

Gerald T. Mangine, Ph.D.
Curriculum Vitae
As of 03/17/2021

CONTACT INFORMATION

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EDUCATIONAL BACKGROUND

Doctor of Philosophy in Exercise Physiology

University of Central Florida Orlando, Florida May 2015

Master of Education in Physical Education

The College of New Jersey Ewing, New Jersey August 2006

Bachelor of Science in Criminology and Justice Studies

The College of New Jersey Ewing, New Jersey December 2002

ACADEMIC and PROFESSIONAL APPOINTMENTS

Kennesaw State University Kennesaw, Georgia 2015 - Present

Associate Professor in Exercise Science and Sport Management (2015 – Present)

- Faculty Advisor for Exercise Science Major’s Club (2017 – 2018)
- Faculty Advisor for Quiz Bow Team (2017 – 2018)
- Honor’s Council Liaison (2016 – Present)
- Laboratory Safety Committee – Member (2016 – Present)

Instructor of Record for Graduate Courses

- EHS 6100: Research Methods in Sports and Exercise
- EHS 6200: Statistical Methods in Sports and Exercise
- EHS 7520: Advanced Strength and Conditioning

Instructor of Record for Undergraduate Courses

- ES 3200: Research Methods
- ES 3700: Strength and Conditioning
- ES 3750: Strength and Conditioning Laboratory
- ES 3900: Physiology of Exercise
- ES 4500: Physiology of Exercise 2
- ES 4650: Exercise Testing
- HPE 2250: Functional Anatomy and Physiology for Health and Physical Education

Master’s Thesis Committee Chair

- Mr. Paul Serafini – Effect of the repetitions-in-reserve resistance training strategy on performance recovery and muscle damage in well-trained males (Status: Complete)
- Mr. Joseph Boone – Relationships between sprinting and jumping kinetics in elite, collegiate football athletes (Status: Complete)

Master's Thesis Committee Member

- Mr. Alex Olmos – Neuromuscular Function of the Plantar Flexors and Predictors of Peak Power and Maximal Walking Velocity in Middle-aged and Older Males (Status: Complete)
- Mr. Matthew Stratton – The effect of time-restricted feeding on measures of body composition and muscular performance (Status: Complete)
- Mr. Christian Almeda – Strength and power analysis in decisive movements in male Brazilian Jiu Jitsu athletes (Status: Data collection in progress)
- Mr. Jacob McDougle – The Role of Training Habits and Personality Traits in Injury Risk and Performance among CrossFit Training Participants (Status: In-progress)
- Mr. Brent Uken – A Comprehensive Assessment of Omega-3 Fatty Acids on Human Health and Well-Being (Status: Data collection in progress)

Undergraduate Honor's Thesis Committee Chair

- Ms. Samantha Gunn – Influence of Sport Specialization on Athletic Performance and Injury Risk in Collegiate Swimmers (Status: Complete)

Undergraduate Honor's Thesis Committee Member

- Ms. Kelsey Jones – Health & Fitness Assessment Fair (Status: Complete)
- Ms. Breanne Stefan – Effect of non-contact boxing on two individuals with Parkinson's Disease: A Case Study (Status: Complete)
- Ms. Tyler Smith – Effect of aging on muscle activation, power and velocity during a sit-to-stand task and dynamic balance.

University of Central Florida

Orlando, Florida

2011 – Present

Graduate Faculty Scholar in the Institute of Exercise Physiology and Wellness (2018 – Present)

Doctoral Dissertation Committee Member

- Ms. Alyssa Varanoske – Effects of rest position on ultrasound-derived morphological characteristics of the vastus lateralis and lower-body force production (Status: Complete)

Adjunct Faculty in the Institute of Exercise Physiology and Wellness (2011 – 2015)

Instructor of Record for Undergraduate Courses

- PET 3361: Sports Nutrition
- PET 4312c: Kinesiology/Biomechanics
- PET 4351c: Exercise Physiology
- PET 4550c: Fitness Assessment

Graduate Research Assistant in the Institute of Exercise Physiology and Wellness (2011 – 2015)

- Human Performance Lab
- Wellness Research Center Facility Coordinator

University of Tampa **Tampa, Florida** **2009 – 2011**
Adjunct Faculty in Exercise Science (2009 – 2011)
Instructor of Record for Undergraduate Courses

- HSC 100: Health Science
- HSC 220: Functional Anatomy
- HSC 231: Anatomy & Physiology II
- HSC 235: Anatomy & Physiology II (Lab)
- HSC 203: Nutrition
- ESC 372: Principles in Exercise Leadership
- ESC 380: Exercise Testing & Prescription

The College of New Jersey **Ewing, New Jersey** **2004 – 2006**
Graduate Assistant in Health and Exercise Science (2004 – 2006)

- Human Performance Laboratory
- Strength & Conditioning – Football

ADDITIONAL PROFESSIONAL

Lifestyle Family Fitness **Tampa, Florida** **2007 – 2010**
Personal Trainer

- Primary services included sports performance development, weight loss, and fitness education.
- Clientele demographics included males and females ranging from age 14 – 70+ years.
- Group fitness instructor for “Pro-Agility” class.

Cooper Speed-Strength School **Tampa, Florida** **2006 – 2007**
Head of Strength and Conditioning

- Responsible for writing all individualized training programs.
- Trained elementary school-aged to professional athletes across a wide variety of sports daily.
- Marketed services to schools and health facilities throughout central Florida.

Toronto Blue Jays **Syracuse, New York** **2006**
Strength Coach for the Triple-A affiliate: Syracuse Skychiefs

- Solely responsible for strength and conditioning of all athletes on roster
- Executed rehabilitation programming for injured athletes upon the direction of the team’s Athletic Trainer.
- Provided monthly progress reports on all rostered athletes to Minor League Coordinator.
- Coordinated all necessary arrangements required for athletes to train during traveling.

Princeton Fitness and Wellness **Princeton, New Jersey** **2002 – 2006**
Personal Trainer

- Primary services included sports performance development, weight loss, and fitness education.
- Clientele demographics included males and females ranging from age 14 – 80+ years.
- Prepared individuals to take personal training certification examinations.

HONORS and AWARDS

National Strength and Conditioning Association

- Terry J. Housh Outstanding Young Investigator Award (2020)
- Challenge Scholarship (2012, 2013)
- Graduate Research Grant (2005)

Kennesaw State University

- Outstanding Early Career Faculty Award (2018)
- Excel Leadership Program (2017)

University of Central Florida

- Graduate Research Forum – Honorable Mention for Life Sciences (2015)
The effect of training volume and training intensity on improvements in muscular strength and size in resistance-trained men
- Graduate Research Forum – Best in Category for Life Sciences (2014)
Predictors of fielding performance in professional baseball players.

The College of New Jersey

- Scholar Athlete Award (2002)
- Dean's List (2002)

PEER-REVIEWED SCIENTIFIC PUBLICATIONS

Published Articles

1. Hoffman JR, Kang J, Ratamess NA, Jennings PF, **Mangine GT**, and Faigenbaum AD. Thermogenic effect from nutritionally enriched coffee consumption. *Journal of the International Society of Sports Nutrition*. 3 (1): 35-41, 2006.
2. Hoffman JR, Ratamess NA, Kang J, **Mangine GT**, Faigenbaum AD, and Stout JR. Effect of creatine and β -alanine supplementation on performance and endocrine responses in strength/power athletes. *International Journal of Sport Nutrition and Exercise Metabolism*. 16 (4): 430-446, 2006.
3. Hoffman JR, Kang J, Ratamess NA, Jennings PF, **Mangine GT**, and Faigenbaum AD. Effect of nutritionally enriched coffee consumption on aerobic and anaerobic exercise performance. *Journal of Strength & Conditioning Research*. 21 (2): 456-459, 2007.
4. Hoffman JR, Ratamess NA, Faigenbaum AD, **Mangine GT**, and Kang J. Effects of maximal squat exercise testing on vertical jump performance in American college football players. *Journal of Sports Science & Medicine*. 6 (1): 149, 2007.
5. Kang J, **Mangine GT**, Ratamess NA, Faigenbaum AD, and Hoffman JR. Influence of intensity fluctuation on exercise metabolism. *European Journal of Applied Physiology*. 100 (3): 253-260, 2007.
6. Ratamess NA, Faigenbaum AD, **Mangine GT**, Hoffman JR, and Kang J. Acute muscular strength assessment using free weight bars of different thickness. *Journal of Strength & Conditioning Research*. 21 (1): 240-244, 2007.
7. Ratamess NA, Falvo MJ, **Mangine GT**, Hoffman JR, Faigenbaum AD, and Kang J. The effect of rest interval length on metabolic responses to the bench press exercise. *European journal of Applied Physiology*. 100 (1): 1-17, 2007.

