

JOSEPH A. LAUDATO
CURRICULUM VITAE

CONTACT INFORMATION

Address: 1112 S Magnolia Drive
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ACADEMIC PREPARATION

MS 2017 – 2019 Exercise Physiology; Kent State University

Thesis: Effect of Mechanical Ergogenic Aid on Post-Exercise Performance and Immune Cell Mobilization

BS 2013 – 2017 Exercise Science; Kent State University- *magna cum laude*

PROFESSIONAL EXPERIENCE

Snap Fitness: Kent, OH

November 2018- April 2019

- Individual Personal Training/Group Exercise Instructor

Academic Institutions

Kent State University Exercise Physiology Program

August 2017 - May 2019

- Graduate Research Assistant (*Masters*)

January 2019 - May 2019

- Graduate Teaching Assistant (*Masters*)
Exercise Physiology: EXSC 45080 WIC - mentor/grading

Florida State University Department of Nutrition, Food & Exercise Science

May 2019 - August 2019

- Laboratory Technician

August 2019 – Present

- Graduate Research Assistant (*Doctorate*)

PROFESSIONAL AFFILIATIONS

- American College of Sports Medicine 2017 - Current
- National Strength and Conditioning Association 2017 - Current
- International Society of Exercise and Immunology 2017 - Current
- National Physical Activity Society 2018 - Current

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PROFESSIONAL CREDENTIALS

- CPR/AED Certified (American Red Cross) 2018- Current
- CITI – Biomedical Research – Basic
- CITI – Biomedical Responsible Conduct of Research
- CITI – OSHA Bloodborne Pathogens
- NSCA- Certified Strength and Conditioning Specialist (June 2018)

LABORATORY TECHNIQUES

Laboratory Assessments

- Isokinetic Dynamometry
- Aerobic Capacity Assessment
- Strength Assessment
- Blood Pressure
- Body Composition

Biochemistry Techniques

- Blood processing
- Cell Counting
- Enzyme-Linked Immunosorbent Assays
- Flow Cytometry

Tissue Analysis

- Tissue sectioning
- Protein isolation and quantification
- Rodent dissection and neuromuscular performance

PRESENTATIONS

National Conference Presentations

1. **Laudato JA**, Followay BN, Vaughan JA, Arroyo E, Dulaney CS, Hall SR, Glickman Jajtner AR. **Effect of Thermal Stress on Cycling and Plasma Volume Shifts, Body Weight and Water Intake.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
2. **Laudato JA**, Dulaney CS, Followay BN, Vaughn JA, Arroyo E, Gibson BM, Glickman EL, and Jajtner AR. **Monocyte Chemoattractant Protein-1 and C-C Chemokine Receptor Type 2 Expression related to Body Temperature Changes.** *2019 American College of Sports Medicine Annual Meeting. Orlando, FL.*
3. **Laudato JA**, Gibson BM, Dulaney CS, Trionfante CP, Tagesen EC, Jajtner AR, **No Differences in Force Production following a High-Volume Back Squat with Knee Wraps.** *2019 National Strength and Conditioning Association Annual Conference, Washington D.C.*
4. Jajtner AR, Followay BN, Vaughan JA, Arroyo E, Hall SR, Dulaney CS, **Laudato JA**, Glickman EL. **Bilateral Differences in Muscle Activation Associated with Cycling in Varying Environmental Conditions.** *2018 ACSM Annual Meeting, Minneapolis, MN.*

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5. Arroyo E, Followay BN, Vaughan JA, Dulaney CS, **Laudato JA**, Hall SR, Glickman EL, Jajtner AR. **Thermoregulatory Responses to Moderate-Intensity and High Intensity Cycling in the Heat.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
6. Dulaney CS, Followay BN, Vaughan JA, Arroyo E, **Laudato JA**, Hall SR, Glickman EL, Jajtner AR. **Thermal Responses Associated with Prolonged Cycling in Cold Temperatures.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
7. Hall SR, Glickman EL, Vaughan JA, Followay BN, Arroyo E, Dulaney CS, **Laudato JA**, Jajtner AR. **Physiological Response in Time to Exhaustion Trial Across Varied Environmental Conditions.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
8. Followay BN, Vaughan JA, Hall SR, Dulaney CS, Arroyo E, **Laudato JA**, Glickman EL, Jajtner AR. **Effects of Cycling in the Cold on Neuromuscular Activation and Fatigue.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
9. Vaughan JA, Followay BN, Hall SR, **Laudato JA**, Arroyo E, Dulaney CS, Jajtner AR, Glickman EL. **Afterdrop Effect during Recovery after Aerobic Exercise in a Cold vs Moderate Temperature Environment.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
10. Glickman EL, Followay BN, Vaughan JA, Hall SR, Arroyo E, Dulaney CS, **Laudato JA**, Jajtner AR. **Effects of Aerobic Cycling Exercise in the Heat on Neuromuscular Activation and Fatigue.** *2018 ACSM Annual Meeting, Minneapolis, MN.*
11. Jajtner AR, Arroyo E, Followay BN, Vaughan JA, **Laudato JA**, Gibson BM, Glickman EL. **No changes observed in Circulating Tumor Necrosis Factor-alpha or receptors following Prolonged Exercise in a Cold Environment.** *2018 Experimental Biology Conference, San Diego, CA.*
12. Arroyo E, Followay BN, Vaughan JA, **Laudato JA**, Gibson BM, Glickman EL, and Jajtner AR. **Tumor Necrosis Factor-alpha, TNFR1, and TNFR2 Responses to Exercise in the Heat.** *2018 Experimental Biology Conference, San Diego, CA.*
13. Boka K, Gibson BM, Vaughn JA, Followay, BN, Arroyo E, **Laudato JA**, Glickman, EL, and Jajtner AR. **Effect of Heat and Humidity on the Inflammatory Response During Aerobic Exercise.** *2019 American College of Sports Medicine Annual Meeting, Orlando, FL.*
14. Jajtner AR, Followay BN, Vaughan JA, Arroyo E, Gibson BM, **Laudato JA**, Glickman EL. **Relationships between Body Temperatures Changes with Exercise Performance.** *2019 ACSM Annual Meeting, Orlando, FL.*
15. Arroyo E, Followay BN, Vaughan JA, **Laudato JA**, Gibson BM, Glickman EL, and Jajtner AR. **Tumor Necrosis Factor-alpha, TNFR, and STNFR Relationships to Body Temperature.** *2019 ACSM Annual Meeting, Orlando, FL.*

