

Jeff E. Edwards
Acting Chairperson and Associate Professor of Physical Education
Indiana State University

Areas of Specialization

- PE 699 Master's Thesis
- [PE 680](#) Graduate Exercise Physiology
- PE 680L Laboratory, Graduate Exercise Physiology
- [PE 681](#) Seminar in Exercise Physiology
- PE 605 Quantitative Analysis
- [PE 602](#) Independent Research HPER
- [PE 483/583](#) Physical Fitness and Aging
- [PE 480](#) Exercise Physiology
- PE480L Exercise Physiology Laboratory
- [PE 220](#) Introduction to Exercise Physiology (Physiology)
- [PE 180](#) Physical Fitness for Majors/Minors

Education Background

- 12/89 - 9/84 Ph.D. in Human Performance, emphasis in exercise physiology, minor in physiology. Indiana University, Bloomington, Indiana.
- 8/81 - 11/79 M.A. in Exercise Physiology. Ball State University, Muncie, Indiana.
- 5/76 - 9/71 B.S. in Recreation. Indiana State University, Terre Haute, Indiana.

Appointments

7/95 - Present Associate Professor, Department of Physical Education, Indiana State University. Research interest: energy metabolism, doubly labeled water method, stable isotopes. Instruct graduate and undergraduate exercise physiology and clinical courses.

1/01 - Present Associate Professor, Athletic Training

9/97 - Present Associate Professor, Department of Biology, Indiana State University.

1/96 - 12/99 Adjunct Assistant Professor, Department of Physiology, Indiana University School of Medicine.

8/94 - 7/95 Visiting Assistant Professor, Department of Health Promotion and Rehabilitation, Central Michigan University; Director of the Human Performance Laboratory. Research interest: energy metabolism, doubly labeled water method, stable isotopes. Instruct graduate and undergraduate exercise physiology and clinical courses.

6/94- 8/88. Assistant Professor, Dept. of Kinesiology, Indiana University. Research interest: energy metabolism, doubly labeled water method, stable isotopes. Instruct graduate and undergraduate exercise physiology courses.

8/94 - 3/91. Adjunct Assistant Professor, Department of Family Medicine, Indiana University School of Medicine.

8/93 - 8/88. Research Director, National Institute for Fitness and Sport, affiliated with Indiana University. Start-up exercise science laboratories. Design, initiate, manage and coordinate research germane to the Institute's mission.

8/88 - 1/88. Visiting Lecturer, Physical Education Dept., Indiana University. Instruct graduate exercise physiology laboratory techniques class, coordinate undergraduate exercise physiology laboratories.

12/87 - 9/84. Assistant Instructor/Research Assistant, Physical Education Dept., Indiana University. Research duties in the exercise physiology laboratory. Advise and consult for start-up of The National Center for Fitness and Sport, Indianapolis, Indiana. Instruct graduate and undergraduate exercise physiology laboratories. Develop and program two computerized indirect calorimetric systems for research and adult fitness programs. Instruct undergraduate elective courses.

7/84 - 9/82. Research Associate, USDA Center for Nutrition and Aging at Tufts University, Boston, MA. Start-up of physiology section of federally funded research center. Research design and implementation. Scientific computing, physiological testing, methodology development.

7/84 - 3/83. Consultant to MIT Nutrition Biochemistry Department, Cambridge, MA. Methods and systems design for indirect calorimetry.

7/82 - 6/81. Research Assistant, Human Performance Laboratory, Ball State University. Physiological testing, operation and maintenance of biomedical equipment. Instruct graduate exercise physiology laboratory techniques class. Computer programming and analysis.

7/82 - 9/81. Computer consultant for American College of Sports Medicine, Madison, WI. Computer grading of all ACSM national certification tests.

6/82 - 2/80. Exercise Technician, Human Performance Laboratory, Ball State University. Functional capacity testing, exercise prescription, exercise leader in adult fitness program

Selected Publications

Stone MB, Edwards JE, Ingersoll CD, Babington JP, Palmieri RM. Intrasession and intersession reliability of an electrical method to induce muscle cramp. *Muscle & Nerve*, January, 2003, pp. 122-123.

Palmieri, RM, Ingersoll CD, Edwards JE, Hoffman MA, Stone MB, Babington JP, Cordova ML, Krause BA. Arthrogenic Muscle Inhibition Is Not Present in the Limb Contralateral to a Simulated Knee Joint Effusion. *Am J Phys Med Rehabil*, 2003; 82:1-7.

Stone MB, Edwards JE, Stemmans CL, Ingersoll CD, Palmieri RM, Krause BA. Certified Athletic Trainers' perceptions of exercise-associated muscle cramp. *Journal of Sport Rehabilitation*. 2003;12(4):333-342.

Stone MB, Vaughan M, Ingersoll CD, Edwards JE, Babington JP, Palmieri RM, Cordova ML, Krause BA. A single dose of Ginkgo biloba does not affect soleus motoneuron pool excitability. *Journal of Strength & Conditioning Research*. 2003;17(3):587-589.

