

Bradley J. Kendall, Ph.D., M.S., CSCS

Department of Kinesiology
Taylor University
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Education

Doctor of Philosophy – Wayne State University, Detroit, MI
(2014 - 2018) Department of Kinesiology, Health & Sport Studies
Exercise and Sport Science (Degree expected: Summer 2018)
Concentrations: Neuroscience and Statistics (GPA: 4.0)
Advisor: Dr. Qin Lai

Pre-Doctoral Trainee Fellow, Institute of Gerontology
Wayne State University, Detroit, MI
(Fall 2015 – Summer 2018)

Master of Science – University of Western Michigan, Kalamazoo, MI
(2012 - 2014) Department of Human Performance and Health Education
Major: Exercise and Sports Medicine – Exercise Physiology
Graduated Summa Cum Laude, GPA: 4.0)

Bachelor of Arts – Bethel College, Mishawaka, IN
(2008 - 2012) Major: Exercise Science
(Graduated Summa Cum Laude, GPA: 3.9)

Professional Certifications

Certified Strength and Conditioning Specialist (2012 - Present)
National Strength and Conditioning Association

Honors and Awards

Graduate Teaching and Research Assistantship, Department of Kinesiology, Health and Sport Studies, Wayne State University (August 2014 – May 2018)

Pre-Doctoral Trainee Travel Award, Institute of Gerontology, Wayne State University (March 2017)

Travel Grant Recipient, Department of Kinesiology, Health and Sport Studies, Wayne State University (April 2016)

Pre-Doctoral Trainee Travel Award, Institute of Gerontology, Wayne State University, (March 2016)

Travel Grant Recipient, Institute of Gerontology, Wayne State University (Fall 2015)

Institute of Gerontology, Pre-Doctoral Trainee Fellowship, Wayne State University, (Fall 2015 - Spring 2018)

Outstanding Student/Trainee Award in Evidence-Based Behavioral Medicine, Evidence Based Behavioral Medicine Special Interest Group (EBBM-SIG), Society of Behavioral Medicine (April 2015)

Outstanding Presentation Award, Graduate Research Symposium, Wayne State University (March 2015)

Travel Grant Recipient, Department of Kinesiology, Health and Sport Studies, Wayne State University (Winter 2015)

Graduate Teaching Assistantship, Department of Human Performance and Health Education, Western Michigan University (August 2012 – May 2014)

Graduate Summa Cum Laude, Western Michigan University (August 2014) and Bethel College (April 2012)

Who's Who Among Students In American Universities and Colleges, Bethel College (January 2012)

Dean's List, Bethel College (2010 - 2012) and Holy Cross College (2008 - 2010)

Collegiate Track Scholarship and Basketball Scholarship, Bethel College (2010 - 2012) and Holy Cross College (2008 - 2010)

Funding

Faculty Mentored Undergraduate Research Grant.
April 2019, Taylor University
Amount: 6,400.00
Status: Funded

Women's Giving Circle Grant.
September 2018, Taylor University
Amount: 5,000.00
Status: Funded

ACSM Foundation Doctoral Student Research Grant. American College of Sports Medicine.
Amount: 5,000.00
Status: Not Funded

Graduate School Dissertation Research Support. Wayne State University.

Amount: 1,000.00

Status: Funded

Scholarly Activity

Publications

Kendall, B.J., Bellovary, B. & Gothe, N.P. (2019). Validity of wearable activity monitors for tracking steps and estimating energy expenditure during a graded maximal treadmill test. *Journal of Sport Sciences*. 37(1), 42-49.

Siekirk, N., Lai, Q., & **Kendall, B.J.** (2018). The Effect of Localized Muscular Fatigue on Motor Learning. *International Journal of Motor Control and Learning*. 1(1), 62-67.

