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E D U C A T I O N

Edith Cowan University

School of Medical and Health Sciences
Joondalup, Western Australia, Australia

DOCTOR OF PHILOSOPHY, AUGUST 2021

*MAJOR FIELD OF STUDY: EXERCISE AND SPORTS SCIENCE
(BIOMECHANICS/PHYSIOLOGY)*

PRINCIPAL SUPERVISOR: DR. SOPHIA NIMPHIUS

CO-PRINCIPAL SUPERVISORS: DR. KIISA NISHIKAWA, DR. KEVIN A. ZWETSLOOT

*DISSERTATION: DETERMINING MUSCLE-TENDON CHARACTERISTICS AND FUNCTION
OF STRETCH-SHORTENING CYCLE PERFORMANCE IN DANCERS*

Appalachian State University

Department of Health & Exercise Science
Boone, NC, USA

MASTER OF SCIENCE, MAY 2017

MAJOR FIELD OF STUDY: EXERCISE SCIENCE (BIOMECHANICS/PHYSIOLOGY)

ADVISOR: DR. JEFFREY M. MCBRIDE

*THESIS: COMPARISON OF LOWER LEG MORPHOLOGY AND STRETCH-SHORTENING
CYCLE CAPABILITIES BETWEEN DANCERS AND VOLLEYBALL PLAYERS*

