

JACALYN J. ROBERT-MCCOMB
PHI BETA KAPPA HONORARY FACULTY MEMBER

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 Lubbock, Texas 79409-3011 | 806-834-6306 | www.depts.ttu.edu/hess/mccomb/

EDUCATION

University of Mississippi Ph.D. in Exercise Science	1989
Southeast Missouri State University M.A.T. in Physical Education	1984
Florida Southern University B.S. in Physical Education	1982
Southeast Missouri State University B.S. in General Studies	1977

AWARDS

2017 Open Access Award: Faculty Research Committee at Texas Tech University Library	October 2017
Phi Beta Kappa Honorary Faculty Member	April 2015
Fellow American College of Sports Medicine	January 2002
Marquis Who's Who in America, 60 th Edition	January 2006

DISTINCTIONS

External advisor to the Academic Committee for the PhD Program in Biomedicine and Health Sciences at the Universidad Europea Madrid (UEM) in Madrid, Spain.

FACULTY POSITIONS***Texas Tech University (TTU)***

Professor in Department of Kinesiology and Sport Management	2014-continuing
Professor in Department of Health, Exercise and Sport Science	2004-2014
Associate Professor in Department of Health, Exercise and Sport Science	1996-2004
Assistant Professor in Department of Health, Exercise and Sport Science	1989-1995
Director of the Center for Sports Health and Human Performance	1998-2001

Texas Tech University Health Science Center

Adjunct Associate Professor in Department of Physiology	1999-2009
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University of Mississippi

Instructor in Department of Health, Physical Education, and Recreation	1985-1989
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Kansas State University

Instructor in Department of Health, Physical Education, and Recreation	1984-1985
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Southeast Missouri State University

Instructor in Department of Health, Physical Education, and Recreation

1983-1984

TEACHING EXPERIENCE**Texas Tech University**

KIN 5317 Seminar in Complementary and Integrative Medicine ;4398 Seminar in Complementary and Integrative Medicine; KIN 5335 Cardiopulmonary Exercise Physiology; KIN 5330 Health Issues for the Active Female; KIN 5336 Skeletal Muscle Physiology; KIN 7000 Research; KIN 5308 Physiology of Exercise; KIN 5332 Applied Physiology of Exercise; KIN 5311 Stress Management and Cardiac Disease; KIN 5334 Clinical Exercise Testing and Prescription; KIN 5237 Electrocardiography; KIN 5338 Cardiac and Pulmonary Rehabilitation; KIN 5331 Research in Sports Health; KIN 5002 Clinical Internship; KIN 4308 Seminar in Fitness; KIN 3310 Exercise Testing and Prescription; KIN 3305 Exercise Physiology; KIN 4368 Applied Exercise Physiology; KIN 3204 Water Safety Instruction/Lifeguard Training; KIN 2209 Weight Training, Conditioning and Aerobic Dance; KIN 1301 Concepts; KIN 2100 Aerobic Dance; PFW 1101 Physical Fitness and Wellness; PFW 1105 Scuba Diving

SUDENT MENTORSHIP**Texas Tech University**Thesis Chairperson

- Cathey, Ahalee. (in progress). The effect of the upright posture trainer on muscular endurance and fatigue. Department of Kinesiology and Sport Management, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- James, Kelsey. (in progress). Effect of posture training on posture angles and self-esteem. Department of Kinesiology and Sport Management, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Short, Matt. (2015). Circulatory levels of Irisin in response to acute and chronic resistance training in healthy humans. Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>. (co-chaired with Fernandez Del Valle, M.)
- Albracht, Kembra. (2014). *The effect of acute yoga on state anxiety*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Panke, Rutika. (2012). *The effects of a cognitive behavioral exercise program on the pro-inflammatory and anti-inflammatory cytokines*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Dunn, Micah. (2011). *Vitamin D supplementation and athletic performance in male college basketball players*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Kloiber, S. (2011). *The effects of a combination of foods high in antioxidants on blood antioxidant and oxidative stress levels in post-menopausal women*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>. (co-chaired with Hart, M.)
- Cisneros, Andrew. (2010). *Physiological effects of a mindfulness-based exercise program (MBEP) on females*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Del Rosario, Cae. (2009). *The effects of tai chi on stress vulnerability in males: a pilot study*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.

- Merkle, Jennifer. (2005). *The effect of the menstrual cycle on frontal plane knee kinematics and selected motor control strategies in eumenorrheic women*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Lee, Namju. (2001). *Does bone density affect body composition estimations in oligo/amenorrhea active women?* (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Roh, Daesung. (2001). *Estimating maximal oxygen consumption from sub-maximal physiological parameters in an aquatic environment*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Lewis, Harriet. (1998). *The effect of hours of training and the use of transfer techniques on the disability from back pain in care givers employed in geriatric facilities*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Cherry, Julie. (1997). *The relationship between eating disorder attitudes and cardiovascular disease*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- McTee, A. (1993). *Factors which affect the menstrual cycle in female track athletes*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Hart, M. (1992). *Comparison of net oxygen cost, heart rate, and caloric expenditure of walking with and without poles*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.

Dissertation Committee Member

- Wilson-Barlow, L. (2014). *Web –based nutrition*. (Doctoral dissertation). Texas Tech University, Lubbock, TX.
- Bayer, V. (2014). *Eating disorders in lesbian and bisexual women: Relationship of bulimic symptoms to depressive symptoms, shame, distress tolerance, and internalized homophobia*. (Doctoral dissertation). Texas Tech University, Lubbock, TX.
- Hounsel, T. (2005). *The effect of the menstrual cycle on selected frontal plane knee kinematics and selected motor control strategies in eumenorrheic women*. (Doctoral dissertation). Texas Tech University Health Science Center, Lubbock, TX.
- Dedrick, G. (2005). *Menstrual cycle effect on motor control strategy in Landing: A kinematic and electromyography study*. (Doctoral dissertation). Texas Tech University Health Science Center, Lubbock, TX.
- Gary, A. (1997). *Factors related to bone formation and resorption in female collegiate athletes*. (Doctoral dissertation). University of Texas Health Science Center, San Antonio, TX and Texas Tech University Health Science Center, Lubbock, TX.

Dissertation and Qualifying Oral Exam Committee Member

- Albracht-Schulte K. (2016). *Omega-3 Polyunsaturated Fatty Acids and Weight Loss*. (Qualifying Examination). Nutritional Sciences, Texas Tech University, Lubbock, TX.

Thesis Committee Member

- Ashley, J. (2017). *Effects of L-citrulline supplementation on energetic cost of walking: an age comparison*. (Master's thesis). Department of Kinesiology and Sport Management, Texas Tech University, Lubbock, TX.
- Inigo, M. (2012). *Influence of the menstrual cycle phases on exercise-induced bronchospasm and its effect on endurance performance*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.

- Park, S. (2010). *Markers of oxidative stress and antioxidant capacity in trained and untrained individuals*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Gremlin, C. (2009). *Oxidative Stress*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Parsons, M. (2005). *Exercise ventilation: Effects of the menstrual cycle*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Akerhielm, T. (2005). *Exercise hyperpnoea and menstrual phase*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- McTee, S. (1998). *A comparison of two resistance training programs in older adults*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Schelert, R. (1995). *The effects of preferred music on perceived duration, perceived exertion, and perceived enjoyment during aerobic exercise*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Brimee, J. M. (1995). *Lifting capacity as prognostic indicator of back pain reports in a hospital population*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Sizer, P. (1993). *Effects of drop-style and triathlon handlebar positioning on oxygen consumption during constant-load cycling*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.
- Hollnagel-Boykin, P. L. (1990). *A comparison of weight training and weight training combined with running on lactate, heart rate, blood pressure and perceived exertion*. (Master's thesis). Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX. Retrieved from the Texas Digital Archive <http://dspace.lib.ttu.edu/etd/>.

Master Student Projects

- Segovia, P., López Sánchez, E., Perez Fernandez Moreno, F. (2014). *Mindfulness y Yoga como métodos de intervención en los Trastornos del Comportamiento Alimentario: Biofeedback como herramienta de evaluación del estrés*. Master's project, Master in Eating Disorder Program, School of Biomedical Sciences, European University of Madrid, Madrid, Spain.
- Epperson, Victoria. (2013). *Sex differences in the stress responses between two published stressors*. Submitted to the Journal of Applied Psychophysiology and Biofeedback. Master's project, Department of Health, Exercise, and Sport Sciences, Texas Tech University, Lubbock, TX.

Arts and Letters Honors Thesis Project

- Casey, Stephanie. (2015). *Invasive and non-invasive measures of the stress response: Is there a difference*. Arts and Letters Honors Thesis Project, Honors College, Texas Tech University.

RESEARCH AND CREATIVE ACTIVITY

Referred Articles

- Fernandez-del-Valle, M., Short, M. J., Chung, E., Robert-McComb, J., Kloiber, S., Naclerio, F., Larumbe-Zabala, E. (accepted) *Effects of high-intensity resistance training on circulating levels of irisin in healthy adults: A randomized controlled trial*. Asian Journal of Sports Medicine.
- Robert-McComb, J. J. , Merkle-Ford, J., James, R., Norman, R. , Detric, G. (2017). *The effect of phases of the menstrual cycle on frontal plane knee kinematics during landing*. Journal of Yoga, Physical Therapy and

Rehabilitation: YPPT-113, Volume 2017(4); 1-7. <http://gavinpublishers.com/the-effect-of-phases-of-the-menstrual-cycle-on-frontal-planeknee-kinematics-during-landing/>.

