

CURRICULUM VITAE

Brian Parr, Ph.D., FACSM
Professor
University of South Carolina Aiken
ACSM Certified Clinical Exercise Physiologist

Dept. of Exercise and Sports Science
University of South Carolina Aiken
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Education

- Ph.D. University of Tennessee, Exercise Science, 2001
Dissertation: Effect of Diet and Resistance or Endurance Training on Fat Oxidation at Rest and During Exercise. (Advisor: Edward T. Howley, Ph.D.)
- M.A. Central Michigan University, Exercise Science, 1997
Thesis: The Effects of Moderate Caloric Restriction and Exercise on Body Mass, Body Composition, and Resting Metabolic Rate in Obese Males. (Advisor: James E. Hornak, Ed.D.)
- B.S. Stonehill College, Biology, 1994

Professional Experience

- 2020+ Professor, Department of Exercise and Sports Science
University of South Carolina Aiken, Aiken, SC
- 2011–2019 Associate Professor, Department of Exercise and Sports Science
University of South Carolina Aiken, Aiken, SC
- 2001–2011 Assistant Professor, Department of Exercise and Sports Science
University of South Carolina Aiken, Aiken, SC
- 1998–2001 Graduate Research/Teaching Assistant, Department of Exercise Science and Sports Management
University of Tennessee, Knoxville, TN
- 1998 Instructor, Department of Health Promotion and Rehabilitation
Central Michigan University, Mt. Pleasant, MI
- 1996–1997 Exercise Physiologist
AeroSport, Inc., Ann Arbor, MI
- 1996 Exercise Physiologist Intern
Michigan Heart and Vascular Institute, Ypsilanti, MI,
- 1995 Central Michigan Community Hospital, Mt. Pleasant, MI, Exercise Specialist

1994-1995 Central Michigan University, Mt. Pleasant, MI, Graduate Teaching Assistant,
Department of Health Promotion and Rehabilitation

Teaching

Current

Electrocardiography
Exercise Physiology
Exercise Physiology Lab
Clinical Exercise Physiology
Exercise Testing
Internship in Fitness Management
Research Methods in Exercise and Sports Science
Exercise and Sports Science Research

Additional teaching experience

Human Anatomy and Physiology
Anatomical and Biomechanical Kinesiology
Nutritional Aspects of Health, Fitness, and Sports Performance
Health and Behavior Change
Fitness Testing and Exercise Leadership
Health Risk Factor Identification and Management
Foundations in Exercise and Sports Science
Personal and Community Health

Student Research Projects

Supervised independent study research projects for over 60 students. These projects have resulted in 25 presentations at regional and national conferences and publications in peer-reviewed journals. Thirteen of these projects were awarded funding through competitive institutional grants.

Scholarly and Creative Activities

Publications: Peer-reviewed and Professional

Bassett Jr., DR, ET Howley, DL Thompson, GA King, SJ Strath, JE McLaughlin, **BB Parr**. Validity of inspiratory and expiratory methods of measuring gas exchange with a computerized system. *Journal of Applied Physiology* 91(1):218–224, 2001.

Tudor-Locke, C, DR Bassett Jr., AM Swartz, SJ Strath, **BB Parr**, JP Reis, KD DuBose, BE Ainsworth. One year of pedometer self-monitoring. *Annals of Behavioral Medicine* 28(3):158–162, 2004.

DeWitt, CM, CM Byrd, JC Looney, **BB Parr**. Efficacy of a supervised free-play program on the health of two to six-year-old children. *Play Rights* 27(2):1–3, 2007.

Parr, BB. Living with Diabetes. *ACSM's Fit Society Page*: 3–4, Spring 2008.

Szabo JA, **BB Parr**, JA Holt, CM DeWitt. Effect of the E₃ fitness grips on running economy. *International Journal of Exercise Science* 3(2):64-67, 2010.

Parr, Brian B. The increasing role of technology in teaching. *ACSM Sports Medicine Bulletin*, May 4, 2010.

Parr, Brian B and Miano, Angel M. Promoting physical activity through campus events. *Campus Activities Programming* 43(3):50–54, 2010.

Parr, Brian B. and Ahmed F. Samaha. Getting faculty involved in student activities. *Campus Activities Programming* 44(11):47–50, 2011.

Parr, Brian B. Team-Based Learning in Exercise Science Education. *ACSM Sports Medicine Bulletin*, July 16, 2013.

