

**Adam Parker, PhD**  
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***Employment:***

**Associate Professor** - Department of Kinesiology, Angelo State University – Aug. 2016 – Present

**Assistant Professor** - Department of Kinesiology, Angelo State University – Aug. 2010 – Aug. 2016

**Assistant Professor** - Department of Sports and Exercise Science, West Texas A&M University – Aug. 2009 – July 2010

**Lecturer** – Department of Sports and Exercise Science, West Texas A&M University – Aug. 2008 – July 2009

***Education:***

**Ph.D. in Exercise, Nutrition, and Preventive Health** – December 2009, Baylor University, Waco, TX

**Master of Science**, 2005 – Sports Physiology - Texas A&M University, College Station, TX

**Bachelor of Science**, 2004 – Applied Exercise Physiology - Texas A&M University, College Station, TX

***Publications:***

Kenter, A., **Parker, A.** (2016) Effects of Six Weeks of Rock Climbing on the Upper Body. *Applied Recreational Research and Programming Manual*, 6.

J. Gordon, M. Meyers, **A. Parker.** Coping Styles, Hardiness, and Aerobic Performance of Competitive Male Cyclists. *Applied Recreational Research and Programming Annual*, (2013)

**A Parker**, J Gordon, A Thornton, A Byars, J Lubker, M Bartlett, M Byrd, J Oliver, S Simbo, C Rasmussen, M Greenwood, R Kreider. *The Effects of IQPLUS Focus on Cognitive Function, Mood and Endocrine Response Before and Following Acute Exercise. Journal of the International Society of Sports Nutrition*, **8**:16 (21 Oct. 2011)

C Kerksick, C Wilborn, W Campbell, T Harvey, B Marcello, M Roberts, **A Parker**, A Byars, L Greenwood, A Almada, R Kreider, M Greenwood. *The Effects of Creatine Monohydrate Supplementation With and Without d-Pinitol on Resistance Training Adaptations. Journal of Strength and Conditioning Research*. (Dec. 2009)

***Supervised Undergraduate Theses:***

A Study on the Acute Effects of Yoga and Dynamic Stretching. Barton Schroeter. Spring 2016.

***Invited Lectures:***

Nutrition for Baseball, Baseball Heritage Symposium (February 2020)

General Nutrition and Weight Management for Sport, San Angelo Sports Medicine Symposium (January 2017)

Recommendations for Protein Intake. San Angelo Sports Medicine Symposium (January, 2016)

Nutrition Basics for Athletic Trainers. San Angelo Sports Medicine Symposium (January, 2015)

Accommodating Resistance: Methods and Current Research. National Strength and Conditioning Association Midwest Regional Conference (April, 2014)

Prehabilitation: Resistance Training for Injury Prevention. San Angelo Sports Medicine Symposium (January, 2014)

Energy Drinks: Performance and Safety. San Angelo Sports Medicine Symposium (January 2013)

Organizing a Local Running Club. Texas Recreation and Parks Society Region 1, 8, and 9 Annual Meeting (October 2012)

Nutrition and Supplements for Performance and Recovery. San Angelo Sports Medicine Symposium (March, 2011)

### ***Presentations:***

INFLUENCE OF WEIGHTED BACK SQUAT DEPTH ON LOWER LIMB MUSCLE ACTIVATION IN COLLEGIATE FOOTBALL ATHLETE TL Huckaby<sup>1</sup>, J Roberson<sup>1</sup>, T Denney<sup>1</sup>, J Schultz<sup>1</sup>, C Herring<sup>1</sup>, K Nicks<sup>1</sup>, A Parker<sup>1</sup>, LT Atkins<sup>1</sup> Presented at the National Strength and Conditioning Association National Conference (Las Vegas, NV, July 2017)

“The effects of alpha-glycerolphosphorylcholine, caffeine, or placebo on markers of mood, cognitive function, power, speed, and agility.” Presented at the International Society of Sports Nutrition National Conference (Austin, TX, June 2015)

“The effects of creatine supplementation with and without an Extract of *Artemisia dracunculus* on resistance training adaptations: preliminary findings.” Presented at the International Society of Sports Nutrition National Conference (Colorado Springs, CO, June 2013)

“The effects of phosphatidylserine supplementation on cognitive functioning prior to and following an acute bout of resistance training in young males” presented at the International Society of Sports Nutrition National Conference (Clearwater Beach, FL, 2010)

