

CURRICULUM VITAE

TIFFANY A. ESMAT, Ph.D., ACSM EP-C

Department of Exercise Science and Sport Management
Kennesaw State University
520 Parliament Garden Way NW
Kennesaw, Georgia 30144

Office: (470) 578- 2652
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EDUCATION

- 2009 **Kent State University, Kent, Ohio**
Doctor of Philosophy
Major: Exercise Physiology
Dissertation: *The Effects of 53 Hours of Sleep Deprivation on the Thermoregulatory, Hormonal, Metabolic and Cognitive Responses of Young Adult Males to Acute Cold Exposure Recovery*
- 2005 **Cleveland State University, Cleveland, Ohio**
Masters of Education
Major: Exercise Science
Thesis: *Bone Density as it Relates to Lean Mass, Fat Mass, and Muscular Strength in Young Adult Males*
- 2002 **Baldwin- Wallace College, Berea, Ohio**
Bachelor of Arts
Major: Exercise Physiology
Major: Fitness Management
Minor: Chemistry

PROFESSIONAL EXPERIENCE

- 2014- Present **Kennesaw State University, Kennesaw, GA**
Assistant Department Chair, Associate Professor
Department of Exercise Science and Sport Management
Instruct lecture, laboratory and seminar courses in Exercise Science while maintaining an active line of research and contributing to professional service
- 2011- Present **Kennesaw State University, Kennesaw, GA**
Exercise Science Undergraduate Program Coordinator
Assess, evaluate and revise the undergraduate Exercise Science program to ensure a successful, progressive curriculum current to professional standards
- 2014- Present **Kennesaw State University, Kennesaw, GA**
Graduate Faculty Appointment
Maintain achievement in the areas of teaching graduate courses, scholarship, and service
- 2008- Present **Kennesaw State University, Kennesaw, GA**
Service Learning Director
Provide diverse programming to the KSU campus and surrounding community

- 2008- 2013 **Kennesaw State University, Kennesaw, GA**
 Assistant Professor
 Department of Exercise Science and Sport Management
- 2007- 2008 **Baldwin-Wallace College, Berea, OH**
 Adjunct Professor
 Department of Physical Education, Recreation and Dance
 Instruct lecture and laboratory courses in exercise science
- 2006- 2008 **Kent State University, Kent, OH**
 Graduate Research and Teaching Assistant
 Department of Exercise, Leisure and Sport
 Instruct courses in exercise science
 Participated in research training and data collection in environmental physiology and
 adult wellness programs
- 2003- 2008 **ScottCare Corporation, Cleveland, OH**
 Clinical Applications Specialist
 Install and provide training on medical telemetry for use in cardiopulmonary
 rehabilitation programs
- 1997- 2007 **East End YMCA, Madison, OH**
 Group Exercise Instructor
 Instruct group exercise classes

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine (ACSM)

Southeast Chapter of the American College of Sports Medicine (SEACSM)

SCHOLARSHIP OF TEACHING, RESEARCH, AND CREATIVE ACTIVITY

PUBLICATIONS

REFEREED JOURNAL ARTICLE PUBLICATIONS AND SUBMISSIONS

Hicks, CS, McLester, CN, **Esmat, TA**, McLester, JR. A comparison of body composition across two phases of the menstrual cycle utilizing dual-energy x-ray absorptiometry, air displacement plethysmography, and bioelectrical impedance analysis. *International Journal of Exercise Science* (accepted August 2017).

Esmat, T.A., Clark, K.E., Muller, M.D., Juvancic-Heltzel, J.A., & Glickman, E.G. (2012) 53 hours of sleep deprivation has no effect on rewarming from cold air exposure. *Wilderness and Environmental Medicine*, 23(4), 349–355.

Spitznagel, M, Gunstad, J., Updegraff, J., Pierce, K., Walter, K., **Collinsworth, T.**, & Glickman, E. (2009). Cognitive function during acute cold exposure with or without sleep deprivation lasting 53 hours. *Aviat Space Environ Med*, 80(8), 703-708.

Kamimori, G.H., Bellar, D., Pierce, K., **Collinsworth, T.**, & Glickman, E.L. (2009). Combined Effects of Cold Exposure and 53 Hours of Sleep Deprivation on a Sustained Attention Task. 13th International Conference on Environmental Ergonomics, Boston, MA. (paper)

Farnell, G.F., Pierce, K., **Collinsworth, T.**, Murray, L., Demes, R., Juvancic Heltzel, J., & Glickman, E.L. (2008). The influence of ethnicity on thermoregulation following acute cold exposure. *Wilderness and Environmental Medicine*, 19(4), 238-44.

Yadavalli, S., Gunstad, J., Glickman, E., Alexander, T., Spitznagel, M., Juvancic-Heltzel, J., Murray, L., **Collinsworth, T.** (2008). Increased S 100 β is associated with reduced cognitive function in healthy older adults. *Neuropsychobiology*, 57(3), 121-125.

REFEREED ABSTRACT PUBLICATIONS

McLester, C.N, Hicks, CS, **Esmat, T.A**, McLester, J.R. (2017) A Comparison of Body Composition Methods Across Two Phases of the Menstrual Cycle (Research Abstract). *Medicine & Science in Sports & Exercise*, 49(5), S191.

Esmat, T.A., Mitchell, D.B., Hicks, C.S., & McLester, J.R.. (2015) Move it or lose it? The relationship between physical fitness and cognition in older adults. (Research Abstract) *Medicine & Science in Sports & Exercise*, 47(5), S145.

