

Joseph F. Signorile, Ph. D.

Professor

Department of Exercise and Sport Sciences

School of Education



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Career Assessment

I have always had three interactive career goals: the needs of my students, my university and my community.

My first goal is academic achievement and contribution to my discipline. My attention to this goal can be seen in original research that I have been developing over my tenure at the University of Miami; namely, the development of exercise prescription programs utilizing the diagnosis/prescription model prevalent in medicine, coupled with a training technique (periodization) that allows proper cycling of work and recovery to optimize benefit.

My work in this field is demonstrated by my publications in the areas of aging and exercise prescription, muscle utilization patterns (electromyography), power training, and development of new diagnostic testing procedures. My ongoing commitment to this area of research is reflected in my referred articles, national and international presentations, and the articles currently being prepared for publication including:

- An analysis of training cycle length to optimize power and strength development in older persons;
- Electromyographical analysis to examine specific leg and foot positions to target selected muscles of the quadriceps;
- An examination of muscular activity during standard and vibratory resistance training protocols;
- A series of articles examining muscle utilization patterns and forced-velocity curve differences between hydraulic and standard plate loaded resistance training;
- A correlation analysis between isokinetic (speed--controlled) testing and on-court tennis performance;
- A three-dimensional mapping study of the internal and external rotators of the shoulders in collegiate pitchers;
- A cross-sectional analysis of differences in laboratory and functional performance measures in trained versus untrained men and women 18-80;

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- A practical technique for assessing power in older individuals;
- A functional test for assessing the capacity of older persons to move and manipulate moderately heavy objects;
- And, an examination of optimal loading techniques for power and force development in the parallel squat.

Additionally I have over 145 national and international scientific presentations, the latest of which is a two-day invited seminar on Training Interventions for Older Individuals at the National Strength and Conditioning Association's Caribbean Clinic in Puerto Rico.

I recognize the necessity to fund these research projects and to assist my School and Department by providing support. Support has been attained for the many of these projects through collaborations with a number of other facilities and departments including the Stein Gerontological Institute of the Miami Jewish Home and Hospital at Douglas Gardens, the Geriatric Research, Education, and Clinical Center (GRECC) of the Veterans Affairs Medical Center in Miami, the Department of Industrial Engineering and the University of Miami School of Medicine, to name a few. Major funding has been received through my joint appointment at the GRECC which has opened up new research and funding possibilities and defrayed 20% of my university salary for the past 4 years (\$59,727). In addition, I have secured funding of over \$145,000 for graduate students over the past 4 years. I will be resubmitting a grant application on training interventions for frail older persons with suggested modifications to the Veterans' Administration during the next submission cycle in the spring. I am also heading a multi-disciplinary team that should soon begin to collect preliminary data for a collaborative study between the Department of Exercise and Sport Sciences, the Department of Industrial Engineering, the VA GRECC, the Stein Gerontological Institute and the University of Miami School of Medicine examining the impact of vibratory stimuli during resistance training on muscle strength, bone density, body composition, gait and balance.

A further indication of my commitment to the academic community is my continued participation on School of Education and University committees as can be seen by examining the University Committee Assignments and Special Projects section of my curriculum vita.

The second area of concentration, which is by no means second in my heart, is my teaching and mentoring. My success in this area is reflected in five different ways. First, by my student evaluations, which have always been excellent. Second, by my desire to teach at both the undergraduate and graduate levels so that I might share information and promote research and academic accomplishment not only at the graduate, but also at the undergraduate levels. In fact, a number of undergraduates, as well as high school interns,

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have been actively engaged in research in our laboratory and are included on publications and presentations. Third, and probably the most apparent indication is my extensive history as both a chairman and member of dissertation and thesis committees. I look back with great pleasure on my interaction with these students and forward with an equal degree of excitement as they pursue their own individual academic and professional goals. The fourth area that reflects my concentration on teaching and mentoring is the extensive number of national and international presentations, as well as articles presented by the students under my mentorship. And fifth, I have been an integral part of the development of the new graduate and undergraduate curricula in exercise physiology, as well as, the new exercise physiology major and exercise physiology/biology dual major.

The third goal, which I continue to pursue, is to share the results of our studies with the fitness industry, since these professionals constitute the practitioners who would utilize the information from our studies and are therefore our direct link to providing benefit to the general public. I believe that research done in isolation without practical application fails on a number of levels, and that my interaction with the industry has allowed me to successfully “bridge the gap” (as the National Strength and Conditioning Association would put it) between research and practical application. I believe that this “bridge” is important in a number of ways. First, it allows me to clarify and make usable information that might otherwise not be accessible to the personal trainer, strength coach, athletic trainer, and physical therapist not regularly exposed to the scientific literature in my field. Second, I have found that lecturing in the industry has not only allowed me to share information with these practitioners, but has also improved my teaching at the university level since it has forced me to examine with greater depth and clarity the information in the areas of exercise physiology, exercise biochemical and biomechanics which are integral to success in applying exercise physiology to the needs of both athletic and clinical populations.

In conclusion, I hope that this short discourse has helped the reader to understand how the three goals of research, teaching and mentoring, and practical application are in fact not separate, but rather, three integral components of my continuing academic and professional development. In an attempt to clarify this point, the simplest analogy I can present is an isosceles triangle. For the triangle to exist as a geometric form, it must have three distinct legs. In this same way, my professional triangle contains three legs, a research leg, a teaching and mentoring leg, and the practical application leg. For me to feel that I have fulfilled my goals, I must in effect close my triangle. This makes the information I produce accessible to my colleagues, my students, and to the public, so that each group can use that information to further their professional development and to benefit their health and well-being. In addition, I believe that the interactions created by this model serve to strengthen the ties between the University and the community, a relationship which can only be of benefit to both entities.

Personal Data

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Current Academic Rank: Professor, Tenured

Primary Department: Department of Exercise and Sport Sciences

Secondary Appointment: Senior Researcher, Stein Gerontological Institute

Secondary Appointment: Research Health Science Specialist
Department of Veterans Affairs

Citizenship: United States

Higher Education

Institutional

- | | |
|---------------------------------------|---|
| 1990: Texas A&M University | Ph.D.
Exercise Physiology |
| 1982: University of Florida | Master of Physical Education |
| 1978: Kean College | Teaching Certification
Physical Education |
| 1976: Rutgers University | Bachelor of Arts
English Literature |

Certification, Licensure

- | | |
|---|-------------------|
| 1997: U.S.A. Weightlifting –
The National Governing Body
for Olympic Weightlifting | Club Coach |
|---|-------------------|

Experience

Academic

- 2005-present** **University of Miami**, Coral Gables, Florida
Professor, Dept. of Exercise and Sport Sciences
- 1996-2005** **University of Miami**, Coral Gables, Florida
Associate Professor, Dept. of Exercise and Sport Sciences
- 1999-2004** **Stein Gerontological Inst., Miami Jewish Home and Hospital for the Aged**, Miami, Florida
Senior Researcher, Project Renaissance
- 2001-Present** **GRECC, Dept. of Veterans Affairs, Miami VA Medical Center**, Miami, Florida
Research Health Science Specialist
- 1995-1996** **University of Miami, School of Medicine**, Miami, Florida
Adjunct Faculty, Dept. of Psychiatry, Center on Aging
- 1989-1995** **University of Miami**, Coral Gables, Florida
Assistant Professor, Dept. of Exercise and Sport Sciences
- 1991-1995** **University of Miami, School of Medicine**, Miami, Florida
Research Associate, Department of Orthopedics
- 1987-1989** **Texas A&M University**, College Station, Texas
Research Associate, Human Performance Laboratories, Department of Health and Physical Education

1986-1987 **Texas A&M University**, College Station, Texas
Teaching Assistant, Department of Health and Physical Education

1982-1986 **University of Florida**, Gainesville, Florida
Instructor, Department of Health and Physical Education

1979-1982 **University of Florida**, Gainesville, Florida
Teaching Assistant, Department of Health and Physical Education

Non-Academic

1993-Present **Promise Enterprises**, Miami, Florida
Director of Training and Exercise Science

Military

None

Publications

Juried or Refereed Manuscripts

1. Adams, J.B., Edwards, D., Serravite, D., Bedient, A.M., Huntsman, E., Jacobs, K.A., Del Rossi, G., Roos, B.A., and **Signorile, J.F.** Optimal frequency, displacement, duration and recovery patterns to maximize power output following acute whole body vibration training. Journal of Strength and Conditioning Research (accepted for publication)
2. Del Rossi, G., Lisman, P., **Signorile, J.F.** (2008). Fabricating a better mouthguard. Part II: The effect of color on adaptation. Dental Traumatology doi: 10.1111/j.1600-9657.2007.00570.x
3. **Signorile, J.F.**, Sandler, D., Kempner L., Stanziano, D.S., Ma, F. and Roos, B.A. (2007). The ramp power test: A new method of power assessment for older individuals. Journal of Gerontology: Medical Sciences. 62(11):1266-73
4. **Signorile, J.F.** (2007). Periodized training for the master athlete. Functional U: Exercise and Activity for Healthy Aging. 5(5):1-13.
5. Andersen, D.A., Roos, B.A., Stanziano, D.S. and **Signorile, J.F.** (2007). Walker use, but not falls, is associated with lower perceived physical functioning and health of residents in an assisted-living environment. Clinical Interventions in Aging. 2(1):1-15.
6. **Signorile, J.F.** (2007). Power training for older adults. IDEA Fitness Journal. Nov/Dec:36-42.
7. Lister, J.L., Del Rossi, G., Ma, F., Stoutenberg, M., Adams, J.B., Tobkin, S., **Signorile, J.F.** (2007). Electromyographical analysis of scapular stabilizers during the use of Bodyblade[®], cuff weights and Thera-Band[®] resistance. Journal of Sports Rehabilitation. 16(1):50-67.
8. **Signorile, J.F.**, Sandler, D., Bamel, S., Ma, F., Stanziano, D., Smith, W., and Roos, B.A. (2007). The gallon jug shelf transfer test: An instrument to evaluate deteriorating function in older adults. Journal of Aging and Physical Activity. 15(1):56-74.
9. **Signorile, J.F.** (2006). Whole body vibration training: a new wave in exercise intervention for older adults? Journal of Active Aging. 5(4):30-37.

10. Zink, A.J., Perry, A.C., Robertson, B.L., Roach, K.E. and **Signorile, J.F.** (2006). Peak power, ground reaction forces, and velocity during the squat exercise performed at different loads. Journal of Strength and Conditioning Research. 20(3):658-664.
11. Gomez, T., Ma, F., Adams, J., Stoutenberg, M. and **Signorile, J.F.** (2005). The impact of seatback angle on electromyographical activity of the lower back and quadriceps muscles during bilateral knee extension. Journal of Strength and Conditioning Research. 19(4):908-917.
12. Stoutenberg, M., Pluchino, A., Ma, F., Hoctor, J. and **Signorile, J.F.** (2005). The impact of foot position on electromyographical activity of the superficial quadriceps muscles during leg extension. Journal of Strength and Conditioning Research. 19(4):931-938.
13. **Signorile, J.F.** (2005). Translational training: turning fitness gains into functional fitness. Journal on Active Aging. 4(3):46-58.
14. **Signorile, J.F.** (2005). Power training and aging: a practical approach. Journal on Active Aging. 4(1):34-45.
15. **Signorile, J.F.**, Sandler, D., W., Smith, W., Stoutenberg, M. and Perry, A.C. (2005). Correlation analyses and regression modeling between isokinetic testing and on-court performance in competitive adolescent tennis players. Journal of Strength and Conditioning Research. 19(3):519-26.
16. **Signorile, J.**, Carmel, M.P., Lai, S., Roos, B.A. (2005). Early plateaus of power and torque gains during high- and low-speed resistance training of older women. Journal of Applied Physiology. 98(4):1213-20.
17. Perry, A.C., Wang, X., Feldman, B.B., Ruth, T. and **Signorile, J.F.** (2004). Can laboratory-based tennis profiles predict field tests of tennis performance? Journal of Strength and Conditioning Research. 18(1):136-143.
18. Price, T.B., Kamen, G., Damon, B.M., Knight, C.A., Applegate, B., Gore, J.C., Eward, K. and **Signorile, J.F.** (2003). Comparison of MRI and EMG to study muscle activity associated with dynamic plantar flexion. Magnetic Resonance Imaging. 21(8):853-861.
19. **Signorile, J.F.**, Zink, A.J. and Szwed, S.P. (2002). A comparative electromyographical investigation of muscle utilization patterns using various hand positions during the lat pull-down. Journal of Strength and Conditioning Research. 16(4):539-546.

20. **Signorile, J.F.** and Roos, B. (2002). Resistance training for power, strength, and functionality: a long-term prescription. American Journal of Medicine and Sports. 4(5):398-402.
21. **Signorile, J.F.**, Carmel, M., Asfour, S., Czaja, S., Morgan, R., Kahlil, T., Ma, F. and Roos, B. (2002) Differential increases in average isokinetic power by specific muscle groups of older women due to variations in training and testing. Journal of Gerontology Series A Biological Sciences and Medical Sciences. 57A(10):M683-M690.
22. **Signorile, J.F.**, Applegate, B., Duque, M., Cole, N. and Zink, A. (2002) Selective recruitment of the triceps surae muscles with changes in knee angle. Journal of Strength and Conditioning Research. 16(3):433-439.
23. Perry, A.C., Okuyama, T., Tanaka, K., **Signorile, J.F.**, Kaplan, T.A. and Wang, X. (2002). A comparison of health and fitness-related variables in a small sample of children of Japanese descent on 2 continents. Archives of Pediatric and Adolescent Medicine. 156(4):(362-368).
24. Marquez-Sterling, S., Perry, A.C., Kaplan, T.A., Haberstein, R.A. and **Signorile, J. F.** (2000). Physical and psychological changes with vigorous exercise in sedentary primigravidae. Medicine and Science in Sports and Exercise. 32(1):58-62.
25. **Signorile, J.F.** (1997). Sports specific training techniques in older population. Rehab Management. 10(1): 62-65.
26. Perry, A.C., Applegate, E.B., Allison, M.L., Miller, P. and **Signorile, J.F.** (1997). Relationship between anthropometric measures of fat distribution and cardiovascular risk factors in overweight pre- and postmenopausal women. American Journal of Clinical Nutrition. 66(4):829-836.
27. Perry, A.C., Tremblay, L.M., **Signorile, J.F.**, Kaplan, T.A. and Miller, P.C. (1997). Fitness, diet and coronary risk factors in a sample of Southeastern U.S. children. Applied Human Science. 16(4):133-141.
28. Caruso, J., **Signorile, J.F.**, Perry, A.C. and Clark, M. (1997). Time course changes in contractile strength resulting from isokinetic exercise and $\beta 2$ agonist administration. Journal of Strength and Conditioning Research. 11(1):8-13.

29. Perry, A.C., Crane, L.S., Applegate, B., Marquez-Sterling, S., **Signorile, J.F.** and Miller, P.C. (1996). Nutrient intake and psychological and physiological assessment in eumenorrheic and amenorrheic female athletes: A preliminary study. International Journal of Sports Nutrition. 6(1):3-13.
30. Caruso, J., **Signorile, J.F.**, Perry, A., LeBlanc, B., Williams, R., Clark, M. and Bamman, M. (1995). The effects of albuterol and isokinetic exercise on the quadriceps muscle group. Medicine and Science in Sports and Exercise. 27(11):1471-1476.
31. **Signorile, J.F.**, Banovac, K., Gomez, M., Flipse, D., Caruso, J. and Lowensteyn, I. (1995). Increased muscle strength in paralyzed patients after spinal cord injury: effect of Beta-2 Adrenergic Agonist. Archives of Physical Medicine and Rehabilitation. 76(1):55-58.
32. **Signorile, J.F.**, Kacsik, D., Perry, A., Robertson, B., Williams, R., Lowensteyn, I., Digel, S., Caruso, J.F. and LeBlanc, W.G. (1995). The effect of knee and foot position on the electromyographical activity of the superficial quadriceps. The Journal of Orthopedic and Sports Physical Therapy. 22(1):2-9.
33. Ferris, D.P., **Signorile, J.F.** and Caruso, J.F. (1995). The relationship between physical and physiological variables and volleyball spiking velocity. Journal of Strength and Conditioning Research. 9(1):32-36.
34. Bergeron, M.F., Maresh, C.M., Armstrong, L.E., **Signorile, J.F.**, Castellani, J.W., Kenefick, R.W., LaGasse, K.E. and Riebe, D.A. (1995). Fluid-electrolyte balance associated with tennis match play in a hot environment. International Journal of Sports Nutrition. 5(3):180-193.
35. **Signorile, J.F.**, Kwiatkowski, K., Caruso, J.F. and Robertson, B. (1995). Effect of foot position on the electromyographical activity of the superficial quadriceps muscles during the parallel squat and knee extension. Journal of Strength and Conditioning Research. 9(3):182-187.
36. **Signorile, J.F.** (1994). The use of bronchodilators in the treatment of muscle atrophy. Miami Medicine. 65(10):21-22
37. **Signorile, J.F.**, Webber, B., Roll, B., Caruso, J.F., Lowensteyn, I. and Perry, A.C. (1994). An electromyographical comparison of the squat and knee extension exercises. Journal of Strength and Conditioning Research. 8(3):149-154.

