

**VITA**  
**MICHAEL H. STONE**

**PERSONAL**

Birth Date: December 20, 1948

Place of Birth: Nashville, Tennessee

Health: Excellent, 1.82 m, 95 kg

Home Address:

105 Dotwood Court  
Gray – Johnson City , TN  
37615

Business Address:

Laboratory Director  
PEXS  
East Tennessee State University  
Johnson City, TN  
37614

**EDUCATION**

<u>University</u>	<u>Emphasis</u>	<u>Degree</u>	<u>Date Received</u>
Florida Technological University	Zoology	B.S.	1970
Tennessee Technological University	Biology	M.S.	1974
Florida State University	Exercise Science	Ph.D.	1977

**Master's Thesis:** *The Relationship Between Vital Capacity and Dynamic Exercise*

**Doctoral Dissertation:** *The Interrelationship of Gonadotropins, Natural and Synthetic Anabolic Steroids During Exercise and Their Effect on Skeletal Muscle*

## **RELATED EXPERIENCE**

- 1973           YMCA Physical Fitness Examiner Certification, December 1973, Nashville, YMCA.
- 1974-1975      Research Assistant, Vanderbilt Medical Center, Nashville, Tennessee. Worked on the effects of catecholamines and quabain on isolated heart tissue.
- 1975            Directed a symposium on Olympic weightlifting for the Southeastern United States at FSU in conjunction with the AAU and Movement Science Department, October 19-21.
- 1976            (Summer) Studied histochemical identification and biopsy techniques for skeletal muscle at Ball State University under Dr. David Costill.
- 1977-1978      Implemented the LSU "Adult Fitness Course" for the Health, Physical, and Recreation Education Department at Louisiana State University.
- 1978-1979      Co-Director of the ACSM Southeastern Symposium on the Relationship of Strength and Power to Athletic Performance, at LSU, Baton Rouge, October 26-27, 1978.
- 1979            Co-Directed the LSU "Cardiac Rehabilitation Program" for the Health, Physical, and Recreation Education Department at Louisiana State University.
- 1980-1987      Director of Research, National Strength Research Center, Auburn.
- 1981            Directed Strength-Power Symposium II (ACSM regional program) for the National Strength Research Center and Health, Physical Education, and Recreation Department at Auburn University, April 2-3, 1981.
- 1982            Associate Editor of the National Strength and Conditioning Association Journal.
- 1982            Directed Strength-Power Symposium III (ACSM regional program) for the National Strength Research Center and Health, Physical Education, and Recreation Department at Auburn University, February 19, 1982.
- 1983            Directed Strength-Power Symposium IV (ACSM regional program, endorsed by the NSCA) for the National Strength Research Center and Health, Physical Education, and Recreation Department at Auburn University, March 11-12, 1983.
- 1984            Regional participant in a national strength symposium teleconference originating from the University of Nebraska, Lincoln, Nebraska.

- 1985 Directed Strength-Power Symposium V (Endorsed by the ACSM and NSCA) for the National Strength Research Center and Health, Physical Education, and Recreation Department at Auburn University, August, 1985.
- 1986 Associate Editor and Supervisor "Strength-Power Update," The Newsletter of the National Strength Research Center, Auburn University.
- 1986 Directed Strength-Power Symposium VI (Endorsed by the ACSM and NSCA) for the National Strength Research Center and Health, Physical Education, and Recreation Department at Auburn University, March 1986.
- 1988 - Conduct\supervised periodic symposia related to athletic performance and coaches education

### **TEACHING/RESEARCH EXPERIENCE**

- 1972-1974 Tennessee Technological University, Human Physiology Laboratory
- 1975-1977 Florida State University, Exercise Physiology, Basic Physiology, Scientific Principles of Athletic Conditioning
- 1977-1979 Assistant Professor, Louisiana State University, Exercise Physiology, Advanced Exercise Physiology, Weight Training, Anatomy, Neuromuscular Physiology
- 1980-1983 Assistant Professor, Auburn University, Exercise Physiology, Neuromuscular Aspects of Exercise and Training, Weight Training, Advanced Weight Training, Biochemistry of Exercise
- Spr. 1984 Adjunct Professor, Vanderbilt University, Graduate Exercise Physiology
- Fall 1983 Associate Professor, Auburn University, Strength-Power Training: Theoretical and Practical Aspects
- Fall 1988 Associate Professor, Appalachian State University, Exercise Physiology, Advanced Exercise Physiology, Anatomy and Physiology, Kinesiology, Sports Science
- Sum. 1992 Adjunct Professor, Physical Therapy School, College of Health Professions, Northern Arizona University, Theoretical and Practical Aspects of Strength Training
- Fall 1991 Professor, Appalachian State University; **Undergraduate Courses** -Exercise Physiology, Kinesiology, Advanced Exercise Physiology; **Graduate Courses** - Exercise Physiology, Theoretical and Practical Aspects of Strength Training
- Spring 1999 Senior Lecturer, Edinburgh University, Basic Science, and Sports Science

- 1999-2002 Chair of Sport, Edinburgh University, **Undergraduate Courses:** Basic Science, Modes and Methods of Sports Training, **Graduate Courses (began Fall 2001):** Conditioning Physiology, Nutritional Factors in Sport (Co-taught), Paediatric Sports (Co-taught), Physio-Mechanical Aspects of Resistance Training.
- Jan 2002 Head of Sports Physiology Department, USOC
- Jan 2003 USOC Scholarship Coaches Sports Science Class (Graduate Level Class – Co-taught with Dr. W. A. Sands and M.E. Stone)
- Oct 2003 Adjunct Professor – Edith Cowan University, Perth, Australia; Adjunct Professor – Louisiana State University at Shreveport
- Fall 2004 Adjunct faculty – University of Colorado at Colorado Springs -Teach undergraduate/graduate Exercise Physiology
- Jan 2005 Visiting Professor (adjunct) – Edinburgh University, Edinburgh, Scotland
- August 2005 Assistant Professor and Laboratory Director, East Tennessee State University

#### **OTHER WORK EXPERIENCE**

- 1970-1971 Men's Residence Supervisor at Florida Technological University
- 1971-1972 Self Employed
- 1972-1974 Worked as the dormitory supervisor in the athletic dorm at Tennessee Technological University
- 1977-1979 Strength Coach at Louisiana State University
- 1980-1982 Co-Strength Coach at Auburn University (Basketball)

#### **AREA OF STUDY**

Exercise Physiology and Biomechanics

#### **AREA OF SPECIALIZATION**

Skeletal Muscle Adaptations to Strength - Power Training, Athletic Performance Enhancement, Endocrine Adaptations to Athletic Training

## PUBLICATIONS

1. Ward, T., Groppe, J.L. and Stone, M.H. Olympic weightlifting: A proposed analysis of bar movement. *International Olympic Lifter*, 3: 22-23, 1979.
2. Stone, M.H. and Lipner, H. Responses to intensive training and methandrostenolone administration: I. Contractile and performance variables. *Pfleugers Archives*, 375: 141-146, 1978.
3. Stone, M.H., Rush, M.E. and Lipner, H. Responses to intensive training and methandrostenolone administration: II. Hormonal, organ weights muscle weights and body composition. *Pfleugers Archives*, 375:147-151, 1978.
4. Stone, M.H., Smith, D., Ward, T. and Carter, D. Olympic weightlifting: I. Physiological characteristics of the athlete. In (J. Terauds, ed.) *Science in Weightlifting*, Academic Publishers, Del Mar, California, pp. 45-54, 1979.
5. Stone, M.H., Ward, T., Smith, D. and Rush, M. Olympic weightlifting: II. Metabolic consequences of a workout. In (J. Terauds, ed.) *Science in Weightlifting*, Academic Publishers, Del Mar, California, pp. 55-68, 1979.
6. Moulds, B., Carter, D.R., Coleman, J. and Stone, M.H. Physical responses of a women's basketball team to a pre-season conditioning program. In (J. Terauds, ed.) *Science in Sports*, Academic Publishers, Del Mar, California, pp.203-210, 1979.
7. Stone, M.H., Johnson, R. and Carter, D. A short term comparison of two different methods of resistive training on leg strength and power. *Athletic Training*, 14: 158-160, 1979.
8. Ward, T., Groppe, J.L. and Stone, M.H. Anthropometry and performance in master and first class Olympic weightlifters. *Journal of Sports Medicine and Physical Fitness*, 19:205-212, 1979.
9. Stone, M.H., Byrd, R. Tew, J. and Wood, M. Relationship of anaerobic power and Olympic weightlifting performance. *Journal of Sports Medicine and Physical Fitness*, 20:99-102, 1980.
10. Stone, M.H. and Lipner, H. Athletics and anabolic steroids. *Journal of Drug Issues*, 10: 351-359, 1980 (Invited).
11. Hall, E.G., Church, G.F. and Stone, M.H. Relationship of birth order to selected personality characteristics of nationally ranked Olympic weightlifters. *Psychological Reports: Perceptual and Motor Skills*, 51: 971-976, 1980.
12. Stone, M.H. and Garhammer, J.J. Some thoughts on strength and power: The Nautilus controversy. *National Strength and Conditioning Association Journal*, 3: 24-47, 1981.
13. Stone, M.H., O'Bryant, H. and Garhammer, J. A hypothetical model for strength training. *Journal of Sports Medicine and Physical Fitness*, 21: 342-351, 1981.

14. Stone, M.H. Considerations in gaining a strength-power training effect: Free weights versus machines. *National Strength and Conditioning Association Journal*, 4(1): 22, 1982.
15. Stone, M.H., O'Bryant, H., Garhammer, J., McMillan, J. and Rozenek, R. A theoretical model of strength training. *National Strength and Conditioning Association Journal*, 4(4): 36-39, 1982.
16. Stone, M.H., Blessing, D.L., Byrd, R., Boatwright, D., Tew, J., Johnson, L. and Lopez-S, A. Physiological effects of a short term resistive training program on middle-aged sedentary men. *National Strength and Conditioning Association Journal*, 4(5): 16-20, 1982.
17. Johnson, C.C., Stone, M.H., Lopez-S, A., Herbert, J.A., Kilgore, L.T. and Byrd, R. Diet and exercise in middle-aged men. *Journal of the American Dietary Association*, 81: 695-701, 1982.
18. Bansil, C.K., Wilson, G.D., Stone, M.H. and Blessing, D.L. Biochemical changes accompanying exercise induced muscle soreness. *Proceedings, World Federation for Physical Therapy, Fourth International Congress*, Stockholm, Sweden, May, 1982, pp.312-120.
19. Stone, M.H., Nelson, J.R., Nader, S. and Carter, D. Short term weight training effects on resting and recovery heart rates. *Athletic Training*, 18: 69-71, 1983.
20. Stowers, T., McMillan, J., Scala, D., Davis, V., Wilson, D. and Stone, M.H. The short term effects of three different strength-power training methods. *National Strength and Conditioning Association Journal*, 5(3): 24-27, 1983.
21. Johnson, C.C., Stone, M.H., Byrd, R.J. and Lopez-S, A. The response of serum lipids and plasma androgens to weight training exercise in sedentary males. *Journal of Sports Medicine and Physical Fitness*, 23: 39-41, 1983.
22. Hopkins, P., Byrd, R. and Stone, M.H. Physiological responses in swim training. *Journal of Sports Medicine and Physical Fitness*, 23: 306-310, 1983.
23. Stone, M.H., Wilson, G.D., Blessing, D. and Rozenek, R. Cardiovascular responses to short-term Olympic style weight training in young men. *Canadian Journal of Applied Sports Science*, 8(3): 134-139, 1983.
24. Stone, M.H. A theoretical model of weight training for weightlifters. *1983 American Weightlifting Yearbook* (Invited).
25. Stone, M.H., Wilson, D., Rozenek, R. and Newton, H. Anaerobic capacity: Physiological basis. *National Strength and Conditioning Association Journal*, 5(6): 30-71, 1984.
26. Stone, M.H., Byrd, R. and Johnson, C. Observations on serum androgen response to short term resistive training in middle age sedentary males. *National Strength and Conditioning Association Journal*, 5(6): 40-65, 1984.

27. Rozenek, R. and Stone, M.H. Protein metabolism and athletics *National Strength and Conditioning Association Journal*, 5(8): 41-72, 1984.
28. Stone, M.H. Drugs in sport. *Alabama AHPERD Journal*, pp. 24-33, 1984 (Invited).
29. Stone, M.H., Wilson, G.D. and Rozenek, R. Anaerobic capacity for weightlifting. *1984 American Weightlifting Yearbook* (Invited).
30. Wright, J.E. and Stone, M.H. Position/policy statement and literature review for the National Strength and Conditioning Association. Anabolic steroids and athletics. *National Strength and Conditioning Association Journal*, 7(5): 1985 (Invited).
31. Pierce, K. and Stone, M.H. Training adaptations and stress. *ASAHPERD Journal*, 8: 30-32, 1985.
32. Pierce, K. and Stone, M.H. Training adaptations: Stress manifestations and training. *National Strength and Conditioning Association Journal*, 8(2): 26-29, 1986.
33. Blessing, D., Stone, M.H., Byrd, R., Wilson, D., Rozenek, R., Pushparani, D. and Lipner, H. Blood lipid and hormonal changes from jogging and weight training of middle-aged men. *Journal of Applied Sports Science Research*, 1(2): 25-29, 1987.
34. Stone, M.H., Pierce, K., Godsen, R., Wilson, G.D., Blessing, D. and Rozenek, R. Heart rate and lactate levels during weight training exercise in trained and untrained males. *The Physician and Sports Medicine*, 15(5): 97-106, 1987.
35. Scala, D., McMillan, J., Blessing, D., Rozenek, R. and Stone, M.H. Metabolic cost of a preparatory phase of training in weightlifting: A practical observation. *Journal of Applied Sports Science Research*, 1(3): 48-52, 1987.
36. McMillan, J., Keith, R.E. and Stone, M.H. The effects of vitamin B6 and exercise on the contractile properties of rat muscle. *Nutrition Research*, 8: 73-80, 1988.
37. O'Bryant, H.S., Byrd, R. and Stone, M.H. Cycle ergometer and maximum leg and hip strength adaptations to two different methods of weight training. *Journal of Applied Sports Science Research*, 2(2): 27-30, 1988.
38. Stone, M.H. Implications for connective tissue and bone alterations resulting from resistive exercise training. *Medicine and Science in Sport and Exercise*, 20(5): supplement, S162-S168: 1988. (Invited)
39. Chandler, J. , Wilson, G.D. and Stone, M.H. The effect of the squat exercise on knee stability. *Medicine and Science in Sports and Exercise*, 21(3): 299-303, 1989.
40. Chandler, J., Wilson, G. D. and Stone M. H. The Squat Exercise: Attitudes and practices of high school coaches. *National Strength and Conditioning Association Journal*, 11(1): 30-34, 1989.

