

CURRICULUM VITA

I. PERSONAL INFORMATION

NAME: *Sandra Fowkes Godek PhD, ATC*

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II. ACADEMIC EXPERIENCE

PhD, Exercise Physiology, Temple Univ., Phila. Pa. May, 2000. Dissertation title "A Comparison of Two Methods of Rapid Rehydration (Oral and Intravenous) in Dehydrated College Football Players"

M.S., Exercise Physiology, The University of Colorado, Boulder CO. Dec. 1990. Thesis title: Two Methods of Strength and Endurance Training for Knee Rehabilitation: A Comparative Study

B.S., Health and Physical Education and Athletic Training. The Pennsylvania State University, May 1981.

III. TEACHING EXPERIENCE

Professor, Sports Medicine Dept., West Chester University, West Chester, PA.

January 1991 - present. courses taught:

- Graduate Seminar in Sports Medicine (SMD 592)
- Topics in Sports Medicine (SMD 693)
- Environmental Physiology (EXS 587)
- Therapeutic Exercise for Athletic Training (SMD 311)
- Therapeutic Exercise for Athletic Training Lab (SML 311)
- Pathology and Evaluation of Athletic Injuries I (SMD 312) and II (SMD 313)
- Theories and Practices of Conditioning (SMD 454)
- Surface Anatomy (SMD311)

Clinical instructor for students in the athletic training major, January 1991 - present

Visiting professor in the Biology and Sports Science departments at The Colorado College, Colorado Springs, CO April - May 2000.

Course taught - 4 credit course in human physiology with cadaver lab (Bio/Sports Sci 311)

Faculty Lecturer, Colorado College, Colorado Springs CO. Jan 1986 - Dec. 1990

Courses Taught: Exercise physiology, sports medicine seminar, physical fitness evaluation

IV. NON-TEACHING PROFESSIONAL EXPERIENCE

Director, H.E.A.T. Institute of West Chester University. September 2005 – present.

Medical Coordinator, West Chester University, May 2004 – present. Administrative responsibilities include being liaison to athletics director, liaison to Dr. Bartolozzi and associated team physicians, supervising orthopedic fellows and overseeing weekly orthopedic clinic.

Coordinator of Sports Medicine Services (Head Athletic Trainer), West Chester University. Jan 1992 – Sept., 2004. Administrative responsibilities include budget, inventory, supply and equipment ordering, and day to day operation of the athletic training facility. Sport responsibilities have included field hockey, football, women's lacrosse, women's basketball, swimming/diving, cross country and track.

Assistant Athletic Trainer, West Chester University. Sport responsibilities include men's soccer, women's field hockey and lacrosse. Jan. 1991 - Jan. 1992.

Assistant Athletic Trainer, and women's soccer athletic trainer. Colorado College, Colorado Springs CO. 1985 - 1991.

Laboratory assistant in Community Fitness Program, University of Colorado, Boulder, CO. Fall 1988 - Spring 1990.

V. RECENT and UPCOMING PROFESSIONAL PRESENTATIONS (2000 – 2010):

INTERNATIONAL:

“Thermoregulation and Heat Disorders in Athletes”, Sport Psychology Seminar, Hosted by the Ministry of Sport and Youth Affairs, Trinidad & Tobago, May 19, 2010.

“Fluid and Electrolyte balance in Athletes”, Sport Psychology Seminar, Hosted by the Ministry of Sport and Youth Affairs, Trinidad & Tobago, May 20, 2010.

“Exercise at Altitude”, Sport Psychology Seminar, Hosted by the Ministry of Sport and Youth Affairs, Trinidad & Tobago, May 21, 2010.

“Nutrition and Performance for Athletes”, Sport Psychology Seminar, Hosted by the Ministry of Sport and Youth Affairs, Trinidad & Tobago, May 22, 2010.

NASA 360 – Episode 8 to air July 2009. Filmed at West Chester University October 14, 2008.

“Knee Rehabilitation”, a one hour lecture and 2 hour laboratory session. Invited speaker at the First International Symposium in Sports Medicine, Seoul, Korea, January 2000.

Sports Medicine Round-table. First International Symposium in Sports Medicine, Seoul, Korea, January 2000.

NATIONAL:

“Little Known Factors that Contribute to Exertional Heat Stroke.” Invited Presentation at NATA Annual Meeting & Clinical Symposia, Las Vegas, NV, June 26, 2013.

Invited Moderator. Looking Past the P-Value: The Clinician's Guide to Critically Evaluating Research Design and Statistics. NATA Annual Meeting & Clinical Symposia, Las Vegas, NV, June 27, 2013.

“Intravenous versus Oral Sodium Replacement in Collegiate Football Players after an Exercise-induced Reduction in Body Weight by 2.5%.” NATA Annual Meeting and Clinical Symposium, St. Louis MO, June 28, 2012.

“A Practical Approach to Managing Exertional Heat Stroke in Athletes” , Invited speaker - 22nd Annual Practical Applications in Sports Medicine, Palm Springs CA. June 4, 2012.

“Managing Heat Illness” Invited Peer-to-Peer Discussion Speaker/Facilitator. National Athletic Trainers Association Annual Meeting and Clinical Symposium, New Orleans LO, June 2011.

"Heat illnesses that are NOT heat illnesses" Invited Speaker, National Athletic Trainers Association Annual Meeting and Clinical Symposium. Phila. PA, June 2010.

"Dispelling the Dehydration Myth" Invited Researchers Evidenced based Forum Speaker, National Athletic Trainers Association Annual Meeting and Clinical Symposium. Phila. PA, June 2010.

“Blood measures in NFL Players Experiencing EAMC Before and After IV Treatment”. ACSM Annual Meeting, Baltimore MD, June 3, 2010.

“Hypovolemic Hyponatremia - Sodium and blood volume depletion illness in at risk athletes. Eastern Athletic Trainers Association”. Invited Speaker, Boston MA, January 2010.

“Differences in Sweat Rate and Sweat Sodium Concentration in Professional Ice Hockey Players and Professional/Collegiate Football Players Matched by Height, Mass and BSA.” NATA Annual Meeting and Clinical Symposium, San Antonio TX June 18, 2009

“Fluid and Electrolyte Balance in NFL Players Individually Supplemented with 50% of their known Daily Sweat Sodium Losses using NaCl Enhanced Fruit Juice during Preseason.” NATA Annual Meeting and Clinical Symposium, San Antonio TX June 18, 2009.

