**Curriculum Vita**

**JERRY ‘JJ’ MAYO, PhD, RD, CSCS**

1060 Applewood Drive

Conway, AR 72034

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Work: (501) 450-5955

e-mail: [jmayo@uca.edu](mailto:jmayo@uca.edu)

**Education**

Master of Science, 2007

Major: Dietetics/Nutrition

University of Central Arkansas, Conway, AR

Doctor of Philosophy, 1998

Doctorate in Exercise Science

Emphasis: Exercise Biochemistry

University of Mississippi, Oxford, MS

Master of Science, 1993

Major: Physical Education (Exercise Science)

Arkansas State University, Jonesboro, AR

Bachelor of Science in Education, 1991

Major: Physical Education

Arkansas State University, Jonesboro, AR

**Professional Experience**

Associate Professor: Department of Nutrition, University of Central Arkansas. August 2015- Responsibilities include advising, teaching courses in our department and serving on interdepartmental and campus wide committees.

Courses Taught

* NUTR 1300 Nutrition
* NUTR 3390 Nutrition and Metabolism
* EXSS 4300 Exercise Physiology
* NUTR 4315 Sports Nutrition
* FACS 5345 Nutrition in Exercise and Sport
* EXSS 6333 Evaluation of Cardiovascular Adaptations

Associate Professor **(tenured)**: Department of Health and Physical Education, Arkansas Tech University August 2010-2015. Responsibilities include advising, teaching courses in our Wellness Science major, directing the human performance lab, graduate program director, serving on interdepartmental and campus wide committees.

Courses Taught

* HLED 4303 Nutrition
* WS 1002 Fitness and Wellness
* WS 2043 Applied Fitness Assessment and Development
* WS 3003 Exercise Prescription
* WS 4013 Wellness Practicum
* WS 4063 Wellness & Fitness Programming
* PE 2653 Anatomy and Physiology
* PE 3661 Lab Experiences
* PE 4003 Physiology of Exercise
* WS 4003 Advanced Professional Seminar
* PE 5023 Applied Physiology Concepts

Adjunct Professor: Kinesiology and Physical Education Department, University of Central Arkansas Spring and Summer 2014. Taught KPED 4300 and KPED 4230

Associate Professor **(tenured)**: Chair, Department of Kinesiology, Hendrix College July 2001-May 2010. Responsibilities include administrative duties, teaching science-based specialty courses, directing research activities, directing senior capstone experiences, serving on interdepartmental and campus wide committees.

Teaching- Lecture Courses

1. KINE 120 Health and Wellness
2. KINE 150 Concepts of Fitness
3. KINE 260 Nutrition
4. KINE 360 Physiology of Exercise
5. KINE 360 L1 Physiology of Exercise Lab
6. KINE 330 Structural Kinesiology
7. KINE 330 L1 Structural Kinesiology Lab
8. KINE 320 Anatomy and Physiology
9. KINE 320 L1 Anatomy and Physiology Lab
10. KINE 370 Fitness Assessment and Exercise Prescription
11. KINE 410 Directed Research
12. KINE 498 Internship

Teaching- Activity Courses

KINA F45 Jogging

KINA L10 Bowling

KINA F40 Cycling

KINA F30 Conditioning and Weight lifting

KINA F85 Weight Management

Assistant Professor: Department of Health and Human Performance, University of Louisiana-Monroe, July 1999-2001. Responsibilities include teaching exercise science specialty courses, directing research activities, serving on interdepartmental and campus wide committees.

Teaching

1. H&HP 241 Personal and Community Health
2. H&HP 318 Fitness Assessment Techniques
3. H&HP 402 Exercise Program Design
4. H&HP 432 Anatomical/Physiological Kinesiology
5. H&HP 437 Physiology of Exercise
6. H&HP 438 Physiology of Exercise Lab
7. EXSC 503 Advanced Physiology of Exercise
8. EXSC 510 Exercise Prescription and Leadership
9. EXSC 540 Computer Applications in Exercise Science

Assistant Professor: Division of Human Performance and Leisure Studies, Wayne State College, August 1998- July 1999. Responsibilities include teaching exercise science specialty courses, directing research activities, serving on interdepartmental and campus wide committees:

Teaching

1. PED305 Exercise Physiology
2. PED551 Advanced Exercise Physiology
3. PED321 Sports Physiology
4. PED205 Anatomy and Physiology I
5. PED370 Fitness Assessment and Evaluation
6. PED570 Fitness Assessment and Evaluation
7. PED387 Computer Applications in HPLS
8. PED379 Wellness Practicum I
9. PED109 Weight Control

**Research and Publications**

*Dissertation*

The Effects of Varied Arm and Leg Work on the Physiological Responses to Total Body Exercise. 1998

