

# **Kylie K. Harmon, Ph.D., CSCS**

## *Curriculum Vitae*

Assistant Professor  
Department of Exercise Science  
Falk College of Sport & Human Dynamics  
Syracuse University  
Syracuse, NY, 13244  
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**Web Links**  
[PubMed Bibliography](#)  
[ResearchGate Profile](#)  
[Google Scholar Page](#)  
[Publons](#)

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### **Education and Academic Appointments**

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#### **University Education**

Ph.D. in Education; Exercise Physiology track  
University of Central Florida  
Department of Kinesiology  
Mentor: Matt S. Stock, Ph.D.  
*Dissertation: The effects of neural and mechanical interventions on muscle size and function during short term immobilization of the lower limb*  
GPA: 3.98  
August, 2022

M.S. in Kinesiology  
California State University, Fullerton  
Department of Kinesiology  
Mentor: Lee E. Brown, Ed.D.  
December, 2016

B.A. in Russian Studies; Minor in Health & Wellness  
Binghamton University  
Department of German & Russian Studies  
May, 2013

#### **Academic and Professional Appointments**

**Syracuse University**  
**David B. Falk College of Sport & Human Dynamics**  
**Department of Exercise Science**

August 2022 – Present      Assistant Professor

**University of Central Florida**  
**School of Kinesiology and Physical Therapy**  
**Department of Kinesiology**

August 2018 – Present	Research Coordinator, Neuromuscular Plasticity Laboratory
August 2018 – Present	Graduate Research Associate
August 2018 – 2020	Graduate Teaching Associate

**SUNY Research Foundation  
Binghamton University  
School of Pharmacy and Pharmaceutical Sciences**

July 2017 – July 2018	Research Technician Muscular Dystrophy Laboratory
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**California State University, Fullerton  
College of Health & Human Development  
Department of Kinesiology**

August 2014 – July 2016	Graduate Teaching Assistant
August 2014 – July 2016	Graduate Research Assistant, Center for Sport Performance
August 2014 – July 2015	Director, Human Performance Laboratory

**Notable Courses**

**University of Central Florida**

- PHT6115C Gross Anatomy/Neuroscience I *with cadaveric dissection*
- NGR7916 Research Grants Process & Proposal Writing

**Professional Preparation**

**University of Central Florida**

Advanced Quantitative Methodologies in Education and Human Sciences Certificate

- Certificate providing extensive coursework in advanced quantitative statistical procedures

Preparing Tomorrow's Faculty Program

- Voluntary face-to-face program for instructors teaching at the college level. Emphasis on teaching pedagogies, integrated course design, assessment design, student learning and motivation, course climate, teaching portfolios, and career development.

**National Institutes of Health**

NIH REACT & NC NM4R

Design & Analysis of Clinical Trials in Neuromodulation Workshop

- National Institutes of Health Rehabilitation Research Resource to Enhance Clinical Trials and National Center of Neuromodulation for Rehabilitation joint workshop

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## Awards and Honors

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- University of Central Florida Division of Kinesiology recipient of American Kinesiology Association Doctoral Scholar award (2022)
- University of Central Florida Division of Kinesiology recipient of American Kinesiology Association Graduate Writing award (2022)
- University of Central Florida Graduate Dean's Dissertation Completion Fellowship (2022)
- University of Central Florida Student Scholar Symposium Winner (2021)
- Two-time recipient NSCA Challenge Scholarship Winner (2020, 2021)
- Outstanding Student Poster Presentation, 3<sup>rd</sup> Place. 1<sup>st</sup> Annual Society for Neurosports Conference (2019)
- Two-time recipient of the NSCA Foundation Women's Scholarship (2015, 2018)
- Outstanding Graduate Student in the Department of Kinesiology, California State University, Fullerton (2015)
- Binghamton University Rosefsky Scholarship (2013)

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## Research: Publications, Presentations, and Funding

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### *Manuscripts in Review*

1. Pagan, JI, **Harmon, KK**, Girts, RM, MacLennan, RJ, Beausejour, JP, Hernandez-Sarabia, JA, Coker, NA, Carr, JC, Ye, X, Defreitas, JM, Stock, MS. Sex-specific reliability of lower limb corticospinal excitability and silent periods. Submitted to *Frontiers in Neuroscience* on July 26, 2022.
2. Beausejour, JP, Bohlen, PS, **Harmon, KK**, Girts, RM, Pagan, JI, Hahs-Vaughn, DL, Herda, TJ, Stock, MS. A comparison of techniques for verifying the accuracy of motor unit firing rates from surface EMG signal decomposition. Submitted to the *Journal of Electromyography and Kinesiology* on May 24, 2022.

