

Julie Yong Kresta (Culbertson)

Curriculum Vitae

1001 Leadership Place
Killeen, TX 76549

Education:

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| Ph.D. | 2008-2012 | Exercise Physiology
Texas A&M University, College Station, TX
Dissertation Title: <i>Effects of 28 days of Beta-Alanine and Creatine Monohydrate Supplementation on Muscle Carnosine, Body Composition and Exercise Performance in Recreationally Active Females</i> |
| Ph.D. | 2007-2008 | Exercise, Nutrition and Preventative Health
Baylor University, Waco, TX
Emphasis in Exercise Nutrition
<i>Transferred to Texas A&M, August 2008</i> |
| M.S. | May 2005 | Physiology of Exercise
University of Texas at Arlington, Arlington, TX
Thesis Title: <i>Effects of Short-term Isokinetic Resistance Training on Muscle Performance with Creatine Supplementation</i> |
| B.A. | May 2003 | Sports Medicine
DePauw University, Greencastle, IN |

Professional Experience:

Assistant Professor, Tenure Track, Methodist University, Department of Physical Therapy – Fayetteville, North Carolina;

December 2014 – July 2017

- Coordinated and instructed graduate level courses to include: Clinical Physiology, Exercise Physiology, Exercise Principles and Prescription (Lecture and Lab), Health and Wellness, and Nutrition for Physical Therapy (online)
- Oversaw and managed the Human Performance Laboratory
- Served as Content and Research Advisor for multiple student research projects
- Served on various department committees to include: Program Assessment (Chair), Student Affairs, Curriculum
- Participated in new student interviews and worked alongside the Admissions Committee
- Served on multiple Faculty Search Committees for the Department of Physical Therapy
- Organized and oversaw the Annual Health and Wellness Expo

Assistant Professor, University of Pittsburgh, Department of Sports Medicine and Nutrition – Human Performance Laboratory at Fort Bragg, North Carolina; December 2011 – November 2014

- Managed the satellite Human Performance Laboratory at Fort Bragg, NC
- Managed on site laboratory activities and testing for the project entitled: United States Army Special Operations Command (USASOC) Injury Prevention and Performance Optimization Research Initiative
- Data processing and analysis

Graduate Assistant, Texas A&M University – Exercise and Sport Nutrition Laboratory, College Station, Texas; August 2008 – December 2010

- Laboratory Supervisor
- Assisted in initial setup of the Exercise and Sport Nutrition Laboratory
- Assisted in data collection for ongoing research studies involving various physiological tests on Curves® study participants, NCAA Division I football players, Club triathletes and Club cyclists
- Collected and processed venous blood samples
- Assisted in the calibration and management of laboratory equipment
- Data entry and dietary analysis
- Study Coordinator for “The Effects of the Curves® 30/30 Weight Loss Program on Long Term Weight Loss and Maintenance”

Graduate Assistant, Baylor University – Exercise and Sport Nutrition Laboratory, Waco, Texas; August 2007 – August 2008

- Laboratory Supervisor
- Assisted in data collection for ongoing research studies involving various physiological tests on study participants and NCAA Division I athletic teams to include football, men and women’s basketball and tennis
- Collected and processed venous blood samples
- Assisted in the calibration and management of laboratory equipment
- Study Coordinator for the Curves® Special Populations ongoing research study
- Study Coordinator for the Quality of Life ongoing study
- Data entry and dietary analysis

Laboratory Instructor, Baylor University, Waco, Texas; August 2007 – August 2008

- Exercise Physiology, Human Physiology

Research Associate, Baylor Institute for Rehabilitation, Dallas, Texas; July 2005 – August 2007

- Main correspondent between the hospital and the Institutional Review Board (IRB) for all research studies
- Assisted in writing of Grant and Funding Proposals for future research studies
- Collected and analyzed data pertaining to current research studies
- Assisted in the writing and editing of articles and abstracts for publication in peer-reviewed scientific journals or for presentation at professional conferences
- Developed and managed research related databases

