

Jake Andrew Deckert
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University of Washington School of Medicine
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12.12.24

EDUCATION

- Feinstein Institute for Medical Research, Manhasset, NY
 - Postdoctoral Research: 2018-2019
 - Research Topic: Effects of Exercise on Immune & Inflammatory Markers in Individuals with Spinal Cord Injury
 - Mentor: Ona Bloom, PhD
- University of Kansas, Lawrence, KS
 - PhD in Exercise Physiology: 2015-2018
 - Dissertation: Immunoendocrine Responses to Differing Intensities of Exercise
 - Advisor: Phil Gallagher, PhD
- University of Kansas, Lawrence, KS
 - Master's in Exercise Physiology: 2012-2015
 - Thesis: Effects of Transcranial Direct Current Stimulation on Fatigue
 - Advisor: Joseph Weir, PhD
- University of Kansas, Lawrence, KS
 - B.S. Ed. in Health & Physical Education: 2004-2012

FACULTY POSITIONS

- Gonzaga University Department of Human Physiology (Spokane, WA)
 - Lecturer: 2019-2025 (Current)
 - Courses: Physiology Lab 2; Nutrition & Biochemistry (2); Applied Immunology
 - Primary Advisor : 2019-2023
 - H3P Advisor: 2023-2025 (Current)
- University of Washington School of Medicine (Spokane, WA)
 - Block Lead: 2020-2025 (Current)
 - Block: Foundations of Medical Research (2022-Current)
 - Block: Molecular & Cellular Basis of Disease (2019-2021)
 - Lecturer: 2019-2025 (Current)
 - Block: Molecular & Cellular Basis of Disease (Team Taught)
 - Lectures in Cellular Physiology & Biochemistry
 - Block: Invaders & Defenders (Team Taught)
 - Lectures in Basic Immunology
- Gonzaga University School of Nursing, Doctorate of Nursing Anaesthesia Program (Spokane, WA)
 - Lecturer: 2022
 - Courses: Physiology 1; Physiology 2

AWARDS

- UW SOM – Spokane Teaching Award: 2023.
- Department of Health, Sport, and Exercise Sciences Brett Hammig Outstanding Master's Student in Exercise Physiology Award: 2013, 2014.
- School of Education Scholarship: 2015, 2016, 2017, 2018.

GRANTS

- UW SOM – Spokane Curriculum Endowment Grant: 2020, 2021.
- Vardiman JP (Principle Investigator), Siedlik JA, **Deckert JA**, Gallagher PM. Office of Naval Research (ONR), 2015. \$371,000 requested, \$371,000 awarded. University of Kansas. *Expansion Proposal: Establishing Optimal Training Intervals for the Marine Corps Martial Arts Program (MCMAP) for Improvement in Physical Performance and Warrior Mindset.*
- Vardiman JP (Principle Investigator), Siedlik JA, **Deckert JA**, Gallagher PM. Office of Naval Research (ONR), 2014. \$711,519 requested, \$711,519 awarded. University of Kansas. *Establishing Optimal Training Intervals for the Marine Corps Martial Arts Program (MCMAP) for Improvement in Physical Performance and Warrior Mindset.*

TEACHING EXPERIENCES

Gonzaga University (2019-Current)

- Principle Instructor
 - HPHY 242L: Human Physiology Lab 2
 - Run an undergraduate laboratory corresponding to students second semester physiology course. 2020-Current
 - HPHY 244: Nutrition & Biochemistry
 - Teach principles of nutrition & biochemistry to undergraduate students, geared towards the application of these principles in health professions and personal life. 2020-Current
 - HPHY 489: Applied Immunology
 - Lecture upper level undergraduate students in principles of basic immunology for the first half of the semester, using the second half of the semester to apply these principles to disease and exercise through recently published research in the field. 2020-Current
- H3P Advisor
 - Advising Undergraduates on Applications to Health Professional Schools – 2023-Current
- Primary Academic Advisor
 - 16 undergraduate advisees for the 2021-2022 academic year
- Research Advisor
 - Maya Young Fletcher – 2019-2020
 - Madeline McDougal – 2019-2020
- III Research Advisor
 - Freddy Pan – 2023 – A Novel Method for Chondrocyte Preservation
 - Julian Naranjo – 2023 – Incidence of Knee Injuries in Downhill Skiing
- Guest Lecturer
 - Eastern Kentucky University Graduate Course in Nutrition & Biochemistry
 - Give a talk on pros and cons of a plant based nutrition strategy for ultraendurance athletes

