

ALLYN BYARS, Ph.D., CSCS, *D

EDUCATION

Ph.D., Exercise Science, August 1997

Exercise Science/Applied Research and Statistics/Cardiovascular Physiology
University of Mississippi, Oxford, Mississippi
Dissertation: The Long-term Effects of a University Required Health-Related Fitness
Course on Exercise Behavior of College Students

Post Graduate Studies, summer 1993

Grant Writing – Research Methodology
University of Arkansas, Fayetteville,
Arkansas

Post Graduate Studies, fall 1991

Motor Learning
Texas A&M University, College Station, Texas

M.S., Exercise Physiology, August 1991

Exercise Physiology/Nutrition/Biomechanics/Laboratory
Techniques Baylor University, Waco, Texas

B.A., Physical Education, May, 1990

Physical Education/Sociology
Henderson State University, Arkadelphia, Arkansas

EMPLOYMENT

January 2006 – Present	<i>Angelo State University, San Angelo, Texas</i> Associate Professor/Professor, Dept. of Kinesiology
January 2005 – 2006	<i>Angelo State University, San Angelo, Texas</i> Associate Professor, Dept. of Physical Therapy
August 1999 – Dec. 2004	<i>Hardin-Simmons University, Abilene, Texas</i> Assistant Professor/Associate Professor, Dept. of Physical Education
August 1992 – Aug. 1999	<i>Arkansas State University, State University, Arkansas</i> Instructor/Assistant Professor, Dept. of Health, Physical Education, and Sports Sciences

TEACHING EXPERIENCE

Angelo State University, Dept. of Kinesiology

Graduate: Applied Statistics, Advanced Strength and Conditioning, Applied Research, Exercise Assessment and Programming, Nutrition for Sport and Fitness, Human Kinetics

Undergraduate: Exercise and Sport Nutrition, Principles of Wellness, Exercise Testing, Physiology of Exercise, Exercise Prescription, Nursing Statistics

Angelo State University, Dept. of Physical Therapy

Graduate: Research Methods, Research Statistics, Physiology of Exercise

Hardin-Simmons University, Dept. of Physical Education

Graduate: Descriptive Statistics and Survey Development, Professional Project/Thesis, Nutrition, Sport Kinesiology, Committee member for all graduate Theses/Projects

Undergraduate: Tests and Measurement, Techniques of Physiological Fitness Assessment, Exercise Prescription, Exercise Physiology, Kinesiology, Internships, Outdoor Education Camp

Arkansas State University, Dept. of Health, Physical Education, and Sports Sciences

Graduate: Research Methods, Tests and Measurement

Undergraduate: Evaluation, Techniques in Physiological Assessment, Concepts of Fitness, Kinesiology, Tennis, Racquetball, Badminton, Track and Field, Personal Health, Motor Development, Coaching Theory of Track and Field.

COMMITTEES

University Committees:

Institutional Review Board Member 2005-Present

Building Emergency Response Team Member (2011-Present)

Institutional Review Board Committee Co-Chair (2010-2011)

Institutional Reviews Board Committee Chair (2008-2009)

College of Graduate Studies Representative Committee Member for Candidate for Masters in Agriculture (2007)

Select Faculty Committee (2006-2007)

Committee on Student Life (2006-2007)

College of Graduate Studies Representative Committee Member for Candidate for Masters in Biology (2006)

Departmental Committees:

Faculty Search Committee Chair (2007)

Departmental Sub-Committee for Tenure & Promotion Policy (2006-2007)

External Committees:

Shannon Hospital Institutional Review Board Member (2013 - present)
Dissertation Committee Member: Rocky Mountain University (Lynne Hughes 2009)

LEADERSHIP/SERVICE**University:**

Faculty Athletic Associate for Track and Field Athletic Teams (2013 - Present)
Grant Recipient for Graduate Research as Faculty Advisor for Jason L. Reeves, AOS, (Fall 2016)
Case Study: The Effects of Suspension Training on Measures of Lower Limb Strength and Stability
Honors Student Faculty Research Advisor for Jose Rangel (spring 2016). Psychophysical effects of stimulative music, sedative music, and silence on a high weight bench press

Departmental:

Graduate Program Recruitment – 63rd Annual Summer
Clinic Texas Girls Coaches Association (2015)
Human Performance Laboratory Director (2013 - Present)
Advisor for Graduate Research Fellowships (2011-present)
Advise Kinesiology and Exercise Students (2006-present)
Exercise Science Coordinator (2006-present)
Department Library Liaison (2006-present)
Assisted in the development of new graduate program in Coaching, Sport, Recreation, and Fitness (2008-2010) Assisted in revision of Kinesiology Exercise Science Option (2006)
Assist in ASU sponsored SOAR and ASU Preview Day

External:

Reviewer: European Journal of Sports Medicine (2011 - present)
Reviewer: International Journal of Sports Medicine (2010 -present)
Editorial Board Member: European Journal of Sport Science (2010-present)
Associate Editor: Applied Research in Coaching & Athletics Annual (2008-present)
Editorial Board Member: Journal of Youth Sports (2005-present)
Editorial Board Member: Applied Research in Coaching & Athletics Annual (2003-present)

PROFESSIONAL ASSOCIATIONS

American College of Sports Medicine
National Intramural-Recreational Sports Association National Strength and Conditioning Association Society for American Baseball Research

PROFESSIONAL CERTIFICATIONS

American Red Cross: CPR/AED Adult with CPR, Child, and Infant Certification
American Red Cross: Standard First Aid Certification
Certified Strength and Conditioning Specialist Distinguished (CSCS, D*) through National

Strength and Conditioning Association (NSCA)
Certified Health Fitness Specialist (HFS) through American College of Sports Medicine (ACSM)
Radiation Safety Certification

AWARDS

Faculty Who Make a Difference Award (2010)
Department of Education Research Award (2010)

REFEREED PUBLICATIONS

Garner, C., Byars, A. (2016) "The Soul of Supervision: Understanding Life Purpose and Supervision" *Journal of Counseling and Values* (accepted for publication).

Worthington, D., Byars, & Darnell, J. (2016) "Validation Study of the MuRF Systems Career Interest Inventory" (in progress).

Bybee, R., Byars, A. (2016) "Cardiovascular and Metabolic Responses to Active and Passive Repetitive Lumbar Spine Exercises", (still n progress).

West, A., Cooke, M., LaBounty, P., Byars, A., and Greenwood, M. (2014). *Effects of g-trainer, cycle ergometry, and stretching on physiological and psychological recovery from endurance exercise*. *Journal of Strength and Conditioning Research*, JSCR -08-4425R1, 2014).

Byars, A., (2014). *Trading Bases: A story about Wall Street, gambling, and baseball (not necessarily in that order)*. Book Review: *Applied Research in Coaching and Athletics Annual*. Volume 29: 1.

Hughes, L., Keith, S., Byars, A. et al. (2012). *Cognitive mapping in persons newly diagnosed with Type 2 Diabetes*. *The Diabetes Educator*. 38 (6).

Byars, A., Mooneyhan., Simpson, and Snowden, S. (2012). *Acute effects of static stretching and dynamic stretching on vertical jump performance*. *Applied Research in Coaching and Athletics Annual*. Volume 27: 1.

Parker, A., Gordon, J. Thornton, A., Byars, A., Lubker, J., Bartlett, M., Byrd, M., Oliver, J., Simbo, S., Rasmussen, C., Greenwood, M. and Kreider, R. (2011). *The effect of IQPLUS focus on cognitive function, mood, and endocrine response before and following acute* Submitted for Publication to the *Journal of the International Society of Sports Nutrition*. Volume 8: No.16.

Byars, A., Keith, S., Simpson, W., Mooneyhan, A., and Greenwood, M. (2010). *The influence of a pre-exercise sports drink (PRX) on factors related to maximal aerobic performance*. *Journal of the International Society of Sports Nutrition*. Volume 7: No. 12.

