

University of Louisiana at Lafayette

College of Education Faculty Curriculum Vitae Information

JAMES M. CLEMONS JR., Ph.D.

Title	Professor
Department	School of Kinesiology
Office Number	Bourgeois Hall, 125B
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Email Address	jclemons@louisiana.edu
Education	<p>Doctor of Philosophy: Major – Health, Physical Education & Recreation; Concentration: Exercise Science, University of Mississippi, Oxford, MS.</p> <p>Master of Education (M.Ed.) Health Physical Education & Recreation; Delta State University</p> <p>Bachelor of Science (B.S.) Health, Physical Education & Recreation; Delta State University</p> <p>Professional certifications: Certified Instructor (currently in non-teaching status): Professional Association of Diving Instructors (PADI). I am a past Certified Strength & Conditioning Specialist (CSCS) through the National Strength & Conditioning Association.</p>
Teaching Philosophy	<p>My teaching philosophy is to provide students with the most current information possible and to do so with an emphasis on practical application. It is not enough “to know” one must also be able to “to apply,” and “to do.” I believe that all students should be challenged; however, within that process they deserve to be treated with respect and fairness. I have tried to succeed at these endeavors throughout my entire career of 39 years. A good education is not necessarily a ticket to happiness, but it is an opportunity to live a more informed and enlightened existence. Kahlil Gibran, a Lebanese poet, said it much better than I; “Knowledge is life with wings.”</p>
Biographical Sketch	<p>Dr. Clemons began his teaching career as a graduate assistant in Health, Physical Education and Recreation in 1975 at Delta State University in Cleveland, Mississippi. After completing a M.S. degree; he remained for an additional year as an Instructor paid for by a state grant. The following year Dr. Clemons worked at All Saints Episcopal School in Vicksburg MS and had numerous responsibilities of which</p>

one was to teach physical education related classes. He began
Biographical Sketch (Continued)

teaching at the University of Mississippi (Ole Miss) in Oxford, MS in 1979 as an Instructor in the Health, Physical Education and Recreation department and remained there for five years. During that period, Dr. Clemons developed a PADI certified scuba diving course that was added as an activity course within the department. In addition; he taught all gymnastics courses and scuba diving courses while at Ole Miss. In 1984, he accepted a position as a Lecturer at the University of Arizona in Tucson, where he developed another scuba diving course and also served as the Director of a very large activity program within the Department of Exercise and Sport Sciences. Dr. Clemons remained at Arizona for five years after which time he began pursuing a doctoral degree in Health, Physical Education and Recreation with a concentration in exercise science at Ole Miss in Oxford, MS. During his time at the University of Mississippi Dr. Clemons worked as a Research Assistant, Institute for Technology Development - Living Systems, (part time) under the direction of John Ward, Ph.D. His responsibilities included generating research reports for institutional use in the following areas: Physical Consequences of Chronic Cane Usage, Field and Clinical Methods of Assessing Energy Expenditure, Diabetes and Exercise and Perceived Exertion and Exercise.

After completed his Ph.D. in 1991, Dr. Clemons accepted a position that same year as an Assistant Professor in the Department of Health, Physical Education and Recreation at the University of Southwestern Louisiana (USL). In the first several years at USL; Dr. Clemons was the lead author of a Board of Regents Support Fund enhancement grant that enabled the department to further pursue exercise science related research. The lab still exists and has been further enhanced by the recent efforts of Drs. Bellar and Davis.

In the mid 1990's, Dr. Clemons wrote a proposal to change the name of the department from Health, Physical Education and Recreation to the Department of Kinesiology. The purpose of the name change was to better reflect the growing enrollment of students pursuing careers in allied health fields (i.e., exercise science, sport administration, health promotion and wellness and athletic training) as well as physical education. Under the leadership of Dr. Cindy Chance (a past Dean of the College of Education); this proposal was approved. The change was instrumental to the steady growth observed over the last 13 years from approximately 500 majors in 2003 to over 1,100 majors in 2016.

	<p>Dr. Clemons chaired the committee that wrote a proposal for a M.S. degree in Kinesiology that was subsequently approved. A solid cohort was achieved in the fall of 2013 and the enrollment numbers have continued to grow to date. While at UL Lafayette, Dr. Clemons has moved from Assistant Professor to a tenured full professor and enjoyed two cycles of the Mr. & Mrs. E.P. “Pat” Nalley/BORSF Endowed Professorship in Education (1999 through 2004). He has been a mentor to six or more undergraduate minority students involved in the Ronald E. McNair Post Baccalaureate Achievement Program, designed to prepare students in graduate research related responsibilities. Over the course of his career Dr. Clemons has won several teaching awards & has consistently been rated high on university administered student evaluations since 1991.</p>
<p>Courses Taught Since 2009</p>	<p>KNES 400(G) Measurement and Evaluation in Kinesiology KNES 400(G) Measurement and Evaluation in Kinesiology (Computer Labs) KNES 450(G) Exercise Testing and Prescription KNES 497(G) & 498(G) Special Projects KNES 597 (G) Individual Study KNES 501 Applied Statistics in Kinesiology</p>
<p>Advising</p>	<p>Dr. Clemons has had an average advising load of over 100 exercise science students since 2009 & it is presently approaching 175 students or more.</p>
<p>Graduate Committees</p>	<p>Dr. Clemons met the guidelines for graduate faculty status when he arrived at USL in 1991 and have consistently met guidelines for retaining that status every year to date (2016) at UL Lafayette. He has served on committees for graduate students whenever requested.</p>
<p>Research Interests</p>	<p>Dr. Clemons is an exercise science generalist. His research interests are broad, spanning health, physical education, recreation, sport, exercise physiology and measurement & evaluation (i.e., validity and reliability of field fitness tests). The last several years he has investigated several widely used fitness tests with the objective of determining construct validity, test re-test reliability and; in addition, has suggested scoring or testing modifications to strengthen validity. All studies to date that were submitted for publication have been published in blind peer reviewed</p>

