

Curriculum Vitae

Eric M. Scudamore, Ph.D., CSCS

Assistant Professor
Arkansas State University
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EDUCATION

Middle Tennessee State University | Murfreesboro, TN 2017
Ph.D. in Health and Human Performance

University of North Alabama | Florence, AL 2014
M.S. in Health and Human Performance

University of Alabama | Tuscaloosa, AL 2012
B.S.E. in Human Performance and Exercise Science

ACADEMIC POSITIONS

Arkansas State University 2017-Present
Assistant Professor | Dept. of Health, Physical Education, and Sport Sciences

Instructor of Record:

ES 3533 Basic Physiology of Activity
ES 3633 Nutrition for Health, Sport, and Exercise
ES 3743 Research and Statistical Methods in Exercise Science
ES 4843 Practicum, Pre-Internship in Exercise Science
HPESS 4863 Internship in HPESS 1
HPESS 4893 Internship in HPESS 2
ESPE 679V Graduate Project
ESPE 6533 Laboratory Techniques in Exercise Physiology
ESPE 6673 Research Design

Middle Tennessee State University 2014-2017
Graduate Teaching Assistant | Department of Health and Human Performance

Instructor of Record:

EXSC 3500 Exercise Techniques and Leadership
EXSC 3831 Physiology of Exercise Lab
EXSC 4230 Exercise Prescription & Program Planning
EXSC 4240 Principles of Exercise Assessment for Health Populations
EXSC 4250 Internship

University of North Alabama 2013-2014
Graduate Research Assistant | Department of Health, Physical Education, and Recreation

RESEARCH & SCHOLARSHIP

Publications

1. O'Neal EK, **Scudamore EM**, Simpson JD. External loading during daily living to improve maximal intensity performance. *Strength Cond J*. (In preparation)
2. Sayer B, **Scudamore EM**, Church B, Bryant L, Pribyslavská V. (2018). The Effects of Post-Exercise Myofascial Release on Subsequent Military Task Performance and Perceived Recovery. (In preparation, Fall 2019)
3. Stamatis A, Deal P, Morgan G, Forsee J, Papadakis Z, McKinley-Barnard S, **Scudamore EM**. Can athletes be tough and kind to themselves? Improving mental health best practices in NCAA. *J Clin Sport Psychol*. (in Review)
4. **Scudamore EM**, Coons JM, Fuller DK, Morgan DW, Stevens S. (2019). Functional movement screen scores predict dynamic balance with military torso-load. *Mil Med*. (At press)
5. Simpson JD, Cosio-Lima L, **Scudamore EM**, O'Neal EK, Stewart EM, Miller BL, Chandler H, Knight AC. (2019). Effects of External loading during daily living and training on countermovement jump, agility, and sprint performance in trained women. *Int J Sports Physiol Perform*. (At Press)
6. **Scudamore EM**, Coons JM, Fuller DK, Stevens S, Morgan DW. (2019). Use of functional movement screen scores to predict dynamic balance in physically-active males and females. *J Strength Cond Res*. 33(7) 1848-1854.
7. Langford TW, O'Neal EK, **Scudamore EM**, Johnson SL, Stevenson MC, Pribyslavská V, Green JM. (2019) Caffeine alters RPE-based intensity production. *Int J Ex Sci*. 12(6) 412-424.
8. **Scudamore EM**, Barry, VW, Coons, JM. (2018). An evaluation of time-trial based predictions of $\dot{V}_{O_2\max}$ and recommended training paces for collegiate and recreational runners. *J Strength Cond Res*. 32(4) 1137-1143.
9. Lowe JB, **Scudamore EM**, Stevenson MC, Johnson S, Pribyslavská V, Langford T, Green J.M, & O'Neal EK. (2016). External loading during daily living improves high intensity tasks under load. *Int J Ind Ergons*. 55, 34-39.
10. **Scudamore EM**, Lowe JB, Pribyslavská V, Johnson SL, Stevenson Wilcoxson MC, Langford TW, Green, JM, & O'Neal EK. (2016). Three week hypergravity training intervention decreases ground contact time during repeated jumping and improves sprinting and shuttle running performance. *Int J Ex Sci*. 9(2) 149-158.
11. Pribyslavská V, **Scudamore EM**, Johnson SL, Green JM, Stevenson Wilcoxson MC, Lowe JB, & O'Neal EK. (2015). Influence of carbohydrate mouth rinsing on running and jumping performance during early morning soccer scrimmaging. *Eur J Sport Sci*. 16(4):441-447.
12. Holm RL, Pribyslavská V, **Scudamore EM**, Johnson SL, Langford, TW, Stevenson-Wilcoxson MC, Lowe, JB, Green JM, Katica CP, & O'Neal EK. (2015). Performance and perceptual responses of collegiate female soccer players to a practical external and internal cooling protocol. *Int J Ex Sci*. 8(4) 331-340.