University of Washington School of Medicine (2019-2022)

- Block Lead (2020-Current)
 - Molecular & Cellular Basis of Disease/Foundations of Medical Research Block
 - Work with block leads across sites to update and regulate content
 - Organize and set up online structure and run each class session from the classroom
 - Interact with and schedule lecturers in all specialties to fill block schedule
 - Attend meetings for upcoming curricular changes in fall of 2022
 - Member of MCBD block lead subcommittees for biochemistry & physiology
 - Work closely with fellow block leads to rebuild schedule with block moving to summer
 - Work with Spokane lecturers to find solution for summer block on nine month contracts
- Principle Instructor (2019-Current)

- Molecular & Cellular Basis of Disease /Foundations of Medical Research Block
 - Give lectures on biochemistry/metabolism and the cellular physiology of skeletal, smooth & cardiac muscle
 - Teach small groups on specific clinical conditions
- Invaders & Defenders Block (2019)
 - Give lectures on basic aspects of the immune system
 - Teach small groups on specific clinical conditions
- Curriculum Ammendments (2020-Current)
 - Molecular & Cellular Basis of Disease Block
 - Improve teachability, content and flow of lectures on biochemistry and physiology
 - Adapt in class powerpoint lectures to better fit the learning objectives & syllabus
 - Adapt lectures to fit current literature
 - Write medical school level exam questions

University of Kansas, Lawrence, KS (2012-2018)

- Principal Instructor:
 - HSES 108: 5K; 10K & Marathon Training
 - Create workouts and training plans for all levels of runner from beginner/sedentary to advanced, training them for a race of their chosen distance. 2012-2015
 - HSES 108: Aerobic Kickboxing
 - Introduce students to the basics of aerobic conditioning and interval training in an exciting, upbeat atmosphere. 2014-2016
 - HSES 108: Beginning Swimming; Swimming; Lap Swimming
 - Teach all Red Cross recommended skills in swimming strokes, diving, and water safety and survival. 2012-2014
 - HSES 108: Basketball
 - Basic instruction, tournament planning, and bracket building. 2013
 - HSES 108: Sand Volleyball
 - Teach technique, skill, and scoring. 2013, 2017
 - HSES 108: Weightlifting
 - Instruct proper technique, workout planning, and safety measures for beginner to intermediate weight lifting students. 2013, 2016
 - HSES 108: Tennis
 - Teach technique, skill, and scoring while working with all ability levels and planning games and tournaments. 2013
 - HSES 210: Instruction & Analysis in Swimming
 - Instruct Physical Education students in how to teach different swim classes, skills, and games to students of all ages and abilities. Create rubrics and grade students on teaching performance. 2013, 2014
 - HSES 248: First Aid
 - Instruct and certify students in First Aid, CPR, & AED. 2014-2018
 - HSES 473: Clinical Fitness Evaluations
 - Lecture undergraduate HSES students on common clinical laboratory techniques, including why, how, and when they are appropriate. Teach a lab, along with each lecture, to allow practical application of all methods. Introduce juniors and seniors in the field to peer reviewed journal articles, scientific writing, and professional presentations. 2014-2017
 - HSES 480: Physical Activity for Individuals with Diseases and Disabilities
 - Lesson plan and lecture undergraduate HSES students on clinical exercise physiology, exercise prescription, and disease management for individuals suffering from chronic disease or physical or intellectual disabilities. Fall 2017
- Lab Instructor:

- HSES 480: Physical Activity for Individuals with Diseases and Disabilities
 - Lesson Plan & engage Pre-Physical Therapy students in hands on activities demonstrating wheelchair function and etiquette, reflex testing, calisthenics training, body composition testing modalities, and creating training plans for individuals with diseases and disabilities. Fall 2012, Summer 2013, Fall 2017
- Guest Lecturer:
 - HSES 330: Principles of Nutrition & Health
 - Presentation on nutrition and supplementation for endurance and ultra-endurance athletes leading up to, during, and following competitions. Summer 2012 & 2013
- Lab Mentor:
 - Mentor Master's and Undergraduate students in lab techniques, data collection and analysis methods.
 - Rubin Sherwood: 2015 (Spring)
 - Morgan Williams: 2015 (Spring)-2016 (Spring)
 - Evan Landes: 2015 (Spring) - 2018 (Spring)
 - Evan Barnes: 2016 (Fall) - 2017 (Fall)
 - Peter Maier: 2016 (Fall) - 2018 (Spring)
 - Meghan Karoly: 2017 (Spring)
 - Sarah Spore: 2018 (Spring)
 - Craig Conn: 2019 (Spring)
 - Ifrah Siddiqui: 2019 (Summer)
 - Catherine Ho: 2019 (Summer)
- Student Teacher:
 - Lesson Plan, Instruct, and Evaluate elementary students (K-5) in physical education and high school students in physical education (Freshman, Junior/Senior), weights, aerobics, and health education (Freshman). Fall 2011

UNIVERSITY SERVICES

Gonzaga University/UW School of Medicine Health Partnership, Spokane, WA

- UWSOM Exercise is Medicine Running Club Founder
 - Faculty Advisor: July 2022 - Current

University of Kansas, Lawrence, KS

- University of Kansas Athletics Department
 - Tutor: September 2013 – April 2018
- University of Kansas David A. Ambler Student Recreation & Fitness Center
 - Intramural Sports Program Manager: May 2012 – May 2014
 - Intramural Sports Supervisor: May 2009 – May 2012
 - Recreation Services Special Events Supervisor: May 2009 – May 2014
 - Intramural Sports Program Manager: May 2012 – November 2013
 - Intramural Sports Game Monitor: January 2009 – May 2009
- Kansas Association of Health, Physical Education, Recreation, & Dance
 - University of Kansas Student Ambassador: August - November 2012

PUBLICATIONS & PRESENTATIONS

Published Manuscripts

- Sontag SA, Sterczala AJ, Miller JD, **Deckert JA**, Olmos AA, Parra ME, Dimmick HL, Gallagher PM, Fry AC, Herda TJ, Trevino MA. A Noninvasive Test for Estimating Myosin Heavy Chain of the Vastus Lateralis in Females with Mechanomyography. Mechanical Engineering and Physics. Dec 2022; 111 (2023).

- Trevino M, Sterczala AJ, Miller JD, Wray ME, Dimmick HL, **Deckert JA**, Weir JP, Gallagher PM, Fry AC, Herda TJ. Effects of Cycling Training on Motor Unit Firing Rates, Recruitment Patterns, and Myosin Heavy Chain of the Vastus Lateralis in Sedentary Females. *Human Movement Science*. Sept, 2022; HMS-D-21-00544.
- Perez S, Olmos AA, Sontag SA, Parra ME, Dimmick HL, Sterczala AJ, Miller JD, **Deckert JA**, Herda TJ, Trevino MA. Effects of Endurance Cycling on Mechanomyographic Median Power Frequency of the Vastus Lateralis in Sedentary Males & Females. April 2022.
- Sontag, S.A., Trevino, M.A., T.J. Herda, J.D. Miller, A.J. Sterczala, M.E. Parra, H.L. Dimmick. **JA Deckert**. Motor unit activation strategies for the vastus lateralis are altered following endurance training, yet sex-related differences and relationships with muscle size remain. *European Journal of Applied Physiology*. In Press (Feb 2022).
- Carbuhn AF, Reynolds SM, Campbell CW, Bradford LA, **Deckert JA**, Kreutzer A, Fry AC. Effects of Probiotic (*Bifidobacterium longum* 35624) Supplementation on Exercise Performance, Immune Modulation, and Cognitive Outlook in Division 1 Female Swimmers. *Sports*. Oct 2018 10:6(4).
- Ciccone AB, **Deckert JA**, Schlabs CR, Tilden MJ, Herda TJ, Gallagher PM, Weir JP. Transcranial Direct Current Stimulation of the Temporal Lobe Does Not Affect High Intensity Work Capacity. *J Strength and Cond Res*. 27 Feb 2018.
- Siedlik JA, **Deckert JA**, Benedict S, Bhatta A, Dunbar A, Vardiman JP, Gallaher PM. T-Cell Activation and Proliferation Following Acute Exercise in Human Subjects is Altered by Storage Conditions and Mitogen Selection. *J Immunol Methods*. July 2017 446:7-14
- Ciccone AB, Siedlik JA, Wecht JM, **Deckert JA**, Nguyen ND, Weir JP. Reminder: RMSSD and SD1 are Redundant Heart Rate Variability Metrics. *Muscle & Nerve*. Jan 10, 2017.
- Ciccone AB, **Deckert JA**, Herda TJ, Gallagher PM, Weir JP. Methodological Differences in the Interpretation of Fatigue Data from Repeated Maximal Effort Knee Extensions. *The Open Sports Sciences Journal*. 2017 10: 37-51.
- Burnett DM, Vardiman JP, **Deckert JA**, Ward J, Sharpe MR. Perception of Exercise Induced Bronchoconstriction in College Athletes. *Respiratory Care*. July 2016; 61(7): 897-901.
- Siedlik JA, **Deckert JA**, Clopton AW, Gigliotti N, Chan MA, Benedict SH, Herda TJ, Gallagher PM, Vardiman JP. Immunoendocrine Alterations Following Marine Corps Martial Arts Training are Associated with Changes in Moral Cognitive Processes. *Physiological Behavior*. Feb 1, 2016; 154: 76-82.
- Vardiman JP, Siedlik JA, Herda T, Hawkins W, Cooper M, Graham ZA, **Deckert JA**, Gallagher PM. Instrument-Assisted Soft Tissue Mobilization: Effects on the Properties of Human Plantar Flexors. *International Journal of Sports Medicine*. Mar 2015; 36(3): 197-203.

