

# Jason Ng, Ph.D., CSCS, EIM1

Associate Professor  
Department of Kinesiology  
California State University, San Bernardino  
5500 University Parkway, San Bernardino, CA 92407-2393  
(909) 537-5412  
jason.ng@csusb.edu

## EDUCATION

### **Doctor of Philosophy in Human Performance (Exercise Science)**

The University of Alabama, Tuscaloosa, AL

December 2015

*Dissertation:* Cardiovascular and thermoregulatory responses to ice slurry ingestion during heat stress

Advisor: Dr. Jonathan E. Wingo

### **Master of Science in Kinesiology (Clinical Exercise Science)**

California State University, Fullerton, Fullerton, CA

August 2011

*Graduate Research:* Effect of clothing on the validity of devices used to estimate core temperature in cold environments

Advisor: Dr. Daniel A. Judelson

### **Bachelor of Science in Kinesiology (Fitness & Health Promotion)**

California State University, Fullerton, Fullerton, CA

May 2009

## ACADEMIC/TEACHING EXPERIENCE

### **Associate Professor, Department of Kinesiology**

California State University, San Bernardino, San Bernardino, CA

August 2020 – Present

### **Assistant Professor, Department of Kinesiology**

California State University, San Bernardino, San Bernardino, CA

September 2015 – July 2020

### **Graduate Assistant, Department of Kinesiology**

The University of Alabama, Tuscaloosa, AL

August 2012 – July 2015

### **Graduate Research Assistant, Department of Kinesiology**

California State University, Fullerton, Fullerton, CA

Project: Prader-Willi Syndrome, Childhood Obesity, and Physical Activity Studies

August 2010 – May 2011

### **Graduate Teaching Assistant, Department of Kinesiology**

California State University, Fullerton, Fullerton, CA  
August 2010 – May 2011

**Graduate Assistant, Office of Academic Advising, Department of Kinesiology**  
California State University, Fullerton, Fullerton, CA  
August 2009 – May 2011

## RESEARCH INTERESTS

- Cardiovascular, metabolic, and thermoregulatory responses to exercise performance in environmentally-stressful conditions
- Hydration and cooling methods to combat heat stress
- Age, sex, and training state-related differences in responses to exercise in stressful environments

## GRANTS/AWARDS

- 2019 CSUSB Faculty Professional Development Mini-Grant (\$4,600)
- 2018 Vital Expanding Technologies Initiative Grant, CSUSB ITS (\$122,649; unfunded)
- 2013 Gatorade Sports Science Institute, Student Research Grant Award (\$2,000)
- 2010 NSCA, Minority Scholarship Award (\$1,000)

## CURRENT PROJECTS

1. Wee SO, **Ng J**, Chen Z. Ethnic differences in arterial stiffness and hemodynamic regulation following high-intensity exercise: Hispanic vs. Non-Hispanic White. (data collection)

## PUBLICATIONS

1. **Ng J**, Wingo JE. Effect of ice slurry beverages on voluntary fluid intake and exercise performance. *Journal of Strength and Conditioning Research*. *Published online ahead of print*, 2022.
2. Dabbs NC, Reid MJ, Wimbish J, **Ng J**. The effect of motorized vs. non-motorized treadmills on exercise economy during acute sub-maximal bouts in collegiate cross-country female athletes. *International Journal of Kinesiology & Sports Science*. 9(2): 1-6, 2021.
3. Wingo JE, Stone T, **Ng J**. Cardiovascular drift and maximal oxygen uptake during running and cycling in the heat. *Medicine & Science in Sports & Exercise*. 52(9): 1924-1932, 2020.
4. Wingo JE, **Ng J**, Katica CP, Carter SJ. Fan cooling after cardiovascular drift does not reverse decrements in maximal oxygen uptake during heat stress. *Temperature*. 6(3): 260-270, 2019.

5. **Ng J**, Dobbs WC, Hornikel B, Wingo JE. Effect of ice slurry ingestion on cardiovascular drift and  $\dot{V}O_{2max}$  during heat stress. *Medicine & Science in Sports & Exercise*. 51(3): 582-589, 2019.
6. Escalante G, Alamilla R, Vogelsang E, Gentry C, **Ng J**. Weight discrimination among students from a diverse urban university. *The Sport Journal*. Online Vol. 21, 2019
7. **Ng J**, Wingo JE, Bishop PA, Casey JC, Aldrich EK. Ice slurry ingestion and physiological strain during exercise in non-compensable heat stress. *Aerospace Medicine and Human Performance*. 89(5): 434-441, 2018.
8. Al-horani RA, Wingo JE, **Ng J**, Bishop P, Richardson M. Precooling and warm-up effects on time trial cycling during heat stress. *Aerospace Medicine and Human Performance*. 89(2): 1-7, 2018.
9. Rubin DA, Clark SJ, Haqq AM, Castner DM, **Ng J**, Judelson DA. Hormonal and metabolic responses to a single bout of resistance exercise in Prader-Willi Syndrome. *Hormone Research in Pediatrics*. 87: 153-161, 2017.
10. McKenna Z, Berkemeier Q, Naylor A, Kleint A, Gorini F, **Ng J**, Kim JK, Sullivan S, Gillum, T. Bovine supplementation does not affect plasma I-FABP concentrations following exercise in a hot and humid environment. *European Journal of Applied Physiology*. 117: 2561-2567, 2017.
11. Rubin DA, Clark SJ, **Ng J**, Castner DM, Haqq AM, Judelson DA. Hormonal and metabolic responses to endurance exercise in children with Prader-Willi syndrome and non-syndromic obesity. *Metabolism*. 64: 391-395, 2015.
12. Rubin DA, Castner DM, Pham H, **Ng J**, Adams E, Judelson DA. Hormonal and metabolic responses to a resistance exercise protocol in lean children, obese children, and lean adults. *Pediatric Exercise Science*. 26: 444-454, 2014.
13. Malek MH, Coburn JW, York R, **Ng J**, Rana SR. Comparison of mechanomyographic sensors during incremental cycle ergometry for the quadriceps femoris. *Muscle Nerve*. 42: 394-400, 2010.