Comcast Sports Net. Full contact, Episode 2. August/September 2008.

“Hypovolemic Hyponatremia - Sodium and blood volume depletion illness in at risk athletes.”

Invited speaker for CUATC session on Exertional Heat Illness in College Athletics at NATA Annual Meeting and Clinical Symposium, St Louis. MO June, 2008.

“Hyponatremia” Special Interest Group Invited Speaker. Session coordinator and responsible for recruiting Joseph Verbalis MD, Chairman of the Department of Medicine at Georgetown University. NATA Annual Meeting and Clinical Symposium, St Louis. MO June 19, 2008.

“A Comparison of Blood Measures while NFL players are Experiencing EAMC and after IV Treatment when EAMC are Alleviated.” NATA Annual Meeting and Clinical Symposium, St Louis. MO June 18, 2008.

“Racial differences in sweat sodium concentration and gross sodium losses in professional and collegiate football players during practices in a hot and humid environment” NATA Annual Meeting and Clinical Symposium, St Louis. MO June 19, 2008.

“Sweat Sodium Concentration in NFL Players during Dietary Sodium Supplementation compared to when they are not Supplemented.” ACSM Annual Meeting, Indianapolis IN, May 28 2008.

“Sodium Depletion Illness – Hypovolemic Hyponatremia.” Invited speaker, NATA Annual Meeting and Clinical Symposium, Anaheim CA. June 30, 2007. Session coordinator and responsible for recruiting Joseph Verbalis MD, Chairman of the Department of Medicine at Georgetown University, to speak on “Exercise-induced Hyponatremia.”

“Blood, urine and body mass measures of electrolyte balance in NFL players supplemented with sodium chloride but no potassium during preseason.” NATA Annual Meeting and Clinical Symposium, Anaheim CA. June 30, 2007.

“To Play or not to Play – Environmental Issues” 17th Annual Practical Applications in Sports Medicine, June 4, 2007 Palm Springs CA.

“Core temperature in NFL linemen and backs in full pads versus shorts and shells during pre-season practices.” ACSM Annual Meeting, New Orleans June 2 2000.

“Fluid and Electrolyte Replacement: Who needs What?” Invited speaker, NATA Annual Meeting and Clinical Symposium, Atlanta GA. June 17, 2006.

“Blood Electrolytes and Plasma Volume Changes in Two Groups of Sodium Supplemented NFL Players During Pre-season.” Free Communications oral presentation, NATA Annual Meeting and Clinical Symposium, Atlanta GA. June 16, 2006.

“Sweat and Sodium Losses in Professional Ice Hockey Players during a Pre-season Practice compared to a Pre-season Game.” Free Communications presentation ACSM Annual Meeting, Denver CO, May 31, 2006.

“A Symptomatic, Hyperthermic NFL Running Back with a Core Temperature of 103.6 °F and Post Practice Urinary Signs of Rhabdomyolysis “ Free Communications oral presentation ACSM Annual Meeting, Denver CO, June 2, 2006.

CBS nightly news broadcast on the “radio pill in football players” aired August 25th, 2005. The piece was shot on-site at West Chester University’s football practice field on August 18th, 2005.

“Core Temperature and Hydration Status in Professional Football Linemen and Backs During Pre-season Practices. Free Communications oral presentation, NATA Annual Meeting and Clinical Symposium, Indianapolis IN, June 15, 2005.

“Fluid and Electrolyte Replacement: Who needs What?” Invited speaker, NATA National Symposium, Indianapolis IN. June 13, 2005.

“Thermoregulation in the Football Athlete.” Invited speaker, University of Virginia Sports Medicine Conference, Charlotte VA, June 8, 2005.

“Blood Electrolyte, Plasma Volume and Body Weight Changes in Sodium Supplemented NFL Players During Pre-season.” ACSM Annual Meeting, Nashville TN, June 3, 2005.

“Rapid Cooling of an NFL Defensive Linemen with a Core Temperature of 40.92 °C During a Full Padded Practice.” Free Communications oral presentation, ACSM Annual Meeting, Nashville TN, June 2, 2005.

“Heat and Hydration Issues in Football” invited panel member, ACSM Annual Meeting, Nashville TN, June 1, 2005.

“Hydration Concerns for the Athlete” University of Southern Maine's Sports Nutrition Symposium invited speaker, June 21, 2004.

“Thermoregulation considerations in the Young Athlete” Invited speaker, NATA Annual Meeting and Clinical Symposium, Baltimore MD. June 16, 2004.

“Hydration in the Football Athlete” Invited speaker, NATA Annual Meeting and Clinical Symposium, Baltimore MD. June 16, 2004.

“Blood, Urine and Body Weight Measures of Hydration Status in NFL Players exposed to an Aggressive Hydration Program during Preseason Training” Free Communications oral presentation, NATA Annual Meeting and Clinical Symposium, Baltimore MD. June 16, 2004.

“A Comparison of the Physiological Responses of Division II College Football Players during Pre-season training camp Before and After changes in NCAA legislation”, invited speaker, ACSM Annual Meeting, Indianapolis IN, June 2, 2004.

“Changes in Blood Electrolytes and Plasma Volume in NFL Football Players During Pre-season Training” Free Communications oral presentation, ACSM Annual Meeting, Indianapolis IN, June 2, 2004.

“Sweat rates and fluid turnover in football players and cross country runners during preseason in a hot, humid environment.” Free Communications oral presentation, NATA Annual Meeting and Clinical Symposium, St. Louis MO, June 2003.

“Thermal responses in football and cross country athletes during their respective practices in a hot environment.” Free Communications oral presentation, NATA Annual Meeting and Clinical Symposium, St. Louis MO, June 2003.

“Hormonal Responses to Rapid Oral and IV Rehydration in Dehydrated Football Players” Free Communications oral presentation, ACSM National Meeting, San Francisco CA, May, 2003.

MSNBC live interview with Brian Williams as an expert on heat stress and hydration in football players (following the heat related death of Cory Stringer, Minn. Vikings's football Player). August 2, 2001 at 8:00pm.

“Two Methods of Rapid Rehydration (Oral and Intravenous) in Dehydrated College Football Players” NATA Annual Meeting and Clinical Symposium, Nashville, TN, June 30, 2000.

