

Angela R. Russell
Associate Professor of Kinesiology

Background

1. Education:

The University of Alabama, Tuscaloosa, AL, December 2017
Doctor of Philosophy, Human Performance

Auburn University at Montgomery, Montgomery, AL, July 2010
Master of Education, Exercise Science

Auburn University at Montgomery, Montgomery, AL, May 2009
Bachelor of Science in Education, Physical Education non-certification

2. Experience:

A. Academic:

Auburn University at Montgomery
Associate Professor, Department of Kinesiology: October 2024-present
Assistant Professor, Department of Kinesiology: January 2018 –
September 2024

Auburn University at Montgomery
Adjunct Instructor, Department of Kinesiology: January 2013 – December
2017
Adjunct Instructor, Department of Biology: Fall 2013

Jacksonville State University
Adjunct Instructor, Department of Health, Physical Education, and
Recreation: January 2015 – December 2015

Auburn University at Montgomery
Graduate Research Assistant, Warhawk Fit, a program providing health
screenings and exercise instruction for individuals with disabilities: August
2012 – July 2014

Graduate Teaching Assistant, Department of Physical Education and
Exercise Science: May 2009 – July 2010

B. Other Professional:

Next Dimension Gymnastics

Gymnastics Instructor: January 2011 – January 2013

Armory Gymnastics Center

Gymnastics Instructor: August 2010 – December 2010

Scholarly and Creative Productivity

1. Publications

A. Books N/A

- a. Scholarly books N/A
 - i. Refereed
 - ii. Non-refereed
- b. Textbooks N/A
 - i. Refereed
 - ii. Non-refereed

B. Refereed/Invited Publications

- a. Book chapters
N/A

b. Journal articles

Mehra, A., Snarr, R.L., **Russell, A.R.**, Perez, J., Aguiar, E.J., Esco, M.R., Czerwinski, S.A., & Nickerson, B.S. (2025). Individuals with Down syndrome possess lower handgrip, appendicular lean mass, & muscle quality versus weight-matched adults. *Nutrition Research*.

Beziat, T.R., **Russell, A.R.**, Langham, G., & Taylor, J.K. (2025). Three-year analysis of overweight and obesity in central Alabama children. *International Journal of Physical Education, Fitness and Sports*, 14, 1, doi: 10.54392/ijpefs2511

Foo, C.E., Schaefer, G.R., & **Russell, A.R.** (2023). Is sport ready to transition? Navigating transgender issues in high school sport. *The Physical Educator*, 80, 579-584.

Dean, T.M., Knight, S.N., Robinson, M.J., Bowling, L.R., **Russell, A.R.**, O'Neal, E.K., & Davis, B.A. (2023). 24 h hydration profile of collegiate soccer players training once versus twice per day in the heat. *Physiology & Behavior*, doi: 10.1016/j.physbeh.2023.114273

Davis, A., Bowling, L.R., Dean, T.M., Knight, S.N., Robinson, M.A., **Russell, A.R.**, O'Neal, E.K. (2022). Collegiate soccer players consistently underestimate practice sweat losses regardless of

practice sweat loss volume. *Montenegrin Journal of Sports Science and Medicine*, 11, 2, 65-70.

Russell, A.R., Lee, A., & Walker, A.T. (2021). Relative intensity of a modified CrossFit® workout. *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 40, 3, 3-9.

Russell, A.R., Reilly, E.R., Higginbotham, T., Wildman, L.D., Jones, S.C., Reaves, J.S., Duenas, G., & Shelley, T.B. (2020). Prevalence of retained primitive reflexes in a class of healthy preschool children. *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 40(1), 21-25.

Fedewa, M.V., **Russell, A.R.**, Nickerson, B.S., Fedewa, M.P., Myrick, J.W., & Esco, M.R. (2019). Relative accuracy of body adiposity index and relative fat mass in participants with and without down syndrome. *European Journal of Clinical Nutrition*, 73, 1117-1121.

Russell, A.R., Schaefer, G., & Reilly, E.R. Sexualization of prepubescent girls in dance competition: Innocent fun or “sexploitation”? *Strategies: A Journal for Physical and Sport Educators*. (2018) doi: 10.1080/08924562.2018.1490229

Esco, M.R., Nickerson, B.S., & **Russell, A.R.** (2017). Comparison of bioelectrical impedance and DXA for measuring body composition among adults with Down syndrome. *Disability and Health Journal*, 10(4), 548-551. DOI: 10.1016/j.dhjo.2017.03.009

Esco, M.R., Nickerson, B.S., Bicard, S.C., **Russell, A.R.**, and Bishop, P.A. (2016). Agreement of BMI-based equations and DXA in determining body-fat percentage in adults with Down syndrome. *Adapted Physical Activity Quarterly*, 33(1), 89-96.

Bicard, S.C., Nickerson, B.S., Esco, M.R., **Russell, A.R.**, and Snarr, R. (2015). Prompting individuals with Down syndrome to use a treadmill. *ACSM's Health and Fitness Journal*, 19(6), 19-23. DOI: 10.1249/FIT.000000000000000163

Nickerson, B.S., Esco, M.R., Bicard, S.C., **Russell, A.R.**, Williford, H.N., and Schaefer, G. (2015). Validity of the body adiposity index in adults with Down syndrome. *Research in Developmental Disabilities*, 38, 92-96.

