

Undergraduate Student Research Projects Conducted in the Exercise Science Program

*Department of Kinesiology
School of Professional Studies
SUNY Cortland*

Student Research from 2001-2002

Effects of vision and stance on balance

*Jody Baldwin, Peter Braglia, Ann Marie Cahill, Jeanette Cox, Undergraduate students
Faculty: Joy Hendrick, James Hokanson, Peter McGinnis, Wolfgang Krause*

Effects of supination and pronation on elbow flexor strength during a bicep curl.

*Peter Braglia, Undergraduate Student
Faculty: Peter McGinnis*

A comparison of balance and gait between sedentary and aerobically active older adult women.

*Ann Marie Cahill, Undergraduate Student
Faculty: Joy L. Hendrick*

The Relationship between ankle injury on balance in collegiate athletes

*Jody M. Baldwin, Undergraduate student
Faculty: Joy L. Hendrick*

Effects of caffeine on running economy and substrate utilization during exercise for endurance trained athletes

*Jeannette Cox, Undergraduate Student
Faculty: James Hokanson*

Validity and reliability of heart rate measurements on precor stationary trainers

*Jeff Rubin and Tom Munson, Undergraduate students
Faculty: James Hokanson*

Does muscular efficiency correlate with fitness level?

*Karen O'Sullivan, Undergraduate student
Faculty: James Hokanson, Peter Allen*

Student Research from 2002-2003

Is one's preferred jumping frequency, the most efficient?

*Elizabeth Ackley, Clifford Coleman Jr., Carrie Costello, Shawn Jackett, Megan Rogers,
Elizabeth Szotyori, Undergraduate Students
Faculty: James F. Hokanson, Peter M. McGinnis, Joy L. Hendrick*

The Fidelity of Ski Jump Training Drills with the Take Off Phase of Ski Jumping

Elizabeth Szotyori, Undergraduate Student

Faculty: Peter McGinnis

EMG Comparisons for Trunk and Upper Body Muscles while Performing the Horizontal Press on a Stable Bench and on a Stability Ball.

Megan Rogers, Undergraduate Student

Faculty: Philip J. Buckenmeyer

Is There a Difference in Optimal Uphill Stride Frequency Between Trained and Untrained Runners?

Elizabeth Ackley, Undergraduate Student

Faculty: Peter McGinnis

Muscular Efficiency in Off-Road Cycling

Shawn Jackett, Undergraduate Student

Faculty: James F. Hokanson

Is there a best time of day to exercise?

Carrie Costello, Undergraduate Student

Faculty: James F. Hokanson

Fitness attributes of Cortland firefighters

Heidi Fralick, Undergraduate student

Faculty: James Hokanson, Philip Buckenmeyer

Physical Activity demographics of Cortland County residents

Cindy Adams, Undergraduate student

Faculty: Philip Buckenmeyer, James Hokanson

Student Research Projects from 2003-2004

Heat and Humidity Effects on Motor Performance in Golf

Jason Alexander, Ryan Hickey, Jay LaBarbera, Trista Morgan, Carin Piacente, Lara Stone, and

John Treadwell, Undergraduate Students

Faculty: Joy L. Hendrick, Jeff Bauer, James Hokanson, Philip Buckenmeyer

The relationship between childhood obesity and balance

Jason Alexander, Undergraduate Student

Philip Buckenmeyer, Assistant Professor, Exercise Science and Sport Studies

Using specially designed trikes to teach bicycling to children with and without delayed motor skills

Carin Piacente, Undergraduate Student

Faculty: Joy L. Hendrick

Force Differences Generated During Gait for Obese and Muscular Subjects

Jay LaBarbera Undergraduate Student

Faculty: Jeff Bauer

Effects of two backpacks with differently placed loads on subjects' stability

John Treadwell, Undergraduate Student

Faculty: Jeff Bauer

Comparison of Batted Ball Speeds of Five Different Metal Bats in Fastpitch Softball

Lara Stone, Undergraduate Student

Faculty: Jeff Bauer, Joy L. Hendrick

Group Cohesion and Self-handicapping in High School Varsity Baseball Players

Ryan Hickey, Undergraduate Student

Faculty: Wendy Hurley

Muscle fiber type estimation of Women Ice Hockey Players

Christine Napinger, undergraduate student

Faculty: James Hokanson

Student Research Projects from 2004-2005

McD-ometers: A Validity Study

Lindsay Althouse, Sarah Baron, Brooke Bazinet, Jessica Duffy, Carolyn Guinn, Christine Lyles, Kate McDonald, Gina Salvatore, Jonathan Schwing, Jamie Switzer, Mike Talerico, Shauna Verbiar, Paul Zalewski, Undergraduate Students

Hand-Held or Hands-Free Cell Phones, Do They Affect Reaction Time?

