

ELIZABETH F. NAGLE, PH.D, FACSM

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ACADEMIC TRAINING

Ph.D. University of Pittsburgh, May 1999
Exercise Physiology
Dissertation: *"Prediction of Swimming Performance Using a Mixed Model of Physiological and Stroke Variables in Adult Competitive Swimmers"*

M.S. University of Arizona, May 1992
Exercise Physiology
Research Project: *"Predictions of Fat-Free Body Mass Using Bioelectrical Impedance Analysis on a Sample of Elite Synchronized Swimmers"*

B.S. Pennsylvania State University, May 1990
Exercise & Sport Science with Teacher's Option
K-12 Health & Physical Education Student Teaching, State College Area School District

PROFESSIONAL EMPLOYMENT

University of Pittsburgh

2016- present Associate Professor of Practice
Undergraduate Program Coordinator/Graduate Faculty
Department of Health and Physical Activity

Secondary Faculty Appointment- Assistant Professor
Department of Health and Rehabilitative Sciences

2013 Assistant Professor
Undergraduate Program Coordinator/Graduate Faculty
Department of Health and Physical Activity

Secondary Faculty Appointment- Assistant Professor
Department of Health and Rehabilitative Sciences

1999-2013 Assistant Professor
Undergraduate Program Coordinator/Graduate Faculty

Department of Health and Physical Activity

1993-1999 Clinical Instructor/Director of Aquatics

Temple University

1992-1993 Graduate Teaching Assistant/ Director of Aquatics Department of Physical Education

University of Arizona

1990-1992 Graduate Teaching/Research Assistant; Department of Exercise & Sport Science

State College, PA

6/1992-8/1992 Head Swimming Coach/Swimming Lessons Coordinator
 6/1991-8/1991 Park Forest Pool
 6/1990-8/1990 Park Forest Pool
 10/1989-2/1990 Assistant High School Swimming Coach, State College Area School District

TEACHING EXPERIENCE*University of Pittsburgh***Graduate Teaching**

- Physiological Aspects of Sport and Fitness Conditioning
- Directed Study Journal Club
- Health Fitness Instructor Workshop
- Advanced Exercise Physiology & Laboratory

Undergraduate Teaching

- HPA 0477 Introduction to Exercise Science (2019-present)
- HPA 1031 Research in Sport Science (1993-2018)
- HPA 1033 Human Physiology (1999-2014)(2019-present)
- HPA 2267 Physiological Aspects of Sport and Fitness Conditioning -responsible for original course design/implementation (2000-2018)
- Directed Research Practicum (2005-present)
- HPA 1996 Clinical Internship (2015-present)
- HPA 1035 Exercise Science Undergraduate Seminar I and II -responsible for original course design/implementation (2000)

- CPR For The Professional Rescuer/Emergency Responder (1993-2005)
- Lifeguard Training Instructor, Water Safety Instructor, CPR Instructor (1993-2006)

Visiting Lecturer

- School of Health and Rehabilitative Sciences (HRS 2868)
Sports Medicine Seminar (2016- present)
- School of Health and Rehabilitative Sciences (HRS 3897)
Laboratory Techniques in Sports Medicine II (2016 & 2017)
- School of Nursing - NUR 1620 Mind Body Interventions (2003)
- School of Medicine - Sports Medicine Fellowship Grand Rounds (2003)
- Lecturer, ACSM Exercise Specialist Workshop (1998-2000)

Temple University

Undergraduate Teaching

- Lifeguard Training, Water Safety Instruction
- Various Swimming

University of Arizona

Undergraduate Teaching

- Swimming For Fitness
- Aerobic Dance
- Beginning/Intermediate Swimming

ADMINISTRATIVE EXPERIENCE

University of Pittsburgh

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|-------------------|---|
| Fall 2018-present | Program Contact, Undergraduate Health and Physical Activity Program
Responsible for recruitment, enrollment, and advising for undergraduate Exercise Science HPA majors. Includes recruitment, admissions, scheduling |
| Fall 2001-present | Program Coordinator, Undergraduate Health and Physical Activity Program
Responsible for recruitment, enrollment, and advising for undergraduate Wellness and Exercise Science HPA majors. Includes oversight, program development, admissions, scheduling, and curriculum design.
Program endorsed by the American College of Sports Medicine University Connection Program in May 2003. |
| 2001-2006 | Workshop Director, ACSM Health/Fitness Instructor Workshop |

Responsible for scheduling, administration, and organization of a four day national workshop and testing site aimed at increasing the competency of individuals involved in health, fitness, and cardiovascular rehabilitative exercise programs.

Fall 2001-2002

Co-Director, Student Fitness and Assessment Laboratory

Oversight of the administration and organization of a student-run laboratory that conducts university-wide health and fitness assessments and served as a primary “hands-on” learning tool for undergraduate students.

Spring 2001

Coordinator, Wellness and Coaching Program

Responsible for curricular and course development of Wellness and Coaching major within the Movement Science degree that began Fall 2001.

1999-2013

Assistant Director, Center for Exercise & Health Fitness Research

Responsibilities included assisting with coordination, training graduate students, developing and implementing new programming, and research development.

Assistant Director, Pittsburgh Performance Profiles

Physiological performance testing offered to community and University of Pittsburgh varsity athletes. Included metabolic testing, body composition, blood lipid profiling, and flexibility. Responsibilities included assisting with administration, scheduling of testing, and public relations.

1993-1999

Director of Aquatics

Responsibilities included facility risk management, coordination, and administration of all University aquatic classes, varsity athletic events, recreational, and non-profit organizations. Also included hiring, scheduling, training, and management of lifeguard staff.

Aquatics Programming Director, American Red Cross External Swimming Lessons Program

Coordination and administration of swimming lessons program including hiring, supervision, and certification of instructors and students.

Temple University

1992-1993

Director of Aquatics

Responsibilities included facility risk management, coordination and administration of all aquatic classes, athletic events, recreational, and non-profit organizations. Also included hiring, scheduling, training, and managing lifeguards.