Adjunct Professor, Collin County Community College, Plano, Texas; January 2006 – June 2007

- Introduction to Weight Training
- Walking and Fitness

Graduate Teaching Assistant, University of Texas at Arlington, Department of Kinesiology, Arlington, Texas; August 2003 – May 2005

- Biophysical Principles Laboratory
- Introduction to Exercise Science Laboratory
- Physiology of Exercise Laboratory
- Applied Physiology of Exercise Laboratory
- Weight Training

Graduate Research Assistant, University of Texas at Arlington, Department of Kinesiology, Arlington, Texas; August 2003 – May 2005

- Maintained functional laboratory through scheduling and managing equipment
- Data collection and analysis
- Comprehensive fitness testing

Physical Therapy Aide, AthletiCo Sports Medicine and Physical Therapy, Des Plaines, IL; June – August 2001

- Worked directly with patients during the rehabilitation process
- Utilized modalities and exercise equipment
- Created rehabilitation plans for patients suffering from a variety of physical ailments

Refereed Journal Article Publications:

- Baetge C, Earnest C, Lockard B, Colette A, Galvin E, Rasmussen C, Levers K, Simbo S, Jung Y, Koozechian M, Mardock M, Oliver J, Dalton R, Sanchez B, Byrd M, Khanna D, Jagim A, **Kresta J**, Greenwood M, Kreider R. Efficacy of a randomized trial examining commercial weight loss programs and exercise on metabolic syndrome in overweight and obese women. *Applied Physiology, Nutrition, and Metabolism*. 42(2), February 2017.
- Parr JJ, Clark NC, Abt JP, **Kresta JY**, Keenan KA, Kane SF, Lephart SM. Residual impact of previous injury on musculoskeletal characteristics in Special Forces soldiers. *British Journal of Sports Medicine*. 3(11), November 2015.
- **Kresta JY**, Oliver JM, Jagim A, Fluckey J, Reichman S, Kelly K, Meininger C, Mertens-Talcott S, Rasmussen C, Kreider RB. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. *Journal of the International Society of Sports Nutrition*. 11(55), November 2014.
- Kreider RB, Rasmussen C, Kerksick CM, Wilborn C, Taylor L, Campbell B, Magrans-Courtney T, Fogt D, Ferreira M, Li R, Galbreath M, Iosia M, Cooke M, Serra M, Gutierrez J, Byrd M, **Kresta JY**, Simbo S, Oliver J, Greenwood M. A carbohydrate restricted diet during resistance-training promotes more favorable changes in body composition and markers of health in obese women with and without insulin resistance. *The Physician and Sports Medicine*. 39(2), May 2011.
- Kreider RB, Serra M, Beavers KM, Moreillon J, **Kresta JY**, Byrd M, Oliver JM, Gutierrez J, Hudson G, Deike E, Shelmadine B, Leeke P, Rasmussen C, Greenwood M, Cooke M, Kerksick C, Campbell JK, Beiseigel J, Jonnalagadda SS. A structured diet and exercised program promotes favorable changes in weight loss, body composition, and weight maintenance. *Journal of the American Dietetic Association*. 111:828-843, 2011.
- **Culbertson J**, Kreider RB, Greenwood M, Cooke M. Effects of beta-alanine on muscle carnosine and exercise: a review of the current literature. *Nutrients*. 2(1):75-98, 2010.
- Jitomir J, Nassar E, **Culbertson J**, Moreillon J, Buford T, Hudson G, Cooke M, Kreider, R, Willoughby DS. The acute effects of the thermogenic supplement Meltdown on energy expenditure, fat oxidation, and hemodynamic responses in young, healthy males. *Journal of the International Society of Sports Nutrition* 5(23), 2008.
- Cramer JT, Stout JR, **Culbertson JY**, Egan AD. Effects of creatine supplementation and three days of resistance training on muscle strength, power output, and neuromuscular function. *Journal of Strength and Conditioning Research* 21(3):668-77, 2007.
- Cramer JT, Beck TW, Housh TJ, Massey LL, Marek SM, Dangelmaier S, Purkayastha S, **Culbertson JY**, and Fitz KA. Acute effects of static stretching on the isokinetic angle-torque relationship. *Journal of Sports Sciences* 26(6): 687-98, 2007.
- Marek S M, Cramer J T, Fincher AL, Massey L, Dangelmaier SM, Purkayastha S, Fitz KA, and **Culbertson JY**. Acute effects of static and proprioceptive neuromuscular facilitation stretching on muscle strength and power output. *Journal of Athletic Training* 40: 94 – 103, 2005.

