

# CHRISTI BREWER, PHD, CSCS

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## EDUCATION

**Ph.D. Health and Kinesiology** | University of Mississippi, Oxford, MS | December 2011

Dissertation: The effects of chronic prophylactic naproxen sodium on skeletal muscle adaptation to resistance training in recreationally-trained college-aged males.

**M.S. Exercise Science** | University of Mississippi, Oxford, MS | May 2008

Thesis: The effects of cold temperature on gait initiation and dynamic balance in young and older females.

**B.S. Exercise Science** | University of Mississippi, Oxford, MS | May 2001

## EMPLOYMENT

**Assistant Professor - Exercise Science** | Eastern Washington University, Cheney, WA | September 2013 - present

- Instruct undergraduate and graduate courses in health education, physical education, and exercise science
  - Undergraduate Courses: Motor learning and control, applied nutrition and physical fitness, anatomical kinesiology, physiological kinesiology, research and analysis, exercise physiology, clinical exercise physiology, exercise science capstone
  - Graduate Courses: exercise physiology, clinical exercise physiology, research methods
- Provide academic advising to undergraduate and graduate exercise science students
  - Undergraduate advising: Serve ~70 undergraduate advisees each academic year
  - Graduate Advising: Serve as thesis chair or “second” for 1-2 master’s students each academic year
- Supervise undergraduate and graduate student research
- Engage undergraduate students in service-learning projects
- Provide service to the University, profession, and community

**Instructor** | University of Mississippi, Oxford, MS | August 2012 – July 2013

- Instruct undergraduate health education and exercise science courses, including laboratory classes
  - Developed introductory course in exercise endocrinology
- Provide undergraduate academic advising

**Adjunct Instructor** | University of Mississippi, Oxford, MS | January 2012 – August 2012

- Instruct undergraduate health education and exercise science courses, including laboratory classes

**Adjunct Instructor** | Itawamba Community College, Tupelo, MS | August 2011 – December 2011

- Instruct undergraduate health education courses

**Graduate Instructor** | University of Mississippi, Oxford, MS | January 2007 – August 2011

- Primary instruction of 100-400 level exercise science and health promotion courses, including personal and community health, first aid and cardiopulmonary resuscitation, motor learning & control, and exercise leadership.
- Facilitate and supervise undergraduate student training and work in biological safety level one laboratory

**Graduate Assistant** | YMCA (formerly Baptist Healthplex), Oxford, MS | August 2006 - January 2007

- Conduct fitness assessments & equipment orientations
- Develop and instruct personalized exercise programs and group exercise classes

**Strength & Conditioning Coach Intern** | University of Mississippi, Oxford, MS | May 2005 - May 2006

- Assist in administration of periodized training for university football team
- Independently develop, administer, teach, and evaluate strength and conditioning programs

**Director of Fitness** | Foxy's Health & Racquet Club - Baton Rouge, LA | October 2001 - May 2005

- Administer physical fitness assessments and develop safe and effective personalized exercise programs for healthy and special populations
- Design and implement new youth exercise programs, including Gym 101, Gym 102, Family Fitness group exercise classes, and summer Kids' Camp exercise & nutrition classes
- Hire, train, evaluate, and manage relatively large fitness staff
- Organize and promote fitness & nutritional seminar throughout community
- Participate in public speaking engagements/interviews for local organizations to promote exercise, health, and wellness (American Legion, AM Radio, The Advocate, Annual Womens' Expo)

**Fitness Instructor** | YMCA - Baton Rouge, LA | August 2001 - October 2001

- Fitness instructor, group aerobics instructor, home-school physical education teacher

**Cardiac Rehabilitation Intern** | Baptist Memorial Hospital – North Mississippi | January 2001 – May 2001

- Assist in patient ambulations
- Conduct pre-operational and post-operational teachings
- Provide home exercise prescription guidance
- Electrocardiogram set-up and exercise blood pressure measurement

