

G. Trevor Cottrell

Curriculum Vitae

Work Address

Department of Biology
Texas State University
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EDUCATION

- | | |
|------------------|--|
| 1997-2001 | University of Arizona, Tucson, AZ
Ph.D., Physiological Sciences
Dissertation Topic: Heterologous Cx40 and Cx43 gap junction channel formation.
Advisor: Dr. Janis M. Burt |
| 1995-1997 | Northern Arizona University, Flagstaff, AZ
Master of Arts, Exercise Science
Thesis: The effects of oral creatine supplementation on dynamic high-intensity exercise with varied recovery intervals.
Thesis Chair: Dr. Robert A. Herb |
| 1988-1994 | University of Waterloo, Waterloo, Ontario, Canada
Honors Bachelor of Science, Kinesiology
Honors Thesis: Hormonal responses to resistance exercise. [Review]
Honors Seminar: Cellular mechanisms of muscular hypertrophy.
Mentor: Dr. Michael E. Houston |

PROFESSIONAL EXPERIENCE

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| 2025-present | Assistant Professor of Instruction, Department of Biology
Texas State University, San Marcos, TX |
| 2004-2025 | Faculty of Applied Health and Community Studies
Sheridan College, Brampton, ON
2024-present, Professor, Bachelor of Science (Osteopathy)
2022-present, Professor, Clinical Kinesiology Graduate Certificate
2022-2023 Program Coordinator, Clinical Kinesiology Graduate Certificate
2008-present Professor, Bachelor of Health Science (Kinesiology and Health Promotion)
2004-present Professor, Bachelor of Applied Health Sciences (Athletic Therapy)
2007-2015 Program Coordinator, Bachelor of Applied Health Sciences (Exercise Science and Health Promotion)
2010-2014 Program Coordinator, Human Performance Training – Sheridan Certificate
2004-2008 Program Coordinator, Bachelor of Applied Health Sciences (Athletic Therapy) |
| 2011-2025 | Sole Proprietor, Performance Training Consultant, Coach
Ontario Human Performance, Rockwood, ON |
| 2023-2025 | Performance Coach
Elite Combine Prep, Burlington, ON
CFL combine preparation program |

2021-2025	Owner, Director of Sport Performance LIFT Fitness and Performance Inc, Guelph, ON Youth performance program Sports medicine services Olympic weightlifting, powerlifting and strongman program
2015-2017	Director of Human Performance Memorial Hermann Health Systems, IRONMAN Sports Medicine Institute, Houston, TX Youth performance program Performance testing program Return to play program Facility design and operations
2015-2017	Director of Sports Science and Education, Athlete Training + Health, Houston, TX Professional athlete development program NFL combine preparation program Staff educational development program
2002-2004	Research Associate Department of Physiology, Queen's University, Kingston, ON
2001-2002	Research Associate Department of Physiology, University of Arizona, Tucson, AZ
1997-2001	Research Assistant/Teaching Assistant Physiological Sciences Interdisciplinary Program, University of Arizona, Tucson, AZ
1997	Exercise Physiologist High Altitude Sports Training Complex, Northern Arizona University, Flagstaff, AZ
1996-1997	Exercise Physiology Lab Coordinator, Teaching Assistant Department of HPEN, Northern Arizona University, Flagstaff, AZ
1995-1997	Assistant Strength and Conditioning Coach Department of Athletics, Northern Arizona University, Flagstaff, AZ
1993-1995	Fitness Director White Oaks Inn and Racquet Club, Niagara-on-the-Lake, ON

NEW PROGRAM DEVELOPMENT

2020	Clinical Kinesiology, Sheridan College Graduate Certificate
2016	Return to Play Education Series, Memorial Hermann Health Systems
2015	Coach Education Program, Athlete Training + Health
2010	Human Performance Training, Sheridan College Sheridan Certificate, Continuing Education
2007	Bachelor of Applied Health Sciences (Kinesiology and Health Promotion), Sheridan College Four-year undergraduate degree

