

# CURRICULUM VITAE

University of Pittsburgh

School of Health and Rehabilitation Sciences

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## EDUCATION and TRAINING

### UNDERGRADUATE:

2002 – 2006	Johns Hopkins University Department of Public Health Bloomberg Graduate School of Public Health Baltimore, MD	BA Public Health
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### GRADUATE:

2007 - 2009	University of Connecticut Department of Kinesiology Storrs, CT	MA Kinesiology William J. Kraemer, PhD
2009 - 2013	University of Connecticut Department of Kinesiology Storrs, CT	PhD Kinesiology William J. Kraemer, PhD Concentration: Statistics

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## **APPOINTMENTS and POSITIONS**

### **ACADEMIC:**

2016 - present	University of Pittsburgh Department of Sports Medicine and Nutrition Department of Health and Physical Activity Pittsburgh, PA	Visiting Assistant Professor
2013 – 2016	Merrimack College Department of Health Sciences North Andover, MA	Assistant Professor
2009 - 2013	University of Connecticut Department of Kinesiology Storrs, CT	Team Coordinator
2009 – 2013	University of Connecticut Department of Kinesiology Storrs, CT	Fellow
2007 – 2009	University of Connecticut Department of Kinesiology Storrs, CT	Research Assistant
2007	Skidmore College Department of Exercise Sciences Saratoga Springs, NY	Research Assistant
2003 -2004	Johns Hopkins Medical Institutions Department of Medicine Baltimore, MD	Research Assistant

### **NON-ACADEMIC:**

2014-2015	Exercise Physiology 2 <sup>nd</sup> Edition LWW, Philadelphia	Ancillary Author
2011-2012	Exercise Physiology 1st Edition LWW, Philadelphia	Ancillary Author
2009-2011	University of Connecticut Writing Center Storrs, CT	Writing Tutor in Sciences
2007-2013	Journal of Strength & Conditioning Research Storrs, CT	Editorial Associate
2007	Global Fitness Gym Glens Falls, NY	Assistant Manager
2006	Body, Mind, and Spirit Gym Salem, NY	Fitness Program Manager
2005-2006	Johns Hopkins Recreation Center Baltimore, MD	Assistant Program Manager

## MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES

American Physiological Society	2015-2017
American College of Sports Medicine	2008-2017
New England Chapter, American College of Sports Medicine	2008-2016
Mid-Atlantic Chapter, American College of Sports Medicine	2017
National Strength and Conditioning Association	2010-2017

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## HONORS

Retirement Research Foundation (RRF) Summer Fellowship	2017
Human Anatomy and Physiology Society Robert Anthony Award	2014
Outstanding Doctoral Student Award, UConn Department of Kinesiology	2013
New England ACSM David Camaione Doctoral Award	2012
Nominee, University of Connecticut Outstanding Scholars Program	2011
Nominee, National Strength and Conditioning Association Student Research Award	2010

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## PUBLICATIONS

### 1. Refereed articles

1. **Dunn-Lewis C**, Finn K, Fitzpatrick K. Student Expected Achievement in Anatomy and Physiology Associated with Use and Reported Helpfulness of Learning and Study Strategies. *Journal of the Human Anatomy and Physiology Society*. 2016;20(4):27-37.
2. Flanagan SD, **Dunn-Lewis C**, Hatfield DL, Distefano LJ, Fragala MS, Shoap M, Gotwald M, Trail J, Gomez AL, Volek JS, Cortis C, Comstock BA, Hooper DR, Szivak TK, Looney DP, DuPont WH, McDermott DM, Gaudiose MC, Kraemer WJ. Developmental differences between boys and girls result in sex-specific physical fitness changes from fourth to fifth grade. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2015;29(1):175-80. doi: 10.1519/JSC.0000000000000623. PubMed PMID: 25187248.
3. Kraemer WJ, Hooper DR, Szivak TK, Kupchak BR, **Dunn-Lewis C**, Comstock BA, Flanagan SD, Looney DP, Sterczala AJ, DuPont WH, Pryor JL, Luk HY, Maladougdock J, McDermott D, Volek JS, Maresh CM. The addition of beta-hydroxy-beta-methylbutyrate and isomaltulose to whey protein improves recovery from highly demanding resistance exercise. *J Am Coll Nutr*. 2015;34(2):91-9. doi: 10.1080/07315724.2014.938790. PubMed PMID: 25758255.
4. Luk HY, Kraemer WJ, Szivak TK, Flanagan SD, Hooper DR, Kupchak BR, Comstock BA, **Dunn-Lewis C**, Vingren JL, DuPont WH, Hymer WC. Acute resistance exercise stimulates sex-specific dimeric immunoreactive growth hormone responses. *Growth Horm IGF Res*. 2015;25(3):136-40. doi: 10.1016/j.ghir.2015.02.002. PubMed PMID: 25934139.
5. Flanagan SD, Comstock BA, Dupont WH, Sterczala AR, Looney DP, Dombrowski DH, McDermott DM, Bryce A, Maladougdock J, **Dunn-Lewis C**, Luk HY, Szivak TK, Hooper DR, Kraemer WJ. Concurrent validity of the Armour39 heart rate monitor strap. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2014;28(3):870-3. doi: 10.1519/JSC.0b013e3182a16d38. PubMed PMID: 23860286.
6. Flanagan SD, Mills MD, Sterczala AJ, Mala J, Comstock BA, Szivak TK, DuPont WH,

