

## **Fred L. Miller III, Ph.D., ACSM-EPC, CSCS, NCSF-SNS**

Department of Kinesiology  
Huntington University  
Huntington, IN 46750  
(260) 359-4148  
fmiller@huntington.edu

### **Education**

- **B.S.** in Exercise Science, Huntington University, IN (2000)
- **M.S.** in Physical Education, Eastern New Mexico University, NM (2003)
- **Ph.D.** in Kinesiology, University of Houston, TX (2008)

### **Certifications**

- National Council on Strength & Fitness-Sport Nutrition Specialist, 2017-present
- National Strength & Conditioning Association-CSCS, 2014-present
- American College of Sports Medicine-Certified Exercise Physiology, 2015-present
- American College of Sports Medicine-Health Fitness Specialist, 2009-2015
- American Red Cross Community First Aid & Safety, 2010-present
- American Red Cross Adult, Child, and Infant CPR, 2010-present
- Human Participants Protection Education for Research Teams (NIH), 2004
- American Red Cross CPR and First Aid Instructor, 2002
- Emergency Medical Technician, 2001
- American Council on Exercise (A.C.E.) Personal Trainer, 2000

### **Memberships**

- National Council on Strength & Fitness (NCSF), 2016-present
- National Strength & Conditioning Association (NSCS), 2014-present
- American College of Sports Medicine (ACSM), 2006-present
- International Institute for Race Medicine (IIRM), 2017-present
- American Running Association (ARA), 2007-present
- American Medical Athletic Association (AMAA), 2007-2017
- Indy Runners, 2009-2011
- Anderson Road Runners, 2008, 2013
- Houston Area Road Runners Association (HARRA), 2005-2007
- Houston Striders Running Club (HS), 2005-2007

### **Professional Experiences**

*Service in National Organizations (AMAA & IIRM), 2015-2018*

- **International Institute for Race Medicine (IIRM)**, 2017-present
  - Currently writing articles for this national peer-reviewed journal (1 article was published)
  - On the Journal Committee, which includes reviewing articles submitted to journal
- **Journal of the American Medical Athletic Association (AMAA)**, 2015-2017

- Wrote articles for this national peer-reviewed journal (2 of my articles were published)
- Review articles for this journal

***Professor, Department Chair: Huntington University, 2016-present  
(Associate Professor, 2016-2018)***

Courses taught:

- Internship (EX 495)
- Independent Study (EX 490)
- Senior Seminar in Exercise Prescription (EX 465)
- Special Topics in Kinesiology (EX 452)
- Introduction to Research in Kinesiology (EX 443)
- Principles of Strength and Conditioning (EX 431)
- Nutrition for the Physical Active (EX 425)
- Practicum in Exercise Science (EX 395)
- Exercise Physiology (EX 321)
- Exercise Physiology Laboratory (EX 321L)
- Sport and Exercise Psychology (EX 318)
- Nutrition (EX 271)
- Health and Fitness (EX 151)
- Foundations of Exercise Science (EX 111)
- Wellness for Life (EX 101)
- Advise/Mentor students on future courses and careers
- Meet with prospective students and their parents
- Serving as an Alpha Faculty Mentor, 2017
  - I was involved in many Freshmen Orientations activities (e.g., Student Plunge)
  - Led my Alpha group 1<sup>st</sup> three Fridays in Fall semester; continued to see and talk to them throughout semester
  - Had group over to my house for dinner and games
- Promote and market Exercise Science Program and Huntington University
- Served and/or currently serving on University committees
  - Parkview Y Battle of the Business Committee
  - Tenure Track Exercise Science Search Committee, Chair
  - Institutional Review Board (IRB)
  - Christ in the Academy
  - Emerging Leaders Academy

***ACSM Webinar: Online, September 2018***

Listened, participate via asking questions, to Dr. Jon Myers

- Topic: “Importance of Measuring Aerobic Capacity in the General Population”

***Internships/Practicum: Parkview Huntington Hospital, April 2018***

***Shadowed a Physical Therapist, April 13 (3 hrs)***

- Learned more about physical therapy
- Observed dry needling and cupping

***Head Cross Country Coach: Huntington University, 2016-2018***

- Plan and execute practices and meets
- Recruit student athletes
- Monitor budget and organize meet schedule