Parr, Brian B. Healthy Habits to Prevent and Manage Chronic Disease. *ACSM's Fit Society Page*. 2014;16(2):6.

Wilkerson BS, Bassett Jr. DR, Crouter SE, Rider BC, **Parr BB**. Portable Open-Circuit Spirometry Systems: A Review. *Journal of Sports Medicine and Physical Fitness*. 2017;57(3):227–237.

Hatchett A, Brewer C, Armstrong K, **Parr B**. Energy expenditure for aerobic exercise on a curved non-motorized treadmill versus a traditional motorized treadmill. *Archives of Physical Health and Sports Medicine*. 2018;1(1):34–38.

Hatchett A, Armstrong K, **Parr B**, Crews M, Tant C. The Effect of a curved non-motorized treadmill on running gait length, imbalance and stride angle. *Sports*. 2018;6(3):58–67.

Parr, B. Overcoming Barriers to Active Transportation. *American Fitness Index Blog*, April 14, 2021.

Alessio H, Bassett D, Bopp M, **Parr B**, Patch G, Rankin J, Rojas-Rueda D, Roti M, Wojcik J. Climate Change, Air Pollution, and Physical Inactivity: Is Active Transportation Part of the Solution? *Medicine and Science in Sports and Exercise*. 2021;53(6):1170–1178.

Griggs MA, **Parr B**, Vandegrift NS, Jelsone-Swain, L. The effect of acute exercise on attentional control and theta power in young adults. *Experimental Brain Research* . 2023;241:2509–2520.

Publications: Not peer-reviewed

Parr, Brian B. Exercise plays vital role in controlling diabetes. *Augusta Chronicle*, March 30, 2008.

Parr, Brian and Comshaw, Lori. Eating well can be done on a budget. *Augusta Chronicle* February 8, 2009.

Parr, Brian and Comshaw, Lori. Eating out doesn't have to expand the waistline. *Augusta Chronicle*, February 15, 2009.

Parr, Brian B. Proper Steps Can Help All Improve. *Augusta Chronicle*, October 22, 2009.

Parr, Brian B. What's Really Behind the Burn During and After Exercise? *Well-Being Magazine*, July/August 2013.

Parr, Brian B. Sports Drinks & Recovery Beverages...When Do You Need Them? *Well-Being Magazine*, Nov/Dec 2013.

Parr, Brian B. Join the Blue Sky Gym. *Well-Being Magazine*, May/June 2014.

Parr, Brian B. Ditch the Fitness Doldrums. *Well-Being Magazine*, July/August 2014.

- Parr, Brian B.** Getting Fit with CrossFit. *Well-Being Magazine*, May/June 2015.
- Parr, Brian B.** Should You Eat Like a Caveman? *Well-Being Magazine*, July/August 2015.
- Parr, Brian B.** The Skinny on Carbohydrate-Protein Recovery Drinks. *Well-Being Magazine*, September/October 2015.
- Parr, Brian B.** Functional Fitness: Get Fit for Life. *Well-Being Magazine*, January/February 2016.
- Parr, Brian B.** Beyond Runner's High: Exercise and the Brain. *Well-Being Magazine*, May/June 2016.
- Parr, Brian B.** Getting on Track for Weight Loss...or Down for the Count? *Well-Being Magazine*, July/August 2016.
- Parr, Brian B.** Cryotherapy: Hot Trend, Cool Recovery? *Well-Being Magazine*, September/October 2016.
- Parr, Brian B.** Voodoo Flossing, Kinesiotaping, and Cupping, Oh My! *Well-Being Magazine*, November/December 2016
- Parr, Brian B.** Getting Fit with HIIT. *Well-Being Magazine*, May/June 2017.
- Parr, Brian B.** Saving for a Rainy Day...in Your Fitness Bank. *Well-Being Magazine*, July/August 2017.
- Parr, Brian B.** Let the Music Move You. *Well-Being Magazine*, September/October 2017
- Parr, Brian B.** Beyond Stretching, From Flexibility to Mobility. *Well-Being Magazine*, January/February 2018.
- Parr, Brian B.** FITT-ZZZ: The Role of Sleep in Fitness Gains. *Well-Being Magazine*, May/June 2018.
- Parr, Brian B.** Hidden Benefits of Exercise. *Well-Being Magazine*, November/December 2018.
- Parr, Brian B.** Why and How: Warm-Up and Cool-Down. *Well-Being Magazine*, March/April 2019.
- Parr, Brian B.** Health & Fitness. A weekly column in the *Aiken Standard*. August 2011–present.

