

**Jared Heath Hornsby, M.A.**

Assistant Professor of Health Professions

Exercise Science Program

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**Education**

**Doctor of Philosophy, The University of Alabama, December 2014**

- ◆ Major: Kinesiology, (Human Performance Concentration)
- ◆ Minors: Educational Research (12hr), Health Promotion (9hr)

**Master of Arts, University of North Alabama, July 2011**

- ◆ Major: Health Promotion and Human Performance
- ◆ Concentration: Exercise Science

**Bachelor of Science, University of North Alabama, July 2010**

- ◆ Major: Fitness Management
- ◆ Minor: Business Administration (18hr)

**General Studies, Bevill State Community College**

**Experience**

**Assistant Professor 07-2014-Present**

Department of Health Professions, Liberty University

- ◆ Teaching- undergraduate Exercise Science courses

**Graduate Teaching Assistant 08-2012 to 05-2014**

Department of Kinesiology, The University of Alabama

- ◆ Teaching, undergraduate Exercise Science courses
- ◆ Research, Scholarly Activity, Service

**Graduate Research Assistant 08-2010 to 06-2011**

Department of Health, Physical Education and Recreation

The University of North Alabama

- ◆ Research, Scholarly Activity, Service

**Human Performance Laboratory Assistant 05-2009 to 08-2010**

Department of Health Physical Education and Recreation, The University of North Alabama

- ◆ Research, Scholarly Activity, Service
- ◆ Fitness Testing

### **Publications/Scholarship**

- ◆ Brett Allen Davis, Lauren Kelley Thigpen, **Jared Heath Hornsby**, James Matthew Green, Thomas Elliot Coates, & Eric Kyle O'Neal (2014) Hydration kinetics and 10-km running performance following 75% versus 150% between bout fluid replacement. *European Journal of Sports Science*, (At Press)
- ◆ Green JM, Laurent CM, McIntosh JR, Gover LL, **Hornsby JH**. (2014) Validation of a novel device to detect ventilatory threshold. *European Journal of Sports Science*, (Submitted for Initial Review)
- ◆ O'Neal EK, **Hornsby JH**, Kelleran KJ. (2014) High intensity tasks with external load in military applications: A Review. *Military Medicine* (At Press)
- ◆ Green JM, **Hornsby J**, Pritchett RC, Pritchett K. (2014) Threshold comparison among and aerobic athletes and untrained subjects. *International Journal of Exercise Science* (Submitted for Initial Review)
- ◆ **Hornsby JH**, Gover L, Green JM, O'Neal E, McIntosh J, Coates T. (2013) Influence of Terminal Acute RPE on Session RPE. *Journal Strength Conditioning and Research* 27 (10): 2800-2805 (**Master's Thesis**)
- ◆ Killen LG, Green JM, O'Neal EK, McIntosh JR, **Hornsby J**, Coates TE. (2013) Effects of Caffeine on Session Ratings of Perceived Exertion. *European Journal of Applied Physiology* 113(3): 721-727
- ◆ Davis BA, Thigpen K, Coates T, Green JM, **Hornsby JH**, O'Neal EK. (2012) Effects of 75% versus 150% Fluid Replacement on USG and 10-km Running Performance. *International Journal of Sport Nutrition & Exercise Metabolism* 22 (5) 353-362
- ◆ **Hornsby JH**, Green JM, Englett JG. (2010) A Review of Protein Requirements for Optimal Aerobic Performance. *Alabama State Association for Physical Health Exercise Recreation and dance Journal* 30; 31-33.
- ◆ Green JM, MacIntosh JR, **Hornsby J**, Timme L, Gover L, Mayes JL. (2009) Effect of Exercise Duration on Session RPE at 70% VO<sub>2</sub> max. *European Journal of Applied Physiology* 107: 501-507.

