

# Scott A. Conger

## CONTACT INFORMATION

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Department of Kinesiology  
Boise State University  
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## EDUCATION

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- 2011      **Ph.D.**, The University of Tennessee  
Major: Kinesiology (Concentration: Exercise Physiology)
- 2001      **M.S.**, The University of Tennessee  
Major: Human Performance and Sport Studies (Concentration: Exercise Physiology)
- 1998      **B.A.**, University of Arkansas at Little Rock  
Major: Psychology

## PROFESSIONAL EXPERIENCE

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- 2018-present      **Associate Professor** – Department of Kinesiology
- 2013-2018      **Assistant Professor** – Department of Kinesiology  
Boise State University, Boise, ID
- 2012-2013      **Visiting Assistant Professor** – Department of Kinesiology, Recreation, and Sport Studies  
The University of Tennessee, Knoxville, TN
- 2011-2012      **Assistant Professor** – Department of Sports Medicine and Nutrition  
**Laboratory Manager** – Warrior Human Performance Research Center (Coronado, CA)  
University of Pittsburgh, Pittsburgh, PA
- 2009-2011      **Graduate Research Assistant** – Department of Kinesiology, Recreation, and Sport Studies  
The University of Tennessee, Knoxville, TN
- 2007-2009      **Graduate Teaching Assistant** – School of Applied Physiology  
Georgia Institute of Technology, Atlanta, GA
- 2003-2007      **Research Associate** – Department of Geriatrics  
**Laboratory Manager** – Nutrition, Metabolism, and Exercise Laboratory  
University of Arkansas for Medical Sciences, Little Rock, AR
- 2002-2003      **Research Associate II** – Department of Physical Medicine and Rehabilitation  
**Research Coordinator** – Spinal Cord Injury Exercise Laboratory  
University of Michigan Medical School, Ann Arbor, MI

- 2001-2002      **Lecturer** – Department of Exercise Science and Sport Management  
The University of Tennessee, Knoxville, TN
- 2001-2002      **Fitness Specialist** – Blount Memorial Wellness Center at Springbrook  
Blount Memorial Hospital, Maryville, TN

## CERTIFICATIONS

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- 1997-2002, 2008-present      American Red Cross CPR-Professional Rescuer  
2000-present      ACSM Certified Exercise Physiologist (Cert. # 14596)  
2002-present      ACSM Certified Clinical Exercise Physiologist (Cert. # 3984)  
2002-2008      AHA Advanced Cardiac Life Support  
2002-2008      AHA Basic Life Support

## PROFESSIONAL AFFILIATIONS

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- 2001-present      American College of Sports Medicine  
2007-2013      Southeast Chapter of the American College of Sports Medicine  
2008-2012      American Physiological Society

## PUBLICATIONS

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(Note: Underlined author names indicate students working under the direction of S.A. Conger)

### Refereed Journal Articles

1. **Conger, S.A.**, S.J. Strath, and D.R. Bassett, Jr. Validity and Reliability of the FitSense FS-1 Speedometer during walking and running. *International Journal of Sports Medicine*. 26: 208-213, 2005.
2. Millard-Stafford, M., W.L. Childers, **S.A. Conger**, A.J. Kampfer, and J.A. Rahnert. Recovery nutrition: timing and composition following endurance exercise. *Current Sports Medicine Reports*. 7(4): 193-201, 2008.
3. Kortebein, P., T.B. Symons, A. Ferrando, D. Paddon-Jones, O. Ronsen, E. Protas, **S. Conger**, J. Lombeida, R. Wolfe, and W.J. Evans. Functional impact of ten days bed rest in healthy older adults. *Journal of Gerontology, Series A Biological Sciences and Medical Sciences*. 63(10): 1076-1081, 2008.
4. **Conger, S.A.**, G.L. Warren, M.A. Hardy, and M.L. Millard-Stafford. Carbohydrate plus caffeine versus carbohydrate: additional ergogenic benefit? *International Journal of Sports Nutrition and Exercise Metabolism*. 21: 71-84, 2011.
5. **Conger, S.A.** and D.R. Bassett, Jr. A compendium of energy costs of physical activities for individuals who use manual wheelchairs. *Adapted Physical Activity Quarterly*. 28: 310-325, 2011.
6. Bassett, D.R. Jr., R.C. Browning, **S.A. Conger**, D.L. Wolff, and J.I. Flynn. Architectural design and physical activity: an observational study of staircase and elevator use in different buildings. *Journal of Physical Activity and Health*. 10(4): 556-562, 2013.

