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Justin A. Kraft
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- Education**
- Doctor of Philosophy: Human Performance**, University of Alabama, August 2007
Dissertation: *Effects of Dehydration on Intermittent Anaerobic Performance*
- Master of Arts: Physical Education: Pedagogy**, University of Northern Colorado,
May 2000
- Certification: K-12 Physical Education**, Colorado
- Bachelor of Arts: Biology, Physical Education**, Jamestown College, May 1998
Minor: Chemistry
- Employment**
- Professor**, Missouri Western State University (August 2007-Current)
Graduate Program Coordinator: Master of Applied Science in Sport and Fitness Management (August 2020-current)
Department Chair (August 2015-June 2020)
Full Professor (August 2018-Current)
Associate Professor (August 2013-July 2018)
Assistant Professor (August 2007-August 2013)
- Teaching (Courses include: Physiology of Exercise, Graded Exercise Testing, Kinesiology, Evaluation and Measurement in Physical Education, Practicum Supervision, Foundations of Physical Education, and Fitness and Wellness)
 - Teaching in Face-to-Face, Online, and Hybrid Formats
 - Scholarly Activity
 - University and Professional Service
- Faculty Member-Part-Time**, Walden University (August 2020-Current)
Contributing Faculty- PH.D. Health Education and Promotion Program
- Mentor and review doctoral dissertations
- Fellowship of Catholic University Students Campus Staff / Regional Director of Fundraising** (May 2000-August 2004)
- Developed and implemented a training curriculum for new staff fundraising
 - Provided leadership training and personal mentorship to college students
 - Raised \$24,000 per year in personal financial support
- Certifications**
- ACSM Certified Exercise Physiologist**, American College of Sports Medicine
Certificate number: 20842, Certified May 2005
- Functional Movement Screen (FMS)**, Functional Movement Systems, Certified Level 1 (December 2015) and Certified Level 2 (January 2017)
- Publications**
- Kraft, J.A.,** Laurent, M.L., Green, J.M., Helm, J., Roberts, C., Holt, S.
Examination of coach and player perceptions of recovery and exertion.
Journal of Strength and Conditioning Research. 34(5): 1383-1391, 2020.

- Johnson, B., VanBelkum, A., **Kraft, J.A.** A Description of Physical Activity Outcomes for Beginning Curlers. *International Journal of Exercise Science*. 11(6): 633-639, 2018.
- Kraft, J.A.**, Russell, W.D., Clark, N., Helm, J., Jackson, A. Influence of Experience Level on Physical Activity during Interactive Video Gaming. *Journal of Physical Activity and Health*. 12: 794-800, 2015.
- Kraft, J.A.**, Green, J.M., Gast, T. Work Distribution Influences Session Ratings of Perceived Exertion Response during Resistance Exercise Matched for Total Volume. *Journal of Strength and Conditioning Research*. 28(7): 2042-2046, 2014.
- Kraft, J.A.**, Green, J.M., Thompson, K. Session Ratings of Perceived Exertion Responses during Resistance Training Bouts Equated for Total Work but Differing in Work Rate. *Journal of Strength and Conditioning Research*. 28(2): 540-545, 2014.
- Russell, W.D., **Kraft, J. A.**, Bergman, R.J., Spellman, J.W., Barnes, N.W. Experience Level and Social Condition Influences on Heart Rate, Perceived Exertion, and Mood from Interactive Video Game Boxing. *Journal of Sport Behavior*. 36(3): 276-290, 2013.
- Kraft, J.A.**, Green, J.M., Bishop, P.A., Richardson, M., Neggers, Y., and Leeper, J. The Influence of Hydration on Anaerobic Performance: A Review. *Research Quarterly for Exercise and Sport*. 83(2): 282-292, 2012.
- Kraft, J.A.**, Russell, W.D., Bowman, T., Selsor, C., Foster, G. Heart Rate and Perceived Exertion During Self-Selected Intensities for Exergaming Compared to Traditional Exercise in College-Age Participants. *Journal of Strength and Conditioning Research*. 25(6): 1736-1742, 2011.
- Kraft, J.A.**, Green, J.M., Bishop, P.A., Richardson, M., Neggers, Y., and Leeper, J. Effects of Heat Exposure and 3% Dehydration Achieved Via Hot Water Immersion on Repeated Cycle Sprint Performance. *Journal of Strength and Conditioning Research*. 25(3): 778-786, 2011.
- Russell, W.D., Block, B.A., **Kraft, J.A.**, Kissock, S. A Critical Thinking-Based Approach to Teaching University Wellness Courses. *Missouri Journal of Health Physical Education Recreation and Dance*. 21: 107-122, 2011.
- Russell, W.D., Corder, S., **Kraft, J.A.** Outcomes of a Mentor-Led Youth Wellness Program: G.A.M.E. (Goal Accomplishment through Mentoring and Exercise) On Griffs! *Missouri Journal of Health Physical Education Recreation and Dance*. 21: 74-87, 2011.
- Kraft, J.A.**, Green, J.M., Bishop, P.A., Richardson, M., Neggers, Y., and Leeper, J. Impact of Dehydration on a Full Body Resistance Exercise Protocol. *European Journal of Applied Physiology*. 109(2): 259-267, 2010.

