

# VITA

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## KENNETH R. TURLEY January 2024

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### EDUCATION

<u>Institution</u>	<u>Degree</u>	<u>Year</u>	<u>Field of Study</u>
The University of Texas at Austin, Austin, TX	Ph. D.	1995	Exercise Physiology
Harding University, Searcy, AR	M.S.E.	1990	Physical Education
Colorado State University, Fort Collins, CO	B.S.	1986	Horticulture

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### PROFESSIONAL EXPERIENCE

#### **Department of Cardiac Function & Interventional Technology, Harding University Searcy, Arkansas**

##### **Professor and Program Director** (Fall 2022 - Present)

- Primary responsibility is to oversee the administrative aspect of the department including personnel, budgets, and administrative staff. The department includes a Master of Science degree in Cardiac Function & Interventional Technology.
- Further, primary responsibility is to create and teach graduate courses in Cardiac Function I & II for both on ground (begin 2022) and online (2023) programs. Course work responsibilities include organizing and conducting the cardiothoracic section of the cadaver laboratory, pig heart dissections, clinical case study grand rounds and all didactic work.
- Secondary responsibilities are to organize and co-coordinate the pre-session ECG course.
- Further secondary responsibilities include coordinating graduate student recruitment, interviews, and onboarding.
- Academic Leaders Committee (Campus-wide 2009-Present) – Oversee administrative and academic issues at the Chair and Dean level.

#### **Department of Exercise & Sport Sciences, Harding University, Searcy, Arkansas.**

##### **Professor and Department Chairman** (Fall 97 - 2022)

- Primary responsibility is to oversee the administrative aspect of the department including personnel (seven full time faculty), budgets, and administrative staff. The department includes Bachelor of Science degrees in Exercise Science and Masters in Athletic Training.
- Further, primary responsibility is teaching undergraduate courses. Undergraduate courses include: Physiology of Exercise I & II, Measurement and Evaluation of Human Performance, Introduction to Wellness, Motor Learning, Exercise Effects and Prescription in Various Populations, Laboratory Methods in Exercise Science, and Anatomy & Physiology (BIOL 249). Graduate course taught: Advanced Physiology of Exercise.
- Secondary responsibilities include directing the Wellness/Human Performance Laboratory and pursuing internal and external grant funding for research.

Conduct research in pediatric cardiovascular exercise physiology and publish results in peer-reviewed journals.

- Other responsibilities include serving on both departmental, College of Arts and Sciences, College of Allied Health and campus wide committees. Committees include:
  - Exercise Science Committee (Departmental 2000-2022) - Develop Exercise Science, Athletic Training, and Health Promotion programs for the department.
  - Academic Leaders Committee (Campus-wide 2009-2022) – Oversee administrative and academic issues at the Chair and Dean level.
  - Wellness Committee (Campus-wide 1997-2012) - Organize campus-wide wellness programs for students, faculty and staff.
  - Appeals Committee (Campus-wide 1999-2021) – Hear and rule on student appeals from Deans office.
  - University Assessment Committee (Campus-wide 2008-11) – Oversee/organize University wide assessment procedures.
  - Health Science Committee (College of Arts and Sciences 2004-2022) - Develop programs for recruiting and advising pre-medical, pre-physical therapy, and other students in science related areas. Determine scholarship allocations for health science students.
  - Physician Assistant Committee (Campus-wide 2005-07) – Developed master’s level physician assistant degree at Harding University.
  - Faculty Welfare Committee (Campus-wide 2013-2016) – address random issues concerning the welfare of campus faculty.
  - Rank and Promotion Committee (Campus-wide 2013-2015) – assess faculty promotion packets and make promotion recommendations.
  - Undergraduate Academic Affairs Committee (Campus-wide 2019-Present – Provide oversight on undergraduate academic curriculum.
  - Didactic Program in Dietetics Advisory Board (2015-2020) – Provide oversight in curriculum development.
- Review manuscripts for publication: *Acta Paediatrica*; *Acta. Scandinav.*; *Appl. Physiol. Nutr. Metab.*; *Can. J. Appl. Physiol.*; *Food Review Inter.*; *J. Caf. Research*; *Clin. Exerc. Physiol.*; *Inter. J. Sports Med.*; *J. Appl. Physiol.*; *Med. Sci. Sports Exerc.*; *Ped. Exerc. Sci.*; *Ped. Nephrol.*; *Sports Med.*; *J. Inter. Soc. Sports Nutr.*
- Review books for publication (*Williams & Wilkins, McGraw Hill, Pearson Benjamin & Cummings*)

