

ANTHONY CATERISANO, Ph.D., CSCS*D, FACSM

Present Address:

2020 Little Texas rd
Travelers Rest, S. C. 29687

Personal Data:

Date of Birth: July 10, 1952
Marital Status: Married
Health: Excellent

EDUCATION:

1984 Ph.D. Exercise Physiology, The University of Connecticut, Storrs,
Connecticut

1980 Pre-Doctoral - Exercise Physiology, The University of North
Carolina, Chapel Hill, N.C.

Pre-Doctoral
15 Credit Hours completed in Exercise Physiology
(Transferred to U. Conn.)

1979 Masters of Arts - Exercise Physiology/Sport Sociology, The
University of Connecticut, Storrs, Connecticut

1974 B. S. - Economics, S.U.N.Y. Brockport
Brockport, N. Y.

RELATED WORK EXPERIENCE:

June 1999- Present Professor of Health and Exercise Science. Primary duties as below.

Sept. 2006 – 2010 Assistant Wrestling Coach, Spartanburg Methodist College.

March 2003 – 2006 Head Wrestling Coach, Spartanburg Methodist College.

June 1991- 1999 Associate Professor of Health and Exercise Science.
Primary duties as below.

1997- 2000 Adjunct Faculty, The Medical University of South Carolina (MUSC).
Teaching Exercise Physiology to students in the Physical Therapy
Masters of Science Program.

Sept. 1984- May 1991 Assistant Professor of Health and Physical Education, Furman
University. Primary duties include teaching Cardiovascular
Physiology, Exercise Physiology, and various activities. Tenure
Awarded September 1, 1990

1995 – 2001 Wrestling Official – South Carolina High School League.

1991- 95 Head Wrestling Coach at Christ Church Episcopal School.

1984-91 Summer Head varsity wrestling coach for Furman's Division I program.
American College of Sports Medicine (ACSM) Exercise Test

Test Technologist Workshop Faculty. A.C.S.M. Certification site at the University of Connecticut.
A.C.S.M. Fitness Instructor Workshop Faculty.
Served as ACSM Certification Examiner for Both Certifications.

Sept. 1984- Director of the Furman Fitness Center Adult
May 1987 Fitness Program

Sept. 1984- Senior Graduate Assistant/Assistant Director of the Human
Aug. 1985 Performance Laboratory at the University of Connecticut. Duties include
scheduling and coordinating graduate and undergraduate research projects - Assisting the
Director of the Lab in equipment procurement and the writing of grant proposals. Also taught
undergraduate - Sport Physiology class.

Sept. 1981- Graduate Assistant/Supervisor of Adult Fitness program at the
May 1982 University of Connecticut.

Also taught Physical Activity Courses, undergraduate level.

Sept. 1980- Program Instructor at the Adult Fitness Program at the University of
Aug. 1981 North Carolina, Chapel Hill.

Also taught undergraduate activity courses.

Sept. 1979 Intern in 8-week practicum in the Executive Fitness Program of the
Xerox Corporation Recreation Association, Rochester, N. Y.

May 1979- Employed by The Rochester City School District as a teacher in the
June 1980 Home and Hospital Tutoring Program.

Sept. 1977- Graduate Assistant for the Physical Education Department of the
May 1979 University of Connecticut - taught undergraduate activity courses.

Jan. 1975- Taught part-time in the Physical Education Dept. of Genesee
Sept. 1977 Community College, Batavia, New York.

PUBLICATIONS, PRESENTATIONS, AND GRANTS

Caterisano, A “Importance of Resistance Training” Chapter 1 Strength Training for Football
Human Kinetics publ. Champaign Ill. Pg. 3-10 2020

Hutchison, R and A Caterisano “Comparison of Peak Ground Reaction Force, Joint Kinetics
and Kinematics, and Muscle Activity Between a Flexible and Steel Barbell During the Back
Squat Exercise” *Journal of Human Kinetics – Special Strength and Power Ed.*, volume
68/ Aug. 2019, 99-108 DOI: 10.2478/hukin-2019-0059

Caterisano, A., D. Decker, B. Snyder, M. Feigenbaum, R. Glass, P. House, C. Sharp, M.
Waller, Z. Witherspoon, “CSCCa and NSCA Joint Consensus Guidelines for Transition
Periods Safe Return to Training Following Inactivity” *Strength & Conditioning
Journal: June - Volume 41 - Issue 3 - p 1–23 2019*

