

# William M. Adams PhD, LAT, ATC

Assistant Professor, Department of Kinesiology  
Director, Athletic Training Program  
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## EDUCATION

Ph.D **University of Connecticut**, August 2016

Kinesiology: Exercise Physiology

Major Areas of Study: Thermal Physiology

Hydration, Fluid Balance and Fluid Regulation

Optimizing Athletic Performance

Preventing Sudden Death in Sport and Physical Activity

Exertional Heat Illness

Dissertation: Rehydration on subsequent performance and recovery following exercise-induced dehydration: ad libitum versus prescribed fluid replacement

M.S. **University of Connecticut**, May 2012

Kinesiology: Exercise Science

Master's Thesis: The Secondary School Football Coach's Perspective of Sudden Death in Sport

B.S. **University of Wisconsin-Madison**, December 2009

Kinesiology: Athletic Training

## FELLOWSHIPS

**University of Connecticut**, June 2016-June 2017

Postdoctoral Fellow at the Korey Stringer Institute

Project Manager for General Electric and WHOOP Inc. research accounts

Vice President of Sport Safety

## PROFESSIONAL EXPERIENCE

- **Assistant Professor, Program Director for Entry-Level Masters Athletic Training Program, University of North Carolina at Greensboro, Greensboro, NC** August 2017-Present
  - Oversee and direct the day-to-day operations of the athletic training program.
  - Responsible for maintaining compliance with CAATE accreditation standards

- Supervise Clinical Coordinator of the athletic training program and ensure that the students are appropriately progressing through the program
- Responsible for recruitment, interviewing and admission of incoming athletic training students
- Oversee the expenditures and revenue of the athletic training differential tuition account and maintain the program's budget.

• **Research Program Manager, Korey Stringer Institute, University of Connecticut, Storrs, CT**

August 2012-June 2017

- Responsible for drafting research proposals to potential research sponsors, overseeing and managing contracting process, developing research study designs and acquiring IRB approvals
- Responsible for overseeing and managing subject recruitments, scheduling, data collection, data analysis and manuscript writing.
- Program manager for a study examining the influence of a collegiate athletics season on physiologic measures of sleep and recovery in men and women student athletes.
- Program manager examining the influence of training load on risk of injury during competition in collegiate soccer.
- Program manager for two studies examining the validity of non-invasive wearable sensors in measuring hydration status during exercise.
- Program manager for a study examining the utilization of sweat and thirst perception on hydration status during and following exercise-induced dehydration.
- Program manager for a study examining the effects of hand cooling on body temperature responses following exercise in the heat.

• **Vice President of Sport Safety, Korey Stringer Institute, University of Connecticut, Storrs, CT**

May 2016-June 2017

- Direct and oversee efforts to assist secondary school athletics associations and youth sport governing bodies in the development and implementation of evidence-based best practice recommendations.
- Co-PI examining the influence of sleep and recovery on performance in elite collegiate athletes
- Co-PI examining the efficacy of non-invasive technology in monitoring hydration status during and following exercise in the heat
- Project leader examining the influence of training load on risk of injury in collegiate soccer players

- Assisting the NATA and NFL on examining the cost savings of an Athletic Trainer in secondary schools from an insurance and liability perspective
- Collaborate with companies such as the NFL, Camelbak, Mission, Gatorade, Kestrel, WHOOP, Nix Inc, Clif Bar & Company

• **Director of Sport Safety Policies, Korey Stringer Institute, University of Connecticut, Storrs, CT**

August 2012-May 2016

- Oversaw efforts to assist state high school athletics associations in strategizing and implementing sport safety policy changes that meet evidence-based best practice recommendations.
- Worked with the NATA and NFL on examining the cost savings of an Athletic Trainer in secondary schools from an insurance and liability perspective
- Member of the planning committee for a meeting bringing together representatives of all 50 states to discuss sport safety policy changes at the secondary school level that meet minimum best practices
- Provided consultation for athletes and parents that have been affected by exertional heat stroke and assist with heat tolerance testing
- Assisted with the development of the policy and procedure manual for the International Institute for Race Medicine
- Developed algorithms implemented within the US Army Rangers and the US Air Force regarding the treatment and care of the collapsed soldier
- Provided consultation for elite athletes in strategies to enhance athletic performance

**Clinical Experience**

• **Head Athletic Trainer: University of Connecticut Club Sports, Storrs, CT**

Aug 2012-May 2014

- Oversaw and managed the Athletic Training services provided to the Club Sports program at the University of Connecticut.
- Provided medical coverage for the 6 high risk club sports: men and women's rugby, men's lacrosse, men's ice hockey, gymnastics, and wrestling encompassing 300 student athletes.
- Provided injury prevention, assessment, treatment and rehabilitation, and on-field emergency care under the protocols established between the Club Sports Medical Director and the Club Sports Athletic Training staff.

• **Head Athletic Trainer: Rockville High School, Vernon, CT**

Aug 2010-May 2012

- Provide medical coverage for 19 Varsity sports and over 400 student athletes
- Provided injury prevention, assessment, treatment and rehabilitation, and on-field emergency care under the protocols established between myself and Rockville High School’s team physician
- Taught annual CPR/AED and First Aid course for coaches in accordance with the American Red Cross

**Related Clinical Experience**

- Medical Staff-Marine Corps Marathon October 2012-2018
- Medical Staff-Falmouth Road Race August 2012-2019
- Medical Staff-Boston Marathon April 2011-2019
- Medical Staff-Beach 2 Beacon Road Race August 2016
- Medical Staff-Vermont City Marathon May 2015
- Medical Staff-Lake Placid Ironman July 2014, 2015
- Brown University Women’s Lacrosse Summer Camp: Portsmouth, RI July 2011-2013
- Brown University Women’s Lacrosse Clinics: Providence, RI Fall 2011
- University of Connecticut Women’s Soccer Summer Camp: Storrs, CT August 2011
- Yale University Women’s Lacrosse Summer Camp: New Haven, CT June 2011
- University of Wisconsin Hospitals and Clinics: Per Diem Athletic Trainer Mar 2010-Aug 2010
- University of Wisconsin-Madison Boy’s Basketball Camps: Madison, WI June 2010
- University of Wisconsin-Madison Football Camp: Madison, WI June 2010
- University of Wisconsin-Madison Athletic Training Student: Women’s Ice Hockey, Football, Men’s Soccer August 2007-December 2009

**SCHOLARSHIP**

**Refereed Manuscripts (Published/Accepted for Publication)** (postdocs=italics, graduate student=underlined, undergraduate=underlined/italics)

- 44) Scarneo-Miller SE, Kerr ZY, **Adams WM**, Belval LN, Casa DJ. Influence of state-level emergency planning policy requirements on secondary school adoption. *J Athlet Train*. December 2019
- 43) **Adams WM**, Vandermark LW, Belval LN, Casa DJ. Utility of Thirst as a Measure of Hydration Status Following Exercise Induced Dehydration. *Nutrients*.2019;11(11):2689.

- 42) **Adams WM**, Adams JD, Karras EM, Rysanek E. Validity of temperature, duration and vessel seal on 24-hour hydration markers. *PLoS One*. 2019;14(8):e0220724.
- 41) Curtis RM, Huggins RA, Benjamin CL, Sekiguchi Y, **Adams WM**, Arent SM, Jain R, Miller SJ, Walker AJ, Casa DJ. Contextual Factors Affecting Training Workloads in Collegiate Men's Soccer. *J Strength Cond Res*. Accepted July 2019.
- 40) Belval LN, Hosokawa Y, Casa DJ, **Adams WM**, Armstrong LE, Baker LB, Burke L, Chevront SN, Chiampas G, Gonzalez-Alonzo J, Huggins RA, Kavouras S, Lee EC, McDermott BP, Miller K, Schlader Z, Sims S, Stearns RL, Troyanos C, Wingo J. Practical Hydration Solutions for Sport. *Nutrients*. 2019;11(7):1550.
- 39) **Adams WM**, Belval LN, Berg AP, Hosokawa Y, Stearns RL, Casa DJ. Exertional Heat Stroke of Max Gilpin: A Preventable Death. *Quest*. Accepted July 2019.
- 38) Benjamin CL, **Adams WM**, Curtis RM, Sekiguchi Y, Giersch GEW, Casa DJ. Early morning training on sleep in NCAA Division I cross country runners. *Women Sport Phys Activ J*. Accepted May, 2019.
- 37) Kerr YZ, Register-Mihalik JK, Pryor RR, Piermont LA, Scarneo SE, **Adams WM**, Marshall SW, Kucera K, Casa DJ. The effect of the National Athletic Trainers Association Inter-Association Task Force (NATA-IATF) preseason heat acclimatization guidelines on high school football preseason exertional heat illness rates. *Environ Health Perspect*. 2019;127(4):047003
- 36) Sekiguchi Y, **Adams WM**, Benjamin CL, Curtis RM, Giersch GEW, Casa DJ. Relationship between resting heart rate, heart rate variability, and sleep characteristics in collegiate cross country runners. *J Sleep Res*. 2019;e12836
- 35) **Adams WM**. Exertional Heat Stroke in Secondary School Athletics. *Curr Sports Med Rep*. 2019;18(4):149-153.
- 34) Endres B, Kerr ZY, Stearns RL, **Adams WM**, Hosokawa Y, Huggins RA, Kucera KL, Casa DJ. Epidemiology of Sudden Death in Organized Youth Sports in the United States, 2007-2015. *J Athlet Train*. 2019;54(4):349-355.
- 33) Sekiguchi Y, **Adams WM**, Curtis RM, Benjamin CL, Casa DJ. Factors influencing hydration status during a National Collegiate Athletics Association Division I Soccer Preseason. *J Sci Med Sport*. 2019;22(6):624-628.
- 32) Sekiguchi Y, Huggins RA, Looney DP, Curtis RM, West CA, **Adams WM**, Benjamin CL, Casa DJ. Relationship between heart rate variability and acute:chronic ratio throughout a season in NCAA DI Men's Soccer Players. *J Strength Cond Res*. Accepted August 2018
- 31) Pryor JL, **Adams WM**, Huggins RA, Belval LN, Pryor RR, Casa DJ. Pacing Strategy of a Full Ironman Overall Female Winner on a Course with Major Elevation Changes. *J Strength Cond Res*. 2018;32(11):3080-3087
- 30) Pike AM, **Adams WM**, Huggins RA, Mazerolle SM, Casa DJ. Analysis of states' progress towards and barriers to health and safety policy implementation for secondary school athletics. *J Athlet Train*. 2019;54(4):361-373.

