

University of Louisiana at Lafayette

College of Education Faculty Curriculum Vitae Information

Greggory Davis, PhD, CSCS

Title	Associate Professor
Department	Kinesiology
Office Number	Bourgeois 127-B
Extension	337-482-6463
Email Address	gdavis@louisiana.edu
Education	2013 PhD., Kinesiology, Louisiana State University (LSU) 2007 B.S., Exercise/Sport Science, Elon University
Teaching Philosophy	<p>I try to approach teaching from multiple perspectives. I encourage my students to assist and/or participate in ongoing research studies within the university. I encourage them to try to apply their knowledge to everyday experiences. I will frequently incorporate small group work and take-home quizzes that have no direct answer straight from the textbook, which forces students to go back over their notes, read, brainstorm ideas, and formulate effective hypotheses. It also allows them to teach each-other, re-word concepts, and better learn material from class. It is in this environment that students start to ask more critical questions and begin to more fully grasp core concepts. While the core of my teaching revolves around lectures and discussions, even these are focused on providing information via entertaining and simple examples and analogies from everyday life. All of my exams require applied, in-depth answers and while these exams are difficult, I believe it forces students to truly learn class material, rather than just memorize it. I have had several students tell me they enjoyed the challenge and that the exams have been beneficial for retaining knowledge in the long-run. I believe a combination of these methodologies allow the students to not only retain information more effectively, but also put their acquired information to use when analyzing athletic performance, assessing an injury, or writing an exercise prescription. I continually work with students outside of the classroom and I continually receive feedback and input from students throughout the semester regarding quizzes, tests, assignments, lectures, and group projects. This allows me to continually improve my teaching methods each semester, which is beneficial for me, the students, and the university as a whole. Even as I become more established, I plan on continuing this constant feedback strategy. The demands and the perspectives of students will undoubtedly evolve over the years and therefore, my teaching methods must continue to evolve as well. I have</p>

	<p>always had a great passion for teaching and learning about the human body. Seeing that proverbial “light bulb” turn on in someone’s head has always been an exciting feeling for me, but even more exciting is when people start to challenge what we know, question even further, dig even deeper into underlying causes, and that is where my true passion lies, at a crossroads between teaching what is currently known and researching the unexplored.</p>
Bio	<p>Prior to earning his doctorate from Louisiana State University (LSU) in 2013, Dr. Davis worked as a graduate assistant at LSU teaching activity, lab, and lecture courses. Upon graduation, he accepted an assistant professor position in the School of Kinesiology at the University of Louisiana at Lafayette. He is currently an Associate Professor, Graduate Program Coordinator, and Assistant Director of the School of Kinesiology.</p>
Courses Taught	<p>KNES 303- Exercise Physiology Lecture (undergraduate) KNES 304- Exercise Physiology Lab (undergraduate) KNES 455 (G) – Periodization and Programming for Resistance Training (undergraduate) KNES 502 – Measurement, Evaluation, and Instrumentation in Exercise Physiology (graduate) KNES 504- Advanced Exercise Physiology (graduate) KNES 509- Organization and Management of Exercise and Activity Programs (graduate) KNES 510 – Research Methods in Kinesiology (graduate) KNES 512- Muscle Physiology (graduate) KNES 597/598 – Independent Study (graduate) KNES 599 – Thesis (graduate) KNES 600 – Internship (graduate)</p>
Research Interests	<p>Dr. Davis’ interests focus on systemic metabolic and endocrine responses following dietary supplementation and various exercise interventions. Specifically, he is interested in the implications of these physiological responses for individuals at risk for the development of insulin resistance and type 2 diabetes. He is also interested in the development of novel scientific approaches to analyze various aspects of exercise and recovery measurements.</p>
Teaching Experience	<p>See Courses Taught</p>
Publications	<p>Davis GR, Deville T, Guillory J, Bellar DM, and Nelson AG (2017). Relationship between family history of type 2 diabetes and serum FGF21. <i>European Journal of Clinical Investigation</i>, 47 (11), 853-859. doi: 10.1111/eci.12835.</p> <p>Trionfante, CP, Davis GR, Farney TM, Miskoweic RW, and Nelson AG (2017). A pre-exercise dose of melatonin can alter substrate use during exercise. <i>International Journal of Exercise Science</i>, 10 (7), 1029 – 1037.</p>

