

JOHN MCLESTER, PhD, FACSM

Dept. of Exercise Science and Sport Management
Kennesaw State University
520 Parliament Garden Way NW
Prillaman Hall MD 4104
Kennesaw, GA 30144
(470) 578-6220
jmcleste@kennesaw.edu

EDUCATION

- 2000 **The University of Alabama, Tuscaloosa, AL**
Doctor of Philosophy
Major - Human Performance (Kinesiology) -- Concentration: Exercise Physiology
Minor 1 – Biochemistry/Human Physiology
Minor 2 – Statistics/Educational Research
Dissertation Title: Variability in Recovery from Resistance Training Exercise
- 1997 **The University of Alabama, Tuscaloosa, AL**
Master of Arts
Major - Human Performance (Kinesiology) -- Concentration: Exercise Physiology
Thesis Title: Comparison of 1 Day and 3 Days per Week of Equal-Volume
Resistance Training in Experienced Subjects
- 1994 **Jacksonville State University, Jacksonville, AL**
Bachelor of Science
Major - Exercise Science and Wellness
Minor - Gerontology

PROFESSIONAL EXPERIENCE

- 2005-Present **Kennesaw State University, Kennesaw, GA**
Professor
Assistant Chair of ESSM (2015-2016)
Laboratory Coordinator-Biomechanics and Exercise Physiology (2006-Present)
AEHS Graduate Program Coordinator (2010-2012)
Teach science-based undergraduate and graduate courses in exercise science
- 2002-2005 **Western Kentucky University, Bowling Green, KY**
Assistant Professor
Coordinated the Exercise Science Program
Taught science-based undergraduate and graduate courses in exercise science
Supervised the human performance laboratory
Advised Exercise Science students
Supervised Exercise Science interns

- 2000-2002 **State University of West Georgia, Carrollton, GA**
Assistant Professor
Taught undergraduate and graduate courses in physical education department
Supervised human performance laboratory
Supervised student teachers
- 1995-2000 **The University of Alabama, Tuscaloosa, AL**
Graduate Teaching/Research Assistant
Taught undergraduate courses in human performance
Carried out and participated in research studies
Supervised human performance laboratory

RECENT PROJECTS

- McLester, C.N., Hicks, C.S., Miller, L., **McLester**, J.R. An Investigation of the Relationship between Perceived vs. Measured Body Composition, Social Physique Anxiety, and Overall Appearance Satisfaction among College Students. International Journal of Exercise Science *under review*. Manuscript #2334
- McLester, C.N., Nickerson, B.S., Kliszczewicz, B.M., **McLester**, J.R. Reliability and Agreement of Various InBody Body Composition Analyzers Are Similar When Compared to DXA in Healthy Men and Women. Clinical Nutrition *under review*. Manuscript #YCLNU-D-18-00308
- McLester, C.N., Nickerson, B.S., Kliszczewicz, B.M., Hicks, C.S., Williamson, C., Bechke, E., **McLester**, J.R. Validity of DXA body volume equations in a four- compartment model for adults with varying body mass index and waist circumference classifications. International Journal of Obesity. Manuscript #2018IJO00589

BOOK

Second edition in progress.

McLester, J.R., and P. St. Pierre (2008). Applied Biomechanics: Concepts and Connections. Belmont, CA: Cengage/Wadsworth.

RECENT PEER-REVIEWED JOURNAL ARTICLE PUBLICATIONS AND SUBMISSIONS

- McLester, C.N., DeWitt, A.D., Rooks, R., **McLester**, J.R., An investigation of the validity and reliability of body composition assessed with electrical impedance myography. European Journal of Sport Science *Accepted Feb 28, 2018, In press*.
- Howard, J.S., McLester, C.N., Evans, T.W., **McLester**, J.R., Calloway, J. Central hemodynamics measured during maximal dynamic free weight resistance exercise. International Journal of Exercise Science 11(2):342-354, 2018.
- Hicks, C.S., McLester, C.N., Esmat, T.A., **McLester**, J.R., A Comparison of Body Composition Across Two Phases of the Menstrual Cycle Utilizing Dual-Energy X-Ray Absorptiometry, Air Displacement Plethysmography, and Bioelectrical Impedance Analysis. International Journal of Exercise Science. 10(8):1235-1249, 2017.