Hicks, C.S., **Esmat T. A.**, Mitchell, D.B., & McLester, J.R. (2015) The relationship between sensory integration, balance, and executive function in older adults (Research Abstract) *Medicine & Science in Sports & Exercise*, 47(5), S455.

Schwartz, A.N., **Esmat, T.A.**, Mitchell, D.B., & McLester, J.R.(2015) The relationship between blood pressure, cardiovascular endurance and executive function in older adults. (Research Abstract) *Medicine & Science in Sports & Exercise*, 47(5), S455-456.

Clark, K.E., **Esmat, T.A.**, Ryan, E.J., Barkley, J.E., & Glickman, E.L. (2015) 53-Hrs of Sleep Deprivation on Reaction Time During Multiple Stages of Acute Cold Exposure. (Research Abstract) *Medicine & Science in Sports & Exercise*, 47(5), S824.

Esmat, T.A., Mitchell, D.B., & McLester, J.R. (2013). Move it or lose it: The relationship between executive function and fitness and fatness in community dwelling older adults (Research Abstract) *Medicine & Science in Sports & Exercise*, 45(5), S614.

Clark, K.E., **Esmat, T.E.**, Ryan, E.J. & Glickman, E.G. (2012). 53 hours of sleep deprivation on oxygen consumption during multiple stages of stages of acute cold exposure. (Research Abstract) *Medicine & Science in Sports & Exercise*. 44 (5), S742.

Esmat, T.A., Pierce, K.E., Muller, M.D., Juvancic-Heltzel J.A. & Glickman, E.G. (2011). Effects of sleep deprivation on hormonal responses to multiple bouts of acute cold exposure recovery. (Research Abstract) *Medicine & Science in Sports & Exercise*, 43(5), S227.

Esmat, T.A., Pierce, K.E., Juvancic-Heltzel, J.A., Ryan, E.J., Muller, M.D., & Glickman, E.L. (2010). Effects of sleep deprivation on the perceptual responses to multiple bouts of acute cold exposure recovery. (Research Abstract) *Medicine & Science in Sports & Exercise*, 42(5), S450.

Pierce, K.E., **Esmat, T.A.**, Ryan, E.J., Muller, M.D., Barkley, J.E., Kamimori, G.H., & Glickman, E.L. (2010). 53 hours of sleep deprivation on catecholamine responses during multiple stages of acute cold exposure. (Research Abstract) *Medicine & Science in Sports & Exercise*, 42(5), S451.

Collinsworth, T.A., Pierce, K.E., Juvancic-Heltzel, J., Barkley, J.E., Kamimori, G.H., & Glickman, E. (2009). Effects of sleep deprivation on the thermoregulatory responses during recovery from acute cold exposure. (Research Abstract) *Medicine & Science in Sports & Exercise*, 41(5), S238.

Pierce, K., **Collinsworth, T.**, Kamimori, G.H., Barkley, J.E., & Glickman, E. (2009). Effects of 53 hours of sleep deprivation on physical activity and rectal temperature during multiple stages of acute cold exposure. (Research Abstract) *Medicine & Science in Sports & Exercise*, 41(5), S238.

Glickman, E.L., Pierce, K., **Collinsworth, T.**, Kamimori, G.H., & Barkley, J.E. (2009). Effects of 53 hours of sleep deprivation on thermal sensation during multiple stages of acute cold exposure. (Research Abstract) *Medicine & Science in Sports & Exercise*, 41(5), S238.

Gunstad, J., Spitznagel, M.B., Udegraff, J., **Collinsworth, T.**, Pierce, K., & Glickman, E. (2009). Cognitive dysfunction during acute cold exposure and recovery in healthy young adult males. Poster presented at Kent State University Celebration of Scholarship.

Spitznagel, M., Gunstad, J., Udegraff, J., **Collinsworth, T.**, Pierce, K., & Glickman, E. (2009). The effects of 53-hours sleep deprivation and acute cold exposure on cognitive function. Poster accepted for presentation at the annual meeting of the International Neuropsychological Society, Atlanta, GA.

Juvancic-Heltzel, J., Gunstad, J., **Collinsworth, T.**, Murray, L., Pierce, K., & Glickman, E.L. (2008). Body composition, serum S100beta and leptin levels in older adults. (Research Abstract) *Medicine & Science in Sports & Exercise*, 40(5), S365.

Farnell, G., Pierce, K., Demes, R., **Collinsworth, T.**, Ryan, E., Bellar, D., Bliss, M., Barkley, J.E., Kamimori, G. & Glickman, E.L. (2008). Effects of body composition on thermoregulatory responses during cold water immersion in healthy males. (Research Abstract) *Medicine & Science in Sports & Exercise*, 40(5), S228.

Kim, C., Ryan, E.J., Blankfeld, R., Bliss, M., Bellar, D., Pierce, K., **Collinsworth, T.**, Barkley, J., Arnold, L., Muller, M., & Glickman, E. (2008). Effects of sodium chloride ingestion on blood pressure, core temperature, and oxygen consumption in normotensive men. (Research Abstract) *Medicine & Science in Sports & Exercise*, 40(5), S228.

Ryan, E.J., Blankfeld, R., Kim, C.H., Bliss, M., Bellar, D., Pierce, K., Sigmund, L.A., **Collinsworth, T.**, Barkley, J., Farnell, G., Arnold, L., Muller, M., & Glickman, E.L. (2008). Sublingual administration of a calcium channel blocker lowers core temperature. (Research Abstract) *Medicine & Science in Sport s& Exercise*, 40(5), S230.

