

# Curriculum Vitae

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**John Phillip Vardiman, PhD, LAT, ATC**

210 Justin Hall

Manhattan, KS 66506

[pvardiman@ksu.edu](mailto:pvardiman@ksu.edu)

## **EDUCATION**

Ph.D. in Kinesiology, Concentration in Exercise Science. University of Arkansas, Fayetteville, Arkansas. December, 2006

M.S. in Health, Physical Education and Leisure, Concentration in Exercise Science. Oklahoma State University, Stillwater, Oklahoma. August, 1998

B.S. in Athletic Training, Park University, Parkville, Missouri. May, 1996

## **EMPLOYMENT HISTORY**

Kansas State University- Department of Nutrition

- Associate Professor Program Director August 2015-Present

### **University of Kansas - Department of Health, Sport, and Exercise Sciences**

- Associate Professor Program Director 2014-Present
- Assistant Professor Program Director 2013-2014
- Assistant Professor/ Clinical Coordinator 2007-2013
- Instructor/ Clinical Coordinator 2005-2007

### **University of Arkansas- Department of Health, Kinesiology, Recreation and Dance**

- Instructor/ Clinical Coordinator and Athletic Trainer 2000-2005

### **Park University- Athletic Training Education Program**

- Instructor and Athletic Trainer 1998-2000

### **Oklahoma State University- Athletic Training**

- Athletic Trainer Graduate Assistant 1996-1998

## **Honors and Awards**

2015- National Athletic Trainers Association Athletic Training Service Award

- This award honors years of service to the profession of Athletic Training at the state and district level.

Big XII Fellowship- **Recipient** (2012)

- This fellowship is awarded to provide funding for travel to institutions in the Big XII conference to develop research collaborations.

2010 - Dr. Bob Frederick Faculty Award, School of Education

- This award is given to a pre-tenured faculty member for devotion to students and for conducting their work with the highest of ethical standards.

2008 - Joyce Pauls-Morgan Outstanding Teacher Award for HSES Faculty

- This award is given to the outstanding faculty member in the Health, Sport, and Exercise Sciences Department.

## **Publications**

1. Siedlik, J., Gallagher, P., Cooper, M., Emmons, R., Moreau, W., Nabhan, D., & **Vardiman, J.P. (in press)**. Advanced Treatment Monitoring for Olympic Athletes Using Unsupervised Modeling Techniques. *Journal of Athletic Training*.
  2. Siedlik, J. A., Harrison, G., Brigman, R., Graham, Z. A., Weir, J. P., Gallagher, P. M., & **Vardiman, J. P.** (2015). Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. *Journal of Strength and Conditioning Research*, 29(4):1139-45.
  3. **Vardiman, J. P.**, Moodie, N., Siedlik, J., Kudrna, R., Graham, Z., & Gallagher, P. (2015) The influence of short wave diathermy pre-treatment on eccentric exercise induced muscle damage. *Journal of Athletic Training*, 50(6):612-20
  4. Vardiman, J. P., Siedlik, J.A, Herda, T. J., Cooper, M., Deckert, J., and Gallagher, P. M. (2014) Instrument Soft Tissue Mobilization: Effects on the Properties of Human Plantar Flexors. *International Journal of Sports Medicine*, 36(3):197-203.
  5. Cooper, M. A., Herda, T. J., Vardiman, J. P., Gallagher, P. M. and Fry, A. C. (2014) Relationships between skinfold thickness and electromyographic and mechanomyographic amplitude recorded during voluntary and non-voluntary muscle actions. *Journal of Electromyography and Kinesiology*, 24, 207-13.
  6. Cooper, M.A., T.J. Herda, **J.P. Vardiman**, P.M. Gallagher, A.C. Fry (2013). Relationships between the mechanomyographic amplitude patterns of response and concentric isokinetic fatiguing tasks of the leg extensors. *Journal of Physiological Measurements*, 38, 1293-1301.
  7. **Vardiman, J. P.**, Jefferies, L., Touchberry, C., & Gallagher, P. (2013). Fluidotherapy: An evaluation of intramuscular heating and heat shock protein response. *Journal of Athletic Training*, 48, 353-361.
  8. Andre, M. J., Fry, A. C., Heyrman, M., Hudy, A., Holt, B., & Roberts, C., **Vardiman, J. P.**, & Gallagher, P. M. (2012). A reliable method for assessing rotational power. *Journal of Strength and Conditioning Research*, 26, 720-724.
  9. Carr, W. D., Volberding, J. & **Vardiman, P.** (2011). A peer-assisted learning program and its effect upon student skill demonstration. *Athletic Training Education Journal*, 6, 129-135.
  10. **Vardiman, J. P.**, Riggs, C. E., Galloway, D., Waxman, M. B., Touchberry, C. D., & Gallagher, P. (2011). Salivary Ig-A is not a reliable indicator of upper respiratory infection in collegiate female soccer athletes. *Journal of Strength and Conditioning Research*, 25, 1937-1942.
  11. Miyazawa, A., **Vardiman, P.**, Magee, L., & Washington, E. (2011). Cryptogenic stroke associated with patent foramen ovale in a collegiate volleyball athlete: A case report. *Sports Health*, 2, 395-397.
  12. Carr, W., Volberding, J., **Vardiman, P.**, & Greene, L. (2011). Psychomotor and cognitive peer assisted learning. *Kansas Association of Health, Physical Education, Recreation and Dance Journal*, 82, 40-42.
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13. **Vardiman, P.**, Carr, D. & Gallagher, P. (2010). Stretching: does it help? *Strategies*, 23, 32-34.
14. Touchberry, C., Le, T., Richmond, S., Prewitt, M., Beck, D., Carr, D., **Vardiman, P.**, & Gallagher, P. (2008). Diathermy treatment increases heat shock protein expression in female, but not male skeletal muscle. *European Journal of Applied Physiology*, 102, 319-323.
15. Jacobson, B., Ransone, J., & **Vardiman, P.** (2001). Comparison of fluid weight loss between heat related illness episodes and non-episodes in football players. *International Sports Journal*, 5, 95-100.
16. Ransone, J., **Vardiman, P.**, & Smith, K. (2001). Syndesmotoc ankle sprains: A case review. *Athletic Therapy Today*, 6, 48-49.