7. Welch, W.A., D.R. Bassett, D.L. Thompson, P.S. Freedson, J.W. Staudenmayer, D. John, J.A. Steeves, **S.A. Conger**, T. Ceaser, C.A. Howe, J.E. Sasaki, and E.C. Fitzhugh. Classification accuracy of the wrist-worn gravity estimator of normal everyday activity accelerometer. *Medicine and Science in Sports and Exercise*. 45(10): 2012-2019, 2013.
8. Flynn, J.I., D.P. Coe, C. Larsen, B.C. Rider, **S.A. Conger**, and D.R. Bassett, Jr. Detecting indoor and outdoor environments using the ActiGraph GT3X+ in children. *Medicine and Science in Sports and Exercise*. 46(1): 201-206, 2014.
9. **Conger, S.A.**, S.N. Scott, and D.R. Bassett, Jr. Predicting energy expenditure through hand rim propulsion power output in individuals who use wheelchairs. *British Journal of Sports Medicine*. 48(13): 1048-1053, 2014.
10. Welch, W.A., D.R. Bassett, P.S. Freedson, D. John, J.A. Steeves, **S.A. Conger**, T.G. Ceaser, C.A. Howe, and J.E. Sasaki. Cross-validation of wrist-worn GENEA accelerometer cut-points. *Medicine and Science in Sports and Exercise*. 46(9): 1825-1830, 2014.
11. Bassett, D.R., D. John, **S.A. Conger**, B.C. Rider, R.M. Passmore, and J.M. Clark. Detection of lying down, sitting, standing, and stepping using two activPAL monitors. *Medicine and Science in Sports and Exercise*. 46(10): 2025-2029, 2014.
12. Bassett, D.R., D. John, **S.A. Conger**, E.C. Fitzhugh, and D.P. Coe. Trends in physical activity and sedentary behaviors in U.S. youth. *Journal of Physical Activity and Health*. 12(8): 1102-1111, 2015.
13. **Conger, S.A.**, S.N. Scott, E.C. Fitzhugh, D.L. Thompson, and D.R. Bassett, Jr. Validity of physical activity monitors for estimating energy expenditure during wheelchair propulsion. *Journal of Physical Activity and Health*. 12(11): 1520-1526, 2015.
14. Sasaki, J.E., C. Howe, D. John, A. Hickey, J. Steeves, **S. Conger**, K. Lyden, S. Kozey-Keadle, S. Burkart, S. Alhassan, D. Bassett, Jr., and P.S. Freedson. Energy expenditure for 70 activities in children and adolescents. *Journal of Physical Activity and Health*. 13(Suppl 1): S24-S28, 2016.
15. **Conger, S.A.**, J. Guo, S.M. Fulkerson, L. Pedigo, H. Chen, and D.R. Bassett, Jr. Objective assessment of strength training exercises using a wrist-worn accelerometer. *Medicine and Science in Sports and Exercise*. 48(9): 1847-1855, 2016.
16. Montoye, A.H.K., **S.A. Conger**, C.P. Connolly, M.S. Tuttle, M.B. Nelson, J.M. Bock, and L.A. Kaminsky. Validation of accelerometer-based energy expenditure prediction models in structured and simulated free-living settings. *Measurement in Physical Education and Exercise Science*. 21(4): 223-234, 2017.
17. Coe, D.P., **S.A. Conger**, J.M. Kendrick, B.C. Howard, D.L. Thompson, D.R. Bassett, Jr., and J.D. White. Effect of walking on glucose levels in women with gestational diabetes mellitus. *Applied Physiology, Nutrition, and Metabolism*. 43(5): 531-534, 2018.
18. Dobbs, T.J., S.R. Simonson, and **S.A. Conger**. Improving power output in older adults using plyometrics in a body mass-supported treadmill. *Journal of Strength and Conditioning Research*. 32(9): 2458-2465, 2018.

### Book Chapter

1. **Conger, S.A.** *Training for Performance*. In: E.T. Howley and D.L. Thompson (eds) Fitness Professional's Handbook, 7<sup>th</sup> ed. Human Kinetics: Champaign, IL. (pp. 313-326), 2016.

## Other Publications

1. Miller, K. and **S. Conger.** High-intensity interval training for clinical populations. *ACSM's Certified News*. 26(2): 7&11, 2016.
2. Bassett, D. and **S. Conger.** The science behind the Olympians. 2016.  
[http://running.competitor.com/2016/08/news/science-behind-olympians\\_154310](http://running.competitor.com/2016/08/news/science-behind-olympians_154310) (accessed 8/15/2016).

