

## CURRICULUM VITAE

Bernard F. Hurley, Jr.

### CERTIFICATION

I have read the following and certify that this curriculum vita is a current and accurate statement of my professional record.

Date: February 5, 2009

Signature: \_\_\_\_\_

### PERSONAL INFORMATION

Name: Bernard (Ben) F. Hurley  
Department: Kinesiology

Current Rank & Year: Professor, 1995

Home Address: 7021 Hunter Lane  
College Heights Estate  
Hyattsville, MD 20782

Telephone: Home: (301) 209-9186  
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Birthplace: Tampa, Florida

### EDUCATIONAL BACKGROUND

Postdoctoral Fellowship	Washington University, School of Medicine, Dept of Preventive Medicine Section of Applied Physiology St. Louis, MO	1981-1983
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Ph.D.	Exercise Physiology Florida State University Tallahassee, Florida	1981
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M.A.	Physical Education University of South Florida	1975
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Tampa, Florida

B.A. Physical Education 1972  
University of South Florida  
Tampa, Florida

## **PROFESSIONAL WORK EXPERIENCE AND AFFILIATIONS**

2008 – Present Professor  
Program in Oncology  
University of Maryland School of Medicine  
Marlene and Stewart Greenbaum Cancer Center

2006 - Present Adjunct Professor  
Department of Medicine  
University of Maryland School of Medicine  
Baltimore, MD

2005 - Present Professor  
Nutrition Graduate Program  
University of Maryland  
College Park, MD

1995-Present Professor  
Department of Kinesiology  
School of Public Health  
University of Maryland  
College Park, MD

1995-Present Affiliate Professor  
Center on Aging  
School of Public Health  
University of Maryland  
College Park, MD

1991-present Medical Staff Appointment  
Department of Veterans Affairs  
Medical Center  
Baltimore, MD

1991-1994 Research Associate  
Baltimore Longitudinal  
Study of Aging  
Gerontology Research Center  
Baltimore, MD

1988- 1995 Associate Professor  
Department of Kinesiology  
University of Maryland  
College Park, MD

1983-1988 Assistant Professor  
Department of Kinesiology  
University of Maryland  
College Park, MD

1981-1983 Postdoctoral Fellow  
Preventive Medicine  
Washington University School of Medicine  
St. Louis, MO

1977-1978 Teaching Assistant  
Florida State University  
Tallahassee, Florida

## RESEARCH ACTIVITIES

### PUBLICATIONS

#### A. REFEREED ARTICLES

(\*longitudinal intervention studies; +invited articles; #served as the senior investigator)

\*#Melnyk, J.A., Rogers, M.A., & **Hurley, B.F.** Effects of strength training and detraining on regional muscle in young and older men and women. **\*European Journal of Applied Physiology\***, in press, 2009.

\*#Hanson, E., D., Srivatsan, S.R., Agrawal, S., Menon, K.S., Delmonico, M.J., Wang, M.Q., and **Hurley, B.F.** Does strength training improve function? Strength, power, and body composition relationships. **Journal of Strength & Conditioning Research**, in press, 2008.

\*#Shim, J.K., Hsu, J., Karol, S., & **Hurley, B.F.** Strength training increases training-specific multi-finger coordination in humans. **Motor Control**, 12: 311-329, 2008.

\*Charbonneau, D.E., E.D. Hanson, A.T. Ludlow, M.J. Delmonico, **B.F. Hurley**, S.M. Roth. *ACE* genotype and the muscle hypertrophic and strength responses to strength training. **Medicine and Science in Sports and Exercise**, 40: 677-683, 2008.

\*#Walts, C.T., Hanson, E.D., Delmonico, M., Yao, L., Wang, M.Q., & **Hurley, B.F.** Do sex or race differences influence strength training effects on muscle or fat? **Medicine and Science in Sports and Exercise**, 40: 669-676, 2008.

Delmonico, M.J., Zmuda, J.M., Taylor, B.C., Cauley, J.A., Harris, T.B., Manini, T. Schwarz, A., Li, R., Roth, S.M., **Hurley, B.F.**, Ferrell, R.E. and Newman, A.B. Association of the ACTN3 genotype and physical functioning with aging in older adults. **Journal of Gerontology: Medical Sciences**, 63A: 1227-1234, 2008.

#Roth, S.M., Walsh, S., Liu, D. Metter, E.J., Ferrucci, L., & **Hurley, B.F.** The ACTN3 R577X Nonsense Allele (X) is under-represented in elite-level strength athletes. **European Journal of Human Genetics**, 16: 391-394, 2008.

Cerniglia, L.M., Delmonico, M.J., Lindle, R., **Hurley, B.F.**, & Rogers, M.A. The effects of acute supine rest on mid-thigh cross-sectional area as measured by computed tomography. **Clinical Physiology and Functional Imaging**, 27: 249-253, 2007.

\*#Hand, B.D., Kostek, M.C., Ferrell, R.E., Delmonico, M.J., Douglass, L.W., Roth, S.M., Hagberg, J.M., **Hurley, B.F.** The Influence of Insulin-Like Growth Factor Pathway Gene Polymorphisms on the Strength Training Response of Muscle Phenotypes in Older Adults. **Journal of Applied Physiology**, 103(5): 1678-1687, 2007.

\*Delmonico, M.J., Kostek, M.C., Johns, J., **Hurley, B.F.**, and Conway, J.M. Can dual-energy x-ray absorptiometry provide a valid assessment of changes in muscle mass with strength training in older adults? **European Journal of Clinical Nutrition**, 1-7, 2007.

\*#Delmonico, M.J., Kostek, M.C., Doldo, N.A., Hand, B.D., Bailey, J.A., Lang, J.T., Walsh, S., Conway, J.M., Carignan, C.R., Roth, S.M., **Hurley, B.F.** The alpha-actinin-3 (*ACTN3*) R577X polymorphism influences knee extensor peak power response to strength training in older men and women. **Journal of Gerontology: Medical Sciences**, 62A: 206-212, 2007

\*#Yao, L., Delmonico, M.J., Hand, B.D., Johns, J., Conway, J., Douglass, L., Roth, S.M., and **Hurley, B.F.** Adrenergic receptor genotype influences the effects of strength training on mid-thigh intermuscular fat. **Journal of Gerontology: Medical Sciences**, 62A: 658-663, 2007.

\*#Lemmer, J.T., Martel, G.F., Hurlbut, D.E., **Hurley, B.F.** Age and sex differentially affect regional changes in 1-RM strength. **Journal of Strength and Conditioning Research**, 21: 731-737, 2007.

\*Martel, G.F., Roth, S.M., Ivey, F.M., Lemmer, J.T., Tracy, B.L., Hurlbut, D.E., Metter, E.J., **Hurley, B.F.**, Rogers, M.A. Age and Sex Affect Skeletal Muscle Fiber Adaptations to Heavy Resistance Strength Training. **Experimental Physiology**, 91(2): 457-464, 2006.

\*Gordon, P.L., Vannier, E., Hamada, K., Witsell, A., Layne, J., **Hurley, B.F.**, Roubenoff, R., and Casteneda, C. Resistance training alters cytokine gene expression in skeletal muscle of older

adults with type 2 diabetes. **International Journal of Immunopathology and Pharmacology**, 19 (4): 739-750, 2006.

#Doldo, N.A., Delmonico, M.J., Bailey, J.A., Hand, B.D., Kostek, M.C., Rabon-Stith, K.M. Menon, K.S., Conway, J.M., and **Hurley, B.F.** Muscle power quality: Do women have a faster movement velocity than men? **Journal of Aging and Physical Activity**, 14 (4): 411-422, 2006.

+**Hurley, B.F.** and Johnson, A. Factors affecting mechanical work in humans. **Biomedical Engineering Fundamentals, CRC Press**, Chapter 66 (section 6), 66-1 – 66-10, April, 2006.

\*#Rabon-Stith, K.M., Hagberg, J.M., Phares, D.B., Kostek, M.C., Delmonico, M.J., Roth, S.M., Ferrell, R.E., Conway, J.M., Ryan, A.S., & **Hurley, B.F.** Vitamin D receptor (VDR) FOKI genotype influences bone mineral density response to strength training, but not aerobic training. **Experimental Physiology**, 90: 653-661, 2005.

\*#Delmonico, M.J., Kostek, M.C., Doldo, N.A., Hand, B.D., Bailey, J.A., Rabon-Stith, K.M., Conway, J.M., and **Hurley, B.F.** The Effect of Moderate Velocity Strength Training on Peak Muscle Power, Velocity, and Muscle Power Quality in Older Men and Women **Journal of Applied Physiology**, 99: 1712-1718, 2005.

Conwit, R.A., Roth, S.M., Schragger, M.A., Ferrell, R.E., **Hurley, B.F.**, Metter, E.J. The relationship between ciliary neurotrophic factor (CNTF) genotype and motor unit physiology. **BioMed Central Physiology**, 5: 15-23, 2005.

\*#Kostek, M.C., Delmonico, M.J., Reichel, J.B., Roth, S.M., Ferrell, R.E., and **Hurley, B.F.** Muscle strength response to strength training is influenced by insulin-like growth factor 1 genotype in older adults. **Journal of Applied Physiology**, 98: 2147-2154, 2005.

\*#Delmonico, M.J., Ferrell, R.E., Meerasahib, A., Martel, G.F., Roth, S.M., Kostek, M.C., and **Hurley, B.F.** Blood pressure response to strength training may be influenced by angiotensinogen A-20C and angiotensin II type 1 receptor A1166C genotypes in older men and women. **Journal of the American Geriatrics Society**, 53: 204-210, 2005.

Walsh, S., Zmuda, J., Cauley, J., Shea, P., Metter, E.J., **Hurley, B.F.**, Ferrell, R.E., and Roth, S.M. Androgen receptor CAG repeat polymorphism is associated with fat free mass in men. **Journal of Applied Physiology**, 98: 132-137, 2005.

#Schragger, M.A., Roth, S.M., Ferrell, R.E., Metter, E.J., Russek-Cohen, E., Lynch, N.A., Lindle, R.S., and **Hurley, B.F.** The influence of insulin-like growth factor-2 (IGF2) genotype on fat-free mass and muscle performance across the adult life span. **Journal of Applied Physiology**, 97: 2176-2183, 2004.

+Delmonico, M.J., Roth, S.M., and **Hurley, B.F.** Effects of strength training on blood pressure in older adults: Can genotype influence response? **American Journal of Medicine and Sports**, Nov/Dec: 215-218, 2004.

