

# JOEL T. CRAMER

## *Curriculum Vita*

**Office:** College of Health Professions & Sciences      **Home:** Orlando, FL  
University of Central Florida  
12805 Pegasus Drive, HS I 365E  
Orlando, FL 32816-2200  
**Office Phone:** (407) 823-0647  
**Mobile Phone:** (402) 405-4345

**High School:** Stromsburg Public High School, Stromsburg, Nebraska, 1993

**E-mail:** [joel.cramer@ucf.edu](mailto:joel.cramer@ucf.edu)      **Birthdate/place:** January 23, 1975  
Fort Collins, Colorado

**Online Presence:** [Facebook](#), [Twitter](#), [LinkedIn](#), [Google Scholar](#), [ORCiD](#), [Research Gate](#)  
[MyNCBI eRA bibliography](#)

### **Education:**

**Ph.D.** May 2003 Exercise Physiology & Nutrition, University of Nebraska-Lincoln  
**M.P.E.** May 2001 Exercise Physiology, University of Nebraska-Lincoln  
**B.A.** Aug 1997 Exercise Science, Creighton University, Omaha, NE

### **Academic Experience:**

- **Senior Associate Dean for Academic and Faculty Affairs, College of Health Professions and Sciences, University of Central Florida (UCF);** July 2022 – present.
  - Twelve-month appointment (100% administrative). Direct report to the Dean, with responsibilities to act as the chief operating officer to oversee the day-to-day administration of the College, including academic program quality; analytics and integrated planning; compliance, ethics, and risk; facilities and space; faculty excellence; graduate affairs; operational excellence and assessment support; and technology.
    - Bachelor's and Master's programs in Communication Sciences and Disorders, Health Sciences, Kinesiology, and Social Work; Doctoral degrees in Kinesiology and Physical Therapy.
    - 6,194 undergraduate students, 885 graduate students, 107 faculty members
- **Associate Dean of Academic and Faculty Affairs, College of Health Sciences, The University of Texas at El Paso (UTEP);** Aug 2020 – June 2022.
  - Twelve-month appointment (75% administrative, 25% academic). Direct report to the Dean, with responsibilities to support strategic planning, implementation, monitoring, and evaluation of priorities that advance the national presence and success of the College, within the context of recently earned R1 designation as a top tier doctoral university.
  - *Accomplishments:*
    - Leading University-wide task force on [contract lifecycle management](#), standardizing a digital platform for designated signatories: Legal Affairs, Academic Affairs, Business Affairs, Research and Sponsored Programs, and Institutional Advancement
      - Oversee [College agreements](#), constituting over 35% of all University agreements
    - Drafted new [guidelines](#) adopted by faculty for College-level annual evaluation criteria

- Created new websites for [College Policies and Templates](#) and [Faculty Development](#) (requires SSO) to make transparent all policies, guidelines, and workflows.
- Developed and managed new annual evaluation process within *Watermark Faculty Success*® (formerly *Digital Measures, Activity Insight*)
  - Provided in-person and [virtual training sessions](#) for faculty and administration
  - Created pathway for faculty approval and critiques
- Drafted new [guidelines](#) adopted by faculty for post-tenure reviews
- Drafted new [guidelines](#) adopted by faculty for standing committees in the College
- Currently drafting new guidelines for faculty consideration on tenure and/or promotion that includes non-tenure-track faculty
- Currently drafting new workload policy for review by faculty based on Provost guidelines
- Writing templates for Dean’s annual evaluation and tenure/promotion reviews
- Completed deep dive of College-specific program demand, cost, yield, revenues, and margins from Ruffalo Noel Levitz (RNL®) overview
- Manage, track, and resolve conflicts: student complaints and faculty grievances
- Ensure all curriculum revisions and submissions progress toward University approval
- Organized Academic Program Reviews (APRs) for Kinesiology, Public Health
- Oversee SACSCOC and College-specific external accreditations of academic programs: Physical Therapy, Occupational Therapy, Speech-Language Pathology, Clinical Laboratory Science, Masters in Public Health, and Social Work
- **Professor (tenured, continuous appointment), The University of Texas at El Paso (UTEP), Department of Kinesiology; 25% appointment; Aug 2020 – present.**
  - HSCI 3322: Sports Nutrition; CHSC 6399: Dissertation; KIN 5397: Graduate Projects; CHSC 6390: Directed Study; CHSC 6385: Independent Study; KIN 4350: Internship
- **Professor (tenured, continuous appointment), University of Nebraska-Lincoln (UNL), Department of Nutrition and Health Sciences; 2012 – 2020.**
  - Earned tenure in 2014, earned promotion to Professor in 2018
  - NUTR 250: Human Nutrition and Metabolism; NUTR 858: Exercise, Sports & Performance Nutrition; NUTR 494/894: Essentials of Strength Training & Conditioning; NUTR 921: Interdepartmental Nutrition Seminar
- **Adjunct Associate Professor, School of Medical and Health Sciences, Edith Cowan University, Perth, Australia; June 1, 2016 – May 31, 2019**
  - Honorary appointment; On-campus access to buildings and resources
- **Associate Professor (tenure-track), Oklahoma State University (OSU), Department of Health and Human Performance; 2011–2012**
  - HHP 2654: Applied Anatomy, HHP 5823: Advanced Applied Anatomy, HHP 5053: Research Design
- **Assistant Professor (tenure-track), University of Oklahoma (OU), Department of Health and Exercise Science; 2005–2011**
  - HES 3843 Biomechanics, HES 3990 Independent Study, HES 3980 Honors Research, HES/IE 5823 Physiology of Exercise, HES 5953 Scientific Investigations, HES 6844 Neuromuscular Physiology, HES 5963 Statistical Applications, HES 6970 Seminar, HES 5980 Research for Master’s Thesis, HES 5990/6990 Independent Study, HES 6980 Research for Doctor’s Dissertation, HES 6960 Directed Readings
- **Assistant Professor (tenure-track), University of Texas at Arlington (UTA), Department of Kinesiology; 2003–2005**

- KINE 3315 Physiology of Exercise, KINE 5320 Advanced Physiology of Exercise, KINE 5300 Research Methods in Kinesiology, KINE 5328 Neuromuscular Physiology of Exercise, KINE 5305 Applied Statistics in Kinesiology
- **Graduate Assistant, University of Nebraska-Lincoln (UNL), Department of Health and Human Performance, Center for Youth Fitness and Sports Research; 1999–2003**
  - HHP 207 Human Anatomy Laboratory (cadaver based), HHPG 484/884 Physiology of Exercise Laboratory, HHPG 486/886 Exercise Testing and Programming Laboratory
- **Graduate Assistant, UNL Department of Curriculum and Instruction, Summer 1999**
  - Webmaster for departmental and faculty web pages
- **Graduate Instructor, UNL Office of Campus Recreation; 1998–1999**
  - FIT 102D Weight Training I, FIT 112D Weight Training II, FIT 102E Aerobic Fitness I; Infant, Child, and Adult CPR and First Aid Instructor, Fall 1998–Spring 1999

**Consulting and Other Professional Experience:**

- **Consultant, Regeneron Pharmaceuticals; 2018–2019**
  - Clinical trial protocol development; Analysis and interpretation of clinical trial results; Investigator training for measurement protocols of clinical trial outcome variables
- **Legal Consultations and Expert Witness Designations, 2010–2013**
  - Expert witness for defendant, class action complaint, United States District Court, Northern District of California; Tucker Durnford (plaintiff) vs. MusclePharm Corp. (defendant); Civil Action No. 09CV1333 W
  - Expert witness for defendant, class action complaint, United States District Court, District of Nevada; Nika Raet Bey (plaintiff) vs. MusclePharm Corp. (defendant); Case No. 2:14-CV-00655-JAD-GWF
  - Expert consultant for defendant, class action complaint, United States District Court, Central District of California; Jake Bruaner (plaintiff) vs. MusclePharm Corp. (defendant); Case No. 2:14-CV-08869-FMO-AGR
  - Expert consultant for defendant, class action complaint, United States District Court, Central District of California; Gabe Watkins (plaintiff) vs. Vital Pharmaceuticals, Inc. and General Nutrition Centers, Inc. (defendants); Case No. CV12-9374 SJO (JCx)
  - Expert consultant for defendant, class action complaint, superior court of the state of California, County of Los Angeles; Londora Thomas (plaintiff) vs. Vital Pharmaceuticals, Inc. (defendant); Case No. BC440964
  - Expert witness for defendant, class action complaint, superior court of the state of California, County of San Diego; Matthew Margolin (plaintiff) vs. Vital Pharmaceuticals, Inc. (defendant); Case No. 37-2010-00051561-CU-BT-NC
  - Expert witness for defendant, class action complaint, United States District Court, Southern District of California; Zack Aaronson (plaintiff) vs. Vital Pharmaceuticals, Inc. (defendant); Civil Action No. 09CV1333 W
  - Expert witness for defendant, class action complaint, United States District Court, Southern District of Florida, Fort Lauderdale Division; Adam Mirabella (plaintiff) vs. Vital Pharmaceuticals, Inc. (defendant); Case No. 0:12-CD-62086-WJZ
  - Expert witness for defendant, civil action, United States District Court, Southern District of California; Hansen Beverage Company (plaintiff) vs. Vital Pharmaceutical, Inc. (defendant); Case No. 08-CV-1545 IEG WJG

- Expert for defendant, Label claims challenged by the National Advertising Division of the Council of Better Business Bureaus, Inc.; National Advertising Division vs. Celsius, Inc.
- **Consultant, Abbott Nutrition; 2010–2015, 2016**
  - Clinical trial protocol development; Analysis and interpretation of clinical trial results; Investigator training for measurement protocols of clinical trial outcome variables
- **Manager, General Nutrition Center, Stockyards Plaza, Omaha, NE; 1997–1998**
  - Managed employee schedules, inventory, product purchasing, sales, and service
- **Assistant Strength Coach, Creighton University Athletic Department; 1993–1997**
  - Facility management, periodized strength and conditioning programs for tennis, softball, baseball, volleyball, basketball, soccer, and rowing
  - Member of NCAA Men's Rowing Team at Creighton University, 1994 – 1996

#### **Awards:**

- **2020 Certificate of Recognition for Contributions to Students**, Division of Student Affairs, University of Nebraska-Lincoln Teaching Council, UNL Parents Association.
  - UNL Parents Association solicited parents of university students to consult with their student(s), and to nominate a faculty or staff member who "*has made a significant contribution to their lives while at the University*".
- **2019 Omicron Delta Kappa, Faculty Initiate**. Circle at University of Nebraska-Lincoln.
- **2018 Retiring Board Member, Service Recognition**. Three years of service, elected to the Board of Directors, served 2 years as Secretary/Treasurer. NSCA National Conference, Indianapolis.
- **2018 Recognition of Excellent Performance for outstanding dedication to our college and its students**. UNL College of Education and Human Sciences, Student Advisory Board.
- **Dannon Institute, Academic Mid-Career Nutrition Leadership Institute; June 2016**  
Selected for 5-day intensive training program for determining characteristics of senior leaders in higher education; Explore fit for administrative roles in academic departments and schools
- **2015 William J. Kraemer Outstanding Sport Scientist of the Year Award**. NSCA National Conference, Orlando.
- **2011 Nutritional Research Award**. NSCA National Conference, Las Vegas.
- **2011 JSCR Editorial Excellence Award**. NSCA National Conference, Las Vegas.
- **2009 Top Reviewer Award**. Journal of Neuroscience Methods, Elsevier, Camden, London.
- **2009 President's Award**. NSCA National Conference, Las Vegas.
- **2005 Young Investigator of the Year Award**. NSCA National Conference, Las Vegas.
- **2000 Student Research Award**. NSCA National Conference, Orlando.
- **2000 Bronze Award of Appreciation**. NSCA Certification Commission, Orlando.

#### **External Funding (Cumulative Total Awarded = \$3,863,065):**

1. **Cramer JT, PI; Shoemaker ME, Balcorta S; Santos A, Gonzales R, Salazar J, Duarte-Gardea M, Smith CM, Segovia M, Boyle J** – Paso del Norte Health Foundation HEAL 2022, El Paso, TX. Jul 2022 – Jun 2024. *Est.* \$365,638 *not funded*.  
Plata y Oro HEAL (Silver & Gold) HEAL Program: *HEAL* stands for *Healthy Eating & Active Lifestyles*. The program targets two age groups: *Plata* will serve middle-aged adults from 45-64 years, while *Oro* will serve seniors ages 65 and older and will be a

- joint effort between students/faculty at UTEP and clients/ staff of Centro de Salud Familiar La Fe.
2. Troutman D, PI; Karoff R, PI; Blum T, **Cramer JT (peer member)**, Boyle J, Garza KM, Spencer CT, Rivera JA – The University of Texas System Lumina Grant, Austin, TX. Jan 2022 – Dec 2023. \$550,000, *Funded*. Kinesiology subcontract at UTEP, \$10,000.  
*Data Agency, Action, and Insight: Redesigning Student Pathways to Ensure Equity* through a PAIR cohort to transform curricular pathways resulting in more equitable student access, progression, and completion.
  3. **Cramer JT, PI**; Shoemaker ME; Duarte-Gardea M, Smith CM – National Cattlemen’s Beef Association (NCBA), Denver, CO. Jan 2022 – Jan 2024. \$209,680, *not funded*.  
Glucose, insulin, and metabolic responses after meals containing beef versus vegan-based alternatives in diabetic, Hispanic men and women: Bench to bedside translational research bridging physiological outcomes with online nutrition education.
  4. **Cramer JT, PI**; Shoemaker ME; Duarte-Gardea M; Guevara R; Smith CM; Wagler A; Weir JP – National Institutes of Health (NIH), R16, Support for Research Excellence (SuRE) Award, PAR-21-169, April 2022 – April 2026. \$597,788, *not funded*. Priority/impact score: 47.  
Sunshine Vitamin Paradox in the Sun City: Roles of Vitamin D and Metabolic Syndrome on COVID-19 Severity in the Hispanic/Latinx Population.
  5. Shoemaker ME, PI; **Cramer JT, PI (mentor)**; Duarte-Gardea M, Smith CM, Salmon O – National Cattlemen’s Beef Association (NCBA), Denver, CO. May 2021 – May 2022. \$44,269 *funded*.  
Does vitamin D and iron status mitigate systemic inflammation and improve skeletal muscle health? Interactions among nutrients from an animal source food matrix.
  6. Field CA, PI; **Cramer JT, Co-PI**; Echegoyen LE, Lechuga J, Ramos R, Torres ML, Umucu E, Wholeben MA – National Institutes of Health (NIH), National Institute on Alcohol Abuse and Alcoholism (NIAAA), U54, RFA-AA-20-010, July 2021 – July 2026. \$4,308,660, *not funded*. Priority/impact score: 50.  
Latino Alcohol and Health Disparities Research Center: Collaborative Partnership between Research Centers in Minority Institutions and Alcohol Research Centers.
  7. **Cramer JT, Principal Investigator**; Smith C, Shoemaker M. – Abbott Nutrition, Columbus, OH. Nov 2020 – Nov 2021. \$10,000, *awarded*. OR20210187  
Abbott Lab Service Agreement 11/2020: BL39 clinical study.
  8. **Cramer, J.T., Principal Investigator**; McKay, B.; Gillen, Z.; Shoemaker, M. – Abbott Nutrition, Columbus, OH. July 2018 – Aug 2020. \$212,032 requested, \$6,700 addendum, \$218,732 *awarded*. NCT03701867  
BL39 A pilot study to explore muscle energy metabolism and metabolic flexibility in older men and women.
  9. Gillen, Z.M., Principal Investigator; **Cramer, J.T., Co-PI (mentor)**; Shoemaker, M. – National Strength and Conditioning Association Foundation (NSCAF), Colorado Springs, CO. July 2019 – July 2020. \$12,600 requested, \$12,600 *awarded*.  
Muscle Strength, Size, and Neuromuscular Function in Pre-Pubescent and Post-Pubescent Boys and Girls.
  10. **Cramer, J.T., Principal Investigator**; Shoemaker, M.; Gillen, Z. – National Cattlemen’s Beef Association (NCBA), Denver, CO. Apr 2019 – Aug 2019. \$15,800 requested, \$15,800 *awarded*.

- Will Beef Help Our Children Grow Healthy and Strong? Impacts of Beefs Nutrient Matrix on the Convergence Among Health, Growth, and Physical Performance in Children and Adolescents.
11. **Cramer, J.T., Principal Investigator;** Shoemaker, M.; Gillen, Z. – Nebraska Beef Council (NBC), Kearney, NE. Oct 2018 – Sept 2019. \$35,981 requested, \$35,981 awarded.  
Will Beef Make Your Child a Better Athlete? Disseminating the Research on the Relationships Between Iron Status and Athletic Performance in Young Nebraska Athletes.
  12. Torquati, J., Principal Investigator; **Cramer, J.T., Co-PI;** Hollist, C., Nelson, J., Wheeler, L., Williams, N. – DHHS-NIH-National Institutes of Health, R21, RFP Title: PA-18-482, Nebraska Center for Research on Children, Youth, Families and Schools, Center for Brain, Biology and Behavior; September 2019 – August 2021. \$407,650 requested, *not funded*.  
Exploration of the Effects of Nature Walks on Children's Attention and Self-Regulation in School.
  13. **Cramer, J.T., Principal Investigator;** Koehler K.; Fischer, J.A.; Miramonti, A.; Gillen, Z.; McKay, B. – Abbott Nutrition, Columbus, OH. June 2017 – June 2018. \$222,215 requested, \$222,215 awarded; \$110,000 cost-share budget addendum; \$332,215 total. NCT03185884  
AL25 Carbohydrates and Children: Proof of Concept Clinical Trial
  14. Koehler K., Principal Investigator; **Cramer, J.T., Co-principal Investigator,** Fischer, J.A., Co-PI – Nebraska Beef Council, October 2017 - September 2018. \$58,996 requested, \$58,996 awarded. University of Nebraska-Lincoln.  
Will Beef Make your Child a Better Athlete? Exploring the Associations among Beef Intake, Iron Status, and Athletic Performance in Nebraska Youth Athletes.
  15. Torquati, J., Principal Investigator; **Cramer, J.T., Co-PI;** Hollist, C., Williams, N. – DHHS-NIH-National Institutes of Health, R21, RFP Title: PA-16-161, Nebraska Center for Research on Children, Youth, Families and Schools, September 2017 – August 2019. \$406,889 requested, *not funded*.  
Exploration of the Effects of Nature Walks on Children's Attention and Self-Regulation in School.
  16. Hart, P., Principal Investigator; Evans, D., Co-PI; Woodling, K., Co-I; **Cramer, J.T., Co-I;** McKay, B., Co-I. – Abbott Nutrition, Columbus, OH. April 2017. Investigator Initiated Study (IIS). Ohio State University Medical Center, Columbus, OH. \$200,000.  
Investigating Oral Nutrient Supplementation with Light Resistance Therapy vs. Standard of Care. NCT03244683
  17. **Cramer, J.T., Principal Investigator;** Koehler K.; Fischer, J.A.; Miramonti, A.; Gillen, Z.; McKay, B. – United States Department of Agriculture (USDA), National Institute for Food and Agriculture (NIFA), Multistate Hatch Project, October 2017 – September 2021. \$396,472 requested, *not funded*.  
NC1196 Physical Activity to Improve Health and Obesity Risk in Nebraska's Children and Youth: Objective Physical Activity Measurement Strategies in Afterschool Programs and Childcare Settings.
  18. Gillen, Z., Principal Investigator; **Cramer, J.T., Faculty Mentor** – American College of Sports Medicine, Paffenbarger-Blair Fund for Epidemiological Research on Physical Activity, June 2017 – May 2018. \$8,742 requested, *not funded*.  
Are Afterschool Programs an Opportunity for Physical Activity? Direct, 7-day, Continuous Measurements of Physical Activity in a Diverse Sample of Adolescent Students Engaged in a Community Learning Center Afterschool Program.

19. **Cramer, J.T., Principal Investigator** - Nebraska Extension Partnership Award, January 2017 – December 2017. \$8,742 awarded.  
Physical Activity and Obesity Prevention: Evaluating Methodological Factors in Objective Assessments of Physical Activity During an After-School Program at a Diverse, Underprivileged Middle School.
20. Koehler K., Principal Investigator; **Cramer, J.T., Co-principal Investigator** – Nebraska Beef Council, October 2016 - September 2017. \$57,090 requested, \$57,090 awarded. University of Nebraska-Lincoln.  
Will Beef Make your Child a Better Athlete? Exploring the Associations among Beef Intake, Iron Status, and Athletic Performance in Nebraska Youth Athletes.
21. Koehler K., Principal Investigator; **Cramer, J.T., Co-principal Investigator** - United States Department of Agriculture (USDA), National Institute for Food and Agriculture (NIFA), Accession No. 1009500. Hatch Project. May 2016 – September 2020. Approved.  
Interactions Among Exercise, Nutrition, and Musculoskeletal Health.
22. Koehler K., Principal Investigator; **Cramer, J.T., Co-principal Investigator**; Chung S., Co-principal Investigator – Malaysian Palm Oil Board, June 2016. \$146,600 requested, *not funded*. University of Nebraska-Lincoln.  
Promoting fatty acid oxidation while preserving metabolism and muscle function during weight loss through tocotrienol supplementation.
23. **Cramer, J.T., Principal Investigator**; Housh, T.J., Co-principal Investigator – Stepan Lipid Nutrition, July 2015 - July 2016. \$150,447 requested, \$150,447 awarded. University of Nebraska-Lincoln.  
Rumenic acid rich conjugated linoleic acid for improving anti-ageing properties regarding joint function and cognitive decline.
24. **Cramer, J.T., Principal Investigator**; Housh, T.J., Co-principal Investigator – Stepan Lipid Nutrition, August 2013 - August 2014. \$339,566.74 requested, \$339,566.74 awarded. University of Nebraska-Lincoln.  
Effects of conjugated linoleic acid on physical performance.
25. **Cramer, J.T., Principal Investigator**. United States Department of Agriculture (USDA), National Institute for Food and Agriculture (NIFA), Accession No. 1000080, Project No. NEB36-078, Hatch Project. November 19, 2013 – May 5, 2016. Approved. University of Nebraska-Lincoln.  
Interactions among exercise, nutrition, and neuromuscular function across the lifespan.
26. **Cramer, J.T., Principal Investigator**; Housh, T.J., Co-principal Investigator – Abbott Nutrition, Abbott Laboratories, December 2012 - December 2013. \$174,600 requested, \$174,600 awarded. University of Nebraska-Lincoln.  
Service agreement.
27. **Cramer, J.T., Principal Investigator**; Honaker, J.A., Co-principal Investigator; Housh, T.J., Co-principal Investigator; Carr, T.P., Co-principal Investigator – Rural Futures Institute Competitive Grants Program, Research and Engagement Development Grants, Oct 2012. \$150,020 requested, *not funded*. University of Nebraska-Lincoln.  
Prevalence of sarcopenia in rural versus urban older adults in Nebraska: A pilot study.
28. **Cramer, J.T., Principal Investigator**; Housh, T.J., Co-principal Investigator – Rock Creek Pharmaceuticals, Inc., Gloucester, MA, Aug 2012 - Aug 2013. \$377,456 requested, \$377,456 awarded. University of Nebraska-Lincoln.

- A single site, double-blind, randomized, placebo-controlled, crossover trial to evaluate the potential effects of the dietary supplement anatabine on delayed onset muscle soreness in the forearm flexors.
29. **Cramer, J.T., Principal Investigator;** Co-principal Investigators: Clarke S., Hermann J., Lucas E., O'Brien M., Smith B., Smith D., Warren A. Abbott Laboratories / Abbott Nutrition, Investigator Initiated Study Proposal, Columbus, OH, Dec 2011- July 2012. \$176,250 requested, *not funded*. Oklahoma State University.  
Effects of nutritional supplementation on knee strength, stiffness, muscle mass, and markers of joint stress.
  30. **Cramer, J.T., Principal Investigator;** Stout, J.R., Co-principal Investigator; Herda, T.J., Graduate Student Co-investigator; Walter, A.A., Graduate Student Co-investigator; Costa, P.B., Graduate Student Co-investigator; Valdez, A.M., Graduate Student Co-investigator – Abbott Laboratories / Abbott Nutrition, Columbus, OH, Jan 2011- Aug 2011. \$276,147 requested, \$276,147 awarded. University of Oklahoma.  
Evaluation of an oral nutritional supplement containing AN777 in malnourished and frail subjects.
  31. Stout, J.R., Principal Investigator; **Cramer, J.T, Co-principal Investigator.** Abbott Laboratories / Abbott Nutrition, Cincinnati, OH, 2011-2012. \$116,840 requested, *not funded*. University of Central Florida.  
The effects of 12-weeks of beta-alanine added to an oral nutritional supplement (high protein Ensure) on physical working capacity, body composition, and muscle function in elderly men.
  32. Stout, J.R., Principal Investigator; **Cramer, J.T, Co-principal Investigator.** MusclePharm Inc., 2010-2011, \$56,030 requested, \$56,030 awarded. University of Oklahoma.  
The effects of MusclePharm Assault™ and high-intensity interval training on aerobic and anaerobic power, repeated sprint ability, body composition and training volume.
  33. **Cramer, J.T., Principal Investigator;** Stout, J.R., Co-principal Investigator; Herda, T.J., Graduate Student Co-investigator; Walter, A.A., Graduate Student Co-investigator; Costa, P.B., Graduate Student Co-investigator – General Nutrition Corporation (GNC), Pittsburg, PA, 2010-2011. \$142,500 requested, \$142,500 awarded. University of Oklahoma.  
Effects of whey protein supplementation on body composition, muscular strength, and mobility in older adults.
  34. Kerksick, C.M., Principal Investigator; **Cramer, J.T., Co-investigator;** Stout, J.R., Co-investigator; Beck, T.W., Co-investigator. Champion Nutrition, Inc. 2009. \$37,444.  
Impact of caffeine, green tea and carnitine supplementation on weight loss in college-aged males and females.
  35. **Cramer, J.T., Principal Investigator;** Beck, T.W., Co-principal Investigator; Stout, J.R., Co-principal Investigator; Ryan, E.R., Graduate Student Co-investigator; Herda, T.J., Graduate Student Co-investigator; Walter, A.A., Graduate Student Co-investigator; Costa, P.B., Graduate Student Co-investigator; DeFreitas, J.M., Graduate Student Co-investigator – General Nutrition Corporation (GNC), Pittsburg, PA, 2008-2009. \$198,422 requested, \$198,422 awarded. University of Oklahoma.  
Effects of two different whey protein supplements on thigh muscle cross-sectional area, muscular strength, endurance and body composition during 8 weeks of resistance training.



36. Stout, J.R., Principal Investigator; Smith, A.E., Graduate Student Investigator; **Cramer, J.T., Co-principal Investigator**. Corr-Jensen Labs, Inc., Denver, CO, 2008-2009. \$50,251 requested, \$50,251 awarded. University of Oklahoma.  
The effects of GameTime™ and high-intensity training on critical velocity, aerobic power, endurance capacity and safety.
37. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-principal Investigator**; Beck, T.W., Co-principal Investigator; Co-principal Investigator. Abbott Laboratories, Cincinnati, OH, 2008-2009. \$366,145 requested, \$366,145 awarded. University of Oklahoma.  
A pilot study to evaluate the effect of beta-hydroxy-beta-methylbutyrate in elderly subjects.
38. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-principal Investigator**; Beck, T.W., Co-principal Investigator. Elite Fx, Inc., Delray Beach, FL, 2008-2009. \$24,424 requested, \$24,424 awarded. University of Oklahoma.  
The acute effects of different Celsius® formulas on resting energy expenditure in healthy adults.
39. Kerksick, C.M., Principal Investigator; **Cramer, J.T., Co-investigator**; Stout, J.R., Co-investigator; Roberts, M.D., Co-investigator; Dalbo, V.J., Co-investigator; and Beck, T.W., Co-investigator – Royal Body Care Life Sciences, Inc., Plano, TX, 2008-2009. \$50,037 requested, \$50,037 awarded. University of Oklahoma.  
Impact of Microhydrin® on body water and metabolic indicators of ventilatory threshold.
40. Ryan, E.R., Graduate Student Principal Investigator; **Cramer, J.T., Faculty Principal Investigator** – National Strength and Conditioning Foundation, Research Grant Program, Colorado Springs, CO. 2008. \$5,000 requested, \$5,000 awarded. University of Oklahoma.  
The acute effects of passive stretching on neuromuscular function and flexibility: A comparison of young and old adults.
41. **Cramer, J.T., Principal Investigator**; Stout, J.R., Co-principal Investigator; Beck, T.W., Co-principal Investigator; Ryan, E.R., Graduate Student Co-investigator; Herda, T.J., Graduate Student Co-investigator; Walter, A.A., Graduate Student Co-investigator – General Nutrition Corporation (GNC), Pittsburg, PA, 2008. \$45,000 requested, \$45,000 awarded. University of Oklahoma.  
The acute effects of a thermogenic pepper blend or TPB on endurance measures and muscular strength.
42. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-principal Investigator**; Beck, T.W., Co-principal Investigator. Elite Fx, Inc., Delray Beach, FL, 2007-2008. \$181,522 requested, \$181,522 awarded. University of Oklahoma.  
The effects of an energy drink and exercise on cardiovascular fitness, strength, body composition and nutritional profile in healthy adult men and women.
43. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-principal Investigator**. FSI Nutrition, Inc., Omaha, NE, 2007. \$23,580 requested, \$23,580 awarded. University of Oklahoma.  
Effects of non-essential amino acid supplementation on endurance performance measures.
44. Moon, J.R., Principal Investigator; Smith, A.E., Tobkin, S.E., Kendall, K.L., Graef, J.L., Roberts, M.D., Dalbo, V.J., **Cramer, J.T.**, Beck, T.W., and Stout, J.R., Co-investigators. ImpediMed, Inc. 2008. \$10,000 requested, \$10,000 awarded. University of Oklahoma.  
Tracking changes in total body water and the validity of hydrometry for predicting percent body fat in men and women using bioimpedance spectroscopy: A deuterium oxide and four-compartment model validation.