- Dunn, M., Robert-McComb, J. (2017). Vitamin D levels in college-age basketball players. *International Journal of Research Studies in Medical and Health Sciences (IJRSMHS)*; 2(6), 8-15. <http://ijrsmhs.com/v2-i6>
- Bayer, V., Robert-McComb, J., Clopton, J., Reich, D. (2017). Investigating the influence of shame, depression, and distress tolerance on the relationship between internalized homophobia and binge eating in lesbian and bisexual women. *Eating Behaviors*, 24, 39–44.
- Robert-McComb, J. J. (2015). Sound traditional and nontraditional prepartum exercise for good health. *Journal of Yoga and Physical Therapy* 6:1 <http://dx.doi.org/10.4172/2157-7595.1000220>.
- Robert-McComb, J. J., Cisneros, A., Tacon, A., Norman, R., Qian, X., Panke, R., McGlone, J. (2015). *The effects of yoga and mindfulness on parameters of stress*. *The International Journal of Yoga Therapy*, 25, 79-88.
- Robert-McComb, J. J., Casey, S., Kim, Y., Hart, M., Norman, R., Qian, X. (2015). Experimental models for research in stress and behavior. *Journal of Behavioral and Brain Science*, 5, 295 -305. <http://dx.doi.org/10.4236/jbbs.2015.57030>
- Robert-McComb, J. J., Chyu, M, Tacon, A., Norman, R. (2015). The effects of tai chi on measures of stress and coping style. *Focus on Alternative and Complementary Therapies*, Volume 20(2) June 2015 89–96.
- DeSouza, M. J., Williams, N., Nattiv, J., Joy, E., Misra, M., Loucks, A., Author 27-McComb, J. [Editorial]. (2014). Misunderstanding the female athlete triad: Refuting the IOC consensus statement on relative energy deficiency in sport (RED-S). *British Journal of Sports Medicine*, 48(20), 1461-1465.
- Robert-McComb, J., Loucks, A. (2014). The female athlete: Key points for health and fitness professionals. *American College of Sports Medicine Health and Fitness Journal*, 18 (3), 12-17.
- Robert-McComb, J. (2009). Yoga: A modality in complementary medicine. *American College of Sports Medicine Certified News*, 19(3), 1-3.
- Tacon, A., McComb, J. (2009). Mindful exercise, quality of life, and survival: A mindfulness-based exercise program for women with breast cancer. *Journal of Alternative and Complimentary Medicine*, 15(1), 41-46.
- McComb, J. (2008). Introduction to men’s health issues. *American College of Sports Medicine Certified News*, 18(3), 1.
- McComb, J. (2008). Male athlete triad. *American College of Sports Medicine Certified News*, 18(3), 2-3.
- Dedrick, G., Sizer, P., Merkle, J., Hounshell, T., Robert- McComb, J., Sawyer, S., Brismée, JM, James, R. (2008). Effect of sex hormones on neuromuscular control patterns during landing. *Journal of Electromyography and Kinesiology*, 18, 68-78.
- McComb, J.R. (2007). Cancer in the elderly: Multiple myeloma. *American College of Sports Medicine Certified News*, 17(2), 1-3.
- McComb, J.R. (2007). Resistance training during pregnancy. *American College of Sports Medicine Certified News*, 17(1), 9-10.
- Carter, R., Williams, J., McComb, J., Sawyer, R., Tiep, B. (2006). Evaluating patients with respiratory or acid-based disorders. *The Journal for Respiratory Care Practitioners*, Oct, 1-8.
- McComb, J., Roh, D., & Williams, J. Explanatory variance in VO2_{max}. (2006). *Journal of Sports Science and Medicine*, 5, 296-303.
- McComb, J., Norman, R., Qian, X. Veldhuis, J. McGlone, J. (2006). Neuroendocrine responses to psychological stress in eumenorrheic and oligomenorrheic women. *Stress*, 9 (01), 1-11.
- Bailey, D. B., McComb, J.R. (2006). Interventions to minimize the negative effects of prior cycling on subsequent running performance. *American College of Sports Medicine Certified News*, 16(1), 7-9.
- Rafalovic, N. T. & McComb, J.J. (2006). Resistance training and endurance enhancement: Exploring the pertinent issues. *American College of Sports Medicine Certified News*, 16(1), 10-11.
- Lado-Abeal, J., Robert-McComb, J., Qian, P., Leproult, R., Van Cauter, E., & Norman, R. (2005). Sex differences in the neuroendocrine

response to short-term energy restriction in rhesus macaques. *Journal of Neuroendocrinology*, 17, 435-444.

- Parsons, M., McComb, J.R. (2005). Polycystic ovarian syndrome. *American College of Sports Medicine Certified News*, 15(3), 13-14.
- McComb, J.R. (2005). The unique health concerns of active females: Future research directions. *American College of Sports Medicine Certified News*, 15(3), 1-3.
- Robert-McComb, J., Tacón, A., Randolph, P., & Caldera, Y. (2004). Effects of a mindfulness based stress reduction and relaxation program on the levels of stress hormones, physical functioning, and submaximal exercise responses. *Journal of Complementary and Alternative Medicine*, 10(5), 819-827.
- McComb, J. R., & Norman, R. (2004). Plausible causes and consequences of oligo/amenorrhea. *American College of Sports Medicine Certified News*, 14 (1), 9-11
- McComb, J., Cherry, J. & Romell, M. (2003). The relationship between eating disorder attitudes and the risk of cardiovascular disease. *Family and Community Health*, 26 (2), 39-45.
- McComb, J. R., & Clopton, J. (2003). The effects of movement, relaxation, and education on the stress levels of women with sub-clinical levels of bulimia. *Eating Behaviors*, 4, 79-88.
- Tacón, A., McComb, J, Caldera, Y, & Randolph, P. (2003). Mindfulness meditation, anxiety reduction and heart disease: A pilot study. *Family and Community Health*, 26 (1), 25-33.
- McComb, J. R., Jumper, C., Williams, J., & O'Rear, V. (2003). Recommendations for participation in sport activities and exercise for persons with exercise-induced bronchospasm. *Hospital Physician*, 39(1), 23-32. (Note: featured article on cover with continuing education for medical residents).
- McComb, J. R., Lee N., & Norman, R. (2002). Bone mineral content of oligomenorrhic active women: Does bone mineral content affect body composition estimations? *The American Journal of Medicine and Sports*, 4(4), 278-283.
- McComb, J.R., & Clopton, J. (2002). Explanatory variance in bulimia nervosa. *Women and Health*, 36(4), 115-123.
- McComb, J. R. (2002). The physiological consequences of energy-deficiency for adolescent girls and the promotion of this concept on the web. *Clearing House*, 75 (6), 297-300.
- McComb, J. (2002). Debated women's health issues in sport diving. *Undersea Journal*. Third Quarter, 29-32. Also cited as Robert, J. (1998). Debated Women's Health Issues in Sport Diving. [On Line]. Scuba Source, 1-9. <http://www.scubasource.com/women/index.html>.
- Robert, J., Massey, M., & McTee, A. (1999). Energy deficit and oligo/amenorrhea: Implications of the female athletic triad. *American Journal of Health Studies*, 15(1), 22-28.
- Robert, J. (1999). Decompression sickness in female recreational scuba divers. *Women in Sport and Physical Activity Journal*, 8 (1), 47-54.
- Robert, J. (1997). The conditioning effects of innovative low-impact aerobic dance. *Missouri Journal of Health, Physical Education, Recreation, and Dance*, 7, 71-79.
- Robert, J., Jones, L., & Bobo, M. (1996). The metabolic cost of exercising with and without the X1000 walk & tone exercise belt on land and in the water. *Research Quarterly*, 67(3), 310-315.
- Henson, A., & Robert, J. (1996). Exercise and asthma. *AHPA'S Worksite Health*, Spring 1996, 42.
- Robert, J. (1996). Wellness and self-esteem. *Kappa Delta Pi Record*, 32 (2), 60-62. Robert, J. (1996). Does a university scuba diving class affect ventilatory musculature? *Sources-Journal of Underwater Education*, 8 (1), 28-29.
- Robert, J. (1994). Does gender influence aerobic mode or conditioning equipment preference? *American Fitness Quarterly*, 12 (4), 36-37.
- Robert, J., Blide, R., McWhorter, K., & Coursey, C. (1995). The effects of a work hardening program on cardiovascular and muscular fitness. *Spine*, 20(10), 1187-1193.
- Robert, J., & Wieser, A. (1993). The early treatment approach to diving injuries. *National Aquatics Journal*, 9(2), 2-3.

- Robert, J., Burkhardt, E., Jones, L., & Owens, M. (1992). Comparison of forces in high- and low-impact aerobic dance at various tempos. *American Journal of Health Promotion*, 6(6), 407-409.
- Robert, J., & Stuyt, J. (1992). Try wind surfing for a new programming idea. *Parks & Recreation*, 27(7), 46-50.
- Robert, J. (1992). Effective sequencing of creative aerobics. *LAHPERD Journal*, 54(2), 15-16.
- Robert, J., McNally, J., Bobo, M., & Wolfe, R. (1992). The effects of scuba training on vital capacity and ventilation flow rate. *Council for National Aquatics Journal*, 8 (2), 14-15.
- Robert, J., Wolfe, R., & Bobo, M. (1991). A comparative analysis of instrumentation utilized in respiratory measurements. *Journal of Texas Association for Health, Physical Education, Recreation and Dance*, LX (3), 36-37.
- Robert, J. (1989). Exercise physiology - how much sleep is enough? *United States Gymnastic Technique*, 9 (3), 14-15. Robert, J., Owens, M., Hall, E. R., & Bobo, M. (1992). Competencies for interns in fitness centers. *American Fitness Quarterly*, 10 (4), 38.
- Robert, J. (1991). Collegiate market prefers combination, high impact. *International Dance Exercise Association*, 9 (19), 8.
- Robert, J., Burkhardt, E., Stoffregen, L., & Owens, M. (1991). Tempo and ground reaction forces for low-impact aerobics and high impact aerobics. *International Dance Exercise Association*, 9 (5), 9.
- Robert, J. (1991). Assessment of physiological changes following a low-impact & low-impact resistance program. *International Dance Exercise Association*, 9 (2), 11.
- Robert, J. (1989). A study to determine the difference in cardiovascular efficiency & body composition obtained in low-impact & low-impact resistance aerobic dance in college women. *Microfilm Publications, College of Human Development and Performance, University of Oregon*, 6 (5), 10. (University of Oregon Microfilms No. 612.76).

