# CURRICULUM VITAE

## Justin X. Nicoll, PhD, CSCS


**Work Address**

Redwood Hall, Room 259
Department of Kinesiology
California State University, Northridge
Northridge, CA 66045
justin.nicoll@csun.edu
(phone): 818-677-7572


**Education**

Ph.D., University of Kansas, 2018
Department of Health, Sport, & Exercise Sciences
*Major field of study:* Exercise Physiology

M.S., University of Rhode Island, 2014
Department of Kinesiology
*Major field of study:* Exercise Science

B.S., University of Rhode Island, 2012 *Cum Laude*
Department of Kinesiology
*Major field of study:* Exercise Science
*Minor field of study:* Psychology

**Professional Appointments**

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|---|---|
| 2024– Present | *Director, Peer Learning Facilitator Program*<br>Department of Kinesiology<br>California State University, Northridge. Northridge, CA |
| 2022– Present | *Associate Professor*<br>Department of Kinesiology<br>California State University, Northridge. Northridge, CA |
| 2018– 2022 | *Assistant Professor*<br>Department of Kinesiology<br>California State University, Northridge. Northridge, CA |
| 2014– 2018 | *Doctoral Fellow, Graduate Teaching Associate*<br>Department of Health, Sport, & Exercise Sciences<br>University of Kansas, Lawrence, KS |
| 2013– 2014 | *Human Performance Laboratory Coordinator*<br>Department of Kinesiology<br>University of Rhode Island, Kingston, RI |
| 2012– 2014 | *Graduate Research/Teaching Assistant*<br>Department of Kinesiology<br>University of Rhode Island, Kingston, RI |

2010 - 2012 *Undergraduate Research Assistant*
Department of Kinesiology
University of Rhode Island, Kingston, RI

**Peer-Reviewed & Edited Book Chapters**

1. Fry AC, **Nicoll JX**, Olsen LA. (2021) Chapter 6: Mechanosensitive mechanisms and responses to resistance exercise. pp 85-111. In: *Biochemistry of Exercise*. Eds., Macpherson R, Tiidus P, LeBlanc P & Josse A. Routledge Publishers. New York, NY. ISBN: 978-0-367-22383-0

**Peer-Reviewed Publications**

*** Indicates Corresponding Author**
***** Indicates CSUN student mentored works**
***Italicized* name indicates CSUN mentee**

1. Mosier EM, Fry AC, **Nicoll JX**, Sontag SA, Cabarkapa D, Beemer RC (2024). The effects of vertical jump and sprint fatigue on whole-body biomechanics. *Kinesiology.* 56(2):238-248

2. Philipp NM, Fry AC, Mosier EM, Cabarkapa D, **Nicoll JX**, Sontag SA. (2024) Biological Reliability of a Movement Analysis Assessment Using a Markerless Motion Capture System. Front Sports Act Living 6:1417965

3. Bryce AR, Mann JB, Eserhaut DA, Hermes MJ, **Nicoll JX**, Fry AC. (2024) Autoregulatory Progressive Resistance Exercise: Linear versus a Velocity-Based Flexible Model. *Gazz Med Ital* 183(10): 791-802
**Impact Factor: 0.1**

4. *** Nicoll JX**, Fry AC, Mosier EM. (2023) The Effects of Pre-workout Supplementation on $\beta_2$-Adrenergic and MAPK Signaling Pathways. *Eur J Appl Physiol*, 123(3): 585-599
**doi: 10.1007/s00421-022-05085-0.**
**Impact Factor: 3.0**

5. ***, ***** *Lee CJ*, **Nicoll JX**. (2023) Time Course Evaluation of MAPK Phosphorylation to Resistance Exercise: A Systematic Review. *J Strength Cond Res*. 37(3): 710-725
**Impact Factor: 3.2**

6. Dietz-Parsons PR, Fry AC, **Nicoll JX**, Cabarkapa D. (2022) Acute Hormonal Responses to Intentionally Slow or Maximal Velocity Resistance Exercise in Men. *Human Physiol*. 48(5): 546-554.
**Impact Factor: 0.28**

7. Fry AC, **Nicoll JX**, Cabarkapa D, Stephens PN. (2022) Acute Hormonal Responses to Free Weight and Machine Resistance Exercise. *Am J Sports Sci & Med* 10(1): 6-11. Doi: 10.12691/ajssm-10-12.
**Impact Factor: NA**

8. *** Nicoll JX**, Fry AC, Mosier EM. (2021) Androgen and Glucocorticoid Receptor Phosphorylation Following Resistance Exercise and Pre-workout Supplementation. *Steroids* 172: 108859
**Impact Factor: 2.7**

9. Purdom TM, Wayland A, **Nicoll JX**, Ludwar B, Fry AC, Shanley E, Giles J. (2021) Intramuscular Hyaluronic Acid Expression Following Repetitive Power Training Induced Nonfunctional Overreaching. *Appl Physiol Nutr Metab*. 46(12): 1563-1566 doi: 10.1139/apnm-2020-0708
**Impact Factor: 3.4**

10. * **Nicoll JX**, Fry AC, Mosier EM, Olsen LA, Sontag SA. (2019) MAPK, Androgen, and Glucocorticoid Receptor Phosphorylation Following High-Frequency Resistance Exercise Non-functional Overreaching. Eur *J Appl Physiol* 119(10):2237-2253;
**Impact Factor**: **3.0**

11. Hansson B, Olsen LA, **Nicoll JX**, von Walden F, Melin M, Strömberg A, Gustafsson T, Fry AC, Fernandez-Gonzalo R, Lundberg TR. (2019) Skeletal Muscle Signaling responses to resistance exercise of the elbow extensors are not compromised by a preceding bout of aerobic exercise. *J Appl Physiol* 317(1): R83-92;
**Impact Factor: 3.3**

12. Olsen LA, **Nicoll JX** and Fry AC. (2019) Invited Review: The Skeletal Muscle Fiber: A Mechanically Sensitive Cell. *Eur J Appl Physiol* 119(2): 333-349;
**Impact Factor**: **3.34**

13. * **Nicoll JX**, Fry AC, Mosier EM. (2019) Sex-Based Differences in Resting MAPK, Androgen, and Glucocorticoid Receptor Phosphorylation in Human Skeletal Muscle. *Steroids* 141: 23-29;
**Impact Factor: 2.7**