ACCREDITATION COMMITTEES

2024	Canadian Strength and Conditioning Professional accreditation, Canadian Strength and Conditioning Association.
2013	BAHSc (Exercise Science and Health Promotion), Degree Consent for Renewal Submitted to the MTCU Postsecondary Education Quality Assurance Board
2008	BAHSc (Exercise Science and Health Promotion), Degree Consent for Approval Submitted to the MTCU Postsecondary Education Quality Insurance Board
2007	BAHSc (Athletic Therapy), Degree Consent for Renewal Submitted to the MTCU Postsecondary Education Quality Assurance Board
2006	BAHSc (Athletic Therapy), Accreditation Renewal Submitted to the Canadian Athletic Therapists Association

TEACHING EXPERIENCE

Sheridan College, Brampton, ON

2025	Human Physiology 2 PHYG 13383D – neural, cardiovascular, pulmonary, renal, endocrine, immunity
2024	Human Physiology 1 PHYG 19320D – cell, tissues, cardiovascular, neural, pulmonary, muscle, skin, blood
2023-2025	Kinesiology Integrative Practice 2 KINE 56603 – problem-based learning in Kinesiology, 24 grad certificate
2022-2025	Kinesiology Integrative Practice 1 KINE 59530 – developing fitness and rehabilitation plans, 24 grad certificate
2020-2024	Advanced Field Practicum FLPL 47721 – creating a business plan , 10 undergrad (online option)
2012-2024	Introduction to Resistance Training HEAL 36048 – coaching and program resistance training, 40 undergrad (online option)
2012-2025	Advanced Strength and Conditioning HEAL 30229 – coaching and program performance training, 40 undergrad (online option)
2017-2025	Therapeutic Exercise 2 ATHL 38263 – rehab for return to play, 60 undergrad (online option)
2011-2025	Special Topics on Food and Nutrition SCIE 28081 – sports nutrition, supplements, fad diets, 40 undergrad
2012-2024	Independent Research Project HEAL 47900 – student research projects, 25 undergrad (online option)
2011-2024	Independent Research Proposal HEAL 40016 – student research proposals, 25 undergrad (hybrid option)
2008-2024	Introduction to Human Biology BIOL 19401 – An overview of human biology from cell to systems, 70 undergrad (online option)
2005-2024	Human Systems Physiology BIOL 25960 – Human systems physiology, 40 undergrad (online option)
2004-2022	Nutrition SCIE 17893 – Introduction to nutrition, 40 undergrad (online option)
2017	Clinical Exercise Physiology PHYG 40065 – use of exercise in treatment and prevention of disease – 40 undergrad
2017	Health, Disease and Aging HEAL 25142 – biological and psychosocial changes with age – 40 undergrad
2012-2015	Movement and Performance Screening HEAL 70022 – Developing and implementing performance testing protocols, 14 con-ed
2011-2015	Human Performance Program Design HEAL 70024 – Design of acute and chronic programming for sport, 15 con-ed
2011-2014	Seminar in Health Sciences and Field Placement 2 FLPL 40689 – Field placement seminar series preparing students for the workforce, 25 undergrad
2010-2015	Olympic Weightlifting for Sports Performance

	HEAL 78029 - Coaching beginners on Olympic Weightlifting technique progressions, 20 con-ed
2010-2014	Principles of Exercise Science [online]
	HEAL 70020 – An overview of principles of exercise science, 23 con-ed
2010-2014	Advanced Training Techniques
	HEAL 70021 – Coaching techniques for human performance, 14 con-ed
2010	Fitness Testing and Assessment
	PHYG 20146 – Implementation of fitness testing into a training program, 15 undergrad
2010-2015	Seminar in Health Sciences and Field Placement 1
	FLPL 27545 – Field placement seminar series preparing students for the workforce, 25 undergrad
2008	Personal Wellness
	HEAL 14178 – A study of individual health and behaviour change, 18 undergrad
2006-2012	Independent Research Proposal
	ATHL 49999 – Creating a comprehensive grant proposal, 35 undergrad
2005-2018	Therapeutic Exercise
	ATHL 37370 – Exercise for return to sport, 40 undergrad
2005-2010	Pathophysiology
	PHYG 27900 – The physiology of disease in humans, 35 undergrad

University of Arizona, Tucson, AZ

2001	Physiology
	PSIO 601/801 – Systems Physiology (Lab T.A.), 150 medical students
1998-2000	Physiology
	PSIO 445/545 – Human Body Composition (T.A., lecturer), 35 grad/undergrad
1999	Physiology
	PSIO 403 – Cellular Physiology (T.A., lecturer), 45 undergrad

