

## *Curriculum Vita*

***Thomas Swensen***  
***Department of Exercise and Sport Sciences***  
***Ithaca College***  
***Ithaca, NY 14850***

### ***Addresses:***

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### ***Education:***

Ph.D. University of Tennessee (1992): Life Science Program: Physiology.

M.S. University of Tennessee (1988): Zoology.

B.A. Vanderbilt University (1983): History.

### ***Teaching Experience:***

*Professor and Chair (2010): Department of Exercise and Sport Sciences, Ithaca College, Ithaca, NY*

*Professor (2009): Department of Exercise and Sport Sciences, Ithaca College, Ithaca, NY*

*Associate Professor (2001): Department of Exercise and Sport Sciences, Ithaca College, Ithaca, NY*

*Assistant Professor (1995): Department of Exercise and Sport Sciences, Ithaca College, Ithaca, NY*

*Instructor (1994-1995): Indiana Vocational and Technical State College, Bloomington, IN.*

*Instructor (1993, spring and summer): University of La Verne, La Verne CA.*

***Research Positions:***

Research Associate (1994-1995). Human Performance Laboratory at Indiana University, Bloomington, IN. Examined the effect of a low-fat diet and various modes of exercise on body composition in overweight adults.

***Grants and External Funding:***

Academic Challenge Grant. Provost awarded. April 2011; \$1200.

Research grant to study the effects betaine on DOMs. Danisco Sweeteners, Oy, Finland. February 2011; \$1575.00

Research grant to study the effects betaine on DOMs. Ithaca College, School of Health Sciences and Human Performance, Research Grant, Ithaca, NY. February 2011; \$950.00

Research grant to study the effects of omega 3 fatty acids on delayed onset muscle soreness. Bioseutica PLC, Rhinebeck, NY. October 2009; \$19,720.00

Research grant to study the effects of omega 3 fatty acids on delayed onset muscle soreness. Ithaca College, School of Health Sciences and Human Performance, Research Grant, Ithaca, NY. May 2009; \$500.00

Research support to examine the effects of FRS consumption on rowing performance. FRS Company, Foster City, California. October 2008; \$6000.00.

Research support to compare various lactate analyzers. Ekf-diagnostic Gmbh, Cologne, Germany. May 2008; \$1000.00.

Research grant to compare various lactate analyzers. Ithaca College Small Grant for Faculty Research, Ithaca, NY. April 2007; \$250.00.

Research support to compare various lactate analyzers. Ekf-diagnostic Gmbh, Cologne, Germany. May 2007; \$4000.00.

Instructional improvement grant. Ithaca College Instructional Development Fund. April 2006; \$538.00.

Research grant to study the effects of the menstrual cycle on strength and power in female athletes. Ithaca College, School of Health Sciences and Human Performance, Research Grant, Ithaca, NY. October 2006; \$700.00

Research grant to study the effects of exercise and sleep deprivation on cognitive performance. Ithaca College, School of Health Sciences and Human Performance, Research Grant, Ithaca, NY. February 2004; \$300.00

Research grant to study the effects of androstenedione supplementation on testosterone levels, exercise performance, and mood in older men. Ithaca College, School of Health Sciences and Human Performance, Research Grant, Ithaca, NY. August 2003; \$625.00

Research grant to study the effect of respiratory muscle training on 20 km cycling time trial performance. Ithaca College, School of Health Sciences and Human Performance, Research Grant, Ithaca, NY. October 2002; \$600.00.

Research grant to study the effect of respiratory muscle training on 20 km cycling time trial performance. Ithaca College Small Grant for Faculty Research, Ithaca, NY. October 2002; \$250.00.

Research support to study the effect of respiratory muscle training on 20 km cycling time trial performance. Powerlung Inc., Phoenix, AZ. October 2002; \$2200.00.

Research grant to study the effects of altering pedal cadence on time-trial performance in trained cyclists. Ithaca College, School of Health Sciences and Human Performance, Research Grant, Ithaca, NY. March 2000; \$200.00.

Research grant to study the influence of cycling position on economy and cadence in trained cyclists during hill climbing at various power outputs. Ithaca College Small Grant for Faculty Research, Ithaca, NY. October 1999; \$250.00.

