

CURRICULUM VITA

James W. Krieger

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Degrees Earned

M.S.	Nutrition	2004	University of Florida
M.S.	Exercise Science	2003	Washington State University
B.S.	Kinesiology (Exercise Science)	1999	Washington State University
Minor	Computer Science	1999	Washington State University

Professional Positions

Employment

- **Owner of Weightology, LLC (www.weightology.net)**, 2009-present
 - *Wrote weekly articles reviewing the latest research in the field of exercise and nutrition, and presented the information in a manner friendly to the lay public*
 - *Provided online nutrition and exercise consulting*
 - *Gave lectures on topics related to exercise and nutrition*
- **Analyst & Wellness Reporting Consultant**, Vivacity, Mountlake Terrace, WA, 2009-2014
 - *Statistically analyze outcomes for employer-based wellness programs, including biometrics, Return-on-Investment (ROI), and claims*
 - *Direct and develop wellness program reporting methods*
 - *Develop infrastructure for wellness program data collection*
- **20/20 Lifestyles Obesity & Metabolic Disorders Research Associate**, PRO Sports Club, Bellevue, WA, 2005-2009
 - *Presented over 75 literature reviews and lectures on obesity and metabolic disorder-related topics to a staff of 5 physicians, 10 dietitians, senior managers/CEO, and 100 personal trainers, as well as members*
 - *Statistically analyzed 20/20 weight loss/metabolic disorder treatment program outcomes (over 400 patients per year)*
 - *Wrote blogs and articles (3x per week) for 20/20 Lifestyles community website on subjects related to obesity and metabolic disorders*
 - *Researched topics related to obesity and metabolic disorders and presented findings to staff*
 - *Contributed health-related articles for Pro Pulse company magazine (over 50 articles)*
 - *Implemented new concepts to 20/20 program, including non-exercise activity thermogenesis (NEAT) and the Sensewear armband*
 - *Coordinated guest lecturers, including Dr. Donald Layman (dietary protein expert) and Dr. James Levine (NEAT expert)*

- **Exercise Physiologist**, PRO Sports Club, Bellevue, WA, 2004-2009
 - *Ran metabolic cart for executive physicals (approx. 1 per month)*
 - *Clients included high-level executives from Costco and Microsoft*

Contracting/Consulting

- **Microsoft Wellness Program Analytics Consultant**, Vivacity, Mountlake Terrace, WA, 2014-2016
 - *Statistically analyzed outcomes for Microsoft wellness programs, including biometrics and claims*
 - *Presented analyses to Microsoft on annual basis*
- **Consultant:** Life Sciences Research Office Dietary Protein Meta-Analysis Project, 2008
- Member of Protein Advisory Council, 2008
 - *Co-coordinated first ever regional Protein Summit in Seattle, Washington*

Lay Publications

- **Editor:** *Journal of Pure Power*, 2006-2012
 - *Contributed approx. 8-10 quarterly articles on strength training and nutrition for athletes*
- **Science Editor:** *Pure Power*, 2001-2005
 - *Contributed approximately 50 articles on nutrition and exercise*
 - *Reviewed content for scientific accuracy*

Internships

- **Exercise Specialist Intern**, L.I.F.E. Services Cardiac and Pulmonary Rehabilitation Program, Summer 1999

Review Process

- **Reviewer:** *Sports Medicine*, 2016-2017
- **Reviewer:** *Journal of Performance Enhancement*, 1999

Websites

- **Content Creator/Writer/Webmaster:** *Weightology, LLC* (www.weightology.net), 2009-present
- **Content Creator/Writer/Webmaster:** *Washington State University Strength and Conditioning*, 1998-2004

Teaching Positions

Fall 2002-

Spring 2004

University of Florida

GNC University Online Course Teaching Assistant

Fall 2001-

Spring 2002

Washington State University

Instructor, Exercise Science 380: Intro to Exercise Physiology (3 credit hours)