	<p>Aldret RL, Trahan B, Davis GR, and Bellar DM (2017). Effects of an elastic hamstring assistance device during downhill running. <i>Journal of Human Kinetics</i>, 57, 73-83. doi: 10.1515/hukin-2017-0048.</p> <p>Gallien GJ, Bellar DM, Davis GR (2017). The efficacy of a pre-workout vegan supplement on high intensity cycling performance in healthy college-aged males. <i>Journal of Dietary Supplements</i>, 14 (6), 967 – 705. doi:10.1080/19390211.2017.1310780.</p> <p>Bellar DM, Murphy KA, Aithal RA, Piper TJ, and Davis GR (2017). The effects of a 36 hour mixed task ultra-endurance event on mucosal immunity and pulmonary function. <i>Wilderness and Environmental Medicine</i>, 28 (1), 10-16. doi:10.1016/j.wem.2016.12.001.</p> <p>Davis GR, Stephens, JS, and Nelson AG (2015). Effect of 12 weeks of periodized resistance training upon total plasma adiponectin concentration in healthy young men. <i>Journal of Strength and Conditioning Research</i>, 29 (11), 3097-3104. doi:10.1519/JSC.0000000000000894.</p> <p>Davis GR, Gallien, GJ, Moody KM, LeBlanc NR, Smoak PR, Bellar, DM. (2015). Cognitive function and salivary DHEA levels in physically active elderly African American women. <i>International Journal of Endocrinology</i>, article ID 219046, 6 pages.</p> <p>Bellar DM, Judge LW, and Davis GR. (2015). Description and predictive value of a novel method for determining the respiratory compensation point using standard scores. <i>Journal of Strength and Conditioning Research</i>, 29 (5), 1433-1438. doi:10.1519/JSC.0000000000000718.</p> <p>Davis GR, Etheredge CE, Marcus L, and Bellar DM. (2014). Prolonged sleep deprivation and continuous exercise: effects on melatonin, tympanic temperature, and cognitive function. <i>BioMed Research International</i>, article ID 781863, 6 pages. doi:10.1155/2014/781863.</p>
Presentations	<p>2018 <u>American College of Sports Medicine (ACSM) Annual Meeting.</u> Davis GR, Perret J, Rudesill D, and Bellar DM. Changes in blood pH and ammonia following repeat sprint performance.</p> <p>Davis GR, Bellar DM, Sharp A, and Judge L. Effects of Microencapsulated Diindolymethane on resting and exercise metabolism in overweight and obese college aged men.</p>

2018 National Strength and Conditioning Association (NSCA) National Conference.

Davis GR, Lavergne M, Scott D, and Bellar DM. Effects of body temperature and sympathetic activity upon repeat resting metabolic rate measurements: a pilot study.

2018 Association for Behavioral and Cognitive Therapies Annual Conference

McDermott, MJ, Daigle, CT, Berghoff, CR, Aldret, RL, **Davis, GR**, and Bellar, DM. Examining the Effect of Acute Aerobic Exercise on Emotion Regulation and Emotional Distress Tolerance.

2017 National Strength and Conditioning Association (NSCA) National Conference.

Davis GR and Bellar DM. Effects of tart cherry supplement on total blood nitrates, muscle oxygenation and slow-component VO₂ kinetics.

2017 American College of Sports Medicine (ACSM) Annual Meeting.

Davis GR, Victor A, Bellar DM. Effects of Tart Cherry Concentrate Upon Muscle Oxygenation During Cycling Exercise.

Russell RD, **Davis GR**, Nelson AG, Kraemer RR, Kheterpal P, Keske MA, McMillan AP, Roberts CK, Hulver MW. Short Bouts Of Resistance Training Reduces Lipid Metabolism Disparities In T2d Offspring In 6 Weeks.

Bellar DM, Murphy K, **Davis GR**, and Judge LW. The effect of vitamin D3 on musculoskeletal performance in college-aged males.

2016 Integrative Biology of Exercise VII.

Davis GR, Guillory J, Deville T, Bellar DM, Nelson AG. Examination of Physical Activity and Family History of Type 2 Diabetes on Serum FGF21.

2016 National Strength and Conditioning Association (NSCA) National Conference.

Davis GR, Sharp AR, Bellar DM. Validity and reliability of wearable near-infrared spectroscopy technology for the detection of muscle oxygen saturation: proof of concept.

Gallien G, **Davis GR**, Bellar DM. The effects of jiaogulan tea on resting metabolism in a sample of college aged males.

