

## CURRICULUM VITAE

### ANDREW CARNES, Ph.D.

Assistant Professor  
Bellarmine University  
Department of Exercise Science  
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## EDUCATIONAL BACKGROUND

- Ph.D.: Exercise Physiology, May 2014* 2011-2014  
Kent State University, Kent, OH  
School of Health Sciences  
Mentor: Dr. Jacob Barkley, Ph.D.
- M.S.: Exercise Physiology, August 2011* 2009-2011  
Kent State University, Kent, OH  
School of Health Sciences  
Mentor: Dr. Jacob Barkley, Ph.D.
- B.S.: Physical Education/Exercise Physiology, May 2009* 2006-2009  
Kent State University, Kent, OH  
Summa Cum Laude  
Department of Education, Health, and Human Services  
Mentor: Dr. Ellen Glickman, Ph.D.

## PROFESSIONAL EXPERIENCE

- Assistant Professor** August 2014 - Present  
Department of Exercise Science, Bellarmine University
- Graduate Teaching and Research Assistant** Fall 2009 -Spring 2014  
School of Health Sciences, Kent State University

## PUBLICATIONS

### Peer-reviewed articles

#### *Published*

Carnes, A.J., and Barkley, J.E. (2015). The effect of peer influence on exercise intensity and enjoyment during outdoor running in collegiate distance runners. *Journal of Sport Behavior*, 38: 257-71.

Carnes, A., Barkley, J.E., Williamson, M., and Sanders, G. (2013). The presence of a familiar peer does not affect intensity or enjoyment during treadmill exercise in male distance runners or non-runners. *Journal of Athletic Enhancement*, 2: 4.

Morozov, V.I., Kalinski, M.I., Sakuta, G.A., and Carnes, A. (2013). Heart-type fatty acid binding proteins as markers of myocardium and skeletal muscle injury. *Journal of Exercise Physiology Online*, 16(5): 77-79.

Sanders, G.J., Peacock, C.A., Williamson, M.L., Wilson, K., Carnes, A., and Barkley, J.E. (2014). The effect of friendship groups on children's physical activity: An experimental study. *Journal of Behavioral Health*, 3.

#### *In press*

Carnes, A., Petersen, J., and Barkley, J.E. The effect of peer influence on exercise behavior and enjoyment in recreational runners. *Journal of Strength and Conditioning Research*. Accepted February 2015.

#### *In Review*

Carnes, A.J., and Barkley, J.E. Sex difference in the effect of peer influence on submaximal running in recreational runners. *SpringerPlus*. Submitted August 2015.

#### *In Preparation*

Carnes, A.J., and Mahoney, S.E. Cohesion is associated with perceived exertion and enjoyment during group exercise in recreational runners.

Mahoney, S.E., Carnes, A.J., Wójcicki, T., Frith, E., and Ferry, K. Dietary intake among ultra-marathon runners: fat intake predicts 100-mile race performance.

## **PRESENTATIONS AND WORKSHOPS**

### **National Professional Meetings**

*Note: Each presentation at an annual meeting of the American College of Sports Medicine was also published as a peer-reviewed abstract in a supplemental issue of Medicine and Science in Sports and Exercise in the year it was presented.*

Carnes, A.J., and Barkley, J.E. (2015). The effect of peer influence on exercise behavior and enjoyment in recreational runners. *Medicine and Science in Sport and Exercise*, 47(5S) Supplement: S27-34. 62nd Meeting of the American College of Sports Medicine, San Diego, CA.

Mahoney, S.E., Carnes, A.J., Frith, E., Ferry, F. (2015). Associations between dietary intake and 161-km race performance, fatigue, and muscle soreness. *Medicine and Science in Sport and Exercise*, 47(5S) Supplement: S232-235. 62nd Meeting of the American College of Sports Medicine, San Diego, CA.

Carnes, A., Barkley, J.E., and Glickman, E. (2014). Gender differences in the effect of peer influence on outdoor running in recreational runners. *Medicine and Science in Sport and Exercise*, 46(5) Supplement: S461-66. 61st Meeting of the American College of Sports Medicine, Orlando, FL.

Barkley, J.E., Rebold, M., Carnes, A., Glickman, E., and Kobak, M. (2014). The validity of a commercially available, low-cost, wrist-mounted accelerometer during treadmill exercise. *Medicine and Science in Sport and Exercise*, 46(5) Supplement: S485-508. 61st Meeting of the American College of Sports Medicine, Orlando, FL.