Nickerson, B.S., **Russell, A.R.**, Bicard, S.C., Snarr, R.L., and Esco, M.R. (2014). Identifying barriers for people with disabilities that restrict

exercise participation. *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 34, 8-13.

Nickerson, B.S., **Russell, A.R.**, Bicard, S.C., Snarr, R.L., and Esco, M.R. (2014). Developing a full inclusion exercise facility: implementing strategies for people with disabilities to maximize participation. *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 34, 14-19.

Nickerson. B.S., Snarr, R.L., **Russell, A.R.**, Bishop, P.A., and Esco, M.R. (2014). Comparison of BIA and DXA for estimating body composition in collegiate female athletes. *Journal of Sport and Human Performance*, 2(1), 29-39.

Esco, M.R., Olson, M., Williford, H., Lizana, S.N., & **Russell, A.R.** (2011). The accuracy of hand-to-hand bioelectrical impedance analysis in predicting body composition in college-age female athletes. *Journal of Strength and Conditioning Research* 25(4), 1040-1045. DOI: 10.1519/JSC.0b013e3181cc224a

Russell, A.R., Esco, M.R., Rasbury, A., & Kim, H. (2011). Resistance training in cardiovascular disease prevention and rehabilitation. *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 31(2), 5-7.

Esco, M.R., Williford, H.N., & **Russell, A.R.** (2011). Cross-validation of BMI-based equations for predicting percent body fat in female collegiate athletes. *Journal of Exercise Physiology*, 14(3), 43-51.

Russell, A.R., & Schaefer, G. (2010). Coaching malpractice. *Journal of Physical Education, Recreation, & Dance*, 81(1), 8-9, 11.

c. Refereed monographs
N/A

d. **Refereed proceedings**

Dean, T.M., Knight, S.N., Robinson, M., **Russell, A.R.**, O'Neal, E.K., and Davis, B.A. (2022). 24-H hydration behaviors during once versus twice per day collegiate soccer practices in hot-humid conditions. (Abstract). *International Journal of Exercise Science: Conference Proceedings*, 16, 1, Article 220. Available at:

Robinson, M.A., Dean, T.M., Knight, S.V., **Russell, A.R.**, O'Neal, E.K., Davis, B.A. (2022). Male collegiate soccer players underestimate sweat losses regardless of sweat loss volume. (Abstract).

International Journal of Exercise Science: Conference Proceedings,
16, 1, Article 288.

Russell, A.R., Williford, H., & Allegro, D. (2018). Core muscle strength: a comparison of curl-up and forearm plank tests. (Abstract). *Journal of Strength and Conditioning Research*, 33, 2, e214. DOI: 10.1519/JSC.0000000000002990

Russell, A.R., Richardson, M., Fedewa, M., Conners, F., Stran, M., & Esco, M. (2018). Agreement between bioelectrical impedance analysis and dual-energy x-ray absorptiometry in assessing bone mineral content in adults with Down syndrome. (Abstract). *Journal of Strength and Conditioning Research*, 33, 2, e99. DOI: 10.1519/JSC.0000000000002990

Millender, D., Allegro, D., Williford, H., **Russell, A.**, & Magarity, B. (2018). Comparison of blood lactate clearance during yoga and treadmill walking following high intensity exercise. (Abstract). *Journal of Strength and Conditioning Research*, 33, 2, e108. DOI: 10.1519/JSC.0000000000002990

Millender, D., Allegro, D., **Russell, A.**, Depace, M., & Zediker, A. (2018). A comparison of perceived healthy BMI and actual BMI in African American and White females. (Abstract). *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 37(3), 40-41.

Ford, S., Jones, S., Reaves, J., Allegro, D., **Russell, A.** (2018). Social media use for health in university students. (Abstract). *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 37(3), 38.

Russell, A.R., Williford, H.N., and Esco, M.R. (2014). The relationship between the number of weekly practice hours and competition performance by apparatus of compulsory female gymnasts. (Abstract). *Journal of Strength and Conditioning Research*, 28(12), 34.

Schaefer, G.R., Esco, M.R., **Russell, A.R.**, Foo, C.E., & Nickerson, B.S. (2014). Gender differences in employee safety training among high school athletic and conditioning coaches. (Abstract). *Journal of Strength and Conditioning Research*, 28(12), 129.

Nickerson, B.S., **Russell, A.R.**, Bicard, S.C., Mahurin, A.J., Williford, H.N., and Esco, M.R. (2014). The accuracy of hand-to-hand bioelectrical

impedance analysis in adults with Down syndrome. (Abstract). *Medicine and Science in Sports and Exercise*, 46(5S), 552-553.

Jenkins, C.T., Nickerson, B.S., **Russell, A.R.**, Bicard, S.C., Mahurin, A.J., Williford, H.N., and Esco, M.R. (2014). The accuracy of foot-to-foot bioelectrical impedance analysis percentage in adults with Down syndrome. (Abstract). *Medicine and Science in Sports and Exercise*, 46(5S), 620.

Russell, A.R., Williford, H.N., and Esco, M.R. (2013). The relationship between the number of weekly practice hours and competition performance of compulsory female gymnasts. *Journal of Strength and Conditioning Research*, 27(10), S119-S120.

Russell, A.R., Williford, H.N., Schaefer, G., and Esco, M.R. (2013). Competition performance based on level in compulsory female gymnasts. (Abstract). *Journal of Strength and Conditioning Research*, 28(12), S89.

