

Curriculum Vitae
Margaret C. Morrissey, MS
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EDUCATION

University of Connecticut, Storrs, CT

Doctor of Philosophy in Kinesiology

Advisor: Dr. Douglas Casa

Dissertation: Sex Differences in Physiological Responses to Exercise during Acute Heat Stress and Heat Acclimatization

Anticipated completion: May 2022, current PhD candidate

Florida State University, Tallahassee, FL

Master of Science in Exercise Physiology, Sports Nutrition

Advisor: Dr. Michael Ormsbee

Master's Thesis: The Effect of Cold Ambient Temperature and Preceding Active Warm-up on Cycling Performance in Female Cyclists and Triathletes

Skidmore College, Saratoga Springs, NY

Bachelor of Science in Health and Exercise Sciences, Honors

Advisors: Dr. Denise Smith and Dr. Patricia Fehling

Undergraduate Thesis: The Acute Effect of Monster Energy Drink Consumption on Arterial Stiffness in College Aged Students

CERTIFICATES

Certificate in Occupational Safety and Health, University of Connecticut

Anticipated completion: May 2022

GRADUATE CERTIFICATES

University of Connecticut, Storrs, CT

Graduate Certificate in Exercise Testing and Prescription, University of Connecticut

Graduate Certificate in Foundations of Public Health, University of Connecticut

RESEARCH EXPERIENCE

University of Connecticut, Storrs CT

Korey Stringer Institute

2018-Present

Current Role: Director of Occupational & Military Safety, President of National Heat Safety Coalition

Past Roles: Associate Director of Occupational Safety & Communications, Korey Stringer Institute; Mission Heat Lab Manager, Korey Stringer Institute

- **DOD1 Athena Study (2021; project manager)**
 - 3-year project assessing physiological responses in men and women following heat acclimatization (60 subjects)
 - performed microdialysis technique to assess localized fat metabolism (abdominal subcutaneous adipose)

tissue)

- *Responsibilities*: co-manager of year 1, -insertion of microdialysis probes, data collection, overseeing junior staff, data analysis, and manuscript preparation.

- **Falmouth BHS AI study (2021; project manager)**
 - collaborating with the Biotechnology High Performance Computing Software Applications Institute (BHS AI)
 - validating body temperature alerting system during the Falmouth Road Race 2021 in 30 runners
- **Safety and Performance Monitoring During Occupational Work (2021; Co-PI)**
 - Funded by the National Institute of Occupational Safety and Health through Harvard-NIOSH Education and Research Center (ERC)
 - testing physiological wearable devices (Apple and Garmin watches) during rest and exercise in the cold and heat for occupational safety
 - Responsibilities*: Serving as the co-PI, study design, IRB submission, data collection, overseeing study staff, data analysis, and manuscript preparation
- **COBRA II study (2021; project manager)**
 - collaborating with the Biotechnology High Performance Computing Software Applications Institute (BHS AI)
 - validating body temperature alerting system for military during cold stress in men wearing cold protective military gear
 - Responsibilities*: study design, IRB submission, data collection, overseeing study staff, data analysis, and manuscript preparation
- **COBRA study (2021; project manager)**
 - collaborating with the Biotechnology High Performance Computing Software Applications Institute (BHS AI)
 - validating body temperature alerting system for military during cold stress in men
 - Responsibilities*: study design, IRB submission, data collection, overseeing study staff, data analysis, and manuscript preparation
- **PYTHON study (2021; project manager)**
 - collaborating with the Biotechnology High Performance Computing Software Applications Institute (BHS AI)
 - validating body temperature alerting system for military during exercise and rest during cycling exercise
 - Responsibilities*: study design, IRB submission, data collection, overseeing study staff, data analysis, and manuscript preparation
- **BHS AI Cooling Study (2021; project manager)**
 - collaborating with the Biotechnology High Performance Computing Software Applications Institute (BHS AI)
 - validating body temperature alerting system for military during cooling
 - Responsibilities*: study design, IRB submission, data collection, overseeing study staff, data analysis, and manuscript preparation
- **BHS AI Cooling Study (2020; project manager)**
 - collaborating with the Biotechnology High Performance Computing Software Applications Institute (BHS AI)
 - validating body temperature alerting system for military during cooling
 - Responsibilities*: study design, IRB submission, data collection, overseeing study staff, data analysis, and manuscript preparation
- **Heat Acc Study (2019-2020)**
 - short-term heat acclimatization on physiological variables during steady-state exercise in the heat
 - efficacy of two intermittent exercise-heat exposure protocols to sustain heat acclimatization status in endurance runners
 - Responsibilities*: data collection procedures.
- **Air Force Study (2019-2020)**
 - sex differences and effects of the menstrual cycle on dehydration
 - validating sweat sensor for General Electric
 - Responsibilities*: data collection and manuscript preparation.
- **Falmouth Road Race Study (2019)**
 - physiological and perceptual responses after the Falmouth Road
 - Responsibilities*: data collection procedures

- **Camelbak App Study (2018-2019)**
-hydration app on free-living hydration status of college-aged males and females
Responsibilities: data collection procedures
- **Camelbak Reign Study (2018-2019)**
- effects of hydration status and ice-water dousing on simulated soccer match
Responsibilities: data collection procedures
- **VIPER Study (2018-2021; Project Manager)**
-collaborating with BHSAI
-validate a body temperature alerting system for military
Responsibilities: data collection, data analysis and manuscript preparation.

