

# **Gregory Allen Brown, Ph.D. FACSM**

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1515 14<sup>th</sup> ave  
Kearney, NE 68845  
(308) 236 - 7736

Wellness Center 221, Cushing Building  
Department of Kinesiology & Sport Sciences  
University of Nebraska Kearney  
1410 W 26<sup>th</sup> St  
Kearney, NE 68849  
(308) 865 - 8333  
brownnga@unk.edu

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## **Academic Preparation**

**Doctor of Philosophy**, Iowa State University. August 2002 -- Major in Health and Human Performance, Emphasis in the Biological Bases of Physical Activity, dissertation title: "Androgenic supplementation in men: Effects of age, herbal extracts, and mode of delivery."

**Master of Science**, Iowa State University, May 1999 -- Major in Exercise and Sport Science, Emphasis in Exercise Physiology, thesis title: "Oral anabolic-androgenic supplements during resistance training: Effects on glucose tolerance, insulin action, and blood lipids."

**Bachelor of Science**, Utah State University, June 1997 -- Major in Physical Education, Emphasis in Pre-physical Therapy.

## **Awards**

**Mortar Board Faculty Excellence Honors.** Xi Phi Chapter, University of Nebraska at Kearney, Honored in 2006, 2007, 2008, 2012, 2013, and 2015

**College of Education Outstanding Scholarship / Research Award.** University of Nebraska at Kearney 2009, 2014

**College of Education Award for Faculty Mentoring of Undergraduate Student Research** University of Nebraska at Kearney, 2007, 2010, & 2013

**"Pink Tie" award** from the Susan G. Komen Nebraska Affiliate, for outstanding service to the Central Nebraska Race for the Cure, 2013

**Star Reviewer** for the American Physiological Society and Advances in Physiology Education. 2010.

**Fellow of the American College of Sports Medicine.** Awarded April 23, 2008

**UNK Senior Appreciation Program honoree**, the University of Nebraska at Kearney

**Iowa State University Research Excellence Award**, Iowa State University, 2002

**The Zaffarano Prize for Graduate Student Research**, Iowa State University, 2002

**Helen Hilton Lebaron Excellence in Research Award**, Dept. of Health and Human Performance, Iowa State University, 2002

**Best Paper Award**, 2<sup>nd</sup> Annual Education Research Exchange. Iowa State University Education Research Exchange, 2001

**Helen Hilton Lebaron Excellence in Research Award**, Dept. of Health and Human Performance, Iowa State University, 2000

### **Professional Experience**

**Professor:** University of Nebraska Kearney, Dept. of Kinesiology and Sport Sciences (2012-)

**Associate Professor:** University of Nebraska Kearney, HPERLS Dept. (2007-2012)

**Assistant Professor:** University of Nebraska Kearney, HPERLS Dept. (2004- 2007) Full Graduate Faculty status awarded on hire, 2004

**Assistant Professor:** Georgia Southern University, Jiann-Ping Hsu School of Public Health. (2002-2004) Full Graduate Faculty status awarded Nov. 26, 2002

**Laboratory Director:** Human Performance Laboratory, Georgia Southern University, Jiann-Ping Hsu School of Public Health. (2002-2004)

**Research Assistant:** Exercise Biochemistry and Physiology Laboratory, Iowa State University, Department of Health and Human Performance. (1997-2002)

**Graduate Teaching Assistant:** Iowa State University, Department of Health and Human Performance. (1997-2002)

**Temporary Instructor:** Iowa State University, Department of Health and Human Performance. (1999-2002)

**Temporary Adjunct Faculty:** Des Moines Area Community College. (2000)

**Undergraduate Teaching Intern:** Department of Biology, Utah State University. (1995-1996)

### **Refereed Publications**

1. Shaw BS, Shaw I, Brown GA, and Shariat A. Review of the Role of Resistance Training and Musculoskeletal Injury Prevention and Rehabilitation. 1: 5-9, 2016
2. Kahle A, Brown GA, Shaw I, & Shaw BS. Mechanical and Physiological Analysis of Minimalist versus Traditionally Shod Running. J Sports Med Phys Fitness. 56(9):974-9, 2016
3. Bice MR, Carey J, Brown GA, Adkins M, and Ball JW. The Use of Mobile Application to Enhance Learning of the Skeletal System in Introductory Anatomy & Physiology Students. Int J Kines Higher Educ 27(1) 16-22, 2016
4. Shaw BS, Shaw I, & Brown GA. Resistance Exercise is Medicine. Int J Ther Rehab. 22: 233-237, 2015.
5. Brown GA, Bice MR, Shaw BS, & Shaw I. Online Quizzes Promote Inconsistent Improvements on In-Class Test Performance in Introductory Anatomy & Physiology. Adv. Physiol. Educ. 39: 63-6, 2015
6. Brown GA, Heiserman K, Shaw BS, & Shaw I. Rectus abdominis and rectus femoris muscle activity while performing conventional unweighted and weighted seated abdominal trunk curls. Medicina dello Sport. 68: 9-18. 2015

7. Botha DM, Shaw BS, Shaw I & Brown GA. Role of hyperbaric oxygen therapy in the promotion of cardiopulmonary health and rehabilitation. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*. Supplement 2 (September), 20: 62-73, 2014
8. Abbey BA, Heelan KA, Brown, GA, & Bartee RT. Validity of HydraTrend™ Reagent Strips for the Assessment of Hydration Status. *J Strength Cond Res*. 28: 2634-9. 2014
9. Scheer KC, Siebrandt SM, Brown GA, Shaw BS, & Shaw I. Wii, Kinect, & Move. Heart Rate, Oxygen Consumption, Energy Expenditure, and Ventilation due to Different Physically Active Video Game Systems in College Students. *International Journal of Exercise Science*: 7: 22-32, 2014
10. Shaw BS, Shaw I, & Brown GA. Effect of concurrent aerobic and resistive breathing training on respiratory muscle length and spirometry in asthmatics. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*. Supplement 1 (November), 170-183, 2013
11. Adkins M, Brown GA, Heelan K, Ansorge C, Shaw BS & Shaw I. Can dance exergaming contribute to improving physical activity levels in elementary school children? *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*. 19: 576-585, 2013
12. Jarvi MB, Brown GA, Shaw BS & Shaw I. Measurements of Heart Rate and Accelerometry to Determine the Physical Activity Level in Boys Playing Paintball. *International Journal of Exercise Science*: 6: 199-207, 2013
13. Brown GA, Krueger RD, Cook CM, Heelan KA, Shaw BS & Shaw I. A prediction equation for the estimation of cardiorespiratory fitness using an elliptical motion trainer. *West Indian Medical Journal*. 61: 114-117, 2013.
14. Shaw BS, Shaw I, & Brown GA. Body composition variation following diaphragmatic breathing. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*. 18: 787-794, 2012.
15. Shaw I, Shaw BS, & Brown GA. Concurrent Training and Pulmonary Function in Smokers. *Int J Sports Med*. 32:776-80, 2011
16. Nienhueser J, Brown, GA, Shaw BS & I Shaw. Effects of Energy Drinks on Metabolism at Rest and During Submaximal Treadmill Exercise in College Age Males. *Int J Exerc Sci* 4: 321-332, 2011
17. Shaw I, Shaw BS, & Brown GA. Relationship between Resistance Training and Self-Reported Habitual Nutrient Intake. *South African Journal for Research in Sport, Physical Education and Recreation*. 32: 109-116, 2010
18. Brown GA, Swendener AM, Shaw I, & Shaw BS. Comparison of anthropometric and metabolic responses to a short term carbohydrate restricted diet and exercise versus a traditional diet and exercise. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*. 16: 535-544, 2010
19. Brown GA, Ray M, Abbey BA, Shaw BS, & Shaw I. Oxygen Consumption, Heart Rate and Blood Lactate Responses to an Acute Bout of Plyometric Depth Jumps in College Aged Men and Women. *J Strength Cond Res*. 24:275-82. 2010

