

Bridget A. McFadden, M.B.S., Ph.D., CSCS*D

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UNIVERSITY AFFILIATION: Assistant Professor
Department of Family, Nutrition, and Exercise Sciences
Queens College, City University of New York
Flushing, NY 11367

DEGREES RECEIVED: PhD, Kinesiology and Applied Physiology, 2019
Rutgers, The State University of New Jersey

MBS, Kinesiology and Applied Physiology, 2014
Rutgers, The State University of New Jersey

BS, Interdisciplinary Health Services, 2011
Minor: Sociology
Saint Joseph's University, Magna Cum Laude

CERTIFICATIONS: NSCA Certified Strength and Conditioning Specialist (*with Distinction)
CPR/AED Certified (Professional Rescuer)

PROFESSIONAL MEMBERSHIPS:

- National Strength and Conditioning Association (2014-Present)
- American College of Sports Medicine (2016-Present)
- Greater New York Chapter of the American College of Sports Medicine (2022-Present)
- International Society of Sports Nutrition (2014-2022)

RELATED EMPLOYMENT EXPERIENCE:

2022 – Present	<i>Director</i> Sport Science Laboratory Queens College, CUNY Flushing, NY
2021 – 2022	<i>Research Assistant Professor</i> Department of Exercise Science Arnold School of Public Health University of South Carolina Columbia, SC
2020 – 2022	<i>Associate Director</i> Sport Science Laboratory University of South Carolina Columbia, SC

2019 – 2021	<i>Post-Doctoral Fellow</i> Department of Exercise Science The University of South Carolina
2015 – 2019	<i>Sport Scientist/ Strength and Conditioning Coach</i> IFNH Center for Health & Human Performance Rutgers Women’s Soccer Team New Brunswick, NJ
2018 – 2019	<i>Exercise Scientist/Consultant</i> PSI, Performance Solutions Inc. New York City Fire Department, Randall’s Island, NY
2018 – 2019	<i>Quest Diagnostics Graduate Research Fellow</i> Kinesiology & Applied Physiology Rutgers, The State University of New Jersey
2015 - 2018	<i>Graduate Teaching Assistant</i> Department of Kinesiology & Health Rutgers, The State University of New Jersey
2014 - 2015	<i>Exercise Physiologist</i> Advantage Medical Care Sports Medicine Staten Island, NY
2014 - 2017	<i>Certified Personal Trainer</i> Centra State Hospital Fitness and Wellness Center Freehold, NJ
2014 - 2015	<i>Adjunct Instructor</i> Department of Rehabilitation and Movement Science Rutgers, The State University of New Jersey, Newark

ACADEMIC HONORS, AWARDS, AND TRAINING

- National Institute of Health Loan Repayment Recipient 2024-2026
- National Institute of Health Loan Repayment Recipient 2022-2024
- Arnold School of Public Health NIH Bootcamp, University of South Carolina, 2020-2021
- National Science Foundation Scholarship, Spring 2013
- Alpha Epsilon Delta National Honors Society, Spring 2011
- General Academic Honors Program, Saint Joseph’s University, 2008 - 2011
- Dean’s List, Saint Joseph’s University, 2007 - 2011

RESEARCH

RESEARCH AGENDA: My research focuses on the relationship between nutrition, training stress, and recovery and the implications for health and performance. The primary emphasis of my research in this area involves examining the effects of workload and stress on performance outcomes and the differential physiological responses in men and women. I am specifically interested in the use of nutritional, endocrine, and metabolic biomarkers to track health and performance. Furthermore, I am interested in the potential efficacy of nutritional supplementation as well as acute and chronic training for improving functional capabilities, cognition, and the systemic response to stress in adolescents, athletes, military, first responders, and special populations.

PUBLICATIONS IN REFEREED JOURNALS

1. Sanders, D.J., Murray, M.S., **McFadden, B.A.**, Chandler, A.J., Walker, A.J., Bozzini, B.N., Cintineo, H.P., Bello, M.L., Arent, M.A., Arent, S.M. (2025) The Effects of a Semester of Pre-Professional Dance Training on Biomarkers and Performance Variables in Elite Adolescent Ballet Dancer. *Journal of Strength and Conditioning Research*. DOI:10.1519/JSC.0000000000005219
2. Lints, B.S., Eade, J.M., Mastrofini, G.F., Meyer, C.M., Stay-Gundersen, S., Chandler, A.J., **McFadden, B.A.**, Rhoades, N.D., Moore, R.D., Arent, S.M., Yeargin, S.W. (2025) Evaluating the Effects of a Proprietary Water Formulation on Hydration and Physiological Responses During Exercise-Heat Stress in Active Adults. *Journal of Exercise and Nutrition*. (8):1.
3. Lints, B.S., Stray-Gundersen, S.O., Mastrofini, G.F., **McFadden, B.A.**, Chandler, A.J., Walker, A.J., & Arent, S.M. (2025) Validity of Urine Specific Gravity to Determine Hydration Status in NCAA Division I Male and Female Soccer Players. *Translational Journal of the American College of Sports Medicine* (10):1 e000281. DOI: 10.1249/TJX.0000000000000281
4. **McFadden, B.A.**, Walker, A.J., Cintineo, H.P., Bozzini, B.N., Sander, D.J., Chandler, A.J., & Arent, S.M. (2024) Sex Differences in Physiological Responses to a National Collegiate Athletic Association Division I Soccer Season. *Journal of Strength and Conditioning Research*. 38(11) 1891-1899. doi: 10.1519/JSC.0000000000004882
5. **McFadden, B.A.**, Cintieo, H.P., Chandler, A.J., Peterson, P., Lovalekar, M., Nindl, B., & Arent, S.M. (2024) The United States Marine Corps Recruit Training Demands Associated with Performance Outcomes. *Military Medicine*. 189 (Suppl 2):74-83.
6. **McFadden, B.A.**, Cintineo, H.P., Chandler, A.J., Vincenty, C.S., Mastrofini, G.F., Peterson, P., Lovalekar, M., Nindl, B., & Arent, S.M. (2024) A Sex Comparison of the Physical and Physiological Demands of United States Marine Corps Recruit Training. *Military Medicine*. 189 (Suppl 2): 84-93.
7. Peterson, P.A., Lovalekar, M., Cruz, D.E., Steele, E., **McFadden, B.A.**, Cintineo, H.P., Arent, S.M., & Nindl, B.C. (2024) Unsupervised Machine Learning in Countermovement Jump and Isometric Mid-Thigh Pull Performance Produces Distinct Combat and Physical Fitness Clusters in Male and Female US Marine Corps Recruits. *Military Medicine*. 189 (Suppl 2): 38-46.
8. Montgomery, M., Lovaleker, M., Kleykamp, M., Lucas, J., Arent, S.M., **McFadden, B.A.**, Keenan, K.A., Allison, K., Peterson, P., Cruz, D., Nindl, B.C. (2024) Increasing Gender Integration in U.S. Marine Corps Recruit Training: Policy Recommendations and Rationales from an Interdisciplinary Study. *Military Medicine*. 189 (Suppl 2): 94-103.
9. Lovalekar, M., Montgomery, S., Arent, S.M., Kleykamp, M., Lucas, J., **McFadden, B.A.**, Keenan, K.A., Allison, K., Peterson, P. Cruz, D.E., Nindl, B.C. (2024) Design considerations for a multidisciplinary