41. Rozenek, R., Rahe, C.H., Kohl, H.H., Marple, D.N., Wilson, G.D. and Stone M.H. Physiological responses to resistance exercise in athletes self administering anabolic steroids. *Journal of Sports Medicine and Physical Fitness*, 30(4): 354-360, 1990.
42. Stone, M.H. Muscle Conditioning and Muscle Injuries. *Medicine and Science in Sports and Exercise*, 22(4): 457-462, 1990. (Invited).
43. Triplett, N.T., Stone, M.H., Adams, C., Allran, K.D., and Smith, T.W. Effects of aspartic acid salts on fatigue parameters during weight training exercise and recovery. *Journal of Applied Sports Science Research*, 4(4): 141-147, 1990.
44. Stone, M.H., Fleck, S.J., Kraemer, W.J. and Triplett, N.T. Health and performance related adaptations to resistive training. *Sports Medicine*, 11(4): 210-231: 1991 (Invited)
45. Stone, M.H., Keith, R., Kearney, J.T, Fleck, S.J. Wilson, G.D. and Triplett, N.T. Overtraining: A review of the signs and symptoms and possible causes of overtraining. *Journal of Applied Sports Science Research*, 5(1): 35-50, 1991.
46. Stoessel, L., Stone, M.H., Keith, R.E., Marple, D. and Johnson, R. Selected physiological, psychological and performance characteristics of national caliber United States women weightlifters. *Journal of Applied Sports Science Research*, 5(2): 87-95, 1991.
47. Triplett, T, T., Kraemer, W.J. and Stone, M.H. A brief review of ammonia and its response to exercise stress. *National Strength and Conditioning Association Journal*, 13(3): 61-65, 1991.
48. Kraemer W.J., Fry. A.C., Warren, B.J., Stone, M.H., Fleck, S.J., Kearney, J.T., Conroy, B.P., Maresh, C.M., Weissman, C.A., Triplett, N.T. and Gordon, S.E. Acute hormonal responses in elite junior weightlifters. *International Journal of Sports Medicine*, 13(20): 103-109, 1992.
49. McGee, D.S., Jesse, T.C., Stone M.H. and Blessing, D. Leg and hip endurance adaptations to three different weight-training programs *Journal of Applied Sports Science Research*, 6(2): 92-95, 1992.
50. Beedle, B., Jessee, C. and Stone M.H. Flexibility characteristics among athletes who weight train. *Journal of Applied Sports Science Research*, 5(3): 150-154, 1991.
51. Chandler J. and Stone, M.H. Position/policy statement and literature review for the National Strength and Conditioning Association, The squat exercise in athletic conditioning: A position statement and review of the literature. *National Strength and Conditioning Association Journal*, 13(5): 51-58, 1991(Invited).
52. Warren, B.J., Stone, M.H., Kearney, J.T., Fleck, S.J., Wilson, G.D. and Kraemer, W.J. The effects of short-term overwork on performance measures and blood metabolites in elite junior weightlifters. *International Journal of Sports Medicine*: 13(5): 372-376, 1992.

53. Lefavi, R.G., Anderson, R.A., Keith, R.E., Wilson, G.D., McMillan, J.L. and Stone M.H. Efficacy of chromium supplementation in athletes: Emphasis on anabolism. *International Journal of Sports Nutrition*, 2: 111-122, 1992.
54. McMillan, J., Stone M. H., Sartain, J., Marple, D. Keith, R., Lewis, D. and Brown, C. The 20-hr Hormonal Response to a Single Session of Weight-Training. *Journal of Strength and Conditioning Research*, 7(1): 9-21, 1993.
55. Rozenek, R., Rosenau, L., Rosenau, P. and Stone, M.H. The effect of intensity on heart rate, blood pressure and blood lactate responses to resistance training. *Journal of Strength and Conditioning Research*, 7(1): 51-54, 1993
56. Fry AC. Kraemer, W.J., Stone, M.H., Warren, B.J. Kearney, and J.T. Maresh, C. Weseman, C. and Fleck, S.J. Endocrine and performance responses to high volume training and amino acid supplementation in elite junior weightlifters. *International Journal of Sports Nutrition*, 3(3):306-322, 1993.
57. Stone, M.H. Revision and update: Position/policy statement and literature review for the National Strength and Conditioning Association on "Anabolic Steroids and Athletics". *National Strength and Conditioning Association Journal*, 15(2): 9-29, 1993. (Invited)
58. Stone, M.H. Position/policy statement and literature review for the National Strength and Conditioning Association on" Explosive Exercise". *National Strength and Conditioning Association Journal*, 15(4): 7-15, 1993. (Invited)
59. Fleck, S.J., Pattany, P.M., Stone, M.H., Kraemer, W.J., Thrush, J. and Wong, K. Magnetic resonance imaging determination of left ventricular mass: junior Olympic weightlifters. *Medicine and Science in Sports and Exercise*, 25(4): 522-527, 1993.
60. Conroy, B.P., Kraemer, W.J., Maresh, C.M., Dalskey, G.P., Fleck, S.J., Stone, M.H., Fry, A.C. and Cooper, P. Bone mineral density in weightlifters. *Medicine and Science in Sport and Exercise*, 25(10): 1103-1109, 1993.
61. Barker, M., Wyatt, T. Johnson, R.L., Stone, M.H., O'Bryant, H.S., Poe, C. and Kent, M. Performance factors, psychological factors, physical characteristics and football playing ability. *Journal of Strength and Conditioning Research*, 7(4): 224-233, 1993.
62. Pierce, K., Rozenek, R. and Stone, M. H. Effect of weight training on lactate, heart rate and perceived exertion. *Journal of Strength and Conditioning Research*, 7(4): 211-215, 1993.
63. Stone, M.H., Fry, A.C. Thrush, J., Fleck, S.J., Kraemer, W.J., Kearney, J.T. and Marsit, J. Overtraining in weightlifters. *Proceedings of the Weightlifting Symposium*, Ancient Olympia, Greece, May 1993, pp. 133 - 141.
64. Stone, M.H., McMillan, J. and Marsit, J. Hormonal responses and adaptations in weightlifters. *Proceedings of the Weightlifting Symposium*, Ancient Olympia, Greece, May 1993, pp. 147-158.

65. Midget, V., O'Bryant, H.S. and Stone M.H. Effects of arm position on "hang time" during a Grand Jete. *Kinesiology and Medicine for Dance*, 15(2): 2-22, 1993.
66. Nieman, D.C., Henson, D.A., Herring, J., Sampson, C., Suttles, M. and Stone, M.H. Natural Killer Cell cytotoxic activity in weight trainers and sedentary controls. *Journal of Strength and Conditioning Research*, 8(4): 251-254, 1994.
67. Fry, A.C., Kraemer, W.J. Stone, M.H., Warren, B.J. Fleck, S.J., Kearney, J.T. and Gordon, S. Endocrine responses to over-reaching before and after one year of weightlifting training. *Canadian Journal of Applied Physiology*, 19(4): 400- 410, 1994.
68. Stone, M.H., Fry, A.C., Ritchie, M., Stoessel, L. and Marsit, J.L. Injury potential and safety aspects of weightlifting movements. *Strength and Conditioning*, 16: 15-21, 1994.
69. Fry A.C, Stone, M.H., Thrush J. and Fleck, S.J. Precompetition training sessions enhance competitive performances of high anxiety junior weightlifters. *Journal of Strength and Conditioning Research*, 9(1): 37-42, 1995.
70. Robinson, J.M., Penland, C.M., Stone, M.H., Johnson, R.L., Warren, B.J. and Lewis D.L. Effects of different weight training exercise-rest intervals on strength, power and high intensity endurance. *Journal of Strength and Conditioning Research*, 9(4): 216-221, 1995.
71. Nimmons, M.J., Marsit, J.L., Stone, M.H., Conley, M.S., Johnson, R.L. Honeycutt, D.R. and Hoke, T.P. Physiological and performance effects of two commercially marketed supplement systems. *Strength and Conditioning*, 17(4): 52-58, 1995.
72. Stone M.H. Human Growth Hormone: Physiological functions and ergogenic efficacy. Literature Review for NSCA Position Stance. *Strength and Conditioning*, 17(4): 72-74, 1995.
73. Nieman, D.C., Henson, D.A., Sampson, C.S., Herring, J.L., Suttles, M., Conley, M., Stone, M.H., Butterworth, D. and Davis, J.M. The acute immune response to exhaustive resistance exercise. *International Journal of Sports Medicine*, 5(16): 322-328, 1995.
74. Conley, M.S. and Stone, M.H. Carbohydrate ingestion/supplementation for resistance exercise and training. *Sports Medicine*, 21(1): 7 -17, 1996.
75. Stone, M.H., Chandler, T.J., Conley, M.S., Kramer, J.B. and Stone, M.E. Training to muscular failure: Is it necessary. *Strength and Conditioning*, 18(3): 44-48, 1996
76. Keith, R.E., Stone, M.H., Carson, R.E., Lafavi, R.G. and Fleck, S.J. Nutritional status and lipid profiles of trained steroid-using bodybuilders. *International Journal of Sports Nutrition*, 6 (3): 247-254, 1996.
77. Kramer, J.B., Stone, M.H., O'Bryant, H.S., Conley, M.S., Johnson, R.L., Nieman, D.C., Honeycutt, D.R. and Hoke, T.P. Effects of single versus multiple sets of weight training exercises on body composition and maximum leg and hip strength. *Journal of Strength Conditioning Research*, 11(3): 143-147, 1997.

78. Stone, M.H. and Borden, R. Modes and methods of strength training. *Strength and Conditioning*, 19(4): 18-24, 1997.
79. Conley, M.S., Stone, M.H., Nimmons, M.J. and Dudley, G.A. Specificity of resistance training response in neck muscle size and strength *European Journal of Applied Physiology*, 75(5): 443-448, 1997.
80. Huddy, DC. Johnson, R.L., Proulx, C.M. and Stone, M.H. Relationship between body image and percent fat among male and female college students enrolled in an introductory 14-week weight training course. *Perceptual and Motor Skills*, 85:1075-1078, 1997.
81. Conley, M.S., Stone, M.H., Nimmons, M.J. and Dudley, G.A. Resistance training and human cervical muscle recruitment plasticity. *Journal of Applied Physiology*, 83:2105-2111, 1997.
82. Haff, G.G., Stone, M.H., O'Bryant, H.S., Harman, E., Dinan, C., Johnson, R. and Han, Ki-Hoon. Force-Time dependent characteristics of dynamic and isometric muscle actions. *Journal of Strength and Conditioning Research*, 11: 269-272, 1997.
83. Fry, A.C., Bonner, E. Lewis, D.L, Stone, M.H. and Kraemer, W.J. The effects of gamma oryzanol supplementation during resistance exercise training. *International Journal of Sport Nutrition*, 7: 318-329, 1998.
84. Burleson, M.A., O'Bryant, H.S., Stone, M.H., Collins, M.A. and Triplett-McBride, T. Effect of weight training exercise and treadmill exercise on post-exercise oxygen consumption. *Medicine and Science in Sports Exercise*, 30(4): 518-522, 1998.
85. Marsit, J., Stone, M.H., Conley, M.S. Kraemer, W.J., Keith, R.E., Butterworth, D. and Johnson, L. Effects of ascorbic acid on serum cortisol and the testosterone to cortisol ratio in junior elite weightlifters. *Journal of Strength Conditioning Research*, 12(3): 179-184, 1998.
86. Kirksey, B. and Stone, M.H. Periodizing a college sprint program: theory and practice *Strength and Conditioning*, 20(3): 42-47, 1998.
87. Stone, M. H. , O'Bryant, H.S., Williams, F.E., Pierce, K.C. and Johnson, R.L. Analysis of bar paths during the snatch in elite male weightlifters. *Strength and Conditioning*, 20(5): 56-64, 1998.
88. Utter, A. C. Stone, M.H., O'Bryant, H.S., Summininski, R. and Ward, B. Sport-seasonal changes in body composition, strength and power in collegiate wrestlers. *Journal of Strength Conditioning Research*, 12(4): 266 - 271, 1998.
89. Stone, M.H., S. Plisk, M. E. Stone, B. Schilling, H. S. O'Bryant, K. C. Pierce. Athletic performance development: volume load - 1 set vs multiple sets, training velocity and training variation. *Strength and Conditioning*, 20(6): 22-33, 1998.
90. Haff, G.G., Stone, M.H., Warren, B.J., Keith, R., Johnson, R.L., Nieman, D.C., Williams, F.

