JONI A. METTLER, PhD, ATC, CSCS
TEXAS STATE VITA

I. Academic/Professional Background

A. Name: Name: Joni A. Mettler Title: Associate Professor

B. Educational Background

Degree	*Year*	*University*	*Major*
PhD	2010	The University of Texas	Kinesiology
MS	1999	University of Wisconsin-LaCrosse	Exercise and Sport Science
BA	1998	Northwestern College	Exercise Science

Thesis/Dissertation

Mettler, J.A. (2010) Muscle force potentiation and motor unit firing patterns during fatigue: Effects of muscular endurance training. Dissertation. The University of Texas at Austin, Austin, Texas.

C. University Experience

Position	*University*	*Dates*
Associate Professor	Texas State University	2018-present
Assistant Professor	Texas State University	2012-2018
Adjunct Assistant Professor	University of Texas Medical Branch	2012-2013
Postdoctoral Research Fellow	University of Texas Medical Branch	2010-2012
Graduate Teaching Assistant	The University of Texas	2003-2009
Adjunct Faculty	Huston-Tillotson University	2004

D. Relevant Professional Experience

Position	*Entity*	*Dates*
Personal Trainer	University of Texas Recreational Sports	2004-2010
Exercise Physiologist	St. David's Medical Center	2003
Personal Trainer	Gold's Gym	2002-2003
Athletic Trainer	Gundersen Lutheran Sports Medicine	1999-2002
Graduate Assistant Athletic Trainer	Illinois State University	1998

E. Other Professional Credentials (licensure, certification, etc.)

National Athletic Trainers' Association Certification, June 1998 - present
Certified Strength and Conditioning Specialist, June 2000 - present

II. TEACHING

B. Courses Taught:

Texas State University:
Graduate:

Applied Neuromuscular and Skeletal Muscle Physiology (ESS 5311)
Advanced Fitness Assessment and Exercise Prescription (ESS 5305)
Research Seminar (ESS 5100)
Independent Study (ESS 5347)
Thesis (ESS 5399A)
Thesis (ESS 5399B)
Thesis (AT 5399A)
Thesis (AT 5399B)
Independent Study (AT 5347)

Undergraduate:

Strength Training and Conditioning (ESS 4320)
Fitness Assessment and Exercise Prescription (ESS 4317)
Independent Study (ESS 4347)

The University of Texas at Austin: (2003-2009)

Motor Control Lab (KIN 336)
Motor Learning Lab (KIN 315)
Strength and Conditioning (KIN119)
Weight Training (PED 106c)
Aerobic Walking (PED 106c)
Therapeutic Exercise and Rehabilitation (KIN 352K)
Care and Prevention of Athletic Injuries (KIN 312K)

Houston-Tillotson University, Austin, Texas (2003)

Biomechanics (KINE 3303)

C. Graduate Theses/Dissertations or Exit Committees (if supervisor, please indicate):

Texas State University Thesis Committees:

Master's Thesis Chair

Khan, Khizra. High- versus low-frequency neuromuscular electrical stimulation on biological markers of skeletal muscle health. Master of Science thesis, College of Education - Exercise Science, anticipated completion December 2025 (proposal completed Fall 2024). (Chair)

Kendall, Holly. Muscle mass and physical function in resistance trained versus non-resistance trained younger and older adults. Master of Science thesis, College of Education – Exercise Science, January – October 2020. (Chair)

Note: The student successfully completed the thesis proposal in May 2020. Due to limited subject recruitment resulting from the COVID-19 pandemic, the student was granted a changed to non-thesis in October 2020, ensuring that the student met graduation requirements for December 2020 and that graduation was not delayed due to the pandemic.

Mendoza, Monica. Muscular fatigue in older adults following a 4-week treatment of neuromuscular electrical stimulation. Master of Science thesis, College of Education - Exercise Science, August 2020. (Chair)

Goldenstein, Samantha. The effects of neuromuscular electrical stimulation on anabolic signaling in older adults. Master of Science thesis, College of Education - Exercise Science, August 2019. (Chair)

Chase, Kristi. Prediction equation for resting energy expenditure in normal weight and obese individuals. Master of Science thesis, College of Education - Exercise Science, December 2018. (Chair)

Magee, Dillon. The effects of high-frequency compared to low-frequency neuromuscular electrical stimulation on anabolic signaling. Master of Science thesis, College of Education - Exercise Science, December 2016. (Chair)

Kim, Joosung. Effects of focal knee joint cooling on different modes of quadriceps strength assessment. Master of Science thesis, College of Education - Athletic Training, May 2016. (Co-Chair)

Bennett, Sydney. The effects of an acute bout of neuromuscular electrical stimulation on anabolic signaling of the mTORC1 pathway in individuals with chronic stroke. Master of Science thesis, College of Education - Exercise Science, December 2015. (Chair)

Master's Thesis Committee Member

Liliana Rentería. Impact of astaxanthin supplementation on metabolic responses to exercise and postprandial oxidative stress. Master of Science thesis, College of Education – Exercise Science, May 2020.

Stephan Fisher. Photobiomodulation time response to increase resistance to human skeletal muscle fatigue. Master of Science thesis, College of Education - Athletic Training. August 2018.

Harris, Joshua. Effects of a high-volume, low-intensity, multi-set squat protocol on power outputs. Master of Science thesis, College of Education - Exercise Science, May 2017.

Ng, Jye Shuang. The reliability of instrumented knee and ankle orthopedic special tests performed with a LigMaster^{TM} multijoint arthormeter. Master of Science thesis, College of Education - Athletic Training, December 2015.

Markin, Kelsie. The effects of eight weeks of vitamin D supplementation on physical performance in a physically active population. Master of Science thesis, College of Education - Athletic Training, August 2015.

Quiroga, John. A comparison of traditional and chain-loaded bench press on strength and power. Master of Science thesis, College of Education - Exercise Science, December 2014.

Meyers, Casey. The effect of cryotherapy on muscle fatigue between maximal endurance exercise bouts. Master of Science thesis, College of Education - Athletic Training, August 2014.

Robey, Nathan. The influence of fatigue on the field-based assessment of jump landing mechanics following participation in traditional versus plyometric hip muscle strengthening programs. Master of Science thesis, College of Education - Athletic Training, August 2014.

Culminating Project - Master's Students

Fergusen, Antoine. Compensatory reserve measure during muscle fatigue and recovery. Master of Science Culminating Project, College of Education - Exercise Science, Spring 2024. (Chair)

Khadka, Barsha. Compensatory reserve measure and muscle fatigue. Master of Science Culminating Project, College of Education - Exercise Science, Spring 2024. (Chair)

Fisher, Ashlyn. Sarcopenia-related quality of life and SARC-F measures on risk of sarcopenia. Master of Science Culminating Project, College of Education - Exercise Science, Fall 2023. (Chair)

Van Ree, Garret. Skeletal muscle anabolic signaling following 4-weeks of neuromuscular electrical stimulation in older adults. Master of Science Culminating Project, College of Education - Exercise Science, Spring 2023. (Chair)

Pigg, Quinten. Role of resistance training on sarcopenia-related quality of life in younger and older adults. Master of Science Culminating Project, College of Education - Exercise Science, Spring 2023. (Chair)

Mckeel, Stephanie. Efficacy of neuromuscular electrical stimulation for improving muscle function in individuals with cystic fibrosis. Master of Science Culminating Project, College of Education - Exercise Science, Spring 2023. (Chair)

Hambric, Cole. Sarcopenia-related quality of life and resistance training exercise. Master of Science Culminating Project, College of Education - Exercise Science, Spring 2023. (Chair)

Shah, Aayushi. Muscle strength in resistance-trained and untrained older and younger adults. Master of Science Culminating Project, College of Education - Exercise Science, Fall 2021. (Chair)

Kendall, Holly. Muscle mass and physical function in resistance trained versus non-resistance trained younger and older adults. Master of Science Culminating Project, College of Education - Exercise Science, Fall 2020. (Chair)

Rameriz, Kyndall. Torque production following 4-weeks of neuromuscular electrical stimulation treatment. Master of Science Culminating Project, College of Education - Exercise Science, Spring 2020. (Chair)

Jiwan, Nigel. Torque output during neuromuscular electrical stimulation pre-post electrically evoked muscle training in older adults. Master of Science Culminating Project, College of Education - Exercise Science, Spring 2020. (Chair)

Summers, Shelby. Neuromuscular electrical stimulation in older adults: Specialized lab techniques acquired in the Translational Neuromuscular Physiology Lab. Master of Science Culminating Project, College of Education - Exercise Science, Fall 2019. (Chair)

Hull, Jonathan & Adams, Bria. Comparing the effects of photobiomodulation to therapeutic ultrasound in improving muscle function and recovery. Master of Science Culminating Project, College of Education – Athletic Training, May 2018. (Member)

Jasso, Jennifer A. Perceptions of a single neuromuscular electrical stimulation treatment in healthy adults. Master of Science Culminating Project, College of Education - Exercise Science, May 2017. (Chair)

Independent Study – Master's Students

Claudette Joe. Compensatory reserve and torque output during muscular fatigue. Master of Science Independent Study, College of Education - Exercise Science, Fall 2025. (Chair)

Lipika Shakya. Neuromuscular electrical stimulation frequency effect on skeletal muscle. Master of Science Independent Study, College of Education - Exercise Science, Spring 2025. (Chair)

Khan, Khizra. Compensatory reserve and muscle fatigue. Master of Science Independent Study, College of Education - Exercise Science, Spring 2024. (Chair)

Fergusen, Antoine. Compensatory Reserve and muscle fatigue. Master of Science Independent Study, College of Education - Exercise Science, Fall 2023. (Chair)

Fisher, Ashlyn. Sarcopenia-related quality of life and the impact of strengthening exercise. Master of Science Independent Study, College of Education - Exercise Science, Spring 2023. (Chair)

Zimmerman, Miranda. Exercise as strategy to improve mental health. Master of Science Independent Study, College of Education - Exercise Science, Spring 2023. (Chair)

Van Ree, Garret. Anabolic signaling response to NMES treatment in older adults. Master of Science Independent Study, College of Education - Exercise Science, Fall 2022. (Chair)

Pigg, Quinten. Impact of resistance training exercise on sarcopenia-related quality of life in younger and older adults. Master of Science Independent Study, College of Education – Exercise Science, Fall 2022. (Chair)

