

CURRICULUM VITAE

MEIR MAGAL, Ph.D., FACSM

PERSONAL

Work Address:

Program Director and Inaugural Souza Professor of Exercise Science
Chair, School of Mathematics and Sciences
North Carolina Wesleyan University
3400 North Wesleyan Blvd.
Rocky Mount, NC 27804
(252) 985-5171 (W)
e-mail: mmagal@ncwu.edu

EDUCATION

- Ph.D. Human Performance (Exercise Physiology)
 The University of Southern Mississippi
 May 2002
 Dissertation Title: "Glycerol-Induced Hyperhydration and Rehydration:
 Effect on Tennis Skill Performance."
- M.S. Exercise Science
 The University of Southern Mississippi
 May 1999
- B.S. Exercise Science
 The University of Southern Mississippi
 August 1997
 Graduated with Highest Honors

PROFESSIONAL EMPLOYMENT

North Carolina Wesleyan University
Rocky Mount, NC

Professor of Exercise Science- School of Mathematics and Sciences
August 2018-Present

Exercise Science Program Director
August 2018-Present

Chair, School of Mathematics and Sciences
May 2016-Present

Associate Professor of Exercise Science- School of Mathematics and
Sciences
August 2008-August 2018

Exercise Science Degree Coordinator
August 2009-Present

Director of the Human Performance Laboratory
August 2005-Present

Assistant Professor of Exercise Science- School of Mathematics and
Sciences
August 2002-August 2008

Appalachian State University
Boon, NC

Affiliate Member of the Graduate Faculty- Department of Health Leisure
and Exercise Sciences
March 2007-July 2008

United States Sports Camps – Lawrenceville Nike Tennis Camp
Lawrenceville, NJ

Camp Director
July 2006, 2007, 2008, 2009, 2011, 2012, 2013, 2014, 2015

Heller Institute of Medical Research at Sheba Medical Center
Tel-Hashomer, Israel

Exercise Physiologist
June 2004-August 2004

The University of Southern Mississippi
Hattiesburg, MS

Instructor- School of Human Performance and Recreation
August 2001-August 2002

Adjunct Faculty- School of Human Performance and Recreation
August 1999 - August 2001

Graduate Teaching Assistant- School of Human Performance and Recreation, August 1997 – August 1999

Forrest General Hospital
Hattiesburg, MS

Exercise Physiologist- Cardiopulmonary Rehabilitation Center
August 2001 - August 2002

Graduate Assistant- Cardiopulmonary Rehabilitation Center
August 1999 - August 2001

PROFESSIONAL AFFILIATIONS

American College of Sports Medicine (ACSM)
South East Regional Chapter of the American College of Sports Medicine (SEACSM)
National Strength and Conditioning Association (NSCA)

TEACHING EXPERIENCE

- North Carolina Wesleyan University
 - Undergraduate Courses
 - Strength and Conditioning
 - Exercise Physiology
 - Clinical Exercise Physiology
 - Exercise Leadership
 - Kinesiology
 - Techniques in Evaluating Fitness
 - Advanced Techniques in Evaluating Fitness
 - Graduate Courses
 - Exercise Physiology in Context
 - Assessment of Physical Activity and Health
- The University of Southern Mississippi
 - Undergraduate Courses
 - Biomechanics
 - Concepts of Fitness
 - Kinesiology Laboratory
 - Exercise Physiology Laboratory
 - Biomechanics Laboratory

Others:

American College of Sports Medicine
EP-C Instructor Workshop Lecturer
Wuhan University, China May 19-20, 2017
American College of Sports Medicine

Carolina Hurricanes (National Hockey League)
Preseason testing and evaluation
Raleigh, North Carolina, Summer 2003

American College of Sports Medicine
Exercise Specialist Workshop Lecturer
The University of Southern Mississippi 2002

American College of Sports Medicine
Health/Fitness Instructor Certifications Examiner
The University of Southern Mississippi 2001

American College of Sports Medicine
Health/Fitness Instructor Workshop Lecturer
The University of Southern Mississippi 1999 and 2000

PROFESSIONAL SERVICE

North Carolina Wesleyan University
Rocky Mount, NC

Committee Involvement

VP of Enrollment Search Committee-Member
May 2024 – Present

Chemistry/Physics Search Committee-Chair
November 2023 – June 2024

Exercise Science Search Committee- Chair
September 2022 – March 2023

Public Health Search Committee- Member
August 2022 – May 2023

Provost Search Committee- Member
October 2021 – February 2022

Exercise Science Search Committee- Chair
August 2020 – November 2020

NCWC Exercise Science Advisory Committee-Chair
August 2017-Present

Director of RN to BSN Search Committee-Member

August 2019-October 2019

2017 SACSCOC Self-Study Team 5-Co-Leader
November 2017-Present

Provost & Sr. VPAA Search Committee-Member
August 2016- April 2017

Exercise Science Search Committee- Chair
October 2015 – April 2016

Faculty Personnel Committee-Chair
May 2015-May 2016

Jefferson-Pilot Professorship Award Nomination Committee-Member
November 2015-December 2015

Exercise Science Search Committee- Chair
October 2014 – May 2015

Jefferson-Pilot Professorship Award Nomination Committee-Chair
January 2015-February 2015

Faculty Personnel Committee-Member
May 2014-May 2015

Jefferson-Pilot Professorship Award Nomination Committee-Member
January 2014-February 2014

Faculty Council- Member
March 2012 – May 2015

Institutional Review Board-Member
May 2012 – May 2013

Institutional Review Board-Chair
January 2010 – May 2012

Exercise Science Search Committee- Chair
February 2012 – October 2012

Committee on Library Services-Member
April 2009 – April 2012

Exercise Science Search Committee- Chair
December 2010 – April 2011

Curriculum Committee- Member
April 2007 – April 2010

Honors Program Review Committee- Member
August 2008 – November 2008

Professional Development Committee- Chair
May 2007 – May 2008

Professional Development Committee- Member
August 2005 – May 2007

Dean and Vice President for Academic Affairs Search Committee-
Member
October 2006 – March 2007

Chemistry Search Committee- Member
February 2005 – May 2005

Library Search Committee- Member
November 2004 – May 2005

Faculty Council- Member
March 2004 – April 2007

Library Search Committee- Member
January 2004 – March 2004

Committee on Library Services-Member
October 2003 – May 2006

Football Impact Committee-Member
September 2003 – September 2004

Chemistry Search Committee- Member
February 2003 – May 2003

Honors Program

Honors Committee- Chair
Kelsey Hutchinson
Thesis Title: “Neuromuscular Performance Is Associated With 20- and 40-
meter Sprint Times in Female Collegiate Soccer Players.”
August 2022 – May 2023

Honors Committee- Chair

Isabell Neall

Thesis Title: “High and Low Performer Differences in Countermovement Jump Derived Neuromuscular Performance in Female NCAA Division III Soccer Players”

August 2022 – May 2023

Honors Committee- Chair

Hayleigh Heckman

Thesis Title: “Cognitive Testing and Neurological Screen Post-Concussion.”

August 2021 – May 2022

Honors Committee- Member

Megan Mackey

Thesis Title: “Sleep and Depressive Symptoms after Sport-Related Concussion.”

August 2021 – May 2022

Honors Committee- Chair

Enrique Change

Thesis Title: “Case study investigating the cardiovascular, metabolic and perceptual responses of utilizing various guitar playing techniques in a skilled college age student.”

January 2021 – December 2021

Honors Committee- Member

Madison Gill

Thesis Title: “Physical Activity and Depressive Symptoms during the COVID-19 Stay at Home Order in North Carolina.”