- and Kirksey, K.B. The effect of carbohydrate supplementation on multiple sessions and bouts of resistance exercise. *Journal of Strength Conditioning Research*, 13(2): 111 – 117, 1999.
91. Kirksey, B., Stone, M.H., Warren, B.J., Johnson, R.L., Stone, M.E., Haff, G.G., Williams, F.E. and Proulx, C. The effects of six weeks of creatine monohydrate supplementation on performance measures and body composition in collegiate track and field athletes. *Journal of Strength Conditioning Research*, 13(2): 1148 - 156, 1999.
  92. Stone, M.H., O'Bryant, H.S. Pierce, K.C., Haff, G.G., Kock, A.J., Schilling, B.K. and Johnson R.L. Periodization: Effects of manipulating volume and intensity - Part 1. *Strength and Conditioning*, 21(2):56 – 62, 1999.
  93. Stone, M.H., O'Bryant, H.S. Pierce, K.C., Haff, G.G., Kock, A.J., Schilling, B.K. and Johnson R.L. Periodization: Effects of manipulating volume and intensity - Part 2. *Strength and Conditioning*, 21(3): 54 – 60, 1999.
  94. Stone, M.H., Sanborn, K., Smith, L., O'Bryant, H.S., Hoke, T., Utter, A., Johnson, R.L., Boros, R., Pierce, K. and Stone. M.E. Five week supplementation with creatine monohydrate, pyruvate and a combination in American football players. *International Journal of Sports Nutrition* 9(2): 146-165, 1999.
  95. Haff, G.G., Kirksey, K.B. and Stone, M.H. Creatine supplementation. *Strength and Conditioning* 21(4): 13- 23 1999.
  96. Sanborn, K., Boros, R., Hruby, J., Schilling, B., O'Bryant, H.S. , Johnson, R.L. and Stone, M.H. Weight training with single sets to failure versus multiple sets not to failure in women. *Journal of Strength Conditioning Research* 14(3):328-331, 2000.
  97. Harris, G.R., Stone, M.H., O'Bryant, H.S., Proulx, C.M. and Johnson, R.L. Short term performance effects of high speed, high force or combined weight training. *Journal of Strength Conditioning Research*, 14(1): 14-20, 2000.
  98. Stone, M.H., Potteiger, J., Pierce, K., Proulx, C.M., O'Bryant, H.S., Johnson, R.L. and Stone, M.E. Comparison of the effects of three different weight training programs on the 1 RM squat. *Journal of Strength Conditioning Research*, 14 (3): 332-337, 2000.
  99. Schilling, B. and Stone, M.H. Stretching: Acute effects on strength and power performance. *Strength and Conditioning*, 22(1): 44-50, 2000.
  100. Fry, A.C., Kraemer, W.J., Stone, M.H., Koziris,. L.P., Thrush, J.T. and Fleck, S.J. Relationships between serum testosterone, cortisol and weightlifting performance. *Journal of Strength Conditioning Research* 14(3): 338-343, 2000.
  101. Stone, M.H. Collins, D., Plisk, S., Haff, G. and Stone M.E. Training principles: Evaluation of modes and methods of resistance training. *Strength and Conditioning* 22(3): 65-76, 2000.
  102. Haff, G.G., Kirksey, B., Stone, M.H., Warren, B.J., Johnson, R.L., Stone, M., O'Bryant,

- H.S. and Proulx, C. The effect of six weeks of creatine monohydrate supplementation on dynamic rate of force development. *Journal of Strength Conditioning Research* 14(4): 426-433, 2000.
103. Schilling, B.K., Stone, M.H., Utter, A., Kearney, J. T., Johnson, M., Coglianese, R., Smith, L., O'Bryant, H.S., Fry, A.C., Starks, M., Keith, R., Stone, M.E. Creatine supplementation and health: a retrospective study. *Medicine and Science in Sports and Exercise* 33(2): 183-188, 2001.
104. Stone, M.H., Plisk, S. and Collins, D. Training Principles: evaluation of modes and methods of resistance training – a coaching perspective. *Sport Biomechanics* 1(1): 79-104, 2002
105. Stone, M.H., Moir, G., Glaister, M and Sanders, R. How much strength is necessary? *Physical Therapy in Sport* 3: 88-96, 2002.
106. Schilling, B., Stone, M.H., O'Bryant, H.S. and Coglianese, R. Snatch technique of collegiate national weightlifters. *Journal of Strength and Conditioning Research* 16: 551-555, 2002.
107. Haff, G.G., Whitley, A. McCoy, L.B., O'Bryant, H.S. Kilgore, J.L. Haff, E.E., Pierce, K. and Stone, M.H. Effects of different set configurations on barbell velocity and displacement during A Clean Pull. *Journal of Strength and Conditioning Research* 17: 95-103, 2003.
108. Haff, G. Whitley, A., McCoy, L.B. and Stone, M.H. Carbohydrate supplementation and resistance training. *Journal of Strength and Conditioning Research* 17: 187-196, 2003.
109. Stone, M.H., O'Bryant, H.S., McCoy, L., Coglianese, R., Lehmkuhl, M. and Schilling, B. Power and maximum strength relationships during performance of dynamic and static weighted jumps. *Journal of Strength and Conditioning Research* 17: 140 – 147, 2003.
110. Stone, M.H., Sanborn, K., O'Bryant, H.S., Hartman, M. E., Stone, M.E., Proulx, C., Ward B., and Hruby J. Maximum strength-power-performance relationships in collegiate throwers. *Journal of Strength and Conditioning Research* 17: 739-745, 2003
111. Koch, A. O'Bryant, H.S., Stone M.E., Sanborn, K., Proulx, C. Hruby, J. Shannonhouse, E., Boros, R. and Stone, M.H. The effect of warm-up on the standing broad jump in trained and untrained men and women. *Journal of Strength and Conditioning Research* 17: 710-714, 2003.
112. Glaister M, Stone MH, Stewart AM, Hughes M, Moir GL. Reliability of power output during short-duration maximal-intensity intermittent cycling. *Journal of Strength Conditioning Research*. 17: 781-784, 2003 .
113. Plisk S. and Stone M.H. Periodization Strategies . *Strength and Conditioning* 25: 19-37, 2003.

114. Moir, G. Button, C. Glaister, M. and Stone, M.H. The influence of familiarization on the reliability of vertical jump and acceleration sprinting performance in physically active men. *Journal of Strength and Conditioning Research* 18(2): 276-280, 2004.
115. Stone, M.H. Sands W. and Stone M.E. The Downfall of Sports Science in the United States. *Strength and Conditioning* (Opinion Paper) 26(2): 72-75, 2004.
116. Glaister, M., Stone, M.H., Stewart, A. Hughes, M. and Moir, G. Reliability and validity of fatigue measures during short-duration maximal-intensity intermittent cycling. *Journal of Strength and Conditioning Research* 18(3): 459-462, 2004.
117. Carlock, J., Smith, S.L., Hartman, M., Morris, R., Cirosan, D., Pierce, K.C., Newton, R.U., Harman, E., Sands, W. A. and Stone, M.H. Relationship between vertical jump power estimates and weightlifting ability: A field-test approach. *Journal of Strength and Conditioning Research* 18(3): 534-539, 2004.
118. Sands, W.A., McNeal, J.R., Ochi, M. Urbanek, T. Jemni, M. and Stone, M.H. Comparison of the Wingate and Bosco Anaerobic Tests. *Journal of Strength and Conditioning Research* 18(4): 810-815, 2004.
119. Stone, M.H., Sands, W.A., Carlock, J., Callan, S. Dickie, D., Daigle, D., Cotton, J. and Smith, S.L. The importance of isometric maximum strength and peak rate of force development in sprint cycling. *Journal of Strength and Conditioning Research* 18(4): 878-884, 2004.
120. Sands, W.A., McNeal, J.R. and Stone, M.H. Plaudits and pitfalls of studying elite athletes. *Perceptual and Motor Skills* 100:22-24, 2005
- 121 Sands, W.A., Smith, S.L., Costa, K., Stone, M.H., Kivi, D., Westenburg, T., Korf, R. (2005). Sponsorship notwithstanding, Olympic research does go on. *Biomechanics*, 4/1/05, Issue # 1204, 11.
122. Stone, M.H., Sands, W.A., Pierce, K.C., Carlock, J., Cardinale, M. and Newton, R.U. Relationship of maximum strength to weightlifting performance. *Medicine and Science in Sports and Exercise* 37 (6) 1037 – 104, 2005.
123. Sands, W.A., Smith, S.L., Kivi, D.M.R., McNeal J.R. , Dorman, J., Stone, M.H. and Cormie, P. Anthropometric and physical abilities profiles: U.S. National Skeleton Team. *Sport Biomechanics (In Press)*
124. Kawamori, K., Crum, A, J., Blumert, P., Kulik, J. Childers, J., Wood, J. Stone, M.H. and Haff, G.G. Influence of different relative intensities on power output during the hang power clean: Identification of the optimal load. *Journal of Strength and Conditioning Research* 19: 698-708, 2005.
125. Glaister, M., Stone, M.H., Stewart, A., Hughes, M. and Moir, G. The influence of recovery duration on multiple sprint cycling performance. *Journal of Strength and Conditioning Research (In Press)*

126. Naruhiro H., Newton, R.U. , Nosaka, K. and Stone, M.H. . Weightlifting exercises enhance athletic performance that requires high-load speed strength. *Strength and Conditioning Journal*, (In press).
127. Stone, M.H., Pierce, K.C. Sands, W.A. and Stone M.E. Weightlifting Part1: A brief overview. *Strength and Conditioning (In Press)*.
- 128 . Stone, M.H., Pierce, K.C. Sands, W.A. and Stone M.E. Weightlifting Part2: Program Design. *Strength and Conditioning (In Press)*.
129. Haff, G.G. , Carlock J., Hartman, M., Kilgore, J.L., Kawamori, N., Jackson, J., Morris, M., Sands, W. A. and Stone M.H. Force-time curve characteristics of dynamic and isometric muscle actions of elite women weightlifters *Journal of Strength and Conditioning Research (in Press)*.
130. Cardinale, M. and Stone, M.H. Is testosterone influencing explosive performance? *Journal of Strength and Conditioning Research (In Press)*.
- 131 . N. Kawamori, S. Rossi, B. Justice, E.E. Haff, E. Pistilli, H.S.O'Bryant, M.H. Stone, and G.G. Haff. Peak force and rate of force development during isometric mid-thigh clean pulls and dynamic mid-thigh clean pulls performed at various intensities. *Journal of Strength and Conditioning Research*, (in press).

#### **MANUSCRIPTS IN PREPARATION OR SUBMITTED**

1. Stone, M.H., O'Bryant, H.S., Coglianesi, R. Schilling, B., Johnson, M. McCoy, L, Lehmkuehl, M. and Haff, G. Absolute and relative dynamics and static force/velocity characteristics of different strength-power athletes.

#### **CHAPTERS IN BOOKS**

1. Stone M.H. Contributor: Components of conditioning and athletic performance. In (K. Kontor ed) *Total Conditioning for the Special Olympian: A Coaches Guide*, National Strength and Conditioning Association, Lincoln, NE pp 2-3, 1986.
2. Stone, M.H., & Wilson, G.D. Resistive training and selected effects. In (L. Goldberg and D. Elliot, eds.) *Medical Clinics*, 69 (Invited). W.B. Saunders, Philadelphia, 109-122, 1985.
3. Stone, M.H. Spotting Techniques for Weightlifting. In (J. Chandler and M.H. Stone, eds.) *United States Weightlifting Federation Safety and Conditioning Manual*, USWF, 1991.
4. Stone, M.H. Physiological Aspects of Safety and Conditioning. In (J. Chandler and M.H. Stone, eds.) *United States Weightlifting Federation Safety and Conditioning Manual*. USWF, 1991.

5. Stone, M.H. Connective tissue (and bone) response to strength training. In (P.V. Komi, ed.) *Encyclopaedia of Sports Medicine: Strength and Power in Sports*, Blackwell Publishers, London, pp. 279-290, 1992.
6. Stone M.H. and Conley, M. Bioenergetics. In (T. Baechle, ed.) *Essentials of Strength and Conditioning*, Human Kinetics, Champaign, IL. Chapter 5, pp. 67- 85, 1994.
7. Stone, M.H. Nutritional Factors in Performance and Health. In (T. Baechle, ed.) *Essentials of Strength and Conditioning*, Human Kinetics, Champaign, IL. Chapter 12, pp.210-230, 1994.
8. Stone, M.H. Weight Gain and Weight Loss. In (T. Baechle, ed.) *Essentials of Strength and Conditioning*, Human Kinetics, Champaign, IL. Chapter 13, pp. 231-237, 1994.
9. Stone, M.H. Eating Disorders. In (T. Baechle, ed.) *Essentials of Strength and Conditioning*, Human Kinetics, Champaign, IL. Chapter 14, pp. 238-243, 1994.
10. Stone M.H. Bioenergetics and Metabolism in Weightlifting. In (L. Jones, ed) *USWF Coaching Manual*, 1994.
11. Stone, M.H. and Fry A.C. Increased training volume in strength\power athletes. *Overtraining in Sport*, Human Kinetics, Champaign, IL. Chapter 5, pp. 87-106, 1998.
12. Stone M.H. and Kirksey, K.B. Weightlifting. In (W.E. Garret and D. T. Kirkendall, eds), *Exercise and Sport Science* Lipincott Williams and Wilkins, Media, PA. pp. 955-964, 2000.
13. Stone, M.H., Triplett-McBride, N. T. and Stone M.E. Strength training for women: Intensity, volume and exercise factors: Impact on performance and health. In (W.E. Garret and D. T. Kirkendall, eds) *Women in Sports and Exercise*, American Academy of Orthopaedic Surgeons Publications, Rosemont, IL. pp. 309-328, 2001.
14. Stone, M.H. and Karatzeferi, C. Connective tissue (and bone) response to strength training. In (P.V. Komi, ed.) *Encyclopaedia of Sports Medicine: Strength and Power in Sports 2<sup>nd</sup> ed.*, Blackwell Publishers, London, 2002.
15. Stone, M.H. and Stone M.E. Strength and Conditioning for Sport. In (L. Brown and J. Chandler., eds) **Strength Training** (preliminary title), Lippencott, William and Wilkins, Philidelphia (*In Press*).

## BOOKS

1. Stone, M.H. and O'Bryant, H. *Weight Training: A scientific approach (2nd ed.)*, Burgess Publishing, Minneapolis, 1987.
2. Stone, M.H., Sands, W.A. and Stone, M.E. *Principles and Practice of Strength-Power Training*, Human Kinetics, Champaign, IL. (In Press)

## GRANTS/CONTRACTS

Stone, M.H. University Research Grant-in-Aid. Androgen response in middle-aged sedentary males after resistive training. \$1,925.00, 1981.

Stone, M.H. Diversified Products. Middle-aged sedentary males: Effects of weight training, (Beckman MMC and Collins Pulmonary System). \$50,000.00, 1982.

Stone, M.H. Diversified Products. Validation of the DP Tach II Cycle Ergometer (VO<sub>2</sub>, HR), \$2,000.00, 1985.

Keith, R.E., & Stone, M.H. University Research Grant-in-Aid (Auburn). Serum vitamin and mineral status among strength athletes using or not using androgens. \$3,000.00, 1987.

Stone, M.H. United States Weightlifting Federation, USOC Service Grant. Physiological characteristics of elite junior weightlifters. \$4,300.00, 1988.