CLINICAL/LABORATORY EXPERIENCE

University of Arizona

- 1990-1992 Graduate Assistant- Adult Fitness Program
Taught fitness classes and assisted in exercise testing/prescription.
- 1991 Laboratory Coordinator. (Rotations) settings:
Dr. Ralph Fregosi - Respiratory Physiology
Dr. Kevin Kregel - Thermoregulation
Dr. Tim Lohman - Body Composition

Penn State University

- June-August 1991 Volunteer Research Assistant, Department of Exercise & Sport Science. Noll Laboratory -Assisted Susan Puhl, Ph.D. on Estimation of Fat-Free Mass using Total Body Electrical Conductivity (TOBEC): Effects of Lung Volumes.

RESEARCH

- 2018 Principal Investigator
“Comparison of Energy Expenditure and Cardiorespiratory Responses in Land-Based Treadmill and Shallow Water Treadmill Running”. Funded by Swim Ex, Inc.
- 2015-present Principal Investigator
“Validity and Reliability of a Swimming Pool-Based and Swimming Flume-Based Test of Peak Aerobic Capacity” Naval Special Forces Injury Prevention & Human Performance Research Initiative Funded by Department of Defense
- Co-Investigator
“Associations between water-based aerobic/anaerobic performance during military swimming and land-based human performance characteristics and test-retest reliability” Naval Special Forces Injury Prevention & Human Performance Research Initiative Funded by Department of Defense.
- Co-Investigator
“Validity and Reliability of a Tethered Swimming Test” Naval Special Forces Injury Prevention & Human Performance Research Initiative Funded by Department of Defense.
- 2013-2014 Principal Investigator
“Validity of a Shallow Water Running Test Using Healthy Adult Women” Funded by National Swimming Pool Foundation/Center for Disease Control

- Co-Investigator
 “Naval Special Forces Injury Prevention & Human Performance Research Initiative” Funded by Department of Defense
- 2011-2102 Principal Investigator
 “Energy Expenditure of Shallow Water Aquatic Exercise Using Normal and Overweight Women” Funded by University of Pittsburgh Central Development Fund
- 2005-2010 Co-Investigator
 “Psycho-physiological Influences on Physical Activity” Funded by National Institute of Health
- 2003- 2006 Principal Investigator
 “Validation of the 12-Minute and 500 Yard Swim as Field Tests of Maximal Aerobic Capacity in College Men and Women”- Funded by National Swimming Pool Foundation/Center for Disease Control
- 2001- 2003 Principal Investigator
 "The Effects of a Combined Aquatic Exercise and Walking Program on Selected Variables in a Sedentary Obese Female Sample Undergoing a Standard Behavioral Weight Loss Intervention"- Funded by the Obesity Nutrition Research Center
- Co-Investigator
 “Factors Contributing to the Change in Physical Activity from Adolescence to Young Adulthood and the Impact on Health Status” Funded by School of Education Faculty Student Research Fund
- Co-Investigator
 “Comparison of Maximal Oxygen Consumption (VO_{2max}) and Ventilatory Breakpoint (V_{pt}) in a Sample of Caucasian American and Native Thai (Asian) Men and Women” Funded by School of Education Faculty Student Research Fund

GRANTS/FUNDING AWARDS

- 2018 1st Place, Human Performance Innovation Tournament. Funded by Innovation Institute, Department of Athletics, Clinical Translation Science Institute
- Principal Investigator “Comparison of Energy Expenditure and Cardiorespiratory Responses in Land-Based Treadmill and Shallow Water Treadmill Running”. Funded by Swim Ex, Inc.

- 2015-present Co-Investigator, Naval Special Forces ‘Injury Prevention & Human Performance Research Initiative’ Funded by Department of Defense
- Co-Investigator, “MARSOC Injury Prevention & Human Performance” Funded by Department of Defense
- 2014 Co-Investigator, Naval Special Forces “Injury Prevention & Human Performance Research Initiative” Funded by Department of Defense
- 2013 Principal Investigator, “Validity of a Shallow Water Running Test Using Healthy Adult Women” National Swimming Pool Foundation/Center for Disease Control
- 2011 Principal Investigator, “Energy Cost of Aquatic Exercise in Shallow Water Using Normal and Overweight Women”, funded by University of Pittsburgh Central Research Development Fund
- 2007 Principal Investigator, “Variations in Swimming Stroke Performances Throughout a Competitive Swimming Season in a Sample of Competitive College Swimmers”, funded by University of Pittsburgh School of Education
- 2004 Psycho-physiological Influences on Physical Activity" Primary Investigator, D.A. Aaron, Co-Investigators R.J. Robertson and E.F. Nagle. Submitted to National Institute of Health. RO1. (7/1/04 through 7/1/07)
- 2004 Principal Investigator
“Validation of the 12-Minute and 500 Yard Swims as Field Tests of Maximal Aerobic Capacity in College Men and Women”. Submitted to National Swimming Pool Foundation/Center for Disease Control
- 2002 Co-Investigator
“Factors Contributing to the Change in Physical Activity from Adolescence to Young Adulthood and the Impact on Health Status” Submitted to School of Education Faculty Student Research Fund
- 2002 Co-Investigator
“Comparison of Maximal Oxygen Consumption (VO_{2max}) and Ventilatory Breakpoint (V_{pt}) in a Sample of Caucasian American and Native Thai (Asian) Men and Women” Submitted to School of Education Faculty Student Research Fund
- 2001 Principal Investigator
"The Effects of a Combined Aquatic Exercise and Walking Program on Selected Variables in a Sedentary Obese Female Sample Undergoing a Standard Behavioral Weight Loss Intervention" Submitted to Obesity Nutrition Research Center

