

**MIKE GREENWOOD, Ph.D.**  
**Professor HHPR**  
**Graduate Research Coordinator &**  
**Graduate Director Clinical Exercise Physiology & Strength & Conditioning**

**Department of HHPR**  
**Baylor University**  
**School of Education, HHPR**  
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**Degrees:**

**Doctor of Philosophy**

Exercise Science & Motor Learning  
Texas Woman's University, 1990

**Post Graduate Studies**

Sport and Exercise Psychology  
University of Iowa, 1984-85

**Master of Science in Education**

Physical Education and Sport Sciences  
Northern Illinois University, 1983

**Bachelor of Science in Education**

Physical Education, Health, and Social Sciences  
Greenville College, 1978

**Professional & Research Interests**

Nutritional Supplements and Human Performance  
Exercise and Sport Performance  
Strength Training and Conditioning  
Sport and Exercise Psychology  
Youth Sport Nutrition – Sport Training and Performance  
Strength Training and Conditioning with Special Populations  
Self-Efficacy and Motivation in Human Performance

**Selected Refereed Publications [Last 2 Years]**

**Books**

Antonio J, Kalman D, Stout J, Greenwood M, Willoughby D, Haff G. **Essentials of Sport Nutrition & Supplements. Springer Press Humana/Springer Press, Totowa, NJ. 2009.**

Greenwood M, Kalman D, Antonio J. **Nutritional Supplements in Sports & Exercise. Humana/Springer Press, Totowa, 2009.**

**Invited Book Chapters**

Greenwood M, Greenwood L. Facility layout and scheduling – facility maintenance and risk management.

TR. Baechle, & R Earle (3<sup>rd</sup> Ed.). **Human Kinetics, Champaign, IL. 540-565, 2008.**

Kleiner S, Greenwood M. The Role of Nutritional Supplements Surrounding Nutrient Dense Diets: General Versus Sport/Exercise Specific Dietary Guidelines Based On Training Intensity. In Nutritional Supplements in Sports & Exercise. **Humana/Springer Press, Totowa, NJ. 75-94, 2008.**

Ziegenfuss, T, Landis J, Greenwood M. Nutritional Supplements to Enhance Recovery. In Nutritional Supplements in Sports & Exercise. **Humana/Springer Press, Totowa, NJ. 409-450, 2008**

Greenwood M. Aspects of Overtraining. Essentials of Sport Nutrition & Supplements. **Springer Press: J Antonio, D. Kalman, J. Stout, M. Greenwood & D. Willoughby. Humana/Springer Press, Totowa, NJ. 121-142, 2008**

Greenwood M. Creatine update: Facts fallacies future. Essentials of Creatine. **Springer Press: Stout J, Antonio J, Kalman D. 211-240, 2008.**

Greenwood M, Wilborn C, Kreider R. Principles of Strength Training and Conditioning. **In Exercise & Sport Nutrition. Fitness Technologies Press, Santa Barbara, CA. 53-68, 2008.**

Lutz R, Greenwood M, Bowden R. The Will to Change. **In Exercise & Sport Nutrition. Fitness Technologies Press, Santa Barbara, CA. 393-422, 2008.**

Shim, J., **Lutz, R.**, Miller, G., & Greenwood, M. Use of Traditional vs. Point-Light Video Demonstration. In D. Crews & R. Lutz (Eds.), *Science and Golf V: Proceedings of the World Scientific Congress of Golf.* **Ironwood: Phoenix, AZ. 301-308, 2008.**

Greenwood M, Abbott T. Facility Maintenance Management. In Health Fitness Management. Human Kinetics, Champaign, IL. **287-311, 2007.**

Abbott T, Greenwood M. Health and Safety Guidelines. In Health Fitness Management. Human Kinetics, Champaign, IL. **251-285, 2007.**

### **Journal Articles**

Kerksick C, Wilborn C, Campbell B, Harvey T, Marcello B, Roberts M, Parker A, Byars A, Greenwood L, Almada A, Kreider R, Greenwood M. The effects of creatine monohydrate supplementation with and without D-Pinitol on resistance training adaptations. **Journal of Strength and Conditioning Research. (In Press)**

Mike Spillane, Ryan Schoch, Matt Cooke, Travis Harvey, Mike Greenwood, Richard Kreider, Darryn S. Willoughby. The Effects of a Creatine Ethyl Ester Supplement Formulation on Body Composition, Muscle Mass and Performance, and Intramuscular Creatine Uptake in Males. **Journal of International Society of Sport Nutrition (Submitted 2008)**

Cooke M, Iosia M, Buford T, Shelmadine B, Hudson G, Kerksick C, Greenwood M, Rasmussen C, Kreider R. Effects of Coenzyme Q10 supplementation on exercise performance in trained and untrained individuals. **Journal of International Society of Sport Nutrition, 5(1): p. 1-14, 2008**

Lutz R, Lochbaum MR, Carson T, Jackson S, Greenwood M, Byars A. Are we underestimating the affective benefits of exercise? An experience sampling study of university aerobics participants. **Journal of Sport Behavior. 31(2): p 166-186. 2008.**

Faries M, Greenwood M. Core training: Stabilizing the confusion. **Strength and Conditioning Journal. 29(2), 10-25, 2007.**

Byars A, Schneider K, Hesseltine M, Simpson W, Greenwood M. Sports nutrition: Comparing two sports drinks on aerobic performance. **Applied Research in Coaching and Athletics. 22: 226-240, 2007.**

