

Daniel A. Judelson, Ph.D., CSCS, FACSM

Daniel A. Judelson
7/26/11

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Education

University of Connecticut, Storrs, CT

Doctor of Philosophy in Kinesiology (Exercise Physiology) – August 2006
GPA: 4.06
Dissertation: Effect of hydration state on performance of and hormonal responses to resistance exercise

University of North Carolina at Chapel Hill, Chapel Hill, NC

Master of Arts in Exercise and Sports Science (Exercise Physiology) – May 2002
GPA: 4.00
Thesis: The effect of rest between high intensity submaximal and maximal exercise bouts on exercise-induced hypoxemia

College of William and Mary, Williamsburg, VA

Bachelor of Science in Kinesiology – May 1999
GPA: 3.85
Honors Thesis: Resistance training alters neuromuscular junction morphology

Honors

- Member of Phi Beta Kappa
- Member of Golden Key National Honor Society
- Finalist - 2001 Prince Alexandre de Merode Award – Physical Section (in association with the 6th IOC World Congress on Sports Sciences)
- 2003-2004 University of Connecticut Predoctoral Fellowship Award
- 2005 David N. Camaione NEACSM Doctoral Scholarship
- 2005-2006 University of Connecticut Predoctoral Fellowship Award
- 2006 University of Connecticut Doctoral Dissertation Fellowship Award
- 2006 Helen Reynolds Scholarship (Outstanding Graduate Student Scholar in Exercise Science)
- 2006 Neag School of Education Outstanding Doctoral Student Research Award
- 2009-2010 College of Health and Human Development Faculty Scholar Award
- 2010 Faculty Development Center Faculty Recognition: Scholarly and Creative Activity
- 2010 Fellow of the American College of Sports Medicine

Experience

Assistant Professor, California State University, Fullerton, Fullerton, CA, 8/06 - current

- Courses Taught: Principles of Human Movement (KNES 300)
Physiology of Exercise (KNES 348)
Physiology of Exercise Laboratory (KNES 348L)
Measurement and Statistics in Kinesiology (KNES 349)
Cardiovascular Ex. Testing and Prescription (KNES 354)
Environmental Exercise Physiology (KNES 456)
Independent Study (KNES 499)
Statistical Methods in Kinesiology (KNES 508)
Thesis (KNES 598)
Graduate Independent Research (KNES 599)
- Presented Lectures: Principles of Strength and Conditioning (KNES 351)
- Service Activities
 - Department: Graduate Committee (8/07 – current)
Search Committee, Strength and Conditioning (8/10 – 2/11)
Search Committee, Exercise Physiology (9/10 – 12/10)
Search Committee, Strength and Conditioning (9/08 – 4/09)
Search Committee, Biomechanist (8/07 – 3/08)
Faculty Advising Credit for Graduate Student Research Committee (9/08 – 11/08)
 - College: Faculty Award Review Committee (3/11)
Grant Review Committee (8/09 – 12/09)
Faculty Technology Committee (5/07 – 5/08)
 - University: Institutional Review Board (7/07 – current)
Faculty Hearing Panel (9/07 – current)

Research Fellow, University of Connecticut, Storrs, CT, 8/02 – 8/06

- Played an integral role, from basic logistical help to team leader, on many projects, from initial conception to final publication
- Courses Taught: Exercise and Sports Sciences for Coaches (EKIN 210)
Mechanisms and Adaptations in Sport and Exercise Laboratory (EKIN 258L)
Sports Biomechanics (EKIN 272)
- Presented Lectures: Mechanisms and Adaptations in Sport and Exercise (EKIN 258)
Scientific Instrumentation I (EKIN 366)
Scientific Presentations (EKIN 364)
Exercise Metabolism (EKIN 360)
- Analytical Techniques: Spectrophotometry ELISA
RIA Sonography
Phlebotomy
- Studies Coordinated:
 - Influence of diuretic-induced dehydration on competitive sprint and power performance
 - Effects of carnitine supplementation on flow-mediated dilation of the brachial artery and

biomarkers of endothelium dysfunction and vascular inflammation

- Effect of hydration state on performance of and hormonal responses to resistance exercise

Sport Physiologist, United States Olympic Training Center, Lake Placid, NY, 8/00 – 1/03

- Administered exercise testing services, including but not limited to VO_2 /HR/ La^- Profiles/Maximal tests, multi-sport power tests, biomechanical evaluations, and diagnosis of exercise induced asthma
- Developed and maintained testing database
- Participated in the development, distribution, and presentation of testing information to elite athletes, coaches and administrators
- Lead and assisted in the preparation of several publications with statistics, editorial, and physiological knowledge
- Supervised temporary staff and interns

Sports Science and Technology Student Intern, United States Olympic Training Center, Lake Placid, NY, 6/00 – 8/00

- Assisted in the administration of testing services (see above)
- Provided research for primary investigator in the form of basic investigation