Manuscripts in Review

- Kelly MR, Emerson DM, Landes EJ, **Deckert JA**, Barnes E, Gallagher PM. Similar Physiological and Perceptual Responses Between 100% Orange Juice and a Commercial Sports Drink When Consumed After Cycling in a Thermal Environment. *J of Amer College of Nutrit* (In Review)

- Graham ZA, Vardiman JP, Siedlik JA, **Deckert JA**, Gallagher PM. Instrument-Assisted Soft Tissue Manipulation and Mechanoreceptor Pathways. *Phys Ther Sports* (In Review)
- Kelly MR, **Deckert JA**, Emerson DM, Landes E, Barnes ER, Gallagher PM. Changes in Inflammatory Markers During Recovery, Following Exercise in the Heat. (In Review)

Manuscripts in Preparation

- Perez, S., S.A. Sontag, J.D. Miller, A.J. Sterczala, M.E. Parra, H.L. Dimmick. **J.A. Deckert**, T.J Herda, and M.A. Trevino. The relationship between muscle architecture and the mechanical behavior of the vastus lateralis.
- Perez, S., M.E. Parra, H.L. Dimmick, J.D. Miller, A.J. Sterczala, **J.A. Deckert**, T.J. Herda, and M.A. Trevino. The influence of endurance cycling on mechanomyographic median power frequency-torque relationships for the vastus lateralis.
- Sontag, S.A. S. Jeon, T.J. Herda, J.D. Miller, A.J. Sterczala, M.E. Parra, H.L. Dimmick. **J.A. Deckert**, and M.A. Trevino. The effects of cycling training on motor unit firing rates and input excitation of the vastus lateralis in sedentary males.
- Sontag, S.A., A.J. Sterczala, J.D. Miller, M.E. Wray, H.L. Dimmick, **J.A. Deckert**, P.M. Gallagher, A.C. Fry, T.J. Herda, and M.A. Trevino. A noninvasive test for estimating type I myosin heavy chain of the vastus lateralis with electromyographic signal decomposition and mechanomyography.
- Olmos, A., A.J. Sterczala, J.D. Miller, M.E. Wray, H.L. Dimmick, **J.A. Deckert**, J.P. Weir, P.M. Gallagher, A.C. Fry, T.J. Herda, and M.A. Trevino. Sex-related differences in motor unit control properties of the vastus lateralis during high-, but not low-intensity contractions explained by myosin heavy chain.
- **Deckert JA**, Siedlik JA, Graw S, Bubak MP, Vardiman JP, Koestler D, Gallagher PM. Differentially Expressed Genes in CD4+ and CD8+ T-cells Following a Dual Stress Challenge (In Preparation)
- **Deckert JA**, Siedlik JA, Landes EJ, Vardiman JP, Gallagher PM. Alterations in Immunoendocrine Markers Following Marine Corps Martial Arts Training in Different Heart Rate Zones (In Preparation)
- Siedlik JA, **Deckert JA**, Benedict S, Bhatta A, Dunbar A, Vardiman JP, Gallaher PM. Immunoendocrine Interactions and T-Cell Proliferation Responses to Layered Physical and Psychological Stressors. (In Preparation)
- Gallagher PM, Ward JL, Vardiman JP, Siedlik JA, **Deckert JA**, Barnes ER. Global DNA Methylation Following Acute and Multiple Bouts of Marine Corps Martial Arts Training. (In Preparation)
- Siedlik JA, Deckert, JA, Bhatta A, Dunbar A, Gigliotti N, Chan M, Benedict S, Vardiman JP, Gallagher PM. Layered Physical and Psychological Stress Differentially Affects T-Cell Functional Immune Responses. (In Preparation)
- Hambleton CA, **Deckert JA**, Gallagher PM. The Effects of Ultra Marathon Trail Running on Salivary Biomarkers. (In Preparation)
- Ciccone AB, **Deckert JA**, Herda TJ, Gallagher PM, Weir JP. Isokinetic Data Collection Window Methods Affect the Interpretation of Electromyographic Data. (In Preparation)

