

Jonathan E. Wingo, PhD, FACSM, ACSM EP-C

Department of Kinesiology
University of Alabama
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EDUCATION/PROFESSIONAL EXPERIENCE

Associate Professor and Head, Department of Kinesiology, January 2016 – present
FTE: 0.5 administrative, 0.25 research, 0.2 teaching, 0.05 service
University of Alabama, Tuscaloosa, AL

Associate Professor, Department of Kinesiology, August 2015 – December 2015
FTE: 0.6 teaching, 0.3 research, 0.1 service
University of Alabama, Tuscaloosa, AL

Assistant Professor, Department of Kinesiology, August 2009 – August 2015
FTE (prior to 2015): 0.7 teaching, 0.25 research, 0.05 service
FTE (as of Spring 2015): 0.6 teaching, 0.3 research, 0.1 service
University of Alabama, Tuscaloosa, AL

Postdoctoral Research Fellow, July 2006 – August 2009
Joint appointment in the Department of Internal Medicine, Division of Cardiology, University of Texas Southwestern Medical Center at Dallas and the Institute for Exercise and Environmental Medicine, Texas Health Presbyterian Hospital Dallas, Dallas, TX
Mentor: Craig G. Crandall

Doctor of Philosophy, Exercise Science, May 2006
University of Georgia, Athens, GA
Dissertation: Cardiovascular Drift and Maximal Oxygen Uptake During Heat Stress
Advisor: Kirk J. Cureton

Master of Arts, Exercise and Sport Science, August 2002
University of North Carolina at Chapel Hill, Chapel Hill, NC
Thesis: The Thermoregulatory Efficacy of AKWATEK® Performance Apparel in a Thermoneutral Environment
Advisor: Robert G. McMurray

Bachelor of Science, Health and Physical Education Major, Exercise Science Concentration, May 1999
Berry College, Rome, GA

American College of Sports Medicine Certified Exercise Physiologist, July 2013

RESEARCH INTERESTS

- Human cardiovascular, metabolic, and thermoregulatory responses to exercise and physical activity in hot ambient conditions

- Physical/work performance optimization in environmentally-stressful conditions
- Influence of hydration on cardiovascular and thermoregulatory responses to exercise and physical activity
- Heat stress/acclimation responses in special populations
- Mechanisms of sweating and control of skin blood flow during whole-body and local skin heating in humans

GRANTS RECEIVED

*Denotes student recipient

National Institute for Occupational Safety and Health. Grant# 2T42OH008436. 07/01/2019 – 06/30/2020. Role: Faculty PI (*Mulholland – Student PI). Effect of work-to-rest cycles on cardiovascular drift and maximal oxygen uptake during heat stress. \$11,958 total costs.

National Institute for Occupational Safety and Health. Grant# 2T42OH008436. 07/01/2019 – 06/30/2020. Role: Faculty PI (*Yoder – Student PI). Physiological responses to heat stress in groundskeepers. \$11,988 total costs.

Research Grants Committee, University of Alabama. 05/2018 – 08/2019. Role: Co-PI. Occupational health, safety, and performance of tactical and industrial athletes. \$184,135 total costs.

UA-Pickens County Partnership, University of Alabama College of Community Health Sciences. 06/01/2018 – 05/31/2019 (renewal). Role: PI. Improving access to cardiac rehabilitation services in Pickens County. \$25,000 direct costs.

UA-Pickens County Partnership, University of Alabama College of Community Health Sciences. 06/01/2017 – 05/31/2018 (renewal). Role: PI. Improving access to cardiac rehabilitation services in Pickens County. \$24,919 direct costs.

ImpediMed, Ltd. 01/15/2017 – 12/31/2018. Role: Co-PI. Evaluation of SOZO bioimpedance measures for body composition determination at rest and following heat stress. \$349,954 total costs.

UA-Pickens County Partnership, University of Alabama College of Community Health Sciences. 06/2016 – 05/2017. Role: Co-PI. Improving access to cardiac rehabilitation services in Pickens County. \$23,570 direct costs.

Research Grants Committee, University of Alabama. 03/2016 – 03/2018. Role: Collaborator. Heart rate variability for reflecting psychophysiology recovery following physically and mentally stressful events. \$145,000 direct costs.

Gatorade Sports Science Institute Student Grant. 11/19/2013 – 07/11/14. Role: Faculty PI (*Ng – Student PI). Effect of slurry ingestion on thermoregulation during a bout in a hot environment while wearing firefighter protective clothing. \$2000 direct costs. No-cost extension till 07/11/2015.

College of Education Research Grant, University of Alabama. 05/2012 – 05/2013. Role: PI. Effect of exercise mode on cardiovascular drift and maximal oxygen uptake during heat stress. \$2500 direct costs.

Institutional Effectiveness Mini-Grant Program, University of Alabama. 01/2012 – 05/2012. Role: PI. Innovative laboratory exercises in KIN 593. \$750 direct costs.

College of Education Research Grant, University of Alabama. 12/01/2010 – 11/30/2011. Role: PI. Effect of acute cooling on maximal oxygen uptake during heat stress. \$2500 direct costs.

Active and Collaborative Learning Grant Program, University of Alabama Office of Institutional Effectiveness. 09/2010-12/2010. Role: PI. Course-embedded assessment in KIN 493. \$750.

Research Grants Committee, University of Alabama. 05/15/2010 – 05/14/2012. Role: PI. Thermoregulatory adaptations following sprint interval training. \$5000 direct costs.

College of Education Research Grant, University of Alabama. 11/01/2009 – 10/31/2010. Role: PI. Thermoregulatory adaptations following sprint interval training. \$2000 direct costs.

National Institutes of Health, National Institute of Child Health and Human Development. Ruth L. Kirschstein National Research Service Award. Grant# F32HD055834. 05/01/2008 – 04/30/2009. Role: PI. Spinal cord injury and heat acclimation. \$46,826. Renewed 05/01/2009; \$50,054 for period 05/01/2009 – 04/30/2010. Grant terminated 08/16/2009 because investigator left for new position at the University of Alabama.

The Research and Education Institute for Texas Health Resources. 04/25/2008 – 04/25/2009. Role: PI. Spinal cord injury and heat acclimation. \$10,000 direct costs. No-cost extension till 06/30/2009, \$2000.