Research Assistant, University of North Carolina at Chapel Hill, 8/99 – 5/00

- Conducted both submaximal and maximal exercise tests
- Researched the possible interactions between leptin and cortisol
- Tested other physiological factors: VO_2 , respiration, circulation, and body composition

Independent Research (Honors Thesis), College of William and Mary, Williamsburg, VA, 8/98 – 5/99

- Researched the effects of resistance training on the neuromuscular junction in rats
- Created and prepared tissue samples of exercise trained rat muscle
- Analyzed the tissue samples using fluorescent microscopy and associated imaging software

Research Assistant, College of William and Mary, Williamsburg, VA, 8/97 – 5/98

- Researched delayed onset muscle soreness specific to localized regions of soreness
- Conducted strength testing used to induce soreness
- Analyzed blood samples for physiological markers of muscle damage

Research Intern, University of Connecticut, Storrs, CT, 7/97

- Observed processes related to thermoregulatory testing
- Analyzed blood samples for physiological markers of muscle damage
- Served as a liaison between other researchers and the subject

Professional Memberships

Southwest Chapter of the American College of Sports Medicine: 2007 – present
National Strength and Conditioning Association: 2006 – present
American Physiological Society: 2004 – present
American College of Sports Medicine: 2001 – present
New England Chapter of the American College of Sports Medicine: 2005 – 2006
Mid-Atlantic Chapter of the American College of Sports Medicine: 2001 – 2002
Southeast Chapter of the American College of Sports Medicine: 1998 – 2001

Invited Peer Reviewer for:

Applied Physiology, Nutrition, and Metabolism
Athletic Training and Sports Health Care
Aviation, Space, and Environmental Medicine
BioMedCentral Pulmonary Medicine
European Journal of Applied Physiology
International Journal of Sports Medicine
International Journal of Sports Physiology and Performance
Journal of Athletic Training
Journal of Diabetes Science and Technology
Journal of Sport Rehabilitation
Journal of Sports Science and Medicine
Journal of Strength and Conditioning Research
Journal of the International Society of Sports Nutrition
Medicine and Science in Sports and Exercise
Research Quarterly for Exercise and Sport
Scandinavian Journal of Medicine and Science in Sports
Sports Medicine
United States Army Research Institute of Environmental Medicine

Editorial Board Member for:

Medicine and Science in Sports and Exercise (7/07 – current)
Journal of Strength and Conditioning Research (11/07 – current)
Journal of Athletic Training (1/08 – 12/13)

Professional Positions:

NSCA 2011 – 2014 Nominations Committee, Member
NSCA 2011 Abstract Reviewer
NSCA 2011 Grant Reviewer
NSCA 2010 Abstract Reviewer
NSCA 2010 Grant Reviewer
NSCA 2010 Free Communication Moderator
SWACSM 2009 Student Award Reviewer

Grants

1. Principal Investigator. The Hershey Company. Effects of adding cocoa-based antioxidants to a “light” carbohydrate-protein beverage on recovery from and subsequent performance of concurrent exercise. \$125,959. 2011-2012.
2. Principal Investigator. California State University Special Fund for Research, Scholarship, and Creative Activity. Effect of caffeine supplementation on cycling under cold stress. \$5,000. 2009.
3. Principal Investigator. California State University, Fullerton Faculty Development Center Untenured Faculty Development Intramural Grant. Validity of field-expedient devices that assess body temperature during cold exposure. \$1,000. 2008-2009.
4. Principal Investigator. The Hershey Company. Effects of theobromine on vigilance and mood. \$68,355. 2008-2009.
5. Principal Investigator. California State University, Fullerton Dean’s Intramural Grant. Effect of drink volume on oropharyngeal inhibition of AVP release. \$5,000. 2007-2008.
6. Principal Investigator. California State University, Fullerton Faculty Development Center Untenured Faculty Development Intramural Grant. Effect of hydration state on performance of and hormonal responses to acute resistance exercise. \$1,000. 2007-2008.
7. Co-Investigator. Department of Defense. Nutritional and exercise aspects of Prader-Willi Syndrome and childhood obesity. \$885,000. 2007-2009.
8. Co-Principal Investigator. University of Connecticut Faculty Large Grant. Effect of hydration state on performance of and hormonal responses to resistance exercise. \$14,214. 2006.
9. Principal Investigator. Gatorade Sports Science Institute Student Grant. Effect of hydration state on performance of and hormonal responses to resistance exercise. \$1,000. 2005-2006.

Publications

1. **Judelson DA**, Preston AG, Miller DL, Muñoz CX, Kellogg MD, and Lieberman HR. Effects of theobromine and caffeine on mood and vigilance. *Psychopharmacology (Berl)*. In review.
2. Biagini MS, Brown LE, Coburn JW, **Judelson DA**, Statler TA, Bottaro M, Tran TT, and Longo NA. Effects of self-selected music on strength, explosiveness and mood. *J Strength Cond Res*. In review.
3. Bagley JR, **Judelson DA**, Spiering BA, Beam WC, Bartolini JA, Washburn BV, Carney KR, Muñoz CX, Yeargin SW, and Casa DJ. Validity of field expedient measurement devices to assess core body temperature during rest and exercise in the cold. *Aviat Space Environ Med*. In review.