45. **Cramer, J.T., Principal Investigator;** Stout, J.R., Co-investigator; Bemben, M.G., Co-investigator; Bemben, D.A., Co-investigator; Ryan, E.R., Graduate Student Co-investigator; and Herda, T.J., Graduate Student Co-investigator – General Nutrition Corporation (GNC), Pittsburg, PA, 2007. \$85,000 requested, \$85,000 awarded. University of Oklahoma.  
The effects of creatine supplementation on power output, vertical jump, muscle strength and endurance investigated in a randomized, placebo-controlled, parallel study.
46. Moon, J.R., Principal Investigator; Tobkin, S.E., Roberts, M.D., Dalbo, V.J., Bemben, M.G., **Cramer, J.T.**, and Stout, J.R., Co-investigators. ImpediMed, Inc. 2007. \$11,577.50 requested, \$11,577.50 awarded. University of Oklahoma.  
Validity of the ImpediMed Imp<sup>TM</sup> SFB7 to estimate total body water, intracellular water, extracellular water, and body fat percentage in men and women.
47. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-investigator;** Bemben, M.G., Co-investigator; and Bemben, D.A., Co-investigator – Phillips Performance Nutrition, LLC., 2007. \$122,090 requested, \$122,090 awarded. University of Oklahoma.  
The effects of a meal replacement and exercise on cardiovascular fitness, strength, body composition, and nutritional profile in healthy adult men and women.
48. **Cramer, J.T., Principal Investigator;** Stout, J.R., Co-investigator; Bemben, M.G., Co-investigator; Bemben, D.A., Co-investigator; Ryan, E.R., Graduate Student Co-investigator – General Nutrition Corporation (GNC), Pittsburg, PA, 2006-2007. \$70,000 requested, \$70,000 awarded. University of Oklahoma.  
The effect of a dietary supplement on energy expenditure before, during and following low intensity exercise investigated in a randomized, placebo-controlled, double-blind, cross-over study.
49. **Cramer, J.T., Principal Investigator;** Ryan, E.D., Graduate Student Co-investigator; Egan, A.D., Graduate Student Co-investigator – EPIC Nutrition, LLC. Jupiter, FL, 2006. \$14,652 requested, \$14,652 awarded. University of Oklahoma.  
Effects of oral adenosine triphosphate supplementation (5-TETRA) on muscle strength, power output, endurance, and neuromuscular function.
50. Ryan, E.R., Graduate Student Co-Principal Investigator; **Cramer, J.T., Co-Principal Investigator** – NSCA, Doctoral Student Grant Program, 2006. \$5,000 requested, *not funded*. University of Oklahoma.  
Time course for the acute effects of 2, 4, and 8 minutes of passive stretching on peak torque, percent voluntary activation, range of motion, electromyography, and mechanomyography of the plantarflexors.
51. Carlile, M., Principal Co-investigator; Culbertson, J.Y., Principal Co-investigator; **Cramer, J.T., Statistician;** Weir, J.P., Statistician – Centers for Disease Prevention and Control, National Center for Injury Prevention and Control, 2006. \$32,320 requested, *not funded*. Baylor Institute for Rehabilitation, Dallas, TX.  
Texas motorcycle helmet law repeal and traumatic brain injury: Analysis of financial impact.
52. **Cramer, J.T., Principal Investigator;** Stout, J.R., Co-investigator – EAS, Inc. Golden, CO, 2004-2005. \$13,961 requested, \$13,961 awarded. The University of Texas at Arlington.  
The effects of creatine supplementation and three days of isokinetic training on muscle strength, power output, and neuromuscular function.
53. Stout, J.R., Principal Investigator; **Cramer, J.T., Co-investigator** – EAS, Inc., Golden, CO, 2004-2005. \$54,000 requested, \$54,000 awarded. Florida Atlantic University.

- The combined effects of creatine monohydrate and beta-alanine supplementation on neuromuscular fatigue, oxygen uptake kinetics, and lactate threshold.
54. Housh, T.J., Principal Co-investigator; Johnson, G.O., Principal Co-investigator; **Cramer, J.T., Co-investigator**; Coburn, J.W., Co-investigator, Beck, T.W., Co-investigator – Numico Research, Boca Raton, FL, 2003-2004, \$77,000 requested, \$77,000 awarded. University of Nebraska-Lincoln.  
Effect of leucine and whey protein supplementation during 8 weeks of dynamic constant external resistance training on leg extensor strength and muscle cross-sectional area.
55. **Cramer, J.T., Principal Investigator** – NSCA Student Research Grant, Colorado Springs, CO, 2002-2003, \$2,446 requested, \$2,446 awarded. University of Nebraska-Lincoln.  
The acute effects of static stretching on peak torque, mean power output, mechanomyography, and electromyography of the stretched and unstretched limbs during maximal, eccentric isokinetic muscle actions.
56. Housh, T.J., Principal Co-investigator; Johnson, G.O., Principal Co-investigator; **Cramer, J.T., Co-investigator**; Coburn, J.W., Co-investigator, Beck, T.W., Co-investigator – Numico Research, Boca Raton, FL, 2001-2002, \$48,250 requested, \$48,250 awarded. University of Nebraska-Lincoln.  
The effects of 8-week endurance training combined with a D-ribose containing repletion drink on endurance performance, aerobic capacity, and body composition.
57. Massey, L.L., Co-principal Investigator; **Cramer, J.T., Co-principal Investigator, Faculty Mentor/Sponsor** – Michael L. Pollock Memorial Grant, Life Fitness Academy, \$5,000 requested, *not funded*. 2003-2004. University of Texas at Arlington.  
Strength, power, and neuromuscular adaptations following a short-term strength training program at slow and fast velocities in men and women.
58. **Cramer, J.T., Co-principal Investigator**; Earnest, C., Co-principal Investigator – Fitness Trainer Inc., \$4,500 requested, *not funded*. 2003/2004. University of Texas at Arlington.  
Activation of the anterior deltoid, gluteus medius, gluteus maximus, rectus femoris, and vastus lateralis muscles during steady-state exercise at four different intensities on a Gazelle Pro Plus™ device.
59. **Cramer, J.T., Principal Investigator** – VitalState Inc., Montreal, QB, \$5,680 requested, *not funded*. 2003. University of Texas at Arlington.  
The effects of creatine supplementation and two days of isokinetic strength training on maximal torque production.

**Internal Funding (Total = \$49,748):**

1. **Cramer, J.T., Principal Investigator** – IANR Research Travel Grant, Agricultural Research Division, University of Nebraska-Lincoln, Lincoln, NE, 2013, \$500.  
Presentation entitled *The Effects of Supplementation with Leucine and Other Amino Acids on Strength and Protein Synthesis*. July 10, 2013. Las Vegas, NV.
2. **Cramer, J.T., Principal Investigator** – Big XII Faculty Fellowship, Senior Vice President and Provost, University of Oklahoma, Norman, OK, 2007, \$2,612.06 requested, \$2,612.06 awarded.  
Request for travel expenses during a two-week study at the University of Nebraska-Lincoln entitled, *The effects of muscle fatigue and joint angle on the innervation zone location and EMG amplitude and frequency determined from a linear electrode array*.

3. Chowdhury, F.Z., Principal Investigator; **Cramer, J.T., Faculty Mentor** – Undergraduate Research Opportunities Program (UROP), 2006. \$500 requested, \$500 awarded. Honors College, University of Oklahoma.  
Positioning of Electrodes and Locating the Innervation Zone during Surface EMG Recordings in Vastus Medialis Muscle.
4. **Cramer, J.T., Principal Investigator** – College of Arts & Sciences Information Technology Funding Program, College of Arts & Sciences, University of Oklahoma, Norman, OK, 2006, \$22,919.90 requested, \$20,628 awarded.  
Request for funding from the College of Arts & Sciences Information Technology Committee for 10 mobile workstations to be used for graduate instruction in the Biophysics Laboratory.
5. **Cramer, J.T., Principal Investigator** – Junior Faculty Research Program, Office of the Vice President for Research, University of Oklahoma, Norman, OK, 2006, \$6,000 requested, \$6,000 awarded.  
Comparisons among wavelet- and Fourier-based transforms to determine the most accurate and sensitive frequency estimates for surface electromyographic and mechanomyographic signals.
6. **Cramer, J.T., Principal Investigator** – College of Arts and Sciences Faculty Enrichment Grant, University of Oklahoma, Norman, OK, 2006 (\$1,000), 2007 (\$1,200).  
Used for travel expenses to national and international conferences.
7. **Cramer, J.T., Principal Investigator** – College of Arts and Sciences Travel Assistance Grant, University of Oklahoma, Norman, OK, 2005 (\$1,000), 2006 (\$1,059).  
Used for travel expenses for annual meetings and conferences.
8. **Cramer, J.T., Principal Investigator** – Graduate College Travel Assistance Grant, University of Oklahoma, Norman, OK, 2005 (\$1,200), 2006 (\$570).  
Used for travel expenses for annual meetings and conferences.
9. **Cramer, J.T., Principal Investigator** – College of Arts and Sciences Faculty Enrichment Grant, University of Oklahoma, Norman, OK, 2006, \$1,000 requested, \$1,000 awarded.  
Used to purchase Biopac equipment for the Neuromuscular Laboratory.
10. **Cramer, J.T., Principal Investigator** – College of Arts and Sciences Faculty Enrichment Grant, University of Oklahoma, Norman, OK, 2005, \$995 requested, \$995 awarded.  
Used to purchase LabVIEW Advanced Signal Processing Toolkit software v 7.5 and RAM memory for laboratory computers.
11. **Cramer, J.T., Principal Investigator** – Research Enhancement Program (REP) Grant, The University of Texas at Arlington, TX, 2004/2005, \$9,984 requested, \$9,984 awarded.  
The acute effects of different volumes of stretching on the force deficit and neuromuscular activation strategies: a dose-response study.
12. **Cramer, J.T., Principal Investigator** – UNL Parents Association, 1999, \$10,000 requested, \$2,000 awarded.  
To purchase weightlifting equipment designed for those with disabilities for the UNL Office of Campus Recreation's weight lifting facility.

**Books:**

1. Housh, T.J., **Cramer, J.T.**, Weir, J.P., Beck, T.W., and G.O. Johnson. Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness. Holcomb Hathaway Publishers, 2016. ISBN: 9781621590460 (print). ISBN: 9781621590477 (ebook).

2. Housh, T.J., **Cramer, J.T.**, Weir, J.P., Beck, T.W., and G.O. Johnson. Physical Fitness Laboratories on a Budget. Holcomb Hathaway Publishers, 2009. ISBN: 978-1-890871-90-1.

### **Book Chapters:**

1. Herda, T.J. and **J.T. Cramer**. Bioenergetics of Exercise and Training. Essentials of Strength Training and Conditioning, 4<sup>th</sup> Edition. G.G. Haff and N.T. Triplett (Eds.). National Strength and Conditioning Association. Human Kinetics. 2016. ISBN: 978-1-4925-0162-6.
2. **Cramer, J.T.** and T.W. Beck. Reading and interpreting the literature in exercise science. Introduction to Exercise Science (4<sup>th</sup> edition). T.J. Housh, D.J. Housh, and G.O. Johnson (Editors). Holcomb Hathaway Publishers. 2012. ISBN-13: 978-1-934432-46-4.
3. Ryan, E.D. and **J.T. Cramer**. Fitness testing protocols and norms. Essentials of Personal Training, 2<sup>nd</sup> Edition. J.W. Coburn and M.H. Malek (Eds.). National Strength and Conditioning Association. Human Kinetics. 2012. ISBN-13: 978-0-7360-8415-4.
4. **Cramer, J.T.** and A.E. Smith. Endurance training. Science of Strength and Conditioning Series: NSCA's Guide to Program Design. J.R. Hoffman (Ed.). National Strength and Conditioning Association. Human Kinetics. 2012. ISBN-13: 978-0-7360-8402-4.
5. **Cramer, J.T.** Bioenergetics of Exercise and Training. Essentials of Strength Training and Conditioning, 3<sup>rd</sup> Edition. T.R. Baechle and R.W. Earle (Eds.). National Strength and Conditioning Association. Human Kinetics. 2008. ISBN-13: 978-0-7360-5803-2.
6. **Cramer, J.T.** Creatine supplementation in endurance sports. Essentials of Creatine in Sports and Health. International Society of Sports Nutrition. Humana Press, Inc. 2008. ISBN-13: 978-1-59745-573-2.
7. **Cramer, J.T.** and T.W. Beck. Reading and interpreting the literature in exercise science. Introduction to Exercise Science (3<sup>rd</sup> edition). T.J. Housh, D.J. Housh, and G.O. Johnson (Editors). Holcomb Hathaway Publishers. 2008. ISBN-13: 978-1-890871-81-9.
8. Weir, J.P. and **J.T. Cramer**. Principals of musculoskeletal exercise programming. ACSM Resource Manual for Exercise Testing and Prescription (5th edition). L.A. Kaminsky (Senior Ed.), S. Glass (Section Ed.). American College of Sports Medicine. Lippincott Williams and Wilkins. 2005. ISBN: 0-7817-4591-8
9. **Cramer, J.T.** and J.W. Coburn. Fitness testing and evaluation. Essentials of Personal Training. T.R. Baechle and R.W. Earle (Eds.). National Strength and Conditioning Association. Human Kinetics. 2004. ISBN: 0-7360-0015-1

### **Articles Published in Refereed Scientific Journals († Senior/corresponding author):**

1. Shoemaker ME, Salmon OF, Smith, CM, Duarte, MO, **Cramer JT**†. Influences of Vitamin D and Iron Status on Skeletal Muscle Health: A Narrative Review. Nutrients. 2022 Jun 29;14(13):2717. <https://doi.org/10.3390/nu14132717>. [Impact factor: 5.719]
2. Shoemaker ME, Pereira SL, Mustad VA, Gillen ZM, McKay BD, Lopez-Pedrosa JM, Rueda R, **Cramer JT**†. Differences in Muscle Energy Metabolism and Metabolic Flexibility between Sarcopenic and Non-sarcopenic Older Adults. J Cachexia Sarcopenia Muscle, 2022, *in press*, DOI: [10.1002/jcsm.12932](https://doi.org/10.1002/jcsm.12932), *Clarivate Analytics: 1/53 Geriatrics & Gerontology, 9/169 Medicine, General & Internal*. NCT03701867. [Impact factor: 12.910]
3. Pereira SL, Shoemaker ME, Gawel S, Davis GJ, Luo M, Mustad VA, **Cramer JT**. Biomarker Changes in Response to a 12-Week Supplementation of an Oral Nutritional Supplement Enriched with Protein, Vitamin D and HMB in Malnourished Community Dwelling Older Adults with Sarcopenia. Nutrients. 2022; 14(6):1196. <https://doi.org/10.3390/nu14061196> NCT01191125. [Impact factor: 5.719]

4. Shoemaker ME, Huynh, LM, Smith, CM, Mustad, VA, Duarte, MO, **Cramer JT**†. Immunomodulatory effects of vitamin D and prevention of respiratory tract infections and COVID-19. Topics in Clinical Nutrition, 2022 Jul-Sep;37(3):203-217. <https://doi.org/10.1097/TIN.000000000000284>. [Impact factor: 0.508]
5. Dharamsi MS, Bastian DA, Balsiger HA, **Cramer JT**, Belmares R. Efficacy of Video-Based Forearm Anatomy Model Instruction for a Virtual Education Environment. Journal of Medical Education and Curricular Development, 2022, *in press*, <https://doi.org/10.1177/23821205211063287> [Impact factor: n/a]
6. Gillen ZM, Mustad VA, Shoemaker ME, McKay BD, Leutzinger TJ, Lopez-Pedrosa JM, Rueda R, **Cramer JT**†. Impact of slow versus rapid digesting carbohydrates on substrate oxidation in pre-pubertal children: A randomized crossover trial. Clin Nutr, 2021, ISSN 0261-5614, doi.org/10.1016/j.clnu.2021.05.004. NCT03185884. [Impact Factor: 6.630]
7. Gillen ZM, Housh TJ, Schmidt RJ, Herda TJ, De Ayala RJ, Shoemaker ME, **Cramer JT**†. Comparisons of muscle strength, size, and voluntary activation in pre- and post-pubescent males and females. Eur J Appl Physiol. 2021 May 25. doi: 10.1007/s00421-021-04717-1. Online ahead of print. PMID: 34032904 [Impact Factor: 2.620]
8. Herda AA, Smith-Ryan AE, Kendall KL, **Cramer JT**, Stout JR. Evaluation of High-Intensity Interval Training and Beta-Alanine Supplementation on Efficiency of Electrical Activity and Electromyographic Fatigue Threshold. J Strength Cond Res. 2021 Jun 1;35(6):1535-1541. doi: 10.1519/JSC.0000000000004038. PMID: 34027920 Clinical Trial. [Impact Factor: 2.973]
9. Hill EC, Housh TJ, Keller JL, Smith CM, Anders JV, Schmidt RJ, Johnson GO, **Cramer JT**. Patterns of responses and time-course of changes in muscle size and strength during low-load blood flow restriction resistance training in women. Eur J Appl Physiol. 2021 May;121(5):1473-1485. doi: 10.1007/s00421-021-04627-2. Epub 2021 Feb 27. [Impact Factor: 2.620]
10. Shoemaker ME, Gillen ZM, McKay BD, Leutzinger TJ, Mustad VA, **Cramer JT**†. Endogenous versus exogenous carbohydrate oxidation measured by stable isotopes in pre-pubescent children plus <sup>13</sup>C abundances in foods consumed three days prior. Metabol Open. 2020 Jul 15;7:100041. doi: 10.1016/j.metop.2020.100041. [Impact Factor: 6.159]
11. Gillen ZM, Shoemaker ME, Bohannon NA, Gibson SM, **Cramer JT**†. Comparing the torque- and power-velocity relationships between children and adolescents during isokinetic leg extension muscle actions. Hum Mov Sci. 2020 Dec;74:102678. doi: 10.1016/j.humov.2020.102678. Epub 2020 Oct 30. PMID: 33137582 [Impact Factor: 2.096]
12. Gillen ZM, Shoemaker ME, McKay BD, Bohannon NA, Gibson SM, **Cramer JT**†. Peak Torque Explains More Unique Variability in Growth Measurements than Rate of Torque Development in Young Boys and Girls. J Strength Cond Res. 2020 Sep;34(9):2507-2514. doi: 10.1519/JSC.0000000000003728. PMID: 32639374 [Impact Factor: 2.973]
13. Herda AA, **Cramer JT**, Stout JR. Body composition in aging men and women: Gender- and age-related differences. Gazzetta Medica Italiana Archivio Per Le Scienze Mediche. *In press*, 2020. [Impact Factor: n/a]
14. Herda AA, McKay BD, Herda TJ, Costa PB, Stout JR, **Cramer JT**. Self-selected resistance exercise with self-paced walking with and without protein supplementation

- improves body composition, muscle strength, and mobility in older adults: A randomized trial. *J Aging Phys Activity*, 2020 Jun 30;29(1):17-26. doi: 10.1123/japa.2019-0468. PMID: 32604068 Clinical Trial. [Impact Factor: 1.795]
15. Bohannon NA, Gillen ZM, Shoemaker ME, Gibson SM, **Cramer JT**†. Test-retest reliability of static and counter-movement power push-ups tests in 6-16-year-old male athletes. *J Strength Cond Res*, 2020 Sep;34(9):2456-2464. doi: 10.1519/JSC.0000000000003684. PMID: 32865943 [Impact Factor: 3.017]
  16. Gillen ZM, Shoemaker ME, McKay BD, Bohannon NA, Gibson SM, **Cramer JT**†. Influences of the stretch-shortening cycle and arm swing on vertical jump performance in children and adolescents. *J Strength Cond Res*, 2020 May 28. doi: 10.1519/JSC.0000000000003647. Online ahead of print. PMID: 32483060 [Impact Factor: 3.017]
  17. Shoemaker ME, Gillen ZM, McKay BD, Fisher JA, Hansen C, Bohannon NA, Gibson SM, Koehler K, **Cramer JT**†. Effects of sports nutrition education on athletic performance and iron status in high school-aged youth athletes. *J Clin Nutr Food Sci*, 2019 2(2): 010-018. ISSN: 2641-2292 [Impact Factor: n/a]
  18. Gillen ZM, Jahn LE, Shoemaker ME, McKay BD, Mendez AI, Bohannon NA, **Cramer JT**†. Effects of eccentric preloading on concentric vertical jump performance in youth athletes. *J Appl Biomech*. 2019 Oct 1;35(5):327-335. [Impact Factor: 1.392]
  19. Shoemaker ME, Gillen ZM, McKay BD, Bohannon NA, Gibson SM, Koehler K, **Cramer JT**†. Sex-specific relationships among iron status biomarkers, athletic performance, maturity, and dietary intakes in pre-adolescent and adolescent athletes. *J Int Soc Sports Nutr*. 2019 Sep 18;16(1):42. [Impact Factor: 3.508]
  20. Jenkins NDM, Miramonti AA, Hill EC, Smith CM, Cochrane-Snyman KC, Housh TJ, **Cramer JT**. Mechanomyographic amplitude is sensitive to load-dependent neuromuscular adaptations in response to resistance training. *J Strength Cond Res*. 2019 Aug 23. [Epub ahead of print]. [Impact Factor: 3.017]
  21. Hill EC, Housh TJ, Keller JL, Smith CM, Anders JV, Schmidt RJ, Johnson GO, **Cramer JT**. Low-load blood flow restriction elicits greater concentric strength than non-blood flow restriction resistance training but similar isometric strength and muscle size. *Eur J Appl Physiol*. 2019 Dec 17 [Epub ahead of print]. [Impact Factor: 2.401]
  22. Gillen ZM, Shoemaker ME, McKay BD, Bohannon N, Gibson S, **Cramer JT**†. Muscle Strength, Size, and Neuromuscular Function Before and During Adolescence. *Eur J Appl Physiol*. 2019 Jul;119(7):1619-1632. [Impact Factor: 2.401]
  23. Shoemaker ME, Gillen ZM, McKay BD, Bohannon N, Gibson S, **Cramer JT**†. High prevalence of poor iron status among 8 to 16-year-old youth athletes: Interactions among biomarkers of iron, dietary intakes, and biological maturity. *J Am Coll Nutr*. 2019 Jul 24:1-8. doi: 10.1080/07315724.2019.1621229. [Epub ahead of print], [Impact Factor: 2.360].
  24. Gillen ZM, Shoemaker ME, McKay BD, **Cramer JT**†. State Population Influences Athletic Performance Combine Test Scores in High School-Aged American Football Players. *Int J Exerc Sci*. 2019 Jan 1;12(6):256-262. [Impact Factor: na]
  25. Gillen ZM, Shoemaker ME, McKay BD, **Cramer JT**†. Performance Differences between National Football League and High School American Football Combine Participants. *Res Q Exerc Sport*. 2019 Jun;90(2):227-233. [Impact Factor: 2.268]
  26. Mendez AI, Miramonti AA, Gillen ZM, McKay BD, Leutzinger TJ, **Cramer JT**†. Stature, Body Mass, and Body Mass Index in High School American Football Players: Appropriate Determinants of Obesity Prevalence? *J Strength Cond Res*. 2018

- Nov;32(11):3119-3126. [Impact Factor: 2.060]
27. Leutzinger TJ, Gillen ZM, Miramonti AM, McKay BD, Mendez AI, **Cramer JT**†. Anthropometric and Athletic Performance Combine Test Results Among Positions Within Grade Levels of High School-Aged American Football Players. J Strength Cond Res. 2018 May;32(5):1288-1296. [Impact Factor: 2.060]
  28. McKay BD, Miramonti AA, Gillen ZM, Leutzinger TJ, Mendez AI, Jenkins NDM, **Cramer JT**†. Normative Reference Values for High School-Aged American Football Players: Proagility Drill and 40-Yard Dash Split Times. J Strength Cond Res. 2018 Nov 8. [Epub ahead of print] [Impact Factor: 2.060]
  29. McKay BD, Miramonti AA, Gillen ZM, Leutzinger TJ, Mendez AI, Jenkins NDM, **Cramer JT**†. Normative reference values for high school-aged American football players. J Strength Cond Res. 2018 Feb 27. [Epub ahead of print] [Impact Factor: 2.060]
  30. Gillen ZM, Miramonti AA, McKay BD, Leutzinger TJ, **Cramer JT**†. Test-Retest Reliability and Concurrent Validity of Athletic Performance Combine Tests in 6-15-year old Male Athletes. J Strength Cond Res. 2018 Oct;32(10):2783-2794. [Impact Factor: 2.060]
  31. Gillen ZM, Miramonti AA, McKay BD, Jenkins NDM, Leutzinger TJ, **Cramer JT**†. Reliability and Sensitivity of the Power Push-up Test for Upper-Body Strength and Power in 6-15-Year-Old Male Athletes. J Strength Cond Res. 2018 Jan;32(1):83-96. [Impact Factor: 2.060]
  32. Jenkins NDM, **Cramer JT**†. (2017). Reliability and minimum detectable change for common clinical physical function tests in sarcopenic men and women. Journal of the American Geriatrics Society, Apr;65(4):839-846. doi: 10.1111/jgs.14769. [Impact Factor: 3.842]
  33. Jenkins NDM, Miramonti AA, Hill EC, Smith CM, Cochrane-Snyman KC, Housh TJ, **Cramer JT**†. (2017). Greater Neural Adaptations following High- vs. Low-Load Resistance Training. Frontiers in Physiology, May 29;8:331. doi: 10.3389/fphys.2017.00331. [Impact Factor: 4.134]
  34. **Cramer JT**†, Cruz-Jentoft AJ, Landi F, Hickson M, Zamboni M, Pereira S, Husted D, Mustad VA. (2016). Impacts of high-protein oral nutritional supplements among malnourished men and women with sarcopenia: A multi-center, randomized, double-blinded, controlled trial. Journal of the American Medical Directors Association, Nov 1;17(11):1044-1055. doi: 10.1016/j.jamda.2016.08.009. [Impact Factor: 6.616]
  35. McKay BD, Yeo NM, Jenkins NDM, Miramonti AA, **Cramer JT**†. (2017). Exertional rhabdomyolysis in a 21-year-old, healthy female: A case report. Journal of Strength and Conditioning Research, May;31(5):1403-1410. doi: 10.1519/JSC.0000000000001824. [Impact Factor: 2.060]
  36. Miramonti AA, Jenkins NDM, Oza PD, Weir JP, **Cramer JT**†. (2017). Mechanomyographic responses during recruitment curves in the soleus muscle. Muscle & Nerve, Jul;56(1):107-116. doi: 10.1002/mus.25432. [Impact Factor: 2.713]
  37. Palmer TB, Jenkins NDM, Thompson BJ, **Cramer JT**. (2017). Influence of stretching velocity on musculotendinous stiffness of the hamstrings during passive manually-applied, straight-leg raise assessments. Musculoskelet Sci Pract. Aug;30:80-85. doi: 10.1016/j.msksp.2016.12.018. Epub 2017 Jan 5. [Impact Factor: 1.287]
  38. Hill EC, Housh TJ, Smith CM, Cochrane KC, Jenkins NDM, **Cramer JT**, Schmidt RJ, Johnson GO. (2016). Effect of sex on torque, recovery, EMG, and MMG responses to fatigue. Journal of Musculoskeletal and Neuronal Interactions, Dec 14;16(4):310-317.



