

DON MELROSE

PROFESSIONAL SUMMARY

Goal-oriented, servant-leader, and problem-solver dedicated to strengthening administrative operations, streamlining procedures, and enhancing programmatic outcomes. Cultivates long-lasting relationships with students and staff, fostering program success. Skilled in connecting with industry stakeholders and facilitating mutually beneficial relationships. Motivational leader with exceptional communication, organizational, and strategic planning abilities.

CURRENT ACADEMIC LEADERSHIP POSITION

DEPARTMENT CHAIR 08/2015 to Current

Department of Kinesiology and Military Science, Texas A&M University-Corpus Christi

- Managed a yearly budget of \$1.25 million dollars, salary and operating costs
- Enabled implementation of Athletic Training (MSAT), a CATTE accredited program
- Worked with international team of professionals to design a recognized strength and conditioning accreditation (CASCE)
- Lead departmental effort to receive strength and conditioning (CASCE) accreditation at both the graduate and undergraduate levels
- Oversaw the implementation of Bachelors of Sport Management program
- Facilitated the implementation of an approved Biohazard Safety Lab-2 (BSL-2)
- Directed the acquisition of an Athletic Training Lab for the MSAT program
- Acquired significant exercise equipment in order to create an exercise/training learning lab for Kinesiology students
- Streamlined and improved reporting of yearly faculty activity reporting for the Department of Kinesiology
- Lead the department through very successful 10 year self-studies for undergraduate and graduate levels, as required by SACSCOC
- Helped department maintain 90% passage rate for PE Teaching Certificate recipients
- Lead the effort to be among the first programs in the world to be CASCE (Strength and Conditioning) accredited at both the graduate and undergraduate levels
- Currently support the only online, CASCE accredited, master's degree in the world
- Supported the implementation of two 100% fully online programs for the department
- Worked to optimize departmental offerings and scheduling
- Mentored numerous junior faculty through the promotion and tenure process
- Oversaw re-design of WEAVE objectives for select degree plans in Kinesiology

PAST ACADEMIC APPOINTMENTS

INTERIM DEAN, COEHD 01/2024 to 5/31/25

Texas A&M University - Corpus Christi, Corpus Christi, TX

- Balanced concurrent college and departmental leadership responsibilities since January, 2024

- Effectively oversaw \$3.2 million budget for the COEHD, ensured proper allocation of funds to support essential operations and growth opportunities
- Initiated realignment of faculty evaluation process to ensure R2 compliance
- Working with University and COEHD leadership to increase undergraduate and graduate enrollment and conferral
- As the TEA designated lead for education in our college, oversaw successful TEA audits and self-study's for the college
- With designated faculty, visited several schools in the Corpus Christi area to observe Islander Residency students work
- Routinely engage with area school Principals at regular, required meetings
- Work to support the Transformative Alliance for the COEHD
- Support and speak at numerous educational initiatives held at the university such as the Regional Science Fair, SUPCE Conference, STEM Conference, and Beginning Teacher Institute
- Worked with local school district officials to facilitate a renewed research-based relationship to benefit research opportunities for the university
- Continues to work with Institutional Advancement to optimize financial strategies for the college
- Successfully hired 7 new faculty
- Works closely with Enrollment Management to develop growth strategies for COEHD programs.
- Served as an advocate for departmental needs by effectively communicating with upper-level administration, securing resources necessary for continuous growth and improvement
- Work closely with COEHD leadership to align faculty work expectations with R2 status
- Directed crisis management efforts during emergent situations (tropical systems), ensuring safety and well-being of campus community
- Oversaw accreditation processes, maintaining compliance with institutional standards and ensuring continuous improvement of academic offerings
- Worked with Department Chairs to resolve difficult personnel issues

Full Professor of Kinesiology - TAMUCC

Associate Professor of Kinesiology -TAMUCC

Assistant Professor of Kinesiology - TAMUCC

Assistant Professor and Founding Strength and Conditioning Coordinator (split position)-
Kinesiology/Athletics - TAMUCC

Faculty Instructor/Lecturer - Southern Illinois University-Carbondale

Teaching/Research Assistant - Southern Illinois University-Carbondale

Graduate Assistant Strength and Conditioning Coach - Illinois State University

PROFESSIONAL LEADERSHIP POSITIONS

- National Strength and Conditioning Association Foundation, Board of Directors, 7/15/24 - Present
- National Strength and Conditioning Association Foundation, President Board of Directors, 7/15/22 - 7/15/24
- National Strength and Conditioning Association Foundation, Board of Directors, Vice President, 7/15/20 - 7/15/22
- National Strength and Conditioning Association, National/International Chair of Regional and State Directors, 7/18-7/20
- National Strength and Conditioning Association, National/International Vice Chair of Regional and State Directors, 7/18-7/20
- National Strength and Conditioning Association, Midwest Regional Coordinator, 7/13-7/17

