

Curriculum Vitae

Jeffrey E. Herrick, PhD

Address

Department of Exercise Physiology
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Lynchburg, VA 24551-3199

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Academic Degrees

2005-2009	Doctor of Philosophy, Virginia Commonwealth University (Rehabilitation and Movement Science)
2003-2005	Master of Science, James Madison University (Kinesiology)
2002-2003	Bachelor of Individualized Studies, James Madison University (Exercise Science)
1990-1994	Bachelor of Arts, Utica College of Syracuse University (Psychology)

Academic, Research, and Professional Positions

2018-present	University of Lynchburg Lynchburg, VA Associate Professor Department of Exercise Physiology
2012-2018	George Mason University Fairfax, VA Director of Undergraduate Education in Rehabilitation Science Assistant Professor Department of Rehabilitation Science
2017-present	American College of Sports Medicine Indianapolis, IN Strategic Health Initiative on Aging Committee Member
2016-2018	National Institutes of Health Bethesda, MD Rehabilitation Medicine Department Clinical Research Center Associate Investigator/Special Volunteer

- 2016-2018 Insomnia Hub
Neuroscience Network
Fairfax, VA
Sleep and Exercise Educator
- 2009-2012 Southern Illinois University Edwardsville
Edwardsville, IL
Director Undergraduate Program in Exercise Science
Assistant Professor
Department of Kinesiology and Health Education
- 2008-2009 Virginia Commonwealth University
Richmond, VA
Term Faculty
Department of Health and Human Performance
- 2005-2008 Virginia Commonwealth University
Richmond, VA
Research Assistant
Department of Health and Human Performance
- 2003-2005 James Madison University
Harrisonburg, VA
Teaching Assistant
Research Project Coordinator, Health and Human
Performance Laboratory
Department of Kinesiology
- 1997-2002 State of Maine Department of Mental Health
Portland, ME
Licensed Social Worker, Intensive Case Management Program
Region 1 Community Programming Management

Scholarship and Creative Activity

ORCID # 0000-0002-6466-0676

Peer Reviewed Published Manuscripts

(* Mentored Student Author /Corresponding Author)

Woostenhulme, JG, Guccione, AA, **Herrick, JE**, Collins, JP, Chan, LE, Keyser, RE. (2018) Left ventricular function before and after aerobic exercise training in women who have pulmonary arterial hypertension. *Journal of Cardiopulmonary Rehabilitation and Practice*. (In press)

Puri, S*, **Herrick, JE**, Collins, JP, Aldahari, M, Baattaiah, B. (2017). Physical functioning and risk for sleep disorders in US adults: results from the National Health and Nutrition Examination Survey 2005–2014. *Public Health*. November: 152:123-128.

Gollie, JA*, **Herrick, JE**, Chin, LMK, Keyser, RL, Shield, RK, Guccione, AA. (2017). Fatigability, pulmonary VO₂ on-kinetics and muscle deoxygenation in individuals with incomplete spinal cord injury. *European Journal of Applied Physiology*. 117(10):1989-2000.

- Herrick, JE**, Puri, S, Richards, KC. (2017). Acute resistance training does not alter same-day sleep architecture in institutionalized older adults. *Journal of Sleep Research*. August 10.
- Panza, GS*, Chin, LMK, Gollie, JA, **Herrick, JE**, Collins, J, Guccione, AA. (2017). Effects of Overground Locomotor Training on the Ventilatory Response to Volitional Treadmill Walking in Individuals with Incomplete Spinal Cord Injury: A Pilot Study. *Spinal Cord Case Series*. 13;3: 17011.
- Browning MG, Franco, RL, **Herrick, JE**, Arrowood, JA, Evans, RK. (2017) Assessment of early changes in cardiopulmonary function during treadmill walking following gastric bypass surgery. (*Epub June 2016*) *Obesity Surgery*. 2017 Jan; 27(1):96-101.
- Herrick JE**, Panza, GS, Gollie, JM. (2016). The effects of gender, fat mass distribution, and weight loss on free leptin index. *Journal of Obesity*. (Volume 2016).
- Gollie, JM*, Guccione, AA, Panza, GS, Jo, PY, **Herrick, JE**. (2016). Overground locomotor training in adults with chronic spinal cord injury. *Archives of Physical Medicine & Rehabilitation*. (*Epub Dec. 2016*) 98(6);1119-1125.
- Herrick, JE**, Bliwise, DW, Puri, S, Rogers, S, Richards, KC. (2014). Strength training combined with moderate physical activity reduces the Apnea-Hypopnea Index in institutionalized older adults. *Journal of the American Medical Directors Association*. 15(11); 844-846.
- Herrick, JE**, Kirk, EP, Holly, MR, Smith, BS, Wooten, JW (2014). Elevated diastolic blood pressure is associated with the ventilatory efficiency slope in asymptomatic obese adults. *Journal of Cardiovascular Disease Research*. 5:1-1.
- Herrick, JE**, Kirk, EP, Sharp, BS. (2014). Truncal adiposity predicts exercise induced breathlessness in obese adult females. *Gazzetta Medica Italiana, Archivio Per Le Scienze Mediche*. 173:1-10.
- Rossamano, CR*, **Herrick, JE**, Kirk, SM, Rose, P, Kirk, EP (2012). A 6 month supervised employer based minimal exercise program for police officers improves fitness. *Journal of Strength and Conditioning Research*. 26(9); 2338-44.
- Weigleman, L*, **Herrick, JE**, Kirk, SM, Kirk, EP. (2011). The 1-Mile walk test is a valid predictor of VO_{2MAX} and is a reliable alternative fitness test to the 1.5 mile run in U.S. Air Force males. *Military Medicine*. 176:669-673.
- Herrick, JE**, Flohr, JA, Wenos, DL, & Saunders, MJ. (2011) A physiological and performance comparison between off-road bicycles with differing suspension systems. *International Journal of Sport Physiology and Performance*. 6:546-558.
- Evans, RK, Franco, RL, Stern, M, Wickham, EP, Bryan, DL, **Herrick, JE**, Larson, NY, Abell, AM, Laver, JH. (2008). Evaluation of a 6-month multi-disciplinary healthy weight management program targeting urban, overweight adolescents: Effects on physical fitness, physical activity, and blood lipid profiles. *International Journal of Pediatric Obesity*. August 13:1-4.
- Evans, RK, Bond, DS, Wolfe, LG, Meador, JG, **Herrick, JE**, Kellum, JM, Maher, JW. (2007). Participation in 150 min/wk of moderate or higher intensity physical activity yields greater weight loss after gastric bypass surgery. *Surgery for Obesity and Related Diseases*. 3: 526-530.