American Physiological Society Postdoctoral Fellowship Initiative (serves as bridge funding before NRSA award). 10/2007 – 10/2008. Role: PI. Spinal cord injury and heat acclimation. \$42,000 awarded and used until May 2008, after which unused funds were returned because of receipt of NRSA.

Gatorade Sports Science Institute Student Grant. 09/2005 – 05/2006. Role: PI. Effect of body cooling on cardiovascular drift and maximal oxygen uptake during heat stress. \$1400.

Smith Research Grant (UNC-CH Graduate School intramural grant). 12/2001 – 05/2002. Role: PI. The thermoregulatory efficacy of AKWATEK® performance apparel in a thermoneutral environment. \$241.

GRANTS SOUGHT OR IN REVIEW

National Institute for Occupational Safety and Health. 07/01/2019 – 06/30/2020. Role: Co-PI. Cardiovascular health, safety and performance among “occupational athletes.” \$19,998 total costs. Submitted 03/22/2019. Proposal declined 04/22/19.

Alabama Life Research Institute Pilot Project Program. 11/2018 – 11/2019. Role: Collaborator. Development of human musculoskeletal model for assessment, design, and optimization of exoskeletons for the construction work environment. \$25,000 total costs. Submitted 10/26/2018. Proposal declined 11/29/2018.

National Science Foundation. 09/01/2018 – 08/31/2023. Role: Co-PI. National Science Foundation Research Traineeship Program: Ready, set, go! Interdisciplinary graduate training to harness athletic and health technologies data. \$2,477,178 direct costs. Submitted 02/06/2018. Proposal declined 07/25/2018.

National Science Foundation. 09/01/2017 – 08/31/2022. Role: Co-PI. National Science Foundation Research Traineeship Program: Interdisciplinary training to develop leaders in athletic and health technology. \$2,485,402 direct costs. Submitted 02/07/17. Proposal declined 08/02/2017.

National Science Foundation. 04/01/2017 – 04/01/2020. Role: Co-PI. Predicting construction work performance with real-time physiological data. \$210,296 direct costs. Submitted 09/15/16 (Resubmission of 08/16/2016 original submission). Proposal declined 02/16/2017.

Department of Defense, United States Special Operations Command. 01/01/2017 – 12/31/2018. Role: Co-I. Determining psychophysiology readiness and stress following physically and mentally challenging events using heart rate variability. \$689,678 total costs. Submitted 08/01/2016. Invited to submit full proposal 10/01/2016. Full proposal submitted 11/03/2016. Proposal declined 03/17/2017.

National Science Foundation. 08/16/2016 – 08/15/2019. Role: Co-PI. Collaborative research: Predicting construction work performance with real-time physiological data. \$209,067 direct costs. Submitted 02/22/2016. Proposal declined 05/06/2016.

Research Grants Committee, University of Alabama. 03/2016 – 03/2018. Role: Co-PI. Strategies to improve vascular health in persons with spinal cord injury. \$149,991 direct costs. Submitted 12/21/2015. Proposal declined 02/26/2016.

National Institutes of Health, National Cancer Institute. 09/01/15 – 08/31/20. Role: Site subcontract PI. A home based intervention to improve outcomes in African American cancer survivors. \$499,999 direct costs. Resubmission submitted 03/05/2015. Proposal declined 07/2015.

American College of Sports Medicine Foundation. 06/2013 – 06/2014. Role: PI. Strategies to improve endothelial health in persons with spinal cord injury. \$10,000 direct costs. Submitted 01/18/2013. Proposal declined 04/08/2013.

Craig H. Neilsen Foundation. 07/2013 – 07/2015. Role: PI. Strategies to improve endothelial health in persons with spinal cord injury. \$298,959 direct costs. Letter of intent submitted 08/15/2012. Letter of intent rejected 09/14/2012.

Paralyzed Veterans of America. 01/2013 – 01/2015. Role: PI. Strategies to enhance vascular health in persons with spinal cord injury. \$149,457 direct costs. Submitted 09/04/2012. Proposal declined 12/04/2012.

Research Grants Committee, University of Alabama. 05/2012 – 05/2014. Role: PI. Local heating and endothelial function in individuals with spinal cord injury. \$6000 direct costs. Submitted 01/30/2012. Proposal declined 04/02/2012.

Steve's Frozen Chillers. Contract with private company. 01/2012 – 05/2012. Role: PI. Effect of a carbohydrate ice slurry beverage on prolonged cycling performance. \$101,000 direct costs. Company withdrew interest, 10/2011.

National Institute of Justice. Body Armor Standards Research for Criminal Justice Applications. 09/2011 – 08/2013. Role: Co-PI. Effect of wearing soft body armor on core body temperature in conditions typically encountered by police and corrections personnel. \$743,000 direct costs. Proposal submitted 02/2011. Proposal declined 11/09/2011.

Reebok International, Ltd. Contract with private company. 05/2011 – 07/2011. Role: PI. Effect of far-infrared radiation from bioceramic fabric on athletic performance. \$58,380 direct costs. Proposal negotiated 03/2011. Company postponed interest 04/2011.

Office of Naval Research, Department of Defense. 2010 – 2011. Role: PI. Thermoregulatory adaptations following sprint interval training. \$46,800 direct costs. Proposal declined 03/2010.

National Institutes of Health, National Institute of Child Health and Human Development. Academic Research Enhancement Award, R15. Grant# 1R15HD066379-01. 07/01/2010 – 06/30/2013. Role: PI. Spinal cord injury and heat acclimation. \$250,000 direct costs. Proposal declined 03/2010.

Department of Defense Congressionally Directed Medical Research Programs, Spinal Cord Injury Research Program. Investigator-Initiated Research Award. Pre-application# SC090146. 2009 – 2010. Role: PI. Spinal cord injury and heat acclimation. Budget not required for pre-application. Proposal declined 11/2009.

EQUIPMENT GRANTS

Firstbeat Technologies. 10/2014 – 10/2015. Role: Co-PI with Dr. Michael Esco. Validating a portable ECG for monitoring heart rate variability. Equipment totaling ~\$1000.

Firstbeat Technologies. 12/2014 – 12/2015. Role: Co-PI with Dr. Michael Esco. Validating the Garmin 620 Forerunner for predicting $\dot{V}O_{2max}$. Equipment totaling ~\$1500.

