

Effective August 2024

SAMANTHA JOHNSON

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EDUCATION

Doctor of Philosophy – Middle Tennessee State University

- Health and Human Performance, Specialization in Exercise Science – August 2018

Master of Science—University of North Alabama

- Health and Human Performance, Concentration in Exercise Science – August 2014

Bachelor of Science—Northern Kentucky University

- Exercise Science – May 2013

EXPERIENCE

- Middle Tennessee State University
 - Associate Professor – August 2024 to Present
 - Assistant Professor – August 2018 to July 2024
 - Graduate Teaching Assistant – August 2014 to July 2018
 - Primary Instructor:
 - EXSC 3830 Physiology of Exercise
 - EXSC 4000 Research in Exercise Science
 - EXSC 4010 Applied Research in Exercise Science
 - EXSC 4240 Principles of Fitness Assessment in Healthy Populations
 - EXSC 3831 Physiology of Exercise Lab
 - HLTH/PHED 3300 Safety and First Aid
 - HHP 6610 Research Methods in Health and Human Performance
 - HHP 7080 Professional Preparation in Human Performance
- University of North Alabama
 - Graduate Research Assistant – August 2013 to August 2014
- Northern Kentucky University
 - Lab assistant - October 2010 to May 2013
- American Red Cross
 - CPR/AED/First Aid Instructor – June 2015 to Present

PRESENTATIONS

Posters

- Stenson, M., **Johnson, S.**, Caputo, J., Mel, A., Spillios, K. (2024, April). High Impact Teaching Practices in Introduction to Exercise Science Classes. Poster session presented at the American Physiology Summit, Long Beach, CA.

- Mel, A., Fleming, J., **Johnson, S.**, Caputo, J., Spillios, K., Stenson, M. (2022, June). Impact of COVID-19 on access to laboratories and human participants: Exercise science faculty perspectives. Poster session presented at the National American College of Sports Medicine, San Diego, CA.
- Grubbs, B., **Johnson, S.**, Caputo, J., Bowman, A., Alasmar, R., & Barry, V. (2022, June). Sit-to-stand power predicts frailty status in free-living older adults. Poster session presented at the National American College of Sports Medicine, San Diego, CA.
- **Johnson, S.**, Caputo, J., Spillios, K., Mel, A., Stenson, M., Fleming, J. (2022, February). Resilient pedagogy: Experiences of kinesiology faculty during COVID-19. Poster session presented at the Southeast American College of Sports Medicine, Greenville, SC.
- Alasmar, R., Barry, V., **Johnson, S.**, Caputo, J., & Grubbs, B. (2019, February). Sit to stand power, functional performance, and physical activity in older adults. Poster session presented at the Southeast American College of Sports Medicine, Jacksonville, FL.
- **Johnson, S.**, & Caputo, J. (2018, June). A comparison of changes in strength and dynamic balance following 8 weeks of eccentric training with older adults. Poster session presented at the National American College of Sports Medicine, Minneapolis, MN.
- **Johnson, S.**, Fuller, D., Donnelly, B., & Caputo, J. (2017, February). Improved strength and balance in older adults following an 8-week eccentric training program. Poster session presented at the Southeast American College of Sports Medicine, Greenville, SC.
- Stone, W., & **Johnson, S.** (2016, February). Effects of functional limitations on hypertension status. Poster session presented at the Southeast American College of Sports Medicine, Greenville, SC.
- **Johnson, S.**, Stevenson, M., Pribyslavska, V., Green, J., & O'Neal, E. (2015, February). Hydration profile and sweat loss estimation of adolescent female gymnasts: A pilot study. Poster session presented at the Southeast American College of Sports Medicine, Jacksonville, FL.
- Langford, T., Green, J., O'Neal, E., Scudamore, E., Stevenson, M., Pribyslavska, V., & **Johnson, S.** (2015, February). Caffeine alters RPE-based intensity production. Poster session presented at the Southeast American College of Sports Medicine, Jacksonville, FL.
- Pribyslavska, V., Scudamore, E., **Johnson, S.**, Green, J., Stevenson, M., Lowe, J., & O'Neal, E. (2015, February). Influence of carbohydrate mouth-rinsing on running and jumping performance during morning soccer scrimmaging. Poster session presented at the Southeast American College of Sports Medicine, Jacksonville, FL.
- Scudamore, E., Lowe, J., Pribyslavska, V., **Johnson, S.**, Stevenson, M., Stevenson, M., Langford, T., Green, J., & O'Neal, E. (2015, February). Three week chronic hypergravity training intervention improves anaerobic task performance in well-trained men. Poster session presented at the Southeast American College of Sports Medicine, Jacksonville, FL.
- Simpson, J., Lowe, J., Scudamore, E., Stevenson, M., **Johnson, S.**, Pribyslavska, V., Langford, T., Green, M., O'Neal, E. (2015, February). 21-days of chronic hypergravity training improves tactical athlete specific anaerobic tasks. Poster session presented at the Southeast American College of Sports Medicine, Jacksonville, FL.