*Thesis*

A Theoretically Based Computer Application on Heart Anatomy, Physiology, and Electrocardiography. 1992

*Manuscripts*

Lyons, B., **Mayo, J.**, & Wax, B. The electromyographical patterns of eight different muscles during the single arm Kettlebell swing are not the same. Journal of Trainology – Manuscript ID JOT-18-009 (Submitted)

**Mayo, J.,** Lyons, B., Snell, K., & Wax, B.Muscle Activity of Push-Ups During Stable and Unstable Surface Training (In progress)

**Mayo, J.,** Lyons, B., & Wax, B. The Effects of Citrulline Malate on 300-yard Shuttle Run Performance. (In progress)

**Mayo, J.**, Mayo, J., Green, L., Nealey, S., Fitzpatrick, K., Stone, P. & Long, S**.** The Effects of a Results-Based Employee Wellness Program on Health Outcomes at Nabholz Construction. (in progress)

Lyons, B., **Mayo, J.,** Tucker, S., Wax, B., & Hendrix, R. (2017). Electromyographical Comparison of Muscle Activation Patterns Across Three Commonly Performed Kettlebell Exercises. *Journal of Strength and Conditioning Research*. 31(9), 2363-2370.

Lyons, B., Lyter, P., **Mayo, J.**, Wax, B., & Smith, C. (2017). Deadlift Variations: Options for Strength and Conditioning. *Mississippi Association for Health, Physical Education, Recreation, and Dance Journal*. 5(1), 3-13.

**Mayo, J.** (2015).Carbohydrate Intake for Peak Performance: Practical Guidelines for the Endurance Athlete. *American Medical Athletic Association Journal*. 28(3), 2-5.

Lyons, B., **Mayo, J**., Thomas, C., & Wax, B. (2015). Bench Press Variations: Options for the Personal Trainer and Strength Coach. *Mississippi Association for Health, Physical Education, Recreation, and Dance Journal*. *3(1), 20-26.*

Wax, B., **Mayo**, **J.**, & Lyons, B. (2013). Acute Ingestion of L-Arginine Alpha-Ketoglutarate Fails To Improve Muscular Strength and Endurance in ROTC Cadets. *International Journal of Exercise Science*. 6(2), 91-97.

Lyons, B., & **Mayo, J**. (2011). Environmental Hazards: Prevention and Care of Athletic Injury and Illness. *AAHPERD Journal*. 47 (1), 21-27.

Lyons, B, **Mayo, J.**, & Davidson, B. (2009). Agonists and Antagonists: Promoting Better Kinesiological Understanding by Transitioning from a “Muscular” to “Mechanical” Perspective. *LAHPERD Journal*. 72 (2), 14-16.

Mayo, J. & **Mayo, J**. (2009). Supplement Savvy: A practical guide for the aquatics professional. AWKA: The Official Publication of the American Aquatics Association. April, 8-11.

**Mayo, J.** & Kravitz, L. (2009). Glycemic Index: Weight Loss Sham or Sensation? *IDEA Fitness Journal.* Jan. 15-17.

**Mayo, J.** & Kravitz, L. (2008). Sports and Energy Drinks: Answers for Fitness Professionals. *IDEA Fitness Journal*. Oct. 17-20.

Honea, K., Brown, S., DeLashmit, S., **Mayo, J.**, Kinzey, S., Little, N., Wright, T., & Fullenwider, J. (2008). The effect of game stress on heart rate and atrio-ventricular conduction in selected NCAA, Division I-A football coaches. *Journal of Strength and Conditioning Research*.

**Mayo, J**. Winter, 2005. Safe Cycling. *ACSM’s Fit Society Page*, 3.

**Mayo, J.**, Lyons, B., Honea, K., & Alvarez, J. (2004). Comparison of forward, backward, and lateral motion exercise at self-selected intensities. *Journal of Sports Rehabilitation*. 13(1) 67-74.

Hughes, S., Lyons, B., & **Mayo, J**. (2004). The effect of grip strength and grip strengthening exerciseson instantaneous bat velocity of collegiate baseball players. *Journal of Strength and Conditioning Research*. 18(2) 182-185.

Lyons, B., **Mayo, J**., & Maurer, S. (2004). Kinesiological tips from the trenches: Some thoughts for prospective trainers, coaches, and teachers regarding fundamental misconceptions. *Arkansas Journal*. 39(1) 16.

**Mayo**, **J.**, Kravitz, L., & Wongsathikun, J. (2001). Detecting the onset of added cardiovascular strain during combined arm and leg exercise. *Journal of Exercise Physiology*. 4(3) 53-60.