TEACHING EXPERIENCE

Laboratory Techniques, KIN 507

University of Alabama, Tuscaloosa, AL, Fall 2016

- Implemented graduate laboratory techniques class; developed course content and learning objectives; prepared and presented lectures and laboratory demonstrations and exercises; wrote, administered, and graded examinations

Physiology of Exercise, KIN 492

University of Alabama, Tuscaloosa, AL, Spring 2013-Fall 2013; Fall 2014-Fall 2015

- Implemented undergraduate exercise physiology course; developed course content and objectives; prepared and presented lectures; wrote, administered, and graded examinations; developed laboratory content and laboratory exercises, activities, and assignment; acquired laboratory equipment for use in laboratory component of course

Internship in Exercise and Sport Science, KIN 488

University of Alabama, Tuscaloosa, AL, Fall 2011-Fall 2015; Summers starting 2016

- Oversaw placement and completion of undergraduate internships; developed objectives and electronic forms to be used in course; integrated supervisor evaluations in order to determine student course grades

Foundations of Human Performance, KIN 300

University of Alabama, Tuscaloosa, AL, Spring 2011

- Implemented undergraduate introduction to Kinesiology course; developed course content and objectives; prepared and presented lectures; wrote, administered, and graded examinations

Techniques of Research, KIN 506

University of Alabama, Tuscaloosa, AL, Fall 2010 & 2012

- Implemented graduate research techniques course; developed course content and learning objectives; prepared and presented lectures; coordinated guest speakers; wrote, administered, and graded examinations and assignments/research proposal project

Ecological Approach to Health and Fitness, KIN 199

University of Alabama, Tuscaloosa, AL, Summer 2010

- Implemented undergraduate general health course; developed course content and objectives; prepared and presented lectures; coordinated guest speaker; wrote, administered, and graded examinations

Organization and Implementation of Adult Fitness Programs, KIN 593

University of Alabama, Tuscaloosa, AL, Spring 2010, 2012, and 2014

- Implemented graduate exercise testing and prescription course; developed course content and objectives; prepared and presented lectures; wrote, administered, and graded examinations and assignments

Fitness Appraisal and Exercise Prescription, KIN 493

University of Alabama, Tuscaloosa, AL, Fall 2009-Spring 2017; Spring 2018-present

- Implemented undergraduate exercise testing and prescription course; developed course content and objectives; prepared and presented lectures; wrote, administered, and graded examinations

Seminar in Exercise Physiology, KIN 692

University of Alabama, Tuscaloosa, AL, Fall 2009 & 2011

- Implemented graduate exercise physiology seminar course; developed course topic and syllabus; prepared scoring rubric for student presentations; prepared and presented lectures

Assessment of Metabolic and Cardiorespiratory Responses to Exercise

Laboratory Teaching Assistant, University of Georgia, Athens, GA, Fall 2002-Fall 2005

- Taught two laboratory sections each semester for a graduate-level Exercise Physiology class

Advanced Topics in Exercise Physiology

Laboratory Teaching Assistant, University of Georgia, Athens, GA, Spring 2003-Spring 2006

- Taught two laboratory sections each spring semester for a graduate-level Exercise Physiology class

Applied Exercise Physiology

Instructor, University of Georgia, Athens, GA, Fall 2003

- Implemented undergraduate exercise physiology course; selected material to be covered; prepared and presented lectures; wrote, administered, and graded examinations

Beginning and Intermediate Tennis; Weight Training

Teaching Assistant, University of North Carolina at Chapel Hill, Chapel Hill, NC, Fall 2000-Spring 2002

- Taught and implemented courses in Physical Activities Program; designed course syllabi; wrote and graded quizzes; administered skills tests

Exercise Physiology

Laboratory Assistant, Berry College, Rome, GA, Fall 1998

- Assisted students with laboratory techniques in undergraduate Exercise Physiology course (anthropometry, sub-maximal cycle tests to predict aerobic power, field tests, step tests to predict aerobic power, Wingate anaerobic cycle tests, etc.)

SERVICE

Doctoral Dissertation Chair / Co-chair

- Stone, T. 2019. Cardiovascular drift and maximal oxygen uptake during heat stress in women.
- Miller, J. until 2017, after which point the student left UA and pursued his doctorate at another institution. Effect of acute exercise on vascular function.
- Ng, J. 2015. Cardiovascular and thermoregulatory responses to ice slurry ingestion during heat stress.
- Al-horani, R. 2014. Precooling and warm-up effects on time trial cycling performance during heat stress.
- Williams, E. 2014. Wheelchair basketball and agility.
- Katica, C. 2013. Precooling and exercise capacity during heat stress.

Doctoral Dissertation Committee Member

- Cicone, Z. 2020. Practical assessment of body composition: development of novel equations for use with multi-compartment models
- Aldrich, L. Date TBD. Prescribing resisted propulsion for wheelchair athletes.
- Dobbs, W. 2018. Exploring the utility of unobtrusive methods of acquiring heart rate variability at rest and following exercise.
- Herron, R. 2018 (unfinished). Investigating the effects of foam rollers on performance and recovery following resistance training.
- Williams, T. 2017. Perceptual and physiological measures of resistance training performance following an overload microcycle and taper.
- Martinez, A. 2017 (unfinished). Effects of compression garments on endurance performance and recovery in spinal cord injured athletes.
- Flatt, A. 2017. Heart rate variability and microsensor-derived training load monitoring in division-1 American Football players throughout the preparatory and competitive season.
- Crew, K. 2017. Impact of heat stress and cooling strategies on body temperature and performance in elite tennis players.
- Mitchell, J. 2015. The effects of interval walking on measures of exercise enjoyment and caloric expenditure.
- Baggett, S. 2015. Resistance training and recovery: influence of dietary supplements, combined treatment therapies, and sex.
- Hamilton, Kara. 2015. Evaluation of a physical activity intervention for underserved children using community based participatory research methods.
- Gendle, S. 2015. Effect of caffeine ingestion on whole-body strength training performance.
- Geary, C. 2015. Anxiety and affective responses to acute moderate intensity physical activity (walking): effects of varying durations.
- Hornsby, J. 2014. Effects of cold versus hot firefighter bunker gear on heat strain.
- Carter, S. 2014. Influence of acetylsalicylic acid on skin blood flow and local sweat rate during heat stress.
- Goins, J. 2014. Physiological and performance effects of CrossFit.
- Casaru, C. 2013. Thermoregulatory effects of firefighter gear.
- Del Pozzi, A. 2012. Regional differences in the control of the cutaneous circulation in humans.
- **Gadhvi, V. 2012. Acute effects of moderate intensity exercise on systemic inflammatory markers. *Note: After proposing, student left US and returned to India without completing data collection.
- Ryan, G. 2012. Establishing and improving thermoregulatory responses in soft body armor.
- Bishop, S. 2012. Effect of local muscle cooling on baseball performance.
- Mitchell, S. 2012. Assessing various types of training among competitive mountain bikers.
- Shaw, K. 2012. Effects of recovery on 5 km running performance in masters athletes.
- Illian, T. 2011. Postural alignment and sports performance.
- Balilionis, G. 2011. Clothing fabric effects on performance, physiological and comfort responses.
- Nepocatysh, S. 2011. Effect of whole-body vibration on acute recovery after fatiguing exercise.
- Bacon, N. 2010. Rock climbing training techniques, recovery, and reliability in weight-assisted pull-ups.
- Campbell, J. 2010. Recovery in trained females after an exhaustive resistance training protocol, with or without a post-exercise carbo-protein beverage.
- O'Neal, E. 2010. Influence and effects of water, caloric, and non-caloric sport beverages on hydration and performance, and drinking strategies of recreational runners.