#### **Book Chapters**

1. Vardiman, J., Gallagher, P., & Siedlik, J. Potential Cytoprotective Effects of Heat Shock Proteins to Skeletal Muscle. *Heat Shock Proteins-Based Therapies* Volume 8, Springer Netherlands. 2015
2. Vardiman, J., Gallagher, P., & Siedlik, J. Acute and Chronic Inflammation. *Sports Pathophysiology*, F.A. Davis (In Review)

#### **Manuscripts Submitted/ In Review**

1. Siscos, M., Seeley, J., Rolf, A., Cole, J., Evans, K., Gallagher, P., & **Vardiman, P.** Diagnosing a malingering athlete using a computerized neurocognitive assessment tool. *Journal of Sports Medicine and Physical Fitness*. (Submitted for review)
2. **Vardiman, JP**, Andre, M, Moodie, N, Maresh, J, Moodie, P, Herda, T, & Gallagher, P. The effects of instrument assisted soft tissue mobilization on functional squat and perception of functional ability. *Journal of Sports Rehabilitation*, (Submitted for review)
3. Moodie, N., Kudrna,R., Matuszek, M. **Vardiman, P.**, Fry, A., & Gallagher, P. The effects of a multi-ingredient pre-workout supplement and eight weeks of resistance training on strength, power, body composition, and inflammation. *Applied Physiology, Nutrition and Metabolism*. (in preparation for submission)

#### **Manuscripts in Preparation for Submission**

1. Hawkins, W., Moodie, N., **Vardiman, P.**, McCartney, M., Graham, Z. & Gallagher, P. Effects of resistance exercise volume on hypertrophic pathways in skeletal muscle. *Medicine & Science in Sport & Exercise*. (submitted for review)
  2. Graham, Z., **Vardiman, P.**, Moodie, N., Siedlik, J., & Gallagher, P. Instrument-Assisted Soft Tissue Manipulation and the Alpha7beta1 Signaling Cascade. *European Journal of Sports Medicine*. (Submitted for review)
  3. **Vardiman, J.P.**, Siedlik, J., Donnely, J., Washburn, R., Honas, J., & Gallagher, P. Comparison of immune status in sedentary-overweight and active normal-weight college aged students. *International Journal of Sport Nutrition and Exercise Metabolism*. (in preparation for submission)
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4. Graham, Z., **Vardiman, P.**, Moodie, N., Siedlik, J., & Gallagher, P. Integrin signaling pathway response to short-wave diathermy pre-treatment and eccentric exercise induced muscle damage. *European Journal of Applied Physiology*. (in preparation for submission)
5. **Vardiman, J.P.**, Graham, Z., Siedlik, J., Herda, T., Moodie, N. & Gallagher, P. The effect of instrument assisted soft tissue mobilization on physiological markers of inflammation following eccentric exercise. *Journal of Manipulative and Physiological Therapeutics*. (in preparation for submission)

