

Andrew J. Galpin

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EDUCATION

- Doctorate of Philosophy, Human Bioenergetics** 2008-2011
Ball State University, Muncie IN
Mentor: Scott W. Trappe, Ph.D.
Dissertation: *Fiber Type Specific Protein Analysis in Human Skeletal Muscle*
- Masters of Science, Human Movement Sciences** 2006-2008
University of Memphis, Memphis TN
Mentor: Andrew C. Fry, Ph.D. & Brian K. Schilling, Ph.D.
Thesis: *c-Jun NH2-terminal Kinase (JNK) Activation During High-Power Resistance Exercise In Trained Men*
- Bachelors of Science, Exercise Science** 2001-2005
Linfield College, McMinnville OR
Mentor: Janet Peterson, Ph.D.

PROFESSIONAL EXPERIENCE

- ASSISTANT PROFESSOR**
California State University, Fullerton 2011-present
Department of Kinesiology
- Teach 12 units a semester in the area of Kinesiology
 - Conduct ongoing and focused scholarly and creative activities in the area of skeletal muscle physiology and strength and conditioning
 - Provide ongoing Professional, University, and Community Service
- CONSULTANT & COACH**
- Provided expertise in the fields of strength and conditioning, nutrition, supplementation, exercise prescription and program design, and other related fields to a wide range of professional athletes/organizations
- GRADUATE STUDENT**
Graduate Research Fellow 2008-2011
Human Performance Laboratory, Ball State University
- Influence of aging, unloading, and sport on skeletal muscle from a whole body to gene perspective

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|--|-----------|
| Graduate Research Assistant
<i>Cardiorespiratory & Metabolic Laboratory, University of Memphis</i> <ul style="list-style-type: none">▪ Exercise-induced oxidative stress | 2007-2008 |
| Graduate Research Assistant
<i>Exercise Biochemistry Laboratory, University of Memphis</i> <ul style="list-style-type: none">▪ Resistance exercise and molecular markers | 2006-2007 |
| <i>Hudson Health Center, University of Memphis</i> <ul style="list-style-type: none">▪ Health promotion and screening | 2006-2007 |

TEACHING

California State University, Fullerton

Instructor of Record

- KNES 470 – Nutrition for Exercise and Performance
 - Summer 2013, Spring 2014, Summer 2014, Spring 2015, Spring 2016, Summer 2016
- KNES 458 – Measurement Techniques in Strength and Conditioning
 - Spring 2013, Fall 2013, Spring 2014, Fall 2014, Fall 2015
- KNES 450 – Program Design for Strength and Conditioning
 - Fall 2011, Spring 2012, Fall 2012, Fall 2013, Spring 2014, Fall 2014, Spring 2015, Fall 2015, Spring 2016
- KNES 351 – Principles of Strength and Conditioning
 - Fall 2011, Spring 2012, Fall 2012, Spring 2013, Fall 2013, Intersession 2014, Spring 2014, Fall 2014, Spring 2015, Fall 2015, Spring 2016
- KNES 351 – Principles of Strength and Conditioning (**second section**)
 - Fall 2011, Spring 2012, Fall 2012, Spring 2013, Fall 2013, Spring 2014, Spring 2016
- KNES 348 – Physiology of Exercise
 - Intersession 2012

***A total of 38 lecture courses taught in 5 years (including 5 different courses)**

****Average score on student evaluations is 93% or “Excellent” on CSUF system**

Guest Lecturer

- California State University, Fullerton
 - KNES 202 – Introduction to Kinesiology
 - April 30th, 2012: What Can I Do With My Degree?
 - October 23rd, 2014: What Can I Do With My Degree?
 - KNES 348 – Physiology of Exercise
 - May 1st, 2012: Skeletal Muscle Structure
 - May 3rd, 2012: Skeletal Muscle Function
 - KNES 470 – Nutrition for Exercise and Performance
 - October 23rd, 2012: Muscle Regulation and Ergogenic Aids
 - November 29th, 2012: Supplementation in Sport and Performance

Ball State University

Instructor of Record

- EXSCI 293 – Foundations of Exercise Physiology
 - Spring 2009, Fall 2009

University of Memphis

Instructor of Record

- EXSS 4015 – Exercise Programming for Special Populations
 - Summer 2007
- EXSS 4000 – Exercise Testing Techniques and Interpretation
 - Summer 2007
- EXSS 3703 – Exercise Testing Techniques and Interpretation
 - Spring 2008

Linfield College (Teaching Assistant)

- Principles of Exercise Physiology
 - Fall 2005, Fall 2006
- Human Physiology Lecture & Lab
 - Spring 2005, Spring 2006
- Human Anatomy Lecture & Lab
 - Fall 2005, Fall 2006
- Principles of Biology
 - Fall 2003, Spring 2004
- Nutrition
 - Spring 2003

Student Advisement (CSUF)

- KNES 499/599 – Independent study (3 units each)
 - Spring 2016
 - Katherine Bathgate, Stratton Kim, Jaci Schork
 - Fall 2015
 - Kathy Jacobo, David Lee, Ryan McManus, Arjan Dougan, Peter Pham, Andre Rodrigues D Mesquita
 - Spring 2015
 - Jakob Rosengarten, Jose Arevalo, Katherine Bathgate, RoQue Harmon, David Lee
 - Fall 2014
 - Andrew Mahlmeister, Christian Salinas, Anthony Galaviz
 - Spring 2014
 - Keith Enderlein, Adam Manolovitz, Anthony Galaviz, Rachel Flemming, Michael Marisco, Kevin Camara, Camille Croteau
 - Fall 2014
 - Ramsey Nijem
 - Spring 2013
 - Kyle Davis, Charles Siegel, Grant Uyemura
 - Fall 2012
 - CJ Preiffer , Anthony Darmiento
- KNES 550 – Graduate Internship (3 units)
 - Spring 2016
 - Ryan Byrnes

- Fall 2015
 - Colleen Gulick
- Spring 2015
 - Kathy Jacobo, Jakob Rosengarten, Christian Salinas
- Spring 2014
 - Keith Enderlein
- Spring 2013
 - Kyle Davis
- Spring 2013
 - Blake Whitcomb
- Graduate Theses Committee (KNES 599) – Chair
 - 2016
 - Ryan Byrnes
 - Gynnae Romo
 - Matthew Sakiyama
 - 2015
 - Ryan McManus
 - *Effect of Divergent Acute Exercise on Skeletal Muscle Epigenetics*
 - Katie Bathgate
 - *Nature vs. Nurture: A Physiological Profile of Monzygous Twins With Differing Exercise Backgrounds*
 - Jose Arevalo
 - *Human Skeletal Muscle Fiber-Type Differences Between the Dominant and Non-Dominant Limbs*

*****Winner of College of HHD Outstanding Scholarly and Creative Activities Award**

*****Winner of CSUF Student Research Competition (Competing for State Title 4-29-2016)**

- 2014
 - Taylor Thurston
 - *Influence of Respiratory Potentiation on Maximal Exercise Performance*

*****Winner of College of HHD Outstanding Scholarly and Creative Activities Award**

- Blake Whitcomb:
 - *The Effects of Intermittent Thermal and Non-thermal Cooling on Performance During Repeated Bouts of High Intensity Exercise*
- 2013
 - Garrett Nelson:
 - *Estimation of Anaerobic Capacity and Power With a Novel Sled Pushing Test*

- 2012
 - Kyle Davis:
 - *Acute Effects of Elastic Bands on Power Characteristics During the Deadlift*

- Graduate Theses Committee – Membership
 - 2016
 - Saldiam Barillas
 - *Acute Effects of Plyometric Exercise on Fasting Blood Glucose*