Bellar DM, Marcus L, **Davis GR**. The effects of a botanical blend on post-exercise mucosal antimicrobial proteins.

2016 American College of Sports Medicine (ACSM) Annual Meeting.

Davis GR, Guillory J, Deville T, Bellar DM, Nelson AG. Serum FGF 21 in Individuals with and Without a Family History of Type 2 Diabetes.

Bellar DM, Moody K, **Davis GR**, Glickman EL. The Effect of Tart Cherry Concentrate on Oxidative Stress and Salivary Immunoglobulins Post – Exercise.

2015 National Strength and Conditioning Association (NSCA) National Conference.

Davis GR, Fuller S, Daray L, Nelson AG, Stephens JM, Datri, J, Stewart LK. The effects of marathon training versus combined training on plasma adiponectin and C-Reactive Protein in healthy young females.

Gallien G, **Davis GR**, Bellar DM. The effects of a pre-workout vegan supplement on cycling performance levels in a sample of college aged males.

Marcus L, Bellar DM, **Davis GR**, Judge L. The association of peak force on a portable isometric device with age among older african american females.

Moody K, Bellar DM, Foret C, **Davis GR**, LeBlanc N, Murphy K, Judge L. Investigation of the acute and post exercise effects of tart cherry concentrate on salivary IgA.

Bellar DM, LeBlanc N, Judge L, **Davis GR**. The effect of six days of alpha-GPC supplementation on isometric force production.

2014 American College of Sports Medicine (ACSM) Annual Meeting.

Davis GR, Nelson, AG. 12 Weeks of Periodized Resistance Training Alters Total Plasma Adiponectin Concentration in Healthy Young Men.

	<p>Etheredge CE, Marcus L, McMillan C, Piper T, Davis GR, Bellar DM. Relationship of Temperature to Psychomotor Function During 36 Hours of Exercise without Sleep.</p> <p>Bellar DM, Marcus L, Etheredge CE, Davis GR, Judge LW, McMillan C, Piper T, Glickman, EL. Effect of 36 Hours of Sustained Exercise on Melatonin.</p> <p>2013 <u>American College of Sports Medicine (ACSM) Annual Meeting.</u> Nelson AG, Davis GR, Farney TM, Miskowiec RW, Trionfante CP, Kokkonen J. A Pre-exercise Dose Of Melatonin Can Alter Substrate Use During Exercise.</p> <p>Trionfante CP, Davis GR, Nelson AG. Applying Undulating Periodization to Resistance Training can Significantly Improve Muscular Strength and Body Composition.</p>
Grants	<p>2017 <u>Lifespan International, LLC.</u> \$9,262 Bellar DM, Davis GR. The Effects of 10 Days of Extreme Endurance on Repeat Sprint Cycling Performance: Determining Watts (Power), Battering and Muscle Damage Change.</p> <p>2017 <u>Romanian Sports Science.</u> \$5,750 Bellar DM, Davis GR, Leger A. Lab Techniques.</p> <p>2016 <u>Lafayette Parish School System GEAR UP grant.</u> \$50,994 Roberts, N, Bellar DM, Davis GR. Teachers Gear Up for Leadership Camp/Monitoring Muscle Oxygenation and Blood Flow to Examine Human Physiology in Science Education.</p> <p>2016 <u>Cherry Research Institute.</u> \$49,473 Bellar DM, Boudreaux S, Murru S, Davis GR. Investigation of the Effects of Tart Cherry Concentrate on Oxygen Kinetics and Muscle Oxygenation During Exercise.</p> <p>2016 <u>Anderson Global Group.</u> \$19,422 Bellar DM and Davis GR. Evaluation of the effects of CherryPure on bioavailability of nitrate, muscle oxygenation, slow component VO₂ kinetics and inflammation in aerobic athletes.</p> <p>2016 <u>Phenoh.</u> \$9,950 Bellar DM and Davis GR. Clinical Testing of Phenoh vs traditional sports drink.</p> <p>2016 <u>Avadim Technologies, Inc.</u> \$7,084 Bellar DM and Davis GR. Investigation of Muscle Oxygenation and Innergy Sport Foam.</p>