### *Published Manuscripts*

1. **Harmon, KK**, Girts, RM, Pagan, JI, Rodriguez, G, Stock, MS. (2022). The acute effects of action observation on muscle strength/weakness and corticospinal excitability in older adults. *Experimental Brain Research*. doi: [10.1007/s00221-022-06370-2](https://doi.org/10.1007/s00221-022-06370-2)
2. Girts, RM, **Harmon, KK**, Pagan, JI, Alberto, A, Hernandez, MG, Stock, MS. (2022). The influence of ultrasound image depth and gain on skeletal muscle echo intensity. *Applied Physiology, Nutrition, and Metabolism*. doi.org/10.1139/apnm-2021-0810
3. Carr, JC, Gerstner, GR, Voskuil, CC, Harden, JE, Dunnick, DD, Badillo, KM, Pagan, JI, **Harmon, KK**, Girts, RM, Beausejour, JP, Stock, MS. (2021). The influence of sonographer experience on skeletal muscle image acquisition and analysis. *Journal of Functional Morphology and Kinesiology*. doi: [10.3390/jfmk6040091](https://doi.org/10.3390/jfmk6040091)

4. **Harmon, KK**, Stout, JR, Fukuda DH, Pabian, PS, Rawson, ER, Stock, MS. (2021). The application of creatine supplementation in medical rehabilitation. *Nutrients*. doi: [10.3390/nu13061825](https://doi.org/10.3390/nu13061825)
5. Girts RM, MacLennan RJ, **Harmon KK**, Stock MS. (2021). Is skeletal muscle echo intensity more indicative of voluntary or involuntary strength in young women? *Translational Sports Medicine*. doi: [10.1002/tsm2.234](https://doi.org/10.1002/tsm2.234)
6. **Harmon, KK**, Hamilton, AS, Johnson, BD, Bartek, FJ, Girts, RM, MacLennan, RJ, Hahs-Vaughn DL, Stock, MS. (2021). Motor unit action potential amplitude during low-torque fatiguing contractions versus high-torque non-fatiguing contractions: A multilevel analysis. *European Journal of Applied Physiology*. doi: [10.1007/s00421-021-04606-7](https://doi.org/10.1007/s00421-021-04606-7).
7. MacLennan RJ, **Harmon KK**, Shields JE, Andrushko JW, Girts RM, Danielson TL. (2020). Aspects of cortical area responsibilities while learning a visually cued spatiotemporal motor task., *The Journal of Physiology*, 0.00: 1-2. doi: [10.1113/JP280647](https://doi.org/10.1113/JP280647)
8. Girts, RM, **Harmon, KK**, Starling-Smith, TM, Abad, GKB, Logeson, Z, Methven, J. (2020). Motor learning adaptations at the spinal cord level are task- and time-dependent: Implications for future investigations and treatment interventions. *The Journal of Physiology*, 0.00: 1-2. doi: [10.1113/JP280473](https://doi.org/10.1113/JP280473).
9. Bali, AU, **Harmon, KK**, Burton, AM, Phan, DC, Mercer, NF, Lawless, NW, Stock, MS. (2020) Muscle strength, not age, explains unique variance in echo intensity. *Experimental Gerontology*, 139: 111047. doi: [10.1016/j.exger.2020.111047](https://doi.org/10.1016/j.exger.2020.111047)
10. Girts, RM, Mota, JA, **Harmon, KK**, MacLennan, RJ, Stock, MS. (2020) Vastus lateralis motor unit recruitment thresholds are compressed towards lower forces in older men. *The Journal of Frailty & Aging*. doi:[10.14283/jfa.2020.19](https://doi.org/10.14283/jfa.2020.19)
11. **Harmon, KK**, Girts, RM, MacLennan, RJ, Stock, MS. (2019). Is the motor unit mean firing rate versus recruitment threshold relationship linear? *Physiological Measurement*, 40. doi:[10.1088/1361-6579/ab4025](https://doi.org/10.1088/1361-6579/ab4025)
12. Glenn, JM, Gray, M, Moyon, NE, Vincenzo, JL, **Harmon, KK**, Brown, LE. (2018). Test-retest reliability and the learning effect on isokinetic fatigue in female master's cyclists. *International Journal of Kinesiology and Sports Science*, 6(4):1-9. doi: <http://dx.doi.org/10.7575/aiac.ijkss.v.6n.4p.1>
13. **Malyszek, KK**, Harmon RA, Dunnick, DD, Costa, PB, Coburn, JW, Brown, LE. (2017). Comparison of Olympic and hexagonal barbells with mid-thigh pull, deadlift, and countermovement jump. *Journal of Strength and Conditioning Research*, 31(1): 140-145. doi: [10.1519/JSC.0000000000001485](https://doi.org/10.1519/JSC.0000000000001485)
14. Nealer, AL, Dunnick, DD, **Malyszek, KK**, Wong, MA, Costa, PB, Coburn, JW, Brown, LE. (2017). Influence of rest intervals following assisted sprinting on bodyweight sprint