 - 2015
 - Colleen Gulick
 - *Mechanomyographic Amplitude and Frequency Vs. Isometric Torque Relationships in Women With Higher vs. Lower Strength*
 - Jakob Rosengarten
 - *Effects of Blood Flow Restriction Training Vs. Traditional Resistance Exercise*
 - Taylor Ros:
 - *Comparison of Kettlebell Jump Squats vs. Kettlebell Swings As Post Activation Potentiation on Vertical Jumps*
 - Chantel Anthony:
 - *Balance Comparison Between Surfers and Non-Surfers*
 - Matt Maulit:
 - *Effects of Kettlebell Swing vs. Explosive Deadlift Training on Power*
 - Whitney Leyva:
 - *Comparison of Deadlift vs. Back Squat Postactivation Potentiation on Vertical Jump*
 - Daniel Vahradian:
 - *An Analysis of Ascent and Descent Velocity of the Lifter and Barbell During A Clean*
 - David Archer:
 - *Back Squat vs. Back Squat With Chains on Vertical Jump Performance*
 - Erin Thomson:
 - *Potentiating Effects of A Depth Jump on A Countermovement Vertical Jump*
 - Jenny Spencer:
 - *Effect of Limb Dominance on Knee Biomechanics During Landing From a Jump*
 - Yo Shimada:
 - *Comparison of Cytokine Profiles Between Exercise-Induced Muscle Damage and Strains and Sprains*

- 2014
 - Kevin Camara:
 - *An Examination of Muscle Activation and Power Characteristics While Performing The Deadlift Exercise with A Barbell and Hexagonal Bar*
 - Bryan Romero:
 - *Metabolic Demands of Heavy Metal Drumming*
 - Brianna Crum:
 - *Acute Effects of Alkaline Water on High Intensity Anaerobic Performance*
 - Carly Albin:
 - *Use of Deception to Influence Expectations on A Muscular Endurance Track*
 - Katie McLeland:
 - *Estimation of Muscle Fiber Type Via Fatigue*
- 2013
 - Andrea Du Bois:
 - *Effect of Serial Apneas and Facial Immersion on High Intensity Aerobic Performance*
 - Julie Yan:
 - *Effects of Static Stretching vs. Dynamic Warm-up on A Muay Thai Kick*
 - Claudia Godinez:
 - *Sex Differences Between Soccer Players in Electromechanical Delay During Dynamic and Isometric Muscle Actions*
 - Tony Ciccone:
 - *Effects of Traditional vs. Alternating Whole-Body Strength Training on Squat Performance*
- 2012
 - Bryna Gallegos:
 - *Effect of remote voluntary contraction on performance in collegiate women soccer players*
 - Joe LaPorta:
 - *Effect of different footwear on vertical jump and landing parameters*
 - Vanessa Cazas:
 - *Influence of rest intervals following assisted jumping on bodyweight vertical jump performance*
 - Jerry Arias:
 - *The acute effects of heavy deadlifts on vertical jump performance in men*
 - Yoshi Fukushima (project):
 - *Strength and Conditioning Manual for Dentists*

- Masters Project (KNES 597)
 - 2016
 - Peter Pham (Chair)
 - Jimmy Sanchez (Chair)
 - Arna Kilicarslan (Member)
 - Arjan Dougan (Member)
 - 2015
 - Anthony Galaviz (Chair)
- Comprehensive Exams
 - 2016
 - Cheyne Enos
 - 2014
 - Rachel Flemming

Ongoing Pedagogical Development

- TopHat Monocole Training session
 - March 6th, 2012
- California State University, Fullerton Developmental Center: Traditional Plus--
Enhancing Traditional Teaching with TITANium
 - March 21st, 2012
- California State University, Fullerton Developmental Center: Converting to
Hybrid/Online Courses
 - September 11th, 2015
- Work with OASIS to convert KNES 351, 450, 458, and 470 to Hybrid models

SCHOLARLY & CREATIVE ACTIVITY

Overall Agenda: Acute responses and chronic adaptations of skeletal muscle (whole muscle and single cell level) to high intensity/power/velocity exercise.

****Note: My policy for authorship is to report the PI/"lead scientist" in a project as the **LAST** author (if not the first). Thus, publications with my name as the last author indicate the work is from my lab. *indicates otherwise indicates me as the corresponding author.*

† signifies CSUF graduate student is first author.

‡ signifies CSUF undergraduate student is first author.

Projects Currently in Data Collection/Processing

1. *†McManus R, Brown LE, Bagley JR, Cotter J, and **Galpin AJ**. Epigenetics Following Acute Exercise In Human Skeletal Muscle. *Collaboration with Moh Mahlek et al. at Wayne State*
2. *†Rosengarten J, Brown LE, Bagley JR, Cotter J, and **Galpin AJ**. Changes in Muscle Structure and Function With Blood Flow Restriction Training. *Collaboration with James Bagley et al. San Francisco State and Joshua Cotter et al. at Cal State Long Beach*
3. *Murach K, Bagley JR, Arevalo JA, and **Galpin AJ**. Skeletal Muscle Fiber Typing – A History. *Collaboration with James Bagley et al. San Francisco State and Kevin Murach et al. at The University of Kentucky*
4. Hopper D, Brown LE, **Galpin AJ**, and Kraemer WJ. Influence of Compression Garments on Jet-Lag and Exercise Performance. *Collaboration with William Kraemer et al. University of Connecticut.*
5. ***Galpin AJ**, Bagley JR, McLeland K, Malyszczek K, and Arevalo J. Fiber-Type Specific Nuclear Domain of Skeletal Muscle in Elite Mixed Martial Artists vs. Recreationally Trained Men.
6. *Bagley JR, Carl S, and **Galpin AJ**. Fiber-Type Specific Mitochondria of Skeletal Muscle in Elite Mixed Martial Artists vs. Recreationally Trained Men.
7. ***Galpin AJ**, McLeland K, Jo E, Bagley JR, and Segal N. Nature vs. Nurture: The Physiological and Psychological Profiles of A Lifelong Exercise Trained Versus A Non-Exercising Trained Monozygous Twins. *Collaboration with Dr. Nancy Segal (CSUF – Department of Psychology), James R. Bagley (San Francisco State) and Eddie Jo (CS Pomona).*

8. *†Arevalo J, McLeland K, Bagley JR, Spencer J, Lynn S, and **Galpin AJ**. Does Skeletal Muscle Fiber Type Predict Leg Dominance?

PEER REVIEWED PUBLICATIONS

Manuscripts In Preparation or Review

1. *Bagley JR, Arevalo JA, McManus RT, Lee D, and **Galpin AJ**. Human Skeletal Muscle Myonuclear Domain Characteristics of Elite Mixed Martial Artists (in preparation).
2. *‡Lee D, McManus R, Bagley JR, Arevalo JA, Rosengarten J, Ballon J, and **Galpin AJ**. A Novel Method of Separating Individual Human Skeletal Muscle Fibers (in preparation).
3. *Bagley JR, McLeland K, Brown LE, Coburn JW, Malyszek K, Arevalo JA, Leyva W, Barrillas S, and **Galpin AJ**. Estimating Skeletal Muscle Fiber Type Composition Via Fatigue (in preparation).
4. *Bagley JR, Murach K, and **Galpin AJ**. The Plasticity of Human Skeletal Muscle Fiber Types (in preparation)
5. †Albin C, Matera N, Wilson K, **Galpin AJ**, and Wiersma L. The Use of Deception To Influence Expectations During A Muscular Endurance Task (in preparation).
6. †Vahradian D, Brown LE, Coburn JW, and **Galpin AJ**. An Analysis of Ascent and Descent Velocity of the Lifter and Barbell During A Clean (in preparation).
7. † Arevalo JA, Rosengarten J, Spencer J, Lynn SK, Brown LE, and **Galpin AJ**. Effect of Limb Dominance on Knee Biomechanics During Landing From a Jump (in preparation).
8. †Shimad Y, **Galpin AJ**, Rubin D, and Tsang K. Comparison of Cytokine Profiles Between Exercise-Induced Muscle Damage and Strains and Sprains (in preparation).
9. †Leyva WD, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, Brown LE. Comparison of Deadlift Versus Back Squat Postactivation Potentiation on Vertical Jump (in review). *Journal of Orthopedic Research and Therapy*.
10. Kupchak BR, Hooper DR, Saenz C, Dulkis LL, Secola PJ, Brown LE, Coburn JW, **Galpin AJ**, Dupont WH, Caldwell LK, Maresh CM, and Kraemer WJ. Combined Effects of A Full Body Workout and Transcontinental Flight on Markers of

Coagulation & Fibrinolysis In Healthy Men (in review). *European Journal of Applied Physiology*.

