

Frank T. Paul III, M.S.

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Education

- **M.S., Clinical Exercise Physiology** – December 2017, Arizona State University
- **B.S., Kinesiology** – May 2003, Arizona State University
- **A.A., Physical Education** – May 1996, Orange County Community College

Academic Appointments

- **Assistant Teaching Professor**, Arizona State University, College of Health Solutions
Fall 2024 – Present
- **Faculty Associate**, Arizona State University, College of Health Solutions
Spring 2022 – Spring 2024

Teaching Philosophy

I believe that every individual, endowed with motivation, possesses the intrinsic capability to learn. It is my commitment to foster an environment that supports and nurtures this potential in every student. As an educator, I see it as my duty to assist learners on their journey, helping to unlock their latent talents and guiding them towards academic and personal growth.

Teaching Experience

Spring 2025

- SSP 242 Resistance Training Foundations for Performance
- SSP 316 Exercise & Sport Physiology Lab
- KIN 447 ECG Interpretation
- SSP 142 Sport Performance Practical Training

Fall 2024

- SSP 242 Resistance Training Foundations for Performance
- SSP 316 Exercise & Sport Physiology Lab
- KIN 447 ECG Interpretation
- KIN 547 ECG Interpretation

Spring 2024

- SSP 316 Exercise & Sport Physiology Lab
- KIN 447 ECG Interpretation

Fall 2023

- SSP 316 Exercise & Sport Physiology Lab
- KIN 447 ECG Interpretation

Spring 2023

- KIN 101 Introduction to Kinesiology
- KIN 447 ECG Interpretation

Fall 2022

- KIN 101 Introduction to Kinesiology
- KIN 447 ECG Interpretation

Spring 2022

- KIN 101 Introduction to Kinesiology

Curriculum Development

SSP 316

- Created and implemented a new pulmonary physiology lab using clinical-grade equipment
- Introduced a new ECG lab with hands-on resting ECG analysis
- Integrated oxygen deficit and EPOC concepts into an existing lab
- Converted instructor-led metabolic labs into group-based, hands-on labs
- Expanded data analysis for heart rate and data collection labs
- Redesigned neuromuscular fitness/body composition lab with broader testing modalities

KIN 447

- Transitioned exams from Canvas to in-person for engagement
- Added Unit 5 on special populations and cardiac devices
- Developed new formative assessments
- Introduced gamification (e.g., “Celebrity Survivor,” “ECG All-Stars”)
- Created recall-based note-taking style for knowledge retention

Certifications

- Certified Strength and Conditioning Specialist (NSCA)
- Clinical Exercise Physiologist (ACSM)
- Certified Personal Trainer (NSCA)
- Cancer Exercise Specialist (ACSM)
- Tactical Strength and Conditioning Specialist (NSCA)
- Basic Life Support Instructor (AHA)
- TPI – Fitness Level II
- Youth Fitness Specialist (ACSM)

Professional Development

Spring 2025

(Gatorade Sport Science Institute unless otherwise noted)

- CHS Faculty Mentoring Program, College of Health Solutions
- Hydration and Nutrition Requirements for Physically Demanding Occupations
- The Healthy Youth Athlete- Reinforcing the Role of Hydration
- Body Composition: Measurement and Manipulation, National Strength and Conditioning Association
- The Use of Acute Exercise Interventions as Priming Strategies to Improve Physical Performance During Track-and-Field Competitions: A Systematic Review, National Strength and Conditioning Association
- Monitoring Recovery in American Football
- The Female Athlete: Energy and Nutrition Issues
- Methods to Keep the Female Athlete Healthy: From Mental to Physical Health
- Health and Performance Considerations for Female Soccer Players
- Supporting Athletes to Reduce the Risk of Unintentional Doping from Supplement Use
- Use of Buffers in Specific Contexts: Highly Trained Female Athletes; Extreme Environments; and Combined Buffering Agents
- Plant versus animal-based proteins to support muscle conditioning
- Carbohydrate nutrition and skill performance in soccer

