TEXAS STATE VITA

I. Academic/Professional Background

A. **Name:** John Wayland Farrell III, Ph.D., C.P.S.S., **Title:** Assistant Professor C.S.C.S

B. Educational Background

Degree	***Year***	***Institution***	***Major***	***Thesis/Dissertation***
Ph.D.	2018	University of Oklahoma	Exercise Physiology	Differences in muscle activation and power contribution during cycling in individuals with multiple sclerosis.
M.S.	2014	University of Oklahoma	Exercise Physiology	The effects of 30 second rest intervals between sets of high resistance/low repetition resistance training on lactate threshold.
B.S.	2012	Midwestern State University	Exercise Physiology	

C. University Experience

Position	***Institution***	***Dates***
Assistant Professor Department of Health and Human Performance	Texas State University	08/2020 – Present
Postdoctoral Fellow School of Interdisciplinary Health Sciences	University of Ottawa	08/2018 – 08/2020
Graduate Assistant Department of Health and Exercise Science	University of Oklahoma	08/2012 – 08/2018

D. Relevant Professional Experience

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

Certification	*Organization*	*Dates*
Certified Performance and Sport Scientist (CPSS), #7248501778	National Strength and Conditioning Association	11/2022 – Present
Neurostatus and EDSS Certified Rater, Level C	Neurostatus	10/2018 – Present
Certified Strength and Conditioning Specialist (CSCS), #: 7248043780	National Strength and Conditioning Association	05/2016 – Present

II. TEACHING

A. Teaching Honors and Awards:

University of Oklahoma

Provost's Certificate of Distinction in Teaching, Awarded: Spring 2017

B. Courses Taught:

Texas State University

ESS 5328	Principles of Endurance Training
ESS 5308	Physical Activity, Disease Prevention and Treatment
ESS 5305	Advanced Fitness Assessment and Exercise Prescription
ESS 4319	Fitness Assessment and Programming for Clinical Exercise Science
ESS 4317	Fitness Assessment and Programming for Apparently Healthy Individuals

University of Oklahoma

HES 4873	Principles of Strength and Conditioning
HES 4833	Physiology of Exercise Lab
HES 3883	Principles of Endurance Training
HES 3853	Exercise Testing and Prescription
HES 3813	Principles of Health and Fitness
HES 2823	Introductory Nutrition
HES 1823	Principles of Health and Disease
HES 1221	Individual Fitness
HES 1161	Beginning Racquetball
HES 1121	Beginning Weight training

C. Directed Student Learning (i.e. theses, dissertations, exit committees, etc.):

Texas State University

Clinical Research Rotation
Supervisor, Clinical Rotation with Research Emphasis for Valerie Neira in collaboration with the Department of Occupational Therapy at Baylor University. Completed: December 2023

Thesis Committee

Member, Master's Thesis Committee for Makenna Beesley. *Exploring Motivations and Identifying Barriers: Understanding Individuals' Participation in Adaptive Sports.* M.S. in Therapeutic Recreation, Completed December 2023.

Member, Master's Thesis Committee for Venkataramanan Suresh. *An Integrated MoCap and Physiological Data-Driven Worker Fatigue Model of an Order Packaging Operation*. M.S. Engineering, Graduated May 2022.

Undergraduate Honor's Thesis Committee

Chair, Undergraduate Honor's Thesis for Evan Garces. Assessing Risk Factors for Upper Extremity Injuries in Collegiate Pitchers Using Force Plates and ArmCare Data. B.S. in Exercise Sport Science, Expected Graduation May 2026

Chair, Undergraduate Honor's Thesis for Kayla Ellorimo. *Assessing the Training Intensity Distribution of Collegiate Cross Country Runners Across an Entire Season*. B.S. in Exercise Sport Science, Graduated May 2024

Innovation – Discovery – Exploration – Analysis (IDEA) Center Student Supervision

Chair, IDEA Center Undergraduate Research, Abdul Adegbite, Expected Graduation May 2026

Chair, IDEA Center Undergraduate Research, Elisabeth Schwitzgebel, Graduated May 2024

Culminating Project

Chair, Culminating Project for Vasillas Arampatzis. *Association Between Countermovement Jump Force-Time Characteristics and 10-Yard Sprint Performance in Division I Collegiate Baseball Players*. Graduated May 2026.

Chair, Culminating Project for Jason Nguyen. *The Physiological Adaptations to Upper Extremity High Intensity Interval Training: A Systematic Review*. Graduated December 2025.

Chair, Culminating Project for Caleb Clay. *The Effects of Baseball Pitching on Force-Time Metrics Assessed with the Countermovement Jump*. Graduated December 2025.

Chair, Culminating Project for Eythor Baldurrson. *Associations Between Countermovement Jump Metrics and Throwing Performance in Track and Field Throwers*. Graduated May 2025.

Chair, Culminating Project for Alec Huhman. *Perceptional Load Monitoring in Collegiate American Football Athletes*. Graduated May 2025.

Chair, Culminating Project for Micah Strahan. *Objective Load Monitoring in Collegiate American Football Athletes*. Graduated May 2025.

Chair, Culminating Project for Jason Nguyen. *The Physiological Adaptations to Upper Extremity High Intensity Interval Training: A Systematic Review*. Expected Graduation December 2025.

Chair, Culminating Project for Ian Guettler. *Physiological Demands and Training Interventions of Wheelchair Racing*: *A Systematic Review*. Graduated May 2024

Chair, Culminating Project for Noah Perez. *Assessing the Physiological and Kinematic Demands of Wheelchair Basketball: A Systematic Review.* Graduated May 2024.

Chair, Culminating Project for Brianna Espinosa. *The Impact of Adapted Sports on Health and Quality of Life in Individuals with Disabilities*. Graduated December 2023.

Chair, Culminating Project for Payton Miller. *No Differences in Acute Oxygen Consumption Response between High Intensity Intermittent Exercise Formats when Matched Based on W Prime Expenditure.* Graduated December 2023.

Chair, Culminating Project for Sunha Lee. *Effects of Collegiate Cross-Country Training and Racing on Bone Mineral Density and Content of Runners*. Graduated December 2023.

Chair, Culminating Project Laura Coleman. *Comparison of Maximal Oxygen Consumption Obtained during the Three-Minute All-Out Test and an Incremental Exercise Test in Wheelchair Racing Athletes*. Graduated May 2023.

Chair, Culminating Project for Tristan Watson. *Validation of the Critical Velocity Concept in Wheelchair Racing*. Graduated May 2023.

Chair, Culminating Project for Danielle Elder. *Validation of an Automated Computer Code for the Identification of the Gas Exchange Threshold*. Graduated May 2023

Chair, Culminating Project for ArieAnn Bell. *The Biomechanics of Collegiate Middle-Distance Runners during the Different Phases of the Three Minute All Out Test*. Graduated December 2022

Chair, Culminating Project for Cydnee Lindley. *The Training Intensity Distribution of Collegiate Middle-Distance Runners Based on Critical Velocity*. Graduated December 2022.

Chair, Culminating Project for Cole Brown. *Training Interventions to Reduce Muscular Strength Asymmetries in Athletes: A Systematic Review*. Graduated Summer 2022

Chair, Culminating Project for Valerie Neira. *The effects of exercise training on the management of upper extremity function in persons with multiple sclerosis: a systematic review*. Graduated December 2021.

Chair, Culminating Project for Tamlynn D. Niemietz. *The impact of lactate accumulation on improvements in cognitive function following exercise training: a systematic review*. Graduated May 2021.

