

Curriculum Vitae
Jason R. Jagers

University of Louisville
Department of Health & Sport Sciences
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EDUCATION

Ph.D. University of South Carolina, Columbia, SC, Dept. of Exercise Science Dec 2010
Dissertation: Clinical exercise, stress, and HIV infection.

MS University of Louisville, Louisville, KY, Dept. of Health & Sport May 2006
Science. Thesis: The acute effects of dynamic and ballistic stretching on vertical jump height, force and power.

BS University of Louisville, Louisville, KY, Dept. of Health & Sport May 2004
Science

PROFESSIONAL EXPERIENCE

Associate Professor:

Department of Health & Sport Science, College of Education & Human Development, University of Louisville, KY. 2015 - present

Courses taught- Anatomy and Physiology, Research Methods, Principles of Electrocardiography, Physiology of Exercise 1 & 2, Clinical Exercise Physiology

Associate Director:

Wendy Novak Diabetes Center Sports Medicine Program 2016 – 2020

Division of Endocrinology, Metabolism and Diabetes
University of Louisville, School of Medicine

Assistant Professor:

Department of Applied Health Sciences, School of Nursing and Health Professions, Murray State University, KY. 2013-2015

Courses taught- Exercise Prescription, Exercise Concepts in Special Populations, Research Design & Statistics for Allied Health, Theories & Techniques in Strength & Conditioning.

Postdoctoral Fellow:

University of South Carolina, Department of Exercise Science. National Institute of Health (NINR) funded R21 grant titled “Home-based Exercise for Management of HIV-associated Cardiovascular Disease Risk.” PI- Dr. Steven N. Blair and Dr. Gregory A. Hand. Role: Project Director. (Clinical Trial Identifier NCT01377064) 2010-2013

RESEARCH INTERESTS

- Clinical Exercise Science w/ special interest in Diabetes and HIV
- Community-based physical activity interventions
- Exercise and metabolic syndrome
- Establishment of exercise guidelines that ensure health benefits of clinical populations.

AWARDS/HONORS/DISTINCTIONS

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|---|------------|
| • Fulbright U.S. Scholar | 2024- 2025 |
| • University of Louisville Faculty Favorite (student nominated) | 2018- 2023 |
| • Fellow of the American College of Sports Medicine | 2019 |
| • MSU Outstanding Researcher Award | 2015 |
| • Delta Omega Honorary Society | 2013 |

PROFESSIONAL ORGANIZATIONS

- American College of Sports Medicine, Southeastern Chapter
- International AIDS Society

PUBLICATIONS

Book Chapters

1. Kristi M. King and **Jason R. Jagers**. Exercise for Aging Adults: A Guide for Practitioners. Chapter 12- *Exercise Interventions for Pain Management in Older Adults*. Springer Publishing – In Press
2. **Jason R. Jagers** and Gregory A. Hand. HIV and Exercise. In *Lifestyle Medicine*. 3rd edition (Rippe) Taylor & Francis Group. pp. 555-562, 2019 ISBN: 1138708844
3. **Jason R. Jagers** and Gregory A. Hand. Human Immunodeficiency Virus. In *ACSM's Guidelines for Exercise Testing and Prescription*. 10th & 11th edition. Lippencott, Williams, and Wilkins, 2017.
4. **Jason R. Jagers** and Gregory A. Hand. HIV Infection: Exercise and Immune Function. In *Lifestyle Medicine*. 2nd edition (Rippe) Taylor & Francis Group. pp. 615-624, 2013 ISBN: 1439845425
5. Gregory A. Hand and **Jason R. Jagers**. Stress and Anxiety Disorders. In *ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities*. 3rd edition (eds. J.L. Durstine and G.E. Moore) Human Kinetics, Champaign, Illinois. pp. 379-384, 2009.
6. Gregory A. Hand, G. William Lyerly, **Jason R. Jagers**, and Wesley D. Dudgeon. "HIV: Role of Exercise in Promoting Health." *Encyclopedia of Lifestyle Medicine & Health*. Ed. James M. Rippe, MD. Thousand Oaks, CA: SAGE, 2012. 562-67

7. Gregory A. Hand and **Jason R. Jagers**. Stress and Cancer. In *Encyclopedia of Cancer and Society*. G.A. Calditz and J. Geoffrey Golson (eds.), SAGE Books Ltd. November, 2007.