## PRESENTATIONS

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(Note: Underlined author names indicate students working under the direction of S.A. Conger)

### Presentations at Scholarly Meetings

1. King, G.A., B.B. Parr, **S.A. Conger**, A.M. Swartz, K. Bielak, J. Langley, J.E. McLaughlin, E.T. Howley, D.R. Bassett, Jr., E.C. Fitzhugh, and D.L. Thompson. Effect of body composition on the growth hormone response to exercise in postmenopausal women. American College of Sports Medicine Annual Meeting. St. Louis, MO. May 29-June 1, 2002. (*Med. Sci. Sports Exerv.* 34(5-suppl): S107, 2002)
2. Parr, B., J. Rakow, K. Wallis, A. Geslani, **S. Conger**, and E. Howley. Effect of diet and resistance or endurance training on fat oxidation at rest and during exercise. American College of Sports Medicine Annual Meeting. St. Louis, MO. May 29-June 1, 2002. (*Med. Sci. Sports Exerv.* 34(5-suppl): S130, 2002)
3. **Conger, S.A.**, S.J. Strath, and D.R. Bassett, Jr. Accuracy of the FitSense FS-1 speedometer during walking and running. American College of Sports Medicine Annual Meeting. San Francisco, CA. May 28-31, 2003. (*Med. Sci. Sports Exerv.* 35(5-suppl): S194, 2003)
4. Hays, N.P., D.H. Sullivan, **S.A. Conger**, and W.J. Evans. Reduced body weight following ad libitum consumption of a low-fat, high-simple-carbohydrate diet in older adults: preliminary results. North American Association for the Study of Obesity Annual Meeting. Las Vegas, NV. November 14-18, 2004. (*Obesity Res.* 12(suppl): 154-P, 2004)
5. **Conger, S.A.**, H.M. Carrithers, S.R. Abul-ezz, and W.J. Evans. Resistance training in elderly men and women with chronic renal failure. American College of Sports Medicine Annual Meeting. Nashville, TN. June 1-4, 2005. (*Med. Sci. Sports Exerv.* 37(5-suppl): S360-1, 2005)
6. **Conger, S.A.\***, G.L. Warren, and M.L. Millard-Stafford. Caffeine co-ingested with carbohydrate: additional ergogenic effect for endurance exercise? American College of Sports Medicine, Southeast Region Meeting. Birmingham, AL. February 12-14, 2009. \* Finalist – Doctoral student award
7. **Conger, S.A.** and M.L. Millard-Stafford. Does consuming carbohydrate with protein during recovery influence subsequent endurance exercise performance? American College of Sports Medicine, Southeast Region Meeting. Greenville, SC. February 11-13, 2010.
8. **Conger, S.A.**, G.L. Warren, and M.L. Millard-Stafford. Addition of caffeine to carbohydrate: improved ergogenic effect for endurance exercise? American College of Sports Medicine Annual Meeting. Baltimore, MD. June 1-5, 2010. (*Med. Sci. Sports Exerv.* 42(5-suppl): S79, 2010)
9. **Conger, S.A.** and D.R. Bassett, Jr. Energy cost of physical activities for wheelchair users: a systematic review. American College of Sports Medicine, Southeast Region Meeting. Greenville, SC. February 3-5, 2011.