39. Costa PB, Herda TJ, Herda AA, **Cramer JT**. (2016). Effects of short-term dynamic constant external resistance training and subsequent detraining on strength of the trained and untrained limbs. Sports, 4(1), 7; doi:10.3390/sports4010007. [Impact Factor: na] [[http://www.mdpi.com/journal/sports/special\\_issues/strength-conditioning](http://www.mdpi.com/journal/sports/special_issues/strength-conditioning)]
40. **Cramer JT**†, Jenkins NDM, Mustad VA, Weir JP. (2015). Isokinetic dynamometry in healthy versus sarcopenic and malnourished elderly: Beyond simple measurements of muscle strength. Journal of Applied Gerontology, May 5. pii: 0733464815584669. [Epub ahead of print]. [Impact Factor: 1.258]
41. Jenkins NDM, Housh TJ, Miramonti AA, McKay BD, Yeo NM, Smith CM, Hill EC, Cochrane KC, **Cramer JT**†. (2016). Effects of ruminic acid rich conjugated linoleic acid supplementation on cognitive function and handgrip performance in older men and women. Experimental Gerontology, Nov;84:1-11. [Impact Factor: 3.350]
42. Jenkins NDM, Housh TJ, Buckner SL, Bergstrom HC, Smith CM, Cochrane KC, Hill EC, Miramonti AA, Schmidt RJ, Johnson GO, **Cramer JT**†. (2016). Four weeks of high-versus low-load resistance training to failure on the rate of torque development, electromechanical delay, and contractile twitch properties. Journal of Musculoskeletal and Neuronal Interactions, 16(2):135-44. [Impact Factor: 1.600]
43. Smith CM, Housh TJ, Herda T, Zuniga JM, Camic CL, Bergstrom HC, Smith DB, Weir JP, **Cramer JT**, Hill EC, Cochrane KC, Jenkins NDM, Schmidt RJ, Johnson G. (2016). Electromyographic Responses from the Vastus Medialis during Isometric Muscle Actions. International Journal of Sports Medicine, Jul;37(8):647-52. doi: 10.1055/s-0035-1564174.
44. Jenkins NDM, Housh TJ, Buckner SL, Bergstrom HC, Cochrane KC, Hill EC, Smith CM, Schmidt RJ, Johnson GO, **Cramer JT**†. (2015). Basic reporting and interpretation of surface EMG amplitude and mean power frequency: a reply to Vitgotsky, Ogborn, and Phillips. European Journal of Applied Physiology, Mar;116(3):659-61. [Impact Factor: 2.328]
45. Jenkins NDM, Housh TJ, Buckner SL, Bergstrom HC, Cochrane KC, Hill EC, Smith CM, Schmidt RJ, Johnson GO, **Cramer JT**†. (2016). Neuromuscular adaptations after 2- and 4-weeks of 80% versus 30% 1RM resistance training to failure. Journal of Strength and Conditioning Research, 30(8):2174-85.
46. Hill EC, Housh TJ, Camic CL, Smith CM, Cochrane KC, Jenkins ND, **Cramer JT**, Schmidt RJ, Johnson GO. (2015). The Effects of velocity on electromyographic, mechanomyographic, and torque responses to repeated eccentric muscle actions. Journal of Strength and Conditioning Research, Jun;30(6):1743-51. [Impact Factor: 1.978]
47. Jenkins, NDM, Housh TJ, Buckner SL, Bergstrom HC, Cochrane KC, Smith CM, Hill EC, Schmidt RJ, **Cramer JT**†. (2015). Individual responses for muscle activation, repetitions, and volume during three sets to failure of high- (80% 1RM) versus low-load (30% 1RM) forearm flexion resistance exercise. Sports, 3:269-280. [<http://www.mdpi.com/2075-4663/3/4/269>] [Impact Factor: na]
48. Jenkins NDM, Housh TJ, Bergstrom HC, Cochrane KC, Hill EC, Smith CM, Johnson GO, Schmidt RJ, **Cramer JT**†. (2015). Muscle activation during three sets to failure at 80% vs. 30% 1RM resistance exercise. European Journal of Applied Physiology, Nov;115(11):2335-47. [Impact Factor: 2.328]
49. Jenkins NDM, Housh TJ, Palmer TB, Cochrane KC, Bergstrom HC, Johnson GO, Schmidt RJ, **Cramer JT**†. (2015). Relative differences in strength and power from slow to fast isokinetic velocities may reflect dynapenia. Muscle & Nerve, Jul;52(1):120-30. [Impact Factor: 2.713]

50. Jenkins NDM, Miller JM, Cochrane KC, Bergstrom HC, Hill EC, Smith CM, Housh TJ, **Cramer JT**†. (2015). Test-retest reliability of single transverse versus panoramic ultrasound imaging for muscle size and echo intensity of the biceps brachii. Ultrasound in Medicine and Biology, Jun;41(6):1584-91. [Impact Factor: 2.298]
51. Cochrane KC, Housh TJ, Jenkins ND, Bergstrom HC, Smith CM, Hill EC, Johnson GO, Schmidt RJ, **Cramer JT**. (2015). Electromyographic, mechanomyographic, and metabolic responses during cycle ergometry at a constant rating of perceived exertion. Applied Physiology, Nutrition and Metabolism, Nov;40(11):1178-85. [Impact Factor: 1.910]
52. Buckner SL, Jenkins ND, Costa PB, Ryan ED, Herda TJ, **Cramer JT**†. (2015). Comparing passive angle-torque curves recorded simultaneously with a load cell versus an isokinetic dynamometer during dorsiflexion stretch tolerance assessments. Medical Engineering & Physics, May;37(5):494-498. [Impact Factor: 1.619]
53. Bergstrom HC, Housh TJ, Cochrane KC, Jenkins ND, Zuniga JM, Buckner SL, Goldsmith JA, Schmidt RJ, Johnson GO, **Cramer JT**. (2015). Factors underlying the perception of effort during constant heart rate running above and below the critical heart rate. European Journal of Applied Physiology, Oct;115(10):2231-41.
54. Herda TJ, Zuniga JM, Ryan ED, Camic CL, Bergstrom HC, Smith DB, Weir JP, **Cramer JT**, Housh TJ. (2015). The influence of electromyographic recording methods and the innervation zone on the mean power frequency-torque relationships. Journal of Electromyography and Kinesiology, Jun;25(3):423-30.
55. Smith CM, Housh TJ, Herda TJ, Zuniga JM, Ryan ED, Camic CL, Bergstrom HC, Smith DB, Weir JP, **Cramer JT**, Hill EC, Cochrane KC, Jenkins ND, Schmidt RJ, Johnson GO. (2015). Effects of the innervation zone on the time and frequency domain parameters of the surface electromyographic signal. Journal of Electromyography and Kinesiology, Aug;25(4):565-570.
56. Cochrane KC, Housh TJ, Bergstrom HC, Jenkins ND, Johnson G, Schmidt RJ, **Cramer JT**. (2015). Physiological responses during cycle ergometry at a constant perception of effort. International Journal of Sports Medicine, Jun;36(6):466-73.
57. Cochrane KC, Housh TJ, Hill EC, Smith CM, Jenkins ND, **Cramer JT**, Johnson GO, Schmidt RJ. (2015). Physiological Responses Underlying the Perception of Effort during Moderate and Heavy Intensity Cycle Ergometry. Sports, 3(4), 369-382; doi:10.3390/sports3040369.
58. Cochrane KC, Housh TJ, Bergstrom HC, Jenkins ND, Johnson GO, Housh DJ, Traylor DA, Lewis RW Jr, Schmidt RJ, **Cramer JT**. (2015). Dissociations among direct and indirect indicators of adiposity in young wrestlers. Journal of Strength and Conditioning Research, Feb;29(2):408-415.
59. Cochrane KC, Housh TJ, Smith CM, Hill EC, Jenkins ND, Johnson GO, Housh DJ, Schmidt RJ, **Cramer JT**. (2015). Relative contributions of strength, anthropometric, and body composition characteristics to estimated propulsive force in young male swimmers. Journal of Strength and Conditioning Research, Jun;29(6):1473-1479.
60. Bergstrom HC, Housh TJ, Cochrane KC, Jenkins ND, Buckner SL, Goldsmith JA, Zuniga JM, Schmidt RJ, Johnson GO, **Cramer JT**. (2015). Application of the critical heart model to treadmill running. Journal of Strength and Conditioning Research, Aug;29(8):2237-48.
61. Jenkins ND, Housh TJ, Traylor DA, Cochrane KC, Bergstrom HC, Lewis RW, Schmidt RJ, Johnson GO, **Cramer JT**†. (2014). The Rate of Torque Development: A Unique, Non-invasive Indicator of Eccentric-induced Muscle Damage? International Journal of Sports Medicine, Dec;35(14):1190-1195.

62. Jenkins ND, Buckner SL, Cochrane KC, Bergstrom HC, Goldsmith JA, Weir JP, Housh TJ, **Cramer JT**†. (2014). CLA supplementation and aerobic exercise lower blood triacylglycerol, but have no effect on peak oxygen uptake or cardiorespiratory fatigue thresholds. Lipids, Sep;49(9):871-80.
63. Jenkins ND, Buckner SL, Bergstrom HC, Cochrane KC, Goldsmith JA, Housh TJ, Johnson GO, Schmidt RJ, **Cramer JT**†. (2014). Reliability and relationships among handgrip strength, leg extensor strength and power, and balance in older men. Experimental Gerontology, Jul 11;58C:47-50.
64. Jenkins ND, Buckner SL, Cochrane KC, Bergstrom HC, Palmer TB, Johnson GO, Schmidt RJ, Housh TJ, **Cramer JT**†. (2014). Age-related differences in rates of torque development and rise in EMG are eliminated by normalization. Experimental Gerontology, Sep;57:18-28.
65. Jenkins ND, Buckner SL, Baker RB, Bergstrom HC, Cochrane KC, Weir JP, Housh TJ, **Cramer JT**†. (2014). Effects of six weeks of aerobic exercise combined with conjugated linoleic acid on the physical working capacity at fatigue threshold. Journal of Strength and Conditioning Research, Aug;28(8):2127-35.
66. Jenkins ND, Palmer TB, **Cramer JT**†. (2014). Comparing the reliability of voluntary and evoked muscle actions. Clin Physiol Funct Imaging, Nov;34(6):434-41.
67. Jenkins ND, Housh TJ, Cochrane KC, Bergstrom HC, Traylor DA, Lewis RW Jr, Buckner SL, Schmidt RJ, Johnson GO, **Cramer JT**†. (2014). Effects of anatabine and unilateral maximal eccentric isokinetic muscle actions on serum markers of muscle damage and inflammation. European Journal of Pharmacology, April 5; 728:161-166.
68. Ryan ED, Herda TJ, Costa PB, Herda AA, **Cramer JT**†. (2014). Acute effects of passive stretching of the plantarflexor muscles on neuromuscular function: The influence of age. Age (Dordr), Aug;36(4):9672.
69. Thompson BJ, Ryan ED, Herda TJ, Costa PB, Herda AA, **Cramer JT**†. (2014). Age-related changes in the rate of muscle activation and rapid force characteristics. Age (Dordr), 36(2):839-849.
70. Bergstrom HC, Housh TJ, Traylor DA, Lewis RW Jr, Cochrane KC, Jenkins ND, Schmidt RJ, Johnson GO, Housh DJ, **Cramer JT**. (2014). Metabolic, cardiovascular, and perceptual responses to a thermogenic nutritional supplement at rest, during exercise, and recovery in men. Journal of Strength and Conditioning Research, Aug;28(8):2154-63.
71. Smith-Ryan AE, Ryan ED, Fukuda DH, Costa PB, **Cramer JT**, Stout JR. (2014). The effect of creatine loading on neuromuscular fatigue in women. Medicine & Science in Sports & Exercise, 46(5):990-997.
72. Costa PB, Herda TJ, Herda AA, **Cramer JT**†. (2014). Effects of dynamic stretching on strength, muscle imbalance, and muscle activation. Medicine & Science in Sports & Exercise, 46(3):586-593.
73. Palmer TB, Jenkins ND, Thompson BJ, Smith DB, **Cramer JT**†. (2014). The relationship between passive stiffness and muscle power output: Influence of muscle CSA normalization. Muscle & Nerve, 49(1): 69-75.
74. Herda TJ, Costa PB, Walter AA, Ryan ED, **Cramer JT**†. (2014). The time course of the effects of constant-angle and constant-torque stretching on the muscle-tendon unit. Scandinavian Journal of Medicine and Science in Sports, 24(1):62-67.
75. Walter AA, Herda TJ, Costa PB, Ryan ED, Stout JR, **Cramer JT**†. (2013). Muscle performance, size, and safety responses after eight weeks of resistance training and protein

- supplementation: A randomized, double-blinded, placebo-controlled clinical trial. Journal of Strength and Conditioning Research, 27(11): 3091-3100.
76. Jenkins NDM, Palmer TB, **Cramer JT**†. (2013). Comparisons of voluntary and evoked rate of torque development and rate of velocity development during isokinetic muscle actions. Isokinetics and Exercise Science, 21(3): 253-261.
  77. Jenkins ND, Housh TJ, Johnson GO, Traylor DA, Bergstrom HC, Cochrane KC, Lewis RW Jr, Schmidt RJ, **Cramer JT**†. (2013). The effects of anatabine on non-invasive indicators of muscle damage: A randomized, double-blind, placebo-controlled, crossover study. Journal of the International Society of Sports Nutrition, 10(1): 33.
  78. Costa PB, Herda TJ, Walter AA, Valdez AM, **Cramer JT**†. (2013). Effects of short-term resistance training and subsequent detraining on the electromechanical delay. Muscle & Nerve, 48(1): 135-136.
  79. Bergstrom HC, Housh TJ, Cochrane KC, Jenkins ND, Lewis RW, Traylor DA, Zuniga JM, Schmidt RD, Johnson GO, **Cramer JT**. (2013). An examination of neuromuscular and metabolic fatigue thresholds. Physiological Measurement, 34(10): 1253-1267.
  80. Jenkins NDM, Hawkey MJ, Costa PB, Fiddler RE, Thompson BJ, Ryan ED, Smith DB, Sobolewski EJ, Conchola EC, Akehi K, **Cramer JT**†. (2013). Functional hamstrings:quadriceps ratios in elite women's soccer players. Journal of Sports Sciences, 31(6): 612-7.
  81. Herda TJ, Walter AA, Costa PB, **Cramer JT**†. (2013). The effects of a doublet stimulus and pre-tension force level on the electromechanical delay. Journal of Strength and Conditioning Research, 27(8): 2314-2318.
  82. Herda TJ, Herda ND, Costa PB, Walter-Herda AA, Valdez AM, **Cramer JT**†. (2013). The effects of dynamic stretching on the passive properties of the muscle-tendon unit. Journal of Sports Sciences, 31(5): 479-87.
  83. Cooper MA, Herda TJ, Herda AA, Costa PB, Ryan ED, **Cramer JT**. (2013). The reliability of the interpolated twitch technique during submaximal and maximal isometric muscle actions. Journal of Strength and Conditioning Research, 27(10): 2909-2913.
  84. Thompson BJ, Ryan ED, Sobolewski EJ, Conchola EC, **Cramer JT**†. (2013). Age-related differences in maximal and rapid torque characteristics of the leg extensors and flexors in young, middle, and old-aged men. Experimental Gerontology, 48(2): 277-82.
  85. Palmer TB, Jenkins ND, **Cramer JT**†. (2013). Reliability of manual versus automated techniques for assessing passive stiffness of the posterior muscles of the hip and thigh. Journal of Sports Sciences, 31(8): 867-77.
  86. Herda TJ, Zuniga JM, Ryan ED, Camic CL, Bergstrom HC, Smith DB, Weir JP, **Cramer JT**, Housh TJ. (2013). Quantifying the effects of electrode distance from the innervation zone on the electromyographic amplitude versus torque relationships. Physiological Measurement, 34(3): 315-24.
  87. Costa PB, Ryan ED, Herda TJ, Walter AA, Defreitas JR, Stout JR, **Cramer JT**†. (2013). Acute effects of static stretching on peak torque and the hamstrings-to-quadriceps conventional and functional ratios. Scandinavian Journal of Medicine and Science in Sports, 23(1): 38-45.
  88. Moon JR, Stout JR, Smith-Ryan AE, Kendall KL, Fukuda DH, **Cramer JT**, Moon SE. (2013). Tracking fat-free mass changes in elderly men and women using single-frequency bioimpedance and dual-energy X-ray absorptiometry: a four-compartment model comparison. European Journal of Clinical Nutrition, 67(Suppl 1): S40-46.

89. Costa PB, Ryan ED, Herda TJ, Walter AA, Hoge KM, **Cramer JT**†. (2012). Acute effects of passive stretching on the electromechanical delay and evoked twitch properties: A gender comparison. Journal of Applied Biomechanics, 28(6): 645-654.
90. **Cramer JT**\*, Housh TJ, Johnson GO, Coburn JW, Stout JR. (2012). Effects of a carbohydrate-, protein-, and ribose-containing repletion drink during 8 weeks of endurance training on aerobic capacity, endurance performance, and body composition. Journal of Strength and Conditioning Research, 26(8):2234-2242.
91. Walter AA, **Cramer JT**†. (2012). Upper age limits in clinical trials: Under-representation of the elderly population. Journal of Aging Research & Clinical Practice, 1(1):10-12.
92. Thompson BJ, Ryan ED, Herda TJ, Costa PB, Walter AA, Sobolewski EJ, **Cramer JT**†. (2012). Consistency of rapid muscle force characteristics: Influence of muscle contraction onset detection methodology. Journal of Electromyography and Kinesiology, 22(6):893-900.
93. Ryan ED, Herda TJ, Costa PB, Walter AA, **Cramer JT**†. (2012). Dynamics of viscoelastic creep during repeated stretches. Scandinavian Journal of Medicine and Science in Sports, 22(2):179-84.
94. Fukuda DH, Smith AE, Kendall KL, **Cramer JT**, Stout JR. (2012). An alternative approach to the Army Physical Fitness Test two-mile run using critical velocity and isoperformance curves. Military Medicine, 177(2):145-151.
95. Kendall KL, Fukuda DH, Smith AE, **Cramer JT**, Stout JR. (2012). Predicting maximal aerobic capacity (VO<sub>2</sub>max) from the critical velocity test in female collegiate rowers. Journal of Strength and Conditioning Research, 26(3):733-738.
96. Smith AE, Stout JR, Kendall KL, Fukuda DH, **Cramer JT**. (2012). Exercise-induced oxidative stress: the effects of β-alanine supplementation in women. Amino Acids, 43(1):77-90.
97. Fukuda DH, Smith AE, Kendall KL, Hetrick RP, Hames RL, **Cramer JT**, Stout JR. (2012). The reliability of the intermittent critical velocity test and assessment of critical rest interval in men and women. European Journal of Applied Physiology, 112(4):1197-1205.
98. Giovannetti JM, Bemben MG, Bemben DA, **Cramer JT**. (2012). Relationship between estimated aerobic fitness and injury rates among active duty at an Air Force base based upon two separate measures of estimated cardiovascular fitness. Military Medicine, 177(1):36-40.
99. Herda TJ, Costa PB, Walter AA, Ryan ED, Hoge KM, Kerksick CM, Stout JR, **Cramer JT**†. (2011). The effects of two modes of static stretching on muscle strength and stiffness. Medicine & Science in Sports & Exercise, 43(9):1777-1784.
100. Herda TJ, Walter AA, Costa PB, Ryan ED, Hoge KM, Stout JR, **Cramer JT**†. (2011). Percent voluntary inactivation and peak force predictions with the interpolated twitch technique in individuals with high ability of voluntary activation. Physiological Measurement, 32(10):1591-1603.
101. Herda TJ, Walter AA, Costa PB, Ryan ED, Stout JR, **Cramer JT**†. (2011). Differences in the log-transformed electromyographic-force relationships of the plantar flexors between high- and moderate-activated subjects. Journal of Electromyography and Kinesiology, 21(5):841-846.
102. Ryan ED, Thompson BJ, Herda TJ, Sobolewski EJ, Costa PB, Walter AA, **Cramer JT**†. (2011). The relationship between passive stiffness and evoked twitch properties: The influence of muscle CSA normalization. Physiological Measurement, 32(6):677-686.

103. Smith AE, Fukuda DH, Ryan ED, Kendall KL, **Cramer JT**, Stout J. (2011). Ergolytic/ergogenic effects of creatine on aerobic power. International Journal of Sports Medicine, 32(12):975-981.
104. Smith AE, Kendall KL, Fukuda DH, **Cramer JT**, Stout JR. (2011). Determination of aerobic and anaerobic performance: A methodological consideration. Physiological Measurement, 32(4):423-31.
105. Fukuda DH, Smith AE, Kendall KL, **Cramer JT**, Stout JR. (2011). The determination of critical rest interval from the intermittent critical velocity test in club-level collegiate hockey and rugby players. Journal of Strength and Conditioning Research, 25(4):889-895.
106. Moon, J.R., Stout, J.R., Walter, A.A., Smith, A.E., Stock, M.S., Herda, T.J., Sherk, V.D., Young, K.C., Lockwood, C.M., Kendall, K.L., Fukuda, D.H., Graef, J.L., **Cramer, J.T.**, Beck, T.W., and E.N. Esposito. (2011). Mechanical scale and load cell underwater weighing: A comparison of simultaneous measurements and the reliability of methods. Journal of Strength and Conditioning Research, 25(3):652-661.
107. Hartman, M.J., Ryan, E.D., **Cramer, J.T.**, and M.G. Bemben. (2011). The effects of fatigue of the plantar flexors on peak torque and voluntary activation in untrained and resistance-trained men. Journal of Strength and Conditioning Research, 25(2):527-532.
108. Lamont HS, **Cramer JT**, Bemben DA, Shehab RL, Anderson MA, Bemben MG. (2011). Effects of a 6-week periodized squat training with or without whole-body vibration upon short-term adaptations in squat strength and body composition. Journal of Strength and Conditioning Research, 25(7):1839-1848.
109. Walter, A.A., Smith, A.E., Kendall, K.L., Stout, J.R., and **J.T. Cramer†**. (2010). Six weeks of high-intensity interval training with and without beta-alanine supplementation for improving cardiovascular fitness in women. Journal of Strength and Conditioning Research, 24(5):1199-1207.
110. Herda, T.J., Ryan, E.D., Costa, P.B., Walter, A.A., Hoge, K.M., Uribe, B.P., McLagan, J.R., Stout, J.R., and **J.T. Cramer†**. (2010). Acute effects of passive stretching and vibration on the electromechanical delay and musculotendinous stiffness of the plantar flexors. Electromyography and Clinical Neurophysiology, 50(6):277-288.
111. Herda, T.J., Housh, T.J., Fry, A.C., Weir, J.P., Schilling, B.K., Ryan, E.D., and **J.T. Cramer†**. (2010). A noninvasive, log-transform method for fiber type discrimination using mechanomyography. Journal of Electromyography and Kinesiology, 20(5):787-794.
112. Costa, P.B. and **J.T. Cramer†**. (2010). Commentary on the behavior of the muscle-tendon unit during static stretching following unloading. International Journal of Therapy and Rehabilitation, 17(3):132-142.
113. Costa, P.B., Ryan, E.D., Herda, T.J., Walter, A.A., Hoge, K.M., and **J.T. Cramer†**. (2010). Acute effects of passive stretching on the electromechanical delay and evoked twitch properties. European Journal of Applied Physiology, 108(2):301-310.
114. Ryan, E.D., Herda, T.J., Costa, P.B., Walter, A.A., Hoge, K.M., Stout, J.R., and **J.T. Cramer†**. (2010). Viscoelastic creep in the human skeletal muscle-tendon unit. European Journal of Applied Physiology, 108(1):207-211.
115. Hoge, K.M., Ryan, E.D., Costa, P.B., Herda, T.J., Walter, A.A., Stout, J.R., and **J.T. Cramer†**. (2010). Gender differences in musculotendinous stiffness and range of motion following an acute bout of stretching. Journal of Strength and Conditioning Research, 24(10):2618-2626.
116. Kendall, K.L., Smith, A.E., Graef, J.L., Walter, A.A., Moon, J.R., Lockwood, C.M., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. (2010). Validity of electromyographic fatigue

- threshold as a noninvasive method for tracking changes in ventilatory threshold in college-aged men. Journal of Strength and Conditioning Research, 24(1):109-113.
117. DeFreitas, J.M., Beck, T.W., Stock, M.S., Dillon, M.A., Sherk, V.D., Stout, J.R., and **J.T. Cramer**. (2010). A comparison of techniques for estimating training-induced changes in muscle cross-sectional area. Journal of Strength and Conditioning Research, 24(9):2383-2389. Erratum in: Journal of Strength and Conditioning Research, 24(11):3194.
118. DeFreitas, J.M., Costa, P.B., Ryan, E.D., Herda, T.J., **Cramer, J.T.**, and T.W. Beck. (2010). Innervation zone location of the biceps brachii, a comparison between genders and correlation with anthropometric measurements. Journal of Electromyography and Kinesiology, 20(1):76-80.
119. Fukuda, D.H., Smith, A.E., Kendall, K.L., Dwyer, T.R., Kerksick, C.M., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. The effects of creatine loading and gender on anaerobic running capacity. Journal of Strength and Conditioning Research, 24(7):1826-1833.
120. Karabulut, M., **Cramer, J.T.**, Abe, T., Sato, Y., and M.G. Bemben. (2010). Neuromuscular fatigue following low-intensity dynamic exercise with externally applied vascular restriction. Journal of Electromyography and Kinesiology, 20(3):440-447.
121. Lockwood, C.M., Moon, J.R., Smith, A.E., Tobkin, S.E., Kendall, K.L., Graef, J.L., **Cramer, J.T.**, and J.R. Stout. (2010). Low-calorie energy drink improves physiological responses to exercise in previously sedentary men: a placebo-controlled efficacy and safety study. Journal of Strength and Conditioning Research, 24(8):2227-2238. Erratum (2010). Journal of Strength and Conditioning Research, 24(9):2574-2575.
122. Smith, A.E., Lockwood, C.M., Moon, J.R., Kendall, K.L., Fukuda, D.H., Tobkin, S.E., **Cramer, J.T.**, and J.R. Stout. (2010). Physiological effects of caffeine, epigallocatechin-3-gallate, and exercise in overweight and obese women. Applied Physiology Nutrition and Metabolism, 35(5):607-616.
123. Moon, J.R., Stout, J.R., Smith, A.E., Tobkin, S.E., Lockwood, C.M., Kendall, K.L., Graef, J.L., Fukuda, D.H., Costa, P.B., Stock, M.S., Young, K.C., Tucker, P.S., Kim, E., Herda, T.J., Walter, A.A., Ferguson, S.L., Sherk, V.D., and **J.T. Cramer**. (2010). Reproducibility and validity of bioimpedance spectroscopy for tracking changes in total body water: implications for repeated measurements. British Journal of Nutrition, 104(9):1384-1394.
124. Roberts MD, Dalbo VJ, Sunderland KL, Poole CN, Hassell SE, Bemben D, **Cramer JT**, Stout JR, Kerksick CM. (2010). IGF-1 splice variant and IGF-1 peptide expression patterns in young and old human skeletal muscle prior to and following sequential exercise bouts. European Journal of Applied Physiology, 110(5):961-969.
125. Lamont, H.S., **Cramer, J.T.**, Bemben, D.A., Shehab, R.L., Anderson, M.A., and M.G. Bemben. (2010). The acute effect of whole-body low-frequency vibration on countermovement vertical jump performance in college-aged men. Journal of Strength and Conditioning Research, 24(12):3433-3442.
126. Lamont, H.S., **Cramer, J.T.**, Bemben, D.A., Shehab, R.L., Anderson, M.A., and M.G. Bemben. (2010). Effects of adding whole body vibration to squat training on isometric force/time characteristics. Journal of Strength and Conditioning Research, 24(1):171-183.
127. Herda, T.J., Ryan, E.D., Smith, A.E., Walter, A.A., Stout, J.R., and **J.T. Cramer**†. (2009). Acute effects of passive stretching versus vibration on the neuromuscular function of the plantar flexors. Scandinavian Journal of Medicine & Science in Sport, 19(5):703-713.
128. Costa, P.B., Ryan, E.D., Herda, T.J., DeFreitas, J.M., Beck, T.W., and **J.T. Cramer**†. (2009). Effects of static stretching on the hamstrings-to-quadriceps ratio and

- electromyographic amplitude in men. Journal of Sports Medicine and Physical Fitness, 49(4):401-409.
129. Herda, T.J., Ryan, E.D., DeFreitas, J.M., Costa, P.B., Walter, A.A., Hoge, K.M., Weir, J.P., and **J.T. Cramer**†. (2009). Can recruiting rankings predict the success of NCAA division I football teams? An examination of the relationships among Rivals and Scouts recruiting rankings and Jeff Sagarin end-of-season rankings in collegiate football. Journal of Quantitative Analysis in Sports, 5(4):1-11.
130. Walter, A.A., Herda, T.J., Ryan, E.D., Costa, P.B., Hoge, K.M., Beck, T.W., Stout, J.R., and **J.T. Cramer**†. (2009). Acute effects of a thermogenic nutritional supplement on cycling time to exhaustion and muscular strength in college-aged men. Journal of the International Society of Sports Nutrition, 6:15.
131. Herda, T.J., Weir, J.P., Ryan, E.D., Walter, A.A., Costa, P.B., Hoge, K.M., Beck, T.W., Stout, J.R., and **J.T. Cramer**†. (2009). Reliability of absolute versus log-transformed regression models for examining the torque-related patterns of response for mechanomyographic amplitude. Journal of Neuroscience Methods, 179(2):240-246.
132. Ryan, E.D., Herda, T.J., Costa, P.B., DeFreitas, J.M., Beck, T.W., Stout, J.R., and **J.T. Cramer**†. (2009). Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. Journal of Sports Science, 27(9): 957-961.
133. Herda, T.J., Beck, T.W., Ryan, E.D., Smith, A.E., Walter, A.A., Hartman, M.J., Stout, J.R., and **J.T. Cramer**†. (2009). Effects of creatine monohydrate and polyethylene glycosylated creatine supplementation on muscular strength, endurance, and power output. Journal of Strength and Conditioning Research, 23(3):818-826.
134. Ryan, E.D., Beck, T.W., Herda, T.J., Smith, A.E., Walter, A.A., Stout, J.R., and **J.T. Cramer**†. (2009). Acute effects of a thermogenic nutritional supplement on energy expenditure and cardiovascular function at rest, during low-intensity exercise, and recovery from exercise. Journal of Strength and Conditioning Research, 23(3):807-817.
135. Herda, T.J., Housh, T.J., Weir, J.P., Ryan, E.D., Costa, P.B., DeFreitas, J.M., Walter, A.A., Stout, J.R., Beck, T.W., and **J.T. Cramer**†. (2009). The consistency of ordinary least-squares and generalized least-squares polynomial regression on characterizing the mechanomyographic amplitude versus torque relationship. Physiological Measurement, 30(2): 115-128.
136. Ryan, E.D., Herda, T.J., Costa, P.B., DeFreitas, J.M., Beck, T.W., Stout, J.R., and **J.T. Cramer**†. (2009). Passive properties of the muscle-tendon unit: The influence of muscle cross-sectional area. Muscle & Nerve, 39(2): 227-229.
137. Costa, P.B., Ryan, E.D., Herda, T.J., DeFreitas, J.M., Beck, T.W., and **J.T. Cramer**†. (2009). Effects of stretching on peak torque and the H:Q ratio. International Journal of Sports Medicine, 30(1): 60-65.
138. Smith, A.E., Moon, J.R., Kendall, K.L., Graef, J.L., Lockwood, C.M., Walter, A.A., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. (2009). The effects of beta-alanine supplementation and high-intensity interval training on neuromuscular fatigue and muscle function. European Journal of Applied Physiology, 105(3): 357-363.
139. Moon, J.R., Eckerson, J.M., Tobkin, S.E., Smith, A.E., Lockwood, C.M., Walter, A.A., **Cramer, J.T.**, Beck, T.W., and J.R. Stout. (2009). Estimating body fat in NCAA Division I female athletes: a five-compartment model validation of laboratory methods. European Journal of Applied Physiology, 105(1): 119-130.
140. Graef, J.L., Smith, A.E., Kendall, K.L., Fukuda, D.H., Moon, J.R., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. (2009). The effects of four weeks of creatine supplementation and



