

## FACULTY VITA

### 1. PERSONAL INFORMATION

Jakob Langberg Vingren (Last updated Oct. 2011)  
 Assistant Professor, Department of Kinesiology, Health Promotion and Recreation  
 Office: Physical Education Building 210-C  
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 1155 Union Circle #310769  
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### 2. AREA OF EXPERTISE

- Exercise Science
- Exercise physiology (Biology of exercise)
- Biomechanics
- Exercise prescription, testing, and implementation
- Exercise biochemistry

### 3. EDUCATION

Year	Degree	Major	Institution
2000 - 2002	B.S.	Kinesiology	University of North Texas, Denton, TX
2002 - 2004	M.S.	Kinesiology	University of North Texas, Denton, TX
2004 - 2008	Ph.D.	Kinesiology - Exercise Science	University of Connecticut, Storrs, CT

#### Professional experiences:

Begin-End Year	Place of Employment	Rank / Job Title
2009 - present	Department of Biological Sciences University of North Texas, Denton, TX	Adjunct Professor
2008 - present	Department of Kinesiology, Health Promotion and Recreation University of North Texas, Denton, TX	Assistant Professor
2004 - 2008	Human Performance Laboratory Department of Kinesiology University of Connecticut, Storrs, CT	Doctoral Research Fellow

#### 4. SCHOLARLY PUBLICATION RECORD

**Data-based or Theoretical refereed papers (\*denotes paper on which UNT students are authors/coauthors) (39 total; all impact factors quoted are for 2009):**

Lee, E. C., Watson, G. N., Casa, D. J., Armstrong, L. E., Kraemer, W. J., Vingren, J. L., Spiering, B. A., & Maresh, C. M. (in press) Interleukin-6 responses to water immersion therapy following acute exercise-heat stress. *Journal of Athletic Training*

Hill, D. W., Vingren, J. L., Nakamura, F., & Kokobun, E. (in press). Maximal accumulated oxygen deficit in running and cycling. *Applied Physiology, Nutrition, and Metabolism*

Comstock, B. A., Solomon-Hill, G., Flanagan, S. D., Earp, J. E., Luk, H. Y., Dobbins, K. A., Dunn-Lewis, C., Fragala, M. S., Ho, J. Y., Hatfield, D. L., Vingren, J. L., Denegar, C. R., Volek, J. S., Kupchak, B. R., Maresh, C. M., & Kraemer, W. J. (2011). Validity of the Myotest® in Measuring Force and Power Production in the Squat and Bench Press. *Journal of Strength and Conditioning Research*, 25(8), 2293-2297.

\*Vingren, J. L., Buddhadev, H. H., & Hill, D. W. (2011). Smith machine counter-balance system affects measures of maximal bench press throw performance. *Journal of Strength and Conditioning Research*, 25(7), 1951-6.

Hill, D. W., Vingren, J. L., Nakamura, F., & Kokobun, E. (2011). Relationship between velocity and time in running. *International Journal of Sports Medicine*, 32(7):519-22

Vingren, J. L., Kraemer, W. J., Ratamess, N. A., Anderson, J. M., Volek, J. S., & Maresh, C. M. (2010). Testosterone Physiology in Resistance Exercise and Training – The Up-Stream Regulatory Elements. *Sports Medicine*, 40(12), 1037-53 (impact factor: 3.118)

Ruiz, J. R, Fleck, S. J, Vingren, J. L, Ramirez, M., Madero, L., Fragala, M. S., Kraemer, & W., Lucia, A. (2010). Preliminary Findings of a 4-Month Intrahospital Exercise Training Intervention on IGFs and IGF-BPs in Children with Leukemia. *Journal of Strength and Conditioning Research*, 24(5), 1292-7 (impact factor: 1.457)

Caruso, J. F., Coday, M. A., Monda, J. K., Ramey, E. S., Hastings, L. P., Vingren, J. L., Potter, W. T., Kraemer, W. J., & Wickel, E. E. (2010). Blood lactate and hormonal responses to prototype flywheel ergometer workouts. *Journal of Strength and Conditioning Research*, 24(3), 749-56. (impact factor: 1.457)

Bower, M. E., Kraemer, W. J., Potteiger, J. A., Volek, J. S., Hatfield, D. A., Vingren, J. L., Spiering, B. A., Fragala, M. S., Ho, J. Y., Thomas, G. A., Earp, J. E., Hakkinen, K., & Maresh, C. M. (2010). Relationship Between Off-Ice Testing Variables and On-Ice Speed in Women's Collegiate Synchronized Figure Skaters: Implications for Training. *Journal of Strength and Conditioning Research*, 24(3), 831-9 (impact factor: 1.457)

Migiano, M. J., Vingren, J. L., Volek, J. S., Maresh, C. M., Fragala, M. S., Ho, J. Y., Thomas, G. A., Hatfield, D. L., Hakkinen, K., Ahtiainen, J., Earp, J. E., & Kraemer, W. J. (2010). Endocrine Response Patterns to Acute Unilateral and Bilateral Resistance Exercise in Men. *Journal of Strength and Conditioning Research*, 24(1), 128-34. (impact factor: 1.457)

Vingren, J. L., Kraemer, W. J., Hatfield, D. L., Volek, J. S., Ratamess, N. A., Anderson, J. M., Hakkinen, K., Ahtiainen, J., Fragala, M. S., Thomas, G. A., Ho, J. Y., & Maresh, C. M. (2009).