10. **Conger, S.A.** and D.R. Bassett, Jr. Energy costs of physical activities for wheelchair users: a systematic review. American College of Sports Medicine Annual Meeting. Denver, CO. May 31-June 4, 2011. (*Med. Sci. Sports Exerc.* 43(5-suppl): S415-6, 2011)
11. Castle, R.\*, D. Bassett, and **S. Conger**. Why is there so much confusion about the VO<sub>2</sub> plateau? A re-examination of the work of Hill et al. Comparative and Experimental Medicine and Public Health Research Symposium. Knoxville, TN. June 20-21, 2011. \* 3<sup>rd</sup> place – Graduate student presentation award
12. **Conger, S.A.** and D.R. Bassett, Jr. A compendium of energy costs of physical activities for individuals who use manual wheelchairs. Comparative and Experimental Medicine and Public Health Research Symposium. Knoxville, TN. June 20-21, 2011.
13. Castle, R.V., D. Bassett, D. Thompson, D. Coe, and **S. Conger**. Why is there confusion about VO<sub>2</sub> plateau? A re-examination of the work of A.V. Hill. American College of Sports Medicine, Southeast Region Meeting. Jacksonville, FL. February 9-11, 2012.
14. Coe, D.P., J.M. Kendrick, B.C. Howard, D.R. Bassett, Jr., D.L. Thompson, **S.A. Conger**, and J.D. White. Moderate intensity walking and blood glucose control in women with gestational diabetes mellitus. American College of Sports Medicine Annual Meeting. San Francisco, CA. May 29-June 2, 2012. (*Med. Sci. Sports Exerc.* 44(5-suppl): S11, 2012)
15. Bassett, D.R., **S. Conger**, and E. Fitzhugh. Regional differences in physical activity and chronic disease in the United States. American College of Sports Medicine Annual Meeting. San Francisco, CA. May 29-June 2, 2012. (*Med. Sci. Sports Exerc.* 44(5-suppl): S335, 2012)
16. **Conger, S.A.**, S.N. Scott, J.I. Flynn, B.M. Tyo, and D.R. Bassett, Jr. Validity and accuracy of physical activity monitors for estimating energy expenditure during wheelchair locomotion. American College of Sports Medicine Annual Meeting. San Francisco, CA. May 29-June 2, 2012. (*Med. Sci. Sports Exerc.* 44(5-suppl): S461, 2012)
17. Welch, W.A., D.R. Bassett, D.L. Thompson, P.S. Freedson, J.W. Staudenmayer, D. John, J.A. Steeves, **S.A. Conger**, T. Ceaser, C.A. Howe, J.E. Sasaki, and E.C. Fitzhugh. Classification accuracy of the wrist-worn GENE accelerometer during structured activity bouts. American College of Sports Medicine, Southeast Region Meeting. Greenville, SC. February 14-16, 2013.
18. **Conger, S.A.**, S.N. Scott, and D.R. Bassett. Estimating energy expenditure using propulsion power during wheelchair locomotion. American College of Sports Medicine Annual Meeting. Indianapolis, IN. May 29-June 1, 2013. (*Med. Sci. Sports Exerc.* 45(5-suppl): S482, 2013)
19. Welch, W.A., D.R. Bassett, D.L. Thompson, P.S. Freedson, J.W. Staudenmayer, D. John, J.A. Steeves, **S.A. Conger**, T. Ceaser, C.A. Howe, J.E. Sasaki, and E.C. Fitzhugh. Classification accuracy of the wrist-worn GENE accelerometer during structured activity bouts. American College of Sports Medicine Annual Meeting. Indianapolis, IN. May 29-June 1, 2013. (*Med. Sci. Sports Exerc.* 45(5-suppl): S2641, 2013)
20. Bach, C.W., **S.A. Conger**, J.I. Flynn, D.L. Thompson, and D.R. Bassett. Effects of a bacteriological Filter on VO<sub>2</sub>max measured by a computerized metabolic system. American College of Sports Medicine Annual Meeting. Indianapolis, IN. May 29-June 1, 2013. (*Med. Sci. Sports Exerc.* 45(5-suppl): S2822, 2013)
21. John, D., D.R. Bassett, **S.A. Conger**, B.C. Rider, R.M. Passmore, and J.M. Clark. Discriminating between lying down, sitting, standing, and ambulating using two tri-axial accelerometers. International Conference on Ambulatory Monitoring of Physical Activity and Movement. Amherst, MA. June 17-19, 2013.

