

Curriculum Vitae

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Assistant Professor, Department of Exercise Science and Outdoor Recreation
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EDUCATION

- PhD, June, 2018. Exercise Physiology, University of Kansas, Lawrence, Kansas. Dissertation: Effects of transcranial and trans-spinal stimulation on motor unit behavior, perception of effort, and performance.
- MS, May, 2014. Kinesiology, California State University Fullerton, Fullerton, California. Thesis: Effects of traditional vs. alternating whole-body strength training on squat performance.
- BS, May, 2010, Exercise Science, University of Minnesota Duluth, Duluth, Minnesota.

PROFESSIONAL EXPERIENCE

- Assistant Professor, Utah Valley University, Department of Exercise Science and Outdoor Recreation, 2018 – Present
- Doctoral Fellow, University of Kansas, Health Sport and Exercise Sciences Department, 2014 – 2018
- Lab Director, Human Performance Laboratory, California State University, Fullerton, 2013-2014
- Graduate Teaching Assistant, California State University, Fullerton, 2012-2014
- Scheduling Officer, University of Kansas, Health Sport and Exercise Sciences Department, 2015 – Present
- Laboratory Technician, Assistant instructor for Weight Training and Adapted Physical Education, Strength and Conditioning Coach for Men's and Women's Soccer Life Fitness Center, Irvine Valley College, Irvine, California, 2014

TEACHING EXPERIENCE

- **University of Kansas**
 - Research and Data Analysis in Health, Sport, and Exercise Sciences (F '15, SU 16, F '16, SU '17)
 - Clinical Fitness Evaluation Techniques (SP '15, SP '16, SP '17)

- Indoor Cycling (SP '16)
 - Jogging (F '15)
 - Physical Conditioning (F '15)
 - Sand Volleyball (F '15)
 - Tennis (F '14)
- **California State University, Fullerton**
 - Resistance Training (F '12, S '13, F '13, S '14)

BOOK CHAPTERS

1. **Ciccione AB**, Weir JP, Weir LL. Improving Aerobic Performance. In T. J. Chandler & L. E. Brown (Eds.), *Conditioning for Strength and Human Performance*. Philadelphia: Lippincott Williams and Wilkins.(in review)

MANUSCRIPTS IN REVIEW OR IN PREPARATION

1. **Ciccione AB**, Fry AC, Emerson DM, Herda TJ, Weir JP. Effects of online and post-online transspinal direct current stimulation on perception of effort and neuromuscular behavior. (in preparation)
2. **Ciccione AB**, Fry AC, Emerson DM, Herda TJ, Weir JP. Effects of transspinal direct current stimulation on cycling perception of effort and time to exhaustion. (in preparation)
3. **Ciccione AB**, Schlabs CR, Watson DD, Porter VL, Gallagher PM, Weir JP. Is lower-body resistance exercise volume impaired by high lower-body intramuscular temperature? (in preparation)
4. **Ciccione AB**, Deckert JA, Herda TJ, Gallagher PM, Weir JP. Isokinetic data collection window methods affect the interpretation of electromyographic data. (in preparation)

MANUSCRIPTS PUBLISHED OR IN PRESS

1. Trevino MA, Sterczala AJ, Miller JD, Wray ME, Dimmick HL, **Ciccione AB**, Weir JP, Gallagher PM, Fry AC, Herda TJ. Sex-related differences in muscle size explained by amplitudes of higher-threshold motor unit action potentials and muscle fiber typing. *Acta Physiologica*. 2018 Jun 16:e13151
2. **Ciccione AB**, Deckert JA, Schlabs CR, Tilden MJ, Herda TJ, Gallagher PM, Weir JP. Transcranial direct current stimulation of the temporal lobe does not affect high intensity work capacity. *J Strength Cond Res* (in press).