Saunders, MJ, Luden, ND, **Herrick, JE**. (2007). Consumption of an oral carbohydrate-protein gel improves cycling endurance and prevents post-exercise muscle damage. *Journal of Strength and Conditioning Research*. 21(3):678-84.

Saunders, MJ, Luden, ND, **Herrick, JE**, Hart, JE, Mishler, AE, Moore, RW. (2005). Effects of a carbohydrate/protein gel on exercise performance in male and female cyclists. *Journal of the International Society of Sports Nutrition*. 2(1):1-30.

Letters to the Editor (Invited)

Herrick, JE. (2018). Author's response Re: Letter to the Editor of Public Health in response to 'Physical Functioning and Risk for Sleep Disorders in US Adults: Results from NHANES 2005-2014'. *Public Health*. March 5.

Manuscripts in Process

(* Mentored Student Author)

Panza, GS*, **Herrick, JE**, Keyser, RE, Chin, LMK, Gollie, JM, Collins, JP, Aldhahi, M, O'Connell, DG, Guccione, AA. (2019). Pilot Study: Do Individuals with Cervical Motor Incomplete Spinal Cord Injuries Achieve a Phasic Ventilatory Response to Exercise? *Experimental Physiology*. (In review)

Gollie, JM*, **Herrick, JE**, Collins, JP, Keyser, Guccione, AA. (2019). Fatigability, pulmonary VO₂ on-kinetics and muscle deoxygenation in individuals with incomplete spinal cord injury. *Spinal Cord*. (In review)

Herrick, JE (2019). Acute bout of resistance training reduces glucagon-like peptide-1 and increases hunger perceptions in females. *Exercise Medicine*. (In review)

Herrick, JE, Puri, S, Aldhahi, M, Jain, V, Chin, LMK. (2019), Skeletal muscle oxygen kinetics during exercise in adults with obstructive sleep apnea. *Journal of Sleep Research*. (In process)

Puri, S*, **Herrick, JE**, Chin, LMK, Jain, V, Collins, JP, Keyser, RL, Guccione, AA. (2019). Microvascular reactivity, resting muscle oxygen consumption and fatigability in patients with obstructive sleep apnea. *Journal of Sleep Research*. (In process)

Books and Book Chapters

Herrick, JE, Huang, CJ, Johnson, A. (2014). *Chapter 5: Lifespan Effects of Aging and Deconditioning*. ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription 7th Edition. Lipincott Williams & Wilkins. Philadelphia.

Peer Reviewed Published Abstracts and Presentations

(* Mentored Student Author/ Senior Author)

Herrick, JE, Puri, S, Aldahri M, Jain, V, Chin, LMK. (2019). Skeletal muscle oxygen kinetics during exercise in adults with obstructive sleep apnea. *Medicine & Science in Sports & Exercise*. (In review)

Gollie, JA, **Herrick, JE**, Chin, LMK, Keyser, R, Guccione, AA. (2018). Overground Locomotor Training Duration on Cardiorespiratory Adaptations in Incomplete Spinal Cord Injury. *Archives Physical Medicine and Rehabilitation*; 98:e41.

Alwadeai, KS*, Panza, GS, **Herrick, JE**. (2108). Respiratory drive during arm and leg cycling in adults with motor incomplete spinal cord injury. *American Thoracic Society Annual Meeting*.

