

Peter J. Chomentowski 3rd, PhD

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pchomentowski@niu.edu

Academic and Administrative Experience

Northern Illinois University, DeKalb, IL, 08/2014 to current

College of Education - Department of Kinesiology & Physical Education (KNPE)

- Associate Department Chair and Graduate Director, 08/2022 to current
- Faculty Senate President and Chair of University Council, 07/2021 to 06/2022
- Interim Graduate Director - Department of Kinesiology & Physical Education, 01/2020 to 05/2020
- Associate Professor and Assistant Director Human Performance Laboratory, 08/2020 to current
- Director: Fitness Assessment, Consulting, and Technology Program – (FACT), 08/2016 to current
- Assistant Professor and Assistant Director Human Performance Laboratory, 08/2014 to 05/2020
- Emerging Faculty Leadership Program - Division of Academic Affairs. Office of the Executive Vice President and Provost, 2021-2022.

Eastern Kentucky University, Richmond, KY, 08/2011 to 05/2014

College of Health Sciences (HS) - Exercise and Sport Science Department (ESS)

- Assistant Professor, Director Exercise Physiology Laboratory

University of Pittsburgh, Pittsburgh, PA, 01/2008 to 05/2011

Department of Endocrinology Metabolism Medicine

- Post-Doctoral Fellow Obesity and Nutritional Research Center
- Lecturer, Health and Physical Activity Department

University of Pittsburgh, Pittsburgh, PA, 01/2003 to 05/2007

Health and Physical Activity Department – Department of Endocrinology Metabolism Medicine

- Research Assistant and Clinical Coordinator

Professional Preparation and Education

Post-Doctoral Fellowship, University of Pittsburgh, Pittsburgh. January 2008 to May 2011

UMPC – Division of Endocrinology and Metabolism Medicine

Emphasis: Skeletal muscle physiology biopsy, muscle physiology, Type II diabetes, sarcopenic obesity interventions, energy expenditure in diverse populations, and exercise intervention program design.

Advisors: Dr. Bret H. Goodpaster and Dr. Federico Toledo

Ph.D., Clinical Exercise Physiology, University of Pittsburgh, Pittsburgh. May 2008

Dissertation Title: The influence of diet-induced weight loss and aerobic exercise on skeletal muscle mass in obese older adults.

Advisors: Dr. Bret H. Goodpaster and Dr. Federico Toledo

Master of Science, Clinical Exercise Physiology, University of Pittsburgh, Pittsburgh. December 2005

Bachelor of Arts, Physical Education, University of North Carolina at Wilmington, Wilmington. May 2001

Publications Referred

1. **Chomentowski P.J.**, Peterson, J.R., Sebastião, E., Camic, C.L., Tauber, R.N., Kowal, R.A., Emory, K & Wahl-Alexander, Z. (2023). Relationship between body fat composition and markers of physical fitness in college aged students who engage in television viewing leisure time activity. *International Journal of Sports Sciences and Health*. Accepted for publication July. 10(21-22).
2. **Chomentowski, P.J.**, Yates, C.J., Flury, M., & Hernandez L. (2022). Effects of different timed recovery interventions on blood lactate levels during high intensity interval exercise in college aged students. *International Journal of Sports Sciences and Health*. 9(17-18): 192-197. ISSN 2545-4978.
3. Mandli, S., Barrett, P., Ghosh, R., & **Chomentowski, P.J.** (2022). Parent recollections of the child's home food environment: Impact on later diet quality and weight status in college students. *International Journal of Food Technology and Nutrition*. 5(9-10): 90-103. ISSN 2671-3071.
4. Belbis, M.D., Camic, C.L., Howell, S.M., Zhang, S., & **Chomentowski, P.J.** (2022). The effects of caffeine ingestion on repeated-sprint performance in college-aged non-athletes. *International Journal of Exercise Science*. 15(2). 846-860.
5. **Chomentowski, P.J.**, Yates, C.J., Flury, M., Roper, J., Howell, S., Wojan, F., Deldin, A., & Armstrong J. (2022). The effect of post-activation potentiation on subsequent 40-yard sprint performance in high school athletes in North America. *International Journal of Sports Sciences and Fitness*. 12(1). 23-41.
6. **Chomentowski, P.J.**, Perry, C.A., Flury, M.I., Yates, C.J., & Hernandez, L. (2021). The effects of short duration passive or active rest recovery on blood lactate accumulation during high intensity wind sprints in college aged students. *International Journal of Sports Sciences and Health*. 8(15-16): 73-81.
7. Tauber, R.N., Zhang, S., Camic, C.L., & **Chomentowski, P.J.** (2020). Comparison of multi-frequency bioelectrical impedance and dual-energy x-ray absorptiometry to assess body composition in college-aged adults. *International Journal of Exercise Science*. 13(4): 1595-1604.
8. **Chomentowski, P.J.**, Alis, J.J., Nguyen, R.K., Lukaszuk, J.M., Walker D.A., & Salacinski, A.J. (2019). The effects of a coconut beverage, carbohydrate-electrolyte beverage and water on blood glucose concentrations during prolonging exercise. *International Journal of Sports Sciences and Health*. 6(11-12); 9-18.
9. Granderson, D.M., Camic, C.L., **Chomentowski, P.J.**, Howell, S.M., & Sebastiao, E. (2019). Validity and reliability of a handheld blood glucose monitor during exercise and an oral glucose tolerance test. *Kinesiology*. 51(2):182-188.
10. Hicks, G.E., Shardell, M.D., Miller, R.R., Eastlack, M., Orwig, D.L., Goodpaster, B.H., **Chomentowski, P.J.**, Hochberg, M.C., Rathbun, A.M., Cauley, J.A., Cawthon, P., Harris, T., Satterfield, S., Schafer, A.L., & Magaziner, J. (2019). Trunk muscle composition 2 months after hip fracture: Findings from the Baltimore Hip Studies. *Archives of Physical Medicine and Rehabilitation*. 100:1663-71.
11. Hierholzer, K.M., Salacinski, A.J., **Chomentowski, P.J.**, & Broeder, C.E. (2018). Energy Expenditure of Collegiate Golfers in a Competitive Setting. *American Journal of Sports Science*. 6(4); 144-156.
12. Perry, C.A., Sabin, M.J., Rutherford, J., Summers, L., & **Chomentowski, P.J.** (2018). The effects of active recovery on lactate clearance during high intensity resistance training in collegiate athletes. *International Journal of Sports Sciences and Health*. 5(9-10); 137-143.
13. **Chomentowski, P.J.**, Sabin, M.J., Summers, L., Spigelman, T.H., Cormier, J., Kuzma, M., MonHollen, C., Perry, C.A., & Larkin, J.M. (2018). The associations between countermovement vertical jump displacement and anthropometric measures in college aged students. *International Journal of Sports Sciences and Health*. 5(9-10); 62-67.

