

MICHAEL GALLAGHER, JR.

University of Central Arkansas, Kinesiology and Physical Education, Farris Center 122
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EDUCATION

Doctor of Philosophy in Exercise Physiology	2009
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University of Pittsburgh

Dissertation: "Development of a Perceptual Hyperthermia Index in the Assessment of Heat Strain during Treadmill Exercise"

Collateral: Advanced Research Design Practices

Master of Science in Exercise Physiology	2007
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University of Pittsburgh

Thesis: "Validation of an Exertional Recall Questionnaire for a Circuit Training Program"

Minor: Quantitative Research Methodology

Bachelor of Science in Engineering: Bioengineering	2003
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University of Pittsburgh

Area of Concentration: Biomechanics

PROFESSIONAL EMPLOYMENT

Assistant Professor, Kinesiology	2010 – Present
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University of Central Arkansas, Conway, AR

Department of Kinesiology and Physical Education

KPED 1191: Adapted Physical Education Activities

KPED 4230: Fitness Assessment and Exercise Prescription

KPED 4300: Exercise Physiology

KPED 4300: Children's Exercise Physiology

KPED 4371/5371: Special Topics – Ergogenic Aids

KPED 4371/5371: Special Topics – Exercise Science Instrumentation

KPED 4371/5371: Special Topics – Fitness for Senior Populations

KPED 4371/5371: Special Topics – Fitness for Special Populations

KPED 6333: Physiology of Exercise

KPED 6370: Athletic Administration

Clinical Instructor I, Kinesiology	2009 – 2010
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University of Central Arkansas, Conway, AR

Department of Kinesiology and Physical Education

Graduate Student Assistant	2005 – 2009
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University of Pittsburgh, Pittsburgh, PA

Department of Health and Physical Activity

BIOENG 1150: Bioengineering Methods and Applications – Laboratory

HPA 1031: Research in Sports Science – Laboratory

HPA 1033: Human Physiology

HPA 1141: Fitness for Instructors – Laboratory

HPA 2373: Health Fitness Instructor Workshop – Section

HPA 2375: Research and Experimental Design – Laboratory

HPA 2372: Advanced Exercise Physiology – Laboratory

HPA 2390: Nutrition in Exercise and Sport – Laboratory

HPA 3374: Advanced Laboratory Techniques
 PEDC 0023: Weight Training
 PEDC 0048: Racquetball
 PEDC 0056: Soccer

PROFESSIONAL PARTICIPATION

Prehospital Emergency Care Reviewer	2013 – Present
Perceptual and Motor Skills Reviewer	2013 – Present
International Journal of Exercise Science Reviewer	2008 – Present

SERVICE PARTICIPATION

University of Central Arkansas Department of Kinesiology and Physical Education Department Planning and Assessment Committee Member	2012 – Present
University of Central Arkansas College of Health and Behavioral Sciences Residential College Task Force Member	2013
University of Central Arkansas College of Health and Behavioral Sciences College Curriculum and Assessment Committee Chair	2011 – Present
University of Central Arkansas Health and Wellness Promotion Committee Member	2010 – 2012
University of Pittsburgh Council on Graduate Students in Education Research Symposium Panel Session Moderator	2008 – 2009

COLLABORATIVE EFFORTS

Arkansas Geriatric Education Center, Little Rock, AR Senior Fit Club at the University of Central Arkansas Director	2012 – Present
Emergency Responder Human Performance Laboratory, Pittsburgh, PA Graduate Student Researcher	2004 – 2009

