**Current theses:**

The influence of time-equated training programs on muscle hypertrophy, strength, and body composition. December 2014 to present. **Dolan, Chad** (Dr. Michael Zourdos, thesis advisor).

The effect of menopausal status on substrate utilization in younger women, March 2014 to present. **Pittinger, Elizabeth Smith** (Dr. Robert Zoeller, thesis advisor).

Temporal response of creatine kinase and fibroblast growth factor-21 to high and low repetition resistance training programs. January 2015 to present. **Blanco, Rocky** (Dr. Michael Zourdos, thesis advisor).

Temporal response of brain-derived neurotrophic factor and interleukin-6 to high and low repetition resistance training programs. April 2015 to present. **Justin Quiles** (Dr. Michael Zourdos, thesis advisor).

**Current faculty research:**

Assessing the level of support towards a tobacco-free college campus, April 2013 to present (Dr. Hall).

Racial discrimination and its association with stress, April 2013 to present (Dr. Hall).

Sexting as a mediator in the relationship between religiosity and risky sexual behavior (Dr. Penhollow and Dr. Hall).

FAU concussion test battery—Head injury assessment in football athletes, October 2012 to present (Dr. Graves).

Yoga and perceived stress in college students, March 2014 to present (Dr. Graves and Christine Apter).

Cognitive and physical activity assessments of older adults, September 2014 to present (Dr. Graves).

Dr. Zourdos is working on the following studies in the Skeletal Muscle Laboratory, Overreaching as a Method for Enhanced Muscle Performance: *The Efficacy of Daily 1RM Training*; Novel RPE Scale for Resistance Training Measuring Repetitions in Reserve and Corresponding Velocities; The Effects of High and Low Repetition Daily Undulating Periodization Models with Equated Volume and Strength and Hypertrophy in Trained Males; Examination of Temporal Hormone and Myofiber Damage Response to Intensive Resistance Training Protocols.