Fall 1999-
 Summer 2001 Washington State University
 Instructor, Exercise Science 264/364: Fitness (3 credit hours)
 • *Average response of 4.57 out of 5 on student evaluations*

Fall 2000-
 Fall 2001 Washington State University
 Lab instructor, Exercise Science 463: Advanced Exercise Physiology
 (part of a 4-credit hour course)

Summer 2000 Washington State University
 Instructor, PEACT 112 (Weight Training) (1 credit hour)

Spring 1999 Washington State University
 Tutor, KIN 362 (Biomechanics) (3 credit hours)

Fall 1997 Washington State University
 Teaching Assistant, PEACT 112 (Weight Training) (1 credit hour)

Research Positions

Fall 1999-
 Spring 2001 Washington State University
 Research Assistant, Exercise Science

Research Interests

Obesity, Metabolic Disorders, Nutrition and Body Composition, Exercise and Body Composition, Sports Nutrition, Meta-Analysis, Biostatistics, Exercise and Sports Performance, Skeletal Muscle Physiology and Plasticity, Clinical Nutrition, Amino Acid Metabolism, Nutrition and Immune Function

Professional and Academic Association Memberships

Past

American Alliance of Health, Physical Education, Recreation, and Dance
 American College of Sports Medicine
 American Council on Exercise
 American Physiological Society
 National Strength and Conditioning Association
 Protein Advisory Council

Professional Certifications

- American College of Sports Medicine Health-Fitness Instructor

Grants and Support

- Experimental and Applied Sciences, \$31,973, **Principal Investigator**. Short-term over-reaching and the immune system: effects of glutamine supplementation. (funded Fall 2001-Summer 2002)

Peer-reviewed Publications

- Morton, R.W., K.T. Murphy, S.R. McKellar, B.J. Schoenfeld, M. Henselmans, E. Helms, A.A. Aragon, M.C. Devries, L. Banfield, **J.W. Krieger**, and S.M. Phillips. A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. *Br J Sports Med.* Jul 11 [Epub ahead of print], 2017.
- Grgic, J., B. Lazinica, P. Mikulic, **J.W. Krieger**, and B.J. Schoenfeld. The effects of short versus long inter-set rest intervals in resistance training on measures of muscle hypertrophy: a systematic review. *Eur J Sport Sci.* June 22:1-11 [Epub ahead of print], 2017.
- Schoenfeld, B.J., D. Ogborn, A.D. Vigotsky, M. Franchi, and **J.W. Krieger**. Hypertrophic effects of concentric versus eccentric muscle actions: a systematic review and meta-analysis. *J Strength Cond Res.* May 5 [Epub ahead of print], 2017.
- Schoenfeld, B.J., D. Ogborn, and **J.W. Krieger**. The dose-response relationship between resistance training volume and muscle hypertrophy: are there really still any doubts? *J Sports Sci.* 35(20):1985-1987, 2017.
- Schoenfeld, B.J., A. Aragon, C. Wilborn, S.L. Urbina, S.E. Hayward, and **J. Krieger**. Pre- versus post-exercise protein intake has similar effects on muscular adaptations. *PeerJ.* Jan 3;5:e2825, 2017.
- Rossi, F.E., B.J. Schoenfeld, S. Ocetnik, J. Young, A. Vigotsky, B. Contreras, **J.W. Krieger**, M.G. Miller, and J. Cholewa. Strength, body composition, and functional outcomes in the squat versus leg press exercises. *Journal of Sports Medicine and Physical Fitness.* Oct 13 [Epub ahead of print], 2016.
- Schoenfeld, B.J., D. Ogborn, & **J.W. Krieger**. Dose-response relationship between weekly resistance training volume and increases in muscle mass: A systematic review and meta-analysis. *Journal of Sports Science.* 35(11):1073-1082, 2017.
- Schoenfeld, B.J., D. Ogborn, & **J.W. Krieger**. Effects of resistance training frequency on measures of muscle hypertrophy: a systematic review and meta-analysis. *Sports Medicine.* 46(11):1689-1697, 2016.
- Schoenfeld, B.J., A.A. Aragon, J. Moon, D., **J.W. Krieger**, & G. Tiryaki-Sonmez. Comparison of amplitude-mode ultrasound versus air displacement plethysmography for assessing body composition changes following participation in a structured weight-loss programme in women. *Clinical Physiology and Functional Imaging.* Mar 11 [Epub ahead of print], 2016.
- Schoenfeld, B.J., B. Contreras, D. Ogborn, A. Galpin, **J. Krieger**, and G.T. Sonmez. Effects of varied versus constant loading zones on muscular adaptations in trained men. *International Journal of Sports Medicine.* 37(6):442-447, 2016.
- Schoenfeld, B.J., Z.K. Pope, F.M. Benik, G.M. Hester, J. Sellers, J.L. Nooner, J.A. Schnaiter, K.E. Bond-Williams, A.S. Carter, C.L. Ross, B.L. Just, M. Henselmans, & **J.W. Krieger**. Longer intersets rest periods enhance muscle strength and hypertrophy in resistance-trained men. *Journal of Strength and Conditioning Research.* 30(7):1805-1812, 2016.
- Schoenfeld, B.J., J.M. Wilson, R.P. Lowery, & **J.W. Krieger**. Muscular adaptations in low- versus high-load resistance training: a meta-analysis. *European Journal of Sport Science.* 16(1):1-10, 2016.