- Bybee, R., Hicks, C., Hons, B., and Byars, A. (2010). *Cardiovascular and metabolic responses to active and passive repetitive lumbar spine exercises*. International Journal of Mechanical Diagnosis and Therapy. 5 (1) 13-18.
- Bybee, R., Keeney, K., Parga, M., Wallace, M. and Byars, A. (2010). *Cardiovascular and metabolic responses to active and passive repetitive lumbar spine exercises in patients with low back pain*. International Journal of Mechanical Diagnosis and Therapy. Volume 5, No. 3, 2010.
- Kerksick, C., Wilborn, C., Campbell, W., Harvey, T., Marcello, B., Roberts, M., Parker, A., Byars, A., Greenwood, L., Almada, A., Kreider, R., and Greenwood, M. (2009). *The effects of creatine monohydrate supplementation with and without d-pinitol on resistance training adaptations*. The Journal of Strength and Conditioning Research. 23 (9) 2673-82.
- Garner, C., Byars, A., and Garner, K. (2009). *A small investigation of purpose in life among reservation-dwelling Native American elderly*. The International Forum for Logotherapy – Journal of Search for Meaning 32 (1) 31-36.
- Bybee, R., Olsen, D., Cantu-Boncsor, G., Allen, H., and Byars, A. (2009). *Centralization of symptoms and lumbar range of motion in patients with low back pain*. Physiotherapy Theory and Practice. 25 (4) 257-267.
- Bybee, R., Byars, A., Bearden, L., Logan, T., Moeller, A., and Schenk, R. (2009). *Measuring and modifying the frequency and duration of lumbar flexion*. International Journal of Mechanical Diagnosis and Therapy. 4 (1) 8-13.
- Garner, C., Bhatia, I., Dean, M. and Byars, A. (2009) *Relationships between measures of meaning, well-being, and depression in an elderly sample*. The International Forum for Logotherapy – Journal of Search for Meaning. 30 (2) 73-78.
- Garner, C., Bhatia, I., Dean, M. and Byars, A. (2009) *Relationships between measures of meaning, well-being, and depression in a elderly sample*. The International Forum for Logotherapy – Journal of Search for Meaning. 30 (2) 73-78.
- Byars, A. (2008). *Fluid regulation for life and human performance. Chapter 6: Nutritional Supplements in Sports and Exercise*. Humana Press Inc., Totowa, NJ. (pages 167-186).
- Bybee, R., Mamantov, J., Meekins, W., Witt, J., Byars, and Greenwood, M. (2008). *Comparison of two stretching protocols on lumbar spine extension*. Journal of Back and Musculoskeletal Rehabilitation. 21 (3) 153-160.
- Lutz, R., Lochbaum, M., Carson, T., Jackson, S., Greenwood, M., and Byars, A. (2008). *Are we underestimating the affective benefits of exercise? An experience sampling study of university aerobics participants*. Journal of Sport Behavior, Vol. 31, No. 2.

- Randall, D., Byars, A., Williams, F., and Miller, L. (2008). *Glyconutrient supplementation in patients with myasthenia gravis*. Journal of Alternative and Complimentary Medicine. 14 (8) 1089-1103.
- Byars, A. Hesletine, M., Schneider, K., & Simpson, W. (2007). *Comparison of two pre-exercise sports drinks on indices of aerobic performance*. Applied Research in Coaching and Athletics Annual. Vol. 22.
- Garner, C., Bhatia, I., Dean, M. & Byars, A. (2007). *Relationships between measures of meaning, well- being, and depression in an elderly sample*. The International Forum for Logotherapy. Vol. 30, No. 2.
- Byars, A., and Greenwood, M. (2006). *The effects of a pre-exercise sports drink on aerobic power*. Journal of International Society of Sports Nutrition. Volume: 3, No. 1.
- Snow, V., Simpson, W., Byars, A., & Ashley, F. (2005). *Sport professionals and professional development*. Applied Research in Coaching and Athletics Annual. Vol. 20.
- Byars, A. Greenwood, M. (2005). *Chapter 60: developing a manuscript for publication*. American Society of Exercise Physiologists Online Study Guide for the Exercise Physiologist Certified (EPC).
- Randall, D., Byars, A., Miller, L., & Williams, F. (2005). *Interim results of the effects of nutraceutical dietary intervention in myasthenia gravis*. Proceedings of the Fisher Institute for Medical Research. Vol. 4, (1).

REFEREED PRESENTATIONS

- Byars, A. (2016). *Body Composition: comparison and utilization of past and modern technology*. Angelo State University Sports Medicine and Coaching Sciences Annual Symposium.
- Parker, A., Byars, A., Purpura, M., and Jager, R. (2015). *The effects of alpha-glycerylphosphorylcholine, caffeine or placebo on markers of mood, cognitive function, power, speed, and agility*. International Society of Sports Nutritional Annual Conference.
- Parker, A., and Byars, A. (2014). *Creatine supplementation with Russian tarragon instead of glucose: same increase in lean body mass, but much drier*. International Society of Sports Nutrition Annual Conference.
- Mooneyhan, A., and Byars, A. (2014). *Comparing a traditional and online delivery method to a university current issues in health course*. International Symposium on Education and Psychology.

