
Mark Cullum, Ph.D.
Associate Professor
College of Allied Health
Harding University
mcullum@harding.edu

ACADEMIC BACKGROUND

Ph.D.

Ph.D. University of Kentucky, Exercise Science, 2007

M.S.

M.S. University of Kentucky, Exercise Science, 1998

B.A.

B.A. Harding University, Searcy, AR, Kinesiology and Spanish, 1994

PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine, 1998-2020

Arkansas Chapter of the American Association for Health, Physical Education, Recreation, and Dance, 2009-2013

Kentucky Alliance for Health, Physical Education, Recreation, and Dance (KAHPERD), 1999-2006

Southeast Regional Chapter of the American College of Sports Medicine, 1997-2008

WORK EXPERIENCE

Associate Professor, Harding University (August 2016 – Present), Searcy, Arkansas. Teach up to 27 hours per academic year. Additionally teach classes during summer sessions. Serve as academic advisor to majors, Serve on faculty committees.

Assistant Professor, Harding University (August, 2008 – August, 2016), Searcy, Arkansas. Teach up to 27 hours per academic year. Additionally teach classes during summer sessions. Serve as academic advisor to majors, Serve on faculty committees.

Assistant Professor, Union College (August, 2002 - May, 2008), Barbourville, Kentucky. Teach 24 hours per academic year. Serve as academic advisor to majors. Serve on faculty committees.

Senior Fitness Instructor, Wellness Program, University of Kentucky (July, 2001 - July, 2002), Lexington, Kentucky. Oversaw daily operations of an Employee fitness facility, including scheduling staff hours, equipment maintenance, assisting customers, etc.

Instructor, University of Kentucky (January, 2001 - May, 2001), Lexington, Kentucky. Taught graduate level class entitled "Strength and Conditioning for Sports", designed to help prepare students for the NSCS Certified Strength and Conditioning Specialist Exam. Lectures related to various physiological systems of the human body and their response to training.

Teaching Assistant, University of Kentucky (August, 1997 - May, 2001), Lexington, Kentucky. Taught activity classes at the University of Kentucky.

Exercise Specialist, Health Dimensions (April, 1997 - June, 2000), Lexington, Kentucky. At this community health resource center, I assisted customers in finding information about their health/wellness related questions and performed measurements relating to blood pressure, body composition, and general fitness level.

Laboratory Assistant, University of Kentucky (July, 1996 - July, 1997), Lexington, Kentucky. Assisted Exercise Physiology Faculty member with updates to laboratory space and equipment, created tools used for measurements, performed a variety of exercise physiology related measurements, assisted with classes during laboratory exercises.

Laboratory Instructor, Exercise Physiology Class, University of Kentucky (January, 1996 - May, 1996), Lexington, Kentucky. Taught the Laboratory portion of the Exercise Physiology class for majors, instructing them on the proper procedures for a variety of measurements.

Teaching Assistant, University of Kentucky (August, 1995 - May, 1996), Lexington, Kentucky. Taught activity related classes at the University of Kentucky.

Teacher, Laurel County Public Schools (August, 1994 - June, 1995), London, Kentucky. Taught first and second year Spanish classes.

TEACHING

Courses Taught

Exercise Physiology	Sport Sciences Seminar	History & Philosophy of Physical Ed & Sport
Anatomy & Biomechanics	Sport Observation/Eval	Lifetime Wellness
Human Structure and Function	Motor Development	Weight Training
Assessment of Human Performance	Critical Areas in Health	Racquetball
Training and Conditioning of Athletes	First Aid	
Testing and Evaluation in Sports		

INTELLECTUAL CONTRIBUTIONS

Refereed Articles

Turley, K. R., Rivas, J. D., Townsend, J. R., Morton, A. B., Kosarek, J. W., Cullum, M. G. (2012). Effects of Caffeine on Anaerobic Exercise in Boys. *Pediatric Exercise Science*.

Presentations of Refereed Papers

National

Cullum, Mark G.; Turley, Kenneth R. Standardization of the Technique for a Medicine Ball Throw Test. *Medicine & Science in Sports & Exercise*: June 2019 - Volume 51 - Issue 6 - p 939. American College of Sports Medicine, Orlando, FL.

Cullum, Mark G.; Bland, Justin R.; Turley, Kenneth R. The Creation of Effective Standardized Instructions for a Novel Flexibility Test. *Medicine & Science in Sports & Exercise*: May 2018 - Volume 50 - Issue 5S - p 667. American College of Sports Medicine, Minneapolis, MN.

Cullum, Mark G.; Bland, Justin R.; Turley, Ken R. The Validity Of A Ruler-Based Alternative To The Sit And Reach Test In Females. *Medicine & Science in Sports & Exercise*: May 2017 - Volume 49 - Issue 5S - p 753. American College of Sports Medicine,

Cullum, Mark G.; Turley, Kenneth R. The Validity Of A Protocol As An Alternative To The Sit And Reach Test. *Medicine & Science in Sports & Exercise*: May 2016 - Volume 48 - Issue 5S - p 438. American College of Sports Medicine,

Turley, Kenneth R. FACSM; Townsend, Jeremy R.; Rivas, Joey D.; Morton, Aaron B.; Kosarek, Jason W.; Cullum, Mark G..Effects of Caffeine on Heart Rate Variability in Young Boys. *Medicine & Science in Sports & Exercise*: May 2015 - Volume 47 - Issue 5S - p 287. American College of Sports Medicine,

Turley, K. R., Eusse, P. A., Thomas, M. M., Townsend, J. R., Morton, A. B., Cullum, M. G. (2011). *Effect of Different Doses of Caffeine on Anaerobic Performance in Young Boys*. *Medicine & Science in Sports & Exercise*: May 2011 - Volume 43 - Issue 5 - p 891. American College of Sports Medicine, Denver, Colorado.