38. Lowensteyn, I., **Signorile, J.F.** and Giltz, K. (1994). The effect of varying body composition on swimming performance. Journal of Strength and Conditioning Research. 8(3):149-154.
39. **Signorile, J.F.**, Ingalls, C. and Tremblay, L. (1993). The effects of active and passive recovery on short-term, high intensity power output. Canadian Journal of Applied Physiology. 18(1):31-42.
40. **Signorile, J.F.**, Kaplan, T.A., Applegate, B. and Perry, A.C. (1992). Effects of acute inhalation of the bronchodilator, albuterol, on power output. Medicine and Science in Sports and Exercise. 24(6):638-642.
41. Perry, A.C., Shaw, M.H., Hsia, L., Nash, M.S., **Signorile, J.F.** and Applegate, B. (1992). Plasma lipid levels in active and sedentary premenopausal females. International Journal of Sports Medicine. 13(3):210-215.
42. **Signorile, J.F.**, Digel, S., Moccia, G., Applegate, B. and Perry, A. (1991). Effects of partial occlusion of circulation on frequency and amplitude of surface electromyography. Journal of Electromyography and Kinesiology. 1(2):124-129.
43. **Signorile, J.F.**, Holden, S.C. and Coast, J.R. (1990). The feasibility of windload simulator as an alternative to on-road training. The Journal of Applied Sport Science Research. 4(1):5-8.
44. ZeBranek, J., Losito, J., **Signorile, J.F.**, Janecki, C., McCauley, L., Young, J. and Applegate, B. (1990). The immediate physiological effects of foot orthotics. Florida Journal of Podiatric Medicine. 44(1):1-8.
45. Hasson, S.M., Williams, J.H. and **Signorile, J.F.** (1989). Fatigue induced changes in myoelectric signal characteristics and perceived exertion. Canadian Journal of Sports Sciences. 14:99-102.
46. Williams, J.H., Barnes, W.S. and **Signorile, J.F.** (1988). A constant-load ergometer for measuring peak power output and fatigue. Journal of Applied Physiology. 65(5):2343-2348.
47. Williams, J.H., **Signorile, J.F.**, Barnes, W.S. and Henrich, T.W. (1988). Caffeine effects on maximal power output and fatigue. British Journal of Sports Medicine. 22(4):132-134.

48. **Signorile, J.F.** and Shields, D. (1984). Aerobic swimming: it's no sweat when you're wet. Florida Journal of Health, Physical Education, Recreation and Dance. 22:11-14.

Manuscripts in Review

1. Stanziano, DA, Roos BA, Perry A, Lai S, **Signorile JF**. The effects of an active-assisted stretching program on measures of flexibility and functional performance in elderly persons: a pilot study. Clinical Interventions in Aging, (submitted 7-13-08)

Books and Chapters

1. Agatston, A. and **Signorile, J.F.** (2008). The South Beach Diet Supercharged. New York, Rodale Publishers.
2. **Signorile, J.F.** and Sandler D. (2007). Weight Training Everyone. Winston-Salem: Hunter Textbooks, Fifth Edition
3. **Signorile, J.F.** and Applegate, B. (2000). Three-dimensional isokinetic mapping: Using torque-velocity-angle relationships to define and analyze athletic performance. In L. Brown, (Ed.), Isokinetic Performance Enhancement. Champaign, IL: Human Kinetics Publishers.
4. **Signorile, J.F.** (2000). Baseball: Specific tests and data interpretation with emphasis on pitching. In L. Brown, (Ed.), Isokinetic Performance Enhancement. Champaign, IL: Human Kinetics Publishers.
5. **Signorile, J.F.**, Kascik, D., Perry, A., Robertson, B., Williams, R., Lowensteyn, I., Digel, S. and Caruso, J.F. (1996). The effect of knee and foot position on the electromyographical activity of the superficial quadriceps. In Moss, R.I., Ed., Athletic Training: Sports Health Care Perspectives. Chicago: Mosby-Year Book Inc.
6. **Signorile, J.F.**, Kwiatkowski, K., Caruso, J.F., and Robertson, R. (1996). Effect of foot position on the electromyographical activity of the superficial quadriceps muscles during the parallel squat and knee extension. In Moss, R.I., Ed., Athletic Training: Sports Health Care Perspectives. Chicago: Mosby-Year Book Inc.

7. **Signorile, J.F.**, Tuten, R., Moore, C., and Knight, V. (1994). Weight Training Everyone. Winston-Salem: Hunter Textbooks, Fourth Edition.
8. **Signorile, J.F.** and Lowensteyn, I. (1994). Laboratory techniques and competitive swimming. National Forum for the Advancement of Aquatics Year Book.
9. Williams, J.H., Barnes, W.S., and **Signorile, J.F.** (1990). Temporal changes in power output during high-intensity exercise. In J.O. Dotson & J.H. Humphrey (Ed.), Exercise Physiology: Current Selected Research, (Vol. 4, pp. 123-132). New York: AMS Press, Inc.

Abstracts

1. Bedient A, Skidmore E, and **Signorile JF.** (2008). Displacement and frequency for maximizing power output resulting from a bout of whole body vibration. Medicine and Science in Sports and Exercise (Supplement) 40(5): S161.
2. Serravite DH, Edwards D, Skidmore E, **Signorile JF.** (2008). Optimal combination of frequency amplitude and external load to increase oxygen consumption during whole body vibration exercise. Medicine and Science in Sports and Exercise (Supplement) 40(5): S161.
3. Edwards D, Smith W, and **Signorile JF.** 30s chair stand power is significantly lower in senior walking aid users versus non-users. Medicine and Science in Sports and Exercise (Supplement) 40(5): S374.
4. Skidmore E, Smith W, and **Signorile JF.** Self-perceived functionality correlates with power predicted using a 30s chair stand test. Medicine and Science in Sports and Exercise (Supplement) 40(5): S375.
5. Lisman P, Smith W, and **Signorile JF.** An estimation of a power threshold required for elderly subjects to perform a sit-to-stand. Medicine and Science in Sports and Exercise (Supplement) 40(5): S374.
6. Sandler DH, Stanziano DC, **Signorile JF.** The SF-36 questionnaire distinguishes between high- and low-functioning older adults' performance of knee isokinetic peak torque and average power. Medicine and Science in Sports and Exercise (Supplement) 40(5): S9.

7. **Signorile JF**, Serravite DH, Edwards D, Skidmore E, and Roos BA. A preliminary study using whole body vibration to increase oxygen consumption: a possible modality to address sarcopenic obesity. Journal of the American Geriatric Society (Supplement) (in press).
8. Kressler J, Stoutenburg M, Maywald K, and **Signorile J.F.** (2007) Oral administration of THAM had no effect on ventilatory measures during VO_{2peak} test. Medicine and Science in Sports and Exercise (Supplement) 39(5): S366.
9. Skidmore E, Stoutenberg M, Webb V, Serravite D, and **Signorile J.F.** (2007) Acute effects of whole body vibration on jump performance and related muscle activity. Medicine and Science in Sports and Exercise (Supplement) 39(5): S300.
10. Webb V, Stoutenberg M, Skidmore E, Serravite D, and **Signorile J.F.** (2007) Optimal vibration frequency and displacement to elicit maximal skeletal muscle activation. Medicine and Science in Sports and Exercise (Supplement) 39(5): S304.
11. Edwards D, Huntsman E, Marmesh L, and **Signorile J.F.** (2007) The effect of selective stretching of the agonist and antagonist muscles on power output. Medicine and Science in Sports and Exercise (Supplement) 39(5): S302.
12. Stanziano, D.C., Sandler D.J., **Signorile, J.F.** (2006) SF-36 physical construct scores and isokinetic performance in elderly persons. Abstracts from the 11th World Sport for All Congress, 134.
13. Kressler, J., Stoutenberg, M., Jacobs, K.A. and **Signorile, J.F.** (2006) Lemongrass supplementation during endurance exercise may compensate for reduced carbohydrate intake. Medicine and Science in Sports and Exercise. 38(5):S402.
14. Stanziano, D.C., Mela M.E., **Signorile, J.F.** (2006) The effects of active-assisted flexibility training on measures of functional performance in elderly persons. Medicine and Science in Sports and Exercise. 38(5):S51.
15. **Signorile, J.F.**, Lai, S., Stanziano, D.C., Pery, A.C. and Roos, B.A. (2006) Time-course changes in flexibility across an 8-week active-assisted stretching program. Journal of the American Geriatrics Association. 54(4):S110.
16. Stanziano, D.C., Roos, B.A., Lai, S., Perry, A.C., **Signorile, J.F.** (2006) The effects of an 8-week active-assisted flexibility program on functional mobility, power, and range of motion in elderly persons. Journal of the American Geriatrics Association. 54(4):S109.

17. Adams, J., Gomez, T. Ma, F., Stoutenberg, M. and **Signorile, J.** (2005) Seatback Angle Impact on Electromyographical Activity of Lower Back and Quadriceps Muscles During Leg Extension. Medicine and Science in Sports and Exercise. 37(5):S191.
18. **Signorile, J.F.**, Lister, J.L., Del Rossi, G., Ma, F., Stoutenberg, M., Adams, J.B. and Tobkin, S. (2005) Electromyographical Analysis of Scapular Stabilizers Using Bodyblade, Cuff Weights and Thera-band Resistance. Medicine and Science in Sports and Exercise. 37(5):S147.
19. Sandler, D., Stanziano, D.C., Smith, W. and **Signorile, J.** (2005) A Threshold on the Sf-36 Predicts Functional Power Performance. Medicine and Science in Sports and Exercise. 37(5):S102.
20. Kempner, L., Stanziano, D.C., Sandler, D.J. and **Signorile, J.** (2005) Differences in Strength, Power and Functional Capacity in Resistance-trained and Untrained 18-80 Year-olds. Medicine and Science in Sports and Exercise. 37(5):S97.
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1. Platkin CS. (2008). Diet Detective: Products not as beneficial as advertised. <http://www2.journalnow.com/content/2008/may/07/diet-detective-products-not-beneficial-advertised/?living>

2. <http://www.medceu.com/tests/exerciseelderly.htm>, Exercise and the Elderly: Increasing Physical Activity in Frail, Older Adults
3. <http://plainspoken.lbl.gov>, Early plateaus of power and torque gains during high- and low-speed resistance training of older women. J. F. Signorile, M. P. Carmel, S. Lai and B. A. Roos
4. <http://plainspoken.lbl.gov>, Selective recruitment of the triceps surae muscles with changes in knee angle. J. F. Signorile, B. Applegate, M. Duque, N. Cole and A. Zink. J Strength Cond Res Aug 2002. Vol:16,#3, pp433-9. id: 12173959

Non-Refereed Publications

1. **Signorile, J.F.** (2003). Bending the aging curve. Scope: The New Letter of the Senior Ophthalmologist Interest Group, 7(3):5-7
2. **Signorile, J.F.** (2000). Periodization for runners and some general training concepts. Running and Fit News, November, 4-5.
3. Spezzano, M., **Signorile, J.F.** and Trebotich, T. (2000). Personal Trainer's Manual. International Sports Conditioning Association.
4. **Signorile, J.F.** (1999). Professional edge workouts: Tips for kicks. American Fitness, May/June, 43.
5. **Signorile, J.F.** (1998). Weight training: Renovating vintage muscles. Scope: The Newsletter of the Senior Ophthalmologist Interest Group, 2(2):4-5.
6. **Signorile, J.F.** and Trebotich, T. (1995). The BoxAerobics Training Manual. Treb 6 Inc., Miami, FL.
7. **Signorile, J.F.** (1994). Contributing author of the United States Tennis Association's Level IIC Sport Science Competency Test on Biomechanics and Sports Medicine.
8. **Signorile, J.F.**, Lowensteyn, I., and Perry, A.C. (1992). Fluid replacement: A brief review. Sport Science for Tennis, Spring 1992.

9. **Signorile, J.F.** (1992). A laboratory workbook for ESS 561: Metabolic measurements.
10. **Signorile, J.F.** (1991). The effects of anabolic steroids on northern grass frogs. Journal of Irreproducible Results, 36(2):16-18.

Professional

Funded Research

- Jan 2007 to present. Power Plate USA. \$19,500. Optimal training protocols for increasing flexibility and effects on performance.
- Jan 2007 to present. Power Plate USA. \$37,750. Optimal training protocols for increasing oxygen consumption and impact on obese populations.
- Jan., 2006 to present **40% salary buy-out** by the Miami Veterans Administration Medical Center, Miami, FL, to research exercise testing and prescription method for increasing independence and preventing falls in both the nursing home and out-patient population.
- Sept., 2000 to present **20% salary buy-out** by the Miami Veterans Administration Medical Center, Miami, FL, to research exercise testing and prescription method for increasing independence and preventing falls in both the nursing home and out-patient population.
- June, 2000 to 2004 Principal Investigator. Awarded **\$147,860** (\$45,620 annually for 3 years, 11,000 current year) for Project Tempo by the Stein Gerontological Institute.
- June, 2003 Principal Investigator. Awarded **\$2,000** Educational development grant by the School of Education to develop a joint science/physical education curriculum for Ponce de Leon Middle School.
- March, 2003 Principal Investigator. Awarded **\$4,700** to test Lactacid 2000 buffering fluid replacement drink.

- March, 1998 Principal Investigator. Awarded **\$45,000** Shared Equipment Grant for Innovative Teaching. University of Miami. Principal author in collaboration with the Departments of Industrial Engineering and Physical Therapy.
- Sept., 1996 Collaborator. **\$644,500** (Veterans Administration Grant) SAFE-GRIP falls/injuries intervention grant to reduce the incidence of falls in an elderly population following release from hospitalization.
- August, 1994 Principal Investigator: Seed Grant. Awarded **\$13,850** (National Institute of Health seed grant) by the Miami Center on Human Factors and Aging Research concerning "*The Impact of High Speed Resistance Training on an Elderly Population.*"
- Dec., 1992 Principal Investigator. Awarded **\$39,664** by the Schering-Plough Corporation to study the impact of the time release bronchodilator, Proventil Repetabs (albuterol), on the degree of post-operative disuse atrophy resulting from anterior cruciate ligament surgery.
- March, 1992 Principal Investigator. Awarded **\$12,800** multiple company grant to examine the biokinetic forces and electromyographical changes associated with the active utilization of various ankle support devices.
- Sept., 1991 Co- Principal Investigator. Awarded **\$26,600** by the United States Tennis Association to create a laboratory-based athlete's profile for tennis players in order to predict on-court performance. One-year 5% salary buy-out.
- June, 1991 Principal Investigator. Awarded **\$6,800** Sports Medicine Research Grant from the US Olympic Committee to study the impact of acute and chronic administration of β_2 agonist on performance in elite athletes.
- Dec., 1991 Principal Investigator. Awarded **\$6,850** on a shared equipment grant from NIH. Biomedical Research Granting Committee for purchase of an ultracentrifuge for muscle protein and lipoprotein separations.
- Oct., 1990 Principal Investigator. Awarded **\$6,000** Summer Award in Natural Sciences and Engineering from the University of Miami Research Council and the Natural Sciences and Engineering Committee to examine the use

of the β_2 agonist, Metaproterenol, in the treatment of disuse atrophy after anterior cruciate ligament surgery.