Engels, H.J., **Kendall, B.J.**, Fahlman, M.M. & Gothe, N.P. (2018) Salivary IgA Responses to Graded Maximal Exercise (VO₂MAX) Testing in Healthy Adolescent Females. *The Journal of Sports Medicine and Physical Fitness*. 58(7-8), 1096-1101.

Eng, M., Wang, D.D., Greenbaum, A., Gheewala, N., Kupsy, D., Aka, T., Song, T., Pantelic, M., Nadig, J., Keimig, T., Hawasli, H., **Kendall, B.J.**, Wyman, J., Myers, E., Forbes, M. & O'Neill, W. (2017) PROspective, Randomized Comparison of 3-Dimensional Computed Tomography Guidance versus TEE data for Left Atrial Appendage Occlusion. *Catheterization and Cardiovascular Interventions*.

Kendall, B.J., Michael, T.J., Weideman, C. & Miller, M.G. (2017). The Acute Effects of Static Stretching Compared to Dynamic Stretching with and without an Active Warm up on Anaerobic Performance. *International Journal of Exercise Science*. 10(1), 53-61.

Gothe, N.P. & **Kendall, B.J.** (2016). Barriers, Motivations and Preferences for Physical Activity among Female African American Older Adults. *Gerontology and Geriatric Medicine*, 2.

Kendall, B.J. & Gothe, N.P. (2015). The effect of Aerobic Exercise Interventions on Mobility among Stroke Patients: A Systematic Review. *American Journal of Physical Medicine & Rehabilitation*. 95(3), 214-224.

In Preparation

Kendall, B.J. & Lai, Q. *The Effects of Acute High Intensity Interval Training on Information Processing and Executive Function*.

Kendall, B.J. & Lai, Q. *The Effects of Acute High Intensity Interval Training on Motor Skill Acquisition*.

Presentations

Kendall, B., Siekirk, N., & Lai, Q. *Acute high intensity interval training improves motor skill acquisition*. Oral presentation at North American Society for the Psychology of Sport and Physical Activity, Baltimore, MD, June 2019.

Kendall, B.J., Lai, Q., & Siekirk, N. *Effects of Acute Exercise on Information Processing*. Oral Presentation at the American College of Sports Medicine Annual Conference, Orlando, FL, May 2019.

Siekirk, N., Lai, Q., Pardo, V., Galen, S., **Kendall, B.**, & Hew-Butler, T. *Effect of Treadmill vs. Recumbent Cross Trainer on Gait and Leg Electromyography after Chronic Stroke*. Poster presented at the American College of Sports Medicine Annual Conference, Orlando, FL, May 2019.

Ham, Z., Noonan, J., **Kendall, B.**, King, D., & Hayes, E. *The Acute Effect of Daily Activity Level on Plasma Protein Concentration*. Poster presentation at Midwest American College of Sports Medicine, Grand Rapids, MI, November 2018.

Bjornsen, E., Lai, Q., & **Kendall, B.** *Effects of Acute High Intensity Interval Training on an Executive Function Task*. Oral presentation at Midwest American College of Sports Medicine, Grand Rapids, MI, November 2018.

Gorgis, S., Abdelrahim, E., Wang, D., Wyman, J., Paone, G., Greenbaum, A., **Kendall, B.**, O'Neill, W., & Eng, M. *Rates of Anticoagulation following Transcatheter Aortic Valve Replacement in Patients with Atrial Fibrillation*. Poster presented at the American College of Cardiology Annual Session, Washington, D.C., March 2017.

Gorgis, S., Abdelrahim, E., Wang, D., Wyman, J., Paone, G., Greenbaum, A., **Kendall, B.**, O'Neill, W., & Eng, M. *Stroke Rates in Various Antiplatelet and Anticoagulant Regimens following Transcatheter Aortic Valve Replacement*. Poster presented at the American College of Cardiology Annual Session, Washington, D.C., March 2017.

