John D. Emmett

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Education

Ph.D. Degree in Exercise Science
The Pennsylvania State University (1991)
Dissertation Title: Cardiovascular responses of older men shoveling in a cold environment.

M.S. Degree in Physical Education
Utah State University (1986)
Thesis Title: A comparison of the CADENZA computer program to the total cholesterol:HDL ratio as a predictor of coronary heart disease.

B.S. Degree in Physical Education
Utah State University (1984)

Faculty/Professional Experience

Eastern Illinois University

- Faculty member, 1990-2014.
- Professor, 1998-2014.
- Graduate Faculty Member, 1990-2014.
- Editorial Board for the Illinois Journal for Health, Physical Education, Recreation, and Dance. 2004-2014.
- KSS Honor Club Advisor, 2011-2014.
- Departmental Personnel Committee, 1990-1993 (Chair, 1993), 2004-2007 (Chair, 2007) and 2010-2013 (Chair, 2013)
- Department Faculty Search Committee, 1992, 1995, 2001, 2003, 2012 (Chair, 2012).
- Assistant chair and graduate coordinator department of Kinesiology and Sports Studies, 2007-2010.
- Intercollegiate Athletic Board, 2007-2010.
- Director of Testing, EIU Long Distance Running Camp, 1992-2010.
- Honors Council Committee member, 2008-2009.
- Council on Graduate Studies, 1999-2001 and 2008-2009.
- College of Education and Professional Studies Technology Committee, 1997, 2000-2007.
- Coordinator of Fitness for Life Courses, 1992-2007.
- Chair, PED Name Change Committee, 2007.
- Chair, PED Exercise Science Curriculum Committee for Professional Endorsements, 2004-2007.
- Web Master for EIU Physical Education Department, 1997-2003.
- Faculty Advisor for LDSSA, 1996-2002.
- Honorary Degree Committee, 1999-2001 (Chair 2001).
- Faculty advisor for 20 to 30 Physical Education Majors, 1990-2001.
- Physical Education Advisory Committee, 1990-99.
- Selection Committee for EIU Director of User Services, 1998.
- Capital Campaign Committee, 1995.

- Physical Education Curriculum Committee, 1992-94 (Chair, 1994).
- Member of the EIU Accreditation Subcommittee on Research, 1993-94.
- Associate Director, EIU Adult Fitness Program, 1990-92.

The Pennsylvania State University (Graduate School)

- Fitness Test Leader, 1986-89.
- Graduate Teaching Assistantship, 1987-89.
- Research Assistantship, 1986-87.
- Cardiac Rehabilitation Internship, Geisinger Medical Center, 1987.

Utah State University (Graduate School)

- Student Director of Wellness Center, 1985-86.
- Teaching Assistantship, 1984-86.

Courses Taught

Structural Kinesiology (KSS 2440)

Fitness for Life (KSS 2850)

Organization and Administration in Exercise Science (KSS 3860)

Exercise Physiology (KSS 4340)

Physical Fitness Appraisal and Performance Assessment (KSS 4440)

Special Topics in Exercise Science (KSS 4900)

Research Methods in Kinesiology and Sports Studies (KSS 5000)

Sport Physiology for Coaches – online (KSS 5170)

Cardiopulmonary Exercise Physiology (KSS 5260)

Neuromuscular Exercise Physiology (KSS 5270)

Regulation of Exercise Metabolism and Body Composition (KSS 5280)

Advanced Measurement and Evaluation (KSS 5700)

Exercise Electrocardiography (KSS 5250)

Seminar in Kinesiology and Sports Studies (KSS 5901)

Technology Proficiencies

Online Course Delivery Systems; WebCT and Desire 2 Learn.

Computer Operating Systems; Macintosh OS and Microsoft Windows

Software; Microsoft Office (Word, Excel, and Power Point), iWorks (Keynote, Numbers, and Pages), Adobe Acrobat among others.

Online Teaching Experience.

WebCT or D2L have been incorporated into all courses taught on-campus, 2005-2014.