Submitted Manuscripts

- Albracht-Schulte, K., Kalupahana, N., Ramalingam, L., Wang, S., Rahman, S., Robert-McComb, J., Moustaid-Moussa, N. Omega-3 fatty acids in obesity and metabolic syndrome: A mechanistic update. *Journal of Nutritional Biochemistry*; 2017; revise and resubmit; in review
- Albracht-Schulte, K., Robert-McComb, J. The effects of yoga and quiet rest on subjective levels of anxiety and physiological correlates: A pilot study in complementary therapies. *BMC Complementary and Alternative Medicine*

Preparing for Submission

- Robert-McComb, J., Albracht-Schulte, K. The utility of heart rate variability measurements for the clinical exercise physiologist. *The Journal of Clinical Exercise Physiology*.
- Robert-McComb, J., Kim, Y. The relationship between the cortisol response and non-invasive measures of stress: Evoking a meaningful stress response. *Applied Psychophysiology and Biofeedback*.

Non Peer Reviewed

- Robert, J., & Meaney, K. (1995). Age and diving. *Scuba Schools International Dive Business*, Spring (1995), 17-18.
- Robert, J. (1994). Cardiovascular disease risk factors to consider when scuba diving. *Scuba Schools International Dive Business*, Summer (1994), 17.
- Robert, J. (1994). Diving with contact lenses. *Scuba Schools International Dive Business*, Spring, (1994), 19-20.
- Robert, J. (1994). Are women more susceptible to decompression sickness than men? *Scuba Schools International Dive Business*, Winter (1994), 14-15.
- Robert, J. (1993). Asthmatics: To dive or not to dive. *Scuba Schools International Dive Business*, Fall (1993), 20.
- Robert, J., & Debenedetto, R. (1993). Divers: just say "no" to cigarettes. *Scuba Schools International Dive Business*, Summer (1993), 20.
- Robert, J. (1993). Get fit snorkeling. *Scuba Schools International Dive Business*, Winter (1993), 20.

- Robert, J., & Wieser, A. (1992). On-site oxygen therapy. *Bulletin SSI-Scuba Schools International*, 19 (5), 18.
- McNally, J., & Robert, J. (1992). Texas tech - two decades of diving. *Bulletin SSI-Scuba Schools International*, 19 (5), 4-5.
- Robert, J., & Debenedetto, R. (1992). Scuba diving - the undiscovered form of stress management. *Bulletin SSI-Scuba Schools International*, March/April (1992), 15, 19.
- Robert, J., & Wieser, A. (1991). Factors which affect oxygen consumption while scuba diving. *Bulletin SSI-Scuba Schools International*, Nov-Dec (1991), 20.

Books

- Robert-McComb, J., Norman, R., & Zumwalt, M. (Eds.). (2014). *The active female: Health issues throughout the lifespan* (2nd. ed.). New York, NY: Springer Science + Business Media.
- Goodheart, K., Clopton, J., & Robert-McComb, J. (Eds.). (2012). *Eating disorders in women and children: Prevention, stress management, and treatment* (2nd. ed.). Boca Raton, Fla: CRC Press.
- Robert-McComb, J., Norman, R., Zumwalt, M. (Eds.). (2007). *The active female: Health issues throughout the lifespan*. Totowa, NJ: Humana Press.
- Robert-McComb, J. (Ed.). (2001). *Eating disorders in women and children: Prevention, stress management, and treatment*. Boca Raton, Fla. CRC Press.

Book Chapters

- Robert-McComb, J., Massey-Stokes, M. (2014). Body image concerns throughout the lifespan. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 3-24). New York, NY: Springer Science + Business Media.
- Robert-McComb, J., Mitchell, J. (2014). Menstrual dysfunction screening and management for active females. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 93-110). New York, NY: Springer Science + Business Media.
- Robert-McComb, J., Albracht, K., Gary, A. (2014). The physiology of anorexia nervosa and bulimia nervosa. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 149-176). New York, NY: Springer Science + Business Media.
- Robert-McComb, J., Cisnero, A. (2014). The female athlete triad: Disordered eating, amenorrhea, and osteoporosis. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 177-190). New York, NY: Springer Science + Business Media.
- Mitchell, J., Robert-McComb, J. (2014). Screening for disordered eating and eating disorders in female athletes. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 191-206). New York, NY: Springer Science + Business Media.
- Robert-McComb, J., Tacon A. (2014). Evidenced based disordered eating prevention programs for active females. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 207-220). New York, NY: Springer Science + Business Media.
- Robert-McComb, J., Tacon A. (2014). Traditional and nontraditional empirically based exercise programs for active females. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 289-318). New York, NY: Springer Science + Business Media.
- Robert-McComb, J., Gates, L. (2014). Exercise precautions for the female athlete: Signs of overtraining. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 351-356). New York, NY: Springer Science + Business Media.
- Cardona Gonzales, C., Álvarez Carnero, E. A., Robert-McComb, J., (2014). Exercise prescription and pregnancy. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 389-410). New York, NY: Springer Science + Business Media.

- Robert-McComb, J., Álvarez Carnero, E. A., Iglesias-Gutiérrez, E. (2014). Estimating energy requirements. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 411-450). New York, NY: Springer Science + Business Media.
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- Robert-McComb, J., García González, Á., Arbona, L. (2014). Nutritional guidelines and energy needs during pregnancy and lactation. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). *The active female: Health issues throughout the lifespan* (pp. 517-534). New York, NY: Springer Science + Business Media.
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- Robert-McComb, J., Wilson-Barlow, L., & Goodheart, K. (2012). An overview of eating disorders. In Goodheart, K., Clopton, J., & Robert-McComb, J. (Eds.), *Eating disorders in women and children: Prevention, stress management, and treatment* (pp. 3-28). Boca Raton, FL: CRC Press.
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- Robert-McComb, J. (2007). Nutritional guidelines, energy balance, and weight control: issues for the mature physically active woman. In J. Robert-McComb, R. Norman, & M. Zumwalt (Eds.). (2007). *The active female: Health issues throughout the lifespan* (pp. 335-344). Totowa, NJ: Humana Press.
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- Robert-McComb, J. (2001). Eating disorders. In J. J. Robert-McComb (Ed.), *Eating disorders in women and children: Prevention, stress management, and treatment* (pp. 3-38.). Boca Raton, FL. CRC Press.
- Robert-McComb, J., & Kummell, J. (Ed.). (2001). Exercise prescription for fitness and health. In J. J. Robert-McComb (Ed.), *Eating disorders in women and children: Prevention, stress management, and treatment* (pp. 325-351). Boca Raton, FL. CRC Press.
- Robert, J. (1997). Stress management. In L. Seiger & J. Richter's *Your health, your style; Strategies for wellness*. Dubuque, IA: Wm C. Brown Communications, Inc.

Presentations at Professional Meetings

- Kathy, A., James K., Robert-McComb, J., Sizer, P., James, R. Gomberg, A. (accepted). The effect of the upright posture trainer on muscular endurance and fatigue, Poster session presented at the 49th Annual Scientific Meeting of The Association of Applied Psychophysiology and Biofeedback, Orlando, Florida. [Abstract] *Applied Psychophysiology and Biofeedback*.
- Harty, C., Robert-McComb, J. (2017). The effects of heart rate variability breathing training on maximal isometric strength: A case study. Poster session presented at the 48th Annual Scientific Meeting of The Association of Applied Psychophysiology and Biofeedback Chicago, Illinois. [Abstract] *Applied Psychophysiology and Biofeedback*, 42(2): 147-161. DOI 10.1007/s10484-017-9362-4
- Short, M., Chung, E., McComb, J., Kloiber, S., Larumbe-Zabala E., Ramalingam, L., Fernandez del Valle, M. (2016). Baseline Irisin concentrations not altered by high-intensity resistance training. Poster presentation at the American Physiological Society/ American College of Sports Medicine Intersociety Meeting: The Integrative Biology of Exercise VII, Phoenix, AZ, Nov 2-4, 2016.
- Hurtado A, Fernandez-del-Valle M, Kloiber S, Short M, Chung E, Larumbe - Zabala E, McComb J. (2016). Influence of physical fitness levels in circulating Irisin. Poster presentation at the Annual

American College of Sports Medicine Conference, Boston, MA. [Abstract] *Medicine and Science in Sports and Exercise*, 48(5) Supplement S737.