Jacob, A.C., Zmuda, J.M., Cauley, J.A., Metter, E.J., **Hurley, B.F.**, Ferrell, R.E., and Roth, S.M. Ciliary neurotrophic factor (CNTF) genotype and body composition. **European Journal of Human Genetics**, 12: 372-376, 2004.

Roth, S.M., Rogers, M.A., **Hurley, B.F.**, and Martel, G.F. Pneumatic resistance machines can provide eccentric loading. **Medicine and Science in Sports and Exercise**. 36: 1655, 2004.

\*#Ryan, A.S., Ivey, F., Martel, G., Hurlbut, D., Sorkin, J., and **Hurley, B.F.** Regional bone mineral density after resistive training in young and older men and women. **Scandinavian Journal of Medicine and Science in Sports**, 14: 16-23, 2004.

#Ostchega, Y., Lindle, R., Dillon, C. Carroll, M., Fischthal, P., and **Hurley, B.F.** Leg muscle strength in older Americans and its relationship to time to complete a standardized walk test: data from the National Health and Nutrition Examination Survey 1999-2000. **Journal of the American Geriatrics Society**, 52: 977-982, 2004.

Roth, S.M., Schragar, M.A., Lee, M.R., Metter, E.J., **Hurley, B.F.**, Ferrell, R.E. Interleukin-6 (IL6) genotype is associated with fat free mass in men but not women. **Journal of Gerontology: Biological Sciences**, 58: 1085-1088, 2003.

Roth, S.M., Schragar, M.A., Lee, M.R., Metter, E.J., **Hurley, B.F.**, and Ferrell, R.E. The C174T polymorphism in the CNTF receptor gene is associated with fat free mass in men and women. **Journal of Applied Physiology**, 95: 1425-1430, 2003.

\*Roth, S.M., Martel, G.F., Ivey, F.M., Ferrell, R.E., Metter, E.J., **Hurley, B.F.**, and Rogers, M.A. Myostatin gene expression is decreased with heavy resistance strength training. **Experimental Biology & Medicine**, 228: 706-709, 2003.

#Tracy, B.L., Ivey, F.M., Metter, E.J., Fleg, J.L., Siegel, E.L., and **Hurley, B.F.** A more efficient magnetic resonance imaging-based strategy for measuring quadriceps muscle volume. **Medicine and Science in Sports and Exercise**, 35 (3): 425-433, 2003.

\*Roth, S.M., Ferrell, R.E., Peters, D.G., Metter, E.J., **Hurley, B.F.**, and Rogers, M.A. Influence of age, sex, and strength training on human muscle gene expression determined by microarray. **Physiological Genomics**, 10: 181-190, 2002.

**Hurley, B.F.**, and Ivey, F.M. Strategies for increasing optimal function of skeletal muscle in the aged. In: **Skeletal Muscle: Pathology, Diagnosis and Management of Disease**, B.R. Preedy & T.J. Peters (eds.) Greenwich Medical Media, Ltd, 513-524, 2002.

Roth, S.M., Schragger, M.A., Metter, E.J., Riechman, S.E., Fleg, J.L., **Hurley, B.F.**, and Ferrell, R.E. IGF-II genotype and obesity in men and women across the adult age span. **International Journal of Obesity**, 26: 585-587, 2002.

\*#Hurlbut, D.E., Lott, M.E., Ryan, A.S., Ferrell, R.E., Roth, S.M., Ivey, F.M., Martel, G.F., Lemmer, J.F., Fleg, J.L., and **Hurley, B.F.** Does Age, Sex, or ACE Genotype Affect Glucose and Insulin Responses to Strength Training? **Journal of Applied Physiology**. 92:643-650, 2002.

+**Hurley, B.F.** and Kostek, M.C. Exercise interventions for seniors: What training modality is best for health? *Orthopedic Physical Therapy Clinics of North America*, 10(2): 213-225, 2001.

\*Roth, S.M., Martel, G.F., Ivey, F.M., Lemmer, J.T., Tracy, B.L., Metter, E.J., **Hurley, B.F.**, and Rogers, M.A. Skeletal muscle satellite cell characteristics in young and old men and women following heavy resistance strength training. **Journal of Gerontology. Biological Science**, 56A:B240-B247, 2001.

\*#Roth, S.M., Ivey, F.M., Ferrell, R.E., Martel, G.F., Lemmer, J.T., Hurlbut, D.E., Siegel, E.L., Metter, E.J., Fleg, J.L., Fozard, J.L., Kostek, M.C., Wernick, D.M., **Hurley, B.F.** Muscle size responses to strength training in young and older men and women. **Journal of American Geriatrics Society**, 49 (11): 1428-1433, 2001.

#Roth, S.M., Schragger, M.A., Ferrell, R.E., Reichman, S.E., Metter, E.J., Lynch, N.A., Lindle, R.S., **Hurley, B.F.** Ciliary neurotrophic factor (CNTF) genotype is associated with muscular strength and quality in humans across the adult age span. **Journal of Applied Physiology**, 90: 1205-1210, 2001.

\*#Lott, M.E., Hurlbut, D.E., Ryan, A.S., Lemmer, J.T., Ivey, F.M., Zeidman, J.R., Fleg, J.L., Fozard, J.L., and **Hurley, B.F.** Gender differences in glucose and insulin response to strength training in 65-75 yr olds. **Clinical Exercise Physiology**, 3 (4): 220-228, 2001.

\*#Lemmer, J.T., Ivey, F.M., Ryan, A.S., Hurlbut, D.E., Martel, G.F., Metter, E.J., Fozard, J.L., Fleg, J.L., and **Hurley, B.F.** Effects of strength training on resting metabolic rate and physical activity levels: age and gender comparisons. **Medicine and Science in Sports and Exercise**, 33: 532-541, 2001.

\*Ryan, A.S., Hurlbut, D.E., Lott, M.E., Ivey, F.M., Fleg, J.L. **Hurley, B.F.**, Goldberg, A.P. Insulin action after resistive training in insulin resistant older men and women. **Journal of American Geriatric Society**, 49: 247-253 2001.

Roth, S.M., Martel, G.F., Ivey, F.M., Lemmer, J.T., Metter, E.J., **Hurley, B.F.**, and Rogers, M.A. Skeletal muscle satellite cell characteristics in healthy young and older men and women. **Anatomical Records**, 260 (4): 351-358, 2000.

- +**Hurley, B.F.** and Roth, S.M. Strength training in the elderly: Effects on risk factors for age-related diseases. **Sports Medicine**, 30: 249-268, October, 2000.
- \*#Ivey, F.M., Tracy, B.L., Lemmer, J.T., Hurlbut, D.E., Martel, G.F., Roth, S.M., Fozard, J.L., Metter, E.J., **Hurley, B.F.** The effects of age, gender and myostatin genotype on the hypertrophic response to heavy resistance strength training. **Journal of Gerontology : Medical Sciences**, 55A: M641-M648, 2000.
- +Roth, S.M., Ferrell, R.E. and **Hurley, B.F.** Strength training for the prevention and treatment of sarcopenia. **Journal of Nutrition, Health and Aging**. 4: 143-155, 2000.
- \*#Lemmer, J.T., Hurlbut, D.E., Martel, G.F., Tracy, B.L., Ivey, F.M., Metter, E.J., Fozard, J.L., Fleg, J.L., and **Hurley, B.F.** Age and gender responses to strength training and detraining. **Medicine and Science in Sports & Exercise**, 32: 1505-1512, 2000.
- \*#Ivey, F.M., Tracy, B.L., Lemmer, J.T., Ness Aiver, M., Metter, E.J., Fozard, J.L. and **Hurley, B.F.** Effects of strength training on muscle quality: age and gender comparisons. **Journal of Gerontology: Biological Sciences**, 55A: B152-B157, 2000.
- Johnson, A. and **Hurley, B.F.** Factors affecting mechanical work in humans. Submitted to **The Biomedical Engineering Handbook, CRC Press**, Vol 1, 2<sup>nd</sup> edition, pp.27-1-27-11, 2000.
- \*Roth, S.M., Martel, G.F., Ivey, F.M., Lemmer, J.T., Metter, E.J., **Hurley, B.F.**, and Rogers, M.A. High volume heavy resistance strength training and muscle damage in young and older women. **Journal of Applied Physiology**, 88:1112-1118, 2000.
- #Ferrell, R.E., Conte, V., Lawrence, E.A., Roth, S.M., Hagberg, J.M., and **Hurley, B.F.** Frequent sequence variation in the human myostatin gene as a marker for analysis of muscle related phenotypes. **Genomics**, 62:203-207, 1999.
- \*#Rhea, P.L., Ryan, A.S., Gordon, P.L., Tracy, B.L., Graham, W., Pratley, R.E., Goldberg, A.P., and **B.F. Hurley**. Effects of strength training with and without weight loss on lipoprotein-lipid levels in postmenopausal women. **Clinical Exercise Physiology**, 1:138-144, 1999.
- \*#Martel, G.F., Hurlbut, D.E., Lott, M.E., Lemmer, J.T., Ivey, F.M., Roth, S.M., Rogers, M.A., Fleg, J.L., **Hurley, B.F.** Strength training normalizes resting blood pressure in 65 to 73 year old men and women with high normal blood pressure. **Journal of the American Geriatrics Society**, 47 (10): 1215-1221, 1999.
- \*Roth, S.M., Martel, G.F., Ivey, F.M., Lemmer, J.T., Tracy, B.L., Hurlbut, D. Metter, E.J., **Hurley, B.F.**, and Rogers, M.A. Ultrastructural muscle damage in young vs. older men following high volume, heavy resistance strength training. **Journal of Applied Physiology**, 86:1833-1840, 1999.