August 2020 – April 2021

Honors Committee- Chair

Rolando Valladarez

Thesis Title: “Assessment of seasonal variation in physical performance using traditional measures and GPS technologies in female NCAA Division III soccer players.”

August 2019 – April 2021

Honors Committee- Member

Julia R. Rebellon

Thesis Title: “Physical fitness and cognitive performance in women.”

January 2017 – April 2018

Honors Committee- Co-Chair

Abigail, J. Leonard

Thesis Title: “Physical fitness, physiological and sleep responses to stress in women.”

August 2016 – June 2017

Honors Committee- Co-Chair

Christina M. Huber

Thesis Title: “Physical fitness, hemodynamic and affective responses to psychosocial stress in women.”

August 2016 – June 2017

Honors Committee- Co-Chair

Nicole C. Liette

Thesis Title: “The effect of six repeated Wingate sprints with an active recovery on postural stability.”

August 2015 – June 2016

Honors Committee-Chair

Macon Hammond

Thesis Title: “The metabolic energy cost and postural deviations seen following forward and backward walking on a treadmill in healthy college age students.”

August 2014 – December 2015

Honors Committee- Chair

S. Leanna Fann

Thesis Title: “The metabolic energy cost and postural deviations seen while walking at a preferred walking speed on a treadmill at different inclines in healthy college age students.”

May 2013 – July 2014

Honors Committee- Chair

Rebekah J. Cain

Thesis Title: “Estimation of pre-practice hydration status of National Collegiate Athletic Association Division III male athletes and the effects of hydration regimen on hydration status and aerobic performance.”

May 2012 – May 2013

Honors Committee- Chair

Dani Abbey

Thesis Title: “Effects of Acute Static, Dynamic, and PNF Stretching of the Throwing Shoulder on Flexibility and Force Production of National Collegiate Athletic Association Division III Baseball Pitchers.”

May 2011 – April 2012

Honors Committee- Chair

Marcus A. Ivey

Thesis Title: “Correlates of Wingate Anaerobic Power Test and Physical Performance Indices of College Football Players.”
March 2009 – March 2010

Honors Committee- Chair
Meredith Hester

Thesis Title: “The Correlation between the Wingate Anaerobic test and skill related field tests in Division III Women's Soccer Players.”
March 2010 – March 2011

Honors Committee- Chair
Jon J. Dyer

Thesis Title: “Physiological Characteristics & Seasonal Variations in Male Division III Soccer Players.”
March 2005 – April 2006

Wake Tech Community College (WTCC)

WTCC Health and Fitness Science Advisory Committee
November 2023-Present

The American College of Sports Medicine (ACSM)

Committee on Certification and Registry Board (CCRB), Continuing Professional Education Committee
May 2021-Present

ACSM ad hoc Health-Fitness Content Advisory Committee-Member
June 2021-Present

Certify Professional of the Year Task Force
Committee on Certification and Registry Board (CCRB) Nomination Task Force
May 2021-May 2022

Committee on Certification and Registry Board (CCRB) - Chair
June 2017 – June 2020

Committee on Certification and Registry Board (CCRB), Publication Subcommittee- Member
March 2017 – June 2017

Norms, Standards, and Protocol Task Force – Co-Chair
June 2016 – Present

Committee on Certification and Registry Board (CCRB), Executive Committee- Member

June 2012 – June 2017

Committee on Certification and Registry Board (CCRB), International
Subcommittee- Chair

May 2013 – May 2016

University Partnership Ad-Hoc Committee, Member

September 2012 - June 2016

Committee on Certification and Registry Board (CCRB), Certified
Health/Fitness Specialist® (HFS) credentialing group- Member

May 2007 – May 2012

Southeast Chapter of the American College of Sports Medicine (ACSM)

Tutorial Session Chair, Navigating ACSM: From Faculty to Fellow. The
2016 Annual Meeting of the Southeast Chapter of the American College
of Sports Medicine (SEACSM)

The Commission on Accreditation of Allied Health Education Programs (CAAHEP)

The Committee on Accreditation for the Exercise Sciences (CoAES)

Site visitor

September 2012-Present

Appalachian State University

Masters Thesis committee- Member

Zea, G. Urbiztondo

March 2007 – July 2008

Masters Thesis committee- Member

Michael, Cavill

March 2007 – July 2008

The University of Southern Mississippi
Hattiesburg, MS

School of Human Performance and Recreation

Graduate Student Committee- Member

January 2000- August 2002

Center of Student Services for Athletics

Graduate Coordinator-Student Athlete Committee (NCAA)
August 1997 – January 1999

PEER REVIEWED JOURNAL PUBLICATIONS (IN PRESS/PRINT)

P. M. Gallo, B. Langton, **M. Magal**, R. Reed, J. Whitworth and F. Neric. (In Press, 2024). ACSM CCRB Update on Recertification and Continuing Education Credit Provider Policy. **ACSM's Health and Fitness Journal**.

M. Magal, R. A. Valladarez Cuestas, S. K. Crowley, V. B. Batchelor & J. R. Hoffman. Seasonal Changes in Physical Performance-Related Variables in Women NCAA Division III Soccer Players. **Gazzetta Medica Italiana-Archivio per le Scienze Mediche**. 182 (12): 896-904, 2023.

M. Magal, B. A. Franklin, G. B. Dwyer, and D. Riebe. Back to Basics: A Critical Review of the Methodology Commonly Used to Estimate CRF. **ACSM's Health and Fitness Journal**. 27 (2): 12-19, 2023.

M. Magal, S. L. Fann and K. S. Thomas. Cardiovascular, Metabolic and Perceptual Responses to Preferred Walking Speed at Different Inclines and Post Exercise Postural Control in Healthy College Age Adults. **International Journal of Exercise Science**. 15 (2): 113-124, 2022.

Magal, M., Liette, N. C., Crowley, S. K., Hoffman, J. R. and Thomas, K. S. Sex-Based Performance Responses to an Acute Sprint Interval Cycling Training Session in Collegiate Athletes. **Research Quarterly for Exercise and Sport**. 92 (3): 469-476, 2020.

S. K. Crowley, J. R. Rebellon, C. Huber, A. Leonard, L., D. Henderson and **M. Magal**. Cardiorespiratory Fitness, Sleep, and Physiological Responses to Stress in Women. **European Journal of Sports Science**. 20 (10): 1368-1377, 2020.

Magal, M. and Neric, F. B. ACSM Certifications: defining an exercise profession. From concept to assessment and everything in between. **ACSM's Health and Fitness Journal**. 24 (1): 12-18, 2020.

K. S. Thomas, M. Hammond and **M. Magal**. The Impact of Graded Forward and Backward Walking, at a Matched Intensity on Metabolic Measures and Postural Control. **Gait and Posture**. 65 (9): 20-25, 2018.

G. P. Whitfield, D. Riebe, **M. Magal** and G Liguori. Application of the American College of Sports Medicine Adult Preparticipation Screening Algorithm to a nationally representative sample of US adults aged ≥ 40 years from the National Health and Nutrition Examination Survey 2001 to 2004. **Medicine and Science in Sports and Exercise**. 49 (10): 2056-2063, 2017.

J. Bunn, C. L. Eschbach, **M. Magal**, K. Wells. The Effects of Warm-up Intensity and Duration on Cycling Time Trial Performance. **Central European Journal of Sport Science & Medicine**. 17 (1): 5-13, 2017.