### **Department of Health, Physical Education and Recreation, Winona State University, Winona, Minnesota.**

#### **Assistant Professor (Fall 95 - Summer 1997)**

- Primary responsibility was teaching exercise science courses. Courses included: Physiology of Exercise, Electrocardiography, Principles and Practices of Exercise Testing and Prescription, Tests and Measurements in Health and Physical Education, Techniques in Fitness Programming, Nutrition and Weight Management, and Laboratory Techniques in Exercise Physiology.
- Secondary responsibilities included advising students and serving on both departmental and campus-wide committees. Committees included:

- Academic Affairs and Curriculum Committee (Campus-wide) - Work on adapting curricula for transition from quarter to semester system.
- Tech Quest (School of Education) - Develop plan to enhance the use of technology in classrooms; develop Internet Home page for the Department of Health, Physical Education and Recreation.
- Technology Committee (Departmental) - Develop hardware and software priority needs and the equitable distribution of available equipment to departmental faculty and staff.
- Space and Facilities Committee (Departmental) - Make decisions and policies regarding the use of departmental space.
- Independent work included:
  - Continued preparation of manuscripts involving previously collected data.
  - Conduct exercise related testing on women's cross-country team.
  - Write grants to obtain equipment and develop procedures needed to pursue research interests.
- Visiting Professor with Dr. Michael Joyner - Mayo Clinic, Rochester, MN

**Department of Kinesiology and Health Education, The University of Texas at Austin, Austin, Texas.**

**Research Scientist** (March 95 - July 95)

- Primary responsibilities include conducting submaximal and maximal exercise tests, maintaining and repairing laboratory equipment, exercise training subjects, inputting data, and coordinating the ordering of equipment and supplies.

**Teaching Assistant** to Dr. Jack Wilmore (Spring 1995)

- KIN 310 Physiological Basis of Conditioning

**Research Assistant** to Dr. Jack Wilmore (Fall 1990 - Spring 1995)

**Projects**

- Coordinated the validation of the breath-by-breath measurement technique on the SensorMedics 2900 Metabolic Unit for SensorMedics.
- Co-coordinated the evaluation of the MedGraphics Metabolic Measurement Unit for The National Aeronautics and Space Administration (NASA).
- Co-coordinated the investigation of the effects of different resistance training protocols on post-exercise caloric expenditure and blood pressure.
- Co-coordinated the investigation of the effects of intense, short term aerobic training and heat acclimation on resting metabolic rate.
- Child and Adolescent Trial for Cardiovascular Health (CATCH).
  - A multi-center field study funded by the National Heart, Lung, and Blood Institute which investigated the benefits of both family and school based programs to promote cardiovascular health in children. The programs were designed to change eating and physical activity habits of children. Effectiveness of the programs was evaluated with psychosocial, behavioral, and physiological measures.
- HEalth, RIsk factors, exercise Training And GENetics (HERITAGE) study.

- A National Institutes of Health (NIH) funded multi-center study designed to investigate the influence of genetics on changes in cardiovascular risk factors as a result of 20 weeks of exercise training in both Caucasian and African American families.

## CERTIFICATIONS

- Certified Phlebotomy Technician (ASPT) 1993-2010.
- American Heart Association Cardiopulmonary Resuscitation (CPR), Current.
- American College of Sports Medicine Clinical Exercise Specialist (1998-Present)
- Advanced Cardiac Life Support (ACLS) Certified (2005-2007)

## OFFICES

- Arkansas Representative to the Central States Chapter of the American College of Sports Medicine (1998-2000)
- Chair – Chapter Nominating Committee - Central States Chapter of American College of Sports Medicine (2004-05)
- Advisory Board - Ronald E. McNair Post-Baccalaureate Achievement Program, Harding University (2004-Present)
- President – Central States Chapter of American College of Sports Medicine (2005-2008)
- Exercise Science Section Chair – Arkansas AAHPERD (2008-2010)
- Arkansas Representative to the Central States Chapter of the American College of Sports Medicine (2014-2015)