- National Strength and Conditioning Association, Texas State Director, 9/11-7/13
- National Strength and Conditioning Association, Texas Advisory Board, 9/11-9/13

ACADEMIC ADMINISTRATIVE SKILLS

- Academic administration knowledge
- Student retention
- Policy compliance
- Relationship Building
- Effective Communication
- Faculty Collaboration
- Organizational Development
- Faculty communication
- Problem-solving aptitude
- Adaptability and Flexibility
- Active Listening
- Student Guidance

EDUCATION

Southern Illinois University-Carbondale, Carbondale, IL

Ph.D., Physical Education: Exercise Physiology

- Certified Strength and Conditioning Specialist (with distinction): CSCS*D

Illinois State University, Bloomington, IL

Master of Science, Physical Education: Exercise Science

Illinois State University, Bloomington, IL

Bachelor of Science, Physical Education: Fitness Leadership

Illinois Valley Community College, Oglesby, IL

Associate of Arts, Physical Education Emphasis: Physical Education

MILITARY

United States Air Force Reserve (1990 - 1996) - 28th Mobile Aerial Port Squadron (MAPS), Chicago, IL.

- Aircraft Load Specialist, C-130, C-141, and C-5 platforms
- Maintained unit physical fitness standards and records
- Instructed chemical warfare readiness and maintained records

LANGUAGES

Spanish

Limited Working

REFEREED PUBLICATIONS

Gonzalez, D. E., Melrose, D. R., Kukić, F., Lockie, R. G., Orr, R. M., & Dawes, J. J. (2025). Does Exercise Performance Differ Among Male Law Enforcement Officers Based on Their Body Mass Index Category? *Healthcare*, *13*(13), 1584. <https://doi.org/10.3390/healthcare13131584>

Melrose, D. R., & Heikkinen, D. (2022). Chapter 6. Physiological responses and adaptations to aerobic endurance training. In NSCA's Essentials of Personal Training (3rd ed.). Champaign, IL: Human Kinetics.

Melrose, D. R., Dawes, J. J., Kesterson, M. R., & Reuter, B. (2018). Chapter 7. Immunologic and hematologic disorders. In P. L. Jacobs (Ed.), NSCA's Essentials of Training Special Populations (1st ed.). Champaign, IL: Human Kinetics. <http://www.humankinetics.com/products/all-products/NSCAs-Essentials-of-Training-Special-Populations?mid=27681246&ml=643090>

Melrose, D. R., & Dawes, J. (2015). Resistance characteristics of the TRX suspension training system at different angles and distances from the hanging point. *Journal of Athletic Enhancement*, 4(1). <https://doi.org/10.4172/2324-9080.1000184>

Melrose, D. R., Spaniol, F. J., Bonnette, R., & Woods, G. (n.d.). The effects of shoulder girdle dynamics, reach, and jump mode, on vertical jump performance. Manuscript in progress.

Melrose, D. R., & Boham, M. (n.d.). Continuing education: Understanding the lure of internet steroids. Manuscript in progress.

Saville, P., Spaniol, F., Ocker, L., Bonnette, R., Melrose, D., & Jarrett, L. (2014). Health-related fitness of undergraduate kinesiology students. *Journal of Sport Behavior*, 37(2).

Melrose, D. R. (2014). Exercise technique: The Zottman curl. *Journal of Strength and Conditioning Research*, 36(1).

Dawes, J. J., Richmond, J., Melrose, D. R., Ocker, L., Edwards, S. W., Brooks, K., & Willis, D. (2013). The effects of a commercial liquid energy supplement on physical performance reaction time, and mood state in college-aged males and females. *Journal of the International Society of Sports Nutrition*, 10(Suppl 1), P5. <https://doi.org/10.1186/1550-2783-10-S1-P5>

Melrose, D. R. (2013). Conflicting information and unknown risks surrounding counterfeit anabolic steroids. *Topics in Integrative Health Care*, 4(4). www.tihcij.com

Dawes, J. J., Elder, C., Hough, L., Melrose, D. R., & Stierli, M. (2012). Description of selected physical performance measures and anthropometric characteristics of part and full-time special weapons and tactical teams. *Journal of Australian Strength and Conditioning*, 21(12).