- Nofal, M, Alhammad, SA, Chin, LMK, **Herrick, JE**, Wutzke, CJ. (2018). Dynamic balance changes in older adults following 12-weeks of a self-managed exercise program. *Medicine & Science in Sports & Exercise*. 50 (6S).
- Alharbi, MD*, Baattaiah, BA, Chin, LMK, Wutzke CJ, **Herrick, JE**. Effects of a 12-week self-managed exercise program on fatigability in older adults. (2018). *Medicine & Science in Sports & Exercise*. 50 (6S).
- Alhammad, SA*, Nofal, M, Wutzke, C, Chin, LMK, **Herrick, JE**. (2018). Changes in global health status in older adults following a self-managed exercise program. *Medicine & Science in Sports & Exercise*. 50 (6S).
- Puri, S*, Aldhahi, M, Jain, V, **Herrick, JE**. (2018). Characterization of Oxygen Uptake On- and Off- Kinetics in Patients with Obstructive Sleep Apnea. *SLEEP Annual Meeting*. 41(s).
- M, Aldhahi*, Puri, S, Jain, V, **Herrick, JE**. (2018). Functional Aerobic Capacity in Adults with Obstructive Sleep Apnea. *SLEEP Annual Meeting*. 41(s)
- Puri, S*, Aldhahi, M, Chin, LMK. **Herrick, JE**. (2017). VO₂ On-Kinetics during Submaximal Treadmill Walking in Adults with Obstructive Sleep Apnea. *SLEEP*. 40(S1): pA229.
- Alwadeai, K*, Panza, GS, **Herrick, JE**. (2017). Characterization of exercise breathing during arm and leg ergometry in adults with motor incomplete spinal cord injury. *Medicine & Science in Sports & Exercise*. 49 (6S).
- Panza, GS*, Alwadeai, K, **Herrick, JE**. (2017). Minute ventilation off-kinetics following arm and leg ergometry in adults with motor incomplete spinal cord injury. *Medicine & Science in Sports & Exercise*. 49 (6S).
- Gollie, JM*, **Herrick, JE**, Panza, GS, Chin, LMK, Guccione, AA. (2017). Fatigability and VO₂ on-kinetics in adults with incomplete spinal cord injury. *Medicine & Science in Sports & Exercise*. 49 (6S).
- Brenan, K, Gallo, S, Slavin, M, **Herrick, JE**, de Jonge, LH. (2016). Water Consumption and Resting Metabolic Rate. *The Obesity Society Annual Meeting*. October, 2016.
Nominated for best abstract award at the Obesity Society meeting.
- Lydick S, Rounds AK, Bryson CA, **Herrick JE**, Collins JP, Groah SM, Short JL, Guccione AA. (2016) Group cohesion and participation in adaptive sport: spinal cord injury and other mobility limiting conditions. *Archives Physical Medicine and Rehabilitation*; 97:e101
- Woolstenhulme, JG, Guccione, AA, **Herrick, JE**, Collins, JP, Chan, LE, Keyser, RE. (2016). Changes in ventricular function after vigorous exercise training in women with pulmonary arterial hypertension. *Medicine & Science in Sports & Exercise*; 48 (6S).
- Puri, S*, Collins, JP, Baataiah, B, **Herrick, JE**. (2016). Sleep Disorders and Physical Functioning in US Adults: Results from NHANES 2005-2006. *Medicine & Science in Sports & Exercise*; 48 (6S).
- Gollie, JM*, **Herrick, JE**, Panza, GS, Chin, LMK, Keyser, R, Guccione, AA. (2016). Effects of a Novel Overground Training Program on Muscle Oxygen Extraction in Spinal Cord Injury. *Archives Physical Medicine and Rehabilitation*; 97:e40
Nominated for best abstract of ACRM conference award.
- Panza, GS*, **Herrick, JE**, Gollie, JM, Murray, D, Collins, J, Guccione, AA. (2016). Task specific locomotor training effects on ventilatory drive in men with incomplete spinal cord injury. *Medicine & Science in Sports & Exercise*; 48 (6S).

Gollie, JM*, **Herrick, JE**, Panza, GS, Chin, LMK, Guccione, AA. (2016). Effects of Locomotor training on VO₂ On-kinetics in persons with incomplete spinal cord injury. *Medicine & Science in Sports & Exercise*; 48 (6S).

Panza, GS*, Kirk, EP, Collins, JP, Gollie, JM, **Herrick, JE**. (2015). The effects of gender, fat mass distribution, and weight loss on free leptin index. *Medicine & Science in Sports & Exercise*; 47(6S).

Puri, S*, **Herrick, JE**, Rogers, S, Brotherton, C, Richards, KC. (2014). Acute resistance training does not alter same-day sleep architecture in institutionalized older adults. *Medicine & Science in Sports & Exercise*; 46(5S).

Gollie, JM*, Popkess, AK, Panza, GS, Wooten, JS, **Herrick, JE**. (2014). Calorie matching prior to resistance training prevents post-exercise decrease in glucagon-like peptide-1 in females. *Medicine & Science in Sports & Exercise*; 46(5S).

Kirk, SM, Weiglein, L, **Herrick, JE**, Kirk, EP. (2014). The 1-mile walk and 1.5 mile run are valid assessments of cardiovascular fitness in Air Force Servicemen. *Medicine & Science in Sports & Exercise*; 46(5S).

Herrick, JE, Kirk, EP, Lox, CL, Sharp, BM. (2012). Ventilatory efficiency, body composition, dyspnea, and exercise mode in lean and obese females. *Medicine & Science in Sports & Exercise*; S44(5).

Holly MR*, Smith BL, Kirk EP, Chapman KS, Novotny LM, Beaty RD, Garrett HE, **Herrick JE**. (2012). Ventilatory efficiency is associated with ACSM heart disease risk factors in asymptomatic obese adults. *Medicine & Science in Sports & Exercise*; S44(5).

Gapin JI, Bohal SC, Humphreys AM, **Herrick JE**. (2012). The effects of two durations of exercise on cognition in college students with AD/HD. *Medicine & Science in Sports & Exercise*; S44(5).

Herrick, JE, Franco, RL, Stewart, JK, Maher, JW, Kellum, JM, Evans, RK. (2011). Body composition and leptin resistance following Roux-en-Y gastric bypass surgery in morbidly obese females. *Medicine & Science in Sports & Exercise*; S43(5).

