

Zacharias Papadakis, Ph.D., FACSM

ACSM EP, ACSM ACS-CES

Associate Professor of Exercise Physiology & Wellness

*Department of Health Sciences and Clinical Practice
College of Health Professions and Medical Sciences
Barry University, Miami Shores, FL*

+1 305-899-3573
✉ zpapadakis@barry.edu
🌐 tinyurl.com/2p896zh9

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Research Interests

My research interests are aimed at understanding how the human body responds and adapts to continuous moderate-intensity exercise and high-intensity interval exercise and training programs, psychological, nutritional, and pharmaceutical stimuli, and how these responses influence cardiometabolic processes in humans under the perspective of the Network Physiology of Exercise and Lifestyle Medicine.

Education

- 2024–204 **ACSM - ACS Cancer Exercise Specialist**, *American College of Sports Medicine and American Cancer Society*, ACSMce Online.
 - **ACSM - ACS Cancer Exercise Specialist**
- 2021–2022 **Graduate Certificate in Medical Statistics Program**, *Stanford University Online*, Stanford Online - Virtual.
 - **Medical Statistics I: Introduction to Data Analysis and Descriptive Statistics; Medical Statistics II: Probability and Inference; Medical Statistics III: Common Statistical Tests in Medical Research**
- 2011–2018 **Ph.D. in Kinesiology, Exercise Science, Nutrition, and Health Promotion**, *Baylor University, Waco, TX*.
 - **Dissertation Title: The Effects of Short Sleep on Metabolic and Vascular Responses to Exercise**
 - Committee: Dr. Peter W. Grandjean (chair), Dr. Paul Gordon, Dr. Rodney Bowden, Dr. Suzy Weems, and Dr. Funderberk
- 2004–2008 **M.S. in Exercise Physiology**, *Sheffield Hallam University, Sheffield, England*.
 - **Contrast Stretch Shortening Cycle Weight Training Programme. The Effects of 2 Sets vs. 4 Sets on Lower Body Power and Jumping Performance**
 - Committee: Dr. Mary Fysh (chair)
- 1994–1998 **B.S. in Sport and Exercise Science and Physical Education**, *Aristotle University of Thessaloniki, Thessaloniki, Greece*.
 - **Annual Basketball Strength and Conditioning Periodization**
 - Committee: Dr. Giorgos Tsitskaris (chair)

Research Experience

- 2018–Present **Human Performance Laboratory Director**, *Barry University, Miami Shores, FL*.
 - Design and lead research projects related to network physiology of exercise, exercise physiology, lifestyle medicine, physical activity and health, sports-athletics, cardiovascular diseases, and psychophysiology
- 2015–2018 **Assistant Professor in Teaching/Lecturer**, *Rice University, Houston, TX*.
 - Design and lead research projects related to exercise physiology, physical activity and health, sports-athletics, and psychophysiology

2011–2015 **Doctoral Researcher**, *Baylor University*, Waco, TX.

- Led and assisted with research projects pertained to exercise physiology, sleep, postprandial lipemia, endothelial function, cardiovascular diseases, chronic kidney disease

Grants

In Progress - NA

Funded: Total awarded **\$195,489**

Apr 2024 **ZenBud NeurGear - Auricular Ultrasound Vagus Nerve Stimulator.**

- PI: ZenBud Validation Study. \$5,000

Feb 2024 **Curia Biometrics.**

- PI: Curia Esports Validation Study. \$5,000

Nov 2022 **Human Performance Laboratory Equipment Capital Request.**

- PI: Network Physiology Lab. \$168,589.58

Oct 2022 **Greater NY ACSM Student Involvement Grant.**

- PI: Identifying Anger through Gait and Balance Analysis using Machine Learning Models. \$500

Sep 2022 **Fibion Oy SENS Accelerometer.**

- PI: Validity and Reliability of Fibion Oy SENS Accelerometer. \$2,900

May 2022 **Provost's Catalyst Grant Award.**

- PI: Effects of acute continuous moderate-intensity exercise (CMIE) and high-intensity interval exercise (HIIE) on Apelin expression and other related to cardiovascular disease cytokines. \$6,800

Apr 2022 **GLS Mini-Grant.**

- PI: Effects of acute continuous moderate-intensity exercise (CMIE) and high-intensity interval exercise (HIIE) on Apelin expression and other related to cardiovascular disease cytokines. \$4,700

May 2021 **GLS Mini-Grant.**

- PI: Physiological and Psychological Responses while Exercising with a Facemask during COVID-19. \$500

Apr 2021 **GLS Mini-Grant.**

- PI: Physiological and Psychological Responses while Exercising with a Facemask during COVID-19. \$500

Mar 2021 **Greater NY ACSM, COVID-19 Health and Fitness Grant.**

- Co-PI: Educational-Based Psychological Skills Training: Enhancing Mental Toughness for Mental Health Outcomes in Female Student-Athletes During the COVID-19 Pandemic. \$1,500

Mar 2020 **GLS Mini-Grant.**

- PI: Physical Activity, Sleep, Mental Toughness, and Metabolic Syndrome in a University Worksite: A Pilot Study. \$500

Nov 2018 **Joan K. Stout, R.N. FAAN Project for the Advancement of Interdisciplinary Collaboration and Education Foundation Grant Solicitation.**

- PI: Physical Activity, Sleep, Mental Toughness, and Metabolic Syndrome in a University Worksite: A Pilot Study. \$5,000

Feb 2017 **Brown Foundation.**

- PI: Innovative Exercise Physiology Teaching Practices. \$5,000

Not Funded

- Mar 2025 **Ardmore Institute of Health.**
 ○ PI: Exercise-Induced Optimization of Cardiovascular, Renal, and Metabolic Health in Women with Cardio-Kidney-Metabolic (CKM) Syndrome: A Lifestyle Medicine Approach. \$250,000
- Feb 2025 **American Heart Association - Revolutionizing Cardiovascular Health through AI-Driven Early Hypertension Prediction.**
 ○ PI: Revolutionizing Cardiovascular Health through AI-Driven Early Hypertension Prediction. \$4,000,000
- Nov 2024 **Wu Tsai Human Performance Alliance Agility Project Program.**
 ○ PI: Dynamic Network Profiles of Brain-Heart-Muscle Interactions in Women and Latino Populations: Implications for Injury Prevention and Performance Optimization in Athletes and Non-Athletes. \$100,000
- Oct 2024 **SFRN Center on Cardiovascular Kidney Metabolic Syndrome: Heterogeneity in Women.**
 ○ PI: Cardioprotective Strategies in Cardio-Kidney-Metabolic Syndrome: Mechanistic, Clinical & Population-Based HFpEF Studies. \$4,400,000 (invited for full proposal)
- Aug 2023 **Apple Investigator Support Program.**
 ○ PI: Apple Watch Use in Primary Care Under the Lifestyle Medicine Pillars: A validation study against standard primary care practices. \$5,000
- Aug 2023 **VRNeuroConnec: Unleashing the Potential of Uniting Virtual Reality, fNIRS, and Physiology.**
 ○ PI: Integrated multimodal examination of the dynamic network of brain-heart-muscle interactions through the Network Physiology of Exercise perspective. Loaned Equipment. \$50,000
- Sep 2022 **ActiGraph Digital Endpoint Accelerator Research Grant.**
 ○ PI: ActiGraph Use in Primary Care Under the Lifestyle Medicine Pillars: A validation study against standard primary care practices. \$10,000
- May 2022 **National Strength and Conditioning Association - Research Grant Program.**
 ○ Co-PI: Supporting Student-athletes' Mental Health. A Telehealth, Education-Based, Psychological Skills Training Intervention Rooted on Mental Toughness. \$30,000
- Apr 2022 **ACSM Foundation Grand - Dr. Raymond A. Weiss Research. Endowment.**
 ○ Co-PI: Strength- Versus Deficit-based Approach in Applied Sport Positive Psychology: Comparing the Effects of Two Educational-based Psychological Skills Mental Toughness Trainings on the Mental Health of Female College Athletes. \$1,500
- Feb 2022 **Tonal Strength Institute.**
 ○ PI: Gaining Functional Diversity through Tonal A New Paradigm in Exercise Training. \$50,000
- Apr 2021 **National Strength and Conditioning Association - Graduate Research Grant Program.**
 ○ PI: Mental Health, Mental Toughness and Heart Rate Deceleration: A Single-Case, Repeated Measures, Ambulatory, Ecological Study in NCAA Baseball. \$7,500
- Apr 2021 **Association for Applied Sport Psychology.**
 ○ Co-PI: Educational-Based Psychological Skills Training: Enhancing Mental Toughness for Mental Health Outcomes in Female Student-Athletes During the COVID-19 Pandemic. \$5,000
- Mar 2021 **Dr. Raymond A. Weiss Research Endowment: 2021 ACSM Research Foundation.**
 ○ Co-PI: Educational-Based Psychological Skills Training: Enhancing Mental Toughness for Mental Health Outcomes in Female Student-Athletes During the COVID-19 Pandemic. \$1,500

- Feb 2020 **Association for Applied Sport Psychology.**
 ○ Co-PI: Educational-Based Psychological Skills Training: Enhancing Mental Toughness for Mental Health Outcomes in Female Student-Athletes During the COVID-19 Pandemic. \$5,000
- May 2019 **Bucs Fit Check.**
 ○ PI: Bucs FitCheck Outreach. \$35,000
- Apr 2019 **Affiliation Agreement with Private Company.**
 ○ PI: Acute Preconditioning Effects of External Counter Pulsation on Aerobic Exercise Capacity and Recovery. \$80,000
- Feb 2019 **Affiliation Agreement with Private Company.**
 ○ PI: Hydrogen-Rich Water Supplementation Use as an Ergogenic Aid against Metabolic- and Exercise-Induced-Acidosis, Improvements in Vascular Endothelial Function. \$20,000
- May 2016 **Rice University and McGovern Medical School at UTHealth Joint Seed Grant Program on Womens and Childrens Health.**
 ○ PI: The effects of low volume high-intensity interval aerobic exercise protocols compared with energy expenditure-matched continuous aerobic exercise on cardiometabolic and prostate cancer (PC) cell growth indices in PC patients in Greece and in the United States. Selected as the Internal Award Winner. \$50,000
- May 2016 **Partnerships for International Research and Education (PIRE), National Science Foundation 16-571.**
 ○ PI: The effects of low volume high-intensity interval aerobic exercise protocols compared with energy expenditure-matched continuous aerobic exercise on cardiometabolic and prostate cancer (PC) cell growth indices in PC patients in Greece and in the United States. \$12,000,000
- Apr 2016 **MacArthur Foundation 100 and Change Competition.**
 ○ PI: The effects of low volume high-intensity interval aerobic exercise protocols compared with energy expenditure-matched continuous aerobic exercise on cardiometabolic and prostate cancer (PC) cell growth indices in PC patients in Greece and in the United States. \$100,000,000
- Mar 2016 **Keck Foundation Undergraduate Program.**
 ○ PI: REPS Lab. Selected as the Internal Award Winner. \$500,000