University of Wisconsin- La Crosse

Department of Exercise and Sport Science
La Crosse, WI, USA

BACHELOR OF SCIENCE, AUGUST 2014

MAJOR FIELD OF STUDY: EXERCISE AND SPORT SCIENCE

University of Wisconsin- La Crosse

Department of Exercise and Sport Science
La Crosse, WI, USA

BACHELOR OF SCIENCE, AUGUST 2014

MAJOR FIELD OF STUDY: SPANISH

1. **RICE, P.E.**, NISHIKAWA, K., NIMPHIUS, S. STRENGTH AND POWER CAPABILITIES PREDICT WEIGHTED PARAMETER RANKING OF SAUT DE CHAT LEAPING PERFORMANCE IN DANCERS. *SPORTS BIOMECHANICS*, ONLINE AHEAD OF PRINT, 2021.
2. **RICE, P.E.**, NIMPHIUS, S. WHEN TASK CONSTRAINTS DELIMIT MOVEMENT STRATEGY: IMPLICATIONS FOR ISOLATED JOINT TRAINING. *FRONTIERS IN SPORTS AND ACTIVE LIVING*, VOLUME 2, ARTICLE 49, PAGES 1-8, 2020.
3. **RICE, P.E.**, NEEDLE, A.R., LEICHT, Z.S., ZWETSLOOT, K.A., MCBRIDE, J.M. MUSCLE PROPERTIES, BONE HEALTH AND STRETCH-SHORTENING CYCLE FUNCTION OF YOUNG AND ELDERLY MALES. *JOURNAL OF MUSCULOSKELETAL AND NEURONAL INTERACTIONS*, VOLUME 19, ARTICLE 4, PAGES 389-395, 2019.
4. NIMPHIUS, S., MCBRIDE, J.M., **RICE, P.E.**, GOODMAN-CAPPS, C.L., CAPPS, C.R., SPITERI, T. COMPARISON OF QUADRICEP AND HAMSTRING MUSCLE ACTIVITY DURING ISOMETRIC SQUAT BETWEEN STRENGTH-MATCHED MEN AND WOMEN. *JOURNAL OF SPORTS SCIENCE AND MEDICINE*, VOLUME 18, PAGES 101-108, 2019.
5. MILLER, H.N., **RICE, P.E.**, FELPEL, Z.J., STIRLING, A.M., BENGSTON, E.N., NEEDLE, A.R. INFLUENCE OF VISUAL MIRROR FEEDBACK AND ANKLE JOINT LAXITY ON DYNAMIC BALANCE IN TRAINED BALLET DANCERS. *JOURNAL OF DANCE MEDICINE & SCIENCE*, VOLUME 22, NUMBER 4, PAGES 184-191, 2018.
6. **RICE, P.E.**, GURCHIEK, R.D., MCBRIDE, J.M. PHYSIOLOGICAL AND BIOMECHANICAL RESPONSES TO AN ACUTE BOUT OF HIGH KICKING IN DANCERS. *JOURNAL OF STRENGTH AND CONDITIONING RESEARCH*, VOLUME 32, NUMBER 10, PAGES 2954-2961, 2018.
7. **RICE, P.E.**, H. VAN WERKHOVEN, E.K. MERRITT, J.M. MCBRIDE. LOWER LEG MORPHOLOGY AND STRETCH-SHORTENING CYCLE PERFORMANCE OF DANCERS. *JOURNAL OF APPLIED BIOMECHANICS*, VOLUME 34, NUMBER 3, PAGES 211-219, 2018.
8. D.E. LIDSTONE, H. VAN WERKHOVEN, A.R. NEEDLE, **P.E. RICE**, J.M. MCBRIDE. GASTROCNEMIUS FASCICLE AND ACHILLES TENDON LENGTH AT THE END OF THE ECCENTRIC PHASE IN A SINGLE AND MULTIPLE COUNTERMOVEMENT HOP. *JOURNAL OF ELECTROMYOGRAPHY AND KINESIOLOGY*, VOLUME 48, PAGES 175-181, 2018.
9. **RICE, P.E.**, H. VAN WERKHOVEN, D.J. DEIOURNETTE, R.D. GURCHIEK, J.W. MACKALL, J.M. MCBRIDE. COMPARISON OF MUSCULO-ARTICULAR STIFFNESS AND MAXIMAL ISOMETRIC PLANTARFLEXION AND KNEE EXTENSION FORCE IN DANCERS AND UNTRAINED INDIVIDUALS. *JOURNAL OF DANCE MEDICINE & SCIENCE*, VOLUME 21, NUMBER 4, PAGES 144-150, DECEMBER 2017.
10. **RICE, P.E.**, C.L. GOODMAN, C.R. CAPPS, N.T. TRIPLETT, T.M. ERICKSON, J.M. MCBRIDE. FORCE- AND POWER-TIME CURVE COMPARISON DURING JUMPING BETWEEN STRENGTH MATCHED MALE AND FEMALE BASKETBALL PLAYERS. *EUROPEAN JOURNAL OF SPORTS SCIENCE*, VOLUME 17, PAGES 286-293, 2016.
11. LIDSTONE, D.E., H. VAN WERKHOVEN, J.A. STEWART, R. GURCHIEK, M. BURRIS, **P. E. RICE**, G. FEIMSTER, J.M. MCBRIDE. MEDIAL GASTROCNEMIUS MUSCLE-TENDON INTERACTION AND ARCHITECTURE CHANGE DURING EXHAUSTIVE HOPPING EXERCISE. *JOURNAL OF ELECTROMYOGRAPHY AND KINESIOLOGY*, VOLUME 30, PAGES 89-97, 2016.

MANUSCRIPTS IN REVIEW

1. **RICE, P.E.**, NISHIKAWA, K., ZWETSLOOT, K.A., BRUCE, A.S., GUTHRIE, C.D., NIMPHIUS, S. STRETCH SHORTENING CYCLE PERFORMANCE AND MUSCLE-TENDON PROPERTIES IN DANCERS AND RUNNERS. *JOURNAL OF APPLIED BIOMECHANICS* (UNDER REVIEW, MARCH, 2021).
2. **RICE, P.E.**, NISHIKAWA, K., NIMPHIUS, S. ANKLE-SPECIFIC BLOCK PROGRESSION TRAINING IMPROVES *SAUT DE CHAT* LEAPING PERFORMANCE IN DANCERS. *JOURNAL OF SPORTS SCIENCE* (UNDER REVIEW, JUNE, 2021).
3. **RICE, P.E.**, NIMPHIUS, S., ABBISS, C., ZWETSLOOT, K.A., NISHIKAWA, K. MICRO-BIOPSIES: A LESS INVASIVE TECHNIQUE FOR HUMAN MUSCLE FIBER MECHANICS *FRONTIERS IN PHYSIOLOGY* (IN PREPARATION).