Stone MB, Edwards JE. Exercise-associated muscle cramps. *Athletic Therapy Today*. 2003;8:30-31.

Stone MB, Edwards JE, Cordova ML, Ingersoll CD, Babington JP, Chen J. Threshold frequency of an electrically induced cramp increases following a fatiguing exercise. *Muscle and Nerve*. In review.

Krause BA, Edwards JE, Hopkins JT, Ingersoll CD, Cordova ML. Reliability of the peroneus longus, tibialis anterior, and soleus Hoffmann reflex in man. *Electromyography and Clinical Neurophysiology*. 2002 (In Review).

Stone MB, Vaughan MA, Ingersoll CD, Edwards JE, Babington JP, Palmieri RP, Cordova ML, Krause BA. A single dose of *Ginko Biloba* does not affect soleus motoneuron pool excitability. *Phytotherapy Research*. 2002 (In Review).

Palmieri RP, Ingersoll CD, Hoffman, MA, Cordova ML, Porter DJ, Edwards JE, Babington JP, Krause BA, Stone MB. Arthrogenic muscle response following artificial ankle joint effusion. *Medicine and Science in Sports and Exercise*. 2002 (In Review).

Krause BA, Edwards JE, Hopkins JT, Ingersoll CD, Cordova ML, Merrick MA. Ankle and axillary cooling facilitate motoneuron recruitment in the human soleus muscle. *Journal of Clinical Neurophysiology*. 2002 (In Review).

Stone MB, Edwards JE, Ingersoll CD, Babington JP, Palmieri RM. Intrasession and intersession reliability of an electrical method to induce muscle cramp. *Muscle & Nerve*. In press.

Stone MB, Merrick MA, Ingersoll CD, Edwards JE. A preliminary comparison of bromelain and ibuprofen for delayed onset muscle soreness management. *Clinical Journal of Sport Medicine*, 2002;12:373-8.

Hopkins JT, Ingersoll CD, Krause BA, Edwards JE, Cordova ML. Effect of knee joint effusion on quadriceps and soleus motoneuron pool excitability. *Medicine and Science in Sports and Exercise*. 2001;33:123-126.

Jutte LS, Merrick MA, Ingersoll CD, Edwards J. The relationship between intramuscular temperature, skin temperature, and adipose thickness during cryotherapy and rewarming. *Arch Phys Med Rehabil*. 2001;82:845-50.

Effect of artificial knee effusion on quadriceps and soleus motor neuron pool excitability. Hopkins JT, Ingersoll CD, Krause BA, Edwards JE, Cordova ML. *Journal of Athletic Training*. 2000;35:S38.

The relationship between ankle cooling and re-warming and the human soleus H-reflex. Krause BA, Hopkins JT, Ingersoll CD, Cordova ML, Edwards JE. *Journal of Sport Rehabilitation*. 2000;9:253-262.

Intrasession and intersession reliability of the soleus H - reflex in supine and standing positions. Hopkins JT, Ingersoll CD, Cordova ML, Edwards JE. *Electromyography and Clinical Neurophysiology*. 2000;40:89-94.

Changes in soleus motoneuron pool excitability following artificial knee joint effusion. Hopkins JT, Ingersoll CD, Edwards JE, Cordova ML. *Archives of Physical Medicine and Rehabilitation*. 2000;81:1199-1203.

Single treatment contrast bath and cold whirlpool may have no effect on the symptoms associated with DOMS. E.C. Hayes, Eastep, M. Mochizuki, C. D. Ingersoll, J. E. Edwards, R. S. Behnke. Submitted for publication, *J of AT*, 1998.

Assessment of controlled frequency breathing as a training technique in competitive swimmers. J.M. Stager, W.F. Brechue, J.E. Edwards, J.C. Counsilman. Submitted for publication, *J. Swimming Res*, 1998.

Theory and application of the doubly labeled water method of measuring energy expenditure. J.E. Edwards. Accepted for publication, *Int J Sports Nutr*, 1998.

Comparison of the effects of selected dressings on the healing of standardized abrasions. E.A. Claus, C.F. Fusco, T. Ingram, C.D. Ingersoll, J.E. Edwards, T.J. Ingram. *J of AT*, 33(2): 145-149, 1998.

Correlation of isokinetic, isometric, isotonic strength measurements with a one leg vertical jump. T.D. Jameson, K.L. Knight, C.D. Ingersoll, J.E. Edwards. *Isokinetics and Exercise Science*, 6:203-208, 1997.

On the age of elite women swimmers. J.M. Stager, D.A. Tanner, J.E. Edwards, J. Wigglesworth. *J. Swimming Res*, 12:27-34, 1997.

Eccentric and concentric strength of the shoulder and arm musculature in collegiate baseball pitchers. A.E. Mikesky, J.E. Edwards, J.K. Wigglesworth, S. Kunkel. *Am J Sports Med*, 23(5):638-642, 1995.

