

G. Trevor Cottrell

Curriculum Vitae

PERSONAL INFORMATION

Home: 203 Calming Agave Way, San Marcos, TX 78666

Voice: (226)500-7354

Personal Email: trevorcottrell0@gmail.com

Citizenship: Canadian

U.S. Visa Status: Permanent Resident

EDUCATION

- 1997-2001** **University of Arizona, Tucson, AZ**
Ph.D., Physiological Sciences
Dissertation Topic: Heterologous Cx40 and Cx43 gap junction channel formation.
Advisor: Dr. Janis M. Burt
- 1995-1997** **Northern Arizona University, Flagstaff, AZ**
Master of Arts, Exercise Science
Thesis: The effects of oral creatine supplementation on dynamic high-intensity exercise with varied recovery intervals.
Thesis Chair: Dr. Robert A. Herb
- 1988-1994** **University of Waterloo, Waterloo, Ontario, Canada**
Honors Bachelor of Science, Kinesiology
Honors Thesis: Hormonal responses to resistance exercise. [Review]
Honors Seminar: Cellular mechanisms of muscular hypertrophy.
Mentor: Dr. Michael E. Houston

PROFESSIONAL EXPERIENCE

- 2025-present** **Assistant Professor of Instruction, Department of Biology**
Texas State University, San Marcos, TX
- 2004-2025** **Faculty of Applied Health and Community Studies**
Sheridan College, Brampton, ON
2024-present, Professor, Bachelor of Science (Osteopathy)
2022-present, Professor, Clinical Kinesiology Graduate Certificate
2022-2023 Program Coordinator, Clinical Kinesiology Graduate Certificate
2008-present Professor, Bachelor of Health Science (Kinesiology and Health Promotion)
2004-present Professor, Bachelor of Applied Health Sciences (Athletic Therapy)
2007-2015 Program Coordinator, Bachelor of Applied Health Sciences (Exercise Science and Health Promotion)
2010-2014 Program Coordinator, Human Performance Training – Sheridan Certificate
2004-2008 Program Coordinator, Bachelor of Applied Health Sciences (Athletic Therapy)
- 2011-2025** **Sole Proprietor, Performance Training Consultant, Coach**
Ontario Human Performance, Rockwood, ON
- 2023-2025** **Performance Coach**
Elite Combine Prep, Burlington, ON
CFL combine preparation program

- 2021-2025** **Owner, Director of Sport Performance**
LIFT Fitness and Performance Inc, Guelph, ON
Youth performance program
Sports medicine services
Olympic weightlifting, powerlifting and strongman program
- 2015-2017** **Director of Human Performance**
Memorial Hermann Health Systems, IRONMAN Sports Medicine Institute, Houston, TX
Youth performance program
Performance testing program
Return to play program
Facility design and operations
- 2015-2017** **Director of Sports Science and Education,**
Athlete Training + Health, Houston, TX
Professional athlete development program
NFL combine preparation program
Staff educational development program
- 2002-2004** **Research Associate**
Department of Physiology, Queen's University, Kingston, ON
- 2001-2002** **Research Associate**
Department of Physiology, University of Arizona, Tucson, AZ
- 1997-2001** **Research Assistant/Teaching Assistant**
Physiological Sciences Interdisciplinary Program, University of Arizona, Tucson, AZ
- 1997** **Exercise Physiologist**
High Altitude Sports Training Complex, Northern Arizona University, Flagstaff, AZ
- 1996-1997** **Exercise Physiology Lab Coordinator, Teaching Assistant**
Department of HPEN, Northern Arizona University, Flagstaff, AZ
- 1995-1997** **Assistant Strength and Conditioning Coach**
Department of Athletics, Northern Arizona University, Flagstaff, AZ
- 1993-1995** **Fitness Director**
White Oaks Inn and Racquet Club, Niagara-on-the-Lake, ON

NEW PROGRAM DEVELOPMENT

- 2020 **Clinical Kinesiology**, Sheridan College
Graduate Certificate
- 2016 **Return to Play Education Series**, Memorial Hermann Health Systems
- 2015 **Coach Education Program**, Athlete Training + Health
- 2010 **Human Performance Training**, Sheridan College
Sheridan Certificate, Continuing Education
- 2007 **Bachelor of Applied Health Sciences (Kinesiology and Health Promotion)**, Sheridan College
Four-year undergraduate degree

