

CURRICULUM VITAE
Michael W. Ramsey

PERSONAL

Work Address: Department of Kinesiology, Leisure, and Sport Sciences
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EDUCATION

Ph.D. Exercise Physiology, Texas A&M University, 2005

Committee Members:

Michael Delp (Chair)
Judy Muller-Delp
Robert Armstrong
Janet Parker

Dissertation Title: Effects of head-up tilt on mean arterial pressure, heart rate, and regional cardiac output distribution in aging rats

M.A. Exercise Physiology, Sam Houston State University, 1995

B.S. Psychology/Kinesiology, Sam Houston State University, 1993

PUBLICATIONS

Peer Reviewed Manuscripts

Ramsey MW, Behnke BJ, Prisby RD, and Delp MD. Aging alters regional vascular conductance and arterial pressure during orthostatic stress: Role of diminished adipose vasoconstriction. *J. Gerontology* 2007 (Submitted)

Kinser, AM, **Ramsey, MW**, O'Bryant, HS, Ayres, CA, Sands, WA, & Stone, MH.. Vibration and stretching effects on flexibility and explosive strength in gymnasts. *Med. Sci. Sports Exerc.* 2007 (Submitted)

Everett, MD, Kinser, AM, and **Ramsey, MW**. Training for Old Age: Production Functions for the Exercise Inputs. *Med. Sci. Sports Exerc.* 2007 (Submitted)

Stone, MH, Sands, WA, Pierce, KC, **Ramsey, MW**, & Haff, GG. Power and power potentiation among strength power athletes: Preliminary study. *Int. J. of Sport Phys and Perf* 2007 (Submitted)

Rhonda Prisby, **Michael Ramsey**, Bradley Behnke, James Dominguez, Anthony Donato, Matthew Allen, and Michael Delp. Aging reduces skeletal blood flow, endothelium-dependent vasodilation and nitric oxide bioavailability in rats. *J. Bone and Min. Res.* 2007 (In press)

- Scott E. Parnell, Jayanth Ramadoss, Michael D. Delp, **Michael W. Ramsey**, Wei-Jung Chen, James R. West, and Timothy Cudd. Chronic ethanol increases fetal cerebral blood flow specific to the ethanol sensitive cerebellum under normoxemic, hypercapnic and acidemic conditions *Exp Physiol.* 2007 (In press.)
- Stone, M. H., **Ramsey, M. W.**, Kinser, A. M., O'Bryant, H. S., Ayres, C., & Sands, W. A. Stretching: Acute and Chronic – The potential consequences. *Strength and Conditioning J.* 66 – 74, 2006
- Kinser, A., **Ramsey, M. W.**, O'Bryant, H. S., Ayres, C., Sands, W., Wolf, T., Calloway, J., Whittington, J. & Stone, M. H.. Preliminary report: The effects of simultaneous stretch and vibration on flexibility and a measure of explosive strength (vertical jumps). *The Elite Gymnast Journal* 29(10), 37-43. 2006
- Scott A Spier, Michael D Delp, Cynthia J Meininger, Anthony J Donato, **Michael W Ramsey**, and Judy M Muller-Delp. Effects of Aging and Exercise Training on Endothelium-Dependent Vasodilation and Structure of Skeletal Muscle Arterioles. *J. Physiol. (Lond)* 556: 947-958, 2004.
- Muller-Delp, J.M., S.A. Spier, **M.W. Ramsey**, L.A. Lesniewski, A. Papadopoulos, J.D. Humphrey, and M.D. Delp. Effects of aging on vasoconstrictor and mechanical properties of rat skeletal muscle arterioles. *Am. J. Physiol. Heart Circ. Physiol.* 282: H1843-H1854, 2002.
- Muller-Delp, J.M., S.A. Spier, **M.W. Ramsey**, and M.D. Delp. Aging impairs endothelium-dependent vasodilation in rat skeletal muscle arterioles. *Am. J. Physiol. Heart Circ. Physiol.* 283: H1662-H1672, 2002.