Independent Study

Supervisor, Independent Study for Cassandra Sweebe. Completed Spring 2025

Supervisor, Independent Study for Caleb Clay. Completed Spring 2025

Supervisor, Independent Study for Ian Guettler. Completed Spring 2024

Supervisor, Independent Study for Noah Perez. Completed Spring 2024

Supervisor, Independent Study for Noah Perez. Completed Fall 2023

Supervisor, Independent Study for Brianna Espinosa. Completed Fall 2023

Supervisor, Independent Study for Sunha Lee. Completed Fall 2023

Supervisor, Independent Study for Tristan Watson. Completed Summer II 2023

Supervisor, Independent Study for Brianna Espinoza. Completed Summer II 2023

Supervisor, Independent Study for Laura Coleman. Completed Spring 2023

Supervisor, Independent Study for Tristan Watson. Completed Spring 2023

Supervisor, Independent Study for Laura Coleman. Completed Fall 2022

Supervisor, Independent Study for Payton Miller. Completed Summer II 2022

Supervisor, Independent Study for Payton Miller. Completed Summer I 2022

Supervisor, Independent Study for Valerie Neira. Completed Summer II 2021

Supervisor, Independent Study for Valerie Neira. Completed Summer I 2021

National Science Foundation Research Experience for Undergraduates Site Supervision

Supervisor, NSF REU for Arthur “Jack” Matteotti, Machine Learning, Analytics, Virtual Reality and Health, and Firefighting. Completed Summer 2026.

Supervisor, NSF REU for Mae Olsen, Machine Learning, Analytics, Virtual Reality and Health, and Firefighting. Completed Summer 2025.

Supervisor, NSF REU for Jessica Li, Machine Learning, Analytics, Virtual Reality and Health, and Firefighting. Completed Summer 2024.

Supervisor, NSF REU for Jofred Gonzales, Machine Learning, Analytics, Virtual Reality and Health, and Firefighting. Completed Summer 2023.

Supervisor, NSF REU for Samantha Hernandez, Machine Learning, Analytics, Virtual Reality and Health, and Firefighting. Completed Summer 2022.

D. Courses Prepared and Curriculum Development:

Courses Prepared:

Texas State University

ESS 5308 Physical Activity, Disease Prevention and Treatment. This course had not been taught for several semester prior to my arrival. I prepared new lectures, assignments, exams, and class activities.

ESS 5305 Advanced Fitness Assessment and Exercise Prescription. This course is taught regularly. There were available materials from other faculty for this course. I prepared new lectures and assignments and integrated previous class activities.

University of Oklahoma

HES 3883 Principles of Endurance Training. I was the first to teach this course after faculty member developed the curriculum. I prepared new lectures, exams, and class activities.

Curriculum Development:

Texas State University

ESS 5308 AOP Physical Activity, Disease Prevention and Treatment. Redeveloped this material into a fully online 8-week course for Texas State Global starting in Fall 2025

ESS 4319 Fitness Assessment & Programming for Clinical Populations for Texas State International Hub in Padova, Italy at the University of Padova. Developed this course in collaboration with faculty at Padova University for study abroad program to be held starting in Summer 2025.

ESS 4319 Fitness Assessment and Programming for Clinical Exercise Science. I developed this course which was first taught in Fall 2020. I chose textbooks and prepared lectures, assignments, exams, and class activities.

ESS 5328 Principles of Endurance Training. I developed and proposed this course in the Fall of 2021.

E. Teaching Grants and Contracts

1. Funded External Teaching Grants and Contracts:

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

3. Funded Internal Teaching Grants and Contracts:

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

F. Other:

Visiting Professor

Visiting Professor, University of Padova, Padova, Italy. June 8th – June 26th, 2026 as part of the Texas State University Summer Hub Program 2026.

Visiting Professor, University of Padova, Padova, Italy. May 17th – June 7th, 2025 as part of the Texas State University Summer Hub Program 2025.

G. Teaching Professional Development Activities Attended

Texas State University

GradMentor Workshop, Attended: May 18th – May 19th, 2026

Inclusive Language Pedagogy, Attended: October 22, 2021

Setting Your Intentions: Inclusive Syllabi Design, Attended: June 22nd, 2021

ESCALA: Increasing Latinx Student Success, Attended: April 13th, 2021

Communicating Progress: Developing and Documenting Evidence of Student Improvement (Educational Programs and General Education), Attended: April 7th, 2021

Helping First Generation College Students Survive and Thrive in Your Class, Attended: April 1st, 2021

Canvas for New Faculty Orientation, Attended: August 18th, 2020

III. SCHOLARLY/CREATIVE

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

1. Books:

a. Scholarly Monographs:

b. Textbooks:

c. Edited Books:

d. Chapters in Books:

Larson, R. D., Cantrell, G. S., **Farrell III, J. W.**, Lantis, D. J., & Pribble, B. A. (2017). Assessment, Consequence, and Clinical Implication of Asymmetry. In *Nutrition and Lifestyle in Neurological Autoimmune Diseases* (pp. 127-134). Academic Press. https://doi.org/10.1016/b978-0-12-805298-3.00013-x

e. Creative Books:

2. Articles:

a. Refereed Journal Articles:
[*]Texas State University Undergraduate Student
[#]Texas State University Graduate Student

Clay, C. S.[#], Perez, N. J.[#], Miller, P. E.[#], & **Farrell III, J. W.** (2026). Agreement Between Same-Day and Separate-Day Assessment of Critical Power, W′, and Peak Oxygen Uptake in Recreational Cyclists and Triathletes. *Physiologia*, *6*(2), 43. https://doi.org/10.3390/physiologia6020043.

Farrell III, J. W., Renshaw, A. J.[*], Garcia, M. R.[*], Johnson, W. R., Cheever, K. M., Valles, D. Use of Principal Component Analysis for Identification of Differences in Countermovement Jump Metrics Between Positions in Collegiate Baseball. (Online Ahead of Print) *International Journal of Sports Science & Coaching,* 0(0). https://doi.org/ 10.1177/17479541261421108.

Harris, J.[#], McCurdy, K., Liu, T., Mettler, J. A., Walker, J., & **Farrell III, J. W.** (2026). Comparison of Repeat Power Ability During a High-Volume Squat Exercise in Resistance-Trained Males and Females. *Biomechanics*, *6*(1), 5. https://doi.org/10.3390/biomechanics6010005

Guettler, I. T.[#], Perez, N.J.[#], Thomas, A., & **Farrell III, J.W.** The Physiological Profile of Wheelchair Racers: A Systematic Review. (2025). *Strength and Conditioning Journal*. 47(5): 543 – 555. https://doi.org/10.1519/SSC.0000000000000900

Thomas, A., Mueller, K.E., Sharpe, S., Whaley, D., Heffner, C., & **Farrell III, J.W.** (2025). Proposing practice recommendations for adaptive sports for the disciplines of recreational therapy, exercise physiology, and athletic training. *American Journal of Recreation Therapy*. 24(1): 7 – 18. https://doi.org/10.5055/ajrt.0308.