Dawes, J., Dukes, R., Melrose, D. R., & Ocker, L. (2013). Societal attitudes toward the use of non-medical androgenic-anabolic steroids by competitive athletes versus recreational weightlifters. *Journal of Australian Strength and Conditioning*, 21(12).

Ocker, L. B., Melrose, D., Spaniol, F., & Bonnette, R. (2012). Ticket price comparison of Double-A and Triple-A affiliate baseball leagues. *The Sport Journal*, 14. www.thesportjournal.org

Bonnette, R., Smith, M. C., Spaniol, F., Ocker, L., & Melrose, D. R. (2012). The effect of music listening performance and rating of perceived exertion of college students. *The Sport Journal*, 14. www.thesportjournal.org

Temple, D., Dawes, J., Ocker, L., Spaniol, F., Melrose, D. R., & Murray, A. (2011). Effect of a pre-

exercise energy drink (Redline) on muscular endurance of the trunk. *Journal of the International Society of Sports Nutrition*, 8(Suppl 1), P13. <https://doi.org/10.1186/1550-2783-8-S1-P13>

Melrose, D. R., Ocker, L. B., Bonnette, R., & Spaniol, F. (2011). The Internet and steroids: A less than honest relationship. *Journal of Strength and Conditioning Research*, 33(2).

Ocker, L. B., & Melrose, D. R. (2008). Examining the validity of the body mass index cut-off score for obesity of different ethnicities. *Journal of Multicultural, Gender, and Minority Studies*, 2(1).

Bohling, M., Melrose, D. R., Bonnette, R., & Spaniol, F. (2008). The efficacy of bioelectric impedance as an estimator of body composition analysis in Hispanic youths. 2007 CEDER Yearbook, 159-1.

Melrose, D. R., Spaniol, F., Bonnette, R., & Bohling, M. (2007). Physiological and performance characteristics of adolescent, club, volleyball players. *Journal of Strength and Conditioning Research*, 21(2), 481-486.

Melrose, D. R., & Knowlton, R. G. (2005). Compatibility of adaptive responses with hybrid simultaneous resistance and aerobic training. *The Sport Journal*, 8(3).

Melrose, D. R. (2005). Gender differences in cardiovascular response to isometric exercise in the seated and supine positions. *Journal of Exercise Physiology Online*, 8(4).

Becque, M. D., Lochmann, J. D., & Melrose, D. R. (2000). Effect of creatine supplementation during strength training on 1RM and body composition. *Medicine and Science in Sports and Exercise*, 32(3), 654-658.

Greiwe, J. S., Staffey, K. S., Melrose, D. R., Narve, M. D., & Knowlton, R. G. (1998). Effects of dehydration on isometric muscular strength and endurance in un-acclimatized men. *Medicine and Science in Sports and Exercise*, 29(5), 284-290.

McCaw, S. T., & Melrose, D. R. (1995). Stance width and bar load effects on IEMG values during phases of the parallel squat. *Medicine and Science in Sports and Exercise*, 27(5).

PUBLISHED ABSTRACTS

Davidson, K. L., Melrose, D. R., Boham, M., & Spaniol, F. (2017). The relationship between anthropometric variables and serve/spike velocity in adolescent, female, volleyball players. *Journal of Strength and Conditioning Research*, 2014 National Conference, July 2016.

Melrose, D. R., Mohan, L., & Johnson, J. (2015, July). No difference in dominant vs. non-dominant leg bone density, bone mineral content, or body composition in NCAA Division 1 female soccer players. Poster presented at the NSCA National Conference.

Warren, B., Spaniol, F. J., Melrose, D. R., & Bonnette, A. R. (2015, July 10). The effects of an elevation training mask on VO₂max of male reserve officers training corps cadets. Poster session presented at the NSCA National Conference, National Strength and Conditioning Association, Orlando, FL.

Melrose, D. R., Alves, M., Bonnette, R., & Spaniol, F. (2014, July). The effects of hydration status on muscular performance from pre- to post-season in female, freshman, soccer players. Poster presented at the NSCA National Conference.

Melrose, D. R., Dawes, J., Bonnette, R., Spaniol, F. J., & Cantu, A. (2013, July). The resistance characteristics of the TRX Suspension Training System at different angles and distances from the hanging point. Poster presented at the NSCA National Conference.