- Caterisano A., R. Hutchison, C. Parker, S. James*, and S Opskar, "Improved functional power over a 5-week period: Comparison of combined weight-training to flexible barbell training" *Jour. Strength and Cond Res.* Vol. 32(8) 2018.
- Caterisano, A. and M. Gentry, "Normalization for body mass affects the correlation of strength Tests to speed and agility." *Medicine and Science in Sports and Exercise* 50(5S):1421. Minneapolis MN, May 2018.
- Mallick M.*, S. Lee*, R. E. Hutchison, and A. Caterisano "Prediction of Ground Reaction Forces of Flexible Barbells using their Bar End Displacement" *Medicine and Science in Sports and Exercise* 50(5S):1830. Minneapolis MN, May 2018.
- Hutchison, RE, S Lee*, and A. Caterisano, "Comparison of Peak Ground Reaction Forces at Natural Frequencies of a Flexible Barbell" *Medicine and Science in Sports and Exercise* 50(5S): 1831, Minneapolis MN, May 2018.
- Caterisano, A. and M.Gentry, "Predicting Success in Division I College Football Players Based on Initial Physical Performance Tests" *Medicine and Science in Sports and Exercise* 49(5S):423. Denver CO May 2017.
- Hutchison, R., *Bruneau, K., *Lee, S., *Shearer, L., Caterisano, A. " Comparison of Peak Ground Reaction Forces of Flexible Barbell and Steel Olympic Barbell at Various Lifting Speeds". *Medicine and Science in Sports and Exercise* 49(5S): 388-389. Denver, CO. May 2017
- *Lee, S., †Hutchison, R., *Hayden, N., *Alimonti, S., Caterisano, A. "Comparison of the Effect of Flexible Barbell Weight Position on Max Ground Reaction Force." *Medicine and Science in Sports and Exercise* 49(5S): 389. Denver, CO. May 2017
- Hutchison, R., and A. Caterisano (2017). "Electromyographic and Kinetic Comparison of a Flexible and Steel Barbell". *Journal of Human Sport and Exercise.* 12(2), 2017
- Caterisano, A. and R.E. Hutchison, "A Comparison of Lower Extremity Joint Kinetics Between a Flexible and a Steel Barbell" *Medicine and Science in Sports and Exercise* Vol. 48, No. 5, May 2016
- Caterisano, A., R.E. Hutchison, O.J. Tant, and N.M. Klabunde "Comparison of Core Muscle Activity between Flexible Barbell and Olympic Barbell during the Squat." *Medicine & Science in Sports & Exercise* Vol.47 No. 5 May 2015
- Hutchison, R.E., A. Caterisano, N.M. Klabunde, O.J. Tant, and J. Myers. "Comparison of Core Muscle Activity Between the Push Press and Squat Using a Flexible Barbell." *Medicine & Science in Sports & Exercise* Vol.47 No. 5 May 2015

- Klabunde N. M., O.J. Tant, A. Caterisano, and R.E. Hutchison. "Comparison of Core Muscle Activity Between Back Squat and Push Press." *Medicine & Science in Sports & Exercise* Vol.47 No. 5 May 2015
- Tant, O.J., N. Klabunde , R.E. Hutchison, and A. Caterisano. "Muscle Activity of a Standard Olympic Barbell Versus a Flexible Barbell for the Push Press." *Medicine & Science in Sports & Exercise* Vol.47 No. 5 May 2015
- Caterisano, A., R.E. Hutchison, M. Kuhar, and J.T. Jakiela, "A Comparison of the Olympic Barbell to Tsunami Barbell Force Production: Man Verses Machine" *Medicine and Science in Sports and Exercise* Vol. 46, No. 5, May 2014
- Hutchison, R.E., M. Kuhar, A. Caterisano, and J.T. Jakiela, "Correlation Between Flexural Stiffness of the Tsunami Barbell and Reaction Force Production" *Medicine and Science in Sports and Exercise* Vol. 46, No. 5, May 2014
- Gentry, R.M. and A. Caterisano *The Ultimate Guide to Physical Training For Football* , Skyhorse Publishing, New York, NY 2013.
- Caterisano, A., R.E. Hutchison, D. Abernethy, and J.T. Jakiela, "Improved Functional Power Over a 5-Week Period: Comparison of Traditional Training to Tsunami Barbell Training" *Medicine and Science in Sports and Exercise* Vol. 45, No. 5, May 2013
- Hutchison, R.E., A.Caterisano, R.F. Moss, J.T. Jakiela, and V. Haggett, "Comparison of Applied Forces Between Flexible Tsunami Barbell and Olympic Barbell During Bench Press" *Medicine and Science in Sports and Exercise* Vol. 45, No. 5, May 2013
- Jakiela, J.T., A. Caterisano, R.E. Hutchison, T. Snook, G. Rogers, and R.F. Moss, "Comparison of Muscle Activity Between The Tsunami Barbell and An Olympic Barbell" *Medicine and Science in Sports and Exercise* Vol. 45, No. 5, May 2013
- Caterisano, A., E.R. Shaver, I. Whatley, and R.F. Moss " Change in Aerobic Efficiency Among Novice Female Race Walkers Following 8 Weeks of Training" *Medicine and Science in Sports and Exercise* Vol. 44, No. 5, May 2012
- Greer, B.K., A. Price, M. DiSanto , and A. Caterisano, "Dietary Intake and supplement use among competitive powerlifters and Olympic lifters" *National Strength and Conditioning Association Annual Meeting*. Jan. 2012