11. †Romero B, Brown LE, Coburn JW, **Galpin AJ**. Metabolic Demands of Heavy Metal Drumming (in review).
12. Nicoll JX, Fry AC, **Galpin AJ**, Bloomer RJ, Thomason DB and Moore CA. Resting Mitogen-activated Protein Kinase Expression Following Short- and Long-term Endurance Exercise Training (in review). *Scandinavian Journal of Medicine & Sports Science*.
13. Nicoll JX, Fry AC, **Galpin AJ**, Sterczala AJ, Thomason DB, Moore CA, Weiss LW, Chiu LZ. Changes In Resting Mitogen-activated Protein Kinases Following Resistance Exercise Overreaching and Overtraining (in review). *European Journal of Applied Physiology*.
14. ***Galpin AJ**, Bagley JR, Whitcomb B, Wiersma LD, Rosengarten J, Coburn JW, and Judelson DA. Effects of Intermittent Actual and Perceived Neck Cooling on Performance and Perception During Repeated Bouts of High Intensity Exercise (in review). *Journal of Sports Science and Medicine*.

Manuscripts In Press or Published

1. †Gulick CN, Coburn JW, **Galpin AJ**, Costa P. Mechanomyographic Amplitude and Frequency vs. Isometric Torque Relationships In Women With Higher Vs. Lower Strength (in press). *Isokinetics and Exercise Science*.
2. †Arias J, Brown LE, Coburn JW, **Galpin AJ**. The Acute Effects of Heavy Deadlifting on Vertical Jump Performance in Men (in press). *Sports*. 2016.
3. *Murach KA, Bagley JR, McLeland KA, Arevalo JA, Ciccone AB, Malyszek KK, Wen Y, and **Galpin AJ**. Improving Human Skeletal Muscle Myosin Heavy Chain Fiber Typing Efficiency (in press). *Journal of Muscle Research and Cell Motility*. 2016.
4. Schoenfeld B, Contreras B, Ogborn D, **Galpin AJ**, Krieger J, and Sonmez Gul. Effects of Varied Versus Constant Loading Zones on Muscular Adaptations In Well-Trained Men (in press). *International Journal of Sports Medicine*. 2016.
5. ***Galpin AJ**, Nicoll JX, Fry AC, Moore CA, Thomason DB, & Schilling BK. Resting Extracellular Signal-Related 1/2 Kinase Activity Following a Continuum of Chronic Resistance Exercise Training Paradigms (in press). *Research in Sports Medicine*.

6. †Camara K, Coburn JW, Dunnick DD, Brown LE, **Galpin AJ**, and Costa PB. An Examination of Muscle Activation and Power Characteristics While Performing the Deadlift Exercise with Straight and Hexagonal Barbells (in press). *Journal of Strength and Conditioning Research*.
7. †Anthony CC, Brown LE, Coburn JW, **Galpin AJ** and Tran TT. Stance Affects Balance in Surfers (in press). *International Journal of Sports Physiology and Performance*.
8. †McLeland K, Ruas CV, Arevalo JA, Bagley JR, Ciccone AB, Brown LE, Coburn JW, **Galpin AJ**, and Malyszek KK. Comparison of Knee Extension Fatigue Between Repetition Ranges. *Isokinetics and Exercise Science*. 2016 (24):33-38.
9. *†Marisco M, Malyszek K, Bagley JR, and **Galpin AJ**. A Supplemental Aquatic Speed Training Program for NFL Combine Preparation. *Strength and Conditioning Journal*. 2015 December; 37(6):58-64.
- 10.*Bagley JR & **Galpin AJ**. Three-dimensional Printing of Human Skeletal Muscle Cells: An Interdisciplinary Approach for Studying Biological Systems. *Biochemistry and Molecular Biology Education*. 2015 November/December; 43(6):403-407.
- 11.**Galpin AJ**, Malyszek K, Davis KA, Record S, Brown LE, Coburn JW, Harmon RA, Steel JM, and, Manolovitz AD. Acute Effects of Elastic Bands on Kinetic Characteristics During the Deadlift At Moderate and Heavy Loads. *J. Strength Cond. Res*. 2015 December; 29(12):3271-3278.
- 12.*†Thurston TS, Coburn JW, Brown LE, Bartolini A, Beaudette TL, Karg P, McLeland KA, Arevalo JA, Judelson DA, and **Galpin AJ**. The Effects of Respiratory Muscle Warm-up on High-Intensity Exercise Performance. *Sports*. 2015 November; 3:312-324.
- 13.***Galpin AJ**, Gulick CN, Jacobo K, Schilling BK, Lynn SK, McManus R, Costa P, and Brown LE. Influence of Hand Wrapping Strategies on Punching Impact in Elite and Untrained Punchers. *International Journal of Kinesiology and Sports Science*. 2015 Oct; 3(4):22-30.
- 14.*Bagley JR, Rosengarten J, and **Galpin AJ**. Is Blood Flow Restriction Training Beneficial for Athletes. *Strength and Conditioning Journal*. 2015 June;37 (3):48-53
- 15.*†Bagley JR. Fibre Type-Specific Hypertrophy Mechanisms in Human Skeletal Muscle: Potential Role of Myonuclear Addition. *J Physiol*. 2014 593(23):5147-5148 (manuscript written out of my lab during a visiting scholar appointment).

16. *†Nijem R and **Galpin AJ**. Bilateral and Unilateral Training. *Strength and Conditioning Journal*. 2014 Oct;36 (5):113-118.
17. †Cicccone AB, Brown LE, Coburn JW, and **Galpin AJ**. Effects of Traditional Versus Alternating Whole-body Strength Training on Squat Performance. *J. Strength Cond. Res.* 2014 Sept;28 (9):2569-77.
18. †LaPorta JW, Brown LE, Coburn JW, **Galpin AJ**, Tufano JJ, Cazas VL, Tan JG. Effects of Different Footwear on Vertical Jump and Landing Parameters. *J. Strength Cond. Res.* 2013 Mar;27 (3):733-7.
19. †Gallegos BG, Brown LE, Coburn JW, **Galpin AJ**, and Cazas VL. No Effect of A Single Remote Voluntary Contraction on Performance In Female Soccer Players. *J. Strength Cond. Res.* 2013 Feb;27 (2):416-20.
20. †Cazas VL, Brown LE, Coburn JW, **Galpin AJ**, Tufano JJ, LaPorta JW, and Brandt-DuBois AM. Influence of Rest Intervals Following Assisted Jumping on Bodyweight Vertical Jump Performance. *J. Strength Cond. Res.* 2013 Jan;27 (1):64-68.
21. Trappe SW, Hayes E, **Galpin AJ**, Kaminsky L, Jemiolo B, Fink W, Trappe TA, Jansson A, Gustafsson T, and Tesch P. New Records in Aerobic Power Among Octogenarian Lifelong Endurance Athletes. *J Appl Physiol.* 2013 Jan;114 (1):3-10.
22. *†Darmiento A, **Galpin AJ**, and Brown LE. Vertical Jump and Power. *Strength and Conditioning Journal* 2012 Dec; 34 (6): 34-43.
23. **Galpin AJ**, Raue U, Jemiolo B, Trappe TA, and Trappe SW. Human Skeletal Muscle Fiber Type Specific Protein Content. *Anal Biochem.* 2012 Jun 15;425 (2).
24. **Galpin AJ**, Fry AC, Chiu LZF, Schilling BK, and Thomason DB. High-Power Resistance Exercise Induces Mitogen Activated Protein Kinase (MAPK) Phosphorylation in Weightlifting Trained Men. *Appl Physiol Nutr Metab.* 2012 Feb;37(1): 80-7.
25. ***Galpin AJ** and Bagley JR. Guiding Coaches Through Scientific Articles By Examining Human Growth Hormone. *Strength and Conditioning Journal*. 2011 Oct: 33 (5): 62-66.
26. Luden N, Hayes E, **Galpin AJ**, Minchev K, Jemiolo B, Raue U, Trappe TA, Harber MP, Bowers T, and Trappe S. Myocellular Basis For Tapering In Competitive Distance Runners. *J Appl Physiol.* 2010 Jun; 108 (6):1501-9.
27. Bloomer RJ, Larson DE, Fisher-Wellman KH, **Galpin AJ**, and Schilling BK. Effect of eicosapentaenoic and docosahexaenoic acid on resting and exercise-induced

inflammatory and oxidative stress biomarkers: a randomized, placebo controlled, cross-over study. *Lipids Health Dis.* 2009 Aug 19;8:36.

28. **Galpin AJ**, Li Y, Lohnes CA, and Schilling BK. The Effects of A Four-Week “Quick Feet” Training Program on Reaction Time and Agility. *J. Strength Cond. Res.* 2008 Nov;22(6):1901-7.

