

## CURRICULUM VITAE

### **James E. Schoffstall, Ed.D.**

NSCA CSCS, ACSM/NCHPAD CIFT, ACSM EP-C, ACSM RCEP,  
ACSM/NPAS PAPHS, FACSM

Professor of Exercise Science

Chair: Department of Allied Health Professions

Director: Human Performance Lab.

Office: Science Hall T04 Phone: 582-2882

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### EDUCATION

Ed.D.	Liberty University, Lynchburg, VA Concentration: Educational Leadership Cognate: Adapted Physical Activity	2006
M.S. Ed.	Old Dominion University, Norfolk, VA Major: Exercise Science	1998
B.S.	Old Dominion University, Norfolk, VA Major: Exercise Science	1995

Additional graduate work in Adapted Physical Education at the University of Virginia (9 credit hours)

Additional graduate work in Special Education at Old Dominion University (39 credit hours)

Virginia Teaching Licensure	1997-2013
Health & Physical Education	
Specific Learning Disabilities	
Mental Retardation	
Emotional Disturbance	

### TEACHING/PROFESSIONAL EXPERIENCE

2013-Present	Liberty University Title: Professor of Exercise Science Chair: Department of Health Professions
2008-2013	Liberty University Title: Director of Exercise Science Program
2007-Present	Liberty University

Title: Director: Human Performance Lab.

- 2007-2013      Liberty University  
Title: Associate Professor of Exercise Science
- 2001-2007      Liberty University  
Lynchburg, VA  
Title: Assistant Professor of Health Sciences & Kinesiology
- 2000-2001      E. C. Glass High School  
Lynchburg, VA  
Title: Teacher (health & physical education)
- 1999-2000      E. C. Glass High School  
Lynchburg, VA  
Title: Teacher (special education)
- 1998-1999      Churchland Middle School  
Portsmouth, VA  
Title: Teacher (special education)

#### UNDERGRADUATE COURSES TAUGHT

HLTH 211 Anatomy & Physiology I  
HLTH 212 Anatomy & Physiology II  
HLTH 221 Applied Anatomy & Physiology I  
HLTH 222 Applied Anatomy & Physiology II  
KINE 225 Weight Training and Conditioning  
KINE 233 Taekwondo  
KINE 234 Hapkido  
KINE 333 Adapted Physical Activity  
KINE 334 Adapted Physical Activity Lab.  
EXSC 310 Exercise Physiology  
EXSC 320 Measurement and Evaluation  
EXSC 340 Essentials of Strength and Conditioning  
EXSC 410 Applied Exercise Physiology  
EXSC 411 Applied Exercise Physiology Lab  
EXSC 421 Practicum  
EXSC 433 Exercise Prescription for Special Populations  
EXSC 461 Exercise Leadership  
EXSC 485 Exercise Physiologist Workshop & Certification

#### GRADUATE COURSES TAUGHT

EDUC 500 Advanced Educational Psychology

EDUC 521 Foundations of Exceptionality

### COURSES DEVELOPED

KINE 233 Taekwondo, 1 hour

KINE 234 Hapkido, 1 hour

EXSC 340 Essentials of Strength and Conditioning, 3 hours

EXSC 410 Applied Exercise Physiology, 3 hours

EXSC 411 Applied Exercise Physiology Lab, 1 hour

EXSC 421 Practicum, 1 hour

EXSC 433 Exercise Prescription for Special Populations, 3 hours

EXSC 485 Exercise Physiologist Workshop & Certification 1 hour

EXSC 633 Adapted Physical Activity, 3 hours

### PROJECT ADVISOR

Thesis Committees at Liberty University

Honors Thesis Chairman, Zachary Martin, 'The Effects of Static Stretching on Muscular Hypertrophy During a Resistance Training Program,' 2013.

Honors Thesis Chairman, Ria Philpott, '*Hydration and Military Personnel*,' 2011.

Honors Thesis Chairman, Arielle Gillie, '*Incidence and Prevention of Injury of the Anterior Cruciate Ligament in Females*,' 2011.

