



**AMERICAN COLLEGE
of SPORTS MEDICINE®**
Southeast Chapter



Candidate for Student Representative



Modesto Lebron
Doctoral Student
University of Central Florida

My aspirations to serve the Southeast Chapter of the ACSM are rooted in having personal and professional goals that parallel the mission of the SEACSM – to communicate scientific information, provide a forum for research, foster professional peer interaction and support career growth. As an avid advocate for health and research within the academic and professional communities, I am eager to contribute my skills and learn from members of this community. First, serving the Southeast Chapter will allow me to act as a voice for the student body as well as provide representation for minority students who may feel marginalized and unheard.

As I progress towards the completion of my doctoral degree and advance towards securing a position in academia, my long-term goal is ACSM Fellowship. With that in mind, serving the SEACSM will allow me to further understand the infrastructure of service and leadership roles within the ACSM and Southeast Chapter. Moreover, in an effort to continue the cycle of professional growth and service, further understanding the leadership roles and opportunities within the SEACSM will allow me to serve as a resource for other students and assist them with becoming more involved with the SEACSM.

Lastly, I am confident that my experiences as a graduate student and prior involvements within the ACSM will enable me to effectively fulfill the responsibilities as a student representative. I am eager to contribute to any and all activities, such as the organization of student events, developing initiatives, and collaborating with other board members. I appreciate greatly being nominated to the Executive Board and look forward to contributing to the Southeast Chapter.

Modesto A. Lebron, MS, CSCS

Abbreviated Curriculum Vitae

Education

Present	Ph.D., Kinesiology, University of Central Florida, Orlando, FL
2021	M.S., Exercise Physiology, Kent State University, Kent, OH
2019	B.S., Exercise Science, Kent State University, Kent, OH

Awards and Honors

2022, 2021	NSCA Foundation Minority Scholarship <i>National Strength and Conditioning Association</i>
2022	Leadership and Diversity Training Program, Level 2 <i>American College of Sports Medicine</i>
2021	Masters Scholar Award <i>American Kinesiology Association</i>

Peer Reviewed Publications

1. **Lebron MA**, Stout JR, Fukuda DH. (2024). Physiological Perturbations in Combat Sports: Weight Cycling and Metabolic Function – A Narrative Review. *Metabolites*. <https://doi.org/10.3390/metabo14020083>
2. Gant RW, Pinzone AG, Rivera J, Pelka EZ, Tagesen EC, **Lebron MA**, Jajtner AR. (2023). Validity and Reliability of a Linear Position Transducer to Measure Velocity, Duration, and Displacement in the Barbell Back Squat. *International Journal of Strength and Conditioning*. <https://doi.org/10.47206/ijsc.v3i1.249>
3. Bergquist AM, **Lebron MA**, Mangum LC, Stout JR, Fukuda DH. (2022). Test-Retest Reliability of Single Leg Jump Performance Using the Drift Protocol in Division I Baseball Pitchers. *Journal of Science in Sport and Exercises*. <https://doi.org/10.1007/s42978-023-00243-y>

Recent Abstracts

1. **Lebron MA**, Renziehausen JM, Hill EC, Stout JR, Fukuda DH. (2023). Changes in Deoxy[heme] Levels and Metabolic Efficiency During Repeated Maximal Intermittent Handgrip Exercise. *ISSN 20th Annual Conference, Fort Lauderdale, FL.*
2. **Lebron MA**, Goldstein ER, Stout JR, Fukuda DH. (2022). Effect of Different Recovery Drinks and Subsequent High-Intensity Exercise Bouts on Gross Efficiency. *National Strength and Conditioning Association National Conference. New Orleans, LA.*
3. **Lebron MA**, Gant RW, Tagesen EC, Rivera J, Davis BR, Pinzone AG, Pelka EZ, Fukuda DH, Jajtner AR. (2022). Inter-session Reliability of a Linear Position Transducer to Measure Velocity of Bench Press. *ACSM Annual Meeting, San Diego, CA.*

Active Projects

1. Effect of Combat Sports Activity Course Participation on Emotional States, Quality of Life, and Physical Activity in University Students.
Role: Lead Investigator
2. Evaluation of the Protective Effects of a Novel Dietary Microalgae Supplement following Exercise-Induced Muscle Damage and Influence on Endurance Capacity after Prolonged Consumption.
Role: Co-Lead Investigator
3. Physiological Response to Musical Theatre Performance: An Exploratory Case Study
Role: Co-Investigator

Course Instruction

University of Central Florida, Department of Kinesiology

1. APK4103 – Kinetic Anatomy – Undergraduate (3 credits)
2. APK4113 – Strength and Conditioning I – Undergraduate (3 credits)

Student Research Mentorship

University of Central Florida

Graduate

Master of Science in Kinesiology Students 3

Undergraduate

Kinesiology Students 6