

CURICULUM VITAE

BRIAN KLISZCZEWICZ, PH.D.

Assistant Professor
Dept. of Exercise Science & Sport
Management
Kennesaw State University

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MD 3139
Kennesaw, GA 30144

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EDUCATION

- 2014 **Auburn University, Auburn, AL**
Doctor of Philosophy
Major Field of Study: Exercise Physiology
Dissertation Topic: Physiological markers of stress measured as oxidative stress and heart rate variability following the high-intensity exercise CrossFit.
- 2010 **University of Florida, Gainesville, FL**
Masters of Science
Major Field of Study: Health and Human Performance
Masters Internship: Dr. Steven Dodd- Muscle Atrophy Lab, University of Florida
- 2008 **Mercyhurst University, Erie, PA**
Bachelor of Science
Field of Study: Health Fitness Promotion
Bachelor Internship: Syracuse University Women's and Men's Basketball Strength Programming

PROFESSIONAL EXPERIENCE

Current Appointments

- 2013-present **Assistant Professor. Dept. of Exercise Science and Sport Management.
Kennesaw State University, Kennesaw, GA**
Currently under a 2/3 load with 30% dedicated to Research. Current research is dedicated towards the influences of high-intensity exercise in diabetic populations for improved adherence and general health adaptations with emphasis on heart rate variability and biomarkers of physiological stress.

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10% of my workload is dedicated towards Service (Lab Coordinator and Safety Committee). 40% of my workload dedication is to Teaching courses in the undergraduate and graduate programs. 10% of my workload is dedicated towards Mentorship, which includes the development of both undergraduate and graduate students in research.

2015-present

Exercise Science Biomarker Lab Coordinator, Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA

My role as the Exercise Science Biomarker Laboratory Coordinator involved the justification, development, and design of the newly acquired wet lab space. Additionally, as the lab coordinator I served as the point of contact for facilities during the build out of the wet lab space and the acquisition, set up, and training for all major laboratory equipment.

2014- 2015

Assistant Lab Coordinator, Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA

Responsible for the assisting the Lab Coordinator in the scheduling of lab time and space in the primary Exercise Physiology Lab and shared Biomarker Lab. Secondary responsibilities is the ordering of equipment and supplies for class use and research.

Previous Employment

2010-2013

Graduate Teaching Assistant, Dept. of Kinesiology, Auburn University, Auburn, AL

Instructor of record for Kinesiology professional courses and PHED activity courses. Kinesiology courses: full lecture, labs. PHED courses: Demonstrate and instruct appropriate physical skills

2011-2014

Outreach Instructor, Auburn University, Auburn, AL

Responsibilities: To provide instruction on proper exercise technique and training schemes to non-student/community population. Provide weekly workout routines and demonstrate safe a proper execution of the programs. To assist in safe and effective weight loss.

2010

Personal Trainer, Aspen Club, Syracuse, NY

Responsibilities: Individual and group exercise program design. Demonstrate, correct, and enforce proper form and technique. Sales, customer service, and weight room maintenance.

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- 2009-2010 **Graduate Teaching Assistant, Dept. Health and Human Performance, University of Florida, Gainesville, FL**
Exercise Testing and Prescription instructor: Lecture students on basic exercise testing and prescription protocols. Set up and calibrated exercise testing equipment. Monitored and administered sub-maximal exercise protocols. Graded lab assignments and projects.
- 2007-2008 **Undergraduate Exercise Physiology Lab Assistant, Dept. of Biology, Mercyhurst University, Erie, PA**
Exercise Physiology Lab Assistant: Set up and manage labs for exercise physiology. Clean and maintain equipment used. Assist students with laboratory and lecture based questions and assignments.
- 2006-2008 **Lacrosse Weight Room Captain, Dept. of Athletics, Mercyhurst University, Erie, PA**
Responsibilities: Develop and implement strength program for pre-season, season, and off-season. Demonstrate proper form and technique. Manage and organize training schedules.
- 2007-2008 **Student Trainer, Dept. of Sportmedicine, Mercyhurst University, Erie, PA**
Responsibilities: Be present at University weight room. Offer support and training advice. Set up one on one training appointments. Make sure the equipment was properly maintained.
- 2006-2007 **Undergraduate Exercise Lab Assistant, Dept. of Sportmedicine, Mercyhurst University, Erie, PA**
Maintain the labs appearance, monitor students performing lab exercises. Instructing students how to use lab equipment

