

# BRANDON GRUBBS

## EDUCATION

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<b>Ph.D.</b>	Florida State University, <b>Exercise Physiology</b> , Tallahassee, FL	Aug 2012-Aug 2017
<b>M.A.</b>	S.E. Louisiana University, <b>Exercise Science &amp; Health Promotion</b> , Hammond, LA	Aug 2010-July 2012
<b>B.S.</b>	Florida State University, <b>Exercise Physiology</b> , Tallahassee, FL	June 2004-Dec 2008

## PROFESSIONAL EXPERIENCE

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<b>Middle Tennessee State University</b> , Murfreesboro, TN <i>Assistant Professor</i> , Dept. Health and Human Performance	Aug 2017-Present
<b>Florida State University</b> , Tallahassee, FL <i>Teaching Assistant</i> , Dept. of Nutrition, Food & Exercise Sciences	Aug 2012-April 2017
<b>Southeastern Louisiana University</b> , Hammond, LA <i>Graduate Assistant</i> , Dept. of Kinesiology and Health Studies	Jan-April 2012

## COURSES TAUGHT

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Advanced Principles of Exercise Prescription & Assessment (EXSC6840)-*MTSU*  
Resources for Professional Practice in Exercise Science (EXSC3000)-*MTSU*  
Exercise Physiology (EXSC3830)-*MTSU*  
Research in Exercise Science I (EXSC4000)-*MTSU*  
Research in Exercise Science II (EXSC4010)-*MTSU*  
Exercise Science Internship (EXSC4250)-*MTSU*  
Exercise Science Graduate Internship (EXSC6880)-*MTSU*  
Applied Exercise Physiology (APK 3110C-L)-*FSU*  
Anatomy & Physiology I (PET3322-L)-*FSU*  
Anatomy & Physiology II (PET3323-L)-*FSU*  
Physiology of Exercise (KIN392-L)-*FSU*

## DOCTORAL COMMITTEE MEMBER

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Huseth, R. (2018). *Sleep quality and exercise intervention in post-traumatic stress disorder in veterans.*

Mehls, K. (2017). *Investigations of Optimal Loading During Resistance Training.* Graduated summer 2019.

## **PUBLICATIONS – REFEREED**

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**Grubbs, B.**, Figueroa, A., Kim, J-S, Schmitt, K, Panton, L. (2019). *Whole-body vibration training in frail, skilled nursing home residents*. International Journal of Exercise Science. (In press).

Mehls, KD, **Grubbs, B.**, Jin, Y, Coons, J. (2019). *An electromyography comparison of males and females during the back squat*. The Journal of Strength and Conditioning Research. (In press).

**Grubbs, B.**, Artese, A., Schmitt, K., Cormier, E., Panton, L.B. *A pilot study to assess the feasibility of group exercise and animal assisted therapy program among older adults living in a retirement Community*. Journal of Aging and Physical Activity. 2016; 24(2):322-331.

## **CHAPTERS IN BOOKS – NON-REFEREED**

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Artese A. & **Grubbs B.** *Exercise in the Prevention and Treatment of Osteoarthritis*. In: Anand, A, editor. *Frontiers in Arthritis: Management of Osteoarthritis-A Holistic View*. Sharjah, UAE: Bentham Publishing House; 2016. p. 10-21.

## **PUBLISHED/REFEREED ABSTRACTS – PRESENTED AT NATIONAL CONFERENCES**

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**Grubbs, B.**, Figueroa, A., Kim, J-S, Schmitt, K, Panton, L. *Whole-body vibration training in frail, skilled nursing home residents*. *Medicine & Science in Sports & Exercise*. 2018; 50(5s):236. doi: 10.1249/01.mss.0000535863.34769.62

**Grubbs, B.**, Artese, A., Schmitt, K., Cormier, E., Panton, L.B. *Effects of exercise combined with pet therapy in older adults living in a retirement community*. *Medicine & Science in Sports & Exercise*. 2015; 47(5S):335-336. doi: 10.1249/01.mss.0000477332.19451.85