Master's Thesis Committee Chair

- Mulholland, A. 2020. Effect of work-to-rest cycles on cardiovascular drift and maximal oxygen uptake during heat stress.
- **Williams, T. 2014. A comparison of neuromuscular activation of the forearm flexors during an isometric biceps curl using different diameter handles. **Note: After developing the proposal, the student entered our doctoral program and decided to conduct the project as part of his doctoral studies.

Master's Thesis Committee Member

- Allen, K. 2016. Evaluation of HRV as a predictor of response to physical training in ROTC cadets.
- Fowler, R. 2018 (unfinished). An evaluation of physical activity patterns within the Amish community.
- **Hackman, C. 2012 (unfinished). Comparison of two different durations of high-intensity acute bouts of exercise and resulting effects on blood glucose disposal. **Note: After proposing the project, the student began data collection but before completion opted to enter a doctoral program in another department on campus.
- Sparks, P. 2012. The involvement of norepinephrine, neuropeptide Y, and endothelial nitric oxide synthase on cutaneous vascular responses to local skin heating.

Professional Service

- Co-chair, American College of Sports Medicine Environmental and Occupational Physiology Interest Group, June 2019 – June 2021.
- University of Alabama representative on Statewide Transfer & Articulation Reporting System (STARS) state committee, Fall 2018 – present.
- External tenure and promotion reviewer for an Assistant Professor at University of Texas at Arlington, Summer 2018.
- Responsible for organizing and implementing audiovisual support for 2018 Southeast Chapter of the American College of Sports Medicine Annual Meeting.
- External tenure and promotion reviewer for an Assistant Professor at University of Alabama at Birmingham, Fall 2017.
- Korey Stringer Institute Medical and Science Advisory Board, University of Connecticut, 2017 – present.
- External tenure and promotion reviewer for an Assistant Professor at Northern Arizona University, Summer 2016.
- Assigned abstract reviewers and oversaw abstract and student award selection process for the 2017 Southeast Chapter of the American College of Sports Medicine Annual Meeting, Fall 2016.
- Executive Board Member (Member-at-Large), Southeast Chapter of the American College of Sports Medicine, 2016 – 2018.
- Chair for poster session: Athletic Care/Trauma/Rehabilitation; Growth, Development and Aging; Psychology/Psychiatry Behavior; Chronic Disease and Disability; Biomechanics/Gait/Balance I. Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2016, Greenville, SC.
- Abstract reviewer. Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2016, Greenville, SC.
- **Chair/moderator for symposium. Does the Scientific Community Have an Effect on Hydration Behavior of Runners? Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2014, Greenville, SC. **Note: Invited to chair the session, but the conference was cancelled because of winter weather.
- Abstract reviewer. Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2014, Greenville, SC.
- Chair/moderator of oral free communications session. Exercise Evaluation and Clinical. Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2011, Greenville, SC.
- Abstract reviewer. Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2011, Greenville, SC.

University-related

- Search committee chair, Assistant Professor of Exercise Science open positions (2 total), Department of Kinesiology, 2018 – 2019.
- Undergraduate research mentor, Randall Research Scholars Program, University of Alabama, 2017 – present.
- Search committee chair, Assistant Professor of Exercise Science open positions (3 total), Department of Kinesiology, 2017 – 2018.
- University of Alabama Council on Teacher Education, 2016 – present.
- Search committee chair, Associate/Full Professor of Exercise Science open position, Department of Kinesiology, 2016 – 2017.