Research grant to study the influence of cycling position on economy and cadence in trained cyclists during hill climbing at various power outputs. Ithaca College, School of Health Sciences and Human Performance, Research Grant, Ithaca, NY. October 1999; \$250.00.

Research grant to study the influence of cycling position on economy and cadence in trained cyclists during hill climbing at various power outputs. Tune Corporation, Cambridge, MA. October 1999; \$400.00.

Research grant to study the effects of creatine monohydrate supplementation on recovery time from repeated bouts of supramaximal cycling. Ithaca College Small Grant for Faculty Research, Ithaca, NY. November 1998; \$250.00.

Research grant to study the effects of creatine monohydrate supplementation on recovery time from repeated bouts of supramaximal cycling. EAS Corporation, Golden, CO. September 1998; \$1800.00.

Research grant to study the non-invasive determination of maximal lactate steady state training heart rate in cyclists. Ithaca College Summer Research Grant, Ithaca, NY. April 1996; \$3350.00.

Research grant to study the non-invasive determination of maximal lactate steady state training heart rate in cyclists. Ithaca College Small Grant for Faculty Research, Ithaca, NY. February 1996; \$250.00.

Research grant to study the non-invasive determination of maximal lactate steady state training heart rate in cyclists. Kreitler Roller, Inc., Ottawa, KS. February 1996; \$500.00.

Research grant to study the effect of a low-fat diet and various modes of exercise on body composition in overweight adults. Monroe County YMCA, Bloomington, IN. December 1993-January 1995; \$10,500.00.

Research grant to study the effects of polylactate on endurance performance. Departments of Zoology, Life Sciences, and Health, Physical Education and Recreation at the University of Tennessee. January 1992; \$1,000.00.

Research grant to study the effects of polylactate on endurance performance. Kodak Chemical. January 1992; \$3,000.00.

Research grant to study the effects of polylactate on endurance performance. Champion Nutrition. October 1991; \$700.00.

Research grant to study the effects of polylactate on endurance performance. Ross Laboratories. October 1991; \$500.00.

Research grant to study the effects of polylactate on endurance performance. Cycling Research Association. September 1991; \$1,500.00.

***Committee Work:***

Health Sciences and Human Performance Dean Search Committee (2011-2012). Ithaca College. Member of a 12 person college committee.

Secretary, Faculty Council (2008-2012). Position includes seat on Executive Committee of Faculty Council.

Pre-medical Review Committee (1999-2012). Ithaca College. Represent School of Health Sciences and Human Performance for this all college committee that screens pre-medical applicants.

Pre-Medical Advisor for the School of Health Sciences and Human Performance (2000-2012). Ithaca College. I am one of two pre-med advisors for the school.

Faculty Search Committee (2009-2010). Ithaca College. Member of a 5-person departmental ad-hoc committee to fill a position in exercise science.

Chair, All-College Tenure and Promotion Committee (2006-2008). Ithaca College. Chair of 7-person standing all-college committee that evaluates college faculty for tenure, promotion, and tenure and promotion.

All-College Tenure and Promotion Committee (2005-2006). Ithaca College. Member of 7-person standing all-college committee that evaluates college faculty for tenure, promotion, and tenure and promotion.

Chair, Personnel Committee for School of Health Sciences and Human Performance (2005-2008). Ithaca College. Chair of 7-person standing school committee that evaluates school faculty for tenure, promotion, and tenure and promotion.

Departmental Personnel Committee (2002-2009). Ithaca College. Member of 5-person standing departmental committee that evaluates departmental faculty for tenure and promotion.

South Hill Partnership Committee (2004-2007). Community. Member of a 10-person committee composed of South Hill Elementary School and Ithaca College Faculty and Administrators that develops programs to foster links between the two organizations.

Chair, Human Subjects Review Board (2002-2005). Ithaca College. Chaired 8-person, standing all-college committee that reviews research proposals involving human subjects.

Faculty Search Committee (2005-2006). Ithaca College. Member of a 3-person departmental ad-hoc committee that filled a position in exercise science.

Personnel Committee for School of Health Sciences and Human Performance (2004-2005). Ithaca College. Member of 7-person standing school committee that evaluates school faculty for tenure and promotion.