Gavin, SL*, Kirk, EP, Novotny, LM, Lox, CL, **Herrick, JE**. (2011). Leptin resistance is improved through weight loss independent of changes in leptin's soluble receptor. *Medicine & Science in Sports & Exercise*; S43(5).

Novotny, LM*, Kirk, EP, Gavin, SL, Sharp, BM, Lox, CL, **Herrick, JE**. (2011). Significant reductions in truncal adiposity do not alter the ventilatory responses to carbon dioxide in obese adults. *Medicine & Science in Sports & Exercise*; S43(5).

Herrick, JE, Franco, RL, Stewart, JK, Arrowood, JA, Evans, RK. (2010). Ventilatory efficiency (V_E/VCO_2 slope) is not improved during progressive treadmill exercise in females 3-months after weight loss surgery. *Medicine & Science in Sports & Exercise*; 42(5): S360.

Franco, RL, Evans, RK, **Herrick, JE**, Larson, NY, Abell, AM, Stern, M, Bryan, DL, Wickham, EP, Laver, JH. (2007). Physical activity participation among overweight adolescents with and without the metabolic syndrome. *Medicine & Science in Sports & Exercise*.: 39(5) Supplement: S239.

Herrick, JE, Saunders, MJ, Wenos, DL, Flohr, JA. (2006). Metabolic comparison of front and full suspension mountain bicycles during simulated cross-country race conditions. *Medicine & Science in Sports & Exercise*; 38(5) Supplement: S402-403.

Saunders, MJ, Todd, MK, Valentine, RJ, St.Laurent, TG, Kane, MD, Luden, ND, **Herrick, JE**. (2006). Inter-study examination of physiological variables associated with improved endurance performance with carbohydrate/protein administration. *Medicine & Science in Sports & Exercise*; 38 (5) Supplement: S113-114.

Flohr, JA, Saunders, MJ, Evans, SW, St. Laurent, TG, **Herrick, JE**. (2005). The effect of moderate intensity exercise on academic performance of children with ADHD. *Medicine & Science in Sports & Exercise*; 37(5): Supplement: S274.

Herrick, JE, Saunders, MJ, Wenos, DL. (2005). A physiological and performance comparison of front and dual suspension mountain bicycles on rugged trail. *Medicine & Science in Sports & Exercise*; 37(5): Supplement: S215-216.

Regional Abstracts and Presentations

(* Mentored Student Authors)

Hazlewood, J.*, **Herrick, JE**. 12-weeks of a self-managed exercise program reduces performance fatigability in older adults. *College of Health and Human Services Celebration of Student Scholarship*. May 2018, Fairfax, VA.

Vivero, J*, **Herrick, JE**. Improvement in Waling Performance following 24-weeks of over ground locomotor training. *College of Health and Human Services Celebration of Student Scholarship*. May 2017, Fairfax, VA.

Holly MR*, Smith BL, Kirk EP, Chapman KS, Beaty RD, Garrett HE, **Herrick JE**. Peak oxygen uptake is negatively associated with total heart disease risk factors in asymptomatic obese adults. Spring Graduate Research Symposium. Southern Illinois University Edwardsville, April, 2012, Edwardsville, IL.

Grammer, R*, Hurley, K., Lox, C., Rose, P. & **Herrick, JE**. The effects of an exercise program on young girls' self-perceptions. First National Conference on Girls and Women in Sport and Physical Activity, University of North Carolina at Greensboro, October, 2011, Greensboro, NC.

Lang, CA*, Vermost, JL, Long, KA, **Herrick, JE**. A performance comparison between controlled running surface and forested trail among female runners. Spring Graduate Research Symposium. Southern Illinois University Edwardsville, March, 2011, Edwardsville, IL.

Weiglein, L*, **Herrick, JE**, Kirk, SM, Kirk, EP. Innovative Practices in Air Force Health Promotion. Presentation at the Armed Forces Public Health Conference, March, 2011, Hampton, VA.

Novotony, L*, Kirk, EP, Gavin, SG, **Herrick, JE**. Reductions in truncal adiposity following 6-months of weight loss did not improve ventilatory responses to carbon dioxide. Presented at the Midwest Chapter of the American College of Sports Medicine annual conference, October, 2010, Indianapolis, IN.

Stapleton, J, Lox, CL, Kirk, EP, **Herrick, JE**, Gapin, JL, Novotny, LM, Gapin, JG. Improvements in perceived body image following behavioral change focused weight loss in obese adults. Presented at the Midwest Chapter of the American College of Sports Medicine annual conference, October, 2010, Indianapolis, IN.

Blackwell, WM*, **Herrick, JE**, Franco, RL, Lipford, GF, Wickham, EP, Evans, RK. Relationships among serum leptin, body weight status, and cardiorespiratory fitness in obese African-American adolescents enrolled in a weight management program. Presented at the Southeast Chapter American College of Sport Medicine annual conference, February, 2009, Birmingham, AL.

Vesely, SD, Franco, RL, Fallow, BA, **Herrick, JE**, Larson, NY, Arrowood, J, Evans, RK. Assessment of changes in cardiorespiratory fitness parameters of morbidly obese females following gastric bypass surgery. Presented at the Southeast Chapter American College of Sport Medicine annual conference, February, 2009, Birmingham, AL.