CONFERENCE ABSTRACTS

1. **RICE, P.E.**, JARVIS, D. THE PRINCIPLES OF BIOMECHANICS APPLIED TO LEAPING: IMPLICATIONS FOR PERFORMANCE ENHANCEMENT AND INJURY RISK. INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE AND SCIENCE, DENVER, CO, 2021, ACCEPTED.
2. **RICE, P.E.**, NIMPHIUS, S. ISOLATED ANKLE-JOINT TRAINING IMPROVES STRENGTH AND *SAUT DE CHAT* PERFORMANCE IN DANCERS WHILE MAINTAINING AESTHETICS. INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE AND SCIENCE, DENVER, CO, 2021, ACCEPTED.
3. **RICE, P.E.**, NIMPHIUS, S., NISHIKAWA, K. MICRO-BIOPSY FIBER MECHANICS FROM THE MEDIAL GASTROCNEMIUS OF DANCERS. INTERNATIONAL SOCIETY OF BIOMECHANICS, STOCKHOLM, SWEDEN, 2021.
4. COPPING, L.F., **RICE, P.E.**, VOLKOVA, V., YE, S., YUTZEY, E.F. HOW TO IDENTIFY QUALITY RESEARCH. INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE AND SCIENCE, ICONFERENCE, AUGUST, 2020.
5. **RICE, P.E.**, NIMPHIUS, S. RELATIONSHIP BETWEEN MAXIMAL ANKLE STRENGTH AND SAUT DE CHAT LEAPING PERFORMANCE. INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE AND SCIENCE, MONTREAL, QUEBEC, OCTOBER 2019.
6. **RICE, P.E.**, YUTZEY, E.F., COPPING, L.F., HABER, C.M., HORNYAK, E.K., MEDER, C.T., STEELE, L., DESCOTEAUX, J. THE RESEARCH PROCESS FOR STUDENTS IN DANCE MEDICINE AND SCIENCE. INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE AND SCIENCE, MONTREAL, QUEBEC, OCTOBER 2019.
7. **RICE, P.E.**, ZWETSLOOT, K.A., BRUCE, A.S., GUTHRIE, C.D., GILLEN, L.A., NIMPHIUS, S. MUSCLE ACTION OF STRENGTH ASSESSMENT INFLUENCES PERFORMANCE RANKING IN ANKLE-DOMINANT ATHLETES. INTERNATIONAL CONFERENCE ON STRENGTH TRAINING, PERTH, WESTERN AUSTRALIA, DECEMBER, 2018.
8. **RICE, P.E.**, ZWETSLOOT, K.A., NIMPHIUS, S. EMPLOYING AN ANKLE-SPECIFIC TRAINING PROGRAM TO MAXIMIZE THE AESTHETIC STRETCH-SHORTENING CYCLE IN DANCERS. INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE AND SCIENCE, HELSINKI, FINLAND, OCTOBER, 2018.
9. **RICE, P.E.**, ZWETSLOOT, K.A., NEEDLE, A.R., BRUCE, A.S., GUTHRIE, C.D., GILLEN, L.A., NIMPHIUS, S. FORCE-VELOCITY PROFILES OF DANCERS AND ENDURANCE RUNNERS DURING ANKLE-SPECIFIC STRETCH-SHORTENING CYCLE TASKS. INTERNATIONAL SOCIETY OF BIOMECHANICS IN SPORTS, AUCKLAND, NEW ZEALAND, SEPTEMBER, 2018.

10. McBRIDE, J.M., **RICE, P.E.**, NEEDLE, A.R., LEICHT, Z.S., ZWETSLOOT, K.A. LOWER LEG MORPHOLOGY AND STRETCH-SHORTENING CYCLE PERFORMANCE IN YOUNG AND ELDERLY MALES. INTERNATIONAL SOCIETY OF BIOMECHANICS IN SPORTS, AUCKLAND, NEW ZEALAND, SEPTEMBER, 2018.
11. **RICE, P.E.**, H. VAN WERKHOVEN, E.K. MERRITT, W.J. NORRIS, J.P. RODRIGUES, J.M. McBRIDE. STRETCH-SHORTENING CYCLE PERFORMANCE IN DANCERS. AMERICAN SOCIETY OF BIOMECHANICS, BOULDER, CO, AUGUST, 2017.
12. **RICE, P.E.**, H. VAN WERKHOVEN, E.K. MERRITT, W.J. NORRIS, J.P. RODRIGUES, J.M. McBRIDE. LOWER LEG MORPHOLOGY AND PLANTARFLEXION STRENGTH IN DANCERS. AMERICAN SOCIETY OF BIOMECHANICS, BOULDER, CO, AUGUST, 2017.
13. **RICE, P.E.**, D. LISTONE, H. VAN WERKHOVEN, J. STEWART, R. GURCHIEK, M. BURRIS, G. FEIMSTER, J.M. McBRIDE. EFFECT OF EXHAUSTIVE HOPPING ON MUSCLE-TENDON INTERACTION AND ARCHITECTURE. *AMERICAN SOCIETY OF BIOMECHANICS*, RALEIGH, NC AUGUST 2016.
14. STEWART, J.A., K.A. ZWETSLOOT, **P.E. RICE**, V.P. GEORGESCU, D. LIDSTONE, R.D. GURCHIEK, S.C. CAPPS, J.M. McBRIDE. MECHANICAL EFFICIENCY IS LOWER AFTER CYCLING COMPARED TO AFTER RUNNING IN TRAINED TRIATHLETES. *NATIONAL STRENGTH & CONDITIONING ASSOCIATION*, NEW ORLEANS, LA JULY 2016.