Publications

Research - Academic Profiles

- **ORCID**
- **Google Scholar**
- **Clarivate - Web of Science**
- **PubMed**

Manuscripts Under Review

- 1: Revolutionizing Cardiovascular-Kidney-Metabolic Syndrome Management A Call to Sustain Research Funding for Precision Lifestyle Medicine, at *European Heart Journal*, by **Papadakis Z**
- 2: Exercise as a Cornerstone Therapy for Cardiovascular-Kidney-Metabolic (CKM) Syndrome: A Stage-Specific Approach and Integrative Strategies, at *Sports Medicine*, by **Papadakis Z**
- 3: Translational Lifestyle Medicine Approaches to Cardiovascular-Kidney-Metabolic Syndrome, at *Current Cardiology Reports*, by **Papadakis Z**
- 4: Mental Toughness and 2K Rowing Performance in Division II Female Collegiate Athletes: A Longitudinal Analysis Using Mixed-Effects Modeling, at *Scientific Reports*, by **Papadakis Z** and Stamatis A
- 5: The Effects of Caffeine on 30-meter Sprint Performance on Female Division II College Athletes, at *European Journal of Applied Physiology*, by Ribeiro V, Egret C, Amasay T, and **Papadakis Z**
- 6: Mental Toughness on Female Collegiate Rowers: Its Significance on an Individual Performance, at

International Journal of Sports Physiology and Performance, by Armstrong C, Stamatis A, Amasay T, Egret C, and **Papadakis Z**

7: Attentional Processing in Athletes and Non-Athletes, at *BMC Psychology*, by Lauro J, **Papadakis Z**, and Williams N

8: Is there a Replication Crisis on Caffeine's So Called Ergogenicity? A Call for Scientific Self-Reflection, at *Sports Medicine*, by **Papadakis Z** and Murphy J

9: Handgrip Strength Asymmetry in Female Basketball Players: The Critical Role of Arm Position and the Challenge of Statistical Power, at *Sports*, by Panoutsakopoulos V, Schwarz A, Merkou E, Savvoulidis S, Kotzamanidou MC, and **Papadakis Z**

10: Effects Of Handgrip Neuromuscular Characteristics On Behavioral Determinants Of Police Students, at *Kinesiology Slovenica*, by Koropanovski N, Mudri M, Kuki F, Stamatis A, **Papadakis Z**, and Dopsaj M

11: Two Coaches, One Athlete: The Shifting Reliability of Mental Toughness Ratings in Collegiate Rowing, at *BMC Sports Science, Medicine and Rehabilitation*, by **Papadakis Z**, Schwarz VA, Schwarz JJ, and Stamatis A

12: The impact of Episodic Specificity Induction on Attentional Processes in DII College Athletes, at *BMC Psychology* by y Lauro J and **Papadakis Z**

13: Impact of a Four-Week NCAA-Compliant Pre-Season Strength and Conditioning Program on Body Composition in NCAA Division II Women's Basketball, at *Journal of Functional Morphology and Kinesiology*, by **Papadakis Z**

Submitted/Published Manuscripts

Note: This list has been retrieved from PubMed, which indexes only biomedical and life science disciplines. For a more comprehensive list across multiple academic fields, please refer to Google Scholar.

1: Murphy J, Caldwell AR, Mesquida C, Ladell AJM, Encarnación-Martínez A, Tual A, Denys A, Cameron B, Van Hooren B, Parr B, DeLucia B, Mason BRJ, Clark B, Egan B, Brown C, Ade C, Sforza C, Taber CB, Kirk C, McCrum C, Tighe CO, Byrne C, Brunetti C, Forestier C, Martin D, Taylor D, Diggin D, Gallagher D, King DL, Rogers E, Bennett EC, Lopatofsky ET, Dunn G, Gauchar GC, Mornieux G, Catalá- Vilaplana I, Caetan I, Aparicio-Aparicio I, Barnes J, Blaisdell J, Steele J, Fletcher JR, Hutchinson J, Au J, Oliemans JP, Bakhshinejad J, Barrios J, Quesada JIP, Rager J, Capon JB, Walton JSJ, Stevens K, Heinrich K, Wu K, Meijer K, Richards L, Jutlah L, Tong L, Bridgeman L, Banet L, Mbiyu L, Sefton L, de Chanaleilles M, Charisi M, Beerse M, Major MJ, Caon M, Bargh M, Rowley M, Moran MV, Croker N, Hanen NC, Montague N, Brick NE, Runswick OR, Willems P, Pérez-Soriano P, Blake R, Jones R, Quinn RL, Sanchis-Sanchis R, Rabello R, Bolger R, Shohat R, Cotton S, Chua S, Norwood S, Vimeau S, Dias S, Pedersen S, Skaper SS, Coyle T, Desai T, Gee TI, Edwards T, Pohl T, Yingling V, Ribeiro V, Duchene Y, **Papadakis Z**, Warne JP. Estimating the Replicability of Sports and Exercise Science Research. *Sports Med.* 2025 Jun 16. doi: 10.1007/s40279-025-02201-w. Epub ahead of print. PMID: 40522610.

2: **Papadakis Z**, Panoutsakopoulos V, Schwarz A, Antonio J. Caffeine's influence on vertical jump height: a real-life collegiate student-athlete approach. *J Int Soc Sports Nutr.* 2025 Dec;22(1):2501063. doi: 10.1080/15502783.2025.2501063. Epub 2025 May 4. PMID: 40320739.

3: **Papadakis Z**. Advancing the Translational Integration of Lifestyle Medicine in Cardiovascular-Kidney-Metabolic Syndrome. *Eur J Prev Cardiol.* 2025 Mar 21:zwaf169. doi: 10.1093/eurjpc/zwaf169. Epub ahead of print. PMID: 40116811.

4: **Papadakis Z**, Stamatis A, Almajid R, Appiah-Kubi K, Smith ML, Parnes N, Boolani A. Addressing Biomechanical Errors in the Back Squat for Older Adults: A Clinical Perspective for Maintaining Neutral Spine and Knee Alignment. *J Funct Morphol Kinesiol.* 2024 Nov 7;9(4):224. doi: 10.3390/jfmk9040224. PMID: 39584877; PMCID: PMC11587132.

5: **Papadakis Z**. Clinical exercising insights: unveiling blood pressure's prophetic role in anticipating

future hypertension development. *Eur J Prev Cardiol*. 2024 Jul 23;31(9):1070-1071. doi: 10.1093/eur-jpc/zwae059. PMID: 38395431.

6: Stamatis A, **Papadakis Z**, Beitia P. Concurrent Validity and Inter-Rater Reliability Assessment of Two Mental Toughness Instruments in Firefighting: A Two-Wave Longitudinal Study. *Behav Sci (Basel)*. 2024 Jun 22;14(7):523. doi: 10.3390/bs14070523. PMID: 39062346; PMCID: PMC11273803.

7: Forsse JS, Peterson MN, **Papadakis Z**, Taylor JK, Hess BW, Schwedock N, Allison DC, Griggs JO, Wilson RL, Grandjean PW. The Effect of Acute Aerobic Exercise on Biomarkers of Renal Health and Filtration in Moderate-CKD. *Res Q Exerc Sport*. 2024 Mar;95(1):1-9. doi: 10.1080/02701367.2022.2130131. Epub 2023 Jan 6. PMID: 36608287.

8: Veeranki YR, Garcia-Retortillo S, **Papadakis Z**, Stamatis A, Appiah-Kubi KO, Locke E, McCarthy R, Torad AA, Kadry AM, Elwan MA, Boolani A, Posada-Quintero HF. Detecting Psychological Interventions Using Bilateral Electromyographic Wearable Sensors. *Sensors (Basel)*. 2024 Feb 22;24(5):1425. doi: 10.3390/s24051425. PMID: 38474961; PMCID: PMC10934474.

9: **Papadakis Z**, Grandjean PW, Forsse JS. Effects of Acute Exercise on Cardiac Autonomic Response and Recovery in Non-Dialysis Chronic Kidney Disease Patients. *Res Q Exerc Sport*. 2023 Sep;94(3):812-825. doi: 10.1080/02701367.2022.2057401. Epub 2022 May 6. PMID: 35522981.

10: **Papadakis Z**, Stamatis A, Manierre M, Boolani A. Preventive Medicine via Lifestyle Medicine Implementation Practices Should Consider Individuals' Complex Psychosocial Profile. *Healthcare (Basel)*. 2022 Dec 17;10(12):2560. doi: 10.3390/healthcare10122560. PMID: 36554083; PMCID: PMC9777994.

11: Beitia P, Stamatis A, Amasay T, **Papadakis Z**. Predicting Firefighters' Physical Ability Test Scores from Anaerobic Fitness Parameters & Mental Toughness Levels. *Int J Environ Res Public Health*. 2022 Nov 18;19(22):15253. doi: 10.3390/ijerph192215253. PMID: 36429971; PMCID: PMC9691205.

12: **Papadakis Z**, Etchebaster M, Garcia-Retortillo S. Cardiorespiratory Coordination in Collegiate Rowing: A Network Approach to Cardiorespiratory Exercise Testing. *Int J Environ Res Public Health*. 2022 Oct 14;19(20):13250. doi: 10.3390/ijerph192013250. PMID: 36293862; PMCID: PMC9603738.

13: **Papadakis Z**, Panoutsakopoulos V, Kollias IA. Predictive Value of Repeated Jump Testing on Nomination Status in Professional and under 19 Soccer Players. *Int J Environ Res Public Health*. 2022 Oct 11;19(20):13077. doi: 10.3390/ijerph192013077. PMID: 36293658; PMCID: PMC9602553.

14: Heilesen JL, **Papadakis Z**, Ismaeel A, Richardson KA, Torres R, Funderburk L, Gallucci A, Koutakis P, Forsse JS. The Benefits of Utilizing Total Body Composition as a Predictor of Cardiorespiratory Fitness Based on Age: A Pilot Study. *Int J Environ Res Public Health*. 2022 May 9;19(9):5758. doi: 10.3390/ijerph19095758. PMID: 35565152; PMCID: PMC9103835.

15: **Papadakis Z**, Garcia-Retortillo S, Koutakis P. Effects of Acute Partial Sleep Deprivation and High-Intensity Interval Exercise on Postprandial Network Interactions. *Front Netw Physiol*. 2022 Apr 13;2:869787. doi: 10.3389/fnetp.2022.869787. PMID: 36926086; PMCID: PMC10013041.

16: Forsse JS, **Papadakis Z**, Peterson MN, Taylor JK, Hess BW, Schwedock N, Allison DC, Griggs JO, Wilson RL, Grandjean PW. The Influence of an Acute Bout of Aerobic Exercise on Vascular Endothelial Function in Moderate Stages of Chronic Kidney Disease. *Life (Basel)*. 2022 Jan 9;12(1):91. doi: 10.3390/life12010091. PMID: 35054484; PMCID: PMC8781956.

17: **Papadakis Z**, Forsse JS, Peterson MN. Effects of High-Intensity Interval Exercise and Acute Partial Sleep Deprivation on Cardiac Autonomic Modulation. *Res Q Exerc Sport*. 2021 Dec;92(4):824-842. doi: 10.1080/02701367.2020.1788206. Epub 2020 Aug 25. PMID: 32841103.

18: **Papadakis Z**, Stamatis A, Kukic F, Koropanovski N. Moving Past the One-Size- Fits-All Education-Training Model of Police Academies to the Self-Prescribed Individualized Exercise Prescription Model.

Int J Environ Res Public Health. 2021 Nov 7;18(21):11676. doi: 10.3390/ijerph182111676. PMID: 34770190; PMCID: PMC8582849.

19: **Papadakis Z**, Forsse JS, Stamatis A. High-Intensity Interval Exercise Performance and Short-Term Metabolic Responses to Overnight-Fasted Acute-Partial Sleep Deprivation. Int J Environ Res Public Health. 2021 Apr 1;18(7):3655. doi: 10.3390/ijerph18073655. PMID: 33915744; PMCID: PMC8037712.

20: Stamatis A, Deal PJ, Morgan GB, Forsse JS, **Papadakis Z**, McKinley-Barnard S, Scudamore EM, Koutakis P. Can athletes be tough yet compassionate to themselves? Practical implications for NCAA mental health best practice no. 4. PLoS One. 2020 Dec 31;15(12):e0244579. doi: 10.1371/journal.pone.0244579. PMID: 33382733; PMCID: PMC7774983.

