**Curriculum Vitae**

**Tommy Boone, PhD, MPH, MAM, MBA**Fellow, American Society of Exercise Physiologists  
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**Educational Background**

**Master of Business Administration (MBA)**   
College of St. Scholastica  
Duluth, MN

**Master of Arts in Management (MAM)**   
College of St. Scholastica  
Duluth, MN

**Master of Public Health (MPH)**  
University of Southern Mississippi   
Hattiesburg, MS

**Doctor of Philosophy (PhD)**Physical Education / Exercise Physiology   
Florida State University   
Tallahassee, FL

**Master of Education (MEd)**Health and Physical Education   
Northwestern State University   
Natchitoches, LA

**Bachelor of Science (BS)**  
Health and Physical Education   
Northwestern State University         
Natchitoches, LA

**Employment History**

Chair (Fall of 1993 - Fall of 2009)  
Professor, Department of Exercise Physiology (Fall of 1993 – present)  
Director, Exercise Physiology Laboratories (Fall of 1993 - Fall of 2008)  
The College of St. Scholastica  
Duluth, MN  (1993 to present)

Professor of Exercise Physiology   
Director, Anatomy Laboratory   
University of Southern Mississippi   
Hattiesburg, MS (1981-1993)

Assistant Professor of Exercise Physiology   
Director, Anatomy Laboratory   
Exercise Coordinator   
Cardiac Rehabilitation Program   
Wake Forest University   
Winston-Salem, NC (1973-1981)

Instructor of Health and Physical Education   
University of Florida   
Gainesville, FL (1969-1971)

Instructor of Health and Physical Education   
Gymnastics Coach   
Northeast Louisiana State University   
Monroe, LA (1968-1969)

**Publications**

**Books**

1. Boone, T. (in press). **Exercise Physiology as a Healthcare Profession.** The Edwim Mellen Press.
2. Boone, T. (2012). **The Business of Exercise Physiology.** The Edwin Mellen Press.
3. Boone, T. (2011). **A Father’s Gift of Prayer**. AuthorHouse.
4. Boone, T. (2010). **Integrating Spirituality and Exercise Physiology: Toward a New Understanding of Health.** The Edwin Mellen Press.
5. Boone, T. (2009). **Basic Issues In Sports Ethics: The Many Ways of Cheating**. The Edwin Mellen Press.
6. Boone, T. (2009). **The Professionalization of Exercise Physiology: Certification, Accreditation, and Standards of Practice of the American Society of Exercise Physiologists (ASEP)**. The Edwin Mellen Press.
7. Boone, T. (2008). **Sex Before Athletic Performance: Myth or Fact.** The Edwin Mellen Press.
8. Boone, T. (2007). **Ethical Standards and Professional Credentials in the Practice of Exercise Physiology**. The Edwin Mellen Press.
9. Boone, T. (2006). **Is Sports Nutrition for Sale?** Nova Science Publishing, Inc.
10. Boone, T. (2006). **Career Opportunities in Exercise Physiology**. The Edwin Mellen Press.
11. Boone, T. (2005). **Exercise Physiology: Professional Issues, Organizational Concerns, and Ethical Trends.** The Edwin Mellen Press.
12. Boone, T. (2002). **The Power Within: The Integration of Faith and Purposeful Self-Care in the 21st Century.** AuthorHouse.
13. Boone, T. (2001). **Professional Development of Exercise Physiology.** The Edwin Mellen Press.
14. Boone, T. and Barrow, H. (1980). **Physical Education Syllabus**. Burgess Publishing Company.
15. Boone, W.T. (1979). **Better Gymnastics: How to Spot the Performer**. World Publications.
16. Boone, W.T. (1976). **Illustrated Handbook of Gymnastics, Tumbling, and Trampolining.** Parker Publishing Company.

