

W. Jeffrey Armstrong, Ph.D.
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EDUCATION

1995-1998 Ph.D., *Exercise Physiology*
(with added emphasis in *Research Methods and Statistical Measures*)
The University of Toledo, Toledo, OH

Minor: *Human Anatomy*
Medical College of Ohio, Toledo OH

1985-1986 M.S., *Exercise Physiology*
West Virginia University, Morgantown, WV

1981-1985 B.S., *Geology*
West Virginia University, Morgantown, WV

TEACHING EXPERIENCE

1999-present *Assistant Professor, Eastern Michigan University*
PEGN 210 Lifetime Wellness and Fitness
PHED 440 Tests and Measurement in Physical Education
PHED 505 Basic Statistics in Physical Education
PHED 592 Advanced Human Physiology for Sports Medicine
PHED 592 Advanced Exercise Physiology for the Physical Educator
PHED 677 Research, Design, and Theory in Physical Education
SPMD 278 Human Anatomy—Sports Medicine
SPMD 279 Human Physiology—Sports Medicine
SPMD 279 Anatomy & Physiology for Health Professionals
SPMD 431 Pathology for Sports Medicine
RECR 479 Grant Writing in Recreation

1998-1999 *Visiting Lecturer, Eastern Michigan University*
PEGN 210 Lifetime Fitness and Wellness
PHED 300 Physiology of Exercise
PHED 440 Tests and Measurements in Physical Education
PHED 505 Basic Statistics in Physical Education
PHED 592 Advanced Human Physiology for Sports Medicine
PHED 677 Research, Theory, and Design in Physical Education
SPMD 278 Human Anatomy—Sports Medicine
SPMD 279 Human Physiology—Sports Medicine
SPMD 410 Lab Techniques in Human Performance Analysis

1998 *Adjunct Assistant Professor, The University of Toledo*
PED 3520 Exercise Physiology
Cadaver preparation for PED 2510 (Anatomy)

The University of Toledo (cont.)

1995-1998 *Graduate Teaching Assistant, The University of Toledo*

- PED 250 Anatomy & Physiology I (lecture & lab)
- PED 251 Anatomy (lab & provided guest lectures)
- PED 252 Anatomy & Physiology II (lab & provided guest lectures)
- PED 356 Exercise Physiology (provided guest lectures)

- PED 108 Exercise & Health (lecture & lab)
- PED 100 Beginning Bowling
Beginning Tennis
Beginning Weight Training
Personal Conditioning
- PED 1080 Exercise & Health (lecture & lab)
- PED 1010 Beginning Badminton
Beginning Tennis
- PED 2530 Human Physiology (lab)

1996-1997 *Instructor, The University of Toledo, Adult Continuing Education*

- Co-Ed Weight Training
- Walking
- Weight Training for Women

1993-1994 *Instructor, Tag-Team Personal Fitness Company, Instructor Training School*

- Developed and taught preparation course for the American Council on Exercise (A.C.E.) Personal Trainer Certification Exam.

1993 *Instructor, Community College of Allegheny County, Adult Continuing Education*

- Weight Training for Men and Women

1990-1992 *Instructor in Physical Education, Ambassador University*

- PE 100 Basic Weight Training I
Basic Weight Training II
Cross-Country
Fitness/Cross-Country
Flag Football
Outdoor Recreation (Mountain Biking)
Racquet Sports (Tennis, Badminton, Racquetball)
Volleyball

RELATED WORK EXPERIENCE

- 1994-1995 *Personal Trainer, **Custom-Fit**, Murrysville, PA*
- Personal Trainer, **Pittsburgh Jewish Community Center**, Pittsburgh, PA*
- 1992-1994 *Manager, Personal Trainer, Education Coordinator, **Tag-Team Personal Fitness Center**, McMurray, PA*
- 1992 *Fitness Director, **Meadows Fitness & Racquet Club**, Washington, PA*
- 1989-1990 *Personal Trainer, **Body Elite**, New York, NY*
- 1988-1989 *Exercise Physiologist, **Cardio-Fitness Corporation**, New York, NY*
- 1987 *Personal Trainer, **Bodies**, Pittsburgh, PA*
- 1986-1987 *Director of Health & Fitness, Sales, **Manor Courts Health & Racquetball Club**, Pittsburgh, PA*
- 1986-1987 ***American Corporate Health Programs***
*Exercise Technician, **Westinghouse 'Lifestyles' Fitness Center**, Pittsburgh, PA*
*Intern, **Alcoa Preventative Medical Program**, Pittsburgh, PA*