REGIONAL:

Understanding the Pathophysiology of Hyponatremia in Athletes: What's the difference between Sodium Dilution and Sodium Depleting and Who's at Risk? Invited speaker PATS Convention, Lancaster PA, June 8, 2012.

“Dispelling the dehydration myth: Understanding Hyponatremia”. Philadelphia College of Osteopathic Medicine. Philadelphia, PA. March 8th, 2011.

“Hypovolumic Hyponatremia: Salt Depletion Illness in American Football”. Mid-Atlantic Chapter of ACSM. Harrisburg PA, November 5, 2010.

Interview with Ali Gorman, health reporter for WPVI TV **Channel 6 News** about the slushie study that we did at the HEAT Institute which aired as the highlighted health report at 11:00 pm, September 2, 2010.

Combining Teaching, Clinical Athletic Training and Research. WCU alumni event, West Chester University, June 21, 2010.

Hydration and hyperthermia: Making Sense of the Research. 10th Annual Philadelphia Sports Medicine Congress, Constitution Center, Philadelphia PA, June 11, 2010.

Understanding Heat Illness. Pennsylvania Athletic Trainers Society Annual meeting, Hershey PA, June 5, 2010.

Fluid and Sodium Balance and Sodium Depletion Illness (Hypovolemic Hyponatremia)”. Philadelphia College of Osteopathic Medicine. Philadelphia, PA. January 14, 2010.

Sodium Depletion Illness (Hypovolemic Hyponatremia). Colorado College Sports Medicine Seminar. Colorado Springs CO, August 6, 2009.

Sodium Depletion Illness (Hypovolemic Hyponatremia). Orthopedic Associates of Allentown Sports Medicine Seminar. Allentown PA, August 8, 2009.

Physiology of Thermoregulation and Fluid Balance. Pennsylvania Hospital Fellows Seminar February 4, 2009.

Physiology of Heat Illness. Pennsylvania Hospital Fellows Seminar February 1, 2008.

Comcast SportsNet March 19th, 2007. Interviewed related to data collection using the LifeShirt with the Philadelphia Flyers.

Myths and Misconceptions about Heat illness and Fluid and Electrolyte Replacement. Medical Aspects of Sports Conference, Univ. Delaware, February 3rd, 2007.

“What you Didn’t Know you Didn’t know: Myths about Heat and Hydration in Athletes” West Chester University Sports Medicine Conference, December 11th 2006.

Interviewed about sweat electrolytes and sweat rate research in the Flyers on **FOX News** January 16th, 2006.

Interviewed about sweat electrolytes and sweat rate research in the Philadelphia Flyers on **WIP** January 19th, 2006.

Interviewed about the CorTemp pill and its use in athletes on **WIP** September 1st, 2005.

“Thermoregulation and Fluid replacement considerations in the diabetic athlete.” DESA conference, West Chester University, May 12th 2005.

“Thermoregulation and Fluid Replacement in the Football Athlete” Penn State University Faculty Seminar, University Park PA, January 24, 2005.

“Thermoregulation and Fluid Replacement in Football Players”. Invited visiting faculty lecturer, University of New Hampshire, Dec. 7, 2004.

“Thermoregulation and Fluid Replacement in Football Players”. Invited visiting faculty lecturer, University of Delaware, Oct. 4, 2004.

“Heat Stress and Hydration in Football” invited speaker, Medical Aspects of Sports Conference, Univ. Delaware, February 28, 2004.

“Illnesses related to heat Stress and Fluid/Electrolyte Imbalances: Are there Gender Differences?” Invited speaker, EATA Meeting and Clinical Symposium, Phila. PA, January 6, 2004.

“Unique aspects of Fluid Replacement in Football”, invited speaker, The Philadelphia Sports Medicine Congress, Phila. PA., June 6, 2003

“The Prevention, Recognition and Management of Heat Emergencies in Athletes”, invited speaker, The Penn State Athletic Training Conference, State College, PA, March 28 & 29, 2003.

“Heat and Hydration in football: Do we have all the Answers?” The Philadelphia Sports Medicine Congress, June 7, 2002.

“Physiology of Blood Pressure Regulation”, West Chester Sports Medicine Conference, April 28th 2002.

“Two Methods of Rapid Rehydration (Oral and Intravenous) and its Effect on Thirst and Fluid Consumption in Dehydrated College Football Athletes” Poster Presentation EATA Meeting and Clinical Symposium. Phila. PA Jan. 2000.

“Two Methods of Rapid Rehydration (Oral and Intravenous) in Dehydrated College Football Players” Pennsylvania Athletic Training Society, June 3, 2000.

“Prevention of Heat Disorders in Athletes” WCU Sports Medicine Conference, May, 1999.

VI. PUBLICATIONS

Fowkes Godek S, Peduzzi C, Burkholder R, Condon S, Dorshimer G, Bartolozzi AR. Sweat rates, Sweat Sodium Concentration and Sodium Losses in Three Groups of Professional Football Players. *J Athl Train*. 2010;45(4): 364-371.

Fowkes Godek S, Peduzzi C, Heinerichs S, Burkholder R, Sugarman E, Bartolozzi AR. Fluid consumption and sweating in National Football League and collegiate football players with different access to fluids during practice. *J Athl Train*. 2010;45(2):128-135.

Fowkes Godek S, Bartolozzi AR. Changes in blood electrolytes and plasma volume in NFL football players during pre-season training. *Athl Train Sports Health Care*. 2009;1(6):259-266.

Fowkes Godek S, Bartolozzi AR, Burkholder R, Sugarman E, Peduzzi C. Sweat rates and fluid turnover in professional football players: A comparison of NFL linemen versus backs. *J Athl Train* 2008; 42(2): 184-189.

Fowkes Godek S, Bartolozzi AR, Sugarman E, Burkholder R, Dorshimer G. Core temperature and sweat rate responses in professional football linemen and backs during pre-season practices. *J Athl Train*, 2006; 41(1): 8-17.

Fowkes Godek S, Bartolozzi AR, Godek JJ, Hydration status in college football players during consecutive days of two-a-day preseason practices. *Am J Sports Med*. 2005;33(6): 843-851.

Fowkes Godek S, Bartolozzi AR, Godek JJ. Sweat rates and fluid turnover in football players and cross country runners during preseason in a hot, humid environment. *Br J Sports Med*. 2005;39:205-211.