M. Magal and D. Riebe. New Pre-Participation Health Screening Recommendations: What Exercise Professionals Need To Know. **ACSM's Health and Fitness Journal**. 20 (3): 22-27, 2016.

D. Riebe, B. A. Franklin, P. D. Thompson, C. E. Garber, G. P. Whitfield, **M. Magal** and L. S. Pescatello. Updating ACSM's Recommendations for Exercise Pre-participation Health Screening. **Medicine and Science in Sports and Exercise**. 47 (8): 2473-2479, 2015.

Magal, M., Cain, J. C., Long, J.C., and Thomas, K.S. Pre-practice hydration status and the effects of hydration regimen on Collegiate Division III male athletes. **Journal of Sports Science and Medicine**. 14 (1): 23-28, 2015.

Thomas K. S. and **Magal M.** How Does Physical Activity Impact Postural Stability? **Journal of Novel Physiotherapies**. 4 (2), 2014.

Quindry, J., Schreiber, L., McGinnis, G., Irwin, M., Dumke, C., **Magal, M.**, Triplett, T., McBride, J., and Urbiztondo, Z. Fast twitch muscle fiber type and blood oxidative stress following eccentric exercise. **International Journal of Sport Nutrition and Exercise Metabolism**. 21:462-470, 2011.

Magal, M., Dumke, C. L., Urbiztondo, Z. B., Cavill, M. J., Triplett N. T., Quindry, J. C., McBride, J. M., and Epstein, Y. Exercise-induced muscle soreness and creatine kinase association to muscle fiber type. **Journal of Sports Sciences**. 28 (3): 257-266, 2010.

Magal, M., Smith, R. T., Dyer, J. J., and Hoffman, J. R. Seasonal variation in physical performance related variables in male NCAA Division III soccer players. **Journal of Strength and Conditioning Research**. 23 (9): 2555-2559, 2009.

Magal, M., Cohen-Sivan, Y., and Heled, Y. Hyperhydration strategies: are they effective? **Strength and Conditioning Journal**. 27 (5): 86-90, 2005

Whitehead, M. T., Boyd, J. C., **Magal, M.**, Eschbach, L. C., Angelopoulos, T. J., and Zoeller, R. F. Post-Exercise Blood Lactate Decline after Training in Competitive Cyclists and Triathletes. **Research Quarterly for Exercise and Sport**. 76 (2): 238-242, 2005.

Magal, M., and Zoeller, R. F. A pilot study comparing the physiological responses of phase III cardiac patients to recumbent and upright exercise using the RPE scale. **Perceptual and Motor Skills**. 100 (2): 357-361, 2005.

Evetovich, T.K., Whitehead, M.T., Webster M.J., Soukup, J.T., **Magal, M.**, Eschbach, L.C., Drake, S.M., and Boyd, J.C. The effect of glycerol on torque, electromyography, and mechanomyography. **Journal of Strength and Conditioning Research**. 18 (4): 741-746, 2004.

Magal, M., Webster, M. J., Sistrunk, L. E., Whitehead, M. T., Evans, R. K., and Boyd, J. C. Comparison of glycerol and water hydration regimens on tennis-related performance. **Medicine and Science in Sports and Exercise**. 35 (1): 150-156, 2003.

Evetovich, T.K., Boyd, J.C., Drake, S.M., Eschbach, L.C., **Magal, M.**, Soukup, J. T., Webster, M. J., Weir, J. P., and Whitehead M. T. The effect of moderate dehydration on torque, electromyography, and mechanomyography. **Muscle and Nerve**. 26(2): 225-231, 2002.

PEER REVIEWED PUBLICATIONS IN PREPARATION OR REVIEW

NON-REFEREED JOURNAL PUBLICATIONS (IN PRESS/PRINT)

Magal, M. and Riebe D. Active Voice: We Can and Should Do Better When Estimating Cardiorespiratory Fitness **ACSM Bulletin Blog**. March 7, 2023.

Magal, M. and Riebe D. Active Voice: Call for Contributions to Help Build Normative Fitness Database for *GETP11*. **Sports Medicine Bulletin**. January 23, 2018.

Liguori, G., **Magal, M.** and Riebe D. Active Voice: ACSM's New Exercise Preparticipation Screening - Removing Barriers to Initiating Exercise. **Sports Medicine Bulletin**. January 16, 2018.

Eschbach, L. C. and **Magal, M.** Validation and Reliability of PerformTek® Earbud Heart Rate Sensor Utilizing 12 Lead ECG [White Paper]. Valencell Inc. <https://valencell.com/wp-content/uploads/2016/07/Valencell-PerformTek-Validity-of-HR.pdf>. July, 2016.

Magal, M. and Thomas K. S. Static Stretching in Perspective. **ACSM's Certified News**. 23 (3): November, 2013.

McKenzie, S. P., and **Magal, M.** Cardiovascular risk factors and rehabilitation in Mississippi. **Journal of Mississippi Alliance for Health, Physical Education**. 18(1): 16, 2001.

PUBLICATIONS, BOOK CHAPTERS AND EDITORIAL WORK

Feito, Y. and **Magal M.** (Eds.). (2021). ACSM's Fitness Assessment Manual (6th ed). Lippincott, Williams, & Wilkins. Baltimore, MD.

Thomas, K.S. and **Magal M.** Flexibility Assessments and Exercise Programming for Apparently Healthy Participants. (2021). In: ACSM's Resource for the Exercise Physiologist (B. Gordon, Ed.) Lippincott, Williams, & Wilkins. Baltimore, MD.

Riebe, D. and **Magal, M.** Preexercise Evaluation. (2021). In: ACSM's Guidelines for Exercise Testing and Prescription. (11th ed). (G. Liguori, Y. Feito, B. Roy and C. J. Fountaine, Eds.) Lippincott, Williams, & Wilkins. Baltimore, MD.

Magal, M. and Neric, F. B. American College of Sports Medicine Certifications. (2021). In: ACSM's Guidelines for Exercise Testing and Prescription. (11th ed). (G. Liguori, Y. Feito, B. Roy and C. J. Fountaine, Eds.) Lippincott, Williams, & Wilkins. Baltimore, MD.

Magal, M., and Thomas, K.S. Flexibility Assessments and Exercise Programming for Apparently Healthy Participants. (2017). In: ACSM's Resource for the Exercise Physiologist (P. M. Magyari, Ed.) Lippincott, Williams, & Wilkins. Baltimore, MD.

Magal, M., and Scheinowitz, M. Benefits and Risks Associated with Physical Activity. (2017). In: ACSM's Guidelines for Exercise Testing and Prescription. (10th ed). (D. Riebe, J. Ehrman, G. Liguori and M. Magal, Eds.) Lippincott, Williams, & Wilkins. Baltimore, MD.

D. Riebe, J. Ehrman, G. Liguori and **M. Magal.** (Eds.). (2017). ACSM's Guidelines for Exercise Testing and Prescription (10th ed). Lippincott Williams & Wilkins. Baltimore, MD.

Magal, M., and Eschback, L. C. Flexibility Assessment and Exercise Programming for Apparently Healthy Participants. (2013). In: ACSM's Resource for Health Fitness Specialist. (G. Liguori, G. B. Dwyer, T. C. Fitts, and B. A. Lewis, Eds.) Lippincott, Williams, & Wilkins. Baltimore, MD.

Dwyer, G. B., Beli, N., **Magal, M.**, and Sorace, P. (Eds.). (2013). ACSM's Certification Review (4th ed). Lippincott Williams & Wilkins. Baltimore, MD.