22. Bassett, D.R., **S.A. Conger**, and B.C. Rider. Objective measurement of resistance training exercises with a wrist accelerometer. International Conference on Ambulatory Monitoring of Physical Activity and Movement. Amherst, MA. June 17-19, 2013.
23. Welch, W.A., D.R. Bassett, P.S. Freedson, J.W. Staudenmayer, D. John, J.A. Steeves, **S.A. Conger**, T. Ceaser, C.A. Howe, and J.E. Sasaki. A cross-validation study of the GENEa accelerometer waist cut-points. International Conference on Ambulatory Monitoring of Physical Activity and Movement. Amherst, MA. June 17-19, 2013.
24. Flynn, J.I., D.P. Coe, C. Larsen, B.C. Rider, **S.A. Conger**, and D.R. Bassett, Jr. Detecting indoor and outdoor environments using the Actigraph GT3X+ light sensor in children. International Conference on Ambulatory Monitoring of Physical Activity and Movement. Amherst, MA. June 17-19, 2013.
25. **Conger, S.A.**, S.N. Scott, and D.R. Bassett, Jr. Estimating energy expenditure using propulsion power during wheelchair locomotion. International Conference on Ambulatory Monitoring of Physical Activity and Movement. Amherst, MA. June 17-19, 2013.
26. Childers, W.L., A.M. Deal, and **S.A. Conger**. Validity and accuracy of the Dartfish Express iPad application for gait analysis. American Academy of Orthotists and Prosthetists Annual Meeting and Scientific Symposium. Chicago, IL. February 26-March 1, 2014.
27. Gao, Y., **S. Conger**, H. Sun, and Z. Pope. Prevalence of low back pain by physical activity domains in the U.S. American College of Sports Medicine Annual Meeting. Orlando, FL. May 28-31, 2014. (*Med. Sci. Sports Exerc.* 46(5-suppl): S2873, 2014)
28. Bassett, D.R. and **S.A. Conger**. Physiology of athletes – A new approach to teaching exercise science. American College of Sports Medicine, Southeast Region Meeting. Jacksonville, FL. February 12-14, 2015.
29. **Conger, S.A.**, M.E. Darnell, and S.M. Fulkerson. Does a carbohydrate mouth-rinse improve endurance exercise performance? American College of Sports Medicine Annual Meeting. San Diego, CA. May 27-30, 2015. (*Med. Sci. Sports Exerc.* 46(5-suppl): S1300, 2015)
30. Childers, W.L., A.M. Deal, and **S.A. Conger**. Concurrent validity of the Dartfish Express iPad application for gait analysis. American Orthotic & Prosthetic Association National Assembly. San Antonio, TX. October 7-10, 2015.
31. Steeves, J.A., E.J. Shiroma, **S.A. Conger**, and T.B. Harris. Objectively measured activity in older U.S. adults by mobility limitation status: NHANES 2003-2006. Society of Behavioral Medicine Annual Meeting. Washington, D.C. March 30-April 2, 2016.
32. Bolter, N.D., Y. Gao, K. Armstrong, **S.A. Conger**, S. Beeson, and H. Flint-Wagner. Parents' knowledge, attitudes, and behaviors related to beverage consumption at children's sport events. American College of Sports Medicine Annual Meeting. Boston, MA. June 1-4, 2016. (*Med. Sci. Sports Exerc.* 47(5-suppl): S211, 2016)
33. **Conger, S.A.**, J. Guo, S.M. Fulkerson, L. Pedigo, H. Chen, and D.R. Bassett, Jr. Objective assessment of resistance training exercises using a wrist-worn tri-axial accelerometer. American College of Sports Medicine Annual Meeting. Boston, MA. June 1-4, 2016. (*Med. Sci. Sports Exerc.* 47(5-suppl): S1145, 2016)
34. Steeves, J.A., M. Chait, A.H.K. Montoye, and **S.A. Conger**. Comparison of postural classification and transitions between thigh- and waist-worn accelerometers under laboratory conditions. American College of Sports Medicine Annual Meeting. Boston, MA. June 1-4, 2016. (*Med. Sci. Sports Exerc.* 47(5-suppl): S1152, 2016)