**Associate Professor, Tenured:** Anderson University, 2013-2016  
(**Assistant Professor,** 2008-2013)

Courses taught:

- Seminar in Exercise Science (EXSC 4920)
- Clinical Experience in Exercise Testing & Prescription (EXSC 4160)
- Advance Resistance Training & Conditioning (EXSC 4010)
- Physiology of Exercise (EXSC 3470)
- Physiology of Exercise Lab (EXSC 3470 LA/LB)
- Health Implications of Obesity (EXSC 3300)
- Sports Nutrition (EXSC 2580)
- Foundations of Exercise Leadership I (EXSC 2451)
- Foundations of Exercise Leadership II (EXSC 2452)
- Introduction to Exercise Science (EXSC 1360)
- Health Concepts I (PEHS 2100)
- Weight Training (PEHS 1060)
- Fitness/Leisure for Life (PEHS 1000)
- First-Year Experience (LART 1050)
- Liberal Arts Seminar (LART 1100)
- Advise/Mentor students
- Served as New Student Faculty Mentor (2010-2016)
- Met with prospective students and their parents
- Served on several University committees
  - Faculty Development Committee (FDC)
  - Academic Technology Advisory Committee (ATAC)
  - Athletic Training Committee (ATC)
  - Department of Kinesiology Human Research Participants Committee (DOK-HRPC)
  - Student Success Team (SST)
  - Student Success Team-Data Subcommittee

**Research Assistant:** University of Houston, 2003-2008

Courses taught:

- Fitness and Health (PEB 1101)
- Group Exercise (TIGER study)
- Supervised undergraduate employees in the TIGER study
- Assisted students on how to use Polar Heart Rate Monitors
- Monitored student exercise participation during the fall and spring semesters
- Managed the online CSI exercise logging software
- Measured blood pressure and anthropometrics
- Performed study data management (i.e., data entry, verification, etc...)
- TIGER Study presentations to parents at Freshman Orientation

**Adjunct Instructor:** Houston Community College-Central, 2005-2008

Courses taught:

- Exercise Science (FITT 2313)
- Fitness & Exercise Testing (FITT 1301)
- Theory of Exercise (FITT 2409)
- Weight Training & Conditioning (PHED 2111)

**Adjunct Instructor:** San Jacinto College-North Campus, 2005-2008

Courses taught:

- Exercise For Health & Fitness (PHED 1119)
- Fitness Walking (PHED 1143)
- Beginning Tennis (PHED 1101)

**Research Technician II:** Pediatrics, Baylor College of Medicine, 2005-2006

- Exercise and diet intervention (FLOW study) at YES Preparatory School
- 12 Week YMCA Family Intervention, summer 2005
- Data Entry and Analysis

**Research Technician II:** Human Genetics Lab, UT-School of Public Health, 2004

- Electrophoresis gels
- DNA extraction and pyrosequencing

**Graduate Assistant:** Eastern New Mexico University, 2001-2003

Courses taught:

- Fundamentals of Physical Well-Being (HPE 142)
- Strategies: Track & Field (HPE 299)
- First Aid (HPE 220)
- Golf I (HPE 132AP)
- Weight Training I (HPE 124AP)
- Walking/Jogging (HPE 111)
- Assistant Cross Country Coach
- Assistant Track & Field Coach

**West Campus Apartment Manager:** Eastern New Mexico University, 2002-2003

- Assisted residents during their stay at Eastern
- Conducted check-ins and checkouts
- Submitted necessary maintenance requests and enforced housing rules
- Planned occasional community activities
- Served as a liaison with the Housing and Residence Life office

**Upward Bound Instructor:** Eastern New Mexico University, summer 2002

Courses taught:

- Chemistry I
- Algebra II
- Beginning Computers
- Weight Training

**Upward Bound Tutor:** Eastern New Mexico University, fall 2002

- Statistics

**Personal Trainer:** Gold's Gym, Fort Wayne, IN, 2000-2001

- Prescribed and administered exercise programs
- Conducted fitness and exercise assessments
- Update board with exercise tips and articles
- Cleaned and inspected exercise equipment

**Head Girls' Track & Field Coach:** Manchester High School, IN, 2001

- Planned and executed practices and meets

**Head Girls/Boys Cross Country Coach:** Manchester High School, IN, 2000

- Planned and executed practices and meets

## Teaching Interests

Exercise Physiology, Sports Nutrition, Exercise Testing and Prescription, Research Methods in Exercise Science, Advance Resistance Training/Conditioning, Introduction to Exercise Science, Exercise Leadership.