8. Ratamess NA, Hoffman JR, Faigenbaum AD, **Mangine GT**, Falvo MJ, and Kang J. The combined effects of protein intake and resistance training on serum osteocalcin concentrations in strength and power athletes. *Journal of Strength & Conditioning Research*. 21 (4): 1197-1203, 2007.
9. **Mangine GT**, Ratamess NA, Hoffman JR, Faigenbaum AD, Kang J, and Chilakos A. The effects of combined ballistic and heavy resistance training on maximal lower-and upper-body strength in recreationally trained men. *Journal of Strength & Conditioning Research*. 22 (1): 132-139, 2008.
10. Hoffman JR, Stout JR, Williams DR, Wells AJ, Fragala MS, **Mangine GT**, Gonzalez AM, Emerson NS, McCormack WP, and Scanlon TC. Efficacy of phosphatidic acid ingestion on lean body mass, muscle thickness and strength gains in resistance-trained men. *Journal of the International Society of Sports Nutrition*. 9 (1): 47, 2012.
11. Hoffman JR, Williams DR, Emerson NS, Hoffman MW, Wells AJ, McVeigh DM, McCormack WP, **Mangine GT**, Gonzalez AM, and Fragala MS. L-alanyl-L-glutamine ingestion maintains performance during a competitive basketball game. *Journal of the International Society of Sports Nutrition*. 9 (1): 4, 2012.
12. **Mangine GT**, Gonzalez AM, Wells AJ, McCormack WP, Fragala MS, Stout JR, and Hoffman JR. The effect of a dietary supplement (N-oleyl-phosphatidyl-ethanolamine and epigallocatechin gallate) on dietary compliance and body fat loss in adults who are overweight: A double-blind, randomized control trial. *Lipids in Health and Disease*. 11 (1): 127, 2012.
13. Gonzalez AM, Wells AJ, Hoffman JR, Stout JR, Fragala MS, **Mangine GT**, McCormack WP, Townsend JR, Jajtner AR, and Emerson NS. Reliability of the Woodway Curve™ non-motorized treadmill for assessing anaerobic performance. *Journal of Sports Science & Medicine*. 12 (1): 104, 2013.
14. Jajtner AR, Hoffman JR, Scanlon TC, Wells AJ, Townsend JR, Beyer KS, **Mangine GT**, McCormack WP, Bohner JD, and Fragala MS. Performance and muscle architecture comparisons between starters and nonstarters in National Collegiate Athletic Association Division I women's soccer. *Journal of Strength & Conditioning Research*. 27 (9): 2355-2365, 2013.
15. **Mangine GT**, Hoffman JR, Fragala MS, Vazquez J, Krause MC, Gillett J, and Pichardo N. Effect of age on anthropometric and physical performance measures in professional baseball players. *Journal of Strength & Conditioning Research*. 27: 375-381, 2013.
16. **Mangine GT**, Hoffman JR, Vazquez J, Pichardo N, Fragala MS, and Stout JR. Predictors of Fielding Performance in Professional Baseball Players. *International Journal of Sports Physiology and Performance*. 8 (5): 510-516, 2013.
17. McCormack WP, Stout JR, Emerson NS, Scanlon TC, Warren AM, Wells AJ, Gonzalez AM, **Mangine GT**, Robinson EH, and Fragala MS. Oral nutritional supplement fortified with beta-alanine improves physical working capacity in older adults: A randomized, placebo-controlled study. *Experimental Gerontology*. 48 (9): 933-939, 2013.
18. Townsend JR, Fragala MS, Jajtner AR, Gonzalez AM, Wells AJ, **Mangine GT**, Robinson EH, McCormack WP, Beyer KS, and Pruna GJ. β -Hydroxy- β -methylbutyrate (HMB)-free acid attenuates circulating TNF- α and TNFR1 expression postresistance exercise. *Journal of Applied Physiology*. 115 (8): 1173-1182, 2013.
19. Townsend JR, Stout JR, Morton AB, Jajtner AR, Gonzalez AM, Wells AJ, **Mangine GT**, McCormack WP, Emerson NS, and Robinson I. Excess Post-Exercise Oxygen Consumption (EPOC) Following Multiple Effort Sprint And Moderate Aerobic Exercise. *Kinesiology*. 45 (1): 16-21, 2013.
20. Wells AJ, Hoffman JR, Gonzalez AM, Stout JR, Fragala MS, **Mangine GT**, McCormack WP, Jajtner AR, Townsend JR, and Robinson EH. Phosphatidylserine and caffeine attenuate postexercise mood disturbance and perception of fatigue in humans. *Nutrition Research*. 33 (6): 464-472, 2013.

21. Emerson NS, Fukuda DH, Stout JR, Robinson EH, McCormack WP, Scanlon TC, Warren AM, Wells AJ, Gonzalez AM, and **Mangine GT**. Physical working capacity at fatigue threshold (PWC FT) is associated with sarcopenia-related body composition and measures of functionality in older adults. *Archives of Gerontology and Geriatrics*. 59 (2): 300-304, 2014.
22. Gonzalez AM, Fragala MS, Jajtner AR, Townsend JR, Wells AJ, Beyer KS, Boone CH, Pruna GJ, **Mangine GT**, and Bohner JD. Effects of β -hydroxy- β -methylbutyrate free acid and cold water immersion on expression of CR3 and MIP-1 β following resistance exercise. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*. 306 (7): R483-R489, 2014.
23. Gonzalez AM, **Mangine GT**, Fragala MS, Stout JR, Beyer KS, Bohner JD, Emerson NS, and Hoffman JR. Resistance training improves single leg stance performance in older adults. *Aging Clinical and Experimental Research*. 26 (1): 89-92, 2014.
24. Gonzalez AM, Stout JR, Jajtner AR, Townsend JR, Wells AJ, Beyer KS, Boone CH, Pruna GJ, **Mangine GT**, and Scanlon TM. Effects of β -hydroxy- β -methylbutyrate free acid and cold water immersion on post-exercise markers of muscle damage. *Amino Acids*. 46 (6): 1501-1511, 2014.
25. Kang J, **Mangine GT**, Ratamess NA, Faigenbaum AD, and Hoffman JR. Acute Effect of Intensity Fluctuation on Energy Output and Substrate Utilization. *Journal of Strength & Conditioning Research*. 28 (8): 2136-2144, 2014.
26. **Mangine GT**, Fukuda DH, LaMonica MB, Gonzalez AM, Wells AJ, Townsend JR, Jajtner AR, Fragala MS, Stout JR, and Hoffman JR. Influence of Gender and Muscle Architecture Asymmetry on Jump and Sprint Performance. *Journal of Sports Science and Medicine*. 13 (4): 904, 2014.
27. **Mangine GT**, Fukuda DH, Townsend JR, Wells AJ, Gonzalez AM, Jajtner AR, Bohner JD, LaMonica M, Hoffman JR, and Fragala MS. Sprinting performance on the Woodway Curve 3.0 TM is related to muscle architecture. *European Journal of Sport Science*. 15 (7): 604 - 614, 2014.
28. **Mangine GT**, Hoffman JR, Gonzalez AM, Jajtner AR, Scanlon T, Rogowski JP, Wells AJ, Fragala MS, and Stout JR. Bilateral differences in muscle architecture and increased rate of injury in national basketball association players. *Journal of Athletic Training*. 49 (6): 794-799, 2014.
29. **Mangine GT**, Hoffman JR, Gonzalez AM, Wells AJ, Townsend JR, Jajtner AR, McCormack WP, Robinson EH, Fragala MS, and Fukuda DH. Speed, force, and power values produced from nonmotorized treadmill test are related to sprinting performance. *Journal of Strength & Conditioning Research*. 28 (7): 1812-1819, 2014.
30. **Mangine GT**, Hoffman JR, Wells AJ, Gonzalez AM, Rogowski JP, Townsend JR, Jajtner AR, Beyer KS, Bohner JD, and Pruna GJ. Visual Tracking Speed Is Related to Basketball-Specific Measures of Performance in NBA Players. *Journal of Strength & Conditioning Research*. 28 (9): 2406-2414, 2014.
31. McCormack WP, Stout JR, Wells AJ, Gonzalez AM, **Mangine GT**, Fragala MS, and Hoffman JR. Predictors of high-intensity running capacity in collegiate women during a soccer game. *Journal of Strength & Conditioning Research*. 28 (4): 964-970, 2014.
32. Reardon D, Hoffman JR, **Mangine GT**, and Wells AJ. Do changes in muscle architecture affect post-activation potentiation? *Journal of Sports Science and Medicine*. 13 (3): 483, 2014.
33. Robinson IV EH, Stout JR, Miramonti AA, Fukuda DH, Wang R, Townsend JR, **Mangine GT**, Fragala MS, and Hoffman JR. High-intensity interval training and β -hydroxy- β -methylbutyric free acid improves aerobic power and metabolic thresholds. *Journal of the International Society of Sports Nutrition*. 11 (1): 16, 2014.
34. Townsend JR, Stout JR, Hoffman JR, Gonzalez AM, Jajtner AR, Wells AJ, Boone CH, Beyer KS, **Mangine GT**, and Robinson IV EH. Acute anabolic response to β -hydroxy- β -methylbutyrate (HMB)-free acid supplementation following heavy resistance exercise. *Nutrition*. 11 (1): P16, 2014.

35. Wells AJ, Fukuda DH, Hoffman JR, Gonzalez AM, Jajtner AR, Townsend JR, **Mangine GT**, Fragala MS, and Stout JR. Vastus lateralis exhibits non-homogenous adaptation to resistance training. *Muscle & Nerve*. 50 (5): 785-793, 2014.
36. Wells AJ, Hoffman JR, Beyer KS, Jajtner AR, Gonzalez AM, Townsend JR, **Mangine GT**, Robinson IV EH, McCormack WP, and Fragala MS. Reliability of the Dynavision™ D2 for assessing reaction time performance. *Journal of Sports Science and Medicine*. 13 (1): 145, 2014.
37. Gonzalez AM, Hoffman JR, Jajtner AR, Townsend JR, Boone CH, Beyer KS, Baker KM, Wells AJ, Church DD, and **Mangine GT**. Protein supplementation does not alter intramuscular anabolic signaling or endocrine response after resistance exercise in trained men. *Nutrition Research*. 35 (11): 990-1000, 2015.
38. Gonzalez AM, Hoffman JR, Townsend JR, Jajtner AR, Boone CH, Beyer KS, Baker KM, Wells AJ, **Mangine GT**, and Robinson EH. Intramuscular anabolic signaling and endocrine response following high volume and high intensity resistance exercise protocols in trained men. *Physiological Reports*. 3 (7): e12466, 2015.
39. Gonzalez AM, Hoffman JR, Wells AJ, **Mangine GT**, Townsend JR, Jajtner AR, Wang R, Miramonti AA, Pruna GJ, and LaMonica MB. Effects of Time-Release Caffeine Containing Supplement on Metabolic Rate, Glycerol Concentration and Performance. *Journal of Sports Science and Medicine*. 14 (2): 322 - 332, 2015.
40. **Mangine GT**, Hoffman JR, Fukuda DH, Stout JR, and Ratamess NA. Improving muscle size: The importance of training volume, intensity, and status. *Kinesiology*. 47 (2): 131-138, 2015.
41. **Mangine GT**, Hoffman JR, Gonzalez AM, Townsend JR, Wells AJ, Jajtner AR, Beyer KS, Boone CH, Miramonti AA, and Wang R. The effect of training volume and intensity on improvements in muscular strength and size in resistance-trained men. *Physiological Reports*. 3 (8): e12472, 2015.
42. Townsend JR, Hoffman JR, Fragala MS, Jajtner AR, Gonzalez AM, Wells AJ, **Mangine GT**, Fukuda DH, and Stout JR. TNF- α and TNFR1 responses to recovery therapies following acute resistance exercise. *Frontiers in Physiology*. 6: 48, 2015.
43. Townsend JR, Hoffman JR, Gonzalez AM, Jajtner AR, Boone CH, Robinson EH, **Mangine GT**, Wells AJ, Fragala MS, and Fukuda DH. Effects of β -Hydroxy- β -methylbutyrate Free Acid Ingestion and Resistance Exercise on the Acute Endocrine Response. *International Journal of Endocrinology*. 2015: 7, 2015.
44. **Mangine GT**, Hoffman JR, Gonzalez AM, Townsend JR, Wells AJ, Jajtner AR, Boone CH, Wang R, Miramonti AA, La Monica MB, Fukuda DH, Witta EE, Ratamess NA, and Stout JR. Exercise-induced hormone elevations are related to muscle growth. *Journal of Strength & Conditioning Research*. 31 (1): 45 – 53, 2016.
45. **Mangine GT**, Hoffman JR, Wang R, Gonzalez AM, Townsend JR, Wells AJ, Jajtner AR, Beyer KS, Boone CH, Miramonti AA, La Monica MB, Fukuda DH, Ratamess NA, and Stout JR. Resistance training intensity and volume affect changes in rate of force development in resistance-trained men. *European Journal of Applied Physiology*. 116: 2367–2374, 2016.
46. Church DD, Hoffman JR, **Mangine GT**, Jajtner AR, Townsend JR, Beyer KS, Wang R, La Monica MB, Fukuda DH, and Stout JR. Comparison of High Intensity versus High Volume Resistance Training on the BDNF Response to Exercise. *Journal of Applied Physiology* 121 (1): 123-128, 2016.
47. Feito Y and **Mangine GT**. Let us identify exercise recommendations that are effective and not denounce specific training programs simply because they are misunderstood. *Journal of Sports Medicine and Physical Fitness*. 57 (5): 720, 2016.
48. Gonzalez AM, Hoffman JR, Townsend JR, Jajtner AR, Boone CH, Beyer KS, Baker KM, Wells AJ, **Mangine GT**, Robinson EH, Church DD, Oliveira LP, Fukuda DH, and Stout JR. Intramuscular MAPK signaling following high volume and high intensity resistance exercise protocols in trained men. *European Journal of Applied Physiology*. 116 (9): 1163-1670, 2016.