- 29) **Adams WM**, Hosokawa Y, Belval LN. Factors involved in the onsite management and are of exertional heat stroke in secondary school athletics. *Athletic Training and Sports Health Care*. 2019;11(5):203-205.
- 28) Zaleski AL, Panza GA, Ballard KD, **Adams WM**, Hosokawa Y, Pescatello LS, Thompson PD, Taylor BA. The Influence of Compression Socks During a Marathon on Exercise-Associated Muscle Damage. *J Sport Rehab*. 2019.
- 27) **Adams WM**, Scarneo SE, Casa DJ. State-Level Implementation of Health and Safety Policies to Prevent Sudden Death and Catastrophic Injuries Within Secondary School Athletics: Response. *Orthop J Sports Med*. 2018;6(2):2325967117752129.
- 26) Hosokawa Y, **Adams WM**, Belval LN, Davis R, Huggins RA, Jardine J, Katch RK, Stearns RL, Casa DJ. Exertional heat illness incidence and on-site medical team preparedness in warm weather. *Int J Biometeor*. 2018;62(7):1147-1153.
- 25) **Adams WM**, Scarneo SE, Casa DJ. Assessment of Evidence-Based Health and Safety Policies on Sudden Death and Concussion Management in Secondary School Athletics: A Benchmark Study. *J Athlet Train*. 2018;53(8):756-767.
- 24) **Adams WM**. An Alternative Method for Treating Exertional Heat Stroke: Tarp Assisted Cooling. *Athletic Training and Sports Health Care*. 2019;11(3):101-102.
- 23) Belval LN, Casa DJ, **Adams WM**, Chiampas GT, Davis R, Holschen J, Hosokawa Y, Jardine JF, Kane SF, Labotz M, Lemieux R, McClaine K, Nye NS, O'Connor FG, Prine B, Raukar N, Smith MS, Stearns RL. Consensus Statement-PreHospital Care of Exertional Heat Stroke. *Prehospital Emergency Care*. 2018;22(3):392-397.
- 22) **Adams WM**, Scarneo SE, Casa DJ. State Level Implementation of Health and Safety Policies Pertaining to Preventing Sudden Death and Catastrophic Injury in Secondary School Athletics. *Orthop J Sports Med*. 2017;5(9):2325967117727262.
- 21) Katch RK, Scarneo SE, **Adams WM**, Armstrong LE, Belval LN, Stamm JM, Casa DJ. Top ten research questions related to preventing sudden death in sport and physical activity. *Res Q Exerc Sport*. 2017;88(3):251-268.
- 20) **Adams WM**, Hosokawa Y, Troyanos C, Jardine JF. Organization and Execution of On-site Health Care During Mass Participation Events. *Athletic Training and Sports Health Care*. 2018;10(3):101-104.
- 19) **Adams WM**, Belval LN. Return-to-Activity Following Exertional Heat Stroke. *Athletic Training and Sports Health Care*. 2018;10(1):5-6.
- 18) Casa DJ, Hosokawa Y, Belval LN, **Adams WM**, Stearns RL. Preventing Death from Exertional Heat Stroke—The Long Road from Evidence to Policy. *Kinesiology Review*. 2017;6(1):99-109.
- 17) Hosokawa Y, **Adams WM**, Vandermark LW, Belval LN, Casa DJ. Tarp-assisted cooling as a method of whole body cooling in hyperthermic individuals. *Annals Emerg Med*. 2017;69(3):347-352.

- 16) **Adams WM**, Hosokawa Y, Huggins RA, Belval LN, Stearns RL, Casa DJ. Deviation from goal pace, body temperature and body mass loss predictors of road race performance. *J Sci Med Sport*. 2017;20(3):302-306.
- 15) Hosokawa Y, **Adams WM**, Casa DJ. A Comparison of Temperature Devices During Exercise in the Heat: The Influence of Hydration. *J Sport Rehab*. 2017: 1-4. <http://dx.doi.org/10.1123/jsr.2016-0022>.
- 14) Hosokawa Y, Casa DJ, Rosenberg H, Cappacchione JF, Saguì E, Riazi S, Belval LN, Deuster PA, Jardine JF, Kavouras SA, Lee EC, Miller KC, Muldoon SM, O'Connor FG, Sailor SR, Sambuughin N, Stearns RL, **Adams WM**, Huggins RA, Vandermark LW. Round Table on Malignant Hyperthermia in Physically Active Populations: Meeting Proceedings. *J Athl Train*. 2017;52(4):377-383
- 13) Miller KC, Hughes L, Long B, **Adams WM**, Casa DJ. Validity of core temperature measurements at three rectal depths during rest, exercise, cold water immersion and rest. *J Athl Train*. 2017;52(4):332-338
- 12) **Adams WM**, Casa DJ, Drezner JA. Policy Changes Save Lives and Protect Athletes. *J Athl Train*. 2016;51(4). 358-360.
- 11) **Adams WM**, Hosokawa Y, Adams EL, Belval LN, Huggins RA, Casa DJ. Reduction in body temperature using hand cooling versus passive rest after exercise in the heat. *J Sci Med Sport*. 2016;19(11):936-940.
- 10) Hosokawa Y, **Adams WM**, Stearns RL, Huggins RA, Casa DJ. A Comparison of Gastrointestinal and Rectal Temperature During Passive Rest After a Warm Weather Road Race. *J Athl Train*. 2016;51(5): 382-388.
- 9) **Adams WM**, Hosokawa Y, Huggins, RA, Mazerolle SM, Casa DJ. An Exertional Heat Stroke Survivor's Return to Running: An Integrated Approach on the Treatment, Recovery, and Return to Activity. *J Sport Rehab*. 2016;25(3):280-287.
- 8) **Adams WM**, Hosokawa Y, Casa DJ. Cooling Paradigm in Sport: Maximizing Safety and Performance During Competition. *J Sport Rehab*. 2016;25(4):382-394
- 7) **Adams WM**, Hosokawa Y, Casa DJ. The Timing of Exertional Heat Stroke Survival Starts Prior to Collapse. *Cur Sport Med Rep*. 2015;14(4):273-274.
- 6) Hosokawa Y, **Adams WM**, Stearns RL, Casa DJ. El Golpe de Calor en la Actividad Física y el Deporte. *Pensar en Movimiento*. 2014;12(2):23-43.[Spanish version of paper titled: Heat Stroke in Physical Activity and Sport]
- 5) Hosokawa Y, **Adams WM**, Stearns RL, Casa DJ. Heat Stroke in Physical Activity and Sport. *Pensar en Movimiento*. 2014;12(2):1-21.
- 4) **Adams WM**, Mazerolle SM, Casa DJ, Huggins RA, Burton LJ. The Secondary School Football Coach's Relationship with the Athletic Trainer and Their Perspectives on the Recognition and Prevention of Exertional Heat Stroke. *J Athl Train*. 2014;49(4):469-477.
- 3) **Adams WM**, Ferraro EM, Huggins RA, Casa DJ. The Influence of Body Mass Loss on Changes in Heart Rate During Exercise in the Heat: A Systematic Review. *J Strength Cond Res*. 2014;28(8):2380-9.

- 2) Mazerolle SM, McGrath BT, **Adams WM**, Casa DJ. An Evaluation of the High School Football Coaches' Knowledge of Sudden Death in Sport. *ARCCA*. 2014;29:84-119.
- 1) Pryor RR, Casa DJ, **Adams WM**, Belval LN, DeMartini JK, Huggins RA, Stearns RL, Vandermark LW. Maximizing Athletic Performance in the Heat. *Strength Cond J*. 2013;35(6):24-33.

**Book Chapters in Edited Books** (postdocs=*italics*, graduate student=underlined, undergraduate=underlined/italics)

- 28) Kenny GP, Grundstein A, Notley S, Flouris A. Climate Change and Heat Exposure: Impact on Health in Occupational and General Populations. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:225-261
- 27) Jardine JF, Roberts WO. Considerations for Road Race Medical Staff. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:211-224
- 26) O'Connor FG, Nye N. Exertional Heat Illness Considerations in Military Populations. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:225-261
- 25) Hosokawa Y. Management of Exertional Heat Illness in Athletics: Interdisciplinary Medical Care. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:169-180.
- 24) Lee EC, Bowie J, Fiol A. Exercise, Heat Stress and Thermal Tolerance. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:149-168.
- 23) Giersch GEW, Belval LN, Lopez RM. Minor Heat Illnesses. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:137-147
- 22) Miller KC, Exercise Associated Muscle Cramps. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:117-136
- 21) Armstrong LE. Heat Exhaustion. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:81-115
- 20) Pryor JL, Periard J, Pryor RR. Predisposing Factors for Exertional Heat Stroke. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:29-57
- 19) Belval LN, Morrissey M. Physiological Response to Heat Stress. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:17-27



- 18) **Adams WM**, Stearns RL, Casa DJ. Exertional Heat Stroke. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:59-79
- 17) **Adams WM**, Jardine JF. Overview of Exertional Heat Illness. In: **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:1-16
- 16) **Adams WM**, Jardine JF, eds. *Exertional Heat Illness: A Clinical and Evidence-Based Guide*. Cham: Springer International Publishing; 2020:pp268.
- 15) **Adams WM**, Belval LN, Hosokawa Y, Grundstein AJ, Casa DJ. Heat Stress During American Football. In: Periard J, Racinais S eds. *Heat Stress in Sport and Exercise: Thermophysiology of Health and Performance*. Springer Nature. 2019. 203-218.
- 14) Hosokawa Y, **Adams WM**. Heat Risks in Athletics. In: Hosokawa Y ed. *Human Health and Physical Activity During Heat Exposure*. Springer. Cham, Switzerland. 2018. 73-84
- 13) Huggins RA, **Adams WM**, Looney DP, Buller M. Technology. In: Casa DJ ed. *Sport and Physical Activity in the Heat: Maximizing Performance and Safety*. Springer. Cham, Switzerland. 2018. 163-190
- 12) Giersch GEW, **Adams WM**, Duffield R. Sleep. In: Casa DJ ed. *Sport and Physical Activity in the Heat: Maximizing Performance and Safety*. Springer. Cham, Switzerland. 2018. 113-124.
- 11) **Adams WM**, McDermott BP, Kenny GP. Body Cooling. In: Casa DJ ed. *Sport and Physical Activity in the Heat: Maximizing Performance and Safety*. Springer. Cham, Switzerland. 2018. 59-82
- 10) Belval LN, **Adams WM**, Casa DJ. Heat Stress and Illnesses in Athletes. In: Thompson PD ed. *Exercise and Sports Cardiology*. World Scientific Publishing Europe Ltd. Munich. 255-275. 2018.
- 9) **Adams WM**, Hosokawa Y, Stearns RL. Exercise in the Heat. In: Krabak BJ, Lipman GS, Waite BL ed. *The Long Distance Runner's Guide to Injury Prevention and Treatment*. Skyhorse Publishing. New York, NY. 186-200. 2017. P 186-200
- 8) Ferrara MS, Swearngin R, **Adams WM**, Casa DJ. Developing Safety Policies for Interscholastic Sports. In: Casa DJ, Stearns RL ed. *Preventing Sudden Death in Sport and Physical Activity 2<sup>nd</sup> edition*. Jones and Bartlett. Sudbury, MA. 1-23. 2016
- 7) McDermott BP, **Adams WM**. Sudden Death in Sport. In: Swiger W, Adams M. ed. *Epidemiology for Athletic Trainers: Evidence-Based Practice*. Slack, Inc. Thorofare, NJ. 119-139, 2016
- 6) Vandermark LW, **Adams WM**, Apslund C, Hosokawa Y, Casa DJ. Heat Stroke. In: Chopra JS, Sawhney IMS (eds). *Neurology in Tropics Second Edition*. Elsevier Science. 896-908, 2016
- 5) Ellis M, Krabak BJ, **Adams WM**. Medical Considerations and Risk Management, Environmental Considerations: Cold Induced Injury. In: Limpisvasti O, Krabak BJ, Albohm MJ, Wadsworth LT, Herring SA, Provencher MT ed. *The Sports Medicine Field Manual*. American Academy of Orthopaedic Surgeons. Rosemont, IL. 170-185, 2015.
- 4) **Adams WM**, Pryor RR. How do you prepare for and appropriately implement the use of cold-water immersion for the emergent management of exertional heat stroke? In: Lopez RM ed. *Quick Questions in*

*Heat-Related Illness and Hydration: Expert Advice in Sports Medicine*. Slack, Inc. Thorofare, NJ. 105-109, 2015.

