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### **Education**

Malone College, Canton, OH	B.S.	Sports Science	2002
Univ. of South Carolina, Columbia, SC	Ph.D.	Exercise Science	2006

Dissertation Title: *Influence of Exercise on Lean Tissue Mass and Circulating Anabolic and Catabolic Factors in HIV-Infected Men.*  
\* Advisor: Dr. Greg Hand

### **Professional Experience**

- Associate Professor with Tenure, Department of Health & Human Performance, School of Education, Health & Human Performance, College of Charleston, Charleston, South Carolina (2016-present)
- Assistant Professor, Department of Health & Human Performance, School of Education, Health & Human Performance, College of Charleston, Charleston, South Carolina (2013-2016)
- Associate Professor with Tenure, Department of Health, Exercise, & Sports Science, School of Science and Mathematics, The Citadel, Charleston, South Carolina (2013)
- Assistant Professor, Department of Health, Exercise, & Sports Science, School of Science and Mathematics, The Citadel, Charleston, South Carolina (2008-2013)
- Visiting Professor, Department of Health & Human Performance, School of Education, Health & Human Performance, College of Charleston, Charleston, South Carolina (2006-2008)
- Graduate Research Assistant, Department of Exercise Science, Division of Applied Physiology, Arnold School of Public Health, University of South Carolina, Columbia, South Carolina (2002-2006)
- Personal Trainer/ Sports Conditioning Instructor, Impulse Personal Training and Fitness, North Canton, Ohio (2001-2002)
- Physical Therapy Assistant/ Sports Rehabilitation Instructor, Concorde Therapy Group, Canton, Ohio (1999-2001)

### **Certifications**

- Certified Strength and Conditioning Specialist, National Strength and Conditioning Association, (2004-Present)
- American Heart Association, Certified Basic Cardiac Life Support (1999-present)
- Certified Emergency Medical Technician, State of Ohio, Stark County (1999-2003)

### **Professional Affiliations**

- American College of Sports Medicine, Member (2003-Present)
- American College of Sports Medicine, Southeastern Regional Chapter, Member (2003-Present)
- National Strength and Conditioning Association, Member (2004-Present)
- Signa Xi (The Scientific Research Society, Member (2011-2014)

### **Academic Honors/Distinctions**

- Who's Who in Medicine and Healthcare, 2011
- Carl V. Gisolfi Doctoral Student Research Proposal Award. American College of Sports Medicine. 2005
- 2<sup>nd</sup> Place, Graduate Student Day Oral Presentation Category, University of South Carolina, April, 2005
- USC Graduate School Inaugural Competitive Research Assistantship. 2004-2005 (\$12,000)
- 2nd place, Student Research Award, American College of Sports Medicine Southeast Chapter. (January, 2005)
- Graduate Research Assistantship, University of South Carolina (2003-2005)
- Outstanding Sports Science Student, Malone College (2002)
- J. Walter Malone Academic Scholarship, Malone College (1997-2002)

### **Service**

#### *College of Charleston*

- Chair, Department of Health and Human Performance (2016-present)
- College of Charleston Council of Chairs, Executive Committee Member (2017-present)
- Vice Chair, Institutional Biosafety Committee, College of Charleston (2017-present)
- Office of Student Services and Credentialing Coordinator Search Committee member (2017)
- Department of Health and Human Performance Assistant Professor of Exercise Science Search Committee Chair (2017)
- Department of Health and Human Performance Assistant Professor of Public Health Search Committee Chair (2017)
- Department of Health and Human Performance Instructor of Public Health Search Committee Chair (2017)
- Department of Health and Human Performance Visiting Assistant Professor (2) Search Committee Chair (2016)
- Exercise Science Visiting Assistant Professor Search Committee Chair (2015)
- Department of Health and Human Performance Awards Committee (2013-2014)
- Public Health Assistant Professor Search Committee (2013-2014)
- Department of Health and Human Performance Department Chair Search Committee (2014)
- College of Charleston UCRA Committee (2014)
- College of Charleston Honor Board (2015)
- Acting Chair of Health and Human Performance, November 2014

- Institutional Review Board, Alternate (2015)
- Quality Enhancement Plan Working Group (2015)
- College of Charleston Council of Chairs, Executive Committee (2016- present)

*The Citadel*

- Citadel Faculty Council
  - Member (2010-11)
  - Vice Chair (2011-12)
- Citadel Undergraduate Research Competition
  - Planning Committee (2009-2011)
  - Chair (2012)
- Citadel Enhancement Integration Team (CEIT) (2012-13)
- Library Services Committee (2011-2012)
- Faculty Development Committee (2012-13)
- Graduate Program Director, Health, Exercise & Sport Science Master's Program (2011-2012)
- SACS Re-Accreditation Curriculum and Instruction Team (2012-2013)

