

COLLIN T. GARNER, PhD, ACSM-EP

Albion College

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Education

Doctor of Philosophy , Education and Human Development – Exercise Science Western Michigan University, Kalamazoo, MI Dissertation Committee Chairperson: Timothy Michael, PhD, FACSM	Dec 2023
Master of Science , Exercise and Sports Medicine – Exercise Physiology Western Michigan University, Kalamazoo, MI Thesis Committee Chairperson: Timothy Michael, PhD, FACSM	Aug 2019
Bachelor of Science , Kinesiology – Exercise Science Saginaw Valley State University, University Center, MI Minor: Psychology	Aug 2017

Professional Experience

Assistant Professor of Kinesiology (Tenure-Track)	Aug 2024 – Current
Visiting Assistant Professor of Kinesiology Department of Kinesiology Albion College, Albion, MI	Jan 2024 – May 2024
Doctoral Graduate Assistant	Aug 2017 – May 2020 & Aug 2021 – May 2023
Doctoral Research Assistant	Aug 2020 – May 2021
Graduate Teaching Assistant Department of Human Performance and Health Education Western Michigan University, Kalamazoo, MI	Aug 2017 – May 2019

Published Research – Peer-Reviewed

- Garner, C.**, Nachteggall, A., Roth, E., Sterenberg Mahon, A., Kim, D., Michael, T., & Lee, S. (2024). Effects of movement sonification auditory feedback on repetitions and brain activity during the bench press. *Journal of Strength and Conditioning Research*, 38(12), 2022-2028. doi:10.1519/JSC0000000000000492
- Garner, C.T.**, Dykstra, R.M., Hanson N.J., & Miller, M.G. (2021) Transcranial direct current stimulation with the Halo Sport does not improve performance on a three-minute high intensity cycling test. *International Journal of Exercise Science*, 14(3); 962-970. doi:10.70252/AXTP9971

Published Research – Dissertation & Thesis

- Garner, C.T.**, (2023). The effects of mindfulness and exercise on symptoms of Parkinson's Disease: A systematic review. *Dissertations*, 4027.
- Garner, C.T.**, (2019). Effect of caffeine supplementation on vertical jump performance, heart rate variability, and electromyography. *Masters Theses*, 4721.

Published Research – National & International Conference Presentations

- Physical Activity and Body Image Satisfaction During the COVID-19 Global Pandemic**
Amanda Jane Cunningham, **Collin Garner**, Carol Weideman, Timothy Michael, FACSM
Poster Presentation: 2024 American College of Sports Medicine – Annual Meeting