Jamie Switzer, Undergraduate Student

Faculty: Joy L. Hendrick

Manual Dexterity Differences in Frequent and Infrequent Computer Users

Gina M. Salvatore, Undergraduate Student

Faculty: Joy L. Hendrick

The Effects of Noise and Coaction on Anxiety and Choice Reaction Time

Sarah Baron, Undergraduate Student

Faculty: Joy L. Hendrick

Effects of Different Kinds of Music on Motor Tasks

Shauna Verbiar, Undergraduate Student

Faculty: Wendy Hurley

The Effect of PNF Stretching on Spring Performance in College Students

Jennifer Mayack, Undergraduate Student

Faculty: Philip Buckenmeyer, Joy L. Hendrick

Foot Position and Force Production during the Sprint Start

Paul Zalewski, Undergraduate Student

Faculty: Peter McGinnis

Basal Metabolic Rate of Obese and Non-obese College Students

Christine Lyles, Undergraduate Student

Faculty: James F. Hokanson

Does Squatting have an Effect on 1RM Strength?

Mike Talerico, Undergraduate Student

Faculty: Philip Buckenmeyer

Inhibiting Effects of Stretching on the Running Performance of College Female Athletes

Brooke Bazinet, Undergraduate Student

Faculty: Philip Buckenmeyer

Specificity of Dynamic Balance in Relation to Sports

Jonathan Schwing, Undergraduate Student

Faculty: Jeffery Bauer

Effects of Obesity on Excess Post-exercise Oxygen Consumption in College Students

Lindsay Althouse, Undergraduate Student

Faculty: James F. Hokanson

Effects of Regular Physical Activity on Menstrual Discomfort

Jessica Duffy, Undergraduate Student

Faculty: Philip Buckenmeyer

Body Image and the Occurrence of Exercise Dependence in College-aged Females

Carolyn Guinn, Undergraduate Student

Faculty: Philip Buckenmeyer

Student Research Projects from 2005-2006

Differences in Recovery between Sprinters and Distance Runners after 200m Sprint and VO2 Max Test

Jennifer Longwell, Undergraduate Student

Faculty: Jeff Bauer

Comparison of Ventilation Rates in Ice Hockey Players On and Off Ice

Angela Paladino, Undergraduate Student

Faculty: James Hokanson, Jeff Bauer

Strength Differences in Individuals Training with Free Weights and Weight Machines on the Bicep Curl

David Neal, Undergraduate Student

Faculty: Philip Buckenmeyer

Division III College Athletes Satisfaction with Their Coaches Performance

Rory Milcarek, Undergraduate Student

Faculty: Katherine M. Polasek

Pre-Performance Rituals in Collegiate Rugby Players

John Benevento, Undergraduate Student

Faculty: Katherine M. Polasek

Type of Motivation Influencing Participation in SUNY Cortland's Equestrian Club

Danielle Foster, Undergraduate Student

Faculty: Katherine M. Polasek

Effects of Plyometrics on Lateral Force Development

Drew Solomon, Undergraduate Student

Faculty: Peter McGinnis

Relationships between Body Dissatisfaction and Eating Disorders in Female Athletes in Aesthetic Sports

Tracy Page, Undergraduate Student

Faculty: Katherine M. Polasek

Background Music and Its Effects on Reaction Time

Robert Blass, Undergraduate Student

Faculty: Joy Hendrick

The Effects of Stimulative and Sedative Music on Grip Strength during Performance Tasks

Brett Heritage, Undergraduate Student

Faculty: Joy Hendrick

Distribution of Practice on Cup Stacking Performance

Emily Gibbons, Undergraduate Student

Faculty: Joy Hendrick, Jeff Bauer

The Effects of In Person and Cell Phone Conversation on Multiple Choice Hand Reaction Time and Response Errors

Jeremiah Belokur, Undergraduate Student

Faculty: Joy Hendrick

Knee Bend and Optimal Performance of the Skating Stride in Hockey Players

Jeremy Nau, Undergraduate Student

Faculty: Jeff Bauer

Effects of Caffeine on Recreational Athletes during Repeated Sprints

Adam Short, Undergraduate Student

Faculty: Philip Buckenmeyer

Effects of Plyometric Warm-Up Verses Static Warm-Up in Non-Elite Athletes When Pitching: Measuring Velocity and Accuracy

