

CURRICULUM VITAE
Jordon W. Macht, Ph.D., CSCS
Lead Professor in Sport Medicine
Division of Human Performance
Campbellsville University
Campbellsville, KY
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Cell phone: 859-462-8052

EDUCATION

2011-2015

Ph.D., Exercise Science
Department of Kinesiology and Health Promotion
University of Kentucky
Lexington, Ky
Dissertation: β -Hydroxy- β -Methylbutyrate (HMB) Supplementation and its Effects on Neuromuscular Properties

2009-2011

M.S., Exercise Physiology
Department of Kinesiology and Health Promotion
University of Kentucky
Lexington, Ky
Thesis: Development of 1-Repetition Maximum Prediction Equations for Bench Press in Moderately Trained Men

1996-2001

B.A., Physical Education-Recreation/Fitness
Northern Kentucky University
Department of Kinesiology and Health
Highland Heights, Ky

HONORS/AWARDS

March, 2014

Arvle and Ellen Turner Thacker Graduate Dissertation Research Fund
Awarded: \$1,000

2009-2014

Graduate Assistantship
Health and Wellness Department
University of Kentucky

2003

National Strength and Conditioning Association (NSCA)
Passed Certified Strength and Conditioning Specialist (CSCS) exam

1998-2001

Emergency Medical Technician Basic (EMT-B)

RESEARCH EXPERIENCE

2015

Dissertation: β -Hydroxy- β -Methylbutyrate (HMB) Supplementation and its Effects on Neuromuscular Properties

2011

Thesis: Development of 1-Repetition Maximum Prediction Equations for Bench Press in Moderately Trained Men

- 2011** Research Assistant, Evaluation of Cardiovascular Disease Risk Factors and Physical Activity Patterns of Firefighters
Lexington, KY
- 2010** Research Assistant, Effects of Acute Workout Fatigue on Simulated Fire Ground Performance, Richmond, KY
- 2010** Research Volunteer, Kentucky Fire Fighter Fitness Program
Richmond, KY

TEACHING EXPERIENCE

August, 2022 – Present Associate Professor, Campbellsville University
Lead Professor in Sport Medicine
Division of Human Performance
Campbellsville, KY

August, 2015 – 2021 Assistant Professor, Campbellsville University
Lead Professor in Sport Medicine
Division of Human Performance
Campbellsville, KY

Classes taught:

HP 103 – Introduction to Fitness
HP 180 – Principles of Health and Fitness
HP 200 – Healthful Living
HP 230 – Kinesiology and Anatomy for HP Professionals
HP 250 – Care and Prevention of Athletic Injuries
HP 300 – Principles of Strength Training and Conditioning
HP 380 – Motor Learning
HP 392 – Motor Control
HP 399 – Exercise Physiology Lab
HP 389 – Kinesiology Lab
HP 390 – Kinesiology
HP 393 - Biomechanics
HP 400 – Exercise Physiology
HP 401 – Principles of Human Factors of Ergonomics
HP 420 – Exercise Testing and Prescription I
HP 421 – Exercise Testing and Prescription II
HP 422 - Exercise Testing and Prescription II Lab
HP 450 – Physical Activity and Aging
HP 475 – Conditioning and Rehabilitation of Athletic Injuries
HP 480 – Sports Nutrition
OR 100 – Freshman Orientation I
OR 110 – Freshman Orientation II

Online classes taught:

HP 103 – Introduction to Fitness
HP 115 – Walk/Jog
HP 180 – Principles of Health and Fitness

2014-2015 Lead Instructor, Lexington Healing Arts Academy
Subjects taught: Anatomy and Physiology, Kinesiology, Exercise Physiology
Lexington, KY

2014-2015	Tutor, Center for Academic and Tutorial Services (CATS) University of Kentucky Lexington, KY
2009-2015	Time to Change Program Department of Campus Recreation University of Kentucky Lexington, KY
2009-2015	Personal Trainer Department of Campus Recreation University of Kentucky Lexington, KY
2013	Guest Lecturer, KHP 240 Nutrition and Physical Fitness β -Hydroxy- β -Methylbutyrate (HMB) Supplementation Department of Kinesiology and Health Promotion University of Kentucky Lexington, KY
2013	Teaching Assistant, KHP 640 Laboratory Methods in Exercise Science Department of Kinesiology and Health Promotion University of Kentucky Lexington, KY
2011	Instructor, Lexington Youth Soccer Association Soccer Camp Strength and Speed Training Lexington, KY
2010	Teaching Assistant, KHP 450 Introduction to Exercise Testing and Prescription Department of Kinesiology and Health Promotion University of Kentucky Lexington, KY

Published Manuscripts (Refereed Articles):

Macht, J., Abel, M.G., Mullineaux, D.R., & Yates, J.W. (2016). Development of 1RM Prediction Equations for Bench Press in Moderately Trained Men. *Journal of Strength and Conditioning Research*, 30(10), 2016, 2901-2906.