## ABSTRACTS/PRESENTATIONS

1. Relationship Between Strength and Power in Elite Short Track Speed Skaters by Torres A, Cruz M, **Ng J**, Dabbs NC. American College of Sports Medicine Annual Meeting. San Diego, CA. *Medicine and Science in Sports and Exercise*, 54:5S, 6/22.
2. Systematic Observation of Mask Adherence and Physical Distancing in a Public Recreational Setting in Response to Public Policy by Hughes A, **Ng J**. Southwest Chapter of the American College of Sports Medicine, Costa Mesa, CA, 10/21.
3. Exercise is Medicine – On Campus: Road to Gold and Preparation for Community Engagement by Loy S, **Ng J**. Southwest Chapter of the American College of Sports Medicine, Costa Mesa, CA, 10/21.

4. Comparing VO<sub>2</sub>max assessed by the 20-m shuttle-run and maximal treadmill test in adolescents with obesity by Haddock BL, Ritti-Dias RM, **Ng J**, Botero JP, Farah BQ, Prado WL. American College of Sports Medicine Annual Meeting, San Francisco, CA, 6/20.
5. Preliminary study of ethnic differences in hemodynamic responses following high intensity exercise: wave separation analysis by Wee SO, Reyes RC, Chen Z, **Ng J**. American College of Sports Medicine Annual Meeting, San Francisco, CA, 6/20.
6. Correlation between VO<sub>2</sub>max and anaerobic power in law enforcement SWAT team members by Caddel SB, Jackson MC, Dabbs NC, **Ng J**. American College of Sports Medicine Annual Meeting, Orlando, FL, 5/19.
7. Relationship among physiological, perceptual, and biomechanical variables during exercise on a non-motorized treadmill in DII by Bonilla S, Roquet A, Corella E, Deverell S, Reid MJ, **Ng J**, Dabbs NC. American College of Sports Medicine, Orlando, FL, 5/19.
8. Fitness and body composition characteristics of special weapons and tactics team members of law enforcement by Alamilla RA, Romero JD, Tu K, Cooper CN, Berwick III GW, Jackson MC, Escalante G, Dabbs NC, **Ng J**. American College of Sports Medicine, Minneapolis, MN, 5/18.
9. Weight discrimination between kinesiology and non-kinesiology students by Alamilla RA, Vogelsang E, Gentry C, **Ng J**, Escalante G. National Strength and Conditioning Association, Indianapolis, IN, 7/18.
10. Correlation between VO<sub>2</sub>max and anaerobic power in law enforcement SWAT team members by Caddel S, Jackson MC, Dabbs NC, **Ng J**. Southwest Chapter of the American College of Sports Medicine, Costa Mesa, CA, 10/18.
11. Exercise is Medicine – Getting On-campus Initiatives Started by Dabbs NC, **Ng J**, Donlin A, Rodran K, Birchfield N. Southwest Chapter of the American College of Sports Medicine, Long Beach, CA, 10/17.
12. Health-related components of fitness of special weapons and tactics team members by Alamilla RA, Romero JD, Tu K, Cooper CN, Berwick III GW, Jackson MC, Escalante G, Dabbs NC, **Ng J**. Southwest Chapter of the American College of Sports Medicine, Long Beach, CA, 10/17.
13. The relationship between agility and anaerobic power in special weapons and tactics team members by Cooper CN, Alamilla RA, Berwick III GW, Jackson MC, Dabbs NC, **Ng J**. Southwest Chapter of the American College of Sports Medicine, Long Beach, CA, 10/17.
14. The effects of motorized vs. non-motorized treadmills in collegiate cross-country female athletes on substrate utilization by Favela D, Reid M, Cooper CN, Wimbish J, Hernandez C, **Ng J**, Dabbs NC. Southwest Chapter of the American College of Sports Medicine, Long Beach, CA, 10/17.