21: **Papadakis Z**, Forsse JS, Peterson MN. Acute partial sleep deprivation and high-intensity interval exercise effects on postprandial endothelial function. Eur J Appl Physiol. 2020 Nov;120(11):2431-2444. doi: 10.1007/s00421-020-04468-5. Epub 2020 Aug 17. PMID: 32803383.

22: Littlefield LA, **Papadakis Z**, Rogers KM, Moncada-Jiménez J, Taylor JK, Grandjean PW. The effect of exercise intensity and excess postexercise oxygen consumption on postprandial blood lipids in physically inactive men. Appl Physiol Nutr Metab. 2017 Sep;42(9):986-993. doi: 10.1139/apnm-2016-0581. Epub 2017 May 30. PMID: 28558252.

23: Rigby BR, **Papadakis Z**, Bane AA, Park JK, Grandjean PW. Cardiorespiratory and biomechanical responses to simulated recreational horseback riding in healthy children. Res Q Exerc Sport. 2015 Mar;86(1):63-70. doi: 10.1080/02701367.2014.977432. Epub 2014 Dec 1. PMID: 25437748.

Presentations

Research Talks

- Apr 2022 **Acute Partial Sleep Deprivation and High-Intensity Exercise Effects on Cardiovascular Autonomic Regulation and Lipemia Network**, *Greater New York American College of Sports Medicine*, New York, NY.
 - Z Papadakis and S Garcia-Retortillo
- Jun 2021 **Virtual Health and Wellness Fair**, *Barry University*, Miami Shores, FL.
 - Z Papadakis
- Apr 2020 **Faculty Research Showcase**, *Sigma Xi Annual Meeting and Student Research Conference*, Miami Shores, FL.
 - Z Papadakis
- May 2019 **Honors Thesis**, *SUNY Plattsburgh Honor Thesis Conference*, Plattsburgh, NY.
 - Z Papadakis, PW Grandjean, and G Morgan
- May 2011 **Teen Leadership Day**, *Baylor University*, Waco, TX.
 - Zacharias Papadakis

Peer-Reviewed Abstracts and Posters

- Undergraduate students are denoted with the “*” symbol

- Jun 2025 **It was fun but did it work?: Assessment of outcomes for summer research programs.**, *ConnectUR*, Grand Rapids, MI.
 - Deborah Good, Samantha Harden, Sara Myers, Abby Folberg, and Zacharias Papadakis
- May 2025 **Association between Leg Muscle Coordination and Subjective Energy-Fatigue States During Walking**, *American College of Sports Medicine*, Atlanta, GA.

- May 2025 **Expanding Mental Toughness In Underrepresented In Medicine, Rural, Non-traditional Students: A High-impact Intervention Within A Prematriculation Program**, *American College of Sports Medicine*, Atlanta, GA.
- May 2025 **The Effects Of Caffeine On 30-meter Sprint Performance On Female Division II Collegiate Athletes**, *American College of Sports Medicine*, Atlanta, GA.
- May 2025 **Vigor Rises With Negative Input, While Anger And Confusion Increase With Positive Input During Walking**, *American College of Sports Medicine*, Atlanta, GA.
- May 2025 **Do Changes In Mental And Physical Energy And Fatigue Impact Changes On Neck Muscle Coordination?**, *American College of Sports Medicine*, Atlanta, GA.
- May 2025 **The Impact Of Cognitive Training And Moderate Exercise On Attentional Processing In Collegiate Athletes**, *American College of Sports Medicine*, Atlanta, GA.
 ○ Lauro Justin, Zacharias Papadakis, and Corbisiero Viviana*
- May 2025 **Evaluating The Transfer Of Game Intelligence: A Comparative Study Of Cognitive Skills In Soccer And Rowing Athletes**, *American College of Sports Medicine*, Atlanta, GA.
 ○ Corbisiero Viviana*, Zacharias Papadakis, and Lauro Justin
- May 2025 **Association Of Body Composition Methods And Occupational Readiness: Differences Between Veterans And Rookies**, *Annual Medical Education Conference*, St. Louis, MO.
 ○ Naya Williams*, Zacharias Papadakis, and Lauro Justin
- May 2025 **Influence of Auditory Input on Mood States During a 30-Minute Self-Paced Walk**, *American College of Sports Medicine*, Atlanta, GA.
 ○ Maya Caon, Andreas Stamatis, Zacharias Papadakis, and Ali Boolani
- May 2025 **Preseason Training: A Catalyst for Body Composition Changes in NCAA DII Women's Basketball Players**, *American College of Sports Medicine*, Atlanta, GA.
 ○ Jared Ward*, Maya Caon, and Zacharias Papadakis
- May 2025 **Enhancing Mental Toughness in Medical Students Facing Academic Challenges: A Pilot Intervention**, *American College of Sports Medicine*, Atlanta, GA.
 ○ Roy Shohat, Zacharias Papadakis, Shorye Durrett*, and Andreas Stamatis
- May 2025 **Pharmaceutical and Lifestyle Solutions for Male Infertility**, *American College of Sports Medicine*, Atlanta, GA.
 ○ Zacharias Papadakis, Justin Dubin, and Andreas Stamatis
- Feb 2025 **Pharmaceutical and Lifestyle Solutions for Male Infertility**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Zacharias Papadakis, Justin Dubin, and Andreas Stamatis
- Nov 2024 **Influence of Auditory Input on Mood States During a 30-Minute Self-Paced Walk**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ Maya Caon, Andreas Stamatis, Zacharias Papadakis, and Ali Boolani
- Nov 2024 **Preseason Training: A Catalyst for Body Composition Changes in NCAA DII Women's Basketball Players**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ Jared Ward*, Maya Caon, and Zacharias Papadakis

- Nov 2024 **Enhancing Mental Toughness in Medical Students Facing Academic Challenges: A Pilot Intervention**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ Roy Shohat, Zacharias Papadakis, Shorye Durrett*, and Andreas Stamatis
- May 2024 **Association Of Body Composition Methods And Occupational Readiness: differences Between Veterans And Rookies**, *American College of Sports Medicine*, Boston, MA.
 ○ Vinicius L Ribeiro, Peter Beitia, Andreas Stamatis, Zacharias Papadakis
- May 2024 **Body Mass Index Misclassify Obesity In Firefighter**, *American College of Sports Medicine*, Boston, MA.
 ○ Samuel R Vilmeau, Peter Beitia, Andreas Stamatis, Zacharias Papadakis
- May 2024 **Physiological Determinants Of Firefighter Physical Ability Test Performance: A Follow-Up Investigation Into Anaerobic Fitness Parameters**, *American College of Sports Medicine*, Boston, MA.
 ○ Peter Beitia, Andreas Stamatis, and Zacharias Papadakis
- May 2024 **Inter-rate Reliability Of Mental Toughness Scores By Head And Assistant Coaches: A Repeated-measure Design**, *American College of Sports Medicine*, Boston, MA.
 ○ Maya Caon, Charlotte Armstrong, Andreas Stamatis, Claire Egret, Tal Amasay, Zacharias Papadakis
- May 2024 **Inter-rater Reliability Validation Via The Military Training Mental Toughness Inventory In Firefighters: Follow-up Psychometric Analysis**, *American College of Sports Medicine*, Boston, MA.
 ○ Shane Tre Phillips*, Peter Beitia, Andreas Stamatis, Zacharias Papadakis, Amerigo Rossi
- May 2024 **Mental Toughness Explains Rowing Performance: A Mixed Model Analysis**, *American College of Sports Medicine*, Boston, MA.
 ○ Samuel X Norwood, Charlotte Armstrong, Andreas Stamatis, Claire Egret, Tal Amasay, Zacharias Papadakis
- Apr 2024 **Advanced Management of Complex Foot Pathology in a Senior Athlete** **Recreational**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ Samuel R. Vilmeau, Bill Siddiq, Nikolaos Gravvanis, Blake LeBlanc, Zacharias Papadakis, and Andreas Stamatis
- Apr 2024 **Replication Crisis in Sport and Exercise Science**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ Zacharias Papadakis and Jennifer Murphy
- Apr 2024 **Jumping for Joy... or Not? Examining the Effects of NCAA-Regulated Caffeine Dose on Vertical Jump Performance**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ Roy Shohat*, Maya Caon*, Samuel R. Vilmeau, Samuel Norwood, Vinicius L Ribeiro, Claire Egret, Tal Amasay, Vassilios Panoutsakopoulos, and Zacharias Papadakis
- Feb 2024 **Advancing The Self-Verification Theory In Female Rowers Through The Lens Of Mental Toughness: Implications For Positive Sport Psychology**, *Southeast American College of Sports Medicine*, Greenville, SC.
 ○ Marc-Antoine D Harris*, Charlotte Armstrong, Andreas Stamatis, Claire Egret, Tal Amasay, and Zacharias Papadakis
- Feb 2024 **The Impact Of Personal Protective Equipment On Anaerobic Fitness Assessment In Firefighters**, *Southeast American College of Sports Medicine*, Greenville, SC.
 ○ Desiree Johnson*, Peter Beitia, Andreas Stamatis, and Zacharias Papadakis

- Feb 2024 **Is Firefighters Mental Toughness Accurately Assessed? Concurrent Evaluation Of Current Practices**, *Southeast American College of Sports Medicine*, Greenville, SC.
 ○ Martilus K Dervil*, Peter Beitia, Andreas Stamatis, and Zacharias Papadakis
- Feb 2024 **Occupational Firefighters Readiness: A Body Mass Index And Age Association Study**, *Southeast American College of Sports Medicine*, Greenville, SC.
 ○ Cristian J Acuna*, Peter Beitia, Andreas Stamatis, and Zacharias Papadakis
- Feb 2024 **Physiological Determinants Of Firefighter Physical Ability Test Performance: A Follow-Up Investigation Into Anaerobic Fitness Parameters**, *Southeast American College of Sports Medicine*, Greenville, SC.
 ○ Peter Beitia, Andreas Stamatis, and Zacharias Papadakis
- Feb 2024 **Mental Toughness Explains Rowing Performance: A Mixed Model Analysis**, *Southeast American College of Sports Medicine*, Greenville, SC.
 ○ Samuel X Norwood*, Charlotte Armstrong, Andreas Stamatis, Claire Egret, Tal Amasay, and Zacharias Papadakis
- Nov 2023 **Inter-Rater Reliability Validation Via the Military Training Mental Toughness Inventory in Firefighters: Follow-up Psychometric Analysis**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ Shane Phillips*, Peter Beitia, Andreas Stamatis, Zacharias Papadakis, and Amerigo Rossi
- Nov 2023 **Inter-Rate Reliability of Mental Toughness Scores by Head and Assistant Coaches: A Repeated-Measure Design**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ Maya Caon*, Charlotte Armstrong, Andreas Stamatis, Claire Egret, Tal Amasay, and Zacharias Papadakis
- Nov 2023 **Body Mass Index Misclassify Obesity in Firefighters**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ Samuel R. Vilmeau, Peter Beitia, Andreas Stamatis, and Zacharias Papadakis
- Nov 2023 **Association of Body Composition Methods and Occupational Readiness: Differences between Veterans and Rookies**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ Vinicius L Ribeiro, Peter Beitia, Andreas Stamatis, Zacharias Papadakis
- Jun 2023 **Capturing the True VO2max-Secondary Criteria of Heart Rate and Respiratory Exchange Ratio**, *American College of Sports Medicine*, Denver, CO.
 ○ Z Papadakis, N Koutlianos, and V Panoutsakopoulos
- Jun 2023 **Predicting Firefighter's Physical Ability Test Scores from Anaerobic Fitness Parameters**, *American College of Sports Medicine*, Denver, CO.
 ○ P Beitia, Z Papadakis, A Stamatis, and T Amasay
- Jun 2023 **Prognostic Validity of Professional Soccer Status by Anthropometrics and Repeated Jump Testing**, *American College of Sports Medicine*, Denver, CO.
 ○ S Vilmeau*, V Panoutsakopoulos, I Kollias, and Z Papadakis
- Jun 2023 **The Effectiveness of Utilizing Paraoxonse 1 and Heart Rate Variability to Predict Chronic Kidney Disease Stage**, *American College of Sports Medicine*, Denver, CO.
 ○ TS Tejaswi*, JK Taylor, Z Papadakis, PW Grandjean, and JS Forsse
- Jun 2023 **Cervical Erector Spinae Intermuscular Coordination while Using Noise Cancellation Headphones during Walking**, *American College of Sports Medicine*, Denver, CO.
 ○ Kia Golzari, Ali Boolani, Zacharias Papadakis, Sergi Garcia-Retortillo, Andreas Stamatis, Emily Locke, Ryan McCarthy, Kwadwo Osei Appiah-Kubi, Ahmed Kadry, Ahmed Torad, Mostafa Elwan, and Hugo Posada-Quintero