Long, J., Brown, D., **Farrell III, J.W.**, Gonzalez, M., Cheever, K.M. Sleep duration and sleep quality as season-long predictors of ratings of perceived exertion and psychological wellbeing in female soccer athletes. (2025) *Journal of Strength and Conditioning Research.* 39(9): 973 – 981. https://doi.org/10.1519/JSC.0000000000005166

Kim, M.B.[#], Thomas, A., Sharpe. S, & **Farrell III, J.W.** Understanding Reasons for Participation and Barriers Within Adaptive Sports for Individuals with Physical Disabilities. (2025) *Recreational Sports Journal*. 49(1): 46 – 58. https://doi.org/10.1177/15588661241292027

Thomas, A., Mueller, K., **Farrell III, J.W.**, & Heffner, C. (2025) Recreational Therapy, Exercise Physiology, and Athletic Training: Interprofessional Collaborative Practices for Adaptive Sport. *Therapeutic Recreation Journal*. 59(2): 163-183. https://doi.org/10.18666/TRJ-2025-V59-I2-12599

Long, J., Brown, D. **Farrell III, J.W.**, Gonzalez, M., & Cheever, K.M. (2024) Relationship Between Workload, Psychological State and Sleep in Female Soccer Athletes. *International Journal of Sports Medicine.* 45(11): 829-836. https://doi.org/10.1055/a-2304-3694

Perez, N.J.[#], Miller, P.[#], & **Farrell III, J.W.** (2024) Intensity Distribution of Collegiate Cross-Country Competitions. *Sports*. 12(1): 18. https://doi.org/10.3390/sports12010018

Miller, P.[#], Perez, N.J.[#], & **Farrell III, J.W.** (2023) No Differences in Acute Oxygen Consumption Response between High Intensity Intermittent Exercise Formats when Matched Based on W Prime Expenditure. *Sports.* 11(12): 238. https://doi.org/10.3390/sports11120238

Farrell III, J.W. & Valerie, V.E.# (2023) Contralateral asymmetry in cycling power is reproducible and independent of exercise intensity at submaximal power outputs. *Symmetry*. 15: 1142. https://doi.org/10.3390/sym15061142

Hurd, K. A.*, Surges, M. P.*, & **Farrell III, J. W.** (2023) The use of exercise training to enhance the power – duration curve: a systematic review. *Journal of Strength and Conditioning Research.* 37(3): 733-744. https://doi.org/10.1519/JSC.0000000000004315

Farrell, J.W., III; Shipman,S., D. Black, C.; Ade, C.J., & Larson, R.D. (2023) Assessing Asymmetry in Exercise Intensity Domains between Lower Limbs in Persons with Multiple Sclerosis: A Pilot Study. *Physiologia*. 3, 1–10. https://doi.org/10.3390/physiologia3010001

Neira, V. E.[#], Niemietz, T. D.[#], & **Farrell III, J. W.** (2022). The effects of exercise training on upper extremity function for persons with multiple sclerosis: a systematic review. *Journal of Rehabilitation Medicine - Clinical Communications*. 5: 0087. https://doi.org/10.2340/jrmcc.v5.2306

Farrell III, J.W., Edwards, T., Motl, R.W., & Pilutti, L.A. (2022). Effect of functional electrical stimulation cycling exercise on lower limb strength asymmetry in persons with multiple sclerosis. *International Journal of MS Care*. 24(1): 25 – 28 https://doi.org/10.7224/1537-2073.2020-059

Allanach, J. R., **Farrell III, J. W.**, Mésidor, M., & Karimi-Abdolrezaee, S. (2022). Current status of neuroprotective and neuroregenerative strategies in multiple sclerosis: a systematic review. *Multiple Sclerosis Journal*. 28(1): 29 – 48. https://doi.org/10.1177/13524585211008760

Farrell III, J.W., Dunn, A., Lantis, D.J., Cantrell, G.S., Larson, D.J., & Larson, R.D. (2021). The effects of group running on the training intensity distribution of collegiate

cross-country runners. *Journal of Strength and Conditioning Research.* 35(10): 2862 – 2869. http://doi.org/10.1519/JSC.0000000000003236

Farrell III, J. W., Pribble, B. A., & Larson, R. D. (2021). Effects of exercise intensity on pedal force asymmetry during cycling. *Symmetry*, *13*(8), 1449. https://doi.org/10.3390/sym13081449

Farrell III, J.W., Motl, R.W., Learnmonth, Y.C., & Pilutti, L.A. (2021) Persons with multiple sclerosis exhibit strength asymmetries in both upper and lower extremities. *Physiotherapy*, 111, 83 – 91. https://doi.org/10.1016/j.physio.2020.07.006

Farrell III, J.W., Merkas, J., & Pilutti, L.A. (2020). The effect of exercise training on gait, balance, and physical fitness asymmetries in persons with chronic neurological conditions: a systematic review of randomized controlled trials. *Frontiers in Physiology*. https://doi.org/10.3389/fphys.2020.585765

Farrell III, J.W., Bemben, D.A., Black, C.D., Larson, D.J., Pardo, G., Fjeldstad-Pardo, C., & Larson, R.D. (2019). Evaluation of power production asymmetry during cycling in persons with multiple sclerosis. *International Journal of Environmental Research and Public Health*, 16: 3445. https://doi.org/10.3390/ijerph16183445

Larson, R.D., Barton, M., **Farrell III, J.W.**, Cantrell, G.S., Lantis, D.J., Black, C.D., & Ade, C.J. (2018). Evaluation of oxygen uptake kinetic asymmetries in patients with multiple sclerosis: a pilot study. *International Journal of Kinesiology and Sports Science*, 6 (4): 21 – 24. http://dx.doi.org/10.7575/aiac.ijkss.v.6n.4p.21

Farrell III, J.W., Blackwood, D.J., & Larson, R.D. (2018). Four weeks of muscular endurance resistance training does not alter fatigue index. *International Journal of Kinesiology and Sports Science*, 6 (3): 32 – 37. http://dx.doi.org/10.7575/aiac.ijkss.v.6n.3p.32

Farrell III, J.W., Lantis, D.J., Ade, C.J., Cantrell G.S., & Larson, R.D. (2018). Aerobic exercise supplemented with muscular endurance training improves onset of blood lactate accumulation. *Journal of Strength and Conditioning Research*, 32 (5): 1376 – 1382, http://dx.doi.org/10.1519/JSC.0000000000001981

Farrell III, J.W., Lantis DJ, Ade CJ, Bemben DA, & Larson RD. (2017). Metabolic response to four weeks of muscular endurance resistance training. *International Journal of Kinesiology and Sport Science*, 5 (4): 10 – 17, 2017; http://dx.doi.org/10.7575/aiac.ijkss.v.5n.4p.10

Lantis, D.J., **Farrell III, J.W.** Cantrell, G.S., & Larson, R.D**.** (2017). Eight weeks of high-volume resistance training improves onset of blood lactate in trained individuals. *Journal of Strength and Conditioning Research*, 31 (8): 2176 – 2182. http://dx.doi.org/10.1519/JSC.0000000000001686

Larson, R.D., Cantrell, G.S., Ade, C.J., **Farrell III, J.W.**, Lantis, D.L., Barton, M.A., & Laron, D.J. (2015). Physiological responses to two distinct maximal cardiorespiratory

exercise protocols. *International Journal of Sports and Exercise Medicine*, 1 (13): 1 – 6. http://dx.doi.org/10.23937/2469-5718/1510013

b. Non-refereed Articles:

3. Conference Proceedings:

a. Refereed:

Olsen, M., Sherpa, P., Pineda, J. A., **Farrell III, J. W.**, & Valles, D. (2025). The use of machine learning to model player readiness in female collegiate volleyball players. *In Proceedings of the 2025 IEEE 16th Annual Ubiquitous Computing, Electronics & Mobile Communication Conference (UEMCON)* (pp. 655–660). IEEE. https://doi.org/10.1109/UEMCON67449.2025.11267642

Li, J. B., **Farrell III, J. W.**, & Valles, D. (2024). Data augmentation for classifying multiple sclerosis severity through inertial measurement unit–based gait analysis. *In Proceedings of the 2024 IEEE International Conference on Bioinformatics and Biomedicine (BIBM)* (pp. 6443–6450). IEEE. https://doi.org/10.1109/BIBM62325.2024.10822219