Peer Reviewed Articles

1. Almeida-Neto, Paulo Francisco de, Jason Azevedo de Medeiros, **Jason R. Jagers**, Ayrton Bruno de Moraes Ferreira, Gilmara Gomes de Assis, Breno Guilherme de Araújo Tinôco Cabral, and Paulo Moreira Silva Dantas. "Exercise Immunology Applied to Pediatric Sport and the Importance of Monitoring Stages of Puberty and Biological Maturation." *Sports Health* (2023): <https://doi.org/10.1177/19417381231212481>
2. Caruso, John F., Kristi M. King, and **Jason R. Jagers**. "Exertional Heat Illness Prevention: Current Cooling Strategies and Promising Innovations." *ACSM's Health & Fitness Journal* 27.6 (2023): 46-50.
3. de Almeida-Neto, Paulo Francisco, Ciro Alexandre Mercês Gonçalves, Phelipe Wilde, **Jason R. Jagers**, Geraldo Barroso Cavalcanti Júnior, Valéria Soraya de Farias Sales, Radamés Maciel Vitor Medeiros, Paulo Moreira Silva Dantas, and Breno Guilherme de Araújo Tinôco Cabral. "Influence of age and fitness level on immune responses of T and NK cells in healthy physically active subjects after strenuous aerobic exercise: a cross-sectional study." *Frontiers in Immunology* 14 (2023).
4. **Jason R. Jagers**, Phelipe Wilde, John E. Campbell, and Kristi M. King. "High-Intensity Interval Training for People Living With Human Immunodeficiency Virus." *ACSM's Health & Fitness Journal* 27, no. 4 (2023): 77-81.
5. **Jagers, Jason R.**, Kristi M. King, Timothy McKay, Ryan J. Dyess, Bradly J. Thrasher, and Kupper A. Wintergerst. "Association between Intensity Levels of Physical Activity and Glucose Variability among Children and Adolescents with Type 1 Diabetes." *International Journal of Environmental Research and Public Health*, 2023; 20(2), 1623.
6. **Jason R. Jagers**, Timothy McKay, Kristi M. King, Bradly J. Thrasher, Kupper A. Wintergerst. "Integration of Consumer-Based Activity Monitors into Clinical Practice for Children with Type 1 Diabetes: A Feasibility Study." *International Journal of Environmental Research and Public Health*, 2021;18(20), 10611.
7. Kristi M. King, **Jason R. Jagers**, Lindsay J. Della, Timothy McKay, Sara Watson, Amy E. Kozerski, Kimberly R. Hartson, and Kupper A. Wintergerst.. "Association between Physical Activity and Sport Participation on Hemoglobin A1c Among Children and Adolescents with Type 1 Diabetes." *International Journal of Environmental Research and Public Health*, 2021; 18(14), 7490.
8. Chlebowy, D.O., Coty, M.B., Lauf, A., Krishnasamy, S., Myers, J., & **Jagers, J.** (2021). Mobile app use in adults with comorbid type 2 diabetes and depression. *Western Journal of Nursing Research*. Published online January 29, 2021. doi.org/10.1177/0193945920988791.

9. Daniela Terson de Paleville, Kathryn Harman, Eileen Richards, **Jason R. Jagers**, & Kristi King. "Physiology Understanding Week in a public middle school in Southern Indiana: exercise and health." *Advances in Physiology Education*, 2020; 44(2), 254-261
10. Kristi M. King, Gwen Pierce, Lisal Folsom, Whitney Cessna, **Jason R. Jagers**, and Kupper A. Wintergerst. "Championing Whole-Food and Plant-Based Diets: The Role of the Health and Fitness Professional." *ACSM's Health & Fitness Journal*, 2020; 24(4), 50-54.
11. **Jason R. Jagers**, Kristi King, Sara Watson, Kupper Wintergerst. "Predicting Nocturnal Hypoglycemia with Measures of Physical Activity Intensity in Adolescent Athletes with Type 1 Diabetes." *Diabetes Technology & Therapeutics*, 2019; 21(7): 406-408
12. Kristi M. King, **Jason R. Jagers**. & Kupper Wintergerst. "Strategies for partnering with health care settings to increase physical activity promotion." *ACSM's Health & Fitness Journal*, 2019; 23(4): 40-43
13. **Jason R. Jagers**. "Exercise and Positive Living in Human Immunodeficiency Virus/AIDS." *Nursing Clinics of North America* 53.1 (2018): 1-11.
14. John Francis Caruso, Michael Voor, **Jason R. Jagers**, T. B Symons, Jeremy Stith, Ling Bai1, Ema Selimovic, Kathy Carter, Jennifer Daily. "Musculoskeletal Outcomes From Chronic High-Speed, High-Impulse Resistance Exercise." *International Journal of Sports Medicine*, 2018; 39(10): 791-801
15. **Jason R. Jagers** and Kristi McClary King. "Strategies for Increasing Physical Activity and Healthy Lifestyles for the Individual With Human Immunodeficiency Virus." *ACSM's Health & Fitness Journal* 21.4 (2017): 42-45.
16. **Jason R. Jagers**, Katie Casto Hynes, and Kupper A. Wintergerst. "Exercise and Sport Participation for Individuals with Type 1 Diabetes: Safety Considerations and the Unknown." *ACSM's Health & Fitness Journal* 20.6 (2016): 40-44.
17. **Jason R. Jagers**, Snead JM, Lobelo RLF, Hand GA, Dudgeon WD, Prasad VK, et al. "Results of a nine month home-based physical activity intervention for people living with HIV." *Int J Clin Trials* 2016;3(3):106-19.
18. **Jason R. Jagers**, and Gregory A. Hand. "Health Benefits of Exercise for People Living With HIV A Review of the Literature." *American Journal of Lifestyle Medicine*, 2016; 10(3): 184-192
19. **Jason R. Jagers**, Gregory A. Hand, Wesley D. Dudgeon, Stephanie Burgess, Kenneth D. Phillips, J.L. Durstine, Steven N. Blair. "Short Term Aerobic and Resistance Training Improves Psychological Mood State Among Adults with HIV." *International Journal of Sports Medicine*, 2015; 36(2): 175-181
20. Wirth, M.D., **Jason R. Jagers**., Dudgeon, W.D., Hebert, J.R., Youngstedt, S.D., Blair, S.N., Hand, G.A. "Association of markers of inflammation with sleep and physical activity among people living with HIV or AIDS." *AIDS Behavior*, 2015 Jun;19(6):1098-107. doi: 10.1007/s10461-014-0949-y.