Herrick, JE, Evans, RK, Franco, RL, Stern, M, Bryan, DL, Larson, NY, Toderico, BJ, Laver, JH. Improvements in blood lipid profile following a 6-month multi-disciplinary adolescent healthy weight management program. Presented at the Southeast Chapter American College of Sport Medicine annual conference, January, 2006, Charlotte, NC.

Toderico, BJ, Evans, RK, Franco, RL, Stern, M, Bryan, DL, Larson, NY, **Herrick, JE**. The T.E.E.N.S. Healthy Weight Management Program: Changes in physical fitness characteristics of overweight adolescents after 6 months of participation. Presented at the Southeast Chapter American College of Sports Medicine annual conference, January, 2006, Charlotte, NC.

Oral Presentations and Invited Lectures

Herrick, JE. (2017) Sleeping your way to wellness. Mason Physical Well-Being Seminar Series. George Mason University, Fairfax, VA.

Herrick, JE. (2016). Skeletal Muscle and Aging: Resistance Training for Prevention and Rehabilitation. Osher Lifelong Learning Institute Lecture Series. Fairfax, VA.

Puri, S*, Collins, JP, Baattaiah, B, **Herrick, JE**. Sleep disorders and physical functioning in US Adults: Results from NHANES 2005-2006. *Annual meeting American College of Sports Medicine*. Boston, MA, June, 2016.

Herrick, JE, Franco, RL, Stewart, JK, Maher, JW, Kellum, JM, Evans, RK. Body composition and leptin resistance following Roux-en-Y gastric bypass surgery in morbidly obese females. *American College of Sports Medicine Annual Meeting*. Denver, CO, June, 2011

Herrick, JE. Adolescent Obesity: Interventions to Improve Health. *Southern Illinois University Edwardsville's School of Education Interdisciplinary Speaker Series "Obesity and America's Youth: Responding to a National Epidemic"*. Edwardsville, IL, March 2011.

Evans, RK, Bond, DS, Wolfe, LG, Meador, JG, **Herrick, JE**, Kellum, JM, Maher, JW. Participation in 150 min/wk of moderate or higher intensity physical activity yields greater weight loss after gastric bypass surgery. *American Society for Metabolic and Bariatric Surgery (ASMBS) Annual Meeting*. San Diego, CA, June 2007.

Reviewer Activities: Funding Agencies, Journals and Publishers

Veterans Administration, RRD, Scientific Merit Review Committee 2017-present

British Journal of Medicine, Invited Reviewer, 2016-present

Archives of Rehabilitation Medicine, Invited Reviewer, 2016-present

The Gerontologist, Invited Reviewer, 2016-present

Medical Research Archives, Invited Special Topics Reviewer, 2015-present

Obesity Research and Clinical Practice, Invited Reviewer, 2015-present

Journal of Strength and Conditioning Research, Invited reviewer 2010-present

Veterans Administration Rehabilitation & Research Award Program Grant Reviewer, 2013-present

Medicine & Science in Sports & Exercise, Invited Reviewer, 2012-present

McGraw Hill Higher Education, Text Book Reviewer, 2008-2009

Grants, Awards and Fellowships

Extramural

Principle Investigator. *Microvascular function and tissue oxygenation in adult with untreated obstructive sleep apnea*. National Institutes of Health, National Heart, Lung, and Blood Institute. R15 AREA Grant. PA-16-200. May 2018.

Co-investigator. *Insomnia Hub, an open access model to disseminate sleep research*. Robert Wood Johnson Foundation, increasing openness and transparency in research RFA. (Kreps, G, PI). October 2016. (Not Funded)

Co-investigator. Letter of Intent: *Linking Physiology to Function: Cardiac Hemodynamic, Ventilatory, and Functional Adaptation after Overground Locomotor Training in Incomplete Spinal Cord Injury* (Guccione, AA, PI). US Department of Defense. June 2016. (Not Funded)

Co-investigator. *Cardiac Hemodynamic and Ventilatory Adaptation following Locomotor Training in Incomplete Spinal Cord Injury (iSCI)*. (Guccione, AA, PI). Department of Aging and Rehabilitative Services, Commonwealth Neurotrauma Initiative Trust Fund. January 2016. (Not Funded)

Co-investigator. *Whole egg versus egg substitute as part of a weight loss regime: Effects of resting energy expenditure and body composition*. (de Jonge, E, PI) Egg Nutrition Center Grant. April 2015. (Not funded)

Co-investigator. *The effects of two recommended levels of exercise on the prevention of weight regain*. (Kirk, E., PI). NIH R15 Academic Research Enhancement Award (AREA) grant submitted to National Institute of Diabetes and Digestive and Kidney Diseases, March, 2013. (\$300,000, Impact Score 4, Not Funded)

Co-investigator. *A Historical Study on the Losses of Physical Fitness and Associated Deconditioning Follow Burn Injury*. (Groah, S., PI). US Department of Education Burn Model Systems Centers CFDA: 84.133A-3, National Institute on Disability and Rehabilitation Research, August 2012. (\$1.2 Million, Not Funded, project tabled)

Co-Investigator. *Exercise dose and weight maintenance*. (Kirk, E., PI). General Research Award -submitted to American Diabetes Association, March, 2011. (\$300,000, Not Funded, as NIH R15 AREA grant)

Co-Investigator. *Exercise dose and weight maintenance*. (Kirk, E., PI). NIH R21 (PA-06-256) submitted to National Institute of Diabetes and Digestive and Kidney Diseases, March, 2010. (\$225,000, Impact score 7, Not Funded)