*The Profession*

- Speaker 33<sup>rd</sup> Annual Academic Chairpersons Conference, "Creating a Positive Environment in Your Academic Division." Charleston, SC (2016)
- Reviewer
- Scientific Abstract Reviewer, Southeast American College of Sports Medicine Annual Meeting. (2015)
- Symposium Chair, "Developing a Professional Online Presence." At Southeast American College of Sports Medicine Annual Meeting. (2015)
- Lead speaker at 2015 SC Bar convention. Importance of Physical Activity for Practicing Attorneys. (Columbia, SC)
- Department of Veteran Affairs, Rehabilitation Research and Development (RR&D) Grant Reviewer (Spring 2011, Summer 2011, Fall 2016).
- Grant Reviewer, U.S. Civilian Research & Development Foundation. Biomedical Research Competition. (2008)
- Manuscript Reviewer, Medicine & Science in Sport and Exercise. (2007 – Present)
- Thesis Reviewer. University of Auckland, Australia. (2009)

*Community*

- James Island Christian School Board
  - Member (2010-11)
  - Vice Chair (2011-2013)
  - Chair (2013-2015)
- Volunteer, Special Olympics Charleston, (2009-present)

**Lectures/ Teaching Experience**

**Graduate Courses**

- Advanced Physiology of Exercise
- Physiology of Exercise

- Research Methods in Health, Exercise and Sport Science
- Techniques of Conditioning for Sport and Physical Fitness
- Current and Future Trends in Health, Exercise & Sport Science

### **Undergraduate Courses**

#### Instructor:

- Exercise Physiology
- Advanced Exercise Physiology
- Measurement and Evaluation in Human Performance
- Exercise and Chronic Disease
- Capstone in Exercise Science
- Concepts in Fitness Assessment and Exercise Prescription
- Chronic and Communicable Diseases
- Consumer Health Education
- Personnel and Community Health
- Human Biomechanics
- Anatomy and Physiology I
- Anatomy and Physiology II
- Cardiovascular Anatomy, Physiology, and Regulation
- Electrophysiology
- Synthesizing a Literature Review
- Sport Nutrition
- Techniques in Strength and Conditioning
- Scientific Writing and Data Analysis
- Capstone in Exercise Science

#### Laboratory Instructor:

- Exercise Physiology Lab
- Clinical Exercise Physiology Lab
- Anatomy and Physiology Lab

### **Peer Reviewed Publications**

*\*Items above dotted line indicate work published while employed at CofC.*

1. Sieveredes, JC, Thomas, DD, Bornstein, DB, Bergamin, M, Changler, J and **Dudgeon, WD**. Heart Rate Validity of Consumer-based Optical Wrist-based Fitness Monitors. *Medicine and Science in Sport and Exercise*. (In review)
2. **Dudgeon, W.D.**, Scheett, T.P. Flynn, M.G. Suspension Training Improves Muscular Endurance, Cardiovascular Fitness, and Body Composition in College-Aged Women. *Journal of Sports Sciences* (In Review)
3. **Dudgeon, W.D.**, Buchanan, L.A., Strickland, E.A., Scheett, T.P., Garner D.P. Performance Mouthpiece Use During Heavy Resistance Exercise Influences Serum Cortisol and Lactate. *Cogent Medicine* (In Press)
4. Jagggers, J.R., Snead, J.M., Lobelo, R.L.F., Hand, G.A **Dudgeon, W.D.**, Prasad, V.L., Burgess, S.E., Blair, S.N. Results of a 9 Month Home-Based Physical Activity Intervention of People Living with HIV. *International Journal of Clinical Trials*. August 2016 DOI: 10.18203/2349-3259.ijct20162793