Honors Thesis Chairman, Mark Hopely, '*The Effects of Listening to Music when Exercising*,' 2011.

Honors Thesis Chairman, Abigail Halpin, '*Considering Gender Differences in Coaching Techniques: Focusing on the Diverse Needs of the Female Athlete*,' 2010.

Honors Thesis Chairman, Justus Cade, '*The Placebo Effect in Exercise: The Role of Response Expectancies in Physical Performance*,' 2008.

Honors Thesis Committee, Melissa Blackstone, '*Strength training programs of college middle distance runners*,' 2005.

Honors Thesis Committee, Aimee Riley, '*Pole vault: the physics, physiology, and psychological components*,' 2004.

Honors Thesis Committee, Lee Ann Bisulca, '*Influences of gender and ethnicity on the selection of the ideal female body type*,' 2003

Advisor for Independent Studies / Projects at Liberty University  
Kayson Stoner, 'Capoeira,' 2003.

Honors Project, Robinette, Tara. *Survey on teaching experience, educational background and available resources as pertains to area physical educators.* 2003.

## RESEARCH AND SCHOLARSHIP

### BOOK PUBLICATION

Schoffstall, J. E. (2017). *Applied Exercise Physiology Lab Manual, Fourth Edition.* Academx Publishing. ISBN- 1-60036-899-9.

Schoffstall, J. E. (2013). *Applied Exercise Physiology Lab Manual, Third Edition.* Academx Publishing. ISBN-10: 1-60036-636-8.

Schoffstall, J. E. (2012). *Applied Exercise Physiology Lab Manual, Second Edition.* Academx Publishing. ISBN-10: 1-60036-566-3.

### REFEREED JOURNAL PUBLICATIONS

Barclay TH, Richards S, Schoffstall J, Magnuson C, McPhee C, Price J, *et al.* A pilot study on the effects of exercise on depression symptoms using levels of neurotransmitters and EEG as markers. *Eur J Psychol Educ Studies* 2014;1:30-5.

Schoffstall, J. E., Titcomb, D. A., and Kilbourne, B. F. (2010). Electromyographic Response of the Abdominal Musculature to Varying Abdominal Exercises. *J. Strength Cond. Res.* 24(12): 3422-3426.

Schoffstall, J. and Ackerman, B. (2007). Attitudes of pre-service physical educators at a faith-based university toward individuals with disabilities. *Journal of Beliefs & Values*, 28(2): 183-193.

Schoffstall, J.E., Branch, J. D., Leutholtz, B., and Swain, D. (2001). Effects of dehydration and rehydration on the one-repetition maximum bench press of weight-trained males. *J. Strength Cond. Res.* 15(1): 102-108.

## REFEREED RESEARCH ABSTRACTS PUBLISHED

Schoffstall, J.E., Carver, C., Houck, J., Bosak, A., and Page, C. (2017). Effects of an Eight-Week SwingFit Training Program on Balance and Strength. American College of Sports Medicine National Conference.

Feister, J.R., Friesen, K.B., Albert, A.E., Armbrust, M.J., Kappler, E.H., and Schoffstall, J.E. (2017). Effects of Hot or Cold Hydrotherapy on Subsequent Power Output Following a Wingate Protocol. Southeast American College of Sports Medicine Regional Conference.

Moore, K., Schoffstall, J.E., and Hornsby, J.H. (2017). Effects of Traditional Army Training on ROTC Cadet Performance in the Occupational Physical Assessment Test. Southeast American College of Sports Medicine Conference.

Schoffstall, J.E., Carver, C., Smith, A., Houck, J., Bosak, A., Page, C., and Feister, J. (2017). Effects of a Four-Week SwingFit Training Program on Balance and Strength. Southeast American College of Sports Medicine Conference.

Meckley, Donald P.; Warr, Kendall M.; Miller, Jeremy; Boyle, Joshua; Hornsby, Jared H.; and Schoffstall, James E. (2016). Human Performance Assessments in Cadet Populations, Montview Liberty University Journal of Undergraduate Research: 2:1(8).

