

# Curriculum Vitae

Northern State University  
Gregory S. Cantrell PhD, CSCS  
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Aberdeen, SD 57401  
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## Education

### Doctor of Philosophy

Health and Exercise Science

Degree: Exercise Physiology

University of Oklahoma; Norman, OK

Graduation Date: May 12, 2017

**Dissertation: Relationship between soleus H reflex and balance metrics in people with multiple sclerosis.**

Chair: Rebecca Larson, PhD.

### Master of Science in Education

Health and Sport Sciences;

Degree: Exercise and Sports Science

University of Memphis; Memphis, TN

Graduation Date: August 12, 2013

**Project Title: Maximal strength, power, and aerobic endurance adaptations to concurrent strength and sprint interval training.**

Chair: Zsolt Murlasits, PhD.

### Bachelor of Science in Education

Health and Human Performance,

Degree: Health and Sport Sciences

Concentration: Exercise Science

University of Memphis; Memphis, TN

Graduation Date: May 08, 2011

**Senior Project: Effects of 2-nitrooxy ethyl 2-amino 3-methylbutanoate gel on resistance exercise performance and blood nitrate/nitrite in resistance trained men.**

## **Teaching**

### ***University of Oklahoma***

*HES 3873 – Principles of Personal Training*

*HES 4883 – Exercise Physiology Testing Labs*

### ***Northern State University***

*PE 100 – Weight Training*

*PE 400 – Exercise Testing & Prescription*

*PE 451 – Tests & Measures*

*PE 752 – Biomechanics*

## **Invited Lectures**

***Northern State University – Statistical Methods to Soleus Hoffmann Reflex Examination in Multiple Sclerosis***

## **Memberships**

Pinnacle National Honors Society (2011-2012)

National Education Association/Tennessee Education Association (2012-2013)

National Strength and Conditioning Association (2011-2015)

American Physiological Society (2014 –

American College of Sports Medicine (2014 –

National MS Consortium (2016 –

## **Certifications**

Certified Strength and Conditioning Specialist (NSCA-CSCS) 2011 -

CPR/AED (American Heart Association) 2010 -

Collaborative Institutional Training Initiative (CITI) 2011 -

Blood borne pathogens

Health Insurance Portability and Accountability Act

## **Research/Travel Grants**

*Internal (University of Oklahoma)*

College of Arts and Sciences Grant 2017

Requested: \$750.00

Approval: Funded (\$250.00)

Robberson Conference Presentation and Creative Exhibition Travel Grant

Requested: \$1000.00

Approval: Funded (\$157.86)

Graduate Student Senate Conference Grant 2017

Requested: \$750.00

Approval: Funded (\$600.00)

Robberson Research and Creative Endeavor Grant Fall 2016

Requested: \$1000.00

Approval: Funded (\$1000.00)

Graduate Student Senate Conference Grant 2015

Requested: \$750.00

Approval: Funded (\$438.75)

College of Arts and Sciences Grant 2015

Requested: \$750.00

Approval: Funded (\$750.00)

#### *External*

NSCA Master's Graduate Research Award

Applied March 2012

Title of Project: Concurrent strength and high intensity endurance training

Approval: Funded (\$5,000)

### **Awards**

#### *University of Memphis*

- Graduate Research Assistant (Fall 2011 – Spring 2013)

#### *University of Oklahoma*

- Graduate Teaching Assistant (Fall 2013 – Spring 2017)

### **Book Chapters**

Larson, R.D., **Cantrell, G.S.**, Farrell III, J.W., Lantis, D.J., Pribble, B.A. Assessment, Consequence and Clinical Implication of Asymmetry. In Watson, R. (ed.) *Multiple Sclerosis: Food and Lifestyle in Neurological Autoimmune*. Elsevier, 2016.

### **Peer Reviewed Manuscripts**

Lantis, D.J., Farrell III, J.W., **Cantrell, G.S.**, Larson, R.D. Eight Weeks of High Volume Resistance Training Improves Onset of Blood Lactate in Trained Individuals. *J Strength Cond Res.* (2017) 31: 2176-82.

Farrell III, J.W., Lantis, D.J., Ade, C.J., **Cantrell, G.S.**, Larson, R.D. Aerobic exercise supplemented with muscular endurance training improves onset of blood lactate accumulation. *J Strength Cond Res* (2017).