- \*Metter, E.J., Lynch, N.J., Conwit, R., Lindle, R.S., Tobin, J. and **Hurley, B.F.** Does muscle quality change with age? Cross-sectional and longitudinal comparisons. **Journal of Gerontology: Biological Sciences**, 54 (5): B207, 1999.
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- #Tracy, B.L., Ivey, F.M., Hurlbut, D., Martel, G.F., Lemmer, J.T., Siegel, E.L., Metter, E.J., Fozard, J.L., Fleg, J.L., and **Hurley, B.F.** Muscle Quality II: Effects of strength training in 65-75 year old men and women. **Journal of Applied Physiology**, 86: 195-201, 1999.
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- #Lindle, R.S., Metter, E.J., Lynch, N.J., Fozard, J.L., Fleg, J.L., Tobin, J., Roy, T.A., and **Hurley B.F.** Age and gender comparisons of muscle strength in 654 women and men aged 20-93. **Journal of Applied Physiology**, 83 (5):1581-1587, 1997.
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- #**Hurley, B.F.**, Redmond, R.A., Pratley, R.E., Trueth, M.S., Rogers, M.A. and Goldberg A.P. Effects of heavy resistance strength training on muscle hypertrophy and injury in older men. **International Journal of Sports Medicine**, 16:380-386, 1995.
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- \*Nicklas, B.J., Ryan, A.S., Treuth, M.S., Harman, S.M., Blackman, M.R., **Hurley, B.F.** and Rogers, M.A. Anabolic hormone and IGF-1 responses to acute and chronic resistive exercise in older men. **International Journal of Sports Medicine**, 7:445-450, 1995.
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- \*#Ryan, A.S., Trueth, M.S., Rubin, M.A., Miller, J.P., Nicklas, B.J., Pratley, R.E., Libanati C.R., Gunberg C.M., and **Hurley, B.F.** Effects of strength training on bone mineral density: hormonal and bone turnover relationships. **Journal of Applied Physiology**, 77 (4):1678-1684, 1994.
- \*#Miller, J.P., Pratley, R.E., Goldberg, A.P., Gordon, P., Rubin, M.A., Treuth, M.S., Ryan, A.S. and **Hurley, B.F.** Strength training increases insulin action in healthy 50-60 year old men. **Journal of Applied Physiology**, 77 (3):1122-1127, 1994.
- Hurley, B.F.** Does strength training improve health status? **Strength and Conditioning**, 16:7-13, 1994.
- \*#Trueth, M.S., Ryan, A.S., Pratley, R.E Rubin, M.A., Miller, J.P., Nicklas, B.J., Sorkin, J., Harman, S.M., Goldberg, A.P. and **Hurley, B.F.** Effects of strength training on total and regional body composition in older men. **Journal of Applied Physiology**, 77 (2):614-620, 1994.
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**Hurley, B.F.** Validity of exercise prescriptions used in Health Clubs. **Journal of Physical Education, Health & Recreation.** 14:8-11, 1976.

## **B. OTHER PUBLISHED ARTICLES**

1. Hurley, B.F. et al. Coronary risk factor intervention: aerobic vs strength training. **The Expert Speaks 1996: The Role of Nutrition in Medicine.** Kirk Hamilton (ed), IT Service, Sacramento, CA., pp. 94-96.
2. Hurley, B.F. Aerobics, strength training and the heart. **Clinical Pearls News** 4:57-58, 1994.

## **C. ACADEMIC AWARDS**

UMCP Research Leaders, October 17, 2008

Membership into Rainmakers, the top 100 research contracts and grants on the campus of University of Maryland, College Park, 2003 and 2005.

Recipient of Fellow Status of the American Academy of Kinesiology and Physical Education. September, 22, 2001.

Recipient of the Research and Development Award. College of Health and Human Performance, 1996.

Recipient of the University of Maryland Ronald E. McNair Post Baccalaureate Achievement Program, Mentor of the Year Award, July 15, 1993

Recipient of Fellow Status of the American College of Sports Medicine, 1983.

## **D. PROFESSIONAL REFEREED PRESENTATIONS AND PUBLISHED ABSTRACTS**

### **National and International:**

Delmonico, M.J., Zmuda, J.M., Taylor, B.C., Cauley, J.A., Harris, T.B., Manini, T. Schwarz, A., Li, R., Roth, S.M., Hurley, B.F., Ferrell, R.E. and Newman, A.B. Association of the ACTN3 genotype and physical functioning with aging in older adults. Submitted and accepted at **American College of Sports Medicine** annual meeting, Indianapolis, Indiana, 2008.

Waltz, C.T., Hanson, E.D., Delmonico, M., Yao, L., Wang, M.Q., & Hurley, B.F. Do sex or race differences influence strength training effects on muscle or fat? Submitted and accepted at **American College of Sports Medicine** annual meeting, Indianapolis, Indiana, 2008.

Roth, S.M., Walsh, S., Doby, L., Metter, E.J., Ferrucci, L., Hurley, B.F. The ACTN3 577X nonsense allele (X) is under represented in elite-level strength athletes. Presented at the

**American College of Sports Medicine** annual meeting, New Orleans, Louisiana, 2007 and published in **Medicine and Science in Sports and Exercise** 39(5): 2007.

Hanson, E.D., Srivatsan, S., Agrawal, S., Menon, K.S., Delmonico, M.J., Wang, M.Q., Hurley, B.F. Do strength, power, & body composition predict functional abilities in older adults? Effects of strength training (ST). Presented at the **American College of Sports Medicine** annual meeting, New Orleans, Louisiana, 2007 and published in **Medicine and Science in Sports and Exercise** 39(5): 2007.

Yao, L., Delmonico, M.J., Hand, B.D., Johns, J., Hurley, B.F. Adrenergic receptor (ADR) genotypes influence the effects of strength training on mid-thigh intermuscular adipose tissue. Presented at the **American College of Sports Medicine** annual meeting, Denver, CO, 2006 and published in **Medicine and Science in Sports and Exercise** 38(5 Supplement): S49, 2006.

Conway, J.M., Delmonico, M.J., Johns, J., Kostek, M., Rabon-Stith, K.M., and Hurley, B.F. Comparison of the Ability of Computed Tomography and Dual-Energy X-Ray Absorptiometry to Detect Muscle Size Changes with Strength Training in Older Adults. Presented at the BC2005 congress to be held in Southampton, United Kingdom, September 8, 2005.

Delmonico, M.J., Kostek, M.C., Doldo, N.A., Hand, B.D., Bailey, J.A., Rabon-Stith, K.M., Conway, J.M., Carignan, C.R., and Hurley, B.F. Moderate velocity strength training increases peak muscle power quality in older women. Presented at the **American College of Sports Medicine** annual meeting, Nashville, TN, 2005 and published in **Medicine and Science in Sports and Exercise** 37(5): S129, 2005.

Brian D. Hand, Ferrell, R.E., Kostek, M., Delmonico, M, Doldo, N.A., Bailey, J.A., Roth, S.M., and Hurley, B.F. Protein Phosphatase 3 Gene Polymorphism Influences Muscle Volume Response to Strength Training. Presented at the **American College of Sports Medicine** annual meeting, Nashville, TN, 2005 and published in **Medicine and Science in Sports and Exercise** 37(5): S164, 2005.

Roth, S.M., M.J. Delmonico, K.M. Rabon-Stith, S.Walsh, B.F. Hurley. The ACTN3 gene R577X polymorphism is associated with muscle function in the BLSA and GUSTO cohorts. Presented in a symposium at the **American College of Sports Medicine** annual meeting, Nashville, TN, 2005 and published in **Medicine and Science in Sports and Exercise** 37(5): S132, 2005.

Liu., D., S. Walsh, M.J. Delmonico, K.L. Voss, B.F. Hurley, S.M. Roth. Newly identified myostatin mutation not observed in strength athletes or the general population. Presented at the **American College of Sports Medicine** annual meeting, Nashville, TN, 2005 and published in **Medicine and Science in Sports and Exercise** 37(5): S165, 2005.

Walsh, S., J. Metter, B.F. Hurley, L. Ferrucci, S.M. Roth. ACTN3 genotype is associated with muscle strength in women but not men across the adult age span. Presented at the **American**

**College of Sports Medicine** annual meeting, Nashville, TN, 2005 and published in **Medicine and Science in Sports and Exercise** 37(5): S164, 2005.

Hurley, B.F. Strength training for the prevention and treatment of sarcopenia: Presented at the American Association of Aging (AGE) conference, St. Petersburg, Florida, June 4-5, 2004.

Prior, S.J., Martel, G.F., Hurley, B.F., Rogers, M.A., and Roth, S.M. Skeletal muscle capillary response to strength training is associated with VEGF sequence variation. Presented at the Experimental Biology 2004 Conference, Washington D.C., April 19, 2004. Published in **The FASEB Journal** 18 (5): Part II, A1012, 2004.

Hand, B.D., Ferrell, R.E., Kostek, M., Delmonico, M., Rabon-Stith, K., Roth, S.M., Hurley, B.F. Influence of myostatin genotype on change in muscle strength with strength training in older adults. Presented to the **Gerontology Society of America**, November, 2004

Walsh, S., Metter, E.J., Hurley, B.F., and Roth, S.E. ACTN3 genotype is associated with muscle strength in women but not men across the adult age span. Presented to the **Gerontology Society of America**. November, 2004.

Delmonico, M.J., Ferrell, R.E., Meerasahib, A., Martel, G.F., Roth, S.M., Kostek, M.C., and Hurley, B.F. Blood pressure response to strength training may be influenced by angiotensinogen (AGT M235T) genotype in older adults. Presented in a symposium at the American College of Sports Medicine annual meeting, Indianapolis, Indiana, May, 2004 and published in **Medicine and Science in Sports and Exercise**, 36: S94, 2004.

Walsh, S., Shea, P.R., Metter, J., Hurley, B.F., Ferrell, R.E., Roth, S.M. Androgen receptor CAG repeat is associated with fat free mass in men but not in women. Presented at the American College of Sports Medicine annual meeting, Indianapolis, Indiana, May, 2004 and published in **Medicine and Science in Sports and Exercise**, 36: S99, 2004.

Martel, G., Aiken, B., Brill, M., Roth, S.M., Hurley, B.F., Metter, E.J., Rogers, M.A. Short-term strength training does not alter skeletal muscle capillarization in young or older women. Presented at the American College of Sports Medicine annual meeting, Indianapolis, Indiana, May, 2004 and published in **Medicine and Science in Sports and Exercise**, 36: S54, 2004.

Roth, S.M., Kostek, M.C., Delmonico, M.J., Kwok, W.K., Hurley, B.F. The alpha-actinin-3 (ACTN3) R577X polymorphism is associated with muscle strength in older individuals. Presented at the American College of Sports Medicine annual meeting, Indianapolis, Indiana, May, 2004 and published in **Medicine and Science in Sports and Exercise**, 36: S39, 2004.

Hurley, B.F., Martel, G.F., Roth, S.M., Fleg, J.L., and Ferrell, R.E. Angiotensinogen (-20) may influence resting blood pressure response to strength training. Presented at the 2<sup>nd</sup> Congress of the International Academy of Nutrition and Aging, Albuquerque, New Mexico, July 12, 2003. Published in the **Journal of Nutrition, Health & Aging** 7(4):215, 2003.

Hurley, B.F. Strength training for the prevention and treatment of muscle loss with age. Presented at the Momentum Conference sponsored by the International Council for Active Aging. Riderwood Retirement Community, Silver Spring, Maryland, May 17<sup>th</sup>, 2003.