- Looney DP, McDermott DM, Hooper DR, White MT, **Dunn-Lewis C**, Volek JS, Maresh CM, Kraemer WJ. The relationship between muscle action and repetition maximum on the squat and bench press in men and women. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2014;28(9):2437-42. doi: 10.1519/JSC.0000000000000337. PubMed PMID: 24343331.
7. Heavens KR, Szivak TK, Hooper DR, **Dunn-Lewis C**, Comstock BA, Flanagan SD, Looney DP, Kupchak BR, Maresh CM, Volek JS, Kraemer WJ. The effects of high intensity short rest resistance exercise on muscle damage markers in men and women. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2014;28(4):1041-9. doi: 10.1097/JSC.0000000000000236. PubMed PMID: 24662155.
  8. Ho JY, Kraemer WJ, Volek JS, Vingren JL, Fragala MS, Flanagan SD, Maladougdock J, Szivak TK, Hatfield DL, Comstock BA, **Dunn-Lewis C**, Ciccolo JT, Maresh CM. Effects of resistance exercise on the HPA axis response to psychological stress during short-term smoking abstinence in men. *Addictive behaviors*. 2014;39(3):695-8. doi: 10.1016/j.addbeh.2013.10.027. PubMed PMID: 24290878.
  9. Hooper DR, Szivak TK, Comstock BA, **Dunn-Lewis C**, Apicella JM, Kelly NA, Creighton BC, Flanagan SD, Looney DP, Volek JS, Maresh CM, Kraemer WJ. Effects of fatigue from resistance training on barbell back squat biomechanics. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2014;28(4):1127-34. doi: 10.1097/JSC.0000000000000237. PubMed PMID: 24662156.
  10. Kraemer WJ, Boyd BM, Hooper DR, Fragala MS, Hatfield DL, **Dunn-Lewis C**, Comstock BA, Szivak TK, Flanagan SD, Looney DP, Newton RU, Vingren JL, Hakkinen K, White MT, Volek JS, Maresh CM. Epinephrine preworkout elevation may offset early morning melatonin concentrations to maintain maximal muscular force and power in track athletes. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2014;28(9):2604-10. doi: 10.1519/JSC.0000000000000392. PubMed PMID: 24513613.
  11. Kraemer WJ, Hatfield DL, Comstock BA, Fragala MS, Davitt PM, Cortis C, Wilson JM, Lee EC, Newton RU, **Dunn-Lewis C**, Hakkinen K, Szivak TK, Hooper DR, Flanagan SD, Looney DP, White MT, Volek JS, Maresh CM. Influence of HMB supplementation and resistance training on cytokine responses to resistance exercise. *J Am Coll Nutr*. 2014;33(4):247-55. doi: 10.1080/07315724.2014.911669. PubMed PMID: 25140763.
  12. Smith RA, Martin GJ, Szivak TK, Comstock BA, **Dunn-Lewis C**, Hooper DR, Flanagan SD, Looney DP, Volek JS, Maresh CM, Kraemer WJ. The effects of resistance training prioritization in NCAA Division I Football summer training. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2014;28(1):14-22. doi: 10.1519/JSC.0b013e3182977e56. PubMed PMID: 23698079.
  13. Szivak TK, Kraemer WJ, Nindl BC, Gotshalk LA, Volek JS, Gomez AL, **Dunn-Lewis C**, Looney DP, Comstock BA, Hooper DR, Flanagan SD, Maresh CM. Relationships of physical performance tests to military-relevant tasks in women. *US Army Med Dep J*. 2014:20-6. PubMed PMID: 24706238.
  14. Comstock BA, Thomas GA, **Dunn-Lewis C**, Volek JS, Szivak TK, Hooper DR, Kupchak BR, Flanagan SD, Denegar CR, Kraemer WJ. Effects of acute resistance exercise on muscle damage and perceptual measures between men who are lean and obese. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2013;27(12):3488-94. doi: 10.1519/JSC.0b013e31828f8202. PubMed PMID: 23478480.

15. Creighton BC, Kupchak BR, Aristizabal JC, Flanagan SD, **Dunn-Lewis C**, Volk BM, Comstock BA, Volek JS, Hooper DR, Szivak TK, Maresh CM, Kraemer WJ. Influence of training on markers of platelet activation in response to a bout of heavy resistance exercise. *European journal of applied physiology*. 2013;113(9):2203-9. doi: 10.1007/s00421-013-2645-4. PubMed PMID: 23636696.
16. Hooper DR, Szivak TK, Distefano LJ, Comstock BA, **Dunn-Lewis C**, Apicella JM, Kelly NA, Creighton BC, Volek JS, Maresh CM, Kraemer WJ. Effects of resistance training fatigue on joint biomechanics. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2013;27(1):146-53. doi: 10.1519/JSC.0b013e31825390da. PubMed PMID: 23254489.
17. Hydren JR, Kraemer WJ, Volek JS, **Dunn-Lewis C**, Comstock BA, Szivak TK, Hooper DR, Denegar CR, Maresh CM. Performance changes during a weeklong high-altitude alpine ski-racing training camp in lowlander young athletes. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2013;27(4):924-37. doi: 10.1519/JSC.0b013e31827a9c62. PubMed PMID: 23207888.
18. Kraemer WJ, Flanagan SD, Volek JS, Nindl BC, Vingren JL, **Dunn-Lewis C**, Comstock BA, Hooper DR, Szivak TK, Looney DP, Maresh CM, Hymer WC. Resistance exercise induces region-specific adaptations in anterior pituitary gland structure and function in rats. *J Appl Physiol* (1985). 2013;115(11):1641-7. doi: 10.1152/jappphysiol.00687.2013. PubMed PMID: 24092688.
19. Kraemer WJ, Fragala MS, van Henegouwen WR, Gordon SE, Bush JA, Volek JS, Triplett NT, **Dunn-Lewis C**, Comstock BA, Szivak TK, Flanagan SD, Hooper DR, Luk HY, Mastro AM. Responses of proenkephalin Peptide F to aerobic exercise stress in the plasma and white blood cell biocompartments. *Peptides*. 2013;42:118-24. doi: 10.1016/j.peptides.2013.01.013. PubMed PMID: 23395721.
20. Kraemer WJ, Looney DP, Martin GJ, Ratamess NA, Vingren JL, French DN, Hatfield DL, Fragala MS, Spiering BA, Howard RL, Cortis C, Szivak TK, Comstock BA, **Dunn-Lewis C**, Hooper DR, Flanagan SD, Volek JS, Anderson JM, Maresh CM, Fleck SJ. Changes in creatine kinase and cortisol in National Collegiate Athletic Association Division I American football players during a season. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2013;27(2):434-41. doi: 10.1519/JSC.0b013e318281d1b0. PubMed PMID: 23358319.
21. Kraemer WJ, Solomon-Hill G, Volk BM, Kupchak BR, Looney DP, **Dunn-Lewis C**, Comstock BA, Szivak TK, Hooper DR, Flanagan SD, Maresh CM, Volek JS. The effects of soy and whey protein supplementation on acute hormonal responses to resistance exercise in men. *J Am Coll Nutr*. 2013;32(1):66-74. doi: 10.1080/07315724.2013.770648. PubMed PMID: 24015701.
22. Kupchak BR, Creighton BC, Aristizabal JC, **Dunn-Lewis C**, Volk BM, Ballard KD, Comstock BA, Maresh CM, Kraemer WJ, Volek JS. Beneficial effects of habitual resistance exercise training on coagulation and fibrinolytic responses. *Thrombosis research*. 2013;131(6):e227-34. doi: 10.1016/j.thromres.2013.02.014. PubMed PMID: 23510721.
23. Staub JN, Kraemer WJ, Pandit AL, Haug WB, Comstock BA, **Dunn-Lewis C**, Hooper DR, Maresh CM, Volek JS, Hakkinen K. Positive effects of augmented verbal feedback on power production in NCAA Division I collegiate athletes. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2013;27(8):2067-72. doi: 10.1519/JSC.0b013e31827a9c2a. PubMed PMID: 23207887.
24. Szivak TK, Hooper DR, **Dunn-Lewis C**, Comstock BA, Kupchak BR, Apicella JM, Saenz