times in female collegiate soccer players. *Journal of Strength and Conditioning Research*, 31(1): 88-94. doi: [10.1519/JSC.0000000000001677](https://doi.org/10.1519/JSC.0000000000001677)

15. McLeland, KA, Ruas, CV, Arevalo, JA, Bagley, JR, Ciccone, AB, Brown, LE, Coburn, JW, Galpin, AJ, **Malyszek, KK**. (2016). Comparison of knee extension concentric fatigue between repetition ranges. *Isokinetics and Exercise Science*, 24(1): 33-38. doi: [10.3233/IES-150595](https://doi.org/10.3233/IES-150595)
16. Murach, KA, Bagley, JR, McLeland, KA, Arevalo, JA, Ciccone, AB, **Malyszek, KK**, Wen, Y, Galpin, AJ. (2015). Improving human skeletal muscle myosin heavy chain fiber typing efficiency. *Journal of Muscle Research and Cell Motility*, 37(1-2): 1-5. doi: [10.1007/s10974-016-9441-9](https://doi.org/10.1007/s10974-016-9441-9)
17. Galpin, AJ, **Malyszek, KK**, Davis, KA, Record, SM, Brown, LE, Coburn, JW, Harmon, RA, Steele, JM, Manolovitz, AD. (2015). Acute effects of elastic bands on kinetic characteristics during the deadlift at moderate and heavy loads. *Journal of Strength and Conditioning Research*, 29(12): 3271-8. doi: [10.1519/JSC.0000000000000987](https://doi.org/10.1519/JSC.0000000000000987)
18. Marsico, M, **Malyszek, KK**, Bagley, JR, Galpin, AJ. A supplemental aquatic speed training program for NFL Combine preparation. *Strength and Conditioning Journal*, 37(6): 58-64. doi: [10.1519/SSC.0000000000000155](https://doi.org/10.1519/SSC.0000000000000155)

### **Textbook Contributions**

1. **Harmon, KK**, Dunnick, DD, Brown, LE. Safety, Soreness, and Injury in the 2<sup>nd</sup> Edition of *Strength Training* by Lee Brown (Ed.). Champaign, IL: Human Kinetics, 2017.
2. **Harmon, KK**, Dunnick, DD, Brown, LE. Strength Assessment in the 2<sup>nd</sup> Edition of *Strength Training* by Lee Brown (Ed.). Champaign, IL: Human Kinetics, 2017.
3. Dunnick, DD, **Harmon, KK**, Brown, LE. Types of Strength and Power Exercises in the 2<sup>nd</sup> Edition of *Strength Training* by Lee Brown (Ed.). Champaign, IL: Human Kinetics, 2017.
4. Dunnick, DD, **Harmon, KK**, Brown, LE. Workout Schedule and Rest in the 2<sup>nd</sup> Edition of *Strength Training* by Lee Brown (Ed.). Champaign, IL: Human Kinetics, 2017.

