

# Curriculum Vitae

Steven L Ferguson PhD, RD

Nutrition Instructor

Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences

University of Colorado Colorado Springs

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## Education

Doctor of Philosophy – Summer 2014

University of Oklahoma

Exercise Physiology

Master of Science – December 2000

Mississippi State University

Physical Education – Health Promotion

Dietetic Internship – December 1999

Mississippi State University

Bachelor of Science – May 1998

University of Wisconsin-Madison

Nutrition – Dietetics

## Experience

### **Nutrition Instructor** – Summer 2017 – Present

University of Colorado Colorado Springs

Department of Health Sciences

### **Assistant Professor** – Fall 2014 – Spring 2017

Rogers State University

Department of Health Sciences

### **Adjunct Faculty** – Fall 2012 – Fall 2013

University of Oklahoma

Department of Health and Exercise Science

### **Doctoral Research Assistant** – Fall 2008 – Summer 2014

Neuromuscular Laboratory

University of Oklahoma

### **University Lecturer** – Fall 2008 – Spring 2012

University of Oklahoma

Department of Health and Exercise Science

### **Performance Nutritionist** – January 2006 – October 2007

Athletes' Performance Institute (API) (name change to EXOS) – Arizona

During my employment at Athletes' Performance Institute (API), I was in charge of the day-to-day performance nutrition operations at the Arizona facility. Responsibilities included: **1)** Body composition analysis; **2)** Nutrition education (individual and group presentations to: a) Professional sports teams; b) NFL Combine athletes; c) MLB players; d) Collegiate athletes; e) Junior athletes; f) Military personnel; g) Firefighters; h) Corporate professionals; **3)** Developing customized nutrition plans; **4)** Developing customized supplementation plans; **5)** Coordinating research with Arizona State University; **6)**

Implementing the most recent sports nutrition strategies (supplements) in a real world situation with elite athletes; **7)** Coordinating with fellow API professionals (trainers, physical therapists, culinary) to seamlessly integrate the athletes' experience to efficiently and ethically enhance their performance.

**Registered Dietitian** – March 2001 – present

Responsibilities include: **1)** Nutrition consultations; **2)** Nutrition education; **3)** Developing customized nutrition plans; **4)** Developing customized supplementation plans; **5)** Providing access to nutritional supplements for clients (through my affiliation with Pure Encapsulations – supplements only available through licensed health care professionals).

## Teaching

**Personal Nutrition** (HSCI 1060, Summer 2017 – Present)

Department of Health Sciences, University of Colorado Colorado Springs

**Introduction to Nutrition** (NUTR 1113, Fall 2014 – Spring 2017)

Department of Health Sciences, Rogers State University

**Nutrition for Sport and Fitness** (NUTR 3303, Spring 2015 – Spring 2017)

Department of Health Sciences, Rogers State University

**Introductory Nutrition** (HES 2823, Fall 2008 – Fall 2013)

Department of Health and Exercise Science, University of Oklahoma

**Scientific Principles of Health and Disease** (HES 1823, Fall 2012 – Fall 2013)

Department of Health and Exercise Science, University of Oklahoma

## **Performance Nutrition (2006 -2007)**

Athletes' Performance Institute

Presentations for Continuing Education for Professional Certifications

## **Certifications**

- Registered Dietitian – Academy of Nutrition and Dietetics (2001 – Present)
- Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics (2001-present)

## **Academic Achievements, Professional Service, and Honors**

- Rogers State University – Member of University Curriculum Committee (Fall 2015 – Spring 2017)
- Graduate College Robberson Research Grant Award, University of Oklahoma (\$1000), 2013
- Pure Encapsulations – Vitamin Angels
- Alzheimer's Association – Walk to End Alzheimer's
- NFL Owner – Green Bay Packers Stockholder
- Health and Exercise Science Student Association Member (2011-2012)
- College of Arts and Sciences Travel Grant Award, University of Oklahoma (\$750.00), 2010
- Lab Orientation – University of Oklahoma, Neuromuscular Laboratory, (2009-2012)
- Ironman Wisconsin Triathlon Finisher in September 2002
- Earned Certificate of Membership to Gamma Sigma Delta, the Honor Society of Agriculture, in recognition of high academic achievement at Mississippi State University (1998-99)