**Mayo, J**. (2000). Practical guidelines for the use of deep water running. *Strength and Conditioning*. 22(1).

**Mayo, J**. & Kravitz, L. (1999). A review of the acute cardiovascular responses of young and older adults to resistance exercise. *Journal of Strength and Conditioning Research.* 13(1) 90-96.

**Mayo, J.**, Adams, T., & Mathias, K. (1997). Computer assisted instruction for the physical educator: Strategies for design and development. *Teaching Secondary Physical Education*. 3(6). 18-20.

# Mayo, J. & Honea, K. (1997). Carbohydrate ingestion: Practical guidelines for the endurance athlete. *Mississippi Alliance for Health Physical Education Recreation and Dance Journal*. 14(2). 28-30.

Kravitz, L. & **Mayo, J.** (1997). Aquatic Exercise: A Review-Part III. Selected topics of aquatic exercise. *The AKWA Letter*. 11(4). 12, 23.

Kravitz, L. & **Mayo, J.** (1997). Aquatic Exercise: A Review-Part II. Shallow and deep water exercise responses. *The AKWA Letter*. 11(3). 7,12.

Kravitz, L., **Mayo, J.,** & Chitwood, L. (1997). The many aspects of assessment: Flexibility assessment. *Personal* *Trainer*. 8(6). 50-54

**Mayo, J.**, Kravitz, L., & Chitwood, L. (1997). The many aspects of assessment: Assessing muscular strength and endurance. *Personal Trainer*.8(4). 54-62.

# Mayo, J. & Kravitz, L. (1997). Health and fitness software: Making the right choice. *Personal Trainer*. 8(3). 44-47.

Kravitz, L. & **Mayo, J.** (1997). Aquatic Exercise: A Review-Part I. Training effects of aquatic exercise. *The AKWA Letter*. 11(2). 7,12,14.

# Kravitz, L., Mayo, J., & Chitwood, L. (1997). A practical approach to fitness assessment: Cardiovascular fitness assessment. *Personal Trainer*. 8(2). 13-19.

*Books and Monographs*

**Mayo, J.** *101 Weight Loss Tips*. Lifetips.Inc. Publishing. 2007

Kravitz, L. & **Mayo, J.** The Physiological Effects of Aquatic Exercise: A Brief Review. Aquatic Exercise Association Inc. 1997

*Book Editor*

Kravitz, L. *Lifetime Guide to a Healthy Back*. *Introducing the Healthy Back* *System*. Garner Industries, Inc., 1997.

*Book Chapters*

**Mayo, J**. Exercise Physiology. In ACSM’s Resource Manual for Group Fitness Instruction. Lippincott, Williams and Wilkins, 2011.

*Book Chapter Review*

Sports Nutrition: A Practical Manual for Professionals. Academy of Nutrition and Dietetics, 6th edition. 2016

**Presentations:**

*National:*

**Mayo, J.** The Use Of A Ketogenic Diet To Manage Type II Diabetes. Healthcare Revolution, Orlando, FL, October 2018 (accepted)

Holstein, H., **Mayo, J.**, & Landry, A. Effects of tart cherry supplementation on mid-distance runners. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, Washington, DC, October 2018. *(accepted)*

Frick, S., **Mayo, J.**, Landry, A., & Harris, M. The effects of beetroot supplementation on exercise performance in experienced CrossFit athletes. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo, Washington, DC, October 2018. *(accepted)*

Wax, B., Lyons, B., & **Mayo, J.** Electromyographical Comparison Of Muscle Activation Patterns In Kettlebell Lifting Of Novice Lifters. 41st Annual NSCA National Meeting, Indianapolis, IN. 2018

Wax, B., Lyons, B., & **Mayo, J**. Acute Alpha-Ketoisocapoic Acid Supplementation Does Not Augment Muscular Strength In Trained College Age Females. 40th Annual NSCA National Meeting, Las Vegas, NV. 2017

**Mayo, J.**, Lyons, B., Wax, B., & Landry, A. The Effect of Citrulline Malate Supplementation on Anaerobic Performance. 33rd Annual SCAN Symposium Charlotte, NC. 2017

Wax, B., Lyons, B., **Mayo**, **J.**, Tucker, S., & Hendrix, R. Electromyographical Comparison of Muscle Activation Patterns Across Three Commonly Performed Kettlebell Exercises.. 39th Annual NSCA National Meeting, New Orleans, Louisiana. 2016

**Mayo, J.**, [Mayo](javascript:void(0);), J., [Dixon-Green](javascript:void(0);), L., [Nealey](javascript:void(0);), S., & [Fitzpatrick](javascript:void(0);), K. The effects of a results-based employee wellness program on health outcomes at Nabholz construction. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. *Abstract: AND J*. 114 (9) Suppl. p A90. 2014

