



TEXAS TECH UNIVERSITY

Department of Kinesiology & Sport Management™

Welcome our new faculty colleagues



Heather Vellers, Akira Asada, Jimmy Sanderson, Katie Brown, Hui Ying Luk, Audra Day, Aaron Arreola

Assistant Professors

Dr. Heather Vellers Prior to her new role, she was a Postdoctoral Research Fellow at the National Institute of Environmental Health Sciences and completed her Ph.D. in exercise physiology at Texas A&M University. Dr. Vellers' research involves investigating the role of the mitochondrial genome with interindividual variations in adaptation to aerobic training. The broader application of her research agenda is to provide future exercise physiologists and healthcare providers a means to prescribe exercise programs that are individualized for each person (i.e, precision medicine); particularly for clinical populations. Her disciplinary mentor is Dr. Tim Lightfoot at Texas A&M University.

Dr. Akira Asada was born and raised in Tokyo, Japan. He completed his Ph.D. degree at University of Florida. His research agenda lies primarily in sport consumer behavior particularly within the areas of word-of-mouth and sport socialization. He explores the psychological mechanisms of how sport consumers influence each other's decision-making. The goals of his research are (a) to advance theoretical understanding of social influence among sport consumers and (b) to propose effective marketing and communication strategies for sport organizations to acquire new customers and increase revenue. His disciplinary mentor is Dr. Eric Jang, assistant professor of advertising at Texas Tech University.

Dr. Jimmy Sanderson is research interests focus on the intersection of social media and sport, with a particular focus on social media policy and governance in sport organizations. He also maintains research interests centered on health and safety issues in sport, such as concussion management and recovery for athletes, along with sport and its influence on family dynamics. He teaches courses in sport personnel management and organizational behavior. His disciplinary mentor is Dr. Jeffrey Kassing, a professor in the New School of Interdisciplinary Arts and Sciences at Arizona State University.

Dr. Katie Brown graduated from Texas A&M University with a PhD in Kinesiology and a specialization in Sport Management. Katie's primary research interests involve examining how sport entities manage and protect their intellectual property and brand image, as well as delving into the legal aspects of marketing. Katie's mentor is Dr. Natasha Brison, JD, PhD, who works in the Sport Management Division at Texas A&M University.

Dr. Hui Ying Luk has an educational background in exercise physiology with research experience in human performance and muscle adaptation. Her research interests include the effect of resistance exercise on immune and hormonal response and skeletal muscle adaptation among different populations. Dr. Luk is a Certified Strength and Conditioning Specialist and was awarded a fellowship from the Graduate School at the University of North Texas and research grants from the National Strength and Conditioning Association Foundations. Dr. Luk will be teaching undergraduate and graduate courses in exercise physiology."

Assistant Professors of Practice

Dr. Audra Day worked as a registered nurse in critical care medicine for ten years including intensive care and emergency medicine. As the Trauma Coordinator at Harris Methodist Fort Worth she developed trauma education program specializing in head injury and drowning prevention. Her graduate research focused on key genetic regulators of the switch between meiotic and mitotic cell division. She completed her post-doctoral fellowship at the University of Texas Southwestern investigating the role of stem cells in cardiac injury repair. Dr. Day taught Anatomy and Physiology for several years before joining the Department of Kinesiology and Sport Management. She now teaches Exercise Physiology, Applied Exercise Physiology, and Exercise Testing and Prescription.

Aaron Arreola is a physical therapist and athletic trainer with a clinical emphasis in sport orthopedics and rehabilitation. He served collegiate athletes at Arizona State University as rehab coordinator, in addition to recreational athletes and general populations in outpatient clinical settings. Aaron is a clinical instructor for various PT/PTA programs. As an Assistant Professor of Practice, he teaches Anatomical Kinesiology and Intro to Biomechanics in the Kinesiology and Sport Management Department at Texas Tech University. Aaron earned a B.A. in Kinesiology with an Athletic Training emphasis from St. Edward's University, a Master's degree in Physical Therapy from the Texas Tech University Health Sciences Center and is currently seeking a Doctor of Science degree from the TTUHSC.