- high-intensity interval training on cardiorespiratory fitness: a randomized controlled trial. Journal of the International Society of Sports Nutrition, 6:18.
141. Beck, T.W., Housh, T.J., Fry, A.C., **Cramer, J.T.**, Weir, J.P., Schilling, B.K., Falvo, M.J., and C.A. Moore. (2009). An examination of the relationships among myosin heavy chain isoform content, isometric strength, and mechanomyographic median frequency. Journal of Strength and Conditioning Research, 23(9):2683-2688.
  142. Kendall, K.L., Smith, A.E., Graef, J.L., Fukuda, D.H., Moon, J.R., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. (2009). Effects of four weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college-aged men. Journal of Strength and Conditioning Research, 23(6):1663-1669.
  143. Beck, T.W., Housh, T.J., Fry, A.C., **Cramer, J.T.**, Weir, J.P., Schilling, B.K., Falvo, M.J., and C.A. Moore. (2009). Wavelet-based analysis of surface mechanomyographic signals from subjects with differences in myosin heavy chain isoform content. Electromyography and Clinical Neurophysiology, 49(4):167-175.
  144. Moon, J.R., Tobkin, S.E., Smith, A.E., Lockwood, C.M., Walter, A.A., **Cramer, J.T.**, Beck, T.W., and J.R. Stout. (2009). Anthropometric estimations of percent body fat in NCAA Division I female athletes: a 4-compartment model validation. Journal of Strength and Conditioning Research, 23(4):1068-1076.
  145. Moon, J.R., Smith, A.E., Tobkin, S.E., Lockwood, C.M., Kendall, K.L., Graef, J.L., Roberts, M.D., Dalbo, V.J., Kerksick, C.M., **Cramer, J.T.**, Beck, T.W., and J.R. Stout. (2009). Total body water changes after an exercise intervention tracked using bioimpedance spectroscopy: a deuterium oxide comparison. Clinical Nutrition, 28(5):516-525.
  146. Beck, T.W., Housh, T.J., Fry, A.C., **Cramer, J.T.**, Weir, J.P., Schilling, B.K., Falvo, M.J., and C.A. Moore. (2009). MMG-EMG cross spectrum and muscle fiber type. International Journal of Sports Medicine, 30(7):538-544.
  147. Beck, T.W., DeFreitas, J.M., **Cramer, J.T.**, and J.R. Stout. (2009). A comparison of adaptive and notch filtering for removing electromagnetic noise from monopolar surface electromyographic signals. Physiological Measurement, 30(4):353-361.
  148. Smith, A.E., Walter, A.A., Graef, J.L., Kendall, K.L., Moon, J.R., Lockwood, C.M., Fukuda, D.H., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. (2009). Effects of beta-alanine supplementation and high-intensity interval training on endurance performance and body composition in men: a double-blind trial. Journal of the International Society of Sports Nutrition, 6:5.
  149. Beck, T.W., Housh, T.J., Fry, A.C., **Cramer, J.T.**, Weir, J.P., Schilling, B.K., Falvo, M.J., and C.A. Moore. (2009). A wavelet-based analysis of surface mechanomyographic signals from the quadriceps femoris. Muscle and Nerve, 39(3):355-363.
  150. Beck, T.W., Housh, T.J., **Cramer, J.T.**, Stout, J.R., Ryan, E.D., Herda, T.J., Costa, P.B., and J.M. DeFreitas. (2009). Electrode placement over the innervation zone affects the low-, not the high-frequency portion of the EMG frequency spectrum. Journal of Electromyography and Kinesiology, 19(4):660-666.
  151. Beck, T.W., Housh, T.J., **Cramer, J.T.**, and J.P. Weir. (2009). The effects of interelectrode distance over the innervation zone and normalization on the electromyographic amplitude and mean power frequency versus concentric, eccentric, and isometric torque relationships for the vastus lateralis muscle. Journal of Electromyography and Kinesiology, 19(2):219-231.

152. Ryan, E.D., Beck, T.W., Herda, T.J., Hartman, M.J., Stout, J.R., Housh, T.J., and **J.T. Cramer**†. (2008). Mechanomyographic amplitude and mean power frequency responses during isometric ramp vs. step muscle actions. Journal of Neuroscience Methods, 168(2):293-305.
153. Herda, T.J., **Cramer, J.T.**†, Ryan E.D., McHugh, M.P., and J.R. Stout. (2008). Acute effects of static versus dynamic stretching on isometric peak torque, electromyography, and mechanomyography of the biceps femoris muscle. Journal of Strength and Conditioning Research, 22(3): 809-817.
154. Herda, T.J., Ryan, E.D., Beck, T.W., Costa, P.B., DeFreitas, J.M., and **J.T. Cramer**†. (2008). Reliability of mechanomyographic amplitude and mean power frequency during isometric step and ramp muscle actions. Journal of Neuroscience Methods, 171(1): 104-109.
155. Herda, T.J., Ryan, E.D., Stout, J.R., and **J.T. Cramer**†. (2008). Effects of a commercially-available supplement designed to increase ATP levels on muscle strength, power output, and endurance. Journal of the International Society of Sports Nutrition, 5(1):3.
156. Ryan, E.D., Beck, T.W., Herda, T.J., Hull, H.R., Hartman, M.J., Costa, P.B., DeFreitas, J.M., Stout, J.R., and **J.T. Cramer**†. (2008). The time course of musculotendinous stiffness responses following different durations of passive stretching. Journal of Orthopedic and Sports Physical Therapy, 38(10): 632-639.
157. Ryan, E.D., Beck, T.W., Herda, T.J., Hull, H.R., Hartman, M.J., Stout, J.R., and **J.T. Cramer**†. (2008). Do practical duration of stretching alter muscle strength? A dose-response study. Medicine & Science in Sports & Exercise, 40(8): 1529-1537.
158. Ryan, E.D, **Cramer, J.T.**†, Egan, A.D., Hartman, M.J., and T.J. Herda. (2008). Time and frequency domain responses of the mechanomyogram and electromyogram during isometric ramp contractions: a comparison of the short-time Fourier and continuous wavelet transforms. Journal of Electromyography and Kinesiology, 18(1): 54-67.
159. Walter, A.A., A.E. Smith, T.J. Herda, E.D. Ryan, J.R. Moon, **J.T. Cramer**, and J.R. Stout. (2008). Effects of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged men. International Journal of Sports Nutrition and Exercise Metabolism, 18(2): 142-151.
160. Mitchell, S.M., Trowbridge, C.A., Fincher, A.L., and **J.T. Cramer**†. (2008). Effect of diathermy on muscle temperature, electromyography, and mechanomyography. Muscle & Nerve, 38(2): 992-1004.
161. DeFreitas, J.M., Costa, P.B., Ryan, E.D., Herda, T.J., **Cramer, J.T.**, and T.W. Beck. (2008). An examination of innervations zone movement with increases in isometric torque production. Clinical Neurophysiology, 119(2): 2795-2799.
162. Stout, J.R., Graves, B.S., Smith, A.E., Hartman, M.J., **Cramer, J.T.**, Beck, T.W., and R.C. Harris. (2008). The effect of beta-alanine supplementation on neuromuscular fatigue in elderly (55-92 Years): a double-blind randomized study. Journal of the International Society of Sports Nutrition, 5: 21.
163. Moon, J.R., Tobkin, S.E., Smith, A.E., Roberts, M.D., Ryan, E.D., Dalbo, V.J., Lockwood, C.M., Walter, A.A., **Cramer, J.T.**, Beck, T.W., and J.R. Stout. (2008). Percent body fat estimations in college men using field and laboratory methods: A three-compartment model approach. Dynamic Medicine, 7: 7.
164. Moon, J.R., Tobkin, S.E., Roberts, M.D., Dalbo, V.J., Kerksick, C.M., Bemben, M.G., **Cramer, J.T.**, and J.R. Stout. (2008). Total body water estimations in healthy men and

- women using bioimpedance spectroscopy: a deuterium oxide comparison. Nutrition and Metabolism (Lond), 5: 7.
165. Graef, J.L., Smith, A.E., Kendall, K.L., Walter, A.A., Moon, J.R., Lockwood, C.M., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. (2008). The relationships among endurance performance measures as estimated from  $VO_{2PEAK}$ , ventilatory threshold, and electromyographic fatigue threshold: a relationship design. Dynamic Medicine, 7: 15.
166. Hendrix, C.R., Bull, A.J., Housh, T.J., Rana, S.R., **Cramer, J.T.**, Beck, T.W., Weir, J.P., Malek, M.H., and M. Mielke. (2008). The effect of pedaling cadence and power output on mechanomyographic amplitude and mean power frequency during submaximal cycle ergometry. Electromyography and Clinical Neurophysiology, 48(5): 195-201.
167. Beck, T.W., Housh, T.J., **Cramer, J.T.**, Malek, M.H., Mielke, M., Hendrix, R., and J.P. Weir. (2008). Electrode shift and normalization reduce the innervations zone's influence on EMG. Medicine & Science in Sports & Exercise, 40(7): 1314-1322.
168. Beck, T.W., Housh, T.J., Fry, A.C., **Cramer, J.T.**, Weir, J.P., Schilling, B.K., Falvo, M.J., and C.A. Moore. (2008). The influence of myosin heavy chain isoform composition and training status on the patterns of responses for mechanomyographic amplitude versus isometric torque. Journal of Strength and Conditioning Research, 22(3): 818-825.
169. Beck, T.W., Housh, T.J., **Cramer, J.T.**, Malek, M.H., Mielke, M., and R. Hendrix. (2008). The effects of the innervation zone and interelectrode distance on the patterns of responses for electromyographic amplitude and mean power frequency versus isometric torque for the vastus lateralis muscle. Electromyography and Clinical Neurophysiology, 48(1): 13-25.
170. Beck, T.W., Housh, T.J., **Cramer, J.T.**, Mielke, M., and R. Hendrix. (2008). The influence of electrode shift over the innervation zone and normalization on the electromyographic amplitude and mean power frequency versus isometric torque relationships for the vastus medialis muscle. Journal of Neuroscience Methods, 169(1): 100-108.
171. Lockwood, C.M., J.R. Moon, S.E. Tobkin, A.A. Walter, A.E. Smith, V.J. Dalbo, **J.T. Cramer**, and J.R. Stout. (2008). Ad libitum diet plus minimal nutrition intervention with meal replacement improves body composition and exercise benefits in overweight adults: a randomized controlled trial. Nutrition and Metabolism (London), 5: 11.
172. **Cramer, J.T.\***, Housh, T.J., Johnson, G.O., Weir, J.P., Beck, T.W., and J.W. Coburn. (2007). An acute bout of static stretching does not affect maximal, eccentric isokinetic peak torque, work, mean power, electromyography, or mechanomyography. Journal of Orthopaedic & Sports Physical Therapy, 37(3): 130-139.
173. **Cramer, J.T.\***, Beck, T.W., Housh, T.J., Massey, L.L., Marek, S.M., Dangelmaier, S.M., Purkayastha, S., Culbertson, J.Y., and K.A. Fitz. (2007). Acute effects of static stretching on the isokinetic angle-torque relationship, electromyography, and mechanomyography. Journal of Sports Science, 25(6): 687-698.
174. **Cramer, J.T.\***, Stout, J.R., Culbertson, J.Y., and A.D. Egan. (2007). Effects of creatine supplementation and three days of resistance training on muscle strength, power output, and neuromuscular function. Journal of Strength and Conditioning Research, 21(3): 668-677.
175. Stout, J.R., **Cramer, J.T.**, Zoeller, R.F., Torok, D., Costa, P., Harris, R.C., and J. O'Kroy. (2007). Effects of  $\beta$ -alanine supplementation on the onset of neuromuscular fatigue and ventilatory threshold in women. Amino Acids, 32(3): 381-386.
176. Smith, A.E., Walter, A.A., Herda, T.J., Ryan, E.D., Moon, J.R., **Cramer, J.T.**, and J.R. Stout. (2007). Effects of creatine loading on electromyographic fatigue threshold during

- cycle ergometry in college-aged women. Journal of the International Society of Sports Nutrition, 4(1): 20.
177. Moon, J.R., Hull, H.R., Tobkin, S.E., Teramoto, M., Karabulut, M., Roberts, M.D., Ryan, E.D., Kim, S.J., Dalbo, V.J., Walter, A.A., Smith, A.E., **Cramer, J.T.**, and J.R. Stout. (2007). Percent body fat estimations in college women using field and laboratory methods: a three-compartment model approach. Journal of the International Society of Sports Nutrition, 4(1): 16.
178. Beck, T.W., Housh, T.J., Mielke, M., **Cramer, J.T.**, Weir, J.P., Malek, M.H., and G.O. Johnson. (2007). The influence of electrode placement over the innervation zone on electromyographic amplitude and mean power frequency versus isokinetic torque relationships. Journal of Neuroscience Methods, 162(1-2): 72-83.
179. Beck, T.W., Housh, T.J., Johnson, G.O., Coburn, J.W., Malek, M.H., and **J.T. Cramer**. (2007). Effects of a drink containing creatine-, amino acid-, and protein combined with ten weeks of resistance training on body composition, strength, and anaerobic performance. Journal of Strength and Conditioning Research, 21(1): 100-104.
180. Ryan, E.D., **Cramer, J.T.**†, Housh, T.J., Beck, T.W., Herda, T.J., Hartman, M.J., and J.R. Stout. (2007). Inter-individual variability among the mechanomyographic and electromyographic amplitude and mean power frequency responses during isometric ramp muscle actions. Electromyography and Clinical Neurophysiology, 47(3): 161-173.
181. Ryan, E.D., **Cramer, J.T.**†, Housh, T.J., Beck, T.W., Herda, T.J., and M.J. Hartman. (2007). Inter-individual variability in the torque-related patterns of response for mechanomyographic amplitude and mean power frequency. Journal of Neuroscience Methods, 161(2): 212-219.
182. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., Malek, M.H., and M. Mielke. (2007). Effects of two days of isokinetic training on strength and electromyographic amplitude in the agonist and antagonist muscles. Journal of Strength and Conditioning Research, 21(3): 757-762.
183. Beck, T.W., Housh, T.J., **Cramer, J.T.**, Malek, M.H., Mielke, M., Hendrix, R., and J.P. Weir. (2007). A comparison of monopolar and bipolar recording techniques for examining the patterns of responses for electromyographic amplitude and mean power frequency versus isometric torque for the vastus lateralis muscle. Journal of Neuroscience Methods, 166(2): 159-167.
184. Beck, T.W., Housh, T.J., Fry, A.C., **Cramer, J.T.**, Weir, J.P., Schilling, B.K., Falvo, M.J., and C.A. Moore. (2007). The influence of muscle fiber type composition on the patterns of responses for electromyographic and mechanomyographic amplitude and mean power frequency during a fatiguing submaximal isometric muscle action. Electromyography and Clinical Neurophysiology, 47(4-5): 221-232.
185. Beck, T.W., Housh, T.J., **Cramer, J.T.**, and J.P. Weir. (2007). The effect of the estimated innervation zone on EMG amplitude and center frequency. Medicine & Science in Sports & Exercise, 39(8): 1282-1290.
186. Stout, J.R., Graves, B.S., **Cramer, J.T.**, Goldstein, E.R., Costa, P.B., Smith, A.E., and A.A. Walter. (2007). Effects of creatine supplementation on the onset of neuromuscular fatigue threshold and muscle strength in elderly men and women (64 – 86 years). Journal of Nutrition, Health, and Aging, 11(6): 459-464.
187. Beck, T.W., Housh, T.J., Johnson, G.O., **Cramer, J.T.**, Weir, J.P., Coburn, J.W., and M.H. Malek. (2007). Does the frequency content of the surface mechanomyographic signal

- reflect motor unit firing rates? A brief review. Journal of Electromyography and Kinesiology, 17(1): 1-13.
188. Egan, A.D., **Cramer, J.T.**†, Massey, L.L., and S.M. Marek. (2006). Acute effects of static stretching on muscle strength and power output in Division I Women's Basketball players. Journal of Strength and Conditioning Research, 20(4): 778-782.
189. Karabulut, M., **Cramer, J.T.**, Ryan, E.D., Anderson, R.L., Hull, H., Abe, T., and M.G. Bemben. (2006). Effects of KAATSU on muscular function during isometric exercise. International Journal of KAATSU Training Research, 2: 19-28.
190. **Cramer, J.T.**\*, Housh, T.J., Weir, J.P., Johnson, G.O., Coburn, J.W., and T.W. Beck. (2006). Acute effects of static stretching on maximal eccentric force production in women. Journal of Strength and Conditioning Research, 20(2): 354-358.
191. **Cramer, J.T.**\*, Beck, T.W., and A.D. Egan. (2006). Flexibility Roundtable. Strength and Conditioning Journal, 28(2): 64 – 85.
192. Stout, J.R., **Cramer, J.T.**, Mielke, M., O'Kroy, J., Torok, D., and R.F. Zoeller, R.F. (2006). Effects of twenty-eight days of beta-alanine and creatine monohydrate supplementation on the physical working capacity at neuromuscular fatigue threshold. Journal of Strength and Conditioning Research, 20(4): 928-931.
193. Coburn, J.W., Housh, D.J., Housh, T.J., Malek, M.H., Weir, J.P., **Cramer, J.T.**, Beck, T.W., and G.O. Johnson. (2006). Neuromuscular responses to three days of velocity-specific isokinetic training. Journal of Strength and Conditioning Research, 20(4): 892-898.
194. Richardson, M.S., **Cramer, J.T.**, Bemben, D.A., Shehab, R.L., and M.G. Bemben. (2006). Effects of age and ACL reconstruction on quadriceps gamma loop function. Journal of Geriatric Physical Therapy, 29(1): 28-34.
195. Purkayastha, S., **Cramer, J.T.**†, Trowbridge, C.A., Fincher, A.L., and S.M. Marek. (2006). Surface electromyographic amplitude-to-work ratios during isokinetic and isotonic muscle actions. Journal of Athletic Training, 41(3): 314-320.
196. Weir, J.P., Beck, T.W., **Cramer, J.T.**, and T.J. Housh. (2006). Is fatigue all in your head? A critical review of the central governor model. British Journal of Sports Medicine, 40(7): 573-586.
197. Beck, T.W., Housh, T.J., Johnson, G.O., **Cramer, J.T.**, Weir, J.P., Coburn, J.W., and Malek, M.H. (2006). Electromyographic instantaneous amplitude and instantaneous mean power frequency patterns across a range of motion during a concentric isokinetic muscle action of the biceps brachii. Journal of Electromyography and Kinesiology, 16(5): 531-539.
198. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., and Malek, M.H. (2006). Comparison of a piezoelectric contact sensor and an accelerometer for examining mechanomyographic amplitude and mean power frequency versus torque relationships during isokinetic and isometric muscle actions of the biceps brachii. Journal of Electromyography and Kinesiology, 16(4): 324-335.
199. Beck, T.W., Housh, T.J., Weir, J.P., Cramer, J.T., Vardaxis, V., Johnson, G.O., Coburn, J.W., Malek, M.H., and M. Mielke. (2006). An examination of the Runs Test, Reverse Arrangements Test, and modified Reverse Arrangements Test for assessing surface EMG signal stationarity. Journal of Neuroscience Methods, 156(1-2): 242-248.
200. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., and Malek, M.H. (2006). Mechanomyographic and electromyographic responses during submaximal to maximal eccentric isokinetic muscle actions of the biceps brachii. Journal of Strength and Conditioning Research, 20(1): 184-191.

201. Coburn, J.W., Housh, T.J., Malek, M.H., Weir, J.P., **Cramer, J.T.**, Beck, T.W., and G.O. Johnson. (2006). Mechanomyographic and electromyographic responses to eccentric muscle actions. Muscle & Nerve, 33(5): 664-71.
202. Coburn, J.W., Housh, D.J., Housh, T.J., Malek, M.H., Beck, T.W., **Cramer, J.T.**, Johnson, G.O, and P.E. Donlin. (2006). Effects of leucine and whey protein supplementation during 8 weeks of unilateral resistance training. Journal of Strength and Condition Research, 20(2): 284-291.
203. **Cramer, J.T.\***, Housh, T.J., Weir, J.P., Johnson, G.O., Coburn, J.W., and T.W. Beck. (2005). The acute effects of static stretching on peak torque, mean power output, electromyography, and mechanomyography. European Journal of Applied Physiology, 93(5-6): 530-539.
204. Beck, T.W., Housh, T.J., **Cramer, J.T.**, Weir, J.P., Johnson, G.O., Coburn, J.W., and M.H. Malek. (2005). Mechanomyographic amplitude and frequency responses during dynamic muscle actions: a comprehensive review. Biomedical Engineering Online, 4(1): 67 (19 Dec).
205. Marek, S.M., **Cramer, J.T.†**, Fincher, A.L., Massey, L.L., Dangelmaier, S.M., Purkayastha, S., Fitz, K.A., and J.Y. Culbertson. (2005). Acute effects of static and proprioceptive neuromuscular facilitation stretching on muscle strength and power output. Journal of Athletic Training, 40(2): 94-103.
206. Coburn, J.W., Housh, T.J., **Cramer, J.T.**, Weir, J.P., Miller, J.M., Beck, T.W., Malek, M.H., and G.O. Johnson. (2005). Mechanomyographic and electromyographic responses of the vastus medialis muscle during isometric and concentric muscle actions. Journal of Strength and Conditioning Research, 19(2): 412-420.
207. Beck, T.W., Housh, T.J., Johnson, G.O., **Cramer, J.T.**, Weir, J.P., Coburn, J.W., and M.H. Malek. (2005). Comparison of the fast Fourier transform and continuous wavelet transform for examining mechanomyographic frequency versus eccentric torque relationships. Journal of Neuroscience Methods, 150(1): 59-66.
208. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., and M.H. Malek. (2005). The effects of interelectrode distance on electromyographic amplitude and mean power frequency during isokinetic and isometric muscle actions of the biceps brachii. Journal of Electromyography and Kinesiology, 15(5): 482-495.
209. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., and M.H. Malek. (2005). Comparison of Fourier and wavelet transform procedures for examining mechanomyographic and electromyographic frequency versus isokinetic torque relationships. Electromyography and Clinical Neurophysiology, 45(2): 93-103.
210. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., and Malek, M.H. (2004). Mechanomyographic and electromyographic amplitude and frequency responses during fatiguing isokinetic muscle actions of the biceps brachii. Electromyography and Clinical Neurophysiology, 44(7): 431-441.
211. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., and Malek, M.H. (2005). Gender comparisons of the mechanomyographic amplitude and mean power frequency versus isometric torque relationships. Journal of Applied Biomechanics, 21(1): 96-109.
212. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., and Malek, M.H. (2005). Comparison of Fourier and wavelet transform procedures for examining the mechanomyographic and electromyographic frequency domain responses

- during fatiguing isokinetic muscle actions of the biceps brachii. Journal of Electromyography and Kinesiology, 15(2): 190-199.
213. Coburn, J.W., Housh, T.J., Weir, J.P., Malek, M.H., **Cramer, J.T.**, Beck, T.W., & Johnson, G.O. (2004). MMG responses of the vastus medialis to isometric and eccentric muscle actions. Medicine & Science in Sports & Exercise, 36(11): 1916-1922.
214. **Cramer, J.T.\***, Housh, T.J., Johnson, G.O., Miller, J.M., Coburn, J.W., and Beck, T.W. (2004). The acute effects of static stretching on peak torque in women. Journal of Strength and Conditioning Research, 18(2): 236-241.
215. **Cramer, J.T.\***, Housh, T.J., Weir, J.P., Johnson, G.O., Berning, J.M., Perry, S.R., and Bull, A.J. (2004). Gender, muscle, and velocity comparisons of mechanomyographic and electromyographic responses during isokinetic muscle actions. Scandinavian Journal of Medicine and Science in Sports, 14(2): 116-127.
216. **Cramer, J.T.\***, Housh, T.J., Weir, J.P., Ebersole, K.T., Perry-Rana, S.R., Bull, A.J., and Johnson, G.O. (2003). Cross-correlation analyses of mechanomyographic signals from the superficial quadriceps femoris muscles during concentric and eccentric isokinetic muscle actions. Electromyography and Clinical Neurophysiology, 43(5): 293-300.
217. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., and Malek, M.H. (2004). Mechanomyographic and electromyographic time and frequency domain responses during submaximal to maximal isokinetic muscle actions of the biceps brachii. European Journal of Applied Physiology, 92: 352-359.
218. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., and Malek, M.H. (2004). Mechanomyographic amplitude and mean power frequency versus torque relationships during isokinetic and isometric muscle actions of the biceps brachii. Journal of Electromyography and Kinesiology, 14: 555-564.
219. Coburn, J.W., Housh, T.J., **Cramer, J.T.**, Weir, J.P., Miller, J.M., Beck, T.W., Malek, M.H., & Johnson, G.O. (2004). Mechanomyographic time and frequency domain responses of the vastus medialis muscle during submaximal to maximal isometric and isokinetic muscle actions. Electromyography and Clinical Neurophysiology, 44(4): 247-255.
220. Housh, T.J., Johnson, G.O., Housh, D.J., **Cramer, J.T.**, Eckerson, J.M., Stout, J.R., Bull, A.J., and Rana, S.R. (2004). Accuracy of near-infrared interactance instruments and population-specific equations for estimating body composition in young wrestlers. Journal of Strength and Conditioning Research, 18(3): 556-560.
221. Perry-Rana, S.R., Housh, T.J., Johnson, G.O., Bull, A.J., and **Cramer, J.T.** (2003). MMG and EMG responses during 25 maximal, eccentric, isokinetic muscle actions. Medicine & Science in Sports & Exercise, 35(12): 2048-2054.
222. Miller, J.M., Housh, T.J., Coburn, J.W., **Cramer, J.T.**, and Johnson, G.O. (2004). A proposed test for determining physical working capacity at the oxygen consumption threshold (PWC<sub>V02</sub>). Journal of Strength and Conditioning Research, 18(3): 618-624.
223. **Cramer, J.T.\***, Housh, T.J., Weir, J.P., Johnson, G.O., Berning, J.M., Perry, S.R., and Bull, A.J. (2002). Mechanomyographic and electromyographic amplitude and frequency responses from the superficial quadriceps femoris muscles during maximal, eccentric isokinetic muscle actions. Electromyography and Clinical Neurophysiology, 42(5): 337-346.
224. Perry, S.R., Housh, T.J., Johnson, G.O., Bull, A.J., Berning, J.M., and **Cramer, J.T.** (2002). MMG and EMG responses during fatiguing isokinetic muscle actions at different velocities. Muscle and Nerve, 26: 367-378.

225. **Cramer, J.T.\***, Housh, T.J., Evetovich, T.K., Johnson, G.O., Ebersole, K.T., Perry, S.R., and A.J. Bull. (2002). The relationships among peak torque, mean power output, mechanomyography, and electromyography in males and females during maximal, eccentric isokinetic muscle actions. European Journal of Applied Physiology, 86(3): 226-232.
226. **Cramer, J.T.\***, Housh, T.J., Weir, J.P., Johnson, G.O., Ebersole, K.T., Perry, S.R., and A.J. Bull. (2002). Power output, mechanomyographic, and electromyographic responses to maximal, concentric isokinetic muscle actions in males and females. Journal of Strength and Conditioning Research, 16(3): 399-408.
227. Ebersole, K.T., Housh, T.J., Johnson, G.O., Perry, S.R., Bull, A.J., and **J.T. Cramer**. (2002). Mechanomyographic and electromyographic responses to unilateral isometric training. Journal of Strength and Conditioning Research, 16(2): 192-201.
228. Housh, T.J., **Cramer, J.T.**, Bull, A.J., Johnson, G.O., and Housh, D.J. (2001). The effect of mathematical modeling on critical velocity. European Journal of Applied Physiology, 84(5):469-475.
229. **Cramer, J.T.\***, Housh, T.J., Johnson, G.O., Ebersole, K.T., Perry, S.R., and Bull, A.J. (2000). Mechanomyographic amplitude and mean power output during maximal, concentric isokinetic muscle actions. Muscle & Nerve, 23:1826-1831.
230. **Cramer, J.T.\***, Housh, T.J., Johnson, G.O., Ebersole, K.T., Perry, S.R., and Bull, A.J. (2000). Mechanomyographic and electromyographic responses of the superficial muscles of the quadriceps femoris during maximal concentric isokinetic muscle actions. Isokinetics and Exercise Science, 8:109-117.
231. Stout, J.R., Eckerson, J., Ebersole, K.T., Moore, G., Perry, S.R., Housh, T.J., Bull, A.J., **Cramer, J.T.**, and A. Batheja. (2000). The effect of creatine loading on neuromuscular fatigue threshold. Journal of Applied Physiology, 88:109-112.