P R O F E S S I O N A L S E R V I C E

1. JOURNAL OF DANCE MEDICINE AND SCIENCE EDITORIAL BOARD MEMBER (2021-2024)
2. NSCA ABSTRACT REVIEW COMMITTEE (2018-2021)
3. INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE AND SCIENCE – STUDENT COMMITTEE (2018-2020)
4. INTERNATIONAL CONFERENCE ON STRENGTH TRAINING – STUDENT COMMITTEE (2018)
5. UPWARD BOUND RESEARCH MENTOR – APPALACHIAN STATE UNIVERSITY (2018)
6. GUEST JOURNAL REVIEWER
 - A. JOURNAL OF STRENGTH AND CONDITIONING RESEARCH
 - B. EUROPEAN JOURNAL OF SPORTS SCIENCE
 - C. JOURNAL OF SPORTS SCIENCES
 - D. SPORTS BIOMECHANICS
 - E. INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE
 - F. MEDICAL PROBLEMS OF PERFORMING ARTISTS
 - G. JOURNAL OF APPLIED BIOMECHANICS
 - H. SCIENTIFIC REPORTS

T E A C H I N G E X P E R I E N C E

1. 2021 (UNDERGRADUATE) – ASSESSMENT TECHNIQUES IN HEALTH & EXERCISE SCIENCE. DEPARTMENT OF HEALTH & EXERCISE SCIENCE, WAKE FOREST UNIVERSITY, WINSTON SALEM, NC.

2. 2021 (UNDERGRADUATE) – HUMAN PHYSIOLOGY LABORATORY. DEPARTMENT OF HEALTH & EXERCISE SCIENCE, WAKE FOREST UNIVERSITY, WINSTON SALEM, NC.
3. 2021 (UNDERGRADUATE) – HYBRID ANATOMY LABORATORY. DEPARTMENT OF HEALTH & EXERCISE SCIENCE, APPALACHIAN STATE UNIVERSITY, BOONE, NC.
4. 2018 (GRADUATE) – BIOMECHANICAL AND PHYSIOLOGICAL ASSESSMENT GUEST LECTURES. DEPARTMENT OF HEALTH & EXERCISE SCIENCE, APPALACHIAN STATE UNIVERSITY, BOONE, NC.
5. 2018, (UNDERGRADUATE) – INTRODUCTION TO PHYSIOLOGICAL ASSESSMENT. DEPARTMENT OF HEALTH & EXERCISE SCIENCE, APPALACHIAN STATE UNIVERSITY, BOONE, NC.
6. 2017-2018, (UNDERGRADUATE) – ANATOMY & PHYSIOLOGY LABORATORY. DEPARTMENT OF HEALTH & EXERCISE SCIENCE, APPALACHIAN STATE UNIVERSITY, BOONE, NC.
7. 2017, (UNDERGRADUATE) – ADVANCED PHYSIOLOGICAL ASSESSMENT. DEPARTMENT OF HEALTH & EXERCISE SCIENCE, APPALACHIAN STATE UNIVERSITY, BOONE, NC.
8. 2016, (UNDERGRADUATE) – EXERCISE PHYSIOLOGY GUEST LECTURE. DEPARTMENT OF HEALTH & EXERCISE SCIENCE, APPALACHIAN STATE UNIVERSITY, BOONE, NC.
9. 2016, (UNDERGRADUATE) – BIOMECHANICS GUEST LECTURES. DEPARTMENT OF HEALTH & EXERCISE SCIENCE, APPALACHIAN STATE UNIVERSITY, BOONE, NC.
10. 2015-2016, (UNDERGRADUATE) – BIOMECHANICS LABORATORY. DEPARTMENT OF HEALTH & EXERCISE SCIENCE, APPALACHIAN STATE UNIVERSITY, BOONE, NC.
11. 2015 (UNDERGRADUATE) – PERSONAL TRAINING AND GROUP FITNESS. DEPARTMENT OF PHYSICAL EDUCATION MINNEAPOLIS COMMUNITY & TECHNICAL COLLEGE, MINNEAPOLIS, MN.