MEMBERSHIP IN PROFESSIONAL ORGINIZATIONS

1. American College of Sports Medicine (ACSM), 2009-present
2. South East Chapter American College of Sports Medicine (SEACSM), 2009-present
3. National Strength and Conditioning Association (NSCA), 2012-present

HONORS, AWARDS, AND FELLOWSHIPS

1. Graduate Teacher Assistantship Award, 2010-14, Auburn University, Auburn, AL
2. Graduate Teacher Assistantship Award, 2009-10, University of Florida, Gainesville, FL

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3. Wellness Board President, 2007-08, Mercyhurst University, Erie, PA
4. Mercyhurst University Class of 1964 Scholarship Award, 2007-08, Mercyhurst University, Erie, PA
5. All American Academic Society Nominee, 2007-08

SCHOLARLY PRODUCTION

PUBLICATIONS

REFEREED JOURNAL ARTICLE PUBLICATION

1. **Kliszczewicz, B.*** Bechke, E.*, Williamson, C., Bailey, P., Hoffstetter, W. McLester, J., McLester, C. *The Influence of Citrus Aurantium and Caffeine Complex versus Placebo on the Cardiac Autonomic Response: A Double Blind Crossover Design* (In Press: Journal of International Society Sports Nutrition).
2. Nickerson, B., Esco, M., **Kliszczewicz, B.**, Bishop, P., Welborn, B., Richardson, M. *Time course toward baseline of hand-to-foot BIA measures following an acute bout of aerobic exercise*. 2018; (In Press: International Journal of Exercise Science).
3. Williamson, C., Nickerson, B., Bechke, C., McLester, C., **Kliszczewicz, B.** *Influence of Acute Consumption of Caffeine vs. Placebo Over BIA-Derived Measurements of Body Composition: A Randomized, Double-Blind, Crossover design*. Journal of the International Society of Sports Nutrition. 2018; 15:7
4. **Kliszczewicz, B*.**, Williamson, C*., Bechke, E., McKenzie, M., Hoffstetter, W. *Autonomic Response to a Short and Long bout of High-Intensity Functional Training*. Journal of Sports Sciences. 2018; 36(4)
5. Bechke, E., Feito, Y., Mimms, H., Nickerson, B., **Kliszczewicz, B.** *Resting Cardiac Autonomic Activity and Body Composition Following a 16-week High-Intensity Functional Training Intervention In Women: a Pilot Study*. J. Hum. Sport Exerc. 2017;12(3), 680-688.
6. **Kliszczewicz, B.**, Buresh, B., Bechke, E., Williamson, C. *Metabolic Biomarkers Following a Short and Long Bout of High-Intensity Functional Training in Recreationally Trained Men*. J. Hum. Sport Exerc. 2017; 12(3), 710-718.
7. **Kliszczewicz, B.**, Esco, M., Feito, Y., Bechke, E., Williamson, C., Price, B., Brown, D., *Autonomic Disruption Followed by a Needle Stick*. Pacing Clin Electrophysiol. 2017;00:1-7.
8. Nickerson, B., Esco, M., Bishop, P., Williford, H., Park, K., **Kliszczewicz, B.**, Snarr, R., Toluoso, D. *The effects of acute heat exposure on body water assessed using single-frequency bioimpedance analysis and bioimpedance spectroscopy*. Int J Exerc Sci. 2017; 10(7), 1085-1093.
9. **Kliszczewicz, B.**, McKenzie, M., Nickerson, B. *Physiological Adaptation Following Four-Weeks of High-Intensity Functional Training*. (In Press: Vojnosanitetski Pregled)
10. Nickerson, B., Esco, M., Bishop, P., **Kliszczewicz B.**, Park, K., Williford, H. *Validity of four-compartment model in physically active men and women when using DXA for body volume*. Int. J. Sport Nutr. Exerc. Metab. 2017;27, 520-527.