Irgens,J., **Mayo, J.**, Gonzales, D., Hakkak, R., & Hays, N. Energy drink consumption: comparing athletes vs. non-athletes at a private college in Arkansas.. Annual Federation of American Societies for Experimental Biology Meeting. Abstract: FASEB J. 25, # 989.2. 2011

**Mayo, J.** “Cardiovascular Recipes for Special Populations.” American College of Sports Medicine’s 12th Health & Fitness Summit, Long Beach, CA. March 24-27. 2008

Kear, K., & **Mayo, J.** The Relationship Between Electroencephalographic and Electromyographic Responses to Maximal, Submaximal and False Strength: A Case Study. National ACSM meeting, Denver, CO. *Abstract:* *Med. Sci. Sport Exerc. 38: S-956#1002.* 2006

Honea, K., **Mayo, J.**, DeLashmit, S., Kinzey, S., & Brown, S. The Effect Of Game Stimuli On Arrhythmia Response In NCAA Division I-A Football Coaches. National ACSM meeting, Indianapolis, IN. *Abstract:* *Med. Sci. Sport Exerc. 37: S-841#459.* 2005

**Mayo, J.**, Blanton, M., Taylor, J., & Hickey, M. Effect of Ribose Supplementation on Anaerobic Exercise Performance. Annual American College of Sports Medicine meeting, Indianapolis, IN. *Abstract:* *Med. Sci. Sport Exerc. 36: S-171#1163.* 2004

**Mayo, J.**, Alvarez, J., Sanders, S., Church, T., Foster, A., & Painich, J. Knowledge of High School Athletes about the Female Athlete Triad. Annual American College of Sports Medicine meeting, Baltimore, MD. *Abstract: Med. Sci. Sport Exerc. 33: S-286 #1606.* 2001

**Mayo, J.**, Kravitz, L., Chitwood, L., Kinzey, S., Waters, W., & Wongsathikun, J. Cardiovascular Responses to Combined Arm and Leg Exercise. Annual American College of Sports Medicine meeting, Seattle, WA. *Abstract: Med. Sci. Sport Exerc. 31: S-152 #644.* 1999

**Mayo, J**., Kravitz, L., & Alvarez, J. A Comparison of the Physiological Responses to Commercially Marketed Elliptical Crosstrainers, Annual National Strength and Conditioning Conference meeting, Nashville, TN. *Abstract: J. Strength and Cond. Res. 12(4): p. 275.* 1998

Honea, K., Delashment, S., **Mayo, J.**, Kinzey, S., & Brown, S. The Effects of Game Stress on Heart Rate Responses of Division IA Football Coaches, Annual National Strength and Conditioning Conference meeting, Nashville, TN. *Abstract: J. Strength and Cond. Res. 12(4): p. 274.* 1998

Kravitz, L., Wax, B., **Mayo, J.**, Daniels, R., & Charette, K. Metabolic Response of Elliptical Exercise Training, Annual American College of Sports Medicine meeting, Orlando, FL. *Abstract: Med. Sci. Sport Exerc. 30: S-169 #963.* 1998

**Mayo, J.**, Kravitz, L., Alvarez, J., & Honea, K. Metabolic Response of Men to Lower vs. Upper and Lower Body Rowing, Annual American College of Sports Medicine meeting, Orlando, FL. *Abstract: Med. Sci. Sport Exerc. 30: S-169 #960.* 1998

Alvarez, J., Kravitz, L., **Mayo, J.**, & Honea. K. Physiological Responses of Lower Body and Combined Upper and Lower Body Rowing. Annual American College of Sports Medicine meeting, Orlando, FL. *Abstract: Med. Sci. Sport Exerc. 30: S-167 #949.* 1998

**Mayo, J**., Adams, T., & Mathias, K. An Interactive Computer Software Application On Heart Anatomy, Physiology, and Electrocardiography, Thematic Poster Presentation*.* Annual American College of Sports Medicine meeting, Denver, CO. *Abstract: Med. Sci. Sport Exerc. 29: S-116 #665.* 1997

**Mayo, J**., Adams, T., & Mathias, K. A Theoretically Based Computer Software Application on Heart Anatomy, Physiology, and Electrocardiography. Annual AAHPERD meeting, Denver, CO. 1994

Mathias, K., Adams, T., Stearns, J., & **Mayo, J.** “An Investigation of the Effects of an Interactive Videodisc Application on Freestyle And Butterfly Swimming Skill Acquisition”. Annual AAHPERD meeting, Washington, DC. 1993