49. Robinson IV EH, Stout JR, Fukuda DH, Scanlon TC, Barnini NS, McCormack WP, **Mangine GT**, Wells AJ, Beyer KS, Oliveira LP, and Hoffman JR. Ultrasound determined muscle quality is associated with neuromuscular fatigue and mobility in older adults – A Pilot Study. *Jacobs Journal of Gerontology*. 2 (1): 018, 2016.
50. Wells AJ, Hoffman JR, Jajtner AR, Varanoske AN, Church DD, Gonzalez AM, Townsend JR, Boone CH, Baker KM, Beyer KS, **Mangine GT**, Oliveira LP, Fukuda DH, and Stout JR. The Effect of Post-Resistance Exercise Amino Acids on Plasma MCP-1 and CCR2 Expression. *Nutrients*. 8 (7): 409, 2016.
51. Wells AJ, Hoffman JR, Jajtner AR, Varanoske AN, Church DD, Gonzalez AM, Townsend JR, Boone CH, Baker KM, Beyer KS, **Mangine GT**, Oliveira LP, Fukuda DH, and Stout JR. Monocyte Recruitment following High-Intensity and High-Volume Resistance Exercise. *Medicine & Science in Sports & Exercise*. 48(6): 1169-1178, 2016.
52. Gonzalez AM, Ghigiarelli JJ, Sell KM, Shone EW, Kelly CF, and **Mangine GT**. Muscle activation during resistance exercise to failure at 70% and 90% 1RM in resistance-trained men. *Muscle & Nerve*. 56 (3): 505-509, 2017.
53. Gonzalez AM, Sell KM, Ghigiarelli JJ, Kelly CF, Shone EW, Accetta MR, Baum JB, and **Mangine GT**. Effects of phosphatidic acid supplementation on muscle thickness and strength in resistance-trained men *Applied Physiology, Nutrition, and Metabolism*. 42 (4): 443-448, 2017.
54. Wells AJ, Jajtner AR, Varanoske AN, Church DD, Gonzalez AM, Townsend JR, Boone CH, Baker KM, Beyer KS, **Mangine GT**, Oliveira LP, Fukuda DH, Stout JR, and Hoffman JR. Post-resistance exercise ingestion of milk protein attenuates plasma TNF α and TNFr1 expression on monocyte subpopulations. *Amino Acids*. 49 (8): 1415-1426, 2017.
55. Gonzalez AM, Sell KM, Ghigiarelli JJ, Spitz RW, Accetta MR, and **Mangine GT**. Effect of multi-ingredient supplement containing satiereal, naringin, and vitamin D on body composition, mood, and satiety in overweight adults. *Journal of Dietary Supplements*. 15 (6): 965 – 976, 2017.
56. **Mangine GT**, Huet KD, Williamson C, Bechke EE, Serafini PR, Bender D, Hudy J, and Townsend JR. A resisted sprint sprint improves rate of force development during a 20-meter sprint in athletes. *Journal of Strength & Conditioning Research*. 32 (6): 1531-1537, 2018.
57. **Mangine GT**, Gonzalez AM, Townsend JR, Wells AJ, Jajtner AR, Beyer KS, Boone CH, Miramonti AA, Wang R, La Monica MB, Fukuda DH, Ratamess NA, Stout JR, and Hoffman JR. Influence of baseline muscle strength and size measures on training adaptations in resistance-trained men. *International Journal of Exercise Science*. 11 (4): 198 – 213, 2018.
58. **Mangine GT**, VanDusseldorp TA, Feito Y, Holmes AJ, Serafini PR, Box AG, and Gonzalez AM. Testosterone and cortisol responses to five high-intensity functional training competition workouts in recreationally-active adults. *Sports*. 6 (3), 2018.
59. **Mangine GT**, Cebulla B, and Feito Y. Normative values for self-reported benchmark workout scores in CrossFit® athletes. *Sports Medicine – Open*. 4 (39), 2018.
60. **Mangine GT**, Redd MJ, Gonzalez AM, Townsend JR, Wells AJ, Jajtner AR, Beyer KS, Boone CH, La Monica MB, Stout JR, Fukuda DH, Ratamess NA, and Hoffman JR. Resistance training does not induce uniform adaptations to quadriceps muscles. *PLOS ONE*. 13 (8): e0198304, 2018.
61. Gonzalez AM, Spitz RW, Ghigiarelli JJ, Sell KM, and **Mangine GT**. Acute effect of citrulline malate supplementation on upper-body resistance exercise performance in recreationally resistance-trained men. *Journal of Strength & Conditioning Research*. 32 (11): 3088-3094, 2018.
62. Nickerson BS, **Mangine GT**, Williams TD, and Martinez IA. Effect of cluster set warm-up configurations on sprint performance in collegiate male soccer players. *Applied Physiology, Nutrition, and Metabolism*. 43 (6): 625-630, 2018.

63. Serafini PR, Feito Y, and **Mangine GT**. Self-reported measures of strength and sport-specific skills distinguish ranking in an international online fitness competition. *Journal of Strength & Conditioning Research*. 32 (12): 3474-3484, 2018.
64. Toohey JC, Townsend JR, Johnson SB, Toy AM, Vantrease WC, Bender D, Crimi CC, Stowers KL, Ruiz MD, Van Dusseldorp TA, Feito Y, and **Mangine GT**. Effects of probiotic (bacillus subtilis) supplementation during offseason resistance training in female Division I athletes. *Journal of Strength & Conditioning Research*. (Accepted on April 24, 2018).
65. Gunn SM, **Mangine GT**, Van Dusseldorp TA, and Hester GM. Influence of sport specialization on athletic performance and injury risk in collegiate swimmers. *Kennesaw Journal of Undergraduate Research*. 5 (3): 6, 2018.
66. Feito Y, Hoffstetter W, Serafini PR, and **Mangine GT**. Changes in body composition, bone metabolism, strength, and skill-specific performance resulting from 16-weeks of HIFT. *PLOS ONE*. 13 (6): e0198324, 2018.
67. Feito Y, Giardina MJ, Butcher SJ, and **Mangine GT**. Repeated Anaerobic Tests Predicts Performance Among a Group of Advanced CrossFit® Trained Athletes. *Applied Physiology, Nutrition, and Metabolism*. 44 (7): 727-735, 2018.
68. Box AG, Feito Y, Petruzzello SJ, and **Mangine GT**. Mood State Changes Accompanying the CrossFit Open™ Competition in Healthy Adults. *Sports*. 6 (3), 2018.
69. **Mangine GT**, McNabb JA, Feito Y, VanDusseldorp TA, and Hester GM. Increased Resisted Sprinting Load Decreases Bilateral Asymmetry in Sprinting Kinetics Among Rugby Players. *Journal of Strength & Conditioning Research*. (Accepted on June 7, 2019)
70. **Mangine GT**, Kliszczewicz BM, Boone JB, Williamson-Reisdorph CM, and Bechke EE. Pre-anticipatory anxiety and autonomic nervous system response to two unique fitness competition workouts. *Sports*. 7 (9): 199, 2019.
71. Feito Y, Moriarty T, **Mangine GT**, and Monahan J. The use of a smart-textile garment during high-intensity functional training – A Pilot Study. *Journal of Sports Medicine and Physical Fitness*. 59 (6): 947-954, 2019.
72. Gonzalez AM, **Mangine GT**, Spitz RW, Ghigiarelli JJ, and Sell KM. Agreement between the Open Barbell and Tendo linear position transducers for monitoring barbell velocity during resistance exercise. *Sports*. 7 (5): 125, 2019.
73. Gonzalenz AM, Accetta MR, Spitz RW, and **Mangine GT**. Red spinach extract supplementation improves cycle time trial performance in recreationally active men and women. *Journal of Strength & Conditioning Research*. (Accepted on April 4, 2019)
74. Gonzalez AM, Pinzone AG, Bram J, Salisbury JL, Lee S, and **Mangine GT**. Effect of multi-ingredient pre-workout supplementation on repeated sprint performance in recreationally-active men and women. *Journal of Strength and Conditioning Research* (Accepted on November 10, 2019)
75. Olmos AA, Stratton MT, Ha PL, VanDusseldorp TA, Bailly AR, Feito Y, **Mangine GT**, Poisal MJ, Jones JA, Dalton BE, Smith TM, and Hester GM. Neuromuscular Function of the Plantar Flexors and Predictors of Peak Power in Middle-aged and Older Males. *Experimental Gerontology*. 125: 110677, 2019.
76. Sell KM, Uftring M, Abel M, and **Mangine GT**. Pilot study: Firefighters' self-perceived and measured aerobic fitness level predicts simulated fire ground performance. *Journal of Australian Strength and Conditioning*. (Accepted on November 18, 2019).
77. Spitz RW, Gonzalez AM, Ghigiarelli JJ, Sell KM, and **Mangine GT**. Load-velocity relationships of the back vs. front squat exercises in resistance-trained men. *Journal of Strength & Conditioning Research*. 33 (2): 301-306, 2019.

