

Curriculum Vitae

J. Adam Korak, Ph.D., C.S.C.S.

1804 E 38th St.

Minneapolis, MN 55407

Cell: 256-508-3012

Email: adam.korak@stthomas.edu

Formal Education

Ph.D., Human Performance

Specialization: Exercise Science

Middle Tennessee State University: August, 2017

Dissertation Title: Comparisons of Muscle Activation and Volume during Traditional and Alternative Lower Body Resistance Exercises In Trained Women.

M.S., Health and Human Performance

Concentration: Exercise Science

University of North Alabama: December, 2013

Thesis Title: Resistance Training Recovery: Considerations for Muscle Size, Single vs. Multi-joint Movements, and Upper vs. Lower Body Muscles.

B.S., Education

Major: Exercise and Sports Science

University of Alabama: August, 2012

Professional Experience

Assistant Professor in Exercise Science

September, 2017 – present

University of St. Thomas – Department of Health and Exercise Science

St. Paul, Minnesota

Duties include, but not limited to: Teach six courses per academic calendar year, maintain an active research agenda, and provide service to the University, College, Department, and Community.

Graduate Teaching Assistant

September, 2013 – August, 2017

Middle Tennessee State University – Department of Health and Human Performance

Murfreesboro, Tennessee

Duties include, but not limited to: Teach 20 hours per week of classes, lead instructor of courses, teaching assistant of courses, grading of assignments and final grades, and development of course content and syllabi.

Adjunct Professor

January, 2017 – May, 2017

Tennessee State University – Department of Health Performance and Sport Sciences
Nashville, Tennessee

Duties include, but not limited to: Teach Exercise Physiology and the lab component, grading of assignments and final grades, and development of course content and syllabi.

Graduate Research Assistant

September, 2012 – May, 2013

University of North Alabama – Department of Health and Physical Education Recreation
Florence, Alabama

Duties include, but not limited to: Work 20 hours per week assisting faculty members conduct research, perform health assessment analysis, maintain testing equipment, and perform exercise physiology testing procedures.

University Teaching Experience

Professor/Instructor of Record

- Biomechanics
- Biomechanics lab
- Exercise Physiology
- Exercise Physiology lab
- Essentials of Strength Training and Conditioning
- Exercise Testing and Prescription
- Exercise Prescription and Program Planning
- Principles of Exercise Assessment for Healthy Populations
- Structural Kinesiology
- Research Methods in Exercise Science
- Advanced Exercise Physiology lab
- Student Internship
- Beginning Weight Training

Graduate Teaching Assistant

- Graduate Exercise Physiology
- Exercise Prescription for Special Populations
- Exercise Leadership

Publications and Presentations

Publications

*denotes undergraduate author

Ongoing project: **Korak, J.A.**, Schwery, N.A., Kiely, M.T., Knudson, C.P., Bruininks, B.D. Short-Term Training and Force Production in Older Women: A Comparison of Land and Aquatic Models.

Bruininks, B.D., Sage, S, **Korak, J.A.** (2020) Short-term Multicomponent Exercise: Effective for Addressing Major Variables That Influence Fall Risk in Older Adults. Under review in the *Journal of Women & Aging*.

Korak, J. A., Bruininks, B.D., Paquette, M. R. (2020) The Influence of Normalization Technique on Between-Muscle Activation during a Back-Squat: Methodological Considerations. *International Journal of Exercise Science*. 13(1), 1098-1107.

Knoll, M.G.*, Davidge, M.*, Wrspir, C.*, **Korak, J.A.** (2019) Comparison of Single Leg Squat Variations on Lower Limb Muscle Activation, Hip Angle and Center of Pressure Alterations. *International Journal of Exercise Science*. 12(1), 950-959.

Beier, Z.*, Earp, I.*, **Korak, J.A.** (2019) Self-Myofascial Release Does Not Improve Back Squat Range of Motion, Alter Muscle Activation, or Aid in Perceived Recovery 24-Hours Following Lower Body Resistance Training. *International Journal of Exercise Science*. 12(3), 839-846.