H O N O R S A N D A W A R D S

1. BIOLOGY RESEARCH AFFILIATE, AUGUST 2019-DECEMBER 2021, NORTHERN ARIZONA UNIVERSITY, FLAGSTAFF, AZ.
2. HIGHER DEGREE BY RESEARCH SCHOLARSHIP, FEBRUARY 2018-AUGUST 2021, EDITH COWAN UNIVERSITY, PERTH, WESTERN AUSTRALIA.
3. IN-STATE NORTH CAROLINA TUITION SCHOLARSHIP, AUGUST 2016-MAY 2017, APPALACHIAN STATE UNIVERSITY, BOONE, NC.
4. GRADUATE RESEARCH ASSISTANTSHIP, AUGUST 2015-MAY 2017, NEUROMUSCULAR & BIOMECHANICS LABORATORY, APPALACHIAN STATE UNIVERSITY, BOONE, NC.
5. IN-STATE NORTH CAROLINA TUITION SCHOLARSHIP, AUGUST-DECEMBER 2015, APPALACHIAN STATE UNIVERSITY, BOONE, NC.

I N T E R N A L G R A N T S

1. EDITH COWAN UNIVERSITY, INTERNATIONAL COLLABORATION RESEARCH GRANT, MARCH 2019. PRINCIPLE INVESTIGATOR: **PAIGE E. RICE**, CO-INVESTIGATORS: KIISA C. NISHIKAWA, SOPHIA NIMPHIUS. FUNDED: \$5,000 AUD.

2. EDITH COWAN UNIVERSITY, CENTRE FOR EXERCISE AND SPORTS SCIENCE, RESEARCH GRANT, SEPTEMBER 2018. CALF MICRO-BIOPSY TECHNIQUE AND MECHANICAL ANALYSIS. PRINCIPLE INVESTIGATOR: SOPHIA NIMPHIUS, CO-INVESTIGATORS: **PAIGE E. RICE**, KEVIN A. ZWETSLOOT, KIISA C. NISHIKAWA. FUNDED: \$7,150.93 AUD.
3. APPALACHIAN STATE UNIVERSITY, GRADUATE STUDENT ASSOCIATION SENATE, TRAVEL GRANT, FEBRUARY 2017, 2017 AMERICAN SOCIETY OF BIOMECHANICS ANNUAL CONFERENCE. PRINCIPAL INVESTIGATOR: **PAIGE E. RICE**, CO-INVESTIGATORS: JEFFREY M. MCBRIDE. FUNDED: \$500 USD.
4. APPALACHIAN STATE UNIVERSITY, APPALACHIAN INNOVATION SCHOLARS PROGRAMS, RESEARCH GRANT, JANUARY 2017. MUSCLE HEALTH, BONE HEALTH AND NEUROMUSCULAR AND PHYSICAL FUNCTIONAL CAPABILITIES IN THE ELDERLY. PRINCIPLE INVESTIGATOR: JEFFREY M. MCBRIDE, CO-INVESTIGATORS: KEVIN ZWETSLOOT, EDWARD MERRITT, BROOKE CHRISTIAN, BROOKE HESTER, JENNIFER BURRIS, CATE TRATE, **PAIGE E. RICE**. NOT FUNDED: \$9,835 USD.
5. APPALACHIAN STATE UNIVERSITY, GRADUATE STUDENT ASSOCIATION SENATE, RESEARCH GRANT, NOVEMBER 2016. ANALYSIS OF TITIN FROM MICROBIOPSIES. PRINCIPLE INVESTIGATOR: **PAIGE E. RICE**, CO-INVESTIGATOR: JEFFREY M. MCBRIDE. FUNDED: \$100 USD.
6. APPALACHIAN STATE UNIVERSITY, OFFICE OF STUDENT RESEARCH, RESEARCH GRANT, SEPTEMBER 2016. ANALYSIS OF TITIN FROM MICROBIOPSIES. PRINCIPLE INVESTIGATOR: **PAIGE E. RICE**, CO-INVESTIGATOR: JEFFREY M. MCBRIDE. FUNDED: \$300 USD.
7. APPALACHIAN STATE UNIVERSITY, OFFICE OF STUDENT RESEARCH, TRAVEL GRANT, JULY 2016, 2016 AMERICAN SOCIETY OF BIOMECHANICS ANNUAL CONFERENCE. PRINCIPAL INVESTIGATOR: **PAIGE E. RICE**, CO-INVESTIGATORS: JEFFREY M. MCBRIDE. FUNDED: \$250 USD.