- 2000 Principal Investigator
"The Effects of a Combined Aquatic Exercise and Walking Program on Selected Variables in a Sedentary Obese Female Sample Undergoing a Standard Behavioral Weight Loss Intervention" Submitted to School of Education Research Fund
- 1998 Principal Investigator
"Prediction of Swimming Performance Times Using a Mixed Model of Physiological and Stroke Indices" Submitted to School of Education Research Fund

PUBLICATIONS

- 2019 **Nagle, E.F.**, Sanders, M.E., Becker, B.E. Aquatic Exercise for Health: Probing the Depths of HIIT for Cardiometabolic Training. *ACSM's Health & Fitness Journal*: 7/8 2019 - Volume 23 - Issue 4 - p 14-26
doi: 10.1249/FIT.0000000000000493
- Zera, J.N., **Nagle, E.F.**, Gibbs, B.B., Abt, J.P., Jakicic J.M. Energy Cost of Land and Shallow Water Walking in Females who are Overweight and Obese, *International Journal of Aquatic Research and Education*: 2019. Vol. 12 : No. 1 , Article 8. DOI: 10.25035/ijare.12.01.08.
- Haile, L., Goss, F.L., Andreacci, J.L., **Nagle, E.F.**, Robertson, R.J. Affective and metabolic responses to self-selected intensity cycle exercise in young men. *Physiology and Behavior*. 2019. Volume 205, P 1-58.
<https://doi.org/10.1016/j.physbeh.2019.02.012>
- Nagle, E.F.**, Nagai, T., Beethe, A., Lovalekar, M.T., Nagle-Zera, J.A., Connaboy, C., Abt, J.P., Beals, K., Nindl, B.C., Robertson, R.J., Lephart, S.M. Reliability and Validity of a Pool-Based Maximal Oxygen Uptake Test J. Strength. Cond. Res. 2019 May;33(5):1208-1215. doi: 10.1519/JSC.00000000000003113
- 2018 Beethe, A.Z., Nagle, E.F., Lovalekar, M., Nagai, T., Nindl, B.C., Connaboy, C. Hip Strength Improves Novice Surface Combat Swimming Flutterkick Performance. *Int J Sports Physiol Perform*. 2018 May 29:1-26. doi: 10.1123/ijsp.2018-0112. [Epub ahead of print]
- Taylor, M., **Nagle, E.F.**, Goss, F.L., Rubenstein, E., Simonson, A. Evaluating Energy Expenditure Estimated by Wearable Technology During Variable Intensity Activity on Female Collegiate Athletes. *Int. J. Exer. Sci.* 11 (7):1-11, 2018.
- Nagle, J.Z., **Nagle, E.F.**, Nagai, T., Lovalekar, M., Abt, J.P., Lephart, S.M

- Tethered Swimming Test: Reliability and the Association to Swimming Performance and Land-based Anaerobic Performance. *Journal of Strength and Conditioning Research*, e-pub ahead of print, doi: 10.1519/JSC.0000000000002501.
- 2017 Shafer, A.B., Rickman, A.D. Goss, F.L., Nagle, E.F. Psychosocial Determinants of Physical Activity in Undergraduate College Students. *J. Public Health Issues & Practices*. 2017: 1:104.
- Nagle, E.F.**, Gibbs, B.B., Prins, P., Sanders, M.E., Johnson, C., Robertson, R.J. Reliability and Validity of a Shallow Water Running test Using Healthy Adult Women. *J Strength Cond Res*. 2017: 31(6): 1669-1777.
- 2016 Prins PJ, Goss FL, **Nagle EF**, Beals K, Robertson RJ, Lovalekar MT, Welton GL. Energy Drinks Improve Five-Kilometer Running Performance in Recreational Endurance Runners. *J Strength Cond Res*. 2016 Nov;30(11):2979-2990.
- Allison KF, Sell TC, Abt JP, Beals K, **Nagle EF**, Lovalekar MT, Lephart SM. The relationship between musculoskeletal strength, physiological characteristics, and changes in knee kinesthesia following fatiguing exercise in physically active females. *American Journal of Sports Medicine. Isokinetics and Exercise Science*, vol. 24, no. 4, pp. 357-365, 2016
- R. J. Mays¹, F. L. Goss, **E. F. Nagle**, M. Gallagher, L. Haile, M. Schafer, K. H. Kim, R. J. Robertson Cross-validation of Peak Oxygen Consumption Prediction Models From OMNI Perceived Exertion *Int J Sports Med* 2016; 37: 1–7
- 2015 **E.F. Nagle**, M.E. Sanders, B.A. Franklin. Aquatic High Intensity Interval Training for Cardiometabolic Health: Benefits and Training Design. *Am. J. Lifestyle Med*. June 2, 2015 doi:10.1177/1559827615583640
- E.F. Nagle**, Aquatic High Intensity Interval Training. *Water Immersion Works™* Research-Based Benefits of Aquatic Immersion and Activity by Playcore, Published October 2015.
- Willis, E. A.; White, D., Shafer, A., Wisniewski, K., Goss, F. L.; Chiapetta, L. B.; Arena, V. C.; Robertson, R. J.; and **Nagle, E.F.** Relation of Income and Education Level with Cardiorespiratory Fitness, *International Journal of Exercise Science*: Vol. 8: Iss. 3, 2015.
- 2014 Mays, R.J., Goss, F.L., **Nagle, E.F.**, Gallagher, M., Schafer, M.A., Kim, K.H., Robertson, R.J. Prediction of VO₂peak using OMNI Ratings of Perceived