"Excellence in the Use of Technology" award recipient, 2006.

KSS 5170 – Sport Physiology for Coaches (online course), 2011-2013.

Publications and Professional Works

Papers

DiNaso, J.J., Pritschet, B., Emmett, J., Owen, J., Willardson, J., Beck, T., DeFreitas, J., and Fontana, F. Comparing thigh muscle cross-sectional area and squat strength among national class Olympic weightlifters, power lifters and body builders. International SportMed Journal, 13(2), 48-57, 2012.

Willardson, J., E. Bressel, J. Emmett, and T. Oliver. Effect of failure versus non-failure training on muscular endurance. *International Journal of Sports Physiology and Performance*, 3(3):279-293, 2008

Russell, W., Pritschet, B., Frost, E., Emmett, J., Pelley, T, Black, J., and Owen, J. "A comparison of post-exercise mood enhancement across common exercise distraction activities." *Journal of Sport Behavior* 26(4):368, 2003.

Russell, W., Pritschet, B., Frost, A., Emmett, J., Pelley, J. Black, J. and Owen, J. A comparison of post-exercise mood enhancement across common exercise distraction activities. *Perceptual and Motor Skills*. (2001.)

Whaley, M.H., Woodall, M.T., Kaminsky, L.A., and Emmett, J.D. Reliability of perceived exertion during graded exercise testing in apparently healthy adults. *Journal of Cardiopulmonary Rehabilitation* 17(1): 37-42, 1997.

Emmett, J.D. A review of heart rate and blood pressure responses in cold air in healthy and coronary artery disease patients. *Journal of Cardiopulmonary Rehabilitation* 15:19-24, 1995.

Emmett, J.D. Doping in sport: A reflection of a lose of science and ethics. *The Illinois Journal for Health, Physical Education, Recreation and Dance*, 35:17-19, 1995.

Emmett, J.D. and Hodgson, J.L. Cardiovascular responses to shoveling in a thermoneutral, cold, and cold with wind environment. *Journal of Cardiopulmonary Rehabilitation*, 13(1):43-50, 1993.

Croisant, P.T. Emmett, J.D. and Dolezal, B.A. (1993) Revision of the Physical Ability Test for Correctional Officer and Youth Supervisor Trainee Candidates. (Report to the Illinois Department of Corrections.) Charleston, IL: Eastern Illinois University. 39 pages.

Croisant, P.T. Emmett, J.D. and Dolezal, B.A. (1993) Instruction manual:
Physical Ability Test. Illinois Department of Corrections. Springfield, IL: Illinois Department of Corrections. 12 pages.

Other Publications

Emmett, J. My Own Private Marathon, *Marathon & Beyond*, March/April, 2012.

Emmett, J. The Physiology of Marathon Running. *Marathon & Beyond*, Jan/Feb, 2007.

Summary article for Illinois Journal, Fall 2006 and Spring 2007.

"On the Mark" contribution in Marathon & Beyond, July/August, 2006.
Who Moved My Treadmill? A Parable of Exercise and the Transtheoretical Model of Change, 2005 (self-published)

My Most Unforgettable Marathon. Marathon and Beyond. Marathon & Beyond, 2003.

Book Reviews of Doping in Elite Sport: The Politics of Drugs in the Olympic Movement edited by W. Wilson and E. Derse; The Steroids Game: An Expert's Inside Look at Anabolic Steroid Use in Sports by C.E. Yesalis and V.S. Cowart; and Anabolic Steroids in Sports and Exercise edited by C.E. Yesalis. The International Journal of History of Sport, 19(1): 182, 2002

Examination Questions to Accompany Fit and Well; Core Concepts and Labs in Physical Fitness and Wellness by Fahey, T. Insel, P and Roth, W. Mayfield Publishing Company, 1998.

Abstracts

Russell, W.D., Pritschet, B., Frost, E., Emmett, J, Pelley, T., Black, J., and Owen, J. A Comparison of Post-Exercise Mood Enhancement Across Common Exercise Distraction Activities. *Medicine and Science in Sport and Exercise*, 34(5): S29, 2002.