4. Altamarino KM, Coburn JW, Brown LE, and **Judelson DA**. Effects of warm-up on peak torque, rate of torque development, and electromyographic and mechanomyographic signals. *J Strength Cond Res*. In press.
5. Jones LA, Coburn JW, Brown LE, and **Judelson DA**. Effects of pre-exercise static stretching on exercise and recovery heart rates during the YMCA step test. *Gazz Med Ital*. In press.
6. Faulkinbury KJ, Steig JL, Tran TT, Brown LE, Coburn JW, and **Judelson DA**. Effects of depth jump vs. box jump warm-ups on vertical jump in collegiate vs. club female volleyball players. *Med Sport*. 15:103-106, 2011.
7. Stieg JL, Faulkinbury KJ, Tran TT, Brown LE, Coburn JW, and **Judelson DA**. Acute effects of depth jump volume on vertical jump performance in collegiate women soccer players. *Kinesiology (Croatia)*. 43:25-30, 2011.
8. Bartolini JA, Brown LE, Coburn JW, **Judelson DA**, Spiering BA, Aguirre NW, Carney KR, and Harris KB. Optimal elastic cord assistance for sprinting in collegiate women soccer players. *J Strength Cond Res*. 25:1263-1270, 2011.
9. Marttinen RHJ, **Judelson DA**, Wiersma LD, and Coburn JW. Effects of self-selected mass loss on performance and mood in collegiate wrestlers. *J Strength Cond Res*. 25:1010-1015, 2011.
10. Johnson TM, Brown LE, Coburn JW, **Judelson DA**, Khamoui AV, Tran TT, and Uribe BP. Effect of four different starting stances on sprint time in collegiate volleyball players. *J Strength Cond Res*. 24:2641-2646, 2010.
11. Uribe BP, Coburn JW, Brown LE, **Judelson DA**, Khamoui AV, and Nguyen D. Muscle activation when performing the chest press and shoulder press on a stable bench vs. a Swiss ball. *J Strength Cond Res*. 24:1028-1033, 2010.
12. Yeargin SW, Casa DJ, **Judelson DA**, McDermott BP, Ganio MS, Lee EC, Lopez RM, Stearns R, Anderson JM, Armstrong LE, Kraemer WJ, and Maresh CM. Thermoregulatory responses and hydration practices in heat-acclimatized adolescents during preseason high school football. *J Athl Train*. 45:136-146, 2010.
13. Schick EE, Coburn JW, Brown LE, **Judelson DA**, Khamoui AV, Tran T, Uribe B, and Reyes C. A comparison of muscle activation between a Smith machine and free weight bench press. *J Strength Cond Res*. 24:779-784, 2010.
14. Jo E, **Judelson DA**, Brown LE, Coburn JW, and Dabbs NC. Influence of recovery duration after a potentiating stimulus on muscular power in recreationally trained individuals. *J Strength Cond Res*. 24:343-347, 2010.

15. Volek JS, Ballard KD, Silvestre R, **Judelson DA**, Quann EE, Forsythe CE, Fernandez ML, and Kraemer WJ. Effects of dietary carbohydrate restriction versus low-fat diet on flow-mediated dilation. *Metabolism*. 58:1769-1777, 2009.
16. Khamoui AV, Brown LE, Coburn JW, **Judelson DA**, Uribe BP, Nguyen D, Tran T, Eurich AD, Noffal GJ. Effect of potentiating exercise volume on vertical jump parameters in recreationally trained men. *J Strength Cond Res*. 23:1465-1469, 2009.
17. Nguyen D, Brown LE, Coburn JW, **Judelson DA**, Eurich AD, Khamoui AV, and Uribe BP. Effect of delayed-onset muscle soreness on elbow flexion strength and rate of velocity development. *J Strength Cond Res*. 23:1282-1286, 2009.
18. Volek JS, **Judelson DA**, Silvestre R, Yamamoto LM, Spiering BA, Hatfield DL, Vingren JL, Quann EE, Anderson JM, Maresh CM, and Kraemer WJ. Effects of carnitine supplementation on flow-mediated dilation and vascular inflammatory responses to a high-fat meal in healthy young adults. *Am J Cardiol*. 102:1413-1417, 2008.
19. **Judelson DA**, Maresh CM, Yamamoto LM, Farrell MJ, Armstrong LE, Kraemer WJ, Volek JS, Spiering BA, Casa DJ, and Anderson JM. Effect of hydration state on resistance exercise-induced endocrine markers of anabolism, catabolism, and metabolism. *J Appl Physiol*. 105:816-824, 2008.
20. Yamamoto LM, **Judelson DA**, Farrell MJ, Lee EC, Armstrong LE, Casa DJ, Kraemer WJ, Volek JS, Maresh CM. Effects of hydration state and resistance exercise on markers of muscle damage. *J Strength Cond Res*. 22:1387-1394, 2008.
21. Spiering BA, Kraemer WJ, Anderson JM, Armstrong LE, Nindl BC, Volek JS, **Judelson DA**, Joseph M, Vingren JL, Hatfield DL, Fragala MS, Ho J-Y, and Maresh CM. Effects of elevated circulating hormones on resistance exercise-induced Akt signaling. *Med Sci Sports Exerc*. 40:1039-1048, 2008.
22. Sökmen B, Armstrong LE, Kraemer WJ, Casa DJ, Dias JC, **Judelson DA**, and Maresh CM. Caffeine use in sports: considerations for the athlete. *J Strength Cond Res*. 22:978-986, 2008.
23. **Judelson DA**, Maresh CM, Farrell MJ, Yamamoto LM, Armstrong LE, Kraemer WJ, Volek JS, Spiering BA, Casa DJ, and Anderson JM. Effect of hydration state on strength, power, and resistance exercise performance. *Med Sci Sports Exerc*. 39:1817-1824, 2007.
24. **Judelson DA**, Maresh CM, Anderson JM, Armstrong LE, Casa DJ, Kraemer WJ, and Volek JS. Hydration and muscular performance: does fluid balance affect strength, power, and high-intensity endurance? *Sports Med*. 37:907-921, 2007.
25. French DN, Kraemer WJ, Volek JS, Spiering BA, **Judelson DA**, Hoffman JR, and Maresh CM. Anticipatory responses of catecholamines on muscle force production. *J Appl Physiol*. 102:94-102, 2007.