Mckeel, Stephanie. Impact of resistance training in patients with cystic fibrosis. Master of Science Independent Study, College of Education - Exercise Science, Fall 2022. (Chair)

Hambric, Cole. Impact of resistance training exercise on sarcopenia-related quality of life in younger and older adults. Master of Science Independent Study, College of Education - Exercise Science, Fall 2022. (Chair)

Van Ree, Garret. Western blot analysis for skeletal muscle anabolic signaling proteins. Master of Science Independent Study, College of Education - Exercise Science, Spring 2022. (Chair)

Shah, Aayushi. Comparison of muscular leg strength and physical activity level between resistance trained and non-resistance trained adults. Master of Science Independent Study, College of Education - Exercise Science, Spring 2021. (Chair)

Kendall, Holly. Comparison of strength and physical function between strength trained and non-strength trained older and younger adults. Master of Science Independent Study, College of Education - Exercise Science, Fall 2019. (Chair)

Jiwan, Nigel. Torque output during neuromuscular electrical stimulation pre-post a 4 week training intervention. Master of Science Independent Study, College of Education - Exercise Science, Fall 2019. (Chair)

Rameriz, Kyndall. Torque output during neuromuscular electrical stimulation pre-post a 4 week training intervention. Master of Science Independent Study, College of Education - Exercise Science, Fall 2019. (Chair)

Kendall, Holly. Saropenia and muscle function in older adults. Master of Science Independent Study, College of Education - Exercise Science, Spring 2019. (Chair)

Mendoza, Monica. Muscular endurance and neuromuscular electrical stimulation training. Master of Science Independent Study, College of Education - Exercise Science, Spring 2019. (Chair)

Summers, Shelby. Neuromuscular electrical stimulation and physical activity in older adults. Master of Science Independent Study, College of Education - Exercise Science, Fall 2018. (Chair)

Goldenstein, Samantha. Neuromuscular stimulation in older adults. Master of Science Independent Study, College of Education - Exercise Science, Spring 2018. (Chair)

Magee, Dillon. Western Blot analysis techniques. Master of Science Independent Study, College of Education - Exercise Science, Summer 2016. (Chair)

Kim, Joosung. Effects of focal knee joint cooling on different modes of quadriceps strength assessment. Master of Science Independent Study, College of Education – Athletic Training, Spring 2015. (Chair)

D. Courses Prepared and Curriculum Development:

ESS Master of Science Program:
(proposed program changes submitted: 1) revise existing degree plan: change to concentration courses for the Sport Coaching Concentration in Exercise and Sport Science MS Program (AOP); 2) revise course: course name change from Motor Learning (ESS 5304) to Motor Behavior (2024)

ESS Master of Science Program:
(proposed program changes submitted: 1) concentration name change from Physical Activity Literacy to Sport Coaching in Exercise and Sports Science; 2) proposed online concentration in Sport Coaching for the fully Online Accelerated Program (AOP) offering in Texas State Global (2023)

ESS 5313: Proprioception and Neuromuscular Control in Rehabilitation
(a new course proposal – ESS Graduate Course to replace AT 5310 in Health and Rehabilitation Sciences Concentration) (2022)

ESS 5314: Biomechanics of Musculoskeletal Injury
(a new course proposal – ESS Graduate Course to replace AT 5311 in Health and Rehabilitation Sciences Concentration) (2022)

ESS 4320: Strength Training and Conditioning (hybrid course delivery; undergraduate course)
Note: I revised course from online delivery to its first hybrid delivery (spring 2022).

ESS 4320: Strength Training and Conditioning (online course delivery; undergraduate course)
Note: I revised course from face-to-face delivery to its first online delivery (spring 2021).

ESS 5311: Applied Neuromuscular and Skeletal Muscle Physiology (hybrid course delivery; graduate course)
Note: I revised course from face-to-face delivery to its first hybrid delivery (spring 2021).

ESS 5305: Advanced Fitness Assessment and Exercise Prescription (hybrid course delivery; graduate course)
Note: I revised course from face-to-face delivery to its first hybrid delivery (fall 2021).

ESS 5110 - Graduate Research Seminar (a new course proposal – Graduate Course) (2018)

ESS 5311 - Applied Neuromuscular and Skeletal Muscle Physiology (a new course proposal - Graduate Course) (2012)

F. Other:

Student Mentees - Awards/Fellowships/Grants:

Khan, Khizra. Scholarly Travel Activity and Research (S.T.A.R.) Grant. Texas State University. Student Government Department. $175. Role: Thesis Chair/Faculty Advisor. (Funded April 2025).

Khan, Khizra. Thesis Research Support Fellowship Award. Graduate College. Texas State University. $2,000. Role: Thesis Chair/Grant Administrator. (Funded December 2024 - present).

Pigg, Quinten. Student Representative on Texas American College of Sports Medicine (TACSM) Board of Directors. Quinten was my mentee at TXST and is currently a PhD Student at Texas A&M University. As President of TACSM, I had the privilege of appointing a student representative to the TACSM Board of Directors. (June 2024 - June 2026).

Khan, Khizra. Research Poster Presentation Award Finalist. Resistance training status and detection of sarcopenia-related risk in older adults. Texas American College of Sports Medicine Annual Conference. Waco, Texas. 2024.

Fisher, Ashlyn. Poster Award Winner. Sarcopenia-related quality of life and SARC-F measures on risk of sarcopenia. Health and Human Performance Scholar's Day. Texas State University. Fall 2023.

Pigg, Quinten. Exercise & Sports Science Outstanding Graduate Student of the Year. Department of Health and Human Performance. Texas State University. 2023.

Pigg, Quinten. Graduate House of Representatives. College of Education Representative. Texas State University. 2023.

Van Ree, Garret. Research Poster Presentation Award Finalist. Effects of neuromuscular electrical stimulation training on skeletal muscle anabolic signaling in older adults. Texas American College of Sports Medicine Annual Conference. Waco, Texas. 2023.

Kendall, Holly. Research Poster Presentation Award Finalist. Resistance Training may mitigate age-related decline in physical function. Texas American College of Sports Medicine Annual Conference. Waco, Texas. 2022.

Mendoza, Monica. Research Poster Presentation Award Finalist. Neuromuscular electrical stimulation effects on skeletal muscle fatigue in older adults. Texas American College of Sports Medicine Annual Conference. Virtual format. 2021.

Ramirez, Kyndall. Research Poster Presentation Award Finalist. Changes in physical function following 4-weeks of neuromuscular electrical stimulation training in older adults. Texas American College of Sports Medicine Annual Conference. Virtual format. 2021.

Kendall, Holly. Thesis Research Support Fellowship Award. Texas State University. $2,000. Role: Faculty Advisor/Grant Administrator. (Funded period: 08/2020-11/2020). *Note: Due to limited subject recruitment resulting from the COVID-19 pandemic, the student changed to non-thesis near the end of their thesis; therefore, only partial funds received were used for the project.*

Chase, Kristi. Research Poster Presentation Award Winner. Predicting resting metabolic rate in healthy adults using body composition and circumference measurements. Texas American College of Sports Medicine Annual Conference. Fort Worth, Texas. 2019.

Goldenstein, Samantha. Thesis Research Support Fellowship Award. Texas State University. $2,000. Role: Faculty Mentor/Grant Administrator. (Funded period: 12/2018 - 7/2019)

Goldenstein, Samantha. The effects of anabolic signaling with neuromuscular electrical stimulation in older adults. College of Education Faculty-Mentored Graduate Student Research Support Grant. Texas State University. $500. Role: Faculty Mentor/Grant Administrator. (Funded: 2018-2019)

Magee, Dillon. College of Education Faculty-Mentored Graduate Student Research Grant Program. $500. Role: Faculty Menotr/Grant Administrator. (Funded period: 09/2016 – 12/2016)

Bennett, Sydney. Thesis Research Support Fellowship Award. Texas State University. $1,981. Role: Faculty Mentor/Grant Administrator. (Funded period: 09/2015 - 12/2015)

Bennett, Sydney. College of Education Faculty-Mentored Graduate Student Research Grant Program. $500. Role: Faculty Mentor/Grant Administrator. (Funded period: 09/2015 – 12/2015)

G. Teaching Professional Development Activities Attended

Graduate Advising International Students. Attended 1 hour presentation by Dean Andrea Golato. Graduate College, Texas State University. (October 2, 2024)

Graduate Dean’s Council Meeting. Attended (sub for Jan Hodges). 1.5 hours. Graduate College, Texas State University. (February 29, 2024)

Course Design Accelerated Online Program (AOP) Training. TXST Global. (March 6, 2024)

Course Mapping Accelerated Online Program (AOP) Training. TXST Global. (April 9, 2024)

TXST GLOBAL Informational and Planning Meetings (Accelerated Online Program (AOP). Attended several meetings in preparation of the start of the program for Fall 2024. (1/4, 1/17, 1/29, 2/12, 2/26, 3/4, 3/26, 4/5, 4/15, 2024).

Cyber Security Training. Online training. Completed. 2024.

Texas State Global. Attended 1 hr informational presentation. Presented by Dr Thilla Sivakumaran, Vice President TXST Global. August 30, 2023.

Graduate Coordinators Retreat. Presented by Joellen, Coryell, Associate Dean for Educational Partnerships and Enrollment, College of Education. Attended ~ 7 hour workshop. March 3, 2023.

Diversity and Inclusion Training for Faculty Searches. Canvas Modules Completed (~ 7 hours). November 2022.

Graduate Student Recruitment Workshop. Presented by Eric Paulson, Associated Dean Graduate College. Attended 1.5 hour workshop. September 29, 2022.

Graduate Advising 101: 10 Proactive & Inclusive Tips. Presented by Dr Patti Giuffre, Assistant Dean Graduate College. Attended 1 hour workshop. October 5, 2022.

Workshop: Developing Mission Outcomes and Methods to Assess Student Improvement. Presented Lon Olson. Attended 1.5 hour workshop. September 6, 2022.

Student Learning Outcomes (SLOs) Workshop. Presented by Lon Olson. Attended 1 hour workshop. March 31, 2022.

Welcome to Yuja Basics. Workshop. Lisa Apostolo. Texas State University. Attended, September 20, 2022.