United States Military Academy, West Point, NY

SOAR Laboratory

July 2019

Role: Research Assistant

- **JUMP-ACL Study (July 2019)**
-worked with United States Military Academy to screen incoming military cadets
- collaboration with University of North Carolina at Chapel Hill, East Carolina University
Responsibilities: data collection procedures.

Department of Retail, Merchandising and Product Development, Florida State University, Tallahassee, FL

Mar. 2018-June. 2018

Role: Research Assistant

- **FIREDEX Study (project manager)**
- assess the thermoregulatory effect of novel lightweight material innovations during simulated firefighting activity
Responsibilities: assisted with study design, data collection, overseeing study staff, data analysis, and manuscript preparation.

Department of Nutrition, Food, and Exercise Sciences, Institute of Sports Sciences and Medicine, Florida State University, Tallahassee FL

2016-2018

Roles: Laboratory Assistant, Institute of Sports Sciences and Medicine

- **Fat Metabolism in Women Study (2017-2019)**
- examined subcutaneous abdominal adipose tissue (SCAAT) lipolysis (microdialysis technique) and whole body substrate oxidation in resistance-trained women
Responsibilities: assisted with insertion of microdialysis probes, data collection, overseeing junior staff, data analysis, and manuscript preparation.
- **Pre-sleep PRO Study (2017-2019)**
-SCAAT lipolysis (microdialysis technique) and whole body substrate oxidation after protein feeding
Responsibilities: assisted with insertion of microdialysis probes, data collection, data analysis, overseeing junior staff, and manuscript preparation.
- **TeaCrine Study (2018-2019)**
-examined TeaCrine and caffeine supplementation on muscular strength/ endurance and power
Responsibilities: data analysis and manuscript preparation.
- **LT Cold Study (2018-2019;project manager)**
- Master's thesis
Responsibilities: study design, IRB submission, data collection, overseeing study staff, data analysis, and manuscript preparation.
- **Fat Metabolism Runners Study (2016-2017)**
-SCAAT lipolysis after carbohydrate supplementation in elite runners
Responsibilities: assisted with data collection procedures.

Department of Health & Exercise Sciences, Skidmore College, Saratoga Springs, NY

Apr. 2016- Aug. 2016

Role: Research Assistant

- **Cardiovascular and Carcinogenic risk in Modern Firefighting Grant (2016)**
- Collected data for a Department of Homeland Security (DHG), Assistance to Firefighters Grant (AFG) at the Illinois Fire Service Institute
Responsibilities: analyzed data sets for funded firefighting research, assisted in preparing and writing an AFG grant proposal

Joint Clinical Trials Office, Weill Cornell Medical College, New York, NY

2015-2016

Role: Data and Regulatory Specialist

- In collaboration with the Principal Investigator, developed and implemented human research protocols to ensure all protocols were in compliance with FDA, HIPAA, IRB, State and OHPR regulations.
- Prepared Clinical Study Evaluation Committee (CSEC) and Institutional Review Board (IRB) applications and created all relevant regulatory documents such as consent/assent forms, HIPAA forms, human research billing forms, etc.
- Prepared and submitted all mandated paperwork and reports to the IRB and FDA including protocol amendments, annual renewals, adverse events, protocol deviations and initial protocol submissions.
- Assisted in preparing grant applications
- Coordinated complex industry-sponsored and investigator-initiated protocols and maintained source documents in accordance with GCP and FDA regulations.
- Developed standard operating practices to ensure protocol and research objectives are maintained

Pediatric Hematology/Oncology, Weill Cornell Medical College, New York, NY

2014-2015

Role: Clinical Research Coordinator

- Coordinated industry-sponsored and investigator-initiated protocols involving pediatric and adult patients
- Participated in FDA audit of a previously completed trial.
- Co-authored and implemented a corrective action plan for protocol issued a FDA 483.
- Prepared and submitted all IRB submissions including but not limited to; protocol amendments, annual renewals, adverse events, protocol deviations and initial protocol submissions.