Rafiq, S. A., Ellsworth, E. S., Resendiz, O., Varanasi, S. H., Ishola, A. A., Koldenhoven, R., **Farrell III, J. W.**, Li, Y., Resendiz, M. D., Aslan, S., Liu, T., & Valles, D. (2024). Design of autonomous rover for firefighter rescue: Integrating deep learning with ROS2. *In Proceedings of the 2024 IEEE World AI IoT Congress (AIIoT)* (pp. 421–428). IEEE. https://doi.org/10.1109/AIIoT61789.2024.10578950 Smith, E., Rolfe, R., **Farrell III, J. W.**, Li, Y., Aslan, S., Resendiz, M. D., Ting, L., & Valles, D. M. (2024). Development of an augmented reality handwashing tool for children with autism spectrum disorder. *In Proceedings of the 2024 IEEE 14th Annual Computing and Communication Workshop and Conference (CCWC)* (pp. 249–256). IEEE. https://doi.org/10.1109/CCWC60891.2024.10427963

Valles, D. M., Umali, L. A. R., Paveglio, T., Brinson, J. N., Hyder, M., Jackson, G. E., Hall, D., **Farrell III, J. W.**, Li, Y., Aslan, S., Resendiz, M. D., & Ting, L. (2023). Data collection and real-time facial emotion recognition in iOS apps with CNN-based models. *In Proceedings of the 2023 IEEE World AI IoT Congress (AIIoT)* (pp. 669–677). IEEE. https://doi.org/10.1109/AIIoT58121.2023.10174520

b. Non-refereed:

4. Abstracts:

5. Reports:

6. Book Reviews:

7. Essays:

8. Poems:

9. Short Stories:

10. Other Works in Print:

B. Works Not in Print:

1. Papers Presented at Professional Meetings:

Peer reviewed Conference Abstracts Presented as a Poster
*Texas State University Undergraduate Student
#Texas State University Graduate Student

Arampatzis, V.#, Clay, C.S.#, Johnson, W.R., and **Farrell III, J.W.** (Presented) Association Between Countermovement Jump Force-Time Characteristics and 10-Yard Sprint Performance in Division I Collegiate Baseball Players. Presented at National Strength & Conditioning Association National Conference 2026.

Clay, C.S.#, Johnson, W.R., and **Farrell III, J.W.** (Presented) The Effects of Pitching on Force-Time Metrics Derived From the Countermovement Jump in Collegiate Baseball Pitchers. Presented at National Strength & Conditioning Association National Conference 2026.

Garces, E.*, Clay, C.S.#, Johnson, W.R., and **Farrell III, J.W.** (Presented) Longitudinal Monitoring of CMJ and Arm Strength and Mobility Metrics Reveals Short-Term Deterioration Patterns Associated With Injury in Collegiate Baseball Pitchers. Presented at National Strength & Conditioning Association National Conference 2026.

Renshaw, A.J.*, Garcia, M.R.*, Scanlin, K., Valles, D., and **Farrell III, J.W.** (Presented) Countermovement Jump Force-Time Metrics Associated With Throwing Performance in Collegiate Shot-Put Athletes. Presented at National Strength & Conditioning Association National Conference 2026.

Garcia, M.R.*, Renshaw, A.J.*, Clay, C.S.#, and **Farrell III, J.W.** (Presented) Correlation Analysis Between Perceptual Readiness and Countermovement Jump Metrics in Female Collegiate Volleyball Players. Presented at National Strength & Conditioning Association National Conference 2026.

Garcia, M.R.* and **Farrell III, J.W.** (2025) Position-Based Analysis of Countermovement Jump Metrics in Female Collegiate Volleyball Players. *Journal of Strength & Conditioning Research*, 39(12), e1698 https://doi.org/10.1519/JSC.0000000000005357

Renshaw, A.*, Johnson, W., **Farrell III, J.W.** (2025) Countermovement Jump Positional Analysis in Collegiate Baseball Players. *Journal of Strength & Conditioning Research*, 39(12), e1745 https://doi.org/10.1519/JSC.0000000000005357

Perez, N.J.# and **Farrell III, J.W.** (2024) The use of training data to calculate critical velocity and predict race performance times for collegiate distance runners during indoor track season. *Journal of Strength &Conditioning Research,* 39(2), e218. https://doi.org/10.1519/JSC.0000000000004992

Perez, N.J.[#], Miller, P.E.[#], and **Farrell III, J.W.** (2023) Determining the validity of conducting an incremental cycling test and the three-minute all-out test in the same testing session. *Journal of Strength &Conditioning Research*, 37(12), e811. https://doi.org/10.1519/JSC.0000000000004684

Miller, P.E.[#], Perez, N.J.[#], and **Farrell III, J.W.** (2023) No differences in acute oxygen consumption response between high intensity interval training formats when matched based on w prime expenditure. *Journal of Strength &Conditioning Research*, 37(12), e815. https://doi.org/10.1519/JSC.0000000000004684

Neira, V.E.[#], **Farrell III, J.W.** (2022) Power production asymmetry during submaximal cycling: preliminary results. *International Journal of Exercise Science: Conference Proceedings*. 2(14): Article 45. https://digitalcommons.wku.edu/ijesab/vol2/iss14/45

Pribble, B.A., **Farrell III, J.W.**, Cantrell, G.S., Lantis, D.J., Bemben, D.A., Black, C.D., Larson, D.J., Larson, R.D. (2020). Body composition in persons with multiple sclerosis vs. healthy controls. *Medicine & Science in Sports and Exercise*, *52* (5S), 1756. https://doi.org/10.1249/01.mss.0000679116.23035.ee

Pribble, B.A., **Farrell III, J.W.**, Larson, D.J., Black, C.D., Bemben, D.A., Larson, R.D. (2019). Assessment of bilateral asymmetry in cycling peak torque in multiple sclerosis patients vs. controls. *Medicine & Science in Sports and Exercise*, *51* (6S), 883. https://doi.org/10.1249/01.mss.0000563138.89871.3a

Farrell III, J.W., Blackwood, D., Pribble, B., Larson, R. (2018). Evaluation of asymmetry in power production during cycling. *Medicine & Science in Sports and Exercise, 50* (5S), 25. https://doi.org/10.1249/01.mss.0000535166.51200.ba

Blackwood, D.J., **Farrell III, J.W.**, Larson, R.D. (2018). Effects of cycling cadence on physiological variables. *Medicine & Science in Sports and Exercise*, *50* (5S), 26. https://doi.org/10.1249/01.mss.0000535168.89318.23

Fox, A.N., **Farrell III, J.W.**, Larson, R.D. (2018). The effects of cadence on torque asymmetry. *Medicine & Science in Sports and Exercise*, *50* (5S), 813. https://doi.org/10.1249/01.mss.0000538678.74971.1a

Pribble, B.A., Larson, D.J., Black, C.D., Blackwood, D.J., Rookard, J., **Farrell III, J.W.**, Larson, R.D. (2018). An evaluation of the foot tapping test (ftt) in a healthy population. *Medicine & Science in Sports and Exercise*, *50* (5S), 566. https://doi.org/10.1249/01.mss.0000536952.30856.56

Farrell III, J.W., Blackwood, D.J., Pribble, B.A., & Larson, R.D. (2017). Evaluation of asymmetry in power production during cycling. *International Journal of Exercise Science*, *11*, 5. https://digitalcommons.wku.edu/ijesab/vol11/iss5/36