Inclusive Language in Pedagogy Workshop. Instructors: Gloria Martinez-Ramos, PhD and Angela Ausbrooks, PhD. Sponsored by the Molly Ann Brennan & Edgar G Smith Endowment. Texas State University. Attended, October 22, 2021.

Hidden Gems in Canvas Workshop. Instructor: Michelle Read. Office of Distance and Extended Learning. Texas State University. Attended, October 15, 2021.

Inclusive Syllabus Design Workshop. Instructor: Candace Hastings, PhD. Faculty Development. Texas State University. Attended, June 22, 2021.

Teaching Online at Texas State – Hybrid Course. Office of Distance and Extended Learning. Texas State University. Completed course as part of the Promoting Activity Learning and Research (PALIR): Phase III Professional Development Program (Active Learning in Large Classrooms). Distance Education completion of 8 hour Teaching Online TxState Hybrid Professional Development Course which meet the SACSCOC requirements for online instruction. December 2020.

Zoom for Faculty and Staff. Instructors: Lisa Apostolo and Andrea Alvarado. Texas State University. Attended, March 25, 2020.

Alternative Forms of Assessment for Remote Course Delivery. Texas State University. Attended, March 24, 2020.

COE Remote Teaching Zoom Training. Dr Jodi Holschuch. Texas State University. Attended, March 23, 2020.

Promoting Activity Learning and Research (PALIR): Phase III Professional Development Program (Active Learning in Large Classrooms). Office of Distance Learning and Extended

Learning. Hosted by Department of Health and Human Performance. Series of 5 workshops. Fall 2019.

III. SCHOLARLY/CREATIVE

A. Works in Print (including works accepted, forthcoming, in press)

2. Articles

a. Refereed Journal Articles:

denotes author as student advisee
† denotes last author as corresponding author/project PI/lab director

*† Kendall, H., & Kipp, L. E., & **Mettler, J. A.** (2025). Resistance training preserves physical function in older community-dwelling adults. *Translational Journal of the American College of Sports Medicine*, *10*(3), e000312. https://doi.org/10.1249/TJX.0000000000000312
[Impact Factor: 2.2; Ranking: 84/127 Sport Sciences]

† Kipp, L. E., *Pigg, Q. W., Kim, J., *Fisher, A., & **Mettler, J. A**. (2025). Resistance training and sarcopenia-related quality of life in younger and older adults. *Translational Journal of the American College of Sports Medicine, 10*(1), e000280.
https://doi.org/10.1249/TJX.0000000000000280
[Impact Factor: 2.2; Ranking: 84/127 Sport Sciences]

*† Rameriz, K. P., *Jiwan, N. C., & **Mettler, J. A**. (2023). Effect of neuromuscular electrical stimulation training on control of involuntary muscular torque and stimulation intensity in older adults. *International Journal of Exercise Science*, *16*(3), 482-496.
https://doi.org/10.70252/ZKOI5585
[5-year Impact Factor: 2.9]

McAllister, M. J., **Mettler, J. A**., Patek, K., Butawan, M., & Bloomer, R. J. (2022). Astaxanthin supplementation increases glutathione concentrations but does not impact fat oxidation during exercise in active young men. *International Journal of Sport Nutrition and Exercise Metabolism*, *32*(1), 8-15. https://doi.org/10.1123/ijsnem.2021-0138
[Impact Factor: 4.599]

* Kim, J. -S., **Mettler, J. A.**, McCurdy, K., & Kim, K. -M. (2021). Effects of focal knee joint cooling on static and dynamic strength of the quadriceps: Innovative approach to muscle conditioning. *International Journal of Environmental Research and Public Health*, *18*(9), 4890.
https://doi.org/10.3390/ijerph18094890
[Impact Factor: 3.39]

*† Chase, K. L, Patek, K. T., Walker, J. L., & **Mettler J. A**. (2021). Predicting resting metabolic rate with easily obtained measures: The influence of body circumference. *Translational Journal of the American College of Sports Medicine*, *6*(2), 1-12.
https://doi.org/10.1249/TJX.0000000000000162

*Fisher, S. R., Rigby, J. H., **Mettler, J. A.**, & McCurdy, K. W. (2019). The effectiveness of photobiomodulation therapy versus cryotherapy for skeletal muscle recovery: A critically appraised topic. *Journal of Sport Rehabilitation*, *28*(5), 526-531. https://doi.org/10.1123/jsr.2017-0359
[Impact Factor: 1.5]

McAllister, M. J., Basham, S. A., Waldman, H. S., Smith, J. W., **Mettler, J. A.**, Butawan, M. B. & Bloomer, R. J. (2019). Effects of psychological stress during exercise on markers of oxidative stress in young healthy, trained men. *Physiology and Behavior*, *198*, 90-95. *https://doi.org/10.1016/j.physbeh.2018.10.013*
[5-year Impact Factor: 2.88]

Mettler, J. A., *Magee, D. M., & Doucet, B. M. (2018). High-frequency neuromuscular electrical stimulation increases anabolic signaling. *Medicine and Science in Sports and Exercise*, *50*(8), 1540-1548. https://doi.org/10.1249/MSS.0000000000001610
[5-year Impact Factor: 5.222]

Mettler, J. A., *Magee, D. M., & Doucet, B. M. (2018). Low-frequency electrical stimulation with variable intensity preserves torque. *Journal of Electromyography and Kinesiology*, *42*, 49-56. https://doi.org/10.1016/j.jelekin.2018.06.007
[5-year Impact Factor: 2.028]

Doucet, B. M., & **Mettler, J. A.** (2018). Pilot study combining electrical stimulation and a dynamic hand orthosis for functional recovery in chronic stroke. *American Journal of Occupational Therapy*, *72*(2), 7202345030p1-7202345030p6. https://doi.org/10.5014/ajot.2018.025007
[5-year Impact Factor: 2.113]

McAllister, M. J., Basham, S. A., Smith, J. W., Waldman, H. S., Krings, B. M., **Mettler, J. A.**, Butawan, M. B., & Bloomer, R. J. (2018). Effects of environmental heat and antioxidant ingestion on blood markers of oxidative stress in professional firefighters performing structural fire exercises. *Journal of Occupational and Environmental Medicine*, *60*, e595-e601. https://doi.org/10.1097/JOM.0000000000001452
[Impact Factor: 1.355]

Mettler, J. A., *Bennett, S. B, Doucet, B. M., & *Magee, D. M. (2017). Neuromuscular electrical stimulation and anabolic signaling in patients with stroke. *Journal of Stroke and Cerebrovascular Diseases, 26*(12), 2954-2963. https://doi.org/10.1016/j.jstrokecerebrovasdis.2017.07.019
[5-year Impact Factor: 1.669]

Mettler, J. A., & Griffin, L. (2016). Muscular endurance training and motor unit firing patterns during fatigue. *Experimental Brain Research*, *234*, 267-276. [5-year Impact Factor: 2.419]

Doucet, B. M., **Mettler, J. A.**, Griffin, L., & Spirduso, W. (2016). Force irregularity following maximal effort: The after-peak reduction. *Perceptual and Motor Skills*, *123*, 244-257.
[5-year Impact Factor: 0.712]

English, K. L., **Mettler, J. A.**, Ellison, J. B., Mamerow, M. M., Arentson-Lantz, E, Pattarini, J. M., Ploutz-Snyder, R., Sheffield-Moore, M., & Paddon-Jones, D. (2016). Leucine partially protects muscle mass and function during bed rest in middle-aged adults. *American Journal of Clinical Nutrition*, *103*, 465-473.
[5-year Impact Factor: 7.409]

Mamerow, M. M., **Mettler, J. A.**, English, K. L., Casperson, S. L., Arentson-Lantz, E., Sheffield-Moore, M., Layman, D. K., & Paddon-Jones, D. (2014). Dietary protein distribution positively influences 24 hour muscle protein synthesis in healthy adults. *Journal of Nutrition*, *144*, 876-880.
[5-year Impact Factor: 4.693]

Sheffield-Moore, M., Wiktorowicz, J. E., Soman, K. V., Danesi, C. P., Kinsky, M. P., Dillon, E. L., Randolph, K. M., Casperson, S. L., Gore, D. C., Horstman, A. M., Lynch, J. P., Doucet, B. M., **Mettler, J.**, Ryder, J. W., Ploutz-Snyder, L. L., Hsu, J. W., Jahoor, F., Jennings, K., & Durham, W. J. (2013). Sildenafil increases muscle protein synthesis and reduces muscle fatigue. *Clinical and Translational Science, 6*(6), 463-468.
[5-year Impact Factor: 2.38]

Doucet, B. M., & **Mettler, J. A**. (2013) Effects of dynamic progressive orthotic intervention for chronic hemiplegia: A case series. *Journal of Hand Therapy, 26*, 139-147.
[5-year Impact Factor: 1.572]

Mettler, J. A., & Griffin, L. (2012). Post-activation potentiation and muscular endurance training. *Muscle and Nerve, 45*, 416-245.
[5-year Impact Factor: 2.467]

Mettler, J. A., & Griffin, L. (2010). What are the stimulation parameters that affect the extent of twitch force potentiation in the adductor pollicis muscle? *European Journal of Applied Physiology*, *110*(6), 1235-1242.
[5-year Impact Factor: 2.358]

B. Works not in Print

Papers Presented at Professional Meetings: ***(*denotes author as student advisee)***

*Khan, K., *Fisher, A., *Pigg, Q., *Kendall, H., Kipp, L. E, Kim, J., & **Mettler, J. A**. (2025, May 29). *Sarcopenia-related quality of life: A practical tool for early risk detection in older adults* [Poster presentation]. American College of Sports Medicine Conference, Atlanta, Georgia.
[Abstract published in *Medicine and Science in Sports and Exercise, 57*: *Supplement*.]

*Khan, K., **Mettler, J. A.**, Griffin, L. K., & Kipp, L. E. (2025, February 20). *Impact of an outdoor physical activity intervention on muscular fitness in adolescents* [Poster presentation]. Texas American College of Sports Medicine Conference, Waco, Texas.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(17).]

*Khan, K., *Pigg, Q. W., Kipp, L. E., & **Mettler, J. A**. (2024, May 31). *Exercise patterns and body composition among resistance trained and non-resistance trained younger and older adults* [Poster presentation]. American College of Sports Medicine Conference, Boston, Massachusetts. [Abstract published in *Medicine and Science in Sports and Exercise, 56*: *Supplement*.]