- Marsh, V.C., K. Kirby, C. Allmandinger and A. Caterisano, “ Electromyographic Activation of 3 Back Muscles During Pronated, Supinated, and Behind The Neck Pull-ups”*Medicine and Science in Sports and Exercise* Vol. 44, No. 5, May 2012
- O’Neill, A. and A. Caterisano “The Effect of EnergyCare™ Bands on Selected Physical Performance Tests” *Medicine and Science in Sports and Exercise* Vol. 44, No. 5, May 2012
- Shaver E.R., A. Caterisano, I. Whatley, and R.F. Moss “The Effect of 8 Weeks of Race Walking Training on Maximum Oxygen Capacity” *Medicine and Science in Sports and Exercise* Vol. 44, No. 5, May 2012
- Caterisano, A., L.H. Farrow, and R.F. Moss “Effects of a high-fat vs. high-carbohydrate meal on DXA Scan body fat results” *Medicine and Science in Sports and Exercise* Vol. 43, No. 5, May 2011
- Farrow, L.H., Z. Hickerson, and A. Caterisano “Effects of lunge variation on EMG activity of 3 superficial thigh muscles” *Medicine and Science in Sports and Exercise* Vol. 43, No. 5, May 2011
- Caterisano, A, T. Twitty, S. Dungan, and J. Rogers "THE EFFECT OF TWO DIFFERENT METHODS OF CARRYING WEIGHT ON OXYGEN CONSUMPTION" *Medicine and Science in Sports and Exercise* Vol. 42 No. 5 May, 2010.
- Caterisano, A., J.M. Grossnickle, B.T. Patrick, R.F. Moss, L. Salter, and N. Basinger, “The Electromyographic Analysis of Three Abdominal Core Muscles: Comparing the Crunch to the Plank” *Medicine and Science in Sport and Exercise*, Vol. 41, No. 5, pg. S344, May 2009.
- Grossnickle, J.M., A. Caterisano, B.T. Patrick, R.F. Moss, N. Basinger , and L. Salter, “The Effect of Crunch Exercise Speed on Electromyographic Activity of Three Abdominal Muscles “ *Medicine and Science in Sport and Exercise*, Vol. 41, No. 5, pg. S344, May 2009.
- Moss, R.F., A. Caterisano, B.T. Patrick, and J.M. Grossnickle, “Comparing EMG Data on Upper and Lower Regions of Rectus Abdominus During Exercise to Fatigue” *Medicine and Science in Sport and Exercise*, Vol. 41, No. 5, pg. S537, May 2009.
- Caterisano, A., B.T. Patrick, J.M. Grossnickle, and R.F. Moss, “The

- Effect of Varying Intensity on Total Energy Expenditure During Circuit Weight Training With Equal Volume” *Medicine and Science in Sport and Exercise*, Vol. 40, No. 5, pg. S257, May 2008.
- Caterisano, A., B.T. Patrick, R.F. Moss, and J.M. Grossnickle, “Variable Training Intensities With Equivalent Training Volume Affects EPOC In Circuit Weight –training” *Medicine and Science in Sport and Exercise*, Vol. 39, No. 5, pg. S481, May 2007
- Moss, R.F., A. Caterisano, B.T. Patrick, F.J. Goodwin and N. Leblanc “Comparison of VO₂, Blood Lactate, Ventilation, and Heart Rate Between Treadmill and Free Range Running” *Medicine and Science in Sport and Exercise*, Vol. 39, No. 5, pg. S207, May 2007
- Patrick, B.T., A. Caterisano, E. Webb, G. Guth, and R.F. Moss “Oxygen Consumption and Energy Expenditure of Different Intensities of Weight-Training in Women” *Medicine and Science in Sport and Exercise*, Vol. 39, No. 5, pg. S482, May 2007
- Patrick, B.T. and A. Caterisano “Hemodynamic Adjustments to Circulatory Arrest During and Following Isometric Handgrip in Resistance Trained and Untrained Men” *J. Sports Med. Phys. Fitness*, Vol. 45, No. 3, pg. 393-400, 2005.
- Caterisano, A., B.T. Patrick, D. Shelby , K. Stevens, and L. King “Excess Post-exercise Oxygen Consumption Following Sets of 10RM Bench Presses Among Trained Males: A Comparison of Three Different Rest Intervals.” presentation NSCA National Convention, Las Vegas, NV July, 2005.
- Caterisano, A., M. R Dsechenes, and S.E. Gordon “Adaptations of Aged and Young Adult Muscle Fibers to Chronic Overload” *Medicine and Science in Sport and Exercise*, Vol. 37, No. 5, May 2005
- Caterisano, A. “Looking for the Overlap: When Science Meets Application in Resistance Training” Presented as an invited speaker at the New England American College of Sports Medicine annual meeting Nov. 2004
- Gentry, M. and T. Caterisano, *A Chance to Win: A Complete Guide to Physical Training for Football* (revised edition) Sports Publishing. Publisher, Champaign Ill. 2005.
- Caterisano, A., J.A. Reed, and A. Price “ Comparison of Estimating Energy Expenditures Using Caltrac and Three Aerobic Field Tests” *Medicine and Science in Sport and Exercise*, Vol. 36, No. 5, May 2004