Book Chapters:

- **Kresta JY**. Energy Demands: Sedentary vs. Active Individuals. In *Nutritional Guidelines for Athletic Performance: The Training Table*, edited by L. Taylor. Oxford, UK: Taylor and France. 2012.

Abstract Publications (including site of presentation):

- Coletta A, Mardock M, Lockard B, Byrd M, Simbo S, Jagim A, **Kresta JY**, Baetge C, Jung YP, Koozechian M, Khanna D, Kyul H, Oliver JM, Greenwood M, Rasmussen C, Kreider R. Effects of two popular weight loss programs on changes in body composition and visceral adipose tissue in women. *Journal of the Federation of American Societies for Experimental Biology*. 2014. (San Diego, CA).
- Simbo S, Coletta A, Mardock M, Lockard B, Byrd M, Jagim A, **Kresta JY**, Baetge C, Jung YP, Koozechian M, Khanna D, Kyul H, Oliver JM, Greenwood M, Rasmussen C, Kreider R. Effects of two popular weight loss programs on changes in android and gynoid body composition in women. *Journal of the Federation of American Societies for Experimental Biology*. 2014. (San Diego, CA).

- Jung YP, Lockard B, Baetge C, Levers K, Galvan E, Jagim A, Simbo S, Byrd M, Oliver J, Koozehchian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Chang C, Rasmussen C, Kreider R. Comparative effectiveness of popular diet programs on changes in body composition and visceral adipose tissue in women. *Journal of the Federation of American Societies for Experimental Biology*. 2014. (San Diego, CA).
- Dalton R, Lockard B, Baetge C, Levers K, Galvan E, Jagim A, Simbo S, Byrd M, Jung Y, Oliver J, Koozechian M, Khanna D, Sanchez B, **Kresta JY**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Analysis of efficiency and cost effectiveness of popular weight loss and fitness programs. *Journal of the International Society of Sports Nutrition*. 2013 (Colorado Springs, CO)
- Jagim A, Byrd M, Lockard B, Baetge C, Levers K, Galvan E, Simbo S, Jung Y, Oliver J, Koozechian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Adherence to a high protein and low fat energy-restricted diet while participating in a circuit resistance-exercise program promotes positive changes in blood glucose and lipids in post-menopausal women. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB336. (Boston, MA)
- Levers K, Lockard B, Baetge C, Galvan E, Jagim A, Simbo S, Byrd M, Jung Y, Oliver J, Koozechian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Adding access to online meal plans and monitoring to a structured weight loss program with resistance-exercise promotes more positive changes in triglycerides. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB338. (Boston, MA)
- Dalton R, Lockard B, Baetge C, Levers K, Galvan E, Jagim A, Simbo S, Byrd M, Jung Y, Oliver J, Koozechian M, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Effects of participation in popular weight loss and fitness programs on insulin and leptin in women. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB339. (Boston, MA)