Spaniol, F., Bonnette, R., Dawes, J., & Melrose, D. R. (2012, July). The relationship between lower body power and throwing velocity of high school baseball players. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Providence, RI.

Dawes, J., Bonnette, R., Spaniol, F., & Melrose, D. R. (2012, July). Relationship between sustained anaerobic power and change of direction speed among tactical officers. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Providence, RI.

Bonnette, R., Spaniol, F., Ocker, L., Melrose, D., & Dawes, J. (2011, July). The relationship between visual skills and volleyball performance of NCAA Division I volleyball players. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Spaniol, F., Dawes, J., Temple, D., Bonnette, R., Melrose, D., & Ocker, L. (2011, July). The relationship between rotary power, grip strength, and batted ball velocity of NCAA Division I baseball players. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Spaniol, F., Montiero, I., Ocker, L., Bonnette, R., Melrose, D., Temple, D., & Dawes, J. (2011, July). The relationship between visual skills and tennis performance of NCAA Division I tennis players. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Dawes, J., Murray, A., Spaniol, F., Temple, D., Bonnette, R., & Melrose, D. (2011, July). Relationship between anthropometric measures and upper body muscular endurance of part-time special weapons and tactics team officers. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Spaniol, F., Flores, J., Bonnette, R., Melrose, D., & Ocker, L. (2010, July). The relationship between speed and agility of professional arena league football players. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Spaniol, F., Paluseo, J., Bonnette, R., Melrose, D., Ocker, L., & Szymanski, D. (2010, July). The relationship between static strength, rotational strength, rotational power, bat speed, and batted-ball velocity of NCAA Division I baseball players. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Scott, A., Spaniol, F. J., Ocker, L., Bonnette, R., & Melrose, D. (2010, July). The application of a systems model to the training and performance of adolescent swimmers. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Bonnette, R., Spaniol, F., Melrose, D. R., Ocker, L., & Dyer, R. (2010, July). The effect of agility, plyometric, and sprint training on the speed, endurance, and power of high school soccer players. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

Spaniol, F., Saville, P., Bonnette, R., Ocker, L., Melrose, D. R., & Eidner, L. (2010, July). Health-related fitness of undergraduate kinesiology majors. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

Bonnette, R., Spaniol, F., Melrose, D. R., Ocker, L., & Bain, J. (2010, July). The relationship between squat strength, vertical jump, and power score of high school football players. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

Spaniol, F., Eidner, L., Ocker, L., Bonnette, R., Melrose, D. R., & Saville, P. (2010, July). Skill-related fitness of undergraduate kinesiology students. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

Scott, A. L., Spaniol, F., Ocker, L., Bonnette, R., & Melrose, D. R. (2010, July). Skill-related fitness of undergraduate kinesiology students. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

Bonnette, R., Smith, M. C., Spaniol, F., Melrose, D., & Ocker, L. (2010, July). The effect of music listening on running performance and rating of perceived exertion of college students. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Spaniol, F. J., Flores, J., Bonnette, R., Melrose, D. R., & Ocker, L. B. (2009, July). The relationship between speed and agility of professional arena league football players. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Melrose, D. R., Barnes, M. L., Ocker, L. B., Spaniol, F. J., Bonnette, R., & Woods, G. (2009, July). The effects of shoulder girdle dynamics, reach, and jump mode on vertical jump performance. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

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Spaniol, F. J., Paluseo, J., Bonnette, R., Melrose, D. R., Ocker, L. B., & Szymanski, D. (2009, July).

The relationship between static strength, rotational power, bat speed, and batted-ball velocity of NCAA Division I baseball players. Poster session presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Spaniol, F., Bonnette, R., Melrose, D. R., & Bohling, M. (2006, July). Physiological predictors of bat speed and batted-ball velocity in NCAA Division I baseball players. Poster session presented at the National Strength and Conditioning Association National Meeting, Washington, D.C.

Melrose, D. R., Spaniol, F., Bohling, M., & Bonnette, R. (2006, July). Physical characteristics of adolescent volleyball players. Poster session presented at the National Strength and Conditioning Association National Meeting, Washington, D.C.

Melrose, D. R., Spaniol, F., Bohling, M., & Bonnette, R. (2006, July). Physical and performance characteristics contributing to the development of volleyball serving and spiking velocity in adolescent volleyball players. Poster session presented at the National Strength and Conditioning Association National Meeting, Washington, D.C.