Feister, J.R., Friesen, K.B., Albert, A.E., Armbrust, M.J., Kappler, E.H., and Schoffstall, J.E. (2016). Effects of Hot or Cold Hydrotherapy on Subsequent Power Output Following a Wingate Protocol. Mid-Atlantic American College of Sports Medicine Regional Conference.

Warr, K., Meckley, D.P., Hornsby, J.H., Houck, J., Daymude, M., Armbrust, M., Miller, J., Boyle, J., Lopp, K., Stewart, D., and Schoffstall, J.E. (2016). Effects of Resistance / Cardiovascular Training on Modified RAW Assessment in an Army ROTC Cadet Population. National Strength and Conditioning Association National Conference.

Hornsby, J.H., Meckley, D.P., Warr, K., Armbrust, M., Miller, J., Boyle, J., and Schoffstall, J.E. (2016). Human Performance Assessments in an Army ROTC Cadet Population. Southeast American College of Sports Medicine Conference.

Bosak, A., Schoffstall, J., Entriken, L., Martsolf, E., Lippy, C., Strom, L., and Kovar, B. (2015). The Effects of Water Resistance Training on Vertical Jump. National Strength and Conditioning Association National Conference.

Hornsby, J., Schoffstall, J., Bowles, M., Mackenzie, A., Morelli, J., Thornton, M., Allgood, M., and Bosak, A. (2015). The Effects of Tabata Training on VO<sub>2</sub>max. National Strength and Conditioning Association National Conference.

Hornsby, J., Schoffstall, J., Terry, J., Cromley, J., and Bosak, A. (2015). Effects of Lower Body Resistance Training on the 1-RM Bench Press. National Strength and Conditioning Association National Conference.

Schoffstall, J., Steele, J., Picking, E., Espinoza, A., and Lemire, K. (2015). The Impact of Suggestion and Music on Endurance Running Performance. National Strength and Conditioning Association National Conference.

Lewis, B., Lewis, A., Frost, A., McQuinn, J., Schoch, A., Smith, R., and Schoffstall, J. (2015). Excessive Training Versus ACSM Recommendations for Resistance Training. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Romero, B., Dreyer, L., Hancock, A., and Schoffstall, J. (2015). Electromyographic Response of the Triceps in Lying Kettlebell Triceps Extension vs. Standing Kettlebell Extension. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Ganse, J., Boschman, J., Nigh, C., and Schoffstall, J. (2015). The Effects of Plyometric Training on College Club Level Ice Hockey Players. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Hornsby, J.H., Holmberg, H., Hook, M., Willis, S., Stoggl, T., Kilian, J. Schoffstall, J.E., and Bishop, P. (2015). Impact of Rifle Carriage in Elite Biathletes. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Titcomb, D.A. and Schoffstall, J.E. (2015). A Comparison of Electromyographic Responses of the Hamstring Musculature during Seated vs. Prone Hamstring Curls. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J.E. and Barclay, T.H. (2014). Pilot Study: Effects of Exercise on Depression Symptoms Using Levels of Neurotransmitters and EEG as Markers. American College of Sports Medicine National Conference.

Bowles, M., Mackenzie, A., Morelli, J., Thornton, M., Allgood, M., and Schoffstall, J. (2014). The Effects of Tabata Training on  $VO_{2max}$ . Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Dreyer, C., Delange, J., Marrero, K., Mink, R., Wood, A., and Schoffstall, J. (2014). The Impact of Bench Press Variations on the Electromyographic Response of the Anterior Deltoid, Pectoralis Major Sternal Portion and Pectoralis Major Clavicular Portion. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Enriken, L., Martsof, E., Lippy, C., Strom, L., Kovar, B., and Schoffstall, J. (2014). The Effects of Water Resistance Training on Vertical Jump. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Groeneveld, K., Dodson, M., Toh, J., Eppler, C., Parks., T., and Schoffstall, J. (2014). The Effects of Box Squats and Box Jumps on Vertical Jump. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Lee., N., Castro, K., Kopanko, J., and Schoffstall, J. (2014). The Effect of Different Stretching Protocols on Rowing Force and Time in Club Crew Athletes. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Steele, J, Picking, E., Espinoza, A., Lemire, K., Schoffstall, J., and Thompson, J. (2014). The Impact of Suggestion and Music on Endurance Running Performance. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Terry, J., Cromley, J., and Schoffstall, J. (2014). Effects of Lower Body Resistance Training on the 1-RM Bench Press. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J., and Titcomb, D.A. (2013). Electromyographic Comparison of the Abdominal Musculature between the V-up and V-up Variations using Commercially Available Equipment. American College of Sports Medicine National Conference.