Fowkes Godek S, Godek J J, Bartolozzi AR. Thermal responses in football and cross country athletes during their respective practices in a hot environment. *J Athl Train*. 2004;39(3): 235-240.

Fowkes Godek S, Bartolozzi AR. Sweat rate, fluid turnover, hydration status and core temperature in an American football player during pre-season training: a case study. *Athl Therapy Today*, 2004; 9(4): 64-70.

Fowkes Godek S, Stevens WC, Harris J, The Dangerous Trio: A Case Study Approach to the Female Athlete Triad" *Athl Therapy Today* 1997; 2: 30-36.

Fowkes Godek S. Free Radicals and Antioxidants: Their Role in Athletic Performance" *Athl Therapy Today* 1996; 1:30-34.

MANUSCRIPTS CURRENTLY UNDER REVIEW:

Fowkes Godek S, Bartolozzi AR, Burkholder R, Sugarman S, Chris Peduzzi. Blood electrolyte, plasma volume and body weight changes in two groups of sodium supplemented NFL players during pre-season. Submitted to *Clin J Sports Med*, Oct 2013.

Morrison KE, Marcinek T, McCann J, **Fowkes Godek S**, Serum Creatine Kinase Levels in NCAA Football Players During Pre-Season now that an Acclimatization Period is Mandated. Submitted to *J Athletic Training*, Oct 2013

MANUSCRIPTS CURRENTLY IN PREPARATION:

Fowkes Godek S, Bartolozzi A, Peduzzi C, Burkholder R, Dorshimer G. Hypochloridemia in NFL players who are Experiencing EAMC compared to Post Practice with No-EAMC and after IV Treatment when EAMC are Alleviated. *J Athl Train*, For submission Fall, 2014.

Fowkes Godek S, Bartolozzi A, Kopec J, Peduzzi C, Burkholder R, Dorshimer G. Racial differences in sweat sodium concentration and gross sodium losses in professional football players during practices in a hot and humid environment. *J Athl Train*, For submission Fall, 2014.

Fowkes Godek S, Godek J, Jimenez, C, Maanpa G, Stevens WC, Bartolozzi A. Hormone and Serum Electrolyte responses to Intravenous versus Oral Sodium Replacement in Collegiate Football Players after an Exercise-induced Dehydration. *J Athl Train*, For submission Spring 2015.

Fowkes Godek S. Exertional heat Stroke, Malignant Hyperthermia and Rhabdomyolysis: Is there a Genetic Link? *J Athl Train*, For submission Spring 2015.

Fowkes Godek S, Arthur R. Bartolozzi, Richard Burkholder, Eric Sugarman. Rapid Cooling of an NFL Defensive Linemen with a Core Temperature of 40.92 °C During a Full Padded Practice. For submission to *J Athletic Training*.

Published Abstracts:

Scullin G, **Fowkes Godek S**, Morrison K. Cooling Rates in Exercise Induced Hyperthermic Football Players and Cross Country Runners using Cold Water Immersion. *J Athl Train*, 2014; 49(3):

Fowkes Godek S, Godek JJ, Bartolozzi AR. Intravenous versus Oral Sodium Replacement in Collegiate Football Players after an Exercise-induced Reduction in Body Weight by 2.5%. *J Athl Train*, 2012; 47(3): May/June 2012.

Bartolozzi AR, **Fowkes Godek S**. Regimented Sodium Replacement Using Sodium Capsules Compared to Ad Lib Consumption of High Sodium Fluids on Electrolyte Balance in NFL Players during Pre-Season. *J Athl Train*, 2012; 47(3): May/June 2012.

McCann, J, **Fowkes Godek S**, McCrossin, J, Raffa, S Morrison, K. Blood Lactate Responses to Cold Water Immersion and Biking compared to Controls in Professional Ice Hockey Players after High Intensity Skating. *J Athl Train*, 2012; 47(3): May/June 2012.

Marcinek T, Morrison KE, **Fowkes Godek S**, McCann J, Serum Creatine Kinase Levels in NCAA Football players During Preseason now that an Acclimatization Time Period is Mandated. *J Athl Train*, 2012; 47(3): May/June 2012.

Bartolozzi AR, Morrison KE, Burkholder R, McCann J, **Fowkes Godek S**. Ice Slushie Ingestion Decreases Core Body Temperature in Male Football Players Prior to a Standard Pre-Season Practice. *J Athl Train*, 2011; 46(3):

Morrison K, **Fowkes Godek S**, Sugarman E, Sikka R, Roche R, Scullin G, Baer D, Burkholder R. Core Temperature Responses in NFL Players on Two Different Teams Practicing in Different Environmental Conditions During Pre-season. *J Athl Train*, 2011; 46(3):

Fowkes Godek S, Bartolozzi AR, Peduzzi C, Burkholder R, Dorshimer C. Blood Measures in NFL players Experiencing EAMC before and after IV Treatment. *Med Sci Sports Exer*. 2010;20(5):.

Bartolozzi AR, **Fowkes Godek S**, Peduzzi C, Condon S, Williams G, Burkholder: The Effect of Individual Sodium Replacement on Fluid and Electrolyte Balance in NFL Players during Pre-season using Electrolyte Enhanced Fluids and Capsules. *J Athl Train*, 2010; 45(3):

Condon S, **Fowkes Godek S**, Peduzzi C, Burkholder R, Borgmann A, Bartolozzi AR: Higher Sweat Rates in White compared to Black NFL Players Matched by Body Size and Position but No Differences in Sweat Sodium. *J Athl Train*, 2010; 45(3):

Fowkes Godek S, Bartolozzi AR, Burkholder R, Peduzzi C. Fluid and Electrolyte Balance in NFL Players Individually Supplemented with 50% of their known Daily Sweat Sodium Losses using NaCl Enhanced Fruit Juice during Preseason. *J Athl Train*, 2009; 44(3):

Burkholder R, **Fowkes Godek S**, Peduzzi C, Allen C, Bartolozzi AR. Dietary Sodium Intake and Sweat Sodium Losses in Professional Football Players during Pre-season Training Camp *J Athl Train*, 2009; 44(3):

Peduzzi C, **Fowkes Godek S**, Burkholder R, Bartolozzi AR, Dorshimer G. NaCl Supplementation appeared to Prevent EAMC in an NFL Player with High Sweat Sodium Losses and a History of Cramping. *J Athl Train*, 2009; 44(3):S-107.

