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Muscle Physiology Laboratory
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Education History

- Ph.D.** The Florida State University, Tallahassee, FL. May 2012
Major: Exercise Physiology
Major Professor: *Jeong-Su Kim, Ph.D.*
Dissertation: *Physiological Responses to Two Different Models of Daily Undulating Periodization in Trained Powerlifters.*
- M.S.** Salisbury University, Salisbury, MD. May 2008
Major: Applied Health Physiology
- B.S.** Marietta College, Marietta, OH. December 2006.
Major: Exercise Science
Minor: Sports Management

Employment History

Full Professor, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2021-Present

Department Chair, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2021-Present

Associate Chair, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2019-August 2021

Associate Professor, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2017-July 2021

Assistant Professor, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2012-July 2017

Director Muscle Physiology Research Laboratory, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL. August 2012-Present

Head Powerlifting Coach, The Florida State University Weightlifting Club/Powerlifting Team. August 2008 – May 2012

Graduate Assistant Strength and Conditioning Coach, Department of Athletics, Salisbury University, Salisbury MD. January 2007 – May 2008

Head Strength and Conditioning Coach, Department of Athletics, The Bullis School, Potomac, MD. May 2008 – August 2008

Affiliate Memberships

Affiliate Member, Memorial Healthcare / Florida Atlantic University, Cancer Center of Excellence, Boca Raton, FL. August 2020-Present

Affiliate Member, Institute for Human Health and Disease Intervention (I-HEALTH), Florida Atlantic University, Boca Raton, FL. August 2020-Present

Scholarship/Research/Creative Activity

71 Papers Published, Citations: 6,000+, h-index = 33, i10-index = 65:

[PubMed](#); [Google Scholar](#)

*Undergraduate Mentee, #Graduate Mentee

Publications – Refereed Journal

1. Brian Benitez*#, Zac P. Robinsonv#, Christian T. Macarilla#, Joshua C. Pelland#, Jacob F. Remmert#, Matthew C. Juber*#, Rebecca M. Cerminaro*#, Thomas A. John#, Seth R. Hinson#, Shawn Dinh#, Ethan Elkins#, Laura C. Canteri, Eric R. Helms#, and **Michael C. Zourdos**. Effect of Proximity to Failure During Resistance Training on the Circulating BDNF and Cathepsin B Response. 2025. **Biology**, 14(12)
2. Joshua C. Pelland#, Jacob F. Remmert#, Zac P. Robinson#, Seth R. Hinson#, and **Michael C. Zourdos**. The Resistance Training Dose-Response: Meta-Regressions Exploring the Effects of Weekly Volume and Frequency on Muscle Hypertrophy and Strength Gain. 2025. **Sports Medicine**. Published Ahead of Print.
3. Seth R. Hinson#, Jacob F. Remmert#, Zac P. Robinson#, Joshua C. Pelland#, Shawn Dinh*#, Ethan Elkins#, Caitlyn Meehan#, David Diaz#, Brian Benitez*#, Christian Macarilla#, Michael Morgan#, and **Michael C. Zourdos**. Mixing Up Muscle Lengths: The Effects of Training at Different Muscle Lengths in the Elbow Flexors. [**Accepted – International Journal of Strength and Conditioning**].
4. Zac P. Robinson#, Christian T. Macarilla#, Joshua C. Pelland#, Jacob F. Remmert#, Matthew C. Juber*#, Rebecca M. Cerminaro*#, Brian Benitez*#, Thomas A. John#, Seth R. Hinson#, Shawn Dinh#, Ethan Elkins#, Laura C. Canteri, Eric R. Helms#, and **Michael C. Zourdos**. Effect of Proximity to Failure During Resistance Training on Muscle Performance and Fatigue. [**Accepted – International Journal of Strength and Conditioning**].
5. Zac P. Robinson*#, Joshua C. Pelland#, Jacob F. Remmert#, Martin C. Refalo, Ivan Jukic, James Steele, and **Michael C. Zourdos**. Exploring the Dose-Response Relationship Between Estimated Resistance Training Proximity to Failure, Strength Gain, and Muscle Hypertrophy: A Series of Meta-Regressions. **Sports Medicine**. 2024 Jul 54, 2209–2231.

6. Zac P. Robinson*#, Eric R. Helms#, Eric T. Trexler, James Steele, Michael E. Hall, Chun-Jung Huang, and **Michael C. Zourdos**. Optimizing Methodology for the Detection of Individual Response Variation in Resistance Training. **Sports Medicine**. 2024 Jun 15:1-2.
7. Colby A. Sousa#, **Michael C. Zourdos**, Adam Storey, and Eric R. Helms#. Exploring the Dose-Response Relationship Between The Importance of Recovery in Resistance Training Microcycle Construction. **Journal of Human Kinetics**. 2024 Mar;91(Spec Issue):205.
8. Chad Dolan*#, Justin M. Quiles#, Jacob A. Goldsmith#, Kristin M. Mendez#, Alex Klemp#, Zac P. Robinson#, Joshua C. Pelland#, Catherine Coccia, and **Michael C. Zourdos**. The Effect of Time-Equated Concurrent Training Programs in Resistance Trained Men. **Journal of Human Kinetics**. 2024 Mar;91(Spec Issue):87.
9. Martin C. Refalo, Jacob F. Remmert#, Joshua C. Pelland#, Zac P. Robinson*#, **Michael C. Zourdos**, D. Lee Hamilton, Jackson J. Fyfe, and Eric R. Helms. Accuracy of Intraset Repetitions in Reserve Predictions During the Bench Press Exercise in Resistance Trained Males and Females. The Journal of Strength & Conditioning Research. **the Journal of Strength and Conditioning Research**. 2024 Mar 1;38(3):e78-85.
10. Jacob F. Remmert#, Zac P. Robinson*#, Joshua C. Pelland#, Thomas A. John#, Shawn Dinh*#, Seth R. Hinson#, Ethan Elkins#, Laura C. Canteri, Caitlyn M. Meehan*#, Eric R. Helms#, Michael E. Hall, Kelly R. Laurson, and **Michael C. Zourdos**. Changes in Intraset Repetitions in Reserve Prediction Accuracy During Six Weeks of Bench Press Training in Trained Men. **Perceptual and Motor Skills**. Oct; 130(5):2139-2160, 2023.
11. Jacob F. Remmert#, Kelly R. Laurson, and **Michael C. Zourdos**. Accuracy of Intraset Repetitions in Reserve in Single- and Multi-Joint Resistance Exercise Among Trained and Untrained Men and Women. **Perceptual and Motor Skills**. June; 130(3):1239-1254, 2023.
12. Michael H. Haischer#, Joseph P. Carzoli#, Daniel M. Cooke#, and **Michael C. Zourdos**. Predicting Total Back Squat Repetitions from Repetition Velocity and Velocity Loss. **Journal of Human Kinetics**. Apr;87:167, 2023.
13. Brandon G. Fico, Ryan S. Garten, **Michael C. Zourdos**, Michael Whitehurst, Peter J. Ferrandi, Katelyn M. Dodge, Gabriel S. Pena, Alexandra Schmidt, and Chun-Jung Huang. The Impact of Obesity on C1q/TNF-Related Protein-9 Expression and Endothelial Function Following Acute High-Intensity Interval Exercise vs. Continuous Moderate Intensity-Exercise. **Biology – Accepted**, Nov;15;11(11):1667, 2022.
14. Joshua C. Pelland#, Zac P. Robinson*#, Jacob F. Remmert#, Rebecca M. Cerminaro*#, Brian Benitez*#, Thomas A. John#, Eric R. Helms, and **Michael C. Zourdos**. Methods for Controlling and Reporting Resistance Training Proximity to failure: Current Issues and Future Directions. **Sports Medicine**, Mar;5:1-2, 2022.

15. Christian T. Macarilla#, Nicholas M. Sautter*#, Zac P. Robinson#, Matthew Juber*#, Landyn M. Hickmott#, Rebecca M. Cerminaro*#, Brian Benitez#, Joseph P. Carzoli#, Caleb D. Bazyler, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Accuracy of Predicting One-Repetition Maximum from Submaximal Velocity in the Barbell Back Squat and Bench Press. **Journal of Human Kinetics**, Apr; 82(1):201-212, 2022.
16. Joseph P. Carzoli#, Colby A. Sousa#, Eric R. Helms#, and **Michael C. Zourdos**. Agreement Between Kinovea Video Analysis and the Open Barbell System for Measuring Resistance Training Movement Outcomes. **Journal of Human Kinetics**, Jan; 81(1):27-39, 2022.
17. Michael H. Haischer#, Daniel M. Cooke#, Joseph P. Carzoli#, Trevor K. Johnson*#, Amber M. Shipherd, and **Michael C. Zourdos**. The Short Grit Scale (GRIT-S) Does Not Relate to Acute Muscular Endurance Performance in Well-Trained Men and Women. **The Journal of Human Kinetics**. Mar; 31(78):263-269, 2021.
18. Johnathan B. Odgers, **Michael C. Zourdos**, Darren G. Candow, Eric R. Helms, Barclay Dahlstrom, Paul Bruno, and Colby A. Sousa. RPE and Velocity Relationships and RPE Accuracy Among Trained Men and Women in the Front Squat and High-Handle Hexagonal Bar Deadlift. **The Journal of Strength and Conditioning Research**. Feb; 35(1): S23-S30, 2021.
19. **Michael C. Zourdos**, Jacob A. Goldsmith#, Eric R. Helms#, Cameron Trepeck#, Jessica L. Halle*#, Kristin M. Mendez#, Daniel M. Cooke#, Michael H. Haischer#, Colby A. Sousa#, Alex Klemp#, Ryan K. Byrnes*#. Proximity to Failure and Total Repetitions Performed in a Set Influences Accuracy of Intra-Set Repetitions in Reserve-Based Rating of Perceived Exertion. **The Journal of Strength and Conditioning Research**. Feb; 35(1): S158-S155, 2021.
20. Michael H. Haischer#, Daniel M. Cooke#, Joseph P. Carzoli#, Trevor K. Johnson*#, Amber M. Shipherd, Robert F. Zoeller, Michael Whitehurst, **Michael C. Zourdos**. Impact of Cognitive Measures and Sleep on Acute Squat Strength Performance and Perceptual Responses Among Well-Trained Males and Females. **The Journal of Strength and Conditioning Research**. Feb; 35(1): S16-S22, 2021.
21. Jovana Kasovic, Benjamin Martin, Joseph P. Carzoli#, **Michael C. Zourdos**, and Christopher A. Fahs. Agreement Between the Iron Path App and Linear Position Transducer for Measuring Average Concentric Velocity and Range of Motion of Barbell Exercises. **The Journal of Strength and Conditioning Research**. Feb; 35(1): S95-S101, 2021.
22. S. Kyle Travis, **Michael C. Zourdos**, and Caleb D. Bazyler. Weight Selection Attempts of Elite Classic Powerlifters. **Perceptual and Motor Skills**. Feb; 128(1): 507-521, 2021.
23. Trevor K. Johnson*#, Daniel J. Belcher#, Colby A. Sousa#, Joseph P. Carzoli#, Nishant P. Visavadiya, Andy V. Khamoui, Michael Whitehurst, and **Michael C. Zourdos**. Low Volume Acute Multi-Joint Resistance Exercise Elicits a Peripheral Brain-Derived Neurotrophic Factor Response but Not Cathepsin B in Well-Trained Men. **Applied Physiology, Nutrition, and Metabolism**. Dec; 45(12): 1332-1338, 2020.