Larson R.D., **Cantrell G.S.\***, Ade C.J., Farrell III J.W., Lantis D.J., Barton M.A., Larson D.J. (2015) Physiologic Responses to Two Distinct Maximal Cardiorespiratory Exercise Protocols. *Int J Sports Exerc Med* 1:013

DeForest, B.A., **Cantrell, G.S.**, and Schilling, B.K. (2014) Muscle Activity in Single- vs. Double-Leg Squats, *International Journal of Exercise Science: Vol. 7: Issue 4, Article 6.*

**Cantrell G.S.\***, Schilling B.K., Paquette M.R., Murlasits Z. Maximal strength, power, and aerobic endurance adaptations to concurrent strength and sprint interval training. *Eur J Appl Physiol.* (2014) 114: 763 – 771.

Bloomer R.J., Alleman Jr., R.J., **Cantrell G.S.**, Farney T.M., Schilling B.K.. Effects of 2-nitrooxy ethyl 2-amino 3-methylbutanoate gel on resistance exercise performance and blood nitrate/nitrite in resistance trained men. *J Strength Cond Res.* (2012) 26:1680-7.

\*denotes corresponding author

#### *Manuscripts in Press*

#### *Manuscripts in Preparation*

Larson, R.D., Farrell III, J.W., **Cantrell, G.S.**, Lantis, D.J., Ade, C.J. Evaluation of oxygen uptake kinetic asymmetries in patients with multiple sclerosis.

Dunn, A., Farrell III, J.W., **Cantrell, G.S.**, Lantis, D.J., Campbell, J., Bemben, M.G., Larson, D.J., Larson, R.D. Training intensity distribution in collegiate cross-country runners.

#### **Refereed Conference Abstracts**

**Cantrell, G.S.**, Lantis, D.J., Farrell III, J.W., Pribble, B.A., Larson, D.J., Larson, R.D. Relationship Between Peak Power Asymmetry and Self-Reported Measures of Fatigue in People with Multiple Sclerosis. *Medicine and Science in Sport and Exercise*, 49:S5, 2017

Farrell III, J.W., Lantis, D.J., **Cantrell, G.S.**, Bemben, D.A., Larson, R.D. Tracking of blood lactate response across eight sessions of muscular endurance resistance training. *Medicine and Science in Sport and Exercise*, 49:S5, 2017

Lantis, D.J., **Cantrell, G.S.**, Hintz, J.P., Larson, D.J., Farrell III, J.W., Pribble, B.A., Larson, R.D. Knee extensor asymmetry in multiple sclerosis patients before and after single-leg cycling. *Medicine and Science in Sport and Exercise*, 49:S5, 2017

Larson, R.D., Farrell III, J.W., **Cantrell, G.S.**, Lantis, D.J., Pribble, B.A., Larson, D.J., Ade, C. Evaluation of Oxygen Uptake Kinetic Asymmetries: A Pilot Study. ECTRIMS 2016.

**Cantrell, G.S.**, Barton, M., Larson, D., Lantis, D., Farrell III, J., Shipman, S., and Larson, R. Physiological Responses of 2 Distinct VO<sub>2</sub>max protocols: A validation study. *Medicine and Science in Sport and Exercise*, 46:S182, 2015.

Farrell III, J.W., Lantis, D.J., Barton, M.A., Shipman, S.R., **Cantrell, G.S.**, Bemben, D.A., & Larson, R.D. Effects of High Repetition/low Resistance Training with 30 seconds of Rest Intervals on Lactate Threshold. *Medicine and Science in Sport and Exercise*, 46:S748, 2015.

Ann Dunn, Farrell III, J.W., Lantis, D.J., Barton, M.A., Shipman, S.R., **Cantrell, G.S.**, Campbell, J.A., Bemben, M.G., Larson, D.J., & Larson, R.D. Training Intensity Distribution in Collegiate Cross Country Runners. *Medicine and Science in Sport and Exercise*, 46:S760, 2015.

Barton, M.A., Larson, D.J., Lantis, D.J., Farrell III, J.W., **Cantrell, G.S.**, Shipman, S.R., & Larson, R.D. Comparison Between Vo<sub>2</sub> Max Cycling Protocols (standard vs. ramp). *Medicine and Science in Sport and Exercise*, 46:S724, 2014.

## **Professional Service**

### *Manuscript Reviewer*

- Applied Physiology, Nutrition, and Metabolism (2016)
- European Journal of Sports Science (2016)

### *University of Oklahoma*

Lindsey + Asp | Advertising + Public Relations

- Department of Health and Exercise Science HYPE video

## **Current Projects**

- Relationship between soleus H reflex asymmetry and balance in people with multiple sclerosis.
- Fatigue and bilateral differences in the tibialis anterior in people with multiple sclerosis.

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### Professional References

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1. Rebecca Larson PhD  
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Norman, OK 73019  
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3. Mike Bemben PhD  
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