Mechanisms of enhanced insulin sensitivity in endurance-trained athletes. D.S. Hardin, B. Azzarelli, J.E. Edwards, J. Wigglesworth, L. Maianu, G. Brechtel, A. Johnson, A. Baron, W.T. Garvey. *J-Clin-Endocrinol-Metab*, Aug; 80(8): 2437-46, 1995

The use of doubly labeled water in quantifying energy expenditure during prolonged activity: practical observations. J.M. Stager, A.K. Lindeman, and J.E. Edwards. *Sports Medicine, Sports-Med*. Mar; 19(3): 166-72, 1995.

Efficacy of a home-based resistance training program for older adults using elastic tubing. A.E. Mikesky, R. Topp, J.K. Wigglesworth, D.M. Harsha, J.E. Edwards. *Eur J App Physiol*, 1994.

Energy balance in highly trained female endurance runners. J.E. Edwards, A. Lindeman, J. Stager and, A.E. Mikesky. *Med Sci Spt & Ex.*, 25(12): 1398-1404, 1993.

The effect of a 12-week dynamic resistance training program on gait velocity and balance of older adults. R. Topp, A.E. Mikesky, J.K. Wigglesworth, W.S. Holt, J.E. Edwards. *Gerontology*, 33(4):501-506, 1993.

Physical abilities field tests U.S. Gymnastics Federation women's national team. W.A. Sands, A.E. Mikesky, and J.E. Edwards. Performance Enhancement Through Applied Knowledge, *USGF Publishing*, 1991.

Peripheral effects of endurance training in young and old subjects. C.N. Meredith, W.R. Frontera, E.C. Fisher, V.A. Hughes, J.C. Herlund, J. Edwards and W.J. Evans. *J. Appl. Physiol*. 66(6): 2844-2849, 1989.

Energy expenditure during carbohydrate overfeeding in obese and nonobese adolescents. L.G.Bandini, D.A.Schoeller, J. Edwards, V.R. Young, S. OH and W.H. Dietz. *Am.J.Physiol.* 256(*Endocrinol.Metab.*19):E357-E367, 1989.

Scientific Abstracts

Edwards, J.E., P. Babington, J.C. Ozmun, K. Kang, J. Skaggs, J., R. Bergman. Validity and reliability of an activity monitor with the capability of providing geographic location using GPS. *Med.Sci.Sports Exerc.* 34:S41, 2002.

Cohen M, JP Babington, J Ozmun, JE Edwards. Reliability and validity of the Bosco mechanical power jump test. *Med.Sci.Sports Exerc.* 34:S41, 2002.

Krause BA, CD Ingersoll, JE Edwards, ML Cordova, RM Palmieri, MB Stone. Joint cryotherapy modulates the soleus Hoffman reflex and muscle response. *Med.Sci.Sports Exerc.* 34:S41, 2002.

Bergman RJ, JP Babington, JE Edwards. Effects of endurance training on motorneuron pool excitability. *Med.Sci.Sports Exerc.* 34:S41, 2002.

Stone MB, Stemmans CL, Edwards JE, Ingersoll CD, Palmieri RM, Krause BA. Certified athletic trainers' perceptions of exercise associated muscle cramp. *Journal of Athletic Training.* 2002; 37: S -84.

Palmieri RM, Ingersoll CD, Hoffman MA, Cordova ML, Porter DA, Edwards JE, Babington JP, Krause BA, Stone MB. Arthrogenic muscle response following artificial ankle joint effusion. *Journal of Athletic Training.* 2002; 37: S-25.

Krause BA, Ingersoll CD, Edwards JE, Cordova ML, Palmieri RM, Stone MB. Knee joint cryotherapy facilitates vastus medialis Hoffmann reflex and muscle response. *Journal of Athletic Training.* 2002; 37: S -25.

Stone MB, Vaughan MA, Ingersoll CD, Edwards JE, Babington JP, Palmieri RM, Cordova ML, Krause BA. A single dose of ginkgo biloba does not affect soleus motoneuron pool excitability. *Medicine & Science in Sports & Exercise.* 2002; 34: S-232.

Krause BA, Ingersoll CD, Edwards JE, Cordova ML, Palmieri RM, Stone MB. Joint cryotherapy modulates the soleus Hoffmann reflex and muscle response. *Medicine & Science in Sports & Exercise.* 2002; 34: S-89.

Babington, P., M. Silva, J.E. Edwards, and J. Ozmun. Mean anaerobic power and the ability to demonstrate a plateau in oxygen consumption. *Midwest American College of Sports Medicine Annual Meeting Proceedings.* Fall 2001.

Cohen, M., P. Babington, J. Skaggs, J. Ozmun, and J.E. Edwards. Reliability and validity of the Bosco mechanical power jump test. *Midwest American College of Sports Medicine Annual Meeting Proceedings.* Fall 2001.

Krause BA, Ingersoll CD, Hopkins JT, Cordova ML, Edwards JE. "Reliability of the peroneus longus, tibialis anterior and soleus Hoffmann reflex in man ." American College of Sports Medicine Annual Meeting. Baltimore, MD, 2001.