Godek JJ, **Fowkes Godek S**, Bertini T, Kopec J, McCrossin J. Differences in Sweat Rate and Sweat Sodium Concentration in Professional Ice Hockey Players and Professional/ Collegiate Football Players Matched by Height, Mass and BSA. *J Athl Train*, 2009; 44(3):

Condon S, **Fowkes Godek S**, Bartolozzi AR, Burkholder R, Borgmann A, Peduzzi C. Professional Football Players' First Morning Urine Samples do not Reflect Hydration Status just Prior to Morning Preseason Practices *J Athl Train*, 2009; 44(3):S36.

Burkholder R, **Fowkes Godek S**, Peduzzi C, Kopec J, Bartolozzi AR. Positional Differences in Core Temperature Response in NFL Players during Pre-season Practices in Full Pads versus Shell and Shorts. *J Athl Train*, 2008; 43(3): S73.

Peduzzi C, **Fowkes Godek S**, Burkholder R, Condon S, Kopec J, Bartolozzi AR. Sweat rates, Sweat Sodium Concentration and Sodium Losses in Three Groups of Professional Football Players. *J Athl Train*, 2008; 43(3): S72.

Kopec J, Heinerichs S, Armstrong N, Bertini T, **Fowkes Godek S**. Racial differences in sweat sodium concentration and gross sodium losses in professional and collegiate football players during practices in a hot and humid environment. *J Athl Train*, 2008; 43(3): S38.

Godek JJ, Verbalis JG, **Fowkes Godek S**. The development of cardiopulmonary distress subsequent to treatment for exercise associated muscle cramping in a football athlete. *J Athl Train*, 2008; 43(3): S39.

Bertini T, Armstrong N, Kopec J, McCrossin J, **Fowkes Godek S**. Differences in sweat sodium concentration in professional ice hockey players when exercising in two different environmental conditions. *J Athl Train*, 2008; 43(3): S72.

Bartolozzi AR, **Fowkes Godek S**, Peduzzi C, Kopec J, Burkholder R. Sweat Sodium Concentration in NFL Players during Dietary Sodium Supplementation compared to when they are not Supplemented. *Med Sci Sports Exer*. 2007;40(5): S86.

Fowkes Godek S, Bartolozzi AR, Burkholder R, Greene R. Core temperature in NFL linemen and backs in full pads versus shorts and shells during pre-season practices. *MSSE*. 2007;39(5).

Greene R, **Fowkes Godek S**, Bartolozzi AR, Peduzzi C. Sweat sodium and total sodium losses in NFL players with EAMC during training camp versus matched non-crampers. *Med Sci Sports Exer*. 2007;39(5).

Bartolozzi AR, **Fowkes Godek S**, Greene R, Burkholder R, Dorshimer G. Blood electrolytes in NFL players while experiencing EAMC compared to when they are not cramping after similar practice conditions. *Med Sci Sports Exer*. 2007;39(5).

Fowkes Godek S, Bartolozzi AR, Kopec J, Greene R. Blood, urine and body mass measures of electrolyte balance in NFL players supplemented with sodium chloride but no potassium during preseason. *J Athl Train*. 2007;42(2), S-61.

Kopec J, Fowkes Godek S, Burkholder R, Peduzzi C. Protein and Electrolyte excretion in NFL Players before and after practices in full pads versus shorts and shells. *J Athl Train*. 2007;42(2), S-61.

Burkholder R, **Fowkes Godek S**, Peduzzi C, Condon S, Kopec J, Greene R. Sweat sodium content and sodium losses in NFL players during practices in week 1 versus week 3 of preseason. *J Athl Train*. 2007;42(2), S-59.

Peduzzi C, **Fowkes Godek S**, Kopec J, Condon S, Burkholder R. Dehydration and fluid replacement in NFL players practicing in two different environmental conditions. *J Athl Train*. 2007;42(2), S-60.

Condon S, **Fowkes Godek S**, Peduzzi C, Kopec J, Burkholder R. A racial comparison of sweat sodium content in National Football League players. *J Athl Train*. 2007;42(2), S-59.

Fowkes Godek S, Bartolozzi AR, Burkholder R, Sugarman S, Chris Peduzzi. Blood Electrolytes and Plasma Volume Changes in Two Groups of Sodium Supplemented NFL Players During Pre-season. *J Athl Train*. 2006;41(2).

Peduzzi C, **Fowkes Godek S**, Burkholder R, Sugarman E, Heinerichs S, Schwartz M, Balar D. Sweat Rates and Fluid Turnover in Professional versus Division II College Football Players during their respective Pre-season Practices . *J Athl Train.* 2006;41(2).

Godek JJ, **Fowkes Godek S**, Dorshimer G, Bartolozzi AR. Core Temperatures in Professional Ice Hockey Players during Pre-season Practice Sessions. *J Athl Train.* 2006;41(2).

Burkholder R, **Fowkes Godek S**, Bartolozzi A, Sugarman E, Garvin G, Dorshimer G. Core Temperature Response in NFL Players during Pre-season Practices in Full Pads versus Shell and Shorts. *J Athl Train.* 2006;41(2).

Sugarman E, **Fowkes Godek S**, Peduzzi C, Burkholder R, Garvin G, Bartolozzi AR. Protein, Creatinine and Electrolyte Excretion in Sodium Supplemented NFL Players during Pre-season. *J Athl Train.* 2006;41(2).

Olvalsky A, Ingersoll C, **Fowkes Godek S**. Sweat rates in Male and Female Cross Country Runners. *J Athl Train.* 2006;41(2).

Fowkes Godek S, Godek JJ, McCrossin J, Bartolozzi AR. Sweat and Sodium Losses in Professional Ice Hockey Players during a Pre-season Practice compared to a Pre-season Game. *Med Sci Sports Exer.* 2006;38(5).

Bartolozzi AR, **Fowkes Godek S**, Heinerichs S. Core Temperatures in College Football Players During a Game Played in Hot Conditions. *Med Sci Sports Exer.* 2006;38(5).

Fowkes Godek S, Bartolozzi AR, Burkholder R, Sugarman S, Chris Peduzzi. A Symptomatic, Hyperthermic NFL Running Back with a Core Temperature of 103.6 °F and Post Practice Urinary Signs of Rhabdomyolysis *Med Sci Sports Exer.* 2006;38(5).