- May 2023 **Using the Military Training Mental Toughness Inventory of Firefighters: Preliminary Evidence on Inter-Rater Reliability**, *American College of Sports Medicine*, Denver, CO.
 ○ N Budell*, P Beitia, A Stamatis, and Z Papadakis
- May 2023 **Strength Versus Deficit Educational-based Interventions on Mental Toughness: A Case Study of Female Student-athletes**, *American College of Sports Medicine*, Denver, CO.
 ○ L Guzzetta*, G Morgan, Z Papadakis, and A Stamatis
- Apr 2023 **Facemask Type Impacts Dyspnea During Maximal Exercise Testing, but Mental Toughness Does Not Mediate**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ D Ramus-Wright*, A Rincon-Cortes, SR Vilmeau*, A Stamatis, and Z Papadakis
- Apr 2023 **Perceived Feelings and Dyspnea During Maximal Exercise Testing with Different Masks: A Randomized Crossover Study**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ R Pluviose*, A Rincon-Cortes, A Stamatis, and Z Papadakis
- Apr 2023 **Identifying Anger through Gait and Balance Analysis using Machine Learning Models**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ SR Vilmeau*, A Boolani, A Stamatis, and Z Papadakis
- Apr 2023 **Impact of Mood States on Executive Function Testing: Considerations for Sports Medicine Professionals**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ E Cormie*, A Boolani, Z Papadakis, and A Stamatis
- Apr 2023 **Testing the Self-Verification Theory in Female Rowers Using Mental Toughness: Implications for Positive Sport Psychology**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ C Armstrong, MAD Harris*, A Stamatis, and Z Papadakis
- Apr 2023 **Effect of Last Meal Timing on Sleep Efficiency in College Students during COVID-19**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ N Hayes*, Z Papadakis, A Boolani, and A Stamatis
- Apr 2023 **Screen Time and Mental Work in College Students During COVID-19: Implications for Occupational Therapy**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ G Herrera*, Z Papadakis, A Boolani, and A Stamatis
- Feb 2023 **Using the Military Training Mental Toughness Inventory of Firefighters: Preliminary Evidence on Inter-Rater Reliability**, *Southeast American College of Sports Medicine*, Greenville, SC.
 ○ N Budell*, P Beitia, A Stamatis, and Z Papadakis
- Feb 2023 **Cervical Erector Spinae Intermuscular Coordination while Using Noise Cancellation Headphones during Walking**, *Southeast American College of Sports Medicine*, Greenville, SC.
 ○ Kia Golzari, Ali Boolani, Zacharias Papadakis, Sergi Garcia-Retortillo, Andreas Stamatis, Emily Locke, Ryan McCarthy, Kwadwo Osei Appiah-Kubi, Ahmed Kadry, Ahmed Torad, Mostafa Elwan, and Hugo Posada-Quintero
- Feb 2023 **Predicting Firefighter's Physical Ability Test Scores from Anaerobic Fitness Parameters**, *Southeast American College of Sports Medicine*, Greenville, SC.
 ○ P Beitia, Z Papadakis, A Stamatis, and T Amasay

- Nov 2022 **Prognostic Validity of Professional Soccer Status by Anthropometrics and Repeated Jump Testing**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ S Vilmeau*, V Panoutsakopoulos, I Kollias, and Z Papadakis
- Nov 2022 **Grit Explained 29.4 Percent of the Variability in Mental Toughness of Student-athletes: Perseverance Was Primarily Responsible**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ M Taylor*, H Matsuo*, G Morgan, Z Papadakis, A Boolani, and A Stamatis
- Nov 2022 **Barriers to Adopting Lifestyle Behaviors under the Prism of Lifestyle Medicine**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ J Barber*, Z Papadakis, M Manierre, A Boolani, and A Stamatis
- Nov 2022 **Measuring Mental Toughness in Firefighters: Preliminary Results on the Concurrent Validity of Two Inventories**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ P Beitia, A Stamatis, and Z Papadakis
- Nov 2022 **Strength Versus Deficit Educational-based Mental Toughness Interventions on Mental Health of Female Student-athletes**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ L Guzzetta*, Z Papadakis, G Morgan, and A Stamatis
- Jun 2022 **The Impact of Varying Blood Flow Restriction Cuff Size On Cardiac Autonomic Modulation in Healthy Males**, *American College of Sports Medicine*, San Diego, CA.
 ○ C Bisson*, Z Papadakis, S Macheck, D Wilburn, JL Hileson, D Harris, M Paine*, and JS Forsse
- Jun 2022 **To Scale Or Not To Scale When Predicting Female Rowers' Off-Water Performance?**, *American College of Sports Medicine*, San Diego, CA.
 ○ M Etchebaster, Z Jackson, and Z Papadakis
- Jun 2022 **Cardiorespiratory Coordination Among Intermediate and Novice Female Collegiate Rowers**, *American College of Sports Medicine*, San Diego, CA.
 ○ Z Jackson, M Etchebaster, P Gutiérrez, G Hernández, S. Garcia-Retortillo, and Z Papadakis
- Jun 2022 **Is Our Student Body Fit? A Comparison of Current Fitness Levels to Normative Data**, *American College of Sports Medicine*, San Diego, CA.
 ○ M Dorvily, M Etchebaster, Z Jackson, and Z Papadakis
- Jun 2022 **Acute Partial Sleep Deprivation and High-Intensity Exercise Effects on Cardiovascular Autonomic Regulation and Lipemia Network**, *American College of Sports Medicine*, San Diego, CA.
 ○ Z Papadakis and S Garcia-Retortillo
- Jun 2022 **Exploring Physical Fitness Profile Of College Students Through Principal Component Analysis: A Case Study**, *American College of Sports Medicine*, San Diego, CA.
 ○ A Rincon-Cortes, M Dorvily, Z Jackson, M Etchebaster, and Z Papadakis
- Apr 2022 **Strength Versus Deficit Educational-based Interventions on Mental Toughness: A Case Study of Female Student-athletes**, *Greater New York American College of Sports Medicine*, New York, NY.
 ○ L Guzzetta*, G Morgan, Z Papadakis, and A Stamatis
- Apr 2022 **Cardiorespiratory Coordination Among Intermediate and Novice Female Collegiate Rowers**, *Barry University STEM Symposium*, Miami Shores, FL.
 ○ Z Jackson, M Etchebaster, P Gutiérrez, G Hernández, S. Garcia-Retortillo, and Z Papadakis

- Feb 2022 **The Limited Role of Grit in the Associations Between Lifestyle Behavior and Feelings of Energy and Fatigue during the Early Stages of the COVID-19 Pandemic**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ M Carter*, J Adams, J Martin, ML. Smith, I Milani, SV Caswell, N Cortes, A Boolani, A Stamatis, and Z Papadakis
- Feb 2022 **Exploring Physical Fitness Profile Of College Students Through Principal Component Analysis: A Case Study**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ A Rincon-Cortes, M Dorvily, Z Jackson, M Etchebaster, and Z Papadakis
- Feb 2022 **Is Our Student Body Fit? A Comparison of Current Fitness Levels to Normative Data**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ M Dorvily, M Etchebaster, Z Jackson, and Z Papadakis
- Feb 2022 **Cardiorespiratory Coordination Among Intermediate and Novice Female Collegiate Rowers**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Z Jackson, M Etchebaster, P Gutiérrez, G Hernández, S. Garcia-Retortillo, and Z Papadakis
- Feb 2022 **Acute Partial Sleep Deprivation and High-Intensity Exercise Effects on Cardiovascular Autonomic Regulation and Lipemia Network**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Z Papadakis and S Garcia-Retortillo
- Feb 2022 **Examining the Relationship Between Trait Energy and Fatigue and Feelings of Depression in Young Healthy Adults**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ M Harris*, L Nesshoever, A Carpenter, S Sampieri, J Keefer, C.C. Yager, C. Pickett, L. Smith, A Boolani, A Stamatis, and Z Papadakis
- Jun 2021 **Unites States Special Operations Command South Training Programs Effectiveness: A Case Study**, *American College of Sports Medicine*, Virtual.
 ○ Hansen, G., Fell, S.P., Lubbers, J., Langlois, M., Talcott, J., Stamatis, A., and Papadakis, Z.
- Jun 2021 **Differences in Acute:Chronic Workload Ration Preceding Injury Occurrence in United Soccer League Players**, *American College of Sports Medicine*, Virtual.
 ○ Fell, S.P., Hodge, B., Stamatis, A., and Papadakis, Z.
- Jun 2021 **Evaluating a Fire Departments Conditioning Programs Ability to Predict Tactical Performance from Physical Fitness Testing**, *American College of Sports Medicine*, Virtual.
 ○ Beitia, P., Grondin, S., and Papadakis, Z.
- Jun 2021 **Acute Responses in Agonists of Urine Epidermal Growth Factor to Steady-State Moderate-Intensity and High-Intensity Interval Exercise in Mid-Spectrum Chronic Kidney Disease**, *American College of Sports Medicine*, Virtual.
 ○ Adair, K., Papadakis, Z., Peterson, M.N., Beeson, C., Taylor, J. K., Hess, B.W., Allison, C., Schwedock, N, Griggs, J.O., Wilson, R.L., Dugan, K.J., Jones, K.W., Grandjean, P.W., and Forsse, J.S.
- Jun 2021 **Physical Inactivity During COVID-19 Moderates Body Fat Percentage-Relative Handgrip Strength Relationship on Black Females**, *American College of Sports Medicine*, Virtual.
 ○ Etchebaster*, M., Dorvily*, M., Stamatis, A., Forsse, J.S., Amasay, T., and Papadakis, Z.
- Jun 2021 **COVID-19 Adherence to Physical Activity Guidelines Moderates the Mental Health Toughness Relationship on Black Hispanic Females.**, *American College of Sports Medicine*, Virtual.
 ○ Dorvily*, M., Etchebaster*, M., Stamatis, A., Forsse, J.S., Amasay, T., and Papadakis, Z.