Russell, W.D., **Kraft, J.A.**, Bowman, T., Selsor, C., Foster, G. Comparison of Acute Psychological Effects from “Exergames” vs. Traditional Exercise. *Athletic Insight*. 12(3): 2010. www.athleticinsight.com

Block, B.A., Wells, C., and **Kraft, J.A.** Postmodernism in Higher Education: Engaging the Millennials in Critical Thought. *Selected Papers from the Nineteenth International Conference on College Teaching and Learning*. Pg. 1-27, April, 2008.

Manuscripts in Preparation

Kraft, J.A. Sport and Character Formation: A Review. *Manuscript in preparation*.

Refereed Presentations

Kraft J.A., Laurent M., Douglas S., Toluoso D., Fullenkamp A., Green J.M., Relationships among Perceived Recovery, Vertical Jump And Change In Repeated Sprint Performance. American College of Sports Medicine 65th Annual Meeting, Minneapolis, MN, May 2018.

Jones, M., Russell W.D., **Kraft, J.A.**, Kriewitz, K.G., Domon, T., Chappel, C. Perceptions of Employers of Personal Trainers: A Pilot Study. American College of Sports Medicine 65th Annual Meeting, Minneapolis, MN, May 2018.

Laurent, M., Toluoso, D., Fullenkamp, A., Douglas, S., **Kraft, J.A.**, Green, J.M. Impact of Using Perceptually Regulated Recovery Periods During Repeated Sprint Work. American College of Sports Medicine 64th Annual Meeting, Denver, CO, May 2017.

Kraft, J.A., Green, J.M., Laurent, M., Helm, J., Roberts, C., Holt, S. Coach versus Athlete Perceptions of Effort in Evaluation of Training Load. American College of Sports Medicine 63rd Annual Meeting, Boston, MA, June 2016.

Kraft, J.A., Lee, M. Heart Rate Based Training: Using Technology to Maximize Performance. Missouri Association for Health, Physical Education, Recreation, and Dance State Convention. Lake Ozark, MO, November 2015.

Kraft, J.A., Green, J.M., Laurent, M., Helm, J., Roberts, C., Holt, S. Coach and Athlete Perceptions of Training Load Differ in Division II Women’s Volleyball. American College of Sports Medicine 62nd Annual Meeting. San Diego, CA, May 2015.

Kraft, J.A., Russell, W.D., Clark, N., Helm, J., Jackson, A. Influence of Experience Level On Physical Activity During Interactive Video Gaming. American College of Sports Medicine 61st Annual Meeting. Orlando, FL, May 2014.

Steele, A., Johnson, B., **Kraft, J.A.** Physical Fitness Levels for Beginning Curlers. American Alliance for Health, Physical Education, Recreation, and Dance National Convention. St. Louis, MO, April 2014.