20. Shaw I, Shaw BS, Brown GA, & Cilliers JF. Concurrent Resistance and Aerobic Training as Protection against Heart Disease. *Cardiovasc J Afr* 21: 196-199, 2010
21. Brown GA, Cook CM, Krueger RD, & Heelan KA Comparison of energy expenditure on a treadmill vs. an elliptical device at a self-selected exercise intensity. *J Str Cond Res* 24:1643-9, 2010
22. Shaw I, Shaw BS, & Brown GA. Role of Diaphragmatic Breathing and Aerobic Exercise in Improving Maximal Oxygen Consumption in Asthmatics. *Science & Sports* 25:139-145, 2010
23. Shaw I, Shaw BS, & Brown GA. Comparison of Resistance and Concurrent Resistance and Endurance Training Regimes in the Development of Strength. *J Str Cond Res.* 23: 2507-2514, 2009
24. Castell LM, Burke LM, Stear SJ, Wolfe RR, Newsholme EA, Trudeau F, Curi R, Brown GA, Vukovich MD, and DS King. *BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 2.* *Br. J. Sports Med.* 43:807-810. 2009
25. Shaw BS, Shaw I, & Brown GA. Resistance Training and its Effect on Total, Central and Abdominal Adiposity. *South African Journal for Research in Sport, Physical Education and Recreation.* 31: 97-108. 2009
26. Shaw I, Shaw BS, & Brown GA. Influence of Strength Training on Cardiac Risk Prevention in Individuals without Cardiovascular Disease. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD).* 15: 424-432. 2009
27. Shaw BS, Shaw I, & Brown GA. Resistance Training and Predicted Risk of Coronary Heart Disease in Sedentary Males. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD).* Supplement: 247-257. 2009
28. Stahlnecker IV AC, Brown GA, Shaw BS, & Shaw I. Acute Effects of a Weight Loss Supplement on Resting Metabolic Rate and Anaerobic Exercise Performance *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD).* Supplement: 237-247. 2009
29. McWha JA, Horst S, Brown GA, Shaw I, & Shaw BS. Metabolic Changes Associated with Playing an Active Video Game Against a Human and Computer Opponent. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD).* Supplement: 219-228. 2009
30. Semin K, Stahlnecker IV AC, Heelan KA, Brown GA, Shaw BS, & Shaw I. Discrepancy between Training, Competition and Laboratory Measures of Maximum Heart Rate in NCAA Division 2 Distance Runners. *J Sports Sci & Med.* 7: 455 – 460, 2008
31. Brown GA, Rebok MP, Scott ML, Harris III J, Colaluca MK, Shaw I, & Shaw BS. Physiological and Biomechanical Responses of Running with and Without a Stroller. *AJPHERD; African Journal for Physical, Health Education, Recreation and Dance* 14: 240-249, 2008
32. Brown GA, McFarland SP, Ray MW, Abbey BM, Shaw I, & Shaw BS. A Single Session of Brisk Walking Does Not Alter Blood Glucose Homeostasis in Overweight Young Men.

- AJPHERD; African Journal for Physical, Health Education, Recreation and Dance 14: 250-264, 2008
33. Brown GA, Lynott F, & Heelan KA. A Service Learning Model for Teaching Fitness Assessment and Research Techniques to Undergraduate Exercise Science Students. *Adv Physiol Educ.* 32: 212-218, 2008
  34. Carstensen C, Brown GA, Shaw I, & Shaw BS. Freely-Paced Walking in Healthy Adults Does Not Meet Minimum Intensity Guidelines for Health Improvement. *African Journal for Physical, Health Education, Recreation and Dance (AJPHERD)*, 14: 178-187, 2008
  35. Shaw BS, Shaw I, and Brown GA. Self-Reported Dietary Intake Following Endurance, Resistance And Concurrent Endurance And Resistance Training. *J Sports Sci & Med* 7: 255-259, 2008
  36. Brown, GA. Teaching skeletal muscle adaptations to aerobic exercise using an APS classic paper by Dr. Philip Gollnick and colleagues. *Adv Physiol Educ.* 30: 113-118, 2006
  37. Brown GA, Vukovich MD, & King DS. Testosterone Prohormone Supplements. *Med. Sci. Sports Exerc. Med Sci Sports Exerc.* 38: 1451-1461, 2006
  38. Brown GA, & MacKenzie D. Resistance Exercise Does Not Change The Hormonal Response To Sublingual Androstenediol. *Eur J Appl Physiol.* 97:404-412, 2006
  39. Brown GA, Vukovich MD, and King DS. Urinary excretion of steroid metabolites following chronic androstenedione ingestion. *J. Clin. Endocrinol. Metab.* 12:6235 – 6338, 2004
  40. Brown GA, Dewey JC, Brunkhorst J, Vukovich MD, & King DS. Changes in serum testosterone and estradiol concentrations following acute androstenedione ingestion in young women. *Horm Metab Res.* 1:62-66, 2004
  41. Kohut ML, Thompson JR, Campbell J, Brown GA, Vukovich MD, Jackson DA, & King DS. Ingestion of a Dietary Supplement Containing Dehydroepiandrosterone (DHEA) and Androstenedione Has Minimal Effect on Immune Function in Middle-Aged Men. *J Am Coll Nutr.* 22: 363-71, 2003
  42. Brown GA, Martini ER, Roberts BS, Vukovich MD, & King DS. Acute hormonal responses to sublingual androstenediol intake in young men. *J Appl Physiol.* 92: 142-146, 2002.
  43. Brown GA, Vukovich MD, Martini ER, Kohut ML, Franke WL, Jackson DA, & King DS. Effects of androstenedione-herbal supplements on serum sex hormone concentrations in 30-59 year old men. *Int J Vitam Nutr Res.* 71: 293-301, 2001
  44. Brown GA, Vukovich MD, Martini ER, Kohut ML, Franke WL, Jackson DA, & King DS. Endocrine and lipid responses to chronic androstenediol-herbal supplementation in 30 to 58 year old men. *J Am Coll Nutr.* 20: 520-528, 2001.
  45. Brown GA, Vukovich MD, Martini ER, Kohut ML, Franke ML, Jackson DA, & King DS. Endocrine response to chronic androstenedione intake in 30-56 year old men. *J Clin Endocrinol Metab.* 85: 4074-4080, 2000.
  46. Brown GA, Vukovich MD, Reifenrath TA, Uhl NL, Parsons KA, Sharp RL, & King DS. Effects of anabolic precursors on serum testosterone concentrations and adaptations to resistance training in young men. *Int J Sport Nutr Exerc Metab.* 10: 342-362, 2000.

47. Brown GA, Vukovich MD, Sharp RL, Reifenrath TA, Parsons KA, & King DS. Effect of oral DHEA on serum testosterone and adaptations to resistance training in young men. *J Appl Physiol.* 87: 2274-2283, 1999.
48. King DS, Sharp RL, Vukovich MD, Brown GA, Reifenrath TA, Uhl NL, & Parsons KA. Effect of oral androstenedione on serum testosterone and adaptations to resistance training in young men: a randomized controlled trial. *JAMA.* 281: 2020-2028, 1999.