Data Being Collected

- DM Burnett, **Deckert JA**, Kelly MR, Gallagher PM, Vardiman JP, Sharpe MR. Effects of Vitamin C Supplementation on Exercise Induced Bronchospasms and Urinary Levels of Prostaglandins and Leukotrienes (In Collection)
- Chhaya S, **Deckert JA**, Bloom O, Detloff M. Cytokine Responses in Spinal Cord Injured Rats with and without Neuropathic Pain (In Collection)
- **Deckert JA**, Morrison DM, Bloom O. Immunometabolic Alterations to Monocytes Following Spinal Cord Injury (In Development)

Invited Speaker

- Gallagher PM, Vardiman JP, Siedlik JA, **Deckert JA**. Physiological and Psychological Changes to High and Low Intensity Bouts of Marine Corps Martial Arts Program (MCMAP). September 2017
- **Deckert JA**, Vardiman JP, Burnett DM. Exercise Induced Bronchospasm. Kansas Athletic Trainers Symposium. October 2015.

Oral Presentations

- **Deckert JA**, Hambleton CA, Herda TJ, Mosier EM, Gallagher PM. Effects of Ibuprofen on the Passive Properties of Musculotendinous Stiffness in the Plantar Flexor Muscle Group. Oral: 2016 ACSM National Conference, Boston, MA, USA.

Published Abstracts/Poster Presentations

- Pan, F., Kavanaugh, A., Wang, W., Araujo, G., Degoian, N., Kim, B., **Deckert, J.**, Billi, F. A Novel Method for Chondrocyte Preservation. WWAMI Research Fair, Spokane, WA, Oct 2023
- Naranjo, J., **Deckert, J.** Intrinsic Risk Factors for Soft Tissue Knee injuries in Alpine (Downhill) Skiers. WWAMI Research Fair, Spokane, WA, Oct 2023
- Sontag, S.A., Parra, M.E., Dimmick, H.L., Sterczala, A.J., Miller, J.D., **Deckert, JD**, Gallagher, P.M., Fry, A.C., Herda, T.J., and Trevino, M.A. A Noninvasive Test for Estimating Type I Myosin Heavy Chain Expression in Women using Mechanomyography. American College of Sports Medicine national conference, San Diego, CA, May 2022.
- Sontag, S.A., Parra, M.E., Dimmick, H.L., Sterczala, A.J., Miller, J.D., **Deckert JA**, Gallaher P.M., Fry, A.C., Herda, T.J., and Trevino, M.A. A Noninvasive Test for Estimating Type I Myosin Heavy Chain Expression in Women using Mechanomyography. Central States American College of Sports Medicine national conference, Fayetteville, AK, March 2022
- Sontag, S.A., S. Jeon, Herda, T.J., Sterczala, A.J., Miller, J.D., Parra, M.E., **Deckert JA**, and Trevino, M.A. Five weeks of continuous cycling training alters motor unit behavior and muscle activation in untrained men despite no change in maximal strength. Accepted for presentation. National Strength and Conditioning National Conference, Orlando, Florida · Jul 7 - 10, 2021.
- Sontag, S.A., Olmos, A., Herda, T.J., Gallaher P.M., Fry, A.C., **Deckert JA**, Sterczala, A.J., Miller, J.D., Parra, M.E., Dimmick, H.L., and Trevino, M.A. Myosin heavy chain expression influences motor unit behavior during high- but not low-intensity isometric contractions. Accepted for presentation. American College of Sports Medicine National conference, *Virtual*, May 2021.
- Sontag, S.A., Olmos, A., Herda, T.J., Gallaher P.M., Fry, A.C., **Deckert JA**, Sterczala, A.J., Miller, J.D., Parra, M.E., Dimmick, H.L., and Trevino, M.A. Myosin heavy chain expression influences motor unit behavior during high- but not low-intensity isometric contractions. Accepted for presentation. Central States Chapter of the American College of Sports Medicine regional conference, *Virtual*, March 2021.