- An Update on Interval Training for Performance and Health
- Beyond Caffeine for Mental Performance
- Creatine Supplementation: New Insights and Perspectives on Bone and Brain Health
- Nutrition for Female Athlete Bone Health
- Contemporary Approaches to the Identification and Treatment of Iron Deficiency in Athletes
- A Practitioner's Guide to Improving Sleep in Athletes
- Cannabidiol (CBD) and the athlete: claims, evidence, prevalence and safety concerns
- Practical Approaches to Nutrition for Female Athletes
- Youth Athlete Development and Nutrition
- Protein requirements of master athletes: do they need more than their younger contemporaries?
- Fish Oil for Healthy Aging - Potential Applications for Master Athletes
- Application of Sports Nutrition to Healthy Aging
- Sweat Biomarkers for Sports Science Applications
- Sports Nutrition Recommendations for Elite Female Soccer Players
- Dietary carbohydrate and the endurance athlete: contemporary perspectives
- Micronutrient Considerations for Female Athletes
- Fueling the Female Athlete: Bridging the Gap from Recommendations to Changing Behavior
- Functional Ingredients to Support Active Women
- Making Sense of Wearables Data
- Exogenous Ketone Supplements as Ergogenic Aids in Athletic Performance: A New Dawn Fades?
- The Fluid Replacement Process: Principles of Beverage Formulation for Athletes
- Real-World Evidence in Sport
- NSCA's Developing the Core continuing education course, Human Kinetics
- KAMS Golf, Kinetisense
- NSCA's Developing Speed continuing education course, Human Kinetics
- NSCA's Developing Power continuing education course, Human Kinetics
- NSCA's Guide to Program Design 2nd Edition continuing education course, Human Kinetics
- Effective Decision Making in Strength and Conditioning, National Strength and Conditioning Association
- Cooling Down to Level Up: Does Interset Palm or Sole Cooling Enhance Resistance, National Strength and Conditioning Association
- A Strength Coaches' Guide for Return to Play, National Strength and Conditioning Association
- Applications of the 3-Min All-Out Exercise Test for Prescribing High-Intensity, National Strength and Conditioning Association

Fall 2024

- Types and Contributors to Occupational Fatigue, National Strength and Conditioning Association
- Mechanical Perspectives on Injury Prevention, National Strength and Conditioning Association
- New Faculty Orientation, College of Health Solutions
- ASU Health Talk, College of Health
- EMG System In-Service, Noraxon
- ASU Biosafety and Bloodborne Pathogens Training, Arizona State University
- Introduction to Workday, Arizona State University
- CHS Faculty Mentoring Program, College of Health Solutions
- ASU Inclusive Communities - Faculty Training, Arizona State University

Spring 2024

- Selecting Metrics That Matter: Comparing the Use of the Countermovement Jump for Performance Profiling, Neuromuscular Fatigue Monitoring, and Injury Rehabilitation Testing, National Strength and Conditioning Association
- Older People Trip, Some Fall—A Program to Decrease Seniors' Fall Risk, National Strength and Conditioning Association
- Building Resilience to Stress and Trauma Through Lifting Heavy Things, National Strength and Conditioning Association
- Defining the Sport Scientist, National Strength and Conditioning Association
- Sleep in Elite Athletes, National Strength and Conditioning Association
- Sarcopenia and Aging, National Strength and Conditioning Association

Awards & Honors

- Awards & Honors
- New Faculty Rookie of the Year 2025
- Arizona State University Sun Award 2024
- Arizona State University Sun Award 2023
- Arizona State University Staff Service Award 2023
- Arizona State University Professor of Impact 2023
- Arizona State University Professor of Impact 2023
- Arizona State University Sun Award 2022