- Mooneyhan, A., Byars, A., and Mooneyhan, C. (2013). *A comparison of university drug use and abuse course duration and cognitive achievement*. Annual International Conference on Education.
- Parker, A., Steele, T., Jager, R., Purpura, M., and Byars, A. (2013). *The effects of creatine supplementation with and without an extract of artemisia dracuncululus on resistance training adaptations: preliminary findings*. International Society of Sports Nutrition.
- Byars, A., Niemann, T., and Simpson, W. (2012). *Immediate short-term effects of muscle buffering agents on indices of anaerobic performance*. National Strength and Conditioning Association International Conference.
- Niemann, T., Byars, A., and Simpson, W. (2012) *Effects of muscle buffering agents on anaerobic performance*. National Intramural Recreation and Sports Association.
- Byars, A., Morriss, J., and Simpson, W. (2011). *Comparison of two nitric oxide supplement formulations on indices of anaerobic power*. International Society of Sports Nutrition International Conference.
- Nix, C., Cooke, M., McPheeters, M., Dorsa, C., Allison, A., Raudales, J., Greenwood, L., Byars, A., and Greenwood, M.(2011). *Comparison of Post-Exercise Recovery Strategies on Systemic Inflammation and Oxidative Stress Following Exercise-Induced Muscle Damage*. American College of Sports Medicine International Conference.
- Harvey, T., Moreillon, J., Shelmadine, B., Hudson, G., Brabham, B., Chandran, R., LaBounty, P., Campbell, W., Greenwood, L, Byars, A., Kreider, R., and Greenwood, M. (2010) *Effect of delayed onset muscle soreness on balance and isokinetic strength in resistance-trained males*. National Strength and Conditioning Association International Conference.
- Keith, S., Byars, A., Simpson, W., James, A., and Herndon, A. (2010). *From portfolios to practicing professionals*. National Intramural-Recreational Sports Association International Conference.
- Mooneyhan, A., and Byars, A. (2010). *The effects of physical education on muscle endurance of sixth grade students*. Second International Conference on Education Research.
- Byars, A., Gandy-Moodie, N., Greenwood, L., Stanford, M., and Greenwood, M. (2010). *An evaluation of the relationships between core stability, core strength, and running economy in trained runners*. National Strength and Conditioning Association International Conference.
- Nix, C., Cooke, M., Greenwood, L., Stanford, M., Byars, A., and Greenwood, M. (2010). *Comparison of post- exercise recovery strategies on isokinetic strength, perceived muscle soreness, and mood state after exercise-induced muscle damage*, National Strength and Conditioning Association International Conference.

- Byars, A., Keith, S., and Snowden, S. (2009). *The influence of a pre-exercise sports drink on indices of aerobic power*. SCRIPPS Research Institute International Conference.
- Byars, A., Keith, S., and Greenwood, M. (2009). *Relationship of various body composition parameters used for predicting vo2max*. National Intramural-Recreational Sports Association International Conference.
- Simpson, W., Keith, S., and Byars, A. (2009). *Identification of potential lifetime team and individual/dual recreational sports among college students*. National Intramural-Recreational Sports Association International Conference.
- Keith, S., Byars, A., and Simpson, W. (2009). *Acute effects of static stretching and dynamic stretching on force production during vertical jump performance*. National Intramural-Recreational Sports Associations International Conference.
- Voss, S., Helwig, H. Bybee, R. and Byars, A. (2009). *Acute effects of static stretching and dynamic stretching on vertical jump performance*. National Strength and Conditioning Association International Conference, Las Vegas, NV.
- Bybee, R., Keene, K., Parga, M., Wallace, M., and Byars, A. (2009). *Cardiovascular and metabolic responses to active and passive repetitive lumbar spine exercises in patients with low back pain*. International Mackenzie Conference.
- Parker, A., LaBounty, P., Culbertson, J., Cooke, M., Lutz, R., Greenwood, L., Byars, A. and Greenwood, M. (2008). *Application of the dynamic mental health model to predict performance for resistance exercise: an exploratory study*. National Strength and Conditioning Association International Conference.
- Byars, A., Bybee, R., and Greenwood, M. (2008) *Acute effects of static stretching and dynamic stretching on force production during vertical jump performance*. National Strength and Conditioning Association International Conference.
- Byars, A., Greenwood, M., and Simpson, W. (2008) *Comparing two sports drinks on indices of aerobic performance*. International Society of Sports Nutrition Conference.
- Byars, A., Keith, S., and Greenwood, M. (2008) *Relationship of various parameters used for predicting vo2max*. International Society of Sports Nutrition Conference.
- Bybee, R., and Byars, A. (2008). *Cardiovascular and metabolic responses to active and passive repetitive lumbar spine exercises in patients with low back pain*. McKenzie Institute Conference of the Americas.
- Simpson, W., and Byars, A. (2008). *Developing internships and working relationships: local colleges and city recreation programs collaborating*. Texas Recreation & Parks Society State Conference, San Angelo.