Presentations: Peer-reviewed

- Pung TF, Betts J, Edwards J, Parr R, **Parr B**, Yesmunt B, Pifer K, Visich, Lee B. Effect of diet and exercise versus diet alone on LBM changes in adult obese males. ACSM Annual Meeting, Cincinnati, OH, May 29–June 1, 1996.
- Haskin-Popp C, Nazareno D, Wegner J, Franklin B, Schafer J, Catlin T, **Parr B**. Aerobic and myocardial demands of lawn mowing in cardiac patients. American College of Sports Medicine Annual Meeting, Denver, CO, May 28–31, 1997.

- Parr B**, Parr R, Edwards J, Betts J, Visich P, Hornak J, Yesmunt B, Pifer K, Pung T. Effect of diet and exercise on body composition and resting metabolic rate in obese males. American College of Sports Medicine Annual Meeting, Denver, CO, May 28–31, 1997.
- Parr BB**, Strath SJ, Bassett Jr. DR, Howley ET. Validation of the Cosmed K4b² portable metabolic measurement system. American College of Sports Medicine Annual Meeting, Baltimore, MD, May 30–June 2, 2001.
- Parr, R., J. Hornak, **B. Parr**, P. Visich, K. Pifer, and J. Betts. Adherence to diet and exercise can predict weight loss and body composition changes in obese males. AAHPERD Annual Meeting, April 9–13, 2002.
- Parr, B.**, J. Rakow, K. Wallis, A. Geslani, S. Conger, and E. Howley. Effect of diet and resistance or endurance training on fat oxidation at rest and during exercise. American College of Sports Medicine Annual Meeting, St. Louis, MO, May 28–June 1, 2002.
- King, G.A., **B.B. Parr**, S.A. Conger, A.M. Swartz, K. Bielak, J. Langley, J.E. McLaughlin, E.T. Howley, D.R. Bassett, Jr., E.C. Fitzhugh, and D.L. Thompson. Effect of body composition on the growth hormone response to exercise in postmenopausal women. American College of Sports Medicine Annual Meeting, St. Louis, MO, May 28–June 1, 2002.
- B.B. Parr**, J.A. Szabo, J.M. Gordon, and K. Wood-Woeber. Effect of the E₃ Fitness Grips on Running Economy. ACSM Annual Meeting, Indianapolis, IN, June 2–5, 2004.
- DeWitt, C.M., Hume, M.F., Burkhart, S.L., Huff, H.N., Smith, L.S., **Parr, B.B.**, and Strom, D.K. Prevalence of QT Interval Prolongation in College Students. Southeast ACSM Annual Meeting, January 27–29, 2005.
- Parr, BB**, Kvartek, CL, Kendrick, SD, Rankin, SJ, Hall, TS, DeWitt, CM, and Woeber, KW. Relationship Between Body Mass Index and Physical Function in Adults. American College of Sports Medicine Annual Meeting, Nashville, TN, June 1–4, 2005.
- DeWitt, CM, CM Byrd, and **BB Parr**. Efficacy of a Supervised Sports Program on the Health of Two to Six Year Old Children. South Carolina Association for the Advancement of Health Education Conference, Myrtle Beach, SC, November 2006.
- Brian B. Parr**, Tjuana Durden, LaCole Hatfield, and Kimberly W. Woeber. Dietary Intake of Female Collegiate Volleyball Players. American College of Sports Medicine Annual Meeting, New Orleans, LA, May 30–June 2, 2007.
- Joshua Westmeier-Shuh, **Brian B. Parr**, Christopher M. DeWitt, and Kimberly W. Woeber. Time Required for Stair and Elevator Use—Implications for a Physical Activity Intervention. American College of Sports Medicine Annual Meeting, New Orleans, LA, May 30–June 2, 2007.
- Lokey, KW, **BB Parr**, and CM DeWitt. Time Required for Incidental Physical Activity: An Analysis of Parking Lot Behavior. Southeast American College of Sports Medicine Annual Meeting, Birmingham, AL, February 12–14, 2009.
- DeWitt, CM, DA Gregory, S Vaid, WJ Bowman, and **BB Parr**. Effect of Blood Donation on Maximal Oxygen Consumption. Southeast American College of Sports Medicine Annual Meeting, Birmingham, AL, February 12–14, 2009.

