

MICHAEL WHITEHURST, Ed.D., FACSM

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EXPERIENCE

2001- present Professor of Exercise Science and Health Promotion, Florida Atlantic University.
Responsibilities: teaching, conducting research and service.

2000 – 2001 Interim Dean, College of Education, Florida Atlantic University. Responsible for all college activities within seven departments including more than 100 faculty and 4000 students on four campuses. Oversaw operating budget of more than 12M, served as Superintendent of K-8 laboratory school, Supervisor of University Child Care Center and Pine Jog Environmental Center.

1993 - 2000 Associate Dean and Professor, College of Education, Florida Atlantic University. Responsible for all college activities within six departments on the Southeast Campus, including: 4.2M budget, allocation of resources, planning/forecasting, personnel; part of team who planned two new buildings (i.e. Student Wellness Center, Education & Science); wrote feasibility study for masters degree program in physical therapy (approved by BOR 7/95), initiated distance learning offerings, member executive board for experimental teacher education program.

1991 - 1993 Dept. Chair, Exercise Science/Wellness Education, College of Education, Florida Atlantic University. Responsibilities included: faculty assignments, curriculum, budget, allocation of resources, marketing and department liaison; co-author exercise science curriculum, acquired 50K in equipment money from FAU Foundation to upgrade Human Performance Laboratory.

1986 - 1991 Faculty member, Dept. of Exercise Science/Wellness Education, College of Education, Florida Atlantic University. Taught courses in Exercise Science (Exercise Physiology, Exercise Prescription, Exercise Testing, Applied Nutrition), conducted research (see publications attached) and provided service.

1982 - 1986 Dept. Chair, Sports Medicine and Management, Division of Science, Pfeiffer College. Made faculty assignments, dealt with curriculum issues (started new major in sport management), budget, allocation of resources, marketing and department liaison. Started human performance laboratory and financially independent community/corporate exercise program.

1981 - 1982 Visiting Assistant Professor, Dept. of Physical Education, Division of Health, Physical Education, Recreation and Dance, The University of Georgia. Visiting professor with primary responsibilities teaching introductory courses in Exercise Science.

1977 - 1981 Graduate Assistant, Dept. of Physical Education, Division of Health, Physical Education, Recreation and Dance, The University of Georgia. Served as a laboratory assistant in the Motor Learning/Behavior Laboratory as well as team teaching a five credit university wide Fitness for Life course.

1975 - 1977 Teacher, The Ramah Navajo School Board, Inc., Ramah, New Mexico. Taught Health and Physical Education, K-8. Developed elementary and middle school curriculum in both health and physical education.

EDUCATION

Ed.D.	The University of Georgia	Education – Exercise Science	1981
M.Ed.	The University of Georgia	Education – Exercise science	1978
B.S.	The University of Arizona	Physical Education/Biology	1975

COURSES TAUGHT/CERTIFICATIONS*

Nutrition for Health & Exercise Motor Learning/Control Aging, Decision Making & Mobility (grad.)

Research Methods (Grad.) Educational Statistics (Grad.)
*Certified by ACSM as an Exercise Test Technologist (1984)

AFFILIATIONS

The American College of Sports Medicine (1985)
American Association for the Advancement of Science (2002)

PROFESSIONAL ACTIVITY

- **Grant Proposals**

Reducing Fall Risk by Training Task Specific Reactive Capacity in Older Adults. Submitted to The Division of Sponsored Research at Florida Atlantic University, January, 2006.

Amount Requested: \$15,000

Osteogenic responses to constant lumbar-pelvic loading in postmenopausal women. Submitted to The Division of Sponsored Research at Florida Atlantic University. May, 1993.

Amount Funded: \$4,909.00

The effect of walking on aerobic capacity, body composition and blood lipids in older women. Submitted to The Division of Sponsored Research at Florida Atlantic University. March, 1987.

Amount Funded: \$3,669.00

A request for assistance in establishing a human performance laboratory at Pfeiffer College. Submitted to The Alcoa Foundation, Pittsburgh, Pennsylvania, September, 1984.

Amount Funded: \$26,000.00

- **Publications**

Whitehurst M, Kraymerman A, D'Angelo A, Berrones A, Newman J, Cortez, D, Prentice H, Pereira FF. The effect of high intensity interval training on mitochondrial production in older women. *Manuscript in preparation.*

Whitehurst M, Markil N, Penhollow T, Hartman M. Cognitive performance in high and low fit children. *Manuscript in preparation.*

Rossi MD, Brown LE, Whitehurst M. Knee extensor function before and 1 year after simultaneous bilateral total knee arthroplasty: Is there asymmetry between limbs? *Am J Orthop* 40: (1) 29-33, 2011.