## PRESENTATIONS

- **Turley, K.R.** Cardiovascular risk factors: exercise effects. Clearmore High School faculty and staff. TX. November 1991.
- Burrhus, K.A., **K.R. Turley**, M. Steijaert, J.L. Lettunich, P.J. McBride, C. Tabak, and T. vanAcker. Evaluation of the Med Graphics Metabolic Measurement Unit. National Aeronautics and Space Administration. Houston, TX. March 1991.
- Farrar, R., **K.R. Turley**, and, J.F. Horowitz. The body's fuel during activity. Texas Childrens Museum. Austin, TX. February 1993.
- **Turley, K.R.**, D.M. Rogers, and J.H. Wilmore. Maximal testing in prepubescent children: treadmill versus cycle ergometry. Thematic poster presentation; The American College of Sports Medicine National Convention. Seattle, WA. May 1993.
- **Turley, K.R.** Cardiovascular responses to submaximal exercise. Winona State University Biology Lecture Series. Winona, MN. February 1997.
- **Turley, K.R.** Kids' health and physical activity: Is there a link? Arkansas Early Childhood Association Conference. Little Rock, AR. October 1999.
- **Turley, K.R.**, B.L. Phillips, E.D. Marvin, K.L. Ward, and D.E. Martin. Adult versus child differences in blood pressure and heart rate responses to static handgrip exercise of different intensities. NASA - Arkansas Space Grant Symposium. Russellville, AR. April 2000.

- **Turley, K.R.** Physical activity in disease prevention: Is it too good to be true? Sheridan YMCA. Sheridan, WY. August 2000
- **Turley, K.R.** Blood pressure and heart rate response to isometric exercise, post-exercise occlusion, and recovery in boys and men. Noll Research Laboratory, Penn State University. State College, PA. February 2001
- **Turley, K.R.** – Cardiovascular control in children – What do we know? – Central States Chapter of ACSM, Kansas City, MO. October 2004.
- **Turley, K.R.** – Effects of different doses of caffeine on physiological responses to submaximal exercise in 7-9 year old boys and girls. University of Arkansas Medical Sciences, Biomedical Research Center, Little Rock, AR. August, 2006.
- **Turley, K.R.** – The chemoreflex in children. Christian Scholar Conference, Rochester College, Rochester Hills, MI. June, 2007.
- **Turley, K.R.** – Caffeine and Exercise in Children. ArkAHPERD State Conference, Eureka Springs, AR, November 2009.

#### AWARDS / RECOGNITIONS

- Karl K. Klein Endowed Graduate Scholarship (Fall 1993 - Spring 1994)
- Fellow - American College of Sports Medicine (FACSM). November 1999-Present
- Faculty Scholar - Presented by Alpha Chi (National Honor Society), Harding University (2003-04 school year)
- Distinguished Teacher - Harding University (2006-07 school year)

#### GRANTS

- **Turley, K.R.** Scientific tutorial on the methodological applications of the Medical Graphics Metabolic Cardio2 Cart and Ergometrix electronically braked ergometer for exercise science faculty, and majors of cooperate wellness, cardiac rehabilitation and sports medicine. *Winona State University, College of Education and Library Faculty Development Grant*; Spring 1996.
- **Turley, K.R.** Validation of the computerized load cell and hydrostatic weighing system and the development of a residual volume measurement method. *Winona State University Foundation Grant.*, Fall 1996.
- **Turley, K.R.**, and B.L. Phillips. Mechanisms in Human Blood Pressure Control; NASA Collaborative Outreach. *Arkansas Space Grant Consortium*, Fall 1998.
- Phillips B.L., and **K.R. Turley**. Human Blood Pressure Control. *Arkansas Space Grant Consortium*, Fall 1999.
- **Turley, K.R.**, and C. E. Riggs. Cardiovascular Control Mechanisms of Interest to NASA. *Arkansas Space Grant Consortium Collaborative Research Grant*. Not Funded.
- **Turley, K.R.** Instrumentation of Arterial Tonometry in Measuring Beat-by-Beat Cardiovascular Responses To Static Handgrip Exercise, Post-exercise Ischemia, and Recovery. *Arkansas Space Grant Consortium*, Fall 2000.
- **Turley, K.R.** Effects of Different Doses of Caffeine on Physiological Responses to Submaximal Exercise in 7-9 Year Old Boys and Girls Versus Adult Men and Women. *Gatorade Sport Science Institute*, Fall 2005. Not Funded.