35. Steeves, J.A., M. Chait, A.H.K. Montoye, and **S.A. Conger**. Comparison of postural classification between the thigh worn Actigraph GT9X and activPAL accelerometers under laboratory conditions. International Society of Behavioral Nutrition and Physical Activity. Cape Town, South Africa. June 8-11, 2016.
36. Zamzow, C.\* and **S. Conger**. Effects of natural nutritional beverages on anaerobic power performance. Boise State University Graduate Student Showcase. Boise, ID. April 3, 2017. \* Audience Choice Award
37. Dobbs, T.J., S.R. Simonson, and **S.A. Conger**. Improving power output in older adults utilizing plyometrics in an AlterG treadmill. American College of Sports Medicine Annual Meeting. Denver, CO. May 31-June 3, 2017. (*Med. Sci. Sports Exerc.* 48(5-suppl): S245, 2017)
38. Youell, J.D., S.R. Simonson, M.E. Darnell, and **S.A. Conger**. The effects of carbohydrate mouth rinse concentration on cycling time trial performance. American College of Sports Medicine Annual Meeting. Denver, CO. May 31-June 3, 2017. (*Med. Sci. Sports Exerc.* 48(5-suppl): S2111, 2017)
39. Montoye, A.H.K., **S.A. Conger**, C.P. Connolly, M.T. Imboden, M.B. Nelson, J.M. Bock, and L.A. Kaminsky. Validation of accelerometer-based energy expenditure prediction models in structured and semi-structured settings. American College of Sports Medicine Annual Meeting. Denver, CO. May 31-June 3, 2017. (*Med. Sci. Sports Exerc.* 48(5-suppl): S2289, 2017)
40. **Conger, S.A.**, J. Guo, K. Mercier, C.D. Needham, C. Zamzow, C. Mecham, H. Chen, and D.R. Bassett, Jr. Improved classification accuracy of resistance training exercises using wrist-worn activity monitor. International Conference on Ambulatory Monitoring of Physical Activity and Movement. Bethesda, MD. June 21-23, 2017.
41. Montoye, A.H.K., J.B. Dahmen, **S.A. Conger**, and C.P. Connolly. Using machine learning and accelerometry to improve energy expenditure prediction in pregnant women. International Conference on Ambulatory Monitoring of Physical Activity and Movement. Bethesda, MD. June 21-23, 2017.
42. Mitrzyk, J.R., **S.A. Conger**, J.A. Steeves, and A.H.K. Montoye. Accuracy of the Atlas monitor for assessment of resistance training exercises. American College of Sports Medicine, Midwest Region Meeting. Grand Rapids, MI. November 10-11, 2017.
43. Molesky, M., **S.A. Conger**, J.A. Steeves, J. Mitrzyk, and A.H.K. Montoye. Reliability of the Atlas activity monitor for assessment of resistance training exercises. American College of Sports Medicine – Michigan Meeting. Gaylord, MI. February 1-2, 2018.
44. Mitrzyk, J., **S.A. Conger**, J.A. Steeves, and A.H.K. Montoye. Validity of the Atlas activity monitor for assessment of resistance training exercises. American College of Sports Medicine – Michigan Meeting. Gaylord, MI. February 1-2, 2018.
45. Perry, T., J. Collett, C. Johnson, **S.A. Conger**, A.H.K. Montoye, and J.A. Steeves. Using the wrist-worn Atlas monitor to objectively measure strength training exercises. American College of Sports Medicine, Southeast Region Meeting. Chattanooga, TN. February 15-17, 2018.
46. Boss, D.J., **S.A. Conger**, J.A. Steeves, and A.H.K. Montoye. Accuracy of the Atlas activity monitor for resistance training exercises performed at different speeds. Alma College Kapp Honors Day. Alma, MI. April 5, 2018.
47. Filicetti, O.A. and **S.A. Conger**. The female athlete triad: An expanded perspective on a complex disorder. Boise State University Undergraduate Research Conference. Boise, ID. April 16, 2018.

48. Fox, A., A.H.K. Montoye, J. Mitryzk, J.A. Steeves, and **S.A. Conger**. Inter- and intra-monitor validity of the Atlas activity monitor during resistance training exercises. Boise State University Undergraduate Research Conference. Boise, ID. April 16, 2018.
49. Perry, T., J. Collett, C. Johnson, **S.A. Conger**, A.H.K. Montoye, and J.A. Steeves. Using the wrist-worn Atlas monitor to objectively measure strength training exercises. Maryville College Undergraduate Research Symposium., Maryville, TN. April 20, 2018.
50. McDonough, D., S. Simonson, Y. Gao, and **S. Conger**. Oral creatine hydrochloride supplementation: Acute effects on intermittent, submaximal bouts of resistance training. American College of Sports Medicine Annual Meeting. Minneapolis, MN. May 29-June 2, 2018. (*Med. Sci. Sports Exerc.* 48(5-suppl): S1025, 2018)
51. **Conger, S.A.**, J. Guo, K. Mercier, C.D. Needham, C. Zamzow, C. Mecham, H. Chen, and D.R. Bassett, Jr. Predicting resistance training exercise repetitions using a wrist-worn activity monitor. American College of Sports Medicine Annual Meeting. Minneapolis, MN. May 29-June 2, 2018. (*Med. Sci. Sports Exerc.* 48(5-suppl): S1269, 2018)
52. Zamzow, C., M.E. Darnell, P. Ford, and **S.A. Conger**. Effects of beet juice on anaerobic exercise performance. American College of Sports Medicine Annual Meeting. Minneapolis, MN. May 29-June 2, 2018. (*Med. Sci. Sports Exerc.* 48(5-suppl): S2394, 2018)
53. Fox, A., A.H.K. Montoye, J. Mitryzk, J.A. Steeves, and **S.A. Conger**. Inter- and intra-monitor validity of the Atlas activity monitor during resistance training exercises. Idaho Conference on Undergraduate Research. Boise, ID. July 25-26, 2018.