- approach to provide policy recommendations on gender-integrated recruit training in the Marine Corps. *Military Medicine*. 189 (Suppl 2): 3-11.
10. Lovalekar M, Keenan KA, Steele E, Cruz DE, Allison K, **McFadden B.A.**, Arent SM, Nindl BC. (2024) Descriptive epidemiology of musculoskeletal injuries during Marine Corps recruit training in gender-integrated and male only training units. *Military Medicine*. 189 (Suppl 2): 21-29.
 11. Lovalekar M, Keenan KA, Cruz DE, Montgomery, S., **McFadden B.A.**, Arent SM, Nindl BC. (2024) Using the capture-recapture technique to estimate the ascertainment-corrected incidence of musculoskeletal injuries during Marine Corps recruit training. *Military Medicine*. 189 (Suppl 2): 30-37.
 12. Lovalekar M, Keenan KA, Peterson P, Cruz DE, Steele E, **McFadden BA**, Arent SM, Nindl BC. (2024) Neuromuscular strength and power predict musculoskeletal injury and attrition during Marine Corps recruit training. *Military Medicine*. 189 (Suppl 2): 12-20.
 13. Mastrofini, G.F., **McFadden, B.A.**, Chandler, A.J., Lints, B.S., Cintineo, H.P., Rhoades, N., Vincenty, C.S., Stray-Gundersen, S.O., & Arent, S.M. (2024) The Effects of a Brand-Specific Hemp-Derived Cannabidiol Product on Physiological, Biochemical, and Psychometrics in Health Adults. *Journal of the International Society of Sports Nutrition*. doi: <https://doi.org/10.1080/15502783.2024.2370430>
 14. Cintineo, H.P., Bello, M.L., Walker, A.J., Chandler, A.J., **McFadden, B.A.**, & Arent, S.M. (2024) Monitoring Training, Performance, Biomarkers, and Psychological State Throughout a Competitive Season: A Case Study of a Triathlete. *European Journal of Applied Physiology*. 124: 1895–1910
 15. Cintineo, H.P., Chandler, A.J., Mastrofini, G.F., Lints, B.S., **McFadden, B.A.**, & Arent, S.M. (2024) Effects of Minimal-Equipment Resistance Training and Blood Flow Restriction on Military-Relevant Performance Outcomes. *Journal of Strength and Conditioning Research*. 38(1): 55-65.
 16. Lock, M., Yousef, I., **McFadden, B.A.**, Hend, M., & Townsend, N. (2024) Cardiorespiratory fitness and performance adaptations to high-intensity interval training: Are there differences between men and women? A systematic review with meta-analyses. *Sports Medicine*. 54(1):127-167. doi: 10.1007/s40279-023-01914-0
 17. **McFadden, B.A.**, Vincenty, C.S., Cintineo, H.P., Chandler, A.J., Lints, B.S., Mastrofini, G.F., & Arent, S.M. (2023) Effects of A Fucoidan Supplementation on Inflammatory and Immune Response After High-Intensity Exercise. *Journal of the International Society of Sports Nutrition*. 20:1, doi:10.1080/15502783.2023.2224751v
 18. **McFadden, B.A.**, Bozzini, B.N., Hills, S., Cintineo, H.P., Walker, A.J., Chandler, A.J., Sanders, D.J., Russell, M., & Arent, S.M. (2023) Power, endurance, and body composition changes over a collegiate career in NCAA Division I women soccer athletes. *Journal of Strength and Conditioning Research*. 37(7): 1428-1433. doi: 10.1519/JSC.0000000000004413
 19. Cintineo, H.P., Bello, M.L., Chandler, A.J., Cardaci, T.D., **McFadden, B.A.**, & Arent, S.M. (2022) Effects of caffeine, methylxanthine, and theacrine on vigilance, marksmanship, and hemodynamic responses in tactical personnel: a double-blind, randomized, placebo-controlled trial. *Journal of the International Society of Sports Nutrition*. 19:1, 543-564.
 20. **McFadden, B.A.**, Walker, A.J., Bozzini, B.N., Hofacker, M., Russell, M. & Arent, S.M. (2022) Psychological and physiological changes in response to the cumulative demands of women's collegiate soccer season. *Journal of Strength & Conditioning Research*. 36(5): 1373-1382