### **Conference Proceedings**

1. **Harmon, KK**, Stout, JR. The Application of Creatine Supplementation in Medical Rehabilitation. Invited presentation at the 2022 Creatine in Health and Disease Throughout the Lifetime International Conference. Virtual Event. March 17, 2022.
2. Stock, MS, **Harmon, KK**, Girts, RM. Use of transcranial magnetic stimulation to study adaptation within the human neuromuscular system: Lecture and lab! Invited presentation at the 1st Annual Society for Neurosports Conference, 2019, Deerfield Beach, FL.

## **Peer Reviewed Scientific and Professional Presentations**

1. Stock, MS, MacLennan, RJ, Girts, RM, **Harmon, KK**, Garcia, JM. Participant retention, compensation, and compliance during knee joint immobilization research: an analysis of two clinical trials. Submitted for presentation at the 2022 MR3 Network Scientific Retreat. September 29-30, 2022.
2. Pagan, JI, **Harmon, KK**, Girts, RM, MacLennan, RJ, Hernandez Sarabia, JA, Coker, NA, Carr, JC, Ye, X, DeFreitas, JM, Stock, MS, Sex-specific reliability of lower limb corticospinal excitability and silent periods. Accepted for presentation at the 2022 National Strength and Conditioning Association, New Orleans, LA. July 6-9, 2022.
3. Beausejour, JP, Bohlen, PS, **Harmon, KK**, Girts, RM, Pagan, JI, Hahs-Vahn, DL, Herda, TJ, Stock, MS. A comparison of techniques for verifying the accuracy of motor unit firing rates from surface EMG signal decomposition. Accepted for presentation at the 2022 National Strength and Conditioning Association Annual Conference, New Orleans, LA. July 6-9, 2022.
4. MacLennan, RJ, Hernandez-Sarabia, J, Pagan, JI, Girts, RM, **Harmon, KK**, Stute, K, Coker, N, Carr, JC, Ye, X, Stock, MS, DeFreitas, JM. Sensitivity of fNIRS brain imaging to determine hemispheric laterality during lower-body motor tasks. Accepted for presentation at American College of Sports Medicine Annual Meeting, San Diego, CA, May 31-June 4, 2022.
5. Pagan, JI, **Harmon, KK**, Girts, RM, Rodriguez, G, MacLennan, RJ, Hernandez-Sarabia, J, Coker, N, Carr, JC, Ye, X, DeFreitas, JM, Stock, MS. Reliability of TMS measures of lower limb corticospinal excitability. Southwest ACSM Annual Meeting, Greenville, SC, February 17-19, 2022.
6. Beausejour, JP, Voskuil, CC, Harden, JE, Dunnick, DD, Badillo, KM, Pagan, JI, **Harmon, KK**, Girts, RM, Gerstner, GR, Carr, JC, Stock, MS. The influence of sonographer experience on measurements of skeletal muscle cross-sectional area. Southeast ACSM Annual Meeting, Greenville, SC, February 17-19, 2022.
7. Girts, RM, **Harmon, KK**, Stock, MS. Optimizing B-mode ultrasonography research methodology: Does image depth influence echo intensity? International Society of Sports Nutrition Conference, Clearwater, FL. June 10-12, 2021.
8. **Harmon, KK**, Girts, RM, Pagan, JI, Rodriguez, G, MacLennan, RJ, Hernandez Sarabia, JA, Coker, NA, Carr, JC, Ye, X, DeFreitas, JM, Stock, MS. Test-retest reliability of corticospinal excitability and inhibition of an agonist-antagonist pair. 2020 NSCA National Conference, Las Vegas, NV. July 8-11, 2020.
9. Pagan, JI, **Harmon, KK**, Girts, RM, Rodriguez, G, MacLennan, RJ, Hernandez Sarabia, JA, Coker, NA, Carr, JC, Ye, X, DeFreitas, JM, Stock, MS. Minimizing interpulse