3. Sterczala AJ, Herda TJ, Miller JD, **Ciccione AB**, Trevino MA. Age related differences in the motor unit action potential vs. recruitment threshold relationship. *Clin Phys Func Imag.* 2018 Jul;38(4):610-6.
4. Miller JD, Herda TJ, Sterczala AJ, Trevino MA, **Ciccione AB**. Time-related changes in firing rates are influenced by recruitment threshold and the magnitude of twitch force potentiation. *Experimental Physiology* (in press)
5. Miller JD, Herda TJ, Sterczala AJ, Trevino MA, **Ciccione AB**, Nicoll JX. Age-related differences in twitch potentiation and contraction duration did not influence motor unit firing rates during a conditioning contraction. *Clinical Neurophys.* 2017 128(6), 905-911.
6. **Ciccione AB**, Siedlik J, Wecht J, Deckert J, Nguyen N, Weir JP. Reminder: RMSSD and SD1 are identical heart rate variability metrics. *Muscle Nerve.* 2017 56(4): 674-678.
7. **Ciccione AB**, Deckert JA, Herda TJ, Gallagher PM, Weir JP. Methodological Differences in the Interpretation of Fatigue Data from Repeated Maximal Effort Knee Extensions. *The Open Sports Sciences Journal.* 2017 10: 37-51.
8. Nijem RM, Coburn JW, Brown LE, Lynn SK, **Ciccione AB**. Electromyographic and Force Plate Analysis of the Deadlift Performed With and Without Chains. *J Strength Cond Res.* 2016 30(5), 1177-1182.
9. Murach K, Bagley J, McLeland K, Arevalo J, **Ciccione AB**, Malyszek K, Wen Y, Galpin A. Improving Human Skeletal Muscle Myosin Heavy Chain Fiber Typing Efficiency. *J Muscle Research and Cell motility.* 2016 Feb: 1-5.
10. McLeland KA, Ruas CV, Arevalo JA, Bagley JR, **Ciccione AB**, Brown LE, Coburn JW, Galpin AJ, Malyszek KK. Comparison of knee extension concentric fatigue between repetition ranges. *Isokinetics and Exercise Science.* 24(1):33-38, 2016.
11. **Ciccione AB**, Brown LE, Coburn JW, Galpin AJ. Effect of traditional versus alternating whole-body strength training on squat performance. *J Strength Cond Res.* 2014 Sep;28(9):2569-77.
12. Moyen NE, Mündel T, DuBois AM, **Ciccione AB**, Morton H, and Judelson AD. Increasing humidity affects thermoregulation during low-intensity exercise in women. *Aviat Space Environ Med.* 2014 Sep;85(9):905-11.
13. Moyen NE, Ellis CL, **Ciccione AB**, Thurston TS, Cochrane KC, Brown LE, Coburn JW, and Judelson AD. Increasing relative humidity impacts low-intensity exercise in the heat. *Aviat Space Environ Med.* 2014 Feb;85(2):112-9.