	<p>national journals. Dr. Clemons has just completed data collection of a new study in the measurement area that</p> <p>Research Interests (Continued):</p> <p>involved an investigation into the construct validity and test re-test reliability of a recently created cell phone application that purports to measure acceleration in all three planes. Study findings were presented at the 2016 annual, national conference of the National Strength and Conditioning Association (NSCA).</p>
Teaching Experience	<p>Dr. Clemons has been teaching for 39 years with the last 25 years being at the University of Louisiana at Lafayette. He has served as a graduate assistant, lecturer, instructor, assistant professor, associate professor, full professor and endowed professor. In addition to UL Lafayette, I taught one year at a private school in the state of Mississippi with the rest of my teaching experience at the following institutions: Delta State University, University of Mississippi (Ole Miss) and The University of Arizona in Tucson.</p>
Publications Since 2009	<p><u>National Journals (Blind Peer Reviewed)</u></p> <p>Clemons, J.M. (December, 2014). Construct Validity of a Modification of the Flexed Arm Hang Test. <u>The Journal of Strength and Conditioning Research</u>.</p> <p>Campbell, B., Clemons, J., Guidry, T., Lopez, M. (2012). Functional Football Speed: Defining and Quantifying Through Testing. <u>Applied Research in Coaching and Athletics Annual</u>.</p> <p>Duncan, C.A., Clemons, J.M. (2012). Closure: It’s More than Just Lining Up. <u>Strategies</u>.</p> <p>Clemons, J.M., Campbell, B.J. (2010). Validity and reliability of a new test of upper body explosive power. <u>The Journal of Strength and Conditioning Research</u>, 24(6), 1559-1565</p> <p><u>Research Abstracts Published in National Online Journal (Blind Peer Reviewed)</u></p> <p>Clemons, J., Aithal, R., Melancon, J. & Smoak, P. (Submitted in 2016, In Press). The Construct Validity of a Test of Explosive Pushup Force Using Pushup Support Mass and Maximum Acceleration Acquired</p>

	<p>Using a Widely Available Cell Phone Application. The Journal of Strength & Conditioning Research.</p> <p><u>National Journals (Blind Peer Reviewed) - Continued</u></p> <p>Clemons, J. (February, 2016). The Construct Validity of Two Methods of Scoring and Performing Pushups. The Journal of Strength and Conditioning Research: Volume 30 – Supplement 1 – p. S88.</p> <p>Clemons, J., Guillory, J., Smoak, P., Richard, N. (December, 2014). Pull-ups: Strength or Endurance. The Journal of Strength and Conditioning Research: Volume 28, p. S88, doi: 10.1519/JSC.0000000000000655</p> <p>Clemons, J., Guillory, J., Roberts, E., Buteau, K. (2013). Construct Validity of Traditional and Alternative Methods of Scoring Pull-ups. The Journal of Strength and Conditioning Research: October 2013 - Volume 27 (10), p. S88, doi: 10.1519/JSC.0b013e3182a85920</p> <p>Clemons, J.M., (Feb., 2012). <i>Estimating Absolute Strength from Relative Muscle Endurance.</i> [On-line]. <u>The Journal of Strength and Conditioning Research</u>, 26, doi: 10.159/JSC.obo13e31822e7721, Abstracts: PDF Only, *Path: http://journals.lww.com/nsca-jscr/toc/2012/02001</p>
Presentations Since 2009	<p><u>National Conferences (blind, peer reviewed)</u></p> <p>Clemons, J., Aithal, R., Melancon, J. & Smoak, P. (July, 2016). The Construct Validity of a Test of Explosive Pushup Force Using Pushup Support Mass and Maximum Acceleration Acquired Using a Widely Available Cell Phone Application. Poster presentation at the 2016 annual convention of the National Strength and Conditioning Association in New Orleans, LA.</p> <p>Clemons, J. (July, 2015). The Construct Validity of Two Methods of Scoring and Performing Pushups. Poster presentation at the 2015 annual convention of the National Strength and Conditioning Association in Orlando, FL</p>