- C, Maresh CM, Denegar CR, Kraemer WJ. Adrenal cortical responses to high-intensity, short rest, resistance exercise in men and women. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2013;27(3):748-60. doi: 10.1519/JSC.0b013e318259e009. PubMed PMID: 22561973.
25. Thomas GA, Kraemer WJ, Comstock BA, **Dunn-Lewis C**, Maresh CM, Volek JS. Obesity, growth hormone and exercise. *Sports medicine*. 2013;43(9):839-49. doi: 10.1007/s40279-013-0064-7. PubMed PMID: 23812873.
  26. Volek JS, Volk BM, Gomez AL, Kunces LJ, Kupchak BR, Freidenreich DJ, Aristizabal JC, Saenz C, **Dunn-Lewis C**, Ballard KD, Quann EE, Kawiecki DL, Flanagan SD, Comstock BA, Fragala MS, Earp JE, Fernandez ML, Bruno RS, Ptolemy AS, Kellogg MD, Maresh CM, Kraemer WJ. Whey protein supplementation during resistance training augments lean body mass. *J Am Coll Nutr*. 2013;32(2):122-35. doi: 10.1080/07315724.2013.793580. PubMed PMID: 24015719.
  27. **Dunn-Lewis C**, Luk HY, Comstock BA, Szivak TK, Hooper DR, Kupchak BR, Watts AM, Putney BJ, Hydren JR, Volek JS, Denegar CR, Kraemer WJ. The effects of a customized over-the-counter mouth guard on neuromuscular force and power production in trained men and women. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2012;26(4):1085-93. doi: 10.1519/JSC.0b013e31824b4d5b. PubMed PMID: 22290521.
  28. Flanagan SD, **Dunn-Lewis C**, Comstock BA, Maresh CM, Volek JS, Denegar CR, Kraemer WJ. Cortical Activity during a Highly-Trained Resistance Exercise Movement Emphasizing Force, Power or Volume. *Brain Sci*. 2012;2(4):649-66. doi: 10.3390/brainsci2040649. PubMed PMID: 24961265; PMCID: PMC4061814.
  29. Sosnoski DM, Krishnan V, Kraemer WJ, **Dunn-Lewis C**, Mastro AM. Changes in Cytokines of the Bone Microenvironment during Breast Cancer Metastasis. *Int J Breast Cancer*. 2012;2012:160265. doi: 10.1155/2012/160265. PubMed PMID: 22315691; PMCID: PMC3270522.
  30. Thomas GA, Kraemer WJ, Comstock BA, **Dunn-Lewis C**, Volek JS, Denegar CR, Maresh CM. Effects of resistance exercise and obesity level on ghrelin and cortisol in men. *Metabolism: clinical and experimental*. 2012;61(6):860-8. doi: 10.1016/j.metabol.2011.10.015. PubMed PMID: 22146097.
  31. Wolf MR, Fragala MS, Volek JS, Denegar CR, Anderson JM, Comstock BA, **Dunn-Lewis C**, Hooper DR, Szivak TK, Luk HY, Maresh CM, Hakkinen K, Kraemer WJ. Sex differences in creatine kinase after acute heavy resistance exercise on circulating granulocyte estradiol receptors. *European journal of applied physiology*. 2012;112(9):3335-40. doi: 10.1007/s00421-012-2314-z. PubMed PMID: 22270483.
  32. Comstock BA, Solomon-Hill G, Flanagan SD, Earp JE, Luk HY, Dobbins KA, **Dunn-Lewis C**, Fragala MS, Ho JY, Hatfield DL, Vingren JL, Denegar CR, Volek JS, Kupchak BR, Maresh CM, Kraemer WJ. Validity of the Myotest(R) in measuring force and power production in the squat and bench press. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2011;25(8):2293-7. doi: 10.1519/JSC.0b013e318200b78c. PubMed PMID: 21747293.
  33. **Dunn-Lewis C**, Flanagan SD, Comstock BA, Maresh CM, Volek JS, Denegar CR, Kupchak BR, Kraemer WJ. Recovery patterns in electroencephalographic global field power during maximal isometric force production. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2011;25(10):2818-27. doi: 10.1519/JSC.0b013e318229c32d. PubMed PMID: 21857362.

