

VITA

MICHAEL H. STONE

Professor
Laboratory Director
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SERK
East Tennessee State University
Johnson City, TN
37614

EDUCATION

<u>University</u>	<u>Emphasis</u>	<u>Degree</u>	<u>Date Received</u>
Florida Technological University	Zoology	B.S.	1970
Tennessee Technological University	Biology	M.S.	1974
Florida State University	Exercise Science	Ph.D.	1977

Master's Thesis: *The Relationship Between Vital Capacity and Dynamic Exercise*

Doctoral Dissertation: *The Interrelationship of Gonadotropins, Natural and Synthetic Anabolic Steroids During Exercise and Their Effect on Skeletal Muscle*

RELATED EXPERIENCE

- 1973 YMCA Physical Fitness Examiner Certification, December 1973, Nashville, YMCA.
- 1974-1975 Research Assistant, Vanderbilt Medical Center, Nashville, Tennessee.
Worked on the effects of catecholamines and quabain on isolated heart tissue.
- 1975 Directed a symposium on Olympic weightlifting for the Southeastern United States at Florida State University in conjunction with the Amateur Athletic Union and Movement Science Department, October 19-21.
- 1976 (Summer) Studied histochemical identification and biopsy techniques for skeletal muscle at Ball State University under Dr. David Costill.
- 1977-1978 Implemented the LSU "Adult Fitness Course" for the Health, Physical, and Recreation Education Department at Louisiana State University.
- 1978-1979 Co-Director of the American College of Sports Medicine (ACSM) Southeastern Symposium on the Relationship of Strength and Power to Athletic Performance, at LSU, Baton Rouge, October 26-27, 1978.
- 1979 Co-Directed the "Cardiac Rehabilitation Program" for the Health, Physical, and Recreation Education Department at Louisiana State University.
- 1980-1987 Director of Research, National Strength Research Center, Auburn, AL.
- 1981 Directed Strength-Power Symposium II (ACSM regional program) for the National Strength Research Center and Health, Physical Education, and Recreation Department at Auburn University, April 2-3, 1981.
- 1982 Associate Editor of the National Strength and Conditioning Association Journal.
- 1982 Directed Strength-Power Symposium III (ACSM regional program) for the National Strength Research Center and Health, Physical Education, and Recreation Department at Auburn University, February 19, 1982.
- 1983 Directed Strength-Power Symposium IV (ACSM regional program, endorsed by the NSCA) for the National Strength Research Center and Health, Physical Education, and Recreation Department at Auburn University, March 11-12, 1983.
- 1984 Regional participant in a national strength symposium teleconference originating from the University of Nebraska, Lincoln, Nebraska.

- 1985 Directed Strength-Power Symposium V (Endorsed by the ACSM and NSCA) for the National Strength Research Center and Health, Physical Education, and Recreation Department at Auburn University, August, 1985.
- 1986 Associate Editor and Supervisor "Strength-Power Update," The Newsletter of the National Strength Research Center, Auburn University.
- 1986 Directed Strength-Power Symposium VI (Endorsed by the ACSM and NSCA) for the National Strength Research Center and Health, Physical Education, and Recreation Department at Auburn University, March 1986.
- 1988 - Conduct\supervised periodic symposia (including annual ETSU Coaches College 2006-present) related to athletic performance and coaches education (Appalachian State, Edinburgh University, USOC, ETSU)

TEACHING/RESEARCH EXPERIENCE

- 1972-1974 Tennessee Technological University, Human Physiology Laboratory
- 1975-1977 Florida State University, Exercise Physiology, Basic Physiology, Scientific Principles of Athletic Conditioning
- 1977-1979 Assistant Professor, Louisiana State University, Exercise Physiology, Advanced Exercise Physiology, Weight Training, Anatomy, Neuromuscular Physiology
- 1980-1983 Assistant Professor, Auburn University, Exercise Physiology, Neuromuscular Aspects of Exercise and Training, Weight Training, Advanced Weight Training, Biochemistry of Exercise
- Spr 1984 Adjunct Professor, Vanderbilt University, Graduate Exercise Physiology
- Fall 1983 Associate Professor, Auburn University, Strength-Power Training: Theoretical and Practical Aspects
- Fall 1988 Associate Professor, Appalachian State University, Exercise Physiology, Advanced Exercise Physiology, Anatomy and Physiology, Kinesiology, Sports Science
- Sum 1992 Adjunct Professor, Physical Therapy School, College of Health Professions, Northern Arizona University, Theoretical and Practical Aspects of Strength Training
- Fall 1991 Professor, Appalachian State University; **Undergraduate Courses** -Exercise Physiology, Kinesiology, Advanced Exercise Physiology; **Graduate Courses** - Exercise Physiology, Theoretical and Practical Aspects of Strength Training
- Spr 1999 Senior Lecturer, Edinburgh University, Basic Science, and Sports Science

- 1999-2002 Professor and Chair of Sport, Edinburgh University, **Undergraduate Courses:** Basic Science, Modes and Methods of Sports Training, **Graduate Courses (began Fall 2001):** Conditioning Physiology, Nutritional Factors in Sport (Co-taught), Paediatric Sports (Co-taught), Physio-Mechanical Aspects of Resistance Training.
- Jan 2002 Head of Sports Physiology Department, United States Olympic Committee (USOC)
- Jan 2003 USOC Scholarship Coaches Sports Science Class (Graduate Level Class – Co-taught with Dr. W. A. Sands and M.E. Stone)
- Oct 2003 Adjunct Professor: Edith Cowan University, Perth, Australia; Adjunct Professor – Louisiana State University at Shreveport
- Fall 2004 Adjunct faculty: University of Colorado at Colorado Springs -Teach undergraduate/graduate Exercise Physiology
- Jan 2005 Visiting Professor: (adjunct) – Edinburgh University, Edinburgh, Scotland
- August 2005 Assistant Professor: KLSS and Laboratory Director, East Tennessee State University
- January 2006 Adjunct Professor – Biomedical Physiology Program, James H. Quillen College of Medicine
- June 2006- Exercise and Sports Science Laboratory Director for the KLSS and the ETSU Center of Excellence for Sport Science and Coach Education
- August 2007 Associate Professor: Kinesiology, Leisure and Sport Science (KLSS)
- July 2010 - Professor: Exercise and Sport Science, Sport Science Laboratory Director, Graduate Program Coordinator and Program Coordinator for the Sport Physiology and Performance PhD program.

COACHING EXPERIENCE

- 1977 - 1979 Strength Coach at Louisiana State University
- 1980 - 1982 Co Strength Coach at Auburn University (Basketball)
- 1978 – 2012 Coached weightlifters and throwers: including several international and national level weightlifters (including one Olympian) and throwers in both the United States and Great Britain (with Meg Stone, coach).
- 2006 - Supervised Annual Plan creation, Strength and Conditioning and Sport Science delivery for the CESSCE Sports Performance and athlete monitoring

program.

2013 – Work as ETSU Weightlifting supervisor and programming consultant (with Dr. Satoshi Mizuguchi, coach)

OTHER WORK EXPERIENCE

1970-1971 Men's Residence Supervisor at Florida Technological University

1971-1972 Self employed

1972-1974 Dormitory supervisor in the athletic dorm at Tennessee Technological University

AREA OF STUDY

Exercise Physiology and Biomechanics

AREA OF SPECIALIZATION

Skeletal Muscle Adaptations to Strength - Power Training, Athletic Performance Enhancement, Endocrine Adaptations to Athletic Training

REVIEWED PUBLICATIONS

1. Stone, M.H. and Lipner, H. Responses to intensive training and methandrostenelone administration: I. Contractile and performance variables. *Pfleugers Archives*, 375: 141-146, 1978.
2. Stone, M.H., Rush, M.E. and Lipner, H. Responses to intensive training and methandrostenelone administration: II. Hormonal, organ weights muscle weights and body composition. *Pfleugers Archives*, 375:147-151, 1978.
3. Ward, T., Groppe, J.L. and Stone, M.H. Olympic weightlifting: A proposed analysis of bar movement. *International Olympic Lifter*, 3: 22-23, 1979.
4. Stone, M.H., Smith, D., Ward, T. and Carter, D. Olympic weightlifting: I. Physiological characteristics of the athlete. In (J. Terauds, ed.) *Science in Weightlifting*, Academic Publishers, Del Mar, California, pp. 45-54, 1979.
5. Stone, M.H., Ward, T., Smith, D. and Rush, M. Olympic weightlifting: II. Metabolic consequences of a workout. In (J. Terauds, ed.) *Science in Weightlifting*,

Academic Publishers, Del Mar, California, pp. 55-68, 1979.

6. Moulds, B., Carter, D.R., Coleman, J. and Stone, M.H. Physical responses of a women's basketball team to a pre-season conditioning program. In (J. Terauds, ed.) ***Science in Sports***, Academic Publishers, Del Mar, California, pp.203-210, 1979.
7. Stone, M.H., Johnson, R. and Carter, D. A short term comparison of two different methods of resistive training on leg strength and power. ***Athletic Training***, 14: 158-160, 1979.
8. Ward, T., Groppel, J.L. and Stone, M.H. Anthropometry and performance in master and first class Olympic weightlifters. ***Journal of Sports Medicine and Physical Fitness***, 19:205-212, 1979.
9. Stone, M.H., Byrd, R. Tew, J. and Wood, M. Relationship of anaerobic power and Olympic weightlifting performance. ***Journal of Sports Medicine and Physical Fitness***, 20:99-102, 1980.
10. Stone, M.H. and Lipner, H. Athletics and anabolic steroids. ***Journal of Drug Issues***, 10: 351-359, 1980 (Invited).
11. Hall, E.G., Church, G.F. and Stone, M.H. Relationship of birth order to selected personality characteristics of nationally ranked Olympic weightlifters. ***Psychological Reports: Perceptual and Motor Skills***, 51: 971-976, 1980.
12. Stone, M.H. and Garhammer, J.J. Some thoughts on strength and power: The Nautilus controversy. ***National Strength and Conditioning Association Journal***, 3: 24-47, 1981.
13. Stone, M.H., O'Bryant, H. and Garhammer, J. A hypothetical model for strength training. ***Journal of Sports Medicine and Physical Fitness***, 21: 342-351, 1981.
14. Stone, M.H. Considerations in gaining a strength-power training effect: Free weights versus machines. ***National Strength and Conditioning Association Journal***, 4(1): 22, 1982.
15. Stone, M.H., O'Bryant, H., Garhammer, J., McMillan, J. and Rozenek, R. A theoretical model of strength training. ***National Strength and Conditioning Association Journal***, 4(4): 36-39, 1982.
16. Stone, M.H., Blessing, D.L., Byrd, R., Boatwright, D., Tew, J., Johnson, L. and Lopez-S, A. Physiological effects of a short term resistive training program on middle-aged sedentary men. ***National Strength and Conditioning Association Journal***, 4(5): 16-20, 1982.
17. Johnson, C.C., Stone, M.H., Lopez-S, A., Herbert, J.A., Kilgore, L.T. and Byrd, R. Diet

- and exercise in middle-aged men. *Journal of the American Dietary Association*, 81: 695- 701, 1982.
18. Bansil, C.K., Wilson, G.D., Stone, M.H. and Blessing, D.L. Biochemical changes accompanying exercise induced muscle soreness. *Proceedings, World Federation for Physical Therapy, Fourth International Congress*, Stockholm, Sweden, May, 1982, pp.312-120.
 19. Stone, M.H., Nelson, J.R., Nader, S. and Carter, D. Short term weight training effects on resting and recovery heart rates. *Athletic Training*, 18: 69-71, 1983.
 20. Stowers, T., McMillan, J., Scala, D., Davis, V., Wilson, D. and Stone, M.H. The short term effects of three different strength-power training methods. *National Strength and Conditioning Association Journal*, 5(3): 24-27, 1983.
 21. Johnson, C.C., Stone, M.H., Byrd, R.J. and Lopez-S, A. The response of serum lipids and plasma androgens to weight training exercise in sedentary males. *Journal of Sports Medicine and Physical Fitness*, 23: 39-41, 1983.
 22. Hopkins, P., Byrd, R. and Stone, M.H. Physiological responses in swim training. *Journal of Sports Medicine and Physical Fitness*, 23: 306-310, 1983.
 23. Stone, M.H., Wilson, G.D., Blessing, D. and Rozenek, R. Cardiovascular responses to short-term Olympic style weight training in young men. *Canadian Journal of Applied Sports Science*, 8(3): 134-139, 1983.
 24. Stone, M.H. A theoretical model of weight training for weightlifters. *1983 American Weightlifting Yearbook* (Invited).
 25. Stone, M.H., Wilson, D., Rozenek, R. and Newton, H. Anaerobic capacity: Physiological basis. *National Strength and Conditioning Association Journal*, 5(6): 30-71, 1984.
 26. Stone, M.H., Byrd, R. and Johnson, C. Observations on serum androgen response to short term resistive training in middle age sedentary males. *National Strength and Conditioning Association Journal*, 5(6): 40-65, 1984.
 27. Rozenek, R. and Stone, M.H. Protein metabolism and athletics *National Strength and Conditioning Association Journal*, 5(8): 41-72, 1984.
 28. Stone, M.H. Drugs in sport. *Alabama AHPERD Journal*, pp. 24-33, 1984 (Invited).
 29. Stone, M.H., Wilson, G.D. and Rozenek, R. Anaerobic capacity for weightlifting. *1984 American Weightlifting Yearbook* (Invited).
 30. Wright, J.E. and Stone, M.H. Position/policy statement and literature review for the National Strength and Conditioning Association. Anabolic steroids and athletics. *National Strength and Conditioning Association Journal*, 7(5): 1985 (Invited).