Spaniol, F. J., Bonnette, R., Melrose, D. R., & Bohling, M. (2005, July). Physiological characteristics of NCAA Division I baseball players. Poster session presented at the National Strength and Conditioning Association National Meeting, Las Vegas, NV.

Melrose, D. R., Spaniol, F., Bonnette, R., & Bohling, M. (2005, July). Physiological characteristics of NCAA Division I baseball players. Poster session presented at the National Strength and Conditioning Association National Meeting, Las Vegas, NV.

REFEREED POSTER PRESENTATIONS

Davidson, K. L., Melrose, D. R., Boham, M., & Spaniol, F. (2017). The relationship between anthropometric variables and serve/spike velocity in adolescent, female, volleyball players. *Journal of Strength and Conditioning Research*, 2014 National Conference. Presented at the National Strength and Conditioning Association National Conference, July 2016.

Melrose, D. R., Mohan, L., & Johnson, J. (2015). No difference in dominant vs. non-dominant leg bone density, bone mineral content, or body composition in NCAA Division 1 female soccer players. Poster presented at the NSCA National Conference, July 2015.

Warren, B., Spaniol, F. J. (Author & Presenter), Melrose, D. R., & Bonnette, A. R. (2015). The effects of an elevation training mask on VO₂max of male reserve officers training corps cadets. Poster presented at the NSCA National Conference, National Strength and Conditioning Association, Orlando, FL.

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Spaniol, F., Eidner, L., Ocker, R., Bonnette, R., Melrose, D. R., & Saville, P. (2010). Skill-related fitness of undergraduate kinesiology students. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

Bonnette, R., Spaniol, F., Melrose, D. R., Ocker, L., & Bain, J. (2010). The relationship between squat strength, vertical jump, and power score of high school football players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

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Bonnette, R., Spaniol, F., Melrose, D. R., Ocker, L., & Dyer, R. (2010). The effect of agility, plyometric, and sprint training on the speed, endurance, and power of high school soccer players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

Melrose, D. R., Barnes, M. L., Ocker, L. B., Spaniol, F. J., Bonnette, R., & Woods, G. (2009). The effects of shoulder girdle dynamics, reach, and jump mode on vertical jump performance. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Spaniol, F. J., Flores, J., Bonnette, R., Melrose, D. R., & Ocker, L. B. (2009). The relationship between speed and agility of professional Arena League football players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Bonnette, R., Smith, M. C., Spaniol, F. J., & Melrose, D. R. (2009). The effect of music listening on running performance and ratings of perceived exertion of college students. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Spaniol, F. J., Paluseo, J., Bonnette, R., Melrose, D. R., Ocker, L. B., & Szymanski, D. (2009). The relationship between static strength, rotational power, bat speed, and batted-ball velocity of NCAA Division I baseball players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Spaniol, F. J., Bonnette, R., Ocker, L. B., Melrose, D. R., Paluseo, J., & Szymanski, D. (2008). Effect of skills training on the batting performance of NCAA Division I baseball players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Spaniol, F. J., Bonnette, R., Ocker, L. B., Melrose, D. R., Paluseo, J., & Szymanski, D. (2008). The relationship between rotational power, bat speed, and batted ball velocity of NCAA Division I baseball players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Las Vegas, NV.

Melrose, D. R., Bain, J. M., Spaniol, F., Ocker, L. B., & Bonnette, R. (2007, July). A comparison of vertical jump technology: The Just Jump electronic jump mat vs. the Vertec apparatus. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Atlanta, GA.

Spaniol, F., Bonnette, R., & Melrose, D. R. (2007, July). The relationship between grip strength and bat speed of adolescent baseball players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Atlanta, GA.

Melrose, D. R., Spaniol, F., Bohling, M., & Bonnette, R. (2006). The effects of a dynamic warm-up on vertical jump performance in collegiate basketball players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

Spaniol, F., Ocker, L. B., Melrose, D. R., & Bonnette, R. (2006). The relationship between upper body strength and performance in NCAA Division I football players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

Spaniol, F., Melrose, D. R., Bonnette, R., & Ocker, L. B. (2006). The effect of a 6-week resistance training program on lower body power in collegiate soccer players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Orlando, FL.

Melrose, D. R., Spaniol, F., Ocker, L. B., & Bonnette, R. (2005). The effect of plyometric training on vertical jump performance in NCAA Division I volleyball players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, New Orleans, LA.

