

Michael C. Zourdos, Ph.D., CSCS

CURRICULUM VITA

*Department of Exercise Science and Health Promotion
Florida Atlantic University
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EDUCATION

- 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

PROFESSIONAL EXPERIENCE

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

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

Owner and CEO at Training Revolution, LLC: Strength Sports Program Design
Miramar, 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

COURSES TAUGHT

PET6346 Functional Biomechanics (FAU –Graduate Level)
PET4330 Kinesiology (FAU)
PEP4138 Advanced Methods Strength/Conditioning (FAU)

HUN6247 Advanced Sport Nutrition (FAU – Graduate Level)
PET5391 Strength and Conditioning Program Design (FAU – Graduate Level)
HUN2201 Principles of Nutrition Guest Lecture: *Florida International University (FIU)*
PET3323 Functional Anatomy and Physiology II Lecture (FSU)
HUN1201 Science of Nutrition Lecture (FSU)
PET3323 Functional Anatomy and Physiology Lab II (FSU)
PET3201 Introduction to Exercise Science Lecture (FSU)
PET3361 Nutrition and Sports Guest Lecture (FSU)
PET3322 Functional Anatomy and Physiology I, Guest Lecture (FSU)
PET5389 Strength Program Development, Guest Lecture (FSU)

TECHNICAL SKILLS

- Human Performance Assessment
 - 1RM Strength Assessment
 - VO₂max testing
 - Dynamometer Testing
 - Body Composition Assessment (e.g. skinfolds, bioelectrical impedance)
 - EMG, Force Platform, and Velocity Assessment
 - Ultrasonography – Skeletal Muscle Thickness
- Wet Laboratory Techniques
 - Blood collection, processing, and assessment
 - Blood ELISA Analysis
 - PBMC Culture
 - Animal Model Housing/Maintenance

RESEARCH INTERESTS

Primary Interests

- Resistance Training Program Design/Periodization
- Examining daily 1RM training/overreaching training protocols
- Skeletal Muscle Morphology, Cellular and Molecular Considerations
 - Human and Animal Models
- Exercise Biochemistry
 - Analysis of novel growth factors related to skeletal muscle and the damage response and regeneration.

PUBLICATIONS – REFEREED

1. Mielgo-Ayuso, J., **Zourdos, M.C.**, Calleja-Gonzalez, J., Urdampilleta, A., Ostojic, S. Anthropometric profile, body composition, and somatotype in elite traditional rowers. *[Submitted to the Journal of Strength and Conditioning Research]*. 2016.
2. Mielgo-Ayuso, J., **Zourdos, M.C.**, Calleja-Gonzalez, J., Urdampilleta, A., Ostojic, S. Shipherd, A.A. Influence of psychological well-being and stress hormone levels on acute performance in elite female volleyballers. *[Submitted to the Journal of Strength and Conditioning Research]*. 2016.

3. Gomes, V.C.R., Gomes, R.V., **Zourdos, M.C.**, Moreira, A., Aoki, M.S., and Capitani, C.D. Sodium Citrate supplementation enhances tennis skill performance. [*Submitted to Applied Physiology, Nutrition and Metabolism*]. 2016.
4. Mielgo-Ayuso, J., **Zourdos, M.C.**, Calleja-Gonzalez, J., Urdampilleta, A., Ostojic, S. Relationship of total energy and macronutrient intake with anabolic/catabolic hormone response in elite female volleyball players during a full season. [*Submitted to Applied Physiology, Nutrition and Metabolism*]. 2016.
5. Dankel, J.S., Counts, B.R., Barnett, B.E., Buckner, S.L., Abe, T., **Zourdos, M.C.**, Loenneke, J.P. Muscle adaptations following short term high-frequency resistance training: A case series. [*Submitted to Journal of Sports Science: Revisions Requested*]. 2016.
6. **Zourdos, M.C.**, Bazylar, C.D., Park, B-S., Jo, E., Khamoui, A.V., Panton, L.B., and Kim, J-S. Impact of a submaximal warm-up on endurance performance in trained and competitive male runners. [*Accepted*]. 2016.
7. Helms, R.E., Storey, A., Cross, M.R., Brown, S.R., Lenetsky, S., Ramsay, H., Dillen, C., and **Zourdos, M.C.** RPE and Velocity Relationships for the back squat, bench press, and deadlift in powerlifters. *The Journal of Strength and Conditioning Research* [*Accepted-Epub Ahead of Print*]. 2016.
8. Klemp, A., Dolan, C., Quiles, J.M., Blanco, R., Zoeller, R.F., Graves, B.S., and **Zourdos, M.C.** Volume-Equated high and low repetition daily undulating programming strategies produce similar hypertrophy and strength adaptations. *Applied Physiology, Nutrition, and Metabolism*. (2016). 41:1-7.
9. Helms, E.R., Storey, A.G., Cronin, J., and **Zourdos, M.C.** Application of the repetitions in reserve-based rating of perceived exertion scale for resistance training. *Strength and Conditioning Journal*. [*Accepted-Epub Ahead of Print*]. 2016.
10. **Zourdos, M.C.**, Dolan, C., Quiles, J.M., Klemp, A., Jo, E., Loenneke, J.P., Blanco, R., Whitehurst, M. Efficacy of daily 1RM training in well-trained powerlifters and weightlifters: A Case Series. (2016). *Nutricion Hospitalaria*. 33(2):437-443.
11. Maharaj, A., Slusher, A.L., **Zourdos, M.C.**, Whitehurst, M., Fico, B.G., and Huang, C-J. Association of Calprotectin with Leukocyte Chemotactic and Inflammatory Mediators Following Acute Aerobic Exercise. *Applied Physiology, Nutrition, and Metabolism*. (2016). 41(1):1-5.
12. **Zourdos, M.C.**, Jo, E., Khamoui, A.V., Lee, S-R., Park, B-S., Ormsbee, M.J., Panton, L.B., Contreras, R.J., and Kim, J-S. Modified daily undulating periodization model produces greater performance than a traditional configuration in powerlifters. (2016). *The Journal of Strength and Conditioning. Research*. 30(3):784-791.
13. Gomes, R.V., Cunha, V., **Zourdos, M.C.**, Aoki, M.S., Moreira, A., Fernandez-Fernandez, J. and Capitani, C.D. Physiological and perceptual responses of young tennis players during various drills. (2016). 30(3):851-858.

