

Benjamin Gordon

Objective

Eager to educate students in all areas of physiology and exercise, using a distinctive combination of scientific experience.

Current Employment:

Lecturer

University of Florida

Education and Certifications

Ph.D., Applied Physiology

University of South Carolina, Columbia, SC. 2014

Masters of Science; Exercise Physiology

University of South Carolina, Columbia, SC, 2011

Bachelor of Science; Biology

University of Miami, Coral Gables, FL. 2007

Provisional Certifications

ACSM Certified Exercise Physiologist (CEP) 2018

ACSM Registered Clinical Exercise Physiologist (RCEP) 2012

ACSM Clinical Exercise Specialist (CES). 2011

NSCA Certified Strength and Conditioning Specialist CSCS. 2010

NASM Corrective Exercise Specialist, 2014

World Instructor Training School, Personal Training Instructor Certification, 2011

Red Cross CPR and First Aid Teacher Certified - 2018

Functional Movement Screening Certified – Level 1, 2013

Experience

Teaching Experience

Professor – ESHE 305: Strength and Conditioning, Radford University, 2018

Professor – ESHE 410: Advanced Strength and Conditioning, Radford University, 2018

Professor - ESHE 396: Assessment and Exercise Prescription, Radford University, 2018

Professor – APK 6127: Physiological Assessment (Graduate Level), University of North Florida 2016-17

Professor – APK 4941: Exercise Physiology Practice, University of North Florida, 2017

Professor – APK 4125: Exercise Prescription, University of North Florida, 2017

Professor – PET 3990: Bioenergetics, University of North Florida, 2016

Instructor – Group Exercise 127: Strength and Conditioning Techniques, University of South Carolina, 2015

Instructor – Group Exercise 127: Mobility for Strength and Conditioning, University of South Carolina, 2015

Adjunct Professor – PHED 310: Physical Activity and Children, Presbyterian College, 2015

Adjunct Professor – PHED 1001: Physical Activity and Wellness, Presbyterian College, 2015

Instructor – HPE 109: Health and Wellness, Allen University, 2015

Instructor - Exercise Science 541: Strength and Conditioning, University of South Carolina, 2012

Instructor – Physical Education 102A: Personal Training Preparation, University of South Carolina, 2012

Instructor – Physical Education 105: Weight Lifting, University of South Carolina, 2010 - 2012

Adjunct Professor – Physical Education 316F: Exercise Physiology, Presbyterian College, 2013

Instructor – Exercise Science 530L: Exercise Physiology Laboratory, University of South Carolina, 2008 – 2013

Instructor – Exercise Science 530L: Clinical Exercise Physiology Laboratory, University of South Carolina 2008 – 2013

Co-Instructor – Exercise Science 784: Cardiopulmonary Physiology (Graduate Level), University of South Carolina, 2010 – 2013

Instructor – Personal Training: World Instructor Training School, Midlands Technical College, 2009 – 2013

Teaching Assistant – Exercise Science 530: Exercise Physiology, University of South Carolina, 2008 – 2013

Teaching Assistant – Exercise Science 531: Clinical Exercise Physiology, University of South Carolina, 2008 - 2013

Guest Lecturer – Exercise Science 341: Practical Application of Clinical Physiology , University of South Carolina, 2011 -2013

Teaching Interests

Anatomy and physiology, basic exercise physiology, advance exercise physiology, clinical physiology, comparative physiology, cardiopulmonary physiology, biomechanics, corrective exercise, strength and conditioning, motor development, and sports nutrition.

Practical Experience

Personal Training Manager – University of South Carolina Strom Thurmond Wellness Center 2015 –2016 (Created the program and manage all accounts for the program)

Strength and Conditioning Specialist – University of South Carolina Strom Thurmond Wellness Center 2008 – 2016

Independent Personal Trainer – Columbia, South Carolina 2008-2016

Senior Fitness Supervisor University of Miami Wellness Center 2003-2007

Research Interests

Energy Balance (Interaction between expenditure and intake)

Corrective Exercise and the effects on injury susceptibility

Sports nutrition performance (specifically dealing with phytochemical effects)

Health improvements in chronic disease patients (specifically dealing with phytochemical supplementation)

Presentations

Quercetin effects on performance recovery following eccentric exercise-induced muscle damage. (2009) American College of Sports Medicine National Conference, Seattle WA.