Fox, A.N., **Farrell III, J.W.**, Larson, R.D. (2017). The effects of cadence on torque asymmetry. *International Journal of Exercise Science*, *11*, 5. https://digitalcommons.wku.edu/ijesab/vol11/iss5/20

Blackwood, D.J., **Farrell III, J.W.**, Larson, R.D. (2017). Effects of cycling cadence on physiological variables. *International Journal of Exercise Science*, *11*, 5. https://digitalcommons.wku.edu/ijesab/vol11/iss5/17

Blackwood, D., **Farrell III, J.W.**, Lantis, D.J., Cantrell, G.S., Bemben, D.A FACSM, Larson, R.D. (2017). Relationship between fatigue index and obla before and after muscular endurance resistance training. *Medicine and Science in Sport and Exercise*, *49* (5S): 1060. https://doi.org/10.1249/01.mss.0000519912.73648.4e

Farrell III, J.W., Lantis, D.J., Cantrell, G.S., Bemben, D.A. FACSM, Larson, R.D**.** (2017). Tracking of blood lactate response across eight sessions of muscular endurance resistance training. *Medicine and Science in Sport and Exercise*, *49* (5S): 759. https://doi.org/10.1249/01.mss.0000519018.72240.64

Cantrell, G., Lantis, D., **Farrell III, J.**, Pribble, B., Larson, D., Larson, R. (2017). Relationship between peak power asymmetry and self-reported measures of fatigue in people with multiple sclerosis. *Medicine and Science in Sport and Exercise*, *49* (5S): 633. https://doi.org/10.1249/01.mss.0000518665.06307.b6

Lantis, D.J., Cantrell, G.S., Hintz, J.P., Larson, D.J., **Farrell III, J.W.**, Pribble, B.A., Larson, R.D. (2017). Knee extensor asymmetry in multiple sclerosis patients before and after single-leg cycling. *Medicine and Science in Sport and Exercise*, *49* (5S), 631. https://doi.org/10.1249/01.mss.0000518661.83436.19

Pribble, B.A., Larson, D.J., Cantrell, G.S., Lantis, D.J., **Farrell III, J.W.**, Larson, R.D. (2017). Pilot study for the reliability of the 10-second foot tapping test (ftt). *Medicine and Science in Sport and Exercise*, *49* (5S), 313. https://doi.org/10.1249/01.mss.0000517724.23030.ee

Dickey, H.D., Larson, D.J., Dunn, A.M., **Farrell III, J.W.**, Cantrell, G.S., Lantis, D.J., Bemben, M.G. FACSM, Larson, R. D. (2017). Decreasing total training time efficient in improving speed and aerobic cost in competitive runners, *Medicine and Science in Sport and Exercise*. *49* (5S), 147-148; https://doi.org/10.1249/01.mss.0000517232.07187.93

Farrell III, J.W., Ade, C., Lantis, D.J., Cantrell, G.S., Pribble, B.A., Larson, D.J. & Larson, R.D. Impact of exercise intensity domain on bilateral asymmetry in Multiple Sclerosis. International Society of Physical and Rehabilitation Medicine World Congress, Buenos Aires, Argentina 2017.

Larson, R.D., **Farrell, J.W.**, Cantrell, G.S., Lantis, D.J., Pribble, B.A., Larson, D.J., Ade, C. (2016). Evaluation of oxygen uptake kinetic asymmetries: A pilot study. *Multiple Sclerosis Journal*. *22*(S3), 866. https://doi.org/10.1177/1352458516664293

Detmer, A., **Farrell III, J.W**., Lantis, D.J., Barton, M.A., Shipman, S.R., Cantrell, G.S., Campbell, J.A., Bemben, M.G., Larson, D.J., & Larson, R.D. (2015). Training intensity distribution in collegiate cross-country runners. *Medicine and Science in Sport and Exercise.* *47*(5S), 947. https://doi.org/10.1249/01.mss.0000479309.18880.03

Farrell III, J.W., Lantis, D.J., Barton, M.A., Shipman, S.R., Cantrell, G.S., Bemben, D.A., & Larson, R.D. (2015). Effects of high repetition/low resistance training with 30 seconds of rest intervals on lactate threshold. *Medicine and Science in Sport and Exercise*, *47*(5S), 933-934. https://doi.org/10.1249/01.mss.0000479267.20666.76

Lantis, D.J., **Farrell III, J.W.**, Barton, M.A., Larson, R.D. (2015). High repetition resistance training improves fixed blood lactate and performance parameters in endurance trained individuals. *Medicine and Science in Sport and Exercise*, *47*(5S), 932. https://doi.org/10.1249/01.mss.0000479262.90171.73

Cantrell, G.S, Barton, M., Larson, D., Lantis, D., **Farrell III, J.W**., Shipman, S., and Larson, R. (2015). Physiological responses of 2 distinct vo_2max protocols: a validation study. *Medicine and Science in Sport and Exercise*, *47*(5S), 255; https://doi.org/10.1249/01.mss.0000477040.43964.36

Barton, M.A., Larson, D.J., Lantis, D.J., **Farrell III, J.W.**, Cantrell, G.S**.**, Shipman, S.R., & Larson, R.D. (2014). Comparison between vo2 max cycling protocols (standard vs. ramp). *Medicine and Science in Sport and Exercise*, *46*(5S), 937. https://doi.org/10.1249/01.mss.0000496313.64352.a0

Farrell III, J.W. Lantis, D.J., Ade, C.J., Barton, M.A., Larson, R.D. (2014). Cardiorespiratory adaptations in response to endurance training when supplemented with high repetition low resistance training. *Medicine and Science in Sport and Exercise*, *46* (5S): 877. https://doi.org/10.1249/01.mss.0000496133.62423.62

Lantis, D.J., **Farrell III, J.W.**, Barton, M.A., Larson, R.D. (2014). High repetition resistance training improves fixed blood lactate at 4 mmol/l in endurance trained individuals. *Medicine and Science in Sport and Exercise*, *46*(5S), 251. https://doi.org10.1249/01.mss.0000493935.65392.5f

Sunderland, K.L., Lantis, D.J., **Farrell III, J.W.**, Barton, M.A., Larson, R.D., Bemben M.G., Short, K.R. (2014). Influence of Exercise on the Temporal Response of Serum Osteocalcin Following Glucose Intake. *Medicine and Science in Sport and Exercise*, *46* (5S), 158. https://doi.org/10.1249/01.mss.0000493647.65998.95

Peer Reviewed Conference Abstracts Selected as a Platform Presentation
[#]Texas State University Graduate Student

Engelke, P.[#], Clay, C.S[#], and **Farrell III, J.W.** (Presented) Force-Time Signatures of Reduced, Maintained and Increased Countermovement Jump Performance in Collegiate Volleyball Athletes. Presented at National Strength & Conditioning Association National Conference 2026.

Thomas, A., Mueller, K.E., **Farrell III, J.W.**, Sharpe, S. & Heffner, C. (2024, October). *Recreational Therapy, Exercise Physiology, and Athletic Training: Scopes of Practice and Safety Recommendations for Adaptive Sports through Interprofessional Practice* [Oral Research Symposium]. American Therapeutic Recreation Association Research Institute, Kansas City, MO. October 2024.