14. **Zourdos, M.C.**, Klemp, A., Dolan, C., Quiles, J.M., Schau, K.A., Jo, E. Helms, E., Esgro, B., Garcia Merino, S., Blanco, R. Novel Resistance training-specific RPE scale measuring repetitions in reserve. (2016). *The Journal of Strength and Conditioning Research*. 30(1):267-275.
15. Mielgo-Ayuso, J., **Zourdos, M.C.**, Calleja-Gonzalez, J., Urdampilleta, A., Ostojic, S. Dietary intake habits and controlled training on body composition and strength in elite female volleyball players during the season. (2015) *Applied Physiology, Nutrition, and Metabolism*. 40(8):827-834.
16. Viveiros, L., **Zourdos, M.C.**, Moreira, A., Aoki, M.S., Capitani, C.D. Monitoring Fluid intake habits and patterns of weight loss of young wrestlers during the Brazilian national high-school games. (2015). *The Journal of Strength and Conditioning Research*. 29(11):3149-55.
17. Mielgo-Ayuso, J., **Zourdos, M.C.**, Calleja-Gonzalez, J., Urdampilleta, A., Ostojic, S. Iron supplementation prevents a decline in iron stores and enhances strength performance in elite female volleyball players during the competitive season. (2015). *Applied Physiology, Nutrition, and Metabolism*. 40(6):615-22.
18. **Zourdos, M.C.**, Henning, P.C., Jo, E., Khamoui, A.V., Lee, S-R., Park, Y-M, Naimo, M., Nosaka, K., and Kim, J-S. (2015) The Repeated Bout Effect in Muscle-Specific Exercise Variations. *The Journal of Strength and Conditioning Research*. 29(8):2270-6.
19. Lee, S-R, Khamoui, A.V., Jo, E., Park, B-S, **Zourdos, M.C.**, Panton, L.B., Ormsbee, M.J., and Kim, J-S. Effects of Chronic High Fat Feeding on Skeletal Muscle Mass in Middle-Aged Mice. (2015). *Aging Clinical and Experimental Research*. 27(4):403-411.
20. **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). *The Journal of Strength and Conditioning Research*. 29(2):559-565.
21. Mielgo-Ayuso, J., Clemente-Suarez, V.J., and **Zourdos, M.C.**, Anthropometric and physical performance profile of professional female volleyball players in relation to playing position. (2015). *Nutricion Hospitalaria*, 31(2):849-857.
22. Huang, C-H, Acevedo, E.O., Webb, H.E., and **Zourdos, M.C.** Cardiovascular Reactivity, Chronic Stress, and Physical Activity, (2013). *Frontiers in Physiology*, 4.
23. Gomes, R.V., Ugrinowitsch, C., **Zourdos, M.C.**, Santos, M., Aoki, M.S. Does Carbohydrate Supplementation Maximize Tennis Match Play Performance? (2013). *Journal International Society of Sports Nutrition*, 10(1), 46-46.
24. Huang, C-H, **Zourdos, M.C.**, Jo, E., and Ormsbee, M.J. Influence of Physical Activity and Nutrition on Obesity-Related Immune Function, (2013). *The World Scientific Journal*.
25. Naimo, M., **Zourdos, M.C.**, Wilson, J.M., Kim, J-S., Ward, E.G., Eccles, D.W., and Panton, L.B. (2013). Contextual Interference Effects on the Acquisition of Skill and Strength of the Bench Press. *Journal of Human Movement Science*. 32(3):472-484.