ACCREDITATION COMMITTEES

- 2024 Canadian Strength and Conditioning Professional accreditation, Canadian Strength and Conditioning Association.
- 2013 BAHSc (Exercise Science and Health Promotion), Degree Consent for Renewal
Submitted to the MTCU Postsecondary Education Quality Assurance Board
- 2008 BAHSc (Exercise Science and Health Promotion), Degree Consent for Approval
Submitted to the MTCU Postsecondary Education Quality Assurance Board
- 2007 BAHSc (Athletic Therapy), Degree Consent for Renewal
Submitted to the MTCU Postsecondary Education Quality Assurance Board
- 2006 BAHSc (Athletic Therapy), Accreditation Renewal
Submitted to the Canadian Athletic Therapists Association

TEACHING EXPERIENCE

Texas State University, San Marcos, TX

- 2025 Human Physiology and Anatomy – Lab Coordinator
BIO2430 – structure-function relationships of all body systems, 480 undergrad
- 2025 Human Physiology – Lab Coordinator
BIO 3426 – cell to systems study of the human body, 280 undergrad

Sheridan College, Brampton, ON

- 2025 Human Physiology 2
PHYG 13383D – neural, cardiovascular, pulmonary, renal, endocrine, immunity, 100 undergrad
- 2024 Human Physiology 1
PHYG 19320D – cell, tissues, and an overview of body systems, 100 undergrad
- 2023-2025 Kinesiology Integrative Practice 2
KINE 56603 – problem-based learning in Kinesiology, 24 grad certificate
- 2022-2025 Kinesiology Integrative Practice 1
KINE 59530 – developing fitness and rehabilitation plans, 24 grad certificate
- 2020-2024 Advanced Field Practicum
FLPL 47721 – creating a business plan , 10 undergrad (online option)
- 2012-2024 Introduction to Resistance Training
HEAL 36048 – coaching and program resistance training, 40 undergrad (online option)
- 2012-2025 Advanced Strength and Conditioning
HEAL 30229 – coaching and program performance training, 40 undergrad (online option)
- 2017-2025 Therapeutic Exercise 2
ATHL 38263 – rehab for return to play, 60 undergrad (online option)
- 2011-2025 Special Topics on Food and Nutrition
SCIE 28081 – sports nutrition, supplements, fad diets, 40 undergrad
- 2012-2024 Independent Research Project
HEAL 47900 – student research projects, 25 undergrad (online option)
- 2011-2024 Independent Research Proposal
HEAL 40016 – student research proposals, 25 undergrad (hybrid option)
- 2008-2024 Introduction to Human Biology
BIOL 19401 – An overview of human biology from cell to systems, 70 undergrad (online option)
- 2005-2024 Human Systems Physiology
BIOL 25960 – Human systems physiology, 40 undergrad (online option)
- 2004-2022 Nutrition
SCIE 17893 – Introduction to nutrition, 40 undergrad (online option)
- 2017 Clinical Exercise Physiology
PHYG 40065 – use of exercise in treatment and prevention of disease – 40 undergrad
- 2017 Health, Disease and Aging
HEAL 25142 – biological and psychosocial changes with age – 40 undergrad
- 2012-2015 Movement and Performance Screening

2011-2015	HEAL 70022 – Developing and implementing performance testing protocols, 14 con-ed Human Performance Program Design
2011-2014	HEAL 70024 – Design of acute and chronic programming for sport, 15 con-ed Seminar in Health Sciences and Field Placement 2
2010-2015	FLPL 40689 – Field placement seminar series preparing students for the workforce, 25 undergrad Olympic Weightlifting for Sports Performance
2010-2014	HEAL 78029 - Coaching beginners on Olympic Weightlifting technique progressions, 20 con-ed Principles of Exercise Science [online]
2010-2014	HEAL 70020 – An overview of principles of exercise science, 23 con-ed Advanced Training Techniques
2010	HEAL 70021 – Coaching techniques for human performance, 14 con-ed Fitness Testing and Assessment
2010-2015	PHYG 20146 – Implementation of fitness testing into a training program, 15 undergrad Seminar in Health Sciences and Field Placement 1
2008	FLPL 27545 – Field placement seminar series preparing students for the workforce, 25 undergrad Personal Wellness
2006-2012	HEAL 14178 – A study of individual health and behaviour change, 18 undergrad Independent Research Proposal
2005-2018	ATHL 49999 – Creating a comprehensive grant proposal, 35 undergrad Therapeutic Exercise
2005-2010	ATHL 37370 – Exercise for return to sport, 40 undergrad Pathophysiology PHYG 27900 – The physiology of disease in humans, 35 undergrad

