

CURRICULUM VITAE

Name: BRIAN SCHILLING	Department: Health and Sports Science
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EDUCATION

DEGREES	DISCIPLINE	INSTITUTION	YEAR
Doctor of Philosophy	Biology	The University of Memphis	2004
Certified Club Coach		USA Weightlifting	2003
Master of Science	Exercise Science	Appalachian State University	1999
Certified Strength and Conditioning Specialist		National Strength and Conditioning Association	1997
Bachelor of Science	Exercise Science	Winona State University	1997

EXPERIENCE

RANK/POSITION	DEPARTMENT/DIVISION	INSTITUTION/COMPANY/ORGANIZATION	PERIOD
Professor, Graduate Faculty	School of Health Studies	The University of Memphis	2015-Present
Associate Professor/Graduate Faculty	Health and Sport Sciences	The University of Memphis	2010-2015
Assistant Professor/Graduate Faculty	Health and Sport Sciences	The University of Memphis	2004-2010
Instructor	Human Movement Sciences and Education	The University of Memphis	2003-2004
Graduate Teaching Assistant	Biology	The University of Memphis	2003
Adjunct Instructor	Human Movement Sciences and Education	The University of Memphis	2002
Graduate Research Assistant	Human Movement Sciences and Education	The University of Memphis	2000-2003
Adjunct Instructor	Health, Leisure and Exercise Science	Appalachian State University	2000
Strength and Conditioning Coach	Sport Science and Technology	United States Olympic Training Center, Colorado Springs	1999
Laboratory Technician	Biology	Appalachian State University	1999-2000
Research/Teaching Assistant	Health, Leisure and Exercise Science	Appalachian State University	1998-1999
Assistant Coach	Appalachian State University Track and Field	Appalachian State University	1998-1999
Laboratory Technician	Sport Science and Technology	United States Olympic Training Center, Chula Vista	1997

HONORS/AWARDS

HONOR/AWARD	INSTITUTION/COMPANY/ORGANIZATION	YEAR
Chair's Award for Outstanding Service Contribution	Department of Health and Sport Sciences	2012
Outstanding Young Investigator	National Strength and Conditioning Association	2010
Editorial Excellence Award	Journal of Strength and Conditioning Research	2009
Loan Repayment Program	National Institutes of Health	2008-2010
Charter Fellow	National Strength and Conditioning Association	2007
1st Place-Physical and Applied Sciences	The University of Memphis Student Research Forum	2003
Doctoral Fellowship	The University of Memphis Society	2003
Meritorious Achievement Award in Applied Muscle Physiology	Department of Human Movement Sciences and Education, The University of Memphis	2002
Challenge Scholarship	National Strength and Conditioning Association	1999

TEACHING EXPERIENCE

SUBJECT	INSTITUTION
Introduction to Exercise Science (U)	The University of Memphis
Publication and Proposals in Health and Biomedical Sciences (G)	The University of Memphis
Research Methods in HSS (G)	The University of Memphis
Applied Educational Research (G)	The University of Memphis
Exercise and Sport Mechanics (U)	The University of Memphis
Research in Sport Neuromechanics (G)	The University of Memphis
Resistance Training Applications (U)	The University of Memphis
Mechanical Analysis of Motor Skills (G)	The University of Memphis
Ergogenic Aids and Nutrition for Sport (U)	The University of Memphis
Exercise Testing and Interpretation Lab (U)	The University of Memphis
Exercise Physiology (U)	The University of Memphis
Advanced Methods of Strength and Conditioning (U/G)	The University of Memphis
Anatomy and Physiology Lab (U)	The University of Memphis
Kinesiology Lab (U)	Appalachian State University
Anatomy and Physiology Lab (U)	Appalachian State University

STUDENT ADVISING/MENTORING

CURRENT DEGREE	NAME	YEAR OF GRADUATION
MS	James Swearingen (Chaired)	2016
MS	Shelby Peel	2016
MS	Johnpaul Caia	2015
MS	Dan Melcher	2015
MS	Matthew Davis (Chaired)	2015
MS	Lisa Smith (Chaired)	2015
MS	Josh Bravo	2014
MS	Richard Easter (Chaired)	2014
MS	John Harry (Chaired)	2014
PhD	Christian Carter, ETSU	2014
MS	Paul Whitehead (Chaired)	2012
MS	Brad DeForest	2012
MS	Chrisie Feldmann	2012
MS	Matt McAllister (Chaired)	2012
MS	Katie Wells (Chaired)	2011
MS	Jacob Reed	2013
MS	Greg Cantrell	2013
MS	Cameron McCarthy	2011
MS	Robert Canale	2011
MS	Tyler Farney	2011
MS	Anna Moore (Chaired)	2011
PhD	Linda Baggett	2010
PhD	Michael Waller, University of Utah	2012
MS	Catherine Williams (Chaired)	2010
MS	Kelley Hammond (Chaired)	2010
BS	Courtney Ellis (UG Intern)	2009
MS	Kelsey Fisher-Wellman	2009
MS	Heather Bell	2009
PhD	Katie Cedarholm	2009
MS	Lucas Ferreria	2009
PhD	Samantha Daniel	2009
PhD	Amy Davis	2009
MS	Doug Larson	2008
MS	Courtnee Melton	2008

MS	Patrick Tucker	2008
MS	Robyn Karlage (Chaired)	2008
MS	Andrew Galpin (Chaired)	2008
MS	Tiffany Liggans	2007
BS	Beth Keating (UG Intern)	2007
MS	David Ferebee	2007
MS	Corey Lohnes	2007
MS	Webb Smith	2007
MS	Leslie Tschume	2006
MS	Mike Falvo (Chaired)	2006
BS	LauraBeth Hatfield (UG Intern)	2006
MS	Jacque Barnes (Chaired)	2006
MS	Kanae Haneshi	2005
BS	Cory Leatherwood (UG Intern)	2005
MS	Chris Moore	2005
BS	Reid Ermert (UG Intern)	2004

Books Published

Schilling, BK and Hammond, K.G. Resistance Training for Parkinson's Disease. In, Resistance Training for the Prevention and Treatment of Chronic Disease. Ciccolo and Kraemer, Ed., CRC Press, 2013.

Schilling, BK. Therapeutic Potential of Exercise in Parkinson's Disease. In, Parkinson's Disease, 2nd Edition. Pfeiffer, Wszolek, Ebadi Ed. CRC Press, 2012.

Bloomer RJ, **Schilling BK**, Hammond KG, Ledoux MS, & Pfeiffer RF. Effect of resistance exercise training on biomarkers of oxidative stress in men and women with Parkinson's disease. In: *Handbook on oxidative stress*. Chapter 19: 469-478, 2012. Nova Science Publishers. New York, NY.