- Schoenfeld, B.J., A.A. Aragon, & **J.W. Krieger**. Effects of meal frequency on weight loss and body composition: a meta-analysis. *Nutrition Reviews*. 73(2):69-82, 2015.
- Schoenfeld, B.J., D.I. Ogborn, & **J.W. Krieger**. Effect of repetition duration during resistance training on muscle hypertrophy: a systematic review and meta-analysis. *Sports Medicine*. 45(4):577-585, 2015.
- Schoenfeld, B.J., A.A. Aragon, C.D. Wilborn, **J.W. Krieger**, & G.T. Sonmez. Body composition changes associated with fasted versus non-fasted aerobic exercise. *Journal of the International Society of Sports Nutrition*. 11(1):54, 2014.
- Schoenfeld, B.J., A.A. Aragon, & **J.W. Krieger**. The effect of protein timing on muscle strength and hypertrophy: a meta-analysis. *Journal of the International Society of Sports Nutrition*. 10(1):53, 2013.
- **Krieger, J.W.** Single versus multiple sets of resistance exercise for muscle hypertrophy: a meta-analysis. *Journal of Strength and Conditioning Research*. 24(4):1150-1159, 2010.
- **Krieger, J.W.** Single versus multiple sets of resistance exercise: a meta-regression. *Journal of Strength and Conditioning Research*. 23(6):1890-1901, 2009.
- **Krieger, J.W.**, H.S. Sitren, M.J. Daniels, and B.J. Langkamp-Henken. Effects of variation in protein and carbohydrate intake on body mass and composition during energy restriction: a meta-regression. *American Journal of Clinical Nutrition*. 83(2):260-274, 2006.
- **Krieger, J.W.**, M. Crowe, and S.E. Blank. Chronic glutamine supplementation increases nasal but not salivary IgA during 9 days of interval training. *Journal of Applied Physiology*. 97(2):585-591, 2004.

Articles Submitted for Publication

- Blank, S.E., and **J. Krieger**. Physiological Responses to Hatha Yoga: Insights into the Exercise Stress of Asanas. Submitted to *Medicine and Science in Sports and Exercise*, October 2003.