**Chapters in Books**

1. Boone, T. (2011). Exercise Physiologist. In **Encyclopedia of Sports Medicine**. Editor: Lyle Micheli. SAGE Publications.
2. Boone, T. (2011). Exercise Physiology. In **Encyclopedia of Sports Medicine**. Editor: Lyle Micheli. SAGE Publications.
3. Boone, T. (2006). Cardiovascular Responses and Benefits of Laughter*.* In **New Research on Nonverbal Communication***.*  Nova Science Publishers in New York.
4. Boone, T. and Foley, M. (1997). Aging and Performance. In **Encyclopedia of Sports Science**, Edited by John Zumerchik. Macmillan Company.
5. Boone, T. and Zwiren, L. (1993). Surface Anatomy For Exercise Programming. In**ACSM'S Resource Manual for Guidelines Exercise Testing and Prescription** (2nd edition), Edited by J.L. Durstine, A.C. King, P. L. Painter, J.L. Roitman, and L. D. Zwiren. Lea & Febiger Publishers, Philadelphia, PA, Chapter 1, pp. 3-17.
6. Ribisl, P., Miller, H. Boone, T. et al. (1986). Community Programs of Cardiac Rehabilitation. In**Heart Disease and Rehabilitation** (2nd edition). Edited by Michael L. Pollock and Donald H. Schmidt. John Wiley & Sons, New York, NY, Chapter 23, pp. 437-454.
7. Boone, T. (1985). Mechanical Analysis of Gymnastics With Implications For Teaching. Chapter 50, pp. 431-442; and Trampoline Stunts: Full-Twisting Vertical Bounce. Chapter 51, pp. 443-445. In  **IV, Encyclopedia of Physical Education, Fitness, and Sports**. Series Editor, Thomas K. Cureton, Jr., AAHPERD Publications.
8. Boone, T. (1983). Anatomic Bases of Human Movement. Chapter 9, pp. 121-133; Physiological Bases of Human Movement. Chapter 10, pp. 135-141; Exercise Physiology. Chapter 18, pp. 255-262; and Biomechanics of Human Movement. Chapter 19, pp. 265-278. In **Man and Movement**, (3rd Edition), by Harold Barrow. Philadelphia, PA, Lea & Febiger Publishers.
9. Boone, T. (1977). Muscle Strength and Gymnastics. In **Toward an Understanding of Human Performance**. Edited by Edmund Burke. Movement Publications.

**Research Articles**

**Print Copy Publications**

1. Boone, T. (2011). The purpose of **JEPonline** Research. **JEPonline**, 14(4):i
2. Boone, T., Crawford, R. and Erlandson , A. (2011). Physiological responses to dangling and standing in healthy subjects. **JEPonline**, 14(3):15-25.
3. Boone, T. (2011). Responsibilities for publication of **JEPonline** Research. **JEPonline**, 14(3):i-iii.
4. Skime, A. and Boone, T. (2011). Cardiovascular responses during Groucho running. **JEPonline,** 14(2):88-92.
5. Boone, T. (2011). Comments from the Editor-In-Chief.  **JEPonline**. 14(2):i-ii.
6. Boone, T. (2011). A look back and forward to 2011. **JEPonline**, 14(1):i-ii.
7. Birnbaum, L. Huschle, B., and Boone, T. (2009). Cardiovascular responses to music tempo during steady-state exercise. **Journal of Exercise Physiology**online, 12(1):50-56
8. Birnbaum, L. Ritsche, K., and Boone, T. (2008). Exercise intensity and substrate utilization. **Gazzetta Medica Italiana**, 167:1:-7.
9. Waggener,G.T,, Boone, T., Kasper, M. and Waggener, A,T. (2007). [Cardiovascular responses during a Karate exercise regimen and treadmillexercise at approximately 70% HR intensity](http://faculty.css.edu/tboone2/asep/JEPonlineAugust2007Waggener.doc).   **Journal of Exercise Physiology**online, 10(4):29-34.
10. Birnbaum, L. Dahl. T., and Boone, T. (2006). Effect of blood donation on maximal oxygen consumption. **The Journal of Sports Medicine and Physical Fitness**, 46:4:535-539.
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13. Boone, T., Tanner, M. and Radosevich, A. (2001). Effects of a 10-minute back rub on cardiovascular responses in healthy subjects.  **The American Journal of Chinese Medicine,** 29:1-7.
14. Boone, T., Skrypek, S. and Erlandson, A. (2000). Cardiovascular responses to laughter: A pilot project. **Applied Nursing Research,** 13:204-208.
15. Boone, T. and Diboll, D. (2000). Physiologic effects of a standard meal during submaximal exercise. **New Zealand Journal of Sports Medicine,** 28:13-17.
16. Diboll, D.C., Boone W.T., and Lindsey, L.R. (1999). Cardiovascular and metabolic responses during 30 minutes of treadmill exercise shortly after consuming a small, high-carbohydrate meal. **International Journal of Sports Medicine**, 20:384-389.
17. Boone, T. Westendorf, T., and Ayres, P. (1999). Cardiovascular responses to a hot tub bath. **The Journal of Alternative and Complementary Medicine**, 5:301-304.
18. Boone, T. and Jeanne DeWeese (1998). The effect of psychophysiologic self-regulation on running economy. **Journal of Exercise Physiology**online [Online], Vol.1 (No.1), 9 pages.  <http://faculty.css.edu/tboone2/asep/jan6.htm> [April].
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21. Boone, W.T. and Boone, T. (1995). Influence of a 36-h fast on the central and peripheral components of VO2 during submaximal exercise and peak aerobic capacity. **Journal of Sports Sciences**, 13:1-4.
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40. Boone, T. and Hammett, J. (1988). Postinversion responses to inversion in normal subjects. **Archives of Physical Medicine and Rehabilitation**, 69:502-505.
41. Boone, T. and Edwards, C.A. (1988). Effect of carotid palpation on post-exercise heart rate: Validity of palpation recovery technique to estimate actual exercise heart rate. **Annals of Sports Medicine**, 4:29-31.
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63. Boone, T. (1974). Psychophysiological concepts applied to gymnastic coaching. **Florida JOHPER**, 12:18-19.
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65. Boone, T. (1971). The uncommon instructor. **The Journal of Physical Education**, 66:93-94.
66. Boone, T. (1971). Sex education: today and tomorrow. **Florida JOHPER**, 9:5.
67. Boone, T. (1971). Hints for better gymnastic performance. **The Coaching Clinic**, 9:15-16.
68. Boone, T. (1971). Teach to analyze. **Florida JOHPER**, 9:12-13.
69. Boone, T. (1970). Compelled to respond. **Journal of Health, Physical Education, and Recreation**, 41:8,90.
70. Boone, T. (1970). The danger of professional apathy. **Florida JOHPER**, 8:6-7.
71. Boone, T. (1970). The smoking gymnast. **The Modern Gymnast**, 12:12.
72. Boone, T. (1970). Mechanical analysis with implications for teaching gymnastics. **The Journal of Physical Education**, 67:107-111.
73. Boone, T. (1970). Developing confident athletes. **Coach and Athlete**, 33:16,25.
74. Boone, T. (1970). Peach basket to handstand. **The Athletic Journal**, 51:9,52-54.