Student Research Mentorship

1. Charles A, Patchell J, **Scudamore EM**, Pribyslavskaya V. (2019). Accuracy of predicted VO₂max from the Garmin Forerunner 235, Polar M430, and VDOT calculator. (Thesis committee member)
2. Cheek J, Pribyslavskaya V, **Scudamore EM**, Rigsbee H. (2019). How Does Breathing Technique in Plyometric Training Effect Rate of Perceived Exertion and Heart Rate?(Thesis committee member)
3. Jiwani N, Doig SR, Pribyslavskaya V, **Scudamore EM**. (2019). Use of accelerometry to quantify the effects of physical education on physical activity levels and sedentary time in preschool students. (Mentor | Arkansas Biosciences Institute Mentorship program)
4. Tedford AG, Pribyslavskaya V, Bryant LG, **Scudamore EM**. (2019). A comparative analysis of army body composition standards for U.S. Army recruits. (Thesis committee member)
5. Griffin J, Scudamore V, Northcutt M, **Scudamore EM**. (2018). The Effects of a 12-week Kenpo Karate Program on Physical Fitness, Attentiveness, and Behavior in 4 to 14 year-old Children. (Thesis Chair)
6. Sayer B, **Scudamore EM**, Church B, Bryant L, Pribyslavskaya V. (2018). The Effects of Post-Exercise Myofascial Release on Subsequent Military Task Performance and Perceived Recovery. (Thesis committee member)

PRESENTATIONS

National and Regional Presentations

1. Lehtola KN, **Scudamore EM**, O'Neal EK, Simpson JD. Kinetic asymmetry of CrossFit athletes during hang power cleans at various loads – a pilot study. Southeast Regional ACSM Conference, February 2020, Jacksonville, FL. (In review)
2. **Scudamore EM**, Jiwani N, Doig SR, Pribyslavskaya V. The effects of early-childhood physical education on moderate-vigorous physical activity levels and sedentary time. Central Regional ACSM Conference, October 2019, Broken Arrow, OK.
3. Charles A, Shelton K, Long K, Freeland H, Thomas C, Tedford AG, Pribyslavskaya V, **Scudamore EM**. The effects of external-loading during daily living on single and repeated jump performance in rugby athletes. Central Regional ACSM Conference, October 2019, Broken Arrow, OK.
4. Tedford G, Charles A, Long K, Freeland H, Shelton K, Pribyslavskaya V, Bryant L, **Scudamore EM**. A comparative analysis of body composition standards for U.S. Army recruits. Central Regional ACSM Conference, October 2019, Broken Arrow, OK.
5. Pribyslavskaya V, Sayer B, Church B, Scudamore EM. Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. Central Regional ACSM Conference, October 2019, Broken Arrow, OK.,
6. Long K, Thomas C, Freeland H, Tedford AG, Shelton K, Charles A, **Scudamore EM**, Pribyslavskaya V. Effects of three-week external-loading intervention on sprint performance in rugby athletes. Central Regional ACSM Conference, October 2019, Broken Arrow, OK.
7. **Scudamore EM**. External-loading during daily living: A training strategy to improve the force-velocity curve. NSCA Arkansas State Clinic, September 2019, Jonesboro, AR.