14. Wahl-Alexander, Z., & **Chomentowski, P.J. (2018)**. Impact of a university conditioning sport education season on students' fitness levels. *Health Education Journal*. 77(7); 828-836.
15. Sebastião, E., & **Chomentowski, P.J. (2017)**. Disability syndrome: is exercise a key component in its prevention and treatment? *Journal of Public Health*. 26(4); 379-381.
16. Holzapfel, S.D., **Chomentowski, P.J.**, Summers, L.J.M., & Sabin, M.J. (2016). The relationship between digit ratio (2D: 4D), VO₂ max, ventilator threshold and running performance. *International Journal of Sports Sciences and Fitness*. 6(1).
17. Miller, R.R., Eastlack, M., Hicks, G.E., Alley, D.E., Shardell, M.D., Orwig, D.L., Goodpaster, B.H., **Chomentowski, P.J.**, Hawkins, W.G., Hochberg, M.C., Ferrucci, L., & Magaziner, J. (2015). Asymmetry in CT scans measures of thigh muscle 2 months after hip fracture: The Baltimore Hip Studies. *Journals of Gerontology Series A: Biological Sciences and Medical Sciences*. 64; 753-756.
18. Sobel, S.I., **Chomentowski, P.J.**, Vyas, N., Andre, D., & Toldeo, F.G.S. (2014). Accuracy of a non-invasive multi-sensor technology to estimate glucose in diabetic subjects under dynamic conditions. *Journal of Diabetes Science and Technology*. 8(1), 54-63
19. Srikuea, R., Symons, T.B., Long, D.E., Lee, J.D., Shang, Y., **Chomentowski, P.J.**, Guoqiang Yu, Crofford, L.J., & Peterson, C.A. (2013). Fibromyalgia is associated with altered muscle characteristics, which may contribute to post-exertional fatigue in post-menopausal women. *Arthritis Rheumatology*. 65(2), 519-28.
20. Amati, F., Dubé, J.J., Carnero, E.A., Edreira, M.M., **Chomentowski, P.J.**, Coen, P., Switzer, G.E., Bickel, P.E., Stefanovic-Racic, M., Toledo, F.G.S., & Goodpaster, B.H. (2011). Skeletal muscle triglycerides, diacylglycerol, and ceramides in insulin resistance: Another paradox in endurance-trained athletes? *Diabetes*. 60(10), 2588-97.
21. **Chomentowski, P.J.**, Coen, P., Goodpaster, B.H., Radiková, Z., & Toledo, F.G.S. (2011). Skeletal muscle mitochondria content in insulin resistance: differences in intermyofibrillar versus subsarcolemmal populations and relationships to metabolic flexibility. *The Journal of Clinical Endocrinology and Metabolism*. 96(2), 494-503.
22. **Chomentowski, P.J.**, Dubé, J.J., Amati, F., Stefanovic-Racic, M., Zhu, S., Toledo, F.G.S., & Goodpaster, B.H. (2009). Moderate exercise attenuates the loss of skeletal muscle mass that occurs with intentional caloric restriction-induced weight loss in older, obese adults. *Journal of Gerontology Series A: Biological Sciences and Medical Sciences*. 64(10), 575-80.
23. Goodpaster, B.H., **Chomentowski, P.J.**, Ward, B.K., Rossi, A., Glynn, N., Delmonico, M., Kritchevsky, S.B., Pahor, M., & Newman, A.B. (2008). Effects of exercise on strength, fat accumulation and quality of skeletal muscle in older adults: A randomized controlled trial. *Journal of Applied Physiology*. 105(5), 1498-503.