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11. Nickerson, B., Esco, M., Bishop, P., Fedewa, M., Snarr, R., **Kliszczewicz, B.**, Park, K. *Validity of Bmi-Based Body Fat Equations In Men and Women: A Four-Compartment Model Comparison.* J. Strength Cond Res. 2017; 31(7), 1963-1972.
12. Nickerson, B., Esco, M., **Kliszczewicz, B.**, Freeborn, T. *Comparison of Bioimpedance and Underwater Weighing Body Fat Percentage Before and Acutely After Exercise at Varying Intensities.* J. Strength Cond Res. 2017; 31(5):1395-1402
13. **Kliszczewicz, B.**, Feito, Y., Bycura, D., Brown, D., Price, B. *Vagal Response to 15-weeks of High-Intensity Functional Training: A Pilot Study.* J. Sport Human Perf. 2016, 4(3)
14. **Kliszczewicz, B.**, Quindry, J., Esco, M., Oliver, G., Price, B., Blessing, D. *Autonomic Responses to an Acute Bout of High-Intensity Body Weight Resistance Exercise vs. Treadmill Running.* J. Strength Cond Res. 2016; 30(4): 1050-1058.
15. **Kliszczewicz, B.**, Quindry, J., Esco, M.R., Oliver, G., Blessing, D., Taylor, J.K. *Acute Exercise and Oxidative Stress: CrossFit vs. Treadmill Bout.* J. Human Kin 2015; 47(3) 81-90.
16. **Kliszczewicz, B.**, Snarr, R., Esco, M.R. *Metabolic and Cardiovascular Response to the CrossFit Workout 'Cindy': A Pilot Study.* J Sport Human Perf 2014;2(2):1-9.
17. McGinnis, G. R., **Kliszczewicz, B.**, Barberio, M., Ballmann, C., Bridget, P., Cuddy, J. Slivka, D., Dumke, C., Ruby, B., & Quindry, J.C. *Acute hypoxia and Exercise-induced Blood Oxidative Stress.* Int J. Sport Nutr Exerc Metab
18. Quindry, J., Miller, L., McGinnis, G., **Kliszczewicz, B.**, Slivka, D, Dumke, C., Cuddy, J., Ruby, B., *Environmental temperature and exercise induced blood oxidative stress.* Int J Sport Nutr Exerc Metab, 2013, 23, 128-136.
19. Miller, L., McGinnis, G., **Kliszczewicz, B.**, Slivka, Hailes, W., Cuddy, J., D, Dumke, C., Ruby, B., & Quindry, J., *Blood oxidative stress during a short term trek on Mount Rainier.* Int J Sport Nutr Exerc Metab 2013,23,65-72.
20. John C. Quindry, Lindsey Miller, Graham McGinnis, **Brian Kliszczewicz**, J. Megan Irwin, Michael Landram, Zea Urbiztondo, Gayani Nanayakkara and Rajesh Amin *Ischemia reperfusion injury, KATP channels, and exercise-induced cardioprotection against apoptosis.* Journal of Applied Physiology 113:498-506.

REFEREED JOURNAL ARTICLE PUBLICATION IN REVIEW & PROGRESS

1. **Kliszczewicz, B.**, Markert, C., Bechke, E., Williamson, Clemons, K., C., Snarr, R., McKenzie, M. *Time Course of Acute Plasma Responses to High-Intensity Training Program Bouts of Varying Duration.* (In Progress).
2. **Kliszczewicz, B.**, Bechke, E., Williamson, C., Bailey, P., McLester, C., McLester, J., Hoffstetter, W. *Influence of Combined Caffeine and p-Syneprine on Metabolic Activity and Recovery Following Repeated Wingates.* (In progress).
3. Bailey, P., McLester, C., **Kliszczewicz, B.** Bechke, E., Williamson, C., McLester, J., Hoffstetter, W. *Influence of Combined Caffeine and p-Syneprine on Repeated Wingate Performance.* (In progress).

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SCHOLARLY WORK FEATURED IN LAY PUBLICATIONS:

1. MyFitnessPal (May, 2017). 5-Calorie Crushing Classes at Popular Fitness Chains Near you”
2. Women’s Health Online (April, 2017). “How Many Calories Does CrossFit Burn”
3. Men’s Health Online (February, 2016). “In Numbers: How Many Calories Does CrossFit Really Burn?”
4. Men’s Health Magazine (May, 2015). “The Ultimate CrossFit Workout”
5. Men’s Health Online (November, 2014). “The CrossFit Workout You can Do Almost Anywhere”

PRESENTATIONS:

REFEREED CONFERENCE PRESENTATIONS:

NATIONAL

1. *The Influence Of Pace On Performance During A Five-week Online Fitness Competition.* C. Williamson, Feito, Y., **Kliszczewicz, B.**, Mangine, G. **American College of Sports Medicine Annual Meeting**, Denver, CO, 2017 (Poster).
2. *Heart Rate Variability Following a Short and Long Bout of High-Intensity Functional Training.* Bechke, E., Box, A., Williamson, C., Hoffstetter, W., Serifini, P., Feito, Y., Kliszczewicz, B. **American College of Sports Medicine Annual Meeting**, Denver, CO, 2017 (Poster).
3. *Influence of Interval vs Continuous Exercise on Markers of Metabolic Rate During Exercise and Recovery.* Buresh, B., **Kliszczewicz, B.** **American College of Sports Medicine Annual Meeting**, Denver, CO, 2017 (Poster).
4. *Glucose Regulation Following A Short And Long Bout Of High-intensity Functional Training.* **Kliszczewicz, B.**, Buresh, B., Williamson, C., Bechke, E. **American College of Sports Medicine Annual Meeting**, Denver, CO, 2017 (Thematic Poster).
5. *Skeletal Adaptations After 16-Weeks of High-Intensity Functional Training.* W. Hoffstetter, A. Box, H. Mimms, P. Serafini, M. Smith, **B. Kliszczewicz**, G. Mangine, Y. Feito. **American College of Sports Medicine Annual Meeting**, Boston, MA, 2016 (Thematic Poster).
6. *The Effect of Needle Stick On Resting Heart Rate Variability.* **B. Kliszczewicz**, D. Brown, B. Price, W. Hoffstetter, P. Serafini, E. Bechke, Y. Feito (FACSM). **American College of Sports Medicine Annual Meeting**, Boston, MA, 2016 (Poster).
7. *Resting Vagal Tone Following a 16-Week High-Intensity Functional Training Intervention.* E. Bechke, H. Mimms, W. Hoffstetter, P. Serafini, M. Smith, Y. Feito (FACSM), **B. Kliszczewicz**. **American College of Sports Medicine Annual Meeting**, Boston, MA, 2016 (Poster).

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8. *Body Composition and Strength Changes Following 16-weeks of High-Intensity Functional Training.* P. Serafini, W. Hoffstetter, H. Mimms, M. Smith, **B. Kliszczewicz**, Y. Feito, FACSM. **American College of Sports Medicine Annual Meeting**, Boston, MA, 2016 (Poster).
9. *Skeletal Adaptations After 16-Weeks of High-Intensity Functional Training.* W. Hoffstetter, A. Box, H. Mimms, P. Serafini, M. Smith, **B. Kliszczewicz**, G. Mangine, Y. Feito. **National Conferences on Undergraduate Research (NCUR) Annual Meeting**. Asheville, TN, 2016 (Poster)
10. *Skill-Based Performance Improves After 16-Weeks of High-intensity Functional Training.* M. Smith, A. Box, W. Hoffstetter, G. Mangine, H. Mimms, P. Serafini, **B. Kliszczewicz**, Y. Feito, FACSM. **National Conferences on Undergraduate Research (NCUR) Annual Meeting**. Asheville, TN, 2016 (Poster)
11. *Body Composition and Strength Changes Following 16-weeks of High-Intensity Functional Training.* P. Serafini, W. Hoffstetter, H. Mimms, M. Smith, **B. Kliszczewicz**, Y. Feito, FACSM. **National Conferences on Undergraduate Research (NCUR) Annual Meeting**. Asheville, TN, 2016 (Poster)
12. *Crossfit Experience Attenuates Heart Rate Variability.* D. Brown, Y. Feito, B. Price, D. Bycura, K. Waugh, R. Marostica, R. Black, **B. Kliszczewicz**. **American College of Sports Medicine Annual Meeting**, San Diego, CA, 2015 (Poster).
13. *The Catecholamine Response of CrossFit vs. Traditional Treadmill Running.* B. Price, D. Blessing, J. Quindry, G. Oliver, M. Esco, K. Taylor, **B. Kliszczewicz**. **American College of Sports Medicine Annual Meeting**, San Diego, CA, 2015 (Poster).
14. *The Oxidative Stress Response of CrossFit vs. Traditional Treadmill Running:* **B. Kliszczewicz**, J. Quindry, D. Blessing, G. Oliver, M. Esco, K. Taylor. **American College of Sports Medicine Annual Meeting**, San Diego, CA, 2015 (Poster).
15. *Differences in vagal-rebound following CrossFit compared to treadmill exercise.:* **B. Kliszczewicz**, D. Blessing, M. Esco, G. Oliver, J. K. Taylor, J. Quindry. **American College of Sports Medicine Annual Meeting**. Orlando, FL, 2014 (Poster).
16. *PONI Responses Comparing CrossFit vs Treadmill Running.* J.K. Taylor, **Kliszczewicz, B.**, M. Esco, K.W. Jones, K. Dugan, and L. Qian. **American College of Sports Medicine Annual Meeting**. Orlando, FL, 2014 (Poster).
17. *The relationship between aerobic power, fat free mass, and CrossFit performance* **Kliszczewicz, B.**, Snarr, R, and Esco, M.. **National Strength and Conditioning Association Annual Meeting**, Las Vegas, NV, 2013 (Poster).
18. *Metabolic and Cardiovascular demand of a named CrossFit workout "CINDY".* **Kliszczewicz, B.**, Snarr, R.L., and Esco, M.R. **American College of Sports Medicine Annual Meeting** Indianapolis, IN, 2013 (Poster).
19. *Exercise induced cardioprotection is mediated via the delta opioid receptor.* Miller, L., McGinnis, G., **Kliszczewicz, B.**, Peters, B., Ballmann, C., Amin, R., & Quindry, J.C. **Experimental Biology Annual Meeting**, San Diego, CA, 2012 (Poster).