	<p>Clemons, J., Guillory, J., Smoak, P., Richard, N. (July, 2014). Pull-ups: Strength or Endurance. Poster presentation at the annual convention of the National Strength and Conditioning Association Conference & Exposition in Las Vegas, Nevada.</p> <p><u>National Conferences (blind, peer reviewed) - Continued</u></p> <p>Clemons, J., Guillory, J., Roberts, E., Buteau, K. (2013). Construct Validity of Traditional and Alternative Methods of Scoring Pull-ups. Poster presentation at the annual convention of the National Strength and Conditioning Association Conference and Exposition in Las Vegas, Nevada.</p> <p>Clemons, J.M. (2011). Estimating Absolute Strength from Relative Muscle Endurance. Poster presentation at the annual convention of the National Strength and Conditioning Association Conference and Exposition in Las Vegas, Nevada</p> <p>Clemons, J. (2009). Relationships between plate mass and actual leg press loads. Poster presentation at the annual convention of the National Strength and Conditioning Association Conference and Exposition in Las Vegas, Nevada.</p> <p>Campbell, B.J., Guidry, T.M., Clemons, J.M., Jeansonne, C.T., (2009). <i>Effects of football equipment on 20 yard (18.28 m) dash times.</i> Poster Presentation at the 2009 AAHPERD National Convention and Exposition in Tampa, FL.</p>
Grants	Undergraduate mini research grant \$2000 funded in 2016 Faculty Travel Grants: 2015 (\$1000) & 2016 (\$750).
Conferences Attended	I attended and presented at the annual national conferences of the National Strength and Conditioning Association (NSCA) for the years 2009, 2011, 2013, 2014, 2015 & 2016.
Professional Memberships	Professional Association of Diving Instructors (PADI) National Strength and Conditioning Association (NSCA)
Awards	Ronald E. McNair was a Physicist/Astronaut who died aboard the Challenger space shuttle. I have been selected as a mentor in the Ronald E. McNair Post Baccalaureate

	<p>Achievement Program for the following years: Fall, 1994, Spring, 1995; Spring, 2002, Spring 2004, Fall 2005, Spring 2006, Spring, 2015 & Spring 2016.</p> <p>Twice Recipient of the Mr. & Mrs. E.P. “Pat” Nalley/BORSF Professorship in Education (1999 through 2004)</p> <p>Awards - Continued</p> <p>Recipient of Outstanding Professor Award (April, 19, 2001) for outstanding service to students with disabilities. University of Louisiana at Lafayette.</p> <p>Recipient of the Lamar Memorial Graduate Scholarship, University of Mississippi, 1990</p> <p>Recognized for teaching effectiveness in the Department of Exercise and Sport Sciences at the University of Arizona in 1986 (stipend recipient).</p> <p>Selected as the 1983 outstanding teacher of the year in the Department of Health, Physical Education and Recreation, University of Mississippi. Oxford, MS</p> <p>Athletic Scholarship: Memphis State University, Men’s Gymnastics, 1968-1970</p>
Additional Skills	<p>Previous certification as a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association.</p> <p>Cybox Isokinetic Dynamometer certification (completion of 31.5 hours of Rehabilitation/Fitness continuing education)</p> <p>Scuba diving instruction, although not a part of my responsibilities at UL Lafayette, has played a big part in my professional development. Knowledge acquired regarding basic exercise physiology responses to pressure environments has enhanced my ability to communicate exercise related concepts to kinesiology students. I currently hold, and have done so for the past 30 years, Professional Association of Diving Instructor certifications in the following areas: Advanced Open Water, Divemaster, Master Scuba Diver, Open Water Instructor, Specialty Instructor in Research, Deep Diving & Search and Recovery.</p> <p>Photography is a hobby, but it has also been a useful tool professionally. My photography skills have been helpful in documenting research testing methodologies for publications & presentations. I am an active member of the</p>

	<p>Lafayette Photographic Society (LPS). I have been recognized with awards through both the LPS and the Gulf States Camera Club Council (GSCCC), a larger regional organization comprised of five gulf states. These skills have also been helpful in developing research poster presentations.</p> <p>I am skilled at using as well as teaching JMP 12.0 Pro (SAS) & SPSS statistical software.</p>
<p>Dissertation</p>	<p>Clemons, J.M. (1991). The cardiorespiratory and hemodynamic effects of a single, oral dose of 60 mg Sudafed®. <u>Microform Publications Supplement</u>, 6(9), PH 1153f. (Microform Publications, University of Oregon, 1479 Moss St., Eugene, Oregon, 97403.</p>
<p>Service (Past & Present)</p>	<p>Graduate Faculty Curriculum Committee in KNES Advising Committee Department Name Change Committee, Chairman M.S. Degree Committee, Chairman Search Committee for Exercise Science Positions (Chair of several committees) COE Promotion & Tenure Committees. I have also Chaired this committee. Past Director of the Human Performance Laboratory in Bourgeois Hall Numerous Preview Day Participations Summer Research COE Committee member Department Head Search Committees Dean Search Committee for three different College Dean positions NCATE Committee (2003-2005; 2008, 2009) Endowed Professorship Selection Committees – Numerous Appointments Review of Endowed Professorship Requirements – Spring, 2016 Institutional Review Board Faculty Welfare Committee Southern Association of Colleges and Schools (SACS) Committee</p>