

CURRICULUM VITAE
Jeremy C. Fransen, Ph.D.
Teaching Assistant Professor
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I. DEMOGRAPHICS

Jeremy C. Fransen, Ph.D.
Arizona State University
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II. EDUCATION

University of New Mexico, Albuquerque, New Mexico
Doctor of Philosophy in Exercise Physiology, May, 2012
Comprehensive Exam: *Distinction*; 2010
Dissertation: Effect of Creatine Supplementation on High Energy Phosphate Kinetics after Immobilization

University of Nevada Las Vegas, Las Vegas, Nevada
Master of Science in Exercise Physiology, August, 2001

The College of St. Scholastica, Duluth, Minnesota
Bachelor of Arts in Exercise Physiology, May 1995

III. PROFESSIONAL EXPERIENCE

2021- present *Assistant Teaching Professor*, Arizona State University, Tempe, AZ
Courses: Exercise Metabolism; Cardiopulmonary Physiology

2021-2022 *Adjunct Professor*, Concordia University Chicago, River Forest, IL
Courses: Cardiovascular Response to Exercise; Exercise for Disease Prevention

2019-2021 *Assistant Professor*, Aurora University, Aurora
Courses: Physiology of Exercise; Fitness Assessment & Program Design

2018-2019 *Visiting Professor*, Western Illinois University, Macomb, IL
Courses: Physiology of Exercise; Stress Testing; Cardiovascular Exercise Physiology

2017-2018 *Assistant Professor*, North Central College, Naperville, IL
Program Director of Exercise Science; Director of Human Performance Laboratory

2014-2017 *Assistant Professor*, Loyola University Chicago, Chicago, IL

Courses: Advanced Exercise Physiology; Research Methods

2014 *Adjunct Professor*, Rush University Medical Center, Chicago, IL
Course: Medical Physiology

2011-2014 *Clinical Assistant Professor*, University of Illinois at Chicago, Chicago, IL
Director of Kinesiology Internships, Honors College Fellow

2011 *Instructor:* University of New Mexico, Albuquerque, NM
Course: Tests and Measurements in Physical Education

2011 *Laboratory Instructor/Teaching Assistant:* University of New Mexico, Albuquerque, NM
Courses: Biology Lab for Non-Majors

2009 *Co-Instructor:* University of New Mexico, Albuquerque, NM
Course: Fundamentals of Exercise Physiology

2009 *Teaching Assistant:* University of New Mexico, Albuquerque, NM
Purpose: Teaching and mentoring graduate and undergraduate students in exercise physiology.

IV. TEACHING

Recent Courses

Cardiopulmonary Physiology
Electrocardiogram (EKG)
Metabolic Adaptations to Exercise
Resistance Training and Recovery Techniques
Exercise Prescription in Health & Wellness
Physical Activity in Health & Disease
Cardiorespiratory and Flexibility Training

Other Courses

Exercise in Extreme Environments (Graduate course)
Cardiorespiratory Physiology (Graduate course)
Medical Physiology (Graduate course)
Statistical Methods in Kinesiology
Advanced Strength and Conditioning
Advanced Exercise Physiology
Kinesiology
Sports Nutrition
Biomechanics

V. PUBLICATIONS

Fransen, J.C. & Horswill, C.A. Body water: turnover, balance, regulation and evaluation (Chapter 1). In: *Fluid Balance, Hydration, and Athletic Performance*. CRC Publishing, Jan. 6, 2016.

Fransen, J.C., Zuhl, M., Kerksick, K., Schneider, S., and Cole, N. Impact of creatine on muscle performance and phosphagen stores after immobilization. *European Journal of Applied Physiology*, Sept. 2015.

Fransen, J.C. Exploring the Potential of Creatine Ingestion to Maintain Muscle Function During Immobilization. *Journal of Nutritional Health and Food Science*, Aug. 20, 2015.

Fransen, J.C. Endurance Training Methods (Chapter 13); Adaptations to Endurance Training (Chapter 14). In: *Exercise Physiology*. McCarroll Enterprises, 2014.

Vargas, N., Robergs, R., McNaughton, L., Siegler, J., Altobelli, S., Hillman, A., Fransen, J. Effects of active and passive recovery on intense intermittent forearm exercise. *Journal of Science and Medicine in Sport* Dec, 2011.

Robergs, R., Vargas, N., Altobelli, S., McNaughton, L., Siegler, J., Hillman, A., Fransen, J. Volitional fatigue occurs with considerable muscle metabolic reserve during intense intermittent forearm exercise. *Journal of Science and Medicine in Sport* Dec, 2011.

Fransen, J.C. & Kravitz, L.C. An exercise professional's guide to acute hormonal changes from resistance exercise. *ACSM's Health and Fitness Journal*, 2011, Nov-Dec: 15(6): 19-24.

Birren, G.F.E. & Fransen, J.C. The body and the law: How physiological and legal obstacles combine to create barriers to accurate drug testing. *Marquette Sports Law Review*, 2009:19(1): 253-288.

VI. PROFESSIONAL PRESENTATIONS

Fransen, J. "Ergogenic Aids in Kettlebell Sport," International Kettlebell Sport Summit, Glasgow, Scotland, 2018

Fransen, J. "Cardiovascular and Metabolic Responses to a Kettlebell Sport Competition," ASEP, Minneapolis, MN, 2017

Thomas, A., Connor, J., & Fransen, J. "Culturally Specific Dance Intervention to Promote Physical Activity among Asian Indian Adolescents and College Going Females." South Asian Womanhood and Girlhood Conference, Loyola University Chicago, Chicago IL, 2016

Fransen, J.C. & Patel, J. "Cardiopulmonary Responses of the Kettlebell Sport Snatch Exercise," ASEP, Alliance, OH, 2016

Zuhl, M. & Fransen, J.C. "The Effects of Exercise Serum Supplementation on Intestinal Tight Junction Proteins and Epithelial Cell Resistance." ACSM Conference on Integrative Physiology of Exercise (Poster Presentation), Miami Beach, Florida, 2014

Fransen, J.C. "Exploring the potential of creatine ingestion to maintain muscle function during immobilization."

ASEP, Chicago, IL, 2013

Fransen, J. "The 21st Century Exercise Physiologist: The Need for Research and Undergraduate Courses on Resistance Training," ASEP, Duluth, Minnesota, 2008

VII. GRANTS

- 2016 Loyola University Chicago Summer Research Stipend
- 2013 University of Illinois at Chicago Curriculum and Instruction Grant. Archimedes' Principle: Underwater Weighing to Enhance Learning of Body Composition Analysis.
- 2011 Graduate and Professional Student Association (GPSA) Graduate Research and Development (GRD) award.
- 2010 Specialized Travel Grant from the Graduate and Professional Student Association. ASEP National Meeting in Las Vegas, NV.
- 2009 University of New Mexico Department of Health, Exercise, and Sports Science. ASEP National Meeting in Wichita Falls, TX.
- 2008 University of New Mexico Department of Health, Exercise, and Sports Science. ASEP National Meeting in Duluth, MN.

VIII. RESEARCH INVOLVEMENT

Cardiovascular and metabolic responses to a kettlebell sport competition

Effects of foot cooling on repeated Wingate performance

Cardiorespiratory effects of kettlebell sport snatch exercise

IX. PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine (ACSM)

American Society of Exercise Physiologists (ASEP)

National Strength and Conditioning Association (NSCA)

Aerospace Medical Association (AsMA)

X. CERTIFICATIONS

Basic Life Support: First Aid, CPR, AED

Phlebotomist trained

Eleiko Strength Coach Level 1