78. Townsend JR, Bender D, Vantrease W, Hudy J, Huet K, Williamson C, Bechke E, Serafini P, and **Mangine GT**. Isometric Mid-Thigh Pull Performance Is Associated With Athletic Performance And Sprinting Kinetics In Division I Men And Women's Basketball Players. *Journal of Strength & Conditioning Research*. 33 (10): 2665-2673, 2019.
79. Varanoske AN, Coker NA, Johnson BDI, Belity T, **Mangine GT**, Stout JR, Fukuda DH, and Wells AJ. Effects of rest position on morphology of the vastus lateralis and its relationship with lower-body strength and power. *Journal of Functional Morphology and Kinesiology*. 4 (3): 64, 2019.
80. **Mangine GT**, Stratton MT, Almeda CG, Roberts MD, Esmat TA, VanDusseldorp TA, and Feito Y. Physiological differences between advanced CrossFit athletes, recreational CrossFit participants, and physically-active adults. *PLOS ONE*. (Accepted on March 23, 2020).
81. **Mangine GT**, VanDusseldorp TA, Hester GM, Julian JM, and Feito Y. The addition of β -Hydroxy β -Methylbutyrate (HMB) to creatine monohydrate supplementation does not improve anthropometric and performance maintenance across a collegiate rugby season. *Journal of the International Society of Sports Nutrition*. 17: 1-17, 2020.
82. **Mangine GT**, Tankersley JE, McDougale JM, Valazquez N, Roberts MD, Esmat TA, VanDusseldorp TA, and Feito Y. Predictors of CrossFit Open Performance. *Sports*. (Accepted on July 16, 2020).
83. **Mangine GT**, Feito Y, Tankersley JE, McDougale JM, and Kliszczewicz BM. Workout pacing predictors of CrossFit® Open performance – A pilot study. *Journal of Human Kinetics* (Accepted on September 24, 2020)
84. Olmos AA, Stratton MT, Ha PL, Dalton BE, VanDusseldorp TA, Feito Y, **Mangine GT**, Poisal MJ, Jones JA, Smith TM, and Hester GM. Early and late rapid torque characteristics and select physiological correlates in middle-aged and older males. *PLOS ONE*. (Accepted on April 3, 2020).
85. Stratton MT, Tinsley GM, Alesi MG, Hester GM, Olmos AA, Serafini PR, Modjeski AS, **Mangine GT**, King K, Savage SN, Webb AT, and VanDusseldorp TA. Effect of four weeks of time-restricted feeding combined with resistance training on measures of body composition, muscle performance, resting energy expenditure, and blood biomarkers. *Nutrients* (Accepted on April 15, 2020).
86. Townsend JR, Morimune JE, Jones MD, Beuning CN, Haase AA, Boot CM, Heffington SH, Littlefield LA, Henry RH, Marshall AM, VanDusseldorp TA, Feito Y, and **Mangine GT**. The effect of ProHydrolase® on the amino acid and intramuscular anabolic signaling response to resistance exercise in trained males. *Sports* (Accepted on January 17, 2020).
87. VanDusseldorp TA, Stratton MT, Bailly AR, Holmes AJ, Alesi MG, Feito Y, **Mangine GT**, Hester GM, Esmat TA, Barcala M, Tuggle KR, Snyder M, and Modjeski AS. Safety of Short-Term Supplementation with Methylliberine (Dynamine®) Alone and in Combination with TeaCrine® in Young Adults. *Nutrients*. 12, 654, 2020.
88. VanDusseldorp TA, Escobar KA, Johnson KE, Stratton MT, Moriarty T, Kerksick CM, **Mangine GT**, Holmes AJ, Lee M, Endito MR, and Mermier CM. Impact of varying dosages of fish oil on recovery and soreness following eccentric exercise. *Nutrients*. (Accepted on July 23, 2020).
89. Boone JB, VanDusseldorp TA, Feito Y, and **Mangine GT**. Relationships between sprinting, broad jump, and vertical jump kinetics are limited in elite, collegiate football athletes. *Journal of Strength & Conditioning Research* (Accepted on January 24, 2021).

Manuscripts in review

1. Montell M, VanDusseldorp TA, **Mangine GT**, and Sheard AC. Effects of High-Fat Diets on Cardiovascular Risk Factors and the Evolution of Advanced Lipid Panels in At-Risk Populations. *Current Developments in Nutrition*. (In Review)
2. **Mangine GT**, Stratton MT, Eggerth A, Gough J, Feito Y and VanDusseldorp TA. Endocrine and body composition changes across a season in collegiate strength-power track and field athletes. *Journal of Strength & Conditioning Research* (In Review)

Manuscripts currently in preparation

1. Serafini PR, VanDusseldorp TA, Feito Y, and **Mangine GT**. Effect of the repetitions-in-reserve resistance training strategy on performance recovery and muscle damage in well-trained males.
2. **Mangine GT**, VanDusseldorp TA, Boyett TT, Hester GM, and Feito Y. Interrater reliability for DXA and BIA for measuring total and regional lean mass.
3. **Mangine GT** and Feito Y. Fittest on Earth: Does CrossFit® training develop comprehensive fitness?
4. **Mangine GT**, Dexheimer J, Zeitz E, Tankersley JE, McDougale JM, and Kliszczewicz BM. The influence of pacing on CrossFit® Open Performance.
5. McDougale JM and **Mangine GT**. The influence of competition experience on CrossFit® Open Performance.
6. Almeda CG, **Mangine GT**, VanDusseldorp TA, French D, and Feito Y. Effect of experience on strength and power in male Brazilian Ju Jitsu athletes – A pilot study.
7. Feito, Y, Jenkins N, Crawford D, **Mangine GT**, Heinrich K, Carlos Poston WS, and Haddock CK. Evidence no longer supports the use of the ‘extreme conditioning programs’ terminology.
8. Gonzalez AM, Sell KM, Ghigiarelli JJ, Gerland RW, Deveaux B, DiMonda R, **Mangine GT**, Prendergast JM, Christy A, Bentivegna J. Sex differences in mobility and neuromuscular characteristics in Division 1 athletes.
9. McDougale JM, Feito Y, VanDusseldorp TA, Jenkins N, and **Mangine GT**. The Role of Training Habits and Personality Traits in Injury Risk and Performance among CrossFit Training Participants (Status: In-progress)
10. Uken B, VanDusseldorp TA, Chrestensen C, **Mangine GT**, Kliszczewicz BM, Bibus D, Minton S, and Easter J. A Comprehensive Assessment of Omega-3 Fatty Acids on Human Health and Well-Being (Status: Data collection in progress)
11. Stefan BN, Stratton MT, Hester GM, Poisal MJ, Gandhi RB, Alesi M, **Mangine GT**, Jensen BM, Olmstead BC, VanDusseldorp TA. Effect of Non-Contact Boxing on Two Individuals with Parkinson’s Disease – Case Study.

BOOKS AND MONOGRAPHS PUBLISHED

1. **Mangine GT** and Stratton MT. “*Incorporating Dietary Supplements with Sports Specific Training and Competition.*” *Dietary Supplementation in Sport and Exercise: Evidence, Safety, and Ergogenic Benefits.* Ed. Jay R. Hoffman. Routledge Press: Abingdon-on-Thames, United Kingdom, 2019.

RESEARCH PRESENTATIONS and INVITED LECTURES

1. Ratamess NA, Falvo MJ, **Mangine GT**, Hoffman JR, Kang J, and Faigenbaum AD. The effect of rest interval length on acute performance of the bench press exercise in resistance-trained men. Presented at the Annual Meeting of the American College of Sports Medicine, Nashville, TN, 2005.
2. Kang J, Hoffman JR, Ratamess NA, Jennings PF, **Mangine GT**, and Faigenbaum AD. Thermogenic Effect of Nutritionally Enriched Coffee Consumption. Presented at the Annual Meeting of the American College of Sports Medicine, Denver, CO, 2006.
3. Ratamess NA, Faigenbaum AD, Traitz R, Caputo G, **Mangine GT**, Haynes A, Snyder J, Hoffman JR, and Kang J. The Influence of a Personal Fitness Trainer on Self-Selected Resistance Training Intensity in Healthy Women. Presented at the Annual Meeting of the American College of Sports Medicine, Denver, CO, 2006.
4. **Mangine GT**, Ratamess NA, Hoffman JR, Faigenbaum AD, Kang J, and Chilakos A. The effects of combined ballistic and heavy resistance training on maximal lower-and upper-body strength in recreationally trained men. Presented at National Strength and Conditioning Association National Meeting, Washington, DC, 2006.
5. Kang J, **Mangine GT**, Ratamess NA, Faigenbaum AD, and Hoffman JR. Influence of intensity fluctuation on exercise metabolism. Presented at the Annual Meeting of the American College of Sports Medicine, New Orleans, LA, 2007.
6. McCormack WP, Emerson NS, Williams DR, Wells AJ, **Mangine GT**, Gonzalez AM, Fragala MS, and Hoffman JR. Learning effect with repeated use of the Dynavision™ D2: Visual-Motor Evaluation. Presented at American College of Sports Medicine Annual Conference, San Francisco, CA, 2012.
7. **Mangine GT**, Hoffman JR, Fragala MS, Vazquez J, Krause MC, Gillett J, Pichardo N, and Stout JR. Effect of age on anthropometric and physical performance measures in professional baseball players. Presented at National Strength and Conditioning Association National Meeting, Providence, RI, 2012.
8. Emerson NS, McCormack WP, Stout JR, Hoffman JR, Fragala MS, Scanlon TC, Williams DR, Gonzalez AM, **Mangine GT**, Wells AJ, and Cramer JT. Physical working capacity at fatigue threshold is associated with measures of physical function in older adults. Presented at National Strength and Conditioning Association National Meeting, Providence, RI, 2012.
9. Hoffman JR, Williams DR, Emerson NS, Hoffman MW, Wells AJ, McVeigh DM, McCormack WP, **Mangine GT**, Gonzalez AM, and Fragala MS. L-alanyl-L-glutamine ingestion maintains performance during a competitive basketball game. Presented at National Strength and Conditioning Association National Meeting, Providence, RI, 2012.
10. McCormack WP, Williams DR, Hoffman JR, Gonzalez AM, **Mangine GT**, Wells AJ, Emerson NS, Scanlon TC, Rice C, Fragala MS, and Stout JR. Performance differences in consecutive games in a NCAA Division I women's soccer team. Presented at National Strength and Conditioning Association National Meeting, Providence, RI, 2012.
11. Scanlon TC, Emerson NS, McCormack WP, Stout JR, Hoffman JR, Fragala MS, Wells AJ, Williams DR, Gonzalez AM, and **Mangine GT**. Maximal isometric handgrip strength is associated with measures of physical health in older adults. Presented at National Strength and Conditioning Association National Meeting, Providence, RI, 2012.