- Kraft, J.A.**, Green, J.M., Gast, T.M. Work Distribution Influences Session RPE During Resistance Exercise. American College of Sports Medicine 60th Annual Meeting. Indianapolis, IN, May 2013.
- Kraft, J.A.**, Green, J.M., Thompson, K.R. Influence of Work Rate on Session RPE During Resistance Training. American College of Sports Medicine 59th Annual Meeting. San Francisco, CA, June 2012.
- Thompson, K.R., **Kraft, J.A.**, Green, M.J. Session RPE Is Not Different When Estimated 15 Minutes vs. 30 Minutes Post-exercise. American College of Sports Medicine 59th Annual Meeting. San Francisco, CA, June 2012.
- Kraft, J.A.** Taking the Plunge: Designing an Online Upper Division Health Science Course. Missouri Association for Health, Physical Education, Recreation, and Dance State Convention. Lake Ozark, MO, November 2011.
- Kraft, J.A.**, Russell, W.D., Bergman, R.J., Spellman, J.W., Barnes, N.W. Experience and Social Influences on Heart Rate and Perceived Exertion During Interactive Video Gaming. American College of Sports Medicine 58th Annual Meeting. Denver, CO, June 2011.
- Kraft, J.A.** Hydration and Nutrition for Sport: High Octane Fuel for Peak Performance. Missouri Association for Health, Physical Education, Recreation, and Dance State Convention, Lake Ozark, MO, November 2010.
- Kraft, J.A.**, Russell, W.D., Bowman, T., Selsor, C., Foster, G. Heart Rate and Perceived Exertion Responses During Self-selected Intensities for “Exergaming” in College-age Participants. American College of Sports Medicine 57th Annual Meeting. Baltimore, MD, June 2010.
- Russell, W.D., **Kraft, J.A.**, and Corder, S. G.A.M.E. on Griffs!: Effects of a Community Youth Wellness Program. American Alliance for Health Physical Education Recreation and Dance. Indianapolis, IN, Spring 2010.
- Russell, W.D., Block B.A., **Kraft, J.A.**, and Kissock, S. A Critical Thinking-Based Approach to Teaching University Wellness Courses. American Alliance for Health Physical Education Recreation and Dance. Indianapolis, IN, Spring 2010.
- Russell, W.D., **Kraft, J.A.** G.A.M.E. on Griffs! Creating a Youth-based Community Wellness Program on a Shoe String Budget. Central District American Alliance for Health Physical Education Recreation and Dance. Fargo, ND, Spring 2010.
- Russell, W.D. and **Kraft, J.A.** Comparison of Short-Term Psychological Effects from “Exergames” to Traditional Exercise. Association for Applied Sport Psychology Annual Meeting. Salt Lake City, UT, September 15-18, 2009.