Nickerson, B.S., **Russell, A.R.**, Bicard, S., and Esco, M.R. (2013). The accuracy of bioelectrical impedance for measuring body fat percentage in individuals with Down syndrome. (Abstract). *Journal of Strength and Conditioning Research*, 27(10), S71-S72.

Nickerson, B.S., **Russell, A.R.**, Bicard, S., Mahurin, A., and Esco, M.R. (2013). Accuracy of the body adiposity index for estimating body fat in individuals with Down syndrome. (Abstract) *Journal of Strength and Conditioning Research*, 27(10), S126-S127.

Schaefer, G., Esco, M.R., **Russell, A.R.**, and Nickerson, B.S. (2013). Perceived beliefs of safety procedure development among high school athletic and conditioning coaches. (Abstract). *Journal of Strength and Conditioning Research*, 27(10), S89.

Russell, A.R., Williford, H.N., Taylor, K., Mahurin, A.J., and Esco, M.R. (2013). Estimating maximal heart rate with age and resting heart rate. (Abstract). *Medicine & Science in Sports & Exercise*, 45(5S), 664.

Nickerson, B.S., **Russell, A.R.**, Jenkins, C.T., Witte, E., Snarr, R.D., Taylor, J.K., Mahurin, A.J., Williford, H.N., Bicard, S., and Esco, M.R. (2013). The accuracy of bioelectrical impedance analysis for estimating body composition in individuals with developmental disabilities. (Abstract). *Medicine & Science in Sports & Exercise*, 45(5S), 28.

Russell, A.R., Snarr, R.L., Witte, E.V., Jenkins, T., Nickerson, B.S., Williford, H.N., and Esco, M.R. (2013). The effect of body position on body fat percentage determined by hand-to-foot bioelectrical impedance. (Abstract). *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 33(1), 11.

Witte., E., Snarr, R.L., Nickerson, B.S., **Russell, A.R.**, Jenkins, C.T., Taylor, J.K., Mahurin, A.J., and Esco, M.R. (2013). The accuracy of the 220-age equation for predicting maximal heart rate. *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 33(1), 8.

Nickerson, B.S., **Russell, A.R.**, and Esco, M.R. (2013). Distribution of adiposity between wheelchair- and non-wheelchair-dependent men: A pilot study. (Abstract) *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 33(1), 9.

Jenkins, C.T., Snarr, R.L., Nickerson, B.S., Witte, E.V., **Russell, A.R.**, and Esco, M.R. (2013). The accuracy of predicting body fat percentage via body mass index and body adiposity index in women. (Abstract). *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 33(1), 8.

McHugh, A., Esco, M.R., Williford, H.N., and **Russell, A.R.** (2011). The accuracy of selected field measures for predicting body fat percentage in female athletes. *Medicine and Science in Sports & Exercise*, 43(5), 874. DOI: 10.1249/01.MSS.0000402439.26677.89

Esco, M.R., Olson, M.S., Williford, H.N., **Russell, A.R.**, & Gaston K. (2011). Skinfold thickness is related to cardiovascular autonomic control as assessed by resting heart rate variability. (Abstract). *Journal of Strength and Conditioning Research*. 25:S102.

Esco, M.R., Williford, H.N., Olson, M.S., **Russell, A.R.**, & Gaston, K. (2011). The relationship between selected anthropometric variables, VO₂max, and heart rate recovery. (Abstract). *Journal of Strength and Conditioning Research* 25:S102.

Williford, H.N., Esco, M.R., Olson, M.S., Gaston, K., & **Russell A.R.** (2011). The accuracy of selected equations to predict maximal heart rate in African American men. (Abstract). *Journal of Strength and Conditioning Research* 25:S80-S81.

Russell, A.R., Esco, M.R., Lizana, S.N., Williford, H.N., Olson, M.S., & Kim, H. (2011). The accuracy of a BMI-based equation in

predicting percent body fat in college-age female athletes. (Abstract). *Journal of Strength and Conditioning Research* 25:S35-S36.

Kim, H., Esco, M.R., **Russell, A.R.**, Lizana, S.N., Olson, M.S., Williford, H.N., & Gaston, K. (2011). Body fat percentage in college-age female athletes as estimated via four selected skinfold equations: A dual-energy X-ray absorptiometry validation. (Abstract). *Journal of Strength and Conditioning Research* 25:S92-S93.

Russell, A.R., Esco, M.R., Bloomquist, B.E., Reilly, E.R., Shumack, K.A., & Williford, H.N. (2011). Podcasting for improved skill acquisition and performance in youth gymnastics. (Abstract). *Journal of Strength and Conditioning Research*, 26(S1), 46.

C. Other Publications

- a. Non-refereed academic journal articles
- b. Others

2. Items Accepted for Publication but NOT YET Published

N/A

3. Artistic or Other Creative Contributions

N/A

4. Participation in Professional Meetings

International Meetings

Russell, A.R., Guerra, K., Foo, C.E., Schaefer, G. (2023). Participant Perspectives on the Inclusion of Transgender Athletes in Elite Sport. North American Society for the Sociology of Sport 2023 Annual Meeting. New Orleans, LA.

Reilly, E., Shelley, T., Higginbotham, T., **Russell, A.R.**, & Wildman, L. (2020). The effects of a neuromotor exercise program on cognitive and physical development of pre-school age children. Hawaii International Conference on Education, Honolulu, Hawaii.