Abstracts and Poster Presentations

Published Refereed Abstracts/Poster Presentations

1. Kowal, R., **Chomentowski, P.**, & Hill, C. (2022). Physical Activity History and Severity of Vasomotor Symptoms in Menopausal Females: 297. *Medicine & Science in Sports & Exercise*, 54(9S), 74.
2. Sebastião, E., Baumann, M., Herring, M., Hurd, M., Estrada, B., Salinas, R., Craven, E., Hill, C., Camic, C., **Chomentowski, P.**: NIU (DeKalb, USA). (2022). Physiological and psychological responses to a progressive acute session of sled-push exercise among older adults: Preliminary Findings. European College of Sport Science, Sevilla, Espana (30 August – 2 September).
3. **Chomentowski, P.J.**, Sebastião, E., McKee, A., Hill, C.M., & Camic, C.L. (2021). Association of various physiological and fitness markers to body fat percentage in inactive adults: *Medicine & Science in Sports & Exercise*, 53(8S), 438-439.
4. Emory, K., Camic, C.L., Sebastião, E., Hill, C.M., Napoli, R., & **Chomentowski, P.J.** (2021). Effects of in-season training on body composition in division I collegiate football players: *Medicine & Science in Sports & Exercise*, 53(8S), 45.
5. Male, B.M., Lukaszuk, J.M., **Chomentowski III, P.J.**, & Walker, D.A. (2020). Stress response and performance changes of law enforcement officers' marksmanship under varied levels of stress: *Medicine & Science in Sports & Exercise*, 52(7S), 622.
6. Tauber, R.N., Peterson, J.R., Kowal, R.A., Sebastião, E., Camic, C.L., Wahl-Alexander, Z., & **Chomentowski III, P.J.** (2020). Association between television viewing, physical fitness markers, and body composition in college-aged adults: *Medicine & Science in Sports & Exercise*, 52(7S), 872-873.
7. Belbis, M.D., **Chomentowski, P.J.**, Camic, C.L., Howell, S.M., & Zhang, S. (2019). The effects of caffeine ingestion on repeated-sprint performance in college-aged non-athletes. *Medicine & Science in Sports & Exercise*. 51(6): 714.
8. Peterson, J.R., Granderson, D.M., Camic, C.L., **Chomentowski, P.J.**, Howell, S.M., & Sebastiao, E. (2019). Accuracy of a handheld blood glucose monitor during exercise and an oral glucose tolerance test. *Medicine & Science in Sports & Exercise*. 51(6): 289.
9. Hernandez, L., **Chomentowski, P.J.**, & Camic, C.L. (2019). The effect of muscle contraction type on neuromuscular complexity in trained individuals. *Medicine & Science in Sports & Exercise*. 51(6): 340.
10. Tauber, R.N., Peterson, J.R., Zhang, S., **Chomentowski, P.J.**, & Camic, C.L. (2019). The validation of whole and regional body composition testing devices. *Medicine & Science in Sports & Exercise*. 51(6): 580.
11. Yates, C.J., **Chomentowski, P.J.**, Flury, M.I., Armstrong, J.C., Howell, S.M., Deldin, A., & Roper, J. (2018).
12. The effects of post activation potentiation on subsequent 40-yard sprint performance in 16- to 23-year-old male athletes. *Medicine & Science in Sports & Exercise*. 50(5S): 31.
13. Tauber, R.N., Moulton, B.J., **Chomentowski, P.J.**, & Camic, C.L. (2018). Relationships among fatigue thresholds derived from neuromuscular, metabolic, and ventilator parameters. *Medicine & Science in Sports & Exercise*. 2018; 50(5S): 822.
14. Wojan, F., Broeder, B.E., **Chomentowski, P.J.**, & Deldin, A. (2018). Cardiac function and SMO₂ changes during interval training at altitude and sea level with and without oxygen recovery. *Medicine & Science in Sports & Exercise*. 50(5S): 752.

