

George Lewis Grieve, PhD, CSCS

Department of Exercise Science
College of Sciences and Engineering
University of South Carolina Aiken
471 University Parkway, Aiken, SC 29801
Email: George.grieve@usca.edu

EDUCATION

Doctor of Philosophy, Exercise Science, 2018

University of South Carolina, Columbia, SC

Emphasis: Health Aspects of Physical Activity

Dissertation: The effects of exercise mode and intensity on energy expenditure during and after exercise in resistance-trained males

Mentor: Mark A. Sarzynski, PhD

Master of Science, Exercise Science, 2015

University of South Carolina, Columbia, SC

Emphasis: Health Aspects of Physical Activity

Mentor: Clemens Drenowatz, PhD

Bachelor of Science, Exercise and Sports Science, 2012

University of South Carolina Aiken, Aiken, SC

Minor: Business Management

EXPERIENCE

Professional Experience

Assistant Professor (tenure-track), University of South Carolina Aiken, College of Sciences and Engineering, Department of Exercise and Sports Science (August 2024 - Present)

Senior Consultant, South Carolina Department of Public Health, Bureau of Maternal and Child Health (August 2024 - February 2025)

Assistant Professor (tenure-track), The Citadel, Swain Family School of Science and Mathematics, Department of Health and Human Performance (November 2020 - May 2024)

- Member of Graduate Faculty
- Undergraduate Program Director, Strength and Conditioning

Combat Engineer Noncommissioned Officer, South Carolina Army National Guard, United States Army (June 2020 - present)

- Armed Forces Reserve Medal with "M" device

Visiting Assistant Professor, The Citadel, Swain Family School of Science and Mathematics, Department of Health and Human Performance (August 2019 - November 2020)

Assistant Professor (tenure-track), Valdosta State University, College of Nursing and Health Sciences, Exercise Physiology Program (July 2018 - August 2019)

- Member of Graduate Faculty
- Human Performance Laboratory Director

Assistant to Doctoral Program Graduate Director, University of South Carolina, Arnold School of Public Health, Department of Exercise Science (August 2017 - December 2017)

- Provided administrative support to the Doctoral Program Graduate Director.
- Responsible for restructuring Department of Exercise Science graduate student handbook to match updated university and departmental policies.

Laboratory Manager, Clinical Exercise Research Center (CERC), University of South Carolina, Arnold School of Public Health, Department of Exercise Science (July 2017 - August 2017, March 2018 - May 2018)

- Served as interim manager of CERC during permanent manager's summer and maternity leave.
- Managed staff, coordinated and scheduled visits for six concurrent studies.
- Ensured biohazard and radiation safety protocols were followed.
- Oversaw safe blood collection, processing, and storage.
- Collaborated with department chair, principal investigators, and coordinators of contracted studies to complete research objectives.

Graduate Research Assistant, University of South Carolina, Arnold School of Public Health, Department of Exercise Science (June 2014 - June 2015, July 2016 - August 2017)

- Provided leadership and support with AREX-EB and EEVET studies within the Department of Exercise Science.

Graduate Teaching Assistant, University of South Carolina, Arnold School of Public Health, Department of Exercise Science (January 2014 - August 2017)

- Instructed graduate and undergraduate courses within the Department of Exercise Science and assisted in curriculum development (details under Teaching Experience).

Teaching Assistant, University of South Carolina Aiken, College of Sciences and Engineering, Department of Exercise and Sports Science (August 2012 - December 2012)

- Instructed undergraduate students in American College of Sports Medicine (ACSM) standards for clinical exercise testing.

Assistant Nuclear Technologist, Carolina Heart and Vascular Center, Aiken, SC (August 2012 - December 2012)

- Conducted graded exercise and pharmacologic stress tests, electrocardiography lead placement and monitoring.
- Collaborated with physicians, nurses, and technologists to complete myocardial perfusion imaging studies.

Senior Personal Trainer, Gold's Gym, Augusta, GA (August 2011 - August 2013)

- Trained diverse population of clients, including military, police, first response, athletes, and older adults.
- Collaborated with clients' physicians and physical therapists for training program design and implementation.
- Supervised and led colleagues to successfully accomplish objectives set by management.

Personal Trainer, Gold's Gym, Aiken, SC (November 2008 - August 2011)

- Designed customized training programs based upon clients' goals and specific injuries or health problems.
- Led clients to improve overall health and functional abilities.