15. Correlation between leg strength and balance of special weapons and tactics team members by Tu K, Alamilla RA, Romero JD, Cooper CN, Berwick III GW, Jackson MC, Dabbs NC, **Ng J**. Southwest Chapter of the American College of Sports Medicine, Long Beach, CA, 10/17.
16. Bone mineral density and body composition of special weapons and tactics team members by Romero JD, Alamilla RA, Tu K, Cooper CN, Berwick III GW, Jackson MC, Dabbs NC, **Ng J**, Escalante G. Southwest Chapter of the American College of Sports Medicine, Long Beach, CA, 10/17 (please see attachment II.A.2.xix).
17. Effect of standardized encapsulated caffeine on cardiovascular, metabolic, and perceptual responses during exercise in average college-age men by Alamilla RA, Romero J, Tu K, Arevalo D, Dabbs NC, **Ng J**. National Strength and Conditioning Association, Las Vegas, NV, 7/17.
18. Effect of an absolute dose of encapsulated caffeine on cycling time trial performance in average college-age men by Romero J, Alamilla RA, Tu K, Arevalo D, Dabbs NC, **Ng J**. National Strength and Conditioning Association, Las Vegas, NV, 7/17.
19. Effect of an absolute dose of encapsulated caffeine on cycling time trial performance in average college-age women by Tu K, Alamilla RA, Romero J, Arevalo D, Dabbs NC, **Ng J**. National Strength and Conditioning Association, Las Vegas, NV, 7/17.
20. Sex differences in bilateral and unilateral asymmetries in recreationally trained individuals by Wimbish J, Cooper CN, Montes E, Bryant L, **Ng J**, Escalante G, Dabbs NC. American College of Sports Medicine, Denver, CO, 6/17.
21. Effect of exercise mode on cardiovascular drift and maximal oxygen uptake during heat stress by Stone TM, Wingo JE, **Ng J**. American College of Sports Medicine, Denver, CO, 6/17.
22. Voluntary intake of ice slurry beverages and exercise performance during heat stress by **Ng J**, Wingo JE, Hallmark AV, Brown AJ, Powers SA. American College of Sports Medicine, Denver, CO, 6/17
23. Association between lower extremity asymmetry and muscular strength of recreationally-trained individuals by Kong KK, Sauls NM, Martinez AA, Whited JD, Escalante G, Dabbs NC, **Ng J**. Southwest Chapter of the American College of Sports Medicine, Costa Mesa, CA, 10/16.
24. Sex differences in muscular strength and power in recreationally-trained individuals by Gutierrez J, Escalante G, Dabbs NC, **Ng J**. Southwest Chapter of the American College of Sports Medicine, Costa Mesa, CA, 10/16
25. The relationship between bilateral asymmetries and explosive lower-body performance by Segura L, Sauls NM, Perez C, Velasquez H, **Ng J**, Escalante G, Dabbs NC. Southwest Chapter of the American College of Sports Medicine, Costa Mesa, CA, 10/16.
26. Sex differences in bilateral and unilateral asymmetries in recreationally trained individuals by Wimbish J, Cooper C, Montes E, Bryant L, **Ng J**, Escalante G, Dabbs

- NC. Southwest Chapter of the American College of Sports Medicine, Costa Mesa, CA, 10/16.
27. Effect of ice slurry ingestion on cardiovascular drift and maximal oxygen uptake during heat stress by **Ng J**, Dobbs WC, Hornikel B, Wingo JE. American College of Sports Medicine, Boston, MA, 6/16.
  28. Acute changes in body weight and fluid intake of NCAA female sand volleyball players during an official tournament by Martinez AX, Herron RL, Hornsby J, **Ng J**, Aldrich EK, Bishop PA, Esco MR. National Strength and Conditioning Association National Conference, Orlando, FL, 7/15.
  29. Time in motion during national competition game-play in collegiate female sand volleyball players: a descriptive investigation by Martinez AX, Herron RL, Hornsby J, **Ng J**, Aldrich EK, Bishop PA, Esco MR. National Strength and Conditioning Association National Conference, Orlando, FL, 7/15.
  30. Ice slurry ingestion and physiological strain during work with protective clothing in hot conditions by **Ng J**, Aldrich EK, Casey JC, Clair BJ, and Wingo JE. American College of Sports Medicine, San Diego, CA, 5/15.
  31. Precooling and warm-up effects on time trial cycling performance during heat stress by Al-horani RA, **Ng J**, and Wingo JE. American College of Sports Medicine, San Diego, CA, 5/15.
  32. Hydration status of NCAA female sand volleyball players during an official tournament by Martinez AX, Herron RL, Hornsby J, **Ng J**, Aldrich EK, Bishop PA, Esco MR. Educational Studies in Psychology, Research Methodology, and Counseling Annual Symposium, Tuscaloosa, AL, 4/15.
  33. Time in motion during competitive game-play in female sand volleyball players by Martinez AX, Herron RL, Hornsby J, **Ng J**, Aldrich EK, Bishop PA, Esco MR. Educational Studies in Psychology, Research Methodology, and Counseling Annual Symposium, Tuscaloosa, AL, 4/15
  34. Effect of exercise mode on cardiovascular drift and maximal oxygen uptake during heat stress by Fung R, Martindale A, Smigielski T, Ervin K, Sibayan S, **Ng J**, and Wingo J. 16<sup>th</sup> Annual Rural Health Conference: The Weight of Our Rural Communities: Partnering to Reduce Obesity, Tuscaloosa, AL, 4/15
  35. Effect of exercise mode on cardiovascular drift and maximal oxygen uptake during heat stress by Fung R, Martindale A, Smigielski T, Ervin K, Sibayan S, **Ng J**, and Wingo J. University of Alabama College of Community Health Sciences Annual Research and Scholarly Activity Day, Tuscaloosa, AL, 4/15
  36. Effect of ice slurry ingestion on cardiovascular drift and maximal oxygen uptake during heat stress by Nofsinger S, Doggett K, Darr S, Flammang S, Dobbs D, Hornikel B, **Ng J**, and Wingo J. University of Alabama Undergraduate Research and Creative Activity Conference, Tuscaloosa, AL, 4/15