Goldstein E, Jacobs PL, Whitehurst M, Penhollow T, Antonio J. Caffeine enhances upper body strength in resistance-trained women. *J Int Soc Sports Nutr.* 14:7-18, 2010.

Stanziano DC, Whitehurst M, Graham P, Roos BA. A review of selected longitudinal studies on aging: Past findings and future directions. *J Am Geriatr Soc.* 58:Suppl 2:292-7, 2010.

Costa PB, Graves BS, Whitehurst M, Jacobs PL. The Acute Effects of Different Durations of Static Stretching on Dynamic Balance Performance. *Journal of Strength and Conditioning Research.* 23:141-147, 2009.

Findley BW, Brown LE, Whitehurst M, Keating T, Murray DP, Gardner LM. The influence of body position on load range during isokinetic knee extension/flexion. *Journal of Sports Science and Medicine.* 5:400-406, 2006.

Rossi MD, Brown LE, Whitehurst M. Assessment of hip extensor and flexor strength two months after unilateral total hip arthroplasty. *Journal of Strength and Conditioning Research.* 20(2):262-267, 2006.

Rossi MD, Brown LE, Whitehurst M. Knee Extensor and Flexor Torque Characteristics before and after Unilateral Total Knee Arthroplasty. American Journal of Physical Medicine and Rehabilitation. 85(9):737-746, 2006.

Rossi MD, Brown LE, Whitehurst M. Early Strength Response of the Knee Extensors During Eight Weeks of Resistive Training Following Unilateral Total Knee Arthroplasty. Journal of Strength and Conditioning Research. 2005 Nov;19(4):944-949.

Whitehurst M, Johnson B, Parker C, Brown LE, Ford MA. The Benefits of a Functional Exercise Circuit for Older Adults. Journal of Strength and Conditioning Research, 19(3), 647-651, 2005.

Brown LE, Sjostrom T, Comeau MJ, Whitehurst M, Greenwood M, Findley BW. Kinematics of biophysically asymmetric limbs within rate of velocity development. Journal of Strength and Conditioning Research. 19(2): 2005.

Brown LE, Whitehurst M, Findley BW. Reliability of rate of velocity development and phase measures on an isokinetic device. Journal of Strength and Conditioning Research. 19(1):189-192, 2005.

Brown LE, Whitehurst M. The Effect Of Short Term Isokinetic Training On Force and Rate of Velocity Development. Journal of Strength and Conditioning Research. 17(1):88-94, 2003.

Whitehurst M, Brown LE, D'Angelo A, Eidelson S. Functional Mobility Performance in an Elderly Population with Lumbar Spinal Stenosis. Archives of Physical Medicine and Rehabilitation 2001 Apr;82(4):464-7.

Findley BW, Brown LE, Whitehurst M, Gilbert R, Groo DR. Sitting vs. Standing Isokinetic Trunk Extension and Flexion Performance Differences. Journal of Strength and Conditioning Research 14(3)310-315,2000.

Brown LE, Whitehurst M, Findley BW, Gilbert R, Groo DR, Ward JA. The Effect of Repetitions and Gender on Acceleration Range of Motion During Knee Extension on an Isokinetic Device. Journal of Strength and Conditioning Research. 12(4):222-225,1998.

Eidelson SG, Whitehurst M, Brown LE. The Palm Beach Spine Index: A Functional Measure of Post Laminectomy Patients. Operative Techniques in Orthopedics 7(1):68-70, 1997.

Kumar D, Whitehurst, M. Integrating Science and Physical Education Kappa Delta Pi Record. 33(2):72-73,1997.

Kumar D, Whitehurst, M. Teaching Science through Physical Education. Science Activities. 34(2):31-35, 1997.

Whitehurst M, Groo D and Brown LE: Prepubescent Heart Rate Response to Indoor Play. Pediatric Exercise Science. 8(3):245-250, 1996.

Findley BW, Brown LE, Whitehurst M, Gilbert R, Apold SA. Age-Group Performance and Physical Fitness in Male Firefighters. Journal of Strength and Conditioning Research 9(4):260-261,1995.