Hurley, B.F. Effects of strength training on risk factors for age-related diseases. Presented at the Symposium in Honor of John Holloszy in conjunction with the American College of Sports Medicine annual meeting, St. Louis, MO, June 2002.

Roth, S.M., Ferrell, R.E., Metter, E.J., Hurley, B.F., and Rogers, M.A. Microarray analysis of muscle gene expression: influence of age, sex, and strength training. Presented at the American College of Sports Medicine annual Meeting, St. Louis, MO, 2002. Published in **Medicine and Science in Sports and Exercise** 34(5): S189, 2002

Gordon, P.L., Vannier, E., Hamada, K., Witsell, A., Layne, J., Hurley, B.F., Roubenoff, R. and Castaneda, C. Effect of strength training on cytokine on RNA levels in skeletal muscle of diabetic Hispanic elders. Presented at the American College of Sport Medicine annual meeting. St. Louis, MO 2002. Published in **Medicine and Science in Sports and Exercise** 34(5): S97, 2002.

Riechman, S.E, Fabian, T.J., Kroboth, P.D., Balasekaran, G., Roth, S.M., Ferrell, R.E., Robertson, R.J., Hurley, B.F. Peripheral benzodiazepine receptor polymorphisms are associated with plasma DHEA and cortisol responses to strength training. Presented at the American College of Sports Medicine annual meeting. St. Louis, MO, 2002. Published in **Medicine and Science in Sports and Exercise** 34(5): S131, 2002.

Newman, M.A., Riechman, S.E., Balasekaran, G., Roth, S.M., Ferrell, R.E., Robertson, R.J., Hurley, B.F. Age, birth control, strength training activity associated to lean mass gain with strength training. Presented at the American College of Sports Medicine annual meeting. St. Louis, MO, 2002. Published in **Medicine and Science in Sports and Exercise** 34(5): S281, 2002.

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Riechman, S.E., Balasekaran, G., Roth, S.M., Ferrell, R.E. & Hurley, B.F. An interleukin-15 receptor alpha (IL15Ra) polymorphism is associated with muscle mass responses to strength training. Presented at the American Physiological Society meeting in Orlando, Florida, April 2001. Published in **FASEB Journal** 15 (4): A484, 2001.

Roth, S.M., Schragar, M.A., Riechman, S.E., Ferrell, R.E., Metter, E.J., Fleg, J.L., Hurley, B.F. Ciliary neurotrophic factor (CNTF) genotype and body composition in men and women across the adult life age span. **FASEB Journal** 15 (4): A485, 2001.

Conwit, RA, Metter, E.J., Hurley, B.F., and Stashuk, D. Does motor unit physiology change with strength training. Presented at the XV International Congress of Clinical Neurophysiology. Buenos Aires, Argentina, May 16-20, 2001.

Hurley, B.F., Martel, G.F., Roth, S.M., Fleg, J.L., and Ferrell, R.E. Resting blood pressure response to strength training may depend on angiotensinogen (-20) genotype. Presented at the American College of Sports Medicine Annual Meeting. Baltimore, MD, 2001. Published in **Medicine and Science in Sports** 33: S230, 2001.

Roth, S.M., Schragar, M.A., Ferrell, R.E., Riechman, S.E., Metter, E.J., Fleg, J.L., and Hurley, B.F. Does IGF-II genotype predict BMI and body fat in men and women across the adult age span? Presented at the American College of Sports Medicine. Baltimore, MD, 2001. Published in **Medicine and Science in Sports and Exercise**, 33: S323, 2001.

Riechman, S.E., Balasekaran, G., Roth, S.M., Ferrell, R.E., Robertson, R.J., and Hurley, B.F. Ciliary neurotrophic factor (CNTF) genotype is associated with skeletal muscle responses to strength training. Presented at the American College of Sports Medicine, Baltimore, MD, 2001. Published in **Medicine and Science in Sports and Exercise**, 33: S277, 2001.

Roth, S.M., M.A. Schragar, R.E. Ferrell, E.J. Metter, N.A. Lynch, R.S. Lindle, & Hurley B.F. Ciliary Neurotrophic Factor (CNTF) genotype and muscle strength in humans. **The Physiologist** 43 (4):347, Aug. 2000.

Brandauer, J., Martel, G.F., Roth, S.M., Hurley, B.F., and Rogers, M.A. Effects of high-volume heavy-resistance strength training on MRI relaxation times. Presented at the American College of Sports Medicine Annual Meeting. Baltimore, MD. Published in **Medicine and Science in Sports and Exercise**, 33: S147, 2001.

Lawrence, E.C., Hurley, B.F., Roth, S.M., Hagberg, J.M., Ferrell, R.E. Myostatin promotor sequence and frequent alldic variation in the coding sequence. **American Journal of Human Genetics** 65 (4): A259, 1999.

Schrager, M.A., S.M. Roth, R.E. Ferrell, E.J. Metter, NA. Lynch, R.S. Lindle, B.F. Hurley. Is insulin-like growth factor-2 (IGF-2) genotype related to muscle strength across adult age span? **The Physiologist** 43 (4): 327, Aug. 2000.

Hurley, B.F. Exercise prescription for the elderly. Symposium presented at the American College of Sports Medicine, Annual Meeting. Indianapolis Indiana, 2000. Published in **Medicine and Science in Sports & Exercise**, 32:S37, 2000.

Brandauer, J., Martel, G.F., Roth, S.M., Hurley, B.F., and Rogers, M.A. Effects of high-Roth, S.M., Martel, G.F., Ivey, F.M., Lemmer, J.T., Tracy, B.L., Metter, E.J., Mangel, T.K., Hurley, B.F. and Rogers, M.A. Satellite cell response to nine weeks of strength training in young and older men and women. Presented at the American College of Sports Medicine Annual Meeting. Indianapolis, Indiana, 2000. Published in **Medicine and Science in Sports & Exercise**, 32:S294, 2000.

Hurley, B.F. Building strength and mobility. Presented to the National Restorative Conference. Los Vegas, Nevada, March 27, 2000.

Hurley, B.F. Impact of strength training on risk factors for age-related diseases. Presented at the Canadian Fitness Professionals conference, Toronto, Canada, August, 1999.

Blackman, M.R. et al. Physiology of growth hormone decline in aging: Current concepts and lessons from the NIA/NIH Clinical Trial at Johns Hopkins. Presented at Sero Symposia, Norwell, MA, 1999.

Ryan, A.S. et al. Improved insulin action after resistive training in older men and women. Presented at American Diabetes Association. June, 1999.

Hurlbut, D.E., et al. Strength training improves glucose homeostasis in young and older men. Presented at North American Association for obesity research, November, 1999.

Hurley, B.F. Does age, gender, and gene variations affect responses to strength training? Symposium presented at the American College of Sports Medicine Annual Meeting, Seattle, Washington, 1999. Published in **Medicine and Science in Sports and Exercise**, 31:S39, 1999.

Martel, G.F., Roth, S.M., Ivey, F.M., Lemmer, J.T., Hurlbut, D.E., Tracy, B.L., Hurley, B.F., Metter, E.J. and Rogers, M.A. Effects of strength training on muscle fiber characteristics in younger and older men and women. Presented at the American College of Sports Medicine annual meeting, Seattle, Washington, 1999. Published in **Medicine and Science in Sports and Exercise**, 31:S315, 1999.

Ivey, F.M., Tracy, B.L., Lemmer, J.T., Fleg, J.L., & B.F. Hurley. The effects of age and gender on muscle quality response to strength training and detraining. Presented at the American College of Sports Medicine Annual Meeting, 1999. Published in **Medicine and Science in Sports and Exercise**, 31:S125, 1999.

Tracy, B.L., Ivey, F.M., Metter, E.J., & B.F. Hurley. Muscle volume measurement: single vs. Multiple axial MRI slices. Presented at the American College of Sports Medicine Annual Meeting, Seattle Washington, 1999. Published in **Medicine and Science in Sports and Exercise**,31:S384, 1999.

Ryan, A.S., Hurlbut, D.E., Lott, M.E., Ivey, F.M., Fleg, J., Hurley, B.F., & A.P. Goldberg. Improved insulin action after resistive training in older men and women. Presented at the **American Diabetes Association** Annual Meeting, 1999.

Hurley, B.F. The effects of strength training on risk factors to age-related diseases. Presented at the **Synergism of Diversity** conference. Florida State University, October 1-2, 1998.

Ivey, F.M., Tracy, B.L., Barlow, D., Lemmer, J.T., Hurlbut, D.E., Martel, G.F. Metter, E.J., Fozard, J.L., Fleg, J.L., and B.F. Hurley. Age and gender responses to strength training. Presented at the **American College of Sports Medicine** Annual Meeting, Orlando, Florida, 1998. Published in **Medicine and Science in Sports and Exercise** 30: S268, 1998.

Lemmer, J.T., Ivey, F.M., Ryan, A.S., Hurlbut, D.E., Martel, G.F., Metter, E.J., Fozard, J.L., Fleg, J.L., and B.F. Hurley. Does strength training lead to increases in physical activity levels in the elderly? Presented at the **American College of Sports Medicine** Annual Meeting, Orlando, Florida, 1998. Published in **Medicine and Science in Sports and Exercise** 30: S268, 1998.

Lott, M.E., Hurlbut, D.E., Ryan, A.S., Lemmer, J.T., Ivey, F.M., Zeidman, J.R., Metter, E.J., Fozard, J.L., Fleg, J.L., and B.F. Hurley. Effects of strength training on glucose homeostasis in older men and women. Presented at the **American College of Sports Medicine** Annual Meeting, Orlando, Florida, 1998. Published in **Medicine and Science in Sports and Exercise** 30: S196, 1998.

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Hurley, B.F., Hagberg, J.M., Poehlman, E.T., Evans, W.J. and Dalsky, G.P. Improving health status in the elderly: Aerobic or strength training? Symposium presented at the American College of Sports Medicine Annual Meeting. Published in **Medicine and Science in Sports and Exercise**. 29: S36, 1997.

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Lynch, N.A., Metter, E.J. Lindle, R.S., Tobin, J.A., Fozard, J.L., Fleg, J.L. and Hurley, B.F. Strength in relation to FFM in 353 men and women ages 20-93. Presented at the American College of Sports Medicine Annual Meeting. Denver, Colorado, 1997. Published in **Medicine and Science in Sports and Exercise** 29: S76, 1997.