Co-Investigator. *The effects of a school based physical activity program on academic performance*. (Cluphf, D., PI). NIH R15 Academic Research Enhancement Award (AREA) grant submitted to National Institute of Diabetes and Digestive and Kidney Diseases, October 2009. (\$300,000, NFRC, Not Funded)

Principal Investigator. *Metabolic Comparison Between Front and Full Suspension Mountain Bikes*. Cannondale Bicycle Inc. Bedford, Pennsylvania, June 2004. (Funded Product \$6,000.00)

Principal Investigator. *Metabolic Comparison Between Front and Full Suspension Mountain Bikes* Massanutten Resorts, Mass Resorts Inc, McGayghesville, Virginia, June 2004. Research grant provided land access permit for field based research project. (Funded)

Intramural (competitive funding applications)

Principle Investigator. *Omega-3 fatty acid intake as a protector of muscle mass during a Very Low Calorie Diet weight loss intervention: A proof of concept and intervention feasibility study.* George Mason University Multidisciplinary Research Team Tier 2 Grant. June 2015. (\$23,860. Not Funded)

Principal Investigator. *Is obstructive sleep apnea severity associated with impaired skeletal muscle oxygenation during progressive exercise in obese adults?* George Mason University Summer Research Funding Award. January 2014. (\$4500.00, Funded)

Principal Investigator. *The relationship between meal volume and post-prandial glucagon like peptide-1 and peptide YY secretion in lean and obese females.* Southern Illinois University Edwardsville, Seed Grant for Transitional and Exploratory Research, October 2011-2012. (\$10,695.12, Funded)

Co-Investigator, SIUE Research Equipment and Tools Program, Southern Illinois University Edwardsville, 2012. (\$7419.00, Funded)

Principal Investigator. *Weight loss, weight maintenance, and associated changes in appetite regulation activity in obese adults.* Southern Illinois University Edwardsville, New Directions Program, February 2011. (\$13,989.25, Not funded)

Principle Investigator. *The relationship between exercise mode, fat tissue distribution, and the intensity of dyspnea on exertion in obese adults.* Southern Illinois University Edwardsville, Seed Grant for Transitional and Exploratory Research, October 2009. (\$11,179.20, Not Funded)

Intramural Curriculum, Education, and Research Development Grant Applications

Herrick, JE. University of Lynchburg Faculty Development Grant. ACSM. (2019). \$1242

Herrick, JE. Older adult community exercise programming. *Summer Innovative Teaching Grant.* (2018). \$2500.

Herrick, JE, Wutzke, CJ. *Understanding the impact of exercise and the older adult: a study in a community based self-management exercise program to promote healthy aging.* OSCAR Summer Research Grants.

Herrick, JE, Kreps,G. *Insomnia Hub a knowledge sharing experience: The benefits of exercise and physical activity on sleep quality.* Summer Term Undergraduate Research Project Grant: Open Access Health Communication on the Insomnia Hub. 2016. (\$28,900).

Guccione, AA, Wutzkle, C, **Herrick, JE.** *Activity Based Rehabilitation.* Summer Term Undergraduate Research Project Grant: Activity Based Rehabilitation. 2016. (\$49,000). (Not Funded)

Herrick, JE. Research Intensive Course Development Grant; RHBS 499. 2016. George Mason University, OSCAR Program. (\$6000). (Supported)

Herrick, JE. Undergraduate Research and Creative Activities Program. Research Assistant Grant. Southern Illinois University Edwardsville. August 2010-2012. (\$1,600.00, Funded)

Herrick, JE. Community Based Health and Wellness Project. Senior Assignment Development Fund, Southern Illinois University Edwardsville. June 2010. (\$4,500.00, Funded)

Thesis Advisor. Pulmonary ventilation, obesity, and exercise mode. Southern Illinois University Edwardsville School of Education Research Grant for Graduate Students. May 2010. (Sharp, B., thesis candidate) (\$500.00, Funded)

Curriculum Development and Leadership Activities

University of Lynchburg (2018-present)

EXPH 398 Special Topics Course Development: Active Aging Adult Exercise Program: (2018-present)

Director: UL Active Aging Program: community based student learning initiative (2018-present)

Co-director: Passport Health Fair: exercise and healthy lifestyle fair for community based older adults

George Mason University (2012- 2018)

Founding Director of Undergraduate Education

Administrative oversight for new and current undergraduate programs

Departmental undergraduate representative to college and university

Rehabilitation Science Minor

Chaired course and curriculum development for department

Proposed and obtain curriculum proposal approval from university committee

Established interdepartmental curriculum collaborations

Administer marketing, promotion, and enrollment activities

Student advisement

Bachelor's Degree in Rehabilitation Science

Chaired the departments development of curriculum goal and KSA's

Administered development of new curriculum courses

Chaired development of curriculum map to achieve KSA's

Established intercollege curriculum collaborations

Chaired State SCHEV BS degree application development

Proposed and obtained proposal approval from university committee

Developed senior capstone, writing intensive, and research scholarship courses

Southern Illinois University Edwardsville (2009-2012)

Director of Exercise Science Program

Executive administration for new and current undergraduate programs

Bachelor's Degree in Exercise Science

Chaired curriculum update, aligned with accrediting body

Developed updated BS Curriculum map with KSA's from ACSM RECP

Initiated accreditation process with CAAHAP (ACSM KSA's)