- Exertion from a submaximal cycle exercise test. *Percept Mot Skills*. 118(3) 863-881, 2014.
- 2013 **Nagle, E.F.**, Sanders, M.E., Shafer, A., Gibbs, B.B., Nagle, J.A., Deldin, A.R., Franklin, B.A., Robertson, R.J. Energy Expenditure, Cardiorespiratory, and Perceptual Responses to Shallow-Water Aquatic Exercise in Young Adult Women. *Phys Sportsmed*. 2013 Sep;41(3):67-76.
- Kane, I., Robertson, R.J., Fertman, C.I., **Nagle, E.F.**, McConnaha W. R. Rabin, B.S. Self-efficacy and enjoyment of middle school children performing the progressive aerobic cardiovascular endurance run (PACER). *Percept Mot Skills*. 117(2): 470-483, 2013.
- Schafer, M.A., Goss, F.L., Robertson, R.J., **Nagle, E.F.**, Kim, K. Intensity selection and regulation using the OMNI scale of perceived exertion during intermittent exercise. *Appl. Physiol. Nutr. Metab*. 38: 960–966, 2013.
- Haile, L., Goss, F.L., Robertson, R.J., Andreacci, J.L. Gallagher, M.J., **Nagle, E.F.** Session perceived exertion and affective responses to self-selected and imposed cycle exercise of the same intensity in young men. *European J. Appl. Physiol*. 2013.
- Haile, L., Robertson, R.J., **Nagle, E.F.**, Krause, M.P., Gallagher, M.J, Ledezman, C.M, Wisniewski, K.S., Shafer, A.B. Goss, F.L. Just noticeable difference in perception of physical exertion during cycle exercise in young adult men and women. *European J. Appl. Physiol*. 113(4) 877-85, 2013.
- 2012 Gallagher, M., Jr, R. J. Robertson, F.L. Goss, **E. F. Nagle**, M.A. Shafer, J. Suyama, D. Hostler. Development of a perceptual hyperthermia index to evaluate heat strain during treadmill exercise. *European Journal of Applied Physiology*, 112 (6), 2025-2034, 2012.
- 2011 Goss, F.L., R.J., Robertson, R.J., M. Gallagher, Jr., A. Piroli., **E.F. Nagle**. Response Normalized Rating of Perceived Exertion at the Ventilatory Breakpoint in Division I Football Players. *Percept. Motor Skills*, 112 (2); 539-548, 2011.
- 2010 Mays, R.J, F.L.Goss, M.A.Schafer, K.H.Kim, **E.F. Nagle**, R.J. Robertson. Validation of Adult Omni Perceived Exertion Scales for Elliptical Ergometry. *Perceptual and Motor Skills*. 111(3), 848-862, 2010.
- Murphy, J.C., **E.F. Nagle**, R.J. Robertson, J.L. McCrory. Effect of Single Set Dynamic and Static Stretching Exercise on Jump Height in College Age Recreational Athletes. *International Journal of Exercise Science*. 3(4): 214-224, 2010.

Goss, F.L., R.J. Robertson, L. Haile, M.P. Krause, **E.F. Nagle**, K.F. Metz and K. Kim. Identification of a rating of perceived exertion based warning zone to anticipate graded treadmill test termination. *Perceptual & Motor Skills*. 110(1):213-23, 2010 Feb.

Kane, I., R.J. Robertson, Fertman, C.I., McConnaha, W.R., **Nagle, E.F.**, Rabin, B.S., Rubenstein, E.N. Predicted and Actual Exercise Discomfort in Middle School Children. *Medicine and Science in Sports and Exercise*. 2010; 42(5); 1013-1021.

Stauffer, K.A., **Nagle, E.F.**, Goss, F.L., Robertson, R.J. Assessment of Anaerobic Power in Female Division 1 College Basketball Players. *Journal of Exercise Physiology*. 2010; 13(1); 1-9.

2009

Nagle, E F. Ph.D., FACSM; Pierce, Patricia A. Ph.D., FACSM, CSCS; Abt, Kristie L. Ph.D.; Bernardo, Lisa M. Ph.D., M.P.H., RN, HFI. Mentoring the Future Health Fitness Professional *ACSM'S Health & Fitness Journal*. 13(1):13-19, January/February 2009.

Ghigiarelli, Jamie J 1; **Nagle, Elizabeth F** ; Gross, Fredric L 2; Robertson, Robert J 2; Irrgang, James J 3; Myslinski, Tom. The Effects of a 7-Week Heavy Elastic Band and Weight Chain Program on Upper-Body Strength and Upper-Body Power in a Sample of Division 1-AA Football Players. *Journal of Strength & Conditioning Research*. 23(3):756-764, May 2009.

Robertson, R.J., Goss, F.L., Aaron, D.J., **Nagle, E.F.**, Gallagher, M.J., Kane, I.R., Tessmer, K.A., Schafer, M.S., Hunt, S.A., . Concurrent Muscle Hurt and Perceived Exertion of Children during Resistance Exercise. *Medicine & Science in Sports & Exercise*. 41(5):1146-1154, May 2009.

2007

Nagle, E.F., R.J. Robertson, J.M. Jakicic, A.D. Otto, J.R. Ranalli, L.B. Chiapetta. Effects of Aquatic Exercise and Walking in Sedentary Obese Women Undergoing a Behavioral Weight-Loss Intervention. *International Journal of Aquatic Research and Education*. (1): 43-56, 2007.

2006

Dixon, C., R.J. Robertson, F.L. Goss, J. Timmer, R.W. Evans, **E.F. Nagle**. The Effect of Acute Resistance Exercise on Serum Malondialdehyde in Resistance-Trained and Untrained Collegiate Men. *Journal of Strength & Conditioning Research* 20 (3): 693-698. 2006.

Pintar, J.A., R.J. Robertson, A.M. Kriska, **E.F. Nagle**, F.L Goss. The Influence of Fitness and Body Weight on Preferred Exercise Intensity. *Medicine & Science in Sports & Exercise.*, Vol. 38, No. 5, pp. 981-988, 2006.

Bernardo, L.M, **E.F. Nagle**. Does Pilates Training Benefit Dancers? An Appraisal of Pilates Research Literature. *Journal of Dance Medicine* 10 (1): 46-50.

Robertson, R.J., F.L. Goss, D. J. Aaron, A. Utter, **E.F. Nagle**. OMNI Scale RPE at Ventilatory Breakpoint by Direct Kinematic Observation of Children. *Perceptual and Motor Skills*, 104 (3 Pt 1): 975-84.