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20. *Effect of acute hypoxia on exercise-induced blood oxidative stress* McGinnis, G. R., **Kliszczewicz, B.**, Barberio, M., Ballmann, C., Bridget, P., Cuddy, J. Slivka, D., Dumke, C., Ruby, B., & Quindry, J.C.. **American College of Sports Medicine Annual Meeting**, San Francisco, CA, 2012 (Poster).
21. *Effect of acute hypoxia on exercise-induced blood oxidative stress.* McGinnis, G. R., **Kliszczewicz, B.**, Barberio, M., Ballmann, C., Bridget, P., Cuddy, J. Slivka, D., Dumke, C., Ruby, B., & Quindry, J.C. **American College of Sports Medicine Annual Meeting**. Denver, CO, 2011 (Poster).

REGIONAL

1. *Acute Caffeine Consumption Does Not Affect Body Composition Analysis.* Williamson, C., Nickerson, B., Bechke, E., McLester, C., **Kliszczewicz, B.** **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Chattanooga, TN, 2018.
2. *Cardiac Autonomic Response to Caffeine and Citrate Aurantium Supplementation Following Exhaustive Exercise Bouts.* Bechke, E., Williamson, C., Bailey, P., Hoffsteter, W., McLester, C., **Kliszczewicz, B.** **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Chattanooga, TN, 2018.
3. *Biomarkers of Growth Following Two Bouts of High-Intensity Training Programming.* **Kliszczewicz, B.**, Markert, C., Bechke, E., Williamson, C., McKenzie, M., Clemons, KN. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Chattanooga, TN, 2018.
4. *Bodyweight Circuit Exercise Training in Adults with Type 2 Diabetes Mellitus – Three Case Studies.* Buresh, R., **Kliszczewicz, B.**, Knaga, J., Boone, J., Williamson, C., Bechke, E. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Chattanooga, TN, 2018.
5. *The Effects of Caffeine and Citrus Aurantium on Performance During Repeated Anaerobic Bouts in Habitual Caffeine Users.* McLester, C., **Kliszczewicz, B.**, Bailey, P., Bechke, E., Williamson, C., Hoffstetter, W., Mclester, J. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Chattanooga, TN, 2018.
6. *Heart Rate Variability Following a Short and Long Bout of High-Intensity Functional Training.* Bechke, E., Box, A., Williamson, C., Hoffstetter, W., Serifini, P., Feito, Y., **Kliszczewicz, B.** **Southeast Chapter American College of Sports Medicine Annual Meeting**, Greenville, SC, 2017 (Poster).
7. *Heart Rate Variability and Energy Index Response to a CrossFit Open Workout.* A. Box, **B. Kliszczewicz**, G. Mangine, Y. Feito. **Southeast Chapter American College of Sports Medicine Annual Meeting**, Greenville, SC, 2017 (Poster).
8. *Physical Activity Measured via Accelerometry and Markers of Health.* R. Buresh, Y. Feito, C. Williamson, A. Gonzalez, **B. Kliszczewicz**, A. Herrington. **Southeast Chapter American College of Sports Medicine Annual Meeting**, Greenville, SC, 2017 (Poster).