Reilly, E., **Russell, A.R.**, Higginbotham, T., Williford, H., & Schaefer, G. (2018). Muscle activation in a 10-year-old boy during the asymmetrical tonic neck reflex. 23rd European College of Sport Science Congress. Dublin, Ireland.

Williford, H., Allegro, D., Reilly, E., **Russell, A.**, Esco, M., Nickerson, B., & Schaefer, G. (2018). The relationship between fire fighter performance and body composition. 23rd European College of Sport Science Congress, Dublin, Ireland.

National Meetings

Russell, A.R., Diab, A., Christianson, K.E., & Russell, R.D. (2023). Comparison of peak force during the north-south elbow and hammer fist strikes in different positions. National Strength and Conditioning Association 2023 Annual Conference. Las Vegas, NV.

Reilly, E.R., Higginbotham, T., **Russell, A.R.**, Walker, A.T., & Wildman, L. (2023). Brain Pump. 2023 Health and Physical Literacy Summit. Birmingham, AL.

Reilly, E., **Russell, A.R.**, Higginbotham, T., Walker, A., Shelley, T., and Wildman, L. (2022). Advocating for PA through scholarly collaborations with other content areas. 2022 Health & Physical Literacy Summit. Birmingham, AL.

Reilly, E., Higginbotham, T., **Russell, A.R.**, Wildman, L., & Shelley, T. (2020). Pre-K activities that pump up the brain. Health and Physical Literacy Summit, Birmingham, AL.

Reilly, E., Higginbotham, T., **Russell, A.R.**, Wildman, L., & Shelley, T. (2020). Neuromotor exercise in physical education. Health and Physical Literacy Summit, Birmingham, AL.

Russell, A.R., & McCormick, J. Review of the AUM Force Impact Study on MMA. Association of Ringside Physicians 2019 Annual Conference. Austin, TX.

Russell, A.R., Williford, H., & Allegro, D. (2018). Core muscle strength: a comparison of curl-up and forearm plank tests. National Strength and Conditioning Association 2018 Annual Conference. Indianapolis, IN.

Russell, A.R., Richardson, M., Fedewa, M., Conners, F., Stran, M., & Esco, M. (2018). Agreement between bioelectrical impedance analysis and dual-energy x-ray absorptiometry in assessing bone mineral content in adults with Down syndrome. National Strength and Conditioning Association 2018 Annual Conference. Indianapolis, IN.

Millender, D., Allegro, D., Williford, H., **Russell, A.**, & Magarity, B. (2018). Comparison of blood lactate clearance during yoga and treadmill walking following high intensity exercise. National Strength and Conditioning Association 2018 Annual Conference. Indianapolis, IN.

Russell, A.R., Williford, H.N., Schaefer, G., Foo, C., & Esco, M.R. (2014). The relationship between the number of weekly practice hours and competition performance by apparatus of compulsory female gymnasts. National Strength and Conditioning Association 2014 Annual Conference. Las

Vegas, NV. Abstract published in *Journal of Strength and Conditioning Research* 27(10): S119-S120.

Schaefer, G.R., Esco, M.R., **Russell, A.R.**, Foo, C.E., & Nickerson, B.S. (2014). Gender differences in employee safety training among high school athletic and conditioning coaches. National Strength and Conditioning Association 2014 Annual Conference. Las Vegas, NV. Abstract published in *Journal of Strength and Conditioning Research* 28, S1.

Nickerson, B.S., **Russell, A.R.**, Bicard, S.C., Mahurin, A.J., Williford, H.N., & Esco, M.R. (2014). The accuracy of hand-to-hand bioelectrical impedance analysis in adults with Down syndrome. American College of Sports Medicine Annual Meeting, Orlando, FL. Abstract published in *Medicine and Science in Sports and Exercise*, 46(5S), 552-553.

Jenkins, C.T., Nickerson, B.S., **Russell, A.R.**, Bicard, S.C., Mahurin, A.J., Williford, H.N., & Esco, M.R. (2014). The accuracy of foot-to-foot bioelectrical impedance analysis percentage in adults with Down syndrome. American College of Sports Medicine Annual Meeting, Orlando, FL. Abstract published in *Medicine and Science in Sports and Exercise*, 46(5S), 620.

Russell, A.R., Williford, H.N., and Esco, M.R. (2013). The relationship between the number of weekly practice hours and competition performance of compulsory female gymnasts. National Strength and Conditioning Association 2013 Annual Conference. Las Vegas, NV. Abstract published in *Journal of Strength and Conditioning Research*, 27(10), S119-S120.

Russell, A.R., Williford, H.N., Schaefer, G., and Esco, M.R. (2013). Competition performance based on level in compulsory female gymnasts. National Strength and Conditioning Association 2013 Annual Conference. Las Vegas, NV. Abstract published in *Journal of Strength and Conditioning Research*, 27(10), S89.

Nickerson, B.S., **Russell, A.R.**, Bicard, S., and Esco, M.R. (2013). The accuracy of bioelectrical impedance for measuring body fat percentage in individuals with Down syndrome. National Strength and Conditioning Association 2013 Annual Conference. Las Vegas, NV. Abstract published in *Journal of Strength and Conditioning Research*, 27(10), S71-S72.