March, 1990 Principal Investigator. **\$1000** research award from the Sandoz Corporation to examine the acute effects of the β_2 agonist, albuterol, found in the bronchodilator, Proventil. Impact on high intensity power output is being examined.

Dec., 1989 Principal Investigator. Awarded **\$6,000** Summer Award in Natural Sciences and Engineering from the University of Miami Research Council and the Natural Sciences and Engineering Committee to examine the effects of β_2 agonist on the rehabilitation of denervated skeletal muscle.

Editorial Responsibilities

Reviewer: Journal of Applied Physiology, 2007-present.

Reviewer: Journal of Gerontology: Medical Sciences, 2006-present.

Reviewer: Clinical Neurophysiology, 2006.

Reviewer: Journal of the American Geriatrics Society, 2006-present.

Reviewer: British Journal of Sports Medicine. 2005.

Reviewer: Medicine and Science in Sport and Exercise. 2005-2006.

Reviewer: Archives of Physical Medicine and Rehabilitation, 2005.

Reviewer: Journal of Gerontology: Medical Sciences, 2002.

Reviewer: Canadian Journal of Applied Physiology, 1999-present.

Editor: Journal of Strength and Conditioning Research, 1995-2001.

Reviewer: National Strength and Conditioning Association Journal, 1998-present.

Reviewer: Medicine and Science in Sport and Exercise, National Convention Abstracts, 1994-1996.

Reviewer: Journal of Strength and Conditioning Research, 1993-present.

Other Professional Responsibilities

Board Member: International Conference for Active Aging Certification Development Board

Board Member: Scientific Consulting Board: Power Plate USA corporation

Reviewer: United States Tennis Association Grant Committee. Review Board for Physiology and Biomechanics.

Provider: Continuing Education Units (CEU) for the Aerobics and Fitness Association of America (AFAA), 1993-present.

Provider: Continuing Education Credits (CEC) for the American Council on Exercise (ACE), 1993-present.

Faculty: American College of Sports Medicine Exercise Leader Certification Course: Biomechanics of Exercise, 1992-present.

Member: United States Tennis Association Development Board for Developing Standardized Tests for Professional Tennis Coaches, 1997.

Member: Board of Directors. The Box Aerobics Exercise System. Head of Physiology and Associated Research, 1993-2000.

Director of Education: Box Aerobics Exercise, 1993-2000.

Professional and Honorary Organizations

American College of Sports Medicine

American Geriatrics Society
U.S.A. Weightlifting
New York Academy of Science
American Physiological Society
Florida Geriatrics Society
American Association for the Advancement of Science
American Alliance of Health, Physical Education, Recreation and Dance
Texas Association of Health, Physical Education, Recreation and Dance
National Strength and Conditioning Association
FAHPERD Aquatic Committee
National Association of Underwater Instructors
Professional Association of Diving Instructors

Honors and Awards

Elected to Who's Who in American Education, 2005.

Elected to Who's Who in the South and Southwest, 1996.

Appointed to Graduate Faculty, November 1996.

Elected to New York Academy of Sciences, 1993.

Elected to Who's Who in American Education, 1991.

Candidate for Knight Award for best new faculty member, 1991.

University of Florida Teacher of the Year, General Physical Education Department, 1986.

Kean College Dean's List all semesters in attendance.

Rutgers University Dean's List, 1972.

Elected to **Who's Who**, Spring 1973.

Journalism Honor Society. 1974

Captain, Wrestling Team, 1975.

American Red Cross Fifteen Year Service Certificate.

Regional Director for Small Craft Safety.

Other Professional Activities

Scientific Presentations

1. Bedient A, Skidmore E, and **Signorile JF**. Displacement and frequency for maximizing power output resulting from a bout of whole body vibration. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, May 30-June 2, 2008.
2. Serravite DH, Edwards D, Skidmore E, **Signorile JF**. Optimal combination of frequency amplitude and external load to increase oxygen consumption during whole body vibration exercise. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, May 30-June 2, 2008.
3. Edwards D, Smith W, and **Signorile JF**. 30s chair stand power is significantly lower in senior walking aid users versus non-users. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, May 30-June 2, 2008.
4. Skidmore E, Smith W, and **Signorile JF**. Self-perceived functionality correlates with power predicted using a 30s chair stand test. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, May 30-June 2, 2008.
5. Lisman P, Smith W, and **Signorile JF**. An estimation of a power threshold required for elderly subjects to perform a sit-to-stand. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, May 30-June 2, 2008.
6. Sandler DH, Stanziano DC, **Signorile JF**. The SF-36 questionnaire distinguishes between high- and low-functioning older adults' performance of knee isokinetic peak torque and average power. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, May 30-June 2, 2008.
7. **Signorile JF**, Serravite DH, Edwards D, Skidmore E, and Roos BA. A preliminary study using whole body vibration to increase oxygen consumption: a

- possible modality to address sarcopenic obesity. Annual Meeting of the American Geriatric Society, Washington, DC. April 30 –May 4, 2008.
8. Napoli, N.J., Mixco A., Bohorquez, J., McAlister, E, and **Signorile J.F.** Conduction velocity evaluation using EMG wavelet analysis, synchronized with kinematic components. Biomedical Engineering Society Annual Fall Meeting, Los Angeles, California, September 26-29, 2007.
 9. Kressler J, Stoutenburg M, Maywald K, and **Signorile J.F.** Oral administration of THAM had no effect on ventilatory measures during VO_{2peak} test. Annual Meeting of the American College of Sports Medicine, New Orleans, LA. May 31-June 3, 2007.
 10. Skidmore E, Stoutenberg M, Webb V, Serravite D, and **Signorile J.F.** Acute effects of whole body vibration on jump performance and related muscle activity. Annual Meeting of the American College of Sports Medicine, New Orleans, LA. May 31-June 3, 2007.
 11. Webb V, Stoutenberg M, Skidmore E, Serravite D, and **Signorile J.F.** Optimal vibration frequency and displacement to elicit maximal skeletal muscle activation. Annual Meeting of the American College of Sports Medicine, New Orleans, LA. May 31-June 3, 2007.
 12. Edwards D, Huntsman E, Marmesh L, and **Signorile J.F.** The Effect of Selective Stretching of the Agonist and Antagonist Muscles on Power Output. Annual Meeting of the American College of Sports Medicine, New Orleans, LA. May 31-June 3, 2007.
 13. **Signorile, J.F.** Power training: Theory and Practice. Baptist's Hospital Clinical Education Series. Baptist's Doctors' Hospital, Coral Gables, Florida, January 12, 2007.
 14. **Signorile, J.F.** Diagnosis/prescription and periodization: A practical approach. Annual Scientific Meeting of the International Association on Active Aging, Las Vegas, Nevada, November 13-17, 2006.
 15. **Signorile, J.F.** The power to function Annual Scientific Meeting of the International Association on Active Aging, Las Vegas, Nevada, November 13-17, 2006.
 16. Smith, W.N., Adams, J.B., Adams, J.B., Roos B.A., Abderlaralman, K.Z., Asfour, S.A., and **Signorile, J.F.** (2006) Simple chair-rise test can predict lower body skeletal muscle power in aging adults. Gerontological Society of America Annual Conference, Dallas, Texas, November 16-20.

17. **Signorile, J.F.**, Smith, W.N., Adams, J.B., Adams, J.B., Roos B.A., Abderlalarman, K.Z., Asfour, S.A. and Roos B.A. (2006) Computation of power threshold for rising from a chair using a regression model for peak power. Gerontological Society of America Annual Conference, Dallas, Texas, November 16-20.
18. Stanziano, D.C., Sandler D.J., **Signorile, J.F.** (2006) SF-36 physical construct scores and isokinetic performance in elderly persons. The 11th World Sport for All Congress, Havana Cuba, October 31-November 3.
19. Stanziano, D.C., Mela M.E., **Signorile, J.F.** (2006) The effects of active-assisted flexibility training on measures of functional performance in elderly persons. American College of Sports Medicine, 53rd Annual Meeting, Denver CO, May 31-June 8, 2006.
20. Kressler, J., Stoutenberg, M., Jacobs, K.A. and **Signorile, J.F.** (2006) Lemongrass supplementation during endurance exercise may compensate for reduced carbohydrate intake. American College of Sports Medicine, 53rd Annual Meeting, Denver CO, May 31-June 8, 2006.
21. **Signorile, J.F.**, Lai, S., Stanziano, D.C., Pery, A.C. and Roos, B.A. Time-course changes in flexibility across an 8-week active-assisted stretching program. Annual Scientific Meeting of the American Geriatrics Society, Chicago, Illinois, May 3-7, 2006.
22. Stanziano, D.C., Roos, B.A., Lai, S., Perry, A.C., **Signorile, J.F.** The effects of an 8-week active-assisted flexibility program on functional mobility, power, and range of motion in elderly persons. Annual Scientific Meeting of the American Geriatrics Society, Chicago, Illinois, May 3-7, 2006.
23. **Signorile, J.F.** Three-dimensional isokinetic evaluation and its application in sports medicine. International Conference of Sports Medicine, Buenos Aires, Argentina, September 7-11, 2005.
24. **Signorile, J.F.** Periodization of training for performance and injury prevention. International Conference of Sports Medicine, Buenos Aires, Argentina, September 7-11, 2005.
25. **Signorile, J.F.** and Vargas, L. Exercise prescription and aging. International Conference of Sports Medicine, Buenos Aires, Argentina, September 7-11, 2005.
26. Adams, J., Gomez, T. Ma, F., Stoutenberg, M. and **Signorile, J.** Seatback Angle Impact on Electromyographical Activity of Lower Back and Quadriceps Muscles During Leg Extension. Annual Meeting of the American College of Sports Medicine, Nashville, TN, June 1-4, 2005.

27. **Signorile, J.F.**, Lister, J.L., Del Rossi, G., Ma, F., Stoutenberg, M., Adams, J.B. and Tobkin, S. Electromyographical Analysis of Scapular Stabilizers Using Bodyblade, Cuff Weights and Thera-band Resistance. Annual Meeting of the American College of Sports Medicine, Nashville, TN, June 1-4, 2005.
28. Sandler, D., Stanziano, D.C., Smith, W. and **Signorile, J.** A Threshold on the Sf-36 Predicts Functional Power Performance. Annual Meeting of the American College of Sports Medicine, Nashville, TN, June 1-4, 2005.
29. Kempner, L., Stanziano, D.C., Sandler, D.J. and **Signorile, J.** Differences in Strength, Power and Functional Capacity in Resistance-trained and Untrained 18-80 Year-olds. Annual Meeting of the American College of Sports Medicine, Nashville, TN, June 1-4, 2005.
30. Smith, W., Stanziano, D.C., Sandler, D.J. and **Signorile, J.** Sensitivity to Resistance Training Volume in the Frail. Annual Meeting of the American College of Sports Medicine, Nashville, TN, June 1-4, 2005.
31. Stanziano, D., Smith W., Sandler, D.J. and **Signorile, J.** Sf-36 Constructs Differentiate Between Older Persons with High and Low Functional Performance. Annual Meeting of the American College of Sports Medicine, Nashville, TN, June 1-4, 2005.
32. Botto-Van Bemden, A., **Signorile, J.F.**, Applegate, B. and Blaske, K. Three-dimensional Mapping of Eccentric and Concentric Isokinetics Performance in Collegiate Pitchers: A Complete Perspective on Isokinetics Assessment of Shoulder Internal and External Rotation. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, June 2-5, 2004.
33. **Signorile, J.F.**, Sandler, D.J., Bamel, S.A., Stanziano, D.C., Ma, F., and Roos, B.A. Practical Diagnostic Tests to Assess Functional Power in Older Adults. 56th Annual Meeting of the Gerontological Society of America, San Diego, CA November 21-25, 2003.
34. **Signorile, J.F.** and Sandler, D. Specificity of Exercise. National Strength and Conditioning Association Annual National Conference, Indianapolis, IN, July 16-19, 2003.
35. **Signorile, J.F.** The Application of Power Training to an Older Population. National Strength and Conditioning Association Annual National Conference, Indianapolis, IN, July 16-19, 2003.

36. Zink, A.J., Perry, A.C., Sandler, D.J., Bamel, S.A. and **Signorile, J.F.** Peak power, ground reaction force and velocity during the squat exercise performed at different loads. Annual Meeting of the American College of Sports Medicine, San Francisco, CA, May 29-June 1, 2003.
37. Smith, W. N., Stanziano, D.C., Sandler, D.J., Roos, B.A. and **Signorile, J.F.** Correlation strength comparison between functional and task-specific testing with perceived functionality in the frail. Annual Meeting of the American College of Sports Medicine, San Francisco, CA, May 29-June 1, 2003.
38. Bamel, S.A., Sandler, D.J., Stanziano, D.C., Ma, F., Roos, B.A. and **Signorile, J.F.** A task-specific test for determining instrumented activities of daily living in older individuals. Annual Meeting of the American College of Sports Medicine, San Francisco, CA, May 29-June 1, 2003.
39. Sandler, D.J., Bamel, S.A., Stanziano, D.C., Ma, F., Roos, B.A. and **Signorile, J.F.** An ADL-related method for assessing power output in seniors. Annual Meeting of the American College of Sports Medicine, San Francisco, CA, May 29-June 1, 2003.
40. Anderson, D.A., Stanziano, D.C., Sandler, D.J., Roos, B.A. and **Signorile, J.F.** Comparison of Short Form-36 scores based on faller status and walking aid use. Annual Meeting of the American College of Sports Medicine, San Francisco, CA, May 29-June 1, 2003.
41. **Signorile, J.F.**, Stanziano, D.C., McEntire, A.L Lai, S. and Roos, B.A. A comparison of training specificity and time course changes in strength and power due to age, functional status, and training modality. Annual Meeting of the American Geriatrics Society, Baltimore, MD, May 15-17, 2003.
42. Andersen, D.A., Stanziano, D.C., Sandler, D.J., Roos, B.A. and **Signorile, J.F.** Comparison of short form 36 (SF-36) scores based on the four groups determined by walking aid use and history of falls. Annual Meeting of the American Geriatrics Society, Baltimore, MD, May 15-17, 2003.
43. Stanziano, D.C., Bamel, S.A., Sandler, D.J., Ma, F., Roos, B.A. and **Signorile, J.F.** The gallon jug shelf test: A new method of assessing age-dependent changes

- in the ability to manipulate moderately heavy objects Annual Meeting of the American Geriatrics Society, Baltimore, MD, May 15-17, 2003.
44. Smith, W.N., Stanziano, D.C., Sandler, D.J., Roos, B.A. and **Signorile, J.F.** The gallon jug test, but not other traditional functional measures, correlates with perceived functionality in frail elderly Annual Meeting of the American Geriatrics Society, Baltimore, MD, May 15-17, 2003.
 45. Sandler, D.J., Bamel, S.A., Stanziano, D.C., Ma, F., Roos, B.A. and **Signorile, J.F.** Ramp power test: assessment of age-related decline in functional power during ambulation. Annual Meeting of the American Geriatrics Society, Baltimore, MD, May 15-17, 2003.
 46. **Signorile, J.F.**, Carmel, M., Li, S. and Roos, B. (2002). Power and torque changes across a 12-week isokinetic training program in women aged 62-78. Annual Meeting of the American College of Sports Medicine, St. Louis, MO, May 29-June 1, 2002.
 47. Evans, A.K., Durham, M.P., Sandler, D., Van Bemden, A., Stanzino, D. and **Signorile, J.F.** (2002). Correlation between isokinetic tests and functional tests of the frail elderly population. Annual Meeting of the American College of Sports Medicine, St. Louis, MO, May 29-June 1, 2002.
 48. Meizoso, J.A., Kempner, L., Sandler, D., Van Bemden, A., Stanziano, D. and **Signorile, J.F.** (2002). Difference in isokinetic variables between elderly weight-trained and untrained women across age. Annual Meeting of the American College of Sports Medicine, St. Louis, MO, May 29-June 1, 2002.
 49. Acosta, L., Sandler, D., Van Bemden, A., Stanziano, D. and **Signorile, J.F.** (2002). Balance testing among fallers and non-fallers and walking aid users and non-users. Annual Meeting of the American College of Sports Medicine, St. Louis, MO, May 29-June 1, 2002.
 50. Durham, M., Stanziano, D., Sandler, D., Van Bemden, A. and **Signorile, J.F.** (2002). Differences in flexibility of frail elderly fallers versus non-fallers and walking aid users versus non-users. Annual Meeting of the American College of Sports Medicine, St. Louis, MO, May 29-June 1, 2002.
 51. Sandler, D., Van Bemden, A., Stanziano, D. and **Signorile, J.F.** (2002). A comparison of power in fallers and non-fallers and walking aid users and non-

- users. Annual Meeting of the American College of Sports Medicine, St. Louis, MO, May 29-June 1, 2002.
52. Stanziano, D., Sandler, D., Van Bemden, A. and **Signorile, J.F.** (2002). Comparison of functional gait performances between elderly, community-dwelling walking aid users and non-users. Annual Meeting of the American College of Sports Medicine, St. Louis, MO, May 29-June 1, 2002.
 53. **Signorile, J.F.** The Effects of Specific Resistance Training Techniques on Strength, Power and Functional Performance in Frail Older Individuals. Annual Scientific Meeting of the American Geriatrics Society, Washington DC, May 8-13, 2002.
 54. **Signorile, J.F.** Exercise Physiology. American College of Sports Medicine Health/Fitness Instructor Workshop. University of Miami Smathers Wellness Center, Coral Gables, FL, March 12, 2002.
 55. **Signorile, J.F.** Biomechanics. American College of Sports Medicine Health/Fitness Instructor Workshop. University of Miami Smathers Wellness Center, Coral Gables, FL, March 14, 2002.
 56. **Signorile, J.F.** Functional Plyometric Exercise. UHZ Sports Medicine Institute and SUM Learning Center International Sports Medicine Conference, Coral Gables, FL, August 2-4, 2001.
 57. **Signorile, J.F.** Neurological adaptations to training. National Conference and Exhibition: National Strength and Conditioning Association, Spokane, WA July 11-14, 2001.
 58. **Signorile, J.F.** and Santana, C. From the Field: Neurological adaptations to training: Practical Application.. National Conference and Exhibition: National Strength and Conditioning Association, Spokane, WA July 11-14, 2001.
 59. **Signorile, J.F.** Differential Enhancements in Average Power by Specific Leg Muscles Due to Variations in Resistance Training Speed. American Geriatrics Society 2001 Annual Scientific Meeting, Chicago, IL May 9-13, 2001.
 60. **Signorile, J.F.** Exercise Physiology. American College of Sports Medicine Health/Fitness Instructor Workshop. University of Miami Smathers Wellness Center, Coral Gables, FL, March 14, 2001.