Neira V.E.[#] and **Farrell III, J.W.** (2023). Power production asymmetry is not altered across a 10-kilometer cycling time-trial. *Journal of Strength and Conditioning Research*, 37(3), e230. https://doi.org/10.1519/JSC.0000000000004416

Farrell III, J.W., Edwards, T., Motl, R.W., & Pilutti, L.A. (2020). The impact of FES cycling on reducing muscular asymmetries in persons with multiple sclerosis. *International Journal of MS Care*, *22*(S2), 9. https://doi.org/10.7224/1537-2073-22.s2.1

Farrell III, J.W., Motl, R.W., Learmonth, Y.C., Pilutti, L.A. (2019). Persons with multiple sclerosis with severe disability exhibit muscular strength asymmetries in both upper and lower extremities. *International Journal of MS Care*, *21*(S1), 8-9. https://doi.org/10.7224/1537-2073-21.s1.1

2. Invited Talks, Lectures, and Presentations:

Local

Farrell III, J.W. (2025) Bobcat Jump, TXST Athletics – Volleyball, San Marcos, TX.

Panel Member. (2023) How to be Successful in Graduate School, Virtual Presentation, Department of Health and Exercise Science, The University of Oklahoma.

Farrell III, J.W. (2022) Engaging in Exercise Training, Where to Start with Multiple Sclerosis. Virtual Presentation, Austin Multiple Sclerosis Self Help Group.

Farrell III, J.W. (2021) Importance of Engaging in Physical Activity and Exercise Training in Persons with Multiple Sclerosis. Austin Multiple Sclerosis Self Help Group.

Farrell III, J.W. (2017). *Cardiovascular Health & Coronary Artery Disease.* Lunch & Learn, University of Oklahoma, Norman, OK, USA.

Farrell III, J.W. (2017). *Resistance Training for Enhanced Endurance Performance.* Presented at Hotter'n Hell Hundred Science of Cycling Symposium, Wichita Falls, TX, USA.

International

Farrell III, J.W. (2026) From Data to Decision: An Integrated Approach to Human Performance, Isokinetic Bologna Campus, Italy.

Farrell III, J.W. (2025) The Countermovement Jump for Athlete Monitoring, Isokinetic Bologna Campus, Italy.

Farrell III, J.W., Mesidor, M., Allanach, J., Karimi, Soheila. (2020) *Current Status of Neuroprotective and Regenerative Strategies for Myelin Repair in Multiple Sclerosis: a Systematic Review*. Virtual SPRINT Summer School, Multiple Sclerosis Society of Canada.

Farrell III, J.W. (2019) *Innovative Approaches for Exercise Delivery for Persons with Multiple Sclerosis*. Moving for Multiple Sclerosis: Why You Should Exercise and How You Can Make It

Happen, Brain Health Awareness Week, Brain and Mind Research Institute, University of Ottawa, Ottawa, ON, Canada. https://youtu.be/KQnYXwfyw1s?t=4267

Farrell III, J.W. (2019) *Persons with Multiple Sclerosis Exhibit Contralateral Asymmetries: A Brief Review and Future Directions*. MS Journal Club of The Ottawa Hospital. Ottawa, ON, Canada.

Podcast

Farrell III, J.W. (2025) The Physiological Demands and Profile of Wheelchair Racing: A Systematic Review. The Strength and Conditioning Journal Podcast. https://podcasts.apple.com/us/podcast/strength-and-conditioning-journal-podcast/id453566484?i=1000729998054

Farrell III, J.W. (2025) Bridging Science and Sport: Dr. John Farrell on Performance, Purpose & Progress. Performance Talk Podcast https://podcasts.apple.com/us/podcast/performance-talk/id1454514628?i=1000725569475

Farrell III, J.W. (2025) Building the Bridge Between Medicine and Fitness, Season 3 Episode 5 of the Medical Fitness Podcast. https://podcastsconnect.apple.com/my-podcasts/show/the-medical-fitness-podcast/c92ecde2-19e0-499f-825c-0c65fa6bc27b/episodes

Farrell III, J.W. (2018) *Strength Training for Endurance Athletes*. Episode 229 of Fitter Radio Podcast https://www.fitter.co.nz/fitter-radio/2018/9/2/episode-229-callum-millward

3. Consultancies:

4. Workshops:

5. Other Works not in Print:

a. Works “submitted” or “under review”:
[*]Texas State University Undergraduate Student
[#]Texas State University Graduate Student

Neira, V.E[#]. & **Farrell III, J.W.** Pedal force asymmetry in trained cyclist performing a self-paced 10-kilometer time trial. (Under Review) *International Journal of Exercise Science*

b. Works "in progress":

c. Other Works Not in Print:

Poster Presentation

Farrell III, J.W., Edwards, T., Motl, R.W., Pilutti, L.A. (2021) Functional Electrical Stimulation Cycling Exercise Reduces Lower Limb Strength Asymmetry in Persons with Multiple Sclerosis. Texas State University Translation Health Research Center Scholar Showcase.

Peer Reviewed Conference Platform Presentation

Farrell III, J.W., Edwards, T., Motl, R.W., & Pilutti, L.A. (2019) The Impact of FES Cycling on Reducing Muscular Asymmetries in Persons with Multiple Sclerosis. endMS Conference, Calgary, AB, Canada.

Farrell III, J.W., Bemben, D.A., Black, C.D., Larson, D.J, Larson, R.D. (2019) Evaluation of Power Production Asymmetry during Cycling in Persons with Multiple Sclerosis. Ontario Exercise Physiologist Conference, Barrie, ON, Canada.

C. Scholarly / Creative Grants and Contracts:

1. Funded External Grants and Contracts:

Texas State University

Miller K. & **Farrell III, J.W.** Efficacy of CONTROL on menstrual cramps, skeletal muscle cramping, and baseball performance. Avkare. Funded: $120,000 USD. January 2025 – December 2025. Role: Co-Investigator

Valles Molina, D., Ting, L. REU Site: Undergraduate Research Experience in Artificial Intelligence, Data Analytics, and Mixed Reality for Smart and Connected Health. National Science Foundation Research Experience for Undergraduates Site Award. Funded: $371,758 USD. April 2025 – March 2028. Role: Senior Personnel

Miller K. & **Farrell III, J.W.** Assessing the validity and reliability of a real-time wearable hydration monitor. Predictive Wear. Funded: $190,240 USD. January 2023 – August 2023. Role: Co-Investigator

Valles Molina, D., Ting, L. Undergraduate research experiences in machine learning, analytics, and augmented reality for smart and connected health. National Science Foundation Research Experience for Undergraduates Site Award. Funded: $344,029 USD. January 2022 – December 2024. Role: Senior Personnel

University of Ottawa

Farrell III, J.W. Scholar Program for Researchers in Training (SPRINT). Multiple Sclerosis Society of Canada. Funded: $2,500 CAD. July 2019 – July 2020. Role: Principal Investigator

Farrell III, J.W. The impact of aging and multiple sclerosis on the contribution of physiological fitness parameters to walking capacity in persons with multiple sclerosis. uOttawa /Children's Hospital of Eastern Ontario Research Institute Collaborative Initiative Postdoctoral Fellowship. Funded: $45,000 CAD. August 2019 – August 2020. Role: Principal Investigator

2. External Grants and Contracts Under Review:

Farrell III, J.W., Johnson, W. R., Valles D. Multivariate Performance Profiling in Collegiate Baseball: Integrating ArmCare and Forceplate Metrics Using Principal Component Analysis. National Strength and Conditioning Association Senior Investigator Award. Requested $36,000. Invited for full submission due February 2026. Role: Principal Investigator

Texas State University

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

Texas State University

Farrell III, J.W.

Farrell III, J.W., Thomas A., Matula, B., Dixon, E. A Guided Exercise Training Program to Enhance Performance, Enjoyment, and Engagement with Adaptive Sports. Graig H Neilson Foundation. Requested: $375,000 USD. Letter of Intent. Submitted June 2024. Role: Principal Investigator.

