

CURRICULUM VITAE

Christopher Dylan Mojock
The University of Georgia
Department of Kinesiology
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EDUCATION

- Ph.D. Florida State University, Tallahassee, FL. December 2013.
Major: Exercise Science with Specialization in Exercise Physiology
Advisor: Lynn B. Panton, Ph.D.
Dissertation: Effects of calcium collagen chelate consumption on body composition and bone biomarkers in trained male cyclists.
- M.S. Florida State University, Tallahassee, FL. May 2009.
Major: Exercise Science with Specialization in Exercise Physiology
Advisor: Lynn B. Panton, Ph.D.
Thesis: Effects of static stretching on running economy and endurance performance in female distance runners.
- B.S. Florida State University, Tallahassee, FL. April 2002.
Major: Marketing

PROFESSIONAL EXPERIENCE

- Clinical Assistant Professor & Clinical Exercise Physiology Graduate Program
Coordinator, Department of Kinesiology, The University of Georgia, Athens, GA.
August, 2015 to present.
- Assistant Professor, Department of Kinesiology, Georgia Regents University, Augusta, GA. August, 2014 to July, 2015.
- Visiting Assistant Professor, Department of Health and Human Performance, College of Charleston, Charleston, SC. January, 2014 to July, 2014.
- Research Assistant, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL. January, 2013 to December, 2013.

Adjunct Faculty in Exercise Science, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL. August, 2013 to December, 2013.

Instructor in Exercise Science, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL. May, 2008 to August, 2013.

Graduate Assistant Strength Coach, Strength and Conditioning, Florida State University, Tallahassee, FL. January, 2007 to December, 2007.

PUBLICATIONS - REFEREED

1. **Mojock, C.D.**, Ormsbee, M.J., Kim, J.S., Arjmandi, B.H., Louw, G.A., Contreras, R.J., & Panton, L.B. (2015). Effects of a calcium-collagen chelate dietary supplement on areal bone mineral density in trained male road cyclists. (Manuscript in preparation).
2. **Mojock, C.D.**, Ormsbee, M.J., Kim, J.S., Arjmandi, B.H., Louw, G.A., Contreras, R.J., & Panton, L.B. (2015). Comparisons of bone mineral density between recreational and trained male road cyclists. *Clinical Journal of Sport Medicine*. Advance Online Publication. doi:10.1097/JSM.000000000000186
3. Panton, L.B., Simonavice, E., Williams, K., **Mojock, C.**, Kim, J.S., Kingsley, J.D., McMillan, V., & Mathis, M. (2013). Effects of class IV laser therapy on fibromyalgia impact and function in women with fibromyalgia. *Journal of Alternative and Complementary Medicine*, 19(5), 445-452.
4. **Mojock, C.D.**, Kim, J.S., Eccles, D.W., & Panton, L.B. (2011). The effects of static stretching on running economy and endurance performance in female distance runners during treadmill running. *The Journal of Strength and Conditioning Research*, 25(8), 2170-2176.

PUBLISHED/REFEREED ABSTRACTS - PRESENTED AT NATIONAL AND INTERNATIONAL CONFERENCES

1. **Mojock, C.D.**, Ormsbee, M.J., Kim, J.S., Arjmandi, B.H., Louw, G.A., Contreras, R.J., & Panton, L.B. (2015). Comparisons of bone mineral density between recreational and trained male road cyclists. *Medicine and Science in Sports and Exercise*, 47(5), 614-624.
2. **Mojock, C.D.**, Arjmandi, B.H., Kim, J.S., Ormsbee, M.J., Contreras, R.J., & Panton, L.B. (2014). Effects of calcium collagen chelate on body composition and bone biomarkers in trained male cyclists. *Medicine and Science in Sports and Exercise*, 46(5), 34-50.

3. **Mojock, C.D.**, Arjmandi, B.H., Kim, J.S., Ormsbee, M.J., Prado, C.M., Contreras, R.J., & Panton, L.B. (2013). Whole body, lumbar and hip bone measurements of competitive male cyclists. *Medicine and Science in Sports and Exercise*, 45(5), 105-107.

UNPUBLISHED/REFEREED ABSTRACTS - PRESENTED AT NATIONAL, INTERNATIONAL, AND REGIONAL CONFERENCES

1. **Mojock, C.D.**, Ormsbee, M.J., Kim, J.S., Arjmandi, B.H., Louw, G.A., Contreras, R.J., & Panton, L.B. (2015). Comparisons of bone mineral density between recreational and trained male road cyclists. Presented at the Southeast Regional American College of Sports Medicine. Jacksonville, FL.
2. **Mojock, C.D.**, Arjmandi, B.H., Kim, J.S., Ormsbee, M.J., Contreras, R.J. & Panton, L.B. (2014). Effects of calcium collagen chelate on body composition and bone biomarkers in trained male cyclists. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC. Cancelled due to inclement weather.
3. **Mojock, C.D.**, Arjmandi, B.H., Kim, J-S, Ormsbee, M.J., Prado, C.M., Contreras, R.J., & Panton, L.B. (2013). Whole body, lumbar and hip bone measurements of competitive male cyclists. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.
4. **Mojock, C.D.**, Kim, J.S., Eccles, D.W., & Panton, L.B. (2010). The effects of static stretching on running economy and endurance performance in female distance runners during treadmill running. Presented at the Southeast Regional American College of Sports Medicine. Greenville, SC.
5. **Mojock, C.D.**, Kim, J.S., Eccles, D.W., & Panton, L.B. (2009). The effects of static stretching on running economy and endurance performance in female distance runners during treadmill running. Presented at the Florida State University College of Human Sciences Research and Creativity Day. Tallahassee, FL.

