

JASON SIEGLER, PhD

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PERSONAL PROFILE

I am currently an associate professor in the College of Health Solutions at Arizona State University, Phoenix, Arizona. My academic career spans across the US, UK and Australia, and I have published and presented in numerous international forums on topics such as buffering supplementation and maximizing human performance, hydration in team sports, athlete monitoring in team sports, and injury pre-habilitation and prevention. Currently, my research interests are primarily focused around fatigue reduction in the context of human exercise performance.

EDUCATION

2004 Doctor of Philosophy in Health, Physical Education, & Recreation, Exercise Physiology Concentration; Minor in Physiology & Research, University of New Mexico

Dissertation: The influence of active and passive recovery on acid-base kinetics following intense, intermittent exercise

2001 Master of Science in Health and Human Promotion, Exercise Physiology Concentration, University of Montana

Thesis: Changes evaluated in soccer specific power endurance either with or without a 10-week, in season strength and plyometric training program

1995 Bachelor of Science in the School of Education, Sports Medicine Concentration, University of Connecticut

PROFESSIONAL APPOINTMENTS

***Associate Professor in Human Performance
Arizona State University, 2021 – present***

Teaching Responsibilities/duties: Instruction, mentoring, & advising to undergraduate and graduate students within the College of Health Solutions. Curriculum and instruction includes undergraduate and graduate Exercise and Sport Physiology, Advanced Exercise Physiology, Measurement & Monitoring and Muscle Physiology.

***Professor in Sport and Exercise Science
Western Sydney University, 2011 – 2020***

Teaching Responsibilities/duties: Instruction, mentoring, & advising to undergraduate and graduate students within the degree program. Curriculum and instruction included undergraduate Exercise Nutrition, Exercise Testing and Measurement, Exercise Prescription, Bioenergetics and Strength and Conditioning.

***Director of Academic Program in Sport and Exercise Science
Western Sydney University, 2012 – 2015; 2018 – 2019***

Administrative Responsibilities/duties: This role consisted of a 40% workload commitment, and included Sport and Exercise Science staff (faculty) supervisory responsibilities inclusive of staff workload allocation, casual (adjunct) budget, assessments and program/course development.

**Lecturer B in Sport, Health and Exercise Science
University of Hull, 2006 – 2010**

Responsibilities/duties: Instruction, mentoring, & advising to undergraduate and graduate students within the Department. Curriculum and instruction included undergraduate and post graduate Exercise Physiology, Environmental Physiology, Fitness Training Principles & Clinical Exercise Physiology.

**Assistant Professor in Kinesiology
Brooklyn College, 2004 – 2006**

Responsibilities/duties: Instruction, mentoring, & advising to degree students with a concentration in Exercise Science. Curriculum and instruction included Physiology of Exercise, Human Physiology & Human Anatomy.

PUBLICATIONS

1. **Siegler, J.C.**, Carr, A., Jardine, W., Convit, L., Cross, R., Chapman, D., Burke, L.M., Ross, M. The hyperhydration potential of sodium bicarbonate and sodium citrate. *Int J Sport Nutr Exerc Metab.* 32(2): 74-81, 2022.
2. Cross, R., Lovell, R., Marshall, P.W., **Siegler J.** Acute neuromuscular response to team sports-specific running, resistance, and concurrent training: A crossover study. *Med Sci Sports Exerc.* 54(3): 456-465, 2022.
3. Weigend, F., Clarke, D.C., Obst, O., **Siegler, J.** A hydraulic model outperforms work-balance models for predicting recovery kinetics from intermittent exercise. arXiv (GECCO-21) pre-print, 2021.
4. Norris, D., Joyce, D., **Siegler, J.**, Cohen, D., Lovell, R. Considerations in interpreting neuromuscular state in elite level Australian Rules football players. *J Sci Med Sport.* 24(7): 702-708, 2021.
5. Redman, K., Steel, K., Kelly, V., **Siegler, J.** Effects of a Rugby League match simulation on decision-making in elite junior Rugby League. *J Strength Cond Res.* 35(7): 1972-1980, 2021.
6. Weigend, F., **Siegler, J.**, Obst, O. A new pathway to approximate energy expenditure and recovery of an athlete. arXiv (GECCO-21 Companion - Proceedings of the 2021 Genetic and Evolutionary Computation Conference Companion), 325-326, 2021.
7. Saunders, B., McNaughton, L.R., **Siegler, J.C.** Editorial: Nutritional buffering strategies to improve exercise capacity and performance. *Frontiers in Nutrition.* 8: 116, 2021.
8. Dillon, P., Norris, D., **Siegler, J.**, Joyce, D., Lovell, R. Determination of locomotor qualities in elite Australian Football: A pragmatic approach. *J Sports Sci.* 39(13): 1445-1451, 2021.
9. Lovell, R., Halley, S., **Siegler, J.**, Wignell, T., Coutts, A.J., Massard, T. Use of numerically-blinded ratings of perceived exertion in soccer: assessing concurrent and construct validity. *Int J Sports Physiol Perform.* 15(10): 1430-1436, 2020.
10. McKay, A.K.A., Peeling, P., Binnie, M., Goods, P.S.R., Sim, M., Cross, R., **Siegler, J.** Topical sodium bicarbonate application does not improve blood buffering capacity or enhance exercise performance. *Int J Sports Physiol Perform.* 15(7): 1005-1011, 2020.
11. Boegman, S., Stellingwerff, T., Shaw, G., Clarke, N., Graham, K., Cross, R., **Siegler, J.C.** Effectiveness of individualizing sodium bicarbonate supplementation in elite rowers. *Front Nutr.* 7(138), 2020.
12. Marshall, P.W., Rasmussen, S.B., Krogh, M., Halley, S., **Siegler, J.C.** Changes in the quadriceps spinal reflex pathway after repeated sprint cycling are not influenced by ischemic preconditioning. *Eur J Appl Physiol.* 120: 1189-1202, 2020.
13. Marshall, P.W., Metcalf, E., Hagstrom, A.D., Cross, R., **Siegler, J.C.**, Enoka, R.M. Changes in fatigue are the same for trained men and women after resistance exercise. *Med Sci Sports Exerc.* 52(1): 196-204, 2020.
14. Halley, S.L., Marshall, P.W., **Siegler, J.C.** The effect of ischaemic preconditioning and changing inspired O₂ fractions on neuromuscular function during intense exercise. *J Appl Physiol.* 127(6): 1688-1697, 2019.
15. Chalmers, S., **Siegler, J.**, Lovell, R., Lynch, G., Gregson, W., Marshall, P., Jay, O. Brief in-play cooling breaks reduce thermal strain during football in hot and humid conditions. *J Sci Med Sport.* 22(8): 912-918, 2019.
16. Halley, S.L., Marshall, P., **Siegler, J.C.** The effect of IPC on central and peripheral fatiguing mechanisms in humans following maximal single limb isokinetic exercise. *Physiol Rep.* 7(8):e14063, 2019.
17. Cross, R., **Siegler, J.**, Marshall, P., Lovell, R. Scheduling of training and recovery during the in-season weekly micro-cycle: Insights from team sports practitioners. *Eur J Sport Sci.* 19(10): 1287-1296, 2019.
18. Norris, D., Joyce, D., **Siegler, J.**, Clock, J., Lovell, R. Recovery of force-time characteristics after Australian Rules Football matches: Examining the utility of the isometric midthigh pull. *Int J Sports Physiol Perform.* 14(6): 765-770, 2019.