Chair, Faculty Search Committee (2003-2004). Ithaca College. Chaired 3-person departmental ad-hoc committee that filled an ANP lab instructor position.

Faculty Search Committee (2001-2002). Ithaca College. Member of a 3-person departmental ad-hoc committee that filled a position in biomechanics.

Chair, School Merit Committee (2002). Ithaca College. Chaired 3-person ad-hoc committee that studied the issue of merit pay for the School of Health Sciences and Human Performance.

Member of the Periodic Program Review Committee (2000-2001). Ithaca College. This all college ad-hoc committee examined the College's response to the last Mid-States Accreditation Report. I was the chair of a sub-group that examined graduate studies at the College.

Faculty Search Committee (1999-2000). Ithaca College. Member of a 3-person departmental ad-hoc committee that filled a position in kinesiology.

Member of the Academic Program Development and Implementation Task Group (1999-2000). Ithaca College. This all college ad-hoc committee developed a concept for a common academic program for all Ithaca College students.

Release Time Grant Committee (1999). Ithaca College. Member of campus committee that reviewed release time grant proposals.

Faculty Development Committee (1999-2002). Ithaca College. Elected as a representative from the School of Health Sciences and Human Performance for this all college committee.

Summer Research Grant Committee (1998). Ithaca College. Member of campus committee that reviewed summer research grant proposals.

Departmental Merit Committee (Fall, 1998). Ithaca College. Chaired the department's committee on merit procedures.

Faculty Council Executive Committee (1998-2000). Ithaca College. Was one of five members from the Faculty Council elected to by Council to serve on this committee.

School Merit Committee (1997-1998). Ithaca College. Member of 9-person ad-hoc committee that studied the issue of merit pay for the School of Health Sciences and Human Performance.

Chair, Faculty Search Committee (1996-1997). Ithaca College. Chair of 3-person departmental ad-hoc committee that filled a position in kinesiology.

Member of the Budget and Resource Allocation Team for the Mid-Atlantic States reaccreditation self-study (1996-1997). Ithaca College.

Faculty Council. (1996-1998). Ithaca College. Represented the School of Health Sciences and Human Performance for this all college committee.

Steering Committee on Shared Governance Task Force (1996). Ithaca College. Member of a 5-person ad-hoc committee that studied shared governance for the School of Health Sciences and Human Performance.

Faculty Search Committee (1995-1996). Ithaca College. Member of a 3-person departmental ad-hoc committee that filled a position in motor learning.

Faculty Senate Executive Committee Indiana Vocational and Technical State College (1994-1995).

### ***Professional Service:***

Manuscript Reviewer (1995-2012). Review approximately six manuscripts each year for the following journals: International Journal of Sports Medicine; Medicine, Science in Sports and Exercise; Journal of European Applied Physiology; and Sports Medicine.

### ***Community Service:***

Cal Ripken Little League Coach (2005-2010). I was an assistant coach in 2006, 2007, and 2009; head coach in 2008. Head coach of summer travel teams 2008, 2009, and 2010.

Executive Board Cal Ripken Little League (2006-2008). I served as the director of fund raising for the area youth baseball organization. I raised over \$5000 each year to support the league.

Ithaca Pee Wee Wrestling Coach (2006-2008). I was an assistant coach for the local youth wrestling club.

Ithaca Youth Bureau Soccer Coach (2005-2006). I was an assistant coach in 2005 and head coach in 2006 for a youth soccer team.

Teacher's aid (2001-2005). I volunteered 1.5 to 3 hr each week at South Hill Elementary School.

### ***Honors and Awards:***

Inducted into the Phi Kappa Phi National Honor Society in fall 2011: Recognized for excellence in scholarship.

Dean's Award (2010-2011). Recipient of the Dean's Award in recognition for excellence and productivity in teaching, scholarship, and service in the School of Health Sciences and Human Performance.

Inducted into the Alpha Eta Society in spring 2011: Recognized for excellence in scholarship in the field of allied health.

Inducted into the Oracle Honor Society in 2007 in recognition of my contributions to the lives of first year students.

Excellence in Teaching Award (2001-2002). Recipient of the Teaching Excellence Award for the School of Health Sciences and Human Performance.

Excellence in Teaching Award (1997-1998). Recipient of the Independent College Fund of New York Teaching Excellence Award.