- Search committee chair, Assistant Professor of Exercise Science open position, Department of Kinesiology, 2016 – 2017.
- Associate Director, Integrative Center for Athletic and Sport Technology (ICAST), University of Alabama, Summer 2016 – present.
- Research and Faculty Development Committee, College of Education, University of Alabama, Spring 2016 – present.
- Undergraduate Scholarship Committee, College of Education, University of Alabama, Spring 2016 – Spring 2018.
- Search committee chair, Assistant Professor of Exercise Science open position, Department of Kinesiology, 2015 – 2016.
- University of Alabama Camp 1831 faculty participant, August 2015.
- Reviewed training guide and designed exercise programming recommendations for WellBama Crimson Couch to 5K program, Spring 2015.
- Organized travel plans and transported undergraduate and graduate students to Southeast American College of Sports Medicine Annual Meeting, 2010 – 2015.
- Undergraduate research mentor, Emerging Scholars Program, University of Alabama, Spring 2013 – 2017.
- Coordinated departmental 3-Minute Thesis Competition, University of Alabama, Fall 2013 & 2014.
- Mentor for Russell Fung, Scholarly Activity Project, Class of 2016, School of Medicine, University of Alabama at Birmingham, Summer 2014.
- KIN 596, independent study advisor for Kermit Crew, doctoral student in Exercise Science, Summer 2013.
- Co-authored SACS Accreditation Quality Enhancement Plan Prospectus, “Creating a Healthy Capstone through Curricular and Co-curricular Development of Health Competency,” Summer 2013.
- Assessment Committee, College of Education, University of Alabama, Spring 2013 – Spring 2016.
- Exercise and Sport Science Undergraduate Program Co-coordinator, Fall 2012.
- Developed Exercise Physiology Laboratory Fitness Assessment Program, Fall 2012. Sought and received approval for program, Spring 2013. Currently oversee all aspects of program. This program provides our undergraduate and graduate students hands-on experience by incorporating principles from class in real-world opportunities. It also generates revenue for the laboratory.
- Developed laboratory component of KIN 492, undergraduate exercise physiology course (previously most laboratory time slots were used for additional lecture because of the way the course was scheduled – MW lecture with one lab slot per week). The new format, MW lecture with lab sections M, T, W, and R afternoons was more conducive to adding a truly interactive laboratory component that complemented lecture content and also made use of renovated Moore Hall Exercise Physiology laboratory space. This endeavor also involved acquiring new laboratory equipment for use in laboratory exercises. Spring 2013
- KIN 496, independent study advisor for Seth Truhett, undergraduate Exercise and Sport Science major, Spring 2013.
- University of Alabama Research Grants Committee Section A Subcommittee (Physical and Biological Sciences, Mathematics and Engineering), University of Alabama, Fall 2012 – Spring 2015.
- KIN 496, independent study advisor for Brooks Pearce, undergraduate Exercise and Sport Science major, Spring 2012.
- Undergraduate academic advisor, Department of Kinesiology, University of Alabama, Fall 2011 – Fall 2015.
- Volunteer coordinator for Office of Health Promotion WellBama program, Spring 2011 – Spring 2012.
- Organized team and served as captain for Office of Health Promotion and Wellness Couch to 5K program, Fall 2010 – Fall 2011.
- As part of duties as laboratory director, constructed 9' × 12' climate-controlled environmental chamber with the assistance of a few graduate students. Materials were purchased using internal College of Education and Research Grants Committee awards. The environmental chamber is used by faculty and students for research and teaching. Completed June 2010.
- Faculty Sponsor, University of Alabama Exercise Physiology Club, Summer 2010 – Fall 2015.
- Faculty Issues Committee, College of Education, University of Alabama, Spring 2010 – Fall 2015.
- Institutional Biological Safety Committee, University of Alabama, Fall 2010 – present.

- Exercise Physiology Laboratory Director (Moore Hall and Biology Building facilities), Fall 2009 – present.
- Faculty Sponsor, University of Alabama Wrestling Club, Fall 2009 – Fall 2010.

Community-related

- Member of planning/implementation committee for Autism Association of Alabama awareness walk/5K, April 2016.
- Participated in American Heart Association Start! Heart Walk, 2011. Fundraising project completed in conjunction with University of Alabama Exercise Physiology Club.
- Coordinated American Physiological Society Physiology Understanding (“PhUn”) Week, 2009. Outreach program to local school.

HONORS

- Department of Educational Studies in Psychology, Research Methodology, and Counseling Graduate Research Symposium Merit Award to graduate mentees (Annie Mulholland, Tori Stone), April 25, 2019.
- Undergraduate Research & Creative Activity overall session winner to undergraduate mentee (Sarah Burnash), March 27, 2019.
- Randall Outstanding Undergraduate Research Award to undergraduate mentee (Sarah Burnash), April 2, 2019.
- Second runner-up poster presentation for Emerging Scholars (Michael McMahon and Megan Delfeld) at University of Alabama Undergraduate Research and Creative Activity Conference, March 30, 2017.
- Elected to Southeast Chapter of the American College of Sports Medicine Executive Board (Member-at-Large), 2016.
- First place student poster presentation for medical student research mentee (Russell Fung), College of Community Health Sciences Scholarly Activity and Research Day, April 9, 2015.
- University of Alabama Leadership U Program Nominee, class of 2015 – 2016 & class of 2017 – 2018.
- College of Community Health Sciences Junior Investigators Program Participant, 2014 – 2015.
- College of Education McCrory Award for Research Nominee, University of Alabama, 2014.
- Elected Fellow, American College of Sports Medicine, 2013.
- Granted Full Graduate Faculty Status, University of Alabama, 2013.
- Capstone Education Society Excellence in Teaching Award Nominee, University of Alabama, 2012.
- “Outstanding Collaborative Event” awarded to UA Exercise Physiology Club for which I was faculty sponsor, for conducting the first ever on campus student health screening as part of the student health fair, University of Alabama Office of Student Involvement and Leadership, 2012.
- “Best New Student Organization” awarded to UA Exercise Physiology Club for which I was faculty sponsor, University of Alabama Office of Student Involvement and Leadership, 2010-2011 academic year
- Excellence in Teaching Award Nominee, University of Georgia, 2004.
- Outstanding Teaching Assistant Award Recipient, University of Georgia, 2004.
- Teaching Excellence Award, University of North Carolina at Chapel Hill, 2002.

PROFESSIONAL MEMBERSHIPS

- 2004 – present, American Physiological Society
- 1999 – present, American College of Sports Medicine
- 2002 – 2006, 2010 – present, Southeast Chapter of the American College of Sports Medicine

EDITORIAL WORK

Editorial Board: *Journal of Athletic Training*, 2010 – present

Manuscript Reviewer: *American Journal of Physiology–Heart and Circulatory Physiology*
American Journal of Physiology–Regulatory, Integrative, and Comparative Physiology
Applied Physiology, Nutrition, and Metabolism
Athletic Training & Sports Health Care
Aviation, Space and Environmental Medicine
Comprehensive Physiology
Ergonomics
European Journal of Applied Physiology
International Journal of Biometeorology
International SportMed Journal
JAMA (Journal of the American Medical Association)
Journal of Applied Physiology
Journal of Athletic Training
Journal of Science and Medicine in Sport
Journal of Strength and Conditioning Research
Journal of Thermal Biology
Medicine and Science in Sports and Exercise
Microvascular Research
Perceptual and Motor Skills
Scandinavian Journal of Medicine and Science in Sports
Sports Medicine

PUBLICATIONS

*Denotes student author

†Denotes senior authorship

Peer-Reviewed Journal Articles

Complete list of published work in My Bibliography on PubMed:

<https://www.ncbi.nlm.nih.gov/myncbi/jonathan.wingo.1/bibliography/public/>

1. †**Wingo JE**, *J Ng, *CP Katica, and *SJ Carter. Fan cooling after cardiovascular drift does not reverse decrements in maximal oxygen uptake during heat stress. *Temperature*. (In press)
2. Esco MR, MV Fedewa, T Freeborn, J Moon, **J Wingo**, *Z Cicone, *C Holmes, *B Hornikel, and *B Welborn. Agreement between supine and standing bioimpedance spectroscopy devices and dual-energy X-ray absorptiometry for body composition determination. *Clinical Physiology and Functional Imaging* 39:355-361, 2019.
3. Belval LN, Y Hosokawa, DJ Casa, WM Adams, LE Armstrong, L Baker, L Burke, S Cheuvront, G Chiampas, J Gonzalez-Alonso, R Huggins, S Kavouras, E Lee, B McDermott, K Miller, Z Schlader, S Sims, R Stearns, C Troyanos, and **J Wingo**. Practical hydration solutions for sports. *Nutrients* 11:1550-1564, 2019.
4. *Ng J, *WC Dobbs, and †**JE Wingo**. Effect of ice slurry ingestion on cardiovascular drift and $\dot{V}O_{2max}$ during heat stress. *Medicine and Science in Sports and Exercise* 51:582-589, 2019.
5. *Flatt AA, MR Esco, JR Allen, JB Robinson, RL Earley, MV Fedewa, A Bragg, C Keith, and **JE Wingo**. Heart rate variability and training load among National Collegiate Athletic Association division-1 college

- football players throughout spring camp. *Journal of Strength and Conditioning Research* 32:3127-3134, 2018.
6. *Stone TM, †**JE Wingo**, *BS Nickerson, and MR Esco. Comparison of bioelectrical impedance analysis and dual energy X-ray absorptiometry for estimating bone mineral content. *International Journal of Sport Nutrition and Exercise Metabolism* 28:542-546, 2018.
 7. *Ng J, †**JE Wingo**, *JC Casey, *EK Aldrich, and PA Bishop. Ice slurry ingestion and physiological strain during exercise in non-compensable heat stress. *Aerospace Medicine and Human Performance* 89:434-441, 2018.
 8. *Katica CP, †**JE Wingo**, *RL Herron, *GA Ryan, *SH Bishop, and M Richardson. Impact of upper body precooling during warm-up on subsequent time trial paced cycling in the heat. *Journal of Science and Medicine in Sport* 21:621-625, 2018.
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 56. Newlin MK, **JE Wingo**, MS Ganio, JL Trilk, and KJ Cureton. Validation of the Polar S410 heart rate monitor for estimating energy expenditure in women. *Medicine and Science in Sports and Exercise* 38(5) Supplement:S463, 2006. **American College of Sports Medicine Annual Meeting, Denver, CO.**
 57. **Wingo JE**, AJ Lafrenz, MS Ganio, and KJ Cureton. Effect of cardiovascular drift on maximal oxygen uptake at two ambient temperatures. *Medicine and Science in Sports and Exercise* 37(5) Supplement:S169, 2005. **American College of Sports Medicine Annual Meeting, Nashville, TN.**

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59. **Wingo JE**, AJ Lafrenz, MS Ganio, and KJ Cureton. Effect of cardiovascular drift on maximal oxygen uptake: influence of hydration. *Medicine and Science in Sports and Exercise* 36(5) Supplement:S331, 2004. **American College of Sports Medicine Annual Meeting, Indianapolis, IN.**
60. **Wingo JE**, KJ Cureton, ML Millard-Stafford, and MG Stueck. Effects of sport drink ingestion in male and female cyclists. *Medicine and Science in Sports and Exercise* 35(5) Supplement 1:S311, 2003. **American College of Sports Medicine Annual Meeting, San Francisco, CA.**
61. Casa DJ, LE Armstrong, EM Berger, WO Dellis, JC Knight, JM McClung, and **JE Wingo**. Examining urine color as a measure of hydration status during mountain bike races in the heat. *Medicine and Science in Sports and Exercise* 33(5) Supplement 1:S256, 2001. **American College of Sports Medicine Annual Meeting, Baltimore, MD.**
62. Casa DJ, **JE Wingo**, JC Knight, WO Dellis, EM Berger, and JM McClung. Influence of a pre-exercise glycerol hydration beverage on performance and physiological function during mountain bike races in the heat. *Journal of Athletic Training* 34(2s), 1999. **National Athletic Trainers' Association Annual Meeting, Kansas City, MO.**
63. McClung JM, DJ Casa, EM Berger, WO Dellis, JC Knight, and **JE Wingo**. Fluid replacement during mountain bike races in the heat: rack-mounted vs. back-mounted rehydration. *Medicine and Science in Sports and Exercise* 31(5) Supplement:S322, 1999. **American College of Sports Medicine Annual Meeting, Seattle, WA.**

PRESENTATIONS AT REGIONAL AND LOCAL MEETINGS (NOT PUBLISHED AS ABSTRACTS)

1. *Burnash S, *TM Stone, and †**JE Wingo**. Sex differences in cardiovascular drift and maximal oxygen uptake during heat stress. **University of Alabama Undergraduate Research and Creative Activity Conference, 2019, Tuscaloosa, AL.**
2. *Stone TM and †**JE Wingo**. Impact of fitness level on cardiovascular drift and maximal oxygen uptake. **University of Alabama Department of Educational Studies in Psychology, Research Methodology and Counseling Annual Research Symposium, 2018, Tuscaloosa, AL.**
3. *Burnash S, *TM Stone, and †**JE Wingo**. Cardiovascular drift: menstrual phase dependent fluctuations. **University of Alabama Undergraduate Research and Creative Activity Conference, 2018, Tuscaloosa, AL.**
4. *Stone TM and †**JE Wingo**. Fitness level does not impact cardiovascular drift and decreased maximal oxygen uptake during heat stress. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2018, Chattanooga, TN.**
5. *Zagdsuren B, CL Geary, HV MacDonald, MT Richardson, JD Leeper, **JE Wingo**, PA Bishop, and FA Connors. Relationship between affective state and enjoyment following acute exercise. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2018, Chattanooga, TN.**