Caterisano, A., P. Blount, B. Greer, B. Fletcher, J. Farmer, D. Kyriakos and P. Stewart, "The Effects of SuperSlow Training on Aerobic Capacity and Body Composition in College-Age Males" *Med. Sci Sport and Exer* Vol. 35, No. 5, May 2003.

Greer B., P. Blount, A. Caterisano, K. Karinshak, D. Shelby, and L. Valez, "The Effects of SuperSlow Training on Resting Blood Pressure in College-Age Males" *Medicine and Science in Sport and Exercise*, Vol. 35, No. 5, May 2003.

P. J. Blount, A. Caterisano, B. Greer, B. Fletcher, J. Farmer, P. Stewart, and J. Norton "The Effects of SuperSlow Training on Strength Parameters in College-Age Males" *Medicine and Science in Sport and Exercise*, Vol. 35, No. 5, May 2003.

Gentry, M. and T. Caterisano, *A Chance to Win: A Complete Guide to Physical Training for Football* The Iron Palace Co. Publisher, Taylors SC 2003.

Fraizer, K. A. Caterisano, P. Blount, B. Greer, L. Valez, W. Lawton and J. Woodard "The Effect of Superslow Training on Systolic, Diastolic, and Mean Arterial Blood Pressure" Presented at Southeast ACSM annual meeting, Atlanta GA, Jan. 2003.

Caterisano, A. B.T. Patrick, P. Mueller, and R.F. Moss "The Role of Central Command and Metaboreflex Adjustments of Hemodynamics in Weight-trained and Aerobically-trained Men" presentation NSCA National Convention, Las Vegas, NV July, 2002.

Caterisano, A., R.F. Moss, V. C. Lewis, T.K. Pellingner, K. Woodruff, T. Khadra, and W. Booth, "The Effect of Back Squat Depth on the EMG Activity of Four Superficial Hip and Thigh Muscles" *Journal of Strength and Conditioning Research*, 16 (3): pg. 1-5, 2002.

Patrick, B.T. and A. Caterisano "Influence of Weight Training Status on Hemodynamic Adjustments to Isometric Actions" *J. Sports Med. Phys. Fitness*, Vol. 42, No. 1, pg. 1-7, 2002.

Roper, R and A. Caterisano "Effetti dell'attivita anaerobica sulla prestazione di tiro nel basket" *Teknosport* anno 5, numero 18, Dicembre-Gennaio, pg. 15-20, 2001-2002.

Caterisano, A., S.A. Yurich, C. Bonfiglio, A. Fowler, B. Greer and C.W. Brown "The Correlation Between Maximal Grip Strength and 1RM Bench Press: The Effect of Sports Specific Resistance Training and Gender" *Medicine*

and Science in Sport and Exercise, vol. 33, no. 5, May 2001.

Patrick, B.T. and A. Caterisano "Systolic Time Intervals Recorded During Isometric Handgrip and Muscle Chemoreceptor Stimulation in Weight-Trained and Untrained Men" Medicine and Science in Sport and Exercise, vol. 33, no. 5, May 2001.

Roper, R and A. Caterisano, "Fatica anaerobica e prestazione di tiro nel basket" Teknosport anno 5, numero 16, Agosto-Settembre pg. 17-21, 2001.

Roper, R. and A. Caterisano "Effetti Dell'attivita fasica sulla prestazione di tiro nel basket" Teknosport Aprile-Maggio-Guigno 5(15), 2000.

Caterisano, A., N. R. Doty, R. F. Moss and C. W. Brown, "The effect of sports specific resistance training on the correlation between grip strength and total strength." Journal of Strength and Conditioning Research Vol. 14, No. 3, pg. 361, 2000.

