

Dr. J. Derek Kingsley

Assistant Professor

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jkingsle@kent.edu

Education

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

Higher Education Work Experience

Assistant Professor Indiana State University	8/2009 - 5/2013
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Other Professional Experience

Professional Fitness Consultant	1/1997 - present
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Publications

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. <i>Medicine and Science in Sports and Exercise</i> , 46, S678. Publication: <i>Conference Proceedings, Refereed</i>	2014
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Kingsley, J.D. , Hochgesang, S., Brewer, A., Heinder, G.S., Buxton, E., Martinson, M. Autonomic modulation in resistance-trained individuals after acute resistance exercise. (2014). <i>International Journal of Sports Me International Journal of Sports Medicine</i> 35, 851-856 Publication: <i>Journal Articles, Refereed</i>	2014
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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*

Presentations

Corbett, D.B., Peroutky, K., Gunstad, J., **Kingsley, J.D.**, Glickman, E.L. (2015). 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.
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. Resistance exercise does not cardiovascular function in women with fibromyalgia: A pilot study. (2013). 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., Kingsley, J.D. Heart rate variability and complexity after acute bouts of resistance exercise in trained versus untrained individuals. (2013). Presented at the Annual Meeting of the Midwest Chapter of the American College of Sports Medicine, Merrillville, IN. 2013

Type: *Regional 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 training on vascular modulation after various acute resistance exercise modalities. (2013). Presented at Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. 2013
Type: *National Refereed*

Brewer, A., Heidner, G.S., Buxton, E., Hochgesang, S., Southwood, B., Martinson, M., Demchak, T., Valencia, C., Purviance, D. Kingsley, J.D. (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. 2013
Type: *National Refereed*

Wunderlich, A., Wilson, J., Yeargin, S.W., Kingsley, J.D. 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. 2013
Type: *National Refereed*

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Type: *Regional Refereed*

Service

Member, Advisor Search Committee: Academic Advisor II 2015 - present
Type: *College*

Member, Tenure Track Faculty Search Committee 2014 - 2014
Type: *Department*

Committee, American College of Sports Medicine 2014 - present
ACSM-Membership Committee
Type: *National*

Chair, Midwest American College of Sports Medicine 2014 - present
Chair-Awards and Scholarship Committee
Type: *Regional*

Representative, Midwest American College of Sports Medicine 2014 - present
Graduate Mentor Program-Level II
Type: *Regional*

Volunteer, Third Annual Northeast Ohio Exercise Science Conference 2014 - 2014
Type: *Profession*

Member, School Curricular Committee 2014 - present
Type: *Department*

Member, School Technology Committee Type: <i>Department</i>	2014 - present
Advisory Board, Midwest American College of Sports Medicine <i>Board of Directors</i> Type: <i>Regional</i>	2013 - present
Member, Midwest American College of Sports Medicine <i>Member-Awards and Scholarship Committee</i> Type: <i>Regional</i>	2013 - 2014
Editorial Board, <i>ISRN Rehabilitation</i> Type: <i>Profession</i>	2011 - present
Member, Midwest American College of Sports Medicine <i>Exercise is Medicine Committee</i> Type: <i>Regional</i>	2011 - 2014

Grants

Co-Investigator, Sympathetic Integrity in SCI: Implications for Exercise and Orthostasis Collaboration with: John McDaniel, Ph.D. Submitted: \$95,097.95 Paralyzed Veterans of America - Applied Research	2015 - 2016 Status: Pending
PI, Cognition in women with fibromyalgia and/or chronic fatigue syndrome Submitted: \$5,000.00 Education, Health and Human Services - Applied Research	2015 - 2017 Status: Pending
Co PI, The effects of Graston technique and low-level laser therapy on functional outcomes following induced muscle soreness. Collaboration with: Chinn, L., Jonas, J. Submitted: \$1,500.00 Great Lakes Athletic Training Association - Applied Research	2014 - 2014 Status: Not Funded
PI, Resistance exercise on cardiovascular modulation in women with fibromyalgia. Submitted: \$10,000.00 American College of Sports Medicine Foundation - Applied Research	2014 - 2015 Status: Not Funded
PI, Resistance exercise in women with Fibromyalgia and Chronic Fatigue Syndrome Submitted: \$10,000.00 American College of Sports Medicine	0 - 2015 Status: Pending

