

# Curriculum Vitae

Veronika Scudamore, Ph.D.

vpribyslavska@astate.edu 870-680-8132

## EDUCATION

**Doctor of Philosophy | Middle Tennessee State University, Murfreesboro, TN | December 2017**

Health and Human Performance with Exercise Science Concentration

**Master of Science | University of North Alabama, Florence, AL | July 2014**

Health and Human Performance with Exercise Science Concentration

**Bachelor of Science | Murray State University, Murray, KY | May 2013**

Exercise Science with Wellness Emphasis

*Summa Cum Laude*

## PROFESSIONAL AND TEACHING EXPERIENCE

### Arkansas State University

Associate Professor | Health, Physical Education, and Sport Sciences | 2021 – present

Assistant Professor | Health, Physical Education, and Sport Sciences | 2018 – 2021

Instructor | Health, Physical Education, and Sport Sciences | 2017 – 2017

#### Instructor of record:

ESPE 679V – Graduate Project

ESPE 678V – Thesis

ESPE 6653 – Neuromuscular Physiology

HPES 4863 – Internship in HPESS I

HPES 4893 – Internship in HPESS II

ES 4763 – Kinesiology

ES 3713 – Cardiovascular Physiology

ES 3623 – Techniques of Physiological Fitness Assessment

ES 3553 – Basic Physiology of Exercise

ES 3543 – Fundamentals of Motion and Human Anatomy

### Middle Tennessee State University

Graduate Teaching Assistant | Department of Health and Human Performance | 2014 – 2017

#### Instructor of record:

EXSC 3500 – Exercise Techniques and Leadership

EXSC 3831 – Physiology of Exercise Lab

EXSC 4240 – Principles of Exercise Assessment for Healthy Populations

EXSC 4250 – Internship

EXSC 4260 – Principles of Exercise Assessment for Special Populations

EXSC 3830 – Physiology of Exercise

## University of North Alabama

Graduate Research Assistant | Department of Health, Physical Education, and Recreation | 2013 – 2014

### Instructor of record:

HPE 353 – Exercise Physiology

HPE 175 – Essentials of Healthy Living

## RESEARCH AND SCHOLARSHIP

### Accepted publications:

O'Neal EK, Knight SN, Waldman, HS, Scudamore EM, **Pribyslavska V**, Bowling LR, & Carder JM.

Are NCAA Division I women's and men's cross country runners competing in the same race? A physiological perspective. *Journal of Sports and Games*. 5(1), 15 – 22.

<https://doi.org/10.22259/2642-8466.0501003>

Carder MJ, Scudamore EM, Knight SN, **Pribyslavska V**, Bowling LR, O'Neal EK (2023).

Retrospective and contemporary predictors of NCAA Division I cross-country performance are sex-specific. *Journal of Strength and Conditioning Research*, 37(11)2267-2272.

Scudamore EM, Sayer B, Bryant L, & **Přibyslavská, V.** (2021). Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. *Journal of Exercise Science and Fitness*. 19(3), 166 – 170.

Tedford, AG., **Přibyslavská, V.**, Bryant, L.G., Scudamore, E.M. (2020). A comparative analysis of Army body composition standards for women. *International Journal of Exercise Science*. 13(7), 1275-1282.

Langford, T., **Přibyslavská, V.**, & Barry, V. W. (2019). Daily Total Energy Expenditure Associated with Playing Pokémon Go. *International Journal of Exercise Science*, 12(5), 1179-1186.

Langford, T., O'Neal, E., Scudamore, E. M., Johnson, S., Stevenson, C., **Přibyslavská, V.**, & Green, M. (2019). Caffeine Alters RPE-Based Intensity Production. *International Journal of Exercise Science*, 12(6), 412-424.

O'Neal, E. K., Johnson, S. L., Davis, B. A., **Přibyslavská, V.**, & Stevenson-Wilcoxson, M. C. (2019). Urine Specific Gravity as a Practical Marker for Identifying Suboptimal Fluid Intake of Runners~ 12-hr Postexercise. *International journal of sport nutrition and exercise metabolism*, 29(1), 32-38.