### **Published Abstracts**

1. Siedlik, J., Gallagher, P., & **Vardiman, J.** Impact of Acute Training Stress on Moral Decision Making Following Marine Corps Martial Arts Training. *Medicine and Science in Sports and Exercise*, TBD
  2. Siedlik, J., Gallagher, P., & **Vardiman, J.** Peripheral Immune Response to Marine Corps Martial Arts Training *The Journal of the Federation of American Societies for Experimental Biology* (TBD)
  3. Alayafi, Y., **Vardiman, J.**, Fry, A., Greene, L., & Gallagher, P. The Physiological Effect of Fasting the Month of Ramadan on Anthropometric and Blood Variables. *The Journal of the Federation of American Societies for Experimental Biology* (TBD)
  4. Siedlik, J., Deckert, J., Herda, T., Weir, J., Gallagher, P., & **Vardiman, J. P.** (2014) Immunoendocrine Response To Marine Corps Martial Arts Training. *International Journal of Exercise Science*. 11(2) article 54.
  5. Hawkins, W., Moodie, N., Matuszek, M., Graham, Z., **Vardiman, J.**, Gallagher, P. (2014) Comparison of Different Leg Press Exercise Volumes on the AKT/ MTOR Signaling Pathway. *International Journal of Exercise Science*. 11(2) article 23.
  6. Siedlik, J. A., Harrison, G., Brigman, R., Graham, Z.A., Weir, J.P., Gallagher, P.M., & **Vardiman, J.P.** (2013). Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. *Medicine and Science in Sports and Exercise*, 45, S478.
  7. **Vardiman, P.**, Siedlik, J., Cooper, M., Emmons, R., Moreau, W., Nabhan, D., Street, J., & Gallagher, P. (2013). Gold medal sports medicine: Integrative model of medical care during international competition. *Medicine and Science in Sports and Exercise*, 45, S292.
  8. Deckert, J., Herda, T., **Vardiman, P.**, Gallagher, P., & Cooper, M. (2013). The Acute Effects of static stretching on the passive muscle properties of the leg extensors. *Medicine and Science in Sports and Exercise*, 45, S301.
  9. **Vardiman, P.**, Andre, M., Graham, Z., Moodie, P., Maresh, J., Lane, M., Alayafi, Y., Carr, D., & Gallagher, P. (2012). The use of instrument assisted soft tissue mobilization to change perception of functional ability in college-aged students. *Medicine and Science in Sports and Exercise*, 44, S407.
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10. **Vardiman J. P.**, Horinek RJ, McCartney MK, Graham ZA, Moodie NJ & Gallagher PM. (2012). The ability of instrument assisted soft tissue mobilization to attenuate inflammation and symptoms of muscle damage after an eccentric exercise protocol. *Journal of Athletic Training*, 47, S142.
11. Moodie, N., Kudrna, R., McCartney, M., Graham, Z., Fry, A., **Vardiman, P.**, & Gallagher, P. (2011). The effects of pre-workout supplementation and eight weeks of resistance training on markers of inflammation. *Medicine and Science in Sports and Exercise*, 43, S304.
12. **Vardiman, P.**, Donnelly, J., Honas, J., Horinek, R., Moodie, N., & Gallagher, P. (2011). Comparison of immune status in active-fit and sedentary-overweight college-aged students. *Medicine and Science in Sports and Exercise*, 43, S334.
13. Lane, M., Fry, A. C., Gallagher, P. M., **Vardiman, J. P.**, Hudy, A., Graham, Z. A., McCartney, M. K., & Andre, M. J. (2011). Relationships of lower body power and strength for NCAA Division I men's collegiate basketball players. *Medicine and Science in Sports and Exercise*, 43, 398.
14. Moodie, N., **Vardiman, P.**, Kudrna, R., Graham, Z., Bustamante, J., & Gallagher, P. (2010). Inflammatory cytokines and pain perception resulting from an eccentric exercise muscle damage protocol. *Medicine and Science in Sports and Exercise*, 42, S828-829.
15. Fry, A. C., Hudy, A., Gallagher, P. M., **Vardiman, J. P.**, Kudrna, R. A., Moodie, N. G. McCartney, M. K., & Bustamante, J. (2010). Lower body power-load curves for NCAA Division-1 men's and women's collegiate basketball players. *Medicine and Science in Sports and Exercise*, 42, S65.
16. **Vardiman, P.**, Riggs, C., Gallagher, P., & Touchberry, C. (2008). Immune response of collegiate female soccer athletes participating in sport training and competition. *Journal of Athletic Training*, 43, S97.
17. Gallagher, P., Richmond, S., Touchberry, C., Le, T., **Vardiman, P.**, & Carr, D. (2006). Effects of diathermy on hsp70 content in human skeletal muscle. *Medicine and Science in Sports and Exercise*, 38, S11.
18. **Vardiman, P.**, Ransone, J., & Jacobson, B. (1999). The use of percentage body weight loss as a predictor for heat related illness in intercollegiate football players. *Journal of Athletic Training*, 34, S20.