Brown LE, Whitehurst M, Gilbert R, and Buchalter DN: The Effect of Velocity and Gender on Load Range During Knee Extension and Flexion Exercise on an Isokinetic Device. Journal. of Orthopedic and Sports Physical. Therapy, vol. 21(2):107-112, 1995.

Brown LE, Whitehurst M, Findley BW, Gilbert R, Buchalter DN. Isokinetic Load Range During Shoulder Rotation Exercise in Elite Male Junior Tennis Players. Journal of Strength and Conditioning Research 9(3):160-164, 1995.

Brown LE, Whitehurst M, Gilbert R, Findley BW, Buchalter DN. Effect of Velocity on the Bilateral Deficit During Dynamic Knee Extension and Flexion Exercise in Females. Isokinetics and Exercise Science

4(4):153-156, 1994.

Brown LE, Whitehurst M, Buchalter DN. Comparison of Bilateral Isokinetic Knee Extension/Flexion and Cycle Ergometry Tests of Power. Journal of Strength and Conditioning Research 8(3):139-143, 1994.

Brown LE, Whitehurst M, Buchalter DN. Bilateral Isokinetic Knee Rehabilitation Following Bilateral Total Knee Replacement Surgery. Journal of Sport Rehabilitation 2(4):274-280, 1993.

Brown LE, Whitehurst M, Bryant JR, Buchalter DN. Reliability of the Biodex System 2 Isokinetic Dynamometer Concentric Mode. Isokinetics and Exercise Science 3(3):160-163, 1993.

Brown LE, Whitehurst M, Bryant JR. Reliability of the LIDO Isokinetic Dynamometer concentric mode. Isokinetics and Exercise Science 2(4):191-194, 1992.

Brown LE, Whitehurst M, Bryant JR. A Comparison of the LIDO Sliding Cuff and the Tibial Control System in Isokinetic Strength Parameters. Isokinetics and Exercise Science 2(3):101-109, 1992.

Ramsey J, Welsh R, Whitehurst M. The Institute for Physical Fitness and Wellness: An Effective Approach to Professional Training. Florida Association of Health, Physical Education, Recreation and Dance, Fall, 1992

Whitehurst M, McFadden E. Plasma Lipid and Lipoprotein Responses to Endurance Training in Older Women. The Physician and Sportsmedicine, 1991, 19, 95-103.

Whitehurst M. Reaction Time Unchanged in Older Women Following Endurance Training. Perceptual and Motor Skills, 1991, 72, 251-256.

Lightfoot JT, Weir J, Klein H, Whitehurst M, Lyons M. Hemoglobin Saturation and Ventilation during Presyncopal Lower Body Negative Pressure. The Physiologist, 1990, 33, A126.

Meyer J, Bishop P, Smith J, Horton C, Whitehurst M, Lohberg M. Blood Lactate Concentrations of Swimming, Pulling and Kicking. Journal of Swimming Research, 1988, 4, 11-14.

Whitehurst M, Del Rey P. The Effects of Contextual Interference, Task Difficulty, and Levels of Processing on Pursuit Tracking. Perceptual and Motor Skills, 1983, 57, 619-628.

Del Rey P, Wughalter E, Whitehurst M, Barnwell J. Contextual Interference and Experience in Acquisition and Transfer. Perceptual and Motor Skills, 1983, 57, 241-242.

Del Rey P, Wughalter E, Whitehurst M, Wood J. Effects of Experience and Contextual Interference on Learning and Transfer by Boys and Girls. Perceptual and Motor Skills, 1983, 56, 581-582.

Del Rey P, Wughalter E, Whitehurst M. The Effects of Contextual Interference on Transfer of an Open Skill. Research Quarterly for Exercise and Sport, 1982, 53, 108-115.

- **Book Chapters**

Graves, B. S. , Whitehurst, M. & Jacobs, P. ACSMs Resource Manual for Guidelines for Exercise Testing and Prescription (6th edition). Philadelphia: Lippincott, Williams & Wilkins, 2010.

Graves, B. S. , Whitehurst, M. & Findley, B. (2006). ACSMs Resource Manual for Guidelines for Exercise Testing and Prescription (5th edition). Philadelphia: Lippincott, Williams & Wilkins, 2006, pp. 79-92.

Brown LE, Whitehurst M. Load Range. In: Isokinetics in Human Performance. LE Brown (ed.) Champaign, IL: Human Kinetics, 2000.