31. Pierce, K. and Stone, M.H. Training adaptations and stress. *ASAHPERD Journal*, 8: 30-32, 1985.
32. Pierce, K. and Stone, M.H. Training adaptations: Stress manifestations and training. *National Strength and Conditioning Association Journal*, 8(2): 26-29, 1986.
33. Blessing, D., Stone, M.H., Byrd, R., Wilson, D., Rozenek, R., Pushparani, D. and Lipner, H. Blood lipid and hormonal changes from jogging and weight training of middle-aged men. *Journal of Applied Sports Science Research*, 1(2): 25-29, 1987.
34. Stone, M.H., Pierce, K., Godsen, R., Wilson, G.D., Blessing, D. and Rozenek, R. Heart rate and lactate levels during weight training exercise in trained and untrained males. *The Physician and Sports Medicine*, 15(5): 97-106, 1987.
35. Scala, D., McMillan, J., Blessing, D., Rozenek, R. and Stone, M.H. Metabolic cost of a preparatory phase of training in weightlifting: A practical observation. *Journal of Applied Sports Science Research*, 1(3): 48-52, 1987.
36. McMillan, J., Keith, R.E. and Stone, M.H. The effects of vitamin B6 and exercise on the contractile properties of rat muscle. *Nutrition Research*, 8: 73-80, 1988.
37. O'Bryant, H.S., Byrd, R. and Stone, M.H. Cycle ergometer and maximum leg and hip strength adaptations to two different methods of weight training. *Journal of Applied Sports Science Research*, 2(2): 27-30, 1988.
38. Stone, M.H. Implications for connective tissue and bone alterations resulting from resistive exercise training. *Medicine and Science in Sport and Exercise*, 20(5): Supplement, S162-S168: 1988. (Invited)
39. Chandler, J. , Wilson, G.D. and Stone, M.H. The effect of the squat exercise on knee stability. *Medicine and Science in Sports and Exercise*, 21(3): 299-303, 1989.
40. Chandler, J., Wilson, G. D. and Stone M. H. The Squat Exercise: Attitudes and practices of high school coaches. *National Strength and Conditioning Association Journal*, 11(1): 30-34, 1989.
41. Rozenek, R., Rahe, C.H., Kohl, H.H., Marple, D.N., Wilson, G.D. and Stone M.H. Physiological responses to resistance exercise in athletes self administering anabolic steroids. *Journal of Sports Medicine and Physical Fitness*, 30(4): 354-360, 1990.
42. Stone, M.H. Muscle Conditioning and Muscle Injuries. *Medicine and Science in Sports and Exercise*, 22(4): 457-462, 1990. (Invited).
43. Triplett, N.T., Stone, M.H., Adams, C., Allran, K.D., and Smith, T.W. Effects of aspartic acid salts on fatigue parameters during weight training exercise and recovery. *Journal of Applied Sports Science Research*, 4(4): 141-147, 1990.
44. Stone, M.H., Fleck, S.J., Kraemer, W.J. and Triplett, N.T. Health and performance related adaptations to resistive training. *Sports Medicine*, 11(4): 210-231: 1991

(Invited)

45. Stone, M.H., Keith, R., Kearney, J.T., Fleck, S.J., Wilson, G.D. and Triplett, N.T. Overtraining: A review of the signs and symptoms and possible causes of overtraining. *Journal of Applied Sports Science Research*, 5(1): 35-50, 1991.
46. Stoessel, L., Stone, M.H., Keith, R.E., Marple, D. and Johnson, R. Selected physiological, psychological and performance characteristics of national caliber United States women weightlifters. *Journal of Applied Sports Science Research*, 5(2): 87-95, 1991.
47. Triplett, T. T., Kraemer, W.J. and Stone, M.H. A brief review of ammonia and its response to exercise stress. *National Strength and Conditioning Association Journal*, 13(3): 61-65, 1991.
48. Kraemer W.J., Fry, A.C., Warren, B.J., Stone, M.H., Fleck, S.J., Kearney, J.T., Conroy, B.P., Maresh, C.M., Weissman, C.A., Triplett, N.T. and Gordon, S.E. Acute hormonal responses in elite junior weightlifters. *International Journal of Sports Medicine*, 13(20): 103-109, 1992.
49. McGee, D.S., Jesse, T.C., Stone M.H. and Blessing, D. Leg and hip endurance adaptations to three different weight-training programs *Journal of Applied Sports Science Research*, 6(2): 92-95, 1992.
50. Beedle, B., Jessee, C. and Stone M.H. Flexibility characteristics among athletes who weight train. *Journal of Applied Sports Science Research*, 5(3): 150-154, 1991.
51. Chandler J. and Stone, M.H. Position/policy statement and literature review for the National Strength and Conditioning Association, The squat exercise in athletic conditioning: A position statement and review of the literature. *National Strength and Conditioning Association Journal*, 13(5): 51-58, 1991(Invited).
52. Warren, B.J., Stone, M.H., Kearney, J.T., Fleck, S.J., Wilson, G.D. and Kraemer, W.J. The effects of short-term overwork on performance measures and blood metabolites in elite junior weightlifters. *International Journal of Sports Medicine*: 13(5): 372-376, 1992.
53. Lefavi, R.G., Anderson, R.A., Keith, R.E., Wilson, G.D., McMillan, J.L. and Stone M.H. Efficacy of chromium supplementation in athletes: Emphasis on anabolism. *International Journal of Sports Nutrition*, 2: 111-122, 1992.
54. McMillan, J., Stone M. H., Sartain, J., Marple, D. Keith, R., Lewis, D. and Brown, C. The 20-hr Hormonal Response to a Single Session of Weight-Training. *Journal of Strength and Conditioning Research*, 7(1): 9-21, 1993.
55. Rozenek, R., Rosenau, L., Rosenau, P. and Stone, M.H. The effect of intensity on heart rate, blood pressure and blood lactate responses to resistance training. *Journal of*

Strength and Conditioning Research, 7(1): 51-54, 1993.

56. Fry AC., Kraemer, W.J., Stone, M.H., Warren, B.J. Kearney, J.T. Maresh, C. Weseman, C. and Fleck, S.J. Endocrine and performance responses to high volume training and amino acid supplementation in elite junior weightlifters. ***International Journal of Sports Nutrition***, 3(3):306-322, 1993.
57. Stone, M.H. Revision and update: Position/policy statement and literature review for the National Strength and Conditioning Association on "Anabolic Steroids and Athletics". ***National Strength and Conditioning Association Journal***, 15(2): 9-29, 1993. (Invited)
58. Stone, M.H. Position/policy statement and literature review for the National Strength and Conditioning Association on "Explosive Exercise". ***National Strength and Conditioning Association Journal***, 15(4): 7-15, 1993. (Invited)
59. Fleck, S.J., Pattany, P.M., Stone, M.H., Kraemer, W.J., Thrush, J. and Wong, K. Magnetic resonance imaging determination of left ventricular mass: junior Olympic weightlifters. ***Medicine and Science in Sports and Exercise***, 25(4): 522-527, 1993.
60. Conroy, B.P., Kraemer, W.J., Maresh, C.M., Dalskey, G.P., Fleck, S.J., Stone, M.H., Fry, A.C. and Cooper, P. Bone mineral density in weightlifters. ***Medicine and Science in Sport and Exercise***, 25(10): 1103-1109, 1993.
61. Barker, M., Wyatt, T. Johnson, R.L., Stone, M.H., O'Bryant, H.S., Poe, C. and Kent, M. Performance factors, psychological factors, physical characteristics and football playing ability. ***Journal of Strength and Conditioning Research***, 7(4): 224-233, 1993.
62. Pierce, K., Rozenek, R. and Stone, M. H. Effect of weight training on lactate, heart rate and perceived exertion. ***Journal of Strength and Conditioning Research***, 7(4): 211-215, 1993.
63. Stone, M.H., Fry, A.C. Thrush, J., Fleck, S.J., Kraemer, W.J., Kearney, J.T. and Marsit, J. Overtraining in weightlifters. ***Proceedings of the Weightlifting Symposium***, Ancient Olympia, Greece, May 1993, pp. 133 - 141.
64. Stone, M.H., McMillan, J. and Marsit, J. Hormonal responses and adaptations in weightlifters. ***Proceedings of the Weightlifting Symposium***, Ancient Olympia, Greece, May 1993, pp. 147-158.
65. Midget, V., O'Bryant, H.S. and Stone M.H. Effects of arm position on "hang time" during a Grand Jete. ***Kinesiology and Medicine for Dance***, 15(2): 2-22, 1993.
66. Nieman, D.C., Henson, D.A., Herring, J., Sampson, C., Suttles, M. and Stone, M.H. Natural Killer Cell cytotoxic activity in weight trainers and sedentary controls. ***Journal of Strength and Conditioning Research***, 8(4): 251-254, 1994.

67. Fry, A.C., Kraemer, W.J. Stone, M.H., Warren, B.J. Fleck, S.J., Kearney, J.T. and Gordon, S. Endocrine responses to over-reaching before and after one year of weightlifting training. *Canadian Journal of Applied Physiology*, 19(4): 400- 410, 1994.
68. Stone, M.H., Fry, A.C., Ritchie, M., Stoessel, L. and Marsit, J.L. Injury potential and safety aspects of weightlifting movements. *Strength and Conditioning*, 16: 15-21, 1994.
69. Fry A.C, Stone, M.H., Thrush J. and Fleck, S.J. Precompetition training sessions enhance competitive performances of high anxiety junior weightlifters. *Journal of Strength and Conditioning Research*, 9(1): 37-42, 1995.
70. Robinson, J.M., Penland, C.M., Stone, M.H., Johnson, R.L., Warren, B.J. and Lewis D.L. Effects of different weight training exercise-rest intervals on strength, power and high intensity endurance. *Journal of Strength and Conditioning Research*, 9(4): 216-221, 1995.
71. Nimmons, M.J., Marsit, J.L., Stone, M.H., Conley, M.S., Johnson, R.L. Honeycutt, D.R. and Hoke, T.P. Physiological and performance effects of two commercially marketed supplement systems. *Strength and Conditioning*, 17(4): 52-58, 1995.
72. Stone M.H. Human Growth Hormone: Physiological functions and ergogenic efficacy. Literature Review for NSCA Position Stance. *Strength and Conditioning*, 17(4): 72-74, 1995.
73. Nieman, D.C., Henson, D.A., Sampson, C.S., Herring, J.L., Suttles, M., Conley, M., Stone, M.H., Butterworth, D. and Davis, J.M. The acute immune response to exhaustive resistance exercise. *International Journal of Sports Medicine*, 5(16): 322-328, 1995.
74. Conley, M.S. and Stone, M.H. Carbohydrate ingestion/supplementation for resistance exercise and training. *Sports Medicine*, 21(1): 7-17, 1996.
75. Stone, M.H., Chandler, T.J., Conley, M.S., Kramer, J.B. and Stone, M.E. Training to muscular failure: Is it necessary. *Strength and Conditioning*, 18(3): 44-48, 1996
76. Keith, R.E., Stone, M.H., Carson, R.E., Lafavi, R.G. and Fleck, S.J. Nutritional status and lipid profiles of trained steroid-using bodybuilders. *International Journal of Sports Nutrition*, 6 (3): 247-254, 1996.
77. Kramer, J.B., Stone, M.H., O'Bryant, H.S., Conley, M.S., Johnson, R.L., Nieman, D.C., Honeycutt, D.R. and Hoke, T.P. Effects of single versus multiple sets of weight training exercises on body composition and maximum leg and hip strength. *Journal of Strength Conditioning Research*, 11(3): 143-147, 1997.
78. Stone, M.H. and Borden, R. Modes and methods of strength training. *Strength and Conditioning*, 19(4): 18-24, 1997.

79. Conley, M.S., Stone, M.H., Nimmons, M.J. and Dudley, G.A. Specificity of resistance training response in neck muscle size and strength *European Journal of Applied Physiology*, 75(5): 443-448, 1997.
80. Huddy, DC. Johnson, R.L., Proulx, C.M. and Stone, M.H. Relationship between body image and percent fat among male and female college students enrolled in an introductory 14- week weight training course. *Perceptual and Motor Skills*, 85:1075-1078, 1997.
81. Conley, M.S., Stone, M.H., Nimmons, M.J. and Dudley, G.A. Resistance training and human cervical muscle recruitment plasticity. *Journal of Applied Physiology*, 83:2105-2111, 1997.
82. Haff, G.G., Stone, M.H., O'Bryant, H.S., Harman, E., Dinan, C., Johnson, R. and Han, Ki- Hoon. Force-Time dependent characteristics of dynamic and isometric muscle actions. *Journal of Strength and Conditioning Research*, 11: 269-272, 1997.
83. Fry, A.C., Bonner, E. Lewis, D.L, Stone, M.H. and Kraemer, W.J. The effects of gamma oryzanol supplementation during resistance exercise training. *International Journal of Sport Nutrition*, 7: 318-329, 1998.
84. Burleson, M.A., O'Bryant, H.S., Stone, M.H., Collins, M.A. and Triplett-McBride, T. Effect of weight training exercise and treadmill exercise on post-exercise oxygen consumption. *Medicine and Science in Sports Exercise*, 30(4): 518-522, 1998.
85. Marsit, J., Stone, M.H., Conley, M.S. Kraemer, W.J., Keith, R.E., Butterworth, D. and Johnson, L. Effects of ascorbic acid on serum cortisol and the testosterone to cortisol ratio in junior elite weightlifters. *Journal of Strength Conditioning Research*, 12(3): 179-184, 1998.
86. Kirksey, B. and Stone, M.H. Periodizing a college sprint program: theory and practice *Strength and Conditioning*, 20(3): 42-47, 1998.
87. Stone, M. H., O'Bryant, H.S., Williams, F.E., Pierce, K.C. and Johnson, R.L. Analysis of bar paths during the snatch in elite male weightlifters. *Strength and Conditioning*, 20(5): 56-64, 1998.
88. Utter, A. C. Stone, M.H., O'Bryant, H.S., Summininski, R. and Ward, B. Sport-seasonal changes in body composition, strength and power in collegiate wrestlers. *Journal of Strength Conditioning Research*, 12(4): 266 - 271, 1998.
89. Stone, M.H., S. Plisk, M. E. Stone, B. Schilling, H. S. O'Bryant, K. C. Pierce. Athletic performance development: volume load - 1 set vs multiple sets, training velocity and training variation. *Strength and Conditioning*, 20(6): 22-33, 1998.
90. Haff, G.G., Stone, M.H., Warren, B.J., Keith, R., Johnson, R.L., Nieman, D.C., Williams,

- F. and Kirksey, K.B. The effect of carbohydrate supplementation on multiple sessions and bouts of resistance exercise. *Journal of Strength Conditioning Research*, 13(2): 111 – 117, 1999.
91. Kirksey, B., Stone, M.H., Warren, B.J., Johnson, R.L., Stone, M.E., Haff, G.G., Williams, F.E. and Proulx, C. The effects of six weeks of creatine monohydrate supplementation on performance measures and body composition in collegiate track and field athletes. *Journal of Strength Conditioning Research*, 13(2): 1148 - 156, 1999.
 92. Stone, M.H., O'Bryant, H.S. Pierce, K.C., Haff, G.G., Koch, A.J., Schilling, B.K. and Johnson R.L. Periodization: Effects of manipulating volume and intensity - Part 1. *Strength and Conditioning*, 21(2):56 – 62, 1999.
 93. Stone, M.H., O'Bryant, H.S. Pierce, K.C., Haff, G.G., Koch, A.J., Schilling, B.K. and Johnson R.L. Periodization: Effects of manipulating volume and intensity - Part 2. *Strength and Conditioning*, 21(3): 54 – 60, 1999.
 94. Stone, M.H., Sanborn, K., Smith, L., O'Bryant, H.S., Hoke, T., Utter, A., Johnson, R.L., Boros, R., Pierce, K. and Stone. M.E. Five week supplementation with creatine monohydrate, pyruvate and a combination in American football players. *International Journal of Sports Nutrition* 9(2): 146-165, 1999.
 95. Haff, G.G., Kirksey, K.B. and Stone, M.H. Creatine supplementation. *Strength and Conditioning* 21(4): 13- 23 1999.
 96. Sanborn, K., Boros, R., Hruby, J., Schilling, B., O'Bryant, H.S., Johnson, R.L. and Stone, M.H. Weight training with single sets to failure versus multiple sets not to failure in women. *Journal of Strength Conditioning Research* 14(3):328-331, 2000.
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NON-REVIEWED ARTICLES:

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2. Sands, W.A. and Stone, M.H. Are your athletes progressing and how would you know: *Olympic Coach* 17: 4-10, 2005
3. Kinser, A. Ramsey, M.W., O'Bryant, H.S., Ayres, C. Sands, W. Wolf, T. Calloway, J. Whittington, J. and Stone, M.H. Preliminary report: The effects of simultaneous stretch and vibration on flexibility and a measure of explosive strength (vertical jumps). *The Elite Gymnast Journal* 29(10) 37-43, 2006.
4. Stone, M.H., Stone, M.E. and Sands W.A. Cycling your periodization plan. *Olympic Coach* 20(1): 2008.
5. Hornsby G. et al. Servant or Service <http://www.sportscienceed.com/> (2015)
6. Stuart C.A. et al. Reply to "Letter to the editor: Comments on Stuart et al. (2016): 'Myosin content of individual human muscle fibers isolated by laser capture microdissection'". *Am J Physiol Cell Physiol*. 311(6):C1050-C1051, 2016.