***Referred Published Abstracts:***

Pryor, J. L., Sforzo, G. A., & Swensen, T. The effect of betaine on nitric oxide and cardiovascular response to exercise. *Medicine and Science in Sports and Exercise* 43(5):s591, 2011.

Dubey, A., Sforzo, G., & Swensen, T. Manipulating the extent of delayed onset muscle soreness. *Medicine and Science in Sports and Exercise* 43(5):s369, 2011.

Czapla, R., Swensen, T., Craig, AS: Effect of betaine on cycling sprint power. *Journal of the International Society of Sports Nutrition*, 7(1):P23, 2010.

Fitzgerald, S., Sforzo, GA, & Swensen, T: The Effect of Cycling Cadence on the Cycle-Run Transition in Triathletes. *Medicine and Science in Sports and Exercise* 40(5):s173, 2008.

Nabinger, C., Swensen, T., & King, D: The Effects of the Menstrual Cycle on Strength and Power in Female Athletes. *Medicine and Science in Sports and Exercise* 39(5):s2, 2007.

Kato, J.D., Sforzo, G.A., & Swensen, T: The effects of multiple v. single bouts of exercise on 24-h blood pressure status. *Medicine and Science in Sports and Exercise* 38(5):s198, 2006.

John, D., Sforzo, G.A., & Swensen, T: Postexercise heart rate measurement after group exercise. *Medicine and Science in Sports and Exercise* 38(5):s325, 2006.

Benson, A. & Swensen, T: Criteria for maximal oxygen uptake in collegiate subjects. *Medicine and Science in Sports and Exercise* 37(5):s97, 2005.

Butts, C., Swensen, T., & Pfaff, T: Effect of respiratory muscle training on 20km cycling time-trial performance. *Medicine and Science in Sports and Exercise* 37(5):s76, 2005.

Swensen, T, Cowley, P., & Sforzo, G.A: The effect of short-term instability resistance training on muscular strength, endurance, and core strength. *Medicine and Science in Sports and Exercise* 37(5):s186, 2005.

- Wallace, B., Sforzo, G., & Swensen, T: Energy expenditure: elliptical v. treadmill exercise at selected RPE. *Medicine and Science in Sports and Exercise* 36(5):s249, 2004.
- Watson, G., Swensen, T. & Wigglesworth, J: The effect of altering pedal cadence on cycling performance. *Medicine and Science in Sports and Exercise* 34(5):s26, 2002.
- Hilbert, J., Swensen, T., & Sforzo, G: The effects of massage on delayed onset muscle soreness. *Medicine and Science in Sports and Exercise* 33(5):s699, 2001.
- Butts, C, Harnish, C., Swensen, T, & Brady, K: Affects of cycling position on economy and cadence in trained cyclists during hill climbing at various power outputs. *Medicine and Science in Sports and Exercise* 33(5):s120, 2001.
- Swensen, T., Kelly, B., Wigglesworth, J, & Keller, B: Effect of creatine and recovery time on power output during 45 second supramaximal cycling intervals. *Medicine and Science in Sports and Exercise* 33(5):s1158, 2001.
- Swensen, T, Obidinski, M., & Wigglesworth, J: Effects of resistance or high intensity ergometer interval training on rowing performance. *Medicine and Science in Sports and Exercise* 32(5):s536, 2000.
- Harnish, C., Swensen, T., & Pate, R: Methods for estimating the maximal lactate steady state in trained cyclists. *Medicine and Science in Sports and Exercise* 32(5):s292, 2000.
- Harnish, C., Swensen, T., Beitman, L., & Keller, B: Non-invasive estimation of the maximal lactate steady state in trained cyclists. *Medicine and Science in Sports and Exercise* 29(5):s235, 1997.
- Yannessa, J., Raglin, J., Miller, W., & Swensen, T: Comparative psychological effects of 10 week programs of exercise or nutritional counseling. *Medicine and Science in Sports and Exercise* 28(5):s137, 1996.
- Swensen, T., Miller, W., & White, T: Effect of aerobic- versus weight-training and a simple diet modification on body composition in overweight adults. *Medicine and Science in Sports and Exercise* 27(5):s949, 1995.
- Miller, W. & Swensen, T: Derivation of the prediction equations for residual volume in obese men and women. *Medicine and Science in Sports and Exercise* 27(5):s199, 1995.
- Swensen, T., Crater, G., Bassett, D.R, & Howley, E.T: Adding polylactate to a glucose polymer solution does not improve endurance. Research was seen as significant contribution to field of sport nutrition; *International Journal of Sport Nutrition*, 5(3):247-248, 1995.
- Swensen, T., Crater, G., Bassett, D.R, & Howley, E.T: The effect of polylactate on endurance performance. *Medicine and Science in Sports and Exercise*, 25(5):s25, 1993.