Roper, R. L. and A. Caterisano, "Does acute, anaerobic fatigue affect the ability to correct free-throw shooting errors in male college basketball players?" Journal of Strength and Conditioning Research, Vol. 14, No. 3, pg.369, 2000.

Caterisano, A., R. F. Moss, T. K. Pellingner, K. Woodruff, V. C. Lewis, W. Booth, and T. Khadra, "The effect of weighted squat depth on EMG activity of four superficial thigh muscles." Medicine and Science in Sport and Exercise, vol. 32, no. 5, May 2000.

Gentry, R. M., R. K. Stratton, A. Caterisano, J. K. Burton, J. Pool, and T. H. Hohenshil, "A comparison of two methods of teaching the power clean among college football players." Medicine and Science in Sport and Exercise, Vol. 32, no. 5, May 2000.

Moss, R. F., A. Caterisano, V. C. Lewis, K. Woodruff, T. K. Pellingner, T. Khadra, and W. Booth, "Effects of bar placement during the squat on the electromyographical analysis of four thigh muscles." Medicine and Science in Sports and Exercise, vol. 32, no. 5, May 2000.

Pellingner, T. K., A. Caterisano, R. F. Moss, K. Woodruff, V. C. Lewis, T. B. Khadra, and W. L. Booth. "The effect of weighted squat depth on EMG activity of four superficial muscle groups during concentric contraction," Presented at SEACSM as a slide presentation, Charlotte, N.C., February 2000.

Lewis, V. C., R. F. Moss, A. Caterisano, K. Woodruff, T. K. Pellingner, W. L. Booth, and t. B. Khadra, "Bar placement in the squat exercise and its effect on EMG activity in four leg muscle groups," Presented at SEACSM as a slide presentation, Charlotte, NC, February 2000.

Roper, R. and A. Caterisano, "An off season test to determine if free-throw performance is

affected by acute, anaerobic fatigue in male college basketball players.” *Journal of Strength and Conditioning Research*, vol 13, No. 4, Nov 1999.

Caterisano, A., C.W. Brown, L.P. Thurmond, D.R. Perkins, K. Linn, and E. A. Shortridge, “The Relationship Between Lower Body Strength and Power in Resistance Trained Athletes.” *Medicine & Science in Sport and Exercise*, vol. 31, no. 5, May 1999.

Glasser, J., A. Caterisano and C.W. Brown, “Off-season Sport-specific Training for Women’s Softball.” *Strength and Conditioning Journal*, vol. 21, no. 4, p. 54-59, August 1999.

Caterisano, A., B.T. Patrick, C. Riddlehuber, and D. Horne, “Pressor Response to Isometric Handgrip and Blood Flow Occlusion in Weight-Trained and Untrained Men.” *Medicine Science in Sports and Exercise*. Vol 30, No. 5 (suppl.), 1998.

Patrick, B.T., A. Caterisano, D. Horne, and C. Riddlehuber, “Metaboreflex Adjustments of Hemodynamics in Weight-Trained and Untrained Men.” *Medicine Science in Sports and Exercise*. Vol 30, No. 5 (suppl.), 1998.

Caterisano, A., J. S. Farmer, B. T. Patrick, D. Diedrich, R. Choplin and R. Robinson, “The Effect of Training Position on Leg Flexor Strength and Power in Untrained Males and Females.” *National Athletic Trainer Association Review*. Vol. 32, No. 2, April-June, 1997.

Caterisano, A. “Resistance Training for Tennis” invited presentation. U.S. Tennis Association 14 Zone Team Championships, Asheville, N.C., July, 1997.

Caterisano, A., T. Patrick, B. Brouse and C. Connor, “The Effect of Training Status on Cardiovascular Responses to Three Intensities of Isometric Finger Flexion.” *Medicine Science in Sports and Exercise*. Vol 29, No. 5, 1997.

Patrick, T., A. Caterisano, B. Brouse and C. Connor. “Cardiovascular Responses to Isometric Finger Flexion and Blood Flow Occlusion in Weight-Trained and Untrained Men.” *Medicine Science in Sports and Exercise*. Vol 29, No. 5, 1997.

Caterisano, A., B. T. Patrick, W. L. Edenfield, and M. J. Batson, “The Effects of a Basketball Season on Aerobic and Strength Parameters Among Male College Players: a Comparison of Starters Vs. Reserves.” *Jour. of Strength and Conditioning Research*. Vol. II, no. 1, pg. 21-24, Feb, 1997.

Caterisano, A., A. Sinopoli, B. T. Patrick, C. Rochester, and T. Hayes. “Maximal work capacity improvement with circuit weight training in COPD patients.” *Medicine Science in Sports and Exercise*, vol. 28, no. 5 (suppl.) pg 594, 1996. (Presented at National ACSM Convention, Cincinnati, OH).