26. Wood RJ, Fernandez ML, Sharman MJ, Silvestre R, Greene CM, Zern TL, Shresthra S, **Judelson DA**, Gomez AL, Kraemer WJ, and Volek JS. Effects of carbohydrate-restricted diet with and without supplemental soluble fiber on plasma low-density lipoprotein cholesterol and other clinical markers of cardiovascular risk. *Metabolism*. 56:58-67, 2007.
27. Volek JS, Silvestre R, Kirwan JP, Sharman MJ, **Judelson DA**, Spiering BA, Vingren JL, Maresh CM, VanHeest JL, and Kraemer WJ. Effects of chromium supplementation on glycogen synthesis and insulin signaling after high-intensity exercise. *Med Sci Sports Exerc*. 38:2102-2109, 2006.
28. Silvestre R, Kraemer WJ, West C, **Judelson DA**, Spiering BA, Vingren JL, Hatfield DL, Anderson JM, and Maresh CM. Body composition and physical performance during a National Collegiate Athletic Association division I men's soccer season. *J Strength Cond Res*. 20:962-970, 2006.
29. Maresh CM, Whittlesey MJ, Armstrong LE, Yamamoto LM, **Judelson DA**, Fish KE, Casa DJ, Kavouras SA, and Castracane VD. Effect of hydration state on testosterone and cortisol responses to training-intensity exercise in collegiate runners. *Int J Sports Med*. 27:765-770, 2006.
30. Yeargin SW, Casa DJ, Armstrong LE, Watson G, **Judelson DA**, Psathas E, and Sparrow SL. Heat acclimatization and hydration status of American football players during initial summer workouts. *J Strength Cond Res*. 20:463-470, 2006.
31. Kraemer WJ, Spiering BA, Volek JS, Ratamess NA, Sharman MJ, Rubin MR, French DN, Silvestre R, Hatfield DL, VanHeest JL, Vingren JL, **Judelson DA**, and Maresh CM. Androgenic responses to resistance exercise: effects of feeding and L-carnitine. *Med Sci Sports Exerc*. 38:1288-1296, 2006.
32. Maresh CM, Sökmen B, Kraemer WJ, Hoffman JR, Watson G, **Judelson DA**, Gabaree-Boulant CL, Deschenes MR, VanHeest JL, and Armstrong LE. Pituitary-adrenal responses to arm versus leg exercise in untrained men. *Eur J Appl Physiol*. 97:471-477, 2006.
33. Roti MW, Casa DJ, Pumerantz AC, Watson G, **Judelson DA**, Dias JC, Ruffin K, and Armstrong LE. Thermoregulatory responses to exercise in the heat: chronic caffeine intake has no effect. *Aviat Space Environ Med*. 77:124-129, 2006.
34. Dias JC, Roti MW, Pumerantz AC, Watson G, **Judelson DA**, Casa DJ, and Armstrong LE. Rehydration after exercise dehydration in heat: effects of caffeine intake. *J Sport Rehabil*. 14:294-300, 2005.