University of Arizona, Tucson, AZ

2001	Physiology PSIO 601/801 – Systems Physiology (Lab T.A.), 150medical students
1998-2000	Physiology PSIO 445/545 – Human Body Composition (T.A., lecturer), 35grad/undergrad
1999	Physiology PSIO 403 – Cellular Physiology (T.A., lecturer), 45 undergrad
Lectures: 1999-2001	Biomedical Engineering BME 511 – Physiology for Engineers, 30grad/undergrad Topics: Muscle structure, function and bioenergetics

Northern Arizona University, Flagstaff, AZ

2000 & 2001	Physical Therapy PT 730 – Essentials of Strength and Conditioning, 30 graduate
1996 & 1997	Exercise Science EXS 337 - Exercise Physiology Lab, 40 undergrad
1996	Physical Education PES 100 - Weight Training for Women, 110 undergrad
1996	Physical Education PES 100 - Fitness and Conditioning, 110 undergrad
1996	Physical Education PES 100 - Competitive Weight Training, 35 undergrad
1995-1996	Physical Education PES 100 - Introduction to Resistance Training, 130 undergrad
Lectures: 1997	Physical Therapy PT 566L - Therapeutic Exercise, 50 graduate Topics: Instruction of multijoint resistance training exercise

NEW CURRICULUM DEVELOPMENT

2024	PHYG 13383D Human Physiology 2
2024	PHYG 19320D Human Physiology 1
2024	Weightlifting Canada – Competition Development
2024	Weightlifting Canada – Competition Introduction

2024	Weightlifting Canada – Instructor Beginner
2023	KINE 56603 Kinesiology Integrative Practice 2
2022	SCIE 50397 Foundations of Kinesiology
2022	KINE 59530 Kinesiology Integrative Practice 1
2019	HEAL 41223 Select Topics in Kinesiology
2019	FLPL 47721 Advanced Field Practicum
2012	HEAL 47900 Independent Research Project
2011	HEAL 40016 Independent Research Proposal
2011	HEAL 70024 Human Performance Program Design
2010	HEAL 70021 Advanced Training Techniques
2012	HEAL 70022 Movement and Performance Screening
2012	FLPL 40689 Seminar in Health Sciences and Field Placement 2
2012	HEAL 70020 Principles of Exercise Science [online course]
2010	HEAL 78029 Olympic Weightlifting for Sports Performance
2010	HEAL 70020 Principles of Exercise Science
2010	HEAL 36048 Introduction to Resistance Training
2010	PHYG 20146 Fitness Testing and Assessment
2010	FLPL 27545 Seminar in Health Sciences and Field Placement 1
2006	ATHL 49999 Independent Research Proposal
2005	BIOL 25960 Human Systems Physiology
2005	PHYG 27900 Pathophysiology

GRANT SUPPORT

2025	The use of virtual reality to teach undergraduate anatomy at Texas State University. Unity 3D Grant for Educators, Texas State University, \$1500. January 2026
2019	Holloway T, Cottrell GT, Farra S. Influence of a BCAA and carbohydrate sport drink on cycling time-trial performance. Sheridan College. SRCA. \$10,000. January 2020.
2019	Holloway T, Cottrell GT, Farra S. Effect of BioSteel on cognitive function and mood in children. Sheridan College. SRCA. \$10,000. January 2019.
2004	Research Fellowship, Canadian Institutes of Health Research “Cellular mechanisms and systemic effects of Prokineticin 2 in the subfornical organ”
2002-2004	Research Fellowship, Heart and Stroke Foundation of Canada “Mechanisms of Orexin-mediated regulation of cardiovascular control in the nucleus tractus solitarius”

RESEARCH PARTNERSHIPS

2014	Canadian Kidney Association – Ontario Sport and Recreation Community grant Exercise interventions in persons with renal disease
2012	Heart and Stroke Foundation – Healthy Heart Club A student-led initiative for the development of heart health awareness campaigns.
2012	MoveU –University of Toronto, Participaction Media campaigns for promoting physical activity in College females.