Administrator of a \$24,000 USOC/ USWF grant for the publication of a USWF Conditioning and safety Manual. 1989.

Administrator of a United States Weightlifting Federation Sports Science Grant. Overtraining and amino acid supplementation in junior weightlifters: A preliminary study. \$6,000.00, 1989.

Stone, M.H. Maypro Cooperation. Physiological alterations resulting from weight-training and Gamma-Oryzanol ingestion. \$10,000.00, 1989-1990.

Administrator of a United States Weightlifting Federation Sports Science Grant. Overtraining and amino acid supplementation in junior weightlifters. \$6,000.00, 1990.

Stone, M.H., Warren, B., Kearney, J.T., Fleck, S.J., Kraemer, W.J., Keith, R. and Thrush, J. USOC Sports Science Grant. Overtraining and amino acid supplementation in junior weightlifters. \$13,500.00, 1990.

Fleck, S.J., Kearney, J.T., Kraemer, W.J. and Stone, M.H. USOC Sports Science Grant. Hormonal and growth factor responses of elite weightlifters to seven months of training. \$9,600.00, 1990.

Stone M.H., Conley, M., Nieman, D. and Johnson R. Gator Aid (Quaker Oats) Effects of carbohydrate supplementation on weight training exercise to failure. \$400.00, 1992.

Nieman, D. and Stone, M.H. Appalachian State University Grant. Natural Killer Cell activity in recreational weight trainers. \$750.00, 1992.

Stone, M.H., Conley, M. S., Marsit, J. L. and Johnson, R.L. Weider Incorporated Grant, Comparison of two different training and supplementation programs. \$16,225.00, 1993.

- Stone, M.H., Ciroslan, D. Fry, A.C., Keith, R., Kraemer, W. J., Johnson, R. and Thrush, J. USOC Sports Science and Technology Grant. Effects of carbohydrate\protein ingestion and weightlifting training on serum insulin. \$3,850.00, 1993-1995.
- Stone, M.H., Ciroslan, D. Fry, A.C., Kraemer, W. J. and R. Johnson, R. USOC Sports Science and Technology Grant, Extension of weightlifting training volume - different taper lengths. \$5,550.00, 1993-1995.
- Stone, M.H. and Haff, G. University Research Council Grant (ASU), Effect of carbohydrate ingestion on multiple sets of resistance exercise four hours after a weight training session. \$1800.00, 1995.
- Stone, M.E., Stone, M.H., Warren, W.J. and Kirksey, B. SportPharma Inc. Effect of creatine monohydrate ingestion on performance parameters in college thrower, jumpers, sprinters and hurdlers. \$1,500.00, 1995.
- Stone, M.H., O'Bryant, H.S., Smith, L. and Utter, A. Prolab Inc. Effect of creatine, pyruvate and creatine plus pyruvate on body composition and performance parameters in American collegiate football players. \$8500.00, 1997.
- Stone, M.H., O'Bryant, H.S., Smith, L. and Utter, A. Twin Labs Inc. Long term health and performance effects of creatine monohydrate supplementation: A retrospective study. \$2,500.00, 1998.
- Stone, M.H. and Stone, M.E. Scottish Institute of Sport. Acquisition of a V-Scope 120. Analyses of force/power characteristics of strength-power athletes. \$12, 500.00, 1999.
- Stone, M.H. Scottish Institute of Sport. Creation and administration of a training course and certification program for strength and conditioning coaches. \$8,000.00, 2000.
- Stone, M.H., Fairweather, M. and Collins, D.C. SportScotland. Comparing resistance-training methods for “core stability” and agility \$20, 530.00, 2001.
- Stone, M. H., USA Weightlifting Performance Enhancement Team Project (Sport Science Group). USOC internal service/research grant. \$20, 000 (Group included L. Kilgore, Midwestern State University and Sarah Smith, Biomechanics, USOC), 2002.
- Stone M.H. and W. A. Sands. Development of a bar tracking device for force, power and velocity during training. USOC internal service/research grant \$6,000, 2004.
- Stone, M.H, W.A. Sands and Chris Ayres. USA Gymnastics. The Effects of vibration on flexibility and explosive strength among male and female gymnasts. \$8000.00, 2005.

## MAJOR INVITED PRESENTATIONS

- Stone, M.H. "A comparison of weight training methods". 3rd annual Garden State Sports Medicine Symposium, New Brunswick, New Jersey, December, 1985.
- Stone, M.H. "Muscle conditioning and muscle injury". ACSM National meeting, (Presentation was part of the "Interdisciplinary Symposium on Muscle Injuries), Baltimore, Md, June 1989.
- Stone, M.H. "Androgens and athletics". A.P.P.L.E. Conference on Drugs in Sport, University of Virginia, January 1993 (Invited).
- Stone, M.H., Fry, A.C., Thrush J., Fleck, S.J., Kraemer, W.J., Kearney, J.T. and J. Marsit. "Overtraining and Weightlifting". International Weightlifting Federation Sports Science and Research Committee Meeting, Olympia, Greece, May, 1993.
- Stone, M.H. "Hormonal responses in weightlifters". International Weightlifting Federation Sports Science and Research Committee Meeting, Olympia, Greece, May, 1993.
- Stone, M.H. "Weightlifting biomechanics". Summer Games: Sports Medicine Review. Emory University, March 1996 (Invited).
- Stone, M.H. "Periodization". NSCA National Meeting, Atlanta, Georgia, June 1996
- Stone M.H. Responses to increased resistance-training volume. International Conference on Overtraining and Overreaching in Sport, July 14 -17, Memphis TN, 1996 (Invited).
- Stone, M.H. "Periodization in Athletics". *Keynote Presentation*. Japan NSCA National Meeting, Tokyo, Japan, December 12, 1996.
- Stone M.H. Current Controversies in Strength Training. Coach 98, Melbourne, Australia, November 26- 28, 1998.
- Stone, M.H. Theoretical and Practical Aspects of using Explosive Exercises. Coach 98, Melbourne, Australia, November 26-28, 1998.
- Stone, M.H. Ergogenic Aids: Creatine Supplementation. Coach 98, Melbourne, Australia, November 26-28, 1998.
- Stone M.H. & Stone, M.E. Explosive Exercise - Hands on Clinic. Coach 98, Melbourne, Australia, November 26-28, 1998.
- Stone, M.H. and Triplett-McBride, N. T. "Strength training for women: Intensity, volume and exercise factors: Impact on performance and health" AAOS\NIH Meeting, Bethesda, MD. June, 1999.
- Stone, M.H. "Children and resistance training". Lister Postgraduate Institute Sport and Exercise Medicine Conference, University of Edinburgh Medical College, Edinburgh, Scotland,

March 3, 2000.

Stone, M.H. and Karatzaferi, C. Adaptation of muscle tissue to heavy resistance training. Symposium on Adaptation to Resistance Training. 3<sup>rd</sup> Annual Congress of the European College of Sports Medicine, Jyvaskyla, Finland, July, 2000.

Stone, M.H. Manipulation of resistance training variables in elite athletes to capitalize on hormonal responses. (Invited) 6<sup>th</sup> IOC Congress on Sport Sciences, Salt Lake City, Utah, September 2001. (Cancelled – 9-11-01).

Stone, M.H. Explosive Exercise. (Invited) Japan NSCA National Meeting, Tokyo ,Japan, December 15-17, 2001.

Stone, M.H. The use of weightlifting pulling movements in sports. (Invited) Japan NSCA National Meeting, Tokyo, Japan, December 15-17, 2001.

Stone, M.H. How much strength is necessary. (Invited) Japan NSCA National Meeting, Tokyo, Japan, December 15-17, 2001.

Stone, M.H. Manipulation of resistance training variables in elite athletes to capitalize on hormonal responses – a coach's perspective. (Invited). USOC Global Coaches Conference, Colorado Springs, Colorado, May 2-4, 2002.

Stone, M.H. Is an aerobic base necessary for strength power sports? (Invited – Keynote) Strength and Conditioning – 02, Largs, Scotland, May 25-26, 2002.

Stone, M. H. Training and Recovery (Invited). USOC Olympic Coaches Summit. Fort Lauderdale, Florida, October 16-19, 2002.

Stone, M.H. Periodization: Training and Recovery. Olympic Coaches Summit, Athens, Greece, May 14, 2003

Stone, M.H. Training and Recovery (Keynote Address) Strength and Conditioning II, (SportScotland) Largs, Scotland, May 18, 2003.

Stone, M.H. and Stone, M.E, Training and Recovery. (Invited) NSCA National Convention, Indianapolis, IN, July 2003.

Stone, M.H. Training Principles and Theory (Keynote Address) Strength and Conditioning IV, (SportScotland) Largs, Scotland, May 21, 2004.

## **PROFESSIONAL ASSOCIATION MEMBERSHIPS**

1. American College of Sports Medicine (1977-Present)
2. Southeastern American College of Sports Medicine (1978-1999) (1983 - Member at large; Chairman, Membership Committee)

3. Southern District American Alliance for Health, Physical Education, Recreation, and Dance (1977-1987) (1983 - Member at large)
4. National Strength and Conditioning Association (member 1981-Present) Research Committee Chairman, 1985-1987; Vice President for Basic and Applied Research 1987-1989; President Elect 1991-1993; President 1994-1996, Immediate Past- President 1997.
5. Alabama State Alliance for Health, Physical Education, Recreation, and Dance (1980-1988) (Research Section Chairman, 1986)
6. U.S. Weightlifting Federation (1965-Present) - National Secretary (1988).
7. USWF Sports Science and Medical Committee, (1986 - present; Chairman 1988 - 1994).
8. Member International Weightlifting Federation (IWF) Sports Science Research Committee, (1992 - 1996).
9. Member International Society of Biomechanics for Sport (2000 – present)
10. Member and Fellow: United Kingdom Strength and Conditioning Association (UKSCA) (2004 – present)

### **EXTRAMURAL ACTIVITIES**

1. Level 3 USWF Coach; Coached Auburn Weightlifting Club (1981, 1982, 1985 Collegiate Weightlifting Champions); Athletes include 13 ranked in USWF top 10/weight class from 1978 until present. One Olympian in 1984 (Mike Davis alternate/100 kg class). Currently coaching 3 Scottish weightlifters including National 105 kg champion and Commonwealth Games participant (Stuart Yule).
2. Consultant for conditioning programs for professional and collegiate teams (including Auburn University, University of Virginia, Troy State, Appalachian State University, New York Giants, Kansas City Chiefs, Denver Broncos, etc. 1980 - Present)
3. Physiology Coordinator: Weightlifting Elite Athlete Project, USOC, Colorado Springs, 1982-1987. Chairman USWF Sports Science and Medical Committee (included carrying out appropriate research and various seminars presented to coaches at the US Olympic Training Center) 1987 – 1995.
4. Consultant-Lecturer: USOC Olympic Coaches Clinics, Colorado Springs, USOTC. Lectures on periodization and strength-power training, May and December 1986 to present.
5. Consultant-Lecturer: USAW Level 1- 3 Clinics. 1987 - present.
6. Consultant-Lecturer: NSCA-CSCS Certification Clinics. 1987 - 1998.

7. Consultant-Lecturer: USA Track and Field Levels 2- 3 Clinics and Summits. 1996 - present.
8. Assisted in coaching throwers at Appalachian State University; design and implement strength\power training programs for throwers and sprinters. 1995 to 1999. – coached throwers 1998-1999. Assisted Meg Stone (National Coach) with coaching throwers in Scotland.
9. Member of staff (Ranking Tabulator) for Weightlifting at the 1996 Olympic Games, Atlanta, Georgia, July\August, 1996.
10. Consultant - United States Marine Corp: periodic evaluation of physical fitness programs and lectures on various aspects of fitness for the military. 1989 - 1998.
11. Consultant – SportScotland and Scottish Institute of Sport: 1) evaluation of sports training program, 2) Coach/practitioner education program 1999- present

### **ADDITIONAL PROFESSIONAL ACTIVITIES**

Reviewer: *International Journal of Sports Nutrition; International Journal of Sports Medicine; Journal of Strength and Conditioning Research; Strength and Conditioning; Medicine and Science in Sport and Exercise; Research Quarterly; The Physician and Sports Medicine, Journal of Applied Physiology, European Journal of Applied Physiology.*

Advisory Board Member: *Physical Therapy in Sport 1999 - 2002.*

Associate Editor: *Journal of Strength and Conditioning Research (1987 – present).*

Associate Editor: *Sports Biomechanics (2005)*

Advisory Board Member: *LSU Sports Science Institute, Shreveport, Louisiana*

Editor, Strength and Conditioning Section: International Society for Sport Biomechanics, Coaching Information Service (Reviewed): [www.sportcoach-sci.com/](http://www.sportcoach-sci.com/)

### **PROFESSIONAL AWARDS**

1. National Strength and Conditioning Association (NSCA) Sports Scientist of the Year 1991
2. NSCA Life-time Achievement Award (Presented 2000)
3. American Society of Exercise Physiologist (ASEP) Scholar Award (Presented 2003)
4. U.K Strength and Conditioning Association - 1<sup>st</sup> Fellowship Award (Presented 2005)

### **Certifications:**

U.K Strength and Conditioning Association – Strength and Conditioning Certification (May 2005)

### **RESEARCH PROJECTS, THESIS AND DISSERTATION COMMITTEES**

1978-1979	Associate member of the Graduate Faculty at LSU, Baton Rouge
1980-1988	Member of the Graduate Faculty at Auburn University
1988 - 1999	Member of the Graduate Faculty Appalachian State University, Boone, North Carolina
1999 – 2001	Professor, Chair of Sport, Member of Graduate Faculty, Edinburgh University, Edinburgh, Scotland