Lewellyn, B., Bradley, A., Bah, F., Ferguson, J., and Schoffstall, J. (2013). The Acute Effects of Deadlifting and Deadlifting with Resistance Bands on Vertical Jump. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Jones, S., Cecchini, D., Eaton, J., Sutton, H., Magee, S., and Schoffstall, J. (2013). The Effects of Minimalistic Footwear on Speed and Agility. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Nelson, B., Dahl, K., Dorholt, M., DeCeglie, S., Kelly, P., and Schoffstall, J. (2013). The Effects of Stretching on Vertical Jump. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Saeler, M.P., Park, A.H., and Schoffstall, J.E. (2013). Effects of Exercising at a Simulated Altitude on Accuracy. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Lease, J. M., Schoffstall, J. E., Titcomb, D. A., and Norman, T. L. (2013). A Comparison of the Electromyography Response of the Regular Push-up vs. the Ring Push-up. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Norman, T. L., Schoffstall, J. E., Titcomb, D. A., and Lease, J. M., (2013). A Comparison of the Electromyography Response of the PVC Push-up vs. the Perfect Push-up. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J., Gogain, M., and Clay, T. (2012). Impact of varying levels of simulated altitude on balance. *Medicine and Science in Sports and Exercise*, 44(5).

Schoffstall, J., Gogain, M., and Clay, T. (2012). Impact of varying levels of simulated altitude on reaction time. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Lutz, Z., Haseman, K., Baggaly, K., Smith, B., Haegerich, J., and Schoffstall, J. (2012). The effect of stretching on squat velocity of NCAA D1 volleyball players. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J., McLaughlin, J., Gogain, M., Clay, T., and Tober, D. (2011). Comparison between self-reported athleticism and the calculated Fit Index in body composition assessment. *Medicine and Science in Sports and Exercise*, 43(5): S219.

Gogain, M., Schoffstall, J., and McLaughlin, J. (2011). Evaluation of Bioelectrical Impedance in the Analysis of Body Composition. *Medicine and Science in Sports and Exercise*, 43(5): S216.

McLaughlin, J., Schoffstall, J., and Gogain, M. (2011). Accuracy of Body Mass Index in Classifying Overfatness in Resistance Trained and Non-resistance Trained Young Adults. *Medicine and Science in Sports and Exercise*, 43(5): S606.

Schoffstall, J., Titcomb, D., and Kilbourne, B. (2010). Electromyographic Response of the Abdominal Musculature to the Abdominal Crunch Exercise Utilizing the Hollowing Maneuver. *Medicine and Science in Sports and Exercise*, 42(5): S207.

Justice, P., Schoffstall, J., McClurg, M., and McKinney, J. (2010). Impact of a High Intensity Squat Workout on Flexibility. *Medicine and Science in Sports and Exercise*, 42(5): S204.



Schoffstall, J., Morrison, S., Boswell, B., and Kozlik, B. (2010). Grip Strength and Powerlifting Performance. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J.E. (2008). Correlation of the changes in Profile of Mood States and 1-RM Bench Press. *Medicine and Science in Sports and Exercise*. 40(5): S211.

Schoffstall, J.E. (2006). Effects of dehydration and rehydration on the profile of mood states of weight trained males. *Medicine and Science in Sports and Exercise*. 38(5): S227.

Leutholtz, B., Schoffstall, J., Branch, J.D, and Swain, D., (1999). Effects of dehydration and rehydration on the one-repetition maximum bench press of weight trained males. *Medicine and Science in Sports and Exercise*, 31(5):S324.