- Kraft, J.A.**, Green, M., Bishop, P., Richardson, M., Neggers, Y., and Leeper, J. Impact of Dehydration to 3% Body Weight on a Full Body Resistance Training Protocol. American College of Sports Medicine 56th Annual Meeting. Seattle, WA, May 2009.
- Corder, S., Russell, W.D., and **Kraft, J.A.** G.A.M.E. on Griffs! Goal Accomplishment through Mentoring and Exercise. Fourth Annual Conference on Applied Learning in Higher Education. Missouri Western State University. St. Joseph, MO, February 2009.
- Kraft, J.A.**, Green, J.M., Bishop, P.A., Richardson, M., Neggers, Y., and Leeper, J. The Influence of Hydration Status on Anaerobic Performance: A Review. Central States ACSM Annual Meeting. Kansas City, MO, October 2008.
- Russell, W.D., **Kraft, J.A.**, Corder, S., King, D. G.A.M.E. on Griffs! (Goal Accomplishment through Mentoring and Exercise). University of Kansas 10th Annual Kansas Conference on Prevention and Treatment of Overweight and Obese Individuals. Kansas City, MO, September 2008.
- Kraft, J.A.**, Green, M., Bishop, P., Richardson, M., Neggers, Y., and Leeper, J. Intermittent Cycle Sprints Following Heat Exposure with Fluid Replacement and Heat Exposure to 3% Dehydration. American College of Sports Medicine 55th Annual Meeting. Indianapolis, IN, May 2008.
- Kraft, J.A.** Capturing the Scholarship of Engagement in Predominantly Undergraduate Institution Classrooms. The 3rd Annual Midwestern Conference on Research at Predominantly Undergraduate Institutions. Park University, Parkville, MO, May 2008.
- Block, B.A., Wells, C., and **Kraft, J.A.** Postmodernism in Higher Education: Engaging “Millennials” in Critical Thought. Nineteenth International Conference on College Teaching and Learning. Jacksonville, FL, April 2008.
- Kraft, J.A.** Influence of Hydration Status on Sport and Exercise Performance. Missouri Association for Health, Physical Education, Recreation, and Dance State Convention, Lake Ozark, MO, November 2007.
- Pritchett, R., and **Kraft, J.A.** Dehydration: Influence on Aerobically-based and Anaerobically-based Performance. Alabama State Association for Health, Physical Education, Recreation, and Dance Fall Conference, Birmingham, Alabama, November 2006.

**Funding Requests/
Research
Honorariums**

- Johnson, B., Kriewitz, K., **Kraft, J.A.** MWSU Foundation Special Allocation Equipment funding for Personal and Commercial Fitness Lab. Missouri Western State University Foundation. \$2498 July 2019.
- Jones, M., **Kraft, J.A.**, Johnson, B. MWSU Foundation Special Allocation Request to create a Personal and Commercial Fitness Lab. Missouri Western State University Foundation. \$2500 July 2017.

Kraft, J.A., Russell, W.D., Clark, N., Helm, J., Jackson, A., Influence of Experience Level on Physical Activity during Interactive Video Gaming. Missouri Western State University PORTAL. \$3500 Stipend and \$750 professional development funding. June 2013.

Kraft, J.A., Thompson, Kyle R. Influence of Work Rate and Pre-Set Heart Rate on Session RPE during Resistance Training. Missouri Western State University Undergraduate Research Summer Institute. \$1000 June 2011.

Russell, W.D., **Kraft, J.A.**, Bergman, R.J., Hardwick, C. Valuing Increased Volume of Physical Activity (VIVA) UCP. The Messick Trust. Request for \$7295.15 April 2011. (Not funded).

Russell, W.D., **Kraft, J.A.**, Bergman, R.J., Spellman, J.W. Examination of Physiological, Step-Count, and Mood Effects of an Interactive Video-Game across User Experience and Game-Playing Conditions. Missouri Western State University Undergraduate Research Summer Institute. \$1000 June 2010.

Corder, S., Russell, W.D., and **Kraft, J.A.**, Wolford, N., Gay, M.J. Mission F.I.T. (Families in Training). Heartland Foundation Healthy Partnerships Grant. Request for \$7500 April 2009 (Not funded).

Kraft, J.A., Russell, W.D., Bowman, T. A Comparison of Interactive Video Game Technology Applications on Aerobic Heart Rate Response. Missouri Western State University Undergraduate Research Summer Institute. \$1000 June 2008.

Green, J.M., Bishop, P.A., and **Kraft, J.A.** Effects of Carbohydrate Electrolyte Beverage on Anaerobic Exercise Performance. Gatorade Corporation. Request for \$100,266.52 September 2007. (Not funded).

University of Alabama College of Education Travel Award. Department of Kinesiology. Presentation at the Alabama State Association for Health, Physical Education, Recreation, and Dance Fall Conference. Dehydration: Influence on Aerobically-based and Anaerobically-based Performance., Birmingham, AL, \$100 November 2006.

University of Alabama Graduate Student Association Research and Travel Award. The Effects of Dehydration on Intermittent Anaerobic Performance. \$437 December 2006.