Doctor, A, **BB Parr**. Estimation of Energy Expenditure During a 16 Hour Dance Marathon. Southeast American College of Sports Medicine Annual Meeting, Greenville, SC, February 2010.

Parr, BB, Salgado VL, Kvartek CL, Kendrick SD, Woeber, KW. Relationship Between Body Mass Index and Health Status and Quality of Life in Adults. American College of Sports Medicine Annual Meeting, Baltimore, MD, June 2010.

Parr, BB. Promoting Physical Activity Through Campus Events: The Role of Campus Activities Professionals. National Association of Campus Activities National Conference, St. Louis, MO, February 2011.

Parr, BB, JC Quindry, PM Magyari, TP Scheett, and Y Feito. Exercise Science Education: Promoting Student Engagement. Southeast American College of Sports Medicine Annual Meeting, Jacksonville, FL, February 2012.

Parr, BB, AF Samaha, Getting Faculty Involved in Student Activities. National Association of Campus Activities National Conference, Charlotte, NC, February 2012.

Parr, BB, KE Huff, HE Masters, and ZV Kilday. Effect of Toning Shoes on Exercise Energy Expenditure, Walking Behavior, and Energy Intake. American College of Sports Medicine Annual Meeting, San Francisco, CA, June 2012.

Feito, Y, **BB Parr**, and K Reich. Beyond the Lecture: Active Learning in Exercise Science. Southeast American College of Sports Medicine Annual Meeting, Greenville, SC, February 2013.

Parr BB, Jayaraman R, Elder KC, Parr RB. Effect of Diet and Exercise-Induced Weight Loss on Physical Function. American College of Sports Medicine Annual Meeting, Indianapolis, IN, May 2013.

Celec AN, LaMunion SR, **Parr BB**. Accuracy of the Azumio Instant Heart Rate App for Measuring Resting and Exercise Heart Rate. Southeast American College of Sports Medicine Annual Meeting, Greenville, SC, February 2014.

LaMunion SR, Celec AN, Burr SD, **Parr BB**, McLaughlin JE. Accuracy of a Mobile Device Heart Rate Application for Measuring Resting and Exercise Heart Rate. American College of Sports Medicine Annual Meeting, Orlando, FL, May 2014.

Parr BB, Feito Y, Esmat T. Developing a Professional Online Presence. Southeast American College of Sports Medicine Annual Meeting, Jacksonville, FL, February 2015.

Parr BB, Feito Y, Esmat T. Developing a Professional Online Presence. Southeast ACSM Annual Meeting, Greenville, SC, February 2015.

Parr BB, Padgett ML, Sprow KR, Mason JC. Evaluation of an Exercise is Medicine on Campus Pilot Program. American College of Sports Medicine Annual Meeting, San Diego, CA, May 2015.

Parr BB, Turner MJ. Thinking Inside the Box: Bridging the Gap Between Traditional Exercise Science Education and the Modern Fitness World. Southeast ACSM Annual Meeting, Greenville, SC. February 2016.

Esmat T, Feito Y, **Parr BB**. Preconference Session: How to Get the Most out of the SEACSM Annual Meeting. Southeast ACSM Annual Meeting, Greenville, SC, February 2017.

Massey KP, **Parr BB**. Developing “Soft Skills” in Exercise Science Education. Southeast ACSM Annual Meeting, Greenville, SC, February 2017.

Parr BB, Hatchett AG, Epstein LR, Herring RL, Eggenberger HR. Energy expenditure during treadmill walking and running: Accuracy of the 100 kcal per mile estimate. American College of Sports Medicine Annual Meeting, Denver, CO, May 2017.

Hatchett AG, **Parr BB**, Epstein LR, Eggenberger HR, Herring RL. A Comparison of Energy Expenditure Between Motorized and Non-Motorized Treadmills. American College of Sports Medicine Annual Meeting, Denver, CO, May 2017.

Hatchett AG, **Parr BB**, Armstrong K, Crews M. The effect of a curved non-motorized treadmill on running gait length, imbalance and step angle. Southeast ACSM Annual Meeting, Chattanooga, TN, February 2018.

DeWitt CM, Stacy TE, Smith KM, Ravenell AR, **Parr BB**. Comparison of CPR training and public access AED availability at southeastern U.S. universities. Southeast ACSM Annual Meeting, Chattanooga, TN, February 2018.