26. **Zourdos, M.C.**, Wilson, J.M., Sommer, B.A., Lee, S-R., Park, Y-M., Henning, P.C., Panton, L.B., and Kim, J-S. (2012) The effects of dynamic stretching on endurance performance and energy cost in trained runners. *The Journal of Strength and Conditioning Research*. 26(2): 335-341
27. Wilson, J.M., Loenneke, J.P., Wilson, G.J., **Zourdos, M.C.**, Jo, E., Kim, J-S. (2011) A Brief Review: The Effects of Endurance, Strength, and Power Training, on Muscle Fiber Type Shifting. *Journal of Strength and Conditioning Research*. 26(6):1724-1729.
28. Loenneke, J.P., Wilson, J.M., Marin, P.J., **Zourdos, M.C.**, and Bemben, M.G. Low intensity blood flow restriction training: A meta-analysis (2011). *European Journal of Applied Physiology*. 112(5):1849-1859.
29. Wilson, J. M., Hornbuckle, L. M., Kim, J-S., **Zourdos M.C.**, Sommer, B. A., Lee, S-R., Diah, T., Dalmeau, B., Mendez, D., and Panton, L. B. (2010). Effects of static stretching on energy cost and running endurance performance. *The Journal of Strength and Conditioning Research*. 24(9):2274-2279.
30. Wilson J.M., Wilson G.J., **Zourdos M.C.**, Smith A.E., Stout J.R. Beta-alanine Supplementation improves aerobic and anaerobic indices of performance: A review. (2010) *Strength and Conditioning Journal*. 32(1):71-78.

ABSTRACTS

National/International Published and Presented

1. Diaz, N.A., Coccia, C., Dolan, C., Goldsmith, J.A., and **Zourdos, M.C.** Ad Libitum Dietary Intake Habits of Resistance Trained Males: A Comparison to Established Dietary Recommendations. Food and Nutrition Conference and Expo. Boston, MA. 2016.
2. Goldsmith, J.A., Quiles, J.M., Blanco, R., Klemp, A., Dolan, C., Huang C-J, Whitehurst, M., and **Zourdos, M.C.** Progressive resistance exercise elicits significant brain-derived neurotrophic growth factor expression. *American College of Sports Medicine, Boston, MA. 2016.*
3. Perlmutter, J.H., Dolan, C., Quiles, J.M., Blanco, R., Goldsmith, J.A., Mendez, K.M., Byrnes, R.K., Zoeller, R.F., Whitehurst, M., and **Zourdos, M.C.** Impact of various concurrent training interventions on squat strength. *American College of Sports Medicine, Boston, MA. 2016.*
4. Mendez, K.M., Dolan, C., Quiles, J.M., Blanco, R., Goldsmith, J.A., Perlmutter, J.H., Byrnes, R.K., Zoeller, R.F., Whitehurst, M., and **Zourdos, M.C.** Impact of various concurrent training interventions on bench press strength. *American College of Sports Medicine, Boston, MA. 2016.*
5. Maharaj, A., Slusher, A.L., **Zourdos, M.C.**, Whitehurst, M., Fico, B.G., and Huang, C-J. Association of calprotectin with leukocyte chemotactic and inflammatory mediators following acute aerobic exercise. *American College of Sports Medicine, Boston, MA. 2016.*