Mei, L., Simonavice, E. M., Madzima, T. A., **Grubbs, B.**, Artese, A., Ilich, J. Z., Liu, P. Y., Kim, J. S., & Panton, L. *Effects of long-term adherence to resistance training on strength and body composition in breast cancer survivors*. *Medicine & Science in Sports & Exercise*. 2014; 46(5S):887. doi: 10.1249/01.mss.0000451289.29862.79

Hutchison, C., **Grubbs, B.**, Jeter, A., Lawrence, M., Kraemer, R. *Cardiovascular and metabolic responses to kettlebell exercise*. *Medicine & Science in Sports & Exercise*. 2012; 44(5S):377. doi: 10.1249/01.mss.0000417529.22755.ed

## **PUBLICATIONS IN PROGRESS**

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Wong, A, Jaime, SJ, **Grubbs, B.**, Panton, L, Fischer, S, Figueroa, A. *Attenuated aortic blood pressure responses to metaboreflex activation in elderly individuals with dynapenia*.

Mehls, KD, **Grubbs, B.**, Jin, Y, Martinez, S, Coons, J. *Muscle activity changes with training load variation in resistance trained females.* The Journal of Strength and Conditioning Research.

Mehls, KD, **Grubbs, B.**, Jin, Y, Coons, J. *Optimal loading for peak power and rate of force development during the hang clean in youth athletes.* The Journal of Strength and Conditioning Research.

#### **PUBLICATIONS IN REVIEW – REFEREED**

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Sadegh, M, Bagheri, R, Wong, A, Mashhadrizeh, A, Soukhtanloo, M, Baker, J, Kreider, R, **Grubbs, B.**, Rashidlamir, A. (2019). *Protein-lysine 6-oxidase blockage decreases muscle mass and cross-sectional area gains following resistance exercise training.* Journal of Physiology and Biochemistry.

#### **UNPUBLISHED/REFEREED ABSTRACTS – PRESENTED AT NATIONAL AND REGIONAL CONFERENCES**

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Figueroa, A., Wong, A., **Grubbs, B.**, Panton, L., Fischer, S. & Jaime, S. (2018). *Aortic blood pressure responses to metaboreflex activation are attenuated in older adults with dynapenia.* International Conference on Frailty and Sarcopenia Research, Miami Beach, FL. (International)

**Grubbs, B.**, Figueroa, A., Kim, J-S., Panton, L.B. (2018) *Effects of whole body vibration training on strength, body composition, and function in skilled nursing home residents.* Poster presentation at Southeast Regional American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)

**Grubbs, B.**, Figueroa, A., Kim, J-S., Panton, L.B. (2017) *Effects of whole body vibration training on strength, body composition, and function in pre-frail and frail skilled nursing home residents: a pilot study.* Poster presentation at Southeast Regional American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)

**Grubbs, B.**, Schmitt, K., Kim, J-S., Panton, L.B. (2016). *Does phase angle determined by BIA correlate with function in pre-frail to frail older adults?* Poster presentation at Southeast Regional American College of Sports Medicine, American College of Sports Medicine, Greenville, SC. (Regional)

**Grubbs, B.**, Artese, A., Schmitt, K., Cormier, E., Panton, L.B. (2015). *Effects of exercise combined with pet therapy in older adults living in a retirement community.* Poster presentation at Southeast Regional American College of Sports Medicine, American College of Sports Medicine, Jacksonville, FL. (Regional)

Mei, L., Simonavice, E. M., Madzima, T. A., **Grubbs, B.**, Artese, A., Ilich, J. Z., Liu, P. Y., Kim, J. S., & Panton, L. (2014). *Effects of long-term adherence to resistance training on strength and body composition in breast cancer survivors.* Presentation at Southeast Regional

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

Hutchison, C., **Grubbs, B.**, Jeter, A., Lawrence, M., Kraemer, R. (2012). *Cardiovascular and metabolic responses to kettlebell exercise*. Poster presentation at Southeast Regional American College of Sports Medicine, American College of Sports Medicine, Jacksonville, FL. (Regional)