### **Graduate Students**

Glen Dyer	The Relationship of Power to Basketball Playing Ability in High School Basketball Players (LSU) Master's Thesis, 1978.
Patricia Hopkins	The Physiological Effects of a Season of Varsity Swimming on Women (LSU) Master's Thesis, 1980.
Elizabeth Cloud	Steady State Oxygen Consumption During exercise in Hot and Cool Environments (Auburn) Master's Thesis, 1981.
Harold O'Bryant	A Hypothetical Model for Strength and Power Training (LSU) Dissertation, 1982.
Daniel Blessing	Performance, Body Composition, Heart Rate, Blood Lipid, and Hormonal Effects of Short Term Jogging and Weight Training in Middle-aged Sedentary Men (LSU) Dissertation, 1982.
C.K. Bansil	Role of Prostaglandins E and F Alpha in Exercise Induced Delayed Muscle Soreness (Auburn) Dissertation, 1984.
Jim McMillan	The Effects of Exercise and Large Doses of Vitamin B-6 on Fatigue and Contractile Properties of Rat Muscle (Auburn) Master's Thesis, 1984 (Major Professor).
Dwight Scala	Oxygen Uptake, Oxygen Debt, and Energy Lost in High Volume, Non-Circuit, Olympic Style Weight Training (Auburn) Master's Thesis, 1984 (Major Professor).
Kathy Sansocie	The Effect of Acute Caffeine Ingestion on Muscle Endurance in Weight-trained Males and Females (Auburn) Master's Thesis, 1984 (Major Professor).
Ralph Rozenek	The Effects of an Acute Bout of Resistance Exercise and Self-Administered Anabolic Steroids on Plasma Levels of LH, Androgen, ACTH, Cortisol, Lactate, and Psychological Factors in Athletes (Auburn) Dissertation, 1985 (Major Professor).
Kyle Pierce	The Effects of Weight Training on Plasma Cortisol, Heart Rate,

	Anxiety, and Perceived Exertion (Auburn) Dissertation, 1986.
Jeff Chandler	The Effect of Squat Exercise on Knee (Auburn) Dissertation, 1986.
Cynthia Brown	The 36 Hour Anabolic/Catabolic Hormonal Responses Prior to and After a Single Bout of Weight Training (Auburn) Master's Thesis, 1986.
Jim McMillan	The 36 Hour Metabolic, Hormonal, and Psychological Response to a Single Bout of Weight Training (Auburn) Dissertation, 1987 (Major Professor).
Chris Jesse	A Comparison of Two Different Modes and Two Different Methods of Strength Training on Leg and Hip Extensor Strength and Power - Nautilus versus Free Weights (Auburn) Master's Thesis, 1988 (Major Professor).
William Roman	The Effects of Two Different Levels of Protein Intake on Performance and Skeletal Muscle Contractile Properties in the Rat (Auburn) Master's Thesis, 1988 (Major Professor).
Lynne Stoessel	Selected Physiological, Psychological and Performance Characteristics of National Caliber United States Women Weightlifters (Auburn) Master's Thesis, 1990 (Major Professor)
Travis Triplett	Effects of Aspartic Acid Salts on Fatigue Parameters During Weight Training Exercise and Recovery (ASU) Master's Thesis, 1990 (Major Professor)
Beverly Warren	The Effects of Short-Term Overwork and Amino Acid Supplementation on Physiological and Performance Responses of Elite Junior Weightlifters (Auburn) Doctoral Dissertation 1990
Alane Boger	Acute Effects of L-Carnitine Supplementation on Plasma Lactate, Free Fatty Acids, Glucose, Total Cholesterol, and HDL-C Concentrations (ASU) Master's Thesis, 1991
Joe Robinson	Maximum Leg and Hip Strength, Power and Anaerobic Capacity: Interval Intensity Relationship of Weight-Training (ASU) Masters's Thesis, 1991 (Major Professor)
David Lewis	The Effects of Gamma Oryzanol on Selected Performance Variables in a Nine Week Weight-Training Program. (ASU) Master's Thesis, 1991 (Major Professor)
Michael Barker	The Relation of Performance Variables to Football Playing Ability, 1991 (ASU) Master's Thesis, (Major Professor)
Beth Bonner	The Physiological Effects of Gamma Oryzanol Ingestion in Weight

	Trainers. (Auburn) Doctoral Dissertation 1992 (Major Professor)
James Kramer	Effects of Single versus Multiple Sets of Weight Training Exercises on Body Composition and Performance (ASU) Master's Thesis, 1993 (Major Professor)
Carl Poe	Anaerobic Power and Anaerobic Capacity Assessment in Collegiate Football Players. (ASU) Master's Thesis, 1993 (Major Professor)
Michael Conley	Effects of Carbohydrate Ingestion on Multiple Sets of Resistance Exercise (ASU) Master's Thesis, 1993 (Major Professor)
Thomas Hoke	Effects of Caffeine Ingestion on Maximum Leg and Hip Strength. (ASU) Master's Thesis, 1993 (Major Professor)
Joseph Marsit	Effects of Vitamin C Ingestion on Insulin Concentrations in Elite Junior Weightlifters. (ASU) Master's Thesis, 1993 (Major Professor)
Jodi Herring	Natural Killer Cells in Weight Trainers (ASU) Master's Thesis.
Darren Honeycutt	The Effects of Selected Biomechanical Parameters on Snatch Performance. (ASU) Master's Thesis, 1994.
Chris Dinan	Effects of different weight training work:rest ratios on continuous short-term high intensity exercise endurance (ASU) Master's Thesis, 1995 (Major Professor)
Mike Nimmons	Effects of different weight training work:rest ratios on muscle hypertrophy (ASU) Master's Thesis, 1995, (Major Professor)
Greg Haff	Effect of carbohydrate ingestion on multiple sets of resistance exercise four hours after a weight training session. (ASU) Master's Thesis, 1995, (Major Professor)
Glenn Harris	Effect of Three Different Weight Training Protocols on Maximum Strength, Power and Measures of Speed. (ASU) Master's Thesis, 1996 (Major Professor)
Christopher Proulx	A Comparison of a Constant Repetition Weight Training Program with a Stepwise Periodization Model over a Mesocycle (ASU), 1997 (Major Professor)
Robert Newton	The Expression and Development of Explosive Muscular Power Doctoral Dissertation, Southern Cross University, Lismore, Australia(Outside Examiner) 1997
Brett Kirksey	The Effects of Creatine Supplementation on Body Composition and

	Performance in Male and Female track and Field Athletes. (ASU) Master's Thesis 1997
Kimberly Sanborn	Performance of weight Training with Multiple Sets not to failure Versus a Single set to Failure in Women: A preliminary study. (ASU) Master's Research Project 1998.
Brian Schilling	Creatine Supplementation: A Retrospective Study of Health Effects.(ASU) Master's Research Project 2000 (Major Professor).
Jeff McBride	The Relationship Between Different Protocols of Resistance Exercise and the Development of Muscle Power: Implications for Muscular and Neural Adaptation. Doctoral Dissertation, Southern Cross University, Lismore, Australia (Outside Examiner) 1998.
Gail Brindell	Effect of Machine or Free Weight Resistance Training on Maximum Strength, Materials Handling Capacity and Body Composition. (ASU) Master's Thesis 1999 (Major Professor)
Robert Coglianesi	Force-Velocity Characteristics of the Dynamic Full Squat at different loads: Absolute Values, (ASU) Master's Research Project 1999.
Mark Lehmkuhl	Force-Velocity Characteristics of the Static Full Squat at different loads: Absolute Values, (ASU) Master's Research Project 1999.
Lora McCoy	Force-Velocity Characteristics of the Static and Dynamic Full Squat: Comparison of Differently Trained Athletes, (ASU) Master's Research Project 1999.
Aiden O'Connell	Effects of short-term creatine monohydrate supplementation on repeated sprints in soccer players (Edinburgh University) Master's Thesis 2000 (Major Professor)
Matthaios Tsokalis	Investigation into the effects of two types of set configurations on exercise intensity in the clean pull at a submaximal training intensity. (Edinburgh University) Master's Thesis 2000 (Major Professor)
Mark Glaister	Effects of High, Moderate and Low Intensity Interval Training on Cycle Sprint and Endurance Performance, (Edinburgh University) Doctoral Dissertation (Major Professor)
Gavin Moir	Relationship of maximum strength and power to sprint and agility performance. (Edinburgh University) Doctoral Dissertation (Consultant)

## **REFERENCES**

Mr. Dan Wathen CSCS  
Past-President, NSCA  
Head Trainer and Strength Coach  
Youngstown State University  
Youngstown, OH 44555

Dr. Travis Triplett  
Director, Neuromuscular Laboratory  
Exercise Science  
Appalachian State University  
Boone, NC 28608

Phone: 330-941-3190  
E-mail: [ndwathen@ysu.edu](mailto:ndwathen@ysu.edu)

Phone: 828-262-7148  
E-mail: [triplttnt@appstate.edu](mailto:triplttnt@appstate.edu)

Dr. Jeff Chandler  
Editor: Strength and Conditioning  
Chairman: Exercise Science,  
Sports and Recreation  
Marshall University  
One Marshal Drive  
Huntington, WV  
25755-2450  
Phone: 304-696-2924  
Mobile: 859-492-5291  
E-mail: [chandler.jeff@worldnet.att.net](mailto:chandler.jeff@worldnet.att.net)

Professor David Collins  
Chair: Scottish Centre for Physical  
Sport and Leisure Studies  
The University of Edinburgh  
Edinburgh, Scotland EH8 8AQ  
Phone: 0131-651 6573  
E-mail: [dave.collins@education.ed.ac.uk](mailto:dave.collins@education.ed.ac.uk)

Dr. Kyle Pierce  
Director  
USA Weightlifting  
Development Center  
Shreveport, LA 71115  
Phone: 318-795- 4241  
E-mail: [kpierce@pilot.lsus.edu](mailto:kpierce@pilot.lsus.edu)

Dr. Ronald Byrd  
Professor  
Department of Kinesiology  
and Health Science  
LSU-Shreveport  
Shreveport, LA 71115  
Phone: 318-798-4170  
E-mail: [rbyrd@pilot.lsus.edu](mailto:rbyrd@pilot.lsus.edu)

Dr. Harold O'Bryant  
Area Director  
Exercise Science  
Appalachian State University  
Boone, NC 28608  
Phone: 828-262- 4989  
E-mail: [obryanth@appstate.edu](mailto:obryanth@appstate.edu)

Dr. William Sands  
Head, Sports Biomechanics  
USOC  
Colorado Springs, CO 80909  
Phone: 719- 866-4173  
E-mail: [bill.sands@usoc.org](mailto:bill.sands@usoc.org)

## **ADDITIONAL REFERENCES**

Dr. Andrew C. Fry  
Department of Human Movement Sciences  
311 Roan Field House  
University of Memphis  
Memphis, TN 38152  
Phone: 901-678-3479

Dr. Hugh Welch  
2173 Tudor Mtn Rd  
Gatlinburg, TN 37739  
Phone: 865-436-4947

Mr. Jay Omer  
Head Strength and Conditioning Coach  
Brigham Young University  
Provo, Utah  
Phone: 801-422-1972

Dr. Robert Keith  
Department of Nutrition  
Auburn University  
Auburn, AL 36849  
Phone: 334-844-3273

Dr. Randy Wilber  
Senior Physiologist  
USOC  
Colorado Springs, CO 80909  
Phone: 719-866-4528  
e-mail: [randy.wilber@usoc.org](mailto:randy.wilber@usoc.org)

Jay T. Kearney, PhD  
VP Health and Sports Science Services  
Carmichael Training Systems  
110 Sierra Madre, Suite B  
Colorado Springs, CO 80903  
Office (719) 635-0645 X 143  
Cell (720) 209-7700  
[jtkearney@trainright.com](mailto:jtkearney@trainright.com)

Mike Gattone  
Director of  
Sports Performance  
Work Conditioning Systems  
12400 South Harlem Avenue  
Palos Heights, IL  
60463  
(719-650-2390 – mobile)

Mr. Al Miller  
Head Strength and Conditioning  
Coach Atlanta Falcons  
Suwanee Road at I85  
Phone: 770-945-1111

Mr. Jim Kraemer  
Supervisor, USOC  
Strength and Conditioning  
One Olympic Plaza  
Colorado Springs, CO  
Phone: 719-866-4594  
e-mail: [jim.kramer@usoc.org](mailto:jim.kramer@usoc.org)

Professor Ross Sanders  
Chair of Sport Science  
Edinburgh, Scotland EH8 8AQ  
Phone: 0131-651 6573  
E-mail:  
[ross.sanders@education.ed.ac.uk](mailto:ross.sanders@education.ed.ac.uk)

## APPENDIX: Additional Presentations

- Stone, M.H. Groppe, J.L. and Ward, C.H. First class and master Olympic weightlifters: An anthropometric comparison. Presentation at the International Congress of Physical Activity Sciences, Quebec City, Quebec, Canada, July 7-11, 1976.
- Stone, M.H. Smith, D., and Rush, M.E. Metabolic cost of an Olympic weight training session. Presentation at the 24th annual meeting of the American College of Sports Medicine, Chicago, Illinois, May 25-28, 1977.
- Stone, M.H. Lipner, H., Rush, M.E., and Ward, C.H. Responses to intensive training and methandrostenolone administration: Hormonal, organ weights, muscle weight, and body composition. Presentation at the SDAASPER annual meeting, Little Rock, Arkansas, February 22-25, 1978.
- Gillam, G., Stone, M.H. and Smith, D.P. The response of the fructose diphosphatase - phosphofructokinase glycolytic control cycle to a high intensity training program. Presentation at the 25th annual meeting of the American College of Sports Medicine, Washington, D.C., May 22-25, 1978.
- Stone, M.H. Exercise and self care: The concept of total physical fitness. Presentation at the 56th annual meeting of the American College Health Association, New Orleans, Louisiana, March 27-31, 1978.
- Stone, M.H., Smith, D., Ward, C.H., and Carter, D. Olympic weightlifting: I. Physiological characteristics of the athlete. Presentation at the International Congress of Sports Sciences, Edmonton, Alberta, Canada, July 25-29, 1978.
- Stone, M.H. Ward, C.H., Smith, D., and Rush, M. Olympic weightlifting: II. Metabolic consequences of a workout. Presentation at the International Congress of Sports Sciences, Edmonton, Alberta, Canada, July 25-29, 1978.
- Stone, M.H. Mould, B., Coleman, J.C., and Carter, D. Physical responses to a pre-season training program for women's basketball. Presentation at the International Congress of Sports Sciences, Edmonton, Alberta, Canada, July 25-29, 1978.
- Stone, M.H. Johnson, R., and Carter, D. A short term comparison of two different methods of resistance training on leg strength and power. Presentation at the ACSM Southeastern symposium on "The Relationship of Strength and Power to Athletic Performance", October 26-27, LSU, Baton Rouge, 1978.
- Stone, M.H. Anabolic steroids and athletics. Presentation at the ACSM Southeastern symposium on "The Relationship of Strength and Power to Athletic Performance," LSU, Baton Rouge October 26-27, 1978.
- Stone, M.H. Skeletal muscle fiber types: Relationship to the training of strength-power athletes. Presentation at the ACSM Southeastern Symposium on "The Relationship of Strength and Power to Athletic Performance," LSU, Baton Rouge, October 26-27, 1978.