- Fernandez-del-Valle M, Short M, McComb J, Chung E, Kloiber S, Larumbe - Zabala E, Nacleiro F. (2016). Does one bout of high intensity resistance training change circulatory levels of Irisin? Poster presentation at the Annual American College of Sports Medicine Conference, Boston, MA. [Abstract] *Medicine and Science in Sports and Exercise*, 48(5) Supplement S671.
- Robert- McComb, J. (2015, December). *Yoga and mindfulness*. Presented at the Laura W. Bush Institute for Women's Health <http://www.laurabushinstitute.org/> Lunch 'n Learn Series, Amarillo Texas.
- Robert-McComb, J., Tai, Y.L., Qian, X. P., Norman, R., Hart, M., Albracht, K. (2014). *Sex difference in the cortisol response between two different stress protocols* [Abstract]. *Medicine and Science in Sports and Exercise*, 46(5) Supplement, S174. Paper also presented at the Texas Tech University Health Science Center Gender-Specific Medicine & Women's Health Symposium, Lubbock, TX, November 14, 2013, and at the Texas Tech University College of Human Sciences Obesity Research Cluster Workshop, Lubbock, TX, May 14, 2014.
- Robert-McComb, J. (2014). *The role of mindfulness in integrative medicine*. Paper presented at the School of Biomedical Sciences for the Bachelor's Degree in Medicine, European University of Madrid, February, Madrid, Spain.
- Robert-McComb, J., Albracht, K. (2014). *Yoga and biofeedback for women with disordered eating*. Paper presented at the School of Biomedical Sciences for the Master in Eating Disorder Program, European University of Madrid, February, Madrid, Spain.
- Robert-McComb, J. (2014). *The female athlete triad: An energy disorder*. Paper presented at School of Sport Sciences, European University of Madrid, February, Madrid, Spain.
- Robert-McComb, J. Albracht, K., Fernandez Del-Valle, M. (2014). *The difference between eastern and western yoga*. Workshop and educational media presentation on the difference between eastern (Ananda Yoga) and western yoga (Yoga-Fit) for the School of Sport Sciences, European University of Madrid, February, Madrid, Spain (Note: McComb, Albracht, and Fernandez Del-Valle were in the video).
- Robert-McComb, J. (2012). *Stress and health: using exercise as a tool to cope with stress*. Paper presented at the European University of Madrid, January 30th, Madrid, Spain.
- Robert-McComb, J. (2012). *Exercise assessment and prescription for eating disorders*. Paper presented at the European University of Madrid, January 28th, Madrid, Spain.
- Robert-McComb, J. (2012). *Heart rate variability and health*. Paper presented at the European University of Madrid, January 27th, Madrid, Spain.
- Robert-McComb, J. (2012). *Gender differences in women's health care decisions*. Paper presented at the American Medical Women's Association, Texas Tech Health Sciences Center, January 13th, Lubbock, TX.
- Kloiber, S., Sawyer, R., Hart, M., McComb, J. (2012). The effects of a combination of foods high in antioxidants on blood antioxidant and oxidative stress levels in post-menopausal women. *Medicine and Science in Sports and Exercise*, 44(5), Supplement S186.
- Cisneros, A., Robert-McComb, J., Norman, R., Qian, X.. (2011). The physiological effects of a mindfulness-based exercise program on the stress-levels of college-age females. [Abstract]. *Medicine and Science in Sports and Exercise*, 43(5) Supplement S618. Also presented at the Gender-Specific Women's Health Symposium sponsored by the Laura W. Bush Institute of Women's Health on October the 3rd 2012, Lubbock, TX.
- McComb, J. (2010). *Diet and exercise in cancer prevention*. Paper presented at the North Region Family and Consumer Sciences Agent Conference, Texas A&M System, Agri-Life Extension, August 12, Lubbock, TX
- McComb, J., Chyu, M., Del Rosari. C., Norman, R., Tacon A. (2010). The effect of tai chi on biomarkers of psychological stress, perceived stress, and coping styles. [Abstract]. *Medicine and Science in Sports and Exercise*, 42(5) Supplement S287.
- Dave, S. McComb, J. Reyna, R. (2010). *Effects of breathing/exercise on anxiety/cytokine levels in women*. Poster session presented at the Texas Tech University Undergraduate Research Conference, Lubbock, TX.

- Robert-McComb, J. & Littlefield-Long, L. (2009). *Resonance breathing training and heart rate variability: A pilot study*. Poster session at the Association for Applied Psychophysiology and Biofeedback's 2009 Annual Meeting, Albuquerque, NM.
- Robert-McComb, J. (2008). *The female athlete triad*. Paper presented at the 3rd Annual Orthopedic Primary Care Conference Orthopedic Emergencies and Sports Medicine, September 5th- 6th, Texas Tech Health Sciences Center, Lubbock, TX.
- Merkle, J. N., McComb, J. J., James, C. R., Norman, R. L., Dedrick, G. S., Hounshell, T. R., Sizer, P. S., Slauterbeck, J. R. (2006). Effect of menstrual cycle phase on frontal plane knee kinematics during landing. *Journal of Athletic Training*, 41, 2, S-69.
- Lado-Abeal, J., Robert-McComb, J., Qian, P., Leproult, R., Van Cauter, E., & Norman, R. (2006). *Sex differences in the neuroendocrine response to short-term energy restriction in rhesus macaques*. Poster session presented at the Annual Faculty Academic Contributions Exhibit, Texas Tech University, April 20th, Lubbock, TX.
- Dedrick G., James, R., Brismee, J-M., Sawyer, S., McComb, J. (2005). *Effect of sex hormones on motor control strategy on landing: A kinematic and EMG study*. Texas Physical Therapy Association, Oct 21st, Houston, TX.
- McComb, J., Norman, R., Qian, X. Veldhuis, J. (2005). Neuroendocrine responses to psychological stress in eumenorrheic and oligomenorrheic women. [Abstract]. *Medicine and Science in Sports and Exercise*, 37(5) Supplement, S352. Paper also presented at the Second Biennial West Texas Regional Neuroscience Poster Day, Dec. 3rd, 2004, Texas Tech University Health Science Center, Lubbock, TX and Texas Tech Women's Studies Program, Changing the World: Women in Conflict/Women in Peace, April 8th, 2005, Texas Tech University, Lubbock, TX.
- McComb, J., Norman, R. (2004). *Stress, the menstrual cycle, and consequences of amenorrhea*. American College of Sports Medicine Continuing Education Workshop, Tokyo, Japan.
- McComb, J., Roh, D., Williams, J. (2004). The prediction of maximal oxygen consumption from a submaximal water running test. [Abstract]. *Medicine and Science in Sports and Exercise*, 36 (5) Supplement, S90.
- McComb, J. (2003). Effects of a mindfulness based stress reduction and relaxation program on the levels of stress hormones, physical functioning, and submaximal exercise responses. [Abstract]. *Medicine and Science in Sports and Exercise*, 35 (5) Supplement, S138.
- McComb, J. (2002). Does the bone mineral content of active oligomenorrheic women have an effect on body composition estimations? [Abstract]. *Medicine and Science in Sports and Exercise*, 34(5) Supplement, S237.
- McComb, J. (2001). A multidisciplinary intervention program for individuals at risk for bulimia. [Abstract]. *Medicine and Science in Sports and Exercise*, 33 (5) Supplement, S193.
- McComb, J. (2001). Physiological consequences of eating disorders. Continuing Professional Education Series, Texas Tech University, Lubbock, TX.
- Robert-McComb, J. (2000). Explanatory variance in bulimia nervosa. [Abstract]. *Medicine and Science in Sports and Exercise*, 32 (5) Supplement, S273.
- Robert-McComb, J., & Tacon, A. (2000). *Exercise for a better tomorrow*. Nurse Oncology Education Program, Sweetwater, TX.
- Robert-McComb, J., & Cherry, J. (1999). *A study of the relationship between eating disorder attitudes and the risk of cardiovascular disease*. American Association of Cardiovascular and Pulmonary Rehabilitation Annual Conference, Phoenix, AZ.
- Robert-McComb, J. (1999). *Exercise today versus cardiac rehab tomorrow*. Conference for the Advancement of Science Teaching, Texas Tech University Health Science Center, Lubbock, TX.
- Robert-McComb, J. (1999). *Eating disorders*. The Female Athletic Triad of Amenorrhea, Eating Disorders, and Osteoporosis: Signs Symptoms, and Interventions, Texas Tech University Health Science Center, Lubbock, TX.
- Robert-McComb, J. (1999). *Hatha yoga*. Texas Tech University Stress Relief Workshop for Residents Life, Lubbock, TX.

- Robert-McComb, J. (1999). *Women's health issues*. Texas Tech University Health Science Center Department of Physiology Seminar Series, Lubbock, TX.
- Robert, J., & Massey, M. (1998). *Using movement as a teaching tool to aid in body awareness*. Southern District Association of Health, Physical, Education, and Recreation Convention, Biloxi, MS. Proceedings of the 65th Annual Convention of the Southern District Association of Health, Physical Education, Recreation and Dance Convention Biloxi, MS: Southern District Association of Health, Physical Education, and Recreation, 80.
- Robert, J. (1997). *The management of exercise induced asthma*. [Abstract]. Proceedings of the 74th Annual Texas Association of Health, Physical Education, Recreation and Dance Convention Fort Worth, TX: Texas Association of Health, Physical Education, and Recreation, 57.
- Roberts, S., & Robert, J. (1997). *ACSM's exercise management for persons with chronic diseases and disabilities*. Texas Association of Cardiovascular and Pulmonary Rehabilitation, Houston, TX.
- Robert, J., Massey, M., & Weekes, E. (1997). *Issues in women's health*. American Association of University Women, Lubbock, TX.
- Robert, J., & Kaplan, G. (1996). *Risk assessment in the workforce*. [Abstract]. Proceedings of the 73rd Annual Texas Association of Health, Physical Education, Recreation, and Dance Convention Corpus Christi, TX: Texas Association of Health, Physical Education, and Recreation, 71.
- Robert, J., & Weekes, E. (1996). *Eating disorders and aging*. [Abstract]. Proceedings of the 73rd Annual Texas Association of Health, Physical Education, Recreation, and Dance Convention Corpus Christi, TX: Texas Association of Health, Physical Education, and Recreation, 71.
- Robert, J., & McTee, A. (1996). *Differences in percent body fat, nutritional intake, and caloric expenditure between eumenorrheic and oligo/amenorrheic athletes*. [Abstract]. Proceedings of the 73rd Annual Texas Association of Health, Physical Education, Recreation, and Dance Convention Corpus Christi, TX: Texas Association of Health, Physical Education, and Recreation, 71.
- Robert, J., Weekes, E., & Jambor, E. (1995). *The use of relaxation and education in the reduction of stress levels in a disordered eating population*. [Abstract]. Proceedings of the Texas Association of Health, Physical Education, Recreation, and Dance Abstracts Dallas, TX: Texas Association of Health, Physical Education, Recreation, and Dance, 37.
- Robert, J. (1995). *Differences in physiological variables between eumenorrheic and oligo/amenorrheic women*. National Association of Worksite Health Promotion, Orlando, FL.
- Robert, J. (1995). *Factors which contribute to menstrual irregularities in females engaging in heavy exercise*. [Abstract]. Proceedings of the 1995 Annual Texas Regional Chapter of the American College of Sports Medicine Meeting Dallas TX: Institute for Exercise and Environmental Medicine, Presbyterian Hospital of Dallas, # 34.
- Robert, J. (1994). *Issues of concern for women in scuba diving*. Texas Association for Health, Physical Education, Recreation, and Dance State Convention, Austin, TX.
- Robert, J. (1994). *Wellness and self-esteem*. Fourth Annual National Symposium on Wellness Facilities and Program Development in Higher Education, Oklahoma State University, OK.
- Robert, J., & Stuyt, J. (1993). *Try wind surfing for a new programming idea*. Texas Association for Health Physical Education, Recreation, and Dance State Convention, Galveston, TX.
- Robert, J. (1993). *The net oxygen cost of exercising with and without the X1000 walk 'n tone exercise belt on land and in the water*. [Abstract]. Research Abstracts of the 70th Annual TAPHERD Convention Galveston, TX: Texas Association for Health, Physical Education, Recreation and Dance, 37.
- Robert, J. (1993). *Diversity in exercise prescription: Try scuba diving for variety in exercise therapy*. Association for Worksite Health Promotion Regional Conference, Dallas, TX.
- Robert, J. (1993). *The effects of a work hardening program on cardiovascular and muscular fitness*. [Abstract]. Research Council Proceedings Conference Abstracts Dallas, TX: Southern District, American Alliance of Health, Physical Education, Recreation and Dance, 24.