Demes, R., Farnell, G., Pierce, K., Ryan, E.J., **Collinsworth, T.**, Juvancic- Heltzel, J., Barkley, E., & Glickman, E.L. (2008). Immunological responses to cold water immersion in high and low fat males. (Research Abstract) *Medicine and Science in Sports and Exercise*, 40(5), S228.

Murray, L., Glickman, E., Demes, R., Juvancic-Heltzel, J., Pierce, K., Farnell, G., & **Collinsworth, T.** (2008). Effects of fitness level on blood coagulation variables after cold exposure in healthy males. (Research Abstract) *Medicine and Science in Sports and Exercise*, 40(5), S228.

Glickman, E.L., Farnell, G., Demes, R., Juvancic-Heltzel, J., Pierce, K., **Collinsworth, T.**, Ryan, E., Bliss, M., & Barkley, J.E. (2008). Effect of body composition on thermal sensation during immersion in 18, 22 and 26°C water. (Research Abstract) *Medicine and Science in Sports and Exercise*, 40(5), S228.

Collinsworth, T., Farnell, G., Pierce, K., Murray, L., Demes, R., Juvancic-Heltzel, J. & Glickman, E. (2007). The influence of ethnicity on thermoregulation following acute cold exposure. (Research Abstract) *Medicine and Science in Sports and Exercise*, 39(5), S276.

Farnell, G., Murray, L., Demes, R., Juvancic-Heltzel, J., Pierce, K., **Collinsworth, T.**, & Glickman, E.L. (2007). Effects of body weight dependent aspirin dosage on substrate utilization following acute cold exposure. (Research Abstract) *Medicine and Science in Sports and Exercise*, 39(5), S276.

Pierce, K., Farnell, G., Murray, L., Demes, R., Juvancic-Heltzel, J., **Collinsworth, T.**, Glickman, E., & Kamimori, G. (2007). Effect of aspirin ingestion on epinephrine and norepinephrine levels following acute cold exposure. (Research Abstract) *Medicine and Science in Sports and Exercise*, 39(5), S275.

Murray, L., Demes, R., Juvancic-Heltzel, J., Pierce, K., Farnell, G., **Collinsworth, T.**, Otterstetter, R., & Glickman, E., (2007). Effect of fitness level on thermoregulatory variables after cold exposure in healthy males. (Research Abstract) *Medicine and Science in Sports and Exercise*, 39(5), S275.

Glickman, E., Murray, L., Demes, R., Juvancic-Heltzel, J., Pierce, K., **Collinsworth, T.**, Otterstetter, R., & Farnell, G., (2007). Effect of aspirin ingestion and fitness level on thermal sensation following acute cold exposure. (Research Abstract) *Medicine and Science in Sports and Exercise*, 39(5), S276.

Glickman, E.L., **Collinsworth, T.**, Juvancic-Heltzel, J., Gunstad, J., & Farnell, G. (2007). The effect of aging on changes in body composition, lean body mass and bone density on physical activity in the older adult, Oxford Roundtable, Oxford, England August 5-10, 2007.

Juvancic-Heltzel, J., Gunstad, J., **Collinsworth, T.**, Murray, L., Pierce, K., & Glickman, E.L. (2007) Cognitive ability and timed "8-foot up and go test" performance in the older adult. (Research Abstract) *Medicine and Science in Sports and Exercise*, 39(5), S163.

Glickman, E., **Collinsworth, T.**, & Murray, L. (2006) Exercise testing, exercise prescription and exercise programming in the enhancement of physiologic and overall well being in the older adult. Oxford Roundtable, Oxford, England, August 3-9, 2006

Collinsworth, T., Sparks, K., Little, K., & Zeigler, S. (2006). Relationship between bone density and strength, lean mass and fat mass in young adult males. (Research Abstract) *Medicine and Science in Sports and Exercise*, 38(5), S.532.

PRESENTATIONS

REFEREED PROFESSIONAL CONFERENCE PRESENTATIONS

Esmat, T.A., Schwartz, A., & Buckner, S., (2018) Going anywhere starts here! Everything you need to know before the SEACSM annual meeting begins. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Chattanooga, TN. (Tutorial Session) ACCEPTED FOR PRESENTATION

Esmat, T.A., Feito, Y., and Parr, B. (2017). How to get the most out the SEACSM Annual Meeting. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC. (Tutorial Session)

Esmat, T.A., Mitchell, D.B., Hicks, C.S., & McLester, J.R.. (2015) Move it or lose it? The relationship between physical fitness and cognition in older adults. The American College of Sports Medicine National Meeting, San Diego, CA.

Hicks, C.S., **Esmat T. A.**, Mitchell, D.B., & McLester, J.R. (2015) The relationship between sensory integration, balance, and executive function in older adults. The American College of Sports Medicine National Meeting, San Diego, CA.

Schwartz, A.N., **Esmat, T.A.**, Mitchell, D.B., & McLester, J.R.(2015) The relationship between blood pressure, cardiovascular endurance and executive function in older adults. The American College of Sports Medicine National Meeting, San Diego, CA.

Clark, K.E., **Esmat, T.A.**, Ryan, E.J., Barkley, J.E., & Glickman, E.L. (2015) 53-Hrs of Sleep Deprivation on Reaction Time During Multiple Stages of Acute Cold Exposure. The American College of Sports Medicine National Meeting, San Diego, CA.