TEACHING EXPERIENCE

Teaching Assistant, Department of Kinesiology, University of Connecticut (Fall 2021)

KINS 5507: Fundamentals of Exercise Prescription (Online)

- Instructor of record for 13 Masters' and PhD students
- Graded quizzes, case studies and guided discussions

KINS 2227: Exercise Prescription (Online)

- Review and revise online platform for compliance with University of Connecticut accessibility guidelines
- Assist with the creation of new content to reflect updated ACSM exercise prescription

Teaching Assistant, Department of Kinesiology, University of Connecticut (Spring 2021)

KINS 4205W: Senior Capstone (Online)

- Writing intensive course for Undergraduate students culminating in original research manuscript, systematic review, or clinical case report
- Assisted the course instructor by performing lectures and grading writing material

KINS 2227: Exercise Prescription (Online)

- Review and revise online platform for compliance with University of Connecticut accessibility guidelines
- Assist with the creation of new content to reflect updated ACSM exercise prescription guidelines

Teaching Assistant, Department of Kinesiology, University of Connecticut (Fall 2020)

KINS 5507: Fundamentals of Exercise Prescription (Online)

KINS 2227: Exercise Prescription (Online)

- Review and revise online platform for compliance with University of Connecticut accessibility guidelines
- Assist with the creation of new content to reflect updated ACSM exercise prescription guidelines

Korey Stringer Institute (Spring 2020-Present)

- Responsible for mentoring undergraduate and Master's students

Teaching Assistant, Department of Nutrition, Food, and Exercise Sciences, Florida State University

PET3323C: Functional Anatomy and Physiology II (Spring 2018)

- Instructor of Record for three laboratory sections of Functional Anatomy and Physiology II
- Created quizzes and examinations for course

Teaching Assistant, Department of Nutrition, Food, and Exercise Sciences, Florida State University

PET3361: Nutrition & Sports (Fall 2017)

- Assisted with instruction of Undergraduate Sports Nutrition and Performance course through online platform
- Reviewed and graded student discussion board assessments, quizzes, and examinations
- Met with students that require further instruction to review the course content

Student Assistant, ISSM Outreach Program (Fall 2017-Spring 2018)

- Performed exercise testing and body composition assessments for clients in the ISSM outreach program
- Effectively communicated results of exercise and body composition testing to clients
- Taught outreach clients basic concepts to optimize their health

Peer Tutor, Skidmore College (2012-2014)

- Introduced study skill techniques and important concepts to students in order to succeed in Anatomy & Physiology, Biology, and Nutrition courses at Skidmore College
- Assisted students with the Microsoft Excel program required to generate graphs and statistics

RELEVANT WORK EXPERIENCE

Heat Acclimatization for U.S Women's National Soccer Team Before Tokyo Olympics June 2021

On-site Heat Safety Assessment at Whirlpool Power Plant, Tulsa, OK Sept 2021

HONORS, AWARDS, AND PRIZES

NEACSM PhD Student Competition Finalist September 2020

Appointed Student Representative, New England American College of Sports Medicine August 2020-Present

Center for Excellence in Teaching and Learning Tuition Waiver Award, University of Connecticut Dec.2019-Jan 2020

Inductee, Hortense Glenn Society, Florida State University Apr. 2018-Present

Tuition Waiver Award, Florida State University Aug. 2016-Jun. 2018

Member, Kappa Omicron Nu Honor Society Feb. 2017- Jun. 2018

PROFESSIONAL CREDENTIALS

CPR/AED Certification through the American Red Cross	Oct. 2016-Present
Respiratory Protection and Fit-Testing Certification through University of Connecticut	Aug 2020-Present

CURRENT MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

New England American College of Sports Medicine	2019-Present
American College of Sports Medicine	2016- Present
American Physiological Society	2018- Present
American Conference of Governmental Industrial Hygienists	2020-Present

EXPERT PANELS/COMMITTEES/ROUNDTABLES

Expert Panels

Expert Panelist, Gatorade Sports Science Institute Expert Panel on Physically Demanding Occupations. Phase 1 July 28th 2021

- Received honorarium for contribution
- Included 7 other expert panelists with research associated with physical demanding occupations (firefighting, construction workers, etc)

Expert Panelist, Gatorade Sports Science Institute Expert Panel on Physically Demanding Occupations. Phase 2 October 8th 2021

- Received honorarium for presentation
- Included 3 other expert panelists with research associated with physical demanding occupations (firefighting, construction workers, etc)

Roundtables

Chair, Virtual Occupational Heat Safety Recommendations Roundtable. December 10th, 2020.

- Organized and lead discussions for 51 experts across the globe with expertise surrounding occupational heat safety

MEDIA COMMUNICATIONS

Television

NBC Connecticut, July 23rd, 2021. Appeared in a segment related to heat acclimatization and the conditions for the 2021 Tokyo Olympics. <https://www.nbcconnecticut.com/news/sports/tokyo-summer-olympics/climate-change-could-make-going-for-gold-more-difficult/2536192/>

Podcasts

Margaret C. Morrissey, Douglas J Casa. EHS on Tap Podcast August 10th 2021. Retrieved from: <https://ehsdailyadvisor.blr.com/podcast/ehs-on-tap-e73-helping-workers-beat-the-heat/>

Margaret C. Morrissey. Radio Free Tenacity, Ergodyne Podcast. Created on May 20th 2021 [waiting release].