2. **Effects of Movement Sonification Auditory Feedback on Repetitions and Brain Activity During the Bench Press**
Sangwoo Lee, Brandon Schoenwether, **Collin Garner**, Aubrey Nachteggall, Daekyoo Kim, & Edward Roth
Poster Presentation: *2023 International Society of Biomechanics in Sports Proceedings Archive*
3. **The Placebo Effect of Transcranial Direct Current Stimulation (tDCS) On 3-minute Aerobic Test Performance**
Nicholas J. Hanson, **Collin T. Garner**, Aubrey R. Nachteggall, Rachel M. Dykstra, Kylie Courtney, & Filip Jevtovic
Poster Presentation: *2023 American College of Sports Medicine – Annual Meeting*
4. **The Effect of Movement Sonification on Bench Press Performance: Preliminary Results**
Collin T. Garner, Brandon M. Schoenwether, Sangwoo Lee, & Nicholas J. Hanson
Poster Presentation: *2021 National Strength and Conditioning Association – Annual Meeting*
5. **The Effect of Caffeine on Vertical Jump Performance in Anaerobically Trained Individuals**
Collin Garner, Nicholas Hanson, Rachel Dykstra, Tyler Dundore, & Timothy Michael FACSM
Poster Presentation: *2021 American College of Sports Medicine – Annual Meeting*
6. **Transcranial Direct Current Stimulation (tDCS) As An Aid to Esports Performance**
Collin Garner, Rachel Dykstra, Brooks Roth, Tyler Dundore, Michael Miller, Nicholas Hanson
Poster Presentation: *2020 National Strength & Conditioning Association – Annual Meeting*
7. **Effects of Verbal Encouragement and HR Deception During a Functional Threshold Power Cycling Test**
Rachel Dykstra, Nicholas Hanson, **Collin Garner**, Tyler Dundore, Adrian Sanchez, Dan Isaacs, & Michael Miller
Poster presentation: *2020 National Strength & Conditioning Association – Annual Meeting*
8. **Does Transcranial Direct Current Stimulation (tDCS) Affect Heart Rate Variability?**
Collin Garner, Rachel Dykstra, Nicholas Hanson, Michael Miller
Poster Presentation: *2019 National Strength and Conditioning Association – Annual Meeting*
9. **Skeletal Muscle Oxidation During An Incremental Exercise Test In Younger And Middle-Aged Individuals**
Rachel Dykstra, Nicholas Hanson, Panagiotis Koutakis, **Collin Garner**, & Cody Diehl
Podium Presentation: *2019 American College of Sports Medicine – Annual Meeting*
10. **How Does Healthy Aging Affect Skeletal Muscle Oxygenation and Total Hemoglobin During Self-Paced Maximal Exercise Testing?**
Rachel Maceri, Cody Diehl, **Collin Garner**, Panagiotis Koutakis, Michael Miller, & Nicholas Hanson
Podium Presentation: *2018 National Strength and Conditioning Association – Annual Meeting*
11. **Alpha And Beta Wave EEG Activity During A Self-Paced VO_{2max} Test In Middle-Aged Adults**
Nicholas Hanson, Cory Schaedler, Rachel Dykstra, **Collin Garner**, Timothy Michael, & Michael Miller
Poster Presentation: *2018 American College of Sports Medicine – Annual Meeting*

Additional Conference Presentations

1. **Does Caffeine Affect Vertical Jump Performance and Frequency Domain Measures of HR Variability?**
Collin Garner, Nicholas Hanson, Rachel Dykstra, Tyler Dundore, & Timothy Michael FACSM
Podium Presentation: *2019 American College of Sports Medicine – Midwest Chapter Annual Meeting*
2. **Interval Training Using Lactate Retention Method: Preliminary Results**
Tyler Dundore, Nicholas Hanson, Rachel Dykstra, **Collin Garner**, Timothy Michael FACSM, & Michael Miller
Poster presentation: *2019 American College of Sports Medicine – Midwest Chapter Annual Meeting*

3. **Effects of Verbal Encouragement and HR Deception During a Functional Threshold Power Cycling Test**
Rachel Dykstra, Nicholas Hanson, **Collin Garner**, Tyler Dundore, Adrian Sanchez, Dan Isaacs, & Michael Miller
Poster presentation: *2019 American College of Sports Medicine – Midwest Chapter Annual Meeting*
4. **Effects of Healthy Aging on Skeletal Muscle Oxygenation During a Self-Paced Maximal Exercise Test**
Rachel Maceri, Nicholas Hanson, Panagiotis Koutakis, Cody Diehl, & **Collin Garner**
Podium Presentation: *2019 American College of Sports Medicine – Midwest Chapter Annual Meeting*
5. **The Effects of Transcranial Direct Current Stimulation on Peak Power Output During a Wingate Cycling Test**
Cody L. Diehl, Rachel M. Maceri, **Collin T. Garner**, Nicholas J. Hanson
Poster Presentation: *2018 American College of Sports Medicine – Central States Chapter Annual Meeting*
6. **Analysis of Heart Rate Variability Frequency Domain Indices in Young and Middle-Aged Adults During a Self-Paced VO₂MAX Test**
Collin Garner, Rachel Maceri, Nicholas Hanson, Panagiotis Koutakis, & Cody Diehl
Podium Presentation: *2018 American College of Sports Medicine – Midwest Chapter Annual Meeting*
7. **Sports Nutrition Knowledge, Education, and Beliefs of a Division II Athletic Staff**
Savanah J. Feldpausch, **Collin T. Garner**, Jeremy Glaser, Rachel L. Darr
Poster Presentation: *2018 American College of Sports Medicine – Midwest Chapter Annual Meeting*
8. **Alpha and Beta Wave EEG Activity During A Self-Paced VO₂max Test in Middle-Aged Adults**
Rachel Maceri, Nicholas Hanson, Cody Diehl, & **Collin Garner**
Podium Presentation: *2018 American College of Sports Medicine – Midwest Chapter Annual Meeting*

