

## **Personal Details:**

**Name:** Dr. Cody J. Strom  
**Position:** Assistant Professor of  
Kinesiology and Sport

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## **Education:**

2017-2020 Ph.D. Bioenergetics and Exercise Science  
East Carolina University (ECU), Greenville, NC, USA  
Concentration: Nutritional Exercise Science  
Dissertation: *“Maternal Aerobic Exercise and Polyunsaturated Fatty Acid Levels Influence on Maternal Lipid Profiles and Infant Body Composition and Heart Outcomes”*

2014-2016 M.S. Exercise Physiology  
Minnesota State University; Mankato, Mankato, MN, USA  
Thesis: *“Validity of a Customized Submaximal Treadmill Protocol for Determining VO<sub>2</sub>max”*

2010-2014 B.S. Biomedical Science; Exercise Science  
Minnesota State University Mankato, Mankato, MN, USA

## **Positions & Experience:**

07/2020-Present Assistant Professor. University of Southern Indiana  
Department Chair: Renee Frimming, Ed.D, MCHES  
Main Responsibilities: Teach undergraduate courses in Exercise Physiology, Biomechanics and Motor Learning, Testing and Evaluation of Athletes, Methods of Personal Training, Concepts of Fitness and Wellness, Technologies in Exercise Science, and Kinesiology with each including laboratory or hands on components. Develop and implement curriculum design. Work with publishers. Mentor undergraduate research projects. Manuscript preparation, writing, editing. Serve on university and college committees. Serve on hiring committees. Continue collaboration with ENHANCED By Mom study group. Study and protocol design. Community outreach to local high schools to promote department.

01/2017-07/2020 Graduate Research Assistant. Health and Human Performance Laboratory, ECU.  
Primary mentor: Linda E. May, PhD, MS, FAHA, FACSM  
Secondary Mentor: Kimberly A. Kew, PhD

Main Responsibilities: Study effects of maternal exercise interventions and nutritional status on maternal and infant outcomes. Teach undergraduate and master's students study procedures. Phlebotomy. Laboratory bench work. Supervise exercise training of participants and personal trainers. Manuscript preparation, writing, and editing. Grant writing with submissions to ACSM and NIH (F31). Protocol and study design.

08/2014-05/2016 Graduate Student. Department of Human Performance, Minnesota State University  
Primary mentor: Robert Pettitt, PhD, FACSM, ATC  
Main Responsibilities: Exercise testing and prescription ( $VO_{2max}$  and submaximal tests). Body composition evaluation. Manuscript writing/editing. Statistics.

### **Honors & Awards:**

2022 Faculty Sponsor: \$4250 Pott College Funded Research

2022 H. Lee Cooper Core Curriculum Teaching Award Nominee

2020 Faculty Sponsor: \$2500 Student Endeavor Research and Creativity Award  
Evansville, IN, USA

2015 Clem W. Thompson Physical Education Scholarship  
Mankato, MN, USA

2014 Cum Laude, Minnesota State University, Mankato

### **Teaching Experience**

#### Courses Taught

**University of Southern Indiana, Evansville, IN** **2020-Present**

*Department of Kinesiology and Sport, Assistant Professor*

- EXSC397, Physiology of Exercise, Fall 2020, Spring 2021, Fall 2021, Fall 2022, Fall 2023. 14-24 students, Lecture and Laboratory
- EXSC383, Kinesiology, Fall 2020, Spring 2021, Summer 2021, Fall 2021, Spring 2022, Summer 2022, Fall 2022, Spring 2023, Summer 2023, Fall 2023. 24-28 students, Lecture
- EXSC392, Biomechanics and Motor Behavior, Fall 2020, Spring 2022, Spring 2023, Spring 2024. 5-27 students, Lecture and Lab
- KIN485, Methods of Personal Training, Fall 2021, Fall 2022, Fall 2023. 3-7 students, Lecture
- KIN192, Concepts of Fitness and Wellness, Spring 2021, Summer 2021, Fall 2021, Spring 2022, Summer 2022, Fall 2022, Winter 2022, Spring 2023, Summer 2023, Fall 2023, Spring 2024. 10-34 students, Hybrid and Online
- EXSC 287, Technologies in Exercise Science, Spring 2022, Fall 2022, Spring 2023. 15 students, Lecture and Lab
- EXSC390, Special Topics; ACSM PT Review, Spring 2023, Spring 2024. 3 students, Online

