

Max W. Adolphs, Ph.D.
Lecturer Department of Applied Physiology and Kinesiology
University of Florida

Educational Background

Ph.D. in Health and Rehabilitation Sciences 2019
Indiana University, Indianapolis, IN

M.S. in Exercise Science 2015
Northern Michigan University, Marquette, MI

B.S. in Health Sciences - Exercise Science Concentration 2013
Northern Michigan University, Marquette, MI

Professional Experience

Lecturer: 2021-Present
Department of Applied Physiology and Kinesiology
University of Florida, Gainesville, FL

Assistant Professor: 2018-2021
Department of Exercise Science
Franklin College, Franklin, IN

Instructor: 2016-2018
Health Science Division
Franklin College, Franklin, IN

Graduate Assistant: 2015-2016
Kinesiology
University of Kentucky, Lexington, KY

Instructor: 2015
General Studies Department
Northeast Wisconsin Technical College, Green Bay, WI

Graduate Assistant: 2013-2015
School of Health and Human Performance
Northern Michigan University, Marquette, MI

Teaching Experience

Franklin College – Department of Exercise Science

ANAT 210 - Applied Human Physiology

ANAT 220 - Applied Human Anatomy

EXE 244 - Strength and Conditioning

EXE 251 - Muscles and Movement (Structural Anatomy)

WNL 276 - Ireland: Sport, History and Culture (study abroad course)

EXE 372 - Exercise Physiology

Franklin College – Department of Physician Assistant Studies

MSPA 505 - Foundations of Clinical Anatomy

MSPA 563 - Clinical Pulmonology

MSPA 570 - Clinical Cardiology

MSPA 572 – Clinical Orthopedics and Rheumatology

University of Kentucky

KHP 420 - Physiology of Exercise (labs)

Northeast Wisconsin Technical College

General Anatomy and Physiology I

General Anatomy and Physiology II

Northern Michigan University

UN100 - Introduction to Sports Science

ES 315 - Exercise Physiology

ES 317 - Structural Anatomy

Teaching Evaluations

Course #	Title	Format	Role	Term	Enrollment	Mean score out of 5
KIN210 A	Applied Human Anatomy	Lecture	Instructor	Fall 2016	18	4.73
KIN210 B	Applied Human Anatomy	Lecture	Instructor	Fall 2016	19	4.86
KIN210 A	Applied Human Anatomy	Lecture	Instructor	Fall 2017	20	4.88
KIN210 B	Applied Human Anatomy	Lecture	Instructor	Fall 2017	13	4.93
KIN210 A	Applied Human Anatomy	Lecture	Instructor	Fall 2018	14	4.88
KIN210 B	Applied Human Anatomy	Lecture	Instructor	Fall 2018	17	4.98
KIN210 A	Applied Human Anatomy	Lecture	Instructor	Fall 2019	19	4.95
KIN210 B	Applied Human Anatomy	Lecture	Instructor	Fall 2019	22	4.96
KIN210 A	Applied Human Anatomy	Lecture	Instructor	Fall 2020	20	4.90
KIN210 B	Applied Human Anatomy	Lecture	Instructor	Fall 2020	18	4.94
KIN220 A	Applied Human Physiology	Lecture	Instructor	Spring 2017	11	4.96
KIN220 B	Applied Human Physiology	Lecture	Instructor	Spring 2017	13	4.82
KIN220 A	Applied Human Physiology	Lecture	Instructor	Spring 2018	13	4.98
KIN220 B	Applied Human Physiology	Lecture	Instructor	Spring 2018	19	4.92
KIN220 A	Applied Human Physiology	Lecture	Instructor	Spring 2019	15	4.95
KIN220 B	Applied Human Physiology	Lecture	Instructor	Spring 2019	11	4.95
KIN220 A	Applied Human Physiology	Online	Instructor	Spring 2020	15	4.88
KIN220 B	Applied Human Physiology	Online	Instructor	Spring 2020	12	5.0
EXE244 B	Introduction to Strength & Conditioning	Lecture	Instructor	Spring 2018	17	4.71
EXE244 B	Introduction to Strength & Conditioning	Lecture	Instructor	Spring 2019	17	4.98
EXE244 B	Introduction to Strength & Conditioning	Online	Instructor	Spring 2020	15	4.85
EXE251 A	Muscles and Movement	Lecture	Instructor	Fall 2019	20	4.95
EXE251 B	Muscles and Movement	Lecture	Instructor	Fall 2019	21	4.98
EXE372 A	Exercise Physiology	Lecture	Instructor	Fall 2016	20	4.73
MSPA 505	Clinical Anatomy	Lecture	Instructor	January 2019	18	4.71
MSPA 505	Clinical Anatomy	Lecture	Instructor	January 2020	24	4.91
MSPA 505	Clinical Anatomy	Lecture	Instructor	January 2021	24	4.95