## PUBLICATIONS

### PEER-REVIEWED MANUSCRIPTS - PUBLISHED

- **Brewer, C.**, Bentley, J., Moring, C., Valliant, M., Waddell, D. (2017) Associations between Multiple Indices of Energy Expenditure and Body Composition. *Journal of Physical Activity Research*, 2(2): 95-100. DOI: 10.12691/jpar-2-2-5
- **Brewer, C.**, Bentley, J., Day, E., Waddell, D. (2015) Resistance Exercise and Naproxen Sodium: Effects on a stable PGF<sub>2α</sub> Metabolite and Morphological Adaptations of the Upper Body Appendicular Skeleton. *Inflammopharmacology* 23(6): 319-327. DOI: 10.1007/s10787-015-0248-x
- **Brewer, C.**, Hallam, J., Bentley, J., Woodyard, C., Waddell, D. (2012) Use of analgesics for exercise-associated pain: prevalence & predictors of use in recreationally-trained college-aged students. *Journal of Strength & Conditioning Research* 28(1): 74-81.
- **Brewer, C.**, Waddell, D. (2012) The Role of PGF<sub>2α</sub> in Skeletal Muscle Regeneration. *Journal of Trainology* 1: 45-52

### PEER-REVIEWED MANUSCRIPTS – PROVISIONALLY ACCEPTED, UNDER REVISION

- **Brewer, C.** Boohrer, B., Lawton. Comparison of Acute Energy Expenditure Indices and Rating of Perceived Exertion in Equivalent Bouts of Circuit Weight Training. *Journal of Strength and Conditioning Research*.

## PEER-REVIEWED MANUSCRIPTS – IN PREPARATION

- **Brewer, C.** Use of Analgesics for Exercise-Associated Pain in Division I Athletes.
  - This is a second manuscript similar to the previous *JSCR* publication, which investigated use in recreationally-trained college aged students. This data was collected on a large co-ed sample of student-athletes across a range of sports.
- Taylor, N., Keovongphet, T., **Brewer, C.** Effects of Caffeine on Muscular Fitness Testing in Trained, Habitual Caffeine Users
  - This manuscript is currently being co-authored by a current EWU master's student and former undergraduate student for potential publication in the *International Journal of Exercise Science*.

## TEXTBOOK CHAPTERS - PUBLISHED

**Brewer, C.** (2015). Physiological Foundations. In *Physiological Kinesiology*, 1<sup>st</sup> edition (pp. 21-46). Kendall Hunt Publishing, Dubuque, IA.

**Brewer, C.** (2015). Muscular Fitness. In *Physiological Kinesiology*, 1<sup>st</sup> edition (pp. 67-90). Kendall Hunt Publishing, Dubuque, IA.

**Brewer, C.,** Lawton, N., Repovich, W. (2015). Flexibility. In *Physiological Kinesiology*, 1<sup>st</sup> edition (pp. 91-107). Kendall Hunt Publishing, Dubuque, IA.

## ABSTRACTS & PRESENTATIONS

### PUBLISHED ABSTRACTS / POSTER PRESENTATIONS – PEER-REVIEWED

- **Brewer, C.** Use of Analgesics for Exercise-Associated Pain in Collegiate Athletes
  - Role: Primary investigator
  - Status: Abstract submitted for 2018 ACSM Annual Meeting
    - A decision regarding its acceptance will be rendered in February 2018.
- Vahk, A., **Brewer, C.,** Taylor, K. Effects of Recovery Nutrition on Body Composition and Session RPE in Collegiate Tennis Players
  - Role: Co-investigator on project evolving from Start Something Big Grant 7F16