### Invited Presentations

1. **Conger, S.A.** Body Composition. Arkansas State University. American College of Sports Medicine Health/Fitness Instructor Workshop. Jonesboro, AR. September 17, 2005.
2. **Conger, S.A.** Training Session: Body composition – DXA and lower extremity CT scan, Functional testing – Short Physical Performance Battery and Stair climbing protocol; Muscle strength - knee extension. Amgen, Inc. Investigator Meeting – AMG 745. Little Rock, AR. June 29, 2006.
3. **Conger, S.A.** Evaluation of Functional Status Using the Short Physical Performance Battery. Daiichi Asubio Pharmaceutical, Inc. Investigator Meeting – Sun 11031 (Ghrelin) Protocol ASBI 304. Arlington, VA. October 18, 2006.
4. **Conger, S.A.** Nutrition for cyclists. St. Luke's Sports Medicine Lost River Cyclists CatUP club meeting. Boise, ID. January 29, 2015.
5. **Conger, S.A.** Protein intake and strength training. Boise State University Weightlifting Club meeting. Boise, ID. December 1, 2015.
6. **Conger, S.A.** Nutrition during exercise: The First Steps. First Steps weekly meeting. Boise, ID. December 2, 2015.
7. **Conger, S.A.** Protein intake and strength training: some is good, but is more better? National Strength and Conditioning Association Idaho State Clinic. Boise, ID. January 16, 2017.



## **TEACHING EXPERIENCE**

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### **University of Tennessee (2001-2002)**

#### Undergraduate

Physiology of Exercise Laboratory (ES 480)  
Fitness Testing and Exercise Prescription (ES 414)

### **Georgia Institute of Technology (2007-2009)**

#### Undergraduate

Exercise Physiology Laboratory (APPH 4100)

### **University of Tennessee (2012-2013)**

#### Undergraduate

Designing Strength and Conditioning Programs (KNS 440)  
Physiology of Exercise (KNS/BCMB 480)

#### Graduate

Graduate Exercise Physiology (KNS 532)  
Exercise Testing and Prescription Laboratory (KNS 567)  
Independent Study (KNS 593)

### **Boise State University (2013 – present)**

#### Undergraduate

Exercise Physiology (KINES 330)  
Laboratory for Exercise Physiology (KINES 331)  
Nutrition in Exercise and Sport (KINES 332)  
Special Topics: Introduction to Strength and Conditioning Coaching (KINES 397/597)  
Exercise Testing and Prescription (KINES 436)

#### Graduate

Sports Nutrition (KINES 506)  
Physiology of Activity (KINES 510)

## **SERVICE ACTIVITIES**

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### **Professional Service**

#### *Ad Hoc Manuscript Reviewer*

American Journal of Preventive Medicine  
BMJ Open Sport & Exercise Medicine  
Disability and Rehabilitation  
Electronics  
International Journal of Environmental Research and Public Health  
Journal for the Measurement of Physical Behaviour  
Journal of Applied Biomechanics  
Journal of the International Society of Sports Nutrition  
Journal of Kinesiology and Wellness  
Journal of Physical Activity and Health  
Journal of Sports Sciences

Measurement in Physical Education and Exercise Science  
Medicine & Science in Sports & Exercise  
Physiological Measurement  
PLOS ONE  
Research Quarterly for Exercise and Sport  
Scandinavian Journal of Medicine and Science in Sports  
Sensors  
Spinal Cord  
Sports Medicine - Open

*Textbook Reviewer*

Exercise Physiology for Health, Fitness, and Performance (4<sup>th</sup> ed) Lippincott Williams & Wilkins (2013)  
Exercise Physiology: Integrating Theory and Application (2<sup>nd</sup> ed) Wolters Kluwer Health (2014)

*External Reviewer*

ASPiRE Internal Grant Program, Ball State University (2015)  
Curriculum vitae review for faculty candidate – Health and Human Development Department, Montana State University (2015)  
Research review for promotion candidate – School of Arts and Sciences, Biola University (2015)

*American College of Sports Medicine*

Exercise Specialist Certification Exam – Practical station examiner, Jonesboro, AR (2004, 2005)  
Health/Fitness Instructor Certification Exam – Practical station examiner, Jonesboro, AR (2004, 2005)