- 3) Vandermark LW, **Adams WM**. What are the steps to correctly use a rectal probe in order to diagnose and monitor a possible case of exertional heat stroke? In: Lopez RM ed. *Quick Questions in Heat-Related Illness and Hydration: Expert Advice in Sports Medicine*. Slack, Inc. Thorofare, NJ. 75-78, 2015.
- 2) Ferrara MS, Swearngin R, **Adams WM**, Casa DJ. Developing Safety Policies for Interscholastic Sports. In: Casa DJ, Stearns RL ed. *Emergency Management in Sport and Physical Activity*. Jones and Bartlett. Sudbury, MA. 1-23, 2014.
- 1) **Adams WM**, Problem based learning scenario: Hyponatremia. In: Casa, DJ ed. *Preventing Sudden Death in Sport and Physical Activity*. Jones and Bartlett. Sudbury, MA 2011.

### **Publications In Review** (postdocs=*italics*, graduate student=underlined, undergraduate=underlined/italics)

- 10) Anderson T, **Adams WM**, Berry NT, Wideman L. The relationship between acute:chronic load and competitive match physical performance in college soccer players
- 9) Nedimyer AK, Chandran A, Hirschorn RM, **Adams WM**, Pryor RR, Casa DJ, Register-Mihalik JK, Kerr ZY. Exertional Heat Stroke Management Strategies: A comparison of Practice and Intentions Between Athletic Trainers Who Did and Did Not Treat Cases During High School Preseason.
- 8) Belval LN, Giersch GEW, **Adams WM**. Hosokawa Y, Jardine JF, Katch RK, Stearns RL, Casa DJ. Sex-Based Comparison of Exertional Heat Stroke in a Warm Weather Road Race.
- 7) Sekiguchi Y, Curtis RM, Huggins RA, Benjamin CL, Walker AJ, Arent SM **Adams WM**, Casa DJ. The Effect of Acute:Chronic Training Load on Perceived Wellness and Sleep in NCAA Division I Male Soccer Players.
- 6) **Adams WM**, Scarneo SE, Vandermark LW, Belval LN, DiStefano LJ, Lee EC, Armstrong LE, Casa DJ. Effects of graded exercise-induced dehydration on movement technique and standing balance.
- 5) Scarneo-Miller SE, **Adams WM**, Potter JE, Konz MA, Casa DJ. Where do Health and Safety Policies Emanate from for Secondary School Athletics.
- 4) Curtis RM, **Adams WM**, Benjamin CL, Sekiguchi Y, Casa DJ. Monitoring Sleep, Training Load and Fatigue in Starters and Reserves During NCAA Men's Soccer Competition.
- 3) Stearns RL, Hosokawa Y, **Adams WM**, Belval LN, Huggins RA, Jardine JF, Katch RK, Davis RJ, Casa DJ. Influence of Recurrent Exertional Heat Stroke in a Warm-Weather Road Race.
- 2) Hosokawa Y, Huggins RA, **Adams WM**, Pike AM, Scarneo SE, Labban JD, Casa DJ. Optimizing the Direction of Care: A Secondary Insurance Service Analysis.
- 1) Colburn AT, Huggins RA, **Adams WM**, Belval LN, Fortunati AR, Looney DP, Stearns RL, Vandermark LW, West CA, Armstrong LE, Casa DJ. Hydration Strategies, vessel visibility, and voluntary dehydration in collegiate male soccer athletes.

**Publications In progress** (postdocs=*italics*, graduate student=underlined, undergraduate=underlined/italics)

- 12) Scarneo-Miller SE, Kerr ZY, Lopez RM, **Adams WM**, Miller KC, Casa DJ, Register-Mihalik J, DiStefano LJ. How Prepared are Secondary Schools to Manage Exertional Heat Stroke.
- 11) Lopez V, Hosokawa Y, Sarwat Z, Casa DJ, Wright SN, Colburn AT, Bivona JJ, Thornton SN, Dadzie E, Brown C, Dkwarki A, Jardine JF, **Adams WM**, Lee EC. eHSPs capable of triggering TLR4 signaling increase during a race with high EHS incidence.
- 10) Hosokawa Y, Belval LN, **Adams WM**, Vandermark LW, Casa DJ. An evaluation of chemically activated cooling vest's cooling rate following exercise-induced hyperthermia.
- 9) Huggins RA, Olivadoti JM, Scarneo-Miller SE, **Adams WM**, Pike AM, Hosokawa Y, Stearns RL, Fortunati AR, Kucera KL, Mazerolle SM, Casa DJ. Presence of Athletic Trainers, Emergency Action Plans, and Emergency Training at the Time of Sudden Death in Secondary School Athletics.
- 8) Hosokawa Y, **Adams WM**, Casa DJ, Vanos JK, Cooper ER, Grundstein A, Jay O, McDermott BP, Otani H, Raukar N, Stearns RL, Tripp BL. Inter-Association Task Force Meeting on Preseason Heat Safety in Secondary School Athletics: Methods of Environmental Monitoring for Heat Safety During Activity.
- 7) Miller KC, Casa DJ, **Adams WM**, Hosokawa Y, Emrich C, Fitzpatrick T, Hopper M, Jardine JF, Labotz M, Lopez RM, O'Connor F, Smith MS. Roundtable on pre-hospital care and implementation strategies for exertional heat stroke: Meeting Proceedings.
- 6) **Adams WM**, Hosokawa Y, Casa DJ, Alosa D, Belval LN, Csillan D, Kerr ZY, Labella C, Periard JP, Racinais S, Scarneo-Miller SE, Walker L, Wingo J, Yeargin S. Roundtable on Heat Acclimatization within Secondary School Athletics: Meeting Proceedings.
- 5) **Adams WM**, Hevel DJ, Maher JP, McGuirt JT. Racial and Gender Differences in 24 Hour Urinary Hydration Markers Among College-Aged Males and Females.
- 4) Hosokawa Y, Shipp J, Huggins RA, **Adams WM**, Pike AM, Scarneo SE, Casa DJ. Preliminary Examination of Secondary Insurance Premium Costs in Secondary School Athletics by Availability of Athletic Training Services.
- 3) Miller KC, **Adams WM**. Validity of Common Body Core Temperature Sites in Hyperthermic Humans Wearing American Football Uniforms. *J Athlet Train*.
- 2) **Adams WM**, Curtis RM, Benjamin CL, Colburn AT, Lopez V, Lee EC, Casa DJ. Hormonal, steroidal and inflammatory responses in collegiate male soccer players and female cross-country runners.
- 1) **Adams WM**, DiStefano LJ, Armstrong LE, Lee EC, Casa DJ. Variability in sweat electrolyte concentrations comparing regional sweat collection to whole body sweat collection: a systematic review and meta-analysis.

**Refereed Published Abstracts/Presentations** (postdocs=*italics*, graduate student=underlined, undergraduate=underlined/italics)

- 75) **Adams WM**, Anderson T, Zaplatosch ME, *Karras EM*, Walton SL. Characterizing 7 Day 24-Hour Urinary Hydration Markers in College-Aged Men and Women. Southeast Chapter, American College of Sports Medicine. Jacksonville, FL. February 2020.
- 74) Anderson T, **Adams WM**, *Berry NT*, Walton SL, *Karras EM*, Wideman L. The Relationship Between Time-Lagged Acute:Chronic Work Ratios and Physical Performance in Collegiate Soccer Players. Southeast Chapter, American College of Sports Medicine. Jacksonville, FL. February 2020.
- 73) Zaplatosch ME, Anderson T, Walton SL, *Karras EM*, **Adams WM**. Association Between Free Living Weekday 24-Hour Urinary Hydration Markers and Weekend Sleep Measures. Southeast Chapter, American College of Sports Medicine. Jacksonville, FL. February 2020.
- 72) Gardner H, **Adams WM**, Anderson T, *Karras EM*, Walton SL. Wideman L. Soreness and Fatigue as the Key Perceptual Indicators for Previous Day Workload in Athletes. Southeast Chapter, American College of Sports Medicine. Jacksonville, FL. February 2020.
- 71) Nedimyer AK, Chandran A, Hirschorn RM, **Adams WM**, Pryor RR, Casa DJ, Register-Mihalik JK, Kerr ZY. Exertional Heat Stroke Management Strategies: A comparison of Practice and Intentions Between Athletic Trainers Who Did and Did Not Treat Cases During High School Preseason. National Athletic Trainers' Association Annual Meeting, Las Vegas, NV. *J Athlet Train.* 2019;54(6S):S-69
- 70) Miller KC, **Adams WM**. Validity of Common Body Core Temperature Measurement Sites in Hyperthermic Humans Wearing American Football Uniforms. National Athletic Trainers' Association Annual Meeting, Las Vegas, NV. *J Athlet Train.* 2019;54(6S):S-67
- 69) McGuirt JT, Maher JP, **Adams WM**, Huebner G, Hevel DJ. Associations between mean and variability in hunger ratings and dietary intake among African College freshman. American Public Health Association Annual Meeting, Philadelphia, PA. 2019.
- 68) Maher JP, Hevel D, **Adams WM**, McGuirt JT. Physical activity and dietary intake behaviors in African American college freshman: an ecological momentary assessment study. American Public Health Association Annual Meeting, Philadelphia, PA. 2019.
- 67) Armwald BC, **Adams WM**, Hamilton D, Vairo GL, Miller SJ. The influence of sleep and heart rate variability on the occurrence of injuries, illness and missed participation days in NCAA collegiate swimmers. National Athletic Trainers' Association Annual Meeting, Las Vegas, NV. *J Athlet Train.* 2019;54(6S):S-423
- 66) Sekiguchi Y, Curtis RM, Huggins RA, Benjamin CL, **Adams WM**, Arent SM, Jain RK, Miller SJ, Casa DJ. The effect of acute chronic training load ratio on daily sleep duration and quality in division 1 soccer players. National Strength and Conditioning Association Annual Meeting, Washington DC. *J Strength Cond Res.* 2019;