Williamson, M.L., Rebold, M., Carnes, A., Glickman, E., and Barkley, J.E. (2014). Validity of a novel, low-cost accelerometer during free living physical activity. *Medicine and Science in Sport and Exercise*, 46(S5) Supplement: S383-88. 61st Meeting of the American College of Sports Medicine, Orlando, FL.

Carnes, A.J., Glickman, E., and Barkley, J.E. (2013). The effect of peer influence on exercise intensity and enjoyment during outdoor running in collegiate distance runners. *Medicine and Science in Sport and Exercise*, 45(5S) Supplement: S123. 60th Meeting of the American College of Sports Medicine, Indianapolis, IN.

Sanders, G.J., Peacock, C.A., Williamson, M.L., Wilson, K., Carnes, A., and Barkley, J.E. The effect of friends on physical activity behavior in 6-10 year old children. (2013). *Medicine and Science in Sport and Exercise*, 45(5S) Supplement: S487. 60th Meeting of the American College of Sports Medicine, Indianapolis, IN.

Carnes, A., and Barkley, J.E. The effect of peer influence on treadmill exercise in collegiate distance runners and non-runners. (2012). *Medicine and Science in Sport and Exercise*, 44(5S) Supplement: S140. 59th Meeting of the American College of Sports Medicine, San Francisco, CA.

Williamson, M.L., Sanders, G.J., Carnes, A., Salvo, A.S., Glickman, E.L., and Barkley, J.E. (2012). Reinforcing value of a moderately physiologically-challenging active video game versus a minimally-challenging active video game. *Medicine and Science in Sport and Exercise*, 44(5S) Supplement: S2. 59th Meeting of the American College of Sports Medicine, San Francisco, CA.

Carnes, A., and Walton, T. (2007). 'American' Hope or White Hope?: The Contested Legitimacy of Naturalized US Distance Runners. *North American Society for the Sociology of Sport (NASSS) Conference*. Pittsburgh, PA. September 2007.

## **Regional Professional Meetings**

Carnes, A., Petersen, J., and Barkley, J.E. (2014). The effect of peer influence on exercise behavior and enjoyment in recreational runners. *29th Annual Graduate Research Symposium, Kent, OH.*

Carnes, A., and Barkley, J.E. (2013). Gender differences in the effect of the presence of an unfamiliar peer on outdoor exercise intensity and enjoyment in recreational runners. *28th Annual Graduate Research Symposium, Kent, OH.*

Carnes, A., Glickman, E., and Barkley, J.E. (2012). The effect of peer influence on exercise intensity and enjoyment during outdoor running in collegiate distance runners. *40th Annual Meeting for the Midwest American College of Sports Medicine, Maumee, OH.*

Carnes, A., and Barkley, J.E. (2012). The effect of peer influence on exercise intensity and enjoyment during outdoor running in collegiate distance runners. *1st Annual Northeast Ohio Exercise Science Conference, University of Mount Union, Alliance, OH.*

Carnes, A., and Barkley, J.E. (2012). The effect of peer influence on running speed, enjoyment and perceived exertion in intercollegiate distance runners. *27th Annual Graduate Research Symposium, Kent, OH.*

Carnes, A., and Barkley, J.E. (2011). The Effect of Peer Influence on Treadmill Exercise in Collegiate Distance Runners and Non-Runners. *26th Annual Graduate Research Symposium, Kent, OH.*

Carnes, A. (2010). Exercise Programming for Special Populations. *American College of Sports Medicine Health and Fitness Specialist Certification Workshop. Kent State University, November 2010.*

## **TEACHING EXPERIENCE**

### **Courses Taught**

#### ***Bellarmino University***

1. EXSC 325 Kinesiology (Fall 2014, Fall 2015)
2. EXSC 325L Kinesiology Lab (Fall 2014)
3. EXSC 360 Exercise Testing and Prescription (Spring 2015, Spring 2016)
4. EXSC 360L Exercise Testing and Prescription Lab (Spring 2015, Spring 2016)
5. EXSC 240L Physiology of Exercise Lab (Spring 2015)
6. IDC 401 Senior Seminar: Health Inequality in Australia (Summer 2015, 2016)
7. EXSC 110 Introduction to Exercise Science (Fall 2015, Spring 2016)