Abstracts – Non-Peer Reviewed

- **Krieger, J.W.**, H.S. Sitren, M.J. Daniels, and B.J. Langkamp-Henken. Meta-regression analysis of low carbohydrate variable protein energy-restricted diet studies on weight loss and body composition in humans. *FASEB J*. 20:S386, 2006.
- **Krieger, J.W.**, and S.E. Blank. Chronic glutamine supplementation influences nasal SIgA but not salivary SIgA during short-term overreaching run training. *Medicine and Science in Sports and Exercise* 35:S381, 2003.
- Blank, S.E., K. Raman, G. Chock, and **J.W. Krieger**. Heart rate and oxygen cost responses to power yoga asanas in beginning practitioners. *Medicine and Science in Sports and Exercise* 33(5):S107, 2001.

Poster Presentations

- **Krieger, J.W.**, H.S. Sitren, M.J. Daniels, and B.J. Langkamp-Henken. Effects of variation in protein and carbohydrate intake on body mass and composition during energy restriction: a meta-regression. Experimental Biology, San Francisco, CA, April 2006.

- **Krieger, J.W.**, and S.E. Blank. Chronic glutamine supplementation influences nasal SIgA but not salivary SIgA during short-term overreaching run training. National ACSM conference, San Francisco, CA, May 2003.
- Blank, S.E., K. Raman, G. Chock, and **J.W. Krieger**. Heart rate and oxygen cost responses to power yoga asanas in beginning practitioners. National ACSM conference, Baltimore, MD, May 2001.
- **Krieger, J.** Washington State University Strength and Conditioning Website. Robert Peavey Student Symposium, national AAPHERD conference, Orlando, FL, March 2000.

Professional Presentations

- **Krieger, J.** The Metabolism Myth: The Impact of NEAT on Weight and Body Fat Regulation. Okanagan Strength & Conditioning Conference, July 2017.
- **Krieger, J.** Body Composition Testing: Techniques, Tips, and Traps. Okanagan Strength & Conditioning Conference, July 2017.
- **Krieger, J.** Body Composition Testing: Techniques, Tips, and Traps. Sport & Performance Summit, May 2017.
- **Krieger, J.** Insulin: On Faires and Fallacies. Sport & Performance Summit, May 2017.
- **Krieger, J.** The Metabolism Myth: The Impact of NEAT on Weight and Body Fat Regulation. Inland Empire Fitness Conference, March 2017.
- **Krieger, J.** The Science of Sugar: The Impact of Sugar on Body Composition. Inland Empire Fitness Conference, March 2017.
- **Krieger, J.** The Science of Sugar: The Impact of Sugar on Body Composition. AAFPT Conference, September 2016.
- **Krieger, J.** The Metabolism Myth: The Impact of NEAT on Weight and Body Fat Regulation. Brocalypse Evidence-Based Fitness and Nutrition Summit, June 2016.
- **Krieger, J.** Insulin: On Fairies and Fallacies. Brocalypse Evidence-Based Fitness and Nutrition Summit, June 2016.
- **Krieger, J.** The Metabolism Myth: The Impact of NEAT on Weight and Body Fat Regulation. Personal Trainer Collective Conference, April 2016.
- **Krieger, J.** Training for Fat Loss: Impacts of Resistance, Interval, and Endurance Training. Personal Trainer Collective Conference, April 2016.
- **Krieger, J.** Insulin: The Cause of Western Disease...Fact or Fallacy? EPIC Fitness Summit, May 2015.
- **Krieger, J.** Single vs Multi-Set Training: How Many Sets for Optimum Results? NSCA Personal Trainer Conference, October 2014.
- **Krieger, J.** The Metabolism Myth: The Impact of NEAT on Weight and Body Fat Regulation., Northwest American College of Sports Medicine Annual Meeting, March 2012.
- **Krieger, J.** 20/20 Lifestyles. A Program of Treatment of Obesity and Metabolic Disorders. Northwest American College of Sports Medicine Annual Meeting, February 2008.
- **Krieger, J.** Developing Your Own Fitness Program: The Basics. Nintendo Health Education Seminar, May 2007.
- **Krieger, J.** The Science of Triathlon Training. PRO Sports Club, April 2007.
- **Krieger, J.** Resistance Training for Triathletes. PRO Sports Club, February 2007.