PROFESSIONAL CONSULTANT

2023	Proposal for the development of an integrated sports medicine and destination sports complex within a regional sports performance delivery model. Lehigh Valley Health Network. Allentown, PA
2018	Creating efficiencies in operation for an integrated sports medicine and sports performance training program. Parkview Sports Medicine, Fort Wayne, IN
2015	Integration of private sports performance into an ambulatory care service line. Memorial Hermann Health Network, Houston, TX

AWARDS AND HONORS

- National Institute for Staff and Organizational Development, Teaching Excellence Award, November 2008
- Brain Star Award, CIHR Institute of Neuroscience, Mental Health and Addiction, December 2004.
- Student Research Achievement Award, Biophysical Society, February 2002.
- Graduate and Professional Student Travel Award, University of Arizona, Tucson, AZ, September 2001.
- 2001 International Gap Junction Conference Travel Award, Honolulu, Hawaii, August 2001.
- Graduate and Professional Student Travel Award, University of Arizona, Tucson, AZ, September 1999.
- 1999 International Gap Junction Conference Travel Award, Gwatt, Switzerland, August 1999.
- Phi Kappa Phi Honor Society, Northern Arizona University, Flagstaff, AZ, April 1998.

PEER-REVIEWED PUBLICATIONS

Lamontagne, E, and **Cottrell, T**. A Comparison of the effects of static stretching alone to static stretching plus slow deep breathing on hip flexion range of motion" (2021). SRCA Student Awards. https://source.sheridancollege.ca/srca_sa/3

Cottrell, GT. What are the Limitations of Youth Resistance Training? Canadian Strength and Conditioning Association. September 2020. <http://canadianstrengthca.com/what-are-the-limitations-of-youth-resistance-training/>

Eyles-Frayne, S, **Cottrell, GT**. Return to Training Guidelines for Collegiate Athletes Following the COVID-19 Shut Down. Canadian Strength and Conditioning Association. June 2020. <http://canadianstrengthca.com/part-2-return-to-training-guidelines-for-collegiate-athletes-following-the-covid-19-shut-down/>

Cottrell, GT. A Brief Review of the Safety and Efficacy of Olympic Weightlifting and Plyometric Training. Canadian Strength and Conditioning Association. January 2020. <http://canadianstrengthca.com/a-brief-review-of-the-safety-and-efficacy-of-olympic-weightlifting-and-plyometric-training/>

Wakefield, CB, **Cottrell, GT**. Changes in hip flexor passive compliance do not account for improvement in vertical jump performance following hip flexor static stretching. *Journal of Strength and Conditioning Research*. 50(5):460-466, 2015.

Wakefield B, Halls A, Difilippo N, **Cottrell GT**. Reliability of goniometric and trigonometric techniques for measuring hip extension flexibility using the modified Thomas test. *Journal of Athletic Training* 29(6):1601-8, 2015.

Camley, J, Wakefield, B, **Cottrell, GT**. Strength and conditioning considerations following microfracture surgery of knee chondral lesions. *Strength and Conditioning Journal* 36(4): 77-86, 2014.

Fry, M, **Cottrell, GT**, and Ferguson, AV. Prokineticin 2 influences subformal organ neurons through regulation of MAP kinase and the modulation of sodium channels. *American Journal of Physiology - Regulatory, Integrative and Comparative Physiology* 295(3):R848-56,2008.

Pulman, KJ, Fry, WM, **Cottrell, GT**, and Ferguson, AV. The subformal organ: a central target for circulating feeding signals. *Journal of Neuroscience* 26(7):2022-2030, 2006

Cottrell, GT, and Burt, JM. Multiple connexin proteins in single intercellular channels: connexin compatibility and functional consequences. *Biochemica et Biophysica Acta* 1711(2):126-141, 2005.

Cottrell, GT, Zhou, Q-Y, and Ferguson, AV. Prokineticin 2 modulates the excitability of subformal organ neurons. *Journal of Neuroscience* 24(10): 2375-2379, 2004

Cottrell, GT, and Ferguson, AV. Sensory circumventricular organs: Central roles in integrated autonomic regulation. *Regulatory Peptides* 117:11-23, 2004.

Cottrell, GT, Lin, R, Lau, AF, Warn-Cramer, B, and Burt, JM. Mechanism of v-Src and mitogen-activated protein kinase-induced reduction of gap junction communication. *American Journal of Physiology Cell Physiology* 284:C511-C520, 2003.