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Jones, N.A., Metter, E.J., Lindle, R.S., Tobin, J.O., Roy, T.A., Fozard, J.L., Fleg, J.L. and Hurley, B.F. Comparison of age-associated decline in strength: women versus men. Presented at the American College of Sports Medicine Annual Meeting. Cincinnati, Ohio, 1996. Published in **Medicine and Science in Sports and Exercise** 28: S164, 1996.

Spector, S.A., Lemmer, J.T., Feuerstein, I.M., Koffman, B.M., Hurley, B.F., Dalakas, M.C. Effects of strength training in patients with inclusion body myositis. Presented at the Annual Meeting of Neurology, March, 1996.

Lindle, R.S., Metter, E.J., Fozard, J.L., Fleg, J.L. and Hurley, B.F. Eccentric strength is preserved with age in women. Presented at the American College of Sports Medicine Annual Meeting. Minneapolis, Minnesota, 1995. Published in **Medicine and Science in Sports and Exercise** 27:S205, 1995.

Kraemer, W.J., Franklin, B.A., Fleck, S.J., Hurley, B.F., Campbell, W.W., and Fry, A.C. Practical and clinical considerations for program design in resistance training in adults. Presented at the **American College of Sports Medicine Annual Meeting**. Minneapolis, Minnesota, 1995.

Hurley, B.F.: Assessment of muscular strength in the elderly. Presented at the Sarcopenia conference sponsored by the **National Institute on Aging**. Airlie, VA, September 19-21, 1994.

Spector, S.A., Gordon, P.L., Yildiz, E., Sivakamur, K., Hurley, B.F. and Dalakas, M.C. Methodological considerations in evaluating the effect of strength training in patients with post polio syndrome. Presented at the **National Academy of Sciences Annual Meeting**, May 1994.

#Tobin, J.D., Roy, T.A., Lindle, R.S., Hurley, B.F., Metter, E.J., Fleg, J.L., and Plato, C.C. Is femoral bone mineral density (BMD) related to lower extremity strength? Effects of age and sex. Presented at the **American Society for Bone and Mineral Research Annual Meeting**. Kelseyville, California, 1994.

\*Pratley, R., Nicklas, B., Rubin, M., Miller, J., Smith, A., Smith, M., Hurley, B. and Goldberg, A. Strength training increases resting metabolic rate in healthy older men. Presented at the American Federation for Clinical Research. Baltimore, MD, 1993. Published in **Clinical Research**. 41:225A, 1993.

\*Hurley, B.F., Redmond, B.A., Smith, M.M., Smith, A.J., Rubin, M.A., Miller, J.P., Pratley, R.E., Hagberg, J.M., Sorkin, J. and Goldberg, A.P. Effects of strength training on muscle hypertrophy and muscle cell disruption in older men. Presented at the American College of Sports Medicine Annual Meeting. Seattle, Washington 1993. Published in **Medicine and Science in Sports and Exercise**, 25:S149, 1993.

\*#Miller, J.P., Rubin, M.A., Nicklas, B., Smith, A.J., Smith, M.A., Hurley, B.F., FACSM, Goldberg, A.P. and Pratley, R.E. Strength training increases nonoxidative glucose metabolism in older men. Presented at the American College of Sports Medicine Annual Meeting. Seattle, Washington, 1993. Published in **Medicine and Science in Sports and Exercise**, 25:S70, 1993.

\*#Nicklas, B.J., Smith, A.J., Smith, M.M., Rogers, M.A., Harman, S.M., Blackman, M.R., Rubin, M.A., Miller, J.P., Hurley, B.F.,. Acute and chronic anabolic hormonal responses to resistive exercise in older men. Presented at the American College of Sports Medicine Annual Meeting. Seattle, Washington, 1993. Published in **Medicine and Science in Sports and Exercise**, 25:S77, 1993.

\*#Smith, M.M., Smith, A.J., Rubin, M., Miller, J., Nicklas, B., Pratley, R., Goldberg, A.P., Hagberg, J.M., Harman, M. and Hurley, B.F. Effects of strength training on body composition in older men. Presented to the American College of Sports Medicine Annual Meeting. Seattle, Washington, 1993. Published in **Medicine and Science in Sports and Exercise**, 25:S101, 1993.

\*#Smith, A., Smith, M., Rubin, M., Miller, J., Nicklas, B., Pratley, R., Libanati, C., Gundberg, C., Hagberg, J., Blackman, M. and Hurley B. Effects of strength training on bone mineral density: hormonal and bone turnover relationships. Seattle Washington, 1993. Presented at the American College of Sports Medicine Annual Meeting. Published in **Medicine and Science in Sports and Exercise**, 25:S188, 1993.

\*Rubin, M.A., Miller, J.P., Smith, A.J., Smith, M.E., Patterson, K.Y., Pratley, R.E., Hurley, B.F., Veillon, C., Anderson, R.A. and Moser-Veillon P.B. Effect of strength training on glucose and chromium metabolism in males 53-63 years of age. Presented at the Annual Meeting of the Federation of the American Society of Experimental Biology, 1993. Published in **FASEB**, p. A62, 1993.

\*#Pratley, R., Nicklas, B., Rubin, M., Miller, J., Smith A., Smith M., Goldberg A., Hurley B. Strength training increases resting metabolic rate in healthy older men. Presented the National Institute of Health conference on Physical Activity and Obesity, Bethesda, Maryland, December 1992. Published in **Proceedings**, p.111.

\*Miller, J.P., Rubin, M.A., Smith, A.J., Smith, M.M., Hurley, B.F., Goldberg, A.P., and Pratley, R.E. Resistive training lowers insulin levels and increases insulin sensitivity in older men. Presented at the Annual Meeting of the American Geriatrics Society. Washington, D.C., 1992. Published in **The Gerontologist** 32: 37, 1992.

\*Pratley, R., Miller, J., Smith, A., Smith, M., Hurley, B., and Goldberg, A. Resistive training decreases insulin resistance in healthy older men. Presented at the Annual Meeting of the American Federation for Clinical Research. Baltimore, MD. 1992. Published in **Clinical Research** 40: 196A, 1992.

\*#Mazel, S., Menkes, A., Redmond, R., Koffler, K., Libanati, C.R., Gunberg, C.M., Zizic, T., and Hurley, B.F. Strength training increases regional bone density. Presented at the Annual Meeting of the American Society for Bone and Mineral Research. San diego, CA, 1991. Published in **Journal of Bone and Mineral Research**, 632: 1991.

\*Hurley, B.F., Redmond, B.A., Koffler, K.H., Menkes, A., Hagberg, J.M., Pratley, R.E., Young, J.W.R. and Goldberg, A.P. Assessment of strength training effects on leg composition in older men using magnetic resonance imaging (MRI). Presented at the Annual Meeting of the American College of Sports Medicine. Orlando, Florida, 1991. Published in **Medicine and Science in Sports and Exercise** 23:S108, 1991.

\*#Smutok, M.A., Reece, C.L., Hurley, B.F., Kokkinos, P.F., Dawson, P., Shulman, R., Charabogas, C., Farmer, C. and Goldberg, A.P. Strength training improves glucose regulation similar to that of aerobic exercise training for middle-aged men with abnormalities in glucose metabolism. Presented at the Annual meeting of the American Physical Therapy Association, Anaheim CA, 1990. Published in the **Proceedings of the 65th Annual Conference of the American Physical Therapy Association**. 65:312, 1990.

\*Hurley, B.F. Effects of resistive training on lipoprotein-lipid profiles: A comparison to aerobic exercise training. Presented at the Annual Meeting of the American College of Sports Medicine. Baltimore, Maryland, 1989. Published in **Medicine and Science in Sports and Exercise** 21:689-693, 1989.

\*#Marcinik, E.J., Potts, J., Schlabach G., Will, S., Dawson, P., and Hurley, B.F. Strength training improves endurance performance and lactate threshold without altering  $O_2$ max. Presented at the annual Meeting of the American College of Sports Medicine. Baltimore, Maryland, 1989. Published in **Medicine and Science in Sports and Exercise**, 21:138, 1989.

\*#Smutok, M.A., Reece, C., Goldberg, A.P., Kokkinos, P.F., Dawson, P., Shulman, R., Charabogas, C., Patterson, J., and Hurley, B.F. Strength training improves glucose tolerance similar to that of jogging in middle-aged men. Presented at the Annual Meeting of the American College of Sports Medicine. Baltimore, Maryland, 1989. Published in **Medicine and Science in Sports and Exercise**, 21:S195, 1989.

\*#Kokkinos, P.F., Hurley, B.F., Smutok, M.A., Farmer, C., Reece, C., Shulman, R., Charabogas, C., Patterson, J., and Goldberg, A.P. Lipoprotein-lipid profiles and postheparin lipase activities are unaltered from strength training. Presented at the Annual Meeting of the American College of Sports Medicine. Baltimore, Maryland, 1989. Published in **Medicine and Science in Sports and Exercise**, 21: S694, 1989.

\*Hurley, B.F., Hagberg, J.M., Holloszy, J.O. Muscle weakness among elite powerlifters. Presented at the Annual Meeting of the American College of Sports Medicine. Dallas, Texas, 1988. Published in **Medicine and Science in Sports and Exercise**, 20:485, 1988.

\*#Coale, J.A., Butler, J.J., Santa Maria, D.L., Ostrove, S.M., and Hurley, B.F. Weight training and running reduce myocardial oxygen demand but not by reducing sympathetic response. Presented at the Annual Meeting of the American College of Sports Medicine. Las Vegas, Nevada, 1987. Published in **Medicine and Science in Sports and Exercise**, 19:542, 1987.

\*#Parker, S.B., Hanlon, D.P., Hurley, B.F., Vaccaro, P. Failure of target heart rate to accurately monitor intensity during aerobic dance. Presented at the Annual Meeting of the American College of Sports Medicine. Las Vegas, Nevada, 1987. Published in **Medicine and Science in Sports and Exercise**, 19:589, 1987.

\*Hurley, B.F., Hagberg, J.M., Seals, D.R., Goldberg, A.P., and Holloszy, J.O. Circuit weight training reduces coronary artery disease risk factors independent of changes in  $VO_2$  max. Presented at the Annual Meeting of the American College of Sports Medicine. Indianapolis, Indiana, 1986. Published in **Medicine and Science in Sports and Exercise**, 18:568, 1986.

\*#Kokkinos, P., Hurley, B.F., Vaccaro, P., Goldberg, A.P., and Ostrove S. Effects of weight training on lipoprotein-lipid profiles: low repetition vs. high repetition training. Presented at the

Annual Meeting of the American College of Sports Medicine. Indianapolis, Indiana, 1986. Published in **Medicine and Science in Sports and Exercise**, 18:533, 1986.

