Curriculum Vitae

CHARLES E. ROBISON, Ph.D., ACSM CEP, ACSM EP-C

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Education

UNIVERSITY OF NORTH CAROLINA- GREENSBORO

Ph.D. in Exercise Physiology, 2011

* Dissertation: “The Relationship Between Oxidized Low-Density Lipoprotein and Paraoxonase 1 Following Acute Exercise”

UNIVERSITY OF CENTRAL MISSOURI

M.S. in Physical Education/Exercise and Sports Science, 2006

* Thesis: “Cardiovascular Disease Risk of Division-II College Football Players”

MISSOURI SOUTHERN STATE UNIVERSITY

B.S.Ed. in Physical Education, 2004

* Licensed to teach K-12 Physical Education and Health in Missouri

Professional Memberships

American College of Sports Medicine 2005-present

Southeast Chapter of the American College of Sports Medicine 2006-present

Clinical Exercise Physiology Association 2015-present

Missouri Association of Health, Physical Education, Recreation and Dance 2004-2005

Awards

* Teaching Excellence Award (nominee) 2013, 2014, 2015, 2017 George Mason University
* Career Connection Faculty Award (nominee) 2016, George Mason University
* Outstanding Graduate Teaching Assistant Award (winner) 2008-2009, School of Health and Human Performance, University of North Carolina-Greensboro

Certifications

American College of Sports Medicine Certified Clinical Exercise Physiologist, certification number 1045426

American College of Sports Medicine Certified Exercise Physiologist, certification number 1018574

American Red Cross certified CPR/AED for the Professional Rescuer and the Healthcare Provider

Teaching Experience

**George Mason University**

*Associate Professor of Kinesiology*- August 2019-present

*Assistant Professor of Kinesiology -* August 2011-2019

*Kinesiology Internship Coordinator*-2012-2016

*Kinesiology Academic Program Coordinator*- 2016-2018

*Graduate Courses*

Advanced Exercise Physiology (EFHP 610) 3 hrs, 4 sections

\*Advanced Exercise Physiology (EFHP 610 online) 3 hrs, 2 sections

\*Advanced Exercise Physiology (EFHP 610 hybrid) 3 hrs, 1 section

Teaching Internship in Kinesiology (EDUC 994) 3 hrs, 1 section

Special Topics (EFHP 598) 3 hrs, 1 section

Independent Study (EFHP 599) 3 hrs, 4 sections

Directed Research (EFHP 798) 3 hrs, 4 sections

*Undergraduate Courses*

Exercise Physiology II (KINE 410) 3 hrs, 16 sections

\*Exercise Physiology II (KINE 410 online) 3 hrs, 1 section

\*Exercise Prescription and Programming for Special Populations (KINE 380) 3 hrs,

16 sections

Exercise Prescription and Programming (KINE 350) 3 hrs, 6 sections

Measurement and Evaluation of Fitness (KINE 370) 3 hrs, 2 sections

Kinesiology Internship III (KINE 490) 12 hrs, 7 sections

\*Kinesiology Internship II (KINE 441) 3 hrs, 3 sections

Kinesiology Internship I (KINE 341) 3 hrs, 4 sections

Seminar in Exercise Science and Health Promotion (HEAL 430) 3 hrs, 1 section

\*Developed Course

*Guest Lectures*

* “Analysis of a Maximal Oxygen Consumption Test- Did the Participant *Actually* Reach Max?” (EFHP 825) Spring 2018
* “Electrocardiography” (EFHP 815) Fall 2017
* “Measurement of Human Energy Expenditure” (EFHP 815) Fall 2017, Fall 2019
* “Applied Exercise Physiology” (EFHP 612) Fall 2011, 2012, 2013
* “Direct Measurement of Maximal Oxygen Consumption” (EFHP 611) Spring 2014

*Community Seminar*

* “Weight Loss: Aerobic vs. Anaerobic Exercise” Delivered to patrons and personal trainers at the Freedom Aquatics and Fitness Center, Manassas, VA, Fall 2012