Book Chapters

1. **Galpin AJ**. Chapter 11: Resistance Exercise Techniques and Spotting. *Conditioning for Strength and Human Performance*. 2016. (in preparation)
2. **Galpin AJ**. Chapter 13: Program Design. *Conditioning for Strength and Human Performance*. 2016. (in preparation)
3. **Galpin AJ** and Fry AC. American College of Sports Medicine: *Research Methods* (2016).
4. *†Bathgate K and **Galpin AJ**. Chapter 10: Lower Body Exercises *Strength Training*. National Strength and Conditioning Association, Human Kinetics. (July 2015). (Submitted June 15th, 2015)
5. ***Galpin AJ** and Bagley JR. Chapter 11: Torso Exercises.. *Strength Training*. National Strength and Conditioning Association, Human Kinetics. (July 2015). (Submitted June 15th, 2015)
6. ***Galpin AJ** and Bartolini A. Chapter 12: Explosive Exercises. *Strength Training*. National Strength and Conditioning Association, Human Kinetics. (July 2015). (Submitted June 15th, 2015)

Abstracts

Poster Presentation

1. †Thomson EE, Munger CN, Brown LE, Coburn JW, and **Galpin AJ**. No Potentiating Effect of Weighted Depth Jumps on Vertical Jump Impulse in Recreational Female Volleyball Players. *National Strength and Conditioning Association Annual Meeting*, New Orleans, LA, July, 2016.
2. †Leyva WD, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, and Brown LE. Comparison of Hex Bar Deadlift vs. Back Squat Postactivation Potentiation on Vertical Jump Force, Power, and Velocity Interpeak Times. *National Strength and Conditioning Association Annual Meeting*, New Orleans, LA, July, 2016.

3. †Eckel TL, Leyva WD, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, and Brown LE. Effect of Hex Bar Deadlift vs. Back Squat Postactivation Potentiation on Vertical Jump Time to Peak Force. *National Strength and Conditioning Association Annual Meeting*, New Orleans, LA, July, 2016.
4. †Archer DC, Munger CN, Leyva WD, Drouet PC, Wong MA, **Galpin AJ**, Coburn JW, and Brown LE. Effects of Short Term Jump Squat Training With And Without Chains On Back Squat 1RM. *National Strength and Conditioning Association Annual Meeting*, New Orleans, LA, July, 2016.
5. *†Bathgate KE, Bagley JR, Jo E, Segal NL, Brown LE, Coburn JW, Gulick CN, Ruas CV, and **Galpin AJ**. Physiological Profile of Monozygous Twins With 35 Years of Differing Exercise Habits. *National Strength and Conditioning Association Annual Meeting*, New Orleans, LA, July, 2016.
6. *†Arevalo JA, McManus RT, Rosengarten J, Lynn SK, Spencer JA, Brown LE, Bagley JR, PB Costa, and **Galpin AJ**. Knee Extension Strength and Muscle Fiber Type Composition in Resistance-Trained Men. *National Strength and Conditioning Association Annual Meeting*, New Orleans, LA, July, 2016.
7. *† Rosengarten J, Arevalo JA, Lynn SK, Spencer JA, Brown LE, PB Costa, and **Galpin AJ**. Asymmetries in Knee Extension Strength Do Not Correlate with Sagittal Plane Knee Landing Mechanics in Resistance Trained Men. *National Strength and Conditioning Association Annual Meeting*, New Orleans, LA, July, 2016.
8. *Bagley JR, Arevalo JA, Malyszek KK, Spencer JA, Rosengarten J, Barillas SR, Leyva WD, McManus RT, Lee D, and **Galpin AJ**. Skeletal Muscle Phenotype and Performance of an Elite Mixed Martial Artist. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.
9. *†Arevalo JA, McManus RT, Lee D, Barillas SR, Lynn SK, Spencer JA, Brown LE, Bagley JR, and **Galpin AJ**. Bilateral Differences in Leg Muscle Fiber Type of Resistance Trained Men. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.
10. *†Ballon J, Bagley JR, McLeland KA, Arevalo JA, Brown LE, Coburn JW, Ciccone AB, and **Galpin AJ**. Reexamining Skeletal Muscle Fatigability and Fiber Type in Resistance Trained Men: 40 years After Thorstensson and Karlsson.. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.
11. †Anthony CC, Brown LE, Coburn JW, **Galpin AJ**, Tran TT. Effect of stance on balance in surfers. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.

12. †Munger CN, Leyva WD, Archer DC, **Galpin AJ**, Coburn JW, and Brown LE. Comparison of Hex Bar Deadlift vs. Back Squat Postactivation Potentiation on Takeoff Velocity. *American College of Sports Medicine Annual Meeting*, Boston, MA, June, 2016.
13. †Leyva WD, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, Brown LE. Comparison of hex bar deadlift vs. back squat postactivation potentiation on vertical jump. *Coaching & Sports Science College Conference – Annual Meeting*, TN, December, 2015.
14. †Munger CN, Leyva WD, Archer DC, **Galpin AJ**, Coburn JW, and Brown LE. Comparison of Hex Bar Deadlift vs. Back Squat Postactivation Potentiation on Vertical Jump Takeoff Velocity. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
15. *†Ballon J, Bagley JR, McLeland KA, Arevalo JA, Brown LE, Coburn JW, Ciccone AB, and **Galpin AJ**. Reexamining Skeletal Muscle Fatigability and Fiber Type in Resistance Trained Men: 40 years After Thorstensson and Karlsson. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
16. *†Lee D, Bagley JR, Arevalo JA, Spencer JA, McManus RT, Leyva WD, Barillas SR, and **Galpin AJ**. Rapid Human Muscle Fiber Dissection Methods: Mechanical Isolation vs. Enzyme Digestion. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
17. *†Arevalo JA, McManus RT, Lee D, Barillas SR, Lynn SK, Spencer JA, Brown LE, Bagley JR, and **Galpin AJ**. Bilateral Differences in Leg Muscle Fiber Type of Resistance Trained Men. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
18. *†Bathgate KE, Arevalo JA, Lynn SK, Spencer JA, Lee D, McManus RT, Ballon J, Barillas SR, Rosengarten J, Brown LE, and **Galpin AJ**. Relationship Between Leg Dominance and Muscle Fiber Type Composition of the Vastus Lateralis. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
19. †Anthony CC, Brown LE, Coburn JW, **Galpin AJ**, Tran TT. Effect of stance on balance in surfers. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
20. †Leyva WD, Archer DC, Munger CN, **Galpin AJ**, Coburn JW, Brown LE. Comparison of hex bar deadlift vs. back squat postactivation potentiation on vertical jump. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.

21. †Archer D, Munger CN, Leyva WD, Drouet PC, **Galpin AJ**, Coburn JW, Brown LE. Effect of short-term jump squat training with or without chains on vertical jump. A pilot study. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
22. †Camara KD, Coburn JW, Dunnick DD, Brown LE, **Galpin AJ**, and Costa P. An Examination of Muscle Activation and Power Characteristics While Performing the Deadlift Exercise with Straight and Hexagonal Barbells. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
23. †Vahradian DJ, Brown LE, Coburn JW, **Galpin AJ**, and Dunnick DD. An Analysis of Ascent and Descent Velocity of the Lifter and Barbell During a Clean. *American College of Sports Medicine – Southwest Regional Meeting*, Newport, CA, October, 2015.
24. †McLeland KA, Brown LE, Coburn JW, and **Galpin AJ**. Differences in Fatigue Percentage Based on Repetitions of Leg Extension. *National Strength and Conditioning Association Annual Meeting*, Orlando FL, July, 2015.
25. †Malyszek KK, Dunnick DD, **Galpin AJ**, Coburn JW, and Brown LE. Predictions of Dynamic Bench Press 1RM Via Isometric Bench Press Force. *National Strength and Conditioning Association Annual Meeting*, Orlando FL, July, 2015.
26. †Harmon RA, Malyszek KK, Dunnick DD, **Galpin AJ**, Coburn JW, and Brown LE. Methodological Considerations for An Isometric Bench Press Protocol. *National Strength and Conditioning Association Annual Meeting*, Orlando FL, July, 2015.
27. Kupchak BR, Hooper DR, Saenz C, Dulkis LL, Secola PJ, White MT, Coburn JW, **Galpin AJ**, Brown LE, Kraemer WJ. The impact of a full body workout and trans-continental flight on markers of coagulation, fibrinolysis and muscle damage. *ACSM Annual Meeting*, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
28. Hooper DR, Secola PJ, Dulkis LL, Dupont WH, Saenz C, Kupchak BR, Szivak TK, Comstock BA, Flanagan SD, Looney DP, Pryor JL, Kalkowski RJ, Luk HY, Beaudette TL, Thurston TS, **Galpin AJ**, Volek JS, Maresh CM, Brown LE, Kraemer WJ. Trans-American travel within NCAA regulations induces jet lag which attenuates sleep quality and athletic performance. *ACSM Annual Meeting*, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
29. †Arealo JA, McLeland KA, Brown LE, Coburn JW, and **Galpin AJ**. Comparison of classic fatigability and peak torque tests used to estimate fast-twitch muscle fiber composition. *ACSM Annual Meeting*, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.