19. Halley, S., Marshall, P., **Siegler, J.** The effect of ischaemic preconditioning on central and peripheral fatiguing mechanisms in humans following sustained maximal isometric exercise. *Exp Physiol.* 103(7): 976-984, 2018.
20. **Siegler, J.C.**, Vargas, N., Green, S. Sodium bicarbonate supplementation minimally affects the accumulated oxygen deficit during high intensity-cycling to volitional exhaustion. *Transl Sports Med.* 1: 95-100, 2018.
21. **Siegler, J.C.**, Marshall, P.W., Finn, H., Cross, R., Mudie, K. 10-weeks resistance training under metabolic alkalosis does not affect neuromuscular mechanisms associated with rapid force generating capacity. *PLoS One.* 13(5): e0196677, 2018.
22. Lovell, R., Knox, M., Weston, M., **Siegler, J.C.**, Brennan, S., Marshall, P.W.M. Hamstring injury prevention in soccer: Before or after training? *Scand J Med Sci Sports.* 28(2): 658-666, 2018.
23. Christmas, B., Taylor, L., Smith, A., Pemberton, P., **Siegler, J.C.**, Midgley, A. Reproducibility of measurement techniques used for creatine kinase, interleukin-6 and high-sensitivity c-reactive protein determination over a 48 h period in males and females. *Meas Phys Educ Exerc Sci.* 22:3 191-199, 2018.
24. Rose, C., Edwards, K.M., **Siegler, J.**, Graham, K., Caillaud, C. Effects of whole-body cryotherapy on recovery from exercise-induced muscle damage: A systematic review. *Int J Sports Med.* 38: 1049-1060, 2017.
25. Christmas, B., Taylor, L., **Siegler, J.C.**, Midgley, A. A reduction in maximal incremental exercise test duration 48 h post downhill run is associated with muscle damage derived from exercise induced pain. *Front Physiol.* 8:135: 10.3389/fphys.2017.00135, 2017.
26. Melville, G., **Siegler J.C.**, Marshall, P.M. The effects of d-aspartic acid supplementation in resistance-trained men over a three month training period. *PLoS One.* 12(8): e0182630, 2017.
27. Midgley, A., Earle, K., McNaughton L.R., **Siegler, J.C.**, Clough, P., Earle, F. Exercise tolerance during VO₂max testing is a multifactorial psychobiological phenomenon. *Res Sports Med* 25(4): 480-494, 2017.
28. **Siegler, J.C.**, Marshall, P.W.M., Bishop, D., Shaw, G., Green, S. Mechanistic insights into the efficacy of sodium bicarbonate supplementation for athletic performance. *Sports Med – Open.* 2: 41, 2016.
29. **Siegler, J.C.**, Mudie, K., Marshall, P. The influence of sodium bicarbonate on maximal force and rates of force development in the triceps' surae and brachii during fatiguing exercise. *Exp Physiol.* 101(11): 1383-1391, 2016.
30. Brooks, C., **Siegler, J.C.**, Marshall, P.W.M. Relative abdominal adiposity is an important contributor to chronic low back pain: a cross-sectional study. *BMC Public Health,* 16: 700, 2016.
31. Green, S., **Siegler, J.C.** Empirical modeling of metabolic alkalosis induced by sodium bicarbonate ingestion. *Appl Physiol Nutr Metab.* 41(10): 1092-1095, 2016.
32. Lovell, R.L., **Siegler, J.C.**, Knox, M., Brennan, S., Marshall, P. Acute neuromuscular and performance responses to Nordic hamstring exercises completed before or after football training. *J Sports Sci: Sci & Med in Football.* 34(24): 2286-2294, 2016.
33. Christmas, B., Taylor, L., Smith, A., Pemberton, P., **Siegler, J.**, Midgley, A. Muscle damaging exercise 48 h prior to a maximal incremental exercise treadmill test reduces time to exhaustion: is it time to reconsider our pre-test procedures? *Res Sports Med.* In Press (2016).
34. Marshall, P.W.M., Lovell, R.J., **Siegler, J.C.** Changes in passive tension of the hamstring muscles during a simulated soccer match. *Int J Sports Physiol Perform.* 11(5): 594-601, 2016.
35. Marshall, P.W.M., Finn, H.T., **Siegler, J.C.** The magnitude of peripheral muscle fatigue induced by high and low intensity single-joint exercise does not lead to central motor output reductions in resistance trained men. *PLoS One.* 10(10):e0140108, 2015.
36. Marshall, P.W., Lovell R., Knox M.F., Brennan, S.L., **Siegler, J.C.** Hamstring fatigue and muscle activation changes during six sets of Nordic hamstring exercise in amateur soccer players. *J Strength Cond Res.* 29(11): 3124-3133, 2015.
37. **Siegler, J.C.**, Marshall, P.W. The effect of metabolic alkalosis on central and peripheral mechanisms associated with exercise induced muscle fatigue in humans. *Exp Physiol.* 100(5):519-30, 2015.
38. Melville, G.W., **Siegler, J.C.**, Marshall, P.W.M. Three and six grams supplementation of d-aspartic acid in resistance trained men. *J Int Soc Sports Nutr.* 12:15, 2015.
39. **Siegler, J.**, Marshall, P., Pouslen, M., Nielsen, N., Kennedy, D., Green, S. The effect of pH on fatigue during submaximal contractions of the human calf muscle. *Eur J Appl Physiol.* 115(3):565-577, 2015.
40. Weston, M., **Siegler, J.**, Bahnert, A., McBrien, J., Lovell, R. The application of differential ratings of perceived exertion to Australian Football League matches. *J Sci Med Sport.* 18(6):704-708, 2015.
41. Flinn, S., Herbert, K., Graham, K., **Siegler, J.C.** The differential effect of metabolic alkalosis and hypoxia on high intensity cycling performance. *J Strength Cond Res.* 28(10): 2852–2858, 2014.
42. Marshall, P.W.M., **Siegler, J.C.** Differences in hamstring extensibility, stiffness, and stretch tolerance between males and females. *BMC Musculoskeletal Disorders.* 15: 223, 2014.