- Stone, M.H. Tew, J., Byrd, R., and Wood, M. "Relationship of anaerobic power and Olympic weightlifting success." Presentation at the Pan-American Sports Congress, San Juan, Puerto Rico, March 14-17, 1979.
- Stone, M.H. Nelson, J., Nader, S., Johnson, R., & Carter, D. Physiological responses to a resistance training program. Presentation at the SEACSM, University of Georgia, February 16-17, 1978.
- Stone, M.H. Anabolic steroids and athletics. Presentation at the symposium on "Drugs and Athletics," SDAAPER Convention, Nashville, Tennessee, February 26-March 2, 1980.
- Stone, M.H. Byrd, R., Carter, D., Johnson, R., Tew, J., Boatwright, D.L. Blessing, D., Karr, B., and Lopez-S., A. Physiological effects of short-term resistive training on middle-aged sedentary men. Presentation at the SDAAPER Convention, Nashville, Tennessee, February 26-March 2, 1980.
- Stone, M.H. A theoretical model of strength training. Presentation at the SDAAPER Convention, Nashville, Tennessee, February 26-March 2, 1980.
- Stone, M.H. and Byrd, R. Strength training and physical fitness for adults. Presentation at the Southeastern Regional ACSM Symposium (Strength-Power Symposium II), Auburn University, April 2-3, 1981.
- Stone, M.H. O'Bryant, H., and Garhammer, J. A strength-training concept for power athletics. Presentation at the Southeastern Regional ACSM Symposium (Strength-Power Symposium II), Auburn University, April 2-3, 1981.
- O'Bryant, H. and Stone, M.H. Ultrastructure of human skeletal muscle among Olympic style weightlifters. Presentation at the SEACSM meeting, Virginia Tech University, Blacksburg, Virginia, February 7-8, 1982.
- Cloud, E., Wilson, G.D., Stone, M.H. and Blessing, D.L. Steady state oxygen consumption during exercise in hot and cool environments. Presentation at the SEACSM meeting, Virginia Tech University, Blacksburg, Virginia, February 7-8, 1982.
- Stone, M.H. The application of "periodization" to weight training. Presentation at Strength-Power Symposium III, Auburn University, February 19, 1982.
- Stone, M.H. The integration of running and weight training. Presentation at Strength-Power Symposium III, Auburn University, February 19, 1982.
- Stone, M.H. Free weights versus machines. Presentation at Strength-Power Symposium III, Auburn University, February 19, 1982.
- Bansil, C.K., Wilson, G.D., Stone, M.H. and Blessing, D. Biochemical changes accompanying exercise induced muscle soreness. Presentation at the World Federation for Physical Therapy, Ninth International Congress, Stockholm, Sweden, May, 1982.

- Stowers, T., Stone, M.H., McMillan, J., Scala, D., Davis, V., and Wilson, D. The short term effects of three different strength-power training methods. Presentation at the Alabama State AAHPERD meeting, October 1982.
- Stone, M.H. Strength-Power Training: A discussion of factors influencing performance (Modes and methods of strength-power exercise and training). Presentation at Strength-Power Symposium IV, Auburn University, March 11-12, 1983.
- Stone, M.H. Strength-Power Training: Factors influencing progress (Periodization and combined exercise training). Presentation at Strength-Power Symposium IV, Auburn University, March 11-12, 1983.
- Scala, D., Stone, M.H., Wilson, G.D., McMillan, J., and Blessing, D. The energy cost of a preparation phase for weightlifting. Presentation at the SDAAHPERD Convention, Biloxi, Mississippi, February 1984.
- Stone, M.H. Drugs in sport. Presentation at the North Carolina AHPERD meeting. November 16, 1984, Greensboro, North Carolina (Invited).
- Stone, M.H. Wilson, G.D., Rozenek, R., and Blessing, D. Cardiovascular responses to short term Olympic style weight training in young men. Presentation at the SDAAHPERD Convention, Tulsa, Oklahoma, February 1983.
- McMillan, J., Stone, M.H. Wilson, G.D., and Keith, R. The effects of supplemental vitamin B6 and exercise on food consumption, body weight and muscle weight, and contractile properties of rats. Presentation at the Southern Association of Agricultural Scientists - Food Science and Human Nutrition. Nashville, Tennessee, February 1984.
- Stone, M.H., Wilson, G.D., and Byrd, R. Weight training as a lifetime physical activity. Presentation at the SEACSM meeting, Auburn, Alabama, February 1984.
- Powers, S. and Stone M.H. Drugs in sport: Caffeine and androgens. Presentation at the SEACSM meeting, Auburn, Alabama, February 1984.
- Stone M.H., Pierce, K., Godsen, R., Rozenek, R., Wilson, G.D., and Blessing, D. Heart rate and lactate response in trained and untrained young males during resistive exercise. Presentation at the SEACSM meeting, Boone, North Carolina, January 1985.
- Chandler, J., Stone, M.H. and Wilson, G.D. Effects of 8 weeks of full squat training on anterior/posterior knee stability. Presentation at the SEACSM meeting, Boone, North Carolina, January 1985.
- Bansil, C.K., Wilson, G.D. and Stone M.H. Role of prostaglandins E and F alpha in exercise induced delayed muscle soreness. Presentation at the 32nd annual meeting of the American College of Sports Medicine, Nashville, Tennessee, May 26-29, 1985.
- Stone, M.H. Overtraining: Signs and symptoms. Presentation at Strength-Power Symposium V, Auburn University, August 1985.

- Stone, M.H. Psychological and physiological factors of stress modified by strength training. Presentation at the 8th annual National Strength and Conditioning Association meeting, Dallas, Texas, June 28-30, 1985.
- Stone, M.H. A comparison of weight training methods (Invited). Presentation at the 3rd annual Garden State Sports Medicine Symposium, New Brunswick, New Jersey, December, 1985.
- Stone, M.H., Wright, J.E. Drugs in sport (Invited). Presentation at the 3rd annual Garden State Sports Medicine Symposium, New Brunswick, New Jersey, November, 1985.
- Stone, M.H. and Pierce, K. Psycho-physiological aspects of stress: Possible beneficial effects of weight training (Symposium). Presentation at the SEACSM meeting, Athens, Georgia, January 1986.
- Stone, M.H., Wilson, G.D., Godsen, R., and Blessing, D. Heart rate, lactate, and RPE values resulting from intermittent treadmill and resistive exercise at similar workloads. Presentation at the SEACSM meeting, Athens, Georgia, January 1986.
- Brown, C.E., Stone M.H., Wilson, G.D., and McMillan, J. The 36 hour anabolic/catabolic hormonal response prior to and after a single bout of weight training. Presentation at SEACSM meeting, Charleston, South Carolina, January 1987.
- Beedle, B., Jesse, C. and Stone, M.H. Flexibility among athletes who weight train, and predicting flexibility from selected factors. Presentation at the SEACSM meeting, Charleston, South Carolina, January 1987.
- Stone, M.H. and Pierce, K. Weight training: A comparison of methods. Presentation at SDAHPERD Convention, Birmingham, Alabama, February 1987.
- Stone M.H. Implications for connective tissue and bone alterations resulting from resistance exercise training. Invited paper as part of a symposium on the effects of resistive training on physiological systems. Presentation at the ACSM National meeting, Las Vegas, Nevada, May, 1987 – (Invited).
- Stone, M.H. and Pierce, K. Beginning, intermediate, and advanced considerations and applications of periodization to recovery: Short and long term. Invited presentation at the NSCA meeting, Las Vegas, Nevada, June 1987.
- Pierce, K., Rozenek, R., Stone M.H. and Blessing, D. The effects of weight training on plasma cortisol, lactate, heart rate, anxiety, and perceived exertion. Presentation at the NSCA meeting, Las Vegas, Nevada, June 1987.
- Stone M.H. Sports specificity: Transfer of training effect. Invited paper as part of the symposium on muscle injuries sponsored by the Lexington Clinic. Invited presentation in Lexington, Kentucky, October 1987.

- Warren, B.J., Stone, M.H., Potteiger, J. and Bonner, B. Strength and vertical jump performance following varied recovery periods after high volume squatting. Presentation at the NCAAHPERD meeting, Greensboro, North Carolina, July 1988.
- Keith, R., Carson, R., Stone, M.H., Hanks, V., and Alt, L. Nutritional status of anabolic steroid-using male body builders. Presentation at the SEACSM meeting, Winston-Salem, North Carolina, January 1988.
- Godsen, R., Wilson, G.D., Stone, M.H. and Blessing, D. Diurnal lactate variation during rest and exercise. Presentation at the SEACSM meeting, Winston-Salem, North Carolina, January 1988.
- Chandler, T.J., Wilson, G.D. and Stone M.H. The effect of the squat on knee stability. Presentation at the ACSM National meeting, Dallas, Texas, May, 1988.
- Chromiak, J.A., Stone, M.H. Smith, K.L., and Omer, J.G. Effect of prior training and external loading on vertical jumping ability. Presentation at the NSCA meeting, Orlando, Florida, June, 1988.
- Jesse, C., McGee, D., Gibson, J., Stone, M.H. and Williams, J.C. A comparison of Nautilus and free weight resistive training. Presentation at the NSCA meeting, Orlando, Florida, June 1988.
- Stone, M.H., Keith, R., Marple, D., Fleck, S. and Kearney, J. T. Physiological adaptations during a one week Junior Elite Weightlifting Training Camp. Presentation at the SEACSM meeting, Atlanta GA, January 1989.
- O'Bryant, H. S., Stone, M.H. and Nicklin, R. Human Muscle Power. Symposium Presented at the SEACSM meeting, Atlanta, GA, January 1989.
- Blessing, D., Keith, R., Williford, H. Stone, M.H. and Warren, B. Blood lipid profiles of female athletes. Presentation at the SEACSM meeting, Atlanta, GA, January 1989.
- Evans, J., Blessing, D. and Stone M.H. The relationship of metabolic control to lean body mass, percent fat and maximal oxygen uptake. Presentation at the SEACSM meeting, Atlanta, GA, January 1989.
- Burleson, M., A., Collins, M., A., O'Bryant, H., S., Turner, E., Triplett, T., Smith, T., Allran, K. and Stone M.H. Physiological and perceptual responses to weight lifting and treadmill exercise at matched rates of oxygen uptake. Presentation at the SEACSM meeting, Atlanta, GA, January 1989.
- Stone M.H. Muscle conditioning and muscle injury. Presentation at the ACSM National meeting, Baltimore, MD, June 1989. (Presentation was part of the "Interdisciplinary Symposium on Muscle Injuries" – Invited)

- Burleson, M., A., Collins, M., A., O'Bryant, H. S., Turner, E., Triplett, T., Smith, T., Allran, K. and Stone M.H. Effect of weight lifting and treadmill exercise on elevated post-exercise oxygen consumption. Presentation at the ACSM National meeting, Baltimore, Md, June, 1989.
- Stone M.H., O'Bryant H. and Bompa, T. Periodization: Basic concepts. Presentation at the NSCA National Meeting, Denver, Colorado, June 1989.
- Stone M.H. Muscle and connective tissue injuries. Presentation at the 1989 Texas ACSM Annual Meeting, College Station, Texas, October, 1989 (Invited).
- Robinson, J., Stone, M.H., O'Bryant, H., Johnson, R., Burleson, A., Triplett, T., Smith, T., Adams, F. and Allran, K. Comparative peak power capabilities of men and women. Presentation at the SEACSM, Columbia, SC, February 1990.
- Stone, M.H. Current nutritional aspects for athletics. Presentation at the 1990 University of Tennessee Strength and Conditioning Clinic. Knoxville, Tennessee, March, 1990.
- Warren, B., Kraemer, W.J., Stone M.H., Fleck, S.J., Kearney, J.T. and Johnson R. Plasma Beta-Endorphin responses to seven days of intensive weight training. Presentation at the ACSM National Meeting, Salt Lake City, May 1990.
- Conroy, B.P., Kraemer, W.J., Dalsky, G.P., Miller, P.D., Fleck, S.J., Kearney, J.T. Stone M.H. and Warren, B. Bone mineral density in elite junior weightlifters. Presentation at the ACSM National Meeting, Salt Lake City, May 1990.
- Fry, A.C., Kraemer, W.J., Fleck, M.H., Warren, B., Conroy, B., Weseman, C.A. and Gordon, S.E. Acute endocrine responses in elite junior weightlifters. Presentation at the ACSM National Meeting, Salt Lake City, May 1990.
- Rozenek, R., Rosenau, L., Rosenau, P. and Stone, M.H. Physiologic responses to differences in intensity during resistance exercise. Presentation at the NSCA National Meeting, San Diego, June 1990.
- Garhammer, J.J. and Stone M.H. Quantitative power determination using the vertical jump and a modified Lewis formula. Presentation at the NSCA National Meeting, June 1990.
- McGee, D., Stone M.H., Blessing, D. and Jessee, C. Leg endurance adaptations to three different weight-training programs: Preliminary data. Presentation at the NSCA National Meeting, San Diego, June 1990.
- Barker, M. Poe, C., Midgett, V., O'Bryant, H. Stone, M., Warren, B., Lewis, D., Kearney, J., Fleck, S., Thrush, J., Morris, R. and Johnson, R. Performance response to short-term overwork in elite junior Olympic weightlifters. Presentation at the 8th Carolinas Biomechanics Symposium, Greenville, N.C., November 1990.