35. **Judelson DA**, Armstrong LE, Sökmen B, Roti MW, Casa DJ, and Kellogg MD. Effect of chronic caffeine intake on choice reaction time, mood, and visual vigilance. *Physiol Behav.* 85:629-634, 2005.
36. Watson G, **Judelson DA**, Armstrong LE, Yeargin SW, Casa DJ, and Maresh CM. Influence of diuretic-induced dehydration on competitive sprint and power performance. *Med Sci Sports Exerc.* 37:1168-1174, 2005.
37. Armstrong LE, Pumerantz AC, Roti MW, **Judelson DA**, Watson G, Dias JC, Sökmen B, Casa DJ, Maresh CM, Lieberman H, and Kellogg M. Fluid, electrolyte, and renal indices of hydration during eleven days of controlled caffeine consumption. *Int J Sport Nutr Exerc Metab.* 15:252-265, 2005.
38. Kraemer WJ, French DN, Spiering BA, Volek JS, Sharman MJ, Ratamess NA, **Judelson DA**, Silvestre R, Watson G, Gómez AL, and Maresh CM. Cortisol™ supplementation reduces serum cortisol responses to physical stress. *Metabolism.* 54:657-668, 2005.
39. Armstrong LE, Maresh CM, Keith NR, Elliot TA, VanHeest JL, Scheett TP, Stoppani J, **Judelson DA**, and De Souza MJ. Heat acclimation and physical training adaptations of young women using different contraceptive hormones. *Am J Physiol Endocrinol Metab.* 288:E868-E875, 2005.
40. Rubin MR, Kraemer WJ, Maresh CM, Volek JS, Ratamess NA, VanHeest JL, Silvestre R, French DN, Sharman MJ, **Judelson DA**, Gómez AL, Vescovi JD, and Hymer WC. High-affinity growth hormone binding protein and acute heavy resistance exercise. *Med Sci Sports Exerc.* 37:395-403, 2005.
41. Volek JS Sharman MJ, Gómez AL, **Judelson DA**, Rubin MR, Watson G, Sökmen B, Silvestre R, French DN, and Kraemer WJ. Comparison of an energy-restricted very low-carbohydrate and low-fat diet on weight loss and body composition in overweight men and women. *Nutr Metab (Lond).* 1:13, 2004.
42. Spiering BA, **Judelson DA**, and Rundell KW. An evaluation of standardizing ventilation rate for eucapnic voluntary hyperventilation using FEV₁. *J Asthma.* 41:745-749, 2004.
43. Maresh CM, Gabaree-Boulant CL, Armstrong LE, **Judelson DA**, Hoffman JR, Castellani JW, Kenefick RW, Bergeron MF, and Casa DJ. Effect of hydration status on thirst, drinking, and related hormonal responses during low-intensity exercise in the heat. *J Appl Physiol.* 97:39-44, 2004.
44. Rundell KW, Anderson SD, Spiering BA, and **Judelson DA**. Field exercise vs. laboratory test using eucapnic voluntary hyperpnea to identify airway hyperresponsiveness in elite cold weather athletes. *Chest.* 125:909-915, 2004.

45. **Judelson DA**, Rundell KW, Beck KC, King TM, and LaClair KL. Effect of high-intensity submaximal work, with or without rest, on subsequent VO₂max. *Med Sci Sports Exerc.* 36:292-296, 2004.
46. Maresh CM, Kraemer WJ, **Judelson DA**, VanHeest JL, Trad L, Kulikowich JM, Goetz KL, Cymerman A, and Hamilton AJ. Effects of high altitude and water deprivation on arginine vasopressin release in men. *Am J Physiol Endocrinol Metab.* 286:E20-E24, 2004.
47. Hackney AC, McMurray RG, **Judelson DA**, and Harrell JS. Relationship between caloric intake, body composition and physical activity to leptin, thyroid hormones and cortisol in adolescents. *Jpn J Physiol.* 53:475-479, 2003.
48. Mayers L, **Judelson DA**, and Bronner S. The prevalence of injury among tap dancers. *J Dance Med Sci.* 7:125-129, 2003.
49. Spiering BA, Wilson MH, **Judelson DA**, and Rundell KW. Evaluation of cardiovascular demands of game play and practice in women's ice hockey. *J Strength Cond Res.* 17:329-333, 2003.
50. Rundell KW, Spiering BA, **Judelson DA**, and Wilson MH. Bronchoconstriction during a simulated cross-country ski race: Is there really a refractory period? *Med Sci Sports Exerc.* 35:18-26, 2003.
51. Mayers LB, **Judelson DA**, Moriarty B, and Rundell KW. Prevalence of body art (body piercing and tattooing) in university undergraduates and incidence of medical complications. *Mayo Clin Proc.* 77:29-34, 2002.
52. Deschenes MR, **Judelson DA**, Kraemer WJ, Meskaitis JV, Volek JS, Nindl BC, Harman FS, and Deaver DR. Effects of resistance training on neuromuscular junction morphology. *Muscle Nerve.* 23:1576-1581, 2000.

