

Curriculum Vitae
Michael Morley Lockard

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CERTIFICATION

I have prepared and read the following curriculum vitae and certify that this is a current and accurate statement of my professional record.

EDUCATION

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| 2009 | Ph.D. – Kinesiology (Exercise Physiology), Department of Kinesiology, School of Public Health, University of Maryland, College Park, MD 20742 |
| 2003 | M.A. – Kinesiology (Exercise Physiology), Department of Kinesiology, College of Health and Human Performance, University of Maryland, College Park, MD 20742 |
| 2001 | B.S. – Sports Biology, Biology/Chemistry Department, Springfield College, Springfield, MA 01109 |

WORK EXPERIENCE

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| 2013 – Present | Associate Professor of Exercise Science, Willamette University |
| 2007 – Present | Assistant Professor of Exercise Science, Willamette University |
| 2006 – 2007 | NIH Pre-doctoral research fellowship |
| 2002 – 2006 | Research Assistant, Department of Kinesiology, University of Maryland |
| 2001 – 2007 | Instructor and Teaching Assistant, Department of Kinesiology, University of Maryland |

TEACHING

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| Fall 2007 – Present | <i>Human Physiology</i> , BIOL 260, Willamette University, Lecture and Laboratory instructor |
| Fall 2007 – Present | Physiology of Exercise, EXSCI 360, Willamette University, Lecture and Laboratory instructor |

Fall 2008 – Present	Research Methods in Exercise Science, EXSCI 356W, Willamette University, Instructor
Fall 2008 – Present	Senior Seminar in Exercise Science – EXSCI 496, Student Advisor
Spring 2009 – Present	Physical Activity and Disease Prevention, IDS 224, Willamette University, Lecture and Laboratory Instructor
Spring 2011	The Science of Nutrition, EXSCI 330, Willamette University, Instructor
Summer 2012	Concepts and Contemporary Issues in Sport and Sport Science, Tokyo International University of America, Co-instructor

PROFESSIONAL MEMBERSHIPS AND ASSOCIATIONS

2006-present	American Association for the Advancement of Science (AAAS)
2003, 2007-present	American College of Sports Medicine (ACSM), ACSM NW chapter
2007-present	American Physiological Society (APS)

AWARDS:

Willamette University:

2013	Professor of the Year - Mortar Board
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SERVICE:

Institution:

Willamette University:

2011 – present	Undergraduate Grants and Awards Committee – Committee Chair (2012 – 2013). Willamette University
2011	Howard Hughes Medical Institute Proposal Planning Committee – Exercise Science representative
2008 – 2011	Student Scholarship Recognition Day (SSRD) Committee – Committee Chair (2009 – 2010). Willamette University institutional undergraduate conference
2009 – present	Exercise Science Executive Board – Faculty advisor
2008, 2012	Search Committee: 2009: Athletic Training and Anatomy, 2012: Biomechanics – Dept. of Exercise Science

2008 – Present Student Advisor – Advise transfer students at Willamette University as well as declared Exercise Science majors

Local:

2012 Grant Elementary School Laboratory Experience, Willamette University.

2010 Invited Speaker, “Why College?”, McNary High School, Keizer, OR.

2008 – present Presentations in Human Anatomy and Physiology: Lead workshops for Salem area high school students in human physiology and exercise physiology. Willamette University

2008 – present Saturday Explorations – Department coordinator (2010): Arranged and lead workshops for Salem area middle school students in Exercise Science, Willamette University

2007 Invited Speaker, “Ethical Controversies in Science”, Walter Johnson High School, Bethesda, MD

FUNDING

2011 iHSI – Exercise Science and Psychology Collaborative Research Program, Willamette University, \$5,500

2011 Atkinson Award, Equipment grant, Willamette University, \$2,500

2011/2012 Keck Foundation Fellowship for teaching enhancement, \$1,500 stipend each year. PIs: Stasinos Stavrianeas, Mark Stewart

2011 Teagle Grant Instructor for improvement in numeracy instruction, \$1000 stipend. PIs: James Friedrich, Mark Stewart

2010 iHSI - Exercise Science and Psychology Collaborative Research Program, Willamette University, \$4,500

2010 Scholarship to attend the NIH Regional Seminar for Program Funding and Grants Administration – June 2010, Willamette University, \$450

2008 Summer Collaborative Research Project, Willamette University, Non-competitive, \$1500 lab costs + faculty and student stipends

PUBLICATIONS

Doctoral Dissertation:

Lockard, MM. (2009). The Effect of Thrombin on Endothelial Progenitor Cells with Exercise and Exercise Training. University of Maryland, College Park.

Master’s Thesis:

Lockard MM. (2003). Prothrombin Fragment 1+2 Response to 6 Months of Exercise Training In Sedentary Individuals. University of Maryland, College Park.