Teaching Experience

**Denotes graduate level courses*

Assistant Professor of Kinesiology (Tenure-Track), Albion College

Aug 2024 – Current

Visiting Assistant Professor of Kinesiology, Albion College

Jan 2024 – May 2024

KIN 230 – Human Systems Anatomy

KIN 369 – Human Physiology

KIN 369L – Human Physiology Laboratory

KIN 310 – Research and Statistics in Kinesiology

KIN 305 – Physical Activity Epidemiology

Graduate/Doctoral Assistant, Western Michigan University

Aug 2017 – May 2023

HPHE 1110 – Healthy Living

PEGN – Health and Wellness, Various Physical Activity Courses

HPHE 2980L – Exercise Physiology Lab & Intro to Exercise Physiology Lab

Guest Lectures, Western Michigan University

*HPHE 5915 – Clinical Exercise Physiology II

Lecture: *“Exercise and Parkinson’s Disease”*

Apr 4, 2024

HPHE 3150 – Measurements, Evaluations, Statistics in Ex Sci/Hlth/PE

Lecture: *“Concepts in Tests and Measurements”*

Jan 12, 2023

*HPHE 6720 – Laboratory Techniques in Exercise Physiology

Lecture: *“Lactate Threshold Testing”*

Mar 28, 2023

Lecture: *“Non-invasive Cardiac Output (NICO) & HRV”*

Oct 10, 2020 & Feb 14, 2022

Undergraduate Internship, Saginaw Valley State University

May 15 & Jun 7, 2017

KINE 376L – Exercise Physiology Lab

Awards & Honors

2022-2023 Departmental All-University Scholar: Graduate Teaching Effectiveness Award

Graduate College, Western Michigan University

Nomination: 2022 College of Education and Human Development Dean Search Committee

Student Representative – Department of Human Performance and Health Education, Western Michigan University

2021-2022 Departmental All-University Scholar: Graduate Research and Creative Scholar Award

Graduate College, Western Michigan University

2018-2019 Departmental All-University Scholar: Graduate Teaching Effectiveness Award

Graduate College, Western Michigan University

Dean's List: Fall 2015, Fall 2016, Winter 2017

Saginaw Valley State University

Certifications & Professional Development

American College of Sports Medicine - Certified Exercise Physiologist (ACSM-EP)

Jun 17, 2025

American College of Sports Medicine (ACSM) – Professional Member

BOD POD® - Registered user

AHA: Basic Life Support (2023-2025)

CITI Program – Human Subjects Research Training

GLCA/GLAA Consortium for Teaching and Learning:

1. Strategies to Support Student Mental Health in the Classroom

Aug 14, 2024

Academic Service

Judicial Board, Elected Faculty Representative (3-year term)

August 2025

College Connection Guide

Fall 2024 & Fall 2025

Albion College

Treasurer – Student Exercise Science Association

Oct 2016 – May 2017

Saginaw Valley State University

Additional Experience & Volunteerism

Volunteer Trainer

Oct 2022 – Dec 2022

Rock Steady Boxing Program, Title Boxing, Portage, MI

Laboratory Tours - Human Performance Research Laboratory

Aug 2021 – Dec 2022

Middle School – Collegiate Students, Western Michigan University

Pre- & Post-Season VO₂MAX and Body Composition (BOD POD®) Testing

Oct 2016 – Apr 2017

Saginaw Valley State University – Men's Basketball

In-Season Body Composition (BOD POD®) Testing

Feb 2017

Saginaw Spirit Hockey (Ontario Hockey League)