Abstracts

- Jenna M. Kraska, Ann M. Kinser, Corey B. Whitted, Jon Keller, **Michael W. Ramsey**, G. Gregory Haff, William A. Sands, Margaret E. Stone and Michael H. Stone. Relationship of isometric peak force and rate of force development to coaches rank, agility, and agility endurance characteristics among female American collegiate football (soccer) players. UKSCA Annual Meeting. 2007 (In press).
- Ramsey MW**, Behnke BJ, Prisby RD, and Delp MD. Aging alters regional vascular conductance and arterial pressure during orthostatic stress. *FASEB J.* 21 (5): 587.11, 2007.
- Ramsey MW**, G.G. Haff, A.M. Kinser, J.M. Kraska, M.E. Stone, W.A. Sands, H. Hasegawa and M.H. Stone. ISOMETRIC AND DYNAMIC FORCE-TIME CURVE CHARACTERISTICS OF COLLEGIATE THROWERS. NSCA Conference. July, 2007.
- Ramsey MW**, J.M. Kraska, A.M. Kinser, J. Keller, H. Hasegawa, G.G. Haff, W.A. Sands, M.E. Stone, and M.H. Stone. The relationship between coaches' rank and Explosive strength performance in female collegiate athletes. NSCA Conference. July, 2007.
- A.M. Kinser, **M.W. Ramsey**, H.S. O'Bryant, W.A. Sands, C. Ayres, and M.H. Stone. Vibration and stretching effects on flexibility and explosive strength in gymnasts. NSCA Conference. July, 2007.
- A.M. Kinser, J.M. Kraska, **M.W. Ramsey**, W.A. Sands, G.G. Haff, M.E. Stone and M.H. Stone. The effect of 8 weeks of strength-power training in collegiate throwers on force-time parameters generated during a post-exercise potentiation complex. NSCA Conference. July, 2007.

- J.M. Kraska, **M.W. Ramsey**, A.M. Kinser, M.E. Stone, G.G. Haff, W.A. Sands and M.H. Stone. NSCA Conference. July, 2007. Relationship between isometric force characteristics and peak power output in static and countermovement jumps at various loading conditions. NSCA Conference. July, 2007.
- J.M. Kraska, A.M. Kinser, C. Whitted, **M.W. Ramsey**, M.E. Stone, G.G. Haff, W.A. Sands, and M.H. Stone. Relationship between isometric force characteristics and the difference in jump height in weighted and un-weighted jumps. NSCA Conference. July, 2007.
- Ramsey MW**, Behnke BJ, Prisby RD, Donato AJ, and Delp MD. Effects of aging on mean arterial pressure, heart rate, and regional cardiac output distribution during head-up tilt in rats. *FASEB J.* 18: D135, 2004.
- Spier SA, Delp MD, **Ramsey MW**, and Muller-Delp J.M. Effects of age and exercise training on myogenic responsiveness of skeletal muscle arterioles *FASEB J.* 17: D181, 2003.
- Spier SA, Delp MD, **Ramsey MW**, and Muller-Delp J.M. Mechanisms of enhanced flow-induced dilation of skeletal muscle arterioles: effects of age and training. *FASEB J.* 17: D470, 2003.
- Spier SA, Delp MD, **Ramsey MW**, and Muller-Delp J.M. Exercise training attenuates aging-associated reductions in endothelium-dependent vasodilation of rat skeletal muscle arterioles. *FASEB J.* 16: A766, 2002.
- Ramsey MW**, Delp MD, Spier SA, Miller TA, and Muller-Delp J.M. The effects of aging on morphology and collagen composition of rat skeletal muscle arterioles. *Med. Sci. Sports Exerc.* 33 (Suppl. 5): 2001.
- Spier, S.A., M.D. Delp, **M.W. Ramsey**, and J.M. Muller-Delp. Mechanisms of endothelium-dependent flow-induced vasodilation in rat skeletal muscle arterioles. *FASEB J.* 15: A51, 2001.
- Ramsey MW**, Delp MD, Spier SA, and Muller-Delp JM. The effects of aging on mechanical properties of rat skeletal muscle arterioles. *FASEB J.* 14 (4): 8: 2000.