Webster, M. J., Eschbach, L. C., Boyd, J. C., Soukup, J. T. and **M. Magal.** (2001). Instructors PowerPoint Presentation for Introduction to Exercise Science. Philadelphia: Lippincott, Williams, & Wilkins. For: Brown, S. P. (Ed.). (2001).

INVITED PRESENTATIONS

“Sex-Based Performance Responses to an Acute Spring Interval Cycling (SIC) Training Session” Tel-Aviv University Master of Science in Exercise Physiology Group, Virtual, November 2022.

“Flexibility and Range of Motion: Which is Which?” Lunch and Learn Seminar, North Carolina Wesleyan University, Rocky Mount, North Carolina, November 2022.

“Overweight+: a “HUGE” Problem and Some Potential Solutions” Forth Monday Lecture Series, North Carolina Wesleyan College, Rocky Mount, North Carolina, March 2019.

“ACSM Certification, CoAES Accreditation in Perspective and WTCC and NCWC” 1st Annual Health and Fitness Summit, Wake Tech Community College, Raleigh, North Carolina, October 2018.

“Post Exercise Postural Control and the Effects of Various Exercises” The Annual Meeting of the Israel Society of Sports Medicine, Haifa, Israel, October 2018.

“From ACSM Scientific Roundtable to Guidelines: Updating the Preparticipation Exercise Screening Process” The Annual Meeting of the Israel Society of Sports Medicine, Haifa, Israel, October 2018.

“Updating the American College of Sports Medicine Preparticipation Exercise Screening” Forth Monday Lecture Series, North Carolina Wesleyan College, Rocky Mount, North Carolina, February 2017.

“Tenure and Promotion and Pre-Tenure Review Workshop” TLC Workshop, North Carolina Wesleyan College, Rocky Mount, North Carolina, April 2016.

“Exercise Physiology: From the Harvard Fatigue Laboratory to NC Wesleyan Human Performance Laboratory” 2014 Jefferson-Pilot Professorship Lecture, North Carolina Wesleyan College, Rocky Mount, North Carolina, April 2014.

“All you need to know about Tennis and hydration” Raleigh Racquet Club, Raleigh, North Carolina, April 2010.

“Moving Towards a Healthier You: A Two Part Journey, Exercise and Stress Reduction” Motivated on Monday Enrichment Workshop Series, North Carolina Wesleyan College, Rocky Mount, North Carolina, February 2010.

“Exercise: Risks, Benefits and Guidance” Forth Monday Lecture Series, North Carolina Wesleyan College, Rocky Mount, North Carolina, April 2006 (This presentation was recorded and broadcasted on WHIG-TV-Rocky Mount, NC, Cox Cable 17, as part of “Wesleyan Weekly Magazine” in April/May 2006).

“Comparison of glycerol and water hydration regimens on tennis-related performance”
Heller Institute of Medical Research at Sheba Medical Center, Tel-Hashomer, Israel,
August 2004

“Holiday Well Being and Fitness” North Carolina Wesleyan College, Rocky Mount,
North Carolina, November 2002.

“Dehydration and Rehydration Before, During and After Exercise” Mississippi Athletic
Trainers Association Annual Symposium, Biloxi, Mississippi, January 2001.

“Cardiovascular Risk Factors and Rehabilitation in Mississippi” Annual meeting of the
Mississippi Association of the Health, Physical Education, Recreation and Dance, Biloxi,
Mississippi, December 2000.

PUBLISHED ABSTRACTS, ORAL AND POSTER PRESENTATIONS, WEBINARS AND FREE COMMUNICATIONS

M. Amitay, S. Spinache, VB. Batchelor, SK. Crowley, TM. Dornemann, JR. Hoffman
and **M. Magal**. Relationship Between Pelvic Belt Mid-Thigh Isometric Pull and
Countermovement Jump In Collegiate Athletes. (Presented at the 2024 Annual
Meeting of the American College of Sports Medicine (ACSM) in Boston, MA)

SK. Crowley, J Rebellon, AJ. Leonard, C. Huber, A. Avery and M. Magal. Relationships
Among BMI, Estradiol, and Stress Reactivity in Women. (Presented at the 2024
Annual Meeting of the American College of Sports Medicine (ACSM) in Boston,
MA)

M. Amitay, S. Spinache, JT Kelly, KR. Hutchinson, IM. Neall VB. Batchelor, SK.
Crowley, JR. Hoffman, and **M. Magal**. Sex Differences in Mid-thigh Isometric Pull
Performance Comparing Traditional Bar Grip and Pelvic Belt Methods. **Medicine
and Science in Sports and Exercise**, 55(9): S540-541, 2023. (Presented; ACSM
Denver, CO)

KR. Hutchinson, IM. Neall VB. Batchelor, M. Amitay, SK. Crowley, JR. Hoffman, and
M. Magal. Neuromuscular Performance Is Associated With 20- And 40-meter Sprint
Times in Female Collegiate Soccer Players. **Medicine and Science in Sports and
Exercise**, 55(9): 833S, 2023. (Presented; ACSM Denver, CO)

IM. Neall, KR. Hutchinson, VB. Batchelor, SK. Crowley, JR. Hoffman, and **M. Magal**.
The Relationship Between Jump Performance, Isometric Mid-Thigh Pull and
Reactive Strength in Female Soccer Players. **Medicine and Science in Sports and
Exercise**, 55(9): S830, 2023. (Presented; ACSM Denver, CO)

SK. Crowley, T. Vansteene, R. Cyusa, TL. Donovan and **M. Magal**. Sedentary Behavior,
Sleep, And Depressive Symptoms After Sport-related Concussion. **Medicine and**

Science in Sports and Exercise, 55(9): S472-473, 2023. (Presented; ACSM Denver, CO)

M. Magal and D Riebe. Back to Basics: A Critical Review of the Methodology Commonly Used to Estimate CRF Webinar. May 8th, 2023.

M. Amitay, S. Spinache, K. R. Hutchinson, I. M. Neall, V. B. Batchelor, S. K. Crowley, J. R. Hoffman and **M. Magal**. A Pilot Study Comparing the Traditional Bar Grip and the Pelvic Belt Methods to Measure Mid-Thigh Isometric Pull Performance in Collegiate Male Athletes. **International Journal of Exercise Science: Conference Proceedings**, 16(2): 343, 2023. (Presented; SEACSM Greenville, SC)

I. M. Neall, K. R. Hutchison, M. Amitay, V. B. Batchelor, S. K. Crowley, J. R. Hoffman and **M. Magal**. High and Low Performer Differences in Countermovement Jump Derived Neuromuscular Performance in Female NCAA Division III Soccer Players. **International Journal of Exercise Science: Conference Proceedings**, 16(2): 91, 2023. (Presented; SEACSM Greenville, SC)

K. R. Hutchison, I. M. Neall, M. Amitay, V. B. Batchelor, S. K. Crowley, J. R. Hoffman and **M. Magal**. Pre-Season Countermovement Jump Derived Neuromuscular Performance in Female NCAA Division III Soccer Players. **International Journal of Exercise Science: Conference Proceedings**, 16(2): 90, 2023. (Presented; SEACSM Greenville, SC)

T. Vansteene, R. Cyusa, T. Donovan, **M. Magal**, and S. K. Crowley. The Effect of Physical Activity After Concussion on Concussion-Related Sleep Problems. **International Journal of Exercise Science: Conference Proceedings**, 16(2): 71, 2023. (Presented; SEACSM Greenville, SC)