- variability in corticospinal excitability: How many TMS pulses are optimal? 2020 NSCA National Conference, Las Vegas, NV. July 8-11, 2020.
10. Girts, RM, Mota, JA, **Harmon, KK**, Stock, MS. Optimizing B-mode ultrasonography research methodology: does image depth influence echo intensity? 2020 NSCA National Conference, Las Vegas, NV. July 8-11, 2020.
  11. **Harmon, KK**, Girts, RM, MacLennan, RJ, Stock, MS. Changes in recruitment thresholds as a compensatory strategy during neuromuscular fatigue. 2020 Southeast American College of Sports Medicine Meeting, Jacksonville, FL. February 13-15, 2020.
  12. Girts, RM, MacLennan, RJ, **Harmon, KK**, Stock, MS. Skeletal muscle echo intensity: Indicative of voluntary or involuntary strength? 2020 Southeast American College of Sports Medicine Meeting, Jacksonville, FL. February 13-15, 2020.
  13. **Harmon, KK**, Girts, RM, MacLennan, RJ, Stock, MS. Do low force isometric contractions performed to exhaustion recruit high threshold motor units similar to non-fatiguing high force isometric tasks? 1<sup>st</sup> Annual Society for Neurosports Conference, Deerfield Beach, FL. November 15-16, 2019. \* **Third place winner, Outstanding Poster Presentation** \*
  14. Girts, RM, MacLennan, RJ, **Harmon, KK**, Stock, MS. Changes in muscle size, muscle quality, and voluntary activation do not predict muscle weakness following two weeks of knee joint immobilization. 1st Annual Society for Neurosports Conference, Deerfield Beach, FL. November 15-16, 2019.
  15. **Harmon, KK**, Girts, RM, MacLennan, RJ, Stock, MS. Is the mean firing rate versus recruitment threshold relationship linear? ACSM Annual Meeting, Orlando, FL. May 28-June 1, 2019.
  16. Girts, RM, Mota, JA, **Harmon, KK**, MacLennan, RJ, Stock, MS. Vastus lateralis motor unit recruitment thresholds in younger and older men. ACSM Annual Meeting, Orlando, FL. May 20-June 1, 2019.
  17. Neltner, TJ, Ramos, GC, Grammer, EE, Addie, CD, Straughn, MK, Glenn, JM, Gray, M, Moyon, NE, Vincenzo, JL, **Harmon, KK**, Brown, LE. Examining the learning effect on an isokinetic fatigue test protocol. ACSM Annual Meeting, Orlando, FL. May 28-June 1, 2019.
  18. Ramos, GC, Neltner, TJ, Grammer, EE, Addie, CD, Straughn, MK, Glenn, JM, Gray, M, Moyon, NE, Vincenzo, JL, **Harmon, KK**, Brown, LE. Test-retest reliability of an isokinetic fatigue test. ACSM Annual Meeting, Orlando, FL. May 28-June 1, 2019.
  19. Neltner, TJ, Ramos, GC, Grammer, EE, Addie, CD, Straughn, MK, Glenn, JM, Gray, M, Moyon, NE, Vincenzo, JL, **Harmon, KK**, Brown, LE. Examining the learning effect on