21. Bozzini, B.N., **McFadden, B.A.**, Elliot-Sale, K., Swinton, P., & Arent, S.M. (2021) Evaluating the effects of oral contraceptives use on changes in biomarkers and body composition during a competitive season in collegiate female soccer players. *Journal of Applied Physiology*, 130(6):1971-1982.
22. Bozzini, B.N., **McFadden, B.A.**, Scruggs, K., & Arent, S.M. (2021) Evaluation of performance characteristics and internal and external training loads in collegiate beach volleyball players. *Journal of Strength & Conditioning Research*, 35(6): 1559-1567.
23. Chandler, A.J., Cintineo, H.P., **McFadden, B.A.**, Sanders, D.J., M.A., Arent, Monaco, R., & Arent, S.M. (2021) Agreement between B-mode ultrasound and BOD POD® in pre-professional dancers. *Medicine and Science in Sport and Exercise*. 53(3):653-657
24. **McFadden, B.A.**, Walker, A.J., Arent, M.A., Bozzini, B.N., Sanders, D.J., Cintineo, H.P., Bello, M.N., & Arent, S.M. (2020) Biomarkers correlate with strength, endurance, and body composition changes throughout the competitive season in women's Division I collegiate soccer players. *Frontiers in Sport and Active Living*, (2) 74: 1-12.
25. Bozzini, B.N, **McFadden, B.A.**, Walker, A.J., & Arent, S.M. (2020) Varying demands and quality of play between in-conference and out-of-conference games in Division I collegiate women's soccer. *Journal of Strength & Conditioning Research*, 34(12): 3364-3368.
26. **McFadden, B.A.**, Walker, A.J., Sanders, D.J., Bozzini, B.N., & Arent, S.M. (2020) A comparison of internal and external training loads in male and female collegiate soccer players during practices vs. games. *Journal of Strength and Conditioning Research*, 34(4): 969-974.
27. Arent, S.M., Cintineo, H.P., **McFadden, B.A.**, Chandler, A.J., & Arent, M.A. (2020) Nutrient timing: a garage door of opportunity? *Nutrients*, 12 (7), 1948.
28. Walker, A.J., **McFadden, B.A.**, Sanders, D.J., Bozzini, B.N., Conway, S., & Arent, S.M. (2020). Early season hormonal and biochemical changes in Division I field hockey players: is fitness protective? *Journal of Strength and Conditioning Research*, 34(4):975-981.
29. Benjamin, C.L., Curtis, R.M., Huggins, R.A., Sekiguchi, Y., Rajat, K.J., **McFadden, B.A.**, & Casa, D.J. (2020) Sleep dysfunction in collegiate soccer athletes is associated with changes in mood. *Sport Health*, (12):13.
30. Chandler, A.J., Cintineo, H.P., **McFadden, B.A.**, Arent, M.A., Sanders, D.J., Monaco, R., & Arent, S.M. (2020) Intra- and Inter-Rater Reliability of Assessing Body Composition Using B-Mode Ultrasound in Conjunction with Artificial Intelligence Software. *Journal of Exercise and Nutrition*. 3, 4.
31. Sanders D.J., Cardaci T., **McFadden B.A.**, Walker A.J., Bozzini B.N., Cintineo H.P., & Arent S.M. (2020). The effect of resistance training on body composition and performance outcomes in collegiate dancers. *Comparative Exercise Physiology*, 16, 277-284.
32. Bozzini, B.N., Pellegrino, J.K., Walker, A.J., **McFadden, B.A.**, Poyssick, A.N., Rabideau, M.M., & Arent, S.M. (2019). Running economy and its correlation to performance and fitness variables in recreationally trained distance runners. *Comparative Exercise Physiology*, 16, 107-112.
33. Walker, A.J., **McFadden, B.A.**, Sanders, D.J., Rabideau, M., Hofacker, M., & Arent, S.M. (2019) Biomarker response to a competitive season in Division I female soccer players. *Journal of Strength & Conditioning Research*, 33(10): 2622-2628.

34. Bello, M.L., Walker, A.J., **McFadden, B.A.**, Sanders, D.J., & Arent, S.M. (2019). The effects of TeaCrine® and caffeine on endurance and cognitive performance during a simulated match in high-level soccer players. *Journal of the International Society of Sports Nutrition*, 16 (20).
35. Fishman, K., **McFadden, B.A.**, Golem, D.L., Davitt, P., Walker, A.J., Pellegrino, J.K., & Arent, S.M. (2019) The impact of acute hatha yoga and resistance training sessions on anxiety and affect. *Translational Journal of the American College of Sports Medicine*, 4(16): 119-126.
36. Schmitz, O.S., **McFadden, B.A.**, Golem, D.L., Pellegrino, J.K., Walker, A.J., Sanders, D.J., & Arent, S.M. (2017). The effects of exercise dose on stereotypical behavior in children with autism. *Medicine & Science in Sports & Exercise*, 49(5): 983-990.
37. Arent, S.M., Walker A.J., Pellegrino, J.K., Sanders, D.J., **McFadden B.A.**, Ziegenfuss, T.N., & Lopez, H.L. (2017). The combined effects of exercise, diet, and a multi-ingredient dietary supplement on body composition and adipokine changes in overweight adults. *Journal of the American College of Nutrition*, 37(2): 111-120.

BOOK CHAPTERS

1. **McFadden, B.A.**, Cintineo, H.P., Chandler, A.J., Arent, S.M. (2022). Physical Activity and Inflammation: Acute vs Chronic Considerations. J. Hebert & L. Hofseth (Eds) *Diet, Inflammation and Health*. Elsevier.
2. Walker, A.J., Arent, M.A., **McFadden, B.A.**, & Arent S.M. (2019). Physical Performance Testing. In R.M. Curtis, C.L. Benjamin, R.A., Huggins, & D.J. Casa (Eds). *Elite Soccer Players: Maximizing Performance and Safety*. London: Routledge.

FUNDED RESEARCH GRANTS

- **2025 – \$5,947.50** - PSC-CUNY (TRAD B), Role: Principal Investigator. *Assessing the Effects of Rotational Shift Work on Sleep, Stress, and Cognitive Function in First Responders: A Pilot Study*
- **2024-\$30,485** – NIH Loan Repayment Program, Role: Principal Investigator, *Optimizing Women's Health and Performance through Nutrition, Training, and Recovery*
- **2024- \$5,966.50** – PSC CUNY (TRAD B), Role: Principal Investigator, *Actual vs. Predicted Marathon Finish Times: An of Evaluation of Gender, Age, and Psychological Mood States Related to Marathon Running Performance*
- **2023, \$46,000** – Graduate Research Technology Initiative (GRTI) Program. Principal Investigator. *Yearlong Evaluation of Performance Characteristics in NCAA Division II Collegiate Athletes: A Comparison by Sport*
- **2023 \$3,500** – PSC CUNY (TRAD A), Role: Principal Investigator. Rates of Exposure to Weight Training Programs: A Comparison by Sex
- **2022, \$127,200** – Nutrasource Pharmaceutical and Nutraceutical Services, Inc. Role: Co-Principal Investigator (Co PI: SM Arent). *A Randomized, Placebo Controlled, Crossover Study to Evaluate the Effects of Two Novel Hydration Beverage Formulas on Rehydration in Healthy Adults*