CHAPTERS IN BOOKS

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2. Stone, M.H., & Wilson, G.D. Resistive training and selected effects. In (L. Goldberg and D. Elliot, eds.) ***Medical Clinics of North America***, 69 (Invited). W.B. Saunders,

Philadelphia, 109-122, 1985.

3. Stone, M.H. Spotting Techniques for Weightlifting. In (J. Chandler and M.H. Stone, eds.) ***United States Weightlifting Federation Safety and Conditioning Manual***, USWF, 1991.
4. Stone, M.H. Physiological Aspects of Safety and Conditioning. In (J. Chandler and M.H. Stone, eds.) ***United States Weightlifting Federation Safety and Conditioning Manual***. USWF, 1991.
5. Stone, M.H. Connective tissue (and bone) response to strength training. In (P.V. Komi, ed.) *Encyclopaedia of Sports Medicine: **Strength and Power in Sports***, Blackwell Publishers, London, pp. 279-290, 1992.
6. Stone M.H. and Conley, M. Bioenergetics. In (T. Baechle, ed.) ***Essentials of Strength and Conditioning***, Human Kinetics, Champaign, IL. Chapter 5, pp. 67- 85, 1994.
7. Stone, M.H. Nutritional Factors in Performance and Health. In (T. Baechle, ed.) ***Essentials of Strength and Conditioning***, Human Kinetics, Champaign, IL. Chapter 12, pp.210- 230, 1994.
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9. Stone, M.H. Eating Disorders. In (T. Baechle, ed.) ***Essentials of Strength and Conditioning***, Human Kinetics, Champaign, IL. Chapter 14, pp. 238-243, 1994.
10. Stone M.H. Bioenergetics and Metabolism in Weightlifting. In (L. Jones, ed) ***USWF Coaching Manual***, 1994.
11. Stone, M.H. and Fry A.C. Increased training volume in strength\power athletes. ***Overtraining in Sport***, Human Kinetics, Champaign, IL. Chapter 5, pp. 87-106, 1998.
12. Stone M.H. and Kirksey, K.B. Weightlifting. In (W.E. Garret and D. T. Kirkendall, eds), ***Exercise and Sport Science***, Lipincott, Williams and Wilkins, Media, PA. pp. 955-964, 2000.
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William and Wilkins, Philadelphia pp. 257-272, 2008..

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17. Stone, M.H. and Stone M.E. Strength and Conditioning for Sport. In (L. Brown and J. Chandler., eds) 2nd Edition ***Conditioning for Strength and Human Performance*** Lippencott, William and Wilkins, Philadelphia 2012.
18. Stone M.H. Pierce K.P., Ramsey M.W., Stone M.,E. and Mizuguchi S. Dispelling the Myths of Resistance Training for Youths (In R. Lloyd and J.L. Oliver eds.) ***Strength and Conditioning for Young Athletes***. Routledge, London 2013.
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20. Stone, M.H., Cormie P., Lamont H. and Stone M.E. Development of Strength and Power.(In I. Jeffries, ed) ***Strength and Conditioning for Sport Performance***, London, Routledge 2016.
21. Gentles J. A. Hornsby W.G., and Stone M.H. Interpretation of Results. In (Comfort P., ed.) ***Performance Assessment for Strength and Conditioning Coaches***, Routledge Publishing, New York, NY. 2019.
22. Hornsby W.G., Gentles J.A. and Stone M.H. Application to Training. In (Comfort P., ed.) ***Performance Assessment for Strength and Conditioning Coaches***, Routledge Publishing, New York, NY. 2019.

BOOKS

1. Stone, M.H. and O'Bryant, H. ***Weight Training: A scientific approach*** (2nd ed.), Burgess Publishing, Minneapolis, 1987.
2. Stone, M.H., Sands, W.A. and Stone, M.E. ***Principles and Practice of Strength-Power Training***, Human Kinetics, Champaign, Il. 2007.

GRANTS/CONTRACTS

- Stone, M.H. University Research Grant-in-Aid. Androgen response in middle-aged sedentary males after resistive training. \$1,925.00, 1981.
- Stone, M.H. Diversified Products. Middle-aged sedentary males: Effects of weight training, (Beckman MMC and Collins Pulmonary System). \$50,000.00, 1982.

Stone, M.H. Diversified Products. Validation of the DP Tach II Cycle Ergometer (VO₂, HR), \$2,000.00, 1985.

Keith, R.E., & Stone, M.H. University Research Grant-in-Aid (Auburn). Serum vitamin and mineral status among strength athletes using or not using androgens. \$3,000.00, 1987.

Stone, M.H. United States Weightlifting Federation, USOC Service Grant. Physiological Characteristics of elite junior weightlifters. \$4,300.00, 1988.

Administrator of a \$24,000 USOC/ USWF grant for the publication of a USWF Conditioning 98000and safety Manual. 1989.

Administrator of a United States Weightlifting Federation Sports Science Grant. Overtraining and amino acid supplementation in junior weightlifters: A preliminary study. \$6,000.00, 1989.

Stone, M.H. Maypro Cooperation. Physiological alterations resulting from weight-training and Gamma-Oryzanol ingestion. \$10,000.00, 1989-1990.

Administrator of a United States Weightlifting Federation Sports Science Grant. Overtraining and amino acid supplementation in junior weightlifters. \$6,000.00, 1990.

Stone, *M.H., Warren, B., Kearney, J.T., Fleck, S.J., Kraemer, W.J., Keith, R. and Thrush, J.* USOC Sports Science Grant. Overtraining and amino acid supplementation in junior weightlifters. \$13,500.00, 1990.

Fleck, S.J., Kearney, J.T., Kraemer, W.J. and Stone, M.H. USOC Sports Science Grant. Hormonal and growth factor responses of elite weightlifters to seven months of training. \$9,600.00, 1990.

Stone M.H., Conley, M., Nieman, D. and Johnson R. Gator Aid (Quaker Oats) Effects of carbohydrate supplementation on weight training exercise to failure. \$400.00, 1992.

Nieman, D. and Stone, M.H. Appalachian State University Grant. Natural Killer Cell activity in recreational weight trainers. \$750.00, 1992.

Stone, M.H., Conley, M. S., Marsit, J. L. and Johnson, R.L. Weider Incorporated Grant, Comparison of two different training and supplementation programs. \$16,225.00, 1993.

Stone, M.H., Ciroslan, D. Fry, A.C., Keith, R., Kraemer, W. J., Johnson, R. and Thrush, J. USOC Sports Science and Technology Grant. Effects of carbohydrate\protein ingestion and weightlifting training on serum insulin. \$3,850.00, 1993-1995.

Stone, M.H., Ciroslan, D. Fry, A.C., Kraemer, W. J. and R. Johnson, R. USOC Sports Science and Technology Grant, Extension of weightlifting training volume - different taper lengths. \$5,550.00, 1993-1995.

Stone, M.H. and Haff, G. University Research Council Grant (ASU), Effect of carbohydrate ingestion on multiple sets of resistance exercise four hours after a weight training session. \$1800.00, 1995.

Stone, M.E., Stone, M.H., Warren, W.J. and Kirksey, B. SportPharma Inc. Effect of creatine monohydrate ingestion on performance parameters in college thrower, jumpers, sprinters and hurdlers. \$1,500.00, 1995.

Stone, M.H., O'Bryant, H.S., Smith, L Utter, A and Stone M.E.. Prolab Inc. Effect of creatine, pyruvate and creatine plus pyruvate on body composition and performance parameters in American collegiate football players. \$8,500.00, 1997.

Stone, M.H., O'Bryant, H.S., Smith, L. and Utter, A. Twin Labs Inc. Long term health and performance effects of creatine monohydrate supplementation: A retrospective study. \$2,500.00, 1998.

Stone, M.H. and Stone, M.E. Scottish Institute of Sport. Acquisition of a V-Scope 120. Analyses of force/power characteristics of strength-power athletes. \$12, 500.00, 1999.

Stone, M.H. Scottish Institute of Sport. Creation and administration of a training course and certification program for strength and conditioning coaches. \$8,000.00, 2000.

Stone, M.H., Fairweather, M. and Collins, D.C. SportScotland. Comparing resistance-training methods for “core stability” and agility \$20, 530.00, 2001.

Stone, M.H., USA Weightlifting Performance Enhancement Team Project (Sport Science Group). USOC internal service/research grant. \$20, 000 (Group included L. Kilgore, Midwestern State University and Sarah Smith, Biomechanics, USOC), 2002.

Stone M.H. and Sands, W.A. . Development of a bar tracking device for force, power and velocity during training. USOC internal service/research grant \$6,000, 2004.

Stone, M.H, Sands, W.A. and Ayres, C. USA Gymnastics. The Effects of vibration on flexibility and explosive strength among male and female gymnasts. \$8000.00, 2005. Renewed 2006

Stone, M.H. and Ramsey, M.W. Multiple sports monitoring/research program – USOC Research Grant/Contract \$20, 000, 2007.

Stone M.H. and Ramsey M.W. Power plate, North America. Relationship of Vibration to Bone Mineral Density (BMD) and Performance Levels among Collegiate Athletes, Approximately \$90, 000 in Power Plate equipment, 2008

With Stuart, C.A. (Primary Investigator), Stone, M.H. and Ramsey M.W. (Co-investigators) National Institutes of Health. Mechanisms by which Strength Training ameliorates the Metabolic Syndrome. \$219, 000, 2008.

Stone, M.H. Federal Stimulus Equipment Grant \$154,670 (including Dartfish Power

Assessment System \$14, 170; Quinton, Q stress system including – including ECG and TM55 treadmill \$25, 100; VICON MX Motion Analysis System \$77,000), 2009.

With Stuart, C.A. (Primary Coordinator), Stone, M.H (Associate Coordinator). Development of programs at a community health center in Northeast Tennessee to help prevent diabetes in persons identified to be at risk and prevent or delay cardiovascular complications in those who already have diabetes. TennCare \$250,000, 2009.

Stone M.H. Physiological and performance effects of training on D-1 throwers. ETSU RDC Small Grants \$1500, 2009.

Stone M.H. Validation of the Polar Team2 System (and software), Polar Electro Inc., \$8,576, 2009.

With Stuart, C.A. (Primary Investigator), Stone, M.H. and Ramsey M.W. (Co-investigators) National Institutes of Health. Mechanisms by which exercise training ameliorates the metabolic syndrome \$275,000, 2010

With Stuart C. A. (Primary Investigator), ETSU, Research and Development Grant. Effects of resistance training on metabolic syndrome in adult males. (Interdisciplinary), \$50,000 2010.

With Stuart, C.A. Eastman Inc. Grant – Purchase of Diagnostic Ultrasound (\$20,000). Matched by ETSU Research and Development (\$20,000) 2012.

Stone M.H. Physiological and performance effects of two different training protocols ETSU RDC Small Grants \$1500, 2016.

With Carroll, K.M. and Bazyler, C.D. Mass spectrometry for evaluation of muscle adaptation following training. National Strength & Conditioning Association Foundation \$13,749, 2017.

Stone M.H. and Stone M.E. Purchase of Impedimed (BIA Device for BW measures \$3000)) . ETSU Research and Development (\$2000.) and ETSU Center of Excellence for Sport Science and Coach Education \$1000., 2018.

MAJOR INVITED PRESENTATIONS

Stone, M.H. “A comparison of weight training methods”. 3rd annual Garden State Sports Medicine Symposium, New Brunswick, New Jersey, December, 1985.

Stone, M.H. “Muscle conditioning and muscle injury”. ACSM National meeting, (Presentation was part of the "Interdisciplinary Symposium on Muscle Injuries), Baltimore, Md, June 1989.

Stone, M.H. “Androgens and athletics”. A.P.P.L.E. Conference on Drugs in Sport, University of Virginia, January 1993 (Invited).