Nickerson, B.S., **Russell, A.R.**, Bicard, S., Mahurin, A., and Esco, M.R. (2013). Accuracy of the body adiposity index for estimating body fat in individuals with Down syndrome. National Strength and Conditioning Association 2013 Annual Conference. Las Vegas, NV. Abstract published in *Journal of Strength and Conditioning Research*, 27(10), S126-S127.

Schaefer, G., Esco, M.R., **Russell, A.R.**, and Nickerson, B.S. (2013). Perceived beliefs of safety procedure development among high school athletic and conditioning coaches. National Strength and Conditioning Association 2013 Annual Conference. Las Vegas, NV. Abstract published in *Journal of Strength and Conditioning Research*, 27(10), S89.

Russell, A.R., Williford, H.N., Taylor, K., Mahurin, A.J., and Esco, M.R. (2013). Estimating maximal heart rate with age and resting heart rate. American College of Sports Medicine 2013 Annual Conference, Indianapolis, IN. Abstract published in *Medicine and Science in Sports and Exercise*, 45(5), S554.

Nickerson, B.S., **Russell, A.R.**, Jenkins, C.T., Witte, E., Snarr, R.L., Taylor, J.K., Mahurin, A.J., and Esco, M.R. (2013). The accuracy of bioelectrical impedance analysis for estimating body composition in individuals with developmental disabilities. American College of Sports Medicine 2013 Annual Conference. Indianapolis, IN. Abstract published in *Medicine and Science in Sports and Exercise*, 45(5S), 28.

Russell, A.R., Esco, M.R., Bloomquist, B.E., Reilly, E.R., Shumack, K.A., and Williford, H.N. (2011). Podcasting for improved skill acquisition and performance in youth gymnastics. National Strength and Conditioning Association 2011 Annual Conference. Las Vegas, NV. Abstract published in *Journal of Strength and Conditioning Research*, 26(S1), 46.

McHugh, A.N., Esco, M.R., Williford, H.N., and **Russell, A.R.** (2011). Accuracy of selected field measures for predicting body fat percentage in female athletes. American College of Sports Medicine Annual Conference, Denver, CO. Abstract published in *Medicine and Science in Sports and Exercise*, 42(5): 874.

Russell, A.R., Esco, M.R., Lizana, S.N., Williford, H.N., Olson, M.S., and Kim, H. (2010). The accuracy of a BMI-based equation in predicting percent body fat in college-age female athletes. National Strength and Conditioning Association 2010 Annual Conference. Orlando, FL. Abstract published in *Journal of Strength and Conditioning Research*, 25:S35-S36.

Esco, M.R., Olson, M.S., Williford, H.N., **Russell, A.R.**, and Gaston K. (2010). Skinfold thickness is related to cardiovascular autonomic control as assessed by resting heart rate variability. National Strength and Conditioning Association 2010 Annual Conference. Orlando, FL. Abstract published in *Journal of Strength and Conditioning Research*, 25(3).

Esco, M.R., Williford, H.N., Olson, M.S., **Russell, A.R.**, and Gaston, K. (2010). The relationship between selected anthropometric variables, $VO_{2\text{max}}$, and heart rate recovery. National Strength and Conditioning Association 2010

Annual Conference. Orlando, FL. Abstract published in *Journal of Strength and Conditioning Research*, 25:S102.

Williford, H.N., Esco, M.R., Olson, M.S., Gaston, K., and **Russell A.R.** (2010). The accuracy of selected equations to predict maximal heart rate in African American men. National Strength and Conditioning Association 2010 Annual Conference. Orlando, FL. Abstract published in *Journal of Strength and Conditioning Research*, 25:S80-S81.

Kim, H., Esco, M.R., **Russell, A.R.**, Lizana, S.N., Olson, M.S., Williford, H.N., Gaston, K. (2010). Body fat percentage in college-age female athletes as estimated via four selected skinfold equations: A dual-energy X-ray absorptiometry validation. National Strength and Conditioning Association 2010 Annual Conference. Orlando, FL. Abstract published in *Journal of Strength and Conditioning Research*, 25:S92-S93.

Regional Meetings

Davis, B.A., **Russell, A.R.**, Boyd, J.M., and Crandall, K.J. (2022). Bingocize: Preparing students for careers in aging care through service-learning. American College of Sports Medicine Southeast Chapter, Annual Meeting. Greenville, SC.

Dean, T.M., Knight, S.N., Robinson, M., **Russell, A.R.**, O'Neal, E.K., and Davis, B.A. (2022). 24-H hydration behaviors during once versus twice per day collegiate soccer practices in hot-humid conditions. American College of Sports Medicine Southeast Chapter, Annual Meeting. Greenville, SC.

Robinson, M.A., Dean, T.M., Knight, S.V., **Russell, A.R.**, O'Neal, E.K., Davis, B.A. (2022). Male collegiate soccer players underestimate sweat losses regardless of sweat loss volume. American College of Sports Medicine Southeast Chapter, Annual Meeting. Greenville, SC.

Russell, A.R. & Schaefer, G. (2010). Coaching Malpractice: Wilson vs. O'Gorman High School et al. Southern Sport Management Conference, 2010 6th Annual Conference. Troy, AL.

State Meetings

Russell, A.R., & Davis B. (2025). Cognitive benefits of juggling. Alabama State Association of Health, Physical Education, Recreation, and Dance Fall Conference. Birmingham, AL.