Ferguson, AV, and **Cottrell, GT**. Time to consider new brain clock signals. *Trends in Endocrinology and Metabolism*, 13(7):276, 2002.

Cottrell, GT, Wu, Y, and Burt JM. Cx40 and Cx43 expression ratio influences heteromeric/heterotypic gap junction channel properties. *American Journal of Physiology Cell Physiology* 282: C1469-C1483, 2002.

Cottrell, GT, Coast, JR, and Herb, RA. The effect of recovery interval on multiple bout sprint cycling performance following acute creatine supplementation. *Journal of Strength and Conditioning Research*, 16(1): 109-116, 2002.

Cottrell, GT, and Burt JM. Functional characteristics of heteromeric Cx40-Cx43 gap junction channel formation. *Cell Communication and Adhesion*, 8(4-6):193-7, 2001.

Cottrell, GT, and Burt, JM. Heterotypic gap junction channel formation between heteromeric and homomeric Cx40 and Cx43 connexons. *American Journal of Physiology Cell Physiology*, 281: C1559-C1567, 2001.

Burt, JM, Fletcher, AM, Steele, TD, Wu, Y, **Cottrell, GT**, and Kurjiaka, DT. Alteration of Cx43:Cx40 expression ratio in A7r5 cells. *American Journal of Physiology Cell Physiology*, 280: C500-C508, 2001.

Warn-Cramer BJ, **Cottrell GT**, Burt JM, and Lau, AF. Regulation of connexin-43 gap junctional intercellular communication by mitogen-activated protein kinase. *Journal of Biological Chemistry*, 273(15): 9188-9196, 1998.

BOOKS AND BOOK CHAPTERS

Cottrell, GT. Creatine Supplementation: Theory and Practice. Desert Southwest Fitness, Inc., Tucson, AZ, 1999.

ABSTRACTS

Cottrell, GT and Maziarz, P. Maximal isometric gluteal contractions are superior to submaximal repeated gluteal muscle exercises for enhancing vertical jump performance. Proceedings of the Canadian Society for Exercise Physiology Annual General Meeting. 2018.

Cottrell, GT and Migotto, B. A comparison of biomarkers of organ damage between full and half Ironman triathlon competitions. Proceedings of the Canadian Society for Exercise Physiology Annual General Meeting. 2018.

Stafford, S, Despres, T, and **Cottrell, GT**. Reliability and validity of a 30 second anaerobic sprint test on the Woodway Force 2.5 treadmill. Proceedings of the Canadian Society for Exercise Physiology Annual General Meeting. 40(S1): S62, 2015.

K. Braniff, V. McAllister, and **Cottrell GT**. An evaluation of two techniques for implementation of Exercise is Medicine-On Campus physical activity interventions at Sheridan College. Proceedings of the Canadian Society for Exercise Physiology Annual General Meeting. 40(S1): S9, 2015.

Cottrell, GT and Boutku, S. Post-activation potentiating effects of unilateral and bilateral plyometric warm-ups on vertical jump performance. *Medicine & Science in Sports & Exercise*. 47(5S):372, 2015.

Beca, S, Santo, V, **Cottrell, GT**. Effects of electronic cigarettes on lung function. *Medicine & Science in Sports & Exercise*. 47(5S):686, 2015.

Wakefield, CB, and **Cottrell, GT**. The effects of a hip flexor stretching protocol on vertical jump performance in subjects with varied hip flexor tightness. *Canadian Journal of Kinesiology*, 2012

Wakefield B, Halls A, Difilippo N, **Cottrell GT**. Reliability of goniometric and trigonometric techniques for measuring hip extension flexibility using the modified Thomas test. *Canadian Journal of Kinesiology*, 2011

Cottrell GT. The effects of static and dynamic stretching protocols on knee torque at varying angular velocities. *Medicine & Science in Sports & Exercise*. 41(5):86, 2009.

Cottrell GT, Eidt D, and Puim G. The effects of static, dynamic and combined stretching protocols on knee torque at low and high angular velocities. Canadian Athletic Therapy Association National Conference, 2007

Cottrell, GT, Zhou, Q-Y, and Ferguson, AV. The novel circadian rhythm peptide Prokineticin 2 has a neuroexcitatory effect on subfornical organ neurons. Society for Neuroscience Annual Meeting, 2003.

