

# CURRICULUM VITAE

**Chris N. Poole PhD, FAFS, FRCms**

Assistant Professor of Exercise Physiology and Human Performance

Texas A&M University Central Texas

1001 Leadership Place

Killeen, TX 76549

## Education

**Doctor of Philosophy** – December 2012

University of Oklahoma

Exercise Physiology

**Master of Education** – December 2008

University of Mary Hardin-Baylor

Exercise and Sport Science

**Bachelor of Science** – May 2007

University of Mary Hardin-Baylor

Exercise and Sport Science

Sport Management

## Experience

**Assistant Professor**- August 2020 – present

Texas A&M University Central Texas, Exercise Physiology and Human Performance

**Visiting Assistant Professor** – Jan 2020 – May 2020

Texas A&M University Central Texas, Exercise Physiology and Human Performance

**Performance Manager** – May 2018 – June 2019

EXOS: Regional Health Sports Performance Institute

**Instructor**- August 2017- May 2018

Black Hills State University, Exercise Science Department

**Clinical Assistant Professor**- August 2015- May 2017

Southern Methodist University, Applied Physiology and Sport Management Department

**Assistant Professor- August 2014-2015**

McMurry University, Department of Kinesiology and Health Fitness

**Strength and Conditioning Coach- Fall 2014**

McMurry University, Baseball

**Head Basketball Strength and Conditioning Coach- June 2013-May 2014**

University of Wyoming, Men's Basketball

**Strength and Conditioning Coach (Intern)- Fall 2012-Summer 2013**

University of Texas, Men's Basketball

**Performance Coach- Fall 2012-Summer 2013**

Train 4 The Game (Austin, TX)

**Doctoral Research Assistant- Fall 2009-Summer 2012**

Neuromuscular Laboratory, Applied Biochemistry and Molecular Physiology Laboratory

University of Oklahoma

**University Lecturer- Fall 2009-Summer 2012**

University of Oklahoma

Department of Health and Exercise Science

**Adjunct Instructor – Spring 2009**

University of Mary Hardin Baylor

Department of Exercise and Sport Science

**Graduate Research Assistant – 2007-2009**

University of Mary Hardin-Baylor

Human Performance Lab

Responsibilities include exercise testing, prescription and analysis, research writing, data entry and interpretation, statistical analysis

**Strength and Conditioning Coach – 2008**

University of Mary Hardin-Baylor

Men's Basketball

**Strength and Conditioning Coach – 2007**

University of Mary Hardin-Baylor

Women's Softball

**Mayborn Campus Center Gym Staff- 2005**

University of Mary Hardin Baylor

Responsibilities included cleaning of equipment and fitness area, ensuring safety and proper use of equipment, and customer care

**UMHB Summer Basketball Camp** – 2004, 2005, 2006

University of Mary Hardin Baylor

Responsibilities included teaching basketball fundamentals and teamwork principles

