

Effective August 2026

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

PROFESSIONAL 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
- Undergraduate Courses Taught: Physiology of Exercise, Research Methods in Exercise Science, Research in Exercise Science, Applied Research in Exercise Science, Principles of Fitness Assessment in Healthy Populations, Physiology of Exercise Lab, Safety and First Aid
- Graduate Courses Taught: Research Methods in Health and Human Performance, Professional Preparation in Human Performance

CERTIFICATIONS & PROFESSIONAL DEVELOPMENT

- American College of Sports Medicine Certified Exercise Physiologist
- American Red Cross Adult CPR/AED, Child CPR, and First Aid
- Quality Matters, Independent Applying the QM Rubric
- Association of College and University Educators, Fostering a Culture of Belonging

AWARDS & HONORS

- MTSU Foundation Outstanding Teaching Award, 2022-2023.

PUBLICATIONS

- **Johnson, S.,** Caputo, J., Godwin, K., & Harmon, S. (2026). Faculty and student perceptions of the value and purpose of office hours. *College Teaching*.
- Caputo, J., **Johnson, S.,** Spillios, K., & Stenson, M. (2025). From attendance to engagement: Outcomes of undergraduate student participation in a regional exercise science conference. *International Journal of Kinesiology in Higher Education*, 1-11.
- Caputo, J., Ibrahim, A., Davis, D., Stone, W., Garver, M., & **Johnson, S.** (2025). Editorial policies on artificial intelligence in sports science: Balancing innovation and ethical standards. *Kinesiology Review*, 14(4), 519-523.

- Stenson, M., **Johnson, S.**, Caputo, J., Mel, A., & Spillios, K. (2025). The prevalence of high-impact teaching practices in undergraduate introduction to exercise science courses. *International Journal of Kinesiology in Higher Education*, 1-12.
- Kamel, S., Caputo, J., & **Johnson, S.** (2025). ChatGPT-generated resistance training programs. *ACSM's Health and Fitness Journal*, 29(3), 29-35.
- Pinkerton, B., Bennett, H., & **Johnson, S.** (2025). Undergraduate students' interpretation of culturally relevant pedagogies with the field of kinesiology and exercise science. *International Journal of Kinesiology in Higher Education*, 1-11.
- **Johnson, S.**, Fleming, J., Stenson, M., Mel, A., & Caputo, J. (2024). The landscape of undergraduate introductory exercise science courses. *Advances in Physiology Education*, 49, 63-38.
- 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., Scuadamore, 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.

PRESENTATIONS

Posters

- Stenson, M., Spillios, K., **Johnson, S.**, Mel, A., Caputo, J. (2026, April). Pre-conference webinars to enhance student engagement in networking at professional conferences. Poster session presented at the American Physiology Summit, Minneapolis, MN.
- Caputo, J., **Johnson, S.**, Godwin, K., & Harmon, S. (2026, February). Beyond the open door: Student and faculty perceptions of office hours. Poster presentation at the Southeast American College of Sports Medicine, Greenville, SC.
- 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.
- 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

- Godwin, K., **Johnson, S.**, Caputo, J., & Harmon, S. (2026, March). Beyond the relic: Office hours as a mechanism for regular and substantive interaction in online learning. Oral presentation at the Online Learning Consortium Innovate Virtual Conference.
- Caputo, J., **Johnson, S.**, & Hagan, J. (2025, February). Mentoring must-haves: A road map to learning-centered mentoring. Oral presentation at the Southeast American College of Sports Medicine, Greenville, SC.
- **Johnson, S.**, Andre, T., & O'Neal, E. (2025, February). A guide of transitioning from doctoral student to tenured professor. Oral presentation at the Southeast American College of Sports Medicine, Greenville, SC.
- **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.

GRANTS

- **Johnson, S.**, & Caputo, J. (2025). Instructional Enhancement Grant. *MTSU Provost's Office* (\$2,000, awarded).
- Caputo, J., & **Johnson, S.** (2024). Sway Instructional Support Grant. *Engage* (\$250, awarded).

STUDENT RESEARCH MENTORSHIP

- Chairing 1 Undergraduate Honors Thesis
- Chaired 2 Thesis Committees; Member of 8 Thesis Committees
- Chaired 1 Dissertation Committee; Member of 4 Dissertation Committees (1 Current)

UNIVERSITY SERVICE

- Teaching Mentor, Center for Teaching and Mentoring (**August 2026 to Present**)
- Quality Matters Internal Course Reviewer (**April 2026 to Present**)
- Undergraduate Coordinator, Exercise Science (**July 2026 to Present**)
- University Wide Graduate Teaching Assistant Training Content Developer (May to July 2026)
- Library Committee (**2024 to Present**)
- QEP Research to Assess Need Subcommittee Co-Chair (January to June 2025)
- Faculty Senate Governance Committee Co-Chair (2024 to 2025)
- Faculty Senate (2022 to 2025)
- Positive Aging Consortium Member (2019 to Present)
- Academic Appeals Committee Member (2021 to 2023; **2025 to Present**)
- 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

- American College of Sports Medicine Certification Board, Exercise Physiologist Committee.
- Endure Athletics – A 501(c)(3) non-profit organization that aims to enrich the lives of homeless children and youth in Rutherford County, TN.
 - President, Board of Directors – January 2020 to January 2025
 - Vice President, Board of Directors – March 2018 to January 2020
 - Board Member – August 2016 to March 2018; **January 2025 to Present**
 - 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).
 - **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).

Effective August 2026

- *Educational Practices in Kinesiology*
 - Founding & Executive Editor – **October 2019 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
- *International Journal of Exercise Science*
 - 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