- **Turley, K.R.** and William Evans. Effects of Different Doses of Caffeine on Physiological Responses to Submaximal Exercise in 7-9 Year Old Boys and Girls. *Arkansas Idea Networks of Biomedical Research Excellence Summer Outreach Program*, University of Arkansas Medical Sciences (UAMS), Summer 2006.
- **Turley, K.R.** and Robert Wolfe. The Effect of Different Doses of Caffeine on Heart Rate Variability and Anaerobic Performance in Children. *Arkansas Idea Networks of Biomedical Research Excellence Summer Outreach Program*, University of Arkansas Medical Sciences (UAMS), Summer 2010. Not Funded
- **Turley, K.R.** Medtronic Cardiac Rhythm Management Equipment Grant. Medtronic Medical Education Department, Minnesota, 2022.
- **Turley, K.R.** Medtronic Cardiac Rhythm Management Equipment Grant. Medtronic Medical Education Department, Minnesota, 2023.

## PUBLICATIONS

- Turley, K.R.**, P.J. McBride, and J.H. Wilmore. Resting metabolic rate measured after subjects spent the night at home vs at a clinic. *Am. J. Clin. Nutr.*, 58:141-144, 1993.
- Turley, K.R.**, J.H. Wilmore, B. Simons-Morton, B.J. Williston, J. Reeds Epping, and G. Dahlstrom. The reliability and validity of the 9-minute run in third grade children. *Ped. Exerc. Sci.*, 6:178-187, 1994.
- Rogers, D.M., **K.R. Turley**, K.I. Kujawa, K.M. Harper, and J.H. Wilmore. The reliability and variability of running economy in 7-, 8-, and 9-year-old children. *Ped. Exerc. Sci.* 6:287-296, 1994.
- Turley, K.R.**, D.M. Rogers, K.M. Harper, K.I. Kujawa, and J.H. Wilmore. Maximal treadmill versus peak cycle ergometry testing in children: differences, reliability, and variability of responses. *Ped. Exerc. Sci.* 7:49-60, 1995.
- Rogers, D.M., **K.R. Turley**, K.I. Kujawa, K.M. Harper, and J.H. Wilmore. Allometric scaling factors for oxygen uptake during exercise in children. *Ped. Exerc. Sci.* 7:12-25, 1995.
- Morton, A.R., K. King, S. Papalia, C. Goodman, **K.R. Turley**, and J.H. Wilmore. Comparison of maximal oxygen consumption with oral and nasal breathing. *Aus. J. Sci. Med. Sports.* 27:51-55, 1995.
- Turley, K.R.**, and J.H. Wilmore. Cardiovascular responses to submaximal exercise in 7- to 9-yr-old boys and girls. *Med. Sci. Sports. Exerc.* 29:824-832, 1997.
- Turley, K.R.**, and J.H. Wilmore. Cardiovascular responses to treadmill and cycle ergometer exercise in children and adults. *J. Appl. Physiol.* 83:948-957, 1997.
- Turley, K.R.**, and J.H. Wilmore. Submaximal cardiovascular responses to exercise in children and adults: treadmill versus cycle ergometer. *Ped. Exerc. Sci.* 9:331-341, 1997.
- Wilmore, J.H., P.R. Stanforth, **K.R. Turley**, J. Gagnon, E. W. Warwick, A.S. Leon, D.C. Rao, J.S. Skinner, and C. Bouchard. Reproducibility of cardiovascular, respiratory and metabolic responses to submaximal exercise: The HERITAGE Family Study. *Med. Sci. Sports. Exerc.* 30:259-265, 1998.
- Turley, K.R.**, D.E. Martin, E.D. Marvin and K.S. Cowley. Heart rate and blood pressure responses to static handgrip exercise of different intensities: reliability & adult versus child differences. *Ped. Exerc. Sci.* 14:45-55, 2002.