Effect of resistance exercise on muscle steroid receptor protein content in strength trained men and women. *Steroids*, 74(13-14), 1033-9. (impact factor: 2.905)

McCullough, A. S., Kraemer, W. J., Volek, J. S., Solomon-Hill, G. F. Jr., Hatfield, D. L., Vingren, J. L., Ho, J. Y., Fragala, M. S., Thomas, G. A., Hakkinen, K., & Maresh, C. M. (2009). Factors affecting flutter kicking speed in women who are competitive and recreational swimmers. *Journal of Strength and Conditioning Research*, 23(7), 2130-6. (impact factor: 1.457)

Kraemer, W. J., Hatfield, D. L., Volek, J. S., Fragala, M. S., Vingren, J. L., Anderson, J. M., Spiering, B. A., Thomas, G. A., Ho, J. Y., Quann, E. E., Izquierdo, M., Hakkinen, K., & Haresh, C. M. (2009). Effects of Amino Acids Supplement on Physiological Adaptations to Resistance Training. *Medicine and Science in Sports and Exercise*, 41(5), 1111-21. (impact factor: 3.707)

Kraemer, W. J., Vingren, J. L., Schuenke, M. D., Kopchick, J. J., Hikida, R. S., Fragala, M. S., Hakkinen, K., Ho, J. Y., Thomas, G. A., & Staron, R. S. (2009). Effect of circulating growth hormone on muscle IGF-I protein concentration in female mice with growth hormone receptor gene disruption. *Growth Hormone and IGF Research*, 19(3), 242-244. (impact factor: 2.352)

Spiering, B. A., Kraemer, W. J., Vingren, J. L., Ratamess, N. A., Anderson, J. M., Armstrong, L. E., Nindl, B., Volek, J. S., Hakkinen, K., & Maresh, C. M. (2009). Importance of elevated circulating hormones on resistance exercise-induced androgen receptor modulation. *Journal of Steroid Biochemistry and Molecular Biology*, 114, 195-199. (impact factor: 2.655)

Fragala, M. S., Kraemer, W. J., Volek, J. S., Maresh, C. M., Puglisi, M. J., Vingren, J. L., Ho, J. Y., Hatfield, D. L., Spiering, B. A., Forsythe, C. E., Thomas, G. A., Quann, E. E., Anderson, J. M., & Hesslink, R. (2009). Influences of a dietary supplement in combination with an exercise and diet regimen on adipocytokines and adiposity in women who are overweight. *European Journal of Applied Physiology*, 105(5), 665-672. (impact factor: 2.047)

Kraemer, W. J., Spiering, B. A., Volek, J. S., Martin, G. J., Howard, R. L., Ratamess, N. A., Hatfield, D. L., Vingren, J. L., Ho, J. Y., Fragala, M. S., Thomas, G. A., French, D. N., Anderson, J. M., Hakkinen, K., & Maresh, C. M. (2009). Recovery from a National Collegiate Athletic Association Division I Football Game: Muscle Damage and Hormonal Status. *Journal of Strength and Conditioning Research*, 23(1), 2-10. (impact factor: 1.457)

Vingren, J. L., Kraemer, W. J., Hatfield, D. L., Anderson, J. M., Volek, J. S., Ratamess, N. A., Thomas, G. A., Ho, J. Y., Fragala, M. S., & Maresh, C. M. (2008). Effect of resistance exercise on muscle steroidogenesis. *Journal of Applied Physiology*, 105(6), 1754-1760. (impact factor: 3.732)

Volek, J. S., Judelson, D. A., Silvestre, R., Yamamoto, L. M., Spiering, B. A., Hatfield, D. L., Vingren, J. L., Quann, E. E., Anderson, J. M., Maresh, C. M., & Kraemer, W. J. (2008). Effects of carnitine supplementation on flow-mediated dilation and vascular inflammatory responses to a high-fat meal in healthy young adults. *Journal of the American College of Cardiology*, 102(10), 1413-1417. (impact factor: 12.640)

Spiering, B. A., Kraemer, W. J., Hatfield, D. L., Vingren, J. L., Fragala, M. S., Ho, J. Y., Thomas, G. A., Hakkinen, K., & Volek, J. S. (2008). Effects of L-carnitine L-tartrate supplementation on muscle oxygenation responses to resistance exercise. *Journal of Strength and Conditioning Research*, 22(4), 1130-1135. (impact factor: 1.457)