Teaching Experience

***Note: underlined course titles indicate 100% online,**

Revisions of Existing Courses at The University of South Carolina Aiken:

- EXSC A426 – Fitness and Performance Coaching / Strength and Conditioning - 4 credits
- EXSC A424 – Exercise Prescription - 3 credits
- EXSC A423L – Exercise Testing Lab - 1 credit
- EXSC A321 – Anatomical and Biomechanical Kinesiology - 3 credits

Courses Taught as Lead Instructor at The University of South Carolina Aiken:

- EXSC A426 – Fitness and Performance Coaching / Strength and Conditioning - 4 credits
- EXSC A424 – Exercise Prescription - 3 credits
- EXSC A423L – Exercise Testing Lab - 1 credit
- EXSC A321 – Anatomical and Biomechanical Kinesiology - 3 credits
- EXSC A201 – Medical Terminology - 3 credits

Courses Developed at The Citadel:

- TAPR 600 – Fundamentals of Applied Functional Anatomy & Physiology - 3 credits
- HESS 501 – Nutrition - 3 credits (1 semester)
- HLED 402 – Sport Nutrition - 3 credits
- EXSC 329 – Physiology of Exercise Lab - 1 credit
- EXSC 319 – Physiology of Exercise - 3 credits
- TSAC 211 – Anatomy & Physiology for Health & Human Performance Lab - 1 credit
- TSAC 201 – Anatomy & Physiology for Health & Human Performance - 3 credits

Courses Taught as Lead Instructor at The Citadel:

- TAPR 601 – Intro. to Human Performance and Coaching - 3 credits (1 semester)
- TAPR 600 – Fundamentals of Applied Functional Anatomy & Physiology - 3 credits (1 semester)
- HESS 501 – Nutrition - 3 credits (1 semester)
- TSAC 495 – Internship in Tactical Strength and Conditioning - 6 credits (2 semesters)
- EXSC 421 – Exercise Science Seminar: Scientific Writing - 1 credit (1 semester)
- EXSC 420 – Senior Research Project - 3 credits (1 semester)
- EXSC 403 – Exercise Testing and Prescription - 3 credits (2 semesters)
- HLED 402 – Sport Nutrition - 3 credits (3 semesters)
- EXSC 403 – Exercise Testing and Prescription - 3 credits (4 semesters)
- TSAC 395 – Directed Field Experience – 3 credits (3 semesters)
- EXSC 329 – Physiology of Exercise Lab - 1 credit (2 semesters)
- EXSC 319 – Physiology of Exercise - 3 credits (2 semesters)
- EXSC 315 – Strength and Conditioning I - 3 credits (4 semesters)
- TSAC 301 – Tactical Strength and Conditioning - 3 credits (1 semester)
- RPED 260 – Physical Fitness, Resiliency, and Wellness - 3 credits (6 semesters)
- TSAC 211 – Anatomy & Physiology for Health & Human Performance Lab - 1 credit (2 semesters)
- TSAC 201 – Anatomy & Physiology for Health & Human Performance - 3 credits (3 semesters)
- RPED 155 – Strength and Conditioning, 2 sections (2 semesters)
- RPED 130 – Weight Training, 2 sections (4 semesters)

Courses Developed at Valdosta State University:

- HSEP 7400 – Exercise Physiology Seminar: Energy Balance - 3 credits
- HSEP 7160 – Exercise Psychology - 3 credits
- HSEP 7060 – Exercise Physiology Laboratory Methods - 3 credits
- HSEP 6050 – Applied Resistance Training for Specific Populations - 3 credits

HSEP 4160 – Exercise Psychology - 3 credits

HSEP 4050 – Applied Resistance Training for Specific Populations - 3 credits

Courses Taught as Lead Instructor at Valdosta State University:

HSEP 7400 – Exercise Physiology Seminar: Energy Balance - 3 credits (1 semester)

HSEP 7160 – Exercise Psychology - 3 credits (1 semester)

HSEP 7060 – Exercise Physiology Laboratory Methods - 3 credits (1 semester)

HSEP 6050 – Applied Resistance Training for Specific Populations - 3 credits (1 semester)

HSEP 4160 – Exercise Psychology - 3 credits (1 semester)

HSEP 4050 – Applied Resistance Training for Specific Populations - 3 credits (1 semester)

HSEP 3650 – Resistance Training Program Development - 3 credits (3 semesters)

Courses Taught as Lead Instructor/Supervisor at University of South Carolina:

EXSC 798 – Graduate Project - 3 credits (1 semester)

EXSC 790 – Graduate Independent Study - 1 credit (1 semester)

EXSC 742 – Clinical Exercise Testing - 1 credit (1 semester)

EXSC 499 – Undergraduate Independent Study - 3 credits (2 semesters)

EXSC 444 – Undergraduate practicum - 6 credits (2 semesters)

Courses Taught as Laboratory Instructor at University of South Carolina:

EXSC 743 – Laboratory Measurements for Exercise Testing - 1 credit (2 semesters)

EXSC 541 – Physiological Basis of Strength and Conditioning - 3 credits (1 semester)

EXSC 531L – Clinical Exercise Physiology - 1 credit (1 semester)

EXSC 530L – Physiology of Muscular Activity - 1 credit (4 semesters)