**Institutional Service**

*University Service*

Weightlifting Club – Faculty advisor (2014-present)  
Biomedical Institutional Review Board Committee – Member (2015-present), Interim Co-Chair (2016-2017)

*Department Service*

Graduate Faculty – Member (2013-present)  
Faculty Search Committee for Biomechanics position – Member (2014-2015)  
Kinesiology Undergraduate Program Coordinator (2015-present)  
Kinesiology Career Symposium – Co-Chair (2015)  
Kinesiology Scholarship Committee – Member (2015)  
Kinesiology Cohort Admissions Committee – Chair (2015-2017)

**Community Service**

Shamrock 5K road race – Finish line official, Little Rock, AR (1997)  
Sunbelt Conference Cross Country Championship – Course official, Little Rock, AR (1997, 1998)  
American Heart Association's Heart Walk – Course co-manager, Knoxville, TN (1999, 2000)  
University of Tennessee Athletic Department – LT tests for women's cross-country team, Knoxville, TN (2000, 2001)  
Recreational running group: speed training – Coordinator of weekly track workouts, Little Rock, AR (2004-2007)  
FCA High School Football Combine – Vertical jump station examiner, Bryant, AR (2007)  
Kids Can Bike – Volunteer, Knoxville, TN (2013)  
Idaho IceWorld Youth Hockey Testing – Volunteer, Boise, ID (2014)  
Bicycle Safety Workshop – Volunteer, Riverstone Elementary School, Boise, ID (2014)  
Bicycle Summer Camp – Volunteer, Riverstone Elementary School, Boise, ID (2014, 2015)

## MASTER'S THESIS COMMITTEES

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### *Committee Chair*

Tyler Dobbs (2016) (co-chair) Increasing power output in older adults utilizing plyometrics in an AlterG treadmill

Jonathan Youell (2016) Effects of carbohydrate mouth rinse concentration on cycling time trial performance

Clare Zamzow (2017) Effects of dietary nitrate supplement on supramaximal exercise performance

### *Committee Member*

Amanda Seneri (2015) Effects of attentional focused feedback on an underhand tossing task in young children

Taylor Thompson (2016) Serum ferritin's relationship to training reduction among college distance runners

Hayden Hess (2017) Effects of the Training Mask on recovery during rowing intervals

DJ McDonough (2017) Acute ingestion of creatine hydrochloride and exercise performance

Ali Ohashi \* (2017) Transitioning out of sport: Perspectives of student-athlete support or development services

\* Boise State University Distinguished Thesis Award

Brittany Price (2017) Effects of studying with FitDesk on sedentary lifestyle behaviors in college students

## HONORS AND AWARDS

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- 2011 Andy Kozar Graduate Research Scholarship Award (University of Tennessee)  
2016 Golden Apple Awards Honorable Mention – College of Health Sciences (Boise State University)  
2016 Outstanding Contribution in Reviewing – *American Journal of Preventive Medicine*  
2017 Top Ten Scholars Honored Faculty for Samantha Wicks (Boise State University)  
2017 Outstanding Reviewer Award – *Physiological Measurement*

## MEDIA CONTRIBUTIONS

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- 2003 "Girth guide" *Arkansas Democrat-Gazette*, 7/14/03  
2003 "Body Fat Methods are Weighty Issues" *Arkansas Democrat-Gazette*, 7/14/03  
2003 "Are you losing muscle or fat?" *KARK 4 News*, KARK (NBC – Little Rock, AR), 11/12/03  
2004 "BOD POD" *Good Morning Arkansas*, KATV (ABC – Little Rock, AR), 2/18/04  
2012 "NSW's Human Performance Initiative" *Ethos – Naval Special Warfare* (Issue 16), Jan-Mar 2012  
2014 "How high is too high to train?" *Teton Valley News – Health & Wellness*, Fall 2014  
2015 "Energy boost from carbohydrate rinse may be dose-dependent" *www.Medscape.com*, 6/16/15  
2016 "What's your fitness goal? Putting smartphone apps, fitness trackers to the test" *KBOI 2 News*, KBOI (CBS – Boise, ID), 5/25/16  
2016 "Study shows characteristics that help Olympians win gold" *The Daily Beacon*, 8/26/16  
2016 "The Science of Olympians" *Accolades (University of Tennessee, College of Education, Health & Human Sciences)* Fall 2016