- Simbo S, Lockard B, Baetge C, Levers K, Galvan E, Jagim A, Byrd M, Jung Y, Oliver J, Koozechian M, Dalton R, Khanna D, Sanchez B, **Kresta J**, Horrell K, Leopold T, Cho M, Springer S, Rivera A, Cerda C, Rasmussen C and Kreider R. Effects of participation in popular weight loss and fitness programs on markers of health and fitness in women. *Journal of the Federation of American Societies for Experimental Biology*. 2013 LB206. (Boston, MA)
- **Kresta JY**, Oliver J, Jagim A, Kreider R, Fluckey J, Reichman S, Talcott S. Effects of 28 days of beta-alanine and creatine monohydrate supplementation on muscle carnosine, body composition and exercise performance in recreationally active females. *Journal of the International Society of Sports Nutrition*. 9(Suppl 1):P17, 2012.
- Jung Y, Baetge C, Lockard B, Mardock M, Simbo S, Galvan E, Levers K, Byrd M, Koozehchian M, Khanna D, Sanchez B, Jagim A, Oliver JM, **Kresta JY**, Horrell K, Leopold K, Cho M, Rasmussen C, Kreider R. Comparison of the efficacy of popular weight loss programs in sedentary overweight women II: health and fitness markers. *Journal of the Federation of American Societies for Experimental Biology*. 2012. (San Diego, CA).
- Koozehchian M, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Galvan E, Levers K, Byrd M, Khanna D, Sanchez B, Jagim A, Oliver JM, **Kresta JY**, Horrell K, Leopold K, Cho M, Rasmussen C, Kreider R. Comparison of the efficacy of popular weight loss programs in sedentary overweight women III: fasting blood lipids and glucose. *Journal of the Federation of American Societies for Experimental Biology*. 2012. (San Diego, CA).
- Galvan E, Baetge C, Lockard B, Mardock M, Simbo S, Jung Y, Levers K, Byrd M, Koozehchian M, Khanna D, Sanchez B, Jagim A, Oliver JM, **Kresta JY**, Horrell K, Leopold K, Cho M, Rasmussen C, Kreider R. Comparison of the efficacy of popular weight loss programs in sedentary overweight women IV: bone, protein and liver status. *Journal of the Federation of American Societies for Experimental Biology*. 2012. (San Diego, CA).
- Byrd M, Mardock M, Lockard B, Oliver JM, Simbo S, Jagim A, **Kresta JY**, Baetge C, Jung Y, Koozehchian M, Khanna D, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight loss programs in women II: metabolic markers. *Journal of the International Society of Sports Nutrition*. 2011, 8(Suppl 1):P1. (Las Vegas, NV)
- Oliver JM, Mardock M, Lockard B, Byrd M, Simbo S, Jagim A, **Kresta JY**, Baetge C, Jung Y, Koozehchian M, Khanna D, Greenwood M, Rasmussen C, Kreider R. Comparative effectiveness of two popular weight

loss programs in women III: health and fitness markers. *Journal of the International Society of Sports Nutrition*. 2011, 8(Suppl 1):P5. (Las Vegas, NV)