Effective August 2024

- Stevenson, M., **Johnson, S.**, Pribyslavska, V., Waddell, A., Lamm, A., Heatherly, A., Green, J., & O'Neal, E. (2015, February). 24-hour responses of USG and fluid retention in male runners during low, moderate, and high fluid replacement. Poster session presented at the Southeast American College of Sports Medicine, Jacksonville, FL.
- Wadell, A., Lamm, A., Heatherly, A., Stevenson, M., **Johnson, S.**, Pribyslavska, V., & O'Neal, E. (2015, February). Reliability of two automated refractometers to assess urine specific gravity in comparison to a manual refractometer. Poster session presented at the Southeast American College of Sports Medicine, Jacksonville, FL.

Oral

- **Johnson, S.**, & Caputo, J. (2024, March). Strategies to Promote Long Term Learning. Oral presentation at the Northland American College of Sports Medicine, Duluth, MN.
- **Johnson, S.**, Caputo, J., Fleming, J., Mel, A., Spillios, K., & Stenson, M. (2023, November). A Beginner's Guide to SoTL Research. Invited tutorial at the Virtual Student Research Week, hosted by the International Community of Scholars in Kinesiology.
- Stenson, M., Caputo, J., **Johnson, S.**, & Spillios, K. (2023, March). Educational Practices in Kinesiology (EPIK) – Opportunities for publishing pedagogy research. Invited Breakout Session presented at the Northland American College of Sports Medicine, Sioux Falls, SD.
- **Johnson, S.**, Caputo, J., & Fawcett, S. (2023, February). Optimizing Student Learning with Retrieval Practices in Face-to-Face and Online Courses. Tutorial presented at the Southeast American College of Sports Medicine, Greenville, SC.
- Pinkerton, B., **Johnson, S.**, Bennett, H. (2023, February). Reducing the Engagement Gap. Tutorial presented at the Southeast American College of Sports Medicine, Greenville, SC.
- Caputo, J., Clark, K., **Johnson, S.**, Kutz Fleming, J., Mel, A., & Stenson, M. (2021, February). Upping your game: Finding open-access teaching and learning resources. Panel presented at the Conference on Higher Education Pedagogy.
- **Johnson, S.**, Fuller, D., Donnelly, B., & Caputo, J. (2017, June). Improved Strength and Balance in Older Adults Following an 8-week Eccentric Training Program. PowerPoint session presented at the National American College of Sports Medicine.

PUBLICATIONS

- Fleming, J., Caputo, J., Spillios, K., Mel, A., Stenson, M., & **Johnson, S.** (2023). Resilient pedagogy: Experiences of kinesiology faculty during COVID-19. *Advances in Physiology Education*, 47(4), 684-693.
- Heatherly, A., Caputo, J., **Johnson, S.**, & Fuller, D. (2023). Heat acclimation knowledge among recreational runners. *Sports*, 11(2), 49.
- Stenson, M., Fleming, J., **Johnson, S.**, Caputo, J., Spillios, K., & Mel, A. (2022). Impact of COVID-19 on access to laboratories and human participants: Exercise science faculty perspectives. *Advances in Physiology Education*, 46(2), 211-218.
- Caputo, J., Mel, A., Stenson, M., Fleming, J., **Johnson, S.**, & Spillios, K. (2021). Faculty perceptions of the exercise science student learning experience during the coronavirus pandemic. *Advances in Physiology Education*, 45(4), 829-834.