5. **Dudgeon, W.D.**, Kelley, E. P., Scheett, T.P. Effect of Whey Protein in Conjunction with a Caloric-Restricted Diet and Resistance Training. *Journal of Strength and Conditioning Research*. September 15, 2016 DOI 10.1519/JSC.0000000000001196
6. **Dudgeon, W.D.**, Kelley, E.P., Scheett, T.P. In a Single-Blind, Matched Group Design: Branched-Chain Amino Acid Supplementation and Resistance Training Maintains Lean Body Mass During a Caloric Restricted Diet. *Journal of the International Society of Sport Nutrition*. January; 13(1), 2016 DOI 10.1186/s12970-015-0112-9
7. **Dudgeon, W.D.**, Herron, J.M. Aartun, J.A., Thomas, D.D., Kelley, E.P., Scheett, T.P. Physiologic and Metabolic Effects of a Suspension Training Workout. *International Journal of Sports Science*. March; 5(2), 2015.
8. Wirth, M.D., Jagers, J.R., **Dudgeon, W.D.**, Hebert, J.R., Youngstedt, S.D., Blair, S.N., Hand, G.A. Association of Markers of Inflammation with Sleep and Physical Activity Among People Living with HIV/AIDS. *AIDS and Behavior*. Nov. 2014. DOI 10.1007/s10461-014-0949-y
9. Jagers, J.R., Hand, G.A **Dudgeon, W.D.**, Phillips, K.D., Durstine, J.L., Blair, S.N. Short Term Aerobic and Resistance Training Improves Mood State Among Adults Living with HIV. *International Journal of Sports Medicine*. Feb; 36 (2): 175-181 2014. DOI 10.01055/s-0034-1385878
10. Jagers, J.R., Prasad, V. K., **Dudgeon, W.D.**, Blair, S.N., Sui, X, Burgess, S.E., Hand, G.A. Associations Between Physical Activity and Sedentary Time on Components of Metabolic Syndrome Among Adults with HIV. *AIDS Care*. May; 26(11):1387-1392, 2014.
11. Jagers, J.R., **Dudgeon, W.D.**, Burgess, S.E., Phillips, K.D., Blair, S.N., Hand, G.A. Psychological Correlates of HIV-related Symptom Distress. *Journal of Association of Nurses in AIRS Care*. July-August:25(4): 309-317, 2014.
12. Jagers, J.R., **Dudgeon, W.D.**, Blair, S.N., Sui, X., Burgess, S.E., Wilcox, S., Hand, G.A. A home-based exercise intervention to increase physical activity among people living with HIV: study design of a randomized clinical trial. *BMC Public Health*. 2013, 13:502.
13. Hand, G. A., Lyerly, G.W, Jagers, J.R., **Dudgeon, W.D.** (2012) "HIV: Role of Exercise in Promoting Health." In J. Rippe (Ed.), *Encyclopedia of Lifestyle Medicine & Health*. (pp. 562-567). Thousand Oaks, CA: SAGE Publications.
14. **Dudgeon, W.D.**, Jagers, J. R., Phillips, K. D., Durstine, J. L., Burgess, S. E., Lyerly, G. W., Davis, J. M., Hand, G. A. Moderate Intensity Exercise Improves Body Composition and Improves Physiology Markers of Stress in HIV-Infected Men. *ISRN AIDS*. December: 1-14, 2012.
15. Garner, D.P., **Dudgeon, W.D.**, and McDivitt, E.J. The Effects of Mouthpiece Use on Cortisol Levels during an Intense Bout of Resistance Exercise. *Journal of Strength and Conditioning Research*. October; 25(10):2866-71, 2011.
16. Garner, D.P., **Dudgeon, W.D.** Scheett, T.P. and McDivitt, E.J. The Effects of Mouthpiece Use on Gas Parameters during Steady State Exercise. *Journal of the American Dental Association*. September; 142(9):1041-1047, 2011.
17. **Dudgeon, W.D.**, Phillips K.D, Lyerly, G.W., Davis, J.M., Durstine, J.L., Burgess, S.E., and G.A. Hand. Individual Exercise Sessions Alter Circulating Hormones and Cytokines in HIV-Infected Men. *Journal of Applied Physiology, Nutrition & Metabolism*. August; 35(4):560-568, 2010.
18. Hand, G.A., Jagers, J.R., Lyerly, G.W., and **W.D. Dudgeon**. Physical Activity and Cardiovascular Disease Prevention in Patients with HIV/AIDS. *Current Cardiovascular Risk Reports*. July; 3(4):288-295, 2009

19. Hand, G.A., Lyerly, G.W., Jagers, J.R., and **W.D. Dudgeon**. Impact of Aerobic and Resistance Exercise on Health of HIV-Infected Persons. *American Journal of Lifestyle Medicine*. 3: 489-499, 2009
20. Hand, G.A., Phillips, K.D., **Dudgeon, W.D.**, Lyerly, G.W., Durstine, J.L., and S.A. Burgess. Moderate Intensity Exercise Training Reverses Functional Aerobic Impairment in HIV-Infected Individuals. *AIDS Care* Oct; 20(9):1066-1074, 2008.
21. Hand G.A., Phillips K.D., and **W.D. Dudgeon**. Perceived Stress in HIV-Infected Individuals: Physiological and Psychological Correlates. *AIDS Care* Nov; 18(8):1011-1017, 2006.
22. **Dudgeon, W.D.**, Phillips, K.D., Carson, J.A., Brewer, R.B., and Hand, G.A. Counteracting Muscle Wasting in HIV-Infected Individuals. *HIV Medicine* Jul; 7(5):299-310, 2006.
23. Phillips, K.D., Bopp, C.M., Mock, K.S., **Dudgeon, W.D.** and G.A. Hand. Spiritual Well-Being, Sleep Disturbance, and Mental and Physical Health Status in HIV-Infected Individuals. *Issues in Mental Health Nursing* Feb-Mar; 27(2):125-39, 2006.
24. Hand, G.A., Phillips, K.D., **Dudgeon, W.D.**, and W.D. Skelton. Stress reduction as a means to enhance oral immunity in HIV-infected Individuals. *Journal of the Association of Nurses in AIDS Care* 16(5):58-63, 2005.
25. Phillips K.D., Sowell R.L., **Dudgeon W.D.**, and G.A. Hand: Sleep quality and health-related quality of life in HIV-infected African American women of childbearing age *Quality of Life Research* 14(4):959-70, 2005
26. Phillips, K.D., **Dudgeon, W.D.**, Becker, J., and C.M. Bopp. Sexually Transmitted Diseases in Men. *Nursing Clinics of North America* 39(2); 357-377, 2004.
27. Robbins, J.L., Phillips, K.D., **Dudgeon, W.D.**, and G.A. Hand: Physiological and psychological correlates of sleep in HIV infection. *Clinical Nursing Research* 13(1): 33-51, 2004.
28. **Dudgeon W.D.**, Phillips K.D., Bopp C.M., and G.A. Hand: Physiological and psychological effects of exercise interventions in HIV disease. *AIDS Patient Care and STDs* 18(2): 1-16, 2004.
29. Bopp C.M., Phillips K.D., Sowell R.L., **Dudgeon, W.D.**, and G.A. Hand: Physical activity and immunity in HIV-infected individuals. *AIDS Care* 16(3): 387-393, 2004.