Torres, E. M., Vingren, J. L., Volek, J. S., Maresh, C. M., Hatfield, D. L., Ho, J. Y., Fragala, M. S., Thomas, G. A., Hakkinen, K., & Kraemer, W. J. (2008). The effects of stretching on upper-body muscular performance. *Journal of Strength and Conditioning Research*, 22(4), 1279-1285. (impact factor: 1.457)

Spiering, B. A., Kraemer, W. J., Anderson, J. M., Armstrong, L. E., Nindl, B., Volek, J. S., Judelson, D. A., Joseph, M., Vingren, J. L., Hatfield, D. L., Fragala, M. S., Ho, J. Y., & Maresh, C. M. (2008). Effects of elevated circulating hormones on resistance exercise-induced Akt signaling. *Medicine and Science in Sports and Exercise*, 40(6), 1039-1048. (impact factor: 3.707)

Kraemer, W. J., Nindl, B. C., Volek, J. S., Marx, J. O., Gotshalk, L. A., Bush, J. A., Welsch, J. R., Vingren, J. L., Spiering, B. A., Fragala, M. S., Hatfield, D. L., Ho, J. Y., Maresh, C. M., Mastro, A. M., & Hymer, W. C. (2008). Influence of oral contraceptive uses on growth hormone isoform responses to resistance exercises. *Growth Hormone and IGF Research*, 18(3), 238-44. (impact factor: 2.352)

Kraemer, W. J., Fragala, M. S., Watson, G. N., Volek, J. S., Stuempfle, K. J., Lehmann, D. R., Bailey, S. N., Hughes, S. L., Rubin, M. R., French, D. N., Maresh, C. M., Vingren, J. L., Hatfield, D. L., Spiering, B. A., Ho, J. Y., Evans, D. S., & Case, H. S. (2008). Hormonal responses to a 160 Km race across frozen Alaska. *British Journal of Sports Medicine*, 42(2), 116-20. (impact factor: 2.547)

Silvestre, R., Kraemer, W. J., Quann, E. E., Seip, R. L., Maresh, C. M., Vingren, J. L., Hatfield, D. L., & Volek, J. S. (2008). Effects of exercise at different times on postprandial lipemia and endothelial function. *Medicine and Science in Sports and Exercise*, 40(2), 116-274. (impact factor: 3.707)

Gotshalk, L. A., Kraemer, W. J., Mendonca, M. A. G., Vingren, J. L., Kenny, A. M., Spiering, B. A., & Volek, J. S. (2008). Creatine supplementation improves muscular performance in older women. *European Journal of Applied Physiology*, 102(2), 264-231. (impact factor: 2.047)

Kraemer, W. J., Hatfield, D. L., Spiering, B. A., Vingren, J. L., Fragala, M. S., Ho, J. Y., Volek, J. S., Anderson, J. M., & Maresh, C. M. (2007). Effects of a multi-nutrient supplementation on exercise performance and hormonal responses to resistance exercise. *European Journal of Applied Physiology*, 101(5), 637-646. (impact factor: 2.047)

Kraemer, W. J., Vingren, J. L., Silvestre, R., Spiering, B. A., Hatfield, D. L., Ho, J. Y., Fragala, M. S., Maresh, C. M., & Volek, J. S. (2007). Effect of adding exercise to a diet containing glucomannan. *Metabolism- Clinical and Experimental*, 56(8), 1149-1158. (impact factor: 2.588)

Spiering, B. A., Kraemer, W. J., Vingren, J. L., Hatfield, D. L., Fragala, M. S., Ho, J. Y., & Volek, J. S. (2007). Responses of criterion variables to different supplemental doses of L-carnitine L-tartrate. *Journal of Strength and Conditioning Research*, 21(1), 259-64. (impact factor: 1.457)

Shimano, T., Kraemer, W. J., Spiering, B. A., Volek, J. S., Hatfield, D. L., Silvestre, R., Vingren, J. L., Fragala, M. S., Hakkinen, K., Newton, R. U., & Fleck, S. J. (2006). Relationship between the number of repetitions and selected percentages of one repetition maximum in free weight exercises in trained and untrained men. *Journal of Strength and Conditioning Research*, 20(4),

819-823. (impact factor: 1.457)

Hatfield, D. L., Kraemer, W. J., Spiering, B. A., Hakkinen, K., Volek, J. S., Shimano, T., Spreuwenberg, L. P., Silvestre, R., Vingren, J. L., Fragala, M. S., Gomez, A. L., Fleck, S. J., Newton, R. U., & Maresh, C. M. (2006). The impact of velocity of movement on performance factors in resistance exercise. *Journal of Strength and Conditioning Research*, 20(4), 760-766. (impact factor: 1.457)

