

Alex Klemp, M.S., CSCS

CURRICULUM VITAE

Department of Nutrition, Food & Exercise Sciences
The Florida State University
Tallahassee, FL
Phone: (386) 747-5194
Email: Aok09@fsu.edu

EDUCATION

- Ph.D.** The Florida State University, Tallahassee, FL. 2014-Present
Major: Exercise Physiology
Major Professor: Jeong-Su Kim, Ph.D.
- M.S.** Florida Atlantic University, Boca Raton, FL. August 2012-2014
Major: Exercise Science and Health Promotion
Major Professor: Michael Zourdos, Ph.D.
Thesis: Comparison of High and Low Repetition DUP Models with Equated Volume on Strength and Hypertrophy in Trained Males.
- B.S.** The Florida State University, Tallahassee, FL. May 2009-2012
Major: Exercise Science

SELECTED EMPLOYMENT AND PROFESSIONAL EXPERIENCE

- Graduate Research & Teaching Assistant 2014-Present
Department of Nutrition, Food & Exercise Sciences, Florida State University, Tallahassee, FL
- Graduate Research & Teaching Assistant 2013-2014
Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL

COURSES TAUGHT

The Florida State University

- PET 3322C Functional Anatomy & Physiology I Lecture
- PET 3323 Functional Anatomy & Physiology II Lecture (Supervised teaching)
- PET 3322L Functional Anatomy & Physiology I Lab
- PET 4551 Exercise Testing & Prescription Lab
- PET 5367 Nutrition & Exercise Performance (Supervised teaching)

Florida Atlantic University

- HSC 2100 Health Fitness for Life
- PEP 4138 Advanced Methods Strength/Conditioning (Guest Lecture)
- PET 4330 Kinesiology (Guest Lecture)

TECHNICAL SKILLS

- Human Performance Assessment
 - 1-RM Strength Test
 - VO₂ Max Testing
 - Lactate Threshold Testing
 - Body Composition Assessment (e.g., skinfolds, bodpod, underwater weighing)
 - Force Plate Operation and Setup
 - Electromyography (EMG) Preparation, and Operation

RESEARCH INTERESTS

- Periodized resistance-training program designs for muscle strength & hypertrophy
- Autoregulation of resistance training variables to enhance exercise performance & adaptations
- Effects of nutrients and supplements on exercise-induced adaptations during resistance training
- Neuromuscular adaptations to acute & chronic resistance training

Publications

1. **Klemp, A.**, Dolan, C., Quiles, J.M., Blanco, R., Zoeller, R.F., Graves, B.S., and Zourdos, M.C. Volume-Equated High and Low Repetition Daily Undulating Programming Strategies Produce Similar Hypertrophy and Strength Adaptations. (2016). *Applied Physiology, Nutrition, and Metabolism*. 41:1-7.
2. Zourdos, M.C., Dolan, C., Quiles, J.M., **Klemp, A.**, Jo, E., Loenneke, J.P., Blanco, R., Whitehurst, M. Efficacy of daily 1RM training in well-trained powerlifters and weightlifters: Individual case studies. (2016). *Nutricion Hospitalaria*. 33(2):437-443.
3. Zourdos, M. C., **Klemp, A.**, Dolan, C., Quiles, J. M., Schau, K. A., Jo, E., Helms, E., Esgro, B., Garcia Merino, S., & Blanco, R. Novel Resistance Training-Specific Rating of Perceived Exertion Scale Measuring Repetitions in Reserve. (2016). *The Journal of Strength & Conditioning Research*, 30(1), 267-275.
4. Ormsbee, M.J., Carzoli, J.P., **Klemp, A.**, Allman, B.R., Zourdos, M.C., Kim, J-S., Panton, L.B. Efficacy of the Repetitions in Reserve-Based Rating of Perceived Exertion for the

Bench Press in Experienced and Novice Benchers. 2017. *The Journal of Strength & Conditioning Research*. In press.