- Turley, K.R.** The Chemoreflex in young boys and girls. *Int. J. Sports Med.* 26:96-101, 2005.
- Turley, K.R.**, The Chemoreflex – adult versus child comparison. *Med. Sci. Sports Exerc.* 37:418-425, 2005.
- Turley, K.R.**, and J.W. Gerst. Effects of caffeine on physiological responses to exercise in young boys and girls. *Med. Sci. Sports Exerc.* 38:520-526, 2006.
- Turley, K.R.**, M. Spears, P.R. Stanforth, T. Rankinen, C. Bouchard, A.S. Leon, D.C. Rao, J.S Skinner and J.H. Wilmore. Scaling submaximal exercise cardiac output and stroke volume - The HERITAGE Family Study. *Int. J. Sports Med.* 27:993-999, 2006.
- Turley, K.R.**, T. DeSisso, and J.W Gerst. Effects of caffeine on physiological responses to exercise: boys versus men. *Ped. Exerc. Sci.* 19:481-492, 2007.
- Turley, K.R.**, J.R. Bland, and W.J. Evans. Effects of different doses of caffeine on exercise responses in young children. *Med. Sci. Sports Exerc.* 40:871-878, 2008.
- Turley, K.R.**, J.D. Rivas, J.R. Townsend, A.B. Morton, J.W. Kosarek, and M.G. Cullum. Effects of caffeine on anaerobic performance in boys. *Ped. Exerc. Sci.* 24:210-219, 2012.
- Turley, K.R.**, P. Eusse, M. Thomas, J.R. Townsend, and A.B. Morton. Effects of different doses of caffeine on anaerobic exercise in boys. *Ped. Exerc. Sci.* 27:50-56, 2015.
- Turley, K.R.**, J.D. Rivas, J.R. Townsend, and A.B. Morton. Effects of caffeine on heart rate variability in boys. *J. Caf. Res.* 7:71-77, 2017.

#### INVITED REVIEWS

- Turley, K.R.** Cardiovascular responses to exercise in children. *Sports Med.* 24:241-257, 1997.
- Turley, K.R.** Pediatric cardiovascular responses to exercise. *Sports Medicina.* 17:17-23, 2000.
- Turley, K.R.**, Effects of caffeine on exercise responses and performance in children and youth. *Amer. J. Lifestyle. Med.* 1559827614554593, first published on October 27, 2014.

#### CHAPTERS in BOOKS

- Turley, K.R.** Cardiorespiratory fitness. **In:** *Wellness @ Harding, 3<sup>rd</sup> Ed.* Harding University Publishers, 2022

#### ABSTRACTS

- Turley, K.R.**, P.J. McBride, and J.H. Wilmore. Resting metabolic rate when subjects spend the night prior to measurement at home vs a clinical setting. *Med. Sci. Sports Exerc.*, 24:S159 (Abstract), 1992.
- Lettunich, J.L., K. Burrhus, **K.R. Turley**, C.M. Mier, P.J McBride, N. Baumgartner, D.M. Perry, K. Amann, E. Tse, and J.H. Wilmore. The relationship between body weight and submaximal oxygen uptake in female collegiate basketball players. *Med. Sci. Sports Exerc.*, 24:S100 (Abstract), 1992.
- Wilmore, J.H., K.A. Burrhus, **K.R. Turley**, and J.L. Lettunich. Validity of the SensorMedics 2900 metabolic measurement cart during submaximal and maximal exercise. *FASEB*, J:A1237 (Abstract), 1992.