- Robert, J. (1993). Career competencies required in exercise technology and health promotion. Southern District American Association of Health, Physical, Education, Recreation, and Dance Conference, Dallas, TX.
- Robert, J. (1992). *The effects of recreational scuba diving on respiratory function*. [Abstract]. *Respiratory Care*, 37 (11), 1352.
- Robert, J., & Wieser, A. (1992). *The early treatment approach to diving injuries*. American Council for National Aquatics, Columbus, OH.
- Robert, J. (1992). The metabolic cost of exercising with and without the X1000 walk 'n tone exercise belt on land and in the water. [Abstract]. *American Journal of Health Promotion*, 7 (3), 172.
- Mendoza, S., & Robert, J. (1992). *Does gender make a difference in aerobic mode preferences?* [Abstract]. Proceedings for the Association for Fitness in Business Regional Conference San Antonio, TX: Association for Fitness in Business Regional Conference, 2.
- Robert, J. (1992). *Wellness and self-esteem*. [Abstract]. *American Journal of Health Promotion*, 6 (4), 249-250. Also presented at the Eighth Annual All-University Conference On the Advancement of Women In Higher Education Lubbock, TX.
- Robert, J. (1992). *Power body sculpturing*. The Art & Science of Health Promotion, San Diego, CA.
- Robert, J., & Alford, B. (1991). *A study to assess the relationship between respiratory muscular strength and forced vital capacity*. [Abstract]. *American Journal of Health Promotion*, 6 (3), 170.
- Robert, J., & Wieser, A. (1991). *Factors which affect oxygen consumption while scuba diving*. Paper presented at the National Council for Aquatics, Columbus, OH.
- Robert, J. (1991). *Comparison of forces in high and low impact aerobic dance at various tempos*. Paper presented at the Texas Association for Health Physical Education, Recreation, and Dance State Convention, Corpus Christi, TX. Also presented at the Seventh Annual All-University Conference on the Advancement of Women In Higher Education, Lubbock, TX.
- Weber, B., Bobo, M., Wolfe, R., & Robert, J. (1991). *Effects of an eight-week physical activity program on the functional capacity of a congenital chorea subject*. [Abstract]. *Adapted Physical Activity: Proceedings from the Eighth International Symposium on Adapted Physical Activity Miami, FL: Classic Printers*.
- Robert, J. (1990). *The effects of scuba training on vital capacity and ventilation flow rate*. [Abstract]. Southern District, American Alliance for Health, Physical Education, Recreation and Dance Research Council Proceedings Norfolk, VA: Department of Health, Physical Education, Recreation and Safety: Middle Tennessee State University, 34. Also presented at the Seventh Annual All-University Conference on the Advancement of Women In Higher Education, Lubbock, TX.
- Robert, J. (1989). *A study to assess the physiological effects of dance*. Poster session presented at the Sixth Annual All-University Conference on the Advancement of Women in Higher Education, Lubbock, TX. Proceedings of the Sixth Annual All-University Conference on the Advancement of Women in Higher Education. Lubbock, TX: Texas Tech University & Texas Tech University Health Sciences Center
- Robert, J. (1989). *Curriculum in wellness*. Paper presented at the Texas Association for Health, Physical Education, Recreation & Dance, Dallas, TX.
- Robert, J. (1988). *The relationship between sleep & perceived physiological response among college students*. Southern District Association for Health, Physical Education, Recreation & Dance Convention, Norfolk, VA. Research Abstracts, Nov. 4-6, Norfolk, Virginia: Department of Health, Physical Education, Recreation and Safety, Middle Tennessee State University 6, 34.

Grant Submissions

- None presently

Funded Research/Clinical Assistantships

- Fernandez del Valle, M., McComb, J. (2014). *Circulatory Irisin levels in response to acute and chronic resistance training in healthy adults*. Texas Tech University Scholarship Catalyst Program, \$2970.18.
- McComb, J. *Women's Wellness outreach program for cancer survivors*. United Supermarkets, \$500.00 funded (2012).
- Dunn, M., McComb, J. *Vitamin D supplementation and athletic performance in male college basketball players*. Texas Tech Athletics and a Private Donor, \$2,000.00 funded (2011).
- Norman, R., Robert-McComb, J., Tacon, A., McGlone, J., Sutherland, M. *improved quality of life through evidence based complementary medicine*. University Medical Center Women's Health Seed Grant Project, \$9,977.00 funded (2009).
- Merkle, J., McComb, J. *The effect of the menstrual cycle on frontal plane knee kinematics in eumenorrheic women*. National Athletic Training Association Research Award, \$1000.00 funded (2004).
- Norman, R., & McComb J. *Psychological distress and functional amenorrhea in active females*. Health Science Center SOM Seed Grant Program, \$20,480.00 funded (2002).
- Robert-McComb, J. *Covenant Healthcare athletic training clinical assistantship program*. Covenant Health Care System, \$8,500.00 funded (2001).
- Robert-McComb, J. *TTUMC SporTmed athletic training clinical assistantship program*. University Medical Center, \$17,000.00 funded (2000).
- Robert-McComb, J. *Covenant Healthcare athletic training clinical assistantship program*. Covenant Health Care System, \$16,000.00 funded (2000).
- Lee, N., & Robert-McComb, J. *A population specific regression equation for estimating body composition for young females with abnormal menses*. Texas Tech University Summer Dissertation/Thesis Research Award Program, \$2000.00 funded (2000).
- Robert-McComb, J. *TTUMC SporTmed athletic training clinical assistantship program*. University Medical Center, \$17,000.00 funded (1999).
- Robert-McComb, J. *Covenant Healthcare athletic training clinical assistantship program*. Covenant Health Care System, \$16,000.00 funded (1999).
- Tacon, A., Robert-McComb, J., & Massey, M. *Stress reduction relaxation training for women with heart disease*. Texas Tech University College of Arts and Sciences Research Enhancement Fund, \$ 4,978.00 funded (1999).
- Robert-McComb, J., & Roberts, S. *Exercise testing and prescription interactive computer software system*. Texas Tech University Teaching, Learning, and Technology Center, \$4,980.00 funded (1999).
- Lewis, H., & Robert-McComb, J. *The effects of hours of training and the use of transfer techniques on the disability from low back pain in care givers employed in geriatric facilities*. Texas Tech University Summer Dissertation/Thesis Research Award Program, \$1,829.47 funded (1998).
- Massey, M., Robert, J. Reed, M., & Jones, T. *Stress management program for low-income women*. St. Mary's Hospital, \$3,888 funded through St. Mary's Counseling Center (1998).
- Gary, A., & Robert, J. *Development of a body fat prediction equation for use in hydrostatic weighing assessment of body fat in young women with menstrual disturbances and below normal bone mineral density*. Texas Tech University Health Science Center School of Nursing Research Seed Grant, \$1,000 funded (1998).
- Robert, J., Weekes, E., & Jambor, E. *A multidisciplinary approach to the treatment of eating disorders*. Texas Tech University College of Arts and Sciences, \$4,756.00 funded (1996).
- Robert, J., Rhor, C. Abbott, M., Brennen, C., Roberts, S. *Efficacy of a cardiac rehab program on the level of psychosocial adjustment of cardiac patients*. Merck Pharmaceutical Company, \$3,550.00 funded (1996).
- Robert, J. *The metabolic cost of exercising with and without the X1000 walk 'n tone exercise belt on land and in the water*. Spri Products, \$500.00 funded (1991).

Revenue Generated Programs/Workshops

- McComb, J. Hinojosa, B. *Department of health, exercise, and sport sciences learn to swim program*. \$20,372.00 (2011).
- McComb, J. Hinojosa, B. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$23817.35 (2010).
- McComb, J. Hinojosa, B. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$17,319.50. (2009).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$10,285.00 (2008).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$13,000.55 (2007).
- McComb, J. *Professional certification and education*. American College of Sports Medicine. \$1550.00 funded (2008).
- McComb, J. *Professional certification and education*. American College of Sports Medicine. \$1975.00 funded (2007).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$13,538.55 (2006).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$11,666.00 (2005).
- McComb, J. *Professional certification and education*. American College of Sports Medicine. \$3,590.00 funded (2005).
- McComb, J. *Professional certification and education*. American College of Sports Medicine. \$2390.00 funded (2004).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$11,383.19 (2004).
- McComb, J. *Professional certification and education*. American College of Sports Medicine. \$3,840 funded (2003).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$11,383.19 (2003).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$11,531.79 (2002).
- McComb, J. *Professional certification and education*. American College of Sports Medicine. \$7,585.00 funded (2002).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$12,388.35 (2001).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$10,328.00 (2000).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$12,129.36 (1999).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$12,726.44 (1998).
- McComb, J. *Department of Health, Exercise, and Sport Sciences learn to swim program*. \$9,891.10 (1997).