- 65) **Adams WM**, *Glenn GS*, *Haskins ML*, *Hevel DJ*, *Huntsinger A*, *Karras EM*, Maher JP, McGuirt JT, *Walton SL*. Racial Differences in 24 Hour Urinary Hydration Markers. American College of Sports Medicine Annual Meeting, Orlando, FL. *Med Sci Sport Exerc.* 2019;51(5 Suppl):561.
- 64) Sekiguchi Y, Curtis RM, Huggins RA, Benjamin CL, **Adams WM**, Arent SM, Jain RK, Miller SJ, Casa DJ. The Effect of Acute Chronic Training Load Ratio on Daily Stress, Fatigue and Soreness Level in NCAA Division I Soccer Players. American College of Sports Medicine Annual Meeting, Orlando, FL. *Med Sci Sport Exerc.* 2019;51(5 Suppl):442.
- 63) Benjamin CL, Curtis RM, Huggins RA, Sekiguchi Y, **Adams WM**, Arent SM, Jain RK, Miller SJ, Armwald BC, Pullara JM, Casa DJ. Sleep Quality Effects Mood, Anxiety and Disablement in Division I National Collegiate Athletic Association Men's Soccer Players. American College of Sports Medicine Annual Meeting, Orlando, FL. *Med Sci Sport Exerc.* 2019;51(5 Suppl):442-443.
- 62) Scarneo SE, **Adams WM**, Murata Y, Stearns RL, Casa DJ. State-level Implementation of Health and Safety Policies within Secondary School Athletics: 2018 Update. American College of Sports Medicine Annual Meeting, Orlando, FL. *Med Sci Sport Exerc.* 2019;51(5 Suppl):746.
- 61) Huggins RA, Curtis RM, Benjamin CL, Sekiguchi Y, Wasserman EB, Klossner DA, **Adams WM**, Arent SM, Jain RK, Miller SJ, Armistead MJ, Borchik SM, D'Andrea C, Landry AP, Sylvester T, Walker AJ, Casa DJ. The Influence of Match Congestion, Load and Wellness on Injury Risk in Collegiate Men's Soccer. American College of Sports Medicine Annual Meeting, Orlando, FL. *Med Sci Sport Exerc.* 2019;51(5 Suppl):443.
- 60) **Adams WM**, *Haskins ML*, *Huntsinger A*, *Karras EM*, *Walton SL*. Racial and Ethnic Differences in 24 Hour Urinary Hydration Markers. Southeast Chapter American College of Sports Medicine Annual Meeting, Greenville, CS. February, 2019
- 59) Curtis RM, **Adams WM**, Benjamin CL, Sekiguchi Y, Huggins RA, Casa DJ. Sleep distribution and heart-rate derived autonomic nervous system responses to acute training load changes in collegiate soccer players. National Strength and Conditioning Association Annual Meeting, Indianapolis, IN. 2018.
- 58) Sekiguchi Y, **Adams WM**, Benjamin CL, Curtis RM, Casa DJ. Relationships between resting heart rate, heart rate variability, and sleep phases in collegiate cross-country runners. National Strength and Conditioning Association Annual Meeting, Indianapolis, IN. 2018.
- 57) Benjamin CL, **Adams WM**, Curtis RM, Sekiguchi Y, Casa DJ. Effects of early morning training on sleep in NCAA division I female cross-country runners. National Strength and Conditioning Association Annual Meeting, Indianapolis, IN. 2018.
- 56) **Adams WM**, Vandermark LW, Scarneo SE, Belval LN, Lee EC, DiStefano LJ, Armstrong LE, Casa DJ. Influence of graded dehydration on neuromuscular control during prolonged exercise in the heat. National Athletic Trainers' Association Annual Meeting, New Orleans, LA. *J Athl Train.* 2018;53(6 Supplement):S-203
- 55) Hosokawa Y, Stearns RL, Johnson EN, Eason CM, **Adams WM**, Vandermark LW, Lopez RM, Jardine FJ, Casa DJ. Beliefs, knowledge and influence of education regarding optimizing heat safety during

- summer road race participation. National Athletic Trainers' Association Annual Meeting, New Orleans, LA. *J Athl Train*. 2018;53(6 Supplement):S-148
- 54) Kerr YZ, Register-Mihalik JK, Pryor RR, Piermont LA, Scarneo SE, **Adams WM**, Marshall SW, Kucera K, Casa DJ. The effect of the National Athletic Trainers Association Inter-Association Task Force (NATA-IATF) preseason heat acclimatization guidelines on high school football preseason exertional heat illness rates. National Athletic Trainers' Association Annual Meeting, New Orleans, LA. *J Athl Train*. 2018;53(6 Supplement):S-72.
- 53) **Adams WM**, Vandermark LW, Belval LN, Benjamin CL, Giersch GEW, Katch RK, Lee EC, Armstrong LE, DiStefano LJ, Casa DJ. Impact of Exercise-Induced Dehydration on Perceived Sleep. *FASEB J*. 2018;32(1 Supplement):905.4
- 52) Dadzie EC, Hosokawa Y, Wright SS, Lopez V, Colburn AT, Bivona JJ, Thorton SN, **Adams WM**, Brown C, Katch RK, Huggins RA, Stearns RL, Jardine JF, Davis RJ, Casa DJ, Lee EC. Pre-race Inflammatory Cytokines are Not Consistent Predictive Biomarkers of the Magnitude of Post-race Core Temperature Elevations at the Falmouth Road Race. *FASEB J*. 2018;32(1 Supplement):587.14
- 51) Wright S, Hosokawa Y, Dadzie EC, Lopez V, Colburn AT, Bivona JJ, Thorton SN, **Adams WM**, Brown C, Katch RK, Huggins RA, Stearns RL, Jardine FJ, Davis RJ, Casa DJ, Lee EC. Potential Role of Structural Variants of Circulating Lipopolysaccharide in Exercise-Induced Heat Illness. *FASEB J*. 2018;32(1 Supplement):lb258
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- 49) Curtis RM, **Adams WM**, Benjamin CL, Sekiguchi Y, Casa DJ. The effect of sleep duration on sleep quality in elite soccer athletes. American College of Sports Medicine Annual Meeting. Minneapolis, MN. *Med Sci Sport Exerc*. 2018;50(5S):258.
- 48) Sekiguchi Y, **Adams WM**, Curtis RM, Benjamin CL, Casa DJ. Factors influencing hydration status during a NCAA division 1 soccer preseason. American College of Sports Medicine Annual Meeting. Minneapolis, MN. *Med Sci Sport Exerc*. 2018;50(5S):343.
- 47) Benjamin CL, **Adams WM**, Curtis RM, Sekiguchi Y, Giersch GEW, Mulholland, Casa DJ. Sleep patterns of NCAA D1 collegiate athletes: a sex comparison. American College of Sports Medicine Annual Meeting. Minneapolis, MN. *Med Sci Sport Exerc*. 2018;50(5S):804-805.
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- 45) **Adams WM**, Curtis RM, Benjamin CL, Colburn AT, Lopez V, Lee EC, Casa DJ. Hormonal, Steroidal and Inflammatory Responses in Collegiate Male Soccer Players and Female Cross-Country Runners. American College of Sports Medicine Annual Meeting. Minneapolis, MN. *Med Sci Sport Exerc*. 2018;50(5S):472-473.

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- 40) Scarneo SE, **Adams WM**, Stearns RL, Casa DJ. Implementation of Emergency Action Plan Policies in Secondary School Athletics. National Athletic Trainers' Association Annual Meeting, Houston, TX. *J Athl Train.* 2017;52(6 Supplement):S22.
- 39) **Adams WM**, Scarneo SE, Stearns RL, Casa DJ. Implementation of Heat Acclimatization Policies in Secondary School Athletics. National Athletic Trainers' Association Annual Meeting, Houston, TX. *J Athl Train.* 2017;52(6 Supplement):S103.
- 38) Stearns RL, Hosokawa Y, **Adams WM**, Belval LN, Huggins RA, Jardine JF, Katch RK, Davis RJ, Casa DJ. Repeated Exertional Heat Stroke Incidence in a Warm-Weather Road Race. National Athletic Trainers' Association Annual Meeting, Houston, TX. *J Athl Train.* 2017;52(6 Supplement):S106.
- 37) Vandermark LW, **Adams WM**, Belval LN, Lee EC, DiStefano LJ, Armstrong LE, Casa DJ. The Relationship of Thirst to Hydration Markers Before and After Exercise. National Athletic Trainers' Association Annual Meeting, Houston, TX. *J Athl Train.* 2017;52(6 Supplement):S265.
- 36) Almeraya A, **Adams WM**, Scarneo SE, Stearns RL, Casa DJ. Implementation of Automated External Defibrillator Policies in Secondary School Athletics. National Athletic Trainers' Association Annual Meeting, Houston, TX. *J Athl Train.* 2017;52(6 Supplement):S50.
- 35) Rynkiewicz KM, **Adams WM**, Scarneo SE, Stearns RL, Casa DJ. Implementation of Concussion Policies in Secondary School Athletics. National Athletic Trainers' Association Annual Meeting, Houston, TX. *J Athl Train.* 2017;52(6 Supplement):S77.
- 34) Huggins RA, Olivodati J, **Adams WM**, Pike AM, Hosokawa Y, Stearns RL, Fontaine G, Rourke J, Mazerolle SM, Denegar CR, Casa DJ. Presence of Athletic Trainers, Emergency Action Plans, and Emergency Training at the Time of Sudden Death in Secondary School Athletics. National Athletic Trainers' Association Annual Meeting, Houston, TX. *J Athl Train.* 2017;52(6 Supplement):S79.

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- 32) Finn AL, **Adams WM**, Scarneo SE, Stearns RL, Casa DJ. Implementation of Wet Bulb Globe Temperature Policies in Secondary School Athletics. National Athletic Trainers' Association Annual Meeting, Houston, TX. *J Athl Train*. 2017;52(6 Supplement):S314.
- 31) **Adams WM**, Huggins RA, Curtis R, Colburn AT, Fortunati AR, Hall ML, Fragala MS, Looney DP, Lee EC, West CA, Casa DJ. Monitoring Cardiovascular, Hepatic, Renal and Hematological Markers of Health in Collegiate Soccer Players. American College of Sports Medicine Annual Meeting, Denver, CO *Med Sci Sport Exerc*. 2017;49(5S):839.
- 30) Curtis RM, Huggins RA, **Adams WM**, Colburn AC, Fontaine GJ, Fortunati AR, Looney DP, West CA, Casa DJ. Starters and Non-Starters Require Separate Load Monitoring and Analyses Throughout a Collegiate Soccer Season. American College of Sports Medicine Annual Meeting, Denver, CO. *Med Sci Sport Exerc*. 2017;49(5S):572
- 29) Hosokawa Y, Belval LN, **Adams WM**, Huggins RA, Sekiguchi Y, Stearns RL, Casa DJ. Outcomes from a Modified Heat Tolerance Test to Track Thermal Strain. American College of Sports Medicine Annual Meeting, Denver, CO. *Med Sci Sport Exerc*. 2017;49(5S):453.
- 28) Hosokawa Y, Zinn JR, Wright S, Leduc M, Howard E, Bivona JJ, Casa DJ, Stearns RL, Huggins RA, **Adams WM**, Jardine J, Davis RJ, Armstrong LE, Vingren J, Luk HY, Levitt D, Ganio MS, McDermott BP, Williamson K, McKenzie AL, Munoz CX, Kunces LJ, Lee EC. LPS-Induced TLR<sub>4</sub> Activation During Prolonged Running and Cycling Events in Hot and Humid Environments. 2017. Experimental Biology, Chicago, IL. *FASEB J*. 31(Supplement 1).1085.9.
- 27) **Adams WM**, Vandermark LW, Belval LN, Lee EC, Armstrong LE, DiStefano LJ, Casa DJ. (2017, April). Comparing Ad Libitum and Prescribed Fluid Replacement to Fluid Balance Following Exercise-Induced Dehydration. 2017. Experimental Biology, Chicago, IL. *FASEB J*. 31(Supplement 1).1087.8.
- 26) **Adams WM**, Belval LN, Hosokawa Y, Casa DJ. (2016, December). Influence of Hydration Status on Variance of Physiological Function During Bouts of Exercise in the Heat. 6<sup>th</sup> International Conference on the Physiology and Pharmacology of Temperature Regulation, Ljubljana, Slovenia.
- 25) Hosokawa Y, Belval LN, **Adams WM**, Vandermark LW, Casa DJ. (2016, June). Tarp-Assisted Cooling is an Effective Method of Whole Body Cooling in Hyperthermic Individuals. National Athletic Trainers' Association Annual Meeting, Baltimore, MD. *J Athl Train*. 2016;51(6 Suppl):S-276.
- 24) Belval LN, Hosokawa Y, **Adams WM**, Hunter EN, Vandermark LW, Casa DJ. (2016, June). Efficacy of a Novel Cooling Vest Following Exercise-Induced Hyperthermia. National Athletic Trainers' Association Annual Meeting, Baltimore, MD. *J Athl Train*. 2016;51(6 Suppl):S-275.
- 23) Hughes LE, Miller KC, Long BC, Casa DJ, **Adams WM**. (2016, June). Validity of Core Temperature Measurements at Three Depths in the Rectum During Rest, Exercise, Cold-water Immersion, and Recovery.