“Effects of Curves™ Fitness and Weightloss Program in Senior Aged Women: Training Adaptations” presented at the Federation of American Societies for Experimental Biology Conference (San Diego, CA, 2008)

“Effects of Glutamine-Arginine Supplementation or Creatine on Muscular Strength Markers of Overtraining in Resistance Trained Males: Preliminary Findings” presented at the National Strength and Conditioning Association National Conference (Atlanta, GA, July 2007)

“Effects of Glutamine-Arginine Supplementation or Creatine on Select Physiological Markers of Overtraining in Resistance Trained Males: Preliminary Findings” presented at the National Strength and Conditioning Association National Conference (Atlanta, GA, July 2007)

“Association of Aerobic Fitness and Metabolic Syndrome in Male Firefighters” presented at the ACSM National Conference (Nashville, TN, June, 2005) and Texas ACSM Conference (Dallas, TX, Spring 2005)

### ***Supervised Student Presentations:***

J. Shultz. The Physiological and Psychological Benefits of CrossFit Training – A Pilot Study. Texas Chapter of the American College of Sports Medicine Annual Conference. (College Station, TX, 2016)

S. Haynes. The Effects of Vespa Amino Acid Mixture on Cycling Performance During a 20k Time Trial. Texas Chapter of the American College of Sports Medicine Annual Conference. (Ft. Worth, TX, 2014)

A. Kentner. Effects of Six Weeks of Rock Climbing. Texas Outdoor Leadership Conference. San Angelo, TX, Jan. 2013.

J. Gordon. Coping Styles, Hardiness, and Aerobic Performance of Competitive Male Cyclists: An Ongoing Study. RMACSM, Golden, CO, Feb. 2010.

### **Abstracts:**

TL Huckaby<sup>1</sup>, J Roberson<sup>1</sup>, T Denney<sup>1</sup>, J Schultz<sup>1</sup>, C Herring<sup>1</sup>, K Nicks<sup>1</sup>, **A Parker**<sup>1</sup>, LT Atkins<sup>1</sup>  
INFLUENCE OF WEIGHTED BACK SQUAT DEPTH ON LOWER LIMB MUSCLE ACTIVATION IN COLLEGIATE FOOTBALL ATHLETES. NSCA, 2017.

**A. Parker**, A. Byars, M. Purpura, R. Jäger. *The effects of alpha-glycerolphosphorylcholine, caffeine, or placebo on markers of mood, cognitive function, power, speed, and agility.* JISSN, 2015.

S. Haynes, **A. Parker**. *The Effects of Vespa Amino Acid Mixture on Cycling Performance During a 20k Time Trial.* IJES, 2014.

**A. Parker**, T. Steele, R. Jäger, M. Purpura, A. Byars. *The effects of creatine supplementation with and without an Extract of Artemisia dracuncululus on resistance training adaptations: preliminary findings.* JISSN, 2013.

M. Bartlett, J. Lubker, J. Gordon, **A. Parker**. *Effects of high intensity lower-body resistance training on mood and cognitive functioning.* AASP, 2010.

**A Parker**, J. Gordon, A. Thornton, J. Lubker, M. Bartlett, R. Jager, M. Purpura, M. Byrd, J. Oliver, S. Simbo, C. Rasmussen, R. Kreider. *The effects of phosphatidylserine supplementation on cognitive functioning prior to and following an acute bout of resistance training in young males.* JISSN. 2010.

M. Byrd, M Ferreira, R Li, **A Parker**, M Galbreath, J Jitmir, M Serra, K Beavers, J Dove, J Culbertson, B Shelmadine, C Curts, J Moreillon, E Deike, C Rasmussen, R Kreider. *Effects of the Curves® fitness & weight loss program in women with medically managed conditions: training adaptations.* FASEB J. 2009.

J Culbertson, R Li, M Ferreira, **A Parker**, J Jitmir, M Galbreath, M Serra, K Beavers, J Dove, B Shelmadine, C Curts, J Moreillon, M Byrd, E Deike, C Rasmussen, R Kreider. *Effects of the Curves® fitness & weight loss program in women with medically-managed conditions: body composition and resting energy expenditure.* FASEB J. 2009.