Roberts, M.D., M. Iosia, C.M. Kerksick, L.W. Taylor, B. Campbell, C.D. Wilborn, T. Harvey, M. Cooke, C. Rasmussen, M. Greenwood, R. Wilson, J. Jitomir, D. Willoughby, R.B. Kreider, Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. **Journal of International Society of Sport Nutrition**, 4(1): p. 21, 2007

Nassar, E., C. Mulligan, L. Taylor, C. Kerksick, M. Galbreath, M. Greenwood, R. Kreider, D.S. Willoughby. Effects of a single dose of N-Acetyl-5-methoxytryptamine (Melatonin) and resistance exercise on the growth hormone/IGF-1 axis in young males and females. **Journal of International Society of Sport Nutrition**. 4(1): p. 14, 2007

Kreider, R.B., C.P. Earnest, J. Lundberg, C. Rasmussen, M. Greenwood, P. Cowan, and A.L. Almada, Effects of ingesting protein with various forms of carbohydrate following resistance-exercise on substrate availability and markers of anabolism, catabolism, and immunity. **Journal of International Society of Sport Nutrition**. 4(1): p. 18, 2007

Dobbs M, Stahura K, Greenwood, M. Major league growth patterns of sport from 1887-1997: Part I. **International Journal of Sport Management**. 7(1) 15-29, 2007.

Kerksick C, Rasmussen C, Lancaster S, Starks M, Smith P, Melton C, Greenwood C, Almada A, Kreider R. Impact of differing protein sources and a creatine containing nutritional formula after 12 weeks of resistance training. **Nutrition**, 23(9): 647-656, 2007.

Dobbs M, Stahura K, Apache R, Greenwood M. The birth of leagues: Legitimation and competition in nine professional sports. **ICHPERD-SD Journal o Research**. 6(1): 54-60, 2007.

### Professional Honors & Certifications

Fellow National Strength & Conditioning Association (2006)  
 Fellow of ACSM (2003)  
 Fellow International Society of Sport Nutrition (2005)  
 Who's Who in Education (2005)  
 NSCA Educator of the Year Award (2004)  
 Baylor University Graduate Student Association Faculty Award (2003)  
 ASU College of Education Research Award (2002)  
 ASU Trustees Faculty Award For Scholarship (2001)  
 ASU College of Education Research Award (2001)  
 Arkansas AHPERD Higher Educator Of The Year Award (2000)  
 ASU College of Education Research Award (2000)  
 2000 NSCA-Certified With Distinction (Strength & Conditioning Specialist)  
 1997 NSCA-Certified Strength & Conditioning Specialist  
 1995 Sunshine State Conference Baseball Coach-of-the-Year  
 Elected Phi Kappa Phi Honor Society, 1989

### Professional Affiliations

FCA International Baseball Committee (2007 - Present)  
 ISSN Advisory Board (2004 - Present)  
 ISSN Fellow Guidelines Committee (2003-Present)  
 ISSN Electronic Journal Associate Editor (2003-Present)  
 ISSN Editorial Board (2003 – Present)  
 ISSN Student Section Sponsor (2003-Present)  
 NSCA Certification Commission Council Executive Council (2003-2008)  
 ACSM Professional Education Committee (2003 [June]-2006)  
 ACSM Shares Program (2002-Present)  
 ASEP Board Member (2003)  
 ASEP Board of Accreditation (2002)  
 ASEP Resource Committee (2002)  
 ASEP Abstract Review Committee (2003)

NSCA Arkansas State Director (2002-2003)  
 NSCA Education Committee (1998-2003)  
 NSCA Educator-Of-The-Year Award Sub-Committee (2002)  
 NSCA Graduate School Education Recognition Sub-Committee (2002)  
 Director of the NSCA Arkansas State Clinic (2002)  
 NSCA National Conference Abstract Reviews (2002 & 2003)  
 NSCA Standing Committee for Disabled Populations (1999-Present)  
 CSCS Curriculum Director for the NSCA Educational Recognition Program at ASU (2001-2003)  
 Host for the NSCA-CSCS examination in Jonesboro, Arkansas (May 18, 2002)  
 Arkansas AHPERD Standing Committees for Memberships & Projects (2000-Present)  
 SAHPERD Conference Recruitment Committee (2000-Present)  
 Reviewer CACSM Meeting Abstracts (2001)  
 Past President of Arkansas AHPERD (2000)  
 Past NASPE Coaching Accreditation Sub-committee member (1998-2000)  
 Past Vice President of the General Division Arkansas AHPERD (1998)  
 Past Member of the NCAA South Regional Baseball Committee (1993-1995)  
 Past Member of the ABCA National Rules Committee (1993-1995)

## Courses Taught

### Undergraduate

Adapted Physical Education  
 Applied Sport & Exercise Psychology  
 Coaching Theory of Baseball  
 Exercise Physiology  
 Kinesiology  
 Motor Development  
 Motor Learning  
 Organization & Administration of Physical Education/Athletics  
 Applied Sport Psychology  
 Test & Measurements  
 Techniques of Strength Training & Conditioning  
 Theory and Practice of Coaching Baseball  
 Theory and Practice of Coaching Basketball

### Graduate

Research Methods in Exercise Science  
 Advanced Strength Training & Conditioning  
 Periodized Models in Strength Training & Conditioning  
 Power, Speed, Agility & Quickness  
 Motor Learning  
 Grant Writing & Manuscript Preparation  
 Sport and Exercise Psychology