

# Joseph A. Walters

## Curriculum Vitae

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### EDUCATION

East Tennessee State University, Ph.D. – Sports Physiology and Performance – Johnson City, TN  
University of Tampa, M.S. – Exercise Science and Sports Nutrition – Tampa, FL 2015  
University of Tampa, B.S. – Allied Health/ Exercise Science – Tampa, FL 2013

### TEACHING EXPERIENCE

- \* EXER 491 Exercise Testing and Prescription
- \* EXER 270 Kinesiology and Biomechanics
- \* BIOL Medical Terminology (Online)
- \* EXER 250 Strength and Conditioning
- \* BIOL 304L Anatomy and Physiology Lab
- \* PEXS 4061 Exercise and Fitness Testing
- \* PEXS 4657 Sport Nutrition
- \* PHED 1140 Strength and Conditioning
- \* EXER 380 Advanced Sports Nutrition
- \* EXER 490 Clinical Exercise Assessment
- \* EXER 220 Data Analysis in Health Science

### PROFESSIONAL EXPERIENCE

#### Assistant Professor

University of Tampa

August 2020 – Present

#### Assistant Professor

Ave Maria University, Ave Maria

August 2019 – July 2020

#### Milligan College Basketball – Head S&C Coach/ Sport Scientist

Milligan College, Elizabethton, TN

March 2017 - July 2019

#### Lab Supervisor

East Tennessee State University, Johnson City, TN

January 2017 – July 2019

#### Performance Compound – Director of Sports Performance

Tampa, FL

February 2016 – August 2016

#### Genergy Human Performance – Director of fitness/ Performance Lab

Tampa, FL

February 2015 – February 2016

#### Powerhouse Gym – Head Trainer/ Director of Training Staff

Tampa, FL

November 2013 – February 2015

#### Youfit Health Clubs

Tampa, FL

July 2013- November 2015

#### Research Assistant and Technician

University of Tampa, Tampa, FL

January 2012 - December 2012

#### Mortgage Underwriter

American Mortgage Consultants, Tampa, FL

October 2005 - August 2009

#### United States Marine Corps

Sergeant (E-5) Squad Leader; LS Chief; Log Chief; Embark Chief, Various locations