21. Snead, Joanna M., **Jason R. Jaggers**, Gregory A. Hand, and J. Larry Durstine. "HIV Comorbidities, Treatment, and Physical Activity: Promoting Best Global Practice in Children and Adolescents." *Global Journal of Health & Physical Education Pedagogy* 3, no. 4 pp. 311 – 322; (2014).
22. **Jason R. Jaggers**, Vivek K. Prasad, Wesley D. Dudgeon, Steven N. Blair, Xuemei Sui, Stephanie Burgess, Gregory A. Hand. "Associations Between Physical Activity and Sedentary Time on Components of Metabolic Syndrome Among Adults with HIV." *AIDS Care*, 2014; 26 (11): 1387-92
23. Vivek K. Prasad, Gregory A. Hand, Xuemei Sui, Deepika Shrestha, Duck-chul Lee, Carl J. Lavie, **Jason R. Jaggers**, Steven N. Blair. "Association of Exercise Heart Rate Response with Incidence of Hypertension in Men." In *Mayo Clinic Proceedings*. Elsevier, 2014
24. Vladimir I. Morozov, Michael I. Kalinski, **Jason Jaggers**, Nikolay V. Goncharov, and Galina A. Sakuta. Ischemia-modified albumin as a marker of myocardium and skeletal muscle damage. *International Journal of Cardiovascular Research*, 2014, 3:1 doi:10.4172/2324-8602.1000157
25. **Jason R. Jaggers**, Wesley D. Dudgeon, Stephanie Burgess, Kenneth D. Phillips, Steven N. Blair, J. Larry Durstine, and Gregory A. Hand. "Psychological Correlates of HIV-related Symptom Distress." *Journal for the Association of Nurses AIDS Care*, 2013 DOI: 10.1016/j.jana.2013.06.003
26. **Jason R. Jaggers**, Wesley D. Dudgeon, Steven N. Blair, Xuemei Sui, Stephanie Burgess, Sara Wilcox, Gregory A. Hand. "A home-based exercise intervention to increase physical activity among people living with HIV: study design of a randomized clinical trial." *BMC Public Health* 2013, 13:502 doi:10.1186/1471-2458-13-502
27. Hand, Gregory A., Robin P. Shook, Amanda E. Paluch, Meghan Baruth, E. Patrick Crowley, **Jason R. Jaggers**, Vivek K. Prasad, Tom G. Hurley, James R. Hebert, Edward E. Archer, Stephanie Burgess, and Steven N. Blair: "The Energy Balance Study: The design, methodology and baseline results for a longitudinal study of energy balance. *Research quarterly for exercise and sport* 84, no. 3 (2013): 275-286
28. Wesley D. Dudgeon, **Jason R. Jaggers**, Kenneth D. Phillips, et al., "Moderate-Intensity Exercise Improves Body Composition and Improves Physiological Markers of Stress in HIV-Infected Men," *ISRN AIDS*, vol. 2012, Article ID 145127, 14 pages, 2012. doi:10.5402/2012/145127
29. Gregory A. Hand, **Jason R. Jaggers**, G. William Lyerly, and Wesley D. Dudgeon. Physical Activity in Cardiovascular Disease Prevention in Patients With HIV/AIDS. *Current Cardiovascular Risk Reports*, July2009; 3(4):288–295
30. Gregory A. Hand, G. William Lyerly, **Jason R. Jaggers**, and Wesley D. Dudgeon. Impact of Aerobic and Resistance Exercise On The Health of HIV-Infected Persons. *Journal of Lifestyle Medicine*, 2009 3(6):489-499