#### ***Kent State University***

Courses taught as a Graduate Assistant

1. PEB-10035 Lifetime Fitness (Fall 2009)
2. PEB-10306 Jogging (Fall 2009, Fall 2010, Spring 2011)

3. PEB-12324 Weight Training (Fall 2009)
4. PEB-10036 Fitness Walking (Spring 2010)
5. PEP-24057 Anatomy and Physiology I, Lab (Spring 2010)
6. PEP-45080 Physiology of Exercise, Lab (Spring 2010 - Fall 2011)
7. EXSC-25068 Measurement and Evaluation in Fitness and Sport, Lab (Spring 2012)
8. EXSC-35075 Exercise Programming, Lab (Spring 2012)
9. EXSC-35068 Statistics for Exercise Science, Lab (Fall 2012 - Spring 2014)
10. US-10097 First Year Experience (Fall 2012, Fall 2013)

### **INTERNATIONAL EXPERIENCE**

Interprofessional Experience to Explore Study Abroad and Faculty/Student Exchange Opportunities in Exercise Science in Western Australia: Curtin, University of Western Australia, Edith Cowan University, University of Notre Dame Australia. May, 2015.

### **FUNDED PROJECTS**

1. Project Title: The effect of peer influence on running speed, enjoyment and perceived exertion in intercollegiate distance runners  
 Role: Principal Investigator  
 Agency: Graduate Student Senate, Kent State University  
 Type: Research Grant (1 year, 2010-2011)  
 Amount: \$1390
2. Project Title: The effect of peer influence on outdoor running speed, enjoyment and perceived exertion in intercollegiate distance runners  
 Role: Principal Investigator  
 Agency: School of Health Sciences, Kent State University  
 Type: Research Grant (1 year, 2011-2012)  
 Amount: \$500
3. Project Title: The effect of the presence of an unfamiliar peer on exercise intensity and enjoyment during outdoor running in recreational runners  
 Role: Principal Investigator  
 Agency: Graduate Student Senate, Kent State University  
 Type: Research Grant (1 year, 2012-2013)  
 Amount: \$1000
4. Project Title: The effect of spinal cord stimulation unit revision on perceived pain, physical activity and medication for individuals with a failed back surgery  
 Role: Research Assistant, interviewed and evaluated patients, organized and analyzed experimental data  
 Co-Principal Investigators: Henry Vucetic, David Leone, Jacob Barkley  
 Agency: Boston Scientific  
 Type: Research Grant (2 years, 12/2012 - 12/2014)

Amount: \$197,000

5. Project Title: Longitudinal comparison of traditional endurance training and Crossfit Endurance<sup>®</sup> on fitness and running performance  
Role: Principal Investigator  
Agency: Bellarmine University Faculty Development Committee  
Type: Research Grant (1 year, 6/2016 - 6/2017)  
Amount: \$3000

### **UNFUNDED PROJECTS**

1. Project Title: Running partners: Is a buddy always a boost?  
Role: Principal Investigator  
Agency: Bellarmine University Faculty Development Committee  
Type: Research Grant (1 year, 6/2015 - 6/2016)  
Amount: \$3000

#### **Dissertation**

Carnes, Andrew. (2014). The effect of peer influence on exercise behavior and enjoyment in recreational runners. Kent State University.  
Director: Dr. Jacob Barkley, Ph.D.

#### **Master's Thesis**

Carnes, Andrew. (2011). The effect of peer influence on running speed, enjoyment and perceived exertion in intercollegiate distance runners. Kent State University.  
Director: Dr. Jacob Barkley, Ph.D.

### **PROFESSIONAL SERVICE AND CITIZENSHIP**

#### **Committee Work**

*University/College*

Committee Name: Non-regular Faculty Issues Committee  
Role: Member  
Time of Service: Fall 2015

*Department*

Committee Name: Respiratory Therapy Faculty Search Committee  
Department: Respiratory Therapy  
Role: Assisted in the review and interviewing of candidates  
Time of Service: Fall 2015

#### **Peer Reviewer**

International Journal of Sport Nutrition & Exercise Metabolism  
Asian Journal of Exercise and Sports Science  
Ukrainian Biochemical Journal

### **Certifications and Memberships**

- American College of Sports Medicine Certified Health and Fitness Specialist (HFS), May 2008 - Present
- Member, American College of Sports Medicine, 2008 - Present
- American Red Cross Adult CPR, AED, Sport Injury Prevention and First Aid