- Stevens, S., Caputo, J., **Johnson, S.**, Vanden Noven, M., & Michaels, N. (2021). Step count accuracy of activity trackers in the underwater treadmill. *The Journal of Aquatic Physical Therapy*.
- **Johnson, S.**, Stone, W., Bunn, J., Lyons, S., & Navalta, J. (2020). New author guidelines in statistical reporting: Embracing an era beyond $p < .05$. *International Journal of Exercise Science*, 13(1), 1-5.
- **Johnson, S.**, Stevens, S., Fuller, D., & Caputo, J. (2019). Effect of lower-extremity eccentric training on physical function in community-dwelling older adults. *Physical & Occupational Therapy in Geriatrics*, 37(4), 298-312.
- Langford, T., O'Neal, E., Scudamore, E. M., **Johnson, S.**, Stevenson, C., Pribyslavska, V., & Green, M. (2019). Caffeine alters RPE-based intensity production. *International Journal of Exercise Science*, 12(6), 412-424.
- O'Neal, E., **Johnson, S.**, Davis, B., Pribyslavska, V., & Stevenson-Wilcoxson, M. (2018). Urine Specific Gravity as a Practical Marker for Identifying Sub-optimal Fluid Intake of Runners ~12-h post-exercise. *International Journal of Sport Nutrition & Exercise Metabolism*.
- **Johnson, S.**, Fuller, D., Donnelly, B., & Caputo, J. (2018). Effect of an 8-Week eccentric training program on strength and balance in older adults. *International Journal of Exercise Science*, 11(3), 468-478.
- Peveler, W., Sanders, G., Kollock, R., **Johnson, S.**, & Shew, B. (2017). Comparison of ventilatory measures and 20 km time trial performance. *International Journal of Exercise Science*, 14(4), 640-648.
- Stevenson-Wilcoxson, M., **Johnson, S.**, Pribyslavska, V., Green, J., & O'Neal, E. (2017). Fluid retention and utility of practical hydration markers to detect 3 levels of recovery fluid intake in male runners. *International Journal of Sport Nutrition & Exercise Metabolism*, 27(2), 178-185.
- Lowe, J., Scudamore, E., **Johnson, S.**, Pribyslavska, V., Stevenson-Wilcoxson, M., Green, J., & O'Neal, E. (2016). External loading during daily living improves intensity tasks under load. *International Journal of Industrial Ergonomics*, 55, 34-39.
- Pribyslavska, V., Scudamore, E., **Johnson, S.**, Green, J., Stevenson-Wilcoxson, M., Lowe, J., & O'Neal, E. (2016). Influence of carbohydrate mouth rinsing on running and jumping performance during early morning soccer scrimmaging. *European Journal of Sport Science*, 16(4), 441-447.
- Scudamore, E., Lowe, J., Pribyslavska, V., **Johnson, S.**, Stevenson-Wilcoxson, M., Langford, T., Green, J., & O'Neal, E. (2016). Three week hypergravity training intervention decreases ground contact time during repeated jumping and improves sprinting and shuttle running performance. *International Journal of Exercise Science*, 9(2), 149-158.
- Holm, R., Pribyslavska, V., **Johnson, S.**, Lowe, J., Stevenson-Wilcoxson, M., Scudamore, E., Green, J., Katica, C., & O'Neal, E. (2015). Performance and perceptual responses of collegiate female soccer players to a practical external and internal cooling protocol. *International Journal of Exercise Science*, 8(4), 331-340.
- Peveler, W. W., Shew, B., **Johnson, S.**, & Palmer, T.G. (2012). A kinematic comparison of alterations to knee and ankle angles from resting measures to active pedaling during a graded exercise protocol. *Journal of Strength and Conditioning Research*, 26(11): 3004-3009.