Richard Monaco, Undergraduate Student

Faculty: Jeff Bauer

Handedness: A Question of Superiority

Valerie Batsford, Undergraduate Student

Faculty: Joy Hendrick

The Effects of Anxiety on Basketball Free Throw Shooting in High Pressure and Low Pressure Environments

Danielle Maye, Undergraduate Student

Faculty: Katherine M. Polasek

Effects of Varying Methods of Muscular Fatigue on Motor Performance

Giovanni A. Cappelli, Undergraduate Student

Faculty: Jeff Bauer

Effects of Aquatic Therapy on College Athletes in Preventing Lower Back Injuries and Increasing Strength and Flexibility

Keith Levinson, Undergraduate Student

Faculty: Katherine M. Polasek

Student Research Projects from 2006-2007

Perceived Physical Fitness Levels of College Students

Lindsay Wersan, Ryan McKernan, Andrew Haney, Hitomi Oguro, Undergraduate Students

Faculty: Philip Buckenmeyer

Effect of Textured Insoles on Impact Forces during Running: Alterations in Sensory Feedback

Jamie Ross, Margery Holman, Michael Somogyi, Undergraduate Students

Faculty: Matthew Moran

The Achievement Orientation between Male and Female Intercollegiate Athletes, Intramural Athletes, and Non-Athletes

Brian Atkins, Jaclyn Pappas, James VanVoorhis, Dustin Cotcamp, Niko Krommydas, Undergraduate Students

Faculty: Katherine Polasek

An Investigation of Possible Benefits of a Water-based Exercise Program – Part A

Rebecca Osier, Jesse Case, Cody Misener, Undergraduate Students

Faculty: Wendy Hurley

An Investigation of Possible Benefits of a Water-based Exercise Program – Part B

Presenters: Alyssa Bajdas, Jessica VanDerPoel, Michael Dombrowski, Undergraduate Students

Faculty: Wendy Hurley

Effects of Music Tempo on an Isometric Muscular Endurance Task

Robert DePasquale, Chris Wilson, Joe Dietrich, Tamdan McCrory, Undergraduate Students

Faculty: Joy L. Hendrick

Imagery and Self-Talk: The Effect of Pre-Competitive Psychological Techniques on Anaerobic Swim Performance

Andy Chevalier, Sean Clode, James Pioli, Undergraduate Students

Faculty: Katherine M. Polasek

The Effects of a Plyometric Training Warm-up Versus the Effects of a Traditional Warm-up on a Vertical Jump Test

Ian Fryer, Bryant Colwell, Michael McGrath, Kelly Hettenbaugh, Undergraduate Students

Faculty: Peter McGinnis

The Correlation Between Perceived Chronic Ankle Instability and Joint Laxity

Christopher Wild, Stephanie Varin, Brett Mullen, Undergraduate Students

Faculty: Joy L. Hendrick

Student Research Projects from 2007-2008

The Effects of Pre-Competition Meals on Athletic Performance

Robert Ellis, Kathryn Green, Michael Higgins, Kenneth Rhuda, Undergraduate Students

Faculty: James Hokanson, Wendy L. Hurley

Impact of Free Weights and Machines on Strength and Balance

Dan Ippolito, Bryan Monahan, Undergraduate Students

Faculty: Philip Buckenmeyer, Wendy L. Hurley

The Effects of Aerobic Exercise versus Strength Training on Perceived Stress Levels

Katherine Clancy, Ashley Scouten, Kyla Smith, Brittany Kopp, Undergraduate Students

Faculty: Katherine Polasek, Wendy L. Hurley,

A Comparison of Concentric vs. Deceleration Training on Quadriceps Strength

Steven Axtell, Valene Parrington, Undergraduate Students

Faculty: Peter M. McGinnis, Wendy L. Hurley

How Effective is Sodium Bicarbonate Loading?

Maria Whaley, Travis Womer, Undergraduate Students

Faculty: James Hokanson, Wendy L. Hurley

How accurate is the Nike iPod Sports Kit?