34. **Dunn-Lewis C**, Kraemer WJ, Kupchak BR, Kelly NA, Creighton BA, Luk HY, Ballard KD, Comstock BA, Szivak TK, Hooper DR, Denegar CR, Volek JS. A multi-nutrient supplement reduced markers of inflammation and improved physical performance in active individuals of middle to older age: a randomized, double-blind, placebo-controlled study. *Nutrition journal*. 2011;10:90. doi: 10.1186/1475-2891-10-90. PubMed PMID: 21899733; PMCID: 3180350.
35. Ho JY, Kraemer WJ, Volek JS, Fragala MS, Thomas GA, **Dunn-Lewis C**, Coday M, Hakkinen K, Maresh CM. L-Carnitine L-tartrate supplementation favorably affects biochemical markers of recovery from physical exertion in middle-aged men and women. *Metabolism: clinical and experimental*. 2010;59(8):1190-9. doi: 10.1016/j.metabol.2009.11.012. PubMed PMID: 20045157.
36. Kraemer WJ, **Dunn-Lewis C**, Comstock BA, Thomas GA, Clark JE, Nindl BC. Growth hormone, exercise, and athletic performance: a continued evolution of complexity. *Curr Sports Med Rep*. 2010;9(4):242-52. doi: 10.1249/JSR.0b013e3181e976df. PubMed PMID: 20622543.
37. Kraemer WJ, Flanagan SD, Comstock BA, Fragala MS, Earp JE, **Dunn-Lewis C**, Ho JY, Thomas GA, Solomon-Hill G, Penwell ZR, Powell MD, Wolf MR, Volek JS, Denegar CR, Maresh CM. Effects of a whole body compression garment on markers of recovery after a heavy resistance workout in men and women. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2010;24(3):804-14. doi: 10.1519/JSC.0b013e3181d33025. PubMed PMID: 20195085.
38. Dixon PG, Kraemer WJ, Volek JS, Howard RL, Gomez AL, Comstock BA, **Dunn-Lewis C**, Fragala MS, Hooper DR, Hakkinen K, Maresh CM. The impact of cold-water immersion on power production in the vertical jump and the benefits of a dynamic exercise warm-up. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2010;24(12):3313-7. doi: 10.1519/JSC.0b013e3181f212e2. PubMed PMID: 21068679.
39. Earp JE, Joseph M, Kraemer WJ, Newton RU, Comstock BA, Fragala MS, **Dunn-Lewis C**, Solomon-Hill G, Penwell ZR, Powell MD, Volek JS, Denegar CR, Hakkinen K, Maresh CM. Lower-body muscle structure and its role in jump performance during squat, countermovement, and depth drop jumps. *Journal of strength and conditioning research / National Strength & Conditioning Association*. 2010;24(3):722-9. doi: 10.1519/JSC.0b013e3181d32c04. PubMed PMID: 20195084.
40. Kraemer WJ, Volek JS, **Dunn-Lewis C**. L-carnitine supplementation: influence upon physiological function. *Curr Sports Med Rep*. 2008;7(4):218-23. doi: 10.1249/JSR.0b013e318180735c. PubMed PMID: 18607224.

## 2. Reviews, invited published papers, proceedings, monographs, books, book chapters

### Book Chapters:

1. Kraemer WJ, Flanagan SD, White MT, Comstock BA, and **Dunn-Lewis C**. Chapter 13: Developing a Funding Base for Your Research. In ACSM's Research Methods. Wolters Kluwer. 2016.
2. Kraemer WJ, Luk H-Y, Lombard JR, **Dunn-Lewis C**, and Volek JS. Physiological Basis for Creatine Supplementation In Skeletal Muscle. In Nutrition and Enhanced Sports Performance: Recommendations for Muscle Building. Elsevier. 2013.
3. Kraemer WJ, **Dunn-Lewis C**, and Luk H-Y. Chapter 25: Role of Exercise in Diet and Weight Loss. In Obesity: Epidemiology, Pathophysiology, and Prevention. Boca Raton, FL: CRC Press, 2013.
4. Kraemer WJ, Comstock BA, Clark JE, and **Dunn-Lewis C**. Chapter 1: Athlete Needs Analysis. In Hoffman, Jay. NSCA's Guide to Program Design. Champaign, IL: Human Kinetics 2012.

### Oral Presentations:

1. **Dunn-Lewis C**, Kraemer WJ, Maresh CM, Joseph MF, Denegar CR, Comstock BA, Flanagan SD, Szivak TK, Hooper DR, Volek JS. Light, High-Repetition Resistance Training Cannot Sustain Fat-Free Mass Developed using Low Repetitions at Heavier Loads. American College of Sports Medicine, Annual Meeting. May 2014; Orlando FL.
2. **Dunn-Lewis C**. The use of Resistance Exercise for Bone Development in Women. New England Chapter of the American College of Sports Medicine Annual Fall Conference. November, 2013; Rhode Island Convention Center, Providence, RI.
3. **Dunn-Lewis C**, Neuschwander S, Hooper DR, Comstock BA, Luk HY, Szivak TK, Hydren JR, Heavens K, Pandit AL, Looney D, Dombrowski D, Smith RA, DiStefano LJ, Denegar CR, Kraemer WJ. Influence of Resistance Load and Sex on Musculoskeletal Complaints with a Long Term Resistance Training Program in Young Untrained Men and Women. National Strength and Conditioning Association National. July, 2012; Providence, RI.
4. **Dunn-Lewis C** and Kraemer WJ. Use of Electroencephalogram (EEG) in Studying Exercise. New England Chapter of the American College of Sports Medicine Annual Fall Conference. November 2011; Rhode Island Convention Center, Providence, RI.
5. **Dunn-Lewis C**. Frequency of Musculoskeletal Complaints with Resistance Training in Young Untrained Men and Women. New England Chapter of the American College of Sports Medicine Annual Fall Conference. November 2011; Providence, RI.
6. **Dunn-Lewis C**, Kraemer WJ, and Flanagan SD. EEG Measures of Cortical Activity Return to Baseline within 24 hours despite Differential Protocols Emphasizing Force, Power, and Volume. National Strength and Conditioning Association National Conference. July 2010; Orlando, FL.
7. Deans TA and **Dunn-Lewis C**. Assigning, Managing, and Assessing Collaborative Writing Projects. Teaching Writing-Intensive Courses Across the Disciplines. February 2010; University of Connecticut: Storrs, CT.
8. **Dunn-Lewis C**. Website Statistics and the Effectiveness of Your Online Image. Northeast Writing Centers Association Conference. Apr 2010; Boston University: Boston, MA.