- EXSC477, Testing and Evaluation of Athletes, Fall 2020, 9 students, Lecture

**East Carolina University, Greenville, NC**

**2019**

*Department of Kinesiology, Instructor*

- KINE3805, Physiology of Exercise, Spring 2019, 22 students, Lecture

**Minnesota State University, Mankato, Mankato, MN**

**2014-2016**

*Department of Human Performance, Laboratory Teaching Assistant*

- HP466, Graded Exercise Testing, Spring 2016, 24 students, Lab
- HP439, Nutrition in Physical Activity and Sport, Fall 2015, Spring 2016, 20-24 students, Lab
- HP 414, Physiology of Exercise, Fall 2014, Spring 2015, Fall 2015, Spring 2016, 18-28 students, Lab
- HP456, Athletic Testing and Conditioning, Spring 2016, 16 students, Lab
- HP348, Structural Kinesiology and Biomechanics, Fall 2014, Spring 2015, 20-24 students, Lab

*Other Teaching Activities and Contributions*

- Created a new Biomechanics Laboratory space to broaden the department's offerings and capabilities. (Spring 2024)
- Worked with various vendors to procure advance equipment (Wireless EMG, 3D Motion Capture, Alter-G Treadmill) to update the lab with state-of-the art equipment. (Spring 2023)
- Increased laboratory sections and increased number of lab activities to EXSC397 (Spring 2021, Fall 2021)
- Substantive course revisions towards EXSC477 (Fall 2020), KIN485 (Fall 2021, Fall 2022), and EXSC287 (Spring 2022, Fall 2022, and Spring 2023)
- Implemented a pilot course of KIN192 (Fall 2021, Fall 2022) to be an activity course to be personal trained by students from KIN485.
- Emergency replacement for EXSC392 after colleague accident (Fall 2020)

*Student Advising and Mentoring Activities*

- Faculty mentor to Georgia Sites, Kaelan Hall, and Garrett Lindsay in their research project "Developing a New Regression Model to Determine Body Composition to Replace Body Mass Index," Spring 2022-present.
- Faculty mentored Jeffery Gavin Prior and Arie Macias in their research project "Impact of Wearing Masks during Moderate Intensity Exercise on Metabolic Markers and Post-Exercise Recovery," Fall 2020-Summer 2021, Jeffery Gavin Prior currently a graduate student at University of North Carolina-Charlotte.
- Faculty advisor Spring 2021: 5 students
- Faculty advisor Fall 2021: 17 students
- Faculty advisor Spring 2022: 25 students
- Faculty advisor Fall 2022: 19 students
- Faculty advisor Spring 2023: 20 students
- Faculty advisor Fall 2023: 25 students
- Faculty advisor Spring 2024: 21 students

**Membership in Professional Organizations:**

2014-Present

American College of Sports Medicine (ACSM)

**Peer-Reviewed Publications:**

May, L. E., McDonald, S., Stewart, C., Newton, E., Isler, C., Steed, D., Sarno, L. A., Kelley, G. A., Chasan-Taber, L., Kuehn, D., Allman, B. R., **Strom, C.J.**, Claiborne, A., & Fang, X. (2023). Influence of Supervised Maternal Aerobic Exercise During Pregnancy on One-Month Old Neonatal Cardiac Function and Outflow: A Pilot Study. *Medicine and science in sports and exercise* 55, no. 11 (2023): 1977-1984. **(Featured in Runner's World)** (IF:4.029)