15. Hierholzer, K.M., **Chomentowski, P.J.**, Howell, S.M., Salacinski, A.J., & Broeder, B.E. (2017). Energy expenditure of collegiate golfers in a competitive setting. *Medicine & Science in Sports & Exercise*. 49(5S): A691.
16. Suida, A.J., **Chomentowski, P.J.**, Salacinski, A.J., & Broeder, B.E. (2017). Validity of whole and regional body composition testing devices. *Medicine & Science in Sports & Exercise*. 49(5S): A197.
17. **Chomentowski, P.J.**, Sabin, M.J., Summers, L.A.M., Spigelman, T.H., Cormier, J., Kuzma, M., Monhollen, C., Perry, C.A., & Larkin, J.M. (2016). Determining the effect of anthropometric measures on lower limb power output in college-aged students. *Medicine & Science in Sports & Exercise*. 48(5S): 1004.
18. Alis, J.J., Salacinski, A.J., Nguyen, R.K., **Chomentowski, P.J.** (2016) Lukaszuk, J.M., & Walker, D.A. (2016, May). Determining the effect of a coconut beverage on blood glucose and blood lactate concentrations. *Medicine & Science in Sports & Exercise*. 48(5S): 245.
19. **Chomentowski, P.J.**, Sabin, M.J., Cormier, J., Summers, L.A.M., Spigelman, T.H., Kuzma, M., Monhollen, C., & Perry, C.A. (2015). Determining the effect of anthropometric measures on vertical jump displacement in college aged students. *Medicine & Science in Sports & Exercise*. 47(5S): 39.
20. Perry, C.A., Kuzma, M., Monhollen, C., Sabin, M.J., Cormier, J., Summers, L.A.M., Spigelman, T.H., Larkin, J.M., & **Chomentowski, P.J.** (2015). Validation of the wall mounted vertical jump for general fitness testing in college-aged students. *Medicine & Science in Sports & Exercise*. 47(5S): 224.
21. Perry, C.A., Rutherford, J., Summers, L.A.M., & **Chomentowski, P.J.** (2014). The effects of active recovery during resistance training on lactate clearance in collegiate athletes. *Medicine & Science in Sports & Exercise*. 46(5S), 390.
22. Holzapfel, D.H., Sabin, M.J., **Chomentowski, P.J.** & Summers, L.A.M. (2013). Relationship between a proxy of pre-natal testosterone and maximal oxygen uptake: A pilot study. ACSM's 60th Annual Meeting and 4th World Congress on Exercise is Medicine, *Medicine & Science in Sports & Exercise*. 45(5S), 431.
23. Toledo, F.G.S., Goodpaster, B.H., & **Chomentowski, P.J.** (2011). Mitochondria deficiency of aging is not associated with insulin resistance or higher intramyocellular lipid storage. *American Diabetic Society. Diabetes*, Vol. 60. No. Supp. 1.
24. Vyas, N., **Chomentowski, P.J.**, Jackson, R., Andre, D., Stivoric, J., & Toledo, F.G.S. (2011). Comparative evaluation of body media armband glucose estimates, and continuous glucose monitor estimates. *Presented at the Diabetes Technology Society Meeting*.
25. Amati, F., **Chomentowski, P.J.**, Dubè, J.J., Toledo, F.G.S., & Goodpaster, B.H. (2010). Mitochondrial content in aging muscle is associated with higher metabolic efficiency, fat oxidation and insulin sensitivity. *Medicine & Science in Sports & Exercise*. 42(5), 1.
26. Chomentowski, P.J., Dube, J.J., Hames, K., Amati, F., & Goodpaster, B.H. (2010). Can resistance or aerobic training attenuate the decrease in muscle mass induced by weight-loss in overweight older adults? *Medicine and Science in Sports and Exercise*. 42(5), 756-757.
27. Toledo, F.G.S. **Chomentowski, P.J.**, Goodpaster, B.H., Coen, P., & Radikova, Z. (2010). Skeletal muscle mitochondrial content in insulin resistance: Differences in intermyofibrillar and subsarcolemmal subpopulations and relationship to fuel oxidation. *Diabetes*. 59(1), A40.
28. Amati, F., Dubè, J.J., Hames, K., **Chomentowski, P.J.**, Shay, C., & Goodpaster, B.H. (2008). Exercise training, but not weight loss, increases muscular weight efficiency and enhances fat oxidation. *International Journal of Obesity*. 32, S70.

29. **Chomentowski, P.J.** Dubé, J.J., Amati, F., & Goodpaster, B.H. (2008). Effects of diet-induced weight loss with or without moderate aerobic exercise on skeletal muscle mass in overweight older adults. *Medicine & Science in Sports & Exercise*. 40(5), S75.
30. Amati, F., Dubé, J.J., Hames, K., **Chomentowski, P.J.**, Shay, C., & Goodpaster, B.H. (2008). Effects of exercise and weight loss on exercise efficiency and fat oxidation. *Medicine and Science in Sports and Exercise*. 40(5), S4.
31. **Chomentowski, P.J.**, Nagle, E.F., Robertson, R.J., & McLaughlin, K.J. (2006). Effects of a 14-week swimming program on aerobic fitness in college recreational swimmers. *Medicine & Science in Sports and Exercise*. 38(5), S491.
32. Nagle, E.F., Robertson, R.J., **Chomentowski, P.J.**, & McLaughlin, K.J. (2006). Absence of relation between the 12-minute and 500-yard swim and treadmill determined maximal aerobic power. *Medicine & Science in Sports and Exercise*. 38(5), S510-S511.

