

Curriculum Vitae

Michael S. Green, Ph.D.

Personal Information

Name: Michael Stephen Green
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Research Interests

Endurance performance; carbohydrate metabolism; exercise-induced muscle injury

Education

Georgia State University Ph.D., Sport Science	Atlanta, Georgia	2008
Troy State University M.S., Sport and Fitness Management	Troy, Alabama	2002
Troy State University B.S., Sport and Fitness Management (Summa cum Laude)	Troy, Alabama	2000

Professional Experience

<i>Assistant Professor</i> Department of Kinesiology and Health Promotion	Troy University (Troy, Alabama)	2008-present
<i>Graduate Research Assistant</i> Department of Kinesiology and Health (Dr. J. Andrew Doyle)	Georgia State University (Atlanta, Georgia)	2004-2008
<i>Director</i> McCollough Institute for Appearance and Health	Health and Performance Sciences Center (Gulf Shores, Alabama)	2002-2003
<i>Graduate Teaching Assistant</i> Department of Kinesiology and Health Promotion (Dr. Edith Smith)	Troy State University (Troy, Alabama)	2001-2002
<i>Tutor</i> Troy State University Writing Center	Troy State University (Troy, Alabama)	2000-2002

Research

Published Papers

Green, M.S., Corona, B.T., Doyle, J.A., Ingalls, C.P. (2008). Carbohydrate-protein drinks do not enhance recovery from exercise-induced muscle injury. *International Journal of Sport Nutrition and Exercise Metabolism*, 18(1), 1.

Published Book Chapters

Book Chapters

Doyle, J.A., Papadopoulos, C., **Green, M.S.** (2008). Utilization of carbohydrates in energy production. In I. Wolinsky & J. Driskell (Eds.), *Sports nutrition: Energy metabolism and exercise*. Boca Raton, FL: CRC Press.

Green, M.S. and Doyle, J.A. (2009). Carbohydrates. In I. Wolinsky & J. Driskell (Eds.), *Nutrition and exercise concerns of middle age*. Boca Raton, FL: CRC Press [final review]

Published Abstracts

Green, M.S., Corona, B.T., Doyle, J.A., Benardot, D., Rupp, J.C., Ingalls, C.P. (2008). Exercise-Induced Muscle Injury and Recovery: Insulin Resistance and Carbohydrate-Protein Supplementation. *Medicine and Science in Sports and Exercise*. 40(5) Supplement: Sxxx (*Abstract*)

Green, M.S., Corona, B.T., Doyle, J.A., Ingalls, C.P. (2007). A carbohydrate-protein drink does not enhance recovery from exercise-induced muscle injury. *Medicine and Science in Sports and Exercise*. 39(5) Supplement: S363 (*Abstract*)

Doyle, J.A., **Green, M.S.**, Corona, B.T., Simone, J., Dennison, D. (2007). Validation of an electronic pedometer in a field-based setting. *Medicine and Science in Sports and Exercise*. 39(5) Supplement: S186 (*Abstract*)

Rupp, J.C., **Green, M.S.**, Corona, B.T., Heimburger, K.D., Pullen, P.R., Everest, A.S. (2007). Predictors of 10k running performance in well trained athletes matched for ventilatory threshold. *Medicine and Science in Sports and Exercise*. 39(5) Supplement: S207 (*Abstract*)

Corona, B.T., **Green, M.S.**, Doyle, J.A., Rupp, J.C., Ingalls, C.P. (2006). Exercise-induced muscle injury results in elevations in aerobic and anaerobic metabolism during submaximal treadmill running. *Medicine and Science in Sports and Exercise*. 38(5) Supplement: S1523 (*Abstract*)

Doyle, J.A., Dennison, D.A., **Green, M.S.**, Corona, B.T., Kimball, A. (2006). Validity and reliability of an electronic pedometer in a laboratory setting. *Medicine and Science in Sports and Exercise*. 38(5) Supplement: S2855 (*Abstract*)

Research Grants

Funded

“Exercise-Induced Muscle Injury and the Repeated Bout Effect: Effects on Insulin Resistance”
-2008 Awarded the Georgia State University Dissertation Grant (\$990.69 direct costs)

“Effect of a Carbohydrate-Protein Recovery Beverage on Exercise-Induced Muscle Injury”
-2005 Provided with experimental beverages by Pacific Health Laboratories, Inc.