EXSC 341A – Health Fitness Practicum - 3 credits (4 semesters)

Courses Taught as Laboratory Assistant at University of South Carolina Aiken:

AEXS 423L – Clinical Exercise Testing - 1 credit (1 semester)

Invited Guest Lectures at University of South Carolina:

EXSC 743 – Laboratory Measurements for Exercise Testing

Topic: Respiratory Gas Exchange at Rest and During Exercise (Spring 2018)

EXSC 666 – Cardiorespiratory Exercise Physiology

Topic: The Effects of Aging on Cardiorespiratory Function (Fall 2016, Fall 2017)

EXSC 555 – Measurement of Physical Activity

Topic: Energy Expenditure Measurement Techniques (Spring 2018)

EXSC 541 – Physiological Basis for Strength and Conditioning

Topics: Youth Strength and Conditioning (Spring 2014), Bodybuilding and Powerlifting (Spring 2014, Fall 2014, Spring 2015), Ergogenic Aids (Fall 2014)

EXSC 531 – Clinical Exercise Physiology

Topic: Musculoskeletal Fitness Testing (Spring 2016)

EXSC 530 – Physiology of Muscular Activity

Topics: Cardiorespiratory System and Its Regulation (Summer 2015, Fall 2016, Spring 2017, Summer 2017), Ergogenic Aids (Fall 2016, Spring 2017, Summer 2017, Fall 2017)

EXSC 341A – Health Fitness Practicum

Topic: Health Related Physical Fitness Testing (Spring 2014, Summer 2014, Fall 2014, Spring 2015)

GRANTS

Swain Family School of Science and Mathematics Faculty Development and Presentation Grant (2023)

Funding Agency: Office of The Dean, Swain Family School of Science and Mathematics, The Citadel

Amount: \$1,000 (funded)

Summer Undergraduate Research Experience Mentor Grant (2022)

Funding Agency: Undergraduate Research Office, The Citadel

Amount: \$1,000 (funded)

Swain Family School of Science and Mathematics Faculty Development and Presentation Grant (2022)

Funding Agency: Office of The Dean, Swain Family School of Science and Mathematics, The Citadel

Amount: \$2,000 (funded)

Citadel Center for Performance, Readiness, Resiliency, and Recovery Research Fellowship (2020)

Funding Agency: Center for Performance, Readiness, Resiliency, and Recovery, The Citadel

Amount: \$1,000 (funded)

Citadel Swain Family School of Science and Mathematics Travel Grant (2020)

Funding Agency: Office of The Dean, Swain Family School of Science and Mathematics, The Citadel

Amount: \$646 (funded)

Citadel Center for Performance, Readiness, Resiliency, and Recovery Research Fellowship (2019)

Funding Agency: Center for Performance, Readiness, Resiliency, and Recovery, The Citadel

Amount: \$2,500 (accepted - not funded)

Faculty Scholarship Grant (2019)

Funding Agency: Valdosta State University, Office of Faculty Scholarship

Amount: \$1,992.55 (accepted - not funded)

First Year Faculty Resources Grant (2018)

Funding Agency: Valdosta State University, Office of the Provost

Amount: \$3,000 (funded)

Dean's Student Travel Grant (2017)

Funding Agency: Arnold School of Public Health, University of South Carolina

Amount: \$200 (funded)

Graduate Student Travel Grant (2) (2017)

Funding Agency: Department of Exercise Science, University of South Carolina

Amount: \$400 (funded)

Energy Expenditure Variability by Exercise Type (2016 - 2017)

Principal Investigators: Mark Sarzynski, PhD and Clemens Drenowatz, PhD

Funding Agency: University of South Carolina Office of the Vice President, ASPIRE I (Advanced Support for Innovative Research Excellence), Grant # E340

Role: Study Coordinator

Amount: \$14,999 (funded)

HONORS & AWARDS

174th Engineer Company Soldier of the Year (2022)

174th Engineer Company, 117th Engineer Brigade, South Carolina Army National Guard, US Army

35th Engineer Battalion Trail Blazer Award (2021)

35th Engineer Battalion, 1st Engineer Brigade, US Army

Department of Exercise Science Outstanding Doctoral Student Award (2018)

Department of Exercise Science, University of South Carolina

Norman J. Arnold School of Public Health Doctoral Fellowship Award (2017)

Funding Agency: Arnold School of Public Health, University of South Carolina

Amount: \$10,000

SCHOLARSHIP

***Note: underlined names represent undergraduate students under my mentorship, and double underlined names represent graduate students under my mentorship.**

Manuscripts: Published (Peer-reviewed journals)

Hand AF, Hong S, Pfeifer CE, Stodden DF, Haugen K, Terlizzi B, Abrams C, Yee K, Spaulding D, Dubina ME, Bellon CR, **Grieve GL**, Sole CJ, Sacko RS. The functional movement screen and self-reported injury in senior military college cadets. *Military Medicine*, 2023; usad285, <https://doi.org/10.1093/milmed/usad285>

Bornstein DB, Sacko RS, Prince Nelson SL, **Grieve GL**, Beets MW, Forrest LJ, Hauret KG, Whitsel LP, Jones BH. A state-by-state and regional analysis of the direct medical costs of treating musculoskeletal injuries among US Army trainees. *Progress in Cardiovascular Diseases*. 2022. Epub ahead of print. <https://doi.org/10.1016/j.pcad.2022.10.008>.