- **Krieger, J. *Keynote Speaker*.** Building Professionalism in the Health and Fitness Industry. Kinesiology Professional Summit, Washington State University, March 2006.
- **Krieger, J.** Effects of variations in protein and carbohydrate intake on body mass and composition during energy restriction: A meta-analysis. M.S. Final Seminar, University of Florida, June 2004.
- **Krieger, J.** Protein Intake Above the RDA: Is It Beneficial for Fat Loss? Ph.D. General Seminar, University of Florida, September 2003.

Lecture Series

- **Krieger, J.** The Hidden Secrets of Weight Management. Presented 2-3 times per year at PRO Sports Club in Bellevue, Washington. 2006-2008.
- **Krieger, J.** Obesity: Recent Trends in Research and Treatment. Presented once per year at PRO Sports Club in Bellevue, Washington. 2005-2009.
- **Krieger, J.** Diabetes. Presented once per year at PRO Sports Club in Bellevue, Washington. 2005-2008.
- **Krieger, J.** Blood Lipid Disorders. Presented once per year at PRO Sports Club in Bellevue, Washington. 2005-2008.
- **Krieger, J.** Hypertension. Presented once per year at PRO Sports Club in Bellevue, Washington. 2005-2008.
- **Krieger, J.** Fibromyalgia and Chronic Fatigue Syndrome. Presented once per year at PRO Sports Club in Bellevue, Washington. 2005-2008.
- **Krieger, J.** Heart Rate Training Zones. PRO Health Lecture Series presented twice per year at PRO Sports Club in Bellevue, Washington. 2007-2008.
- **Krieger, J.** Understanding the Basics of Nutrition. PRO Health Lecture Series presented twice per year at PRO Sports Club in Bellevue, Washington. 2007-2008.
- **Krieger, J.** Resistance Training. PRO Health Lecture Series presented twice per year at PRO Sports Club in Bellevue, Washington. 2007-2008.
- **Krieger, J.** Building Strength and Muscle. Presented twice per year at PRO Sports Club in Bellevue, Washington. Also presented at local high schools. 2005-2008.

Articles in Lay Publications

Alan Aragon's Research Review

- **Krieger, J.** Critique of Concurrent Training Meta-Analysis by Wilson et al. *AARR*. November, 2011.
- **Krieger, J.** Stat Chat Part 2: Some Examples of Good and Not-So-Good Statistics in Fitness Research. *AARR*. May, 2011.
- **Krieger, J.** Stat Chat: A Primer on Statistics in Fitness Research. *AARR*. March, 2011.
- **Krieger, J.** H.I.T. or Miss? A Critical Review of Carpinelli and Otto's Critical Reviews. *AARR*. September, 2009.

Pro Pulse

- **Krieger, J.** Healthy Habits for the New Year. *Pro Pulse*. January-February:25, 2009.