Non-Published Abstracts/Poster Presentations/Oral Presentation

1. Craven, E., Herring, M., Baumann, M., Siqueira, V., Hill, C.M. Camic, C.L., **Chomentowski, P.J.**, & Sebastião, E. (2022). Investigating enjoyment during and immediately after an acute progressive session of motorized wheeled sled-push exercise among older adults. Oral presentation Mid-West American College of Sports Medicine, Indianapolis, IN (October 20th).
2. Herring, M., Craven, E., Baumann, M., Siqueira, V., Hill, C.M. Camic, C.L., **Chomentowski, P.J.**, & Sebastião, E. (2022). Physiological responses to an acute progressive session of motorized wheeled sled-push exercise among older adults. Oral presentation Mid-West American College of Sports Medicine, Indianapolis, IN (October 20th).
3. Connors, B. R., Essex, J.R., Kowal, R.A., **Chomentowski, P.J.**, Sebastião, E., Hill, C.M., Jagim, A.R., and Camic, C.L. (2022). Acute effects of a multi-ingredient pre-workout supplement on peak torque during an isokinetic fatigue protocol. Poster presentation Mid-West American College of Sports Medicine, Indianapolis, IN (October 20th).
4. Aldape, B., Lochbaum, B., Stefan, R., Kowal, R.A., Siqueira, V., **Chomentowski, P.J.**, Camic, C.L., and Male, B. (2022). Validation of a popular fitness watch for step count and physiological variable during incremental exercise. Poster presentation Mid-West American College of Sports Medicine, Indianapolis, IN (October 20th).
5. Kowal, R.A., **Chomentowski, P.J.**, & Hill, C. (2021). Physical activity history and severity of vasomotor symptoms in menopausal females. Poster presentation Mid-West American College of Sports Medicine Annual conference, (Virtual Platform).
6. Tauber, R.N., Peterson, J.R., Zhang, S., **Chomentowski, P.J.** & Camic, C.L. (2018). The validation of whole and regional body composition testing devices. Poster presentation Mid-West American College of Sports Medicine Annual conference, Grand Rapids MI.
7. Belbis, M.D., **Chomentowski, P.J.**, Camic, C.L., Howell, S.M., & Zhang, S. (2018). The effects of caffeine ingestion on repeated-sprint performance in college-aged non-athletes. Poster presentation Mid-West American College of Sports Medicine Annual conference, Grand Rapids MI.
8. Granderson, D.M., Camic, C.L., **Chomentowski, P.J.**, Howell, S.M., & Sebastiao, E. (2018). Accuracy of a handheld blood glucose monitor during exercise and an oral glucose tolerance test. Poster presentation Mid-West American College of Sports Medicine Annual conference, November 9-10th, Grand Rapids MI.

9. Simms, A., Hernandez, L., Camic, C.L., & **Chomentowski, P.J. (2018)**. Volume equated high vs. low frequency resistance training: Effects on lower body strength and power. Poster presentation Mid-West American College of Sports Medicine Annual conference, November 9-10th, Grand Rapids MI.
10. Tauber, R.N., Moulton, B. J., **Chomentowski, P.J.** & Camic, C.L. (2017). Relationships among fatigue thresholds derived from neuromuscular, metabolic, and ventilator parameters. Poster presentation Midwest chapter of American College of Sports Medicine. Grand Rapids. MI.
11. Granderson, D.M., Belbis, M.D., **Chomentowski, P.J.**, & Camic, C.L. (2017). Acute effects of Pre-workout supplementation on 5K race time in recreationally trained individuals. Poster presentation Midwest chapter of American College of Sports Medicine. Grand Rapids. MI.
12. Yates, C.J., **Chomentowski, P.J.**, Flury, M.I., Armstrong, J.C., Howell, S.M., Deldin, A., & Roper, J. (2017). The effects of post activation potentiation on subsequent 40-yard sprint performance in 16- to 23-year-old male athletes. Poster presentation Midwest chapter of American College of Sports Medicine. Grand Rapids. MI.
13. Wojan, F., Broeder, B.E., **Chomentowski, P.J.**, & Deldin, A. (2017). Cardiac function and SMO₂ changes during interval training at altitude and sea level with and without oxygen recovery. Poster presentation Midwest chapter of American College of Sports Medicine. Grand Rapids. MI.
14. Unto, K., Petruski, A., Holum, M., Richard Tasa, Deldin, A., **Chomentowski, P.J.**, & Salehinia, I. (2017). Zero gravity exercise device. Poster presentation – URAD –Undergraduate Research & Artistry Day (NIU).
15. Hernandez, L., **Chomentowski, P.J.**, Deldin, A., & Manning, J. (2017). Long term effects of post activation potentiation protocols on lower body strength and power performance. Poster presentation – URAD – Undergraduate Research & Artistry Day (NIU).
16. Hierholzer, K.H., **Chomentowski, P.J.**, Howell, S.M., Salacinski, A.J., & Broeder, B.E. (2016). Comparing energy expenditure using wearable technology in collegiate golfers. Poster presentation - Midwest chapter of American College of Sports Medicine. Ft. Wayne IN.
17. Suida, A.R., **Chomentowski, P.J.**, Salacinski, A.J., & Broeder, B.E. (2016). Validity of whole and regional body composition testing devices. Poster presentation - Midwest chapter of American College of Sports Medicine. Ft. Wayne IN.
18. Alis, J.J., Salacinski, A.J., Nguyen, R.K., **Chomentowski, P.J.**, Lukaszuk, J.M., & Walker, D.A. (2015). Determining the effect of a coconut beverage on blood glucose and blood lactate concentrations. Poster presentation - Midwest chapter of American College of Sports Medicine. Ft. Wayne IN.
19. Devonshire, A., **Chomentowski, P.J.**, Orwig, D.L., Eastlack, M., Hicks, G.E., Miller, R.R., Hochberg, M.C., Goodpaster, B.H., & Magaziner, J. (2009). Skeletal muscle mass and composition changes post hip fracture. 32nd Poster presentation Annual Medical Student Research Day, University of Maryland School of Medicine.
20. **Chomentowski, P.J.**, Dube, J.J., Stefanovic-Racic, A., Toledo, F.G.S., Zhu, S., & Goodpaster, B.H. (2008). The influence of diet-induced weight loss and aerobic exercise on skeletal muscle mass in obese older adults. Poster presentation University of Pittsburgh Research Day.

