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**LeeAnn Joe**  
Instructor, Department of Kinesiology  
Mississippi State University  
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**Education:**

- 2002-2013      Progress (54 credit hours completed) towards Doctor of Philosophy, Life Sciences (formerly Agriculture and Life Sciences), Mississippi State University, Starkville, MS
- 2000            Master of Science, Exercise Science, Mississippi State University, Starkville, MS  
Thesis: *The effect of cryotherapy on isokinetic concentric peak torque and endurance in the quadriceps femoris muscle group*
- 1994            Bachelor of Science, Microbiology, Mississippi State University, Starkville, MS

**Relevant Professional Experience:**

- 2001-Present    **Instructor**, Department of Kinesiology, Mississippi State University, Starkville, MS
- 2000-2001       **Lecturer**, Department of Kinesiology, Mississippi State University, Starkville, MS
- 1998-2000       **Graduate Student Athletic Trainer**, Athletics Department, Mississippi State University, Starkville, MS

**Courses Taught:**

*Mississippi State University*

- 2009-Present    EP 3304 Exercise Physiology
- 2017-Present    EP 3613 Exercise Electrocardiography
- 2018-Present    EP 4814 Exercise Science Internship
- 2000-2018       EP 4210 Health Fitness Studies Internship (formerly PE 4210 Fitness Management Internship)
- 2000-2018       EP 4810 Clinical Exercise Physiology Internship (formerly PE 4410 Clinical Exercise Physiology Internship)
- 2017             KI 3273 Athletic Training
- 2010-2017       EP 4803 Professional Seminar in Exercise Science (formerly EP 4802)
- 2014             PE 3313 Sports Physiology
- 2009-2010       EP 4603 Physical Activity Epidemiology
- 2000-2009       PE 3623 Exercise Physiology II (formerly Applied Exercise Physiology)
- 2000-2008       PE 3303 Exercise Physiology I (formerly Exercise Physiology)
- 2005             PE 1213 Introduction to Exercise Science
- 2001-2005       PE 3213 Emergency Health Care
- 2000-2005       PE 4316 Sports Communication Internship
- 2000-2005       PE 8710 Internship

**University Service:**

- 2022-Present    Search Committee, Member for Tenure Track position in Exercise Science (appointed December)
- 2022-Present    Pre-PT Club, Faculty Advisor
- 2015-Present    Departmental Laboratory Committee, Member
- 2010-Present    Exercise Science Honor Society, Faculty Advisor
- 2009-Present    Departmental Library Liaison
- 2015-2020       Departmental Strategic Planning Committee, Member
- 2009-2018       Departmental Public Relations Committee, Member
- 2014-2016       College of Education Recruitment and Outreach Committee, Member
- 2012-2013       University Recreation Advisory Committee, Member
- 2009-2012       Departmental Social Committee, Member
- 2009             Search Committee, Member for Tenure Track position in Exercise Science

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**University Service (cont'd):**

2006-2008      Director, Exercise Physiology Laboratory  
2004-2006      Departmental Inventory Committee, Member  
2004-2006      Equipment Requisitions Committee, Member  
2002-2005      Kinesiology Department Emergency Health Care Equipment Room Manager

**Professional Affiliations:**

2005-present    American College of Sports Medicine, Member  
2005-present    Southeastern American College of Sports Medicine, Member  
2005-2016      National Strength and Conditioning Association, Member  
1999-2016      National Athletic Trainer's Association, Member  
1999-2016      Southeastern Athletic Trainer's Association, Member  
1999-2016      Mississippi Athletic Trainer's Association, Member

**Certifications and Licenses:**

1999-Present    Certified Athletic Trainer, National Athletic Trainer's Association Board of Certification  
2006-Present    American Heart Association – Basic Life Support for Health Care Providers  
2000-2013      American Red Cross – Community Health and First Aid Instructor  
1999-2016      Licensed Athletic Trainer in Mississippi

**Awards:**

2006 Schillig Special Teaching Projects Grant. The Use of Three-Dimensional Models Will Enhance Student Comprehension of Anatomy and Physiology. \$2985.55.

**Publications:**

Textbooks:

Brown, S.P., Huxford, C., & **Joe, L.A.** (2022). *Exercise Electrocardiography*. Kendall Hunt Publishers: Dubuque, Iowa.  
Webb, H.E. & **Joe, L.A.**, (2010). *Physiology of Exercise Laboratory Manual, 5<sup>th</sup> ed.* (locally published)  
**Joe, L.A.**, (2008). *Physiology of Exercise Laboratory Manual, 4<sup>th</sup> ed.* (locally published)  
Chromiak, J.A. and **Joe, L.A.**, (2006). *Physiology of Exercise Laboratory Manual, 3<sup>rd</sup> ed.* (locally published)  
Chromiak, J.A., **Joe, L.A.**, & Downey, W.J. (2005). *Physiology of Exercise Laboratory Manual, 2<sup>nd</sup> ed.* (locally published)

