Curriculum Vitae

Jason R. Jaggers

Murray State University
Department of Applied Health Sciences
403 Applied Science North
Murray, KY 42071
Phone: (270) 809-6285
Email: jjaggers2@murraystate.edu

EDUCATION

Ph.D. University of South Carolina, Columbia, SC, Dept. of Exercise Science — Dec 2010
Dissertation: Clinical exercise, stress, and HIV infection.

MS University of Louisville, Louisville, KY, Dept. of Health & Sport Science — May 2006
Thesis: The acute effects of dynamic and ballistic stretching on vertical jump height, force and power.

BS University of Louisville, Louisville, KY, Dept. of Health & Sport Science — May 2004

PROFESSIONAL EXPERIENCE

Assistant Professor:
Department of Applied Health Sciences, College of Health Sciences and Human Services, Murray State University, KY. — 2013-present
Courses taught- Exercise Prescription, Exercise for Special Populations, Research Design and Statistics.

Postdoctoral Fellow:
University of South Carolina, Department of Exercise Science. National Institute of Health (NINR) funded R21 grant titled "Home-based Exercise for Management of HIV-associated Cardiovascular Disease Risk." PI- Dr. Steven N. Blair and Dr. Gregory A. Hand. Role: Project Director. (Clinical Trial Identifier NCT01377064) — 2010-present

Postdoctoral Fellow:
University of South Carolina, Department of Exercise Science. Energy Balance Study. PI- Dr. Gregory A. Hand and Dr. Steven Blair. Role: Project staff. — 2010-present

Graduate Research Assistant:
University of South Carolina, Department of Exercise Science. NIH/ National Center for Minority Health and Disease EXPORT Project #3 titled "Acupuncture and Oral Immunity in HIV infected individuals." PI – Dr. Gregory Hand. Role: Project Manager. — 2006-2010

ACADEMIC HONORS/DISTINCTIONS

Delta Omega Honorary Society 2013
School of Public Health travel grant award, University of South Carolina 2007-2010

PROFESSIONAL ORGANIZATIONS

American College of Sports Medicine, Southeastern Regional Chapter
American Public Health Association
International AIDS Society

CERTIFICATIONS

American Public Health Association, Certified Basic Adult & Child CPR 1998 -present

RESEARCH INTERESTS

Clinical Exercise Science
Community-based physical activity interventions
Exercise and metabolic syndrome
Establishment of exercise guidelines that ensure health benefits of special populations.

PUBLICATIONS

Book Chapters

1. **Jason R. Jaggers** and Gregory A. Hand. HIV Infection: Exercise and Immune Function. IN Lifestyle Medicine. 2nd edition (Rippe) Taylor & Francis Group. pp. 615-624, 2013 ISBN: 1439845425

2. Hand G.A**.** and **J.R. Jaggers**. Stress and Anxiety Disorders. IN ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities. 3rd edition (eds. J.L. Durstine and G.E. Moore) Human Kinetics, Champaign, Illinois. pp. 379-384, 2009.

Peer Reviewed Articles

1. **Jason R. Jaggers,** Wesley D. Dudgeon, Stephanie Burgess, Kenneth D. Phillips, Steven N. Blair, J. Larry Durstine, and Gregory A. Hand. Psychological Correlates of HIV-related Symptom Distress. *Journal for the Association of Nurses AIDS Care, 2013 (in press)*
2. **Jason R. Jaggers,** Wesley D. Dudgeon, Steven N. Blair, Xuemei Sui, Stephanie Burgess, Sara Wilcox, Gregory A. Hand. A home-based exercise intervention to increase physical activity among people living with HIV: study design of a randomized clinical trial. *BMC Public Health* 2013, 13:502 doi:10.1186/1471-2458-13-502
3. Hand G.A., Shook R.P., Paluch A.E., Baruth M., Crowley E.P., **Jaggers J.R.**, Prasad

V.K., Hurley T.G., Hebert J.R., Archer E., Burgess S., and S.N. Blair: The Energy Balance Study: The design, methodology and baseline results for a longitudinal study of energy balance and storage. *Research Quarterly for Exercise and Sport* (In Press)