Book Reviews

Strength and Conditioning for Sports Performance Ian Jeffreys and Jeremy Moody. Routledge, 2009.

Sport Nutrition: A Practice Manual for Professionals, 4th ed. American Dietetic Association, Chapter Reviewer. 2006.

Refereed Journal Publications

* Indicates student authorship mentored by Dr. Schilling.

*MR Davis, R Easter, J Carlock, LW Weiss, EA Longo, LM Smith, JJ Dawes, and **BK Schilling**. Self-reported physical tasks and exercise training in special weapons and tactics (SWAT) teams. *JSCR*, 2016.

Caia J, Weiss LW, Chiu LZ, **Schilling BK**, Paquette MR, and Relyea G. Do lower-body dimensions and body composition explain vertical jump ability? *J Strength Cond Res.*, 2016.

Caia J, Weiss LW, Chiu LZ, **Schilling BK**, and Paquette MR. Consistency of lower-body dimensions using surface landmarks and simple measurement tools. *J Strength Cond Res*, 2016.

Galpin AJ, Gulick CN, Jacobo K, **Schilling BK**, Lynn SK, McManus RT, Costa PB, and Brown LE. The Influence of a Padded Hand Wrap on Punching Force in Elite and Untrained Punchers. *International Journal of Kinesiology and Sport Science*, 3(4), 2015.

R Orr, JJ Dawes, C Elder, K Krall, M Stierli, **BK Schilling**. The relationship between the linear running speed and selected measures of power and strength amongst special weapons and tactics team officer. *Journal of Australian strength and conditioning* 23 (3), 23-28, 2015.

*Harry JR, Paquette MR, Caia JP, Townsend RJ, Weiss LW, and **Schilling BK**. The Effects of Footwear Condition on Maximal Jumping Performance. *Journal of Strength and Conditioning Research* 29(6): 1657-1665, 2015.

- *DeForest BA, Cantrell GS, **Schilling BK**. Muscle Activity in Single- vs. Double-Leg Squats. *International Journal of Exercise Science* 7(4): 302-310, 2014.
- Fry, AC, Kudma RA, Falvo MJ, Bloomer RJ, Moore CA, **Schilling BK**, Weiss LW. Kansas squat test: a reliable indicator of short-term anaerobic power. *J Strength Cond Res.* 28(3):630-635, 2014.
- *McAllister MJ, Hammond KG, **Schilling BK**, Ferreria LC, Reed JP, Weiss LW. Muscle activation during various hamstring exercises. *J Strength Cond Res.* 28(6):1573-1580, 2014.
- Cantrell GS, **Schilling BK**, Paquette MR, and Murlasits Z. Maximal strength, power, and aerobic endurance adaptations to concurrent strength and sprint interval training. *Eur J Appl Physiol.* 114 (4): 763-771, 2014.
- *Whitehead PN, **Schilling BK**, Stone MH, Kilgore JL, Chiu LZF. Snatch technique of United States national level weightlifters. *J Strength Cond Res.* 28(3):587-591, 2014.
- Weiss LW, DeForest B, Hammond KG, **Schilling BK**, Ferreira LC. Reliability of goniometry-based Q-angle. *PM R.* 5(9):763-8, 2013.
- *McAllister MJ, **Schilling BK**, Hammond KG, Weiss LW, Farney TM. Effect of grip width on electromyographic activity during the upright row. *J Strength Cond Res.* 2013 Jan;27(1):181-7.
- Schilling BK**, Hammond KG, Bloomer RJ, Presley CS, Yates CR. Physiological and pharmacokinetic effects of oral 1,3-dimethylamylamine administration in men. *BMC Pharmacol Toxicol.* 2013 Oct 4;14:52.
- Rodricks JV, Lumpkin MH, **Schilling BK**. Pharmacokinetic data distinguish abusive versus dietary supplement uses of 1,3-dimethylamylamine. *Ann Emerg Med.* 2013 Jun;61(6):718-9.
- Reed JP, **Schilling BK**, Murlasits Z. Acute neuromuscular and metabolic responses to concurrent endurance and resistance exercise. *J Strength Cond Res.* 2013 Mar;27(3):793-801
- Farney TM, McCarthy CG, Canale RE, **Schilling BK**, Whitehead PN, Bloomer RJ. Absence of blood oxidative stress in trained men after strenuous exercise. *Med Sci Sports Exerc.* 2012 Oct;44(10):1855-63.
- Feldmann CR, Weiss LW, **Schilling BK**, Whitehead PN. Association Of Drop Vertical Jump Displacement With Select Performance Variables *J Strength Cond Res.* 2012
- Galpin AJ, Fry AC, Chiu LZ, Thomason DB, **Schilling BK**. High-power resistance exercise induces MAPK phosphorylation in weightlifting trained men. *Appl Physiol Nutr Metab.* 2012
- *Whitehead PN, **Schilling BK**, Farney TM and Bloomer RJ. Impact of a dietary supplement containing 1,3-dimethylamylamine on blood pressure and bloodborne markers of health: a 10-week intervention study. *Nutr Metab Insights.* 2012;5 33–39
- Trepanowski JF, Farney TM, McCarthy CG, **Schilling BK**, Craig SA, Bloomer RJ. The effects of chronic betaine supplementation on exercise performance, skeletal muscle oxygen saturation and associated biochemical parameters in resistance trained men. *J Strength Cond Res.* 2011 Dec;25(12):3461-71.
- Fry AC, **Schilling BK**, Fleck SJ, Kraemer WJ. Relationships between competitive wrestling success and neuroendocrine responses. *J Strength Cond Res.* 2011;25(1): 40–45.
- *Ferreira LC, **Schilling BK**, Weiss LW, Fry AC, Chiu LZ. Reach height and jump displacement: implications for standardization of reach determination. *J Strength Cond Res.* 2010 Jun;24(6):1596-601.
- Bloomer RJ, Farney TM, Trepanowski JF, McCarthy CG, Canale RE, **Schilling BK**. Comparison of pre-workout nitric oxide stimulating dietary supplements on skeletal muscle oxygen saturation, blood nitrate/nitrite, lipid peroxidation, and upper body exercise performance in resistance trained men. *J Int Soc Sports Nutr.* 2010; 7:16.
- Herda TJ, Housh TJ, Fry AC, Weir JP, **Schilling BK**, Ryan ED, Cramer JT. A noninvasive, log-transform method for fiber type discrimination using mechanomyography. *J Electromyogr Kinesiol.* 2010
- Schilling BK**, Pfeiffer RF, LeDoux MS, Karlage RE, Bloomer RJ, Falvo MJ. Effects of moderate volume, high-load lower-body resistance training on strength and function in persons with Parkinson's Disease: a pilot study. *Parkinson's Disease*, Article ID 824734, 6 pages, 2010.
- Beck TW, Housh TJ, Fry AC, Cramer JT, Weir JP, **Schilling BK**, Falvo MJ, Moore CA. An examination of the relationships among myosin heavy chain isoform content, isometric strength, and mechanomyographic median frequency. *J Strength Cond Res.* 2009

Dec;23(9):2683-8

Bloomer RJ, Larson DE, Fisher-Wellman KH, Galpin AJ, **Schilling BK**. Effect of eicosapentaenoic and docosahexaenoic acid on resting and exercise-induced inflammatory and oxidative stress biomarkers: a randomized, placebo controlled, cross-over study. *Lipids Health Dis*. 2009 Aug 19;8:36.