Bruininks, B.D., **Korak, J.A.**, Sage, S.K., Scibora, L.M., Mellick, P.F. (2019) Swimming and Bone Density: A DXA and pQCT Study Examining Swimming as an Osteogenic Activity. *Journal of Exercise Physiology Online*. 22(1), 75-91.

Korak, J. A., Paquette, M. R., Fuller, D. K., Caputo, J.L., & Coons, J. M. (2018) Muscle Activation Patterns of Lower Body Musculature Among Three Traditional Lower Body Exercises in Trained Women. *Journal of Strength and Conditioning Research*. 32(10), 2770 – 2775. DIO: 10.1519/JSC.0000000000002513

Korak, J. A., Paquette, M. R., Fuller, D. K., Caputo, J.L., & Coons, J. M. (2018) Effect of a Rest-Pause Vs Traditional Squat on Electromyography and Lifting Volume in Trained Women. *European Journal of Applied Physiology*. 118(7), 1309-1314. DIO: 10.1007/s00421-018-3863-6

Korak, J. A., Paquette, M. R., Brooks, J., Fuller, D. K., & Coons, J. M. (2017). Effect of rest-pause vs. traditional bench press training on muscle strength, electromyography, and lifting volume in randomized trial protocols. *European Journal of Applied Physiology*, 117(9), 1891-1896.

Korak, J. A., Green, J. M., & O'Neal, E. K. (2015). Resistance Training Recovery: Considerations for Single vs. Multi-joint Movements and Upper vs. Lower Body Muscles. *International Journal of Exercise Science*, 8(1), 85-96.

Published Abstracts & Presentations

(a) Refereed abstracts presented at national conferences and published in scholarly Journals

*denotes undergraduate author

Korak, J.A., Schwery, N.A., Kiely, M.T., Knudson, C.P., Bruininks, B.D. Short-Term Training and Force Production in Older Women: A Comparison of Land and Aquatic Models. Pending Abstract in *Medicine and Science in Sports and Exercise*. June, 2021.

Bruininks, B.D., Hansen, D*, Wikstrom, L*, **Korak, J.A.** Short-term Multicomponent Exercise: Effective for Addressing Major Variables That Influence Fall Risk in Older Adults. Published Abstract in *Medicine and Science in Sports and Exercise*, 52(5). May, 2020.

Korak, J.A., Bruininks, B.D., Paquette, M.R. The Influence of Normalization Technique on Between-Muscle Activation during a Back-Squat: Methodological Considerations. Published Abstract in *Medicine and Science in Sports and Exercise*, 52(5). May, 2020.

Bruininks, B.D., **Korak, J.A.** The Influence of an 8-Week Dynamic Resistance Training Program on Muscle Strength, Motor Unit Activation, Balance, and Confidence in Older Healthy Adults. Abstract to the International Association of Gerontology. Gothenburg, Sweden. May 23rd – May 25th, 2019.

Knoll, M.G.*, Davidge, M.*, Wraspir, C.*, **Korak, J.A.** Comparison of Single Leg Squat Variations on Lower Limb Muscle Activation, Hip Angle and Center of Pressure Alterations. Northland American College of Sports Medicine. St. Katherine University, St. Paul, MN, USA. April 5th, 2019

O'Leary, M.A.*, Koenig, M.M.*, **Korak, J.A.** Post Activation Potentiation Effects in Collegiate Softball Players on a Standing Long Jump, Bat Power, Sprint Times, and Muscle Activation. Northland American College of Sports Medicine. St. Katherine University, St. Paul, MN, USA. April 5th, 2019

Korak, J. A., Paquette, M. R., Fuller, D. K., Pribyslavskaya, V., Caputo, J.L., & Coons, J. M. Muscle Activation Patterns of Lower Body Musculature Among Three Traditional Lower Body Exercises in Trained Women. Abstract to the Annual Meeting of the American College of Sports Medicine. Minneapolis, MN, USA. May 29-June 2nd, 2018.