Colvin, H., **Russell, A.R.**, & Davis, B. (2025). Effect of sodium bicarbonate on middle distance running time trials. Alabama State Association of Health, Physical Education, Recreation, and Dance Spring Conference. Orange Beach, AL.

Whitlock, H., Brown, A., Robbins, A., Williams, D., Wright, L., McFarlin, A., Diab, A., & **Russell, A.R.** (2025). Relationship between VO2 max and accuracy of predicted aerobic fitness in undergraduate kinesiology majors. Alabama State Association of Health, Physical Education, Recreation, and Dance Spring Conference. Orange Beach, AL.

Foshee, M., Wofford, E., Briggins, S., King, B., Warren, W., Lochte, N., Diab, A., and **Russell, A.R.** (2025). Aerobic fitness of undergraduate kinesiology majors as measured by the Queen's College Step Test. Alabama State Association of Health, Physical Education, Recreation, and Dance Spring Conference. Orange Beach, AL.

Russell, A.R., & Beziat, T.R. (2024). Three-year analysis of overweight and obesity in central Alabama children. Alabama State Association of Health, Physical Education, Recreation, and Dance Fall Conference. Birmingham, AL.

Schaefer, G., Foo, C., & **Russell, A.R.** (2024). Do you have a duty? Alabama State Association of Health, Physical Education, Recreation, and Dance Fall Conference. Birmingham, AL.

Russell, A.R., Colvin, H., Williams, S., & Roach, L. (2024). Implementing integrative neuromuscular training in youth sports. Alabama State Association of Health, Physical Education, Recreation, and Dance Fall Conference. Birmingham, AL.

Diab, A., Colvin, H., Beziat, T.R., & **Russell, A.R.** (2024). Aerobic fitness calibration of kinesiology majors. Alabama State Association of Health, Physical Education, Recreation, and Dance Fall Conference. Birmingham, AL.

Russell, A.R. (2023). Exercising with medical conditions. Alabama State Association of Health, Physical Education, Recreation, and Dance Fall Conference. Birmingham, AL.

Walker, A., & **Russell, A.R.** (2023). The good, the bad, and the great of fitness testing at the collegiate level. Alabama State Association of Health, Physical Education, Recreation, and Dance Fall Conference. Birmingham, AL.

Russell, A.R., Christianson, K.E., Diab, A., & Wildman, L. (2023). Physical activity guidelines for very young children from birth to age 5. ASAHPERD Spring Conference, Orange Beach, AL.

Davis, B.A., Reilly, E., & **Russell, A.R.** (2023). Firefighter, Police Officer, Soldier...Am I Fit Enough? Improving Tactical Fitness among Students

Pursuing Careers with Fitness Requirements. ASAHPERD Spring Conference, Orange Beach, AL.

Russell, A.R., & Wheeldon, L. (2022). Physical Fitness of College Kinesiology Majors. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2022 Fall Conference. Birmingham, AL.

Russell, A.R., & Davis, B.A. (2022). Bingocize® in Physical Education. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2022 Fall Conference. Birmingham, AL.

Reilly, E.R., Higginbotham, T., & **Russell, A.R.** (2022). The Science of Brain Pump. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2022 Fall Conference. Birmingham, AL.

Reilly, E., **Russell, A.R.**, Angus, N., Cartwright, C., Gildersleeve, O., Gray, A., Porter, J., and Thornton, C. (2022). Moving and managing with move mats. ASAHPERD Spring Conference, Orange Beach, AL.

Reilly, E., **Russell, A.R.**, Angus, N., Cartwright, C., Gildersleeve, O., Gray, A., Merriweather, O., Porter, J., Thornton, C. (2022). Brain Pump! ASAHPERD Spring Conference, Orange Beach, AL.

Russell, A.R., & Dean, T. (2021). Simple Exercises and Activities for Older Adults with Dementia and Related Conditions. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2021 Fall Conference. Birmingham, AL.

Avleeva, E., & **Russell, A.R.** (2021). Examining University Student Demographics: Methods and Practical Applications. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2021 Fall Conference. Birmingham, AL.

Russell, A.R., & Beziat, T.R. (2021). Retrieval Practice and Metacognition in the Kinesiology Classroom: Tools for Improving Student Learning. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2021 Spring Conference. Virtual.

Russell, A.R., Jones, S., Reilly, E., Higginbotham, T., Wildman, L., Duenas, G., & Reaves, J.S. (2019). Frequency of Retained Asymmetrical Tonic Neck Reflex in a Preschool Classroom. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2019 Spring Conference. Orange Beach, AL.

Reilly, E., Higginbotham, T., **Russell, A.R.**, Wildman, L., & Shelley, T. (2019). Brain Pump instructor training workshop for AI. Department of Early

Childhood Education 1st Class Pre-K coaches and teachers, Montgomery, AL.

Russell, A.R. (2018). Engaging activities for individuals with intellectual disabilities. 2018 Alabama State Association for Health, Physical Education, Recreation, and Dance 2018 Fall Conference, Birmingham, AL.

Millender, D., Allegro, D., **Russell, A.**, Depace, M., & Zediker, A. (2018). A comparison of perceived healthy BMI and actual BMI in African American and White females. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2018 Spring Conference. Orange Beach, AL.

Ford, S., Jones, S., Reaves, J., Allegro, D., **Russell, A.** (2018). Social media use for health in university students. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2018 Spring Conference. Orange Beach, AL.

