

JOE, LEEANN, M.S., ATC
Instructor, Department of Kinesiology
Undergraduate Faculty
Appointed: August 2000

Academic Degrees

B.S., Microbiology, Mississippi State University, 1994
M.S., Exercise Science, Mississippi State University, 2000
Ph.D., in progress, Animal and Dairy Science, Mississippi State University, anticipated completion 2011.

Professional Experience

Instructor, Department of Kinesiology, Mississippi State University, 2000 - Present.

Certifications and Licenses

American Red Cross – Community Health and First Aid Instructor
American Heart Association – Basic Life Support
Certified Athletic Trainer, 1999-present
Licensed Athletic Trainer in Mississippi, 1999-present

Courses Taught

Mississippi State University

EP 3304 Exercise Physiology
EP 4603 Physical Activity Epidemiology
EP 4210 Health Fitness Studies Internships (formerly PE 4210 Fitness Management Internship)
EP 4810 Clinical Exercise Physiology Internships (formerly PE 4410 Clinical Exercise Physiology Internships)
PE 1213 Introduction to Exercise Science
PE 3213 Emergency Health Care
PE 3303 Exercise Physiology I
PE 3623 Exercise Physiology II (formerly Applied Exercise Physiology)
PE 4603 Exercise in Health and Disease
PE 4316 Sports Communication Internship
PE 8710 Internship

Professional and Academic Association Memberships

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

Grants

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

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).

Publications

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.

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.