Faculty Development Grant, “Preparation for Attaining NSCA Certification as a Certified Strength and Conditioning Specialist.” October, 1994, \$500.00 Grant.

Caterisano, A. "Physiological Basis for Training the Power Athlete". Invited presentation, Virginia Tech Strength and Conditioning NSCA State Seminar, May 1994.

Caterisano, A., F.M. Powell, A. Sinopoli, C. Rochester, and D. Bucci. "The Effects of Circuit Weight Training on VO₂ Max in Elderly Males." Presented at the SCAHPERD State Convention in Myrtle Beach, SC, November 13, 1993.

Caterisano, A., M. Feigenbaum, and R.F. Moss, "The Effects of Cross-Training on Maximum Oxygen Consumption in Elite Athletes". Presented at the SCAHPERD State Convention in Myrtle Beach, SC, Nov. 6, 1992.

F.M. Powell, M.E. Hawkins, and A. Caterisano, "Circuit Weight Training Effects on Body Composition and Neuromuscular Performance of Elderly Men and Women". Presented at National ACSM Convention in Dallas, Texas, May, 1992, Medicine Science in Sports and Exercise. Suppl. Vol. 24, No. 5, May, 1992.

Caterisano, A., W. Steffen and K. Neal, "Weigh-in Time and its Effect on Grip Strength Recovery Patterns in Collegiate Wrestlers", presented at the SCAHPERD State Convention, Myrtle Beach, SC, Nov. 2, 1991.

Caterisano, A, and F. Powell, "Body Composition Estimation Techniques" Workshop for 1991 Human Anatomy and Physiology conference, May 28, 1991, Greenville, SC.

Caterisano, A. "Weight Training for High School Athletes", Presented Symposium on Sports Medicine Sponsored by the Greenville Hospital System, May, 1990.

Caterisano, A. "The Effect of Cross Training on Maximum VO₂ and Running Performance". Grant received from Concept II, Inc. for \$650.00 in equipment, Fall 1989.

Caterisano, A. "State of Hydration and Muscle Performance During Wrestling Tournament Competition". Research and Professional Grant, \$850.00, Fall, 1989.

Caterisano, A. "Strength Training: Abuse of Steroids and Performance Enhancers," Symposium on Sports Medicine sponsored by the Greenville Hospital System, May 1989.

Caterisano, A., D. N. Camaione, R. T. Murphy, and V. J. Gonino "The Effect of Differential Training on Isokinetic Muscular Endurance During Acute Thermally Induced Hypohydration," published May-June issue, 1988, American Journal of Sport Medicine.

Gentry, M., D. Platt and A. Caterisano "Training Modalities: Introducing the Trap Bar," National Strength and Conditioning Association Journal. July 1987.

Caterisano, A., R. T. Murphy, V. J. Gonino, T. Druge, M. Fiengo and D. N. Camaione, "The Effect of Acute Thermal Dehydration on Isokinetic Muscular Endurance," Conference Abstracts Southeastern ACSM Jan. 1985 (Presented at Southeast ACSM Annual Conference). Boone, N.C.

Horner, E. G. and A. Caterisano, "An Electromyographic Analysis of Saw Handle Design." Grant received from Stanley Tool Corporation for \$20,000.00. July, 1984.

Caterisano, A. "Isokinetic Muscle Endurance and Fiber Type Estimation," Symposium on Sports Medicine, May 1984, Storrs, CT.

Caterisano, A. and A. Abraham "Body Composition and Somatotype of Division I-AA College Football Players," New England American College of Sports Medicine Convention Presentation, Nov. 1983, Boxboro, MA.

Caterisano, A. and R. G. McMurray "Energy Cost of Exercise in Males and Females Match for Height," *Medicine and Science in Sport and Exercise* 1982. Vol. 14 No. 2, 1982.

RESEARCH RELATED WORK

2010 Sponsored 2 presentations at the National Conference on Undergraduate Research (NCUR) in Missoula Montana:

Doris Yu, Amanda Pless, and Taylor Holmes (Dr. Tony Caterisano), "The Comparison of Blood Lactate Levels At VO₂ Max Between A Cycle Ergometer And Treadmill"

Jessica A. Erdmann, Lindley Cone, Emmanuel Perry (Dr. Tony Caterisano), "Passive and Active Recovery Following Aerobic and Anaerobic Ergometer Tests"

2009 Co-Sponsored 2 presentation at the National Conference on Undergraduate Research (NCUR) in LaCrosse Wisconsin:

Lane Salter (Co-sponsors Anthony Caterisano and Tim Patrick) "Differences in Electromyographic Activity Between the Upper and Lower Rectus Abdominis During Crunches Performed to Exhaustion"