- Stone, M.H., Fry, A.C., Thrush J., Fleck, S.J., Kraemer, W.J., Kearney, J.T. and J. Marsit. "Overtraining and Weightlifting". International Weightlifting Federation Sports Science and Research Committee Meeting, Olympia, Greece, May, 1993.
- Stone, M.H. "Hormonal responses in weightlifters". International Weightlifting Federation Sports Science and Research Committee Meeting, Olympia, Greece, May, 1993.
- Stone, M.H. "Weightlifting biomechanics". Summer Games: Sports Medicine Review. Emory University, March 1996 (Invited).
- Stone, M.H. "Periodization". NSCA National Meeting, Atlanta, Georgia, June 1996
- Stone M.H. "Responses to increased resistance-training volume." International Conference on Overtraining and Overreaching in Sport, July 14 -17, Memphis TN, 1996 (Invited).
- Stone, M.H. "Periodization in Athletics". *Keynote Presentation*. Japan NSCA National Meeting, Tokyo, Japan, December 12, 1996.
- Stone M.H. "Current Controversies in Strength Training". Coach 98, Melbourne, Australia, November 26- 28, 1998.
- Stone, M.H. "Theoretical and Practical Aspects of using Explosive Exercises." Coach 98, Melbourne, Australia, November 26-28, 1998.
- Stone, M.H. "Ergogenic Aids: Creatine Supplementation." Coach 98, Melbourne, Australia, November 26-28, 1998.
- Stone M.H. & Stone, M.E. "Explosive Exercise - Hands on Clinic". Coach 98, Melbourne, Australia, November 26-28, 1998.
- Stone, M.H. and Triplett-McBride, N. T. "Strength training for women: Intensity, volume and exercise factors: Impact on performance and health" AAOS\NIH Meeting, Bethesda, MD. June, 1999.
- Stone, M.H. "Children and resistance training". Lister Postgraduate Institute Sport and Exercise Medicine Conference, University of Edinburgh Medical College, Edinburgh, Scotland, March 3, 2000.
- Stone, M.H. and Karatzaferi, C. "Adaptation of muscle tissue to heavy resistance training. Symposium on Adaptation to Resistance Training." 3rd Annual Congress of the European College of Sports Medicine, Jyväskylä, Finland, July, 2000.
- Stone, M.H. "Manipulation of resistance training variables in elite athletes to capitalize on hormonal responses." (Invited) 6th IOC Congress on Sport Sciences, Salt Lake City, Utah, September 2001. (Cancelled – 9-11-01).
- Stone, M.H. "Explosive Exercise." (Invited) Japan NSCA National Meeting, Tokyo ,Japan, December 15-17, 2001.

- Stone, M.H. “The use of weightlifting pulling movements in sports.” (Invited) Japan NSCA National Meeting, Tokyo, Japan, December 15-17, 2001.
- Stone, M.H. “How much strength is necessary”. (Invited) Japan NSCA National Meeting, Tokyo, Japan, December 15-17, 2001.
- Stone, M.H. “Manipulation of resistance training variables in elite athletes to capitalize on hormonal responses – a coach’s perspective.” (Invited). USOC Global Coaches Conference, Colorado Springs, Colorado, May 2-4, 2002.
- Stone, M.H.” Is an aerobic base necessary for strength power sports?” (Invited – Keynote) Strength and Conditioning – 02, Largs, Scotland, May 25-26, 2002.
- Stone, M. H. “Training and Recovery” (Invited). USOC Olympic Coaches Summit. Fort Lauderdale, Florida, October 16-19, 2002.
- Stone, M.H. “Periodization: Training and Recovery.” Olympic Coaches Summit, Athens, Greece, May 14, 2003
- Stone, M.H. “Training and Recovery” (Keynote Address) Strength and Conditioning II, (SportScotland) Largs, Scotland, May 18, 2003.
- Stone, M.H. and Stone, M.E, “Training and Recovery”. (Invited) NSCA National Convention, Indianapolis, IN, July 2003.
- Stone, M.H. “Training Principles and Theory” (Keynote Address) Strength and Conditioning IV, (SportScotland) Largs, Scotland, May 21, 2004.
- Stone M.H. “Strength Training and Endurance” (Keynote Address) UKSCA Association Meeting 2007, Largs Scotland, May 19, 2007.
- Stone M.H. and Stone M.E. Periodization: the Basics. Diabetes Exercise and Sport Association, Annual Meeting, Toronto, CA, July, 2008
- Stone M.H. What is Sport Science? (Mike Stone Sport Science Lecture, Inaugural Presentation) NSCA Annual Meeting, Las Vegas, July, 2009
- Stone M.H. Keynote: Development of Skeletal Muscle Hypertrophy. UKSCA Annual Meeting Milton-Keynes, England, June 2010.
- Stone M.H. Periodization and Programming for Strength Power Sports - the Short Reader's Digest Version. NSCA coaches conference, San Antonio TX, January 2012
- Stone M.H. Power development Invited (Keynote speaker) UKSCA 10th Annual Meeting. Cheshire, England, August 2015.
- Stone M.H. Power Development in Strength-Power Athletes. NSCA National Meeting, Orlando, FL, July, 2015.

Stone M.H. Physiological and Performance Alterations in Strength Power Athletes. Invited (Keynote speaker) International Congress for Strength Training (ICST) meeting. Kyoto, Japan, December 2016

Stone M.H. Force Transmission and the Importance of Rate of force Development, NCSA National Meeting, Las Vegas, July 2017.

Stone M.H. Training Programs and Periodization to Optimize Gains in Muscle Strength and Power. 19th International Symposium. Invited (Keynote speaker) “Modern Science and Practice for Strength and Endurance Training” Jyväskylä, Finland October 10-12, 2018

Stone M.H. Training Programs and Periodization to Optimize Gains in Muscle Strength and Power: physiological mechanisms. Keynote speaker at the 13th annual International Sport Science and Coaches College Johnson City, TN December 2018.

Stone M.H. Training Programs and Periodization to Optimize Gains in Muscle Strength and Power. 1st Annual Sport Science Symposium, Beijing Sport University, Beijing China, June 2019.

PROFESSIONAL ASSOCIATION MEMBERSHIPS

1. American College of Sports Medicine (1977-Present)
2. Southeastern American College of Sports Medicine (1978-present) (1983 - Member at large; Chairman, Membership Committee)
3. Southern District American Alliance for Health, Physical Education, Recreation, and Dance (1977-1987) (1983 - Member at large)
4. National Strength and Conditioning Association (member 1981-Present) Research Committee Chairman, 1985-1987; Vice President for Basic and Applied Research 1987-1989; President Elect 1991-1993; President 1994-1996, Past Presidents committee 1997-present. Fellow 2010.
5. Alabama State Alliance for Health, Physical Education, Recreation, and Dance (1980-1988) (Research Section Chairman, 1986)
6. U.S. Weightlifting Federation (1965-Present) - National Secretary (1988).
7. USWF Sports Science and Medical Committee, (1986 - present; Chairman 1988 - 1994).
8. Member International Weightlifting Federation (IWF) Sports Science Research Committee, (1992 - 1996).
9. Member International Society of Biomechanics for Sport (2000 – present)

10. Member and Fellow: United Kingdom Strength and Conditioning Association (UKSCA) (2004 – present)

EXTRAMURAL ACTIVITIES

1. Level 3 USWF Coach; Coached Auburn Weightlifting Club (1981, 1982, 1985 Collegiate Weightlifting Champions); Athletes include 13 ranked in USWF top 10/weight class from 1978 until present. One Olympian in 1984 (Mike Davis alternate/100 kg class). Coached 3 Scottish national level weightlifters including National 105 kg champion and Commonwealth Games participant (Stuart Yule).
2. Consultant for conditioning programs for professional and collegiate teams (including Auburn University, University of Virginia, Troy State, Appalachian State University, New York Giants, Kansas City Chiefs, Denver Broncos, etc. 1980 - Present)
3. Physiology Coordinator: Weightlifting Elite Athlete Project, USOC, Colorado Springs, 1982-1987. Chairman USWF Sports Science and Medical Committee (included carrying out appropriate research and various seminars presented to coaches at the US Olympic Training Center) 1987 – 1995.
4. Consultant-Lecturer: USOC Olympic Coaches Clinics, Colorado Springs, USOTC. Lectures on periodization and strength-power training, May and December 1986 to present.
5. Consultant-Lecturer: USAW Level 1- 3 Clinics. 1987 - present.
6. Consultant-Lecturer: NSCA-CSCS Certification Clinics. 1987 - 1998.
7. Consultant-Lecturer: USA Track and Field Levels 2- 3 Clinics and Summits. 1996 - present.
8. Assisted in coaching throwers at Appalachian State University; design and implement strength/power training programs for throwers and sprinters. 1995 to 1999. – coached throwers 1998-1999. Assisted Meg Stone (National Coach) with coaching throwers in Scotland.
9. Member of staff (Ranking Tabulator) for Weightlifting at the 1996 Olympic Games, Atlanta, Georgia, July\August, 1996.
10. Consultant - United States Marine Corp, (and other branches): periodic evaluation of physical fitness programs and lectures on various aspects of fitness for the military. 1989 - present.
11. Consultant – SportScotland and Scottish Institute of Sport: 1) evaluation of sports training program, 2) Coach/practitioner education program, 1999- present
12. Consultant – Kansas City Royals: evaluation of sports training program, 201- present

ADDITIONAL PROFESSIONAL ACTIVITIES

Reviewer: *International Journal of Sports Nutrition; International Journal of Sport Physiology and Performance, International Journal of Sports Medicine; Journal of Strength and Conditioning Research; Strength and Conditioning; Medicine and Science in Sport and Exercise; Research Quarterly; The Physician and Sports Medicine, Journal of Applied Physiology, European Journal of Applied Physiology, Sports, Sports Medicine.*

Advisory Board Member: *Physical Therapy in Sport* 1999 - 2002.

Associate Editor: *Journal of Strength and Conditioning Research* (1987 – present).

Associate Editor: *Strength and conditioning Journal* (1988 – Present)

Associate Editor: *Sports Biomechanics* (2005)

Editor, Strength and Conditioning Section: International Society for Sport Biomechanics, Coaching Information Service (Reviewed): www.sportcoach-sci.com/ (2000 – 2010)

PROFESSIONAL AWARDS

1. National Strength and Conditioning Association (NSCA) Sports Scientist of the Year 1991
2. NSCA Life-time Achievement Award (Presented 2000)
3. American Society of Exercise Physiologist (ASEP) Scholar Award (Presented 2003)
4. U.K Strength and Conditioning Association - 1st Fellowship (Presented 2005)
5. NSCA Fellow (presented 2007)
6. ETSU Clemmer College of Education Faculty Research Award (Presented 2008)
7. East Tennessee State University Distinguished Research Faculty Award (Presented 2008)
8. NSCA Sports Science Annual Sport Science Lecture (named after Michael H. Stone July 2009)
9. Doc Councilman Award for Sports Science (Weightlifting) 2010

Certifications:

U.K Strength and Conditioning Association – Strength and Conditioning Certification (May 2005 - present)

NSCA Certified Strength and Conditioning Coach (CSCS) (May 1999 – 2004; 2012 – present)

RESEARCH PROJECTS, THESIS AND DISSERTATION COMMITTEES

1978-1979	Associate member of the Graduate Faculty at LSU, Baton Rouge
1980-1988	Member of the Graduate Faculty at Auburn University
1988 - 1999	Member of the Graduate Faculty Appalachian State University, Boone, North Carolina
1999 – 2001	Professor, Chair of Sport, Member of Graduate Faculty, Edinburgh University, Edinburgh, Scotland
2005 - present	Member Graduate Faculty, East Tennessee State University

Graduate Students

Louisiana State University

Glen Dyer	Masters Thesis, 1978
Patricia Hopkins	Master's Thesis, 1980.

Elizabeth Cloud	Master's Thesis, 1981.
Harold O'Bryant	Doctoral Dissertation, 1982.
Daniel Blessing	Doctoral Dissertation, 1982.
C.K. Bansil	Dissertation, 1984.

Auburn University

Jim McMillan	Master's Thesis, 1984 (Major Professor).
Dwight Scala	Master's Thesis, 1984 (Major Professor).
Kathy Sansocie	Master's Thesis, 1984 (Major Professor).
Ralph Rozenek	Doctoral Dissertation, 1985 (Major Professor).
Kyle Pierce	Doctoral Dissertation, 1986.
Jeff Chandler	Doctoral Dissertation, 1986.
Cynthia Brown	Master's Thesis, 1986.
Jim McMillan	Doctoral Dissertation, 1987 (Major Professor).
Chris Jesse	Master's Thesis, 1988 (Major Professor).
William Roman	Master's Thesis, 1988 (Major Professor).
Lynne Stoessel	Master's Thesis, 1990 (Major Professor)
Beth Bonner	Doctoral Dissertation 1992 (Major Professor)
Beverly Warren	Doctoral Dissertation 1990
Alane Boger	Master's Thesis, 1991

Appalachian State University

Travis Triplett	Master's Thesis, 1990 (Major Professor)
Joe Robinson	Masters's Thesis, 1991 (Major Professor)
David Lewis	Master's Thesis, 1991 (Major Professor)
Michael Barker	Master's Thesis, (Major Professor)
James Kramer	Master's Thesis, 1993 (Major Professor)
Carl Poe	Master's Thesis, 1993 (Major Professor)
Michael Conley	Master's Thesis, 1993 (Major Professor)
Thomas Hoke	. Master's Thesis, 1993 (Major Professor)
Joseph Marsit	Master's Thesis, 1993 (Major Professor)
Jodi Herring	Master's Thesis. 193
Darren Honeycutt	Master's Thesis, 1994.
Chris Dinan	(Major Professor)
Mike Nimmons	Master's Thesis, 1995, (Major Professor)
Greg Haff	Master's Thesis, 1995, (Major Professor)
Glenn Harris	Master's Thesis, 1996 (Major Professor)
Christopher Proulx	Master's Thesis 1997 (Major Professor)
Brett Kirksey	Master's Thesis 1997
Kimberly Sanborn	Master's Research Project 1998.
Brian Schilling	Master's Research Project 2000 (Major Professor).
Gail Brindell	Master's Thesis 1999 (Major Professor)
Robert Coglianese	Master's Research Project 1999.
Mark Lehmkuhl	Master's Research Project 1999.
Lora McCoy	Master's Research Project 1999.

