

**MICHAEL GALLAGHER, JR.**  
ASSOCIATE PROFESSOR, EXERCISE SCIENCE  
Farris Center 100A | Office: (501) 450-5706 | gallagherm@uca.edu

EDUCATION

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<b>Doctor of Philosophy in Exercise Physiology</b> University of Pittsburgh, Pittsburgh, PA Dissertation: "Development of a Perceptual Hyperthermia Index in the Assessment of Heat Strain during Treadmill Exercise" Minor: Quantitative Research Methodology	<b>2009</b>   <b>2008</b>
<b>Master of Science in Exercise Physiology</b> University of Pittsburgh, Pittsburgh, PA Thesis: "Validation of an Exertional Recall Questionnaire for a Circuit Training Program"	<b>2007</b>
<b>Bachelor of Science in Engineering: Bioengineering</b> University of Pittsburgh, Pittsburgh, PA Area of Concentration: Biomechanics	<b>2003</b>

PROFESSIONAL EMPLOYMENT

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<b>Associate Professor, Exercise Science</b> University of Central Arkansas, Conway, AR Department of Exercise and Sport Science	<b>2016 – Present</b>
<b>Assistant Professor, Exercise Science</b> University of Central Arkansas, Conway, AR Department of Exercise and Sport Science	<b>2010 - 2016</b>
<b>Instructor, Exercise Science</b> University of Central Arkansas, Conway, AR Department of Exercise and Sport Science	<b>2009 – 2010</b>
<b>Graduate Student Assistant</b> University of Pittsburgh, Pittsburgh, PA Department of Health and Physical Activity	<b>2005 – 2009</b>

COURSES TAUGHT

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<b>University of Central Arkansas</b> EXSS 1191: Adapted Physical Education Activities EXSS 2320: Fitness Assessments in Exercise Science EXSS 3303: Exercise Physiology EXSS 3348: Exercise Prescription for General Populations EXSS 3350: Obesity Prevention and Management EXSS 3352: Exercise Prescription for Special Populations EXSS 3353: Exercise Prescription for Senior Populations EXSS 4230: Fitness Assessment and Exercise Prescription EXSS 4V71/5V71: Special Topics – Ergogenic Aids EXSS 4V71/5V71: Special Topics – Exercise Science Instrumentation EXSS 6333: Physiology of Exercise / Cardiovascular Adaptations to Exercise EXSS 6370: Athletic Administration	<b>2009 – Present</b>
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**University of Pittsburgh****2005 – 2009**

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

**CURRICULUM DEVELOPMENT****University of Central Arkansas****2009 – Present**

Pre-Athletic Training Concentration for B.S. in Exercise Science  
 Clinical Exercise Science Concentration for B.S. in Exercise Science  
 Bachelor of Science in Exercise Science Revision (2016)  
 Bachelor of Science in Exercise Science Revision (2014)  
 Arkansas State Act 747 Compliance  
 EXSS 2320 Fitness Assessments in Exercise Science  
 EXSS 3348 Exercise Prescription for General Populations (co-developer)  
 EXSS 3350 Obesity Prevention and Management  
 EXSS 3355 Clinical Experience in Exercise Science I (co-developer)  
 EXSS 4303 Clinical Exercise Physiology (co-developer)  
 EXSS 4355 Clinical Experience in Exercise Science II (co-developer)

**SERVICE LEARNING****EXSS 3348 Exercise Prescription for General Populations****2017 – 2018**

Community Partner: CRIM 3381 Police and Society, Conway, AR  
 Community Project: Exercise Program to Successfully Pass Physical Fitness Exams

**EXSS 3350 Obesity Prevention and Management****2017 – Present**

Community Partner: University of Central Arkansas, Conway, AR  
 Community Project: Bicycle Friendly University

**EXSS 3352 Exercise Prescription for Special Populations****2016 – Present**

Community Partner: Community Connections, Conway, AR  
 Community Project: Rivals United Flag Football League (RUFL)

**EXSS 3350 Obesity Prevention and Management****2015**

Community Partner: Bicycle and Pedestrian Advisory Board, Conway, AR  
 Community Project: Bicycling and Pedestrian Activity in Conway