SERVICE TO EASTERN MICHIGAN UNIVERSITY:

University:

- September 1999-present* Member, **Faculty Council**
- September 2000-present* Member, **Faculty Council Executive Board**
Chair, **Intercollegiate Athletics Advisory Committee**
Chair, **IAAC Sub-committee for Student-Athlete Welfare**
- September 2000-present* Member, **Graduate Council**
Member, **Academic Dismissal Appeals Committee**
- March-August 2001* Member, **Graduate Council Executive Board**
Interim Chair, **Academic Dismissal Appeals Committee**
- February 2001-present* Member, **Graduate Student Experience Cross-Cutting Strategic Planning Committee (FC Representative)**

College of Education:

- January 2000-present* Member, **College of Education Human Subjects Review Committee**

Department of Health, Physical Education, Recreation, and Dance:

January 2000-present **Exercise Science Graduate Program Coordinator**
Co-Chair, **HPERD Graduate Committee**

April 1999-present **HPERD Advisory Council**

April 1999-September 2000 **Exercise Science Program Coordinator**

PUBLICATIONS & PRESENTATIONS

Journal Articles

Acute hormonal responses to buccal administration of 4-androstene 3,17-dione in strength-trained young males. S. J. McGregor, **W. J. Armstrong**, S. Kolosinski, and J. A. Yaggie. (*in review*)

Effects of a yoga-based home-exercise program on flexibility in older women. **W. J. Armstrong** and J. M. Scott Smedley. (*in review*)

Flexibility outcomes of children with spastic cerebral palsy during a semester of play-based therapy. J. A. Yaggie and **W. J. Armstrong**. *Clinical Kinesiology*. (*in print*)

Spastic diplegic cerebral palsy: an introduction to its characteristics, assessment and treatment options. J. A. Yaggie and **W. J. Armstrong**. *Clinical Kinesiology*. (*in print*)

Reliability of a resistance exercise protocol designed to evaluate the effectiveness of ergogenic aids. C. P. Lambert, D. E. Armstrong, D. Jacks, **W. J. Armstrong**, and M. G. Flynn. *Journal of Applied Sports Science Research*. (*in print*)

The effect of commercial thermogenic weight loss supplement on body composition and energy expenditure. **W. J. Armstrong**, P. Johnson, and S. Duhme. *Journal of Exercise Physiology online*. 4(2):28-34, 2001.

The effect of training while breathing oxygen-enriched air on time-to-exhaustion and aerobic capacity. **W. J. Armstrong**, D. Jacks, J. Sowash, and F. F. Andres. *Journal of Exercise Physiology online*. 3(2):12-20, 2000.

The effects of play-based therapy on parameters of balance. J. A. Yaggie and **W. J. Armstrong**. *Clinical Kinesiology*. 53(4):91-95, 1999.

Abstracts and Presentations

- The effect of thermogenic weight loss supplement on energy intake and blood chemistries in obese adults. S. Duhme, W. J. Armstrong, and P. Johnson. *Medicine and Science in Sports and Exercise*. 33(5):S337, 2001.
- Thermogenic effect and body composition changes with weight loss supplement in obese adults. P. Johnson, **W. J. Armstrong**, and S. Duhme. *Medicine and Science in Sports and Exercise*. 33(5):S337, 2001.
- The effects of play therapy on the flexibility of children with cerebral palsy. **W. J. Armstrong** and J. A. Yaggie. *Medicine and Science in Sports and Exercise*. 33(5):S248, 2001.
- Reproducibility of thoracic electrical bioimpedance (TEB) derived stroke index (SI). M.A. Saval, **W.J. Armstrong**, T.N. Ziegenfuss, and J.K Ehrman. *Medicine and Science in Sports and Exercise*. 33(5):S209, 2001.
- Reproducibility of heart rate variability measures during exercise. D. Kerrigan, **J. Armstrong**, S. Levine, and J. Ehrman. *Medicine and Science in Sports and Exercise*. 33(5):S202, 2001.
- No influence of blood glucose on salivary cortisol at high intensity exercise. D. E. Jacks, J. Anning, T. McLoughlin, **J. Armstrong**, J. Yaggie, and F. Andres. *Medicine and Science in Sports and Exercise*. 32(5):S272, 2000.
- The effect of breathing oxygen-enriched air on time to exhaustion and aerobic capacity. **W. J. Armstrong** (Dissertation, 1998; The University of Toledo Graduate Research Symposium, 1998—slide, *Medicine & Science in Sport and Exercise*. 31(5):S1032, 1999)
- Plasma hormone concentrations after buccal administration of androstenedione in healthy young males. S. McGregor, **W. J. Armstrong**, J. A. Yaggie, S. Kolazinski. The University of Toledo, Toledo, OH. *Medicine & Science in Sport and Exercise*. 31(5):S460, 1999.
- Reliability of a resistance exercise protocol designed to evaluate the effectiveness of ergogenic aids. C. P. Lambert, D. E. Armstrong, D. Jacks, **W. J. Armstrong**, and M. G. Flynn. *Medicine & Science in Sport and Exercise*. 31(5):S227, 1999.
- Effect of oral chondroitin sulfate supplements on muscle soreness, creatine kinase, and markers of inflammation. M. G. Flynn*, W. A. Braun*, **J. Armstrong**, C. P. Lambert, D. Jacks, J. Yates, and E. Mylona. Exercise Physiology Lab, University of Toledo, Toledo, OH and Wastl Human Performance Lab, Purdue University, West Lafayette, IN. *Medicine & Science in Sport and Exercise*. 30(5): S103, 1998.
- No effect of chondroitin sulfate supplementation on factors associated with muscle damage and inflammation induced by eccentric arm curl exercise. W. Braun, **J. Armstrong**, C. Lambert, D. Jacks, J. Yates, E. Mylona, M. Flynn (FACSM). University of Toledo, Toledo, OH and Purdue University, West Lafayette, IN. (Midwest ACSM, 1997--slide)