Lanier, K.; Wisseman, B.; **Strom, C.J.**; Johnston, C.A.; Isler, C.; DeVente, J.; Newton, E.; Pawlak, R.; Allman-Tucker, B.R.; McDonald, S.; May, L.E. (2023). Self-Reported Intake and Circulating EPA and DHA Concentrations in US Pregnant Women. *Nutrients*, 15(7), 1753. (IF:5.9)

**Strom, C.J.**, McDonald, S.M., Remchak, M.M., Kew, K.A., Houmard, J.A., Tulis, D.A., Pawlak, R., Kelley, G.A., Chasan-Taber, L. Newton, E., Isler, C., DeVente, J., May, L.E., (2022). A Narrative Review of the Individual Benefits of Maternal Exercise or PUFA Supplementation During Pregnancy: Are We Missing Something?. *ACTA Scientific Women's Health*, 4(9) **(Selected Best Article of the Issue)** (IF:1.014)

**Strom, C.J.**, McDonald, S.M., Remchak, M.M., Kew, K.A., Rushing, B.R., Houmard, J.A., Tulis, D.A., Pawlak, R., Kelley, G.A., Chasan-Taber, L. Newton, E., Isler, C., DeVente, J., Raper, M., May, L.E., (2022). Maternal Aerobic Exercise, but Not Blood Docosahexaenoic Acid and Eicosapentaenoic Acid Concentrations, during Pregnancy Influence Infant Body Composition. *International Journal of Environmental Research and Public Health*, 19(14), p.8293. (IF:4.614)

**Strom, C.J.**, McDonald, S.M., Remchak, M.M., Kew, K.A., Rushing, B.R., Houmard, J.A., Tulis, D.A., Pawlak, R., Kelley, G.A., Chasan-Taber, L. Newton, E., Isler, C., DeVente, J., Raper, M., May, L.E., (2022). The Influence of Maternal Aerobic Exercise, Blood DHA and EPA Concentrations on Maternal Lipid Profiles. *International Journal of Environmental Research and Public Health*, 19(6), p.3550. (IF:4.614)

Murphy, S.E., Johnston, C.A., **Strom, C.J.**, Isler, C., Haven, K., Newton, E., McDonald, S.M., May, L.E. (2022). *Influence of Exercise Type on Maternal Blood Pressure Adaptation Throughout Pregnancy*. *American Journal of Obstetrics and Gynecology Global Reports*. 2(1), p.100023 (IF:8.661)

Wisseman, BD, Jones, C, Golembe, N, Newton, ER, Isler, C, DeVente, J, McDonald, S, **Strom, C.J.**, Kuehn, D, May, LE. (2021). *In-Person Prenatal Exercise during COVID-19 Pandemic Modulates Late Pregnancy Blood Pressure*. *Medical Research Archives*, 9(12). (IF:2.235)

Cai, C., Zhang, Z., Mcdonald, S.M., **Strom, C.J.**, May, L.E., Steinback, C.D., Davenport, M.H. (2021). *Leisure-Time Physical Activity Before and During Pregnancy is Associated with Improved Insulin Resistance in Late Pregnancy*. *International Journal of Environmental Research and Public Health* 18(9), p.4413. (IF:4.614)

McDonald, S.M., **Strom, C.J.**, Remchak, M.M., Chaves, A., Broskey, N.T., Isler, C., Haven, K., Newton, E., DeVente, J., Acosta-Manzano, P. and Aparicio, V.A. (2020). *The*

*effects of aerobic exercise on markers of maternal metabolism during pregnancy.* Birth Defects Research 113(3), pp.227-237. (IF:2.344)

Mamillapalli, S.S., Smith-Joyner, A., Forbes, L., McIntyre, K., Poppenfuse, S., Rushing, B., **Strom, C.J.**, Danell, A.S., May, L.E., Kuehn, D. and Kew, K. (2020). *Screening for Opioid and Stimulant Exposure In Utero Through Targeted and Untargeted Metabolomics Analysis of Umbilical Cords.* Therapeutic drug monitoring, 42(5), 787-794. (IF:2.560)