Fowkes Godek S, Bartolozzi AR, Burkholder R, Sugarman E, Fowkes B, Dorshimer G. Core Temperature and Hydration Status in Professional Football Linemen and Backs During Pre-season Practices. *J Athl Train.* 2005;40(2): S-54.

Bartolozzi A, **Fowkes Godek S**, Sugarman E, Peduzzi C, Hunkele T, Burkholder R. Body Weight Changes and Urinary Indices of Fluid Balance in Sodium Supplemented NFL Players During Pre-season. *J Athl Train.* 2005;40(2): S-41.

Dorshimer G, **Fowkes Godek S**, Burkholder R, Fowkes B, Sugarman E. Sweat rates and fluid turnover in Professional football players during practices in hot versus cool conditions. *J Athl Train.* 2005;40(2): S-40.

Burkholder R, **Fowkes Godek S**, Peduzzi C, Sugarman E, Bartolozzi AR. Rapid Cooling of an NFL Player with a Core Temperature of 102.6 °F and Heat Stress Symptoms. *J Athl Train.* 2005;40(2): S-54.

Sugarman E, **Fowkes Godek S**, Burkholder R, Peduzzi C, Dorshimer G, Bartolozzi AR. Hydration Status and Blood Measures in an NFL Lineman with Two Episodes of Muscle Cramping Treated with Intravenous Fluids. *J Athl Train.* 2005;40(2): S-41.

Peduzzi C, **Fowkes Godek S**, Sugarman, E, Fowkes B, HunkeleT, Burkholder R. Blood and Urine Measures of Fluid and Electrolyte Balance in NFL Rookies. *J Athl Train.*2005;40(2): S-42.

Heinerichs, S, **Fowkes Godek**, Core Temperature of 104°F in an Asymptomatic Football Player early in a Game Played in the Heat. *J Athl Train*. 2005;40(2): S-55.

Fowkes Godek S, Arthur R. Bartolozzi , Richard Burkholder, Eric Sugarman. Rapid Cooling of an NFL Defensive Linemen with a Core Temperature of 40.92 °C During a Full Padded Practice. *Med Sci Sports Exer*. 2005;37(5): S-280.

Fowkes Godek S, Bartolozzi AR, Burkholder R, Sugarman S, Chris Peduzzi. Blood Electrolyte, Plasma Volume and Body Weight Changes in Sodium Supplemented NFL Players During Pre-season. *Med Sci Sports Exer*. 2005;37(5): S-347.

Bartolozzi AR, **Fowkes Godek S**. Core Temperatures in NFL Players: Days 2 and 3 versus Day 10 of Pre-season Practices. *Med Sci Sports Exer*. 2005;37(5): S-193.

Fowkes Godek S, Sugarman E, Burkholder R, Dorshimer G. Blood, Urine and Body Weight Measures of Hydration Status in NFL Players exposed to an Aggressive Hydration Program during Preseason Training. *J Athl Train*. 2004;39(2):S59.

Sugarman E, **Fowkes Godek S**, Burkholder R, Kelly M. Sweat rates and fluid turnover in professional football players: A comparison of NFL linemen versus backs. *J Athl Train*. 2004; 39(2):S56.

Burkholder R , **Fowkes Godek S**, Sugarman E, Peduzzi C. The relationship between Core Temperature, Percent Dehydration and Sweat Rates in NFL players during preseason practices. *J Athl Train*. 2004; 39(2):S57.

Bartolozzi AR., **Fowkes Godek S**. Sweat rate and core temperature responses to dehydration induced experimentally versus during actual pre-season practice in college football players. *J Athl Train*. 2004; 39(2):S56.

Godek JJ, **Fowkes Godek S**. Core temperature and dehydration status in division II collegiate football players during two different NCAA mandated pre-season practice schedules. *J Athl Train*. 2004;39(2):S59.

Fowkes Godek S, Bartolozzi AR, Kelly M. Changes in Blood Electrolytes and Plasma Volume in NFL Football Players During Pre-season Training. *Med Sci Sports Exer*. 2004;36(5):S48.

Bartolozzi AR., **Fowkes Godek S**. Core Temperature in Professional Football Players during practice: A comparison between NFL Linemen and Backs. *Med Sci Sports Exer*. 2004;36(5):S48.

Fowkes Godek S, Jimenez CC, Godek JJ, Stevens WC, Maenpaa G, Bartolozzi AR. Hormone Responses to Intravenous and Oral Rehydration in College Football Players. *Med Sci Sports Exer*. 2003;35(5): S-48.

Fowkes Godek S, Godek JJ, Heinerichs S. Sweat rates and fluid turnover in football players and cross country runners during preseason in a hot, humid environment. *J Athl Train*. 2003;38(2): S31.

Murray L J, **Fowkes Godek S**, Godek J J Thermal responses in football and cross country athletes during their respective practices in a hot environment. *J Athl Train*. 2003;38(2): S-31.

Godek JJ, **Fowkes Godek S**, Jimenez CC, Urinary and blood indices suggest that football players are chronically dehydrated during pre-season training camp. *J Athl Train.* 2003;38(2): S-31.

Fowkes Godek S. Two Methods of Rapid Rehydration (Oral and Intravenous) in Dehydrated College Football Players. *J Athl Train.* 2000; 35 (2): S-21.

Godek, J. **Fowkes Godek S**. Salt Depletion Heat Exhaustion in a Hypertensive College Football Player: A Case Study. *J Athl Train.* 2000; 35 (2): S-20.

Fowkes Godek S. Two Methods of Strength and Endurance Training for Knee Rehabilitation: A Comparative Study. *J Athl Train.* 1994; 29:157-158.

Abstracts for submission to NATA and ACSM free communications: November 2014.

Fowkes Godek S, McKeiver J. The Effect of Individual Sodium Replacement on Fluid and Sodium Regulatory Hormones and Serum and Urine Markers of Skeletal Muscle Damage in Collegiate Football Players. For submission to ACSM Free Communications, Nov, 2014.

Fowkes Godek S, McKeiver J. The Effect of Individual Sodium Supplementation on Resting Blood Pressure, Heart Rate and Heart Rate Variability in Collegiate Football Players. For submission to NATA Free Communications, Nov, 2014.