Emmanuel Frias, Adam Spizman, Undergraduate Students

Faculty: James Hokanson, Matthew Moran

Effect of a Combined Eccentric and Concentric Training Program on Bench Press Performance

Rich DeJesus, Ken Hoefs, James Mahl, Greg Reardon, Undergraduate Students

Faculty: Philip Buckenmeyer, Matthew Moran

Development of a Novel and Reliable Method to Measure Quadriceps Angle

Matt Richardson, Shawn Scanlon, Ilona Szotyori, Undergraduate Students

Faculty: Peter M. McGinnis, Matthew Moran

Effects of Fatigue on Reaction Time in College Wrestlers

Ashley Naklick, Renée Miller, Branden Green, Undergraduate Students

Faculty: Joy Hendrick, Matthew Moran

Effects of Cardiovascular Intensity on Post-Workout Excess Post-Exercise Oxygen Consumption

Kalli Anctil, Ross Falotico, Jonathan Ortiz, Michelle Penso, Undergraduate Students

Faculty: James Hokanson, Matthew Moran

Student Research Projects from 2008-2009

Investigation of Neural Adaptations Due to Resistance and Mental Training

Nicholas Lander, Billy Humphries, & Matt Cornell, Undergraduate Students

Faculty: Katherine Polasek

Effect of Combined Plyometric Training and Trampoline Training on Vertical Jumping Performance

Amaan Siddeeq, John Morris, & Matt Benzoni, Undergraduate Students

Faculty: Peter McGinnis

Testing the Physical fitness of Collegiate Women Ice Hockey Players Before and After Pre-Season

Katie Montag, Joey Englese, & Olivia Nuzzo, Undergraduate Students

Faculty: Philip Buckenmeyer

The Nintendo Wii: A True Source of Physical Activity for Novice and Experienced Players?

Nicholas Arnold & Nicholas Longino, Undergraduate Students

Faculty: James Hokanson

The Effects of Static or Dynamic Warm-ups on Anaerobic Activity Using the Wingate Test
Lindsay Bakker, H. Austin Rhodes, Trish Witter, Undergraduate Students
Faculty: Laura Hill

Exercise Performance Related to Time of Day
Zachary Bogardus, Jennifer Dennis, Danielle Ferris, Undergraduate Students
Faculty: Laura Hill

The Effects of Listening to Different Music Genres during a Two-Mile Run
Amanda Hickey, Diana Williams, Undergraduate Students
Faculty: Laura Hill

The Effects of High vs. Low Potassium Diet on Muscle Fatigue among College-Aged Males
Crystal Quashie, Haleigh Muka, Jesse Sanna, Undergraduate Students
Faculty: Laura Hill

Static and Dynamic Warm-Up and Their Effects on Lower Body Force Production
Mike Avery, Clark Holdsworth, Lauren Phillips, Undergraduate Students
Faculty: Laura Hill

The Effects of Internal and External Motivation during a Bicep Curl on College-Aged Men and Women
Kyle Bigney, Danielle Ruminski, Undergraduate Students
Faculty: Laura Hill

Gender Differences in Rating of Perceived Exertion in Distance Runners
Kathryn Poe, David Goldenberg, Undergraduate Students
Faculty: James Hokanson

Assessing Anterior Cruciate Ligament Function Postoperatively During Jumping Tasks
Michael Kuhn, Nicholas Pulling, Tiffany Grybas, Undergraduate Students
Faculty: Jeff Bauer

Relationship between Upper Body and Core Muscular Strength and the Velocity of the Ice Hockey Slap Shot
Kevin Cuddahee, Zach Dehm, Joe Radich, Undergraduate Students
Faculty: James Hokanson

Information Processing Demands: Reaction Time While Driving and Performing Secondary Tasks
Jennifer Cobb, Zachary Fluster, Greg Leder, Ashley Seaver, Undergraduate Students
Faculty: Joy L. Hendrick

Reaching New Limits: A Comparison between Elliptical Cross-Trainer and Treadmill Maximal Oxygen Uptake
Kristi Kellogg, Amanda Holley, Adah Campany, Undergraduate Students

Faculty: Philip Buckenmeyer

Hopping and Leg Stiffness: Does Aging Affect the Bounce in Your Step?