*Regional:*

Alvarez, J., **Mayo**, **J.**, Roberts, R., & Brown, S. Development of Lower Body Strength Norms for the BodyMaster Super Leg Press in Females. Southeastern ACSM Chapter meeting, Charlotte, NC. 2000

Washam, M. & **Mayo, J**. Symposium: Creatine Supplementation in Scholastic Athletics: Recommendations for the Fitness Professional. Southeastern ACSM Chapter meeting, Charlotte, NC. 2000

Honea, K., **Mayo, J.**, DeLashmit, S., Kinzey, S., & Brown, S. Coaching From the Heart: The Effect Of Game Stimuli On Arrhythmia Response In NCAA Division I-A Football Coaches. National ACSM meeting, Indianapolis, IN. 2000

Hultquist, T., Collins, J., Rice, R., & **Mayo, J**.The Effect of Music Tempo on Physiological Responses to Stair Stepping Exercise. Northland ACSM Chapter meeting, St. Cloud, MN. 1999

Wooden, J., Kirchmann, J., Buster, E., & **Mayo, J**. A Comparison of Upper Body vs. Upper and Lower Body Exercise on an All-Extremity Ergometer. Northland Chapter ACSM meeting, St. Cloud, MN. 1999

Jessen, C., Beiermann, W., & **Mayo, J**. Energy Expenditure and Exercise Economy of Walking With and Without a Backpack in College-Aged Females. Northland Chapter ACSM meeting, St. Cloud, MN. 1999

Pugsley, D., Blausey, B., Pontow, J., & **Mayo, J**. Cardiovascular Responses of Forward, Backward and Lateral Motion Exercise at Similar Ratings of Perceived Exertion. Northland ACSM Chapter Meeting, St. Cloud, MN. 1999

**Mayo, J.**, Kravitz, L., Alvarez, J., & Honea, K. Metabolic Response of Men to Lower vs. Upper and Lower Body Rowing. Southeastern ACSM Chapter Meeting, Destin, FL. 1998

**Mayo, J.**, Kravitz, L., Alvarez, J., & Honea, K. Physiological Responses of Lower Body and Combined Upper and Lower Body Rowing. Southeastern ACSM Chapter Meeting, Destin, FL. 1998

Hatten, T. & **Mayo, J**. The NSCA: What it can do for the Physical Education Professional, Southern District AAHPERD Meeting, Biloxi, MS. 1998

Alvarez, J., **Mayo, J.**, & Brown, S. Physiological Responses to Maximal Deep Water Running in Highly Fit vs. Average Fit Males, Southern District AAHPERD, Biloxi, MS. 1998

Myers, D., **Mayo, J.**, & Dupper, M. Efficiency Comparisons Among Four Seat Post Angles. Southeastern ASCM Chapter meeting, Chattanooga, TN. 1996

Alvarez, J., Brown, S., Jordan, J., & **Mayo, J**. Cross Validation of Deep Water Running Oxygen Cost Equations, Southeastern ASCM Chapter meeting, Chattanooga, TN. 1996

Mathias, K., Adams, T., Stearns, J., & **Mayo, J**. An Investigation of the Effects of an Interactive Videodisc Application on Freestyle And ButterFLy Swimming Skill Analysis, Southern District AAHPERD Meeting, Dallas, TX. 1993

*State/Local:*

**Mayo, J.** The Ketogenic Diet For Diabetes: Treatment or Trouble? Arkansas Society for Public Health Education’s Annual Conference. Conway, Arkansas 2018. (accepted)

Panel Discussion. Expanding the Roles of RDs and RDNs as Nutrition Experts. Arkansas Academy of Nutrition and Dietetics, Little Rock, AR. 2016

**Mayo, J.** Top Nutritional Considerations for Athletes. Arkansas Strength and Conditioning Clinic. Conway, AR. 2015

Lyons, B., **Mayo**, **J**.,&Hendrix, R. Building a Graduate Strength and Conditioning Curriculum. Arkansas Association of Health, Physical Education, Recreation and Dance. Little Rock, AR. 2014

**Mayo, J.** How To Deliver a High-Impact Presentation. Arkansas Association of Health, Physical Education, Recreation and Dance. Little Rock, AR. 2013

Lyons, B. & **Mayo, J**. Kettlebell Exercises for Power and Coordination. Arkansas Association of Health, Physical Education, Recreation and Dance. Little Rock, AR. 2013

**Mayo, J.** Eating for Peak Performance. Arkansas Association of Health, Physical Education, Recreation and Dance. Little Rock, AR. 2010

**Mayo, J.** Eating for Peak Performance. Arkansas Chapter of the American Dietetics Association. Little Rock, AR. 2009

**Mayo, J.** Career Opportunities in Exercise Science. Louisiana Tech University, Health, Physical Education, and Recreation Department, Ruston, LA. 2001