43. Marshall, P.W., Lovell, R., Jeppesen, G.K., Andersen, K., **Siegler, J.C.** Hamstring Muscle Fatigue and Central Motor Output during a Simulated Soccer Match. *PLoS One*. 9(7):e102753, 2014.
44. Finn, H.T., Brennan, S.L., Gonano, B.M., Knox, M.F., Ryan, R.C., **Siegler, J.C.**, Marshall, P.W.M. Muscle Activation does not Increase after a Fatigue Plateau is Reached during Eight-Sets of Resistance Exercise in Trained Individuals. *J Strength Cond Res*. 28(5): 1226-1234, 2014.
45. **Siegler, J.C.**, Marshall, P., Raftery, S., Brooks, C., Dowswell, B., Romero, R., Green, S. The differential effects of metabolic alkalosis on maximum force and rate of force development during repeated, high-intensity cycling. *J Appl Physiol*. 115(11): 1634-1640, 2013.
46. Brooks, C., Marshall, P.M., **Siegler, J.C.**, Cheema, B.C. No relationship between body mass index and changes in pain and disability following exercise rehabilitation for chronic low back pain. *Spine J*. 38(25): 2190-2195, 2013.
47. Angela R. Hillman, Mark C. Turner, Daniel J. Peart, James W. Bray, Lee Taylor, and **Jason Siegler**. A comparison of hyperhydration vs. ad libitum fluid intake strategies on measures of thermoregulation and endurance performance. *Res Sports Med*. 21:305-317, 2013.
48. **Siegler, J.C.**, Page, R. Turner, M., Mitchell. The effect of carbohydrate and marine peptide hydrolysate co-ingestion on endurance exercise metabolism and performance. *J Int Soc Sports Nutr*. 10:29, 2013.
49. Asamoah, S., **Siegler, J.**, Chang, D., Scholey, A., Yeung, A., Cheema, B. Effect of aerobic training on cognitive function and arterial stiffness in sedentary young populations: a pilot randomized controlled trial. *Physiology Journal*. 2013:1-9, 2013.
50. Peart, D.J., Kirk, R.J., Hillman, A.R., Madden, L.A., **Siegler, J., C.**, Vince, R., V. The physiological stress response to high-intensity sprint exercise following the ingestion of sodium bicarbonate. *Eur J Appl Physiol*. 113:127-134, 2013.
51. Peart, D., J., Kirk, R., J., Madden, L., A., **Siegler, J., C.**, Vince, R., V. The influence of exogenous carbohydrate provision and pre-exercise alkalosis on the heat shock protein response to prolonged interval cycling. *Amino Acids*. 44(3):903-910, 2013.
52. **Jason Siegler**, Keith Howell, Rebecca Vince, James Bray, Chris Towlson, Daniel Peart, Duane Mellor, Stephen Atkin. Aspartame in conjunction with carbohydrate reduces insulin levels during endurance exercise. *J Int Soc Sports Nutr*. 9(1): 36, 2012.
53. Peart, D.J, **Siegler, J.C.**, Vince, R.V. Practical Recommendations for Coaches and Athletes: A Meta-Analysis of Sodium Bicarbonate use for Athletic Performance. *J Strength Cond Res*. 26(7):1975-83, 2012.
54. **Siegler, J.C.**, Marshall, P., Bray, J., Towlson, C. Sodium bicarbonate supplementation & ingestion timing: does it matter? *J Strength Cond Res*. 26(7):1953-8, 2012.
55. Gleeson, M., **Siegler, J.**, Burke, L.M., Stear, S., Castell, L.M. A to Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance-Part 31. *Br J Sports Med*. 46(5):377-8, 2012.
56. Marshall, P.W.M., Robbins, D.A., Wrightson, A.W., **Siegler, J.C.** Acute neuromuscular and fatigue responses to the rest-pause method. *J Sci Med Sport*. 15(2):153-158, 2012.
57. Forbes, H., **Siegler, J.C.** Seasonal variation in the isokinetic strength of youth soccer players: Effects of age and dominance. *Gazzetta Medica Italiana Archivio per le Scienze Mediche* (formerly The Journal of Sports Medicine and Physical Fitness). 171(3), 253-261, 2012.
58. Mark Turner, Richard Page, Nigel Mitchell, **Jason Siegler**. The effects of Energised Greens™ upon blood acid-base balance during resting conditions. *J Int Soc Sports Nutr*. 8(1):14, 2011.
59. Angela R. Hillman, Rebecca V. Vince, Lee Taylor, Lars McNaughton, Nigel Mitchell, **Jason Siegler**. Exercise-induced dehydration with and without environmental heat stress results in increased oxidative stress. *Appl Physiol Nutr Metab*. 36(5):698-706, 2011.
60. **Siegler, J.C.**, Rehman, S., Bhumireddy, G.P., Abdula, R., Klem, I., Brenner, S.J., Lee, L., Dunbar, C.C., Saul, B., Sacchi, T.J., Heitner, J.F. The accuracy of the electrocardiogram during exercise stress test based on heart size. *PLoS One*. 6(8): 2011, Article number e23044.
61. Grant Abt, **Jason Siegler**, Ibrahim Akubat, Carlo Castagna. The effects of a constant sprint-to-rest ratio and recovery mode on repeated sprint performance. *J Strength Cond Res*. 25(6):1695-1702, 2011.
62. Mc Naughton, L.R., **Siegler, J.C.**, Keatley, S. and Hillman, A. The effects of sodium bicarbonate ingestion on maximal tethered treadmill running. *J Sports Med Phys Fitness*. 170(1):33-39, 2011.
63. **Jason C. Siegler**, Gleadall-Siddall, D. Sodium Bicarbonate Ingestion and Repeated Swim Sprint Performance. *J Strength Cond Res*. 24(11):3105-3111, 2010.
64. **Jason C. Siegler**, Lars R. McNaughton, Adrian W. Midgley, Simon Keatley, Angie Hillman. Metabolic alkalosis, recovery and sprint performance. *Int J Sports Med*. 31(11):797-802, 2010.