### **Presentations**

1. **Vardiman, J. P.** Measures of Protection: Heat Shock Proteins and Therapeutic Modalities. Presentation at the National Athletic Trainers Association Annual Symposium, St. Louis, Missouri. (June 26, 2015).
  2. Siedlik, J., Gallagher, P., & **Vardiman, J.** Impact of Acute Training Stress on Moral Decision Making Following Marine Corps Martial Arts Training. Presentation at the American College of Sports Medicine Annual Meeting, San Diego, California (May 31, 2015)
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3. Siedlik, J., Gallagher, P., & **Vardiman, J.** Peripheral Immune Response to Marine Corps Martial Arts Training Presentation at Experimental Biology Conference, Boston, Massachusetts (March 29, 2015).
  4. Alayafi, Y., **Vardiman, J.**, Greene, L., & Gallagher, P. The Physiological Effect of Fasting the Month of Ramadan on Anthropometric and Blood Variables. Presentation at Experimental Biology Conference, Boston, Massachusetts (March 31, 2015).
  5. **Vardiman, John P.** Evidence Based Practice: Clinical Application of Instrument Assisted Soft Tissue Mobilization. Invited Presentation at the Mid-America Athletic Trainers Association. (March 20, 2015)
  6. Hawkins, W., Moodie, N., Matuszek, M., Graham, Z., Vardiman, J., Gallagher, P. Comparison of Different Leg Press Exercise Volumes on the AKT/ MTOR Signaling Pathway. Presentation at the Central States American College of Sports Medicine Conference. Overland Park, Kansas (October 23, 2014)
  7. Siedlik, J., Deckert, J., Herda, T., Weir, J., Gallagher, P., & **Vardiman, J. P.** Immunoendocrine Response To Marine Corps Martial Arts Training. Presentation at the Central States American College of Sports Medicine Conference. Overland Park, Kansas (October 23, 2014)
  8. Vardiman, John P. Clinical Evaluation of Orthopedic Injury. Invited Presentation at the Emergency Medicine Seminar. Tonganoxie, Kansas (August 2, 2014)
  9. Vardiman, John P. Evidence Based Practice: Clinical Application of Instrument Assisted Soft Tissue Mobilization. Invited Presentation at the Missouri Athletic Trainers Association Annual Meeting, Columbia, Missouri (June 6, 2014)
  10. Vardiman, John P. Research in Athletic Training. Invited Presentation at the Mid America Nazarene Sports Medicine Seminar. Olathe, Kansas (April 4, 2014)
  11. Vardiman, John P. Establishing Optimal Training Intervals for the Marine Corps Martial Arts Program. Office of Naval Research Technical Review, Washington, D.C. (February, 8 2014)
  12. Vardiman, John P. Evidence Based Practice: Clinical Application of Instrument Assisted Soft Tissue Mobilization. Invited Presentation at the Missouri Educators Conference. Warrensburg, Missouri (February 1, 2014)
  13. Vardiman, John P. Heavy metal treatment: Using instruments for soft tissue mobilization. Presentation at the Kansas Athletic Trainers Society Annual Meeting, Wichita, Kansas (November 10, 2013)
  14. Siedlik, J. A., Siscos, S., Rolf, A., Evans, K., Seeley, J., Gallagher, P. & Vardiman, J. P. Using a computerized neurocognitive assessment instrument to identify a malingering athlete. Presentation at the Central States American College of Sports Medicine Annual Meeting, Warrensburg, Missouri (October 17, 2013)
  15. Siedlik, J. A., Harrison, G., Brigman, R., Graham, Z. A., Weir, J. P., Gallagher, P. M., & **Vardiman, J. P.** Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. Presentation at the American College of Sports Medicine Annual Meeting, Indianapolis, Indiana (May 31, 2013)
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16. **Vardiman, J. P.**, Siedlik, J., Cooper, M., Emmons, R., Moreau, W., Nabhan, D., Street, J., & Gallagher, P. Gold medal sports medicine: Integrative model of medical care during international competition. Presentation at the American College of Sports Medicine Annual Meeting, Indianapolis, Indiana (May 30, 2013)
  17. Deckert, J., Herda, T., **Vardiman, P.**, Gallagher, P., & Cooper, M. The acute effects of static stretching on the passive muscle properties of the leg extensors. Presentation at the American College of Sports Medicine Annual Meeting, Indianapolis, Indiana (May 30, 2013)
  18. **Vardiman, P.** Instrument assisted soft tissue mobilization: research and application. Invited Full Session Presentation at the Oklahoma Athletic Trainers Association's Annual meeting, Enid, Oklahoma (May 18, 2013)
  19. **Vardiman, P.** Gold medal sports medicine: Integrative model of medical care during international competition. Full Session Presentation at the Central States American College of Sports Medicine Annual Meeting, Columbia, Missouri (October 19, 2012)