2005 Pierce, P.A., **E.F. Nagle**. Uncommon Sense for the Apprentice! Important Steps for Interns. *ACSM'S Health & Fitness Journal*. 9(2):18-23, March/April 2005.

Andreacci, J.L, R.J Robertson, F.L. Goss, C.R. Randall, K.A. Tessmer, **E.F. Nagle**, K.A. Gallagher Frequency of Verbal Encouragement Effects Sub-maximal Exertional Perceptions During Exercise Testing In Young Adult Women. *International Journal of Sport Psychology*, 35 (4) pp 267-283, 2005

2004 **Nagle, E.F.**, Zoeller, R.F., Prediction of Performance Using Physiological and Stroke Variables in a Sample of Adult Competitive Swimmers. *Journal of Swimming Research* 16: 31-37, 2004.

2002 **Nagle, E.F.** Can Aquatic Exercise Improve on the U.S. Obesity Epidemic? *Pennsylvania Journal of Parks and Recreation*. 6: 6-10, 2002.

2000 Zoeller, R.F., **Nagle, E.F.**, Anaerobic Indices of Freestyle Swimming Performance In Trained Adult Female Swimmers. *Journal of Swimming Research*, 2 (5), pp. 48-53, 2000.

EDITORIAL

2019- present Reviewer, Journal of Strength and Conditioning Research
 2010- present Invited Reviewer, *Perceptual and Motor Skills*
 2009-present Reviewer, *Research Quarterly in Exercise and Sport*
 2008-present Reviewer, *International Journal of Aquatic Research and Education*
 Reviewer, *International Journal of Exercise Science*
 2005- present Reviewer, *Medicine in Science in Sport and Exercise*

PRESENTATIONS

2019 **Nagle, E.F.**, Darnell, M. *Human Performance Lab. Investing in a Smarter Life*. Life Sciences Symposium, Pittsburgh, PA.

Kirschler, A., **Nagle, E.F.**, Sinnott, A., Holland, C., Bitzer, H., Collins, M., Kontos. A. More Than One Personal Risk Factor is Associated with Worse Clinical Outcomes Among Adolescents Following Concussion. Middle-

Atlantic American College of Sports Medicine Regional Meeting, Harrisburg, PA.

Nagle, E.F., Sanders, M.E. H.I.I.T the Pool for Cardiometabolic Training. Presentation, American College of Sports Medicine Annual Health Fitness Summit, Chicago, IL

Nagle, E.F. H.I.I.T the Pool for Cardiometabolic Training. Grove City College Exercise Science Symposium, Grove City, PA.

2018 **Nagle, E.F.**, Nagai, T., Beethe, A., Lovalekar, M.T., Nagle-Zera, J.A., Connaboy, C., Abt, J.P., Beals, K., Robertson, R.J., Lephart, Nindl, B.D., S.M. *Reliability and Validity of Swimming Flume Protocol to Measure Maximal Aerobic Power of Healthy Adults*. Poster, American College of Sports Medicine Annual Meeting, Minneapolis, MN.

2017 **Nagle, E.F.**, Nagai, T., Beethe, A., Lovalekar, M.T., Nagle-Zera, J.A., Connaboy, C., Abt, J.P., Beals, K., Nindl, B.C., Robertson, R.J., Lephart, S.M. *Reliability and Validity of Swimming Pool Protocol to Measure Maximal Aerobic Power of Healthy Adults*. Poster, American College of Sports Medicine Annual Meeting, Denver, Colorado.

2016 **Nagle, E.F.**, *Methodological Considerations for Swimming-Related Human Performance Research*. Symposium. Middle Atlantic American College of Sports Medicine Annual Meeting, Harrisburg, Pennsylvania.

Nagle, E.F., *Marines Special Operative Forces Injury Prevention & Human Research Initiative*. United States Marine Progress Report. School of Health and Rehabilitative Sciences. Pittsburgh, Pa.

2015 **Nagle, E.F.** *Aquatic Exercises HIIT the Pool: Testing, Benefits, and Training Design for Cardiometabolic Health* Slide, National Swimming Pool Foundation World Annual Aquatic Conference, Scottsdale, Arizona

Nagle, E.F. *Aquatic High Intensity Interval Training Ted Talk* National Swimming Pool Foundation World Annual Aquatic Conference, Scottsdale, Arizona

Nagle, E.F., Gibbs, B.B., Prins, P., Sanders, M.E., Johnson, C., Robertson, R.J. *Reliability and Validity of a Shallow Water Running test Using Healthy Adult Women*. Poster, American College of Sports Medicine Annual Meeting, San Diego, CA.