Silvestre, R., West, C., Judelson, D. A., Spiering, B. A., Vingren, J. L., Hatfield, D. L., Kraemer, W. J., & Maresh, C. M. (2006). Body composition and physical performance during a NCAA division I men's soccer season. *Journal of Strength and Conditioning Research*, 20(4), 962-970. (impact factor: 1.457)

Volek, J. S., Silvestre, R., Kirwan, J. P., Sharman, M. J., Judelson, D. A., Spiering, B. A., Vingren, J. L., Maresh, C. M., VanHeest, J. L., & Kraemer, W. J. (2006). Effects of chromium supplementation on glycogen synthesis and insulin signaling after high-intensity exercise. *Medicine and Science in Sports and Exercise*, 38(12), 2102-2109. (impact factor: 3.707)

Kraemer, W. J., Spiering, B. A., Volek, J. S., Ratamess, N. A., Sharman, M. J., Rubin, M. R., French, D. N., Silvestre, R., Hatfield, D. L., VanHeest, J. L., Vingren, J. L., Judelson, D. A., & Maresh, C. M. (2006). Androgenic responses to resistance exercise: effects of feeding and L-carnitine L-tartrate supplementation. *Medicine and Science in Sports and Exercise*, 38(7), 1288-1296. (impact factor: 3.707)

Spreuwenberg, L. P. B., Kraemer, W. J., Spiering, B. A., Volek, J. S., Hatfield, D. L., Silvestre, R., Vingren, J. L., Fragala, M. S., Hakkinen, K., Newton, R. U., and Fleck, S. J. (2006). Influence of exercise order in a resistance training exercise session. *Journal of Strength and Conditioning Research*, 20(1), 141-144. (impact factor: 1.457)

Vingren, J. L., & Kraemer, W. J. (2006). Effect of post-exercise alcohol consumption on serum testosterone: brief overview of testosterone, resistance exercise, and alcohol. *Strength and Conditioning Journal*, 28(1), 84-87. (impact factor: 0.205)

Vingren, J. L., Koziris, L. P., Gordon, W. J., Kraemer, R. T., & Westerlind, K. C. (2005). Effect of chronic alcohol intake and resistance training on the skeletal-muscle androgen receptor content in rats. *Medicine and Science in Sports and Exercise*, 37(11), 1842-1848. (impact factor: 3.707)

Kraemer, W. J., Torine, J., Silvestre, R., French, D. N., Ratamess, N. A., Spiering, B. A., Hatfield, D. L., Vingren, J. L., & Volek, J.S. (2005). Body size and composition of National Football League players. *Journal of Strength and Conditioning Research*, 19(3), 485-489. (impact factor: 1.457)

Kraemer, W. J., Volek, J. S., Spiering, B. A., & Vingren, J. L. (2005). L-carnitine supplementation: a new paradigm for its role in exercise. *Chemical Monthly*, 138(8), 1383-1390. (impact factor: 1.426)

**Professional refereed papers (0 total):**

**Other professional published papers (2 total):**

Morrow, J. R., & Vingren, J. L. (2011). Commentary on Viewpoint: But wait - the PA Guidelines

include muscle-strengthening activities, too!. *Journal of Applied Physiology* 111(2), 610.

Kraemer, W. J., & Vingren, J. L. (2007). Roundtable discussion: Anabolic androgenic steroids-Part II (Ed: Haff, GG.). *Strength and Conditioning Journal*, 29(1), 50-57. (impact factor: 0.205)

Kraemer, W. J., & Vingren, J. L. (2006). Roundtable discussion: Anabolic androgenic steroids-Part I (Ed: Haff, GG.). *Strength and Conditioning Journal*, 28(6), 42-55. (impact factor: 0.205)

### **Books chapters (5 total):**

\*Vingren, J. L., Morrow, J. & Woolsey, A. (In Press). Assessing Progress and Performance in Older Adults. In C. Wojciech (Ed.), *American College of Sports Medicine's Exercise for Older Adults*. Philadelphia, PA: Lippincott, Williams & Williams.

Kraemer, W. J., Vingren, J. L., Hatfield, D. L., Spiering, B. A., & Fragala, M. S. (2010). Resistance training programs, In W. R. Thompson (Ed.), *American College of Sports Medicine's Resources for the personal trainer*, 3<sup>rd</sup> edition (pp 325-358). Philadelphia, PA: Lippincott, Williams & Williams.

Kraemer, W. J., Vingren, J. L., & Spiering, B. A. (2008). Resistance training endocrinology. In T. R. Baechle (Ed.), *Essentials of strength training and conditioning*, 3<sup>rd</sup> edition (pp 41-64). Champaign, IL: Human Kinetics.

Kraemer, W. J., Ratamess, N. A., Hatfield, D. L., & Vingren, J. L. (2008). The endocrinology of resistance exercise and training. In J. Antonio (Ed.), *Essentials of sports nutrition and supplements* (pp 53-84). Totowa, NJ: Humana Press.