8. **Scudamore EM**, Coons JM, Fuller DK, Morgan DW, Stevens S. Use of traditional and modified functional movement screening to predict balance with military load. National ACSM Conference, May 2019, Orlando, FL.
9. **Scudamore EM**, Pribyslavská V. Strength training for the high school athlete. Arkansas AAPHERD District IV Workshop, April 2019, Jonesboro, AR.
10. **Scudamore EM**, Coons JM, Fuller DK, Stevens S Morgan DW. Use of functional movement screen scores to predict dynamic balance in physically-active males and females. Central States Regional ACSM Conference, October 2018, Kansas City, MO.
11. Griffin J, Pribyslavská V, Northcutt M, **Scudamore EM**. Effects of an 11-week karate program on physical fitness, aggression, and attentiveness in children. Central States Regional ACSM Conference, October 2018, Kansas City, MO.
12. Simpson JD, **Scudamore EM**, & O'Neal EK. Chronic external loading during daily living: a "lost" training strategy to improve the force-velocity curve. Southeast Regional ACSM Conference, February 2018, Chattanooga, TN. Symposium.
13. **Scudamore EM**, Barry VW, & Coons JM. An evaluation of time-trial based predictions of $\dot{V}O_{2max}$ and recommended training paces for collegiate and recreational runners. National ACSM Conference, June 2017, Denver, CO.
14. Langford TW, Green JM, **Scudamore EM**, O'Neal EK. (2016) Caffeine alters RPE-based intensity production. National ACSM Conference, June 2017, Denver, CO.
15. Lowe JB, **Scudamore EM**, Stevenson MC, Johnson SL, Pribyslavská, Langford TW, Green JM, & O'Neal EK. 3 week chronic hypergravity training improves tactical athlete anaerobic tasks. National ACSM Conference, May 2015, San Diego, CA.
16. **Scudamore EM**, Barry VW, & Coons JM. An evaluation of time-trial based predictions of $\dot{V}O_{2max}$ and recommended training paces for collegiate and recreational runners. Southeast Regional ACSM Conference, February 2017, Greenville, SC.
17. **Scudamore EM**, Lowe JB, Pribyslavská V, Johnson SL, Stevenson Wilcoxson MC, Langford TW, Green JM, & O'Neal EK. Three week hypergravity training intervention decreases ground contact time during repeated jumping and improves sprinting and shuttle running performance. Southeast Regional ACSM Conference, February 2015, Jacksonville, FL.
18. Simpson JD, Lowe JB, **Scudamore EM**, Stevenson MC, Johnson SL, Pribyslavská V, Langford T, Green JM, O'Neal EK. 21-Day Chronic hypergravity training improves tactical athlete specific anaerobic tasks. Southeast Regional ACSM Conference, February 2015, Jacksonville, FL.
19. Pribyslavská V, **Scudamore EM**, Johnson SL, Green JM, Stevenson Wilcoxson MC, Lowe JB, & O'Neal EK. (2015). Influence of carbohydrate mouth rinsing on running and jumping performance during early morning soccer scrimmaging. Southeast Regional ACSM Conference, February 2015, Jacksonville, FL.
20. Pribyslavská V, Holm RL, **Scudamore EM**, Johnson SL, Langford TW, Stevenson MC, Lowe JB, Neal KK, Kelly A, Stewart S, Green JM, & O'Neal EK. Performance and perceptual responses to a practical cooling strategy for female soccer players. Southeast Regional ACSM Conference, February 2014, Greenville, SC. (Accepted; conf cancelled).