Falvo MJ, **Schilling BK**, Bloomer RJ, Smith WA. Repeated bout effect is absent in resistance trained men: an electromyographic analysis. *J Electromyogr Kinesiol*. 2009;10(6):e529-e535.

Beck TW, Housh TJ, Fry AC, J. Cramer, Weir JP, **Schilling BK**, Falvo MJ, Moore CA. A wavelet-based analysis of surface mechanomyographic signals from the quadriceps femoris. *MUSCLE & NERVE*. 2009;39:355-363.

Ferreira, LC., L.W. Weiss, K.G.Hammond, and **B.K. Schilling**. Structural and functional predictors of drop vertical jump. *Journal of Strength and Conditioning Research*, 24(9); 2456-2467.

Melton CE, Tucker PS, Fisher-Wellman KH, Bell HK, **Schilling BK**, & Bloomer RJ. Acute exercise does not attenuate postprandial oxidative stress in pre-diabetic women. *THE PHYSICIAN AND SPORTSMEDICINE*. 37(1): 27-36, 2009.

Bloomer RJ, Ferebee DE, Fisher-Wellman KH, Quindry JC, **Schilling BK**. Postprandial oxidative stress: influence of sex and exercise training status. *Med Sci Sports Exercise*. 2009;41.

Schilling BK, Karlage RE, LeDoux MS, Pfeiffer RF, Weiss LW, Falvo MJ. Impaired leg extensor strength in individuals with Parkinson's Disease and relatedness to functional mobility. *Parkinsonism and Related Disorders*. 2009;15:776-780.

Bloomer RJ, Canale RE, Blankenship MM, Hammond KG, Fisher-Wellman KH, **Schilling BK**. Effect of the dietary supplement meltdon on catecholamine secretion, markers of lipolysis, and metabolic rate in men and women: a randomized, placebo controlled, cross-over study. *Lipids Health Dis*. 2009 Aug 5;8:32.

Bloomer RJ, Larson DE, Fisher-Wellman KH, Galpin AJ, **Schilling BK**. Effect of eicosapentaenoic and docosahexaenoic acid on resting and exercise-induced inflammatory and oxidative stress biomarkers: a randomized, placebo controlled, cross-over study. *Lipids Health Dis*. 2009;8:36.

Schilling BK, Falvo MJ, Karlage RE, Weiss LW, Lohnes CA, Chiu LZF. Effects of unstable surface training on measures of balance in older adults. *J Strength Cond Res*. 2009;23:1211-1216.

Bloomer RJ, Fisher-Wellman KH, Hammond KG, **Schilling BK**, Weber AA, Cole BJ. Dietary supplement increases plasma norepinephrine, lipolysis, and metabolic rate in resistance trained men. *J Int Soc Sports Nutr*. 10, 2009.

Beck TW, Housh TJ, Fry AC, Cramer JT, Weir JP, **Schilling BK**, Falvo MJ, Moore CA. MMG-EMG cross spectrum and muscle fiber type. *Int J Sports Med*. 2009;30:538-544.

Galpin AJ, Li Y, Lohnes CA, **Schilling BK**. A 4-week choice foot speed and choice reaction training program improves agility in previously non-agility trained, but active men and women. *J Strength Cond Res*. 2008;22:1901-1907.

Beck TW, Housh TJ, Fry AC, Cramer JT, Weir JP, **Schilling BK**, Falvo MJ, Moore CA. The influence of myosin heavy chain isoform composition and training status on the patterns of responses for mechanomyographic amplitude versus isometric torque. *J Strength Cond Res*. 2008 May;22(3):818-825.

Beck TW, Housh TJ, Fry AC, Cramer JT, Weir JP, **Schilling BK**, Falvo MJ, Moore CA. Wavelet-based analysis of surface mechanomyographic signals from subjects with differences in myosin heavy chain isoform content. *Journal of Electrophysiology and Clinical Neurophysiology*. 2009;49:165-175.

Schilling BK, Falvo MJ, Chiu LZF. Force-velocity, impulse-momentum: implications for efficacy of resistance training methods. *J Sports Sci Med*. 2008;7:299-304.

Bloomer RJ, **Schilling BK**, Karlage RE, Ledoux MS, Pfeiffer RF, Callegari J. Effect of resistance exercise training on blood oxidative stress in Parkinson's disease. *Med Sci Sports Exercise*. 2008;40:1385-1389.

Fry AC, **Schilling BK**, Ferkin MH. Myosin heavy chain expression in peripheral muscles of male and female prairie voles *Microtus ochrogaster*. *Acta Zool Sin*. 2008;54(1):104-110.

Falvo MJ, **Schilling BK**, Earhart GM. Parkinson's disease and resistive exercise: rationale, review, and recommendations. *Mov Disord*. 2008;23:1-11.