31. **Jason R. Jagers**, Xuemei Sui, Steven P. Hooker, Michael J. LaMonte, Charles E. Matthews, Gregory A. Hand, Steven N. Blair. Metabolic syndrome and risk of cancer mortality in men. *European Journal of Cancer*, July 2009; Vol. 45 (10): 1831-1838
32. **Jason R. Jagers**., Swank, A., Frost, K., Lee, C. The Acute Effects of Ballistic and Dynamic Stretching on Vertical Jump Height, Force, and Power. *Journal of Strength and Conditioning Research*, Nov 2008; Vol. 22(6):1844-1849
33. **Jason R. Jagers**., Simpson, C., Frost, K., Quesada, P., Topp, R., Swank, A., Nyland, J. Prehabilitation Prior To Knee Arthroplasty Increases Post-Surgical Function: A Case Study. *Journal of Strength and Conditioning Research*, May 2007; Vol. 21(2):632-634.

Peer-Reviewed Abstract Presentations

1. King, Kristi M., **Jason R. Jagers**, *Caroline E. Frye, Timothy E. McKay, Amy E. Sketch, Sara E. Watson, Bradley J. Thrasher, and Kupper A. Wintergerst. Sociodemographic Characteristics And Program Compliance Of Children Newly Diagnosed With Type 1 Diabetes Participating In A Clinical Sports Medicine Program: 1873. *Medicine & Science in Sports & Exercise* 55.9S May, 2023: 639-640.
2. *Caroline Frye, Kristi M. King, **Jason R. Jagers**, Timothy E. McKay, Amy E. Sketch, Sara Watson, Bradley J. Thrasher, & Kupper A. Wintergerst. Children with recent type 1 diabetes diagnoses enrolled in a clinical sports medicine program: Program compliance and sociodemographic characteristics. *Oral presentation for Spring Research Conference*, Cincinnati, OH. April, 2023
3. *Caroline Frye, Kristi M. King, **Jason R. Jagers**, Timothy E. McKay, Amy E. Sketch, Sara Watson, Bradley J. Thrasher, & Kupper A. Wintergerst. Program compliance and demographic characteristics of children with recent type 1 diabetes diagnoses enrolled in a clinical sports medicine program. *Oral presentation for the Graduate Student Regional Research Conference*, Louisville, KY. April, 2023
4. **Jason R. Jagers**, Kristi M. King, Timothy E. Mckay, Kody Lawrence*, Bradley J. Thrasher, Kupper A. Wintergerst. Preliminary Results Of A Sports Medicine Program On HbA1c For Patients Managing Type 1 Diabetes. *Medicine & Science in Sports & Exercise* 54.5S, May 2022
5. Kristi King, **Jason R. Jagers**, Timothy Mckay, Meagan E. Vota*, Bradley J. Thrasher, Kupper Wintergerst. Sport Participation Differences Among Children, Youth And Young Adults With Type 1 Diabetes. *Medicine & Science in Sports & Exercise* 52.5S, May 2022
6. Timothy E. Mckay, Kristi M. King, **Jason R. Jagers**, Elisabeth J. Dichiara*, Bradley J. Thrasher, Kupper A. Wintergerst. Gender Differences In Sport and Physical Activity Participation in Children With Type 1 Diabetes. *Medicine & Science in Sports & Exercise* 52.5S, May 2022
7. **Jason R. Jagers**, Kristi King, Timothy E. Mckay, Ryan J. Dyess, and Kupper A. Wintergerst. Impact of Activity Intensity on Glucose Variability among Adolescents