POSTER PRESENTATIONS

1. **Ciccione AB**, Weir JP. Do metrics between back-to-back National Hockey League away games indicate a presence of fatigue? American College of Sports Medicine Annual Meeting, Minneapolis, MN, May 30-June 2, 2018.
2. **Ciccione AB**, Watson DD, Schlabs CR, Porter VL, Glocker CN, Weir JP. Effect of Resistance Exercise-Induced Fatigue on EMG and M-Wave Amplitudes. National Strength and Conditioning Association Annual Conference, Las Vegas, NV, July 12-15, 2017.
3. **Ciccione AB**, Schlabs CR, Watson DD, Porter VL, Weir JP. Effects of Lower-body Versus Upper- and Lower-body Resistance Exercise on Lower-body Intramuscular Temperature. American College of Sports Medicine Annual Meeting, Denver, CO, May 30-June 3, 2017.
4. Miller JD, Herda TJ, Trevino MA, Sterczala AJ, **Ciccione AB**. Time-Related Changes in Firing Rate Behavior is Partially Explained by Potentiation. American College of Sports Medicine Annual Meeting, Denver, CO, May 30-June 3, 2017.
5. **Ciccione AB**, Schlabs CR, Weir JP. Effects of Non-local Fatigue on EMG Amplitude During Dynamic Resistance Exercise. International Society of Electrophysiology and Kinesiology, Chicago, IL, July 5-8, 2016
6. **Ciccione AB**, Schlabs CR, Tilden MJ, Weir JP. Effect of Transcranial Direct Current Stimulation Electrode Placement on Heart Rate Variability. American College of Sports Medicine Annual Meeting, Boston, MA, May 31- June 4, 2016.
7. Schlabs CR, **Ciccione AB**, Deckert JA, , Tilden MJ, Barros TAR, Herda TJ, Weir JP. Effect of Thorstensson Test Data Collection Window on Synergist Between-Muscle EMG Amplitude Relationships. American College of Sports Medicine Annual Meeting, Boston, MA, May 31- June 4, 2016
8. Tilden MJ, **Ciccione AB**, Deckert JA, Schlabs CR, Barros TAR, Herda TJ, Weir JP. Effect of Thorstensson Data Collection Window and Muscle on EMG Median Power Frequency Slope. American College of Sports Medicine Annual Meeting, Boston, MA, May 31- June 4, 2016
9. Schlabs CR, **Ciccione AB**, Deckert JA, , Tilden MJ, Barros TAR, Herda TJ, Weir JP. Effect of Fatigue Index Calculation Method on the Quantification of Fatigue. Central States ACSM Meeting, Warrensburg, MO, October 15-16, 2015.
10. **Ciccione AB**, Deckert AJ, Weir JP, Herda TJ, Gallagher PM. Thorstensson test data analysis method affects percent fatigue calculation. National Strength and Conditioning Association Annual Conference, Orlando, FL, July 8-11, 2015.
11. **Ciccione AB**, Covill LG, Weir JP. Wavelet analysis of eccentric versus concentric electromyographic frequency characteristics during dynamic muscle actions. American College of Sports Medicine Annual Meeting, San Diego, CA, May 26-30, 2015.

12. McLeland KA, Arevalo JA, Bagley JR, **Cicccone AB**, Brown LE, Coburn JW, Galpin AJ, M. A reexamination of fatigability and fiber composition of human skeletal muscle. American College of Sports Medicine Annual Meeting, San Diego, CA, May 26-30, 2015.
13. **Cicccone AB**, Hafenstine, R., Cho AL, Brown LE, Coburn JW, Galpin AJ. Effects of traditional vs. alternating whole-body strength training on average power and volume. . National Strength and Conditioning Association Annual Conference, Las Vegas, NV, July 9-12, 2014
14. Nijem RM, Coburn JW, Brown LE, Lynn SK, **Cicccone AB**. An Electromyographic and force plate analysis of the deadlift performed with and without chains. . National Strength and Conditioning Association Annual Conference, Las Vegas, NV, July 9-12, 2014
15. **Cicccone AB**, Hafenstine R, Cho AL, Pereira MC, Brown, LE, Coburn JW, Galpin AJ. Effects of traditional vs. alternating whole-body strength training on rate of force development and volume. American College of Sports Medicine Annual Meeting, Orlando, FL, May 27-31, 2014.
16. Cho AL, **Cicccone AB**, Hafenstine R, Pereira MC, Brown LE, Coburn JW, Galpin AJ. Alternating whole-body strength training increases time to peak ground reaction force across multiple sets. American College of Sports Medicine Annual Meeting, Orlando, FL, May 27-31, 2014.
17. Du Bois, AM, Nelson, GC, **Cicccone, AB**, April, SA, Thurston, TA, Brown, LE, Coburn, JW, Galpin, AJ, Judelson, DA. Effect of serial apneas and facial immersion on high intensity aerobic performance. American College of Sports Medicine Annual Meeting, Orlando, FL, May 27-31, 2014.
18. Peña IM, Tovar A-M, Cho AL, **Cicccone AB**, Du Bois AM, and Brown LE. Effects of skateboarding and gender on lateral weight shift. American College of Sports Medicine Annual Meeting, Orlando, FL, May 27-31, 2014.
19. Tovar A-M, Peña IM, Cho AL, **Cicccone AB**, Du Bois, AM, and Brown LE. Effects of skateboarding and gender on anterior posterior weight shift. American College of Sports Medicine Annual Meeting, Orlando, FL, May 27-31, 2014.
20. **Cicccone AB**, Hafenstine R, Cho AL, Brown LE, Coburn JW, and Galpin AJ. Effects of traditional vs. alternating whole-body strength training on squat performance. Southwest American College of Sports Medicine Annual Meeting, Newport Beach, CA, October 18-19, 2013.
21. Du Bois AM, Nelson GC, **Cicccone AB**, April SA, Thurston TS, Brown LE, Coburn JW, Galpin AJ, and Judelson DA. Effect of serial apneas and facial immersion on high intensity aerobic performance. Southwest American College of Sports Medicine Annual Meeting, Newport Beach, CA, October 18-19, 2013.
22. Nijem RM, Coburn JW, Brown LE, Lynn SK, and **Cicccone AB**. A Force plate analysis of the deadlift performed with and without chains. Poster presentation at Southwest