Bornstein DB, **Grieve GL**, Clennin MN, McLain AC, Whitsel LP, Beets MW, Hauret KG, Jones BH, Sarzynski MA. Which U.S. states pose the greatest threats to military readiness and public health? Public health policy implications for a cross-sectional investigation of cardiorespiratory fitness and injuries among U.S. Army recruits. *Journal of Public Health Management and Practice*. 2019; 25(1):36-44. doi: 10.1097/PHH.0000000000000778 PMID: 29319585

Drenowatz C, Wirth MD, **Grieve GL**. Short-term and chronic effects of aerobic and resistance exercise on sleep in young men. *Journal of Preventive Medicine and Care*. 2017; 1(4):15-25. doi:10.14302/issn.2474-3585.jpmmc-17-1506.

Drenowatz C, **Grieve GL**, DeMello MM. Change in energy expenditure and physical activity in response to aerobic and resistance exercise programs. *SpringerPlus*. 2015; 4(1):798. doi: 10.1186/s40064-015-1594-2. PMID: 26702387.

Manuscripts: In Submission

Grieve GL, Durstine JL, Davis JM, Geraci M, Wang X, Ritchey JS, Drenowatz C, Sarzynski MA. The effects of resistance and aerobic exercise on post-exercise energy expenditure. Target Journal: *Journal of Strength and Conditioning Research*.

Manuscripts: In Preparation

Grieve GL, Reid RJ, Stem DH, Sole CJ, Bellon C, Yee KE, Sacko R. The Validation of a weighted aerobic run for improving tactical readiness (V-WARFITR). Target Journal: *TSAC Report*

Grieve GL, Miller DS, Reid RJ, Bellon C. A proposed model of training design/long term development for potential Combat Arms/Special Operations warfighters. Target Journal: *TSAC Report*

Book Chapters

Ruiz-Ramie JJ, Sarzynski MA, **Grieve GL**. Chapter: Physical activity and chronic disease. In Bornstein DB, Eyster A, Maddock JE, and Moore JB (Eds): Physical activity and public health practice. Springer Publishing, New York, NY. ISBN: 978-0-8261-3458-5

Published Abstracts/Refereed Presentations at Conferences

Knight BE, Groce DW, James SC, Yee KE, Sole CJ, Bellon CR, Sacko RS, Bott TS, **Grieve GL**. The importance of habitual physical activity prior to US Army basic combat training and the development of a periodized physical activity program. Poster presentation at the 2023 The Citadel Academic Excellence Day in Charleston, SC. (*Awarded 1st Place for Veteran/Active Duty Presentation out of 77 entries*)

James SC, Knight BE, Groce DW, **Grieve GL**. The impact of muscle memory on combat arms and special operations forces performance and the implementation of a periodized pre-training/selection program. Poster presentation at the 2023 The Citadel Academic Excellence Day in Charleston, SC.

Stem DH, Khoury A, McDowell M, Reid RJ, Yee KE, **Grieve GL**. The practical application of a parsimonious cardiorespiratory fitness test for military servicemembers. Poster presentation at the 2023 The Citadel Academic Excellence Day in Charleston, SC. (*The Citadel Gold Star Journal Distinction in Research Award*)

Groce DW, Knight BE, James SC, Yee KE, Sole CJ, Bellon CR, Sacko RS, Bott TS, **Grieve GL**. The importance of habitual physical activity prior to US Army basic combat training and the development of a periodized physical activity program. Poster presentation at the 2023 NSCA SC State Clinic in Columbia, SC.

Stem DH, Khoury A, McDowell M, Reid RJ, Yee KE, **Grieve GL**. The practical application of a parsimonious cardiorespiratory fitness test for military servicemembers. Poster presentation at the 2023 NSCA SC State Clinic in Columbia, SC.

Stem DH, Khoury A, McDowell M, Yee KE, **Grieve GL**. The relationship between measured VO₂ during a novel aerobic field test and VO₂max. Poster presentation at the 2023 Southeast ACSM Regional Meeting in Greenville, SC.

Sole CJ, Leone G, Sacko RS, Yee KE, **Grieve GL**, Bellon C. Effect of law enforcement load-bearing equipment on physical and job-specific task performance. Poster presentation at the 2023 Southeast ACSM Regional Meeting in Greenville, SC.