Turley, K. R., Rivas, J. D., Townsend, J. R., Morton, A. B., Kosarek, J. W., Cullum, M. G. (2010). *Effects of Caffeine on Anaerobic Performance in Young Boys*. *Medicine & Science in Sports & Exercise*: May 2010 - Volume 42 - Issue 5 - p 443. American College of Sports Medicine, Baltimore, Maryland.

Cullum, M. G. & Yates, J. W. (2009). *Excess Post-exercise Oxygen Consumption Following Typical Treadmill and Resistance Exercise*. *Medicine & Science in Sports & Exercise*: May 2009 – Volume 41 – Issue 5 – p S86. American College of Sports Medicine, Seattle, Washington.

Cullum, M. G. & Yates, J. W. (2008). *The Impact of Resistance Exercise and Age on Excess Post-exercise Oxygen Consumption*. *Medicine & Science in Sports & Exercise*: May 2008 - Volume 40 - Issue 5 - p S327. American College of Sports Medicine, Indianapolis, Indiana.

Yates, J. W. & Cullum, M. G. (2008). *Excess Post-exercise Oxygen Consumption Following Treadmill Exercise: The Effect of Subject Age*. *Medicine & Science in Sports & Exercise*: May 2008 - Volume 40 - Issue 5 - p S327. American College of Sports Medicine, Indianapolis, Indiana.

Cullum, M. G., Pittsley, J., & Yates, J. W. (2004). *The Variability of Resting Metabolic Rate Measurements*. *Medicine & Science in Sports & Exercise*: May 2004 - Volume 36 - Issue 5 - p S247. American College of Sports Medicine, Indianapolis, Indiana.

Yates, J. W., Cullum, M. G., & Pittsley, J. (2004). *Validation of a Portable, Indirect Calorimeter for the Measurement of Resting Metabolic Rate*. *Medicine & Science in Sports & Exercise*: May 2004 - Volume 36 - Issue 5 - p S247. American College of Sports Medicine, Indianapolis, Indiana.

Cullum, M. G. & Yates, J. W. (2001). *A Body Fat Calculation Program Created Using the Tools in MS Excel*. *Medicine & Science in Sports & Exercise*: May 2001 - Volume 33 - Issue 5 - p S242. American College of Sports Medicine, Baltimore, Maryland.

Yates, J. W. & Cullum, M. G. (2001). *The Validation of a Metabolic Cart Without Human Subjects*. *Medicine & Science in Sports & Exercise*: May 2001 - Volume 33 - Issue 5 - p S299. American College of Sports Medicine, Baltimore, Maryland.

Cullum, M. G., Welch, H., & Yates, J. W. (1999). *Evaluation of an Automated Metabolic Cart Compared to Douglas Bag Measurement of VO₂*. *Medicine & Science in Sports & Exercise*: May 1999 - Volume 31 - Issue 5 - p S302. American College of Sports Medicine, Seattle, Washington.

Regional

Cullum, M. G. & Yates, J. W. (2008). *Excess Post-Exercise Oxygen Consumption: The State of the Literature*. Southeast Region of the American College of Sports Medicine, Atlanta, Georgia.

Cullum, M. G. (2001). *Using MS Excel in the Laboratory*. Southeast Region of the American College of Sports Medicine, Atlanta, Georgia.

State

Cullum, M. (2009). *Excess Post-exercise Oxygen Consumption: The State of the Literature*. Arkansas Association of Health, Physical Education, Recreation and Dance, Eureka Springs, Arkansas.

Cullum, M. G. (2006). *Utilization of MS Excel for the Exercise Physiologist*. Kentucky Chapter of the American Association of Health, Physical Education, Recreation, and Dance, Fort Mitchell, Kentucky.

Cullum, M. G., Pittsley, J., & Yates, J. W. (2004). *Validation of a Portable, Indirect Calorimeter for the Measurement of Resting Metabolic Rate*. Kentucky Chapter of the American Association of Health, Physical Education, Recreation, and Dance, Louisville, Kentucky.

Cullum, M. G. (2000). *Producing Charts and Performing Calculations with MS Excel*. Kentucky Chapter of the American Association of Health, Physical Education, Recreation, and Dance, Louisville, Kentucky.

Cullum, M. G. & Yates, J. W. (1999). *Evaluation of the Physio-Dyne Max-1 Metabolic Cart*. Kentucky Chapter of the American Association of Health, Physical Education, Recreation, and Dance, Louisville, Kentucky.

Cullum, M. G., Whatley, S., & Clasey, J. (1998). *Validity of a Hand-to-Hand BIA Analyzer*. Kentucky Chapter of the American Association of Health, Physical Education, Recreation, and Dance, Louisville, Kentucky.

Chapters in Books

Cullum, Mark G. Chapter 2 – Fundamentals of Fitness and Creating a Fitness Plan. In “Wellness @ Harding”, by Yingling et al., 3rd Edition, Harding University, Searcy, AR, 2022

Cullum, Mark G. Chapter 6 – Body Composition and Weight Management. In “Wellness @ Harding”, by Yingling et al., 3rd Edition, Harding University, Searcy, AR, 2022

Bland, Justin R. and Cullum, Mark G. Chapter 7 – Nutrition. In “Wellness @ Harding”, by Yingling et al., 3rd Edition, Harding University, Searcy, AR, 2022