Nicole Dovi, Undergraduate Student

Faculty: Peter McGinnis, Professor and James Hokanson

The Effects of Exercise on Physical Self-Perception among Cortland College Students

Christopher Battaglia, James Garofalo, Joseph Santullo, Undergraduate Students

Faculty: Katherine Polasek

Gait Analysis among Two Groups of College Students; Using the GAITRite System

Lisa Thomas, Jake Howell, Undergraduate Students

Faculty: Jeff Bauer

Force Generation between the Two and Three-Point Stances in College Football Players

Chelsea Backus, Steve Coleman, Sean James, Malorie Manheimer, Hans Wulf, Undergraduate Students

Faculty: Jeff Bauer

A Comparison of Steady State VO₂ When Comparing Leg and Combined Arm and Leg Work On the Elliptical Cross-Trainer

Stefan DiBella, Undergraduate Student

Faculty: James Hokanson

Student Research Projects from 2009-2010

A Comparison of RPE and Caloric Expenditure while Playing the Wii Fit Free Run against Jogging on a Treadmill

Mike Abbott, Chris McElroy, Jessica Ruocco, Undergraduate Students

Faculty: James Hokanson, Jeff Bauer

Assessment of the Garmin Forerunner 405: Investigating Accuracy and Reliability over Straight and Curved Paths

Justin Wager, Leland Wear, Zahara Castillo, Undergraduate Students

Faculty: Peter McGinnis, Jeff Bauer

The effects of Videogame-Induced Arousal on Exercise Performance

Chris Cain, Matt Crawley, Kaitlin Kelly, Jason Turner, Jon Weatherbon, Undergraduate Students

Faculty: James Hokanson, Jeff Bauer

Effects of a Short-Term Plyometric Training Program on Vertical Jump Height in Trained And Untrained College-Age Males

Andrew Eggleston, Brian Kokulak, Gene Rhee, Bryan Schmidt, Matt Rimmer, Undergraduate Students

Faculty: Jeff Bauer, Wendy Hurley

The Relationship between Dieting Habits and Personal Body Image

Theron Harris, Christina Kennedy, Kevin McInrey, Undergraduate Students

Faculty: Philip Buckenmeyer, Wendy Hurley

The Thermoregulatory Effects of Short Intense Bouts of Physical Activity on Physically Fit College Aged Males and Females

Austin Malleolo, Patrick Sullivan, Ben Tyree, Undergraduate Students

Faculty: James Hokanson, Wendy Hurley

Comparison of Differences between Treadmill Running Versus Overground Running on Selected Physiological and Biomechanical Response Variables

Kristen Mallon, Caitlin Latham, Tachett Morrison, Undergraduate Students

Faculty: Peter McGinnis, Wendy Hurley

Baseball Batting Swing Differences in Bat Velocity and Swing between the Chop Swing and Uppercut Swing

Mark McDonald, Ryan Castle, Jose Lopez, Undergraduate Students

Faculty: Peter McGinnis, Wendy Hurley

Determination of a Specific Point of Biomechanical Breakdown While Running to Exhaustion: A Case Study

Seth DuBois, Joseph Keleher, Eric Stermer, Undergraduate Students

Faculty: Peter McGinnis

A Comparison of Physiological Conditions on Virtual Reality Bicycles versus Standard Stationary Bicycles

Mary Bielawski, Rebecca McKenney, Ryan Strang, Undergraduate Students

Faculty: Philip Buckenmeyer

The Amount of Upper-Body Strength Necessary to Complete the 9-Minute Shoulder Workout

Stephanie Detota, Morgan Moore, Undergraduate Students

Faculty: James Hokanson

The Effects of Static and Dynamic Warm-up on a Hockey Sprint

Jeanna Dippel, Adam Ravener, Casey Hubbard, Undergraduate Students

Faculty: Jeff Bauer

The Effects of Static and Dynamic Warm-up Modalities on Performance in a Vertical Leap Test

Sean Maloney, Anthony Joyce, Paul Anderson, Undergraduate Students

Faculty: Jeff Bauer

A Comparative Analysis of Barefoot and Shod Running

Lisa Holt, John Nulty, Colin Utz-Meagher, Undergraduate Students

Faculty: Jeff Bauer

The Effects of Physical Activity on Individuals' Self Esteem

Lauryn Kaznowski, Elizabeth Wasik, Christopher Tangredi, Undergraduate Students

Faculty: James Hokanson

Student Research Projects from 2010-2011

Types of Music on Motivation and Exercise Intensity while Running on a Treadmill

Megan Fearon, Undergraduate Student

Faculty: Katherine Polasek, Joy L. Hendrick

Learning to Write Again: Do Left-handers Truly have an Advantage?