Russell, A.R. (2017). Body composition assessment in adults with Down syndrome. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2017 Annual Fall Conference. Birmingham, AL.

Russell, A.R. (2017). Activities for special education and adapted physical education. Auburn University at Montgomery Enhancing Academic Achievement Workshop. Montgomery, AL.

Nickerson, B.S., and **Russell, A.R.** (2014). Exercise considerations for individuals who are wheelchair dependent. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2014 Annual Fall Conference. Birmingham, AL.

Nickerson, B.S., **Russell, A.R.**, Bicard, S., and Esco, M.R. (2013). Health and fitness among people with Down syndrome. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2013 Annual Fall Conference. Birmingham, AL. Abstract published in *Journal of the Alabama State Association for Health, Physical Education, Recreation, and Dance*, 33(1), 11.

Jenkins, C.T., **Russell, A.R.**, and Esco, M.R. (2013). An adapted fitness program on walking distance in a female with a spinal cord injury: a case report. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2013 Annual Fall Conference. Birmingham, AL.

Russell, A.R., Nickerson, B., Esco, M.R., and Bicard, S. (2013). Adaptive Fitness. Auburn University at Montgomery Physical Education and Health Workshop. Montgomery, AL.

Nickerson, B.S., **Russell, A.R.**, Witte, E.V., Snarr, R.L., and Esco, M.R. (2013). The accuracy of bioelectrical impedance for measuring body fat in individuals with Down syndrome. Auburn Research Week. Auburn, AL.

Witte, E., Snarr, R.L., Nickerson, B.S., **Russell, A.R.**, Jenkins, C.T., Taylor, J.K., Mahurin, A.J., and Esco, M.R. (2013). The accuracy of the 220-age equation for predicting maximal heart rate. Alabama State Association for Health, Physical Education, Recreation, and Dance. Annual Spring Conference, Orange Beach, AL.

Russell, A.R., Snarr R.L., Witte, E.V., Jenkins, C.T., Nickerson, B.S., and Esco, M.R. (2012). The effect of body position on body fat percentage determined by hand-to-foot bioelectrical impedance. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2012 Annual Fall Conference. Birmingham, AL.

Nickerson, B.S., **Russell, A.R.**, Mahurin, A.J., and Esco, M.R. (2012). Distribution of adiposity between wheelchair- and non-wheelchair-dependent men: A pilot study. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2012 Annual Fall Conference. Birmingham, AL.

Jenkins, C.T., Snarr, R.L., Nickerson, B.S., Witte, E.V., **Russell, A.R.**, and Esco, M.R. (2012). The accuracy of predicting body fat percentage via body mass index and body adiposity index in women. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2012 Annual Fall Conference. Birmingham, AL.

Reilly E.R., Young, C., **Russell, A.R.**, Gaunt, D., & Rhodes, T. (2009). Urban Line Dance. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2009 Annual Fall Conference, Birmingham, AL.

Russell, A.R., Esco, M.R., Olson, M.S., Williford, H.N. & Lizana, S. (2009). The accuracy of selected body fat percentage field estimates in college-age female athletes. Alabama State Association for Health, Physical Education, Recreation, and Dance, 2009 Annual Fall Conference. Birmingham, AL.

5. Other Scholarly or Creative Activities

A. Service in role of discussant, critic, reviewer for professional meeting or publications

- a. Reviewed conference proposals for Higher Education presentations for ASAHPERD Fall and Spring Conferences 2020-2022
- b. ASAHPERD Conference Presider 2019-2021
- c. Manuscript Reviewer:
Perceptual and Motor Skills 2018-2021
The Journal of Sports Medicine and Physical Fitness 2018-2021

B. Service in the role of officer of professional organization, program committee member, session organizer for professional meeting

- a. ASAHPERD Board Member: Higher Education Chair 2020-2022
 - i. Session organizer for ASAHPERD Fall and Spring Conferences

C. General editorship of journal, monograph series, book series

N/A

D. Professional society membership

- a. Alabama State Association of Health, Physical Education, Recreation, and Dance (2007-present; Professional Member 2019-present)
Member Number 2046
- b. American Translators Association (2021-present)
Member Number 273967
- c. National Strength and Conditioning Association (Professional Member 2017-present)
NSCA ID: 000058149; CSCS ID: 7248205467

6. Awards, Lectureships, or Prizes

N/A

7. Grants and Contracts

A. Grants and contracts received

- a. Principal investigator, co-principal investigator, or equivalent

External Grants and Contracts

[**Russell, A.R. \(2025\). NCHPAD Champion Inclusion. The National Center on Health, Physical Activity and Disability. Funded for \\$1,995.**](#)

Davis, B.A., & **Russell, A.R.** (2021). Bingocize®: An evidence-based health promotion program to improve the quality of life of Alabama certified nursing facility residents. Alabama Civil Monetary Penalty Fund Grant, Alabama Department of Public Health. Funded for \$948,718.

Reilly, E., Higginbotham, T., **Russell, A.R.**, Wildman, L, & Shelley, T. (2020). Effects of a neuromotor exercise program on physical and cognitive development in pre-school children: Phase II. Alabama Department of Early Childhood Education. Funded for \$209,000.

Reilly, E., Higginbotham, T., **Russell, A.R.**, Wildman, L, & Shelley, T. (2019). Effects of a neuromotor exercise program on physical and cognitive development in pre-school children. Alabama Department of Early Childhood Education. Funded for \$82,709.