Interviews

Margaret C. Morrissey. Qatar: “In the prime of their lives”: Qatar’s failure to investigate, remedy, and prevent migrant workers’ deaths. Amnesty International. Retrieved from: <https://www.amnesty.org/en/documents/mde22/4614/2021/en/>

Margaret C. Morrissey. Korey Stringer Institute Works with National Partners to Keep Laborers safe. UConn Today (2021). Retrieved from: <https://today.uconn.edu/2021/08/korey-stringer-institute-works-with-national-partners-to-keep-laborers-safe/>

Margaret C. Morrissey. Heat Safety - What Industrial Workers Can Learn from Sports. Retrieved from: <https://www.magidglove.com/safety-matters/safety-culture/industrial-worker-heat-safety>

PUBLICATIONS

Refereed Journal Articles in Print

1. Jacob N. Kisiolek, Kyle A. Smith, Daniel A. Baur, Brandon D. Willingham, **Margaret C. Morrissey**, Samantha M. Leyh, Patrick G. Saracino, Cheri Mah, Michael J. Ormsbee. Sleep duration correlates with performance in ultra-endurance triathlon. *Journal of Sports Sciences* [epub ahead of print]
2. Gabrielle E.W. Giersch, Nisha Charkoudian, **Margaret C. Morrissey**, Cody R. Butler, Abigail T. Colburn, Aaron R. Caldwell, Stavros A. Kavouras, Douglas J. Casa. Relationship between volume regulation and estrogen to progesterone ratio during dehydration. *Frontiers in Sports and Active Living* [epub ahead of print]
3. **Margaret C. Morrissey**, Gabrielle J. Brewer, W. Jon Williams, Tyler Quinn, Douglas J. Casa. Impact of Occupational Heat Stress on Worker Productivity and Economic Cost. *American Journal of Industrial Medicine* [epub ahead of print]
4. **Margaret C. Morrissey**, Douglas J. Casa, Gabrielle J. Brewer, William Adams, Yuri Hosokawa, Courtney Benjamin, Andrew Grundstein, David Hostler, Brendon McDermott, Meredith McQuerry, Rebecca L Stearns, EricaL. Filep, Bruce Cadarette, David DeGroot, Andreas Flouris, Juley Fulcher, Robert A. Huggins, Brenda Jacklitsch, John Jardine, Rebecca Lopez, Ronda McCarthy, Riana Pryor, Zachary Schlader, Caroline Smith, Denise Smith, June Spector, Jennifer Vanos, John Williams, Nicole Vargas, Susan Yeargin. Heat Safety in the Workplace: Modified Delphi Consensus to Establish Strategies and Resources to Protect Workers from Exertional Heat Illness. *GeoHealth* [epub ahead of print]
5. Gabrielle E. W. Giersch, **Margaret C. Morrissey**, Cody R. Butler, Abigail T. Colburn, Zachariah S. Demarais, Stavros A. Kavouras, Ollie Jay, Nisha Charkoudian, and Douglas J. Casa. Sex Difference in Initial Thermoregulatory Response to Dehydrated Exercise in the Heat *Physiological Reports* [epub ahead of print]
6. Yasuki Sekiguchi, Courtney L. Benjamin, Samantha O. Dion, Ciara N. Manning, Jeb F. Struder, Erin E. Dierickx, **Margaret C. Morrissey**, Erica M. Filep, Douglas J. Casa. Changes in Hydration Factors Over the Course of Heat Acclimation. *International Journal of Sports Nutrition & Exercise Metabolism* [epub ahead of print]
7. Borja Muniz-Pardos, Konstantinos Angeloudis, Fergus M. Guppy, Iphigenia Keramitsoglou⁴ Shaun Sutehall, Andrew Bosch, Kumpei Tanisawa, Yuri Hosokawa, Garrett I. Ash, Wolfgang Schobersberger, Andrew J. Grundstein, Douglas J. Casa, **Margaret C. Morrissey**, Fumihiko Yamasawa, Irina Zelenkova, Sébastien Racinais, Yannis Pitsiladis Wearable and telemedicine technologies for the new normal in elite sport *Journal Sport Medicine and Physical Fitness* [epub ahead of print]