University Service

FC Blue and Gold Days (2016, 2017, 2018, 2019)
 FC First Year Advising Days (2016, 2017, 2018, 2019, 2020, 2021)
 FC Prospective Student Visits (2016, 2017, 2018, 2019, 2020, 2021)
 FC Committee for Technology (2017)
 FC Advising Committee (2018)
 FC Peer Reviewer for Tenure (2018, 2019, 2020)
 FC Classroom Evaluator for Promotion and Tenure (2019, 2020)
 FC Interviewer for Physician Assistant Program (2019, 2020, 2021)
 FC Physician Assistant Search Committee (2020)

Professional Service

Midwest ACSM – Membership Committee

Poster Presentations

Adolphs MW, SN Drum, BJ Dixon, PB Watts, RL Jensen. The Effects of High Intensity Intermittent Exercise in Normobaric Hypoxia on Aerobic Capacity and Body Composition in Overweight and Obese Sedentary Adults. Midwest Regional Chapter of American College of Sports Medicine, Merrillville, IN, 2014.

Drum SN, MW Adolphs, BJ Dixon, PB Watts. Metabolic Effects of Normobaric Hypoxic High Intensity Intermittent Exercise on Sedentary, Overweight, and Obese Adults. American College of Sports Medicine National Conference, San Diego, CA, 2015.

Allen BJ, HA Bennett, JN Leachman, MW Adolphs. The Effects of virtual reality Gaming Versus Treadmill Exercise on Perceived Enjoyment and Heart Rate Reserve. Midwest Regional Chapter of American College of Sports Medicine, Grand Rapids, MI, 2017.

Leachman JN, Allen BJ, HA Bennett, MW Adolphs. The Effects of Virtual Reality Gaming on Post Exercise Hypotension. Midwest Regional Chapter of American College of Sports Medicine, Grand Rapids, MI, 2018.

Oral Presentations

Adolphs MW, AS Kaleth. The Validity and Reliability of the PAVS and IPAQ-SF as Physical Activity Assessment Tools in Patients with Obstructive Sleep Apnea. Midwest Regional Chapter of American College of Sports Medicine, Chicago, IL, 2019.

Grant Activity

\$1,500 Excellence in Education Grant, Northern Michigan University. The Effects of High Intensity Intermittent Exercise in Normobaric Hypoxia on Aerobic Capacity and Body Composition in Overweight and Obese Sedentary Adults. 2014.

\$800 Technology Grant, Franklin College. HTC VIVE Virtual Reality. The Effects of virtual reality Gaming Versus Treadmill Exercise on Perceived Enjoyment and Heart Rate Reserve. 2016.

\$910 Technology Grant, Franklin College. Welch Allyn Blood Pressure Monitor. The Effects of Virtual Reality Gaming on Post Exercise Hypotension. 2017.

\$700 Technology Grant, Franklin College. The Metabolic Cost of One Bout of Virtual Reality Gaming in College Students. 2020.