37. Effect of exercise mode on cardiovascular drift and maximal oxygen uptake during heat stress by Martindale A, Smigielski T, Ervin K, Sibayan S, Fung R, **Ng J**, and Wingo J. University of Alabama Undergraduate Research and Creative Activity Conference, Tuscaloosa, AL, 4/15
38. Effect of ice slurry ingestion on physiological strain during work with protective garments in hot conditions by **Ng J**, Aldrich EK, Casey JC, Clair BJ, and Wingo JE. Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL, 2/15.
39. Precooling and warm-up effects on time trial cycling performance during heat stress by Al-Horani R, **Ng J**, and Wingo JE. Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL, 2/15.
40. Acute cooling does not attenuate the  $\dot{V}O_{2max}$  reduction associated with cardiovascular drift during heat stress by **Ng J**, Casey JC, Herron RL, Carter SJ, Katica CP, and Wingo JE. American College of Sports Medicine, Orlando, FL, 5/14.
41. Effect of acute fan cooling on maximal oxygen uptake during heat stress by Robinson A, Heldman A, Casey JC, **Ng J**, Herron RL, Carter SJ, Katica CP, and Wingo JE. Undergraduate Research and Creative Activity Conference, Tuscaloosa, AL, 4/14.
42. Effect of ice slurry ingestion on thermoregulation during exercise with protective garments in a hot environment by Clair BJ, Aldrich EK, Casey JC, **Ng J**, and Wingo JE. Undergraduate Research and Creative Activity Conference, Tuscaloosa, AL, 4/14.
43. Effect of acute cooling on maximal oxygen uptake during heat stress by Casey JC, **Ng J**, Herron RL, Carter SJ, Katica CP, and Wingo JE. Southeast Chapter of the American College of Sports Medicine, Greenville, SC, 2/14.
44. Hormonal responses to a moderate intensity resistance exercise protocol in children by Rubin DA, Pham H, **Ng J**, Wallach W, Mendoza-Castner D, and Judelson DA. Pediatric Work Physiology, Curia, Portugal, 10/13.
45. Effect of clothing on validity of devices used to estimate core temperature in cold environments by **Ng J**, DuBois AM, Moyon NE, Tan JG, Villa MR, Brown LE, Coburn JW, Casa DJ, and Judelson DA. American College of Sports Medicine, San Francisco, CA, 5/12.
46. Hormonal and Metabolic Responses to Endurance Exercise in Prader-Willi Syndrome by Rubin DA, Judelson DA, Clark SS, Castner DM, Less J, and **Ng J**. Prader-Willi Syndrome Association (USA) Annual National Conference in Orlando, FL, 11/11.
47. Post-resistance exercise responses in obese and normal weight children by Tan JG, Mendoza-Castner D, **Ng J**, Tufano JJ, Rubin DA, and Judelson DA. Southwest Chapter of the American College of Sports Medicine, Reno, NV, 10/11.
48. Effects of motorized vs. non-motorized treadmill training on hamstring strength by Tufano JJ, Franks KA, Cazas VL, **Ng J**, Kersey RD, Coburn JW, and Brown LE. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, 7/11.

49. Effects of motorized vs. non-motorized treadmill training on functional hamstring/quadriceps strength ratios by Franks KA, Tufano JJ, Cazas VL, **Ng J**, Kersey RD, Coburn JW, and Brown LE. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, 7/11.
50. Effect of ambient temperature on thermoregulation, perceptual responses and performance of a 5000 m run by Davis JT, Judelson DA, Brown LE, Coburn JW, Ellis CL, **Ng J**, Coats DR, and Jennings CA. American College of Sports Medicine, Denver, CO 6/11.
51. Effect of caffeine supplementation on catecholamine and metabolic responses to exercise in cold conditions by Judelson DA, Thomas WE, Coburn JW, Kersey RD, Rubin DA, Bagley JR and **Ng J**. American College of Sports Medicine, Denver, CO, 6/11.
52. Post-exercise heart rate recovery in children: interactions between adiposity and exercise intensity by Mendoza-Castner D, **Ng J**, Bloom T, Judelson DA, Rose D, and Rubin DA. Southwest Chapter of the American College of Sports Medicine, San Diego, CA, 10/10.

## TEACHING EXPERIENCE

### *Exercise Physiology, KINE 3800*

Faculty Instructor, California State University, San Bernardino, San Bernardino, CA

- *Summer 2023*
- *Spring 2023*
- *Fall 2021*
- *Spring 2021*
- *Fall 2020*

### *Statistics in Kinesiology, KINE 3700*

Faculty Instructor, California State University, San Bernardino, San Bernardino, CA

- *Fall 2022*
- *Spring 2022*
- *Fall 2021*
- *Spring 2021*
- *Fall 2020*

### *Exercise and Well-Being of the Human Body, KINE 3000*

Faculty Instructor, California State University, San Bernardino, San Bernardino, CA

- *Spring 2023*
- *Fall 2022*

### *Foundations for Lifetime Fitness and Wellness, KINE 2050*

- *Fall 2021*
- *Spring 2021*
- *Fall 2020*

### *Independent Study, KINE 595*

Faculty Supervisor, California State University, San Bernardino, San Bernardino, CA

- Spring 2019, Sonia Martinez
- Spring 2016, Kyoung Kong

*Senior Seminar in Kinesiology, KINE 290*

Faculty Instructor, California State University, San Bernardino, San Bernardino, CA

- Winter 2020

*Instrumentation in Exercise Science, KINE 486*

Faculty Instructor, California State University, San Bernardino, San Bernardino, CA

- Winter 2020
- Summer 2019
- Spring 2019
- Summer 2016
- Winter 2016

*Exercise Prescription, KINE 483*

Faculty Instructor, California State University, San Bernardino, San Bernardino, CA

- Spring 2020 (Online)
- Spring 2019
- Winter 2019
- Spring 2018
- Fall 2017
- Fall 2016
- Spring 2016
- Fall 2015

*Exercise Physiology, KINE 481*

Faculty Instructor, California State University, San Bernardino, San Bernardino, CA

- Fall 2019
- Summer 2019
- Fall 2018
- Summer 2018
- Winter 2018
- Fall 2017
- Summer 2017
- Spring 2017
- Winter 2017
- Fall 2016

*Measurement and Statistics in Kinesiology, KINE 370*

Faculty Instructor, California State University, San Bernardino, San Bernardino, CA

- Spring 2020 (Online)
- Winter 2020
- Winter 2019
- Fall 2018
- Winter 2018
- Winter 2016