12. Wells AJ, McCormack WP, Scanlon TC, Emerson NS, Williams DR, **Mangine GT**, Gonzalez AM, Fragala MS, Hoffman JR, and Stout JR. Relationship between vastus lateralis muscle morphology and measures of power and velocity in female collegiate soccer players. Presented at National Strength and Conditioning Association National Meeting, Providence, RI, 2012.
13. Williams DR, Wells AJ, Hoffman JR, Stout JR, Fragala MS, **Mangine GT**, Gonzalez AM, Emerson NS, McCormack WP, Scanlon TC, Jager R, and Purpura M. Phosphatidic acid increases lean body mass and strength in resistance trained men. Presented at National Strength and Conditioning Association National Meeting, RI, 2012.
14. **Mangine GT** and Gonzalez AM. Breakfast habits and self-image in relation to body weight. Presented at Wellness Research Conference: Exercise, Nutrition, and Weight Control, Orlando, FL, 2012.
15. **Mangine GT** and Boone CH. How Much is Too Much? Training & Nutrition. Presented at Future Olympians and Young Athletes, Orlando, FL, 2012.
16. **Mangine GT**, Hoffman JR, Jajtner AR, Gonzalez AM, McCormack WP, Wells AJ, Townsend JR, Emerson NS, Robinson IV EH, Vazquez J, Pichardo N, Fragala MS, and Stout JR. Predictors of Fielding Performance in Professional Baseball Players. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.
17. Emerson NS, Stout JR, Robinson IV EH, McCormack WP, Scanlon TC, Warren AM, Wells AJ, Gonzalez AM, **Mangine GT**, Townsend JR, Jajtner AR, Hoffman JR, and Fragala MS. PWCft is associated with measures of functionality in elderly with low risk of physical disability. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.
18. Gonzalez AM, Wells AJ, Hoffman JR, Stout JR, **Mangine GT**, McCormack WP, Fragala MS, Townsend JR, Jajtner AR, Emerson NS, and Robinson IV EH. Reliability of a non-motorized treadmill for assessing anaerobic performance. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.
19. Jajtner AR, **Mangine GT**, Scanlon TC, Stout JR, Townsend JR, McCormack WP, Gonzalez AM, Wells AJ, Rogowski JP, Robinson IV EH, Emerson NS, Fragala MS, and Hoffman JR. Effect of lower-limb injury on ultrasonography measures of muscle quality and architecture in NBA players. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.
20. Kang J, **Mangine GT**, Ratamess NA, Faigenbaum AD, and Hoffman JR. Effect of intensity fluctuation on fuel utilization during exercise and recovery. Presented at the Annual Meeting of the American College of Sports Medicine, IN, 2013.
21. McCormack WP, Emerson NS, Stout JR, Scanlon TC, Warren AM, Wells AJ, Gonzalez AM, **Mangine GT**, Robinson IV EH, Hoffman JR, and Fragala MS. Oral nutritional supplement fortified with beta-alanine improves physical capacity and muscle function in older adults. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.
22. Pruna GJ, Fragala MS, McCormack WP, Scanlon TC, Wells AJ, Boone C, Bohner J, Gonzalez AM, **Mangine GT**, and Jajtner AR. Perceptual Cognitive Function Correlates With Reaction Time In Female Collegiate Soccer Players. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.

23. Robinson EH, Scanlon TC, Stout JR, Emerson NS, McCormack WP, **Mangine GT**, Jajtner AR, Gonzalez AM, Wells AJ, Townsend JR, Boone CH, Pruna GJ, Hoffman JR, Oliveira LP, and Fragala MS. Ultrasound determined muscle quality is associated with neuromuscular fatigue and mobility in older adults. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.
24. Townsend JR, Morton AB, Jajtner AR, Gonzalez AM, Wells AJ, **Mangine GT**, McCormack WP, Emerson NS, Stout JR, Fragala MS, Hoffman JR, and L C-L. Excess post-exercise oxygen consumption (EPOC) following multiple effort sprint and moderate aerobic exercise. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.
25. Wells AJ, Gonzalez AM, **Mangine GT**, Emerson NS, McCormack WP, Jajtner AR, Townsend JR, Scanlon TC, Robinson EH, and Stout JR. The Effects of a Supplement Designed to Attenuate the Adverse Effects of Fatigue. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, 2013.
26. **Mangine GT**, Hoffman JR, Wells AJ, Gonzalez AM, Rogowski JP, Townsend JR, Jajtner AR, Beyer KS, Bohner JD, Pruna GJ, Fragala MS, and Stout JR. Visual Tracking Speed Is Related to Basketball-Specific Measures of Performance in NBA Players. Presented at American College of Sports Medicine Annual Meeting, Orlando, FL, 2014.
27. Beyer KS, Boone CH, **Mangine GT**, Jajtner AR, Robinson IV EH, McCormack WP, Stout JR, Fukuda DH, Fragala MS, and Hoffman JR. Neuromuscular Economy Of The Vastus Lateralis Is Related To Measures Of Strength And Power. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
28. Boone CH, Beyer KS, **Mangine GT**, Gonzalez AM, Townsend JR, Fukuda DH, Stout JR, Hoffman JR, and Fragala MS. Bilateral Differences in Muscle Morphology in Relation to Strength and Power in Untrained Young Men. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
29. Gonzalez AM, Stout JR, Jajtner AR, Townsend JR, Wells AJ, Beyer KS, Boone CH, Pruna GJ, Mangine GT, Scanlon TM, Bohner JD, Oliveira LP, Fragala MS, and Hoffman JR. Cold Water Immersion combined with beta-Hydroxy-beta-methylbutyrate Free Acid Improves Performance Recovery following Damaging Resistance Exercise. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
30. Jajtner AR, Hoffman JR, Gonzalez AM, Townsend JR, Wells AJ, Beyer KS, **Mangine GT**, Scanlon TC, Boone CH, Pruna GJ, Bohner JD, Worts P, Fragala MS, Oliveira LP, Fukuda DH, and Stout JR. Comparison of Electrical Stimulation Versus Cold Water Immersion on Treatment of Muscle Soreness Following Resistance Exercise. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
31. La Monica MB, **Mangine GT**, Gonzalez AM, Wells AJ, Townsend JR, Jajtner AR, Robinson IV EH, McCormack WP, Fukuda DH, Fragala MS, Stout JR, and Hoffman JR. Bilateral Muscle Architecture Symmetry is Related to Greater Vertical Jump Power. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.

32. Miramonti AA, Fukuda DH, Stout JR, Robinson IV EH, Wang R, **Mangine GT**, Townsend JR, Bohner JD, Fragala MS, Hoffman JR, and Oliveira LP. Gender Differences In Anaerobic Working Capacity, But Not Critical Power, During An All-out Cycling Test. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
33. Reardon D, Hoffman JR, **Mangine GT**, Gonzalez AM, Wells AJ, Fukuda DH, Fragala MS, and Stout JR. Do Acute Changes In Muscle Architecture Affect Post-Activation Potentiation? Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
34. Robinson IV EH, Fukuda DH, Stout JR, Wang R, Miramonti AA, Townsend JR, **Mangine GT**, Jajtner AR, Wells AJ, Gonzalez AM, McCormack WP, Bohner JD, La Monica MB, Reardon D, Oliveira LP, Fragala MS, and Hoffman JR. Gender-Specific Differences in the Relationship Between Muscle Morphology and Neuromuscular Economy. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
35. Townsend JR, Fragala MS, Jajtner AR, Gonzalez AM, Wells AJ, **Mangine GT**, Robinson IV EH, McCormack WP, Beyer KS, Pruna GJ, Boone CH, Bohner JD, Wang R, Fukuda DH, Stout JR, and Hoffman JR. Neuromuscular Electrical Stimulation (NMES) Does Not Attenuate TNF-alpha Following Acute Heavy Resistance Exercise. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
36. Wang R, Fukuda DH, Stout JR, Robinson EH, Miramonti AA, Townsend JR, **Mangine GT**, Jajtner AR, Wells AJ, Gonzalez AM, McCormack WP, Bohner JD, Fragala MS, and Hoffman JR. Evaluation of EMG Frequency Domain Changes during a Three-Minute Maximal Effort Cycling Test. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
37. Wells AJ, Fukuda DH, Hoffman JR, Gonzalez AM, Jajtner AR, Townsend JR, **Mangine GT**, Fragala MS, and Stout JR. Vastus Lateralis Muscle Architecture Exhibits Non-homogeneous Adaptation to Resistance Training. Presented at the Annual Meeting of the American College of Sports Medicine, Orlando, FL, 2014.
38. Gonzalez AM, Hoffman JR, Wells AJ, **Mangine GT**, Townsend JR, Jajtner AR, Wang R, Miramonti AA, Pruna GJ, LaMonica MB, Bohner JD, Hoffman MW, Oliveira LP, Fukuda DH, Fragala MS, and Stout JR. Pharmacokinetics of caffeine administered in a time-release versus regular tablet form. Presented at International Society of Sports Nutrition 11th Annual Conference and Expo, Clearwater Beach, FL, 2014.
39. Fukuda DH, Stout JR, Robinson IV EH, Wang R, **Mangine GT**, Miramonti AA, Fragala MS, and Hoffman JR. Improved Critical Power and Muscle Cross-Sectional Area following a Progressive 4-Week Cycling Interval Training Program in Men and Women. Presented at National Strength and Conditioning Association National Meeting, NV, 2014.
40. **Mangine GT**, Gonzalez A, Townsend J, Wells A, Jajtner A, Fukuda D, Fragala M, Stout J, Ratamess N, and Hoffman J. Comparison of Training Intensity Versus Training Volume on Endocrine and Muscle Growth Changes in Trained Men. Presented at Experimental Biology Annual Meeting, Boston, MA, 2015.