Eng, M., Wang, D.D., Greenbaum, A., Gheewala, N., Kupsky, D., Aka, T., Song, T., Pantelic, M., Nadig, J., Keimig, T., Hawasli, H., **Kendall, B.J.**, Wyman, J., Myers, E., Forbes, M. & O'Neill, W. *PROspective, Randomized Comparison of 3-Dimensional Computed Tomography Guidance versus TEE data for Left Atrial Appendage Occlusion*. Poster presented at Transcatheter Cardiovascular Therapeutics, Denver, CO, November, 2017.

Kendall, B.J. & Gothe, N.P. *Reliability of Activity Monitors for Tracking Steps and Estimating Energy Expenditure during a Graded Maximal Treadmill Test*. Poster presented at The Society of Behavioral Medicine's 38th Annual Scientific Meeting, San Diego, CA, March 2017.

Snapp, E., **Kendall, B.J.** & Gothe, N.P. *Physical Activity, Self-Reported Physical Functioning and Quality of Life in Stroke Survivors*. Poster presented at The Society of Behavioral Medicine's 38th Annual Scientific Meeting, San Diego, CA, March 2017.

Bourbeau, K., **Kendall, B.J.** & Gothe, N.P. *Relationship between Light Physical Activity and Functional Fitness in Stroke Survivors*. Paper presented at The Society of Behavioral Medicine's 38th Annual Scientific Meeting, San Diego, CA, March 2017.

Gothel, N.P. & **Kendall, B.J.** *Accelerometer and Self-Reported Physical Activity Among Urban African American Older Adults*. Presented at The Society of Behavioral Medicine's 37th Annual Scientific Meeting, Washington, D.C., April 2016.

Kendall, B.J. & Gothe, N.P. *Barriers, Motivations and Preferences for Physical Activity among Urban African American Older Adults*. Presented at The Society of Behavioral Medicine's 37th Annual Scientific Meeting, Washington, D.C., April 2016.

Gothel, N.P. & **Kendall, B.J.** *Physical Activity, Mobility and Cognitive Performance among African American Older Adults*. Poster presented at Gerontological Society of America Annual Meeting, Orlando, FL, November 2015.

Kendall, B.J. & Gothe, N.P. *Accelerometer measured Sedentary Time and Self-reported Physical Function and Quality of Life among African American Older Adults*. Poster presented at Sedentary Behavior Conference, Urbana-Champaign, IL, October 2015.

Kendall, B.J. & Gothe, N.P. *The effect of Aerobic Exercise Interventions on Mobility among Stroke Patients: A Review and Meta-analysis*. Poster presentation at The Society of Behavioral Medicine's 36th Annual Scientific Meeting, San Antonio, TX, April 2015.

Gothel, N.P., **Kendall, B.J.** & Uy, K. *Physical Activity, Mobility and Cognitive Performance among African American Older Adults*. Poster presentation at Resource Centers for Minority Aging Research 2015 Annual Investigators Meeting, Davis, CA, April 2015.

Kendall, B.J. & Gothe, N.P. *The effect of Aerobic Exercise Interventions on Mobility among Stroke Patients: A Review and Meta-analysis*. Poster presentation at Wayne State University's Graduate Research symposium, Detroit, MI, March 2015.

Research Experience

Taylor University (August 2018-Present)

Human Performance Laboratory

Wayne State University (August 2014 – 2018)

Graduate Research Assistant – Motor Behavior Laboratory, working under the supervision of Associate Professor Dr. Qin Lai. Primary responsibilities include data collection and analysis; study coordination and training personnel; participant recruitment, screening, and scheduling; cognitive and exercise physiology and motor behavior related testing.