### Book Chapters

1. Nieman, David C., Kelley, Elizabeth P. & Dudgeon, Wesley D. *Lifestyle Medicine, 3<sup>rd</sup> Edition*. Chapter 47: Exercise, Inflammation and Respiratory Infection. Ed. James M. Rippe, Taylor and Francis Group, Boca Raton, FL.
2. Barfield, W.R., Flynn, M.G., Pratt, M.S. \*, Gray, M.L. \* and **Dudgeon, W.D.** *Bone Mineral Density*. Chapter 1: Race Influence Bone Mineral Density in Pre-, Peri- and Postmenopausal Women. Ed. Aubrey M. Stone. New York: Nova Science Publishers, Inc., 2015. Pages 1-34.

---

3. *ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, 3<sup>rd</sup> Edition*. Chapter 28: Acquired Immune Deficiency Syndrome. Hand, G.A., **Dudgeon, W.D.** and G.W. Lyerly. 2009

4. *ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, 3<sup>rd</sup> Edition*. Chapter 50: Stress and Anxiety Disorders. Hand, G.A., Jagers, J.R., and **Dudgeon, W.D.** 2009

**Peer-Reviewed Published Abstracts**

1. Heart Rate Validity of Consumer Wrist-Based Monitors. N. Sealover, J.C. Sieverdes, D.D. Thomas<sup>1</sup>, D.B. Bornstein, Hoover AM., Puleo HM., and **W.D. Dudgeon**. *SEACSM Abstracts*. (In Review)
  2. The Role of Low Level Laser Light Therapy on Muscle Fatigue. Keeter, C.A.\*, **Dudgeon, W.D.** Jones, L.R. Colonial Athletic Association Undergraduate Research Conference. (March 31, 2017)
  3. Increased Time to Fatigue Following 28 Days of Mushroom Blend Supplementation. D. D. Thomas, **W.D. Dudgeon**, W. J. Dauch, T.P. Scheett. *American College of Sports Medicine 2017* (Accepted for Presentation June 2, 2017)
  4. Decreased Blood Lactate Concentration with 28 Days of Mushroom Blend Supplementation. **W.D. Dudgeon**, D. D. Thomas, W. J. Dauch, T.P. Scheett. *Experimental Biology 2017*. (Accepted for Oral Presentation on April 24 2017)
  5. Seven Days of Mushroom Blend Supplementation Improves Measures of Aerobic and Anaerobic Fitness. **W.D. Dudgeon**, D. D. Thomas, W. J. Dauch, M.M. McLeod, T.P. Scheett. *American College of Sports Medicine 2017* (Accepted for Presentation June 2, 2017)
  6. Effect of Near Infrared Laser Light on Muscle Fatigue. **W.D. Dudgeon** and L.R. Jones. *Medicine & Science in Sport & Exercise*. 48 (5):1133, June 2016.
  7. Suspension Training Did Not Lower Inflammatory Monocyte Levels of Platelet Monocyte Complexes in College-Aged Females. S.A. Tucci\*, R.V. Starker\*, E.P. Kelly\*, W.N. Bezdek\*, C.R. Ignatowicz\*, M.D. Phillips, **W.D. Dudgeon**. *SEACSM Abstracts 44: P58, 2016*.
  8. Performance Mouthpiece Use During Heavy Resistance Exercise Increases Total Work Performed. **Wesley D. Dudgeon**, Larry A. Buchanan, Ashley E. Strickland, Dena P., Garner, Timothy P. Scheett. *Medicine & Science in Sport & Exercise*. 46 (5):911, May 2014.
  9. Results of a Home-Based Exercise Intervention to Increase Physical Activity among People Living with HIV. Jason R. Jagers, Vivik Prasad, **Wesley D. Dudgeon**, Gregory A. Hand, Stephanie A. Burgess, Martin I. Kalinski, Steven N. Blair, *Medicine & Science in Sport & Exercise*. 46 (5):1055, May 2014.
  10. Marathon Training Does Not Significantly Reduce Markers of Inflammation in Young Adults. Joseph P. Flynn\*, **Wesley D. Dudgeon**, T.P. Scheett, M.G. Flynn. *SEACSM Abstracts 42: P58, 2014*.
  11. Stress and Mood in Military College Students. **Wesley D. Dudgeon**, Alexis M. Coslick\*, Dena P. Garner. *SEACSM Abstracts 42: TP22, 2014*.
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12. Performance Mouthpiece Improves X-Factor in Young and Old Golfers. Dena P. Garner, Timothy P. Scheett, Erica M. McDivitt, Ben Hepner and **Wesley D. Dudgeon**. *NSCA Abstracts, 2013*.