- Chiu LZF, **Schilling BK**, Fry AC, Salem GJ. The influence of deformation on barbell mechanics during a weightlifting pull. *Sports Biomechanics*. 2008;260–273.
- Bloomer RJ, Falvo MJ, **Schilling BK**, Smith WA. Prior exercise and antioxidant supplementation: effect on oxidative stress and muscle injury. *J Int Soc Sports Nutr*. 2007;4:9.
- Beck TW, Housh TJ, Fry AC, Cramer JT, Weir JP, **Schilling BK**, Falvo MJ, Moore CA. The influence of muscle fiber type composition on the patterns of responses for electromyographic and mechanomyographic amplitude and mean power frequency during a fatiguing submaximal isometric muscle action. *Electromyography Clin Neurophysiol*. 2007;47:000-000.
- *Barnes JL, **Schilling BK**, Falvo MJ, Weiss LW, Creasy AK, Fry AC. Force-time measures during jumping and agility performance in female volleyball athletes. *J Strength Cond Res*. 2007;21:1192–1196.
- Falvo MJ, **Schilling BK**, Bloomer RJ, Smith WA, Creasy AC. Efficacy of prior eccentric exercise in attenuating impaired exercise performance after muscle injury in resistance trained men. *J Strength Cond Res*. 2007;21:1053–1060.
- Haneishi K, Fry AC, Moore CA, **Schilling BK**, Li Y, Fry MD. Cortisol and stress responses during a game and practice in female collegiate soccer players. *J Strength Cond Res*. 2007;21:583-588.
- *Moore CA, Weiss LW, **Schilling BK**, Fry AC, Li Y. Acute effects of augmented eccentric loading on jump squat performance. *J Strength Cond Res*. 2007;21:157-162.
- Fry AC, Ciroslan D, Fry MD, LeRoux CD, **Schilling BK**, Chiu LZF. Anthropometric and performance variables discriminating elite junior weightlifters. *J Strength Cond Res*. 2006;20:861-866.
- Fry AC, **Schilling BK**, Weiss LW, Chiu LZF. Beta₂ adrenergic receptor downregulation and performance decrements during high-intensity resistance exercise overtraining. *J Appl Physiol*. 2006;101:1664-1672.
- Bloomer RJ, Falvo MJ, Fry AC, **Schilling BK**, Smith WA, Moore CA. Oxidative stress response in trained men following repeated squats or sprints. *Med Sci Sports Exercise*. 2006; 38:1436-1442.
- *Falvo MJ, **Schilling BK**, Weiss LW. Techniques and considerations for determining isoinertial upper-body power. *Sports Biomechanics*. 2006;5:293-311.
- Fry AC, Bloomer RJ, Falvo MJ, Moore CA, **Schilling BK**, Weiss LW. Effect of a liquid multivitamin/mineral supplement on anaerobic exercise performance. *Research in Sports Medicine*. 2006;14:53-64.
- Bloomer RJ, Fry AC, **Schilling BK**, Chiu LZF, Hori N, Weiss LW. Astaxanthin supplementation does not attenuate muscle injury following eccentric exercise in resistance-trained men. *Int J Sport Nutr Exercise Metab*. 2005;15:401-412.
- Chiu LZF, **Schilling BK**. A primer on weightlifting: from sport to sports training. *Strength and Conditioning Journal*. 2005;27:42-48.
- *Moore CA, **Schilling BK**. Theory and application of augmented eccentric loading. *Strength and Conditioning Journal*. 2005;27:20-27.
- Schilling BK**, Fry AC, Chiu LZF, Weiss LW. Myosin heavy chain isoforms expression and in-vivo isometric performance: a regression model. *J Strength Cond Res*. 2005;19:270-275.
- Schilling BK**, Fry AC, Weiss LW, Chiu LZF. Myosin heavy chain isoform expression: influence on isoinertial and isometric performance. *Research in Sports Medicine*. 2005;13:301-315.
- Chiu LZF, Fry AC, **Schilling BK**, Johnson EJ, Weiss LW. Neuromuscular fatigue and potentiation following two successive high intensity resistance exercise sessions. *Eur J Appl Physiol*. 2004;92:385-392.
- Chiu LZF, **Schilling BK**, Fry AC, Weiss LW. Measurement of resistance exercise force expression. *J Appl Biomech*. 2004;20:204-212.
- Chiu LZF, **Schilling BK**. The stop clean and stop snatch: an alternative to the hang. *Strength Cond*. 2004;26:10-12.
- Henson DA, Nieman DC, Pistilli EE, **Schilling BK**, Colacino AR, Utter AC, Fagoaga OR, Vinci DM, Nehlsen-Cannarella SL. Influence of carbohydrate and age on lymphocyte function following a marathon. *Int J Sport Nutr Exercise Metab*. 2004;14:308-322.
- Chiu LZF, Fry AC, Weiss LW, **Schilling BK**, Brown LE, Smith SL. Postactivation potentiation response in athletic and recreationally trained individuals. *J Strength Cond Res*. 2003;17:617-677.

Chiu LZF, **Schilling BK**, Fry AC, Weiss LW. Measurement of resistance exercise force expression. *J Appl Biomech.* 2003;20:204-212.

Fry AC, **Schilling BK**, Staron RS, Hagerman FC, Hikida RS, Thrush JT. Muscle fiber characteristics and performance correlates of male Olympic-style weightlifters. *J Strength Cond Res.* 2003;17:746-754.

Fry AC, Smith JC, **Schilling BK**. Effect of knee position on hip and knee torques during the barbell squat. *J Strength Cond Res.* 2003;17:629-633.

Fry AC, **Schilling BK**, Chiu LZF, Weiss LW, Kreider RB, Rasmussen CJ. Muscle fiber and performance adaptations to resistance with Myovive™, colostrum or casein and whey supplementation. *Research in Sports Medicine.* 2003;11:109-127.

Stone MH, O'Bryant HS, McCoy LB, Coglianese RH, Lehmkuhl M, **Schilling BK**. Power and maximum strength relationships during performance of dynamic and static weighted jumps. *J Strength Cond Res.* 2003;17:140-147.

Fry AC, **Schilling BK**. Weightlifting training and hormonal responses in adolescent males: implications for program design. *Strength Cond.* 2002;24:7-12.

Schilling BK, Stone MH, O'Bryant HS, Fry AC, Coglianese RH, Pierce KC. Snatch technique of collegiate national level weightlifters. *J Strength Cond Res.* 2002;16:551-555.

Schilling BK, Stone MH, Utter A, Kearney JT, Johnson M, Coglianese RH, Smith L, O'Bryant HS, Fry AC, Starks M, Keith RE, Stone ME. Creatine supplementation and health variables: a retrospective study. *Med Sci Sport Exercise.* 2001;33:183-188.

Henson DA, Nieman DC, Nehlsen-Cannarella SL, Fagoaga OR, Shannon M, Bolton MR, Davis JM, Gaffney CT, Kelln WJ, Austin MD, Hjertman JME, **Schilling BK**. Influence of carbohydrate ingestion on cytokine and phagocytic responses to 2 h of rowing. *Med Sci Sport Exercise.* 2000;32:1384-1389

Nieman DC, Nehlsen-Cannarella SL, Fagoaga OR, Henson DA, Shannon M, Hjertman JME, Schmitt R, Bolton MR, Austin MD, **Schilling BK**, Thorpe R. Immune function in female elite rowers and nonathletes. *Brit J Sport Med.* 2000;34:181-187.