- 2014 **Nagle, E.F.** Preparation to Perform: *What needs to be done before, during and after Competition?* United State Swimming Aquatic Sports Convention, Anaheim, CA.
- 2013 **Nagle, E.F.**, AB Shafer, B.B. Gibbs, R.J. Robertson, F.L. Goss, A Deldin, J.L. Nagle, M.E. Sanders *Energy Expenditure of Shallow Water Aquatic Exercise in Young Adult Women.* Slide, American College of Sports Medicine Annual Meeting, Indianapolis, IN.
- 2012 **Nagle, E.F.**, Satchidanand, N., Aaron, D.J., Arena, V.C., Goss, F.L., Kriska, A., Storti, K., Robertson, R.J. *Comparison of Physiological and Perceptual Markers Identified at Ventilatory Breakpoint (V_{pt}) and Lactate Inflection Point (L_{pt}).* Poster, American College of Sports Medicine Annual Meeting, San Francisco, CA.
- 2011 **Nagle, E.F.**, L. Chiappetta, A.B. Shafer, V.C. Arena, K.L. Storti, F.L. Goss, A.M. Kriska, R. J. Robertson *Psychosocial and Physiological Characteristics in Adults with Physical Activity Change Across a Two Year Period.* Poster, American College of Sports Medicine Annual Meeting, Denver, CO.
- Nagle, E.F.** *Wellness Coaching for the Fitness Professional.* Penn State Fitness Speaker Series. Department of Kinesiology, Pennsylvania State University.
- 2010 **Nagle, EF**, AB Shafer, VC Arena, L Chiapetta, FL Goss, RJ Robertson. *Influence of Physical Activity and Aerobic Fitness on Response Normalized OMNI Ratings of Perceived Exertion (RPE) at the Ventilatory Breakpoint.* Slide, American College of Sports Medicine Annual Meeting, Baltimore, MD.
- 2008 **Nagle, E.F.**, R.J. Robertson, D.A. Aaron. *Psycho-physiological influences on physical activity.* International Society for Behavioral Nutrition and Physical Activity Meeting, Banff, Canada, June 2008.
- Nagle, E.F.** R.J. Robertson. *Psycho-physiological influences on physical activity.* Presented at NIH Symposium: Mechanism of Physical Activity Behavior Change Meeting, Nov. 2008.
- 2007 Aaron, D.J., R.J. Robertson, **E.F. Nagle.** *Psycho-physiological influences on physical activity.* Presented at NIH Symposium: Mechanism of Physical Activity Behavior Change Meeting.
- 2006 Pierce, P.A., **E.F. Nagle.** *Certification Forum for the Health/Fitness Professional* Middle Atlantic American College of Sports Medicine Conference, Hershey, PA.

- Nagle, E.F.**, University of Pittsburgh's Annual Nursing Horizons Conference: Moving to Evidence-Based Practice *Does Wellness Coaching Improve Health Behaviors?*
- 2005 Lynn, J., **E.F. Nagle**. Middle Atlantic American College of Sports Medicine Annual Conference, Hershey, PA, *Grant Writing 101: Grant Writing for Students*
- Nagle, E.F.** *Evaluation of Aerobic Fitness in Swimmers Part 1 : Implementing Aquatic Activities to Improve Health and Physical Activity* National Swimming Pool Foundation Annual World Aquatic Health Conference, Industry California
- Nagle, E.F.** *Children's Health, Nutrition, and Fitness in PA; State of Science and Future Directions* Preventing Youth Obesity Update Collaborative Workshop, School of Nursing.
- Nagle, E.F.**, Pennsylvania Parks and Recreation Association Annual Meeting, Hershey, PA, "Can Aquatic Exercise Help the U.S. Obesity Epidemic?"
- 2004 **Nagle, E.F.**, *Can Aquatic Exercise Help the U.S. Obesity Epidemic?* National Swimming Pool Foundation Annual World Aquatic Health Conference Atlanta, GA
- Nagle, E.F.**, National Recreation and Parks Association Aquatic Health Conference Charleston, SC *Can Aquatics help the U.S. Obesity Epidemic?*
- 2003 **Nagle, E.F.**, *Living Ideas: The Role of Research in a Changing Education Context* Keynote Panel, College of Graduate Students in Education Annual Student Research Conference, Pittsburgh, PA
- Nagle, E.F.**, *Exercise Testing and Risk Factor Stratification* University of Pittsburgh Sports Medicine Fellows Grand Rounds Lecture
- 2002 Pierce, P.A., **E.F. Nagle**. *Get on the Path to Success – Making Your Internship Work For You* Middle Atlantic American College of Sports Medicine Regional Meeting, Split Rock, PA
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Dixon, C.B., R.J. Robertson, F.L. Goss, J.M. Timmer, **E.F. Nagle**, R.W. Evans Effects of Resistance Training Status on Free Radical Production and Muscle Damage Following Acute Exercise. Presented American College of Sports Medicine Annual Meeting, San Francisco, CA.

- Nagle, E.F.**, A.D. Otto, J.M. Jakicic, R.J. Robertson, F.L. Goss, J.R. Ranalli. The Effects of Aquatic plus Walking Exercise on Weight Loss and Function in Sedentary Obese Females. Presented, American College of Sports Medicine Annual Meeting, San Francisco, CA.
- Otto, A.D., **E.F. Nagle**, J.M. Jakicic, R.J. Robertson, D.A. Aaron, M.J. Pcsolyar, K.M. Hindes. Comparison of Physical Activity Enjoyment During Aquatic Exercise in Overweight Women. Presented, American College of Sports Medicine Annual Meeting, San Francisco, CA.
- Dupain, M.N., R.J. Robertson, F.L. Goss, **E.F. Nagle**, D. Jenkinson., D.J. Aaron. Determination of the Anaerobic Threshold Using Near Infrared Spectroscopy in Children That Vary in Peak Aerobic Fitness. Presented, American College of Sports Medicine Annual Meeting, San Francisco, CA.
- Dixon, C.B., R.J. Robertson, FACSM, F.L. Goss, FACSM, J.M. Timmer, **E.F. Nagle**, R.W. Evans. Effect of Resistance Training Status on Free Radical Production and Muscle Damage Following Acute Exercise. Presented, American College of Sports Medicine Annual Meeting, San Francisco, CA.
- Timmer, J.M., R.J. Robertson, FACSM, F.L. Goss, FACSM, C.B. Dixon, **E.F. Nagle**, R.W. Evans. Effect of Vitamin C on Free Radicals and Delayed Onset Muscle Soreness Following Resistive Exercise. Presented, American College of Sports Medicine Annual Meeting, San Francisco, CA.
- 2001 Sward, K., R.J. Robertson, B. Rabin, R. Day, **E.F. Nagle**, F.L. Goss Fitness, Physical Self-Perception, and Quality of Life in the Elderly. Presented, Middle-Atlantic American College of Sports Medicine Regional Meeting, Stroudsburg, PA.
- Katsiaras, A., **E.F. Nagle**. Metabolic Requirements of Isotonometrics As a New Form of Aerobic Whole Body Exercise. Presented, American College of Sports Medicine Annual Meeting, Baltimore, MD.
- Boer, N.F., R.J. Robertson, M.T. Wilson, P.D. Kroboth, P. Bonate, F.L. Goss, **E.F. Nagle**. Effect of Different Resistance Exercise Intensities on Dehydroepiandrosterone; Dehydroepiandrosterone-Sulfate and Cortisol. Presented, American College of Sports Medicine Annual Meeting, Baltimore, M.D.
- 2000 **Nagle, E.F.**, A.D. Katsiaras. Metabolic Requirements of Isotonometrics As a New Form of Aerobic Whole Body Exercise. Presented, Mid-Atlantic American College of Sports Medicine Annual Meeting, Split Rock, Pennsylvania.
- 1999 R.F. Zoeller, **E.F. Nagle**, N.M. Moyna, F.L. Goss, and R.J. Robertson.