RELATED PROFESSIONAL EXPERIENCES

Central Catholic High School, Pittsburgh, PA	
Research Consultant/ Assessment Technician	2008
Assessed and provided information on maximal oxygen uptake and anaerobic power in middle distance runners, and provided guidance in the development and completion of an Honors Biology project.	
Children's Hospital of Pittsburgh, Pittsburgh, PA	
Research Consultant	2006
Provided data analysis information in a research study aimed at examining exercise intensity self-regulation in children with cystic fibrosis.	
University of Pittsburgh, Pittsburgh Performance Profiles, Pittsburgh, PA	
Student Director	2005 – 2009
Assisted in the management of the Pittsburgh Performance Profiles through scheduling and testing, conducted various fitness tests and body composition for collegiate athletes, the Pittsburgh Bicycle Police Force, professional athletes, and individuals from the community.	
WPXI Channel 11, Pittsburgh, PA	
Assessment Technician	2005
Assessed body composition of individuals participating in the WPXI Channel 11 News 'Great Diet Challenge.'	
Winchester-Thurston School, Pittsburgh, PA	
Research Consultant/ Assessment Technician	2005
Assessed and provided information on maximal oxygen uptake for middle school students.	
University of Pittsburgh, Wellness Program, Pittsburgh, PA	
Staff	2004 – 2009
Assisted in the organization and implementation of wellness seminars and fairs, provided exercise orientation sessions, and supervised graduate student participation in graded exercise testing for wellness participants.	

CERTIFICATIONS AND MEMBERSHIPS

American College of Sports Medicine – Environmental and Occupational Physiology Interest Group	2011 – Present
American College of Sports Medicine – Mid Atlantic Regional Chapter	2007 – 2009
American College of Sports Medicine – National Chapter	2006 – Present
American Red Cross – Administration of Emergency Oxygen	2011 – Present
American Red Cross – CPR/AED for the Professional Rescuer	2005 – Present
American Red Cross – First Aid Certification	2005 – Present
Matter of Balance – Matter of Balance Volunteer Coach	2013

AWARDS

University of Central Arkansas Service-Learning Faculty Fellowship	2013
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PUBLICATIONS: IN PREPARATION

Haile L, **Gallagher M**, Robertson RJ. *Laboratory Manual for Perceptual and Psychosocial Exercise Experiments*

Gallagher M, Kane I, Randall C, Tessmer K, Aaron DJ, Robertson RJ, and Goss FL. Validation of Exertional Observation in Adults Performing Walk-Run Exercise.

Mays RJ, Goss FL, Nagle-Stilley EF, **Gallagher M**, Schafer MA, Kim KH, Robertson RJ. Prediction of VO_{2peak} using OMNI RPE from a Submaximal Cycle Exercise Test.

PUBLICATIONS: PEER REVIEWED

Haile L, Goss FL, Robertson RJ, Andreacci JL, **Gallagher M**, Nagle EF. (2013). Session perceived exertion and affective responses to self-selected and imposed cycle exercise of the same intensity in young men. *Eur. J. Appl. Physiol.* 113(7): 1755-1765.

Schaffer M A, Robertson RJ, Thekkada S, **Gallagher M**, Hunt S, Goss FL, Aaron DJ. (2013). Validation of the OMNI RPE Seven Day Effort Recall Questionnaire. *Res. Q. Exerc. Sport.* 84(3): 363-372.

Haile L, Goss FL, Krause MP, **Gallagher M**, Ledezma CM, Wisniewski KS, Shafer AB, Nagle EF, Robertson RJ. (2013). Just Noticeable Difference in Perception of Physical Exertion during Cycle Exercise in Young Adult Men and Women. *Eur. J. Appl. Physiol.* 113(4): 877-885.

Gallagher M, Robertson RJ, Goss FL, Nagle EF, Schafer MA, Suyama J, Hostler D. (2012). Development of a Perceptual Hyperthermia Index to Evaluate Heat Strain during Treadmill Exercise. *Eur. J. Appl. Physiol.* 112(6): 2025-34.

Smith KA, **Gallagher M**, Hays AE, Goss FL, Robertson RJ. (2012). Development of the Physical Activity Index as a Measure of Total Activity Load and Total Kilocalorie Expenditure During Submaximal Walking. *J. Phys. Act. Health.* 9:757-764.