Byars, A., Keith, S., and Snowden, S. (2008). *Identifying predictors for teacher candidate success on the TExES*. American Alliance of Health, Physical Education, Recreation, and Dance National Conference.

Byars, A., Keith, S., & Simpson, W. (2008). *Identification of lifetime and fitness interests among college students*. National Intramural-Recreational Sports Association International Conference.

Simpson, W., and Byars, A. (2008). *Developing internships and working relationships: local colleges and city recreation programs collaborating*. Texas Recreation & Parks Society State conference.

GRANT INVOLVEMENT

Keith, S., and Byars, A. (2019) *Special topics course: I wish I knew*. Faculty Development Mini-grant from Angelo State University (2,500).

Byars, A. (2013) *Hologic dual-energy x-ray absorptiometry system*. Equipment Grant: San Angelo Health Foundation, San Angelo, TX (\$100,000).

Parker, A., and Byars, A. (2011). *A comparison of traditional resistance training to resistance training with the addition of chains and elastic bands on strength, power, and muscle damage*. Faculty Innovation Grant. (\$11,808).

Keith, S. Byars, A., and Carter, D. (2008). *Assessing Faculty & Staff Wellness*. Faculty Innovation Grant, (\$9,300).

Byars, A. (2008) *The effects of a pre-exercise sports drinks on fuel substrate utilization during maximal aerobic power testing*. Equipment Grant from Mannatech, Inc., Coppell, TX (\$9,080).

Keith, S. Carter, D. & Byars, A (2007). *Evaluation of the Catch[®] in MOTION Program*. Faculty Innovation Grant, (\$13,267).

Carter, D., Keith, S.E. & Byars, A. (2007). *External Evaluation of the Shannon Health and Wellness Catch[®] in MOTION Program*. Sub-grant from by US Department of Education, (\$22,300).

Keith, S., Carter, D. & Byars, A (2007). *Enhancing Experiential Learning Among Kinesiology Majors*, President's Circle Enrichment Grant, (\$4,745). Funded.

Bybee, R. and Byars, A. (2007) *The value of patient education in the treatment of patients with low back pain*. Research Enrichment Grant from Angelo State University (\$2,100).

Keith, S., Byars, A. and Bybee, R. (2007) *A comparison of body mass indices among kinesiology majors*. Research Enrichment Grant from Angelo State University (\$2,529).

Byars, A. (2006) *Nutraceutical dietary intervention in myasthenia gravis patients*. Research Enhancement Grant from Angelo State University (\$8,466).

Bybee, R. and Byars, A. (2006) *Cardiovascular response and metabolic cost of repetitive lumbar spine exercise*. Research Enrichment Grant from Angelo State University (**\$1,725**).

CURRENT RESEARCH PROJECTS

Byars, A., Relationship of BIA Phase Angle, Cellular Death, and Various Disease States (2019 -)

Parker, A., Daniel, J. & Byars., Effects of aGPC versus Placebo on Video Game Performance (2019 -)

- Bybee, R. and Byars, A. (2006) *Acute effects of static stretching and dynamic stretching on vertical jump performance*. President's Circle Grant from Angelo State University (\$1,000).
- Bybee, R. and Byars, A. (2006). *Cardiovascular response and metabolic cost of repetitive lumbar spine exercise in patients with low-back pain*. Research Enrichment Grant from Angelo State University (\$1,000)
- Byars, A., Greenwood, M, Schneider, K., & Hessletine, M. (2005). *A comparison of “two” separate sports drinks on aerobic performance*. Equipment Grant Mannatech Corporation (Coppell, TX) (\$1,000).
- Byars, A. Greenwood, M. (2006). *A Comparison of Water using Two Different Water Filtration Systems on Indices of Aerobic Performance*. Wellness Enterprises Grant (Gainesville, FL) (\$28,077).