Spaniol, F., Melrose, D. R., Ocker, L. B., & Bonnette, R. (2005). The relationship between agility and sprinting speed in collegiate football players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, New Orleans, LA.

Melrose, D. R., Spaniol, F., Bonnette, R., & Ocker, L. B. (2005). The impact of a 4-week sprint training program on 40-yard dash times in collegiate football players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, New Orleans, LA.

Spaniol, F., Melrose, D. R., Ocker, L. B., & Bonnette, R. (2004). The effect of resistance training on flexibility in collegiate athletes. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Minneapolis, MN.

Melrose, D. R., Spaniol, F., Ocker, L. B., & Bonnette, R. (2004). The relationship between body composition and strength in collegiate football players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Minneapolis, MN.

Spaniol, F., Melrose, D. R., Bonnette, R., & Ocker, L. B. (2004). The effect of endurance training on aerobic capacity in collegiate soccer players. Poster presented at the National Strength and Conditioning Association National Conference and Exhibition, Minneapolis, MN.

PROFESSIONAL PRESENTATIONS

Melrose, D. R. (2020, September 26). The benefits of HIIT for clinical populations. Invited presentation at the 2020 Idaho State Clinic (Virtual), National Strength and Conditioning Association.

Melrose, D. R. (2019, November 9). Clinical and performance applications of high-intensity interval training. Invited presentation at the 2019 NSCA Midwest Regional Conference, National Strength and Conditioning Association, Texas A&M University-Corpus Christi, Corpus Christi, TX.

Melrose, D. R. (2019, July 11). From back seat to driver's seat—Getting involved and leading at the NSCA. Participating presenter at the 2019 NSCA National Conference, National Strength and Conditioning Association, Las Vegas, NV.

Melrose, D. R. (2019, February 14). Innovative perspectives and technologies in health and fitness. Author & presenter at the President's Circle, TAMUCC Island Hall Biomechanics Lab, Texas A&M University-Corpus Christi, Corpus Christi, TX.

Spaniol, F. J., Ajisafe, T. D., Melrose, D. R., & Valadez, C. C. (2018, December 6). Lessons learned from developing and implementing an online master's degree program. Invited presentation at the Digital Strategies Symposium, Teaching and Learning Technologies, Corpus Christi, TX.

Melrose, D. R. (2018, July 27). The potential benefits of HIIT for the diabetic population. Invited presentation at the 14th Annual Diabetes Conference, Coastal Bend Health Education Center, American Bank Center, Corpus Christi, TX.

Melrose, D. R. (2018, July 27). The potential benefits of HIIT for the diabetic population. Invited presentation at the 14th Annual Diabetes Conference, Coastal Bend Health Education Center, American Bank Center, Corpus Christi, TX.

Melrose, D. R., Boham, M. D., & Spaniol, F. J. (2017, July 14). The relationship between anthropometric variables and serve/spike velocity in adolescent female volleyball players. Invited presentation at the National Conference, National Strength and Conditioning Association, Las Vegas, NV.

Melrose, D. R. (2015, July). Diabetes and exercise: What we know, how it works, how it's done. Invited presentation at the 11th Annual Diabetes Conference, Corpus Christi, TX.

Melrose, D. R. (2015, November). Strength and conditioning mythology. Author & presenter at the Islander Athletics Sport Performance Clinic, Texas A&M University-Corpus Christi, Corpus Christi, TX.

Melrose, D. R. (2011). Steroids and the internet: Do you know what you're up against? Invited presentation at the National Strength and Conditioning Association Personal Trainer's Conference, Las Vegas, NV.

Melrose, D. R. (2013, July). Steroids and the internet: Do you know what you're up against? Invited presentation at the TAMU Nutritional Coop, Nutritional Conference, Corpus Christi, TX.

Melrose, D. R. (2013, July). Steroids and the internet: Do you know what you're up against? Invited presentation at the South-West Athletic Trainers Association Conference, Houston, TX.

Melrose, D. R. (2013, July). Steroids and the internet: Do you know what you're up against? Invited presentation at the National Strength and Conditioning National Conference, Las Vegas, NV.

Melrose, D. R. (2012). The role of the internet in the distribution of illegal steroids. Invited presentation at the National Strength and Conditioning Midwest Regional Clinic, Oklahoma State University, Oklahoma.

Ocker, L. B., Spaniol, F. J., Bonnette, R., & Melrose, D. R. (2008, Fall). Integration and efficacy of digital audio file technology for education enhancement. Oral presentation at the TAPERD State Conference, Corpus Christi, TX.