- Siedlik JA, Dunbar AJ, **Deckert JA**, Bhatta A, Gigliotti NM, Chan MA, Benedict SH, Vardiman JP, Gallagher PM. T-Cell Responses to Exercise Stress Do Not Adequately Model Those From Tactical Stress Events. Poster: 2017 Immunology (AAI) National Conference, Washington DC, USA.
- Siedlik JA, **Deckert JA**, Benedict S, Bhatta A, Dunbar AJ, Vardiman JP, Gallaher PM. T-Cell Activation and Proliferation Following Acute Exercise in Human Subjects is Altered by Storage Conditions and Mitogen Selection. Poster: 2016 APS Integrative Biology of Exercise National Conference, Phoenix, AZ, USA.
- **Deckert JA**, Ward J, Siedlik JA, Barnes E, Landes E, Vardiman JP, Gallagher PM. Marine Corps Martial Arts Program Does Not Cause Global DNA Methylation Changes in Female Marines. Poster: 2016 APS Integrative Biology of Exercise National Conference, Phoenix, AZ, USA.
- Tilden MJ, Ciccone AB, **Deckert JA**, Schlabs CR, Barros TAR, Gallagher PM, Herda TJ, Weir JP. Effects of Thorstensson Data Collection Window and Muscle on EMG Median Power Frequency, Slope. Poster: 2016 ACSM National Conference, Boston, MA, USA.
- Schlabs CR, Ciccone AB, **Deckert JA**, Tilden MJ, Barros TAR, Gallagher PM, Herda TJ, Weir JP. Effects of Thorstensson Test Data Collection Window on Synergist Between-Muscle EMG Amplitude Relationships. Poster: 2016 ACSM National Conference, Boston, MA, USA.
- Hambleton CA, **Deckert JA**, Gallagher PM. The Effects of Ultra Marathon Trail Running on Salivary Biomarkers. Poster: 2016 ACSM National Conference, Boston, MA, USA.
- Sterczala AJ, Nicoll JX, **Deckert JA**, Bryce AR, Weir JW. Reliability and Repeatability of Countermovement Jump Waveforms. Poster: 2016 ACSM National Conference, Boston, MA, USA.
- Hambleton CA, **Deckert JA**, Gallagher PM. The Effects of Ultra Marathon Trail Running on Salivary Biomarkers. Poster: 2015 ACSM Central States Conference, Warrensburg, MO, USA.
- **Deckert JA**, Hambleton CA, Herda TJ, Mosier EM, Gallagher PM. Effects of Ibuprofen on Passive Properties of Musculotendinous Stiffness in the Plantar Flexor Muscle Group. Poster: 2015 ACSM Central States Conference, Warrensburg, MO, USA.
- Schlabs CR, Ciccone AB, **Deckert JA**, , Tilden MJ, Barros TAR, Herda TJ, Weir JP. Effect of Fatigue Index Calculation Method on the Quantification of Fatigue. Central States ACSM Meeting, Warrensburg, MO, October 15-16, 2015.
- Ciccone AB, **Deckert JA**, Weir JP, Herda TJ, Gallagher PM. Thorstensson test data analysis method affects percent fatigue calculation. National Strength and Conditioning Association Annual Conference, Orlando, FL, July 8-11, 2015.
- J. Siedlik, **J. Deckert**, A. Clopton, T. Herda, J.P. Weir, P. Gallagher, and J.P. Vardiman. Impact of Acute Training Stress on Moral Decision Making Following Marine Corps Martial Arts Training. Accepted for presentation at the American College of Sports Medicine national conference, San Diego, CA, May 2015. *Medicine and Science in Sports and Exercise*: 47(5S):S, 2015.
- J. Siedlik, **J. Deckert**, N. Gigliotti, M. Chan, S. Benedict, P. Gallagher, and J.P. Vardiman. Peripheral Immune Response to Marine Corps Martial Arts Training. Accepted for presentation at Experimental Biology, Boston, MA, March 2015. *The FASEB Journal*: 29(1):S 675.1, 2015.