6. Gomes, V.C.R., Gomes, R.V., **Zourdos, M.C.**, Moreira, A., Aoki, M.S., and Capitani, C.D. Sodium Citrate supplementation enhances tennis skill performance. European Conference of Sport Science. Malmo, Sweeden, 2015.
7. **Zourdos, M.C.**, Dolan, C., Quiles, J.M., Klemp, A., Blanco, R., Krahwinkel, A.J., Goldsmith, J.A., Jo, E., Loenneke, J.P., and Whitehurst, M. Efficacy of daily 1RM squat training in well-trained lifters: Three Case Studies. *American College of Sports Medicine, San Diego, CA. 2015.*
8. Klemp, A., Blanco, R., Dolan, C., Quiles, J.M., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S., and **Zourdos, M.C.** Two volume-equated daily undulating periodization models enhance strength similarly independent of specific repetition range. *American College of Sports Medicine, San Diego, CA. 2015.*
9. Quiles, J.M., Klemp, A., Blanco, R., Dolan, C., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S., and **Zourdos, M.C.** Volume-Equated high and low repetition daily undulating periodization models for upper body muscle hypertrophy. *American College of Sports Medicine, San Diego, CA. 2015.*
10. Dolan, C., Klemp, A., Blanco, R., Quiles, J.M., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S., and **Zourdos M.C.** Volume-Equated high and low repetition daily undulating periodization models for lower body muscle hypertrophy. *American College of Sports Medicine, San Diego, CA. 2015.*
11. Dolan, C., Quiles, J.M., Klemp, A., Schau, K.A., Esgro, B., E. Jo, and **Zourdos, M.C.** Evaluating squat attempt velocities of collegiate and open powerlifters as a marker of performance and indicator of success during competition. NSCA, Las Vegas, NV. 2014.
12. Klemp, A., C. Dolan, J.M. Quiles, K.A. Schau, B. Esgro, E. Jo, and **Zourdos, M.C.** The usefulness of average velocity of opening deadlift attempts in open and collegiate powerlifters during competition as a predictor of performance. NSCA, Las Vegas, NV. 2014.
13. **Zourdos, M.C.**, Quiles, J.M., Klemp, A. Dolan, C., Schau, K.A., Crimmins, J., Esgro, B., Garcia Merino, S., B.S. Graves. A comparison of efficiency between experienced and novice squatters during high intensity squats. ACSM, Orlando, FL. *Medicine and Science in Sports and Exercise (Supp)*, 2014.
14. Dolan, C., Schau, K.A., Quiles, J.M., Klemp, A., Day, B., Garcia Merino, B.S. Graves, and **Zourdos, M.C.** Comparison of center of pressure during the squat between experienced and novice squatters. ACSM, Orlando, FL. *Medicine and Science in Sports and Exercise (Supp)*, 2014.
15. Klemp, A., Quiles, J.M., Dolan, C., Schau, A. Crimmins, J., Esgro, B. Garcia Merino, S., B.S. Graves, and **Zourdos, M.C.** Does high intensity squatting elicit post activation potentiation on the squat? ACSM, Orlando, FL. *Medicine and Science in Sports and Exercise (Supp)*, 2014.

16. **Zourdos, M.C.**, E. Jo, A.V. Khamoui, B-S. Park, S-R. Lee, L.B. Panton, M.J. Ormsbee, D.D. Thomas, E. Ward, R.J. Contreras, and J-S. Kim. Novel daily undulating periodization model produces greater performance gains than a traditional configuration in powerlifters. ACSM, Indianapolis, IN. 2013. *Medicine and Science in Sports and Exercise (Supp)*, 2013.
17. Lee S-R, Jo E, Khamoui AV, Park B-S, **Zourdos MC**, Panton LB, Ormsbee MH, and Kim J-S. Resistance training and CLA/n-3 administration improve myofiber size and myogenic capacity in high fat diet-fed mice. *Experimental Biology*, FASEB, Boston, MA, April 20-24, 2013.
18. Park B-S, Henning PC, Khamoui AV, Jo E, Lee S-R, **Zourdos MC**, Kim D-H, Yeh M-C, and Kim J-S. HMB attenuates a loss of myofiber cross-sectional area during prolonged exercise with calorie restriction by enhancing regenerative capacity. *Experimental Biology*, FASEB, Boston, MA, April 20-24, 2013.
19. Theilen, N. **Zourdos, M.C.**, Oliver, H., O'Halloran, J., Asher, N., Wilson, J.M., and Campbell, B. Comparisons of acute neuromuscular fatigue in maximal effort strength training using powerlifts. NSCA, Las Vegas, NV. 2013.
20. Campbell, B., Theilen, N. **Zourdos, M.C.**, Oliver, J., Wilson, J.M., O'Halloran, J., Asher, N. Perceived recovery in maximal effort strength training using powerlifts. NSCA, Las Vegas, NV. 2013.
21. Capitani, C.D., **Zourdos, M.C.**, Moreira, A., Viveiros, L. Vidal, J.A.A., and Aoki, M.S. Fluid intake habits among Brazilian high-school wrestlers. *European Conference of Sport Science*. Barcelona, Spain. 2013.
22. Capitani, C.D., Viveiros, L., Moreira, A.S., **Zourdos, M.C.**, Vidal, J.A.A., Aoki, M.S. Patterns of weight loss of young wrestlers during the Brazilian national high-school games. *ECSS*, Barcelona, Spain. 2013.
23. **Zourdos, M.C.**, E. Jo, A.V. Khamoui, B-S. Park, S-R. Lee, L.B. Panton, R.J. Contreras, M.J. Ormsbee, J.M. Wilson, and J-S. Kim. Changes in maximal strength with two different models of daily undulating periodization in trained powerlifters. ACSM, San Francisco, CA. 2012. *Medicine and Science in Sports and Exercise (Supp)*, 2012.
24. Jo. E., **M.C. Zourdos**, J.M. Wilson, K. Nosaka, S-R. Lee, M. Naimo, P.C. Henning, Y-M. Park, A-V. Khamoui, B-S. Park, L.B. Panton, and J.S. Kim. Varying muscle-specific exercise between consecutive training sessions does not diminish the repeated bout effect. ACSM, San Francisco, CA. 2012.
25. M. Naimo, D.W. Eccles, J.M. Wilson, **M.C. Zourdos**, J-S. Kim, and L.B. Panton. Contextual interference effects on the acquisition of strength and skill of the bench press. ACSM, San Francisco, CA. 2012.
26. S-R. Lee, A.V. Khamoui, E. Jo, B-S. Park, **M.C. Zourdos**, N. Bakshalian, S.C. Grant, B.H. Arjmandi, M.J. Ormsbee, and J-S. Kim. Anti-catabolic effects of CLA/n-3 in resting and loaded muscles of a high fat diet-fed mice. ACSM, San Francisco, CA. 2012.