- Abstract Publications (refereed)

Whitehurst M, Markil N, Penhollow T, Hartman M. Cognitive performance in high and low fit children. To be presented at the ACSM National Meeting, Baltimore, Maryland, June 5, 2010.

Brown LE, Findley BW, Whitehurst M, Murray DP. Elbow flexion rate of velocity development and torque velocity curves by gender. ACSM Annual Meeting, Nashville, TN, June 1 - June 4, 2005.

Findley BW, Guglielmino LM, Brown LE, Marmaro RP, Whitehurst M. The effect of learning preference on coefficient of variation in maximal muscle performance. ACSM Annual Meeting, Nashville, TN, June 1 - June 4, 2005.

Rossi MD, Brown LE, Whitehurst M. Responsiveness of knee extensor and flexor isokinetic torque production at slow and fast speeds before and within one year after unilateral total knee arthroplasty (TKA). APTA Combined Sections Meeting, New Orleans, LA, February 23-27, 2005.

Whitehurst M, Johnson B, Parker C, Brown LE, Ford MA. Further study of the effect of functional exercise on fitness/health parameters in frail elderly. American College of Sports Medicine Annual Meeting, Indianapolis, IN, June 2-5, 2004.

Brown LE, Whitehurst M, Findley BW, Comeau MJ, Noffal G. Power progression formula to predict vertical jump in Div. I female volleyball players. American College of Sports Medicine Annual Meeting, Indianapolis, IN, June 2-5, 2004.

Rossi MD, Brown LE, Whitehurst M. Knee extensor force production before and within 60 days after unilateral total knee arthroplasty (TKA). American Physical Therapy Association Annual Conference, Chicago, IL, June 30-July 3, 2004.

Brown LE, Whitehurst M, Findley BW, Comeau MJ, Noffal G. Maximum torque and acceleration completely discriminate gender at high speeds. Medicine and Science in Sports and Exercise, 35S(5S): 2003.

Findley BW, Brown LE, Whitehurst M. The effect of position on knee acceleration during an isokinetic fatigability test in females. Medicine and Science in Sports and Exercise, 35S(5S): 2003.

Whitehurst M, Johnson B, Parker C, Brown LE, Ford MA. Functional training program promotes fitness among frail elderly population. Medicine and Science in Sports and Exercise, 35S(5S): 2003.

Sjostrom TL, Brown LE, Comeau MJ, Graves MM, Greenwood M, Findley BW, Whitehurst M. Within limb relationships between torque and velocity. Medicine and Science in Sports and Exercise, 34S(5S): 2002

Brown LE, Sjostrom TL, Comeau MJ, Graves MM, Greenwood M, Findley BW, Whitehurst M. Inter-limb relationships between torque and velocity across asymmetric effectors in females. Medicine and Science in Sports and Exercise, 34S(5S): 2002

Whitehurst M, Brown LE, Schilling K, D'Angelo A, Grant K. No Osteogenesis in Postmenopausal Women Following Weighted Vest Exercise. Medicine and Science in Sports and Exercise, 34S(5S): 2002

Findley BW, Brown LE, Asper DA, Drake CK, Whitehurst M, Potrekus K. Prone vs. Seated Knee Flexion/Extension Acceleration Performance Differences. Medicine and Science in Sports and Exercise, 34S(5S): 2002.

Brown LE, Sjostrom TL, Comeau MJ, Graves MM, Greenwood M, Findley BW, Whitehurst M. Inter-limb Relationship Between Torque and Velocity Across Asymmetric Effectors in Females. Medicine and Science in Sports and Exercise, 34S(5S): 2002.

Sjostrom TL, Brown LE, Comeau MJ, Graves MM, Greenwood M, Findley BW, Whitehurst M. Within Limb Relationships Between Torque and Velocity. Medicine and Science in Sports and Exercise, 34S(5S): 2002.

Brown LE, Findley BW, Whitehurst M, Rossi MD, Miller JM, Greenwood M, Comeau MJ. Comparison of phase EMG across velocities during an isokinetic movement. Medicine and Science in Sports and Exercise 33(5S):S334, 2001.

Whitehurst M, Brown LE, Findley BW, Rossi MD, Miller JM, Greenwood M, Comeau MJ. Maximum force and acceleration do not completely discriminate gender. Medicine and Science in Sports and Exercise 33(5S):S332, 2001.