8. **Margaret C. Morrissey**, Emma F. Zuk, Yin Wu, Jillian Livingston, Douglas J. Casa, Linda S. Pescatello. Influence of Body Fat of Thermoregulation During Exercise in the Heat: Systematic Review and Meta-Analysis *JSAMS* S1440-2440(21)00148-1. doi: 10.1016/j.jsams.2021.06.004.
9. Courtney L. Benjamin, Yasuki Sekiguchi, **Margaret C. Morrissey**, Cody R. Butler, Erica M. Filep, Rebecca L. Stearns, Douglas J. Casa. The Effects of Hydration Status and Ice-Water Dousing on Physiological and Performance Indices During a Simulated Soccer Match in the Heat. *JSAMS* S1440-2440(21)00138-9. doi: 10.1016/j.jsams.2021.05.013.
10. Michael R. Szymanski, Gabrielle E.W Giersch, **Margaret C. Morrissey**, Courtney L. Benjamin, Yasuki Sekiguchi, Ciara N. Manning, Rebecca L. Stearns, Douglas J. Casa. Availability of a Flavored Beverage and Impact on Children’s Hydration Status, Sleep and Mood. *Nutrients* 13(6):1757. doi: 10.3390/nu13061757.
11. Yasuki Sekiguchi, Courtney L. Benjamin, Cody R. Butler, **Margaret C. Morrissey**, Erica M. Filep, Rebecca L. Stearns, Douglas J. Casa. The Relationship between WUT Criteria and Urine Indices of Hydration Status. *Sports Health [epub ahead of print]*
12. **Margaret C. Morrissey**, Samantha E. Scarneo-Miller, Gabrielle E. W. Giersch, John Jardine, Douglas J. Casa. Assessing the Validity of Aural Thermometry for Measuring Internal Temperature in Patients with Exertional Heat Stroke *Journal of Athletic Training* 2021 Jan 15. doi: 10.4085/1062-6050-0449.19.
13. Gabrielle E. W. Giersch, Abigail T. Colburn, **Margaret C. Morrissey**, Cody R. Butler, Michaela Pruchnicki, Stavros A. Kavouras, Nisha Charkoudian, Douglas J. Casa. Effects of sex and menstrual cycle on volume regulatory responses to 24-h fluid restriction. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology* <https://doi.org/10.1152/ajpregu.00173.2020>
14. Gabrielle E. W. Giersch, **Margaret C. Morrissey**, Rachel K. Katch, Abigail T. Colburn, Stacy T. Sims, Nina S. Stachenfeld, Douglas J Casa. Exercise Thermoregulation During the Menstrual Cycle: Systematic Review and Meta-analysis. *JSAMS* 23(12):11134-1140.
15. **Margaret C. Morrissey**, Michael R. Szymanski, Andrew J. Grundstein, Douglas J. Casa. New Perspectives on Risk Factors of Exertional Heat Stroke (2020). *Kinesiology Review* 9(1): 64-71.
16. Kyle A. Smith, Jacob N. Kisiolek, Brandon D. Willingham, **Margaret C. Morrissey**, Samantha M. Leyh, Patrick G. Saracino, Daniel A. Baur, Marc D. Cook, and Michael J. Ormsbee. Ultra-endurance triathlon performance and markers of whole-body and gut-specific inflammation (2020). *EJAP* 120: 349-357.
17. Brittany R. Allman, **Margaret C. Morrissey**, Jeong-Su Kim, Lynn B. Panton, Robert J. Conteras, Robert C. Hickner, and Michael J. Ormsbee. Lipolysis and Fat Oxidation are not altered with Pre-Sleep versus Day-Time Casein Protein Intake in Resistance-Trained Women (2020). *Journal of Nutrition* 150(1):47-54.
18. Kyle R. Cesareo, Patrick G. Saracino, Justin R. Mason, **Margaret C. Morrissey**, Michael J. Ormsbee. The effects of TeaCrine®, caffeine, or a combination of both on muscular strength and endurance in resistance-trained men (2019). *J Int Soc Sports Nutr* 16, 47.
19. Meredith McQuerry, **Margaret Morrissey**, Jacob Kisiolek, and Michael Ormsbee. Effect of a Lightweight Structural Firefighter Turnout Composite on Physiological Comfort (2019). ASTM International. *STP: Selected Technical Papers*.

20. **Margaret C Morrissey**, Jacob N Kisiolek, Tristan J Ragland, Brandon D Willingham, Rachael L Hunt, Robert C Hickner, and Michael J Ormsbee (2019). The Effect of Cold Ambient Temperature and Preceding Active Warm-up on Cycling Performance in Female Cyclists and Triathletes. *Appl Physiol Nutr Metab* 44(10):1043-1051.
21. Brittany Rose Allman, **Margaret C. Morrissey**, Jeong-Su Kim, Lynn B. Panton, Robert J. Conteras, Robert C. Hickner, and Michael J. Ormsbee (2018). Fat Metabolism and Acute Resistance Exercise in Trained Women. *J Appl Physiol* 1;126(3):739-745.
22. Daniel A. Baur, Brandon D. Willingham, Kyle M. Smith, Jacob N. Kisiolek, **Margaret C. Morrissey**, Patrick G. Saracino, Tristan J. Ragland, and Michael J. Ormsbee (2017). Glycemic Index Has No Impact on Subcutaneous Abdominal Lipolysis During Exercise. *Med Sci Sports Exerc.* Apr50(4):827-836.