- Byrd M, **Kresta JY**, Oliver JM, Baetge C, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of intermittent dieting during resistance training in women III: Fitness. *ACSM: Medicine and Science in Sports and Exercise*. 2011. (Denver, CO)
- **Kresta JY**, Byrd M, Oliver JM, Baetge C, Mardock M, Simbo S, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of intermittent dieting during resistance training in women I: Weight loss and energy expenditure. *ACSM: Medicine and Science in Sports and Exercise*. 2011. (Denver, CO)
- Mardock M, **Kresta JY**, Byrd M, Oliver JM, Baetge C, Simbo S, Jung P, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim H, Rasmussen C, Kreider R. Effects of intermittent dieting during resistance training in women II: Health markers. *ACSM: Medicine and Science in Sports and Exercise*. 2011. (Denver, CO)
- **Culbertson J**, Mardock M, Byrd M, Simbo S, Oliver J, Canon C, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, Kreider R. Effects of diet cycling on weight loss and resting energy expenditure in women participating in the Curves® fitness program. *Journal of the Federation of American Societies for Experimental Biology*. 2010 24:1b300. (Anaheim, CA)
- Byrd M, **Culbertson J**, Canon C, Oliver J, Mardock M, Simbo S, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, and Kreider R. Effects of high carbohydrate and high protein diets on markers of metabolic syndrome (MS) in women participating in the Curves® fitness program. *Journal of the Federation of American Societies for Experimental Biology*. 2010 24:1b297. (Anaheim, CA).
- Oliver J, **Culbertson J**, Canon C, Byrd M, Mardock M, Simbo S, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, Kreider R. Effects of exercise and high carbohydrate and high protein diets on women with and without metabolic syndrome (MS). *Journal of the Federation of American Societies for Experimental Biology*. 2010 24:1b298. (Anaheim, CA)
- Mardock M, Byrd M, Simbo S, Oliver J, **Culbertson J**, Canon C, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, Kreider R. Clinical profile of women with and without metabolic syndrome (MS). *Journal of the Federation of American Societies for Experimental Biology*. 2010 24:1b300. (Anaheim, CA)
- Simbo S, **Culbertson J**, Mardock M, Byrd M, Oliver J, Canon C, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C, Kreider R. Effects of 30-day diet cycling on weight loss and resting energy expenditure in women participating in the Curves® fitness program: a preliminary long-term analysis. *Journal of the Federation of American Societies for Experimental Biology*. 2010 24:1b301. (Anaheim, CA)
- Canon C, **Culbertson J**, Byrd M, Rasmussen C, Jung P, Khanna D, Koozehchian M, Mardock M, Oliver JM, Simbo S, Kreider R. Effects of a 30-day fitness challenge on body composition and markers of health in women. *Medicine and Science in Sports and Exercise*. 2010, 42:5 Supplement. (Baltimore, MD)
- Canon C, **Culbertson J**, Byrd M, Rasmussen C, Jung P, Khanna D, Koozehchian M, Mardock M, Oliver JM, Simbo S, Kreider R. Effects of a 30-day fitness challenge on body composition and health markers in sedentary women. *NSCA National Conference Proceedings*. 2010. (Orlando, FL)
- Kreider RB, **Culbertson J**, Byrd M, Simbo S, Oliver JM, Mardock M, Canon C, Jung Y, Khanna D, Koozehchian M, Dalton R, Kim H, Lockard B, Rasmussen C. Maintaining a high protein diet while participating in a resistance training program does not affect markers of bone health in women. *NSCA National Conference Proceedings*. 2010. (Orlando, FL)
- Canon C, **Kresta JY**, Byrd M, Oliver JM, Mardock M, Simbo S, Jung P, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim HK, Rasmussen C, Kreider RB. Long-term efficacy of women participating in the Curves fitness and weight loss program. *Journal of the International Society of Sports Nutrition*. 2010, 7 (1 Supplement). (Clearwater, FL)
- **Kresta JY**, Byrd M, Oliver JM, Canon C, Mardock M, Simbo S, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim HK, Rasmussen C, Kreider RB. Effects of diet cycling on weight loss, fat loss and resting energy expenditure in women. *Journal of the International Society of Sports Nutrition*. 2010, 7(1 Supplement). (Clearwater, FL)
- Oliver JM, **Kresta JY**, Byrd M, Canon C, Mardock M, Simbo S, Jung P, Lockard B, Khanna D, Koozehchian M, Rasmussen C, Kerksick C, Kreider R. Effects of high carbohydrate or high protein energy-restricted diets combined with resistance-exercise on weight loss and markers of health in women with serum

triglyceride levels above or below median values. *Journal of the International Society of Sports Nutrition*. 2010, 7 (1 Supplement). (Clearwater, FL)