61. **Signorile, J.F.** Biomechanics. American College of Sports Medicine Health/Fitness Instructor Workshop. University of Miami Smathers Wellness Center, Coral Gables, FL, March 14, 2001.
62. **Signorile, J.F.**, Carmel, M., Czaja, S., Asfour, S., Khalil, T. and Morgan, R. Specificity of velocity in training isokinetic torque and power in women 61 to 75 years of age. American Physiological Society Intersociety Meeting: The Integrative Biology of Exercise, Portland, Maine, September 20-23, 2000.
63. Carmel, M.P., Czaja, S., Morgan, R., Asfour, S., Khalil, T. and **Signorile, J.F.** The effect of varying training speed on changes in functional performance in older women. American Physiological Society Intersociety Meeting: The Integrative Biology of Exercise, Portland, Maine, September 20-23, 2000.
64. **Signorile, J.F.**, Carmel, M., Czaja, S., Asfour, S., Khalil, T. and Morgan, R. Speed-specific changes in isokinetic performance in elderly women using high-speed versus low-speed isokinetic training. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, May 31-June 3, 2000.
65. Carmel, C., Czaja, S., Asfour, S., Khalil, T., Morgan, R. and **Signorile, J.F.** The impact of high-speed versus low-speed isokinetic training on functional performance measures in elderly women. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN, May 31-June 3, 2000.
66. **Signorile, J.F.** and Webber, B. Biomechanical and electromyographical analysis of the front squat during high-speed and low-speed performance. Annual Meeting of the National Strength and Conditioning Association, Kansas City, MO, 1999.
67. **Signorile, J.F.**, Duque, M., Sampson, D. and Cole, N. Variations in force production and electromyographical activity of the triceps surae as a result of changes in knee angle. Annual Meeting of the National Strength and Conditioning Association, Kansas City, MO, 1999.
68. **Signorile, J.F.** Exercise prescription: general concepts and case studies. University of Miami School of Medicine Wellness Lecture Series.
69. Miller, P.C., **Signorile, J.F.**, Xhow, A., Volker, A., Duque, M. and Kerrick, W.G.L. Maintenance of contractile ability in low pH environments following

- sprint-training. Annual Meeting of the American College of Sports Medicine. Seattle, WA, June 1-6, 1999.
70. Campbell, M.H., Peña, O. and **Signorile, J.F.** Firefighters heart rate response to a live burn. Annual Meeting of the American College of Sports Medicine, Seattle, WA, June 1-6, 1999.
 71. **Signorile, J.F.** The Physiological and biomechanical bases of exercise prescription. American Kinesiotherapy Society State Conference, Ft. Lauderdale, FL, May 15, 1999.
 72. **Signorile, J.F.** Exercise Prescription. Clinical Rotation, University School of Medicine. Lecture at Smathers Wellness Center, University of Miami, Coral Gables, FL, April 14, 1999.
 73. **Signorile, J.F.** Exercise Physiology. American College of Sports Medicine Health/Fitness Instructor Workshop. University of Miami Smathers Wellness Center, Coral Gables, FL, March 18, 1999.
 74. **Signorile, J.F.** Biomechanics. American College of Sports Medicine Health/Fitness Instructor Workshop. University of Miami Smathers Wellness Center, Coral Gables, FL, March 18, 1999.
 75. **Signorile, J.F.** Metabolic-specific conditioning for football. National Strength and Conditioning Association's Sport Specific Training Conference, Nashville, TN, January 9-10, 1999.
 76. **Signorile, J.F.** Exercise prescription: general concepts and case studies. University of Miami School of Medicine Wellness Lecture Series, Coral Gables, FL, January 7, 1999.
 77. **Signorile, J.F.** Muscle energy generation and changing theories of muscle fiber typing. Annual meeting of the American Kinesiotherapy Association, Atlanta, GA, July 17-21, 1998.
 78. Miller, P.C., **Signorile, J.F.**, Xhou, A., Volker, A., Duque, M. and Kerrick, W.G.L. Modifications in the rate of ATP hydrolysis due to activity-specific training at varying pH. Annual Meeting of the American College of Sports Medicine, Orlando, FL, June 3-6, 1998.

79. Okuyama, T., Perry, A.C., Tanaka K., **Signorile, J.F.**, Kaplan, T.A., Nho, N. and Gutin, B. (1998). Comparison of cardiovascular risk factors in Japanese-American and native Japanese children. Annual Meeting of the American College of Sports Medicine, Orlando, FL, June 3-6, 1998.
80. **Signorile, J.F.** Functional anatomy and biomechanics. American College of Sports Medicine Exercise Leader Class. Faculty. Health South Doctors' Hospital, Coral Gables, FL, April 24, 1998.
81. **Signorile, J.F.**, Suidmak, P. and Campbell, M.H. High-speed training causes speed-specific increases in power and strength in an elderly population. Annual Meeting of the Society for Experimental Biology, San Francisco, CA, April 18-22, 1998.
82. **Signorile, J.F.** Exercise Prescription for Health. Lecture as part of the Clinical Rotation for University of Miami School of Medicine, March 25, 1998.
83. **Signorile, J.F.** Exercise Prescription for Health. Lecture as part of Clinical Rotation for University of Miami School of Medicine, February 25, 1998.
84. **Signorile, J.F.** The use of sports-specific training and evaluation techniques for exercise prescription in an older population. International Conference on Aging and Principal Activity, Austin, TX, September 18-21, 1997.
85. **Signorile, J.F.** The cellular re-engineering of human skeletal muscle using sports-specific training techniques. Invited lecture, national meeting of the National Strength and Conditioning Association, Las Vegas, NV, June 15-18, 1997.
86. **Signorile, J.F.** Cellular restructuring through training. Invited lecture, National Strength and Conditioning Association, Florida State Strength and Conditioning Clinic, Davie, FL, May 10, 1997.
87. Miller, P., **Signorile, J.F.**, Kluckhuhn, K. and Suidmak, P. Moment of inertia and isokinetic measurements as indicators of dynamic stability in the elderly. Annual meeting of the American College of Sports Medicine, Boulder, CO, May 28-31, 1997.

88. **Signorile, J.F.** and Miller, P. Shifts in the force velocity relationship in the elderly due to differences in resistance training programs. Annual meeting of the American College of Sports Medicine, Boulder, CO, May 30, 1997.
89. Webber, B.C., Kluckhuhn, K.L., **Signorile, J.F.**, Miller, P.C. and Garcia, M. High speed isokinetics, anthropometrics and pitching. Annual Meeting of the American College of Sports Medicine, Boulder, CO, May 28-31, 1997.
90. Kluckhuhn, K.L., **Signorile, J.F.**, Miller, P.C., Webber, B.C. and Garcia, M. An analysis of high-speed isokinetics and pitching. Annual Meeting of the American College of Sports Medicine, Boulder, CO, May 28-31, 1997.
91. Feldman, B., Tanaka, K., Okuyama, T., Nabaguichi, M., Shigematsu, R., **Signorile, J.F.**, Kaplan, T. and Perry, A. The relationship between fitness, physical activity, and coronary risk factors in Japanese-American and Native Japanese children. Annual Meeting of the American College of Sports Medicine, Boulder, CO, May 28-31, 1997.
92. Okuyama, T., Perry, A.C., Tanaka, K., Kaplan, A., **Signorile, J.F.**, Puhl, J.J., Miller, P.C. and Qualls, M. Cardiovascular risk factors in Japanese-American children living in the United States. NASPE National Conference, Park City, UT, November, 1996.
93. **Signorile, J.F.**, Suidmak, P.G., Campbell, M.H., Miller, P. and Puhl, J. High-speed training produces superior results to low speed training in an older population. Annual Meeting of the American College of Sports Medicine, Cincinnati, OH, May 31, 1996.
94. Puhl, J.J., Perry, A., **Signorile, J.F.** and Miller, P.C. The effects of a flexibility program on low back pain. Annual Meeting of the American College of Sports Medicine, Cincinnati, OH, May 31, 1996.
95. **Signorile, J.F.** Functional anatomy and biomechanics. American College of Sports Medicine Exercise Leader Class. Faculty, March 13, 1996.
96. **Signorile, J.F.** Prescription exercise for an older population. Invited lecture for Friends for Life and the Medical Training and Simulation Laboratory of the University of Miami School of Medicine entitled "The Cardiovascular Health Care of Women Seminar." February, 1996.

97. **Signorile, J.F.**, Suidmak, P., Campbell, M., Miller, P., and Puhl, J. High speed resistance training produces superior strength and functional capacity in an older population. Symposium: Translating Basic Behavioral and Social Research into Practical Outcomes: The Edward R. Roybal Research Centers on Applied Gerontology. Annual Conference of the Gerontological Society of America, Los Angeles, CA, November 15-19, 1995.
98. **Signorile, J.F.** Resistance training in special populations: Aging skeletal muscle. An invited lecture by the Department of Industrial Engineering of the University of Miami, September 20, 1995.
99. **Signorile, J.F.** High-speed power training in the elderly: An example of applied exercise specificity. Conference on Advances in Respiratory and Locomotor Muscle Biology, University of Florida, Gainesville, FL, September 7-8, 1995.
100. Caruso, J.F., **Signorile, J.F.**, Perry, A., and Clark, M. Time course changes in college-aged subjects undergoing isokinetic training and albuterol administration. Annual Meeting of the National Strength and Conditioning Association, Phoenix, AZ, June, 1995.
101. **Signorile, J.F.**, Sochet, L., Morgenstern, A., Caruso, J., Puhl, J., O'Keefe, S., and Perry, A. The superiority of high-speed resistance training in an older population. Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, June 1-5, 1995.
102. Miller, P.C., **Signorile, J.F.**, Lowenstyn, I., and Perry, A. Using upper body power as an indicator of backhand and service speed in accomplished tennis players. Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, June 1-5, 1995.
103. Caruso, J., **Signorile, J.F.**, Perry, A., LeBlanc, B., and Clark, M. Effects of Albuterol supplementation on isokinetic training of the quadriceps muscle group. Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, June 1-5, 1995.
104. Puhl, J., **Signorile, J.F.**, Muller, S., Applegate, E.B., and Perry, A. (1995). The definition of training specificity using 3-dimensional torque-velocity-angle surfaces. Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, June 1-5, 1995.

105. Campbell, M.H., **Signorile, J.F.**, Suidmak, P., Miller, P., Puhl, J., and Perry, A. The correlation between isokinetic strength measures and functional performance in an elderly population. Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, June 1-5, 1995.
106. Suidmak, P.G., **Signorile, J.F.**, Campbell, M.H., and Perry, A. Correlations between dynamic balance performance and isokinetic functions of knee flexor/extensor muscles in the elderly. Annual Meeting of the American College of Sports Medicine, Minneapolis, MN, June 1-5, 1995.
107. Jacobson, M.L., Perry, A., Allison, M., Ferris, D., and **Signorile, J.** Racial differences in fat distribution and associated risk factors in premenopausal females. Presented at the 7th International Congress on Obesity, Toronto, Ontario, Canada, 1994.
108. Perry, A., Jacobson, L., Ferris, D., Allison, M. and **Signorile, J.** Body fat distribution and coronary risk factors in postmenopausal females both on and off hormone replacement therapy. Presented at the 7th International congress on Obesity, Toronto, Ontario, Canada, 1994.
109. Keeler, J.R., **Signorile, J.F.**, Lowensteyn, I., and Perry, A. The effect of varying warm-up intensity and rest intervals on short term, high-intensity power output. National Meeting of the American College of Sports Medicine, Indianapolis, IN, June, 1994.
110. Jackson, L., Kwiatkowski, K., **Signorile, J.**, Ferris, D., Caruso, J., and Perry, A. EMG investigation of the gastrocnemius muscle in relation to heel raise foot position. National meeting the American College of Sports Medicine, Indianapolis, IN, June, 1994.
111. **Signorile, J.F.**, Ferris, D.P., Clark, M., Pearl, A., Young, J., Kwiatkowski, K., Caruso, J., and Perry, A. The impact of three weeks of Albuterol intervention on a 13-week resistance-training program. National Meeting of the American College of Sports Medicine, Indianapolis, IN, June, 1994.
112. Lowensteyn, I., **Signorile, J.F.**, Kwiatkowski, K., Caruso, J., Ferris, D., Salhanick, D., Perry, A., and Mancino, C. Examination of various biological parameters in response to a season of training in competitive swimming. National Meeting of the American College of Sports Medicine, Indianapolis, IN, June, 1994.

113. Wills, R., **Signorile, J.**, Perry, A., Tremblay, L., and Kwiatkowski, K. Differences in EMG activity due to handgrip position during the lat pulldown. National Meeting of the American College of Sports Medicine, Indianapolis, IN, June, 1994.
114. Marquez-Sterling, S., Perry, A., Kaplan, T., Halberstein, R., Kwiatkowski, K., and **Signorile, J.** The effects of exercise on attitude toward body image in sedentary pregnant females. National Meeting of the American College of Sports Medicine, Indianapolis, IN, June, 1994.
115. Perry, A., Marquez-Sterling, S., Kaplan, T., Halberstein, R., Kwiatkowski, K., **Signorile, J.**, and Burnett, K. The effects of exercise on physiological variables in sedentary pregnant females. National Meeting of the American College of Sports Medicine, Indianapolis, IN, June, 1994.
116. Emley, C., Kwiatkowski, K., Perry, A., **Signorile, J.**, and Allison, M. Physiological and dietary changes in body builders preparing for competition. National Meeting for the American College of Sports Medicine, Indianapolis, IN, June, 1994.
117. Allison, M., Perry, A., Applegate, B., Ferris, D., and **Signorile, J.** Clinical predictability of using waist/hip ratio above .8 to assess coronary risk factors in obese premenopausal females. National Meeting for the College of Sports Medicine, Indianapolis, IN, June, 1994.
118. **Signorile, J.F.**, and Caruso, J. Topographical differences in isokinetic torque-velocity-angle curves among specific athletes. National Meeting of the National Strength and Conditioning Association, June, 1994.
119. Marquez-Sterling, S., Perry, A., Kwiatkowski, K. and **Signorile, J.F.** "The effects of exercise on weight gain and body image in sedentary pregnant women." Abstract presented at the 22nd Annual Meeting of the Southeast Chapter of the American College of Sports Medicine, January 20-22, 1994, Greensboro, NC.
120. Osman, C., Burnett, K.F., Perry, A., Marquez-Sterling, S. and **Signorile, J.F.** "Development of a scale to measure discomfort associated with routine physical activity of pregnant women." Abstract presented at the 22nd Annual Meeting of

the Southeast Chapter of the American College of Sports medicine, January 20-22, 1994, Greensboro, NC.