65. Anni Vanhatalo, Lars R McNaughton, **Jason Siegler**, Andrew M Jones. Effect of induced alkalosis on the power-duration relationship during 'all-out' exercise. *Med Sci Sports Exerc.* 42(3):563-570, 2010.
66. Lesan T. Banko, Salman A. Haq, Debroah A. Rainaldi, Igor Klem, **Jason Siegler**, Joshua Fogel, Terrence J. Sacchi, John F. Heitner. Incidence of Caffeine in Serum of Patients Undergoing Dipyridamole Myocardial Perfusion Stress Test by an Intensive versus a Routine Caffeine History Screening. *Am J Cardiol.* 105(10):1474-9, 2010.
67. **Siegler, J.C.**, Midgley, A.W., Polman, R.C.J., Lever, R. Effects of various sodium bicarbonate loading protocols on the time-dependent extracellular buffering profile. *J Strength Cond Res.* 24(9):2551-7, 2010.
68. **Siegler, J.C.**, Hirscher, K. Sodium Bicarbonate Ingestion and Boxing Performance. *J Strength Cond Res.* 21(1):103-108, 2010.
69. Adrian W. Midgley, Sean Carroll, David Marchant, Lars R. McNaughton, **Jason Siegler**. Evaluation of "true" VO₂max based on a novel set of standardised criteria. *Appl Physiol Nutr Metab.* 34(2):115-23, 2009.
70. Forbes, H., Bullers, A., Lovell, A., McNaughton, L., Polman, R., **Siegler, J.** Relative torque profiles of elite male youth footballers. *Int J Sports Med.* 30:592-597, 2009.
71. Forbes, H., Bullers, A., Lovell, A., McNaughton, L., Polman, R., **Siegler, J.** Isokinetic thigh muscle ratios in youth football: effect of age and dominance. *Int J Sports Med.* 30:602-606, 2009.
72. Greig, M., **Siegler, J.** Soccer-specific fatigue decreases eccentric hamstring strength. *J Athl Train.* 44(2):180-184, 2009.
73. **Siegler, J.C.**, Mermier, C.M., Amorim, F., R. Lovell, McNaughton, L., Robergs, R.A. Hydration, thermoregulation, and performance effects of two sport drinks during soccer training sessions. *J Strength Cond Res.* 22(5):1394-1401, 2008.
74. McNaughton, L.M., **Siegler, J.**, Midgely, A.W. The ergogenic effect of sodium bicarbonate. *Curr Sports Med Rep.* 7(4):230-236, 2008.
75. **Siegler, J.C.**, Keatley, S., Midgley, A.W., Nevill, A.M., McNaughton, L.R. Influence of pre-exercise alkalosis and recovery mode acid-base recovery following intense exercise. *Int J Sports Med.* 29:545-551, 2008.
76. L.R. Mc Naughton, R.J. Lovell, **J. C. Siegler**, A.W. Midgley, L. Moore, M. Sandstrom, D.J. Bentley. The effects of caffeine ingestion before high intensity time trial cycling. *J Sports Med Phys Fitness.* 48:320-5, 2008.
77. Marie E. Sandström, Leigh A. Madden, Lee Taylor, **Jason C. Siegler**, Ric J. Lovell, Adrian Midgley and Lars McNaughton. Variation in basal heat shock protein 70 is correlated to core temperature in human subjects. *Amino Acids.* 37(2):279-284, 2009.
78. M. Sandström, **J.C. Siegler**, R.J. Lovell, L.Madden, L.R. McNaughton. The effect of 15 consecutive days of heat-exercise acclimation on heat shock protein 70. *Cell Stress Chaperon.* 13:169-175, 2008.
79. L.R. Mc Naughton, R.J. Lovell, **J. Siegler**, A.W. Midgley, L. Moore, and D.J. Bentley. The effects of caffeine ingestion on time trial cycling performance. *Int J Sports Physiol Perform.* 3(2):157-163, 2008.
80. Lars R. McNaughton, Steve Kenney, **Jason Siegler**, Adrian W. Midgley, Ric J. Lovell, and David J. Bentley. The Effect of Superoxygenated Water on Blood Gases, Lactate, and Aerobic Cycling Performance. *Int J Sports Physiol.* 2:377-385, 2007.
81. Casa, D.J., Becker, S.M., Ganio, M.S., Brown, C.M., Yeargin, S.W., Roti, M.W., **Siegler, J.**, Huggins, R.A., Glaviano, N.R., Armstrong, L.E., Maresh, C.M. Examining the validity of devices that assess body temperature during outdoor exercise in the heat. *J Athl Train.* 42(3):333-342, 2007.
82. R. Lovell, **Siegler, J.**, Kirke, I., McNaughton, L., Greig, M. Soccer half-time strategy influences thermoregulation and endurance performance. *J Sports Med Phys Fitness.* 47(3):263-269, 2007.
83. **Siegler, J.C.**, Robergs, R.A., Faria, E.W., Wyatt, F.B., McCarthy, J. Noninvasive profiling of exercise-induced hypoxemia in competitive cyclists. *Res Sports Med.* 15:1-6, 2007.
84. **Siegler, J.C.**, Bell-Wilson, J., Mermier, C., Faria, E., Robergs, R.A. Active and passive recovery and acid-base kinetics following multiple bouts of intense exercise to exhaustion. *Int J Sport Nutr Exerc Metab.* 16(1):92-107, 2006.
85. **Siegler, J.C.**, Robergs, R.A., Weingart, H. The application of soccer performance testing protocols to the non-elite population. *J Sports Med Phys Fitness.* 46(1):44-51, 2006.
86. Robergs, R.A., K. Hutchinson, S. Hendee, S. Madden, **J.C. Siegler**. Influence of pre-exercise acidosis and alkalosis on the kinetics of acid-base recovery following intense exercise. *Int J Sport Nutr Exerc Metab.* 15(1):49-74, 2005.
87. **Siegler, J.**, Gaskill, S., Ruby, B.C. Changes evaluated in soccer specific power endurance either with or without a 10-week, in season strength and plyometric training program. *J Strength Cond Res.* 17(2):379-387, 2003.