Lectures:

1999-2001	Biomedical Engineering
	BME 511 – Physiology for Engineers, 30 grad/undergrad
	Topics: Muscle structure, function and bioenergetics

Northern Arizona University, Flagstaff, AZ

2000 & 2001	Physical Therapy
	PT 730 – Essentials of Strength and Conditioning, 30 graduate
1996 & 1997	Exercise Science
	EXS 337 - Exercise Physiology Lab, 40 undergrad
1996	Physical Education
	PES 100 - Weight Training for Women, 110 undergrad
1996	Physical Education
	PES 100 - Fitness and Conditioning, 110 undergrad
1996	Physical Education
	PES 100 - Competitive Weight Training, 35 undergrad
1995-1996	Physical Education
	PES 100 - Introduction to Resistance Training, 130 undergrad

Lectures:

1997	Physical Therapy
	PT 566L - Therapeutic Exercise, 50 graduate
	Topics: Instruction of multijoint resistance training exercise

NEW CURRICULUM DEVELOPMENT

2024	PHYG 13383D Human Physiology 2
2024	PHYG 19320D Human Physiology 1
2024	Weightlifting Canada – Competition Development
2024	Weightlifting Canada – Competition Introduction
2024	Weightlifting Canada – Instructor Beginner
2023	KINE 56603 Kinesiology Integrative Practice 2
2022	SCIE 50397 Foundations of Kinesiology
2022	KINE 59530 Kinesiology Integrative Practice 1
2019	HEAL 41223 Select Topics in Kinesiology

2019	FLPL 47721 Advanced Field Practicum
2012	HEAL 47900 Independent Research Project
2011	HEAL 40016 Independent Research Proposal
2011	HEAL 70024 Human Performance Program Design
2010	HEAL 70021 Advanced Training Techniques
2012	HEAL 70022 Movement and Performance Screening
2012	FLPL 40689 Seminar in Health Sciences and Field Placement 2
2012	HEAL 70020 Principles of Exercise Science [online course]
2010	HEAL 78029 Olympic Weightlifting for Sports Performance
2010	HEAL 70020 Principles of Exercise Science
2010	HEAL 36048 Introduction to Resistance Training
2010	PHYG 20146 Fitness Testing and Assessment
2010	FLPL 27545 Seminar in Health Sciences and Field Placement 1
2006	ATHL 49999 Independent Research Proposal
2005	BIOL 25960 Human Systems Physiology
2005	PHYG 27900 Pathophysiology

GRANT SUPPORT

2019	Holloway T, Cottrell GT, Farra S. Influence of a BCAA and carbohydrate sport drink on cycling time-trial performance. Sheridan College. SRCA. \$10,000. January 2020.
2019	Holloway T, Cottrell GT, Farra S. Effect of BioSteel on cognitive function and mood in children. Sheridan College. SRCA. \$10,000. January 2019.
2004	Research Fellowship, Canadian Institutes of Health Research “Cellular mechanisms and systemic effects of Prokineticin 2 in the subfornical organ”
2002-2004	Research Fellowship, Heart and Stroke Foundation of Canada “Mechanisms of Orexin-mediated regulation of cardiovascular control in the nucleus tractus solitarius”

RESEARCH PARTNERSHIPS

2014	Canadian Kidney Association – Ontario Sport and Recreation Community grant Exercise interventions in persons with renal disease
2012	Heart and Stroke Foundation – Healthy Heart Club A student-led initiative for the development of heart health awareness campaigns.
2012	MoveU –University of Toronto, Participaction Media campaigns for promoting physical activity in College females.

PROFESSIONAL CONSULTANT

2023	Proposal for the development of an integrated sports medicine and destination sports complex within a regional sports performance delivery model. Lehigh Valley Health Network. Allentown, PA
2018	Creating efficiencies in operation for an integrated sports medicine and sports performance training program. Parkview Sports Medicine, Fort Wayne, IN
2015	Integration of private sports performance into an ambulatory care service line. Memorial Hermann Health Network, Houston, TX

AWARDS AND HONORS

- National Institute for Staff and Organizational Development, Teaching Excellence Award, November 2008
- Brain Star Award, CIHR Institute of Neuroscience, Mental Health and Addiction, December 2004.
- Student Research Achievement Award, Biophysical Society, February 2002.
- Graduate and Professional Student Travel Award, University of Arizona, Tucson, AZ, September 2001.