Referred Journal Articles in Press

Refereed Journal Articles in Review

1. Michael J. Ormsbee, Partrick G. Saracino, **Margaret C. Morrissey**, Jaymie Donaldson, Lilian I Renteria, Andrew McKune. Pre-sleep Protein Supplementation after an Acute Bout of Evening Resistance Exercise Does Not Improve Next Day Performance or Recovery in Resistance Trained Men *JISN*
2. Yasuki Sekiguchi, Courteney L. Benjamin, Cody R. Butler, **Margaret C. Morrissey**, Erica M. Filep, Rebecca L. Stearns, Douglas J. Casa. The Effect of Hydration and Ice Water Dousing on Heart Rate Variability Prior to and During Intermittent Exercise in the Heat. *EJAP*
3. Yasuki Sekiguchi, Courteney L. Benjamin, Elaine C. Lee, Jeb F. Struder, **Margaret C. Morrissey**, Michael R. Szymanski, Rebecca L. Stearns, Lawrence E. Armstrong, Douglas J. Casa. The Effect of Heat Acclimatization and Heat Acclimation on Adaptations in Body Heat Exchange in Trained Endurance Athletes *APNM*

Refereed Journal Articles in Progress

1. **Margaret C. Morrissey**, Michael R. Szymanski, Sean P. Langan, Douglas J. Casa. The validation of wrist-wearables devices in extreme heat and cold in men and women.
2. **Margaret C. Morrissey**, Rebecca L. Stearns, Douglas J. Casa. Epidemiology of physiological heat-related injuries and fatalities in the US workforce.
3. **Margaret C. Morrissey**, Sean P. Langan, Gabrielle J. Brewer, Yin Wu, Blair T. Johnson, Douglas J. Casa, Linda S. Pescatello. Cardiovascular strain following physically demanding work in the heat: a systematic review and meta-analysis.
4. **Margaret C. Morrissey**, Yin Wu, Douglas J. Casa, Blair T. Johnson, Linda S. Pescatello. Best Practices for Conducting Systematic Reviews and Meta-analyses in Environmental and Occupational Physiology

Books and Book Chapters

1. Luke N. Belval & **Margaret C. Morrissey**. Physiological Responses to Heat Stress. *Exertional Heat Illness*. Springer, New York, NY. 2019
2. **Margaret C. Morrissey**, Ian Rollo, Laura Kunces, Shiloah A. Fuller, Michael J. Ormsbee. Nutrition for High-Level Soccer. *Elite Soccer Players: Maximizing Performance and Safety*. Routledge Taylor & Francis Group. New York, NY. 2019

PRESENTATIONS

Professional Presentations International and National

Margaret C. Morrissey, Rebecca L. Stearns, Gabrielle J. Brewer, Douglas J. Casa. Analysis of Exertion Related Deaths and Injuries Among US Laborers. ACSM Annual Meeting May 31st- June 4th 2022, San Diego, CA [submitted].

Margaret C. Morrissey, Michael R. Szymanski, Sean P Langan, Douglas J. Casa. The Validity of Smartwatch Technologies to Assess Heart Rate During Exercise In Extreme Hot and Cold Conditions. NEACSM Annual Meeting October 21-22nd 2022, Providence, RI.

Margaret C. Morrissey, Ciara N. Manning, Douglas J. Casa. Effects of Active Cooling Following Simulated Military Work in the Heat Wearing Personal Protective Gear. ACSM Annual Meeting June 1-5th 2021, Virtual.

Cody Butler, Yasuki Sekiguchi, Courtney Benjamin, **Margaret C. Morrissey**, Erica Filep, Rebecca Stearns, Douglas Casa. Inadequate Fluid Intake in Free Living Fluid Consumption College Students. ACSM Annual Meeting June 1-5th 2021, Virtual.

Margaret C. Morrissey, Emma F. Zuk, Yin Wu, Jillian Livingston, Douglas J. Casa, Linda S. Pescatello. Effects of Obesity on Thermoregulation During Exercise in the Heat: Systematic Review and Meta-Analysis. New England American College of Sports Medicine. October 6-7th, 2020, Virtual.

Margaret C. Morrissey, Robert A. Huggins, Rachel K. Katch, Rebecca L. Stearns, John F. Jardine, Douglas J. Casa. Metabolic Heat Production Per Unit of Body Mass Does Not Predict Rise in Core Temperature Following a Warm Weather Road Race. Physiology and Pharmacology of Temperature Regulation Conference. October 26th-30th, 2020, Virtual.

Margaret C. Morrissey. Occupational Heat Stress in a Changing Climate: Heat Safety Recommendations to Increase Thermal Resilience of Workers. American Society of Safety Professionals (ASSP) Professional Development Conference and Exposition. June 6-9, Denver, CO, 2021. [submitted].

Cody R. Butler, Courtney L. Benjamin, Yasuki Sekiguchi, **Margaret C. Morrissey**, Erica M. Filep, Rebecca L. Stearns, Douglas J. Casa. Effects of Hydration Status in Hot Environment Cognition, Reaction Time, Anaerobic Power and Speed in Male Team Sports Athletes. 5th International Congress on Soldiers' Physical Performance. February 11-14, Quebec City, Canada, 2020.