Marsdon, J., Steel, K.A., **Siegler, J.C.** A framework for performance stratification in elite sport. *Eur J Sports Sci*

Gray, E., Cavallari, R., **Siegler, J.C.** Mouth rinsing and ingesting salty or bitter solutions does not influence corticomotor excitability or neuromuscular function. *Eur J Appl Physiol*

Weigend, F.C., Obst, O., **Siegler, J.** A hydraulic model fails to predict realistic oxygen uptake kinetics during constant high intensity exercise. *Eur J Appl Physiol*

Cross, R., **Siegler, J.**, Marshall, P., Norris, D., Lovell, R. Effect of concurrent training 48 or 72 h post simulated match-play on recovery of fatigue and neuromuscular function. *Med Sci Sports Exerc*

Dowswell, B., **Siegler, J.C.**, Marshall, P.W. Comparing neural mechanisms of strength increase following 8-weeks failure and non-failure resistance exercise in trained individuals. *Eur J Appl Physiol*

Rose, C., McGuire, H., Graham, K., **Siegler, J.**, Fazekas de St Groth, B., Caillaud, C., Edwards, K. Partial body cryotherapy exposure drives acute redistribution of circulating lymphocytes: preliminary findings. *Eur J Appl Physiol*

Rose, C., Ledger, S., Graham, K., **Siegler, J.**, Edwards, K., Caillaud, C. Comparison of time controlled partial-body cryotherapy and cold-water immersion on muscle function recovery and pain following eccentric exercise. *Eur J Appl Physiol*

FUNDING (Procured)

JumpStart Grant (2021)

Exploring the use of ischemic preconditioning to improve neural recruitment during strength training in individuals with spinal cord injury.

Siegler, J., LaZear, G.