American College of Sports Medicine Annual Meeting, Newport Beach, CA, October 18-19, 2013.

23. Peña IM, Tovar A-M, Cho AL, **Ciccione AB**, Du Bois AM, and Brown LE. Effects of skateboarding, squat angle, and gender on bilateral stance. Poster presentation at Southwest American College of Sports Medicine Annual Meeting, Newport Beach, CA, October 18-19, 2013.
24. Thurston, TS, **Ciccione AB**, Avila XM, Spiering BA, Judelson DA. Effect of Wingate start procedure on peak power, average power, and fatigue index. Poster presentation at Southwest American College of Sports Medicine Annual Meeting, Newport Beach, CA, October 18-19, 2013.
25. Tovar A, Peña IM, Cho AL, **Ciccione AB**, Du Bois, AM, Brown LE. Effect of skateboarding on center of gravity sway velocity during unilateral stance. Poster presentation at Southwest American College of Sports Medicine Annual Meeting, Newport Beach, CA, October 18-19, 2013.
26. Moyen NE, Mündel T, Du Bois AM, **Ciccione AB**, and Judelson DA. Effects of increasing ambient humidity on females during low-intensity exercise in the heat. Oral presentation at Central States American College of Sports Medicine Annual Meeting, Warrensburg, MO, October 17-18, 2013.
27. Moyen NE, Ellis CLV, **Ciccione AB**, Thurston TS, Cochrane KC, Mündel T, Brown LE, Coburn JW, and Judelson DA. Assessing the effects of relative humidity during low-intensity exercise in a hot environment through partitioned calorimetry. Oral presentation at International Conference on Environmental Ergonomics, Queenstown, New Zealand, February 11-15, 2013.
28. Moyen NE, Ellis CLV, **Ciccione AB**, Thurston TS, Cochrane KC, Brown LE, Coburn JW, and Judelson DA. Effects of relative humidity on thermoregulation and perception during low intensity exercise in the heat. Oral presentation at Southwest American College of Sports Medicine Annual Meeting, Newport Beach, CA, October 19-20, 2012.

AWARDS and SCHOLARSHIPS

- 2017 University of Kansas, HSES Department Doctoral Student of the Year
- 2015-16 Mary Oyster O'Guin Memorial Scholarship
- 2015-16 NSCA Challenge Scholarship

PROFESSIONAL SCHOLARSHIP

- Reviewer, Journal of Strength and Conditioning Research, 2013 – Present
- Reviewer, Journal of Sports Science and Medicine, 2013 – Present
- Reviewer, Strength and Conditioning Journal, 2013 – Present
- Reviewer, The Open Sports Sciences Journal, 2017 – Present

- Reviewer, International Journal of Exercise Science, 2017 – Present
- Reviewer, International Journal of Sports Medicine, 2017 – Present

EXTRACURRICULAR ACTIVITIES

- KU Sports Analytics Club President, 2016 – Present

PROFESSIONAL MEMBERSHIPS

- International Society of Electrophysiology and Kinesiology, 2016 – Present
- National Strength and Conditioning Association, 2010 – Present
- American College of Sports Medicine, 2009 – Present

CERTIFICATIONS

- National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (CSCS), 2010
- Red Cross Adult and Child CPR/AED

RESEARCH SKILLS

- Software: LabVIEW, R, SPSS, Delsys EMG Works, Parvo Medics TrueOne
- Custom signal acquisition
- Custom data collection hardware