Chapters

1. Hoffman MD, Kraemer WJ, and **Judelson DA**. Therapeutic exercise. In: *Physical Medicine and Rehabilitation: Principles and Practice 5th Edition*, Frontera WR, DeLisa JA, Gans BM, Walsh NA, and Robinson L (Eds.). Philadelphia, PA: Lippincott Williams & Wilkins, in press.
2. Maresh CM and **Judelson DA**. Alterations in arginine vasopressin with exercise, environmental stress and other modifying factors. In: *The Olympic Encyclopaedia of Sports Medicine Volume XI: The Endocrine System in Sport and Exercise*, W.J. Kraemer and A.D. Rogol (Eds.). Malden, MA: Blackwell Publishing, 487-498, 2005.
3. Rundell KW and **Judelson DA**. Asthma and exercise-induced asthma. In: *Clinical Exercise Physiology: Application and Physiological Principles*, L. Lemura and S. von Duvillard (Eds.). Philadelphia, PA: Lippincott Williams & Wilkins, 183-204, 2004.

4. Rundell KW, **Judelson DA**, and Williams SD. Diagnosis of exercise-induced asthma in the athlete. In: *Exercise-Induced Asthma: Pathophysiology and Treatment*, K.W. Rundell, R.L Wilber, and R.F. Lemanske Jr. (Eds.). Champaign, IL: Human Kinetics, 181-209, 2002.

Lay Publications

1. **Judelson DA**. Hydration state and exercise performance. *Kraft Foods*. <http://www.kraftfoods.com/kraftnutrition/PDF/BIS-AOR-Performance-April07.pdf>, 2007.
2. Mayers LB, Moriarty BW, **Judelson DA**, and Rundell KW. Complications of body art. *Consultant*. 42:1744-1752, 2002.

Invited Lectures

1. **Judelson DA**. What, when, and how to drink to maintain hydration and performance. National Strength and Conditioning Association's Tactical Strength and Conditioning Conference, Las Vegas, NV, 4/11.
2. **Judelson DA**. Tactical performance in hot climates. National Strength and Conditioning Association's Tactical Strength and Conditioning Conference, Las Vegas, NV, 3/10.
3. Spiering BA, French DN, Kraemer WJ, and **Judelson DA**. The importance of the endocrine system before, during, and after resistance exercise. National Strength and Conditioning Association National Conference, Las Vegas, NV, 7/09.
4. **Judelson DA**. Hydration for Performance. National Strength and Conditioning Association Interview with a Member, 10/08.
5. **Judelson DA**. Hypohydration and Muscular Performance: Does Fluid Balance Affect Strength, Power, and High-Intensity Endurance? National Athletic Trainers' Association Annual Meeting, St. Louis, MO, 6/08.
6. **Judelson DA**. Hydration and Muscular Performance: Does Fluid Balance Affect Strength, Power, and High-Intensity Endurance? Grupo Sobre Entrenamiento Online Symposium, 4/08.
7. **Judelson DA**. Anaerobic Testing and Training. National Strength and Conditioning Association Bridging the Gap Symposium, Fullerton, CA, 2/08.
8. **Judelson DA**. Strength and Hydration. National Strength and Conditioning Association Bridging the Gap Symposium, Fullerton, CA, 2/08.
9. **Judelson DA**. Exercise Physiology 102: Resistance Exercise. Orthopaedic Specialty Institute Core Curriculum Lecture Series, Orange, CA, 10/07.

10. **Judelson DA.** Exercise Physiology 101: Endurance Exercise. Orthopaedic Specialty Institute Core Curriculum Lecture Series, Orange, CA, 10/07.
11. **Judelson DA.** Physiological Testing and Assessment: Why Bother? National Strength and Conditioning Association Southern California State Clinic, Irvine, CA, 9/07.
12. **Judelson DA.** Hydration and Strength. National Strength and Conditioning Association Lecture to Chinese Olympic Coaches Delegation, Fullerton, CA, 7/07.

References/Citations in Popular Media

1. Women's Health Magazine, p. 30, December 2008.
2. Super Human Radio. August 2008.
3. KZSW TV, August 2008.
4. Flare Magazine, p. 104, March 2008.
5. Men's Health Magazine, March 2008.
6. Self Magazine, p. 112, October 2007.
7. Super Human Radio. October 2007.

Abstracts/Presentations

1. Effects of self-selected music on vertical jump and squat jump height by Tran TT, Biagini MS, Brown LE, Coburn JW, **Judelson DA**, Statler TA, Longo NA, LePrevost PM, Cazas VL, and Bottaro M. National Strength and Conditioning Association, Las Vegas, NV, 7/11.
2. Post-exercise heart rate recovery in youth is not influenced by adiposity by Rubin DA, Mendoza-Castner D, **Judelson DA**, Clark S, and Moutappa M. American College of Sports Medicine, Denver, CO, 6/11.
3. Effect of caffeine supplementation on catecholamine and metabolic responses to exercise in cold conditions by **Judelson DA**, Thomas WE, Coburn JW, Kersey RD, Rubin DA, Bagley JR, and Ng J. American College of Sports Medicine, Denver, CO, 6/11.
4. Effect of ambient temperature on thermoregulation, perceptual responses, and performance of a 5000 m run by Davis JT, **Judelson DA**, Brown LE, Coburn JW, Ellis CL, Ng J, Coats DR, and Jennings CA. American College of Sports Medicine, Denver, CO, 6/11.
5. Validity of field expedient measurement devices to assess core body temperature during rest and exercise in the cold by Bagley JR, **Judelson DA**, Spiering BA, Beam WC,