121. Webber, B., **Signorile, J.F.**, Caruso, J.F., and Lowensteyn, I. Selective Activator of the Quadriceps Muscles Using the Leg Extension Versus the Back Squat. National meeting of the National Strength and Conditioning Association, Las Vegas, NV, June, 1993.
122. Keeler, J.R., **Signorile, J.F.**, Robertson, B., Perry, A., and Applegate, B. The impact of various warm-up intensities and rest intervals on a cycle ergometer power output test. National Meeting of the National Strength and Conditioning Association, Las Vegas, NV, June, 1993.
123. Caruso, J.F., **Signorile, J.F.**, Lowensteyn, I., Clark, M., and Okuyama, T. The effects of chronic administration of β_2 agonists upon athletic performance. National Meeting of National Strength and Conditioning Association, Las Vegas, NV, June, 1993.
124. **Signorile, J.F.**, Caruso, J., and Lowensteyn, I. The impact of inhalation of β_2 adrenergics on isokinetic strength variables. National Meeting of the American College of Sports Medicine. Seattle, Washington, June, 1993.
125. Kwiatkowski, K., **Signorile, J.F.**, Perry, A., and Lowensteyn, I. Electromyographical activity of the superficial quadriceps muscles in relation to parallel squat foot placement. National Meeting of the American College of Sports Medicine. Seattle, Washington, June, 1993.
126. Flipse, D., **Signorile, J.F.**, Wills, R., Perry, A., Lowensteyn, I., Caruso, J.F., Robertson, B., and Burnett, K. Increased muscular performance in the elderly with moderate speed isotonic training. National Meeting of the American College of Sports Medicine. Seattle, Washington, June, 1993.
127. Caruso, J.F., **Signorile, J.F.**, Clark, M., Lowensteyn, I., and Okuyama, T. The effects of the acute administration of β_2 agonist on performance in power athletes. National Meeting of the American College of Sports Medicine. Seattle, Washington, June, 1993.
128. Kacsik, D., **Signorile, J.F.**, Lowensteyn, I., Digel, S., Caruso, J.F., Perry, A., and Robertson, B. The activity of the superficial quadriceps at different knee

and foot positions during isometric rehabilitative exercise. National Meeting of the American College of Sports Medicine. Seattle, Washington, June, 1993.

129. Ferris, D.P., **Signorile, J.F.**, and Perry, A. Ball velocities of elite beach volleyball players. National Meeting of the American College of Sports Medicine. Seattle, Washington, June, 1993.
130. Keeler, J., **Signorile, J.F.**, Perry, A., Applegate, B., and Robertson, B. The impact of varying work intensity and rest intervals preceding supermaxial power testing. National Meeting of the American College of Sports Medicine. Seattle, Washington, Spring, 1993.
131. Perry, A., Allison, M., **Signorile, J.F.**, Lowensteyn, I., Flipse, D., and Sterling, S. The relationship between waist to hip ratio and coronary risk factors in obese pre- and postmenopausal females. National Meeting of the American College of Sports Medicine. Seattle, Washington, June, 1993.
132. Lowensteyn, I., Tremblay, L., Perry, A., **Signorile, J.F.**, and Kaplan, T. The relationship of obesity and physical activity to other coronary risk factors in sixth-grade children. National Meeting of the American College of Sports Medicine. Seattle, Washington, June, 1993.
133. Crane, L., Perry, A., Allison, M., Tremblay, L., Sterling, S., Goldberg, R., and **Signorile, J.F.** A comparison of serum lipoproteins and iron status between amenorrheic and eumenorrheic female athletes. National Meeting of the American College of Sports Medicine. Seattle, Washington, June, 1993.
134. Burnett, K.F., Perry, A., **Signorile, J.F.**, and Marquez-Sterling, S. A scale to assess perceived discomfort in routine physical activities of pregnant women. Annual Meeting of the American Society of Behavioral Medicine, San Francisco, CA, Spring, 1993.
135. **Signorile, J.F.** and Lowensteyn, I. Laboratory assessment of physiological properties and applications to swim training. Annual Meeting of the National Forum for Advancement of Aquatics. Ft. Lauderdale, FL, Spring, 1992.
136. **Signorile, J.F.** Structure and functional capacity of skeletal muscle. Invited lecture, University of Miami, School of Medicine, Department of Orthopedics and Rehabilitation, Spring, 1992.

137. **Signorile, J.F.** The physiology of anaerobic testing. Annual Meeting of the National Association for the Study of Pediatric Exercise Medicine. Key Biscayne, FL, Spring, 1992.
138. **Signorile, J.F.** Power testing: Discussions of appropriate methodology. Annual Meeting of the National Association for the Study of Pediatric Exercise Medicine. Key Biscayne, FL, Spring, 1992.
139. Perry, A.C., Tremblay, L.M., **Signorile, J.F.**, and Kaplan, T.A. The relationship of serum lipoproteins to health-related fitness variables in sixth-grade children. Annual Meeting of the North American Society of Pediatric Medicine. Key Biscayne, FL, Spring, 1992.
140. Perry, A., Allison, M., **Signorile, J.F.**, Lowensteyn, I., Sterling, S., and Flipse, D. The relationship between waist to hip ratio and coronary risk factors in obese females. Annual Meeting of North American Association for the Study of Obesity. Atlanta, GA, Spring, 1992.
141. Tremblay, L., Perry, A., **Signorile, J.F.**, and Kaplan, T.A. The relationship of serum lipoproteins to health-related fitness variables in sixth-grade children. Annual Meeting of the Canadian Association of Sports Science. Saskatoon, Canada, Spring, 1992.
142. **Signorile, J.F.** and Lowensteyn, I. Laboratory evaluation of physiological variables affecting swim performance. A Multiple Study presentation at the National Conference of the American Alliance for Health, Physical Education, Recreation and Dance. Indianapolis, IN, June, 1992.
143. Gomez, M., **Signorile, J.F.**, Caruso, J., Flipse, D., and Banovac, K. metaproterenol increases muscle strength in patients with chronic quadriplegia. American Spinal Injury Association Annual Meeting, Toronto, Canada, Spring, 1992.
144. **Signorile, J.F.**, Banovac, K., Flipse, D., Caruso, J., and Gomez, M. The effects of the chronic administration of metaproterenol on muscle size and function. National Meeting of the American College of Sports Medicine, Dallas, TX, Spring, 1992.

145. Lowensteyn, I., **Signorile, J.F.**, Tremblay, L., and Salhanick, D. Correlation of swimming speed using a modified arm crank ergometer. National Meeting of the American Collage of Sports Medicine, Dallas, TX, June, 1992.
146. Tremblay, L., Lowensteyn, I., **Signorile, J.F.**, and Salhanick, D. Optimal loading and reliability of a constant load arm crank ergometer for measuring peak power. National Meeting of the American College of Sports Medicine, Dallas, TX, June, 1992.
147. Salhanick, D., **Signorile, J.F.**, Perry, A., and Lowensteyn, I. The relationship between several tests of anaerobic power in high school water polo players. National Meeting of the American College of Sports Medicine, Dallas, TX, June, 1992.
148. Perry, A., Allison, M., **Signorile, J.**, Lowensteyn, I., Sterling, S., and Flipse, D. "The relationship between waist to hip ratio and coronary risk factors in obese females." Abstract presented at the Annual Meeting of the North American Association for the Study of Obesity, September 2-5, 1992, Atlanta, GA.
149. Tremblay, L.M., Perry, A.C., **Signorile, J.F.**, and Kaplan, T.A. "The relationship of serum lipoproteins to health-related fitness variables in sixth-grade children." Presented at the Canadian Association for Sport Sciences, October 2, 1992, Saskatoon, Saskatchewan, Canada.
150. Perry, A.C., Tremblay, L.M., **Signorile, J.F.** and Kaplan, T.A. "The relationship of serum lipoproteins to health-related fitness variables in sixth-grade children." Abstract presented at the North American Society of Pediatric Exercise Medicine Seventh Annual Meeting, November 1, 1992, Key Biscayne, FL.
151. **Signorile, J.F.** Functional anatomy and biomechanics. American College of Sports Medicine Fitness Instructor Workshop. Health South Doctors' Hospital, Coral Gables, FL, June, 1991.
152. **Signorile, J.F.**, Kaplan, T., Applegate, B., and Perry, A.C. Effects of acute inhalation of the bronchodilator, albuterol, on power output in a non-asthmatic population. NSCA Annual Conference, St. Louis, MO, June, 1991.
153. Gomez, M., **Signorile, J.F.**, and Banovac, K. Effects of a beta-adrenergic agonist on muscle strength in the upper extremities of patients with quadriplegia. Annual meeting of the American Paraplegia Society, Las Vegas, NV, June, 1991.

154. Webber, B., **Signorile, J.F.**, Roll, B., Applegate, B., and Perry, A. Electromyographical (EMG) analysis of the front and back squat. NSCA Annual Conference, St. Louis, MO, June, 1991.
155. Perry, A.C., **Signorile, J.F.**, Ramirez, L.R., Lowensteyn, I., Kaplan, L., Tremblay, L., Wills, R., and ZeBranek, J. The relationship between respiratory anaerobic threshold and changes in EMG signal. National Strength and Conditioning Association Conference, St. Louis, MO, June, 1991.
156. **Signorile, J.F.**, Kaplan, T., Applegate, B., and Perry, A.C. Effects of acute inhalation of the bronchodilator, albuterol, on power output in a non-asthmatic population. ACSM Annual Meeting, Orlando, FL, June, 1991.
157. Tremblay, L., **Signorile, J.F.**, and Ingalls, C. The effects of active and passive rest on a short term, high-intensity power output. ACSM Annual Meeting, Orlando, FL, June, 1991.
158. Digel, S., **Signorile, J.F.**, Moccia, G., Applegate, B., and Perry, A.C. Effects of reduced metabolite washout on frequency and amplitude of surface EMG. ACSM Annual Meeting, Orlando, FL, June, 1991.
159. Perry, A.C., **Signorile, J.F.**, Webber, B., and Applegate, B. Frequency and amplitude changes during concentric, eccentric, and mixed contractions. ACSM Annual Meeting, Orlando, FL, June, 1991.
160. Lowensteyn, I., **Signorile, J.F.**, Schlaff, D., and Perry, A.C. A comparison of various loading techniques for bicycle power ergometry. ACSM Annual Meeting, Orlando, FL, June, 1991.
161. Crane, L., Davis, B., Kreider, M., **Signorile, J.F.**, Applegate, B., Perry, A.C., and Lowensteyn, I. Comparison of pulmonary functions between endurance athletes and sprint athletes. ACSM Annual Meeting, Orlando, FL, June, 1991.
162. ZeBranek, J., Losito, J., **Signorile, J.F.**, Applegate, B., Janecki, C., McCauley, L., and Young, J. The immediate physiological effects of foot orthotics. ACSM Annual Meeting, Orlando, FL, June, 1991.
163. Davy, K.P., Williams, J.H., Ward, C.W., and **Signorile, J.F.** Temporal changes in power output during constant load cycle ergometry. 1991 Southeastern

- American College of Sports Medicine Conference, Louisville, KY, February, 1991.
164. **Signorile, J.F.** The impact of beta-2 agonist on the biochemical and contractile properties of skeletal muscle. American Geriatrics Society, 48th annual scientific meeting, Chicago, IL, Fall, 1990.
 165. **Signorile, J.F.** Electromyographical assessment of intensity and fatigue during two different lifting exercises. Ninth Southern District Bioengineering Conference, Miami, FL, Spring, 1990.
 166. **Signorile, J.F.**, Barnes, W.S. and Ingalls, C. The effects of the β_2 agonist, Fenoterol, on the contractile properties of skeletal muscle. FASEB Annual meeting, Washington, D.C, Spring, 1990.
 167. **Signorile, J.F.**, Barnes, W.S., Sams, A., and Ingalls, C. The effects of the β_2 agonist, Fenoterol, on the biochemical and contractile properties of skeletal muscle. Accepted for Presentation. ACSM Annual Meeting, Salt Lake City, UT, June, 1990.
 168. **Signorile, J.F.** Resistance training and the child athlete. Pediatric Postgraduate Course Lecture, Fort Lauderdale, FL, Spring, 1990.
 169. **Signorile, J.F.** Power testing and the child athlete. Pediatric Postgraduate Course Lecture, Fort Lauderdale, FL, Spring, 1990.
 170. **Signorile, J.F.**, Williams, J.H., and Barnes, W.S. Staircase phenomenon in skeletal muscle: possible intensification of the active state. FASEB Annual Meeting, New Orleans, LA, Spring, 1989.
 171. **Signorile, J.F.**, Barnes, W.S., and Williams, J.H. Fatigue and recovery following repeated power tests. Annual Meeting of the Texas Chapter of the American College of Sports Medicine, Houston, TX, Spring, 1988.
 172. **Signorile, J.F.**, Barnes, W.S., and Williams, J.H. EMG activity during fatiguing dynamic exercise. Annual Meeting of the American College of Sports Medicine, Dallas, TX, June, 1988.
 173. Williams, J.H., Barnes, W.S., and **Signorile, J.F.** Temporal changes in power output during high-intensity exercise. Annual Meeting of the American Alliance

- of Health, Physical Education, Recreation and Dance, Kansas City, MO, Spring, 1988.
174. Williams, J.H., Barnes, W.S., and **Signorile, J.F.** Temporal changes in power during high-intensity exercise. Annual Meeting of the Texas Chapter of the American College of Sports Medicine, Fort Worth, TX, June, 1987.
 175. **Signorile, J.F.** and Carroll, J.F. Introductory Scuba. Annual Meeting of the Florida Association of Health, Physical Education, Recreation and Dance, Daytona Beach, FL, Spring, 1985.
 176. **Signorile, J.F.** Design and implementation of an aerobic swimming program. Annual Meeting of the Florida Recreation and Park Association, Tampa, FL, Spring, 1985.
 177. **Signorile, J.F.** Personal fitness - muscular strength and endurance. Annual Meeting of the Florida Association of Health, Physical Education, Recreation and Dance, Orlando, FL, Spring, 1984.
 178. **Signorile, J.F.** and Carroll, J.F. Adaptive Scuba methods for the orthopedically handicapped. Annual Meeting of the Florida Association of Health, Physical Education, Recreation and Dance, Orlando, FL, Spring, 1984.
 179. **Signorile, J.F.** Strength training for the adolescent. Columbia County Sports Medicine Convention, Columbia County, FL, Spring, 1984.
 180. **Signorile, J.F.** Adaptive Scuba. Annual Meeting of the Florida Association of Health, Physical Education, Recreation and Dance, Clermont, FL, Spring, 1983.

Industry and Community Presentations

1. **Signorile, J.F.** Interval Training for Weight Loss. University of Miami Citizen's board: Ericson Open. April 8, 2008.
2. **Signorile, J.F.** Vibration and Aging. 15th Annual World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies. Las Vegas, NV. December 14-17, 2007.