41. **Mangine GT**, Gonzalez AM, Townsend JR, Wells AJ, Jajtner AR, Beyer KS, Boone CH, Wang R, Miramonti AA, La Monica MB, Fukuda DH, Fragala MS, Stout JR, and Hoffman JR. Influence of training volume and intensity on strength and power improvements in experienced, resistance-trained men. Presented at the Annual Meeting of the American College of Sports Medicine, San Diego, CA, 2015.
42. **Mangine GT**, Hoffman JR, Gonzalez AM, Townsend JR, Wells AJ, Jajtner AR, Beyer KS, Boone CH, Wang R, Miramonti AA, La Monica MB, Fukuda DH, Witta EE, Ratamess NR, and Stout JR. The influence of exercise-induced hormonal elevations on muscle growth in resistance-trained men. Presented at National Strength and Conditioning Association National Meeting, Orlando, FL, 2015.
43. **Mangine GT**, Hoffman JR, Fukuda DH, Stout JR, and Ratamess NA. The effect of baseline strength on resistance training outcomes. Presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC, 2016.
44. Hoffstetter W, Box A, Mimms H, Serafini P, Smith M, Feito Y, Kliszcwicz B, and **Mangine GT**. Skeletal adaptations after 16-weeks of high-intensity functional training. Presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC, 2016.
45. Smith M, Box A, Hoffstetter W, **Mangine GT**, Mimms H, Serafini P, Kliszcwicz B, and Feito Y. Skill-based performance improves after 16-weeks of high-intensity functional training. Presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC, 2016.
46. Church DD, Hoffman JR, **Mangine GT**, Jajtner AR, Townsend JR, Gonzalez AM, Wells AJ, Beyer KS, Wang R, Boone CH, La Monica MB, Fukuda DH, and Stout JR. BDNF Concentrations are Elevated during Acute Resistance Exercise in Experienced, Resistance-Trained Men. Presented at the Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
47. Gonzalez AM, Hoffman JR, Townsend JR, Jajtner AR, Boone CH, Beyer KS, Baker KM, Wells AJ, **Mangine GT**, Robinson IV EH, Church DD, Oliveira LP, Fukuda DH, and Stout JR. MAPK signaling following high volume and high intensity resistance exercise protocols in trained men. Presented at the Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
48. Redd MJ, Fukuda DH, **Mangine GT**, Gonzalez AM, Townsend JR, Wells AJ, Jajtner AR, Beyer KS, Boone CH, La Monica MB, Wang R, and Hoffman JR. Longitudinal Changes in Muscle Cross-Sectional Area following Different Resistance Training Programs in Resistance Trained Men. Presented at the Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
49. Wang R, Hoffman JR, **Mangine GT**, Beyer KS, La Monica MB, Fukuda DH, Stout JR. Differential Effects of Training Intensity and Volume on Rate of Force Development in Resistance Trained Men. Presented at the Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.
50. Wells AJ, Hoffman JR, Jajtner AR, Varanoske AN, Church DD, Gonzalez AM, Townsend JR, Boone CH, Baker KM, **Mangine GT**, Oliveira LP, Fukuda DH, and Stout JR. Monocyte Recruitment following High-Intensity and High-Volume Resistance Exercise. Presented at the Annual Meeting of the American College of Sports Medicine, Boston, MA, 2016.

51. **Mangine GT**, Hoffman JR, Gamazo T, Gonzalez AM, Townsend JR, Wells AJ, Jajtner AR, Beyer KS, Boone CH, Wang R, Miramonti AA, La Monica MB, Fukuda DH, Ratamess NA, and Stout JR. Influence of competitive level and position in American Rugby on body composition and measures of performance. Presented at National Strength and Conditioning Association National Meeting, New Orleans, LA, 2016.
52. Gilbert E, Baldwin L, Box A, Kliszczewicz B, Feito Y, and **Mangine GT**. Effect of body fatness on mood response during week one of the CrossFit® Open. Presented at Southeast Chapter of the American College of Sports Medicine, Greenville, SC, 2017.
53. Huet KD, **Mangine GT**, Townsend JR, and Olmos AK. Gender differences in sprinting- and resisted-sprinting kinematics in athletes. Presented at Southeast Chapter of the American College of Sports Medicine, Greenville, SC, 2017.
54. Kliszczewicz BM, **Mangine GT**, and Feito Y. Current Research in High-Intensity Functional Training. Presented at Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Greenville, SC, 2017.
55. Lager L, **Mangine GT**, Weber M, Box A, Kliszczewicz B, and Feito Y. Comparison of mood response through the five weeks of the CrossFit® Open. Presented at Southeast Chapter of the American College of Sports Medicine, Greenville, SC, 2017.
56. Lee M, VanDusseldorp TA, Escobar K, Johnson K, Stratton M, Moriarty TA, McCormick JJ, **Mangine GT**, Nuñez TP, Beltz NM, Cole N, Endito MR, Kerksick C, and Mermier C. Recovery in vertical jump performance is improved with six grams of fish oil supplementation prior to a eccentric resistance training bout. Presented at Southeast Chapter of the American College of Sports Medicine, Greenville, SC, 2017.
57. Coker N, Wells AJ, **Mangine GT**, Church DD, Jajtner AR, Townsend JR, Beyer KS, Wang R, Fukuda DH, Stout JR, Hoffman JR. Comparison Between High-Intensity and High-Volume Resistance Training on the Acute Myokine Response in Resistance Trained Men. Presented at Experimental Biology, Chicago, IL, 2017.
58. Wells AJ, Hoffman JR, Jajtner AR, Varanoske AN, Church DD, Gonzalez AM, Townsend JR, Boone CH, Baker KM, Beyer KS, **Mangine GT**, Oliveira LP, Fukuda DH, and Stout JR. Post-Resistance Exercise Ingestion of Amino Acids Attenuates the Initial Increase in Plasma TNF α and TNFr1 Expression on Monocyte Subpopulations. Presented at Experimental Biology, Chicago, IL, 2017.
59. **Mangine GT**, Huet KD, Williamson C, Bechke EE, Serafini PR, Bender D, Hudy J, and Townsend JR. A robotic resisted-sprint improves rate of force development during a 20-meter sprint in athletes. Presented at Annual Meeting of the American College of Sports Medicine. Denver, CO, 2017.
60. Box AG, **Mangine GT**, Lager L, Kliszczewicz BM, Petruzzello SJ, and Feito Y. Comparison of mood response through five weeks of a high intensity functional training competition. Presented at Annual Meeting of the American College of Sports Medicine. Denver, CO, 2017.
61. Boyett TT, VanDusseldorp TA, Hester GM, Feito Y, and **Mangine GT**. Interrater reliability for dual-energy X-ray absorptiometry and bioelectrical impedance analysis for measuring total and regional lean mass. Presented at Annual Meeting of the American College of Sports Medicine, Denver, CO, 2017.

62. Church DD, Hoffman JR, **Mangine GT**, Jajtner AR, Townsend JR, Gonzalez AM, Beyer KS, Wang R, Boone CH, La Monica MB, Miramonti AA, Wells AJ, Fukuda DH, and Stout JR. The response of leukemia inhibitory factor to high-intensity and high-volume resistance training in trained men. Presented at Annual Meeting of the American College of Sports Medicine. Denver, CO, 2017.
63. Hoffstetter W, Serafini P, **Mangine GT**, and Feito Y. Regional differences in musculoskeletal adaptation following 16-weeks of high-intensity functional training. Presented at Annual Meeting of the American College of Sports Medicine, Denver, CO, 2017.
64. Holmes A, VanDusseldorp TA, Escobar K, Johnson K, Stratton M, Moriarty TA, McCormick JJ, **Mangine GT**, Nuñez TP, Beltz NM, Cole N, Endito MR, Kerksick C, and Mermier C. Six grams of fish oil supplementation mitigates perceived muscle soreness following acute resistance exercise. Presented at Annual Meeting of the American College of Sports Medicine, Denver, CO, 2017.
65. Johnson KE, VanDusseldorp TA, Escobar KA, Stratton M, Moriarty TA, McCormick JJ, **Mangine GT**, Nuñez TP, Beltz NM, Cole N, Endito MR, Kerksick CM, and Mermier CM. Six Grams Of Fish Oil Supplementation Improves Vertical Jump Performance Following Acute Eccentric Resistance Training. Presented at Annual Meeting of the American College of Sports Medicine, Denver, CO, 2017.
66. Olowojesiku O, Serafini P, Feito Y, and **Mangine GT**. Self-reported performance measures of males are predictive of overall performance in the CrossFit Open. Presented at Annual Meeting of the American College of Sports Medicine, Denver, CO, 2017.
67. Serafini P, Olowojesiku O, **Mangine GT**, and Feito Y. Self-reported measures of strength and sport-specific skills distinguish ranking among females in an international online fitness competition. Presented at Annual Meeting of the American College of Sports Medicine, Denver, CO, 2017.
68. Williamson C, Feito Y, Kliszczewicz BM, and **Mangine GT**. The Influence of Pace on Performance During a Five-week Online Fitness Competition. Presented at Annual Meeting of the American College of Sports Medicine, Denver, CO, 2017.
69. Gonzalez AM, Spitz RW, and **Mangine GT**. Acute effect of citrulline malate supplementation on upper-body resistance exercise performance in resistance-trained men. Presented at International Society of Sports Nutrition 14th Annual Conference and Expo. Phoenix, AZ, 2017.
70. Lee M, VanDusseldorp TA, Escobar KA, Johnson KE, Stratton M, Moriarty T, McCormick JJ, **Mangine GT**, Holmes AJ, Cole N, Kerksick CM, and Mermier C. Six grams of fish oil supplementation improves recovery of indirect markers of muscle damage following eccentric exercise. Presented at International Society of Sports Nutrition 14th Annual Conference and Expo. Phoenix, AZ, 2017.
71. Townsend JR, Toohey JC, Johnson SB, Crimi CC, Stowers KL, Bender WD, Vantrease WC, Toy AM, Ruiz MD, VanDusseldorp TA, Fieto Y, and **Mangine GT**. The effect of probiotic supplementation on body composition, muscle thickness, and athletic performance in Division I collegiate athletes. Presented at International Society of Sports Nutrition 14th Annual Conference and Expo. Phoenix, AZ, 2017.
72. **Mangine GT**, VanDusseldorp TA, Holmes AJ, Kliszczewicz BM, and Feito Y. The cortisol response to known and unknown challenges during a 5-week online fitness competition. Presented at National Strength and Conditioning Association National Meeting, Las Vegas, NV, 2017.
73. **Mangine GT**. High-Intensity Functional Training: Physiological Responses and Competitive Performance. Presented at the National Strength and Conditioning Association Georgia State Meeting, Kennesaw, GA, 2017.