Edinburgh University

Aiden O'Connell	Master's Thesis 2000 (Major Professor)
Matthadios Tsokalis	Master's Thesis 2000 (Major Professor)
Mark Glaister	Doctoral Dissertation 2004 (Major Professor)
Gavin Moir	Doctoral Dissertation 2005 (Consultant)

East Tennessee State University

Ann Kinser	Master's Thesis, 2006 (Major Professor)
Jenna Kraska	Master's Thesis, 2008 (Major Professor)
Anna Swisher	Master's Thesis 2009 (Major Professor)
Keith Painter	Master's Thesis 2010 – (Major Professor)
Mark South	Master's Thesis 2010 – (Major Professor)
Andrew Layne	Master's Thesis 2010
Guy Hornsby	Master's Thesis 2010 – (Major Professor)
Ashley Kavanaugh	Master's Thesis 2010
Caleb Bazyler	Master's Thesis 2013
Michael Israel	Doctoral Dissertation 2013 (Major Professor)
Chris MacDonald	Doctoral Dissertation 2013
Christian Carter	Doctoral Dissertation 2013 (Major Professor)
Ashley Kavanagh	Doctoral Dissertation 2013

Jeremy Gentles	Doctoral Dissertation 2013 (Major Professor)
Guy Hornsby	Doctoral Dissertation 2013 (Major Professor)
Brian Johnston	Doctoral Dissertation 2013
Chieh-Chang Chiang	Doctoral Dissertation 2014
Jacob Reed	Doctoral Dissertation 2014
Zhaxin Sha	Doctoral Dissertation 2014
Ryan Alexander	Doctoral Dissertation 2014
Tim McInnis	Doctoral Dissertation 2014 (Major Professor)
Chris Bailly	Doctoral Dissertation 2014
Gorge Beckham	Doctoral Dissertation 2015
Hugo Santana	Doctoral Dissertation 2015 (Major Professor)
Jana Hollins	Doctoral Dissertation 2015
Ben Gleason	Doctoral Dissertation 2015
Chris Sole	Doctoral Dissertation 2015
Caleb Bazyler	Doctoral Dissertation 2016
Heather Abbot	Doctoral Dissertation 2016
Chris Bellon	Doctoral Dissertation 2016
Chris Taber	Doctoral Dissertation 2016 (Major Professor)
Tim Suchomel	Doctoral Dissertation 2016 (Major Professor)
Tony Pustina	Doctoral Dissertation 2016
Jake Grazer	Doctoral Dissertation 2016
Nick Fiolo	Doctoral Dissertation 2017
Brad Alban	Doctoral Dissertation 2017
Matt Sams	Doctoral Dissertation 2017
Eric Magrum	Master's Thesis 2017
Jun-shi Liu	Doctoral Dissertation 2018
Alec Perkins	Master's Thesis 2018
Kevin Carroll	Doctoral Dissertation 2018 (Major Professor)
Jake Bernards	Doctoral Dissertation 2018 (Major Professor)
John Wagle	Doctoral Dissertation 2019 (Major Professor)
Aaron Cunanan	Doctoral Dissertation 2019 (Major Professor)
Robert Sausaman	Doctoral Dissertation 2019 (Major Professor)
Joe Walters	Doctoral Dissertation 2019 (Major Professor)
Asher Flynn	Doctoral Dissertation 2019 (Major Professor)
Tara Whiton	Doctoral Dissertation 2019 (Major Professor)
Dylan Suarez	Master's Thesis 2019 (Major Professor)
Robert Blaisdell	Doctoral Dissertation – current project (Major Professor)
D.J. Marsh	Master's Thesis 2019
Kyle Travis	Doctoral Dissertation – current project
Paul Moquin	Doctoral Dissertation – current project (Major Professor)
Alex Wetmore	Doctoral Dissertation – current project (Major Professor)
John Abbot	Doctoral Dissertation – current project (Major Professor)
Kaela Hierholzer	Doctoral Dissertation – current project (Major Professor)
Garret Bingham	Doctoral Dissertation – current project

Current ETSU Theses and Dissertations

Dylan Suarez	Master's Thesis: Effects of weightlifting training on isometric mid-thigh pull rate of force development May 2019
Donald Marsh	Master's Thesis: Peaking for a national weightlifting competition. May 2019.
Nobu Yoshida	Doctoral Dissertation: Acute Fatigue Effect and Recovery on Countermovement Jump Characteristics and Corresponding Physiological Biomarker Responses. July 2019. (Major Professor)
Garret Bingham	Doctoral Dissertation: Investigation into the use of an isometric prone row to monitor canoe/kayak slalom athletes. July 2019
Aaron Cunanan	Doctoral Dissertation: Technical and Biomechanical Parameters of Competitive Weightlifting Performances. July 2019. (Major Professor)
Joe Walters	Doctoral Dissertation: The Effects of Amino Acid Supplementation on Performance and Fatigue. July 2019.
Robert Blaisdell	Doctoral Dissertation: Effects of Neuromuscular Fatigue Resulting from Repeated Sprint Exercise on Measures of Strength and Power Performance. July 2019. (Major Professor)
John Abbot	Doctoral Dissertation: The Use of Near Infrared Spectroscopy in Assessing Muscle Oxygenation in Sport. July 2019 (Major Professor)
Kaela Hierholzer	Doctoral Dissertation: Relationship of selected physiological variables to running asymmetries July 2019
Alex Wetmore	Doctoral Dissertation: Block Periodization- Programming: Efficacy in Trained versus Untrained Subjects- Performance Alterations. May 2019 (Major Professor)

Paul Moquin

Doctoral Dissertation:

Block Periodization- Programming: Efficacy in Trained versus Untrained Subjects- Hypertrophy and Body Composition Alterations. May 2019 (Major Professor)

Outside Dissertation Reader:

Robert Newton

The Expression and Development of Explosive Muscular Power
Doctoral Dissertation, Southern Cross University, Lismore,
Australia(Outside Examiner) 1997

Jeff McBride

The Relationship Between Different Protocols of Resistance
Exercise and the Development of Muscle Power: Implications for
Muscular and Neural Adaptation. Doctoral Dissertation, Southern
Cross University, Lismore, Australia (Outside Examiner) 1998

Tom Comyns

Optimising the Potentiation Benefits of Complex Training for
Rugby Players, Limerick University, Limerick, Ireland
(Outside Examiner) 2006

Jason Winchester
Performance
State

The Use of Endocrine Markers to Predict and Monitor
in Strength and Power Sports. Doctoral Dissertation, Louisiana
University, Baton Rouge,. LA (Outside Examiner) 2008

REFERENCES

Dan Wathen CSCS
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ACE Strength and
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ETSU
Johnson City, TN 37614
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APPENDIX: Additional Presentations (posters, free communications, formal presentations)

Stone, M.H. Groppel, J.L. and Ward, C.H. First class and master Olympic weightlifters: An anthropometric comparison. Presentation at the International Congress of Physical Activity Sciences, Quebec City, Quebec, Canada, July 7-11, 1976.

Stone, M.H. Smith, D., and Rush, M.E. Metabolic cost of an Olympic weight training session. Presentation at the 24th annual meeting of the American College of Sports Medicine, Chicago, Illinois, May 25-28, 1977.

Stone, M.H. Lipner, H., Rush, M.E., and Ward, C.H. Responses to intensive training and methandrostenolone administration: Hormonal, organ weights, muscle weight, and body composition. Presentation at the SDAASPER annual meeting, Little Rock, Arkansas, February 22-25, 1978.

Gillam, G., Stone, M.H. and Smith, D.P. The response of the fructose diphosphatase - phosphofructokinase glycolytic control cycle to a high intensity training program. Presentation at the 25th annual meeting of the American College of Sports Medicine, Washington, D.C., May 22-25, 1978.

Stone, M.H. Exercise and self care: The concept of total physical fitness. Presentation at the 56th annual meeting of the American College Health Association, New Orleans, Louisiana, March 27-31, 1978.

Stone, M.H., Smith, D., Ward, C.H., and Carter, D. Olympic weightlifting: I. Physiological characteristics of the athlete. Presentation at the International Congress of Sports Sciences, Edmonton, Alberta, Canada, July 25-29, 1978.

Stone, M.H. Ward, C.H., Smith, D., and Rush, M. Olympic weightlifting: II. Metabolic consequences of a workout. Presentation at the International Congress of Sports Sciences, Edmonton, Alberta, Canada, July 25-29, 1978.

Stone, M.H. Mould, B., Coleman, J.C., and Carter, D. Physical responses to a pre-season training program for women's basketball. Presentation at the International Congress of Sports Sciences, Edmonton, Alberta, Canada, July 25-29, 1978.

Stone, M.H. Johnson, R., and Carter, D. A short term comparison of two different methods of resistance training on leg strength and power. Presentation at the ACSM Southeastern symposium on "The Relationship of Strength and Power to Athletic Performance", October 26-27, LSU, Baton Rouge, 1978.

Stone, M.H. Anabolic steroids and athletics. Presentation at the ACSM Southeastern symposium on "The Relationship of Strength and Power to Athletic Performance," LSU, Baton Rouge October 26-27, 1978.

Stone, M.H. Skeletal muscle fiber types: Relationship to the training of strength-power athletes. Presentation at the ACSM Southeastern Symposium on "The Relationship of Strength and Power to Athletic Performance," LSU, Baton Rouge, October 26-27,

1978.

Stone, M.H. Tew, J., Byrd, R., and Wood, M. "Relationship of anaerobic power and Olympic weightlifting success." Presentation at the Pan-American Sports Congress, San Juan, Puerto Rico, March 14-17, 1979.

Stone, M.H. Nelson, J., Nader, S., Johnson, R., & Carter, D. Physiological responses to a resistance training program. Presentation at the SEACSM, University of Georgia, February 16-17, 1978.

Stone, M.H. Anabolic steroids and athletics. Presentation at the symposium on "Drugs and Athletics," SDAAHPER Convention, Nashville, Tennessee, February 26-March 2, 1980.

Stone, M.H. Byrd, R., Carter, D., Johnson, R., Tew, J., Boatwright, D.L. Blessing, D., Karr, B., and Lopez-S., A. Physiological effects of short-term resistive training on middle-aged sedentary men. Presentation at the SDAAHPER Convention, Nashville, Tennessee, February 26-March 2, 1980.

Stone, M.H. A theoretical model of strength training. Presentation at the SDAAHPER Convention, Nashville, Tennessee, February 26-March 2, 1980.

Stone, M.H. and Byrd, R. Strength training and physical fitness for adults. Presentation at the Southeastern Regional ACSM Symposium (Strength-Power Symposium II), Auburn University, April 2-3, 1981.

Stone, M.H. O'Bryant, H., and Garhammer, J. A strength-training concept for power athletics. Presentation at the Southeastern Regional ACSM Symposium (Strength-Power Symposium II), Auburn University, April 2-3, 1981.

O'Bryant, H. and Stone, M.H. Ultrastructure of human skeletal muscle among Olympic style weightlifters. Presentation at the SEACSM meeting, Virginia Tech University, Blacksburg, Virginia, February 7-8, 1982.

Cloud, E., Wilson, G.D., Stone, M.H. and Blessing, D.L. Steady state oxygen consumption during exercise in hot and cool environments. Presentation at the SEACSM meeting, Virginia Tech University, Blacksburg, Virginia, February 7-8, 1982.

Stone, M.H. The application of "periodization" to weight training. Presentation at Strength-Power Symposium III, Auburn University, February 19, 1982.

Stone, M.H. The integration of running and weight training. Presentation at Strength-Power Symposium III, Auburn University, February 19, 1982.

Stone, M.H. Free weights versus machines. Presentation at Strength-Power Symposium III, Auburn University, February 19, 1982.

Bansil, C.K., Wilson, G.D., Stone, M.H. and Blessing, D. Biochemical changes

- accompanying exercise induced muscle soreness. Presentation at the World Federation for Physical Therapy, Ninth International Congress, Stockholm, Sweden, May, 1982.
- Stowers, T., Stone, M.H., McMillan, J., Scala, D., Davis, V., and Wilson, D. The short term effects of three different strength-power training methods. Presentation at the Alabama State AAHPERD meeting, October 1982.
- Stone, M.H. Strength-Power Training: A discussion of factors influencing performance (Modes and methods of strength-power exercise and training). Presentation at Strength-Power Symposium IV, Auburn University, March 11-12, 1983.
- Stone, M.H. Strength-Power Training: Factors influencing progress (Periodization and combined exercise training). Presentation at Strength-Power Symposium IV, Auburn University, March 11-12, 1983.
- Scala, D., Stone, M.H., Wilson, G.D., McMillan, J., and Blessing, D. The energy cost of a preparation phase for weightlifting. Presentation at the SDAHPERD Convention, Biloxi, Mississippi, February 1984.
- Stone, M.H. Drugs in sport. Presentation at the North Carolina AHPERD meeting. November 16, 1984, Greensboro, North Carolina (Invited).
- Stone, M.H. Wilson, G.D., Rozenek, R., and Blessing, D. Cardiovascular responses to short term Olympic style weight training in young men. Presentation at the SDAHPERD Convention, Tulsa, Oklahoma, February 1983.
- McMillan, J., Stone, M.H. Wilson, G.D., and Keith, R. The effects of supplemental vitamin B6 and exercise on food consumption, body weight and muscle weight, and contractile properties of rats. Presentation at the Southern Association of Agricultural Scientists - Food Science and Human Nutrition. Nashville, Tennessee, February 1984.
- Stone, M.H., Wilson, G.D., and Byrd, R. Weight training as a lifetime physical activity. Presentation at the SEACSM meeting, Auburn, Alabama, February 1984.
- Powers, S. and Stone M.H. Drugs in sport: Caffeine and androgens. Presentation at the SEACSM meeting, Auburn, Alabama, February 1984.
- Stone M.H., Pierce, K., Godsen, R., Rozenek, R., Wilson, G.D., and Blessing, D. Heart rate and lactate response in trained and untrained young males during resistive exercise. Presentation at the SEACSM meeting, Boone, North Carolina, January 1985.
- Chandler, J., Stone, M.H. and Wilson, G.D. Effects of 8 weeks of full squat training on anterior/posterior knee stability. Presentation at the SEACSM meeting, Boone, North Carolina, January 1985.
- Bansil, C.K., Wilson, G.D. and Stone M.H. Role of prostaglandins E and F alpha in exercise induced delayed muscle soreness. Presentation at the 32nd annual meeting of the

- American College of Sports Medicine, Nashville, Tennessee, May 26-29, 1985.
- Stone, M.H. Overtraining: Signs and symptoms. Presentation at Strength-Power Symposium V, Auburn University, August 1985.
- Stone, M.H. Psychological and physiological factors of stress modified by strength training. Presentation at the 8th annual National Strength and Conditioning Association meeting, Dallas, Texas, June 28-30, 1985.
- Stone, M.H. A comparison of weight training methods (Invited). Presentation at the 3rd annual Garden State Sports Medicine Symposium, New Brunswick, New Jersey, December, 1985.
- Stone, M.H., Wright, J.E. Drugs in sport (Invited). Presentation at the 3rd annual Garden State Sports Medicine Symposium, New Brunswick, New Jersey, November, 1985.
- Stone, M.H. and Pierce, K. Psycho-physiological aspects of stress: Possible beneficial effects of weight training (Symposium). Presentation at the SEACSM meeting, Athens, Georgia, January 1986.
- Stone, M.H., Wilson, G.D., Godsen, R., and Blessing, D. Heart rate, lactate, and RPE values resulting from intermittent treadmill and resistive exercise at similar workloads. Presentation at the SEACSM meeting, Athens, Georgia, January 1986.
- Brown, C.E., Stone M.H., Wilson, G.D., and McMillan, J. The 36 hour anabolic/catabolic hormonal response prior to and after a single bout of weight training. Presentation at SEACSM meeting, Charleston, South Carolina, January 1987.
- Beedle, B., Jesse, C. and Stone, M.H. Flexibility among athletes who weight train, and Predicting flexibility from selected factors. Presentation at the SEACSM meeting, Charleston, South Carolina, January 1987.
- Stone, M.H. and Pierce, K. Weight training: A comparison of methods. Presentation at SDAASPERD Convention, Birmingham, Alabama, February 1987.
- Stone M.H. Implications for connective tissue and bone alterations resulting from resistance exercise training. Invited paper as part of a symposium on the effects of resistive training on physiological systems. Presentation at the ACSM National meeting, Las Vegas, Nevada, May, 1987 – (Invited).
- Stone, M.H. and Pierce, K. Beginning, intermediate, and advanced considerations and applications of periodization to recovery: Short and long term. Invited presentation at the NSCA meeting, Las Vegas, Nevada, June 1987.
- Pierce, K., Rozenek, R., Stone M.H. and Blessing, D. The effects of weight training on plasma cortisol, lactate, heart rate, anxiety, and perceived exertion. Presentation at the NSCA meeting, Las Vegas, Nevada, June 1987.
- Stone M.H. Sports specificity: Transfer of training effect. Invited paper as part of the

symposium on muscle injuries sponsored by the Lexington Clinic. Invited presentation in Lexington, Kentucky, October 1987.