\$20,000

International Rugby Board Research Funding Grant (2018)

The incidence and impact of non-time-loss and time-loss injury in adolescent community level Australian Rugby
Sampson, J.A., Lovell, R., Williams, S., **Siegler, J.**, Whalan, M., Lewis, M. and Grey, T

\$235,650

GWS AFL Giants (2018)

Data Science and AFL Performance

Lovell, R., **Siegler, J.**

\$25,000

University of Wollongong (2018)

The incidence and impact of non-time loss and time-loss injury in adolescent community level Australian Rugby

Lovell, R., **Siegler, J.**

\$9,819

Western Sydney Partnership Grant (2017)

Examining match activity profiles in women's AFL

Ric Lovell, **Jason Siegler**, Laurence Park, Samuel Chalmers

\$10,000

AFL Research Board (2017)

Development and Implementation of an AFL and AFLW Heat Policy

Ric Lovell, **Jason Siegler**, Ollie Jay, Samuel Chalmers

\$63,540

Parramatta Eels Rugby League PhD Scholarship (Greater Western Sydney Football Club, NSW) (2017)

Ric Lovell, **Jason Siegler**
\$45,000

(2) GWS Giants PhD Scholarships (Greater Western Sydney Football Club, NSW) (2017, 2016)
Jason Siegler, Ric Lovell
\$90,000

Bossley Park High School (2016)
The timing and optimisation of injury prevention programs in youth team sports
Ric Lovell, **Jason Siegler**
\$10,000

(2) Sports and Exercise Science High Performance PhD Scholarships (Westfields Sports High School, NSW) (2017, 2015)
Jason Siegler, Ric Lovell
\$90,000

Westfields Sports High School (2015)
The timing and optimisation of injury prevention programs in youth team sports
Jason Siegler, Ric Lovell
\$10,000

Sports Research and Injury Prevention Scheme (WorkCover NSW) (2015)
Optimisation of the FIFA 11+ injury prevention program: implications for youth soccer players
Jason Siegler, Ric Lovell, Paul Marshall
\$18,770

Penrith Panthers Professional Rugby League Club (NRL) (2014)
Individualisation of speed thresholds in Rugby League external load monitoring
Ric Lovell, **Jason Siegler**
\$5,000

Westfields Sports High School (2014)
Determination of physiological thresholds in soccer
Jason Siegler, **Ric Lovell**
\$5,000

New South Wales Sporting Injuries Committee (2012)
Hamstring Injury Prevention in Soccer: Before or After Training?
Ric Lovell, **Jason Siegler**, Paul Marshall
\$30,419

UWS Research Partnerships Program (2012)
Physiological fatigue and performance monitoring in Australian Rules Football
Jason Siegler, Ric Lovell, Paul Marshall, Simon Green, John Quinn, Andrew Bahnert
\$65,940

Australian Institute of Sport: The High Performance Sport Research Fund (2012)
The Impact of Whole Body Cryotherapy and Cold Plunge Pool exposure on Muscle Function, Damage, and Immune and Inflammatory Markers after eccentric exercise
Kenneth Graham, Corinne Caillaud, Kate Edwards, **Jason Siegler**
\$37,998

Nestle (2010)
Double blind-controlled trial of milk beverages with and without cocoa rich in polyphenols in young children: acute metabolic effects of exercise.
Steve Atkin, **Jason Siegler**, J Mazzoni

£95,852 GBP

British Association of Sport & Exercise Sciences (BASES) International Travel Grant (2009)

Oral presentation at ACSM: 'Influence of sodium bicarbonate and an active or passive recovery on repeated wingate performance'

Jason Siegler

£500

Scunthorpe United FC (2007)

Monitoring training loads in professional football

Ric Lovell, Colin Walker-Johnson, Lars McNaughton & **Jason Siegler**

£20,000 GBP

Western Sydney University Initiatives

School of Science and Health Catalysing Innovative Learning and Teaching (2014)

Creating innovative teaching and learning reference material: a blended learning approach to a practical dilemma

Jason Siegler, Ric Lovell

\$7,143

School of Science and Health (SoSH) UWS Research Seed Grant (2014)

The influence of pH on skeletal muscle adaptation to high intensity exercise training

Jason Siegler

\$8,450

School of Science and Health UWS Strategic Research Investment (2013)

Automated analysis of player work rate using GPS and tri-axial accelerometer activity

Ric Lovell, Jim Basliiakis, **Jason Siegler**, Anthony Maeder

\$16,941

School of Science and Health Catalysing Innovative Learning and Teaching (2013)

Multidisciplinary student feedback provision: consistency, timeliness and efficiency

Jason Siegler, Chris Lonsdale

\$9,576

School of Science and Health UWS Strategic Research Investment (2013)

Development of a Doppler-based system for non-invasive cardiac output measurement

Simon Green, Chloe Taylor, **Jason Siegler**, Vaughan Macefield

\$29,500

School of Science and Health (SoSH) UWS Research Seed Grant (2012)

The influence of metabolic alkalosis on afferent feedback pathways during fatiguing exercise

Jason Siegler

\$8,450

New Researcher Project Development Grants (2011)

The effect of ingesting hydrolysed marine peptides (fish protein) on cellular stress during prolonged, high intensity exercise

Jason Siegler

\$4,972

Brooklyn College Initiatives

PSC - CUNY 36 Research Award (2005; 2006 Renewal)

Comparison of the efficacy of various sports drinks on thermoregulation and performance capacity of soccer players

Jason Siegler

\$8,400 USD

CONFERENCES

Invited Lectures & Symposiums

2021 Nutritional buffering strategies: Applying practice to science; Queensland Academy of Sport – Nutrition Department, Gold Coast, AUS