*Khan, K., *Fisher, A., *Pigg, Q., *Kendall, H., Kipp, L. E., & **Mettler, J. A**. (2024, February). *Resistance training status and detection of sarcopenia-related risk in older adults* [Poster presentation]. Texas American College of Sports Medicine Conference, Waco, Texas. [Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(16).]

*Van Ree, G. H., *Goldenstein, S. J., *Jiwan, N. C., *Ramirez, K. P., *Mendoza, M. A., Kipp, L. E., McAllister, M., & **Mettler, J. A**. (2023, May 31). *Skeletal muscle anabolic signaling response to a 4-week neuromuscular electrical stimulation treatment in older adults* [Poster presentation]. American College of Sports Medicine Conference, Denver, Colorado. [Abstract published in *Medicine and Science in Sports and Exercise, 55*: *Supplement*.]

*Pigg, Q. W., *Kendall, H. H., Kipp, L. E., & **Mettler, J. A**. (2023, May 31). *Effects of resistance training on sarcopenia-related quality of life* [Poster presentation]. American College of Sports Medicine Conference, Denver, Colorado. [Abstract published in *Medicine and Science in Sports and Exercise*, *55*: *Supplement*.]

*Pigg, Q. W., *Hambric, C., *Van Ree, G. H., *Fisher, A., *Kendall, H., Kipp, L. E., & **Mettler, J. A**. (2023, February 23). *Effects of resistance training status on exercise patterns and body composition among younger and older adults* [Poster presentation]. Texas American College of Sports Medicine Conference, Waco, Texas. [Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(15).]

*Van Ree, G. H., *Fisher, A., *Goldenstein, S., *Jiwan, N., *Ramirez, K., *Mendoza, M., Kipp, L. E., McAllister, M., & **Mettler, J. A**. (2023, February 23). *Effects of neuromuscular electrical stimulation training on skeletal muscle anabolic signaling in older adults* [Poster presentation]. Texas American College of Sports Medicine Conference, Waco, Texas. [Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(15).]

*Mendoza, M. A., *Ramirez, K. P., *Jiwan, N. C., Kipp, L. E., Doucet, B. M., & **Mettler, J. A**. (2022, June 3). *Effects of a 4-week neuromuscular electrical stimulation treatment on skeletal muscle endurance in older adults* [Oral presentation]. American College of Sports Medicine Conference, San Diego, CA. [Abstract published in *Medicine and Science in Sports and Exercise, 54*: *Supplement*.]

*Kendall, H. H., *Shah, A., *Torres, D., *Pigg, Q., *Pandya, R., Kipp, L. E., & **Mettler, J. A**. (2022, June 1). *Impact of resistance training on skeletal muscle mass and physical function in older adults* [Poster presentation]. American College of Sports Medicine Conference, San Diego, California. [Abstract published in *Medicine and Science in Sports and Exercise, 54*: *Supplement*.]

*Ramirez, K. P., *Mendoza, M. A., *Jiwan, N. C., Kipp, L. E., & **Mettler, J. A**. (2022, June 1). *Short-term neuromuscular electrical stimulation training improves physical function in older adults* [Poster presentation]. American College of Sports Medicine Conference, San Diego, California.
[Abstract published in *Medicine and Science in Sports and Exercise, 54*: *Supplement*.]

Kipp, L. E., & **Mettler, J. A**. (2022, May). *Physical activity level and self-perceptions among older adults after 4 weeks of neuromuscular electrical stimulation training* [Poster presentation]. North American Society for the Psychology of Sport and Physical Activity Conference, Waikoloa, Hawaii.
[Abstract published in *Journal of Sport & Exercise Psychology, 44: Supplement*, S89.]

*Pigg, Q. W., *Kendall, H. H., *Torres, D., Kipp, L. E., & **Mettler, J. A**. (2022, February 24). *Resistance training and quality of life among younger and older adults* [Poster presentation]. Texas American College of Sports Medicine Conference, Waco, Texas.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(14).]

*Kendall, H. H., *Torres, D., *Pigg, Q. W., Kipp, L. E., & **Mettler, J. A**. (2022, February 24). *Resistance training may mitigate age-related decline in physical function* [Poster presentation]. Texas American College of Sports Medicine Conference, Waco, Texas.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(14).]

*Ramirez, K. P., *Jiwan, N. C., *Mendoza, M. A., & **Mettler, J. A**. (2021, June). *Muscular torque production during neuromuscular electrical stimulation pre-post training in older adults* [Poster presentation]. American College of Sports Medicine Conference, Virtual Conference.
[Abstract published in *Medicine and Science in Sports and Exercise, 53*(5): *Supplement*.]

*Ramirez, K. P., *Mendoza, M. A., *Jiwan, N. C., Kipp, L. E., & **Mettler, J. A**. (2021, February 25). *Changes in physical function following 4-weeks of neuromuscular electrical stimulation training in older adults* [Poster presentation]. Texas American College of Sports Medicine Conference, Virtual Conference.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(13).]

*Mendoza, M. A., *Ramirez, K. P., *Jiwan, N. C., Kipp, L. E., Doucet, B. M., & **Mettler, J. A**. (2021, February 25). *Neuromuscular electrical stimulation effects on skeletal muscle fatigue in older adults* [Poster presentation]. Texas American College of Sports Medicine Conference, Virtual Conference.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(13).]

*Mendoza, M. A., *Goldenstein, S. J., *Summers, S. L., *Moczygemba, D., Kipp, L. E., & **J. A. Mettler**. (2020, May). *Perceptions of pain over a 4-week neuromuscular electrical stimulation treatment in older adults* [Poster presentation]. American College of Sports Medicine Conference, Virtual Conference.
[Abstract published in *Medicine and Science in Sports and Exercise, 52*: *Supplement*.]

*Jiwan, N. C., *Ramirez, K. P., *Mendoza, M. A., *Kane, M. S., Kipp, L. E., & **Mettler, J. A**. (2020, May). *Impact of neuromuscular electrical stimulation on quality of life in older adults* [Thematic Poster Presentation]. American College of Sports Medicine Conference, Virtual Conference.
[Abstract published in *Medicine and Science in Sports and Exercise, 52*: *Supplement*.]

*Mendoza, M. A., *Kane, M. S., *Jiwan, N. C., *Ramirez, K. P., Kipp, L. E., & **Mettler, J. A**. (2020, February 20). *Improvement in physical function and quality of life in older adults following 4 weeks of neuromuscular electrical stimulation* [Poster presentation]. Texas American College of Sports Medicine Conference, Waco, Texas.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(12).]

*Jiwan, N. C., *Ramirez, K. P., *Mendoza, M. A., & **Mettler, J. A**. (2020, February 20). *Muscular torque output during neuromuscular electrical stimulation following a 4-week training intervention in older adults* [Poster presentation]. Texas American College of Sports Medicine Conference, Waco, Texas.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(12).]

*Chase, K. L., Patek, K. T., Walker, J. L., & **Mettler, J. A.** (2019, June 2). *Influence of circumference measurements and body composition on estimating resting metabolic rate in healthy adults* [Poster presentation]. American College of Sports Medicine, Orlando, Florida.
[Abstract published in *Medicine and Science in Sports and Exercise, 51*: *Supplement*.]

*Goldenstein, S. J., *Summers, S. L., *Moczygemba, D., Kipp, L. E., & **Mettler, J. A.** (2019, February 28). *Perceived discomfort during 4 weeks of neuromuscular electrical stimulation training in older adults* [Poster presentation]. Texas American College of Sports Medicine, Fort Worth, Texas.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(11).]

*Chase, K. L., Patek, K. T., Walker, J. L., & **Mettler, J. A.** (2019, February 28). *Predicting resting metabolic rate in healthy adults using body composition and circumference measurements* [Poster presentation]. Texas American College of Sports Medicine, Fort Worth, Texas.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*.]

*Jasso, J. A., Kipp, L. E., & **Mettler, J. A.** (2018, May 31). *Attitude toward and perceived discomfort from neuromuscular electrical stimulation* [Poster presentation]. American College of Sports Medicine, Minneapolis, Minnesota.
[Abstract published in *Medicine and Science in Sports and Exercise, 50*: *Supplement 5S*, 471.]

*Kim, J. S., **Mettler, J. A.**, McCurdy, K., & Kim, K. M. **(**2018, June 2). *Dynamic strength following focal knee joint cooling* [Poster presentation]. American College of Sports Medicine, Minneapolis, Minnesota.
[Abstract published in *Medicine and Science in Sports and Exercise, 50*: *Supplement 5S*, 799-800.]

*Jasso, J. A., **Mettler, J. A.**, & Kipp, L. E. (2018, March 1). *Psychological and physical response to neuromuscular electrical stimulation* [Poster presentation]. Texas American College of Sports Medicine, Austin, Texas.
[Abstract published in *International Journal of Exercise Science: Conference Proceedings*, *2*(10), 103.]

Mettler, J. A., *Magee, D. M., Doucet, B. M., Williams, J. S., *Jasso, J. A., Crum, J. A., & *Bennett, S. M. (2017, June). *Effects of neuromuscular electrical stimulation frequency on markers of skeletal muscle growth in humans* [Poster presentation]. National Athletic Trainers' Association Annual Meeting and Symposium, Houston, Texas.
[Abstract published in *Journal of Athletic Training 52*(6): *Supplement* S-300-301.]

*Magee, D. M., **Mettler, J. A.**, & Doucet, B. M. (2017, June). *Quadriceps torque during high- and low-frequency neuromuscular electrical stimulation* [Poster presentation]. American College of Sports Medicine, Denver, Colorado.
[Abstract published in *Medicine and Science in Sports and Exercise, 49*: *Supplement* S776.]

Nathan Robey, N., Vela, L. I., **Mettler, J. A.**, & Harter, R. A. (2017, June). *Improved drop landing kinematics and resistance to fatigue following participation in two neuromuscular training programs* [Poster presentation]. American College of Sports Medicine, Denver, Colorado.
[Abstract published in *Medicine and Science in Sports and Exercise, 49*: *Supplement* S388.]

*Bennett, S. M., **Mettler, J. A.**, *Magee, D. M., Williams, J. S., & Doucet, B. M. (2016, June). *Effect of neuromuscular electrical stimulation on anabolic signaling in skeletal muscle of stroke Survivors* [Poster presentation]. American College of Sports Medicine, Boston, Massachusetts.
[Abstract published in *Medicine and Science in Sports and Exercise, 48*: *Supplement* S590.]