27. J-S. Kim, S-R. Lee, E. Jo, A.V. Khamoui, B-S. Park, **M.C. Zourdos**, S. Hooshmand, B.H. Arjmandi, M.J. Ormsbee, and S.C. Grant. Fatty acid intake and exercise improve body composition and functionality in high fat diet-fed mice. ACSM, San Francisco, CA. 2012.
28. J.M. Wilson, P.J. Marin, N. Duncan, J.P. Loenneke, **M.C. Zourdos**, E. Jo, L.E. Brown. Post Activation Potentiation: A meta-analysis examining the effects of volume, rest period length, and conditioning mode on changes in power. ACSM, San Francisco, CA. 2012.
29. Bayzler, C.D., **Zourdos, M.C.**, Park, B-S., Lee, S-R., Panton, L.B., and Kim, J-S (2011). The Effects of a Sub-Maximal Warm-up on endurance performance in trained male runners during a 30-minute time trial. *Medicine and Science Sports Exercise*, 2011.
30. Kim, J-S., J.M. Wilson, S-R. Lee, P.C. Henning, Y-M. Park, **M.C. Zourdos**, C. Ugrinowitsch, S.C. Grant, L.B. Panton, J.A. Rathmacher, and B.H. Arjmandi. Daily β -hydroxy- β -methylbutyrate (HMB) Intake Prevents A Loss of Lean/Total Body Mass Ratio during Senescence. *Med Sci Sports Exerc* 42 (5):S1, 2010.
31. Park, Y-M., S-R. Lee, J.M. Wilson, P.C. Henning, N. Bakhshalian, C. Ugrinowitsch, **M.C. Zourdos**, B-S Park, E. Jo, A.V. Khamoui, and J-S. Kim. Influence of β -hydroxy- β -methylbutyrate on Body Composition and Neuromuscular Function in Old Rats during Resistance Training. *Med Sci Sports Exerc* 42 (5):S546, 2010.
32. Henning, P.C., J.M. Wilson, S-R. Lee, A. Figueroa, L.B. Panton, D. Mendez, **M.C. Zourdos**, Y-M. Park, S. Hooshmand, F.V. Anaya, and J-S. Kim. Effects of 3 or 6 grams of β -hydroxy β -methylbutyrate (HMB) on Muscle Damage and Performance in Elderly. *Med Sci Sports Exerc* 42 (5):S546, 2010.
33. Lee, S-R., J.M. Wilson, P.C. Henning, C. Ugrinowitsch, Y-M. Park, **M.C. Zourdos**, B-S. Park, A.V. Khamoui, E. Jo, S.C. Grant, L.B. Panton, and J-S. Kim. β -hydroxy β -methylbutyrate (HMB) Improves Relative Grip Strength and Sensorimotor Function in Middle aged and Old Rats. *Med Sci Sports Exerc* 42 (5):S546, 2010.
34. Park, Y-M., S-R. Lee, J. M. Wilson, P. C. Henning, C. Ugrinowitsch, **M. C. Zourdos**, B. H. Arjmandi, J. A. Rathmacher, and J-S. 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. *FASEB J.* 24:621.4, 2010.
35. Park, B-S., P.C. Henning, S-R. Lee, J.M. Wilson, Y-M. Park, E. Jo, A.V. Khamoui, **M.C. Zourdos**, and J-S. Kim. β -hydroxy- β -methylbutyrate (HMB) Improves Myogenesis and Maintains Strength in Male Mice during a 6-Week Catabolic Condition. *FASEB J.* 25:1105.6, 2011.
36. Wilson, J.M., Lee, S-R., Henning, P.C., Ugrinowitsch, C., Grant, S.C., Park, Y-M., Masad, I.S., Leonard, K.P., **Zourdos, M.C.**, Bakhshalian, N., Panton, L.B., and Kim, J-S. β -hydroxy- β -methylbutyrate (HMB) decreases body fat in middle aged and old rats. *FASEB.* Anaheim, Ca 2011.

