McGraw-Hill Spring Book Fair (2009)

MISCELLANEOUS

Member, Blackburn Harriers and Athletic Club (1991-present)

Club record holder in the 10k [29:31], 15k [45:45], Half Marathon [65:14], and Marathon [2:18:11]

Member, British Milers Club [BMC] (1991-2011)

2nd, 2015 Montgomery Marathon (Montgomery, AL) [2:27:28]

2nd, 2011 Snickers Albany Marathon (Albany, GA) [2:20:20]

1st, 2011 Mercedes Half Marathon (Birmingham, AL) [65:14]

2nd, 2010 Double Bridge Run 15k (Pensacola, FL) [45:45]

24th, 2004 London Marathon (London, England) [2:18:11]

1st, 2003 Huntsville Times Rocket City Marathon (Huntsville, AL) [2:20:25]

Troy University 3000m record holder [8:10.06, 2001]