Krause BA, Ingersoll CD, Edwards JE, Cordova ML, Palmieri RP, Stone MB "Ankle joint and triceps surae muscle cooling produce similar changes in the soleus H:M ratio." National Athletic Trainers' Association Annual Meeting. Los Angeles, CA, 2001.

Stone MB, Vaughan MA, Ingersoll CD, Edwards JE, Babington JP, Palmieri RP, Cordova ML, Krause BA. A single dose of *Ginkgo Biloba* does not affect soleus motoneuron pool excitability. *Midwest American College of Sports Medicine Conference Proceedings*. 2001:33.

Krause BA, Ingersoll CD, Edwards JE, Cordova ML, Palmieri RP, Stone MB. Joint cryotherapy modulates the soleus Hoffmann reflex and muscle response. *Midwest American College of Sports Medicine Conference Proceedings*. 2001:21.

Hopkins JT, Ingersoll CD, Edwards JE, Cordova ML. Changes in soleus motoneuron pool excitability following artificial knee joint effusion. *Medicine and Science in Sports and Exercise*. 2000;32:S298.

Krause BA, Hopkins JT, Ingersoll CD, Cordova ML, Edwards JE, Merrick MA. The effects of ankle and axillary cooling on the human soleus hoffman reflex. *Journal of Athletic Training*. 2000;35:S58.

Hopkins JT, Ingersoll CD, Edwards JE, Cordova ML. Changes in soleus motoneuron pool excitability following artificial knee joint effusion. *Midwest American College of Sports Medicine Conference Proceedings*. 1999.

Hopkins JT, Ingersoll CD, Cordova ML, Edwards, JE. Reliability of the soleus Hoffmann reflex in the supine and standing positions. *Journal of Athletic Training*. 1999;34:S75.

Edwards, J. E., L. DeBenedictus, T. Lowder, B.W. Evans. Discontinuous versus continuous protocols for determination of VO₂max criteria in young women. ACSM, 1999;31S.

Pecchia, K., B.W. Evans, J.E. Edwards, F. Bell. Physiological responses to exercise on the elliptical trainer compared to the treadmill. ACSM, 1999;31S.

Edwards, J.E., D.A. Tanner, J.M. Stager. Energy balance during high-altitude sojourns. First International Conference on Science and Technology in Climbing and Mountaineering. Accepted for presentation, University of Leeds, 1999.

Edwards, J.E., B. Sternfeld, B.W. Evans, D. Hopkins. Heart rate response to breath hold exercise during water submersion in females. *Med. Sci. Sports Exerc*. 29:S5, 1998.

Fischer, M.E., B.W. Evans, J.E. Edwards, J.S. Kuhlman. Changes in fitness after a twelve week step aerobic program in women 50 to 65 years. *Med. Sci. Sports Exerc*. 29:S5, 1998.

Claus EE, Fusco CF, Ingram T, Ingersoll CD, Edwards JE, Melham TJ. Comparison of the effects of selected dressings on the healing of standardized abrasions. *Journal of Athletic Training*, 1998.

Jameson TD, Knight KL, Ingersoll CD, Edwards JE. Correlation of isokinetic, isometric, isotonic strength measurements with a one leg vertical jump. *Isokinetics and Exercise Science*, 1998.

Barr E, Gibbs C, Knight KL, Ingersoll CD, Edwards JE. Effect of different types of cold applications on surface and intramuscular temperature. *Journal of Athletic Training* 1997; 32; S33.

Donahue M., M.A. Sandrey, J.S. Kuhlman, J.E. Edwards. The effect of semi-rigid ankle braces on peroneus longus pre-motor time during sudden ankle inversion. *Journal of Athletic Training*, 1997; 32; S33.

Ingersoll CD, Konishi Y, Knight KL, Edwards JE. Changes in EMG v. Torque slopes for neuromuscular electrical stimulation and voluntary isometric exercise following delayed onset muscle soreness. *Journal of Athletic Training*, 1997; 32; S33.

Danielson R, Jaeger J, Rippetoe J, Knight KL, Ingersoll CD, Edward JE. Differences in skin temperature and pressure during the application of various cold and compression devices. *Journal of Athletic Training* 1997; 32; S34.

Hannan RL, Margarucci KD, Merkovsky SM, Knight KL, Ingersoll CD, Edwards JE. Effects of cooling and heating the shoulder on pitching velocity and accuracy. *Journal of Athletic Training* 1997; 32; S34.

Jameson TD, Knight KL, Ingersoll CD, Edwards JE. Correlation of isokinetic, isometric, isotonic strength measurements with a one leg vertical jump. *Journal of Athletic Training* 1997; 32; S31.

Knight KL, Okuda I, Ingersoll CD, Edwards JE. Effects of cold application on nerve conduction velocity and muscle force. *Journal of Athletic Training* 1997; 32; S5.