- with Type 1 Diabetes. *American Diabetes Association National Conference* 69.1S, June 2020
8. Kristi M. King, **Jason R. Jagers**, Timothy McKay, Kupper Wintergerst. Hemoglobin A1c, Physical Activity, And Sport Participation Among Children With Type 1 Diabetes. *Medicine & Science in Sports & Exercise* 52.5S, May 2020
 9. **Jason R. Jagers**, Kristi King, Timothy McKay, Kupper Wintergerst. Association Between Physical Activity Intensity and Glucose Variability Among Athletes With Type 1 Diabetes. *Medicine & Science in Sports & Exercise* 52.5S, May 2020
 10. **Jason R. Jagers**, Kristi King, Kupper Wintergerst . Nocturnal Hypoglycemia Incidents Following Moderate and Vigorous Physical Activity in Athletes With Type 1 Diabetes. *Medicine & Science in Sports & Exercise* 51.5S, May 2019
 11. **Jason R. Jagers** and Kupper Wintergerst. Using Accelerometry to Better Manage Type 1 Diabetes Mellitus: Can It Help Predict The Future? *SEACSM Abstracts (46)*, 2019
 12. Amy Kozerski*, Kristi King, **Jason R. Jagers** and Kupper Wintergerst. High school softball player with type 1 diabetes 72-hour glucose response: A case study. *SEACSM Abstracts (46)*, 2019
 13. Diane Chlebowy, Mary-Beth Coty, Adrian Lauf, Sathya Krishnasamy, John Myers, **Jason Jagers**. Development of An Innovative Mobile Mockup App to Promote Self-care Behaviors in Adults with Comorbid Diabetes and Depression. *Research! Louisville*, 2018
 14. Timothy McKay*, **Jason R. Jagers**, and Kupper Wintergerst. Game Day Glucose Values For A High School Soccer Player With Type 1 Diabetes: A Case Study. *Medicine & Science in Sports & Exercise* 50.5S, May 2018
 15. **Jason R. Jagers** and Gregory A. Hand. Comparing Home-And Group-based Physical Activity Interventions For People Living With HIV. *Medicine & Science in Sports & Exercise* 50.5S, May 2018
 16. Kristi M. King, **Jason R. Jagers**, Gregory A. Hand. Theoretical Predictors Of Physical Activity Among People Living With HIV/AIDS. *SEACSM Abstracts (45)*, 2018
 17. **Jason R. Jagers** and Gregory A. Hand. Association Between Step Counts And Blood Lipids Among People Living With HIV/AIDS. *SEACSM Abstracts (45)*, 2018
 18. Camerra Miller*, Olivia Estill*, Gregory A. Hand, **Jason R. Jagers**. Changes in Physical Activity improves HDL cholesterol in People Living with HIV taking Antiretroviral Therapy. *Medicine and Science in Sports and Exercise*. 49(5S):79, May 2017
 19. Olivia Estill*, Camerra Miller*, Gregory A. Hand, **Jason R. Jagers**. The Effect of Step Count Increase on Role Limitations for People Living With HIV/AIDS. *Medicine and Science in Sports and Exercise*. 49(5S):79, May 2017

20. **Jason R. Jaggers**, Katie Hynes, Ann Swank, Kupper Wintergerst. Glucose Response in Type 1 Diabetes During Sport and Exercise. *SEACSM Abstracts (44)*, 2017
21. **Jason R. Jaggers**, Durstine, Moore. Providing Exercise is Medicine Services to Persons With Chronic Disease and Health Disparity. *SEACSM Abstracts (44)*, 2017
22. **Jason R. Jaggers**. University of Louisville, Louisville KY. Clinical Exercise Physiology: Exercise interventions for metabolic diseases. *Asia Pacific Conference on Exercise and Sport Science*, 2015[†]
23. **Jason R. Jaggers**, Amelia Dodd, Dina Byers, Katy Garth, Renee Waggoner, Michael I. Kalinski, Dana Manley. Murray State University, Murray, KY. Relationships between physical activity, hemoglobin A1C, blood lipids, and body composition among type 2 diabetics. *Medicine and Science in Sports and Exercise* 47, 2015
24. **Jason R. Jaggers**, Vivek Prasad, Wesley D. Dudgeon, Gregory A. Hand Stephanie Burgess, Michael I. Kalinski, Steven N. Blair: Results of a home-based exercise intervention to increase physical activity among people living with HIV. *Medicine and Science in Sports and Exercise* 46, 2014
25. **Jason R. Jaggers**, Gregory A. Hand, Vivek Prasad, Xuemei Sui, Stephanie Burgess, Wesley D. Dudgeon, Steven N. Blair: Changes in daily physical activity significantly affects body composition in Hiv+ adults taking antiretroviral therapy. *Medicine and Science in Sports and Exercise* 45, 2013.
26. **Jason R. Jaggers**, Gregory A. Hand, Vivek Prasad, Xuemei Sui, Stephanie Burgess, Steven N. Blair: Association between physical activity and risk factors for metabolic syndrome in a sample of HIV+ men and women currently taking antiretroviral therapy. *Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions: Presentation Number P419*
27. **Jason R. Jaggers**, Wesley D. Dudgeon, Vivek K. Prasad, Stephanie Burgess, Erica McDivitt, Steven N. Blair, Gregory A. Hand: Reduced functional aerobic capacity in a sample of HIV+ adults from the southeastern United States: a comparison of males and females. *XIX International AIDS Conference Abstracts: THPE042*, 2012
28. **Jason R. Jaggers**, Vivek K. Prasad, Wesley D. Dudgeon, Erica McDivitt, Stephanie Burgess, Steven N. Blair, Gregory A. Hand: Evidence of Functional Aerobic Impairment Among Adults Living With HIV. *Medicine and Science in Sports and Exercise* 44, 2012
29. **Jason R. Jaggers**, Vivek Prasad, Wesley D. Dudgeon, Stephanie Burgess, Steven N. Blair, Gregory A. Hand: Functional Aerobic Impairment in a Sample of HIV-Infected Adults. *SEACSM Abstracts* 40: O22, 2012
30. **Jason R. Jaggers**, Wesley D. Dudgeon, Omar Bagasra, Samina Noorali, and Gregory A. Hand: Effects of acupuncture on psychological stress and viral load in African-Americans living with HIV/AIDS. *APHA Annual Meeting Abstracts* 139: 241079, 2011.