Parr BB, LaMunion SR, Jolley AP, Hatchett AG. Relationship Between Body Mass Index, Core Strength, and Balance in Adults. American College of Sports Medicine Annual Meeting, Minneapolis, MN, May 2018.

Parr B, Feito Y, Schwartz A. Creating an effective and professional social media strategy. Southeast ACSM Annual Meeting, Greenville, SC, February 2019.

Wojcik J, **Parr B**, Matthews T. Active Transportation 101. American College of Sports Medicine/ActivEarth Webinar, March 2019.

Smith A, Berkowitz B, Reynolds G, Benardot D, **Parr B**. Journalists and Experts Forum - Sports Medicine and Exercise Science. American College of Sports Medicine Annual Meeting, Orlando, FL, May 2019.

Schwartz AN, Toth LP, Parr **BB**. Building Your Career Identity: Professional Development for Exercise Science Students. Southeast ACSM Annual Meeting, Jacksonville, FL, February 2020.

Parr BB, Wojcik JR. Active Transportation 101. Southeast ACSM Annual Meeting, Jacksonville, FL, February 2020.

Parr BB. Rapid Research Race: Assessment of fitness and functional movement deficits in normal, overweight, and obese adults. Southeast ACSM Annual Meeting, Jacksonville, FL, February 2020.

Wojcik J, Matthews T, **Parr B**. Active Transportation Advocacy: Building a Vibrant Community for Health, Equity, Physical Activity, and Climate. American College of Sports Medicine Annual Meeting, San Francisco, CA, May 2020. (Accepted, meeting cancelled)

Wojcik J, Matthews T, **Parr B**. Active Transportation Advocacy for Health Equity and Climate during Covid-19. American College of Sports Medicine Annual Meeting, Virtual, June 2021.

Parr B, Ward M, Fulton M. ACSM Media Spokesperson Session: Crafting Your Message to Advocate for Change. American College of Sports Medicine Annual Meeting, Virtual, June 2021.

Willis L, Singer A, **Parr B**. Comparison of physiological and psychological responses to indoor and outdoor exercise in a hot environment. Southeast ACSM Annual Meeting, Greenville, SC, February 2022.

Parr B, Keith N, Peeke P, Bryan A. ACSM Media Spokesperson Preconference: Crafting Your Message for a Diverse Audience. American College of Sports Medicine Annual Meeting, San Diego, CA, May 2022.

Parr B, Keith N, Peeke P, Bryan A. ACSM Media Spokesperson Preconference: Crafting Your Message for a Diverse Audience. American College of Sports Medicine Annual Meeting, San Diego, CA, May 2022.

Parr B, Kinser C, Margason G, Bhaghat A. ACSM Media Spokesperson Preconference: Out-Influencing the Influencers. American College of Sports Medicine Annual Meeting, Denver, CO, May 2023.

Parr B, Ruiz Tejada AR, Olenick A, Bunn J. ACSM Media Spokesperson Preconference: Building a Communication Toolbox to Share and Amplify your Work. American College of Sports Medicine Annual Meeting, Boston, MA, May 2024.

Book Chapter

Brian Parr and Barbara Bushman. Chapter 4: Exercise Physiology in: *The Fitness Professional's Handbook, 8th Edition*. Champaign, IL: Human Kinetics, 2024.

Other Scholarship

Research and content updates to text and development of ancillary materials (PowerPoint Presentations, Test Bank, Online Quizzes, and Instructor Manual) for *Exercise Physiology* by Scott Powers and Edward Howley (6th–10th editions, 2005–2018).

Service

University Service

University Judicial Board (2005+, Chair 2010+)

QEP Co-Director (2023+)

Faculty Athletic Representative (2023+)

Budget and Finance Committee (2023+)

QEP Committee (2020–2021)

Futures Taskforce, Public Health and Health Risk Control subcommittee (2020)

Faculty Evaluation System Committee (2015–2018)

Campus Wellness/Healthy4Life Committee (2011+)

Center for Teaching Excellence Advisory Committee (2013–2015)

Committee for COPLAC Initiatives (2014–2015)

Faculty Assembly Secretary (2002–2005, 2007–2009)

Campus Life Committee (2002–2005, Chair 2004–2005)

Commencement Committee (2002–2005)

Academic Services Committee (2005)

Academic Innovations Strategic Planning Task Force (Spring 2013)

Scholastic Standing and Petitions Committee (2007–2010; Chair 2008–2010)