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9. *Current Research in High-Intensity Functional Training.* **Kliszczewicz, B.**, Feito, Y., Mangine, G. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Greenville, SC, 2017 (Tutorial Presentation)
10. *Effect of body fatness on mood response during week one of the CrossFit® Open.* Gilbert, E., Baldwin, L., Box, A., **Kliszczewicz, B.**, Feito, Y., Mangine, G. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Greenville, SC, 2017 (Poster)
11. *Variables that affect performance in two Workouts of the 2016 CrossFit™ Open.* Williamson, C., Feito, Y., Kliszczewicz, B., Mangine, G. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Greenville, SC, 2017 (Oral Presentation)
12. *Comparison of mood response through the five weeks of the CrossFit® Open.* Lager, L., Mangine, G., Weber, M., Box, A., Kliszczewicz, B., Feito, Y. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Greenville, SC, 2017 (Poster)
13. *The Effect of a Needle Stick on Resting Heart Rate Variability.* **B. Kliszczewicz**, D. Brown, B. Price, W. Hoffstetter, P. Serafini, Y. Feito, FACSM. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Greenville, SC, 2016 (Thematic Poster)
14. *Resting Vagal Tone Following a 16-Week High-Intensity Functional Training Intervention.* H. Mimms, W. Hoffstetter, P. Serafini, M. Smith, Y. Feito, FACSM, **B. Kliszczewicz**. **D Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Greenville, SC, 2016 (Thematic Poster)
15. *Skeletal Adaptations After 16-Weeks of High-Intensity Functional Training.* W. Hoffstetter, A. Box, H. Mimms, P. Serafini, M. Smith, **B. Kliszczewicz**, G. Mangine, Y. Feito. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Greenville, SC, 2016 (Poster)
16. *Skill-Based Performance Improves After 16-Weeks of High-intensity Functional Training.* M. Smith, A. Box, W. Hoffstetter, G. Mangine, H. Mimms, P. Serafini, **B. Kliszczewicz**, Y. Feito, FACSM. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Greenville, SC, 2016 (Poster, student award)
17. *Body Composition and Strength Changes Following 16-weeks of High-Intensity Functional Training.* P. Serafini, W. Hoffstetter, H. Mimms, M. Smith, **B. Kliszczewicz**, Y. Feito, FACSM. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Greenville, SC, 2016 (Poster)
18. *CrossFit, Separating Science from Speculation:* M.J. McKenzie, FACSM, **B.M. Kliszczewicz**, Y. Feito. **Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting.** Jacksonville, FL, 2015 (Symposia).
19. *The Catecholamine Response of CrossFit vs. Traditional Treadmill Running.* B. Price, D. Blessing, J. Quindry, G. Oliver, M. Esco, K. Taylor, **B. Kliszczewicz**. **Southeast Chapter of**

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- the American College of Sports Medicine (SEACSM) Annual Meeting. Jacksonville, FL, 2015 (Poster).
20. *Crossfit Experience Attenuates Heart Rate Variability.* D. Brown, Y. Feito, B. Price, D. Bycura, K. Waugh, R. Marostica, R. Black, **B. Kliszczewicz.** Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting. Jacksonville, FL, 2015 (Poster).
 21. *Maximal Oxygen Consumption of a Typical CrossFit Athlete 2013:* **B. Kliszczewicz,** R.L. Snarr, and M.R. Esco. Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Spring Conference Gulf Shores, AL, 2013 (Poster).
 22. *Concurrent Training: Past and Present.* **Kliszczewicz, B.** Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Spring Conference Gulf Shores, AL, 2013 (symposia).
 23. *Metabolic and Cardiovascular demand of a named CrossFit workout “CINDY”.* **Kliszczewicz, B.,** Snarr, R.L., and Esco, M.R. Graduate Symposium at Research Week Auburn University, AL, 2013 (Poster).
 24. *Exercise induced cardioprotection is mediated via delta opioid receptors.* Miller, L., McGinnis, Peters, B., Ballmann, C., **Kliszczewicz, B.,** Amin, R., & Quindry, J. Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting. Orlando, FL, 2012 (Poster).
 25. *CrossFit, a deeper understanding.* **Kliszczewicz, B.,** Esco, M.R. Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Fall Conference, Birmingham, AL, 2012 (symposia).
 26. *Metabolic demands of the named CrossFit workout “Cindy”:* A pilot study. **Kliszczewicz, B.,** Snarr, R.L., and Esco, M.R. Alabama State Association for Health, Physical Education, Recreation, and Dance (ASAHPERD) Fall Conference, Birmingham, AL, 2012 (Poster).
 27. *Blood oxidative stress markers during a short term trek on Mount Ranier.* Miller, L., McGinnis, G., **Kliszczewicz, B.,** Slivka, D., Hailes, W., Cuddy, J., Dumke, C., Ruby, B., & Quindry, J. SEACSM Conference 2011: Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting. Greenville, SC, 2011 (Poster).
 28. *Environmental temperature and exercise induced blood oxidative stress.* McGinnis, G., Miller, L., **Kliszczewicz, B.,** Slivka, D., Dumke, C., Cuddy, J., Ruby, B., & Quindry, J. Southeast Chapter of the American College of Sports Medicine (SEACSM) Annual Meeting. Greenville, SC, 2011 (Poster).