4. **Jason R. Jaggers**, Gregory A. Hand, Wesley D. Dudgeon, Stephanie Burgess, Kenneth D. Phillips, Steven N. Blair. "Short Term Aerobic and Resistance Training Improves Psychological Mood State Among Adults with HIV." *Submitted for review to Journal of Consulting and Clinical Psychology (January 2013)*
5. Wesley David Dudgeon, **Jason Reed Jaggers**, Kenneth Doyle Phillips, et al., "Moderate-Intensity Exercise Improves Body Composition and Improves Physiological Markers of Stress in HIV-Infected Men," *ISRN AIDS, vol. 2012, Article ID 145127, 14 pages, 2012. doi:10.5402/2012/145127*
6. Hand, Gregory A., G. William Lyerly, **Jason R. Jaggers**, and Wesley D. Dudgeon. "HIV: Role of Exercise in Promoting Health." *Encyclopedia of Lifestyle Medicine & Health.* Ed. James M. Rippe, MD. Thousand Oaks, CA: SAGE, 2012. 562-67
7. Gregory A. Hand, **Jason R. Jaggers**, G. William Lyerly, and Wesley D. Dudgeon. Physical Activity in Cardiovascular Disease Prevention in Patients With HIV/AIDS. *Current Cardiovascular Risk Reports, July2009; 3(4):288–295*
8. Gregory A. Hand, G. William Lyerly, **Jason R. Jaggers**, and Wesley D. Dudgeon. Impact of Aerobic and Resistance Exercise On The Health of HIV-Infected Persons. *Journal of Lifestyle Medicine, 2009 3(6):489-499*
9. **Jason R. Jaggers**, Xuemei Sui, Steven P. Hooker, Michael J. LaMonte, Charles E. Matthews, Gregory A. Hand, Steven N. Blair. Metabolic syndrome and risk of cancer mortality in men. *European Journal of Cancer , July 2009; Vol. 45 (10): 1831-1838*
10. **Jaggers, J.,** Swank, A., Frost, K., Lee, C. The Acute Effects of Ballistic and Dynamic Stretching on Vertical Jump Height, Force, and Power. *Journal of Strength and Conditioning Research, Nov 2008; Vol. 22(6):1844-1849*
11. G.A. Hand, **J.R. Jaggers**. Stress and Cancer. IN Encyclopedia of Cancer and Society. G.A. Calditz and J. Geoffrey Golson (eds.), SAGE Books Ltd. November, 2007.
12. **Jaggers, J**., Simpson, C., Frost, K., Quesada, P., Topp, R., Swank, A., Nyland, J. Prehabilitation Prior To Knee Arthroplasty Increases Post-Surgical Function: A Case Study. *Journal of Strength and Conditioning Research, May 2007; Vol. 21(2):632-634.*

Manuscripts in Preparation

13. **Jason R. Jaggers,** Wesley D. Dudgeon, Steven N. Blair, Xuemei Sui, Stephanie Burgess, Sara Wilcox, Gregory A. Hand. Feasibility of a home-based exercise intervention to increase physical activity among people living with HIV.
14. **Jaggers et al.** Relationships among physical activity and risk factors for metabolic syndrome in a sample of HIV+ adults currently taking antiretroviral therapy.

Abstracts (first-authored)

1. **Jason R. Jaggers**, Gregory A. Hand, Vivek Prasad, Xuemei Sui, Stephanie Burgess, Wesley D. Dudgeon, Steven N. Blair: Changes in daily physical activity significantly

affects body composition in Hiv+ adults taking antiretroviral therapy. *Medicine and Science in Sports and Exercise 45,* 2013.

2. **Jason R. Jaggers**, Gregory A. Hand, Vivek Prasad, Xuemei Sui, Stephanie Burgess, Steven N. Blair: Association between physical activity and risk factors for metabolic syndrome in a sample of HIV+ men and women currently taking antiretroviral therapy. *Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2013 Scientific Sessions:* Presentation Number P419

3. **Jason R. Jaggers**, Wesley D. Dudgeon, Vivek K. Prasad, Stephanie Burgess, Erica McDivitt, Steven N. Blair, Gregory A. Hand: Reduced functional aerobic capacity in a sample of HIV+ adults from the southeastern United States: a comparison of males and females. *XIX International AIDS Conference Abstracts:* THPE042, 2012

4. **Jason R. Jaggers**, Vivek K. Prasad, Wesley D. Dudgeon, Erica McDivitt, Stephanie Burgess, Steven N. Blair, Gregory A. Hand: Evidence of Functional Aerobic Impairment Among Adults Living With HIV. *Medicine and Science in Sports and Exercise 44,* 2012

5. **Jason R. Jaggers**, Vivek Prasad, Wesley D. Dudgeon, Stephanie Burgess, Steven N. Blair, Gregory A. Hand: Functional Aerobic Impairment in a Sample of HIV-Infected Adults. *SEACSM Abstracts* 40: O22, 2012

6. **Jason R. Jaggers**, Wesley D. Dudgeon, Omar Bagasra, Samina Noorali, and Gregory A. Hand: Effects of acupuncture on psychological stress and viral load in African-Americans living with HIV/AIDS. *APHA Annual Meeting Abstracts* 139: 241079*,* 2011.

7. **Jason R. Jaggers**, Wesley D. Dudgeon, Kenneth D. Phillips, Stephanie Burgess, J. Larry Durstine, G. William Lyerly, Steven N. Blair, Gregory A. Hand: Hiv-Related Psychological Disturbances Improve After Six Weeks Of Moderate Intensity Exercise Training. *Medicine and Science in Sports and Exercise* 43.