### 3. Published abstracts

1. Flanagan S, **Dunn-Lewis C**, Onate J, Volek J, Maresh C, Kraemer W, editors. Unique Leg-Specific Executive and Motor BOLD Activity with Visually-Guided Imagery following ACL Injury. May 2017; Colorado Convention Center, Denver CO.
2. **Dunn-Lewis C**, Flanagan S, Onate J, Volek J, Maresh C, Kraemer W, editors. Injury-Related Reductions in Skilled Visuomotor Learning Revealed by Single Trial Analysis and Response Time Variability. May 2017; Colorado Convention Center, Denver CO.
3. Flanagan S, **Dunn-Lewis C**, Onate J, Volek J, Maresh C, Kraemer W, editors. Leg-Specific Primary Motor Functional Activation with Action Imagery During a Modified Attention Switching Task. April 2017; McCormick Place, Chicago, IL.
4. Dell'Aquila M, **Dunn-Lewis C**, editors. Short-Term, One-on-One, Student-Led Fitness Training Intervention Increases Self-Efficacy, Strength, Core Endurance, Flexibility, and VO2Max in Women. November 2015; Rhode Island Convention Center, Providence, RI.
5. **Dunn-Lewis C**, Dell'Aquila M, Bailot D, Kraemer W, editors. Nine-Month Nonlinear Resistance Training Program Increases Bone Mineral Density in Men and Women between 20-26 yrs. May 2015; San Diego, CA.
6. Flanagan SD, Comstock BA, Looney DP, Sterczala AJ, DuPont WH, **Dunn-Lewis C**, Kraemer WJ, editors. Effects of cardiovascular fitness and training history on heart rate variability before, during, and after a progressive maximal intensity exercise test. April 2014; San Diego, CA.
7. Comstock BA, **Dunn-Lewis C**, Hooper DR, Szivak TK, Flanagan SD, Looney DP, Maladouangdock J, DuPont WH, McDermott DM, Luk HY, Staron RS, Kraemer WJ, editors. Effects of Resistance Exercise on a Novel Growth Hormone Assay Signal in Men. July 2013; Las Vegas, NV.
8. **Dunn-Lewis C**, Comstock BA, Hooper DR, Szivak TK, Flanagan SD, Looney DP, Sterczala AJ, Webster ET, Bryce AR, Maladouangdock J, Giacchino CE, McDermott DM, Kraemer WJ, editors. The Effects of Endurance Exercise Training on Plasma Concentrations of Proenkephalin Peptide F and Epinephrine. July 2013; Las Vegas, NV.
9. Flanagan SD, **Dunn-Lewis C**, Comstock BA, Hooper DR, Szivak TK, Looney DP, DuPont WH, Webster ET, Bryce AR, Luk HY, Dombrowski DH, Giacchino CE, McDermott DM, Staron RS, Kraemer WJ, editors. Effects of Acute Resistance Exercise and Short-Term Training on Bioactive Prolactin Responses in Men. July 2013; Las Vegas, NV.
10. Hooper DR, Szivak TK, Comstock BA, **Dunn-Lewis C**, Apicella JM, Looney DP, Flanagan SD, Creighton BC, Luk HY, Kraemer WJ, editors. Effects of Fatigue from Resistance Training on Barbell Back Squat Biomechanics. July 2013; Las Vegas, NV.
11. Kraemer WJ, Flanagan SD, **Dunn-Lewis C**, Comstock BA, Hooper DR, Szivak TK, Sterczala AJ, Bryce AR, Luk HY, editors. Effect of Ladder Climbing on Regional Anterior Pituitary Immunoreactive Growth Hormone Release in Male Rats. July 2013; Las Vegas, NV.
12. Looney DP, **Dunn-Lewis C**, Comstock BA, Hooper DR, Szivak TK, Flanagan SD, Sterczala AJ, DuPont WH, Giacchino CE, Webster ET, Dombrowski DH, McDermott DM, Kraemer WJ, editors. Concurrent Validity of a Novel Heart Rate Monitor Strap. July 2013; Las Vegas, NV.