### **Refereed Presentations**

1. Brown GA, Shaw BS, and Shaw I. Effects Of A 6 Week Conditioning Program On Jumping, Sprinting, And Agility Performance In Youth. *Med Sci Sport Exerc.* 48(5), 3730. 63<sup>rd</sup> Annual Meeting of the American College of Sports Medicine. Boston, MA. June 2016.
2. Shaw I, Shaw BS, Boshoff VE, Coetzee S, and Brown GA. Kinanthropometric Responses To Callisthenic Strength Training In Children. *Med Sci Sport Exerc.* 48(5), 3221. 63<sup>rd</sup> Annual Meeting of the American College of Sports Medicine. Boston, MA. June 2016.
3. Shaw BS, Shaw I, Gouveia M, McIntyre S, and Brown GA. Kinanthropometric Responses To Moderate-intensity Resistance Training In Postmenopausal Women. *Med Sci Sport Exerc.* 48(5), 2127. 63<sup>rd</sup> Annual Meeting of the American College of Sports Medicine. Boston, MA. June 2016.
4. Bice MR, Cary JD, Brown GA, Adkins M, and Ball JW. The use of mobile applications to enhance introductory anatomy & physiology student performance on topic specific in-class tests. National Association for Kinesiology in Higher Education National Conference. January 8, 2016.
5. Shaw I, Shaw BS, Lawrence KE, Brown GA, and Shariat A. Concurrent Resistance and Aerobic Exercise Training Improves Hemodynamics in Normotensive Overweight and Obese Individuals. *Med Sci Sport Exerc.* 47(5), 559. 62<sup>nd</sup> Annual Meeting of the American College of Sports Medicine. San Diego, CA. May 2015.
6. Shaw BS, Shaw I, McCrorie C, Turner S., Schnetler A, and Brown GA. Concurrent Resistance and Aerobic Training in the Prevention of Overweight and Obesity in Young Adults. *Med Sci Sport Exerc.* 47(5), 223. 62<sup>nd</sup> Annual Meeting of the American College of Sports Medicine. San Diego, CA. May 2015.
7. Schneekloth B, Shaw I, Shaw BS, and Brown GA. Physical Activity Levels Using Kinect™ Zumba Fitness versus Zumba Fitness with a Human Instructor. *Med Sci Sport Exerc.* 46(5), 326. 61<sup>st</sup> Annual Meeting of the American College of Sports Medicine. Orlando, FL. June 2014.
8. Shaw I, Lawrence KE, Shaw BS, and Brown GA. Callisthenic Exercise-related Changes in Body Composition in Overweight and Obese Adults. *Med Sci Sport Exerc.* 46(5), 394. 61<sup>st</sup> Annual Meeting of the American College of Sports Medicine. Orlando, FL June 2014.
9. Shaw BS, Shaw I, Fourie M, Gildenhuis M, and Brown GA. Variances In The Body Composition Of Elderly Woman Following Progressive Mat Pilates. *Med Sci Sport Exerc.* 46(5), 558. 61<sup>st</sup> Annual Meeting of the American College of Sports Medicine. Orlando, FL June 2014.

10. Brown GA, Shaw I, Shaw BS, and Bice M. Online Quizzes Enhance Introductory Anatomy & Physiology Performance on Subsequent Tests, But Not Examinations. *Med Sci Sport Exerc.* 46(5), 1655. 61<sup>st</sup> Annual Meeting of the American College of Sports Medicine. Orlando, FL June 2014.
11. Kahle, A. and Brown, G.A. Electromyography in the Gastrocnemius and Tibialis Anterior, and Oxygen Consumption, Ventilation, and Heart Rate During Minimalist versus Traditionally Shod Running. 27<sup>th</sup> National Conference on Undergraduate Research (NCUR). La Crosse, Wisconsin USA. April 11-13, 2013
12. Shaw, I., Shaw, B.S., and Brown, G.A. Resistive Breathing Effects on Pulmonary Function, Aerobic Capacity and Medication Usage in Adult Asthmatics *Med Sci Sports Exerc* 45 (5). S1602 2013. 60<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN USA, May 26-30 2013
13. Shaw, B.S. Gildenhuis, G.A., Fourie, M. Shaw I, and Brown, G.A. Function Changes In The Aged Following Pilates Exercise Training. *Med Sci Sports Exerc* 45 (5). S1566 60<sup>th</sup> Annual Meeting of the American College of Sports Medicine, Indianapolis, IN USA, May 26-30 2013
14. Brown, G.A., Abbey, B.M., Ray, M.W., Shaw B.S., & Shaw, I. Changes in Plasma Free Testosterone and Cortisol Concentrations During Plyometric Depth Jumps. *Med Sci Sports Exerc* 44 (5). S598, 2012. 59<sup>th</sup> Annual Meeting of the American College of Sports Medicine. May 29 - June 2, 2012; San Francisco, California
15. Shaw, I., Fourie, M., Gildenhuis, G.M., Shaw B.S., & Brown, G.A. Group Pilates Program and Muscular Strength and Endurance Among Elderly Woman. *Med Sci Sports Exerc* 44 (5). S1426. 59<sup>th</sup> Annual Meeting of the American College of Sports Medicine. May 29 - June 2, 2012; San Francisco, California
16. Shaw B.S., Shaw, I., & Brown, G.A. Concurrent Inspiratory-Expiratory and Aerobic Training Effects On Respiratory Muscle Strength In Asthmatics. *Med Sci Sports Exerc* 44 (5). S2163. 59<sup>th</sup> Annual Meeting of the American College of Sports Medicine. May 29 - June 2, 2012; San Francisco, California
17. Scheer, K., Siebrandt, S., Brown, G.A, Shaw B.S., & Shaw, I. Heart Rate, Oxygen Consumption, and Ventilation due to Different Physically Active Video Game Systems. *Med Sci Sports Exerc* 44 (5). S1763. 59<sup>th</sup> Annual Meeting of the American College of Sports Medicine. May 29 - June 2, 2012; San Francisco, California
18. Jarvi M.B., Shaw B.S., Shaw, I., & Brown, G.A. (2012) Paintball Is A Blast, But Is It Exercise? Heart Rate and Accelerometry In Boys Playing Paintball. *Med Sci Sports Exerc* 44 (5). S3503. 59<sup>th</sup> Annual Meeting of the American College of Sports Medicine. May 29 - June 2, 2012; San Francisco, California
19. Shaw, I., Shaw, B.S., and Brown G.A. Effort-dependent Pulmonary Variable Improvements Following A Novel Breathing Retraining Technique In Asthmatics. *Med Sci Sports Exerc* 43 (5). S617, 2011. 58<sup>th</sup> Annual Meeting of the American College of Sports Medicine. May 31-June 4, 2011 Denver, Colorado
20. Brown G.A. Shaw, B.S., and Shaw, I. Exercise and a Low Carbohydrate Diet Reduce Body Fat but Not PYY and Leptin Concentrations. *Med Sci Sports Exerc* 43 (5). S4627, 2011.

- 58<sup>th</sup> Annual Meeting of the American College of Sports Medicine. May 31-June 4, 2011  
Denver, Colorado
21. Shaw, B.S., Shaw, I, and Brown G.A. Pulmonary Function Changes In Response To Combined Aerobic And Resistance Training In Sedentary Male Smokers. *Med Sci Sports Exerc* 43 (5). S492, 2011. 58<sup>th</sup> Annual Meeting of the American College of Sports Medicine. May 31-June 4, 2011 Denver, Colorado
  22. Heiserman, K., Brown G.A., Shaw, I., and Shaw, B.S. Seated Weighted Abdominal Exercise Activates the Hip Flexors, But Not Abdominals, More Than Unweighted Crunches. *A Med Sci Sports Exerc* 43 (5). S277, 2011 58<sup>th</sup> Annual Meeting of the American College of Sports Medicine. May 31-June 4, 2011 Denver, Colorado
  23. Brown, G.A., Nienhueser, J., Shaw, I., and Shaw, B.S. Energy Drinks Alter Metabolism at Rest but not During Submaximal Exercise in College Age Males. *Med Sci Sports Exerc.* 42 (5): S1930. 57<sup>th</sup> Annual Meeting American College of Sports Medicine, June 1-5, 2010. Baltimore, MD
  24. Shaw, I, Shaw, B.S., and Brown G.A. Abdominal and Chest Wall Compliance in Asthmatics: Effects of Different Training Modes. *Med Sci Sports Exerc.* 42 (5): S1588. 57<sup>th</sup> Annual Meeting American College of Sports Medicine, June 1-5, 2010. Baltimore, MD.
  25. Shaw, B.S., Shaw, I, and Brown G.A. Exercise Effects on Lipoprotein Lipids in the Prevention of Cardiovascular Disease in Sedentary Males Smokers. *Med Sci Sports Exerc.* 42 (5): S1586. 57<sup>th</sup> Annual Meeting American College of Sports Medicine, June 1-5, 2010. Baltimore, MD.
  26. Brown, G.A. Collaborative Research at a Primarily Undergraduate University. *Med Sci Sports Exerc.* 42 (5): S424. 57<sup>th</sup> Annual Meeting American College of Sports Medicine, June 1-5, 2010. Baltimore, MD.
  27. Nienhueser, J., Brown, G.A., Effects of Energy Drinks on Resting and Submaximal Metabolism in College Age Males. *NCUR 24 (24th National Conference on Undergraduate Research)*. Missoula, MT. April 15-17, 2010
  28. Brown, G.A., N. Dickmeyer, A. Glidden, C. Smith, M. Beckman, B. Malicky, B.S. Shaw and I. Shaw. Relationship of Regional Adipose Tissue Distribution to Fasting Plasma PYY Concentrations in College Aged Females. 56<sup>th</sup> Annual Meeting American College of Sports Medicine, May 27-30, 2009. Seattle, WA. *Med Sci Sports Exerc.* 41 (5): S1333
  29. Shaw, B.S., I. Shaw, and G.A. Brown. Contrasting Effects Of Exercise On Total And Intra-abdominal Visceral Fat. 56<sup>th</sup> Annual Meeting American College of Sports Medicine, May 27-30, 2009. Seattle, WA. *Med Sci Sports Exerc.* 41 (5): S1718
  30. Shaw, I., B.S. Shaw, and G.A. Brown. Role of Endurance and Inspiratory Resistive Diaphragmatic Breathing Training In Improving Asthmatic Symptomology. 56<sup>th</sup> Annual Meeting American College of Sports Medicine, May 27-30, 2009. Seattle, WA. *Med Sci Sports Exerc.* 41 (5): S2713
  31. McWha, J., S. Horst, G.A. Brown, B.S. Shaw, and I. Shaw. Energy Cost of Physically Active Video Gaming Against a Human or Computer Opponent. 56<sup>th</sup> Annual Meeting