Strategic Planning Enrollment Planning/Student Success Action Team (2009–2010)

Faculty Advisor, Lambda Chi Alpha Fraternity (2002+)

Member of ten faculty and staff search committees

Professional Service

American College of Sports Medicine (ACSM) Board of Trustees (2023+)
ACSM Strategic Planning Committee (2023+)
ACSM Regional Chapters Committee (Chair, 2023+)
ACSM Task Force on Youth Fitness (2023+)
ACSM Communication and Public Information Committee (2016–2023, Chair 2019–2023)
ACSM ActivEarth Committee (2016–2022)
Southeast ACSM Executive Board Communication Director (2020+)
Southeast ACSM Executive Board Member-at-Large (2018–2020)
National Physical Activity Plan Academic Applications subcommittee (2016–2020)
ACSM Health-Fitness Publications Advisory Committee (2007–2015)
Chair, ACSM Exercise Science Education Interest Group (2008–2017)
Session Chair, ACSM Annual Meeting (2003, 2014)
Session Chair, Southeast ACSM Annual Meeting (2013, 2015, 2016, 2017)
Proposal reviewer for 2012, 2013, 2017, and 2018 Southeast ACSM Annual Meeting.
Grant proposal reviewer for USC Research Opportunity Program (2007), USC Magellan Scholar grant (2008, 2012, 2014+).
Manuscript Reviewer for *Medicine and Science in Sports and Exercise* (2002, 2018, 2023), *International Journal of Sport Nutrition & Exercise Metabolism* (2004), *Sports Medicine* (2008), *Journal of Aging and Physical Activity* (2009, 2011), *International Journal of Exercise Science* (2010+), and *Journal of Physical Activity and Health* (2013+), *Women in Sport and Physical Activity Journal* (2018), *Translational Journal of ACSM* (2018, 2019), *Cannabis and Cannabinoid Research* (2019), *ACSM's Health and Fitness Journal* (2023).

Community Service

Board of Directors, Aiken Family Y (2011+, Chair 2012–2014 and 2017–2021)
Board of Directors, Aiken GAIT Foundation (2014–2017)
Eat Smart Move More of Aiken County Steering Committee (2011–2014)
Company Leader and Team Captain, American Heart Association CSRA Heart Walk (2002–2008)
Coordinator and lecturer, YMCA Team Lean weight loss program (2009–2018)
Invited speaker for community organizations

Professional memberships

American College of Sports Medicine
Southeast Chapter, American College of Sports Medicine
Association for Student Conduct Administration

Certifications

ACSM Certified Clinical Exercise Physiologist
Red Cross CPR certified

Professional Development

American College of Sports Medicine Annual Meetings (1995+)

Southeast ACSM Annual Meetings (1998+)
Member, ACSM Exercise Sciences Education Interest Group (2004+)
National Center for Academic Transformation, Redesign Alliance Annual Conference (2007)
National Center for Higher Education Risk Management Workshop (2011)
National Association of Campus Activities National Conference (2011, 2012)
Association for Student Conduct Administration Annual Conference (2012)
USC Aiken Critical Inquiry Workshop (2012–2017)
NSF Messenger Workshop (2013)
AAC&U Transforming STEM Higher Education Conference (2018)

Awards and Honors

Order of Omega Honor Society (inducted 2002)
USC Aiken Outstanding Commitment to Student Development Award (2004)
USC Aiken Athletics Student-Athlete Faculty Honoree (2004, 2006, 2008–2015)
USC Aiken Teaching Excellence Award *nominee* (2008)
USC Aiken Student Activities Advisor of the Year Award *nominee* (2008)
USC Aiken Excellence in Advisement Award *nominee* (2010, 2012)
USC Aiken Community Service Award *nominee* (2012)
USC Aiken Student Organization Advisor of the Year *nominee* (2012)
USC Aiken Outstanding Commitment to Student Development Award *nominee* (2014)
USC Aiken Student Organization Advisor of the Year (2015)
USC Aiken Teaching Excellence Award *nominee* (2017)
USC Aiken Community Service Award (2017)
Fellow, American College of Sports Medicine (2019)
Southeast ACSM Service Award (2021)
USC Aiken Teaching Excellence Award (2022–2023)

Grants

USC Aiken HAS Faculty Research/Travel Grants, total: \$23,590. (2002, 2005, 2007–2023)

Huff, Kevin and **Parr, Brian**. USC Magellan Scholar Grant for *The Effect of Toning Shoes on Energy Expenditure and Walking Behavior*, \$2,500 (2011, Funded)