Proposed and obtained university and state approval

Executive administration management of BS program

Marketing and Promoting of new BS program

Established BS Capstone project and course

Established 3 year path to BS

Established 4 year path to BS/MS (Exercise Physiology)

Chaired program annual evaluation report

Master's Degree in Exercise Physiology

Co-chaired curriculum update
Established new clinical focused coursework (ACSM Clinical Ex Phys Cert KSA)
Developed 11-month path to MS degree

Professional Service Involvement

University of Lynchburg

University of Lynchburg Active Aging Program (ULAAP), Director (2018-present)
Aging Well Initiative (AWI), Founding Member, (2018-present)
University of Lynchburg Open House Presenter, College of Health Science (2018-present)
College of Health Science, HIPE Community Engagement Committee, (2018-present)
Research Roundtable Presenter. Athletic Training, (January 2019)

George Mason University

University Graduate Health Insurance Committee, member (2017-2018)
University/CHHS Dean Search Committee, member (2016-2017)
CHHS Curriculum Committee, member (2013-2018)
Osher Life Long Learning Institute Scholarship Committee Member (2014-2018)
Faculty Mentor, Rehabilitation Science Organization (2013-2016)
Research Mentor, School of Nursing (2013-2015)
Faculty Matters Committee, College of Health and Human Services (2012-2013)
Undergraduate Coordinators Committee, College of Health and Human Services (2012-2018)
Director of Undergraduate Education: Rehabilitation Science (2012-2018)
Chair, Rehabilitation Science Undergraduate Curriculum Development (2012-2016)
College Faculty Search Committee, (2013-2016)
Departmental Faculty Search Committee, (2012-2016)
Graduate Faculty (2012-present)

Southern Illinois University Edwardsville

Director Undergraduate Exercise Science Program (2009-2012)
Director Exercise Physiology Laboratory, (2009-2012)
Chair, Exercise Science Program Curriculum Development Committee, (2010-2011)
Health Science Degree Executive Advisory Board, (2010-2012)
Bachelor of Health Science Degree Development Committee Member (2009-2010)
Health Science Advisory Board (2010-2011)
Chair, Senior Assignment Reorganization Committee, (2010-2011)
Sigma Xi Science Research Society, Full Member (2010-2012)
Undergraduate and Creative Activities Research Program Mentor, (2010-2012)
Co-investigator, SIUE Adult Weight Management Clinic. (2009-2012)
Graduate and undergraduate internship coordinator (2009-2010)
Department of Kinesiology and Health Education Executive Committee (2009-2012)
Professional Affairs Committee, Department of Kinesiology Representative (2009-2011)
Elections Committee Alternate, Department of Kinesiology Representative (2009-2012)
School of Education Academic Affairs Committee Alternate (2009-2012)

Graduate Faculty Member Level I (2009-2012)
School of Education Dean's Dozen Honors Program Review Panel Member (2009-2012)
Department of Kinesiology Tenure Track Faculty Search Committee Member (2009-2012)
Chair, Department of Kinesiology, Student Evaluation Committee (2011)
Chair, Department of Kinesiology, Exercise Science Minor Development Committee (2011-2012)

Virginia Commonwealth University

Undergraduate Mentor Program (2005-2008)
Health and Human Performance Laboratory Manager (2005-2008)
Student Advising, Undergraduate Community Health Education Program (2009)

Courses Taught At Last Three Faculty Positions

University of Lynchburg

EXPH 326 Advanced Exercise Physiology
EXPH 425 Exercise Testing and Prescription
EXPH 370 Sports Nutrition
EXPH 398 Special Topics: Exercise and the aging adult
EXPH 450W Research Methods (Writing Intensive)

George Mason University

RHBS 350 Clinical Physiology & Human Movement
RHBS 410 Physical Activity and Public Health
RHBS 418 Exercise Endocrinology
RHBS 499 Senior Seminar in Rehabilitation Science (Writing Intensive)
RHBS 606 Clinical Exercise Physiology
RHBS 745 Metabolic Aspects of Disability
RHBS 850 Teaching Practicum
RHBS 960 Directed Research
RHBS 998 Dissertation Proposal Development
RHBS 999 Dissertation

Southern Illinois University Edwardsville

KIN 315 Functional Anatomy
KIN 350 Exercise Physiology
KIN 416 Exercise Assessment and Prescription
KIN 418 Physical Activity and Public Health
KIN 460 Internship In Exercise Science
KIN 464 Senior Seminar In Exercise Science
KIN 499 Independent Research
KIN 514 Advanced Exercise Assessments
KIN 518 Exercise Endocrinology
KIN 555 Internship in Kinesiology
KIN 599 Masters Thesis

Virginia Commonwealth University

HPEX 200 Principles of Strength and Conditioning
HPEX 352 Substance Abuse
HPEX 354 Coping and Adaptation
HPEX 357 Personal Health and Behavior Change
HPEX 375 Exercise Physiology
HPEZ 375 Exercise Physiology Laboratory
HPEX 441 Exercise Testing and Prescription

Student Mentored Research Projects

See publication, thesis and dissertation committee work, and published abstracts for comprehensive list of mentored student research.

University of Lynchburg

2018-19: Hendricks' Senior Honors Project Committee Member: BIA validation
2018-19: Jones' Senior Honors Project Committee Member: Sleep and fitness

George Mason University

2013 Faculty Mentor, Kurban, G; Exercise Dose and OSA; A systematic Review
2014 Faculty Mentor, Puri, S, Acute Exercise Does not Alter Sleep Architecture, poster presentation, ACSM annual meeting
2014 Director Research Mentor, Gollie, J, Exercise Prescription in Clinical Populations.