2020 Nutritional buffering strategies: Applying practice to science; Canadian Institute of Sport – Nutrition Department, British Columbia, CAN

2017 Individualising sodium bicarbonate for athlete performance; Applied Physiology Conference, New South Wales Institute of Sport, Sydney, AUS

2016 Metabolic Alkalosis and Neuromuscular Fatigue during Exercise; Aspetar Orthopaedic and Sports Medicine Hospital, Doha, QATAR

2016 pH and Neuromuscular Function in the Context of Fatiguing Exercise; Qatar University, Doha, QATAR

2015 Sodium Bicarbonate: a contemporary view on mechanisms and application; Australian Institute of Sport, Canberra, AUS

2015 pH, Fatigue and Performance; Charles Sturt University, Bathurst, AUS

2013 Blood Buffering and High Intensity Exercise; English Institute of Sport, Manchester, UK

2012 Acid-Base Manipulation and Fatigue; University of Tasmania and Tasmania Institute of Sport, Launceston, AUS

2009 The Practical Application and Efficacy of Glycerol as a Hyperhydrating Agent; online symposium for Grupo Sobre Entrenamiento, Cordoba, Argentina

2009 Sodium Bicarbonate Loading; Student BASES Conference, Hull, UK

2009 Metabolic Buffering & High Intensity Exercise; British Cycling, Manchester, UK

2009 Guest Panellist, "Fast Track, A weekly round-up of African sports news," BBC World Service

2008 Extracellular Buffer Manipulation and Induced Metabolic Acidosis; English Institute of Sport, London, UK

2003 Exercise Physiology for the Health Professional; NY Dietetics Association Annual State Meeting, Saratoga Springs, NY

Campus Talks

2011 Blood Acid-Base Balance, Regulation and Athletic Performance; College of Science and Health, School of Medicine, University of Western Sydney, Sydney, AUS

Conference Presentations (Presenting and Senior Author)

2021 Unpleasant tastants do not influence neuromuscular function or corticomotor excitability despite sympathetic nervous system activation; American College of Sports Medicine Annual Meeting, Online (Thematic poster)

2021 The efficacy of combining sodium bicarbonate and glycerol ingestion for the purposes of hyperhydration; American College of Sports Medicine Annual Meeting, Online (Thematic poster)

2020 The efficacy of individualizing sodium bicarbonate supplementation strategies on elite-level rowing performance; American College of Sports Medicine Annual Meeting, San Francisco, CA (Thematic poster)

2020 The effect of ischemic preconditioning and hypoxia on neuromuscular function during intense exercise; American College of Sports Medicine Annual Meeting, San Francisco, CA (oral)

2020 The efficacy of topical sodium bicarbonate application on blood buffering capacity and exercise tolerance; American College of Sports Medicine Annual Meeting, San Francisco, CA (Thematic poster)

2020 The athlete specific chronotype index (ACTi); American College of Sports Medicine Annual Meeting, San Francisco, CA (poster)

2018 Individualising loading strategies to maximise the efficacy of sodium bicarbonate supplementation: A pilot study; European College of Sport Science Annual Conference, Dublin, IRE.

2018 The effect of IPC on central and peripheral fatiguing mechanisms following sustained maximal isometric exercise; European College of Sport Science Annual Conference, Dublin, IRE.

2017 The influence of alkalosis on muscle force and power in the triceps surae and brachii; American College of Sports Medicine Annual Meeting, Denver, CO (poster)

2016 The influence of sodium bicarbonate on maximal force and rates of force development in the calf and triceps during fatiguing exercise in humans; European College of Sport Science, Vienna, Austria (oral)

2015 The differential effect of metabolic alkalosis on central and peripheral mechanisms associated with fatigue; American College of Sports Medicine Annual Meeting, San Diego, CA (poster)

2014 The effect of metabolic acidosis on maximal force production and muscle recruitment during repeated, submaximal calf contractions to task failure; Experimental Biology Conference (American Physiological Society), San Diego, CA (poster)

2012 The effect of metabolic alkalosis on localised neuromuscular fatigue during intermittent, high-intensity cycling at a fixed cadence; Exercise Biology Conference (American Physiological Society), Denver, CO (poster)

2011 The influence of sodium bicarbonate supplementation timing on repeated sprint ability; Fatigue Conference, Bathurst, AUS (oral)

2011 The influence of varying sodium bicarbonate loading times on repeated sprint performance; National ACSM Meeting, Denver, CO (oral)

2011 The influence of varying sodium bicarbonate loading times on repeated sprint performance; National Sports Medicine Australia (SMA) Meeting, Perth, AUS (oral)

2010 Influence of Heat and Dehydration on Cycling Time Trial Performance; National ACSM Meeting, Baltimore, MD (poster)

2009 Influence of sodium bicarbonate and an active or passive recovery on repeated wingate performance; National ACSM Meeting, Seattle, WA (oral)

2008 Influence of pre-exercise alkalosis and recovery mode on acid-base balance following intense exercise; National ACSM Meeting, Indianapolis, IA (thematic poster)

2007 Influence of pre-exercise alkalosis and recovery mode on the kinetics of acid-base recovery following intense exercise; National BASES Meeting, Bath, UK (poster)

2007 The Influence of Glycerol Ingestion on Physical Performance and Thermoregulatory Responses during Soccer Training Sessions; National ACSM Meeting, New Orleans, LA (oral)

2007 Effects of Sports Drinks Supplements on Performance and Thermoregulatory Responses of Soccer Players; VI th World Congress on Science & Football, Antalya, Turkey (oral)

