

CURRICULUM VITAE

DAVID JAMES ELMER

PERSONAL INFORMATION:

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EDUCATIONAL BACKGROUND:

2011-2013 – Auburn University, Ph.D. – Exercise Science
2009-2011 – Auburn University, M.Ed. – Exercise Physiology
2005-2009 – Auburn University, B.S. – Biomedical Sciences

EMPLOYMENT HISTORY:

2013-Current – Assistant Professor of Exercise Science, Department of Kinesiology, Berry College
2011 – Research Assistant, Thermal Laboratory, Auburn University
2010-2013 – Graduate Teaching Assistant, Department of Kinesiology, Auburn University

TEACHING EXPERIENCE:

KIN 498: Directed Study – Berry College
KIN 495: Exercise Science Practicum – Berry College
KIN 416: Exercise Training and Performance – Berry College
KIN 411: WI: Exercise Physiology – Berry College
KIN 350: Neuromuscular Aspects of Training – Berry College
KIN 330: Motor Learning and Development – Berry College
KIN 311 WI: Biomechanics (Lecture and Laboratory) – Berry College
KIN 270: Research Methods in Exercise Science – Berry College
KIN 268: Medical Terminology – Berry College
KIN 265: Essentials of Strength and Conditioning – Berry College
KIN 221: Survey of Wellness (traditional and online-only) – Berry College
KIN 106: Intro to Bicycling – Berry College
KIN 101: Weight Training – Berry College
BCC 100: First-Year Seminar – Berry College
HON 450/451: Honors Thesis – Berry College
KINE 4640: Physical Conditioning and Speed – Auburn University
KINE 3680: Physiology of Exercise – Auburn University
KINE 3020: Scientific Foundations of Kinesiology – Auburn University
PHED 1400: Team Sports – Ultimate Frisbee – Auburn University
PHED 1400: Jogging for Fitness – Auburn University

PHED 1400: Team Sports – Indoor Soccer – Auburn University
PHED 1400: Team Sports – Softball – Auburn University

RESEARCH:

Published journal articles:

2017 – **Elmer, D.J.**, Toney, M.I. *Respiratory Rate Threshold Accurately Estimates the Second Lactate Threshold*. International Journal of Sports Medicine. In Press.

2016 – **Elmer, D.J.**, Laird, R.H., Barberio, M.D., Pascoe, D.D. *Inflammatory, lipid, and body composition responses to interval training or moderate aerobic training*. European Journal of Applied Physiology. 116.3 (2016): 601-609.

2016 – Laird, R.H., **Elmer, D.J.**, Barberio, M.D., Salom, L., Lee, K.A., Pascoe, D.D. *Evaluation of performance improvements following either resistance training or sprint interval based concurrent training*. Journal of Strength and Conditioning Research. 30.11 (2016): 3057-3065.

2015 – Barberio, M.D., **Elmer, D.J.**, Laird, R.H., Lee, K.A., Pascoe, D.D. *Systemic LPS and Inflammatory Response during Consecutive Days of Exercise in the Heat*. International Journal of Sports Medicine. 36.3 (2015): 262-270.

2012 – Pascoe, D.D., Barberio, M.D., **Elmer, D.J.**, Laird, R.H. *Potential Errors in Mean Skin Temperature Calculation Due To Thermistor Placement As Determined By Infrared Thermography*. International Journal of Thermography.

Poster presentations and published abstracts:

2017 – Ivey, M. and **Elmer, D.J.** *Estimating Lactate Threshold via Respiratory Exchange Ratio: A Pilot Study*. Southeast American College of Sports Medicine Regional Conference. Greenville, SC.

2017 – Leal, A., Fernandini, E., Jackson, B., Royal, H., **Elmer, D.J.** *Opinions and Attitudes About Physical Activity Among College Students: A Pilot Study*. Southeast American College of Sports Medicine Regional Conference. Greenville, SC.

2016 – Royal, H.K., Bradley, T.J. **Elmer, D.J.** *Effect of Protein Supplementation on Running Economy, Metabolism, Core Temperature, and Body Composition*. Thematic Poster Presentation. Southeast American College of Sports Medicine Regional Conference. Greenville, SC.

2016 – Brock, K.A., Games, K.E., Eberman, L.E., Laird, R.H., **Elmer, D.J.** *Sequential Compression's Effect on Muscle Strength and Blood Flow in the Lower Extremity*. National Athletic Training Association.

2014 – **Elmer, D.J.**, Laird, R.H., Barberio, M.D., Lee, K.A., Pascoe, D.D. *Effect of High-intensity Interval Training vs. Traditional Endurance Training on the Blood Lipid Profile*. Southeast American College of Sports Medicine Regional Conference. Greenville, SC.

2014 – Laird, R.H., Kennedy, S., **Elmer, D.J.**, Barberio, M.D., Lee, K.A., Salom, L., Pascoe, D.D. *Effect of Concurrent Sprint Interval and Resistance Training on Strength, Power, and Aerobic Performance Measures*. American College of Sports Medicine National Conference. Orlando, FL.