Warren, B.J., Stone, M.H., Potteiger, J. and Bonner, B. Strength and vertical jump performance following varied recovery periods after high volume squatting. Presentation at the NCAAHPERD meeting, Greensboro, North Carolina, July 1988.

Keith, R., Carson, R., Stone, M.H., Hanks, V., and Alt, L. Nutritional status of anabolic steroid-using male body builders. Presentation at the SEACSM meeting, Winston-Salem, North Carolina, January 1988.

Godsen, R., Wilson, G.D., Stone, M.H. and Blessing, D. Diurnal lactate variation during rest and exercise. Presentation at the SEACSM meeting, Winston-Salem, North Carolina, January 1988.

Chandler, T.J., Wilson, G.D. and Stone M.H. The effect of the squat on knee stability. Presentation at the ACSM National meeting, Dallas, Texas, May, 1988.

Chromiak, J.A., Stone, M.H. Smith, K.L., and Omer, J.G. Effect of prior training and external loading on vertical jumping ability. Presentation at the NSCA meeting, Orlando, Florida, June, 1988.

Jesse, C., McGee, D., Gibson, J., Stone, M.H. and Williams, J.C. A comparison of Nautilus and free weight resistive training. Presentation at the NSCA meeting, Orlando, Florida, June 1988.

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- Stone M.H. Muscle and connective tissue injuries. Presentation at the 1989 Texas ACSM Annual Meeting, College Station, Texas, October, 1989 (Invited).
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- Stone, M.H. Current nutritional aspects for athletics. Presentation at the 1990 University of Tennessee Strength and Conditioning Clinic. Knoxville, Tennessee, March, 1990.
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- Fry, A.C., Stone, M.H. Thrush J., Fleck, S.J., Kraemer, W.J., Kearney, J.T. and J. Marsit. Overtraining and Weightlifting. Presentation at the International Weightlifting Federation Sports Science and Research Committee Meeting, Olympia, Greece, May, 1993.
- Stone, M.H. Hormonal responses in weightlifters. Presentation at the International Weightlifting Federation Sports Science and Research Committee Meeting, Olympia, Greece, May, 1993.

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- Stone, M.H., Ritchie, M., Fry, A.C. and Stoessel, L. Injuries in Weightlifting. Presentation at the IWF, Sports Science and Research Committee meeting, Melbourne, Australia, November 1993.
- Stone, M.H. Explosive Exercises and Training. Presentation at the 1994 NSCA National Strength Training and Conditioning Clinic, Anaheim, CA, January 1994.
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- Marsit, J.L., Stone, M.H., Hoke, T.P., Conley, M.S., Honeycutt, D.R. and Rossi, F.N. Physiological adaptations to two different resistance training and nutritional supplement systems. Presentation at the NSCA National Meeting, New Orleans, LA, June 1994.
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- Presentation at the Biochemistry of Exercise Ninth International Conference, Aberdeen, Scotland, July, 1994.
- Haff, G, Stone, M.H., Harman, E., O'Bryant, H., Dinan, C., Johnson, R, and Han, K. Isometric versus dynamic peak force and rate of force production during pulls from mid thigh. Presentation at the NSCA National meeting Phoenix, AZ, June, 1995.
- Haff, G., Stone, M.H., O'Bryant H., Pierce, K., Garhammer, J. and Fry, A. Power output of vertical jumps and lifts at the 1991 U.S. National Weightlifting Championships. Presentation at the SEACSM meeting, Lexington, Kentucky, February, 1995.
- Stone, M.H. Fry, A.C. and Kreider, R. Symposium on Overtraining. Presentation at the SEACSM Meeting, Lexington, Kentucky, February, 1995.
- Keith, R.E., Carson, R.E., Lafavi, R.G., Stone, M.H. and Fleck, S.J. Nutritional status and lipid profiles of trained steroid-using and nonusing athletes. Presentation at the SEACSM meeting, Lexington, Kentucky, February 1995.
- Fry, A.C., Stone, M.H., Cahill B.R., Pierce, K., Eksten, F. and Gattone, M. Correlations between competitive performance and tests of lower body power in male and female collegiate weightlifters. Presentation at the SEACSM meeting, Chattanooga, Tennessee, February., 1996.
- Stone, M.H. Weightlifting Biomechanics. Presentation at the Summer Games: Sports Medicine Review. Emory University, March 1996 (Invited).
- Conley, M., Nimmons, M., Bloomberg, J. and Dudley, G. Neck Muscle Adaptation to Chronic Overload. Presentation at the National ACSM meeting, Cincinnati, OH, May, 1996.
- Stone, M.H. Periodization. Presentation at the NSCA National Meeting, Atlanta, Georgia, June, 1996
- Kirksey, K.B., Stone, M.H., Warren, B.J. Stone, M.E. Haff, G.G. and Johnson, R.L.. The effects of six weeks of creatine supplementation on body composition and performance of collegiate track athletes. Presentation at the National Strength and Conditioning Association Meeting, Atlanta, June, 1996.
- Harris, G., Stone, M.H., O'Bryant, H., Johnson, R., Rainwater, M., Proulx, C., Haff, G. and Kirksey, K. The effects of three different weight training programs on measures of athletic performance: maximum strength, power, speed and agility. Presentation at the National Strength and Conditioning Association Meeting, Atlanta, June, 1996.
- Stone, M.H., Josey, J., Hunter, G., Kearney, J.T. Fry, A.C., Kraemer, W.J., Johnson, R.L., Ciroslan, D. and Haff. G. Different Taper lengths: Effects on weightlifting performance. Presentation at the International Conference on Overtraining and Overreaching in Sport, July 14 -17, Memphis TN, 1996.

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- Stone, M.H. Periodization in Athletics. Keynote Presentation. Japan NSCA National Meeting, Tokyo, Japan, December 12, 1996 (Invited).
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- Stone, M.H., Potteiger, J., Pierce, K.C., Proulx, C.M., O'Bryant, H.S. and Johnson, R.L.
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- Utter, A.C., Stone, M.H., O'Bryant, H. S. Suminski, R.R. and Ward, B. Sport-seasonal changes in
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- Fry A.C., Calhoun G., Weiss, L.W., Li, Y. Stone, M.H. and Cantler, E.L. Injury rates and profiles of elite competitive Olympic style weightlifters. Presentation at the National ACSM meeting Orlando, Fl., June, 1998.
- Sanborn, K., Stone, M.H., Proulx, C., O'Bryant, H., Johnson, R., Stone, M., Hruby, J., Boros, R.
and Kirksey, B. Performance effects of 10 weeks of training (Indoor Season) in

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Pierce, K., Byrd, R. and Stone, M.H. Weightlifting talent identification. Presentation at the National Strength and Conditioning Association Meeting, Nashville, TN, June 1998.

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Stone, M.H. Current Controversies in Strength Training. Coach 98, Melbourne, Australia, November 26- 28, 1998.

Stone, M.H. Theoretical and Practical Aspects of using Explosive Exercises. Coach 98, Melbourne, Australia, November 26-28, 1998.

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Schilling, B.K., Stone, M.H., O'Bryant, H.S., Coglianese, R.H., shores, L.J., and Pierce, K.C. Snatch Technique of national level collegiate lifters. Presentation at the National

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Stone, M.H., Haff, G.G., Kirksey, K.B., Stone, M.H., Warren, B.J., Johnson, R.L., Stone, M. O'Bryant, H.S. and Williams, F. The effect of six weeks of creatine monohydrate supplementation on force-time curve characteristics and lean body mass.

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Wathen D. (moderator), Stone, M.H., Antonio, J., Kraemer, W.J. and Pearson, D.

Roundtable on androgen use in athletics. Presentation at the National Strength and Conditioning Association Meeting, Kansas City, MO, June 1999.

Stone, M.H. and Triplett-McBride, N. T. Strength training for women: Intensity, volume and exercise factors: Impact on performance and health. AAOS\NIH Meeting, Bethesda, MD.

June 1999.

Stone, M.H. and Stone, M.E. General principles of strength training. UK Athletics Strength and Conditioning Seminar. John Moores University, Liverpool, UK Sept 1999.

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- Scotland, Glasgow, Scotland, December 1999.
- Stone, M.H. and Stone, M.E. Children and strength training. Coach 99 Sports Scotland, Glasgow, Scotland, December 1999.
- Stone, M.H. Children and resistance training. Lister Postgraduate Institute Sport and Exercise Medicine Conference, Edinburgh, Scotland, March 3, 2000.
- Whitley, A., Haff, G.G., McCoy, L.B., O'Bryant, H.S., Stone, M.H., Pistilli, E.E., Lehmkuel, M, Kaminsky, D., and Kilgore J.L. The effects of different set configurations on barbell velocity and displacement during clean pulls performed at 90 and 120% of one repetition maximum power clean. Presentation at the National Strength and Conditioning Association Meeting, Orlando, FL., June 2000.
- McCoy, L.B. Haff, G.G., Kilgore, J.L., Reeves, J.S., Martin, J.L., Whitley, A.C., Schilling, B.K., O'Bryant, H.S. and Stone, M.H. Kinematic analysis of the snatch of elite female weightlifters. Presentation at the National Strength and Conditioning Association Meeting, Orlando, FL., June 2000.
- Stone M.H. and Karatzaferi, C. Adaptation of muscle tissue to heavy resistance training. Symposium on Adaptation to Resistance Training. 3rd Annual congress of the European college of Sports Medicine, Jyväskylä, Finland, July, 2000.
- Schilling, B.K., Stone, M.H., Reeves, R.S., Haff, G.G., Kilgore, J.L., Pierce, K.C. and O'Bryant, H.S. Kinematic differences in the clean and clean pull exercise while using varied set protocols. 3rd Annual congress of the European college of Sports Medicine, Jyväskylä, Finland, July, 2000.
- Glaister, M., Stone, M.H., Moir, G., Fairweather, M.M. and Clark, D. Relationships between maximum strength (1 RM squat), estimated jumping power and measures of agility amongst Scottish National Badminton players. Presentation at the British Association of Sport and Exercises Medicine (BASEM), Edinburgh, Scotland, Dec 2000.
- Coleman, G.S., Stone, M.H. and Karatzaferi, C. Biomechanical differences between loaded countermovement and static squat jumps. Presentation at the British Association of Sport and Exercises Medicine (BASEM), Edinburgh, Scotland, Dec 2000.
- Stone, M.H. Children and strength training. Presentation at the "Hot Topics in Sport and Exercise Medicine" Symposium, National Sports Medicine Institute and British Association of Sport and Exercise Science (BASEM) meeting, Aviemore, Scotland, May 2001.
- Stone, M.H. Manipulation of resistance training variables in elite athletes to capitalize on hormonal responses. Presentation at the (Invited) 6th IOC Congress on Sport Sciences, salt Lake City, Utah, September 2001.
- Coleman, S.G.S., Stone, M.H. and Karatzaferi, C. Biomechanical difference between loaded

- countermovement and static squat jumps. Presentation at the International Society of Biomechanics in Sport Annual meeting. San Francisco, CA, June 2001.
- Stone, M.H. and Stone, M.E. The pulling movement(s) applied to sport. Track and Field Symposium, Ryukoku University, Kyoto, Japan, Dec 2001.
- Stone, M.H. Resistance exercise and training manipulations, which may beneficially effect hormonal Concentrations and performance. USA Track and Field Summit, Indianapolis, IN, June 2002.
- Stone, M.H. How Strong is Strong Enough. USA Track and Field Level 3 Throws Coaches Education Meeting, Las Vegas, NV, December 2003.
- Stone, M.H. Explosive Exercise. USA Track and Field Level 3 Throws Coaches Education Meeting, Las Vegas, NV, December 2003.
- Stone, M.H. Training and Recovery: USA Track and Field Recovery and Restoration Summit,
Dallas, Texas, January 2003.
- Stone, M.H. Explosive Exercise. Shreveport Sports Science and Coaching Meeting.
Shreveport,
LA, February 2003.
- Stone, M.H. Power Development. Advanced Periodization Summit (NSCA) San Diego, CA.
August, 2003.
- Stone, M.H. Overtraining. Advanced Periodization Summit (NSCA) San Diego, CA. August,
2003.
- Stone, M.H. Needs for the individual athlete. Advanced Periodization Summit (NSCA) San
Diego, CA., August, 2003.
- Stone, M.H. Training Principles and Theory. USA Judo Coaches Education Program,
Colorado
Springs, CO, Sept 2003.
- Stone, M.H., Borkowski, P. and Smith, S.L. Monitoring the Elite Strength/Power Athlete:
The USA Weightlifting Project. ACSM National Convention (USOC Colloquium),
San Francisco, CA, May 2003.
- Stone, M.H. Adapting to the Individual Needs of Athletes. Strength and Conditioning IV,
(SportScotland) Largs, Scotland, May 22, 2004.
- Sands, W.A. Jemni, M., Haff, G.G., Stone, M.H. Short-Term Recovery. USA Gymnastics
National Congress. Anaheim, CA, June, 2004.
- Sands, W.A. and Stone, M.H. Let's Get Strong. USA Gymnastics National Congress.
Anaheim,
CA, June, 2004.