3. **Signorile J.F.** Whole Body Vibration: A New Intervention to Address Aging. Fifth Annual International Conference on Active Aging, Orlando, Florida. November 29-December 1, 2007
4. **Signorile J.F.** Power Training for Older Adults. 2007 IDEA Personal Trainer Institute. Orlando, Florida. October 10-14, 2007.
5. **Signorile J.F.** Periodization. 2007 IDEA Personal Trainer Institute. Orlando, Florida. October 10-14, 2007.
6. **Signorile J.F.** Research Overview: An Invited Alumnus Lecture. Kean University of New Jersey, Union, New Jersey. October 4, 2007.
7. **Signorile J.F.** How do your muscles work? A presentation to West Lab School fifth and sixth grade science classes. September 8, 2007
8. **Signorile, J.F.** Flexibility Training and Functionality: Methods and Results. International Sports Conditioning Association. Fort Lauderdale, FL. August 25, 2007.
9. **Signorile, J.F.** Interval Training. International Sports Conditioning Association. Fort Lauderdale, FL. August 25, 2007
10. **Signorile, J.F.** Vibration and Aging. 15th Annual World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies. Chicago, IL. August 2- August 4, 2007.
11. **Signorile, J.F.** Getting Younger through Exercise. Citizens' Board Executive Committee Business Meeting, University of Miami, Coral Gables, Florida, May 2, 2007.
12. **Signorile J.F.** Vibration and Aging. 15th Annual World Congress on Anti-Aging Medicine & Regenerative Biomedical Technologies, Orlando, FL. April 26 - April 29, 2007.
13. **Signorile, J.F.** Power training for older adults. 2-hour Webinar for DSW Fitness. www.dswfitness.com. February 7, 2007.

14. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Cardio Classic Fitness and Personal Trainer Conference through Sara's City Workout, San Jose, CA, March 17-21, 2004.
15. **Signorile, J.F.** Fact from Fiction: Muscle Fiber Types. Cardio Classic Fitness and Personal Trainer Conference through Sara's City Workout, San Jose, CA, March 17-21, 2004.
16. **Signorile, J.F.** Fact from Fiction: Interval Training and Weight Loss. Cardio Classic Fitness and Personal Trainer Conference through Sara's City Workout, San Jose, CA, March 17-21, 2004.
17. **Signorile, J.F.** Fact from Fiction: Weight Training. Cardio Classic Fitness and Personal Trainer Conference through Sara's City Workout, San Jose, CA, March 17-21, 2004.
18. **Signorile, J.F.** Fact from Fiction: Aerobic versus Anaerobic Exercise. Cardio Classic Fitness and Personal Trainer Conference through Sara's City Workout, San Jose, CA, March 17-21, 2004.
19. **Signorile, J.F.** The Power Conundrum. The First Annual Arnold Strength Training Summit. Columbus Ohio, March 4-6, 2004.
20. **Signorile, J.F.** Muscle Fiber Types: Nomenclature and Implications. Presented to the UHV Sports Medicine group, Doctors' Hospital, Coral Gables, FL, February, 27, 2004.
21. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2004.
22. **Signorile, J.F.** Fact from Fiction: Muscle Fiber Types. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2004.

23. **Signorile, J.F.** Fact from Fiction: Interval Training and Weight Loss. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2004.
24. **Signorile, J.F.** Fact from Fiction: Weight Training. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2004.
25. **Signorile, J.F.** Fact from Fiction: Aerobic versus Anaerobic Exercise. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2004.
26. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, October 8-10, 2003.
27. **Signorile, J.F.** Flexibility Over 50. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, October 8-10, 2003.
28. **Signorile, J.F.** Muscle Tour. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, October 8-10, 2003.
29. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, Dallas, TX, August 22-24, 2003.
30. **Signorile, J.F.** Flexibility Over 50. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, Dallas, TX, August 22-24, 2003.
31. **Signorile, J.F.** Muscle Tour. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, Dallas, TX, August 22-24, 2003.
32. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 11-13, 2003.

33. **Signorile, J.F.** Gray Matters. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 11-13, 2003.
34. **Signorile, J.F.** Testing for the Older Individual. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 11-13, 2003.
35. **Signorile, J.F.** Muscle Tour. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 11-13, 2003.
36. **Signorile, J.F.** Flexibility Over 50. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 11-13, 2003.
37. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, May 2-4, 2003.
38. **Signorile, J.F.** Muscle Tour. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, May 2-4, 2003.
39. **Signorile, J.F.** Gray Matters. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, May 2-4, 2003.
40. **Signorile, J.F.** Flexibility Over 50. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, May 2-4, 2003.
41. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Cardio Classic Mania Fitness and Personal Trainer Conference through Sara's City Workout, San Francisco, CA, March 21-23, 2003.
42. **Signorile, J.F.** Flexibility Over 50. Cardio Classic Mania Fitness and Personal Trainer Conference through Sara's City Workout, San Francisco, CA, March 21-23, 2003.
43. **Signorile, J.F.** Gray Matters. Cardio Classic Mania Fitness and Personal Trainer Conference through Sara's City Workout, San Francisco, CA, March 21-23, 2003.

44. **Signorile, J.F.** Muscle Tour. Cardio Classic Mania Fitness and Personal Trainer Conference through Sara's City Workout, San Francisco, CA, March 21-23, 2003.
45. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2003.
46. **Signorile, J.F.** and Moroto, M.B. Aqua Interval Integration of Science and Programming Certification Course. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2003.
47. **Signorile, J.F.** Training Modifications and Aging. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2003.
48. **Signorile, J.F.** Testing and Aging. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2003.
49. **Signorile, J.F.** Training for Older Individuals. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2003.
50. **Signorile, J.F.** Bending the Aging Curve. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 7-9, 2003.
51. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, November 8-11, 2002.
52. **Signorile, J.F.** Testing and Aging. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, November 8-11, 2002.
53. **Signorile, J.F.** Training for Older Individuals. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, November 8-11, 2002.

54. **Signorile, J.F.** Bending the Aging Curve. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, November 8-11, 2002.
55. **Signorile, J.F.** Periodization. DCAC 2002 Washington DC Annual International Fitness Conference, Reston, VA, August 1-4, 2002.
56. **Signorile, J.F.** The Shocking Truth About Weight Training. DCAC 2002 Washington DC Annual International Fitness Conference, Reston, VA, August 1-4, 2002.
57. **Signorile, J.F.** Personal Training for the Older Adult. DCAC 2002 Washington DC Annual International Fitness Conference, Reston, VA, August 1-4, 2002.
58. **Signorile, J.F.** Functional Plyometrics. DCAC 2002 Washington DC Annual International Fitness Conference, Reston, VA, August 1-4, 2002.
59. **Signorile, J.F.** Interval Training and Caloric Output. DCAC 2002 Washington DC Annual International Fitness Conference, Reston, VA, August 1-4, 2002.
60. **Signorile, J.F.** The Truth About Stretching. DCAC 2002 Washington DC Annual International Fitness Conference, Reston, VA, August 1-4, 2002.
61. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 19-21, 2002.
62. **Signorile, J.F.** Testing and Aging. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 19-21, 2002.
63. **Signorile, J.F.** Training for Older Individuals. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 19-21, 2002.
64. **Signorile, J.F.** Active Assistive Stretching. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 19-21, 2002.
65. **Signorile, J.F.** Bending the Aging Curve. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 19-21, 2002.

66. **Signorile, J.F.** Training Prescription for the Aging Exerciser. International Aquatic Fitness Conference through the Aquatic Exercise Association, Las Vegas, NV, June 4-9, 2002.
67. **Signorile, J.F.** and Marotto, M.B. Aqua Interval Integration. International Aquatic Fitness Conference through the Aquatic Exercise Association, Las Vegas, NV, June 4-9, 2002.
68. **Signorile, J.F.** Functional Training. International Aquatic Fitness Conference through the Aquatic Exercise Association, Las Vegas, NV, June 4-9, 2002.
69. **Signorile, J.F.** The Truth About Stretching. International Aquatic Fitness Conference through the Aquatic Exercise Association, Las Vegas, NV, June 4-9, 2002.
70. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, May 3-5, 2002.
71. **Signorile, J.F.** Testing and Aging. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, May 3-5, 2002.
72. **Signorile, J.F.** Bending the Aging Curve. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, May 3-5, 2002.
73. **Signorile, J.F.** Training for Older Individuals. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, May 3-5, 2002.
74. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 8-10, 2002.
75. **Signorile, J.F.** Connective Tissue: It's Not Just Cables. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 8-10, 2002.

76. **Signorile, J.F.** Functional Plyometrics. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 8-10, 2002.
77. **Signorile, J.F.** Aqua Interval Integration of Science and Programming, Parts I and II. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, Philadelphia, PA, February 8-10, 2002.
78. **Signorile, J.F.** Training Prescription for the Aging Exerciser 7 hour Pre-Convention Certification Course. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, November 8-11, 2001.
79. **Signorile, J.F.** Functional Plyometrics. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, November 8-11, 2001.
80. **Signorile, J.F.** Active Assistive Stretching. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, November 8-11, 2001.
81. **Signorile, J.F.** The Shocking Truth: Targeting Muscles Using Specific Resistance Training. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, November 8-11, 2001.
82. **Signorile, J.F.** Interval Training with Caloric Output. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, November 8-11, 2001.
83. **Signorile, J.F.** The Truth About Stretching without Stretching the Truth. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, Chicago, IL, November 8-11, 2001.
84. **Signorile, J.F.** Personal Training and Exercise Prescription for the Older Exerciser 7 hour Pre-Convention Certification Course. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, Dallas, TX, August 24-26, 2001.
85. **Signorile, J.F.** Functional Plyometrics. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, Dallas, TX, August 24-26, 2001.

86. **Signorile, J.F.** Active Assistive Stretching. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, Dallas, TX, August 24-26, 2001.
87. **Signorile, J.F.** The Shocking Truth: Targeting Muscles Using Specific Resistance Training. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, Dallas, TX, August 24-26, 2001.
88. **Signorile, J.F.** Personal Training and Exercise Prescription for the Older Exerciser 7 hour Pre-Convention Certification Course. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 20-22, 2001.
89. **Signorile, J.F.** Aqua Interval: Integration of Science. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 20-22, 2001.
90. **Signorile, J.F.** Flexibility: The Truth about Stretching Without Stretching the Truth. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 20-22, 2001.
91. **Signorile, J.F.** Interval Training and Caloric Output: Targeting Muscles Using Specific Resistance Training. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, Atlanta, GA, July 20-22, 2001.
92. **Signorile, J.F.** Personal Training and Exercise Prescription for the Older Exerciser 7 hour Pre-Convention Certification Course. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, June 1-3, 2001.
93. **Signorile, J.F.** Interval Training and Caloric Output. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, June 1-3, 2001.
94. **Signorile, J.F.** Shocking Truth: Targeting Muscles. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, June 1-3, 2001.

95. **Signorile, J.F.** Connective Tissues. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, June 1-3, 2001.
96. **Signorile, J.F.** Aqua Interval Integration of Science & Programming. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, Orlando, FL, June 1-3, 2001.
97. **Signorile, J.F.** Exercise & Aging. International Aquatic Fitness Conference through the Aquatic Exercise Association, Sanibel, FL, May 15-20, 2001.
98. **Signorile, J.F.** Specificity of Training. International Aquatic Fitness Conference through the Aquatic Exercise Association, Sanibel, FL, May 15-20, 2001.
99. **Signorile, J.F.** The Science of Kickboxing. The International Convention of International Health, Racket and Sports Club Association, San Francisco, CA, March 22-24, 2001.
100. **Signorile, J.F.** Flexibility: The Truth About Stretching Without Stretching the Truth. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, February 16-18, 2001.
101. **Signorile, J.F.** The Science of Kickboxing. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, February 16-18, 2001.
102. **Signorile, J.F.** Interval Training and Caloric Output. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, February 16-18, 2001.
103. **Signorile, J.F.** The Shocking Truth: Targeting Muscles Using Specific Resistance Training. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, February 16-18, 2001.
104. **Signorile, J.F.** The International Strength and Conditioning Association Personal Training Certification. New York Athletic Club, New York, NY, November 16-18, 2000.
105. **Signorile, J.F.** The Science of Kickboxing. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, November 9-12, 2000.

106. **Signorile, J.F.** Training the Aging Athlete. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, November 9-12, 2000.
107. **Signorile, J.F.** Training Prescription: A Two-Part Training Seminar. Midwest Mania Fitness and Personal Trainer Conference through Sara's City Workout, November 9-12, 2000.
108. **Signorile, J.F.** Training for the Personal Trainer: Theory, Logic, and Practical Application. A Two-Part Training Seminar. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, August 24-26, 2000.
109. **Signorile, J.F.** Training the Aging Athlete. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, August 24-26, 2000.
110. Trebotich, T., **Signorile, J.F.** and Valdes, R. Kickboxing 9 hour Certification Course. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, August 24-26, 2000.
111. Trebotich, T., **Signorile, J.F.** and Valdes, R. PlyoPAC. Dallas Mania Fitness and Personal Trainer Conference through Sara's City Workout, August 24-26, 2000.
112. **Signorile, J.F.** Training for the Personal Trainer: Theory, Logic, and Practical Application. A Two-Part Training Seminar. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, July 21-23, 2000.
113. **Signorile, J.F.** Training the Aging Athlete. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, July 21-23, 2000.
114. Trebotich, T., **Signorile, J.F.** and Valdes, R. Kickboxing 9 hour Certification Course. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, July 21-23, 2000.
115. Trebotich, T., **Signorile, J.F.** and Valdes, R. PlyoPAC. Atlanta Mania Fitness and Personal Trainer Conference through Sara's City Workout, July 21-23, 2000.
116. **Signorile, J.F.** Specialty Program: Exercise Prescription and Periodization Training for Older Adults. DCAC 2000 Washington DC 9th Annual International Fitness Conf., Crystal City, VA, July 13-16, 2000.
117. **Signorile, J.F.** The Physiology of Boxing and Kickboxing. DCAC 2000

- Washington DC 9th Annual International Fitness Conference, Crystal City, VA, July 13-16, 2000.
118. Trebotich, T. and **Signorile, J.F.** Kickboxing 9 hour Certification Course. DCAC 2000 Washington DC 9th Annual International Fitness Conference, Crystal City, VA, July 13-16, 2000
 119. **Signorile, J.F.** The Science of Kickboxing. Aquatic Exercise Association, San Diego, CA, May 16-21, 2000.
 120. **Signorile, J.F.** Specificity of Training: Restructuring-Training. Aquatic Exercise Association, San Diego, CA, May 16-21, 2000.
 121. Trebotich, T. and **Signorile, J.F.** Kickboxing Terrain Certification. Aquatic Exercise Association, San Diego, CA, May 16-21, 2000.
 122. Trebotich, T. and **Signorile, J.F.** Kickboxing 9 hour Certification Course. East Coast Alliance on Exercise Conference, New York, NY, April 14-16, 2000.
 123. **Signorile, J.F.** Dos and Don'ts of Kickboxing. East Coast Alliance on Exercise Conference, New York, NY, April 14-16, 2000.
 124. **Signorile, J.F.** Training the Aging Exerciser. East Coast Alliance on Exercise Conference, New York, NY, April 14-16, 2000.
 125. **Signorile, J.F.** Training for the Personal Trainer: Theory, Logic, and Practical Application. A Two-Part Training Seminar. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, April 7-9, 2000.
 126. **Signorile, J.F.** The Science of Kickboxing. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, April 7-9, 2000.
 127. Trebotich, T., **Signorile, J.F.** and Rich Valdes. Kickboxing 9 hour Certification Course. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, April 7-9, 2000.
 128. Trebotich, T., **Signorile, J.F.** and Rich Valdes PlyoPAC . Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, April 7-9, 2000.

129. **Signorile, J.F.** Training Prescription: Designs for Success and Adherence. Training Conference for the South Florida YMCA, March 10-11, 2000.
130. Trebotich, T., **Signorile, J.F.** and Rich Valdes. Kickboxing 9 hour Certification Course. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, February 18-20, 2000.
131. Trebotich, T., **Signorile, J.F.** and Rich Valdes PlyoPAC . Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, February 18-20, 2000.
132. **Signorile, J.F.** Training the Masters Athlete. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, February 18-20, 2000.
133. **Signorile, J.F.** Training for the Personal Trainer: Theory, Logic, and Practical Application. A Two-Part Training Seminar. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, February 18-20, 2000.
134. **Signorile, J.F.** The Science of Kickboxing. Philadelphia Mania Fitness and Personal Trainer Conference through Sara's City Workout, February 18-20, 2000.
135. **Signorile, J.F.** Conditioning the Master Athlete. East Coast Alliance on Exercise Conference, Miami, FL, November 10-14, 1999.
136. **Signorile, J.F.** Periodization and Exercise Prescription. East Coast Alliance on Exercise Conference, Miami, FL, November 10-14, 1999.
137. **Signorile, J.F.** Power of Stretching. East Coast Alliance on Exercise Conference, Miami, FL, November 10-14, 1999.
138. Trebotich, T. and **Signorile, J.F.** Kickboxing 9 hour Certification Course. Midwest Mania '99 Fitness, Aquatic and Personal Trainer Convention through Sara's City Workout, Chicago, IL, November 5-7, 1999.
139. **Signorile, J.F.** The Science of Kickboxing. Midwest Mania '99 Fitness, Aquatic and Personal Trainer Convention through Sara's City Workout, Chicago, IL, November 5-7, 1999.