- Jagim A, Oliver JM, **Kresta JY**, Canon C, Byrd M, Mardock M, Simbo S, Jung P, Rasmussen C, Kreider RB. Effects of a high protein diet on weight loss and leptin levels in sedentary women with normal and elevated leptin. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010,43. (Miami, FL)
- Jung P, **Kresta JY**, Oliver JM, Simbo S, Canon CN, Byrd M, Mardock M, Lockard B, Rasmussen C, Kreider RB. Effects of a high protein diet on weight loss and body composition in sedentary women with normal insulin sensitivity and insulin resistance. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010, 43. (Miami, FL)
- Kreider RB, Oliver JM, **Kresta JY**, Byrd M, Canon CN, Mardock M, Simbo S, Lockard B, Rasmussen C. Effects of exercise, weight loss, and diet type on leptin in sedentary women. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010, 43-44. (Miami, FL)
- **Kresta JY**, Oliver JM, Byrd M, Canon CN, Jagim A, Lockard B, Mardock M, Simbo S, Rasmussen C, Kreider RB. Relationship between fasting serum leptin levels and markers of bone, fat and health in sedentary women. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010, 48. (Miami, FL)
- Oliver JM, **Kresta JY**, Canon CN, Byrd M, Mardock M, Simbo S, Jung P, Koozehchian M, Rasmussen C, Kreider RB. Comparison of two different diet programs on fasting insulin levels in sedentary obese women participating in resistance training. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010, 41. (Miami, FL)
- Simbo S, Oliver JM, **Kresta JY**, Canon CN, Byrd M, Mardock M, Jung Y, Koozehchian M, Khanna D, Lockard B, Dalton R, Kim HK, Jagim A, Rasmussen C, Kreider RB. Effects of a high protein diet on weight loss and body composition in sedentary women with normal and elevated blood glucose levels. *ACSM Integrative Physiology of Exercise Conference Proceedings*. 2010, 54. (Miami, FL)
- **Culbertson J**, Byrd M, Cooke M, Kerksick C, Campbell B, Wilborn C, Galbreath M, Li R, Ferreira M, Nassar E, Harvey T, Parker A, Coutney T, Dove J, Beavers K, Serra M, Jitmir J, Moreillon J, Simbo S, Chandran R, Hudson G, Curtis C, Deike E, Iosia M, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness and weight loss program on body composition and resting energy expenditure *Journal of the Federation of American Societies for Experimental Biology*. 2009 23:LB459. (New Orleans, LA)
- **Culbertson J**, Byars A, Keith S, Greenwood M. Relationship of various body composition parameters used for predicting VO2max. *Journal of the International Society of Sports Nutrition*, 2008, 5(Suppl 1):P13. (Las Vegas, NV)
- Nassar E, Moreillon J, Hudson G, Shelmadine B, **Culbertson J**, Buford T, Kreider R, Willoughby D. Effects of ingesting a thermogenic/anti-inflammatory supplement while participating in a resistance training program on indices of body composition and metabolic, cardiovascular, muscular and hemodynamic function in overweight females. *Journal of the International Society of Sports Nutrition*, 2008, 5(Suppl 1):P25. (Las Vegas, NV)
- Jitmir J, Nassar E, **Culbertson J**, Moreillon J, Cooke M, Buford T, Hudson G, Willoughby D. VPX Meltdown® Shows Trends of Increasing Resting Energy Expenditure as Compared to Placebo within 45 Minutes of Supplementation in a Randomized, Double-Blind, Cross-over Clinical Research Study. *Journal of the International Society of Sports Nutrition*, 2008, 5(Suppl 1):P28. (Las Vegas, NV)

Presentations:

- Kane SF, Parr JJ, **Kresta JY**, Bakey JF, Parr JJ, Sell TC, Lephart SM. Residual impact of previous injury on musculoskeletal characteristics in Special Forces soldiers. Accepted Poster Presentation, *American College of Sports Medicine Annual Meeting*, San Diego, California, May 2015.
- Abt JP, Eagle SM, **Kresta JY**, Bakey JF, Sell TC, Kane SF, Lephart SM. Identification of asymmetrical and suboptimal agonist/antagonist strength in a cohort of Special Forces soldiers. Accepted Poster Presentation, *American College of Sports Medicine Annual Meeting*, San Diego, California, May 2015.
- Co-Morbid Traumatic Brain Injury and Spinal Cord Injury: A Comparison of Three Groups. *American Spinal Injury Association 33rd Annual Scientific Meeting, May-June, 2007*.
- Identifying Changes in Resiliency during Rehabilitation from Spinal Cord Injury. *American Spinal Injury Association 33rd Annual Scientific Meeting, May-June, 2007*.

