Final culminating experiences conducted by our graduate students in collaboration with faculty

- Effect of carbohydrate mouth rinse on high intensity multiple sprint performance
- Cardiorespiratory responses to head out water immersion, high intensity interval exercise.
- Physiological responses to self-selected submaximal and maximal shallow water exercise efforts.
- Neuromechanics in female runners with and without a history of iliotibial band syndrome during a prolonged run.
- Rear-foot biomechanics during running using HOKA versus “neutral” new balance running shoes.
- Muscular activity in collegiate football linemen with and without a prefabricated functional knee brace.
- Temporal aspects of sway and balance in younger and older populations.
- Overuse lower leg injuries in athletes.
- Impact of dynamic versus static warmup on explosive power production.
- Accelerometer derived activity counts and oxygen consumption between young and elderly individuals.
- The effects of exercise on symptoms of restless leg syndrome.
- The acute effect of caffeine consumption on resting metabolic rate.
- Comparison of post-exercise chocolate milk and a commercial recovery beverage consumption between endurance cycling workouts on recovery and performance.
- Delayed onset muscular soreness induction using a modified step test.
- The effect of yoga training on fall risk factors in older adults.
- The effects of orthotics on comfort and performance among male collegiate rugby players.
- Validation of the Borg 15 point RPE scale for tetraplegic athletes.
- Validation of the progressive aerobic endurance run (PACER) test for children 7-13 years old.
- Age-related performance decrements in elite age-group triathletes.
- The effects of aging on swimming and running performance.
- Circumference measures reflect weight and adipose loss in obese patient following a 12-week behavior management program.
• Exercise dose required to enhance quality of life in cancer survivors.
• Physiologic responses to sustained high intensity exercise in collegiate distance runners.
• Swimming performance and velocity at OBLA are linked to propelling efficiency.
• The effect of the use of different anticoagulants in test tubes in the determination of lactate threshold.
• Physiological responses to running, cycling, and water exercise.
• The effects of exercise intervention on recovery from cancer therapy.
• Effects of visual orientation on running economy.
• Validity and reliability of new indirect calorimeter and its associated telemetry systems: the Aerosport KB1-C.
• Creatine monohydrate and swimming performance.
• Cardiovascular & metabolic demands of shallow water exercise.
• Eating attitudes, feelings, and behaviors of collegiate female athletes during competitive and noncompetitive seasons.
• Propelling efficiency in freestyle swimming.
• The Effect of Glycerol Augmented Overhydration on prolonged, varied intensity cycle ergometry.
• Effect of exercise on acute mountain sickness and cognitive function in women taking oral contraceptives.
• Anthropometric, physiological and fitness characteristics of young Japanese males: a comparison with young American males.