- American College of Sports Medicine, May 27-30, 2009. Seattle, WA. *Med Sci Sports Exerc.* 41 (5): S3069
32. Horst, S., J. McWha, G.A. Brown, B.S. Shaw, and I. Shaw. Salivary Cortisol and Blood Lactate Responses to Physically Active Video Gaming in Young Adults. 56th Annual Meeting American College of Sports Medicine, May 27-30, 2009. Seattle, WA. *Med Sci Sports Exerc.* 41 (5): S3070
  33. Glidden A., M. Beckman, B. Malciky, C. Smith, and G.A. Brown. Peptide YY Levels in Young Women: Correlations with Dietary Macronutrient Intake and Blood Glucose Levels. 55th Annual Meeting American College of Sports Medicine, May 28-31, 2008. Indianapolis, IN. *Med Sci Sports Exerc.* 40 (5): S741
  34. Smith C., Glidden A. M. Beckman, B. Malciky, and G.A. Brown. Peptide YY Levels in Young Women: Correlations with Aerobic Fitness & Resting Metabolic Rate. 55th Annual Meeting American College of Sports Medicine, May 28-31, 2008. Indianapolis, IN. *Med Sci Sports Exerc.* 40 (5): S742
  35. Brown, G.A. M. Holoubeck, B. Nylander, N. Watanabe, P. Janulewicz, M. Costello, K.A. Heelan, and B. Abbey. Energy Costs of Physically Active Video Gaming in Children: Wii Boxing, Wii tennis, and Dance Dance Revolution. 55th Annual Meeting American College of Sports Medicine, May 28-31, 2008. Indianapolis, IN. *Med Sci Sports Exerc.* 40 (5): S2243
  36. McFarland, S.P. and G.A. Brown. One Session of Brisk Walking Does Not Alter Blood Glucose Homeostasis In Overweight Young Men. 53rd annual meeting of the American College of Sports Medicine, Denver, CO. *Med Sci Sports Exerc* 38: S205, 2006
  37. Stahlnecker IV, A.C. and G.A. Brown Acute Effects of a Weight Loss Supplement on Resting Metabolic Rate and Anaerobic Exercise Performance. 53rd annual meeting of the American College of Sports Medicine, Denver, CO. *Med Sci Sports Exerc* 38: S403, 2006
  38. Brown, G.A. and A. Swendener. Effects of Exercise and a Low Carbohydrate Diet on Serum PYY Concentrations 53rd annual meeting of the American College of Sports Medicine, Denver, CO.. *Med Sci Sports Exerc* 38: s461, 2006
  39. Swendener, A.M. and G.A. Brown. Effects of Exercise Combined with a Low Carbohydrate Diet on Health. 53rd annual meeting of the American College of Sports Medicine, Denver, CO. *Med Sci Sports Exerc* 38: s460, 2006
  40. Swendener, A.M. and G.A. Brown. Effects Of Exercise Combined With A Low Carbohydrate Diet On Health. NCUR® 20, 2006
  41. Stahlnecker IV, A.C. and G.A. Brown. Acute Effects Of A Weight Loss Supplement On Resting Metabolic Rate And Anaerobic Exercise. NCUR® 20, 2006
  42. Eck, L. M. and G.A. Brown. Preliminary Analysis of Physical Fitness Levels in Kinesiology Students. Southern Regional Undergraduate Honors Conference. March 31, 2005.
  43. Brown, G.A., J.N. Drouin, and D. MacKenzie. Resistance Exercise Does Not Change The Hormonal Response To Sublingual Androstenediol. 52<sup>nd</sup> Annual Meeting of the American

- College of Sports Medicine, June 1-4, 2005, Nashville, TN. *Med Sci Sports Exerc* 37(5): S40, 2005
44. Brown, G.A., M.P. Rebok, M.L. Scott, M.K. Colaluca, and J. Harris III. Economy of Jogging Stroller Use During Running. 51<sup>st</sup> Annual Meeting of the American College of Sports Medicine, June 2-5, 2004, Indianapolis, IN. *Med Sci Sports Exerc* 36(5): S1714, 2004
  45. M.P. Rebok, M.L. Scott, J. Harris III, M.K. Colaluca, and G.A. Brown. Economy of Jogging Stroller use During Running. Georgia Southern University Legislative Wild Game Supper, 2004.
  46. M.P. Rebok, M.L. Scott, J. Harris III, M.K. Colaluca, and G.A. Brown. Energy cost of jogging stroller use during running. Annual Meeting of the Southeastern Chapter of the American College of Sports Medicine, 2004.
  47. Brown, G.A., Effect of 8 weeks androstenedione supplementation and weight training on glucose tolerance and isokinetic strength. Annual Meeting of the Southeastern Chapter of the American College of Sports Medicine, 2004.
  48. Brown, G.A., Vukovich, M.D., Kohut, M.L., Franke, W.D., Jackson, D.A., King, D.S., and Bowers, L.D. Urinary excretion of steroid metabolites following chronic androstenedione ingestion. 50<sup>th</sup> Annual Meeting of the American College of Sports Medicine, May 27-31 2003, San Francisco, CA. *Med Sci Sports Exerc* 35(5): S1835
  49. Brown, G.A., E.R. Martini, B.S. Roberts, M.D. Vukovich, and D.S. King. Effects of Sublingual androstenediol-cyclodextrin on serum sex hormones in young men. 48<sup>th</sup> Annual Meeting American College of Sports Medicine, May 30 – June 2, 2001. Baltimore, MD. *Med Sci Sports Exerc.* 33(5): S1650
  50. Kohut, M.L., J.R. Thompson, J. Campbell, G.A. Brown, and D.S. King. Ingestion of a dietary supplement containing androstenedione and dehydroepiandrosterone (DHEA) has a minimal effect on immune response. International Society of Exercise and Immunology, 3<sup>rd</sup> Annual Convention May 29-30, 2001. Baltimore, MD. *Med. Sci. Sports Exerc.* 33(5): SISEI12
  51. Brown, G.A., E.R. Martini, B.S. Roberts, and D.S. King. Effects of Sublingual androstenediol-cyclodextrin on serum sex hormones in young men. Iowa State University Educational Research Exchange, March 24, 2001. Ames, IA.
  52. Martini, E.R., G.A. Brown, M.D. Vukovich, M.L. Kohut, W.D. Franke, D.A. Jackson, and D.S. King. Effects of androstenedione-herbal supplementation on serum sex hormone concentrations in 30-59 year old men. Iowa State University Educational Research Exchange, March 24, 2001. Ames, IA.
  53. King, D.S., G.A. Brown, M.D. Vukovich, M.L. Kohut, W.D. Franke, and D.A. Jackson. Effects of Chronic Oral Androstenedione Intake in 30-58 year Old Men. 11th International Conference on the Biochemistry of Exercise. June 4-7, 2000. Little Rock, Arkansas
  54. Brown, G.A., M.L. Kohut, W.D. Franke, D. Jackson, M.D. Vukovich, and D.S. King. Serum Hormonal and Lipid Responses to Androgenic supplementation in 30 –59 year old men. 47<sup>TH</sup> Annual Meeting American College of Sports Medicine, May 31-June 3, 2000. Indianapolis, IN. *Med Sci Sports Exerc.* 32(5): S486