\*Hurley, B.F., Goldberg, A.P., Hagberg, J.M., and Holloszy, J.O. Heavy resistance training and coronary risk in the elderly. Second International Conference on Physical Activity, Published in the **Proceedings of the Second International Conference on Physical Activity, Aging and Sports**, page 34, 1985.

\*Holloszy, J.O., Dalsky, G.P., Nemeth, P.M., Hurley, B.F., Martin, W.H., and Hagberg, J.M. Utilization of fat as substrate during exercise: effect of training. Presented at the **International Biochemistry of Exercise Meetings**, Copenhagen, 1985.

\*Hurley, B.F., Nemeth, P.M., Martin, W.H., Dalsky, G.P., Hagberg, J.M., and Holloszy, J.O. The effects of endurance exercise training on intramuscular substrate use during prolonged submaximal exercise. Presented at the Annual Meeting of the American College of Sports Medicine. Nashville, Tennessee, 1985. Published in **Medicine and Science in Sports and Exercise**, 17:59, 1985.

Hurley, B.F., Hagberg, J.M., Seals, D.R., Florman, R., Goldberg, A.P. Hepatic triglyceride lipase modulates high density lipoprotein cholesterol levels in weightlifters and runners. Presented at the American Federation for Clinical Research. Washington, D.C., May 3-4, 1984. Published in **Clinical Research**, 32: 398A, 1984.

\*Hurley, B.F., Hagberg, J.M., Seals, D.R., Florman, R., and Goldberg, A.P. Coronary risk in weightlifters: effects of androgens. Presented at the American Federation of **Clinical Research**, 32:175A, 1984.

\*Hurley, B.F. Physiological effects of heavy resistance strength training programs. **Garden State Sports Medicine Symposium**. New Jersey, 1985.

\*Hurley, B.F., Hagberg, J.M., Seals, D.R., Florman, R., Goldberg, A.P. Coronary risk in bodybuilders, powerlifters, and runners: effects of anabolic steroids. Presented at the NSCA Convention. Pittsburgh, Pennsylvania, June, 1984. Published in **National Strength and Conditioning Journal**, 6:50, 1984.

\*Hurley, B.F., Seals, D.R., Cartier, L.J., Hagberg, J.M., and Holloszy, J.O. Mechanism for the inability of high intensity variable resistance strength training to alter cardiovascular function. Presented at the NSCA Convention. Pittsburgh, Pennsylvania, June, 1984. published in **National Strength and Conditioning Journal**, 6:48, 1984.

\*Goldberg, A.C., Hurley, B.F., Wiest, W.G., Trivedi, B., and Daughaday, W.H. The effect of high doses of androgens on serum insulin-like growth factor I and insulin-like growth factor II in adult men. Presented at the **American Federation of Clinical Research**, Chicago, Illinois, June 1983.

## **Regional:**

Hurley, B.F. Effects of genotype on strength and muscle mass response to aging and strength training. Presented at the Mid-Atlantic Regional Chapter of the American College of Sports Medicine. Poconos, PA, November 3, 2000.

Hurley, B.F. Health implications of strength training for older adults. Presented at the Mid-Atlantic Regional Chapter of the **American College of Sports Medicine**. Lancaster, Pennsylvania, October 21-23, 1994.

\*Hurley, B.F. Effects of heavy resistance training on metabolic risk factors for coronary heart disease. Presented at the **Rocky Mountain Regional Chapter of American College of Sports Medicine**, Frisco, Colorado, January 19, 1991.

\*Hurley, B.F. Age, exercise and risk factors for coronary artery disease: aerobic vs. strength training. Presented at the **Mid-Atlantic Regional Chapter of American College of Sports Medicine**, College Park, Maryland, February 7, 1986.

\*Hurley, B.F., Seals, D.R., Hagberg, J.M., and Holloszy, J.O. Effect of variable resistance strength training on risk factors for coronary artery disease. Presented at the **Mid-Atlantic Regional Chapter of American College of Sports Medicine**, University Park, Pennsylvania, February 1-2, 1985.

\*Hurley, B.F. The effects of aerobic exercise training on lipoprotein lipids and glucose tolerance among older adults. Presented at the **Second Annual Meeting and Scientific Conference of the Maryland Gerontological Association**. Baltimore, Maryland, 1984. Published in Proceedings, 1985.

\*Hurley, B.F., Hagberg, J.M., Seals, D.R., and Holloszy, J.O. Effect of aerobic training on blood lactate levels at various relative exercise intensities. Presented at the **Mid-Atlantic Regional Chapter of American College of Sports Medicine**, Ithaca, New York, February 3-4, 1984.

## **State and Local:**

Hurley, B.F. Strength training as an Intervention for the Iatrogenic Effects of Androgen Deprivation Therapy in Patients with Prostate Cancer. Presented to the Basic Science Conference. Washington Cancer Institute at Washington Hospital Center. April 21, 2008.

Hurley, B.F. Interventions for the Adverse Consequences of Sarcopenia. Presented to the graduate students and faculty in the Department of Nutrition and Food Sciences. University of Maryland. March 6, 2008.

Hurley, B.F. Strength training for the prevention and treatment of sarcopenia. Presented at the BioScience Research & Technology Review Day Symposium. November 13, 2007.

Hurley, B.F. Strength training as an intervention for sarcopenia. Presented to the Catalyst Program in Life Sciences. March 17, 2005.

Hurley, B.F. Interventions for the prevention and treatment of sarcopenia. Presented to residents at Charlestown Retirement Community. March 20, 2003, Baltimore, MD.

Hurley, B.F. Exercise, Aging & Genetics. Presented to the Catalyst Program in Life Sciences. April 3, 2003, University of Maryland at College Park.

Hurley, B.F. The use of strength training as an intervention for muscle loss with age. May 17, 2003, Riderwood Retirement Community. Silver Spring, MD.

Hurley, B.F. Effects of strength training on risk factors for age-related diseases: Are the effects influenced by genotype. Presented to the USDA, Nutrition and Energy Metabolism Section, September 2002.

Hurley, B.F. Ciliary Neurotrophic Factor (CNTF) genotype and muscle strength in humans. Presented at Bioscience Research Conference, University of Maryland, November 13, 2000.

Hurley, B.F. Effects of strength training on risk factors for age-related diseases. Media Background Session. University of Maryland, College Park, December 13, 1996.

Hurley, B.F. Aerobic or strength training for risk factor intervention. Presentation to Provost. University of Maryland, College Park, June 25, 1997.

Hurley, B.F. Aerobic exercise vs strength training for risk factor intervention. Presented for Grand Rounds at the National Rehabilitation Hospital. Washington, D.C., January 17, 1997.

Hurley, B.F. Strength intervention study. Presentation to the Board of Scientific Counselors, National Institute of Health, Baltimore Gerontology Research Center, May 20, 1996.

Hurley, B.F. Effects of strength training on age-associated risk factors. Presented to the Endocrinology Section of the Johns Hopkins University School of Medicine, Baltimore, April 22, 1996.

Hurley, B.F. Aerobic or strength training for improving health status in the elderly. Presented to Collington Episcopal Life Care Community, Mitchellville, MD, January 25, 1995.

Hurley, B.F. Physiology of Resistive Training. Presented to **Conference on the Prevention of Cardiovascular Disease in Older Veterans Through Physical Activity**. Baltimore, VA Medical Center, April 12, 1993.

Hurley, B.F. Exercise and Age-Related Diseases. Presented for **Research Day**, University of Maryland, November 9, 1992.

Hurley, B.F. Effects of strength training on glucose regulation. Presented to the **Veterans Administration Medical Center**, January 30, 1991.

Hurley, B.F. Effects of Strength Training on Regional Body Composition. Presented to the **Gerontology Research Center**, November 30, 1990.

Hurley, B.F. Effects of age and Exercise on Muscle Strength. Presented to the **Baltimore Longitudinal Study on Aging Committee**, July 1990.

Hurley, B.F. Anabolic Steroids: Risks vs benefits to athletic performance, presented to medical students at **Johns Hopkins University**, May 15, 1989.

Hurley, B.F. Lipids and exercise. Presented at the **Symposium on Strategies for a Healthy Heart**. February 1, 1989.

Hurley, B.F. Physiology and performance. Presented at the **Gaithersburg Sports Medicine and Rehabilitation Conference**. October 7, 1988.

Hurley, B.F. Exercise and cardiovascular disease. Presented at the **Maryland State Games Sports Medicine Symposium**. June 17, 1988.

Hurley, B.F. Coronary risk factors affected by training. Presented at the **Third Annual Maryland Sports Medicine and Athletic Performance Seminar**. February 6, 1988.

Hurley, B.F. Risk factor intervention through exercise training. Presented to the **Department of Medicine at John's Hopkins Hospital**. April 13, 1987.

Hurley, B.F. Exercise and heart disease. Presented to the **American Heart Association at the Annual Meeting and Awards Presentation**. June 6, 1987.

Hurley, B.F. Anabolic Steroids: Research update. Presented at the **Second Annual Maryland Sports Medicine and Athletic Performance Seminar**. February 7, 1987.

Hurley, B.F. Can strength training improve health? Presented at the **Marine Corps Marathon Sportsmedicine Seminar**, Arlington, VA, October 23, 1993.

Hurley, B.F. The effects of aerobic vs. weight training on risk factors to coronary artery disease. Presented to **American Heart Association Health Awareness Seminar**. 1984.