- **Deckert JA**, Herda TJ, Gallagher PM, Weir JP. The Effects of Transcranial Direct Current Stimulation (tDCS) on Peripheral Fatigue of the Leg Extensors During a Thorstensson Fatigue Protocol. Poster: 2015 ACSM National Conference, San Diego, CA, USA.
- Siedlik JA, **Deckert JA**, Herda TJ, Weir JP, Gallagher PM, and Vardiman JP. Immunoendocrine Response to Marine Corps Martial Arts Training. Accepted for presentation at the Central States Chapter of the American College of Sports Medicine regional conference, Overland Park, KS, October 2014. *International Journal of Exercise Science: Conference Proceedings*: Vol. 11: Iss. 2, Article 54.
- Fry, AC, Bradford, L, Herda, TJ, Weir, JP, Lane, MT, Andre, MJ, Hudy, A, **Deckert, JA**, Siedlik, JA. (2013). Validation of a 3-Dimensional Video Motion Capture System for Determining Barbell Power and Velocity During the Bench Press. Poster: 2013 ACSM Central States Conference, Warrensburg, MO, USA.
- **Deckert, JA**, Herda, TJ, Gallagher, PM, Cooper, MA. (2013). The Acute Effects of Static Stretching on the Passive Muscle Properties of the Leg Extensors. Poster: 2014 ACSM National Conference, Indianapolis, IN, USA.
- Andre, MJ, Fry, AC, Lane, MT, Graham, ZA, Cooper, MA, Emmons, RS, **Deckert, JA**, Semaan, J. L., Maresh, J. J., Dietz, P. R. (2012). Lower Body Strength and Power are Related to Vertical Jump Power and Sprint Performance. Poster: 2012 NSCA National Conference, Providence, RI, USA.

RESEARCH SKILLS

- Coordination, preparation and direction for the collection of large scale field data sets in both a military and a university setting
- Leading a team to use controlled aerobic, resistance, and mixed exercise as a stimulus for observation of physiological adaptation
- Exercise program planning for health and performance improvement
- Collection and analysis techniques of cardiometabolic variables on both a treadmill and ergometer
- Methods for evaluating force/power output during vertical jump, sprint, squat, bench press, and non-motorized treadmill testing
- Isolation of and cell culture techniques with human PBMC's
- Purification of individual immune cell populations from human PBMC's
- Flow Cytometry
- SDS-PAGE and Western immunoblotting techniques
- Inflammatory biomarker analysis using ELISA and Multiplex assay techniques
- qPCR
- Field collection & analysis of psychological data
- Phlebotomy
- Spirometry
- Transcranial direct current stimulation of sympathetic and parasympathetic nervous system in humans
- Collection and analysis of surface EMG of the upper thigh of humans
- Isokinetic dynamometer testing of strength of contraction and musculotendinous stiffness
- Proficient in Microsoft Office, Prism and familiar with SPSS

MEMBERSHIPS

- American Physiological Society (2016-2018)
- American College of Sports Medicine (2012-2018; 2020-2021)
- New York Academy of Sciences (2018-2019)

- Central States American College of Sports Medicine (2012-2018)
- Northwest American College of Sports Medicine (2020, 2022, 2023)
- Greater Kansas City Chapter American Red Cross, Instructor Adult and Pediatric CPR/AED/First Aid