

# Dr. J. Derek Kingsley

Assistant Professor  
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jkingsle@kent.edu

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## Education

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<b>Ph.D., Exercise Physiology</b> The Florida State University	<b>2009</b>
<b>M.S., Exercise Physiology</b> The Florida State University	<b>2003</b>
<b>B.S., Exercise Science</b> University of North Carolina-Greensbor	<b>1999</b>

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## Higher Education Work Experience

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<b>Assistant Professor</b> Indiana State University	<b>8/2009 - 5/2013</b>
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## Other Professional Experience

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<b>Professional Fitness Consultant</b>	<b>1/1997 - present</b>
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## Publications

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Kingsley, J.D., Hochgesang, S., Brewer, A., Heidner, G.S., Buxton, E., Martinson, M. (2014).  
Autonomic modulation in resistance-trained individuals after acute resistance exercise. *Medicine  
and Science in Sports and Exercise*, 46, S678. 2014  
Publication: *Conference Proceedings, Refereed*

Kingsley, J.D. , Hochgesang, S., Brewer, A., Heinder, G.S., Buxton, E., Martinson, M. 2014  
Autonomic modulation in resistance-trained individuals after acute resistance exercise. (2014). *International Journal of Sports Me  
International Journal of Sports Medicine* 35, 851-856  
Publication: *Journal Articles, Refereed*

Kingsley, J.D., Demchak, T., Mathis, R. (2014). Low-level laser therapy as a treatment for chronic pain. *Frontiers in Physiology*, 5, 306. 2014  
Publication: *Journal Articles, Refereed*

**Kingsley, J.D.**, Figueroa, A. (2014). Acute and training effects of resistance exercise on heart rate variability. *Clinical Physiology and Functional Imaging*. Epub Dec 18, DOI: 10.1111/cpf.12223. 2014  
Publication: *Journal Articles, Refereed*

Kingsley, J.D. (2013). Fibromyalgia. In J. Ciccolo and W. Kraemer (Ed.). Resistance training for the prevention and treatment of chronic diseases. Boca Raton, FL: CRC Press. 2013  
Publication: *Book Chapters*

Wunderlich, A., Wilson, J., Yeargin, S.W., Kingsley, J.D. Dynamic warm-up effect on 5-km performance and running economy in collegiate cross-country runner. (2013). *Medicine and Science in Sports and Exercise*, 45, S698. 2013  
Publication: *Conference Proceedings, Refereed*

Kingsley, J.D., Buxton, E., Southwood, B., Brewer, A., Heidner, G.S., Hochgesang, S., Martinson, M., Smith, K., Edwards, A. The effects of resistance exercise training on vascular modulation after various acute resistance exercise modalities. (2013). *Medicine and Science in Sports and Exercise*, 45, S1340. 2013  
Publication: *Conference Proceedings, Refereed*

Brewer, A., Heidner, G.S., Buxton, E., Hochgesang, S., Southwood, B., Martinson, M., Demchak, T., Valencia, C., Purviance, D., Kingsley, J.D. Pain intensity and pain catastrophizing as predictors of the 6-minute walk in women with fibromyalgia. (2013). *Medicine and Science in Sports and Exercise*, 45, S880. 2013  
Publication: *Conference Proceedings, Refereed*

Kingsley, J.D., Zakrajsek, R.A., Nesser, T.W., Gage, M.J.. Effects of motor imagery versus static stretching on anaerobic performance. (2013). *Journal of Strength and Conditioning Research*, 27, 265-269. 2013  
Publication: *Journal Articles, Refereed*

Publication: *Conference Proceedings, Refereed*

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## Presentations

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Corbett, D.B., Peroutky, K., Gunstad, J., **Kingsley, J.D.**, Glickman, E.L.(2015). *Effects of a 12-week exercise program on negative emotions in normal weight and obese individuals*. Poster presented at the Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, Jacksonville, FL. 2015  
Type: *Regional Refereed*

- Kingsley, J.D.**, Hochgesang, S., Brewer, A., Heidner, G.S., Buxton, E., Martinson, M. (2014). Autonomic modulation in resistance-trained individuals after acute resistance exercise Thematic poster presented at American College of Sports Medicine Convention, Orlando, FL. 2014  
Type: *National Refereed*
- Hupp, L., Lester, A., Costanza, R., Misiak, J., Hershberger, K., Maravola, K., Cooper, H., McLain, L., Tai, Y.L., Peters, F., **Kingsley, J.D.** (2014). *Effects of laser therapy on performance and recovery during repeated power tests*. Gallery of Research, College of Education, Health and Human Services, Kent State University. 2014  
Type: *Local Non-Refereed*
- Tai, Y.L., McLain, L., Cooper, H., & **Kingsley, J.D.** (2014). *High-intensity exercise on central and peripheral vascular function*. Paper presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN. 2014  
Type: *Regional Refereed*
- Heidner, G.S., Brewer, A., Buxton, E. & **Kingsley, J.D.** (2014). *Acute bouts of resistance exercise on vascular parameters in resistance-trained men*. Paper presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN. 2014  
Type: *Regional Refereed*
- Polen, B., Corbett, D.B., Peroutky, K., Rebold, M., Kobak, M., Glickman, E. **Kingsley, J.D.** (2014). *Effects of a 12-week exercise program on physiological cardiovascular disease risk factors*. Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN. 2014  
Type: *Regional Refereed*
- Buxton, E., Brewer, A., Heidner, G.S., & **Kingsley, J.D.** (2014). *Eight weeks of resistance training on disease impact, pain catastrophizing and autonomic modulation in women with fibromyalgia*. Paper presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN. 2014  
Type: *Regional Refereed*
- Gerhart, H., Tai, Y.L., Stavres, J., & **Kingsley, J.D.** (2014). *Aging and autonomic modulation: Using resistance exercise as a countermeasure*. The Kent State University Symposium on Aging: Life in the Balance: Fall Prevention from Multidisciplinary Perspectives. 2014  
Type: *Local Non-Refereed*
- Podcast on Fibromyalgia for Vicki Doe Fitness, Inc., Youngstown, OH. 2014  
Type: *Local Invited*
- Brewer, A., Buxton, E., Heidner, G.S., Hochgesang, S., Martinson, M., Osude, I., Purviance, D., Demchak, T., **Kingsley, J.D.** (2013). *Resistance exercise does not alter cardiovascular function in women with fibromyalgia: A pilot study*. Poster presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN. 2013  
Type: *Regional Refereed*