**Electronic Articles**

1. Boone, T. (2011). Lying Destroys Integrity. **Professionalization of Exercise Physiology.** [Online]. Vol. 14 (No. 11). http://faculty.css.edu/tboone2/asep/Integrity%20and%20Lying.docx
2. Boone, T. (2011). What Makes Exercise Physiology Great. **Journal of Professional Exercise Physiology.** Vol. 9 (No. 11). http://faculty.css.edu/tboone2/asep/What\_Makes\_Exercise\_Physiology\_Great.docx
3. Boone, T. (2011). The Importance of Participation. **Professionalization of Exercise Physiology.** [Online]. Vol. 14 (No. 10). http://faculty.css.edu/tboone2/asep/The\_Importance\_of\_Participation.docx
4. Boone, T. (2011). You Can Make a Difference. **Journal of Professional Exercise Physiology.** Vol. 9 (No. 10). http://faculty.css.edu/tboone2/asep/You\_Can\_Make\_A\_Difference.docx
5. Boone, T. (2011). Part II - Legal Aspects of Aerobic Capacity: Objective Evidence of the Ability to Work. **Professionalization of Exercise Physiology.** [Online]. Vol. 14 (No. 9). http://faculty.css.edu/tboone2/asep/Part%20II%20Legal%20MARGARET%20CICCOLELLA.docX
6. Boone, T. (2011). What Are They Saying About Exercise Physiology? **Journal of Professional Exercise Physiology.** Vol. 9 (No. 9). http://faculty.css.edu/tboone2/asep/ASEPandExercisePhysiology.docx
7. Boone, T. (2011). We Must Begin to See Differently. **Professionalization of Exercise Physiology.** [Online]. Vol. 14 (No. 9). http://faculty.css.edu/tboone2/asep/Seeing\_Exercise\_Physiology\_Differently.docx
8. Boone, T. (2011). The ASEP Professional Certification. **Journal of Professional Exercise Physiology.** Vol. 9 (No. 8). http://faculty.css.edu/tboone2/asep/ASEP\_Professional\_Certification\_JPEP.doc
9. Boone, T. (2011). Legal Aspects of Aerobic Capacity: Objective Evidence of the Ability to Work**,** Part I: Age as a Bona Fide Occupational Qualification (BFOQ). **Professionalization of Exercise Physiology.** [Online]. Vol. 14 (No. 8). http://faculty.css.edu/tboone2/asep/Legal\_Aspects\_Of\_Aerobic\_Capacity.doc
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11. Boone, T. (2011). The Rightness and Wrongness of Sports Supplement Pushers. **Journal of Professional Exercise Physiology.** Vol. 9 (No. 7). http://faculty.css.edu/tboone2/asep/Rightness\_Wrongness\_Sports\_Supplement\_Pushers.doc
12. Boone, T. (2011). Exercise Physiology is a Sacred Profession: Professionalism Issues. **Professionalization of Exercise Physiology.** [Online]. Vol. 14 (No. 7). http://faculty.css.edu/tboone2/asep/Exercise\_Physiology\_Sacred\_Profession.doc
13. Boone, T. (2011). The Great Quest. **Journal of Professional Exercise Physiology.** Vol. 9 (No. 6). http://faculty.css.edu/tboone2/asep/The\_Great\_Quest.doc
14. Boone, T. (2011). The Development of Professionalism in Exercise Physiology. **Professionalization of Exercise Physiology.** [Online]. Vol. 14 (No. 6). http://faculty.css.edu/tboone2/asep/Professionalism\_In\_Exercise\_Physiology.doc
15. Boone, T. (2011). ASEP: A Reason to Get Up in the Morning. **Journal of Professional Exercise Physiology.** Vol. 9 (No. 5). http://faculty.css.edu/tboone2/asep/Power\_Of\_Purpose.docx
16. Boone, T. (2011). Teaching: A Lifestyle and Dream. **Professionalization of Exercise Physiology.** [Online]. Vol. 14 (No. 5). http://faculty.css.edu/tboone2/asep/Teaching\_Exercise\_Physiology\_Lifestyle.docx
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22. Boone, T. (2011). What Do “We” Need to Know About Professionalism? **Journal of Professional Exercise Physiology.** Vol. 9 (No. 2). http://faculty.css.edu/tboone2/asep/ExercisePhysiologyProfessionalism2011.docx
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28. Boone, T. (2010). Questioning Popular Thinking. **Professionalization of Exercise Physiology.** [Online]. Vol. 13 (No. 11). http://faculty.css.edu/tboone2/asep/QuestioningPopularThinking.docx
29. Boone, T. (2010). There is Hope for Exercise Physiologists. **Professionalization of Exercise Physiology.** [Online]. Vol. 13 (No. 11). http://faculty.css.edu/tboone2/asep/ThereIsHopeForExercisePhysiologists.docx
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33. Boone, T. (2010). Be a Doer and Take Charge of Your Future. **Professionalization of Exercise Physiology.** [Online]. Vol. 13 (No. 10). http://faculty.css.edu/tboone2/asep/TakeChargeOfYourFuture.docx
34. Boone, T. (2010). Why Join A Professional Organization. **Journal of Professional Exercise Physiology.** Vol. 8 (No. 10). http://faculty.css.edu/tboone2/asep/WhyJoinASEP-1.docx
35. Boone, T. (2010). ASEP: A Learning Organization. **Professionalization of Exercise Physiology.** [Online]. Vol. 13 (No. 9). http://faculty.css.edu/tboone2/asep/ASEP\_a\_Learning\_Organization.docx
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40. Boone, T. (2010). The Future is Yours for the Taking. **Professionalization of Exercise Physiology**. [Online]. Vol. 13 (No. 7). http://faculty.css.edu/tboone2/asep/FutureIsYours.docx [July].
41. Boone, T. (2010). A Shared Vision or More Deception. **Journal of Professional Exercise Physiology.** Vol. 8 (No. 7). http://faculty.css.edu/tboone2/asep/SharedVision.docx [July].
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**National/Regional/State (Oral/Abstract) Presentations**