Sanborn K, Boros R, Hruby J, **Schilling BK**, O'Bryant HS, Johnson R, Hoke T, Stone ME, Stone MH. Short-term performance effects of weight training with multiple sets not to failure vs. a single set to failure in women. *J Strength Cond Res.* 2000;14:328-331.

Schilling BK, Stone MH. Stretching: acute effects on strength and power performance. *Strength Cond.* 2000;22:44-47.

Nieman DC, Nehlsen-Cannarella SL, Fagoaga OR, Henson DA, Shannon M, Davis JM, Austin MD, Hisey C, Holbeck J, Hjertman JME, Bolton MR, **Schilling BK**. Immune response to 2 hours of rowing in female elite rowers. *Int J Sports Med.* 1999;20:476-481.

Stone MH, O'Bryant HS, **Schilling BK**, Johnson RL, Pierce KC, Haff GG, Koch AJ, Stone MJ. Periodization: effects of manipulating volume and intensity-part 1. *Strength Cond.* 1999;21:56-62.

Stone MH, O'Bryant HS, **Schilling BK**, Johnson RL, Pierce KC, Haff GG, Koch AJ, Stone ME. Periodization: effects of manipulating volume and intensity-part 2. *Strength Cond.* 1999;21:54-60.

Stone MH, Plisk SS, Stone ME, **Schilling BK**, O'Bryant HS, Pierce KC. Athletic performance development: volume load – 1 set vs. multiple sets, training velocity and training variation. *Strength Cond.* 1998;20:22-33.

Refereed Conference Publications

*Whitehead PN, **Schilling BK**, Peterson D, Weiss LW. Possible New Modalities for the Navy Physical Readiness Test. *Military Medicine*, 177 (11): 1417-1425, 2012.

Bloomer RJ, Alleman RJ Jr, Cantrell GS, Farney TM, **Schilling BK**. Effects of 2-nitrooxy ethyl 2-amino 3-methylbutanoate gel on resistance exercise performance and blood nitrate/nitrite in resistance trained men. *J Strength Cond Res.* 2012 Jun;26(6):1680-7.

Paulus DC, Settlege DM, **Schilling BK**. [Comparison of isoinertial to simulated inertial force from a controlled resistance exercise device for spaceflight - biomed 2011](#). *Biomed Sci Instrum.* 2011;47:41-5.

Paulus DC, Reynolds MC, **Schilling BK**. Ground reaction force comparison of controlled resistance methods to isoinertial loading of the squat exercise - biomed 2010. *Biomed Sci Instrum.* 2010;46:293-8

Paulus D.C. and **Schilling B.K.** Ground reaction force comparison of bilateral symmetry with pneumatic resistance squat device and free weights - *biomed* 2009. *Biomed Sci Instrum.* 45:419-23, 2009.

Paulus D, M. Reynolds and **B.K. Schilling.** Validity and reliability of a controlled pneumatic resistance exercise device. *Biomed Sci Instrum* 44:53-58, 2008

Non-Refereed Publications

Schilling BK. *Minimalist Footwear in Strength and Conditioning.* February 2012. http://www.nscalift.org/HotTopic/download/201203-Hot_Topic.pdf

Brian K. Schilling. *The Practical Utilization of Augmented Eccentric Loading (AEL).* October, 2011. <http://nscalift.org/hottopic/viewhottopic.asp>

Stone, M.H., M. Gattone, M. Stone, **B.K Schilling**, K.C. Pierce, and R. Byrd. Use of weightlifting pulling movements in sport, 2002. <http://www.education.ed.ac.uk/strength/papers/ms3a.html>

Schilling, B.K. and M.H. Stone. Can Stretching Make You Weaker? *All Natural Muscular Development*, 35 (12), 1999.

Presentations - Conference (refereed *)

In the interest of space, only presentations in which Dr. Schilling was the presenting author are listed. He has over 100 presentations as a co-author, most from his students.

Schilling BK, Harry JR, Paquette MR, Weiss LW, Peterson D. Footwear-dependent correlations between vertical and standing long jumps. 3rd International Congress on Soldier's Physical Performance. Boston, MA, 2014.

Schilling, B.K. Research as a Strength and Conditioning Tool: How to Interpret Published Research for the Benefit of Your Athletes. July, 2013.

Schilling, B.K. Programs Designed for Power. NSCA Lifting for Power Symposium, July 29-30, 2011.

Schilling, B.K. Introduction and Sport Application of Power Training. NSCA Lifting for Power Symposium, July 29-30, 2011.

Schilling, B.K. Programs Designed for Power. NSCA Lifting for Power Symposium, July 29-30, 2011.

Schilling, B.K., Hammond, K.G., L. Ferreria, M.S. LeDoux, and R.F. Pfeiffer. Relationship of neuromuscular strength to balance, functional mobility and quality of life in persons with Parkinson's disease. The XVIII WFN World Congress on Parkinson's Disease and Related Disorders, Miami Beach, Florida, December 2009.

Schilling, B.K. Mechanical Specificity. Third Annual Coaches and Sport Science College, ETSU Center of Excellence for Sport Science and Coach Education, December 2008

Schilling B.K. Strength Training for Persons with Movement Disorders. Strength and Conditioning Symposium for the Medical Professions. August, 2008. East Tennessee State University Center of Excellence for Sport Science and Coach Education.

Schilling, B.K., M.S. LeDoux, R.P. Pfeiffer, R.E. Karlage, R.J. Bloomer, and M.J. Falvo. Effects of lower-body resistance training in persons with Parkinson's Disease. The Movement Disorders Society 12th International Congress, Chicago, IL, June 2008.

Schilling, B.K., and R. Karlage. Strength Training for Special Populations: Parkinson's Disease. Symposium at the NSCA National Conference, Atlanta, GA, July 2007.

Schilling, B.K., R.E. Karlage, M.J. Falvo, L.W. Weiss, and C.A. Lohnes. Effects Of Unstable Surface Training On Various Measures Of Balance And Function In Older Adults. ACSM Annual Meeting, New Orleans, LA, June 2007.

Schilling, B.K. M.J. Falvo, L.W. Weiss, C.A. Moore, A.C. Fry, and L.Z.F. Chiu. Reach height and jump displacement: Implication for standardization of reach determination. NSCA National Conference, Washington DC, July 2006.

Schilling, B.K., J.L. Barnes, M.J. Falvo, C.A. Moore, A.K. Creasy, and L.W. Weiss. Reliability and Precision Measures of Force/Time Variables During Vertical Jumps. ACSM Annual Meeting, Denver, CO, June 2006.

Schilling, B.K. Anabolic Steroid Physiology. NSCA Personal Trainer's Conference. Las Vegas, NV, March 2006.