Prabhakaran, B., Dowling, E.A., Branch, B.D., Swain, D.P., and Schoffstall, J. (1998). Effects of resistive training on lipid profile and body composition of premenopausal women. *Medicine and Science in Sports and Exercise*, 30(5).

#### RESEARCH IN PROGRESS

EMG activity of abdominal muscles during exercise

Effects of simulated altitude on physical and psychological parameters

#### PROFESSIONAL PRESENTATIONS

Schoffstall, J. (2017). Effects of an Eight-Week SwingFit Training Program on Balance and Strength. Southeastern American College of Sports Medicine Conference.

Schoffstall, J. (2016, Fall). Pre-Activity Screening, Pathophysiology, and Risk Stratification. American College of Sports Medicine Exercise Physiologist Workshop. Lynchburg, VA.

Schoffstall, J. (2016, Spring). Pre-Activity Screening, Pathophysiology, and Risk Stratification. American College of Sports Medicine Exercise Physiologist Workshop. Lynchburg, VA.

Schoffstall, J. (2015). The Impact of Suggestion and Music on Endurance Running Performance. National Strength and Conditioning Association National Conference. Orlando, FL.

Schoffstall, J. (2015). The Effects of Plyometric Training on College Club Level Ice Hockey Players. American College of Sports Medicine Southeast Regional Conference. Jacksonville, FL.

Schoffstall, J. (2014). Pilot Study: Effects of Exercise on Depression Symptoms Using Levels of Neurotransmitters and EEG as Markers. American College of Sports Medicine National Conference. Orlando, FL.

Schoffstall, J. (2014). Pre-Activity Screening, Pathophysiology, and Risk Stratification. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2014). Metabolic Calculations. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2013). The Effects of Minimalistic Footwear on Speed and Agility. Southeastern Chapter of the American College of Sports Medicine Regional Conference. Greenville, SC.

Schoffstall, J. (2013). Effects of Exercising at a Simulated Altitude on Accuracy. Southeastern Chapter of the American College of Sports Medicine Regional Conference. Greenville, SC.

Schoffstall, J. (2013). A Comparison of the Electromyography Response of the Regular Push-up vs. the Ring Push-up. Southeastern Chapter of the American College of Sports Medicine Regional Conference. Greenville, SC.

Schoffstall, J. (2013). A Comparison of the Electromyography Response of the PVC Push-up vs. the Perfect Push-up. Southeastern Chapter of the American College of Sports Medicine Regional Conference. Greenville, SC.

Schoffstall, J. (2012). Pre-Activity Screening, Pathophysiology, and Risk Stratification. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2012). Weight Management and Body Composition Assessment. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2012). Cardiorespiratory Fitness Assessment. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2012). Metabolic Calculations. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2012). Impact of varying levels of simulated altitude on balance. American College of Sports Medicine National Conference. San Francisco, CA.

Schoffstall, J. (2012). Impact of varying levels of simulated altitude on reaction time. Southeastern Chapter of the American College of Sports Medicine Regional Conference. Jacksonville, FL.

Schoffstall, J. (2011). Comparison between self-reported athleticism and the calculated Fit Index in body composition assessment. American College of Sports Medicine National Conference. Denver, CO.

Schoffstall, J. (2011). Pre-Activity Screening, Pathophysiology, and Risk Stratification. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2011). Weight Management and Body Composition Assessment. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2011). Cardiorespiratory Fitness Assessment. American College of Sports Medicine Health Fitness Specialist Workshop. Lynchburg, VA.

Schoffstall, J. (2011). Impact of Varying Levels of Simulated Altitude on Performance Parameters. Center of Research and Scholarship. Lynchburg, VA.

Schoffstall, J. (2010). Electromyographic Response of the Abdominal Musculature to the Abdominal Crunch Exercise Utilizing the Hollowing Maneuver. American College of Sports Medicine National Conference, Baltimore, MD.