24. Eric R. Helms#, Kedric Kwan, Colby A. Sousa#, Adam Storey, John Cronin, and **Michael C. Zourdos**. Methods for Regulating and Monitoring Resistance Training. **The Journal of Human Kinetics**. Aug; 31(74):23-42, 2020.
25. Gabriel S. Pena, Hector G. Paez*, Trevor K. Johnson*#, Jessica L. Halle*#, Joseph P. Carzoli#, Nishant P. Visavadiya, **Michael C. Zourdos**, Michael A. Whitehurst, Andy V. Khamoui. Hippocampal Growth Factor and Myokine Cathepsin B Response to Aerobic and Resistance Training in 3xTg-AD Mice. **International Journal of Chronic Diseases**. Jan 30, 2020.
26. Justin M. Quiles#, Alex Klemp#, Chad Dolan*#, Arun Maharaj, Chun-Jung Huang, Andy V. Khamoui, Michael Whitehurst, and **Michael C. Zourdos**. Impact of Resistance Training Program Configuration on the Circulating Brain-Derived Neurotrophic Factor Response. **Applied Physiology, Nutrition, and Metabolism**. Jun; 45(6): 667-674, 2020.
27. Ciaran M. Fairman, Tormod S. Nilsen, Robert U. Newton, Dennis R. Taaffe, Nigel Spry, David Joseph, Suzanne K. Chambers, Zac P. Robinson, Truls Raastad, Nicholas H. Hart, **Michael C. Zourdos**, Brian C. Focht, Carolyn J. Peddle-McIntyre, and Daniel A. Galvao. Reporting of Resistance Training Dose, Adherence, and Tolerance in Exercise Oncology. **Medicine and Science in Sports and Exercise**. Feb; 52(2): 315-322, 2020.
28. Joseph P. Carzoli#, Colby A. Sousa#, Daniel J. Belcher#, Eric R. Helms#, Andy V. Khamoui, Michael Whitehurst, and **Michael C. Zourdos**. The Effects of Eccentric Phase Duration on Concentric Outcomes in the Back Squat and Bench Press in Well-Trained Males. **Journal of Sports Sciences**. Dec; 37(23): 2676-2684, 2019.
29. Rodrigo V. Gomes, **Michael C. Zourdos**, Alexandre Moreira, Marcelo S. Aoki, Caroline D. Capitani. Sodium Citrate Supplementation Enhances Tennis Skill Performance: A Crossover Placebo-Controlled Double Blind Study. **The Journal of the International Society of Sports Nutrition**. Aug 1;16(1): 32, 2019.
30. Daniel J. Belcher#, Colby A. Sousa#, Joseph P. Carzoli#, Trevor K. Johnson*#, Eric R. Helms#, Nishant P. Visavadiya, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. The Time Course of Recovery for Muscle Damage and Performance are Similar Following Acute Training Bouts in the Squat, Bench Press, and Deadlift in Well-Trained Males. **Applied Physiology, Nutrition, and Metabolism**. Oct; 44(10): 1033-1042, 2019.
31. Daniel M. Cooke#, Michael H. Haischer#, Joseph P. Carzoli#, Caleb D. Bazylar, Trevor K. Johnson*#, Robert Varieur#, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Body Mass and Femur Length are Inversely Related to Repetitions Performed in the Back Squat. **The Journal of Strength and Conditioning Research**. Mar; 33(3): 890-895, 2019.
32. Jacob A. Goldsmith#, Cameron Trepeck#, Jessica L. Halle*#, Kristin M. Mendez#, Alex Klemp#, Daniel M. Cooke#, Michael H. Haischer#, Ryan K. Byrnes*#, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Validity of the Open Barbell and Tendo Weightlifting Analyzer Systems Versus the Optotrak Certus 3D Motion-Capture System for Barbell Velocity. **International Journal of Sports Physiology and Performance**. Apr1;14(4): 540-543, 2019

33. Michael J. Ormsbee, Joseph P. Carzoli#, Alex Klemp#, Brittany R. Allman, **Michael C. Zourdos**, Jeong-Su Kim, and Lynn B. Panton. Efficacy of the Repetitions in Reserve-based Rating of Perceived Exertion for the Bench Press in Experienced and Novice Benchers. **The Journal of Strength and Conditioning**. Feb; 33(2): 337-345, 2019.
34. Ragami Chaves Alves, Joao Carlos Alves Bueno, Thiago Oliveira Borges, **Michael C. Zourdos**, Tacito Pessoa de Souza Junior, and Marcelo Saldanha Aoki. Physiological Function in not Fully Regained Within 24 Hours of Rapid Weight Loss in Mixed Martial Artists. **Journal of Exercise Physiology Online**. Oct 1;21(5), 2018.
35. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, Aritz Urdampilleta, and Sergej Ostojic. Anthropometric Profile, Body Composition, and Somatotype in Elite Traditional Rowers. **Journal of Human Nutrition and Dietetics**. 22(4): 279-286, 2018.
36. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, and Aritz Urdampilleta. Eleven Weeks of Iron Supplementation is not Enough to Maintain Iron Status for the Duration of a Competitive Season in Elite Female Volleyball Players: A Follow-up Study. **Nutrients**. Oct 17;10(10): 1526, 2018.
37. Peter J. Ferrandi, Brandon G. Fico, Michael Whitehurst, **Michael C. Zourdos**, Fanchen Bao, Katelyn M. Dodge, Alexandra A. Rodriguez, Gabriel Pena, and Chun-Jung Huang. Acute High-Intensity Interval Exercise Induces and a Comparable Level of Circulating Cell-Free DNA and Interleukin-6 in Obese and Normal-Weight Individuals. **Life Sciences**. Jun 1;202:161-166, 2018.
38. Eric R. Helms#, Ryan K. Byrnes*#, Daniel M. Cooke#, Michael H. Haischer#, Joseph P. Carzoli#, Trevor K. Johnson*#, Matthew R. Cross, John B. Cronin, Adam G. Storey, and **Michael C. Zourdos**. RPE vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions. **Frontiers in Physiology**. Mar 21;9:247, 2018.
39. Caleb D. Bazyler, Satoshi Mizuguchi, **Michael C. Zourdos**, Sato Kimitake, Ashley A. Kavanaugh, Brad H. DeWeese, Kevin F. Breuel, and Michael H. Stone. Characteristics of a National Level Weightlifter Peaking for Competition. **The Journal of Strength and Conditioning Research**. Nov; 32(11):3029-3038, 2018.
40. Christopher A. Fahs, Lindy M. Rossow, and **Michael C. Zourdos**. An analysis of factors related to back squat movement velocity. **The Journal of Strength and Conditioning Research**. Sep; 32(9): 2435-244, 2018.
41. Eric R. Helms#, Matt R. Cross, Scott R. Brown, Adam G. Storey, John B. Cronin, and **Michael C. Zourdos**. Rating of Perceived Exertion as a Method of Volume Autoregulation Within a Periodized Program. **The Journal of Strength and Conditioning Research**. Jun; 32(6): 1627-1636, 2018.
42. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, Aritz Urdampilleta, Sergej Ostojic, and Amber A. Shipherd. Can Psychological Well-being Scales and Hormone Levels be Used to Predict Acute Performance of Anaerobic Training Tasks in Elite Female Volleyball Players. **Physiology and Behavior**. Oct 15;180: 31-38, 2017.