**Přibyslavská, V.**, Caputo, J. L., Coons, J. M., & Barry, V. W. (2018). Impact of EPOC adjustment on estimation of energy expenditure using activity monitors. *Journal of medical engineering & technology*, 42(4), 265-273.

**Přibyslavská, V.**, Scudamore, E. M., Johnson, S. L., Green, J. M., Stevenson, M. C., Lowe, J. B., & O'Neal, E. K. (2016). Influence of carbohydrate mouth rinsing on running and jumping performance during early morning soccer scrimmaging. *European Journal of Sport Science*, 16(4), 441-447.

Lowe, J. B., Scudamore, E. M., Johnson, S. L., **Přibyslavská, V.**, Stevenson-Wilcoxson, M. C., Green, J. M., & O'Neal, E. K. (2016). External loading during daily living improves high intensity tasks under load. *International Journal of Industrial Ergonomics*, 55, 34-39.

Scudamore, E. M., Lowe, J. B., **Přibyslavská, V.**, Johnson, S. L., Stevenson, M. C., Langford, T. W., Green, J. M., & O'Neal, E. K. (2016). Three-week hypergravity training intervention decreases ground contact time during repeated jumping, and improves sprinting, and shuttle running performance. *International Journal of Exercise Science*, 9(2), 4.

Stevenson-Wilcoxson, M. C., Johnson, S. L., **Přibyslavská, V.**, Green, J. M., O'Neal, E. K. (2016). Fluid retention and utility of practical hydration markers to detect 3 levels of recovery fluid intake in male runners. *International Journal of Sport Nutrition and Exercise Metabolism*, 1-21.

Holm, R. L., **Přibyslavská, V.**, Johnson, S. L., Lowe, J. B., Stevenson-Wilcoxson, M. C., Scudamore, E. M., Green, J. M., Katica, C. P., & O'Neal, E. K. (2015). Ice towel and slurry ingestion pre- and mid scrimmage cooling does not improve sprint or shuttle running performance in female soccer players. *International Journal of Exercise Science*, 8(4), 331-340.

#### **Manuscripts in review:**

Knight S, Scudamore EM, Bowling LR, **Přibyslavská V**, Carder MJ, Waldman HS, O'Neal EK. (2023). VO<sub>2</sub>peak60: A proposal for standardizing assessment and reporting aerobic capacity in trained female endurance athletes. *Medicine & Science in Sports & Exercise*

O'Neal EK, Knight SN, Scudamore EM, **Přibyslavská V**, Bowling LR, Carder JM. NCAA women's and men's cross-country runners exhibit distinct metabolic profiles at personal best pace. *Medicine & Science in Sports & Exercise*

Bowling L, Scudamore EM, Church, JB, **Přibyslavská V**. Effects of carbohydrate mouth rinsing on the performance of soccer-specific skills following a morning high-intensity practice. *International Journal of Exercise Science*

#### **Manuscripts in Preparation:**

**Přibyslavská V**, Charles A, Patchell J, Scudamore EM. Accuracy of predicted VO<sub>2</sub>max from the Garmin Forerunner 235, Polar M430, and VDOT calculator.

Belk WF, **Přibyslavská V**, Scudamore EM. Effects of aerobic exercise on point-and-click accuracy and motor reaction time in eSports athletes.

Zhao X, **Přibyslavská V**, Church JB, Scudamore EM. Association of Functional Movement Screen and Y-Balance Test Scores with lower extremity injury in Elite Fast-Pitch Softball Athletes.

Pulscher M, **Přibyslavská V**, O'Neal EK, Scudamore EM. The effects of external-loading during daily living on anaerobic performances of rugby athletes.

#### **Presentations:**

Counts R & **Přibyslavská V**. The Impact of Neuromuscular Training on Acute Ankle Injury Prevention in High School Female Athletes. Create@State, Arkansas State University. April 2024, Jonesboro, AR.

Bowling LR, Scudamore EM, Knight SN, **Přibyslavská V**, Carder MJ, Waldman HS, O'Neal EK. Validity of respiratory exchange ratio as a secondary confirmation marker of VO<sub>2</sub>max in trained runners. Central States Regional ACSM Conference, March 2024.