### **Grants**

- ◆ **Hornsby JH**, O'Neal EK. Hydration Kinetics and Soldiers' Estimations of Sweat Losses During a Day of Combat Drills *Gatorade Sports Science Institute 2013* (\$3500.00) (not funded) 17 June 2013

**Teaching Experience (Instructor of Record)**

- ◆ Ecological Approach to Health and Fitness-KIN 199 (3 sections)
- ◆ Beginning Weight Training KIN 157 (4 sections)
- ◆ Beginning Racquetball- KIN 145 (4 sections)
- ◆ Running- KIN 167 (2 sections)

**Advised undergraduate students in the Department of Kinesiology for two semesters.**

**Invited Lecturer**

**HPE 665- Critical Analysis of Research and Professional Literature**

- ◆ How to Ace Your Grad School Experience

**KIN 506- Techniques of Research**

- ◆ How to Form a Research Question

**KIN 493- Fitness Appraisal and Exercise Prescription**

- ◆ Exercise Prescription for Muscular Fitness

**KIN 492-Exercise Physiology**

- ◆ Adaptations of Resistance Training
- ◆ Energy Expenditure and Fatigue
- ◆ EKG Lab

**KIN 366- Evaluation and Measurement**

- ◆ Who wants to be a Millionaire

**HPE 270- Practice Experience in Physical Education**

- ◆ How to Ace Your Grad School Experience

**KIN 199- Ecological Approach to Health and Fitness**

- ◆ Fitness testing
- ◆ Debate Chairman (refereed debates on current issues of health and fitness) (2 sections)
- ◆ Putting Together a Complete Fitness Program
- ◆ Stress Prone Personality Traits
- ◆ Weight Management

**KIN 157- Beginning Weight training**

- ◆ Implementation of Resistance Training Program (2 sections)

**KIN 107- Beginning Tennis**

- ◆ Introduction to Tennis (2 sections)

**KINE 105- Introduction to Health Professions**

- ◆ 1 section

**KINE 221- Applied Anatomy and Physiology**

- ◆ 1 section

**KINE 225- Weight Training/Conditioning**

- ◆ 4 sections

**KINE 320- Measurement and Evaluation in Health and Kinesiology**

- ◆ 1 section

**The University of North Alabama Exercise Physiology Club March 2013 Meeting**

- ◆ How to Ace Your Grad School Experience

**Professional Presentations**

- ◆ Mitchell, JB, Herron RL, Carter SJ, **Hornsby JH**, and Bishop PA. Upper-and Lower-Body Strength Training Recovery in Male Adolescent Athletes. Abstract *Medicine and Science in Sports and Exercise*. 46:5, S300
- ◆ Casaru, C; Wingo, J; Richardson, M; **Hornsby, J**; Baggett, S; Nepocatych, S; Balilionis, G; and Bishop, PA. The Effects of Firefighter Bunker Gear Size on Thermoregulation. Southeast ACSM Conference, Greenville, SC (*February 2014, accepted for presentation, (Conference cancelled due to inclement weather)*).
- ◆ Mitchell, JB, Herron, RL, Carter, SJ, **Hornsby, JH**, and Bishop, PA. Strength Training Recovery in Adolescent Athletes. Southeast ACSM Conference, Greenville, SC (*February 2014, accepted for presentation, conference cancelled due to inclement weather*).
- ◆ **Hornsby, JH**; Holmberg, HC; Höök, M; Willis, S; Stöggl, T; Keating, R; and Bishop, P. Impact of Rifle Carriage in Elite Biathletes. Southeast ACSM Conference, Greenville, SC (*February 2014, accepted for presentation, conference cancelled due to inclement weather*).
- ◆ B.A. Davis, L.K. Thigpen, **J.H. Hornsby**, M.C. Stevenson, P.L. Riethmaier, J.M. Green, E.K. O'Neal. Effects of 75 versus 150% fluid replacement on subsequent morning hydration status and 10-km running performance. Southeast ACSM(2013), National ACSM (2013)
- ◆ B.A. Davis, A.D. Horton, **J.H. Hornsby**, J.M. Green and E.K. O'Neal. Male runners demonstrate poor sweat loss estimation accuracy. Southeast ACSM (2012)
- ◆ **J Hornsby** JM Green, EK O'Neal, LL Gover, J McIntosh, TE Coates. Influence of Terminal Acute RPE on Session RPE. A) University of North Alabama Research Day (2011) B) Southeast ACSM (2012) C) University of Alabama Research Day (Fall 2012) (3<sup>rd</sup> place award)