Fitzgerald SF, Findley BW, Tammy SL, Brown LE, Asper DE, Drake M, Whitehurst M. Supine vs. seated isokinetic knee flexion/extension power. Medicine and Science in Sports and Exercise 33(5S):S28, 2001.

Provenzano DL, Findley BW, Brown LE, Asper DE, Drake M, Whitehurst M. Supine vs. seated isokinetic knee flexion/extension joint angle at peak torque. Medicine and Science in Sports and Exercise 33(5S):S28, 2001.

Tammy SL, Findley BW, Brown LE, Fitzgerald SF, Asper DE, Drake M, Whitehurst M. Supine vs. seated isokinetic knee flexion/extension load range. Medicine and Science in Sports and Exercise 33(5S):S28, 2001.

Miller J, Rossi MD, Brown LE, Schurr H, Whitehurst M. Force production in healthy males during a horizontal press that uses elastics for resistance. Medicine and Science in Sports and Exercise 33(5S):S25, 2001.

Rossi MD, Miller J, Schurr H, Brown LE, Whitehurst M. Muscle activity of the lower limb and trunk in healthy males during a horizontal press. Medicine and Science in Sports and Exercise 33(5S):S83, 2001.

Rossi MD, Stein J, Brown LE, Whitehurst M, Charni C, Taylor CL. Analysis of force production and muscle activity during a closed-chain strengthening exercise that uses elastics for resistance. Physical Therapy 81(5):A82, 2001.

Tammy SL, Findley BW, Brown LE, Fitzgerald SF, Asper DE, Drake CK, Whitehurst M. Supine vs Seated Isokinetic Knee Flexion/Extension Load Range. American College of Sports Medicine Annual Meeting, Baltimore, MD, May 30-June 2, 2001.

Provenzano DL, Findley BW, Brown LE, Asper DE, Drake CK, Whitehurst M. Supine vs. Seated Isokinetic Knee Flexion/Extension Joint Angle at Peak Torque. American College of Sports Medicine Annual Meeting, Baltimore, MD, May 30-June 2, 2001.

Fitzgerald SF, Findley BW, Tammy SL, Brown LE, Asper DE, Drake CK, Whitehurst M. Supine vs. Seated Isokinetic Knee Flexion/Extension Power. American College of Sports Medicine Annual Meeting, Baltimore, MD, May 30-June 2, 2001.

Brown LE, Whitehurst M, Findley BW. The Effect of Short Term Isokinetic Training on Limb Velocity. Journal of Exercise Physiology Online 3(4), <http://www.css.edu/users/tboone2/asep/abstracts.html>, 2000.

Brown LE, Whitehurst M, Miller JM, Lee LJ, Findley BW, Rossi M. Effect of short term slow or fast speed isokinetic training on three velocity ROM phases. Journal of Strength and Conditioning Research 14(3):360, 2000.

Miller JM, Brown LE, Whitehurst M, Lee LJ, Findley BW, Rossi M. Force Transfer Following Short Term Slow Or Fast Isokinetic Training. Journal of Strength and Conditioning Research 14(3):367, 2000.

Lee LJ, Miller JM, Brown LE, Whitehurst M, Findley BW, Rossi M. Reliability of three velocity ROM phases and force of the kin-com Isokinetic dynamometer. Journal of Strength and Conditioning Research 14(3):360, 2000.

Findley BW, Brown LE, Beebe C, Asper D, Whitehurst M. Prone vs seated isokinetic knee flexion/extension load range. Journal of Strength and Conditioning Research 14(3):362, 2000.

Asper D, Findley BW, Brown LE, Beebe C, Whitehurst M. Prone vs. seated isokinetic knee

flexion/extension joint angle at peak torque. Journal of Strength and Conditioning Research 14(3):359, 2000.

Beebe C, Findley BW, Brown LE, Asper D, Whitehurst M. Prone vs. seated isokinetic knee flexion/extension power. Journal of Strength and Conditioning Research 14(3):360, 2000.

Brown LE, Whitehurst M, Rossi MD, Miller JM, Findley BW. Gender comparison between three phases of knee extension during an isokinetic repetition. Medicine and Science in Sports and Exercise 32(5S):284, 2000.

Whitehurst M, Brown LE, Miller JM, Lee L, Graves S, O'Kroy J, Rossi M, Grant K, D'Angelo-Herold. Wearing a weighted vest while walking increases oxygen consumption. Medicine and Science in Sports and Exercise 32(5S):231, 2000.