Brain MCP-1 is elevated in a Mouse Model of Cancer-Related Fatigue. (2010) Experimental Biology Conference, Anaheim CA.

Exercise Physiology Careers for the Exercise Physiologist (2013) South Carolina Public Health Student Association

Sports Supplements: A short history, and a look into their effects on performance (2015), Georgia State University, Atlanta Georgia

Estimating Individual Rates of Weight Change in Healthy Young Adults (2015) American College of Sports Medicine National Conference, San Diego California

Supplement Use (2017), University of North Florida, Jacksonville Florida.

Publications

Manuscripts

Murphy EA, Davis JM, McClellan JL, **Gordon BT**, Carmichael MD. Curcumin's Effect on Intestinal Inflammation and Tumorigenesis in the Apc(Min/+) Mouse. 2010: J Interferon Cytokine Res.

Durstine JL, **Gordon BT**. Why Should Exercise Be Viewed as a Medicine? The Global Journal of Health and Physical Education Pedagogy. 2012 1:(4)

Gordon BT. Can Phytochemicals Improve Athletic Performance?. 2012: ACSM's Certified News

Gordon BT. Exercise Immunology. 2012 ACSM's Certified News (3)

Durstine JL, **Gordon BT**, Wang Z, Luo X. Chronic Disease and the Link to Physical Activity 2012: J of Sports and Health Sciences. 2013; (2)1: 3-11

Gordon BT, Durstine JL. Exploring Avenues for Raising HDL Cholesterol. Journal of Clinical Exercise Physiology. 2013; 2(1):28-34

Gordon BT Dietary Supplements: Promising Panaceas or Pandora's Potion?: 2014 ACSM's Certified News (3)

Gordon BT, Green Tea: New Benefits from an Old Favorite? Nutritional Dimension 2014.

Gordon BT, Is Wine a "Functional Food"? Nutritional Dimension, 2014

Gordon BT, Durstine JL, Chen S, The Effects of Exercise Training on the Traditional Lipid Profile and Beyond, 2014. Current Sports Medicine Reports

Gordon BT, Durstine JL, Chen S, The Effects of Exercise Training on the Traditional Lipid Profile and Beyond, 2016. Translational Journal of the American College of Sports Medicine.

Published Abstracts

Gordon BT, Davis JM, Muprhy EA, McClellan JL, Carmichael MD. Quercetin effects on performance recovery following eccentric exercise-induced muscle damage. 2009 (National ACSM abstract)

Gordon BT, Mahoney SE1, McClellan JL1, Murphy EA1, Carmichael MD1, Davis JM1 Role of MCP-1 on voluntary physical activity following treatment of 5-fluorouracil. 2011 (AICR National Conference 2011)

S.H. Jung, E.A. Murphy, R. Fayad, M. Pena, **Gordon BT**, M.Carmichael and J.M. Davis. Modulation of central fatigue-associated neural factors by cancer chemotherapy agent 5-fl uorouracil. 2012 (Experimental Biology Abstract)

Stephen Chen, J.M. Davis, E.A. Murphy, M. Neese, M. Kostek, K. Lam, J. Sieverdes, V. Hirth, A. Leone, D. Jung, **Gordon BT**, K. Becofsky, T. Torres-McGehee, S.N. Blair and J.L. Durstine. Effects of Quercetin Supplementation on Physical Function in Older Adults. 2012 (National ACSM abstract)

Gordon BT, O'Connor D, Hand G, Shook R, Drenowatz C, Blair SN. Estimating Individual Rates of Weight Change in Healthy Young Adults 2015 (National ACSM abstract)