***Referred Presentations:***

- Corrigan, K., Kaye, M., & Swensen, T. The Effect of Load on Cycling Sprint Test Reliability. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2011. Oral presentation.

- Bittarelli M., Cathrall C., Reynolds T., Rogers B., Pryor, J.L., & Swensen, T. The Effect of Betaine on DOMS. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2011. Poster presentation.
- Pryor, J. L., Sforzo, G. A., & Swensen, T. The effect of betaine on nitric oxide and cardiovascular response to exercise. American College of Sports Medicine, National Meeting, Denver, CO, 2011. Oral presentation.
- Dubey, A., Sforzo, G., & Swensen, T. Manipulating the extent of delayed onset muscle soreness. American College of Sports Medicine, National Meeting, Denver, CO, 2011. Poster presentation.
- Koehler, A., & Swensen, T. The efficacy of omega 3 supplements on delayed onset muscle soreness. National Conference on Undergraduate Research, Ithaca, NY, 2011. Oral presentation.
- Koehler, A., Kaye, M., Sforzo, G., & Swensen, T. The efficacy of omega 3 supplements on delayed onset muscle soreness. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2010. Oral presentation.
- Dubey, A., Sforzo, G., & Swensen, T. Manipulating the extent of delayed onset muscle soreness. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2010. Poster presentation.
- Durgin, J., Swensen, T., & Sforzo, G.A. The effects of an erotic video on exercise. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2010. Poster presentation.
- Pryor, J. L., Sforzo, G. A., & Swensen, T. The effect of betaine on nitric oxide and cardiovascular response to exercise. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2010. Oral presentation.
- Braun, L., Pryor, L., & Swensen, T. Dose-response of betaine supplementation on nitric oxide. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2010. Oral presentation.
- Elliott, S. J. & Swensen, T. Effect of test order on sequential maximum aerobic & anaerobic power testing. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2010. Oral presentation.
- Czapla, R., Swensen, T., Craig, AS: Effect of betaine on cycling sprint power. International Society of Sports Nutrition, Clearwater, FL, 2010. Oral Presentation.
- Reilly, D., & Swensen, T: Comparison of VO<sub>2</sub>max elicited from incremental ramp and constant-load tests. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2008. Poster presentation.
- Fitzgerald, S., Sforzo, GA, & Swensen, T: The Effect of Cycling Cadence on the Cycle-Run Transition in Triathletes. American College of Sports Medicine, National Meeting, Indianapolis, IN, 2008. Poster presentation.
- Fitzgerald, S., Sforzo, GA, & Swensen, T: The Effect of Cycling Cadence on the Cycle/Run Transition in Triathlon. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2007. Slide presentation.
- Nabinger, C., Swensen, T., & King, D: The Effects of the Menstrual Cycle on Strength and Power in Female Athletes. American College of Sports Medicine, National Meeting, New Orleans, LA, 2007. Slide presentation.