Generated Funding

Funded

Research and Artistry Grant

Cytochrome *c* Response to High Intensity Interval Exercise versus Moderate Intensity Exercise in Sedentary Normal Adults and Prediabetes Nondiabetics Adults and Prediabetics; Acute Verses Residual Effect. (\$14,000). Role: Peter J Chomentowski (Co-PI) – Funded 2020.

CHHS Research Funding

Cytochrome *c* Response to High Intensity Interval Exercise versus Moderate Intensity Exercise in Sedentary Normal Adults and Prediabetes. (\$2,000). Peter J Chomentowski (Co-PI), Funded 2019.

NURS Wood Research Award 2019-2021

Cytochrome *c* Response to High Intensity versus Moderate Intensity Continuous Training in Sedentary Obese/Overweight Young Adults. (\$28,242.23). Peter J Chomentowski (Co-PI), Funded 2019.

NIU Internal Research Grant

The relationship between technological leisure time recreational activities, physical activity, and markers of physical fitness among college students”. (\$2500). Zachary Wahl-Alexander & Peter Chomentowski (Co-PI), Funded 2017

Eastern Kentucky Internal Mini Faculty Grant

The Effects of Active Recovery during High Intensity Resistance Training on Lactate Clearance and Energy Expenditure in Collegiate Athletes. (\$2092). Eastern Kentucky internal mini faculty grant. Christopher Perry & Peter J Chomentowski. (Co-PI), Funded 2012.

Non-Funded

NIU internal Research Grant – High intensity versus moderate-intensity continuous training outcomes and predictors for improved physical activity metrics in sedentary obese/Overweight young adults: A pilot study. (\$14,996). Role: Peter J Chomentowski 3rd (Co-PI), Not funded 2019

NIU internal Research Grant – The Effects of Active Recovery during High Intensity Training on Lactate Clearance and Sprint Performance in College-Aged Students - N-HIIT2. Peter J Chomentowski 3rd (PI). (\$2400), non-funded 2016.

Graduate and Undergraduate Research Projects/Mentorship

Dissertation

2019: Brandon Male (NIU – HHS) – Stress response and marksmanship performance in trained law enforcement officers. (Successfully Defended).

Master’s Thesis – Committee Chair

2022: Erin Bannister (NIU – HHS) – Validation of pRMR equations in a non-Caucasian sample – ethnicity as a variable in predicting resting metabolic rate. (Successfully Defended).

2020: Kayla Emory (NIU – KNPE) – Variation in body composition during a collegiate football strength and conditioning season. (Successfully Defended)

2019: James Peterson (NIU – KNPE) – Technological recreational leisure time activities and the association with individual’s health related fitness components. (Successfully Defended)

2018: Rachel Tauber (NIU – KNPE) – Validity of whole and regional body composition testing devices. (Successfully Defended)

- 2018:** Michael Belbis (NIU – KNPE) – The effects of caffeine supplementation and recovery time on repeated sprint performance and blood lactate accumulation. (Successfully Defended)
- 2017:** Mark Flury (NIU – KNPE) – The acute effects of active recovery during high intensity interval training on lactate clearance and sprint performance in college-aged students. (Successfully Defended)
- 2017:** Frank Wojan (NIU – KNPE) – The acute cardiorespiratory responses of hypoxia and hyperoxia. (Successfully Defended)
- 2017:** Cody Yates (NIU – KNPE) – Effects of post-activation potentiation on subsequent 40-yard sprint performance in 16–23-year-old male athletes. (Successfully Defended)
- 2016:** Kaela Hierholzer (NIU – KNPE) – Energy expenditure of collegiate golfers in a competitive setting. (Successfully Defended October)
- 2014:** Christopher Perry (EKU) – The Effects of Active Recovery during High Intensity Resistance Training on Lactate Clearance and Energy Expenditure in Collegiate Athletes (Successfully Defended)

Master’s Thesis – Committee member

- 2022:** Michael Baumann (NIU – KNPE) - An investigation of the sled-push exercise in older adults: Physiological quantification, perceived enjoyment, and body discomfort. (Successfully Defended)
- 2022:** Benjamin Connors (NIU – KNPE) – An investigation of the effects of multiple ingredient pre-workout supplementation on electromyographic and torque responses during an isokinetic fatigue protocol. (Successfully Defended)
- 2020:** Anthony Mckee (NIU – KNPE) – The association between resting metabolic rate and respiratory exchange ratio (RER) in overweight individuals. (Successfully Defended)
- 2018:** Natasha Kirkbride (NIU – HHS) – The effects of tart cherry juice consumption and its effect on inflammatory markers or muscle strength and pain. (Successfully Defended)
- 2018:** Davon Granderson (NIU – KNPE) – The validation of point-of care glucometers referenced against the YSI 2300 stat plus during aerobic activity and an oral glucose tolerance test. (Successfully Defended)
- 2016:** Alexa Suida (NIU – KNPE) – Validity of whole and regional body composition testing devices. (Successfully Defended)
- 2016:** Sarah Dreifke (NIU – HHS) – Parent recollections of the child home food environment: Impact on later diet quality and BMI in college students (Successfully Defended)
- 2015:** Joshua Alis (NIU – KNPE) – The effects of coconut beverage compared against a carbohydrate electrolyte beverage and water on blood glucose and lactate concentrations (Successfully Defended)
- 2013:** Simon Holzapel (EKU) – Effects of endurance training on the relationship between digit ratio (2D: 4D) and VO₂ max. (Successfully Defended)