13. Szivak TK, Nindl BC, Maladouangdock J, **Dunn-Lewis C**, Comstock BA, Hooper DR, Flanagan SD, Looney DP, DuPont WH, Dombrowski DH, Kraemer WJ, editors. Prediction of Military Relevant Occupational Tasks in Women From Physical Performance Components. July 2013; Las Vegas, NV.
14. Comstock BA, Hooper DR, **Dunn-Lewis C**, Luk HY, Hydren JR, Heavens K, Pandit AL, Looney D, Dombrowski D, Smith RA, Denegar CR, Kraemer WJ, editors. Effects of a lower body compression garment on markers of recovery after a heavy resistance workout in men. July 2012; Providence, RI.
15. Flanagan SD, **Dunn-Lewis C**, Comstock BA, Szivak TK, Hooper DR, Denegar CR, Maresh CM, Kraemer WJ, editors. Cortical Activity of Powerlifters versus Non-Powerlifters during Resistance Exercise Emphasizing Force or Volume: A Preliminary Investigation. November 2012; Rhode Island Convention Center, Providence, RI.
16. Hooper DR, Comstock BA, **Dunn-Lewis C**, Luk HY, Hydren JR, Heavens K, Pandit AL, Looney D, Dombrowski D, Smith RA, Denegar CR, Kraemer WJ, editors. Effects of a lower body compression garment on markers of recovery after a heavy resistance workout in women. July 2012; Providence, RI.
17. Hooper DR, Szivak TK, Comstock BA, **Dunn-Lewis C**, Apicella JM, Kelly NA, Creighton BC, DiStefano LJ, Volek JS, Maresh CM, Kraemer WJ, editors. Changes in Movement Patterns Following a Fatiguing Resistance Training Protocol. May 2012; San Francisco, CA.
18. Hooper DR, Szivak TK, Comstock BA, **Dunn-Lewis C**, Apicella JM, Kelly NA, Creighton BC, Volek JS, Maresh CM, Kraemer WJ, editors. Effects of Fatigue from Resistance Training on Barbell Back Squat Biomechanics. November 2012; Rhode Island Convention Center, Providence RI.
19. Hydren JR, Kraemer WJ, **Dunn-Lewis C**, Pandit AL, Volek JS, Maresh CM, editors. Balance and Reaction Time Performance Changes during a Week Long Training Camp at High Altitude in Youth Lowlander Athletes. July 2012; Providence, RI.
20. Szivak TK, **Dunn-Lewis C**, Comstock BA, Hooper DR, Kraemer WJ, editors. Prediction of Military Relevant Occupational Tasks in Women from Physical Performance Components. November 2012; Rhode Island Convention Center, Providence, RI.
21. **Dunn-Lewis C**, Flanagan SD, Denegar CR, Maresh CM, Volek JS, Kraemer WJ, editors. Quantitative Electrophysiological Characteristics during Protocols of Differing Physical Characteristics using a Highly-Trained Squat Movement. June 2011; Colorado Convention Center, Denver, CO.
22. Hooper DR, Boyd BM, Comstock BA, Szivak TK, Creighton BC, Kelly N, Fragala MS, **Dunn-Lewis C**, Volek JS, Maresh CM, Kraemer WJ, editors. The Effects Of Time Of Day On Anaerobic Performance In Men And The Responses Of Plasma Melatonin. June 2011: Medicine & Science in Sports & Exercise.
23. Hooper DR, Szivak T, Comstock BA, **Dunn-Lewis C**, Apicella JM, Kelly NA, Creighton BC, DiStefano LJ, Volek J, Maresh CM, Kraemer WJ, editors. Bodyweight Squat Movement Changes after a High-Intensity Short-Rest Workout. November 2011; Rhode Island Convention Center, Providence, RI.
24. Hydren JR, Haug WB, Comstock BA, **Dunn-Lewis C**, Hooper DR, Szivak TK, Kelly NA, Heavens KR, Looney DP, Volek JS, Maresh CM, Kraemer WJ, editors. Strength Gains in Untrained Men. November 2011; Rhode Island Convention Center, Providence, RI.

25. Kraemer WJ, Bailey BL, Clark JE, Apicella J, Lee EC, Comstock BE, **Dunn-Lewis C**, Volek JS, Kupchak B, Anderson JM, Craig SA, Maresh CM, editors. The Influence of Betaine Supplementation on Work Performance and Endocrine Function in Men. 2011: The Journal of Strength Conditioning Research.
26. Comstock BA, Flanagan SD, **Dunn-Lewis C**, Volek JS, Kraemer WJ, Kelly NA, Creighton BC, editors. EEG Measures of Cortical Activity with Different Types of Acute Resistance Exercise. July 2010; Orlando, FL.
27. Ho JY, Kraemer WJ, Fragala MS, **Dunn-Lewis C**, Flanagan SD, Comstock BA, Volek JS, Denegar CR, Maresh CM, editors. Effects of Resistance Exercise on the HPA Axis Response to Psychological Stress during Short-Term Smoking Abstinence in Men. July 2010; Orlando, FL.
28. Hooper DR, Boyd BM, Fragala MS, Kelly NA, Dixon PG, Solomon-Hill GF, Comstock BA, **Dunn-Lewis C**, Volek JS, Maresh CM, Kraemer WJ, editors. The Effects of Time of Day on Anaerobic Performance in Men and the Responses of Plasma Melatonin. Nov 2010; Providence, RI.
29. Hopkins AK, Dobbins KA, Comstock BA, Haug W, Neuschwander S, Les K, Burtner E, Clark JE, **Dunn-Lewis C**, Szivak T, Volek JS, Kraemer WJ, Kelly NA, Creighton BC, editors. The Effect of Recovery Time on Subsequent 2K Performance in NCAA Division I Competitive Women Collegiate Rowers. July 2010; Orlando, FL.
30. Kraemer WJ, Wolf MR, Denegar CR, Volek JS, Anderson JM, Comstock BA, **Dunn-Lewis C**, Creighton BC, Hooper DR, Kelly NA, Szivak T, Häkkinen K, Maresh CM, editors. Effects of Estrogen on Muscle Damage in Response to an Acute Resistance Exercise. October 2010; Bratislava, Slovakia.
31. Flanagan SD, Kraemer WJ, Comstock BA, Earp JE, Coday MA, Dobbins KA, **Dunn-Lewis C**, Hopkins AK, Fragala MS, Ho JY, Thomas GA, Solomon-Hill GF, Penwell ZR, Powell MD, Wolf MR, Volek JS, Maresh CM, editors. Effects of a Whole Body Compression Garment on Markers of Recovery after an Intense Whole Body Resistance Training Workout in Men. July 2009; Las Vegas, NV.
32. Fragala MS, Kraemer WJ, Flanagan SD, Comstock BA, Earp JE, Coday MA, Dobbins KA, **Dunn-Lewis C**, Hopkins AK, Ho JY, Thomas GA, Solomon-Hill GF, Penwell ZR, Powell MD, Wolf MR, Volek JS, Maresh CM, editors. Effects of a Whole Body Compression Garment on Markers of Recovery after an Intense Whole Body Resistance Training Workout in Women. July 2009; Las Vegas, NV.
33. Kraemer WJ, Solomon-Hill GF, Flanagan SD, Comstock BA, Earp JE, Coday MA, Dobbins KA, **Dunn-Lewis C**, Hopkins AK, Fragala MS, Ho JY, Thomas GA, Penwell ZR, Hatfield DL, Vingren JL, Powell MD, Wolf MR, Volek JS, Maresh CM, editors. Construct Validity of the Myotest ® in Measuring Force and Power Production. July 2009; Las Vegas, NV.
34. Hatfield DL, Thomas GA, Fragala MS, Vingren JL, Maresh CM, Volek JS, Ho JY, Solomon-Hill GF, Flanagan SD, **Dunn-Lewis C**, Coday MA, Migiano MJ, Duba JE, Boyd BM, Earp JE, Anderson JM, Hopkins AK, Kraemer WJ, editors. Influence of Training Level on IGF-1 and Growth Hormone Response Patterns to Resistance Exercise Stress in Women. July 2008; Las Vegas, NV.
35. Thomas GA, Fragala MS, Vingren JL, Hatfield DL, Ho JY, Hopkins AK, Solomon-Hill GF, Flanagan SD, Powell MD, **Dunn-Lewis C**, Coday MA, Volek JS, Anderson JM, Penwell ZR, Maresh CM, Kraemer WJ, editors. Proenkephalin Peptide to Resistance Exercise in Men and Women. July 2008; Las Vegas, NV.