43. Sang-Rok Lee, Andy V. Khamoui, Edward Jo, **Michael C. Zourdos**, Lynn B. Panton, Michael J. Ormsbee, and Jeong-Su Kim. Effect of Conjugate Linoleic Acids and Omega-3 Fatty Acids with or Without Resistance Training on Muscle Mass in High Fat Diet-Fed Middle-Aged Mice. *Experimental Physiology*. Nov 1;102(11): 1500-1512, 2017.
44. Eric R. Helms#, Scott R. Brown, Matt R. Cross, Adam G. Storey, John B. Cronin, and **Michael C. Zourdos**. Self-Rated Accuracy of Rating of Perceived Exertion-Based Load Prescription in Powerlifters. ***The Journal of Strength and Conditioning Research***. Oct; 31(10): 2938-2943, 2017.
45. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, Aritz Urdampilleta, and Sergej Ostojic. Relationship of total energy and macronutrient intake with anabolic/catabolic hormone response in elite female volleyball players during a full season. ***Nutricion Hospitalaria***. Oct 24;35(5): 1155-1162, 2017.
46. Ciaran M. Fairman, **Michael C. Zourdos**, Eric R. Helms#, and Brian C. Focht. A Scientific Rationale to Improve Resistance Exercise Recommendations in Exercise Oncology. ***Sports Medicine***. Jan;10, 1-9. 2017.
47. **Michael C. Zourdos**, Caleb D. Bazyler, Bong-Sup Park, Edward Jo, Andy V. Khamoui, Lynn B. Panton, and Jeong-Su Kim. Impact of a submaximal warm-up on endurance performance in trained and competitive male runners. ***Research Quarterly in Exercise and Sport***. Mar; 88(1): 114-119, 2017.
48. Eric R. Helms#, Adam G. Storey, Matt R. Cross, Scott R. Brown, Seth Lenetsky Hamish Ramsay, H., Carolina Dillen, and **Michael C. Zourdos**. RPE and Velocity Relationships for the back squat, bench press, and deadlift in powerlifters. ***The Journal of Strength and Conditioning Research***. Feb; 31(2) 292-297, 2017.
49. Eric R. Helms#, Adam G. Storey, John Cronin, and **Michael C. Zourdos**. Application of the repetitions in reserve-based rating of perceived exertion scale for resistance training. ***Strength and Conditioning Journal***. Aug; 38(4):42-49, 2016.
50. Alex Klemp#, Chad Dolan*#, Justin M. Quiles#, Rocky Blanco#, Robert F. Zoeller., B. Sue Graves, and **Michael C. Zourdos**. Volume-Equated high and low repetition daily undulating programming strategies produce similar hypertrophy and strength adaptations. ***Applied Physiology, Nutrition, and Metabolism***. July; 41(7) 699-705, 2016.
51. **Michael C. Zourdos**, Chad Dolan*#, Justin M. Quiles#, Alex Klemp#, Edward Jo, Jeremy P. Loenneke, Rocky Blanco#, Michael Whitehurst. Efficacy of daily 1RM training in well-trained powerlifters and weightlifters: A Case Series. ***Nutricion Hospitalaria***. Mar; 33(2):437-443, 2016.
52. **Michael C. Zourdos**, Edward Jo, Andy V. Kahmoui, Sang-Rok Lee, Bong-Sup Park, Michael J. Ormsbee, Lynn B. Panton, Robert J. Contreras, and Jeong-Su Kim. Modified daily undulating periodization model produces greater performance than a traditional configuration in powerlifters. ***The Journal of Strength and Conditioning. Research***. Mar; 30(3):784-791, 2016.

53. Rodrigo V. Gomes., Vivian C.R. Cunha., **Michael C. Zourdos**, Marcelo S. Aoki, Alexandre Moreira, Jaime Fernandez-Fernandez, and Caroline D. Capitani. Physiological and perceptual responses of young tennis players during various drills. **The Journal of Strength and Conditioning Research**. Mar; 30(3):851-858, 2016.
54. Arun Maharaj, Aaron L. Slusher, **Michael C. Zourdos**, Michael Whitehurst, Brandon G. Fico, and Chun-Jung Huang. Association of Calprotectin with Leukocyte Chemotactic and Inflammatory Mediators Following Acute Aerobic Exercise. **Applied Physiology, Nutrition, and Metabolism**. Jan; 41(1):83-87, 2016.
55. **Michael C. Zourdos**, Alex Klemp#, Chad Dolan*#, Justin M. Quiles#, Kyle A. Schau, Edward Jo, Eric Helms#, Ben Esgro, Sonia Garcia Merino, and Rocky Blanco#. Novel Resistance training-specific RPE scale Measuring Repetitions in Reserve. **The Journal of Strength and Conditioning Research**. Jan; 30(1):267-275, 2016.
56. Luis Viveiros, Alexandre Moreira, **Michael C. Zourdos**, Marcelo S. Aoki, Caroline D. Capitani. Pattern of Weight Loss of Young Female and Male Wrestlers. **The Journal of Strength and Conditioning Research**. Nov; 29(11):3149-55, 2015.
57. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, Aritz Urdampilleta, and Sergej Ostojic. Dietary intake habits and controlled training on body composition and strength in elite female volleyball players during the season. **Applied Physiology, Nutrition, and Metabolism**. Aug; 40(8):827-834, 2015.
58. **Michael C. Zourdos**, Paul C. Henning, Edward Jo, Andy V. Khamoui, Sang-Rok Lee, Young-Min Park, Marshall Naimo, Kasunori Nosaka, and Jeong-Su Kim. Repeated Bout Effect in Muscle-Specific Exercise Variations. **The Journal of Strength and Conditioning Research**. Aug; 29(8):2270-6, 2015.
59. Sang-Rok Lee, Andy V. Khamoui, Edward Jo, Bong-Sup Park, **Michael C. Zourdos**, Lynn B. Panton, Michael J. Ormsbee, and Jeong-Su Kim. Effects of Chronic High Fat Feeding on Skeletal Muscle Mass in Middle-Aged Mice. **Aging Clinical and Experimental Research**. Aug; 27(4):403-411, 2015.
60. Juan Mielgo-Ayuso, **Michael C. Zourdos**, Julio Calleja-Gonzalez, Aritz Urdampilleta, Sergej Ostojic. Iron supplementation prevents a decline in iron stores and enhances strength performance in elite female volleyball players during the competitive season. **Applied Physiology, Nutrition, and Metabolism**. Jun; 40(6):615-22, 2015.
61. **Michael C. Zourdos**, Marcos A. Sanchez-Gonzalez, and Sara E. Mahoney. A Brief Review: The Implications of Iron Supplementation for Marathon Runners on Health and Performance. **The Journal of Strength and Conditioning Research**. Feb; 29(2):559-565, 2015.
62. Juan Mielgo-Ayuso, Vicente J. Clemente-Suarez, and **Michael C. Zourdos**. Anthropometric and physical performance profile of professional female volleyball players in relation to playing position. **Nutricion Hospitalaria**. Oct; 6,31(2):849-857, 2014.

63. Chun-Jung Huang, Edmund O. Acevedo, Heather E. Webb, and **Michael C. Zourdos**. Cardiovascular Reactivity, Chronic Stress, and Physical Activity. **Frontiers in Physiology**. Nov; 7;4:314, 2013.
64. Chun-Jung Huang, **Michael C. Zourdos**, Edward Jo, and Michael J. Ormsbee. Influence of Physical Activity and Nutrition on Obesity-Related Immune Function. **Scientific World Journal**. Nov; 7;752071, 2013.
65. Rodrigo V. Gomes, Caroline D. Capitani, Carlos Ugrinowitsch, **Michael C. Zourdos**, Fernandez-Fernandez Jaime, Alberto Mendez-Villanueva, and Marcelo S. Aoki. Does Carbohydrate Supplementation Maximize Tennis Match Play Performance? **Journal International Society of Sports Nutrition**. Oct 22; 10(1):46, 2013.
66. Marshall Naimo, **Michael C. Zourdos**, Jacob M. Wilson, Jeong-Su Kim, Emery C. Ward, David W. Eccles, and Lynn B. Panton. Contextual Interference Effects on the Acquisition of Skill and Strength of the Bench Press. **Journal of Human Movement Science**. June; 32(3):472-484, 2013.
67. **Michael C. Zourdos**, Jacob M. Wilson, Brian A. Sommer, Sang-Rok Lee, Young-Min Park, Paul C. Henning, Lynn B. Panton, Jeong-Su Kim. Effects of dynamic stretching on endurance performance and energy cost in trained runners. **The Journal of Strength and Conditioning Research**. Feb; 26(2):335-341, 2012.
68. Jeremy P. Loenneke, Jacob M. Wilson, Pedro J. Marin, **Michael C. Zourdos**, and Michael G. Bemben. Low intensity blood flow restriction training: A meta-analysis **European Journal of Applied Physiology**. May; 112(5):1849-1859, 2012.
69. Jacob M. Wilson, Jeremy P. Loenneke, Gabriel J. Wilson, **Michael C. Zourdos**, Edward Jo, and Jeong-Su Kim, A Brief Review: The Effects of Endurance, Strength, and Power Training, on Muscle Fiber Type Shifting. **The Journal of Strength and Conditioning Research**. Jun; 26(6):1724-1729, 2012.
70. Jacob M. Wilson, Lyndsey M. Hornbuckle, Jeong-Su Kim, **Michael C. Zourdos**, Brian A. Sommer, Sang-Rok Lee, Tej Diah., Brian Dalmeau., David Mendez., and Lynn B. Panton. Effects of static stretching on energy cost and running endurance performance. **The Journal of Strength and Conditioning Research**. Sept; 24(9):2274-2279, 2010.
71. Jacob M. Wilson, Gabriel J. Wilson, **Michael C. Zourdos**, Abbie E. Smith, Jeffrey R. Stout. Beta-alanine Supplementation improves aerobic and anaerobic indices of performance: A review. **Strength and Conditioning Journal**. Jan; 32(1):71-78, 2010.

Manuscripts Under Review and In Progress

1. The Effect of Resistance Training Volume on Individual-Level Skeletal Muscle Adaptations: A Novel Replicated Within-Participant Unilateral Design. Zac P. Robinson#, James Steele, Eric R. Helms#, Eric T. Trexler, Michael E. Hall, Chun-Jung Huang, Joshua C. Pelland#, Jacob F. Remmert#, Seth R. Hinson#, Scott A. Mikula#, Alexandre A. Hamaide#, and **Michael C. Zourdos**. [**In Review – Journal of Applied Physiology**]. [Available as a Pre-Print](#).

2. Is There Too Much of a Good Thing? Meta-Regressions of the Effect of Per-Session Volume on Hypertrophy and Strength. Jacob F. Remmert#, Joshua C. Pelland#, Zac P. Robinson#, Seth R. Hinson#, and **Michael C. Zourdos**. [**In Review – Sports Medicine**]. [Available as a Pre-Print](#).
3. Christian H. Amdt, Patroklos Androulakis-Korakakis, **Michael C. Zourdos**, Alyssa-Joy Spence, Eric Helms, and Zac P. Robinson. The Smallest Detectable Effect Size and Average Performance Increase Needed to Improve Competition Placing in Powerlifting. [**In Review – the Journal of Strength and Conditioning Research**].
4. Seth R. Hinson, Zac P. Robinson, Jacob F. Remmert, Joshua C. Pelland, Scott A. Mikula, Alexandre A. Hamaide. Investigating the Effect of the Tonal Drop Set Mode on Elbow Flexor Hypertrophy. *In Progress*.