Stem DH, Khoury A, McDowell M, Yee KE, **Grieve GL**. The development of a novel equation for predicting cardiorespiratory fitness in US military service members. Poster presentation at Wofford College 2022 SoCon Undergrad Research Conference in Spartanburg, SC.

Stem DH, Khoury A, McDowell M, Yee KE, **Grieve GL**. The development of a novel equation for predicting cardiorespiratory fitness in US military service members. Poster presentation at The Citadel 2022 SURE Program in Charleston, SC.

Bott TS, Sole CJ, Reid RJ, Miller DS, Jennings JP, Chapman A, Bellon C, Sacko RS, **Grieve GL**. Harnessing muscle memory to maximize performance outcomes in combat arms and special operations. Poster presentation at the 2022 NSCA South Carolina State Clinic in Charleston, SC.

Bellon C, Sole CJ, Yee KE, Sacko RS, Bott TS, **Grieve GL**. The effects of a periodized training intervention on muscular power, maximal strength, and aerobic endurance in AROTC cadets. Poster presentation at the 2022 NSCA South Carolina State Clinic in Charleston, SC.

Grieve GL, Reid RJ, Sole CJ, Bellon C, Yee KE, Sacko R. The development of a novel aerobic field test for tactical athletes. Poster presentation at the 2022 NSCA South Carolina State Clinic in Charleston, SC.

Sole CJ, Leone G, Sacko RS, Yee KE, **Grieve GL**, Bellon CB. Comparison of law enforcement load bearing equipment on physical performance. Poster presentation at the 2022 NSCA South Carolina State Clinic in Charleston, SC.

Grieve GL, Reid RJ, Sole CJ, Bellon C, Yee KE, Sacko R. The Validation of a weighted aerobic run for improving tactical readiness (V-WARFITR). Poster presentation at the 2022 National ACSM Annual Meeting in San Diego, CA.

Grieve GL, Reid RJ, Sole CJ, Bellon C, Yee KE, Sacko R. The Validation of a weighted aerobic run for improving tactical readiness (V-WARFITR). Poster presentation at the 2022 Southeast ACSM Regional Meeting in Greenville, SC.

Yee KE, Moore JB, **Grieve GL**, Hucks K, Bornstein DB. Assessing value of physical training for tactical athletes. Poster presentation at the 2020 ACSM Annual Meeting - virtual. *Medicine & Science in Sports & Exercise*. 52(7S):375, July 2020. doi: 10.1249/01.mss.0000677884.81550.d9

Grieve GL, Bornstein DB, Yee KE, Hucks K, Moore JB. Development and testing of an objective instrument for assessing military physical training. Thematic poster presentation at the 2020 Southeast ACSM Regional Meeting in Jacksonville, FL.

Grieve GL, Davis JM, Durstine JL, Geraci M, Wang X, Ritchey JS, Drenowatz C, Sarzynski MA. Reductions in energy expenditure after aerobic and resistance exercise in resistance-trained males. Oral presentation at the 2019 ACSM Annual Meeting in Orlando, FL. *Medicine & Science in Sports & Exercise*. 51(5S), May 2019.

Bornstein DB, Overton A, **Grieve GL**, Sole CJ, Duke C, Hucks K, Rodgers I, Boucher D. Efficacy of physical training among military cadets: Results from a group, non-randomized control trial. Poster presentation at the 2018 Southeast ACSM Regional Meeting in Chattanooga, TN.

Bornstein DB, **Grieve GL**, Clennin MN, McLain AC, Hauret KG, Jones BH, Whitsel L, Sarzynski MA. Public health implications for an investigation of state-level associations between cardiorespiratory fitness and BMI with training-related injuries among US Army Recruits. Oral presentation at the 2017 American Public Health Association conference in Atlanta, GA.

Grieve GL, Clennin MN, McLain AC, Beets MW, Hauret KG, Jones BH, Sarzynski MA, Bornstein DB. Distribution of cardiorespiratory fitness levels of US Army Recruits from 2010-2013 by state. Poster presentation at the 2017 ACSM Annual Meeting in Denver, CO. *Medicine & Science in Sports & Exercise*. 49(5S):92-93, May 2017.

Grieve GL, Sarzynski MA, McFaddin TJ, Dopp AJ, Netto AL, Ritchey JS, Drenowatz C. The effects of exercise mode and intensity on exercise energy expenditure and EPOC. Poster presentation at the 2017 Southeast ACSM Regional Meeting Scientific Sessions in Greenville, SC.

Grieve GL, Drenowatz C. The association between exercise and habitual physical activity and energy expenditure. Poster presentation at the 2016 Southeast ACSM Regional Meeting Scientific Sessions in Greenville, SC.