  20. Siedlik, J. A., Harrison, G., Brigman, R., Graham, Z. A., Weir, J.P., Gallagher, P. M., & **Vardiman, J. P.** Methods comparison: Assessing agreement of physiological parameters obtained from exercise on two different cycle ergometers. Presentation at Central States American College of Sports Medicine Annual Meeting, Columbia, Missouri (October 18, 2012)
  21. Deckert, J. A., Herda, T. J., **Vardiman, J. P.**, Gallagher, P. M., & Cooper, M. A. Differences in musculotendinous stiffness of the rectus femoris following static stretching. Presentation at Central States American College of Sports Medicine Annual Meeting, Columbia, Missouri (October 18, 2012)
  22. **Vardiman, P.**, Andre, M., Graham, Z., Moodie, P., Maresh, J., Lane, M., Alayafi, Y., Carr, D., & Gallagher, P. The use of instrument assisted soft tissue mobilization to change perception of functional ability in college-aged students. Presentation at the American College of Sports Medicine Annual Meeting, San Francisco, California. (June 1, 2012)
  23. **Vardiman J. P.**, Horinek R. J., McCartney, M. K., Graham, Z. A., Moodie, N. J. & Gallagher, P. M. The ability of instrument assisted soft tissue mobilization to attenuate inflammation and symptoms of muscle damage after an eccentric exercise protocol. Presentation at the National Athletic Trainers Association Annual Symposium, St. Louis, Missouri. (June 28, 2012)
  24. **Vardiman, P.** Clinical insights of instrument assisted soft tissue mobilization: history, theory and application. Full Session Presentation at Mid-America Athletic Trainers Association Annual Meeting and Symposium, Topeka, Kansas. (March 2012)
  25. **Vardiman, P.**, Harrison, G., Brigman, R., Graham, Z., & Gallagher, P. Validity and reliability assessment of a power meter field testing device. Presentation at the Mid-America Athletic Trainers Association Annual Meeting and Symposium, Topeka, Kansas. (March 2012)
  26. **Vardiman, P.**, Andre, M., Graham, Z., Moodie, P., Maresh, J., Lane, M., Alayafi, Y., Carr, D., & Gallagher, P. The Use of Instrument Assisted Soft Tissue Mobilization to Change Perception of Functional Ability in College-Aged Students. Presented at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Kansas City, Missouri. (October 20, 2011)
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27. Gallagher, P., Harrison, G., Brigman, R., Graham, Z., & **Vardiman, P.** Validity and reliability assessment of a power meter field testing device. Presented at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Kansas City, Missouri. (October 20, 2011)
  28. Horinek, R., Moodie, N., **Vardiman, P.**, Kudrna, R., Graham, Z., McCartney, M., & Gallagher, P. Inflammatory cytokines and pain perception from an eccentric exercise muscle damage protocol. Presented at the Central States Chapter of the American College of Sports Medicine Annual Meeting Kansas City, Missouri. (October 20, 2011)
  29. **Vardiman, P.**, Moodie, P., Graham, Z., Maresh, J., Andre, M., Lane, M., Alayafi, Y., & Gallagher, P. Instrument assisted soft tissue mobilization and the effect on muscle damage and perception of functional ability. Invited Presentation at the United States Olympic Training Center, Colorado Springs, Colorado (July 28, 2011)
  30. Andre, M., Fry, A., Gallagher, P., **Vardiman, P.**, Fry, M., Kudrna, B., Gandy- Moodie, N., & McCartney, M. The effects of a pre-workout caffeine supplement on endogenous growth hormone levels. Presented at the National Strength and Conditioning National Conference, Las Vegas, Nevada. (July 2011)
  31. **Vardiman, P.**, Donnelly, J., Honas, J., Horinek, R., Moodie, N., & Gallagher, P. Comparison of immune status in active-fit and sedentary overweight college aged students. American College of Sports Medicine Annual Meeting, Denver, Colorado. (June 1, 2011)
  32. Moodie, N., Kudrna, R., McCartney, M., Graham, Z., **Vardiman, J. P.**, Fry, A., & Gallagher, P. The effects of pre-workout supplementation and eight weeks of resistance training on markers of inflammation. American College of Sports Medicine Annual Meeting, Denver, Colorado. (June 1, 2011)
  33. **Vardiman, P.** Immune response to exercise: A comparison of athletes and non-athletes. Midwest Sports Performance Conference, Lawrence, Kansas. (May 14, 2011)
  34. **Vardiman, J.P.**, Horinek, R.J., McCartney, M.K., Graham, Z.A., Moodie, N.J., & Gallagher, P.M. The effects of instrument assisted soft tissue mobilization after an eccentric exercise muscle damage protocol. Presentation at the Mid-America Athletic Trainers Association Annual meeting and Symposium, Omaha, Nebraska. (March 19<sup>th</sup>, 2011)
  35. **Vardiman, P.** Syndesmotic ankle sprain: A case study. Kansas Athletic Trainers Society Annual Sports Medicine Seminar, Lawrence, Kansas. (November 7, 2010)