### Research Interests

- Bioenergetics
- Exercise & Running Performance
- Body Composition
- Nutrition

### Textbook Reviewer:

Reviewer for "Exercise Physiology" textbook (2015) by John Porcari, Cedric Bryant, and Fabio Comana.

### Publications

**Miller III, F.** (2018). When is the Best Time to Consume Protein for Training and Competition? *Endurance and Sports Medicine* 1 (2): 11-14.

**Miller III, F.** (2017). Do I Need More Protein for Training and Competition? *Endurance and Sports Medicine* 1 (1): 6-8.

Nash J., Becker D., **Miller III F.**, & Londono Calle Y. (2017). Body Composition, Vertical Jump, Agility and Muscular Strength of Athletes and Non-Athletes. *International Journal of Research in Exercise Physiology* 13 (1): 67-74.

**Miller III, F.** (2017). Practical Implementations of HIIT. *Journal of the American Medical Athletic Association*. 30 (1); 16-17.

Tolliver S., Drew M., Kitts K, **Miller III F.**, & Londono Calle Y. (2017). Static Stretching and Proprioceptive Neuromuscular Facilitation Stretching within Collegiate Athletes. *International Journal of Research in Exercise Physiology* 12 (2): 22-27.

Miller L. & **Miller F.** (2017). A Comparative Analysis of the Fitness of Collegiate Dancers as compared to Collegiate Volleyball and Softball Players. *American Journal of Undergraduate Research* 14 (1): 11-16.

**Miller III, F.** (2016). High-Intensity Interval Training versus Traditional Continuous Training. *Journal of the American Medical Athletic Association* 29 (1): 8-9.

Millikan A., Gutierrez D., Grabner A., & **Miller III F.** (2015). The Acute Effects of Dynamic vs Static Stretching on Vertical Jump in Female Athletes. *International Journal of Research in Exercise Physiology* 11 (1): 20-23.

**Miller, F.**, O'Connor, D., Herring, P., Sailors, M., Jackson, A., Dishman, R., & Bray, M. (2014). Exercise Dose, Exercise Adherence, and Associated Health Outcomes in the TIGER Study. *Medicine & Science in Sports and Exercise* 46 (1): 69-75.

### **Papers:**

**Miller, F.**, Jackson, A., Bray, M., O'Connor, D., & McFarlin, B., & Leung, P. (2008). Defining Exercise Adherence and Its Determinants: The TIGER Study. (Dissertation)

**Miller, F.**, Drabbs, M., Pilon, D., & Chilson, M. (2003). Motives of Female Marathon Runners. (Master's Thesis)

### **Abstracts:**

**Miller, F.**, Jackson, A., Sailors, M., McFarlin, B., & Bray, M. (2007). Change in Body Composition Following a 15-Week, Heart Rate Monitored Aerobic Exercise Program: The TIGER Study. *Obesity Research*, (October supplement)

Jackson, A., Ellis, K., Sailors, M., McFarlin, B., Turpin, I., **Miller, F.**, & Bray, M. (2007). Field Method to Measure Changes in Percent Body Fat of Young Women: The TIGER study. *Obesity Research*, (October supplement)

**Miller, F.**, Dishman, R., Bray, M, McFarlin, B., & Jackson, A. (2007). Reliability and Norms for the 10-Item Self-Motivation Inventory: The TIGER Study. *Medicine and Science in Sports and Exercise*, (May supplement)

Johnston, C., Tyler, C., **Miller, F.**, Dadjoo, N., & McFarlin, B. (2005). Metabolic Syndrome Risk across Weight Status in Mexican American Children. *Obesity Research*, 13.

### **Presentations**

Change in Body Composition Following a 15-Week, Heart Rate Monitored Aerobic Exercise Program: The TIGER Study. To be presented at the Annual Meeting of the North American Association for the Study of Obesity (NAASO), New Orleans, LA, October, 2007.

Reliability and Norms for the 10-Item Self-Motivation Inventory: The TIGER Study. Annual meeting of the American College of Sports Medicine (ACSM), New Orleans, LA, June, 2007.