Goss FL, Robertson RJ, **Gallagher M Jr**, Piroli A, Nagle EF. (2011). Response Normalized OMNI Rating of Perceived Exertion at the Ventilatory Breakpoint in Division I Football Players. *Percept. Mot. Skills.* 112(2):539-548

Hostler D, Bednez JC, Kerin S, Reis SE, Kong PW, Morley JL, **Gallagher M**, Suyama J. (2010). Comparison of rehydration regimens for rehabilitation of firefighters performing heavy exercise in thermal protective clothing: A report from the Fireground Rehab Evaluation (FIRE) trial. *Prehosp. Emerg. Care* 14(2):194-201

Robertson RJ, Goss FL, Aaron DJ, Nagle EF, **Gallagher M Jr**, Kane I, Tessmer KA, Schafer MA, Hunt SE. (2009). Concurrent muscle hurt and perceived exertion of children during resistance exercise. *Med. Sci. Sports Exerc.* 41(5):1146-1154

Hostler D, **Gallagher M Jr**, Goss FL, Seitz JR, Reis SE, Robertson RJ, Northington WE, Suyama J. (2009). The Effect of Hyperhydration on Physiological and Perceived Strain during Treadmill Exercise in Personal Protective Equipment. *Eur. J. Appl. Physiol.* 105(4): 607-613

Northington W, Suyama J, Goss FL, Randall CR, **Gallagher M**, Hostler D. (2007). Physiologic responses during graded treadmill exercise in chemical resistant personal protective equipment. *Prehosp. Emerg. Care* 11(4):394-398

PUBLICATIONS: NON-PEER REVIEWED

Gallagher M. *Service learning promotes positive changes in Kinesiology students' perceptions of older adults.* AGECE Newsletter. August 2013. <http://www.agec.org/news/>

PROFESSIONAL PRESENTATIONS AND ABSTRACTS

Haile L, **Gallagher M**, Haile AM, Dixon CB, Goss FL, Robertson RJ. (2013). Session, Segmented Session, and Acute RPE and Affective Responses to Self-Selected Treadmill Exercise. *Med. Sci. Sports Exerc.* 44(5S): S881
 Proceedings of the 2013 American College of Sports Medicine Annual Meeting, Indianapolis, IN; May 28 – June 1, 2013 (Poster)

Goss FL, Robertson RJ, **Gallagher M**, Haile L, Morley J, Suyama J, Hostler D. (2012). Validation of the OMNI Perceived Sweating Scale during Treadmill Walking while Wearing Thermal Protective Clothing. *Med. Sci. Sports Exerc.* 43(5S): S791
 Proceedings of the 2012 American College of Sports Medicine Annual Meeting, San Francisco, CA; May 29 – June 2, 2012 (Poster)

Goss FL, Robertson RJ, **Gallagher M**, Haile L, Morley J, Suyama J, Hostler D. (2011). Validation of the OMNI Thermal Sensation Scale. *Med. Sci. Sports Exerc.* 43(5S): S469
 Proceedings of the 2011 American College of Sports Medicine Annual Meeting, Denver, CO; May 31 – June 4, 2011 (Poster)

Gallagher M, Robertson RJ, Nagle EF, Goss FL, Schafer MA, Hostler D, Suyama J. (2010). Development of a Perceptual Hyperthermia Index to Evaluate Heat Strain during Treadmill Exercise. *Med. Sci. Sports Exerc.* 42(5S): S473
 Proceedings of the 2010 American College of Sports Medicine Annual Meeting, Baltimore, MD; June 1-5, 2010 (Poster)

Ireland LM, Ledezma CM, Waechter JD Jr, Wisniewski KS, Shafer AB, **Gallagher M**, Goss FL, Nagle EF, Robertson RJ. (2010). Effect of Teleoanticipation on Intensity Self-Regulation Error during Cycle Exercise in Females. *Med. Sci. Sports Exerc.* 42(5S): S19-20
 Proceedings of the 2010 American College of Sports Medicine Annual Meeting, Baltimore, MD; June 1-5, 2010

Gallagher M, Bednez JC, Kerin S, Suyama J, Hostler D, Goss FL, Robertson RJ. (2009). The Relation between Mood and Perceived Exertion following Exercise in Thermal Protective Clothing. *Med. Sci. Sports Exerc.* 41(5S): S106-107
 Proceedings of the 2009 American College of Sports Medicine Annual Meeting, Seattle, WA; May 27-30, 2009
 Proceedings of the 2008 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 7-8, 2008