Physiological and Perceived Exertion Variables As Indices of Exercise Intensity During Freestyle Swimming In a Commercial Swimming Flume [Abstract]. *Medicine & Science In Sports and Exercise*, 30 (5): S50 (280). Presented, American College of Sports Medicine Annual Meeting, Orlando, FL.

1998 **Nagle, E.F.** Prediction of Swimming Performance Times Using a Mixed Model of Physiological and Stroke Indices in Adult Competitive Swimmers [Abstract]. *Medicine & Science In Sports and Exercise*, 30 (5): S49 (279). Presented, American College of Sports Medicine Annual Meeting, Orlando, FL.

1992 Puhl, S., **E.F. Nagle.** Estimation of Fat-Free Mass Using Total Body Electrical Conductivity (TOBEC): Effect of Lung Volumes [Abstract] *Medicine & Science In Sports and Exercise*. Presented, American College of Sports Medicine Annual Meeting, Dallas, TX.

ACADEMIC ADVISEMENT

University of Pittsburgh

2014 - present	Advise 35-50 undergraduate students per year Serve on 2 dissertation committees per year
2012 - 2013	Doctoral Dissertation Committee Chairperson (Alex Shafer, Monica Taylor) Serve on 8 dissertation committees Advise 60+ undergraduate students, 4 M.S. students
2009 - 2010	Doctoral Dissertation Committee Chairperson (Michael Welikonich and Nick Satchidanand) Serve on 6 dissertation committees Advise 80 undergraduate students; 3 M.S. students
2008	Doctoral Dissertation Committee Chairperson (Jeff Murphy) Master's Thesis Committee Chairperson, Jeanette Garcia Serve on 5 doctoral committees Advise 60 undergraduate students, 5 M.S. students
2007	Served on 9 doctoral committees Advise 55 undergraduate students, 8 M. S. students.
2005	Doctoral Dissertation Committee Chairperson (Kory Stauffer, Jamie Ghigliarelli)
2000 - 2005	Serve on 3-5 doctoral dissertation committees per year

	Advise 30-40 undergraduate students, 4 M.S. students.
1997-1999	Advise 25-30 Health and Physical Activity undergraduates per year Advise 10 M.S. students
1994-2007	Certify a minimum of 15 candidates as American Red Cross Instructors per year
<i>University of Arizona</i>	
1991-1992	Practicum Advisor – Department of Physical Education Advised and instructed physical education students during their semester practicum assignment

PROFESSIONAL SERVICE

National

2020	Hydroworx Science Advisory Board.
2019	Contributor, Rx for Health Series, American College of Sports Medicine Exercise is Medicine Initiative
2018-present	Invited Committee Member, American College of Sports Medicine Presidential Task Force on Pool Safety, Aquatic Fitness, and Exercise
2015	Water Work Immersion Initiative Water Immersion Works Initiative Committee through Playcore and National Swimming Pool Foundation
2005 – present	Reviewer Research Quarterly in Exercise and Sport International Journal of Aquatic Research and Education International Journal of Exercise Science Medicine and Science in Sport and Exercise Perceptual and Motor Skills
2002 - 2006	American College of Sports Medicine Health Fitness Instructor Certification & Workshop Director

Regional

2014 - present	Mount Lebanon Aquatic Club, Board of Directors.
2007- 2012	University of Pittsburgh's School of Nursing Health Professional Advisory Board, Community Partners Program Penn State Kinesiology Affiliate Alumni Program Group, Board Member

	Slippery Rock University Advisory Board
2006	Independent Evaluator (Consultant), West Liberty College Department of Physical Education Slippery Rock University Advisory Board
2004 - 2006	Middle Atlantic American College of Sports Medicine, Executive Board, Member at Large (Elected November 2004) President, Penn State Kinesiology Alumni Affiliate Program Group
2002-2004	Action for Healthy Kids Team, Committee Member
2001-2007	American College of Sports Medicine Recruiting Representative for the University of Pittsburgh
2001 - 2003	Nutrition and Physical Activity Program to Prevent Obesity and Related Chronic Disorders, Task Force Committee Member Vice President, Penn State Kinesiology Affiliate Program Group
1998 - 2007	American Red Cross Executive Health & Safety Committee
1997	Slippery Rock University Journal Club, Guest Speaker

University of Pittsburgh

2018-present	Board of Trustees Athletics Committee Representative
2018 - present	Health and Rehabilitative Science, M.S. in Sports Medicine Advisory Board Committee
2013 - present	University of Pittsburgh Senate Athletic Committee Faculty Advisor, University of Pittsburgh Exercise Science Organization
2012 – present	University of Pittsburgh Senate Athletic Committee
2005 - present	Faculty Advisor, University of Pittsburgh Exercise Science Organization University of Pittsburgh Undergraduate Advising Symposium Planning Committee
2010 - 2013	University Review Board Committee
2009 - 2011	University Senate Student Affairs Standing Committee