Undergraduate Projects

Honors senior capstone undergraduate project

- Benjamin Lee - Intervention therapies in patients with osteoarthritis: A systemic review of current research evidence and randomized clinical trials, (Successfully Completed 2019).
- Patrick O’Connell – Tactile cues: relations between the afferent and efferent nervous system and its effect on resistance training. (Successfully Completed 2018)

Independent Research Study

2021/08 – 2022/05	KNPE 549 – Holly Flengte
2021/08 – 2022/05	KNPE 549 – Brendan Lochbaum
2020/01 – 2020/08	KNPE 549 – Rachel Kowal
2019/06 – 2019/12	KNPE 549 – Kayla Emory
2019/06 – 2019/12	KNPE 549 – Anthony McKee
2019/05 – 2019/09	KNPE 549 – Luis Hernandez
2019/05 – 2019/09	KNPE 549 – Meghan Winkler
2018/01 – 2018/12	KNPE 549 – Joshua Pak
2018/01 – 2018/12	KNPE 498 – Patrick O’Connell
2018/05 – 2018/09	KNPE 498 – Patrick O’Connell
2014/09 – 2014/12	KNPE 549 – John Kazmierczak

Directed research projects

2020/09 – 2020/12	KNPE 671 – Holly Flengte
2020/09 – 2021/05	KNPE 671 – Rachel Kowal
2019/06 – 2019/09	KNPE 671 – Luis Hernandez
2015/01 – 2015/05	KNPE 671 – Jennifer Kwiatt

Internship Director

2019/01 – 2019/05	KNPE 497A – Rachel Kowal
2015/01 – 2015/05	KNPE 597A – Abigail Omerza
2016/06 – 2016/09	KNPE 497A – Davoncie Granderson

Courses Instructed**Northern Illinois University**

KNPE 671 Directed Research in Kinesiology and Physical Education
 KNPE 562 Bioenergetics
 KNPE 560 Cardiorespiratory Physiology: Responses and Adaptations to Exercise & laboratory
 KNPE 561 Advanced Exercise Physiology & laboratory
 KNPE 514 Neuromuscular Aspects of Physical Performance
 KNPR 469 Professional Preparation in Kinesiology
 KNPE 464 Scientific Basis of Exercise Training, Prescription and Progression.
 KNPE 462 Clinical Exercise Physiology & laboratory
 KNP 452/557 Allied Exercise Physiology & laboratory
 KNPE 460 Cardiopulmonary Disease and Rehabilitation
 KNPE 458/585 Stress Testing
 KNPE 314 Applied Kinesiology & lab
 KNPE 100 Introduction to Badminton

Eastern Kentucky University

PHE 821 Physiological Bases of Physical Fitness (lab included)
 PHE 517/717 Bioenergetics in Physical Activity
 PHE 467 Motor skill acquisition
 PHE 325 Physiology of Activity (lab included)
 PHE 310 Physical Activity & Child Development
 ATR 221 Sports and Exercise Nutrition
 PHE 201 Foundations of Sport Science
 PHE 180 Lifetime Wellness

Memberships

2008 – present	ACSM Professional Member
2014 – present	ACSM Midwest Professional Member
2011 – 2015	KAHPERD member
2003	National personal training Institute, CPT

Service/Professional and Volunteer Activities

Northern Illinois University

Committee member/chair

2021 – 2022	Chair – Faculty Senate Steering Committee
2020 – 2021	Chair – Faculty Senate – Faculty Rights and Responsibilities Committee
2019 – 2020	Chair – Faculty Senate – Academic Affairs Committee
2019 – present	Chair – NIU Student Code of Conduct
2014 – 2015	Chair – Engagement Committee KNPE
2016 – 2018	Chair - Department Affairs Committee KNPE
2021 – 2022	Member – Campus Crime Prevention and Violence committee
2021 – 2022	Member – Campus Security and Environment Quality Committee
2020 – 2022	Member – Faculty Senate – Non-voting Liaison Representative Graduate Council
2019 – 2022	Member – Faculty Senate – Steering Committee
2019 – 2022	Member – Student Conduct Advisory Board Committee
2018 – 2016	Member – Faculty Senate – Rules, Governance and Elections Committee
2014 – present	Member – NIU student code of conduct board
2016 – present	Member – Faculty Senate Representative for KNPE
2016 – 2018	Member – Faculty Senate – Academic Affairs Committee
2015 – 2017	Member – Parking Appeals Committee (University)
2020 – 2021	Evaluation of the Dean of Students – Kelly Wesener-Michaels
2018 & 2019	Evaluation of the Secretary of University Council/President of Faculty Senate (ESP)
2017	Interim Dean for the College of Education – search committee - KNPE
2017	Assistant Director of Student Code of Conduct – search committee - KNPE
2017	Departmental Search Committee – Co-Chair - KNPE
2014 & 2016	Departmental Search Committee – Member - KNPE
2023	Program Search Committee – Associated Director Student Code of Conduct office
2014 – 2015	Departmental Representative - College of Education Research Committee
2014 – 2015	College Research and Artistry Committee – USOR