Merten, J. W., **Gordon, B. T.**, & Pappas, C. (2019, March). Cannabidiol (CBD) products: According to Pinterest, we have a miracle drug! Poster to be presented at the 19th Annual Meeting of the American Academy of Health Behavior, Greenville, SC

Gordon, B. T., Merten, J. W. & Smotherman, C*. (2019, March). Stimulant abuse and associated levels of physical activity among college students. Poster to be presented at the 19th Annual Meeting of the American Academy of Health Behavior, Greenville, SC

Text Book Chapters

Burns K, Ligouri G, **Gordon BT**, LJ Durstine. Exercise for Individuals with Controlled Cardiovascular, Pulmonary, and Metabolic Diseases in American College of Sports Medicine Resource Manual for Health Fitness Specialist 1st edition. Lippincott Williams & Wilkins. 2013

Grandjean P, **Gordon BT**, Davis PG, Durstine JL. Hyperlipidemia and Dyslipidemia in Clinical Exercise Physiology 3rd ed. Human Kinetics. 2013

Gordon BT, Carmichael MC, Murphy EA, Davis JM - *International Olympic Committee Sports Nutrition Encyclopedia* – Chapter 7 Dietary Phytochemicals –Fall 2013

Durstine LJ, Thompson RW, **Gordon BT** – *ACSM's Research Methods* – Chapter 19 Drawing Inference Logical Fallacies – Lippincott Williams & Wilkins. 2015

Gordon BT, Durstine JL, Painter PL, Moore GE – *ACSM's Management for Persons with Chronic Diseases and Disabilities* (4th Edition)– Chapter 2 Basic Physical Activity and Exercise Recommendations for Persons With Chronic Conditions – Human Kinetics – 2016

Moore GE, Painter PL, Durstine JL, **Gordon BT** – *ACSM's Management for Persons with Chronic Diseases and Disabilities* (4th Edition) – Chapter 5 – Approach to the Common Chronic Conditions – Human Kinetics – 2016

Durstine JL, Moore GE, Painter PL, Macko R, **Gordon BT**, Kraus WE. *ACSM's Management for Persons with Chronic Diseases and Disabilities* (4th Edition) – Chapter 5 – Chronic Conditions Strongly Associated With Physical Inactivity – Human Kinetics – 2016

Cooper CB, Dolezal BA, Durstine JL, **Gordon BT**, Pinkstaff, SO, Babu AS., Phillips SA. *ACSM's Management for Persons with Chronic Diseases and Disabilities* (4th Edition) – Chapter 5 – Chronic Conditions Strongly Associated With Physical Inactivity – Human Kinetics – 2016

Burns K, Ligouri G, **Gordon BT**, LJ Durstine. Exercise for Individuals with Controlled Cardiovascular, Pulmonary, and Metabolic Diseases in American College of Sports Medicine Resource Manual for the Exercise Physiologist 2st

edition. Lippincott Williams & Wilkins. 2017

Grandjean P, Crouse SF, Durstine JL, Davis PG, **Gordon BT**. Hyperlipidemia and Dyslipidemia in Clinical Exercise Physiology 4rd ed. Human Kinetics. 2018

Senior Editor Positions

Gordon BT, American College of Sports Medicine Resource Manual for the Exercise Physiologist 3rd edition. Lippincott Williams & Wilkins. 2020

Awards and Honors

Clinical Exercise Physiology Association Executive Council Member, 2013

University of South Carolina Outstanding Masters Student Award, 2011

University of South Carolina Honors Student Review Committee Judge, 2011

University of South Carolina Honors Student Review Committee Judge 2012

Southeast American College of Sports Medicine Student Coalition Committee, 2010

University of South Carolina Delta Epsilon Iota – Academic Honor Society Member, 2013

Professional Affiliations

American College of Sports Medicine, member.

Clinical Exercise Physiology Association, member.

National Association of Strength and Conditioning, member.

American Physiology Society, member.