Bartolozzi AR, **Fowkes Godek S**, McCrossin J, Bertini T, Kopec J, Dorshimer,: Increased Sweat Sodium concentration Late versus Early in the Season Suggests De-acclimatization Effects in NHL Players. For submission to NATA Free Communications, Nov, 2014.

Peduzzi C, **Fowkes Godek S**, Burkholder R, O’Pella, J, Dorshimer G. No changes in Sweat Sodium Concentration from One Preseason to the Next in NFL Players regardless of Sweat Rate or Environmental Conditions. For submission to NATA Free Communications, Nov, 2014.

Caufield H, **Fowkes Godek S**, Morrison K, Cattano N, Jog A. The Efficacy of Four Different Rehydration Beverages on Fluid and electrolyte Balance after Exercise Associated Dehydration. For submission to NATA Free Communications, Nov, 2014.

ONGOING RESEARCH:

Lactate testing and sweat testing in **Philadelphia Flyers** and **Phantoms** during on ice conditioning and practices. 2005 – 2014.

Sweat rate and sweat sodium testing in the **Orlando Magic** and **Philadelphia 76ers** basketball teams during their respective preseason training camps in 2008.

Individualized sodium supplementation in NFL players with a history of muscle cramping during pre-season training. (Working with the **Philadelphia Eagles** during training camp 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2012, 2013 and 2014)

Core temperatures and sweat sodium losses in professional ice hockey players during practices and games. (Currently working with the **Philadelphia Flyers and Phantoms**).

Real-time physiological responses in NHL players during ice hockey players using the LifeShirt Technology (Currently working with Vivometrics and the **Philadelphia Flyers and Phantoms**).

VII. GRANTS:

Fowkes Godek S. The Effect of Individual Sodium Supplementation on Resting Blood Pressure, Heart Rate and Heart Rate Variability in Collegiate Football Players. West Chester University Faculty Development Award **funded for \$7,500.00**, May 2014.

Fowkes Godek S. The Effect of Individual Sodium Replacement on Fluid and Sodium Regulatory Hormones and Serum and Urine Markers of Skeletal Muscle Damage in Collegiate Football Players. PASSHE FACULTY PROFESSIONAL DEVELOPMENT COUNCIL **funded for \$10,000.00** May 2014.

Fowkes Godek S, Morrison K. The physiological responses of high school football players during pre-season training camp: A comparison of a school where mandated acclimatization rules exist (New Jersey) to a similar school where mandated acclimatization rules do not exist (PA). **NFL Charities funding request for \$100,000.00**, Winter 2014.

Fowkes Godek S. Validation studies with women's soccer and men's basketball with the Mi Coach technologies. Validation of non-invasive optical measurement of H⁺ ions during exercise compared to traditional lactate measures. 2013- 2014. Adidas **\$35,000.00 Funded August 2014.**

Fowkes Godek S. Validation studies with women's soccer and men's basketball with the Mi Coach technologies. Validation of non-invasive optical measurement of H⁺ ions during exercise compared to traditional lactate measures. 2013- 2014. Adidas **\$35,000.00 Funded August 2013.**

Fowkes Godek S. Validation studies with soccer and basketball with the Mi Coach technologies, 2012- 2013. Adidas **\$30,000.00 Funded July 2012.**

Fowkes Godek, S.; Scullin, G.; & D'Errico, C., Cooling rates in exercise induced hyperthermic males using cold water immersion. CHS Faculty-Student Research Grant \$1000.00. **Funded Dec 2011.**

Fowkes Godek S. Conducting heat illness research to ensure the safety of warfighters. Washington Strategies, FY2010 Defense Appropriations. **Request \$375,000.00 , accepted for government appropriations but later cut as part of the Largest Appropriations Cut in History, Feb. 2011.**

Fowkes Godek S. Validation studies with soccer and basketball with the "Smart Shirt" technologies, 2011- 2012. Adidas **\$30,000.00 Funding July 2011.**

Fowkes Godek S. Validation studies with the "Smart Shirt" technologies, 2010 – 2011. Adidas **\$30,000.00 Funded July, 2010.**

Morrison K, **Fowkes Godek S.** A Multi-site Study to assess Core Temperature, Body Mass Changes, Environmental and Practice Conditions, and Heat-related Illnesses in NFL Players during pre-season training camp. McNeil Foundation **\$35,456.00 funded May 2010.**

Fowkes Godek S. A Multi-site Study to assess Core Temperature, Body Mass Changes, Environmental and Practice Conditions, and Heat-related Illnesses in NFL Players during pre-season training camp. WCU Provost Stimulus Funds. **\$6500.00 funded, 2010.**

Fowkes Godek S. Validation studies with the “Smart Shirt” technologies, 2009 – 2010. Adidas **\$30,000.00 , Funded October 2009.**

Fowkes Godek S. A Multi-site Study to assess Core Temperature, Body Mass Changes, Environmental and Practice Conditions, and Heat-related Illnesses in NFL Players during pre-season training camp. NFL Players Association requesting \$50,000.00, 2007.

Fowkes Godek S. A Multi-site Study to assess Core Temperature, Body Mass Changes, Environmental and Practice Conditions, and Heat-related Illnesses in NFL Players during pre-season training camp. Bob and Jennifer McNeil Foundation **\$50,000.00 funded May 2007.**

Fowkes Godek S. Physical and physiological correlates to thermoregulation in college football linemen and backs during pre-season football practices. Grant request submitted to the NATA Research and Education Foundation for \$148,327.00, March 1, 2006.

President’s Initiative Funding for a Department of Sports Medicine Graduate Assistant position, submitted request for \$10,000.00, **Funded for \$7,500.00** January, 2006.

Initiated and Co-authored New Funding Request for “Temporary Portable Air Conditioning for Two Sturzebecker Health Science Center locations. **Funded for \$30,075.00**, Feb. 2006.

Fowkes Godek S. Physical and physiological correlates to thermoregulation in college football linemen and backs during pre-season football practices. Pennsylvania Athletic Trainer’s Society Grant Program **funded for \$5000.00**, May, 2006.

Fowkes Godek S. Physical and physiological correlates to thermoregulation in college football linemen and backs during pre-season football practices. Grant request submitted to the Eastern Athletic Trainer’s Association Research Program \$4,000, April 1, 2006.