Ledezma CM, **Gallagher M**, Mays RJ, Wilson RC, Metz J, Goss FL, Nagle EF, Robertson RJ. (2009). Effect of Teleoanticipation with and without Cognitive Feedback on Intensity Self-regulation Error during Cycle Exercise. *Med. Sci. Sports Exerc.* 41(5S): S91
 Proceedings of the 2009 American College of Sports Medicine Annual Meeting, Seattle, WA; May 27-30, 2009
 Proceedings of the 2008 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 7-8, 2008

- Mays RJ, **Gallagher M**, Haile L, Goss FL, Nagle EF, Robertson RJ. (2009). Cross-validation of VO₂peak Prediction Equations using Submaximal OMNI RPE Responses. *Med. Sci. Sports Exerc.* 41(5S): S355
Proceedings of the 2009 American College of Sports Medicine Annual Meeting, Seattle, WA; May 27-30, 2009 (Poster)
Proceedings of the 2008 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 7-8, 2008
- Trust S, Metz J, Wilson R, **Gallagher M**, Goss FL, Nagle EF, Robertson RJ. Seven Day Exertional Recall following Prolonged Cycle Ergometer Exercise.
Proceedings of the 2008 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 7-8, 2008
- Bednez JC, Kerin S, Reis SE, Kong PW, Morley JL, **Gallagher M**, Suyama J, Hostler D. Fireground Rehab Evaluation (FIRE) Trial: Rehydration.
Proceedings of the 2008 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 7-8, 2008
- Gallagher M**, Robertson RJ, Aaron DJ, Goss FL. Gender Influence on OMNI Scale RPE during Resistance Exercise in Children: Biological and Pictorial Effect.
Proceedings of the 2008 North American Society for Pediatric Exercise Medicine Biennial Meeting, Colorado Springs, CO; September 17-20, 2008
- Ledezma CM, Haile L, Mays RJ, **Gallagher M**, Goss FL, Robertson RJ, Arslanian S. Concurrent Validation of the Children's OMNI Hurt Scale during Treadmill Exercise.
Proceedings of the 2008 North American Society for Pediatric Exercise Medicine Biennial Meeting, Colorado Springs, CO; September 17-20, 2008
- Haile L, Ledezma CM, Mays RJ, **Gallagher M**, Goss FL, Robertson RJ, Arslanian S. Prediction of Children's VO₂max using OMNI Scale RPE from a Load-Incremented Treadmill Test.
Proceedings of the 2008 North American Society for Pediatric Exercise Medicine Biennial Meeting, Colorado Springs, CO; September 17-20, 2008
- Goss FL, Robertson RJ, **Gallagher M**, Hays A, Weary K, Randall C. (2008). Relation between Ratings of Perceived Exertion and Skeletal Muscle Deoxygenation during Resistance Exercise. *Med. Sci. Sports Exerc.* 40(5S): S265
Proceedings of the 2008 American College of Sports Medicine Annual Meeting, Indianapolis, IN; May 28-31, 2008 (Poster)
- Gallagher M**, Seitz J, Goss FL, Robertson RJ, Suyama J, Reis S, Northington W, Hostler D. (2008). Effect of Hyper-hydration on Perceptual and Physiological Heat Strain in Personal Protective Equipment. *Med. Sci. Sports Exerc.* 40(5S): S74-75
Proceedings of the 2008 American College of Sports Medicine Annual Meeting, Indianapolis, IN; May 28-31, 2008
Proceedings of the 2007 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 1-2, 2007
- Mays RJ, **Gallagher M**, Shouey LA, Shouey LB, Goss FL. (2008). Accuracy of VO₂peak Predictions using OMNI-RPE from a Submaximal Cycle Ergometer. *Med. Sci. Sports Exerc.* 40(5S): S265
Proceedings of the 2008 American College of Sports Medicine Annual Meeting, Indianapolis, IN; May 28-31, 2008
Proceedings of the 2007 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 1-2, 2007