Unfunded

“The Effect of a Mixed Glucose-Fructose-Sucrose Beverage on Endurance Performance”
-2004 Gatorade Sport Science Institute Student Grant Program (\$2,000 direct costs)

“Downhill Treadmill Running and the Repeated Bout Effect: Effect on Insulin Resistance”
-2006 Gatorade Sport Science Institute Student Grant Program (\$2,556 direct costs)

Peer Reviewed Presentations

2008 ACSM Annual Conference (Indianapolis, IN)

“Exercise-Induced Muscle Injury and Recovery: Insulin Resistance and Carbohydrate-Protein Supplementation”

Green, M.S., Corona, B.T., Doyle, J.A., Benardot, D., Rupp, J.C., Ingalls, C.P.
(Featured Science Session oral presentation)

2008 ASAPHERD Spring Conference (Orange Beach, AL)

“Exercise-Induced Muscle Injury and Insulin Resistance: The Repeated Bout Effect”

Green, M.S.
(oral presentation)

2008 SEACSM Annual Conference (Birmingham, AL)

“Effect of a Repeated Bout of Eccentric Contractions on Insulin Resistance”

Green, M.S., Ingalls, C.P., Benardot, D., Corona, B.T., and Doyle, J.A.
(oral presentation)

2007 SEACSM Annual Conference (Charlotte, NC)

“A Carbohydrate-Protein Drink Does Not Enhance Recovery from Exercise-Induced Muscle Injury”

Green, M.S., Corona, B.T., Doyle, J.A., and Ingalls, C.P.

(oral presentation)

2006 SEACSM Annual Conference (Charlotte, NC)

“Validity and Reliability of an Electronic Pedometer in a Laboratory Setting”

Green, M.S., Corona, B.T., Kimball, A., Dennison, D.A., and Doyle, J.A.

(poster presentation)

2005 ASAPHERD Fall Conference (Birmingham, AL)

“Cardiorespiratory Fitness: Considerations for Accurate Prediction of Maximal Oxygen Consumption”

Green, M.S.

(oral presentation)

2001 Sport Administration and Physical Education Conference (Florida State University, Tallahassee, FL)

“The Property Interest Rights of an HIV-Positive Individual Denied Participation in a Professional Contact Sport”

Green, M.S. and Tatum, L.

(oral presentation)

Academic Awards and Scholarships

Georgia State University College of Education Honors Day 2008

Department of Kinesiology and Health Outstanding Doctoral Student Award

-For scholarly and extraordinary leadership in department and/or professional activities

Georgia State University Dissertation Grant Program 2008

-Proposal selected for funding (\$990.69)

American College of Sports Medicine Nutrition Interest Group 2007

Student Research Award (\$250; joint winner)

-Awarded at the 2007 ACSM Annual Meeting in New Orleans

Georgia State University College of Education Honors Day 2006

Department of Kinesiology and Health Outstanding Doctoral Student Award

-For scholarly and extraordinary leadership in department and/or professional activities

Troy State University Honors Convocation 2001

Clements Award

-Academic Achievement Award in Sport and Fitness Management

NCAA Postgraduate Scholarship Award Winner 2001

-Awarded to student-athletes who excel academically and athletically (\$5,000)

Academic All-American 1998

-Named by the US Cross Country Coaches Association

Dr. Jesse Hall Colley Memorial Scholarship 2000

-Provided to an outstanding Troy State University senior track athlete (\$500)

Who's Who Among Students in American Universities and Colleges 2000

Inducted into Phi Epsilon Kappa Fraternity 2000

-National professional fraternity for Health, Physical Education, Recreation, and Safety

Outstanding Major of the Year 2000

-National Association for Sport and Physical Education

Inducted into the Honor Society of Phi Kappa Phi 1999

The National Dean's List 1998

-Honorary Award Recognition in the 21st Annual Edition

Teaching Experience

Assistant Professor (January 2008 – Present)

Troy University

Undergraduate

Foundations of Physical Education and Sport and Fitness Management (KHP 2251)

Kinesiology and Efficiency of Human Movement (KHP 3352)

Physiological Principles of Body Systems (KHP 3360)

Sport and Exercise Nutrition (KHP 4459)

Exercise Physiology (KHP 4474)

Exercise Physiology Lab (KHP 4474L)

Laboratory Practicum (KHP 4476)

Special Topics (KHP 4487)

Senior Seminar in Exercise Performance (KHP 4499)

Graduate Research Assistant (January 2004 – December 2007)

Georgia State University

Undergraduate

Training and Fitness Concepts (KH 3020)

Exercise Physiology Lab (KH 3650)

Cardiopulmonary Physiology (KH 4290)

Graduate

Exercise Physiology Lab (KH 7500)

Graduate Teaching Assistant (January 2001 – December 2002)

Troy State University

Undergraduate

Health Concepts (KH 2200)

First Aid and CPR (KH 2202)