**Mayo, J.** Career Opportunities in Exercise Science. Annual MAHPERD student retreat, Sardis, MS. 2001

**Mayo, J.**, Alvarez, J., & Lee, A. Knowledge of High School Cross-Country Runners about the Female Athlete Triad. Annual LAHPERD Meeting, New Orleans, LA. 2000

**Mayo, J.**, Sanders, S., Church, T., Painich, J. & Clark, C. Eating Attitudes and Body Shape Perceptions of Young Dancers.Annual LAEP Meeting, Baton Rouge, LA. 2000

Sanders, S., Church, T., **Mayo, J.**, Foster, A., Painich, J., & Clark, C. Assessment of Abnormal Eating Behaviors and Body Image In Young Dancers. Annual LAHPERD Meeting, Baton Rouge, LA. 2000

**Mayo**, **J.**, Washam, M., & Thomas, L. Health-Related Fitness of Minor League Hockey Players. Annual LAHPERD Meeting, New Orleans, LA. 1999

**Mayo, J.** & Alvarez, J. The Acute Circulatory Effects of Resistance Exercise on Young and Older Adults. Mississippi Joint Conference on Aging, Biloxi, MS. 1996

Adams, T. & **Mayo, J**. Educational Software Design and Development. Annual Arkansas AAHPERD Meeting, Fairfield Bay, AR. 1992

Adams, T. & **Mayo, J**. Using ToolBook: An Introduction to Software Development. Annual Arkansas AAHPERD Meeting, Eureka Springs, AR. 1991

**Grants:**

2011 Arkansas Tech Project Grant.

“The electromyographical analysis of selected kettlebell exercises”

Total amount of grant: $2300 **(funded)**

2001 Hendrix College Project Grant.

“The effects of D-ribose on anaerobic exercise performance”

Total amount of grant: **$1,788 (funded)**

2000 Board Of Regents Support Fund Enhancement Program

“Enhancing Instruction, Research, and Service Capabilities of the Human Performance Laboratory at the University of Louisiana at Monroe”

M. C. Washam, **J. Mayo,** & Luke E. Thomas

Total amount of the grant: $201,968 (not funded)

2000 University of Louisiana at Monroe

Health Excellence Funding Grant

“The effects of aerobic exercise intensity on cardiovascular endurance, body composition and lipid profiles in older adults.”

**J. Mayo** and Luke E. Thomas

Total amount of the grant: $47,250 (not funded)

1999 University of Louisiana at Monroe

Development Grants Program

“Portable Blood Chemistry Analyzers for the Human Performance Lab.”

**J. Mayo** and M.C. Washam

Total amount of the grant: **$1,064 (funded)**

1999 Louisiana Distance Education Grants Initiative Program

“Electronic Learning and Web-Based Instructional Training and Development”

1. Doherty, R. Farley, C. Washam, **J**. **Mayo**, W. Campbell and C. Cicciarella

Total amount of the grant: $74,973.00 (not funded)

1998 American Council on Exercise

Product comparison of home consumer elliptical training exercise machines

L. Kravitz, **J**. **Mayo**, & J. Alvarez

Total amount of grant: **$1,000.00 (funded)**

1997 Aquatic Exercise Association

Research review entitled: “The Physiological Effects of Aquatic Exercise:

A Brief Review”

L. Kravitz and **J.** **Mayo**

Total amount of grant: **$1,000.00 (funded)**

1993 Greenleaf *Adventure Quest*

Development of a Ropes Course

SueAnn Pace, Director of Marketing

Kirk E. Mathias, Ed.D, Assistant Professor of HPER

**J. Mayo**, M.S., Activity Therapy Coordinator

Marty Algee, Activity Therapist

Total amount of grant: **$30,543.68 (funded)**

**Licenses/Certification**

Registered Dietitian (R.D.)

As commissioned by the American Dietetic Academy.

Oct. 2007- Present

Registration # 984965

Certified Strength and Conditioning Specialist (C.S.C.S.)