- Fry, A., Kraemer, W.J., Warren, B., Stone, M.H., Kearney, J.T., Fleck, S and Weseman, C. The effect of amino acid supplementation on testosterone, cortisol and growth hormone responses to one week of intensive training. Presentation at the MAACSM, New Brunswick, New Jersey, February 1991.
- Stone, M.H., Midgett, V., Warren, B., Kearney, J.T., Fleck, S.J. and Thrush, J. Nutritional analysis of junior elite weightlifters during a one week training camp. Presentation at the SEACSM, Louisville, KY, February 1991.
- Warren, B.J., Stone, M.H., Kearney, J.T., Fleck, S.J., Kraemer, W.J. and Johnson, R.L. The effects of short-term overwork on blood lactate and ammonia concentrations in elite junior weightlifters. Presentation at the SEACSM, Louisville, KY, February 1991.
- Poe, C., Barker, M., Midgett, V., O'Bryant, H. Stone, M., Warren, B., Lewis, D., Kearney, J., Fleck, S., Thrush, J., Morris, R. and Johnson, R. Training adaptations of elite junior Olympic weightlifters. Presentation at the SEACSM, Louisville, Ky, February, 1991.
- Cameron, C.N., Johnson, R.L., Stone, M.H., O'Bryant, H.S. and Midgett, V. Relation of Maximum strength and relative endurance in moderately trained males. Presentation at the SEACSM, Louisville, KY, February 1991.
- Stone, M.H., Johnson, R.L., Cameron, C. and Midgett, V. Relationship of absolute strength and relative endurance in females. Presentation at the AAHPERD National Meeting, San Francisco, April 1991.
- Fleck, S.J., Pattany, P.M., Kearney, J.T., Kraemer, W.J., Stone, M.H. and Wong, K. Relationship of the left ventricular mass to maximal oxygen consumption in weightlifters. Presentation at the Society for Magnetic Imaging National Meeting, Chicago, Ill., April 1991.
- Fry, A.C., Kraemer, W.J., Fleck, S.J., Warren, B., Stone, M.H., Thrush, J., Gordon, S.C., Weseman, C.A. and Weatherly, J. Acute endocrine responses in elite junior weightlifters following one year of training. Presentation at the ACSM National Meeting, Orlando, Florida, May, 1991.
- Warren, B.J., Stone, M.H., Fry, A.C., Kearney, J.T., Fleck, S.J. and Kraemer, W.J. The effect of amino acid supplementation on physiological and performance responses of elite junior weightlifters. Presentation at the ACSM National Meeting, Orlando, Florida, May 1991.
- Lewis, R.D., Stone, M.H., Johnson, R.L. Bonner, B., Kraemer, W.J., Keith, R.E. Warren, B.J., O'Bryant, H.S. and Robinson, J.M. The effects of Gamma Oryzanol on selected physiological and performance variables in a nine week weight-training program. Presentation at the NSCA National Meeting, Saint Louis, June 1991.
- Johnson, R., Stone, M.H., Bonner, B. and Cameron, C. Relation of absolute maximum squat strength to relative squat endurance in young males. Presentation at the NSCA National Meeting, Saint Louis, June 1991.

- Robinson, J.M., Stone, M.H., Penland, C.M., Johnson, R.L., Lewis, D.L., and Warren, B.J. Short-term high-volume weight-training: effects of different work-rest ratios on strength, power and endurance. Presentation at the SEACSM, Auburn, Alabama, January 1992.
- Weatherly, J., Stone, M.H., Fry, A.C., Fleck, S.J., Kearney, J.T., Thrush, J., Warren, B.J. and Johnson R.L. The Effect of amino acid supplementation on the performance of elite junior weightlifters. Presentation at the NSCA National Meeting, Philadelphia, June 1992.
- Conley, M., Stone, M.H., Weatherly, J., Keith, R., Fleck, S., Kearney, J., Fry, A., Kraemer, W., Johnson, R. and Thrush, J. The effect of amino acid supplementation on substrate and ammonia response in elite junior weightlifters. Presentation at the NSCA National Meeting, Philadelphia, June 1992.
- Kramer, J., Stone, M.H., Weatherly, J., Fleck, S., Kearney, J., Fry, A., Kraemer, W.J., Johnson, R. and Thrush, J. The effect of amino acid supplementation on beta-endorphin response in elite junior weightlifters. Presentation at the NSCA National Meeting, Philadelphia, June, 1992.
- Nieman, D.C., Stone, M.H., Fleck, S.J., Kraemer, W.J., Kearney, J.T., Fry, A.C., Thrush, J. and Gordon, S. Interleukin-1 response and adaptation to weight training in junior elite weightlifters. Presentation at the NSCA National Meeting, Philadelphia, June 1992.
- Fry, A.C., Kraemer, W.J., Stone, M.H., Kearney, J.T., Fleck, S.J., Thrush, J. Gordon, S. and Triplett, N.T. Endocrine and performance responses during one month of periodized weightlifting with amino acid supplementation. Presentation at the NSCA National Meeting, Philadelphia, June 1992.
- Koziris, L.P., Fry, A.C., Kraemer, W.J., Stone, M.H., Kearney, J.T., Fleck, S.J., Gordon, S.E. and Triplett, N.T. Effect of training experience and endocrine response in elite junior weightlifters. Presentation at the NSCA National Meeting, Philadelphia, June 1992.
- Keith, R.E., Carson, R.E., Lafavi, R.G. and Stone, M.H. Dietary amino acid intakes in male bodybuilders: A comparison of dietary sources versus supplements. Presentation at the Alabama Academy of Sciences Annual Meeting Birmingham, April 1992.
- Honeycutt, D., O' Bryant, H., Garhammer, J., Stone, M.H., Johnson, R. and Conley M. The validity of a single body landmark to estimate center of mass displacement during weightlifting pulls. Presentation at the SEACSM, Norfolk, Virginia, 1993.
- Stone, M.H. Androgens and athletics. Presentation at the A.P.P.L.E. Conference on Drugs in Sport, University of Virginia, January 1993 (Invited).
- Fry, A.C., Stone, M.H. Thrush J., Fleck, S.J., Kraemer, W.J., Kearney, J.T. and J. Marsit. Overtraining and Weightlifting. Presentation at the International Weightlifting Federation Sports Science and Research Committee Meeting, Olympia, Greece, May, 1993.

- Stone, M.H. Hormonal responses in weightlifters. Presentation at the International Weightlifting Federation Sports Science and Research Committee Meeting, Olympia, Greece, May, 1993.
- Kramer, J.B., Stone, M.H., O'Bryant, H.S., Nieman, D.C., Conley, M.S., Johnson, R.L. Honeycutt, D.R. and Hoke, T.P. Effects of three different weight training programs on leg and hip strength (1RM Squat) and vertical jump. Presentation at the NSCA National Meeting, Las Vegas, June, 1993.
- Conley, M.S., Stone, M.H., O'Bryant, H.S., Johnson, R.L., Honeycutt, D.R, and Hoke, T.P. Peak power versus power at maximal oxygen uptake. Presentation at the NSCA National Meeting, Las Vegas, June 1993.
- Marsit, J. Conley, M.S., Stone, M.H. and Johnson, R.L. The effect of different doses of sodium bicarbonate on performance of the leg press exercise. Presentation at the NSCA National Meeting, Las Vegas, June 1993.
- Poe, C.M., Stone, M.H., Johnson R.L., O'Bryant, H.S., Barker, M. and Weatherly, J. Anaerobic power and endurance assessment of collegiate football players. Presentation at the NCAHPERD Meeting Greensboro, November 1993
- Stone, M.H., Ritchie, M., Fry, A.C. and Stoessel, L. Injuries in Weightlifting. Presentation at the IWF, Sports Science and Research Committee meeting, Melbourne, Australia, November 1993.
- Stone, M.H. Explosive Exercises and Training. Presentation at the 1994 NSCA National Strength Training and Conditioning Clinic, Anaheim, CA, January 1994.
- Nieman, D.C., Henson, D.A., Herring, J., Sampson, C., Suttles, J. Conley, M. and Stone, M.H. Natural killer cell cytotoxicity activity in weight lifters and sedentary controls. Presentation at the SEACSM meeting, Greensboro, NC, January 1994.
- Nieman, D.C., Henson, D.A., Herring, J.L. Conley, M. and Stone, M.H. Natural killer cell cytotoxicity activity in weight trainers and sedentary controls. Presentation at the ACSM National Meeting, Indianapolis, In, June 1994.
- Fry, A.C., Kraemer, W.J., Stone, M.H., Fleck S.J., Kearney, J.T., Triplett, N.T. and Gordon, S.E. Acute endocrine responses with long-term weightlifting in a 51-year old male weightlifter. Presentation at the NSCA National Meeting, New Orleans, LA, June, 1994.
- Marsit, J.L., Stone, M.H., Hoke, T.P., Conley, M.S., Honeycutt, D.R. and Rossi, F.N. Physiological adaptations to two different resistance training and nutritional supplement systems. Presentation at the NSCA National Meeting, New Orleans, LA, June 1994.
- Conley, M.S., Stone, M.H., Marsit, J.L., O'Bryant, H.S., Nieman, D.C., Johnson, R.L., Butterworth, D. and Keith, R. Effects of carbohydrate ingestion on resistance exercise. Presentation at the NSCA National Meeting, New Orleans, LA, June 1994.

- Nieman, D.C., Sampson, C.S., Henson, D.A., Herring, J.L., Conley, M. Stone, M.H. and Johnson, R.L. Acute immune response to exhaustive resistance exercise. Presentation at the Biochemistry of Exercise Ninth International Conference, Aberdeen, Scotland, July, 1994.
- Haff, G, Stone, M.H., Harman, E., O'Bryant, H., Dinan, C., Johnson, R, and Han, K. Isometric versus dynamic peak force and rate of force production during pulls form mid thigh. Presentation at the NSCA National summit, Phoenix AZ, June, 1995.
- Haff, G., Stone, M.H., O'Bryant H., Pierce, K., Garhammer, J. and Fry, A. Power output of vertical jumps and lifts at the 1991 U.S. National Weightlifting Championships. Presentation at the SEACSM meeting, Lexington, Kentucky, February, 1995.
- Stone, M.H. Fry, A.C. and Kreider, R. Symposium on Overtraining. Presentation at the SEACSM Meeting, Lexington, Kentucky, February, 1995.
- Keith, R.E., Carson, R.E., Lafavi, R.G., Stone, M.H. and Fleck, S.J. Nutritional status and lipid profiles of trained steroid-using and nonusing athletes. Presentation at the SEACSM meeting, Lexington, Kentucky, February 1995.
- Fry, A.C., Stone, M.H., Cahill B.R., Pierce, K., Eksten, F. and Gattone, M. Correlations between competitive performance and tests of lower body power in male and female collegiate weightlifters. Presentation at the SEACSM meeting, Chattanooga, Tennessee, February., 1996.
- Stone, M.H. Weightlifting Biomechanics. Presentation at the Summer Games: Sports Medicine Review. Emory University, March 1996 (Invited).
- With Conley, M., Nimmons, M., Bloomberg, J. and Dudley, G. Neck Muscle Adaptation to Chronic Overload. Presentation at the National ACSM meeting, Cincinnati, OH, May, 1996.
- Stone, M.H. Periodization. Presentation at the NSCA National Meeting, Atlanta, Georgia, June, 1996
- Kirksey, K.B., Stone, M.H., Warren, B.J. Stone, M.E. Haff, G.G. and Johnson, R.L.. The effects of six weeks of creatine supplementation on body composition and performance of collegiate track athletes. Presentation at the National Strength and Conditioning Association Meeting, Atlanta, June, 1996.
- Harris, G., Stone, M.H., O'Bryant, H., Johnson, R., Rainwater, M., Proulx, C., Haff, G. and Kirksey, K. The effects of three different weight training programs on measures of athletic performance: maximum strength, power, speed and agility. Presentation at the National Strength and Conditioning Association Meeting, Atlanta, June, 1996.
- Stone, M.H., Josey, J., Hunter, G., Kearney, J.T. Fry, A.C., Kraemer, W.J., Johnson, R.L., Ciroslan, D. and Haff. G. Different Taper lengths: Effects on weightlifting performance. Presentation at the International Conference on Overtraining and Overreaching in Sport,

- July 14 -17, Memphis TN, 1996.
- Stone, M.H. Responses to increased resistance training volume. Presentation at the International Conference on Overtraining and Overreaching in Sport, July 14 -17, Memphis TN, 1996 (Invited).
- Stone, M.H. Periodization in Athletics. Keynote Presentation. Japan NSCA National Meeting, Tokyo, Japan, December 12, 1996 (Invited).
- Stone, M.H. Periodization in Athletics. Invited University Lecture Ryukoku University, Kyoto, Japan, December 13, 1996.
- Kirksey, K.B., Stone, M.H., Warren, B.J., Stone M.E. and Johnson R.L. The effects of six weeks of creatine monohydrate supplementation in male and female track athletes. Presentation at the National ACSM meeting, Denver, Colorado, May, 1997.
- Stone, M.H. Fry, A.C. Overtraining: Current Research and Implications for a Strength and Conditioning Program. Presentation at the National Strength and Conditioning Association Meeting, Las Vegas, June 1997.
- Haff, G., Stone, M.H. Warren, B., Keith, R, Nieman, D., Williams, F., Dinan, C. and Kirksey, B. The effect of carbohydrate ingestion on multiple sets of resistance exercise four hours after a weight training session. Presentation at the National Strength and Conditioning Association Meeting, Las Vegas, Nevada, June 1997.
- Stone, M.H., Potteiger, J., Pierce, K.C., Proulx, C.M., O'Bryant, H.S. and Johnson, R.L. Comparison of the effects of three different weight training programs on the 1 RM squat: A preliminary study. Presentation at the National Strength and Conditioning Association Meeting, Las Vegas, Nevada, June 1997.
- Stone, M.H., O'Bryant, H.S., Stone, M.E., Koch, A., Sanborn, K., Hruby, J., Boros, R., Shannonhouse, L., Vasseur, P. and Proulx, C. Effects of four different warm-up protocols on subsequent standing long jump. Presentation at the SEACSM meeting Sandestin , Fl., February, 1998.
- Utter, A.C., Stone, M.H., O'Bryant, H. S. Suminski, R.R. and Ward, B. Sport-seasonal changes in body composition, strength and power in collegiate wrestlers. Presentation at the National ACSM meeting Orlando, Fl., June 1998.
- Fry A.C., Calhoun G., Weiss, L.W., Li, Y. Stone, M.H. and Cantler, E.L. Injury rates and profiles of elite competitive Olympic style weightlifters. Presentation at the National ACSM meeting Orlando, Fl., June, 1998.
- Sanborn, K., Stone, M.H., Proulx, C., O'Bryant, H., Johnson, R., Stone, M., Hruby, J., Boros, R. and Kirksey, B. Performance effects of 10 weeks of training (Indoor Season) in collegiate throwers: a comparison of men and women. Presentation at the National Strength and Conditioning Association Meeting, Nashville, TN, June 1998.
- Pierce, K., Byrd, R. and Stone, M.H. Weightlifting talent identification. Presentation at the

National Strength and Conditioning Association Meeting, Nashville, TN, June 1998.