Macey Kolczynski, Undergraduate Student

Faculty: Joy L. Hendrick

Safest Shoes Worn by SUNY Cortland Students Determined by Coefficient of Static Friction

Derrick Lawlor, Undergraduate Student

Faculty: Jeff Bauer

Load Knowledge on RPE During a Leg Press

Eric Richardson, Undergraduate Student

Faculty: Katherine Polasek

A Comparison of Land-Based and Aquatic Warm-ups on the Vertical Jump Test and Sit and Reach Test

David Montalbano, Philip Dreyhaupt, Undergraduate Students

Faculty: Laura Hill

Levels of Aggression within College-Aged Males and Females by Measuring the 2D:4D Finger Ratio

Justin Aives, Justine Biel, Timothy Combs, Amanda Markow, Undergraduate Students

Faculty: Joy Hendrick

Social Facilitation: Effects of a Sexual Presence on Physical Performance

Ryan Campo, John Trapani, Undergraduate Students

Faculty: Katherine Polasek

Stride Length and Stride Rate Differences between Barefoot and Shod Runners

Amanda Birdsall, Shaun Clouse, Melissa Hrynyk, Undergraduate Students

Faculty: Jeff Bauer, Laura Hill

Effects of Post Activation Potentiation on Vertical Jump in College Age Men and Women

Matthew Edwards, Joshua Johnson, Undergraduate Students

Faculty: Laura Hill

A Comparison of Ventilatory Threshold in Trained and Untrained Runners

Jimmy Richburg, Michael Briotte, Joseph Cundari, Undergraduate Students

Faculty: James Hokanson

The Impact of Knee Injuries on Gait Symmetry

Lauren Lenney, Marissa Malfitano, Matthew Kattell, Alyssa George, Undergraduate Students

Faculty: Jeff Bauer

Effects of Clothing Material on Thermoregulations during Exercise in Hot Environments

Mallory LeSieur, Phil Steinkraus, Undergraduate Students

Faculty: Philip Buckenmeyer

Effects of Static and Dynamic Stretching on Sprint, Vertical Jump, and Shuttle Run Performance

William Renkas, Kindra Tripp, Mallorie Maguire, Undergraduate Students

Faculty: Laura Hill

The Effect of Music on Muscular Strength

Tyler Shimizu, Lynn Tran, Patrick Goggins, Undergraduate Students

Faculty: Laura Hill

The Effects of Post-activation Potentiation on Vertical Jump and Force Generation

Brendan Clarke, Samantha Monty, Sa-id Shakir, Undergraduate Students

Faculty: Laura Hill, James Hokanson

The Effect of Increased Heart Rate on Performance in College-aged Female Gymnasts

Matt Therrien, Adam Allen, Mihali Tzetzis, Undergraduate Students

Faculty: Gary Babjack, James Hokanson

A Comparison of Ventilatory Threshold in Trained and Untrained Runners

Jimmy Richburg, Michael Briotte, Joe Cundari, Undergraduate Students

Faculty: James Hokanson

Treadmill and Elliptical Workouts and Their Effect on Heart Rate and Oxygen Consumption

Alexis Bogart, Christina Mavronas, Hollie Petrus, Undergraduate Students

Faculty: James Hokanson

The Effects of Tasting Carbohydrate Drink on Fuel Utilization during Exercise

Andrew Benedetto, Andrew Zis, Shannon Hakes, Meghan Ward, Undergraduate Students

Faculty: James Hokanson

Student Research Projects from 2011-2012

The Effects of Running Shoe Insoles on Ground Reaction Force

Ashley Shaffer, Osazuwa Edobor, Undergraduate Students

Faculty: Peter McGinnis

Comparison of Metabolic Cost of Eccentric and Concentric Contractions

Christopher Bright, Jeremy Fitzgerald, Matthew Pitcher, Charlie Wright, Undergraduate Students

Faculty: James Hokanson

The Effects of Short Term Cycling on Running Economy

John Roth, Ayden Wilber, Undergraduate Students

Faculty: James Hokanson

The Effects of Lower Body Compression Clothing on Oxygen Consumption

Brett Kubler, Michael Infantino, Undergraduate Students

Faculty: James Hokanson

The Prevalence of Disordered Eating Patterns Among College Age Male Students

Sasha-Gay Harris, Undergraduate Student

Faculty: Erik Lind

The Effects of Specific Short-term Exercises on Blood Pressure in Pre-hypertensive Individuals

Shannon Jakimer, Limberly Pereira, Undergraduate Students

Faculty: James Hokanson, Philip Buckenmeyer

The Effects of College Major Choice on Physical Activity Levels & Eating Behaviors