2007	University of Pittsburgh School of Pharmacy Health Risk Factor Training Workshop
2003- 2006	University of Pittsburgh School Council Committee
2002- 2006	University of Pittsburgh Department of Athletics Career Fair-Department Representative University of Pittsburgh Student Activity Fair University of Pittsburgh Falk School Excellence in Teaching Fair
2004	University of Pittsburgh College of Arts and Sciences Advising Colloquium University of Pittsburgh Non-Tenure Promotions Ad-Hoc Committee
2001	University of Pittsburgh Student Activity Fair
2001	University of Pittsburgh Falk School Excellence in Teaching Fair University of Pittsburgh Wellness Fair
2000	University of Pittsburgh Focus Forum –Department Representative University of Pittsburgh Department of Athletics Career Fair-Department Representative
Fall 1999	University of Pittsburgh Student Advising Task Force Committee
<i>School of Education</i>	
2017-2018	Strategic Planning on Educational Excellence with respect to teaching, research and service Committee
2014 – 2016	Student Affairs Standing Committee
2009 - 2011	Ad-Hoc Governance Committee
2009	Academic Affairs Working Group Ad-Hoc Committee
2007	Ad-Hoc Non Tenure Guidelines Committee
2006	School of Education Recruitment Committee
2003 - 2006	University of Pittsburgh School Council Committee
2005	University of Pittsburgh School of Education Ad-Hoc Governance Committee University of Pittsburgh Undergraduate Advising Symposium Planning Committee
2004	University of Pittsburgh Non-Tenure Promotions Ad-Hoc Committee

2002	Student Service Center Steering Committee
2001	Health, Physical, and Recreation Education (HPRED) Website Construction Committee
2000 - 2001	Co-Chair, HPRED Search Committee for Tenure Stream Assistant Professor in Obesity Nutrition Research
2000	School of Education Doctoral Dissertation Awards Committee
1996 - 2001	Faculty/Student Research Fund Committee (Co-Chair 1998-1999)
1998	Lead Speaker, Panel Discussion, School of Education Research Colloquium

Health and Physical Activity Department

2015 - present	Curriculum Committee
2005 - present	<p>Faculty Advisor, University of Pittsburgh Exercise Science Organization</p> <ul style="list-style-type: none"> • 2014-present; Undergraduate Exercise Science club Service Events (Spring into Nutrition, Kites for Cancer, Sarah Heinz House Wellness Fair, Relay for Life, Maggie Dixon Health Fair, Annual Career Panel) • 2012-2013; Undergraduate Exercise Science Club Relay for Life effort raising >\$5,000 for American Cancer Society • 2009; Headed undergraduate Exercise Science Club Relay for Life effort raising >\$2,000 for American Cancer Society • 2007-present; 1st Annual University of Pittsburgh Department of Health and Physical Activity Roundtable Career Panel Session (Sponsored by the Exercise Science Organization) <p>University of Pittsburgh Undergraduate Advising Symposium Planning Committee</p>
2000 - present	Faculty Advisor, Department of Health and Physical Activity Exercise Science Club
2008	Department of Health and Physical Activity Search Hiring Committees
2007	Faculty Search Hiring Committees

1999 - 2001 HPRED Undergraduate Program Development Committee

1998 - 2003 HPRED Scholarship Committee

Local (Pittsburgh & Surrounding Community)

2018-2019 Invited Speaker, Seton LaSalle High School Career Day

1999-2006 Co-Director, University of Pittsburgh American Red Cross Aquatic School
Coordination and administration of bi-annual water safety and lifeguard weekend courses (150 students per weekend)

2000 Aquatic Consultant for Allegheny Parks & Recreation
Conducted lifeguard and safety risk management inspection
Exercise Consultant for Aikido of Pittsburgh

1999 National Wheelchair Games Competition, Swim Meet Director

1994-2011 American Red Cross Volunteer Instructor
6-8 Red Cross classes per year

1995 Girl Scouts of America, Annual Swim-a-Thon Host

PROFESSIONAL ORGANIZATIONS

United States Swimming
American College of Sports Medicine
National Swimming Pool Foundation
Mid-Atlantic Chapter of the American College of Sports Medicine
National Strength and Conditioning Association
American Red Cross
American Swim Coaches Association
National Parks & Recreation Association (Aquatics Branch)
Aquatic Exercise Association

CURRENT CERTIFICATIONS

Fellow, American College of Sports Medicine
American College of Sports Medicine Licensed Corporate Wellness
Coach (2004- 2010)
American College of Sports Medicine Certified Exercise Physiologist (May,
2001- present)
United States Swimming Coaches certification Level II (2014- present)
Certified K-12 Physical Education and Health (PA & National)
Advanced Cardiac Life Support Certification

American Red Cross Instructor Trainer/Instructor certifications in:
 CPR For the Professional Rescuer/AED
 Water Safety
 Lifeguard Training
 Emergency Responder/Community First Aid and Safety
 Certified Pool Operator & Aquatic Facility Operator
 Aquatic Exercise Association (AEA) Fitness Instructor

PROFESSIONAL DEVELOPMENT

2018-2019	University of Pittsburgh Highly Engaged Highly Interactive Pathway Training Program
	CIDDE Teaching Effectively with and without Power Point
	CIDDE Fostering Diversity
2013-2015	University of Pittsburgh & UPMC Information Privacy and Security Awareness Training/ CITI Conflict of Interest Module
2012	Biomedical Responsible Conduct of Research Modules
2009	<i>Exercise is Medicine On Campus: A Call-to-Action</i> event Chatham University
2007	Physiology of Strength Training and Program Design Workshop
2006	National Academy of Sport Medicine Optimal Performance Training Workshop
2004	NSCA Olympic Lift and Functional Training Workshop
2003	HIPAA Certification Program in Research & Practice Fundamentals (RPF).
2002	Institutional Review Board Human Subject Research Training Certification
2001	Center for Chronic Diseases, The Mind-Body Institute Workshop, University of Pittsburgh Medical Center
2000	Certified in Course Development using Course Info, University of Pittsburgh On-Line class format
2000	Continuing Medical Education, Fundamentals of Clinical Research Workshop
1999	CIDDE Power Point Workshop