Refereed Book Chapters (National Publisher)

1. **Michael C. Zourdos**, Andy V. Khamoui, and Lee E. Brown. Resistance Training Prescription. In: **Conditioning for Strength and Human Performance 3rd Edition**. Chandler TJ and Brown LE (Eds.). Abingdon, OX, UK: Routledge, 2018.
2. Andy V. Khamoui, **Michael C. Zourdos**, and Lee E. Brown. Needs Analysis. In: **Conditioning for Strength and Human Performance 3rd Edition**. Chandler TJ and Brown LE (Eds.). Abingdon, OX, UK: Routledge, 2018.

Refereed Presentations and Proceedings (Conferences)

*Undergraduate Mentee, #Graduate Mentee
@First author from an Undergraduate Mentee

International Conference Presentations

1. Rodrigo V. Gomes, **Michael C. Zourdos**, Alexandre A. Moreira, Marcelo S. Aoki, Caroline D. Capitani. Sodium Citrate supplementation enhances tennis skill performance. **European Conference of Sport Science**. Malmö, Sweden, 2015. **(Resulted in Publication)**
2. Caroline D. Capitani, **Michael C. Zourdos**, Alexandre Moreira, Luis Viveiros, Vidal, J., and Marcel S. Aoki. Fluid intake habits among Brazilian high-school wrestlers. **European Conference of Sport Science**. Barcelona, Spain. 2013. **(Resulted in Publication)**
3. Caroline D. Capitani, Luis Viveiros, Alexandre Moreira, **Michael C. Zourdos**, J.A.A., Vidal, Marcelo S. Aoki. Patterns of weight loss of young wrestlers during the Brazilian national high-school games. **European Conference of Sport Science**, Barcelona, Spain. 2013. **(Resulted in Publication)**

National Conference Presentations

1. Seth R. Hinson#, Zac P. Robinson#, Joshua C. Pelland#, Jacob F. Remmert#, Scott A. Mikula#, Alexandre A. Hamaide, Joshua M. Joachim, and **Michael C. Zourdos**. The Effect of the Tonal Continuous Drop-Set Mode on Elbow Flexor Hypertrophy. **American College of Sports Medicine Conference**. Atlanta, GA. 2025
2. Alexandre A. Hamaide#, Joshua C. Pelland#, Jacob F. Remmert#, Zac P. Robinson#, Seth R. Hinson#, and **Michael C. Zourdos**. The Resistance Training Dose-Response: Effects of Weekly Volume on Muscle Hypertrophy. **American College of Sports Medicine Conference**. Atlanta, GA. 2025. **Manuscript Currently In-Review**).
3. Joshua M. Joachim#, Joshua C. Pelland#, Jacob F. Remmert#, Zac P. Robinson#, Seth R. Hinson#, and **Michael C. Zourdos**. The Resistance Training Dose-Response: Effects of Weekly Volume on Strength Gain. **American College of Sports Medicine Conference**. Atlanta, GA. 2025. **Manuscript Currently In-Review**).
4. Scott A. Mikula#, Joshua C. Pelland#, Jacob F. Remmert#, Zac P. Robinson#, Seth R. Hinson#, and **Michael C. Zourdos**. The Resistance Training Dose-Response: Effects of Weekly Frequency on Muscle Hypertrophy and Strength Gain. **American College of Sports Medicine Conference**. Atlanta, GA. 2025. **Manuscript Currently In-Review**).
5. Zac P. Robinson#, Joshua C. Pelland#, Jacob F. Remmert#, Martin C. Refalo, Ivan Jukic, James Steele, and **Michael C. Zourdos**. Exploring the Dose-Response Relationship Between Estimated Resistance Training Proximity to Failure, Strength, and Muscle Hypertrophy. **American College of Sports Medicine Conference**. Boston, MA. 2024. **(Resulted in Publication)**.
6. Scott A. Mikula#, Seth R. Hinson#, Jacob F. Remmert#, Zac P. Robinson#, Joshua C. Pelland#, Shawn Dinh#, Ethan Elkins#, Caitlyn M. Meehan#, David Diaz#, Michael W. Morgan#, Brian Benitez#, Christian T. Macarilla#, and **Michael C. Zourdos**. Long Versus Mixed Muscle Length Training on Changes in Arm Circumference. **American College of Sports Medicine Conference**. Boston, MA. 2024. **(Manuscript Currently In-Review)**.
7. Jacob F. Remmert#, Seth R. Hinson#, Zac P. Robinson#, Joshua C. Pelland#, Shawn Dinh#, Ethan Elkins#, Caitlyn M. Meehan#, David Diaz#, Michael W. Morgan#, Brian Benitez#, Christian T. Macarilla#, and **Michael C. Zourdos**. Effect of Long Versus Mixed Muscle Length Training on Changes in Elbow Flexors Hypertrophy. **American College of Sports Medicine Conference**. Boston, MA. 2024. **(Manuscript Currently In-Review)**.
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67. Bong-Sup Park, Paul C. Henning, Sang-Rok Lee, Jacob M. Wilson, Young-Min Park, Edward Jo, Andy V. Khamoui, **Michael C. Zourdos**, and Jeong-Su Kim. β -hydroxy- β -methylbutyrate (HMB) Improves Myogenesis and Maintains Strength in Male Mice during a 6-Week Catabolic Condition. **Experimental Biology Conference**. Washington, D.C. The FASEB Journal. 2011. Apr;25:1105.
68. Jeong-Su Kim, Jacob M. Wilson, Sang-Rok Lee, Paul C. Henning, Young-Min. Park, **Michael C. Zourdos**, Carlos Ugrinowitsch, Samuel C. Grant, Lynn B. Panton, John A. Rathmacher, and Bahram H. Arjmandi. Daily β -hydroxy- β -methylbutyrate (HMB) Intake Prevents a Loss of Lean/Total Body Mass Ratio during Senescence. **American College of Sports Medicine Conference**, Baltimore, MD. Medicine & Science in Sports & Exercise. 2010 May 1;42(5):2.
69. Young-Min Park, Sang-Rok Lee, Jacob M. Wilson, Paul C. Henning, Neema Bakhshalian, Carlos Ugrinowitsch, **Michael C. Zourdos**, Bong-Sup Park, Edward Jo, Andy V. Khamoui, and Jeong-Su. Kim. Influence of b-hydroxy-b-methylbutyrate on Body Composition and Neuromuscular Function in Old Rats during Resistance Training: **American College of Sports Medicine Conference**, Medicine & Science in Sports & Exercise. 2010 May 1;42(5):775.
70. Paul C. Henning, Jacob M. Wilson, Sang-Rok Lee, Arturo Figueroa, Lynn B. Panton, David Mendez, **Michael C. Zourdos**, Young-Min Park, Shirin Hooshmand, and Jeong-Su Kim Effects Of 3 Or 6 Grams Of b-hydroxy-b-methylbutyrate (HMB) On Muscle Damage and Performance In Elderly: **American College of Sports Medicine Conference**, Medicine & Science in Sports & Exercise. 2010 May 1;42(5):775.
71. Sang-Rok Lee, Jacob M. Wilson, Paul C. Henning, Carlos Ugrinowitsch, Young-Min Park, **Michael C. Zourdos**, Bong-Sup Park, Andy V. Khamoui, Edward Jo, Samuel C. Grant, Lynn B. Panton, and Jeong-Su Kim. b-hydroxy-b-methylbutyrate (HMB) Improves Relative Grip Strength and Sensorimotor Function in Middle aged and Old Rats: **American College of Sports Medicine Conference**, Medicine & Science in Sports & Exercise. 2010 May 1;42(5):774-5.
72. Young-Min Park, Sang-Rok Lee, Jacob M. Wilson, Paul C. Henning, Carlos Ugrinowitsch, **Michael C. Zourdos**, Bahram H. Arjmandi, John A. Rathmacher, and Jeong-Su Kim. Effects of β -hydroxy- β -methylbutyrate (HMB) on Muscle IGF-I and MGF mRNA Expression in Aged Female Rats during 10-Week Resistance Training. **Experimental Biology Conference**. Anaheim, CA. The FASEB Journal. 2010 Apr;24:621-4.
73. Jacob M. Wilson, Sang-Rok Lee, Paul C. Henning, Carlos Ugrinowitsch, Samuel C. Grant, Young-Min Park, Issan S. Masad, Ken P. Leonard, **Michael C. Zourdos**, Neema Bakhshalian, Lynn B. Panton, and Jeong-Su Kim. Beta-hydroxy-beta-methylbutyrate (HMB) Decreases Body Fat in Middle Aged and Old Rats. **Experimental Biology Conference**. Anaheim, CA. The FASEB Journal. 2010 Apr;24:736-1.
74. **Michael C. Zourdos**, Jacob M. Wilson, Brian A. Sommer, Lyndsey M. Hornbuckle, Young-Min Park, Sang-Rok Lee, Lynn B. Panton, and Jeong-Su Kim. The Effects Of Dynamic Stretching On Endurance Performance During A 30 Minute Time Trial. **American College of Sports Medicine Conference**. Medicine & Science in Sports & Exercise. 2009 May 1;41(5):87. **(Resulted in Publication)**

75. Brian A. Sommer, Jacob M. Wilson, **Michael C. Zourdos**, Lyndsey M. Hornbuckle, Young-Min Park, Sang-Rok Lee, Lynn B. Pantan, and Jeong-Su. Kim. The effects of dynamic stretching on energy cost during A 30-minute time trial. **American College of Sports Medicine Conference**, Seattle, WA. Medicine & Science in Sports & Exercise. 2009 May 1;41(5):87. **(Resulted in Publication)**