Stone, M.H., Sands, W.A., Wilber, R. and Shannon, M. Sports Science in an Olympic Year: (USOC Colloquium), ACSM National Convention, Indianapolis, IN, June 2004.

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Performance in Elite American Men and Women Weightlifters. NSCA National
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of
lower extremity power in junior and senior national team gymnasts. NSCA National
Convention, NSCA National Convention, Minneapolis, MN, July 2004.

Sands, W.A., Jemni, M., Haff, G.G., Stone, M.H. Short-Term Recovery. USA Gymnastics
Men's
Junior National Training Camp, Colorado Springs, Co, July, 2004.

Stone, M.H. and Sands, W.A. The Importance of Maximum Strength in Cycling. USA
Cycling
National Coaches Summit, Colorado Springs, CO, November, 2004.

Stone, M.H. and Stone, M.E. Periodization and Planning, USA Triathlon. National Coaches
Summit, Colorado Springs, CO, December, 2004.

Stone, M.H. and Favre, M. Strength-training for Triathletes. USA Triathlon. National
Coaches
Summit, Colorado Springs, CO, December, 2004.

Stone, M.H. and Favre, M. Strength-training for Triathletes. USA Cycling. National Coaches
Summit, Colorado Springs, CO, February, 2005.

Sands, W.A., Jemni, M., Stone, M.H., McNeal, J.R., Smith, S.L., Piacentini, T. (2005).
Kinematics of vault board behaviors - A preliminary comparison. In Jemni, M. and
Robin, J-F., (Eds.), 5EME Journees Internationales de L'AFRAGA, Hammamet,
Tunisie,
11-13 Avril 2005, pp 70-77. Association Francaise de Recherche en Activites
Gymniques
et Acrobatiques, Universite de la Manouba, Tunisie.

Jemni, M., Sands, W.A., Friemel, F., Cooke, C., and Stone, M.H.. Effect of gymnastics
training on energetic components of men gymnasts. In Jemni, M. and Robin, J-F.,
(Eds).
5EME Journees Internationale de L'AFRAGA, pp 29-31. Hammamet, Tunisie, 11-13
Avril 2005, Association Francaise de Recherche en Activites Gymniques et
Acrobatique.
Universite de la Manouba, Tunisie, 2005.

- Stone, M.H., Power development: a brief overview. Presentation at the Power development Seminar, Largs, Scotland, May 2005.
- G.G. Haff, J. Carlock, M. Hartman, N. Kawamori, J. Jackson, J.L. Kilgore, R. Morris, W.A. Sands, and M.H. Stone. Force time curve characteristics and hormonal alterations in elite women weightlifters over 11-weeks of training. NSCA National convention, Las Vegas, NV, July 2005
- N. Kawamori, A.J. Crum, P. Blumert, J. Kulik, J. Childers, J. Wood, M.H. Stone, and G.G. Haff. Influence of different relative intensities on power output during the hang power clean: Identification of the optimal load. NSCA National convention, Las Vegas, NV, July 2005.
- Crum, A. J., Kawamori, N., Childers, J., Blumert, P., Stone, M.H. and Haff, G. G. The effects of a high-intensity quarter squat warm-up on vertical jump performance at different time intervals NSCA National convention, Las Vegas, NV, July 2005
- Stone, M.H USA Cycling National Coaches Clinic : Strength Training. USOC, Colorado Springs, CO, November, 2005.
- ACSM Colloquium, A.C. Fry, W. J. Kraemer and M.H. Stone. Controversies in Resistance Training. ACSM National Meeting, Nashville, TN, May-June, 2005
- Stone, M.H North Carolina State NSCA Meeting (Keynote speaker) Periodization, Boone, NC, November, 2005.
- Stone, M.H SEACSM Controversy in conditioning: Stretching: Is it worth it? Charlotte, NC, February, 2006.
- Stone M.H. and Stone M.E. Symposium on special topics in resistance training (Strength training and Endurance, Youth strength Training, how to perform the snatch), Grangemouth, Scotland, May 2006.
- Sands W.A. Stone, M.H., McNeal J.R., Jemni, M and Haff, G.G. Estimation of power output from static and countermovement vertical jumps: Junior National team male gymnasts. ACSM Annual Meeting, Denver, June, 2006.
- Haff G.G., B. Ossenbrink, B. Sands, W. A. and Stone, M.H. reliability and validity of the Computrainer™ and Powertap™ power meter. Presentation at the NSCA National Convention, Washington D.C., July 2006.
- Stone M. H. and Stone M.E. Athletic injuries: incidence and prevention. Presentation at the NSCA National Convention, Washington D.C. July 2006
- Sands, W.A. Stone, M.H., McNeal, J., Smith, S. , Jemni, J., Dunlavy, J.K., Mizushima, K. and Haff, G.G. A pilot study to measure force development during a simulated Maltese Cross for gymnastics still rings. ISBS Symposium, Salzburg, Austria, July 2006.

Stone M.H. The Importance of Maximum Strength in Explosive Exercise. NSCA Regional Meeting Boone, NC, November, 2006.

Stone M.H. Periodization: Training Principles and theory ETSU/SPEC Coaches College, East Tennessee State University, December 2006.

Sands W.A., Wurtz, B.R., Stone, M.H., Brown, M.R., McNeal, J.R., & Jemni, M. What is happening to Olympic gold medal performances? UKSCA 3rd Annual Conference 2007, SportScotland National Centre - Inverclyde, Largs, Scotland, 18-20 May 2007.

Kraska J.M. , Kinser, A.M., Whitted, C.B., Keller, J., Ramsey, M.W. Gregory Haff, G.G. Sands, W.A., Stone M.E. and Stone, M.E. Relationship of isometric peak force and rate of force development to coaches rank, agility, and agility endurance characteristics among female American collegiate football (soccer) players UKSCA 3rd Annual Conference 2007, SportScotland National Centre - Inverclyde, Largs, Scotland, 18-20 May 2007.

Stone M.H. Strength Training for Endurance Sports. Keynote Address, UKSCA 3rd Annual Conference 2007, SportScotland National Centre - Inverclyde, Largs, Scotland, 18-20 May 2007.

Stone M.H. Power Development Among Explosive Athletes. Presentation at UKSCA 3rd Annual Conference 2007, SportScotland National Centre - Inverclyde, Largs, Scotland, 18-20 May 2007.

Stone M.H. Power Outputs Among Explosive Athletes: relationship to maximum strength and strategies for development. Part of the NSCA-ACSM Symposium on Power Development. ACSM Annual Meeting, New Orleans, LA, June, 2007.

Kraska, J.M., Kinser A.M., Whitted C., Ramsey, M.W., Stone M.E., Haff G.G., Sands W.A. and Stone, M.H. Relationships between isometric force characteristics and the differences in jump height in weighted and un-weighted jumps. Presentation at the NSCA National Conference, Atlanta, GA, June, 2007.

Kraska, J.M., Ramsey, M.W., Kinser, A.M., Haff G.G., Sands W.A. Stone, M.E. and Stone, M.H. Relationship between isometric force characteristics and peak power output in static and countermovement jumps at various loading conditions. Presentation at the NSCA National Conference, Atlanta, GA, June, 2007.

Kinser A.M., Kraska, J.M., Ramsey M.W., Sands W.A., Haff G.G., Stone M.E., Stone M.H. The effect of 8 weeks of strength-power training in collegiate throwers on force-time parameters generated during a post exercise potentiation complex. Presentation at the NSCA National Conference, Atlanta, GA, June, 2007.

Ramsey, M.W., Haff G.G., Kinser A.M., Kraska J.M., Stone M.E., Sands, W.A. Hasegawa H. and Stone M.H. Isometric and dynamic force-time curve characteristics of collegiate throwers. Presentation at the NSCA National Conference, Atlanta, GA, June, 2007.

Ramsey, M.W. Kraska J.M., Kinser, A.M., Keller, J., Haff G.G., Sands, W.A. , Stone M.E. and Stone M.H. The relationship between rank and explosive strength performance in female collegiate athletes. Presentation at the NSCA National Conference, Atlanta, GA, June, 2007.

Kinser, A.M., Ramsey M.W., O'Bryant H.S., Sands W.A., Ayres C., and Stone, M.H. Vibration and stretching effects on flexibility and explosive strength in gymnasts. Presentation at the NSCA National Conference, Atlanta, GA, June, 2007.

Stone, M.H., Sands, W.A., Haff G.G., Pierce K.C. and Ramsey M.W.. Power and power potentiation among strength power athletes Presentation at the NSCA National Conference, Atlanta, GA, June, 2007.

Swisher A.M., J.M. Kraska, Ramsey, M.W., Painter, K., Layne, A. Sands, W.A. Haff, G.G. McBride J., Stone M.E. and Stone M.H. The relationship of peak isometric strength to peak aerobic power and 3000 m performance in cross-country runners. SEACSM Annual Meeting, Birmingham, AL, February, 2008

Kraska J.M., Swisher A.M., Ramsey M.W., Nelson, C., Sands W.A., Haff G.G., Hasegawa, H. . McBride, J. Stone M.E. and Stone. M.H. relationship of peak isometric strength to rate of force development among collegiate track and field athletes. . SEACSM Annual Meeting, Birmingham, AL, February, 2008.

Stone M.H. Periodization for Advance and elite Athletes. NSCA Mid- American Regional Meeting, Minneapolis, MN, May 2008.

Stone M.H. and Stone M.E. Power Outputs Among Explosive Athletes: Relationships to Maximum Strength, and Strategies for Improvement. Collegiate Strength and Conditioning Coaches Association National Meeting, Nashville, TN, May 2008

Whittington J.M., Schoen E.J. , Labounty L.L. Gentles J.A., Kraska J.M., Swisher A.M. , Keller J.E., Stone M.E., Ramsey M.W., Hamdy R.C., Haff, G.G. and Stone M.H. . Bone mineral density and content of collegiate throwers: Influence of maximum strength. SEACSM Annual Meeting, Birmingham, AL, February, 2008.

Kraska, J.M., Ramsey M.W., Haff G.G., Fethke N., Kinser A.M. , Sands W.A. , Painter, K. Stone M.E. and Stone M.H. Relationship between isometric force characteristics and the difference in un-weighted and weighted vertical jump height. UKSCA Annual Meeting, Belfast, NI, June 2008.

Stone, M.H. Periodization for Advanced and Elite Athletes NSCA National Conference, Las Vegas, NV, July 2008.

Winchester J.B. Nelson, A.G. Stone, M.H., Manor B.D. and Stewert L. The relationship and repeatability of hormonal markers to performance indicators in collegiate males. NSCA Annual Meeting, Las Vegas, July, 2008

Kinser A. M. Kimmel. W.L., Wurtz B.R., Sands, W.A. and Stone M.H. Recovery stress questionnaire: Marker of drop jump performance and under-recovery? NSCA Annual

Meeting, Las Vegas, July, 2008

Haff G. Stone M.H. and Hornsby, W.G. The comparison of accelerometer based estimates of maximal bench press strength and actual 1-repetition maximum tests in untrained college students NSCA Annual Meeting, Las Vegas, July, 2008

Stone M.H., Stone M.E. and Sands W.A. Overtraining, Recovery and Restoration. Strength and Conditioning for the Medical Professions, ETSU, Johnson City, TN, August 2008.

Winchester JB, Nelson A.G., Stewart, L.K. Stone M.H., and Moffitt, J.T. Hormonal markers show strong relationship with strength and power performance in NCAA D-I football players. 6th International Conference on Strength Training: Colorado Springs, CO, October, 2008

Swisher, A.M., Stone, M.H., Ramsey, M.W. Stone, M.E. Nelson, C. Kavanaugh, A., Layne, A. The relationship of strength, and power characteristics to overhead shot throw performance in NCAA Division 1 male throwers. 3rd Annual ETSU Coaches College, Johnson city, TN, December 2008.

Molinari, M., Painter, K., Ruben, R., Ramsey, M.W., Stone, M.E., Haff, G. G. and Stone, M.H.
Comparison of daily undulating with traditional periodization in collegiate track and field athletes. 3rd Annual ETSU Coaches College, Johnson City, TN, December 2008.

Stone M.H. The training process: Periodization a key element. Presentation at the 3rd Annual ETSU Coaches College, Johnson city, TN, December 2008.

Stone M.H. The Basics of Planning the Training Process– an introduction (workshop)
Presentation at the 3rd Annual ETSU Coaches College, Johnson city, TN, December 2008.

Patel, K., McInnis, T., Pierce, K. Michael Stone M. Sex differences in power output as determined by static and countermovement jumping. Presentation at the 7th Annual Conference: Girls and Women in Health and Physical Activity, LSU-Shreveport, Feb, 2009

Sands W.A., McNeal, J.R and Stone M.H. Vibration, Split Stretching, and Static Vertical Jump Performance in Young Male Gymnasts. Presentation at the National ACSM meeting Seattle, WA, June, 2009.

McNeal J.R., Sands W.A. and Stone M.H. Upper Extremity Power Characteristics in Men's National Team Gymnasts Presentation at the National ACSM meeting Seattle, WA, June, 2009.

Winchester JB, AG Nelson, LK Stewart, and MH Stone Testosterone to cortisol ratio shows strong relationship with adaptation to a strength and power training regimen in American-style collegiate football players. Presentation at the National ACSM meeting Seattle, WA,

June, 2009.

Kavanaugh, A.A, Ramsey, M.W. South, M., Painter, K, Hamdy, R.C., Haff, G.G., Stone, M.E., Byrne, M.M, and Stone, M.H. Relationship of training volume to bone mineral density in NCAA division in cross-country runners. UKSCA National Meeting, Bedford, England, June, 2009.

Kavanaugh, A.A. Birdsell, H., Kowalyk, L. Livingston, T., Nowell, H., Patton, T., Ramsey, M.W., Sands, W.A. and Stone M.H. Acute effects of whole body vibration on static jump performance. UKSCA National Meeting, Bedford, England, June, 2009.