M. Magal, R. A. Valladarez Cuestas, S. K. Crowley, A. M. Ehlert and J. R. Hoffman. Playing Season Improves on-Field Metrics in Female NCAA Division III Footballers. **Medicine and Science in Sports and Exercise**, 54(9S): 550, 2022. (Presented; ACSM San Diego, CA)

M. Magal. ACSM Certifications: Defining an Exercise Profession and How to Succeed in the Exercise Profession (Tutorial Session presented at the 2022 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM). (Presented; Greenville, SC)

Mackey, S. Chenault, H. Heckman, E. Ketchum, **M. Magal**, K. Bly and S. K. Crowley. Sleep and Depressive Symptoms After Sport-Related Concussion. **International Journal of Exercise Science: Conference Proceedings**, 16(1): 19, 2022. (Presented; SEACSM Greenville, SC)

- R. A. Valladarez Cuestas, J. D. Wall, A. G. Avery, K. S. Thomas, D. L. Wolf, K. R. Alicea-Kulian, S. K. Crowley and **M. Magal**. Playing Season Improves Off -Field Performance in Female NCAA Division III Footballer. **Medicine and Science in Sports and Exercise**, 53(8): S30, 2021. (Presented; Virtually)
- S. K. Crowley, M. Gill, D. F. Braxton and **Meir Magal**. Barriers to Physical Activity During the Covid-19 Pandemic. **Medicine and Science in Sports and Exercise**, 53(8): S249, 2021.(Presented; Virtually)
- M. Gill, **M. Magal**, D. F. Braxton and S. K. Crowley. Physical Activity and Depressive Symptoms During The COVID-19 Stay at Home Order In North Carolina. (Presented Virtually at the 2021 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM).
- M. Magal**, B. Thompson, and B. A. Roy. Designing the Future of the Exercise and Fitness Professions: The Relationship between Education, Certification and Employment. (Presented virtually ACSM 2020 Virtual Experience)
- S. K. Crowley, J. D. Wall, A. G. Avery, D. F. Bracton, D. Henderson and **M. Magal**. Sitting Time Predicts Cortisol Levels in Women, Independent of Cardiorespiratory Fitness Level. **Medicine and Science in Sports and Exercise**, 52(7): S461-462, 2020. (Presented; Virtually)
- K. R. Alicea-Kulian¹, K. S. Thomas¹, D. L. Wolf, R. A. Valladarez Cuestas, J. D. Wall, A. G. Avery, V. B. Batchelor, S. K. Crowley and **M. Magal**. Does Lower Extremity FMS Performance Predict Vertical Jump Height In Female NCAA Division III Footballers. **Medicine and Science in Sports and Exercise**, 52(7): S50, 2020. (Presented; Virtually)
- M. Magal** and F. B. Neric. ACSM Certifications: Defining an Exercise Profession from Concept to Assessment (Tutorial Session presented at the 2020 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM). (Presented; Jacksonville, FL)
- A. Avery, J. Wall, **M. Magal**, D. F. Braxton and S. K. Crowley. Influence of Walking and Sitting Time on Physiological and Behavioral Measures of Stress in Women. (Presented at the 2020 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM). (Presented; Jacksonville, FL)
- R. Valladarez, J. Wall, A. Avery, V. Batchelor, D. Wolf, K. S. Thomas, K. Alicea-Kuilan, S. K. Crowley and **M. Magal**. Pre-Season Performance Related Variables in Female NCAA Division III Soccer Players (Presented at the 2020 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM). (Presented; Jacksonville, FL)

- M. Magal**, B. Thompson, and F. B. Neric. Designing the Future of the Exercise and Fitness Professions: Collaborative Work between Certification and Accreditation. (Presented: The ACSM's 66th Annual Meeting, 10th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise, Circadian Rhythms and Sleep, Orlando, FL, 2019)
- S. K. Crowley , J. R. Rebellon, A. Leonard, C. Huber, L. Wolfe, A. Tobar, S. Hayden, D. Henderson and **M. Magal**. Relationships Among BMI, Estradiol, And Sleep-wake Behavior in Women. **Medicine and Science in Sports and Exercise**, 49(5): S699, 2019. (Presented; ACSM Orlando)
- M. Magal** and F. B. Neric. Graduated Now What? Succeeding in the Exercise Profession (Tutorial Session presented at the 2019 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM). (Presented; Greenville, SC)
- M. Marcellus, C. T. Ricks, **M. Magal** and S. K. Crowley. Factors Influencing Attitude Towards, and Participation in, Physical Activity in Eastern North Carolina (Presented at the 2019 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM). (Presented; Greenville, SC)
- M. Magal**, S. M. Muller and F. B. Neric. Designing the Future of the Exercise and Fitness Professions: A Systems Approach to Advancing Health and Healthcare. (Presented: The ACSM's 65th Annual Meeting, 9th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy, Minneapolis, MN, 2018)
- S. K. Crowley , J. R. Rebellon, , C. Huber, A. Leonard, L. Wolfe, A. Tobar, S. Hayden, D. Henderson and **M. Magal**. Relationships Among Physical Fitness, Sleep-wake Behavior, And Hemodynamic And Cortisol Responses To Stress In Women. **Medicine and Science in Sports and Exercise**, 47(5): S93, 2018. (Presented; ACSM Minneapolis)
- J. R. Rebellon, **M. Magal**, D. Henderson, C. Huber, A. Leonard, L. Wolfe, A. Tobar, S. Hayden and S. K. Crowley. **Medicine and Science in Sports and Exercise**, 49(5): S70, 2018. (Presented; ACSM Minneapolis)
- R.A. Battista, P. M, Magyari, and **M. Magal**. Got Gold? Everything You Wanted To Know About The Updated ACSM Certifications And More!(Tutorial Session presented at the 2018 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM). (Presented; Chattanooga, TN)
- M. Magal**. Application of ACSM's updated exercise preparticipation health screening algorithm Webinar. August 23rd, 2017.

- D. Riebe, J. K. Ehrman, G Liguori and **M. Magal**. What's New in the 10th Edition of ACSM's Guidelines for Exercise Testing and Prescription. (Presented: The ACSM's 64th Annual Meeting, 8th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Exercise and the Brain, Denver, CO, 2017)
- C. Huber, **M. Magal**, D. Henderson, A, Leonard, L. Wolfe, A. Tobar, S. K., Crowley. Physical Fitness, Hemodynamic and Affective Responses to Psychosocial Stress in Women. **Medicine and Science in Sports and Exercise**, 49(5): S653, 2017. (Presented; ACSM Denver)
- A, Leonard, **M. Magal**, D. Henderson, C. Huber, L. Wolfe, A. Tobar, S. K., Crowley. Physical Fitness, Physiological and Sleep Responses to Stress in Women. **Medicine and Science in Sports and Exercise**, 49(5): S653, 2017. (Presented; ACSM Denver)
- D. Riebe, J. K. Ehrman, G Liguori and **M. Magal**. ACSM Guidelines for Exercise Testing and Prescription 10th Edition Webinar. March 31st, 2017.
- Leonard A, **Magal, M**, Henderson D, Huber C, Wolfe L, Tobar A, and Crowley SK. Relationship between physical fitness and stress-related sleep disturbances. 2016 State of North Carolina Undergraduate Research and Creativity Symposium. Durham, NC.
- K. S. Thomas, M. T. Hammond, N. C. Liette and **M. Magal**. The Impact of Inclined Backward vs. Forward Treadmill Walking on Ankle Musculature and Postural Sway Measures during Bilateral Stance Immediately following the Task. (Presented; The 67th NATA Clinical Symposia & AT Expo, Baltimore, MD, 2016)
- N. Liette, K. S. Thomas, S. K. Crowley, A. J. Leonard and **M. Magal**. Sex-Based differences of Six Repeated Wingate Anaerobic Cycle Test Performances. **Medicine and Science in Sports and Exercise**, 48(5): S74, 2016. (Presented; ACSM Boston)
- K. S. Thomas, N. Liette, S. K. Crowley, A. J. Leonard and **M. Magal**. Fatigue And Sex-based Effects on Postural Motion In NCAA Division III Soccer Athletes. **Medicine and Science in Sports and Exercise**, 48(5): S15, 2016. (Presented; ACSM Boston)
- M. Magal** and G Liguori. ACSM Scientific Roundtable: Pre-Participation Exercise Screening Guidelines. (Tutorial Session presented at the 2016 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM). (Presented; Greenville, SC)
- M. T. Hammond, K. S. Thomas, N. C. Liette and **M. Magal**. The Effects of Graded Forward and Backward Walking, At a Matched Intensity, on Heart Rate and Perceived Exertion. **Medicine and Science in Sports and Exercise**, 47(5): S1382, 2015. (Presented; ACSM San Diego)