Knight SN, Bowling LR, Carder MJ, Scudamore EM, **Pribyslavska V**, Waldman HS, O'Neal EK. VO<sub>2</sub> and RER at 90% of 5-km race pace better represent metabolic profile of NCAA division I female runners than lower intensities. Central States Regional ACSM Conference, March 2024.

Dominy TA, Knight SN, Bowling LR, Carder MJ, Scudamore EM, **Pribyslavska V**, Waldman HS, O'Neal EK. VO<sub>2</sub> and RER at 90% of 8-km race pace most accurately represent running economy. Central States Regional ACSM Conference, March 2024.

Qualls J, Kobayashi K, Shepherd M, Pulscher M, Scudamore EM, Cantrell G, Church B, Wheeler A & **Pribyslavska V**. Correlation Between Pass Speed and Leg Strength and Explosive Leg Performance in Male Soccer Players. Central States American College of Sports Medicine. March 2024, Kansas City, MO.

Kobayashi K, Shepherd M, Pulscher M, Qualls J, Scudamore EM, Cantrell G, Church JB, Wheeler A, & **Pribyslavska V**. Correlation Between Pass Speed and Leg Strength and Explosive Leg Performance in Male Soccer Players. SHAPE Arkansas. November 2023. Jonesboro, AR (1<sup>st</sup> place award).

Harris J & **Pribyslavska V**. The Effectiveness of Hippotherapy, Aquatic Therapy, and Neurodevelopmental Treatment on Gross Motor Function in Children with Cerebral Palsy. SHAPE Arkansas. November 2023. Jonesboro, AR (2<sup>nd</sup> place award).

Graddy E & **Pribyslavska V**. Understanding Barriers in Gait Rehabilitation of Parkinson's Disease Patients: A Qualitative Analysis. SHAPE Arkansas. November 2023. Jonesboro, AR (3<sup>rd</sup> place award).

Scudamore EM, Zhao X, Church JB, **Pribyslavska V**. Association of Functional Movement Screen and Y-Balance Test Scores with injury in Elite Softball Athletes. Central States American College of Sports Medicine. March 2023, Tulsa, OK.

Kobayashi K, Shepherd M, Pulscher M, **Pribyslavska V**, O'Neal EK, Brown G, Coats Z, Scudamore EM. Association between external loading wear time and change in anaerobic performance of rugby athletes. Central States American College of Sports Medicine. March 2023, Tulsa, OK. (Oral presentation Nominated for Outstanding Student Research Award).

Kobayashi K, Shepherd M, Pulscher M, **Pribyslavska V**, O'Neal EK, Brown G, Coats Z, Scudamore EM. Association between external loading wear time and change in anaerobic performance of rugby athletes. Central States American College of Sports Medicine. March 2023, Tulsa, OK. (Nominated for Outstanding Student Research Award).

Pulscher M, **Pribyslavska V**, O'Neal EK, Shepherd M, Kobayashi K, Brown G, Coats Z, Scudamore EM. Effects of external loading during daily living on anaerobic performance in D1-A rugby athletes. Central States American College of Sports Medicine. March 2023, Tulsa, OK.

Bowling LR, Knight SN, Carder MJ, Scudamore EM, **Pribyslavska V**, & O'Neal EK. VO<sub>2</sub>max observation window differences in male NCAA cross-country athletes. Southeastern American College of Sports Medicine. February 2023, Greenville, SC.

Knight SN, Bowling LR, Carder MJ, Scudamore EM, **Pribyslavska V**, & O'Neal EK. VO<sub>2</sub>max observation window differences in female NCAA cross-country athletes. Southeastern American College of Sports Medicine. February 2023, Greenville, SC.