55. Brown, G.A., T.A. Reifenrath, N.L. Uhl, R.L. Sharp, and D.S. King. Oral anabolic-androgenic supplements during resistance training: Effects on glucose tolerance, insulin action, and blood lipids. 1999 Annual Meeting American College of Sports Medicine, Seattle, WA. *Med Sci Sports Exerc.* 31(5): S1293
56. Reifenrath, T.A., R.L. Sharp, G.A. Brown, N.L. Uhl, and D.S. King. Oral anabolic-androgenic supplements during resistance training: Effects on body composition and muscle strength. 1999 Annual Meeting American College of Sports Medicine, Seattle, WA. *Med Sci Sports Exerc.* 31(5): S1292
57. King, D.S., R.L. Sharp, G.A. Brown, T.A. Reifenrath, and N.L. Uhl. Oral anabolic-androgenic supplements during resistance training: Effects on serum testosterone and estrogen concentrations. 1999 Annual Meeting American College of Sports Medicine, Seattle, WA. *Med Sci Sports Exerc.* 31(5): S1291
58. Parsons, K.A., R.L. Sharp, G.A. Brown, T.A. Reifenrath, N.L. Uhl, and D.S. King. Acute effects of oral anabolic-androgenic supplements on blood androgen and estrogen levels in man. 1999 Annual Meeting American College of Sports Medicine, Seattle, WA. *Med Sci Sports Exerc.* 31(5): S1290

### **Book Chapters**

Brown, G.A. Chapters on Androstenedione and DHEA. In: *Nutritional Supplements in Sport, Exercise and Health an A-Z Guide*. edited by Linda M. Castell, Samantha J. Stear, Louise M. Burke. Routledge 2015.

Brown, G.A. Evaluating a Nutritional Supplement with SOAP Notes to Develop Critical Thinking Skills. In: *Teaching Critical Thinking and Clinical Reasoning in the Health Sciences*, edited by Facione NC and Facione PA. Millbrae, CA: California Academic Press 2008

### **Non Refereed Publications**

Brown, G.A. and King, D.S. Sport Dietary Supplement Update on DHEA supplementation. Human Kinetics Publishers, Inc. October, 2000.

Brown, G.A. Getting in Shape for Paintball in the Winter. Paintball Sports International, January, 1999

### **Peer Reviewer for the Following Journals**

Advances in Physiology Education. <http://www.the-aps.org/publications/advan/>

African Journal For Physical, Health Education, Recreation and Dance (AJPHERD). ISSN: 1117-4315 [http://www.ajol.info/journal\\_index.php?jid=153](http://www.ajol.info/journal_index.php?jid=153)

Anatomical Sciences Education. <http://www.asejournal.com>

Asian Journal of Sports Medicine. <http://asjasm.tums.ac.ir/index.php/asjasm>

CardioVascular Journal of Africa. <http://www.cvjsa.co.za/>

Complementary Therapies in Medicine. <http://ees.elsevier.com/ctim/>

European Journal of Sport Science. <http://www.tandf.co.uk/journals/titles/17461391.asp>

Games for Health Journal. <http://www.liebertpub.com/overview/games-for-health-journal/588/>

Global Journal of Health and Physical Education Pedagogy. <http://js.sagamorepub.com/gjhpep>

International Journal of Exercise Science. <http://digitalcommons.wku.edu/ijes/>

Journal of Sports Sciences. <http://www.tandf.co.uk/journals/titles/02640414.html>

Journal of Strength and Conditioning Research. <http://journals.lww.com/nsca-jscr/pages/default.aspx>

Lung. <http://www.springer.com/medicine/internal/journal/408>

Pediatrics. <http://pediatrics.aappublications.org/>

Scandinavian Journal of Medicine and Science in Sports.  
<http://www.blackwellpublishing.com/journal.asp?ref=0905-7188>

South African Journal of Diabetes and Vascular Disease <http://www.diabetesjournal.co.za/>

The American Journal of Physiology - Endocrinology and Metabolism.  
<http://ajpendo.physiology.org/>

The American Journal of Physiology - Heart and Circulatory Physiology.  
<http://ajpheart.physiology.org/>

The American Journal of Physiology - Regulatory, Integrative and Comparative Physiology.  
<http://ajpregu.physiology.org/>

The International Journal of Sport Nutrition & Exercise Metabolism.  
<http://www.humankinetics.com/IJSNEM/journalAbout.cfm>

The Journal of Sports Science and Medicine (JSSM) <http://www.jssm.org/>

The International Journal of Nutrition and Metabolism [www.academicjournals.org/IJNAM](http://www.academicjournals.org/IJNAM)

The Open Sports Sciences Journal. <http://benthamscience.com/open/tossj/index.htm>

The Journal of Applied Physiology. <http://jap.physiology.org/>

African Health Sciences. <http://www.ajol.info/index.php/ahs>

Menopause. <http://journals.lww.com/menopausejournal/pages/default.aspx>

### **Membership in Professional Organizations**

American College of Sports Medicine

American Physiological Society

National Strength and Conditioning Association

### **Graduate Student Advisement/Mentoring**

Marissa Bongers. MAEd Thesis Committee Director. Dietary Habits and Nutrition Knowledge in Female Collegiate Distance Runners. Degree Awarded Spring 2016.

Justin Thiel. MAEd Advisor. Degree Awarded Spring 2016.

Mitchell Sasek. MAEd Advisor. Degree Awarded Summer 2015

Chad Keller. MAEd Advisor. Degree Awarded Summer 2014

Faron Klingehoffer. MAEd Advisor. Degree Awarded Summer 2014

Joe Scharfenkamp. MAEd Internship Advisor. Degree Awarded Summer 2014

Andrew Hudson. MAEd Thesis Committee. Thesis Title. valuation of Weight Loss in Parents Participating in a Pediatric Obesity Treatment Intervention Degree Awarded Fall 2012

Megan Adkins. Doctoral Dissertation Committee. An Examination of Changes in Sedentary Time with the Integration of Technology for Children Participating in a Morning Fitness Program. Degree Awarded Summer 2011

Christopher Campbell. MAEd Advisor. Degree Awarded Spring 2011

Logan Brodine. MAEd Advisor. Degree Awarded Spring 2010

Megan Costello. MAEd Thesis Committee. Changes in the Prevalence of at risk of overweight or overweight in children. Degree Awarded Spring 2009

Pamela Janulewicz, MAEd Thesis Committee. Effects of Exercise Balls as Chair Replacements in a Fourth Grade Classroom. Degree Awarded Spring 2008

Melissa Shelden. MAEd Advisor.

Michael Bell. MAEd Advisor.