- 2001 International Gap Junction Conference Travel Award, Honolulu, Hawaii, August 2001.
- Graduate and Professional Student Travel Award, University of Arizona, Tucson, AZ, September 1999.
- 1999 International Gap Junction Conference Travel Award, Gwatt, Switzerland, August 1999.
- Phi Kappa Phi Honor Society, Northern Arizona University, Flagstaff, AZ, April 1998.

PEER-REVIEWED PUBLICATIONS

Lamontagne, E, and **Cottrell, T**. A Comparison of the effects of static stretching alone to static stretching plus slow deep breathing on hip flexion range of motion" (2021). SRCA Student Awards. https://source.sheridancollege.ca/srca_sa/3

Cottrell, GT. What are the Limitations of Youth Resistance Training? Canadian Strength and Conditioning Association. September 2020. <http://canadianstrengthca.com/what-are-the-limitations-of-youth-resistance-training/>

Eyles-Frayne, S, **Cottrell, GT**. Return to Training Guidelines for Collegiate Athletes Following the COVID-19 Shut Down. Canadian Strength and Conditioning Association. June 2020. <http://canadianstrengthca.com/part-2-return-to-training-guidelines-for-collegiate-athletes-following-the-covid-19-shut-down/>

Cottrell, GT. A Brief Review of the Safety and Efficacy of Olympic Weightlifting and Plyometric Training. Canadian Strength and Conditioning Association. January 2020. <http://canadianstrengthca.com/a-brief-review-of-the-safety-and-efficacy-of-olympic-weightlifting-and-plyometric-training/>

Wakefield, CB, **Cottrell, GT**. Changes in hip flexor passive compliance do not account for improvement in vertical jump performance following hip flexor static stretching. *Journal of Strength and Conditioning Research*. 50(5):460-466, 2015.

Wakefield B, Halls A, Difilippo N, **Cottrell GT**. Reliability of goniometric and trigonometric techniques for measuring hip extension flexibility using the modified Thomas test. *Journal of Athletic Training* 29(6):1601-8, 2015.

Camley, J, Wakefield, B, **Cottrell, GT**. Strength and conditioning considerations following microfracture surgery of knee chondral lesions. *Strength and Conditioning Journal* 36(4): 77-86, 2014.

Fry, M, **Cottrell, GT**, and Ferguson, AV. Prokineticin 2 influences subformal organ neurons through regulation of MAP kinase and the modulation of sodium channels. *American Journal of Physiology - Regulatory, Integrative and Comparative Physiology* 295(3):R848-56, 2008.

Pulman, KJ, Fry, WM, **Cottrell, GT**, and Ferguson, AV. The subformal organ: a central target for circulating feeding signals. *Journal of Neuroscience* 26(7):2022-2030, 2006

Cottrell, GT, and Burt, JM. Multiple connexin proteins in single intercellular channels: connexin compatibility and functional consequences. *Biochemica et Biophysica Acta* 1711(2):126-141, 2005.

Cottrell, GT, Zhou, Q-Y, and Ferguson, AV. Prokineticin 2 modulates the excitability of subformal organ neurons. *Journal of Neuroscience* 24(10): 2375-2379, 2004

Cottrell, GT, and Ferguson, AV. Sensory circumventricular organs: Central roles in integrated autonomic regulation. *Regulatory Peptides* 117:11-23, 2004.

Cottrell, GT, Lin, R, Lau, AF, Warn-Cramer, B, and Burt, JM. Mechanism of v-Src and mitogen-activated protein kinase-induced reduction of gap junction communication. *American Journal of Physiology Cell Physiology* 284:C511-C520, 2003.

Ferguson, AV, and **Cottrell, GT**. Time to consider new brain clock signals. *Trends in Endocrinology and Metabolism*, 13(7):276, 2002.