- Bowling L, Scudamore EM, Church JB, **Přibyslavská V**. Carbohydrate mouth rinse does not improve soccer-specific skills following a morning high-intensity practice. Central States Regional ACSM Conference, March 2022, Fayetteville, AR
- Přibyslavská V**, Charles A, Scudamore EM. Evaluating the accuracy of two VO<sub>2</sub>max prediction methods in Division I cross-country runners. Central States Regional ACSM, March 2021, virtual (due to COVID-19)
- Přibyslavská V**, Scudamore EM, Sayer B, Bryant L. Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. National ACSM conference, May 2020, San Francisco, CA. (Accepted, conference cancelled due to COVID-19)
- Scudamore EM, Charles A, Coons JM, **Přibyslavská V**. Gender differences in time-trial based predictions of VO<sub>2</sub>max and training paces for collegiate track athletes. National ACSM Conference, May 2020, San Francisco, CA. (Accepted, conference canceled due to COVID-19)
- Charles A, **Přibyslavská V**, Scudamore EM. Evaluating the accuracy of two VO<sub>2</sub>max prediction methods in Division I cross-country runners. Create@State, Arkansas State University, April 2020, Jonesboro, AR. (A mentor, Graduate student oral presentation award received).
- Rogers J, **Přibyslavská V**. An analysis of generalized concussion scales and their effectiveness in the pediatric to adolescent population. Create@State, Arkansas State University. April 2020, Jonesboro, AR.
- Belk WF, Scudamore EM, **Přibyslavská V**. Effects of aerobic exercise on point-and-click accuracy and motor reaction time in esports athletes. Create@State, Arkansas State University. April 2020, Jonesboro, AR.
- Přibyslavská, V**. What I wish I knew before my first job. Panel Discussion. Central State Regional ACSM Conference, October 2019, Broken Arrow. OK. (invited speaker)
- Přibyslavská, V**, Caputo JL, Fuller DK, Barry V. Accuracy of activity monitors in measuring energy expenditure and heart rate during a gym-based routine. National ACSM Conference, May 2019, Orlando, FL.
- Scudamore EM, Jiwani N, Doig SR, **Přibyslavská, V**. The effects of early-childhood physical education on moderate-vigorous physical activity levels and sedentary time. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
- Charles A, Shelton K, Long K, Freeland H, Thomas C, Tedford AG, **Přibyslavská, V**, Scudamore EM. The effects of external-loading during daily living on single and repeated jump performance in rugby athletes. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
- Tedford G, Charles A, Long K, Freeland H, Shelton K, **Přibyslavská, V**, Bryant L, Scudamore EM. A comparative analysis of body composition standards for U.S. Army recruits. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
- Přibyslavská, V**, Sayer B, Church B, Scudamore EM. Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.

- Long K, Thomas C, Freeland H, Tedford AG, Shelton K, Charles A, Scudamore EM, **Přibyslavská, V.** Effects of three-week external-loading intervention on sprint performance in rugby athletes. Central States Regional ACSM Conference, October 2019, Broken Arrow, OK.
- Scudamore EM, **Přibyslavská, V.** Strength training for the high school athlete. Arkansas AAPERD District IV Workshop, April 2019, Jonesboro, AR.
- Sayer B, **Přibyslavská, V.**, Scudamore EM. Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. Create@State, April 2019, Jonesboro, AR. (Graduate student oral presentation award for College)
- Shelton K, Tedford A, Long K, Freeland H, **Přibyslavská, V.**, Scudamore EM. Effects of external loading during daily living on anaerobic performance: A Review. Create@State, April 2019, Jonesboro, AR. (Graduate student poster presentation award for College)
- Freeland, H., Long, K., Tedford, A., Charles, A., Shelton, K., Kahoun, E., Thomas, C., **Přibyslavská, V.**, Scudamore, E. M. Familiarization sessions are not necessary for sprint assessments in rugby athletes. Create@State, April 2019, Jonesboro, AR.
- Přibyslavská, V.**, Caputo JL, Fuller DK, Barry V. Accuracy of activity monitors in measuring energy expenditure and heart rate during a gym-based routine. Central States Regional ACSM Conference, Oct 2018, Kansas City, MO.
- Griffin, J., Scudamore, E., M., **Přibyslavská, V.**, Northcutt, M. Effects of an 11-Week Karate Program on Physical Fitness, Aggression, and Attentiveness in Children. Central States Regional ACSM Conference, Oct 2018, Kansas City, MO.
- Korak JA, Paquette MR, Fuller DK, **Přibyslavská V.**, Caputo JL, & Coons JM Muscle Activation Patterns of Lower Body Musculature Among Three Traditional Lower Body Exercises in Trained Women. Abstract to the Annual Meeting of the American College of Sports Medicine. May 2018; Minneapolis, MN.
- Přibyslavská V.**, Davis BA, & Coons JM. Comparisons of volume between agonist-antagonist paired sets and traditional sets. National American College of Sports Medicine Conference; June 2016: Boston, MA.
- Přibyslavská V.**, Scudamore EM, Johnson SL, Green JM, Stevenson MC, Lowe JB, & O'Neal EK. Influence of carbohydrate mouth rinse on running and jumping performance during early morning soccer scrimmaging. Southeastern American College of Sports Medicine Regional Conference; February 2015: Jacksonville, FL.
- Přibyslavská, V.**, Holm RL, Scudamore EM, Johnson SL, Langford TW, Stevenson MC, Lowe JB, Neal KK, Kelly A, Stewart SD, Green JM, & O'Neal EK. Pre- and mid scrimmage cooling does not improve sprint or shuttle running performance in female soccer players. Southeastern American College of Sports Medicine Regional Conference; February 2014: Greenville, SC. (Approved for presentation, cancelled due to inclement weather).
- Davis BA, O'Neal EK, Johnson SL, **Přibyslavská V.**, & Farley RS. Ad libitum fluid replacement threshold evidenced in runners at 12-h post-run in hot environment. National American College of Sports Medicine Conference; June 2016: Boston, MA.