- Hostler D, **Gallagher M**, Seitz JR, Goss FL, Reis SE, Northington WE, Suyama J. (2008). Effect of Hyperhydration on CV Function and Core Temperature on Treadmill Exercise in Personal Protective Equipment. *Med. Sci. Sports Exerc.* 40(5S): S190
Proceedings of the 2008 American College of Sports Medicine Annual Meeting, Indianapolis, IN; May 28-31, 2008 (Poster)
Proceedings of the 2007 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 1-2, 2007
- Hays A, Goss FL, Aaron DJ, Abt KL, Friedman E, **Gallagher M**, Nagle E. (2008). Hormonal and Perceptual Changes in Bipolar Subjects after Acute Aerobic Exercise. *Med. Sci. Sports Exerc.* 40(5S): S17
Proceedings of the 2008 American College of Sports Medicine Annual Meeting, Indianapolis, IN; May 28-31, 2008
Proceedings of the 2007 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 1-2, 2007
- Gallagher M**, Aaron DJ, Kim KH, Goss FL, Robertson RJ. (2007). Validation of an Exertional Recall Questionnaire for a Circuit Training Program. *Med. Sci. Sports Exerc.* 39(5S): S26
Proceedings of the 2007 American College of Sports Medicine Annual Meeting, New Orleans, LA; May 30-June 2, 2007
Proceedings of the 2006 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 10-11, 2006
- Mays RJ, **Gallagher M**, Hays A, Lerner S, Goss FL. (2007). Prediction of $\text{VO}_{2\text{peak}}$ using RPE (OMNI Scale) from a Submaximal Cycle Ergometer Test. *Med. Sci. Sports Exerc.* 39(5S): S25
Proceedings of the 2007 American College of Sports Medicine Annual Meeting, New Orleans, LA; May 30-June 2, 2007
Proceedings of the 2006 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 10-11, 2006
- Goss FL, Robertson RJ, **Gallagher M**, Hays A, Weary K, Randall C. (2007). Ratings of Perceived Exertion during Isotonic Upper and Lower Body Resistance Exercise. *Med. Sci. Sports Exerc.* 39(5S): S483
Proceedings of the 2007 American College of Sports Medicine Annual Meeting, New Orleans, LA; May 30-June 2, 2007 (Poster)
- Northington W, Hostler D, Suyama, J, Goss FL, **Gallagher M**, Randall CR. Limitations to High Intensity Work in Encapsulating Personal Protective Equipment (PPE).
Proceedings of the 2006 Society for Academic Emergency Medicine Annual Meeting, San Francisco, CA; May 18-21, 2006
- Gallagher M**, Kane I, Randall C, Tessmer K, Aaron DJ, Robertson RJ, and Goss FL. (2006). Validation of Exertional Observation in Adults Performing Walk-Run Exercise. *Med. Sci. Sports Exerc.* 38(5S): S80
Proceedings of the 2006 American College of Sports Medicine Annual Meeting, Denver, CO; May 31-June 3, 2006
Proceedings of the 2005 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 11-12, 2005
- Weary K, **Gallagher M**, Hays A, Resler K, Nagle E, Goss FL, Robertson RJ, and Aaron DJ. (2006). Development of a Physical Activity Index for Walking/Running using RPE and Pedometer Step Count. *Med. Sci. Sports Exerc.* 38(5S): S79
Proceedings of the 2006 American College of Sports Medicine Annual Meeting, Denver, CO; May 31-June 3, 2006
Proceedings of the 2005 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 11-12, 2005

- Gairola A, **Gallagher M**, Schafer M, Resler K, Aaron D, Goss F, Metz K, and Robertson R. (2006). Validation of the OMNI Walk/Run RPE Scale for Intermittent Treadmill Exercise. Med. Sci. Sports Exerc. 38(5S): S79
Proceedings of the 2006 American College of Sports Medicine Annual Meeting, Denver, CO; May 31-June 3, 2006
Proceedings of the 2005 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 11-12, 2005
- Schafer M, Thekkada S, **Gallagher M**, Hunt S, Aaron DJ, Goss FL, and Robertson RJ. (2006). Validation of the OMNI RPE Seven Day Effort Recall Questionnaire. Med. Sci. Sports Exerc. 38(5S): S79
Proceedings of the 2006 American College of Sports Medicine Annual Meeting, Denver, CO; May 31-June 3, 2006
Proceedings of the 2005 Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 11-12, 2005