Esmat, T.A., Mitchell, D.B., Pickens, T.L. and McLester, J.R. (2015). Relationship between cognitive function, body composition and muscle fitness in community dwelling older adults. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL.

Parr, B., Feito, Y., and **Esmat, T.A.** (2015). Developing a Professional Online Presence. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL. (Tutorial Session)

Hicks, C.S., **Esmat, T.A.**, Mitchell, D.B. and J.R., McLester (2015). The relationship between sensory integration, balance and executive function in older adults. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL.

Schwartz, A.N., **Esmat, T.A.**, Mitchell, D.B, and McLester, J.R. (2015). The relationship between blood pressure, cardiovascular endurance, and executive function in older adults. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL.

Esmat, T.A., Mitchell, D.B., and McLester, J.R. (2013). Move it or lose it: The relationship between executive function and fitness and fatness in community dwelling older adults. The American College of Sports Medicine National Meeting, Indianapolis, IN.

Esmat, T.A., Mitchell, D.B., and McLester, J.R. (2013). The relationship between executive function, body composition and strength in older adults: fitness or fatness. Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC.

Clark, K.E., **Esmat, T.E.**, Ryan, E.J. and Glickman, E.G. (2012). 53 hours of sleep deprivation on oxygen consumption during multiple stages of acute cold exposure. The American College of Sports Medicine National Meeting, San Francisco, CA.

Esmat, T.A., Pierce, K.E., Muller, M.D., Juvancic-Heltzel J.A., Glickman, E.G. (2011). Effects of sleep deprivation on hormonal responses to multiple bouts of acute cold exposure recovery. The American College of Sports Medicine National Meeting, Denver, CO.

Esmat, T.A., Pierce, K.E., Juvancic-Heltzel, J.A., Ryan, E.J., Muller, M.D., & Glickman, E.L. (2010). Effects of sleep deprivation on the perceptual responses to multiple bouts of acute cold exposure recovery. The American College of Sports Medicine National Meeting, Baltimore, MD.

Pierce, K.E., **Esmat, T.A.**, Ryan, E.J., Muller, M.D., Barkley, J.E., Kamimori, G.H., & Glickman, E.L. (2010). 53 hours of sleep deprivation on catecholamine responses during multiple stages of acute cold exposure. The American College of Sports Medicine National Meeting, Baltimore, MD.

Collinsworth, T.A., Pierce, K.E., Juvancic-Heltzel, J., Barkley, J.E., Kamimori, G.H., & Glickman, E. (2009). Effects of sleep deprivation on the thermoregulatory responses during recovery from acute cold exposure. The American College of Sports Medicine National Meeting, Seattle, WA.

Pierce, K., **Collinsworth, T.**, Kamimori, G.H., Barkley, J.E., & Glickman, E. (2009). Effects of 53 hours of sleep deprivation on physical activity and rectal temperature during multiple stages of acute cold exposure. The American College of Sports Medicine National Meeting, Seattle, WA.

Glickman, E.L., Pierce, K., **Collinsworth, T.**, Kamimori, G.H., & Barkley, J.E. (2009). Effects of 53 hours of sleep deprivation on thermal sensation during multiple stages of acute cold exposure. The American College of Sports Medicine National Meeting, Seattle, WA.

Gunstad, J., Spitznagel, M.B., Udegraff, J., **Collinsworth, T.**, Pierce, K., & Glickman, E. (2009). Cognitive dysfunction during acute cold exposure and recovery in healthy young adult males. Kent State University Celebration of Scholarship, Kent, OH.

Spitznagel, M., Gunstad, J., Udegraff, J., **Collinsworth, T.**, Pierce, K., & Glickman, E (2009). The effects of 53-hours sleep deprivation and acute cold exposure on cognitive function. Annual Meeting of the International Neuropsychological Society, Atlanta, GA.

Juvancic-Heltzel, J., Gunstad, J., **Collinsworth, T.**, Murray, L., Pierce, K., & Glickman, E.L. (2008). Body composition, serum S100beta and leptin levels in older adults. The American College of Sports Medicine National Meeting, Indianapolis, IN.

Farnell, G., Pierce, K., Demes, R., **Collinsworth, T.**, Ruan, E., Bellar, D., Bliss, M., Barkley, J.E., Kamimori, G. & Glickman, E.L. (2008). Effects of body composition on thermoregulatory responses during cold water immersion in healthy males. The American College of Sports Medicine National Meeting, Indianapolis, IN.

Kim, C., Ryan, E.J., Blankfeld, R., Bliss, M., Bellar, D., Pierce, K., **Collinsworth, T.**, Barkley, J., Arnold, L., Muller, M., & Glickman, E. (2008). Effects of sodium chloride ingestion on blood pressure, core temperature, and oxygen consumption in normotensive men. The American College of Sports Medicine National Meeting, Indianapolis, IN.

Ryan, E.J., Blankfeld, R., Kim, C.H., Bliss, M., Bellar, D., Pierce, K., Sigmund, L.A., **Collinsworth, T.**, Barkley, J., Farnell, G., Arnold, L., Muller, M., & Glickman, E.L. (2008). Sublingual administration of a calcium channel blocker lowers core temperature. The American College of Sports Medicine National Meeting, Indianapolis, IN.