Awards

Kraft, J.A. Missouri Western State University Board of Governors Distinguished Professor in the area of Service. March 2011.

Kraft, J.A., Faculty Excellence in the Teaching of Critical Thinking Individual Award. Missouri Western State University \$1000 Professional Development Award. May 2008.

Block, B.A., **Kraft, J.A.**, Russell, W., Hartenbower, P., Kriewitz, K. Departmental Excellence in the Teaching of Critical Thinking Award. Missouri Western State University. \$3000 May 2008.

Professional Involvement

Fellow, American College of Sports Medicine
Member, Central States Chapter, American College of Sports Medicine

Professional Leadership/ Service

Central States American College of Sports Medicine: Administrative Council Member, Missouri Representative (Fall 2009- 2011)
Central States American College of Sports Medicine: Annual Chapter Meeting Abstract Review Committee member (2009, 2011, 2018, 2019)
Central States American College of Sports Medicine: Chair Nominations Committee (2011-2016)
Manuscript Reviewer for *Journal of Strength and Conditioning Research* (Served as a subject matter reviewer) (July 2020)
Manuscript Reviewer for *Journal of Sports Sciences* (Served as a subject matter reviewer) (March-April 2019)
Manuscript Reviewer for *Journal of Physical Activity and Health* (Served as a subject matter reviewer) (November 2018)
Manuscript Reviewer for *International Journal of Exercise Science* (Served as a subject matter reviewer) (September-November 2018)
Manuscript Reviewer for *International Journal of Sports Medicine* (Served as a subject matter reviewer) (April 2017)
Manuscript Reviewer for *International Journal of Exercise Science* (Served as a subject matter reviewer) (September 2016)
Manuscript Reviewer for *Perceptual and Motor Skills* (Served as a subject matter reviewer) (May 2015)
Manuscript Reviewer for *European Journal of Sports Science* (Served as a subject matter reviewer) (May 2015)
Manuscript Reviewer for *International Journal of Sports Physiology and Performance* (Served as a subject matter reviewer) (April 2015)
Manuscript Reviewer for *Journal of Strength and Conditioning Research* (Served as a subject matter reviewer) (Jan 2015)
Manuscript Reviewer for *Journal of Strength and Conditioning Research* (Served as a subject matter reviewer) (Sept 2014)
Manuscript Reviewer for *Journal of Strength and Conditioning Research* (Served as a subject matter reviewer) (July 2014)
Manuscript Reviewer for *International Journal of Exercise Science* (Served as a subject matter reviewer) (July 2014)
Manuscript Reviewer for *Biology of Sport* (Served as a subject matter reviewer) (April 2014)
Manuscript Reviewer for *Perceptual and Motor Skills* (Served as a subject matter reviewer) (February 2014)
Manuscript Reviewer for *Journal of Strength and Conditioning Research* (Served as a subject matter reviewer) (January 2014)
Manuscript Reviewer for *Research Quarterly for Exercise and Sport* (Served as a subject matter reviewer) (December 2013-February 2014)
Manuscript Reviewer for *PLOS ONE Open Access Journal* (Served as a subject matter reviewer) (June 2013)

Manuscript Reviewer for *International Journal of Sports Medicine* (Served as a subject matter reviewer) (April 2013)

Manuscript Reviewer for *Open Access Journal of Sports Medicine* (Served as a subject matter reviewer) (March 2013)

Manuscript Reviewer for *Journal of the Missouri Association of Health, Physical Education, Recreation, and Dance* (Served as a subject matter reviewer) (January-April 2011, 2012, and 2013, 2014, 2015)

Manuscript Reviewer for *Health Psychology* (Served as a subject matter reviewer) (January 2012)

Manuscript Reviewer for *Journal of Obesity* (Served as a subject matter reviewer) (February 2012)

Manuscript Reviewer for *Research Quarterly Exercise and Sport* (Served as a subject matter reviewer) (Nov 2012)