13. Jason R. Jagers, Gregory A. Hand, Vivek Prasad, Xuemei Sui, Stephanie Burgess, **Wesley D. Dudgeon**, Steven N. Blair: Changes in daily physical activity significantly affects body composition in Hiv+ adults taking antiretroviral therapy. *Medicine and Science in Sports and Exercise* 45, 2013.
14. Mouthpiece Use Improves Performance in Collegiate Golfers. Justin C. Tretera\*, Dena P. Garner, Timothy P. Scheett, Erica M. McDivitt, and **Wesley D. Dudgeon**. *SEACSM Abstracts* 41:P63, 2013.
15. Reduced Functional Aerobic Capacity in a Sample of HIV+ Adults From The Southeastern United States: A Comparison of Males and Females. Jagers, Vivek K. Prasad, **Wesley D. Dudgeon**, Stephanie Burgess, Steven N. Blair, and Gregory A. Hand. XIX International AIDS Conference, Washington, D.C. *XIX International AIDS Conference Abstracts* THPE042, 2012.
16. Assessment of Suspension Training Workouts in Collegiate Women. A. Fortune\*, H. Lund\*, B. Wright\*, H. Sayer\*, J. Holler\*, B. Monk\*, M. Roberts\*, M. Grieff,\* **Wesley D. Dudgeon** and Timothy P. Scheett. *NSCA Abstracts* 35: P188, 2012.
17. Evidence of Functional Aerobic Impairment Among Adults Living with HIV. Jason R. Jagers, Vivek K. Prasad, **Wesley D. Dudgeon**, Stephanie Burgess, Steven N. Blair, and Gregory A. Hand. 2012 American College of Sports Medicine Annual Scientific Conference. San Francisco, CA. *Medicine & Science in Sports & Exercise*. 44(5):455, May 2012.
18. Blood Lactate Levels are Lower Following Intense Exercise with the Use of a Mouthpiece. **Wesley D. Dudgeon**, Larry A. Buchanan, Ashley E. Strickland and Timothy P. Scheett. 2012 American College of Sports Medicine Annual Scientific Conference. San Francisco, CA. *Medicine & Science in Sports & Exercise*. 44(5):387, May 2012.
19. Mouthpiece Use Reduces Post Exercise Serum Cortisol Levels. **Wesley D. Dudgeon**, Timothy P. Scheett, Larry A. Buchanan, Ashley E. Strickland and Dena P. Garner. 2012 Experimental Biology Scientific Meeting. *Experimental Biology Abstracts* P397:3430, 2012.
20. A Dose Response Assessment of Suspension Training Workouts in College-Aged Women. A. Fortune, H. Lund, B. Wright, H. Sayer, J. Holler, B. Monk, M. Roberts, M. Grieff, **Wesley D. Dudgeon** and Timothy P. Scheett. *SEACSM Abstracts* 40: P81, 2012.
21. Testosterone Cortisol Ratio Improves in Collegiate Football Players with Use of Performance Mouthpiece. Dena P. Garner, Erica. J. McDivitt, Timothy P. Scheett and **Wesley D. Dudgeon**. *SEACSM Abstracts* 40: P51, 2012.
22. Mouthpiece Use Decreases Lactate During High-Intensity Resistance Training. **Wesley D. Dudgeon**, Timothy P. Scheett, Erica. J. McDivitt and Dena P. Garner. *SEACSM Abstracts* 40: P50, 2012.
23. Evidence of Functional Aerobic Impairment Among Adults Living with HIV. Jason R. Jagers, Vivek K. Prasad, **Wesley D. Dudgeon**, Stephanie Burgess, Steven N. Blair, and Gregory A. Hand. *SEACSM Abstracts* 40: O22, 2012.
24. Effects of acupuncture on psychological stress and viral load in African-Americans living with HIV/AIDS. J.R. Jagers, **W.D. Dudgeon**, O. Basagra and G.A. Hand. *APHA Annual Meeting Abstracts* 138: 228711, 2010.
25. Suspension Training Improves Muscular Endurance, Muscular Strength, Cardiovascular Fitness and Body Composition in College-Aged Females. G. Walker, M. Schecker, B. Heck, C. Luhn, T. Gore, K. Stevens, J. Ziker, **W.D. Dudgeon** and T. P. Scheett. *NSCA Abstracts* 34: P284, 2011.