2013 – **Elmer, D.J.**, Laird, R.H., Barberio, M.D., Lee, K.A., Pascoe, D.D. *Heat Stress of Performing Light Activity in an Extreme Hot/Humid Environment Wearing Military Protective Gear*. Southeast American College of Sports Medicine Regional Conference. Greenville, SC.

2013 – Barberio, M.D., **Elmer, D.J.**, Laird, R.H., Lee, K.A., & Pascoe, D.D. *Time Course of the Systemic Inflammatory Response to Consecutive Days of Exercise in the Heat*. National American College of Sports Medicine, June 2013. Indianapolis, IN.

2013 – Laird, R.H., **Elmer, D.J.**, Barberio, M.D., Lee, K.A., Pascoe, D.D. *Accuracy Of Skin Probes Vs. Infrared Imaging For Temperature Measurements In Three Different Environments*. National American College of Sports Medicine, June 2013. Indianapolis, IN.

2012 – **Elmer, D.J.**, Barberio, M.D., Lee, K.A., Pascoe, D.D. *Effect of Pickle and Pickle Juice Consumption on Endurance Exercise in the Heat*. Southeast American College of Sports Medicine Regional Conference, Jacksonville, FL.

2012 – Pascoe, D.D., **Elmer D.J.**, Laird, R.H. *Potential Errors in Mean Skin Temperature Calculation due to Thermistor Placement as Determined by Infrared Thermography*. 12th European Congress of Thermology, Porto. Thermography International. Vol. 22, Num. 3. 2012.

2011 – Barberio, M.D., **Elmer, D.J.**, Pascoe, D.D. *Effect of Specific HIIT Modalities on Multi-Event Performance*. Southeast American College of Sports Medicine Regional Conference, Greenville, SC.

Articles under review/current research:

2018 – **Elmer, D.J.**, Ibele, K., *Effect of Relative Running Velocity on Foot Strike and Gait Parameters*. Manuscript in review.

2018 – **Elmer, D.J.** *Acute Neuromuscular Effects of Pickle Juice Consumption*. Manuscript in review.

2018 – Leal, A., **Elmer, D.J.**, Mason, M. Fernandini, E. *Opinions, Attitudes, and Patterns of Physical Activity Among College Students*. Manuscript in preparation.

2018 – Parker, H., **Elmer, D.J.** *Effect of Diabetes Mellitus on Lactate Threshold*. Data collection in progress.

2018 – **Elmer, D.J.**, Chavez, J., Barron, E., Warren, C. *A Metabolic Comparison of Different High-Intensity Interval Training Protocols*. Planning for data collection in progress.

2018 – **Elmer, D.J.**, Chavez, J., Barron, E., Warren, C. *Effect of Running Velocity on Foot Strike Characteristics*. Planning for data collection in progress.

Non peer-reviewed publications:

Bernardo, Richie. “2018’s Best & Worst Cities for an Active Lifestyle.” WalletHub, 3 Jan. 2018, wallethub.com/edu/best-and-worst-cities-for-an-active-lifestyle/8817/#david-j-elmer. (Ask the Experts section)

Symposiums and Invited Lectures:

2013 – Symposium – **Elmer, D.J.**, Laird, R.H., Pascoe, D.D. *High Intensity Interval Training: From The Surgeon's Table To The Playing Field*. Southeast American College of Sports Medicine Conference, Greenville, SC.

2012 – Invited lecturer – *Causes of Exercise-Associated Muscle Cramps and the Efficacy of Pickle Juice for Cramp Alleviation*. Auburn University, KINE 8970: Mythbusters.

Other Research Contributions and Contracted Research:

2017 – Reviewer: Journal of Physical Activity & Health – *Role of Regular Physical Activity on the Oxidative Stress in Healthy Subjects*.

2016 – Reviewer: Clinical Physiology and Functional Imaging – *Systemic Inflammation as a Function of the Individual and Combined Associations of Sedentary Behavior, Physical Activity and Cardiorespiratory Fitness*.

2015 – Reviewer: Adaptive Medicine - *Decreased serum inflammatory factor Lp-PLA2 in obese female juveniles by short term aerobic exercise*.

2015-2016 – Masters thesis committee member – Brock, K., “Sequential Pulse Compression’s Effect on Muscle Blood Flow in the Lower Extremity.” Indiana State University.

2015 – Undergraduate research mentor: Bradham, R. “Effects of a High Protein Diet on Running Economy.” Berry Student Research Symposium. Poster.

2015 – Undergraduate research mentor: Bradley, T. “Effect of Acute High-Protein Diet on Exercise Performance and Core Temperature.” Berry Student Research Symposium. Poster.

2015 – Undergraduate research mentor: Royal, H. “Effect of Acute Protein Supplementation on Resting and Exercise Metabolism.” Berry Student Research Symposium. Poster.

2015 – Reviewer: Journal of Physical Activity and Health – *Lower extremity muscular strength and leukocyte telomere length: implications of muscular strength in attenuating age-related chronic disease*.

2014 – Undergraduate research mentor: Smith, H. *Optimizing High-Intensity Interval Training for Improving Aerobic Fitness: A Meta-analysis of Training Protocols*. Berry Student Research Symposium. Poster.