Knight KL, Okuda I, Ingersoll CD, Edwards JE. The effects of cold application on nerve conduction velocity and muscle force. Presented at the National Athletic Trainers' Association Annual Convention, Salt Lake City UT, June 18, 1997.

Parr, B. R. Parr, J. Edwards, J. Betts, P. Visich, J. Hornak, B. Yesmunt, K. Pifer, T. Pung. Effect of diet and exercise on body composition and resting metabolic rate in obese males. *Med.Sci.Sports Exerc.* 28:S5, 1997.

Pung, T.F., J. Betts, J. Edwards, R. Parr, B. Parr, B. Yesment, K. Pifer, P. Visch, B. Lee. Effect of diet and exercise versus diet alone on LBM changes in adult obese males. *Med.Sci.Sports Exerc.* 28:S5, 1996.

Edwards,J.E., D.A.Tanner, A.K.Lindeman, J.M.Stager. Energy balance during a mountaineering expedition using doubly labeled water. *Med.Sci.Sports Exerc.* 27:S5, 1995.

VanHeest, J.L., J.R.Berning, J.M.Cappaert, J.E.Edwards, R.Wolfe. Energy expenditure of elite female swimmers during heavy training and taper using doubly labeled water. *Int.Symp. on Biomech. and Med. in Swimming*, 1994.

Brown, J.L., J.K.Wigglesworth, R.Topp, J.E.Edwards, A.E.Mikesky. Warmup decrement in a simple reaction time task in older vs. younger adults. *Med.Sci.Sports Exerc.* 26:S5, 1994.

Wigglesworth, J.K., J.E.Edwards, L.H.Getchell. A descriptive epidemiology of leisure-time activity patterns in men and women 17-91 yr. *Med.Sci.Sports Exerc.* 25:S5, 1993.

Mikesky, A.E., J.K.Wigglesworth, J.E.Edwards, E.P.Roetert. Comparison of rotational shoulder strength between baseball pitchers and tennis players. *Med.Sci.Sports Exerc.* 25:S5, 1993.

La Mere, V.J., K.Brown, J.K.Wigglesworth, J.E.Edwards. Reproducibility between three metabolic systems and validation by douglas bag method. *Med.Sci.Sports Exerc.* 25:S5, 1993.

Edwards, J.E., J.K. Wigglesworth, A.E. Mikesky, V.J. La Mere, J Vessely. Measurement of oxygen consumption and heart rate during tennis match play. *USTA Sports Science Symposium*, 1993.

Wigglesworth, J.K., J.E. Edwards, L.H. Getchell, E.P. Roetert, A.E. Mikesky. Development of an athletic Profile model for nationally ranked tennis players. *USTA Sports Science Symposium*, 1993.

Edwards, J.E., J.K. Wigglesworth, V.J. La Mere. The validity of a portable telemetry system for the measurement of oxygen uptake. *AAHPERD Abstracts*, April, 1993.

La Mere, V.J., J.K. Wigglesworth, J.E. Edwards. Descriptive characteristics of NIKE basketball camp participants. *AAHPERD Abstracts*, April, 1993.

Wigglesworth, J.K., V.J. La Mere, J.E. Edwards, A.E. Mikesky. The effects of compression shorts on performance. *AAHPERD Abstracts*, April, 1993.

Lindeman, A.K., J.M. Stager, J.E. Edwards, D.A. Tanner. Diet planning for adequate nutrition on mountain sojourns. *ADA*, 1993.

Hardin, D., G. Brechtel, A. Johnson, L. Maianu, J.E. Edwards, J. Wigglesworth. Glut4 glucose transporters are differentially expressed and selectively regulated by exercise as a function of skeletal muscle groups in humans. *ADA*, 1993.

Edwards, J.E., J.K. Wigglesworth, A. Lindeman. Difference between reported food intake and energy expenditure by doubly labeled water: a meta-analysis. *Med.Sci.Sports Exerc.* 24:S5, 1992.

Topp, R., A. Mikesky, J. Wigglesworth, J. Edwards. The relationship between reaction time, flexibility, leg strength, and balance among older adults. *Med.Sci.Sports Exerc.* 24:S5, 1992.

Wigglesworth, J.K., R. Topp, J.E. Edwards, A.E. Mikesky. Reaction time and speed of movement in older adults before and after a resistance training program. *Med.Sci.Sports Exerc.* 24:S5, 1992.

Mikesky, A.E., R. Topp, J.K. Wigglesworth, J.E. Edwards. Resistance training using elastic tubing in older adults. *Med.Sci.Sports Exerc.* 24:S5, 1992.

LaMere, V.J., J.K. Wigglesworth, A.E. Mikesky, J.E. Edwards. Evaluation of an isokinetic run machine. *Med.Sci.Sports Exerc.* 24:S5, 1992.

Harsha, D.M., A.E. Mikesky, J.K. Wigglesworth, W.S. Holt, K.D. Hadley, J. E. Edwards. Effect of weight cycling on resting metabolic rate in wrestlers over a season. *Med.Sci.Sports Exerc.* 24:S5, 1992.

Topp, R., A.E. Mikesky, J.K. Wigglesworth, J.E. Edwards. The effect of a 12-week dynamic strength training program on the balance of older adults. *Mid-West Nursing Research Society*, 1992.

Stager, J.M., A.K. Lindeman, J.E. Edwards. Energy intake and energy expenditure during a high altitude expedition on Mt. McKinley, Alaska. *International Symposia on High-Altitude Research*, 1992.

Hatler, L.K., J.M. Stager, FACSM, P. Babington, A.K. Lindeman, J.E. Edwards. Path model of the effects of magnesium on indices of hemoglobin-oxygen affinity and oxygen delivery. *Med.Sci.Sports Exerc.* 23:S4, 1991.

Edwards, J.E., A. Lindeman, J. Stager, A. Mikesky, M. Neiderpruem, P. Henson. Energy balance in highly trained female endurance runners. *Med.Sci.Sports Exerc.* 23:S4, 1991.

Dwyer, G.B., M.H. Whaley, J.P. Wallace, J.E. Edwards, G. DeSilvester. The gas exchange ventilatory threshold in exercise prescription: diabetics versus healthy adults. *Med.Sci.Sports Exerc.* 23:S4, 1991.

Mikesky, A.E., J.E. Edwards, J.K. Wigglesworth, R. Call, N. Shannon, J. Bradley, S. Kunkel. Eccentric and concentric muscular strength in collegiate baseball pitchers. *Med.Sci.Sports Exerc.* 23:S4, 1991.

Edwards, J.E., J. Stager, R. Elizondo, W. Updyke. Validity of the doubly labeled water method of measuring energy expenditure with rest and exercise in non-human primates. *Med. Sci. Sports & Ex.*, 22:2, 1990.

Wigglesworth, J.K., J.E. Edwards, A. Mikesky, E. Evenbeck. The effect of water exercise on various parameters of physical fitness. *AAHPERD Abstracts*, April, 1990.

Stager, J.M., J.E. Edwards, T.J. Becker, J.K. Wigglesworth. Increases in age of elite U.S. women swimmers from 1972 to 1984. *Med Sci Spt & Ex*, 21:2, 1989.

Edwards, J.E., J.M. Stager, L.K. Hatler, J.K. Wigglesworth. Changes in body composition of two female swim teams over the course of a season. *AAHPERD Abstracts*, April, 1989.

Brechue, W.F., J.M. Stager, J.E. Edwards, H.C. Lukaski. Decrements in body water compartments following acetazolamide treatment. *Federation Proceedings*, 47:5, 1988.

Edwards, J.E., A. Harris, J.M. Stager. Rectal and auditory meatus temperature responses in swimming man. *Physiologist*, 30:4, August, 1987.

Brechue, W.F., J.M. Stager, J.E. Edwards. Relative dehydration with acetazolamide in humans. *Physiologist*, 30:4, August, 1987.

Hughes, V., C. Meredith, W.J. Evans, J. Edwards, D. Mathews, D. Bier. Effects of glucose or fructose turnover during and after prolonged exercise in men. *Clinical Physiology*, 5:4, 1985.

Hughes, V., J.E. Edwards, W. Frontera, M. Zackin, C. Meredith, E. Evans. Endurance training in elderly subjects: Changes in muscle glycogen stores and utilization. *Med Sci Spt & Ex*, 17:2, 1985.

Hughes, V., J. Edwards, C. Meredith, W. Evans, R. Martin, V. Young. Muscle glycogen utilization during low intensity endurance exercise following glucose or fructose ingestion. *Med Sci Spt & Ex*, 16:2, 1984.

Master's Projects, Master's & Thesis, Doctoral Committees & Dissertations

Stone, Marcus. Neuromuscular origin of exercise associated muscle cramp. Doctoral dissertation committee, Chair, 2001-2002.

Bergman, Randy. Changes in neuromuscular excitability in cross country runners over the course of a season. Thesis Chair, 2001-2002.

Skaggs, Jack. Changes in neuromuscular excitability in sprinters over the course of a season. Thesis Chair, 2001-2002.

Cohen, Monica. Validity and reliability of the Bosco test as a measure of anaerobic power. Research Project. Chair, 2000-2002.

Krause, BA. Ankle and axillar cooling facilitates soleus motoneuron pool recruitment. Doctoral dissertation committee, Member, 1999 – 2001.

Palmeri, Riann. Does cryotherapy affect arthrogenic muscle inhibition (AMI), postural sway, and force production in injured ankles. Doctoral dissertation committee, Member, 2001.

Willson L. The effect of time and fatigue on soleus motor neuron pool excitability. Member, 2000 – 2001, completed.

Stoklosa D, Lanza N. The effects of magnets on isometric strength of the quadriceps and wrist extensors. Member, 2000 – 2001, completed.

Judd K. An electromyographic analysis of two closed kinetic chain shoulder exercises. Member, 2000 – 2001, completed.