Schoffstall, J. (2010). Grip Strength and Powerlifting Performance. Southeastern Chapter of the American College of Sports Medicine Regional Conference.

Schoffstall, J. (2008). Correlation of the changes in Profile of Mood States and 1-RM Bench Press. American College of Sports Medicine National Conference. Indianapolis, Indiana.

Schoffstall, J. (2006). Effects of dehydration and rehydration on the profile of mood states of weight trained males. American College of Sports Medicine National Conference. Denver, Colorado.

Schoffstall, J. (2002). Classroom management. St. Thomas' Parish, Jamaica.

## GRANTS

### Internal Support

Received \$3,000.00 from the ILLUminate Grant. The study is titled, *Analysis of Force-Velocity Curve Using New Technologies*. (2018)

Received: \$4221.10 from the ILLUminate Grant. The study is titled, *Human Performance Testing in an Army ROTC Cadet Population*. (2016)

Received: \$9972 from the Center for Research and Scholarship Fund. The purpose of this Research Grant is to financially assist in the completion of the project, *Effects of Varying Levels of Simulated Altitude on Performance Parameters*. (2010)

Received: \$200,000 for Human Performance Lab. (2007)

#### External Support

Submitted: \$700,000 Best Labs (not founded)

Submitted: \$644,749 Biomedical Research and Development (not founded)

### CONFERENCES ATTENDED

American College of Sports Medicine National Conference (2017). Denver, Co.

American College of Sports Medicine Southeast Regional Conference (2017). Greenville, SC.

American College of Sports Medicine National Conference (2016). Boston, MA.

National Strength and Conditioning Association National Conference (2015). Orlando, FL.

American College of Sports Medicine National Conference (2015). San Diego, CA.

American College of Sports Medicine Southeast Regional Conference (2015). Jacksonville, FL.

American College of Sports Medicine National Conference (2014). Orlando, FL.

American College of Sports Medicine National Conference (2013). Indianapolis, IN.

American College of Sports Medicine Southeast Regional Conference (2013). Greenville, SC.

American College of Sports Medicine National Conference (2012). San Francisco, Ca.

American College of Sports Medicine Southeast Regional Conference (2012). Jacksonville, FL.

American College of Sports Medicine National Conference (2011). Denver, CO.

American College of Sports Medicine Southeast Regional Conference (2011). Greenville, SC.

American College of Sports Medicine National Conference (2010), Baltimore, MD.

American College of Sports Medicine Southeast Regional Conference (2010). Greenville, SC.

National Strength and Conditioning Association: Virginia State Conference (2009). Richmond, VA.

American College of Sports Medicine National Conference (2008). Indianapolis, Indiana.

National Strength and Conditioning Association (2007). Atlanta, Georgia.

American College of Sports Medicine National Convention (2006). Denver, Colorado.

American Association of Cardiovascular and Pulmonary Rehabilitation National Convention (2005). Milwaukee, Wisconsin.

### LAY PUBLICATIONS

Schoffstall, J. (2002). Health and fitness in the martial arts. *Eagle Tiger Federation Newsletter*, Dec.

### LAY PRESENTATIONS

Schoffstall, J.E. (2016). Biblical View of Self-Defense. CC Home School Group, Lynchburg, VA.

Schoffstall, J.E. (2013). Functional Fitness. Forest Baptist Church.

Schoffstall, J.E. (2013). Starting a workout program. Forest Baptist Church.

Schoffstall, J.E. (2010, fall). Dealing with stress & how to relax. TRBC.

Schoffstall, J.E. (2010, fall). Getting started into resistance training. TRBC.

Schoffstall, J.E. (2010, fall). Understanding food labels. TRBC.

Schoffstall, J.E. (2010, fall). Getting started with aerobic training. TRBC.

Schoffstall, J.E. (2010, fall). Water: the most essential nutrient. TRBC.

Schoffstall, J. E. (2010, spring). Water: what is it good for? TRBC.

Schoffstall, J. E. (2010). Getting Started into Exercise. TRBC.

Schoffstall, J. E. (2006). Nutrition and Hockey. Huron Hockey Camp.