**[abstracted list]**

Boone, T. (2009). The  Invisible Profession.  **Oral presentation at the 11th National ASEP Meeting**, Wichita Falls, TX.  
  
Boone, T. (2008). Imagining the Future of Exercise Physiology. **Oral presentaiton at the tenth National ASEP meeting**. Duluth, MN.  
  
Boone, T. (2007). The Power of a Vision. **Oral presentation at the ninth National ASEP meeting**.  
  
Boone, T. (2006). The Exercise Physiology Mindset. **Oral presentation at the eight National ASEP meeting.** Albuquerque, NM.  
  
Boone, T. (2004). Board Certification for Exercise Physiologists. **Oral presentation at the sixth National ASEP meeting**. Indianapolis, IN.  
  
Boone, T. (2004). Why is an Understanding of Anatomy Important for Exercise Physiologists? **Oral presentation at the sixth National ASEP meeting**. Indianapolis, IN.  
  
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Boone, T. (1991). The anatomy of good, useless, and dangerous flexibility exercises. **Tutorial presentation at the Southeast Chapter of the American College of Sports Medicine**, Louisville, KY.

Boone, T. (1991). Central and peripheral circulatory responses during treadmill with hand weights. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Louisville, KY.

Lim, Y.A., Flarity, J.R., Thompson, W.R. and Boone, T. (1991). Effects of Qigong on oxygen uptake and respiratory responses during rest: A preliminary study. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Louisville, KY.

Mustain, J. and Boone, T. (1991). Effect of aerobic fitness on hemodynamic responses to upright tilting. **Oral presentation at the Southeast Chapter of the American College of Sports Medicine**, Louisville, KY.

Williams, H., Heimdal, J. and Boone, T. (1991). Effect of body and arm position on the measurement of systolic blood pressure. **Oral presentation at the Southeast Chapter of the American College of Sports Medicine**, Louisville, KY.

Brock, S., Lim, Y.A. and Boone, T. (1991). Effect of arm position on central and peripheral hemodynamic responses to vertical head-down suspension. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Louisville, KY.

Diboll, D., Boone, T. and Heimdal, J. (1991). Central and peripheral responses to postprandial exercise. **Oral presentation at the Southeast Chapter of the American College of Sports Medicine**, Louisville, KY.