## **Teaching**

### **TEXAS A&M CENTRAL TEXAS**

**Sports Nutrition** (Fall 2021)

**Principles of Personal Training** (Fall 2021)

**Principles of Strength and Hypertrophy** (Spring 2021, Spring 2022)

**Exercise Physiology and Human Performance Internship** (Spring 2020, Fall 2020, Summer 2021, Spring 2022)

**Exercise Testing and Prescription** (Spring 2020, Spring 2021, Fall 2021)

**Anatomical Kinesiology** (Spring 2020, Fall 2020, Fall 2021)

**Principles of Strength and Conditioning** (Summer 2020, Spring 2021, Spring 2022)

**Advanced Resistance Training** (Independent Study: Summer 2021)

### **BLACK HILLS STATE UNIVERSITY**

**Intro to Research** (Fall 2017, Spring 2018)

**Anatomy and Physiology** (Fall 2017)

**Medical Terminology** (Fall 2017, Spring 2018)

**Fitness Assessment Lab** (Spring 2018)

**Kinesiology Lab** (Spring 2018)

**Principles of Strength and Conditioning** (Spring 2018)

### **SOUTHERN METHODIST UNIVERSITY**

**Exercise Physiology** (Fall 2015, Spring 2016, Fall 2016, Spring 2017)

**Anatomy for Movement** (Fall 2015, Spring 2016, Fall 2016, Spring 2017)

**Principles of Strength and Conditioning** (Fall 2015, Spring 2016, Fall 2016, Spring 2017)

### **MCMURRY UNIVERSITY**

**Exercise Leadership** (Spring 2015)

**Exercise Prescription** (Fall 2014)

**Laboratory Testing in Exercise Science** (Fall 2014, Spring 2015)

**Statistics and Measurement** (Fall 2014, Spring 2015)

**Principles of Strength and Conditioning** (Spring 2015)

### **UNIVERSITY OF OKLAHOMA**

**Principles of Personal Training** (Spring 2012)

**Scientific Principles of Health and Disease** (Fall 2011, Spring 2012)

**Facts and Fallacies of Exercise and Nutrition** (Fall 2009, Spring 2010)

**Exercise Testing and Prescription** – Teacher’s Assistant (Fall 2009, Spring 2010, Fall 2010)

**Principles of Strength and Conditioning** (Summer 2010, Fall 2010, Spring 2011, Fall 2011)

### UNIVERSITY OF MARY HARDIN-BAYLOR

**Principles of Health and Fitness** (Spring 2009)

**Conditioning** (Spring 2009)

## **Certifications**

- **3D Movement Analysis and Performance System (3D MAPS)**- Gray Institute (2016)
- **Fellow of Applied Functional Science (FAFS)**- Gray Institute (October 2015)
- **Certification in Applied Function Science (CAFS)**- Gray Institute (2013)
- **CPR/AED Professional Rescuer**- American Heart Association (2018)
- **Functional Range Conditioning Mobility Specialist (FRCms)**- 2018
- **Certified Movnat Trainer Level 1**- Movnat (2019)
- **Certified Strength and Conditioning Specialist**- National Strength and Conditioning Association (2008-2020, expired)
- **Primal Health Coach** (2017)

## **Scholarship**

### SCHOLARSHIP IN PROGRESS

1. Peripheral quantitative computed tomography is a valid imaging technique for measuring resistance-training induced changes in skeletal muscle cross-sectional area, co-author (manuscript in preparation), January 2021-present
2. Measuring Resistance Training-Induced Hypertrophy of the Vastus Lateralis: Agreement Between MRI, Ultrasonography and Histological Methods, co-author (manuscript in preparation) January 2021-present
3. Agreement between MRI, ultrasound, and histology in detecting size changes of the vastus lateralis following resistance training, co-author (abstract submitted for Experimental Biology conference)

### PUBLISHED BOOK CHAPTERS

1. **Poole C** and Wilborn C. Energy demands for strength-power athletes in *Nutritional Guidelines for Athletic Performance: The Training Table*. Taylor L (Ed). CRC Press: New York, 2012.
2. **Poole C** and Kerksick C. Carbohydrates: The fuel currency in skeletal muscle in *Nutrient Timing: Metabolic Optimization for Health, Performance and Recovery*. Kerksick C (Ed). CRC Press: New York, 2011.