Influence of hindlimb suspension induced alterations in stress protein 70 content. D. H. Choi, M. G. Flynn, FACSM, T. M. Brickman*, E. Sanchez*, W. A. Braun, C. P. Lambert, J.-S. Ju, P. M. Arnos, and **W. J. Armstrong**. Exercise Physiology Laboratories, The University of Toledo and Dept. of Pharmacology, *Medical College of Ohio, Toledo, OH. *Medicine & Science in Sport and Exercise*. **29(5): S264, 1997.**

Ventilatory entrainment to walking while swinging hand-held weights. **W. J. Armstrong**, J. Schumm, F. F. Andres, The University of Toledo, Toledo, OH 43606. (*Medicine & Science in Sport and Exercise*. **29(5): S288, 1997**; The University of Toledo Graduate Research Symposium, 1997--slide; Midwest ACSM, 1996--poster)

GRANTS & RESEARCH FUNDING

- 2001 Eastern Michigan University, Graduate Studies and Research Support Fund -- \$2,135
Sweat Rates in Patients with Multiple Sclerosis. **W. J. Armstrong** and P. M. Johnson.
- 2000 National Science Foundation \$98,395 (denied)
Ruth Boughner Applied Physiology Laboratory Enhancement. **W. J. Armstrong**.
- 2000 National Institutes of Health/A.R.E.A. -- \$126,482 (denied)
Frequency of resistance training in older adults. **W. J. Armstrong**, S. Levine.
- 2000 Eastern Michigan University, Graduate Studies and Research Support Fund -- \$500
Microgravity-induced deconditioning and atrophy of upper extremity muscle in humans.
W. J. Armstrong and C. Markert.
- 2000 Phoenix Laboratories -- \$13,778
The effectiveness of commercial thermogenic weight loss supplement on fat loss during aerobic training in overweight adults. **W. J. Armstrong**.
- 2000 Eastern Michigan University, Office of Research Development/Dedicated Time for Proposal Development. -- \$1,600
Ruth Boughner Applied Physiology Laboratory Enhancement. **W. J. Armstrong**.
- 1999 Eastern Michigan University/Provost's New Faculty Research Award -- \$5,000
- 1998 Experimental and Applied Sciences/Central Park West Rehabilitation -- \$3,000
Hormonal responses to acute and chronic supplementation with androstenedione in strength trained young males. S. J. McGregor, **W. J. Armstrong**, J. A. Yaggie.
- 1997 The University of Toledo/deArce Memorial Endowment Fund -- \$2,500
The effect of breathing oxygen-enriched air on time to exhaustion and aerobic capacity. F. F. Andres, **W. J. Armstrong**, D. Jacks, and J. Sowash.

RESEARCH IN PROGRESS

Sweat Rates in Patients with Multiple Sclerosis. **W. J. Armstrong**, S. M. Duhme, J. Jeffers, and P. M. Johnson.

MEMBERSHIPS & ASSOCIATIONS

American College of Sports Medicine (ACSM), National and Midwest Regional Chapter

American Physiological Society

HONORS/AWARDS

Who's Who Among America's Teachers, 2000.