14. Hatfield DL, Murphy KM, **Nicoll JX**, Sullivan WM, Henderson J. (2019) The Effects of Different Athletic Playing Surfaces on Jump Height, Force, and Power. *J Stren Cond Res* 33(4): 965-973;
**Impact Factor: 3.0**

15. Kudrna RA, Fry AC, **Nicoll JX**, Gallagher PM, Prewitt M. (2019) The Effect of Three Different Maximal Concentric Velocity Squat Protocols on MAPK phosphorylation and Endocrine Responses. *J Strength Cond Res* 33(6):1692-1702 doi: 10.1519/JSC.0000000000002411;
**Impact Factor: 3.2**

**---------- Publications below line are works published prior to CSUN hire ----------**

16. **Nicoll JX**, Hatfield DL, Melanson KJ, Nasin C. (2018) Thyroid Hormones and Commonly Cited Symptoms of Overtraining in Collegiate Female Endurance Runners. *Eur J Appl Physiol.* 118(1):65-73; **Impact Factor**: **3.0**

17. **Nicoll JX**, Fry AC, Galpin AJ, Thomason DB, Moore CA. (2017) Resting MAPK Expression in Chronically Trained Endurance Runners. *Eur J Sports Sci* 17(9):1194-1202 DOI: 10.1080/17461391.2017.1359341
**Impact Factor: 3.2**

18. Sterczala AJ, Fry AC, Chiu LZF, Schilling BK, Weiss LW, **Nicoll JX**. (2017) $\beta_2$-Adrenergic Receptor Maladaptations to High Power Resistance Exercise Overreaching. *Human Physiology (Fiziologiya Cheloveka)* 43(4): 446-454 DOI: 10.1134/S0362119717040144
**Impact Factor: 0.28**

19. Miller JD, Herda TJ, Trevino MA, Sterczala AJ, Ciccone AB, **Nicoll JX**. (2017) Age-related differences in muscle quality, twitch potentiation, and motor unit behavior in the first dorsal interosseous. *Clin Neurophysiol* 128(6):925-934
**Impact Factor: 4.7**

20. Fry AC, Housh TJ, Cramer JB, Weir JP, Beck TW, Schilling BK, Miller JD, **Nicoll JX**. (2017) Non-Invasive Assessment of Skeletal Muscle Myosin Heavy Chain Expression in Trained and Untrained Men. *J Strength Cond Res*. *J Strength Cond Res*. 31(9):2355-2362. DOI: 10.1519/JSC.0000000000001645.
**Impact Factor: 3.2**

21. **Nicoll JX,** Fry AC, Galpin AJ, Sterczala AJ, Thomason DB, Moore CA, Weiss LW, Chiu LZF. (2016) Changes in Resting Mitogen-activated Protein Kinases Following Resistance Exercise Overreaching and Overtraining. *Eur J Appl Physiol* 116(11-12):2401-2413. DOI: 10.1007/s00421-016-3492-x;
**Impact Factor**: **3.0**

22. Galpin AJ, Fry AC, **Nicoll JX**, Moore CA, Schilling BK, Thomason DB. (2016) Resting Extracellular Signal-regulated Protein Kinase 1/2 Expression Following a Continuum of Chronic Resistance Exercise Training Paradigms. *Res Sports Med* 24(3): 298-303
**Impact Factor: 2.4**

23. Hatfield DL, **Nicoll JX**, Kraemer WJ. (2016) Effects of Circadian Rhythm on Power, Force, and Hormonal Response in Young Men. *J Strength Cond Res* 30(3):725-732
**Impact Factor: 3.2**

24. Fry AC, Irwin CC, **Nicoll JX**, Ferebee DE. (2015) Muscular Strength and Power in 3-7 Year Old Children. *Pediatr Exerc Sci.* 27(3):345-354
**Impact Factor: 2.34**

**In-Review Manuscripts**

**In-Preparation Manuscripts**

*** Indicates Corresponding Author**
***** Indicates CSUN student mentored works**
***Italicized* name indicates CSUN mentee**

1. ***, *****_Liampetchakul K_, **Nicoll JX**. (2026) The Role of Resistance Training Volume on Muscle Fiber Type Shifts: A Systematic Review. *J Strength Cond Res* (**In Preparation**)

2. Sontag SA, **Nicoll JX**, Cabarkapa D, Fry AC. (2026) The Effect of Training Status on Androgen and Glucocorticoid Receptor Time-course Phosphorylation Following Resistance Exercise. *Eur J Appl Physiol* (**In Preparation**)

3. *** Nicoll JX**, Fry AC, Mosier EM, Olsen LA, Sontag SA. (2026) Catecholamine and B2-Adrenergic Receptor Phosphorylation Following High-Frequency Resistance Exercise Non-functional Overreaching. *Eur J Appl Physiol* (**In Preparation**)

**Current/On-going Research Projects**

1. The Acute Exercise and Chronic Resting Cellular Signal Transduction Responses to Resistance Exercise Overtraining

2. Androgen and Glucocorticoid Receptor Phosphorylation Following Resistance Exercise in Trained and Untrained men

3. Androgen and Glucocorticoid Receptor Phosphorylation Following Diverse Resistance Exercise Protocols in Trained Men

4. The Effect of Resistance Exercise Volume and Time-of-Day on Muscular Power and Performance

**Research Awards**

1. **2022 Western Society of Kinesiology and Wellness Art Broten Young Scholar Award**
Resistance Exercise and Steroid Receptor Phosphorylation in Human Skeletal Muscle. Annual *Western Society of Kinesiology and Wellness National Conference.* Oakland, CA, October 2022

2. **2021 Distinguished Thesis/ Graduate Project Competition**
   Time-course evaluation of MAPK phosphorylation to resistance exercise: A Systematic Review.
   **Role**: Advisor, Justin Nicoll
   **Advisee**: Christopher Lee
   **Nominated by**: Dept. of Kinesiology, College of Heath & Human Dev.,
   **Final Placing**: Honorable Mention (Top 3)

3. **2018 National Strength & Conditioning Association Student Research Award: Doctoral Student Outstanding Podium Presentation. Justin Nicoll,** University of Kansas. Sex-based differences in androgen and glucocorticoid receptor phosphorylation in human skeletal muscle. **Presented at:** *41th* Annual *National Strength and Conditioning Association National Conference.* Indianapolis, IN, July 2018