*Physical Activity and Aging, KINE 360*

Faculty Instructor, California State University, San Bernardino, San Bernardino, CA

- Fall 2015

*Evaluation and Measurement, KIN 366*

Instructor, The University of Alabama, Tuscaloosa, AL

- Spring 2014
- Fall 2013

*Aerobics, KIN 120*

Instructor, The University of Alabama, Tuscaloosa, AL

- Summer 2013

*Fitness Appraisal and Exercise Prescription, KIN 493*

Teaching Assistant, The University of Alabama, Tuscaloosa, AL

- Fall 2012

*Physiology of Exercise Laboratory Techniques, KNES 348L*

Instructor, California State University, Fullerton, Fullerton, CA

- Spring 2011
- Fall 2010

*Cardiovascular Exercise Testing & Prescription, KNES 354*

Teaching Assistant, California State University, Fullerton, Fullerton, CA

- Spring 2011

*Beginning and Intermediate Badminton, KNES 130A and 130B*

Instructor, California State University, Fullerton, Fullerton, CA

- Fall 2010
- Spring 2010

## **SERVICE**

*American College of Sports Medicine*

Exercise is Medicine Credential Committee

- Jun 2021 – Sep 2022

*American College of Sports Medicine*

Environmental and Occupational Physiology Interest Group

- Jun 2021 – Abstract Reviewer

*CSUSB College of Natural Sciences*

Elections Officer

- 2022-2023 Academic Year

*CSUSB Department of Kinesiology*

Department Evaluations Committee Member

- 2020-2021 Academic Year
- 2021-2022 Academic Year; Faculty promoted: Zhaojing Chen, Christopher Hill, Wagner Prado, Sang Ouk Wee

- 2022-2023 Academic Year

*CSUSB Department of Kinesiology*

Chair Search Committee Member

- Spring 2022; appointed Dr. Nicole Dabbs as new Department Chair

*CSUSB Department of Kinesiology*

Retention, Promotion, Tenure Guidelines Revision Committee

- Served with Drs. Nicole Dabbs and Chris Hill (2021-2022 Academic Year)

*CSUSB Department of Kinesiology*

Coordinator, Academic Advising

- 2021-2022 Academic Year
- 2022-2023 Academic Year

*CSUSB Department of Kinesiology*

Coordinator, Department Newsletter

- 2017-2018 Academic Year
- 2018-2019 Academic Year
- 2020-2021 Academic Year
- 2021-2022 Academic Year
- 2022-2023 Academic Year

*ACSM Exercise Is Medicine – On Campus, Registered Program*

Leadership Team Advisor, California State University, San Bernardino, San Bernardino, CA

- Leadership Team Advisor (Spring 2020 – present)
  - In collaboration with
    - Health care representative: Dr. Richelle Marracino Ghazal (Medical Chief of Staff, Student Health Center)
    - Fitness representative: Sonia Martinez (Wellness Supervisor, Student Recreation & Wellness Center)
- Leadership Team Advisor (Fall 2017 – Spring 2020)
  - In collaboration with
    - Health care representative: Dr. Richelle Marracino Ghazal (Medical Chief of Staff, Student Health Center)
    - Fitness representative: Vilayat Del Rossi (Director, Student Recreation & Wellness Center)
- American College of Sports Medicine, Exercise is Medicine – On Campus Recognition
  - Gold Campus, May 2022
  - Gold Campus, May 2021
  - Gold Campus, May 2020
  - Gold Campus, May 2019

*ACSM Exercise is Medicine – On Campus, Exercise Testing & Consultation Center*

Co-Director, California State University, San Bernardino, San Bernardino, CA

- Co-director with Dr. Nathaniel Bodell. Supervisor of student interns in relaunched of EIM-OC program that provides in-person exercise testing and consultations services located The Retreat, CSUSB's new wellness center.
  - Spring 2023
    - Laura Castillo (Student Coordinator)

- Connor Person (Student Laboratory Technician)
- Giovanna Biron
- Nina Colunga
- Morgan Martin
- Rodolfo Mejia
- Michael Meshil
- Ahsan Peret
- Mario Saldana
- Nadine Serrano
- Fall 2022
  - Laura Castillo (Student Coordinator)
  - Connor Person (Student Laboratory Technician)
  - Raphael Lara
  - Jose Pascacio
  - Hayden Greene
  - Julia Ruiz
  - Kerpree Musgrove
  - Marleen Gonzalez
  - Lorraine Prera
  - Sabeida Farias-Heredia

*ACSM Exercise is Medicine – On Campus, Exercise Consultation Center*  
 Director, California State University, San Bernardino, San Bernardino, CA

- Supervisor of Student Exercise Consultants located at the Kinesiology Department and Student Health Center
  - Spring 2022 (Fully virtual service due to COVID-19 limitations)
    - Laura Castillo
    - Jacqueline Torres
    - Grace Shumate
    - Carmen Wardwell
  - Fall 2021 (Fully virtual service due to COVID-19 limitations)
    - Justin Davis
    - Manish Ghimire
    - Damian Gil
    - Marcelo Martinez, NASM-CPT
    - Pac Thor
    - Carmen Wardwell
    - Cora Anderson
    - Kiara Tucker
  - Spring 2021 (Fully virtual service due to COVID-19 limitations)
    - Anthony Chavez
    - Justin Davis
    - Jacob Echols, NASM-CPT
    - Andrea Hughes
    - Miriam Martinez
    - William Prince
    - Holli Rosas
    - Iridian Valdivia
    - Carmen Wardwell
  - Fall 2020 (Fully virtual service due to COVID-19 limitations)
    - Xochi Diaz