**What
is
the
M&M
fair?**



The Majors & Minors Fair held on October 18 provided students with an opportunity to meet with professional advisers and departmental representatives to discuss a variety of possible majors as well as many available career opportunities connected to each major. Our three advisers, Diana Sierra, Treasa Austin, Missy Buxkemper, and several KSM Ambassadors talked with lots of interested students looking to explore other majors or wanting to pick up a second major. This fair offered a great opportunity to find out about required courses, faculty-to-student ratio, minimum GPA, opportunities for non-majors to take classes, career prospects for that major, professional affiliations, student organizations, and the process of switching majors. Thanks to our wonderful advisers and Ambassadors

Zella Riegel Huffman Tribute

Women's Physical Education Faculty Member (1931-1943)



Zella Riegel, a graduate of Central Methodist College (Missouri), where she earned three varsity letters in basketball, began her teaching and coaching career at Chillicothe, MO, High School. Zella met Mrs. Johnnye Langford, the founding (and only, at the time) member of Texas Tech's Women's Physical Education Department, while both were attending graduate courses at the University of Illinois. Zella accepted Mrs. Langford's invitation to become the second member of Texas Tech's Women's Physical Education faculty. Those two, later joined by Margaret Baskin, were the Women's Physical Education Department at Texas Tech during the first 20 years of the college's existence.

Physical Education courses were not mandatory for women, but under the auspices of the Women's Athletic Association. Female students at Texas Tech were offered a wide variety of courses intended to improve physical fitness and taught skills to encourage them to continue physical activity for a lifetime including archery, field hockey, bowling, golf, equestrian, tumbling, riflery and tennis.

Zella was the principal instructor in golf (she was later the Trans-Mississippi amateur champion), equestrian, and tumbling. She also taught a week-long skiing class for female and male students in the New Mexico mountains during Christmas break. She also taught a physical fitness class which football coach Pete Cawthorn required his players to attend as off-season conditioning. As one player famously remarked, "Miss Riegel's fitness class is tougher than any football practice!"

Zella married Texas Tech basketball coach Berl Huffman in 1939 and continued teaching until the couple left Lubbock for Berl's service in the Army Air Corps in World War II. Their son, Walter Burl, which was born in 1944, joined the TTU School of Law in 2002, and served as its Dean from 2002-2009. The Zella Riegel Huffman Scholarship Endowment to support a Texas Tech woman student majoring in Kinesiology or Sport Management was created by her family and friends in 1990.

Respectfully submitted in loving memory of my Mother,
Walter Huffman

Ph.D. in Exercise Physiology

The doctoral program in Exercise Physiology provides students with advanced knowledge about the integrative physiological processes related to how exercise and lifestyle changes alter health and risk factors for disease and disability taught by cross-disciplinary faculty. Special emphasis will be placed on recognizing and addressing health disparities through special coursework and focused research projects. This program requires completion of 60 credit hours that include a set 21-credit hour core, seminar, electives, and 18 credit hours of dissertation.

Student academic performance requires maintaining a B average throughout the program and passing a qualifying exam prior to proposing a dissertation project. Student progress in meeting research expectations and departmental standards will be assessed by each student's mentor and the entire exercise physiology faculty in annual reviews of the student's scholarly productivity. This process will ensure that students reach their full potential and are competitive for post-doctoral positions as they near completion of the program.

Student entry into the program occurs each fall semester, but applications are reviewed year-round. Admission requirements include a master's degree in kinesiology or related field, documented research experience, a writing sample, letter of intent, recommendation letters, and curriculum vitae. Students will be considered for research/teaching assistantships that consist of a 12-month stipend and tuition/fee waiver. Other benefits available to students in the program include a dedicated work space, travel funds for presentations at regional or national conferences, recently renovated and well-equipped research facilities, and diverse research expertise held by faculty in the department that promotes collaboration and novel research ideas. Our faculty is involved with multiple scientific communities and present regularly at annual meetings held by the American College of Sports Medicine, Federation of American Societies for Experimental Biology, International Society of Sports Nutrition, National Strength and Conditioning Association, North American Artery Society, and the Obesity Society. Thus, students will be exposed to multiple arenas of scientific research.

For more information, please contact Dr. Joaquin Gonzales, Graduate Coordinator for Kinesiology at Joaquin.Gonzales@ttu.edu.