Stone, M.H., Sanborn, K., O'Bryant, H., Smith, L., Utter, A. Johnson, R., Hoke, T. and Stone, M.E. Short-term supplementation with creatine monohydrate, pyruvate and a combination in American style football players. Presentation at The International Symposium on Weightlifting and Strength Training, Helsinki, Finland, November, 10-12, 1998.

Sanborn, K. Stone, M.H., Boros, R. , Hrubby, J., Schilling, B., O'Bryant, H., Johnson, R., Hoke, T. and M.E. Stone. Performance of weight training with multiple sets not to failure versus a single set to failure in women: A preliminary study. Presentation at the International Symposium on Weightlifting and Strength Training, Helsinki, Finland, November, 10-12, 1998.

Stone, M.H. Current Controversies in Strength Training. Coach 98, Melbourne, Australia, November 26- 28, 1998.

Stone, M.H. Theoretical and Practical Aspects of using Explosive Exercises. Coach 98, Melbourne, Australia, November 26-28, 1998.

Stone, M.H. Ergogenic Aids: Creatine Supplementation. Coach 98, Melbourne, Australia, November 26- 28, 1998.

Stone, M.H. and Stone, M.E. Explosive Exercise - Hands on Clinic. Coach 98, Melbourne, Australia, November 26-28, 1998.

Stone, M.H. and Stone, M.E. Theoretical and Practical Aspects of Using Explosive Exercises. High Performance Coaching: Workshop Series, Bisham Abbey National Sports Centre, December 15-16, 1998.

Stone, M.H. and Stone, M.E. Practical Aspects of using Explosive Exercises - Hands on Clinic. High Performance Coaching: Workshop Series, Bisham Abbey National Sports Centre, December 15-16, 1998.

Stone, M.H. and Theoretical and Practical Aspects of Strength Power Periodization. High Performance Coaching: Workshop Series, Bisham Abbey National Sports Centre, December 15-16, 1998.

Stone. M.H. Overtraining: Strength\Power Athletes. High Performance Coaching: Workshop Series, Bisham Abbey National Sports Centre, December 15-16, 1998.

Kreider, R. Williams, M., Stone, M.H. and Amato, A. Supplementation: Key issues. Presentation at the SEACSM meeting, Norfolk Virginia, Feb 1999.

Stone, M.H. and Schilling, B. Explosive Exercise: Theoretical and practical aspects. Presentation at the SEACSM meeting, Norfolk Virginia, Feb 1999.

Rananto, C., Hogen, E., Person, K., Mercer, J., Craib, Johnson, R. Stone, M.H. and Smith, L. Elevated Serum Cytokines Associated with Plantar Fascitis. Presentation at the National

ACSM meeting, Seattle, WA, June, 1999.

Schilling, B.K., Stone, M.H., O'Bryant, H.S., Coglianesi, R.H., shores, L.J., and Pierce, K.C. Snatch Technique of national level collegiate lifters. Presentation at the National Strength

and Conditioning Association Meeting, Kansas City, MO, June 1999.

Schilling, B.K., Stone, M.H., Fry, A.C., Johnson, M., Keith, R.E., Kearney, J.T., Coglianesi, R.H., Stone, M.E., Utter, A., Smith, L. and O'Bryant, H.S. A retrospective study of long term creatine supplementation on blood markers of health. Presentation at the National Strength and Conditioning Association Meeting, Kansas City, MO, June 1999.

Stone, M.H., Haff, G.G., Kirksey, K.B., Stone, M.H., Warren, B.J., Johnson, R.L., Stone, M. O'Bryant, H.S. and Williams, F. The effect of six weeks of creatine monohydrate supplementation on force-time curve characteristics and lean body mass. Presentation at the National Strength and Conditioning Association Meeting, Kansas City, MO, June 1999.

Pierce, K.C., Byrd, R. and Stone, M.H. Injuries in youth weightlifting. Presentation at the National Strength and Conditioning Association Meeting, Kansas City, MO, June 1999.

Wathen D. (moderator), Stone, M.H., Antonio, J., Kraemer, W.J. and Pearson, D. Roundtable on androgen use in athletics. Presentation at the National Strength and Conditioning Association Meeting, Kansas City, MO, June 1999.

Stone, M.H. and Triplett-McBride, N. T. Strength training for women: Intensity, volume and exercise factors: Impact on performance and health. AAOS\NIH Meeting, Bethesda, MD. June 1999.

Stone, M.H. and Stone, M.E. General principles of strength training. UK Athletics Strength and Conditioning Seminar. John Moores University, Liverpool, UK Sept 1999.

Stone, M.H. and Stone, M.E. Periodization of training. UK Athletics Strength and Conditioning Seminar. John Moores University, Liverpool, UK Sept 1999.

Stone, M.H. and Stone, M.E. General principles of strength training. Coach 99 Sports Scotland, Glasgow, Scotland, December 1999.

Stone, M.H. and Stone, M.E. Children and strength training. Coach 99 Sports Scotland, Glasgow, Scotland, December 1999.

Stone, M.H. Children and resistance training. Lister Postgraduate Institute Sport and Exercise Medicine Conference, Edinburgh, Scotland, March 3, 2000.

Whitley, A., Haff, G.G., McCoy, L.B., O'Bryant, H.S., Stone, M.H., Pistilli, E.E., Lehmkuel, M, Kaminsky, D., and Kilgore J.L. The effects of different set configurations on barbell velocity and displacement during clean pulls performed at 90 and 120% of one repetition

maximum power clean. Presentation at the National Strength and Conditioning Association Meeting, Orlando, FL., June 2000.

McCoy, L.B. Haff, G.G., Kilgore, J.L., Reeves, J.S., Martin, J.L., Whitley, A.C., Schilling, B.K., O'Bryant, H.S. and Stone, M.H. Kinematic analysis of the snatch of elite female weightlifters. Presentation at the National Strength and Conditioning Association Meeting, Orlando, FL., June 2000.

Stone M.H. and Karatzaferi, C. Adaptation of muscle tissue to heavy resistance training. Symposium on Adaptation to Resistance Training. 3<sup>rd</sup> Annual congress of the European college of Sports Medicine, Jyvaskyla, Finland, July, 2000.

Schilling, B.K., Stone, M.H., Reeves, R.S., Haff, G.G., Kilgore, J.L., Pierce, K.C. and O'Bryant, H.S. Kinematic differences in the clean and clean pull exercise while using varied set protocols. 3<sup>rd</sup> Annual congress of the European college of Sports Medicine, Jyvaskyla, Finland, July, 2000.

Glaister, M., Stone, M.H., Moir, G., Fairweather, M.M. and Clark, D. Relationships between maximum strength (1 RM squat), estimated jumping power and measures of agility amongst Scottish National Badminton players. Presentation at the British Association of Sport and Exercises Medicine (BASEM), Edinburgh, Scotland, Dec 2000.

Coleman, G.S., Stone, M.H. and Karatzaferi, C. Biomechanical differences between loaded countermovement and static squat jumps. Presentation at the British Association of Sport and Exercises Medicine (BASEM), Edinburgh, Scotland, Dec 2000.

Stone, M.H. Children and strength training. Presentation at the "Hot Topics in Sport and Exercise Medicine" Symposium, National Sports Medicine Institute and British Association of Sport and Exercise Science (BASEM) meeting, Aviemore, Scotland, May 2001.

Stone, M.H. Manipulation of resistance training variables in elite athletes to capitalize on hormonal responses. Presentation at the (Invited) 6<sup>th</sup> IOC Congress on Sport Sciences, salt Lake City, Utah, September 2001.

Coleman, S.G.S., Stone, M.H. and Karatzaferi, C. Biomechanical difference between loaded countermovement and static squat jumps. Presentation at the International Society of Biomechanics in Sport Annual meeting. San Francisco, CA, June 2001.

Stone, M.H. and Stone, M.E. . Explosive exercise: Theoretical and practical aspects. NSCA Sports Specific Conference: Baseball and Football. San Antonio, TX, January 2002.

Stone, M.H. and Stone, M.E. The pulling movement(s) applied to sport. Track and Field Symposium, Ryukoku University, Kyoto, Japan, Dec 2001.

Stone, M.H. Resistance exercise and training manipulations, which may beneficially effect hormonal Concentrations and performance. USA Track and Field Summit, Indianapolis,

- IN, June 2002.
- Stone, M.H. How Strong is Strong Enough. USA Track and Field Level 3 Throws Coaches Education Meeting, Las Vegas, NV, December 2003.
- Stone, M.H. Explosive Exercise. USA Track and Field Level 3 Throws Coaches Education Meeting, Las Vegas, NV, December 2003.
- Stone, M.H. Training and Recovery: USA Track and Field Recovery and Restoration Summit, Dallas, Texas, January 2003.
- Stone, M.H. Explosive Exercise. Shreveport Sports Science and Coaching Meeting. Shreveport, LA, February 2003.
- Stone, M.H. Power Development. Advanced Periodization Summit (NSCA) San Diego, CA. August, 2003.
- Stone, M.H. Overtraining. Advanced Periodization Summit (NSCA) San Diego, CA. August, 2003.
- Stone, M.H. Needs for the individual athlete. Advanced Periodization Summit (NSCA) San Diego, CA., August, 2003.
- Stone, M.H. Training Principles and Theory. USA Judo Coaches Education Program, Colorado Springs, CO, Sept 2003.
- Stone, M.H., Borkowski, P. and Smith, S.L. Monitoring the Elite Strength/Power Athlete: The USA Weightlifting Project. ACSM National Convention (USOC Colloquium), San Francisco, CA, May 2003.
- Stone, M.H. Adapting to the Individual Needs of Athletes. Strength and Conditioning IV, (SportScotland) Largs, Scotland, May 22, 2004.
- Sands, W.A. Jemni, M., Haff, G.G., Stone, M.H. Short-Term Recovery. USA Gymnastics National Congress. Anaheim, CA, June, 2004.
- Sands, W.A. and Stone, M.H. Let's Get Strong. USA Gymnastics National Congress. Anaheim, CA, June, 2004.
- Stone, M.H., Sands, W.A., Wilber, R. and Shannon, M. Sports Science in an Olympic Year: (USOC Colloquium), ACSM National Convention, Indianapolis, IN, June 2004.
- Sands, W.A., Stone, M.H. Daigle, K., Cormie, P. McWhorter, S. and McNeal, J. Relationship of Maximum Isometric Strength to Vertical Jump Variables and Weightlifting Performance in Elite American Men and Women Weightlifters. NSCA National Convention, Minneapolis, MN, July 2004.
- McNeal, J.R., Sands, W.A., Stone, M.H., Cormie, P., Mason, R. and Jemni, M. Comparison of lower extremity power in junior and senior national team gymnasts. NSCA National Convention, NSCA National Convention, Minneapolis, MN, July 2004.

- Sands, W.A., Jemni, M., Haff, G.G., Stone, M.H. Short-Term Recovery. USA Gymnastics Men's Junior National Training Camp, Colorado Springs, Co, July, 2004.
- Stone, M.H. and Sands, W.A. The Importance of Maximum Strength in Cycling. USA Cycling National Coaches Summit, Colorado Springs, CO, November, 2004.
- Stone, M.H. and Stone, M.E. Periodization and Planning, USA Triathlon. National Coaches Summit, Colorado Springs, CO, December, 2004.
- Stone, M.H. and Favre, M. Strength-training for Triathletes. USA Triathlon. National Coaches Summit, Colorado Springs, CO, December, 2004.
- Stone, M.H. and Favre, M. Strength-training for Triathletes. USA Cycling. National Coaches Summit, Colorado Springs, CO, February, 2005.
- Sands, W.A., Jemni, M., Stone, M.H., McNeal, J.R., Smith, S.L., Piacentini, T. (2005). Kinematics of vault board behaviors - A preliminary comparison. In Jemni, M. and Robin, J-F., (Eds), 5EME Journees Internationales de L'AFRAGA, Hammamet, Tunisie, 11-13 Avril 2005, pp 70-77. Association Francaise de Recherche en Activites Gymniques et Acrobatiques, Universite de la Manouba, Tunisie.
- Jemni, M., Sands, W.A., Friemel, F., Cooke, C., and Stone, M.H. (2005). Effect of gymnastics training on energetic components of men gymnasts. In Jemni, M. and Robin, J-F., (Eds). 5EME Journees Internationale de L'AFRAGA, pp 29-31. Hammamet, Tunisie, 11-13 Avril 2005, Association Francaise de Recherche en Activites Gymniques et Acrobatique. Universite de la Manouba, Tunisie.
- Stone, M.H., Power development: a brief overview. Presentation at the Power development Seminar, Largs, Scotland, May 2005.
- G.G. Haff, J. Carlock, M. Hartman, N. Kawamori, J. Jackson, J.L. Kilgore, R. Morris, W.A. Sands, and M.H. Stone. Force time curve characteristics and hormonal alterations in elite women weightlifters over 11-weeks of training. NSCA National convention, Las Vegas, NV, July 2005
- N. Kawamori, A.J. Crum, P. Blumert, J. Kulik, J. Childers, J. Wood, M.H. Stone, and G.G. Haff. Influence of different relative intensities on power output during the hang power clean: Identification of the optimal load. NSCA National convention, Las Vegas, NV, July 2005
- Crum, A. J., Kawamori, N., Childers, J., Blumert, P., Stone, M.H. and Haff, G. G.<sup>1,4</sup> The effects of a high-intensity quarter squat warm-up on vertical jump performance at different time

intervals NSCA National convention, Las Vegas, NV, July 2005

ACSM Colloquium, A.C. Fry, W. J. Kraemer and M.H. Stone. Controversies in  
Resistance Training. ACSM National Meeting, Nashville, TN, May-June, 2005