2012 – Co-investigator: In-Balance Technologies Contract – Efficacy of Electromagnetic Dog Collars.

2011 – Principal Investigator: Department of Defense and ExposureWear Contract – Impact of mechanical cooling vests (four) on mitigating heat stress when active in hot, humid environments (\$82,301)

2010 – Critical reviewer: Carry-over Effects of Backpack Carriage on Trunk Posture and Repositioning Ability.

FUNDING:

- 2016: Berry College Faculty Development Grant – *Opinions, Attitudes, and Patterns of Physical Activity Among College Students*. (Funded – \$1,120)
- 2015: Berry College Faculty Development Grant – *Effect of Increased Protein Consumption on Heat Acclimation Profile*. (Funded – \$2,750)

- 2015: Berry College Community Engagement Course Enhancement Award – Motor Learning and Development. (Funded – \$1500)
- 2015: Nazione, S., Neuberger, L., Lanier, A., **Elmer, D.**, Leal, A., McElveen, M., Swann, G., Lunch, J. “Using the theory of planned behavior and the extended parallel process model to investigate the influence of faculty-student athlete relationships on student athlete concussion reporting.” Nine Sigma NCAA/DOD Mind Matters Challenge Grant. (Not funded – \$314,285)

CERTIFICATIONS:

- National Strength and Conditioning Association – Certified Strength and Conditioning Specialist (CSCS)
- American Red Cross – Blood Borne Pathogen Certification
- American Red Cross – Adult CPR, AED
- National Institutes of Health – Office of Extramural Research: “Protecting Human Research Participants”
- Collaborative Institutional Training Initiative – Biomedical Research and International Research
- Auburn University Department of Clinical Laboratory Sciences – Phlebotomy and Blood Borne Pathogen training

MEMBERSHIPS:

2012 – Current: American College of Sports Medicine
2012 – Current: National Strength and Conditioning Association
2011 – Current: Southeast Chapter, American College of Sports Medicine

SERVICE:

2018-current: Committee member – Institutional Review Board (Berry College)
2018: Faculty sponsor and judge – SEACSM Student Quiz Bowl
2017: Search committee member for position of Assistant/Associate Professor of Exercise Science (Berry College)
2016-Current: Committee co-chair – Quality Enhancement Plan Committee for SACSCOC Accreditation (Berry College) – project title: “Signature Experience Program”
2016-Current: Committee member – First Year Advisory Committee (Berry College)
2016-Current: Committee member – Institutional Effectiveness Committee (Berry College)
2016-Current: Search committee member for position of Assistant/Clinical Professor of Nursing (Berry College)
2016: Faculty sponsor and judge – SEACSM Student Quiz Bowl
2016: Search committee member for position of Assistant/Associate Professor of Exercise Science (Berry College)
2016: Faculty Panel on Third Year Review: Continuing Teacher Education (Berry College)
2015-2016: Search committee chair for position of Assistant/Associate Professor of Sports Administration (Berry College)
2015-2017: Committee chair – Institutional Review Board (Berry College)
2015-Current: Directed Study advisor – 1 current student (5 total)
2015-2016: Master’s Thesis committee and Graduate Faculty member (Indiana State University)

2014-2016: Committee member – Health and Wellness Committee (Berry College)
2014-2016: Committee member – Writing Across the Curriculum Committee (Berry College)
2014-Current: Honors Thesis faculty advisor (5 total)
2014-2015: Search committee member for position of Assistant Professor of Exercise Science
2014-2015: Search committee member for position of Head Track and Field Coach
2013-Current: Academic advising – 72 current advisees
2013-Current: Faculty advisor – Campus Outreach ministries
2014: Student internship coordinator – 1 intern
2014-2016: Bonner scholarship review meeting, faculty representative
2014-2016: “Food for Finals” server
2014-2016: Firsthand Friday – Cage Center tour guide and classroom host
2014, 2016: KCAB Casino Night dealer
2014: Faculty Judge – “Old Faces” Talent Show
2013-2016: Discover Berry – Faculty representative for the Department of Kinesiology
2013-2014: Internship site supervisor – 2 interns
2013: Guest Lecture (Exercise Science) – Community Health (KIN 313)
2012-2013: Student Representative, Search Committee for position of Assistant Professor of Exercise Science, Auburn University
2007: Auburn University, College of Science and Mathematics Sub-committee of 19 – War on Hunger

DEVELOPMENT, AWARDS, AND HONORS:

2016: Governor’s Teaching Fellows: Summer Fellowship Symposium – University of Georgia
2015: Community Engagement Course Enhancement Award – Berry College
2014: Faculty Symposium on Vocation – Berry College
2011-2012: Preparing Future Faculty (PFF) Fellowship
2011: Graduate research assistantship – Auburn University
2010-2013: Graduate teaching assistantship – Auburn University
2009-2010: Phi Kappa Phi
2009: Magna Cum Laude Graduate, Auburn University
2008: National Society of Collegiate Scholars
2007-2009: Dean’s List: College of Science and Mathematics – Auburn University

Updated – 01.10.2018