- Jun 2021 **Can Total Body Composition be Used as a Predictor of Cardiorespiratory Fitness in the Absence of Cardiometabolic Diseases?**, *American College of Sports Medicine*, Virtual.
 ○ Heilesen*, L.J, Papadakis, Z., Adair, K., Lowry*, K., Torres*, R., Dhillon*, A., Ismaeel, A., Koutakis, P., and Forsse, J.S.
- Feb 2021 **College Basketball Recreational and Club Level Power and Agility Scores vs. 2019 NBA Draft**, *Southeast American College of Sports Medicine*, Virtual.
 ○ Bell, C., Stamatis, A., and Papadakis, Z.
- Feb 2021 **Acute Responses in Agonists of Urine Epidermal Growth Factor to Steady-State Moderate-Intensity and High-Intensity Interval Exercise in Mid-Spectrum Chronic Kidney Disease**, *Texas American College of Sports Medicine*, Virtual.
 ○ Adair, K., Papadakis, Z., Peterson, M.N., Beeson, C., Taylor, J. K., Hess, B.W., Allison, C., Schwedock, N, Griggs, J.O., Wilson, R.L., Dugan, K.J., Jones, K.W., Grandjean, P.W., and Forsse, J.S.
- Feb 2021 **Evaluating a Fire Departments Conditioning Programs Ability to Predict Tactical Performance from Physical Fitness Testing**, *Texas American College of Sports Medicine*, Virtual.
 ○ Beitia, P., Grondin, S., and Papadakis, Z.
- Feb 2021 **Fear of COVID-19 and Adherence to Lockdown Deteriorated Police Cadets Handgrip Strength Relative to BMI**, *Texas American College of Sports Medicine*, Virtual.
 ○ Moodie, C., Kukic, F., Koropanovski, N., Veskovic, A., Petrovic, N., Stamatis, A., and Papadakis, Z.
- Feb 2021 **Handgrip Strength and VO2max Trends in Police Cadets: A Case Study**, *Texas American College of Sports Medicine*, Virtual.
 ○ Morris, K., Kukic, F., Koropanovski, N., Stamatis, A., and Papadakis, Z.
- Feb 2021 **Differences in Acute:Chronic Workload Ration Preceding Injury Occurrence in United Soccer League Players**, *Texas American College of Sports Medicine*, Virtual.
 ○ Fell, S.P., Hodge, B., Stamatis, A., and Papadakis, Z
- Feb 2021 **Unites States Special Operations Command South Training Programs Effectiveness: A Case Study**, *Texas American College of Sports Medicine*, Virtual.
 ○ Hansen, G., Fell, S.P., Lubbers, J., Langlois, M., Talcott, J., Stamatis, A., and Papadakis, Z.
- Feb 2021 **Physical Inactivity During COVID-19 Moderates Body Fat Percentage-Relative Handgrip Strength Relationship on Black Females**, *Texas American College of Sports Medicine*, Virtual.
 ○ Etchebaster*, M., Dorvily*, M., Stamatis, A., Forsse, J.S., Amasay, T., and Papadakis, Z
- Feb 2021 **COVID-19 Adherence to Physical Activity Guidelines Moderates the Mental Health Toughness Relationship on Black Hispanic Females**, *Texas American College of Sports Medicine*, Virtual.
 ○ Dorvily*, M., Etchebaster*, M., Stamatis, A., Forsse, J.S., Amasay, T., and Papadakis, Z.
- Feb 2021 **Sex Moderates the Fitness Tests Performance Index Relationship in Collegiate Basketball: A Case Study**, *Texas American College of Sports Medicine*, Virtual.
 ○ Kingsley*, N., Amsbaugh, S., Papadakis, Z., Morgan, G., Boolani, A., and Stamatis, A.
- Jun 2020 **Heart Rate Variability Responses to Exercise in Mid-Spectrum Chronic Kidney Disease**, *American College of Sports Medicine*, Virtual.
 ○ Peterson, M.N., Forsse, J.S., Papadakis, Z. and Grandjean, P.W.

- Jun 2020 **Longitudinal-Retrospective 8-Weeks Non-Periodized, Non-Individualized Training Program Effectiveness of Hialeah Fire Department**, *American College of Sports Medicine*, Virtual.
 ○ Beitia, P, Grondin, S., and Papadakis, Z.
- Jun 2020 **Do Race, Physical Activity, Body Mass Index, and Sleep Quality Affect Mental Toughness?**, *American College of Sports Medicine*, Virtual.
 ○ Grant*, K., Astrachan*, Q., Anderson, A., Moodie, C., and Papadakis, Z.
- Jun 2020 **Heart Rate Variability Responses to Exercise in Mid-spectrum Chronic Kidney Disease**, *American College of Sports Medicine*, Virtual.
 ○ Peterson, M.N, Forsse, J.S., Papadakis, Z., and Grandjean, P.W.
- Jun 2020 **The Effects of Adhering to ACSM Physical Activity Guidelines on Female University Employees**, *American College of Sports Medicine*, Virtual.
 ○ Moodie, C., Anderson, A., Astrachan*, Q., and Papadakis, Z.
- Jun 2020 **Can Athletes Be Tough and Kind to Themselves? Improving Mental Health Best Practices in NCAA?**, *American College of Sports Medicine*, Virtual.
 ○ Morgan, G., Stamatis, A., Deal, P., Papadakis, Z., Forsse, J., McKinley-Barnard, S., and Scudamore, E.
- Jun 2020 **Does Mindfulness Underpin the Mental Toughness - Self-compassion Relationship in Collegiate Athletes?**, *American College of Sports Medicine*, Virtual.
 ○ Walsh, S., Morgan, G., Papadakis, Z., and Stamatis, A.
- Jun 2020 **Effects of Acute Short Sleep and High-Intensity Interval Exercise on Heart Rate Variability Frequency Indices**, *American College of Sports Medicine*, Virtual.
 ○ Papadakis Z., Forsse, J.S., and Peterson, M.N.
- Feb 2020 **Exercise Prescription for and Outcomes of a Cardiovascular and Cerebral Misfunction Case**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Grant*, K., Castillo*, A., Vempala, A., Malinowski, K., and Papadakis, Z.
- Feb 2020 **Open Reduction and Internal Fixation of Three Displaced Malleoli**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Painter*, C., MacDonell, C., and Papadakis, Z.
- Feb 2020 **10-Yr Follow-up for Adolescent with Low Back Pain and Symptomatic Lumbo Sacral Transitional Vertebra/Bertolotti Syndrome: A Case Study**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Beitia, P., Schneider, A., Sublett, M., and Papadakis, Z.
- Feb 2020 **The Effects of Adhering to ACSM Physical Activity Guidelines on Female University Employees**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Moodie, C. R., Anderson, A. B., Astrachan*, Q., and Papadakis, Z.
- Feb 2020 **The Effect of Sleep Quality and Being Physically Active on Developing Mental Toughness**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Morris, K. O., Anderson, A, Astrachan*, Q., Moodie, C., Stamatis, A., and Papadakis, Z.
- Feb 2020 **Sex Impacts Regression Models Predicting Upper-Body Muscular Endurance**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ MacDonell, Christina H., Fukushima*, T., Hudlin*, F., Morgan, G, Stamatis, A., and Papadakis, Z.
- Jul 2019 **The Moderation Effect of Sleep Quality on the Physical Activity Mental Toughness Relationship: A Pilot Study**, *Athens Institute for Education and Research*, Athens, Greece.
 ○ Papadakis, Z., Stamatis, A., Moodie, C., and Anderson, A.

- Mar 2019 **Circulating Inflammatory and Oxidative Stress Responses to Steady-State Moderate-Intensity and High-Intensity Interval Exercise in Mid-Spectrum Chronic Kidney Disease**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Peterson, M.N., Forsse, J.S., Taylor, K.J., Papadakis, Z., Schwedock, N., Hess, B., Griggs, J., Allison, C., Wilson, R., Adair, K., Cholewinski*, M., and Grandjean, P. W.
- Mar 2019 **Mental Health Best Practices in NCAA: The Bidirectional Relationship Between Mental Toughness and Self-Compassion**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Padgett, R.N., Forsse, J.S., Papadakis, Z., Deal, P.J., Stamatis, A.
- Mar 2019 **The Effects of Pre- and Post-Rehabilitation Physical Training Protocol on Anterior Cruciate Ligament Progress**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Beitia, P. Schneider, A., Sublett, M., and Papadakis, Z.
- Mar 2019 **Accelerated Rehabilitation Protocol on Plantar Fasciitis**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Bello*, A. and Papadakis, Z.
- Mar 2019 **Pre-and In-season Strength and Conditioning Training Changes in Leg Peak Power Performance in Collegiate Division II Womens Basketball Team: A Case Study**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Anderson, A. Key, C. M., Sanders, B.K. and Papadakis, Z.
- Mar 2019 **Shoulder Trauma And Humeral Avulsion Of The Glenohumeral Ligament**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Stroud, T. and Papadakis, Z.
- Mar 2019 **Left Distal Biceps Tendon Avulsion**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Lotero*, A. and Papadakis, Z.
- Feb 2019 **Renal Function Responses to Steady-State Moderate-Intensity and High-Intensity Interval Exercise in Mid-Spectrum Chronic Kidney Disease**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Adair, K., Forsse, J., Peterson, M., Papadakis, Z., Cholewinski*, M., and Grandjean, P
- Jun 2018 **Quantity of Deliberate Play and Collegiate Sports: A Comparison of Two Case Studies**, *American College of Sports Medicine*, Minneapolis, MN.
 ○ Purcell, J., Beach, K., Nikzad, N., Papadakis, Z., and Stamatis, A.
- Jun 2018 **Cross-Cultural Invariance of the Mental Toughness Inventory Among American and Greek Athletes**, *American College of Sports Medicine*, Minneapolis, MN.
 ○ Morgan, G.B., Stamatis, A., Papadakis, Z., Mougios, V., Bogdanis, G., and Spinou, A.
- Jun 2018 **Anthropometric and Performance Statistics Comparisons in Baseball Batters: A Longitudinal Study**, *American College of Sports Medicine*, Minneapolis, MN.
 ○ Vinod*, V., Anantasagar*, T.R., Karasch, R.A., Disch, J.G., and Papadakis, Z.
- Jun 2018 **Anthropometric and Performance Statistics Comparisons in Baseball Pitchers: A Longitudinal Study**, *American College of Sports Medicine*, Minneapolis, MN.
 ○ Nikzad*, N., Karasch, R.A., Anantasagar*, T.R., Vinod*, V., Disch, J.G., and Papadakis, Z.
- Jun 2018 **Relationship Between Fitness Testing and Performance Statistics in Baseball: A Longitudinal Study**, *American College of Sports Medicine*, Minneapolis, MN.
 ○ Anantasagar*, T.R., Vinod*, V., Karasch, R.A., Disch, J.G., and Papadakis, Z.