26. Effect of Suspension Training of Flexibility and Balance in College-Aged Women. J. Ziker, T. Gore, G. Walker, M. Schecker, C. Luhn, B. Heck, **W.D. Dudgeon** and T. P. Scheett. *NSCA Abstracts* 34: P283, 2011.
27. Suspension Training Improves Muscular Endurance, Muscular Strength, Cardiovascular Fitness and Body Composition in College-Aged Females. G. Walker, M. Schecker, B. Heck, C. Luhn, T. Gore, K. Stevens, J. Ziker, **W.D. Dudgeon** and T. P. Scheett. *SEACSM Abstracts* 39: P59, 2011.
28. Effect of Suspension Training on Flexibility and Balance in College-Aged Women. J. Ziker, T. Gore, G. Walker, M. Schecker, C. Luhn, B. Heck, **W.D. Dudgeon** and T. P. Scheett. *SEACSM Abstracts* 39: P68, 2011.
29. Mouthpiece use Increases  $VO_2$ ,  $VCO_2$  and  $VO_2/kg$  During Steady State Running D.P. Garner, M.A. Rodriguez\*, **W.D. Dudgeon**, E.J. McDivitt and T.P. Scheett. *SEACSM Abstracts* 39: P95, 2011.
30. Anabolic Hormonal Responses to an Acute Bout of Suspension Training. Timothy P. Scheett, Johannes D. Aartun, D. David Thomas, Judith Herrin\*, and **Wesley D. Dudgeon**. *NSCA Abstracts*. July 2010.
31. Effects of Suspension Training on the Growth Hormone Axis. **Wesley D. Dudgeon**, Johannes D. Aartun, D. David Thomas, Judith Herrin\*, and Timothy P. Scheett. *NSCA Abstracts*. July 2010.
32. Association of Psychological and Physiological Stress among HIV-Infected Individuals. J.R. Jagers, **W.D. Dudgeon**, S.E. Burgess, J.L., Durstine, G.W. Lyerly, K. D. Phillips, G.A. Hand. *APHA Annual Meeting Abstracts* 138: 228711, 2010
33. Physical Activity Reduces Risk Factors for Cardiovascular Disease in HIV-Infected Individuals. G.A. Hand, J.R. Jagers, **W.D. Dudgeon**, S.E. Burgess, J.L., Durstine, G.W. Lyerly, K. D. Phillips. *APHA Annual Meeting Abstracts* 138: 228889, 2010
34. Physiological Markers as a Gauge of Intensity for Suspension Training Exercise., T.P. Scheett, J. Aartun, J. Herrin, D. Thomas, and **W.D. Dudgeon**. *Medicine & Science in Sports & Exercise*. 42(5):696, May 2010
35. Metabolic Responses During and Following a Suspension Training Workout. **W.D. Dudgeon**, J. Aartun, J. Herrin\*, D. Thomas, and T.P. Scheett. *Medicine & Science in Sports & Exercise*. 42(5):695-696, May 2010.
36. Jagers, J.R., Phyllips, K.D., Dudgeon, W.D., Burgess, S.E., Durstine, J.L., Hand, G.A. Reductions in total resting cortisol at wake following moderate intensity resistance and aerobic exercise training. *Medicine & Science in Sports & Exercise*. 42(5):2504 May 2010.
37. Changes in Body Composition and Salivary Cortisol Following Combined Aerobic and Resistance Training in HIV-Infected Men. Jason R. Jagers, Kenneth D. Phillips, **Wesley D. Dudgeon**, Stephanie Burgess, J. Larry Durstine and Gregory A. Hand. *SEACSM Abstracts* 38: O25, 2010.
38. The Effects of Static Stretching on Jump Characteristics in Female Collegiate Volleyball Players. R. Golding, W. Frail, A. Gant, K. Gayman, E. Jackson, T. Logothetis, E. Lovelace, **W. Dudgeon** and T. Scheett. *SEACSM Abstracts* 38: P60, 2010.
39. Effects of Combined Aerobic and Resistance Training on Bone Mineral Density in HIV-Infected Men. Gregory A. Hand, Jason R. Jagers, Kenneth D. Phillips, **Wesley D. Dudgeon**, Stephanie Burgess and J. Larry Durstine. *SEACSM Abstracts* 38: P43, 2010.

40. An Evaluation of the TRX Suspension Training System. J. Aartun, M. Ervin, Z. Halewood, R. Hensley, B. Morris, A. Snipe, **W. Dudgeon** and T. Scheett. *SEACSM Abstracts* 38: P10, 2010.
41. Physiological Responses During and Following a Single Suspension Training Workout. K. Devine\*, T. Scheett, J. Herrin, D. Thomas, J. Aartun, E. Green\* and **W. Dudgeon**. *SEACSM Abstracts* 38: P107, 2010.
42. Caloric Expenditure of a Suspension Training Workout. E. Green\*, **W. Dudgeon**, J. Herrin\*, D. Thomas, J. Aartun, K. Devine and T. Scheett. *SEACSM Abstracts* 38: P7, 2010.
43. Moderate Intensity Exercise Training Improves Lipid Profile in HIV-Infected Men. G.A. Hand, J.R. Jagers, G.W. Lyerly, **W.D. Dudgeon**, K.D. Phillips, J.L. Durstine, S.A. Burgess. *Medicine and Science in Sports and Exercise*. Volume 41: (Suppl. 5) S498, 2009.
44. Improved Lipid Profile in HIV Positive Men after 6 Weeks of Combined Resistance and Aerobic Training. J. A. Jagers, K.D. Phillips, **W.D. Dudgeon**, G.W. Lyerly, S.E. Burgess, J.L. Durstine, and G.A. Hand. *SEACSM Abstracts* 37: O8, 2009.
45. Moderate Intensity Exercise Training Reduces Body Fat in HIV-Infected Men. **W.D. Dudgeon**, K.D. Phillips, S.E. Burgess, J.L. Durstine, J.M. Davis, G.W. Lyerly, G.A. Hand. *SEACSM Abstracts* 37: P51, 2009.
46. Exercise as a Treatment for the Comorbidities of HIV Disease. G.W. Lyerly, **W.D. Dudgeon**, S. Burgess, J.L. Durstine, and G.A. Hand. *2008 SC HIV/AIDS Conference*.
47. C. Brown, E. Burger, J. Gray, S. Singleton, T. Carroll, and **W.D. Dudgeon**. Effects of Lean Body Mass on Power and Performance in Division I Softball Players. 2008 College of Charleston School of Science and Math Undergraduate Research Fair.
48. A. Russell, A. Dooley, R. McEwen, J. Konoza, T. Carroll, and **W.D. Dudgeon**. Evaluating the Hoff Test as a Predictor of Aerobic Fitness in Female College Soccer Players. 2008 College of Charleston School of Science and Math Undergraduate Research Fair.
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87. Bopp, C.M., Phillips K.D., **Dudgeon W.D.**, Burgess S., Ewing G.B., Durstine J.L., and G.A. Hand: Differential time course for improvements in mental and physical health following exercise training in HIV-infected individuals. *Physical Activity and Mental Health. Cooper Institute Conference Series Abstracts* 1: S1, 2003.
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89. **Dudgeon W.D.**, Phillips, K.D., Bopp, C.M., Fulk, L.J., Ewing, G., Durstine, J.L., and G.A. Hand: Relationships among mental health, physical health and regional body fat distribution in HIV-infected individuals. *Brain, Behavior, and Immunity* 17: 171, 2003.
90. Bopp C.M., Phillips, K.D., **Dudgeon, W.D.**, Fulk, L.J., Ewing, G., Durstine, J.L., and G.A. Hand: The effects of 6-weeks of exercise training on mental and physical health in HIV-infected men and women. *Brain, Behavior, and Immunity* 17: 162, 2003.
91. **Dudgeon W.D.**, Phillips, K.D., Bopp, C.M., and G.A. Hand: Effects of aerobic exercise on body composition of HIV-infected individuals. Alpha Xi Chapter, Sigma Theta Tau, the International Honor Society of Nursing, ViewPoints, 2003.