Exercise Psychophysiology Laboratory, Primary responsibilities include data collection and analysis; study coordination and training personnel; participant recruitment, screening, and scheduling; cognitive and functional fitness testing

Research Projects:

Dissertation – Effects of Acute and Chronic Aerobic and Resistance Exercise on Motor Control and Cognitive Function: The first experiment is a repeated measures study to examine the immediate impact of high intensity aerobic and resistance exercise on motor control and cognitive function in untrained adults. The second experiment is a cross-sectional study investigating how long-term aerobic training and resistance training affect motor control and cognitive function: Primary responsibilities include project design, participant recruitment, data collection, data analysis, and manuscript preparation.

Acute Impact of a Specific Hip and Ankle Warm-up on Knee Valgus Behavior: A repeated measures study examining how a specific hip and ankle warm-up affect knee valgus behavior. Primary responsibilities include project design, participant recruitment, data collection, data analysis, and manuscript preparation.

Immediate and Delayed Acute Effects of Yoga and Interval-based Exercise on Cognitive Function: A repeated measures study examining the acute effects of a 20-minute yoga session versus a 20-minute high intensity interval exercise session on cognitive function in college students. Primary responsibilities included planning, advertising and participant recruitment, study coordination, exercise and cognitive testing, and data collection.

Comparing Physical Activity Monitors against Energy Expenditure assessed using a Cardiovascular Fitness Test: A study comparing estimates of energy expenditure from a variety of activity monitors (Basis®, FitBit®, Polar®, Actigraph®) at low, moderate, and high intensities. Primary responsibilities included assisting in testing design, supervising and conducting testing sessions, data collection, and data analysis. Status: Manuscript in review.

Patterns of Physical Activity, Cognition and Functional Fitness in Stroke Survivors: A cross sectional study examining levels and patterns of physical activity, cognitive functioning, and functional fitness in stroke survivors. Primary responsibilities included planning, screening, scheduling, recruitment, data collection, data analysis and supervising the fitness testing and cognitive testing.

Effects of Lifetime Physical Activity Classes on Cognition in College Students: A non-randomized semester long trial examining the effects of 12-weeks of yoga practice in comparison with aerobic and anaerobic exercise on cognition and fitness in college students participating in the Lifetime Fitness Activities at Wayne State University. Primary responsibilities included planning, advertising and participant recruitment, study coordination, exercise and cognitive testing, and data collection.

Correlates of Physical Activity and Functional Fitness in Urban African American Older Adults: Michigan center for Urban African Aging Research (MCUAAR) pilot grant. A

cross sectional study designed to improve our understanding of the individual and environmental

factors that influence physical activity in African American older adults living in urban settings. Primary responsibilities included planning, advertising and participant recruitment, study coordination, exercise and cognitive testing, data collection and analysis.

Effects of Long-term Yoga Practice on Cognition, Brain Structure and Function: A cross sectional study examining the differences in cognitive functioning, assessed using neuropsychological tests and magnetic resonance imaging techniques among yoga experts and age-, sex-matched control participants. This study is being conducted in collaboration with the Connect Lab in the Institute of Gerontology at Wayne State. Primary responsibilities included planning, recruitment and screening, conducting orientations for participants, data collection and management, and supervising the fitness and cognitive testing sessions.

Teaching Experience

Taylor University (August 2018 – Present)

Courses Taught:

- Motor Learning – KIN 324
- Exercise Physiology – EXS 306
- Introduction to Exercise Testing – EXS 274
- Aging, Health, & Exercise – EXS 215
- Exercise Techniques – EXS 280
- Fit for Life – KIN 100
- Weight Training – KIN 200

Henry Ford Hospital, Structural Heart Disease Intervention Center (2017-2018)

Taught statistics courses to the fellowship director and some of his resident fellows. I also served as the biostatistician for a number of projects that were conducted within the structural heart disease intervention center.

Wayne State University, Graduate Teaching Assistant (2016 - 2018)

Department of Kinesiology, Health & Sport Studies: working under the supervision of Professor Dr. Whitney Moore and Dr. Hermann-Josef Engel

Fitness Assessment and Prescription (KIN 6320 10 Sections) (Fall 2016 – Summer 2018)

Physiological principles of physical fitness, including the assessment of physical fitness status and exercise prescription guidelines. Responsibilities included course design, lecturing, teaching lab sections, test construction, administering exams, and grading.