Cottrell, GT, Wu, Y, and Burt JM. Cx40 and Cx43 expression ratio influences heteromeric/heterotypic gap junction channel properties. *American Journal of Physiology Cell Physiology* 282: C1469-C1483, 2002.

Cottrell, GT, Coast, JR, and Herb, RA. The effect of recovery interval on multiple bout sprint cycling performance following acute creatine supplementation. *Journal of Strength and Conditioning Research*, 16(1): 109-116, 2002.

Cottrell, GT, and Burt JM. Functional characteristics of heteromeric Cx40-Cx43 gap junction channel formation. *Cell Communication and Adhesion*, 8(4-6):193-7, 2001.

Cottrell, GT, and Burt, JM. Heterotypic gap junction channel formation between heteromeric and homomeric Cx40 and Cx43 connexons. *American Journal of Physiology Cell Physiology*, 281: C1559-C1567, 2001.

Burt, JM, Fletcher, AM, Steele, TD, Wu, Y, **Cottrell, GT**, and Kurjiaka, DT. Alteration of Cx43:Cx40 expression ratio in A7r5 cells. *American Journal of Physiology Cell Physiology*, 280: C500-C508, 2001.

Warn-Cramer BJ, **Cottrell GT**, Burt JM, and Lau, AF. Regulation of connexin-43 gap junctional intercellular communication by mitogen-activated protein kinase. *Journal of Biological Chemistry*, 273(15): 9188-9196, 1998.

BOOKS AND BOOK CHAPTERS

Cottrell, GT. Creatine Supplementation: Theory and Practice. Desert Southwest Fitness, Inc., Tucson, AZ, 1999.

ABSTRACTS

Cottrell, GT and Maziarz, P. Maximal isometric gluteal contractions are superior to submaximal repeated gluteal muscle exercises for enhancing vertical jump performance. Proceedings of the Canadian Society for Exercise Physiology Annual General Meeting. 2018.

Cottrell, GT and Migotto, B. A comparison of biomarkers of organ damage between full and half Ironman triathlon competitions. Proceedings of the Canadian Society for Exercise Physiology Annual General Meeting. 2018.

Stafford, S, Despres, T, and **Cottrell, GT**. Reliability and validity of a 30 second anaerobic sprint test on the Woodway Force 2.5 treadmill. Proceedings of the Canadian Society for Exercise Physiology Annual General Meeting. 40(S1): S62, 2015.

K. Braniff, V. McAllister, and **Cottrell GT**. An evaluation of two techniques for implementation of Exercise is Medicine-On Campus physical activity interventions at Sheridan College. Proceedings of the Canadian Society for Exercise Physiology Annual General Meeting. 40(S1): S9, 2015.

Cottrell, GT and Boutku, S. Post-activation potentiating effects of unilateral and bilateral plyometric warm-ups on vertical jump performance. *Medicine & Science in Sports & Exercise*. 47(5S):372, 2015.

Beca, S, Santo, V, **Cottrell, GT**. Effects of electronic cigarettes on lung function. *Medicine & Science in Sports & Exercise*. 47(5S):686, 2015.

Wakefield, CB, and **Cottrell, GT**. The effects of a hip flexor stretching protocol on vertical jump performance in subjects with varied hip flexor tightness. *Canadian Journal of Kinesiology*, 2012

Wakefield B, Halls A, Difilippo N, **Cottrell GT**. Reliability of goniometric and trigonometric techniques for measuring hip extension flexibility using the modified Thomas test. *Canadian Journal of Kinesiology*, 2011

Cottrell GT. The effects of static and dynamic stretching protocols on knee torque at varying angular velocities. *Medicine & Science in Sports & Exercise*. 41(5):86, 2009.

Cottrell GT, Eidt D, and Puim G. The effects of static, dynamic and combined stretching protocols on knee torque at low and high angular velocities. Canadian Athletic Therapy Association National Conference, 2007

Cottrell, GT, Zhou, Q-Y, and Ferguson, AV. The novel circadian rhythm peptide Prokineticin 2 has a neuroexcitatory effect on subfornical organ neurons. Society for Neuroscience Annual Meeting, 2003.

Cottrell, GT, and Ferguson, AV. OrexinA-induced calcium mobilization in the AtT-20 cell line. *Experimental Biology* 2003.