- Allison Lu
  - William Prince
  - Holli Rosas
  - Iridian Valdivia
- Winter 2020
  - Denise Baron
  - Luis Castellanos
  - Brianna Clarke
  - Erineil Coloma
  - William Prince
  - Gloria Rangel
  - Holli Rosas
  - Elliana Villa
- Fall 2020
  - Eric Castro
  - Karen Quezada
  - Margarita Serrano,
- Spring 2019
  - Darlene Abrego, EMT
  - Eric Castro
  - Izelle Ceballos
  - Nolita Fiame
  - Mayra Gonzalez
  - David Howard
  - Sonia Martinez, NSCA-CPT
  - Karina Perez-Gallegos
  - Karen Quezada
- Winter 2019
  - Efren Carranza
  - David Howard
  - Ryan Joerger
  - Sonia Martinez, NSCA-CPT
  - Karen Quezada
  - Elliana Villa
- Fall 2018
  - Joseph Cablayan, NSCA-CPT
  - Isai Serrano

*ACSM Exercise is Medicine – On Campus, Student Organization*

Faculty Advisor, California State University, San Bernardino, San Bernardino, CA

- 2021 – 2022 Board Members
  - Grace Shumate (President)
  - Dillon Darrow (Vice President)
  - Carmen Wardwell (Secretary)
  - Andrea Hughes (Treasurer)
  - Kai Alari (Public Relations Officer)
  - Xochitlquetzal Diaz (Student Member at Large)
- 2020 – 2021 Board Members
  - Holli Rosas (President)
  - Mikaela Millican (Vice President)

- Iridian Valdivia (Secretary)
- Allison Lu (Public Relations Officer)
- Xochitlquetzal Diaz (Treasurer)
- William Prince (Student Member at Large)
- Laura Castillo (Events Coordinator)
- 2019 – 2020 Board Members
  - Margarita Serrano (President)
  - Heidi Argueta Bustos (Vice President)
  - William Prince (Treasurer)
  - Lucero Salto (Secretary)
  - Ruth Lopez (Events Coordinator)
  - Francisco Mora (Public Relations)
- 2018 – 2019 Board Members
  - Mayra Gonzalez (President)
  - Brandon De La Torre (Vice President)
  - Margarita Serrano (Treasurer)
  - Heidi Argueta (Social/Marketing Chair)
  - David Howard (Outreach Committee Member)
  - Sonia Martinez (Outreach Committee Member)
- 2017 – 2018 Board Members
  - Charlotte Hua (President)
  - Mayra Gonzalez (Vice President)
  - Margarita Serrano (Treasurer)
  - Rafael Alamilla (Outreach Committee Member)

*ACSM Exercise is Medicine, Riverside University Health System/UC Riverside School of Medicine – Sports Medicine Fellowship Program Collaboration*

Didactic Session Lecturer, Moreno Valley Community Health Center, Moreno Valley, CA

- Summer 2022 Sports Medicine Fellows
  - Sarah Duan, DO
  - Adam Trujillo, MD
- Summer 2021 Sports Medicine Fellows
  - Nha Truong, MD
  - Derrick Nguyen, DO
- Summer 2020 Sports Medicine Fellows
  - Leticia Barksdale, MD
  - Victoria Belle Shin, DO
- Summer 2019 Sports Medicine Fellows
  - Osayamen Omoruyi, MD
  - Rohan Patel, MD
- Summer 2018 Sports Medicine Fellow
  - Pauline Poysophon, MD

*Fitness Assessment Center*

Co-director, California State University, San Bernardino, San Bernardino, CA

- Faculty supervisor and co-director with Dr. Nicole Dabbs

*CSUSB Kinesiology Student Research Competition*

Faculty Mentor

- Darlene Abrego (May 2019)

*Student-Faculty Research Collaboration*

Research mentor, California State University, San Bernardino, San Bernardino, CA

- Faculty research mentor for
  - Shea Caddel
  - Eric Castro
  - Jason Gallardo
  - Rafael Alamilla
  - Javier Romero
  - Kong Tu
  - Daniel Arevalo
  - Kyoung Kong

*Human Performance Laboratory*

Supervisor, California State University, San Bernardino, San Bernardino, CA

- Faculty supervisor of Student Laboratory Technicians
  - Holli Rosas (Summer 2020 – present)
  - Elliana Villa (Summer 2019 – Spring 2020)
  - Steven Moursalian (Fall 2018 – Summer 2019)
  - Lena Longueira (Spring 2017 – Summer 2018)
  - Andrew Khong (Fall 2016 – Spring 2017)

*CSUSB Maximizing Access to Research Careers (MARC) Program*

Co-mentor, California State University, San Bernardino, San Bernardino, CA

- Faculty research co-mentor for Rafael Alamilla

*CSUSB Department of Kinesiology*

Coordinator, Building and Space (August 2017 – May 2019)

*CSUSB Department of Kinesiology*

Coordinator, Website Development (August 2017 – May 2018)

*Western Society of Kinesiology and Wellness*

Faculty Presentation Competition – Reviewer (October 2018)

*Southwest Chapter of the American College of Sports Medicine*

Student Research Award Competition – Reviewer

- October 2019 – Graduate research
- October 2017 – Graduate research

*CSUSB Recreation & Wellness Committee*

Committee Member – Faculty Representative, Kinesiology (Fall 2017 – Spring 2020)

*CSUSB Office of Student Research*

Student Research and Travel Program (ASI/IRP) Selection Committee (Fall 2017)

CSUSB Meeting of the Minds Symposium – Faculty Juror

*California Baptist University, Department of Kinesiology Thesis Committee*

Committee Member – Thermoregulation Expert Consultant (Spring 2017)