- Bartolini JA, Washburn BV, Carney KR, Muñoz CX, Yeargin SW, and Casa DJ. American College of Sports Medicine, Denver, CO, 6/11.
6. Effects of drinking and external cooling on low intensity exercise and performance in hot-dry environments by Muñoz CX, **Judelson DA**, Coburn JW, Becker AJ, Carney KR, Schick MK, and Brown LE. American College of Sports Medicine, Denver, CO, 6/11.
 7. Acute effects of caffeine on strength and muscle activation of the elbow flexors by Trevino MA, Coburn JW, Brown LE, **Judelson DA**, and Malek MH. American College of Sports Medicine, Denver, CO, 6/11.
 8. Effects of oral rehydration and external cooling on low intensity exercise and time trial performance in a hot, dry environment by Muñoz CX, **Judelson DA**, Coburn JW, Becker AJ, Carney KR, Schick MK, and Brown LE. New England Chapter of the American College of Sports Medicine, Providence, RI, 11/10.
 9. Validity of field expedient measurement devices to assess core body temperature during rest and exercise in the cold by Bagley JR, **Judelson DA**, Spiering BA, Beam WC, Bartolini JA, Washburn BV, Carney KR, Muñoz CX, Yeargin SW, and Casa DJ. Midwest Chapter of the American College of Sports Medicine, Indianapolis, IN, 10/10.
 10. Post-exercise heart rate recovery in children: interactions between adiposity and exercise intensity by Mendoza-Castner D, Ng J, Bloom T, **Judelson DA**, Rose D, and Rubin DA. Southwest Chapter of the American College of Sports Medicine, San Diego, CA, 10/10.
 11. Eccentric torque/velocity and power/velocity relationships of the elbow flexors by Carney KR, Brown LE, Coburn JW, **Judelson DA**, and Spiering BA. Southwest Chapter of the American College of Sports Medicine, San Diego, CA, 10/10.
 12. Acute effects of caffeine on strength and muscle activation of the elbow flexors by Trevino MA, Coburn JW, Brown LE, **Judelson DA**, and Malek MH. Southwest Chapter of the American College of Sports Medicine, San Diego, CA, 10/10.
 13. Effects of static stretching on heart rate and fitness classification following the YMCA step test by Jones LA, Coburn JW, Brown LE, and **Judelson DA**. Southwest Chapter of the American College of Sports Medicine, San Diego, CA, 10/10.
 14. A comparison of flexibility after a single-bout of Ashtanga and Bikram yoga by Gallo S, Coburn JW, Brown LE, and **Judelson DA**. Southwest Chapter of the American College of Sports Medicine, San Diego, CA, 10/10.
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19. Comparison of 1RM strength and muscle activation between the Smith machine and free weight bench press in experienced and inexperienced lifters by Schick EE, Coburn JW, Brown LE, **Judelson DA**, Khamoui AV, Tran T, and Uribe BP. American College of Sports Medicine, Baltimore, MD, 6/10.
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41. Effects of active warm-up on peak torque, rate of torque development, and electromyographic and mechanomyographic signals by Altamirano KM, Coburn JW, Brown LE, and **Judelson DA**. American College of Sports Medicine, Seattle, WA, 5/09.
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50. The effect of surface type on muscle activation when performing the chest press and shoulder press by Uribe BP, Coburn JW, Brown LE, **Judelson DA**, and Khamoui AV. National Strength and Condition Association, Las Vegas, NV, 7/08.
51. The effects of DOMS on muscle performance by Nguyen D, Brown LE, Coburn JW, and **Judelson DA**. National Strength and Condition Association, Las Vegas, NV, 7/08.
52. Influence of endogenous testosterone concentrations on muscle androgen receptor responses to resistance exercise by Spiering BA, Kraemer WJ, Vingren JL, Ratamess NA, Anderson JM, Armstrong LE, Nindl BC, Volek JS, **Judelson DA**, Joseph M, Hatfield DL, Fragala MS, Ho J-Y, Lee EC, and Maresh CM. National Strength and Condition Association, Las Vegas, NV, 7/08.
53. Effects of self-selected weight loss on precompetition mood, upper body strength, and lower body power in Division I collegiate wrestlers by Marttinen RH, **Judelson DA**, Wiersma LD, Coburn JW, Giacomazzi AF, and Doyle CX. National Strength and Conditioning Association, Las Vegas, NV, 7/08.
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55. Relationship between maximum isometric force and maximum velocity by Uribe B, Nguyen D, Nishimura K, Brown LE, Coburn JW, and **Judelson DA**. American College of Sports Medicine, Indianapolis, IN, 5/08.
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57. Relationships among urinary hydration markers and thirst sensation in exercising youth by Yeargin SW, **Judelson DA**, Casa DJ, McDermott BP, Decher NR, Ganio MS, and Levreault M. American College of Sports Medicine, Indianapolis, IN, 5/08.