Ph.D. Students



Arun Maharaj, Ahalee Cathey, Stephen Fischer

Student Bios

Stephen Fischer

Stephen Fischer was born in Cleveland, Ohio. He grew up in Hudson, Ohio, and graduated from Hudson High School in 2009 where he was an All-State athlete in track. From there, he attended Kent State University where he also competed in cross country and track, specializing in the middle distances. Naturally, being interested in sport and health, he chose to study exercise physiology. Stephen earned All Mid-American Conference honors in cross country and in the mile and distance medley relay during his time competing. Upon graduating with his bachelor's degree in exercise physiology in 2013, he chose to continue his education at Kent State and pursue a master's degree (also in exercise physiology) in the fall of 2014. During his master's, he studied under Dr. John McDaniel and wrote his thesis entitled: "Metabolic differences between a bout of eccentric, concentric and traditional resistance exercise" and was named "Most Outstanding Master's Student in Exercise Physiology" in the fall of 2016. Stephen graduated that same semester. Interested in expanding his knowledge of the health of human blood vessels, he then chose to continue his education here at Texas Tech University to pursue his doctorate in exercise physiology. He currently studies under Dr. Arturo Figueroa working to examine interventions to improve arterial function in postmenopausal women. These interventions include supplementation (amino acids or anti-oxidants) as well as (or in combination with) resistance training. Upon attaining his doctorate, he hopes to continue his career with either a Post-Doctoral Fellowship or an assistant professor position at a university. He would like to continue his research in an academic setting as well as teach in the field.

Arun Maharaj

Arun Maharaj was born and raised in the country of Trinidad and Tobago and moved to Coral Springs, Florida, with his family when 10 years old. He completed his undergraduate (2014) and master's (2016) degrees at Florida Atlantic University, where he was fortunate to work with Dr. Michael Whitehurst. His master's thesis was titled "The effect of maximal aerobic exercise on plasma BDNF expression in PBMCs in obese and non-obese subjects." He had nine publications during his tenure at Florida Atlantic, one as a first author. He has also taught Health and Fitness for Life, Anatomy and Physiology I labs and Exercise Testing labs. Arun has been a member of the American College of Sports Medicine since 2012 and has presented posters at both regional and national conferences for the last four years. In 2015, he was privileged to place first at the Southeast American College of Sports Medicine undergraduate poster research competition. Currently, Arun works as a Graduate Research Assistant under Dr. Arturo Figueroa, narrowing his research focus on the interactions of arterial function on strength training and supplementation (L-Citrulline) in aging, hypertensive, and type-2 diabetic populations.

Ahalee Cathey

Ahalee Cathey, from Cypress, Texas, graduated from Texas Tech University in 2015 with a Bachelor of Science in Exercise and Sport Sciences and in 2018 with a Master of Science in Kinesiology. Ahalee is currently in her first year of the Exercise Physiology doctoral program. As a master's student, she completed her thesis titled "Effect of the upright posture trainer on muscular endurance and fatigue" under Dr. Jacalyn McComb. Her poster was accepted at the 2018 Association of Applied Psychophysiology and Biofeedback conference, and she presented her research at the symposium. Ahalee was also involved in conducting research in the areas of physical performance under Dr. Ty Palmer in the Muscular Assessment Laboratory during her final year of the master's program. She attended the Texas ACSM conference and presented a poster entitled "Relationship between vertical jump height and pennation angle of the rectus femoris and vastus lateralis" for which she was selected as a finalist. Ahalee taught yoga and jogging as a Graduate Teaching Assistant for two years. Ahalee is currently working under Dr. Palmer in the PhD program, and she is a Graduate Part-time Instructor for the Exercise Testing and Prescription labs. Upon graduation from this program, Ahalee hopes to become an assistant professor at a university and continue her research in human performance.

2018 American Heart Association Heart Walk

Members of the Kinesiology and Sport Management Department teamed up to participate in the 2018 American Heart Association Heart Walk. TEAM KSM consisted of Faculty, Staff, GTAs, and Ambassadors. Donations from participants along with money raised through the Pie in the Face event accumulated to over \$700. All donations and money raised was donated to the American Heart Association.