## F. CONTRACTS AND GRANTS AWARDED OR SUBMITTED

Principle Investigator	Strength training to improve muscle function, body composition, and quality of life in African American prostate cancer patients, American Institute for Cancer Research, 02/01/08 – 01/31/09, \$164,000.
Principle Investigator	Strength training to improve muscle function and quality of life in African American men with prostate cancer, Idea Development Award to Department of Defense, 01/01/08 - 12/31/2010, \$495,000.
Principle Investigator With Stephen Roth	Strength training, Self-efficacy, and Function in Blacks with Prostate Cancer, R21 resubmitted to NIH, 10/01/07 – 9/30/09, \$470,000
Principle Investigator With Jae Shim	Strength Training to Improve Function in African Americans with Osteoarthritis, Submitted to the National Institute of Arthritis, Musculoskeletal and Skin Diseases of the National Institutes of Health, 10/01/2007-9/30/2009, \$298, 846
Principle Investigator With Angela Bennett	Prediction of physical attributes for performance in firefighting tasks. Submitted to Homeland Security, 6/01/07 – 5/31/08, \$275,000
Principle Investigator With Stephen Roth	Strength Training as an Intervention for the Adverse Effects of Fibromyalgia, Submitted to National Institute of Arthritis, Musculoskeletal and Skin Diseases of the National Institutes of Health, 7/1/2007-6/30/2009, \$189,169 (not funded).
Principle Investigator With Stephen Roth	Strength Training, Physical Function, and Quality of Life in Fibromyalgia, Submitted to Arthritis Foundation, 1/07-12/08, \$200,000 (not funded)
Co-Principle Investigator With Stephen Roth	Strength Training to Improve Muscle Function and Quality of Life in African American Prostate Cancer Patients, submitted 4/15/06 to Department of Defense, 1/07 -12/08, \$440,000 (not funded)
Co-Principle Investigator With Stephen Roth	Strength training, Self-efficacy, and Function in Blacks with Prostate Cancer, R21 submitted 6/1/06 to NIH, 7/1/07 – 6/30/09, \$380,000 (not funded)

Principle Investigator With Roth & Hagberg	Gene Influence on Power Responses to Age and Exercise R01 submitted 11/1/04 to National Institute of Aging, 7/01/06 – 6/30/10, \$3.4 million (not funded).
Co-Investigator With Goldberg	Supplement to NIH Postdoctoral Training Grant, “Research Training in Gerontology and Exercise Physiology” 07/01/03 – 06/30/06, \$150,000
Principal Investigator With Conwit	Supplement to R01AG18336-02 Gene Effects on Strength Responses to Age and Exercise National Institute of Aging, 04/01/03 – 03/31/05, \$425,000, not funded.
Principal Investigator with Ferrell and Hagberg	Gene Effects on Strength Responses to Age and Exercise, National Institute of Aging 1/2/2002-12/31/2006, \$1.96 million
Principal Investigator with Ferrell and Hagberg	Genotype, Age, Muscular Strength, and Muscle Mass National Institute of Aging, 12/1/98 -11/30/2000, \$221,505
Co-Principal Investigator with Hagberg and Goldberg	Predoctoral Training in Exercise Physiology and Aging NIA, 1999-2007, \$529,332
Co-Principal Investigator with Goldberg et al.	Research Training in Gerontology and Exercise Physiology NIA, 1998-2007, \$1.1 million
Principal Investigator with Rogers et al.	Effects of Age and Strength Training on Muscle Strength, Body Composition and Health Status, National Institute of Aging (NIA), 1994-1998, \$810,000.
Co-Investigator with Dalakas et al.	The Effects of Strength Training on Patients with Post Polio Syndrome, NIH, intramural funds 1994, \$10,000.
Co-Director with Goldberg et al.	Geriatrics Leadership Award. NIA, 1993-1995, \$240,000.
Co-Investigator with	Vitamin D Deficiency in Homebound Elderly. NIA, Clinical Investigator Award, 1993-1998, \$772,691.

Gloth et al.	This award was returned due to a change in employment by the Principal Investigator which prevented him from having the required 50% protected time.
Principal Investigator	Effects of Age, Gender and Strength on Bone Mineral Density and Glucose Homeostasis, College Research Council, 1993-1994, \$4,239.
Principal Investigator with Fozard et al.	Age, Muscle Strength, Body Composition and Health Status. Baltimore Longitudinal Study on Aging. NIA, 1991-1994, \$190,000
Co-Investigator with Pratley et al.	Effects of Strength Training on Risk Factors for Cardiovascular Disease and Self Perceptions in Post-menopausal Women, VA Medical Center, 1992, \$20,000
Co-Investigator with Vittone et al.	Effects of Daily Injection of GHRH on Growth Hormone, Body, Composition, Muscle and Bone Physiology, Lipid Metabolism and Sleep Patterns in Healthy Old Men. NIA, 1992-1994, \$50,000.
Co-Investigator with Blackman et al.	Growth Hormone and Sex Steroid Effects on Skeletal Muscle. NIA, 1992-1998, \$960,000.
Preceptor with Goldberg, et al.	Research Training in Gerontology and Exercise Physiology. NIA, 1992-1996, \$1,500,000.
Co-Investigator with Goldberg, et al.	Geriatric Research, Education and Clinical Center. (GRECC). Efficacy of disease prevention and rehabilitation in aging veterans, Dept of Veterans Affairs, 1992-1996, \$1,500,000.
Co-Investigator with Pratley et al.	Effects of Weight Loss on Intraabdominal Fat. V.A. Medical Center. 1991, \$10,000
Principal Investigator	Effects of Strength Training on Muscle Mass and Insulin Sensitivity in Older Men and Women. Keiser Sports Health Equipment, 1990-1994, \$35,000
Principal Investigator with	Aerobic vs. Resistive Training for Coronary Risk Prevention. American Heart Association Award, 1986,

Goldberg, et al.	\$21,000.
Principal Investigator with Goldberg, et al.	Aerobic vs. Resistive Training for Coronary Risk Prevention. American Heart Association Grant Award, 1985, \$11,000.
Principal Investigator	Summary Research Award from General Research Board, University of Maryland, Summer, 1984, \$3,500
Principal Investigator	Research Support Award, General Research Board, University of Maryland, Fall 1984, \$2,000
Co-Investigator with Holloszy, J.O.	National Research Service Award #1-T32-HLO7456-02 Funded by NIH, 1982-1983, \$14,040
Co-Investigator with Holloszy, J.O.	National Research Service Award #1-T32-AG00078-01A1 Funded by NIH, 1981-1982, \$13,380

\* Funds from these awards have funded two postdoctoral fellowships, 26 graduate students and 14 undergraduate students.

**Teaching for Past Six Years:**

2005-2006

KNES 461	Exercise and Body Composition
KNES 694	Metabolic Aspects of Exercise Physiology

2004-2005

KNES 461	Exercise and Body Composition
KNES 694	Metabolic Aspects of Exercise Physiology

2003-2004

KNES 461	Exercise and Body Composition
KNES 694	Metabolic Aspects of Exercise Physiology

2002-2003

KNES 461	Exercise and Body Composition
KNES 692	Cardiovascular Aspects of Exercise Physiology
KNES 694	Metabolic Aspects of Exercise Physiology

2001-2002

KNES 461 Exercise and Body Composition  
KNES 692 Cardiovascular Aspects of Exercise Physiology  
KNES 694 Metabolic Aspects of Exercise Physiology

2000-2001

KNES 461 Exercise and Body Composition  
KNES 692 Cardiovascular Aspects of Exercise Physiology  
KNES 694 Metabolic Aspects of Exercise  
KNES 498F Exercise and Aging

1999-2000

KNES 461 Exercise and Body Composition  
KNES 692 Cardiovascular Aspects of Exercise Physiology  
KNES 694 Metabolic Aspects of Exercise Physiology  
KNES 498F Exercise & Aging

**Teaching or Advising Awards:**

Mentor of the Year Award for the McNair Academic Achievement Program, 1993.

**Undergraduate Advising**

1999 - 2000	16
1998 - 1999	18
1997 - 1998	21
1996 - 1997	19
1995 - 1996	18
1994 - 1995	16
1992 - 1993	15
1991 - 1992	16
1990 - 1991	18
1989 - 1990	20
1987 - 1988	22
1986 - 1987	20
1985 - 1986	19
1984 - 1985	17

1983 - 1984 15

**Graduate Advising**

2004 – 2005	7
2003 – 2004	5
2002 – 2003	6
2001 – 2002	6
2000 - 2001	5
1999 - 2000	5
1998 - 1999	6
1997 - 1998	10
1996 - 1997	12
1995 - 1996	9
1994 - 1995	9
1993 - 1994	7
1992 - 1993	8
1991 - 1992	8
1990 - 1991	10
1989 - 1990	15
1987 - 1988	20
1986 - 1987	22
1985 - 1986	19
1984 - 1985	18
1983 - 1984	17

**Other Advising Activities:**

Mentor for undergraduate research apprenticeship program, 1989 – present  
Mentor for McNair Academic Achievement Program, 1994 – 1996  
Mentor for BIOMAP 2003 - present  
Mentor for College Park Scholars 2004 – present  
Mentor for Dept of Public and Community Health Internship Program 2003 – present  
Mentor for Dept of Nutrition – 2005 - 2006

**Chaired Graduate Committees:**

**Doctoral Dissertations:**

2006 Lili Yao  
2006 Brian Hand  
2005 Matt Delmonico  
2004 Matt Kostek  
2003 Matthew Schragger

- 2002 Diane Hurlbut
  - 2001 Patricia Gordon
  - 2000 Jeff Lemmer
  - 1999 Mary Lott
  - 1998 Nicole Lynch
  - 1998 Fred Ivey
  - 1997 Brain Tracy
  - 1996 Rosemary Lindle
  - 1992 Alice Smith
  - \*1992 Margarita Smith
  - \*1992 John Miller
  - 1991 Sidney Mazel
  - 1991 Robert Redmond
  - 1990 Colleen Farmer
  - 1989 Mike Smutok
  - 1988 Ed Marcinik
  - 1988 Steve Boccuzzi (co-chaired)
  - 1986 Peter Kokkinos (co-chaired)
- \*Won first place award at an international conference for best research project

**Master's theses and papers submitted in lieu of thesis:**

- 2007 Cory Walts (thesis)
- 2004 Neil Doldo (thesis)
- 2003 Anish Meerasahib, M.D.
- 1997 Regina Mutchenson (thesis)
- 1995 Patricia Rhea, M.A. (thesis)
- 1993 Patricia Gordon, M.A. (thesis)
- 1992 Cindy Keim Girouard, M.A. (thesis)
- 1991 Audrey Menkes, M.A. (thesis)
- 1991 Karen Koffler, M.A. (thesis)
- 1989 Rosemary Lindle, M.A. (thesis)
- 1988 Lisa Amico, M.A.
- 1988 Sharon Will, M.A.
- 1988 Catherine Reece, M.A. (thesis)
- 1986 Susan Parker, M.A. (thesis)
- 1986 Susan Ehmann, M.A.
- 1985 Elizabeth Swaine, M.A.