## **Service**

### *Professional Conferences*

- American College of Sports Medicine National Conference, 2010
- Academy of Nutrition and Dietetics (formerly American Dietetic Association) – Sports, Cardiovascular and Wellness Nutrition (SCAN) – Sports Dietetics, 2007
- Academy of Nutrition and Dietetics (formerly American Dietetic Association) National Conference, 1999

### *Professional Affiliations*

- Academy of Nutrition and Dietetics
- Sports, Cardiovascular, and Wellness Nutrition (SCAN) – a dietetic practice group of the Academy of Nutrition and Dietetics

### *Invited Lectures and Speaking Engagements*

- Guest Lecturer, University of Oklahoma, Sport and Exercise Nutrition (HES 4823), 2008 – 2013
- Guest Lecturer, University of Oklahoma, Exercise Testing and Prescription (HES 3853), Summer 2012
- Guest Lecturer, University of Oklahoma, Beginning Weight Training (HES 1121), 2011
- Guest Lecturer, University of Oklahoma, Boys & Girls Club: Health & Fitness, Nutrition, 2010
- Guest Lecturer, Midwest City, OK middle school: Healthy Lifestyles – Nutrition & Exercise, 2009
- Performance Nutrition Presentation – Professional Fall Baseball League, Arizona, 2006
- Performance Nutrition Presentation – Continuing Education for Professional Certifications, Athletes' Performance Institute, 2006
- Guest Lecturer – Mississippi State University Extension – Nutrition, 1999

### **Competencies**

- Body Composition Assessment (e.g. Anthropometrics, Skinfolds, DXA, Hydrostatic Weighing, BodPod, BIA)
- Dual-Energy X-ray Absorptiometry Assessment (Total Body, Lumbar Spine, Hip, Body Composition)
- Blood Flow Restriction Exercise (KAATSU training)
- Nutrition Analysis (multiple nutrient analysis programs)
- Strength Testing (Isometric and Dynamic) and Resistance exercise prescription for all populations
- Vibration training (PowerPlate)
- Pulse Wave Analysis
- Blood Pressure Analysis
- ELISA/EIA analysis for serum hormone/analyte detection
- Cardiovascular Exercise Testing (e.g. VO2 assessments)
- Data entry/quality control/statistical analysis (SPSS)

### **Presentations**

#### *Abstracts Presented at National/International Conferences*

1. Kim, E, Ha, S, Kim, D, Singh, H, **Ferguson, SL**, Ye, X, Lee, K, Bembem, DA, and Bembem, MG. Effects of 12 weeks of circuit training on metabolic health indicators in middle-aged, obese women. **American College of Sports Medicine National Conference 2011.**
2. Fahs, CA, Rossow, LM, Young, KC, Kim, E, **Ferguson, SL**, Kim, D, Ye, X, Seo, D, Bembem, DA, and Bembem, MG. The effect of different types of lower body resistance training on arterial

compliance and calf blood flow. **American College of Sports Medicine National Conference 2011.**

3. Young, KC, Kim, E, **Ferguson, SL**, Seo, D, Sherk, V, Kim, S, Kim, D, Bemben, DA, and Bemben, MG. Hormone responses to acute and chronic traditional and blood flow restricted resistance exercise in young men. **American College of Sports Medicine National Conference 2011.**
4. **Ferguson SL**, Kim E, Seo D, Bemben MG. Effects of Three Weeks of Upper Body Vibration Training on Shoulder Flexibility in College-Aged Males. **American College of Sports Medicine National Conference 2010.**
5. Kim E, **Ferguson SL**, Dear A, Seo D, Bemben MG. Effects of Four Weeks of Traditional Resistance Training vs Superslow Strength Training on Early Phase Adaptations in Strength, Flexibility, and Aerobic Capacity in College-Aged Women. **American College of Sports Medicine National Conference 2010.**

## Publications

### *Manuscripts in Preparation or Under Review*

1. Young KC, **Ferguson SL**, Poole C, Fahs CA, Rossow LM, Loenneke JP, Singh H, Bemben MG, Bemben DA. Effects of 4 weeks of walking with and without blood flow restriction on neuromuscular and cardiovascular parameters in college-aged women.
2. Young KC, **Ferguson SL**, Poole C, Fahs CA, Loenneke JP, Bemben MG, Bemben DA. Effects of 12 weeks of walking with and without blood flow restriction on bone metabolic markers in young women.