- ◆ LG Killen, JM Green, EK O’Neal, JR McIntosh, **J Hornsby**, TE Coates. Effects of Caffeine on Session Ratings of Perceived Exertion. A) TAHPERD (Fall, 2011) B) Middle Tennessee State University Research Day (Spring, 2012)
- ◆ Gover L, **J Hornsby**, JM Green, JR McIntosh. A descriptive study of collegiate soccer players. A) University of North Alabama Research Day B) Southeast ACSM C) National ACSM (2011)
- ◆ **Hornsby J**, Green JM, Pritchett RC, Pritchett K. Threshold comparison among and aerobic athletes and untrained subjects. A) University of North Alabama Research Day (Spring 2010, B) Southeast ACSM (February 2011), C) National ACSM (May 2011)

### **Current Investigations**

- ◆ USG of Collegiate Sand Volleyball Players during tournament competition
- ◆ Influence of single and double-sided mouthguards on oxygen consumption during repeated bouts of row ergometry
- ◆ High intensity load training on Army ROTC cadet performance
- ◆ Effects of sleep on anaerobic power of athletes
- ◆ The effects of cold versus hot firefighter bunker gear on physiological measurement
- ◆ Construction of a heat model to predict Micro-E from Macro-E (temperature/ relative humidity) conditions (Dissertation).

### **Contributing author for newsletters distributed as a component of a six-month collaborative weight management program: topics of contribution**

- ◆ Medical problems with childhood obesity
- ◆ Exercising after dinner
- ◆ Exercising to reduce risks of cancer
- ◆ Exercise use for weight management

### **Professional Reviews for Journals**

- ◆ Influence of differences in exercise-intensity and kilograms/set on energy expenditure during and after maximally explosive resistance exercise- *International Journal of Exercise Science*
- ◆ The Use of the Blood Lactate Curve to Develop Training Intensity Guidelines for the Sports of Track and Field and Cross-Country- *International Journal of Exercise Science*
- ◆ The Effects Of Multiple Bouts Of Exercise On Weight Loss Without Dietary Restriction- *International Journal of Exercise Science*
- ◆ Effects of Foot Position during Squatting on the Quadriceps Femoris: An Electromyographic Study- *International Journal of Exercise Science*

**Certifications/ Memberships**

- ◆ American College of Sports Medicine Member 05-2009 to Present
- ◆ American Heart Association- CPR/First Aid 12-2008 to Present
- ◆ Southeast Chapter of American College of Sports Medicine 02-2011 to Present
- ◆ National Strength and Conditioning Association 01-2012 to Present
- ◆ NSCA (CSCS) certification exam December 2014 (pending)

**Professional Service**

- ◆ “Night at the Museum” February 9<sup>th</sup> 2013 at Smith Hall on University of Alabama campus: represented The Department of Kinesiology at a university sponsored social for K-12 students from the surrounding communities.
- ◆ “Night at the Museum” February 8<sup>th</sup> 2014 at Smith Hall on University of Alabama campus: represented The Department of Kinesiology at a university sponsored social for K- 12 students from the surrounding communities.
- ◆ Enrolled to assist with the 2014 Southeastern Chapter of American College of Sports Medicine student bowl (Greenville, SC). (*Conference cancelled due to inclement weather*).
- ◆ NOYCE June 4<sup>th</sup> 2014 at the Human Performance Laboratory on the University of Alabama campus: I was the project organizer and main presenter for NOYCE students to better understand the physics and chemistry involved in hemodynamics and oxygen consumption.
- ◆ Youth Leader- Shiloh Baptist Church 2005-2007