37. **Zourdos, M.C.**, J.M. Wilson, B.A. Sommer, L.M. Hornbuckle, Y-M. Park, S-R. Lee, L.B. Panton, and J-S Kim. Florida State University, Tallahassee, FL. The effects of dynamic stretching on endurance performance during a 30-minute time trial. *Medicine and Science in Sports and Exercise (Supp)*, 2009.
37. Sommer, B.A., J.M. Wilson, **M.C. Zourdos**, L.M. Hornbuckle, Y-M. Park, S-R. Lee, L.B. Panton, FACSM, and J-S. Kim. The effects of dynamic stretching on energy cost during A 30-minute time trial. *Medicine and Science in Sports and Exercise (Supp)* 2009.

Regional Abstract Presentations

1. Goldsmith, J.A., Dolan, C., Quiles, J.M. Blanco, R., Mendez, K.M., Perlmutter, J.H., Zoeller, R.F., Whitehurst, M., and **Zourdos, M.C.** Impact of various concurrent training interventions on 1RM Squat. *Southeast American College of Sports Medicine, Greenville, SC. 2016.*
2. Mendez, K.M., Dolan, C., Quiles, J.M. Blanco, R., Goldsmith, J.A., Perlmutter, J.H., Zoeller, R.F., Whitehurst, M., and **Zourdos, M.C.** Impact of various concurrent training interventions on 1RM bench. *Southeast American College of Sports Medicine, Greenville, SC. 2016.*
3. Maharaj, A., Slusher, A.L., **Zourdos, M.C.**, Whitehurst, M., Fico, B.G., and Huang, C-J. Association of calprotectin with leukocyte chemotactic and inflammatory mediators following acute aerobic exercise. *Southeast American College of Sports Medicine, Greenville, SC. 2016.*
4. Klemp, A., Blanco, R., Dolan, C., Quiles, J.M., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S., and **Zourdos, M.C.** 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.*
5. Quiles, J.M., Klemp, A., Blanco, R., Dolan, C., Krahwinkel, A.J., Zoeler, R.F., Graves, B.S., and **Zourdos, M.C.** Volume-equated high and low repetition daily undulating periodization models for muscle hypertrophy. *Southeast American College of Sports Medicine Conference. Jacksonville, FL. 2015.*
6. Dolan, C., Schau, K.A., Quiles, J.M., Klemp, A., Day, B., Graves, B.S., and **Zourdos, M.C.** 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.*
7. Klemp, A., Schau, K.A., Quiles, J.M., Dolan, C., Esgro, B., Graves, B.S., and **Zourdos, M.C.** 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.*
8. **Zourdos M.C.**, M.J. Ormsbee, E. Jo, A.V. Khamoui, B-S. Park, S-L. Lee, L.B. Panton, D.D. Thomas, E. Ward, R.J. Contreras, and J-S. 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.*

9. **Zourdos M.C.**, C. Ugrinowitsch, J.M. Wilson, P.C. Henning, S-R. Lee, Y-M. Park, and J-S. Kim. Changing exercises between sessions does not prevent the repeated bout effect occurrence. Southeast Regional American College of Sports Medicine. Greenville, SC. 2010.
10. Lee, S-R, Park, Y-M., Wilson, J.M., Henning, P.C., **Zourdos, M.C.**, Bakhshalian, N., Ugrinowitsch, C., Park, B-S., Khamoui, A., Jo, E., and Kim, J-S. 2010. 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.
11. Henning, P.C., Wilson, J.M., Lee, S-R., Figueroa, A., Panton, L.B., Mendez, D., **Zourdos, M.C.**, Park, Y-M., Hooshmand, S., Anaya, F.V., and Kim, J-S. 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.

PRESENTATIONS

National Conference Invited Speaker/Keynote

NSCA National Conference (2015)

Selected Keynote Presenter: Integration of Periodization, Autoregulation, and Structured Overreaching for Muscle Performance

Noted Celebrated Speaker

NSCA National Conference (2014)

Selected Keynote Presenter: Challenging Current Thoughts and Practices of Periodization – A Scientific Critique

Regional Conference Symposium

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

Book Chapter – Non-Refereed

1. USA Powerlifting Coaching Certification Curriculum
Zourdos, M.C. Training Principles and Program Design: A Short Review. USA Powerlifting Coaching Certification Curriculum, 2013 (Update 2014).