MANUSCRIPTS IN PROGRESS

Macht JW, Abel MG, Clasey JL and Symons TB. Beta-hydroxy-beta-methylbutyrate Supplementation On Low-frequency Fatigue Following Fatiguing Exercise.

PRESENTATIONS

2023	Oral Presentation, Sport Nutrition Campbellsville Chiropractic School Harrodsburg, KY
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2017	Symons TB, Macht JW , Abel MG, Clasey JL. Beta-hydroxy-beta-methylbutyrate supplementation on low-frequency fatigue following fatiguing exercise. American College of Sports Medicine Conference. Denver, 2017.
February, 2014	Oral Presentation, What Resistance Training Program is Best for Me? Department of Health and Wellness University of Kentucky Lexington, KY
October, 2013	Oral Presentation, Low Frequency Muscle Fatigue Department of Health and Wellness University of Kentucky Lexington, KY
April, 2013	Oral Presentation, β -Hydroxy- β -Methylbutyrate (HMB) Supplementation and its Effects on Neuromuscular Properties Spring Research Conference University of Kentucky Lexington KY
March, 2013	Oral Presentation, β -Hydroxy- β -Methylbutyrate (HMB) Department of Health and Wellness University of Kentucky Lexington, KY
September, 2012	Oral Presentation, Weight Training, Where to Get Started Department of Health and Wellness University of Kentucky Lexington, KY
June, 2011	Poster Presentation, Development of 1RM Prediction Equations for Bench Press in Moderately Trained Male Subjects National Strength and Conditioning Association (NSCA) Kentucky State Clinic Conference University of Louisville Louisville, KY
February, 2011	Oral Presentation, The Treatment and Prevention of Delayed Onset Muscle Soreness (DOMS) Department of Health and Wellness University of Kentucky Lexington, KY
November, 2010	Oral Presentation, Effect of Creatine Loading on Anaerobic Performance and Skeletal Muscle Volume Department of Health and Wellness University of Kentucky Lexington, KY
September, 2010	Oral Presentation, Establishing a New One Repetition Maximum Prediction Equation for the Bench Press Exercise

Department of Health and Wellness
University of Kentucky
Lexington, KY

October, 2009 Oral Presentation, Hypertrophic Cardiomyopathy
Department of Health and Wellness
University of Kentucky
Lexington, KY

SERVICE

August 2024 – Present Faculty member, Faculty Evaluation Committee
Campbellsville University
Campbellsville, KY

August 2019 – Present Faculty member, Professional Development Committee
Campbellsville University
Campbellsville, KY

August 2015 – 2019 Faculty member, Athletic Committee
Campbellsville University
Campbellsville, KY

2018 Reviewed Book Proposal: “Exercise Prescription for Special Populations”
Jones & Bartlett Learning
Burlington, MA

2017 Reviewed Book Proposal: “The Physics of Fitness”
Cognella Inc.
San Diego, CA

2017 Reviewed Journal Article Proposal
“Is Self-Administered Rating Scale for Pubertal Development a predictor of countermovement jump in young soccer players?”
The Open Sports Sciences Journal

August 2014 – 2015 Tutor, Center for Academic and Tutorial Services
Subjects tutored: KHP 415 – Biomechanics of Human Movement
KHP 240 – Nutrition and Physical Fitness
KHP 450 – Introduction to Exercise Testing and Prescription
KHP 573 – Management of Sport
University of Kentucky
Lexington, Kentucky

January 2014 – 2015 Time to Change Program
Exercise Progression Committee
Developed safe exercise progressions for overweight population
Department of Campus Recreation
University of Kentucky
Lexington, KY

MEMBERSHIPS

Member, National Strength and Conditioning Association

Member, American College of Sports Medicine

CERTIFICATIONS

National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS)

Functional Movement Screen (FMS), Level 1

American Red Cross CPR/AED Adult Certification

RELATED PROFESSIONAL EXPERIENCE

2009-2015

Personal Trainer
Department of Campus Recreation
University of Kentucky
Lexington, KY

2009-2014

Graduate Assistant
Department of Health and Wellness
University of Kentucky
Lexington, KY

1999-2009

Physical Therapy Technician
Progressive Rehabilitation
Wilder, KY

Jordon Macht's Professional References

Jody L. Clasey, PhD, FACSM

Professor; Department of Kinesiology and Health Promotion

Director: UK Pediatric Exercise Physiology Laboratory

Director: UK CTSA TAAS Assessment Core Laboratory

University of Kentucky

Office Phone: (859) 257-8055

Email: jlcas0@uky.edu

Mark G. Abel, Ph.D., CSCS

Associate Professor; Department of Kinesiology and Health Promotion

University of Kentucky

Lexington, Kentucky

Office Phone: (859) 257-4091

Email: mark.abel@uky.edu

Thorburn Brock Symons, Ph.D.

Assistant Professor; College of Education and Human Development

Texas A&M - San Antonio
San Antonio, Texas
Office: Science and Technology 142H
Email: tsymons@tamusa.edu