## **PUBLISHED MANUSCRIPTS (PEER REVIEWED)**

1. Triplett C, Dorrel B, Symonds M, Selland C, Jensen D, **Poole C**. Functional Movement Screen Detected Asymmetry & Normative Values Among College-Aged Students. **Int J Sports Phys Therapy. April 2021: 16(2): 450-458.**
2. Triplett C, Selland C, Jensen D, **Poole C**, Deichert N. The Impact of Past Athletic Experience on Functional Movement (FMS) Screen Scores in University Students. **Missouri Journal of Health, Physical Education, Recreation, and Dance. 2018: 28, 12-23.**
3. Freitas E, **Poole C**, Miller R, Heishman A, Kaur J, Bemben D, Bemben M. Time Course Changes in Muscle Swelling: High-Intensity vs. Blood Flow Restriction Exercise. **Int J Sports Med. 2017: 38(13): 1009-1016.**
4. Mumford P, Tribby A, **Poole C**, Dalbo V, Scanlan A, Moon J, Roberts M, Young K. Effect of caffeine on golf performance and fatigue during a competitive tournament. **Med Sci Sports Exerc. 2016 Jan: 48(1): 132-38.**
5. Dalbo V, Roberts M, Sunderland K, **Poole C**, Stout J, Beck T, Bemben M, Kerksick C. Acute loading and aging effects on myostatin pathway biomarkers in human skeletal muscle after three sequential bouts of resistance exercise. **J Gerontol A Biol Sci Med Sci. 2011 Aug: 66(8): 855-65.**
6. Taylor L, **Poole C**, Pena E, Lewing M, Kreider R, Foster C, Wilborn C. Effects of combined creatine plus fenugreek extract vs. creatine plus carbohydrate supplementation on resistance training adaptations. **Journal of Sports Science and Medicine. 2011 10(2): 254-260.**
7. Roberts M, Dalbo V, Sunderland K, **Poole C**, Hassell S, Kerksick C. Myogenic mRNA markers in young and old human skeletal muscle prior to and following sequential exercise bouts. **Appl Physiol Nutr Metab. 2011 Feb: 36(1): 96-106.**
8. **Poole C**, Roberts M, Dalbo V, Sunderland K, Kerksick C. Megalin and androgen receptor gene expression in young and old human skeletal muscle before and after three sequential exercise bouts. **J Strength Cond Res. 25(2): 309-317, 2011.**
9. **Poole C**, Roberts M, Dalbo V, Tucker P, Sunderland K, DeBolt N, Billbe B, Kerksick C. The combined effects of exercise and ingestion of a meal replacement in conjunction with a weight loss supplement on body composition and fitness parameters in college-aged men and women. **J Strength Cond Res. 25(1): 51-60, 2011.**
10. Wilborn C, Taylor L, **Poole C**, Foster C, Willoughby D, Kreider R. Effects of a purported aromatase and 5 $\alpha$ -reductase inhibitor on hormone profiles in college-aged men. **Int J Sport Nut Exerc Metab. 2010 20(6), 457-465.**
11. **Poole, C**, Bushey B, Foster C, Campbell B, Willoughby D, Kreider R, Taylor L, Wilborn C. The effects of a commercially available botanical supplement on strength, body composition, power output, and hormonal profiles in resistance-trained males. **Journal of the International Society of Sports Nutrition. 2010, 7(34).**
12. Roberts M, Dalbo V, Sunderland K, **Poole C**, Hassell S, Bemben D, Cramer J, Stout J, Kerksick C. IGF-1 splice variant and IGF-1 peptide expression patterns in young and old human skeletal muscle prior to and following sequential exercise bouts. **European Journal of Applied Physiology. 2010 110(5): 961-969.**
13. **Poole C**, Wilborn C, Taylor L, Kerksick C. The role of post exercise nutrient administration on muscle protein synthesis and glycogen synthesis. **Journal of Sports Science and Medicine. 2010 9(3): 354-363.**

14. Wilborn C, Taylor L, **Poole C**, Wright C, Bushey B, Williams L, Foster C, Campbell B. Effects of Ingesting a Commercial Thermogenic Product on Hemodynamic Function and Energy Expenditure at Rest in Males and Females. **Appl Physiol Nutr Metab.** 2009 Dec; **34(6):1073-8.**