Thomas, A., **Farrell III, J.W.**, Sharpe, S., Heffner, C., & Carter, T. The implementation of evidence-based adaptive and outdoor sports programs for Veterans and members of the Armed Forces. Department of Veterans Affairs, National Veteran Sports Program and Special Events. Requested: $133,949 USD. Full Proposal. Submitted: March 2024. Role: Co-Investigator.

Cheever K., Thomas, A., **Farrell III, J.W.** Physical Activity Levels of Persons with Disabilities using the Multi-Assistance Center at Morgan's Wonderland. Multi-Assistance Center – University of Texas San Antonio Collaborative Seed Funding Grant. Requested: $20,328 USD. Full Proposal. Submitted: September 2023. Role: Co-Investigator

Farrell III, J.W. & Thomas, A. The use of high intensity intermittent exercise for the modification of psychosocial health and cardiovascular disease risk in persons with spinal cord injury. United States Department of Defense. Requested $150,000 USD. Pre-Proposal. Submitted May 2023. Role: Principal Investigator

Thomas, A., **Farrell III, J.W.**, Jackson, S. The implementation of evidence-based adaptive and outdoor sports programs for Veterans and members of the Armed Forces. Department of Veterans Affairs, National Veteran Sports Program and Special Events. Requested: $129,349.34 USD. Full Proposal Submitted April 2023. Role: Co-Investigator

Farrell III, J.W., Pilutti, L.A., Walker, L. McAllister, M. J., Price, L.R. Evaluating the acute response of brain-derived neurotrophic factor and cognitive function to high-intensity interval training in persons with multiple sclerosis. United States Department of Defense. Requested: $150,000 USD. Pre-Proposal. Submitted July 2022. Role: Principal Investigator

McCurdy, K.W., McAllister, M.J., Mettler, J.A., Fry, C., **Farrell III, J.W.** Effects of a low carbohydrate high fat diet on muscle glycogen levels, body composition, and muscular strength and power in resistance-trained individuals. National Strength and Conditioning Association Senior Investigator Grant. Requested: $30,000 USD. Full Proposal. Submitted February 2022. Role: Co-Investigator

Farrell III, J.W., Pilutti, L.A., Mettler, J., 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. Full Proposal. Submitted February 2022. Role: Principal Investigator

Jimenze, J., Aslan, S., Valles Molina, D., Mendez, F. A., Wierschem, D. C., Rolfe, R. M., **Farrell III, J.W.** Raymond URP Proposal: The application of non-invasive motion capture technology for productivity assessment within the material handling industry. Toyota Material Handling North America/Raymond Corporation. Requested: $293,262.63 USD. Full Proposal. Submitted November 2021. Role Co-Investigator

Farrell III, J.W. and Pilutti, L.A. Evaluating the acute response of brain-derived neurotrophic factor and cognitive function to high-intensity interval training in persons with multiple sclerosis. United States Deprescribing Network. Requested: $60,000 USD. Pre-Proposal. Submitted November 2021. Role: Principal Investigator

Farrell III, J.W., Pilutti, L.A., Walker, L. McAllister, M. J., Price, L.R. Evaluating the acute response of brain-derived neurotrophic factor and cognitive function to high-intensity interval training in persons with multiple sclerosis. United States Department of Defense. Requested: $150,000 USD. Pre-Proposal. Submitted July 2021. Role: Principal Investigator

Farrell III, J.W., Wierschem, D.C., Mendez, F.A., Valles Molina, D., Aslan, S., Jimenez, J. Development of a disability assessment using wearable technology and artificial intelligence in persons with multiple sclerosis. United States Department of Defense. Requested: $150,000 USD. Pre-Proposal. Submitted July 2021. Role: Principal Investigator

McCurdy, K.W., McAllister, M.J., Mettler, J.A., Fry, C., **Farrell III, J.W.** Effects of a low carbohydrate high fat diet on muscle glycogen levels, body composition, and muscular strength and power in resistance-trained individuals. National Strength and Conditioning Association Senior Investigator Grant. Requested: $30,000 USD. Full Proposal. Submitted February 2021. Role: Co-Investigator

University of Ottawa

Farrell III, J.W. & Pilutti, L.A. Contribution of physiological fitness parameters to walking performance in persons with multiple sclerosis experiencing varying levels of walking impairment. Multiple Sclerosis Society of Canada endMS Postdoctoral Fellowship. Requested: $41,000 CAD. Full Proposal. Submitted October 2018. Role: Principal Investigator

Farrell III, J.W. & Pilutti, L.A. Functional electrical stimulation cycling in older mobility impaired individuals with multiple sclerosis. uOttawa /Children's Hospital of Eastern Ontario Research Institute Collaborative Initiative Postdoctoral Fellowship. Requested: $90,000 CAD. Full Proposal. Submitted October 2018. Role: Principal Investigator

University of Oklahoma

Farrell III, J.W. & Larson, R.D. Differences in muscle activation and force contribution during cycling in individuals with multiple sclerosis. Conrad Hilton Foundation. Requested: $120,000 USD. Full Proposal. Submitted October 2016. Role: Principal Investigator.

4. Funded Internal Grants and Contracts:

Texas State University

Farrell III, J.W. and Berumen-Flucker, B. Countermovement Jump Metrics as Risk Factors for Non-Contact Injuries in Collegiate Athletes. Texas State University Research Enhancement Program. Funded: $24,000 USD. January 2026-January 2028. Role: Principal Investigator.

Farrell III, J.W., Thomas, A., Jimenez, J. Rolfe, R. The integration of physiological and biomechanical measures to enhance engagement with adaptive sports and recreation for manual wheelchair users. Texas State University Materials Application Research Center. Funded: $89,892 USD. September 2022. Role: Principal Investigator.

Farrell III, J.W. and Mettler, J. Contributors to walking capacity across the lifespan in MS. Texas State University Research Enhancement Program. Funded: $16,000 USD. June 2021-June 2023. Role: Principal Investigator.

University of Oklahoma

Farrell III, J.W. Differences in muscle activation and power contribution during cycling in individuals with multiple sclerosis. University of Oklahoma Graduate Student Senate. Funded: $675 USD. August 2017 – May 2018. Principal Investigator.

Farrell III, J.W. Differences in muscle activation and power contribution during cycling in individuals with multiple sclerosis. University of Oklahoma Graduate College. Funded: $900 USD. August 2017 – May 2018. Principal Investigator.

Farrell III, J.W. Improvements on lactate threshold following 4 weeks of high rep/low resistance training with 30 second rest intervals. University of Oklahoma Graduate College. Funded: $500 USD. August 2013 – June 2014. Principal Investigator.

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

Texas State University

Farrell III, J.W. Run to R1 Postdoctoral Researcher Catalyst Program. Texas State University. Submitted April 2023. Role: Principal Investigator.

Farrell III, J.W., Mettler, J.A., Wierschem, D.C., Jimenez, and J. 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. Requested Amount: $28,080 USD. Submitted January 2021. Role: Principal Investigator.

Farrell III, J.W. Helping persons with MS get fit! Texas State University Step Up for State. Requested: $10,000 USD. Submitted June 2021. Role: Principal Investigator.

Farrell III, J.W. 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. Requested: $240,000 USD, selected as one of the Big Ideas fundraising priorities. Submitted October 2020. Role: Principal Investigator.

Mettler, J.A., Kipp, L.E., and **Farrell III, J.W.** Impact of Resistance Training on Skeletal Muscle Mass, Strength and Physical Function across the Lifespan. Texas State University Big Ideas. Requested: $240,000 USD, selected as one of the Big Ideas fundraising priorities. Submitted October 2020. Role: Co-Investigator.