J Culbertson, M Byrd, M Cooke, C Kerksick, B Campbell, C Wilborn, M Galbreath, R Li, M Ferreira, E Nassar, T Harvey, **A Parker**, T Courtney, J Dove, K Beavers, M Serra, J Jitmir, J Moreillon, S Simbo, R Chandran, C Curts, E Deike, M Iosia, C Rasmussen, M Greenwood, R Kreider. *Effects of the Curves® fitness & weight loss program on body composition & resting energy expenditure.* FASEB J. 2009.

J Moreillon, J Culbertson, M Byrd, J Wismann, M Galbreath, C Wilborn, L Taylor, B Campbell, E Nassar, J Beckham-Dove, T Harvey, C Kerksick, P La Bounty, **A Parker**, M Ferreira, M Cooke, M

Iosia, R Chandran, K Beavers, M Serra, J Jitomir, C Curts, E Deike, G Hudson, T Buford, B Shelmadine, C Rasmussen, M Greenwood, D Willoughby, R Kreider. *Effects of the Curves® fitness & weight loss program on markers of health & fitness. FASEB J.* 2009.

**A Parker**, M Galbreath, E Deike, T Buford, E Nassar, B Shelmadine, C Boulton, J Dove, R Chandran, K Beavers, J Wisman, G Hudson, M Serra, J Jitomir, R Li, B Campbell, P La Bounty, M Cooke, C Rasmussen, M Greenwood, R Wilson, R Kreider. *Effects of Curves™ Fitness and Weightloss Program in Senior Aged Women: Training Adaptations. FASEB J.* 2008.

**A. Parker**, P. LaBounty, T. Harvey, M. Cooke, M. Iosia, L. Greenwood, A. Byars, M. Greenwood. *Effects of Glutamine-Arginine Supplementation or Creatine on Select Physiological Markers of Overtraining in Resistance Trained Males: Preliminary Findings.* Exercise and Sport Nutrition Laboratory, Baylor University, Waco, TX 76798-7313.

**A. Parker**, P. LaBounty, T. Harvey, M. Cooke, M. Iosia, L. Greenwood, A. Byars, M. Greenwood. *Effects of Glutamine-Arginine Supplementation or Creatine on Muscular Strength Markers of Overtraining in Resistance Trained Males: Preliminary Findings.* Exercise and Sport Nutrition Laboratory, Baylor University, Waco, TX 76798-7313.

M Cooke, C Kerksick, B Campbell, C Wilborn, M Galbreath, R Li, M Ferreira, E Nassar, T Harvey, **A Parker**, K Sharp, M Iosia, C Rasmussen, M Greenwood, and R Kreider *Effects of the Curves® fitness & weight loss program I: body composition FASEB J.* 2007 21:lb225

R Li, C Kerksick, B Campbell, C Wilborn, B Marcello, M Ferreira, J Wisman, J Beckham-Dove, M Galbreath, T Harvey, P La Bounty, K Sharp, **A Parker**, E Nassar, M Iosia, M Cooke, C Rasmussen, M Greenwood, and R Kreider *Effects of the Curves® fitness & weight loss program II: resting energy expenditure FASEB J.* 2007 21:lb226

M Iosia, B Campbell, C Wilborn, J Wisman, K Sharp, E Nassar, J Beckham-Dove, M Galbreath, **A Parker**, T Harvey, C Kerksick, P La Bounty, B Marcello, M Cooke, M Ferreira, R Li, C Rasmussen, M Greenwood, and R Kreider *Effects of the Curves® fitness & weight loss program III: training adaptations FASEB J.* 2007 21:lb227

J Wisman, M Galbreath, C Wilborn, L Taylor, B Campbell, E Nassar, J Beckham-Dove, T Harvey, C Kerksick, P La Bounty, **A Parker**, M Ferreira, M Cooke, M Iosia, R Chandran, C Rasmussen, M Greenwood, and R Kreider *Effects of the Curves® fitness & weight loss program IV: health markers FASEB J.* 2007 21:lb229

K Sharp, C Kerksick, C Wilborn, B Campbell, J Wisman, M Galbreath, E Nassar, J Beckham-Dove, T Harvey, P La Bounty, **A Parker**, M Ferreira, M Cooke, M Iosia, C Rasmussen, M Greenwood, and R Kreider *Long-Term effects of the Curves® fitness & weight loss program on weight and fat loss FASEB J.* 2007 21:lb234

J Wisman, A Thomas, C Moulton, K Sharp, **A Parker**, and R Kreider *Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program II: Resting energy expenditure FASEB J.* 2006 20:LB92

Kerksick **C.**, A. Thomas, C. Rasmussen, C. Wilborn, B. Campbell, T. Harvey, P. La Bounty, M. Galbreath, B. Marcello, J. Wisman, M. Roberts, M. Ferreira, R. Li, **A. Parker**, K. Sharp, R.