Refereed Research Papers:

1. **O’Leary CB, Clark LA, Hong J, Lockard MM.** (in press) The acute effects of stretching on presynaptic inhibition and peak power.
2. **McGeehan M, Lockard MM.** (in review) The relative effects of aerobic and resistance exercise for glycemic mediation.
3. **Soma E, Lockard MM, Stavrianeas S.** (2010) Challenging the accuracy of a single-test lactate threshold protocol in collegiate rowers. *International Journal of Exercise Science* 3(4). 206-213.
4. **Lockard MM, Witkowski S, Spangenburg EE, Jenkins NT, Obisesan TO, Hagberg JM.** (2010) Thrombin and exercise similarly influence expression of cell cycle genes in cultured putative endothelial progenitor cells, *Journal of Applied Physiology*. 108. 1682-90.
5. **Witkowski S, Lockard MM, Jenkins NT, Obisesan TO, Spangenburg EE, Hagberg JM.** (2010) Endothelial progenitor cells and vascular health: exercise training and detraining. *Clinical Science*. 118(4). 303-11.
6. **Lockard MM, Gopinathannair M, Paton CM, Phares Dana, Hagberg JM.** (2007) Exercise training-induced changes in coagulation factors in older adults. *Med. Sci. Sports Exerc.* 38(4). 587-92.

Book Chapters:

1. **Moore GE, Lockard MM.** (2009), Bleeding and Clotting Disorders. In *Exercise Management for Persons with Chronic Diseases and Disabilities, 3rd edition*. American College of Sports Medicine, Human Kinetics. 250-6.

PRESENTATIONS

1. **Wise ZB, Neuhauser M, Turner JJ, McGrew, M, Lockard, MM.** The effects of caffeine on repeated cycle ergometer sprint bouts. American College of Sports Medicine – Northwest regional meeting, Salem, OR. Poster. 2013
2. **Reeder JR, Kazubinski K, Foreman A, Crauthers M, Lockard MM.** Effect of creatine supplementation on time to fatigue in the anaerobic Wingate test. American College of Sports Medicine – Northwest regional meeting, Salem, OR. Poster. 2013
3. **Davey KDA, Pastorino CJ, Kass EL, Carroll CW, Lockard MM.** Active Recovery During HIIT Induces Higher HR but Lower Perceived Exertion Than Passive Recovery. American College of Sports Medicine – Northwest regional meeting, Salem, OR. Poster. 2013

4. **Lockard MM, Kessler NJ, Hong J, Siebuhr RA.** von Willebrand Factor and Blood Flow Response to Whole Body Vibration in Diabetic Peripheral Neuropathy. American College of Sports Medicine Annual Meeting, San Francisco, CA. Poster. *Med. Sci. Sports Exerc.*, 44 (5supp.), 2012.
5. **Kessler NJ, Hong J, Lockard MM.** Effects of whole body vibration on pain, nerve conduction and hemodynamics in individuals with diabetic peripheral neuropathy. American College of Sports Medicine Annual Meeting, San Francisco, CA. Poster. *Med. Sci. Sports Exerc.*, 4 (5supp.), 2012.
6. **Clark LN, O'Leary C, Hong J, Lockard MM.** Effects of static and dynamic stretching on presynaptic inhibition. American College of Sports Medicine-Northwest regional meeting, Cour d'Alene, ID. Poster. 2012
7. **Soma E, Schultz L, Lockard M, Stavrianeas, S.** Effectiveness of single lactate test in determining lactate threshold in collegiate rowers. American College of Sports Medicine-Northwest regional meeting, Seattle, WA. Poster. 2009.
8. **Rice D, Nakata K, Lockard M.** Influence of exercise training on blood hemostasis. American College of Sports Medicine-Northwest regional meeting, Seattle, WA. Poster. 2009.
9. **Rice D, Nakata K, Lockard M.** Influence of exercise training on blood hemostasis. Murdock Undergraduate Research Conference, Tacoma, WA. Poster. 2009.
10. **Lockard MM, Brandauer J, Weiss EP, Gopinathannair R, Kulaputana O, Hagberg JM.** The association of impaired glucose tolerance and insulin resistance with hemostatic imbalance. Experimental Biology Annual Meeting, Washington DC, Poster. 2007.
11. **Gopinathannair R, Lockard, MM, Paton, Park JY, Phares DA, Hagberg JM.** Plasma Lipoprotein Lipids Do Not Regulate Exercise Training-Induced Changes in Coagulation Factor VIII Antigen and Prothrombin Fragment 1+2 Levels in Sedentary, Dyslipidemic Individuals . Slide presentation for the American College of Cardiology Annual Scientific Session, Orlando, FL. 2005.
12. **Lockard MM, Paton CM, Prior SJ, Phares DA, Hagberg JM.** G protein Beta-3 C825T polymorphism and body composition, fasting insulin and glucose with 6-months of aerobic exercise training. APS Experimental Biology meeting, Austen TX, Poster. *FASEB Journal*, 2004.
13. **Lockard MM, Phares DA, Halverstadt AA, Ferrell RE, Goldberg AP, Hagberg JM.** Common genetic polymorphisms and cholesterol response to exercise training. American College of Sports Medicine Annual Meeting, San Francisco, CA. Poster. *Med. Sci. Sports Exerc.*, 35 (5supp.), 2003.