6. Internal Grants and Contracts Under Review:

Texas State University

Farrell III, J.W. Berumen, B. Countermovement Jump Metrics as Risk Factors for Non0Contact Injuries in Collegiate Athletes. Requested: $24,000 USD. Submitted October 2025. Role: Principal Investigator.

D. Scholarly / Creative Fellowships, Awards, Honors:

Texas State University

Presidential Distinction Award for Scholarly/Creative Activities for Assistant Professor, College of Education, Texas State University, Awarded: Spring 2024.

University of Oklahoma

Graduate Student Writing Award (Local), American Kinesiology Association, Awarded: Spring 2018.

Helen Riddle Research Scholarship ($1,000 USD), Department of Health and Exercise Science at University of Oklahoma, Awarded: Spring 2018.

Doctoral Research Award, Department of Health and Exercise Science at University of Oklahoma, Awarded: Spring 2018.

McNair Scholar's Choice, Graduate Student Research and Performance Day at University of Oklahoma, Awarded: Spring 2017.

2nd Place, Graduate Student Research and Performance Day at University of Oklahoma, Awarded: Spring 2014.

E. Scholarly / Creative Professional Development Activities Attended:

Texas State University

CAREER Counseling: My Collaborative Path to an NSF's Single PI Grant. Attended: September 29th, 2023.

Grant Writing USA Grant Writing Class, Attended: June 20th – June 21st, 2023

Introduction to Hanover Research, Attended: February 24, 2023.

52 Steps to Funding Success, Attended: November 16, 2022.

Demystifying the NIH Grant Writing Experience, Attended: April 22, 2022.

Faculty Research and Funding Update: Texas State's New Center of Excellence for Community Health and Economic Resiliency Research, Attended: September 22nd, 2021.

Appling to Grants and Professional Organizations and Beyond, Attended: September 17th, 2021.

Budget Development and Everything You Need to Know about Research Cash Advances, Attended: April 30th, 2021.

The NIH Grant Writing Experience: Tips, Tricks and the Importance of Tenacity, Attended: April 9th, 2021.

Attracting Funding from the National Science Foundation (NSF), "The Good, the Bad, and the Ugly", Attended: March 12th, 2021.

Do This, Not That! Grant Writing Strategies for the Institute of Education Sciences, Attended: February 26th, 2021.

Finding Funding with Pivot, Attended: October 29th, 2020.

Pursuing Funding from Foundations and Private Sources, Attended: October 5th, 2020.

Scholarship and Teaching Excellence (STEP) Workshop: Attended: Fall 2020 – Spring 2021.

Overview of the Research Enhancement Program, Attended: September 3rd, 2020.

F. Media Recognition:

IV. SERVICE

A. Institutional

Texas State University

1. University:

Member, Laboratory Safety Committee, Fall 2025 – Present.

Faculty Liasson, Texas State University Running Club, Spring 2024 – Present.

Member, Radiation Laser Safety Committee, Fall 2023 – Present.

Member, Education Advisory Board Navigate Leadership Team, Fall 2023 – Present.

Undergraduate Marshal, College of Education Commencement, Spring 2023.

Faculty Liasson, Texas State University Cycling Team, Fall 2022 – Present.

Faculty Reviewer, International Research Conference for Graduate Students, April 6th, 2021.

2. College:

College of Education

Member, Advisory Committee for Research Office, Fall 2024 – Present.

Member, Curriculum Committee, Fall 2024 – Present

Member, Booth at Graduate and Professional Schools Program Fair, October 11th, 2023.

Member, Scholarship Committee, Spring 2021 – Spring 2023.

Graduate College

Member, Scholarship Committee, Fall 2022 – Spring 2025

Member, Outstanding Thesis Committee – Life Sciences, October 9th – October 25th, 2021.

3. Department/School:

Chair, Exercise and Sport Science Subcommittee on Assessment/Measurement Courses, Spring 2026.

Chair, Exercise and Sport Science Council on Accreditation of Strength and Conditioning Education, Fall 2024 – Present.

Member, Department of Health and Human Performance Curriculum Committee, Fall 2024 – Spring 2027.

Co-Chair, Department of Health and Human Performance Scholar's Day Committee, Fall 2024 – Spring 2026.

Member, Assistant/Associate Exercise Sport Science Faculty Search Committee, Fall 2023 – Spring 2024.

Member, Department of Health and Human Performance Scholar's Day Committee, Fall 2023 – Spring 2024.

Member, Department of Health and Human Performance Faculty Evaluation Committee, Fall 2021 – Spring 2024.

Member, Exercise and Sport Science Graduate Admissions Committee, Fall 2021 – Present.

Member, Exercise and Sport Science Comprehensive Exam Committee, Spring 2021 – Fall 2023.

University of Oklahoma

1. University:

2. College:

3. Department/School

Graduate Student Liaison, Fall 2017 – Spring 2018

B. Professional:

National Strength and Conditioning Association

Executive Committee Member, Baseball Special Interest Group, July 2026 – Present

Member, Certified Performance and Sport Scientist Exam Standard Validation Committee, March 30th – April 1st, 2026.

Instructor, Certified Strength and Conditioning Specialist Prep Course, Virtual, November 15th – November 16th, 2025.

Instructor, Certified Strength and Conditioning Specialist Prep Course, San Antonio, TX, August 25th – August 26th, 2025.

Reviewer, Council on Accreditation of Strength and Conditioning Education, August 7th, 2025 – Present.

Member, Certified Performance and Sport Scientist Job Task Analysis Committee, January 16th – June 6th, 2025.

Member, Certified Performance and Sport Scientist Exam Development Committee, March 5th, 2024 – Present.

Member, Certified Performance and Sport Scientist Exam Standard Validation Committee, November 28th – November 30th, 2022.

Executive Committee Member, Special Populations Special Interest Group, July 2022 – Present.

Editorial Board

Member, Topical Advisory Panel, Sports, July 15th, 2024 – Present.

Member, Editorial Board, International Journal of Kinesiology and Sport Science ISSN: 2202-946X, 2019 – Present.

Member, Review Board, International Journal of Environmental Research and Public Health ISSN: 1660-4601, 2019 – Spring 2024.

Conference Committee

Member, Ontario Exercise Physiology Conference Planning Committee, Fall 2019.

Reviewer

International Journal of Kinesiology and Sport Science ISSN: 2202-946X.

Plos One ISSN: 1932-6203.

International Journal of Environmental Research and Public Health ISSN: 1660-4601.

Journal of Clinical Medicine ISSN: 2077-0383.

Sports ISSN: 2075-4663.

Journal of Sports Sciences ISSN: 0264-0414.

Scientific Reports ISSN: 2045-2322.

Multiple Sclerosis and Related Disorders ISSN: 2211-0348

Applied Sciences ISSN: 2076-3417

Biological Research for Nursing ISSN: 1099-8004

BMC Musculoskeletal Disorders ISSN: 1471-2474

Electronics ISSN: 2079-9292

Research Quarterly for Exercise and Sport ISSN: 0270-1367

C. Community:

Larry Turner Wheelchair Basketball Classic, San Marcos, TX

Volunteer, November 8th – 9th, 2025

Volunteer, November 1st – 3rd, 2024

Volunteer, October 7th – 8th, 2023

Volunteer, November 5th – 6th, 2022

D. Organization Memberships:

E. Service Honors and Awards:

F. Service Grants and Contracts:

1. Funded External Service Grants and Contracts:

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

3. Funded Internal Service Grants and Contracts:

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

G. Service Professional Development Activities Attended: