

# JASON "JAY" T. PENRY

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Oregon State University, WB 207B  
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## EDUCATION

### **Doctor of Philosophy in Exercise and Sport Sciences, 2008**

*Oregon State University, Corvallis, OR*

- Dissertation topic: validity and reliability issues associated with field tests of aerobic power
- Maksud Fellowship in Exercise Physiology, 2005-08

### **Master of Science in Biology, 2001**

*Wake Forest University, Winston-Salem, NC*

- Thesis topic: relationships between psychosocial variables and gait mechanics in older adults

### **Bachelor of Science in Biology, Minor in Chemistry, *Summa Cum Laude*, 1999**

*Wake Forest University, Winston-Salem, NC*

- Mullen Scholar, 1996-99
- Phi Beta Kappa National Academic Honor Society

## PROFESSIONAL EXPERIENCE

### **Instructor, 2009-10; 11-13**

*Oregon State University, Corvallis, OR*

Taught lecture courses in Anatomical Kinesiology, Biomechanics, Exercise Physiology, and Motor Learning and Control. Developed writing-intensive capstone course in exercise science and freshman-level sport philosophy course. Encouraged students to integrate classroom information and primary research material. Primary mentor for Masters level graduate student. Active participant on departmental curriculum revision committee. Successfully promoted undergraduate attendance at annual regional ACSM conference.

### **Assistant Professor, 2010-11**

*California Lutheran University, Thousand Oaks, CA*

Developed lecture/laboratory courses in Clinical Exercise Prescription and Biomechanics. Presented laboratory courses in Exercise Physiology and Functional Anatomy. Co-taught freshman-level major introduction course and senior-level capstone course. Encouraged the use of active learning and research-specific skills. Worked with students to produce publishable, peer-reviewed research.

### **Graduate Teaching Assistant, 2005-08**

*Oregon State University, Corvallis, OR*

Taught upper-division Anatomical Kinesiology course and laboratories. Worked closely with students to foster a hands-on, experiential learning environment. Mentored students looking to further academic study in the health sciences. Promoted undergraduate attendance at professional academic conferences.

### **Lab Coordinator and Instructor, 2001-05**

*Linfield College, McMinnville, OR*

Taught lecture and laboratory courses in Human Anatomy, Advanced Human Anatomy, Human Physiology, and Measurement and Assessment in Physical Education. Developed writing-intensive Kinesiology course. Advised twenty-five exercise science majors. Maintained HHPA anatomy/physiology and human performance laboratory space and equipment, including wet lab and cadaver. Participated in the research and development of aquatic fitness equipment (AQX Sports).

### **Graduate Teaching Assistant, 1999-2001**

*Wake Forest University, Winston-Salem, NC*

Delivered core-level Biological Principles and Comparative Physiology labs. Prepared laboratory specimens and helped maintain departmental wet labs. Evaluated student performance based upon student-directed research projects and weekly assignments.

## PRESENTATIONS AND PUBLICATIONS

**Penry JT** and N Maryn. A comparison of three methods to determine critical running velocity in healthy adults. Manuscript in preparation for publication.

N Maryn and **JT Penry**. (2011). A comparison of three methods to determine critical running velocity in healthy adults. *SWACM Annual Conference*, poster presentation.

**Penry JT**, Wilcox AR, and JK Yun. (2011). Validity and reliability analysis of Cooper's 12-minute run and the multistage shuttle run in healthy adults. *Journal of Strength and Conditioning Research*, 25: 597-605.

**Penry JT**, Wilcox AR, and JK Yun. (2009). Validity and reliability analysis of Cooper's 12-minute run and the multistage shuttle run in healthy adults. *ACSM-NW Annual Conference*, oral presentation (student research award winner, 1<sup>st</sup> place – doctoral division).

**Penry JT** and MM Manore. (2008). Choline: An important micronutrient for maximal endurance exercise performance? *International Journal of Sports Nutrition and Exercise Metabolism*, 18: 191-203.