Pritschet, B.L., Doyle, R., Emmett, J., Black, J., Davis, L., and Owen, J. Physical Responses to Crawling in Fire Fighting Bunker Gear. *Medicine and Science in Sport and Exercise*, (30) 5. S317, 1998.

McClung, J., Tuten, C., Pritschet, B., McInerny, J., and Emmett, J. Cardiac Output and Stroke Volume During Deep Water Running and Treadmill Running *Medicine and Science in Sport and Exercise*, (30) 5. S241, 1998.

Emmett, J.D. Validation of the Aerosport TEEM 100 gas analysis system under autocalibration. *Medicine and Science in Sport and Exercise*, 28(5 spl): 1241, 1996.

Davis, L.J., Emmett, J.D., Pritschet, B.L. and Owen, J.D. Validity of a manually calibrated Aerosport TEEM 100 gas analysis. *Medicine and Science in Sport and Exercise*, 28(5 suppl): 1240, 1996.

Kasper, M.J., Emmett, J.D., and McInerny, J.P. High school female distance runners are at high risk for developing inadequate bone mass. *Medicine and Science in Sport and Exercise*, 27(5 suppl): 1091, 1995.

Emmett, J.D., Kasper, M.J. and McInerny, J.P. The relationship between percent body fat, VO2max, cholesterol, blood pressure and fat intake in male adolescent cross country runners. *Medicine and Science in Sport and Exercise*, 26(5 suppl): 1190, 1994.

Roach, B.P., Croisant, P.T., and Emmett, J.D. The appropriateness of heart rate and RPE as measures of intensity during three variations of aerobic dance. *Medicine and Science in Sport and Exercise* 26(5 suppl): 24, 1994.

Emmett, J.D. and McClung, J.A. Heart rate as an indicator of oxygen uptake and cardiac function during two swimming modes. *Medicine and Science in Sport and Exercise*, 25 (5 suppl): 634, 1993.

Whaley, M.H., Woodall, M.T., Kaminsky, L.A., and Emmett, J.D. The RPE:HR relationship varies among treadmill test protocols and steady state exercise in the field setting. *Medicine and Science in Sport and Exercise* 24(5 suppl): 993, 1992.

Emmett, J.D. and Hodgson, J.L. Cardiovascular responses of older men shoveling in a cold environment. *Medicine and Science in Sport and Exercise* 22(2 suppl):
269, 1990.

Presentations

Emmett, J. (2013). Weight Loss: What Works and What's Healthy. IAHPERD Conference.

Emmett, J. (2012). Weighing the Risks with the Benefits of Exercise. IAHPERD Conference.

Emmett, J. (2011). Exercise Nutrition. IAHPERD Conference

Pritschet, B and Emmett, J (2010). Exercise in Hot Weather; What Can Go Wrong and How to Prevent It. IAHPERD Conference

Emmett J. (2010). Prolonged Exercise and Your Heart; Is There a Limit? IAHPERD Conference

Emmett, J. (2008). Presentation, Ergogenic Aids and Exercise, IAHPERD Conference

Emmett, J., Furtado, O., Mavi, H., Pritschet, B., Walker, B., and Xu, D. (2008) Presentation, Recent Advances in the Science of Physical Education: Research Applications for the Teacher, IAHPERD Conference

Emmett, J. (2007). Presentation, *Exercise Myths and Misconceptions*, IAHPERD

Emmett, J. (2007). *The Physiology of Marathon Running*. Marathon & Beyond, Jan/Feb

Emmett, J. (2005) The Good, Bad and Ugly of Marathon Running. Presented at IAHPERD Conference

Emmett, J. (2004) Nutrition for Athletes and Active Individuals. Presented at the IAHPERD Conference

Emmett, J. and Pritschet, B. (2003) Dietary Supplements and Performance: The Good, The Bad and the Ugly. Presentation at the IAHPERD State Convention.