International Invited Presentations

1. Shredded by Science (of the United Kingdom) presents Dr. Mike Zourdos and Eric Helms. Powerlifting Training. London, England. [*Summer 2017*].
2. BioLayne 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.

Research Seminars/Symposiums, Academic Conferences: Invited Presentations

1. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp V (2016)*
Presentation: Periodization/Program Design for Muscle Performance and Muscle Physiology
2. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp IV (2015)*
Presentation: Periodization/Program Design for Muscle Performance
3. *Reactive Training Systems (RTS) Ft. Lauderdale Seminar (2015)*
Presenter: Integrating Periodization, Autoregulation, and Daily 1RM Training
4. *Florida International University (2014), HUN2201 Principles of Nutrition*
Guest Lecturer: Protein Timing and Leucine's Regulatory Properties
5. *Elite Fitness Mentoring (2014)*
Guest Mentor/Lecturer: Optimizing Daily Undulating Periodization
6. *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
7. *Reactive Training Systems Classroom Presenter (2014-2015)*
20 Total Presentations: Skeletal Muscle Physiology and Periodization
8. *Ledbetter, INC. & Armbrust Pro Gym Host: Dr. Layne Norton, Dr. Mike Zourdos and Ben Esgro (2014)*
Presentation: Optimizing Periodization Models for Powerlifting and Bodybuilding.
9. *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
10. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp III (2014)*
Presentation: Optimizing Periodization and Program Design for Muscle Hypertrophy
11. *Guest Lecture: Salisbury University, 2103 (via Skype)*
Lecture: Optimizing Periodization Methodology and Design for Optimal Muscle Performance Adaptations
12. *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?
13. *Biolayne LLC Presents: Natural Bodybuilding and Figure VIP Camp I (2012)*
Presentation: Optimizing Periodization and Program Design for Muscle Hypertrophy

14. *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

15. *Special Operations Medical Association (SOMA) Conference on Human Performance (2012)*

Presentation: Designing Periodization Models to Optimize Performance in Special Operations

16. *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, AWARDS, AND SCHOLARSHIPS

1. National Strength and Conditioning Association

International Collaborative Grant 2015: \$50,000 [Submitted - 2015]

Primary Investigator: Michael C. Zourdos (Florida Atlantic University)

International Collaborator: Eric Helms (Auckland, New Zealand)

2. Florida Atlantic University Technology Fee Grant 2015: \$35,000 **[Funded - 2015]**

Innovation in Muscle Physiology Analysis.

3. Florida Atlantic University Technology Fee Grant 2014: \$138,210 [Submitted]

Optimizing Exercise Testing and Imaging Techniques

4. Scivation™

Product Grant: Supplementation Equivalent of \$1,000 **[Funded - 2014]**

Examination of High and Low Repetition DUP Training with Equated Volume on Muscle Performance in Trained Males

5. Florida Atlantic University Technology Fee Grant 2013: \$112,285 **[Funded - 2013]**

Optimizing Endurance Equipment Technology and Implementation

6. Florida Atlantic University Undergraduate Research Grant 2013: \$1,000 **[Funded - 2013]**

The Effects of Pre-Exercise Body-Cooling on Endurance Performance

7. Florida State University, College of Human Sciences Research and Creativity Day: 1st Place Oral Presentation 2011

8. Moderator: Florida State University, College of Human Sciences Research and Creativity Day 2012.

9. Moderator: Florida State University, College of Human Sciences Research and Creativity Day 2010.

REVIEWERSHIPS

Journal 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

Grant Reviewer

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

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

Textbook

1. Biomechanics: A Case Based Approach

MEDIA PUBLICATIONS AND INTERVIEWS

1. Iraki Nutrition Podcast: Resistance Training Periodization with Dr. Zourdos
2. Shredded By Science Radio: <https://player.fm/series/shredded-by-science-radio/the-six-levels-of-the-training-pyramid>
3. Interview with Men's Health.com: Incorporating RPE/RIR autoregulated strategies into a periodized resistance training program: <http://www.menshealth.com/fitness/how-do-perfect-set>
4. Complimentary Training Pdodcast: Mike Zourdos on Strength Training: <http://complementarytraining.net/podcast-2-mike-zourdos-on-strength-training/>
5. Interview guest: Reactive Training Systems Podcast
Powerlifting, Periodization, and Research Practice
6. OutsideOnline.com interview (2015)
"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)**
<http://www.outsideonline.com/fitness/bodywork/fitness-coach/Should-I-Take-an-Iron-Supplement.html>
7. Physique Science Radio w/ Dr. Layne Norton
Interview: Episode 4, Dr. Mike Zourdos on Periodization (2014)

