

esauers@ollusa.edu

Ph.D., 2010

Department of Kinesiology, East Carolina University

Concentration: Bioenergetics and Exercise Science

Dissertation: The Effects of Exercise Training StatuTraining

B.S., 2004

Department of Health and Human Performance, University of Montana

Major: Health

Ad Hoc Reviewer/Editor

- Reviewer, PhD Student Development Research Awards for TACSM (2024)
- Reviewer, Abstract submissions for ACSM Annual Meeting (2023-present)
- External Reviewer, Tenure Application, Chatham University (2023)
- External Reviewer, Department of Health and Exercise Science, County College of Morris (2020)
- Editor and Reviewer, PLOS ONE (2018-present)
- Reviewer, ACSM's Body Composition Assessment (2017)
- Reviewer, International Journal of Sport Nutrition & Exercise Metabolism (2017-present)
- Reviewer, ACSM Resource Manual for the Health Fitness Specialist (2011)

East Stroudsburg University

- Member, Search Committee 20192242: Assistant/Associate Professor of Exercise Science (2019)
- Member, Search Committee 20182242: Assistant/Associate Professor of Exercise Science (2018)
- Chair, Search Committee 20140155FAC: Assistant/Associate Professor of Exercise Science (2014)
- Member, Search Committee 2012152FAC: Assistant/Associate Professor of Exercise Science (2013)
- Volunteer, Fall Graduate Open House (2012-2021)
- Chair, Search Committee 2011203FAC: Temporary Instructor in Exercise Science (2011)
- Advisor, Exercise Science Club (2012-2022)
- Director, 3-Year Accelerated Undergraduate Program (2012-2022)
- Volunteer, Summer Orientation (2011-present)
- Volunteer, Fall Open House (2010-present)
- Volunteer, RecEx 5k (2010-2021)
- Committee Member, College of Health Sciences Retention, Tenure, and Promotion Mentorship Committee (2019-2022)
- Member, Sigma Xi at East Stroudsburg University of Pennsylvania (2019-2022)
- Marshall, Undergraduate Spring Commencement (2011, 2019)
- Committee Member, One Book, One Campus Implementation Committee (2010-2022)
- Committee Member, One Book, One Campus Selection Committee (2010-2022)
- Committee Member, Executive Group for the Strategic Plan (2010-2022)
- Chair, Sabbatical Leave Committee (2012-2020)
- Committee Member, Student Success Network (2012-2022)
- Member, Sports Performance Institute (Sports Nutrition) (2016-2022)
- Member, Search Committee Assistant Director of the Recreation Center (2016)
- Committee Member, Nominations and Elections Committee (2012-2015)
- Advisor, Rotaract Club of East Stroudsburg University (2013-present)
- Development of Rotaract Club (2013)
- Committee Member, Sabbatical Leave Committee (2012-2020)
- Assessment Consultant, Assessment Consulting Team (2012-2013)

Community

- Advisor, Friendly Community Center (2013-2015)
- Member, Rotary Club of the Pocono Mountains (2012-2013)
- University of Montana, Ask-an-Alum Career Mentoring Program (2011-2022)
-

Zhorov, M. (2016). The effects of cadence manipulation on physiological efficiency and cycling sustainability

Available at: <https://digitalcommons.wku.edu/ijesab/vol9/iss6/95>

Vetter, A.; Williamson, C.; Zaback, J.; and Sauers(2018) PostTraumatic Stress Disorder, Obesity, and

Available at:

Sauers, EJ; Klinger, EF; Witmer, CA; Miltenberger, MR; Davis, SE The Effects of N-Acetylcysteine on Repeated Sprint Performance in Collegiate Recreationally Active Men and Women. MSSE Vol 48 No. 5S. p. 57. 2016 Available at: <https://doi.org/10.1249/01.mss.0000485180.46712.65>

Rossetti, ML; Miltenberger, M. Hartey, J. Davis, S. Witmer, C. Sauers, EJ Prospective Analysis of Exposure To Injury Risk Factors During Youth Baseball in Current Collegiate Players MSSE Vol 48 No 5S p. 151-152. 2016.

Miltenberger, M. Pecha, A.; Dowden, R; Keshel, T; Munford, S.; Sauers, EJ The Acute Effect Of Exposure To Barefoot Running On Vo₂peak, Fatigue, And Time To Exhaustion In Recreational Runners. MSSE Vol 48 Issue 5S. p. 937. 2016 Available at: <https://doi.org/10.1249/01.mss.0000487805.74869.f8>

Sauers, EJ; Lesniak, AY; MqiGL; Davis, SE. The Effect of Carbohydrate, Caffeine and Combined Rinses on College Aged Females' Cycling Endurance Performance. MSSE Vol 47 No. 5 S582. 2015 Available at: <https://doi.org/10.1249/01.mss.0000478296.20214.e8>

Kacyon, C J.; Davis, S. E.; Witmer, C A.; and Sauers, EJ The Effects of Interval Training and Steady State Exercise on Fat Oxidation and VO₂max in Recreationally Active, College Aged Males. MSSE Vol 47 No. 5 S799. 2015 Available at: <https://doi.org/10.1249/01.mss.0000478922.27125.5b>

Sauers EJ, Miller MC, Sina B, Muth BJ, Snyder BW, Davis SE. Effects of Full Fat and Fatfree Chocolate Milk On Recovery Following Endurance Running MSSE Vol 46 No. 5 S490. 2014 Available at: <https://doi.org/10.1249/01.mss.0000495383.35647.1e>

Witmer CA, Blackledge G, Davis SE, Sauers EJ, Mair D The Effect of 7 Days of Quercetin Supplementation on Repeated Sprint Ability. MSSE Vol 46 No. 5 S200. 2014. Available at: <https://doi.org/10.1249/01.mss.0000493954.43414.47>

Sauers EJ., Lisicky NA, Winke M, Cummings D, Witmer CA., Davis SE. Precooling By Ice Slurry Ingestion Reduces Core Temperature and Thermal Sensation During 5km Running. MSSE Vol 45 No. 5 S338. 2013.

Downs AN, Davis SE, Witmer CA, Sauers EJ. Interval Training: Its Effects on Resting Fat Oxidation and Body Composition in Recreationally Active College-

- Sauers, E. (2023). The Effects of Acute Fasting on Anaerobic Performance in NAIA Softball Players Presented to the Annual Meeting of the American College of Sports Medicine. Our Lady of the Lake University, Hearst Program Grant
Amount awarded: \$750
- Sauers, E. (2022). Gender Differences in Stress Levels and Coping Strategies Among Division II Collegiate Athletes. East Stroudsburg University, Faculty Development Fish-It Grant.
Amount awarded: \$1000
- Sauers, E. (2021). The Relationship Between Sleep Quality and Quantity and Body Composition in a College Population East Stroudsburg University, Summer Undergraduate Research Experience (S.U.R.E)
Amount awarded: \$989.37
- Sauers, E. (2020). Effect of Physical Activity and Exercise Intervention in Inactive College Students East Stroudsburg University, Faculty Development Mini Research Grant
Amount awarded: \$1200

Amount awarded: \$1000

Sauers, E. (2011). Deliver Paper to Annual Meeting of ACSM, Denver, CO
East Stroudsburg University, Faculty Development Travel Grant
Amount awarded: \$1000

PROFESSIONAL MEMBERSHIPS

American College of Sports Medicine
Mid-Atlantic Region American College of Sports Medicine
Texas Region American College of Sports Medicine
Professionals in Nutrition for Exercise and Sport