Schoffstall, J. E. (2006). Anaerobic Training. Liberty University Fitness Seminar.

Schoffstall, J. E. (Oct. 2004). "Being a Christian Martial Artist", Brookhill Church AWANAs club.

Schoffstall, J.E. (2001). Jefferson Forest High School wrestling team. "Effects of dehydration on wrestling.

### MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS/CERTIFICATIONS

American Assoc. of Cardiovascular and Pulmonary Rehabilitation 2005-2006

American College of Sports Medicine (ACSM) 1995-2019

- Trained CoAES Site Visitation member 2006
- Certified Exercise Physiologist 2007-2019
- Certified Inclusive Fitness Trainer 2007-2019
- Registered Clinical Exercise Physiologist 2008-2019
- Certified Physical Activity in Public Health Specialist 2013-2019
- Fellow ACSM appointment 2011

Clinical Exercise Physiology Association 2008-2014

- CEPA Advocacy Committee 2008-2009

CrossFit

- Level 1 Coach 2012-2017

National Strength and Conditioning Association (NSCA) 1999-2019

- Certified Strength and Conditioning Specialist 2000-2019

International Combat Hapkido Federation (ICHF) 2001-2019

Licensed Instructor 2003-2019

International Society of Sports Nutrition (ISSN) 2007

### PROFESSIONAL SERVICE

American College of Sports Medicine: Exercise Physiologist -workshop director.  
Nov. 2018

American College of Sports Medicine: Exercise Physiologist -workshop director.  
Apr. 2018

American College of Sports Medicine: Teaching Award Committee 2017-2018

American College of Sports Medicine: Exercise Physiologist -workshop director.  
Apr. 2017

American College of Sports Medicine: Exercise Physiologist -workshop director.  
Nov. 2016

American College of Sports Medicine: Exercise Physiologist -workshop director.  
April 2016

American College of Sports Medicine: Exercise Physiologist -workshop director.  
Nov. 2015

American College of Sports Medicine: Exercise Physiologist -workshop director.  
April 2015

American College of Sports Medicine: Health Fitness Specialist-workshop  
director.  
Nov. 2014

Associate Editor, *ACSM's Resources for the Exercise Physiologist 2<sup>nd</sup> Edition*.  
2014-2017

American College of Sports Medicine: Health Fitness Specialist-workshop  
director.  
Apr. 2014

American College of Sports Medicine: Health Fitness Specialist-workshop  
director.  
Nov. 2013

Commission for the Accreditation of Allied Health Education Programs-  
Committee for the Accreditation of Exercise Science: Lead Site Visitor to SUNY  
Brockport, team leader.  
Oct. 2013

American College of Sports Medicine: Health Fitness Specialist-workshop  
director.  
April 2013

Commission for the Accreditation of Allied Health Education Programs-  
Committee for the Accreditation of Exercise Science: CAR Site Visitor to  
Lynchburg College, team leader.  
Mar. 2013

Commission for the Accreditation of Allied Health Education Programs-  
Committee for the Accreditation of Exercise Science: CAR Site Visitor to Indiana  
University of Pennsylvania, team member. Feb. 2013

Commission for the Accreditation of Allied Health Education Programs-  
Committee for the Accreditation of Exercise Science: Lead Site Visitor to  
Longwood University, team leader. Nov. 2012

American College of Sports Medicine: Health Fitness Specialist-workshop  
director. Nov. 2012

American College of Sports Medicine: Health Fitness Specialist-workshop  
director. April 2012

Commission for the Accreditation of Allied Health Education Programs-  
Committee for the Accreditation of Exercise Science: Site Visitor to University of  
Louisville, Exercise Physiology Program. March 2012

Commission for the Accreditation of Allied Health Education Programs-  
Committee for the Accreditation of Exercise Science: Lead Site Visitor to  
University of Louisville, Exercise Science, team leader. March 2012

American College of Sports Medicine: Health Fitness Specialist-workshop  
director. Nov. 2011

Book review: Completed a review of the text, *ACSM's Introduction to Exercise  
Science*, through LWW publishing. May 2011