#### **PUBLISHED ABSTRACTS**

1. **Poole C**, Roberts M, Dalbo V, Sunderland K, Hassell S, Kerksick C. Effects of Human Aging on CDK4, P21<sup>CIP1</sup>, P27<sup>KIP1</sup>, and MYOD Expression after Three Resistance Exercise Bouts. **Med Sci Sports Exerc** **42(5): 825-826, May 2010.**
2. Roberts M, Dalbo V, Sunderland K, **Poole C**, Hassell S, Kerksick C. Effects of Human Aging on MGF and CYCLIN D1 expression after Three Resistance Exercise Bouts. **Med Sci Sports Exerc** **42(5): 755, May 2010.**
3. Sunderland K, **Poole C**, Roberts M, Dalbo V, Kerksick C. Housekeeping Gene Analysis in Human Skeletal Muscle Following Sequential Exercise Bouts: An Age Comparison **Med Sci Sports Exerc** **42(5): 378, May 2010.**
4. **Poole C**, Bushey B, Pena E, Constancio E, Jones T, Dufour F, Ervin N, Clemens B, Willoughby D, Kreider R, Foster C, Taylor L, Wilborn C. Effects of TESTOSURGE supplementation on Strength, Body Composition and Hormonal Profiles During an 8-Week Resistance Training Program. **Journal of the International Society of Sports Nutrition** 2009, **6(Suppl 1):P12 (31 July 2009)**
5. Lewing M, Pena E, Poole C, Dufour F, Consancio E, Jacobson H, Dugan K, Jones T, Ervin N, Foster C, Kreider R, Taylor L, Wilborn C. Effects of BIOCREAT Supplementation on Strength and Body Composition During an 8-week Resistance Training Program. **Journal of the International Society of Sports Nutrition** 2009, **6(Suppl 1):P11 (31 July 2009)**
6. Wilborn C, Taylor L, Foster C, Swift T, Burken C, Florez M, **Poole C**, Bushey B, Kreider R, Willoughby D. Effects of Fenugreek, Cinnamon, and Curcumin on Post Workout Inflammatory Response. **Medicine and Science in Sports and Exercise.** **41(5) Supplement 1:227, May 2009**
7. Foster C, **Poole C**, Bushey B, Wilborn C. Comparison of Aerobic Training Methods on VO<sub>2</sub> Max, Body Composition, and Anaerobic Power. **Medicine and Science in Sports and Exercise.** **41(5) Supplement 1:495, May 2009.**
8. Taylor L, Wilborn C, Bushey B, **Poole C**, Foster C, Campbell B, Willoughby D, Kreider R. Fenugreek Extract Supplementation has No Effect on the Hormonal Profile of Resistance-Trained Males. **Medicine and Science in Sports and Exercise.** **41(5) Supplement 1:228, May 2009.**
9. Crawford A, Foster C, **Poole C**, Bushey B, Wilborn C. Comparison of Aerobic Training Methods on VO<sub>2</sub> Max, Body Composition, and Anaerobic Power. **International Journal of Exercise Science** 2009, **Vol. 2: Iss. 1, Article 16.**
10. Bushey B, Taylor L, Wilborn C, **Poole C**, Foster C, Campbell B, Kreider R, Willoughby D. Fenugreek Extract Supplementation has No Effect on the Hormonal Profile of Resistance-Trained Males. **International Journal of Exercise Science** 2009, **Vol. 2: Iss. 1, Article 13.**
11. Dufour F, **Poole C**, Crawford A, Foster C, Taylor L, Wilborn C. The Impact of Differing Types of Physical Activity on Weight Loss, Energy Expenditure, and the Hormones Insulin, Leptin, and Cortisol. **International Journal of Exercise Science** 2009, **Vol. 2: Iss. 1, Article 14.**

12. Jones T, Wilborn C, Taylor L, Foster C, Swift T, Burken C, Florez M, **Poole C**, Bushey B, Kreider R, Willoughby D. Effects of Fenugreek, Cinnamon, and Curcumin on Post Workout Inflammatory Response. **International Journal of Exercise Science 2009, Vol. 2: Iss. 1, Article 18.**
13. Constancio E, Wilborn C, Taylor L, Foster C, Bushey B, **Poole C**, Pena E, Jones T, Kreider R. Effects of a Proprietary Fenugreek Extract on Strength and Body Composition. **International Journal of Exercise Science 2009, Vol. 2: Iss. 1, Article 21.**
14. **Poole C**, Bott S, Bushey B, Crawford A, Foster C, Taylor L, Wilborn C. The Effects of an Energy Increasing Supplement on Markers of VO<sub>2</sub> Max, Body Composition, and Anaerobic Power. **International Journal of Exercise Science 2009, Vol. 2: Iss. 1, Article 17.**
15. Bushey B, Wilborn C, **Poole C**, Taylor L, Foster C, Campbell B. The effects of Amped up on hemodynamic function and energy expenditure at rest. **Journal of the International Society of Sport Nutrition 2008, 5(Suppl 1):P10 (17 September 2008).**
16. Wilborn C, Bushey B, **Poole C**, Taylor L, Campbell B, Willoughby D, Kreider R. Effects of TORABOLIC Supplementation on Strength and Body Composition During an 8-Week Resistance Training Program. **Journal of the International Society of Sport Nutrition 2008, 5(Suppl 1):P11 (17 September 2008).**