Non-Funded Grant Submissions

- Dedrick, G., Apte, G., Norman, R., Lonnemann, E., Brismee, J., McComb, J., Sizer, P. *The influence of sex hormones on pelvic floor muscle contraction*. South Plains Foundation, \$5,136.00 (2008).
- Hart, S., Hale, T., Boylan, B., McComb, J., Feng, D., Flood-Shaffer, K., Baker, T. *The maternal & infant health and lactation center projects* Fall 2007 Research Development Grant Texas Tech University, \$596,006.00, not funded (2007).
- Hart, S., Hale, T., Boylan, B., Baker, T., McComb, J. *Center for safe and sustained breastfeeding*. Texas Tech University Texas Tech University Health Sciences Joint Initiative \$319,210.00 for two years, not funded (2007).
- McComb, J., Norman, R., Tacon, A., McGlone, J., Cobos, E., De Riese, W. *Improved quality of life in cancer patients through evidence based integrative medicine*, Texas Tech University Texas Tech University Health Sciences Center Joint Initiative \$294,886.00 for two years, not funded (2007).
- Norman, R., Robert-McComb, J., Tacon, A., Rudd, D., Cobos, E., De Riese, W. *Gender differences in stress vulnerability in breast and prostate cancer patients*, South Plains Foundation, \$14,783.00 for two years, not funded (2007).

- Norman, R., Robert-McComb, J., Tacon, A., Rudd, D., Cobos, E., De Riese, W. *Gender differences in stress vulnerability in breast and prostate cancer patients*, School of Medicine Seed Grant Program for FY08, \$19,703.00, not funded (2007).
- Norman, R., Robert-McComb, J., Tacon, A., Rudd, D., Cobos, E., De Riese, W. *Gender differences in stress vulnerability in breast and prostate cancer patients*, Texas Tech University Health Sciences- Texas Tech University Initiative \$127,106.61 for two years, not funded (2007).
- Norman, R., Robert-McComb, J., Tacon, A., Jenkins, M. *Mindfulness exercise and gender differences in stress vulnerability*, Women's Health Research Institute Texas Tech University Health Science Center at Amarillo, \$19,993.48 for two years, not funded (2006).
- Shen, Chwan-Li; Tenner, Thomas Edward; Roongsritong, Chanwit; Chyu, M; Beale, Elmus; Xu, Ke; Varma, Surendra; McComb, Jacalyn; Tacon, Anna. *The effects of alternative exercise on cardiovascular risk in type II diabetes*. Texas Tech University Vice President for Research Development Grants, \$224,078, not funded (2006).
- Tacon, A., McComb, J., Norman R., Bright R. *The effects of mindfulness on the physiological stress response in women with breast cancer*. Texas Tech University Vice President for Research Development Grants, \$217,275.00, not funded (2006).
- Tacon, A., McComb, J., Norman, R., McGlone, J. *Stress reactivity in cancer patients following a mindful meditation intervention program*. lance Armstrong Cancer Research Grant, \$50,000.00, not funded (2005).
- McComb, J., Norman R. *The effect of an acute psychological stress on reproduction in college-age men*. Texas Tech University Faculty Seed Grant, \$20,000 not funded (2004).
- Cowen, Benjamin. *The effect of the menstrual cycle on frontal plane knee kinematics in eumenorrheic women*. Texas Tech University Summer Dissertation/Thesis Research Award Program, \$2000.00 not funded (2003).
- McComb, J., & Norman, R. *Psychological distress and functional amenorrhea in active females*. South Plains Foundation, \$9,473.00 not funded (2002).
- McComb, J., Norman, R., Scheuermann, B. *Psychological distress and functional amenorrhea in active females*. South Plains Foundation, CH Foundation, \$20,423.00, not funded (2002).
- Robert-McComb, J., Tacon, A., Jones, T., Massey, M., & Randolph, P. *Relaxation training for women with heart disease*. South Plains Foundation, \$9,000.00 not funded (1999).
- Robert-McComb, J., Tacon, A., Jones, T., Massey, M., & Randolph, P. *Relaxation training for women with heart disease*. Helen Jones Foundation, \$20,149.00 not funded (1999).
- Robert-McComb, J., Tacon, A., Jones, T., Massey, M., & Randolph, P. *Relaxation training for women with heart disease*. The CH Foundation, \$20,149.00 not funded (1999).
- Massey, M., Robert, J. Reed, M., & Jones, T. *Stress management program for low-income women*. Texas Tech University College of Arts and Sciences, \$3,635.00 not funded (1998).
- Robert, J., & Roberts, S. *Efficacy of a cardiac rehab program on the level of psychosocial adjustment of cardiac patients*. Texas Tech University College of Arts and Sciences, \$3,550.00 not funded (1996).
- Robert, J., Weekes, E., & Jambor, E. *The use of education and relaxation in the treatment of eating disorders*. Texas Tech University College of Arts and Sciences, \$4,756.00 not funded (1995).
- Robert, J. *Met levels of a cardio-aqua-aerobic and cardio-aerobic program*. American Heart Association, Texas Affiliate, \$6365.00 not funded (1989).
- Patterson, P., Rohrer, J., Cook, T., & McComb, J., & Tacon, A. *Project export*, National Center on Minority Health and Health Disparities, \$275,000.00 for 3 years (2004).

PROFESSIONAL CERTIFICATIONS

Board Certification in Biofeedback (BCB) by The Biofeedback Certification International Alliance (BCIA)	2017-continuing
Laboratory Safety Institute Chemical Hygiene Officer Training	2015- Continuing
Registered Yoga Teacher through the <i>Yoga Alliance</i>	2014-Continuing

<i>Ananda 200 Hour YTT Yoga Certification</i>	2013-Continuing
Encore Operator Training (DEXA) GE HealthCare	2011- Continuing
<i>Heartsaver AED</i> American Heart Association	2010- Continuing
<i>National Phlebotomy Certification</i> Medtex Medical Corporation	2007- Continuing
<i>Clinical Program Director</i> American College of Sports Medicine	2001- Continuing
<i>Laboratory and Radiation Safety</i> Texas Tech University	2011- Continuing
<i>NIH-IRB Research Training in Good Clinical Practices</i> Texas Tech University Health Science Center	2001-2013
<i>Clinical Exercise Specialist</i> American College of Sports Medicine	1997- Continuing
<i>Exercise Test Technologist</i> American College of Sports Medicine	1990- Continuing
<i>Group Fitness Leader</i> American Council of Exercise	1992- Continuing
<i>Certified Pool Operator</i> National Swimming Pool Foundation	2005-2010
<i>Scuba Diving Instructor</i> Scuba Schools International Certification	1991- Continuing
<i>Water Safety Instructor Trainer</i> American Red Cross	1991-2010
<i>Water Safety Instructor</i> American Red Cross	1971- Continuing
<i>Lifeguard Training Instructor</i> American Red Cross	1990-2006
<i>Lifeguard</i> American Red Cross	1985-2010
<i>Cardiopulmonary Resuscitation and Community First Aid Instructor</i> American Red Cross	1984- Continuing
Advanced Cardiac Life Support American Heart Association	2001-2003

PROFESSIONAL MEMBERSHIPS

Association for Applied Psychophysiology and Biofeedback	2012, 2017
American College of Sports Medicine	1989- continuing
American Council for Exercise	1992-continuing
Laura W. Bush Institute for Women's Health	2012-continuing
Member of the Female Athlete Triad Coalition, Negotiating the Sports and Public Health Agenda	2005
Yoga Alliance	2014-continuing

CONTINUING EDUCATION WORKSHOPS CONFERENCES ATTENDED IN PAST 5 YEARS

Biofeedback Certification International Alliance Heart Rate Variability 15 hour Biofeedback Program, Chicago, ILL, March 15 & 16	2017
Safe Environment Training for St. Joseph's Core, St. Elizabeth's Catholic Church, Jan 29	2015
The TeMPO Teaching Mentoring Through Peer Observation Program, Fall, Texas Tech Teaching Academy and the Teaching, Learning, and Professional Development Center	2015
Texas Tech Environmental Health & Safety Laboratory Safety Institute Chemical Hygiene	

Officer Training Course, July 14, Texas Tech University	2015
Early Investigator Proposals Development 3 Day Workshop, June, Texas Tech University, June 22-24	2015
Nuevos Enfoques de intervención psicológica en Trastornos Alimentarios y Obesidad. Madrid, Spain	2014
<i>Ananda Yoga Teacher Training Certification</i> [(200 hours) endorsed by the Yoga Alliance] Nevada City, CA	2013
<i>Encore Operator Training</i> (DEXA) GE HealthCare, Lubbock, Texas	2011
<i>Thought Technology</i> Biofeedback Training Program, Dallas, Texas	2011
<i>Neurofeedback Consultant</i> Biofeedback Clinical Training, Lubbock, Texas	2011
<i>Yoga Fit Level 1 Training</i> Mind-Body Fitness, College Park, Maryland	2011
<i>5-Day Professional Biofeedback Certification</i> Stens Biofeedback Instrumentation, Austin, Texas	2010
<i>Science of Meditation Workshop</i> Association of Applied Physiology and Biofeedback, San Diego, California	2010
<i>Biofeedback Training to Increase Heart Rate Variability Workshop</i> Association of Applied Physiology and Biofeedback, Albuquerque, New Mexico	2009
<i>Advanced Heart Rate Variability Workshop</i> Association of Applied Physiology and Biofeedback, San Francisco, California	2008
<i>Heart Rate Variability Workshop</i> Association of Applied Physiology and Biofeedback, Chicago, Illinois	2007

SERVICE

Kinesiology and Sport Management Service

- Laboratory Safety Officer, the Department of Kinesiology and Sport Management, 2012-continuing
- Member of the Faculty Search Committee for Physiology in the Department of Kinesiology and Sport Management, 2015-2016
- Member of the Faculty Search Committee for Physiology in the Department of Health, Exercise, and Sport Science, 2014-2015.
- Member of the Chairperson Search for the Department of Health, Exercise, and Sport Sciences, 2013
- Chairperson for the Strength/Bio/Motor Open Faculty Position for the Department of Health, Exercise, and Sport Sciences, 2013-2014
- Chairperson of the Undergraduate Curriculum Committee for the Department of Health, Exercise, and Sport Science, 2013-2014
- Liaison for the University of Madrid and Texas Tech University International Exchange Program for graduate and undergraduate students in the School of Biotechnology (Master of Eating Disorders) and the School of Exercise and Sport Science, 2012-2014
- Coordinator for a workshop for the Department of Health, Exercise, and Sport Sciences for the use of the EMG to individualize strength training and assessment. Workshop was presented by Frank De Gregorio from Thought Technology in Montreal, QC, 2012
- Liaison for the University of Madrid and Texas Tech University International Exchange Program for graduate and undergraduate students in Biotechnology and Exercise Science, 2012
- Submitted Krystina Eaton 's name to the Graduate Summer Scholarship Program, \$3000.00 funded, 2012
- Submitted Kembra Albracht' s name to the AT&T Chancellor's Fellowship Program, \$3000.00 not funded, 2012
- Chair Departmental Exercise Physiology Search Committee, 2010
- Member of the Exercise Science Curriculum Committee, 2009