*Kim, J. S., **Mettler, J. A.**, McCurdy, K., & Kim, K. M. (2016, July). *Effects of focal knee joint cooling on different modes of quadriceps strength assessment* [Oral presentation]. Southwest Athletic Trainers' Association Conference, Arlington, Texas.

Ng, J. S., Harter, R. A., **Mettler, J.**, & Rohde, R. E. (2016, June). *The reliability of instrumented knee and ankle orthopedic special tests performed with a LigMaster™ multijoint arthrometer* [Oral presentation]. National Athletic Trainers' Association Annual Meeting and Symposium, Baltimore, Maryland.
[Abstract published in the *Journal of Athletic Training*, *51*(6): *Supplement* S-359.]

Robey, N. J., Vela, L. I., **Mettler, J. A.**, & Harter, R. A. (2015, June). *Field-based assessment of jump landing mechanics following participation in traditional vs. plyometric lower extremity injury prevention programs: A randomized controlled trial* [Oral presentation)]. Annual Meeting of the National Athletic Trainers' Association, St. Louis, Missouri.
[Abstract published in the *Journal of Athletic Training, 50*(6): *Supplement* S-66.]

Meyer, C. J., Ransone, J. W., Walker, J., & **Mettler, J. A**. (2015, June). *The effect of cryotherapy on muscle fatigue between maximal endurance exercise bouts* [Thematic poster presentation]. Annual Meeting of the National Athletic Trainers' Association, St. Louis, Missouri.
[Abstract published in the *Journal of Athletic Training, 50*(6): *Supplement* S-168.]

Mettler, J. A., Doucet, B. M., English, K. L., Bennett, S. M., & Paddon-Jones, D. (2014, April). *Leucine supplementation partially preserves neuromuscular activation during bed rest* [Poster presentation]. Experimental Biology Conference, San Diego, California.
[Abstract published in *FASEB J. 28*:1103.5.]

Huynh, B., Griffin, L., & **Mettler, J.** (2014, November). *Muscular endurance training and motor unit firing patterns during fatigue* [Poster presentation]. Society for Neuroscience Conference, Washington D.C.
[Abstract published online in *Annual Meeting Abstracts/Neuroscience 2014 Abstracts*, https://www.sfn.org/search?q=160.13/GG2.]

English, K. L., **Mettler, J. A.**, Danesi, C. P., Ellison, J., Doucet, B. M., Arentson-Lantz, E., Inniss, A. M., Mathers, C. H., Pattarini, J. M., & Paddon-Jones, D. (2013, February). *Leucine attenuates losses in muscle mass and strength and preserves muscle quality during 14 d bed rest in middle-aged adults* [Poster presentation]. NASA Human Research Program Investigators' Workshop, Galveston, Texas.

Arentson-Lantz, E., English, K. L., **Mettler, J.**, Danesi, C. P., Ellison, J., Doucet, B. M., Inniss, A. M., Mathers, C. H., Pattarini, J. M., & Paddon-Jones, D. (2013, February). *Effects of leucine supplementation during 14 d bed rest and 7 d rehabilitation on glucose tolerance and insulin sensitivity during OGTT* [Poster presentation]. NASA Human Research Program Investigators' Workshop, Galveston, Texas.

Mettler, J. A., English, K. L., Doucet, B. M., Mamerow, M. M., & Paddon-Jones, D. (2012, April). *Skeletal muscle fatigue and neuromuscular activation during bed rest* [Poster presentation]. Experimental Biology Conference, San Diego, California.
[Abstract published in *FASEB J. 26*:1085.7.]

Mamerow, M. M., **Mettler, J. A.**, English, K. L., Layman, D. K., Volpi, E., & Paddon-Jones, D. (2012, April). *Muscle protein synthesis is suboptimal following a typical carbohydrate-rich breakfast* [Poster presentation]. Experimental Biology Conference, San Diego, California.
[Abstract published in *FASEB J. 26*:1013.7.]

Mamerow, M. M., **Mettler, J. A.**, English, K. L., Layman, D. K., Volpi, E., & Paddon-Jones, D. (2012, April). *Protein distribution effect on indices of satiety* [Poster presentation]. Experimental Biology Conference, San Diego, California.
[Abstract published in *FASEB J. 26*:1013.5.]

English, K. L., **Mettler, J.**, Mamerow, M. M., Mathers, C. H., Pattarini, J. M., & Paddon-Jones D. (2012, April). *Leucine preserves muscle and strength and enhances recovery following bed rest* [Poster presentation]. Experimental Biology Conference, San Diego, California.
[Abstract published in *FASEB J. 26*:1085.6.]

English, K. L., Danesi, C. P., Doucet, B. M., **Mettler, J.**, Pattarini, J. M., Arentson-Lantz, E., Lewis, D., Inniss, A. M., Urban, R. J., Sheffield-Moore, M., & Paddon-Jones, D. (2012, November). *Nutrition maintains muscle quality in middle-aged adults during bed rest inactivity* [Poster presentation]. 16th Annual Forum on Aging, University of Texas Medical Branch, Galveston, Texas.

English, K. L., **Mettler, J.**, Mamerow, M. M., Danesi, C. P., Inniss, A. M., Mathers, C. H., Pattarini, J. M., & Paddon-Jones D. (2012, February). *Preserving muscle mass and strength with nutrition during unloading* [Poster presentation]. NASA Human Research Program Investigators' Workshop, Houston, Texas.
[Abstract published online at http://www.dsls.usra.edu/meetings/hrp2012/hrp2012.authorindex, Abstract #4230.]

Mettler, J. A., English, K. L., Doucet, B. M., Mamerow, M. M., Mathers, C., Pattarini, J. M., Ellison, J., McGaugh, J., Volpi, E., & Paddon-Jones, D. (2011, November). *Muscular endurance and neuromuscular function following 14 days of bed rest in middle-aged adults* [Poster presentation]. 15th Annual Forum on Aging, University of Texas Medical Branch, Galveston, Texas.

English, K. L., Mamerow, M. M., **Mettler, J.**, Danesi, C. P., Tang, P., Mathers, C. H., Pattarini, J. M., & Paddon-Jones D. (2011, November). *Leucine attenuates the loss of lean tissue mass and muscle strength during 14 d of bed rest disuse: preliminary results* [Poster presentation]. The National Center for Human Performance Annual Meeting, Houston, Texas.

Durham, W., Doucet, B., **Mettler, J.**, Casperson, S., Dillon, L. Kinsky, M., Gore, D., White, G., Danesi, C., Randolph, K., & Horstman, A. (2011, November). *Sildenafil reduces skeletal muscle fatigability* [Poster presentation]. 15th Annual Forum on Aging, University of Texas Medical Branch, Galveston, Texas.

English, K. L., **Mettler, J.**, Mamerow, M. M., Danesi, C. P., Pattarini, J. M., McGaugh, J. M., Ellison, J. B., & Paddon-Jones, D. (2011, November). *Unable to exercise? Preserve muscle with nutrition* [Poster presentation]. 15th Annual Forum on Aging, University of Texas Medical Branch, Galveston, Texas.

Mettler, J. A., English, K. L., Doucet, B. M., Mamerow, M. M., & Paddon-Jones, D. (2011, April). *Recovery of muscular endurance and motor activation following physical inactivity in middle-aged adults* [Poster presentation]. Experimental Biology Conference, Washington, D.C.
[Abstract published in *FASEB J*, *25*:1106.4.]

Mamerow, M. M., **Mettler, J. A.**, English, K. L., Layman, D. K., & Paddon-Jones, D. (2011, April). *Protein distribution needs for optimal meal response* [Poster presentation]. Experimental Biology Conference, Washington, D.C.
[Abstract published in *FASEB J*, *25*:983.7.]

English, K. L., **Mettler, J. A.**, Mamerow, M. M., Sheffield-Moore, M., & Paddon-Jones, D. (2011, April). *Leucine attenuates muscle loss and facilitates recovery following bed rest in middle-aged adults* [Poster presentation]. Experimental Biology Conference, Washington, D.C.
[Abstract published in *FASEB J*, *25*, 668.9.]

Mettler, J. A., English, K. L., Doucet, B. M., Mamerow, M. M., & Paddon-Jones, D. (2010, November). *Neuromuscular activation patterns and muscle function following 14 days of bed rest in middle-aged adults* [Poster presentation]. 14th Annual Forum on Aging, University of Texas Medical Branch, Galveston, Texas.

Mamerow, M. M., **Mettler, J. A.**, English, K. L., & Paddon-Jones, D. (2010, November). *Protein distribution needs for optimal meal response in adults* [Poster presentation]. 14th Annual Forum on Aging, University of Texas Medical Branch, Galveston, Texas.

English, K. L., **Mettler, J.**, Mamerow, M. M., Danesi, C., & Paddon-Jones, D. (2010, November). *Leucine attenuates muscle loss and facilitates recovery following 14 days of bed rest in middle-aged adults* [Poster presentation]. 14th Annual Forum on Aging, University of Texas Medical Branch, Galveston, Texas.

Ellison, J., McGaugh, J., English, K., Drummond, M., Mamerow, M., **Mettler, J.**, Volpi, E., & Paddon-Jones, D. (2010, November). *The effects of bedrest on functional outcome measures* [Poster presentation]. 14th Annual Forum on Aging, University of Texas Medical Branch, Galveston, Texas.

Mettler, J. A., & Griffin, L. (2009, May). *Post-activation potentiation following voluntary conditioning contractions of maximal and sub-maximal intensity* [Poster presentation]. American College of Sports Medicine Annual Meeting, Seattle, Washington.
[Abstract published in *Medicine and Science in Sports and Exercise, 41*: *Supplement* S5.]

Doucet, B. M., Griffin, L. **Mettler, J.**, & Ivanova, T. (November 2007). *Variable stimulation patterns for post-stroke hemiplegia* [Poster presentation]. Society for Neuroscience Conference, San Diego, California.

Griffin, L., Anderson, C., **Mettler, J.**, & Watkins, K. (November 2007). *Low-frequency fatigue in high versus Low-force voluntary and evoked contractions* [Poster presentation]. Society for Neuroscience Conference, San Diego, California.