- **2022, \$40,321** - NIH Loan Repayment Program, Role: Principal Investigator, Optimizing Female Health and Performance through Nutrition, Training, and Recovery
- **2021, \$232,691** - Nutrasource Pharmaceutical and Nutraceutical Services, Inc. Role: Co-Principal Investigator. (Co PI: S.M. Arent). *A Prospective, Randomized, Double-Blind, Placebo-Controlled Trial to Assess the Physiological, Biochemical, and Psychometric Impacts of a Brand-Specific Hemp-Derived Cannabidiol Product in Healthy Adults*
- **2021, \$5,000** – University of South Carolina, ASPIRE I, TRACK 2. Role: Principal Investigator. *An Examination of Inter-limb Functional Asymmetry after a Fatiguing Bout of Exercise in High-Level Soccer Players*
- **2021, \$85,000** – Nutrasource Pharmaceutical and Nutraceutical Services, Inc. Role: Principal Investigator. *Impact of a Novel Marine Algae Immune-Modulating Supplement on the Inflammatory and Immune Response After High Intensity Exercise*
- **2020, \$244,978** – Department of Defense/SOCOM, Role: Co-Principal Investigator (Co-PI: SM Arent). *Minimal equipment training approach to improve warfighter health and performance.*
- **2020, \$2,047,957** – United States Marine Corps, Role: Co-investigator. (PI: B Nindl) *Academic study of USMC gender-integrated training.*
- **2018, \$844** -Teaching Assistant/Graduate Assistant Professional Development Fund, Internal Funding: Rutgers, The State University of New Jersey
- **2017, \$925** - Teaching Assistant/Graduate Assistant Professional Development Fund, Internal Funding: Rutgers, The State University of New Jersey
- **2016, \$650** - Teaching Assistant/Graduate Assistant Professional Development Fund, Internal Funding: Rutgers, The State University of New Jersey

SUBMITTED RESEARCH GRANTS

- **2025- \$5,000** – Research Enhancement Grant- Role: Principal Investigator. *Assessing the Effects of Rotational Shift Work in Tactical Athletes*
- **2025- \$178,000** – Graduate Research Technology Initiative (GRTI) Program- Role: Principal Investigator. *Assessing Biomarkers Related to Health and Human Performance in Athletic, Clinical, and Aging Populations.*
- **2024 \$23,196** – National Strength and Conditioning Association Foundation, Role: Principal Investigator, Acute and Chronic Biomarkers of Fatigue in Association with Power and Asymmetry Rates Over the Course of a Collegiate Soccer Season (not funded)
- **2023 \$24,000** – National Strength and Conditioning Association Foundations Directed Research Grant, Role: Principal Investigator. Examining the Effects of Waking Heart Rate Variability and Salivary Cortisol on Performance Outcomes and Injury Risk Factors in Soccer Athletes: A Comparison by Sex. (Not funded)

- **2020** \$5,000,000 - Department of Defense (DoD), Role: Co-Investigator (PI: Army Ferrando, PhD, University of Arkansas for Medical Sciences. PI: Shawn Arent, PhD, University of South Carolina) Military Optimized Solider Training (MOST) for improvement of physiological health and performance. (Not funded)

PUBLISHED ABSTRACTS

1. **McFadden, B.A.**, Cintineo, H.P., Chandler, A.J., Vincenty, C.S., Mastrofini, G.F., Peterson, P., Lovalekar, M., Nindl, B., & Arent, S.M. (In Press) A Sex Comparison of the Physical and Physiological Demands of United States Marine Corps Recruit Training. *Medicine & Science in Sports & Exercise*
2. Suwan, B, Lock, M., **McFadden, B.A.**, Grimshaw, P. (2024) Exploring psychological need satisfaction and motivation to exercise and physical activity in an Arab context. *Journal of Clinical Exercise Physiology* (13):2
3. **McFadden, BA**, Cintineo, HP, Chandler, AJ, Bozzini, BN, Walker, AJ, Sanders, DJ, Hills, S, & Arent, SM. (2024) Internal and External Workloads during Regulation and Overtime Play in Women's NCAA Division I Soccer Matches. *Journal of Strength and Conditioning Research*.
4. **McFadden, BA**, Kirkland, M., Cintineo, HP, Chandler, Mastrofini, GF, Lints, BS, & Arent, SM. (2023) Preseason Testing Correlates with In-Season Performance Metrics in National Collegiate Athletic Association Division I Baseball Players. *Medicine and Science in Sport and Exercise*.
5. Lints, BS, Cintineo, HP, Chandler, AJ, **McFadden, BA**, & Arent, SM. (2022) Relationship Between Change In Vo2vt2 And Change In 2-Mile Run Time. *Medicine and Science in Sport and Exercise*. 54(9S):609-609.
6. **McFadden, BA**, Chandler, AJ, Cintieno, HP, Dillman, D, Vincenty, CS, Bozzini, BN, & Arent, SM (2022) Inter-Limb Asymmetries, Peak Power, and Internal Training Loads in NCAA Division I Female Soccer Athletes. *Medicine and Science in Sport and Exercise*. 54(9S):553-553.
7. Cintineo, HP, Byrd, B, Lints, BS, Chandler, AJ, **McFadden, BA**, & Arent, SM (2022) A Physiological Profile of Male and Female Division I Collegiate Tennis Players. *Medicine and Science in Sport and Exercise*. 54(9S):192-193.
8. **McFadden, BA**, Cintineo, HP, Chandler, AJ, Mastrofini, GF, Lints, BS, Binetti, M, & Arent, SM. (2023) Road to the NCAA Championship: Internal and External Load Metrics in Women's Division I Basketball Athletes. *Journal of the International Society of Sports Nutrition*. 20:(supl).
9. Chandler, AJ, Cintineo, HP, **McFadden, BA**, Binetti, M, Mastrofini, GF, Lints, BS, & Arent, SM (2023) Consistency is Key: Body Composition and Energy Expenditure throughout a National Championship Season. *Journal of the International Society of Sports Nutrition*. 20:(supl).
10. Cintineo, HP, Chandler, AJ, Mastrofini, GF, Lints, BS, **McFadden, BA**, & Arent, SM. (2023) Acute Workloads and Chronic Stress Responses to Minimal Equipment Resistance Training with and without Blood Flow Restriction Compared to Traditional Equipment Resistance Training. *Journal of the International Society of Sports Nutrition*. 20:(supl)
11. Lints, BS, **McFadden, BA**, Hul, EA, Cintineo, HP, Chandler, AJ, Mastrofini, GF, & Arent, SM. (2023) Comparison of Hydration Status Determined by USG Compared to Plasma Osmolality in Division I Soccer Players. *Journal of the International Society of Sports Nutrition*. 20:(supl)
12. Cintineo, HP, Chandler, AJ, Mastrofini, GF, Lints, BS, **McFadden, BA**, & Arent, SM (2023) Effects of Minimal Equipment Resistance Training with And Without Blood Flow Restriction On Body Composition And Human Performance: A Preliminary Analysis. *Journal of Strength and Conditioning Research*.
13. **McFadden, B.A.**, Bozzini, B.N., Hills, S., Cintineo, H.P., Chandler, A.J., Cardaci, T.D., Walker, A.J., Arent, M.A., Russell, M., & Arent, S.M. (2023) Performance and body composition changes across academic years in collegiate Division I women soccer players. *Journal of Strength and Conditioning Research*. 35(12):p 291-446,