- Member of the Departmental Health Search Committee, 2009
- Chair Departmental Fitness and Health Promotion Curriculum Committee, 2008
- Departmental Outcome Assessment Committee Member, 2007-2008
- Member of the Departmental Chair Search Committee, 2007-2008
- Member of the Departmental Motor Control Search Committee, 2007-2008
- Member of the Departmental Strategic Planning Committee, 2006-2008
- Chair of the Ad-Hoc Committee for the Rating of Journals, 2007
- Member of the Graduate Faculty Review Committee, 2005
- Monitor for the Scuba Diving Educational Agreement with Scuba Schools International and Texas Tech University, 2001-continuing
- Member of the Departmental Chair Search Committee, 2004-2005
- Departmental Outcome Assessment Committee Member, 2004
- Chair, Search Committee for Exercise Physiology, 2003-2004
- Chair, Departmental Post Tenure Committee, 1999-2007
- Chair, American College of Sports Medicine Endorsement Curriculum Committee for Clinical Exercise Physiology (graduate) and Exercise and Health Promotion (undergraduate), 2003-continuing
- Chair, Departmental Curriculum Model Committee for Sports Health, 2002-2003
- Chair, Departmental Tenure and Promotion Committee, 1998-continuing
- Director, Center for Sports Health and Human Performance, 1998-2000
- Chair, Search Committee for Sport Injury Prevention and Rehabilitation, 2001-2002
- Chair, Search Committee for Exercise Physiology, 2000-2001
- Chair, Search Committee for Sport Management, 2000-2001
- Chair, Search Committee for Exercise Physiology, 1999
- Chair, Search Committee for Sport Management, 1999
- Chair, Curriculum Committee for Sports Health, 1999
- Member, Departmental Tenure and Promotion Committee, 1996-1997,2008-continuing
- Member, Policy and Procedures Faculty Committee, 1996-1997
- Member, Faculty and Staff Awards Committee, 1996-1997
- Member, Instructional Resource Committee, 1996-1997
- Member, Physical Fitness and Wellness Curriculum Committee, 1995
- Faculty Advisor, Association for Worksite Health Promotion, 1992-1997
- Member, Undergraduate Curriculum Committee, 1996
- Member, Travel Committee, 1992-1995
- Member, Physical Fitness and Wellness Task Force, 1993
- Member, Student Scholarship and Awards Committee, 1992-1993
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College and University Service

- Member of the Internal Review Committee, Texas Tech University, October 2017 continuing
- Dean's Representative for Jessica Odell Baggerman Dissertation in the Department of Animal Science, Supplementation of chromium propionate alters growth performance and Glut4 activity in feedlot steers, Texas Tech University, Lubbock, TX, 2017
- Member of the Texas Tech University Institutional Laboratory Safety Committee, Lubbock, TX, 2016 continuing
- Member of the College of Arts and Sciences Institutional Effectiveness Committee, Texas Tech University, Lubbock, TX, 2016 continuing

- Dean's Representative for Christie Gardner's Dissertation in the Department of Psychology, Examining the moderating role of perceived problem-solving efficacy in relations between asthma-related quality of life, anxiety, and asthma-related anxiety, Texas Tech University, Lubbock, TX, 2015
- Member of the College of Human Sciences Promotion and Tenure Committee, Texas Tech University, Lubbock, TX, 2015
- Member of the College of Arts and Sciences Bachelor of Science Requirement Committee, Texas Tech University, Lubbock, TX, 2015
- Member of the College of Human Sciences Promotion and Tenure Committee, Texas Tech University, Lubbock, TX, 2014
- Hosted three visiting student scholars, Paulina Segovia, Estera López Sánchez, and Fatima Perez Fernandez Moreno from the School of Biomedical Sciences at the European University of Madrid, Madrid, Spain, March 24-April 17, 2014
- Hosted two faculty members, Drs. Ascension Fernandez Blanco and Marta Montil Jimenez from the School of Biomedical Sciences and the School of Sport Sciences at the European University of Madrid, Madrid, Spain, March 24-April 11, 2014
- Guest Lecturer for the Honors College course Advanced Physiology of Domestic Animals at Texas Tech University, *Heart rate variability*, 2012
- Academic Advisor for the Student Osteopathic Medical Association (Pre-SOMA), Texas Tech University and Texas Tech University Health Science Center, 2012
- College of Human Sciences Tenure and Promotion Committee, 2010
- Mentor for the Center for Integration of Science Education and Research
- Member of the College of Arts and Sciences Laboratory Safety Committee, 2010-continuing
- Member of the Committee for the John G. Skelton, Jr. Regents Endowed Professorship in Psychology, 2008
- Member of the Steering Committee for the Institute for Comparative and Experimental Medicine, Texas Tech University and Texas Tech University Health Science Center, 2008
- Member of the Committee for Women's Health Research Coalition, Texas Tech University Health Science Center, 2006
- Member of the Health Organization Management Endowed Chair Ad Hoc Committee for Rawls College of Business Administration, 2005
- Member College of Arts and Sciences Tenure and Promotion Committee, 2005-2007
- Member of the HESS Departmental Outcome Assessment Committee for the University, 2005
- Mentor for the College of Arts and Sciences mentoring program for women faculty, 2002-2004
- Member, Eating Disorder Partnership Committee, 2001-continuing
- Member, University Comprehensive Performance Committee, 2000-continuing
- Member, Body Awareness Task Force, 1998-2002
- Representative, College of Arts and Sciences Faculty Senate, 1996-1999
- Chair, Senate Study Committee B, 1999
- Member, Senate Study Committee C, 1998
- Member, Senate Study Committee C, 1997
- Member, Senate Study Committee B, 1996
- Liaison, Faculty Senate University Sexual Harassment Committee, 1997-1999
- Member, Panel for Tenure Hearing Committees, 1996-1999
- Member, Texas Tech Association for the Advancement of Women in Higher Education Poster Committee, 1990-1995

Professional Service

- Reviewer for a MDPI journal, the International Journal of Molecular Sciences for a manuscript entitled, Cytokine Secretion Responsiveness of a Male and Female Healthy Lymphomonocyte In Vitro Model Following Cortisol Cell Exposure, December 30, 2017
- Reviewer for the European Journal of Nutrition & Food Safety for a manuscript entitled, Investigation of eating habits and food consumption frequency of teachers working in primary schools in Ankara, September 10, 2017
- Reviewer for Tenure and Promotion for Dr. Navalta at the University of Nevada, Las Vegas, 2017
- Reviewer for the Journal of Social Sciences with MDPI open access for a manuscript entitled, Hashtag Recovery: #Eating Disorder Recovery on Instagram April, 2017
- Reviewer for Contemporary Clinical Trials with Elsevier (Eviser), The Female Athlete Body (FAB) Study: Rationale, Design, and Baseline Characteristics, March 23, 2017
- Reviewer for the International Journal of Molecular Sciences, for a manuscript entitled, Delphinidin modulates glucose homeostasis through FFA1/GPR40 in intestinal cells, March 3, 2017
- Reviewer for PLOS ONE, for a manuscript entitled, The impact of exercise therapy and/or abdominal binding in the management of diastasis recti: A pilot randomized controlled trial, 2016
- Reviewer for *The Open Biotechnology Journal*, for a manuscript entitled, Behavior rhythm in adaptive phase of introduced Milu in Dongting Lake wetland, 2016
- Reviewer for *Nutrients*, for a manuscript entitled, Specific dietary recommendations during altitude training in cycling, 2016
- Reviewer for *Nutrients*, for a manuscript entitled, Anorexia of aging: risk factors, consequences, and potential treatments, 2016
- Reviewer for *Nutrients*, for a manuscript entitled, Nutritional adequacy of dietary intake in women with anorexia nervosa, 2015
- Reviewer for *Nutrients*, for a manuscript entitled, Nutrient intakes in college athletes with eating disorders, 2015
- Reviewer for the *Journal of Complementary and Alternative Medicine* for a manuscript entitled, Improvement in work performance as a result of inhibition of beta 2 bands (EEG) and neurofeedback-EEG training in motion, 2015
- Reviewer for the *International Journal of Preventive Medicine* for a manuscript entitled, The effect of mindfulness meditation therapy on heart rate variability; an intervention study in sports medicine. 2014
- Reviewer for the *Journal of Complementary and Alternative Medicine* for a manuscript entitled, Changes in CAM use across cancer treatment and relationship to stress, mood, and quality of life, 2014
- Reviewer for the *Journal of Complementary and Alternative Medicine* for a manuscript entitled, A Pilot Study Evaluating Qigong and Modified Exercise Programs in Patients with Breast Cancer, Prostate Cancer, or Chronic Lymphocytic Leukemia: Quality of Life, and Changes in Immune and Physical Status Parameters, 2014
- Reviewer for *Eating Behaviors* for a manuscript entitled, The influence of stress on attitude to drive for thinness and bulimia: A study using a non-clinical sample, 2014
- Reviewer for *Pensar en Movimiento* (Thinking in/about Motion) for the manuscript entitled, The female athlete triad: a metabolic phenomenon, 2013
- Reviewer for the *Journal of Complementary and Alternative Medicine* for a manuscript entitled, Effect of yoga personality development camp on tridoshas in children, 2013
- Reviewer for the Icelandic Center for Research (<http://www.rannis.is>) for a Grant Project Grant application entitled. Novel methods to predict and prevent Sport injuries using EMG accelerometers and biofeedback, 2013.
- Reviewer for the *ACSM Health and Fitness Journal*, Managing stress: The role of exercise in stress management, 2012.