Morales, Dawn, Pompey, Joyce, and **Parr, Brian**. USC ASPIRE II grant application for 2012-2013, *Improving Cardiac Rehabilitation with Interdisciplinary Science*, \$24,892. (2011, Submitted, not funded)

Parr, Brian. USC Aiken C-NERVE Course Redesign grant, *Including a Neuroscience Focus in AEXS 459: Research Topics in Exercise and Sports Science*, \$3,000. (2012, Funded)

Parr, BB. USCA Innovation Fund grant proposal, *Park Here, Walk There: AEXS 337 Service Learning Project*, \$3,000. (2013, Submitted, not funded)

Celec, Ashton and **Parr, Brian**. USC Aiken Center for Research Excellence Grant for *Objective and Subjective Assessment of Intensity in Equestrian Events*, \$500. (2014, Funded)

Jolley, Allison and **Parr, Brian**. USC Magellan Scholar Grant for *An Examination of Core Strength and Stability in Normal Weight and Obese Adults*, \$2,000. (2014, Funded)

Laura Swain, Keri Weed, Michelle Vieyra, Jane Stafford, Anne Ellison, **Brian Parr**. USC ASPIRE-III grant application, *The advancement of neuroscience research involving interdisciplinary collaborations to investigate cognition and brain function using electroencephalogram (EEG)*, \$99,956. (2014, Funded)

Brooke Clark, Harli Eggenberger, **Brian Parr**. USC Magellan Scholar Grant for *Developing Visual Communication Tools to Promote Healthy Eating*, \$5,800 (2016, Funded)

Hannah Martin and **Brian Parr**. USC Aiken Center for Research Excellence Grant for *Effect of Simulated and Actual Resistance Training on Muscular Strength*, \$500. (2017, Funded)

Mallory Crews and **Brian Parr**. USC Aiken Summer Scholars Institute Grant for *Identifying Fitness Limitations in Obese Individuals*, \$7000. (2018, Funded)

Anne Ellison, Alexandra Roach, Laura Swain, Michelle Vieyra, Andrew Hatchett, **Brian Parr**. USC ASPIRE-III grant, *Wireless Physiological Sensors to Explore the Pathophysiology and the Effects of Innovative Treatments for Traumatic Stress, Head Injuries and Emotional Dysregulation in Military Veterans, Student Athletes and Adults with ADHD: Out of the Laboratory and into the Field*, \$67,607. (2018, Funded)

Morgan Bookstaver and **Brian Parr**. USC Magellan Scholar Grant for *Effect of Indoor vs. Outdoor Exercise on Mood*, \$3,000. (2019, Funded)

Hannah Bayrd and **Brian Parr**. USC Aiken Summer Scholars Institute Grant for *Comparison of Physical Fitness, Balance, and Physical Function Tests in Normal, Overweight and Obese Adults*, \$7000. (2019, Funded)

Brynn Bonner, Matt Osborn, and **Brian Parr**. USC Aiken Summer Scholars Institute Grant for *Quantifying Fitness Deficits in Adults of Varying Age and Body Mass Index*, \$9000. (2020, Funded)

Brynn Bonner, Matt Osborn, and **Brian Parr**. USC Magellan Scholar Grant for *Quantifying Fitness Deficits in Adults of Varying Age and Body Mass Index*, \$5000. (2020, Funded)

Zim Zorn and **Brian Parr**. USC Aiken Center for Research Excellence Grant for *Effect of Simulated and Actual Resistance Training on Muscular Strength*, \$500. (2021, Funded)

Luke Willis, Andrew Singer, and **Brian Parr**. USC Aiken Summer Scholars Institute Grant for *Comparison of physiological and psychological responses to indoor and outdoor exercise in a hot environment.*, \$9500. (2021, Funded)

Destinee Crawford, Sophia Ready, and **Brian Parr**. USC Aiken Summer Scholars Institute Grant for *Relationship between power output and blood lactate during sprint interval exercise*, \$9500. (2022, Funded)

Mila Padgett and **Brian Parr**. ACSM Exercise is Medicine on Campus Physical Activity Assessment and Referral grant, \$1250. (2022, Funded)

Laura Swain and **Brian Parr**. USC ASPIRE-III grant, *Empathic Processing and Mu Suppression in Athletes: An EEG Study*, \$13,204. (2023, Submitted)