- Jun 2018 **Influence of Short, Disrupted Sleep and High-intensity Interval Exercise on Fasting and Postprandial Blood Lipid and Lipid-related Antioxidant Responses in Healthy Men**, *American College of Sports Medicine*, Minneapolis, MN.
 ○ Peterson, M.N., Papadakis, Z., Forsse, J.S., Gutierrez*, F., Taylor, J.K., Qian, L. Brito-Estrada, O., Dugan, K., and Grandjean, P.W.
- Jun 2018 **Brachial Artery FMD Responses to Steady-State Moderate-Intensity and High-Intensity Interval Exercise in Mid-Spectrum Chronic Kidney Disease**, *American College of Sports Medicine*, Minneapolis, MN.
 ○ Forsse, J.S., Peterson, M.N., Papadakis, Z., Gutierrez*, F., Schwedock, N, Hess, B.W., Griggs, J.O., Allison, C., Wilson, R.L., and Grandjean, P.W.
- Jun 2018 **Influence of Short, Disrupted Sleep and High-intensity Interval Exercise on Brachial Artery Vascular Responses**, *American College of Sports Medicine*, Minneapolis, MN.
 ○ Papadakis, Z., Forsse, J.S., Peterson, M.N., Gutierrez*, F., Taylor, J.K., and Grandjean, P.W.
- Mar 2018 **The Underlying Role of Caloric Restriction in the Female Athlete Triad**, *Texas American College of Sports Medicine*, Austin, TX.
 ○ Do*, M., and Papadakis, Z.
- Mar 2018 **Brachial Artery FMD Responses to Steady-State Moderate-Intensity and High-Intensity Interval Exercise in Mid-Spectrum Chronic Kidney Disease**, *Texas American College of Sports Medicine*, Austin, TX.
 ○ Gutierrez*, F., Forsse, J. S., Peterson, M.N., Papadakis, Z., and Grandjean, P.W.
- Mar 2018 **Duchenne Muscular Dystrophy**, *Texas American College of Sports Medicine*, Austin, TX.
 ○ Onyeokeziri*, S. and Papadakis, Z.
- Mar 2018 **Femoral Neck Stress Fracture: Early Identification and Treatment**, *Texas American College of Sports Medicine*, Austin, TX.
 ○ Bui*, R. and Papadakis, Z.
- Mar 2018 **Metabolic and Vascular Responses to Short, Disrupted Sleep and High-Intensity Interval Exercise in Healthy Men**, *Texas American College of Sports Medicine*, Austin, TX.
 ○ Peterson, M.N., Papadakis, Z., Forsse, J S., Gutierrez*, F., Taylor, J.K., and Grandjean, P.W.
- Mar 2018 **Patellofemoral Pain Syndrome**, *Texas American College of Sports Medicine*, Austin, TX.
 ○ Cedeno*, E. and Papadakis, Z.
- Mar 2018 **Mental Toughness in Sport: Moving Towards Conceptual Clarity and Consensus**, *Texas American College of Sports Medicine*, Austin, TX.
 ○ Anantasagar*, T., Abbott*, K., Stamatis, A., and Papadakis, Z.
- Mar 2017 **What Experiences are Needed to Become a Division I Baseball, Football, or Track Athlete? A Retrospective Study of the Quantity of Deliberate Play**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Nikzad*, N., Stamatis, A., and Papadakis, Z.
- Mar 2017 **Triangular Fibrocartilage Complex**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Kassir*, D. and Papadakis, Z.
- Mar 2017 **Thoracic Outlet Syndrome**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Presburger*, Y. and Papadakis, Z.
- Mar 2017 **Meniscus Tear**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Chu*, S. and Papadakis, Z.

- Mar 2017 **Calf Muscle Strain: Injury of the Gastrocnemius and Soleus**, *Texas American College of Sports Medicine*, Waco, TX.
 ○ Gupta*, A. and Papadakis, Z.
- Jun 2016 **Brachial Artery FMD and Endothelial Responses to High-Intensity Interval and Steady-State Moderate-Intensity Exercise**, *American College of Sports Medicine*, Boston, MA.
 ○ Forsse, J. S., Papadakis, Z., Bane, A. A., Morales Marroquín, F. E., and Grandjean, P. W.
- Mar 2016 **Brachial Artery FMD and Endothelial Responses to High-Intensity Interval and Steady-State Moderate-Intensity Exercise**, *Texas American College of Sports Medicine*, College Station, TX.
 ○ Forsse, J. S., Papadakis, Z., Bane, A. A., Morales Marroquín, F. E., and Grandjean, P. W.
- Jun 2015 **3-Nitrotyrosine and Soluble Vascular and Intracellular Adhesion Molecule Responses to High-Intensity Interval and Steady-State Moderate-Intensity Exercise**, *American College of Sports Medicine*, San Diego, CA.
 ○ Forsse, Jeffrey S., Papadakis, Z., Bane, A. A., Taylor, J.K., Qian, L., Morales Marroquín, F.E., and Grandjean, P. W.
- Jun 2015 **High-Density Lipoprotein Antioxidant Responses to High-Intensity Interval and Steady-State Moderate-Intensity Exercise**, *American College of Sports Medicine*, San Diego, CA.
 ○ Papadakis, Z.; Forsse, J.S., Bane, A. A., Taylor, J.K., Qian, L., Morales Marroquín, F.E., and Grandjean, Peter W.
- Feb 2015 **What Experiences are Needed to Become a Division I Baseball, Football, or Track Athlete? A Retrospective Study of the Quantity of Deliberate Play**, *Texas American College of Sports Medicine*, Austin, TX.
 ○ Forsse, Jeffrey S., Papadakis, Z., Bane, A. A., Taylor, J.K., Qian, L., Morales Marroquín, F.E., and Grandjean, P. W.
- Feb 2015 **High-Density Lipoprotein Antioxidant Responses to High-Intensity Interval and Steady-State Moderate-Intensity Exercise**, *Texas American College of Sports Medicine*, Austin, TX.
 ○ Papadakis, Z., Forsse, J.S., Bane, A. A., Taylor, J.K., Qian, L.; Morales Marroquín, F.E., and Grandjean, P. W.
- Jun 2014 **Cardiorespiratory and Biomechanical Responses to Simulated Horseback Riding in Healthy Children**, *American College of Sports Medicine*, Orlando, FL.
 ○ Rigby, R. B., Papadakis, Z., Bane, A. A., Park, J. K., Bird*, A. E., Gloeckner*, A. R., Willard*, T.R., Grandjean, P.W.
- Jun 2014 **The Effect of Exercise Intensity on Postprandial Blood Lipids in Physically-Inactive Men**, *American College of Sports Medicine*, Orlando, FL.
 ○ Littlefield, L. A., Papadakis, Z., Rogers, K. M., Moncada-Jiminez, J., Taylor, J. K., and Grandjean, P. W.
- Feb 2014 **The Effect of Exercise Intensity on Postprandial Blood Lipids in Physically-Inactive Men**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Littlefield, L. A., Papadakis, Z., Rogers*, K. M., Moncada-Jiminez, J., Taylor, J. K., and Grandjean, P. W.
- Feb 2014 **Cardiorespiratory and Biomechanical Responses to Simulated Horseback Riding in Healthy Children**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Rigby, B.R., Papadakis, Z., Bane, A.A, Park, K.J., and Grandjean, P.W.
- Feb 2014 **Cardiorespiratory and Biomechanical Changes with Hippotherapy in Children with and without Cerebral Palsy**, *Texas American College of Sports Medicine*, Fort Worth, TX.
 ○ Rigby, B. R., Gloeckner*, A. R., Papadakis, Z., Bane, A. A., Forsse, J.S., Bird*, A. E., Willard*, T. R., Bullinger*, D.L., Rogers*, R R., Biggerstaff, K. D., and Grandjean, P.W.

Feb 2013 **Cardiorespiratory and Biomechanical Changes With Hippotherapy in Children With and Without Cerebral Palsy**, *Texas American College of Sports Medicine*, Austin, TX.

- Rigby, B. R., Gloeckner*, A. R., Papadakis, Z., Bane, A. A., Forsse, J.S., Bird*, A. E., Willard*, T. R., Bullinger*, D.L., Rogers*, R. R., Biggerstaff, K. D., and Grandjean, P.W.

Teaching Experience

2022–Present **Associate Professor of Exercise Physiology and Wellness**, *Barry University*, Miami Shores, FL.

- Continuing my duties and responsibilities as Associate Professor of Exercise Physiology and Wellness

2018–2022 **Assistant Professor of Exercise Physiology and Wellness**, *Barry University*, Miami Shores, FL.

- Taught a variety of courses at undergraduate and graduate level averaging 50 students per semester
- Revised the syllabi to meet accreditation standards
- Coordinated grading and labs with a team of 2 teaching assistants
- GR: SES 561 Advanced Exercise Physiology
- GR: SES 600 Advanced Lab Techniques
- GR: SES 603 Exercise is Medicine
- GR: SES 624 Advanced Stats for Sport and Exercise Science
- GR: SES 689 Thesis I
- GR: SES 690 - Thesis II
- UG: SES 341 Clinical Exercise Physiology
- UG: SES 341L Clinical Exercise Physiology Lab
- UG: SES 370 Fitness Assessment and Exercise Prescription
- UG: SES 370L Fitness Assessment and Exercise Prescription Lab
- UG: SES 441 Clinical Exercise Physiology
- UG: SES 469 Directed Readings
- UG: SES 486 Practicum in Exercise Physiology
- UG: SES 499 Internship in Exercise Physiology
- UG: SES 551 Fitness Assessment and Program Development

2015–2018 **Assistant Professor in Teaching/Lecturer**, *Rice University*, Houston, TX.

- Taught a variety of courses at undergraduate level averaging 80 students per semester
- Developed quizzes, exams, and homework
- Revised the syllabi to meet accreditation standards
- UG: KINE 301 Human Physiology
- UG: KINE 321 Exercise Physiology
- UG: KINE 323 Exercise Physiology Lab
- UG: KINE 326 Exercise Epidemiology
- UG: KINE 403 Sports Nutrition
- UG: KINE 410 Cases Studies in Human Performance
- UG: KINE 495 Independent Study I
- UG: KINE 496 Independent Study II
- UG: KINE 499 Teaching Practicum

2011–2015 **Graduate Teaching Assistant**, *Baylor University*, Waco, TX.

- Taught a variety of courses at undergraduate level averaging 100 students per semester
- Developed quizzes, exams, and homework
- GR: HP 1134 Fitness Theory and Practice
- GR: HP 1189 Volleyball
- GR: HP 1420 Human Anatomy
- GR: HP 2102 Fitness Concepts
- GR: HP 2420 Exercise Physiology and Exercise Physiology Lab
- GR: HP 4450 Exercise Testing and Prescription

Guest Lectures

- Mar 2021 **SES-210 Foundations of Sport and Exercise Sciences - Research in Exercise Science**, *Barry University*, Miami Shores, FL.
○ Zacharias Papadakis
- Feb 2020 **SES-210 Foundations of Sport and Exercise Sciences - Research in Exercise Science**, *Barry University*, Miami Shores, FL.
○ Zacharias Papadakis
- Nov 2019 **SES-210 Foundations of Sport and Exercise Sciences - Research in Exercise Science**, *Barry University*, Miami Shores, FL.
○ Zacharias Papadakis
- Oct 2019 **SES-210 Foundations of Sport and Exercise Sciences - Research in Exercise Science**, *Barry University*, Miami Shores, FL.
○ Zacharias Papadakis

Mentoring Experience

Barry University

○ Undergraduate and Graduate Level

Since 2018, I have mentored and supported scholarly work for more than 21 undergraduate and 25 graduate students from diverse cultural and educational backgrounds (e.g., minority and first generation students). Mapping mentoring diversity is White: 1%, Hispanic: 45%, Black-African American: 45%, Mixed:9%.

Rice University

○ Undergraduate Level

From 2015-2018, I mentored 17 undergraduate students and supported their scholarship. Mapping mentoring diversity is White: 5%, Hispanic: 25%, Asian: 65%, Mixed:5%.

○ High School Level - Rice University Initiative

From 2015-2018, I mentored two high school students as part of the Rice University Initiative. Mapping mentoring diversity is Asian: 100%.

1. Rayn Quenemoen High School. Project title: High-school marathon run time prediction model
2. Sachi Khemka James E. Taylor, High School –MCTC Student Award. Project title: Rehydration pen: Creating healthy and hydrated athletes

Laboratory and Programming Experience

Laboratory Skills

1. Cardiorespiratory Assessments: Submaximal and maximal oxygen consumption tests. Lactate threshold assessments. Spirometry for pulmonary function testing.
2. Metabolic Measurements: Basal metabolic rate. Phlebotomy for blood sample collection. Oxygen saturation monitoring.
3. Body Composition Analysis: Dual X-ray absorptiometry (DEXA). Anthropometry for body measurements. Bioelectrical impedance analysis. Air-displacement plethysmography for body volume measurement.
4. Cardiovascular Assessments: Electrocardiography (ECG). Ultrasound flow-mediated dilation. Pulse and plethysmography. Heart rate variability analysis.
5. Neurophysiological Measurements: Electroencephalography (EEG). Electromyography (EMG). Skin conductance measurement. Microneurography for nerve activity assessment.
6. Muscle Function Evaluation: Isokinetic, isotonic, and isometric muscle assessments. Activity monitors for daily movement tracking.