Demes, R., Farnell, G., Pierce, K., Ryan, E.J., **Collinsworth, T.**, Juvancic- Heltzel, J., Barkley, E., & Glickman, E.L. (2008). Immunological responses to cold water immersion in high and low fat males. The American College of Sports Medicine National Meeting, Indianapolis, IN.

Murray, L., Glickman, E., Demes, R., Juvancic-Heltzel, J., Pierce, K., Farnell, G., & **Collinsworth, T.** Effects of fitness level on blood coagulation variables after cold exposure in healthy males. (2008). The American College of Sports Medicine National Meeting, Indianapolis, IN.

Glickman, E.L., Farnell, G., Demes, R., Juvancic-Heltzel, J., Pierce, K., **Collinsworth, T.**, Ryan, E., Bliss, M., & Barkley, J.E. (2008). Effect of body composition on thermal sensation during immersion in 18, 22 and 26°C water. The American College of Sports Medicine National Meeting, Indianapolis, IN

Collinsworth, T., Farnell, G., Pierce, K., Murray, L., Demes, R., Juvancic-Heltzel, J. & Glickman, E. (2007). The influence of ethnicity on thermoregulation following acute cold exposure. The American College of Sports Medicine National Meeting, New Orleans, LA.

Farnell, G., Murray, L., Demes, R., Juvancic-Heltzel, J., Pierce, K., **Collinsworth, T.**, & Glickman, E.L. (2007). Effects of body weight dependent aspirin dosage on substrate utilization following acute cold exposure. The American College of Sports Medicine National Meeting, New Orleans, LA.

Pierce, K., Farnell,G., Murray, L., Demes, R., Juvancic-Heltzel, J., **Collinsworth, T.**, Glickman, E., & Kamimori, G. (2007). Effect of aspirin ingestion on epinephrine and norepinephrine levels following acute cold exposure. The American College of Sports Medicine National Meeting, New Orleans, LA.

Murray, L., Demes, R., Juvancic-Heltzel, J., Pierce, K., Farnell, G., **Collinsworth, T.**, Otterstetter, R., & Glickman, E., (2007). Effect of fitness level on thermoregulatory variables after cold exposure in healthy males. The American College of Sports Medicine National Meeting, New Orleans, LA.

Glickman, E., Murray, L., Demes, R., Juvancic-Heltzel, J., Pierce, K., **Collinsworth, T.**, Otterstetter, R., & Farnell, G., (2007). Effect of aspirin ingestion and fitness level on thermal sensation following acute cold exposure. The American College of Sports Medicine National Meeting, New Orleans, LA.

Juvancic-Heltzel, J., Gunstad, J., **Collinsworth, T.**, Murray, L., Pierce, K., & Glickman, E.L. (2007) Cognitive ability and timed "8-foot up and go test" performance in the older adult. The American College of Sports Medicine National Meeting, New Orleans, LA.

Glickman, E.L., **Collinsworth, T.**, Juvancic-Heltzel, J., Gunstad, J., & Farnell, G. (2007). The effect of aging on changes in body composition, lean body mass and bone density on physical activity in the older adult, Oxford Roundtable, Oxford, England.

Glickman, E., **Collinsworth, T.**, & Murray, L. (2006) Exercise testing, exercise prescription and exercise programming in the enhancement of physiologic and overall well being in the older adult. Oxford Roundtable, Oxford, England.

Collinsworth, T., Sparks, K., Little, K., & Zeigler, S. (2006). Relationship between bone density and strength, lean mass and fat mass in young adult males. The American College of Sports Medicine National Meeting, Denver, CO.

GRANTS

The relationship between blood pressure, cardiovascular endurance, and executive function in older adults (2014). Center for Excellence in Teaching and Learning (CETL) Undergraduate Research & Creative Activities (URCA) Funding Award. Kennesaw State University. \$500.00

The effects of 53 hours of sleep deprivation on the thermoregulatory, hormonal, metabolic and cognitive responses of young adult males to acute cold exposure recovery. (2008). Kent State University School of Exercise, Leisure and Sport. \$500.00.

The effect of increasing the variety of exercise equipment on the physical activity level of children (2007). Kent State University School of Exercise, Leisure and Sport. \$500.00

The effects of body composition on immunological and thermoregulatory responses during cold water immersion (2006). Kent State University School of Exercise, Leisure and Sport. \$500.00.

The effects of aspirin on the thermoregulatory, metabolic, hormonal, hematologic, and perceptual responses of Caucasian and African American, trained and untrained males during and after acute cold air exposure (2006). Kent State University School of Exercise, Leisure and Sport. \$500.00.

RESEARCH INTERESTS

Exercise and Cognition Across the Lifespan

Adult Fitness/Wellness Programs

Environmental Physiology/ Temperature Regulation in Cold Environments

CERTIFICATIONS

2007- Present **American College of Sports Medicine**
ACSM/NCHPAD Certified Inclusive Fitness Trainer
(National Center on Health, Physical Activity and Disability)

2003- Present **American College of Sports Medicine**
Exercise Physiologist-Certified (EP-C)

2001- Present **American Red Cross**
CPR, First Aid, AED Instructor

SPECIAL TECHNICAL SKILLS

Brain Resource IntegNeuro Cognitive Profile Screening Tool

General Electric Cardiac Stress Systems

General Electric Lunar DXA Body Density Equipment and Software

BOD POD Gold Standard Training on Equipment and Software

Parvo Metabolic Analysis Equipment and Software

TEACHING, SUPERVISION, AND MENTORING

CURRICULUM DEVELOPMENT

ES 2200: Safety Training for the Fitness Professional The purpose of this course is to provide students with the knowledge and skills necessary to help provide a safe environment for athletes while they are participating in sport/ exercise and, in an emergency, to help sustain life and minimize the consequences of injury or sudden illness until advanced medical help arrives. Students will have the opportunity to become certified in First and CPR/AED for the Professional.