As certified by the National Strength and Conditioning Association. Feb.1993 - Present

Membership # 92-11-23-118

Ironman Sports Nutrition Certification  
Online Training Completed 2016

Cooper Institute Certification Course

Coaching Healthy Behaviors

February 2009

Dallas, TX

Cooper Institute Certification Course

Boot Camp and Circuits Leadership

February 2010

Dallas, TX

**Selected Community/Industry Invited Presentations**

**Title:** Keto Diet: Treatment or Trouble

**Group:** Nabholz Corporation

**Location:** Conway, AR., Little Rock, AR., Rogers, AR.

**Date:** Summer 2018

**Title:** Keto Diet: Treatment or Trouble

**Group:** Maverick Transportation

**Location:** Little Rock, AR

**Date:** Summer 2018

**Title:** Emotional Eating

**Group:** UCA Weight Loss Program for Laura Gillis

**Location:** Conway, AR

**Date:** Fall 2017

**Title:** Dietary Supplements for Runners

**Group:** Conway Running Club

**Location:** Conway, AR

**Date:** Fall 2016

**Title:** Move Your Parts So You Don’t Fall Apart

**Group:** Kiwanis Club

**Location:** Conway, AR

**Date:** Fall 2016

**Title:** Top Nutrition Mistakes Marathoners Make

**Group:** Conway Running Club

**Location:** Conway, AR

**Date:** Fall 2015

**Title:** Choose To Lose

**Group:** Six week free weight loss course at Faulkner County Library

**Location:** Conway, AR

**Date:** July-August 2014

**Title** Eating for Endurance Performance

**Group:** All In Multisport Triathlon Team

**Location:** Little Rock, AR

**Date:** August, 2012

**Title:** Top Ten Weight Loss Tips

**Group:** Risk Services of Little Rock

**Location:** Little Rock, AR

**Date:** January, 2010

**Title:** Ironman Nutrition

**Group:** New Life Church, 24/7 students completing Ironman distance triathlon

**Location:** Conway, AR

**Date:** March, 2009

**Title:** Eating Healthy Over the Holidays

**Group:** Conway Regional Hospital, Diabetes Support Group

**Location:** Conway, AR

**Date:** December 2008

**Title:** Weight Loss: Secrets of Success

**Group:** Harvest Baptist Church, Real You Weight Loss Group

**Location:** Conway, AR

**Date:** October, 2008

**Title:** Weight Loss: Myths, Misconceptions, and Secret to   
Success

**Group:** Take off Pounds Sensibly (TOPS)

**Location:** Greenbrier, AR

**Date:** August, 2008

**Title:** Dietary Supplements: What You Should Know

**Group:** Nabholz Construction

**Location:** Little Rock, AR; Jonesboro, AR; Conway, AR;   
Springdale, AR; Springfield MO; Oklahoma City, OK;   
Tulsa, OK.

**Date:** July, 2008

**Title:** Nutrition Guidelines for Young Athletes

**Group:** Kymes-Lyons Parrasi Sports Performance Center

**Location:** Conway, AR

**Date:** June, 2008

**Title:** Physically Active for Life

**Group:** Nabholz Construction

**Location:** Little Rock, AR; Jonesboro, AR; Conway, AR;   
Springdale, AR; Springfield MO; Oklahoma City, OK;   
Tulsa, OK.

**Date:** May, 2008

**Special Projects**

Sports Nutrition Made Easy: An online training program for nutrition and exercise professionals. It provides 7 CPEUs for registered dietitian nutritionists and 0.9 CEUs for those certified by the National Strength and Conditioning Association. http://mysportsnutritioncourses.com

Cross Country Education Seminars: Provided CEU workshops for health care professionals entitled, “Fueling Fitness and Peak Performance” 2015. Locations: 20+ cities throughout the U.S. www.crosscountryeducation.com

HBO’s Weight of the Nation: Helped coordinate Wellness testing using ATU students at Nabholz Construction. The Nabholz wellness program was the only program featured in the 4-part series. Nabholz appears in Part 4: “Challenges” and they also are featured in the short film entitled, “Overweight in the Workplace: How Wellness Programs Can Help the American Workforce.”

Choose To Lose: Community Education Program, University of Central Arkansas, 2008-10, 2017.

This outreach program was designed specifically for those who are overweight and ready to make a permanent lifestyle change. Focus was on increasing physical activity, nutrition education, and behavior modification.

Freelance Writer: LifeTips.com, Exercise/Fitness Expert Guru, 2007. Responsibility includes writing health and fitness tips for clients.

http://www.lifetips.com/expert-guru/7024-jerry-mayo.html#guru-7024

Fitness product testing: 1997-1998

1. HealthWalker
2. BowFLex
3. Precor EFX Elliptical
4. Elliptical product comparison (sponsored by ACE)

**Professional Memberships**

2008-present Weight Management Dietary Practice Group (DPG)

2008-present Sports, Cardiovascular, And Wellness Nutrition DPG

2007-present Nutritional Entrepreneurs DPG

2006-2007 Arkansas Association for Health, Physical Education, Recreation, and Dance

2006-present Academy of Nutrition and Dietetics

1998-2014 American College of Sports Medicine

1992-present National Strength and Conditioning Association

**Recent Positions Held:**

2014-current Board Member: Arkansas National Strength and Conditioning Association

2013-current Invited Reviewer, Mississippi Alliance for Health and Physical Education Journal

2008-10 Board of Directors, Arkansas Chapter of the American Dietetic Association

2009-2010 Annual Meeting Planning Committee Member, Arkansas Chapter of the American Dietetic Association

2008-2009 Fundraising Co-Chair, Arkansas Chapter of the American Dietetic Association

2006-10 Reviewer, Journal of Undergraduate Kinesiology Research

**Curriculum Development**

2013-2014 Graduate Strength and Conditioning Program—Co-developed 33 hour graduate program. First classes offered Fall 2014.