**Research Presentations and Abstracts**

***** Indicates CSUN student mentored works**
***Italicized* name indicates CSUN mentee**

1. Fry AC, Mosier E, Philipp N, Cabarkapa D, **Nicoll JX,** Sontag S. Biological Reliability of a movement analysis assessment using a markerless motion capture system. **Presented at:** Annual *National Strength and Conditioning Association National Conference*. Baltimore, MD. July 2024 **Published in**: J Strength Cond Res 39(2):e396, 2025

2. Fry AC, Eserhaut D, Hermes M, **Nicoll JX**. Resistance Exercise Modeling Pilot Project: Rep-by-Rep and Set-by-Set. **Presented at:** ETSU 17th Annual Coaching and Sports Science College. Center of Excellence for Sport Science and Coach Education. East Tennessee State University, Johnson City, TN. November 2022

3. *** *Golbarg B*, **Nicoll JX**, Sontag SA, Mosier EM, Fry AC. The relationship between resistance exercise induced testosterone and cortisol responses and steroid receptor phosphorylation. **Presented at:** *Southwest Chapter American College of Sports Medicine Annual Meeting*. Costa Mesa, CA, October 2022 **Published in**: Int J Exerc Sci: Conference Proceedings 14(2), Article 125

4. *** **Nicoll JX**, Lee CJ. Time Course Evaluation of MAPK Phosphorylation to Resistance Exercise: A Systematic Review. **Presented at:** *Southwest Chapter American College of Sports Medicine Annual Meeting*. Costa Mesa, CA, October 2022 **Published in**: Int J Exerc Sci: Conference Proceedings 14(2), Article 63

5. Mosier EM, Fry AC, **Nicoll JX**, Sontag SA, Cabarkapa D. The effects of vertical jump fatigue sex differences on total-body biomechanics. **Presented at:** *43th* Annual *National Strength and Conditioning Association National Conference*. Las Vegas, NV (virtual), July 2020

6. Mosier EM, Fry AC, **Nicoll JX**, Sontag SA, Cabarkapa D. The effects of maximal resisted sprint fatigue sex differences on total-body biomechanics. **Presented at:** *43th* Annual *National Strength and Conditioning Association National Conference*. Las Vegas, NV (virtual), July 2020

7. **Nicoll JX**, Hansson B, Olsen LA, von Walden F, Melin M, Strömberg A, Gustafsson T, Fry AC, Fernandez-Gonzalo R, Lundberg TR. p38-MAPK and ERK phosphorylation responses to resistance exercise of the elbow extensors when preceded by a bout of aerobic exercise. *Southwest Chapter American College of Sports Medicine.* Newport Beach, CA, October 2019

8. ********Price JE*, **Nicoll JX**, Hatfield DL, Melanson KM, Nasin C. Serum Ferritin is Related to Total Caloric Intake, But Not Dietary Iron in Collegiate Female Endurance Runners. *Southwest Chapter American College of Sports Medicine.* Newport Beach, CA, October 2019

9. ***<u>*Lee C*</u>, **<u>Nicoll JX</u>**, Mosier EM, Olsen LA, Sontag SA, Fry AC. The Effect of Non-Functional Overreaching on $\beta_2$-Adrenegic Receptor Phosphorylation and Total Expression in Trained Men. **Presented at:** *Southwest Chapter American College of Sports Medicine.* Newport Beach, CA, October 2019

10. Sontag SA, **<u>Nicoll JX</u>**, Fry AC, Mosier EM. Acute Androgen and Glucocorticoid Receptor Response Following A Moderate Intensity Resistance Exercise Bout. *Central States Chapter American College of Sports Medicine.* Broken Arrow, OK, October 2019

11. Mosier EM, Fry AC, **<u>Nicoll JX</u>**, Cabarkapa D, Sontag SA Beemer RC. Comparison of Ground Reaction Forces Derived from Force Plate and Motion Capture Systems During Vertical Jumps. *Central States Chapter American College of Sports Medicine.* Broken Arrow, OK, October 2019

12. **<u>Nicoll JX</u>**, Fry AC, Mosier EM, Olsen LA, Sontag SA. Glucocorticoid Receptor Phosphorylation and Serum Cortisol Responses are Augmented Following High-Frequency Resistance Exercise Overtraining. **Presented at:** *42th* Annual *National Strength and Conditioning Association National Conference*. Washington DC, July 2019

13. Sontag SA, **<u>Nicoll JX</u>**, Fry AC, Mosier EM. The importance of Training Status: Performance Variability in the Back Squat Across a Moderate Intensity bout. **Presented at:** *42th* Annual *National Strength and Conditioning Association National Conference*. Washington DC, July 2019

14. Sontag SA, **<u>Nicoll JX</u>**, Fry AC, Mosier EM. The Acute Cortisol Response to Resistance Exercise: The Importance of Training Status. **Presented at:** *42th* Annual *National Strength and Conditioning Association National Conference*. Washington DC, July 2019

15. Mosier EM, Fry AC, **<u>Nicoll JX</u>**, Sontag SA. The effects of vertical jump fatigue on total-body biomechanics. **Presented at:** *42th* Annual *National Strength and Conditioning Association National Conference*. Washington DC, July 2019.

16. Mosier EM, Fry AC, **<u>Nicoll JX</u>**, Sontag SA. The effects of a modified vertical jump fatigue test on lactate production and heart rate. **Presented at:** *42th* Annual *National Strength and Conditioning Association National Conference*. Washington DC, July 2019

17. **<u>Nicoll JX</u>**, Fry AC, Mosier EM, Olsen LA, Sontag SA. Resting and Exercise Induced MAPK Phosphorylation Following High-frequency Resistance Exercise Overtraining. **Presented at:** *Southwest Chapter American College of Sports Medicine.* Costa Mesa, CA, October 2018

18. ***<u>*Totino ML*</u>, **<u>Nicoll JX</u>**, Mosier EM, Fry AC. $\beta_2$-Adrenergic Receptor Phosphorylation and Expression are Augmented Following Acute Resistance Exercise. **Presented at:** *Southwest Chapter American College of Sports Medicine.* Costa Mesa, CA, October 2018

19. ***<u>*Lee C*</u>, **<u>Nicoll JX</u>**, Mosier EM, Olsen LA, Sontag SA, Fry AC. High-frequency Resistance Exercise Overtraining Attenuates Power, But Not Force Adaptations in Recreationally Trained Males. **Presented at:** *Southwest Chapter American College of Sports Medicine.* Costa Mesa, CA, October 2018