Courtney L. Benjamin, Yasuki Sekiguchi, Erica M. Filep, Cody R. Butler, **Margaret C. Morrissey**, Rebecca L. Stearns, Douglas J. Casa. Optimizing Baseline Body Mass Measurements to Determine Hydration Status. ACSM Annual Meeting May 26-30th, 2020, San Francisco, CA.

Yasuki Sekiguchi, Courtney L. Benjamin, Cody R. Butler, **Margaret C. Morrissey**, Erica M. Filep, Rebecca L. Stearns, Douglas J. Casa. The Effect of Hydration Status and Ice Water Dousing on Heart Rate Variability Prior to and During Intermittent Exercise in the Heat. ACSM Annual Meeting May 26-30th, 2020, San Francisco, CA.

Margaret C. Morrissey, Gabrielle E.W Giersch, Cody R. Butler, Douglas J. Casa. The Relationship Between Whole-Body Heat Exchange and Thermoregulatory Responses During Exercise in the Heat in a Dehydrated State. ACSM Annual Meeting May 26-30th, 2020, San Francisco, CA.

Gabrielle E.W Giersch, **Margaret C. Morrissey**, Cody R. Butler, Douglas J. Casa. Sex Differences in Response to Passive Dehydration via 24-h Fluid Restriction. ACSM Annual Meeting May 26-30th, 2020, San Francisco, CA.

Yasuki Sekiguchi, Courteney L. Benjamin, Cody R. Butler, **Margaret C. Morrissey**, Erica M. Filep, Yuki Murata, Brad D. Endres, Gabrielle E. W. Giersch, Rebecca L. Stearns, Douglas J. Casa. The Relationship Between WUT criteria and Urine Indices of Hydration Status. Hydration for Health, Annual Meeting, Avion, France 2019.

Margaret C. Morrissey, Luke N. Belval, Gabrielle E. W. Giersch, Rachel K. Katch, Brad D. Endres, Taylor A. Duhart, Douglas J. Casa. Relationship Between Muscle Oxygenation and Oxygen Uptake During Exercise in the Heat. ACSM Annual Meeting May 28th- June 1st 2019, Orlando, FL.

Gabrielle E. W. Giersch, Luke N. Belval, **Margaret C. Morrissey**, Rachel K. Katch, Brad D. Endres, Douglas J. Casa. Sex Differences in Internal Temperature Responses to Prolonged Exercise in the Heat. ACSM Annual Meeting May 28th- June 1st 2019, Orlando, FL.

Brad D. Endres, Luke N. Belval, **Margaret C. Morrissey**, Gabrielle E. W. Giersch, Rachel K. Katch, Douglas J. Casa. Application of the Thermal-circulatory Ratio to Healthy Heat Tolerant Individuals. ACSM Annual Meeting May 28th- June 1st 2019, Orlando, FL.

Margaret C Morrissey, Jacob N Kisiolek, Tristan J Ragland, Brandon D Willingham, Rachael L Hunt, Robert C Hickner, and Michael J Ormsbee. The Effect of Cold Ambient Temperature and Preceding Active Warm-up on Cycling Performance in Female Cyclists and Triathletes. SEACSM: Abstract February 16th, 2019

Stephanie D. Gipson, Meredith L. McQuerry, **Margaret C. Morrissey**, Jacob N. Kisiolek, Michael J. Ormsbee. Firefighter Turnout Suit Weight Influences Simulated Exercise Performance. SEACSM: Abstract February 16th, 2019

Luke N. Belval, Gabrielle E. W. Giersch, Rachel K. Katch, **Margaret C. Morrissey**, Rebecca L. Stearns, Douglas J. Casa. Relationship between outcomes of a heat tolerance test and physiological responses during prolonged exercise in the heat. Physiology and Pharmacology of Temperature Regulation: Abstract. Jul.31.2018

Gabrielle E. W. Giersch, Luke N. Belval, Rachel K. Katch, **Margaret C. Morrissey**, Douglas J. Casa. Effect of varying environmental conditions on hydration status during and following prolonged exercise using ad libitum rehydration. Physiology and Pharmacology of Temperature Regulation: Abstract. Jul. 31.2018

Margaret C. Morrissey, Jacob Kisolek, Tristan Ragland, Brandon Willingham, Rachael Hunt, Jason McArthur, Haley Mitchell, Michael Ormsbee. The Effect of Cold Ambient Temperature on Lactate Threshold in Female Cyclists and Triathletes. Florida State University Research Showcase, February 19th, 2018

Margaret C. Morrissey, Jaymie Donaldson, Andrew McKune, Michael J. Ormsbee. The Effect of Pre-Sleep Protein Supplementation After Resistance Exercise on Next Day Performance and Recovery. ASCM Annual Meeting, May 29th - Jun. 2nd, 2018