Karen DeDonder. MAEd Thesis Committee. Confidence Levels of Certified Athletic Trainers Regarding Female Athlete Triad Syndrome. Degree Awarded Spring 2008

Benjamin Nylander. MAEd Comprehensive Project Director. Degree Awarded Summer 2007

Eme Ferro. MAEd advisor. Degree Awarded Summer 2007

Julie McAlpin. MAEd Thesis Committee. Children Escorted to School; effect on Parental Physical Activity Degree awarded fall 2006

Michael Ray. MAEd Comprehensive Project Director. Degree Awarded Summer 2006

Seth McFarland. MAEd Thesis Committee Director. The Effects of Exercise Duration on Glucose Tolerance and Insulin Sensitivity in Mildly Overweight Men. Degree Awarded Summer 2005

Drew McKenzie. MS Academic Advisor. Degree Awarded Spring 2005

Matthew Luckie. MS Academic Advisor. Degree Awarded Spring 2005

Todd Lane. MS Academic Advisor

Leilani Lowery. MS Internship committee, Degree Awarded Spring 2003

Johnna Ware. MS Internship committee, Degree Awarded Spring 2003

David Bass. MS Internship committee, Degree Awarded Spring 2003

Crystal Smith. MS Internship committee, Degree Awarded Summer 2003

### **Undergraduate Student Research Mentoring**

Rachael Ernest. Comparing the effects of coffee to a pre-workout drink on resting and exercise metabolic rate. Fall 2016 - Spring 2017.

- Aleesha Olena. Evaluating the role of body composition on abdominal muscle definition. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2016 - Spring 2017.
- Marco Escalera. Evaluating the role of body composition on abdominal muscle definition. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2015 - Spring 2017.
- Trevor Schramm. Effects of “pre-workout” drinks on 400 m sprint performance and salivary cortisol concentrations. Undergraduate Research Fellowship. University of Nebraska Kearney. Spring 2016.
- Taylor Turek. Evaluating the role of body composition on abdominal muscle definition. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2015 - Spring 2016.
- Brian Szekely. Effects of “pre-workout” drinks on Wingate test performance and blood lactate concentrations. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2014 - Spring 2016.
- Brianna Jackson. Effects of “pre-workout” drinks on 400 m sprint performance and salivary cortisol concentrations. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2014 – Fall 2015.
- Ashley Pearson. Changes in resting metabolic rate over a semester in undergraduate students. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2013 - Spring 2015.
- Tricia Young. Changes in resting metabolic rate over a semester in undergraduate students. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2013 - Spring 2014.
- Gavin Schneider. Effects of “pre-workout” drinks on resistance training performance. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2013 - Spring 2014.
- Bridgette Schneekloth. Physical Activity while engaging in a Zumba dance class or Microsoft Kinect Zumba. Summer Student Research Program. University of Nebraska Kearney. Summer 2013.
- Bridgette Schneekloth. Physical Activity while engaging in Microsoft Kinect Track & Field running vs. free running on an indoor track. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2012 - Spring 2014.
- Adam Kahle. Evaluating changes in running mechanics with “barefoot” footwear. Summer Student Research Program. University of Nebraska Kearney. Summer 2012
- Michelle Jarvi. Quantifying paintball as a form of physical activity in Boys. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2011 - Spring 2012.
- Benjamin Lentz, Krista Scheer, & Sarah Siebrandt. Wii, Kinect, and Move for Physical Activity: Analysis of Energy Expenditure, Heart Rate, and Ventilation. Undergraduate Research Fellowship. University of Nebraska Kearney. Fall 2010 - Spring 2012.
- Katlyn Heiserman. Comparison of EMG activity in the rectus abdominis and rectus femoris during supine un-weighted abdominal crunch exercise and a seated abdominal crunch exercise weight machine. Summer Student Research Program. University of Nebraska Kearney. Summer 2010

Janae Nienhueser. Effects of Energy drink on resting and submaximal exercise metabolism in college age men. Summer Student Research Program. University of Nebraska Kearney. Summer 2009

Jessica McWha. Metabolic changes while playing active video gaming against a human and computer opponent. Summer Student Research Program and Undergraduate Research Fellowship. University of Nebraska Kearney. Summer 2008 – Spring 2009

Sarah Horst. Changes in blood lactate and salivary cortisol concentrations while “exergaming” against a human or computer opponent. Summer Student Research Program. University of Nebraska Kearney. Summer 2008

Craig Carstensen. Differences in the Physiological Response to Treadmill versus Freely Paced Walking. Summer Student Research Program. University of Nebraska Kearney. Summer 2006

Alvah Stahlnecker. Acute effects of a weight loss supplement on resting metabolic rate and anaerobic exercise performance. Summer Student Research Program. University of Nebraska Kearney. Summer 2005

Allison Swendener. Effects of exercise combined with a low carbohydrate diet on health. Summer Student Research Program. University of Nebraska Kearney. Summer 2005

Kamilah Whipple. A measurement of the physical activity and fitness of undergraduate Georgia Southern University students. Ronald E. McNair Post-Baccalaureate Achievement Program. Georgia Southern University. Summer 2004.

Lindsey Eck. Preliminary Analysis of Physical Fitness Levels in Kinesiology Students. Independent undergraduate research project. Georgia Southern University. Summer 2004.

### **Description of Graduate Courses Taught**

**PE 870: Advanced Exercise Physiology** Course presumes a student has had a basic course in exercise physiology. The content of cardiorespiratory fitness, body composition, muscular strength/flexibility, body fluids and metabolism is presented beyond the introductory level. (University of Nebraska at Kearney)

**PE 866P: Nutrition for Health and Sport.** (Dual listed/taught with PE 469) Examines the interaction between nutrition and physical activity, including exercise and athletic performance. (University of Nebraska Kearney)

**PE 861P: Physiology of Exercise.** (Dual listed/taught with PE 461) Physiological processes of body as pertain to physical activity. How trained and untrained individuals differ, and importance of training. (University of Nebraska at Kearney)

**TE 800: Education Research.** This introductory web-based course in educational research focuses on evaluating and interpreting educational research and applying its findings to educational practice. (University of Nebraska at Kearney)

**KINS 7230: Exercise Physiology.** Focuses on the study of the effects of exercise on the physiological functions of the human organism with emphasis on theoretical orientations. (Georgia Southern University)

**KINS 7231: Laboratory Techniques in Exercise Physiology.** Acquaints the student with the use of typical laboratory equipment used in exercise physiology. (Georgia Southern University)

**KINS 7238: Human Performance and Nutrition.** Examines the interaction between nutrition and physical activity, including exercise and athletic performance. (Georgia Southern University)

**KINS 7431: Applied Sport Physiology.** Focuses on the study of exercise physiology principles applied to developing training and conditioning programs for enhancing health related fitness and performance (Georgia Southern University)

**KINS 7899: Directed Independent Study.** Provides the student with an opportunity to investigate an area of interest under the direction of faculty mentor (Georgia Southern University)

**EXSP 551: Advanced Exercise Physiology 2.** Analysis of factors affecting work capacity and performance. Human energy metabolism concepts and measurement. (Iowa State University)

### **Description of Undergraduate Courses Taught**

**PE 498: Special Topics.** (University of Nebraska at Kearney)

**PE 469: Sports Nutrition.** Examines the interaction between nutrition and physical activity, including exercise and athletic performance. (University of Nebraska at Kearney)

**PE 461: Physiology of Exercise.** Physiological processes of body as pertain to physical activity. How trained and untrained individuals differ, and importance of training. (University of Nebraska at Kearney)

**PE 388: General Studies Capstone - The Living Dead in Fact & Fiction.** The Living Dead, such as Zombies and Vampires, are pervasive in fictional literature, television, and movies. During this course, novels, television episodes, and movies will be used to identify disease symptoms displayed by the living dead, and these symptoms will then be evaluated regarding what type of medical condition might cause the symptoms.