20. Sontag SA, **<u>Nicoll JX</u>**, Mosier EM, Fry AC. Sodium-Potassium Pump Subunit Expression: Acute Responses to Resistance Exercise in Trained Men. **Presented at:** *Central States Chapter American College of Sports Medicine.* Kansas City, MO, October 2018

21. Cabarkapa D, Mosier EM, **<u>Nicoll JX</u>**, Moodie PG, Fry AC. Markerless Motion Capture System – Inter-Device Reliability. **Presented at:** *Central States Chapter American College of Sports Medicine.* Kansas City, MO, October 2018

22. Mosier EM, Fry AC, **Nicoll JX**, Cabarkapa D. Test-Retest Reliability of Performance Scores Using a Markerless Motion Capture System. **Presented at:** *Central States Chapter American College of Sports Medicine.* Kansas City, MO, October 2018

**---------- Presentations below line are works completed prior to CSUN hire ----------**

23. **Nicoll JX**, Fry AC, Mosier EM, Sterczala AJ. Sex-based differences in androgen and glucocorticoid receptor phosphorylation in human skeletal muscle. **Presented at:** *41th* Annual *National Strength and Conditioning Association National Conference.* Indianapolis, IN, July 2018

24. **Nicoll JX**, Fry AC, Mosier EM. Androgen and glucocorticoid receptor phosphorylation following resistance exercise and pre-workout supplementation. **Presented at:** *41th* Annual *National Strength and Conditioning Association National Conference.* Indianapolis, IN, July 2018

25. Moodie PG, Mosier EM, Fry AC, **Nicoll JX**, Moodie NG. Evaluation of body composition via markerless motion capture system. **Presented at:** *41th* Annual *National Strength and Conditioning Association National Conference.* Indianapolis, IN, July 2018

26. Mosier EM, Fry AC, Moodie PG, Moodie NG, **Nicoll JX**. Movement analysis via motion capture systems help identify injury at-risk NCAA D1 football players. **Presented at:** *41th* Annual *National Strength and Conditioning Association National Conference.* Indianapolis, IN, July 2018

27. Mosier EM, Fry AC, Stumpf JL, **Nicoll JX**. Kinetic analysis of resistance bands with handles. **Presented at:** *41th* Annual *National Strength and Conditioning Association National Conference.* Indianapolis, IN, July 2018

28. **Nicoll JX**, Fry AC, Mosier EM. Pre-workout Supplementation Does Not Augment Intramuscular MAPK Phosphorylation Immediately Following an Acute Resistance Exercise Bout. *American College of Sports Medicine Annual Meeting*. Minneapolis, MN, June 2018

29. **Nicoll JX**, Fry AC, Mosier EM, Seasholtz CM, Rooker JL, Jones CA, Hughes-Zahner M, Tilden MJ, Olsen LA. Effects of a Caffeine Containing Multi-ingredient Pre-workout Supplement on Catecholamines, Squat Performance, and Perceived Exertion. **Presented at:** *40th* Annual *National Strength and Conditioning Association National Conference.* Las Vegas, NV, July 2017

30. **Nicoll JX**, Fry AC, Mosier EM, Seasholtz CM, Rooker JL, Jones CA, Hughes-Zahner M, Tilden MJ, Olsen LA. Effects of a Multi-ingredient Pre-workout Supplement on Steroid Hormones, Performance, and Readiness to Exercise **Presented at:** *40th* Annual *National Strength and Conditioning Association National Conference.* Las Vegas, NV, July 2017

31. Mosier EM, Fry AC, **Nicoll JX**, Brophy JM, Hughes-Zahner MM. Biomechanical Comparison for Assessing a No-Arm Swing Counter-Movement Vertical Jump. **Presented at:** *40th* Annual *National Strength and Conditioning Association National Conference.* Las Vegas, NV, July 2017

32. Mosier EM, Fry AC, **Nicoll JX**, Brophy JM, Hughes-Zahner MM. Biomechanical Comparison of Force Plate and High-Speed Video Analyses During the Concentric Phase of a No-Arm Swing Counter-Movement Vertical Jump. **Presented at:** *40th* Annual *National Strength and Conditioning Association National Conference.* Las Vegas, NV, July 2017

33. Sterczala AJ, Miller JD, Ciccone AB, Trevino MA, **Nicoll JX**, Herda TJ. Motor Unit Action Potential Sizes of the First Dorsal Interosseous in Young and Older Individuals. **Presented at**: *American College of Sports Medicine Annual Meeting*. Denver, CO, June 2017. **Published in**: Med Sci Sports Exerc 49(5S):1029, May 2017

34. **Nicoll JX**, Sterczala AJ, Bryce AR, Fry AC. The Role of Forskolin Supplementation on Resting Skeletal Muscle Cyclic-AMP Concentration in Humans. **Presented at:** *39th* Annual *National Strength and Conditioning Association National Conference.* New Orleans, LA, July 2016

35. Sterczala AJ, **Nicoll JX,** Trevino MA, Miller JD, Fry AC, Herda TJ. Acute Caffeine Ingestion Does Not Affect Motor Unit Behavior During Submaximal Isometric Contractions. **Presented at:** *39th* Annual *National Strength and Conditioning Association National Conference.* New Orleans, LA, July 2016

36. Bryce AR, Fry AC, Sterczala AJ, **Nicoll JX**. A Correlational Analysis of Readiness Measures and Peak Barbell Velocity Performance. **Presented at:** *39th* Annual *National Strength and Conditioning Association National Conference.* New Orleans, LA, July 2016

37. Dietz PR, Fry AC, **Nicoll JX**, Sterczala AJ, Bryce AR, Carbuhn AF, Herda TJ. Acute Hormone Response to Slow Velocity and Traditional Velocity Resistance Exercise. **Presented at:** *39th* Annual *National Strength and Conditioning Association National Conference.* New Orleans, LA, July 2016

38. **Nicoll JX**, Sterczala AJ, Fry AC. $Beta_2$-Adrenergic Sensitivity Prior to Training is Related to ERK MAPK Down-regulation Following Resistance Exercise Overtraining. **Presented at**: *American College of Sports Medicine Annual Meeting*. Boston, MA, June 2016.