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16. Gibson BM, Boka K, Followay BN, Vaughan JA, Arroyo E, **Laudato JA**, Jajtner AR, and Glickman EL. **The Relationship between Increased Cytokine Concentration with Body Temperature Changes.** *2019 ACSM Annual Meeting, Orlando FL.*
17. *Miller BA, **Laudato JA**, Gibson BM, Dulaney CS, Trionfante CP, Jajtner AR. **Knee Wraps Increase Passive Force Production During Isometric Knee Extensions.** *2019 NSCA National Conference. Washington, D.C.*
18. Gibson BM, **Laudato JA**, Dulaney CS, Trionfante CP, Tagesen EC, Jajtner AR, **Correlation of the Isometric Mid-Thigh Pull and Isometric Squat following High Volume Resistance Exercise.** *2019 National Strength and Conditioning Association Annual Conference, Washington D.C.*
19. *Lebron MA, **Laudato JA**, Gibson BM, Dulaney CS, Trionfante CP, Jajtner AR. **Relationship Between Isometric Mid-Thigh Pull, Isometric Squat, and Back Squat 1-RM.** *2019 National Strength and Conditioning National Conference. Washington, D.C.*
20. Tagesen, EC, **Laudato, JA**, Gibson, BM, Dulaney, CS, Trionfante CP, Jajtner AR. **Effects of Knee Wraps on Immune Cell Mobilization Following Resistance Exercise Designed to Induce Muscle Damage.** *2019 National Strength and Conditioning Association Annual Conference, Washington D.C.*

International Conference Presentations

1. Jajtner AR, Arroyo E, Followay BN, Vaughan JA, Boka K, **Laudato JA**, Gibson BM, Glickman EL. **The effects of Cycling in Cold Ambient Temperatures on Circulating Lymphocyte Subset Populations.** *2018 Canadian Society of Exercise Physiology Annual Conference. Niagara Falls, ON, Canada.*
2. Arroyo E, Followay BN, Vaughan JA, Boka K, **Laudato JA**, Gibson BM, Glickman EL, and Jajtner AR. **Lymphocyte Subset Responses to Cycling in the Heat.** *2018 Canadian Society for Exercise Physiology Annual Conference. Niagara Falls, ON, Canada.*

Regional Conference Presentations

1. Gibson BM, Boka K, Followay BN, Vaughan JA, Arroyo E, **Laudato JA**, Glickman EL, Jajtner AR. **The Circulating Inflammatory Response to Aerobic Exercise in a Hot Condition.** *2018 Mid-West Chapter of the American College of Sport Medicine (MWACSM) Annual Conference. Grand Rapids, MI.*
2. Dulaney CS, Arroyo E, Tagesen E, **Laudato JA**, Followay BN, Vaughan JA, Glickman EL, Jajtner AR. *Circulating MCP-1 associated with prolonged cycling in hot temperature.* Poster presented at the 2018 MWACSM Annual Meeting, Grand Rapids, MI.

University Presentations

1. *Miller BA, **Laudato JA**, Gibson BM, Dulaney CS, Jajtner AR. **The Role of Knee Wraps on Passive Force Production.** *2019 Kent State University Graduate Symposium. Kent, OH.*

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2. *Miller SA, **Laudato JA**, Gibson BM, Dulaney CS, Trionfante CP, Jajtner AR.
Influence of Knee Wraps on Force Production during Passive Isometric Quadriceps Contractions. *2019 Kent State University Undergraduate Symposium. Kent, OH.*

3. *Lebron MA, **Laudato JA**, Gibson BM, Dulaney CS, Trionfante CP, Jajtner AR.
Relationship Between Isometric Mid-Thigh Pull, Isometric Squat, and Back Squat 1-RM. *2019 Kent State University Undergraduate Symposium. Kent, OH.*
*mentorship

FUNDING

Summary

- American College of Sports Medicine-Gatorade Sports Science Institute Young Scholar Travel Award: **\$1,000** (2019)
- The GSS Domestic Travel Award (DTA), Kent State University: **\$415** (2018) - *funded*
- National Strength and Conditioning Association Graduate Research Grant-Master's: **\$7,500** (2018) - *not funded*
- KSU EHHS Dean's Scholarship: **\$650** (2018)