Psychometric Properties of the 10-Item Self-Motivation Inventory. University of Houston Graduate Research Day, Houston, TX, October, 2006.

What is the TIGER Study? University of Houston Freshman Orientation, Houston, TX, summer, 2005.

Ab Blasters to Thigh Blasters: What Really Works? University of Houston Campus Recreation and Wellness Center, Houston, TX, spring, 2005.

Health Risk of Being Overweight. YMCA Health Fair, Houston, TX. April, 2005.

Making the Transition from Masters to Ph.D. Graduate Student Association at Eastern New Mexico University, Portales, NM, March, 2005.

Genetics of Exercise Response. Lion's Club, Lovington, NM, May, 2004.

## **Supervised Student Research Projects and Presentations**

“An Evaluation of the Effects of Kinesio-Tape on the Muscular Endurance of College Students” by Austin House, Connor West, and Adam Woods (Fall 2017)

“Fitness Levels of Freshman vs. Seniors” by Madi Waldfogel, Kay Bennett, and Nick Evans (Fall 2017)

“Physical Health Among College Majors” by Andrew Hill and Jordan Santiago (Fall 2017)

“A Comparison between the fitness Profile of Collegiate Athletes and Non-athletes” by Cassidy Johnson and Sarah Church (December 2016)

“Gender Differences in Relative Strength between Baseball and Softball Players” by Zach Droll and Heaston Schwob (December 2016)

“A correlation between Aerobic Fitness and Tennis Performance” by Daniel Strom (December 2016)

“Static Stretching and Proprioceptive Neuromuscular Facilitation Stretching within Collegiate Athletes” by Shila Tolliver, Molly Drew, and Korisa Kitts (December 2016).

“Body Composition, Vertical Jump, Agility and Muscular Strength of Athletes and Non-Athletes” by Jake Nash & Danny Becker (December 2016)

“The Effects of Sleep Restriction on Submaximal VO<sub>2</sub> Exercise Performance” by Max Kittle and Elyse Blankenship (April, 2015).

“The Five Health Components of Fitness and Activity Level” by Kata Bawel, Sylvia Schering, and Hannah Smith (April, 2015).

“Relationship Between Rotational Medicine Ball Throw Distance and Ball Exit Speed of a Batted Baseball in College Baseball Players” by Damon Reel and Isaac Loechle (April 28, 2015).

“Does Music Genre or Lack of Music During Agility Training Affect Overall Performance?” by Sorcha Cox, Betsy Lamb, and Nichole Frazier (April, 2015).

“Body Fat Percentage Correlation with Anaerobic Power and Capacity.” by Chris Landrum and Dean Williams, (April, 2015).

“Which Class (freshmen, sophomores, juniors, or seniors) is most aerobically fit?” by Hunter Prol and Caleb Baker (April, 2015).

“Is there a difference in the body fat between Kinesiology and Non-Kinesiology Majors?” by Kayla Welker and Monica Johnston (December, 2103)

“Does Fitness Level Have an Effect on Sleep Quality?” by Devan Bruner (December, 2013)

“Who is More Fit?” by Keri Phillips and Jordan Stanley (December, 2013)

“Comparison of Anderson University Athletic Teams” by Shantol McMahon, Lauren Hofer, and Andrew Lovern (December, 2013)

“Disparity of Ideal Weight and Healthy Weight Range” by Samantha DeShong (December, 2013)

“Body Composition in relation to power in collegiate football players.” By Dev Thompson and Tyler Ayers (December, 2013)

“Aerobic and Anaerobic Capacity of Male Soccer and Basketball Players” by George Joseph and Julianne Marron (December, 2013)

“Does the tempo of a song improve cardiovascular endurance in a VO<sub>2</sub>max Test?” by Allyson Highway, Melissa Stachovic, and Megan Blessinger (December, 2012)

“Correlation between percent body fat, resting heart rate, and one-mile run time” by Michael Burel, Katelynn Lockhart, and Melissa Pickett (December, 2012)

“The effect of Caffeine on Exercise Endurance and Rate of Perceived Exertion” by Madison McPherson and Patrick Freeman (December, 2102)

“How does body fat percentage differ due to activity levels in college students?” by Marissa Haskins, Ashley Kern, and Joel Hudson (December, 2012)