8. *PR-Breaker.com*
Interview: Dr. Mike Zourdos on Daily Undulating Periodization (DUP) (2014)
9. *Reddit.com*
Ask Me Anything (AMA): Dr. Michael Zourdos AMA: Daily Undulating Periodization, Powerlifting, and Skeletal Muscle Physiology (2013)
10. *MachineMuscle.com and Muscle Geek Radio*
Interview: Dr. Michael Zourdos Addresses Daily Undulating Periodization for Maximal Strength and Muscle Hypertrophy (2012)
11. *Muscular Development Magazine*
Interview: Dr. Zourdos on Optimizing Daily Undulating Periodization Designs (2012)
12. *DynamicDuoTraining.com*
Roundtable Discussion: Experts Address the Efficacy of Various Squat Depths for Strength, Hypertrophy, and Sport Specific Purposes (2012)
13. *DynamicDuoTraining.com*
Roundtable Discussion: Experts Address Deadlift Technique (2012)

THESIS AND DISSERTATION COMMITTEES

1. Alex Klemp: Role: Committee Chair (Master's Thesis): **Graduated 2014**
Current Position: Ph.D. Student, The Florida State University
2. Thomas Mock: Role: Committee Member **Graduated 2014**
Current Position: Ph.D. Student, University of North Texas
3. Rocky Blanco: Role: Committee Chair (Master's Thesis): **Graduated 2015**
Current Position: Ph.D. Student, University of Wisconsin
4. Chad Dolan: Role: Committee Chair (Master's Thesis): **Graduated 2015**
Current Position: Ph.D. Student, University of Houston
5. Justin Quiles: Role: Committee Chair (Master's Thesis): **Graduated 2015**
Current Position: Ph.D. Student, University of Alabama Birmingham
6. Jacob Goldsmith: Role Committee Chair (Master's Thesis):
Expected Graduation, Summer 2016
7. Arun Maharaj: Role Committee Member (Master's Thesis):
Expected Graduation, Summer 2016
8. Cameron Trepeck: Role: Committee Member (Ph.D. Dissertation)
9. Eric Helms: Role: Committee Member (Ph.D. Dissertation – AUT University, Auckland, New Zealand)
10. Brandon Fico: Role: Committee Member (Master's Thesis):
Expected Graduation, Summer 2017.

11. Daniel Cooke: Role: Committee Chair (Master's Thesis):
Expected Graduation, Summer 2017.
12. Ryan Byrnes: Role: Committee Chair (Master's Thesis):
Expected Graduation, Summer 2018.
13. Jared Perlmutter: Role: Committee Chair (Master's Thesis):
Expected Graduation, Summer 2018.

ADDITIONAL MENTORSHIP

ESHP Graduate Student of the Year: Jacob A. Goldsmith (2015-2016)
Role: Thesis Mentor/Advisor

COE Undergraduate Researcher of the Year: Jared Perlmutter (2015-2016)
Role: Research Mentor

ESHP Undergraduate Student of the Year: Ryan Byrnes (2015)
Role: Mentor

ESHP Graduate Student of the Year: Chad Dolan (2014-2015)
Role: Thesis Mentor/Advisor

ESHP Graduate Student of the Year: Alex Klemp (2013-2014)
Role: Thesis Mentor/Advisor

SERVICE

ESHP Graduate Curriculum Committee Member, 2016-Present
Examine and graduate department curriculum

ESHP Undergraduate Curriculum Committee Member, 2016-Present
Examine and improve undergraduate department curriculum

ESHP Search Committee Member, 2015-2016
Search for Assistant Professor in Exercise Biochemistry

FAU Athletics Committee: Committee Member
Athletics Sub-Committee Member: Student-Athlete Well-Being and Student-Athlete Academics

College of Education Continuous Improvement Plan Task Force: Committee Member

College of Education Diversity Committee: Committee Member

College of Education Committee to Reduce Teaching Load: Committee Member

Faculty Advisor: Orthodox Christian Fellowship at FAU

Faculty Advisor and Head Coach: FAU Powerlifting

Commencement Marshall: Graduation Summer 2014

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

Journal, textbook, and Conference Reviewer

Guest Lecture: Florida International University, Introduction to Nutrition Course
University Class Guest Lecturer: European University of Madrid and Salisbury, University

Member and Author of USA Powerlifting Coaching Committee Curriculum

MEMBERSHIPS/HONORS IN PROFESSIONAL ORGANIZATIONS

ACSM: Professional Member

Certified Strength and Conditioning Specialist (CSCS) via NSCA

NSCA: Certified Professional Member

The Florida State University: Seminole Torchbearers Member

USA Powerlifting (USAPL) National/International Member and Competitor

USAPL Coaching Committee Curriculum

USAPL State Referee