  36. **Vardiman, P.** Instrument assisted soft tissue mobilization and muscle damage. Presentation at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Lawrence, Kansas. (October 22, 2010)
  37. **Vardiman, P.**, Gallagher, P., Honas, J., Horinek, R., Graham, Z. & Donnelly, J. The immune response to long-term exercise in sedentary-obese college aged students. Presentation at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Lawrence, Kansas. (October 22, 2010)
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38. Andre, M. J., Fry, A. C., Heyrman, M., Hudy, A., Holt, B., Roberts, C., **Vardiman, P.**, & Gallagher, P. A reliable method for assessing rotational power. Presentation at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Lawrence, Kansas. (October 22, 2010)
  39. Kudrna, R., Moodie, N., McCartney, M., Bustamante, J., Fry, A., Gallagher, P., & **Vardiman, P.** The effect of a multi-ingredient high caffeine pre-exercise supplement on strength power and body composition in 8 weeks of resistance training. Presentation at the National Strength and Conditioning National Conference, Orlando, Florida. (July 14, 2010)
  40. Moodie, N., **Vardiman, J. P.**, Kudrna, R., Graham, Z., Bustamante, J., & Gallagher, P. Inflammatory cytokines and pain perception resulting from an eccentric exercise muscle damage protocol. Presentation at the American College of Sports Medicine Annual Meeting, Baltimore, Maryland. (June 5, 2010)
  41. Fry, A. C., Hudy, A., Gallagher, P. M., **Vardiman, J. P.**, Kudrna, R. A., Moodie, N. G. McCartney, M. K., & Bustamante, J. Lower body power-load curves for NCAA Division-1 men's and women's collegiate basketball players. Presentation at the American College of Sports Medicine Annual Meeting, Baltimore, Maryland. (June 3, 2010)
  42. **Vardiman, P.** & Wainwright, K. Manual therapy techniques for the overhead throwing athlete. Presented at the Midwest Sports Performance Conference, Lawrence, Kansas. (May 8, 2010)
  43. **Vardiman, P.**, Moodie, N., Wallace, G., Zirkelbach, J., & Gallagher, P. Tart cherry juice and attenuation of exercise induced inflammation. Presentation at the Mid-America Athletic Trainers Association Annual meeting and Symposium, Columbia, Missouri. (March 28<sup>th</sup>, 2010)
  44. Moodie, N., **Vardiman, P.**, Gallagher, P., Wallace, G., & Bird, R. The effects of tart cherry juice on exercise induced markers of inflammation. Presentation at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Columbia, Missouri. (November 5, 2009)
  45. **Vardiman, P.**, Gallagher, P., Honas, J., & Donnelly, J., Comparison of basal cytokine levels in sedentary-obese and active-fit college-aged students. Presentation at the University of Kansas Energy Balance Laboratory 11<sup>th</sup> Annual Obesity Conference, Kansas City, Missouri. (September 10, 2009)
  46. Miyazawa, A., & **Vardiman, P.** Cryptogenic stroke associated with patent foramen ovale in a collegiate female volleyball athlete. Presentation at the Mid-America Athletic Trainers Association Spring Symposium, Omaha, Nebraska. (March 28, 2009)
  47. **Vardiman, P.** Hip anatomy and biomechanics. Presentation at the Kansas Athletic Trainers Society Annual Sports Medicine Seminar, Topeka, Kansas. (November 16, 2008)
  48. Jefferies, L., **Vardiman, P.**, Touchberry, C., & Gallagher, P. Fluidotherapy's effects on human heat shock protein 70 in males and females. Presentation at the Central States Chapter of the American College of Sports Medicine Annual Meeting, Kansas City, Missouri. (October 16, 2008)
  49. **Vardiman, P.**, Riggs, C., Gallagher, P., & Touchberry, C. Immune response of collegiate female soccer athletes participating in sport training and competition. Presentation at National Athletic Trainers Association Annual Symposium, St. Louis, Missouri. (June 19, 2008)
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50. **Vardiman, P.** Medical emergencies in sports: Heat illness, asthma, cardiac emergencies and commotio cordis. Kansas Athletic Trainers Society Emergency Medical Services Seminar. Lawrence, Kansas. (July 21, 2007)
51. **Vardiman, J.,** Riggs, C., DiBrezza, R., Fort, I., Shadden, B., Turner, R., Touchberry, C., & Gallagher, P. Acute and chronic effects of high-intensity short-duration sport training on salivary immunoglobulin-a in female collegiate athletes. Presentation at the Mid-America Athletic Trainers Association Spring Symposium, Topeka, Kansas. (March 17, 2007)
52. **Vardiman, P.** The use of percentage body weight loss as a predictor for heat related illness in intercollegiate football players. Presented at the National Athletic Trainers Association Annual Symposium, Kansas City, Missouri. (June 17, 2000)