8. **Jaggers J.R.,** Dudgeon W.D., Burgess S., Durstine J.L., Lyerly G.W., Phillips K.D., Blair S.N., and G.A. Hand: Associations of psychological and physiological stress among HIV-infected individuals. *APHA Annual Meeting Abstracts* 138: 228711, 2010.

9. **Jason R. Jaggers**, Kenneth D. Phillips, Wesley D. Dudgeon, Stephanie Burgess, J L. Durstine, Gregory A. Hand. Reductions in total resting cortisol at wake following moderate intensity resistance and aerobic exercise training. *Medicine and Science in Sports and Exercise* 42 (Suppl. 5): B-24, 2010

10. **Jason R. Jaggers**, Kenneth .D. Phillips, Wesley .D. Dudgeon, Stephanie Burgess, and JL. Durstine, and Gregory A. Hand. Changes in body composition and salivary cortisol following combined aerobic and resistance training in HIV-infected men. *SEACSM Abstracts 37:* O25, 2010

11. **Jaggers J.R.,** D.-C. Lee, Sui X., Hand G.A., and S.N. Blair: Association between regular and sugar-free soda consumption with risk of metabolic syndrome. *Medicine and Science in Sports and Exercise* 41 (Suppl. 5): G-21, 2009.

12. **Jaggers J.R**., Phillips K.D., Dudgeon W.D., Lyerly G.W., Burgess S., Durstine J.L., and G.A. Hand: Improved lipid profile in HIV positive men after 6 weeks of combined resistance and aerobic training. *SEACSM Abstracts* 36: O8, 2009.

13. **Jaggers, J.R.,** G.W. Lyerly, J.M. Tucker, D.J. Thompson, B.M. Duncan, and G.A. Hand:

Effects of acupuncture on oral markers of emotional distress in HIV-infected African Americans. *APHA Annual Meeting Abstracts* 136: 176932, 2008. On Line

14. **Jaggers J.R.**, Phillips K.D., Dudgeon W.D., Lyerly G.W., Duncan B.M., Burgess S., Durstine J.L., and G.A. Hand. Cardiovascular Fitness Improvements in HIV-infected Men Following Combined Aerobic and Resistance Exercise Training. *South Carolina Public Health Association Abstracts*, May 2008.
15. **Jaggers J.R**., Phillips K.D., Dudgeon W.D., Lyerly G.W., Duncan B.M., Burgess S., Durstine J.L., and G.A. Hand. Effects of combined aerobic and resistance exercise training on cardiovascular fitness in HIV-infected men. *Medicine and Science in Sports and Exercise* 40 (Suppl. 5): F41, 2008.
16. **Jaggers J.R.,**K.D. Phillips, W.D. Dudgeon, G.W. Lyerly, B.M. Duncan, S. Burgess, J.L. Durstine, and G.A. Hand. Effects of combined aerobic and resistance exercise training in HIV-infected men. *Medicine and Science in Sports and Exercise* 39 (Suppl. 5): F-25, 2007.
17. **Jaggers J.R**., K.D. Phillips, W.D. Dudgeon, G.W. Lyerly, S. Smith, B.M. Duncan, S. Burgess, J.L. Durstine, and G.A. Hand. Effects of exercise training on body composition in HIV-infected men. *SEACSM Abstracts* 35: DP4, 2007.
18. **Jaggers, J.R**., Simpson, C., Frost, K., Quesada, P., Topp, R., Swank, A., Nyland, J. Prehabilitation Prior To Knee Arthroplasty Increases Post-Surgical Function: A Case Study. *Medicine & Science in Sports & Exercise,*May 2006; Vol. 38(5)

*11 abstracts co-authored (not listed)

TEACHING EXPERIENCE

Course Instructor, University of South Carolina

Cardiorespiratory Exercise Physiology*	Fall	2012

Teaching Assistant, University of South Carolina

Cardiopulmonary Testing & Programming*	Summer	2010/09
Clinical Exercise Testing*	Fall	2008
Anatomy and Physiology I & II Lab	Summer	2010/09/08
Clinical Exercise Physiology Lab	Spring	2010/09/08/07
Physiology of Muscular Activity Lab	Fall	2010/09/07/06
Anatomy and Physiology II Lab	Spring	2008
Physiology of Muscular Activity Lab	Summer	2007

Lecturer, University of South Carolina

Acute Care in Physical Therapy *	Spring	2010/11
Cardiopulmonary Testing & Programming*	Summer	2009
Anatomy and Physiology II	Spring	2007

*Indicates graduate level course

Student Supervisor

Supervised and trained two honors level undergraduate student interns	2008/09
Guided the senior honors thesis project of a University of South Carolina undergraduate student (John M. Tucker)	2008

Graduate Student Supervisor

Supervised and guided laboratory work of 2nd year international Masters of Public Health student (Vivek Prasad).	2011-2012

PROFESSIONAL SERVICE

University of South Carolina Undergraduate Research Judge 2009/11/13

Ad-hoc Journal Reviewer

Journal of Sport and Health Science

AIDS Care

Grant Proposal Reviewer:

National Research Foundation 2012