**Penry JT** and JK Yun. (2008). Effect of test protocol on self-selected walking speed in college-aged men and women. *ACSM-NW Annual Conference*, poster presentation.

Olson JR, Wilcox AR, and **JT Penry**. (2008). Longitudinal changes in  $VO_{2max}$  and running economy over the course of a competitive soccer season. *ACSM-NW Annual Conference*, poster presentation.

Adamek S, Parks D, Hefferon E, **Penry J**, Swenberger J, and J Peterson. (2007). Accuracy of consumer-grade bioelectrical impedance analysis devices. *ACSM-NW Annual Conference*, poster presentation.

Neighorn C and **JT Penry**. (2004). Multivariate analysis of SAQ data as predictors of starting ability in NCAA Division III football players. *ACSM-NW Annual Conference*, poster presentation (student research award winner, 2<sup>nd</sup> place – undergraduate division).

**Penry JT**. (2001). Relationships among spatiotemporal gait variables and self-efficacy in older adults. *WFU Biology Seminar Series*, seminar presentation.

## CURRENT RESEARCH

MacDonald MI, Tyler K, and **Penry JT**. The physical fitness of school-aged children with autism. *Oregon State University*, 2012-2013.

## ACADEMIC SERVICE

Human Performance Laboratory Director, 2009-10; 11-13  
*Oregon State University*, Corvallis, OR

Exercise and Sport Science Graduate Student Committee Member, 2011-13  
*Oregon State University*, Corvallis, OR

Manuscript Reviewer, 2009-13  
*Research Quarterly for Exercise and Sport*; measurement issues specific to exercise science  
*International Journal of Sport Nutrition and Exercise Metabolism*; micronutrient metabolism in athletes

Abstract Review Committee Member and Poster Session Judge, 2006-09; 2012-13  
*American College of Sports Medicine – Northwest Region*

Exercise and Sports Science Academic Advisor Search Committee Member, 2012  
*Oregon State University*, Corvallis, OR

Nutrition and Exercise Science Core Curriculum Committee Member, 2009  
*Oregon State University*, Corvallis, OR

Nutrition and Exercise Science Promotion and Tenure Committee Member, 2007  
*Oregon State University, Corvallis, OR*

Exercise and Sport Science Undergraduate Honors Committee Member, 2008-2009  
*Oregon State University, Corvallis, OR*

Annual Meeting Planning Committee Member, 2009-10  
*American College of Sports Medicine – Northwest Region*

**COMMUNITY SERVICE**

K&R (California Lutheran University) Cycling Club Advisor, 2010-11  
*California Lutheran University, Thousand Oaks, CA*

Summer Enrichment Academy for Careers in Health (SEARCH) Instructor, 2004-06  
*Oregon Health Career Center, Portland, OR*

Linfield College Human Anatomy Laboratory Community Liaison, 2002-05  
*Linfield College, McMinnville, OR*

Athletes' Care Team Mentor for Underprivileged Youths, 1995-2000  
*Wake Forest University, Winston-Salem, NC*

Nutrition and Exercise Science Promotion and Tenure Committee Member, 2007  
*Oregon State University, Corvallis, OR*

Summer Enrichment Academy for Careers in Health (SEARCH) Instructor, 2004-06  
*Oregon Health Career Center, Portland, OR*

Health and Human Performance Faculty Search Committee Member, 2003  
*Linfield College, McMinnville, OR*

Linfield College Human Anatomy Laboratory Community Liaison, 2002-05  
*Linfield College, McMinnville, OR*

Athlete's Care Team Tutor for Underprivileged Youths, 1995-2000  
*Wake Forest University, Winston-Salem, NC*

**PROFESSIONAL AFFILIATIONS**

American College of Sports Medicine – National Society, Member, 2010-13

American College of Sports Medicine – Southwest Region, Member, 2010-11

American College of Sports Medicine – Northwest Region, Member, 2002-10; 2012-13

Oregon Alliance of Health, Physical Education, and Dance, Member, 2002-05