2011-2012 Wellness Science--Developed undergraduate curriculum change proposals & catalog descriptions that were later approved through the faculty governance system (WS 4013 Wellness Practicum & WS 4023 Strength and Conditioning)

**Service**

University

2016-current Athletic Committee

2014-2015 Technology Committee

2014-2015 General Education Committee Chair

2012-2015 General Education Committee

2013 Search Committee Member for History Department

2011-2013 Honors Council

2010-2011 Faculty Athletic Committee

2011-2012 Library, Instructional Materials, and Equipment

2011-2012 Committee on Adjunct Support

2011-2012 Nominating Committee for Education

2014 Curriculum Committee

College

2016-current Research Committee

2016 Common Core Assessment Representative (Responsibility Living, Part B Standard)

Department

2017 Peer Consultation Committee Chair

2016 Alumni Luncheon Planning Committee

2016 Clinical Instructor Search Committee

2016 Bear Facts Days 9/10, 10/8, 12/2

2015 Scholarship Committee

2014 HPE Search Committee Member

2014 Graduate Strength and Conditioning Program Coordinator

2014 Served as an Honor’s Project Committee member for Marie Asher “Electromyographical analysis of the primary muscles utilized in variations of the push-up” Arkansas Tech University

2014 Served as an Action Research Committee member for Kenneth Snell “Electromyographical analysis of the push-up exercise using a suspension training system” Arkansas Tech University, Candidate for M.Ed. in Physical Education

2013 Served as an Action Research Committee member for Jerod McCormick “Comparison of EMG Responses between Free Weight and Machine Bench Press” Arkansas Tech University, Candidate for M.Ed. in Physical Education

2012 Served as an Action Research Committee member for Kelli Mayer “Comparison of Modes of Exercise on Energy Expenditure” Arkansas Tech University, Candidate for M.Ed. in Physical Education

2012 Served as an Action Research Committee member for Zachary Jamell “The Relationship between Flexibility and VO2 Max in College Students” Arkansas Tech University, Candidate for M.Ed. in Physical Education

2012-2013 HPE Search Committee Member

2010-present Human Performance Lab Director

Community

2013-18 Nabholz Construction Wellness Testing

2017 Choose To Lose –Community Education Weight Loss Class

2017 Little Rock Soiree Magazine article entitled, “How To Stay Healthy While Traveling.”

2016 Little Rock Soiree Magazine article entitled, “Top Nutrition Trends for 2017.”

2016 Conway Kiwanis Club: Talk entitled “Move Your Parts, So You Don’t Fall Apart.”

2015-16 Training and Nutrition Advisor--Women Run Arkansas 5-k, Conway, AR

2014-15 Nutrition Coach—Soaring Wings Half/Full Marathon, Conway, AR

Other Service

2006- 2015 Dietetic Internship Preceptor, UCA, UAMS, U of Memphis, U of Iowa

2002 Hendrix College Adult Fitness Program

Hendrix College Men’s Baseball Speed and Strength Program Design

Hendrix College Women’s Basketball Conditioning Program Design

2001 Hendrix College Men’s Basketball Strength Program Design

Member of Conway Running Club

Kinesiology Webpage Development ([www.hendrix.edu/kinesiology](http://www.hendrix.edu/kinesiology))

American Heart Association Board (Richland Parish)

Presentation entitled “Movement for Life”

Rayville, LA

Ouachita Parish Senior Olympics

University Scholarship Committee

Member Ouachita Valley Road Runners Club

1999 Fitness Assessment and Anaerobic Heart Rate Determination of the Monroe Moccasins (minor league hockey team)

Departmental Coordinator of the “American Heart Walk”

Departmental Representative for the “United Way”

Jr. Academy of Sciences Workshop

Fit or Fat. Archimedes’ Principle and its Application to Body Composition

1998 Reviewer

The Journal of Exercise Physiology

American Society of Exercise Physiologists

Fitness Assessment of community/university groups

Laurel High School, Laurel, NE (Health Classes)

Winside High School Wrestlers, Winside, NE (Body Composition)

Wayne State College Baseball (Body Composition)

Wayne State College Softball (Body Composition)