- K. S. Thomas, M. T. Hammond, N. C. Liette and **M. Magal**. Changes in Postural Control following Inclined Backward and Forward Treadmill Walking. **Medicine and Science in Sports and Exercise**, 47(5): S804, 2015. (Presented; ACSM San Diego)
- K. S. Thomas and **M. Magal**. Changes in postural sway as a result of sports concussion. (2014). (Presented; Society of Neuroscience's Annual Meeting, Washington, DC)
- S. L. Fann, K. S. Thomas, M. T. Hammond and **M. Magal**. The Metabolic Energy Cost of Preferred Walking Speed on a Treadmill at Different Inclines in Healthy College Age Students. **Medicine and Science in Sports and Exercise**, 46(5): S647, 2014. (Presented; ACSM Orlando)
- K. S. Thomas, S. L. Fann, M. T. Hammond and **M. Magal**. The Impact of Walking at Varying Inclines on Postural Control of Healthy Young Adults. **Medicine and Science in Sports and Exercise**, 46(5): S641, 2014. (Presented; ACSM Orlando)
- R. J. Cain, C. R. Laurens, J. C. Long and **M. Magal**. Pre-Practice Hydration Status And The Effects Of Hydration Regimen On Collegiate Division III Male Athletes During Exercise. **Medicine and Science in Sports and Exercise**, 45(5): S129, 2013. (Presented; ACSM Indianapolis)
- M. Magal**, L. C. Eschbach, R. J. Cain and J. A. Bunn. Validity and Reliability of an Audio Headset Earbud Sensor for Heart Rate Measurements During Exercise. **Medicine and Science in Sports and Exercise**, 44(5): S356, 2012. (Presented; ACSM San Francisco)
- J. A. Bunn, **M. Magal**, L. C. Eschbach, R. Vogel and R. Yow. Effects of Warm-up Duration on V_{O_2} Kinematics and Lactate During a Cycling Time Trial. **Medicine and Science in Sports and Exercise**, 44(5): S195, 2012. (Presented; ACSM San Francisco)
- L. C. Eschbach, J. Bunn, **M. Magal**, R. Vogel and R. Yow. Warm-up Protocol Effects on Cycle Time Trial Performance. **Medicine and Science in Sports and Exercise**, 44(5): S93, 2012. (Presented; ACSM San Francisco)
- L.C. Eschbach, J.A. Bunn, **M. Magal**, R. Vogel and R. Yow. (2012). Validity of heart rate measurement using an earbud sensor: a pilot study. (Presented; SEACSM Jacksonville)
- L. C. Eschbach, J. Bunn, **M. Magal** and M. J. Webster. Changes in Body Composition Prior to Competition in Bodybuilders and Figure Show Competitors. **Medicine and Science in Sports and Exercise**, 43(5): S605, 2011. (Presented; ACSM Denver)
- M. Magal**, M. Hester, M. A. Ivey, L. C. Eschbach, J. A. Bunn, R. T. Smith and J. R. Hoffman. The Correlation Between the Wingate Test and Anaerobic Performance in Collegiate Women's Soccer Players. **Medicine and Science in Sports and Exercise**, 43(5): S595, 2011. (Presented; ACSM Denver)

- J. A. Bunn, L. C. Eschbach, **M. Magal** and M. J. Webster. Evaluation of Exercise Intensity and Energy Expenditure of Wii Fit Games. **Medicine and Science in Sports and Exercise**, 43(5): S327, 2011. (Presented; ACSM Denver)
- M. A. Ivey, R. T. Smith, S. M. Brown, J. R. Hoffman, and **M. Magal**. Correlates of Wingate Anaerobic Power Test and physical performance indices in college football players. **Medicine and Science in Sports and Exercise**, 42(5): S115, 2010. (Presented; ACSM Baltimore)
- J. C. Quindry, L. Schreiber, G. R. McGinnis, M. Irwin, C. Dumke, **M. Magal**, T. Triplett, and Z. Urbiztondo. Muscle fiber type And blood oxidative stress following muscle damaging strength exercise. **Medicine and Science in Sports and Exercise**, 42(5): S88, 2010. (Presented; ACSM Baltimore)
- L.C. Eschbach, **M. Magal**, A. Street, and M. Woessner. Accuracy of the American College of Sports Medicine metabolic equation for predicting oxygen cost during Leg ergometry. **Medicine and Science in Sports and Exercise**, 41(5): S222, 2009. (Presented; ACSM Seattle)
- M. J. Cavill, C. L. Dumke, Z. G. Urbiztondo, J. M. McBride, N. T. Triplett, and **M. Magal**. (2008). The effect of exercise-induced muscle damage on the recovery of peak force and rate of force development. (Presented; National Strength and Conditioning Association's Annual Convention, Las Vegas, NV)
- Z. G. Urbiztondo, C. L. Dumke, M. J. Cavill, N. T. Triplett, J. M. McBride, J. C. Quindry, **M. Magal** and Y. Epstein. Relationship between muscle damage markers and measurements of anaerobic power and aerobic capacity. **Medicine and Science in Sports and Exercise**, 40(5): S195, 2008. (Presented; ACSM Indianapolis)
- M. Magal**, R. T. Smith and J. R. Hoffman. Preliminary examination on the effect of pacing on metabolism in overweight and obese college students. **Medicine and Science in Sports and Exercise**, 38(5): S518, 2006. (Presented; ACSM Denver)
- J. J. Dyer, R. T. Smith, J. R. Hoffman and **M. Magal**. (2006). Pre-season performance related variables in male NCAA Division III soccer players. (Presented; SEACSM Charlotte)
- M. Magal**, D. Dinour, D. S. Moran, N. Pelled, and Y. Epstein. (2005). Exercise induced hyponatremia during intensive long field marches- mechanism and prevention. (Presented; SEACSM Charlotte)
- M. Magal**, and R.F. Zoeller. (2004). Physiological responses of phase III cardiac rehabilitation patients to recumbent and upright exercise at the same RPE. (Presented; SEACSM Atlanta)