#### **Research Abstracts and Presentations:**

1. Gillen ZM, Shoemaker ME, Bohannon NA, Gibson SM, **Cramer JT†**. Comparisons of torque, power, and neuromuscular function during isokinetic muscle actions in children versus adolescents. Accepted for presentation at the National Strength and Conditioning Association National Conference in Las Vegas, NV, as a Poster presentation. July 2020. *\*Meeting cancelled due to COVID-19.*
2. Shoemaker ME, Gillen ZM, Bohannon NA, Gibson SM, **Cramer JT†**. Vastus lateralis muscle oxygenation measured by near-infrared spectroscopy during voluntary isometric leg extension muscle actions. Accepted for presentation at the National Strength and Conditioning Association National Conference in Las Vegas, NV, as a Poster presentation. July 2020. *\*Meeting cancelled due to COVID-19.*
3. Gillen ZM, Shoemaker ME, Bohannon NA, Gibson SM, **Cramer JT†**. Strength and power as indicators of differences in fiber type contributions in children and adolescents. Accepted for presentation at the Annual Meeting of the American College of Sports Medicine in San Francisco, CA, as a Thematic Poster presentation. May 2020. Medicine and Science in Sports and Exercise, 52(5): S196, 2020. *\*Meeting cancelled due to COVID-19.*
4. Shoemaker ME, Gillen ZM, Bohannon NA, Gibson SM, **Cramer JT†**. Vastus lateralis muscle oxygenation measured by near-infrared spectroscopy during voluntary isometric leg extension muscle actions. Accepted for presentation at the Annual Meeting of the American College of Sports Medicine in San Francisco, CA, as a Thematic Poster presentation. May



2020. *Medicine and Science in Sports and Exercise*, 52(5): S123, 2020. \*Meeting cancelled due to COVID-19.
5. Bohannon NA, Gillen ZM, Shoemaker ME, Gibson SM, **Cramer JT**†. Effects of eccentric pre-loading on vertical jump performance in 9-17-year-old female athletes. Accepted for presentation at the Annual Meeting of the American College of Sports Medicine in San Francisco, CA, as a Poster presentation. May 2020. *Medicine and Science in Sports and Exercise*, 52(5): S197, 2020. \*Meeting cancelled due to COVID-19.
  6. Mustad VA, Pereira S, Lopez JM, Gillen ZM, Shoemaker ME, **Cramer JT**†. Impaired metabolic flexibility in sarcopenic men and women. 10<sup>th</sup> International Conference on Frailty & Sarcopenia Research (ICFSR), Toulouse, France; Online poster presentation (P261) on March 12, 2020. *Journal of Frailty & Aging*, 9(Suppl 1): S164, 2020.
  7. Gillen ZM, Shoemaker ME, McKay BD, Bohannon NA, Gibson SM, **Cramer JT**†. Peak torque, but not rate of torque development, explains unique variability in growth measurements in boys and girls. Presented at the National Strength & Conditioning Association National Conference in Washington D.C., as a Poster presentation. July 2019.
  8. Shoemaker ME, Gillen ZM, McKay BD, Bohannon NA, Gibson SM, **Cramer JT**†. Vertical jump power differences in male and female high school athletes can be accounted for by height and muscle-mass related variables. Presented at the National Strength & Conditioning Association National Conference in Washington D.C., as a Poster presentation. July 2019.
  9. Shoemaker ME, Gillen ZM, McKay BD, Bohannon NA, Mendez AI, **Cramer JT**†. Effects of an online sports nutrition curriculum on biomarkers of iron status in youth athletes. Presented at the Annual Meeting of the American College of Sports Medicine in Orlando, FL, as a Thematic Poster presentation. June 2019. *Medicine and Science in Sports and Exercise*, 49(5): S702, 2019.
  10. Gillen ZM, Shoemaker ME, McKay BD, Bohannon NA, Mendez AI, Jahn LE, **Cramer JT**†. Effects of arm swing and overhead target on vertical jump performance in children and adolescents. Presented at the Annual Meeting of the American College of Sports Medicine in Orlando, FL, as a Thematic Poster presentation. May 2019. *Medicine and Science in Sports and Exercise*, 49(5): S482, 2019.
  11. Shoemaker ME, Gillen ZM, McKay BD, Bohannon NA, Gibson SM, **Cramer JT**†. Does online sports nutrition education improve athletic performance in high school athletes? Presented at the Annual Symposium of Sports, Cardiovascular, and Wellness Nutrition (SCAN) in Phoenix, AZ, as a Poster presentation. April 2019.
  12. McKay BD, **Cramer JT**†, Gillen ZM, Shoemaker ME. Determining the relationships between maturity offset and sprint performance in female youth athletes. NSCA National Conference, Indianapolis, ID, July 15, 2018. *J Strength Cond Res*, *in press*.
  13. Gillen ZM, Shoemaker ME, McKay BD, **Cramer JT**†. Magnitudes of Differences Between High School and Professional American Football Recruiting Combine Scores. NSCA National Conference, Indianapolis, ID, July 15, 2018. *J Strength Cond Res*, *in press*.
  14. Shoemaker ME, Gillen ZM, McKay BD, Koehler K, **Cramer JT**†. Iron Status in Adolescent Athletes: Influences of Gender and Sport Participation. NSCA National Conference, Indianapolis, ID, July 15, 2018. *J Strength Cond Res*, *in press*.
  15. Mendez AI, Bohannon NA, Gillen ZM, Jahn LE, McKay BD, Shoemaker ME, **Cramer JT**†. Comparison of Smartphone Accelerometer with Force Plates for Use with Vertical Jump. University of Nebraska-Lincoln Spring Research Fair. 2018.

16. Bohannon NA, Gillen ZM, Mendez AI, Jahn LE, McKay BD, Shoemaker ME, **Cramer JT**†. Can Smartphone Accelerometers Be Used to Calculate Power and Force During a Power Push-Up Exercise? University of Nebraska-Lincoln Summer Research Symposium. 2018.
17. McKay BD, **Cramer JT**†, Miramonti AA, Jenkins NDM, Gillen ZM, Leutzinger TJ. Test-retest Reliability Of The 40-yd Dash And Vertical Jump Assessments In Youth Athletes. Medicine & Science in Sports & Exercise. 49(5S): 1082, 2017.
18. Gillen ZM, **Cramer JT**†, Miramonti AA, Jenkins NDM, McKay BD, Leutzinger TJ. Power Push-up Tests Performed from the Knees and Toes in Young Male Athletes. Medicine & Science in Sports & Exercise, 49(5S): 758, 2017.
19. Miramonti AA, **Cramer JT**†, Jenkins NDM, Gillen ZM, McKay BD, Leutzinger TJ. Effects of Speed and Agility Training on Combine Performance in Young Male Athletes. Medicine & Science in Sports & Exercise, 49(5S): 968, 2017.
20. McKay BD, **Cramer JT**†, Jenkins NDM, Miramonti AA, Weinstein M. Normative Reference Values for High School American Football Combine Test Results: Effects of Allometric Scaling to Normalize for Body Mass. Journal of Strength and Conditioning Research, National Strength and Conditioning Association 2016 Conference Abstracts, 30(S1):S194-195.
21. Jenkins NDM, Housh TJ, Miramonti AA, Smith C, Hill E, Cochrane K, **Cramer JT**†. Effects of Rumenic Acid Rich Conjugated Linoleum Acid Supplementation on handgrip Performance and Cognitive Function in Older Men. Journal of Strength and Conditioning Research, National Strength and Conditioning Association 2016 Conference Abstracts, 30(S1):S108-109.
22. Moon JR, Moon SE, Smith-Ryan AE, Fukuda DH, Kendall KL, Lockwood CM, Cramer JT, Stout JR. The Effects Of Dual-Energy X-Ray Absorptiometry-Derived Body Volumes On Percent Body Fat.: 3613 Board #52 June 4, 8: 00 AM - 9: 30 AM. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):1003. doi: 10.1249/01.mss.0000488016.66226.b8. PubMed PMID: 27361979.
23. Jenkins ND, Miramonti A, Smith C, Hill EC, Cochrane KC, Housh TJ, **Cramer JT**†. Are Voluntary Activation Determined By The Interpolated Twitch Technique And Mechanomyographic Amplitude Synonymous?: 3152 Board #217 June 3, 3: 30 PM - 5: 00 PM. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):897. doi: 10.1249/01.mss.0000487687.18681.bf. PubMed PMID: 27361721.
24. Hill EC, Housh TJ, Smith CM, Cochrane KC, Jenkins ND, Miramonti AA, **Cramer JT**, Schmidt RJ, Johnson GO. Effects of Work-to-Rest Ratios on Peak Torque and Neuromuscular Responses during Submaximal, Isometric Muscle Actions.: 1513 Board #166 June 2, 8: 00 AM - 9: 30 AM. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):411. doi: 10.1249/01.mss.0000486238.86755.09. PubMed PMID: 27360432.
25. Bergstrom HC, Housh TJ, Jenkins ND, Cochrane KC, Byrd MT, Schmidt RJ, Johnson GO, **Cramer JT**. Neuromuscular and Perceptual Responses, but not Metabolic, Consistently Driven to Peak During Severe Intensity Running: 428 Board #265 June 1, 9: 30 AM - 11: 00 AM. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):120. doi: 10.1249/01.mss.0000485359.19198.26. PubMed PMID: 27359683.
26. Cochrane K, Housh TJ, Smith CM, Hill EC, Jenkins ND, Miramonti A, Schmidt RJ, Johnson GO, **Cramer JT**, Coburn JW. Physiological Responses Underlying The Perception Of Effort During Moderate And Heavy Intensity Cycle Ergometry: 417 Board #254 June 1, 9: 30 AM - 11: 00 AM. Med Sci Sports Exerc. 2016 May;48(5 Suppl 1):116. doi: 10.1249/01.mss.0000485348.14253.d5. PubMed PMID: 27359672.

27. Smith CM, Housh TJ, Hill EC, Cochrane KC, Jenkins ND, Miramonti A, **Cramer JT**, Schmidt RJ, Johnson GO. Effects of Varied Intensity on Torque and Neuromuscular Parameters during Intermittent Isometric Muscle Actions: 407 Board #244 June 1, 9: 30 AM - 11: 00 AM. *Med Sci Sports Exerc.* 2016 May;48(5 Suppl 1):112. doi: 10.1249/01.mss.0000485338.30393.dc. PubMed PMID: 27359662.
28. Miramonti AA, Housh TJ, Jenkins ND, Cochrane KC, Hill EC, Smith CM, Schmidt RJ, Johnson GO, **Cramer JT**†. Relationships Among Cognitive Function and Handgrip Strength And Endurance In Older Men And Women: 185 Board #22 June 1, 9: 30 AM - 11: 00 AM. *Med Sci Sports Exerc.* 2016 May;48(5 Suppl 1):35. doi: 10.1249/01.mss.0000485116.08418.a3. PubMed PMID: 27359440.
29. Cruz Jentoft A, **Cramer J**, Zamboni M, Landi F, Hickson M, Pereira S, Hustead D, Mustad V. (2015). High protein nutritional supplements improve leg strength in malnourished adults with sarcopenia. 37<sup>th</sup> European Congress for Nutrition and Metabolism (ESPEN 2015), Lisbon, Portugal. ESPEN15-ABS-1388.
30. Jenkins NDM, Buckner SL, Goldsmith J, Bergstrom HC, Cochrane KC, Weir JP, Housh TJ, **Cramer JT**†. (2014). Effects of six weeks of aerobic exercise and CLA supplementation on peak oxygen uptake, gas exchange threshold, and respiratory compensation point. *Journal of Strength and Conditioning Research*, 28(12 Suppl):4-5.
31. Jenkins NDM, Buckner SL, Goldsmith J, Cochrane KC, Bergstrom HC, Schmidt RJ, Johnson GO, Housh TJ, **Cramer JT**†. (2014). Reliability and comparisons of handgrip strength, leg extensions muscle function, and balance in older men. *Journal of Strength and Conditioning Research*, 28(12 Suppl):73-74.
32. Bergstrom HC, Housh TJ, Cochrane KC, Jenkins NDM, Buckner SL, Goldsmith J, Schmidt RJ, Johnson GO, **Cramer JT**. (2014). Sustainability, physiological, and perceptual responses at the critical heart rate during treadmill running. *Journal of Strength and Conditioning Research*, 28(12 Suppl):56-57.
33. Cochrane KC, Housh TJ, Bergstrom HC, Jenkins NDM, Buckner SL, **Cramer JT**, Johnson GO, Schmidt RJ. (2014). Comparison of perceptual and physiological fatigue thresholds during cycle ergometry. *Journal of Strength and Conditioning Research*, 28(12 Suppl):57-58.
34. Jenkins NDM, Buckner SL, Bergstrom HC, Cochrane KC, Palmer TB, Schmidt RJ, Johnson GO, Housh TJ, **Cramer JT**. (2014). Age-related differences in rates of torque development and rates of rise in electromyographic amplitude. *Medicine & Science in Sports & Exercise.* 46(Suppl 5):459.
35. Buckner SL, Jenkins NDM, Ryan ED, Herda TJ, Costa PB, Housh TJ, Cramer JT. (2014). Differences between passive angle-torque curves sampled from an isokinetic dynamometer versus a load cell. *Medicine & Science in Sports & Exercise.* 46(Suppl 5):417.
36. Costa PB, Herda TJ, Herda AA, Cramer JT. (2014). Effects of short-term resistance training and subsequent detraining on body and thigh composition. *Medicine & Science in Sports & Exercise.* 46(Suppl 5):817.
37. Bergstrom HC, Housh TJ, Cochrane KC, Jenkins NDM, Buckner SL, Baker B, Schmidt RJ, Johnson GO, Cramer JT. (2014). Neuromuscular responses during continuous exercise at, above, and below critical power. *Medicine & Science in Sports & Exercise.* 46(Suppl 5):669.
38. Jenkins NDM, Traylor DA, Housh TJ, Bergstrom HC, Cochrane KC, Lewis RW, Schmidt RJ, Johnson GO, **Cramer JT**†. (2013). Effects of eccentric-induced muscle damage on the time courses of recovery for peak torque and rates of torque development. *Journal of Strength and Conditioning Research*, 27(Suppl. 2):S15-S16.

39. Cochrane KC, Housh TJ, Bergstrom HC, Traylor DA, Lewis RW, Jenkins NDM, Housh DJ, Johnson GO, **Cramer JT**, Schmidt RJ. (2013). Age-related differences in body weight, height, body mass index, and upper body skinfolds between young wrestlers and non-athletes. *Journal of Strength and Conditioning Research*, 27(Suppl. 2):S21-S22.
40. Bergstrom HC, Housh TJ, Traylor DA, Lewis RW, Cochrane KC, Jenkins NDM, Schmidt RJ, **Cramer JT**, Johnson GO, Housh DJ. (2013). Metabolic, cardiovascular, and perceptual responses to a thermogenic nutritional supplement at rest, during exercise, and recovery in men. *Journal of Strength and Conditioning Research*, 27(Suppl. 2):S59-S60.
41. Jenkins NDM, Traylor DA, Housh TJ, Cochrane KC, Bergstrom HC, Lewis RW, Schmidt RJ, Johnson GO, **Cramer JT**†. (2013). Effects of anatabine on markers of eccentric-induced muscle damage and delayed-onset muscle soreness. *Journal of Strength and Conditioning Research*, 27(Suppl. 2):S96.
42. Costa PB, Herda TJ, Herda AA, **Cramer JT**. (2013). Effects of short-term resistance training and subsequent detraining on contralateral strength. *Journal of Strength and Conditioning Research*, 27(Suppl. 2):S102-S103.
43. Herda AA, Smith-Ryan AE, Kendall KL, Herda TJ, Stout JR, **Cramer JT**. (2013). Effects of high-intensity interval training and beta-alanine supplementation on the electromyographic fatigue threshold. *Journal of Strength and Conditioning Research*, 27(Suppl. 2):S108.
44. Jenkins NDM, Palmer TB, Bergstrom HC, Cochrane KC, Traylor DA, Lewis RW, **Cramer JT**†. Rate of torque development versus rate of velocity development during voluntary and evoked muscle actions. *Medicine & Science in Sports & Exercise*. 45(Suppl 5):s184, May 2013.
45. Ryan ED, Herda TJ, Costa PB, Herda AA, **Cramer JT**†. Acute effects of stretching on passive stiffness and maximum range of motion: Influence of aging. *Medicine & Science in Sports & Exercise*. 45(Suppl 5):s24, May 2013.
46. Thompson BJ, Ryan ED, Herda TJ, Costa PB, Walter AA, **Cramer JT**†. Effects of age on muscle force and activation characteristics of the plantar flexors in men. *Medicine & Science in Sports & Exercise*. 45(Suppl 5):s604, May 2013.
47. Walter-Herda AA, Herda TJ, Costa PB, **Cramer JT**†. Gender-related changes in body composition in older adults. *Medicine & Science in Sports & Exercise*. 45(Suppl 5):s334-335, May 2013.
48. Costa PB, Herda TJ, Walter AA, Valdez AM, Fukuda DH, **Cramer JT**†. Reliability of anthropometrically-derived thigh muscle cross-sectional area and its relationship with thigh lean mass. *Medicine & Science in Sports & Exercise*. 45(Suppl 5):s445, May 2013.
49. Palmer TB, Jenkins NDM, **Cramer JT**†. Slow, medium, and fast stretching velocities during passive musculotendinous stiffness assessments of the hamstrings. *Medicine & Science in Sports & Exercise*. 45(Suppl 5):s697, May 2013.
50. **Cramer JT**\*, Thompson BJ, Ryan ED, Sobolewski EJ, Conchola EC, Smith DB. Age-related differences in peak torque, muscle cross-sectional area, and rapid torque-time curve characteristics during isometric muscle actions of the leg extensors. *Journal of Strength and Conditioning Research*. 27(Suppl 4):S43-44, April 2013. (Presented July 2012)
51. Jenkins NDM, Palmer TB, **Cramer JT**†. Comparisons of torque, rate of torque development, electromechanical delay, and EMG responses to evoked versus voluntary isometric muscle actions. *Journal of Strength and Conditioning Research*. 27(Suppl 4):S7-8, April 2013. (Presented July 2012)
52. Palmer TB, Jenkins NDM, **Cramer JT**†. Comparison of manual versus automated techniques for assessing musculotendinous stiffness of the posterior muscle of the hip and

- thigh. *Journal of Strength and Conditioning Research*. 27(Suppl 4):S17-18, April 2013. (Presented July 2012)
53. Thompson BJ, Ryan ED, Sobolewski EJ, Smith DB, Akehi K, Conchola EC, Buckminster T, **Cramer JT**†. Relationships among rapid isometric torque variables and vertical jump performance in college football players: Influence of body mass normalization. *Journal of Strength and Conditioning Research*. 27(Suppl 4):S22-23, April 2013. (Presented July 2012)
54. Ryan ED, Smith AE, Costa PB, Fukuda D, Herda TJ, Stout JR, **Cramer JT**†. The influence of creatine loading on stretch tolerance and passive stiffness. *Journal of Strength and Conditioning Research*. 27(Suppl 4):S37-38, April 2013. (Presented July 2012)
55. Costa PB, Ryan ED, Herda TJ, Walter AA, Valdez AM, **Cramer JT**†. Effects of short-term resistance training and subsequent detraining on muscle activation. *Journal of Strength and Conditioning Research*. 27(Suppl 4):S45-46, April 2013. (Presented July 2012)
56. Emerson N, McCormack W, Stout J, Hoffman J, Fragala M, Scanlon T, Williams D, Gonzalez G, Mangine G, Wells A, **Cramer JT**. Physical working capacity at fatigue threshold is associated with measures of physical health in older adults. *Journal of Strength and Conditioning Research*. 27(Suppl 4):S15-16, April 2013. (Presented July 2012)
57. Smith AE, Stout JR, Kendall KL, Fukuda DH, **Cramer JT**, Moon JR. Muscle quality measurement techniques: Changes among age-stratified elderly adults. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s611, May-June 2012.
58. Kendall KL, Fukuda DH, Smith AE, Hetrick RP, **Cramer JT**, Stout JR. Validity of Futrex-6100 X/1 for estimating body composition in elite male rowers. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s594, May-June 2012.
59. Herda TJ, Ryan ED, Cooper MA, **Cramer JT**†. Mechanomyographic frequency domain responses during fatiguing concentric isokinetic leg extensions. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s504, May-June 2012.
60. Ryan ED, Herda TJ, Costa PB, Walter AA, **Cramer JT**†. The influence of aging on the stretching-induced force deficit. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s456, May-June 2012.
61. Costa PB, Ryan ED, Herda TJ, Walter AA, Valdez AM, **Cramer JT**†. Effects of short-term resistance training and subsequent detraining on the electromechanical delay. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s452, May-June 2012.
62. Cooper M, Walter AA, Costa PB, Ryan ED, **Cramer JT**, Herda TJ. The reliability of percent voluntary activation during submaximal and maximal isometric muscle actions. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s383, May-June 2012.
63. Thompson BJ, Ryan ED, Sobolewski EJ, Smith DB, Conchola EC, Akehi K, Buckminster T, **Cramer JT**†. Isometric rapid torque characteristics as predictors of playing status in division I collegiate football players. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s301, May-June 2012.
64. Jenkins NDM, Thompson BJ, Sobolewski EJ, Conchola EC, Hawkey MJ, Fiddler RE, Warren AJ, O'Brien M, Akehi K, Everett LK, Klufa JL, Craig ML, Volberding JL, Boyes HR, Kline C, Costa PB, Ryan ED, Smith DB, **Cramer JT**†. The comparison of hamstring-to-quadriceps ratios in NCAA women's soccer players and healthy controls. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s25-s26, May-June 2012.
65. Walter AA, Herda TJ, Costa PB, Valdez AM, Smith AE, Kendall KL, Fukuda DH, Stout JR, **Cramer JT**†. Sarcopenia indices: Age- and gender-related differences in body composition, strength, and muscle quality. *Medicine & Science in Sports & Exercise*. 44(Suppl 5):s12-s13, May-June 2012.

66. Wray ME, Kendall KL, Smith AE, Fukuda DH, Hetrick RP, Willoughby DS, **Cramer JT**, Stout JR. Regional body composition as a determinant of intermittent sprint capabilities. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S93. July 2011.
67. Ryan ED, Thompson BJ, Sobolewski EJ, Herda TJ, Costa PB, Walter AA, **Cramer JT**†. The influence of aging on the isometric force-time characteristics. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S63. July 2011.
68. Thompson BJ, Ryan ED, Herda TJ, Costa PB, Walter AA, Sobolewski EJ, **Cramer JT**†. Test-retest reliability for maximal isometric force and the force-time characteristics of the plantar flexors. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S55-56. July 2011.
69. Smith AE, Kendall KL, Fukuda DH, Hetrick RP, **Cramer JT**, Kerksick CM, Stout JR. The antioxidant effect of beta-alanine supplementation with reduced exertion during treadmill running. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S45. July 2011.
70. Costa PB, Ryan ED, Herda TJ, Walter AA, Valdez AM, Wyatt CN, Stout JR, **Cramer JT**†. Acute effects of hamstring static stretching on leg flexion joint angle at peak torque. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S43-44. July 2011.
71. Herda ND, Herda TJ, Valdez AM, Costa PB, Ryan ED, Walter AA, Wyatt CN, Stout JR, **Cramer JT**†. Acute effects of dynamic stretching on muscle strength and flexibility of the leg flexors. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S43. July 2011.
72. Wyatt CN, Walter AA, Valdez AM, Herda TJ, Costa PB, Stout JR, **Cramer JT**†. Can simple field tests accurately predict skeletal muscle index and classify sarcopenia in older adults? *Journal of Strength and Conditioning Research*. 26(Suppl 1):S37. July 2011.
73. Walter AA, Herda TJ, Costa PB, Valdez AM, Wyatt CN, Stout JR, **Cramer JT**†. Effects of age, gender, and sarcopenic classification on muscle quality expressed as strength per unit of muscle mass in older adults. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S36. July 2011.
74. Hetrick RP, Fukuda DH, Smith AE, Kendall KL, Hames RL, **Cramer JT**, Stout JR. The reliability of the intermittent critical velocity test and validation of critical rest interval. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S34-35. July 2011.
75. Kendall KL, Fukuda DH, Smith AE, Hetrick RP, **Cramer JT**, Stout JR. Predicting maximal aerobic capacity (VO<sub>2</sub>max) from critical velocity in female collegiate rowers. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S33-34. July 2011.
76. Fukuda DH, Smith AE, Kendall KL, Hetrick RP, **Cramer JT**, Stout JR. An alternative approach to the two-mile running test using critical velocity and isoperformance curves. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S32. July 2011.
77. Valdez AM, Herda TJ, Ryan ED, Costa PB, Wyatt CN, Walter AA, Stout JR, **Cramer JT**†. Mechanomyographic-force relationships during voluntary versus evoked contractions. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S23. July 2011.
78. Herda TJ, Walter AA, Costa PB, Sunderland KL, Poole CN, Valdez AM, Wyatt CN, Kirby TJ, Dib PP, Kerksick CM, **Cramer JT**†. Differences in the mechanomyographic versus force relationships and myosin heavy chain isoform content between young and old. *Journal of Strength and Conditioning Research*. 26(Suppl 1):S3. July 2011. *Student Research Award Co-Winner – Doctoral Oral Presentation*.
79. Walter AA, Herda TJ, Costa PB, Valdez AM, Stout JR, **Cramer JT**†. Relationships among skeletal muscle index, dietary protein intake, and serum markers of protein in sarcopenic older adults. *Medicine & Science in Sports & Exercise*. 43(5):s300, June 2011.

80. Ryan ED, Thompson BJ, Herda TJ, Sobolewski EJ, Costa PB, Walter AA, **Cramer JT**†. The relationship between passive stiffness and evoked twitch properties: The influence of muscle CSA. *Medicine & Science in Sports & Exercise*. 43(5):s284, June 2011.
81. Costa PB, Ryan ED, Herda TJ, Walter AA, Valdez AM, **Cramer JT**†. Effects of dynamic stretching on peak torque and the hamstrings-to-quadriceps conventional and functional ratios. *Medicine & Science in Sports & Exercise*. 43(5):s259, June 2011.
82. Valdez AM, Herda TJ, Ryan ED, Costa PB, Walter AA, Stout JR, **Cramer JT**†. Relationships among mechanomyographic responses, M-waves, and twitch forces during incremental increases in tibial nerve stimulation. *Medicine & Science in Sports & Exercise*. 43(5):s258, June 2011.
83. Herda TJ, Costa PB, Walter AA, Valdez AM, Ryan ED, Stout JR, **Cramer JT**†. The effects of voluntary contraction intensity on the electromechanical delay. *Medicine & Science in Sports & Exercise*. 43(5):s257, June 2011.
84. Moon JR, Stout JR, Smith AE, Kendall KL, Fukuda DH, **Cramer JT**, Rea ML, Esposito EN. Limitations in the classification of sarcopenia: A comparison of two accepted methods. *Medicine & Science in Sports & Exercise*. 43(5):s2, June 2011.
85. Walter, AA, KM Hoge, TJ Herda, PB Costa, ED Ryan, JR Stout, and **JT Cramer**†. Effects of resistance training and whey protein supplementation on body composition, strength, endurance, and muscle cross-sectional area. Presented at the 33<sup>rd</sup> Annual National Strength and Conditioning Association Conference and Exhibition in Orlando, FL. July 2010.
86. Herda, TJ, AA Walter, PB Costa, ED Ryan, KM Hoge, MD Roberts, VJ Dalbo, KL Sunderland, CN Poole, CM Kerksick, and **JT Cramer**†. Differences in the mechanomyographic amplitude versus force relationships between young and old during isometric ramped muscle actions. Presented at the 33<sup>rd</sup> Annual National Strength and Conditioning Association Conference and Exhibition in Orlando, FL. July 2010.
87. Costa, PB, ED Ryan, TJ Herda, AA Walter, KM Hoge, and **JT Cramer**†. Acute effects of static stretching on leg extension and flexion peak torque and the hamstrings-to-quadriceps conventional and functional ratios. Presented at the 33<sup>rd</sup> Annual National Strength and Conditioning Association Conference and Exhibition in Orlando, FL. July 2010.
88. Ryan, ED, TJ Herda, PB Costa, AA Walter, KM Hoge, **JT Cramer**†. The effects of chronic stretching on muscle strength. Presented at the 33<sup>rd</sup> Annual National Strength and Conditioning Association Conference and Exhibition in Orlando, FL. July 2010.
89. Walter, AA, TJ Herda, PB Costa, KM Hoge, BP Uribe, JR McLagan, and **JT Cramer**†. Test-retest reliability of EMG<sub>FT</sub> during cycle ergometry. *Medicine & Science in Sports & Exercise*. 42(5):s338, May 2010.
90. Costa, PB, KM Hoge, ED Ryan, TJ Herda, AA Walter, BP Uribe, JR McLagan, and **JT Cramer**†. Acute effects of passive stretching on the electromechanical delay and evoked twitch properties in women. *Medicine & Science in Sports & Exercise*. 42(5):s280, May 2010.
91. Ryan, ED, TJ Herda, PB Costa, AA Walter, KM Hoge, **JT Cramer**†. The effect of the length-tension relationship on muscle activation. *Medicine & Science in Sports & Exercise*. 42(5):s581, May 2010.
92. Herda, TJ, PB Costa, AA Walter, KM Hoge, BP Uribe, JR McLagan, ED Ryan, JR Stout, and **JT Cramer**†. Describing the percent inactivation versus force relationships and predicting true force with polynomial regression. *Medicine & Science in Sports & Exercise*. 42(5):s581, May 2010.