- an isokinetic fatigue test protocol. SEACSM Annual Meeting, Greenville, SC. February 14-16, 2019.
20. Ramos, GC, Neltner, TJ, Grammer, EE, Addie, CD, Straughn, MK, Glenn, JM, Gray, M, Moyon, NE, Vincenzo, JL, **Harmon, KK**, Brown, LE. Test-retest reliability of an isokinetic fatigue test. SEACSM Annual Meeting, Greenville, SC. February 14-16, 2019.
  21. Munger, CN, Archer, DC, **Harmon, KK**, Harmon, RA, Pamukoff, D, Coburn, JW, Brown, LE. Low correlation between bench press one-repetition maximum and angle specific bench press. ACSM Annual Meeting, Denver, CO. May 30-June 3, 2017.
  22. Bartolini, JA, Nealer, AL, Dunnick, DD, **Malyszek, KK**, Wong, MA, Costa, PB, Coburn, JW, Brown, LE. Elastic-cord assistance provides sustained supramaximal- sprint speed even after assistance has lapsed. SWACSM Annual Meeting, Costa Mesa, CA, October 21-22, 2016.
  23. Bartolini, JA, Nealer, AL, Dunnick, DD, **Malyszek, KK**, Wong, MA, Costa, PB, Coburn, JW, Brown, LE. Elastic band assisted sprints increase acute acceleration speed in collegiate female soccer players. NSCA Annual Meeting, New Orleans, LA. July 6-9, 2016.
  24. Thornberry, JH, Dunnick, DD, Barillas, SR, **Malyszek, KK**, Brown, LE. Relationship between Margaria-Kalamen stair climb and vertical jump power in males and females. NSCA Annual Meeting, New Orleans, LA. July 6-9, 2016.
  25. **Malyszek, KK**, Harmon, RA, Dunnick, DD, Costa, PB, Coburn, JW, Brown, LE. Relationship between dynamic and isometric force measured at mid-thigh and deadlift positions. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016.
  26. Harmon, RA, **Malyszek, KK**, Dunnick, DD, Costa, PB, Coburn, JW, Brown, LE. Isometric performance comparison of Olympic vs. hexagonal barbell and correlation to dynamic performance. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016.
  27. Bagley, JR, Arevalo JA, **Malyszek, KK**, Spencer, JA, Rosengarten, J, Barillas, SR, Leyva, WD, Mcmanus, R, Lee, D, Galpin, AJ. Skeletal muscle phenotype and performance of an elite mixed martial artist. ACSM Annual Meeting, Boston, MA, May 31-June 4, 2016.
  28. **Malyszek, KK**, Dunnick, DD, Harmon, RA, Costa, PB, Coburn, JW, Brown, LE. Differences in rate of force development when gripping a hexagonal barbell with low vs. high handles. SWACSM Annual Meeting, Costa Mesa, CA, October 16-17, 2015.
  29. Harmon, RA, **Malyszek, KK**, Dunnick, DD, Costa, PB, Coburn, JW, Brown, LE. Performance between the isometric mid-thigh pulls and the deadlift with different bars. SWACSM Annual Meeting, Costa Mesa, CA, October 16-17, 2015.