Kraemer, W. J., & Vingren, J. L. (2007). Muscle Anatomy 101. In L. Brown (Ed.), *Strength Training* (pp 3-28). Champaign, IL: Human Kinetics.

Kraemer, W. J., Vingren, J. L., Hatfield, D. L., Spiering, B. A., & Fragala, M. S. (2006). Resistance training programs. In K. Baldwin (Ed.), *American College of Sports Medicine's Resources for the personal trainer*, 2<sup>nd</sup> edition (pp. 372-403). Philadelphia, PA: Lippincott, Williams & Williams.

## **5. GRANTS AND CONTRACTS**

### **External grants/contracts:**

#### Research grants and contracts awarded

Vingren, J. L. (2009) Conducted testing of a new exercise device for a private inventor (\$500). (A non-disclosure agreement prevents further details here)

Role: PI

Morrow, J. R., DeFina, L. F., Jackson, E. T., Vingren, J. L. (2011) *Tracking Resistance Exercise & Strength Training (TREST) in Women*. (\$51,150), Discovery Foundation, Dallas TX.

Role: Co-PI

### **Internal grants/contracts:**

#### Research grants awarded

Vingren, J. L. (Nov 2008 – May 2009). *Enzyme-linked immunosorbent assay (ELISA) Analysis System* (\$21,950), Research infrastructure support grant competition, Office of the Vice President for Research and Economical Development, University of North Texas

Role: PI

Vingren, J. L. (Jan 2009 – Aug 2010). *Effect of ethanol ingestion on recovery from a bout of heavy resistance exercise* (\$10,000: \$7500 for 2009 and \$2500 for 2010), College of Education Faculty Research Assistant Program, University of North Texas

Role: PI

Vingren, J. L. (May 2009 – Aug 2009). *Effect of ethanol ingestion on recovery from a bout of heavy resistance exercise* (\$5,000), Junior Faculty Summer Research Fellowship, University of North Texas

Role: PI

Vingren, J. L. (May 2010 – Aug 2010) *The interaction of long-term alcohol addiction and infection with HIV on the hormonal and immune signal for muscle recovery following strenuous physical activity*, (\$5,000) Junior Faculty Summer Research Fellowship, University of North Texas

Role: PI

Vingren, J. L., Mazzarulli, A., Vosvick, M., Chng, C. L., & Hill, D. W. (Sep 2010 – Jul 2011). *Weight training: A treatment for muscle wasting from the interaction of long-term alcohol addiction and infection with HIV*. (\$7,500), Research Opportunity Grant (ROP), Office of the Vice President for Research and Economic Development, University of North Texas

Role: PI

Vingren, J. L. *Chronic alcohol use and muscle glucocorticoid receptor, implications for the stress response*. (\$5,000), Junior Faculty Summer Research Fellowship 2011, University of North Texas

Role: PI

Vingren, J. L. (Sep 2011 – Jul 2012). *Chronic alcohol use and muscle glucocorticoid receptors; implications for the stress response*. (\$7,500), Research Opportunity Grant (ROP), Office of the Vice President for Research and Economic Development, University of North Texas

Role: PI

#### Instructional grants awarded

Vingren, J. L. (Jan 2011-Jul 2011). Enhancing student-centered learning in Biomechanics using new and emerging technological educational tools. (\$5,000 for 2011) Learning Enhancement Grant Program Grant, CLEAR, UNT

Role: PI

## 6. PAPERS AND ABSTRACTS PRESENTED

**Peer reviewed abstract presentations (89 total):**

**\*denotes presentations on which UNT students are authors/coauthors; first author listed presented abstract**

International (13 total):

\*Jones, K. R., Knowles, P. D., Lackey, L. L., Burdette, S. D., Castillo, E. R., Harris, S. M., Hill, D. W., & Vingren, J. L. (2010) Blood donation and aerobic responses to exercise. Annual Meeting of the Canadian Society for Exercise Physiology, Toronto, ON, Canada.

\*Burdette, S. D., Jones, K. R., Knowles, P. D., Hill, D. W., & Vingren, J. L. (2010) Maximal accumulated oxygen deficit after blood or plasma donation. Annual Meeting of the Canadian

Society for Exercise Physiology, Toronto, ON, Canada.

\*Burdette, S. D., Castillo, E. R., Harris, S. M., Vingren, J. L., & Hill, D. W. (2010) Maximal accumulated oxygen deficit and blood lactate concentration in running and cycling. Annual Meeting of the Canadian Society for Exercise Physiology, Toronto, ON, Canada.

\*Beougher, B., Burdette, S. D., Harris, S. M., Hill, D. W., & Vingren, J. L. (2010) Pedaling cadence affects the quantification of anaerobic capacity by maximal accumulated oxygen deficit. Annual Meeting of the Canadian Society for Exercise Physiology, Toronto, ON, Canada.