Professional Service

2014 – present	MWACSM regional conference
2014 – present	ACSM national conference
2017 – present	College of Education, Engage U.S., Olympic Training Center Student Visits
2017 – 2020	Undergraduate Research and Artistry Day, Presentation/poster Judge
2016 – 2020	Freshman Orientation visits, The Professor prospective
2015 – 2018	Prospective student’s recruitment trips (KNPE dept.), group leader
2016 – present	Selected member, Graduate commencement marshal
2015 – 2017	Faculty Advisor, Club Tennis team NIU
2017 – 2018	DeKalb/Sycamore High school mock classroom discussion visits

2023	Invited reviewer, International Journal of Sports Sciences and Health
2022	Invited reviewer, International Journal of Sports Sciences and Health
2021	Invited reviewer, The Journal of Sport, and Health Science
2021	Invited reviewer, International Journal of Sports Sciences and Health
2021	Invited reviewer, Journal of Leisure and Recreational Patterns
2020	Invited reviewer, The Journal of Sports Medicine and Physical Fitness
2019	Invited reviewer, The Journal of Sports Medicine and Physical Fitness
2019	Invited reviewer, International Journal of Obesity
2018	Invited reviewer, The Journal of Sports Medicine and Physical Fitness
2018	Invited reviewer, International Journal of Exercise Science
2015	Invited reviewer, Acta Histochemica
2014	Invited reviewer, Obesity.
2014 – 2020	Recruitment trips to NIU, COE Student service office
2020 – 2021	College of Education - virtual graduate fair

Volunteer

2021	NIU Covid-19 Vaccine deployment – State of Illinois
2017 – 2019	NIU wellness fair, DeKalb IL
2016 – 2019	NIU Cares Day, Community help day
2016 – 2019	Clinton Rosetta Middle School Fitness Fair, NIU campus
2014 & 2015	Clinton Rosetta Middle School Health Fair, DeKalb IL
2014	Central High school career day presenter, Burlington IL

Eastern Kentucky University

Committee member

2012 – 2014	Committee member, General Education (University)
2012 – 2014	Committee member, Health Science Learning Resource Center (College)
2011 – 2014	Committee member, Recruitment (College)
2012 – 2014	Committee Chair, Recruitment (Department)
2012 – 2014	Committee member, Graduate Curriculum (Department)
2011 – 2014	Committee member, Recruitment (Department)
2011 – 2012	Committee member, Exercise Science Social (Department)
2011 – 2012	Committee member, Undergraduate Curriculum (Department)
2012 – 2012	Committee member, Departmental search committee – ESS

Professional Service

2012 – 2014	Attended, ACSM national convention
2012 – 2014	Attended, KAHPERD regional convention
2011	Invited Reviewer, Journal of Clinical Nutrition
2013	Mentor, Model High School, senior graduation projects
2012 – 2012	Mentor, STEM-H Gifted students camp (Graduate students)
2013 – 2014	Recruitment, College visit day, College of Health Sciences
2012 – 2014	Recruitment, Spotlight campus recruitment trips
2012 – 2014	Recruitment Committee, University trips for ECU
2012 – 2014	Speaker, STEM-H career day

Volunteer

2014	Kentucky High School Engineering convention – helper
2013	Volunteer coordinator – Color me run, ECU.
2013	“Can I help you” campus freshman assistance
2012 – 2014	EKU freshman move in day
2012 – 2014	“City fest” Richmond & ECU university promotion
2012 – 2014	EKU major expo day

2011 – 2014	Fitness Five (F5) student health evaluations (ESS)
2011 – 2014	Kentucky Adapted Physical Education program (KAPE)
2011 – 2014	EKU Fall major expo
2011 – 2014	Academic Recruiter, School of Health Sciences

Awards/Honors

- 2023 Award – Most Valuable Professor – Softball team, NIU Athletics Department
- 2019 Award – Excellence in Teaching Award by Faculty/Clinical Faculty, College of Education NIU
- 2019 Faculty Spotlight recognition, NIU Athletics Department
- 2020 Thesis Mentorship – Outstanding graduate student award, Graduate School (K. Emory)
- 2018 Thesis Mentorship – Outstanding graduate student award, KNPE department (R. Tauber)
- 2018 Thesis Mentorship – Outstanding graduate student award, Graduate School (M. Belbis)
- 2017 Thesis Mentorship – Outstanding graduate student award, KNPE department (C. Yates)
- 2017 Thesis Mentorship – Outstanding graduate student, KNPE department (M. Flury)
- 2015 & 2017 Award – Student Success award, COE Student Services office, College of Education NIU
- 2015 Award – Most Valuable Professor – Softball team, NIU Athletics Department
- 2014 Award – Golden Apple award – Excellence in Teaching, ECU
- 2013 Award – Graduate studies outstanding thesis award – ECU Graduate School (S. Holzapel)
- 2017 Honors – Graduate Faculty Status (NIU)
- 2011 Honors – Graduate Associate Faculty status (ECU)
- 2012 Honors – Associate member – Cell Biology Dept., University of Kentucky