- National Athletic Trainers' Association Annual Meeting, Baltimore, MD. *J Athl Train.* 2016;51(6 Suppl):S-272.
- 22) Attanasio SM, **Adams WM**, Stearns RL, Huggins RA, Casa DJ. (2016, June). Occurrence of Exertional Heat Stroke in High School Football Athletes Before and After Implementation of Evidence-Based Heat Acclimatization Guidelines. National Athletic Trainers' Association Annual Meeting, Baltimore, MD. *J Athl Train.* 2016;51(6 Suppl):S-168.
- 21) **Adams WM**, Huggins RA, Stearns RL, Anderson SA, Kucera KL, Casa DJ. (2016, June). Policy Changes Reduce Exertional Sickling Related Deaths in Division I Collegiate Football Players. National Athletic Trainers' Association Annual Meeting, Baltimore, MD. *J Athl Train.* 2016;51(6 Suppl):S-167.
- 20) **Adams WM**, Vandermark LW, Belval LN, VanScoy RM, Attanasio SM. (2016, May). Thirst as a Marker of Hydration Status During and After Exercise in the Heat. American College of Sports Medicine Annual Meeting, Boston MA. *Med Sci Sport Exerc.* 2016;48(5 Suppl):S-XX.
- 19) Hyde JL, Pryor RR, **Adams WM**, Vandermark LW, Huggins RA, Stearns RL, Casa DJ. (2015, June). The Influence of Head Cooling on Core Body Temperature Following Exercise in the Heat Wearing an American Football Uniform. Oral Presentation. National Athletic Trainers' Association Annual Meeting, St. Louis, MO. *J Athl Train.* 2015;50(6 Suppl):S-58.
- 18) **Adams WM**, Hosokawa Y, Huggins RA, Mazerolle SM, Casa DJ. (2015, June). An Exertional Heat Stroke Survivor's Return to Running: An Integrated Approach on the Treatment, Recovery, and Return-to-Activity. Oral Presentation. National Athletic Trainers' Association Annual Meeting, St. Louis, MO. *J Athl Train.* 2015;40(6 Suppl):S-57.
- 17) Stearns RL, Adams EL, **Adams WM**, Earp JE, Hosokawa Y, Viola TA, Casa DJ. (2015, June). Medical Injuries and Illnesses at an Ironman Triathlon Competition. Oral Presentation. National Athletic Trainers' Association Annual Meeting, St. Louis, MO. *J Athl Train.* 2015;40(6 Suppl):S-84.
- 16) Huggins RA, **Adams WM**, Bartley JM, Munoz CX, Pryor JL, Vandermark LW, Stearns RL, Casa DJ. (2015, May). Influence of Intermittent Hand Cooling and Fluid Replacement on Inflammatory Cytokines During Uncompensable Heat Stress. Poster Presentation. American College of Sports Medicine Annual Meeting, San Diego, CA. *Med Sci Sports Exerc.* 2015;47(5S Suppl):S460.
- 15) **Adams WM**, Hosokawa Y, Belval LN, Huggins RA, Stearns RL, Torres CA, Casa DJ. (2015, May). Relationship of Pacing, Body Temperature, and Body Mass Loss on Performance During a Road Race. Poster Presentation. American College of Sports Medicine Annual Meeting, San Diego, CA. *Med Sci Sports Exerc.* 2015;47(5S Suppl): S491
- 14) Adams EL, Pryor RR, Hyde JL, **Adams WM**, Vandermark LW, Huggins RA, Pryor JL, Casa DJ. (2015, May). Perceptual without Performance Benefits of Cooling Modalities for Equipment-laden, Hyperthermic Exercising Individuals. Poster Presentation. American College of Sports Medicine Annual Meeting, San Diego, CA. *Med Sci Sports Exerc.* 2015;47(5S Suppl):S461
- 13) Hosokawa Y, Torres CA, Adams EL, **Adams WM**, Beltz EM, DuPont WH, Lee EC, Sheldon LN, Stearns RL, Casa DJ. (2015, May). Comparison of Rectal and Gastrointestinal Temperature Devices for Monitoring

- Passive Cooling in Road Race Runners. Poster Presentation. American College of Sports Medicine Annual Meeting, San Diego, CA. *Med Sci Sports Exerc.* 2015;47(5S Suppl):S493
- 12) Hashiwaki J, Dempsey DM, Stearns RL, **Adams WM**, Earp JE, McKenzie AL, Moore JL, Pike AM, Pryor JL, Pryor RR, Vandermark LW, Casa DJ. (2014, June). Effects of Post-Race Nutritional Intervention on Delayed-Onset Muscle Soreness and Return to Activity in Ironman Triathletes. Poster Presentation. National Athletic Trainers' Association Annual Symposium, Indianapolis, IN. *J Athl Train.* 2014;49(3 Suppl):S193.
  - 11) Sundeen MW, Huggins RA, **Adams WM**, Vandermark LW, Dempsey DM, Adams JE, Murray KP, Stearns RL, Casa DJ. (2014, June). The Influence of Intermittent Hand Cooling on Core Body Temperature And Performance in The Heat While Wearing An American Football Uniform. Poster Presentation. National Athletic Trainers' Association Annual Symposium. Indianapolis, IN. *J Athl Train.* 2014;49(3 Suppl):S61.
  - 10) Huggins RA, Sundeen MW, **Adams WM**, Vandermark LW, Dempsey DM, Gaston MC, Miller RS, Stearns RL, Casa DJ. (2014, June). The Influence of Intermittent Hand Cooling on Core Body Temperature During Exercise in the Heat Wearing an American Football Uniform. Poster Presentation. National Athletic Trainers' Association Annual Symposium. Indianapolis, IN. *J Athl Train.* 2014;49(3 Suppl):S179.
  - 9) Huggins RA, **Adams WM**, Pryor JL, Belval LN, Johnson EC, Dempsey DM, Hashiwaki J, Stearns RL, Anderson MA, McKenzie AL, Casa DJ. (2014, May). Bike Performance Predicts Ironman Run and Overall Race Success. Poster Presentation. American College of Sports Medicine Annual Meeting, Orlando, FL. *Med Sci Sports Exerc.* 2014;46(5 Suppl):S935.
  - 8) Vandermark LW, Huggins RA, Sundeen M, **Adams WM**, Dempsey DM, Casa DJ. (2014, May). Effect of Peripheral Cooling on Skin and Body Temperature During Uncompensable Heat Stress. Poster Presentation. American College of Sports Medicine Annual Meeting, Orlando, FL. *Med Sci Sports Exerc.* 2014;46(5 Suppl):S702.
  - 7) **Adams WM**, Huggins RA, Ferraro EM, Casa DJ. (2014, May). Influence of Dehydration on Heart Rate During Exercise in the Heat: A Systematic Review. Poster Presentation. American College of Sports Medicine Annual Meeting, Orlando, FL. *Med Sci Sports Exerc.* 2014;46(5 Suppl):s373.
  - 6) Pryor JL, **Adams WM**, Pryor RR, Dempsey DM, Casa DJ, Maresh CM. (2014, May). Observations of Pacing Strategy in a Female Ironman Triathlon Winner: A Case Report. Poster Presentation. American College of Sports Medicine Annual Meeting, Orlando, FL. *Med Sci Sports Exerc.* 2014;46(5 Suppl):s264.
  - 5) **Adams WM**, Pryor RR, Pagnotta KD, Vandermark LW, Stearns RL, Casa DJ. (2013, June). Retrospective Clinical Case Series of Sudden Death During Physical Activity in the Collegiate Setting: July 2011-June 2012. Free Communications. National Athletic Trainers' Association Annual Meeting, Las Vegas, NV. *J Athl Train.* 2013;48(3 Suppl):S118.
  - 4) **Adams WM**, Hicks TL, Casa DJ, Stearns RL, Belval LN, Creighton BC, Huggins RA, Pryor JL. (2013, May). Heart Rate Pacing vs. Running by Feel During and Ironman Triathlon. Poster Presentation. American

College of Sports Medicine Annual Meeting, Indianapolis, IN. *Med Sci Sports Exerc.* 2013;45(5 Suppl):S165.

- 3) Belval LN, Casa DJ, Stearns RL, Johnson EC, Volk BM, **Adams WM**, Viola TA. (2013, May). Sodium Supplementation and Hydration Habits of Ironman Triathletes. Poster Presentation. American College of Sports Medicine Annual Meeting, Indianapolis, IN. *Med Sci Sports Exerc.* 2013;45(5 Suppl):S67.
- 2) **Adams WM**, McGrath BT, Mazerolle SM, Pagnotta KD, Casa DJ. (2012, June). The Secondary School Football Coach's Perspective of Sudden Death in Sport. Free Communications. National Athletic Trainers' Association Annual Meeting, St. Louis, MO. *J Athl Train.* 2012;47(1 Suppl):s25.
- 1) **Adams WM**, Notbohm E, Waters B. (2010, April). Management of a Division I football player with Type I Diabetes and ADHD: A Case Study. Wisconsin Athletic Trainers' Association Annual Conference, Eau Claire, WI.

### Non-Refereed Publications

- 7) **Adams WM**, Casa DJ. (2019, July) Personalizing Hydration Plans for Athletic Populations. *NATA News*, 35-37.
- 6) **Adams WM**. Management of exertional heat stroke. *Br J Gen Pract.* 2018;68(674):415.3-416..
- 5) **Adams WM**. (2017, July) "Protecting our young student athletes through health and safety policies." *Training and Conditioning.* <http://training-conditioning.com/content/protecting-our-young-student-athletes-through-health-and-safety-policies>
- 4) Casa DJ, Hosokawa Y, Huggins RA, Stearns RL, **Adams WM**, Beltz EM, Belval LN, Curtis RM, DiStefano LJ, Eason CM, Fortunati AR, Iannicelli JP, Katch RK, Lepley AS, Lepley LK, Mazerolle SM, Pike AM, Rafeldt DA, Root HJ, Scarneo SE, Vandermark LW. (2016, January) "Concern Emerges About Proper Implementation of Consensus Statement Guidelines." [Letter to the Editor] *NATA News*, 8-9.
- 3) **Adams WM**, Casa DJ. Hydration for Football Athletes. *Sports Science Exchange.* Gatorade Sports Science Institute. 2015;28(#141):1-6.
- 2) Casa DJ, **Adams WM**. Heat Illness and Sport Safety Policy Changes. *This is-AFCA* 2013;3(4):30-33.
- 1) Casa DJ, **Adams WM**. High School Heat Acclimatization. *This is-AFCA* 2012;2(4):18-21

### MEDIA COMMUNICATIONS

#### Newspapers, Magazines, Websites

- October 2019. Mitigating Climate Impacts on Athletes: Sports Guidelines May Prevent Exertional Heat Illness. [Environmental Health Perspectives: Science Selection.](#) Wendee Nicole.
- July 17, 2019. A heat wave will scorch the central and eastern US this week. Here's how you can stay cool and survive. [USA Today.](#) Olivia Sanchez.