Kreider. *Acute effects of ingesting a high carbohydrate and high protein hypocaloric diet on body mass, body composition, and resting energy expenditure in obese females.* **2006 Nutrition & Metabolism Nutritional & Metabolic Aspects of Carbohydrate Restriction, Brooklyn, NY, January 20-22, 2006.**

Kreider, R., Kerksick C., A. Thomas, C. Rasmussen, C. Wilborn, B. Campbell, T. Harvey, P. La Bounty, M. Galbreath, B. Marcello, J. Wismann, M. Roberts, M. Ferreira, R. Li, **A. Parker** and K. Sharp. *Effects of increased levels of energy intake after hypocaloric dieting on body mass, body composition, and resting energy expenditure in obese females.* **2006 Nutrition & Metabolism Nutritional & Metabolic Aspects of Carbohydrate Restriction, Brooklyn, NY, January 20-22, 2006.**

Womack, J.W., **Parker, A.**, Head, B.J., Green, J.S., Crouse, S.F. Effects of short-term creatine monohydrate supplementation on high intensity, anaerobic exercise performance. *Medicine and Science in Sports and Exercise*, 38(5), Supplement abstract 2252. 2006.

Head, B.J., Womack, J.W., **Parker, A.G.**, Green, J.S., Crouse, S.F. Effect of Creatine Supplementation Following Intense, Anaerobic Exercise. *Medicine and Science in Sports and Exercise*, 38(5), Supplement abstract 2253. 2006.

Miller, G.S., Allen, T., **Parker, A.**, Dougherty, P.J., Womack, J.W., Green, J.S., Crouse, S.F. Measurement of VO<sub>2</sub>peak Using the Bruce and Astrand Treadmill Protocols in Trained Female Runners. *Medicine and Science in Sports and Exercise*. 37, Supplement abstract 527. 2005.

**Parker, A.G.**, Womack, J.W., Green, J.S., Crouse, S.F. Association of Aerobic Fitness and Metabolic Syndrome in Male Firefighters. *Medicine and Science in Sports and Exercise*. 37, Supplement abstract 1983. 2005.

### ***Fellowships and Grants:***

2020 – ASU Undergraduate Faculty-Mentored Research Grant - \$1,481

2019 - Chemi Nutra, Inc. funding for aGPC research and presentation - \$3,200

2015 – Chemi Nutra, Inc. funding for aGPC research and presentation - \$3,850

2012 – Athletic Edge Nutrition funding for Nutritional Supplement Research - \$5,360

2011 – Angelo State University Research Enhancement Grant - \$11,800

2010 – Chemi Nutra, Inc. funding for Phosphatidylserine research and presentation - \$2,000

2009 – West Texas A&M University Research Enhancement Grant - \$4,699.40

2005–2008- *Graduate Research Assistantship*, Baylor University, Waco, TX

Duties include: Coordinator of Curves Resistance Training Equipment Study, Coordinator of Overtraining Study, Collection of data for Curves studies, Coordinator of Undergraduate Volunteer Program

2004-2005 - *Graduate Assistantship*, Texas A&M University, College Station, TX

Duties include: Maintain Sports Performance Laboratory Supplies and Equipment, Assist with operations of Fitlife Program, Teaching Assistant for exercise physiology lab and practicum

2007 – Baylor University Graduate Travel Grant - \$300.00

2005 – Texas A&M Graduate Research Grant - \$500.00

Texas A&M Graduate Travel Grant - \$500.00

### ***Courses Taught:***

Wellness, Psychology of Sport and Exercise, Physiology of Exercise w/ Lab, Sport and Exercise Testing, Exercise Prescription, Sport Nutrition (UG and Graduate Level), Outdoor Fitness, Sports Biomechanics, Motor Development, Health and Wellness for Children, Theory and Practice of

Strength Training and Conditioning, Advanced Exercise Physiology, Laboratory in Exercise Physiology, Laboratory in Human Anatomy, Coaching Science in Strength and Conditioning