140. **Signorile, J.F.** Specificity of Exercise: The Restructuring of Muscle Through Training. Midwest Mania '99 Fitness, Aquatic and Personal Trainer Convention through Sara's City Workout, Chicago, IL, November 5-7, 1999.
141. Trebotich, T. and **Signorile, J.F.** Kickboxing 9 hour Certification Course. Dallas Mania '99 Fitness, Aquatic and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 27-29, 1999.
142. **Signorile, J.F.** Muscle Types, Performance and Training. Dallas Mania '99 Fitness, Aquatic and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 27-29, 1999.
143. **Signorile, J.F.** The Science of Kickboxing. Dallas Mania '99 Fitness, Aquatic and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 27-29, 1999.
144. **Signorile, J.F.** Specificity of Exercise: The Restructuring of Muscle Through Training. Dallas Mania '99 Fitness, Aquatic and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 27-29, 1999.
145. Trebotich, T. and **Signorile, J.F.** Kickboxing 9 hour Certification Course. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, April 23-25, 1999.
146. Trebotich, T. and **Signorile, J.F.** PlyoPAC. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, April 23-25, 1999.
147. **Signorile, J.F.** The Aging Exerciser. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, April 23-25, 1999.
148. Trebotich, T. and **Signorile, J.F.** Kickboxing 9 hour Certification Course. East Coast Alliance on Exercise Conference, Miami, FL, November 10-14, 1999.
149. Trebotich, T. and **Signorile, J.F.** Kickboxing 8 hour Certification Course. East Coast Alliance on Exercise Conference, New York, NY, March 11-14, 1999.
150. **Signorile, J.F.** Conditioning the Master Athlete. East Coast Alliance on Exercise Conference, New York, NY, March 11-14, 1999.

151. Trebotich, T. and **Signorile, J.F.** Box Aerobic. East Coast Alliance on Exercise Conference, New York, NY, March 11-14, 1999.
152. Trebotich, T. and **Signorile, J.F.** PlyoPAC. East Coast Alliance on Exercise Conference, New York, NY, March 11-14, 1999.
153. **Signorile, J.F.** Periodization and Exercise Prescription. East Coast Alliance on Exercise Conference, New York, NY, March 11-14, 1999.
154. **Signorile, J.F.** Train Your Body to Fit Your Needs. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, April 23-25, 1999.
155. **Signorile, J.F.** The Aging Exerciser. Philadelphia Mania '99 Fitness and Personal Trainer Convention through Sara's City Workout, Philadelphia, PA, February 4-7, 1999.
156. Trebotich, T. and **Signorile, J.F.** The Power of Stretching. Philadelphia Mania '99 Fitness and Personal Trainer Convention through Sara's City Workout, Philadelphia, PA, February 4-7, 1999.
157. Trebotich, T. and **Signorile, J.F.** PlyoPAC. Philadelphia Mania '99 Fitness and Personal Trainer Convention through Sara's City Workout, Philadelphia, PA, February 4-7, 1999.
158. **Signorile, J.F.** Train Your Body To Fit Your Needs. Philadelphia Mania '99 Fitness and personal Trainer Convention through Sara's City Workout, Philadelphia, PA, February 4-7, 1999.
159. Trebotich, T. and **Signorile, J.F.** Philadelphia Mania '99 Fitness and Personal Trainer Convention through Sara's City Workout, Philadelphia, PA, February 4-7, 1999.
160. Trebotich, T. and **Signorile, J.F.** The Boxaerobics Exercise: Intro to Box 8 hr. Certification Course. Philadelphia Mania '99 Fitness and Personal Trainer Convention through Sara's City Workout, Philadelphia, PA, February 4-7, 1999.
161. **Signorile, J.F.** Interval Training. Midwest Mania : '98 Fitness and Personal Trainer Convention through Sara' City Workout, Chicago, IL, October 9-11, 1998.

162. Trebotich, T. and **Signorile, J.F.** Three-day training workshop for Team Promise Trainers. Sponsored by Promise Enterprises, Ft. Lauderdale, FL August 12-15, 1998.
163. **Signorile, J.F.** Interval Training. Dallas Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 6-9, 1998.
164. **Signorile, J.F.** The Aging Exerciser. Dallas Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 6-9, 1998.
165. Trebotich, T. and **Signorile, J.F.** The Power of Stretching. Dallas Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 6-9, 1998.
166. Trebotich, T. and **Signorile, J.F.** PlyoPAC. Dallas Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 6-9, 1998.
167. **Signorile, J.F.** Train Your Body To Fit Your Needs. Dallas Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 6-9, 1998.
168. Trebotich, T. and **Signorile, J.F.** The BoxAerobic Workout. Dallas Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 6-9, 1998.
169. Trebotich, T. and **Signorile, J.F.** The BoxAerobics Exercise: Intro to Box 8 hr. Certification Course, Dallas Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Dallas, TX, August 6-9, 1998.
170. Trebotich, T. and **Signorile, J.F.** The BoxAerobics Workout. Washington, DC's 7th Annual International Fitness Summit presented by DCAC, Washington, DC, July 31-August 2, 1998.
171. Trebotich, T. and **Signorile, J.F.** PlyoPAC. Washington, DC's 7th Annual International Fitness Summit presented by DCAC, Washington, DC, July 31-August 2, 1998.
172. **Signorile, J.F.** Interval Training. Washington, DC's 7th Annual International Fitness Summit presented by DCAC, Washington, DC, July 31-August 2, 1998.

173. **Signorile, J.F.** Specificity of Exercise: Restructuring the Muscle through Training, Washington, DC's 7th Annual International Fitness Summit Presented by DCAC, Washington, DC, July 31-August 2, 1998.
174. Trebotich, T. and **Signorile, J.F.** The BoxAerobics Exercise: Intro to Box 8 hr. Certification Course, Washington, DC's 7th Annual International Fitness Summit presented by DCAC, Washington, DC, July 31-August 2, 1998.
175. **Signorile, J.F.** Interval Training. Atlanta Mania '98 Fitness and personal Trainer Convention through Sara's City Workout, Atlanta, GA, July 10-12, 1998.
176. **Signorile, J.F.** The Aging Exerciser. Atlanta Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Atlanta, GA, July 10-12, 1998.
177. Trebotich, T. and **Signorile, J.F.** The Power of Stretching. Atlanta Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Atlanta, GA, July 10-12, 1998.
178. Trebotich, T. and **Signorile, J.F.** PlyoPAC. Atlanta Mania ;98 Fitness and Personal Trainer Convention through Sara's City Workout, Atlanta, GA, July 10-12, 1998.
179. **Signorile, J.F.** Train Your Body To Fit Your Needs. Atlanta Mania '98 Fitness and personal Trainer Convention through Sara's City Workout, Atlanta, GA, July 10-12, 1998.
180. Trebotich, T. and **Signorile, J.F.** The BoxAerobics Workout. Atlanta Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Atlanta, GA, July 10-12, 1998.
181. Trebotich, T. and **Signorile, J.F.** The BoxAerobics Exercise: Intro to Box 8 hr. Certification Course. Atlanta Mania '98 Fitness and personal Trainer Convention through Sara's City Workout, Atlanta, GA, July 10-12, 1998.
182. **Signorile, J.F.** Interval Training. Atlanta Mania '98 Fitness and personal Trainer Convention through Sara's City Workout, Atlanta, GA, July 10-12, 1998.
183. **Signorile, J.F.** The Aging Exerciser. Atlanta Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Atlanta, GA, July 10-12, 1998.

184. Trebotich, T. and **Signorile, J.F.** The Power of Stretching. Atlanta Mania '98 Fitness and Personal Trainer Convention through Sara's City Workout, Atlanta, GA, July 10-12, 1998.
185. **Signorile, J.F.** Train your body to fit your needs. Florida Mania Fitness and Personal Trainer Convention sponsored by Sara's City Workout, Orlando, FL, April 17-19, 1998
186. **Signorile, J.F.** The aging exerciser. Florida Mania Fitness and Personal Trainer Convention sponsored by Sara's City Workout, Orlando, FL, April 17-19, 1998.
187. Trebotich, T. and **Signorile, J.F.** PloyPAC: Plyometrics for the non-athlete. Florida Mania Fitness and Personal Trainer Convention sponsored by Sara's City Workout, Orlando, FL, April 17-19, 1998.
188. Trebotich, T. and **Signorile, J.F.** The power of stretching. Florida Mania Fitness and Personal Trainer Convention sponsored by Sara's City Workout, Orlando, FL, April 17-19, 1998.
189. **Signorile, J.F.** Muscle Types, Performance, and Training. Florida Mania Fitness and Personal Trainer Conference through Sara's City Workout, April 23-25, 1999.
190. Trebotich, T. and **Signorile, J.F.** Kickboxing Training Course: 8 hr. Certification for Instructors. San Francisco, CA, May 23, 1998.
191. **Signorile, J.F.** Clinical concepts and issues in strength and balance training in older adults. Biodex Clinical Application Seminar, Memorial Hospital West, Pembroke Pines, FL, May 9, 1998.
192. **Signorile, J.F.** and Trebotich T. Box Aerobics Exercise Certification. Eight-hour certification course. Baltimore, Maryland. May 2, 1998
193. Trebotich, T. and **Signorile, J.F.** BoxAerobics Exercise Certification. Pre-conference 8-hours certification course for Florida Mania Fitness and personal Trainer Convention sponsored by Sara's City Workout, Orlando, FL, April 16, 1998.

194. **Signorile, J.F.** The Metabolic Basis of Training Prescription. National Strength and Conditioning Association Florida State Clinic, Boca Raton, FL, March 21, 1998.
195. Trebotich, T. and **Signorile, J.F.** Boxaerobics Master Class. ECA World Fitness Alliance, New York, NY, March 13-15, 1998.
196. Trebotich, T. and **Signorile, J.F.** The Power of Stretching. ECA World Fitness Alliance, New York, NY, March 13-15, 1998.
197. Trebotich, T. and **Signorile, J.F.** PlyoPAC: Plyometrics for the Club. ECA World Fitness Alliance, New York, NY, March 13-15, 1998.
198. Trebotich, T. and **Signorile, J.F.** Kick Boxing Certification Course: 8 hour Certification for Instructors. New York Sports Club, New York, NY, March 12, 1998.
199. **Signorile, J.F.** and Trebotich, T. The Promise System. ECA/CCW National Sports Training and Fitness Conference, Miami, FL, October 31-November 2, 1997.
200. **Signorile, J.F.** and Trebotich, T. PlyoFit: The Application of Plyometric and Agility. Training to a Now-Athletic Population. ECA/CCW National Sports Training and Fitness Conference, Miami, FL, October 31-November 2, 1997.
201. Trebotich, T. and **Signorile, J.F.** BoxAerobics Exercise Certification. ECA/CCW National Sports Training and Fitness Conference, Miami, FL, October 31-November 2, 1997
202. **Signorile, J.F.** Conditioning for the Master Athlete. ECA/CCW National Sports Training and Fitness Conference, Miami, FL, October 31-November 2, 1997.
203. **Signorile, J.F.** The Promise System: Periodization Applied to Personal Training. Promise Enterprises National Training Symposium, Boneventure, FL, July 31-August 3, 1997
204. **Signorile, J.F.** The Physiology of Interval Training. Promise Enterprises National Training Symposium, Boneventure, FL, July 31-August 3, 1997.

205. **Signorile, J.F.** The Science of BoxAerobics. Promise Enterprises National Training Symposium, Boneventure, FL, July 31-August 3, 1997.
206. **Signorile, J.F.** Flexibility Training: The Physiological Basis of the FlexMate System. Promise Enterprises National Training Symposium, Boneventure, FL, July 31-August 3, 1997.
207. **Signorile, J.F.** PlyoPAC: An Applied System of Plyometrics, Agility and Dynamic Balance for the Fitness Industry. Promise Enterprises National Training Symposium, Boneventure, FL, July 31-August 3, 1997.
208. **Signorile, J.F.** and Trebotich, T. BoxAerobics Training Workshop. New York Athletic Club, New York, NY, August 23, 1997.
209. **Signorile, J.F.** "*Exercise prescription: The basis of health and fitness.*" Invited lecture before the Greater Miami Rotary Club, Crown Plaza Hotel, Miami, FL, April 4, 1996.
210. **Signorile, J.F.** and Trebotich, T. "*The physiological basis of the Box Aerobic Exercise Program.*" Pacific Athletic Club, San Francisco, CA, March 29-30, 1996.
211. **Signorile, J.F.**, Brownholtz, J., and Yambor, M. "*Sports Science Seminar: Exercise Physiology, Nutrition and Sports Psychology for Olympic Competition.*" The West Indian Tobacco Sports Foundation for the Trinidad and Tobago Olympic Team, Port of Spain, Trinidad, March 15-16, 1996.
212. **Signorile, J.F.** and Trebotich, T. The physiological basis of the Box Aerobics Exercise program. Master class and eight-hour seminar. New York Athletic Club, Manhattan, NY, March 7-8, 1996.
213. **Signorile, J.F.** The impact of exercise on the aging process: Implications of various modalities. Dade County Friends for Life, Doral Country Club, Miami, FL, February 19, 1996.
214. **Signorile, J.F.** and Trebotich, T. The physiological basis of the Box Aerobics Exercise Program. Master class and eight-hour seminar, San Francisco, CA, March 31- February 1, 1996.

215. **Signorile, J.F.** and Trebotich, T. Box Aerobics Instructors Workshop. A nine-hour comprehensive course teaching the training theories and scientific poses of the Box Aerobics workout. New York City, NY, October 7, 1995.
216. Noss, C., and **Signorile, J.** The physiology of the Box Aerobics Workout Fitness Seminar, Selma Lager Läj, Sunne, Sweden, September 22-29, 1995.
217. **Signorile, J.F.** and Trebotich, T. The physiological basis of the Box Aerobics Exercise System: Applied Interval training. Three-day educational seminar, Bonaventure Hotel and Spa, Ft. Lauderdale, FL, July 21-23, 1995.
218. **Signorile, J.F.** and Suidmak, P. Invited lecture, Biodex Medical Corporation. The use of isokinetic techniques in the maintenance of balance for our senior citizens. Shirley, NY, May, 1995.
219. **Signorile, J.F.** *"The impact of high speed resistance training on the quality of life of our seniors."* Invited Lecture before the Greater Miami Rotary Club, Crown Plaza Hotel, Miami, FL, April 6, 1995.
220. **Signorile, J.F.** *"The impact of resistance training on holistic health, the body, mind, spirit relationship."* Invited lecture at the White House Mini-Conference on Aging, Ft. Lauderdale, FL, March 23, 1995.
221. **Signorile, J.F.** *"Resistance training for our aging population."* Invited lecture in conjunction with the University of Miami School of Medicine for Woodland Friends for Life, January 16, 1995.
222. **Signorile, J.F.** *"The box aerobics workout: An overview of the physiological bases of the workout."* Presented at Box Aerobics Instructors' Seminar, Body Works Fitness Center, Miami, FL, January 15, 1995.
223. **Signorile, J.F.** and Trebotich, T. The Bioenergetics and Biomechanics of the Box Aerobics Workout. Eight-hour certification workshop, American Fitness and Aerobics Association. Newberg, New York, November 20-22, 1994.
224. **Signorile, J.F.** and Trebotich, T. Box Aerobic: Potential for weight reduction - the impact of intensity on weight loss. Duke University Center for Weight Control, October 11, 1994.