Cottrell, GT, Wu, Y, and Burt JM. Functional characteristics of heteromeric/heterotypic gap junction channels formed with varying expression ratios of Cx40 and Cx43. *Biophysical Journal*, 82(1): 632a, 2002.

Cottrell, GT, Wu, Y, and Burt, JM. Dye permeability of heterogeneous gap junctions composed of Cx40 and Cx43. 2001 International Gap Junction Conference, Honolulu, Hawaii, 2001.

Cottrell, GT, Wu, Y, and Burt, JM. Functional characteristics of gap junction channels formed with varying expression ratios of Cx40 and Cx43. 2001 International Gap Junction Conference, Honolulu, Hawaii, 2001.

Cottrell, GT, Kurjiaka, DT, and Burt, JM. Evidence for heterotypic channel formation by heteromeric Cx40-Cx43 connexons and homomeric Cx40 or Cx43 connexons. 1999 International Gap Junction Conference, Gwatt, Switzerland, 1999.

Cottrell GT, Burt, JM. Intercellular communication mediated by Cx43 triple MAP kinase consensus site mutant: single channel analysis, EGF response. *FASEB Journal* 12(5):A636, 1998.

INVITED PRESENTATIONS

“Effects of Upper and Lower Body General Warm-Ups on Strength Output” [poster] Canadian Strength and Conditioning Association – Regional Conference, 2025

“Effects of a 2 vs 6-minute recovery interval on bar velocity during a 5 RM bench press.” [poster] Canadian Strength and Conditioning Association – Regional Conference, 2025

“The 6 Critical Agility Patterns” [oral] Canadian Strength and Conditioning Association, Ontario Regional Meeting. 2024

“Maximal isometric gluteal contractions are superior to submaximal repeated gluteal muscle exercises for enhancing vertical jump performance.” [poster] Canadian Society for Exercise Physiology Annual General Meeting. 2018.

“A comparison of biomarkers of organ damage between full and half Ironman triathlon competitions.” [oral] Canadian Society for Exercise Physiology Annual General Meeting. 2018.

“5 Lessons Learned at the Human Performance Special Interest Group” [oral] Memorial Hermann SIGposium, May 2017

“Post-activation potentiating effects of unilateral and bilateral plyometric warm-ups on vertical jump performance.” [poster] American College of Sports Medicine Annual Meeting, 2015

“Are Olympic Weightlifting exercises the right choice for a personal training client?” [oral] CanFit Pro International Fitness and Club Business Conference and Trade Show, Toronto, ON, August 2014.

“Sandbag Training” [oral] CanFit Pro International Fitness and Club Business Conference and Trade Show, Toronto, ON, August 2014.

“The Use of Research in Decision Making” [oral] Certified Professional Trainers Network, National Conference, keynote address, Toronto, ON, June 2014

“Olympic Weightlifting for Sports Performance” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, June 2013

“The effects of a hip flexor stretching protocol on vertical jump performance in subjects with varied hip flexor tightness.” SPIN Summit, Vancouver, BC, October 2012

“Sandbag Training” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, June 2012

“Building a Strength and Conditioning Centre on a Budget” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, June 2012

“Do hormones predict body composition regional distribution and training adaptation” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, June 2012

“Reliability of goniometric and trigonometric techniques for measuring hip extension flexibility using the modified Thomas test.” [student poster] Ontario Kinesiology Association Annual Conference, Markham, ON, October 2011

“Fitness Myths and Misconceptions” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, May 2010