- J. Tolbert, **M. Magal**, L.C. Eschbach, & T.K. Evetovich. (2004). Effects of pacing on physiological parameters and performance in trained cyclists. (Presented; SEACSM Atlanta)
- T.K. Evetovich, **M. Magal**, S. Drake, J. Boyd, L. Eschbach, M. Whitehead, J. Soukup, M. Webster, J. Weir. (2003). The effect of hyperhydration on the mean power frequency of the electromyographic and mechanomyographic signals. (Presented; National Strength and Conditioning Association's Annual Convention, Indianapolis, IN)
- M. Magal**, T. Evetovich, S. Drake, J. Boyd, L. Eschbach, M. Whitehead, J. Soukup and M. Webster. (2003). The effect of hyperhydration on torque, electromyography and mechanomyography during isometric muscle actions. **Medicine and Science in Sports and Exercise**, 35(5): S390, 2003. (Presented; ACSM San Francisco)
- S. M. Darke, T. Evetovich, J. C. Boyd, L. C. Eschbach, M. Whitehead, J. Soukup, **M. Magal** and M. J. Webster. (2003). The effect of hyperhydration on mechanomyography during fatiguing isokinetic muscle actions of the biceps brachii. **Medicine and Science in Sports and Exercise**, 35(5): S146, 2003. (Presented; ACSM San Francisco)
- M. Magal**, L.Sistrunk, M.T.Whitehead, R.K.Evans, J.C.Boyd and M.J.Webster. (2002). Hyperhydration and rehydration with glycerol improves fluid retention and plasma volume restoration. **Medicine and Science in Sports and Exercise**, 34(5): S221, 2002. (Presented; ACSM St. Louis)
- L.C.Eschbach, S.M.Drake, J.C.Boyd, M.T.Whitehead, **M. Magal**, and M.J.Webster. (2002). The effect of caffeine ingestion on metabolism and performance during prolonged cycling. **Medicine and Science in Sports and Exercise**, 34(5): S87, 2002. (Presented; ACSM St. Louis)
- T.K. Evetovich, S. M. Drake, J.C. Boyd, L.C. Eschbach, M.T. Whitehead, **M. Magal**, J.T. Soukup, and M.J. Webster. The effect of dehydration on muscular endurance, electromyography, and mechanomyography during isometric muscle actions of the biceps brachii. **Medicine and Science in Sports and Exercise**, 34(5): S262, 2002. (Presented; ACSM St. Louis)
- M. Magal**, L. Sistrunk, M.T. Whitehead, R.K. Evans, J.C. Boyd, and M.J. Webster. (2002). The effects of glycerol-induced hyperhydration on selected skill-related physical fitness variables. (Presented; SEACSM Atlanta)
- L.C. Eschbach, C. Bulla, L. Gillory, R.K. Evans, J.C. Boyd, **M. Magal** , M.T. Whitehead, and M.J. Webster. (2002). Validity and reliability of the computrainer cycle simulator. (Presented; SEACSM Atlanta)

M. Magal, S.P. McKenzie, J.G. Webb, T.S. Vincent, M.T. Whitehead, J.C. Boyd and R.F. Zoeller. Respiratory, hemodynamic, and metabolic responses during submaximal recumbent and upright stepping exercise in phase III cardiopulmonary patients. **Medicine and Science in Sports and Exercise**, 33(5): S64, 2001. (Presented; ACSM Baltimore)

M.T. Whitehead, S.D. Drake, C.E. Eschbach, J.C. Boyd, **M. Magal** and R.F. Zoeller. The accuracy of VO₂MAX estimation from three commonly used submaximal exercise tests. **Medicine and Science in Sports and Exercise**, 33(5): S301, 2001. (Presented; ACSM Baltimore)

S.M. Drake, L.C. Eschbach, T.K. Evetovich, M.T. Whitehead, J.C. Boyd, **M. Magal** and M.J. Webster. A pilot study on the effect of menstrual cycle on torque, electromyography, and mechanomyography. **Medicine and Science in Sports and Exercise**, 33(5): S334, 2001. (Presented; ACSM Baltimore)

J.T. Soukup, S. M. Drake, J.C. Boyd, L.C. Eschbach, M.T. Whitehead, **M. Magal**, T.K. Evetovich, and M.J. Webster. The effect of dehydration on torque and mechanomyography during isometric muscle actions of the biceps brachii. **Medicine and Science in Sports and Exercise**, 33(5): S335, 2001. (Presented; ACSM Baltimore)

Boyd, J. C., **M. Magal**, J. T. Soukup, L. C. Eschbach, S. D. Drake, and M. J. Webster. Influence of creatine supplementation on delayed-onset muscle soreness and muscle torque. **Medicine and Science in Sports and Exercise**, 32(5): S134, 2000. (Presented; ACSM Indianapolis)

Whitehead, M. T., J. C. Boyd, **M. Magal**, L. C. Eschbach, M. J. Webster, T. Evetovich, T. J. Angelopoulos, and R. F. Zoeller. Post-exercise blood lactate clearance as an index of endurance performance in trained cyclists. **Medicine and Science in Sports and Exercise**, 32(5): S138, 2000. (Presented; ACSM Indianapolis)

EDITORIAL BOARD MEMBER

ACSM's Health Fitness Journal

ACSM's open-access journal, Exercise, Sport, and Movement

CURRENT RESEARCH PROJECTS

Cognitive Testing and Neurological Screen Post-Concussion.

Sleep and Depressive Symptoms after Sport-Related Concussion.

Assessment of seasonal variation in physical performance using traditional measures and GPS technologies in female NCAA Division III soccer players.

MEDIA APPEARANCE/INTERVIEWS

Magal, Meir. Interview with Chris Kissell. Should You – or Shouldn't You – Wear a Face Mask When Exercising? **VITACOST.COM**. June 29th, 2020.

Magal, Meir. Interview with Gabriella Boston. Step Away From the Scale: It's Not All About How Much Weight You Lose. **The Washington Post**. February 7th, 2017.

REVIEW PROJECTS

Peer journal review, Exercise, Sport, and Movement title: "A Novel Custom Cycle Ergometer Protocol to Determine VO₂max: Cross-validation with ACSM's Cycle Ergometry Metabolic Equation", 2022.

Peer journal review, ACSM's Health and Fitness Journal title: "Taking the PULSE in Exercise Prescription: Using a Physical Literacy Framework to Improve Outcomes", 2022.

Peer journal review, Research Quarterly for Exercise and Sport title: "The Effects of "Physical BEMER® Vascular Therapy" on Work Performed During Repeated Wingate Sprints", 2021.

Peer journal review, ACSM's Health and Fitness Journal, manuscript title: "Measurement and Interpretation of Blood Pressure for the Exercise Professional", 2021.

Peer journal review, ACSM's Health and Fitness Journal, manuscript title: "The Shield of Faith Initiatives Enhance Physical Activity Participation and Health", 2020.

Peer journal review, Journal of Strength and Conditioning Research, manuscript title: "Effects of long-haul travel on recovery and performance in elite athletes: a systematic review", 2020.

Peer journal review, Journal of Clinical Medicine, manuscript title: "Physical activity practice and optimal development of postural control: Are they related?", 2020.

Peer journal review, ACSM's Health and Fitness Journal, manuscript title: "Fit for Flight - A Fitness Professional's Guide to Healthy Air Travel", 2020.

Peer journal review, Research Quarterly for Exercise and Sport, manuscript title: "High intensity 10 s work: 5 s recovery training improves both anaerobic and aerobic performance", 2019.

Peer journal review, Journal of Strength and Conditioning Research, manuscript title: “Recreational Basketball Small-Sided Games Elicit High-Intensity Exercise with Low Perceptual Demand”, 2019.

Peer journal review, Journal of Strength and Conditioning Research, manuscript title: “The Effects Of Static Stretching Programs Performed at Different Volume-Equated Weekly Frequencies on Muscle Strength, Muscle Thickness, and Fascicle Length of the Medial Gastrocnemius”, 2019.