DeMello MM, Drenowatz C, **Grieve GL**, Ross LM, Blair SN. Energy balance: The science of healthier living. Poster presentation at the 2016 Arnold School of Public Health 40th Anniversary Poster Session in Columbia, SC.

Invited Presentations

Bellon CR, **Grieve GL** (2023). Periodization: Bridging the gap between strength and conditioning coaches and athletic trainers. SCATA Annual Symposium, Columbia Metropolitan Convention Center, Columbia, SC.

Grieve GL (2019). Resistance training is medicine too. Center for Exercise Medicine and Rehabilitation, Exercise is Medicine Symposium, Valdosta State University, Valdosta, GA.

Kasper MJ, **Grieve GL**, Noviello JK (2019). Exercise is medicine: Health benefits of resistance training. Regional Center for Continuing Education, Learning in Retirement, Valdosta State University, Valdosta, GA.

Grieve GL (2018). The effects of exercise mode and intensity on energy expenditure during and after exercise in resistance-trained males. Department of Biology Science Seminar Series, Valdosta State University, Valdosta, GA.

Grieve GL (2018). The men who gave it all: The participants of the EEVET study. Department of Exercise Science Research Seminar Series, University of South Carolina. Columbia, SC.

Sellner JE, **Grieve GL** (2013). Following through with New Year's resolutions: Maintaining healthy eating and exercise habits. Lunch and Learn Series, Savannah River Nuclear Solutions, Aiken, SC.

SERVICE

Departmental Service

Tenure and Promotion Document Review Committee (January 2023 - April 2023)

Served as member on committee to review and revise the existing departmental tenure and promotion standards. Department of Health and Human Performance, Swain Family School of Science and Mathematics, The Citadel.

New Faculty Search Committee (January 2022 - March 2022)

Served as member on tenure-track faculty search committee for Assistant/Associate Professor in Sport Management in the Department of Health and Human Performance, Swain Family School of Science and Mathematics, The Citadel.

New Faculty Search Committee (November 2021 - January 2022)

Served as member on tenure-track faculty search committee for Assistant Professor in Sport Management in the Department of Health and Human Performance, Swain Family School of Science and Mathematics, The Citadel.

Undergraduate Program Coordinator (January 2021 - May 2024)

Serve as Program Coordinator for the Undergraduate Strength and Conditioning Program in the Department of Health and Human Performance, Swain Family School of Science and Mathematics, The Citadel.

Academic Grievance Committee (November 2019 - May 2024)

Serve as member on Academic Grievance Committee in the Department of Health and Human Performance, Swain Family School of Science and Mathematics, The Citadel.

Director – Human Performance Laboratory (July 2018 - August 2019)

Responsible for maintenance and upgrades, organizing use of lab for teaching and research, and supervision of Graduate Assistant. Exercise Physiology Program, College of Nursing and Health Sciences, Valdosta State University.

Open House Coordinator (2018 - 2019)

Served as Human Performance Laboratory open house coordinator for prospective students, Exercise Physiology Program, School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University.

New Staff Search Committee (April 2019)

Served as member on search committee for Exercise Physiologist in the Center for Exercise Medicine and Rehabilitation, Exercise Physiology Program, School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University.

New Faculty Search Committee (March 2019)

Served as member on limited-term faculty search committee for lecturer in the Exercise Physiology Program, School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University.

Chair – New Faculty Search Committee (February 2019)

Served as chair of limited-term faculty search committee for lecturer in the Exercise Physiology Program, School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University.

New Faculty Search Committee (November 2018)

Served as member on limited-term faculty search committee for lecturer in the Exercise Physiology Program, School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University.

Exercise Physiology Curriculum Committee (July - September 2018)

Served as member on curriculum reform committee for Master of Science and Bachelor of Science degree programs, Exercise Physiology Program, School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University.

New Faculty Search Committee (July 2018)

Served as member on limited-term faculty search committee for lecturer in the Exercise Physiology Program, School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University.

College Service**Visiting Scholar – College of Sciences and Engineering** (September 2024 - present)

University of South Carolina Aiken

Faculty Advisor - USC Aiken Barbell Club (August 2024 - present)

Supervise and facilitate the student leaders to accomplish club objectives. Host bi-annual USC Aiken Powerlifting competition.

Judge – Academic Excellence Day (April 2023)

The Citadel.

Faculty Fellow – Center for Excellence and Innovation in Teaching, Learning, and Distance Education

(August 2022 - 2024)

The Citadel.

New Faculty Mentor – Center for Excellence and Innovation in Teaching, Learning, and Distance Education (August 2022 - 2024)

The Citadel.

Faculty Advisor - The Citadel Powerlifting Club (August 2022 - 2024)

Supervise and facilitate the student leaders to accomplish club objectives. The Citadel.

Member – Undergraduate Research Office Advisory Board Member (July 2022 - 2024)

The Citadel.

