

CURRICULUM VITAE

MEIR MAGAL, Ph.D., FACSM

PERSONAL

Work Address:

Program Director and Inaugural Souza Professor of Exercise Science
Chair, School of Health 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

Administrative Positions

Chair, School of Health Sciences
May 2025-Present

Chair, School of Mathematics and Sciences

May 2016-May 2025

Exercise Science Program Director
August 2018-Present

Exercise Science Degree Coordinator
August 2009-August 2018

Teaching Positions

Professor of Exercise Science- School of Health Sciences
May 2025-Present

Professor of Exercise Science- School of Mathematics and Sciences
August 2018-May 2025

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

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

Academic Policy Committee-Member
January 2026 – April 2026

Exercise Science Search Committee-Co-Chair
August 2024 – March 2025

Human Performance and Sports Science Search Committee-Co-Chair
August 2024 – December 2024

VP of Enrollment Search Committee-Member
May 2024 – August 2024

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
Thiago Gainico
Thesis Title: “The Association Between Isometric Mid-Thigh Pull and Deadlift Performance in Female NCAA Division III Basketball Players.”
August 2025 – May 2026

Honors Committee- Chair
Justin Szczypinski
Thesis Title: “Starters Versus Non-Starters: Countermovement Jump Derived Neuromuscular Performance in Female Collegiate Volleyball Players.”
August 2024 – May 2025

Honors Committee- Chair
Justin McDonald
Thesis Title: “Playing Season Jump Performance in Female Collegiate Volleyball Players.”
August 2024 – May 2025

Honors Committee- Member
Emily Foraker
Thesis Title: “The Impact of Exergaming on Women’s Affective Responses to Exercise: Increasing Opportunities for Physical Activity.”
August 2024 – May 2025

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-May 2025

The American College of Sports Medicine (ACSM)

Committee on Certification and Registry Board (CCRB), Continuing Professional Education Committee

May 2021-December 2024

ACSM 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)

Student Bowl Subcommittee-2025, 2026

Abstract Reviewer-2025, 2026

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)

D. Riebe, **M. Magal**, L.A. Kaminsky, R. Ross, S. M. Phillips, S. Alhassan, R. Arena, R, et al. The Components of Physical Fitness: A Roundtable Statement by the American College of Sports Medicine. **Medicine and Science in Sports and Exercise**. 58 (8): 1827-1850, 2026.

M. Magal, M. Amitay and J. R. Hoffman. A Comparison Between the Traditional and Novel Isometric Mid-Thigh Methods and The Relationship to Countermovement Jump Performance. **International Journal of Exercise Science**. 18 (3): 226-238, 2025.

P. M. Gallo, B. Langton, **M. Magal**, R. Reed, J. Whitworth and F. Neric. ACSM CCRB Update on Recertification and Continuing Education Credit Provider Policy. **ACSM's Health and Fitness Journal**. 28 (4) 49-58, 2024.

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 PRESS

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

Magal M. and Thomas, K.S. Health-Related Physical Fitness Assessments. (2025). In: Obesity and Weight Management (A. Batrakoulis, Ed.) Human Kinetics, Champaign, IL.

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. Magyar, 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” Fourth 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

T. Gianico, E. Mizelman, T. M. Dornemann, V. B. Batchelor, A. B., Carter, and **M. Magal**. The Association Between Isometric Mid-Thigh Pull and Deadlift Performance In Female NCAA Division III Basketball Players. (The 2026 Annual Meeting of the American College of Sports Medicine (ACSM, Salt Lake City, UT).

Iglesias M, Wiggins B, Sundbom A, Foraker E, Gringle MR, **Magal M** and Crowley SK. Exercise Self-Efficacy, Perceived Exertion and Affective Responses to Exergaming and Treadmill Walking in Physically Inactive vs. Physically Active Women. The 2026 *Society for Behavioral Medicine Annual Meeting*, Chicago, IL.

T. Gianico, E. Mizelman, T. M. Dornemann, V. B. Batchelor, A. B., Carter, and **M. Magal**. Pre-Season Isometric Mid-Thigh Pull Derived Neuromuscular Performance in Female NCAA Division III Basketball Players (The 2026 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM, Greenville, SC).

L. T. Nihwatiwa, T. M. Dornemann, V. B. Batchelor, S. K. Crowley, and **M. Magal**. Analyzing The Impact of Athletic Readiness on Athletic Performance Testing for Division III Collegiate Athletes (The 2026 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM, Greenville, SC).

- J. S. McDonald, J. P. Szczypinski, T. M. Dornemann, V. B. Batchelor, J. R. Hoffman, and **M. Magal**. Playing Season Jump Performance in Female Collegiate Volleyball Players. **Medicine and Science in Sports and Exercise**, 57(10S): 212, 2025. (Presented; ACSM Atlanta, GA).
- J. P. Szczypinski, J. S. McDonald, T. M. Dornemann, V. B. Batchelor, J. R. Hoffman, and **M. Magal**. Starters Versus Non-Starters: Countermovement Jump Derived Neuromuscular Performance in Female Collegiate Volleyball Players. **Medicine and Science in Sports and Exercise**, 57(10S): 308-309, 2025. (Presented; ACSM Atlanta, GA).
- S. K., Crowley, A. Sundbom, E. Foraker, M. Iglesias, J. Sundbom, M. R. Gringle and **M. Magal**. Women's Affective Responses, State Anxiety, And Perceived Exertion During Exergaming Versus Treadmill Walking. **Medicine and Science in Sports and Exercise**, 57(10S): 357-358, 2025. (Presented; ACSM Atlanta, GA)
- J. P. Szczypinski, J. S. McDonald, T. M. Dornemann, V. B. Batchelor, J. R. Hoffman, and **M. Magal**. Differences In Countermovement Jump Derived Neuromuscular Performance in Female NCAA Division III Volleyball Players (The 2025 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM, Greenville, SC). The paper was not presented due to inclement weather.
- J. S. McDonald, J. P. Szczypinski, T. M. Dornemann, V. B. Batchelor, J. R. Hoffman, and **M. Magal**. Pre-Season Countermovement Jump Derived Neuromuscular Performance In Female NCAA Division III Volleyball Players (The 2025 Annual Meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM, Greenville, SC). The paper was not presented due to inclement weather.
- 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. **Medicine and Science in Sports and Exercise**, 56(10S): 977, 2024. (Presented; ACSM Boston, MA)
- SK. Crowley, J Rebellon, AJ. Leonard, C. Huber, A. Avery and M. Magal. Relationships Among BMI, Estradiol, and Stress Reactivity in Women. **Medicine and Science in Sports and Exercise**, 56(10S): 325, 2024. (Presented; ACSM Boston, MA)
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- 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)
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- 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)
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- 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)
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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)

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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.

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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.

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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
Adult CPR/AED
Certification ID: 0227SKN
Recertification Due Date: 9/5/2027

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