E X T E R N A L G R A N T S

1. NATIONAL BIOMECHANICS DAY FOR WOMEN GRANT, FEBRUARY 2021. INVESTIGATOR: **PAIGE E. RICE**. CO-INVESTIGATOR: DANIELLE JARVIS. FUNDED: \$1,000 USD.
2. CAPSTONE EDITING, CONFERENCE TRAVEL GRANT, JULY 2018. INVESTIGATOR: **PAIGE E. RICE**. CO-INVESTIGATOR: SOPHIA NIMPHIUS. NOT FUNDED: \$1,900 AUD.
3. INTERNATIONAL SOCIETY OF BIOMECHANICS IN SPORT, STUDENT TRAVEL GRANT, MAY 2018. INVESTIGATOR: **PAIGE E. RICE**. FUNDED: \$200 NZD.
4. JOURNAL OF FUNCTIONAL MORPHOLOGY AND KINESIOLOGY, PHD STUDENT TRAVEL AWARD, MAY 2018. INVESTIGATOR: **PAIGE E. RICE**, CO-INVESTIGATOR: SOPHIA NIMPHIUS. NOT FUNDED: \$600 USD.
5. NATIONAL STRENGTH AND CONDITIONING ASSOCIATION, DOCTORAL RESEARCH GRANT, MARCH 2018. INVESTIGATOR: **PAIGE E. RICE**, CO-INVESTIGATORS: KEVIN A. ZWETSLOOT, SOPHIA NIMPHIUS. FUNDED: \$8,900 USD.
6. *SPORTS*, PH.D. TRAVEL GRANT, OCTOBER 2017. INVESTIGATOR: **PAIGE E. RICE**, CO-INVESTIGATORS: KEVIN A. ZWETSLOOT, JEFFREY M. MCBRIDE. NOT FUNDED: \$815 USD.
7. AMERICAN SOCIETY OF BIOMECHANICS, STUDENT TRAVEL GRANT, MAY 2017. INVESTIGATOR: **PAIGE E. RICE**, CO-INVESTIGATOR: JEFFREY M. MCBRIDE. FUNDED: \$250 USD.

P R O F E S S I O N A L M E M B E R S H I P S

NATIONAL STRENGTH & CONDITIONING ASSOCIATION (NSCA)

INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE AND SCIENCE (IADMS)

INTERNATIONAL SOCIETY OF BIOMECHANICS (ISB)

R E F E R E N C E S

KIISA NISHIKAWA, PHD, REGENTS' PROFESSOR, DEPARTMENT OF BIOLOGICAL SCIENCES, PO BOX 5640 NORTHERN ARIZONA UNIVERSITY, FLAGSTAFF, AZ, 86011, USA. TELEPHONE: +1 928 523-9497 FAX: +1 928 523-7500 EMAIL: KIISA.NISHIKAWA@NAU.EDU

SOPHIA NIMPHIUS, PHD, PROFESSOR, SCHOOL OF MEDICAL AND HEALTH SCIENCES, 270 JOONDALUP DRIVE, EDITH COWAN UNIVERSITY, JOONDALUP, WA 6027 AUSTRALIA. TELEPHONE: +61 8 6304 5848, FAX: +61 8 6304 5036, EMAIL: S.NIMPHIUS@ECU.EDU.AU

KEVIN A. ZWETSLOOT, PHD, ASSOCIATE PROFESSOR, DEPARTMENT OF HEALTH & EXERCISE SCIENCE, DEPARTMENT OF BIOLOGY (SECONDARY APPOINTMENT), 1179 STATE FARM RD, APPALACHIAN STATE UNIVERSITY, BOONE, NC, 28608 USA. TELEPHONE: (828)-262-7281, FAX: (828)-262-3138, EMAIL: ZWETSLOOTKA@APPSTATE.EDU