### **External Funding**

1. Expansion Proposal: Establishing optimal training intervals for the Marine Corps' martial arts program (MCMAP) for improvement in physical performance and warrior mindset. **Principal Investigator** (P. Gallagher, Co-PI). Office of Naval Research (BAA 004-14) \$371,000
2. Establishing optimal training intervals for the Marine Corps' martial arts program (MCMAP) for improvement in physical performance and warrior mindset. **Principal Investigator** (P. Gallagher, Co-PI). Office of Naval Research (BAA 004-13) \$717,559
3. Intramuscular Inflammatory Response to Application of Graded Pressure Instrument Assisted Soft Tissue Mobilization. **Principal Investigator** (P. Gallagher, Co-Investigator) Mid-America Athletic Trainers Association Research and Education Athletic Training Grant \$1750 (2013-2014)
4. Assessment of a Field Testing Device Used to Monitor Workloads in Endurance Cycling Athletes. **Principal Investigator** (P. Gallagher, Co-Investigator, G. Harrison, Co-Investigator) Mid-America Athletic Trainers Association Research and Education Athletic Training Grant \$3500 (2011-2012)
5. The Inflammatory Response From Eccentric Exercise Muscle Damage and Instrument Assisted Soft Tissue Mobilization, **Principal Investigator** (J. Owensby, Co- Investigator, N. Moodie, Co-Investigator, P. Gallagher, Co-Investigator) Mid-America Athletic Trainers Association Research and Education Athletic Training Grant \$1500 (2010-2011)
6. Effects of Resistance Exercise and a Pre-Workout Dietary Supplement on Physical, Psychological and Physiological Adaptations, **Co-investigator** (P. Gallagher, PI, A. Fry Co-PI, M. Fry Co-investigator) Labrada Nutrition, Inc. \$22,500 (2009-2010)
7. The Effect of Protein Supplementation Following Resistance Training on the Inflammation Response, **Co-Principal Investigator** (A. Daveline, PI) Mid-America Athletic Trainers Association Research and Education Athletic Training Grant \$1500 (2009-2010)

### **External Funding Proposals Under Review**

1. Reducing attrition in initial military training through individualized training interventions prior to basic military combat training. **Co-Principal Investigator** (P. Gallagher, PI) United States Army Medical Research and Material Command (BAA 13-1). Competitive process.
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### **Internal Funding**

1. Acute and chronic immunoendocrine response to physiological and psychological dual-stress models. **Principal Investigator** (P. Gallagher, Co-Investigator) University of Kansas School of Education Support Funding \$9625 (2014-15)
  2. Functional activity, range of motion, power, strength, and subjective assessment following instrument assisted soft tissue mobilization. **Principal Investigator** (P. Gallagher, Co-Investigator) University of Kansas School of Education Support Funding \$8380 (2011-2013)
  3. Exercise, Muscle Damage, Inflammation, Instrument Assisted Soft Tissue Mobilization, **Principal Investigator** (P. Gallagher, Co-Investigator) University of Kansas Graduate Research Funding \$8558 (2010-2012)
  4. Inflammatory Cytokines and Pain Perception Resulting from Eccentric Exercise Muscle Damage Protocol, **Principal Investigator** (P. Gallagher, Co-Principal Investigator) University of Kansas Graduate Research Funding \$8,600 (2009-2011)
  5. The Effect of Long-Term Exercise, Weight Loss and Energy Balance on Serum Cytokines and Immunoglobulins in Obese College Aged Students, **Principal Investigator** (P. Gallagher, Co-investigator) University of Kansas New Faculty Graduate Research Funding- School of Education \$8,000 (2008-2010)
  6. Acute Effects of High Intensity Endurance Exercise on Young and Master's Level Athlete Immunoglobulin Levels, **Principal Investigator** (P. Gallagher, Co-Investigator) School of Education Summer Research Funding \$4981 (2007)
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## **KU TEACHING RECORD**

<b>Course Number &amp; Title</b>	<b>Sem/Year</b>
HSES 460, Rehabilitation	Spring 2015
HSES 459, Practicum IV	Spring 2015
HSES 352, Therapeutic Modalities	Fall 2014
HSES 353, Practicum I	Fall 2014
HSES 455, Soft Tissue Mobilization First Aid	Summer 2014
HSES 460, Rehabilitation	Spring 2014
HSES 459, Practicum IV	Spring 2014
HSES 352, Therapeutic Modalities	Fall 2013
HSES 353, Practicum I	Fall 2013
HSES 455, Soft Tissue Mobilization First Aid	Summer 2013
HSES 460, Rehabilitation	Spring 2013
HSES 459, Practicum IV	Spring 2013
HSES 352, Therapeutic Modalities	Fall 2012
HSES 353, Practicum I	Fall 2012
HSES 598, Special Course In ARC FA/ CPR and IASTM	Summer 2012
HSES 460, Rehabilitation	Spring 2012
HSES 459, Practicum III	Spring 2012
HSES 352, Therapeutic Modalities	Fall 2011
HSES 353, Practicum I	Fall 2011
HSES 598, Special Course In ARC FA/ CPR and IASTM	Summer 2011
HSES 460, Rehabilitation	Spring 2011
HSES 459, Practicum III	Spring 2011
HSES 353, Practicum I	Fall 2010
HSES 352, Therapeutic Modalities	Fall 2010
HSES 680, Adaptive Physical Education and Recreation	Summer 2010
HSES 598, Special Course In ARC FA/ CPR and IASTM	Summer 2010
HSES 460, Athletic Training Practicum IV	Spring 2010
HSES 459, Rehabilitation	Spring 2010
HSES 656, Rehabilitation Techniques of Athletic Training	Fall 2009
HSES 352, Therapeutic Modalities	Fall 2009
HSES 350, Care and Prevention of Athletic Injury	Summer 2009
HSES 654, Management and Treatment	Spring 2009
HSES 656, Rehabilitation of Athletic Injury	Fall 2008
HSES 352 Therapeutic Modalities	Fall 2008
HSES 350 Care and Prevention of Athletic Injury	Summer 2008
HSES 654, Management and Treatment of Athletic Injury	Spring 2008
HSES 351, Introduction of Athletic Training	Spring 2008
HSES 350, Care and Prevention of Athletic Injury	Spring 2008
HSES 656, Rehabilitation of Athletic Injury	Fall 2007
HSES 583, Athletic Training Practicum III	Fall 2007