Cottrell, GT, and Ferguson, AV. OrexinA-induced calcium mobilization in the AtT-20 cell line. *Experimental Biology* 2003.

Cottrell, GT, Wu, Y, and Burt JM. Functional characteristics of heteromeric/heterotypic gap junction channels formed with varying expression ratios of Cx40 and Cx43. *Biophysical Journal*, 82(1): 632a, 2002.

Cottrell, GT, Wu, Y, and Burt, JM. Dye permeability of heterogeneous gap junctions composed of Cx40 and Cx43. 2001 International Gap Junction Conference, Honolulu, Hawaii, 2001.

Cottrell, GT, Wu, Y, and Burt, JM. Functional characteristics of gap junction channels formed with varying expression ratios of Cx40 and Cx43. 2001 International Gap Junction Conference, Honolulu, Hawaii, 2001.

Cottrell, GT, Kurjiaka, DT, and Burt, JM. Evidence for heterotypic channel formation by heteromeric Cx40-Cx43 connexons and homomeric Cx40 or Cx43 connexons. 1999 International Gap Junction Conference, Gwatt, Switzerland, 1999.

Cottrell GT, Burt, JM. Intercellular communication mediated by Cx43 triple MAP kinase consensus site mutant: single channel analysis, EGF response. *FASEB Journal* 12(5):A636, 1998.

INVITED PRESENTATIONS

“Effects of Upper and Lower Body General Warm-Ups on Strength Output” [poster] Canadian Strength and Conditioning Association – Regional Conference, 2025

“Effects of a 2 vs 6-minute recovery interval on bar velocity during a 5 RM bench press.” [poster] Canadian Strength and Conditioning Association – Regional Conference, 2025

“The 6 Critical Agility Patterns” [oral] Canadian Strength and Conditioning Association, Ontario Regional Meeting. 2024

“Maximal isometric gluteal contractions are superior to submaximal repeated gluteal muscle exercises for enhancing vertical jump performance.” [poster] Canadian Society for Exercise Physiology Annual General Meeting. 2018.

“A comparison of biomarkers of organ damage between full and half Ironman triathlon competitions.” [oral] Canadian Society for Exercise Physiology Annual General Meeting. 2018.

“5 Lessons Learned at the Human Performance Special Interest Group” [oral] Memorial Hermann SIGposium, May 2017

“Post-activation potentiating effects of unilateral and bilateral plyometric warm-ups on vertical jump performance.” [poster] American College of Sports Medicine Annual Meeting, 2015

“Are Olympic Weightlifting exercises the right choice for a personal training client?” [oral] CanFit Pro International Fitness and Club Business Conference and Trade Show, Toronto, ON, August 2014.

“Sandbag Training” [oral] CanFit Pro International Fitness and Club Business Conference and Trade Show, Toronto, ON, August 2014.

“The Use of Research in Decision Making” [oral] Certified Professional Trainers Network, National Conference, keynote address, Toronto, ON, June 2014

“Olympic Weightlifting for Sports Performance” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, June 2013

“The effects of a hip flexor stretching protocol on vertical jump performance in subjects with varied hip flexor tightness.” SPIN Summit, Vancouver, BC, October 2012

“Sandbag Training” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, June 2012

“Building a Strength and Conditioning Centre on a Budget” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, June 2012