74. Boyett T, VanDusseldorp TA, Hester GM, Feito Y, and **Mangine GT**. Interrater reliability for DXA and BIA for measuring total and regional lean mass. Presented at Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN, 2018.
75. Holmes AJ, VanDusseldorp TA, Lee M, Hester GM, Feito Y, and **Mangine GT**. β -Hydroxy β -Methylbutyrate supplementation does not affect creatine kinase and cortisol levels across a rugby season. Presented at Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN, 2018.
76. Lee M, VanDusseldorp TA, Holmes AJ, Hester GM, Feito Y, and **Mangine GT**. β -Hydroxy β -Methylbutyrate supplementation does not reduce serum cortisol and creatine kinase following fall and spring seasons of rugby. Presented at Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN, 2018.
77. Stratton M, **Mangine GT**, Olmos AA, VanDusseldorp TA, Feito Y, and Hester GM. Effect of β -Hydroxy β -Methylbutyrate supplementation on body composition and muscle strength during a rugby season. Presented at Southeast Chapter of the American College of Sports Medicine Annual Meeting, Chattanooga, TN, 2018.
78. **Mangine GT**, Cebulla B, and Feito Y. Normative Benchmark Workout Scores for Crossfit® Athletes. Presented at Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, 2018.
79. Julian JM, Hayes KL, VanDusseldorp TA, Hester GM, Feito Y, and **Mangine GT**. Effect of β -Hydroxy β -Methylbutyrate (HMB) and creatine supplementation on sprint kinetics across a collegiate rugby season. Presented at Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, 2018.
80. McNabb J, VanDusseldorp TA, Hester GM, Feito Y, and **Mangine GT**. Increased resisted sprinting load decreases bilateral asymmetry in sprinting kinetics. Presented at Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, 2018.
81. Rodriguez A, Fabacher I, Brown K, Holmes AJ, VanDusseldorp TA, **Mangine GT**, Esmat TA, and Feito Y. Comparison of Predicted and Measured Resting Metabolic Rate Methods Among Crossfit-trained Athletes. Presented at Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, 2018.
82. Serafini PR, VanDusseldorp TA, Feito Y, Holmes AJ, Gonzalez AM, and **Mangine GT**. Testosterone response following five CrossFit® Open workouts. Presented at Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, 2018.
83. Lee MA, Van Dusseldorp TA, Boone JB, Hampton FG, McNabb J, Stratton MT, Barie M, Modjeski A, Feito Y, Wildman R, and **Mangine GT**. The effect of a 6-week of NFL draft preparation training on broad jump. Presented at International Society of Sports Nutrition 15th Annual Conference and Expo. Clearwater, FL, 2018
84. Serafini PR, Van Dusseldorp TA, Boone JB, Hampton FG, McNabb J, Stratton MT, Barie M, Modjeski A, Feito Y, Wildman R, and **Mangine GT**. The effect of a 6-week of NFL draft preparation training program on bilateral differences in the 40yd sprint. Presented at International Society of Sports Nutrition 15th Annual Conference and Expo. Clearwater, FL, 2018

85. Stratton MT, Holmes AJ, Bailly A, Modjeski A, Barie M, Serafini PR, Feito Y, **Mangine GT**, Tuggle K, Esmat TA, Hester GM, and Van Dusseldorp TA. Effect of Dynamine With and Without TeaCrine Over Four Weeks of Continuous Use on Cardiovascular Function and Psychometric Parameters: A Pilot study. Presented at International Society of Sports Nutrition 15th Annual Conference and Expo. Clearwater, FL, 2018
86. **Mangine GT**, Feito Y, Van Dusseldorp TA, and Esmat TA. Anthropometric and physiological performance predictors of a 20-minute fitness competition workout. Presented at National Strength and Conditioning Association National Meeting, Indianapolis, IN, 2018
87. Almeda CG, Feito Y, Van Dusseldorp TA, Esmat TA, and **Mangine GT**. Mid-thigh pull force-time characteristics in elite and recreational high-intensity functional training athletes. Presented at National Strength and Conditioning Association National Meeting, Indianapolis, IN, 2018
88. Boone JB, Sklaver J, Feito Y, Van Dusseldorp TA, Wildman R, and **Mangine GT**. Positional comparisons in absolute and relative performance measures in National Football League (NFL) Draft prospects. Presented at National Strength and Conditioning Association National Meeting, Indianapolis, IN, 2018
89. Gonzalez AM, Spitz RW, Ghigiarelli JJ, and **Mangine GT**. Movement velocity during the back and front squat exercise at selected percentages of one-repetition maximum in resistance-trained men. Presented at National Strength and Conditioning Association National Meeting, Indianapolis, IN, 2018
90. Hampton FG, Sklaver JM, Feito Y, Van Dusseldorp TA, Wildman R, and **Mangine GT**. Relationships between 40-m sprinting and vertical jump kinetics in National Football League (NFL) Draft prospects. Presented at National Strength and Conditioning Association National Meeting, Indianapolis, IN, 2018
91. McNabb J, Sklaver JM, Feito Y, Van Dusseldorp TA, Wildman R, and **Mangine GT**. Relationships between sprint acceleration and broad jump kinetics in NFL Draft prospects. Presented at National Strength and Conditioning Association National Meeting, Indianapolis, IN, 2018
92. Stratton MT, Feito Y, Van Dusseldorp TA, Esmat TA, and **Mangine GT**. A comparison of four methods of determining body composition in advanced and recreational fitness athletes. Presented at National Strength and Conditioning Association National Meeting, Indianapolis, IN, 2018
93. **Mangine GT**. Incorporating Dietary Supplements with Sports Specific Training and Competition. Presented at 2nd ISSN-KSU Nutrition and Training Conference, Kennesaw, GA, 2019
94. **Mangine GT**. How to get Published in a Professional Journal. Presented at National Conference on Undergraduate Research, Kennesaw, GA, 2019
95. Alesi M, Stefan BN, Stratton MT, Hester GM, Poisal MJ, Gandhi RB, **Mangine GT**, Jensen BM, Olmstead BC, and VanDusseldorp TA. Effect of twenty weeks of non-contact boxing on upper- and lower-body muscular performance in two individuals with Parkinson's Disease. Presented at National Conference on Undergraduate Research, Kennesaw, GA, 2019
96. Stefan BN, Stratton MT, Hester GM, Poisal MJ, Gandhi RB, Alesi M, **Mangine GT**, Jensen BM, Olmstead BC, and VanDusseldorp TA. Effect of Non-Contact Boxing on Walking Time for Two Individuals with Parkinson's Disease Case Study. Presented at National Conference on Undergraduate Research, Kennesaw, GA, 2019

97. Stratton MT, Tinsley GM, Alesi MG, Hester GM, Olmos AA, Serafini PR, Modjeski A, **Mangine GT**, King K, Savage S, Webb A, and Van Dusseldorp TA. Effect of Time-Restricted Feeding on Measures of Body Composition, Muscle Performance, Resting Energy Expenditure, and Blood Biomarkers. Presented at International Society of Sports Nutrition 16th Annual Conference and Expo. Las Vegas, NV, 2019
98. Alesi MG, Stratton MT, Bailly AR, Holmes AJ, Modjeski A, Barie M, Feito Y, **Mangine GT**, Tuggle KR, Esmat TA, Hester GM, Hayes K, and Van Dusseldorp TA. Effect of Dynamine™ With and Without TeaCrine® Over Four Weeks of Continuous Use on Cardiovascular Function and Psychometric Parameters of Healthy Males and Females. Presented at International Society of Sports Nutrition 16th Annual Conference and Expo. Las Vegas, NV, 2019
99. **Mangine GT**. High-Intensity Functional Training: Physiological Responses and Competitive Performance. Presented at National Strength and Conditioning Association National Meeting, Washington DC, 2019
100. Almeda CG, Feito Y, VanDusseldorp TA, Esmat TA, Stratton MT, and **Mangine GT**. Muscle architecture and quality differences in advanced and recreational level fitness competitors and physically-active adults. Presented at National Strength and Conditioning Association National Meeting, Washington DC, 2019
101. Boone JB, Kliszczewicz BM, Williamson CM, Bechke EE, and **Mangine GT**. Pre-anticipatory anxiety and autonomic nervous system response to two unique fitness competition workouts. Presented at National Strength and Conditioning Association National Meeting, Washington DC, 2019
102. Chorney EC, Feito Y, VanDusseldorp TA, Esmat TA, Stratton MT, and **Mangine GT**. Body composition comparisons between advanced and recreational fitness competitors and physically-active adults. Presented at National Strength and Conditioning Association National Meeting, Washington DC, 2019
103. Franklin A, Feito Y, VanDusseldorp TA, Esmat TA, Stratton MT, and **Mangine GT**. Aerobic and anaerobic comparisons between advanced and recreational fitness competitors and physically-active adults. Presented at National Strength and Conditioning Association National Meeting, Washington DC, 2019
104. Velazquez N, Feito Y, VanDusseldorp TA, Esmat TA, Stratton MT, and **Mangine GT**. Predictors of performance in fitness competitors. Presented at National Strength and Conditioning Association National Meeting, Washington DC, 2019
105. **Mangine GT** and Holmertz P. Athletic assessment and training with a robotic, cable-resistance device. Presented at the National Strength and Conditioning Association Georgia State Meeting, Statesboro, GA, 2019.
106. Ha PL, Olmos AA, Stratton MT, VanDusseldorp TA, Bailly AR, Feito Y, **Mangine GT**, Dalton BE, Smith TM, and Hester GM. Age-related differences in rapid neuromuscular parameters of the plantar flexors and correlations with physical function. Presented at Southeast Chapter of the American College of Sports Medicine Annual Meeting, Jacksonville, FL, 2020.
107. Townsend JR, Morimune JE, Jones MD, Littlefield LA, Heffington SH, VanDusseldorp TA, Feito Y, and **Mangine GT**. The effects of a protease enzyme blend on post-resistance exercise intramuscular anabolic signaling. Presented at Nutrition, Virtual Gallery, 2020.