**PE 310: Introduction to Exercise Physiology.** Provides a foundation of scientific basis for understanding the body's anatomical structures and physiologic responses to acute exercise, as well as its adaptations to chronic exercise. (University of Nebraska at Kearney)

**KINS 4231: Fitness Evaluation and Exercise Prescription.** Provides the student with an in-depth study of fitness appraisal and exercise prescription and the development, interpretation, implementation and management of fitness programs (with laboratory). (Georgia Southern University)

**KINS 3133: Physiological Aspects of Exercise.** Provides an in-depth perspective of physiological and biochemical responses of the human body when subjected to exercise (with laboratory). (Georgia Southern University)

**GSU 1210: University Orientation 1.** Designed to help first year students understand the purpose of a college education, learn about college requirements, explore values and interests, learn to make decisions and realistic choices, explore career objectives and programs of study, and establish supportive relationships with faculty and staff. Required of all new students during their first semester. (Georgia Southern University)

**EX SP 462: Medical Aspect of Exercise.** The role of exercise in preventive medicine. Impact of exercise on various diseases, and the effect of various medical conditions on the ability to participate in vigorous exercise and competitive sports. Principles of exercise testing and

prescription for individuals with these conditions. Environmental and nutritional aspects of exercise. (Iowa State University)

**EX SP 458: Principles of Exercise Testing and Prescription.** Physiological principles of physical fitness; design and administration of fitness programs; testing, evaluation, and prescription; cardiac risk factor modification. (Iowa State University)

**EX SP 455 (Renumbered as EX SP 358 for Fall 2001).** Physiology of Exercise. Physiological basis of human performance; effects of physical activity on body functions (with laboratory). (Iowa State University)

**EX SP 355: Biomechanics (Laboratory).** Mechanical basis of human performance; application of mechanical principles to exercise, sport and other physical activities. (Iowa State University)

**EX SP 258: Physical Fitness and Conditioning.** Development of personal fitness using a variety of conditioning and exercise techniques such as aerobics, weight training, and aquatic fitness. Introduction to acute and chronic responses to exercise, and the role of exercise in health promotion and weight management. (Iowa State University)

**EX SP 236: Fundamentals of Archery, Badminton, Bowling** (Archery Segment). (Iowa State University)

**EX SP 119: Archery 1.** (Iowa State University)

**EX SP 220: Physical Fitness and Conditioning.** Development of personal fitness using a variety of conditioning and exercise techniques such as aerobics, weight training, and aquatic fitness. Introduction to acute and chronic responses to exercise, and the role of exercise in health promotion and weight management. (Des Moines Area Community College)

**PE 157: Introduction to Athletic training.** Introduction to methods of prevention and immediate care of athletic injuries. Basic information concerning health supervision of athletes, and some basic wrapping and strapping techniques for common injuries. (Des Moines Area Community College)

**PE 144: Introduction to Physical Education.** History and development of physical education as an academic discipline. Principles and current practices of teaching physical education. (Des Moines Area Community College)

**PHYSL 130: Human Physiology.** Principles of the regulation and maintenance of human physiology. (Utah State University; Volunteer Undergraduate TA)

**PHYSL 103 Human Anatomy.** Introduction to the structure and location of bones, muscles, and organs in the human body. (Utah State University; Volunteer Undergraduate TA)

## **Service**

### **Service to the Profession**

Director, North American Chapter, International Physical Activity Projects (IPAP) (2009-)

Fellow, American College of Sports Medicine (2008-)

National Research Foundation (South Africa) peer evaluator for grant applicants

National Research Foundation (South Africa) evaluator of applications for funding in Thuthuka Programme

Grant proposal reviewer for NASPE/ING Run For Something Better School Awards Program, 2010, 2011, 2012, 2013

Session Chair. Special Event. Undergraduate Research Experiences in Exercise Science. ACSM Annual Meeting, 2010

Session Chair. 2<sup>nd</sup> Annual Education Research Exchange. Iowa State University Education Research Exchange, 2001

### **Current Service at the University of Nebraska at Kearney**

#### **University Wide**

University Student Conduct Board (Fall 2016-)

University Graduate Council. (Fall 2014 - present)

University Graduate Council Standing Committee I: Policy & Planning Committee (fall 2014 - Present)

General Studies Council (fall 2013-)

#### **College of Education**

College of Education Promotion and Tenure Committee Chair (Fall 2012 – present) Member (fall 2008 – spring 2012)

#### **Department of Kinesiology and Sport Sciences**

Nebraska Kids Fitness and Nutrition Day, volunteer educator and student coordinator. (fall 2005-present)

Academic Advisor for Undergraduate exercise Science Students (Fall 2005 - present)

### **Previous Service at the University of Nebraska at Kearney**

Faculty Senate (April 2012- April 2016)

Faculty Senate Executive Council, (April 2014 – April 2016)

Faculty Senate representative to the Oversight Committee (September 2014 – April 2016)

Faculty Senate representative to the Grievance Committee (September 2014 – April 2016)

Faculty Senate representative to the Professional Conduct committee (September 2013 - April 2016)

Youth Agility Speed & Quickness program director (2011-2015)

Faculty Senate ad-hoc committee on best practices in peer evaluation (2013-2014)

Director of General Studies search committee, committee member (2013-2014)

Director of the Office of Sponsored Programs search committee member (2012-2013; 2013-2014)

College peer mentor for implementing Critical Thinking in the classroom (2013-2014)

Chair, Ad-hoc committee for the evaluation of a new Student Evaluation of Instruction survey (2012-2014 academic years)

Ad-hoc committee to enhance communication effectiveness within department faculty and staff (2013-2014)

Exercise Science faculty search (2012-2013)

Undergraduate Research and Creative Activity program review team (2011-2012)

Institutional Review Board for the protection of Human Research Subjects. (Service period 2006 - 2011)

Undergraduate Research Committee (Service fall 2008 – spring 2011)

University Graduate Council. (Service period 2006 - 2010)

Homecoming Hustle (HPERLS Fun Run) Race Director and Coordinator (Service period beginning Fall 2007 – fall 2009)

Ad-hoc Committee on Enhancing Enrollment and Course Offerings in PE 110 Dept. of HPERLS (Service period beginning fall 2006)

Graduate Council Standing Committee 1: Policy and Planning Committee. (Service period beginning fall 2006; Chair in 2007 – 2008 and 2009-2010)

General Studies Roundtable 2 (spring 2006-spring 2007)

Academic Affairs Committee on Teaching Continuity (Service period beginning fall 2006)

Health Science Program Assistant Director Search Committee, University of Nebraska at Kearney. (Service period summer 2006)

Graduate Program Chair, HPERLS Department, University of Nebraska at Kearney (Service period beginning summer 2006 - 2010)

Graduate Dean Search Committee. University of Nebraska at Kearney (Service period 2005 – 2006 academic year)

Assistant HPERLS Department Graduate Coordinator. (Service period 2005 – 2006 academic year)

University of Nebraska at Kearney Centennial Run committee. (Service period fall 2005)

Senior College of Central Nebraska, Fit after 50 course coordinator. (Service period 2005 – 2006 academic year)

Health Science Program Assistant Advisor Search Committee. (Service period summer 2005)

HPERLS Furniture Committee (Service period spring 2005)

Academic Advisor for Undergraduate exercise Science Students (Service period Beginning Fall 2005 academic year; ongoing)

### **Other Prior University Service**

Institutional Review Board, Georgia Southern University (2003- 2004)

GSU Exercise Science undergraduate student advisor (2002 – 2004)

GSU Jiann-Ping Hsu School of Public Health extramural funding task force (2003-2004)

GSU Jiann-Ping Hsu School of Public Health Curriculum Committee (2003-2004)

GSU Jiann-Ping Hsu School of Public Health Assistant Graduate program director (2003-2004)

GSU Jiann-Ping Hsu School of Public Health Laboratory Director's Committee (2002-2004)

GSU Jiann-Ping Hsu School of Public Health Exercise Science Graduate program coordinator (2003-2004)

GSU Recreation and Athletic Center advisor to the personal training program (2003-2004)

Institutional Biosafety Committee, Georgia Southern University (2003-2004)

Kinesiology Cluster Area, Georgia Southern University, Jiann-Ping Hsu School of Public Health (2002-2004)

Biostatistics Faculty Search Committee. Georgia Southern University, Jiann-Ping Hsu School of Public Health (2002-2003, 2003-2004)

Computer Advisory Committee, Iowa State University, University-Wide, College of Education, and Dept. of Health and Human Performance (2000-2002)

Computer Fee Allocation Committee, Iowa State University (2000-2001)

Dept. of Health and Human Performance Graduate Student Association (Founding Officer and 1<sup>st</sup> President; 2001-2002)

Sport Management Faculty Search Committee, Iowa State University Dept. of Health and Human Performance (2001-2002)

### **Previous Community Involvement**

Race Director, Central Nebraska Susan G. Komen Race for the Cure (2011, 2012, 2013 events)

Webelos Den Leader, Boy Scouts of America Pack 132, Kearney, NE. Chartered to the Church of Jesus Christ of Latter Day Saints

Scoutmaster, Boy Scouts of America Troop 132, Kearney, NE. Chartered to the Church of Jesus Christ of Latter Day Saints

Tiger Den Coach, Boy Scouts of America Pack 135, Kearney, NE. Chartered to Faith United Methodist Church.