Refereed Journal Articles:

Brown, S.P., Smith, J.W., McAllister, M., & **Joe, L.A.** (2017). Superhero Physiology: The Case for Captain America. *Advances in Physiology Education*. 41(1), 16-24. <https://doi.org/10.1152/advan.00106.2016>  
Chromiak, J.A., Carpenter, W., Smedley, B., Brown, R., Koh, Y.S., Lamberth, J., **Joe, L.A.**, Abadie, B., & Altorfer, G. (2004). The effect of a 10-week strength training program combined with repletion drink on body composition, muscular strength and endurance, and anaerobic power and capacity. *Nutrition: The International Journal of Basic and Applied Nutritional Sciences*, 20, 420-427.

**Publications (cont'd):**

Hood, J.M., Chromiak, J.A., Downey, W.J. Weir, J.R. Bevill, P., Champlin, J., Lamberth, J.G. **Joe, L.A.** Abadie, B., & Altorfer, G. (2004). Effect of a 10-week strength training program and recovery supplement on anaerobic performance. *Medicine and Science in Sports and Exercise*, 36, S126.

Downey, W.J., Chromiak, J.A., Hood, J.M., W.J. Weir, J.R. Bevill, P., Champlin, J., Lamberth, J.G. **Joe, L.A.** Abadie, B., & Altorfer, G. (2004). Effect of a post-exercise recovery supplement and 10-week strength training program on muscle strength and endurance. *Medicine and Science in Sports and Exercise*, 36, S42.

**Refereed Professional Presentations:**

Bevill, P., Chromiak, J.A., Weir, J.R., Downey, W.J., Hood, J.M., Champlin, J., Lamberth, J.G. **Joe, L.A.** & Abadie, B. (2004). Effect of a 10-week strength training program and recovery supplement on estimated whole body muscle mass and limb circumferences. National Strength and Conditioning Association annual meeting, Minneapolis, MN. (Refereed).

Chromiak, J.A., Weir, J.R., Bevill, P., Downey, W.J., Hood, J.M., Champlin, J., Lamberth, J.G. **Joe, L.A.** Abadie, B., and Altorfer, G. (2004). Effect of a post-exercise recovery supplement and 10-week strength training program on body composition. Presented at the National Strength and Conditioning Association annual meeting, Minneapolis, MN. (Refereed).

Hood, J.M., Chromiak, J.A., Downey, W.J. Weir, J.R. Bevill, P., Champlin, J., Lamberth, J.G. **Joe, L.A.** Abadie, B., & Altorfer, G. (2004). Effect of a 10-week strength training program and recovery supplement on anaerobic performance. American College of Sports Medicine meeting, Indianapolis, IN. (Refereed).

Downey, W.J., Chromiak, J.A., Hood, J.M., W.J. Weir, J.R. Bevill, P., Champlin, J., Lamberth, J.G. **Joe, L.A.** Abadie, B., & Altorfer, G. (2004). Effect of a post-exercise recovery supplement and 10-week strength training program on muscle strength and endurance. American College of Sports Medicine meeting, Indianapolis, IN. (Refereed).

Chromiak, J.A., Smedley, B., Carpenter, W.J., Brown, R., Koh, Y.S., Lamberth, J.G., Moore, K., **Joe, L.A.**, Abadie, B., & Altorfer, G. (2003). Effect of a 10-week strength training program and recovery drink on body composition. National Strength and Conditioning Association Annual Meeting, Indianapolis, IN. (Refereed).

Carpenter, W.J., Smedley, B., Chromiak, J.A., Brown, R., Koh, Y.S., Lamberth, J.G., **Joe, L.A.**, Altorfer, G. & Abadie, B. (2003). Effect of a post-exercise recovery supplement and 10-week strength training program on muscle strength and endurance, and anaerobic performance. National Strength and Conditioning Association Annual Meeting, Indianapolis, IN. (Refereed)

**Joe, L.A.**, Lamberth, J.G., Nix, C.L., Chilek, D.R., & Abadie, B.R. (2001). The Effect of Cryotherapy On Concentric Isokinetic Peak Torque and Endurance in the Quadriceps Femoris Muscle Group. Presented at the Southeastern Athletic Trainer's Association annual meeting, Atlanta, GA. (Refereed).

**Joe, L.A.**, Lamberth, J.G., Nix, C.L., Chilek, D.R., & Abadie, B.R. (2002). The Effect of Cryotherapy On Concentric Isokinetic Peak Torque and Endurance in the Quadriceps Femoris Muscle Group. *Journal of Athletic Training*, 37(2): S 39. Presented at the National Athletic Trainer's Association annual meeting, Dallas, TX. (Refereed).