108. Alesi MG, Stratton MT, Bailly AR, Holmes AJ, Modjeski A, Barie M, Feito Y, **Mangine GT**, Tuggle KR, Esmat TA, Hester GM, Hayes KL, Lee M, Tran K, and VanDusseldorp TA. Effect of Dynamine with and without Teacrine supplementation over four weeks on blood biomarkers. Presented at Annual Meeting of the American College of Sports Medicine, Virtual Gallery, 2020.
109. Dalton BE, Olmos AA, Stratton MT, Ha PL, VanDusseldorp TA, Bailly AR, Feito Y, **Mangine GT**, Smith TM, and Hester GM. Early and late rapid neuromuscular parameters of the plantar flexors in middle-aged and older adults. Presented at Annual Meeting of the American College of Sports Medicine, Virtual Gallery, 2020.
110. Jones MD, Townsend JR, Morimune JE, Littlefield LA, VanDusseldorp TA, Feito Y, and **Mangine GT**. Acute protease supplementation does not alter the endocrine response to resistance exercise in trained males. Presented at Annual Meeting of the American College of Sports Medicine, Virtual Gallery, 2020.
111. Morimune JE, Townsend JR, Jones MD, Beuning CN, Haase AA, Boot C, Littlefield LA, Henry RH, Marshall AM, VanDusseldorp TA, Feito Y, and **Mangine GT**. The effects of a protease enzyme blend on the amino acid response to resistance exercise. Presented at Annual Meeting of the American College of Sports Medicine, Virtual Gallery, 2020.
112. **Mangine GT**, Stratton MT, Eggerth A, Gough J, Feito Y and VanDusseldorp TA. Endocrine and body composition changes across a season in collegiate strength-power track and field athletes. Presented at National Strength and Conditioning Association National Meeting, Virtual Gallery, 2020.
113. Almeda CG, VanDusseldorp TA, **Mangine GT**, French D, and Feito Y. Effect of Experience on Strength and Power in Male Brazilian Jiu Jitsu Athletes – A Pilot Study. Presented at National Strength and Conditioning Association National Meeting, Virtual Gallery, 2020.
114. Boone JB, VanDusseldorp TA, Feito Y, and **Mangine GT**. Relationships between the jumping and sprinting kinetics in elite, collegiate football athletes. Presented at National Strength and Conditioning Association National Meeting, Virtual Gallery, 2020.
115. McDougale JM, Feito Y, Giardina, M, and **Mangine GT**. Differences in skill level affect body composition and its influence on workout performance. Presented at National Strength and Conditioning Association National Meeting, Virtual Gallery, 2020.
116. Velazquez N, Serafini PR, Stratton MT, Olmos AA, Lee M, VanDusseldorp TA, Feito Y, and **Mangine GT**. Effect of the repetition-in-reserve resistance training strategy on total work completed, perception of effort, and muscle damage in well-trained men. Presented at National Strength and Conditioning Association National Meeting, Virtual Gallery, 2020.

NON-PEER REVIEWED CONTRIBUTIONS

1. Perry, G. (2017) “Resisted and assisted sprinting for post-activation potentiation with 1080 Sprint”. 1080 Motion (<http://1080motion.com/assisted-sprinting-post-activation-potentiation/>).
2. Perry, G. (2017) “1080 Sprint research: 20m sprint kinetics for basketball testing and training”. 1080 Motion (<https://1080motion.com/1080-sprint-basketball-midhigh-pull/>).
3. Feito, Y, Jenkins, N, Crawford, D, **Mangine, GT**. (2018) The current evidence no longer supports the term “extreme conditioning programs;” let’s call it high-intensity functional training instead. Letter to the Editor. *BMJ Open Sports & Exercise Medicine*. Published on: November 6, 2018.
4. Russell K and **Mangine GT**. National Strength and Conditioning Association - Certified Strength and Conditioning Specialist Exam Preparation Clinic. Presented at Kennesaw State University on November 2 – 3, 2019.

PROFESSIONAL MEMBERSHIPS and CERTIFICATIONS

National Strength and Conditioning Association

- Member (since 2003)
- Research Committee (2020 – Present)
- Research Consortium Member (since 2016)
- Georgia State Advisory Board (since 2017)
- Certified Strength & Conditioning Specialist (CSCS*D; October 2005)
- Certified Tactical Strength & Conditioning Facilitator (TSAC-F*D; January 2019)
- Certified Personal Trainer (CPT*D; June 2002)

American College of Sports Medicine

- Member of National organization (since 2013)
- Member of Southeast Chapter (since 2016)

JOURNAL REVIEW ACTIVITY

- Journal of Strength and Conditioning Research: Associate Editor
- PeerJ: Editorial Board
- Sports: Editorial Board
- Journal of the International Society of Sports Nutrition: Invited Reviewer
- PLOS One: Invited Reviewer
- Research Quarterly for Exercise and Sport: Invited Reviewer
- Applied Physiology, Nutrition, and Metabolism: Invited Reviewer
- Nutrition and Diabetes: Invited Reviewer
- European Journal of Sport Science: Invited Reviewer
- Kinesiology: Invited Reviewer

FUNDED GRANTS (Total to date: \$200,440.69)

National Strength and Conditioning Association

- 2005 Graduate Research Grant: Primary Investigator - \$5000.00
The effects of combined ballistic and heavy resistance training on maximal lower- and upper-body strength in recreationally trained men. Principal Investigator/Student Investigator

Kennesaw State University

- 2016 Professional Development Grant: Primary Investigator - \$22,880.00
Bilateral speed, force, and power during sprinting and agility activities in collegiate athletes.
- 2016 Professional Development Grant: Primary Investigator - \$6265.00
Endocrine response to the CrossFit Open.
- 2016 Professional Development Grant: Primary Investigator - \$3500.00
Microbiopsy of Skeletal Muscle.

- 2017 Office of the Vice-President of Research Opportunity Award: Primary Investigator - \$6265.00
Endocrine response to the CrossFit Open.
- 2017 Professional Development Grant: Primary Investigator - \$2600.00
Kinetics of Human Movement
- 2017 One-time Funding Grant: Primary Investigator - \$32,592.00
Morphological, histological and biochemical characteristics of skeletal muscle at rest and following exercise.
- 2018 Summer Graduate Research Assistant Award: Master's Thesis Chair - \$4,000.00
Effect of the repetitions-in-reserve resistance training strategy on performance recovery and muscle damage in well-trained males
- 2018 Professional Development Grant: Primary Investigator - \$6,900.00
Athletic testing in collegiate and professional athletes.
- 2018 Professional Development Grant: Sole Recipient - \$650.00
Tactical Strength and Conditioning Facilitator Certification. Principal Investigator
- 2018 Professional Development Grant: Primary Investigator - \$20,536.00
Biomarkers of muscle damage and recovery surrounding exercise in recreational, collegiate, and elite athletes.
- 2019 Fall-Spring Graduate Research Assistant Award: Primary Investigator - \$7,104.00
Predictors of CrossFit Open Performance
- 2020 Interdisciplinary Innovation Initiative: Co-investigator - \$64,843.69
A Comprehensive Assessment of Omega-3 Fatty Acids on Human Health and Well-Being.
- 2020 Summer Graduate Teaching Assistant Award: Faculty Supervisor - \$2,000.00
ES 3750: Strength and Conditioning Laboratory

National Watermelon Promotion Board

- 2020 Research Grant: Co-investigator - \$15,305.00
Effect of watermelon extract supplementation on skeletal muscle oxygenation and exercise performance.

REFERENCES

- Dr. Jay Hoffman, Ph.D., Professor, Department of Molecular Biology, Ariel University, Ariel, Israel, 40700, 1-972-53-336-9983, koachsportnutrition@gmail.com
- Dr. Jeffrey Stout, Ph.D., Professor and Chair, Department of Sport and Exercise Science, University of Central Florida, Orlando, FL, 407-823-0211, Jeffrey.Stout@ucf.edu
- Dr. Nicholas Ratamess, Ph.D., Professor, Department of Health and Exercise Science, The College of New Jersey, Ewing, NJ, 609-771-3149, Ratamess@tcnj.edu
- Dr. Yuri Feito, Ph.D., Associate Professor, Department of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA, The College of New Jersey, Ewing, NJ, 470-578-7764, yfeito@kennesaw.edu
- Dr. David Fukuda, Ph.D., Associate Professor, Department of Sport and Exercise Science, University of Central Florida, Orlando, FL, 407-823-0442, David.Fukuda@ucf.edu
- Dr. Adam M. Gonzalez, Ph.D., Assistant Professor, Department of Health Professions, Hofstra University, Hempstead, NY, 516-463-5224, adam.m.gonzalez@hofstra.edu