

Will Peveler

Liberty University
Health Professions Department
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Lynchburg, VA 24515
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EDUCATION

- **PH.D.-** University of Alabama; Tuscaloosa, AL
 - Human Performance, Exercise Physiology- Dec 2003.
 - Minor-educational research and statistics
 - Minor-human physiology
- **Masters of Science-** Western Kentucky University; Bowling Green, KY
 - Physical Education: Focus Exercise Science- August 2000
- **Bachelor of Arts-** Western Kentucky University; Bowling Green, KY.
 - Mass Communication- May 1997
 - Minor- Physical Education
 - Minor- Music, emphasis Classical Guitar

EXPERIENCE

- **Liberty University (LU)- July 2017-Present**
 - **Professor**
 - **Teaching**
 - Exercise Physiology
 - Biomechanics with Lab
 - EKG and Graded Exercise Testing
 - Chronic Health Disorders
- **Northern Kentucky University (NKU)- August 2009-June 2017**
 - **Associate Professor (Tenured)**
 - **Exercise Science Program Director**
 - **Laboratory Director**
 - **Teaching:**
 - Exercise Physiology with lab
 - Biomechanics with lab
 - Anatomical Kinesiology
 - Research, Trends, and Issues in Exercise Science
 - Senior Synthesis (Research project)
 - Exercise Testing and Prescription with lab
 - Introduction to Strength and Conditioning
 - Internship
 - Practicum
 - Concepts of Lifetime Fitness
 - **Academic Service**
 - Chair of the Institutional Review Board
 - University Research Council

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- Institutional Review Board
 - Faculty Senate
 - Faculty Benefits Committee
 - Faculty voice
 - Professional Concerns Committee
 - Indirect Cost Committee
 - Transportation Advisory Committee
 - Curriculum development for exercise science program
- **Awards**
 - 2011 Faculty Excellence in Performance in Scholarly or Creative Activity NKU
- **Liberty University online August 2016- Present**
 - **Adjunct graduate faculty**
- **University of Central Arkansas- January 2008-May 2009**
 - **Assistant Professor**
 - **Program Coordinator of Exercise Science**
 - **Laboratory Director**
 - **Teaching:**
 - Exercise Physiology
 - Graduate Exercise Physiology
 - Measurement and Evaluation
 - Exercise Testing and Prescription
 - Laboratory instrumentation (graduate and undergraduate)
 - Metabolism (graduate and undergraduate)
 - **Academic Service**
 - Program Coordinator of Exercise Science
 - Writing new Exercise Science Curriculum
 - Advancement Committee
- **Mississippi University for Women- August 2004- Dec 2007**
 - **Assistant Professor**
 - **Laboratory Director**
 - **Teaching:**
 - Biomechanics
 - Anatomical Kinesiology
 - Exercise Physiology with lab
 - Exercise Programming for Special Populations
 - Exercise health and related disease (graduate class)
 - Graded Exercise Testing
 - Measurement and Evaluation
 - Motor Development

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- Motor control and Learning
- Nutrition, Physical Activity and Weight Management
- Weight Training for Majors
- Weight and Aerobic Training for Majors
- **Academic Service**
 - Awarded sabbatical spring 2007.
 - Director of Human Performance Lab
 - Designed the lab in the new Health and Kinesiology building.
 - Created classes:
 - HKC160 Weight and Aerobic Training for Majors
 - HK461 Advanced Exercise Physiology
 - HK490 Research in Exercise Science
 - Designed Exercise Science Curriculum
 - Designed Exercise Science Physical Therapy curriculum
 - Committees:
 - Committee on Use of Human Subjects in Experimentation
 - Honors Committee
 - Scholastic Appeals Committee
 - Graduate Faculty
- **Guest Lecturer Mississippi State University- Fall 2006**
 - Exercise Programming for Special Populations
- **Guest Lecturer Mississippi University for Women- October 2003- August 2004**
 - **Teaching:**
 - Biomechanics
 - Anatomical Kinesiology
 - Measurement and Evaluation
 - Motor control and Learning
 - Exercise Programming for Special Populations
 - Exercise health and related disease (graduate class)
- **Graduate teaching assistant University of Alabama- May 2000-2003**
 - **Teaching:**
 - Exercise Physiology
 - Measurement and evaluation
 - Ecological approach to health and wellness
 - Volleyball
 - Jogging
 - Weight Training
- **Graduate teaching/research assistant Western Kentucky University- January 1999-July 2000**
 - **Teaching:**

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- Life time sports- Team
- Life time sports- Individual
- Volley Ball
- Weight Training
- Educational gymnastics
- Outdoor Recreation (Low Impact Camping and Canoeing WEA)

PUBLICATIONS:

- Sanders, GJ, Boos, B, Turner, Z, & **Peveler, WW**. The relationship between maximal oxygen consumption and repeated sprint performance in Division I soccer athletes. *Journal of Strength and Conditioning Research* (Under review in the *Journal of Strength and Conditioning Research*).
- **Peveler, WW**, Sanders, G, Kollock, R, Johnson, S, and Shew, B. Comparison of ventilatory measures and 20 km time trial performance. *International Journal of Exercise Science*. [Accepted] In-Press.
- Sanders, G.J., Turner, Z, Boos, B., Peacock, C.A., **Peveler, W.**, Lipping, A. Aerobic capacity is related to repeated sprint ability with sprint distances less than 40 meters. *International Journal of Exercise Science* 10(2): 197-204, 2017.
- **Peveler, WW**, Sanders, G., Marczinsk, CA, & Holmer, B. Effects of energy drinks on performance and cardiovascular measures. *Journal of Strength and Conditioning Research* 31(4): 882-887, 2017.
- **Peveler, WW**. The Accuracy of Simulated Indoor Time Trials Utilizing a CompuTrainer and GPS Data. *Journal of Strength and Conditioning Research* 27(10): 2823–2827, 2013.
- **Peveler, WW**, Johnson, S, Shew, B, and Palmer, TG. A Kinematic Comparison of Alterations to Knee and Ankle Angles from Resting Measures to Active Pedaling During a Graded Exercise Protocol. *Journal of Strength and Conditioning Research* (26)11: 3004-3009, 2012.
- **Peveler, WW** and Palmer, TG. Effect of Magnesium Lactate Dihydrate and Calcium Lactate Monohydrate on 20 km Cycling Time Trial Performance. *Journal of Strength and Conditioning Research* (26)4: 1149-1153, 2012.
- **Peveler, WW**. Effects of saddle height on economy and anaerobic power in well-

trained cyclists. *Journal of Strength and Conditioning Research* 25(3):629-33, 2011.

- **Peveler, WW**, Green, JM. The Effect of Extrinsic Factors on Indoor 20k Time Trial Performance. *Journal of Strength and Conditioning Research* 24(12): 3265-69, 2010.
- **Peveler, WW**. Effects of Saddle Height on Economy in Cycling. *The Journal of Strength and Conditioning Research* 22(4):1355-9, 2008.
- **Peveler, WW**, Pounders J, Bishop P. Effects of Saddle Height on Anaerobic Power Production in Cycling. *The Journal of Strength and Conditioning Research* 21(4): 1023-7, 2007.
- **Peveler, WW**, Bishop, P, Whitehorn, E, and Bosak, AM. The effects of ribose as an ergogenic aid. *The Journal of Strength and Conditioning Research* 20(3): 519-522, 2006.
- **Peveler, WW**, Bishop, P, Richardson, M, and Smith, J. Effects of Training in an Aero Position during cycling on Energy Efficiency. *Journal of Exercise Physiology online* 8(1): 44-50, 2005.
- **Peveler, WW**, Bishop, P, Richardson, M, and Smith, J. Comparing methods for Setting Saddle Height in trained Cyclist. *Journal Exercise Physiology online* 8(1): 51-55, 2005.
- **Peveler, WW**, Bishop, P, Richardson, M, and Smith, J. Effects of Training in an Aero Position during cycling on Power output. *Journal of Exercise Physiology online* 7(5): 52-56, 2004.
- Green, JM, Crews, TR, Bosak, AM, and **Peveler, WW**. A comparison of respiratory compensation thresholds of anaerobic competitors, aerobic competitors and untrained subjects. *Eur J Appl Physiol* 90(5-6):608-1, 2003.
- Green, JM, Crews, TR, Bosak, AM, and **Peveler WW**. Overall and differentiated RPE at the respiratory compensation threshold: effects of gender and mode. *Eur J Appl Physiol* 89(5):445-50, 2003.
- Green, JM, Crews, TR, Bosak, AM, and **Peveler, WW**. Physiological responses during RPE estimation-production treadmill exercise at 0% and 10% incline. *Journal of Sports Medicine and Physical Fitness* 42: 8-13, 2002.

Research in Progress

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- **Peveler, WW & Sanders, G.** Effects of energy drinks on cardiovascular measures and time trial performance. KBRIN NIH Grant second phase (Write up in progress)
- **Peveler, WW & Sanders, G.** Effects of energy drinks on marksmanship. (Data Collected and write up in progress).
- **Peveler WW.** The Effect of Strenuous Exercise on Marksmanship Scores. (Collecting data).
- **Peveler, WW, Johnson, S, Shew, B, and Green, JM.** The Effect of Extrinsic Motivation and Time Trial Experience on 20 km Time Trial Performance. (Manuscript in preparation)
- **Peveler WW.** Effect of saddle height and Specificity of Training on Performance in Trained Cyclists. (Collecting data).
- **Peveler WW.** Mountain Bike Review: Current Literature and Future Research. (Manuscript written).

Books

- **Peveler WW.** *Triathlon Training Fundamentals*. Guilford, CT; Globe Pequot Press, 2014.
- **Peveler WW.** *The Complete Book of Road Cycling and Racing*. New York, NY; McGraw-Hill, 2009.

Other Publications

- Regular contributor to LIVESTRONG.com
 - 36 articles (as of 10/05/11)

Presentations

- **Peveler, WW & Sanders, G.** Effects of energy drinks on cardiovascular and performance measures. *American College of Sports Medicine Conference* (2016).
- **Sanders, G.J., Peveler, W., Warning, B.** The Effect of Three Different Energy Drinks on 1.5-Mile Running Performance, Oxygen Consumption, and Perceived Exertion. *International Society of Sports Nutrition*, Clear Water FL. 2016.
- **Peveler, WW & Sanders, G.** Effects of energy drinks on performance and cardiovascular measures. *Midwest American College of Sports Medicine Conference* (2015)
- **Sanders, GJ, Peveler, W, & Holmer, B.** The effect of three different energy drinks on oxygen consumption and perceived exertion during treadmill exercise. *International Society of Sports Nutrition*, Austin TX. (2015).

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- Holmer, B, **Peveler, WW**, & Sanders, GJ. The effect of three different energy drinks on perceived exertion during treadmill exercise. *Midwest American College of Sports Medicine*, 2015.
- Warning, B, **Peveler, WW**, & Sanders, GJ. The Effect of Three Different Energy Drinks on Ratings of Perceived Exertion and 1.5 Mile Treadmill Performance. *Midwest American College of Sports Medicine*, 2015.
- **Peveler, WW**, Shew, B, Johnson, S, Sanders, G, and Kollock, R. Heart rate at a Respiratory Exchange Ratio of 1.00 Accurately Predicts 20 KM Cycling Time Trail Performance. *Midwest American College of Sports Medicine Conference* (2014)
- **Peveler, WW**. The Accuracy of Simulated Indoor Time Trials Using a CompuTrainer and GPS Data. *South East American College of Sports Medicine* (2013).
- **Peveler, WW** and Bosak A. Resistance Training for Triathletes: Research and Practical Application. One hour tutorial. *Midwest American College of Sports Medicine* (October, 2011).
- Bosak, A. and **Peveler, WW**. Off Road Endurance Sports: Trail Running and Mountain Biking. Tutorial Presentation at the *Midwest American College of Sports Medicine Conference* (October, 2011).
- **Peveler, WW**. Resistance Training for Endurance Athletes. *Tennessee Association for Health, Physical Education, Recreation, and Dance* (2011).
- **Peveler, WW** and Bosak, A, and Wittenberg, DE. Training Considerations for Triathletes: Off-season resistance Training and the Mature Athlete. One hour tutorial. *Southeast American College of Sports Medicine* (February 2011).
- Sherrer, M and **Peveler, WW**. The Bioavailability of Lactate Dihydrate and Calcium Lactate Monohydrate. Poster presentation. *Southeast American College of Sports Medicine* (February 2011).
- **Peveler, WW**. Resistance Training for Triathletes. One hour tutorial. *Kentucky Association for Health, Physical Education, Recreation, and Dance* (November, 2010).
- Bosak, A and **Peveler, WW**. Off-Road Endurance Sports: Trail Running and Mountain Biking. Seventy-five minute tutorial. *Southeast American College of Sports Medicine* (February 2010).
- **Peveler, WW**. The Effects of Saddle Height on Anaerobic Power in Highly Trained Cyclist. *National Strength and Conditioning Association* (July 2009).

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- **Peveler, WW.** The Effects of Saddle Height on Economy in Highly Trained Cyclist. *National American College of Sports Medicine* (May 2009).
- **Peveler, WW,** and Green, JM. The Effect of Extrinsic Factors on Indoor 20k Time Trial Performance. *National American College of Sports Medicine* (May 2008).
- **Peveler, WW,** Pounders, J, and Bishop, P. Effects of Saddle Height on Anaerobic Power Production in Cycling was presented at *Southeast American College of Sports Medicine* (2005).
- **Peveler, WW,** Bishop P, Richardson, M, and Smith, J. Effects of Training in an Aero Position on Metabolic Economy was presented at *Southeast American College of Sports Medicine* (2004).
- **Peveler, WW,** Green, JM, and Bosak, AM. Accuracy of Assessing Resting and Exercise Heart Rate Using Pulse Palpation was presented at *Southeast American College of Sports Medicine* (2001).
- Green, JM, **Peveler, WW,** Crews, TR, and Bosak, AM. Ventilatory Threshold of Trained Aerobic, Trained Anaerobic, and Untrained Individuals was presented at *WKU's research conference* (2000).

Invited Speaker

- **Peveler, WW.** Resistance training for endurance athletes. *Juniata College Pennsylvania Strength and Conditioning Clinic* (2016).
- **Peveler, WW.** Hydration and Sport. *Juniata College Pennsylvania Strength and Conditioning Clinic* (2015).
- **Peveler, WW.** Human Performance in Combat Operations. *Tactical Strength and Conditioning Conference* (2014).
- **Peveler, WW.** Ergogenic Aids in Sports. *Juniata College Pennsylvania Strength and Conditioning Clinic* (remunerative) (2014)
- **Peveler, WW.** Off-Season Resistance Training for Endurance Athletes: Research and Practical Application. *National Strength and Conditioning Conference* (2013).
- **Peveler, WW.** Training in the heat: physiological response, adaptation, and coping and prevention strategies. *Juniata College Pennsylvania Strength and Conditioning Clinic* (remunerative) (2013).
- **Peveler, WW.** Muscle Fiber Nomenclature and Motor Unit Recruitment. *Juniata*

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College Pennsylvania Strength and Conditioning Clinic (remunerative) (2012).

- **Peveler, WW.** Heat Related Illness: Physiology. *Kentucky Athletic Trainers' Society* (2011).
- **Peveler, WW.** Mechanisms of Fatigue. *Juniata College Pennsylvania State Strength and Conditioning Clinic* (remunerative) (2011).
- **Peveler, WW.** The Principles of Bioenergetics and their Application to Sport Performance. *Juniata College Pennsylvania State Strength and Conditioning Clinic* (remunerative) (2010).
- **Peveler, WW.** Functional Training for Triathletes. *Mid-Atlantic American College of Sports Medicine Conference* (2008).
- **Peveler, WW.** Meet the "Experts". *Mid-Atlantic American College of Sports Medicine Conference* (2008).
- **Peveler, WW.** The Science of Cycling, Bike Fit and Performance and Off Season Training. *Juniata College Pennsylvania State Strength and Conditioning Clinic* (remunerative) (2008).
- **Peveler, WW.** Strength Training for Endurance Athletes: The latest Research. *National Strength and Conditioning Association Arkansas State Clinic* (2008).
- **Peveler, WW.** Exercise Prescription for Special Populations. *American College of Sports Medicine certification Workshop* (2005)

Grants Received

- Received \$98,218 (\$49,109 x 2 years) KBRIN NIH grant (May, 2014).
- Received two \$3000 seed grant (\$6,000 total) from NKU Research, Grants and Contracts for the 2013-2014 year.
- Received \$600 camera upgrade from Innovision systems
- Received \$11,995 for 3D analysis software update through NKU ITAC grant
- Received \$3,000 seed grant from NKU Research, Grants and Contracts (2011).
- Received \$5,000 in 3D software upgrade from Innovision Systems (2010).
- Received \$5,685.95 research grant from the Northern Kentucky University Faculty Senate benefits committee (2010).
- Received summer research stipend (Equivalent to 6% of salary) from UCA faculty research committee for summer 2008.
- Received \$3,000 dollar grant to purchase equipment for research from faculty research committee MUW.
- Received \$1,564.00 dollar grant to purchase equipment for research from faculty research committee MUW.

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- Received \$1,564.00 dollar grant to purchase equipment for research from faculty research committee MUW.
- Awarded graduate fellowship at University of Alabama.
- Equipment donated by Syntace for research in the lab UA.
- Received \$300.00 grant in order to purchase equipment for research WKU.

Grants Submitted

- Acquisition of h/p Cosmos Treadmill. National Science Foundation Grant: Major Research Instrumentation Requested funding: \$184,424.90.
- The Effect of Strenuous Exercise on Marksmanship Scores. Air Force Research Laboratory, 711th Human Performance Wing. Requested funding: \$55,000.

Reviewer

- *Biomechanics: A Case-Based Approach*, Jones and Bartlett Learning
- Journal of Sports Medicine
- Central Sates ACSM abstract reviewer (annual meeting 2008)
- Arkansas Department of Higher Education SURF (Student Undergraduate Research Fellowship) Grant (2008).
- Brink, T. *The Complete Mountain Biking Manual*. McGraw-Hill; 1 edition
- Journal of Sport Rehabilitation
- Journal of the International Society of Sports Nutrition
- Journal of Sports Science
- Medical Science Monitor
- Journal of Medicinal Foods
- International Journal of Exercise Science.

Coaching:

- Founded and coached the Western Kentucky University Cycling Team
- Restarted and coached the University of Alabama Cycling Team
- Coach The Leukemia & Lymphoma Society's Team in Training for triathlon and cycling.

Academic Awards/Honors

- 2011 Faculty Excellence in Performance in Scholarly or Creative Activity NKU.
- Outstanding graduate student in the department of physical education WKU.
- Graduate Fellowship awarded from the college of education, UA.
- Dissertation research award; Most Outstanding Dissertation, UA.

Military Service:

- **US Navy Diver**-1989-1993 (active), 1993-1997 (IRR)
 - NTC, San Diego, CA
 - NAVSUBTREPAC, Pearl Harbor, Hawaii
 - USS Yellowstone, Norfolk, VA
 - Gulf War Veteran

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- **US Army Reserve Diver/Drill Sergeant-1997-2000**
 - 100th Div.
 - **Qualifications**
 - Diver
 - Drill Sergeant
 - Airborne

- **Military Awards/Honors:**
 - Army Commendation Medal
 - Army Achievement Medal
 - Navy Unit Commendation Medal
 - National Defense Service Medal
 - Southwest Asia Service Medal with two Bronze Stars
 - Kuwait Liberation Medal
 - Professional Development Ribbon
 - Battle "E" Service Ribbon
 - Sea Service Deployment Ribbon (2nd Award)
 - Good Conduct Award