Personal Fitness Merit Badge Counselor. Boy Scouts of America, Overland Trails Council Covered wagon District.

### **Certifications**

American College of Sports Medicine: Health and Fitness Specialist

USA Track and Field: Level One Coach

American Red Cross: Community First Aid and CPR

### **Funding**

#### **Research Funding**

**Brown GA**, Abbey BM, Bice MR. “Is milk an effective rehydration beverage during repeated days of dehydrating exercise?” to the Dairy Research Institute® (DRI) \$125,560 – Not funded w.

**Brown GA & Steele J.** “Biochemistry Laboratory Experiences for Exercise Science Students” to the Kelly Fund, University of Nebraska. \$23,947. Funded. August 2014- June 2016

**Brown GA.** “Horizon After School Quickness Program” to Blue Cross & Blue Shield of Nebraska for a Community Wellness grant. \$14,106. Not funded

**Brown GA.** “Effects of chocolate milk taken immediately post exercise on the adaptations to strength training in men” to the Dairy Research Institute® (DRI) \$123,192 – not funded.

**Brown GA.,** Heelan KA, Bartee RT, & Maughan S. “Active Video Games as an Alternative to Traditional Group Exercise Classes” to the Robert Wood Johnson Health Games Research program. \$297,201 – not funded

**Brown GA.,** Nylander B, Heelan KA. Energy Expenditure for Active Video Game Systems: Dance Dance Revolution and Nintendo Wii. University of Nebraska at Kearney Research Services Council. \$3,432. Funded

**Brown G.A.** Effects of green tea extract on fasting plasma insulin, glucose, leptin, and PYY concentrations in humans. University of Nebraska at Kearney Research Services Council. \$3,822. Funded

**Brown G.A.** Dose response relationship between resistance exercise and changes in the hormonal regulation of blood glucose homeostasis. American Diabetes Association Junior faculty Award. \$443,293. Not Funded.

**Brown G.A.,** and K. Heelan. Health benefits of green tea extract in women. NIH NCCAM Exploratory/Developmental Grant for Clinical Studies (R21), PAR-03-153. \$485,163. Not Funded.

**Brown, G.A.** Changes In Biomarkers Of Satiety, Aerobic Fitness, And Body Composition While On A Low Fat Or Low Carbohydrate Diet. University of Nebraska at Kearney Research Services Council. \$3,750. Funded

Lynott, F., **Brown, G.A.,** and K. Heelan. Health and Fitness of HPERLS Students. University of Nebraska at Kearney Research Services Council. \$4,000. Funded

**Brown G.A.,** K. Heelan and D.S. King. Pharmacokinetics & Efficacy of Sublingual Androstenediol for Treating Andropause. NIH NCCAM Exploratory/Developmental Grant for Clinical Studies (R21), PAR-03-153. \$477,000. Not Funded.

Maughan S.L., D.P.Snider, and **G.A. Brown,** Physical Health and Social Factors Influencing Educational Success Among Hispanic Immigrant Children, University of Nebraska at Kearney Research Services Council. \$4,214.60. Funded

McFarland S.P. and **G.A. Brown,** Effects of Exercise Duration on Glucose Tolerance In Mildly Overweight Men, University of Nebraska at Kearney Research Services Council. \$750. Funded

**Brown, G.A.** Effects of Exercise Duration on Insulin Sensitivity In Mildly Overweight Men, University of Nebraska at Kearney Research Services Council. \$2,000. Funded

McFarland S.P. and **G.A.Brown,** Effects of Exercise Duration on Glucose Tolerance In Mildly Overweight Men, Gatorade Sports Sciences Institute. \$1,500. Not Funded

**Brown, G.A.** Effects of Exercise Duration on Glucose Tolerance and Insulin Sensitivity in Mildly Overweight Men. Life fitness Academy. \$5,000. not funded

**Brown, G.A.** American College of Sports Medicine Foundation Grant. Endocrinology of weight lifting & androgen supplementation, \$10,000. Not Funded.

**Brown, G.A.** and J.L. McMillan. Experimental and Applied Sciences. Effects of Green Tea Extract on Insulin Sensitivity and Adaptations to Exercise. \$71,075. Not Funded.

**Brown, G.A.** American College of Sports Medicine Foundation Grant. Endocrinology of weight training & androgen supplementation, \$10,000. Not Funded.

**Brown, G.A.** and J. Drouin. Georgia Southern University Faculty Research Grant. Effects of Resistance Training on the Hormonal response to Sublingual Androstenediol Intake. \$5,000. Funded

King D.S. and **G.A. Brown.** *World Anti Doping Agency.* Effects of Testosterone Precursors on the Muscular and Hormonal Response to Resistance Training in Men. \$464,634. Not Funded.

**Brown, G.A.** *American College of Sports Medicine* Foundation Grant. Effect of Raisin Ingestion on Substrate Use During Exercise. \$5,000. Not Funded.

King D.S. and **G.A. Brown.** *California Raisin Marketing Board.* The Glycemic Index Of Raisins Fed To Normal People And Non-Insulin Dependent Diabetics. \$110,869. Not Funded.

King D.S. and **G.A. Brown.** *California Raisin Marketing Board.* The Effects Of Raisin Ingestion On Substrate Utilization and Endurance Exercise Performance In Trained Cyclists. \$84,258. Not Funded.

**Brown, G.A.,** E.R. Martini, and B.S. Roberts. Effect of Androstenediol on Serum Sex Hormone Concentrations. Iowa State University Professional Advancement Grant. Graduate Student Senate and Iowa State University Dept. of Health and Human Performance. \$700. Funded

### Instructional Development Funding

**Brown G.A.** and K.A. Heelan. University of Nebraska at Kearney. Proposal for the purchase of upgraded resistance exercise equipment in the Human Performance Laboratory. \$21,100. Funded.

**Brown G.A.** and K.A. Heelan. University of Nebraska at Kearney. Proposal for the purchase of a new metabolic cart for the Human Performance Laboratory. \$24,560. Funded

**Brown, G.A.** Georgia Southern University, Center for Excellence in Teaching Instructional Development Grant. Proposal for purchase of heart rate monitors, manual sphygmomanometers, and automated sphygmomanometers. \$2,820. Funded.

**Brown, G.A.** Georgia Southern University, Center for Excellence in Teaching Innovative Teaching Strategies Retreat. Provides \$2,000 in instructional technology funds to the participant. Funded.

**Brown, G.A.** Georgia Southern University, Center for Excellence in Teaching Travel Grant. \$750. Funded.

**Brown, G.A.** Georgia Southern University student technology fee proposal. Proposal for purchase of Molecular Devices SpectraMax 250 plate reader. \$17,000. Funded

**Brown, G.A.** Georgia Southern University student technology fee proposal. Proposal for purchase of Lode Excalibur Sport Bicycle Ergometer and Physiodyne Max 2 Metabolic Cart. \$29,577. Funded

**Brown, G.A.** Georgia Southern University student technology fee proposal. Proposal for purchase of Packard Cobra 2 Automated Gamma Counter. \$14,000. Not funded