- Turley, K.R.**, D.M. Rogers, and J.H. Wilmore. Maximal testing in prepubescent children: treadmill versus cycle ergometry. *Med. Sci. Sports Exerc.*, 25:S9 (Abstract), 1993.
- Rogers, D.M., **K.R. Turley**, and J.H. Wilmore. The relationship between  $\text{VO}_2\text{max}$ , 9-minute run performance, and submaximal  $\text{VO}_2$  in children. *Med. Sci. Sports Exerc.*, 25:S144 (Abstract), 1993.
- Turley, K.R.**, D.M. Rogers, K.M. Harper, K.I. Kujawa, and J.H. Wilmore. Treadmill versus cycle ergometry in validating field running tests in 7-9 year old children. *Med. Sci. Sports Exerc.*, 26:S209 (Abstract), 1994.
- Harper, K.M., **K.R. Turley**, D.M. Rogers, K.I. Kujawa, and J.H. Wilmore. Reliability and variability of the ventilatory equivalent method of determining ventilatory threshold in 7-to 9-year-old children. *Med. Sci. Sports Exerc.*, 26:S210 (Abstract), 1994.
- Rogers, D.M., **K.R. Turley**, K.I. Kujawa, K.M. Harper, and J.H. Wilmore. Gender differences in running economy in 7, 8, and 9 year old children. *Med. Sci. Sports Exerc.*, 26:S206 (Abstract), 1994.
- Morton, A.R., K. King, S. Papalia, C. Goodman, **K.R. Turley**, and J.H. Wilmore. Comparison of maximal oxygen consumption with oral and nasal breathing. *Proceedings of 1994 International Conference of Science and Medicine in Sport*, Australia, (Abstract), 1994.
- Turley, K.R.**, K.M. Turley, B.S.C. Chan, L.J. Long, and J.H. Wilmore. Gender differences in submaximal cardiovascular responses to treadmill and cycle ergometer exercise in 7 to 9 year old children. *Med. Sci. Sports Exerc.*, 27:S113 (Abstract), 1995.
- N. Baumgartner, H.K. Byrne, C.M. Mier, **K.R. Turley**, S.H. Constable, and J.H. Wilmore. Effects of heat acclimation and short-term training on exercise-heat tolerance in men wearing protective clothing. *Med. Sci. Sports Exerc.*, 27:S200 (Abstract), 1995.
- Turley, K.R.**, and J.H. Wilmore. Cardiovascular responses to treadmill and cycle ergometer exercise in children and adults. *Med. Sci. Sports Exerc.*, 28:S12 (Abstract), 1996.
- N. Baumgartner, H.K. Byrne, C.M. Mier, **K.R. Turley**, S.H. Constable, and J.H. Wilmore. Individual variability in physiological responses to a 9-day course of hot-humid heat acclimation. *Med. Sci. Sports Exerc.*, 28:S179 (Abstract), 1996.
- N. Baumgartner, H.K. Byrne, C.M. Mier, **K.R. Turley**, S.H. Constable, and J.H. Wilmore. Individual effects of heat acclimation and short-term physical training on submaximal exercise metabolic rate. *Aviat. Space Environ. Med.*, 67 (5-Suppl), (Abstract) 1996.
- Turley, K.R.**, and J.H. Wilmore. Submaximal cardiovascular responses to exercise in children: treadmill versus cycle ergometer. *Med. Sci. Sports Exerc.*, 29:S15 (Abstract), 1997.
- Turley, K.R.**, and J.H. Wilmore. Ratio scaling of submaximal cardiovascular data; is it appropriate? *Med. Sci. Sports Exerc.*, 30:S242 (Abstract), 1998.
- Turley, K.R.**, J.K. Citty, E.D. Marvin, K.L. Ward, and D.Z. Watson. Pressor response to isometric handgrip and leg extension exercise of differing intensities in boys. *Med. Sci. Sports Exerc.*, 31:S320 (Abstract), 1999.
- Turley, K.R.**, D.E. Martin, and E.D. Marvin. Adult versus children differences in pressor responses to static handgrip exercise of different intensities. *Med. Sci. Sports Exerc.*, 32:S67 (Abstract), 2000.