6. *McMahon M, *M Delfeld, *T Stone, and †**J Wingo**. Effect of exercise mode on cardiovascular drift and maximal oxygen uptake during heat stress. **University of Alabama Undergraduate Research and Creative Activity Conference, 2017, Tuscaloosa, AL.**
7. *Stone TM, *J Ng, and †**JE Wingo**. Exercise mode, cardiovascular drift, and maximal oxygen uptake during heat stress. **University of Alabama Department of Educational Studies in Psychology, Research Methodology and Counseling Annual Research Symposium, 2017, Tuscaloosa, AL.**
8. *Hamilton KC, M Richardson, **J Wingo**, and JC Higginbotham. Effects of a school-based intervention on daily moderate to vigorous physical activity in rural school children. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2017, Greenville, SC.**
9. *Stone TM, †**JE Wingo**, MR Esco, and *BS Nickerson. Comparison of bioelectrical impedance analysis and dual energy x-ray absorptiometry for estimating bone mineral content. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2017, Greenville, SC.**
10. *Stone TM, JC Young, JW Navalta, and †**JE Wingo**. An evaluation of select physical activity exercise classes (PEX) on bone mineral density. **Educational Studies in Psychology, Research Methodology, and Counseling Annual Research Symposium, University of Alabama, 2016, Tuscaloosa, AL.**
11. *McCorkle M, *L Nelson, *M Peterson, *M Stewart, *B Zarrinfar, *M Leatherwood, *T Stone, and †**J Wingo**. Effect of exercise mode on cardiovascular drift and maximal oxygen uptake during heat stress. **University of Alabama Undergraduate Research and Creative Activity Conference, 2016, Tuscaloosa, AL.**
12. *Stone TM, JC Young, JW Navalta, and †**JE Wingo**. An evaluation of select physical activity exercise classes (PEX) on bone mineral density. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2016, Greenville, SC.**
13. *Leatherwood MD, *RL Herron, and †**JE Wingo**. Acute effect of energy drink consumption on heart rate variability. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2016, Greenville, SC.**
14. *Fung R, *A Martindale, *T Smigielski, *K Ervin, S Sibayan, *J Ng, and †**J Wingo**. Effect of exercise mode on cardiovascular drift and maximal oxygen uptake during heat stress. **16th Annual Rural Health Conference: The Weight of Our Rural Communities: Partnering to Reduce Obesity, 2015, Tuscaloosa, AL.**
15. *Fung R, *A Martindale, *T Smigielski, *K Ervin, S Sibayan, *J Ng, and †**J Wingo**. Effect of exercise mode on cardiovascular drift and maximal oxygen uptake during heat stress. **University of Alabama College of Community Health Sciences Annual Research and Scholarly Activity Day, 2015, Tuscaloosa, AL.**
16. *Nofsinger S, *K Doggett, *S Darr, *S Flammang, *W Dobbs, *B Hornikel, *J Ng, and †**J Wingo**. Effect of ice slurry ingestion on cardiovascular drift and maximal oxygen uptake during heat stress. **University of Alabama Undergraduate Research and Creative Activity Conference, 2015, Tuscaloosa, AL.**
17. *Martindale A, *T Smigielski, *K Ervin, S Sibayan, *R Fung, *J Ng, and †**J Wingo**. Effect of exercise mode on cardiovascular drift and maximal oxygen uptake during heat stress. **University of Alabama Undergraduate Research and Creative Activity Conference, 2015, Tuscaloosa, AL.**

18. *Hamilton KC, M Richardson, **J Wingo**, P Bishop, K Bissell, T Owens, and JC Higginbotham. Community based participatory research: an innovative approach to designing a physical activity intervention for underserved children. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2015, Jacksonville, FL.**
19. *Casaru C, **J Wingo**, M Richardson, *J Hornsby, *S Baggett, *S Nepocaty, *G Balilionis, and PA Bishop. The effects of firefighter bunker gear size on thermoregulation. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2015, Jacksonville, FL.**
20. *Ng J, *EK Aldrich, *JC Casey, *BJ Clair, and †**JE Wingo**. Effect of ice slurry ingestion on physiological strain during work with protective garments in hot conditions. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2015, Jacksonville, FL.**
21. *Robinson A, *A Heldman, *JC Casey, *J Ng, *RL Herron, *SJ Carter, *CP Katica, and †**JE Wingo**. Effect of acute fan cooling on maximal oxygen uptake during heat stress. **University of Alabama Undergraduate Research and Creative Activity Conference, 2014, Tuscaloosa, AL.**
22. *Clair B, *EK Aldrich, *JC Casey, *J Ng, and †**JE Wingo**. Effect of slurry ingestion on thermoregulation during exercise with protective garments in a hot environment. **University of Alabama Undergraduate Research and Creative Activity Conference, 2014, Tuscaloosa, AL.**
23. *‡Casey JC, *J Ng, *RL Herron, *SJ Carter, *CP Katica, and †**JE Wingo**. Effect of acute cooling on maximal oxygen uptake during heat stress. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2014, Greenville, SC.** ‡Note: accepted for presentation but conference was cancelled because of winter weather.
24. *‡Casaru C, **J Wingo**, M Richardson, *J Hornsby, *S Baggett, *S Nepocaty, *G Balilionis, and PA Bishop. The effects of firefighter bunker gear size on thermoregulation. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2014, Greenville, SC.** ‡Note: accepted for presentation but conference was cancelled because of winter weather.
25. *Mitchell SM, JC Higginbotham, M Richardson, **JE Wingo**, S Usdan, and RJ Henderson. Mountain biking: could training help you roll over the competition? **Alabama Association for Health, Physical Education, Recreation, and Dance Bi-Annual Conference, 2013, Birmingham, AL.**
26. *Mitchell SM, JC Higginbotham, M Richardson, **JE Wingo**, S Usdan, and RJ Henderson. The prevalence of seasonal resistance training among competitive mountain bikers. **The University of South Alabama, 2013.**
27. *Carter SJ, *RL Herron, *SZ Akers, and †**JE Wingo**. Acute aspirin ingestion does not alter the onset or slope of local sweat rate during passive heat stress. **University of Alabama at Birmingham Center for Exercise Medicine Annual Symposium, 2013, Birmingham, AL.**
28. *Williams TD, *RL Herron, *JC Casey, *BL Elbon, BM Jones, and †**JE Wingo**. Exercise is Medicine on Campus: A Pilot Program, 2013. **University of Alabama at Birmingham Center for Exercise Medicine Annual Symposium, 2013, Birmingham, AL.**
29. *Jones TMV, *SJ Carter, *RL Herron, and †**JE Wingo**. Effect of acute cooling on maximal oxygen uptake during heat stress. **University of Alabama Undergraduate Research and Creative Activity Conference, 2013, Tuscaloosa, AL.**