National Abstracts Presentations

1. Goldsmith, J.A., Quiles, J.M., Blanco, R., **Klemp, A.**, Dolan, C., Huang C-J, Whitehurst, M., and Zourdos, M.C. Progressive resistance exercise elicits significant brain-derived neurotrophic growth factor expression. *American College of Sports Medicine, Boston, MA. 2016.*
2. Zourdos, M.C., Dolan, C., Quiles, J.M., **Klemp, A.**, Blanco, R., Krahwinkel, A.J., Goldsmith, J.A., Jo, E., Loenneke, J.P., and Whitehurst, M. Efficacy of daily 1RM squat training in well-trained lifters: Three Case Studies. *American College of Sports Medicine, San Diego, CA. 2015.*
3. **Klemp, A.**, Blanco, R., Dolan, C., Quiles, J.M., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S., and Zourdos, M.C. Two volume-equated daily undulating periodization models enhance strength similarly independent of specific repetition range. *American College of Sports Medicine, San Diego, CA. 2015.*
4. Quiles, J.M., **Klemp, A.**, Blanco, R., Dolan, C., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S., and Zourdos, M.C. Volume-Equated high and low repetition daily undulating periodization models for upper body muscle hypertrophy. *American College of Sports Medicine, San Diego, CA. 2015.*
5. Dolan, C., **Klemp, A.**, Blanco, R., Quiles, J.M., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S., and Zourdos M.C. Volume-Equated high and low repetition daily undulating periodization models for lower body muscle hypertrophy. *American College of Sports Medicine, San Diego, CA. 2015.*
6. Dolan, C., Quiles, J.M., **Klemp, A.**, Schau, K.A., Esgro, B., E. Jo, and Zourdos, M.C. Evaluating squat attempt velocities of collegiate and open powerlifters as a marker of performance and indicator of success during competition. NSCA, Las Vegas, NV. 2014.
7. **Klemp, A.**, Quiles, J.M., Dolan, C., Schau, A. Crimmins, J., Esgro, B. Garcia Merino, S., B.S. Graves, and Zourdos, M.C. Does high intensity squatting elicit post activation potentiation on the squat? ACSM, Orlando, FL. *Medicine and Science in Sports and Exercise (Supp)*, 2014.
8. **Klemp, A.**, Dolan, C., Quiles, J.M., Schau, K.A., Esgro, B., Jo, E., and Zourdos, M.C. The usefulness of average velocity of opening deadlift attempts in open and collegiate powerlifters during competition as a predictor of performance. NSCA, Las Vegas, NV. 2014.

9. Zourdos, M.C., Quiles, J.M., **Klemp, A.**, Dolan, C., Schau, K.A., Crimmins, J., Esgro, B., Garcia Merino, S., B.S. Graves. A comparison of efficiency between experienced and novice squatters during high intensity squats. ACSM, Orlando, FL. *Medicine and Science in Sports and Exercise (Supp)*, 2014.
10. Dolan, C., Schau, K.A., Quiles, J.M., **Klemp, A.**, Day, B., Garcia Merino, B.S. Graves, and Zourdos, M.C. Comparison of center of pressure during the squat between experienced and novice squatters. ACSM, Orlando, FL. *Medicine and Science in Sports and Exercise (Supp)*, 2014.

Regional Abstract Presentations

1. Carzoli, J.P., **Klemp, A.**, Allman, B.R., Zourdos, M.C., Kim, J-S., Panton, L.B. and Ormsbee, M.J. Efficacy of the repetitions in reserve-based rating of perceived exertion for the bench press in experienced and novice benchers. *Southeast American College of Sports Medicine Conference*. Greenville, SC. 2017
2. **Klemp, A.**, Blanco, R., Dolan, C., Quiles, J.M., Krahwinkel, A.J., Zoeller, R.F., Graves, B.S., and Zourdos, M.C. Effects of volume-equated high and low repetition daily undulating periodization models on maximal strength. *Southeast American College of Sports Medicine Conference*. Jacksonville, FL. 2015.
3. Quiles, J.M., **Klemp, A.**, Blanco, R., Dolan, C., Krahwinkel, A.J., Zoeler, R.F., Graves, B.S., and Zourdos, M.C. Volume-equated high and low repetition daily undulating periodization models for muscle hypertrophy. *Southeast American College of Sports Medicine Conference*. Jacksonville, FL. 2015.
4. **Klemp, A.**, Schau, K.A., Quiles, J.M., Dolan, C., Esgro, B., Graves, B.S., and Zourdos, M.C. A comparison of average velocity at maximal intensity in the squat as a marker of efficiency between experienced and novice squatters. Southeast American College of Sports Medicine, Greenville, SC. 2014.
5. Dolan, C., Schau, K.A., Quiles, J.M., **Klemp, A.**, Day, B., Graves, B.S., and Zourdos, M.C. An examination of center of pressure during the squat at various intensities as a marker of technique efficiency between experienced and novice squatters. Southeast American College of Sports Medicine. Greenville, SC. 2014.

Awards

- 2017 National Strength and Conditioning Association Challenge Scholarship
- 2017 Osher Lifelong Learning Institute Scholarship

- 2017 Jean A. Reutlinger and Lillian H. Munn Scholarship
- 2015 Graduate Student Advisory Council Presentation Travel Grant
- 2015 Congress of Graduate Students Presentation Grant
- 2014 Outstanding Graduate Student of the Year: Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL

Professional Memberships and Certifications

NSCA: Student Member

ACSM: Student Member

Certified Strength and Condition Specialist (CSCS) via NSCA

Certified Personal Trainer via NSCA

Community Service

- Managed Exercise Science and Health Promotion external testing at Florida Atlantic University on weekends to the community including:
 - Body composition (e.g., bodpod, underwater weighing, skinfolds)
 - Exercise performance (e.g., Vo₂ max, lactate threshold)