Sarah Cooke, Undergraduate Student

Faculty: Katherine Polasek

The Effects of Pedaling Technique on Cycling Efficiency

Ayden Wilber, Jeremy Engel, Undergraduate Students

Faculty: James Hokanson

The Effects of Water, Gatorade, and Pickle Juice on Cardiovascular Performance

Timothy Connors, Jessica Harman, Anthony Puglisi, Nicole Guja, Colleen Moran, Undergraduate Students

Faculty: Katherine Polasek

The Power Balance™ Holographic Bracelet and its Effects on Balance and Performance

Blake Battin, Wes Weaver, Mike Cluen, Javed Tawakali, Undergraduate Students

Faculty: Katherine Polasek

Difference in Electromyography between Flat and Incline Bench Press

Kevin Bull, Dylan Wojdyla, Andrew Lerouge, Undergraduate Students

Faculty: Peter McGinnis, Philip Buckenmeyer

Body Dysmorphia and Supplement Usage amongst SUNY Cortland Students

*Michael Allegrini, Joshua Kim, Cory Russell, Dawid Kupiszewski, Kenneth Roeser,
Undergraduate Students*

Faculty: Katherine Polasek

Digit Ratio and its Correlation to Win-Loss Percentages in Male Collegiate Fencers

Devon Serrano, Undergraduate Student

Faculty: Katherine Polasek, Joy Hendrick

The Correlation between Power Output and Perceived Exertion Based on Non-Interactive and Interactive Visual Distractions in College-Aged Students Riding a Bicycle Ergometer

*Lindsey Corso, Alyson Dalton, Alexis Deming, Amanda Maddalena, Tracy Parra,
Undergraduate Students*

Faculty: Jeffrey Bauer, Katherine Polasek

The Effect of Listening to Different Genres of Music on College Students during Aerobic Exercise

Cory Johnston, Bethany Koniarczyk, Tony Malmquist, Diana Warner, Undergraduate Students

Faculty: Jeffrey Bauer, Philip Buckenmeyer

Physical Activity as a Coping Mechanism for Academic Stress in SUNY Cortland Students

*Brittany Cohen, Matthew Colbert, Jennifer Collis, William Hughes, Stefan Van Sicklin,
Undergraduate Students*

Faculty: Jeffrey Bauer, Katherine Polasek

Sodium Bicarbonate Effects on College Age Participants in Time to Exhaustion Trial during Bench Press of 50% of 1RM

Karl Arabian, Jeffrey Batis, James Brown, Anthony DeLorenzis, William Seda, Undergraduate Students

Faculty: Philip Buckenmeyer, Jeffrey Bauer

The Relationship between Sleep Habits and GPA of SUNY Cortland Students

Caleb Barnett, Rob Andrews, Jeff Elias, Chad Stalter, Undergraduate Students

Faculty: Jeffrey Bauer, Erik Lind

Effects of Caffeine Consumption on Sprint Performance in College-Age Males and Females

*Michelle Seeger, Sara Wynne, Korrine Burnett, Ashley Flemming, Whitney Forde,
Undergraduate Students*

Faculty: Philip Buckenmeyer, Jeffrey Bauer

Aggression among Intercollegiate Athletes

Peter Courtney, Undergraduate Student

Faculty: Katherine Polasek

The Energy Expenditure of Drumming in a Professional Musician

Keith Abrami, Undergraduate Student

Faculty: Philip Buckenmeyer, Katherine Polasek

Body Image Perception and BMI in College Age Males

Michael Joseph Kotlarchyk, Undergraduate Student

Faculty: Katherine Polasek

Athlete's Attitudes towards Gays and Lesbians in Sport

Melissa Milinazzo, Laura Dehazya, Undergraduate Students

Faculty: Katherine Polasek

Immediate Adaptations of Gait due to an Increased Foot Progression Angle in Barefoot, Shod, and Orthotic Conditions

Brett Adams, Jason Sartorius, Steve Ewasick, Undergraduate Students

Faculty: Katherine Polasek, Jeffrey Bauer

The Effect of Arm Angle on Energy Expenditure and Running Economy

Frederick Sucapani, Cara Corasaniti, Lindsay Abbott, Elissa Bruzga, Max Raterman, Undergraduate Students