30. *†McLeland KA, Arevalo JA, Bagley JR, Ciccone AB, Brown LE, Coburn JW, and **Galpin AJ**. A reexamination of fatigability and fiber composition of human skeletal muscle. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
31. *†Rosengarten JJ, Whitcomb B, Fippinger M, Coburn JW, Wiersma LD, Judelson DA, and **Galpin AJ**. The Effects of Intermittent Actual and Perceived Cooling on Repeated Bouts of High Intensity Exercise. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
32. *†Kylie Malyszek, Shaina Record, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, Jeffrey Steele, Adam Manalovitz, and **Andrew J. Galpin**, Acute Effects of Elastic Bands on Performance Characteristics During the Deadlift at Various Loads. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
33. *†Shaina Record, Kylie Malyszek, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, Jeffrey Steele, Adam Manalovitz, and **Andrew J. Galpin**, Acute Effects of Elastic Bands on Force, Velocity, and Power During the Deadlift at Various Loads. *ACSM Annual Meeting*, San Diego, CA, May 26-30, 2015. *Medicine and Science in Sports and Exercise* 47(5):S, 2015.
34. *†Eckel T, Rosengarten JJ, Whitcomb B, Fippinger M, Coburn JW, Wiersma LD, Judelson DA, and **Galpin AJ**. The Effects of Intermittent Actual and Perceived Cooling on Repeated Bouts of High Intensity Exercise. *Southern California Conference for Undergraduate Research*, 2014.
35. *†Meeves C, Kylie Malyszek, Shaina Record, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, Jeffrey Steele, Adam Manalovitz, and **Galpin AJ**, Acute Effects of Elastic Bands on Velocity Characteristics During the Deadlift at Various Loads *Southern California Conference for Undergraduate Research*, 2014.
36. †Bryan Romero, Jared W. Coburn, Lee E. Brown, and **Andrew J. Galpin**. Metabolic Demands of Heavy Metal Drumming. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
37. †Crum BN, Coburn JW, Brown LE, and **Galpin AJ**. Acute Effects of Alkaline Water on High Intensity Anaerobic Performance. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
38. *†Jose Arevalo, Kathryn McLeland, Lee E. Brown, Jared W. Coburn, and **Andrew J. Galpin**, Comparison of Estimated Percent Fast Twitch Fibers Between Classic Fatigability and Peak Torque Tests. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.

39. *†Colleen Gullick, Kathy Jacobo, Lee E. Brown, Pablo Costa, Brian K. Schilling, and **Andrew J. Galpin**, The Reliability of A Commercial Device Designed to Measure Punching Impact. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
40. *†Kathy Jacobo, Colleen Gullick, Lee E. Brown, Pablo Costa, Brian K. Schilling, and **Andrew J. Galpin**, The Influence of Hand Padding on Punching Impact. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
41. *†Jakob Rosengarten, Blake Whitcomb, Morgan Fippinger, Daniel A. Judelson, Lee E. Brown, Jared W. Coburn, and **Andrew J. Galpin**. The Effects of Intermittent Actual and Percieved Cooling on Repeated Bouts of High Intensity Exercise. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
42. *†Kylie Malyszczek, Shaina Record, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, Jeffrey Steele, Adam Manalovitz, and **Andrew J. Galpin**, Acute Effects of Elastic Bands on Power Characteristics During the Deadlift at Various Loads. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
43. *†Shaina Record, Kylie Malyszczek, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, Jeffrey Steele, Adam Manalovitz, and **Andrew J. Galpin**, Acute Effects of Elastic Bands on Power Characteristics During the Deadlift at Various Loads. *American College of Sports Medicine – Southwest Regional Meeting*, 2014.
44. †Du Bois AM, Nelson GC, Ciccone AB, April SA, Thurston TA, Brown LE, Coburn JW, Galpin AJ, Judelson DA. Effect of serial apneas and facial immersion on high intensity aerobic performance. *American College of Sports Medicine Annual Meeting*, 2014.
45. †Anthony B. Ciccone, Rex Hafenstine, Austria L. Cho, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Effects of Traditional Vs. Alternating Whole-Body Strength Training on Squat Performance. *National Strength and Conditioning Association Annual Meeting*, 2014.
46. †Anthony B. Ciccone, Rex Hafenstine, Austria L. Cho, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Effects of Traditional Vs. Alternating Whole-Body Strength Training on Squat Performance. *American College of Sports Medicine – National Meeting*, 2014.
47. *†RoQue Harmon, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Effect of Elastic Bands vs. Acute Effects of Elastic Bands on Power Characteristics During the Deadlift. *American College of Sports Medicine – Southwest Regional Meeting*, 2013.

48. *†RoQue Harmon, Kyle A. Davis, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Effect of Elastic Bands vs. Acute Effects of Elastic Bands on Power Characteristics During the Deadlift. *Southern California Conference for Undergraduate Research*, 2013.
49. *†Austria L. Cho, Kyle A. Davis, **Andrew J. Galpin**, Lee E. Brown, Jared W. Coburn, Effect of Elastic Bands vs. Free Weights on Deadlifting Interpeak Time Between Ground Reaction Force, Power, and Velocity. *American College of Sports Medicine – Southwest Regional Meeting*, 2013.

*****Winner of SWACSM Undergraduate Poster of the year**

50. *†Austria L. Cho, Kyle A. Davis, **Andrew J. Galpin**, Lee E. Brown, Jared W. Coburn, Effect of Elastic Bands vs. Free Weights on Deadlifting Interpeak Time Between Ground Reaction Force, Power, and Velocity. *Southern California Conference for Undergraduate Research*, 2013.
51. †Andrea M. Du Bois, Garrett C. Nelson, A. B. April, Taylor S. Thurston, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Dan A. Judelson, Effect of Serial Apneas and Facial Immersion on High Intensity Aerobic Performance. *American College of Sports Medicine – Southwest Regional Meeting*, 2013.
52. †Claudia Godinez, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Tori L. Beaudette, Maria C. Pereira, Differences in Electromechanical Delay Between Genders and Muscles During Isometric Knee Extension/Flexion. *American College of Sports Medicine – Southwest Regional Meeting*, 2013.
53. †Anthony B. Ciccone, Rex Hafenstine, Austria L. Cho, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Effects of Traditional Vs. Alternating Whole-Body Strength Training on Squat Performance. *American College of Sports Medicine – Southwest Regional Meeting*, 2013.
54. Wilkerson W, Bagley JR, Murach K, Hayes E, **Galpin AJ**, Jemiolo B, Gustafsson T, Tesch P, Trappe SW. Skeletal Muscle Health in Elite Octogenarian Lifelong Endurance Athletes and Untrained Men: Part One. *American College of Sports Medicine Annual Meeting*, 2013.
55. Bagley JR, Murach K, Hayes E, **Galpin AJ**, Minchev K, Gustafsson T, Tesch P, Trappe SW. Skeletal Muscle Health in Elite Octogenarian Lifelong Endurance Athletes and Untrained Men: Part Two. *American College of Sports Medicine Annual Meeting*, 2013.
56. †Vanessa L. Cazas, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, James J. Tufano, John C. Garner, Nicole C. Dabbs, Harish Chander. Influence of Rest Intervals Following Assisted Jumping on Peak Velocity, Rate of Velocity

Development & Rate of Force Development. *National Strength and Conditioning Association Annual Meeting*, 2013.