### *Published Manuscripts*

1. **Ferguson SL**, Kim E, Seo D, Bemben MG. Comparing the effects of 3 weeks of upper body vibration training, vibration and stretching, and stretching alone on shoulder flexibility in college-aged men. **J Strength Cond Res. 27(12): 3329-3334, 2013.**
2. Seo, D, Kim, E, Fahs, CA, Rossow, LM, Young, KC, **Ferguson, SL**, Thiebaud, R, Sherk, V, Loenneke, JP, Kim, D, Lee, M, Choi, K, Bemben, DA, Bemben, MG, and So, W. Reliability of the one-repetition maximum test based on muscle and gender. **Journal of Sports Science and Medicine. 2012 11: 221-225.**
3. Kim E, Dear A, **Ferguson SL**, Seo D, Bemben MG. Effects of 4 weeks of traditional resistance training vs. superslow strength training on early phase adaptations in strength, flexibility, and aerobic capacity in college-aged women. **J Strength Cond Res. 25(11): 3006-13, 2011.**
4. Moon JR, Stout JR, Smith AE, Tobkin SE, Lockwood CM, Kendall KL, Graef JL, Fukuda DH, Costa PB, Stock MS, Young KC, Tucker PS, Kim E, Herda TJ, Walter AA, **Ferguson SL**, Sherk VD, Cramer

JT. Reproducibility and validity of bioimpedance spectroscopy for tracking changes in total body water: implications for repeated measurements. **Br J Nutr.** 2010 Nov;**104(9):1384-94.**

*Published Abstracts*

1. Kim, E, Ha, S, Kim, D, Singh, H, **Ferguson, SL**, Ye, X, Lee, K, Bemben, DA, and Bemben, MG. Effects of 12 weeks of circuit training on metabolic health indicators in middle-aged, obese women. **Medicine and Science in Sports and Exercise.** **43(5):S390, 2011.**
2. Fahs, CA, Rossow, LM, Young, KC, Kim, E, **Ferguson, SL**, Kim, D, Ye, X, Seo, D, Bemben, DA, and Bemben, MG. The effect of different types of lower body resistance training on arterial compliance and calf blood flow. **Medicine and Science in Sports and Exercise.** **43(5):S509, 2011.**
3. Young, KC, Kim, E, **Ferguson, SL**, Seo, D, Sherk, V, Kim, S, Kim, D, Bemben, DA, and Bemben, MG. Hormone responses to acute and chronic traditional and blood flow restricted resistance exercise in young men. **Medicine and Science in Sports and Exercise.** **43(5):S274, 2011.**
4. Kim, E, Dear, A, **Ferguson, SL**, and Bemben, MG. Traditional resistance training versus superslow strength training on strength, flexibility, and aerobic capacity in females. **Medicine and Science in Sports and Exercise.** **42(5):S353, 2010.**
5. **Ferguson, SL**, Kim, E, and Bemben, MG. Effects of three weeks of upper body vibration training on shoulder flexibility in college-aged males. **Medicine and Science in Sports and Exercise.** **42(5):S223, 2010.**
6. Bemben, MG, Bemben, DA, Abe, T, Sato, Y, Young, KC, Kim, E, **Ferguson, SL**, Gregg, L, Sherk, V, Kim, S, and Joaca-Bine, A. Does age affect the anabolic hormone responses to vascular restriction exercise? **Medicine and Science in Sports and Exercise.** **42(5):S525, 2010.**