- “Do hormones predict body composition regional distribution and training adaptation” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, June 2012
- “Reliability of goniometric and trigonometric techniques for measuring hip extension flexibility using the modified Thomas test.” [student poster] Ontario Kinesiology Association Annual Conference, Markham, ON, October 2011
- “Fitness Myths and Misconceptions” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, May 2010
- “Using Research as a Decision-Making Tool” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, May 2010
- “Squats and the Functional Integrity of the Knee Joint” [oral] Certified Professional Trainers Network, National Conference, Toronto, ON, May 2010
- “Clickers in the Classroom” [oral] Sheridan Show and Share, Sheridan College, Brampton, ON, March 2010
- “Dynamic vs. Static Stretching for Sports Performance” [oral] Ontario Human Performance Symposium, Brampton, ON, November 2009.
- “Implementing Student Research Projects in a College Setting” [oral] College Degrees Operating Group annual meeting, Barrie, ON, May 2009.
- “The effects of static, dynamic and combined stretching protocols on knee torque at low and high angular velocities.” [oral] American College of Sports Medicine Annual Meeting, Seattle, WA, May 2009
- “Squats and the Functional Integrity of the Knee Joint” [oral] Ontario Human Performance Symposium, Brampton, ON, November 2008
- “The effects of static, dynamic and combined stretching protocols on knee torque at low and high angular velocities.” [oral] Canadian Athletic Therapy Association National Conference, Winnipeg, MB, May 2007
- “Squats and the Functional Integrity of the Knee Joint.” [oral] National Strength and Conditioning Association Ontario Strength and Power Clinic, Mississauga, ON, March 2006
- “The novel circadian rhythm peptide Prokineticin 2 has a neuroexcitatory effect on subfornical organ neurons.” [oral] Canadian Physiological Society Annual Meeting, Vernon, BC, January 2004.
- “Regulation of circadian variation by Prokineticin 2.” [oral] Queen’s University Department of Physiology Seminar Series, Kingston, ON, December 2003.
- “The novel circadian rhythm peptide Prokineticin 2 has a neuroexcitatory effect on subfornical organ neurons.” [oral] Society for Neuroscience Annual Meeting, New Orleans, LA, November 2003.
- “The novel circadian rhythm peptide Prokineticin 2 has a neuroexcitatory effect on subfornical organ neurons.” [oral] Sixth Annual Meeting for Basic and Clinical Research Trainees, Queen’s University, Kingston, ON, May 2003.
- “OrexinA-induced calcium mobilization in the AtT-20 cell line.” [poster] Experimental Biology 2003, San Diego, CA, April 2003.
- “Functional characteristics of heteromeric/heterotypic gap junction channels formed with varying expression ratios of Cx40 and Cx43.” [poster] Biophysical Society Annual Meeting, San Francisco, CA, February 2002.
- “Functional characteristics of gap junction channels formed with varying expression ratios of Cx40 and Cx43” [oral] 2001 International Gap Junction Conference, Honolulu, HA, August 2001.
- “Dye permeability of heterogeneous gap junctions composed of Cx40 and Cx43” [poster] 2001 International Gap Junction Conference, Honolulu, HA, August 2001.
- “Mixed up gap junctions: Why all the confusion?” [oral], Physiology Fall Symposium, Tucson, AZ, October 2000.

“Sports Supplementation” [oral] Southwest Fitness and Conditioning Clinic, Tucson, AZ, March 2000.

“Evidence for heterotypic channel formation by heteromeric Cx40-Cx43 connexons and homomeric Cx40 or Cx43 connexons.” [oral] 1999 International Gap Junction Conference, Gwatt, Switzerland, August 1999.

“High Altitude Workshop: NSCA Essentials of Strength Training.” [oral] Arizona Physical Therapy Association Annual Meeting, Northern Arizona University, Flagstaff, AZ, August 1999.

"Creatine Supplementation: Fact and Fallacy" [oral] Arizona Athletic Trainers Association State Conference, Flagstaff, AZ, July 1998.

"Creatine Supplementation: Fact and Fallacy" [oral] Smith and Nephew Sports Medicine Conference, Del Mar, CA, June 1998.

"Workshop: Basic Strength and Conditioning Programs for Physical Therapy" [oral] Arizona Physical Therapy Association State Conference, Tucson, AZ, May 1998.

"Intercellular Communication Mediated by Cx43 Triple MAP Kinase Consensus Site Mutant: Single Channel Analysis, EGF Response" [poster] FASEB Annual Conference, San Francisco, CA, April 1998.

"Creatine Supplementation in Humans: A Non-invasive Examination into the Mechanism of Creatine Action." [oral] Southwest American College of Sports Medicine Annual Meeting, Las Vegas, NV, November, 1997.

ONLINE CONTENT

Why Get CSCA-CSCP Certified? Canadian Strength and Conditioning Association. July 2024.