GRANTS AND CONTRACTS

PROPOSALS AS PI:

1. Deans Professional Development Grant FY16, “*Exercise Science Biomarker Lab Set Up.*” Amount requested and received \$15,089.
2. Internal OVPR Pilot/Seed Grant FY16, “*Physiological Responses following Acute Bouts of High-Intensity Functional Training: Short Duration vs Long Duration.*” Amount requested and approved \$12, 043

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3. Deans Professional Development Grant FY16, “*Physiological Responses following Acute Bouts of High-Intensity Functional Training: Short Duration vs Long Duration.*” Amount requested and approved \$18,163

PROPOSALS AS CO-PI:

1. Internal OVPR Pilot/Seed Grant, “*Comparison of two exercise programs of different intensities on glucose control and oxidative stress markers.*” co-PI amount \$19,568

GRANTS IN PROGRESS:

1. American Diabetic Association (ADA) Junior Faculty Development grant mechanism, Co-PI Robert Buresh: “*Metabolic Adaptations to 12-Weeks of Ultra-Short Body-Weight High-Intensity Functional Training bouts in Diabetics*”
2. American Heart Association (AHA) Scientist Development Grant mechanism, Co-PI Robert Buresh: “*Cardiovascular health Following 12-Weeks of Ultra-Short Body-Weight High-Intensity Functional Training bouts in Diabetics*”

CURRENT RESEARCH PROJECTS

1. Ultra-Short Body-Weight Circuit Training on Metabolic Biomarkers in Diabetics. Buresh, B., **Kliszczewicz, B.**, Bechke, E., Williamson, C.
 - a. Purpose of Pilot project:
 - i. ADA Junior Faculty Development
 - ii. AHA Scientist Development Grant
2. Influence of Caffeine on resting measure of Heart Rate Variability in Habitual and Non-Habitual Caffeine Users. Williamson, C., Bechke, E., **Kliszczewicz, B.**
3. Comparison of Traditional Heart Rate Variability Recovery Compared to Non-Restricted Recovery Following Acute Exercise. Bechke, E., Williamson, C. **Kliszczewicz, B.**
4. Effects of Intermittent Fasting on Physiological Markers of Performance and Health. Vandussledorf, T., Mangine, G., **Kliszczewicz, B.**

TEACHING, SUPERVISION, & MENTORING

COURSES TAUGHT AT KENNESAW STATE UNIVERSITY

ES 6530- Advanced Lab Techniques
ES 3900- Exercise Physiology
ES 4650- Exercise Testing
ES 4600- Exercise Prescription

CURICULUM VITAE

BRIAN KLISZCZEWICZ, PH.D.

ES 4700- Clinical Exercise Physiology

STUDENT SUPERVISION AT KSU

RESEARCH SUPERVISION:

1. Paul Bailey, 2017 (Thesis Committee)
2. Emily Bechke, 2015-2017 (Thesis Chair)
3. Cassie Williamson, 2015-2017 (Thesis Chair)
 - a. 2017 CETL Oral Presentation award 2017, Kennesaw
4. Wade Hoffstetter, 2015-2017
5. Danielle Brown, 2014-15
6. Brandi Price, 2014-15

TEACHING AT OTHER INSTITUTIONAL AFFILIATION (S)

COURSES TAUGHT AT AUBURN UNIVERSITY

KINE 1100 Wellness
KINE 1103 Wellness (online)
PHED 1550 Tennis
PHED 1330 Weight Management
PHED 1350 Female Weight Training
PHED 1200 Boot Camp
PHED 1230 Jogging

COURSES TAUGHT AT UNIVERSITY OF FLORIDA

HHP Exercise Testing and Prescription Lab

PROFESSIONAL SERVICE

WITHIN THE PROFESSION:

NATIONALLY:

1. National Strength & Conditioning Association:
 - a. National Conference Abstract reviewer 2017
2. National ACSM:
 - a. 2014: Chair of Colloquium: *Exploring the CrossFit Debate*. I. Davis, Y. Feito, M. Esco.

CURRICULUM VITAE

BRIAN KLISZCZEWICZ, PH.D.

REGIONALLY:

1. Regional SEACSM:
 - a. 2017: Chair of Tutorial: *How To Find and Compete For Maintream, Unique and Atypical Exercise and Sport Science Careers*. A. Bosak, K. Huet.
 - b. 2017: SEACSM Student Bowl Question Committee
 - c. 2016: Chair of Thematic Poster Session: *Exercise and Autonomic Control*.