Faculty: Philip Buckenmeyer

Student Research Projects from 2012-2013

Effects of Social Facilitation on Muscular Endurance

Matt Moore, Matt Rogers, Allison Roosa, Undergraduate Students

Faculty: James Hokanson

Physiological Effects of Simulated Fire Protection Equipment During Physical Activity

Sonya Langan, Tyler Hamberg, Eric Strauss. Undergraduate Students

Faculty: James Hokanson

The Effect of Exercise on Test Performance in College-Aged Students

Jackie Bahret, Ashley Connors, Tom Walkup, Matt Clark, Undergraduate Students

Faculty: Philip Buckenmeyer

The Effects of Caffeine and Creatine on Physical and Mental Performance

Joshua O'Neill, Undergraduate Student

Faculty: James Hokanson

Motivation and Empowerment in Women's Roller Derby

Kelsey Peebles, Amber Stephens, Undergraduate Students

Faculty: Erik Lind

The Effects of Exercise on Long-Term Memory

Tara Knutsen, Travis Leburg, William Mallon, Undergraduate Students

Faculty: Katherine Polasek

The Effects of Physical Activity on Mental Well-Being

Bryan Mistretta, Tyler Forger, James Antun, John Berkley, Omar Malcolm, Undergraduate Students

Faculty: Joy L. Hendrick

The Role of Media on Male Body Image

Brendan Lowe, Andrew Prisco, Brian Reusch, Jason Wong, Undergraduate Students

Faculty: Erik Lind

The Ergogenic Effects of Caffeine Supplementation on Cycling Performance in Caffeine Users vs. Non-Users

Albert Angiolillo, Brittany Moores, Stacey Wood, Undergraduate Students

Faculty: James Hokanson

The Effects of QUAD Mill Exercise on Rehabilitating ACL Injuries and Improving Balance in College Female Athletes

Missy Seymour, Flavia Ribeiro, Undergraduate Students

Faculty: Jeffrey Bauer, Thomas Koesterer

The Impact of Vertical Jump and Anthropometric Variables on Spike Velocity and Competition Level in Collegiate Club Male Volleyball Players

Christopher McCabe, Undergraduate Student

Faculty: Peter McGinnis

Biomechanical Analysis of Two Types of Competitive Swimming Starts

Ben Strickland, Undergraduate Student

Faculty: Peter McGinnis

Correlation between Increased Life Stresses and Increased Risk of Athletic Injury

Shannon O'Brien, Undergraduate Student

Faculty: Erik Lind

Student Research Projects from 2013-2014

The Effectiveness of Chocolate Milk as a Post-Exercise Recovery Aide in Runners

Devin DeLucia, Undergraduate Student

Faculty: James Hokanson

The Effects of Electric Dance Music on Heart Rate, Stride Frequency & Perceived Exertion in Elite Collegiate Male Runners

Patrick Fannon, Undergraduate Student

Faculty: James Hokanson

Foam Rolling and Stretching's Effect on Acute Range of Motion

Josh Hammond, Samuel Lebowitz, and Jeff Reynolds, Undergraduate Students

Faculty: James Hokanson

Exercise Intensity and its Effect on Cognition

Michael "Eddie", Palmieri, Undergraduate Student

Faculty: James Hokanson

Effect of Stress and Aggression on the Injury Rate within Collegiate Lacrosse Players

Paul M. Monnat, Undergraduate Student

Faculty: Erik Lind

The Effect of Music on Physical, Motivational, and Perceptual Measures during Cycling Exercise

Daniel R. Hanson, Rachel L. Wittig, Senior, Gary Kern, Undergraduate Students

Faculty: Erik Lind, James Hokanson

An Investigation of Yoga, Cognitive and Somatic Anxiety, and Cognitive Functioning

Brianna Fallis, Brittany Beckmann, Undergraduate Students

Faculty: Erik Lind, Katherine Polasek

Caffeine Ingestion and Perceived Exertion During Submaximal Effort Lactate Threshold Exercise

Casey Austin, Undergraduate Student

Faculty: Deborah Van Langen

Nutrition Knowledge of College Student Athletes

Rebecca Sullinger, Undergraduate Student

Faculty: Deborah Van Langen

Effects of Exogenous and Endogenous Pre-Cooling on a 20-km Cycling Time Trial in the Heat

Nathan Barbour, Undergraduate Student

Faculty: Deborah Van Langen

Do Altitude Training Masks have an Effect on Lung Function and Cardiovascular Performance?

Zachary Taillie, Undergraduate Student

Faculty: James Hokanson