Nick Basinger (Co-sponsors Anthony Caterisano and Tim Patrick) "Comparison of Initial Electromyographic Recordings in Traditional verses Pilates Abdominal Exercises"

2007 Co-Sponsored presentation at the National Conference on Undergraduate Research (NCUR) in San Francisco, CA:

Jaimie Grossnickle (Co-sponsors Anthony Caterisano and Tim Patrick) "THE EFFECT OF VARIABLE TRAINING INTENSITIES ON TOTAL NET OXYGEN CONSUMPTION DURING CIRCUIT WEIGHT-TRAINING AMONG COLLEGE-AGE WOMEN"

2004 Co-Sponsored presentation at the National Conference on Undergraduate Research (NCUR) in LaCrosse WI:

Anna Price (Co-sponsors Anthony Caterisano and Julian Reed)
“Comparison of Estimating Energy Expenditures Using Caltrac and Three Aerobic Field Tests”

2003 Sponsored two presentations at the National Conference on Undergraduate Research (NCUR) in Salt Lake City, UT:

John L. Woodard (sponsor: Dr. Anthony Caterisano) THE RELATIONSHIP BETWEEN LOWER BODY STRENGTH, POWER AND BODY COMPOSITION ON VERTICAL JUMP PERFORMANCE

Whitney M. Lawton (sponsor: Dr. Anthony Caterisano) THE RELATIONSHIP BETWEEN RESTING HEART RATE AND MAXIMUM AEROBIC CAPACITY IN UNTRAINED MALES.

Sponsored two presentations at the National Conference on Undergraduate Research (NCUR) in Whitewater, Wisc.:

Mary K. Brock (Dr. Anthony Caterisano, sponsor) “The Effect Of Anaerobic Fatigue on Free-throw Shooting Percentage Of Female Varsity Basketball Players”.

Jennifer Huskey (Dr. Anthony Caterisano and Dr. Bruce Schoonmaker, co- sponsors) “The Effect of Breathing Warm-up on Static Pulmonary Function”

Sponsored three presentations at the National Conference on Undergraduate Research (NCUR) in Lexington, Kentucky:

Colin Bonfiglio (Dr. Anthony Caterisano, sponsor) “The Correlation Between Grip Strength and Maximal Bench Press Strength in Differentially Trained Males”.

Stephanie Yurich (Dr. Anthony Caterisano, sponsor) “The Effect of Sports Specific Resistance Training on the Correlation Between Grip Strength and Overall Body Strength in Females”.

Angie Fowler (Dr. Anthony Caterisano, sponsor) The Correlation Between Grip Strength and Overall Body Strength in Untrained Trained Males and Females”.

2000 Co-sponsored two presentations at the National Conference on Undergraduate Research (NCUR) in Missoula, Montana:

Booth, W. L. (Dr. Anthony Caterisano; Dr. Ray F. Moss co-sponsors) “The effect of weighted squat depth on EMG activity of four thigh muscles.”

Khadra, T. B. (Dr. Anthony Caterisano; Dr. Ray F. Moss co-sponsors) “Bar placement in

the squat exercise and its effect on electromyographic activity in four thigh muscles.”

1999 Sponsored three presentations at the National Conference on Undergraduate Research (NCUR) in Rochester, N.Y.:

Laura P. Thurmond (Dr. Anthony Caterisano, sponsor) “The Relationship Between Lower Body Strength and Power in Resistance Trained Athletes.”

Paige N. Jones and Elizabeth A. Shortridge (Dr. Anthony Caterisano, sponsor) “The Effect of One Repetition Maximum Squat Prior to Jump Performance.”

Rico Perkins (Dr. Anthony Caterisano, sponsor) “A Comparison of Two Methods of Vertical Jump Assessment Among Collegiate Varsity Football Players.”

1998 Sponsored a student presentation at the National Conference on Undergraduate Research (NCUR):

Linn, K.B. and E. A. Shortridge (Dr. Anthony Caterisano, sponsor). “The Effect of Heavy Squats Prior to a Vertical Jump and Long Jump.” NCUR Presentation. April, 1998, Salisbury State University, Salisbury, MD.

1997 Sponsored two student presentations at the National Conference on Undergraduate Research (NCUR):

Diedrich, D. A. and R. H. Robinson (Dr. Anthony Caterisano, sponsor). “The Effect of Training Position on Leg Flexor Power in Untrained Males and Females.” NCUR Presentation. April, 1997, Univ. of Texas, Austin, TX.

Choplin, R. A. and R. H. Robinson (Dr. Anthony Caterisano, sponsor). “The Effect of Training Position on Leg Flexor Strength in Untrained Males and Females.” NCUR Presentation. April, 1997, Univ. of Texas, Austin, TX.