Sreniawski S. A comparison of quadriceps muscle temperature before, during and after passive and active heating. Member, 2000 – 2001, completed.

Pedroza A. The effects of fatigue on baragnosis of the quadriceps. Member, 2000 – 2001, completed.

Hitachi, T. The effects of kinesiotape on knee extensor force output before and after muscle fatigue. Member, 2000 – 2002.

Silva, M. Plateau in maximal oxygen uptake during a graded maximal exercise test and high anaerobic power, Chair, 1999 - 2000.

Bower, G. Comparison of yoga, exercise, yoga/exercise, and the psychological benefits in the reduction of stress among university employees, Member, 1999 –2000.

Barney, K. A 1-day maximal lactate steady-state assessment protocol for trained runners, Member, 1999 - 2000.

Kang, Kyung-Sang. Validation of Global positioning activity monitor, Chair, 2000.

Hopkins, Jon Tyson. AMI, Doctoral dissertation committee, Member, 1999 – 2000, completed.

Krause, BA. Ankle and axillar cooling facilitates soleus motoneuron pool recruitment. Doctoral dissertation committee, Member, 1999 – 2000.

Palmeri, Riann. Does cryotherapy affect arthrogenic muscle inhibition (AMI), postural sway, and force production in injured ankles. Doctoral dissertation committee, Member, 2000.

Fukunaga, S. Effects of control breathing upon hip range of motion, Member, 1999 – 2000, completed.

Stone, M. Effect of bromolain, ibuprofen, and Chromozyne on recovery from DOMS, Member, 1999 – 2000, completed.

Ognibene, N. Effects of the Breathe Right nasal strip on oxygen consumption, heart rate and perceived exertion, Member, 1999– 2000, completed.

Willson, L. The effect of time and fatigue on motorneuron pool excitability in soleus, Member, 2000.

Stoklosa, D. Lanza, N. The effects of magnets on the physiological strength of the quadriceps and wrist extensors during an isometric brake test. Member, 2000.

Judd, K. n electromyographic analysis of two closed chain shoulder exercises. Member, 2000.

Sreniawski, S. A comparison f rectus femoris tissue temperature before, during and after the application of a moist heat pack or a bout of active therapeutic exercise.

DeBenedictus, L. The effect of hormone replacement therapy on lean body mass and resting metabolic rate in post-menopausal women, Chair, 1998.

Lowder, T. Development of a model for the study of cramping, Chair, 1998.

Bower, G. Comparison of yoga, exercise, yoga/exercise, and the psychological benefits in the reduction of stress among university employees, Member, 1998.

Bolles, J., Keck, A., Mazelin, M. Optimal stretch holds using the H-reflex of the soleus, Member, 1998.

DeNisco, F., Pickard, T., Manzo, G. The effect of creatine on power output in hot/humid environments, Member, 1998.

Jutte, L. Comparison of deep tissue temperature and skin surface temperature during ice application, Member, 1998.

Nishi, Y., Shoger, M. The effects of Kinesio-tape on pain and inflammation induced by DOMS, Member, 1998.

Hopkins, Jon Tyson. Doctoral committee, member, 1997 - present.

Kono, T. A comparison of acupuncture, TENS, and acupuncture with TENS for pain relief following delayed onset muscle soreness, Member, 1998.

Rizzo, C., T. Glover, M. Anderson. The effects of oral creatine supplementation on the incidence and intensity of exercise associated muscle cramps, Chair, 1998.

Sternfeld, B. Heart rate responses to breath hold exercise during water submersion in females, Chair, 1997.

Fischer, M. Changes in cardiorespiratory fitness of older adults after participating in a twelve week step aerobic training study, Member, 1997.

Sayers-Lehman, H. Validation of collegiate coaches' knowledge of eating disorders questionnaire, Chair, 1997.

Herzog, M. Cardiovascular effects of stairclimber, cycle, and slideboard exercise at selected cadences-a comparative study, Chair, 1997.

Hayes, E., C. Eastep, M. Mochizuki. Single treatment contrast therapy and cold whirlpool may have no effect on the symptoms associated with DOMS, Member, 1997.

Hannan RL, Margarucci KD, Merkovsky SM. Effects of cooling and heating the shoulder on pitching velocity and accuracy. Member, 1997.

Claus EE, Fusco CF, Ingram. Comparison of the effects of selected dressings on the healing of standardized abrasions. Member, 1997.

Brewster, D. Comparison of testing modes utilized in cycle ergometry, Chair, 1996.

Konishi Y. The comparison of EMG activities in DOMS following electrical muscle stimulation and exercise, Member, 1996.

Jameson TD. Correlation of isokinetic, isometric, and isotonic strength measurements to one-legged vertical jump. Member, 1996.

Okuda I. The effect of ice application on nerve conduction velocity and muscle force, Member, 1996.

Hannan RA, Margarucci K, Merkovsky SM. The effects of heating and cooling the shoulder on pitching velocity and accuracy, Member, 1996.

Barr EW, Gibbs CB. The effect of different types of cold applications on skin temperature and intramuscular temperature, Member, 1996.