#### PRESENTED ABSTRACTS AT NATIONAL/INTERNATIONAL CONFERENCES

1. **Poole C**, Roberts M, Dalbo V, Sunderland K, and Kerksick, C. The Discovery of a Novel Gene in Human Skeletal Muscle with Implication to Steroid Cellular Transport. **National Strength and Conditioning Association National Conference 2010**
2. Sunderland K, Roberts M, Dalbo V, **Poole C**, Crane J, Tarnopolsky M, Kerksick C. Effects of aging on intramuscular ATP and creatine. **National Strength and Conditioning Association National Conference 2010**
3. Herda T, Walter A, Costa P, Ryan E, Hoge K, Roberts M, Dalbo V, Sunderland K, **Poole C**, Kerksick C, Cramer J. Differences in the Mechanomyographic Amplitude Versus Force Relationships Between Young and Old During Isometric Ramped Muscle Actions. **National Strength and Conditioning Association National Conference 2010**
4. **Poole C**, Roberts M, Dalbo V, Sunderland K, Hassell S, Kerksick C. Effects of Human Aging on CDK4, P21<sup>CIP1</sup>, P27<sup>KIP1</sup>, and MYOD Expression after Three Resistance Exercise Bouts. **American College of Sports Medicine National Conference 2010**
5. Roberts M, Dalbo V, Sunderland K, **Poole C**, Hassell S, Kerksick C. Effects of Human Aging on MGF and CYCLIN D1 expression after Three Resistance Exercise Bouts. **American College of Sports Medicine National Conference 2010**
6. Sunderland K, **Poole C**, Roberts M, Dalbo V, Kerksick C. Housekeeping Gene Analysis in Human Skeletal Muscle Following Sequential Exercise Bouts: An Age Comparison. **American College of Sports Medicine National Conference 2010**
7. **Poole C**, Bushey B, Pena E, Constancio E, Jones T, Dufour F, Ervin N, Clemens B, Willoughby D, Kreider R, Foster C, Taylor L, Wilborn C. Effects of TESTOSURGE supplementation on Strength, Body Composition and Hormonal Profiles During an 8-Week Resistance Training Program. **International Society of Sport Nutrition National Conference 2009**
8. Lewing M, Pena E, **Poole C**, Dufour F, Consancio E, Jacobson H, Dugan K, Jones T, Ervin N, Foster C, Kreider R, Taylor L, Wilborn C. Effects of BIOCREAT Supplementation on Strength and Body

Composition During an 8-week Resistance Training Program. **International Society of Sport Nutrition National Conference 2009**

9. Wilborn C, Taylor L, Foster C, Swift T, Burken C, Florez M, **Poole C**, Bushey B, Kreider R, Willoughby D. Effects of Fenugreek, Cinnamon, and Curcumin on Post Workout Inflammatory Response. **American College of Sports Medicine 2009**
10. Foster C, **Poole C**, Bushey B, Wilborn C. Comparison of Aerobic Training Methods on VO<sub>2</sub> Max, Body Composition, and Anaerobic Power. **American College of Sports Medicine 2009**
11. Taylor L, Wilborn C, Bushey B, **Poole C**, Foster C, Campbell B, Willoughby D, Kreider R. Fenugreek Extract Supplementation has No Effect on the Hormonal Profile of Resistance-Trained Males. **American College of Sports Medicine 2009**
12. Wilborn C, Bushey B, **Poole C**, Taylor L, Campbell B, Willoughby D, Kreider R. Effects of TORABOLIC Supplementation on Strength and Body Composition During an 8-Week Resistance Training Program. **International Society of Sport Nutrition National Conference 2008**
13. Bushey B, Wilborn C, **Poole C**, Taylor L, Foster C, Campbell B. The effects of Amped up on hemodynamic function and energy expenditure at rest. **International Society of Sport Nutrition National Conference 2008**

