



## **Faculty Affiliate Accomplishments October – December 2005**

### **Publications**

Avis, A., Li, W., & Ross, S. M. (October, 2005). Evaluation of Accelerated Schools PLUS in an Illinois Small City School District. Memphis, TN: The University of Memphis, the Center for Research in Educational Policy.

Bloomer, R.J. (2005). Energy cost of moderate duration resistance and aerobic exercise. Journal of Strength and Conditioning Research, 19(4): 878-882.

Bloomer, R.J., A.C. Fry, B.K. Schilling et al. (2005). Astaxanthin supplementation does not attenuate markers of muscle injury following eccentric exercise. International Journal of Sports Nutrition and Exercise Metabolism, 15(4):401-412.

Fry, A.C., J.M. Steinacker and R. Meeusen. Endocrinology of Overtraining. In: The Encyclopedia of Sports Medicine XI - The Endocrine System in Sports and Exercise. Blackwell Publishers, Oxford. 2005.

Schilling, B.K., A.C. Fry, L.Z.F. Chiu & L.W. Weiss. (2005). Myosin heavy chain isoform expression and in vivo isometric performance: a regression model. Journal of Strength and Conditioning Research, 19(2):270-275.

Wright, P. M., Ding, S., & Li, W. (2005). Relation between Perceived Physical Self-Efficacy and the Motivational Responses of Urban High School Students toward Physical Activity. Perceptual and Motor Skills, 101, 651-656.

Wright, P. M., Ross, S. M., Bates, J. A., Franceschini, L. A., & Li, W. (December, 2005). New Leaders for New Schools: 2004-2005 Evaluation Report. Memphis, TN: The University of Memphis, the Center for Research in Educational Policy.

You, T., Goldfarb, A.H., Bloomer, R.J., Nguyen, L., Sha, X, & McKenzie, M.J. (2005). Oxidative stress response in normal and antioxidant supplemented rats to a downhill run: Changes in blood and skeletal muscles. Canadian Journal of Applied Physiology, 39(6): 677-689.

### **Presentations**

On November 2, the FedEx Perspectives Speaker Series was entitled "The Science of Exercise and Sport Performance" and featured six CCH Faculty Affiliates who discussed their research. Speakers included Drs. Larry Weiss, Andy Fry, Mary Fry, Rick Bloomer, Brian Schilling, and Yuhua Li.

Fry, A.C., C.M. Moore and M.J. Falvo. Fundamentals of weight training. Memphis City Schools Secondary Physical Education Teacher In-Service, Cordova High School, Cordova, TN 2005.

Fry, A.C. Overtraining, diet, performance and psychology - Performance and muscle maladaptations

to overtraining. Mid-Atlantic ACSM Conference, Harrisburg, PA 2005.

Fry, A.C. Performance and muscle maladaptations to resistance exercise overtraining. Biomedical Engineering Seminar Series, University of Tennessee-Memphis Health Science Center, Memphis, TN 2005.

Young, A. Adolescents<sup>1</sup> Satisfaction with a Computerized Assessment for Contraceptive Use and Abstinence. National Communication Association. November, 2005