Buxton, E., Brewer, A., Heidner, G.S., Hochgesang, S., Martinson, M, <b>Kingsley, J.D.</b> <i>Heart rate variability and complexity after acute bouts of resistance exercise in trained versus untrained individuals</i> (2013). Presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN. Type: <i>Regional Refereed</i>	2013
<b>Kingsley, J.D.</b> , Buxton, E., Southwood, B., Brewer, A., Heidner, G.S., Hochgesang, S., Martinson, M., Smith, K., Edwards, A. The effects of resistance training on vascular modulation after various acute resistance exercise modalities. (2013). Presented at Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. Type: <i>National Refereed</i>	2013
Brewer, A., Heidner, G.S., Buxton, E., Hochgesang, S., Southwood, B., Martinson, M., Demchak, T., Valencia, C., Purviance, D., <b>Kingsley, J.D.</b> (2013). Pain intensity and pain catastrophizing as predictors of the 6-minute walk in women with fibromyalgia. Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. Type: <i>National Refereed</i>	2013
Wunderlich, A., Wilson, J., Yeargin, S.W., <b>Kingsley, J.D.</b> Dynamic warm-up effect of 5-km performance and running economy in collegiate cross-country runners. (2013). Presented at the Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. Type: <i>National Refereed</i>	2013

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## Service

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<b>Member, Advisor Search Committee: Academic Advisor II</b> Type: <i>College</i>	<b>2015 - present</b>
<b>Member, Tenure Track Faculty Search Committee</b> Type: <i>Department</i>	<b>2014 - 2014</b>
<b>Committee, American College of Sports Medicine</b> <i>ACSM-Membership Committee</i> Type: <i>National</i>	<b>2014 - present</b>
<b>Chair, Midwest American College of Sports Medicine</b> <i>Chair-Awards and Scholarship Committee</i> Type: <i>Regional</i>	<b>2014 - present</b>
<b>Representative, Midwest American College of Sports Medicine</b> <i>Graduate Mentor Program-Level II</i> Type: <i>Regional</i>	<b>2014 - present</b>
<b>Volunteer, Third Annual Northeast Ohio Exercise Science Conference</b> Type: <i>Profession</i>	<b>2014 - 2014</b>
<b>Member, School Cirricular Committee</b>	<b>2014 - present</b>

Type: *Department*

**Member, School Technology Committee**

**2014 - present**

Type: *Department*

**Advisory Board, Midwest American College of Sports Medicine**

**2013 - present**

*Board of Directors*

Type: *Regional*

**Member, Midwest American College of Sports Medicine**

**2013 - 2014**

*Member-Awards and Scholarship Committee*

Type: *Regional*

**Editorial Board,**

**2011 - present**

*ISRN Rehabilitation*

Type: *Profession*

**Member, Midwest American College of Sports Medicine**

**2011 - 2014**

*Exercise is Medicine Committee*

Type: *Regional*

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## Grants

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**Co-Investigator, Sympathetic Integrity in SCI: Implications for Exercise and Orthostasis**

**2015 - 2016**

Collaboration with: John McDaniel, Ph.D.

Submitted: \$95,097.95

Status: Pending

Paralyzed Veterans of America - Applied Research

**PI, Cognition in women with fibromyalgia and/or chronic fatigue syndrome**

**2015 - 2017**

Submitted: \$5,000.00

Status: Pending

Education, Health and Human Services - Applied Research

**Co-Investigator, Daily blueberry consumption on hypertension, cognition, and vascular function in postmenopausal women with pre- and stage-1 hypertension**

**2015 - 2016**

Submitted: \$59,000.00

Status: Pending

US Highbush Blueberry Council - Applied Research

**Co PI, The effects of Graston technique and low-level laser therapy on functional outcomes following induced muscle soreness.**

**2014 - 2014**

Collaboration with: Chinn, L., Jonas, J.

Submitted: \$1,500.00

Status: Not Funded

Great Lakes Athletic Training Association - Applied Research

**PI, Resistance exercise on cardiovascular modulation in women with fibromyalgia.**

**2014 - 2015**

Submitted: \$10,000.00

Status: Not Funded

American College of Sports Medicine Foundation - Applied Research

**PI, Resistance exercise in women with Fibromyalgia and Chronic Fatigue Syndrome**

Submitted: \$10,000.00

American College of Sports Medicine

**0 - 2015**

Status: Pending