36. Vingren JL, Kraemer WJ, Hatfield DL, Anderson JM, Volek JS, Ratamess NA, Thomas GA, Bailey BL, Flanagan SD, **Dunn-Lewis C**, Solomon-Hill GF, Ho JY, Fragala MS, Maresh CM, editors. Effect of resistance exercise on muscle steroidogenesis. September 2008; Hilton Head, SC: The Physiologist.

#### 4. Other publications

1. **Dunn-Lewis C** and Kraemer WJ. The Basics of Starting and Progressing a Strength-Training Program. ACSM Fit Society. Winter 2009-2010.
2. Monthly Fitness Columnist, Post-Star Newspaper Glens Falls, NY: 2007
3. Monthly Fitness Columnist, Our Towne Regional Newsletter Glens Falls, NY: 2007

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### PROFESSIONAL ACTIVITIES

#### TEACHING:

##### Graduate Student Research Mentorship

- 2016 Ribero, Stephen. **Primary Advisor.** Differences in Drop-Jump Task Among Athletes.
- 2016 McEnelly, Scott. **Primary Advisor.** Differences in Cognitive Function Among Athletes.
- 2016 Jennings, Patrick. **Primary Advisor.** Exercise Adherence and Social Support.
- 2016 Chapp, Cory. **Primary Advisor.** Unilateral and Bilateral Training for Strength.
- 2013 Husmer, Heather. Circadian Variations in Physical Responses to Resistance Exercise.
- 2013 Luk, Hui-Ying. Sex Differences in Reduced Growth Hormone Responses to Resistance Exercise.
- 2012 Putney, Brendan. Predictors of 3PQ and Quickboard Performance in Power-Oriented Collegiate Athletes.
- 2012 Comstock, Brett A. Muscle Damage Markers in Lean and Obese Men in response to Acute Resistance Exercise.
- 2012 Heavens, Kristen. Biochemical Responses to a Circuit Training Protocol.
- 2012 Smith, Robert. Performance Changes in American Football Players by Training Year.
- 2011 Kelly, Neil A. The Effect of Total Work Performed During Acute Heavy Resistance Exercise on Circulating Lymphocytes in Untrained Men.
- 2011 Creighton, Brent C. The influence of resistance training on primary hemostatic responses.
- 2011 Haug, William. Predictors of strength gains in untrained men over 9 months of training.
- 2011 Luk, Hui-Ying. A Comparison of Muscle Strength Imbalance in Bilateral and Unilateral Predominant Contraction Sports.
- 2011 Neuschwander, Sarah. Frequency of Injuries with Periodized Resistance Training in Young Untrained Men and Women.
- 2011 Les, Katherine R. Changes in simulated 2,000 meter rowing performance during 4 years of intercollegiate women's rowing.
- 2011 Penwell, Zachary R. Effects of a short term feeding program on strength, power, and reaction performance variables in malnourished children in the Philippines.
- 2011 Staub, Joseph N. Augmented verbal feedback and its effect on power output during a counter- movement vertical jump protocol with Division 1 collegiate athletes.

## Undergraduate Research Mentorship

### **2014 –2015**

Amanda Rossi  
Stephanie LaPierre  
Nicholas Kirkham  
Marlo DellaQuilla  
David Bailot  
Julie LePage  
Chrystal Cedeno  
Jennifer Belanger

### **2015 – 2016**

Marlo DellaQuilla  
David Bailot

## University Teaching Experience

<u>Semester</u>	<u>Course #, Title</u>	<u>Hours</u>	<u>Level</u>	<u>Enrollment</u>	<u>Advisees</u>
Fall 13	SME4348 Exercise Program Design	4	UG	22	13
	SME3311 Exercise Physiology Lab	0	UG	15	
	SME3311 Exercise Physiology Lab	0	UG	17	
	SME3311 Exercise Physiology Lab	0	UG	12	
Spring 14	HSC1123 Anatomy & Physiology II	4	UG	47	13
	HSC1123 Anatomy & Physiology II	4	UG	49	
	HSC1123 Anatomy & Physiology II Lab	0	UG	16	
Sum 14	HSC1123 Anatomy & Physiology II	4	UG	7	13
Fall 14	SME4348 Exercise Program Design	4	UG	21	39
	SME3311 Exercise Physiology Lab	0	UG	14	
	SME3311 Exercise Physiology Lab	0	UG	15	
	SME3311 Exercise Physiology Lab	0	UG	15	
	SME3311 Exercise Physiology Lab	0	UG	6	
Spring 15	HSC1123 Anatomy & Physiology II	4	UG	53	35
	SME2250 Research Methods	4	UG	36	
	SME2250 Research Methods	4	UG	26	
	HSC4810 Directed Research	4	UG	3	
Sum 15	HSC1123 Anatomy & Physiology II	4	UG	7	
Fall 15	HSC6100 Performance Testing	4	<b>MS</b>	23	42
	SME4348 Exercise Program Design	4	UG	22	
Winter 16	HSC2300 Nutrition, Diet, & Health	4	UG	25	42
Spring 16	HSC6300 Adv Strength & Condition	4	<b>MS</b>	22	42
	SME2250 Research Methods	4	UG	31	
	SME2250 Research Methods	4	UG	35	
Sum 16	HSC1123 Anatomy & Physiology II	4	UG	8	0
Fall 16	HPA1031 Research Methods	3	UG	30	0
	HPA1031 Research Methods	3	UG	21	