ES 3600: Health Fitness Management This course provides an introduction to the professional standards and guidelines that assist a health and fitness facility with providing quality service and program offerings in a safe environment. Course content will include an overview of risk management and emergency policies, operating practices, facility design and construction, equipment concerns and signage issues related to health and fitness facilities.

ES 3750: Strength and Conditioning Laboratory This laboratory course provides an introduction to techniques commonly associated with instructing strength and conditioning programs. The laboratory content promotes the use of a structured scientific approach in the prescription of progressive resistance training and cardiorespiratory conditioning.

ES 4550: Exercise Science Laboratory Techniques This course provides an introduction to laboratory techniques commonly used in the field of exercise science. The course includes an overview of ergometry, energy expenditure, blood pressure, cardiovascular, pulmonary, and musculoskeletal responses during exercise. The topics within the course include safe, legal, and ethical practices required when working in an exercise physiology laboratory.

ES 4600: Exercise Prescription. This course introduces students to methods utilized in creating exercise prescriptions and developing exercise programs. Emphasis is placed on developing and delivering safe and valid exercise prescriptions.

ES 4650: Exercise Testing Exercise Testing is a detailed examination of various fitness assessments. This course emphasizes current test procedures used for determining body fat percentage, maximum oxygen uptake, maximum power output, and muscular strength and endurance. This course thoroughly familiarizes students with lab procedures, test protocol, and the interpretation.

ES 4900: Exercise Science Senior Seminar This course is a capstone course designed as a culminating experience for the major by integrating the student's prior academic experience in exercise science. Students are provided an overview of contemporary issues, trends, theories, and research related to exercise science. The course is delivered in a seminar format to encourage student participation and interaction with peers and faculty.

TEACHING EXPERIENCE

KENNESAW STATE UNIVERSITY:

HPS 1000: Fitness For Living. Emphasis on the importance of physical activity, nutrition, stress and weight management, and health-related fitness components. Topics developed with practical applications to one's life-style including opportunities to assess selected fitness, nutritional and activity patterns, and to develop and participate in a personalized physical activity program.

HPS 2090: Exercise Leadership. Course designed to provide students with leadership skills and experience that directly apply to fitness programs. Topics include current trends in aerobics classes, workout design and implementation, monitoring exercise, exercise risk factors, safe and effective exercise, evaluation of existing programs, and administrative considerations.

HPS 4350: Fitness Evaluation and Exercise Prescription. A detailed examination of the health-related aspects of physical fitness. Emphasis on current test procedures used for determining body fat percentage, maximum oxygen uptake, cardiac stress testing and respiratory efficiency. Thoroughly familiarizes student with lab procedures, test protocol and construction of personalized exercise prescription.

HPS 4700: Clinical Aspects of Exercise. Clinical aspects and implications of exercise physiology principles for a population of apparently unhealthy individuals who desire or need to become more physically active. The course is designed to provide the student with basic knowledge, skills and abilities in the area of pathophysiology and exercise responses in the apparently unhealthy population.

ES 3900: Physiology of Exercise. This course provides an overview of the human body's responses to the stress of physical exercise. Students are introduced to the metabolic, cardiovascular, pulmonary and neuromuscular adaptations to acute and chronic exercise.

ES 4300: Physiology of Exercise and Aging. This course provides an overview of exercise physiology and healthy aging. The course emphasizes special considerations during fitness assessment, exercise prescription, and health promotion for special populations including the older adult, children, adolescents, and females during pregnancy and the post-partum period.

ES 4650: Exercise Testing. Exercise Testing is a detailed examination of various fitness assessments. This course emphasizes current test procedures used for determining body fat percentage, maximum oxygen uptake, maximum power output, and muscular strength and endurance. This course thoroughly familiarizes students with lab procedures, test protocol, and the interpretation.

ES 4900: Exercise Science Senior Seminar. This course is a capstone course designed as a culminating experience for the major by integrating the student's prior academic experience in Exercise Science. Students are provided an overview of contemporary issues, trends, theories, and research related to Exercise Science. The course is delivered in a seminar format to encourage student participation and interaction with peers and faculty.

KENT STATE UNIVERSITY:

ELS 50612: Practicum in Research Programs for the Elderly. Designed to provide students with a knowledge base in exercise leadership in the older adult population, including special populations. Students participate in the leading, supervision and evaluation of participants within the exercise program. They also assist in the collection of functional fitness data.

PEB 10035: Lifetime Fitness. The role of exercise in enhancing physical fitness. Lectures on principles of planning scientifically sound exercise programs. Laboratory experiences in personal fitness evaluation and exercise routines.

BALDWIN- WALLACE COLLEGE:

HPE 303: Health and Fitness Assessment Techniques. Measurement of human metabolic responses to exercise in laboratory and field settings. Topics include ergometry, energy expenditure, body composition, blood pressure recording, lung function during exercise, ECG interpretation, PWC tests and graded exercise testing.