#### **PRESENTED ABSTRACTS AT REGIONAL CONFERENCES** (\*invited presentation)

1. Sunderland K, **Poole C**, Roberts M, Dalbo V, and Kerksick C. Housekeeping gene analysis in skeletal muscle following sequential bouts of resistance exercise in young men. **Central States American College of Sports Medicine Meeting**, Columbia, MO, November 5-6, 2009.
2. \***Poole C**, Sunderland K, Roberts M, Dalbo V, and Kerksick C. Housekeeping gene analysis in skeletal muscle following sequential bouts of resistance exercise in elderly men. **Central States American College of Sports Medicine Meeting**, Columbia, MO, November 5-6, 2009.
3. Jacobson H, **Poole C**, Bott S, Bushey B, Crawford A, Foster C, Taylor L, Wilborn C. The Effects of an Energy Increasing Supplement on Markers of VO<sub>2</sub> Max, Body Composition, and Anaerobic Power. **University of Mary Hardin-Baylor Research Symposium**
4. Crawford A, Foster C, **Poole C**, Bushey B, Wilborn C. Comparison of Aerobic Training Methods on VO<sub>2</sub> Max, Body Composition, and Anaerobic Power. **University of Mary Hardin-Baylor Research Symposium**
5. Pena E, Taylor L, Wilborn C, **Poole C**, Foster C, Campbell B, Kreider R, Willoughby D. Fenugreek Extract Supplementation has No Effect on the Hormonal Profile of Resistance-Trained Males. **University of Mary Hardin-Baylor Research Symposium**
6. Dufour F, **Poole C**, Crawford A, Foster C, Taylor L, Wilborn C. The Impact of Differing Types of Physical Activity on Weight Loss, Energy Expenditure, and the Hormones Insulin, Leptin, and Cortisol. **University of Mary Hardin-Baylor Research Symposium**
7. Jones T, Wilborn C, Taylor L, Foster C, Swift T, Burken C, Florez M, **Poole C**, Bushey B, Kreider R, Willoughby D. Effects of Fenugreek, Cinnamon, and Curcumin on Post Workout Inflammatory Response. **University of Mary Hardin-Baylor Research Symposium**
8. Constancio E, Wilborn C, Taylor L, Foster C, Bushey B, **Poole C**, Pena E, Jones T, Kreider R. Effects of a Proprietary Fenugreek Extract on Strength and Body Composition. **University of Mary Hardin-Baylor Research Symposium**

9. **Poole C**, Bott S, Bushey B, Crawford A, Foster C, Taylor L, Wilborn C. The Effects of an Energy Increasing Supplement on Markers of VO<sub>2</sub> Max, Body Composition, and Anaerobic Power. **TACSM 2009**
10. Crawford A, Foster C, **Poole C**, Bushey B, Wilborn C. Comparison of Aerobic Training Methods on VO<sub>2</sub> Max, Body Composition, and Anaerobic Power. **TACSM 2009**
11. Bushey B, Taylor L, Wilborn C, **Poole C**, Foster C, Campbell B, Kreider R, Willoughby D. Fenugreek Extract Supplementation has No Effect on the Hormonal Profile of Resistance-Trained Males. **TACSM 2009**
12. Dufour F, **Poole C**, Crawford A, Foster C, Taylor L, Wilborn C. The Impact of Differing Types of Physical Activity on Weight Loss, Energy Expenditure, and the Hormones Insulin, Leptin, and Cortisol. **TACSM 2009**
13. Jones T, Wilborn C, Taylor L, Foster C, Swift T, Burken C, Florez M, **Poole C**, Bushey B, Kreider R, Willoughby D. Effects of Fenugreek, Cinnamon, and Curcumin on Post Workout Inflammatory Response. **TACSM 2009**
14. Constancio E, Wilborn C, Taylor L, Foster C, Bushey B, **Poole C**, Pena E, Jones T, Kreider R. Effects of a Proprietary Fenugreek Extract on Strength and Body Composition. **TACSM 2009**