**RESEARCH:****1. Current Grant Support:**

Grant Number (Funded)	Grant Title	Role in Project & % of Effort	Years Inclusive	Source \$ Amount
N/A	Impact of a Novel Resistance Exercise Intervention on Multiple Indicators of Healthy Aging: Translation to Practice	PI 0 cal (0% effort)	2017	RRF 2,500

**Pending Grant Support:**

Grant Number	Grant Title	Role in Project & % of Effort	Years Inclusive	Source \$ Amount
PAR-13-129	Musculoskeletal Health and Optimization in the Public Safety Sector: An Integrated Model of Risk Identification, Surveillance and Intervention	Co-I 2.4 cal (20% effort)	2017 - 21	NIOSH 2,420,630
TBD	Translating a Novel Resistance Exercise Aging Intervention to Practice	PI 0 cal (0% effort)	2017 - 18	NSCA 24,000
TBD	Determining the Barriers to Resistance Exercise in Older Adults	PI 0 cal (0% effort)	2017 - 18	UCSUR 10,000

**Grants Not Received:**

Grant Number	Grant Title	Role in Project & % of Effort	Years Inclusive	Source \$ Amount
R34	Promotion of Resistance Exercise through a Novel Exercise Intervention: Impact on Multiple Indicators of Healthy Aging	PI 9.6 cal (80% effort)	2017 - 19	NIA 300,000
K12	Acceptability and Feasibility of a Resistance Exercise Physiology Evidence-Based Aging Intervention	PI 9 cal (75% effort)	2017 - 19	CTSI Salary + 50,000

**Prior Grant Support:**

Grant Number (Funded)	Grant Title	Role in Project & % of Effort	Years Inclusive	Source \$ Amount
N/A	Provost Innovation Fund	PI 0 cal (0% effort)	2016	Merrimack 4000

## 2. Seminars and invited lectureships related to research:

1. Use of Electroencephalogram in Exercise. Department of Health and Physical Activity. Journal Club. 2017: University of Pittsburgh.
2. Use of Electroencephalogram in Exercise. Laboratory Techniques in Sports Medicine. Department of Sports Medicine and Nutrition. 2017: University of Pittsburgh.
3. Exercise and Special Populations. Seminar in Sports Medicine. Department of Sports Medicine and Nutrition. University of Pittsburgh. 2017: University of Pittsburgh.
4. Physical Inactivity. Graduate Chronic Disease Course. Department of Health Sciences. September 2015: Merrimack College.
5. Resistance Exercise. Science & Engineering Tea. October 2014: Merrimack College.
6. Weekly Exercise Physiology Laboratory Guest Lecture. Department of Health Sciences. Fall 2013, 2014: Merrimack College.

## 3. Other research related activities:

1. Interview with Lower Extremity Review Magazine. Mouthguard mysteries: Can wearing one really improve athletic performance? November 2016.
2. Interview with Beacon (Courtney Aznavoorian) on Exercise Program Course. October 2014.

### 3. Editorial and Review Activity:

Associate Editor, Journal of Strength & Conditioning Research	2013 - present
Guest Reviewer, European Journal of Applied Physiology	2009 - present
Guest Reviewer, Journal of Strength and Conditioning Research	2009 - present
Guest Reviewer, Medicine and Science in Sports and Exercise	2012 - present

## LIST OF CURRENT RESEARCH INTERESTS:

Physiology of resistance exercise adaptations, muscle, bone, performance, and aging.

## SERVICE:

### 1. University and Medical School

#### *Merrimack College, North Andover, MA*

Development of Graduate Advanced Strength and Conditioning Course	2016
Accepted Students Day (Presenter)	2016
Exercise Science Program Redevelopment	2015 - 2016
Development of Graduate Performance Testing and Evaluation Course	2015
College Leadership Council (Presenter)	2015
Benefits and Wellness Fair - Organizer and Presenter	2015
Academic Preview Day (Presentation and Departmental Presenter)	2015
TurnItIn training session for campus faculty (organizer)	2015
Accepted Students Day (Presenter)	2015
Advising Tour (Presenter)	2015
High School Counselor Fly-in (Presenter)	2015
Health Science Club supervisor	2015
<b>Chairman, Writing Intensive Curriculum Committee</b>	<b>2014 - 2016</b>
Graduate program development, Health Sciences Department	2014 - 2016
Redevelopment of Anatomy and Physiology II Course	2014
Exercise Physiology Laboratory Marketing Video	2014
Mack Calls - Student Quality of Life Check-in	2014
Open House Recruitment	2013

#### *University of Connecticut, Storrs, CT*

Department of Kinesiology-Chinese Delegation Coordinator	2012
Consultant for Student Writing Seminar, Department of Kinesiology	2012
Laboratory Manager Search Committee	2011
NEACSM Fall Conference Scheduling Coordinator	2011
Human Performance Laboratory Coordinator	2009 - 2011
Kinesiology Department Website Development Committee	2007 - 2010

#### *Adirondack Community College, Glens Falls, NY*

Student Council Senator	2006 - 2007
Chairman of the Graduation Speaker Committee	2006 - 2007

#### *Johns Hopkins University, Baltimore, MD*

Marketing and Publicity Chairman	2005 - 2006
Dean's Advisory Council Appointment	2005 - 2006