Findley BW, Brown LE, Whitehurst M, Rossi MD, Miller JM. Gender comparison of the relationship between muscle mass and EMG activity during an isokinetic knee extension movement. Medicine and Science in Sports and Exercise 32(5S):283, 2000.

Rossi MD, Whitehurst M, Brown LE, Miller JM. An assessment of hip extensor strength and range of motion (ROM) one-year post-total hip arthroplasty (THA). Medicine and Science in Sports and

Hilbert SC, Rossi MD, Whitehurst M, Brown LE, Miller JM. Strength assessment of the hip extensors and flexors after total hip arthroplasty (THA). Medicine and Science in Sports and Exercise 32(5S):98, 2000.

Whitehurst M, Brown LE, Findley BW, D'Angelo A. Functional Mobility and Lower Body Strength in the Elderly. Medicine and Science in Sports and Exercise 31(5S) S1988, 1999.

Gilbert R, Brown LE, Findley BW, Whitehurst M. Muscle Mass and Fiber Type Effects on Acceleration During Knee Extension Exercise on an Isokinetic Device. Medicine and Science in Sports and Exercise 31(5S)238, 1999.

Findley BW, Brown LE, Whitehurst M, Gilbert R. Sitting vs Standing Isokinetic Trunk Extension/Flexion Joint Angle at Peak Torque. Medicine and Science in Sports and Exercise 31(5S)239, 1999.

Brown LE, Whitehurst M, D'Angelo A, Findley BW. Reliability and normative data of the Kin-Com isokinetic dynamometer during knee extension/flexion with elderly subjects. Medicine and Science in Sports and Exercise 30(5S): S73, 1998.

Whitehurst M, Brown LE, D'Angelo A, Findley BW. Measuring the reliability of selected functional tasks in elderly subjects. Medicine and Science in Sports and Exercise 30(5S): S73, 1998.

Brown LE, Weir JP, Whitehurst M. Allometric scaling of knee extension strength between genders. Journal of Strength and Conditioning Research 11(4):278, 1997.

Gilbert PR, Brown LE, Findley BW, Whitehurst M, Groo DR, Jimenez JA. Effect of gender on the isometric torque position curve. Journal of Strength and Conditioning Research 11(4):281, 1997.

Groo DR, Brown LE, Findley BW, Whitehurst M, Gilbert PR, Jimenez JA. Effect of gender on the dynamic torque velocity curve. Journal of Strength and Conditioning Research 11(4):281, 1997.

Findley BW, Brown LE, Gilbert PR, Whitehurst M, Groo DR, Jimenez JA. Anaerobic power performance of incumbent female firefighters. Journal of Strength and Conditioning Research 11(4):280, 1997.

Brown LE, Whitehurst M, Zann RB. Long term knee extension strength following bilateral total knee arthroplasty. Medicine and Science in Sports and Exercise 29(5S):S257, 1997.

Whitehurst M, Brown LE, Zann RB. Long term knee extension strength following unilateral total knee arthroplasty. Medicine and Science in Sports and Exercise 29(5S):S257, 1997.

Zann RB, Brown LE, Whitehurst M. Long term hip extension and flexion strength deficits following total hip arthroplasty. Medicine and Science in Sports and Exercise 29(5S):S257, 1997.

Findley BW, Brown LE, Groo DR, Gilbert R, Whitehurst M. Hamstring strength of incumbent female firefighters. Medicine and Science in Sports and Exercise 29(5S):S35, 1997.

Eidelson SG, Brown LE, Whitehurst M. Functional outcome following corrective spine surgery in the elderly with comparison to a non-operative population. Orthopaedic Transactions 20(1):202-203, 1996.

Brown LE, Zann RB, Whitehurst M, Handal. Strength training protocol following total hip replacement. Journal of Strength and Conditioning Research 10(4):283, 1996.

Zann RB, Brown LE, Whitehurst M, Handal EG. Effect of limb dominance on leg strength with bilateral total knee replacement. Journal of Strength and Conditioning Research 10(4):292, 1996.

Gilbert R, Findley BW, Groo DR, Brown LE, Ward JA, Whitehurst M. Sitting versus standing isokinetic trunk flexion/extension ratio. Journal of Strength and Conditioning Research 10 (4):286, 1996.