## Service and Honors

### INSTITUTIONAL

- IRB Committee Member, Texas A&M Central Texas- Fall 2020-present
- Technology and Innovation Committee, Black Hills State University, Fall 2017- Spring 2018
- SMU's Center for Teaching Excellence Annual Symposium, 2015, 2016
- Committee member: Publication of Policies (SACS 5<sup>th</sup> Year Reporting Committee), 2015-2016
- Graduate Student Senate Research Grant Award, University of Oklahoma (\$ 240.00), 2010
- Graduate Student Senate Travel Grant Award, University of Oklahoma (\$ 225.00), 2010
- Student Scholar's Day and Research Symposium Award, University of Mary Hardin-Baylor, 2009
- Guest Lecturer, University of Mary Hardin-Baylor, Lab: Body Composition, Aerobic Capacity, Anaerobic Power and Resting Energy Expenditure, 2008, 2009
- Guest Lecturer, University of Mary Hardin-Baylor, Plyometrics, 2008
- Guest Lecturer, University of Mary Hardin-Baylor, Biomechanics of the Golf Swing, 2008
- Guest Lecturer, University of Mary Hardin-Baylor, Post-Exercise Nutrition, 2008
- Guest Lecturer, University of Mary Hardin-Baylor, Aromatase Inhibitors and Testosterone, 2007
- Chisholm Trail Classic, Women's Basketball Tournament, University of Mary Hardin- Baylor 2005, 2006, 2007
- Gober House Volunteer, 2006
- Designs of Hope for Children, 2006, 2007
- Children's Miracle Network, 2006
- Helping Hands Food Ministry, 2005, 2006, 2007
- Top 10% of Graduating Class, Belton High School, 2003

## **COLLEGE AND DEPARTMENT**

- Coordinated changes made to EPHP major entrance requirements (Fall 2021)
- EPHP Program Coordinator, July 2021-present
- Taught newly approved EPHP 3307 course (upper-level elective), (Fall 2021)
- New Student Orientation Day Faculty Representative (Summer 2021)
- Proposed new course for EPHP- upper division elective- Principles of Personal Training (Fall 2020)
- Developed Exercise Physiology and Human Performance Internship Manual, Texas A&M Central Texas, Fall 2019-Spring 2020.
- Simmons School Research and Assessment Committee, Fall 2016-Spring 2017
- Developed Sport Performance Leadership Minor, Southern Methodist University, 2015-2016
- Kinesiology Klub Co-Advisor, McMurry University, 2014
- Faculty Development Funding (\$ 700.00), 2014
- Health and Exercise Science Student Association Graduate Liaison (Scholarship Committee 2011-2012)
- Health and Exercise Science Student Association Member (2011-2012)
- Lab Orientation- University of Mary Hardin-Baylor, Human Performance Lab, 2009
- Scholar Athlete of the Year, 2007
- University of Mary Hardin Baylor Men's Basketball Team Member, 2003-2007
- American Southwest Conference Champions, 2007
- NCAA Tournament Appearance, 2007
- Academic All-Conference, 2004-2007
- Director of Athletics Honor Roll, 2007
- Vice President's Honor Roll, 2005, 2006, 2007

## **DISCIPLINE AND COMMUNITY**

- Love of Christ Food Pantry Volunteer, 2020
- Rapid City Christian School, Strength and Conditioning Consultant 2018-2019
- Spearfish Canyon Half Marathon & 5K Recovery Booth Worker 2018
- Leading Ladies Marathon Recovery Booth Worker, 2018
- Guest Speaker, Wichita State University, "The Field of Strength and Conditioning: Where we are today." 2014
- National Strength and Conditioning Association Oklahoma State Clinic: Training to Failure, 2011
- NSCA Challenge Scholarship recipient, 2011
- Journal Editorial Reviewer- Journal of Sport Science and Medicine, 2010, 2011
- Central States ACSM Student Presentation: Housekeeping Gene Analysis in Skeletal Muscle Following Sequential Bouts of Resistance Exercise in Elderly Men, 2009
- Journal Editorial Reviewer- International Journal of Exercise Science, 2009
- American College of Sports Medicine Conference, 2010
- Central States American College of Sports Medicine Conference, 2009
- International Society of Sport Nutrition National Conference, 2008, 2009

- National Strength and Conditioning Association National Conference, 2009, 2010
- Texas American College of Sport Medicine, 2009
- Who's Who Among American Colleges and Universities, 2007