\*Knowles, P. D, Walker, K. L, Jones, K. R, Grignon, B. N, Hill, D. W, & Vingren, J. L (2010) Response to exercise after blood donation in exhaustive severe intensity exercise *European College of Sport Science*, Antalya, Turkey

\*Harris, S. M., Lackey, L. L., Beougher R., Hill, D. W., & Vingren, J. L. (2010) Effects of plasma donation on aerobic and anaerobic responses in exhaustive severe intensity exercise. *European College of Sport Science*, Antalya, Turkey

Kraemer, W. J., Hatfield, D. L., Volek, J. S., Spiering, B. A., Vingren, J. L., Fragala, M. S., Ho, J. Y., Yamamoto, L. M., & Maresh, C. M. (October 2006). Muscle Fuel augments resistance exercise performance and subsequent hormonal responses. *5<sup>th</sup> International Conference on Strength Training*, Odense, Denmark.

Kraemer, W. J., Ratamess, N. A., Volek, J. S., Maresh, C. M., Sharman, M. J., Silvestre, R., Fleck, S. J., Deschenes, M. R., Hatfield, D. L., Spiering, B. A., VanHeest, J. L., Rubin, M. R., French, D. N., Vingren, J. L., Judelson, D. L., & Hakkinen, K. (May 2005). Muscle Androgen Receptor Content Following Heavy Resistance Exercise in Men: Impact of Single Exercise or Multiple Exercise Protocol. *International Congress on Soldiers' Physical Performance*, University of Jyvaskla, Finland.

Hill, D. W., Kineman, R. D., Harkrider, T. L., Vingren, J. L., Paskos, A. L., Nakamura, F. Y., & Kokubun, E. (October 2003). The velocity-time relationship in outdoor running. Annual Meeting of the Canadian Society for Exercise Physiology, St. Catharines ON, Canada.

Koziris, L. P., Kineman, R. D., Butz, M. R., Vingren, J. L., & Hickson, R. C. (October 2003). Effects of Glucocorticoids and Exercise on the Expression of Hypothalamic Somatostatin and Pituitary Growth Hormone Secretagogue Receptor Genes. Annual Meeting of the Canadian Society for Exercise Physiology, St. Catharines ON, Canada.

Hill, D. W., Griffith, C. P., Harkrider, T. L., Stone, B. S., Vingren, J. L., Halcomb, J. N., Nakamura, F. Y., & Kokubun, E. (July 2003). "Mathematical modeling of the relationship between velocity and time to fatigue in treadmill running." Presented at the Annual Congress of the *European College of Sport Science*. Salzburg, Austria. *Book of Abstracts: 8<sup>th</sup> Annual Congress of the European College of Sports Science*, 37.

Stone, B. S., Hill, D. W., Griffith, C. P., Harkrider, T. L., Halcomb, J. N., Vingren, J. L., Nakamura, F. Y., & Kokubun, E. (July 2003). "Physiological significance of critical velocity." Presented at the Annual Congress of the *European College of Sport Science*, Salzburg, Austria. *Book of Abstracts: 8<sup>th</sup> Annual Congress of the European College of Sports Science*, 62.



Vingren, J. L., Halcomb, J. N., McDonald-Trietsch, A. D., Lehman, S. K., Stevens, E. C., & Hill, D. W. (July 2002). Anaerobic capacity and aerobic power measures from treadmill running tests. Athens, Greece. *Proceedings from the 7<sup>th</sup> Annual Congress of the European College of Sport Science*, P301,

National (63 total):

\*Cross, S. W., Vingren, J. L., & Hill, D. W. (2011-accepted) Effect of ultra long distance hiking on physiological and morphological variables: a case study. The National Strength and Conditioning Association's National Conference, Las Vegas, Nevada. *Journal of Strength and Conditioning Research*. S.

\*Cregar, C. M., Vingren, J. L., Buddhadev, H. H., Duplanty, A. A., & Hill, D. W. (2011-accepted) Effect of alcohol ingestion on the acute cortisol and estradiol response to resistance exercise. The National Strength and Conditioning Association's National Conference, Las Vegas, Nevada. *Journal of Strength and Conditioning Research*. S.

\*Vingren, J. L., Buddhadev, H. H., Duplanty, A. A., & Hill, D. W. (2011-accepted). Effect of alcohol ingestion on the acute testosterone response to resistance exercise. The National Strength and Conditioning Association's National Conference, Las Vegas, Nevada. *Journal of Strength and Conditioning Research*. S.