- Turley, K.R.**, K.S. Cowley, D.E. Martin, E.D. Marvin, and K.J. Lauterbach. Cardiovascular responses to static handgrip exercise, post-exercise ischemia, and recovery in boys and men. *Med. Sci. Sports Exerc.*, 33: (Abstract), 2001.
- Cowley, K.S., K.J. Lauterbach and **K.R. Turley**. Gender comparisons of cardiovascular responses to isometric exercise of different intensities in children. *Med. Sci. Sports Exerc.*, 33: (Abstract), 2001.
- K.R. Turley**, F.M. Spears, P.R. Stanforth, T. Rankinen, C. Bouchard, A.S. Leon, D.C. Rao, J.S. Skinner, & J.H. Wilmore. Scaling submaximal cardiovascular data: The HERITAGE Family Study. *Med. Sci. Sports Exerc.*, 34:S272, (Abstract), 2002.
- L.L. Tollett, **K.R. Turley**, K.A. Burrhus, and J.H. Wilmore. Impact of different intensities and volumes of acute resistance exercise on post-exercise blood pressure response. *Med. Sci. Sports Exerc.*, 34:S293, (Abstract), 2002.
- Turley, K.R.**, P.D. Gisel, L.N. Wilson, and K.J. Downey. The chemoreflex in 7-9 year old boys and girls. *Med. Sci. Sports Exerc.*, 35:S245 (Abstract), 2003.
- Turley, K.R.**, J.W. Gerst, and L.C. Kukta. Effects of caffeine on submaximal responses to exercise in children. *Med. Sci. Sports Exerc.*, 36:S18 (Abstract), 2004.
- DeSisso, T.D., J.W. Gerst, P.D. Carnathan, L.C. Kukta, L.E. Skelton, J.R. Bland, and **K.R. Turley**, Effect of caffeine on metabolic and cardiovascular responses to submaximal exercise: boys versus men. *Med. Sci. Sports Exerc.*, 37:S465 (Abstract), 2005.
- Turley, K.R.**, J.W. Gerst, L.C. Kukta., P.D. Carnathan, L.E. Skelton, and J.R. Bland. Gender comparison: effect of caffeine on submaximal responses to exercise in 7-9 year old boys versus girls. *Med. Sci. Sports Exerc.*, 37:S465 (Abstract), 2005.
- Bland, J.R., B.L. Phillips, and **K.R. Turley**, Effects of low-moderate doses of caffeine on submaximal exercise responses in 7-9 year old children. *Med. Sci. Sports Exerc.*, 38:S408 (Abstract), 2006.
- Bland, J.R., M.D. Holeman, J.A. Wilson, B.L. Phillips, W.J. Evans and **K.R. Turley**, Dose response effects of caffeine during exercise in young children. *Med. Sci. Sports Exerc.*, 39:S412 (Abstract), 2007.
- Turley, K.R.**, J.R. Townsend, J.D. Rivas, A.B. Morton, and J.W. Kosarek. Effect of caffeine on anaerobic performance in young boys. *Med. Sci. Sports Exerc.*, 42:S312 (Abstract), 2010.
- Turley, K.R.**, P. Eusse, M. Thomas, J.R. Townsend, A.B. Morton, B.L. Phillips, and M.G. Cullum. Effect of different doses of caffeine on anaerobic performance in young boys. *Med. Sci. Sports Exerc.*, 43:S619 (Abstract), 2011.
- Bland, J.R., V. Moya, and **K.R. Turley**. Excess post-exercise oxygen consumption in healthy boys. *Med. Sci. Sports Exerc.*, 45:S252 (Abstract), 2013.
- Turley, K.R.**, C. Sipe. Age span post-exercise muscle ischemic comparison: 7-75 years old. *Med. Sci. Sports Exerc.*, www.acsm.org/pdfs (Abstract), 2014.
- Bland, J.R., L. Hawes, and **K.R. Turley**. Reliability of post-exercise physiological measurements in young boys. *Med. Sci. Sports Exerc.*, www.acsm.org/pdfs (Abstract), 2014.
- Turley, K.R.**, J.R. Townsend, J.D. Rivas, A.B. Morton, J.W. Kosarek, and M.G. Cullum. Effects of caffeine on heart rate variability in young boys. *Med. Sci. Sports Exerc.*, www.acsm.org/pdfs (Abstract), 2015.

- Turley, K.R.**, J.R. Bland, B.L. Phillips, J.A. Wilson. Temporal cardiovascular changes to varying caffeine doses during a 60-minute wash-in period in children. *Med. Sci. Sports Exerc.*, [www.acsm.org/pdfs](http://www.acsm.org/pdfs) (Abstract), 2016.
- Cullum, M.G., **K.R. Turley**. The validity of a protocol as an alternative to the sit and reach test. *Med. Sci. Sports Exerc.*, [www.acsm.org/pdfs](http://www.acsm.org/pdfs) (Abstract), 2016.
- Bland, J.R., **K.R. Turley**. Post-exercise blood pressure in 8-10 year old boys. *Med. Sci. Sports Exerc.*, [www.acsm.org/pdfs](http://www.acsm.org/pdfs) (Abstract), 2017.
- Cullum, M.G., J.R. Bland, **K.R. Turley**. The validity of a ruler-based alternative to the sit and reach test in females. *Med. Sci. Sports Exerc.*, [www.acsm.org/pdfs](http://www.acsm.org/pdfs) (Abstract), 2017.
- Cullum, M.G., J.R. Bland, **K.R. Turley**. The creation of effective standardized instructions for a novel flexibility test. *Med. Sci. Sports Exerc.*, Suppl. 1, v.50, 667, 2018.
- Cullum, M.G., **K.R. Turley**. Standardization of the technique for a medicine ball throw test. *Med. Sci. Sports Exerc.*, Suppl. 1, v.51, 939, 2019.
- Villafranca, A.A, E. Grogan, M. Stirrup, L. Logan, **K.R. Turley**. Comparison of a real-time Hydration device with weight loss and saliva osmolality following exercise. *Med. Sci. Sports Exerc.* 53:(8S), DOI:10.1249/01.mss.0000759216.05424.48. 2021.