Schilling, B., L. Weiss, K. Haneishi, C. Moore, M. Falvo, and A. Fry. Reliability and validity of velocity and power obtained using a simple resistance exercise dynamometer. NSCA National Conference, Las Vegas, NV, July 2005.

Schilling, B.K., L.Z.F. Chiu, and J. Garhammer. The science of specificity. Symposium at the NSCA National Conference, Las Vegas, NV, July 2005.

Schilling, B.K., L.W. Weiss, C.A. Moore, A.C. Fry, L.Z.F. Chiu, M. Wendell, S. Kumar, and C. LeRoux. Association of power measures obtained during hang power cleans and jump squats. ACSM Annual Meeting, Nashville, TN, June 2005.

Schilling, B.K., A.C. Fry, L.W. Weiss, and L.Z.F. Chiu. Correlations between isometric and DCER performance. NSCA National Conference, Minneapolis, MN, July 2004.

Schilling, B.K., A.C. Fry, L.Z.F. Chiu, L.W. Weiss and C.J. Rasmussen. A statistical model for examining the relationship between MHC isoform expression and in-vivo performance. NSCA National Conference, Indianapolis, IN, July 2003.

Schilling, B.K., A. Fry, L. Chiu, E. Bernard, S. Belzer, and L. Weiss. Muscle and performance adaptations to high intensity resistance exercise overtraining. Annual Conference of the NATIONAL STRENGTH AND CONDITIONING ASSOCIATION, Las Vegas, Nevada, 2002.

Schilling, B.K., N. Hori, A.C. Fry, L.Z.F. Chiu, and L.W. Weiss. Reliability of force, velocity and power utilizing a computer interfaced dynamometer. ACSM Annual Meeting, St. Louis, MO, May 2002.

Schilling, B.K., A.C. Fry, L.Z.F. Chiu, R.B. Kreider, C.J. Rasmussen, and L.W. Weiss. Myosin heavy chain expression and dynamic strength and force variables in weight-trained females. 6th IOC World Congress on Sports Science in conjunction with ACSM Annual Meeting, St. Louis, MO, May 2002.

Schilling, B.K., A.C. Fry, L.Z.F. Chiu, L.W. Weiss, J.I. Williams, C.J. Rasmussen, and R.B. Kreider. Myosin heavy chain expression and rate of force development in weight trained males and females. NSCA National Conference, Spokane, WA, July 2001

Schilling, B.K., A.C. Fry, M.H. Ferkin, and S.T. Leonard. Hormonal responses to free-weight and machine exercise. ACSM Annual Meeting, Baltimore, MD, May 2001.

Schilling, B.K., M.H. Stone, H.S. O'Bryant, J.L. Kilgore, L. Martin, J. Reeves, and G.G. Haff. Snatch technique of United States national level weightlifters. European Congress of Sport Sciences, Jyvaskla, Finland, July 2000.

Schilling, B.K., M.H. Stone, J.S. Reeves, G.G. Haff, J.L. Kilgore, K.C. Pierce, and H.S. O'Bryant. Kinematic differences in the clean and clean pull exercises while using varied set protocols. European Congress of Sport Sciences, Jyvaskla, Finland, July 2000.

Schilling, B.K., H.S. O'Bryant, R.H. Coglianesi, L.J. Shores, K.C. Pierce, and M.H. Stone. Snatch technique of national level collegiate lifters. NSCA National Conference, Kansas City, MO, June 1999.

Presentations - Universities/Industry (refereed *)

Schilling, B.K. Fitness Training and Conditioning in Neurological Disease. Tennessee State NSCA Clinic, Murphreesboro, TN. May 22, 2010

Schilling, B.K. The Science of Specificity. Utah State NSCA Clinic, Salt Lake City, UT. April 3, 2010

Schilling, B.K. Mechanical Analysis for Sport- NSCA/China Sport Science Summit. June 2007.

B.K. Schilling. The Science of Specificity, Illinois Strength and Conditioning State Clinic, Hoffman Estates, IL, February 2007.

B.K. Schilling, Fitness and Trainers: What the RD Needs to Know. Memphis District Dietetic Association, Memphis, TN, January 2007.

B.K. Schilling. Program Design & Alternative Methods for Power Training . Lifting for Power Symposium, Colorado Springs, CO, NSCA. May 2006.

B.K. Schilling. Endocrinology. Lifting for Power Symposium, Colorado Springs, CO, NSCA. May 2006.

B.K. Schilling. Bioenergetics. Lifting for Power Symposium, Colorado Springs, CO, NSCA. May 2006.

B.K. Schilling. Physiology of Anabolic Steroids and Related Substances. Northern California State Clinic, San Ramon, CA, August 2005.

B.K. Schilling. Physiology of Anabolic Steroids and Related Substances. Southern California State Clinic, Los Angeles, CA August 2005.

B.K. Schilling. Everyday Exercises for Everyday People. Memphis Area Nutrition Council, Memphis, TN, June 2003.

B.K. Schilling. Safe Weight Training. Memphis Area Nutrition Council, Memphis, TN, June 2002.

B.K. Schilling. Weight Training Technique. American College of Sports Medicine Health Fitness Instructor Workshop. Appalachian State University, Boone, NC, June 2000.

B.K. Schilling . Fitness Assessment. American College of Sports Medicine Health Fitness Instructor Workshop. Appalachian State University, Boone, NC, June 1998.

SUPPORT

(External)

ACTIVITY	AGENCY/SOURCE	AMOUNT	PERIOD
Effects of footwear on jumping performance	NSCA Graduate Student Grant (Mentored by Dr. Schilling, J. Harry, PI)	\$5000	2013-1014
Effects of MSM Supplementation	Bergstrom Nutrition, Inc. (R. Bloomer PI)	\$102,164 (BKS \$34,000)	2014
Impact of Orally Administered DMAA	USP Labs, Inc. (PI)	\$22,000	2012
Validation of Matrix Fitness Devices	Matrix Fitness (PI)	\$43,937	2011-2012
Validation of Cybex Fitness Devices	Cybex International, Inc. (PI)	\$30,000	2010
New Modalities for the Assessment of Navy Fitness	NSCA Young Investigator Grant (PI)	\$15,000	2011-2012
Effect of 10 weeks of Jack3d supplementation	USP Labs, Inc. (R. Bloomer, PI)	\$225,600 (B. Schilling \$29,750)	2011-2012
Central vs. Peripheral Manifestations of Strength in PD	NSCA Graduate Student Grant (Mentored by Dr. Schilling, K. Hammond PI)	\$5000	2009-2010
The Effects of Meltdown on Anthropometric and Biochemical Parameters	Vital Pharmaceuticals (Co-investigator, Dr. Richard Bloomer PI)	\$62909	2008
Kinetic Properties of the Versapully	Heartrate, Inc. (Co-PI, Dr. Andy Fry)	\$17481	2006
Acute Eccentric Loading in the Squat	NSCA Graduate Student Grant (Mentored by Dr. Schilling, C. Moore, PI)	\$2500	2005
Performance Effect of a Prior Bout of Eccentric Exercise on Trained Individuals	NSCA Graduate Student Grant (Mentored by Dr. Schilling, M. Falvo, PI)	\$2050	2005
Pollock Memorial Grant	Life Fitness (PI)	\$5000	2005
Grants-in-aid of Research	Sigma Xi (PI)	\$563	2004
Graduate Student Research Grant	National Strength and Conditioning Association (PI)	\$2449	2003