Scholarship

- Enriquez, D., Vimmerstedt, J., Paul, F., Song, Z., Taylor, B., Filler, C., Moore, K., Tomah, M., Fernandes, R., Studer, M., Scales, R. (2025). Self-reported fall risk with the Stop Elderly Accidents, Deaths, and Injuries (STEADI) questionnaire in an early outpatient cardiac rehabilitation population. Proceedings of a conference. Arizona Society of Cardiovascular and Pulmonary Rehabilitation Annual Meeting, Surprise, Arizona.
- Kelkar, T., Vimmerstedt, J., Enriquez, D., Paul, F., Bogle, J., Filler, C., Moore, K., Tomah, M., Taylor, B., Fernandes, R., Studer, M., Scales, R. (2025). The Activities-specific Balance Confidence (ABC) scale: A user friendly survey to screen for fall risk in activities of daily living. Proceedings of a conference. Arizona Society of Cardiovascular and Pulmonary Rehabilitation Annual Meeting, Surprise, Arizona.
- Scales, R., Wright, M., Fitz-Patrick, D., Paul, F., Cataldo, D., Skeen, J. & Fernandes, R. (2023). Referral Sources to A Clinical Exercise Physiology Consultation For Special Populations In A Preventive Cardiology Practice. *Medicine & Science in Sports & Exercise*, 55 (9S), 1065-1065. doi: 10.1249/01.mss.0000989772.58659.c9.
- Scales, R., Paul, F., Filler, C., Song, Z., Moore, K., Tomah, T., McCready, C., Repp, K., Ivy, C., Fernandes, R., Taylor, B. (2023). Feasibility of muscular fitness testing in cardiac rehabilitation with portable movement sensor technology. *Heart*, 109, (Suppl 5), A15:DOI: 10.1136/heartjnl-2023-BACPR.19
- Paul, F., Nania, T., Filler, C., Scales, R. Connected mobile-Health delivered physical function training for the recreational golfer in cardiac rehabilitation. Poster presentation at the Arizona Society of Cardiovascular and Pulmonary Rehabilitation Annual Meeting, Scottsdale, Arizona, May, 2023.
- Paul, F., Fernandes, R., Katayama, M., Buras, M., Cataldo, D., Scales, R. Connected Health Exercise Consultation Case Study: A Weight Management Strategy Post Gastric Bypass Surgery. *Medicine & Science in Sports & Exercise*. 51(6):838, June 2019.
- Katayama, M., Paul, F., Scales, R., Buras, M., Lim, E., Bersoux, S., Chaliki, H., Cataldo, D., Fernandes, R. (October 2019). Can Activity Monitoring and Connected Health increase physical activity in patients with obesity? A Pilot Study. A poster session presented at the Cardiometabolic Health Annual Convention. Chicago, IL

Service

Spring 2025

- Sport Science and Performance Programming Curriculum Committee
- Clinical Exercise Physiology Curriculum Committee
- Gateway Community College, Healthcare Programming Advisory Board
- 4 Basic Life Support Courses taught for faculty, staff, and students
- 4 Adult CPR AED Courses taught for faculty, staff, and students
- Exercise Labs Coordinator

Fall 2024

- Sport Science and Performance Programming Curriculum Committee
- Clinical Exercise Physiology Curriculum Committee
- Gateway Community College, Healthcare Programming Advisory Board
- Let's Give Thanks Dinner, (College of Health Solutions)
- Agua Fria High School Tour, (College of Health Solutions)
- USA Fit Games, (College of Health Solutions)
- 4 Basic Life Support Courses taught for faculty, staff, and students
- 4 Adult CPR AED Courses taught for faculty, staff, and students
- Exercise Labs Coordinator

Spring 2024

- Sport Science and Performance Programming Curriculum Committee
- Clinical Exercise Physiology Curriculum Committee
- 2024 Wellness Fair, (University)
- Gateway Community College, Healthcare Programming Advisory Board
- 4 Basic Life Support Courses taught for faculty, staff, and students
- 4 Adult CPR AED Courses taught for faculty, staff, and students
- Exercise Labs Coordinator