Guest Lectures

Factors Determining Muscle Force Production: Troy University (Fall 2007)

Thermoregulation: Georgia State University (Fall 2007)

Carbohydrate Supplementation and Manipulation: Georgia State University (Fall 2007)

Nutrition and Health: Agnes Scott College (Fall 2007)

VO₂ max: Georgia State University (Fall 2006 and 2007)

Blood Doping: Georgia State University (Fall 2005)

Energy Transfer and Metabolism: Georgia State University (Summer 2005 and 2007)

Training of Elite Distance Runners: Georgia State University (Spring 2005)

Service

Search Committee: Assistant/Associate Professor in Health and Physical Education Spring, 2008
Committee Member

Search Committee: Assistant/Associate Professor in Physical Education/Sport and Spring, 2008
Committee Member *Fitness Management*

Search Committee: Assistant/Associate Professor in Sport and Fitness Management Spring, 2008
Committee Member

<i>Nick Costes 5k Road Race</i> Race Director	Spring, 2008
<i>Web Page Committee</i> Department of Kinesiology and Health Promotion representative	2008
<i>AV Technical Support Crew</i> SEACSM Annual Conference	2004-2007
<i>College of Education Graduate Admissions and Exceptions Committee</i> Student member	2006-2007
<i>Chattahoochee Road Runners Elite Athlete Forum</i> Panel member	2006+2007
<i>Laboratory for Elite Athlete Performance (LEAP)</i> USATF funded lab located at Georgia State University Technical assistance to Dr. Dave Martin and Dr. Dan Benardot. Testing of world class female distance runners.	2004-2007
<i>Institutional Effectiveness Committee of the SACS Institutional Self-Study</i> Student member	2001
<i>Phi Epsilon Kappa Professional Fraternity (President, TSU Chapter)</i> President, Troy State University Chapter	2000
<i>Troy State University Student Athlete Advisory Council</i> Vice President	2000
<i>Nick Costes Merchant's of Troy Road Race</i> Race Director	2000

Professional Affiliations

American College of Sports Medicine (ACSM)	2003-present
Southeast American College of Sports Medicine (SEACSM)	2001-present
Alabama State Association for Health, Physical Education, Recreation, and Dance	2005, 2008

Certifications

Troy University Institutional Review Board Training
Attended the IRB Training Workshop at Troy University, March 27th, 2008

Radiation Safety Training
Completed under supervision of Georgia State University Radiation Safety Officer (June 2006)
Effective until June 2008

CITI Training: Collaborative IRB Training Initiative for the Protection of Human Research Subjects
Effective until April 23, 2008

Education Program on Universal Precautions
OSHA's Bloodborne Pathogens Standard for Laboratory and Healthcare Workers
Completed under supervision of Dr. J. Andrew Doyle (Spring 2005)

Phlebotomy Education Program
Completed under supervision of Dr. J. Andrew Doyle (Spring 2005)

Conference Attendance

Regional Conferences

2001 Florida State University Sport Management Conference (Tallahassee, FL)
2001 SEACSM Conference (Columbia, SC)
2004 SEACSM Conference (Atlanta, GA)
2005 SEACSM Conference (Charlotte, NC)
2005 Alabama State Association AAPHED Fall Conference (Birmingham, AL)
2006 SEACSM Conference (Charlotte, NC)

2007 SEACSM Conference (Charlotte, NC)
2008 SEACSM Conference (Birmingham, AL)
2008 Alabama State Association AAPHERD Spring Conference (Orange Beach, AL)

National Conferences

2005 ACSM National Conference (Nashville, TN)
2006 ACSM National Conference (Denver, CO)
2007 ACSM National Conference (New Orleans, LA)
2008 ACSM National Conference (Indianapolis, IN)

Extracurricular Activities

Blackburn Harriers and Athletic Club, member 1991 to present
Club record holder in the 10k [29.31], 15k [46.03], Half Marathon [65.25], and Marathon [2:18:11]

British Milers Club (BMC)
Member 1991 to present

Atlanta Track Club Competitive Team
Member 2004 to present

USA Track and Field (USATF)
Member 2001 to present

2nd, 2007 Tom King Half Marathon (Nashville, TN) [65.25]

1st, 2006 Greater Hartford Half Marathon (Hartford, CT) [65.26]

1st, 2003 Huntsville Times Rocket City Marathon (Huntsville, AL) [2:20.25]

Flora London Marathon (London, England):

2004: 24th, 2.18.11

2005: 19th, 2.18.31

2006: 24th, 2.19.14

Troy University 3000m record holder [8.10.06, 2001]

9 individual Trans America Athletic Conference titles (3 consecutive cross country; 6 track and field)