AD HOC REVIEW:

1. Medicine & Science in Sport & Exercise
2. PLOS ONE
3. Applied Physiology, Nutrition, and Metabolism
4. Obesity

KENNESAW STATE UNIVERISTY

UNIVERSITY:

1. Lab Safety Manager and Bio-Safety Officer search committee member - October 2014. Responsible for interviewing and providing feed back on candidates applying for this position.

COLLEGE:

1. Associate Dean of College of Health and Human Services Search committee member- October 2016. Responsible for interviewing and providing feed back on candidates applying for this position.
2. Dean of College of Health and Human Services Search committee member- October 2015. Responsible for interviewing and providing feed back on candidates applying for this position.
3. College of Health and Human Services Safety Committee Chair – 2014-Present. The purpose of this committee is to ensure effective participation in the University's Environmental Occupational Safety Management System (EOSMS)

DEPARTMENT OR PROGRAM

1. Graduate Exercise Physiology & Sports Management Majors Club Advisor. My role as advisor is to assist in acquiring professional speakers, seek out internship and job opportunities for students, and assisting officers in organizing meetings, professional events, and social events.
2. Exercise Science Majors Club – 2014- 2016. Co-advisor. My role as an advisor is to assist the clubs officers in organizing meetings, professional events, and social events.
3. Exercise Science Biomarker Lab Coordinator 2016-present.

CURRICULUM VITAE

BRIAN KLISZCZEWICZ, PH.D.

4. Assistant Lab Coordinator – 2014- 2016. The responsibilities of this position include assisting the lab coordinator with purchasing equipment and supplies for the Exercise Science lab. Furthermore, this position is responsible for organizing, scheduling, and outfitting the Exercise Science Blood lab.
5. Exercise Science Biomarker Lab and equipment acquisition
 - a. Spectramax M3 spectrophotometer
 - b. Protein Simple WES system
 - c. Thermo Scientific Ultra Low Freezer
 - d. Thermo Scientific Cryostat
 - e. Mili-pore Ultra purification system

DEVELOPMENT

PROFESSIONAL DEVELOPMENT

- 2017 **International Society of Sports Nutrition (ISSN): Sports Nutritionists Specialist Certification (CISSN)**
- 2016 **American College of Sports Medicine (ACSM) Certified Exercise Physiologist (EP-C)**
- 2016 **Protein Simple, WES system western blotting equipment and software training. Kennesaw, GA**
- 2015 **KSU Laboratory Safety Workshop, Kennesaw, GA**
- 2014 **Polar, Team2 Training System equipment and software training. Kennesaw, GA**
- 2014 **Phlebotomy Certification, Dept. of Continuing Education, Kennesaw State University**

COURSE DEVELOPMENT

- 2017 – Spring: **EHS 6530 Advanced Lab Techniques in Exercise Physiology** is a lecture based graduate level course designed to develop knowledge of advanced laboratory techniques in both the applied and basic research settings. This course not only provided the exposure to advanced data collection/analysis methodology, but also provided the basic principles behind commonly used techniques.
- 2015 – Spring: **ES 4600 Exercise Prescription** was adopted into an online course format and approved by Kennesaw State University’s Quality Measures for full adoption into the online teaching format.
- 2014 – Fall: **ES 4700 Clinical Exercise Physiology** added a new text to provide additional information on the pathophysiology of disease. “Clinical Exercise Physiology third addition”.
- 2014 – Fall: **ES 4600 Exercise Prescription** was adopted into a hybrid-online course format. The structure of the class is offered as both a Hybrid-lecture with both lecture and online components

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- 2014 – Fall: **ES 4700 Clinical Exercise Physiology lab** model was adjusted to create more participation and experience in the lab. Pre lab video instruction and quizzes were added to the lab components to reduce the in lab instruction time. Post lab reports were removed and replaced with a post lab quiz and small report sheet with findings.
- 2013 – Fall: **ES 4600 Exercise Prescription** is a lecture-based course that was designed to cover in greater detail information lacking in the original ES 4650 Exercise Testing & Prescription. As its own course ES 4600 emphasizes the major principles of program design concerning seemingly healthy populations in both cardiovascular and resistance based exercises. Furthermore, ES 4600 examined the prescription of flexibility programs and the application of behavior modification in program design.
- 2010-2013: **PHED courses** at Auburn University had basic guidelines for the structure of the class, however; development and presentation of the course material and content was up to the discretion of the instructor. In the cases of Weight Management, Boot Camp, and Female Weight Training I created the full course content, while in Tennis and Jogging I modified an existing course outline.