30. Barillas, SR, Dunnick, DD, **Malyszek, KK**, Brown, LE. Wingate power correlates with high intensity sprinting as distance increases. SWACSM Annual Meeting, Costa Mesa, CA, October 16-17, 2015.
31. Dunnick, DD, Barillas, SR, **Malyszek, KK**, Brown, LE. Effect of different Margaria Kalamen stair climb test analysis techniques on correlation with Wingate power. SWACSM Annual Meeting, Costa Mesa, CA, October 16-17, 2015.
32. Eckel, TL, Munger, CN, **Malyszek, KK**, Dunnick, DD, Harmon, RA, Tran, TT, Costa, PB, Coburn, JW, Brown, LE. Differences between dynamic strength index and delta dynamic strength index of a hex bar mid-thigh pull. SWACSM Annual Meeting, Costa Mesa, CA, October 16-17, 2015.
33. Munger, CN, Eckel, TL, **Malyszek, KK**, Dunnick, DD, Harmon, RA, Tran, TT, Costa, PB, Coburn, JW, Brown, LE. Differences in dynamic strength index between an isometric midthigh pull and isometric deadlift. SWACSM Annual Meeting, Costa Mesa, CA, October 16-17, 2015.
34. Bagley, JR, Arevalo, JA, **Malyszek, KK**, Spencer, J, Rosengarten, J, Barillas, SR, Leyva, W, McManus, R, Lee, D, Galpin, AJ. Skeletal muscle phenotype and performance of an elite mixed martial artist. SWACSM Annual Meeting, Costa Mesa, CA, October 16-17, 2015.
35. **Malyszek, KK**, Dunnick, DD, Harmon, RA, Galpin, AJ, Coburn, JW, Brown, LE. Prediction of dynamic bench press 1RM via isometric bench press force. NSCA Annual Meeting, Orlando, FL, July 8-11, 2015.
36. Harmon, RA, **Malyszek, KK**, Dunnick, DD, Galpin, AJ, Coburn, JW, Brown, LE. Methodological considerations for an isometric bench press protocol. NSCA Annual Meeting, Orlando, FL, July 8-11, 2015.
37. Record, SM, **Malyszek, KK**, Davis, KA, Harmon, RA, Manolovitz, AD, Steele JM, Ortiz, R, Brown, LE, Coburn, JW, Galpin, AJ. Acute effects of elastic bands on force, velocity and power during deadlifts at various loads. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015.
38. **Malyszek, KK**, Record, SM, Davis, KA, Harmon, RA, Manolovitz, AD, Steele, JM, Ortiz, R, Brown, LE, Coburn, JW, Galpin, AJ. Acute effects of elastic bands on performance characteristics during deadlifts at various loads. ACSM Annual Meeting, San Diego, CA, May 26-30, 2015.
39. **Malyszek, KK**, Record, SM, Davis, KA, Harmon, RA, Manolovitz, AD, Steele, JM, Ortiz, R, Brown, LE, Coburn, JW, Galpin, AJ. Acute effects of elastic bands on power characteristics during deadlifts at various loads. SWACSM Annual Meeting, Costa Mesa, CA, October 17-18, 2014.

40. Record, SM, **Malyszek, KK**, Davis, KA, Harmon, RA, Manolovitz, AD, Steele, JM, Ortiz, R, Brown, LE, Coburn, JW, Galpin, AJ. Acute effects of elastic bands on force characteristics during deadlifts at various loads. SWACSM Annual Meeting, Costa Mesa, CA, October 17-18, 2014.
41. Meeves, CP, **Malyszek, KK**, Record, SM, Davis, KA, Harmon, RA, Manolovitz, AD, Steele, JM, Ortiz, R, Brown, LE, Coburn, JW, Galpin, AJ. Acute effects of elastic bands on velocity characteristics during deadlifts at various loads. Southern California Conference for Undergraduate Research, Fullerton, CA, November 22, 2014.

### **Funded Research Grants**

2019            University of Central Florida  
Learning Institute for Elders (LIFE) Gerontology Research Grant  
Project Title: Project MNOP (Mirror Neurons in Older Participants): Acute effects of action observation on muscle strength/weakness and neurophysiological factors in older adults  
Role: Co-Investigator  
Co-Investigators: Matt Stock, Ph.D. (PI)  
Amount Requested: \$9,120.00  
Amount Funded: \$5,500.00

### **Funded University Research Support**

#### **University of Central Florida**

1. Graduate Dean's Dissertation Completion Fellowship (\$10,000; Spring 2022)
2. Open-Access Publishing Fund Fellowship (\$995; Spring 2020).
3. Graduate Presentation Fellowship (\$500.00; Spring 2019).

### **Acquisition of Laboratory Equipment to Support Research**

1. Magstim Double Cone Coil. Retail value of \$5,900.00, 2019.

### **Unfunded Grant & Fellowship Attempts**

2020            Foundation for Physical Medicine and Rehabilitation Encompass  
Midcareer Investigator Research Grant  
Project Title: Spasticity prevention via early intervention whole-body vibration protocols following traumatic brain injury  
Role: Co-investigator  
PI: Matt S. Stock, PhD.  
Co-investigators: Craig Lichtblau, MD, Brittany Giammalvo, DPT  
Amount Requested: \$20,000.00

2020            University of Central Florida Multidisciplinary Doctoral Fellowship  
Project Title: Muscle strength and corticospinal adaptations following physical therapy with mirror therapy in amputees  
Role: Co-Investigator

Co-Investigators: Matt Stock, PhD  
Fellowship Amount: \$20,000.00 annually, plus tuition