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### **Undergraduate Research Mentor**

Michael Siscos- Undergraduate Research Award Mentor (2013)  
Grant Harrison- Undergraduate Research Award Mentor (2012)  
Greg Wallace- Undergraduate Research Award Co-Mentor (2009)

### **Graduate Advising**

#### **Committee Chair: Doctoral**

Jacob Siedlik- Co-Chair- currently serving  
Will Hawkins- Co-Chair- currently serving  
Jake Deckert- Co-Chair- currently serving

#### **Committee Chair: Masters**

Sam Brethauer, Chair of Thesis Committee for Master of Science in Education Graduated May 2011

### **Doctoral Committees**

Becky Kudrna- Graduated August 2014  
Yahya Alayafi- Graduated August 2014  
Zach Graham- Graduated May 2014  
Matt Andre- Graduated May 2014  
Jennifer Volberding- graduated May 2011  
Nicole Moodie- graduated May 2010

### **Masters Committees**

Justin Maresh, Master of Science in Education, currently serving  
Michael Cooper, Master of Science in Education, Graduated May 2013  
Mallory McCartney, Master of Science in Education graduated, graduated May 2012  
Renee Horniek, Master of Science in Education, graduated December 2011  
Justin Fletcher, Master of Science in Education, graduated December 2010  
Zachary Graham, Master of Science in Education, graduated December 2010  
Michael Prewitt, Master of Science in Education graduated August 2009  
Laura Jefferies, Master of Science in Education graduated December 2008

### **University Service**

#### **Department**

- Undergraduate Curriculum Committee, 2013- Present
- Dr. Bob Run (Founder and Race Director) 2010-Present  
\*Resulted in over \$20,000 in scholarship funds for HSES Students in first 3 years
- Public Relations Committee (Chair), 2009-2010
- Public Relations Committee, 2006-2008
- Awards and Scholarship Committee, 2006-2012
- KU Sports Medicine Club Faculty Advisor, 2005-Present

#### **School of Education**

- Grievance Committee, 2012-Present
- School of Education Scholarship Committee, 2006-2012

#### **University**

- Human Subjects Committee-Lawrence, 2008-Present
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## **Professional Service**

### **State**

- City of Lawrence- Lawrence Memorial Hospital Wellness Steering Committee 2014-Present
- USD 497 Health Professions Committee 2014-Present
- Kansas Athletic Trainers' Society Secretary, 2009-Present
- Kansas Athletic Trainers' Society-Research Grants Committee, 2006-Present
- Kansas Athletic Trainers' Society-Membership Committee, 2006-Present

### **Region**

- Mid-America Athletic Trainers' Association District 5 (Chair)-Abstract Review Committee, 2013-Present
- Mid-America Athletic Trainer's Association District 5-Abstract Reviewer, 2012
- Central States American College of Sports Medicine-Presentation Reviewer, 2012
- Central States American College of Sports Medicine-Site Selection Committee, 2009-2011
- Mid-America Athletic Trainers' Association District 5 Research Grants Committee Kansas Representative, 2006-Current
- Mid-America Athletic Trainers' Association District 5 Hall of Fame Committee Kansas Representative, 2006-2012

### **International and National**

- National Athletic Trainers' Association Foundation, At-Large Director, July 2014- July 2017
  - USA Track and Field Athletic Trainer-World Championships, Beijing, Japan, July 2015
  - USA Track and Field Athletic Trainer-Junior World Championships, Eugene, OR, July 2014
  - USA Track and Field Athletic Trainer-World Championships, Moscow, Russia, August 2013
  - Promotion and Rank External Reviewer for Brian Farr, MS, ATC- University of Texas-Austin, August 2012
  - Journal Reviewer- *Open Access Journal of Sports Medicine*, February 2012
  - Journal Reviewer- *Ergonomics*, December 2011
  - Commission on Accreditation of Athletic Training Education Site Visitor- 2007-2011
  - USA Track and Field Athletic Trainer-Pan American Games, Guadalajara, Mexico October, 2011
  - United States Olympic Training Center-Volunteer Athletic Trainer, Colorado Springs, CO, July 2011
  - USA Track and Field Athletic Trainer-Five Nations Match Glasgow, Scotland, January 2009
  - USA Track and Field Athletic Trainer-Americas Cup Race Walk, El Salvador, May 2009
  - USA Track and Field Athletic Trainer-World Cup Race Walk Cheboksary, Russia, May 2008
  - National Athletic Trainers' Association Board of Certification Examiner, 2002-2007
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