31. **Jason R. Jagers**, Wesley D. Dudgeon, Kenneth D. Phillips, Stephanie Burgess, J. Larry Durstine, G. William Lyerly, Steven N. Blair, Gregory A. Hand: Hiv-Related Psychological Disturbances Improve After Six Weeks Of Moderate Intensity Exercise Training. *Medicine and Science in Sports and Exercise* 43.
32. **Jason R. Jagers**, Dudgeon W.D., Burgess S., Durstine J.L., Lyerly G.W., Phillips K.D., Blair S.N., and G.A. Hand: Associations of psychological and physiological stress among HIV-infected individuals. *APHA Annual Meeting Abstracts* 138: 228711, 2010.
33. **Jason R. Jagers**, Kenneth D. Phillips, Wesley D. Dudgeon, Stephanie Burgess, J L. Durstine, Gregory A. Hand. Reductions in total resting cortisol at wake following moderate intensity resistance and aerobic exercise training. *Medicine and Science in Sports and Exercise* 42 (Suppl. 5): B-24, 2010
34. **Jason R. Jagers**, Kenneth .D. Phillips, Wesley .D. Dudgeon, Stephanie Burgess, and J.L. Durstine and Gregory A. Hand. Changes in body composition and salivary cortisol following combined aerobic and resistance training in HIV-infected men. *SEACSM Abstracts* 37: O25, 2010
35. **Jason R. Jagers**, D.-C. Lee, Sui X., Hand G.A., and S.N. Blair: Association between regular and sugar-free soda consumption with risk of metabolic syndrome. *Medicine and Science in Sports and Exercise* 41 (Suppl. 5): G-21, 2009.
36. **Jason R. Jagers**, Phillips K.D., Dudgeon W.D., Lyerly G.W., Burgess S., Durstine J.L., and G.A. Hand: Improved lipid profile in HIV positive men after 6 weeks of combined resistance and aerobic training. *SEACSM Abstracts* 36: O8, 2009.
37. **Jason R. Jagers**, G.W. Lyerly, J.M. Tucker, D.J. Thompson, B.M. Duncan, and G.A. Hand: Effects of acupuncture on oral markers of emotional distress in HIV-infected African Americans. *APHA Annual Meeting Abstracts* 136: 176932, 2008. On Line
38. **Jason R. Jagers**, Phillips K.D., Dudgeon W.D., Lyerly G.W., Duncan B.M., Burgess S., Durstine J.L., and G.A. Hand. Cardiovascular Fitness Improvements in HIV-infected Men Following Combined Aerobic and Resistance Exercise Training. *South Carolina Public Health Association Abstracts*, May 2008.
39. **Jason R. Jagers**, Phillips K.D., Dudgeon W.D., Lyerly G.W., Duncan B.M., Burgess S., Durstine J.L., and G.A. Hand. Effects of combined aerobic and resistance exercise training on cardiovascular fitness in HIV-infected men. *Medicine and Science in Sports and Exercise* 40 (Suppl. 5): F41, 2008.
40. **Jason R. Jagers**, K.D. Phillips, W.D. Dudgeon, G.W. Lyerly, B.M. Duncan, S. Burgess, J.L. Durstine, and G.A. Hand. Effects of combined aerobic and resistance exercise training in HIV-infected men. *Medicine and Science in Sports and Exercise* 39 (Suppl. 5): F-25, 2007.
41. **Jason R. Jagers**., K.D. Phillips, W.D. Dudgeon, G.W. Lyerly, S. Smith, B.M. Duncan, S. Burgess, J.L. Durstine, and G.A. Hand. Effects of exercise training on body composition in HIV-infected men. *SEACSM Abstracts* 35: DP4, 2007.