Angela Lumpkin, Ty Palmer, Chad Smith and son Max, Bailey Palmer, Matt Huml, Ashley Harry, Katie Brown, Miranda Luna, John Harry, Donna Torres, Stephanie Torres, Julianna Kilpatrick, Cruz-Edwin Hernandez, Audra Day, Jack Preechananichwong, Vanessa Carranza, Brenna Coffman, Sydnie White, Ahalee Cathey, Stephen Fischer, Justin Heater, Arun Maharj, Luke Chowning, Alandra Williams, Jonah Sell, Joseph Clark, Karla Martinez, Bobby Smith, Jordan Travis, Trent Herrera, Dallin Woods, Jarrod Blinch and son Elias. Kneeling: Monica Luna, Heidi Wiedenfeld, Karla Kitten
Not Pictured: Dylan Plants

2018 Fall Ambassadors



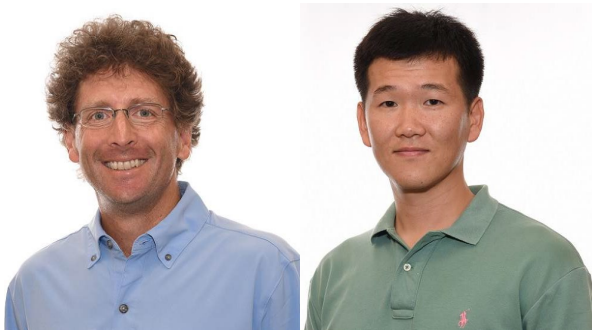
left to right in back row: Joshua Flores, Brady McDowell, Trent Herrera, Claire Underwood, Dallin Woods, Dr. Chad Smith; front row: Bailee Wallace, Emily May, Karla Martinez, Bri Perry, Shelby Skomer, Hadley Whitaker

Alumna Spotlight - Dana Wagnon



Dana Wagnon is from Garland, Texas. She decided back in 1987 that she would travel to Texas Tech for a campus visit, although she had no idea what she wanted to major in at Texas Tech. After many advising appointments, she knew that Exercise Science was the degree for her. Dana graduated in 1993. Since then she has managed fitness facilities, worked in corporate fitness through Cooper Aerobics Institute, and held numerous other positions in the fitness industry. Fitness promotions has been her favorite in using her degree. Dana worked for Brinker as a promotion specialist and organized golf tournaments and corporate fitness programs for the workplace. She also has been involved in fitness personally. She moved back to Lubbock in 1995 and married her husband, who she met at Texas Tech. They have been married for 24 years and have two children. When her children were elementary ages, she had the opportunity to stay home as a full-time mom, while she also ran a personal training business out of her home. Dana feels her degree has always led her to great places. Dana started working at Texas Tech in 2012 for the ELPN promise grant with Dr. Marc Lochbaum. Starting in 2013 she had the wonderful opportunity to work in the Department of Kinesiology and Sport Management as an academic adviser. Due to health reasons, she had to resign. Dana now works for the Lubbock Independent School District as a physical education teacher. Life is never dull as a teacher. She enjoys working with children and helping them learn about how to take care of their bodies and health. Dana's passion for people and fitness all started at her beloved Texas Tech.

Faculty News



Dr. Marc Lochbaum presented his and **Dr. Youngdeok Kim's** funded research in Oman at the Sultan Qaboos Cultural Center (SQCC) in Washington, DC. The presentation was titled, "Activity Levels and Screen Time Behaviors in Omani Children." Dr. Lochbaum and Dr. Kim were the 2017 SQCC Research Fellows. At the presentation, Dr. Lochbaum interacted with a member of the US-based Oman Embassy. The

following is a brief abstract of Dr. Lochbaum's presentation.

Globally, most people including children do not achieve recommended levels of daily physical activity. This study examined objectively measured physical activity patterns, self-reported sedentary activities, and physical self-perceptions of >1000 4th-grade children across Oman. The results showed that objectively measured activity levels of Omani children are similar with those from the western countries, but with much less screen-time behaviors. However, compared to a few Middle East countries, Omani boys are more active than boys in UAE and Qatar. Gender-disparities with regards to Omani children's daily physical activity including sport team participation should receive further attention.

2018 Faculty Publications

Lam, M. Y., **Blinch, J.**, Connors, E. M., Doan, J. B., & Gonzalez, C. L. (2018). Bimanual joint action: correlated timing or "bimanual" movements accomplished by two people. *Experimental Brain Research*, 236(8), 2363-2375.

Blinch, J., & Jensen Kouts, T. (2018). Effects of integrated feedback and movement templates on discrete bimanual movements in simple reaction time. *Human Movement Science*, 60, 139-149.