Regional Conference Presentations

1. Zac P. Robinson*#, Trevor K. Johnson*#, Daniel J. Belcher#, Colby A. Sousa#, Joseph P. Carzoli#, Nishant P. Visavadiya, Andy V. Khamoui, Michael Whitehurst, and **Michael C. Zourdos**. Acute Resistance Exercise Elicits BDNF but Not Cathepsin B in Well-Trained Men. **American College of Sports Medicine**, San Francisco, CA. 2020. **(Resulted in Publication)**.
2. Christian T. Macarilla#, Joseph P. Carzoli#, Colby A. Sousa#, Eric R. Helms#, and **Michael C. Zourdos**. Agreement Between Kinovea and the Open Barbell System for Barbell Velocity and Range of Motion. **American College of Sports Medicine**, San Francisco, CA. 2020. **(Resulted in Publication)**.
3. Daniel M. Cooke#, Jacob A. Goldsmith#, Ryan K. Byrnes*#, Jared H. Perlmutter*, Michael H. Haischer#, Jose C. Velazquez*, Adam Sayih#, Eric R. Helms#, Chad Dolan*#, and **Michael C. Zourdos**. Total repetitions per set effects RIR-Based RPE accuracy. **Southeast American College of Sports Medicine**, Greenville, SC. 2017. **(Resulted in Publication)**
4. Michael H. Haischer#, Jacob A. Goldsmith#, Daniel M. Cooke#, Ryan K. Byrnes*#, Jared H. Perlmutter*, Jose C. Velazquez*, Adam Sayih#, Eric R. Helms#, Chad Dolan*#, and **Michael C. Zourdos**. Training and chronological age effect RIR-Based RPE accuracy. **Southeast American College of Sports Medicine**, Greenville, SC. 2017. **(Resulted in Publication)**
5. Jessica L. Halle*#@, Jacob A. Goldsmith#, Daniel M. Cooke#, Ryan K. Byrnes*#, Jared H. Perlmutter*, Michael H. Haischer#, Jose C. Velazquez*, Eric R. Helms#, Chad Dolan*#, and **Michael C. Zourdos**. Assessment of repetitions allowed at 70% of one-repetitions maximum in the back squat in trained males. **Southeast American College of Sports Medicine**, Greenville, SC. 2017. **(Resulted in Publication)**
6. Jacob A. Goldsmith#, Chad Dolan*#, Justin M. Quiles#, Rocky Blanco#, Kristin M. Mendez#, Jared H. Perlmutter*, Robert F. Zoeller, R.F., Whitehurst, M., and **Michael C. Zourdos**. Impact of various concurrent training interventions on 1RM Squat. **Southeast American College of Sports Medicine**, Greenville, SC. 2016.
7. Kristin M. Mendez#, Chad Dolan*#, Justin M. Quiles#, Rocky Blanco#, Jacob A. Goldsmith#, Jared A. Perlmutter*, Robert F. Zoeller, Michael Whitehurst, and **Michael C. Zourdos**. Impact of various concurrent training interventions on 1RM bench. **Southeast American College of Sports Medicine**, Greenville, SC. 2016.
8. Arun Maharaj, Aaron L. Slusher, **Michael C. Zourdos**, Michael Whitehurst, Brandon G. Fico, and Chun-Jung Huang. Association of calprotectin with leukocyte chemotactic and inflammatory mediators following acute aerobic exercise. **Southeast American College of Sports Medicine**, Greenville, SC. 2016. **(Resulted in Publication)**

9. Alex Klemp#, Rocky Blanco#, Chad Dolan*#, Justin M. Quiles#, Anthony J. Krahwinkel#, Robert F. Zoeller, Sue Graves, and **Michael C. Zourdos**. Effects of volume-equated high and low repetition daily undulating periodization models on maximal strength. **Southeast American College of Sports Medicine Conference**. Jacksonville, FL. 2015. **(Resulted in Publication)**
10. Justin M. Quiles#, Alex Klemp#, Rocky Blanco#, Chad Dolan*#, Anthony J. Krahwinkel#, Robert F. Zoeller, Sue Graves, and **Michael C. Zourdos**. Volume-equated high and low repetition daily undulating periodization models for muscle hypertrophy. **Southeast American College of Sports Medicine Conference**. Jacksonville, FL. 2015. **(Resulted in Publication)**
11. Chad Dolan*#, Kyle A. Schau#, Justin M. Quiles#, Alex Klemp#, Bradford Day*, Sue Graves, and **Michael C. Zourdos**. An examination of center of pressure during the squat at various intensities as a marker of technique efficiency between experienced and novice squatters. **Southeast American College of Sports Medicine**. Greenville, SC. 2014.
12. Alex Klemp#, Kyle A. Schau#, Justin M. Quiles#, Chad Dolan*#, Ben Esgro, Sue Graves, and **Michael C. Zourdos**. A comparison of average velocity at maximal intensity in the squat as a marker of efficiency between experienced and novice squatters. **Southeast American College of Sports Medicine**, Greenville, SC. 2014. **(Resulted in Publication)**
13. **Michael C. Zourdos**, Michael J. Ormsbee, Edward Jo, Andy V. Khamoui, Bong-Sup Park, Sang-Rok Lee, Lynn B. Panton, David D. Thomas, Emery Ward, Robert J. Contreras, and Jeong-Su Kim. Time course of hormonal responses with two different models of daily undulating periodization in trained powerlifters. **Southeast Regional American College of Sports Medicine**. Greenville, SC. 2013. **(Resulted in Publication)**.
14. **Michael C. Zourdos**, Carlos Ugrinowitsch, Jacob M. Wilson, Paul C. Henning, Song-Rok Lee, Young-Min Park, and Jeong-Su Kim. Changing exercises between sessions does not prevent the repeated bout effect occurrence. **Southeast Regional American College of Sports Medicine**. Greenville, SC. 2010. **(Resulted in Publication)**
15. Sang-Rok Lee, Young-Min Park, Jacob M. Wilson, Paul C. Henning, **Michael C. Zourdos**, Neema Bakhshalian, Carlos Ugrinowitsch, Bong-Sup Park, Andy V. Khamoui, Edward Jo, and Jeong-Su Kim. Effects of β -hydroxyl- β -methylbutyrate (HMB) on body composition in old sprague-dawley female rats during 10-week resistance training. **Southeast Regional American College of Sports Medicine**. Greenville, SC. 2010.
16. Paul C. Henning, Jacob M. Wilson, Sang-Rok Lee, Arturo Figueroa, Lynn B. Panton, David Mendez, **Michael C. Zourdos**, Young-Min Park, Shirin Hooshmand, and Jeong-Su Kim. Effects of 3 or 6 grams of β -hydroxy- β -methylbutyrate (HMB) on muscle damage and performance in elderly. **Southeast Regional American College of Sports Medicine**. Greenville, SC. 2010.

Non-Refereed Presentations and Proceedings

1. **Michael C. Zourdos**. USA Powerlifting Coaching Certification Curriculum Training Principles and Program Design: A Short Review. USA Powerlifting Coaching Certification Curriculum, Instructional Manual Chapter. 2013.

International Invited Presentations

1. Shredded by Science (of the United Kingdom) presents **Dr. Mike Zourdos** and Eric Helms. **The Strength and Physique Conference. London, England.** July 2017.
2. BioLayne LLC. Natural Figure and Bodybuilding VIP Camp. **Toronto, Ontario, Canada.** October 2014.
3. Reactive Training Systems Strength and Power Seminar. **Sydney, Australia.** December, 2013.
4. The University of Madrid Physical Activity and Exercise Conference. **Madrid, Spain.** October 4th, 2013.

National Conference Invited Speaker/Keynote

1. *National Strength and Conditioning Association (NSCA) National Conference*
Selected Keynote Presenter: Integration of Periodization, Autoregulation, and Structured Overreaching for Muscle Performance. 2015
2. *National Strength and Conditioning Association (NSCA) National Conference*
Selected Keynote Presenter: Challenging Current Thoughts and Practices of Periodization – A Scientific Critique. 2014.

Regional Conference Symposium

1. Chung-Jung Huang, Heather E. Webb., **Michael C. Zourdos**, Edmund O. Acevedo. Flight-or-Flight: The SAM axis and Your Health. *A Symposium.* **Southeast American College of Sports Medicine.** Greenville, SC. 2014.

Other Invited Presentations (Academic Conferences and Industry Invitations)

1. *Florida International University: School of Arts, Sciences, and Education Retreat*
Presentation: Panel on Innovation in Academic Programs and Curriculum, 2022.
2. *Philadelphia Eagles: Presentation and Hands-On Work with Super Bowl Champion Philadelphia Eagles, 2019.*
Presentation: Resistance Training Autoregulation with Velocity and RPE
3. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp V (2016)*
Presentation: Periodization/Program Design for Muscle Performance and Muscle Physiology
4. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp IV (2015)*
Presentation: Periodization/Program Design for Muscle Performance

5. *Reactive Training Systems (RTS) Ft. Lauderdale Seminar (2015)*
Presenter: Integrating Periodization, Autoregulation, and Daily 1RM Training
6. *Florida International University (2014), HUN2201 Principles of Nutrition*
Guest Lecturer: Protein Timing and Leucine's Regulatory Properties
7. *Elite Fitness Mentoring (2014)*
Guest Mentor/Lecturer: Optimizing Daily Undulating Periodization
8. *BioLayne, LLC. and Ledbetter, Inc. Training/Nutrition Seminar (2014)*
Presentation 1: Optimization and Implementation of Undulating Periodization
Presentation 2: Technique and Biomechanics of the Powerlifts
9. *Reactive Training Systems Classroom Presenter (2014-2015)*
20 Total Presentations: Skeletal Muscle Physiology and Periodization
10. *Ledbetter, INC. & Armbrust Pro Gym Host: Dr. Layne Norton, Dr. Mike Zourdos and Ben Esgro (2014)*
Presentation: Optimizing Periodization Models for Powerlifting and Bodybuilding.
11. *Optimal Human Performance Symposium at The Florida State University Hosted by the International Society of Sports Nutrition (2014)*
Presentation: Optimizing Periodization and Program Design Methods for Muscle Performance Adaptations
12. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp III (2014)*
Presentation: Optimizing Periodization and Program Design for Muscle Hypertrophy
13. Guest Lecture: Salisbury University, 2103 (via Skype)
Lecture: Optimizing Periodization Methodology and Design for Optimal Muscle Performance Adaptations
14. Texas Extension Association of Family and Consumer Sciences (TEAFCS), 2013.
Presentation: The Obesity and Fitness Connection, Obesity and the Family: How Did We Get Here?
14. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp I (2012)*
Presentation: Optimizing Periodization and Program Design for Muscle Hypertrophy
16. *Mike Tuchscherer's Reactive Training Systems Powerlifting Seminar (2012)*
Presentation 1: Optimizing Protein Timing and the Importance of Leucine to Maximize Training Adaptations
Presentation 2: Concurrent Training Attenuates Hypertrophy, Strength, and power Gains
17. *Special Operations Medical Association (SOMA) Conference on Human Performance (2012)*
Presentation: Designing Periodization Models to Optimize Performance in Special Operations
18. *FSU Powerlifting's Optimizing Performance Training and Nutritional Adaptations at The Florida State University: Host and Presenter (2012)*
Presentation 1: Implementing Optimal Periodization Models and Program Design