Evans, T.W., McLester, C.N., Howard, J., **McLester**, J.R., Calloway, J. A comparison of muscle activation between back squats and belt squats. Journal of Strength and Conditioning Research. Accepted May 23, 2017. In Press Manuscript # JSCR-08-7836

Kulavic, K., C.N. Hultquist, and J.R. **McLester** (2013). A comparison of motivational factors and barriers to physical activity among traditional vs. non-traditional college students. Journal of American College Health. 6(2):60-66.

RECENT PEER-REVIEWED ABSTRACT PUBLICATIONS

McLester, C.N., C.S. Hicks, T. Esmat, J.R. **McLester** (2017). A Comparison of body composition methods across two phases of the menstrual cycle. Medicine & Science in Sports & Exercise. 49(5S): 256-257.

McLester, C.N., K. Merwitz, J.R. **McLester**, J. Calloway (2016). An investigation of the relationship between body composition, social physique anxiety, and exercise motives. Medicine & Science in Sports & Exercise. 48(5S):S699.

C.S. Hicks, McLester, C.N., J. Howard, T. Evans, J.R. **McLester** (2016). A comparison of standing vs. seated cycle ergometer graded exercise test protocols. Medicine & Science in Sports & Exercise. 48(5S):S111.

McLester, C.N., J.R. **McLester**, C.S. Hicks, K. Merwitz (2016). A comparison of six estimates of body fat percent in general population adults. Medicine & Science in Sports & Exercise. 47(5S):S43.

Hultquist, C.N., J.R. **McLester**, J.M.Green, C. Wood, and J.R. McIntosh (2013). An Investigation of the Accuracy of the YMCA Protocol Prediction of VO₂peak. Medicine and Science in Sports & Exercise. 45(5S):S221.

Schneider, A.P., C.N. Hultquist, M. Seitler, and J.R. **McLester** (2013). An examination of maximal aerobic capacity on a bike versus a treadmill in active individuals. Medicine and Science in Sports & Exercise. 45(5S):S661-668.

RECENT PEER-REVIEWED PROFESSIONAL PRESENTATIONS

McLester, C.N., Kliszczewicz, B., Bailey, P., Bechke, E., Williamson, C., Hoffstetter, W., **McLester**, J.R. (2018). The Effects of Caffeine and Citrus Aurantium on Performance During Repeated anaerobic bouts in Habitual Caffeine Users. Southeast American College of Sports Medicine Meeting. Chattanooga, TN.

McLester, C.N., C.S. Hicks, T. Esmat, J.R. **McLester** (2017). A Comparison of body composition methods across two phases of the menstrual cycle. Annual American College of Sports Medicine Conference, Denver, CO.

E. Moore, C. McLester, J. Knowles, P. Bailey, A. Dewitt, J. **McLester** (2017). An examination of the reliability of the InBody 770 bioelectrical impedance analyzer. Southeast American College of Sports Medicine Meeting, Greenville, SC.

McLester, C.N., K. Merwitz, J.R. **McLester**, J. Calloway (2016). An investigation of the relationship between body composition, social physique anxiety, and exercise motives. Annual American College of Sports Medicine Conference, Boston, MA.