Lowe JB, Scudamore EM, Stevenson-Wilcoxon MC, Johnson SL, **Přibyslavská V**, Langford TW, Green JM, & O'Neal EK. Three weeks of chronic hypergravity training improves tactical athlete anaerobic tasks. National American College of Sports Medicine Conference; May 2015: San Diego, CA

O'Neal, E. K., Stevenson-Wilcoxon, M. C., Johnson, S. L., **Přibyslavská, V.**, Green, J. M., Waddell, A.F., Lamm, A. N., & Heatherly, A. J. Hydration assessment technique responses over 24-h with low, moderate, and high fluid replacement in runners. National American College of Sports Medicine Conference; May 2015: San Diego, CA.

Johnson, S. L., Stevenson, M. C., **Přibyslavská, V.**, Green, J. M., Helm, J. A., & O'Neal, E. K. Hydration profile and sweat loss estimation of adolescent female gymnasts: A pilot study. Southeastern American College of Sports Medicine Regional Conference; February 2015: Jacksonville, FL.

Scudamore, E. M., Lowe, J. B., **Přibyslavská, V.**, Johnson, S. L., Stevenson, M. C., Langford, T. W., Green, J. M., & O'Neal, E. K. Three week chronic hypergravity training intervention improves anaerobic task performance in well-trained men. Southeastern American College of Sports Medicine Regional Conference; February 2015: Jacksonville, FL.

Stevenson, M. C., Johnson, S. L., **Přibyslavská, V.**, Waddell, A. F., Lamm, A. N., Heatherly A. J., Green, J. M., & O'Neal, E. K. 24-hour responses of USG and fluid retention in male runners during low, moderate, and high fluid replacement. Southeastern American College of Sports Medicine Regional Conference; February 2015: Jacksonville, FL.

Waddell, A. F., Lamm, A. N., Heatherly, A. J., Stevenson, M. C., Johnson, S. L., **Přibyslavská, V.**, & O'Neal, E. K. Reliability of two automated refractometers to assess urine specific gravity in comparison to a manual refractometer. Southeastern American College of Sports Medicine Regional Conference; February 2015: Jacksonville, FL.

Simpson, J. D., Lowe, J. B., Scudamore, E. M., Stevenson, M. C, Johnson, S. L, **Přibyslavská, V.**, Langford, T. W., Green, J. M., & O'Neal, E. K. 21-days of chronic hypergravity training improves tactical athlete specific anaerobic tasks. Southeastern American College of Sports Medicine Regional Conference; February 2015: Jacksonville, FL.

### **Student Research Mentorship:**

#### ***Thesis Chair:***

Kobayashi K, Scudamore EM, Church JB, Wheeler A, Cantrell G, & **Přibyslavská, V.** (2023). Exploring Correlation between Pass Speed, Leg Strength, and Explosive Leg Performance in Male College-aged Soccer Athletes.