Chapter review, American College of Sports Medicine Certifications. (To be published in 2021). In: ACSM’s Guidelines for Exercise Testing and Prescription. (11th ed). Lippincott, Williams, & Wilkins. Baltimore, MD.

Peer journal review, Journal of Dietary Supplements, manuscript title: “The Effect Of Caffeine Intake On Body Fluids Replacement After Exercise-Induced Dehydration”, 2018.

Peer journal review, Journal of Physical Activity & Health, manuscript title: “Fitness and Fatness: Body Mass Index versus Body Composition”, 2018.

Peer review, ACSM Position Stand, titled: "AHA/ACSM Joint Position Statement: Recommendations for cardiovascular screening, staffing, and emergency policies at health/fitness facilities", 2017.

Peer journal review, Journal of Strength and Conditioning Research, manuscript title: “Effects of warm-up specificity on upper and lower body power output”, 2016.

Abstract reviewer, 2017 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM), Greenville, SC, 2017.

Symposia abstract reviewer, 2016 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM), Greenville, SC, 2016.

Beta-tester for the ACSM/Academy of Nutrition and Dietetics/International Food Information Council survey on knowledge, attitudes and perceptions of nutrition and exercise professionals, 2015.

Peer journal review, Journal of Strength and Conditioning Research, manuscript title: “Physiological Profile of Australian Elite Female Basketball Players According to Playing Position”, 2015.

Peer journal review, Applied Physiology, Nutrition and Metabolism, manuscript title: Comparison of sodium-chloride tablets-, saline- and glycerol-induced hyperhydration on fluid balance responses in healthy men”, 2015.

Peer journal review, Journal of Strength and Conditioning Research, manuscript title: “Direct validity of the Carminatti's test in young soccer players”, 2014.

Peer journal review, Journal of Strength and Conditioning Research, manuscript title: “The effect of static active stretching for 30 s on anaerobic power evaluated by Wingate test”, 2014.

Peer journal review, International Journal of Sports Medicine, manuscript title: “Effects of FIR clothing on recovery after a plyometric exercise in elite soccer players”, 2014.

Peer journal review, International Journal of Sports Medicine, manuscript title: “Post exercise massage in delayed onset muscle soreness- a randomized control study”, 2014.

Review of an interactive software for a text titled: “Total Fitness Assessment” by Nelson Ng and Frank Bosso (2013). Lippincott Williams & Wilkins, Publishers.

Electronic Review of a proposed text titled: “ACSM's Behavioral Aspects of Physical Activity and Exercise” by the American College of Sports Medicine (2013). Lippincott Williams & Wilkins, Publishers.

Sample chapter and table of content review for a text titled: “Exercise Physiology for Health Fitness and Performance” by Sharon A. Plowman and Denise L. Smith (4th edition, 2013). Lippincott Williams & Wilkins, Publishers.

Peer journal review, Journal of Sport Sciences, manuscript title: “Effects of lower limb compression garments on recovery in female soccer players using performance measures”, 2013.

Peer journal review, International Journal of Sports Medicine, manuscript title: “Ground Surface During Plyometric Training Affects on Exercise-Induced Muscle Damage”, 2013.

Peer journal review, International Journal of Sports Medicine, manuscript title: “Exercise-Induced Muscle Damage Following Repeated Bouts of Intermittent Sprint Exercise”, 2012.

Peer journal review, International Journal of Sports Medicine, manuscript title: “Twitch contractile properties after repeated eccentric exercise of the elbow flexors”, 2012.

Peer journal review, Nutrition Journal, manuscript title: “Hydrolyzed whey protein reduces muscle damage markers in elite soccer players as compared to whey protein and maltodextrin”, 2012.

Power Point review and revision for text titled: “Fitness and Wellness: Questions and Answers” by Gary Liguori and Sandra Carroll-Cobb (2014). McGraw-Hill

Chapter review (Screening and Risk Classification) for a text titled: “ACSM’s Resources for the Personal Trainer” (4th edition, 2013). Lippincott Williams & Wilkins, Publishers.

Chapter review (Muscular Fitness and Assessment) for a text titled: “ACSM’s Resource Manual for Exercise Testing and Prescription” (7th edition, 2013). Lippincott Williams & Wilkins, Publishers.

Chapter review (Nutrition) for a text titled: “ACSM’s Resource Manual for Exercise Testing and Prescription” (7th edition, 2013). Lippincott Williams & Wilkins, Publishers.

Chapter Review (Diabetes) of a proposed text titled: “Exercise for Special Populations” by Peggie Williamson (2010). Lippincott Williams & Wilkins, Publishers.

Contribution and review of the American College of Sports Medicine (ACSM) Certified Health Fitness Specialist Workshop (2009).

Chapter review (Diabetes) for a text titled: “ACSM’s Resource Manual for Exercise Testing and Prescription” (6th edition, 2009). Lippincott Williams & Wilkins, Publishers.

Review of the proposal for a text titled: “Career and Internship Guide for Sport Management and Exercise Science Students” (2006). Holcomb Hathaway, Publishers.

GRANTS AND CONTRACTS

2023	Leslie H. and Evelyn G. Garner Faculty Leadership Award	\$6400
2022	Duff Professional Development Grant	\$1000
2020	Mauldin Faculty and Staff Professional Development Fund Award	\$500
2017	Wells Fargo TLC Faculty/Student Research Award (Crowley PI)	\$4000
2017	The Fritz Smith Faculty Development Fund Award	\$500
2016	The Fritz Smith Faculty Development Fund Award	\$1405
2013	Leslie H. and Evelyn G. Garner Faculty Leadership Award	\$10750
2011	Valencell, Inc (PI)	\$2900
2009	The Fritz Smith Faculty Development Fund	\$ 450
2009	Leslie H. and Evelyn G. Garner Faculty Leadership Award	\$7491
2007	The Frank Smith Wilkinson Lectureship Award	\$ 5000
2004	The Frank Smith Wilkinson Lectureship Award	\$ 6600

ACADEMIC AND PROFESSIONAL HONORS

Member, Omicron Delta Kappa, 2023

2020-2021 Exemplary Teacher of the Year, North Carolina Wesleyan College, May 2021

Faculty Member of the Month, North Carolina Wesleyan College, November 2013

Recipient, 2013-2014 Jefferson Pilot Professorship Award, North Carolina Wesleyan College

Recipient, Marquis Who's Who in Medicine and Healthcare 2011-2012 (8th Edition)

Fellow, American College of Sports Medicine, 2011

Outstanding Master's Student, School of Human Performance and Recreation, The University of Southern Mississippi, 1998-1999

Conference USA Academic Gold Medalist 1995, 1996 and 1997

Metro Conference Academic Achievement Award 1994

PROFESSIONAL CERTIFICATIONS

American College of Sports Medicine
Certified Clinical Exercise Physiologist (CEP)
Certification Number: 3585
Recertification Due Date: December 31, 2026

National Strength and Conditioning Association
Certified Strength and Conditioning Specialist (CSCS)
Certification Number: 201071426
Recertification Due Date: December 31, 2026

American Red Cross
CPR/AED for Pro Rescuers
ID: 018RKG1
Recertification Due Date: June 19, 2025

EXTRACURRICULAR

Student Athlete Tutor
Center of Student Services for Athletics
The University of Southern Mississippi
January-May 1996; August-December 1996

NCAA Division I Tennis 1994-1997
The University of Southern Mississippi
Team Captain 1995-1996