- May 22 2019. Epidemiology of Sudden Death in Organized Youth Sports in the United States, 2007-2015. Wake Up With WURD. [96.1 WURD Radio](#).
- August 2018. Keep Calm and Cool On-Medical Care at the Falmouth Road Race. [UNCG Health and Human Sciences](#).
- August 10, 2017. Study gives NH poor score on policies to ensure athletes' safety in high schools. [Concord Monitor](#). David Brooks.
- August 9, 2017. Sports Safety Study: Some States Don't Protect Athletes Enough. [WAMC Northeast Public Radio](#). JD Allen.
- August 8, 2017. UConn Sports Safety Advocates Urge States to Adopt Lifesaving Measures. [HealthNewsDigest.com](#)
- July 5, 2017. Protecting our young student athletes through health and safety policies. [Training and Conditioning](#)
- July 2016. Dr. Will Adams + Yuri Hosokawa, Exertional Heat Stroke, Korey Stringer Institute Series, Part 3 of 4. [Heads n Tales](#). Kevin Suam
- August 11, 2016. SC trails other states in 'sudden death' football safety policies. [The State](#). Jeff Wilkinson
- June 21, 2016. Army-approved exercise tips to help you beat the summer heat. [New York Post](#). Elisabeth Vincentelli.
- May 26, 2016. Should you Try Cryotherapy for Recovery. [Triathlete](#). Mackenzie Havey
- April 2016. Get the Facts: Heat Illness Prevention. [AFCA Weekly](#). American Football Coaches Association
- April 8, 2016. Taking Action, Saving Lives. [Two Maverix Multimedia](#). Dot Canon.
- April 5, 2016. Hartland Engineer Develops Hydration Tracker. [Milwaukee Journal Sentinel](#). Lori Nickel.
- November 2, 2015. Woman's Icy Death Brings Cryotherapy Safety Into Question. [The Science Explorer](#). Kelly Tatera.
- October 29, 2015. Scientists Say Cryotherapy Is Expensive Bullshit—But It Probably Won't Kill You. [Tech.Mic](#). Tom McKay.
- October 29, 2015. Is cryotherapy safe? What you need to know about this trend. [Today Health & Wellness](#). Linda Carroll.
- January 17, 2015. Så meget vand skal du drikke efter træning. [Aller Media](#). Mia Qvist Scheel Beck
- November, 2014. The Exact Amount of Water You Need to Drink After a Workout. [Prevention](#). Victoria Wolk.
- July/August, 2014. Stay Hydrated My Friend. [Men's Fitness](#).

## GRANTSMANSHIP

### Funded

23. Efficacy of the Techguard Custom Mouthguard in Assessing Internal Body Temperature During Exercise in the Heat (2019-2020)

Principal Investigator: Adams WM

Sponsor: Techguard, LLC

Aim: To determine the validity of a temperature sensor enabled custom mouthguard on internal body temperature during exercise in the heat.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, meeting planning/organization, and manuscript preparation.

Total Support of: \$9,105

22. Efficacy of the Polar Breeze Thermal Rehabilitation Machine in cooling recreationally active males and females following exercise-induced hyperthermia (2019-2020)

Principal Investigator: Adams WM

Sponsor: Statim Technologies, LLC

Aim: To determine the efficacy of a thermal rehabilitation machine on body cooling following exercise in the heat. NCT04190264

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, meeting planning/organization, and manuscript preparation.

Total Support of: \$18,151

21. Use of an isotonic hydration beverage on acute hydration status (2019-2020)

Principal Investigator: Adams WM

Sponsor: QKC, LLC

Aim: To assess the efficacy of an isotonic hydration beverage on maintaining hydration status.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, meeting planning/organization, and manuscript preparation.

Total Support of: \$6,585

20. Department of Kinesiology One Time Funding Request (2019)

Principal Investigator: Adams WM

Sponsor: UNCG Department of Kinesiology

Aim: To purchase software needed to expand dietary intake data collection methods.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, meeting planning/organization, and manuscript preparation.

Total Support of \$1,380

19. Physical Activity, sedentary behavior, and dietary intake behavior among African American college freshman: A within-person approach (2019)

Co-PIs: Adams WM, Maher JP, McGuirt JT  
Off Funds

Sponsor: UNCG School of Health and Human Sciences Top

Aim: The goal of this study is to test the feasibility of collecting longitudinal data to advance the understanding of health and dietary intake behaviors in African American college freshman.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, meeting planning/organization, and manuscript preparation.

Total Support of \$6,799

18. Inter-Association Task Force Meeting on Preseason Heat Safety in Secondary School Athletics (2019)

Principal Investigator(s): Adams WM. Sponsor: National Athletic Trainers' Association

Aim: The purpose of this meeting is to develop consensus statements on the following topics specific to secondary school athletics: 1) heat acclimatization and implementation strategies, 2) environmental-based activity modification guidelines and implementation strategies, and 3) management of exertional heat stroke in secondary school athletics.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, meeting planning/organization, and manuscript preparation.

Total Support of \$6,000

17. Habitual Fluid Intake on Health and Wellness in College-aged Men and Women (2019-2020)

Principal Investigator(s): Adams WM, Wideman L. Sponsor: UNCG Office of Research and Engagement

Aim: The purpose of this study is 1) to investigate the association between habitual water intake on overall wellness in college-aged men and women and 2) investigate differences in fluid intake and daily hydration status between non-Hispanic White and non-Hispanic Black college-aged men and women.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, data collection for study visits, data management and analysis, and manuscript preparation.

Total Support of \$9,000

16. Efficacy of Thermal Rehab Machine on Body Cooling in Hyperthermic Individuals (2018-2019)

Principal Investigator: William M. Adams Sponsor: Statim Technologies, LLC

Aim: The emphasis of this grant is to examine the efficacy of an investigational thermal rehabilitation machine on reducing internal body temperature following exercise-induced hyperthermia. (NCT03643835).

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, data collection for study visits, data management and analysis, and manuscript preparation.

Total Support of: \$21,128

15. Validity of Storage Temperature, Duration, and Storage Vessel Seal on 24-hour Urinary Hydration Markers (2018)

Principal Investigator: William M. Adams Sponsor: UNCG Dept of Kinesiology Safrit Measurement Award

Aim: The goal of this study is to determine the validity and reliability of storage methods (temperature, duration, and storage vessel) on the maintenance and integrity of 24 h urinary hydration measures.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, data collection for study visits, data management and analysis, and manuscript preparation.

Total Support of: \$3,904

14. Physical Activity, sedentary behavior, and dietary intake behavior among African American college freshman:  
A within-person approach (2018-2019)

Co-PIs: Adams WM, Maher JP, McGuirt JT                      Sponsor: UNCG School of Health and Human Sciences

Aim: The goal of this study is to advance the understanding of health and dietary intake behaviors in African American college freshman.

Role: Co-PI responsible for aspects of the study related to budget and hydration assessment. Also responsible for training and supervising staff and students in this area, data management and analysis and manuscript preparation.

Total Support of: \$10,000

13. NCAA Soccer Periodization Study-Phase II (2017-2018)

Principal Investigator: William M. Adams                      Sponsor: Subcontract to Univ. of Connecticut

Aim: The aim of this study is to examine the influence that training load and volume, season congestion and season schedule influence the risk of injury in collegiate soccer

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, data collection for study visits, data management and analysis, and manuscript preparation.

Total Support of: \$5,000

12. UNCG International Programs Center Kohler Fund—Institutional Linkages Award (2017)

Principal Investigator: William M. Adams                      Sponsor: UNCG International Programs Center.

Aim: The emphasis of this grant was to foster a relationship and future partnership with Ritsumeikan University to recruit successful students to the Master of Science in Athletic Training Program at UNCG.

Role: Principal Investigator responsible for organizing and planning a meeting with representatives at Ritsumeikan University's College of Sport and Health Science to strategize the formation of a formal partnership to recruit international students for UNCG's MSAT program

Total Support of: \$1,000

11. Validity of non-invasive wearable technology on the assessment of hydration status during exercise (2017)

Principal Investigator: Douglas J. Casa                      Sponsor: Dhama Innovations Pvt. Inc.

Investigators: Adams WM, Stearns RL

Aim: The goal of this study was to investigate the validity of a wrist-worn cooling device on body cooling during exercise in the heat.

Role: Co-Investigator responsible for IRB Approval, ordering of supplies, consenting and enrolling subjects.

Total Support of: \$80,000

10. POLAR Team Pro Validation and Comparison (2016-2017)

Principal Investigator: Douglas J. Casa                      Sponsor: POLAR Electro Oy

Investigators: Huggins RA, Adams WM, Belval LN, Curtis RM, Giersch GEW

Aim: The goal of this study was to assess the validity of Global Positioning Satellite enabled wearable device against known criterion standards for velocity, acceleration and distance.

Role: Co-Investigator responsible for protocol development, data management and analysis.

Total Support of: \$80,093

9. Athletic Trainer Grant Program (2016-2019)

Principal Investigator: Douglas J. Casa                      Sponsor: National Football League

Investigators: Stearns RL, Hosokawa Y, Adams WM, Huggins RA, Scarneo SE

Aim: The emphasis of this grant is to provide funding to secondary schools to hire athletic trainers to provide medical services to secondary school student athletes.

Role: Co-Investigator responsible for data tool development and approval.

Total Support of: \$900,000

8. NCAA Soccer Periodization-Phase I (2016-2017)

Principal Investigator: Douglas J. Casa                      Sponsor: National Collegiate Athletics Association

Investigators: Adams WM

Aim: The emphasis of this grant is to investigate how training load, season schedule, season congestion, and psychosocial perception influence injury rates during training and competition of collegiate soccer season

Role: Co-Investigator responsible for day-to-day oversight of the collection of training load metrics, periodic assessment psychosocial perceptions and other anthropometric measures

Total Support of: \$65,247

7. UConn Division I Men and Women's Athlete WHOOP Recovery and Sleep (2016-2017)

Co-PIs: Douglas J. Casa, William M. Adams                      Sponsor: WHOOP, Inc

Aim: The aim of this study is to investigate how training load and volume, training periodization, season schedule, blood biomarker responses to training and psychosocial stress influences sleep and recovery in collegiate male soccer athletes and female cross country runners.



Role: Co-PI responsible for day to day operations for all aspects of the grant including; budget, data collection for study visits, data management and analysis, and manuscript preparation. Also responsible for research assistant training

Total Support of: \$218,219.00

6. Validity of non-invasive wearable technology on the assessment of hydration status during exercise (2015-2016)

Co-PIs: Douglas J. Casa, William M. Adams

Sponsor: Halo Wearables, LLC

Aim: The aim of this study was to investigate the efficacy of a non-invasive method of assessing real-time hydration status during prolonged exercise and recovery in a hot environment.