2002 – present Reviewer for The British Journal of Sports Medicine.

2000- Present Reviewer for Medicine and Science in Sports and Exercise which is the official research journal for the American College of Sports Medicine.

1996-Present Reviewer for the Journal of Strength and Conditioning Research which is the official research journal of The National Strength and Conditioning Association (NSCA).

1997-Present Member of the Editorial Board for the Journal of Strength and Conditioning Research.

1997-Present Reviewer and member of the Editorial Board for Strength and Conditioning, the professional journal of the National Strength and Conditioning Association.

CERTIFICATIONS AND MEMBERSHIPS:

- Fellow of The American College of Sports Medicine (FACSM)
- American College of Sports Medicine (ACSM)
- National Wrestling Coaches Association (NWCA)
- National Strength Coaches Association (NSCA)
- ACSM Graded Exercise Test Technician
- NSCA Certified Strength and Conditioning Specialist with Distinction (CSCS*D)
- Southeast Region American College of Sports Medicine (SEACSM)

UNIVERSITY SERVICE:

- 1993 – Present Faculty Advisor and Coach of the Furman Powerlifting Team (23 time South Carolina State Team Champions 1998-2019; 2002 WNPf Team National Champions)
- 1991-1995 Faculty Advisor to the Furman Wrestling Club.
- 1991-92 Dialogue Group Leader
- 1989-Present Advisor for "Furman Advantage" Fellowship student teaching assistant in Exercise Physiology.
- 1985-Present Freshman Academic Advisor and Major Advisor in HPE
- 1987-Present Faculty Advisor to Furman Power and Fitness Club (club functions to develop the weight room)
- 1985-87 Fraternity Advisor to Sigma Nu

COMMITTEES:

- 2017 – 2020 Faculty Administration Liaison Committee (Chaired 2019-2020)
- 2013 – 2016 Fringe Benefits and Faculty Welfare Committee.
- 2007 – 2010 Academic Discipline Committee (Chaired 2009 – 2010)
- 2002 – 2006 Individualized Curriculum Program Committee (university committee). Served as Chair (2005-2006).
- 2001-2005 Faculty Scholarship and Awards Committee (university Committee). Served as Chair (2004-2005)
- 1999-2002 Research and Professional Growth Committee (university committee)
- 2003 – present Summer session task force
- 2002- present University Discipline Committee
- HES Department Graduate Comprehensive Exam Committee.
- 1999-2001 Research and Professional Growth Committee (university committee)
- 1997-98 Chair, HES Department Graduate Comprehensive Exam Committee
- 1997-98 Chair, HES Department Scholarship Committee
- 1996-1999 committee). Individualized Curriculum Program Committee (university committee).
- 1996-97 Faculty Liaison for Health and Exercise Science Department during Furman's Self-study.
- 1990-91 NCAA Self-Study Committee on Student-Athlete Welfare (university committee)

1989-91 Policies and Procedure Committee (university committee).
2nd Year - Recording Secretary

1987-88 Lab Dedication Ceremony Committee (dept. committee)

1987-88 Text Book Review Committee (dept. committee)

1985-87 Discipline Committee (university committee)

1996 FULIR Program Instructor

Have served as strength and conditioning program designer for the following varsity sports: track and field, cross-country, men's tennis, men's soccer, women's basketball, men's and women's swimming, baseball.

Presented two on-campus fitness lectures for 1985. Support Staff Day sponsored by Furman Personnel Department.

Participated in 1988 Symposium on Health Awareness sponsored by the Association of Furman Student

Courses developed at Furman:

HES 67	Analysis of Cardiac Function
HES 04	Unarmed Self-defense
HES 311	Exercise Physiology
HES 19	Wrestling
HES 23	Muscular Conditioning
HES 68	Practicum in Graded Exercise Testing
HES 108	Fitness Programming
HSc 242	Scientific Principles of Coaching
HSc 244	Scientific Principles of Training

PERSONAL INTERESTS:

Judo (Holder of Black Belt 2nd Degree) trained with 1976 US Olympic team,
Karate (Holder of Black Belt 1st Degree Kempo style),
Distance Running (Completed 2 marathons 3:19:52 best time)
Competitive Power Lifting – 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013 & 2014 WNPf National Champion; 2002, 2003, 2004, 2005, 2006, 2007, 2008 & 2009, 2010, 2011, 2012, 2013, & 2014 WNPf World Champion in Masters level Powerlifting ; best bench press 370 lb.; best deadlift 463 lb. in 220 lb. Masters (over 50 division)
Wrestling South Carolina State 181 lb. freestyle Champion 1989.