Internal Support

ACTIVITY	AGENCY/SOURCE	AMOUNT	PERIOD
Corporate Engagement FedEx Institute of Technology	FedEx Institute of Technology (Co-I)	\$25,000	2011
Percutaneous Electrical Stimulation in Persons With Parkinson	Office of the Vice Provost for Research (PI)	\$5000	2008
CCH Health Incubator Grant- Relationship of Strength to Function in Persons with Parkinson	Center for Community Health (PI)	\$5000	2006
Non-invasive Assessment of Skeletal Muscle Via Mechanomyography	FedEx Institute of Technology (Co-I)	\$39250	2005
Unstable Surface Fall Intervention Training	Faculty Research Grant (PI)	\$6500	2005

OUTREACH

Project/s summary

PROJECT	PARTICIPANTS	PERIOD	SPONSORSHIP
Career Day	Caldwell Elementary	May 2008	
Healthy Memphis Blog	The Commercial Appeal	February 2007	WREG
Memphis City Schools Inservice	Heath and PE Teachers	August 10, 2006	Memphis City Schools
Steroid Summit	Educators in the NSCA	April 2006	National Strength and Conditioning Association
Graduate NSCA Educational Recognition Program	EXSS Faculty	2005-Present	NSCA
Undergraduate NSCA Educational Recognition Program	EXSS Faculty	2004-Present	NSCA

SERVICE

UNIVERSITY	COMMITTEE/ACTIVITY	PERIOD
The University of Memphis	Tenure Track Search Committee Chair	2015
the University of Memphis	Tenure Track Search Committee Chair	2013
The University of Memphis	Tenure Track Search Committee Chair (2 Positions)	2011-2012
The University of Memphis	Instructor Search Committee Chair	2011-2012
The University of Memphis	Exercise and Sport Science Academic Unit Coordinator	2011-2015
The University of Memphis	Department of Health and Sport Sciences Undergraduate Curriculum Council	2011-2012
The University of Memphis	Institutional Review Board Chair	2010-2011
The University of Memphis College of Education	Teacher Education Program Interviews	Spring 2010
The University of Memphis College of Education	Teacher Education Program Interview	March 2009
The University of Memphis, Department of Health and Sport Sciences	Academic Council	2009
The University of Memphis College of Education	Teacher Education Program Interviews	April 2008
The University of Memphis	Search Committee for Exercise Physiology (2 Positions)	Spring 2008
The University of Memphis	Institutional Review Board Co-Chair	2008-2009
The University of Memphis	Interview Team, Director of Research Development	Fall 2007
The University of Memphis	Institutional Review Board	2007-2008
The University of Memphis, Department of Health and Sport Sciences	Academic Council	2007-2008
The University of Memphis College of Education	Teacher Education Program Interviewer	Spring 2007
The University of Memphis College of Education	Teacher Education Program Interviewer	Fall 2006
The University of Memphis College of Education	Doctoral Taskforce	2005-2010
The University of Memphis Department of Health and Sport Sciences	Graduate Council	2004-2008
The University of Memphis Department of Health and Sport Sciences	Search Committee for Assistant/Associate Professor in Exercise Science	2002-2003

OTHER

SOCIETY/ORGANIZATION/JOURNAL	COMMITTEE/EDITORIAL BOARD/OFFICE	PERIOD
National Strength and Conditioning Association	Fellow Review Committee Chair	2015-present
National Strength and Conditioning Foundation	Board of Directors	2012-present
Career Day Presenter	Caldwell Elementary	April 25, 2008
Career Day Presenter	Manassas Junior High	May 2, 2008
Journal of Strength and Conditioning Research	Editorial Board	2006-Present
Sports Performance Sciences	Advisory Committee	2006-Present
Strength and Conditioning Journal	Associate Editor	2004-2007
National Strength and Conditioning Association	Weightlifting Special Interest Group Vice-President	2003-2006
National Strength and Conditioning Association	Performance Training Journal Editorial Board	2004- 2010
National Strength and Conditioning Association	Research Committee Member	2006-2009
National Strength and Conditioning Association	Tennessee State Director	2003-2005
National Strength and Conditioning Association	South Central Regional Director	2003-2006

Appendix A

Academic Year (please indicate year)	Course #	Course Name	Credit Hours	Percent Taught	Enroll	Labratory Supervised(S)/Instructed(I)	New Preparation (Y)/(N)
Spring 2015	EXSS2004	Intro to EXSS	3	100	185	SI	N
Spring 2015	EXSS7020	Publication and Proposals in Health and Biomedical Science	3	100	7	SI	N
Fall 2014	EXSS2004	Intro to EXSS	3	100	130	SI	N
Fall 2014	HMSE7010	Research Methods in HSS	3	100	6	SI	N
Spring 2014	EXSS7020	Publication and Proposals in Health and Biomedical Sciences	3	100	7	SI	N
Fall 2013	HMSE7010	Research Methods in HSS	3	100	12	SI	Y
Summer 2013	EXSS2004	Intro to EXSS	3	100	20	SI	N
Spring 2013	EXSS2004	Intro to EXSS	3	100	59	SI	Y
Spring 2013	EXSS7903	Publication and Proposals in Health and Biomedical Sciences	3	100	12	SI	Y
Fall 2012	EDPR7532	Applied Educational Research	3	100	12	SI	N
Spring 2012	EXSS3020	Exercise and Sport Mechanics	3	100	46	SI	N
Spring 2012	EXSS7123	Mechanical Analysis of Motor Skills	3	100	6	SI	N
Summer 2011	EXSS3020	Exercise and Sport Mechanics	3	100	19	SI	N
Fall 2011	EDPR7523	Applied Educational Research	3	100	4	SI	Y
Spring 2011	EXSS3020	Exercise and Sport Mechanics	3	100	46	SI	N
Spring 2011	EXSS7123	Mechanical Analysis of Motor Skills	3	100	6	SI	N
Summer 2010	EXSS3020	Exercise and Sport Mechanics	3	100	23	SI	N
Summer 2010	EXSS2010	Resistance Training Applications	2	100	14	Laboratory	N
Summer 2010	EXSS4603	Advanced Methods of	3	100	11	SI	N