225. **Signorile, J.F.** *"Exercise specificity and resistance training prescription for our older population."* Symposium for Training Techniques in the Elderly, Doctors Hospital, October 15, 1994.
226. **Signorile, J.F.**, Trebotich, T. The Box Aerobic Exercise Workout: A biomechanical, physiological, and practical overview. An eight-hour workshop presented at the Aerobics and Fitness Association of America Seminar, Houston, TX, August 13, 1994.
227. **Signorile, J.F.** High-speed weight training in an older population. Advisory Board Meeting of the Center on Human Factors and Aging Research, University of Miami, Spring, 1994.
228. **Signorile, J.F.**, Trebotich, T. The Box Aerobics Exercise Workout: A biomechanical, physiological, and practical overview. An eight-hour workshop presented at the Aerobic and Fitness Association of America Seminar at the PGA National Resort and Spa, Miami, FL, July 9, 1994.
229. **Signorile, J.F.** *"The biomechanics and physiology of box aerobics: A study in exercise specificity."* Box Aerobic Seminar at the PGA National Resort and Spa, May 21, 1994.
230. **Signorile, J.F.** *"Bioenergetics for the fitness practitioner: Physiology for client information and satisfaction."* Box Aerobic Seminar at the PGA National Resort and Spa, May 22, 1994.
231. **Signorile, J.F.** *"How do your muscles work?"* Series of two lectures presented to the Arvida Middle School Gifted Science Classes for the Miami Public School System, May 20, 1994.
232. **Signorile, J.F.** Academic Success Seminar. Freshmen Orientation, Fall 1993. *"Presenting academic expectations support systems, and learning strategies to incoming freshmen."*

Radio and Television Appearances

1. **Signorile, J.F.** "*Bending the Aging Curve.*" Appearance on Channel 6 New Health Watch, January 10, 2003.
2. **Signorile, J.F.** "*Bootcamp: A new exercise craze.*" Appearance on Channel 6 New Health Watch, August 22-24, 2002.
3. **Signorile, J.F.** "*Bending the aging curve.*" Appearance on Channel 6 News Health Watch, August 14-18, 2002.
4. **Signorile, J.F.** "*The impact of the attack on America on the fitness and health concerns of the American public.*" Appearance on Channel 6 News Health Watch, September 26, 2001.
5. **Signorile, J.F.** "*Super-slow training.*" Appearance on Channel 6 News Health Watch with Dr. Diana Lite, May 16, 2001.
6. **Signorile, J.F.** "*Effects of high and low-speed isokinetic training on older women.*" Appearance on Channel 6 News Health Watch with Dr. Diana Lite, January 18, January 19, and January 20, 1999.
7. **Signorile, J.F.** "*High Speed Training Causes Improvements in Speed and Strength in an Older Population.*" MedStar presentation to 63 syndicated network stations. Summer, 1998.
8. **Signorile, J.F.** "*Sports Specific Training Techniques for an Aging Population.*" Radio Interview for State of Florida's Department of Elder Affairs Update, Program October 14, 1997.
9. **Signorile, J.F.** "*Exercise and Nutrition for the Baby Boomer Generation.*" Thirty-minute interview for the series "*The Fabulous Fifties*" on WLRN TV; Miami, FL, 9:00 P.M., February 9, 1996.
10. **Signorile, J.F.** "*High speed training for our older citizens.*" Appearance on Channel 6 News Health Watch with Dr. Steve Greenberg, October 7 and October 8, 1994.
11. **Signorile, J.F.** "*Resistance training and our older population.*" A bilingual presentation of the current high-speed training techniques used at our laboratory. Appearance on local CNN affiliated stations, August 1, 1994.

12. **Signorile, J.F.** *"The box aerobic exercise training video."* An instructional video for fitness instructors teaching the Box Aerobic Exercise workout, Spring, 1994.
13. **Signorile, J.F.** *"High speed resistance training and the elderly."* For Health News Presentation through Med* Source by MedStar, carried on 63 network stations, Spring, 1994.
14. **Signorile, J.F.** *"Just Move It."* An invited contribution to this instructional tape designed to present exercise options to an elderly population. Released by McNeil Pharmaceuticals makers of Tylenol. Produced by the Medical Broadcasting Co., Conshohocken, PA, 1993.
15. **Signorile, J.F.** *"Herbal Wraps: A Way to Reduce Body Fat?"* Appearance on WCIX Channel 6, Miami, FL, Spring, 1993.
16. **Signorile, J.F.** *"Ideal Weights from Standardized Charts: Are They Really Indicative of Body Fat?"* Appearance on WCIX Channel 6, Miami, FL, Spring, 1993.
17. **Signorile, J.F.** *"Herbal Wraps: A Way to Reduce Body Fat?"* Appearance on WCIX Channel 6, Miami, FL, Spring, 1993.

Teaching

Teaching Awards

University of Miami Finalist for “*Polish the Apple*” Award for teaching excellence by University of Miami Panhellenic Council, 1998.

Teacher of the Year, General Physical Education Department, 1983.

Teaching Specialization

Cellular Exercise Physiology (Graduate) – 2002-present	University of Miami
Exercise Prescription: Neuromuscular (Graduate) – 2002-present	University of Miami
Exercise Prescription and Aging (Graduate) – 2002-present	University of Miami
Neurophysiology of Training (Graduate) – 2002-present	University of Miami
Exercise Prescription: Neuromuscular (Undergraduate) – 2002-present	University of Miami
Laboratory Techniques in Muscle Physiology (Undergraduate) – 1999-present	University of Miami
Laboratory Techniques in Cardiopulmonary Phys. (Undergraduate) – 1999-present	University of Miami

Evaluation of the Elite Athlete (Graduate Level) - 1989-2002	University of Miami
The Phys. & Training of Aging Skeletal Muscle (Graduate Level) - 1989-present	University of Miami
Advanced Tests & Measurements in Exercise Phys. (Graduate Level) - 1989-2002	University of Miami
Neurophysiology of Sport and Exercise (Graduate Level) - 1989-present	University of Miami
Introduction to Exercise Phys. (Cardiopulmonary) (Undergraduate) - 1989-present	University of Miami
Introduction to Exercise Phys. (Neuromuscular) (Undergraduate) - 1989-present	University of Miami
Weight Training (Undergraduate Level) - 1986-1989	Texas A&M
Aerobic Running (Undergraduate Level) - 1986-1989	Texas A&M
Tennis (Undergraduate Level) - 1986-1989	Texas A&M
Swimming (Undergraduate Level) - 1986-1989	Texas A&M
Weight Training (Undergraduate) - 1979-1986	University of Florida
Aerobic Running (Undergraduate) - 1979-1986	University of Florida
Tennis (Undergraduate) - 1979-1986	University of Florida

Scuba Diving
(Undergraduate) - 1979-1986

University of Florida

Swimming and Water Safety
(Undergraduate) - 1979-1986

University of Florida

Thesis and Dissertation Advising

Dissertation Committees

Chairman

Chairman – Doctoral Dissertation, Wesley Smith. *Development of a predictive equation for quantifying power using the 30-second chair stand test.* (in progress)

Chairman – Doctoral Dissertation, Tom Incledon. *The effects of a dietary supplement containing a panax ginseng extract and additional agents on physical and mental performance.* (in progress)

Chairman – Doctoral Dissertation, Angie Van Bemden. *Three-dimensional mapping of eccentric and concentric isokinetic muscle performance in collegiate pitchers: A more complete perspective on isokinetic assessment of shoulder internal and external rotation.* (in progress)

Chairman – Doctoral Dissertation, Damian Stanziano. *The effects of an 8-week active, assisted, flexibility training program on functionality, mobility, power, and range of motion in older persons.* Fall 2005

Chairman – Doctoral Dissertation, Lani Kempner. *A cross-sectional analysis of strength and functional performance in trained vs. untrained individuals 18-80 years of age.* Spring 2004.

Chairman – Doctoral Dissertation, Attila Zink. *An analysis of force, power, and contractile speed while performing the parallel squat under various loading conditions.* Spring 2003.

Co-chairman- Doctoral Dissertation, Michelle Carmel. *The effect of various speeds of isokinetic training on strength, power and functional performance in an elderly population.* Spring, 2000, in collaboration with the Department of Industrial Engineering.

Chairman- Doctoral Dissertation, Brad Webber. *A biomechanical and electrical analysis and comparison of the squat at different performance velocities.* Spring, 2000.

Chairman- Doctoral Dissertation, Paul Miller. *Shifts in enzyme kinetics due to activity - specific training at varying hydrogen ion and lactate concentrations in rat skeletal muscle.* Spring, 1998.

Chairman - Doctoral Dissertation, John F. Caruso. *The combined impact of the β_2 agonist, albuterol and isokinetic exercise on the quadriceps muscle group.* Summer 1994.

Chairman - Doctoral Dissertation, Ilka Lowensteyn. *Biochemical and physiological markers of overtraining across a season of competitive swimming.* Summer 1993.

Committee Member

Committee Member- Doctoral Dissertation, Linda Crane. *Relationship of the degree of kyphosis, bone density and activity history to pulmonary function in postmenopausal women with osteopenia.* Spring, 1997.

Thesis Committees

Chairman

Chairman- Master's Thesis, Jennifer Puhl. *"An evaluation of physiological and performance field testing in women soccer players.* Spring, 2000.

Chairman- Master's Thesis, Maurice Duque. *A kinetic evaluation of performance in selected karate strikes.* Spring, 1999.

Chairman- Masters Thesis, Brad Webber. *An electromyographical analysis of the front and back squat.* Spring, 1996.

Chairman - Masters Thesis, Daniel P. Ferris. *The effects of sand as a jumping surface on oxygen consumption, heart rate, and muscular activity.* Spring 1994.

Chairman - Masters Thesis, Diana Flipse. *The effects of various resistance training protocols on muscular performance in an elderly population.* Spring 1993.

Chairman - Master Thesis, Sara Louise Digel. *A mechanical and electromyographical analysis of various ankle support systems.* Spring 1993.

Chairman - Masters Thesis, Jeffrey R. Keeler. *The effects of varying warm-up intensities and rest intervals on a cycle ergometer power test.* Spring 1993.

Chairman - Masters Thesis, Denise Kascik. *The activity of the superficial quadriceps at different knee and foot positions during isometric rehabilitative exercise.* Spring 1993

Chairman – Masters Thesis, Diane Darby. *Differential changes in hormonal response to weight-training with variations in training strategy and age.* (in progress)

Committee Member

Committee Member- Master's Thesis, Sharon West. *The effect of Breath-Rite strips on aerobic and anaerobic performance in competitive athletes.* Spring, 2000.

Committee Member- Master's Thesis, Tomaki Okuyama. *A comparison of cardiovascular risk factors in Japanese-American and Japanese children.* Fall, 1996.

Committee Member- Masters Thesis, Evelyn Rosenblatt. *A comparison of nutrient intake, physical activity levels, self-perception and body composition in Caucasian, African-American and Hispanic-American high school females.* Spring, 1996.

Committee Member- Masters Thesis, Cristen L. Emley. *The development and validation of the dietitian's attitudes toward disorders scale.* Spring, 1996.

Committee member - Masters Thesis, Lisa Tremblay. *The relationship of obesity and physical activity to other coronary risks factors in sixth grade children.* Spring 1992.

Masters Projects

Committee Member – Kelly Donahue. *Differences in oxygen consumption patterns with and without mouthguard use.* (In progress)

Committee Member – Christopher Chacon. *Differences in lower back and quadriceps activity due to bar position and depth of performance during the squat.* (in progress)

Committee Member – Molly McGraw. *Electromyographic evaluation of several shoulder muscles during four strengthening exercises.* (in progress)

Committee Member – Jason Jerome. *The Effects of Topical Analgesics on Static and Dynamic Balance and Muscle Function of the Quadriceps Group.* (In progress)

Supervising Faculty Member – Thelma Gomez. *An electromyographical comparison of lower back and quadriceps activity when performing the leg extension exercise at different back support angles.* (Summer, 2004)

Supervising Faculty Member – Jennifer Lister. *The impact of rehabilitative exercises for the rotator cuff using the Body Blade, Therabands and hand-held weights.* (Spring, 2004)

Supervising Faculty Member – Eileen McAlister. *Power and force production analyses with EMG during hydraulic and weight-stack resistance training.* (Summer 2004)

Supervising Faculty Member – Mark Stotenberg. *Differences in utilization patterns of the quadriceps femoris with different foot positions during the leg extension.* (Summer 2004)

Undergraduate Thesis Committees

Committee Member

Committee Member - Bachelor of Science *summa cum laude* Thesis, Cynthia Bartus.
Effects of c-terminal modifications on expression of human muscarinic acetylcholine receptors (M1 subtype) in halobacterium salinarum.
Spring, 2000.

Service

University Committee Assignments and Special Projects

Co-chairman – (2003-present) Search committee for a new faculty member in the Department of Exercise and Sport Science Exercise Physiology Program.

Member – (2003-present) University of Miami Research Council.

Member - (1995-present) Graduate Council's Subcommittee on Programs and Degrees, Graduate School.

Member - (1994-present) Academic and Student Services Committee.

Member - (1993-present) Technology Committee, School of Education. To evaluate and make suggestions for advancements in research and teaching technology for the School of Education.

Member - (1995-2001) School Council, School of Education.

Chairman - (1999) School of Education Task Force on Improving Student Quality.

Member - (1998) Search Committee for Research Faculty Member. Department of Educational and Psychological Studies, School of Education.

Member - (1998) Search Committee for Research Faculty Member. Department of Educational and Psychological Studies, School of Education.

Collaborator - (1998) Curriculum Restructuring of Graduate Degrees in Exercise Physiology.

Collaborator - (1998) Development of the Biology/Exercise Physiology Double Major in Conjunction with the College of Arts and Sciences.

Supervising Faculty Member - (1997) Honors Project in Biology. Student: Debra Sampson.

Member - (1997-present) Hewlett Committee for the Establishment and Evaluation of Learning Communities at the University of Miami.

Member - (1996-1997) Periodical Evaluation Committee for Richter Library holdings, School of Education.

Member - (1996-present) Graduate School Committee for Doctoral Curriculum Evaluation.

Member - (1996-present) Organizing Committee for the Establishing of a Graduate Student Research Forum to celebrate the University's 70th Anniversary.

Member - (1996-present) Assessment and Evaluation Committee Hewlett Project for the Development of Learning Communities, Office of the Provost.

Member - (1994-1995) Doctoral Program Ad Hoc Committee, School of Education to evaluate and recommend changes in the current doctoral program.

Member - (1994-present) Teaching and Learning Search Committee for elementary (special education) faculty position.

Member - (1994-1995) Teaching and Learning Search Committee for secondary/TESOL faculty position.

Member - (1992-1994) School Council, School of Education.

Community and Public School Committees

- Presenter** Fourth Annual Miami Museum of Science BioTRAC Career Fair. Miami Museum of Science, April 24, 2004, Miami, FL.
- Member** Advisory Board for Health and Fitness, Miami-Dade Firefighters.
- Supervising Faculty Member** Dade County Public Schools, Division of Advanced Academic Program, Laboratory Research Internship Program. To act in a supervisory and advisory role for academically gifted students in the natural sciences and provide for them hands-on experience in scientific methodology including, laboratory techniques, data collection and data analysis. Fall 1998-Spring 2000. *Student: Natalie Cole.*
- Supervising Faculty Member** Dade County Public Schools, Division of Advanced Academic Program, Laboratory Research Internship Program. To act in a supervisory and advisory role for academically gifted students in the natural sciences and provide for them hands-on experience in scientific methodology including, laboratory techniques, data collection and data analysis. Fall 1997-Spring 1998. *Student: Miguel Garcia.*
- Judge** South Florida Regional Science and Engineering Fair hosted by Dade County Public Schools. Evaluating projects submitted for the annual science and engineering competition. February 21-28, 1996.
- Judge** South Florida Regional Science and Engineering Fair hosted by Dade County Public Schools. Evaluating projects submitted for the annual science and engineering competition. February 21-28, 1995.
- Supervising Faculty Member** Dade County Public Schools, Division of Advanced Academic Program, Laboratory Research Internship Program. To act in a supervisory and advisory role for academically gifted students in the natural sciences and provide for them hands-on experience in scientific methodology including, laboratory techniques, data collection and data analysis. Fall 1995-Spring 1996. *Student: Claudine Respasso.*

Supervising Faculty Member Dade County Public Schools, Division of Advanced Academic Program, Laboratory Research Internship Program. To act in a supervisory and advisory role for academically gifted students in the natural sciences and provide for them hands-on experience in scientific methodology including, laboratory techniques, data collection and data analysis. Fall 1994-Spring 1995. *Student: Stephanie Southern.*

Member South Dade Community Homeowners Association: Elected member to consider the feasibility of new development in the South Dade/Cutler Ridge Area, Spring 1993-1995.