Findley BW, Gilbert R, Apold SA, Groo DR, Brown LE, Ward JA, Whitehurst M. Sitting versus standing isokinetic trunk extension and flexion power. Journal of Strength and Conditioning Research 10 (4):285, 1996.

Groo DR, Brown LE, Ward JA, Findley BW, Gilbert R, Whitehurst M. 30 minute strength training program following total knee replacement. Journal of Strength and Conditioning Research 10 (4):286, 1996.

Ferrigno V, Gilbert R, Findley BW, Groo DR, Brown LE, Ward JA, Whitehurst M. Gender comparison between isokinetic trunk extension and flexion joint angle at peak torque. Journal of Strength and Conditioning 10(4):285, 1996.

Brown LE, Zann RB, Whitehurst M, Handel EG. Knee Extension Strength Following Bilateral Total Knee Arthroplasty. Medicine and Science in Sports and Exercise 28(5S):S196, 1996.

Whitehurst M, Brown LE, Eidelson SG. Spinal Surgery Improves Function in Elderly Patients. Medicine and Science in Sports and Exercise 28(5S):S196, 1996.

Zann RB, Brown LE, Whitehurst M, Handel EG. Hip extension and flexion strength deficits following total hip arthroplasty. Medicine and Science in Sports and Exercise 28(5S):S196, 1996.

Groo DR, Brown LE, Ward JA, Findley BW, Gilbert R, Whitehurst M. Knee Extension and flexion strength following unilateral total knee arthroplasty. Medicine and Science in Sports and Exercise 28(5S):S195, 1996.

Findley BW, Gilbert R, Groo DR, Brown LE, Ward JA, Whitehurst M. Sitting versus standing isokinetic trunk extension and flexion peak torque. Medicine and Science in Sports and Exercise 28(5S):S10, 1996.

Brown LE, Findley BW, Whitehurst M, Eidelson SG, Gilbert R, Groo DR, Ward JA. Relationship Between Power and Acceleration During Shoulder Internal Rotation in Elite Male Junior Tennis Players. Journal of Strength and Conditioning Research 1996.

Whitehurst M, Brown LE, Eidelson SG, Findley BW, Gilbert R, Groo DR, Ward JA. Effect of Muscle Fiber Type on Acceleration Fatigue During Knee Extension on an Isokinetic Device. Journal of Strength and Conditioning Research 9(4):287, 1995.

Gilbert R, Brown LE, Findley BW, Whitehurst M, Eidelson SG, Groo DR, Ward JA. Anthropometric Effects on Power During Knee Extension on an Isokinetic Device. Journal of Strength and Conditioning Research 9(4):280, 1995.

Ferrigno V, Brown LE, Whitehurst M, Eidelson SG, Findley BW, Gilbert R. The Shoulder Rotation Relative Power Velocity Curve in Elite Male Junior Tennis Players. Journal of Strength and Conditioning Research 9(4):279, 1995

Findley BW, Brown LE, Gilbert R, Whitehurst M, Groo DR, Ward JA, Apold S. Knee Flexion/Extension Reciprocal Muscle Group Ratios of Incumbent Female Firefighters. Journal of Strength and Conditioning Research 9(4):280,1995.

Apold S, Findley BW, Brown LE, Gilbert R, Whitehurst M, Groo DR, Ward JA. Fatigue Index of Incumbent Female Firefighters. Journal of Strength and Conditioning Research 9(4):277, 1995.

Brown LE, Findley BW, Whitehurst M, Gilbert R. The Relationship Between Knee Flexion Unilateral and Bilateral Deficit in Females. Journal of Strength and Conditioning Research 9(3):205,1995.

Findley BW, Brown LE, Whitehurst M, Gilbert R. Selected Physical Fitness Characteristics of Professional Male Firefighters. Journal of Strength and Conditioning Research 9(3):204,1995.

Whitehurst M, Brown LE, Findley BW, Gilbert R. Anthropometric Effects on Load Range During Knee Extension Exercise at High Velocities. Journal of Strength and Conditioning Research 9(3):202,1995.

Gilbert, R, Brown LE, Whitehurst M, Findley BW. The Effect of Knee Extension vs Flexion Exercise on Load Range in Females at High Velocities. Journal of Strength and Conditioning Research 9(3):196, 1995.

Whitehurst M, Groo DR, Brown LE, Findley BW. Prepubescent Heart Rate Response During Indoor Play. Medicine and Science in Sports and Exercise 27(5S):S115, 1995.