Southern Illinois University Edwardsville

2011-12 ACSM National Meeting, Holly M; Ventilatory Efficiency and ACSM Risk Stratification
2011-12 Graduate student research mentor, Fields, J.; Field Based Running Performance
2011-12 Undergraduate Research Director, Beaty, R.; Resistance Training & Appetite
2011-12 Undergraduate Research Director, Garrett, H.; Resistance Training & Appetite
2011 ACSM National Meeting, Gavin, S; Leptin Resistance and Weight Loss
2011 ACSM National Meeting, Novotny, L; Ventilatory Efficiency and Obesity
2010 MWACSM regional presentation, Novotny, L; V_E/V_{CO_2} slope and Weight Loss
2010 Undergraduate Research Director, Lang, C.; Pacing During Track & Trail Running

Virginia Commonwealth University

2009 SEACSM regional presentation, Blackwell, W; Leptin, Body Weight, and Fitness in African-American Female Adolescents.

Thesis and Dissertation Chair and Committee Activity

George Mason University

2016-2017, Dissertation Chair, Aldaahai, B. Central Hemodynamics and spinal cord injury
2016-present, Dissertation Chair, Puri, S. OSA and Muscle Oxygenation, **Graduated**
2014-2016, Dissertation Chair, Gollie, JA, SCI and muscle adaptation, **Graduated**
2015-2017, Dissertation Chair, Panza, GS. Respiration in iSCI, **Graduated**

2015-2016 Master's Thesis Committee, Brennan, K. Hydration and RMR, **Graduated.**
2014-2015 Dissertation 2nd Reader, Woolstenholme, J; Pulmonary Hypertension, **Graduated**
2014-2015 Dissertation 2nd Reader, Price, J; Task Competency and Rehabilitation Adherence
2014-2015 Dissertation 2nd Reader, Lydick, S; Group Identity Activity Participation, **Graduated**

Southern Illinois University Edwardsville

2011-12 Masters thesis chair, Holley, M.; V_E/VCO₂ slope and ACSM Risk Factors, **Graduated**
2011-12 Masters thesis committee member, Chapman, K.; Weight loss, **Graduated**
2009-10 Masters thesis chair, Sharp, B.; Pulmonary Ventilation and Obesity, **Graduated**
2009-10 Masters thesis committee member, Traub, C.; Exercise Psych. in AT, **Graduated**
2009-10 Masters thesis chair, Wegleman, L; US Air Force Fitness Testing, **Graduated**
2009-10 Masters thesis chair, Rossamano, C.; Police Fitness Assessment, **Graduated**
2009-10 Masters thesis committee member, Grammer, R.; FIT Run Program Outcomes, **Graduated**

Other Professional Activities

University of Lynchburg

Recruited athlete meeting: Discuss EXPH Major with potential athletes (2018-present)

George Mason University

NIH NCMRR Rehabilitation Research Priorities Request for Information, NOT-HD-15-032, Submitted December 2015
National Institute of Health New Investigator Symposium, Rockville, MD, August 2013.
Invited Grant Reviewer, Veterans Administration Rehabilitation Research Development Awards Program (SPIRE) 2013-present
American College of Sports Medicine Representative, Capitol Hill Day March 12-12, 2013

Southern Illinois University Edwardsville

Southern Illinois University Edwardsville School of Education Open House presenter, Edwardsville, IL, 2009-present
Southern Illinois University Edwardsville School of Education Preview presenter, Edwardsville, IL, 2009-present
Exercise Science Club (Faculty Advisor), Southern Illinois University Edwardsville, IL, 2010-present
Health Brigade Health Careers Fair (Presenter/Student Coordinator), Edwardsville, IL, 2010
Liberty Middle School Health Fair (Presenter/Student Coordinator), Edwardsville, IL, 2010
Campus Recreation Health Fair, Exercise Science Student Participation Coordinator, SIUE, 2010-11
Southern Illinois University Edwardsville Cycling Club-Faculty Advisor-2010-Present

Honors

Master Teacher Award, College of Health and Human Service, George Mason University, 2018

Sigma XI The Science Research Society, nominated full member, 2009- present

State of Maine Employee of the Year Finalist- 1999

State of Maine Department of Mental Health Employee of the Quarter- 1998

Memberships Professional Organizations

2013-present American Academy of Sleep Medicine (Professional Member)

2011-present Professionals Against Doping in Sports (Professional Member)

2002-present American College of Sports Medicine
2002-present Southeast Chapter American College of Sports Medicine
2010-2012 Midwest Chapter American College of Sports Medicine
2009-present Sigma Xi, Science Research Society
2009-present Community of Science (Full Member)
1996-2012 USA Cycling

Certifications

National Institutes of Health Office of Extramural Research Ethics In Research Certification (2018-2021)
American Heart Association First Responder, NIH. (2017-2019)
State of Virginia OSHA Office Bloodborne Pathogen Training (2014-2018)
GE Healthcare enCORE Operator Training (Lunar DXA) (2009)
American Red Cross CPR and First Aid (2009-2018)
State of Virginia Ethics Training for University Employees (2009-2018)
State of Virginia Collaborative Institutional Training Initiative (CITI) (2009-2018)

Continuing Education Activities

Writing & Designing NIH Proposals Workshop, Johns Hopkins University, August, 2013