- Fitzgerald, S., Sottung, K., Wigglesworth, J.K., & Swensen, T: Reliability and Validity of Three Field Tests of Core Strength in Comparison to Cybex Dynamometer Measures. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2006. Slide presentation.
- Nabinger, C., King, D., & Swensen, T: The Effects of the Menstrual Cycle on Strength and Power in Female Athletes. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2006. Slide presentation.
- John, D., Sforzo, G.A., & Swensen, T: Postexercise heart rate measurement after group exercise. American College of Sports Medicine, National Meeting, Denver, CO, 2006. Poster presentation.
- Kato, J.D., Sforzo, G.A., & Swensen, T: The effects of multiple v. single bouts of exercise on 24-h blood pressure status. American College of Sports Medicine, National Meeting, Denver, CO, 2006. Poster presentation.
- Kato, J.D., Sforzo, G.A., & Swensen, T: The effects of multiple v. single bouts of exercise on 24-h blood pressure status. Mid-Atlantic Meeting, American College of Sports Meeting, Hershey, PA, 2005. Slide presentation.
- Benson, A., Abendroth-Smith, J., Swensen, T, & King, D: Comparison of rowing on stationary and dynamic ergometers. Mid-Atlantic Meeting, American College of Sports Meeting, Bushkill Falls, PA, 2004. Slide presentation.
- Benson, A. & Swensen, T: Criteria for maximal oxygen uptake in collegiate subjects. Mid-Atlantic Meeting, American College of Sports Meeting, Bushkill Falls, PA, 2004. Slide presentation.
- Cowley, P., Sforzo, G.A., & Swensen, T: The effect of short-term instability resistance training on muscular strength, endurance, and core strength. Mid-Atlantic Meeting, American College of Sports Meeting, Bushkill Falls, PA, 2004. Slide presentation.
- Wallace, B., Sforzo, G., & Swensen, T: Energy expenditure: elliptical v. treadmill exercise at selected RPE. American College of Sports Medicine, National Meeting, Indianapolis IN, 2004. Poster presentation.
- Butts, C., Swensen, T., & Pfaff, T: Effect of respiratory muscle training on 20km cycling time-trial performance. Mid-Atlantic Meeting, American College of Sports Meeting, Bushkill Falls, PA, 2003. Poster presentation.
- Mina, C. & Swensen, T: Effect of stimulus strength, gender, age, and experience on lower limb reaction time in cyclists. Mid-Atlantic Regional Meeting of the American College of Sports Medicine, Bushkill, PA, 2002. Slide presentation.
- Watson, G., Swensen, T. & Wigglesworth, J: The effect of altering pedal cadence on cycling performance. American College of Sports Medicine National Meeting, ST Louis, MO, 2002. Poster presentation.
- Hilbert, J., Swensen, T., & Sforzo, G: The effects of massage on delayed onset muscle soreness. American College of Sports Medicine National Meeting, Baltimore, MD, 2001. Poster presentation.

- Butts, C, Harnish, C., *Swensen, T*, & Brady, K: Affects of cycling position on economy and cadence in trained cyclists during hill climbing at various power outputs. American College of Sports Medicine National Meeting, Baltimore, MD, 2001. Poster presentation.
- Swensen, T*, Kelly, B., Wigglesworth, J, & Keller, B: Effect of creatine and recovery time on power output during 45 second supramaximal cycling intervals. American College of Sports Medicine National Meeting, Baltimore, MD, 2001. Poster presentation.
- Harnish, C., Butts, C., & *Swensen, T*: Affects of cycling position on economy and cadence in trained cyclists during hill climbing at various power outputs. Mid-Atlantic Meeting, American College of Sports Meeting, White Haven, PA, 2000. Poster presentation.
- Swensen, T*, Kelly, B., Wigglesworth, J, & Keller, B: Effect of creatine and recovery time on power output during 45 second supramaximal cycling intervals. Mid-Atlantic Meeting, American College of Sports Meeting, White Haven, PA, 2000. Poster presentation.
- Swensen, T*, Obidinski, M., & Wigglesworth, J: Effects of resistance or high intensity ergometer interval training on rowing performance. American College of Sports Medicine, National Meeting, Indianapolis IN, 2000. Poster presentation.
- Harnish, C., *Swensen, T*, & Pate, R: Methods for estimating the maximal lactate steady state in trained cyclists. American College of Sports Medicine, National Meeting, Indianapolis IN, 2000. Slide presentation.
- Harnish, C., *Swensen, T*, and Pate, R: Methods for estimating the maximal lactate steady state in trained cyclists. American College of Sports Medicine, Mid-Atlantic States Chapter, Ithaca NY, 1999. Slide presentation.
- Harnish, C., *Swensen, T*, Beitman, L., & Keller, B: Non-invasive estimation of the maximal lactate steady state in trained cyclists. American College of Sports Medicine, National Meeting, Denver, CO. 1997. Slide presentation.
- Swensen, T*, Harnish, C., Beitman, L., & Keller, B: Non-invasive estimation of the maximal lactate steady state in trained cyclists. American College of Sports Medicine, Mid-Atlantic States Chapter, White Haven, PA. 1996. Slide presentation.
- Yannessa, J., Raglin, J., Miller, W., & *Swensen, T*: Comparative psychological effects of 10 week programs of exercise or nutritional counseling. American College of Sports Medicine, National Meeting, Cincinnati, OH. 1996. Poster presentation.
- Swensen, T*, Miller, W., & White, T: Effect of aerobic- versus weight-training and a simple diet modification on body composition in overweight adults. American College of Sports Medicine, National Meeting, Minneapolis, MN. 1995. Slide presentation.
- Miller, W. & *Swensen, T*: Derivation of the prediction equations for residual volume in obese men and women. American College of Sports Medicine, National Meeting, Minneapolis, MN. 1995. Slide presentation.
- Swensen, T*, Crater, G., Bassett, D.R, & Howley, E.T: The effect of polylactate on endurance performance. American College of Sports Medicine, National Meeting, Seattle WA. 1993. Slide presentation.