Presentation 2: The Effects of Various Stretching Models on High Level Performance

GRANTS

Contracts and Grants (Funded)

1. **Michael C. Zourdos (PI).** (October 2024 – October 2025). *The Effect of the Tonal Continuous Drop-Set Mode on Elbow Flexor Hypertrophy*. Funded By: Tonal Systems, LLC. Total Award: \$120,000.
2. **Michael C. Zourdos (PI).** (October 2024 – October 2025). *Investigating the Effect of Resistance Training Volume Cycling on Calf Muscle Hypertrophy*. Funded By: Renaissance Periodization. Total Award: \$8,000.
3. **Michael C. Zourdos (PI).** (October 2024 – October 2025). *Influence of Acute Exercise on TrkB Activation and Circulating BDNF in Trained Athlete*. Funded By: Renaissance Periodization. Total Award: \$2,000.
4. **Michael C. Zourdos (PI).** (October 2022-October 2024). *Exploring Individual-Level Skeletal Muscle Adaptations to Different Resistance Training Volumes*. Funded By: Renaissance Periodization. Total Award: \$6,000.
5. **Michael C. Zourdos (PI).** (September 2019-December 2021). *Effect of Proximity to Failure in Resistance Training on Muscle Performance and Fatigue*. Funded By: Core Nutritionals. Total Award: \$1,000 (Sports Supplement Supply).
6. **Michael C. Zourdos (PI).** (March 2014-March 2015). *Innovation in Muscle Physiology Analysis*. Funded By: Florida Atlantic University Technology Fee Grant. Total Award: \$35,000.
7. **Michael C. Zourdos (PI).** (March 2013-March 2014). *Optimizing Endurance Equipment Technology and Implementation*. Funded By: Florida Atlantic University Technology Fee Grant. Total Award: \$112,285.
8. Estevez T and **Michael C. Zourdos (major professor).** (March 2014-March 2015). *The effects of pre-cooling and sub-maximal warm-up on physiological measures and endurance performance in trained male runners*. Funded By: FAU Undergraduate Research Grant. Total Award: \$1,000.
9. **Michael C. Zourdos (PI).** (March 2014-December 2014). *Volume-Equated High- and Low-Repetition Daily Undulating Programming Strategies Produce Similar Hypertrophy and Strength Adaptations*. Funded By: ScivationTM. Total Award: \$1,000 (Sports Supplement Supply).

Grants (Pending – Under Review)

1. **Michael C. Zourdos (Co-PI), Nicole Vitale (Co-PI).** (Submitted – February 2026). *ENERGY – Exercise and Nutrition Education for Recreation, Growth, & Youth*. Funding Agent: Humana Foundation. Total Award: \$104,731.00.

Contracts and Grants (Unfunded)

2. **Michael C. Zourdos (Co-I).** (Submitted – February 2024, Award dates: May 2024 – August 2024). *Novel Injury Prevention Approach for Air Force Personnel*. Funding Agent: AFWERX (United States Air Force Work Project). Total Award: \$130,000, FAU Subaward: \$33,000.
3. **Michael C. Zourdos (PI).** (Submitted - October 2023). *Autoregulated Concurrent Exercise Program to Improve Exercise Adherence, Self-Efficacy, and Functionality in Cancer Patients*. Funding Agent: Florida Department of Health – Cancer Innovation Fund. Total Award: \$100,000.
4. **Michael C. Zourdos (PI),** Brian Focht, Ciaran Fairman, Michael Whitehurst, and Nishant Visavadiya. *Autoregulation and Individualization in Resistance Training to Combat Muscle Wasting, Improve, Health-Related Quality of Life and Cancer-Related Biomarkers, and Exercise Adherence in Patients Undergoing Curative Care*. Florida Department of Health. Total Applied For: \$1,477,289.89. Submitted: September 2020.
5. **Michael C. Zourdos (PI),** Brian Focht, Ciaran Fairman, Michael Whitehurst, and Nishant Visavadiya. *Autoregulation and Individualization in Resistance Training to Increase Adherence and Combat Muscle Wasting to Improve Health-Related Quality of Life*. Florida Department of Health. Total Applied For: \$1,302,860.00. Submitted: September 2018.
6. **Michael C. Zourdos (PI)** and Eric R. Helms. *Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions*. National Strength and Conditioning Association. Total Applied For: \$50,000. Submitted: March 2016.

Instruction and Teaching

Awards

1. 2018 Distinguished Teacher of the Year. College of Education, Florida Atlantic University.

Courses Taught at FAU

1. PET6346 Functional Biomechanics (Graduate)
2. PET4330 Kinesiology
3. PEP4138 Advanced Methods Strength/Conditioning
4. PEP4138 Applications of Training Physiology 2
5. HUN6247 Advanced Sport Nutrition (Graduate)
6. PET5391 Strength and Conditioning Program Design (Graduate)
7. PET6505C Research and Evaluation (Graduate)
8. PET 5077 Exercise Neuroscience (Graduate)

Guest Lectures at FAU: College of Medicine at FAU, PET4550 Exercise Testing and Prescription, and Sports Nutrition at FIU

Supervision of Graduate Students:

Thesis and Dissertation Committees

Dissertation Committee Chair: 4

Master's Committee Chair: 18

Dissertation Committee Member: 4

Master's Committee Member: 7

1. Alex Klemp: Role: **Committee Chair** (Master's Thesis): **Graduated 2014**
Current Position: Research Physiologist at the Navy Experimental Diving Unit
Thesis Title: Volume-Equated High- and Low-Repetition Daily Undulating Programming Strategies Produce Similar Hypertrophy and Strength Adaptations.
2. Thomas Mock: Role: **Committee Member** (Master's Thesis): **Graduated 2014**
Current Position: Customer Enablement Lead at RStudio
Thesis Title: The Effect of Acute Moderate-Intensity Continuous and High-Intensity Interval Exercise on Serum Brain-Derived Neurotrophic Factor in Recreationally Trained Males.
3. Rocky Blanco: Role: **Committee Chair** (Master's Thesis): **Graduated 2015**
Current Position: Ph.D. Student, University of Wisconsin
Thesis Title: Temporal Response of Creating Kinase and Fibroblast Growth Factor-21 to High and Low Repetition Resistance Training.
4. Chad Dolan: Role: **Committee Chair** (Master's Thesis): **Graduated 2015**
Current Position: U.S. Army
Thesis Title: The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition
5. Justin Quiles: Role: **Committee Chair** (Master's Thesis): **Graduated 2015**
Current Position: Postdoctoral Scholar School of Pharmacy and Pharmaceutical Sciences at the University of California, San Diego
Thesis Title: Impact of Resistance Training Program Configuration on the Circulating Brain-Derived Neurotrophic Factor Response.
6. Jacob Goldsmith: Role: **Committee Chair** (Master's Thesis): **Graduated 2016**
Current Position: Post-Doctoral Research Scientist McGuire Research Institute, Richmond VA Medical Center.
Thesis Title: Validity of the Open Barbell and Tendo Weightlifting Analyzer Systems Versus the Optotrak Certus 3D Motion Capture System for Barbell Velocity.
7. Arun Maharaj: Role: **Committee Member** (Master's Thesis): **Graduated 2016**
Current Position: Post-Doctoral Research Associate, St. Jude Children's Research Hospital, TN.
Thesis Title: The Effect of Maximal Aerobic Exercise on Plasma BDNF and BDNF Expression in PBMCs in Obese and Non-Obese Subjects.
8. Cameron Trepeck: Role: **Committee Member** (Ph.D. Dissertation – FAU College of Engineering): **Graduated 2017.**
Current Position: Mechanical Engineer, SEA Limited.
Dissertation Title: A Hybrid System for Simulation of Athletic Activities Related to Lower Extremity Biomechanics.
9. Eric Helms: Role: **Committee Member** (Ph.D. Dissertation – AUT University, Auckland, New Zealand): **Graduated 2017.**
Current Position: Research Fellow, Auckland University of Technology

Dissertation Title: *RPE Vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions.*