Mettler, J. A., & Griffin, L. (2007, May). *Motor unit firing patterns during fatigue: Adaptations following endurance training* [Poster presentation]. American College of Sports Medicine Annual Conference, New Orleans, Louisiana.
[Abstract published in *Medicine and Science in Sports and Exercise, 39*: *Supplement* S330.]

2. Invited Talks, Lectures, and Presentations:

Mettler, J. A. & Davis, M. (2025, October). *Institutional Review Board: The IRB journey – insights from the chair* [Invited oral presentation]. Responsible Conduct of Research, Texas State University, San Marcos, Texas.

Mettler, J. A. (2025, May). *Session title: From draft to journal: Writing habits, tips, and insights from editors. Presentation title: Write on! Navigating the manuscript writing journey* [Invited oral presentation at International Conference]. Student & Early Career Preconference, American College of Sport Medicine Conference, Atlanta, Georgia.

Kim, J., **Mettler, J. A.**, Panhan, A., and Thapa, A. (2025, April). *A descriptive correlational study on pain, physical performance, and cortical excitability in patients with knee osteoarthritis* [Poster presentation]. Health Scholar Showcase, Texas State University, San Marcos, Texas.

Kipp, L. E. & **Mettler, J. A.** (2024, March). *Four weeks of neuromuscular electrical stimulation treatment increases physical activity among older adults* [Poster presentation]. Health Scholar Showcase, Texas State University, San Marcos, Texas.

Mettler, J. A. (2023, November). *Translational research: neuromuscular electrical stimulation* [Presentation]. Graduate Research Seminar ESS 5110, Texas State University, San Marcos, Texas.

Mettler, J. A. (2023, October 16). *Translational neuromuscular electrical stimulation research* [Invited presentation]. The University of Texas, Austin, Texas.

Mettler, J. A. (2023, September 28). *Aging well: Physical and environmental factors. strategies to maintain healthy muscle across the lifespan* [Invited presentation]. Price Center, San Marcos, Texas.

Kipp, L. E., **Mettler, J. A.**, Pigg, Q. W., & Kendall, H. H. (2023, March). *Resistance training status, aging, and quality of life* [Poster presentation]. Health Scholar Showcase, Texas State University, San Marcos, Texas.

Mettler, J. A., Kipp, L. E, Kendall, H. H., Pigg, Q. W., & Torres, D. (2022, April). *Resistance training positively impacts physical function resilience in aging* [Poster presentation]. Health Scholar Showcase, Texas State University, San Marcos, Texas.

Mettler, J. A. (2022). *Basics of the Institutional Review Board (IRB) process* [Presentation]. Graduate Research Seminar ESS 5110, Texas State University, San Marcos, Texas.

Mettler, J. A. (2022). *Resistance training exercise and aging on skeletal muscle function* [Presentation]. Graduate Research Seminar ESS 5110, Texas State University, San Marcos, Texas.

Mettler, J. A. (2021, April). *Institutional Review Board (IRB) experts panel* [Invited panel member]. Undergraduate Research Ethics Course (Instructor: Dr Jon Lasser), Texas State University, San Marcos, Texas.

Mettler, J. A., Kipp, L. E., Jiwan, N. C., Ramirez, K. P, & Mendoza, M. A. (2021, April). *Changes in quality of life following neuromuscular electrical stimulation in older adults* [Poster presentation]. Health Scholar Showcase, Texas State University, San Marcos, Texas.

Mettler, J. A., Magee, D. M., & Doucet, B. M. (2019, February). *High-frequency neuromuscular electrical stimulation upregulates markers of skeletal muscle growth in humans* [Poster presentation]. Health Scholar Showcase, Texas State University, San Marcos, Texas.

Mettler, J. A. (2018, March). *Role of skeletal muscle in physical function* [Invited presentation]. College of Education Research Symposium, Texas State University, San Marcos, Texas.

Mettler, J. A. (2018, February). *Effect of neuromuscular electrical stimulation on anabolic signaling in skeletal muscle of stroke survivors* [Poster presentation]. Health Scholar Showcase, Texas State University, San Marcos, Texas.

Mettler, J. A. (2017). *Research round table in translational neuromuscular physiology research methods* [Presentation]. Literature and Research in Health and Human Performance ESS 5346, Texas State University, San Marcos, Texas.

Mettler, J. A. (2016). Neuromuscular Electrical Stimulation in Stroke Patients [Presentation]. Literature and Research in Health and Human Performance ESS 5346, Texas State University, San Marcos, Texas.

Mettler, J. A. (2015). *Skeletal muscle growth: the role of protein* [Presentation]. Bioenergetics Course AT 5307, Texas State University, San Marcos, Texas.

Mettler, J. A. (2015). *Muscle physiology laboratory techniques* [Presentation]. Proprioception and Neuromuscular Rehabilitation AT 5310, Texas State University, San Marcos, Texas.

Mettler, J. A. (2015). *Research design: Application to biomedical research* [Presentation]. Literature and Research in Health and Human Performance ESS 5346, Texas State University, San Marcos, Texas.

Mettler, J.A. (2014). *Effects of neuromuscular electrical stimulation on cellular markers of skeletal muscle growth and degradation in stroke patients* [Presentation]. Proprioception and Neuromuscular Rehabilitation AT 5310, Texas State University, San Marcos, Texas.

Mettler, J. A. (2014). *Quasi-experimental study design: Application to biomedical research* [Presentation]. Literature and Research in Health and Human Performance ESS 5346, Texas State University, San Marcos, Texas.

Mettler, J. A. (2012). *Aging muscle: The role of protein* [Presentation]. The University of Texas Medical Branch, Galveston, Texas.

Mettler, J. A. (2012). *Inactivity, muscle function and dietary protein recommendations* [Presentation]. The University of Texas Medical Branch, Galveston, Texas.

Mettler, J. A. (2011). *Maintaining muscle mass and function: Establishing a protein framework* [Presentation]. The University of Texas Medical Branch, Galveston, Texas.

Mettler, J. A. (2003). *The benefits of resistance training for diabetics* [Presentation]. St. David's Medical Center Diabetes Support Group, Austin, Texas.

Mettler, J. A. (2002). *Strength training and conditioning* [Presentation]. Austin Community College, Austin, Texas.

3. Consultancies:

Research Consultant. Department of Nutrition and Metabolism. School of Health Professions. The University of Texas Medical Branch, Galveston, TX. Contract with Dr. Doug Paddon-Jones. (August 2012 - March 2013)

4. Workshops:

Plyometrics and Functional Training for the Upper Extremity. Wisconsin Shoulder Symposium & Workshop. La Crosse, WI. 2002.

Core Strengthening Techniques. Wisconsin Lower Extremity Kinetic Chain Symposium & Workshop. La Crosse, WI. 2001.

5. Other Works not in Print:

a. Works "submitted or "under review"

b. Works "in progress"
(*denotes author as student advisee; † denotes last author as corresponding author/project PI/lab director)

Mettler, J. A., *Jiwan, N., *Goldenstein, S., Kipp, L. E., McAllister, M., & *Van Ree, G. Skeletal muscle anabolic signaling response to a 4-week neuromuscular electrical stimulation treatment in older adults. *Medicine and Science in Sports and Exercise*. (in progress: planned submission 2025)

† Kipp, L. E., & **Mettler, J. A**. Physical activity level and self-perceptions among older adults after 4 weeks of neuromuscular electrical stimulation training. *Journal of Physical Activity and Health.* (in progress: planned submission 2025)

Mettler, J. A., *Mendoza, M., Doucet B. M., & *Rameriz, K. P. Voluntary skeletal muscle fatigue and motor activation following neuromuscular electrical stimulation training in older adults. *Journal of Electromyography and Kinesiology*. (in progress: planned submission 2026)

Mettler, J. A., *Sabu, Stalin, *Uriegas, S., *Khan, K., & Convertino, V. Compensatory reserve and skeletal muscle fatigue. (in progress, planned submission 2026)

Doucet, B.M & **Mettler, J. A**. Motor recovery of the hand in chronic stroke using an electromechanical intervention. *Neurorehabilitation and Neural Repair*. (in progress)

*†Khan, K., & **Mettler, J. A.** Effect of neuromuscular electrical stimulation frequency on biological markers related to skeletal muscle growth. (in data collection phase)

Kim, J., **Mettler, J. A.**, Thapa, A., *Sabu, S. Brain mapping in patients with knee osteoarthritis pain. (in data collection phase)

C. Grants and Contracts

1. Funded External Grants and Contracts:

Lewis, K.A. (PI), Kerwin, S.M. (Co-PI), McLean, R. (Co-PI), … **Mettler, J.A.** U-RISE at Texas State. National Institutes of Health - National Institute of General Medical Sciences. (T34). Role: Co-Investigator and Student Mentor. $2,238,578. (Funded Period: 4/2021 – 3/2026)

Mettler, J.A., Kendall, H., and Kipp, L.E. Impact of resistance training on skeletal muscle mass, strength and physical function in younger and older adults. Texas American College of Sports Medicine. Student Research Development Award. Role: Faculty Principal Investigator and Student Mentor; $1,000. Student Principal Investigator & Awardee: Kendall, H. (Funded Period: 07/2020- 12/2021)

Kim, Joosung. Effects of focal knee joint cooling on different modes of quadriceps strength assessment. Southwest Texas Athletic Trainers' Association Free Communication and Research Committee Master's/Doctoral Grant. $1,000. Role: Faculty Advisor/Grant Administrator. (Funded period: 08/2015 – 07/2016)

> ***NOTE:*** *In 2015, Dr Kyung Min Kim served as the faculty advisor for Joosung Kim and assisted in the successful submission of this master's thesis grant, with funds distributed in mid-July 2015. Dr Kim resigned from Texas State on July 31, 2015 to accept a faculty position at The University of Miami and thus could not continue to serve as the faculty advisor on this grant. Dr Kim asked that I take on the role of faculty advisor on this grant upon his departure from Texas State University.*

Mettler, J.A., and Williams J. Effects of neuromuscular electrical stimulation frequency on metabolic markers of skeletal muscle growth factors in humans. National Athletic Trainers' Association Research and Education Foundation. Role: Principal Investigator; $56,062.50 (Funded Period 08/2014 – 06/2016). Grant # 14GGP004.