- Member of thesis committee for Zach McKenna

*CSUSB Commencement Ceremony*

Faculty Marshal, California State University, San Bernardino, San Bernardino, CA

- Spring 2022
- Fall 2021
- Winter 2019
- Spring 2019
- Winter 2018
- Spring 2018
- Winter 2017
- Spring 2017
- Winter 2016
- Spring 2016

*CSUSB Department of Recreation and Wellness Search Committee*

Search committee, California State University, San Bernardino, San Bernardino, CA

- Member of search committee to hire an Assistant Director of Fitness & Wellness for the CSUSB Student Recreation Center – hired Vilayat Del Rossi (Spring 2017)

*CSUSB Quarter to Semester Transformation – Department of Kinesiology*

Member of Allied Health Professions Transformation Committee (Fall 2016 – Fall 2020)

*The Key to Your Heart presented by Sigma Lambda Gamma National Sorority, Inc.*

Invited guest speaker, California State University, San Bernardino, San Bernardino, CA

- Presented physical activity and cardiovascular disease lecture
  - Winter 2019
  - Winter 2018
  - Winter 2017

*CSUSB Kinesiology Department Search Committee*

Search committee member, California State University, San Bernardino, San Bernardino, CA

- Search committee member – hired Chris Hill (Fall 2017)
- Search committee member – hired Zhaojing Chen, Sang Ouk Wee (Fall 2016)

*CSUSB Open House – College Experience Session*

Department facilitator, California State University, San Bernardino, San Bernardino, CA

- Department facilitator (Fall 2015 – Fall 2016)

*CSUSB Classroom Visitations*

Evaluator, California State University, San Bernardino, San Bernardino, CA

- Fall 2022 - Orientation to Kinesiology (KINE 2100); Instructor: Lauren Underwood
- Fall 2022 - Lifetime Fitness & Wellness (KINE 2050); Instructor: William Prince
- Spring 2022 - ES Research Seminar (KINE 3510); Instructor: April Karlinsky
- Fall 2021 - Lifetime Fitness & Wellness (KINE 2050); Instructor: Alex Dorado
- Spring 2021 - Physical Activity & Aging (KINE 3600); Instructor: Nathaniel Bodell
- Fall 2020 - Probability Theory (MATH 3460); Instructor: Suthakaran Ratnasingam
- Fall 2019 - Exercise Physiology Lab (KINE 481 Lab); Instructor: Samantha Harbin
- Spring 2019 – Pilates (KINE 120J); Instructor: Heidi Ambrosius

- Fall 2017 - Nutrition for Health, Fitness, Sport (KINE 382); Instructor: Cameron Van Wye
- Fall 2016 - Exercise Science Software (KINE 240); Instructor: Justin Swanson
- Spring 2016 - First Aid (KINE 200); Instructor: Quentin Moses
- Fall 2015 - Exercise Science Software (KINE 240); Instructor: Jamie Martinez

*CSUSB Annual Nursing Poster Presentation Session*

Faculty Adjudicator, California State University, San Bernardino, San Bernardino, CA  
(December 2015)

*CSU Chancellor Campus Visit*

Faculty Demonstrator, California State University, San Bernardino, San Bernardino, CA

- Demonstration of co-teaching in newly developed Applied Learning Laboratory with Drs. Nicole Dabbs and Chris Gentry during visit by CSU Chancellor, Timothy White (November 2015)

*Faculty Development*

Attendee, California State University, San Bernardino, San Bernardino, CA

- ATI – Building and Organizing Your Blackboard Course Content (April 2020)
- ATI – Online Proctoring with Lockdown Browser and Monitor (April 2020)
- University Faculty Mentoring Network – How to Put a FAR Together: Part II (February 2016)
- University Faculty Mentoring Network – How to Put a FAR Together: Part I (January 2016)
- CSUSB Human Resources Training – Guidance for Surviving an Active Shooter Situation (December 2015)
- CSUSB Human Resources Training – Workplace Violence Prevention & Sexual Harassment Avoidance (December 2015)
- CSUSB Human Resources Training – Concur Travel & Expense Demonstration/Training (November 2015)
- CSUSB Human Resources Training – New Employee Safety Training (November 2015)
- University Faculty Mentoring Network – Advising Students: Best Practices (October 2015)
- University Faculty Mentoring Network – Advising Students: The CSUSB Landscape (October 2015)
- CSUSB New Faculty Orientation (September 2015)

*Emerging Scholars Program*

Mentor, The University of Alabama, Tuscaloosa, AL

- Research mentor for
  - Katherine Doggett (Spring 2015)
  - Samantha Darr (Spring 2015)
  - Samantha Nofsinger (Spring 2015)
  - Troy Smigielski (Fall 2014)
  - Kaitlin Ervin (Fall 2014)
  - Austin Martindale (Fall 2014)
  - Brendan Clair (Spring 2014)
  - Alex Heldman (Fall 2013)

*Masters Mentorship Program*

Mentor, United States Sports Academy, Daphne, AL

- Research mentor for
  - Saul Sibayan (Fall 2014)

*Scholarly Activity Project, Class of 2016*

Mentor, School of Medicine, The University of Alabama at Birmingham, Birmingham, AL

- Research mentor for
  - Russell Fung (Summer 2014)

*Graduate Student Association*

Delegate, Alabama Museum of Natural History, Tuscaloosa, AL, Spring 2013 – Spring 2015

- Representative at annual “Hands-on Family Night”

*Holt Community Festival*

Representative, Holt High School, Tuscaloosa, AL, Spring 2012 – Spring 2015

- Disseminate health, nutrition, and exercise information to families in the Holt community

*Kinesiology Academic Advisement Center*

Graduate Assistant, California State University, Fullerton, Fullerton, CA, Fall 2009 – Spring 2011