- Status: Abstract submitted for 2018 ACSM Annual Meeting
  - A decision regarding its acceptance will be rendered in February 2018.
- Status: Abstract accepted as poster presentation at 2018 ACSM Northwest Meeting
- Taylor, N. and **Brewer, C.** Effect of Caffeine on Muscular Strength and Endurance in Resistance-Trained College-aged Males
  - Role: Project supervisor for this exercise science capstone research project
  - Status: Accepted as oral presentation at 2018 ACSM Northwest Meeting
- Dunston, E., Sherman, J., Pederson, T., Magana, J., Vahk, A., **Brewer, C.** (2017) The Effects of Different Recovery Positions Post-Anaerobic Work in Collegiate Sprinters.
  - Role: Co-investigator
  - Status: Poster at 2017 ACSM Northwest Meeting
  - Published abstract: *International Journal of Exercise Science: Conference Proceedings* (8)5, Article 63.
- **Brewer, C.**, Woodyard, C., Waddell, D. (2016) Indices of Energy Expenditure and their Correlation with Body Composition
  - Role: Primary investigator
  - Status: Delivered as poster at 2016 ACSM Northwest Meeting
  - Published Abstract: *International Journal of Exercise Science: Conference Proceedings*: 8(4), Article 55
- Waddell, D., Harish, C., Dancisak, M., **Brewer, C.** (2014) Exploring Measures to Better Assess the Effect of Cold on Dynamic Balance in a Young and Older Female Population.
  - Role: Primary investigator
  - Status: Delivered as poster at International Society of Posture and Gait Research, World Congress
- **Brewer, C.**, Waddell, D., Garner, J., Repovich, W. (2014) Effects of Prophylactic Naproxen Sodium on Dynamic Strength Gains during Periodized Resistance Training.
  - Role: Primary investigator
  - Status: Delivered as poster at 2014 ACSM Annual Meeting
  - Published abstract: *Medicine and Science in Sports and Exercise*, 46(5S): 730.
- **Brewer, C.**, Loftin, M., Garner, J., Bentley, J., Day, L., Waddell, D. (2012) Systemic PGF<sub>2α</sub> Metabolite Response to Resistance Exercise and Naproxen Sodium.
  - Role: Primary investigator
  - Status: Delivered as poster at 2012 ACSM Annual Meeting
  - Published Abstract: *Medicine and Science in Sports and Exercise*, 44(5S): 745.
- **Brewer, C.**, Day, L., Waddell, D. (2012) Detection of Stable PGF<sub>2α</sub> Metabolite in Plasma After Resistance Exercise.
  - Role: Primary investigator
  - Status: Delivered as poster at Society for Neuroscience National Conference

- **Brewer, C.**, Waddell, D. (2009) The Effects of Cold Temperature on Gait Initiation and Dynamic Balance in Young and Older Females.
  - Role: Primary investigator
  - Status: Presented as poster at 2009 ACSM Annual
  - Published Abstract: *Medicine and Science in Sports and Exercise*, 41(5), Supplement

## POSTER PRESENTATIONS - INVITED

- Chavez, M. and **Brewer, C.** (2015) Effects of a Nutritional Intervention on Dietary Intake in Female Collegiate Athletes.
  - Role: Thesis chair
  - Delivered as poster at 2015 EWU Graduate Research and Creative Works Symposium
- Taylor, N., Keovongphet, T., Anthony, N., Clark, E., Kirian, B., Maszek, A., **Brewer, C.** Caffeine and its Effects on Muscular Endurance and Strength in Chronic Caffeine User
  - Role: Project supervisor for IRB-approved exercise science senior capstone project
  - Presented as poster at 2017 EWU Undergraduate Research Symposium
  - Presented as poster at 2017 Exercise Science Senior Research Symposium
  - Accepted as oral at 2018 ACSM Northwest Meeting
- Bennett, T., Dahl, D., Barnard, Q., Weaver-Park, J., Taylor, M., Williams, C., **Brewer, C.** Measures of Daily Physical Activity and Health in EWU Faculty and Staff
  - Role: Project supervisor for IRB-approved exercise science senior capstone project
  - Status: Poster at 2017 EWU Undergraduate Research Symposium
  - Status: Poster at 2017 Exercise Science Senior Research Symposium

## ORAL PRESENTATION – PEER REVIEWED

- **Brewer, C.**, Booher, B., Lawton, N., Repovich, W. (2017) Comparison of RPE and Energy Expenditure between Circuit Weight Training and Treadmill Running
  - Role: Thesis chair
  - Status: Deliver as thematic oral presentation at 2017 ACSM Annual Meeting
  - Published Abstract: *Medicine and Science in Sports and Exercise*, 49(5S): 758.
- **Brewer, C.** PGF<sub>2α</sub> and Skeletal Muscle Adaptation to Resistance Exercise (2012)
  - **Role:** Primary investigator
  - **Status:** Delivered as oral at Trainology Conference, University of Mississippi

## ORAL PRESENTATIONS - INVITED

- University of Mississippi | New Beginnings Program | University of MS | Oxford, MS | November 2011, February 2012, October 2012

- U.S. Army Corps of Engineers | Health and Wellness | Oxford Conference Center | Oxford, MS | March 2011
- MS Law Enforcement Command College | Law Enforcement Wellness | Oxford, MS | July 2008
- Multiple Sclerosis Support Group | Baptist Memorial Hospital – North Mississippi | Exercise and Multiple Sclerosis | August 2007

## PANEL DISCUSSIONS

- EWU Instructional Technology | Teaching and Technology Bootcamp | Panopto | July 2016