14. **McFadden, B.A.**, Cintineo, H.P., Chandler, A.J., Bozzini, B.N., Arent, M.A., Cardaci, T.D., Walker, A.J., & Arent, S.M. (2022) Racial Differences in Iron Status throughout the Season in Women Collegiate Soccer Athletes. *Journal of the International Society of Sports Nutrition*. 19:(sup1).
15. Chandler, A.J., Cintineo, H.P., **McFadden, B.A.**, Bello, M.L., Cardaci, T.D., Vincenty, C.S., & Arent, S.M., (2022) Hemodynamic Responses to Caffeine and a Caffeine-like Substance. *Journal of the International Society of Sports Nutrition*. 19:(sup1).
16. Cintineo, H.P., Bello, M.L., Chandler, A.J., Cardaci, T.D., **McFadden, B.A.**, & Arent, S.M. (2022) Caffeine, Methylliberine, and Theacrine Improve Vigilance without Attenuating Marksmanship in a Tactical Population. *Journal of the International Society of Sports Nutrition*. 19:(sup1).
17. **McFadden, B.A.**, Arent, M.A., Chandler, A.J., Bozzini, B.N., Cintineo, H.P., Walker, D.J., Mackowski, N.S., Hofacker, M., & Arent, S.M. (2022) An evaluation of performance characteristics in high-level youth soccer players. *Journal of Strength and Conditioning Research*. 35(4):e3-e288.
18. Chandler, A.J., Cintineo, H.P., **McFadden, B.A.**, Cardaci, T.D., Hickman, G., Vincenty, C.S., Byrd, B., Scruggs, K.S., & Arent, S.M. (2022) Differences in internal and external workloads during consecutive collegiate volleyball matches. *Journal of Strength and Conditioning Research*. 35(12):p 291-446.
19. Cintineo, H.P., Chandler, A.J., **McFadden, B.A.**, Cardaci, T.D., Binetti, M., & Arent, S.M. (2022). Internal but not external workload measures are related to indices of heart rate variability in collegiate women's basketball players. *Journal of Strength and Conditioning Research*. 35(12):p 291-446,
20. Bozzini, B.N., **McFadden, B.A.**, Scruggs, S.K., & Arent, S.M. (2022) Varying match demands across NCAA DI women's beach volleyball competition weekends. *Journal of Strength and Conditioning Research*. 35(12):p 291-446,
21. Cardaci, T.D., Cintineo, H.P., **McFadden, B.A.**, Chandler, A.J., Bozzini, B.N., Kirkland III, M.E., Dillman, D., Lambros, B., Mahal, J., & Arent, S.M. (2022) Reserve officer training corps (ROTC) cadet military performance and fitness responses to a COVID modified training semester. *Journal of Strength and Conditioning Research*. 35(12):p 291-446,
22. Keefe, S.M., Chandler, A.J., **McFadden, B.A.**, Walker, A.J., Bozzini, B.N., Cintineo, H.P., Bello, M.B., Arent, S.M., & Sanders, D.J. (2021) The relationship between rectus femoris muscle thickness and jump height variables in elite adolescent vocational ballet dancers. *Journal of Strength and Conditioning Research*. 35(12):p 291-446,
23. Bozzini, B.N., **McFadden, B.A.**, Chandler, A.J., Cintineo, H.P., Scruggs, K., & Arent, S.M. (2021) Evaluation of performance characteristics in NCAA Division I female beach volleyball players. *Journal of Strength and Conditioning Research*. 35(4):e3-e288.
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REFEREED AND INVITED PRESENTATIONS TO SCHOLARLY AND PROFESSIONAL GROUPS

INVITED PRESENTATIONS

- **McFadden, B.A.** (Feb 2022) The Use of Biomarker Monitoring in a Sport Science Program. Exercise Physiology and Rehabilitation Conference. *University of Central Florida, FL*
- **McFadden, B.A.**, Bozzini, B.N., Cintineo, H.P. (September 2020). Basics of Resistance Training. *University of South Carolina Naval ROTC cadet training, Columbia, SC.*
- **McFadden, B.A.**, Bozzini, B.N., Cintineo, H.P. (August 2020). COVID Return to Play Guidelines and Special Considerations. *University of South Carolina Naval ROTC cadet training, Columbia, SC.*
- **McFadden, B.A.** (2020). Female Collegiate Athletes: Special Considerations to Optimize Performance. *17th Meeting of the International Society of Sports Nutrition, Daytona Beach, FL.* *
- **McFadden, B.A.** (2020). Assessing Low Energy Availability. *Nutrition Research Symposium, Columbia, SC.* *
- **McFadden, B.A.** (2020). *Advanced Seminar in Exercise Science, Columbia, SC**
- **McFadden, B.A.** (2018). A Comparison of Biomarkers and Performance Between Competitive Seasons in a Women's Division I Collegiate Soccer Program: The Impact of a Nutrition Program. *15th Annual Meeting of the International Society of Sports Nutrition, Clearwater, FL.*
- **McFadden, B.A.**, Arent, M.A., Monroy, C., Ancin, L, O'Neill, M. (2018) From the Lab to the Field: How We Built a Title Contender. *5th Annual Rutgers Human Performance Conference, New Brunswick, NJ.*