2. Submitted, but not Funded, External Grants and Contracts:

McCurdy, K., McAllister, M., **Mettler, J.**, Farrell, J., and Fry, C. Comparison of muscle glycogen, body composition, and performance between resistance-trained adults on a low- and high-carbohydrate diet. National Strength and Conditioning Association (NSCA) Foundation, Senior Investigator Grant. Role: Co-Investigator; $30,000. Principal Investigator: McCurdy, K. (submitted February 2022)

Farrell, III, J.W., Pilutti, L. A., **Mettler, J. A.**, Rolfe, R. The efficacy of contralateral resistance training for reducing asymmetry in muscular fitness outcomes and improving mobility in persons with multiple sclerosis. National Strength and Conditioning Association Young Investigator Award. Requested $23,999.00 USD. Role: Co-Investigator. Principal Investigator: Farrell. (submitted February 2022)

McCurdy, K., **Mettler, J.**, McAllister, M., Fry, C., and Farrell, J. Effects of a low carbohydrate diet on muscle glycogen levels, body composition, and muscular strength and power in resistance-trained individuals. National Strength and Conditioning Association (NSCA) Foundation, Senior Investigator Grant. Role: Co-Investigator; $30,000. Principal Investigator: McCurdy, K. (submitted February 2021)

Mettler, J. A. Frequency-specific neuromuscular electrical stimulation and physical function in older adults. National Institutes of Health. (R15). Role: Principal Investigator; $461,305 (submitted June 2020)

Mettler, J. A. and Kipp L.E. Screening and prevention of sarcopenia with promotion of healthy lifestyle for middle-aged and older adults. United Way of Hays and Caldwell Counties. Role: Principal Investigator; $9,000 (submitted June 2020)

Mettler, J. A. Frequency-specific neuromuscular electrical stimulation and physical function in older adults. National Institutes of Health. (R15). Role: Principal Investigator; $458,255 (submitted October 2019)

Mettler, J. A. Functional adaptations to neuromuscular electrical stimulation in older adults. National Institutes of Health. (R01). Role: Principal Investigator; $1,812,330 (submitted in 2016)

Mettler, J. A. Optimizing the maintenance and recovery of motor control, muscle mass and functional capacity during bed rest and rehabilitation. National Space Biomedical Research Institute. Postdoctoral Fellowship. (submitted in 2011)

3. Funded Internal Grants and Contracts:

Mettler, J. A & Kipp, L. E. Impact of neuromuscular electrical stimulation (NMES) on physical activity and physical function in older adults. Translational Health Research Center Award. Texas State University. Role: Co-Principal Investigator; $6,000. (Funded: 10/2024 – 5/2026).

Kim, J., and **Mettler, J. A.** Brain mapping in patients with knee osteoarthritis pain. Texas State University. (Research Enhancement Program Award). Role: Co-Investigator; $16,000. Principal Investigator: J. Kim (Funded 12/2023 – present)

Farrell, J., and **Mettler, J. A.** Contributors to walking capacity across the lifespan in MS. Texas State University. (Research Enhancement Program Award). Role: Co-Investigator; $16,000. Principal Investigator: J. Farrell (Funded 12/2020 – 9/2023)

Kipp, L. E., Griffin, L. K., Deringer, S. A., **Mettler, J. A.**, and Forsythe, M. E. Enhancing mental and physical health of children and adolescents through innovative afterschool programs. College of Education Social Innovation Research Accelerator Grant. Role: Co-Investigator; $6,800. Principal Investigator: L. Kipp (Submitted Oct 2019: Funded Period 01/2020 – 05/2022)

Mettler, J. A. Impact of neuromuscular electrical stimulation on physical activity in older adults. Funding appropriated for project by Accelerator Funding by the Office of Research and Sponsored Programs as accelerator funding to support preliminary data and lab equipment for National Institutes of Health (NIH) grant proposal development. Role: Principal Investigator; $103,500. (Funding received: 08/2018 – present)

Mettler, J. A., and Kipp, L. Impact of neuromuscular electrical stimulation on physical activity in older adults. Texas State University. (Research Enhancement Program Award). Role: Principal Investigator; $16,000. (Funded Period 12/2017 – 12/2019)

Mettler, J. A., and Williams, J. Skeletal muscle fiber type alterations and influence of muscle fatigue in stroke patients. Texas State University. (College of Education Faculty Pilot Research Grant). Role: Principal Investigator; $5,000 (Funded period: 06/2014 – 12/2016)

Mettler, J. A., and Williams, J. Effects of neuromuscular electrical stimulation on cellular markers of skeletal muscle growth and degradation in stroke patients. Texas State University. (Research Enhancement Program Award). Role: Principal Investigator; $16,000 (Funded period: 2013 – 2015)

4. Submitted, but not Funded, Internal Grants and Contracts:

McCurdy, K., and Mettler, J.A. Comparison of skeletal muscle glycogen replacement on a carbohydrate-restricted and high-carbohydrate diet in resistance-trained males. Texas State University. (Research Enhancement Program Award). Role: Consultant; Principal Investigator: K. McCurdy. $12,000. (submitted October 2025, in review)

Mettler, J.A. Run to R1 Postdoctoral Researcher Catalyst Program. Texas State University. Division of Research. Requested funding for a postdoc for 2 years. (submitted April 2023).

Farrell, J., **Mettler, J.A.**, Weirschem, D., Jimenez, J., and Lee, H.M. Development of a mobile-device based application for increasing physical activity levels and tracking fatigue in persons with multiple sclerosis. Texas State University. Multidisciplinary Internal Research Grant (MIRG). Role: Co-Investigator; $28,080 (submitted January 2021)

Mettler, J.A., Kipp, L.E., and Farrell, J. Impact of resistance training on skeletal muscle mass, strength and physical function across the lifespan. Texas State University. (Big Ideas Initiative). Role: Principal Investigator. $275,000. (Submitted Oct 2020; Dec 2020 selected to move to Round II of the Big Ideas Initiative. The Texas State Office of Development has identified this project as a fundraising priority with the intent of securing funding from donors.)

Farrell, J., and **Mettler, J.A.** Development of a mobile application for the promotion of physical activity and tracking of fatigue in persons with multiple sclerosis. Texas State University. (Big Ideas Initiative). Role: Co-Investigator. $240,000. (Submitted Oct 2020; Dec 2020 selected to move to Round II of the Big Ideas Initiative. The Texas State Office of Development has identified this project as a fundraising priority with the intent of securing funding from donors.)

Mettler, J.A., and Williams, J. Anabolic and catabolic response to neuromuscular electrical stimulation in skeletal muscle of persons with stroke. Texas State University. (College of Education Faculty Pilot Research Grant). Role: Principal Investigator; $5,000 (submitted in 2012)

Doucet, B.M., and **Mettler, J.A**. Anabolic response to neuromuscular electrical stimulation (NMES) in hemiplegic muscle of persons with chronic stroke. University of Texas Medical Branch Institute of Translational Sciences: CTSA Pilot Study Grant. Role: Co-Investigator; $29,998 (submitted in 2012)

D. Fellowships, Awards, and Honors

Additional Research Support for Associate Professors on Path to Professor (ASAP), College of Education, Texas State University, Spring 2022.

College of Education Achievement Award for Scholarly/Creative Activities, Texas State University, 2015.

E. Scholarly / Creative Professional Development Activities Attended

American College of Sports Medicine Conference. Attended. Atlanta, Georgia. May 2025.

Blood Bourne Pathogen Training. April 2025.

BSL-2 Lab Safety Training. April 2025.

General Biosafety Training. April 2025.

Hazardous Chemical Training. April 2025.

Hazardous Waste Training. April 2025.

Texas American College of Sports Medicine Conference. Attended. Waco, Texas. February 2025.

CITI Training. Group 3: IRB Committee Members & Staff. November 13, 2024.

CITI Training. Biomedical Research Investigators and Key Personnel. February 23, 2024.

American College of Sports Medicine Conference. Attended. Boston, Massachusetts. May 2024.

Texas American College of Sports Medicine Conference. Attended. Waco, Texas. February 2024.

HHP Research Seminars. Attended 4 seminars. Presenters: Dr Rachel Rolfe, Dr Matt McAllister, Dr Lindsay Kipp, Public Health Students. Department of Health and Human Performance. Texas State University. 2024.

American College of Sports Medicine Conference. Attended. Denver, Colorado. May 2023.

Texas American College of Sports Medicine Conference. Attended. Waco, Texas. February 2023.

CPR Certification. December 2023.

HHP Research Seminars. Attended 4 seminars. Presenters: Dr Duane Knudson, Dr Allie Thomas, Dr Brenda Berumen, Student Presentation (Dr John Farrell's students). Department of Health and Human Performance. Texas State University. 2023.

Western Society for Physical Education of College Women Conference. Attended. Pacific Grove, California. November 2022.

Health + Resilience Research Network. Translational Health Research Center. Texas State University. Attended 2-hour presentation. November 2022.

Radiation Safety Training for Radiography and Fluoroscopy. Completed online training as part of radiation safety training to operate the DXA scanner. March 2022.

Radiation Safety Officer Site Visit and Training. Completed 1 day training in person as part of training to operate the DXA scanner. March 2022.

Texas American College of Sports Medicine Conference. Attended. Waco, Texas. February 2022.

American Kinesiology Association Leadership Conference. Virtual. Attended. January 2022.

CITI Training Certificate. Completed ~12 hours of online training. Training needed to conduct human subject research. November 2021.

Dual Energy X-ray Absorptiometry (DXA) Certification. Trainer from General Electric for the Lunar Prodigy. Completed 2-day training to take DXA scans to measure components of body composition. July 2021.

American College of Sports Medicine Conference. Attended. Virtual annual conference. June 2021.

Texas American College of Sports Medicine Conference. Attended. Virtual annual conference. February 2021.

Faculty Developmental Leave. Fall semester 2020.
Unique Email Relay Tool and Bulk Email Builder Tool Training. Texas State Technology Resources. Instructor: Lindsey Vickers. October 2020.
Big Ideas Virtual Week: Translational Health Presentation with Brad Nations. Attended. September 2020.

American College of Sports Medicine Conference. Attended. Virtual annual conference. June 2020.

Texas American College of Sports Medicine Conference. Attended. Waco, TX. February 2020. Selected to attend Grant Writing Workshop with Dr Anthony DePass. Hosted by the Office of Research and Sponsored Projects. Texas State University. Attended a series of 5, 7-hr workshop sessions. January – July 2019.