PROFESSIONAL EXPERIENCE

- | | |
|--------------|---|
| 2005-present | Assistant Professor, East Tennessee State University, Johnson City, Tennessee |
| 1999-2005 | Graduate Research Assistant, Texas A&M University, College Station, Texas |
| 2002-2003 | Assistant Professor, Sam Houston State University, Huntsville, Texas |
| 2001-2002 | Adjunct Instructor, Sam Houston State University, Huntsville, Texas |
| 1998-1999 | Graduate Teaching Assistant, Texas A&M University, College Station, Texas |
| 1996-1998 | Instructor, Western State College of Colorado, Gunnison, Colorado |
| 1995-1996 | Instructor, Adjunct, North Harris/Montgomery Community College District, Houston, Texas |
| 1995-1996 | Assistant Supervisor, Rec. Sports, North Harris/Montgomery Community College District, Houston, Texas |
| 1996-1996 | Instructor, Adjunct, Houston Community College District, Houston, Texas |
| 1995-1996 | Personal Trainer Instructor, National Institute for Preventive Medicine, Huntsville, Texas |
| 1994-1995 | Graduate Assistant, Coordinator of Wellness Courses, Sam Houston State University, Huntsville, Texas |

- 1993-1995 Graduate Teaching Assistant, Sam Houston State University, Huntsville, Texas
- 1993-1995 Graduate Assistant, Human Performance Lab Assistant, Sam Houston State University, Huntsville, Texas
- 1993-1995 Community Health Education/Work-Site Wellness Department, Huntsville Memorial Hospital, Huntsville, Texas

TEACHING EXPERIENCE

East Tennessee State University

- PEXS 5977 Exercise Management in Chronic Disease
- PEXS 5620 Cardiopulmonary Physiology
- PEXS 5540 Exercise Testing and Prescription
- PEXS 4977 Exercise Management in Chronic Disease
- PEXS 4620 Exercise Physiology II
- PEXS 4270 Structural Kinesiology
- PEXS 4062 Cardiovascular Exercise Testing
- PEXS 3850 Scientific Basis of Human Performance
- PEXS 3610 Exercise Physiology I
- PHED 1130 Fit for Life

Sam Houston State University

- KIN 595 Advanced Biomechanics
- KIN 373 Physiology of Exercise
- KIN 362 Biomechanics
- KIN 334 Methods of Teaching Individual Sports
- KIN 230 First Aid (American Red Cross)
- KIN 215 Fitness for Life
- HED 166 Lifestyle and Wellness

Texas A&M University

- KINE 638 Exercise Physiology II
- KINE 433 Exercise Physiology
- KINE 199 Fitness and Conditioning
- KINE 199 Golf
- KINE 199 Bowling

Western State College of Colorado

- KINS 490 Sociology of Sport and Physical Activity
- KINS 397 History of Sport
- KINS 394 Methods of Teaching Individual and Dual Sports
- KINS 280 Anatomical and Biomechanical Kinesiology
- KINS 185 Lifetime Wellness
- KINS 181 Introduction to Kinesiology and Athletics
- KINS 143 Volleyball
- KINS 112 Running
- KINS 111 Initiative Games

North Harris/Montgomery Community College District

- KINE 1111 Fitness for Life I

Houston Community College District

PHED 2111 Weight Training and Conditioning
PHED 1306 First Aid
PHED 1157 Tennis

SCHOLARSHIPS AND AWARDS

2005 Fellowship, College of Education and Human Development
Texas A&M University
2004 TACSM Manuscript Award, Doctoral Student Category
Texas A&M University
2001 TACSM Poster Presentation, Doctoral Student Category
Texas A&M University
1994-95 Entergy Academic Achievement Scholarship
Sam Houston State University
1993-95 Robert Wagner Memorial Scholarship
Sam Houston State University

PROFESSIONAL SOCIETIES

American College of Sports Medicine
American College of Sports Medicine-South East Region
National Strength and Conditioning Association
American Alliance for Health, Physical Education, Recreation, and Dance
Tennessee AHPERD