Swensen, T: The effect of weight training on peak arm aerobic power. American College of Sports Medicine, Southeastern Chapter, Columbia, SC. 1990. Poster presentation.

Howley, E.T., Colacino, D., & Swensen, T: Validation of work rate settings on the Stairmaster 4000 and comparisons of heart rate response at similar work rates on the treadmill. American College of Sports Medicine, Southeastern Chapter, Columbia, SC. 1990. Poster presentation.

Swensen, T. & Howley, E.T: Quantity of muscle mass trained: the effect on central cardiovascular adaptations and the transfer of fitness to untrained limbs. American College of Sports Medicine, Southeastern Chapter, Atlanta, GA. 1989. Poster presentation.

#### ***Editorial Work:***

Harnish C.R. & Swensen, T. Chapter 8: Bicycling, *Sport and Recreation Activities*, 13th ed. Mood, D., F. Musker, and J. Rink, Eds. Mosby-Year book, Inc. 2002.

Swensen, T. Chapter 8: Bicycling, *Sport and Recreation Activities*, 12th ed. Mood, D., F. Musker, and J. Rink, Eds. Mosby-Year book, Inc. 1998.

Swensen, T. Chapter 8: Bicycling, *Sport and Recreation Activities*, 11th ed. Mood, D., F. Musker, and J. Rink, Eds. Mosby-Year book, Inc. 1995.

#### ***Ph.D. Dissertation:***

Swensen, T. The effect of polylactate on endurance performance. Ph.D. Dissertation, University of Tennessee, Knoxville, TN. 1992.

#### ***M.S. Thesis:***

Swensen, T. Quantity of muscle mass trained: the effect on central cardiovascular adaptations and the transfer of fitness to untrained limbs. M.S. Thesis, University of Tennessee, Knoxville, TN. 1988.

#### ***Refereed Publications:***

Benson, A., J. Abendroth-Smith, D. King, and T. Swensen: Comparison of rowing on a Concept 2 stationary and dynamic ergometer. *Journal of Sports Science and Medicine*, 10:267-273, 2011.

Cowley, P.M, S. Fitzgerald, K. Sottung, and T. Swensen: Age, weight, and the front abdominal power test as predictors of isokinetic trunk strength and work capacity in young men and women. *Journal of Strength and Conditioning*, 23(3):915–925, 2009

Cowley, P.M. and T. Swensen: Development and Reliability of Two Core Stability Field Tests. *Journal of Strength and Conditioning*, 22(2):619-624, 2008.