Blinch, J., Franks, I. M., Carpenter, M. G., & Chua, R. (2018). Response selection contributes to the preparation cost for bimanual asymmetric movements. *Journal of Motor Behavior*, 50(4), 392-397.

Blinch, J., Doan, J. B., & Gonzalez, C. L. (2018). Complexity of movement preparation and the spatiotemporal coupling of bimanual reach-to-grasp movements. *Experimental Brain Research*, 236(6), 1801-1813.

Brown, K.M., & Salaga, S. (In Press). NCAA football television viewership: Do consumers care about both absolute and relative quality? *Sport Management Review*.

Salaga, S. & **Brown, K.M.** (In Press). Momentum and betting market perceptions of momentum in college football. *Applied Economics Letters*.

Brown, K.M., & Brison, N.T. (In Press). A tale of two trademarks: Comparing and contrasting brand protection strategies by adidas and Converse. *The Entertainment and Sports Law Journal*.

Brison, N.T., Pickett A.D., & **Brown, K.M.** (In Press). Losing weight with Charles and Dan: Examining potential liability for endorser claims in weight loss advertisements. *Sport Marketing Quarterly*

Ashley, J., Kim, Y., **Gonzales, J.U.** (2018). Impact of l-citrulline supplementation on oxygen uptake kinetics during walking. *Applied Physiology Nutrition and Metabolism*, 43(6):631-637.

Fernandez-del-Valle, M., **Gonzales, J.U.**, Kloiber, S., Mitra, S., Klingensmith, J., Larumbe-Zabala, E. (2018). Effects of resistance training on MRI-derived epicardial fat volume and arterial stiffness in women with obesity: a randomized pilot study. *European Journal of Applied Physiology*, 118(6):1231-1240.

Barker, L.A., **Harry, J.R.**, Mercer, J.A. (2018). Relationships between countermovement jump ground reaction forces and jump height, reactive strength index, and jump time. *The Journal of Strength and Conditioning Research*, 32(1):248-254.

Harry, J.R., Barker, L.A., James, C.R., Dufek, J.S. (2018). Performance differences among skilled soccer players of different playing positions during vertical jumping and landing. *The Journal of Strength and Conditioning Research*, 32(2):304-312.

Harry, J.R., Eggleston, J.D., Dunnick, D.D., Edwards, H., Dufek, J.S. (2018). Effects of task difficulty on kinematics and task performance during walking workstation use. *Translational Journal of the American College of Sports Medicine*, 3(11):1-11.

Harry, J.R., Freedman Silvernail, J., Mercer, J.A., Dufek, J.S. (2018). Bilateral comparison of vertical jump landings and step-off landings from equal heights. *The Journal of Strength and Conditioning Research*, 32(7):1937-1947.

Harry, J.R., Paquette, M.R., Schilling, B.K., Barker, L.A., James, C.R., Dufek, J.S. (2018). Kinetic and electromyographic sub-phase characteristics with relation to countermovement vertical jump performance. *Journal of Applied Biomechanics*, 34:291-297.

Harry, J.R., Barker, L.A., Eggleston, J.D., Dufek, J.S. (2018). Evaluating performance during maximum effort vertical jump landings. *Journal of Applied Biomechanics*, Epub ahead of print.

Smith, R.E., Paquette, M.R., **Harry, J.R.**, Powell, D.W., Weiss, L.W. (2018). Footwear and sex differences in performance and joint kinetics during maximal vertical jumping. *Journal of Strength and Conditioning Research*, Epub ahead of print.

Dufek, J.S., **Harry, J.R.**, Eggleston, J.D., Hickman, R.A. (2018). Walking mechanics and movement pattern variability in monozygotic twins with autism spectrum disorder. *Journal of Developmental and Physical Disabilities*, Epub ahead of print.

Eggleston, J.D., **Harry, J.R.**, Dufek, J.S. (2018). Lower extremity joint stiffness during walking distinguishes children with and without autism. *Human Movement Science*, In Press.

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Huml, M. R. (2018). A factor structure examination of athletic identity related to NCAA divisional differences. *Journal of College Student Development*, 59, 376-381. doi:10.1353/csd.2018.0035 (2017 JIF: 0.952. h index: 60.)