September 2001- September 2005; October 2007-October 2008

## **PUBLICATIONS (chronologically)**

- Morrison, T., Duncan, N. M., Lowery, R. P., Joy, J. M., **Walters, J.**, Davis, G., et al. (2012). Effects of Blood Flow Restriction Training on Indices of Muscle Damage. (**Presented abstract at the National Strength and Conditioning Association Annual Conference**)
- Wilson, J. M., Lowery, R. P., Joy, J. M., **Walters, J. A.**, Baier, S. M., Fuller, J. C., et al. (2013).  $\beta$ -Hydroxy- $\beta$ -methylbutyrate free acid reduces markers of exercise-induced muscle damage and improves recovery in resistance-trained men. *British Journal of Nutrition*.
- Dunsmore, K. A., Lowery, R. P., Duncan, N. M., Davis, G. S., Rathmacher, J.A., Baier, S.M., Sikorski, E.M., **Walters, J.**, Joy, J., Morrison, T. J., Naimo, M. A., Wilson, S. M. C., and Wilson, J. M. (2012) Effects of 12 Weeks of Beta-Hydroxy-Beta-Methylbutyrate Free Acid Gel Supplementation on Muscle Mass, Strength, and Power in Resistance Trained Individuals. National Conference of the International Society of Sports Nutrition.
- Sikorski, E.M., Wilson, J. M., Lowery, R. P., Duncan, N. M., Davis, G. S., Rathmacher, J.A. Baier, S.M., Naimo, M. A., **Walters, J.**, Joy, J., Wilson, S. M. C., Dunsmore, K. A., and Morrison, T. J. (2012) The Acute Effects of a Free Acid Beta-hydroxy-beta-methyl butyrate Supplement on Muscle Damage Following Resistance Training: a Randomized, Double-Blind, Placebo-Controlled Study. National Conference of the International Society of Sports Nutrition.
- Davis, G. S., Lowery, R. P., Duncan, N. M., Sikorski, E.M., Rathmacher, J.A., Baier, S.M., Morrison, T. J., Dunsmore, K. A., Naimo, M. A., **Walters, J.**, Joy, J., Wilson, S. M. C., and Wilson, J. M. The Effects of Beta-Hydroxy-Beta-Methylbutyrate Free Acid Supplementation on Muscle damage, Hormonal status, and Performance Following a High Volume 2-Week Overreaching Cycle. National Conference of the International Society of Sports Nutrition.
- Yoshida, N., Sato, K., Carroll, K., Wagle, J., Fiolo, N., **Walters, J.**, ... Stone, M. (2016). Influence of Different Inertial Loadings on Force Characteristics During Squat with a Flywheel Loading Device. *ETSU Coaches and Sport Science College*, 6.
- Wetmore, A., **Walters, J.**, McCleery, J. P., & Portman, T. (2016). Sport Science on a Budget: A Cost-Effective Approach for Athlete Monitoring. *ETSU Coaches and Sport Science College*, 5.
- Flynn, A., **Walters, J.**, Lang, H., Perkins, A., Goodin, J., & Bazyler, C. (2017). Validation of the SRSS Questionnaire During Women's Volleyball In-Season Training. *ETSU Coaches and Sport Science College*.
- Walters, J.**, Travis, K. S., Flynn, A., Moquin, P., & Smith, A. (2017). Time-Series Forecasting: A Theoretical Model for Predicting Performance Potential. *ETSU Coaches and Sport Science College*, 5.
- Moquin, P. A., **Walters, J.**, Wetmore, A. B., Flynn, A. I., Lang, H. M., & Stone, M. (2018). Consideration for Using Multi-Joint, Large Muscle Mass Exercises, and One-Repetition Maximums: A Case Study. *ETSU Coaches and Sport Science College*, 4.
- Whiton, T., Flynn, A., Sato, K., **Walters, J.**, & Stone, M. (2018). Preliminary Analysis - Moderating the Stress Perception of Collegiate Distance Runners Using Branched-Chain Amino Acids. Presented at the ACSM National Conference, Minneapolis, MN.
- Travis, K. S., & **Walters, J.** (2020) Emphasizing Strength and Power Performance Using the Trap Bar Deadlift for the Modern-Day Warfighter. TSAC Report.

## **PUBLICATIONS IN PROGRESS**

- Flynn, A., **Walters, J.**, Whiton, T., Bernards, J., & Stone, M. (n.d.). Salivary Alpha-Amylase: A Potential Biomarker for Athlete Monitoring. *In Press*.
- Walters, J.**, Flynn, A., Spalding, J., & Ramsay, M. (n.d.). Effects of Training to Failure on Strength, Hypertrophy, and Explosiveness: A Meta-Analysis. *In Press*.
- Walters, J.**, Flynn, A., Moquin, P. A., Lang, H. M., & Stone, M. H. (n.d.). The Effects of Branched Chained Amino Acid Supplementation on Acute Markers of Fatigue and Performance (Dissertation). East Tennessee State University, Johnson City, TN.

## **FUNDING AND AWARDS**

- \*Awarded Graduate Assistantship from East Tennessee State University Department of Sport, Exercise, Recreation, and Kinesiology (2017)
- \*Awarded Research Assistantship grant of \$3,000 from The University of Tampa Department of Health Sciences and Human Performance (Summer 2012)
- \*Awarded Research Assistantship grant of \$3,000 from The University of Tampa Department of Health Sciences and Human Performance (Fall 2012)

## **SKILLS**

- \* Uniaxial, Tri-axial force plates and potentiometers
- \* Labview software to analyze force plate and potentiometer data
- \* Strength assessment (dynamic, isokinetic, isometric)
- \* EMG collection and analysis
- \* VO<sub>2</sub> max testing (maximal and submaximal)
- \* Wingate testing
- \* VO<sub>2</sub> max testing
- \* Anthropometric and body composition assessment (skinfolds, bioelectrical impedance, girth measurements, DEXA)
- \* Muscle architecture measured via ultrasonography
- \* Muscle fiber typing, gel electrophoresis, mass spectrometry
- \* Phlebotomy, ELISA and Immulite analysis
- \* Microsoft Office Suite (Excel, Word, PowerPoint)
- \* Statistical software (SPSS, Jamovi, R)

## **Professional Memberships**

- \*National Strength and Conditioning Association (NSCA)
- \*International Society of Sports Nutrition (ISSN)

## **HONORS**

- \*Navy and Marine Corps Achievement Medal