**Dissertation and Thesis Work Presently in Progress:**

## UNIVERSITY SERVICE

### University

2006 – present	Member of Honors Review Board
2006	Coordinator of BioScience Day Symposium
2005 - present	Member of promotion and tenure committee for Dept. of Nutrition
1998 - 1999	Member, Deans Search Committee
1996 - 1997	Member, Committee to evaluate Dean Burt
1995 - 1998	Member, Campus Senate
1990 - 1992	Member, Institutional Review Board

### College

2006	Member, College Promotion & Tenure Committee
2004	Member, Committee to Evaluate Chair of Dept of Kinesiology
2004 - present	Member, College Promotion & Tenure Committee
1998 - 2002	Member, College Promotion, & Tenure Committee
1998	Member, College Research Committee
1997-1998	Member, Search Committee for Chair Position (Dept of Kinesiology)
1996 -1997	Chair, Research Demonstration Committee
1996	Member, Media Background Session Committee
1996 -1997	Chair, College Research Committee
1996 -1997	Member, College Advisory Council
1996 -1997	Member, Committee for State of Maryland Initiatives
1992 -1995	Member, Grievance Committee
1992 - 1995	Member, College Research Council
1990 - 1992	Member, Dean's Advisory Committee
1988 - 1989	Member, Search Committee for Exercise and Aging Position
1986 - 1987	Member, Search Committee for Director of Center on Aging
1985 - 1986	Member, College Educational Policies Committee
1985 - 1992	Supervisor of Research Technician position
1985 - 2000	Coordinator of Exercise Physiology Labs

### Department

2005-2006	Member, Graduate Committee
2005-2006	Chair, Graduate Standing Committee on Appeals
2005-2006	Member, Undergraduate Standing Committee on Appeals
2005-2006	Member, Search Committee for Molecular Biology Position
2005-2006	Chair, APT Committee for Full Professor

2005-2006	Member, 5 Year Review Committee
2005-2006	Member, APT Procedures Revision Committee
2005	Chair, Emeritus Committee for Sally Phillips
2004-2005	Member, Undergraduate Committee
2004-2005	Member, Standing Committee on Appeals, Undergraduate
2004-2005	Chair, Standing Committee on Appeals, Graduate
2004-2005	Member, Merit Committee
2004-2005	Member, APT Committee for Full Professors
2003-2004	Chair, APT Committee for Associate Professors
2003-2004	Chair, APT Committee for Full Professors
2003-2004	Member, Graduate Committee
2003	Chair, Emeritus Committee for Jerry Wrenn
2000-2002	Chair, Standing Committee on Appeals (graduate)
2000-2001	Chair, Standing Committee on Appeals (undergraduate)
2001-2003	Chair, Full Professor APT Committee
2000-2001	Chair, Constitution Committee
2002-2003	Member, 5 Year Review Committee: Exercise Physiology
2002-2003	Member, Standing Committee on Appeals (undergraduate)
2000-2001	Member, Pre Tenure Committee
2000-2001	Member, Undergraduate Committee
1999 - 2000	Member, Pre Tenure Committee
1999 - 2000	Chair, Dept Constitution Committee
1998 - 1999	Member Budget Committee
1998 - Present	Member, Graduate and Research Committee
1998 - Present	Member, Promotion, Tenure Committee
1998 - Present	Member, Post Tenure Review Committee
1998	Member, Graduate Committee
1998	Member, Dept Research Committee
1998 - Present	Merit Committee
1998 - 1999	Member, Promotion and Tenure Committee
1996 - Present	Member, Full Professor Promotion Committee
1996 - Present	Chair, Committee for Job Security
1995 - 1996	Chair, Search Committee for Exercise Physiology Position
1995 - Present	Member, Research Committee
1995 - 1997	Member, Executive Committee
1994 - 1995	Member, Graduate Committee
1993 - 1994	Member, Search Committee for Motor Control Position
1993 - 1994	Member, Executive Committee
1993	Member, Advisory Com. for Ex. Physiol. Position
1993 - 1994	Member, Search Committee for Biomechanics Position
1992 - 1993	Chair, Promotion and Tenure Committee
1992 - 1994	Chair, Research Committee
1992 - 1993	Chair, Exercise Physiology Committee
1991 - 1992	Member, Undergraduate Committee

1990 - Present	Member, Merit Review Committee
1988 - 1990	Member, New Undergraduate Education Requirements
1989 - 1990	Chair, Research Committee
1987 - 1988	Member, Computer Committee
1987 - 1989	Member, Executive Committee
1987 - 1988	Chair, Publicity Committee
1986 - 1987	Member, Grievance Committee
1986 - 1987	Member, Sports Medicine Committee
1986 - 1989	Member, Search Committee for Exercise Physiology Position
1985 - 1986	Member, Kinesiological Sciences Committee
1985 - 1986	Member, Sports Medicine Committee
1985 - 1986	Member, Human Subjects Committee
1984 - 1985	Member, Kinesiological Sciences Committee
1984 - 1985	Member, Sports Medicine Committee
1984 - 1985	Member, Human Subjects Committee
1983 - 1984	Member, Exercise Physiology Committee
1983 - 1984	Member, Sports Medicine Committee
1983 - 1984	Member, Petition Committee
1983 - 1984	Member, Speakers Committee
1983 - 1984	Member, Center on Aging Committee

## **H. PROFESSIONAL SERVICE**

### **Editorial Board Membership**

Journal of Active Aging – 200 - current  
 Journal of Aging and Physical Activity – 2003- 2006  
 Journal of Applied Physiology – 2000-2002  
 Consumer Reports of Health – 2000- current  
 Keiser Institute on Aging – 2000- current  
 International Council on Active Aging – 2000- current

### **Reviewed manuscripts for the following journals**

2006	Journal of Applied Physiology
2006	Obesity Research
2005	Journal of Aging and Physical Activity
2004- present	Experimental Physiology
2002-2003	Experimental Biology & Medicine
2001- present	American Journal of Physiology
2001- present	Gerontology
2001- 2002	Preventive Medicine
2000- 2001	Journal of Exercise Physiology
1999 -2000	Journal of Bone & Mineral Research

1998 - present	Journal of American Medical Association
1996 - present	Journal of Clinical Investigation
1995 - present	Diabetes Care
1992 - present	Journal of Gerontology (Biological and Medical Sciences)
1991 - present	Journal of Geriatrics Society
1991 - present	Experimental Gerontology
1991 - 1992	Research Quarterly for Exercise and Sport
1990 - present	Metabolism
1987 - present	The Journal of Applied Sports Science Research
1987 - 1989	Journal of Cardiac Rehabilitation
1986 - present	International Journal of Sports Medicine
1985 - present	Journal of Applied Physiology
1983 - present	Medicine and Science in Sports and Exercise
1983 - present	Strength and Conditioning Journal

### **Reviewing Activities for Agencies**

2002	Reviewer for site visit for NIH General Clinic Research Center, University of Arkansas Medical Center, October 2002
1999	Reviewer for NIH Clinical Aging study section
1996	Reviewer for Grants submitted to Diabetes Research and Training Center, The University of Michigan Medical School
1996	Reviewer for NIH Program Project (#IP50AG14123-01) \$2,428,059
1996	Editorial Board Member for Consumer Reports on Health
1995	Reviewer for NIH UO1 Grant Applications (\$12.5 million)
1995	BCAB AD Hoc Active
1994	Reviewer for U.S. Army Defense Women's Health Research
1993	Reviewer for Department of Veterans Affairs Merit Review Grants Program
1992 - 1993	Reviewer for American Heart Association Grant-in-Aid Program
1992 - 1994	Reviewer and Consultant for the Philadelphia Geriatric Center

1991 - 1992                      Reviewer for Killam Research Program

**Unpaid Services to Local, State and Federal Agencies:**

2004 – 2005	Aerobics Institute, Dallas, Texas
2000 – present	Consultant for Center in the Science in the Public Interest
1991 - 2002	Consultant for Gerontology Research Center, NIA
1991 - 1993	Consultant for General Clinical Research Center at Bayview Medical Center, Johns Hopkins University

**I. WORKSHOPS AND OTHER COMMUNITY SERVICES**

1. Hurley, B.F. Served as a reviewer for the International Council on Active Aging, 2003.
2. Hurley, B.F. Served as an invited speaker for the speaker series for residents at Charlestowne Retirement Communities, 2003.
3. Hurley, B.F. Served as an expert witness in an age discrimination case: Raymond Koger et al. vs. Janet Reno. Case # 91-1058. U.S. District Court, March 18, 1994.
4. Hurley, B.F. Strength testing. Presented at the Gerontology Research Center. January 11, 1993.
5. Hurley, B.F. Strength training and age-related diseases. Presented to Keiser Sports/Health Equipment Co., January 4, 1993.
6. Hurley, B.F. Exercise and Age-related diseases. Presented at Research Day. University of Maryland. November, 1992.
7. Hurley, B.F. Exercise and heart disease. Presented to University of Maryland Campus Club. April 11, 1989
8. Hurley, B. F. Health risks of anabolic androgenic steroids. Testimony given to the State Legislature for House Bill #636 & #637. February 1, 1989.
9. Hurley, B. F. Anabolic-androgenic steroids: benefits vs risks. Presented to the University of Maryland Football Team. May 3, 1988.
10. Hurley, B.F. Effects of exercise training on risk factors for coronary artery disease. Presented to Department of Nutritional Sciences. March 5, 1987.
11. Hurley, B.F. Can exercise training reduce your risk of a heart attack? Presented to students and teachers at Friendly High School. January 16, 1987.

12. Hurley, B.F. Exercise and heart disease. Presented to parents for Parents Day at the University of Maryland. October 18, 1986.
13. Hurley, B.F. The use of exercise training as a risk factor intervention technique. Grand rounds lecture at Southern Maryland Hospital. 1986.
14. Hurley, B.F. Anabolic steroids. Television interview for Prime Cable, May, 1986.
15. Hurley, B.F. Fitness after fifty. Television interviews for Prime Cable, June 1986.
16. Hurley, B.F. Teaching exercise physiology concepts in the public schools. Presented to Prince George's County Teachers. 1985.
17. Hurley, B.F. Nutritional well being of the mature individual. Presented to Center on Aging, University of Maryland. 1984.
18. Hurley, B.F. The use of anabolic steroids in sports. Presented to the University of Maryland football team. 1984.
19. Hurley, B.F. Application of exercise physiology to dance. Presented to University of Maryland Dance Department. 1984.
20. Hurley, B.F. The role of exercise training on the aging process. Presented to University of Maryland Center on Aging. 1984.
21. Hurley, B.F. A comparison of weight training to aerobic exercise for potential in reducing the risk of heart disease. Presented to the American Heart Association's Science and Health Writer's Forum. Baltimore, Maryland. 1984
22. Hurley, B.F. and Goldberg, A.P. Effects of strength training on lipoproteins and post heparin lipoprotein lipase activity levels. Presentation at Gerontology Research Seminar, Gerontology Research Center, Baltimore, Maryland. 1984.