Danielson RL, Jaeger JS, Rippetoe J. Differences in skin surface temperature and compression pressure with respect to various cold and compression devices, Member, 1996.

Santiago, J. The effects of six weeks of plyometric training in female collegiate volleyball players on vertical jumping performance, Member, 1996.

Mosciano, M. Relationship between EMG and isometric force production in subjects with included low back fatigue, Member, 1996.

Dondaville, A. Body image and disordered eating among male athletes, Member, 1996.

Donahue, M. The effect of semi-rigid braces on Peroneus Longus reaction time during sudden ankle inversion, Member, 1996.

Pung, T. Effect of diet and exercise versus diet alone on LBM changes in adult obese males, Member, 1995.

Hudson, E. Doctoral Dissertation, The effects of exercise on Multiple Sclerosis, Member, 1994.

Dwyer, G. The effect of aerobic exercise on 2,3-DPG levels in Type II diabetics, Member, 1991.

Selected Service Presentations

"Components of energy balance and their measurement: new technologies." Tutorial presented at the Midwest American College of Sports Medicine annual meeting, Fall 1998.

"Arthrogenic muscle inhibition." Symposium presented at Midwest American College of Sports Medicine annual meeting, Fall 1998.

"Components of and recent advances in measurement of human energy expenditure." Indiana University, Fall 1998.

"Exercise and Aging." Workshop presented by the Department of Sociology, ISU, May, 1998.

"Foundation of and recent advances in measurement of human energy expenditure."

Keynote speaker, Michigan annual American College of Sports Medicine meeting, 1998.

"Introduction to the doubly labeled water method of measuring energy expenditure with applications in sports and exercise sciences." University of Illinois, Spring 1997.

"Exercise and Aging." Workshop presented by the Department of Sociology, ISU, May, 1997.

"Introduction to the components of daily energy expenditure and technologies of measurement." Midwest American College of Sports Medicine Annual Meeting, 1996.

"Measuring Energy Expenditure During Exercise: From Douglas Bags to Doubly labeled water." Keynote speaker, Michigan annual American College of Sports Medicine meeting, 1996.

"Introduction to the doubly labeled water method of measuring energy expenditure with applications in sports and exercise sciences." The Ohio State University, 1995.

"Measuring Energy Expenditure During Exercise: From Douglas Bags to Doubly labeled water." Ball State University, Exercise Science Seminar Series, 1995.

"Introduction to the doubly labeled water method of measuring energy expenditure with applications in sports and exercise sciences." CMU Biology Seminars, 1994.

"A review of methods for measuring energy expenditure: Past and present." Symposium, Midwest American College of Sports Medicine Annual Winter Meeting, 1994.

"Introduction to the doubly labeled water method of measuring energy expenditure with applications in sports and exercise sciences." International Sports Nutrition Conference, Colorado Springs, 1993.

"Basic concepts of exercise physiology with relation to exercise by the elderly." IU School of Continuing Education Symposium: Exercise and the Elderly, 1992.

"Introduction to nutrition and energy balance: Considerations for football performance." NATA national clinical symposium, 1990.

"Introduction to the doubly labeled water method of measuring energy expenditure." IU School of Medicine clinical symposium, 1986.

"Methods of indirect calorimetry." Tufts University, School of Nutrition Symposium, 1984.

"Effects of exercise on body composition." Young Infusors Meeting, Massachusetts Institute of Technology, 1983.

"The use of microcomputers in the exercise sciences." ACSM Midwest Conference, 1982.

Other Invited Scientific Presentations

"Exercise science during a mountaineering expedition." PE189, Fall 1998.

"Experiences in the field of physical education and exercise science." Organization for Students in Physical Education, October, 1998.

"Exercise science during a mountaineering expedition." PE189, Spring 1998.

"Exercise science during a mountaineering expedition." Terre Haute Kiwanis Club, Spring 1997.

"Exercise science during a mountaineering expedition." PE189, Spring 1997.

"Experiences in the field of physical education and exercise science." Organization for Students in Physical Education, March, 1997.

"Exercise science during a mountaineering expedition." Wabash Valley ARA, 1996.

"Bud Getchell: a tribute" First annual, Indiana American College of Sports Medicine State meeting, 1996.

Exercise science during a mountaineering expedition." PE189, Fall 1996.

"Exercise science during a mountaineering expedition." The Terre Haute Breakfast Optimists Club, 1995.

"Exercise and implications for leadership." National Youth Leadership Conference, Bradford Woods Workshop, 1987.

"Exercise and thermal regulation: How to stay cool". IU Recreational Sports lecture series, 1985.

"Implications of exercise for health benefits." Richmond, IN Lion's Club, 1982.

Awards

Founders Awards Distinguished service to the Midwest American College of Sports Medicine-2002

IU Fellowship Awarded for meritorious work, J.E. Edwards.
1984-1988

Memberships

- American College of Sports Medicine
- Midwest American College of Sports Medicine
- American Physiological Society

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