### Tutorials/Symposiums

Presenter: (Symposium) NSCA-ACSM Symposium: Resistance Training for the Management and/or Treatment of Clinical Diseases. 2009 American College of Sports Medicine Annual Meeting. Seattle, WA. May 2009.

Presenter: (Symposium) Wasting Disease in Humans: from Animal Research to Clinical Exercise Application. 2008 American College of Sports Medicine Annual Meeting. Indianapolis, IN. May 2008.

Presenter: (Tutorial) Physiological and Performance Effects of Exercise in HIV-Infected Persons. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Charlotte, North Carolina, February 2007.

Presenter: (Symposium) Exercise in HIV+ Persons: Cardiovascular Responses. American College of Sports Medicine Annual Meeting. Nashville, Tennessee, June, 2005

\*Indicates Citadel student

### Presentations

- Presenter: Exercise as a Treatment for the Co-Morbidities of HIV Disease. South Carolina HIV/AIDS Conference. Columbia, SC. October 15, 2008.
- Presenter: Moderate-Intensity Exercise Alters Circulating Hormones and Cytokines in HIV-Infected Men. American College of Sports Medicine Annual Meeting. New Orleans, Louisiana, May, 2007.
- Presenter: Moderate-Intensity Exercise Improves Mental Health and Mood in HIV-Infected Persons. American College of Sports Medicine Annual Meeting. Denver, Colorado, June, 2006.
- Presenter: Elevated Stress Hormone Levels in HIV-Infected Men and Women. Graduate Student Day, University of South Carolina, Columbia, South Carolina. April, 2006
- Presenter: Influence of Exercise on Mental Health and Mood in HIV-Infected Persons. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Charlotte, North Carolina, February, 2006.
- Presenter: Lean Tissue Mass and Fat Mass Changes in HIV-Infected Persons Following Moderate Intensity Exercise Training. American College of Sports Medicine Annual Meeting. Nashville, Tennessee, June, 2005.
- Invited Speaker: Functional Testing of Clients and Athletes. South Carolina Strength and Conditioning Association State Meeting, Charleston, South Carolina, May 21-22 2005.
- Presenter: HIV and Exercise. Graduate Student Day, University of South Carolina, Columbia, South Carolina. April, 2005.
- Invited Speaker: The role of exercise in HIV Disease. College of Nursing, University of South Carolina, Columbia, South Carolina. February, 2005
- Invited Speaker: HIV Disease: Where does exercise fit? Arnold School of Public Health, Dept. of Exercise Science seminar series, Columbia, South Carolina, February 2005.
- Presenter: Effects of moderate intensity exercise on body composition of HIV-infected persons. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Charlotte, North Carolina, January 2005.
- Invited Speaker: Effects of a 6-week exercise program on markers of physical and mental health in HIV-infected persons. South Carolina HIV/STD Conference, Columbia, South Carolina, October 2004.
- Invited Speaker: Exercise and HIV/AIDS. Arnold School of Public Health, Dept. of Exercise Science seminar series, Columbia, South Carolina, February 2004.
- Presenter: Effects of 6 weeks of exercise on health of HIV-infected individuals. Southeast Chapter of the American College of Sports Medicine Annual Meeting, Atlanta, Georgia, January 2004.
- Presenter: The association of body fat distribution with mental and physical health in HIV-infected adults. Physical Activity and Mental Health: A Multidisciplinary Approach, the Cooper Institute Conference Series, Dallas, TX, October 2003.
- Presenter: Relationships among mental health, physical health and regional body fat distribution in HIV-infected individuals. International Psychoneuroimmunology Research Society Meeting, Amelia Island Florida, May 2003.
- Presenter: Effects of aerobic exercise on the body composition of HIV-infected individuals. Annual Sigma Theta Tau Meeting, Columbia, South Carolina, Fall 2003.
- Invited Speaker: Lunch Break Workouts. Kidron Central Christian High School Summer Basketball Camp, Central Christian High School, Dalton, Ohio (2001).