(*) COVID-19 Cancellations

NATIONAL AND INTERNATIONAL PRESENTATIONS

- **McFadden, B.A.**, Cintineo, H.P., Carrera, R., Eweka, D. Balachandran, A.T., (July 2025) National Collegiate Athletic Association Student Athletes' Current and Prior Experiences with Resistance Training Programs: A Comparison by Sex. Abstract presented at the 47th Annual Meeting of the National Strength and Conditioning Association, Kansas City, MO.
- **McFadden, B.A.**, Cintineo, H.P., Chandler, A.J., Vincenty, C.S., Mastrofini, G.F., Peterson, P., Lovalekar, M., Nindl, B., & Arent, S.M. (May, 2024) A Sex Comparison of the Physical and Physiological Demands of United States Marine Corps Recruit Training. Abstract presented at the 71st Annual Meeting of the American College of Sports Medicine, Boston, MA.
- **McFadden, BA**, Kirkland, M., Cintineo, HP, Chandler, Mastrofini, GF, Lints, BS, & Arent, SM. (May, 2023) Preseason Testing Correlates with In-Season Performance Metrics in National Collegiate Athletic Association Division I Baseball Players. Abstract presented at the 70th Annual Meeting of the American College of Sports Medicine, Denver, CO.
- **McFadden, BA**, Cintineo, HP, Chandler, AJ, Bozzini, BN, Walker, AJ, Sanders, DJ, Hills, S, Arent, SM. (July, 2022) Internal and External Workloads during Regulation and Overtime Play in Women's NCAA Division I Soccer Matches. Abstract presented at the 44th Annual Meeting of the National Strength & Conditioning Association, New Orleans, LA
- **McFadden, BA**, Cintineo, HP, Chandler, AJ, Mastrofini, GF, Lints, BS, Binetti, M, Arent, SM. (June 2022) Road to the NCAA Championship: Internal and External Load Metrics in Women's Division I Basketball Athletes. Abstract presented at the 19th Annual Meeting of the International Society of Sports Nutrition, Fort Lauderdale, FL.
- **McFadden, BA**, Chandler, AJ, Cintieno, HP, Dillman, D, Vincenty, CS, Bozzini, BN, Arent, SM (May 2022) Inter-Limb Asymmetries, Peak Power, and Internal Training Loads in NCAA Division I Female Soccer Athletes. Abstract presented at the 69th Annual Meeting of the American College of Sports Medicine, San Diego, CA.
- **McFadden, B.A.**, Bozzini, B.N., Hills, S., Cintineo, H.P., Chandler, A.J., Cardaci, T.D., Walker, A.J., Arent, M.A., Russell, M., Arent, S.M. (July 2021) Performance and body composition changes across academic years in collegiate Division I women soccer players. Podium presentation at the 44th Annual Meeting of the National Strength & Conditioning Association, Orlando, FL.*
- **McFadden, B.A.**, Cintineo, H.P., Chandler, A.J., Bozzini, B.N. Arent, M.A., Cardaci, T.D., Walker, A.J., Arent, S.M. (June 2021) Racial Differences in Iron Status throughout the Season in Women Collegiate Soccer Athletes. Abstract presented at the 18th Annual Meeting of the International Society of Sports Nutrition, St. Petersburg, FL.
- **McFadden, B.A.**, Arent, M.A., Chandler, A.J., Bozzini, B.N., Cintineo, H.P., Walker, D.J., Mackowski, N.S., Hofacker, M., Arent, S.M. (July 2020) An Evaluation of Performance Characteristics In High-Level Youth Soccer Players. Podium presentation at the 43rd Annual Meeting of the National Strength & Conditioning Association, Las Vegas, NV.*
- **McFadden, B.A.**, Bozzini, B.N., Arent, M.A., Walker, D.J., Sanders, D.J., Cintineo, H.P., Chandler, A.J., Arent, S.M. (May 2020) Energy Availability in Association With Biomarkers During A Division I Soccer Season In Female Athletes. Abstract presented at the 65th Annual Meeting of the American College of Sports Medicine, San Francisco, CA*
- **McFadden, B.A.**, Bozzini, B.N., Walker, A.J., Sanders, D.J., Cintineo, H.P., Arent, M.A., & Arent, S.M. (July 2019). The effect of playing status on physiological responses and performance changes during a Division I competitive soccer season. Abstract presented at the 42nd Annual Meeting of the National Strength & Conditioning Association, Washington, DC.
- **McFadden, B.A.**, Bozzini, B.N., Walker, A.J., Sanders, D.J., Ordway, C.E., Arent, M.A., & Arent, S.M. (June 2019). The effect of a collegiate preseason on energy status and biomarkers in women's Division I soccer players. Abstract presented at the 16th Annual Meeting of the International Society of Sports Medicine, Las Vegas, NV.

- **McFadden, B.A.**, Walker, A.J., Sanders, D.J., Bozzini, B.N., Ordway, C.E., Cintineo, H., Bello, M.N., & Arent, S.M. (July 2018). Biomarker changes correlate with strength, endurance, and body composition changes throughout the competitive season in women's Division I collegiate soccer players. Podium presentation at the 41st Annual Meeting of the National Strength & Conditioning Association, Indianapolis, IN.
- **McFadden, B.A.**, Walker, A.J., Sanders, D.J., Bozzini, B.N., Ordway, C.E., Cintineo, H., Bello, M.N., Arent, M. A., & Arent, S.M. (June 2018). A comparison of biomarkers and performance between competitive seasons in a women's Division I collegiate soccer program: the impact of a nutrition program. Abstract presented at the 15th Annual Meeting of the International Society of Sports Nutrition, Clearwater, FL.
- **McFadden, B.**, Walker, A., Sanders, D., Bozzini, B., Ordway, C., Mackowski, N., Hofacker, M., Bello, M., Chandler, A., & Arent, S.M. (July 2017). Comparison of internal and external training loads in male and female soccer players during practices vs. games. Podium presentation at the 40th Annual Meeting of the National Strength & Conditioning Association, Las Vegas, NV.
- **McFadden, B.**, Pellegrino, J., Walker, A., Ordway, C., Conway, S., Bello, M., Poyssick, A., Gillies, P., & Arent, S.M. (June 2017). Glucose utilization and ketone body production after differing exercise modalities in aerobically or anaerobically trained males and females. Abstract presented at the 14th Annual Meeting of the International Society of Sports Nutrition, Phoenix, AZ.
- **McFadden, B.**, Walker, A., Sanders, D., Hofacker, M., Bello, M., Poyssick, A., Mackowski, N., Ordway, C., Bozzini, B., & Arent, S.M. (May 2017). Workload-related psychological and physiological changes in female college soccer players during a competitive season. Abstract presented at the 64th Annual Meeting of the American College of Sports Medicine, Denver, CO.
- **McFadden, B.**, Walker, A., Hofacker, M., Rabideau, M., Poyssick, A., Conway, S., Pellegrino, J., Mackowski, N., Ordway, C., & Arent, S.M. (May 2016). Monitoring the effect of a yearlong training program on power, ventilatory threshold, body composition, and aerobic capacity of Division I male college soccer Players. Abstract presented at the 63rd Annual Meeting of the American College of Sports Medicine, Boston, MA.