- **Krieger, J.** Science Pulse: Embrace New, Healthy Habits in the New Year. **Pro Pulse.** January-February:24, 2009.
- **Krieger, J.** The Flu Fight. Everything You Need to Know About Flu Vaccinations. **Pro Pulse.** November-December:71, 2008.
- **Krieger, J.** Get your “D” All Year Round. **Pro Pulse.** November-December:56, 2008.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. **Pro Pulse.** November-December:33, 2008.
- **Krieger, J.** Battling Chemotherapy-Related Weight Gain. **Pro Pulse.** September-October:40, 2008.
- **Krieger, J.** Stressed Gray Matter. **Pro Pulse.** September-October:22, 2008.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. **Pro Pulse.** September-October:16, 2008.
- **Krieger, J.** How Safe is Your Water Bottle? **Pro Pulse.** July-August:34-35, 2008.
- **Krieger, J.** Sticking With It. **Pro Pulse.** July-August:25, 2008.
- **Krieger, J.** Diabetes Denial. **Pro Pulse.** July-August:22, 2008.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. **Pro Pulse.** July-August:20, 2008.
- **Krieger, J.** Measure Your Calorie Burn! **Pro Pulse.** July-August:14-15, 2008.
- **Krieger, J.** If Kids Snooze, Do They Lose? Maybe Not... **Pro Pulse.** May-June:22, 2008.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. **Pro Pulse.** May-June:20, 2008.
- **Krieger, J.** Rapid Recovery: Optimizing Your Post-Workout Nutrition. **Pro Pulse.** May-June:14, 2008.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. **Pro Pulse.** March-April:50, 2008.
- **Krieger, J.** Artificial Sweeteners: Are They Safe? **Pro Pulse.** March-April:46, 2008.
- **Krieger, J.** SAD times? Beat Those Winter Blues. **Pro Pulse.** January-February:56, 2008.
- **Krieger, J.** Science Pulse: A Healthy Heart. **Pro Pulse.** January-February:26, 2008.
- **Krieger, J.** Improve Your Immunity. **Pro Pulse.** November-December:57, 2007.
- **Krieger, J.** The Flu Fight: Everything You Need to Know About Flu Vaccinations. **Pro Pulse.** November-December:56, 2007.
- **Krieger, J.** Science Pulse: November is Diabetes Awareness Month. **Pro Pulse.** November-December:14, 2007.
- **Krieger, J.** Find Your Inner Calm. **Pro Pulse.** September-October:12, 2007.
- **Krieger, J.** Breast Cancer: Reducing Your Risk Through Diet and Exercise. **Pro Pulse.** September-October:41, 2007.
- **Krieger, J.** Science Pulse: How To Live Longer. **Pro Pulse.** September-October:50, 2007.
- **Krieger, J.** Science Pulse: Family Meals, TV, and Obesity. **Pro Pulse.** July-August:50, 2007.

- **Krieger, J.** Health: Kids Gain Weight in the Summer, Leanest Teens Are Most Active. *Pro Pulse*. July-August:54, 2007.
- **Krieger, J.** Health: Enhancing Sports Performance Through Metabolic Testing. *Pro Pulse*. May-June:30, 2007.
- **Krieger, J.** Science Pulse: May is Better Sleep Month. *Pro Pulse*. May-June:46-47, 2007.
- **Krieger, J.** Health: Headache Help. *Pro Pulse*. March-April:26, 2007.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. March-April:30, 2007.
- **Krieger, J.** Defining Your Cholesterol Score. *Pro Pulse*. March-April:47, 2007.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. January-February:34, 2007.
- Charania, R., and **J. Krieger**. Science Pulse: Ways to Reduce Holiday Stress. *Pro Pulse*. November-December:20, 2006.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. November-December:31, 2006.
- **Krieger, J.** Science Pulse: An Ounce of Prevention. *Pro Pulse*. September-October:30, 2006.
- **Krieger, J.** Science Pulse: Health by the Numbers. *Pro Pulse*. September-October:32-33, 2006.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. September-October:34, 2006.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. July-August:28, 2006.
- **Krieger, J.** Science Pulse: Your Emergency Medical Checklist. *Pro Pulse*. July-August:46, 2006.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. May-June:28, 2006.
- **Krieger, J.** Science Pulse: Cutting Jet Lag. *Pro Pulse*. May-June:48, 2006.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. March-April:13, 2006.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. January-February:16, 2006.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. May-June:28, 2005.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. September-October:16, 2005.
- **Krieger, J.** Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. July-August:16, 2005.
- **Krieger, J.** Science Pulse: The Science of Good Sleep. *Pro Pulse*. May-June:16, 2005.
- **Krieger, J.** Science Pulse: Exercise and Fat Loss. Fact Over Fantasy. *Pro Pulse*. March-April:13, 2005.
- **Krieger, J.** Heart Healthy. Science Pulse: Bringing You the Latest Research in Fitness and Nutrition. *Pro Pulse*. January-February:18-19, 2005.