## Research Experience

1. Comparison of High vs. Low Intensity Training on Improved Performance Measured by  $VO_{2Max}$ . C. Wilborn(PI) **C. Poole Co-Investigator**
2. Effects of Amped-Up on Hemodynamic Function and Energy Expenditure at Rest in Males and Females. Supplement/Placebo supplied by MetRx. C. Wilborn(PI) **C. Poole Co-Investigator**
3. The Effects of IB-IS (Fenugreek Extract) on Strength, Body Composition, and Hormonal Profiles. Indus Biotech PVT. LTD. (funded by Indus Biotech- \$48,000 C. Wilborn(PI) **C. Poole Co-Investigator**
4. The Impact of Differing Types of Physical Activity on Weight Loss, Energy Expenditure, and the Hormones: Insulin, Leptin, and Ghrelin. (funded by the University of Mary Hardin-Baylor- \$10,000). C. Wilborn(PI) **C. Poole Study Coordinator**
5. The Effects of IB-PR on Post Workout Inflammatory Response. (Funded by Indus Biotech PVT. LTD. \$28,000) C. Wilborn(PI) **C. Poole Co-Investigator**
6. The Effects of Testosurge (fenugreek extract) on Strength, Body Composition, and Hormonal Profiles. C. Wilborn (P1) **C. Poole Co-Investigator**
7. The Effects of GU Energy Gel on  $VO_{2Max}$ , Body Composition, and Hemodynamics. C. Foster (PI) **C. Poole Co-Investigator**
8. The Effects of Biocreat on Strength and Body Composition. C Wilborn (PI) **C. Poole Co-Investigator**
9. Relationship of Age, Gender, Body Composition and Training Status on Bone Density and Quality of Life. L. Taylor (PI) **C. Poole Co-Investigator**
10. The Effects of Roctane on Markers of Cardiovascular Fitness, Body Composition, and Power. C Foster (PI) **C. Poole Co-Investigator**
11. The Effects of a Novel Resistance Exercise Protocol on the Hormonal Response in Young Male Athletes. L Taylor (PI) **C. Poole Co-Investigator**
12. The effects of repeated exercise bouts on the expression of myogenic regulatory factors in young versus old males (funded by National Strength and Conditioning Association - \$10,000). Kerksick C (PI) **C. Poole Research Collaborator**
13. Effects of protein quality on physiological response to chronic resistance exercise in trained men. Kerksick C (PI) **C. Poole Research Collaborator**
14. Effects of 4 weeks of walking with and without blood flow restriction on neuromuscular and cardiovascular parameters in college-aged women. Bembem D (PI) **C. Poole Research Collaborator**
15. Evaluation of the inflammatory time course response following traditional and blood flow reduction resistance exercise measured by peripheral quantitative computed tomography. Bembem M (PI) **C Poole Study Coordinator**
16. Effects of 12 weeks walking with and without blood flow reduction on bone metabolic markers in young women. (Funded by American College of Sports Medicine - \$5,000). Bembem D (PI) **C. Poole Research Collaborator**

17. Effects of a nutritional supplement on golf performance and biophysical measures during a 36-hole golf tournament in competitive male golfers aged 20-55. (Funded by MusclePharm Corp - \$36,900). Young C (PI) **C. Poole Co-Investigator**

## Competencies

- Real time RT-PCR for relative gene expression analysis
- Gel electrophoresis/western blotting protein identification
- ELISA/EIA analysis for serum hormone/analyte detection
- Blood Assessment (clinical chemistries, hematology, immune analyses)
- Blood Collection (venipuncture and venous catheter techniques)
- Muscle Biopsy Collection, Preparation, & Handling (Fine Needle Aspiration and Bergstrom techniques)
- Muscle Glycogen Analysis (total glycogen content)
- Body Composition Assessment (e.g. Anthropometrics, Skinfolds, Hydrostatic weighing, BOD POD, BIA, BIS, Deuterium Oxide)
- Dual-Energy X-ray Absorptiometry Assessment (AP Lumbar Spine, Lateral Spine, IVA, Body Composition, etc.)
- Resting/Exercising Energy Expenditure (e.g. prediction, modeling, indirect calorimetry, handheld, etc.)
- Blood flow restriction exercise (KAATSU training)
- Cardiopulmonary/ECG Exercise Testing (e.g.  $VO_2$  assessments, spirometry, etc.)
- Endurance Performance Testing and Endurance exercise prescription for health and special populations
- Strength Testing (Isometric and Dynamic) and Resistance exercise prescription for all populations
- Anaerobic Capacity Testing (e.g., vertical jump, Wingate protocols, etc.)
- Nutrition Analysis (ESHA Food Processor)
- Data entry/quality control/statistical analysis (SPSS)

## References

Available upon request