39. Sterczala AJ**, Nicoll JX**, Deckert JA, Bryce AR, Weir JP. Reliability and Repeatability of Countermovement Jump Waveforms. **Presented at**: *American College of Sports Medicine Annual Meeting*. Boston, MA, June 2016.

40. **Nicoll JX**, Sterczala AJ, Fry AC. Resting MAPK Expression Remains Stable After 1-Week Cessation of Resistance Exercise Training. **Presented at**: *Central States Chapter American College of Sports Medicine*. Warrensburg, MO, October 2015.

41. Sterczala AJ, **Nicoll JX**, Fry AC, The Relationship Between Performance Decrements and Peak EMG Amplitude Following Resistance Exercise Overreaching. **Presented at**: *Central States Chapter American College of Sports Medicine*. Warrensburg, MO, October 2015.

42. **Nicoll JX**, Hatfield DL, Procopio AM, Armitano CN, Murphy KM, Harper A. The Effect of Resistance Training on Lower Body Tendon Thickness in Young Elite Female Gymnasts. **Presented at**: *38th* Annual *National Strength and Conditioning Association National Conference*. Orlando, FL, July 2015.

43. Fry AC, Sterczala AJ, Hogue CM, Fry MD, **Nicoll JX**. Salivary Cortisol Does Not Exhibit an Anticipatory Response Prior to Physical Activity Instruction in a Research Setting. **Presented at**: *38th* Annual *National Strength and Conditioning Association National Conference*. Orlando, FL, July 2015.

44. Bryce AR, Fry AC, Hudy A, Cain G, Dietz P, Sterczala AJ, **Nicoll JX**, Lane MT, Andre MJ. Lower Body Power and Playing Time in NCAA Division I Basketball Players. **Presented at**: *38th* Annual *National Strength and Conditioning Association National Conference*. Orlando, FL, July 2015.

45. Sanders DJ, Murphy KM, **Nicoll JX**, Da Silva C, Vincent-Horta L, Hatfield DL. The Effect of Playing Surface on Markers of Athletic Performance. **Presented at**: *38th* Annual *National Strength and Conditioning Association National Conference*. Orlando, FL, July 2015

46. **Nicoll J**, Fry AC, Chiu LZF, Schilling BK, Weiss LW. Testing Modality is Vital to Detect Performance Changes in Overreaching Resistance Exercise**. Published in**: *Int J Exerc Sci: Conference Proceedings*: 11(2): article 42. **Presented at**: *Central States Chapter American College of Sports Medicine*. Overland Park, KS, October 2014.

47. Sanders DJ, Hatfield DL, **Nicoll J**, Melanson KJ, Nasin C, Riebe D. Overtraining's Effect on Fatigue, Sleep, Burn Out, and Performance in Collegiate Female Runners. *New England American College of Sports Medicine*. Providence, RI, November 2014.

48. **Nicoll J**, Hatfield DL, Keith R, Melanson KJ, Nasin C, and Riebe D The Relationship Between Thyroid Hormones and Commonly Cited Symptoms of Overtraining in Collegiate Female Endurance Runners. **Published in**: *J Strength Cond Res* 28 (Suppl 2) pS1-S130. **Presented at**: *37th* Annual *National Strength and Conditioning Association National Conference*. Las Vegas, NV, July 2014.

49. **Nicoll J**, Hatfield DL, Keith R, Melanson KJ, Nasin C, and Riebe D. The use of Fatigue and Power as Early indicators of Overtraining in Female Runners. **Published in**: *Med Sci Sports Exerc* 46(5S):943-952. **Presented at**: *American College of Sports Medicine Annual Meeting*. Orlando, FL, May 2014.

50. Murphy KM, Hatfield DL, **Nicoll J**, Henderson J, Sullivan M. The Effects of Different Athletic Playing Surfaces on Jump Height, Force, and Power. **Published in:** *Med Sci Sports Exerc* 46(5S):253-266. **Presented at**: *American College of Sports Medicine Annual Meeting*. Orlando, FL, May 2014.

51. Marks S, Hatfield DL, **Nicoll JX**, Vincent-Horta LM, Keith R, Melanson KJ, Nasin C, Riebe D. Sleep Patterns, Sleep Quality, and Perception of Fatigue in Distance Runners During a Track & Field Season. *HSS Graduate Research Night.* Dept. of Pharmacology, University of Rhode Island. Kingston, RI, May 2014

52. **Nicoll J**, Hatfield DL, Keith R, Melanson KJ, Nasin C, and Riebe D. The use of Fatigue and Power as Early indicators of Overtraining in Female Runners. *New England Chapter American College of Sports Medicine*. Providence, RI, November 2013.

53. Guastella AL, **Nicoll J**, Hatfield DL, Riebe D. Changing In-Season Perceptions of Sport Abilities in Collegiate Female Track Athletes. *New England Chapter American College of Sports Medicine*. Providence, RI, November 2013

54. Murphy KM, **Nicoll J**, Sullivan M, Henderson J, Hatfield DL. The Effects of Different Athletic Playing Surfaces on Jump Height, Force, and Power. *New England Chapter American College of Sports Medicine*. Providence, RI, November 2013.

55. **Nicoll J**, Nadell RS, Hatfield DL. Reliability and Validity of the Manual Side-Lying Hip Abduction Gluteus Medius Activation Assessment in the Strength and Conditioning Field. **Published in**: *J Strength Cond Res* 27 (Suppl 2); S17-S18, 2013. **Presented at**: *36th* Annual *National Strength and Conditioning Association National Conference*. Las Vegas, NV, July 2013.