- John, D., G.A. Sforzo, and *T. Swensen*: Monitoring exercise heart rate using manual palpation. *Health and Fitness Journal*, 11(6):14-18, 2007.
- Cowley, P.M., *T. Swensen*, and G.A. Sforzo: Efficacy of instability resistance training. *International Journal of Sports Medicine*, 28(10):829-835, 2007.
- Gross, M, D. King, and *T. Swensen*: Nonconsecutive-versus consecutive-day high-intensity interval training in cyclists. *Medicine and Science in Sports and Exercise*, 39(9):1666-1671, 2007.
- Harnish, C.R., *T. Swensen*, and D. King: Effect of cycling position on oxygen uptake and preferred cadence in trained cyclists during hill climbing at various power outputs. *European Journal of Applied Physiology*, 99:387-391, 2007.
- Watson, G. and *T. Swensen*: Effects of altering pedal cadence on cycling time trial performance. *International Journal of Sports Medicine*, 27(4): 296-300, 2006.
- Hilbert, J., G. Sforzo, and *T. Swensen*: The role of massage in the treatment of delayed onset muscle soreness: A brief review. *International SportMed Journal*, 5 (2):119-128, 2004.
- Hilbert, J., *T. Swensen*, and G. Sforzo: The effects of massage on delayed onset muscle soreness. *British Journal of Sports Medicine* 37:72-75, 2003.
- Harnish, C., *T. Swensen*, and R. Pate: Methods for estimating the maximal lactate steady state in trained cyclists. *Medicine and Science in Sports and Exercise*, 33(6):1052-1055, 2001.
- Swensen, T.*, C. Harnish, L. Beitman, and B. Keller: Non-invasive estimation of the maximal lactate steady state in trained cyclists. *Medicine and Science in Sports and Exercise*, 31(2):724-746, 1999.
- Tanaka, H. and *T. Swensen*: The effect of resistance training on endurance performance: a new form of cross-training? *Sports Medicine*, 25(3):191-200, 1998.
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***Manuscripts in Review:***

Czapla, R., Pryor, J.L., Craig, AS, and *T. Swensen*: Effect of betaine on cycling sprint power. International Journal of Sport Nutrition and Exercise Metabolism.

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*Swensen, T*: Maximal oxygen uptake criteria for collegiate subjects.

Pryor, J.L, Braun, L., Sforzo, GA., and *T. Swensen*. The Effect of Betaine on Nitric Oxide and Cardiovascular Response to Exercise.

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***Completed Student Theses:***

Joey Durgin (Chair): The Effects of an Erotic Video on Exercise. 2010

Luke Pryor (Chair): The Effect of Betaine on Nitric Oxide and Cardiovascular Response to Exercise. 2010.

Ankita Dubey (Chair): Manipulating the Extent of Delayed Onset Muscle Soreness. 2010.

Dylan Reilly (Chair): Comparison of VO<sub>2</sub>max elicited from incremental ramp and constant-load tests. 2007

Christine Nabinger (Chair): The Effects of the Menstrual Cycle on Strength and Power in Female Athletes. 2007.

Sharon Fitzgerald (Co-chair): The Effect of Cycling Cadence on the Cycle-Run Transition in Triathletes. 2007.

Chad Butts (Chair): Effect of respiratory muscle training on 20km cycling time-trial performance. 2007.

Erica Anderson (reader): Sleep deprivation, cognition, and exercise. 2007.

Micah Gross (Chair): High intensity interval training in well-trained cyclists: consecutive versus alternating days. 2006.

JD Kato (Co-chair): The effects of multiple v. single bouts of exercise on 24-h blood pressure status. 2006.

Dinesh John (Co-chair): Heart rate measurements after exercise. 2006.

Pat Cowley (reader): The effect of short-term instability resistance training on muscular strength, endurance, and core strength. 2005.

Aaron Benson (Chair): Comparison of rowing on stationary and dynamic ergometers. 2005.

Brian Wallace (Reader): Comparing energy expenditure between the treadmill and elliptical trainer. 2005.

Mostafa Afifi (Reader): Using heart rate recovery rate to predict VO<sub>2</sub>max. 2004.

Samantha Pannier (Chair): The effects of androstenedione supplementation on testosterone levels, exercise performance, and mood in older males. 2004.

Greig Watson (Chair): The effect of altering pedal cadence on cycling performance. 2002.

Brian Kelly (Reader): Effects of creatine supplementation on power output during repeated bouts of supramaximal cycling. 2001.

James Hilbert (reader): The effects of massage on delayed onset muscle soreness. 2000.

Mary Obidinski (Chair): Effects of resistance or high intensity interval training on rowing performance. 2000.

***Professional Memberships:***

American College of Sports Medicine (ACSM)  
Mid-Atlantic Regional Chapter of the ACSM