42. **Jason R. Jagers**, Simpson, C., Frost, K., Quesada, P., Topp, R., Swank, A., Nyland, J. Prehabilitation Prior To Knee Arthroplasty Increases Post-Surgical Function: A Case Study. *Medicine & Science in Sports & Exercise*, May 2006; Vol. 38(5)

*Indicates student presenter

†Indicates international conference

13 abstracts co-authored (not listed)

PRESENTATIONS

1. *Symposium*: Madison M. Kindred, **Jason R. Jagers**, Ryan R. Porter, Xuemei Sui. Moving Away From BMI Measures: The Need For A Centralized Repository. *SEACSM Abstracts (50)*, 2023
2. **Jason R. Jagers** and Kristi M. King. Inclusion of Clinical Exercise Physiologists Into Clinical Practice & Other Strategies for Partnering with Healthcare Settings. *SEACSM Abstracts (47)*, 2020[†]
3. **Jason R. Jagers** and Kupper Wintergerst. Using Accelerometry to Better Manage Type 1 Diabetes Mellitus: Can It Help Predict The Future? *SEACSM Abstracts (46)*, 2019[†]
4. **Jason R. Jagers** and Kristi M. King. An Overview of Physical Activity Guidelines and helping every child reach their goals safely. *4th Annual Wendy Novak Diabetes Symposium*, 2019*
5. Kupper Wintergerst, **Jason R. Jagers**, Andrea Newcom. Exercise and Activity in Type 1 Diabetes. *6th Annual JDRF Type One Nation Summit*, 2018[†]*
6. **Jason R. Jagers**. Physical Activity and Type 1 Diabetes. *3rd Annual Wendy Novak Diabetes Symposium*, 2018*
7. *Symposium*: **Jason R. Jagers**. HIV-related Interventions to Increase Daily Physical Activity. Strategies to Improve Self Care Management. *Medicine & Science in Sports & Exercise 49(5S):79*[†]
8. **Jason R. Jagers**, Durstine, Moore. Providing Exercise is Medicine Services to Persons With Chronic Disease and Health Disparity. *SEACSM Abstracts (44)*, 2017[†]
9. **Jason R. Jagers**, Katie Casto Hynes, and Kupper A. Wintergerst. "Exercise and Sport Participation for Individuals with Type 1 Diabetes: Safety Considerations and the Unknown." *ACSM's Health & Fitness Journal 20.6* (2016): 40-44[†]
10. **Jason R. Jagers**. Exercise and Type 1 Diabetes: Safety Considerations and the Unknown. *University of Louisville Medical School, Endocrinology Grand Rounds*, 2017*

11. **Jason R. Jaggers.** Clinical Exercise Physiology: Exercise interventions for metabolic diseases. *University of Louisville, Department of Physiology Seminar Series, 2016**
12. **Jason R. Jaggers.** Clinical Exercise Physiology: Exercise interventions for metabolic diseases. *Asia Pacific Conference on Exercise and Sport Science, 2015†**
13. **Jason R. Jaggers,** Vivek Prasad, Wesley D. Dudgeon, Stephanie Burgess, Steven N. Blair, Gregory A. Hand: Functional Aerobic Impairment in a Sample of HIV-Infected Adults. *SEACSM Abstracts 40: O22, 2012†*
14. **Jason R. Jaggers,** Wesley D. Dudgeon, Omar Bagasra, Samina Noorali, and Gregory A. Hand: Effects of acupuncture on psychological stress and viral load in African-Americans living with HIV/AIDS. *APHA Annual Meeting Abstracts 139: 241079, 2011†*
15. **Jason R. Jaggers,** Dudgeon W.D., Burgess S., Durstine J.L., Lyerly G.W., Phillips K.D., Blair S.N., and G.A. Hand: Associations of psychological and physiological stress among HIV-infected individuals. *APHA Annual Meeting Abstracts 138: 228711, 2010†*
16. **Jason R. Jaggers,** Phillips K.D., Dudgeon W.D., Lyerly G.W., Burgess S., Durstine J.L., and G.A. Hand: Improved lipid profile in HIV positive men after 6 weeks of combined resistance and aerobic training. *SEACSM Abstracts 36: O8, 2009†*
17. **Jason R. Jaggers,** Phillips K.D., Dudgeon W.D., Lyerly G.W., Duncan B.M., Burgess S., Durstine J.L., and G.A. Hand. Cardiovascular Fitness Improvements in HIV-infected Men Following Combined Aerobic and Resistance Exercise Training. *South Carolina Public Health Association Abstracts, May 2008†**