- 2018 De Luca Foundation Research Grant  
Project Title: Mirror neurons in older participants (Project MNOP): Acute effects of action observation on muscle strength/weakness and neurophysiological factors in older adults  
Role: Co-Investigator  
Co-Investigator: Matt Stock, Ph.D. (PI)  
Award Requested: \$15,000.00

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## **Student Teaching and Mentorship**

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### **Course Development and Instruction**

#### **Syracuse University, Department of Exercise Science**

- EXE 606 Current Literature in Exercise and Sports Science (graduate; 3 credits)

#### **University of Central Florida, Department of Kinesiology**

- PET4550C Assessment and Evaluation in Kinesiology (undergraduate; 3 credits)
- PET3097 Health and Wellness (undergraduate; 3 credits)
- PET3125 Fitness and Weight Management (undergraduate; 3 credits)

#### **California State University, Fullerton, Department of Kinesiology**

- KNES146 Resistance Training (undergraduate; 3 credits)

### **Teaching Assistantships**

#### **University of Central Florida, Department of Kinesiology**

- PET4552 Exercise Prescription for Special Populations (undergraduate; 3 credits)
- PET4050C Motor Development and Learning (undergraduate; 3 credits)
- PET3152 Fitness & Weight Management (undergraduate; 3 credits)

#### **California State University, Fullerton, Department of Kinesiology**

- KNES351 Principles of Strength and Conditioning (undergraduate; 3 credits)

#### **Binghamton University, Department of German and Russian Studies**

- RUSS101 Introductory Russian I (undergraduate; 4 credits)

### **Invited Guest Lectures**

#### **University of Central Florida**

- PET 6153 – Physiological Assessment in Physical Therapy (doctoral level; 2 credits)
  - *Invited by Dr. Matt S. Stock*
- PET 6521 – Exercise Physiology Instrumentation (graduate level; 3 credits)

- *Invited by Dr. L. Colby Mangum*
- ATR 6308C – Athletic Training Practice (graduate level; 2 credits)
  - *Invited by Dr. Kristen C. Schellhase*

### **Auburn University**

- KINE 8770 -- Neuromuscular Adaptations in Exercise and Training (graduate level)
  - *Invited by Dr. Michael D. Roberts*

### **SUNY Research Foundation/Binghamton University School of Pharmaceutical Sciences**

- Skeletal Muscle Structure and Function (graduate level)

### **Student Research Mentorship**

#### **University of Central Florida**

#### **Thesis Committees**

Committee member for Bachelor of Science in Kinesiology student: Kevan Knowles

Honors Undergraduate Thesis

Project Title: *The influence of TMS interpulse interval duration on lower limb corticospinal excitability*

#### ***Graduate Students***

Doctor of Physical Therapy students	8
Master of Science in Kinesiology students	2

#### ***Undergraduate Students***

Kinesiology students	7
Health Sciences students	2
Biomedical Sciences students	1

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### **Professional Service**

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#### **Manuscript Reviewer**

1. *Experimental Gerontology* since 2020
2. *International Journal of Kinesiology & Sports Science* since 2019
3. *Journal of Science in Sport and Exercise* since 2019
4. *Frontiers in Physiology* since 2018
5. *International Journal of Exercise Science* since 2017
6. *Kinesiology Journal* since 2016
7. *Journal of Strength and Conditioning Research* since 2014
8. *Strength and Conditioning Journal* since 2014
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## **Additional Information**

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### **Current Memberships in Professional Organizations**

- Professional Member - NSCA

### **Certifications**

- NSCA Certified Strength and Conditioning Specialist (CSCS)
- Precision Nutrition - Level 1 Nutrition Certification
- American Heart Association Basic Life Support (CPR and AED) Certified

### **Non-Academic Service**

2015-2016      Performance testing, Anaheim Ducks  
2014            Performance testing, Los Angeles Kings

### **Non-Academic Employment in the Field**

2016            Equinox Fitness Clubs Personal Trainer

### **Non-Academic Internships**

2013            Mike Boyle Strength & Conditioning  
2012            Binghamton University Strength & Conditioning