Vingren, J. L., Morrow, J. R., Trudelle-Jackson, E., Mathew, M. (2011-accepted) What Strengthening Activities Do Women Perform? Findings From The Women's Injury (WIN) Study. Annual meeting of the American College of Sports Medicine, Denver, Colorado. *Medicine and Science in Sports and Exercises*, 43(5),S501

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\*Buddhadev, H. H., Duplanty, A. A., Hill, D. W., Driver, S., Goggin, N. L., & Vingren, J. L. (2011) Use of Counter-balanced Smith Machine Affects Performance Measurements for Rebound Bench Press Throws. Annual meeting of the Texas chapter of the American College of Sports Medicine, Austin, Texas. *International Journal of Exercise Science: Conference Abstract Submissions 2(3): Article 48.*

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\*Sylvester, J. L., Burdette, S. D., Hill, D. W., & Vingren, J. L. (2011) The Effect of Pedaling Cadence on the Kinetics of Oxygen Uptake During Severe Intensity Exercise. Annual meeting of the Texas chapter of the American College of Sports Medicine, Austin, Texas. *International Journal of Exercise Science: Conference Abstract Submissions 2(3), Article 39.*

\*Duplanty, A. A., Buddhadev, H. H., Hill, D. W., Driver, S., Goggin, N. L., & Vingren, J. L. (2011) Effect of Using a Counter-balanced Smith Machine on Performance Measurements for Concentric-Only Bench Press Throws. Annual meeting of the Texas chapter of the American College of Sports Medicine, Austin, Texas. *International Journal of Exercise Science: Conference Abstract Submissions 2(3), Article 47*



Hatfield, DL., Spiering, BA., Fragala, MS., Vingren, JL., Ho, JY., Forsythe, CE., Yamamoto, LM., Puglisi, MJ., Anderson, JM., Maresh, CM., Volek, JS., and Kraemer, WJ. (November 2007). Effects of Muscle Armor supplementation on cytokine response to an acute bout of resistance exercise. *Annual Meeting of the New England chapter of the American College of Sports Medicine*, Providence, Rhode Island.

Quann, EE., Silvestre, R., Spiering, BA., Vingren, JL., Hatfield, DL., Puglisi, MJ., Fragala, MS., Ho, JY., Kraemer, WJ., and Volek, JS. (November 2006). Effects of exercise training on lipoprotein remodeling during the postprandial period. *Annual Meeting of the New England chapter of the American College of Sports Medicine*, Providence, Rhode Island.

Hatfield, DL., Kraemer, WJ., Patton, JF., Gordon, SE., Nindl, BC., Volek, JS., Spiering, BA., Vingren, JL., Silvestre, R., Ho, JY., Fragala, MS., Marchitelli, LJ., and Dziados, JE. (November 2005). The effects of exercise training programs on plasma concentrations of proenkephalin peptide F and catecholamines. *Annual Meeting of the New England chapter of the American College of Sports and Medicine*, Providence, Rhode Island.

Yamamoto, LM., Kraemer, WJ., McCormick, TJ., Nindl, BC., Volek, JS., Spiering, BA., Hatfield, DL., Fragala, MS., Vingren, JL., Ho, JY., and Scheett, TP. (November 2005). The influence of hypohydration on a resistance training workout. *Annual Meeting of the New England chapter of the American College of Sports and Medicine*, Providence, Rhode Island.

Fragala, MS., Kraemer, WJ., Beijersbergen van Henegouwen, WRH., Gordon, SE., Spiering, BA., Hatfield, DL., Vingren, JL., Silvestre, R., Ho, JY., and Volek, JS. (November 2005). Responses of proenkephalin peptide F to exercise stress in the plasma and white blood cell biocompartments. *Annual Meeting of the New England chapter of the American College of Sports and Medicine*, Providence, Rhode Island.

Vingren, JL., Koziris, LP., and Kraemer, WJ. (November 2004). Effect of post-exercise ethanol intoxication on the free androgen index response to resistance exercise. *Annual Meeting of the New England chapter of the American College of Sports Medicine*, Providence, Rhode Island.

#### Local (2 total):

Buddhadev, H., Vingren, J. L., & Hill, D. W. (February 2010). Modeling the relationship between velocity and time to fatigue in elite female long-track speed skaters. *Ninth Annual Educational Research Exchange*, College of Education, University of North Texas, Denton, TX.

Vingren, JL., Koziris, LP., Ben-Ezra, V., and Kraemer, WJ. (February 2003). No Effect of Post-Exercise Ethanol Intoxication on the Sex Hormone Binding Globulin Response to Resistance Exercise. *Third Annual Educational Research Exchange*, College of Education, University of North Texas, Denton, TX.

### **Invited Lectures and Symposiums**

#### International:

Vingren, J. L. (January 2005). Div. I Teams: "Doping and American Football". *Aarhus Tigers American Football Club*, Denmark.

#### National:

Vingren, J. L. & Koziris, L. P. (July 2010). Alcohol and exercise: what you don't know might hurt you. *The National Strength and Conditioning Association's Conference*, Orlando, Florida.

Vingren, J. L. (June 2008). Sleep as an Important Factor In Recovery: Practical Applications when Dealing with Athletes. *The Restoration and Recovery Symposium of the National Strength and Conditioning Association*, Storrs, Connecticut.