<https://canadianstrengthca.com/why-get-csca-cscp-certified/>

Femoroacetabular Impingement (FAI) With Trevor Cottrell And Chris Juneau, Canadian Strength and Conditioning Association, Interview February 2021. <http://canadianstrengthca.com/femoroacetabular-impingement-fai-with-trevor-cottrell-and-chris-juneau/>

PROFESSIONAL ACTIVITIES

Appointments

- Faculty Advisor, Texas State University Olympic Weightlifting Club 2025-present
- Faculty Advisor, Texas State University Powerlifting Club 2025-present
- Director, National Coach Advisory Committee, Weightlifting Canada 2022-2025
- Board of Directors, Weightlifting Canada 2022-2025
- President, Canadian Strength and Conditioning Association 2022-2024
- Board of Directors, Canadian Strength and Conditioning Association 2020-2024
- Canadian Strength and Conditioning Association, Conference Committee 2025
- Board of Directors, Guelph Minor Football Association 2021-2025
- Secretary, Board of Directors, Canadian Strength and Conditioning Association 2021
- Chair, Standards Committee, Canadian Strength and Conditioning Association 2021
- Chair, Education Committee, Canadian Strength & Conditioning Association 2020
- Advisory Board, Canadian Strength & Conditioning Association 2018-2019
- College Council member – Sheridan College 2014-2015
- Chair, Canadian Strength and Conditioning Association [*ad hoc* committee] 2013-2014
- Executive Committee, St. John Brebeuf Youth Group 2013-2014
- Conference Chair, Strength Matters 2013
- Journey Sheridan-Infrastructure Engagement Team 2012-2013
- President, Ontario Human Performance Association 2009-2015
- Conference Chair, Ontario Human Performance Conference 2008-2011
- Local Academic Council, Sheridan College 2007-2008
- Physiological Sciences Teaching Committee, University of Arizona, Tucson, AZ 2000-2001
- Physiological Sciences Program Committee, University of Arizona, Tucson, AZ 1999-2000

- Physiological Sciences Resource Committee, University of Arizona, Tucson, AZ
- Sports Science Committee, The High Altitude Sports Training Complex at Northern Arizona University, Flagstaff, AZ

1998-1999

1997-1999

Athletics Leadership

- Assistant Coach, Texas State University Olympic Weightlifting Club 2025-present
- Head Coach, LIFT Barbell Club 2021-2025
- Olympic Weightlifting Coach, Independent 1995-2025
- St. James High School, Volunteer Football Coach 2019-2024
- Guelph Minor Football Association, Volunteer Football Coach 2020
- Head Coach, The Vault Barbell Club 2018-2021
- Orangeville Outlaws, Volunteer Football Coach 2012-2015
- Coach, Toronto Highlanders Tug-of-War Club, Toronto, ON 2012-2015
- Strength and Conditioning Coach, Guelph Wrestling Club 2011-2015
- Wrestling Canada, Strength and Conditioning Service Provider 2011-2015
- Canadian Sports Institute Ontario, Strength and Conditioning Service Provider 2011-2015
- Coach, Sheridan Strength Club 2008-2015
- Head Coach, President, Queen's University Strength Club, Kingston, ON 2002-2004
- Board of Directors, Arizona Weightlifting Federation 1997-2002
- Head Coach, The University of Arizona Olympic Weightlifting Club, Tucson, AZ 1997-2002
- University of Arizona Sports Clubs Executive Committee, Tucson, AZ 1998-2001

Memberships

- Canadian Strength and Conditioning Association 2018-present
- National Strength and Conditioning Association 1993-present
- Ontario Weightlifting Association 1994-present
- Canadian Society for Exercise Physiologists 1993-2018
- American College of Sports Medicine 2006-2015
- American Physiological Society 1998-2004
- USA Weightlifting Association 1994-2002
- Biophysical Society 1999-2002
- Southwest Chapter of the American College of Sports Medicine 1995-1997

Certifications

- Certified Strength and Conditioning Professional, Canadian Strength and Conditioning Association 2024-present
- Red Cross CPR Level C HCP current
- Certified Strength and Conditioning Specialist, National Strength and Conditioning Association 1994-present
- NCCP Coach Developer, Master Coach Developer Trained, Weightlifting Canada 2023
- NCCP Competition Introduction Certified, Weightlifting Canada 2023
- NCCP Safe Sport Training 2023
- NCCP Anti-racism in Coaching 2023
- NCCP Make Ethical Decisions 2023
- NCCP Emergency Action Plan eLearning 2023
- Senior Coach, United States Weightlifting Federation 1996-2002

Athletics Competition

- Toronto Highlanders Tug-of-War 2011-2015
- Bluewater Tug-of-War Club 2004-2015
- Canadian Tug-of-War, World Championships 2006, 2008, 2014
- Strongman (Regional Level) 2000-2003
- Highland Games (Regional Level) 1999-2000
- Olympic Weightlifting (National Level) 1993-2001
- Powerlifting (World Junior Level, National record holder) 1988-1991