30. *Herron RL, *CP Katica, *SH Bishop, and †**JE Wingo**. The impact of pre-cooling the upper body on time trial paced cycling in the heat. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2013, Greenville, SC.**
31. *Bacon NT, **J Wingo**, M Richardson, *T Pangallo, *G Ryan, and P Bishop. Effect of chalk use on open- and pinch-grip pull-ups. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2013, Greenville, SC.**
32. *Herron RL, *TW Williams, BM Jones, *BL Elbon, SH Bishop, and †**JE Wingo**. Exercise is medicine on campus: a pilot program. **National Outreach Scholarship Conference, 2012, Tuscaloosa, AL.**
33. *Balilionis G, *S Nepocaty ch, *EK O'Neal, *AT Del Pozzi, **JE Wingo**, GJ Hodges, MT Richardson, and PA Bishop. Effect of a channeled fabric garment under a ballistic vest on physiological and comfort responses during exercise. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2012, Jacksonville, FL.**
34. *Nepocaty ch S, *G Balilionis, *EK O'Neal, **JE Wingo**, GJ Hodges, MT Richardson, and PA Bishop. Channeled fabric clothing effects on thermoregulation, heart rate, and thermal comfort. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2012, Jacksonville, FL.**
35. *Bishop SH, *GA Ryan, *RL Herron, *CP Katica, and **JE Wingo**. Validity and reliability of a modified upper-body muscular endurance test. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2012, Jacksonville, FL.**
36. *Katica CP, *AT Del Pozzi, *E Williams, *S Nepocaty ch, *GA Ryan, and †**JE Wingo**. Thermoregulatory adaptations following sprint interval training. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2012, Jacksonville, FL.**
37. *Nepocaty ch S, *G Balilionis, *CP Katica, **JE Wingo**, MT Richardson, and PA Bishop. Effects of whole-body vibration as an acute recovery method after fatiguing squat exercise. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2011, Greenville, SC.**
38. *Bacon NT, **J Wingo**, M Richardson, *G Ryan, *T Pangallo, and P Bishop. Effect of ice bag recovery on closed- and open-handed weight assisted pull-ups. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2011, Greenville, SC.**
39. *Campbell JA, **JE Wingo**, JC Lawrence, YH Negggers, JD Leeper, and PA Bishop. Post-exercise consumption of a carbohydrate-protein beverage does not enhance recovery following exhaustive resistance exercise in trained females. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2011, Greenville, SC.**
40. *O'Neal EK, MT Richardson, **JE Wingo**, JD Leeper, YH Negggers, and PA Bishop. Practices and perceptions concerning hydration of half- and full-marathon runners. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2011, Greenville, SC.**
41. *Katica CP, *AT Del Pozzi, *G Balilionis, *RL Herron, *S Bishop, *G Ryan, and †**JE Wingo**. Effect of leg cooling versus ice vest cooling on time trial paced cycling. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2011, Greenville, SC.**

42. †**Wingo JE**, TL Moore-Harrison, MJ Sabatier, and GJ Hodges. To do or not to do a postdoc: what, why, and where. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2011, Greenville, SC.**
43. **Wingo J**. Is cardiovascular drift related to reduced maximal oxygen uptake? **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2005, Charlotte, NC.**
44. **Wingo J** and RG McMurray. The thermoregulatory efficacy of AKWATEK® performance apparel in a thermoneutral environment. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2004, Atlanta, GA.**
45. **Wingo J**, J Bolles, W Daly, J Dobridge, and B Marks. Bioelectrical impedance analysis as a substitute for hydrostatic weighing to predict percent body fat in college football players. **Southeast Chapter of the American College of Sports Medicine Annual Meeting, 2002, Atlanta, GA.**

INVITED PRESENTATIONS

1. **Wingo, J**. Hydration planning: exercise structure. **Southwest Athletic Trainers' Association District Meeting, July 23–24, 2019, Arlington, TX.**
2. **Wingo, J**. Cardiovascular drift and maximal oxygen uptake during heat stress. **University of Alabama College of Community Health Sciences Monthly Research Conference, June 23, 2015, Tuscaloosa, AL.**
3. **Wingo, J**. Cardiovascular drift and maximal oxygen uptake during heat stress. **Aspetar – Qatar Orthopaedic and Sports Medicine Hospital Conference: Training and Competing in the Heat, March 23–24, 2014, Doha, Qatar.**
4. **Wingo, J**. Exercise science: research to sustain and enhance performance. **Society of Photo-Optical Instrumentation Engineers (SPIE) Defense Security + Sensing: Sensing Technologies for Global Health, Military Medicine, and Environmental Monitoring III, 2013, Baltimore, MD.**
5. **Wingo, J**. Physical activity guidelines for Americans: what you need to know. **14th Annual Rural Health Conference: The Weight of Our Rural Communities: Partnering to Reduce Obesity, 2013, Tuscaloosa, AL.**
6. **Wingo J**. Federal physical activity guidelines for Americans: what you need to know. **Guest speaker, Tuscaloosa Exchange Club, 2012, Tuscaloosa, AL.**
7. **Wingo J**. Exercise is medicine: there's no app for that. **Winternitz Lecture, University of Alabama College of Community Health Sciences, 2012, Tuscaloosa, AL.**
8. **Wingo J**. Spinal cord injury and heat acclimation. **3rd Annual Presbyterian Hospital of Dallas Research Symposium: A Focus of Integrated Physiological and Clinical Research, 2008, Dallas, TX.**

INVITED SCIENTIFIC ROUNDTABLES

1. Inter-Association Task Force Meeting on Preseason Heat Safety in Secondary School Athletics. Co-sponsored by the National Athletic Trainers' Association, Korey Stringer Institute, and the American College of Sports Medicine. Held at the **American College of Sports Medicine Annual Meeting, Orlando, FL. 05/28/19.**

2. Practical Hydration Solutions for Sports and the Physically Active. **Korey Stringer Institute, University of Connecticut, Storrs, CT. 09/15/16-09/16/16.**