Melrose, D. R. (2007, Spring). Steroid education and awareness seminar. PowerPoint presentation to weight-lifting class students at Texas A&M University-Corpus Christi, Corpus Christi, TX.

Perez, E. J., Spaniol, F. J., & Melrose, D. R. (2006, Spring). Comparison of field methods in the assessment of obesity in youth participating in summer sports camps. Poster session presented at the Doctoral Student Symposium, Kingsville, TX.

Melrose, D. R. (2006, November). Steroids: What athletes need to know. PowerPoint presentation to 1,000 athletes at both Flour Bluff Junior High and Flour Bluff High School, Flour Bluff, TX.

Melrose, D. R. (2006, December). Nutrition and athletes. PowerPoint presentation to 1,000 athletes at both Flour Bluff Junior High and Flour Bluff High School, Flour Bluff, TX.

Melrose, D. R. (2005, November). Steroids: What parents need to know. PowerPoint presentation to parents of Flour Bluff ISD students, Flour Bluff, TX.

Melrose, D. R. (2004, April). Carbohydrates and endurance performance. Oral presentation for athletes at the Corpus Christi Athletic Club Running Clinic, Corpus Christi Athletic Club, Corpus Christi, TX.

Melrose, D. R. (2001, February). Exercise basics and guidelines for specific populations. PowerPoint presentation for the Corpus Christi Dietetic Association - Driscoll Children's Hospital, Corpus Christi, TX.

Melrose, D. R. (2000, October). Resistance exercise and the prevention of injuries in mature women. PowerPoint presentation at the Sixth Annual Christus Spohn Health System's Women's Health Conference, Corpus Christi, TX.

Melrose, D. R. (2017, July). Lifespan and obesity. Teacher in-service presentation at the Corpus

Christi Catholic Diocese, Corpus Christi, TX.

Melrose, D. R. (2001, April). The science of fat and performance. PowerPoint presentation at the 4th Annual TAHPERD Student Convention, Texas A&M University-Corpus Christi, Corpus Christi, TX.

Melrose, D. R., & McCaw, S. T. (1994, February). Stance width and bar load effects on IEMG values during phase of the parallel squat. Oral session presented at the Illinois Association for Health, Physical Education, Recreation, and Dance, Arlington, IL.

Melrose, D. R., Ricard, M., & Kirkendall, D. (1994, February). Effect of eccentric loading on series elastic contribution to vertical jump performance. Poster session presented at the Midwest Chapter of the American College of Sports Medicine Annual Winter Meeting, Boyne Mountain, MI.

COURSES TAUGHT

- Graduate Strength and Conditioning (KINE 5314) – In person and online.
- Graduate Mental and Emotional Aspects of Sports (Sport Psychology) (KINE 5340) - Graduate
- Exercise Physiology (KINE 5312) – In person and online.
- Exercise Physiology – Graduate Class (KIN 5312) – TAMUK
- Physiology of Exercise (KINE 4312)
- Physiology of Exercise Lab (KINE 4112)
- Sport and Exercise Psychology (KINE 3337) – In person and online.
- Exercise Assessment and Prescription (KINE 4340)
- Measurement and Evaluation (KINE 4311)
- Exercise and Health (HLTH 4310)
- Creative Lifestyles of Wellness (HLTH 4350)
- Weight Training and Aerobics (KINE 1106)
- Professional Internship (KINE 4394)
- Graded Cardiovascular Exercise Testing and Prescription (PE 382)
- Basic Electrocardiography and Aerobic Physiology (PE 380)
- Biomechanical Analysis of Sport (PE 321)
- Exercise Science Majors Laboratory (Part of PE 319)
- Exercise Conditioning and Weight Training (PE 115)
- Teaching Physical Education for Special Populations (PE 305)
- Exercise and Weight Control/Sports Nutrition (PE 381)
- Flag Football (PE 110)

CAREER SERVICE, COMMITTEES SERVED

Professional Service

- Intercollegiate Council for Sports Medicine (ICSM)
- Edited 7 Chapters of NSCA's Essentials of High School Strength and Conditioning (1st ed.)
- NSCA Texas State Director (State)
- NSCA Texas State Advisory Board
- NSCA Midwest Regional Coordinator (Regional)
- NSCA Vice Chair of Regional Coordinators and State Directors (National/International)
- NSCA Chair of Regional Coordinators and State Directors (National/International)
- NSCA Education Committee (National/International, 2017-2018)