Kyle A. Smith, Jacob N. Kisolek, **Margaret C. Morrissey**, Patrick G. Saracino, Samantha M. Leyh, Brandon D. Willingham, Daniel A. Baur, Marc D. Cook, Michael J. Ormsbee. Ultra-Endurance Triathlon Performance and Markers of Whole-body and Gut-specific Inflammation. ASCM Annual Meeting, May 29th -Jun. 2nd, 2018

Jacob N. Kisolek, Kyle A. Smith, Brandon D. Willingham, Daniel A. Baur, **Margaret C. Morrissey**, Samantha M. Leyh, Patrick G. Saracino, Michael Ormsbee. The Effect of Total Sleep Time on Ultra-Endurance Triathlon Performance. ACSM Annual Meeting, May 29th -Jun. 2nd ,2018

Jacob N. Kisolek, Kyle A. Smith, Brandon D. Willingham, Daniel A. Baur, **Margaret C. Morrissey**, Samantha M. Leyh, Patrick G. Saracino, Michael Ormsbee. The Effects of Sleep Time on Ultra-Endurance Triathlon Performance. SEASCM Annual Meeting, Feb. 15th -17th ,2018

Kyle A. Smith, Jacob N. Kisolek, **Margaret C. Morrissey**, Patrick G. Saracino, Brandon D. Willingham, Daniel A. Baur, Michael J. Ormsbee. The Effect of Sleep on Systemic Inflammation During the Ultraman Triathlon. SEASCM Annual Meeting, Feb. 15th -17th ,2018

Gustavo A. Ramos, Kyle R. Cesareo, Patrick G. Saracino, Justin R. Mason, **Margaret C. Morrissey**, Michael J. Ormsbee. The effects of TeaCrine®, caffeine, or a combination of both on muscular strength and endurance in resistance-trained men ISSN Annual Meeting Jun.2-4th , 2018

Invited Lectures, Webinars, and Presentations at Symposia

Margaret C. Morrissey. Construction, Agriculture, and Factory Workers. Gatorade Expert Panel Meeting, Virtual, October 8th, 2021.

Margaret C. Morrissey. Protecting Against Occupational Heat Strain: Optimizing Safety and Performance for Laborers. VPPPA Safety+ Symposium, Nashville TN, August 31st, 2021.

Brittany Cohen, Chris Valletta, Douglas Casa, **Margaret Morrissey**. Cracking the Code on Industrial Heat Safety: Webinar. July 13th, 2021.

Margaret C. Morrissey. Heat Stress and Body Cooling Products: 2nd Wednesday Safety Session. Invited Speaker at South Florida the Associated General Contractors of America. April 8th, 2021.

Sarah Anderson, Chris Valletta, Douglas Casa, **Margaret Morrissey**, Gary Cohen, Brittany Cohen, Rich Preciose. National Heat Safety Coalition: Pre-Launch Virtual Roundtable. July 29th, 2020.

Margaret C. Morrissey. Lactate Threshold: Effect of Cold Ambient Temperature. (Local) Delivered for Tallahassee Gulf Winds Triathlete Club, March, 2018.

GRANTS & EXTERNAL FUNDING

Funded Research Support

Department of Defense Congressional Allocation Grant

Principle Investigator: Douglas J. Casa, Elaine Lee

Role: Co-Project Manager

Anticipated Total Support: \$2,000,000

Anticipated Start Date: August 2021

National Institute of Occupational Safety and Health (NIOSH)

Harvard-NIOSH Education and Research Center

Principal Investigator: Margaret C. Morrissey, Douglas J. Casa

Role: Co-Principal Investigator

Total Support: \$13,894

Start Date: March 2021

BHSAI/Henry M. Jackson Foundation

Principle Investigator: Douglas J. Casa

Role: Project Manager

Anticipated Total Support: \$390,648

PROFESSIONAL SERVICE

Professional Committees

- ACSM Student Affairs Committee Representative Jan2021-Present
- New England Representative, American College of Sports Medicine Student Affairs Committee Aug2020-Present
- Appointed Student Representative, Executive Leadership Committee, New England American College of Sports Medicine Aug 2020-Present
- Executive Leadership, National Heat Safety Coalition July 2020- Present
- COVID-19 Safety Planning Committee, Planning Director May 2020-Present
- Nutrition, Food, Exercise Sciences Representative, Graduate Student Advisory Council May 2017-Jun. 2018

Editorial Activities

- Reviewer, Journal of Athletic Training May 2018-Present
- Reviewer, Policy and Practice in Health and Safety Sept. 2019-Present
- Reviewer, BMC Pediatrics Jan. 2020-Present
- Reviewer, Journal of Thermal Biology Aug. 2020-Present
- Reviewer, Frontiers in Sports and Active Living Oct. 2021-Present
- Reviewer, GeoHealth Oct. 2021- Present