Clark, E., Isler, C., Strickland, D., McMillan, A.G., Fang, X., Kuehn, D., Ravisankar, S., **Strom, C.J.**, and May, L.E. (2018). *Influence of aerobic exercise on maternal lipid levels and offspring morphometrics.* International Journal of Obesity, p.1. (IF:5.095)

**Strom, C.J.**, Pettitt, R.W., Krynski, L.M., Jamnick, N.A., Hein, C.J., & Pettitt, C.D. (2018). *Validity of a customized submaximal treadmill protocol for determining VO<sub>2</sub>max.* European journal of applied physiology, 118(9), 1781-1787. (IF:3.632)

Kramer, M., Clark, I.E., Jamnick, N., **Strom, C.J.**, & Pettitt, R.W. (2018). *Normative Data for Critical Speed and D'for High-Level Male Rugby Players.* The Journal of Strength & Conditioning Research, 32(3), 783-789. (IF:2.060)

Pettitt, C., Danzl, K., Glorvigen, L.M., **Strom, C. J.**, Inkrott, T.A., & Pettitt, R.W. (2017). *Validity of the Bottle Buoyancy Model for Body Fat Determination.* International Journal of Exercise Science, 10(1), 87-96. (IF:1.150)

### **Peer-Reviewed Published Abstracts:**

May, L.E.; McDonald, S.; Claiborne, A.; Strickland, D.; Newton, E.; Isler, C.; Steed, D.R.; Sarno, L.; Kelley, George; Chasan-Taber, L.; Kuehn, D.; Allman-Tucker, B.R.; **Strom, C.J.**; & Fang, X. (2023). *Influence Of Maternal Exercise Types During Pregnancy On Fetal Cardiac Measures: 1553.* *Medicine & Science in Sports & Exercise.* 55(9S):512

Wisseman, B. D., Isler, C., Newton, E. R., DeVente, J., **Strom, C.J.**, & May, L.E. (2022). *EFFECTS OF INTRAINDIVIDUAL MATERNAL EXERCISE OR NO-EXERCISE ON PREGNANCY AND BIRTH OUTCOMES.* In *International Journal of Exercise Science: Conference Proceedings* (Vol. 16, No. 1, p. 136).

**Strom, C.J.**, Kew, K., McDonald, S.M., Isler, C., Haven, K., Newton, E. and May, L.E. (2020). *Influence Of Maternal Exercise And DHA Levels During Pregnancy On Maternal Lipids: 822* May 27 3:15 PM-3:30 PM (Presentation cancelled due to COVID). *Medicine & Science in Sports & Exercise*, 52(7S), p.198.

McDonald, S.M., **Strom, C.J.**, Remchak, M., Chaves, A., Broskey, N. and May, L.E. (2020). *Influence Of Aerobic Exercise On Select Cytokine And Hormone Levels In Pregnant Women.: 787* Board# 2 May 27 3: 15 PM-5: 15 PM. *Medicine & Science in Sports & Exercise*, 52(7S), p.187.

**Strom, C.J.**, Isler, C., Haven, K., Newton, E., Kew, K., Rushing, B.R., McDonald, S.M. and May, L.E., (2019). *Maternal Exercise and DHA Levels During Pregnancy Influences Infant Body Composition: 3105: Board# 151* May 31. *Medicine & Science in Sports & Exercise*, 51(6), 858.

**Strom, C. J.,** Kew, K., Rushing, B., Isler, C., Newton, E., & May, L. E. (2018). *Maternal Aerobic Exercise and DHA Levels During Pregnancy Influences Infant Heart Outcomes*: 304 Board# 145 May 30 9. *Medicine & Science in Sports & Exercise*, 50(5S), 62.