Bowling L. R., Scudamore E. M., Church J. B., & **Přibyslavská, V.** (2021). Effects of carbohydrate mouth rinsing on the performance of soccer-specific skills following a morning high-intensity practice

Charles, A., Scudamore, E. M., Patchell, J., & **Přibyslavská, V.** (2020). Evaluating the accuracy of three  $VO_{2max}$  prediction methods in division I cross-country runners.

Tedford, G., Bryant, L., Scudamore, E. M., & **Přibyslavská, V.** A comparative analysis of body composition standards for U.S. Army recruits. (Thesis chair, Fall 2019).

Sayer, B., Scudamore, E. M., & **Přibyslavská, V.** Effects of foam rolling for delayed-onset muscle soreness on military performance and perceived recovery. (Master's thesis chair, Fall 2018).

### ***Thesis Committee Member***

Mack S, Tiffin G, **Přibyslavská V,** & Bonds M. (2023). Dual and Concurrent Enrollment Students: What are the best Outcomes for High School Students in a College Student Environment.

Pulscher M, **Přibyslavská V,** O'Neal EK, Shepherd M, Kobayashi K, Brown G, Coats Z, Scudamore EM. (2022). Effects of external loading during daily living on anaerobic performance in D1-A rugby athletes.

Carder MJ, **Přibyslavská V,** O'Neal EK, Scudamore EM. (2021). Prediction of NCAA Division I Cross Country Performance.

Terrell T, **Přibyslavská V,** Scudamore EM, Church JB. (2021). An investigation of popular recovery methods in volleyball players.

Zhao X, **Přibyslavská V,** Church JB, Scudamore EM. (2021). Association of Functional Movement Screen and Y-Balance Test Scores with lower extremity injury in Elite Fast-Pitch Softball Athletes.

Sanders CW, **Přibyslavská, V.,** Loar J. A., Bowling L. R., & Scudamore E. M. (2021). Effects of external loading during daily living on Army Combat Fitness Test performance.

Raines A, **Přibyslavská, V.,** Scudamore EM, Church JB. (2021). Effects of static stretching on flexibility and jumper performance in dancers.

Miller B, **Přibyslavská, V.,** Scudamore EM, Wheeler A, & Church JB. (2021). The efficacy of wearing a Shrinkx Belly Postpartum Belly Wrap during Postpartum Pregnancy to decrease present diastasis recti abdominis.

White, B., Scudamore, E. M., **Přibyslavská, V,** Wheeler, A., Church, B., Saleh, A. (2019). The officiating shortage: examining the administrator's role in addressing basketball contest climates in the state of Missouri. (Doctoral dissertation).

Jiwani, N., Doig S. R., **Přibyslavská, V,** & Scudamore, E. M. (2019). Use of accelerometry to quantify the effects of physical education on physical activity levels and sedentary time in preschool students.

### **External funding:**

Scudamore, E. M, **Přibyslavská, V.** Facilitating Student Engagement through Financial Assistance Travel Grant. Central States Chapter of the American College of Sports Medicine (**\$745; Fall 2019: awarded**).

**Přibyslavská, V.,** & O'Neal, E. K. (2014). Effects of a carbohydrate mouth rinse on sprinting and jumping performance of NCAA Division II female soccer players. The Sqwincher Co. (\$3820.00; 2013: not funded).

O'Neal, E. K., Stevenson, M. C., Johnson, S. L., & **Přibyslavská V.** Validity of urine specific gravity in male runners during low, moderate, and high fluid replacement following 3% loss of body mass. *Atago USA Inc.* (**\$13,882.70; January 2014: awarded**).



## **SERVICE**

### **University and Profession Related:**

#### *Profession:*

- Past President of the Central States Regional Chapter of ASCSM (2023 – 2024)
- President of the Central States Regional Chapter of ACSM (2022 – 2023)
- President-Elect of the Central States Regional Chapter of ACSM (Spring 2021 – Spring 2022)
- Central States ACSM Regional Chapter Arkansas State Representative (2019 – 2020)
- Central States ACSM Abstract Reviewer (Spring 21', 22', 23', 24')
- Rapid Research Competition Committee member (Fall 22 – present)
- Rapid Research Competition Reviewer (Fall 22 – present)
- Convince Me in 3 Committee Member (Spring 19' – Spring 22')
- Convince Me in 3 Research Competition Reviewer (Spring 20' – Spring 22')
- International Journal of Exercise Science Board Member (18' – present)
- Reviewer for International Journal of Exercise Science (15' – present)
- Reviewer for Journal of Human Kinetics (17' – present)