10. Brandon Fico: Role: **Committee Member** (Master's Thesis): **Graduated 2017.**
Current Position: Post-Doctoral Candidate, Department of Kinesiology University of Wisconsin.
Thesis Title: The Comparison of High Intensity Interval Exercise vs. Continuous Moderate Exercise on C1q/TNF-Related Protein-9 Expression and Flow-Mediated Dilation in Obese Individuals.
11. Daniel Cooke: Role: **Committee Chair** (Master's Thesis): **Graduated 2017.**
Current Position: Ph.D. Student, Auckland University of Technology
Thesis Title: Body Mass and Femur Length are Inversely Related to Repetitions Performed in the Back Squat in Well-Trained Lifters.
12. Michael Haischer: Role: **Committee Chair** (Master's Thesis): **Graduated 2017.**
Current Position: Ph.D. Student, Marquette University
Thesis Title: Impact of Cognitive Measures and Sleep on Acute Squat Strength Performance and Perceptual Responses Among Well-Trained Men and Women.
13. Peter Ferrandi: Role: **Committee Member** (Master's Thesis): **Graduated 2017.**
Current Position: Ph.D. Student, University of Tennessee
Thesis Title: Acute High-Intensity Interval Exercise Induces Comparable Levels of Circulating Cell-Free DNA and Interleukin-6 in Obese and Normal-Weight Individuals.
14. Joseph Carzoli: Role: **Committee Chair** (Master's Thesis): **Graduated 2018.**
Current Position: Visiting Instructor, Florida Atlantic University
Thesis Title: The Effects of Eccentric Phase Duration on Concentric Outcomes in the Back Squat and Bench Press in Well-Trained Males.
15. Daniel Belcher: Role: **Committee Chair** (Master's Thesis): **Graduated 2018.**
Current Position: Ph.D. Student, Penn State University
Thesis Title: Time Course of Recovery is Similar for the Back Squat, Bench Press, and Deadlift in Well-Trained Males
16. Colby Sousa: Role: **Committee Chair** (Master's Thesis): **Graduated 2018.**
Current Position: Ph.D. Student, Auckland University of Technology
Thesis Title: Assessment of Accuracy of Intra-Set Rating of Perceived Exertion in the squat, Bench Press, and Deadlift
17. Gabriel Pena: Role: **Committee Member** (Master's Thesis): **Graduated 2018.**
Current Position: Ph.D. Student, Florida Atlantic University
Thesis Title: Effects of Resistance and Aerobic Training of IGF-1 and BDNF Expression in a Murine Model of Alzheimer's Disease
18. Hector Paez: Role: **Committee Member** (Master's Thesis): **Graduated 2018.**
Current Position: Ph.D. Student, University of Tennessee
Thesis Title: Myokine Cathepsin B Expression with Exercise Training in the 3XTg-AD Murine Model of Alzheimer's Disease
19. Trevor Johnson: Role: **Committee Chair** (Master's Thesis): **Graduated 2019.**
Current Position: Ph.D. Student, University of Minnesota
Thesis Title: Low-Volume Acute Multi-Joint Resistance Exercise Elicits a Circulating Brain-Derived Neurotrophic Factor Response but Not a Cathepsin B Response in Well-Trained Men
20. Christian Macarilla: Role: **Committee Chair** (Master's Thesis): **Graduated 2020.**

Current Position: Ph.D. Student, University of South Alabama

Thesis Title: Accuracy of Predicting One-Repetition Maximum from Submaximal Velocity in the Barbell Back Squat and Deadlift

21. Landyn Hickmott: Role: **Committee Chair** (Master's Thesis): **Graduated 2020.**
Current Position: Ph.D. Student, University of Saskatchewan
Thesis Title: Relationship Between Velocity and Repetitions in Reserve in the Back Squat, Bench Press, and Deadlift
22. Zac Robinson: Role: **Committee Chair** (Master's Thesis): **Graduated 2021.**
Expected Graduation 2021.
Current Position: Ph.D. Student, Integrative Biology, Florida Atlantic University.
Thesis Title: Effect of Proximity to Failure During Resistance Training on Muscle Performance and Fatigue
23. Rebecca Cerminaro: Role: **Committee Chair** (Master's Thesis): **Graduated 2021.**
Expected Graduation 2021.
Current Position: Ph.D. Student, UNC-Greensboro
Thesis Title: The Longitudinal Relationship Between Repetitions in Reserve and Average Concentric Velocity in the Back Squat and Bench Press
24. Brian Benitez: Role: **Committee Chair** (Master's Thesis): **Graduated 2021.**
Expected Graduation 2021.
Current Position: Ph.D. Student University of Kentucky
Thesis Title: Effect of Proximity to Failure in Resistance Training on Circulating Levels of Neuroprotective Biomarkers
25. Joshua Pelland: Role: **Committee Chair** (Master's Thesis): **Graduated 2022.**
Current Position: Ph.D. Student, Integrative Biology, Florida Atlantic University.
Thesis Title: The Influence of Repetitions Per Set on Back Squat and Bench Press Repetitions in Reserve Accuracy.
26. Jacob Remmert: Role: **Committee Chair** (Master's Thesis): **Graduated 2022.**
Current Position: Ph.D. Student, Integrative Biology, Florida Atlantic University.
Thesis Title: Changes in Intrasets RIR Accuracy During Six Weeks of Bench Press Training in Trained Men.
27. Colby Sousa: Role: **Committee Member** (Ph.D. Dissertation):
Auckland University of Technology
Expected Graduation 2023.
Dissertation Title: To Be Determined
28. Zac Robinson: Role: **Committee Chair** (Ph.D. Dissertation): **Graduated 2024**
Current Position: Partner, Data-Driven Strength
Dissertation Title: Exploring Predictors of Individual-Level Skeletal Muscle Adaptations to Different Resistance Training Volume.
29. Joshua Pelland: Role: **Committee Chair** (Ph.D. Dissertation):
Expected Graduation 2024.
Dissertation Title: To Be Determined
30. Jacob Remmert: Role: **Committee Chair** (Ph.D. Dissertation):
Expected Graduation 2024.
Dissertation Title: To be Determined

Graduate Students: Directed Independent Study

Fall 2013: Alex Klemp
Spring 2014: Alex Klemp, John Crimmins
Summer 2014: John Crimmins, Chad Dolan, Jared Edwards, Justin Quiles
Fall 2014: Chad Dolan, Evan Malone
Spring 2015: Anthony Krahwinkel
Summer 2015: Nicholas Gounaris, Kristin Mendez
Fall 2015: Jared Perlmutter
Spring 2016: Jonathan Dobson, Carolyn Karch, Kristin Mendez
Summer 2016: Adam Sayih
Fall 2016: Daniel Cooke
Spring 2017: Daniel Cooke
Summer 2017: Joseph Carzoli, Daniel Belcher, Colby Sousa
Fall 2017: Jared Perlmutter
Spring 2018: Robert Pratt, Colby Sousa
Spring 2019: Jessica Halle, Trevor Johnson
Summer 2019: Jessica Halle, Matthew Juber
Spring 2020: Deanna Ditmyer
Fall 2021: Zac Robinson
Spring 2022: Joshua Pelland, Jacob Remmert
Summer 2022: Ethan Elkins, Seth Hinson

Additional Graduate Student Mentorship

The following awards have been won by my mentees

1. ESHP Graduate Student of the Year: Trevor K. Johnson (2018-2019)
Role: Thesis Mentor/Advisor
2. ESHP Graduate Student of the Year: Jacob A. Goldsmith (2015-2016)
Role: Thesis Mentor/Advisor
3. ESHP Graduate Student of the Year: Chad Dolan (2014-2015)
Role: Thesis Mentor/Advisor
4. ESHP Graduate Student of the Year: Alex Klemp (2013-2014)
Role: Thesis Mentor/Advisor

Supervision of Undergraduate Students

Undergraduate Students: Directed Independent Study

15 Total Undergraduate DIS Administered

Fall 2014: Brianna Friedrich, Ernest Vargas

Research Project Assisted On: *The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition*

Spring 2015: Elvy Buitrago, Ryan Byrnes, Carl Penney, Jared Perlmutter

Research Projects Assisted On:

1. *The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition*

2. Efficacy of daily 1RM training in well-trained powerlifters and weightlifters: A Case Series

Summer 2015: Gustavo Felipe

Research Projects Assisted On:

1. *The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition*
2. Efficacy of daily 1RM training in well-trained powerlifters and weightlifters: A Case Series

Fall 2015: Connor Kelaher

Research Project Assisted On: *The Influence of Time-Equated Training Programs on Muscle Hypertrophy, Strength, and Body Composition*

Spring 2016: Jessica Halle, Jonathan Perry

Research Projects Assisted On:

1. *Validity of the Open Barbell and Tendo Weightlifting Analyzer Systems Versus the Optotrak Certus 3D Motion Capture System for Barbell Velocity.*
2. Proximity to Failure and Total Repetitions Performed in a Set Influences Accuracy of Intra-Set Repetitions in Reserve-Based Rating of Perceived Exertion.

Fall 2016: Luis Espinoza, Cory Moogerfield

Research Project Assisted On: *RPE Vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions.*

Spring 2017: Amanda Kramer

Research Projects Assisted On:

1. *Body Mass and Femur Length are Inversely Related to Repetitions Performed in the Back Squat in Well-Trained Lifters.*
2. *Impact of Cognitive Measures and Sleep on Acute Squat Strength Performance and Perceptual Responses Among Well-Trained Men and Women.*

Fall 2018: Sabrina Mohamed

Research Project Assisted On: *Preparation stage of various projects, assisted in gathering papers and summarizing data to design new projects.*

Spring 2020: Stephanie Poole

Research Project Assisted On: *Does Long-Term Resistance Training Alter Resting Concentrations of Brain-Derived Neurotrophic Factor and Cathepsin B: A Cross-Sectional Study*

Undergraduate Student Interns (Muscle Physiology Laboratory Internship)

8 Total Internships in the Muscle Physiology Laboratory

Fall 2016: Phillip Jones

Research Project Assisted On: *RPE Vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions.*

Summer 2016: Trevor Johnson

Research Project Assisted On: *RPE Vs. Percentage 1RM Loading in Periodized Programs Matched for Sets and Repetitions.*

Fall 2018: Chris Clow

Research Project Assisted On: Preparation stage of various projects, assisted in gathering papers and summarizing data to design new projects.

Spring 2018: Matthew Juber

Research Projects Assisted On: 1. Low Volume Acute Multi-Joint Resistance Exercise Elicits a Peripheral Brain-Derived Neurotrophic Factor Response but Not Cathepsin B in Well-Trained Men, and 2. The Time Course of Recovery for Muscle Damage and Performance are Similar Following Acute Training Bouts in the Squat, Bench Press, and Deadlift in Well-Trained Males.

Fall 2019: Alexander Bieri, Jorge Soto

Research Project Assisted On: Effect of Proximity to Failure During Resistance Training on Muscle Performance and Fatigue

Spring 2019: Albert Lains

Research Project Assisted On: Effect of Proximity to Failure During Resistance Training on Muscle Performance and Fatigue.

Spring 2020: Lawrence Craver

Research Projects Assisted On: 1. Effect of Proximity to Failure During Resistance Training on Muscle Performance and Fatigue, and 2. Standard Versus Autoregulated Resistance Training in Cancer Patients for Muscle Quality and Strength.