7. Blood Pressure and Sleep Assessment: Non-invasive blood pressure assessment. Polysomnography for sleep studies. Biosensors for continuous physiological monitoring.
8. Dry Lab: Computational analysis. Mathematical modeling. Simulating exercise scenarios. Analysis of exercise data. Software utilization. Optimizing exercise programs.
9. Wet Lab: Biochemical analysis - ELISA.

Programming Languages

R - intermediate, RStudio - intermediate, Github - intermediate, Python - beginner, Tableau - beginner

Awards and Honors

- | | |
|----------|---|
| May 2025 | ACSM Research Review Committee. American College of Sports Medicine |
| Jun 2024 | Exercise Is Medicine on Campus - Gold Award. American College of Sports Medicine |
| Jun 2024 | Council on Undergraduate Research - Elected Leader Health Sciences Division. Council on Undergraduate Research |
| Apr 2024 | SR. Jeanne O'Laughlin, OP, Scholar's Award. Barry University |
| Nov 2023 | Outstanding Faculty Member Award. Barry University |
| Jun 2023 | Exercise Is Medicine on Campus - Silver Award. American College of Sports Medicine |
| Apr 2023 | Outstanding Faculty Member Award. Barry University |
| Dec 2022 | Barry University Provost's Fellowship. Barry University |
| Oct 2022 | Fellow of the American College of Sports Medicine - FACSM. American College of Sports Medicine |
| Jun 2022 | Exercise Is Medicine on Campus - Bronze Award. American College of Sports Medicine |
| Apr 2022 | Barry University Communique' Faculty Award - Distinguished and Outstanding Scholarship for the College of Nursing and Health Sciences. Barry University |
| Apr 2022 | Counsitor in the Health Sciences Division for the Council on Undergraduate Research (CUR). Council on Undergraduate Research |
| Feb 2021 | International Journal of Environmental Research and Public Health. MDPI Publishers - International Journal of Environmental Research and Public Health |
| Mar 2020 | Educational Resource on the Collegiate Strength and Conditioning Coaches. Collegiate Strength and Conditioning Coaches Association |
| Apr 2018 | Leading the Legacy. Barry University |
| Apr 2017 | Favorite Professor of the Year. Rice University |
| Apr 2016 | Favorite Professor of the Year. Rice University |
| Apr 2015 | Favorite Professor of the Year. Rice University |
| Feb 2015 | Texas American College of Sports Medicine Award. Baylor University |
| May 2013 | Gerontelis Foundation Scholarship. Baylor University |

Professional Development

- | | |
|----------|---|
| Dec 2024 | American Heart Association Professional Membership. American Heart Association |
| Oct 2024 | ACSM-ACS Cancer Exercise Specialist. American College of Sports Medicine - American Cancer Society |
| Jan 2024 | Why is Brown Fat Protective Against Metabolic Disease? Exploring UCP1 - Independent Mechanisms. American Physiological Society |
| Jan 2024 | Contemporary Anti-Obesity Medications: Body Composition and Physical Activity Considerations. American College of Sports Medicine's From Around the Field |

Dec 2023 NASA Open Science. Transform to Open Science (TOPS) by National Aeronautical and Space Administration (NASA)

Jun 2023 Reviewer Certificate Program - The American Physiological Society. American Physiological Society

May 2023 A Review of Methods Used to Estimate CRF. American College of Sports Medicine

Feb 2023 FEB 2023 CCSS: Exploring Evidence-Based Practices in Womens and Infants Health. Defense Health Agency, J-7, Continuing Education Program Office

Feb 2023 Greater New York ACSM Executive Committee - Secretary elect. Greater New York ACSM Executive Committee

Dec 2022 Barry University Provost's Fellowship. Barry University

Nov 2022 EyeBox Virtual Open House. Oculogica

Nov 2022 Biomarker Analysis with Nanopore Technology. American Physiological Society

Nov 2022 Webinar 3 - Grant Writing Webinar Series for Institutions Building Research and Research Training Capacity: Writing a Competitive Application. National Institute of Health

Oct 2022 OCT 2022 CCSS: Military Health Care: Innovative Health Care Delivery for a Ready Medical Force. Defense Health Agency, J-7, Continuing Education Program Office

Oct 2022 Cardiometabolic Disease Pathophysiology and Novel Therapies for Atherosclerosis. American Physiological Society, European Council for Cardiovascular Research, InsideScientific

Oct 2022 Imaging in Clinical Trials: Pitfalls and Promises. Life Sciences, Clinical Trials. Xtalks, Philips Pharma Solutions, Cafepharm

Oct 2022 HIIT: Applications in Chronic Disease. American College of Sports Medicine - Technology

Oct 2022 Hilliard Discussion 12 - The KETO diet is not the best diet for athletes. Huffines Institute for Sports Medicine and Human Performance, Texas AM - The Sydney and J.L.

Oct 2022 Cannabinoids as Modulators of Calcium Signaling. American Physiological Society

Oct 2022 Unteaching Racism. The Office of J.E.D.I. and Barry University

Oct 2022 Cardiovascular Regenerative Medicine: Deconstructing Regenerative Therapeutics. American Physiological Society, European Council for Cardiovascular Research, InsideScientific

Oct 2022 Town Hall Meeting: A Conversation with APS and ACDP Leaders. American Physiological Society and Association of Chairs of Departments of Physiology

Oct 2022 Cardiac Tissue Slices: Preparation, Data Acquisition and Analysis. American Physiological Society, European Council for Cardiovascular Research, InsideScientific

Oct 2022 Next-generation Techniques for Understanding Neural Hemodynamic Control. American Physiological Society

Sep 2022 Rehabilitation Clinical Trials: Innovations, Designs, and Tribulations. Medical Rehabilitation Research Resource (MR3) Network

Sep 2022 Faculty and Staff Conference: Impacting the Student Experience through Excellent Campus Interactions (Hybrid event). Barry University

Sep 2022 Noraxons Solution for Biomechanical Assessments. Noraxon

Sep 2022 Webinar 2 - Grant Writing Webinar Series for Institutions Building Research and Research Training Capacity: Determining Whether a Funding Opportunity is Right for You. National Institute of Health

Sep 2022 Center for Physiology Education Community Townhall. American Physiological Society

Sep 2022 Cardiac Research Using Microelectrode Array Technology: Methodology Considerations and Best Practices to Optimize Recording. Inside Scientific

Sep 2022 Operationalizing Digital Health Technologies: Successes and Failures in Clinical Practice. ActiGraph

Sep 2022 Creating and Supporting Trust in Research. Peer-Review Week, MDPI and SCI Forum

Sep 2022 SEP 2022 CCSS: Transformative, Innovation-Based Updates in Modern Health Care Practice. Defense Health Agency, J-7, Continuing Education Program Office

Sep 2022 Androgens and Cardiovascular Diseases in Women: From Basic Research to Clinical Practice. American Physiological Society

Sep 2022 Vascular-Tubular Crosstalk in the Renin-Angiotensin System - Vascular-Tubular Crosstalk in the Renin-Angiotensin System. Inside Scientific

Sep 2022 Education does not always lead to third-party supplement testing compliance in athletes, why not?. NTR494 Sports Nutrition Webinars Series - Arizona State University

Sep 2022 Smart Ring Enables High-Quality Data Acquisition and Analysis - Emerging Technology Preview. BIOPAC Systems Inc.

Aug 2022 Functional Near-Infrared Spectroscopy (fNIRS) Analysis. BIOPAC Systems Inc.

Aug 2022 Webinar 1 - Grant Writing Webinar Series for Institutions Building Research and Research Training Capacity: Before Writing: Faculty Readiness and Submission Considerations. National Institute of Health

Jul 2022 Teaching and Learning in the Metaverse. Barry University

Jun 2022 Creating New Horizons in Heart Failure Treatment. American Physiological Society and Heartseed Webinar

Jun 2022 COVID-19, Endothelitis and Long-term Cardiovascular Effects. American Physiological Society, European Council for Cardiovascular Research, InsideScientific

Jun 2022 Basic Barometric Plethysmography Techniques and Respiratory Science. American Physiological Society and SCIREQ

May 2022 Work Life Balance Session Three: Overcoming Obstacles while Navigating a Scientific Career. American Physiological Society and Exercise Physiology Section Hub

May 2022 Cardiac Safety Solutions in Decentralized Clinical Trials (DCT). Xtalks

May 2022 COVID-19: Implications for Physical Activity, Health Disparities and Health Equity. American College of Sports Medicine - COVID-19 Series

May 2022 Work Life Balance Session Two: Strategies to Avoid Burnout and Maintain Focus in Professional Careers. American Physiological Society and Exercise Physiology Section Hub

May 2022 Just Physiology: Human Physiology Simulation Software Designed for Students. American Physiological Society and JustPhysiology - HuMod

May 2022 Cardiovascular Connections: An Integrative Approach. American Physiological Society, European Council for Cardiovascular Research, InsideScientific

May 2022 Work Life Balance Session One: Self-care and Personal Fulfillment while Navigating an Academic Career. American Physiological Society and Exercise Physiology Section Hub

Apr 2022 BioAge-105, Apelin Receptor Agonist for the Prevention of Muscle Aging. American Physiological Society

Apr 2022 Decolonizing the Curriculum: Our Pathway to Inclusive Excellence - From Theory to Practice. Barry University Anti-Racism and Equity Coalition

Apr 2022 A Dual-Tracer Approach to Measure the Effect of Exercise on Energy Expenditure and De Novo Lipogenesis During Weight Regain. American Physiological Society

Apr 2022 Metabolically Healthy Obesity: Can We Really Be Obese and Healthy?. American College of Sports Medicine' Brown Bag in Science Webinar

Apr 2022 Resistance Training to Failure: A Science-to-Practice Guide for the Fitness Professional. American College of Sports Medicine

Apr 2022 Psychological Safety promotes employee well-being. Blue EQ

Apr 2022 How Sponsors are Accelerating Clinical Trials with Automatic HER Integration. Xtalks, Open Clinica

Apr 2022 Medical Statistics. Stanford University School of Medicine

Apr 2022 Successful Statistical Strategies for Patient Screening and Stratification. Xtalks

Mar 2022 The CRISPR Health Revolution. Frontiers Forum

Mar 2022 Precipitating Change: Compensation Strategies for the Clinical Exercise Physiologist. Clinical Exercise Physiology Association

Mar 2022 Talking About Teaching: The Future of Grading and Assessment. The Chronicle of Higher Education

Mar 2022 Using phase angle to support monitoring athlete recovery and tissue remodeling. In-Body

Mar 2022 Exploring the Role of Wearable Biosensors within the DCT Ecosystem. ActiGraph

Mar 2022 Untether Your Data with EndoGear: Wireless Volumetric Blood Flow and Pressure Measurement. American Physiological Society

Mar 2022 Certification QHP/NPI Town Hall. American College of Sports Medicine

Mar 2022 Communicating the Science Behind Performance with Your Athletes. American College of Sports Medicine - Gatorade Sports Science Institute

Mar 2022 Industry-Presented Webinar: How to Effectively Communicate the Science Behind Performance to Your Athletes Confirmation. American College of Sports Medicine