INVITED REVIEWER FOR INTERNATIONAL/NATIONAL JOURNALS

International Journal of Sports Medicine
Journal of Physical Activity and Health
Journal of Sport and Health Science
PLOS ONE
Research in Sports Medicine
Research Quarterly for Exercise and Sport

INVITED SPEAKER FOR COMMUNITY AND UNIVERSITY ORGANIZATIONS

Establishing Research and Career Goals in the Field of Exercise Science. Georgia Regents University. Augusta, GA. January 14/15, 2015.

Physical Activity and a Healthy Lifestyle: The Roles of Nutrition and Exercise. Evans Elementary School. Augusta, GA. November 5, 2014.

Comparisons of Bone Mineral Density Between Recreational and Trained Male Road Cyclists. College of Education Research Colloquium. Georgia Regents University. Augusta, GA. October 2, 2014.

Effects of Calcium Collagen Chelate on Body Composition and Bone Biomarkers in Trained Cyclists. College of Charleston Research Symposium. College of Charleston. Charleston, SC. March 24, 2014.

Heart Rate Variability Training: An Alternative to Predefined Periodization. RedEye Velo. Tallahassee, FL. February 17, 2012.

Interval Training for the Competitive Cyclist. Gulf Coast Velo Sport. Tallahassee, FL. July 16, 2010.

Pre-, During and Post-Exercise Nutrition for Competitive Cyclists. Collegiate cycling team. Florida State University. August 22, 2008.

Optimizing Training Programs for Competitive Cyclists. Collegiate cycling team. Florida State University. August 24, 2007.

GRANTS/FUNDING

Georgia Regents University, Center for Undergraduate Research and Scholarship (CURS) Summer Scholars Program. Metabolic, neuromuscular and performance effects of pre-competition warm-up protocols on high-intensity aerobic exercise.

Total Award: \$9812.00

Funded Date: 05/15

Role: Principal Investigator

Georgia Regents University, Office of Faculty Development and Teaching Excellence Scholarly Activity Award. Comparisons of bone mineral density between recreational and trained male road cyclists.

Total Award: \$850.00

Funded Date: 01/15

Role: Principal Investigator

Georgia Regents University, Center for Undergraduate Research and Scholarship (CURS) Grant. Comparisons of bone mineral density between recreational and trained male road cyclists.

Not Funded

Date: 10/14

Role: Principal Investigator

Florida State University, Office of Graduate Studies Dissertation Research Grant. Effects of calcium collagen chelate consumption on body composition and bone biomarkers in trained male cyclists.

Total Award: \$750.00

Funded Date: 05/13 – 08/13

Role: Graduate Student Award

Florida State University, College of Human Sciences Dissertation Award Program. Effects of calcium collagen chelate consumption on body composition and bone biomarkers in trained male cyclists.

Total Award: \$1000.00

Funded Date: 08/13 – 12/13

Role: Graduate Student Award

National Strength and Conditioning Association Graduate Research Grant – Doctoral. The effects of calcium collagen chelate on bone status in trained cyclists.

Not Funded

Date: 03/12

Role: Principal Investigator

COURSES TAUGHT

Undergraduate

Advanced Topics in Resistance Training and Conditioning

Applied Exercise Physiology

Diet and Nutrition

Exercise Testing & Prescription

Functional Anatomy & Physiology

Introduction to Exercise Sciences/Kinesiology

Introduction to Preventative Health in People with Disabilities

Nutrition and Sports

Personal Training

Principles of Safe Cycling

Research Design and Analysis

Graduate

Advanced Application of Nutrition in Health and Human Performance
Clinical Exercise Physiology
Cardiovascular Response to Exercise
Exercise and Obesity
Exercise Prescription for Special Populations

DEPARTMENT/COLLEGE/UNIVERSITY SERVICE

The University of Georgia

Faculty Senate	2016 – 2019
College of Education	
Faculty Advisor	2016 – Present
UGA Cycling Team	
Diversity Planning Committee	2016 – 2017
Department of Kinesiology	
Faculty Advisor	2016 – Present
Pre-Occupational Therapy Club	

Augusta University

Undergraduate Program Revision	2014 – 2015
Department of Kinesiology and Health Science	
Graduate Program Revision – Department	2014 – 2015
Department of Kinesiology and Health Science	
Faculty Development	2014 – 2015
College of Education	
Faculty Engagement – College	2014 – 2015
College of Education	

PROFESSIONAL CERTIFICATIONS

Cardio Pulmonary Resuscitation and Automated Defibrillator (CPR/AED)
 American Red Cross
Certified Strength and Conditioning Specialist (CSCS)
 National Strength and Conditioning Association
Indoor Cycling Group Exercise Certified Instructor
 RealRyder International

HONORS

Professional

Teaching Academy Fellow	2016 – 2017
UGA Center for Teaching and Learning	

Online Learning Fellow 2015 – 2016
UGA Office of Online Learning

Academic

Jean A. Reutlinger and Lillian H. Munn Scholarship	2012
Hortense Glenn Honor Society	2011
Florence Smith McAllister Endowed Fellowship	2011
Cora & Ross Evans Scholarship	2010
Dean's Scholar Award	2009
Kappa Omicron Nu (Human Sciences Honor Society)	2008
Pao-sen Chi Scholarship	2008

PROFESSIONAL AFFILIATIONS

American College of Sports Medicine (ACSM)
League American Bicyclists (LAB)
National Strength and Conditioning Association (NSCA)
Southeast Chapter of the American College of Sports Medicine (SEACSM)