56. **Nicoll J**, Nadell RS, Hatfield DL. Reliability and Validity of the Manual Side-Lying Hip Abduction Gluteus Medius Activation Assessment in the Strength and Conditioning Field. *HSS Graduate Research Night.* Dept. of Kinesiology, University of Rhode Island. Kingston, RI, May 2013

57. **Nicoll J**, Hatfield DL, Kraemer WJ, Hatfield FC. The Effects of Resistance Training Versus Aerobic Exercise on Risk Factors for Cardiovascular Disease. *New England Chapter American College of Sports Medicine*. Providence, RI, November 2012

58. **Nicoll J**, Negrete B, Harlow L. Analysis of Income and Alcohol on Self-Perceived Health Status: Large Random Sample. *HSS Graduate Research Night.* Dept. of Kinesiology, University of Rhode Island. Kingston, RI, May 2012

59. **Nicoll J**, Negrete B, Harlow L. Analysis of Income and Alcohol on Self-Perceived Health Status: Large Random Sample. *Undergraduate Psychology Awards Seminar*. University of Rhode Island, Kingston, RI, April 2012

60. **Nicoll J**, Hatfield DL, Kraemer WJ, Hatfield FC. Gender Comparison of the Effects of Periodized Resistance Training on Thyroid Hormones. *New England Chapter American College of Sports Medicine*. Providence, RI, November 2011

**Conference Presentations**

1. **Nicoll JX**. Resistance Exercise and Steroid Receptor Phosphorylation in Human Skeletal Muscle. **Presented at:** Annual *Western Society of Kinesiology and Wellness National Conference* Oakland, CA, October 2022

2. Fry AC and **Nicoll JX** How Do Muscles Know What is Going on When Training? Making Sense of the Muscle Signaling Pathways. 40th *Annual National Strength and Conditioning Association National Conference*. Las Vegas, NV, July 2017

3. **Nicoll JX**. Overtraining: The Use of Power and Fatigue as Early Indicators in Endurance Athletes. Rhode Island NSCA State Clinic, University of Rhode Island, April 2014

**Invited (Guest) Lectures**

**Nicoll JX** Molecular Mechanisms of Hypertrophy and Adaptations to Resistance Training. Graduate Level Course. KIN 617 *Advanced Strength & Conditioning*. California State University, Northridge. Northridge, CA. (Virtual) March 1st, 2023

**Nicoll JX** Molecular Mechanisms of Hypertrophy and Adaptations to Resistance Training. Graduate Level Course. KIN 617 *Advanced Strength & Conditioning*. California State University, Northridge. Northridge, CA. (Virtual) March 10th, 2021

**Nicoll JX** The Role of Intracellular Signaling Pathways Following Diverse Modalities of Exercise Training. Graduate Level Course. HSES 810 *Advanced Exercise Physiology*. University of Kansas. Lawrence, KS. September 19th, 2017

**Nicoll JX** The Role of Intracellular Signaling Pathways Following Diverse Modalities of Exercise Training. Graduate Level Course. HSES 810 *Advanced Exercise Physiology*. University of Kansas. Lawrence, KS. September 28th, 2016

**Nicoll J**. Acute and Chronic Endocrine responses to Resistance Exercise. Undergraduate Level Course. KIN 300 *Exercise Physiology*. University of Rhode Island. Kingston, RI. October 10th, 2013.

**Courses and Classes Instructed**

2018 - Present California State University, Northridge

| | | | |
|---|---|---|---|
| **KIN 346** - *Exercise Physiology* | Instructor | 3 units | (6 Sem., 7 Sec.) |
| **KIN 446** – *Research in Exercise Physiology* | Instructor | 2 units | (15 Sem., 29 Sec.) |
| **KIN 446L** – *Research in Exercise Physiology Lab* | Instructor | 1 units | (11 Sem., 38 Sec.) |
| **KIN 601** – Adv. Evidence-Based Practice in Kinesiology | Instructor | 3 units | (2 Sem., 2 Sec.) |
| **KIN 698** – *Graduate Thesis Supervision* | Instructor | var. | (3 Sem.) |

2014 - 2018 University of Kansas

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|---|---|---|---|
| **HSES 472** - *Exercise Physiology* | Instructor | 3 units | (2 Semesters) |
| **HSES 473** - *Clinical Fitness Evaluation Techniques* | Instructor | 3 units | (2 Semesters) |
| **HSES 305** - *Methods of Strength & Conditioning* | Instructor | 3 units | (2 Semesters) |
| **HSES 108** - *Physical Activity Course Instruction* | Instructor | 1 units | |

- Advanced Basketball, Kickboxing/Circuit Training, Weight Training, Physical Conditioning, Group Exercise Training, 10K Marathon Training, Jogging, Indoor Soccer (1 Semester)

- Sand Volleyball, Swimming (2 Semesters)

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| **HSES 369** - *Kinesiology* | Teaching Asst. | 3 credit hours | (4 Semesters) |
| **HSES 474** - *Exercise Biochemistry* | Teaching Asst. | 3 credit hours | (2 Semesters) |
| **HSES 305** - *Methods of Strength & Conditioning* | Teaching Asst. | 3 credit hours | (1 Semester) |

2012 - 2014 University of Rhode Island

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|---|---|---|---|
| **KIN 301** - *Exercise Physiology Laboratory* | Instructor | 1 credit hour | (4 Semesters) |
| **URI 101** - *Transitions and Transformations in College* | Instructor | 1 credit hour | (1 Semester) |
| **KIN 325** - *Exercise Testing and Prescription* | Lab Instructor | 3 credit hours | (2 Semesters) |
| **KIN 300** - *Exercise Physiology* | Teaching Asst. | 3 credit hours | (4 Semesters) |
| **KIN 414** - *Fundamentals of Strength & Conditioning* | Teaching Asst. | 3 credit hours | (3 Semesters) |
| **KIN 275** - *Introduction to Exercise Science* | Lab Instructor | 3 credit hours | (1 Semester) |

**Funded and Under Review Grant Applications**

Fall 2021 "Acute Molecular Responses to Divergent Resistance Exercise Protocols" (Primary Investigator)
Internal Funding: California State University, Northridge
Pandemic Recovery Grants for Research, Creative & Scholarly Activity (Track 1)
Award amount: $9,995 **(Funded)**

Spring 2017 "Androgen and glucocorticoid receptor phosphorylation following divergent resistance exercise training protocols in resistance-trained men" (Student Investigator)
External Funding: National Strength and Conditioning Association,
Doctoral Research Award
Award amount: $14,970. Length: 2 Years. **(Funded)**

Spring 2017 "Androgen and glucocorticoid receptor phosphorylation following resistance exercise in trained and untrained men" (Co-PI)
Internal Funding: University of Kansas,
General Research Fund
Award amount: $6,820. Length: 2 Years. **(Funded)**

Spring 2016 "Acute and Chronic Responses of MAPK Expression Following Resistance Exercise Overtraining" (Primary-Investigator)
Internal Funding: University of Kansas,
Pre-Comprehensive Doctoral Research Award
Award amount: $1,500. Length: 1 Year. **(Funded)**

Spring 2015 "The Effects of MusclePharm Assault™ on Beta$_2$ Adrenergic Receptor Activation and Anabolic Signaling Pathways" (Co-PI)
External Funding: ISSN/MusclePharm