Member – Undergraduate Curriculum Committee (August 2022 - 2024)

The Citadel.

Member – Athletic Advisory Committee (August 2021 - May 2022)

The Citadel.

Faculty Advisor - The Citadel Bodybuilding Club (August 2020 - 2024)

Supervise and facilitate the student leaders to accomplish club objectives.

Faculty Advisor - Physical Fitness Training (August 2019 - 2024)

Develop and monitor individual periodized physical training programs for Citadel cadets, with majority under US Army, Air Force, Navy, and Marine Corps contracts. The Citadel.

Chair – Faculty Assembly (2019)

College of Nursing and Health Sciences, Valdosta State University.

University Service

- Committee Member for Scholastic Standings and Petitions Committee (2024 - Present)
- University of South Carolina SPARC Grant Reviewer (2025)
- Valdosta State University Running Club Faculty Sponsor (2019)
- Valdosta State University Graduate Faculty (2018 - 2019)
- Invited Panelist for University of South Carolina Center for Teaching Excellence TA orientation Workshop, University of South Carolina, Columbia, SC (2015 - 2018)
- Moderator for University of South Carolina Center for Teaching Excellence Oktoberfest Teaching Symposium, University of South Carolina, Columbia, SC (2015)

Community Service

- Bridge and Road Construction via SC Army National Guard, Ft. Pickett, VA (2022)
- Volunteer at Mevers School of Excellence, Charleston, SC (2019 - 2020)
- Invited speaker to teach health and fitness lessons to 3rd grade students at Conder Arts Integrated Magnet School, Columbia, SC (2018)
- Volunteer at Conder Arts Integrated Magnet School, Columbia, SC (2016 - 2018)
- Invited speaker to teach health and fitness lessons to 3rd grade students at St. Joseph Catholic School, Columbia, SC (2015)
- Volunteer at St. Joseph Catholic School, Columbia, SC (2014 - 2016)

Professional Service

- Research Session Chair at 2025 Southeast American College of Sports Medicine Annual Meeting, Greenville, SC (21 February 2025).
- Quiz Bowl table judge at 2025 Southeast American College of Sports Medicine Annual Meeting, Greenville, SC (21 February 2025).
- Peer Reviewer for Ergonomics (2024).
- Tutorial Session Chair at 2023 Southeast American College of Sports Medicine Annual Meeting, Greenville, SC (25 February 2023).
- Research Session Chair at 2023 Southeast American College of Sports Medicine Annual Meeting, Greenville, SC (25 February 2023).
- Abstract reviewer for 2023 Southeast American College of Sports Medicine Annual Meeting.
- Abstract reviewer for 2022 Southeast American College of Sports Medicine Annual Meeting.
- Abstract reviewer for 2021 Southeast American College of Sports Medicine Annual Meeting.
- Ad hoc manuscript reviewer for Journal of Sports Science and Medicine (2020).
- Quiz Bowl table judge at 2020 Southeast American College of Sports Medicine Annual Meeting, Jacksonville, FL (14 February 2020)
- Quiz Bowl table judge at 2019 Southeast American College of Sports Medicine Annual Meeting, Greenville, SC (15 February 2019)
- Co-chair with Mark Sarzynski, PhD for a Free Communication/Slide Session titled “Cardiovascular Assessment and Training Responses” at National American College of Sports Medicine Annual Meeting, Denver, CO (2 June 2017)
- Diabetes Advisory Council of South Carolina committee member (2017 - 2018)
- Ad hoc manuscript reviewer for Sports Medicine – Open (2018).

MENTORSHIP

Director – The Citadel BEAST Lab (November 2020 - May 2024)

Building Efficient Applications of Strength Training (BEAST) Lab. Engage undergraduate and graduate students in research related to Tactical Strength and Conditioning. Hold journal club meetings to discuss relevant recent research. Department of Health and Human Performance, Swain Family School of Science and Mathematics, The Citadel.

Director – Valdosta State BEAST Lab (July 2018 - August 2019)

Valdosta State Blazers researching the Energy balance of Aerobic and Strength Training Lab.

Organized, coordinated, and led bi-weekly lab training, journal club, and college-wide group exercise. Exercise Physiology Program, College of Nursing and Health Sciences, Valdosta State University.

Director – Journal Club (2016 - 2017)

Spearheaded formation of journal club discussing relevant literature with graduate and undergraduate students involved in EEVET study. Organized, coordinated, and led bi-weekly meetings. Department of Exercise Science, Arnold School of Public Health, University of South Carolina.

Faculty at The Citadel

New Faculty Mentor

2020 - 2022 – Served as new faculty mentor for two newly hired tenure-track faculty members.