Role: Co-PI responsible for day to day operations for all aspects of the grant including; budget, data collection for study visits, data management and analysis, and manuscript preparation. Also responsible for research assistant training

Total Support of: \$81,477.00

5. Validity of an external wearable device and the assessment of hydration during exercise in the heat (2015-2016)

Co-PIs: Douglas J. Casa, William M. Adams

Sponsor: Nano Bio Manufacturing Consortium in Association with General Electric

Aim: The aim of this study was to investigate the efficacy of a non-invasive method of assessing real-time hydration status during prolonged exercise and recovery in a hot environment.

Role: Co-PI responsible for day to day operations for all aspects of the grant including; budget, data collection for study visits, data management and analysis, and manuscript preparation. Also responsible for research assistant training

Total Support of: \$75,000.00

4. Non-invasive biomarkers and hydration assessment during and after exercise in the heat (2015)

Co-PIs: Douglas J. Casa, William M. Adams

Sponsor: Nix, Inc

Aim: The aim of this study was to investigate the efficacy of a non-invasive method of assessing real-time hydration status during prolonged exercise and recovery in a hot environment.

Role: Co-PI responsible for day to day operations for all aspects of the grant including; budget, data collection for study visits, data management and analysis, and manuscript preparation. Also responsible for research assistant training

Total Support of: \$50,001.00

3. Research initiatives to investigate race participants in warm weather conditions: impact of training, heat acclimatization, knowledge and preparation (2014-2016)

Principal Investigator: Douglas J. Casa

Sponsor: Falmouth Road Race

Aim: The aim of this study was to assess the knowledge and preparedness of recreational runners prior to participation in a warm-weather road race.

Role: Co-Investigator for laboratory and field-based data collection methods.

Total Support of: \$16,000

2. Research initiatives to improve awareness and knowledge of athletic trainers as they impact health and safety in sport (2014-2016)

Principle Investigator: Douglas J. Casa.

Sponsor: National Athletic Trainers' Association

Aim: The emphasis of this grant is to development strategies to enhance health and safety at all levels of sport and physical activity.

Role: Co-Investigator responsible for initiative planning and development.

Total Support of: \$300,000

1. Research initiatives to improve health and safety in sport (2014-2016)

Principle Investigator: Douglas J. Casa

Sponsor: National Football League

Aim: The emphasis of this grant is to development strategies to enhance health and safety at all levels of sport and physical activity

Role: Co- Investigator responsible for initiative planning and development

Total Support of: \$300,000

## **Pending Funding**

4. Assessing the effect of mild hypohydration on the beverage hydration index of commercially available beverages (2020-2021)

Principal Investigators: Adams WM, Zaplatosch ME

Sponsor: American College of Sports Medicine

Aim: To examine the impact of hydration status on fluid retention capacity of commercially available rehydration beverages.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, meeting planning/organization, and manuscript preparation.

Total Requested: \$4,867

3. Influence of Female Sex Hormones on Fluid Intake and Markers of Hydration Status (2020-2021)

Principal Investigator: Adams WM

Sponsor: American College of Sports Medicine

Aim: To determine how female sex hormones influence habitual fluid intake and markers of hydration status.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, meeting planning/organization, and manuscript preparation.

Total Requested: \$10,000

2. Influence of Osmotic Stimulation of Vasopressin on Heart Rate Variability (2020-2021)

Principal Investigator: Adams WM

Sponsor: NCBiotech

Aim: To determine how the osmotic stimulation of vasopressin affects heart rate variability.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, meeting planning/organization, and manuscript preparation.

Total Requested: \$20,000

1. Influence of Bed Temperature on Sleep Quality in Warm Conditions: A Feasibility Study (2019-2020)

Principal Investigator: Adams WM

Sponsor: Bedgear, LLC

Aim: To assess the influence of bed temperature on sleep quality in warm environmental conditions.

Role: Principal Investigator responsible for day to day operations for all aspects of the grant including; budget, meeting planning/organization, and manuscript preparation.

Total Requested: \$4,043

**Not Funded**

9. UNCG Rise Network

“Influence of thermal stress on heart rate variability”

PI: Adams WM. Total Requested: \$5,000

8. National Athletic Trainers’ Association

“Association of habitual fluid intake on physical activity, sleep, mood disposition, and stress in college-aged men and women”

PI: Adams WM. Total Support of \$23,000

7. American College of Sports Medicine

“Habitual Fluid Intake on Health and Wellness in College-Aged Hispanic Men and Women”

PI: Adams WM. Total Support of \$10,000

6. National Athletic Trainers’ Association (February 2018)

“Impact of Training Volume, sleep quality and timing of a collegiate soccer season on incidence of injury”

PI: Adams WM. Total Support of: \$22,928

5. UNCG Office of Research and Economic Development (2018)

“A Cross-sectional Analysis of Habitual Fluid Intake and Determinants of Drinking Behavior”

PI: Adams WM. Total Support of: \$5,000

4. UNC-Greensboro—Linda Arnold Carlisle Faculty Research Grant in Women’s and Gender Studies (2018)

“A cross-sectional analysis of habitual fluid intake and determinants of drinking behavior in college-aged women”

PI: Adams WM. Total Support of: \$1,500

3. Research and Instruction in STEM Education (RISE) Network—UNCG Greensboro (2017)

“Habitual fluid intake on perceived sleep and wellness in males and females”

PI: Adams, WM. Total Support of: \$2,500

2. UNCG Office of Research and Economic Development (2018)

“A cross-sectional analysis of habitual fluid intake and determinants of drinking behavior”

PI: Adams WM. Total Support of: \$25,000

1. UNCG Office of Research and Economic Development (2017)

“Influence of Fluid Intake Behavior on Wellness in College-Aged Men and Women”

PI: Adams WM. Total Support of: \$5,000

## **COURSES TAUGHT**

- **University of North Carolina at Greensboro**

August 2017-Present

- KIN 642: Optimizing Athletic Performance
- KIN 721: General Medical Conditions
- KIN 475: Independent Study
- KIN 695: Independent Study

- **University of Connecticut**

August 2010-May 2016

- KINS 3125: Taping and Bracing Laboratory
- KINS 3113: Clinical Rotation IV
- KINS 3110: Clinical Rotation I
- KINS 3135: Therapeutic Interventions I (Served as a Teaching Assistant)
- KINS 3130: Assessment of the Extremities (Served as a Teaching Assistant)
- KINS 3140: Emergency Procedures (Served as a Teaching Assistant)

- KINS 3170: Health and Medicine (Served as a Teaching Assistant)

- **University of Wisconsin-Madison**

2007-2009

- Anatomy 329: Anatomy Laboratory (Served as a Teaching Assistant).

## PROFESSIONAL SERVICE

### Invited Presentations

- **Adams WM.** (2019, October). Sudden Death in Sport: Considerations for Emergency Preparedness in Sports Medicine. University of Wisconsin-Madison. Madison, WI.
- **Adams WM.** (2019, July). Integration of Evidence-Based Medicine for the Prevention, Recognition, Management and Care of Exertional Heat Stroke. Duke Sports Medicine Inservice. Duke University, Durham, NC.
- **Adams WM.** (2019, June). Integration of Evidence-Based Medicine for the Prevention, Recognition, Management and Care of Exertional Heat Stroke. Premier Health Sports Medicine Symposium. Dayton, OH.
- **Adams WM.** (2019, May). Integration of Evidence-Based Medicine for the Prevention, Recognition, Management and Care of Exertional Heat Stroke. Peachbelt Athletics Conference Sports Medicine Meeting. Florence, SC
- **Adams WM.** (2019, May). Hydration for Sport, Safety and Health: What Athletic Trainers Need to Know. Mid Atlantic Athletic Trainers' Association Annual Meeting. Ocean City, MD.
- **Adams WM, Casa DJ, Kavouras S** (2019, April). Hydration: One Size Does Not Fit All. 2019 Far West Athletic Trainers' Association Annual Meeting. San Diego, CA.
- **Duffy D, Adams WM.** (2018, December). Rugby and Head injuries: What we know, what we don't know and what we need to know. 2018 Women in Rugby Conference. Queens, University, Charlotte, NC.
- **Adams WM.** (2018, October). Strategies for enhancing safety during exercise in the heat. 7<sup>th</sup> International Meeting of the Physiology and Pharmacology of Temperature Regulation Society. Split, Croatia.
- **Adams WM.** (2018, July). Integration of Evidence-Based Medicine for the Prevention, Recognition, Management and Care of Exertional Heat Stroke, Greensboro Orthopedic Athletic Trainer In-service. Greensboro, NC
- **Adams WM.** (2018, May). Integration of Evidence-Based Medicine for the Prevention, Recognition, Management and Care of Exertional Heat Stroke, Mid Atlantic Athletics Trainers' Association Annual Meeting, Ocean City, MD.
- **Adams WM.** (2018, May). Evidence Based Medicine in the Realm of Sudden Death: From Evidence to Practice. Southern Conference Sports Medicine Society Annual Meeting. Greenville, SC.

- **Adams WM.** (2017, December). The Role of Hydration: Optimizing Athletic Performance and Enhancing Safety. Ritsumeikan University. Kusatsu, Shiga, Japan.
- **Adams WM.** (2017, November). Evidence-Based Approach on the Prevention, Recognition, Treatment and Recovery of Exertional Heat Stroke. Wake Forest School of Medicine. Wake Forest University.
- **Adams WM.** (2017, October). Managing Emergency Care at Mass Participation Events. Athletic Training Program, Department of Kinesiology, University of Wisconsin-Madison.
- **Adams WM.** (2017, September). Integration of Best Practices into Policy: Enhancing the Safety of Secondary School Athletes. Department of Kinesiology, University of North Carolina at Greensboro, Greensboro, NC
- **Adams WM.** (2017, August). Optimizing Athletic Performance in the Heat. New Balance Falmouth Road Race Medical Symposium. Falmouth, MA
- **Adams WM.** (2017, June). Current Status of Evidence-Based Best Practice Recommendations in Secondary School Athletics. 68<sup>th</sup> National Athletic Trainers' Association Annual Meeting. Houston, TX.
- **Adams WM.** (2017, April). Current Evidence on the Prevention, Recognition, Treatment and Recovery of Exertional Heat Stroke. Department of Sports Science, Waseda University. Saitama, Japan.
- **Adams WM.** (2016, November). Prevention, Recognition and Treatment of Exertional Heat Illness During Training and Response Operations. Vermont Department of Emergency Management and Homeland Security Conference. Fairlee, VT.
- **Adams WM.** (2016, October). Measuring Hydration Status: Current and Future Directions. Presented to the Chinese Delegation for General Administration of Sports of China, University of Connecticut, Storrs, CT.
- **Stearns RL, Casa DJ, Adams WM.** (2016, October). Policy Change in Sport: Current Successes and the Path Forward. Presented at New England Chapter of American College of Sports Medicine Annual Meeting, Providence, RI.
- **Adams WM.** (2016, August). Optimizing Safety and Maximizing Performance During Running in the Heat. Presented at New Balance Falmouth Road Race Expo, Falmouth, MA.
- **Adams WM.** (2016, August). Hydration in Today's Athletes. Presented at Beach to Beacon Medical Symposium, Portland, ME.
- **Adams WM.** (2016, July). Evidence Based Medicine in the Realm of Heat Stroke and Sudden Death. Presented at Washington Athletic Trainers Association Annual Meeting, University of Washington, Seattle, WA
- **Casa DJ, Adams WM.** (2016, June). High School Sports Safety: How Policy Changes Make a Difference. Presented at National Athletic Trainers Association Annual Meeting, Baltimore MD.
- **Adams WM.** (2016, June). High School Sports Safety: How Policy Changes Make a Difference. Presented at National Sports Media Association Award Show, Salisbury, NC.
- **Huggins RA, Jardine J, Adams WM.** (2016, May). Best Practice Recommendations for Pre Hospital Care of Exertional Heat Stroke. Presented at Backus Hospital, Norwich, CT.