REGIONAL PRESENTATIONS

- **McFadden, B.A.**, Cintineo, H.P., Chandler, A.J., Vincenty, C.S., Cardaci, T.D., Mastrofini, G.F., Arent, S.M. (Oct 2021). Preliminary body composition results using a minimal equipment training approach to optimizing warfighter health and performance. Presented at the Warrior Research Center's Tactical Athlete Summit, Auburn, AL.
- **McFadden, B.A.**, Bozzini, B.N., Arent, M.A., Walker, D.J., Sanders, D.J., Cintineo, H.P., Chandler, A.J., Arent, S.M. (Feb 2020) Assessing Energy Availability and Macronutrient Content during a Division I Soccer Season in Female Athletes. "Rapid Fire Competition" presentation at the Meeting of the Southeast Regional Chapter of the American College of Sports Medicine, Jacksonville, FL.

TEACHING EXPERIENCE

QUEENS COLLEGE, CUNY

2022 - 2025 Department of Family, Nutrition, and Exercise Sciences, *Physiology of Muscular Activity*, FNES 342 (3 credits, undergraduate course) –Course Instructor (6 sections taught)

2023 – 2025 Department of Family, Nutrition, and Exercise Sciences, *Exercise, Energy Balance, and Body Composition*, FNES 722 (3 credits, graduate) – Course Instructor (3 sections taught)

2022 – 2024 Department of Family, Nutrition, and Exercise Sciences, *Physical Activity, Health and Exercise Prescription I* FNES 733 (3 credits, graduate) – Course Instructor (3 sections taught)

2023 – 2024 Department of Family, Nutrition, and Exercise Sciences, ***Measurement of Physical Fitness and Body Composition***, FNES 725 (3 credits, graduate) – Course Instructor (2 sections taught)

2024 Department of Family, Nutrition, and Exercise Sciences, ***Introduction to Exercise Training Programs and Program Development***, FNES 211 (3 credits, undergraduate) – Course Instructor (1 sections taught)

THE UNIVERSITY OF SOUTH CAROLINA

2021 Department of Exercise Science, ***Research Methods***, EXSC 787 (3 credits, graduate course) –Course Instructor

2020 Department of Exercise Science, ***Exercise Physiology***, EXSC330 (3 credits, undergraduate course) – Course Instructor

2020 Department of Exercise Science, ***Human Anatomy and Physiology***, EXSC223L (1 credit, undergraduate course) –Laboratory Instructor (1 section taught)

RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY

2016 - 2018 Department of Kinesiology and Health, ***Exercise Physiology***, KIN 371 (1 credit, undergraduate course)– Laboratory Instructor- (7 Sections Taught)

2017- 2018 Department of Kinesiology and Health, ***Exercise Testing and Prescription***, KIN 410/518 (1 credit graduate course) - Laboratory Instructor- (2 Sections Taught)

2015- 2016 Department of Exercise Science, ***Motor Learning Laboratory***, KIN 310 (3 credit undergraduate course) – Laboratory Instructor- (3 Sections Taught)

2014 Department of Rehabilitation and Movement Science, ***Applied Physiology for Physical Therapists***, PTDR7330 (3 credit undergraduate course) – Laboratory Instructor- (1 Section Taught)

INVITED LECTURES

2019 Department of Kinesiology and Health, Rutgers University, Exercise Physiology KIN 370,

Topics: *Skeletal muscle structure and function,*
Optimal nutrition for exercise,
Macronutrient metabolism,
Energy Transfer,
Training for aerobic and anaerobic power

2018 Department of Kinesiology and Health, Rutgers University, Exercise Physiology KIN 370,

Topic: *Endocrine System: response to exercise*
Gas Exchange, transport, and regulation
Cardiovascular regulation and integration

2017 Department of Kinesiology and Health, Rutgers University, Exercise Physiology KIN 370,

Topic: *Human Energy Expenditure During Rest and Physical Activity*
Cardiovascular Regulation and Integration
Skeletal Muscle and Function

2016- 2018 Department of Nutrition, Rutgers University, Byrne Seminar-Metabolism: from Lavoisier to Metabolomics,

Topic: *Metabolic, Body Composition and Performance Testing*

2016 Department of Kinesiology and Health, Rutgers University, Exercise Physiology KIN 370,

Topics: *Energy Transfer in Exercise*

The Endocrine System: Organization and Acute and Chronic Response to Exercise
Musculoskeletal System