93. Herda, T.J., Housh, T.J., Fry, A.C., Beck, T.W., Weir, J.P., Schilling, B.K., Ryan, E.D., and **J.T. Cramer**. Relationships among muscle fiber type, mechanomyographic, and electromyographic amplitude response patterns during ramped isometric muscle actions. *Journal of Strength and Conditioning Research*, 23(6): 2009. Presented at the National Strength and Conditioning Association 32<sup>nd</sup> Annual Conference and Exhibition, Las Vegas, NV.
94. Kendall, K.L., Graef, J.L., Fukuda, D.H., Smith, A.E., Moon, J.R., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. The effects of four weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college-aged men. *Journal of Strength and Conditioning Research*, 23(6): 2009. Presented at the National Strength and Conditioning Association 32<sup>nd</sup> Annual Conference and Exhibition, Las Vegas, NV.
95. Ryan, E.D., Herda, T.J., Costa, P.B., Walter, A.A., Hoge, K.M., Stout, J.R., Beck, T.W., and **J.T. Cramer**. The influence of flexibility on the stretching-induced force deficit and maximal joint range of motion. *Journal of Strength and Conditioning Research*, 23(6): 2009. Presented at the National Strength and Conditioning Association 32<sup>nd</sup> Annual Conference and Exhibition, Las Vegas, NV.
96. Costa, P.B., Hoge, K.M., Ryan, E.D., Herda, T.J., Walter, A.A., Beck, T.W., and **J.T. Cramer**. Acute effects of passive stretching on the electromechanical delay and evoked twitch properties. *Journal of Strength and Conditioning Research*, 23(6): 2009. Presented at the National Strength and Conditioning Association 32<sup>nd</sup> Annual Conference and Exhibition, Las Vegas, NV.
97. Hoge, K.M., Costa, P.B., Ryan, E.D., Herda, T.J., Walter, A.A., Beck, T.W., Stout, J.R., and **J.T. Cramer**. Gender differences in musculotendinous stiffness and range of motion in college-aged men and women. *Journal of Strength and Conditioning Research*, 23(6): 2009. Presented at the National Strength and Conditioning Association 32<sup>nd</sup> Annual Conference and Exhibition, Las Vegas, NV.
98. Walter, A.A., Hoge, K.M., Herda, T.J., Costa, P.B., Ryan, E.D., Stout, J.R., and **J.T. Cramer**. Effects of resistance training volume and whey protein supplementation on lower-body strength and muscle cross-sectional area. *Journal of Strength and Conditioning Research*, 23(6): 2009. Presented at the National Strength and Conditioning Association 32<sup>nd</sup> Annual Conference and Exhibition, Las Vegas, NV.
99. Ryan, E.D., Herda, T.J., Costa, P.B., Walter, A.A., Hoge, K.M., Beck, T.W., Stout, J.R., and **J.T. Cramer**. Viscoelastic creep in human skeletal muscle. *Medicine & Science in Sports & Exercise*, 41(5 Suppl): S349. Presented at the American College of Sports Medicine 56<sup>th</sup> Annual Meeting, 2009, Seattle, WA.
100. Herda, T.J., Weir, J.P., Ryan, E.D., Costa, P.B., Walter, A.A., Beck, T.W., Stout, J.R., and **J.T. Cramer**. Reliability of linear versus log-transformed models for torque-related patterns of response for mechanomyographic amplitude. *Medicine & Science in Sports & Exercise*, 41(5 Suppl): S345. Presented at the American College of Sports Medicine 56<sup>th</sup> Annual Meeting, 2009, Seattle, WA.
101. Hoge, K.M., Ryan, E.D., Herda, T.J., Costa, P.B., Walter, A.A., Beck, T.W., Stout, J.R., and **J.T. Cramer**. Acute effects of passive stretching on the electromechanical delay. *Medicine & Science in Sports & Exercise*, 41(5 Suppl): S343. Presented at the American College of Sports Medicine 56<sup>th</sup> Annual Meeting, 2009, Seattle, WA.
102. Costa, P.B., Ryan, E.D., Herda, T.J., DeFreitas, J.M., Beck, T.W., and **J.T. Cramer**. Acute effects of static stretching on peak torque and the rate of velocity development.



- Medicine & Science in Sports & Exercise, 41(5 Suppl): S237. Presented at the American College of Sports Medicine 56<sup>th</sup> Annual Meeting, 2009, Seattle, WA.
103. Walter, A.A., Herda, T.J., Ryan, E.D., Costa, P.B., Hoge, K.M., Beck, T.W., Stout, J.R., and **J.T. Cramer**. Acute effects of a caffeine-containing thermogenic supplement on endurance performance and muscular strength in men. *Medicine & Science in Sports & Exercise*, 41(5 Suppl): S320. Presented at the American College of Sports Medicine 56<sup>th</sup> Annual Meeting, 2009, Seattle, WA.
104. **Cramer, J.T.**, Deshpande, P.J., and J.P. Weir. Relationships among the M-wave, H-reflex, twitch torque, and the mechanomyographic responses during standard recruitment curves. *Medicine & Science in Sports & Exercise*, 41(5 Suppl): S520. Presented at the American College of Sports Medicine 56<sup>th</sup> Annual Meeting, 2009, Seattle, WA.
105. Costa, P.B., Ryan, E.D., Herda, T.J., DeFreitas, J.M., Beck, T.W., and **J.T. Cramer**. Acute effects of static stretching on leg extension and flexion isokinetic peak torque and the hamstrings-to-quadriceps ratio in men. *Journal of Strength and Conditioning Research*, 22(6): E9. 2008. Presented at the National Strength and Conditioning Association 31<sup>st</sup> Annual Conference and Exhibition, Las Vegas, NV.
106. Ryan, E.D., Beck, T.W., Herda, T.J., Costa, P.B., DeFreitas, J.M., Stout, J.R., and **J.T. Cramer**. The effect of passive stretching duration on musculotendinous stiffness. *Journal of Strength and Conditioning Research*, 22(6): E10. 2008. Presented at the National Strength and Conditioning Association 31<sup>st</sup> Annual Conference and Exhibition, Las Vegas, NV.  
*\*Winner of the 2008 Student Oral Research Award.*
107. Herda, T.J., Ryan, E.D., Costa, P.B., DeFreitas, J.M., Beck, T.W., and **J.T. Cramer**. The relationship between musculotendinous stiffness and muscle cross-sectional area of the plantar flexors. *Journal of Strength and Conditioning Research*, 22(6): E47-48. 2008. Presented at the National Strength and Conditioning Association 31<sup>st</sup> Annual Conference and Exhibition, Las Vegas, NV.
108. Smith, A.E., Graef, J.L., Walter, A.A., Kendall, K.L., Lockwood, C.M., Moon, J.R., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. Effects of 3 weeks of high-intensity interval training and beta-alanine supplementation on endurance performance and aerobic metabolism in college-aged men. *Journal of Strength and Conditioning Research*, 22(6): E50. 2008. Presented at the National Strength and Conditioning Association 31<sup>st</sup> Annual Conference and Exhibition, Las Vegas, NV. *\*Winner of the 2008 Student Poster Research Award.*
109. Walter, A.A., Kendall, K.L., Smith, A.E., Graef, J.L., Tobkin, S.E., Lockwood, C.M., Moon, J.R., Beck, T.W., Cramer, J.T., and J.R. Stout. Short term high-intensity interval training and beta-alanine loading enhances performance and metabolic adaptations in women. *Journal of Strength and Conditioning Research*, 22(6): E51. 2008. Presented at the National Strength and Conditioning Association 31<sup>st</sup> Annual Conference and Exhibition, Las Vegas, NV.
110. Tobkin, S.E., Moon, J.R., Walter, A.A., Smith, A.E., Lockwood, C.M., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. Tracking percent body fat changes in overweight men and women participating in a weight loss intervention: An evaluation of laboratory methods. *Journal of Strength and Conditioning Research*, 22(6): E31. 2008. Presented at the National Strength and Conditioning Association 31<sup>st</sup> Annual Conference and Exhibition, Las Vegas, NV.
111. DeFreitas, J.M., Costa, P.B., Ryan, E.D., Herda, T.J., **Cramer, J.T.**, and T.W. Beck. An examination of innervations zone movement during isometric muscle actions. *Journal of*

- Strength and Conditioning Research, 22(6): E44. 2008. Presented at the National Strength and Conditioning Association 31<sup>st</sup> Annual Conference and Exhibition, Las Vegas, NV.
112. Hartman, M.J., **Cramer, J.T.**, Bemben, D.A., Anderson, M.A., Knehans, A.W., Shehab, R.L., and M.G. Bemben. Effect of short-term resistance training on strength and agonist-antagonist muscle activation. *Journal of Strength and Conditioning Research*, 22(6): E46. 2008. Presented at the National Strength and Conditioning Association 31<sup>st</sup> Annual Conference and Exhibition, Las Vegas, NV.
113. **Cramer, J.T.**, DeFreitas, J.M., Beck, T.W., Costa, P.B., Ryan, E.D., and T.J. Herda. Innervation zones of the biceps brachii may shift with increasing torque during isometric forearm flexion. *Proceedings of the 17<sup>th</sup> Congress of the International Society of Electrophysiology and Kinesiology*, 2008, Niagara Falls, Ontario, Canada.
114. Ryan, E.D., Beck, T.W., Herda, T.J., Costa, P.B., DeFreitas, J.M., and **J.T. Cramer**. Repeatability of the mechanomyographic amplitude versus isometric torque patterns of responses. *Proceedings of the 17<sup>th</sup> Congress of the International Society of Electrophysiology and Kinesiology*, 2008, Niagara Falls, Ontario, Canada.
115. Herda, T.J., Ryan, E.D., Costa, P.B., DeFreitas, J.M., Beck, T.W., and **J.T. Cramer**. Reliability of the mechanomyogram during incremental isometric muscle actions. *Proceedings of the 17<sup>th</sup> Congress of the International Society of Electrophysiology and Kinesiology*, 2008, Niagara Falls, Ontario, Canada.
116. Ryan, E.D., Herda, T.J., Hull, H.R., Hartman, M.J., Beck, T.W., Stout, J.R., and **J.T. Cramer**. Time course for the effects of passive stretching on musculotendinous stiffness: a dose-response study. *Medicine & Science in Sports & Exercise*, 40(5 Suppl): S194. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
117. Costa, P.B., DeFreitas, J.M., Ryan, E.D., Herda, T.J., Beck, T.W., Stout, J.R., and **J.T. Cramer**. Acute effects of static stretching on leg extension and flexion isokinetic peak torque and the hamstring-to-quadriceps ratio. *Medicine & Science in Sports & Exercise*, 40(5 Suppl): S447. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
118. Herda, T.J., Ryan, E.D., Costa, P.B., DeFreitas, J.M., Beck, T.W., Stout, J.R., and **J.T. Cramer**. Reliability of mechanomyographic amplitude recorded during isometric step versus ramp muscle actions. *Medicine & Science in Sports & Exercise*, 40(5 Suppl): S446. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
119. DeFreitas, J.M., Beck, T.W., Ryan, E.D., Herda, T.J., Costa, P.B., and **J.T. Cramer**. A comparison of techniques for estimating innervations zone locations for the leg extensors. *Medicine & Science in Sports & Exercise*, 40(5 Suppl): S444. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
120. Walter, A.A., Smith, A.E., Kendall, K.L., Graef, J.L., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. Relationships among maximal oxygen consumption, ventilatory threshold, and electromyographic fatigue threshold as performance assessments in college women. *Medicine & Science in Sports & Exercise*, 40(5 Suppl): S421. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
121. Smith, A.E., Walter, A.A., Graef, J.L., Kendall, K.L., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. The relationship among endurance performance measures as estimated from  $VO_{2PEAK}$ , ventilatory threshold, and electromyographic fatigue threshold. *Medicine &*

- Science in Sports & Exercise, 40(5 Suppl): S421. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
122. Lockwood, C.M., Tobkin, S.E., Moon, J.R., Walter, A.A., Smith, A.E., **Cramer, J.T.**, Beck, T.W., and J.R. Stout. Minimal nutrition intervention with meal replacement improves body composition and exercise benefits in overweight adults. *Medicine & Science in Sports & Exercise*, 40(5 Suppl): S324. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
123. Karabulut, M., **Cramer, J.T.**, Abe, T., Sato, Y., and M.G. Bemben. Neuromuscular fatigue during low-intensity dynamic exercise in combination with externally applied vascular restriction. *Medicine & Science in Sports & Exercise*, 40(5 Suppl): S295. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
124. Moon, J.R., Tobkin, S.E., Walter, A.A., Smith, A.E., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. A simplified method for estimating body volume in men and women using digital image plethysmography (DiP). *Medicine & Science in Sports & Exercise*, 40(5 Suppl): S270. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
125. Hartman, M.J., **Cramer, J.T.**, Bemben, D.A., Anderson, M.A., Knehans, A.W., Shehab, R.L., and M.G. Bemben. Age-related changes in skeletal muscle activation following short-term resistance training. *Medicine & Science in Sports & Exercise*, 40(5 Suppl): S261. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
126. Graef, J.L., Kendall, K.L., Smith, A.E., Walter, A.A., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. The effects of acute high-intensity interval endurance training in men and women. *Medicine & Science in Sports & Exercise*, 40(5 Suppl): S177. Presented at the American College of Sports Medicine 55<sup>th</sup> Annual Meeting, 2008, Indianapolis, IN.
127. Stout, J.R., Moon, J.R., Tobkin, S.E., Lockwood, C.M., Smith, A.E., Graef, J.L., Kendall, K.L., Beck, T.W., and **J.T. Cramer**. Pre-workout consumption of Celsius® enhances the benefits of chronic exercise on body composition and cardiorespiratory fitness. *Journal of the International Society of Sports Nutrition*, 5(Suppl 1): P8. (Poster Presentation at the ISSN Annual Convention, 2008, Las Vegas.)
128. Smith, A.E., Walter, A.A., Kendall, K.L., Graef, J.L., Lockwood, C.M., Moon, J.R., Beck, T.W., **Cramer, J.T.**, and J.R. Stout. Beta-alanine supplementation and high intensity interval training augments metabolic adaptations and endurance performance in college-aged men. *Journal of the International Society of Sports Nutrition*, 5(Suppl 1): P5. (Poster Presentation at the ISSN Annual Convention, 2008, Las Vegas.) *Winner of the 2008 Student Research Award.*
129. Fjeldstad, C., Pardo, G., Bemben, D., **Cramer, J.**, Anderson, A., Knehans, A., and M. Bemben. Decreased postural balance in multiple sclerosis patients with low disability. Presented at the 18<sup>th</sup> Meeting of the European Neurological Society, 2008, Nice, France.
130. Ryan, E.D., Herda, T.J., Hull, H.R., Hartman, M.J., Beck, T.W., Stout, J.R., and **J.T. Cramer**. Time course for the effects of passive stretching on musculotendinous stiffness: A dose-response study. Presented at the Central States Chapter ACSM Annual Meeting, 2007, Springfield, MO. *Winner of the 2007 Student Research Award.*
131. **Cramer, J.T.**, E.D. Ryan, T.J. Herda, H.R. Hull, M.J. Hartman, and J.R. Stout. Time course for the acute effects of passive stretching on muscle stiffness and mechanomyographic amplitude. *Journal of Strength and Conditioning Research*, 21(4): p. Presented at the

- National Strength and Conditioning Association 29<sup>th</sup> Annual Convention & Exhibition, 2007, Atlanta, GA.
132. Ryan, E.D., T.J. Herda, H.R. Hull, M.J. Hartman, J.R. Stout, and **J.T. Cramer**. Time course for the acute effects of passive stretching on range of motion and musculotendinous stiffness. *Journal of Strength and Conditioning Research*, 21(4): p. Presented at the National Strength and Conditioning Association 29<sup>th</sup> Annual Convention & Exhibition, 2007, Atlanta, GA.
133. Beck, T.W., T.J. Housh, **J.T. Cramer**, and J.P. Weir. The influence of interelectrode distance over the innervation zone on the patterns of responses for absolute and normalized electromyographic amplitude versus isometric torque. *Journal of Strength and Conditioning Research*, 21(4): p. Presented at the National Strength and Conditioning Association 29<sup>th</sup> Annual Convention & Exhibition, 2007, Atlanta, GA.
134. Herda, T.J., E.D. Ryan, A.E. Smith, A.A. Walter, J.R. Stout, and **J.T. Cramer**. Acute effects of passive stretching versus high-frequency vibration on isometric peak torque, electromyographic amplitude, muscle stiffness, and range of motion of the plantar flexors. *Journal of Strength and Conditioning Research*, 21(4): p. Presented at the National Strength and Conditioning Association 29<sup>th</sup> Annual Convention & Exhibition, 2007, Atlanta, GA.
135. Moon, J.R., S.E. Tobkin, A.A. Walter, A.E. Smith, V.J. Dalbo, **J.T. Cramer**, and J.R. Stout. Validity of laboratory and field methods for estimating percent body fat in college female athletes. *Journal of Strength and Conditioning Research*, 21(4): p. Presented at the National Strength and Conditioning Association 29<sup>th</sup> Annual Convention & Exhibition, 2007, Atlanta, GA.
136. Bull, A.J., C.R. Hendrix, S.R. Rana, **J.T. Cramer**, J.P. Weir, T.J. Housh, and G.O. Johnson. The effect of pedaling cadence and power output on mechanomyographic and electromyographic signal amplitude during submaximal cycle ergometry. *Journal of Strength and Conditioning Research*, 21(4): p. Presented at the National Strength and Conditioning Association 29<sup>th</sup> Annual Convention & Exhibition, 2007, Atlanta, GA.
137. Walter, A.A., A.E. Smith, T.J. Herda, E.D. Ryan, J.R. Moon, **J.T. Cramer**, and J.R. Stout. Effects of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged men. *Journal of Strength and Conditioning Research*, 21(4): p. Presented at the National Strength and Conditioning Association 29<sup>th</sup> Annual Convention & Exhibition, 2007, Atlanta, GA.
138. Smith, A.E., A.A. Walter, T.J. Herda, E.D. Ryan, J.R. Moon, **J.T. Cramer**, and J.R. Stout. Effects of creatine loading on electromyographic fatigue threshold during cycle ergometry in college-aged women. *Journal of Strength and Conditioning Research*, 21(4): p. Presented at the National Strength and Conditioning Association 29<sup>th</sup> Annual Convention & Exhibition, 2007, Atlanta, GA.
139. **Cramer, J.T.**, I.J. Palmer, E.D. Ryan, T.J. Herda, D.A. Bembem, M.G. Bembem, and P.H. Stratemeier. Validity and reliability of a peripheral quantitative computed tomography scanner for measuring muscle cross-sectional area. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S225. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
140. Mathe, E.F., **J.T. Cramer**, D.A. Bembem, and M.G. Bembem. Effects of whole body vibration on force production in young, middle-aged, and older men. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S102. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.

141. Beck, T.W., V. von Tscharnar, T.J. Housh, J.P. Weir, and **J.T. Cramer**. A new wavelet-based technique for analyzing surface mechanomyographic signals. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S266. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
142. Lamont, H.S., M.G. Bemben, D.A. Bemben, **J.T. Cramer**, R.L. Shehab, and M.A. Anderson. The effects of six weeks of periodized resistance training with or without whole body vibration. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S296. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
143. Hendrix, C.R., T.W. Beck, T.J. Housh, G.O. Johnson, J.P. Weir, **J.T. Cramer**, J.W. Coburn, M.H. Malek, and M. Mielke. Effects of very short-term, unilateral, isokinetic training of the forearm flexors on strength in the trained and untrained limbs. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S297. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
144. Stout, J.R., **J.T. Cramer**, R.F. Zoeller, D.J. Torok, and J. O’Kroy. Effects of  $\beta$ -alanine supplementation on the onset of neuromuscular fatigue and ventilatory threshold in women. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S365. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
145. Moon, J.R., T.W. Eldridge, S.A. Tobkin, V.J. Dalbo, H.R. Hull, M. Karabulut, S. Kim, M. Roberts, E.D. Ryan, M. Teramoto, **J.T. Cramer**, and J.R. Stout. Validity of laboratory and field methods for estimating percent fat in college-age males. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S371. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
146. Dalbo, V.J., M. Karabulut, M. Teramoto, M. Roberts, J.R. Moon, E.D. Ryan, S. Kim, H.R. Hull, **J.T. Cramer**, and J.R. Stout. Validity of new near infrared interactance device (NIR) for estimating percent fat in college-age men and women. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S371-372. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
147. Kim, S., H.R. Hull, M. Roberts, M. Karabulut, V.J. Dalbo, T.W. Eldridge, J.R. Moon, E.D. Ryan, M. Teramoto, **J.T. Cramer**, and J.R. Stout. Validity of BIA for estimating body fat in healthy males and females. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S372. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
148. Walter, A.A., E.D. Ryan, A.E. Smith, J.R. Moon, V.J. Dalbo, H.R. Hull, M. Karabulut, M. Roberts, S.E. Tobkin, M. Teramoto, S. Kim, **J.T. Cramer**, and J.R. Stout. Validity of laboratory and field methods for estimating percent fat in college aged Caucasian women. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S373. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
149. Herda, T.J., **J.T. Cramer**, E.D. Ryan, M.P. McHugh, and J.R. Stout. Acute effects of static versus dynamic stretching on isometric strength and neuromuscular function of the leg flexors. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S433. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
150. Ryan, E.D., **J.T. Cramer**, T.J. Herda, H.R. Hull, M.J. Hartman, M. Karabulut, R.L. Anderson, and J.R. Stout. Time course for the acute effects of passive stretching on isometric strength and neuromuscular function. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S435. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.

151. Karabulut, M., **J.T. Cramer**, E.D. Ryan, R.L. Anderson, H.R. Hull, Y. Sato, T. Abe, and M.G. Bembem. Effects of vascular restriction on muscular function during intermittent submaximal isometric exercise. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S407. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
152. Hartman, M.J., **J.T. Cramer**, E.D. Ryan, and M.G. Bembem. Effects of fatigue and training status on torque and voluntary activation of the triceps surae. *Medicine & Science in Sports & Exercise*, 39(5 Suppl): S433. Presented at the American College of Sports Medicine 54<sup>th</sup> Annual Meeting, 2007, New Orleans, LA.
153. Marek, S.M., Fincher, A.L., Trowbridge, C.A., and **J.T. Cramer**. The thermal effects of pulsed shortwave diathermy on muscle force production, electromyography, and mechanomyography. *Journal of Athletic Training*, 42(2 Suppl): S-132. Presented at the National Athletic Trainers' Association Annual Convention, 2007, Anaheim, CA.
154. Sherk, V.D., M.G. Bembem, **J.T. Cramer**, and D.A. Bembem. Bone mineral density and bone quality in unilateral lower limb amputees. *Journal of Bone Mineral Research*, 22 (Suppl). American Society for Bone and Mineral Research 29<sup>th</sup> Annual Meeting, 2007, Honolulu, HI.
155. Ryan, E.D., **J.T. Cramer**, T.J. Housh, T.W. Beck, T.J. Herda, and M.J. Hartman. Inter-individual variability in the patterns of response for mechanomyographic amplitude and frequency versus isometric torque. Central States Chapter of the American College of Sports Medicine regional conference, Kansas City, MO, October 19, 2006.
156. Hartman, M.J., **J.T. Cramer**, E.D. Ryan, and M.G. Bembem. Effects of fatigue and training status on torque and voluntary activation of the triceps surae. Central States Chapter of the American College of Sports Medicine regional conference, Kansas City, MO, October 19, 2006. *Doctoral Student Research Award Winner*.
157. Ryan, E.D., **J.T. Cramer**, A.D. Egan, and M.J. Hartman. Electromyographic and mechanomyographic patterns of response during linear isometric ramp muscle actions. <http://www.nscf-lift.org/Abstracts/Bycategory.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2006, Washington D.C.).
158. Hartman, M.J., **J.T. Cramer**, E.D. Ryan, A.D. Egan, and M.G. Bembem. Effects of fatigue of the triceps surae on peak torque, voluntary activation, and surface electromyographic amplitude in resistance trained men. <http://www.nscf-lift.org/Abstracts/Bycategory.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2006, Washington D.C.).
159. Lohnes, C.A., A.C. Fry, B.K. Schilling, R.J. Bloomer, **J.T. Cramer**, J.P. Weir, T.W. Beck, C.A. Moore, M.J. Falvo, and T.J. Housh. Efficacy of the Wingate Anaerobic Test to non-invasively assess myosin heavy chain expression in trained human skeletal muscle. <http://www.nscf-lift.org/Abstracts/Bycategory.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2006, Washington D.C.).
160. **Cramer, J.T.**, T.J. Housh, A.C. Fry, T.W. Beck, J.P. Weir, B.K. Schilling, M.J. Falvo, and C.A. Moore. Electromyographic and mechanomyographic patterns of response during ramp isometric leg extensions for resistance- and aerobically-trained participants. <http://www.nscf-lift.org/Abstracts/Bycategory.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2006, Washington D.C.).
161. Beck, T.W., T.J. Housh, A.C. Fry, J.P. Weir, **J.T. Cramer**, B.K. Schilling, M.J. Falvo, and C.A. Moore. Comparison of the mechanomyographic amplitude versus isometric torque relationship for the vastus lateralis in resistance-trained and aerobically-trained subjects.

- <http://www.nscs-lift.org/Abstracts/Bycategory.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2006, Washington D.C.).
162. Lohnes, C.A., A.C. Fry, B.K. Schilling, **J.T. Cramer**, J.P. Weir, T.W. Beck, C.A. Moore, M.J. Falvo, and T.J. Housh. Efficacy of counter-movement vertical jump to non-invasively assess myosin heavy chain expression in trained human skeletal muscle. <http://www.nscs-lift.org/Abstracts/Bycategory.asp>. (Presented at the National Strength and Conditioning Association Annual Convention, 2006, Washington D.C.).
163. Lamont, H.S., M.G. Bemben, **J.T. Cramer**, A. Gayaud, and L.S. Acree. The effects of 4 different acute whole body vibration exposures upon indices of counter movement vertical jump performance. *Medicine & Science in Sports & Exercise* 38:S452, 2006. (Presented at the American College of Sports Medicine Annual Convention, 2006, Denver).
164. Bemben, D., I. Palmer, T. Abe, Y. Sato, **J. Cramer**, and M. Bemben. Effects of a single bout of low intensity KAATSU resistance training on markers of bone turnover in men. *Medicine & Science in Sports & Exercise* 38:S531, 2006. (Presented at the American College of Sports Medicine Annual Convention, 2006, Denver).
165. Fry, A.C., B.K. Schilling, **J.T. Cramer**, J.P. Weir, T.W. Beck, C.A. Moore, M.P. Falvo, and T.J. Housh. Non-invasive assessment of myosin heavy chain expression using mechanomyography and knee extension kinetics. *Medicine & Science in Sports & Exercise* 38:S35, 2006. (Presented at the American College of Sports Medicine Annual Convention, 2006, Denver).
166. Weir, J.P., A.C. Fry, **J.T. Cramer**, B.K. Schilling, T.W. Beck, M.J. Falvo, C.A. Moore, and T.J. Housh. Relationships among muscle fiber type, electromyography and mechanomyography during fatigue in resistance- vs. aerobically-trained subjects. *Medicine & Science in Sports & Exercise* 38:S179, 2006. (Presented ant the American College of Sports Medicine Annual Convention, 2006, Denver).
167. **Cramer, J.T.**, A.C. Fry, B.K. Schilling, J.P. Weir, T.W. Beck, C.A. Moore, M.J. Falvo, and T.J. Housh. Relationships among the gross lateral movement phase of the mechanomyogram and muscle fiber type. *Medicine & Science in Sports & Exercise* 38:S374, 2006. (Presented ant the American College of Sports Medicine Annual Convention, 2006, Denver).
168. Beck, T.W., T.J. Housh, G.O. Johnson, J.P. Weir, **J.T. Cramer**, J.W. Coburn, M.H. Malek, amd M. Mielke. Effects of two days of isokinetic training on strength, electromyography, and mechanomyography. *Medicine & Science in Sports & Exercise* 38:S375, 2006. (Presented at the American College of Sports Medicine Annual Convention, 2006, Denver).
169. **Cramer, J.T.**, Weir, J.P., Housh, T.J., Beck, T.W., Coburn, J.W., and M.H. Malek. (2005). Differences among wavelet- and Fourier-based center frequency estimates with distributional changes in the power spectrum. *Medicine & Science in Sports & Exercise*, 37(5 Suppl.): S424. (Poster Presentation at the ACSM Annual Convention, 2005, Nashville.)
170. Bemben, M.G., Richardson, M.S., **Cramer, J.T.**, Bemben, D.A., and R.L. Shehab. (2005). Effects of age and ACL injury on quadriceps gamma loop function. *Medicine & Science in Sports & Exercise*, 37(5 Suppl.): S442. (Poster Presentation at the ACSM Annual Convention, 2005, Nashville.)
171. Weir, J.P., **Cramer, J.T.**, Vardaxis, V.G., Beck, T.W., and T.J. Housh. (2005). The Runs Test and Reverse Arrangements Test do not accurately assess signal stationarity. *Medicine & Science in Sports & Exercise*, 37(5 Suppl.): S423-S424. (Poster Presentation at the ACSM Annual Convention, 2005, Nashville.)