### **Professional Presentations:**

**Strom C. J.,** (2022). “The Critical Power Model: What Is It and How to Use It?” National Strength and Conditioning (NSCA) Indiana State Clinic

Tinius, R. A., and **Strom, C.J.** (2022). “Exercise during Pregnancy: From Bench to Bedside and Why it Matters.” International Community of Scholars in Kinesiology (ICSK) Student Research Week

Sites, G., and **Strom, C.J.,** (2022) “RRP 3MT-Developing a New Regression Model to Determine Body Composition to Replace Body Mass Index.” ICSK’s Student Research Week (**Winner of the Rapid Research Proposal**)

### **Technical Skills:**

Clinical Research: Phlebotomy, VO<sub>2max</sub> and VO<sub>2submax</sub> testing, exercise testing/prescriptions, lactate testing, body composition (bodpod, skinfolds, and hydrostatic weight), HR/HRV recording and analysis, basic life support certification (CPR/AED)

Biochemistry: Solid-phase extraction, Liquid chromatography/Mass Spectrometry.

### **Professional Development**

- CoAES Site Visitor Training (Spring 2022)
- Participated in New Faculty Academy (Fall 2020-Spring 2021)
- IRB training (Fall 2020)
- Hologic DXA training (Fall 2020)

### **Service**

#### University

- Currently serving on the Economics Benefits Committee (Spring 2023-Present)
- Currently serving on Faculty Senate as an alternate (Fall 2023-Present)
- Working with Swim Team to help develop new testing and off-season training program (Fall 2022-Present)
- Working with Recreation, Fitness, and Wellness Center to provide students for a newly developed position (Fall 2022-Present)
- Wrote an article for *Illume* (Spring 2021 edition)
- Invited and participated as guest speaker for New Faculty Orientation (August 12, 2021)

#### College

- Presenter at “Be a Medical Professional Day” (Fall 2023)
- Presented at the Medical Professional Academy at Central to promote USI and specifically as a representative of Pott College of Science, Engineering, and Education (November 8, 2022)

- Grants Committee member (Combined committee for Innovation, SEERGA, and Interdisciplinary Research Grants) (Fall 2022-Present)
- Interdisciplinary Research Grant Committee member (Fall 2020-Spring 2022)

### Department

- Currently serving as the department's Communication Liaison (Fall 2023-Present)
- Presented at New Student Open House (Fall 2023)
- New Faculty Search Committee Chair (Fall 2022-Present)
- Assisted in providing a tour for the Higher Learning Commission Board (November 9, 2022)
- Represented department at the Wellness Fair at USI (September 28, 2022)
- Wrote three (3) letters of recommendations for the President's Medal (Spring 2022)
- New Faculty Search Committee Member (Fall 2021-Spring 2022)
- Presented to Southern Indiana Career and Technical Center students about the Kinesiology and Sport programs (September 9, 2021)
- Provided professional references to four (4) students
- Written twelve (21) letters of recommendation for students pursuing graduate or professional degrees
- Participated in new student convocation (August 21, 2020, August 20, 2021, August 19, 2022)
- Met with publishers to test and implement a new platform for the department (Summer 2021-Spring 2022)

### Community

- Tri-State and Engineering Fair Judge (Spring 2023)
- Assisting with Owensboro Health Regional Hospital Respiratory Services on Exercise Testing (Spring 2023-Present)
- Providing Body composition assessments to the general public of the Evansville Area (Spring 2022-Present)
- Presented at the Evansville ILoveKickBoxing Fitness Studio to Instructors (Spring 2022)
- Administered resting metabolic tests for community members (Spring 2021)

### National

- CoAES Site Visitor for a program looking for initial accreditation (Fall 2022)
- Reviewed 4 articles for International Journal of Exercise Science (Fall 2020, Fall 2021, Spring 2022, Fall 2023)
- Assisted former colleagues at East Carolina University by providing training in solid-phase extraction and liquid chromatography/mass spectrometry
- Assisted former colleagues at Illinois State University by providing training in proper biological sample collection techniques to analyze glucose, lactate, and lipids