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Kim, Y., Lumpkin, A., Lochbaum, M., & Kitten, K. (2018). Incorporating wearable technology into physical activity instructional program: A cluster randomized trial in university setting. *Journal of Sports Sciences*, 36 (16), 1889-1896.

Vallejo-Reyes, F. A, Mena Campbell, J. I., **Lochbaum, M. R.**, Duclos-Bastías, D.M., Guerrero-Santana, I., & Carrasco-Beltrán, H.J. (2018). Adaptación y validez de la Escala de Motivación en el Deporte 2 (EMD-2) para estudiantes universitarios Chilenos [Adaptation and validity of Motivation Scale in Sport 2 (SMS-2) for Chilean university students]. *Cuadernos de Psicología del Deporte*, 18(1), 63-74.

Lisinskienė, A., & **Lochbaum, M.** (2018). Links between adolescent athletes' prosocial behavior and relationship with parents: A mixed methods study. *Sports*, 6(4).

Dodd, R., Achen, R. M., **Lumpkin, A.**, & Plunkett, K. (2018). Servant leadership and its impact on ethical climate. *The Journal of Values-Based Leadership*, 11 (1), 1-22.

Lumpkin, A., & Achen, R. M. (2018). Explicating the synergies of self-determination theory, ethical leadership, emotional intelligence, and servant leadership. *Journal of Leadership Studies*, 12 (1), 6-20.

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Albracht-Schulte, K., Kalupahana, N., Ramalingam, L., Wang, S., Rahman, S., **Robert-McComb, J.**, Moustaid-Moussa, N. (2018). Omega-3 fatty acids in obesity and metabolic syndrome: A mechanistic update. *Journal of Nutritional Biochemistry*, Feb 27, 58, 1-16.

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Cambiaso-Daniel J, Parry, I, Kemp, **Rivas E**, J, Sen Soman, J, Rizzo MS, Kowalske, K, Herndon DH, Suman OE Strength and Cardiorespiratory Exercise Rehabilitation for Severely Burned Patients during Intensive Care Units: A survey. *Journal of Burn Care and Research: official publication of the American Burn Association*. PMID: 29579311

Rivas E, Herndon DN, Cambiaso-Daniel J, Rontoyanni VG, Porter C, Glover, S, Suman OE Quantification of an Exercise Rehabilitation Program for Severely Burned Children: Part of The Standard of Care at Shriners Hospitals for Children®—Galveston. *Journal of Burn Care and Research: official publication of the American Burn Association*. PMID: 29596648

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Sanderson, J. (2018). Identity and speech in sport in the social media era. In M. McCann (Ed.). *Handbook of American Sports Law* (pp. 279 – 296). Oxford: Oxford University Press.

Sanderson, J. (2018). Guarding against quick and easy: Tightening up qualitative sport and social media research. In A. Bundon (Ed.) *Digital Qualitative Research in Sport* (pp. 80-92). New York: Routledge.

Sanderson, J. (2018). Think twice before you post: Issues student-athletes face on social media. *New Directions for Student Services*, 163, 81-92.

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Tinsley GM*, Nickerson BS. Exclusion of Trunk Region Reduces Biological Error but Increases Technical Error of DXA Lean Soft Tissue Estimates from Non-Fasted Assessments. *International Journal of Sport Nutrition and Exercise Metabolism*.

Tinsley GM*, Graybeal AJ†, Moore LM†, Nickerson BS. Fat-free mass characteristics of muscular physique athletes. *Medicine & Science in Sports & Exercise*.

Tinsley GM*, Trexler ET, Smith-Ryan AE, Paoli A, Graybeal AJ†, Campbell BI, Schoenfeld BJ. Changes in Body Composition and Neuromuscular Performance Through Preparation, Two Competitions, and a Recovery Period in an Experienced Female Physique Athlete. *Journal of Strength and Conditioning Research*.

Tinsley GM, Urbina S, Santos E, Villa K, Foster C, Wilborn C, Taylor L. A Purported Detoxification Supplement Does Not Improve Body Composition, Waist Circumference, Blood Markers, or Gastrointestinal Symptoms in Healthy Adult Females. *Journal of Dietary Supplements*.

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Nickerson BS, **Tinsley GM**. Utilization of BIA-Derived Bone Mineral Estimates Exerts Minimal Impact on Body Fat Estimates via Multi-Compartment Models in Physically Active Adults. *Journal of Clinical Densitometry* (In Press).

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