57. †Vanessa L. Cazas, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, James J. Tufano, Joe W. LaPorta, Leah Truong. Influence of Rest Intervals Following Assisted Jumping On Relative Peak Power. *American College of Sports Medicine – Southwest Regional Meeting*, 2012.
58. †James J. Tufano, Vanessa L. Cazas, Jared W. Coburn, **Andrew J. Galpin**, Juan Carlos Santana, Lee E. Brown. Effects of Position and Gender On Push-up Force. *National Strength and Conditioning Association Annual Meeting*, 2012.
59. †Vanessa L. Cazas, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, James J. Tufano, Joe W. LaPorta, Leah Truong. Influence of Rest Intervals Following Assisted Jumping On Vertical Jump Height. *National Strength and Conditioning Association Annual Meeting*, 2012.
60. †Tai T. Tran, Lee E. Brown, Jared W. Coburn, **Andrew J. Galpin**, Vanessa L. Cazas, James J. Tufano, Joe W. LaPorta, Leah Truong. Effects of Assisted Jumping On Vertical Jump Relative Rate of Peak Power Development. *National Strength and Conditioning Association Annual Meeting*, 2012.
61. **Galpin AJ**, Raue U, Jemiolo B, Harber MP, Trappe TA, Trappe SW. Novel Application of Western Blotting for Human Skeletal Muscle Fiber Type Specific Protein Expression. *American College of Sports Medicine Annual Meeting*, 2011.
62. Hayes E, **Galpin AJ**, Raue U, Minchev K, Gustafson T, Tesch P, Trappe SW. Decreased Prevalence of Myosin Heavy Chain Hybrid Isoforms in Lifelong Endurance Trained Octogenarians. *American College of Sports Medicine Annual Meeting*, 2011.
63. Trappe SW, Hayes E, **Galpin AJ**, Jemiolo B, Fink W, Trappe TA, Kaminsky L, Jansson A, Gustafsson T, Tesch P. New Records In Aerobic Power Among Octogenarian Lifelong Endurance Athletes. *ACSM Conference on Integrative Physiology of Exercise*, 2010.
64. Bloomer RJ, Larson DE, **Galpin AJ**, Fisher-Wellman KH, Schilling BK. Effect of Eicosapentaenoic and Docosahexaenoic Acid on Resting and Exercise-induced Inflammation and Oxidative Stress. *International Society of Sports Nutrition Annual Meeting*, 2009.
65. Larson DE, **Galpin AJ**, Fisher-Wellman KH, Schilling BK, Bloomer RJ. Effect of EPA/DHA on Resting and Exercise-Induced Inflammation and Oxidative Stress. *American College of Sports Medicine Annual Meeting*, 2009.

66. **Galpin AJ**, Fry AC, Chiu LZF, Schilling BK, Thomason DB. Acute High Load, High Power Exercise Activates A Hypertrophic Signaling Pathway in Male Weightlifters. *National Strength and Conditioning Association Annual Meeting*, 2008.
67. **Galpin AJ**, Fry AC, Moore CA, Thomason DB, Schilling BK. Resting JNK Activation in Runners, Weight-Trained, and Sedentary Men. *National Strength and Conditioning Association Annual Meeting*, 2007.
68. **Galpin AJ**, Fry AC, Moore CA, Thomason DB, Schilling BK, Weiss LW, Chiu LZF. Resting ERK Activation & High Intensity Resistance Exercise Overtraining. *American College of Sports Medicine Annual Meeting* 2007.

Oral Poster Presentation

1. **Galpin AJ**, Fry AC, Chiu LZF, Schilling BK, Thomason DB. Acute High Load, High Power Exercise Activates A Stress Responding Signaling Pathway in Male Weightlifters. *National Strength and Conditioning Association Annual Meeting*, 2008.
2. **Galpin AJ**, Fry AC, Chiu LZF, Schilling BK, Thomason DB. Acute High Load, High Power Exercise Activates An Apoptotic Signaling Pathway in Male Weightlifters. *American College of Sports Medicine Annual Meeting* 2008.
3. **Galpin AJ**, Fry AC, Moore CA, Thomason DB, Schilling BK, Weiss LW, Chiu LZF. Resting JNK Activation & High Intensity Resistance Exercise Overtraining. *National Strength and Conditioning Association Annual Meeting*, 2007.

INVITED LECTURES AND PRESENTATIONS

Conference Symposium

- National Strength and Conditioning Association - *Annual Meeting*
 - New Insight Into Muscular Function & Performance 2015
 - Gary Dudley Memorial Lecture: Learning From Aristotle, My Laws of Strength and Conditioning 2013
 - Do Fiber Types Change? A Conclusion To the Debate 2012
 - Training for Combat Sports: Maximizing Strength & Power Endurance 2010
- National Strength and Conditioning Association - *Training for Combat Sports*
 - Whole Muscle to Gene: A Physiological Blueprint of Elite Fighters 2016
 - Coaching Friendly Science 2015
- National Strength and Conditioning Association - *State Clinic*
 - Integrating Science Into Combat Sport Training 2015

- PaleoFx
 - The Future of Higher Education 2016
 - Is the Post-Exercise Anabolic Window a Myth? 2015
- Fibromyalgia Summit – *Annual National Meeting*
 - Skeletal Muscle 2016
- American College of Sports Medicine – *Annual Regional (SW) Meeting*
 - What Are Skeletal Muscle Fiber Types? 2012

Invited Speaker

- Barbell University (Crossfit Dynamis) 2016
 - Program Design: Exercise Choice
 - Program Design: Exercise Order
- International Weightlifting Federation World Championships 2015
 - Shrugged Summit
- San Francisco State University 2015
 - Strength and Conditioning As A Science
- CSUF NSM College Symposium 2015
 - The Evolution of Kinesiology: How We're Using Natural Sciences to Understand Human Performance
- CrossFit Tribe 2015
 - Nutrition for Crossfit
- CrossFit Reality 2015
 - Nutrition for Crossfit
- Ball State University, *From Muncie to OC, Life Beyond the HPL* 2013
- Karolinska Institutet, *International Research Colloquium* 2009
 - Muscle Fiber Specific Protein Profiles in Human Skeletal Muscle: Preliminary Findings

COACHING (NON-PEER REVIEWED) PUBLICATIONS

1. †Bagley JR and **Galpin AJ**. Safety Concerns of the Knee Joint During Squatting. (February 2015) *Barbell Shrugged Daily*
2. **Andrew J. Galpin** and James R. Bagley. 3 Ways to Reduce Post-exercise Muscle Soreness (April, 2015). www.breakingmuscle.com
3. **Andrew J. Galpin**. How to Survive The Holidays (January, 2015). *Barbell Shrugged Daily*.
4. **Andrew J. Galpin**. A Quick Guide to Supplements (February, 2015). *Barbell Shrugged Daily*.
5. **Andrew J. Galpin**. My Laws of Strength and Conditioning (October, 2014). *Barbell Shrugged Daily*.
6. **Andrew J. Galpin**. Exercise, Long and Slow or Short and Hard: Which Is Better For Me? *Fit Momz, Fit Kidz LLC*. 2009

RESEARCH GRANTS, DONATIONS, & AWARDS

- National Science Foundation** Fall 2017
†Using New Methods of Analysis To Better Understand the Genetic and Environmental Factors Regulation Human Skeletal Muscle Plasticity
Award: ~\$400,000 (IN PREPARATION)
- NormaTech Inc.** April 2016
Equipment donation
Value: \$2,000
- San Francisco State University - Dr. Bagley (SFSU) PI (Dr. Galpin Co-Investigator)** April 2016
Effects of Concurrent Exercise Training During Simulated Microgravity on Myonuclear Content in Human Skeletal Muscle
Award: \$15,000 (In Review)
- National Strength and Conditioning Association – Master Grant** March 2016
†Ryan Byrnes: Human Skeletal Muscle Epigenetics Following Acute Moderate vs. High Repetition Resistance Exercise In Untrained Men
Award: \$7,500 (In Review)
- National Strength and Conditioning Association – Master Grant** March 2016
†Ryan McManus: Human Skeletal Muscle Epigenetics Following Acute Resistance Exercise In Trained Men
Award: \$7,500 (In Review)
- San Francisco State University Mini Grant - Dr. Bagley (SFSU) PI (Dr. Galpin Co-Investigator)** February 2016
Simulated Microgravity and Exercise Effects on Myonuclear Content in Human Skeletal Muscle
Award: \$6,000 (In Review)
- The California State University – Office of Chancellor: Promising Practices “Course Redesign with Technology”** January 2016
Redesigning KNES 351 – Principles of Strength and Conditioning
Award: \$18,623 (\$11,148 Awarded)
- ASI Graduate Student Grant (M. Sakiyama)** November 2015
†Analysis of Muscle Quality and Quantity in Identical Twins
Award: \$2,500 (Not Awarded)
- ASI Graduate Student Grant (R. McManus)** November 2015
†Analysis of Muscle Quality and Quantity in Identical Twins
Award: \$2,500