**EXSS 3353 Exercise Prescription for Senior Populations****2012 - Present**

Community Partner: College Square Independent Living Facility, Conway, AR  
 Community Project: Senior Fit Club at College Square

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**PROFESSIONAL DEVELOPMENT**

<i>Integrating Simulation into the Curriculum</i> , NLN/Laerdal, Conway, AR	<b>January 9, 2017 - January 10, 2017</b>
<i>Debriefing of Simulation</i> , NLN/Laerdal, Conway, AR	<b>November 11, 2016</b>
<i>Foundations of Simulation</i> , NLN/Laerdal, Conway, AR	<b>September 30, 2016</b>

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**PROFESSIONAL PARTICIPATION**

Human Movement <b>Reviewer</b>	<b>2019 – Present</b>
Central States American College of Sports Medicine <b>Abstract Reviewer</b>	<b>2017, 2018</b>
Physiology and Behavior <b>Reviewer</b>	<b>2016 – Present</b>
Arkansas Department of Higher Education Student Undergraduate Research Fellowship <b>Grant Reviewer</b>	<b>2014, 2015, 2016, 2017</b>
Prehospital Emergency Care <b>Reviewer</b>	<b>2013 – 2017</b>
Perceptual and Motor Skills <b>Reviewer</b>	<b>2013 – Present</b>
International Journal of Exercise Science <b>Reviewer</b>	<b>2008 – Present</b>

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**SERVICE PARTICIPATION**

University of Central Arkansas Community Emergency Response Team (CERT) <b>Member</b>	<b>2019</b>
University of Central Arkansas Department of Exercise and Sport Science <b>Committee Member, Mid-Tenure Review Committee</b>	<b>2018</b>
University of Central Arkansas Strategic Planning Committee <b>Committee Member</b>	<b>2017 – Present</b>
University of Central Arkansas Bicycle Friendly University Committee <b>Committee Member</b>	<b>2017 – Present</b>

University of Central Arkansas Department of Health Sciences <b>Committee Member, Mid-Tenure Review Committee</b>	2017
University of Central Arkansas College of Health and Behavioral Science Nabolhz Center for Healthcare Simulation <b>Committee Member, Simulation Task Force/Advisory</b>	2016 – Present
University of Central Arkansas Library Committee <b>Committee Member</b>	2016 – 2018
University of Central Arkansas Department of Exercise and Sport Science <b>Coordinator, Performance and Metabolic Testing</b>	2016 – Present
University of Central Arkansas College of Health and Behavioral Science <i>A Matter of Balance: Managing Concerns About Falls</i> <b>Guest Health Professional</b>	2016
University of Central Arkansas Department of Exercise and Sport Science <b>Committee Chair, Advancement Committee</b>	2016
University of Central Arkansas Department of Health Sciences <b>Committee Member, Tenure and Promotion Committee</b>	2016
University of Central Arkansas Department of Family and Consumer Sciences <b>Committee Chair, Mid-Tenure Review Committee</b>	2016
University of Central Arkansas Conway AcroBears <b>Faculty Advisor</b>	2015 - Present
University of Central Arkansas Department of Exercise and Sport Science <b>Committee Chair, Self-Study Reviews, B.S. and M.S. in Exercise Science</b>	2015
University of Central Arkansas Department of Exercise and Sport Science <b>Co-Administrator, UCA Exercise Science Facebook page</b>	2015
University of Central Arkansas Department of Exercise and Sport Science <b>Program Director, B.S. in Exercise Science</b>	2014 – Present

University of Central Arkansas College of Health and Behavioral Sciences Residential College Task Force <b>Committee Member</b>	<b>2013 – 2018</b>
University of Central Arkansas Department of Exercise and Sport Science Department Planning and Assessment Committee <b>Committee Chair</b>	<b>2012 – Present</b>
University of Central Arkansas College of Health and Behavioral Sciences College Curriculum and Assessment Committee <b>Committee Chair</b>	<b>2011 – 2014</b>
University of Central Arkansas Health and Wellness Promotion Committee <b>Committee Member</b>	<b>2010 – 2012</b>
University of Pittsburgh Council on Graduate Students in Education Research Symposium <b>Panel Session Moderator</b>	<b>2008 – 2009</b>

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#### RELATED PROFESSIONAL EXPERIENCES