Regional:

Vingren, J. L. (April 2006). *Agility*: Importance for performance. *Annual Strength and Conditioning Symposium of the University of Connecticut National Strength and Conditioning Association-Club*, University of Connecticut, Storrs, Connecticut.

Vingren, J. L. (September 2005). Effect of alcohol intake on the androgenic response to resistance exercise and training. *The Annual Springfield College Strength and Conditioning Symposium*, Springfield College, Springfield, Massachusetts.

State or local:

None

## 7. JOURNAL ACTIVITY

### Editorial board

2009-present Associate Editor, *Journal of Strength and Conditioning Research*

### Reviewer

2004-present *Journal of Strength and Conditioning Research*

2005-present *Medicine and Science in Sports and Exercise*

2008-present *International Journal of Exercise Science*

2009-present *European Journal of Applied Physiology*

2009-present *Alcohol and Alcoholism*

2009-present *Journal of Sports Science and Medicine*

2011-present *Journal of Applied Physiology*

## 8. HONORS AND AWARDS

2011 *Junior Faculty Research Award* - Outstanding Junior Faculty Researcher in the College of Education, University of North Texas

2008 "Athlete for a day". Selected by the UNT women's soccer team

## 9. MEMBERSHIP AND SERVICE IN PROFESSIONAL ORGANIZATIONS

### Professional memberships

2003-present American College of Sports Medicine

2003-present National Strength and Conditioning Association

2003-present The American Physiological Society

### Offices and Committee Assignments in Professional Organizations

2011 Grant reviewer for the National Conference of the National Strength and Conditioning Association Foundation's Doctoral Research Grant

2010 Abstract reviewer for the National Conference of the National Strength and Conditioning Association

2007-present Member of the Research Consortium, National Strength and Conditioning Association. The consortium is responsible for guiding the research

efforts and grants provided by the National Strength and Conditioning Association

## 10. CREDENTIALS

<u>Begin/end date;</u>	<u>name of credential, credentialing body/organization)</u>
2009-present	Certified to use Dual-energy X-ray Absorptometry - UNT
2007-present	Certified Strength and Conditioning Specialist Recertified with Distinction (CSCS*D) in 2009 - National Strength and Conditioning Association
2005-present	Protection of Human Research Subjects - The Collaborative Institutional Training initiative (CITI)
2004-present	Human Participant Protections Education for Research Teams - National Institute of Health (NIH)
2002-present	Laboratory Radiation Safety (User) - State of Texas
2002-present	Automated External Defibrillator (AED) - American Red Cross
2002-present	Adult CPR - American Red Cross
2002-present	First aid - American Red Cross
1997-present	Anwärter (ski instructor) - Austrian Ski School Association
1993-present	Boat Proficiency Exam - Danish Maritime Authority
1992-present	Open Water Scuba Diver - PADI

## 11. SERVICE TO THE UNIVERSITY

<u>Begin-End</u>	<u>Committee/group</u>	<u>Role</u>
<b>University Service</b>		
2011	Search Committee (Assistant Director of Fitness), Dept. of Recreational Sports.	Faculty member
2011	Search Committee (Prof). Developmental Physiology and Genetics Cluster, UNT	Faculty member
2010	Search Committee (Assistant Director of Fitness), Dept. of Recreational Sports. (failed search)	Faculty member
2010	Search Committee (Assoc. Prof./Prof). Developmental Physiology and Genetics Cluster, UNT (2 hires)	Faculty member
2009-present	Center for Psychosocial Health, UNT	Member of Board of Directors
2008-present	Disability and Well-being Consortium, UNT	Core-faculty member
<b>College Service</b>		
2010-present	Advisory Committee for Research and Professional Development	Faculty member
2008-present	International Committee	Faculty member
<b>Department Service</b>		
2010-present	KHPR Department Graduate Curriculum	Faculty member
2010-present	Applied Physiology Laboratories	Co-director
2009-present	Neuromuscular Physiology Laboratory	Director
2009-present	Activity Program Committee	Faculty member
2008-2009	Search Committee (Prof., Exercise	Faculty member

Physiology/Biology) (failed search)  
2008-present Scholarship Committee Faculty member

## **12. PROFESSIONALLY RELATED COMMUNITY SERVICE AND INVOLVEMENT**

2010-present Providing non-research related exercise training for individuals with HIV and alcohol/drug addiction at the non-profit rehabilitation facility Homeward Bound Inc. located in Dallas, TX.

June 2009 Guest on the radio show "Strength-Power Hour" (<http://sphour.com>) to discuss my work in resistance training physiology especially as it related to alcohol ingestion. The show is hosted by Dr. Antonio and Dr. Kraemer.

August 2009 Interviewed for the Australian magazine "Good Health" by Helen Foster. The interview centered on the effect of alcohol on muscle growth after exercise.