172. Beck, T.W., Housh, T.J., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., Malek, M.H., and G.O. Johnson. (2005). Comparison of Fourier and wavelet transform procedures for examining the mechanomyographic frequency versus isokinetic torque relationship of the biceps brachii. Medicine & Science in Sports & Exercise, 37(5 Suppl.): S424. (Poster Presentation at the ACSM Annual Convention, 2005, Nashville.)
173. Coburn, J.W., Housh, T.J., Weir, J.P., Malek, M.H., **Cramer, J.T.**, Beck, T.W., and G.O. Johnson. (2005). Relationships for mechanomyographic amplitude and mean power frequency vs. torque during isometric and eccentric isokinetic muscle actions. Medicine & Science in Sports & Exercise, 37(5 Suppl.): S440. (Poster Presentation at the ACSM Annual Convention, 2005, Nashville.)
174. **Cramer, J.T.**, Stout, J.R., Culbertson, J.Y., and A.D. Egan. (2005). Effects of short-term isokinetic resistance training on peak torque, acceleration time, electromyography, and mechanomyography of the vastus lateralis during eight days of creatine supplementation. Journal of the International Society of Sports Nutrition, 2(1): 11. (Poster Presentation at the ISSN Annual Convention, 2005, New Orleans.)
175. Stout, J.R., O’Kroy, J., Mielke, M., Zoeller, R., Torok, D., **Cramer, J.T.**, Rakes, M., and B.S. Graves. (2005). Effects of 28 days of beta-alanine and creatine monohydrate supplementation on physical working capacity at neuromuscular fatigue threshold. Journal of the International Society of Sports Nutrition, 2(1): 11. (Poster Presentation at the ISSN Annual Convention, 2005, New Orleans.)
176. **Cramer, J.T.**, Massey, L.L., Marek, S.M., and A.D. Egan. (2005). Time course for the acute effects of static stretching on muscle strength and power output in NCAA Division I Women's Basketball players. Journal of Strength and Conditioning Research, 19(4): e11 [http://nsca.allenpress.com/pdfserv/10.1519%2F1533-4287\(2005\)19%5Be3:NCA%5D2.0.CO%3B2](http://nsca.allenpress.com/pdfserv/10.1519%2F1533-4287(2005)19%5Be3:NCA%5D2.0.CO%3B2). (Oral/slide Presentation at the NSCA Annual National Conference, 2005, Las Vegas.)
177. Egan, A.D., **Cramer, J.T.**, Massey, L.L., Marek, S.M., Danglemeier, S., Purkayastha, S., Culbertson, J.Y., and K.A. Fitz. (2005). Acute effects of static stretching on the angle-torque relationship during isokinetic leg extensions in women. Journal of Strength and Conditioning Research, 19(4): e13 [http://nsca.allenpress.com/pdfserv/10.1519%2F1533-4287\(2005\)19%5Be3:NCA%5D2.0.CO%3B2](http://nsca.allenpress.com/pdfserv/10.1519%2F1533-4287(2005)19%5Be3:NCA%5D2.0.CO%3B2). (Poster Presentation at the NSCA Annual National Conference, 2005, Las Vegas.) *Runner up for Student Research Award.*
178. **Cramer, J.T.**, Housh, T.J., Weir, J.P., Coburn, J.W., Beck, T.W., and G.O. Johnson. (2004). Acute effects of static stretching on peak torque, mean power output, EMG, and MMG during eccentric muscle actions. Journal of Strength and Conditioning Research, 18(4): <http://nsca.allenpress.com/nscaonline/?request=index-html>. (Oral/slide Presentation at the NSCA Annual National Conference, 2004, Minneapolis.)
179. **Cramer, J.T.**, Kremenec, I.J., Housh, T.J., Weir, J.P., Coburn, J.W., Beck, T.W., and G.O. Johnson. (2004). Instantaneous mean frequency vs. range of motion for surface electromyographic and mechanomyographic signals recorded during isokinetic leg extensions. Proceedings of the XVth ISEK Congress, June 2004, ISBN # 0-87270-136-0: 98. (Poster Presentation at the ISEK XVth Congress, 2004, Boston.)
180. Beck, T.W., Housh, T.J., Johnson, G.O., Weir, J.P., **Cramer, J.T.**, Coburn, J.W., and M.H. Malek. (2004). Mechanomyographic amplitude and mean power frequency versus torque relationships during submaximal to maximal isokinetic and isometric muscle actions of the biceps brachii. Proceedings of the XVth ISEK Congress, June 2004, ISBN # 0-87270-136-0: 93. (Oral/slide Presentation at the ISEK XVth Congress, 2004, Boston.)



181. Coburn, J.W., Housh, T.J., **Cramer, J.T.**, Weir, J.P., Miller, J.M., Beck, T.W., and G.O. Johnson. (2004). Mechanomyographic time and frequency domain responses of the vastus medialis muscle during submaximal to maximal isometric and isokinetic muscle actions. Proceedings of the XVth ISEK Congress, June 2004, ISBN # 0-87270-136-0: 93. (Poster Presentation at the ISEK XVth Congress, 2004, Boston.)
182. Weir, J.P., Coburn, J.W., Housh, T.J., Beck, T.W., Malek, M.H., Johnson, G.O., and **J.T. Cramer**. (2004). Wavelet and Fourier based estimates of MMG and EMG responses to isokinetic muscle actions yield similar results. (2004). Proceedings of the XVth ISEK Congress, June 2004, ISBN # 0-87270-136-0: 99. (Poster Presentation at the ISEK XVth Congress, 2004, Boston.)
183. **Cramer, J.T.**, Housh, T.J., Weir, J.P., Coburn, J.W., Beck, T.W., and G.O. Johnson. (2004). Acute effects of static stretching on torque, power, electromyography, and mechanomyography during eccentric muscle actions. Medicine & Science in Sports & Exercise, 36(5 Suppl): S342. (Poster Presentation at the ACSM Annual Convention, 2004, Indianapolis.)
184. Coburn, J.W., Housh, T.J., Miller, J.M., **Cramer, J.T.**, Beck, T.W., Malek, M.H., and G.O. Johnson. (2004). Relationships for MMG frequency vs. torque during isometric and isokinetic muscle actions. Medicine & Science in Sports & Exercise, 36(5 Suppl): S341. (Poster Presentation at the ACSM Annual Convention, 2004, Indianapolis.)
185. Beck, T.W., Housh, T.J., **Cramer, J.T.**, Coburn, J.W., Malek, M.H., and G.O. Johnson. (2004). Time and frequency domain analyses of the surface mechanomyogram during submaximal to maximal isokinetic muscle actions of the biceps brachii. Medicine & Science in Sports & Exercise, 36(5 Suppl): S344. (Poster Presentation at the ACSM Annual Convention, 2004, Indianapolis.)
186. **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Coburn, J.W., and T.W. Beck. The acute effects of static stretching on maximal, eccentric isokinetic peak torque and electromyographic amplitude in females. Research Quarterly for Exercise and Sport, 75(1 Suppl): A7-8. (Poster presentation at the AAHPERD Annual National Conference, 2004, New Orleans.)
187. **Cramer, J.T.**, Housh, T.J., Stout, J.R., Johnson, G.O., Miller, J.M., Coburn, J.W., and T.W. Beck. The effects of eight weeks of aerobic training combined with a carbohydrate, ribose, and protein-containing repletion drink on aerobic capacity, endurance, and body composition. Journal of Strength and Conditioning Research, 17(4): <http://www.nscalift.org/Abstracts/bycategory.asp>. (Poster Presentation at the NSCA Annual National Conference, 2003, Indianapolis.)
188. Beck, T.W., **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Coburn, J.W., and J.M. Miller. The acute effects of static stretching on maximal, eccentric isokinetic peak torque in males. Journal of Strength and Conditioning Research, 17(4): <http://www.nscalift.org/Abstracts/bycategory.asp>. (Poster Presentation at the NSCA Annual National Conference, 2003, Indianapolis.)
189. Housh, D.J., Housh, T.J., Johnson, G.O., **Cramer, J.T.**, Eckerson, J.M., Stout, J.R., Bull, A.J., and S.R. Perry-Rana. The accuracy of near-infrared interactance estimates of percent body fat in young wrestlers. Journal of Strength and Conditioning Research, 17(4): <http://www.nscalift.org/Abstracts/bycategory.asp>. (Oral/slide Presentation at the NSCA Annual National Conference, 2002, Indianapolis.)
190. Coburn, J.W., Housh, T.J., Miller, J.M., **Cramer, J.T.**, and G.O. Johnson. Mechanomyographic amplitude and frequency vs. torque relationships during isometric

- muscle actions. *Journal of Strength and Conditioning Research*, 17(4): <http://www.nscalift.org/Abstracts/bycategory.asp>. (Oral/slide Presentation at the NSCA Annual National Conference, 2003, Indianapolis.)
191. Miller, J.M., Housh, T.J., Coburn, J.W., **Cramer, J.T.**, and G.O. Johnson. An examination of the physical working capacity at the oxygen consumption threshold test (PWCVO<sub>2</sub>). *Journal of Strength and Conditioning Research*, 17(4): <http://www.nscalift.org/Abstracts/bycategory.asp>. (Poster Presentation at the NSCA Annual National Conference, 2003, Indianapolis.)
192. **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Miller, J.M., and J.W. Coburn. (2003). The acute effects of static stretching on peak torque and EMG of the stretched and unstretched (contralateral) vastus lateralis muscles. *Medicine & Science in Sports & Exercise*, 35(5 suppl.): S382. (Poster Presentation at the ACSM Annual Convention, 2003, San Francisco.)
193. Housh, T.J., **Cramer, J.T.**, Kremenic, I.J., Weir, J.P., McHugh, M.P., Rana, S.R., Johnson, G.O., and D.J. Housh. (2003). Frequency changes in EMG and MMG signals during fatiguing isokinetic muscle actions: Fourier vs. wavelet transformations. *Medicine & Science in Sports & Exercise*, 35(5 suppl.): S382. (Poster Presentation at the ACSM Annual Convention, 2003, San Francisco.)
194. Housh, D.J., **Cramer, J.T.**, Weir, J.P., Kremenic, I.J., McHugh, M.P., Rana, S.R., Bull, A.J., Johnson, G.O., and T.J. Housh. (2003). Wavelet and Fourier transformations of EMG and MMG signals during fatiguing cycle ergometry. *Medicine & Science in Sports & Exercise*, 35(5 suppl.): S382. (Poster Presentation at the ACSM Annual Convention, 2003, San Francisco.)
195. Ebersole, K.T., Housh, T.J., Johnson, G.O., **Cramer, J.T.**, Perry, S.R., and A.J. Bull. (2003). The effect of forearm flexion angle on the MMG and EMG amplitude. *Medicine & Science in Sports & Exercise*, 35(5 suppl.): S390. (Poster Presentation at the ACSM Annual Convention, 2003, San Francisco.)
196. Coburn, J.W., Housh, T.J., Miller, J.M., **Cramer, J.T.**, and G.O. Johnson. (2003). Mechanomyographic amplitude and power output during high-velocity isokinetic muscle actions. *Medicine & Science in Sports & Exercise*, 35(5 suppl.): S382. (Poster Presentation at the ACSM Annual Convention, 2003, San Francisco.)
197. Miller, J.M., Housh, T.J., Coburn, J.W., **Cramer, J.T.**, and G.O. Johnson. (2003). Mechanomyographic amplitude and power output during high-velocity isokinetic muscle actions. *Medicine & Science in Sports & Exercise*, 35(5 suppl.): S275. (Poster Presentation at the ACSM Annual Convention, 2003, San Francisco.)
198. Beck, T.W., Miller, J.M., Housh, T.J., Coburn, J.W., **Cramer, J.T.**, and G.O. Johnson. (2003). Relative contributions of body composition and peak torque to arm-cranking anaerobic capabilities in high school wrestlers. *Medicine & Science in Sports & Exercise*, 35(5 suppl.): S276. (Poster Presentation at the ACSM Annual Convention, 2003, San Francisco.)
199. Perry-Rana, S.R., Housh, T.J., Johnson, G.O., Bull, A.J., and **J.T. Cramer**. (2003). MMG and EMG responses during 25 maximal, eccentric isokinetic muscle actions. *Medicine & Science in Sports & Exercise*, 35(5 suppl.): S391. (Poster Presentation at the ACSM Annual Convention, 2003, San Francisco.)
200. **Cramer, J.T.**, Housh, T.J., Johnson, G.O., and J.M. Miller. The acute effects of static stretching on peak torque and mean power output during maximal, concentric isokinetic muscle actions. *Journal of Strength and Conditioning Research*, 16(4): <http://nsca.allenpress.com/nscaonline/?request=get-toc&issn=1064->

- [8011&volume=016&issue=04](#). (Oral/slide Presentation at the NSCA Annual National Conference, 2002, Las Vegas.)
201. Miller, J.M., Housh, T.J., Coburn, J.W., **Cramer, J.T.**, and G.O. Johnson. (2002). Comparisons of fatigue thresholds during cycle ergometry. *Journal of Strength and Conditioning Research*, 16(4): <http://nsca.allenpress.com/nscaonline/?request=get-toc&issn=1064-8011&volume=016&issue=04>. (Oral/slide Presentation at the NSCA Annual National Conference, 2002, Las Vegas.)
  202. **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Berning, J.M., Perry, S.R., and A.J. Bull. (2002). Mechanomyographic amplitude and power output during high-velocity isokinetic muscle actions. *Medicine & Science in Sports & Exercise*, 34(5 suppl.): S177. (Poster Presentation at the ACSM Annual Convention, 2002, St. Louis.)
  203. Coburn, J.W., **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Miller, J.M., Berning, J.M., Perry, S.R., and A.J. Bull. (2002). Peak torque and electromyographic amplitude of the vastus lateralis during maximal, voluntary isokinetic muscle actions in females. *Medicine & Science in Sports & Exercise*, 34(5 suppl.): S176. (Poster Presentation at the ACSM Annual Convention, 2002, St. Louis.)
  204. Miller, J.M., **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Coburn, J.W., Berning, J.M., Perry, S.R., and A.J. Bull. (2002). Velocity-related patterns for mean power output, mechanomyography, and electromyography during concentric and eccentric isokinetic muscle actions. *Medicine & Science in Sports & Exercise*, 34(5 suppl.): S175. (Poster Presentation at the ACSM Annual Convention, 2002, St. Louis.)
  205. Ebersole, K.T., Housh, T.J., Johnson, G.O., **Cramer, J.T.**, Perry, S.R., and A.J. Bull. (2002). The effect of forearm flexion angle on the MMG and EMG mean power frequency. *Medicine & Science in Sports & Exercise*, 34(5 suppl.): S263. (Poster Presentation at the ACSM Annual Convention, 2002, St. Louis.)
  206. Housh, D.J., Housh, T.J., Johnson, G.O., **Cramer, J.T.**, Eckerson, J.M., Stout, J.R., Evetovich, T.K., Ebersole, K.T., Perry, S.R., and A.J. Bull. (2002). Gender comparisons for body composition and peak torque in age-group swimmers. *Medicine & Science in Sports & Exercise*, 34(5 suppl.): S105. (Poster Presentation at the ACSM Annual Convention, 2002, St. Louis.)
  207. Housh, T.J., Johnson, G.O., Housh, D.J., Eckerson, J.M., Stout, J.R., Weir, J.P., Evetovich, T.K., and **J.T. Cramer**. (2002). Anthropometric characteristics of high school female gymnasts. *Medicine & Science in Sports & Exercise*, 34(5 suppl.): S105. (Poster Presentation at the ACSM Annual Convention, 2002, St. Louis.)
  208. Perry, S.R., Housh, T.J., Johnson, G.O., Bull, A.J., Berning, J.M., and **J.T. Cramer**. (2002). MMG and EMG responses during fatiguing isokinetic muscle actions at different velocities. *Medicine & Science in Sports & Exercise*, 34(5 suppl.): S261. (Poster Presentation at the ACSM Annual Convention, 2002, St. Louis.)
  209. Ebersole, K.T., Housh, T.J., Evetovich, T.K., and **J.T. Cramer**. (2001). Mechanomyographic and electromyographic responses to isokinetic muscle actions. *Proceedings of the American Society of Biomechanics Annual Meeting*, 125-126. (Oral/slide Presentation at the American Society of Biomechanics Annual Meeting, 2001, San Diego.)
  210. **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Berning, J.M., Perry, S.R., and A.J. Bull. (2001). Mean power output and mechanomyographic amplitude of the superficial muscles of the quadriceps femoris during maximal, eccentric isokinetic muscle actions. *Journal of Strength and Conditioning Research*, 15(3): 392. (Poster Presentation at the NSCA Annual National Conference, 2001, Spokane.)

211. Housh, T.J., Johnson, G.O., Housh, D.J., Ebersole, K.T., Evetovich, T.K., Smith, D.B., Perry, S.R., Bull, A.J., and **J.T. Cramer**. (2001). Age-related changes in peak torque in young female swimmers. *Journal of Strength and Conditioning Research*, 15(3): 394. (Poster Presentation at the NSCA Annual National Conference, 2001, Spokane.)
212. **Cramer, J.T.**, Housh, T.J., Weir, J.P., Ebersole, K.T., Johnson, G.O., Perry, S.R., and A.J. Bull. (2001). Mechanomyographic mean power frequency and power output during maximal, concentric isokinetic muscle actions. *Medicine & Science in Sports & Exercise*, 33(5 suppl.): S333. (Poster Presentation at the ACSM Annual Convention, 2001, Baltimore.)
213. Housh, D.J., **Cramer, J.T.**, Housh, T.J., Evetovich, T.K., and G.O. Johnson. (2001). Mechanomyographic amplitude and power output during eccentric muscle actions. *Medicine & Science in Sports & Exercise*, 33(5 suppl.): S333. (Poster Presentation at the ACSM Annual Convention, 2001, Baltimore.)
214. Ebersole, K.T., **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Perry, S.R., and A.J. Bull. (2001). The effect of isometric strength training on electromechanical delay. *Medicine & Science in Sports & Exercise*, 33(5 suppl.): S296. (Poster Presentation at the ACSM Annual Convention, 2001, Baltimore.)
215. Schmidt, R.J., **Cramer, J.T.**, Nielsen, R.L., Berning, J.M., Anderson, D., Barnica, R., Branstiter, T., Bombeck, B., Lamken, D., Stolz, D., Teter, D., and B. Urbanek. (2001). A comparison of instructor-led vs. voluntary physical fitness programs in male law enforcement officer recruits. *Medicine & Science in Sports & Exercise*, 33(5 suppl.): S167. (Poster Presentation at the ACSM Annual Convention, 2001, Baltimore.)
216. Berning, J.M., Adams, K.J., Durham, M.P., **Cramer, J.T.**, Kipp, R., and T. Wenger. (2001). Physiological responses to pushing vs. pulling a vehicle for 400 meters. *Medicine & Science in Sports & Exercise*, 33(5 suppl.): S160. (Poster Presentation at the ACSM Annual Convention, 2001, Baltimore.)
217. Housh, T.J., Johnson, G.O., Housh, D.J., Eckerson, J., Stout, J.R., Evetovich, T.K., Ebersole, K.T., **Cramer, J.T.**, Perry, S.R., and A.J. Bull. (2001). Estimation of body composition in young, male swimmers. *Medicine & Science in Sports & Exercise*, 33(5 suppl.): S241. (Poster Presentation at the ACSM Annual Convention, 2001, Baltimore.)
218. Perry, S.R., Housh, T.J., Johnson, G.O., Bull, A.J., and **J.T. Cramer**. (2001). Mechanomyographic and electromyographic responses of the superficial quadriceps femoris muscles during fatiguing, concentric, isokinetic muscle actions. *Medicine & Science in Sports & Exercise*, 33(5 suppl.): S173. (Poster Presentation at the ACSM Annual Convention, 2001, Baltimore.)
219. Bull, A.J., Housh, T.J., Johnson, G.O., Perry, S.R., and **J.T. Cramer**. (2001). Oxygen consumption at critical power estimated from linear and nonlinear models. *Medicine & Science in Sports & Exercise*, 33(5 suppl.): S110. (Poster Presentation at the ACSM Annual Convention, 2001, Baltimore.)
220. **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Ebersole, K.T., Perry, S.R., and A.J. Bull. (2000). The relationships among mean power output, peak torque, and mechanomyographic amplitude of the superficial quadriceps femoris muscles during maximal, concentric isokinetic knee extensions. *Journal of Strength and Conditioning Research*, 14(3): 361. (Poster Presentation at the NSCA Annual National Conference, 2000, Orlando.)
221. Housh, T.J., **Cramer, J.T.**, Bull, A.J., and G.O. Johnson. (2000). Estimations of anaerobic running capacity. *Journal of Strength and Conditioning Research*, 14(3): 364. (Poster Presentation at the NSCA Annual National Conference, 2000, Orlando.)

222. Housh, D.J., Housh, T.J., **Cramer, J.T.**, Bull, A.J., and G.O. Johnson. (2000). The effect of mathematical modeling on critical velocity. *Journal of Strength and Conditioning Research*, 14(3): 363. (Poster Presentation at the NSCA Annual National Conference, 2000, Orlando.)
223. **Cramer, J.T.**, Housh, T.J., Johnson, G.O., Ebersole, K.T., Bull, A.J., and S.R. Perry. (2000). Mechanomyographic responses of the superficial muscles of the quadriceps femoris to maximal, concentric isokinetic muscle actions. *Medicine & Science in Sports & Exercise*, 32(5 suppl.): S57. (Poster Presentation at the ACSM Annual Convention, 2000, Indianapolis.)
224. Bull, A.J., **Cramer, J.T.**, Housh, T.J., and G.O. Johnson. (2000). The effect of mathematical modeling on the estimation of critical velocity. *Medicine & Science in Sports & Exercise*, 32(5 suppl.): S359. (Poster Presentation at the ACSM Annual Convention, 2000, Indianapolis.)
225. Weir, J.P., Housh, T.J., Johnson, G.O., Housh, D.J., Ebersole, K.T., and **J.T. Cramer**. (1999). Allometric assessment of isokinetic arm strength in children: No age or gender effects. *Journal of Strength and Conditioning Research*, 13(3). (Poster Presentation at the NSCA Annual National Conference, 1999, Kansas City.)

#### **Doctoral Student Committees:**

1. Shoemaker, M.E. (2017 – 2022). Inflammaging: Inflammatory biomarkers associated with nutrition, metabolism, and muscle tissue oxygenation relative to sarcopenic status in older adults. Committee members: **Cramer, J.T.** (Chair), Duarte-Gardea, M., Smith, C.M.
  - a. Assistant Professor (tenure-track), South Dakota State University, Fall 2022
2. Gillen, Z.M. (2016 – 2020). Comparisons of Muscle Size, Strength, and Neuromuscular Function in Pre- and Post-Pubescent Males and Females. Committee members: **Cramer, J.T.** (Chair), Housh, T.J., Johnson, G.O., Schmidt, R.J., Deayala, E.R.
  - a. Assistant Professor (tenure-track), Mississippi State University, Fall 2020
3. Keller, J. (2016 – 2020). The Sex-Specific Contributions of Neuromuscular and Muscle Blood Flow Responses to Performance Fatigability Following Fatiguing Bilateral Muscle Actions Above and Below Critical Force. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J., Housh, D.J.
  - a. Assistant Professor (tenure-track), University of South Alabama, Fall 2020
4. Smith, C.M. (2015 – 2019). The effects of variable resistance training and dynamic constant external resistance training on force and neuromuscular adaptations as a result of four weeks of leg press training. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J., Housh, D.J.
  - a. Assistant Professor (tenure-track), University of Texas El Paso, Fall 2019
  - b. Assistant Professor (tenure-track), Baylor University, Fall 2022
5. Hill, E.C. (2015 – 2019). The Effects of 4 Weeks of Blood Flow Restriction and Low-Intensity Resistance Training on Muscle Strength, Power, Hypertrophy, and Neuromuscular Adaptation. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J., Housh, D.J.
  - a. Assistant Professor (tenure-track), University of Central Florida, Fall 2019
6. Jenkins, N.D.M. (2013 – 2016). Neuromuscular adaptations to 3- and 6-weeks of high-versus low-load resistance training. Committee members: **Cramer, J.T.** (Chair), Housh, T.J., Johnson, G.O., Housh, D.J., Schmidt, R.J.
  - a. Assistant Professor (tenure-track), Oklahoma State University, Fall 2016

- b. Assistant Professor (tenure-track), University of Iowa, Fall 2020
7. Cochrane, K. (2012 – 2016). Physiological responses at the rating of perceived exertion at and above the gas exchange threshold during treadmill running. Committee members: Housh, T.J. (Chair), Johnson, G.O., Housh, D.J., Schmidt, R.J., **Cramer, J.T.**
  - a. Assistant Professor, California State Polytechnic University, Pomona, Fall 2016
  - b. Assistant Professor, San Jose State University, Fall 2018
  - c. Assistant Professor & Program Coordinator, Concordia University Chicago, 2019
  - d. Lecturer, University of California Irvine, Fall 2019
8. Abbey, B. (unknown – 2014). School wellness policies and practices and the association with body mass index (BMI) in children. Committee members: Franzen-Castle, L. (Chair), Bartee, T., De Guzman M., **Cramer, J.T.**
  - a. Assistant Professor, University of Nebraska-Kearney, Fall 2013
  - b. Associate Professor (tenured), University of Nebraska-Kearney, Fall 2019
9. Bergstrom, H.C. (2010 – 2014). Physiological responses at the critical heart rate during treadmill running. Committee members: Housh, T.J. (Chair), Johnson, G.O., Housh, D.J., Schmidt, R.J., **Cramer, J.T.**
  - a. Assistant Professor (tenure-track), University of Kentucky, Fall 2014
  - b. Associate Professor (tenured), University of Kentucky, Fall 2020
10. Fukuda, D.H. (2009 – 2012). A systematic approach for the classification of age-related muscle loss and elderly obesity using field-based testing methods and isoperformance curves. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W., Taylor, E.L., Hope, T.
  - a. Assistant Professor (tenure-track), Creighton University, Fall 2012
  - b. Assistant Professor (tenure-track), University of Central Florida, Fall 2013
  - c. Associate Professor (tenured), University of Central Florida, Fall 2018
11. Kendall, K.L. (2009 – 2012). Validity of laboratory and field methods for predicting fat free mass in elite male rowers. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W., Taylor, E.L., Hope, T.
  - a. Assistant Professor (tenure-track), Georgia Southern University, Fall 2012
  - b. Chief Science Officer, Bodybuilding.com, Summer 2015
  - c. Assistant Professor, Edith Cowan University, Summer 2017
12. Walter, A.A. (2008 – 2012). Comparison of models in determining sarcopenia status in older adults. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Beck, T.W., Taylor, E.L., Hope, T.
  - a. Clinical Research Coordinator, University of Kansas Eye Institute, Spring 2012
  - b. Assistant Professor (tenure-track), University of Kansas, Fall 2013 (tenure-leading, Fall 2018)
13. Costa, P.B. (2007 – 2011). The effects of short-term resistance training and subsequent detraining on neuromuscular performance, muscle cross-sectional area, and leg volume. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Beck, T.W., Kerksick, C.M., Hope, T.
  - a. Assistant Professor (tenure-track), California State University San Bernardino, Fall 2011
  - b. Associate Professor (tenure-track), California State University Fullerton, Fall 2014
  - c. Professor (tenured), California State University Fullerton, Fall 2020