- NSCA Education Committee (Secretary, National/International, 2018-2019)
- NSCA Education Committee (Vice Chair, National/International, 2019-Present)
- Conducted Midwest Regional Conference for 150 attendees x4
- Brought NSCA, CSCS and CPT Testing to TAMUCC, April 13 2013 and April 26 2014
- Exercise Science Career Information Board

University Service

- Platinum Analytics Course Scheduling Team
- Veteran's Affairs Committee
- COEHD Leadership Team
- CEC Leadership Team
- COVID 19 Strategic Planning Committee
- TAMUCC Strategic Planning Committee
- Academic Standards Grievance Committee
- Academic Misconduct Committee Member
- Consulted on new facility weight room equipment – TAMUCC
- Faculty Senate
- Executive Committee of Faculty Senate
- Chair of Awards, Bylaws, and Elections Committee
- Facility Committee
- Employee Excellence Award Committee
- University Core Curriculum Committee
- Freshman Advising Training

College Service

- COEHD Dean Search Committee
- Teacher Education Search Committee-Phillip McKendree, Chair
- Core Curriculum Committee, College of Education (8 years)
- Doctoral Committee – Barbara Brinkman
- Doctoral Committee – Gloria Davila
- Master's Project – Roman Torres
- Three Year Review Committee – Dr. Jay Dawes
- Three Year Review Committee – Dr. Kelly Brooks
- Campus Activity; Island Days Presenter (multiple)
- Associate Dean Search Committee, College of Education
- Awards and Honors Committee (College of Education)

Departmental Service

- NSCA ERP Departmental Co-Sponsor
- Athletic Trainer (ATEP) Candidate Reviewer
- Chair Search Committee, Exercise Science Position
- Chair Search Committee, Pedagogy Position
- Organized BOD POD certification for students
- McNair Scholar Sponsor: Tracey Hudak
- Departmental Tenure and Promotion Committee Chair – Randy Bonnette
- Developed and implemented a new Exercise Physiology Laboratory in Island Hall 146 at TAMU-CC
- Chair-Hiring Committee-Departmental, Jay Dawes

- South Texas Career Expo, Departmental Representative
- Department of Kinesiology – Self Study x2
- Chair – Department of Kinesiology Hiring Committee x4
- Athletic Training Self Study Committee
- Developed and Implemented Exercise Science Degree Plan for the Department of Kinesiology

Community Service

- Ward Island Wannabe – Charity music group on behalf of TAMUCC
- Celebrity Substitute, Luther Jones Elementary School, 2nd through 5th grades
- Presented at Kostoryz Elementary School
- Hosted 162 Windsor Park First Graders in Lab Demonstrations
- Luther Jones Elementary Watch Dog Program
- Luther Jones Elementary Career Days, Six- 1 hour presentations
- Hosted 140 First Graders from Windsor Park at TAMUCC Labs
- Univision Interview – iDEXA Scanner
- KIII on air Interview – Fitness for Diabetics
- Campus Activity; Island Days, "Myth Busting Exercise Science For The 21st Century
- Lab Presenter: Future Health Professionals Conference

INTERNAL GRANT FUNDING

University Grant, Aging Related Research Project – 1/19/2017 - \$5000

Baca, J., Chen, L.D., **Melrose, D.R.** Wearable Robotic Modules (WeaR-M) for exercise in older populations.

CEDER Grants – 9/18/08 - \$725.00

Melrose, D.R. The effect of Visual Edge Performance Training (VEPT) on the Batting Performance of NCAA Division 1 Baseball Players

CEDER Grant – 9/18/08- \$1,214.76

Melrose, D.R. Integration and Efficacy of Digital Audio File Technology for Education Enhancement

CEDER Grant – 2/10/06 – \$2,835.49

Melrose, D.R. The accuracy of the Just Jump Vertical Jump Mat as compared to traditional methods of measuring vertical jump

CEDER Grant – 3/15/05 - \$3,090.75

Melrose, D.R. The anthropometric profile and performance characteristics of female volleyball players

CEDER Grant – 9/15/04 - \$4711.00

Melrose, D.R. The effects of the national youth sports program (NYSP) on the physical fitness and obesity levels of children from low-income families

HEF – 2/27/2000 - \$29,140.00

OUTSIDE OF WORK Musician and vocalist, Ward Island Wannabes, Easy A (professor bands)
Skilled at woodworking
Skilled at automotive repairs