Exercise Physiology Labs (KIN 3570) (Fall 2016)

Responsibilities included lecturing, teaching a lab section, leading discussions, tutoring, administering exams, and grading.

University of Western Michigan, Graduate Teaching Assistant (2012 - 2014)

Department of Human Performance and Health Education, working under the supervision of Professor Dr. Christopher Cheatham and Dr. Carol Weideman

Health and Wellness (Four semesters, 2012 - 2014)

Principles relating to health and wellness, mental health and stress management, physical fitness, nutrition, weight control, and health issues related to growth and development (aging and death). Responsibilities included lecturing, teaching a lab section, leading discussions, tutoring, administering exams, and grading.

Exercise Measurement and Evaluation (Spring 2013)

Measurement and evaluation techniques in terms of understanding, interpretation, and application with emphasis on administration, selection, and use of tests in Exercise Science, Health, and Physical Education. Responsibilities included leading a lab section, administering exams, and grading.

Physical Activity Courses (Four Semesters, 2012 - 2014) Responsibilities included physical activity program design, lecturing, grading, and administering exams.

Health and Nutrition (Spring 2012)

Guest lecturer on sports nutrition related topics.

Professional Experience and Service

Marion General Hospital (December 2019)

Invited guest speaker on balance and fall prevention

Westminster Church (May 2019)

Invited guest speaker on balance and fall prevention

Center Chapel Church (April 2019)

Invited guest speaker on balance and fall prevention

International Journal of Exercise Science (2017 - Present)

Position: Reviewer

Adapted Physical Activity Quarterly (2017 - Present)

Position: Reviewer

Institute of Gerontology Lunch and Learn (2016)

Position: Speaker

Responsibilities: Spoke on the importance of exercise and physical activity for older adults.

Inaugural Master's Student Showcase (2015)

Position: Judge

Responsibilities: Judged and evaluated Master's students abstracts and poster presentations

Pointe Fitness and Training Center (2014 - 2018)

Position: Head Trainer

Responsibilities: Conducted fitness and nutritional seminars, organized training events, and conducted metabolic testing

Endurance Fitness (2013 - 2014)

Position: Fitness Director and Head Trainer

Responsibilities: Led fitness and nutritional seminars, organized training events, and conducted metabolic testing

Western Michigan University Football Strength and Conditioning (2012 - 2013)

Position: Intern Strength and Conditioning Coach

Responsibilities: Off-season program design, conducted speed and agility practices, player fitness testing and evaluation, involved in game-day player preparations

The Training Arena (2011 - 2012)

Position: Speed and Agility Coach

Responsibilities: Conducted fitness testing and evaluations, program design, assisted the head athletics coach

Professional Association Memberships

National Strength and Conditioning Association (NSCA) (2012-Present)

American College of Sports Medicine (ACSM) (2015-Present)

North American Society for the Psychology of Sport and Physical Activity (2019-Present)

Society of Behavioral Medicine (SBM) (2014-2018)

Gerontological Society of America (GSA) (2015-2018)

References

Dr. Erik Hayes, Professor of Kinesiology, Taylor University, Upland, IN

Dr. Matthew Renfrow, Chair and Professor of Kinesiology, Taylor University, Upland, IN

Dr. Qin Lai, Associate Professor of Exercise Science, Wayne State University, Detroit, MI 48202; (313-577-4246) af5531@wayne.edu

Dr. Hermann-Josef Engels, Professor of Exercise Science, Wayne State University, Detroit, MI 48202; (313-577-5896) Engels@wayne.edu

Dr. E. Whitney Moore, Assistant Professor of Exercise Psychology, Wayne State University, Detroit, MI 48202; (313-577-2211) whitneymoore@wayne.edu