ASI Graduate Student Grant (R. Byrnes) † <i>Analysis of Muscle Quality and Quantity in Identical Twins</i> Award: \$2,500	November 2015
ASI Graduate Student Grant (G. Romo) † <i>Analysis of Muscle Quality and Quantity in Identical Twins</i> Award: \$2,500 (Not Awarded)	November 2015
ASI IRA Funding Award † <i>Chemical Analysis for KNES 458</i> Award: \$1,900	October 2015
CSU Chancellor's Office (Collaborator – Dr. Bagley, SFSU) † <i>Fiber type-specific Myonuclear Morphology in Human Skeletal Muscle</i> Award: \$8,000	August 2015
ASI IRA Funding Award † <i>Guest Speaker Series</i> Award: \$2,000 (Not Awarded)	August 2015
National Strength and Conditioning Association – Master Grant † <i>Jakob Rosengarten: Blood Flow Restriction Training Vs. Traditional Resistance Exercise</i> Award: \$7,449.5 (Not Awarded)	March 2015
National Strength and Conditioning Association – Jr. Investigator † <i>Fiber-Type Specific Changes in Muscle Nuclei Following Hypertrophy and Disuse</i> Award: \$23,971 (Not Awarded)	March 2015
American College of Sports Medicine - Research Endowment † <i>Effect of Lifelong Exercise vs. Sedentary Behavior on Muscle Health & Performance</i> Award: \$9,994 (Not Awarded)	January 2015
ASI Graduate Student Grant (K. Bathgate) † <i>Analysis of Muscle Quality and Quantity in Identical Twins</i> Award: \$2,500	November 2014
ASI Graduate Student Grant (J. Arevalo) † <i>The Relationship Between Leg Dominance & Fiber Type Composition</i> Award: \$2,500	November 2014
ASI Graduate Student Grant (J. Rosengarten) † <i>Influence of Blood Flow Restriction on Muscle Activation During Low-Intensity Squats</i> Award: \$2,500	November 2014
ASI Graduate Student Grant (S. Barillas)	November 2014

†*The Effect of Lifelong Physical Activity on Health and Performance Markers in Identical Twins*

Award: \$2,500 (Not Awarded)

ASI Graduate Student Grant (K. McLeland)

November 2014

†*Investigating Genetic vs. Environmental Factors Regulating Human Skeletal Muscle Adaptation*

Award: \$2,500 (Not Awarded)

CSUF Center Grant (Co-Investigator)

October 2014

Effect of Isokinetic Training on Knee Strength Ratios and Neuromuscular Adaptations

Award: \$10,000

CSUF Incentive Grant

September 2014

Development of a Method to Measure Human Skeletal Muscle Fiber-Type Specific Nuclear Content

Award: \$10,000 + 3 Units course release for Spring 2015

CSUF Junior Intramural Research Award

July 2014

Development of a Method to Estimate Human Skeletal Muscle Fiber Type Composition

Award: \$2,500 + 3 Units course release for Fall 2014

Ultimate Fighting Championship

November 2014

Pilot Episode of "UFC Rising"

Award: \$1,000 (donation to our Center for Sport Performance)

Sigma XI (Co-Investigator)

October 2014

Measurement of Nuclear Domain in Monozygous Twins

Award: \$1,000 (Not Awarded)

NSCA Graduate Student Grant

July 2014

†*Kathryn McLeland: Development of a Method to Estimate Human Skeletal Muscle Fiber Type Composition*

Award: \$7,500 (Not Awarded)

NCAA

August 2014

†*The Relationship Between Knee Injuries, Landing Strategies, Ankle Braces, and Leg Dominance in Collegiate Athletes*

Award: \$7,500 (Not Awarded)

Radius Management Research Donation

Fall 2013-current

Striking Impact Forces With Various Hand Protection Devices

Award: \$750

O₂Trainer- Bas Rutten LLC. Research Donation

Fall 2013-current

Influence of A Restrictive Inhalation Device of Lung Capacity and Exercise Performance
Award: \$1,500

NSCA Graduate Research Grant-Masters Summer 2007
*MAPK Phosphorylation in Response to an Acute Bout of High Power, High Intensity
Resistance Exercise in Trained Men*
Award: \$2,500

The Quick Feet Company, LLC. Summer 2007
The Impact of A Four-week "Quick Feet" Training Program on Reaction Time and Agility
Award: \$2,000

PROFESSIONAL, UNIVERSITY, DEPARTMENT, & COMMUNITY SERVICE

PROFESSIONAL SERVICE**Editor***Strength and Conditioning Journal*

- Point/Counterpoint Column 2012-present

Reviewer*Books*

- American College of Sports Medicines, *Foundations of Strength Training and Conditioning* 2011
- Doug Larson, *MMA Training Day - Main Guide* 2012

Peer-reviewed publications

- Manuscript reviewer – Comparative Exercise Physiology 2016-present
- Manuscript reviewer – British Journal of Sports Medicine 2015-present
- Manuscript reviewer – Sports 2015-present
- Manuscript reviewer – Journal of Strength and Conditioning Research 2012-present
- Manuscript reviewer – Strength and Conditioning Journal 2012-present
- Manuscript reviewer – Diabetes Research and Clinical Practices 2012-present
- Manuscript reviewer – Journal of Physical Education & Sports 2013-present
- Manuscript reviewer – Journal of Athletic Enhancement 2013-present

National Conference Organizer

- National Strength and Conditioning Association - Training for Combat Sports Conference March 2016
- National Strength and Conditioning Association - Training for Combat Sports Conference March 2015

National Committee

- National Strength and Conditioning Association Conference Committee 2012-present

Conference Attendance

- American College of Sports Medicine SW Regional Meeting 2013-present
- National Strength and Conditioning Association Annual Meeting 2002-present
- American College of Sports Medicine Annual Meeting 2004-present
- National Strength and Conditioning Association State Clinic 2015
- American Physiology – Integrative Biology of Exercise 2008, 2010

Professional Memberships

- USA Weightlifting 2006-present
- American College of Sports Medicine 2004-present
 - Weightlifting Special Interest Group 2007-present

- National Strength and Conditioning Association 2002-present
 - Research Consortium 2007-present
 - Weightlifting Special Interest Group 2006-present
- American Physiology Society 2008-present

Professional Media Appearances

- Interview for Outside Magazine 2016
 - Wim Hof Breathing
- Eat to Perform Podcast 2016
- Inside MMA 2015
- Education for Young Coaches 2015
 - Elite Sport Services
- Interview for Experience Life Magazine
 - Knee Health 2016
 - Carbohydrate Cycling 2015
- Interview for Men's Health 2015
 - Role of Leg Strength in Health
- Interview for www.MMAWeekly.com 2014
 - How Dennis Bermudez Prepared for UFC 180
- UFC Rising (Fox Television) (~250,000 YouTube views) 2014-2015
- Barbell Shrugged 2012-2014
 - Real Science, The Latest Strength Research
 - 3 Things You Don't Know About Muscle (~62,000 YouTube views)
 - Common Training Myths (~39,000 YouTube views)
 - Strength Training with Bas Rutten (~85,000 YouTube views)
 - Muscle Physiology and Exercise (~10,000 YouTube views)
- Fox Broadcast Company – UFC's Road to the Octagon (July) 2014
- Ultimate Fighting Championship – Road to the Octagon (July) 2014
 - Replayed on Fox.com, UFC.com, FoxSports1, FoxSports2
- Inception Lab – Training Myths (Aug.) 2014
- Columbia Pictures – Paul Blart, Mall Cop 2 (Summer) 2014
- ESPN.com – Is CrossFit Legit? (Jan.) 2014
- Gulf News – Is CrossFit Safe? (4/21) 2014
- Men's Journal – How do you pick a trainer? (March) 2014
- NPR AirTalk Live – Concerns with CrossFit? (March 5th) 2014
- BluePrint: The making of a Television Series by Fox Sports 1 2013
- Jason Ellis Show – Sirius Radio (Nov 20th) 2013
- Orange County Register Interview
 - May 5th – Are Kettlebells legit?
 - May 29th – Spring Weighting Meet
- Seminar Development and Production: Barbell Shrugged 2012
 - Becoming A Superhero: Training To Simultaneously Bulk Up, Slim Down, Get Stronger & Improve Your Endurance

