



**Paul C. Miller, Ph.D., FACSM**

Elon University  
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**Current Position**

**Elon University, Elon, NC**

Aug., 1997 - Present

**Professor of Exercise Science (Tenure awarded: 3/2003)**

**Director, Undergraduate Research Program**

June, 2009 - Present

**Education**

**University of Miami, Coral Gables, FL**

Doctor of Philosophy - Exercise Physiology

**Dissertation Title:** Modification in the rate of ATP hydrolysis due to activity specific training measured at varying hydrogen ion concentrations in rat skeletal muscle.

**Cleveland State University, Cleveland, OH**

Master of Education - Exercise Science

**University of Michigan, Ann Arbor, MI**

Bachelor of Science - Kinesiology

**Selected University Service**

- Elon University Faculty-Staff Campaign – **Chair, 2011-present**
- University Chaplain Search Committee – **Chair, 2010-2011**
- Task Force on Staff Development – **Chair, 2009-2010**
- Faculty Senate – (2007-2010; **Chair, 2008-2009**)
- Promotion and Tenure Appeal Committee – **Chair, 2008-2010**
- Elon University Long Range Planning Committee
- The Graduate Council – **Chair, 2003-2004**
- The Undergraduate Research Program Advisory Committee
- The International Studies Advisory Committee
- The Health Professions Advisory Committee

- The Alamance Regional Medical Center Institutional Review Board, 2006-2007

### **Selected Professional Service**

- CUR Councilor – Health Sciences Division – **Chair, 2010-present**
- Abstract Reviewer – Southeast American College of Sports Medicine, 2009-Present
- Judge – Master’s Division Student Research Awards – SEACSM, 2011
- Moderator – SEACSM Annual Meeting, 2010
- Moderator – ACSM Annual Meeting, 2004
- Reviewer – Journal of Sports Science; Journal of the International Society of Sports Nutrition; Research Quarterly for Exercise and Sport; Medical Science Monitor; Pearson/Benjamin Cummings Publishing
- Planning Committee - 2010 AAC&U Conference, Creativity, Inquiry, and Discovery: Undergraduate Research In and Across the Disciplines

### **Selected Publications**

JD Burns, PC Miller, EE Hall, & WR Bixby: “Acute effects of whole body vibration on functional capabilities of skeletal muscle” Journal of Strength and Conditioning Research [in revision]

GK Chao, PC Miller, JD Burns, & EE Hall: “Effects of conjugated linoleic acid supplementation and exercise on body composition, blood lipid profile, and contractile function.” Journal of Sports Sciences. [in revision]

JM Del Giorgio, EE Hall, KC O’Leary, WR Bixby, & PC Miller: “Cognitive function during acute exercise: A test of the transient hypofrontality theory.” Journal of Sport and Exercise Psychology. Vol. 32 (3), 312-323.

PC Miller, EE Hall, EA Chmelo, JM Morrison, RE DeWitt, and CM Kostura: “The influence of muscle action on heart rate, RPE, and affective responses following resistance exercise” Journal of Strength and Conditioning Research. Vol. 23 (2), 366-372.

PA Bellezza, EE Hall, PC Miller and WR Bixby: “The influence of exercise order on blood lactate perceptual and affective responses.” Journal of Strength and Conditioning Research. Vol. 23 (1), 203-208.

EA Chmelo, EE Hall, PC Miller, and KN Sanders: “Mirrors and resistance exercise, do they influence affective responses? Journal of Health Psychology. Vol. 14 (8), 1067-1074.

SP Bailey, EE Hall, SE Folger and PC Miller.: “Changes in EEG during graded exercise on a recumbent cycle ergometer.” Journal of Sports Science and Medicine, Vol. 7, 505-511.

SP Bailey, C Holt, KC Pflugger, Z La Budde, D Afergan, R Stripling, PC Miller, and EE Hall: “Impact of prolonged exercise in the heat and carbohydrate supplementation on performance of a virtual environment task.” Military Medicine. Vol. 173, 2:187.

SE Steck, AM Chalecki, PC Miller, J Conway, GL Austin, CD Albright, P Thuillier: “Conjugated linoleic acid supplementation for twelve weeks increases lean body mass in obese humans” Journal of Nutrition, Vol. 137 (5), 1188-1193.

PC Miller, SP Bailey, ME Barnes, SJ Derr, and EE Hall: “Effects of Protease Supplementation on Skeletal Muscle and DOMS following Downhill Running.” Journal of Sports Sciences, Vol. 22, No. 4, 365-372.

### **Selected Abstracts & Conference Presentations**

PC Miller, SH Batten, EE Hall, WR Bixby & SP Bailey: “The impact of varying carbohydrate-electrolyte solutions on exercise performance in the heat.” Medicine and Science in Sport and Exercise, Vol. 43, No. 5 *Supp.*, June, 2011.

JT Lee, WR Bixby, PC Miller, CJ Ketcham. & EE Hall: “The Effects of an Acute Overspeed Warm-Up on Sprint Performance in Collegiate Athletes.” Medicine and Science in Sport and Exercise Medicine and Science in Sport and Exercise, Vol. 43, No. 5 *Supp.*, June, 2011.

PC Miller, GK Chao, WR Bixby, & EE Hall: “Effects of CLA supplementation on muscle performance and lean mass following seven weeks of exercise.” Medicine and Science in Sport and Exercise, Vol. 42, No. 5 *Supp.*, June, 2010.

NJ Guerette, PC Miller, JM Hartzel, SM Valentine, WR Bixby, EE Hall, & SP Bailey: "The effect of acute quercetin supplementation on HR, core temperature, and exercise performance." *Medicine and Science in Sport and Exercise*, Vol. 42, No. 5 *Supp.*, June, 2010.

PC Miller, EE Hall, MS Scoggin, TK Mulcahy, WR Bixby, & SP Bailey: "Impact of protease supplementation on pain perception and exercise affect during cycle ergometry with DOMS." *Medicine and Science in Sport and Exercise*, Vol. 41, No. 5 *Supp.*, June, 2009.

PC Miller, EE Hall, TK Mulcahy, KG Bulow, M Scoggin, C Sinderbrand, WR Bixby, and SP Bailey: "Recovery of contractile function following eccentric exercise with protease supplementation" *Medicine and Science in Sports and Exercise*, Vol. 40, No. 5 *Supp.*, June, 2008.

### **Selected Honors & Awards**

- Elon University Excellence in Teaching Award for the School of Education, 2008-2009
- Elon University Excellence in Scholarship Award for the School of Education, 2006-2007

### **Professional Affiliations**

American College of Sports Medicine  
American Physiological Society  
Southeast American College of Sports Medicine  
Council on Undergraduate Research  
Association of American Colleges and Universities  
International Society for the Scholarship of Teaching and Learning