- “Using Research as a Decision-Making Tool” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, May 2010
- “Squats and the Functional Integrity of the Knee Joint” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, May 2010
- “Clickers in the Classroom” [oral] Sheridan Show and Share, Sheridan College, Brampton, ON, March 2010
- “Dynamic vs. Static Stretching for Sports Performance” [oral] Ontario Human Performance Symposium, Brampton, ON, November 2009.
- “Implementing Student Research Projects in a College Setting” [oral] College Degrees Operating Group annual meeting, Barrie, ON, May 2009.
- “The effects of static, dynamic and combined stretching protocols on knee torque at low and high angular velocities.” [oral] American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009
- “Squats and the Functional Integrity of the Knee Joint” [oral] Ontario Human Performance Symposium, Brampton, ON, November 2008
- “The effects of static, dynamic and combined stretching protocols on knee torque at low and high angular velocities.” [oral] Canadian Athletic Therapy Association National Conference, Winnipeg, MB, May 2007
- “Squats and the Functional Integrity of the Knee Joint.” [oral] National Strength and Conditioning Association Ontario Strength and Power Clinic, Mississauga, ON, March 2006
- “The novel circadian rhythm peptide Prokineticin 2 has a neuroexcitatory effect on subfornical organ neurons.” [oral] Canadian Physiological Society Annual Meeting, Vernon, BC, January 2004.
- “Regulation of circadian variation by Prokineticin 2.” [oral] Queen’s University Department of Physiology Seminar Series, Kingston, ON, December 2003.
- “The novel circadian rhythm peptide Prokineticin 2 has a neuroexcitatory effect on subfornical organ neurons.” [oral] Society for Neuroscience Annual Meeting, New Orleans, LA, November 2003.
- “The novel circadian rhythm peptide Prokineticin 2 has a neuroexcitatory effect on subfornical organ neurons.” [oral] Sixth Annual Meeting for Basic and Clinical Research Trainees, Queen’s University, Kingston, ON, May 2003.
- “OrexinA-induced calcium mobilization in the AtT-20 cell line.” [poster] Experimental Biology 2003, San Diego, CA, April 2003.
- “Functional characteristics of heteromeric/heterotypic gap junction channels formed with varying expression ratios of Cx40 and Cx43.” [poster] Biophysical Society Annual Meeting, San Francisco, CA, February 2002.
- “Functional characteristics of gap junction channels formed with varying expression ratios of Cx40 and Cx43” [oral] 2001 International Gap Junction Conference, Honolulu, HA, August 2001.
- “Dye permeability of heterogeneous gap junctions composed of Cx40 and Cx43” [poster] 2001 International Gap Junction Conference, Honolulu, HA, August 2001.
- “Mixed up gap junctions: Why all the confusion?” [oral], Physiology Fall Symposium, Tucson, AZ, October 2000.
- “Sports Supplementation” [oral] Southwest Fitness and Conditioning Clinic, Tucson, AZ, March 2000.
- “Evidence for heterotypic channel formation by heteromeric Cx40-Cx43 connexons and homomeric Cx40 or Cx43 connexons.” [oral] 1999 International Gap Junction Conference, Gwatt, Switzerland, August 1999.
- “High Altitude Workshop: NSCA Essentials of Strength Training.” [oral] Arizona Physical Therapy Association Annual Meeting, Northern Arizona University, Flagstaff, AZ, August 1999.

"Creatine Supplementation: Fact and Fallacy" [oral] Arizona Athletic Trainers Association State Conference, Flagstaff, AZ, July 1998.

"Creatine Supplementation: Fact and Fallacy" [oral] Smith and Nephew Sports Medicine Conference, Del Mar, CA, June 1998.

"Workshop: Basic Strength and Conditioning Programs for Physical Therapy" [oral] Arizona Physical Therapy Association State Conference, Tucson, AZ, May 1998.

"Intercellular Communication Mediated by Cx43 Triple MAP Kinase Consensus Site Mutant: Single Channel Analysis, EGF Response" [poster] FASEB Annual Conference, San Francisco, CA, April 1998.

"Creatine Supplementation in Humans: A Non-invasive Examination into the Mechanism of Creatine Action." [oral] Southwest American College of Sports Medicine Annual Meeting, Las Vegas, NV, November, 1997.

ONLINE CONTENT

Why Get CSCA-CSCP Certified? Canadian Strength and Conditioning Association. July 2024.