## GRANTS

- EWU Start Something Big Grant | Winter 2017 – Pedometer Intervention for Faculty Wellness
  - Status: Unfunded (\$500)
  - Role: Lead Applicant
- EWU Start Something Big Grant | Fall 2016 – Recovery Nutrition in EWU Tennis Players
  - Status: Funded
  - Role: Co-applicant, coinvestigator
- Every Body Walk Micro Grant | Fall 2016
  - Status: Unfunded
  - Role: Lead applicant
- UM Graduate School Summer Research Grant | 2007
  - Status: Funded (\$2,000)
- UM Graduate Student Council Research Grant
  - Status: Unfunded (\$500)

## HONORS

- Random Act of Kindness | University of Mississippi Student Alumni Council | Spring 2013
- University of Mississippi | Graduate School Dissertation Fellowship | Fall 2011
- University of Mississippi | Graduate Student Academic Achievement Award in Health, Exercise Science and Recreation Management | Spring 2008

## **SERVICE**

### PROFESSIONAL SERVICE

- *Journal of Physical Activity and Aging* | Manuscript review | July 2017
- Jones and Bartlett Learning | Personal training textbook proposal review | February 2015
- *Sports Health Journal* | Manuscript review | December 2014

- Wolters Kluwer Health | Exercise physiology textbook chapters review | May 2014
- *Research Quarterly for Exercise & Sport* | Manuscript review | November 2012
- UM Womens' Soccer team | Consultant | May 2011 - December 2011
- Delmar Cengage Learning | Book proposal review | April 2011

## UNIVERSITY SERVICE

- EWU Physical Education, Health, and Recreation Department | Policy and Procedures Committee | September 2014 – present
- EWU College of Arts, Letters, and Education | Policy and Procedure Committee | September 2016-March 2017
- EWU Housing | Move-In Day Volunteer | September 2016
- EWU Physical Education, Health, and Recreation Majors Fair | February 2016
- EWU Physical Education, Health, and Recreation Department | Tenure-track search committee | January 2016
- EWU Institutional Review Board | Standing Member, Departmental Representative | Fall 2014 - present
- EWU Institutional Review Board | Alternate Member | September 2013 – June 2014
- American Red Cross adult and child CPR/AED expedited courses for UM-affiliated groups, including Mississippi Teacher Corps (2009, 2010, 2011), Literacy for Life (2010, 2011), RebelQuest Summer Camp (2010), Human Resources (2010, 2011), and Physical Plant (2010, 2011), Department of Biology (Spring 2011, 2012)

## COMMUNITY SERVICE

- Ironman | Volunteer | Coeur d'Alene, ID | August 2015
- Oxford Soccer Club | Division II U10 Boys Soccer | Team Manager | Oxford, MS | 2010-2011
- Jean Jones Run | Volunteer | Oxford, MS | April 2008
- Rebel Man Triathlon | Volunteer | Oxford, MS 2007-2012
- Pope Elementary School | FITNESSGRAM administration | December 2007
- Oxford Park Commission | Youth Soccer Coach | Fall 2005, Spring 2006, Fall 2007, Spring 2008
- Relay for Life | Participant & Fundraiser | Baton Rouge, LA | 2005
- Multiple Sclerosis Tour | Participant & Top Fundraiser | October 2004, April 2005

## PROFESSIONAL AFFILIATIONS / CERTIFICATIONS

- National Strength and Conditioning Association | Certified Strength and Conditioning Specialist | 2004 - present
- American College of Sports Medicine | Professional member | April 2012 - present
- American Red Cross | CPR, AED, First Aid Instructor | May 2008-August 2014
- National Academy of Sports Medicine | Certified Personal Trainer | 2003-2008

## CONTINUING EDUCATIONS

- ACSM Clinical Exercise Physiologist webinar | April 2016
- ACSM Northwest Conference | April 2016
- ACSM/ENC webinar | Optimal Recovery: Practical Recommendations for the Recreational Athlete | August 2016

- Feed for Speed Continuing Education Conference | September 2014
- Society for Neuroscience National Conference | October 2012
- Trainology Conference | July 2012
- National Strength and Conditioning Association Regional Clinic | August 2011
- University of Mississippi Strength Clinic | February 2006
- American College of Sports Medicine National Conference (2009, 2011, 2014, 2017)