Journal of Pure Power

- **Krieger, J.** Bench Battle: How Different Types of Bench Press Affect Muscle Activity. *Journal of Pure Power.* 6(3), 2011.
- **Krieger, J.** Delaying Deprivation: Battling the Effects of Sleep Deprivation on Performance With Caffeine and Creatine. *Journal of Pure Power.* 6(3), 2011.
- **Krieger, J.** Dislocatin Dissemination: Dislocation and Separation Injuries in Young Athletes. *Journal of Pure Power.* 6(3), 2011.
- **Krieger, J.** Hot Protein: On the Thermogenic and Satiating Effects of Different Proteins. *Journal of Pure Power.* 6(3), 2011.
- **Krieger, J.** Losing Fast Means...Losing Fast: The Effects of Weight Loss Speed on Lean Mass and Strength. *Journal of Pure Power.* 6(3), 2011.
- **Krieger, J.** Picking Periodization: Which Style of Periodization is Best? *Journal of Pure Power.* 6(3), 2011.
- **Krieger, J.** Salbutamol for Strength? The Effects of This Asthma Inhaler on Strength and Fatigue. *Journal of Pure Power.* 6(3), 2011.
- **Krieger, J.** Who's Hotter? The Effects of a Thermogenic Drink in Men and Women. *Journal of Pure Power.* 6(3), 2011.
- **Krieger, J.** Damage Control: Reducing Secenary Injury to Muscles. *Journal of Pure Power.* 6(2), 2011.
- **Krieger, J.** Doping Dispositions: On the Attitudes of Young Athletes Towards Doping. *Journal of Pure Power.* 6(2), 2011.
- **Krieger, J.** The Imperfect Pullup: Testing Muscle Activity When Using the Perfect Pullup Device. *Journal of Pure Power.* 6(2), 2011.
- **Krieger, J.** Knead or Not? Will Pre-Event Massage Improve or "Relax" Your Performance? *Journal of Pure Power.* 6(2), 2011.
- **Krieger, J.** Paks for Performance? The Effects of Supplement Packs on Muscle Strength and Body Composition. *Journal of Pure Power.* 6(2), 2011.
- **Krieger, J.** Smoking Tired: The Effects of Smoking on Back Muscle Fatigue. *Journal of Pure Power.* 6(2), 2011.
- **Krieger, J.** Waning Supps: Is the Popularity of Dietary Supplements Decreasing? *Journal of Pure Power.* 6(2), 2011.
- **Krieger, J.** The Caffeine Conclusion: The Bottom Line Regarding Caffeine's Effects on Strength and Endurance. *Journal of Pure Power.* 6(2), 2011.
- **Krieger, J.** Age is Just a Number: The Effects of Age on Intensity Progression. *Journal of Pure Power.* 6(1), 2011.
- **Krieger, J.** Not-So-Good Vibrations: Can Vibration Enhance Your Performance Over Traditional Resistance Training? *Journal of Pure Power.* 6(1), 2011.
- **Krieger, J.** Branch Chain for Pain: The Effects of Branch Chain Amino Acids on Muscle Soreness. *Journal of Pure Power.* 6(1), 2011.
- **Krieger, J.** Concussion Candor: Understanding the Biomechanics of this Injury. *Journal of Pure Power.* 6(1), 2011.
- **Krieger, J.** Frozen Balance: The Effects of Cryotherapy on Knee Joint Position Sense and Balance. *Journal of Pure Power.* 6(1), 2011.
- **Krieger, J.** Order in the Gym: The Effects of Exercise Order on Strength and Size Gains. *Journal of Pure Power.* 6(1), 2011.