<https://canadianstrengthca.com/why-get-csca-cscp-certified/>

Femoroacetabular Impingement (FAI) With Trevor Cottrell And Chris Juneau, Canadian Strength and Conditioning Association, Interview February 2021. <http://canadianstrengthca.com/femoroacetabular-impingement-fai-with-trevor-cottrell-and-chris-juneau/>

PROFESSIONAL ACTIVITIES

Appointments

• Director, National Coach Advisory Committee, Weightlifting Canada	2022-present
• Board of Directors, Weightlifting Canada	2022-present
• President, Canadian Strength and Conditioning Association	2022-2024
• Board of Directors, Canadian Strength and Conditioning Association	2020-2024
• Canadian Strength and Conditioning Association, Conference Committee	2025
• Board of Directors, Guelph Minor Football Association	2021-2025
• Secretary, Board of Directors, Canadian Strength and Conditioning Association	2021
• Chair, Standards Committee, Canadian Strength and Conditioning Association	2021
• Chair, Education Committee, Canadian Strength & Conditioning Association	2020
• Advisory Board, Canadian Strength & Conditioning Association	2018-2019
• College Council member – Sheridan College	2014-2015
• Chair, Canadian Strength and Conditioning Association [<i>ad hoc</i> committee]	2013-2014
• Executive Committee, St. John Brebeuf Youth Group	2013-2014
• Conference Chair, Strength Matters	2013
• Journey Sheridan-Infrastructure Engagement Team	2012-2013
• President, Ontario Human Performance Association	2009-2015
• Conference Chair, Ontario Human Performance Conference	2008-2011
• Local Academic Council, Sheridan College	2007-2008
• Physiological Sciences Teaching Committee, University of Arizona, Tucson, AZ	2000-2001
• Physiological Sciences Program Committee, University of Arizona, Tucson, AZ	1999-2000
• Physiological Sciences Resource Committee, University of Arizona, Tucson, AZ	1998-1999
• Sports Science Committee, The High Altitude Sports Training Complex at Northern Arizona University, Flagstaff, AZ	1997-1999

Athletics Leadership

• Head Coach, LIFT Barbell Club	2021-present
• Olympic Weightlifting Coach, Independent	1995-present
• St. James High School, Volunteer Football Coach	2019-2024
• Guelph Minor Football Association, Volunteer Football Coach	2020
• Head Coach, The Vault Barbell Club	2018-2021

• Orangeville Outlaws, Volunteer Football Coach	2012-2015
• Coach, Toronto Highlanders Tug-of-War Club, Toronto, ON	2012-2015
• Strength and Conditioning Coach, Guelph Wrestling Club	2011-2015
• Wrestling Canada, Strength and Conditioning Service Provider	2011-2015
• Canadian Sports Institute Ontario, Strength and Conditioning Service Provider	2011-2015
• Coach, Sheridan Strength Club	2008-2015
• Head Coach, President, Queen's University Strength Club, Kingston, ON	2002-2004
• Board of Directors, Arizona Weightlifting Federation	1997-2002
• Head Coach, The University of Arizona Olympic Weightlifting Club, Tucson, AZ	1997-2002
• University of Arizona Sports Clubs Executive Committee, Tucson, AZ	1998-2001

Memberships

• Canadian Strength and Conditioning Association	2018-present
• National Strength and Conditioning Association	1993-present
• Ontario Weightlifting Association	1994-present
• Canadian Society for Exercise Physiologists	1993-2018
• American College of Sports Medicine	2006-2015
• American Physiological Society	1998-2004
• USA Weightlifting Association	1994-2002
• Biophysical Society	1999-2002
• Southwest Chapter of the American College of Sports Medicine	1995-1997

Certifications

• Certified Strength and Conditioning Professional, Canadian Strength and Conditioning Association	2024-present
• Red Cross CPR Level C HCP	current
• Certified Strength and Conditioning Specialist, National Strength and Conditioning Association	1994-present
• NCCP Coach Developer, Master Coach Developer Trained, Weightlifting Canada	2023
• NCCP Competition Introduction Certified, Weightlifting Canada	2023
• NCCP Safe Sport Training	2023
• NCCP Anti-racism in Coaching	2023
• NCCP Make Ethical Decisions	2023
• NCCP Emergency Action Plan eLearning	2023
• Senior Coach, United States Weightlifting Federation	1996-2002

Athletics Competition

• Toronto Highlanders Tug-of-War	2011-2015
• Bluewater Tug-of-War Club	2004-2015
• Canadian Tug-of-War, World Championships	2006, 2008, 2014
• Strongman (Regional Level)	2000-2003
• Highland Games (Regional Level)	1999-2000
• Olympic Weightlifting (National Level)	1993-2001
• Powerlifting (World Junior Level, National record holder)	1988-1991