Sparks Systems, Phoenix, AZ <b>Consultant/Assessment Technician</b>	<b>2015 – Present</b>
OWN-Nutrition, LLC, Little Rock, AR <b>Consultant/Assessment Technician</b>	<b>2015 – 2016</b>
Sigma Human Performance, Little Rock, AR <b>Consultant/Assessment Technician</b>	<b>2014 – 2016</b>
<i>108°: Critical Response</i> Arkansas Education Television Network <b>Department Liaison/Facilitator</b>	<b>2014</b>
University of Pittsburgh, Pittsburgh Performance Profiles, Pittsburgh, PA <b>Student Director</b>	<b>2005 – 2009</b>
Emergency Responder Human Performance Laboratory, Pittsburgh, PA <b>Graduate Student Researcher</b>	<b>2004 – 2009</b>
University of Pittsburgh, Wellness Program, Pittsburgh, PA <b>Staff Member</b>	<b>2004 – 2009</b>

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#### GRANTS

Low G (Principal Investigator, UAMS), <b>Gallagher M</b> (Exercise Science Consultant, UCA Sub-award Investigator). <i>Telehealth Network Grant Program: School Telemedicine in Arkansas (STAR)</i> . HRSA and UAMS. \$52,172.00. Sub-award contract with UAMS to develop and implement the physical activity and health eating component (STAR HealthyNOW!) of the STAR Program.	<b>September 1, 2016 – August 31, 2020</b>
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Rainey JL (Principal Investigator), Mosley LJ, French KF, Xie D, **Gallagher M**, Harris SE, Lairamore CI, and Harlan MH. *Preparing health professionals in geriatric health*. HRSA, UAMS and the VA. \$259,575.00. Sub-award contract with UAMS to prepare health professional in geriatric health. Faculty from the CHBS contribute to the goals of the contract through outreach and course work.

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**September 1,  
2010 – Present**

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#### PUBLICATIONS: BOOKS

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Haile L, **Gallagher M**, Robertson RJ. 2014. *Perceived Exertion Laboratory Manual: From Standard Practice to Contemporary Application*. New York, NY, Springer Publishing Co.

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#### PUBLICATIONS: PEER REVIEWED

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Story AQ and **Gallagher M**. (Accepted, 2019). *Beyond Our Own Understanding of Inclusion*. ACSM's Health & Fitness Journal

**Gallagher M**, Robertson RJ, Goss FL, Kane I, Nagle EF, Tessmer KA. (2017). Exertional Observation in Adults Performing Intermittent Treadmill Walking and Running. *Int. J. Ex. Sci.* 10 (8).

Mays RJ, Goss FL, Nagle EF, **Gallagher M**, Schafer MA, Kim KH, Robertson RJ. (2016). Cross-validation of statistical models derived from OMNI ratings of perceived exertion for prediction of peak oxygen consumption. *Int. J. Sports. Med.* 37(10);831-837

Mays RJ, Goss FL, Nagle EF, **Gallagher M**, Schafer MA, Kim KH, Robertson RJ. (2014). Prediction of VO<sub>2</sub>Peak using OMNI Ratings of Perceived Exertion from a Submaximal Exercise Test. *Percept. Mot. Skills.* 118(3):863-881.

Goss FL, Robertson RJ, **Gallagher M**, Hostler D, Morley J, Suyama J, Haile L. (2013). Validation of the OMNI Scale of Thermal Sensations. *Percept. Mot. Skills.* 116(3):773-783.

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 MA, 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 WE, Suyama J, Goss FL, Randall C, **Gallagher M**, Hostler D. (2007). Physiological responses during graded treadmill exercise in chemical-resistance personal protective equipment. *Prehosp. Emerg. Care* 11(4):394-398

#### PUBLICATIONS: NON-PEER REVIEWED

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**Gallagher M.** *Bachelor of Science in Exercise Science: Year in Review 2016-2017.* August 2017.