Russell, A.R., Russell, R.D., & Schaefer, G. (2018). Comparison of force during the north-south elbow and legal upper body strikes in mixed martial arts. Association of Boxing Commissions and Combative Sports. Funded for \$507.07.

Internal Grants and Contracts

[**Russell, A.R. \(2025\). ASAHPERD Spring 2025 Conference Presentations. Funded for \\$2,977.72**](#)

Russell, A.R. (2023). Professional Conference Presentation: Comparison of Peak Force during the North-South Elbow and Hammer Fist Strikes in Different Positions. Funded for \$2,748.40.

Russell, A.R. (2022). Professional Conference Presentation: Brain Pump!* Funded for \$2,862. (*Initially submitted as “Bingocize in Physical Education”)

b. Not principal investigator, etc.
N/A

8. Thesis/Dissertation Service

A. Master's Thesis Service

[**Hayes Colvin, 2025 \(Co-Chair\)
Effect of sodium bicarbonate on middle distance running time trials
Auburn University at Montgomery**](#)

Tate Dean, 2022 (Committee Member)
The hydration status of collegiate male soccer players
Auburn University at Montgomery

Desmond Millender, 2018 (Committee Member)
The effect of yoga on lactate clearance following maximal exercise
Auburn University at Montgomery

Leah Whitlow, 2018 (Committee Member)
The Effects of Exercise on Person Memories and Stereotype Association
Auburn University at Montgomery

B. Honors Thesis Service

Amana Diab, 2023 (Thesis Chair)
The relationship between calibration during cognitive and physical tasks
Auburn University at Montgomery

9. Major Areas of Creative or Research Interest

- A. Human Performance
 - a. Body Composition
 - b. Sport Performance
 - c. Special Populations

10. Other Professional Accomplishments

A. Manuscripts under submission

B. Course/Program design and development

Created Strength and Conditioning Minor 2018

C. Special recognition for teaching

N/A

D. Academic service

- a. On-campus
 - i. Faculty Senate College of Education Representative 2023-present
 - ii. University Graduate Council 2021-present

iii. College of Education Graduate Council 2019-present

iv. CAEP Standard 4 Committee 2018-present

v. Human Performance Lab 2018-present

- Community Fitness Testing (BodPod, DXA, EKG, $\dot{V}O_2$ max, blood pressure)
- Performance Testing for Athletics (BodPod, DXA, EKG, BIA, $\dot{V}O_2$ max, blood pressure, blood lactate)
 - AUM Athletics
 - Montgomery Academy
 - Pell City High School
 - Community and independent athletes
- Fieldtrips for AUM Wellness Courses (PHED 2203)
- Fieldtrips for Regional High Schools
 - Lowndes County High School
 - Pike Road High School
- Demonstrations for Faulkner University Physical Therapy

Students

- Graduate Assistant Equipment Training
- Prospective Student Tours and Demonstrations
- Crash cart medication maintenance
- Manage online graduate assistantship applications
- Scale-Back Alabama Weigh-in Site

vi. Radiation Safety Committee (co-chair) 2019-present

vii. Alternate Fitness Testing for PHED 2011 2018-present

viii. Kinesiology Advisory Board Member 2018-present

ix. Comprehensive Exam Coordinator 2018-2020

x. Administrative Associate Search Committee (chair) 2020

xi. Physical Education Faculty Search Committee 2019

xii. Exercise Science Faculty Search Committee 2018

xiii. National Strength and Conditioning Association Education Recognition Program Director 2018-2021

- Reaccreditation in progress Fall 2023

xiv. Exercise Science Assessment Committee (chair) 2018-2022

- Created Strength and Conditioning Minor 2018

- xv. Guest Instructor PHED 3053 Theory & Techniques 2019, 2021, 2022
- xvi. Guest Instructor PHED 1803 Fundamentals of Dance 2018
- b. Off-campus
 - i. ASAHPERD Board Member: Higher Education Chair 2020-2022
 - ii. ASAHPERD Conference Presider 2019-2021
 - iii. Manuscript Reviewer
 - Perceptual and Motor Skills* 2018-2021
 - The Journal of Sports Medicine and Physical Fitness* 2018-2021
 - iv. Obesity Task Force Board Member 2018-2022

E. Other service

- a. OSHER Lifelong Learning Institute Instructor
Courses: Dabbling in Exercise
Exercising with Medical Conditions
Introduction to Pickleball
- b. Professional Development, Alabama Department of Early Childhood Education
- c. K-12 Professional Development, Montgomery Catholic Preparatory School
- d. Adapted Group Exercise for Adults with Intellectual Disabilities with the Montgomery Area Down Syndrome Outreach Group
- e. AUM Day of Giving
\$715 raised for the Adapted Group Exercise class
- f. 2019 Scale Back Alabama Expert

11. Other items of importance not to be found above

A. Professional Certifications

- a. Certified Strength and Conditioning Specialist (National Strength and Conditioning Association) 2018 – present

CSCS ID: 7248205467

- b. Adult CPR/AED (American Red Cross)
Certificate ID: 019HIFO
- c. BodPod Operator Certificate (COSMED)
Certificate: 201-0018
- d. CITI Social and Behavioral Research
Record ID: 24280740

B. Online Teaching Certifications

- a. FDI Developing and Delivering Online Instruction 2014
- b. FDI 1000 Cohort 7 (2022)
- c. FDI Canvas Training