- Assist the Academic Advisement Center Coordinator in providing academic advisement service to undergraduate kinesiology students regarding foundational coursework along with focus areas of the B.S. degree in kinesiology
- Disseminate information about internships and prerequisite courses for graduate studies

## **PROFESSIONAL MEMBERSHIPS**

- American College of Sports Medicine: 2008 – present
- National Strength and Conditioning Association: 2008 – present
- Southwest Chapter - American College of Sports Medicine: 2010 – 2011, 2015 – present
- Southeast Chapter - American College of Sports Medicine: 2011 – 2015

## **INVITED MANUSCRIPT PEER REVIEWER**

- American Journal of Physiology
- International Journal of Exercise Science
- Journal of Kinesiology and Wellness
- Journal of Sport Science
- Journal of Strength and Conditioning Research
- Journal of Thermal Biology
- Medicine & Science in Sports & Exercise
- Military Medical Research Journal
- Strength and Conditioning Journal

## **INVITED TEXTBOOK REVIEWER/CONTRIBUTOR**

- ACSM’s Resources for the Exercise Physiologist, 3<sup>rd</sup> Edition

- Bagley JR and Lee CM, Laboratory Experiences in Exercise Physiology, 1<sup>st</sup> Edition

## **LABORATORY TECHNIQUES/EXPERIENCE**

- Thermometry
- Phlebotomy
- Hydration status assessment
- Body composition assessment
- Humoral analyses of hematocrit, hemoglobin, and lactate
- Metabolic measurement and assessment
- Cardiovascular function measurement and assessment
- Carbon dioxide rebreathing
- Administration of submaximal and maximal endurance exercise protocols
- Administration of exercise performance capacity protocols
- Administration of exercise protocols for children and unique populations
- Assist with humoral analyses of hormones and metabolites
- Service, maintain, and troubleshoot laboratory equipment

## **COMPUTER SKILLS**

- Metabolic measurement system:
  - Parvo Medics True One 2400
- Performance measurement system:
  - Lode Ergometry Manager
  - Velotron Coaching Software
  - Velotron 3D Software
  - Monark Wingate Software
- Data acquisition system:
  - BIOPAC Systems
  - AcqKnowledge
- Office software:
  - Microsoft Word
  - Microsoft PowerPoint
  - Microsoft Excel
  - Microsoft Publisher
  - IBM SPSS
  - EndNote
- Online instructional tools:
  - Blackboard Learn
  - Canvas
  - Zoom

## **CERTIFICATIONS**

- NSCA Certified Strength and Conditioning Specialist, 2009 – present
- American Red Cross Adult and Child CPR and AED, 2004 – present
- National Registry of Emergency Medical Technicians, 2008 – 2010

## HONORS

- 2022 CSUSB Kinesiology Student Association, Mentor of the Year
- 2020 CSUSB College of Natural Sciences, Outstanding Faculty Award for Teaching
- 2019 CSUSB Kinesiology Student Association, Most Enthusiastic Professor of the Year
- 2018 Western Society of Kinesiology & Wellness – Arthur Broten Young Scholar Award
- 2018 CSUSB Kinesiology Student Association, Tenure-Track Faculty of the Year
- 2018 CSUSB Men’s Baseball Team, Faculty Recognition (March 16, 2018)
- 2017 CSUSB Women’s Soccer Team, Faculty Recognition (September 22, 2017)
- 2016 The University of Alabama – Outstanding Dissertation Award: College of Education Divisional Winner
- 2014 The University of Alabama – Outstanding Graduate Student in Exercise Science
- 2009 California State University, Fullerton – Magna Cum Laude
- 2009 California State University, Fullerton – Kinesiology Outstanding Undergraduate Student
- 2008-2009 Board Member of Kappa Omicron Nu Honor Society, Nu Pi Chapter
- 2007-2009 Member of Kappa Omicron Nu Honor Society
- 2004-2009 California State University, Fullerton – Dean’s List, all terms

## NON-ACADEMIC WORK EXPERIENCE

### **Graduate Assistant, Office of Health Promotion and Wellness**

The University of Alabama, Tuscaloosa, AL  
July 2011 – July 2012

### **Building Manager, Titan Recreation**

California State University, Fullerton, Fullerton, CA  
August 2008 – August 2010

### **Emergency Medical Technician**

Medic-1 Ambulance, San Dimas, CA  
August 2006 – August 2009

## REFERENCES

### **Jonathan E. Wingo, Ph.D.**

Department of Kinesiology (Head)  
The University of Alabama  
Box 870312  
Tuscaloosa, AL 35487  
jwingo@bamaed.ua.edu  
(205)348-4699

### **Mark Richardson, Ph.D.**

Department of Kinesiology  
The University of Alabama  
Box 870312  
Tuscaloosa, AL 35487  
mrichard@bamaed.ua.edu  
(205)348-9180

**Lee E. Brown, Ed.D.**

Department of Kinesiology  
California State University, Fullerton  
800 North State College Blvd.  
Fullerton, CA 92834  
leebrown@fullerton.edu  
(657)278-4605

**Daniel A. Judelson, Ph.D.**

Director of Apparel Explore  
Nike Sport Research Lab  
dan.judelson@nike.com  
(503)671-8206

**Jared W. Coburn, Ph.D.**

Department of Kinesiology  
California State University, Fullerton  
800 North State College Blvd.  
Fullerton, CA 92834  
jacoburn@fullerton.edu  
(657)278-2629

**Daniela A. Rubin, Ph.D.**

Department of Kinesiology  
California State University, Fullerton  
800 North State College Blvd.  
Fullerton, CA 92834  
drubin@fullerton.edu  
(657)278-4704