58. Vertical jump is correlated with maximal isometric force by Nguyen D, Uribe B, Nishimura K, Brown LE, Coburn JW, and **Judelson D**. Southwest Chapter of the American College of Sports Medicine, San Diego, CA, 11/07.
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 68. A 12-week very low-carbohydrate diet causes greater weight loss and reduces risk factors for heart disease compared to a low-fat diet in subjects with metabolic syndrome by Forsythe CE, Quann EE, Wood RJ, Sharman MJ, Silvestre R, Ruffin KT, **Judelson DA**, Yamamoto LM, Sökmen B, Hatfield DL, Kraemer WJ, Fernandez ML, and Volek JS. International Society of Sports Nutrition, New Orleans, LA, 6/05.
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 70. Influence of diuretic-induced dehydration on competitive sprint and power performance by Watson G, **Judelson DA**, Armstrong LE, Yeargin S, Sharman MJ, French DN, Hatfield DL, Dias JC, Sparrow S, Psathas E, Decher N, Casa DJ, and Maresh CM. American College of Sports Medicine, Nashville, TN, 6/05.
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82. Monitoring heat acclimatization of football players during initial summer workouts by Casa DJ, Armstrong LE, Watson G, Walker SM, **Judelson DA**, Psathas E, and Sparrow S. American College of Sports Medicine, Indianapolis, IN, 6/04.
83. Caffeine ingestion: influence on 16-hour recovery of hydration status following an exercise heat tolerance test by Dias JC, Roti MW, Pumerantz A, Watson G, **Judelson DA**, Larsen M, Sökmen B, Ruffin K, Casa DJ, and Armstrong LE. American College of Sports Medicine, Indianapolis, IN, 6/04.
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 89. The effect of high altitude and water deprivation on arginine vasopressin release in man by **Judelson DA**, Maresh CM, Kraemer WJ, Trad L, Goetz KL, Kulikowich J, Cymerman A, and Hamilton AJ. American College of Sports Medicine, San Francisco, CA, 5/03.
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 91. Diagnosing exercise induced bronchoconstriction in elite athletes: exercise vs. eucapnic voluntary hyperventilation by Spiering BA, Rundell KW, Anderson SD, **Judelson DA**, and Wilson MH. American College of Sports Medicine, San Francisco, CA, 5/03.
 92. Effect of high intensity submaximal work, with or without a rest period, on subsequent VO_2max by **Judelson DA**, King TM, Beck KC, LaClair KL, and Rundell KW. American College of Sports Medicine, St. Louis, MO, 5/02.
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96. Comparison of selected ski jumping and laboratory jumping variables for nordic combined athletes by Smith SL, Rundell KW, **Judelson DA**, Crawley JD, and Coughlin KD. International Olympic Committee World Congress on Sports Sciences, Salt Lake City, UT, 9/01.
97. Influence of gender, diet and physical activity on leptin, cortisol and thyroid hormones in adolescents by Hackney AC, McMurray RG, **Judelson D**, and Harrell JS. American College of Sports Medicine, Baltimore, MD, 5/01.
98. Gender differences in pulmonary function of elite ice hockey players by **Judelson DA**, Williams SD, and Rundell KW. American College of Sports Medicine, Baltimore, MD, 5/01.
99. High levels of airborne particulate matter in indoor ice arenas by Williams SD, **Judelson DA**, and Rundell KW. American College of Sports Medicine, Baltimore, MD, 5/01.
100. Efficacy of asthma medication regimen in elite athletes with exercise-induced asthma by Wilber RL, Rundell KW, and **Judelson DA**. American College of Sports Medicine, Baltimore, MD, 5/01.
101. Mid-expiratory flow rates of cold weather athletes with exercise-induced asthma by Rundell KW, Im J, Wilber RL, **Judelson DA**, and Williams SD. American College of Sports Medicine, Baltimore, MD, 5/01.
102. Resistance training alters neuromuscular junction morphology by **Judelson DA**, Kraemer WJ, and Deschenes MR. Southeast Chapter of the American College of Sports Medicine, Charlotte, NC, 1/00.
103. Delayed onset muscle soreness is associated with impaired maximal muscle tension, but not electrical activation by **Judelson DA**, Brewer RE, McCoy RW, and Deschenes MR. Southeast Chapter of the American College of Sports Medicine, Norfolk, VA, 1/99.

Computer Skills

Office software: Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Microsoft Outlook

Physiology software: Biodex, SensorMedics, YSI, SMI, K-1 Ergo, Jaeger, MedGraphics, and SoftMax Pro

Biomechanical software: Peak Performance, Dartfish, Ballistic Movement Systems,
QuattroJump

Statistical software: SPSS, Statistica, and SigmaPlot

Certifications

National Strength and Conditioning Association Certified Strength and Conditioning
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American Red Cross Adult and Child CPR

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References

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