Presenter: The Equalizer: Foundation, Use, and Potential Athletic and Therapeutic Applications, Senior Project, Malone College, Canton, Ohio (2001).

Invited Speaker: Tuslaw High School Chapter of the Fellowship of Christian Athletes, Tuslaw High School, Dalton, Ohio (2001).

Invited Speaker: The Basic Techniques of a Successful Jump Shot. YMCA Summer Basketball Camp, Van Wert, Ohio (1998).

Invited Speaker: Annual Fall Sports Banquet, Calvary Evangelical Church, and Van Wert, Ohio (1998).

**Thesis Advisor**

*Effects of a Mouthpiece on Stress and Mood in Cadets at a Military College.*

Alexis M. Coslick. 2010

*Mouthpiece use Reduces Serum Cortisol During and After Acute Exercise.*

Larry A. Buchanan. 2012

*Performance Mouthpiece Reduces Blood Lactate Concentrations During and After Resistance Training Exercise.* Ashley E. Strickland. 2012

**Funded Research Projects**

<b><u>Agency</u></b>	<b><u>Amount</u></b>	<b><u>Topic</u></b>	<b><u>Role</u></b>
American College of Sports Medicine (2004)	\$5,000	Impact of Acute Exercise on Circulating Anabolic and Catabolic Factors in HIV+ persons.	Primary Investigator
Univ. of South Carolina (2005)	\$15,000	Role of Exercise in Attenuating the Loss of Muscle Mass in HIV+ Men	Primary Investigator
The Citadel Foundation (2008)	\$3,000	Hormone Responses to Suspension Training	Primary Investigator
Fitness Anywhere, Inc. (2008)	\$5,000	Effects of TRX Training on Fitness of Citadel Cadets	Co-Primary Investigator
Scivation, Inc. (2009)	\$9,000	Effect of Amino Acids and Low Carbohydrate Diet on Body Composition	Co-Primary Investigator
The Citadel Foundation (2009)	\$2,250	Suspension Training Effects on Circulating Cytokines	Primary Investigator
NIH 1 P20 MD001770-03 (2008-10)	\$200,000 (USC)	The Effects of Acupuncture on Stress and Oral Health in HIV+ Persons	Investigator
NIH/NINR	\$227,583	Home Based Exercise for the	Investigator

1R21NR011281-01A2 (2010-13)	(USC)	Prevention of HIV-associated Cardiovascular Disease (Subcontract to Citadel for \$67,803)	
The Citadel Foundation (2010)	\$2,100	The Anti-Inflammatory Effects of Of Single Suspension Training Workout	Primary Investigator
Bite Tech, Inc. (2010-12)	\$25,000	Role of Mouthpiece on HPA- and SAM-Axis Functioning	Primary Investigator
Bite Tech, Inc. (2009-10)	\$6,000	Effects of Wearing a Mouthpiece on Stress and Mood in Cadets	Primary Investigator
The Citadel Foundation (2011)	\$2330	The Effects of Mouthpiece Use on Cortisol, Lactate, Heart Rate	Primary Investigator
The Citadel Foundation (2012)	\$2477	The Effects of Mouthpiece Use On CRF, ACTH & TEST.	Primary Investigator
BANa Bottling, Inc. (2014)	\$8,000	The Effect of Electrolyte-Rich on Post Exercise Rehydration	Primary Investigator
Sciavation Nutrition, Inc.	\$31,000	Role of PeakO <sub>2</sub> on Performance	Primary Investigator

**Citadel Foundation Development Awards**

<b>Event</b>	<b>Amount</b>	<b>Location</b>	<b>Year</b>
American College of Sports Medicine - American Physiological Society	\$792	Hilton Head, SC	2008
National Strength & Conditioning Association	\$1578	Las Vegas, NV	2011
National Coaches Education Conference	\$1120	Colorado Springs, CO	2011
Experimental Biology Scientific Conference	\$920	San Diego, CA	2012

**Citadel Foundation Presentation Awards**



<b>Event</b>	<b>Amount</b>	<b>Location</b>	<b>Year</b>
American College of Sports Medicine	\$1526	Seattle, WA	2009
American College of Sports Medicine	\$1318	Baltimore, MD	2010
Experimental Biology Scientific Conference	\$1161	San Diego, CA	2012
American College of Sports Medicine	\$659	San Francisco, CA	2012

<b>Agency</b>	<b>Proposals in Review</b>		<b>Role</b>
	<b>Amount</b>	<b>Topic</b>	
Fitness Anywhere, Inc.	\$75,829	TRX Suspension Training: Dose Response Study	Primary Investigator