“The Effect of Caffeine on Rate of Perceived Exertion and Max Testing” by Jake Clampitt, Kaitlyn Gingerich, and Lyndsay South (December, 2011)

“The effects of music on exercise intensity between younger and older groups” by Kara Dettmer and Amanda Heffern (December, 2011)

“Who is more fit, offensive or defensive football players?” by Kaleb Donahue, Daniel Ingram, and Dustin Snyder (December, 2011)

“Stress Relief from Different Types of Exercise” by Jared Bickle, Lys Hess, and Tyler Smith (December, 2011)

“College Weight Gain: Who’s the Target?” by Dez Gilbert, Katie Scott, and Courtney Smith-Powell (December 2011)

“Effects of Caffeine in the Aerobic and Anaerobic Energy Systems in Male College-Age Sedentary Individuals and Athletes” by Kyle Reichert, Nate Clem, and Taylor Holmes (December, 2011)



“How does static and dynamic stretching before running effect running Performance?” by Matt St.Amour, Matt Cairns, and Marc St.Amour (December, 2011)

“Does exercising with another individual increase one’s physiological responses to exercise compared to exercising alone?” by Stephen Brown, Bryce Tibbs, and Lauren Tully (December, 2011)

“What factors are related to running economy?” by Chris Jarrett (December, 2010)

“Effect of Time of Day and Pre vs. Post Exercise on Impedance Measured by the Omron” by Rebecca Curtis and Kristi Sturgill (December, 2010)

“Do college students accurately perceive moderate and vigorous exercise intensities based on the ACSM Guidelines?” by Rich Aleman, Matt Barton, and Holly Miller (December, 2010)

“Different Majors and Their Exercise Habits” by Megan Wood, Mel Evans, and Shawna Wuethrich (December, 2010)

“Do body composition techniques (Skinfolds, BIA, UWW) estimate percent body fat differently among freshmen?” by Jordan Crow, Tyler Mikel, and Gabe Miller (December, 2010)

“Is childhood physical activity associated with adult physical activity?” by Andy Arnod, Justin Barnett, and Nathan Frederick (December, 2010)

### **Annual AU Scholars' Day Student Poster Presentations**

Blankenship, E., Kittle, M., & Miller, F. (April, 2015). “The Effects of Sleep Restriction on Exercise Performance.”

Barton M., Miller H., & Miller, F. (April, 2011) “Do college students accurately perceive moderate and vigorous exercise intensities based on the ACSM Guidelines?”

### **Honors and Awards**

- Promoted to Full Professor, Fall 2018
- Emerging Leaders Academy, 2017-18
- Tenure-Track Exercise Science Faculty Search Committee-Chair, 2017
- Inducted in the Huntington University Athletic Hall of Fame, November 12, 2016
- Overall Champion in the Indianapolis Marathon, October 17, 2015
- Granted Tenure, Fall 2014
- Granted Sabbatical Leave, Fall 2014
- Funded NSCA-CSCS exam by Dean of the School of Nursing, Kinesiology, & Behavioral Sciences, Fall 2014
- Faculty Development Committee-Chair (FDC-Chair), Fall 2013-Spring 2014
- Department of Kinesiology Human Research Participants Committee-Chair, Fall 2010-2016
- Faculty Development Grant, Anderson University, “ACSM Health Fitness Workshop”, 2010
- Faculty Development Grant, Anderson University, “Assessment of Exercise Science Majors and the exercise science program”, 2009-2010
- Research Assistantship, HHP Department, University of Houston

- Completed 18 Marathons and more than 40 Half-Marathons
- Indianapolis Monumental Marathon 2:59 Pacer, Nov. 2, 2013
- Boston Marathon (finished 381<sup>st</sup> out of 21,554 finishers), 2012
- New York City Marathon (finished 634<sup>th</sup> out of 44,704 finishers), 2010
- Houston Strider's Running Club "2006 Runner of the Year"
- Houston Area Road Runners "Fall 2006 Open Men's Runner-up"
- Graduate Assistantship, HPE Department, Eastern New Mexico University
- Phi Kappa Phi Honor Society, Eastern New Mexico University
- Graduate Research Grant, Eastern New Mexico University
- Dean's List, Huntington University
- Participation in baseball, golf, cross country and track, Huntington University