Award amount: $9850. Length: 1 Year. **(Funded)**

Fall 2013 Undergraduate Research Initiative, University of Rhode Island, (Co-Investigator)
"The investigation of cytokines, performance, and psychological status as markers of overtraining in female endurance athletes"
Internal Funding: URI
Undergraduate Research Enhancement Award
Award amount: $887. Length: Six months. **(Funded)**

Spring 2012 Undergraduate Research Initiative, University of Rhode Island,
"The effects of whey and soy protein supplementation on blood lipids and blood glucose" (Student Investigator)
Internal Funding: URI
Undergraduate Research Enhancement Award
Award amount: $1,000. (**Funded**)

**Unfunded Grant Applications**

Fall 2021 "Resistance Exercise and Muscular Performance Laboratory Equipment Procurement" (Co-Primary Investigator)
Internal Funding: California State University, Northridge
Pandemic Recovery Grants for Research, Creative & Scholarly Activity (Track 2)
Award amount: $97,608

Fall 2019 "Effect of training status and Type of Resistance Exercise Protocol on Androgen and glucocorticoid receptor phosphorylation" (PI Investigator)
External Funding: National Institutes of Health,
Loan Repayment Program (LRP)
Award amount: $50,000. Length: 2 Years.

Spring 2016 "Growth and Inflammatory Molecular Signaling Responses to Resistance Exercise Overtraining" (Primary-Investigator)
External Funding: ACSM, Doctoral Research Award
Award amount: $4,990. Length: 1 Year.

Summer 2015 "Acute and chronic molecular adaptations to bodybuilding and powerlifting training paradigms"
(Principal Investigator)
External Funding: BioLayne Foundation Graduate Research Award
Award amount: $9,900. Length: 1 Year.

Spring 2015 "The role of resistance exercise on titin phosphorylation and passive stiffness"
(Student Investigator)
External Funding: NSCA Doctoral Research Award
Award amount: $14,900.

Fall 2013 Lesbian Health Fund program of the Gay and Lesbian Medical Association: "I.D. Healthy: A Health-based Intervention for Decreasing Cardiovascular Disease Risk in Lesbian Women." (Co-Investigator)
External Funding: GLMA
Award amount: $9,851.

Summer 2013 National Collegiate Athletic Association's Master's Research Award: "The relationship between psychosocial, physiological, and cytokine markers of overtraining in female collegiate endurance athletes." (Student Investigator)
External Funding: NCAA

Award amount: $7,450.

Spring 2013 — National Strength and Conditioning Association's Graduate Research Award Grant. "Overtraining, psychosocial, & nutrition markers in women endurance athletes." (Student Investigator)
External Funding: NSCA
Award amount: $5,000.

**Masters Student Theses & Graduate Projects:**

**Role: Committee Chair**

**Mirvaes Kamalluddin**
*The effect of creatine supplementation on skeletal muscle fiber type and hypertrophy adaptations to Resistance Training: A Systematic Review*
**Advisor: Justin Nicoll**
Year: Spring 2026 (Expected)

**Artur Vardanyan**
*The Effects of Caffeine on Reducing Exercise Induced Muscle Pain and Muscle Soreness: A Systematic Review*
**Advisor: Justin Nicoll**
Year: Fall 2022

**Ezra Castle**
*Examining the role of training status and task failure on muscular swelling from resistance exercise.*
**Advisor: Justin Nicoll**
Completion Year: Fall 2021

**Kitkumchorn (Ken) Liampetchakul**
*The Effect of Resistance Training Volume on Muscle Fiber Type Shifts: A Systematic Review*.
**Advisor: Justin Nicoll**
Completion Year: Fall 2021

**Christopher Lee**
*Time Course Evaluation of MAPK Phosphorylation to Resistance Exercise: A Systematic Review*.
**Advisor: Justin Nicoll**
Completion Year: 2020-2021

**Jonathan Price**
*PGC-1a Pathway Time Course Phosphorylation Following Endurance Exercise: A Systematic Review*.
**Advisor: Justin Nicoll**
Completion Year: 2020-2021

**Role: Committee Member**

**Jacqueline Magana-Chavez**
--
Advisor: Taeyou Junng
Year:--

**Camelia Vazquez**
--
Advisor: Paulo Marchetti
Year: --

**Jordan Arteaga**
Analysis of Metabolic Responses to Game-Based Aerobic Exercise in Individuals with SC
Advisor: Taeyou Junng
Year:--

**Thomas Ruswick**
Acute effects of multiple sets on muscle thickness, echo-intensity, peak force, and neuromuscular performance after a resistance training (RT) session in recreationally-trained subjects
Advisor: Paulo Marchetti
Year: Spring 2025

**Kassandra Sheehan**
Analysis of Energy Expenditure During Combined Active Arm & Passive Leg Cycling in People with Multiple Sclerosis
Advisor: Taeyou Jung
Year: Summer 2024

**Devin Figueroa**
Acute Dose-response of three difference volume strategies on jump performance in NCAA
Advisor: Paulo Marchetti
Year: Spring 2024

**Jonathan Montano**
Acute Effects of Maximal Isometric Contractions on Concentric Jump Performance
Advisor: Paulo Marchetti
Completion Year: 2020-2021

**Joseph Rivas**
Effects of multi-joint and single-joint exercises on ligament laxity and static balance in recreationally trained subjects
Advisor: Paulo Marchetti
Completion Year: 2020-2021

**Vincent Martinez**
Acute Effects of Time of Day on Physical and Cortical Performance After a Resistance Training Session in Recreationally-Trained Men
Advisor: Paulo Marchetti
Completion Year: 2020-2021

**Teaching & Service Awards**

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| SP 2023 | CSUN Most Valuable Professor (MVP) Faculty Award<br>(Nomination by Luke Krzmarick, Men's Volleyball) |
| SP 2021 | CSUN DRES Outstanding Faculty Award (Nomination) |

**Awards and Scholarships**

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| 2018 | KU Dept of Health, Sport, & Exerc Sci Outstanding Doctoral Student Award |
| 2016 | KU School of Education Merit Scholarship |
| 2015, 2017 | National Strength and Conditioning Association Minority Scholarship |
| 2011, 2014 | National Strength and Conditioning Association Challenge Scholarship |
| 2008, 2010 - 2012 | URI Dean's List Recipient (3.3 or higher) |
| 2011- 2012 | URI Hardge & Forleo Book Grant (Awarded for academic excellence) |
| 2010 - 2011 | Atlantic 10 Commissioners Honor Roll (3.5 or higher) |
| 2009 - 2010 | URI University Fund Grant (Awarded for academic excellence) |