American College of Sports Medicine: Health Fitness Specialist-workshop  
director. April 2011

Commission for the Accreditation of Allied Health Education Programs-  
Committee for the Accreditation of Exercise Science: Lead Site Visitor to  
Metropolitan State College of Denver, team leader. April 2011

Book review: Completed a review of the text, *ACSM's Health-Related Physical  
Fitness Assessment Manual, 3<sup>rd</sup> edition*, through LWW publishing. May 2010

Commission for the Accreditation of Allied Health Education Programs-  
Committee for the Accreditation of Exercise Science: Lead Site Visitor to  
Delaware State University, team leader. 2010

Commission for the Accreditation of Allied Health Education Programs-  
Committee for the Accreditation of Exercise Science: Site Visitor to Kent State  
University. 2009



American College of Sports Medicine Health Fitness Instructor, certification  
examiner, Old Dominion University, 1996-1998

American College of Sports Medicine Health Fitness Instructor, workshop  
practicum leader: muscular fitness and flexibility. May 1997

#### DEPARTMENTAL AND UNIVERSITY SERVICE

Faculty Senate	2008-2012
Moderator-elect	2010-2011
Moderator	2011-2012
Past-Moderator	2012-2013

Institutional Review Board Committee member 2012-2017

Liberty University Wellness Coalition 2014

Assessment Team for Health Professions Department 2008-2013

Exercise Science CAAHEP Accreditation 2005-2009

Human Performance Laboratory Design and Development 2005-2008

AdHoc Committee for Exercise Science Major Review 2003

Guest Instructor: ROTC self-defense training

Developed new course KINE 233 Karate

Developed new course KINE 234 Hapkido

Developed new course KINE 340 Coaching Strength Training and Conditioning

Developed new course KINE 410 Applied Exercise Physiology

Developed new course KINE 411 Practicum I

Developed new course KINE 421 Practicum II

Developed new course KINE 433 Exercise Prescription for Special Populations

Served as an assistant strength and conditioning coach when the athletic  
department was in need, spring and summer of 2002.

#### AWARDS

Big Spring High School: Bulldog Foundation 2015 Hall of Fame Inductee

Old Dominion University: Darden College of Education 2014 Darden Fellow  
-Distinguished Alumni

## CHURCH INVOLVEMENT

Member at Hyland Heights Baptist Church

Thomas Road Baptist Church

-Director of Losing to Live program 2010

-Host for Neighborhood Easter Egg Hunter outreach 2012

Missions: Rome, summer of 2001.

Jamaica, summer of 2002.

## COMMUNITY INVOLVEMENT

Boy Scouts

- Volunteer: Scoutmaster of BSA Troop 50 2018-2019
- Volunteer: Assistant Scoutmaster of BSA Troop 50 2017-2018
- Volunteer: Scoutmaster of BSA Troop 180 2017
- Volunteer: Assistant Scoutmaster of BSA Troop 180 2016-2017
- Volunteer: Webelos Scout LeaderPack 180 2015-2016

Wrestling

- Head-Coach for the LCA M.S. Wrestling Program 2016-2019
- Board Member: Central Virginia Youth Wrestling Association 2014-2017
- Volunteer Head-Coach: Bulldog Youth Wrestling Program 2012-2017

Special Olympics

- Developed partnership with DePaul Family Services: providing recreational activities for adults with intellectual disabilities, 2005-2006
- Special Olympics volunteer and coach, 2002-2010
- Special Olympics Lynchburg Area Co-Director 2008-2009
- Special Olympics Area 24 Coordinator 2009-2010
- Special Olympics Partnership. Adapted Physical Education class participates with the special Olympians once each semester, 2002-2010

Community Services Prevention Programs. Teaching a martial arts program for at-risk youth. 2002-2004

## PERSONAL INFORMATION

Fifth Degree Black Belt: Hapkido	2016
Third Degree Black Belt: Taekwondo	2006
USPF Collegiate National Powerlifting Champion	1996
Eagle Scout	1986