Additional Undergraduate Student Mentorship

The following awards have been won by my mentees

1. *COE Undergraduate Researcher of the Year: Jared Perlmutter (2015-2016)*
Role: Research Mentor
2. *ESHP Undergraduate Student of the Year: Ryan Byrnes (2015)*
Role: Research Mentor

Additional Activity

1. *Ph.D. Advisor: Integrative Biology Program (College of Science)*
Prospective Ph.D. approved mentor in both the "Core" and "Biomedical" tracks within the Integrative Biology program.

Academic Advising Activities

Summer 2013: 1 Graduate Student

Fall 2013: 6 Graduate Students, 32 Undergraduate Students

Spring 2014: 11 Graduate Students, 43 Undergraduate Students

Summer 2014: 14 Graduate Students, 47 Undergraduate Students

Fall 2014: 12 Graduate Students, 41 Undergraduate Students

Spring 2015: 16 Graduate Students, 5 Undergraduate Students

Summer 2015: 14 Graduate Students, 5 Undergraduate Students

Fall 2015: 12 Graduate Students

Spring 2016: 15 Graduate Students

Summer 2016: 17 Graduate Students, 1 Undergraduate Student

Fall 2016: 11 Graduate Students

Spring 2017: 14 Graduate Students

Summer 2017: 12 Graduate Students

Fall 2017: 9 Graduate Students

Spring 2018: 14 Graduate Students

Summer 2018: 11 Graduate Students

Fall 2018: 6 Graduate Students

Spring 2019: 12 Graduate Students

Summer 2019: 6 Graduate Students

Fall 2019: 12 Graduate Students

Spring 2020: 10 Graduate Students

Summer 2020: 9 Graduate Students

SERVICE AND PROFESSIONAL DEVELOPMENT

Exercise Science and Health Promotion (FAU) Department Service

Graduate Coordinator, 2020-Present

Graduate Coordinator in the ESHP

Associate Department Chair, 2019-2021

Associate Chair of the ESHP Department

ESHP Search Committee Chair, 2019-2020

Search for Assistant Professor in Exercise Neuroscience

ESHP Search Committee Chair, 2018-2019

Search for Assistant Professor in Exercise Neuroscience

ESHP Promotion and Tenure Committee, 2017-2021

Promotion and Tenure Committee Member

ESHP Graduate Curriculum Committee Member, 2016-2021

Examine and graduate department curriculum

ESHP Undergraduate Curriculum Committee Member, 2016-2021

Examine and improve undergraduate department curriculum

ESHP Search Committee Member, 2015-2016

Search for Assistant Professor in Exercise Biochemistry

FAU Department of Exercise Science and Health Promotion NSCA Certification Program,
Co-Direction Spring 2013-2017

College of Science and College of Education Service

Frontiers in Science and Public Lecture Series 2022-Present

Committee Member

College of Science Graduate Programs Committee, 2020-Present

Committee Member

College of Education "Thought Leader" Member for New Dean (2018)

Committee Member

College of Education Continuous Improvement Plan Task Force: 2015-2017.

Committee Member

College of Education Diversity Committee: 2015-2017.

Committee Member

College of Education Committee to Reduce Teaching Load: 2016.

Committee Member

Commencement Marshall: 2014.

Graduation Commencement Marshall

University Service

Institutional Review Board (IRB): 2022 - Present

Vice Chair Health Sciences IRB

Institutional Liaison Committee: 2020 - Present

Committee Member. Advise University leadership on clinical research priorities in association with FAU's affiliation with the Memorial Healthcare System (2020 - Present)

Institutional Review Board (IRB): 2019-2022

Committee Member Health Sciences IRB Member

Institutional Review Board (IRB): Committee Member
Social and Behavioral IRB Member (2018)

FAU Athletics Committee: 2015-2017.

Committee Member. Athletics Sub-Committee Member: Student-Athlete Well-Being and Student-Athlete Academics (2015 – 2017)

Orthodox Christian Fellowship at FAU 2013 – 2015
Faculty Advisor

Exercise Science and Health Promotion Club 2014 – Present
Faculty Advisor

FAU Powerlifting (2013 and 2014 State Collegiate Competition)
Head Coach and Faculty Advisor

Service to the Discipline/Profession

Journal Peer Reviewer:

1. Journal of Clinical Physiology and Functional Imaging
2. The Journal of Strength and Conditioning Research
3. Strength and Conditioning Journal
4. PLoS One
5. Sports Medicine
6. International Journal of Sports Medicine
7. International Journal of Sports Nutrition and Exercise Metabolism
8. International Journal of Sports Physiology and Performance
9. Medicine and Science in Sports and Exercise
10. British Journal of Nutrition
11. Research Quarterly in Exercise and Sport
12. Perceptual and Motor Skills
13. Biology of Sport
14. PeerJ
15. Sports Medicine – Open
16. Journal of Applied Physiology

Grant Reviewer

1. National Strength and Conditioning Association (NSCA): 2014, 2015, 2016, 2017

Conference Abstract Reviewer:

1. National Strength and Conditioning Association (NSCA): 2013
2. National Strength and Conditioning Association (NSCA): 2014
3. National Strength and Conditioning Association (NSCA): 2015
4. National Strength and Conditioning Association (NSCA): 2016

Textbook Reviewer

1. Biomechanics: A Case Based Approach

External Tenure Letters Written

1. *Letter written for Dr. Andrew Carnes*

For Promotion to Associate Professor and Tenure at Bellarmine University
(July 2019)

2. Letter written for Dr. Caleb Bazylar

For Promotion to Associate Professor and Tenure at East Tennessee State University (July 2020)

External Thesis Reviewer

1. External Master's Thesis Reviewer

Review of Jonathan Odgers under Major Professor Darren Candow
University: University of Regina. Regina, Saskatchewan, Canada
Title: RPE and Velocity Relationships and RPE Accuracy Among Trained Men and Women in the Front Squat and High-Handle Hexagonal Bar Deadlift

Professional Development

1. Member of the American College of Sports Medicine (ACSM)
2. Attended the Institute for Academic Leadership Department Chairs Workshop October 7th-10th, 2018
3. Certified Strength and Conditioning Specialist (CSCS) via the National Strength and Conditioning Association (NSCA)
2007 - Present

Service to the Community/Public

Media Publications/Interviews/Apearances

1. Ancient Workouts with Omar: [The Incredible Apache Warrior](#). History Channel, 2022 Scientific Interview Expert.
2. Sun-Sentinel Newspaper: [South Florida Heat and Humidity Climb to New Highs: Is it Too Dangerous to Exercise Outside?](#) Interview. 2022.
3. Revive Stronger Podcast: [What's Better: Training to Failure or Leaving Reps in Reserve](#). 2021.
4. Iron Culture Podcast: [Lifting for Endurance Athletes](#). Mike Zourdos and Sara Mahoney. 2021.
5. Run to the Top Podcast. [Is an Iron Deficiency Hurting Your Running](#). Mike Zourdos and Sara Mahoney. 2021.
6. Iron Culture Podcast: [Programming Vs. Periodization for Strength, Ft: Dr. Mike Zourdos](#).
7. Iron Culture Podcast: [Periodization and Autoregulation, Ft: Mike Tuchscherer, Mike Zourdos, and John Kiely](#).
8. Reactive Training Systems Podcast: [The Efficacy of Fatigue with Dr. Mike Zourdos](#).
9. Muscle for Life Podcast: [Dr. Mike Zourdos on Training to Failure](#).
10. Muscle for Life Podcast: [Dr. Mike Zourdos on Blood-Flow Restriction Training](#).

11. *Shredded By Science Radio*: [Dr. Mike Zourdos and Eric Helms – Stress, Exercise Oncology, and RPE-Velocity Relationships](#).
12. *Revive Stronger Podcast*: [How to Apply DUP to Bodybuilders vs. Powerlifters](#).
13. *New York Muscle Radio Podcast*: [How to Write Your Own Training Program with Dr. Mike Zourdos](#).
14. *3D Muscle Journey Podcast*: [Dr. Mike Zourdos and the Future of Strength Training Research](#).
15. *Iraki Nutrition Podcast*: [Dr. Michael Zourdos: Daily Undulating Periodization](#).
16. *Shredded By Science Radio*: [The Six Levels of the Training Pyramid](#).
17. *Interview with Men's Health.com*: [Incorporating RPE/RIR autoregulated strategies into a periodized resistance training program](#).
18. *Complimentary Training Podcast*: [Mike Zourdos on Strength Training](#).
19. *Reactive Training Systems Podcast*: [Episode 3 with Dr. Mike Zourdos](#).
20. *OutsideOnline.com interview*: "[Should I Take an Iron Supplement](#)" in reference to publication: **Zourdos, M.C.**, Sanchez-Gonzalez, M.A., and Mahoney, S.E. A Brief Review: The Implications of Iron Supplementation for Marathon Runners on Health and Performance. (2015)
21. *Physique Science Radio*: [Periodization Training with Dr. Mike Zourdos](#).
22. *PR-Breaker.com*: [Interview with Dr. Mike Zourdos on Daily Undulating Periodization \(DUP\)](#)
23. *Reddit.com, Ask Me Anything (AMA)*: [Dr. Michael Zourdos AMA: Daily Undulating Periodization, Powerlifting, and Skeletal Muscle Physiology](#)
24. *Muscle Geek Radio*: [Episode 1: Dr. Mike Zourdos](#).
25. *Muscular Development Magazine*: Interview in Print on Daily Undulating Periodization

USA Powerlifting

1. State Referee
2. Coaching Curriculum Author

HONORS AND AWARDS

2. *2018 Distinguished Teacher of the Year*. College of Education, Florida Atlantic University.

3. Moderator: Florida State University, College of Human Sciences Research and Creativity Day 2012.
4. 1st Place Oral Research Presentation Competition: Florida State University, College of Human Sciences Research and Creativity Day 2011.
5. 2nd Place Oral Research Presentation Competition: Florida State University, College of Human Sciences Research and Creativity Day 2010.
6. Seminole Torchbearers Member: Florida State University 2012.