- Reviewer for the *Journal of Alternative Medicine and Complementary Medicine*, A randomized comparison of two different exercises on the weight loss in the treatment of knee osteoarthritis, 2009
- Outside reviewer for a candidate for promotion to the rank of Associate Professor and the granting of tenure for the University of Houston, 2008
- Reviewer for the *Journal of Alternative Medicine and Complementary Medicine*, Effects of 'suwaisyo', an oriental exercise, on heart rate variability and ambulatory blood pressure in healthy young subjects, 2008
- Editor for the July-September Issue for the *American College of Sports Medicine Certified News*, 18(3), Introduction to men's health issues, 2008
- Reviewer for *ACSM's exercise management for persons with chronic diseases and disabilities*, 3rd ed. J. Larry Durstine, PhD, Editor., 2008
- Outside reviewer for a candidate for promotion to the rank of Professor for the University of Texas at San Antonio, 2008
- American College of Sports Medicine's (ACSM) reviewer for *ACSM's resources for clinical exercise physiology* 2nd ed., 2008
- American College of Sports Medicine's (ACSM) reviewer for *ACSM's resource manual for guidelines for exercise testing and prescription*, 6th ed., 2008
- Editor for the October-December Issue for the *American College of Sports Medicine Certified News* 17 (4), Sleep apnea, 2007
- American College of Sports Medicine's (ACSM) reviewer for the *Certification Review Manual*, 2007
- American College of Sports Medicine's (ACSM) reviewer for *ACSM guidelines for exercise testing and prescription*, 2007
- Editor for the April – June issue of the *American College of Sports Medicine Certified News*, also responsible for writing the introductory article, McComb, J.R., Cancer, *American College of Sports Medicine Certified News*, 17 (2), 1-3, 2007
- Editor for the January-March issue of the *American College of Sports Medicine Certified News*, also responsible for writing the introductory article, McComb, J.R., Balance is the key to optimizing athletic performance, even when it comes to hydration. *American College of Sports Medicine Certified News*, 16(1), 12, 2006
- Attended the ACSM Mid-Winter Meeting as a member of the ACSM Executive Council held in Indianapolis, IN, January 5-6, 2006
- Reviewer, *Journal of Eating Behaviors*, Analysis of bulimic symptomatology across age and geographic locations, 2005
- Editor on the first themed issue, July-September for the *American College of Sports Medicine Certified News* 15(3), *Women's health issues*. Also responsible for writing the editorial in the issue, McComb, J.R. (2005). The unique health concerns of active females: Future research directions. *American College of Sports Medicine Certified News* 15(3), 1-3.
- American College of Sports Medicine Workshop Director, ACSM Health Fitness Instructor's Workshop, Arkansas State University Jonesboro, AK, 2005
- American College of Sports Medicine consolidator of reviews and reviewer for the *American college of sports medicine metabolic calculation handbook*, 2005
- Reviewer, *Journal of Complementary and Alternative Medicine*, Effects of contract-relax on sensory and pain threshold after resting, dynamic and maximum muscle exercise, 2005
- American College of Sports Medicine consolidator of reviews and reviewer for the *American college of sports medicine health/fitness facility standards and guidelines*, 2005
- American College of Sports Medicine editor for a special Women's Issue in the *Certified News*
- American College of Sports Medicine International Certification Director, Tokyo, Japan, 2004

- American College of Sports Medicine Continuing Education Certification Exam writer for the Certified News, 2004
- American College of Sports Medicine's reviewer for the Clinical Certification Review Guidelines, 2004
- Member of the Gerson Lehman Group's Council of Healthcare Advisors 2004-continuing
- American College of Sports Medicine consolidator of reviews and reviewer of the 7th Ed. of the American college of sports medicine guidelines for exercise testing and prescription, 2003
- Member of the American College of Sports Medicine Special Interest Group, Psychobiology and Behavior, 2003-2004
- American College of Sports Medicine International Team Examiner, Lisbon, Portugal, 2002
- American College of Sports Medicine Certification Director, ACSM Exercise Specialist Certification, Texas Tech University, Lubbock, TX, August, 2002
- American College of Sports Medicine Certification Director, ACSM Health Fitness Instructor's Workshop and Certification, Texas Tech University, Lubbock, TX, 2002-2005
- American College of Sports Medicine Certification Director, ACSM Clinical Exercise Physiology Registry, Texas Tech University, Lubbock, TX, 2003-2004
- American College of Sports Medicine Assistant Director for the Exercise Specialist Workshop, Texas Tech University, Lubbock, TX 1998-1999

Offices or Positions in Professional Organizations

- American College of Sports Medicine Committee on Certification and Registry Board (CCRB) Executive Council, 2004-2009
- American College of Sports Medicine Publications Committee, 2002-2009
- Chair, Texas Association for Health, Physical Education, Recreation and Dance, Business in Fitness and Industry Section, 1995-1997
- Chair, Texas Association for Health, Physical Education, Recreation and Dance, Aquatics Section, 1993-1994
- Chair, Association for Fitness in Business, Region VI (Texas, New Mexico, Oklahoma), 1992
- Member, American Association of Fitness in Business Research Consortium, 1991
- Member, National Aquatic Council Boating Committee, 1991-1994
- Vice President-Dance-Elect, Mississippi Alliance for Health, Physical Education, Recreation and Dance, 1988-1990
- Chair, National Association of Girls and Women in Sports for the Mississippi Alliance for Health, Physical Education, Recreation and Dance, 1985-1987
- Chair, Regional Representative Membership for the Mississippi Alliance for Health, Physical Education, Recreation, and Dance, 1986-1987
- Chair, National Alliance for Girls and Women's Sports for the Mississippi Alliance for Health, Physical Education, Recreation and Dance, 1986-1987

Community Service

- Author of the educational media presentation, Mindfulness and Integrative Medicine, for the Laura W. Bush Institute for Women's Health, 2014
- Organizer for exercise leaders for the South Plains Kidney Foundation, "The Kidney Walk", 2012
- Internship Director for students in Clinical Exercise Physiology at Hope Lodge and Southwest Cancer Center, Lubbock, TX 2012-2013
- Presenter for the Center for Prevention and Resiliency, Covenant Body Mind Initiative, November 30th, Texas Tech University Wellness Center, Lubbock, TX 79409, 2012
- Director of the Women's Wellness Outreach Program, Texas Tech University, Lubbock, TX 79409, 2011-2012
- Family Care Symposium Volunteer, Covenant Hospital, Lubbock, TX, 2006

- Member of the Palliative Care Research Initiative Committee at Covenant Hospital, 2005
- Invited Panel of Experts on the Topic of Steroid Use Among Teenage Girls, Office of Communications and Marketing, Texas Tech University, 2005
- Invited Guest Speaker, Go Lubbock Division of the American Heart Association, 'Go Red for Women Heart Health Conference', Lubbock Civic Center, Lubbock TX, 2004
- Invited Guest Speaker, Panhandle Dietetic Association, Amarillo College, Amarillo, TX, 2004
- Invited Guest Speaker, Diabetes Support Group, University Medical Center, Lubbock, TX, 2003
- Program Director, Health, Exercise, and Sport Sciences Learn to Swim Program, Texas Tech University, 1993-2011
- Invited Guest Speaker, Women's Executive Forum, Lubbock, TX, 2002
- Organizer, Eating Disorders, Symptoms, and Interventions, Texas Tech University Health Science Center, Lubbock, TX, 2001
- Organizer, The Female Athletic Triad of Amenorrhea, Eating Disorders, and Osteoporosis: Signs Symptoms, and Interventions, Texas Tech University Health Science Center, Lubbock, TX, 1999
- Board Member, American Red Cross, 1990-1997
- Instructor, American Red Cross Community CPR and Standard First Aid, 1984-2004

Book Reviews for Publishers

- Reviewer for F.A. Davis, Sports Nutrition by Natalie Muth and Exercise Physiology by Pocari, 2015
- Reviewer for Wolters Kluwer Health, Kraemer, Exercise physiology: Integrating theory and application (2nd ed.), 2014.
- Cengage Reviewer for the American Council of Exercise, *Exercise physiology*, 2012
- Reviewer for McGraw-Hill Higher Education, Beam, W. C., *Exercise physiology lab manual* (7ed.), 2012
- Reviewer for Cengage Learning, Raven, Joan Murray, Wasserman *Exercise physiology*, 2011
- Reviewer for Cengage Learning, Raven, Joan Murray, Wasserman *Exercise physiology*, 2012
- Reviewer for Lippincott Williams and Wilkins Publishing Company, William & Kraemer, *Exercise physiology*, 2009
- Reviewer for Brooks/Cole Cengage Learning, *Exercise physiology*, 2009
- Reviewer for Lippincott Williams and Wilkins Publishing Company, *Lifestyle modification programs and coronary heart disease: a critical review*, 2008
- Reviewer for Pearson Benjamin Cummings Publishing Company, *Exercise physiology*, 2008
- Reviewer for McGraw Hill, Adams. G, Beam, W., *Exercise physiology laboratory manual*, 2008
- Reviewer for Benjamin Cummings/Pearson Education, Pierson, C., *Exercise physiology*, 2003
- Reviewer for Brown & Benchmark, Fox, Bowers, & Foss, *Fox's physiological basis for exercise and sport*, 1996
- Reviewer for Mayfield Publishing Company, Fahey, Insel, & Roth, *Fit and well*, 1992
- Reviewer for Gorsuch Scarisbrick Publishers, Bishop, J., *Fitness through aerobic dance* (2nd ed.), 1997
- Reviewer for Benjamin/Cummings Publishing Company, Inc., *Fitness/wellness*, 1991
- Reviewer for Mayfield Publishing Company, *Fit & well*, 1991
- Reviewer for Gorsuch Scarisbrick Publishers, Bishop, J., *Fitness through aerobic dance*, 1989