Students within School of Science and Mathematics at The Citadel

Master of Science in Exercise Science

Research Mentor:

2020 - 2022 – Served as thesis committee member, research mentor for three MS Health and Human Performance Students

Bachelor of Science in Exercise Science

Research Mentor:

2020 - 2023 – Served as research mentor for seven BS Strength and Conditioning and BS Health and Human Performance Students

Students within School of Health Sciences at Valdosta State University

Master of Science in Exercise Physiology

Research Mentor:

2018 - 2019 – Served as thesis committee member, research mentor for four MS Exercise Physiology Students

Bachelor of Science in Exercise Physiology

Research Mentor:

2018 - 2019 – Served as research mentor for two BS Exercise Physiology Students

Students within Department of Exercise Science at University of South Carolina

Doctor of Philosophy

Research Mentor:

2017 - 2018 – Served as clinical supervisor and research mentor for one PhD Exercise Science Student

Master of Science / Master of Public Health**Graduate Project/Independent Study Project Supervisor:**

2015 - 2018 – Served as independent study supervisor, thesis committee member, research mentor for four MS Exercise Science Students

Bachelor of Science**Independent Study Project Supervisor:**

2014 - 2017 – Served as undergraduate independent study supervisor, undergraduate practicum supervisor, and research mentor for nine BS Exercise Science Students

PROFESSIONAL MEMBERSHIPS

- Member, US Army Engineer Association (2021 - present)
- Member, National Strength and Conditioning Association (2017 - present)
- Member, American College of Sports Medicine (2015 - present)
- Member, Southeast American College of Sports Medicine (2015 - present)
- Committee Member, Diabetes Advisory Council of South Carolina (2017 - 2018)

CERTIFICATIONS

- 12B Combat Engineer, US Army (2021 - present)
- Tactical Combat Casualty Care, US Army (2021 - present)
- Certified Strength and Conditioning Specialist, National Strength and Conditioning Association (2020 - present)
- Preparing Future Faculty credential (2018 - present)
- Bloodborne Pathogen Safety, Valdosta State University (2018 - 2020)
- Georgia X-ray Safety (2018 - 2020)
- South Carolina Radiation Quality Standards Association Bone Densitometry Operator (2017 - 2019)
- GE Healthcare enCORE Lunar Prodigy DXA Operator (2017 - 2019)
- Bayer ICON Medical Imaging (2017 - 2019)
- University of South Carolina Biosafety Level 2, Bloodborne Pathogens (2016 - 2018)
- CITI Social and Behavioral Researcher for Human Subjects (2014 - present)
- Certified Fitness Trainer, International Sports Sciences Association (2008 - 2013)
- American Heart Association, Basic Life Support (2007 - present)

PROFESSIONAL DEVELOPMENT

- Advisor Academy – Callen Center for Engaged Teaching & Learning, USC Aiken (August 2024 – Present)
- Master Teachers Series – Callen Center for Engaged Teaching & Learning, USC Aiken (August 2024 – Present)
- Faculty Online Academy – Center for Excellence and Innovation in Teaching, Learning, and Distance Education, The Citadel (October – November 2019)
- Monday Morning Mentors Workshops – Center for Excellence and Innovation in Teaching, Learning, and Distance Education, The Citadel (August 2019 – present)
- The Healing Power of Meditation Workshop – Citadel Clinical Counseling Alumni Association and Dept. of Psychology, The Citadel (15 November 2019)

SKILLS

- Phlebotomy – performed over 600 successful blood draws
- DXA operation – bone densitometry and body composition
- ArcGIS (ArcMap and ArcGIS Pro)
- SAS, R, SPSS, Microsoft Office

MEDIA APPEARANCES

- Valdosta State University News 12 March 2019 - VSU Presents Exercise is Medicine Symposium April 6. <https://www.valdosta.edu/about/news/releases/2019/03/vsu-presents-exercise-is-medicine-symposium-april-6.php>, <http://valdostatoday.com/wp-content/uploads/Exercise-is-Medicine-Symposium-Brochure-2019.pdf>
- Valdosta Daily Times 21 September 2018 - Getting Physical: VSU expands exercise physiology program. http://www.valdostadailytimes.com/news/local_news/getting-physical-vsu-expands-exercise-physiology-program/article_08314cac-43ad-5d5c-a0c3-55c6d48b9952.html
- Valdosta Daily Times 8 August 2018 - Exercise physiology earns reaccreditation. http://www.valdostadailytimes.com/news/local_news/exercise-physiology-earns-reaccreditation/article_2001d235-8bd3-5357-817d-dfa2cd30cd35.html
- WALB News 13 July 2018 - Valdosta State University – Exercise physiology program’s Center for Exercise Medicine and Rehabilitation
- Arnold School of Public Health News 18 May 2018 - Doctoral graduate completes third UofSC degree to secure tenure-track position with Valdosta State University. https://www.sc.edu/study/colleges_schools/public_health/about/news/2018/maygrad_grieve.php#.W6UaVehKhaQ