		Strength and Conditioning					
Spring 2010	EXSS3020	Exercise and Sport Mechanics	3	100	25	SI	N
Spring 2010	EXSS7123	Mechanical Analysis of Motor Skills	3	100	8	SI	N
Fall 2009	EXSS4000	Exercise Testing and Interpretation Laboratory	3	100	20	SI	N
Fall 2009	EXSS7152	Problems in Exercise and Sport Science	3	100	1	SI	Y
Fall 2009	EXSS3020	Exercise and Sport Mechanics	3	100	38	SI	N
Summer 2009	EXSS4020	Exercise and Sport Mechanics	3	100	9	SI	N
Spring 2009	EXSS7532	Research Methods in sport Biomechanics	3	100	2	SI	N
Spring 2009	EXSS7123	Mechanical Analysis of Motor Skills	3	100	4	SI	N

Appendix B

STUDENT OUTCOMES IN TERMS OF EMPLOYMENT, GRADUATE SCHOOL, POSTDOCTORAL POSITIONS, ETC.,
Kelley Hammond, MS- PhD Program at University of Alabama, Birmingham, 1T32 Grant Recipient.
Matt McAllister, MS- Instructor, PhD student, Mississippi State University
Paul Whitehead- PhD program at the University of Pittsburgh
John Harry, MS- PhD program at UNLV
Corey Lohnes, PhD- Senior Consultant, Grant Cooper Healthcare
Anna Billings Moore, MS- Smith and Nephew, Program Manager
Catherine Williams Hays , MS - Wilmington College, Assistant Athletic Trainer
Charles Mitchell, DPT- University of St. Augustine
Katie Wells Gerstemeier, MS -University of Memphis Campus Recreation, Fitness and Wellness Coordinator
Robyn Karlage, MS - Exercise Specialist, St. Jude Children's Hospital.
Andrew Galpin, PhD -Assistant Professor, Cal State University-Fullerton
Michael Falvo, PhD- Research Physiologist – VA NJ Health Care System; Assistant Professor – Rutgers Biomedical and Health Sciences
Jacque Barnes, DPT -Methodist Healthcare

Appendix D

COMPETITIVE PROPOSALS SUBMITTED (NOT FUNDED)

Brian Schilling, PI- Physiological Responses Of Tactical Motion with Tactical Loading. White paper (LOI) to U.S. Special Operations Command (USSOCOM) in response to the Broad Agency Announcement (BAA) for Advancement of Technologies for Use by Special Operations Forces, BAA Number USSOCOM-BAAST-2014.\$106,227
SWAT Physical Fitness (2014). L. Smith, PI (Graduate Student Grant mentored by Dr. Schilling). \$7500.
Metabolic Stress of a Simulated Full Tactical Load during Tactical Walking (2014). S. Kirkland, PI (Graduate Student Grant mentored by Dr. Schilling). \$7500.
Effect of Breathing Rate and Decision Making on a Post-exercise Marksmanship Task (2014). M. Davis, PI (Graduate Student Grant mentored by Dr. Schilling). \$7500.
SWAT: A physical requirement and injury analysis (2014) R. Easter, PI (Graduate Student Grant mentored by Dr. Schilling). \$7500.
Time-Motion Analysis of Women's Collegiate Tennis (2013) C. Collins, PI (Graduate Student Grant mentored by Dr. Schilling). \$5000.
Meta-Analysis of Jump Training Variables (2013). Ebonie Cobb, PI (Graduate Student Grant mentored by Dr. Schilling). \$5000.
SWAT Physical Fitness (2013). L. Smith, PI (Graduate Student Grant mentored by Dr. Schilling). \$5000.
Electromyographic Activity During Varying Depths of the Bench Press. (2011). M.McAllister, PI (Graduate Student Grant mentored by Dr. Schilling). \$5000.
Muscle Activation During Varying Grips of the Pull-down. (2011). P. Whitehead, PI (Graduate Student Grant mentored by Dr. Schilling). \$5000.
Effects of Vitamin D Intervention on Strength and Function Measures, and Bone Health in Persons with Parkinson's Disease". (2010). A. Moore, PI (Graduate Student Grant mentored by Dr. Schilling). \$5000.
Creatine and Resistance Training in Persons with Parkinson's Disease. (2009) National Institutes of Health \$100,000
Central vs. peripheral adaptations to exercise in persons with PD. (2009). Parkinson's Disease Foundation \$75,000.
Central vs. peripheral manifestations of neuromuscular function in persons with Parkinson's Disease (2008). Parkinson's Study Group \$25,000.
Interaction of resistance exercise and creatine supplementation on functional/biochemical parameters of muscle function in persons with Parkinson's disease (2008) National Parkinson Foundation \$50,000.
Interaction of resistance exercise and creatine supplementation on functional/biochemical parameters of muscle function in persons with Parkinson's disease (2008) Parkinson's Disease Foundation \$50,000.
Interactively Controlled Resistance Exercise System for Neuromuscular Rehabilitation Characterization and Rehabilitation. National Science Foundation (2008). \$132,195.
Interaction of resistance exercise and creatine supplementation on functional/biochemical parameters of muscle function in persons with Parkinson's disease (2008) Michael J. Fox Foundation \$68,175
Effects of long-term variable volume resistance training on strength and function in persons with Parkinson's Disease (2007) Michael J. Fox Foundation \$271,779
Muscle Activation in Persons with Parkinson's Disease: Implications for Program Design. (2007). R. Karlage, PI (Graduate Student Grant mentored by Dr. Schilling). \$5000.
Effects of resistance training on gait, strength and function in persons with Parkinson's Disease. (2007) Parkinson's Disease Foundation \$50,000

Effects of resistance training on balance, strength and function in persons with Parkinson's Disease. (2007) National Parkinson's Foundation \$40,000
Relationship of Strength to Function in Persons with PD (2006) National Parkinson Foundation \$40,000
Relationship of Strength to Function in Persons with PD (2006) National Institute of Neurological Disorders and Stroke \$50,000
Relationship of Strength to Function in Persons with PD (2006) American College of Sports Medicine \$10,000
Relationship of Strength to Function in Persons with PD (2006) National Strength and Conditioning Association \$10,000
Relationship of Strength to Function in Persons with PD (2006) Parkinson's Disease Foundation \$40,000
Memphis Overwork Project (Co-investigator) (2005) NIOSH \$497,000