AMERICAN COLLEGE OF SPORTS MEDICINE:

Health Fitness Instructor Certification Workshop. Instruct workshop to prepare candidates for the ACSM Certified Health Fitness Specialist (HFS) certification examination. Specific topics presented include exercise prescription for special populations, cardiovascular testing laboratory and metabolic calculations.

AMERICAN RED CROSS:

CPR, First Aid and AED Certification Courses. Course combines lectures, demonstrations and video with hands-on training and practice. Participants learn to recognize and respond to emergencies including shock, cardiac and breathing emergencies for adults, children and infants, heat and cold emergencies, sudden illnesses and poisonings. Additionally, participants learn first aid for everything from cuts and scrapes to muscle, bone and joint injuries.

PROFESSIONAL DEVELOPMENT

American College of Sports Medicine (ACSM)

Southeast Chapter of ACSM Regional Meeting, Chattanooga, TN (2018)

ACSM National Meeting, Denver, CO (2017)

Southeast Chapter of ACSM Regional Meeting, Greenville, SC (2017)

Southeast Chapter of ACSM Regional Meeting, Greenville, SC (2016)

ACSM National Meeting, San Diego, CA (2015)

Southeast Chapter of ACSM Regional Meeting, Jacksonville, FL (2015)

ACSM Health and Fitness Summit, Atlanta, GA (2014)

ACSM National Meeting, Indianapolis, IN (2013)

ACSM Health Fitness Specialist 6 Week Webinar Series (2013)

Applying the Principles of Exercise Science, Energy Metabolism and Metabolic Calculations,
Designing an Exercise Program, Pathophysiology and Risk Factors, Exercise Programming for
Special Populations, Nutrition, Obesity and Weight Management

ACSM Health and Fitness Summit, Las Vegas, NV (2013)

Southeast Chapter of ACSM Regional Meeting, Greenville, SC (2013)

ACSM National Meeting, San Francisco, CA (2012)

ACSM Health and Fitness Summit, Las Vegas, NV (2012)

Southeast Chapter of ACSM Regional Meeting, Jacksonville, FL (2012)

ACSM National Meeting, Denver, CO (2011)

Southeast Chapter of ACSM Regional Meeting, Greenville, SC (2011)

ACSM Clinical Exercise Specialist 6 Week Webinar Series (2010)

Cardiovascular, Metabolic and Pulmonary Disease, Applied Exercise Physiology,
Electrocardiography and Diagnostic Testing, Rhythm Strip Identification and ECG Interpretation,
Metabolism and Metabolic Equations and Clinical Exercise Prescription.

ACSM National Meeting, Baltimore, MD (2010)

ACSM Health and Fitness Summit, Austin, TX (2010)

Southeast Chapter of ACSM Regional Meeting, Greenville, SC (2010)

ACSM National Meeting, Seattle, WA (2009)

ACSM Health and Fitness Summit, Atlanta, GA (2009)

ACSM National Meeting, Indianapolis, IN (2008)

Midwest Chapter of ACSM Regional Meeting, Columbus, OH (2007)

ACSM National Meeting, New Orleans, LA (2007)

ACSM National Meeting, Denver, CO (2006)

ACSM National Meeting, Nashville, TN (2005)

Midwest Chapter of ACSM Regional Meeting, Muncie, IN (2005)

Midwest Chapter of ACSM, West Lafayette, IN (2004)

Kennesaw State University, Center for Excellence in Teaching and Learning (CETL)

Managing Problematic Student Behaviors (2018)

Small Changes: Tweaking our Teaching (2018)

How Can I Demonstrate that I am an Effective Teacher? (2017)

Teaching Large Classes: Addressing the Challenge (2017)

Mentor of an Undergraduate Scholar of Research and Creative Activity (2014)

Online Course Development (2013)

Engage the Student: Experiential Education in Classroom (2009)

The Ethics of Teaching: Professional Dilemmas and Responsibilities: Instructor Policies and Student Behavior (2009)

Kennesaw State University, Siegel Institute for Leadership, Ethics and Character

Why Don't My Students Think I'M Groovy? The New R's for engaging Millennial Learners. (2009)

STUDENT SUPERVISION

Master's Thesis Committee Member

2016 *A comparison of body composition methods and body satisfaction across two different stages of the menstrual cycle*
Courtenay Hicks

2015 *Sensitivity of bioimpedance cardiography to detect hemodynamic variables among healthy subjects*
Kyle Marlow

Undergraduate Research Mentor

Spring 2014 *Cognition as it relates to fitness and body composition in community dwelling adults*
Courtenay Hicks, Ashlyn Schwartz, Sara Morris, Elizabeth Thomas and Jonathan Garrett

Fall 2013 *Cognition as it relates to fitness and body composition in community dwelling adults*
Marcy Carr and Carla Bates

Spring 2012 *Relationship between functional fitness and cognition in community dwelling older adults*
Uzma Khan, Erin Gainey, Courtney Arnold, Jessica Brown, Daniel Tari, Mark Fouts and Cassandra Prochaska

Kennesaw State University Scholars Ceremony (2014)

Outstanding Undergraduate Exercise Science Student (Courtenay Hicks)

Faculty Honoree: Tiffany A. Esmat

19th Annual Symposium of Student Scholars and Undergraduate Research Reception (2014)

The Relationship Between Blood Pressure, Cardiovascular Endurance, and Executive Function in Older Adults.