14. Herda, T.J. (2007 – 2011). The effects of aging on skeletal muscle morphology and neuromuscular function of the leg extensors. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Beck, T.W., Kerksick, C.M., Hope, T.
  - a. Assistant Professor (tenure-track), University of Kansas, Fall 2011
  - b. Associate Professor (tenured), University of Kansas, Fall 2017
  - c. Professor (tenured), University of Kansas, Fall 2022
15. Smith, A.E. (2008 – 2011). Exercise-induced oxidative stress: Examining the antioxidant capabilities of beta-alanine supplementation. Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W., Kerksick, C.M., Hull, H.
  - a. Assistant Professor (tenure-track), University of North Carolina Chapel Hill, Fall 2011
  - b. Associate Professor (tenured), University of North Carolina Chapel Hill, Fall 2017
  - c. Professor (tenured), University of North Carolina Chapel Hill, Fall 2022
16. Lockwood, C.A. (2007 – 2010). Effect of whey protein quality on physiological response to chronic resistance exercise in trained men: A double-blind, placebo-controlled, randomized trial. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W., Kerksick, C.M., Wheeler, R.
  - a. Assistant Professor, Mary Hardin Baylor University, Summer 2019
17. Roberts, M.D. (2006 – 2010). The effects of aging on markers of satellite cell activity after three sequential bouts of resistance exercise. Committee members: Kerksick, C.M. (Chair), **Cramer, J.T.**, Stout, J.R., Beck, T.W., Henry, D.
  - a. Post-doctoral Fellowship, University of Missouri (Frank Booth), Fall 2010
  - b. Assistant Professor (tenure-track), Auburn University, Fall 2013
  - c. Associate Professor (tenured), Auburn University, Fall 2017
18. Moon, J.R. (2006 – 2009). Validity of bioimpedance for the assessment of total body and segmental fat-free mass in older men and women and a comparison of methods used to classify sarcopenia. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W., Kerksick, C.M., Hope, T.
  - a. Assistant Professor and Chair, United States Sports Academy, Fall 2009
  - b. Chief Science Officer, MusclePharm, Summer 2012
  - c. Program Director, Associate Professor, American Public University, Fall 2015
  - d. Executive Director of Research & Education, ImpediMed, Fall 2016
  - e. Faculty, United States Sports Academy, Fall 2009 – present
  - f. Faculty, Concordia University Chicago, Sep 2015 – present
  - g. Co-Founder & Chief Science Officer, FitTrace, Sep 2015 – present
19. Ryan, E.D. (2005 – 2009). Acute versus chronic effects of passive stretching on voluntary and evoked neuromuscular function, the length-tension relationship, joint range of motion, and musculotendinous stiffness in the plantar flexors. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Bembien, M.G., Bembien, D.A., and Shehab, R.
  - a. Assistant Professor (tenure-track), Oklahoma State University, Fall 2009
  - b. Assistant Professor (tenure-track), Stallings Fellow, University of North Carolina Chapel Hill, Fall 2011
  - c. Associate Professor (tenured), Stallings Fellow, University of North Carolina Chapel Hill, Fall 2017
  - d. Professor (tenured), University of North Carolina Chapel Hill, Fall 2022
20. Karabulut, M. (2004 – 2008). Neuromuscular, hormonal, serum inflammatory marker, and bone structure changes in middle-aged men following two different resistance training

- protocols. Committee members: Bemben, M.G. (Chair), Bemben, D.A., Toothaker, L., Anderson, M., **Cramer, J.T.**
- a. Assistant Professor (tenure-track), University of Texas at Brownsville, Fall 2008
  - b. Associate Professor (tenured), University of Texas Rio Grande Valley, Fall 2014
21. Hartman, M.J. (2003 – 2007). Age-related changes in skeletal muscle activation following short-term resistance training. Committee members: Bemben, M.G. (Chair), Bemben, D.A., Knehans, A., Anderson, M., **Cramer, J.T.**
- a. Assistant Professor, Florida Atlantic University, Fall 2007
  - b. Assistant Professor, Texas Wesleyan University, Fall 2008
  - c. Scientific Advisor, AdvoCare, Summer 2011
  - d. Director of Research and Development, AdvoCare, May 2012
  - e. Vice President of Research and Development, Plexus Worldwide, Sep 2019
22. Fjeldstad, A.S. (2003 – 2007). Effects of metabolic syndrome (MS) features on arterial elasticity of the large and small arteries in apparently healthy adults. Committee members: Bemben, D.A. (Chair), Bemben, M.G., Gardner, A., Knapp, R., **Cramer, J.T.**
- a. Post-doctoral Fellowship, University of Utah, Fall 2007
  - b. Research Fellow, University of Utah Hospitals and Clinics, Fall 2011
  - c. Assistant Professor (non-tenure-track), Virginia Commonwealth University, Fall 2016
23. Fjeldstad-Pardo, C. (2003 – 2007). Effect of four months of resistance training with and without vibration on postural balance in premenopausal women diagnosed with multiple sclerosis. Committee members: Bemben, M.G. (Chair), Bemben, D.A., Knehans, A., Anderson, M., **Cramer, J.T.**
- a. Senior Researcher, NeuroScience Institute, Oklahoma City, OK, Fall 2007
  - b. Clinical Research Scientist, Oklahoma Medical Research Foundation, Mar 2011
24. Hull, H.R. (2003 – 2007). Impact of maternal weight on body composition and weight of the infant. Committee members: Dinger, M. (Co-Chair), Fields, D. (Co-Chair), Knehans, A., **Cramer, J.T.**
- a. Post-doctoral Fellowship, Columbia University, Fall 2008
  - b. Assistant Professor (tenure-track), University of Oklahoma Health Sciences Center, Fall 2010
  - c. Assistant Professor (tenure-track), University of Kansas Medical Center, Fall 2011
  - d. Associate Professor (tenured), University of Kansas Medical Center, Fall 2017
25. Lamont, H.S. (2002 – 2006). The effects of whole body vibration-induced post-activation potentiation on indices of isometric and dynamic force production during and following a six-week periodized back squat protocol. Committee members: Bemben, M.G. (Chair), Bemben, D.A., Shehab, R., Anderson, M., **Cramer, J.T.**
- a. Visiting Assistant Professor, University of Mississippi, Fall 2006
  - b. Assistant Professor, University of Mississippi, Fall 2007
  - c. Assistant Professor, East Tennessee State University, Fall 2010
  - d. Assistant Professor, California Lutheran University, Fall 2012
  - e. Associate Professor, Coastal Carolina University, Fall 2015

#### **Masters Student Committees:**

1. Bejarano, S.P. (2020 – 2022). A guide towards creating a more gratifying experience at Stretch Zone ®. Committee members: **Cramer, J.T. (Chair)**, Smith, C.M., Eggleston, J.D.



2. McKay, B.D. (2017 – 2019). Oxygenation and activation of the vastus lateralis during dynamic constant external resistance leg extension muscle actions in older women with and without sarcopenia. Committee members: **Cramer, J.T. (Chair)**, Housh, T.J., Schmidt, R.J.
3. Jahn, L.E. (2016 – 2018). Effects of static, countermovement, and drop jump performance on power and rate of force development in 6-16-year-old boys. Committee members: **Cramer, J.T. (Chair)**, Koehler, K., Takahashi, S.
4. Smith, C.M. (2014 – 2016). Time Course of Changes in Neuromuscular Parameters during Fatiguing High-Load and Low-Load Concentric Dynamic Constant External Resistance Leg Extension Muscle Actions. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J.
5. Hill, E.C. (2014 – 2016). Electromyographic and mechanomyographic time and frequency responses during fatiguing, submaximal, isokinetic muscle actions of the biceps brachii. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J.
6. Lewis, R. (2011 – 2013). The effects of intermittent isometric fatigue on concentric, eccentric, and isometric torque. Committee members: Housh, T.J. (Chair), **Cramer, J.T.**, Johnson, G.O., Schmidt, R.J.
7. Jenkins, N.D.M. (2011 – 2013). Test-retest reliability of voluntary and evoked muscle actions to study neuromuscular function in elderly men. Committee members: **Cramer, J.T. (Chair)**, Housh, T.J., Johnson, G.O., Schmidt, R.J.
8. Hoge, K.M. (2008 – 2010). The acute effects of two different stretching protocols on musculotendinous stiffness and range of motion. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Beck, T.W.
9. Fukuda, D. (2008 – 2010). The effects of creatine loading and gender on anaerobic running capacity. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W.
10. Kendall, K.L. (2007 – 2009). The effects of 6-weeks of high-intensity interval training and creatine supplementation on critical power and anaerobic working capacity in college-aged men. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W.
11. Graef, J.L. (2007 – 2009). The effects of 6 weeks of high-intensity interval training and creatine supplementation on cardiorespiratory fitness in college-aged men. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W.
12. DeFreitas, J.M. (2007 – 2009). A reexamination of the efficiency of electrical activity technique for identifying the time course of neural versus hypertrophic contributions to training-induced strength gains. Committee members: **Cramer, J.T. (Co-Chair)**, Beck, T.W. (Co-Chair), Stout, J.R.
13. Walter, A.A. (2006 – 2008). Effects of short-term high-intensity interval training and  $\beta$ -alanine loading on physiological and performance changes. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W.
14. Smith, A.E. (2006 – 2008). The effects of 6 weeks of  $\beta$ -alanine supplementation and high intensity interval training on metabolism, performance and the onset of neuromuscular fatigue. Committee members: Stout, J.R. (Chair), **Cramer, J.T.**, Beck, T.W.
15. Herda, T.J. (2005 – 2007). Comparisons of the acute effects of passive stretching and vibration on the neuromuscular function of the triceps surae. Committee members: **Cramer, J.T. (Chair)**, Stout, J.R., Bembem, M.G.
16. Sherk, V. (2005 – 2007). Bone density attributes in lower-body amputees. Bembem, D.A. (Chair), Bembem, M.G., **Cramer, J.T.**

17. Giovannetti, J.M. (2005 – 2007). Relationship between estimated aerobic fitness and injury rates among active duty at Tinker air force base based upon two separate measures of estimated cardiovascular fitness. Committee members: Bemben, M.G. (Chair), Bemben, D.B., **Cramer, J.T.**
18. Weirich, G.F. (2004 – 2006). Influences of strength, flexibility, body composition, and bone mineral density on balance in young, middle-aged, and older women. Committee members: Bemben, M.G. (Chair), Bemben, D.A., Taylor, E.L., **Cramer, J.T.**
19. Mathe, E.F. (2004 – 2006). Effects of whole body vibration on the ability to exert muscular force in young, middle, and older men. Committee members: Bemben, M.G. (Chair), Bemben, D.A., **Cramer, J.T.**
20. Marek, S.M. (2003 – 2005). The thermal effects of pulsed shortwave diathermy on force production, electromyography, and Mechanomyography. *Thesis proposed on November 5, 2004.* Committee members: **Cramer, J.T. (Co-Chair)**, Fincher, A.L. (Co-Chair), and Trowbridge, C.A.
21. Culbertson, J.M. (2003 – 2005). The effects of creatine supplementation and three days of isokinetic training on muscle strength, power output, and neuromuscular function. *Thesis proposed on January 28, 2005.* Committee members: **Cramer, J.T. (Chair)**, Trowbridge, C.A., Wilson, J.R., and Stout, J.R.
22. Purkayastha, S. (2003 – 2005). EMG-to-work ratios during isotonic and isokinetic leg extension exercises. *Non-thesis, manuscript submission.* Mentor: **Cramer, J.T.**

#### **Undergraduate Student Mentorship:**

1. Gibson, Sydney. (2018 – 2020). Validating the common smart phone for measuring push-up performance in youth athletes. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
2. Bohannon, Nicholas. (2017 – 2020). Validating the common smart phone for measuring push-up performance in youth athletes. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
3. Mendez, Alegra Isabel. (2016 – 2018). Validating the common smart phone for measuring vertical jump performance in youth athletes. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
4. McKay, B. (2015 – 2017). *McNair Scholar, 2016-2017.* UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
  - a. Comparing the effects of low- vs. high-load weight training on muscle activation and swelling in the biceps brachii muscle.
  - b. Exertional rhabdomyolysis in a 21-year-old, healthy female after performing three sets of the biceps curl exercise to failure with 30% 1RM: A case report.
  - c. Finding normative reference values for high school combine test results.
  - d. Test-retest reliability and minimal detectable changes of combine performance tests in 5 – 15 year old athletes.
5. Leutzinger, Todd. (2016 – 2017). Finding Normative Reference Values for High School Combine Test Results. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
6. Yeo, N. (2015 – 2016). Comparing the effects of low- vs. high-load weight training on muscle activation and swelling in the biceps brachii muscle. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**

7. Miller, J. (2014 – 2015). Contributions of morphological and neuromuscular factors to the time course of strength adaptations in response to high- and low-load resistance training. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
8. Yeo, N. (2014 – 2015). Comparing the neural and hypertrophic factors underlying increases in muscle strength after low-weight vs. high-weight resistance training programs. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
9. Fischman, K.A. (2013 – 2014). Effects of conjugated linoleic acid on physical performance. UCARE Undergraduate Research Assistant. Faculty Mentor: **Cramer, J.T.**
10. Ungar, J. (2013). The effects of intermittent isometric fatigue on concentric, eccentric, and isometric torque. Honors Credit for NUTR 250. Faculty Mentor: **Cramer, J.T.**
11. Sims, M.T. (2011 – 2012). Anatomy, injury, and surgery of the knee joint. Honors Faculty Mentor: **Cramer, J.T.**
12. Chowdhury, F.Z. (a.k.a., Navin; 2006 – 2007). Positioning of electrodes and locating the innervation zone during surface EMG recordings in vastus medialis muscle. Honors Thesis and UROP Faculty Mentor: **Cramer, J.T.**

### **Invited Presentations:**

1. **Cramer, J.T.** Keynote/Plenary Address entitled *Emerging evidence on impaired metabolic flexibility with sarcopenia: Possible role in loss of physical function*. Starting the Satellite Symposium entitled, *Muscle matters: New insights on the interplay between nutrition, immunity, inflammation and metabolism*. ESPEN 2021 Congress, European Society for Clinical Nutrition and Metabolism (ESPEN), Abbott Nutrition Health Institute (ANHI), with virtual, real-time translation to Spanish, Sept 11, 2021.
2. **Cramer, J.T.** New mechanisms related to muscle loss in at-risk clinical populations. *Keynote/Plenary Address*. Strength Ambassador Program, European Society for Clinical Nutrition and Metabolism (ESPEN), Abbott Nutrition Health Institute, Spain (virtual, real-time translation to Spanish), Sept 18, 2020. <https://anhi.org/conferences/virtual-strength-ambassador-program>
3. **Cramer, J.T.**, Renaud, J. Exercise and Nutrition for Healthy Aging. *Live and Learn*, Public Access Television Program, Lincoln, NE: April 26, 2019. Airing in May, 2019.
4. **Cramer, J.T.** What is Sarcopenia? Exercise and Nutrition for Healthy Aging. Oral/slide Presentation at Aging Partners Outreach Breakfast, Lincoln, NE: Feb 13, 2019.
5. **Cramer, J.T.** Carbohydrates for Performance Across Adolescence and Adulthood. Oral/slide Presentation at 117<sup>th</sup> Abbott Nutrition Research Conference, Carbohydrates Through the Lifecycle and Across Tissues, Columbus, OH: June 21, 2018.
6. **Cramer, J.T.** High- vs. low-load resistance training to failure: Current state of knowledge on maximizing strength versus hypertrophy. Oral/slide Presentation at Edith Cowan University, Perth, Australia: May 18, 2017.
7. **Cramer, J.T.** Organizational Update for the National Strength and Conditioning Association (NSCA). Oral/slide Presentation at the JCSMS Conference, Columbus, OH: February 17, 2017.
8. **Cramer, J.T.** High- vs. Low-load Resistance Training to Failure: Current State of Knowledge on Maximizing Strength vs. Hypertrophy. Oral/slide Presentation at the ISSN Conference & Exhibition, Clearwater Beach, FL: June 10, 2016.
9. **Cramer, J.T.** Protein and amino acid supplementation for strength, protein synthesis, and hypertrophy. Session 1: The effects of supplementation with leucine and other amino acids

- on strength and protein synthesis. Oral/slide Presentation at the NSCA Conference & Exhibition, Las Vegas, NV: July 11, 2013.
10. **Cramer, J.T.** Exercise and Nutrition for Healthy Aging. Oral/slide Presentation for the Nebraska Academy of Nutrition and Dietetics – Lincoln District, Madonna Rehabilitation Hospital, Lincoln, NE: January 29, 2013.
  11. **Cramer, J.T.** Exercise and Nutrition for Healthy Aging: Identifying and Treating Sarcopenia. Oral/slide Presentation for the Lincoln Chapter of Kiwanis, Cotner Center, Lincoln, NE: January 22, 2013.
  12. **Cramer, J.T.** Exercise and Nutrition for Healthy Aging: Identifying and Treating Sarcopenia. Oral/slide Presentation for UNL Extension Education Conference, Grand Island, NE: October 17, 2012.
  13. **Cramer, J.T.** Assessing mobility for oral nutritional supplement efficacy. Oral/slide Presentation for Abbott Laboratories, Abbott Nutrition, Columbus, OH: November 30, 2010.
  14. **Cramer, J.T.** Part 1: Sports Nutrition Needs and Supplementation for Endurance Athletes. Oral/slide Presentation at the NSCA Conference & Exhibition, Orlando, FL: July 15, 2010.
  15. **Cramer, J.T.** Part 3: The Future of Nutritional Supplementation for Exercise Performance. Oral/slide Presentation at the NSCA Conference & Exhibition, Las Vegas, NV: July 10, 2009.
  16. **Cramer, J.T.** Nutritional Supplementation After Resistance Training: Science and Recommendations (25 min). In Session: Nutritional Supplementation Before, During, & After Resistance Training: Science and Recommendations. Oral/slide Presentation at the NSCA Conference & Exhibition, Las Vegas, NV: July 10, 2008.
  17. **Cramer, J.T.** Safety Aspects of Creatine Supplementation (45 min). In Session: Creatine Supplementation in Exercise and Sport. Oral/slide Presentation at the NSCA Conference & Exhibition, Atlanta, GA: July 13, 2007.
  18. **Cramer, J.T.** Leucine and Whey Protein: Anabolic Nutrients (45 min). Oral/slide Presentation at the International Society of Sports Nutrition 2 day workshop, Colorado Springs, CO: November 4, 2006.
  19. **Cramer, J.T.** The noninvasive assessment of muscle function: from past to present (50 min). Oral/slide Presentation at the Northland Chapter ACSM Regional Meeting, St. Cloud, MN: April, 2006.
  20. **Cramer, J.T.** The noninvasive assessment of muscle function in older vs. younger adults (50 min). Oral/slide Presentation at the Central States Chapter ACSM Regional Meeting, Kansas City, MO: October, 2005.
  21. **Cramer, J.T.** Supplemental Caffeine and Capsaicin for Enhanced Energy Expenditure and Exercise Performance (50 min). Oral/slide Presentation at the NSCA National Convention Pre-conference Symposium, sponsored by GNC, Inc. Las Vegas, NV: July, 2005.
  22. **Cramer, J.T.** Research Tutorial: The Effects of Stretching on Strength, Power, and Performance (50 min). Oral/slide Presentation at the NSCA National Convention. Las Vegas, NV: July, 2005.
  23. **Cramer, J.T.** Bioenergetics of Exercise and Training (75 min). Oral/slide Presentation at the NSCA Certification Commission's Essentials of Strength Training and Conditioning Symposium. Phoenix, AZ: August, 2004. *Videotaped for DVD release/sales.*
  24. **Cramer, J.T.** Bioenergetics of Exercise and Training (75 min). Oral/slide Presentation at the NSCA Certification Commission's Essentials of Strength Training and Conditioning Symposium. Las Vegas, NV: July, 2002. *Audiotaped for CD/cassette release/sales.*

25. Baechle, T.R. and **J.T. Cramer**. Resistance Training for Seniors (60 min). Keynote address for the 3rd Annual Living Longer Living Stronger: Strength Through the Ages seminar hosted by Council of the Aging (COTA) Victoria. Melbourne, Australia: August, 2001.
26. **Cramer, J.T.** Metabolic and nutritional aspects of exercise and training (90 min). Oral/slide Presentation at the NSCA Certification Commission's Essentials of Strength Training and Conditioning Symposium. Orlando, FL: June, 2000. *Audiotaped for CD/cassette release/sales.*
27. **Cramer, J.T.** and K. Beyer. Exercise science: Being aware of industry opportunities (50 min). Oral/slide Presentation at the Nebraska Association for Health, Physical Education, Recreation, and Dance (NAHPERD) Annual Meeting. Lincoln, NE: November, 1998.

### **Institutional Committee Membership and Service:**

- Faculty Development Committee (Ex Officio), College of Health Sciences, UTEP. Sep 2021
- Community Partnerships for Experiential Learning Committee (Ex Officio), College of Health Sciences, UTEP. Sep 2021
- Agreement Process Improvement Team (appointed), UTEP. April, 2021
- Strategic Enrollment Planning (appointed), UTEP. Sep, 2020
- Promotion & Tenure Committee (elected), College of Education & Human Sciences, UNL. Aug 2020.
- Chair (appointed), Conflict of Interest in Research Committee, UNL. May 2017 – July 2020.
- Chair (elected), Dean's Faculty Advisory Council, College of Education & Human Sciences, UNL. May 2017 – May 2020.
- Faculty Marshal Corps (appointed), Commencement Ceremonies, UNL. May 2016 – 2020.
- Safety Committee (appointed), Nutrition & Health Sciences, UNL. Aug 2019 – 2020.
- Academic Standards Committee (elected), UNL. August 2016 – 2020.
- Faculty Senate (elected), UNL. May 2017 – 2020.
- Program Director (appointed), Strength & Conditioning Curriculum, NSCA Education Recognition Program (ERP), Nutrition & Health Sciences, UNL. Oct 2017 – 2020.
- Liaison Committee (elected), IANR Vice Chancellor's Office, UNL. Aug 2017 – 2020.
- N|150 Commission (appointed), Strategic Planning, UNL. Jan 2018 – 2019.
- Exercise Physiology & Nutrition Rep (appointed), Academic Program Review Steering Committee, Nutrition & Health Sciences, UNL. Aug 2017 – 2018.
- University Health Center Board of Directors (appointed), UNL. August 2016 – 2019.
- Mental Health Task Force (appointed), UNL. August 2016 – 2017.
- Conflict of Interest in Research Committee (appointed), UNL. Feb 2016 – 2017.
- Promotion & Tenure Committee, Nutrition & Health Sciences, UNL. 2014 – 2020.
- Chair (elected), Graduate Committee, Nutrition & Health Sciences, UNL. May 2013 – 2018.
- Graduate Faculty (appointed), Nutrition & Health Sciences, UNL. Aug 2012 – 2020.
- Endowed Chair Selection Committee, College of Education, OSU. Aug 2011 – Dec 2011.
- Institutional Review Board #2, OU. Aug 2010 – Jul 2011.
- Chair of the Graduate Committee, Health and Exercise Science, OU. Jun 2008 – Jul 2011.
- Committee A, Health and Exercise Science, OU. Jul 2007 – Aug 2009.
- Ambassador to the Program for Instructional Innovation, OU. Oct 2007 – Jul 2011.
- Program Director: NSCA Education Recognition Program (ERP) in Strength and Conditioning, Health and Exercise Science, OU. Aug 2006 – Aug 2009.

- CSCS Sponsor: NSCA Education Recognition Program (ERP) in Personal Training, Health and Exercise Science, OU. Aug 2006 – Aug 2009.
- Committee A, Health and Exercise Science, OU. Aug 2005 – Dec 2005.
- Graduate Committee, Health and Exercise Science, OU. 2005 – 2011.
- Search Committee (x2), Exercise Physiology, Assistant Professor (tenure track), Health and Exercise Science, OU. 2005 – 2006.
- Search Committee (x2), Health Promotion, Assistant Professor (tenure track), Health and Exercise Science, OU. 2005 – 2006.
- Research Committee: College of Education. University of Texas at Arlington. 2003 – 2005.
- Research Advisory Board, UTA. 2003 – 2005.
- Search Committee, Athletic Training, Clinical Coordinator, UTA. 2003 – 2004.
- Dean's Advisory Board, College of Education, UTA. 2003 – 2005.
- Graduate Committee, Department of Kinesiology, UTA. 2003 – 2005.
- Research Enhancement Committee, Department of Kinesiology, UTA. 2003 – 2005
- Search Committee, Strength & Conditioning Director, Campus Recreation, UNL. Jul 2000.

#### **Professional Committee / Board Membership and Service:**

- Associate Editor, *Journal of Clinical Medicine* (invited position). MDPI. 2020 – pres.
- Academic/Research Member, Board of Directors (elected position). NSCA. 2015 –18.
- Secretary Treasurer, Board of Directors (appointed position). NSCA. 2015 – 17.
- President, Board of Directors (elected position). Lincoln Youth Football (LYF) League, Inc. (LYF). Community of Lincoln, Nebraska. Jan 2018 – Aug 2021.
- Secretary Treasurer, Board of Directors (elected position). Lincoln Midget Football (LMF) League, Inc. Community of Lincoln, Nebraska. Jan 2017 – Jan 2018.
- Senior Associate Editor, *Journal of Strength and Conditioning Research*. 2012 – pres.
- Chair, Research Committee (elected position), NSCA. July 2007 – July 2010.
- Chair, Scientific Programs Subcommittee (elected position), NSCA. July 2006 – July 2009.
- Administrative Council, Strength & Conditioning Interest Group. ACSM: July 2006 – 2008.
- Secretary Treasurer (elected position). Central States Chapter-ACSM: Oct 2005 – Feb 2008.
- Research Committee (elected position). NSCA: July 2005 – July 2008.
- CSCS Exam Development Committee (appointed position). NSCA Certification Commission. Nov 1999 – Nov 2006.
- Student Research Award Subcommittee (appointed position), NSCA. June 2002 – 2005.
- Awards Committee (appointed position), NSCA. June 2000 – 2004.
- CSCS and NSCA-CPT Exams-on-Request site host:
  - NSCA-CPT Exam site host, Lincoln, NE, Feb. 6, 1999
  - CSCS Exam site host, Lincoln, NE, Feb. 5, 2000
  - NSCA-CPT Exam site host, Lincoln, NE, Feb. 12, 2000
  - CSCS & NSCA-CPT Exams site host, Lincoln, NE, Aug. 3, 2002
  - CSCS & NSCA-CPT Exams site host, Arlington, TX, May 23, 2004
  - CSCS & NSCA-CPT Exams site host, Norman, OK, December 16, 2006
  - CSCS Exam site host, Kansas City, MO, October 21, 2006
  - CSCS & NSCA-CPT Exams site host, Norman, OK, May 20, 2007

#### **Editorial Boards and External Scientific Reviews:**

- Associate Editor/Editorial Board, *Journal of Clinical Medicine*.
- Senior Associate Editor/Editorial Board, *Journal of Strength and Conditioning Research*.
- Editorial Board, *Journal of Nutritional Science & Food*.
- Editorial Board, *Journal of Sports Science & Medicine*.
- Editorial Board, *Lipids*.
- Editorial Board, *Sports*.
- Abstract Reviewer, NSCA: 2001–present.
- Grant Reviewer, NSCA: 2010–present.
- External Reviewer, *Acta Physiologica Scandinavica*.
- External Reviewer, *BMC Research Notes*.
- External Reviewer, *PLoS ONE*.
- External Reviewer, *Frontiers in Physiology*.
- External Reviewer, *European Journal of Pediatrics*.
- External Reviewer, *Appetite*.
- External Reviewer, *Journal of Aging and Health*.
- External Reviewer, *Clinical Nutrition*.
- External Reviewer, *Scandinavian Journal of Medicine & Science in Sport*.
- External Reviewer, *European Geriatric Medicine*.
- External Reviewer, *Experimental Gerontology*.
- External Reviewer, *Age & Ageing*.
- External Reviewer, *Journal of the American Geriatrics Society*.
- External Reviewer, *Sports Medicine*.
- External Reviewer, *Journal of Athletic Training*.
- External Reviewer, *Journal of Neuroscience Methods*.
- External Reviewer, *Physiological Measurement*.
- External Reviewer, *American Journal of Clinical Nutrition*.
- External Reviewer, *Journal of American Medical Directors Association*.
- External Reviewer, *Journal of Applied Physiology*.
- External Reviewer, *Muscle & Nerve*.
- External Reviewer, *Journal of Sports Science*.
- External Reviewer, *European Journal of Applied Physiology*.
- External Reviewer, *Medicine & Science in Sports & Exercise*.
- External Reviewer, *Scandinavian Journal of Medicine & Science in Sport*.
- External Reviewer, *American Journal of Clinical Nutrition*.
- External Reviewer, *Pediatrics and Exercise Science*.
- External Reviewer, *Journal of Rehabilitation Research and Development*.
- External Reviewer, *International Sports Medicine Journal*.
- External Reviewer, *Research Quarterly for Exercise and Sport*.
- External Reviewer, *Strength and Conditioning Journal*.
- External Reviewer, *Journal of the International Society of Sports Nutrition*.
- External Reviewer, *Journal of Strength and Conditioning Research*.

**Professional Credentials:**

- **Licensed Limited Radiographer, State of Nebraska.** License No. 1406. Bone Densitometry, Forearm, Lumbar Spine, Proximal Femur. American Registry of Radiologic Technologists (ARRT), Department of Health & Human Services of Nebraska, Division of Public Health. September 9, 2013 – December 1, 2020.
- **Fellow of the American College of Sports Medicine (FACSM).** May 30, 2008.
- **Fellow of the International Society of Sports Nutrition (FISSN).** March 5, 2007.
- **Fellow of the National Strength and Conditioning Association (FNSCA).** Dec 1, 2006.
- **Certified Strength and Conditioning Specialist, Recertified with Distinction (CSCS,\*D).** NSCA. February 5, 1998. Recertified with Distinction through December 31, 2020.
- **NSCA Certified Personal Trainer, Recertified with Distinction (NSCA-CPT,\*D).** NSCA. Dec 2, 1995. Recertified with Distinction through December 31, 2020.

**Professional Memberships:**

- **Nebraska Radiological Society, American College of Radiology (ACR);** 2014 – 2020.
- **International Society of Sports Nutrition (ISSN);** 2004 – pres.
- **National Strength and Conditioning Association (NSCA);** 1994 – pres.
- **International Society of Electrophysiology and Kinesiology (ISEK);** 2003 – pres.
- **American College of Sports Medicine (ACSM);** 1998 – pres.
- **American Alliance for Health, Physical Education, Recreation and Dance;** 2004
- **Nebraska Alliance for Health, Physical Education, Recreation and Dance;** 1998 – 2001