**Elon University**

*Instructor, Exercise Science Department-* August 2010-May 2011

*Undergraduate Courses*

Applied Exercise Physiology (ESS 424) 4 hrs, 2 sections

Epidemiology of Physical Activity (ESS 322) 4 hrs, 2 sections

Advanced Strength Training (ESS 315) 4 hrs, 1 section

Research Methods (ESS 295) 4 hrs, 1 section

*Guest Lectures*

* “Epidemiology of Physical Activity” (PHS 301) Fall 2010 and Spring 2011

*Guest Speaker*

* “How to be Your Own Personal Trainer” An open campus presentation sponsored by Elon University’s Exercise Science Society, Spring 2011

**University of North Carolina-Greensboro**

*Graduate Teaching/Research Assistant, Kinesiology Department-* August 2006-May 2010

*Undergraduate Courses*

Exercise Physiology (KIN 375) 3 hrs, 1 section

Exercise Physiology Lab (KIN 375L) 1 hr, 6 sections

Techniques in Exercise and Fitness Testing (KIN 467) 2 hrs, 8 sections

Teaching Assistant for Exercise Instruction (KIN 379) 3 hrs, 4 sections

Beginning Golf (KIN 127) 1 hr, 2 sections

*Guest Lectures*

* “Bioenergetics” Exercise Physiology (KIN 375) Fall 2007
* “Cardiovascular Physiology” Exercise Physiology (KIN 375) Fall 2007
* “Ventricular Dysrhythmia” Exercise and Fitness Testing (KIN 468) Fall 2008
* “Implementing Learning Styles into Exercise Instruction” Exercise Instruction (KIN 379) Spring 2009
* “Muscular Fitness and Flexibility Testing” Advanced Fitness Assessment (KIN 668) Spring 2009

**University of Central Missouri**

*Graduate Teaching Assistant, Health and Human Performance Department-* August 2004-May 2006

*Undergraduate Courses*

Lifetime Fitness (PE 1206) 3 hrs, 5 sections

Personal Health (HED 1100) 3 hrs, 1 section

Beginning Golf (PE 1230) 1 hr, 9 sections

Weight Training (PE 2200) 1 hr, 3 sections

Aerobic Conditioning (PE 1203) 1hr, 1 section

Graduate Student Mentorship

Sarah Adcock, 2017-2019

Thesis “Effectiveness of the ForeverFit Weight Loss Program.” Primary advisor

Katherine Miller, 2015-2016

Thesis “Mean arterial pressure following high-intensity interval exercise and moderate-intensity continuous exercise.” Primary advisor

Amanda Cary, 2012-2014

Thesis: “Self-esteem and self-efficacy are not related to body fat percentage in depressed, overweight adolescents.” Primary advisor

Recipient of Exercise, Fitness, and Health Promotion Outstanding Student Award, 2014

Devon Grassi, 2012-2014

Thesis: “The effect of high-intensity interval exercise and moderate-intensity continuous exercise on postexercise hypotension.” Primary advisor

John Delgado, 2011-2013

Thesis: “An acute bench press program design implementing chains to increase force production of a plyometric push-up.” Secondary advisor

Undergraduate Student Mentorship

Darlene Aniebonam, Fall 2015

Undergraduate Research Scholar Program award winner

“The effect of high-intensity interval exercise and moderate continuous exercise on postexercise hypotension.”

Peer-Reviewed Publications

**Robison CE**, Davis PG, Goldfarb A, Mellick P, Ackerman TA. Relationship between oxidized low-density lipoprotein and paraoxonase 1 in response to acute exercise (in preparation).

**Robison CE,** Miller, K, Grassi D, Ambegaonkar J.Post exercise hypotension following bouts of high intensity interval exercise and moderate intensity continuous exercise (in preparation).