- **Adams WM.** (2016, May). Exertional Heat Stroke: Current Evidence and Best Practices. Presented to Rocky Mountain University of the Health Professions. Provo, UT.
- **Adams WM.** (2016, May). Evidence Based Medicine in the Realm of Heat Stroke and Sudden Death. Presented at Connecticut Athletic Trainers Association Annual Meeting, Quinnipiac University, Hamden, CT.
- Casa DJ, Stearns RL, Hosokawa Y, Vandermark LW, Scarneo SE, Pike AM, Huggins RA, **Adams WM.** (2016, January). The Work of the Korey Stringer Institute-Assisting Athletic Trainers and the Profession. Eastern Athletic Trainers' Association Annual Meeting, Boston, MA.
- **Adams WM.** (2015, November). Preventing Exertional Heat Stroke: The Role of Evidence Based Policies. Presented to Coaches and Administrators, Lawrence Academy, Groton, MA.
- **Adams WM.** (2015, September). Evidence Based Medicine in the Realm of Heat Stroke and Sudden Death. Presented to Sports Medicine Staff, Bryant University, Smithfield, RI.
- **Adams WM.** (2015, August). Prevention, Treatment, and Care of Exertional Heat Stroke. New Balance Falmouth Road Race Sports Medicine Symposium. Falmouth, MA.
- **Adams WM.** (2015, April). Maximizing Athletic Performance and Safety During Exercise in the Heat: On Field Considerations and Policy Changes. Presented to undergraduate athletic training students, University of Wisconsin-Madison, Madison, WI.
- **Adams WM,** Casa DJ. (2015, April) Hydration and American Football. Gatorade Sports Science Institute: Sports Science Exchange. Online Webinar
- **Adams WM.** (2014, October). Influence of Hydration Status on the Effectiveness of Cooling Modalities. 23<sup>rd</sup> Annual AMAA Sports Medicine Symposium at Marine Corps Marathon. Virginia Hospital Center, Arlington, VA.
- **Adams WM.** (2014, October). Bridging the Gap Between Wearable Technologies and Sport Performance: Current Practices and Future Directions. Sensor Technology and Systems Integration for Human Performance & Health Device Workshop. Nano-Bio Manufacturing Consortium. Northeastern University, Boston, MA.
- **Adams WM.** (2014, September). Exertional Heat Stroke. Online webinar presented to Rocky Mountain University of Health Professions, Provo, UT.
- **Adams WM.** (2014, February). Exertional Heat Stroke. Online webinar presented to Rocky Mountain University of Health Professions, Provo, UT.
- **Adams WM.** (2013, September). Exertional Heat Stroke. Presented to undergraduate athletic training students, Sacred Heart University, Fairfield, CT.
- **Adams WM.** (2013, September). Anti-inflammatory drugs. Presented to the undergraduate athletic training students, University of Connecticut, Storrs, CT.
- **Adams, WM.** (2010, September). The Athletic Training Profession. Presented to Health Science class at Rockville High School, Vernon, CT

**Professional Committees**

- National Athletic Trainers’ Association Post-Professional Education Committee—District 3 Representative June 2020-June 2023
- North Carolina Athletic Trainers’ Association Practice Setting Committee August 2019-Present
- Board of Certification (BOC) Exam Development Committee August 2018-Present
- 7<sup>th</sup> International Conference on the Physiology and Pharmacology of Temperature Regulation International Program Committee Member 2017-2018
- SHI-Youth Sports & Health Committee, American College of Sports Medicine June 2017-Present
- Environmental & Occupational Physiology Interest Group Committee Member, American College of Sports Medicine June 2017-Present

**Editorial Activities**

- Guest Editor, Hydration and Nutrition Considerations for Sport and Physical Activity November 2019-June 2020
- Editorial Board, Journal of Sport Rehabilitation January 2020-December 2023
- Editorial Board, Nutrients January 2019-December 2022
- Editorial Board, Journal of Athletic Training January 2019-December 2022
- Guest Editor, Water Intake, Body Water Regulation and Health, Nutrients August 2018-June 2019
- Reviewer, Journal of the American College of Nutrition July 2019 -Present
- Reviewer, Risk Management and Healthcare Policy July 2019 -Present
- Reviewer, Applied Physiology, Nutrition and Metabolism October 2018 -Present
- Reviewer, Physiology & Behavior July 2018 -Present
- Reviewer, Athletic Training & Sports Health Care July 2018 -Present
- Reviewer, Journal of Applied Physiology June 2018 -Present
- Reviewer, Medicine & Science in Sport & Exercise April 2018 -Present
- Reviewer, Clinical Journal of Sports Medicine March 2018 -Present
- Reviewer, Annals of Nutrition and Metabolism October 2017 -Present
- Reviewer, Journal of Sports Science and Medicine October 2017 -Present
- Reviewer, International Journal of Sports Nutrition and Exercise Metabolism September 2017-Present
- Reviewer, Journal of Sport Rehabilitation August 2016-Present



- Reviewer, Nutrire July 2016-Present
- Reviewer, BMJ Open Sport & Exercise Medicine July 2016-Present
- Reviewer, Current Sports Medicine Reports July 2016-Present
- Reviewer, American Journal of Sports Medicine November 2014-Present
- Reviewer, Sports Health March 2016-Present
- Reviewer, Journal of Science and Medicine and Sport January 2014-Present
- Reviewer, Journal of Athletic Training March 2012-Present

**Other Service**

- Medical & Science Advisory Board, Korey Stringer Institute 2017-Present
- Southeast Chapter of American College of Sports Medicine 2019 Annual Meeting Free Communications Session Chair 2019
- Southeast Chapter of American College of Sports Medicine Annual Meeting Abstract Reviewer 2017, 2018
- National Athletic Trainers' Association Annual Meeting Proposal Reviewer 2017, 2018, 2019
- Eastern Athletic Trainers' Association Annual Meeting Abstract Reviewer 2016, 2017
- Collaborative Solutions for Safety in Sport Programming Committee 2015, 2016, 2017
- Clinical Preceptor, Athletic Training Program, University of Connecticut January 2011-August 2016

**Certifications and Memberships**

- National Provider Identification (NPI) Number: 1649691627
- BOC Certified Athletic Trainer: #2000002707 January 2010-Present
- North Carolina Athletic Training License: LAT-3585 August 2017-Present
- Connecticut Department of Public Health Athletic Training License: #000647 August 2010-February 2018
- Rhode Island Department of Public Health Athletic Training License: #AT00307 May 2011-Present
- NATA Clinical Instructor Preceptor December 2010-Present
- American Red Cross August 2007-Present
  - CPR/AED and First Aid for the Professional Rescuer
- Member, American College of Sports Medicine (ACSM) November 2011-Present

- Member, National Athletic Trainers' Association (NATA) October 2009-Present
- Member, North Carolina Athletic Trainers' Association July 2017-Present
- Member, Mid-Athletic Athletic Trainers' Association July 2017-Present
- Member, Southeast Chapter American College of Sports Medicine Member July 2017-Present
- Member, European College of Sport Science (ECSS) September 2017-Present
- Member, American Physiological Society (APS) July 2013-Present
- Member, National Strength and Conditioning Association (NSCA) January 2015-Present
- Member, New England Chapter American College of Sports Medicine Member November 2010-2017
- Member, Eastern Athletic Trainers' Association Member August 2010-July 2017
- Member, Connecticut Athletic Trainers' Association Member August 2010-July 2017
- American Red Cross: Instructor for Layperson CPR/AED and First Aid July 2010-June 2013
- Wisconsin Department of Public Health Athletic Training License: #1146-39 April 2010-June 2012
- Member, Wisconsin Athletic Trainers Association 2009-2010
- Member, Great Lakes Athletic Trainers Association 2009-2010

**HONORS & AWARDS**

- National Athletic Trainers' Association Young Professional National Distinction Award Nominee October 2019
- American College of Sports Medicine New Investigator Award May 2019
- Thomas Undergraduate Research Mentor Award Nominee October 2018
- National Athletic Trainers' Association Young Professional National Distinction Award Nominee October 2018
- UNCG HHS International Travel Award October 2018
- UNCG International Programs Center International Travel Funds October 2018
- Hydration 4 Health Young Research Award Finalist July 2017
- American Physiological Society Caroline tum Suden/Frances Hellebrandt Professional Opportunity Award April 2017
- Douglas J. Casa Athletic Training Research Award April 2016
- University of Connecticut Doctoral Dissertation Fellowship December 2015
- University of Connecticut Spring Travel Award December 2015
- Great Lakes National Scholarship Program Award Winner August 2012

- Wisconsin Athletic Trainers' Association Student Poster Competition  
Winner: Concussion Management of a Division I football player with  
Type I Diabetes and ADHD: A Case Study April 2010
- Allen J. Shafer Memorial Scholarship Recipient April 2008

**STUDENTS MENTORED**

**Doctoral**

- Mitchell Zaplatosch, University of North Carolina at Greensboro  
(Doctoral Committee Chair) 2019-2023
- Casey Smith, University of North Carolina at Greensboro (Doctoral  
Committee Member) 2019-2021
- Tavis Anderson, University of North Carolina at Greensboro (Doctoral  
Committee Member) 2018-2020
- Susan Edkins, University of North Carolina at Greensboro (Doctoral  
Committee Member) 2018-2020

**Masters**

- Josi Gabaldon, University of North Carolina at Greensboro (Masters  
Committee Member) 2017-2019
- Erin Rysanek, University of North Carolina at Greensboro 2018-2020
- Dana Friske (Outside committee member, University of Utah) 2017-2018
- Bruin Armwald (Outside committee member, Penn State University) 2017-2018

**Undergraduate**

- Catherine Fishback, University of North Carolina at Greensboro 2019-Present
- Max Sterling, University of North Carolina at Greensboro 2019-Present
- Logan Brooks, University of North Carolina at Greensboro 2019-Present
- Alivia Meridith, University of North Carolina at Greensboro 2019-Present
- Kalah Collins, University of North Carolina at Greensboro 2019
- Stacey Walton, University of North Carolina at Greensboro 2017-2019
- Eleni Karras, University of North Carolina at Greensboro 2017-Present
- Megan Haskins, University of North Carolina at Greensboro 2017-2018

- Cameron Terry, University of North Carolina at Greensboro 2017-2018
- Zachary Binkley, University of North Carolina at Greensboro 2017-2018
- Brian Washington, University of North Carolina at Greensboro 2017-2018
- Amber Huntsinger, University of North Carolina at Greensboro 2017-2018
- Jacob Teixeira (Senior Honors Thesis, University of Connecticut) 2016-2017
- Ryan Marder (Senior Honors Thesis, University of Connecticut) 2016-2017
- Derek RoyDavis (Senior Honors Thesis, University of Connecticut) 2016-2017
- Edward Wilson (Senior Honors Thesis, University of Connecticut) 2015-2016