Completed Research:

- Comparison of Aerobic Capacity and Functional Performance in Individuals with a Lower Extremity Amputation (*Student Research Project – Advisor*)
- Effects of Strengthening the Anterior and Lateral Oblique Sling Systems vs. Global Ankle Musculature to Improve Dynamic Balance among Young and Middle-Aged Adults (*Student Research – Advisor*)
- Effects of Visual Cuing, a Stabilizer Pressure Cuff, and Real Time Ultrasound for Activation of Core Stabilizers on Dynamic Balance in Patients with Chronic Low Back Pain (*Student Research – Advisor*)
- Influence of Physical Characteristics and Footwear on Golf Swing Mechanics and Risk of Injury (*Student Research– Co-Advisor*)
- United States Army Special Operations Command Injury Prevention and Performance Optimization Research Initiative.
- Effects of 28 days of beta-alanine and creatine monohydrate supplementation on muscle carnosine, anaerobic performance and short-term recovery in recreationally active females. Doctoral Dissertation, JY Kresta (PI)
- The effects of altering rest to work ratio in a resistance training program designed to elicit hypertrophy, strength, power and myosin heavy chain composition in trained males.
- Effects of Russian Tarragon extract supplementation prior to creatine supplementation on whole body creatine retention: a proof of concept study.

Memberships and Awards:

- Huffines Institute Research Grant Award, Texas A&M University – 2010-2011
- American College of Sports Medicine (ACSM) – Member since 2010
- National Strength and Conditioning Association (NSCA) – Member since 2010
- International Society of Sports Nutrition (ISSN) – Member since 2007
- College of Education’s Deans Student Advisory Group – University of Texas at Arlington (2005)

Professional Skills:

- Blackboard
- Examsoft
- SPSS
- Phlebotomy techniques
- Biodex System 3 Isokinetic Dynamometry
- Biodex Balance System / NeuroCom Balance Manager
- DEXA – Hologic
- BodPod – Body Composition
- Measurement tools for body composition including skinfolds, BIA, hydrostatic weighing, girths, breadths
- Sensormedics Metabolic Measurement
- ParvoMedics TrueOne 32 Metabolic System
- Twelve Lead Resting and Exercise Electrocardiography
- Cosmed Quark CPET
- Lode Ergometry Manager / VeloTron Wingate
- SwimEx
- Submaximal and maximal graded exercise testing protocols
- Spirometry
- Surface Electromyography (EMG) and Mechanomyography (MMG)

Grants Written/Assisted:

- NIDRR – Field Initiated Program Research Grant, 2007 – *Pressure Sore Prevention in High Risk Patients with a Traumatic Spinal Cord Injury*
- Christopher Reeve Foundation – Quality of Life Grant, 2006 - *Baylor Institute for Rehabilitation Spinal Cord Injury Peer Mentor Program*
- NIDRR – Spinal Cord Injury Model Systems, 2006 – *Baylor Spinal Cord Injury Model System Center – Baylor Health Care Center*
- Centers for Disease Control – Research Grants to Prevent Unintentional Injuries, 2006 - *Texas Motorcycle Helmet Law Repeal and Traumatic Brain Injury: Analysis of Financial Impact*
- Paralyzed Veterans of America Education Foundation, 2006 - *Spinal Cord Injury Education Video Intervention Project*
- Paralyzed Veterans of America Research Foundation, 2005 – *Acute Spinal Cord Injury Education Enhances Gains in Rehabilitation*