Ramsey, J.R., Servedio, F.J., Morrison, W.A., Boone, T. and Kazelskis, R. (1991). A comparison of agonist-antagonist shoulder muscle ratios between prepubertal and postpubertal 12-year- old boys. **Oral presentation at the Southeast Chapter of the American College of Sports Medicine**, Louisville, KY.

Weber, M.D., Servedio, F.J., Woodall, W.R., Boone, T., Thompson, W.R. and Kazelskis, R. (1991). The Effect of therapeutic massage on force deficits associated with a high intensity eccentric exercise bout. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Louisville, KY.

Diboll, D., Boone, T. and Heimdal, J. (1991). Relative cardiovascular responses to postprandial submaximal exercise. **Poster presentation at the National Meeting of the American College of Sports Medicine**, Orlando, FL.

Lim, Y.A., Boone, T., Puglisi, C.M., Kazelskis, R. and Thompson, W.R. (1991). Effects of self-synchronized cardiorespiratory regulation on ventilatory responses during rest: A preliminary study. **Oral presentation at the Southern Association of Cardiopulmonary Rehabilitatio**n.

Diboll, D., Boone, T. and Heimdal, J. (1991). Cardiopulmonary responses during postprandial resting conditions. **Oral presentation at the Southern Association of Cardiopulmonary Rehabilitation**.

Diboll, D., Boone, T. and Heimdal, J. (1991). Gross efficiency responses to postprandial exercise. **Poster presentation at the Mississippi Association of Physical Education, Health, Recreation, and Dance**, Jackson, MS.

Boone, T., Redondo, D.R. and Cortes, C. (1990). Central and peripheral circulatory responses during four post-exercise recovery periods. **Poster presentation at the FASEB Annual Meeting**, Washington, DC.

Servedio, F.J. and Boone, T. (1990). Oxygen consumption and ventilatory equivalents in age-group swimmers and gymnasts before and after and eight week training program. **Oral presentation at the FASEB Annual Meeting**, Washington, DC.

Redondo, D., Boone, T., Cortes, C. and Donner, A. (1990). Relative cardiac efficiency of four different recovery positions after submaximal treadmill exercise. **Oral presentation at the FASEB Annual Meeting**, Washington, DC.

Boone, B. and Boone, T. (1990). The effect of subject count and right and left carotid artery palpation on post-exercise heart rate. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Columbia, SC.

Flarity, J.R., Boone, T. and Lim, Y.A. (1990). A Psychophysiological evaluation of two separate relaxation protocols during submaximal steady-state exercise among college-aged females. **Louisiana Alliance for Health, Physical Education, Recreation, and Dance,** Lafayette, LA.

Foley, M.P. Boone, T. and Thompson, W.R. (1990). Effect of passive exercise on cardiopulmonary measures. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Columbia, SC.

Boone, T. Redondo, D. and Cortes, C. (1990). Reproducibility of the carbon dioxide rebreathing method to estimate cardiac output at rest and during exercise. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Columbia, SC.

Shute, B.B. and Boone, T. (1990). Effect of bicycle seat height on oxygen uptake and cardiac output. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Columbia, SC.

Gilmore, S. and Boone, T. (1990). Effects of sexual intercourse on maximal aerobic power, oxygen pulse, and double product in male sedentary subjects. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Columbia, SC.

Servedio, F.J., Boone, T. and Poole, H. (1990). A comparison of cardio- respiratory dynamics in three groups of children: swimmers, gymnasts, and non-athlete controls. **Oral presentation at the Southeast Chapter of the American College of Sports Medicine**, Columbia, SC.

Cortes, C.W., Boone, T., Redondo, D.R. and Kreider, R.B. (1990). Effects of prior hydrotherapy on cardiovascular responses to exercise. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Columbia, SC.

Williams, K., Boone, T., Thompson, W.R., Cundiff, D., Larson, W. and Boyd, N. (1990). The effects of caffeine on muscular strength, power, and power-endurance. **Poster presentation at the 37th Annual Meeting of the American College of Sports Medicine**, Salt Lake City, Utah.

Leonard, C., Thompson, W.R., Servedio, F., Boone, T. and Johnson, J.T. (1990). The physiological responses to an aerobic dance routine using hand-held weights. **Poster presentation at the Research Consortium of The American Alliance For Health, Physical Education, Recreation and Dance**, New Orleans, LA.

Diboll, D., Boone, T. and Heimdal, J. Gross efficiency responses to postprandial exercise. **Poster presentation at the Mississippi Alliance For Health, Physical Education, Recreation and Dance**, Hattiesburg, MS, 1990.

Waggener, G.T. and Boone, T. Karate: Are there aerobic benefits. **Poster presentation at the Mississippi Alliance For Health, Physical Education, Recreation and Dance**, Hattiesburg, MS, 1990.

Heimdal, J.E., Heimdal, J.N. and Boone, T. A physiologic profile of collegiate rugby football players. **Poster presentation at the Mississippi Alliance For Health, Physical Education, Recreation and Dance**, Hattiesburg, MS, 1990.

Durrett, S.D., Servedio, F.J., Thompson, W.R., Boone, T. and Kazelskis, R. (1989). Will school age children successfully perform and aerobic dance routine? **Poster presentation at the Mississippi Alliance For Health, Physical Education, Recreation and Dance**, Jackson, MS.

Boone, T. (1989). Sexual issues and research in counseling the cardiac patient. **Tutorial presentation at the Southeastern Chapter of The American College of Sports Medicine,** Atlanta, GA.

Boone, T. and Foley, M. (1989). Cardiovascular responses to different arm positions during inversion. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Atlanta, GA.

Redondo, D., Boone, T., Donner, A. and Cortes, C. (1989). Central and peripheral circulatory responses during four different recovery positions. **Oral presentation at the Southeast Chapter of The American College of Sports Medicine**, Atlanta, GA.

Straus, P., Boone, T. and Ribisl, P. (1989). Sexual activity in exercising patients after myocardial infarction. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Atlanta, GA.

Cortes, C., Boone, T. and Redondo, D. (1989). Combinations of exercise and immersion on relative cardiac efficiency. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Atlanta, GA.

Thompson, W.R., Boone, T. and Thompson, D.L. (1989). Lack of a warm-up does not cause additional electrocardiogram changes in post- myocardial infarction patients. **Oral presentation at the Annual Meeting of the Southern District, American Alliance For Health, Physical Education, Recreation and Dance**, Chattanooga, TN.

Cortes, C., Boone, T. and Redondo, D. (1988). Effects of combinations of exercise and immersion on cardiac output and related measures. **Oral presentation at the 35th Annual Meeting of the American College of Sports Medicine**, Dallas, TX.

Boone, T. and Doherty, K. (1988). Cardiovascular responses to three exercise intensities in post-myocardial infarction subjects. **Poster presentation at the 35th Annual Meeting of the American College of Sports Medicine**, Dallas, TX.

Boone, T. and DeWeese, J.A. (1988). A Physiologic evaluation of Benson's relaxation during submaximal aerobic exercise. **Poster presentation at the Southeastern Chapter of the American College of Sports Medicine**, Winston-Salem, NC.

Boone, T., Cooper, R., Thompson, W., Cortes, C. and Kreider, R. (1987). A Physiologic evaluation of sports massage in male athletes. **Poster presentation at the U.S. Olympic Festival-'87 Congress on Sports Medicine and Science**, Chapel Hill, NC.

Boone, T. and Hammett, J. (1987). Effects of gravity-facilitated inversion on cardiac output and related measures. **Poster presentation at the 34th Annual Meeting of the American College of Sports Medicine**, Las Vegas, Nevada.

Boone, T. and Garraway, J. (1987). Physiologic responses to the intense heat of a jacuzzi. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Charleston, SC.

Cortes, C., Kreider, R.B. and Boone, T. (1987). Reliability of exercise responses during submaximal exercise. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Charleston, SC.

Kreider, R.B., Thompson, W.R., Boone, T. and Bailey, J. (1987). Effects of pedalling rate on actual and pedicted oxygen uptake responses in cycling. **Poster presentation at The United States Olympic Festival Congress on Sports Medicine and Science**, Chapel Hill, NC.

Kreider, R.B., T. Boone, W.R. Thompson, S. Burkes, and C.W. Cortes. (1987). Cardiovascular and thermal responses of triathlon performance. **U.S. Olympic Festival Congress on Sports Medicine and Science Conference Abstracts**. 1:38.

Boone, T. and Johns, K. (1986). Effects of muscle strengthening exercise during gravity inversion. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Athens, GA.

Kreider, R.B. and Boone, T. (1986). Effects of two bicycle ergometer intensities on the cardiovascular system prior to two treadmill running intensities. **Poster presentation at the Southeast Chapter of the American College of Sports Medicine**, Athens, GA.

Thompson, W.R., Boone, T., Ribisl, P.M. and Miller, H.S. (1980). The influence of the warm-up on the incidence of premature ventricular contraction in cardiac patients. **Presentation to the Annual Meeting of the Southeast Chapter of the American College of Sports Medicine**, Charlotte, NC.

**Local Workshops/Regional Presentations**   
**[**an abstracted list**]**

Boone, T.: The following lectures were presented: (1) Stress reduction and relaxation for cardiac patients; (2) The anatomy of cardiac medications; and (3) Exercise prescription. **Exercise Specialist Workshop at The University of Southern Mississippi, Hattiesburg, MS, 1992.**

Boone, T.: The following lectures were presented: (1) Stress reduction and relaxation protocols for cardiac patients; (2) The anatomy of cardiac medications; (3) The kinesiological analysis of warm-up and cool-down exercises; and (4) Exercise prescription. **Exercise Specialist Workshop at The University of Southern Mississippi, Hattiesburg, MS, 1991.**

Boone, T.: The following lectures were presented: (1) Stress reduction and relaxation protocols for cardiac patients; (2) The anatomy of cardiac medications; (3) The kinesiological analysis of warm-up and cool-down exercises; and (4) Exercise prescription. **Exercise Specialist Workshop at The University of Southern Mississippi, Hattiesburg, MS, 1990.**

Boone, T.: The following lectures were presented: (1) Stress reduction and relaxation protocols;  (2) Cardiac medications; and (3) Psychological aspects of cardiac rehabilitation. **Exercise Specialist Workshop at The University of Southern Mississippi, Hattiesburg, MS, 1989.**

Boone, T.: The following lectures were presented: (1) Acute and chronic changes in healthy and post-MI subjects; (2) Relaxation techniques; and (3) Cardiac medications. **Exercise Specialist Workshop at The University of Southern Mississippi, Hattiesburg, MS, 1988.**

Boone, T.: The following lectures were presented: (1) Contradictions to GXT; (2) Relaxation techniques; and (3) Cardiac medications. **Exercise Specialist Workshop at The University of Southern Mississippi, Hattiesburg, MS, 1987.**

Boone, T.: The following lectures were presented: (1) Principles of cardiac rehabilitation; (2) Response to acute and chronic exercise for healthy and patients with CAD; (3) Cardiac exercise prescription;  (4) Stress management and strategies, progressive relaxation techniques; (5) Anatomical and physiological consideration in stretching. **Exercise Specialist Workshop at The University of Southern Mississippi, Hattiesburg, MS, 1986.**

Boone, T.: The following lectures were presented: (1) Principles of cardiac rehabilitation; (2) Response to acute and chronic exercise for healthy and patients with CAD; (3) Cardiac exercise prescription;  (4) Stress management and stragies, progressive relaxation techniques; (5) Anatomical and physiological consideration for cardiac medication; and (6) Anatomical considerations in stretching. **Exercise Specialist Workshop at The University of Southern Mississippi, Hattiesburg, MS, 1985.**

Boone, T.: Cardiac rehabilitation. **Oral presentation at the Happy Hearts Club, Laurel, MS, 1985.**

Boone, T.: Cardiac rehabilitation. **Oral presentation at the Mended Hearts Club, Hattiesburg, MS, 1985.**

Boone, T.: Destructive vs. Constructive Lifestyles. **Oral presentation at the Methodist Hospital, Hattiesburg, MS, 1985.**

Boone, T.: The following lectures were presented: (1) Principles of cardiac rehabilitation; (2) Response to acute and chronic exercise for healthy and patients with CAD; (3) Cardiac exercise prescription;  (4) Stress management and strategies, progressive relaxation techniques; (5) Anatomical and physiological consideration for cardiac medication; and (6) Anatomical considerations in stretching. **Exercise Specialist Workshop at The University of Southern Mississippi, Hattiesburg, MS, 1984**

Boone, T.: Physical fitness, wellness, and heart disease. **Oral presentation at the Euphia Women's Civic Club, Petal, MS, 1984.**

Boone, T.: Heart disease and the american lifestyle. **Oral presentation at the Lions Club, Columbia, MS, 1983.**

Boone, T.: The following lectures were presented: (1) Why exercise? (2) Appraising physical fitness; (3) Evaluating body fat; (4) The beginner's program; (5) Questionable exercises; (6) Exercise problems; (7) Exercise prescription; (8) Flexibility exercises; (9) Weight lifting exercises; and  (10) Relaxation. **Oral presentations at the South Central Dietetic Association (Workshop) at The University of Southern Mississippi, Hattiesburg, MS, 1983.**

Boone, T.: The following lectures were presented: (1) Implementation of the exercise prescription;  (2) Autonomic nervous system: Cardiac medication; (3) Stress management; and  (4) Cardiopulmonary pathophysiology. **Exercise Specialist Workshop at the Gulf Park Campus, The University of Southern Mississippi, Gulf Park, MS, 1983.**

Boone, T.: Risk factors in heart disease. **Oral presentation at the Hattiesburg Forrest County Retired Teacher's Association, Hattiesburg, MS, 1983.**

Boone, T.: Fitness and exercise concepts for adults. **Oral presentation at the South Central Dietetic Association, The University of Southern Mississippi, Hattiesburg, MS, 1983.**

Boone, T.: The following lectures were presented: (1) Cardiopulmonary pathophysiology;  (2) Implementation of the exercise prescription; (3) Anatomical considerations in stretching; (4) Sexuality of the cardiac patient; and (5) Stress management strategies. **Exercise Specialist Workshop at the Gulf Park Campus, Gulf Park, MS, 1982.**

Boone, T.: Cardiac rehabilitation: Overview and needs for southern mississippi. **Oral presentation at the Mississippi Heart Association's 32nd Annual Meeting, The University of Southern Mississippi, Hattiesburg, MS, 1983.**

Boone, T.: Mechanical problems and injuries of joggers and runners: Causes and solutions. **Oral presentation at the Runner's Clinic, The University of Southern Mississippi, Hattiesburg, MS, 1982.**

**National Organization Membership**

**American Society of Exercise Physiologists**  
Co-Founded ASEP in 1997  
Non-profit professional organization

<http://www.asep.org/>  
  
**The Center for Exercise Physiology-Online**  
Founded in 2003  
Non-profit professional organization

<http://www.exercisephysiologists.com>

**Professional Journals/Newsletters**

**Journal of Professional Exercise Physiology** [online]  
Founded in 2003

Editor (September, 2009)

http://faculty.css.edu/tboone2/asep/JPEP.html

**Journal of Exercise Physiology**online   
Founded in 1998

Editor-In-Chief (January, 2011)

http://www.asep.org/journals/JEPonline

**Professionalization of Exercise Physiology**online   
Founded in 1998

Editor (1998 to present)

http://faculty.css.edu/tboone2/asep/Professionalization.html

**ASEPNewsletter**   
Founded in 1997

Editor (Editor, 1997 to 2005)

http://www.asep.org/services/ASEP-Newsletter

**Exercise Physiology Web Blog**

**Boonethink.com/**

Founded in 2005

<http://www.boonethink.com>

**Exercise Physiologists:The 21st Century Healthcare Profession**

Founded in 2009

http://exercisephysiologists.wordpress.com/

**Research Grants**

1. **Research/travel grants** ($3250) to do research/travel to professional meetings, 1993, 1994, 1995.
2. $35,000 **Research Grant from the Medical Graphics Company**, St. Paul, 1994.
3. $7,500 research grant from **University of Southern Mississippi**, Hattiesburg, MS, 1993.
4. $700 grant from **USM Teaching Learning Research Center** to develop cadaver slides for instructional purposes, Spring Semester, 1990.
5. $5,800 grant from **USM Research Council** to do research, 1987.
6. **Research/travel Grants** ($2,500) to attend professional meetings, 1985, 1986, 1987.
7. $550 **USM Grant** to purchase research equipment, 1985.
8. $3,000 grant from **USM Development Money Grants** to purchase non-invasive cardiac output instrumentation to work with the existing Beckman Metabolic Measurement Cart, November 1984.
9. $5,000 grant from **Gannett Foundation** to purchase a Life- Pack 7, December 1983.

**Professional Experiences/Honors**

1. **2003 President's Service Award.** American Scoiety of Exercise Physiologists, April, 2003
2. **2002 Excellence Award for Scholarly and Creative Activities.** The College of St. Scholastica, September, 2002.
3. FELLOW, American Society of Exercise Physiologists, 2000 - present.
4. Exercise Physiologist Certified (EPC), ASEP, 2000 - present.
5. Chair, Board of Accreditation, ASEP, 2000 - present.
6. Chair, Board of Certification, ASEP, 2000 - present.
7. **ASEP Appreciation Award**, American Society of Exercise Physiologists, October, 1999.
8. Member, Board of Directors, ASEP, 1997 - present.
9. Member, Board of Experts, Exercise Standards and Malpractice Reporter, 1993 - present.
10. Sigma Xi, the **Scientific Research Society** (honorary society - elected March, 1989).
11. Recipient of **The Golden Key National Honor Society**/USM Chapter's Outstanding faculty Research Award, 1988-1989.
12. Honorary Member of **The Golden Key National Honor Society**/USM Chapter, November, 1988.
13. All-American Gymnast, 1966.

**Expert Witness/Consultant/Peer-Reviewer**

Attorneys

American Journal of Public Health   
The Journal of Alternative and Complementary Medicine   
Journal of Exercise Physiologyonline   
Journal of Applied Physiology   
American Journal of Physiology  
American Journal of Public Health  
British Journal of Sports Medicine  
Book Publishing Companies   
Granting Agencies

**Academic Courses Taught**

**Undergraduate**

1. kinesiology
2. biomechanics
3. cardiac rehabilitation
4. advanced exercise physiology
5. advanced exercise physiology laboratory
6. cardiac drugs/exercise rehab
7. electrocardiography
8. pharmacology
9. exercise physiology research
10. biochemistry of exercise
11. psychophysiology of stress and exercise
12. nutrition and human performance

**Graduate**

* 1. functional anatomy (with cadaver dissection)
  2. biochemistry of exercise
  3. biochemistry and nutrition
  4. applied exercise physiology
  5. cardiovascular physiology
  6. cardiopulmonary rehabilitation
  7. exercise testing and electrocardiography