Ashlyn Schwartz, Courtenay Hicks, Sara R. Morris, Jonathan Garrett and Elizabeth Thomas

Faculty Mentors: Tiffany A. Esmat, David B. Mitchell (first place poster presentation)

The Relationship Between Sensory Integration, Balance, and Executive Function in Older Adults

Courtenay Hicks, Ashlyn Schwartz, Sara R. Morris, Jonathan Garrett and Elizabeth Thomas

Faculty Mentors: Tiffany A. Esmat, David B. Mitchell

ES 3398: Internship in Exercise Science.

This course offers students a supervised, credit-earning experience of one academic semester with a previously approved business firm, sport organization, private agency or governmental agency. Students must have current professional liability insurance and CPR/AED certification. Credit may be placed in the elective areas.

SOCI 3398: Internship. A structured off-campus experience in a supervised setting which is related to the student's major and career interests. Practical experience is combined with scholarly research in the topical area of the internship, under the guidance of an interdisciplinary faculty committee.

Internship Committee Member

Fall 2010 Brandi Foster, Arbor Terrace at West Cobb (3 credits)

HPS 4000: Service Learning in HPS. Community activity which links learning to life by connecting meaningful community service activities with academic learning, personal growth, and civic responsibility.

Service Learning Supervisor

Fall 2011 Cassie Prochaska, Seniors Participating in Activities Related to Health at Kennesaw State (SPARHKS) program (1 credit)

Spring 2011 Ash Parker, Seniors Participating in Activities Related to Health at Kennesaw State (SPARHKS) program (3 credits)

Fall 2010 Chanteau Parris, Seniors Participating in Activities Related to Health at Kennesaw State (SPARHKS) program (3 credits)

Spring 2010 Candace Lane, Seniors Participating in Activities Related to Health at Kennesaw State (SPARHKS) program (3 credits)

Fall 2009 Karen Spinks, Seniors Participating in Activities Related to Health at Kennesaw State (SPARHKS) program (3 credits)

Spring 2009 Samantha Cook, Seniors Participating in Activities Related to Health at Kennesaw State (SPARHKS) program (3 credits)

PROFESSIONAL SERVICE

PROFESSIONAL SERVICE TO ACADEMIC INSTITUTIONS

Service to Kennesaw State University

2017- Present	College Tenure and Promotion Committee Member
2017- Present	Pre-scheduling Task Force Committee Member
2008- Present	Director, Service Learning
2008- Present	American Red Cross CPR/AED Instructor
2011- 2013	Member, College Curriculum Committee Member
2009- 2010	Faculty Residence Hall Mentor

Service to the Department of Exercise Science and Sport Management

2014- Present	Assistant Department Chair
2011- Present	Program Coordinator Undergraduate Exercise Science Major
2015- 2016	Member, Tenure and Promotion Committee
2014- 2016	Faculty Advisor, Graduate Exercise Physiology Majors Club
2014- 2015	Chair, Exercise Science Search Committee
2009- 2014	Faculty Advisor, Undergraduate Exercise Science Majors Club
2012- 2013	Member, Department Faculty Committee Implementation Committee
2011- 2013	Chair, Exercise Science and Sport Management Curriculum Committee
2012	Member, Applied Exercise and Health Science Search Committee
2011	Member, Applied Exercise and Health Science Search Committee
2009	Member, Applied Exercise and Health Science Search Committee

PROFESSIONAL SERVICE TO THE PROFESSION OF EXERCISE SCIENCE

- Book Reviewer** *ACSM's Exercise Testing and Prescription* (2016)
- Featured Article** Atlanta Journal Constitution
Living and Arts Section: *Finding Your Fitness Trainer* (Sunday, May 4, 2014)
- Article Reviewer** Journal of Theoretical Biology (2014)
- Article Reviewer** The 13th International Scientific Conference, Physical Education and Sport
Challenges of the Third Millennium, Cairo, Egypt. (2010)

Other Presentations

Esmat, T. (2010). Sport and environmental considerations. University of Alexandria Physical Education for Girls. Alexandria, Egypt.

Esmat, T. (2010). Environmental challenges: exercise, heat and hydration. Sport of Arab Universities Prospects and Aspirations Conference. Cairo, Egypt.

SERVICE TO PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine

- 2017- Present At-Large-Member SEACSM Executive Board
- 2017- Present ACSM Fit Society Page Editorial Board
- 2013- Present Member, SEACSM Mentoring and Leadership Task Force
- 2013- Present Abstract Reviewer, Annual Meeting of SEACSM
- 2011- 2015 Faculty Sponsor, SEACSM Student Quiz Bowl (regional competition)
- 2010- Present Site Visitor, Committee on Accreditation for the Exercise Sciences (COAES)
- 2009- Present Member, American College of Sports Medicine Aging Interest Group
- 2011- Present Member, American College of Sports Medicine Exercise Science Education
Interest Group
- 2015 Moderator, Annual Meeting of the SEACSM
- 2014 Conference Volunteer, ACSM Health and Fitness Summit
- 2012- 2014 Moderator, SEACSM Annual Meeting Women's Breakfast
- 2012 Faculty Sponsor, ACSM Student Quiz Bowl (national competition)
- 2010 ACSM Fit Society Page Contributor

“Measuring and Evaluating Body Composition” (Summer 2010)

“Fitness for Anti-Aging” (Fall 2010)

2008- 2009

ACSM Conference Volunteer (Annual Meeting and Health and Fitness Summit)

Radio MD

2013

Train Your Body, Guest Presenter

“Keeping Kids Active When It’s Cold”

“Losing That Baby Weight”