JonesMT, Oliver JM, Delgado JC, Merrigan JJ, Jagim AR, **Robison CE**. Effect of acute complex training on upper body force and power in collegiate wrestlers. *Journal of Strength and Conditioning Research,* 33(4): 902-909, 2019.

Hebert E, Wood R, Jenkins JM, **Robison CE**. Internship management, placement, and on-site visits in kinesiology. *Kinesiology Review,* 6(4): 394-401, 2017.

Wagganer JD, **Robison CE**, Ackerman TA, Davis PG. Effects of exercise accumulation on plasma lipids and lipoproteins. *Applied Physiology, Nutrition, and Metabolism,* 40(5): 441-7, 2015.

**Robison CE**. They just want to play: A discussion of home school students' participation in public school athletics*. Michigan Association for Health, Physical Education, Recreation and Dance Journal*, Winter: 6-8, 2006.

**Robison CE**. Fat and fiber intake of division II college football players. (Abstract). *Missouri Association for Health, Physical Education, Recreation and Dance Journal,* 16: 98, 2006.

Presentations

**Robison CE**, Davis PG, Goldfarb A, Mellick P. The association between oxidized low density lipoprotein concentration and paraoxonase-1 activity, total antioxidant capacity, and low density lipoprotein concentration in highly trained individuals (Abstract). Poster session presented at the annual meeting of Experimental Biology, San Diego, CA, 2018.

**Robison CE** (2018). *Guess the Ending- A Strategy* *to Evoke Student Engagement in a Journal Article Discussion.* Round table discussion at the American Kinesiology Association Leadership Workshop, Denver, CO, 2018.

Miller K, Grassi D, **Robison CE**, Ambegaonkar JP. Comparison of heart rate and blood pressure among a non-exercise session and before high intensity interval exercise and moderate intensity continuous exercise in college-age normotensive adults (Abstract). Poster session presented at the annual meeting of the American College of Sports Medicine, Denver, CO, 2017.

**Robison, CE** (2017). *Elements of an Effective Site Visit*. Round table discussion at the American Kinesiology Association Leadership Workshop, Dallas, TX, 2017.

Cary A, **Robison CE**, Rallis BA, Machell KA, Bean M, Mehlenbeck R. Physical activity, but not percent body fat, is related to depression in overweight/obese, depressed adolescents. (Abstract). Thematic poster presentation at the annual meeting of the American College of Sports Medicine, Orlando, FL, 2014.

Rallis BA, Machell KA, Mehlenbeck R, Esposito-Smythers C, **Robison CE**, Cary A, Bean M. Combined CBT and Physical Activity Treatment for Depressed Obese Adolescents. (Abstract) Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapy, Philadelphia, PA, 2014.

JonesMT, Oliver MJ, Delgado J, **Robison CE**. Acute upper body complex training with accommodating resistance in collegiate male wrestlers. Oral presentation at the annual meeting of the European College of Sport Science, Amsterdam, NED, 2014.

Wagganer JD, **Robison CE**, Davis PG. Effects of exercise accumulation on plasma lipid and lipoprotein concentrations. (Abstract). Poster session presented at the annual meeting of the American College of Sports Medicine, Baltimore, MD, 2010.

Davis PG, **Robison CE**, Rankinen T, et al. Endurance exercise training and high-molecular weight adiponectin: the HERITAGE Family Study. (Abstract). Poster session presented at the annual meeting of the American College of Sports Medicine, Indianapolis, IN, 2008.

Professional Journal Reviewer

*International Journal of Sports Medicine,* 2019

*Physical Therapy and Rehabilitation*, 2014

*Journal of Dance Medicine and Science*, 2012

Grants

*The Childhood, Health, Exercise & Wellness (CHEW) Project,* Academy for Dietetics and Nutrition, Lifestyle Interventions for Childhood Overweight and Obesity Prevention Research Endowment Fund, 2014, Co-Investigator, $35,000 (not funded).