#### *Arkansas State University:*

- Human Performance Lab Coordinator (Spring 18' – present)
- International Students and Scholars Committee Chair (Fall 21' – 2023)
- International Students and Scholars Committee Member (Fall 20' – 2023)
- Exercise Science Faculty Search Committee Member (Fall 18' – present)
- Recruitment and Retention Committee Member (Fall 17' – present)
- Diversity Committee Member (Fall 17' – present)
- Student Grievance Pool Member (Fall 19' – present)
- Safety and Emergency Management Committee Member (Fall 19' – present)
- Create @ State Student Abstracts Reviewer (Spring 19', 20', 21')
- Kinesiology Research Group Co-Advisor (Spring 19' – present)

#### *Middle Tennessee State University:*

- President of the Exercise Science Club (ESC) of Middle Tennessee State University (Fall 15' – Summer 17')
- Member of the ESC of Middle Tennessee State University (Fall 14' – Summer 17')
- Judge of Exercise Science undergraduate poster presentations at Middle Tennessee State University (Fall 14' – Spring 17')
- Reviewer for the International Journal of Exercise Science (Fall 14' – present)
- Member of American College of Sports Medicine (Fall 15' – present)
- Member of the Southeastern chapter of the American College of Sports Medicine (Fall 13' – Spring 17')

#### *University of North Alabama:*

- Member of the Human Performance Research Group (HPRG) of the University of North Alabama (Fall 13' – Summer 14')

## Community Related:

- Jonesboro Adult Soccer Association Board Member (2022 – present)
- Sponsorship Coordinator for the Jonesboro Adult Soccer Association (2024 – present)
- Northeast Arkansas Trail Organization Volunteer (August 17’ – present)
- Special Olympics Volunteer (Spring 18’ – Spring 19’)
- FC Revolution Head Coach Volunteer (Fall 18’ – present)
- Board member and volunteer for Endure Athletics, Murfreesboro, TN (Fall 15’ – Spring 17’)
  - Endure Athletics is a non-profit organization that is involved with homeless and unprivileged children to teach life skills through sports and exercise
  - Volunteer responsibilities: to help organize fundraising events, to help arrange and attend events to increase awareness about the organization, to assist with the After-school program
- Volunteer for Special Kids, Murfreesboro, TN (August 14’ – July 17’)
- Student volunteer at the Community Health Fair, Shelbyville, TN (Fall 15’)
- Volunteer for Special Olympics, Florence, AL (Fall 13’ – Summer 14’)

## ADDITIONAL EXPERIENCE

### Certifications and awards:

- American College of Sports Medicine Certified Exercise Physiologists (expected Spring 2024)
- Red Cross: CPR & AED Certification

## REFERENCES

Eric K O’Neal, PhD  
Professor, UNA  
[oneall@una.edu](mailto:oneall@una.edu)  
(256) 765-4555

Paul Finnicum, EdD  
Professor, ASU  
[pfinnicu@astate.edu](mailto:pfinnicu@astate.edu)  
(870) 680-8113

Amanda Wheeler Gryffin, PhD  
Department Chair, ASU  
[awheeler@astate.edu](mailto:awheeler@astate.edu)  
(870) 680-8107

## Biography

Veronika Scudamore (Pribyslavská), a native of Prague, Czech Republic, is an Associate Professor in Exercise Science in the Department of Health, Physical Education, and Sport Sciences at Arkansas State University. She received her Bachelor of Science in Exercise Science from Murray State University in Kentucky. She continued her education by earning a master’s degree in Human Performance from the University of North Alabama and a doctoral degree in Health and Human Performance from Middle Tennessee State University. She served in the presidential roles for the Central States chapter of ACSM. Veronika also serves as an editorial board member for the International Journal of Exercise Science. Some of her research interests include evaluating the accuracy of consumer-based activity monitors and examining the effects of external loading, carbohydrate mouth rinse, and hydration on performance.