D'Angelo A, Whitehurst M, Brown LE. The Effect of foot Articulation on Exercise Intensity During a Simulated Aerobic Dance Step. Medicine and Science in Sports and Exercise 27(5S):S239, 1995.

Eidelson SG, Brown LE, Findley BW, Whitehurst M, Gilbert R, Groo DR, Ward JA. Effect of Gender on Acceleration Fatigue During Knee Extension on an Isokinetic Device. Medicine and Science in Sports and Exercise 27(5S):S50, 1995.

Findley BW, Brown LE, Whitehurst M, Gilbert R. Lower Body Power Performance of Incumbent Female Firefighters. Medicine and Science in Sports and Exercise. 27(5S):S166, 1995.

Groo DR, Brown LE, Findley BW, Whitehurst M, Eidelson SG, Gilbert R, Ward JA. Effect of Single versus Reciprocal Repetitions on Acceleration in Females During Knee Extension on an Isokinetic Device. Medicine and Science in Sports and Exercise. 27(5S):S50, 1995.

Brown LE, Whitehurst M, Buchalter DN. Isokinetic Load Range During Shoulder External/Internal Rotation in Elite Male Junior Tennis Players. Strength and Conditioning 16(2):75, 1994.

Brown LE, Whitehurst M, Gilbert R. Effect of Velocity on the Bilateral Deficit During Dynamic Knee Extension/Flexion Exercise in Females. Research Quarterly for Exercise and Sport 65(1S):A23, 1994.

Findley BW, Brown LE, Whitehurst M, Gilbert R. Selected Physical Fitness Characteristics of Professional Female Firefighters. Medicine and Science in Sports and Exercise. 26(5S):S18, 1994.

Brown LE, Whitehurst M, Char DL, Buchalter DN. The Effect of Velocity on Load Range During Isokinetic Knee Extension/Flexion Exercise. Journal of Strength and Conditioning Research 7(3):184, 1993.

Whitehurst M, Brown LE, Gilbert R, Char DL. The Effect of Bilateral Isokinetic Knee Extension/Flexion Training on Lower Limb Power in Females. Journal of Strength and Conditioning Research. 7(3):184, 1993.

Brown LE, Whitehurst M, Bryant JR, Klein H, Buchalter DN. Comparison of Bilateral Isokinetic Knee Extension/Flexion and Cycle Ergometry Tests of Power. Medicine and Science in Sports and Exercise. 25(5S):S108, 1993.

Scibelli A, Brown LE, Whitehurst M, Bryant JR, Buchalter DN. Load Time During Bilateral Isokinetic Knee Extension/Flexion. Medicine and Science in Sports and Exercise. 25(5S):S108, 1993.

Buchalter DN, Brown LE, Whitehurst M. Bilateral Isokinetic Knee Rehabilitation Following Bilateral Total Knee Replacement Surgery: A Case Study. Medicine and Science in Sports and Exercise. 25(5S):S39, 1993.

Bryant JR, Brown LE, Whitehurst M. The Effect of Bilateral Isokinetic Knee Extension/Flexion on Joint Angle at Peak Torque. Medicine and Science in Sports and Exercise. 25(5S):S108, 1993.

Whitehurst M, Boone J, Dombrowski S, Weiner J, Brown LE. The Effect of Resistance Training on Functional Ability in the Elderly. Medicine and Science in Sports and Exercise. 25(5S):S131, 1993.

CONSULTING

Aetna, Inc. (Fort Lauderdale, Kevin Enterlein, Vice President, (954, 382,5975) October, 2001

Fitness Consultant to: Mission Bay Community Association, Inc. (Mark Mino, President, Board of Governors, 561-479-1900) 1998 (March – June), 2001 (May).

Research Consultant to the: Palm Beach Orthopaedic & Spinal Research Foundation, Boca Raton, FL (Stewart Eidelson, MD, Director, 561-395-5733) 1994-present

Fitness Consultant to: Florida Power & Light, Juno Beach, FL (Andrew Scibelli, Director, Corporate Fitness/Health Promotion, 561-694-4747) 1990-present

Fitness Consultant to: Motorola Corporation, Plantation, FL (Judy Smith, Manager, Life Force Employee Health Promotion Program, 954-475-5185) 1994-1995

Fitness Consultant to: IBM, Boca Raton (Fran Cavallo, Manager, Medical Department, 561-443-3555) 1990-1993