**Professional Memberships**

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|---|---|---|
| FA 2018 - Present | Southwest Chapter, American College of Sports Medicine | |
| SP 2011 - Present | National Strength and Conditioning Association | #000021379 |
| SP 2014 – SP 2019 | American College of Sports Medicine | #731126 |
| FA 2014 - FA 2016 | Central States Chapter, American College of Sports Medicine | |
| SP 2010 - FA 2014 | American Physiological Society | #00103936 |

**Professional Committees**

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| FA 2012 - SP 2014 | National Strength and Conditioning Association-R.I.- Student Representative |

**Academic Committees**

*California State University, Northridge*

**University Service**

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| FA 2019 – SP 2020 | Research and Grants Committee Member |

**College Service**

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|---|---|
| SP2024 | HHD Research Fellows Selection Committee: Role - Reviewer |
| SP2023 | HHD Research Fellows Selection Committee: Role - Reviewer |
| FA 2022 – SP2023 | Grad Center Faculty Mentoring Program: Role - Mentor |
| SP 2022 | CSUNposium HHD Abstract Presentation Judge |
| FA 2019 – SP 2020 | CSUNposium HHD College Liaison |
| FA 2018 – SP2019 | HHD College Research Planning Committee |
| SP 2019 | HHD Mentoring Initiative: Role - Mentor |

**Departmental Service**

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|---|---|
| FA 2025 – SP 2026 | Dept. of Kinesiology Department Personnel Committee, **Chair** (2025-2026) |
| FA 2024 – SP 2025 | Dept. of Kinesiology Department Personnel Committee, Member |
| FA 2025 – SP 2026 | Dept. of Kinesiology Department Exercise Science Option, **Coordinator** (2025-2026) |
| FA 2025 - Present | Dept. of Kinesiology Department Curriculum Committee, Member (2025-2026) |
| FA 2018 - Present | Dept. of Kinesiology Department Exercise Science Option Committee, Member (2018-2022, 2022-2025) |
| FA 2018 - Present | Graduate Program Committee, Member (2018-2022, 2022-2026) |
| SP 2019 - Present | Dept. of Kinesiology Equity and Diversity Liaison (2018-2022, 2022-2026) |
| FA 2019 – FA 2025 | Dept. of Kinesiology Undergraduate Advising (2019-2022, 2022-2025) |
| SP 2021 – 2022 | Kinesiology Networking Series (KinesNETs) (2020-2021; 2021-2022) |

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| FA 2022 – SP 2023 | Dept. of Kinesiology WEB design Committee |
| FA 2019 | Dept. of Kinesiology Mandatory Group Advising (MAG) Session Presenter |
| FA 2019 | Dept. of Kinesiology RTP policies Sub-committee |

*University of Rhode Island*

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| FA 2013 - SP 2014 | Promotion & Tenure Policy Review Committee: Dept. of Kinesiology, URI. |
| FA 2009 - 2011 | Student Athlete Advisory Committee (SAAC) Member: Athletics Dept, URI |

**Scientific Editorial and Review Activity**

**Professional Service:**

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|---|---|
| 2015-2016 | Scientific Abstract Reviewer - National Strength and Conditioning Association |
| 2018 | Scientific Abstract Reviewer - National Strength and Conditioning Association |
| 2019 | Scientific Abstract Reviewer - National Strength and Conditioning Association |
| 2020 | Scientific Abstract Reviewer - National Strength and Conditioning Association |
| 2021 | Scientific Abstract Reviewer - National Strength and Conditioning Association |
| 2022 | Scientific Abstract Reviewer - National Strength and Conditioning Association |

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|---|---|
| 2019 | Scientific Grants and Awards Reviewer – Nat. Strength and Cond. Assoc. |
| 2020 | Scientific Grants and Awards Reviewer – Nat. Strength and Cond. Assoc. |
| 2021 | Scientific Grants and Awards Reviewer – Nat. Strength and Cond. Assoc. |
| 2022 | Scientific Grants and Awards Reviewer – Nat. Strength and Cond. Assoc. |

**Journal Reviewer for:**

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|---|---|
| 2026 | European Journal of Applied Physiology |
| 2026 | Cell Reports |
| 2025 | DNA |
| 2023 | Frontiers in Endocrinology |
| 2013 - Present | Journal of Strength and Conditioning Research |
| 2017 - Present | Research in Sports Medicine |
| 2018 - Present | Strength and Conditioning Journal |

**Certifications**

- Certified Strength & Conditioning Specialist (CSCS). Cert: #7247893925; Date: 5/7/2014
- Certified Strength & Conditioning Specialist with Distinction (CSCS*D). Cert: #7247893925; Recertification: January 2021 – December 2023
- Cardiopulmonary Resuscitation (CPR)
- Standard First Aid (SFA)
- Blood Borne Pathogen Certified CAL/OSHA
- CSU, Northridge Collaborative Institutional Training Initiative (CITI) Program

**Laboratory Skills and Techniques**

- Sodium dodecyl sulfate polyacrylamide gel electrophoresis (SDS-PAGE)
- Western Blotting
- Total Protein Quantification (Lowry and Bradford Assays)
- Hormone Concentration Analysis: Enzyme-linked immunosorbent assay (ELISA)
- Hematocrit and Hemoglobin Analysis (Hemocue)
- Cholesterol and Blood Glucose Measures (Cholestech)
- Force and Power Assessment (Accupower Force Plates, MyoTest, Tendo-Units)
- Metabolic Cart Equipment (ParvoMedics; TrueOne 2400)

- Blood Lactate Analysis (Finger stick, Nova Biomedical Lactate Analyzer)
- Surface and Decomposition Electromyoraphy (EMG)
- Ultrasound Techniques (Patella & Achilles Tendon Thickness)
- Body Composition Measures (Bod Pod, Skinfolds)
- Statistical Analysis (SPSS & SAS)
- Microsoft Office (Word, Excel, PowerPoint)

**Additional Experience**

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| 2008 - 2012 | *University of Rhode Island Track and Field Member*<br>University of Rhode Island<br>Kingston, RI |