- Hicks, C.S., McLester, C.N., J. Howard, T. Evans, J.R. **McLester** (2016). A comparison of standing vs. seated cycle ergometer graded exercise test protocols. Annual American College of Sports Medicine Conference, Boston, MA.
- Hicks, C.S., McLester, C.N., J. Howard, T. Evans, J.R. **McLester** (2016). A comparison of standing vs. seated cycle ergometer graded exercise test protocols. Southeast American College of Sports Medicine Meeting, Greenville, SC.
- McLester, C.N., J.R. **McLester**, C.S. Hicks, K. Merwitz (2015). A comparison of six estimates of body fat percent in general population adults. Annual American College of Sports Medicine Conference, San Diego, CA.
- McLester, C.N., A. Nix, J.R. **McLester**, C. Hicks (2015). Fitness status and exercise self-efficacy, motives , and confidence.. Southeast American College of Sports Medicine Regional Conference, Jacksonville, FL.
- McLester, C.N., C. Ward, J.R. **McLester**, and C. Wood (2014). An examination of physical activity habits, barriers to exercise, and body image in first year students. Southeast American College of Sports Medicine Meeting, Greenville, SC.
- Hultquist, C.N., J.R. **McLester**, J.M.Green, C. Wood, and J.R. McIntosh (2013). An Investigation of the Accuracy of the YMCA Protocol Prediction of VO₂peak. Annual American College of Sports Medicine Conference, Indianapolis, IN.
- Schneider, A.P., C.N. Hultquist, M. Seitler, and J.R. **McLester** (2013). An examination of maximal aerobic capacity on a bike versus a treadmill in active individuals Annual American College of Sports Medicine Conference, Indianapolis, IN.
- Schneider, A.P., C.N. Hultquist, M. Seitler, and J.R. **McLester** (2013). An examination of maximal aerobic capacity on a bike versus a treadmill in active individuals. Accepted for Southeast American College of Sports Medicine Meeting, Greenville, SC.

TEACHING EXPERIENCE

Kennesaw State University (Professor)

Undergraduate:

Biomechanics
 Exercise Physiology I
 Exercise Physiology II
 Fitness Evaluation and Exercise Prescription
 Physiological Basis of Training and Performance

Graduate:

Advanced Exercise Physiology
 Advanced Laboratory Techniques
 Advanced Strength and Conditioning
 Bioenergetic and Neuromuscular Aspects of Exercise
 Biomechanics
 Environmental Physiology
 Research Methods

Special Topics (various)
Statistics

Western Kentucky University (Assistant Professor)

Undergraduate:

Applied Exercise Physiology
Evaluation in Physical Education
Exercise Physiology
Health Related Fitness – Strength/Endurance/Flexibility
Kinesiology
Life Fitness/Wellness
Motor Development

Graduate:

Applied Biomechanics
Assessment in PE and Recreation
Critical Analysis of Professional Literature
Research Methods
Seminar in Exercise Science

State University of West Georgia (Assistant Professor)

Undergraduate:

Anatomy and Physiology I & II
Biomechanics
Exercise Physiology
Wellness

Graduate:

Nutrition for Sport

REVIEW ACTIVITIES

European Journal of Applied Physiology – Reviewer
International Journal of Exercise Science – Reviewer
Journal of Sports Sciences – Reviewer
Journal of Strength and Conditioning Research – Reviewer
Medicine and Science in Sports and Exercise – Reviewer

PROFESSIONAL ORGANIZATION INVOLVEMENT

American College of Sports Medicine

Fellow Member
Session Chair – SEACSM, 2007
Health/Fitness Specialist certification examiner

Southeastern Region American College of Sports Medicine
Member

AWARDS

Kennesaw State University

2016 Faculty Career Advisor Award (Department of Career Planning & Development)
2009 *The Foundation Prize* (Wellstar College of Health and Human Services)
2008 *Outstanding Teacher Award* (Wellstar College of Health and Human Services)

The University of Alabama

2001 *Award for Best Dissertation* (College of Education)
1998 *Award for Best Thesis by a Master's Student* (College of Education)
1997 *Award for Excellence in Research by a Master's Student* (College of Education)
1996 *Award for Excellence in Research by a Master's Student* (College of Education)

SPECIAL TECHNICAL SKILLS

APAS Motion Capture Equipment and Software
AMTI Force Plate and Bioanalysis Software
Biodex Isokinetic Equipment and Software
Bod Pod Body Density Equipment and Software
GE Lunar DEXA Body Density Equipment and Software
Innovision MaxPro, MaxTRAQ, & MaxMATE Motion Capture Equipment and Software
Noraxon EMG Equipment and Software
Parvo Metabolic Analysis Equipment and Software
SIMI Motion Capture Equipment and Software