- Korak, J. A.**, Paquette, M. R., & Coons, J. M. Peak Muscle Activity across Four Sets to Volitional Fatigue between Rest-Pause and Traditional Bench Press. Abstract to the Annual Meeting of the American College of Sports Medicine. Denver, CO, USA. May 31-June 4th, 2017.
- Korak, J. A.**, Paquette, M. R., & Coons, J. M. Differences in Peak Muscle Activity across Four Sets to Volitional Fatigue between Rest-Pause and Traditional Bench Press. Abstract to the Southeast Regional American College of Sports Medicine Meeting. Greenville, SC, USA. February 16-18th, 2017.
- Korak, J. A.**, Paquette, M. R., Fuller, D. K., & Coons, J. M. Effect of Rest-Pause Vs Traditional Bench Press Training on Muscle Strength, Electromyography and Lifting Volume. Abstract to the Annual Meeting of the American College of Sports Medicine. Boston, MA, USA. May 31-June 4, 2016.
- Korak, J. A.**, Paquette, M. R., Fuller, D. K., & Coons, J. M. Effect of Rest-Pause Vs Traditional Bench Press Training on Muscle Strength, Electromyography and Lifting Volume. Abstract to the Southeast Regional American College of Sports Medicine Meeting. Greenville, SC, USA. February 18-20th, 2016.
- Korak, J. A.**, Paquette, M. R., Fuller, D. K., & Coons, J. M. Effect of Rest-Pause Vs Traditional Bench Press Training on Muscle Strength, Electromyography and Lifting Volume. Middle Tennessee State University Scholar's Day. Murfreesboro, TN, USA. April 1st, 2016.
- Davis, B. A., O'Neal, E. K., Johnson, S. L., **Korak, J. A.**, Pribyslavskaya, V., & Farley, R. S. Ad Libitum Fluid Intake Threshold Inhibits Effective Rehydration At 12-H Post-Run In Hot Environment. Abstract to the Southeast Regional American College of Sports Medicine Meeting. Greenville, SC, USA. February 18-20th, 2016.
- Korak, J. A.**, & Fuller, D. K. The Effects of Resistance Training on Resting Systolic Blood Pressure between Race and Gender While Controlling for Age and Aerobic Activity. Abstract to the Southeast Regional American College of Sports Medicine Meeting. Jacksonville, FL, USA. February 12-14th, 2015.
- Korak, J. A.**, Green, J. M., & O'Neal, E. K. Resistance Training Recovery: Considerations for Single vs. Multi-joint Movements and Upper vs. Lower Body Muscles. Abstract to the Annual Meeting of the American College of Sports Medicine. Orlando, FL, USA. May 27-31st, 2014.

Grants

Collaborative author for \$30,000 internal grant. "*Mindful Movement: An Evidence-Based Resistance Fall Prevention Program for Older Adults.*"

University Service

- Faculty Senate AY 2020 - current
- Health Professions Advisory Committee (HPAC) AY 2018 – current
- Advisor for the Tommie Strength club AY 2017 – current
- Advisor for the Tommie Ski and Snowboarding club AY 2020 - current
- Summer orientation fair volunteer 2018, 2019

College Service

- Diversity Equity and Inclusion Committee AY 2020 – current

Department Service

- Nutrition minor creation committee AY 2019 - current
- New faculty hiring committee AY 2018 - 19
- Exercise Science curriculum revision committee AY 2017 - 2020
- Exercise Science academic program review committee AY 2018

Service to the Profession

- Section Editor for the *International Journal of Exercise Science* AY 2017 - current
- *Sport Biomechanics* reviewer AY 2019-current
- Men's health publication, June 2017 issue
- Recertification of Certified Strength and Conditioning Specialist AY 2017 - 18
- Recertification of First Aid/CPR AY 2017 - 18
- Treehouse speaking panel, fall 2018
- Student Reviewer for the *International Journal of Exercise Science* AY 2014 – 2017

Certifications

- Certified Strength and Conditioning Specialist C.S.C.S.
- CPR/AED certified via American Heart Association

Professional Organizations

- National Strength and Conditioning Association (NSCA)
- American College of Sports Medicine (ACSM)