#### **GRANTS AWARDED**

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**Faculty Research and Creative Activity Committee (FRCAC), \$5,000** Nov 2018

**Florida State University Dissertation Research Grant, \$1000** Dec 2016

**Florida State University Dissertation Award Grant, \$1,000** March 2016

#### **GRANTS IN PROGRESS**

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Civil Monetary Penalty Reinvestment Program Funding Opportunity, Oct 2019  
Department of Health, Tennessee (Partnered with the Center for Health and Human Services and the Positive Aging Consortium)

#### **GRANTS NOT AWARDED**

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**American College of Sports Medicine Foundation Doctoral Student Research Grant, \$5,000** Jan 2016

**MTSU James E. Walker Library Digital Seed Grant, \$2,000** April 2019

#### **PROFESSIONAL AFFILIATIONS**

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Rutherford County Council on Aging 2019-Present

The Gerontological Society of America (GSA) 2016-Present

American College of Sports Medicine (ACSM) 2012-Present

Southeast American College of Sports Medicine (SEACSM) 2012-Present

#### **CERTIFICATIONS**

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**Certified Exercise Physiologist (EP-C)** (ACSM ID# 673140) 2012-Present  
*American College of Sports Medicine*

**Program for Instructional Excellence (PIE)** 2012-Present  
*Florida State University*

## UNIVERSITY SERVICE

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<b>Positive Aging Consortium</b> -Founding member, Co-leader & Steering Committee Member, <i>Middle Tennessee State University</i>	2019-Present
<b>Graduate Counsel</b> <i>Middle Tennessee State University</i>	2019-Present
<b>Congress of Graduate Students Representative</b> <i>Florida State University</i>	2016-17

## COLLEGE SERVICE

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<b>Faculty Research Lunch Series:</b> Presenter <i>Middle Tennessee State University</i>	2017
<b>MT-Engage, Professionals Taking Care</b> <i>Middle Tennessee State University</i>	2017
<b>Review Committee for Graduate Student Presentation Program</b> <i>Florida State University</i>	2014-16
<b>College of Human Sciences Grievance Committee Member</b> <i>Florida State University</i>	2014-16
<b>Graduate Student Advisory Council Secretary &amp; Treasurer</b> <i>Florida State University</i>	2014-16
<b>Graduate Student Advisory Council Food and Clothing Drive Officer</b> <i>Florida State University</i>	2014-16

## DEPARTMENT SERVICE

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<b>Strategic Planning Committee for Doctoral Program Self-study</b> <i>Middle Tennessee State University</i>	2019
<b>Doctoral Program Self-study Committee Member</b> <i>Middle Tennessee State University</i>	2018-2019
<b>Full-time Temp. Physical Education Class Search Committee Member</b> <i>Middle Tennessee State University</i> -Jennifer Craze hired	2018
<b>Tenure-track Faculty Search Committee Member</b> <i>Middle Tennessee State University</i> -Samantha Johnson hired	2017-2018

## CONSULTANT

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**Technician Specialist** for the Human Performance Development Group: Nov 2016  
Broward Sheriff's Office, State of Florida. *Evaluation of physical abilities and job relatedness of law enforcement.*

**Technician Specialist** for the Human Performance Development Group: Feb 2016  
Florida Fish and Wildlife Conservation Commission. *Law enforcement attributes testing.*

## INTERNSHIP

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**Undergraduate and Graduate Internship Coordinator**, Exercise Science 2017-2019  
*Middle Tennessee State University*

**Assistant Wellness Director**, Jewish Community Center, Jan-July 2012  
New Orleans, LA, *Southeastern Louisiana University*

## HONORS

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**Seminole Torchbearer** 2016-Present

**Glenn Society** 2014-Present

**Kappa Omicron Nu** 2013-Present

## AWARDS

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**First Place Research & Creativity Day** April 2017  
*Florida State University*

**Three Minute Thesis Finalist** Dec 2016  
*Florida State University*

**Florida State University College of Graduate Students Travel Grant, \$200** Nov 2016  
*2017 Southeast American College of Sports Medicine (SEACSM) Conference*