Conferences Attended	See Presentations
Professional Memberships	<p>2013 – Present American Physiological Society (APS)</p> <p>2010 – Present American College of Sports Medicine (ACSM)</p> <p>2007 – Present National Strength and Conditioning Association (NSCA)</p>
Awards	<p>2016 Red Lerville's/LEQSF Regents Endowed Professorship in Health and Physical Education</p> <p>2016 University of Louisiana at Lafayette Undergraduate Research Mini-Grant Award (\$2,000)</p> <p>2016 University of Louisiana at Lafayette Outstanding Academic Advisor Award</p> <p>2015 National Strength and Conditioning Association (NSCA) National Conference Undergraduate Student Outstanding Poster presentation Award (co-mentor)</p> <p>2014 University of Louisiana at Lafayette Outstanding Undergraduate Research Mentor</p> <p>2014 University of Louisiana at Lafayette Vesta Bourgeois Research Award (\$5,000)</p> <p>2014 University of Louisiana at Lafayette College of Education Summer Research Award (\$4,500)</p>
Additional Skills	<p>Laboratory Skills:</p> <p><i>Basic</i> – Western Blot, PCR, ELISA, spectrophotometry</p> <p><i>Animal</i> – C57BL/J6 and FVB mouse maintenance, handling, treadmill running, nuclear magnetic resonance (NMR), body weight, genotyping, dissection of lower limb muscles, heart, and liver</p> <p><i>Biological Fluids</i> – Blood, saliva and urine collection, biological specimen analysis, handling, and storage</p> <p><i>Cardiorespiratory</i> – Electrocardiogram (ECG), spirometry, continuous blood pressure monitoring</p> <p><i>Metabolic</i> – VO₂Max, resting metabolic rate, substrate utilization, ventilatory threshold testing with ParvoMedics, COSMED, Tru One, and MOXUS</p>

	<p><i>Body composition</i> – BOD POD, hydrostatic weighing, and bone density with bone ultrasound attenuation, skinfolds, waist-hip-ratio</p> <p><i>Musculoskeletal</i> – AMTI force platform (for vertical jump, rate of force development, peak force production, mean force production, and fatigue index), load cell isometric strength testing, isotonic strength and endurance testing</p>
Dissertation	<p>The Effects of Chronic and Acute Exercise Modalities on Substrate Utilization and Plasma Adiponectin Concentration.</p> <p>Committee: Drs. Arnold G. Nelson, Laura K. Stewart, Jacqueline Stephens, and Donald Thompson</p>
Other Professional Experience	<p>American College of Sports Medicine (ACSM) 2017 Southeast Regional Annual Meeting Abstract Reviewer</p> <p>National Strength and Conditioning Association (NSCA) 2018 – Present Education Committee 2018 External Grant Reviewer 2017 National Conference Abstract Reviewer 2015 – 2017 Professional Development Mentor 2013 – Present Louisiana State Advisory Board Member</p> <p>Louisiana Health, Physical Education, Recreation, and Dance (LAHPERD) 2015 – 2016 Research Chairmen</p> <p>Journal Manuscript External Peer Reviewer 2018 BMJ (British Medical Journal) Open Diabetes and Research Ca 2016 Journal of Sport and Health Science 2015 Journal of Strength and Conditioning Research 2014 Biomed Research International</p>
Service	<p><u>University of Louisiana at Lafayette Service:</u> 2017 – Present Graduate Council Member 2017 – Present Graduate Student Appeals Committee 2017 Master’s Fellowships Committee 2015 Search Committee Member: Dean of the College of Education 2014 – Present Faculty Senate Member 2014 – Present Ways and Means Committee Chairman</p> <p><u>School of Kinesiology Service:</u> 2017 – Present Assistant Director of the School of Kinesiology 2017 – Present Graduate Program Coordinator 2018 – Present Strategic Plan Implementation Committee Chair 2017 Search Committee Chairman: Instructor of Kinesiology</p>

	<p>2016 – 2017 Merit Committee Member</p> <p>2013 – 2017 Human Performance and Exercise Metabolism Lab Coordinator</p> <p>2014 – Present Graduate Faculty Member</p> <p>2014 – 2015 Search Committee Chairman: Exercise Science Assistant Professor Position</p> <p>2014 Search Committee Member: Athletic Training Instructor Position</p> <p>2014 – Present Undergraduate academic Advisor for approximately 200 students per semester</p> <p>2014 – Present Graduate Student Committee Chair or Member for a total of 40 non-thesis students</p> <p>2013 – Present Master’s Thesis Committee Chair or Member for a total of 12 students</p> <p>2013 – Present Exercise Science Committee Member</p>
--	---