**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

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Tiarks N, **Gallagher M**, Lairamore C, Hollingsworth B, Garrison K. Blood Flow Restriction Cycling: Preliminary Findings on the Effects on Energy Expenditure, Hemodynamics, and Perception. Proceedings of the 2019 Combined Sections Meeting of the American Physical Therapy Association, Washington D.C.; January 23-26, 2019 (Poster)

Garten DA, Bruenger AJ, Lowder T, **Gallagher M**. Neuromuscular Recruitment and Vertical Jump Performance Following Antagonist Stretching. Proceedings of the 2017 Central States Regional Conference of the American College of Sports Medicine Annual Meeting, St. Charles, MO; October 23-24, 2017 (Poster)

**Gallagher M** and Morris D. Assessing Usability of Active Infrastructure on a College Campus. Proceedings of the 2016 American College of Sports Medicine Annual Meeting, Boston, MA; May 31 - June 4, 2016 (Poster)

Haile L, **Gallagher M**, Haile AM, Dixon CB, Goss RL, Robertson RJ. Prediction of Psychophysiological Responses to Self-Selected Exercise using Exercise Self-Efficacy and the PRETIE-Q. Proceedings of the 2014 American College of Sports Medicine Annual Meeting, Orlando, FL; May 27 – 31, 2014 (Poster)

Haile L, **Gallagher M**, Haile AM, Dixon CB, Goss FL, Robertson RJ. Session, Segmented Session, and Acute RPE and Affective Responses to Self-Selected Treadmill Exercise. 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. Validation of the OMNI Perceived Sweating Scale during Treadmill Walking while Wearing Thermal Protective Clothing. 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. Validation of the OMNI Thermal Sensation Scale.

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. Development of a Perceptual Hyperthermia Index to Evaluate Heat Strain during Treadmill Exercise.

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. Effect of Teleoanticipation on Intensity Self-Regulation Error during Cycle Exercise in Females.

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. The Relation between Mood and Perceived Exertion following Exercise in Thermal Protective Clothing.

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. Effect of Teleoanticipation with and without Cognitive Feedback on Intensity Self-regulation Error during Cycle Exercise.

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. Cross-validation of VO<sub>2</sub>peak Prediction Equations using Submaximal OMNI RPE Responses.

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 VO<sub>2</sub>max 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. Relation between Ratings of Perceived Exertion and Skeletal Muscle Deoxygenation during Resistance Exercise.

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. Effect of Hyper-hydration on Perceptual and Physiological Heat Strain in Personal Protective Equipment.

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. Accuracy of VO<sub>2</sub>peak Predictions using OMNI-RPE from a Submaximal Cycle Ergometer.

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. Effect of Hyper-hydration on CV Function and Core Temperature on Treadmill Exercise in Personal Protective Equipment.

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. Hormonal and Perceptual Changes in Bipolar Subjects after Acute Aerobic Exercise.

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. Validation of an Exertional Recall Questionnaire for a Circuit Training Program.

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. Prediction of VO<sub>2</sub>peak using RPE (OMNI Scale) from a Submaximal Cycle Ergometer Test.

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. Ratings of Perceived Exertion during Isotonic Upper and Lower Body Resistance Exercise.  
 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. Validation of Exertional Observation in Adults Performing Walk-Run Exercise.  
 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. Development of a Physical Activity Index for Walking/Running using RPE and Pedometer Step Count.  
 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. Validation of the OMNI Walk/Run RPE Scale for Intermittent Treadmill Exercise.  
 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. Validation of the OMNI RPE Seven Day Effort Recall Questionnaire.  
 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

#### DISSERTATION/THESIS COMMITTEES

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Tiarks N. <i>The effects of different intervals of blood flow restriction aerobic exercise on energy expenditure and hemodynamics in men and women.</i> Ph.D. Physical Therapy <b>Dissertation Committee Member</b>	<b>2017 – Present</b>
Garten D. <i>Neuromuscular Recruitment and Vertical Jump Performance Following Antagonist Stretching.</i> M.S. Exercise Science <b>Thesis Committee Member</b>	<b>2016 – 2017</b>
Story A. <i>Current Practices and Understanding for Transgender Needs within the Fitness Industry.</i> M.S. Exercise Science <b>Thesis Committee Chair</b>	<b>2016 – 2017</b>
Flynn A. <i>An Analysis of Ground Reaction Forces Due to Body Weight During Drop Jumps.</i> M.S. Exercise Science <b>Thesis Committee Member</b>	<b>2015 – 2016</b>