University Presentations

1. **Scudamore EM.** Seminar on Innovation in Teaching and Learning: Incorporating Student Choice. A-State Faculty Center, June 2019, Jonesboro, AR. (Invited speaker)
2. Sayer B, Pribyslavskaya V, **Scudamore EM.** Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. Create@State, April 2019, Jonesboro, AR. (*Graduate student oral presentation award for College*)
3. Shelton K, Tedford A, Long K, Freeland H, Pribyslavskaya V, **Scudamore EM.** Effects of external loading during daily living on anaerobic performance: A Review. Create@State, April 2019, Jonesboro, AR. (*Graduate student poster presentation award for College*)
4. Yoshimura N, **Scudamore EM,** Doig SR. The impact of parent perceptions on child fundamental motor skill. Create@State, April 2019, Jonesboro, AR. Oral Symposium.
5. Freeland H, Long K, Tedford A., Charles A, Shelton K, Kahoun E, Thomas C, Pribyslavskaya V, **Scudamore EM.** Familiarization sessions are not necessary for sprint assessments in rugby athletes. Create@State, April 2019, Jonesboro, AR.
6. DeLon JD, **Scudamore EM.** Practicality of the functional movement system in the general population. Create@State, April 2019, Jonesboro, AR.
7. Raper R, Taylor K, **Scudamore EM,** Doig SR. Preschool physical education curriculum development. Create@State, April 2019, Jonesboro, AR.

EXTERNAL & INTERNAL FUNDING

- **Scudamore EM.** Sex-related difference in time-trial based predictions of VO₂max and training paces. *College of Education and Behavioral Sciences Faculty Scholarship Award.* Fall 2019. (**Course Release: awarded**)
- Doig SR, **Scudamore EM.** Physical literacy, physical activity, and adverse childhood events: Effects on health-related lifestyles. *Arkansas State University Faculty Research Awards Committee.* Fall 2019. (**\$7,600: awarded**)
- **Scudamore EM,** Pribyslavskaya V. ACSM Central States Region: *Facilitating Student Engagement through Financial Assistance Travel Grant.* Fall 2019. (**\$745: awarded**)
- **Scudamore EM.** Physical literacy, physical activity, and adverse childhood events: Effects on health-related lifestyles. Arkansas Bioscience Institute Research Mentorship Program. Summer 2019. (**\$1,000: awarded**)
- **Scudamore EM.** Assessment of caloric and fat burning capacity of Ryse Burner Extended-Release Fat Burner. *Ryse Up Supplements LLC.* Spring 2018. (\$3,3300: not awarded)
- Doig SR, **Scudamore EM.** Assessment of movement skill quality across the lifespan. *Kays Foundation.* Fall 2017. (\$61,860: not awarded)
- O'Neal EK, Lowe JB, **Scudamore EM.** Effects of hypergravity training on sport and military-specific anaerobic performance. *MiR Vest Inc.* Spring 2014. (\$11,670: not awarded)

SERVICE

Professional Service

- Editor | *International Journal of Exercise Science* 2017-Present

- Nominee | Arkansas Representative for Central States Chapter of ACSM 2018
- Reviewer | *Human Movement Science* 2018-Present
- Reviewer | *Journal of Strength & Conditioning Research* 2018-Present
- Reviewer | *International Journal of Exercise Science* 2014-Present

University Service

- Representative | Honors Council 2019-2020
- Chair | HPESS Grievance Council 2019-Present
- Member | University Building, Grounds, and Facilities Committee 2018-Present
- Member | College of Education and Behavioral Science Honors Committee 2018-Present
- Advisor | Kinesiology Research Group 2018-Present
- Chair | HPESS Safety & Emergency Management Committee (Chair) 2018-Present
- Member | HPESS Faculty Search Committee (Sport Management) 2017
- Member | HPESS Recruitment and Retention Committee 2017-Present
- Member | HPESS Grievance Council 2017-Present

Service to the Community

- Co-Chair | Committee on Innovative Teaching Strategies. K-20 Partnership. 2018
- Board Member | Northeast Arkansas Trail Organization (N.E.A.T.O.) 2017-Present
Trail building/maintenance for multi-use recreational trails in northeast Arkansas.
(www.neatrails.org/)

PROFESSIONAL DEVELOPMENT

- ADOBE Rush Institute, ASU Faculty Center 2019
- Digital Literacy Institute, ASU Faculty Center 2019
- National Strength and Conditioning Association, Arkansas State Clinic 2018
- Seminar on Innovation in Teaching and Learning, ASU Faculty Center 2018
- Teaching for Active and Dynamic Learning, ASU Faculty Center 2018
- Teaching with No Tech to Fully Engaged with Digital Content, ASU Faculty Center 2018