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

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**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-oimeters: 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 Ancil, 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
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 VO$_2$ 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 Tzetis, 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 Roesser, 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 IRM
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’Brian, 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