Winner of Outstanding Poster Presentation

Swisher, A.M., Haff, G.G., Kavanaugh, A.A. Nelson, C., Layne, A., Ramsey, M.W. Stone, M.E., Stone, M.H., Relationship of strength, and power characteristics to overhead shot throw performance in NCAA Division 1 male throwers. UKSCA National Meeting, Bedford, England, June, 2009.

Haff, G., Ruben, R., Molanari, M. Painter, K., Ramsey, M.W., Stone M.E. and Stone, M.H. The relationship between the eccentric utilization ratio, reactive strength and pre-stretch augmentation and selected dynamic and isometric muscle actions. NSCA Annual Meeting, Las Vegas, July, 2009.

Stone M.H. Weightlifting Movements: pulling technique. 4th annual ETSU Coaches College, December 2009.

Stone M.H. Resistance training: setting the load 4th annual ETSU Coaches College, December 2009.

Stone M.H. Periodization for Strength Power Sports. 4th annual ETSU Coaches College, December 2009.

Stone M.H. Periodization Revisited. Warhawk Strength and Conditioning Symposium. LSU-Monroe, March 2010.

Stone M.H. Periodization Revisited. North Carolina State NSCA Meeting, ASU, Boone, NC, May 2010.

Stone M.H. Periodization, Tennessee State NSCA Meeting, MTSU, Murfreesboro, TN, June, 2010

G. G. Haff, Keith B. Painter, Mike W. Ramsey, N. Travis Triplett, Jeff McBride, Charles Stuart, William A. Sands, Margaret E. Stone, Michael H. Stone. Comparison of Different Periodized Training Programs: Traditional versus Daily Undulating. UKSCA Annual Meeting Milton-Keynes, England, June 2010.

E.M. Owens, A.J. Serrano, M.W. Ramey, S. Mizuguchi, B. Johnston, M.H. Stone. Comparing lower-limb asymmetries in NCAA D-1 male and female athletes. NSCA, Annual Meeting, Orlando, FL, July, 2010.

G. G. Haff, Keith B. Painter, Mike W. Ramsey, N. Travis Triplett, Jeffery M. McBride, Charles Stuart, William A. Sands, Margaret E. Stone, Michael H. Stone. Comparison of block versus dup training among Division-1 (D-1) collegiate track and field athletes: an exploratory study. NSCA, Annual Meeting, Orlando, FL, July, 2010.

A.A. Kavanaugh, M.A. South, R.C. Hamdy, M.E. Stone, M.H. Stone, and M.W. Ramsey. The Effect of 4 Months Whole Body Vibration on Bone Mineral Density of Division I Cross Country/Distance Runners. NSCA, Annual Meeting, Orlando, FL, July, 2010.

A.A. Kavanaugh, M.W. Ramsey, D.A. Williams, G.G. Haff, W.A. Sands and M.H. Stone. The acute effect of whole body vibration on 30 meter fly sprint performance, in NCAA Division 1 sprinters and jumpers. NSCA, Annual Meeting, Orlando, FL, July, 2010.

G.G. Haff, R. Ruben, H. Saffel, J. McCrory, P. Cormie, W. Sands, and M.H. Stone. Reliability of accelerometer based performance measurements during countermovement vertical jumps and the influence of sampling frequency. NSCA, Annual Meeting, Orlando, FL, July, 2010.

Stone M.H. Mechanisms of Skeletal Muscle Hypertrophy. Department of Internal Medicine Seminar, Quillen College of Medicine, Johnson City, TN, July, 2010

Stone M.H. Periodization Revisited. Jayhawk Strength and Conditioning Symposium/NSCA Regional Meeting University of Kansas, July 2010.

Stone M.H., Johnston B. and Elbin R.J. American football: Lessons learned from sport science and sports medicine: Strength and Conditioning for American football: a brief Overview. Training for Throwers: ETSU Experience. 5th annual Coaches College, ETSU, December, 2010

Stone M.H. Training for Throwers: ETSU Experience. Training for Throwers: ETSU Experience. 5th annual Coaches College, ETSU, December, 2010

Stone M.H. What is Sport Science. 5th annual Coaches College, ETSU, December, 2010.

Carter, C., Owens, E., Serrano, A., Hornsby W., Lamont R.J. and Stone M.H. Relationship of strength and power characteristics and performance in collegiate weightlifters. 5th annual Coaches College, ETSU, December, 2010.

Gray H.S., Mizuguchi S., Nowell, H. Ramsey M.W., Winchester, J. and Stone M.H. Pilot Study - Tracking session RPE TRIMP during an NCAA D1 men's soccer season with special emphasis on practical application. 5th annual Coaches College, ETSU, December, 2010.

Hornsby W.G., Carter, C.R., Haff, G.G., Ramsey M.W., Dotterwiech A.R., Triplett, N.T., Stuart C.A., Stone M.E. and Stone M.H. Hormone and Adipokine alterations across 11 weeks of training in Division 1 collegiate throwers: An exploratory study. ETSU Appalachian Student forum, ETSU, April, 2011.

MacDonald C.J., Lamont H.S. Garner J.C., Jackson K., Kavanaugh A.A., Carter C.R., Owens E.M. and Stone M.H. Relationships between measures of jump performance and strength following three different methods of resistance training. SEACSM meeting, Greenville, SC, February, 2011.

Sands W.A., Kimmel W.L. Garcia E.B., McNeal J.R. and Stone M.H. . A comparison of male and female pairs figure skaters in repeated jumps power. ACSM Annual Meeting, Denver, CO, June, 2011.

Stone M.H. Sato K. Teaching Weightlifting Movements. 6th Annual Coaches College ETSU, October 2011.

Stone M.H and Stone M.E. Application of weightlifting pulling movements. Annual Australian Strength and Conditioning Association meeting, Brisbane, Australia, November 2011

Stone M.H. What is sport science? Annual Australian Strength and Conditioning Association meeting, Brisbane, Australia, November 2011

Stone M.H. Mechanisms of skeletal muscle hypertrophy. Australian Institute of Sport, Canberra, Australia, November, 2011

Sato, K., Bazyler, C., Beckham, G., Gray, H., Hornsby, G., Kavanaugh, A., MacDonald, C., Mizuguchi, S., Stone, M., & Stone, M. Force output comparison between six U.S. collegiate athletic teams. In: Bradshaw, E.J., Burnett, A., Hume, P.A. (eds.), eProceedings of the 30th Conference of the International Society of Biomechanics in Sports, 2011: Volume 1: pp 122. ISBN 978-1-922097-01-9.

Chaing, C.Y, McInnis, T.M. and Sato K. Using a Vertical Jump as Monitoring Purpose of Resistance Training Progress for Women's Volleyball. ACSM Annual meeting, San Francisco, June 2012.

MacDonald, C. Alexander, R., Sayers, A., Gray H., Israel, M. Gentles J., Casey A., Sams, M., Lamont H., Ramsey, M. and Stone M. Changes in Measures of Power in NCAA DI Female Soccer Athletes Through Competitive Seasons. ACSM Annual meeting, San Francisco, June 2012.

Gray, H.S., Mizuguchi, S., Calabrese S., Meredith J.D., MacDonald C.J., Cardinale M. Haff G.G., Ramsey M.W., Sayers A.L. and Stone M.H. A Comparison Between The Polar Team² and Session-RPE Training Loads in NCAA Soccer Players. ACSM Annual meeting, San Francisco, June 2012.

- Kavanaugh A.A., Israel M.A., MacDonald C.J. , Mizuguchi, S., Sato K Lamont, H.S. and Stone, M.H. Acute postactivation potentiation using isometric and dynamic mid-thigh clean pulls in trained weightlifters, powerlifters, and sprint cyclist. NSCA National meeting, Providence, RI, July 2012
- Mizuguchi S, Sands, W.A., Lamont H.S. and Stone M.H. Identification of Force-Time Curve Characteristics That Contribute to Net Impulse in Vertical Jumping – a Multiple Regression Analysis Approach. NSCA National meeting, Providence, RI, July 2012
- Stone M.H. Developing Power and Explosiveness 7th Annual ETSU Coaches College, Johnson City TN, December 2012.
- Stone M.H. Development of power. Symposium on Resistance training Adaptations (with E. Rawson, J. McCarthy and V. Alvar) ACSM Annual Meeting, Indianapolis, IN, June 1, 2013.
- Stone M.H. Overtraining in Strength Power Athletes. Symposium on Overtraining (with W.A. Sands and R. Wilber). ACSM Annual Meeting, Indianapolis, IN, June 1, 2013.
- Sands W.A., McNeal J.R., Almbaugh B. Penitente, G., Monem, J., Murray S.R., Chiang C-Y. Sole C. and Stone M.H. Tumbling take-off foot comparisons – two types of gymnastic spring floors. ACSM Annual Meeting, Indianapolis, IN, June 1, 2013.
- Stone M. and Sato K. Developing Power Annual ISBS meeting, Taipei, Taiwan, July 2013.
- Stone M.H. Training Principles. 8th Annual ETSU Coaches College, Johnson City TN, December 2013
- Stone M.H. Pulling Movements for Sport. 8th Annual ETSU Coaches College, Johnson City TN, December 2013
- Sole C.J., Kavanaugh A.A., Reed J.P., Sands W.A. , FACSM and Stone M.H. .Injuries in NCAA division in women’s volleyball: a four-year retrospective analysis. 8th Annual ETSU Coaches College, Johnson City TN, December 2013
- Bailey, C, Sato, K., Johnston, B. 1, Sands, W.A., Burnett, A., and Stone, M.H. Kinetic and kinematic asymmetries during unloaded and loaded static jumps. 8th Annual ETSU Coaches College, Johnson City TN, December 2013
- Sole, C.J., A.A. Kavanaugh, W.A. Sands, J.P. Reed and M.H. Stone. Time-series analysis of injury occurrence in NCAA Division I women’s volleyball. 61st ACSM annual meeting. Orlando, FL. May, 2014.
- Chiang, C-Y., McInnis T.C., Sato K. Using a Vertical Jump as Monitoring Purpose of

Resistance Training Progress for Women's Volleyball. 61st ACSM annual meeting. Orlando, FL. May, 2014.

Beckham G.K. , Sato K., Suchomel T.J., Sands W.A., Stone M.H.. Changes in peak acceleration in the snatch across multiple - Attempts in training: a case study Presentation at the ISBS Meeting, Johnson City TN, July 2014.

Sole C.J., Mizuguchi S., Suchomel T.J., Sands W.A., and. Stone M.H. Longitudinal monitoring of countermovement jump mechanical variables: a preliminary investigation. Presentation at the ISBS Meeting, Johnson City TN, July 2014.

Chiang C-Y., Bailey C.A. , Sole C.J., Suchomel T.J., Sato K., and Stone M.H. Leg dynamic strength predictors of a pre-planned change of direction task in NCAA division 1 soccer players. Presentation at the ISBS Meeting, Johnson City TN, July 2014.

Stone M.H. Power Development in Sport 9th annual Coaches College, Johnson city TN, December, 2014.

Bailey, C., McInnis, T., Sato, K. , Johnston, B. , Sha, Z., and Stone, M.H. Is a 20 kg load sufficient to simulate fatigue in squat jumps? 9th annual Coaches College, Johnson City TN, December, 2014.

Suchomel T.J., Sole C.J., and Stone M.H A comparison of three methods of assessing lower body stretch-shortening cycle utilization of athletes. Presentation at the NSCA National Meeting, Las Vegas, NV, July 2015

Stone M.H. Power Development. NSCA Coaches Conference, Louisville, KY, January, 2015.

Sole, C.J., Bazyler, C.D., Kavanaugh A.A., Mizuguchi, S. & Stone M.H. Relationship between internal and external estimates of training load using wearable inertial sensors. Presentation at the SEACSM meeting, Jacksonville, Fl, February, 2015.

C.D. Bazyler, A.P. Harrison, S. Mizuguchi, K. Sato, B.H. DeWeese, M.H. Stone. Tapering for throwing performance: an exploratory study. Presentation at the SEACSM meeting, Jacksonville, Fl, February, 2015.

Suchomel T.J., Sole C.J., and Stone M.H. The effect of a competitive season on performance characteristics in male soccer players. Presentation at the SEACSM meeting, Jacksonville, Fl, February, 2015.

Sato K., Carroll K., Stone M.H. Examination of bar velocity in barbell back squat. Presentation at the ISBS meeting, Tsukuba, Japan, July 2016.

Fiolo, N. and Stone M.H. The effects of a short-term block periodized strength training program on force production and running economy and kinematics in a highly trained marathon runner. SEACSM Annual Meeting, Greenville, SC, February, 2017.

Carroll, K.M., Liu, C., Sato K. and Stone M.H.. Lower extremity explosive strength relates to swing velocity performances in NCAA division-I softball athletes. SEACSM

Annual Meeting, Greenville, SC, February, 2017.

Stone M.H., Stone M.E. and Sato K. Endurance: Influence of Strength training. Presentation at the National Chinese Institute of Sport Science. Beijing, July 2017.

Stone M.H., Stone M.E. and Sato K. Endurance: Influence of Strength training. Presentation at the 3rd annual Sports and Coaching Science Conference., Taipei, July 2017.

Bernard J., Carroll K., J. Miller J., and Stone M. Neutrophil: Lymphocyte ratio as a potential biomarker for fatigue and recovery. Presentation at the NSCA National Meeting, Las Vegas, July 2017.

Carroll K., Bernard J.R. and Stone M.H. Skeletal muscle hypertrophy, maximal strength, and rate of force development: effects of resistance training loading strategy. Presentation at the 12th annual Sport Science and Coaches College, Johnson City, TN, December 2017.

Carroll K., Bernard J.R. and Stone M.H. Comparing Muscle Hypertrophy and Myosin Heavy Chain Content between Relative Intensity and Repetition Maximum Resistance Training, Presentation at the National ACSM meeting, Indianapolis, IN, July 2018.

Suarez D. G., Mizuguchi S. Hornsby G. and Stone M.H. Effects of weightlifting training on isometric mid-thigh pull rate of force development Presentation at Presentation at the 13th annual Sport Science and Coaches College, Johnson City, TN, December 2018. **Winner of Outstanding Poster Presentation**

Spencer, T. Perkins A.R., Mizuguchi S., Stone M.H., Breuel K.F., and Bazyler C.D. Validity of the short recovery and stress scale in collegiate weightlifters. Presentation at the Annual NSCA meeting , Washington D.C., July 2019.

Beckham, G. Suchomel, T.J., Sole, C.J., Kim S.B., and Stone M.H. Influence of sex, relative maximal strength and unloaded vertical jump height on the countermovement vertical jump. Presentation at the Annual NSCA meeting, Washington D.C., July 2019.