Miscellaneous

- Host, Director, and Organizer
 - CSUF & the Center for Sport Performance 1st Ever: “CSUF International Coaching Clinic: Rotational Sports” (featuring presenters from New Zealand, Holland, China, Canada, and CSUF)
 - July 2014
- Host & Presenter of National Strength and Conditioning Association *Certified Strength and Conditioning Specialist* Exam Prep
 - April 2016
 - January 2016
 - October 2015
 - July 2015
- Host of National Strength and Conditioning Association Certification Exams
 - Certified Strength and Conditioning Specialist
 - January 2013, March 2013, June 2013, September 2013
 - January 2014, March 2014, June 2014, September 2014
 - Certified Personal Trainer
 - January 2013, March 2013, June 2013, September 2013
 - January 2014, March 2014, June 2014, September 2014
- Host of United States Weightlifting Association Certification Exams
 - USAW- Level 1
 - September 2013
- Host of USA Weightlifting Association Sanctioned Meet
 - Fall Meet – October 2013, 2014
 - St. Patty’s Day Meet – March 2013, 2014, 2015, 2016
 - Spring Meet – May 2013

UNIVERSITY SERVICE

Director

- Biochemistry and Molecular Exercise Physiology Laboratory 2013-present
 - McCarthy Hall 361

Institutional Review Board

- Member, June 2013-present

California State University Fullerton - Activity Club

- CSUF Weightlifting Club 2012-present
 - Developed and organized the club and currently serve as the head coach and faculty advisor
- CSUF Brazilian Jiu-Jitsu Club 2012-2014
 - Helped developed as faculty advisor

University Symposiums/Workshops

- What Can I Do With My Degree In Kinesiology? – Annual Guest Speaker Series 2012-2014
 - Developed, organized, secured funding, marketed, and presented

DEPARTMENT

National Recognition

- National Strength and Conditioning Association – Education Recognition Program
 - Graduate Studies Program 2011-2014
2014-2017
 - Strength and Conditioning Program 2012-2015
2015-2018
 - Personal Trainer Program 2012-2015
2015-2018

*****These generate ~\$500/yr in income (from the NSCA) for the Center for Sport Performance**

New Curriculum Development

- KNES 458 – Measurement Techniques in Strength and Conditioning 2012

Department Committees

- Strength & Conditioning Faculty Search Committee 2015-2016
- Exercise Physiology Faculty Search Committee 2013-2014
- Graduate Program (3 yearly terms) 2012-2015
- Student Development (3 yearly terms) 2012-2015
- New Faculty Search
 - University of Memphis 2007-2008

COMMUNITY SERVICE

Community Workshops

- Los Alamitos Middle School Career Day 2014
- Los Alamitos Youth Center Professional Development Day 2014
- Translating Academics to Professional Success 2013
 - Gamma Phi Beta Sorority
- CSUF Freshman College Major/Career Path 2013
 - What is Kinesiology?
- Tutor/Faculty Mentor (February 13th) 2013
 - KON Honor Society
- Faculty Hearing Panel 2012-2014

Activities

- New Faculty Orientation 2011-2012
- University of Memphis Student Health Fair organizer 2006-2007
- Adidas America Health Fair organizer 2005
- Linfield College Wellness Week organizer 2002-2003

Seminar Development

- Organizer and Presenter, Faction Strength and Conditioning 2008, 2010
 - “Optimal Nutrition for the Food Lover”
- Wellness days seminar, *University of Memphis* 2007
 - STI/Wellness educational lectures, mandatory for all freshman

Consulting & Coaching

- Various Organizations
 - Extreme Performance Training (Advisory Board) 2015-present
 - Heather Jo Clark (UFC fighter) 2016-present
 - Helen Maroulis (World Champ Wrestling) 2016-present
 - Laura Anderson (Wrestling) 2016-present
 - Unbreakable Performance Center 2014-2016
 - 3Fu3l Supplements 2014-present
 - Paul Blart: Mall Cop 2 (Movie) 2014
 - Kevin James (Actor) 2014-present
 - Kailin Curran (UFC fighter) 2014-present
 - Ronny Rios (Pro Boxer) 2014-2015
 - Dennis Bermudez (UFC fighter) 2013-present
 - Pat Cummings (UFC fighter) 2013-present
 - Jake Ellenberger (UFC fighter) 2012-present
 - Tom Watson (UFC fighter) 2014-2016
 - Ryan Parsons (Radius Management) 2012-present
 - Primal Justice Fitness 2013-2014
 - Velocity Sports Performance 2012-2013
 - Major League Baseball – Various athletes 2012-2015
 - STARS Training Center 2013-present
 - Fitr.tv 2012-2014
 - Barbell Shrugged 2012-present
 - Fox Sports 1 Television “Blueprint” 2012-2014
 - Faction Strength and Conditioning 2008-2012
 - Triathlon/marathon preparation – Various athletes 2009-present
 - Ball State University - All Olympic Sports 2008-2011
 - Men’s Basketball 2010-2011

HONORS & AWARDS

AWARDS

- HHD Outstanding Scholar (nominated) 2016
- Faculty Recognition Award for Scholarly and Creative Activity 2016
- National Strength & Conditioning Association: Educator of The Year (nominated) 2016
- CSUF “*Titan On The Rise*” (nominated) 2015
- CSUF Faculty Club Advisor of the Year (nominated) 2016
- CSUF Faculty Club Advisor of the Year (nominated) 2015

STUDENTS

- Jose Arevalo
 - CSUF Student Research Contest Finalist 2016
 - College of HHD Outstanding Scholarly and Creative Activities Award Winner 2016
 - Graduate Equity Program Scholarship (\$2,000) 2015
 - Graduate Student Research Fund (\$200) 2015
 - SOAR’s Elevar Scholars Program (\$2,000) 2014
- Katie McLeland
 - National Strength and Conditioning Association Women’s Scholarship (\$1,500) 2015
 - National Strength and Conditioning Association Women’s Scholarship (\$1,500) 2014
- Kylie Malyszek
 - National Strength and Conditioning Association Women’s Scholarship (\$1,000) 2015
- Kathy Jacobo
 - SOAR’s Elevar Scholars Program (\$2,000) 2014
- Taylor Thurston
 - College of HHD Outstanding Scholarly and Creative Activities Award Winner 2014
- Austria Cho
 - American College of Sports Medicine SW Regional Undergraduate Poster of the Year 2014

ACADEMIC

- University of Memphis
 - Outstanding Work in Muscle Mechanics & Physiology 2008
 - Student Research Forum Award, 1st place 2008
 - Sigma Tau Health Science Student Scholarship 2007
 - Melvin A. Humphreys Award for Student Research 2007, 2008

ATHLETIC

- Oregon Sports Hall of Fame (Linfield Football Team) 2011-current
- USA Weightlifting National Championships (7th place) 2008
- Extreme Grappling Open Champion 2008, 2011
- Faction Strength and Conditioning Weightlifting Team member 2009-2011
- Mr. Grappler Submission Wrestling Champion 2008
- OBX Weightlifting Team member 2008
- 7th Annual Chattanooga Open Weightlifting Competition (2nd place) 2007
- Arnold Schwarzenegger Classic "Weightlifter of the day" 2007
- University of Memphis Tiger Barbell Club 2007-2008
 - 69 & 77 kg weightlifting record holder 2007-current
- McMinnville Downtown Association UFO Parade Grand Marshall 2005
- Varsity football letter winner (3x)- Linfield College 2001-2005
 - 2004 NCAA DIII National Champions

PROFESSIONAL CERTIFICATIONS

- NSCA - Certified Strength and Conditioning Specialist with special distinction (*D) 2005-present
- NSCA - Certified Personal Trainer*D with special distinction (*D) 2002-present
- American Red Cross - Adult and Infant First Aid & CPR 2002-present