Mar 2022 New Insights on the Cellular Bases of Muscle Memory. American Physiological Society

Mar 2022 Fine Tuning Nutrient Intake Timing for Cardiac Health. Inside Scientific

Mar 2022 Writing the Quantitative Data Analysis Section for an NIH Proposal. National Institute of Health

Mar 2022 Diversity, Equity and Inclusion Webinar Series. Supporting women in Science. American Physiological Society

Mar 2022 An Integrated Understanding of Pressure and Flow An Essential Partnership. American Physiological Society

Feb 2022 2022 World Fitness Trends: The State of the Fitness Industry Amidst a Pandemic. American College of Sports Medicine

Dec 2021 Anti-Racist Theory & Teaching Practice. Anti-Racism and Equity Coalition

Nov 2021 Incorporating Sports Nutrition into an Olympic Sports Medicine Program. Arizona State University - Sport Nutrition Webinars

Nov 2021 ACSM Town Hall Confirmation. American College of Sports Medicine

Oct 2021 Industry-Presented Webinar: The Role of Physical Activity in Type 2 Diabetes Management and Prevention. American College of Sports Medicine

Oct 2021 Understanding and Navigating Cluster Hiring. American Physiological Society

Oct 2021 Cardiometabolic Health, Exercise, and my Journey through Academia. Southeast American College of Sports Medicine

Oct 2021 Health and Performance Considerations for Female Soccer Players. Gatorade Sports Science Institute

Oct 2021 HIIT for Chronic Disease - A Panel Discussion. American College of Sports Medicine

- Sep 2021 Deep Dive FlexCast - Enhancing the Digital Experience of Students at Barry University. Barry University
- Sep 2021 Industry-Presented Webinar: Taming the Flame: Dairy Foods & Inflammation. American College of Sports Medicine National Dairy Council
- Jun 2021 Technogym and Exercise is Medicine Summer Symposium. American College of Sports Medicine
- Feb 2021 Virtual Communication Excellence: Thriving in the new training medium. American College of Sports Medicine
- Jan 2021 Using DXA for Normal Weight Obesity and Body Composition Index Webinar. Hollogic
- Nov 2020 Nutrition and Physical Activity: The Science Works. American College of Sports Medicine
- Sep 2020 From High School to Pro: Fueling Performance in the Age of Fast Food, Skipped Meals and Convenience Stores. Gatorade Sports Science Institute
- Aug 2020 Basic EKG Knowledge. American College of Sports Medicine
- Aug 2020 Successful Implementation Strategies for Automated Breast Ultrasound Confirmation. GE Healthcare
- Aug 2019 Council on Undergraduate Research: Leading through Research. Council on Undergraduate Research
- Jan 2019 ACSM's Brown Bag in Science: The Warfighter Human Performance Program at the Navy Experimental Diving Unit. American College of Sports Medicine
- Nov 2018 Implementation Success Story: Fit 4 Everyone. American College of Sports Medicine
- Jun 2016 Grant Writing: Finding Funding. Rice University
- May 2012 ACSM Exercise Physiologist. American College of Sports Medicine
- Jan 2011 American Red Cross&American Heart Association CPR Basic Life Support Training Certification. American Heart Association

--- **Service**

American College of Sports Medicine

- Research Review Committee Appointment

Council on Undergraduate Research

- Elected Leader for the Health Sciences Division

Committee on Accreditation for the Exercise Sciences (CoAES) - Site Accreditor

- Cornerstone University
- Marquette University
- University of Wisconsin Oshkosh
- Winona State University

External Grant Reviewer

- R25 TOURS Scholars - Virginia Tech

External Site Accreditor for Exercise and Health Science Programs

- Lees-McRae College

Society for Transparency, Openness, and Replication in Kinesiology (STORK)

- Publications Chair

Editorial Board

- Research Directions: Sleep Psychology, Cambridge University Press Available [here](#)

Guest Editor

- Youth, MDPI - Special Issue “Collegiate Athletics in Crisis: Proactive and Reactive Measures towards Mental Health Outcomes”. Available [here](#)
- Frontiers in Network Physiology - Special Issue “Network Physiology of Esports: Uncovering Coordination and Interactions Among Physiological Systems in Competitive Gaming”. Available [here](#)
- American Journal of Sports Science - Special Issue “Strength and Conditioning for Athletes”. Available [here](#)

Editorial Book Reviewer

- Zacharias Papadakis. Review of Clinical Exercise Physiology: Exercise Management for Chronic Diseases and Special Populations, 5th Edition. Human Kinetics, 2023. Doody’s Review Service (on-line). Available [here](#)
- Zacharias Papadakis. Review of Laboratory Assessment and Exercise Prescription, 1st Edition. Human Kinetics, 2023. Doody’s Review Service (on-line). Available [here](#)

Manuscript Reviewer

International Journal of Environmental Research and Public Health (77), American Journal of Men’s Health (44), European Journal of Preventive Cardiology (39), Healthcare (26), Frontiers in Cardiovascular Medicine (23), American Journal of Health Promotion (15), Sports (13), Applied Sciences (12), International Journal of Exercise Science (12), Sustainability (11), Behavioral Sciences (8), Journal of Functional Morphology and Kinesiology (6), Journal of Sports Medicine and Physical Fitness (6), Asian Journal of Sports Medicine (5), Frontiers in Psychology (5), Journal of Clinical Medicine (4), Electronics (4), Biology (4), Physiologia (4), Frontiers in Network Physiology (3), Frontiers in Sports and Active Living (3), ACSM’s Current Sports Medicine Reports (3), Fire (3), Performance Enhancement and Health (3), Current Issues in Molecular Biology (3), Medicine (3), Journal of Strength and Conditioning Research (3), Sci (3), International Journal of Molecular Sciences (3), BMC Sports Science, Medicine and Rehabilitation (2), Journal of Exercise Science and Fitness (2), Frontiers in Public Health (2), Growth Factors (2), Journal of Exercise and Fitness (2), Muscles (2), Frontiers in Physiology (2), Journal of Clinical and Translational Medicine (2), BJPsych Open (2), Geriatrics (2), Life (2), Philosophies (2), SAGE Open Medicine (2), Obesity (2), PloS One (2), The Journal of Sports Medicine and Physical Fitness (2), BMC Public Health (1), Diabetes & Metabolic Syndrome: Clinical Research & Reviews (1), International Journal of Kinesiology in Higher Education (1), Journal of Integrative Neuroscience (1), Journal of Men’s Health (1), Journal of Pediatric Nursing (1), Scientific Reports (1), Sleep Health (1), Sport Science for Health (1), Polish Journal of Sport and Tourism (1), Children (1), Journal of Medicine and Life (1), Children (1), Applied Physiology, Nutrition, and Metabolism (1), Psychological Reports (1), Research Directs in Health Sciences (1), Frontiers in Pediatrics (1), Frontiers in Nutrition (1), Applied Economics (1), Annals of Noninvasive Electrocardiology (1), Wilderness and Environmental Medicine (1), Public Health Nutrition (1), Research Directions Sleep Psychology (1), Clinical Physiology and Functional Imaging (1), Nature and Science of Sleep (1), Sports Sciences for Health (1), Sensors (1), Journal of Ageing and Longevity (1), Industrial Health (1), Journal of Exercise Science and Fitness (1), European Heart Journal (1), Research Directions (1).

NA–Present ACSM Research Review Committee. American College of Sports Medicine
 2011–Present American College of Sports Medicine (ACSM). Barry University
 2018–Present Barry Exercise Science Student Association (BESSA). Barry University

2022–Present CUR Counsior in Health Division. Council on Undergraduate Research
 NA–Present Central States American College of Sports Medicine (CSACSM). Barry University
 2022–Present CoAES Site Accreditor. Committee on Accreditation for the Exercise Sciencesă
 NA–Present Editorial Board. Research Directions: Sleep Psychology Cambridge University Press
 2018–Present Exercise Physiology Accreditation Board. Barry University
 2022–Present Faculty Evaluation Committee. Barry University
 2021–Present Faculty Senator. Barry University
 2019–Present Faculty Stimulus Grant Committee. Barry University
 2022–Present Fellow of the American College of Sports Medicine. American College of Sports Medicine
 2018–Present Graduate Mentor. Barry University
 2019–Present Greater New York American College of Sports Medicine (GNYACSM). Barry University
 2021–Present Grievance Committee. Barry University
 2022–Present Honors Convocation. Barry University
 2018–Present Human Performance and Wellness Advisory Board. Barry University
 2019–Present IRB Committee. Barry University
 2021–Present Journal Reviewer. Frontiers in Psychology
 2022–Present Provost’s Fellowship. Barry University
 2020–Present Quality Improvement Committee. Barry University
 2020–Present STEM Committee. Barry University
 2022–Present Secretary-Elect. Greater New Yorck ACSM Executive Committee
 2022–Present Society for Transparency Openness and Replication in Kinesiology - STORK. Barry University
 2019–Present Southeast American College of Sports Medicine (SEACSM). Barry University
 2011–Present Teen Leadership Day. Baylor University
 2011–Present Texas American College of Sports Medicine (TACSM) Student Bowl. Baylor University
 2018–Present Undergraduate Mentor. Barry University
 2022–Present Youth Special Issue Editor. Youth - MDPI
 2020–2021 Grade Appeals Committee. Barry University
 2018–2020 Advancement of Interdisciplinary Collaboration and Education (ADVICE) Committee. Barry University
 2019–2020 Welfare Committee. Barry University
 2018–2019 Sport and Exercise Science Department Curriculum Development Committee. Barry University
 2015–2018 Rice Exercise Science Student Association (RESSA). Rice University
 2015–2018 Science Olympiad. Rice University
 2011–2015 Graduate Student Association (GSA). Baylor University
 2011–2015 Center for Healthy Living. Baylor University
 2011–2012 Campus Recreation Advisory Counsil. Baylor University

--- Outreach

- Present **Exercise Science Student Association**, *Barry University*, Miami Shores, FL.
- Create an undergraduade student led Exercise Science Student Association group that supports and promotes the Exercise Science field by hosting various events, doing research etc.

- Present **Exercise is Medicine on Campus**, *Barry University*, Miami Shores, FL.
 - Various activities across campus to support the Exercise Is Medicine initiative
- Present **Exercise Physiology Admitted Students (2 times a year)**, *Barry University*, Miami Shores, FL.
 - Admitted students visited the Human Performance Laboratory, Motion Analysis Center Lab and got a glimpse of their freshman year
- Present **Barry Homecoming (every year)**, *Barry University*, Miami Shores, FL.
 - Students from the UG - Exercise Physiology and GR - Human Performance and Wellness programs participated in the Homecoming event presenting interactively the work that is performed at the Human Performance Laboratory
- Present **Health Fair (every year)**, *Barry University*, Hollywood, FL.
 - Exercise science students from the Exercise Physiology UG program participated in health fair
- Present **High School Visits (2 times a year)**, *Barry University*, Miami Shores, FL.
 - High school students visited the Human Performance Laboratory, Motion Analysis Center Lab and practiced in various laboratory tests
- 5/15/2015 **Under the Bridge**, *Baylor University*, Waco, TX.
 - Students from the UG - Exercise Physiology program participated in a Christian Health Fair
- 4/15/2014 **Under the Bridge**, *Baylor University*, Waco, TX.
 - Students from the UG - Exercise Physiology program participated in a Christian Health Fair
- 3/15/2013 **Under the Bridge**, *Baylor University*, Waco, TX.
 - Students from the UG - Exercise Physiology program participated in a Christian Health Fair
- 4/15/2012 **Under the Bridge**, *Baylor University*, Waco, TX.
 - Students from the UG - Exercise Physiology program participated in a Christian Health Fair