2006 Accumulated Oxygen Deficit & pH Recovery during Multiple Bouts of Intense Exercise; National ACSM Meeting, Denver, CO (poster)

2005 Influence of Active & Passive Recovery on Acid-Base Kinetics During Multiple Bouts of Intense Exercise; National ACSM Meeting, Nashville, TN (poster)

2004 Influence of Active & Passive Recovery on Acid-Base Kinetics During Multiple Bouts of Intense Exercise; Mid-Atlantic Chapter ACSM Regional Meeting, Bushkill, PA (oral)

2003 Influence of Pre-exercise Acidosis and Alkalosis on the Kinetics of Acid-Base Recovery Following Intense Exercise; Southwest Chapter ACSM Regional Meeting, Las Vegas, NV (oral)

2003 Physiological Threshold Associations at Varying Levels of Hypobaric Hypoxia; ACSM National Meeting, San Francisco, CA (oral)

2003 Muscle Tissue Saturation and Physiological Thresholds at Varying Levels of Hypobaric Hypoxia; ACSM National Meeting, San Francisco, CA (poster)

2003 Utilizing a Logarithmic Regression to Identify Thresholds; ACSM National Meeting, San Francisco, CA (poster)

2003 Influence of Pre-Acidotic and Alkalotic Reserve on the Extent of Acid-Base Recovery from Intense Exercise; National Meeting, American Society of Exercise Physiologists, Sacramento, CA (oral)

2002 Determination of the Relationship Between the Loughborough Intermittent Shuttle Test and VO₂max, VT, Body Composition, 30s Wingate, 20m Sprint, Vertical Jump, & 5RM bench and Leg Press; Southwest Chapter ACSM, Las Vegas, NV (oral)

2001 Effects of a Season Long Strength and Conditioning Program on Female Adolescent Soccer Players; Northwest Chapter ACSM, Salem, OR (poster)

TEACHING EXPERIENCE

2021 – *present* Advanced Exercise Physiology, Arizona State University

2021 – *present* Exercise and Sport Physiology, Arizona State University

2021 – *present* Muscle Physiology, Arizona State University

2021 – *present* Measurement in Sport and Fitness, Arizona State University

2011 – 2020 Exercise Nutrition, Western Sydney University

2015 – 2020 Exercise Testing and Measurement, Western Sydney University

2014 – 2015 Exercise Bioenergetics, Western Sydney University

2011 – 2020 Exercise Nutrition, Western Sydney University

2011 – 2013 Exercise Prescription for General Populations, Western Sydney University

2006 – 2010 Exercise Physiology, University of Hull

2006 – 2010 Fitness Training Principles, University of Hull

2006 – 2010 Environmental Physiology, University of Hull

2004 – 2006 Physiology of Exercise, Brooklyn College

2004 – 2006 Human Anatomy, Brooklyn College

2004 – 2006 Human Physiology, Brooklyn College

2003 – 2004 Human Movement (Kinesiology), Santa Fe Community College

2003 – 2004 Prevention & Care of Exercise Injury, Santa Fe Community College

2003 – 2004 Physical Fitness Theory & Instruction, Santa Fe Community College

Graduate Supervision

Masters (Current – Arizona State University)

2 as primary supervisor; 2 as co-supervisor

PhD (Current – Western Sydney University)

5 completions (co-supervisor); 4 current as primary supervisor, 8 as co-supervisor

PhD (Completions – University of Hull)

3 as primary supervisor; 1 as secondary supervisor

Masters (Completions – Western Sydney University)

1 as primary supervisor; 3 as secondary supervisor

Masters (Completions – University of Hull)

2 as primary supervisor

Honours (1 year post-graduate research degree – Western Sydney University (degree no longer offered)
8 as primary supervisor; 10 as secondary supervisor

ADDITIONAL ACTIVITIES

Administrative Experience

Committees within College of Health Solutions (4) – Arizona State University
Director of Academic Program – Western Sydney University
School Assessment Committee – Western Sydney University
Campus Life Committee – Western Sydney University
School Research Committee – Western Sydney University
Director of Post Graduate Studies & Research – University of Hull
Collaborative Provisions Officer – University of Hull
Advisory Committee on Academic Computing – Brooklyn College
Grants and Research Committee – Brooklyn College

Professional Accreditations

2003 – present Fellow and member of American College of Sports Medicine (FACSM)
2013 – 2015 Member of American Physiological Society
2007 – 2011 Accredited Sport and Exercise Scientist (Physiology – Research), The British Association of Sport and Exercise Sciences (BASES)
2006 – 2011 Member, National Strength and Conditioning Association (NSCA)
1995 – 2017 Certified Athletic Trainer, National Athletic Trainers' Association (NATA)

Editor & Reviewer Roles

Associate Editor: Journal of Science and Medicine in Sport
Review Editor: Frontiers Physiology
Reviewer: Medicine & Science in Sports & Exercise
Reviewer: Journal of Physiology
Reviewer: International Journal of Sports Physiology & Performance
Reviewer: International Journal of Sport Nutrition & Exercise Metabolism
Reviewer: Journal of Sports Sciences
Reviewer: International Journal of Sports Medicine
Reviewer: Journal of Strength and Conditioning Research
Reviewer: Journal of Athletic Training
Reviewer: British Journal of Sports Medicine

Technical Skills

Phlebotomy & Biochemical Analysis of Blood
Clinical Exercise Stress Testing & ECG Analysis
Metabolic Gas Analysis
Muscle Nerve Stimulation
ADInstruments Data Acquisition Systems (Powerlab Data Acquisition System & Labchart)
Surface electromyography (EMG)