BOOK CHAPTERS

- **Johnson, S.** (2020). *Research Methods: Introduction to Kinesiology*, Perceivant, Indianapolis, Indiana, United States.

RESEARCH IN PROGRESS

- Kamel, S., Johnson, S., Caputo, C. (Revised & resubmitted, August 2024). ChatGPT-generated Resistance Training Programs. *ACSM's Health & Fitness Journal*.
- Pinkerton, B., **Johnson, S.**, & Bennett, H. (Revised & resubmitted, August 2024). Undergraduate students' interpretation of culturally relevant pedagogies within the field of kinesiology. *International Journal of Kinesiology in Higher Education*.
- Fleming, J., Caputo, J., Spillios, K., Mel, A., Stenson, M., & **Johnson, S.** (Preparing Submission, August 2024). An overview of Introduction to Exercise Science courses in the United States and Canada.
- Grubbs, B., Barry, V., **Johnson, S.**, & Caputo, J. (Revised & resubmitted, August 2024). Sit-to-stand power is associated with functional fitness and predicts frailty status in community-dwelling older adults. *Journal of Aging and Physical Activity*.

EXTERNAL FUNDING

- Hosbein, K., Caputo, J., **Johnson, S.**, Carter, J., & Barnes, M. Identifying mechanisms that support identity development for first generation college students in science classes with student-centered practices and near peer mentoring. *National Science Foundation* (\$1,929,758.00; Submitted July 2024).
- **Johnson, S.**, Caputo, J. L., Barry, V., Farley, R., & Grubbs, B (2019 to 2023). Bingocize: An evidence-based health promotion program to improve the quality of life of TN certified nursing facility residents. Tennessee Department of Health (via Western Kentucky University; \$19,494.00; awarded).
- McCoy, S., Stringer, K., **Johnson, S.**, & Pettit, J. MT L.E.A.D.S. *TBR SERS Grant* (\$50,000; April 2022; not awarded).
- **Johnson, S.**, Caputo, J., Stevens, S., & Farley, R. University Faculty Travel Grant. *Middle Tennessee State University* (\$1,594.50; October 2019; not awarded).
- O'Neal, E., Stevenson, M., **Johnson, S.**, & Pribyslavska, V. Validity of urine specific gravity in male runners during low, moderate, and high fluid replacement following 3% loss of body mass. *Atago USA Inc.* (\$13,882.70; January 2014: awarded).

THESIS PROJECTS

Chairperson of committee for the following students:

- Quinn MacDonald, August 2024. *Division I Baseball Players' Perceived Efficacy of Various Recovery Modalities*.
- Jamie Judkins, August 2022, *The examination of home-based cardiac rehabilitation program implementation in middle Tennessee*

Member of committee for the following students:

- Erik Kigen, August 2023, *Knowledge and Strategies of Heat Acclimation and Heat Acclimatization in Elite Runners*.
- Shelly Rader-Todd, August 2023, *Balance, Dual-Tasking Walking, and Power in Traditional Taekwondo Athletes*.
- Ahren Smith, May 2023, *Early sport specialization and collegiate sport injuries in NCAA athletes*.
- Sebastian Ibarra, May 2023, *Effects of weight cutting in high school wrestlers*.
- Taylor Webb, August 2022, *The effect of COVID-19 on cardiac rehabilitation attendance rates and its potential effect on hospitalizations, medical care costs, and reoccurring myocardial infarctions in the middle Tennessee area*.
- Kaitlyn Elmlinger, May 2021, *Preferred leadership styles of male and female athletes*.