The Physiology of Marathon Running: The Bad, The Ugly and The Good. Presented at the Eastern Illinois University Booth Library Anniversary Speakers Series, 2003.

Validation of the Aerosport TEEM 100 metabolic system using autocalibration technique. Presented at the 1996 Annual ACSM meetings, Cincinnati, OH.

Responses at preferred running intensities in men and women. Presented at the 1995 Midwest Regional ACSM meetings.

The relationship between percent body fat, VO2max, cholesterol, blood pressure and fat intake in male adolescent cross country runners. Presented at the 1994 ACSM meetings in Indianapolis, IN.
The influence of upper and lower body work on cardiac function while swimming in apparently healthy males. Presented at the 1993 ACSM meetings, Seattle, WA.

Cardiovascular responses of older men shoveling in a cold environment. Presented at the 1990 ACSM meetings, Salt Lake City, UT.

Grants/Awards

Updating Percent Body Fat Assessment Within the KSS Human Performance Laboratory, 2012. EIU Redden Fund Grant for $964.41.

Accuracy in Determining Minimum Wrestling Weight Using BIA, 2007. Awarded by Eastern Illinois University College of Education and Professional Studies Research Committee for $700.

Excellence In The Use of Technology, 2006. Awarded by Eastern Illinois University Center for Academic Technology Support.

Accuracy of Predicted VO2max from Resting Heart Rate. Awarded in 2002 by Eastern Illinois University College of Education and Professional Studies Research Committee for $700.00. 2002

Technology Grant for the Enhancement of Classroom Multimedia Hardware. Awarded by Eastern Illinois University Spring 2001for $10,000.

The development of the Eastern Illinois Physical Education Department World Wide Web Home Page. Awarded 1996 by Eastern Illinois University College of Education and Professional Studies Research Committee for $500.00

Relationship of upper respiratory tract infection and fitness level in a college aged population. Awarded 1995 by Eastern Illinois University Council for Faculty Research Committee for $230.00.

Responses to preferred running intensities in men and women. Awarded through EIU College of Education and Professional Studies Grant 1994 for $250.00. Funding through the John S. and Margaret Redden Fund for the Improvement of Undergraduate Instruction 1992 in the amount of $1010.00.

The Influence of Upper and Lower Body Work on Cardiac Function while Swimming in Apparently Healthy and Beta-Blocked Males. Awarded 1991 by Eastern Illinois University council for Faculty Research Proposals for $1004.00.

Thesis Advisement

The Effects of Two Different Sports Drinks on Endurance Performance in Highly Trained

Distance Runners, 2014.

Affects of Lysine Supplementation on Bench Press Performance. 2008.

The influence of physical activity, eating habits, and social physique anxiety on obesity in adolescent females. 2006.

The effect of caffeine on 5K performance in trained adolescent runners. 2004.

The Affect of a High Glucose Sport Drink on Muscular Endurance. 2001.

Influence of Creatine on Muscular Strength in Women. 2000.

Metabolic Responses of Three Aid-assisted Aerobic Dance Routines. 1995.

Personality Traits of Non-injury Prone and Injury Prone Female Athletes. 1994.

Can Critical Power Predict Swim Performance in Female Swimmers? 1993.

Effects of Sensory Deprivation and Music on Rate of Perceived Exertion and Exercise Affect. 1992.

Cardiovascular Differences at Three Pedaling Rates in Trained Cyclists. 1992.

Physiological Responses to Submaximal Cycle Ergometry When Using Aerodynamic and Drop Handle Bars. 1991.

Effects of Downhill Interval Training on 200 m and 2000 m Run Times. 1991.

Professional or Learned Organizations

Illinois Association of Health, Physical Education, Recreation and Dance, 2003-2014.

American College of Sports Medicine from 1986-2008.

National Strength and Conditioning Association, 2001-2002.

Midwest Chapter of the American College of Sports Medicine, 1995-1997.

Certifications

Certified as an Exercise Specialist, ACSM, 1987.

References:

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