*Indicates invited presenter

†Indicates peer-reviewed conference presentation

GRANTS

<u>Source</u>	<u>Project Title</u>	<u>Amount</u>	<u>Year</u>
University of Kentucky	Bingocize <i>Role: Primary Investigator</i>	\$39,000	2022
KY Cabinet for Health & Family Services	Bingocize <i>Role: Site Primary Investigator</i>	\$26,000	2017
NASA-KY	Musculoskeletal outcomes to chronic high-speed resistive exercise. <i>Role: Primary Investigator</i>	\$30,000	2016
Children's Hospital Foundation	Christensen Family Sport & Activity Program <i>Role: Co-Investigator</i>	\$200,000/yr	2016-2019

EVPRI Research Grant	Development of an innovative Mobile Application to Improve Health Outcomes In Adults with Diabetes and Depression <i>Role: Co-Investigator</i>	\$10,000	2016
CISR (Institutional)	Active Steps for Diabetes <i>Role: Primary Investigator</i>	\$3,000	2015
MCCH Endowment Health Grant	Active Steps for Diabetes <i>Role: Primary Investigator</i>	\$1,565	2014
NIH K99 Training Grant	<i>Role: Primary Investigator</i>	not funded	2011

TEACHING EXPERIENCE

Associate Professor, University of Louisville

Clinical Exercise Physiology		Current
Advanced Exercise Testing & Prescription		Current
Anatomy and Physiology		Current
Principles of ECG*	Fall	2015-2018
Research Methods*	Spring	2017

Assistant Professor, Murray State University

Exercise Concepts in Special Populations	Fall/Spring	2013 - 2015
Exercise Testing and Prescription	Fall	2013 - 2015
Research Design and Statistical Methods	Fall/Spring	2014
Strength and Conditioning	Spring	2014

Course Instructor, University of South Carolina

Cardiorespiratory Exercise Physiology*	Fall	2012
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Lecturer, University of South Carolina

Acute Care in Physical Therapy *	Spring	2010/11
Cardiopulmonary Testing & Programming*	Summer	2009
Anatomy and Physiology II	Spring	2007

*Indicates graduate level course

Students Mentored

1. Alex Lancaster, MS Exercise Physiology, Thesis Mentor		2019/20
2. Caison Black, MS Exercise Physiology, Independent Study		2019/20
3. Todd Mayfield, MS Exercise Physiology, Independent Study	Summer	2019
4. Dawson Stephens, BS Neuroscience, Summer Undergraduate Research Program for Under-Represented Minorities and Disadvantaged Students.	Summer	2019

5. Amy Kozerski, MS Exercise Physiology, Thesis member	Fall/Spring	2018-19
6. Christian Goodyear, MS Exercise Physiology, Internship,	Spring	2019
7. Cameron West, Student Research Assistant		2018-2020
8. Liza Ledford, PhD Sport Administration, Independent Study	Spring	2018
9. Timothy McKay, MS Exercise Physiology, Research Assistant	Fall/Spring	2016-18
10. Elizabeth Garrett, Doctoral of Nursing, Murray State University	Fall/Spring	2014-15

SERVICE TO UNIVERSITY

University of Louisville

Department Service:

Accreditation Coordinator Present

Personnel Committee

EXP Program Committee member

EXP Program Admissions Committee member

College Service

Technology Committee Chair 2018-2021

Honors and Scholarship Committee 2016

Murray State University

Insurance and Benefits Committee 2014 – 2015

Smoke free campus committee 2014

President's Advisory Committee on Scholarship, Research, and Creative Thought 2014 - 2015

Search Committee –Athletic Training Faculty Position 2015

PROFESSIONAL SERVICE

Guest Editor

IJERPH Special Issue on Diabetes and Sports Medicine 2020-2021

Volunteer

International AIDS Society Conference 2018

Site Reviewer

CAAHEP Committee for Accreditation of Exercise Science 2017 - present

Ad-hoc Journal Reviewer

International Journal of Environmental Research & Public Health

Journal of Physical Activity and Health

Journal of Strength and Conditioning Research

Journal of Sport Sciences

Mental Health and Physical Activity

Applied Nursing Research

International Journal of Therapy and Rehabilitation

Annals of Behavioral Medicine

Medicine and Science in Sport and Exercise

Journal of Sport and Health Science

AIDS Care

Grant Proposal Reviewer:

National Research Foundation

Conference Abstract Reviewer:

Come Together Kentucky (co-chair of programming committee)

Southeastern ACSM Annual Meeting

*CV Last updated April 16th, 2024