Effective August 2024

- Molly Potvin, May 2021. *Reported stress and injury occurrence in Division I student athletes.*
- Leonard Casterline, January 2021. *Effect of COVID-19 on the Fitness Industry and Perceptions of Online Training.*
- Riley Macon, November 2020, *The collegiate cross country and track coaches heat acclimation survey.*

DISSERTATION PROJECTS

Chairperson of committee for the following students:

- Cameron Addie, August 2024. *The Effects of Plyometric Training Volume and Surface Composition on Jump Performance.*

Member of committee for the following students:

- James Sivley, In Progress.
- Erick Kigen, December 2023, *Knowledge and strategies of heat acclimation and heat acclimatization in elite runners.*
- Alexander Heatherly, August 2022, *Knowledge and practices of heat acclimation in recreational runners.*
- Leonard Casterline, August 2021, *Online and virtual training during the COVID-19 pandemic.*

UNIVERSITY SERVICE

- Faculty Senate (2022 to Present)
- Positive Aging Consortium Member (2019 to Present)
- Academic Appeals Committee Member (2021 to 2023)
- Grade Appeals Committee Member (2021 to 2023)
- Department General Education Redesign Committee (2020 to 2022)
- Preparation of Self-Study for MS External Program Review (2020)
- Scholarship Reviewer, Speech, Language, Pathology, & Audiology (2019 & 2020)

PROFESSIONAL SERVICE

- Endure Athletics – A 501(c)(3) non-profit organization in Rutherford County, TN that aims to enrich the lives of homeless children and youth.
 - President, Board of Directors – January 2020 to Present
 - Vice President, Board of Directors – March 2018 to January 2020
 - Board Member – August 2016 to March 2018
 - Grant Proposals
 - Bigelow, J., & **Johnson, S.** (2024). Endure Athletics After-School Grant. *Rutherford Opioid Board.* (\$106,118; awarded).*
 - Bigelow, J., & **Johnson, S.** (2023). Endure Athletics After-School Grant. *Rutherford Opioid Board.* (\$54,597; awarded).
 - **Johnson, S.,** & Bigelow, J. Endure Athletics Programming Grant. *Maddox Foundation* (\$5,812; January 2020; not awarded).*
 - **Johnson S.,** & Bigelow, J. Endure Athletics Program Funding Proposal. *Building Strong Brains Tennessee* (\$42,500; March 2019: not awarded).*
 - **Johnson, S.,** & Bigelow, J. Endure Athletics Summer Camp Uniform Funding Proposal. *Charity Circle Rutherford County* (\$4,250; March 2019: awarded).
 - **Johnson, S.,** & Bigelow, J. Endure Athletics After School Program Proposal. *United Way of Rutherford County* (\$1,000 for 3 years; August 2018: awarded).
 - **Johnson, S.,** & Bigelow, J. Endure Athletics After School Program Proposal. *United Way of Rutherford County* (\$2,000 per year for 3 years; August 2018: awarded).

Effective August 2024

- **Johnson, S., & Bigelow, J.** Endure Athletics Summer Camp Uniform Funding Proposal. *Charity Circle Rutherford County* (\$4,250; March 2019; awarded).
- **Johnson S., & Bigelow J.** Endure Athletics Program Funding Proposal. *Building Strong Brains Tennessee* (\$42,500; March 2019, not awarded).
 - Volunteer – February 2016 to Present
- International Community of Scholars in Kinesiology
 - Co-Director, Student Research Week – June 2023 to Present
 - Rapid Research Presentation Committee Member – July 2019 to November 2023
- *Educational Practices in Kinesiology*
 - Founding & Executive Editor – October 2019 to Present
- *International Journal of Exercise Science*
 - Senior Associate Editor – July 2019 to Present
 - Section Editor, Fitness Assessment – August 2018 to July 2019
 - Student Section Editor – May 2017 to August 2018
 - Reviewer – 9 total reviews; May 2013 to Present
- *Medicina*
 - Reviewer – 2 reviews; April 2023, September 2023
- *Perceptual and Motor Skills*
 - Reviewer – 1 review; June 2023
- *Social Sciences*
 - Reviewer – 1 review; January 2024
- Southeast American College of Sports Medicine
 - Abstract Reviewer (October 2022)
 - Student Award Presentation Reviewer (October 2022)
- Northland American College of Sports Medicine
 - Student Award Presentation Reviewer (March 2023, March 2024)