- **Krieger, J.** Sets for Synthesis: The Effects of Set Volume on Muscle Protein Synthesis. *Journal of Pure Power.* 6(1), 2011.
- **Krieger, J.** Caffeine: Strong Enough for a Man, But What About a Woman? *Journal of Pure Power.* 5(4), 2010.
- **Krieger, J.** Carbs ‘N Kids: Carbohydrate Considerations for Young Athletes. *Journal of Pure Power.* 5(4), 2010.
- **Krieger, J.** Coming to Grips With the Lat Pull: How Does Grip Width and Forearm Orientation Affect Muscle Activity? *Journal of Pure Power.* 5(4), 2010.
- **Krieger, J.** Massaging the Truth: Does Massage Improve or Impair Recovery? *Journal of Pure Power.* 5(4), 2010.
- **Krieger, J.** Nitro Notice: A Cautionary Note on Nitric Oxide. *Journal of Pure Power.* 5(4), 2010.
- **Krieger, J.** Nitro Nonsense: The Effects of Nitric Oxide Supplements on Performance. *Journal of Pure Power.* 5(4), 2010.
- **Krieger, J.** Rotator Rehab: Rehabilitation of Shoulder Impingement Syndrome and Rotator Cuff Injuries. *Journal of Pure Power.* 5(4), 2010.
- **Krieger, J.** Stretch Styles: How Does the Type of Pre-Activity Stretching Affect Performance? *Journal of Pure Power.* 5(4), 2010.
- **Krieger, J.** Blended Proteins: The Rationale for Mixing Different Types of Protein. *Journal of Pure Power.* 5(3), 2010.
- **Krieger, J.** Delaying the DOMS: The Effects of Branch-Chain Amino Acid Supplementation on Soreness. *Journal of Pure Power.* 5(3), 2010.
- **Krieger, J.** Pediatric Prevention: The Effects of an Injury Prevention Program on Balance and Jump Height. *Journal of Pure Power.* 5(3), 2010.
- **Krieger, J.** Sapped Strength: The Effects of Progressive Dehydration on Strength and Power. *Journal of Pure Power.* 5(3), 2010.
- **Krieger, J.** Sets for Size: New Research Review on the Number of Sets for Max Muscle Size. *Journal of Pure Power.* 5(3), 2010.
- **Krieger, J.** Sex Signaling: On Resistance Training, Gender, and the Signals for Protein Synthesis. *Journal of Pure Power.* 5(3), 2010.
- **Krieger, J.** Soothing the Soreness? The Effects of Topical Ibuprofen on Muscle Soreness. *Journal of Pure Power.* 5(3), 2010.
- **Krieger, J.** To Stretch...Or Not: The Effects of Stretching on Injury Prevention and Performance. *Journal of Pure Power.* 5(3), 2010.
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- **Krieger, J.** First Rep: Guest Editorial. *Musclemag International*. 188:7,147-148, 1998.
- **Krieger, J.** Muscle Tips: Reader's Advice. Principles to End Your Frustration. *Musclemag International*. 151:266-267, 1995.

Honors – Awards

- *George and Ruthana W. Davis Scholarship*, University of Florida – August 2002
- Nomination, *President's Leadership Award* – March, 2000
- Nomination, *GPSA TA Excellence Award* – February, 2000
- *Dorothea A. Coleman Award in Recognition of Scholarship, Performance as a Major, and Professional Involvement*, Washington State University: Department of Kinesiology and Leisure Studies – April, 1999
- *President's Honor Roll*, Washington State University – Spring 1999
- *President's Honor Roll*, Washington State University – Fall 1998
- *Dean's List*, University of Washington – Fall 1994
- *Dean's List*, University of Washington – Winter 1993

Other Professional Activities

ACSM Health/Fitness Instructor Examination

- Facilitator, Risk Stratification Group Workshop, 2004
- Lecturer, Metabolic Calculations Workshop, 2006
- Lecturer, Health and Fitness Programming Workshop, 2007
- Lecturer, Metabolic Calculations Workshop, 2007
- Lecturer, Health and Fitness Programming Workshop, 2008

Contributor to Email Listservs

- Supertraining, HIT Digest, Weights-2

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