Grant Writing Workshop with Dr Anthony DePass. Hosted by the Office of Research and Sponsored Projects. Texas State University. November 2018. Attended workshop.

F. Media Recognition

Muscle Research is Going Strong. Featured researcher article. Written by Emma Carberry. Published in: The College of Education Impact Report. 2018.

IV. SERVICE

A. Institutional:

1. University:

   Search Committee. Assistant Vice President & Chief Research Compliance Officer. Texas State University. Committee, Member. (September 2025 – present)

   Institutional Review Board (IRB), Chair (July 2025 - present)

   Institutional Review Board (IRB), Alternate Member (September 2023 – June 2025)

   University Continuity of Research Work Group: Institutional Review Board (IRB) COVID-19 Subcommittee, Member (2020 – 2021)

   Becoming a Productive Scholar and Researcher. New Tenure-Track Faculty Orientation, Invited Panel Member (August 2019)

   Institutional Review Board (IRB), Regular Member (2017 – August 2023)

   College of Education Scholarship Reviewer (2013)

2. College:

   Outstanding Graduate Student Review Committee (2022 - 2024)

   College of Education Faculty Advisory Council Member (2013 - 2015)

Department:

Coordinator/Host for event at Texas State. Texas American College of Sports Medicine, Spring 2025 Lecture Tour Presentation. Masters Athletes: Superhumans with Grey Hair and Wrinkled Skin? Presented by Dr Hiro Tanaka, PhD, Assistant Professor at The University of Texas. (April 2025)

Assistant Professor Mentoring Committee for Dr Milena Samora,
Chair (2024 - present)

HHP Scholar's Day Poster Judge. Department of Health and Human Performance. Texas State University. 2024.

Faculty Search Committee. Assistant or Associate Professor in Exercise and Sports Science. Department of Health and Human Performance. Committee, Member (2023 - 2024)

Postdoctoral Research Fellow Search Committee. Postdoctoral Research Fellow for Dr Joosung Kim. Department of Health and Human Performance. Committee, Member (2023 - 2024)

Assistant Professor Mentoring Committee for Dr Joosung Kim, Chair (2023 - present)

Faculty Search Committee. Assistant or Associate Professor in Athletic Training. Department of Health and Human Performance. Committee, Chair (2022 - 2023)

Graduate Student Organization for Exercise and Sports Science.
Faculty Sponsor, Co-Chair. (August 2022 – present)

Graduate Program Coordinator, Exercise and Sports Science (June 2022 – present)

Program Coordinator Committee, Member. (2022 – present)

Texas American College of Sports Medicine, Spring 2022 Lecture Tour Presentation. Effects of Diabetes on Cardiovascular Response to Exercise. Presented by Dr Audrey Stone, PhD, Assistant Professor at The University of Texas. Co-coordinator for event at Texas State. (2022)

Exercise and Sports Science Undergraduate Curriculum Committee, Chair (2021 - 2022)

Comprehensive Exam Committee: Graduate Exercise and Sports Science Program, Member (2021 – 2023)

Biodex Dynamometry Laboratory, Director (2021 – present)

Assistant Professor Mentoring Committee for Dr Rachel Koldenhoven Rolfe, Member (2020 - 2022). Chair (2023 – 2024)

Personnel Committee, Member. (2018 – present)

Assistant Professor Mentoring Committee for Dr Matt McAllister, Member (2018 - 2021)
Assistant Professor Mentoring Committee for Dr Stacy Hunter, Member (2017 - 2022)

Rehabilitation Sciences Master's Concentration Curriculum Development Committee, Member (2017 - 2019)

Faculty Search Committee. Tenure Track Assistant Professor in Exercise and Sports Science. Department of Health and Human Performance. Committee, Member (2017-2018)

Faculty Search Committee. Tenure Track Assistant Professor in Exercise and Sports Science. Department of Health and Human Performance. Committee, Member (2017)

Exercise and Sport Science Graduate Curriculum Committee, Member (2015 - 2018)

Exercise and Sport Science Graduate Admissions Committee, Member (2015 - 2018)
Technology Committee, Member (2014 - 2018)

Translational Neuromuscular Physiology Laboratory, Director (2013 - present)

Exercise and Sport Science Graduate Student Writing Committee, Chair (2013 - 2018)

B. Professional:

Committee Co-Chair. Women's Breakfast Planning Committee. Texas American College of Sports Medicine Annual Conference. (October 2025 – February 2026)

Associate Editor. *Translational Journal of the American College of Sports Medicine*. Invited Associated Editor. (July 2025 – present)

Mentor/Discussion Leader. Women's Breakfast: Meet the Professionals. Texas American College of Sports Medicine Conference (TACSM). Waco, Texas. February 2025.

Session Moderator. Keynote Address - Raven Lecture: Multi-Omic Signature of Physical Activity & Inactivity in Human Skeletal Muscle. Speaker: Dr Blake Rasmussen, University of Texas Health Sciences Center, San Antionio. Texas American College of Sports Medicine (TACSM). Waco, Texas. February 2025.

Committee Chair. Conference Program Planning Committee. Texas American College of Sports Medicine. (February 2024 – February 2025)

Committee Member. Women's Breakfast Planning Committee. Texas American College of Sports Medicine Annual Conference. (October 2024 – February 2025)

Committee Chair. Student Manuscript Award. Texas American College of Sports Medicine (TACSM). (2024)

Mentor/Discussion Leader. Women's Breakfast. Texas American College of Sports Medicine Conference (TACSM). Waco, Texas. February 2024.

Session Moderator. Invited Nutrition Talk. Good Nutrition in Challenging Places: Warfighter Nutrition in a Deployed Environment. Speaker: Nick Barringer, PhD, RD. Texas American College of Sports Medicine Conference (TACSM). Waco, Texas. February 2024.

Journal Editorial Board Member. *Translational Journal of the American College of Sports Medicine*. Invited editorial board member. (2023 – 2025)

President. Texas American College of Sports Medicine. Elected for a three-year term [President-Elect (2/2023-2/2024), President (2/2024-2/2025), Past-President (2/2025-2/2026)]. (February 2023 – present)

Committee Chair. Student Research Development Awards: PhD Category. Texas American College of Sports Medicine (TACSM). (2023)

Roundtable Panel Planning Committee Member. Empowerment Round Table: Women in Science. Committee, Member. Texas American College of Sports Medicine Conference. Waco, Texas. February 2023.

Session Moderator. Student Research Development Award Presentations. Texas American College of Sports Medicine (TACSM). Waco, Texas. February 2023.

Committee Chair. Student Research Development Award Presentations. Texas American College of Sports Medicine (TACSM). (2023)

Nominated to be placed on voting ballot for President-Elect. Accepted nomination. Texas American College of Sports Medicine. (nominated in 2022)

Session Moderator. Student Research Development Award Presentations. Texas American College of Sports Medicine Conference. Waco, Texas. February 2022.

Committee Chair. Student Research Development Award Presentations. Texas American College of Sports Medicine (TACSM). (2022)

Board of Directors, Non-medicine Representative. Texas American College of Sports Medicine (TACSM). Elected position. (2019 - 2023)

Scholarship Reviewer. Texas American College of Sports Medicine Body Composition Scholarship. Texas American College of Sports Medicine. December 2021.

Session Moderator. New to Texas Investigator Lecture. Sarah Deemer, PhD, University of North Texas. Texas American College of Sports Medicine Annual Conference. February 2021.

Grant Reviewer. Student Research Development Awards: Undergraduate Category. Texas American College of Sports Medicine (TACSM). (2021)

Committee Chair. Student Research Development Awards: PhD Category. Texas American College of Sports Medicine (TACSM). (2020, 2021, 2022)

Judge/Reviewer. Student Research Development Award Presentations. Texas American College of Sports Medicine (TACSM). (2021)

Committee Chair. Student Video Contest. Texas American College of Sports Medicine (TACSM). (2020)

Grant Reviewer. Student Research Development Awards: PhD Category. Texas American College of Sports Medicine (TACSM). (2019)

Conference Abstract Reviewer. Texas American College of Sports Medicine (TACSM). (2018)

Conference Poster Judge. Texas American College of Sport Medicine (TACSM). Austin, Texas. (2018)

Journal Reviewer:

Translational Journal of the American College of Sports Medicine (2025)

Research Quarterly for Exercise and Sport (2021)

Frontiers: Frontiers in Human Neuroscience (2021)

Journal of Musculoskeletal and Neuronal Interactions (2021, 2022)

Medicine & Science in Sports & Exercise (2020, 2021, 2022, 2023, 2024, 2025)

Journal of Athletic Training (2020)

Scientific Reports – Nature Research (2019)

Therapeutic Advances in Chronic Disease (2019)

Perceptual and Motor Skills (2017 – 2018, 2022)

Journal of Antivirals and Antiretrovirals (2017)

Journal of the Academy of Nutrition and Dietetics (2012 - 2020)

Journal of Applied Physiology (2012)

Muscle and Nerve (2011)

American Journal of Physiology - Endocrinology and Metabolism (2011)

Journal of the American Dietetic Association (2010 - 2011)

Organizations

Professional:

American College of Sports Medicine – Member (2016 – present)

Texas American College of Sports Medicine – Member (2016 – present)

National Athletic Trainers' Association – Member (2014 – present)

Southwest Athletic Trainers' Association – Member (2014 – present)

National Strength and Conditioning Association – Member (2013 – present)

D. Service Honors and Awards

College Achievement Award for Service. College of Education. Texas State University, 2025.

Presidential Distinction Award for Service. College of Education. Texas State University, 2024.

E. Service Grants and Contracts

1. Funded External Service Grants and Contracts

Mettler, J.A. Career Development. American College of Sports Medicine Regional Chapter Grant. Funds for career development activities for Texas American College of Sports Medicine. Role: Principal Investigator; $3,000. (submitted in 2024; funded January 2025 – December 2025)

Mettler, J.A. (PI), and Miller, K. (PI). Biodex testing for Austin FC. Austin FC, Major League Soccer (MLS). Role: Principal Investigator; $1,125. (October 2024 – December 2025)

Mettler, J.A. (PI), and Miller, K. (PI). Biodex testing for Austin FC. Austin FC, Major League Soccer (MLS). Role: Principal Investigator; $1,125. (October 2023 – October 2024)