Tsutai S. *The Effect of Orthotics on Knee and Hip Kinematics in a Pes Planus Population*. M.S. Kinesiology  
**Thesis Committee Member**

**2014 – 2015**

#### DISCUSSION PANELS

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<b>Gallagher M.</b> Obesity: Experiences, Personal Stories, and Insight. <i>University of Central Arkansas Department of Occupational Therapy</i> . Conway, AR	<b>March 26, 2019</b>
<b>Gallagher M.</b> Importance of Performance Testing. <i>All in Multisport</i> . Little Rock, AR	<b>June 7, 2018</b>
<b>Gallagher M.</b> Importance of Performance Testing. <i>Conway Running Club</i> . Conway, AR	<b>August 21, 2017</b>
<b>Gallagher M.</b> The Science of Exercise. <i>University of Central Arkansas Society of Physics Students</i> . Conway, AR	<b>January 22, 2017</b>

#### INTERVIEWS

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Graybeal L, Service-Learning Program Coordinator, UCA Outreach & Community Engagement. Topic of conversation was service-learning at UCA and the Faculty Fellows program. Interview contributed to the promotional video on the Faculty Fellows program.	<b>November 18, 2016</b>
Clancy S, Staff Writer, Arkansas Democrat Gazette. Topic of conversation was performance testing for the news article <i>Taking it to the limit</i> published on November 21, 2016. <a href="http://m.arkansasonline.com/news/2016/nov/21/taking-it-to-the-limit-20161121/">http://m.arkansasonline.com/news/2016/nov/21/taking-it-to-the-limit-20161121/</a>	<b>October 28, 2016</b>

#### AWARDS

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University of Central Arkansas, Service-Learning Faculty Fellowship	<b>2013</b>
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#### CERTIFICATIONS AND MEMBERSHIPS

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American College of Sports Medicine – Central States Regional Chapter	<b>2016 – Present</b>
Matter of Balance – Matter of Balance Volunteer Coach	<b>2013 – Present</b>
American College of Sports Medicine – Mid Atlantic Regional Chapter	<b>2007 – 2009</b>
American College of Sports Medicine – National Chapter	<b>2006 – Present</b>
American Red Cross – CPR/AED for the Professional Rescuer	<b>2005 – Present</b>

#### CONFERENCE ATTENDANCE

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American College of Sports Medicine Annual Meeting, Orlando, FL; May 28 – June 1, 2019
American College of Sports Medicine Annual Meeting, Minneapolis, MN; May 29 – June 2, 2018
Interprofessional Simulation Conference, Atlanta, GA; November 14, 2017
American College of Sports Medicine Annual Meeting, Denver, CO; May 30 – June 3, 2017
Central States Regional Conference of the American College of Sports Medicine Annual Meeting, Fayetteville, AR; October 20 – 21, 2017
American College of Sports Medicine Annual Meeting, Boston, MA; May 31 - June 4, 2016
American College of Sports Medicine Annual Meeting, San Diego, CA; May 26 – 30, 2015
American College of Sports Medicine Annual Meeting, Orlando, FL; May 27 – 31, 2014
American College of Sports Medicine Annual Meeting, Indianapolis, IN; May 28 – June 1, 2013
American College of Sports Medicine Annual Meeting, San Francisco, CA; May 29 – June 2, 2012
American College of Sports Medicine Annual Meeting, Denver, CO; May 31 – June 4, 2011
American College of Sports Medicine Annual Meeting, Baltimore, MD; June 1-5, 2010
American College of Sports Medicine Annual Meeting, Seattle, WA; May 27-30, 2009

Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 7-8, 2008

North American Society for Pediatric Exercise Medicine Biennial Meeting, Colorado Springs, CO; September 17-20, 2008

American College of Sports Medicine Annual Meeting, Indianapolis, IN; May 28-31, 2008

Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 1-2, 2007

American College of Sports Medicine Annual Meeting, New Orleans, LA; May 30-June 2, 2007

Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 10-11, 2006

American College of Sports Medicine Annual Meeting, Denver, CO; May 31-June 3, 2006

Mid-Atlantic Regional Conference of the American College of Sports Medicine Annual Meeting, Harrisburg, PA; November 11-12, 2005