*The Childhood, Health, Exercise & Wellness (CHEW) Project,* Academy of Nutrition and Dietetics, Champions for Healthy Kids Grant, 2014, Co-Investigator, $20,000, (not funded).

*Cognitive-Behavioral and Physical Activity Intervention for Overweight/Obese Adolescents with Co-Occurring Depression*, Seed Grant from the College of Education and Human Development, George Mason University, 2013, Co-Investigator, $4000, (funded).

*The Relationship between Oxidized Low-Density Lipoprotein and Paraoxonase 1 Following Acute Exercise,* American College of Sports Medicine, Doctoral Student Research Grant, 2010, Principle Investigator, $5000, (not funded).

*The Relationship between Oxidized Low-Density Lipoprotein and Paraoxonase 1 Following Acute Exercise,* University of North Carolina at Greensboro, Susan Stout Research Grant, 2010, Principle Investigator, $1500 (funded).

Laboratory Skills

* VO2 max assessment via treadmill and cycle ergometer
* ECG preparation
* BodPod technician
* Skinfold measurement
* Blood pressure via auscultation and oscillometric automated device (Omron)
* Physical activity measurement via SenseWear Armband
* Phlebotomy
* Processing and storing human plasma and serum
* ELISA, spectrophotometric, and colorimetric laboratory procedures
* Blood lactate analysis via finger prick
* Statistical Package for the Social Sciences (SPSS)

Service Positions

Kinesiology Program (undergraduate) Committee member- George Mason University, 2011-present

Exercise, Fitness, and Health Promotion Program (graduate) Committee member- George Mason University, 2011-present

Sports Medicine, Assessment, Research, and Testing (SMART) Laboratory Committee member- George Mason University- 2011- present

College of Education and Human Development Dean’s Council member-George Mason University- 2016-2018

Kinesiology Faculty Search Committee Chair- George Mason University- 2017, 2018

Kinesiology Internship Coordinator Search Committee Chair- George Mason University- 2018

Kinesiology Faculty Search Committee- George Mason University- 2012, 2013, 2014, 2018

Quiz Bowl Committee- Southeast Chapter of the American College of Sports Medicine annual conference, Greenville, SC, 2017, 2018

Reviewer of abstract submissions for the Southeast Chapter of the American College of Sports Medicine annual conference, 2018, 2019

Session Chair- “Leveraging Technology To Teach Exercise Science And Physical Activity Classes In Blended And Online Classroom Environments” Southeast Chapter of the American College of Sports Medicine annual conference, Greenville, SC, 2017

Reviewer of undergraduate grant proposals for the Undergraduate Research Scholar Program at George Mason University, 2015-2016

Reviewer of undergraduate award abstract submissions for the Southeast Chapter of the American College of Sports Medicine annual conference, Greenville, SC, 2014

Curriculum Committee member- School of Recreation, Health and Tourism- George Mason University, 2013-2016

Athletic Training Faculty Search Committee- George Mason University- 2013

Kinesiology Department Colloquium Committee member- University of North Carolina-Greensboro- 2008-2010

Conference Attendance and Professional Development

American College of Sports Medicine annual meeting, 2007-2018

American College of Sports Medicine southeast region annual meeting- 2007-2011, 2017-2018

American Kinesiology Association Leadership Workshop, 2017, 2018

Innovations in Teaching and Learning Conference, 2012-2018

Lilly Teaching Conference, 2016

Missouri Association for Physical Education, Health, Recreation and Dance Convention, 2005-2006

Online Course Development Institute, 2016

Coaching Experience

American Legion Summer Baseball, Assistant Coach, 1999-2000, Poplar Bluff, MO

High School Girls Soccer, Volunteer Assistant Coach, 2004, Joplin, MO

American Legion Summer Baseball, Assistant Coach, 2004, Joplin, MO

Extracurricular Activities

Missouri Southern State University Baseball, 2001-2003

Recreational endeavors include soccer, softball and golf. I have ran numerous 5k races and have completed two ½ marathons. I also enjoy resistance training regularly.