GRADUATE AND UNDERGRADUATE STUDENT ADVISING

CO-SUPERVISED MASTERS STUDENT THESIS

- Banan Suwan, 2022 – present, Hamad bin Khalifa University, Thesis Title:
- Nestor Urrea, 2021-present, University of South Carolina
- Seth Byland, 2021-2022, University of South Carolina, Thesis Title: *Self-Reported Cardiovascular Health and Health Behaviors in Women Veterans* (Thesis Defense Committee Member)
- Caroline Vincenty, 2019-2022, University of South Carolina, Thesis Title: *Impact of a Novel Marine Algae Immune-Modulating Supplement on the Inflammatory and Immune Response After High Intensity Exercise* (Thesis Defense Committee Member)
- Ibtisam Mousa Mahmoud Yousef, 2021- 2022, Hamad Bin Khalifa University; Thesis Title: *High-intensity interval training: are there differences in adaptation of maximal oxygen uptake between males and females? A systematic review with meta-analysis* (Thesis Defense Committee Member)
- Braedon Lambros, 2020-2022, University of South Carolina, Project Title: *An Examination of Internal and External Training Loads in High-Level Basketball Players*
- Drake Dillman, 2020-2022, University of South Carolina, Project Title: *An Examination of Inter-limb Functional Asymmetry after a Fatiguing Bout of Exercise in High-Level Soccer Players*
- Marion Kirkland, 2020-2022, University of South Carolina, Project Title: *Data Collection and Analysis of measures of strength, flexibility, speed/agility and workload in Collegiate baseball players pre-season, and mid-season*
- Kevin Prior, 2020-2022, University of South Carolina, Project Title: *An Evaluation of Physical Performance in ROTC Midshipmen*
- Braxton Byrd, 2019-2021, University of South Carolina, Project Title: *The Effects of Low Load BFR Training in Minimal Equipment vs. High Load Traditional Resistance Training on 3-RM Muscular Strength in ROTC Cadets and Midshipmen at UofSC*
- Gabrielle Hickman, 2020-2021, University of South Carolina, Project Title: *Within Match Player Demands Within a COVID-19 Modified Collegiate Volleyball Season* (Project Defense Committee Member)
- Mallory Dixon, 2020-2021, University of South Carolina, Project Title: *Measures of Athlete Readiness throughout a Division 1 Collegiate Volleyball Season*
- Jaspal Mahal, 2020-2021, University of South Carolina, Project Title: *An Analysis of Training Loads and Vertical Jump Height in Division 1 Men's Soccer Players*

SUPERVISED UNDERGRADUATE HONORS STUDENTS

- Adler, Meira – 2024; Honors Thesis Title: *Step by Step: Designing an Exercise Program to Enhance Gross Motor Function and Physical Activity in Children with Cerebral Palsy*
- Brown, Andrew – 2021; Honors Thesis Title: *Evaluating the Effects of a Caffeine-Derivative, Teacrine ©, on Reaction Time and Marksmanship in Military and First Responders* (Defense Committee Member)

CO-SUPERVISED UNDERGRADUATE HONORS STUDENTS

- Correa, Rosanny – 2024; *Rates of Exposure to Weight Training Programs: A Comparison by Sex*
- Moneme, Adora – 2019; Thesis title: *The Validity of Different Ultrasound Devices and BIA to Assess Body Composition in Adolescent Ballet Dancers.*
- Conlon, Brittany – 2018; Thesis title: *Biomarkers correlations with performance and body composition in soccer players.*
- Cardaci, Thomas – 2018; Thesis title: *The Effects of an 8-week Resistance Training Intervention on Body Composition and Performance Variables in Collegiate Female Dancers.*
- Kiely, Megan – 2017; Thesis title: *Workload-Related Psychological and Physiological Changes in Female College Soccer Players during a Competitive Season.*

SUPERVISED LABORATORY INTERNSHIPS

- Brendon Zellman, 2024-2025, Queens College Sport Science Laboratory
- Deon Eweka, 2024, Queens College Sport Science Lab Independent Study
- Jack Owens, 2022, University of South Carolina, Independent Study
- Megan Ward, 2021-present, University of South Carolina, Independent Study
- Devin Hage, 2021-present, University of South Carolina, Independent Study
- Jenna Lauderback, 2021-present, University of South Carolina, Independent Study
- Alex Miller, 2021-present, University of South Carolina
- Bud Williford, 2020-2021, University of South Carolina
- Faith Schroers- 2019-2021, University of South Carolina, Distinguished student, Independent Study
- Nicholas Doyle, 2019-2021, University of South Carolina
- Tessa O'Hara, 2019-2021, University of South Carolina
- Bianca Galassini, 2019-2020, University of South Carolina

PROFESSIONAL SERVICE

Academic Senate, Queens College, CUNY

2023 – Present

Academic Journal Reviewer,

- | | |
|----------------------------------------------------|----------------|
| ○ Medicine and Science in Sport and Exercise | 2023 – Present |
| ○ European Journal of Sport Sciences | 2023 – Present |
| ○ Journal of Functional Morphology and Kinesiology | 2023 – Present |
| ○ Plos-One | 2021 – Present |
| ○ Journal of Clinical Medicine | 2021 – Present |
| ○ Journal of Strength and Conditioning Research | 2019 – Present |
| ○ Comparative Exercise Physiology | 2016 – Present |
| ○ International Society of Sports Nutrition | 2016 – Present |

<i>Faculty Search Committee</i> , Queens College Department of Family, Nutrition and Exercise Science	2023 - 2024
○ Assistant Professor Physical Education	
<i>Sport Scientist</i> , Queens College Athletics	2024 - 2025
○ Indoor volleyball	
○ Men's and Women's basketball	
○ Men's and Women's soccer	
<i>Sport Performance Specialist</i> , University of South Carolina Naval ROTC	2020 –2022
<i>Sport Scientist</i> , University of South Carolina Olympic Sports	2019 – 2022
○ Indoor volleyball	
○ Beach volleyball	
○ Women's basketball	
○ Men's and women's soccer	
○ Men's and Women's tennis	
<i>Strength and Conditioning Coach</i> , Sport Science Lab, University of South Carolina	2019 – 2022
<i>Sport Scientist</i> , Rutgers University Olympic Sports	2014 – 2019
○ Men's and women's soccer	
○ Women's field hockey	
○ Women's lacrosse	
○ Women's swimming	
<i>Assistant Exercise Physiologist</i> , New Jersey Devils (National Hockey League)	2015 – 2016
<i>Chair of the Organizing Committee</i> , Rutgers Human Performance Conference	2014 – 2019
<i>Physical Therapy Intern</i> , Mullaney and Associates Physical Therapy	2012 – 2013
<i>Head Manager</i> , Saint Joseph's University Women's Basketball	2009 – 2011
<i>Volunteer Head Coach</i> , Raritan Recreational Soccer	2015 – 2016
Matawan Aberdeen Recreational Soccer	2013 – 2015