Fowkes Godek S. WCU Football Heat and Hydration Fund. Established in the Fall of 2004 has secured gifts in the form of research equipment or monetary funds from HQI (**\$8,500.00**), 3B Orthopedics (**\$13,350.00**), Philadelphia Eagles (**\$16,850.00**), Philadelphia Flyers (**\$5,000.00**) and CoolShirt (**\$800.00**), VivoMetrics **\$30,000.00** and independent donors (**\$9,300.00**).

Fowkes Godek S. Thermoregulation and electrolyte replacement in Professional football players during pre-season training camp. West Chester University Faculty Development Award **funded for \$5,500.00**, May 2004.

Fowkes Godek S. A comparison of the physiological responses of division II college football players during pre-season training camp before and after the recent NCAA legislation – proposal 2002-84. **NCAA Research Foundation funded for \$13,080.77**, May 2003.

Fowkes Godek S. The Physiological Responses of Professional Football Players During Pre-Season Training Camp in a Hot, Humid Environment – A Initial attempt to find a link between Dehydration, Hyponatremia and/or Hypomagnesemia, and Muscle Cramps and Strains. West Chester University. Faculty Development Award **funded for \$5,500.00**, May 2003.

Fowkes Godek S, Bartolozzi AR, Godek JJ. A comparison of the physiological and hormonal responses to rapid oral and intravenous rehydration methods in dehydrated football athletes. **NFL Charities funded for \$74,303.00**, April 2002.

Fowkes Godek S. A Comparison of Physical Characteristics and Physiological Responses of College Cross Country Runners and Football Players During Pre-season Training Camp – A Field Study. West Chester University Faculty Development Award **funded for \$5,500.00**, May 2002.

Fowkes Godek S. Two Methods of Rapid Rehydration (Oral and Intravenous) and its' effect on Thirst and Fluid Consumption in Dehydrated College Football Athletes. School of Health Science Faculty/Student Award **funded for \$750.00**, May 1999.

Fowkes Godek S. Two methods of Rapid rehydration (oral and intravenous) in dehydrated college football athletes. West Chester University Faculty Development Award **funded for \$5,000.00**, Dec 1998.

Fowkes Godek S. Two methods of rapid rehydration (oral and intravenous) in dehydrated college football athletes. Pennsylvania Athletic Training Society **funded for \$1,500.00**, May 1997.

Harris J, **Fowkes Godek S**, Stevens WC. Questionnaire Development for the Identification of Female Athletes at Risk for the female Triad. Collaborative research by the School of Health Sciences **funded for \$500.00**. March, 1996

Fowkes Godek S. A Six Credit Course in Medical School Physiology. State System of Higher Education research award **funded for \$2,000.00**, Feb, 1995.

Fowkes Godek S. Nutritional Analysis of Student Athletes at West Chester University. School of Health Sciences Student-Faculty research award **funded for \$750.00**, Dec, 1993.

VIII. DISSERTATION AND THESIS COMMITTEES

- | | |
|-------------|---|
| Stout L. | MS Thesis (Advisor), West Chester University, 2013-14.
The effects of hydration states (euhydration, dehydration, and hypohydration) on performance tasks in male and female collegiate ice hockey players. |
| Blahaus A. | MS Thesis (Advisor), West Chester University, 2013-14.
The Effects of Individual Sodium and Fluid Replacement on Fluid and Electrolyte Balance After Exercise Induced Dehydration in Collegiate Football Players |
| Courtney K. | MS Thesis (Advisor), West Chester University, 2013-14.
The Physical and Mental Effects of a Competitive High School Wrestling Season |

- Miller, M. MS Thesis (Advisor), West Chester University, 2013-14.
The Effects of Individual Sodium and Fluid Replacement on Ratings of Thermal Sensations, Mood, Thirst, Palatability and Fullness After Exercise Induced Dehydration in Collegiate Football Players
- Newsome, M. MS Thesis (Advisor), West Chester University, 2013-14.
Effects of complete sodium and fluid volume replacement following acute exercise-induced dehydration on football specific exercise
- Shah, P. MS Thesis (Advisor), West Chester University, 2013-14.
A Comparison of Regional Sweat Electrolyte Concentrations in Collegiate Football Players
- Caulfield, H. MS Thesis (Advisor), West Chester University, May 2013.
The Efficacy of four different Replacement Treatments on Fluid and Electrolyte Balance after exercise Associated dehydration
- McGuigan, C. MS Thesis (committee member), West Chester University, May 2011.
Effects of Intravenous Cold Saline on Core Temperature in Hyperthermic Collegiate Football Players
- McCann, J MS Thesis (Advisor), West Chester University, May 2012.
Blood Lactate Responses to Cold Water Immersion and Biking compared to Controls in Professional Ice Hockey Players after High Intensity Skating.
- Scullin, G MS Thesis (Advisor), West Chester University, May 2012.
Cooling Rates in Exercise Induced Hyperthermic Football Players and Cross Country Runners using Cold Water Immersion
- Marcinek, T MS Thesis (committee member), West Chester University, May 2012.
Serum Creatine Kinase Levels in NCAA Football players During Preseason now that an Acclimatization Time Period is Mandated.
- Kopec, J MS Thesis (Advisor), West Chester University, May 2008. Racial differences in sweat sodium concentration and gross sodium losses in professional and collegiate football players during practices in a hot and humid environment.
- Bertini, T MS Thesis (Advisor), West Chester University, May 2008. Differences in sweat sodium concentration in professional ice hockey players when exercising in two different environmental conditions.
- Olvalsky, A MS thesis, (committee member) University of Virginia, May 2008.
Sweat rates in Male and Female Cross Country Runners.
- Dugas, J PhD Thesis, University of Cape Town South Africa, April 2006.
(committee member)

IX. PROFESSIONAL ORGANIZATIONS

National Athletic Trainer's Association (member)

Eastern Athletic Trainer's Association (member)

Pennsylvania Athletic Trainer's Association (member)

American College of Sports Medicine (member)

Sports Medicine Journal Club at The Pennsylvania Hospital (member)

X. PROFESSIONAL SERVICE

Journal of Athletic Training Editorial Board member 2004 – present.

Journal of Athletic Training peer reviewer 1998 – present

International Journal of Sport Nutrition and Exercise Metabolism - peer reviewer 2013 - present

J Medicina Sportiva peer reviewer -2011 – present

International Journal of Sport Physiology and Performance - 2010-present

Muscle and Nerve 2010 - present

Sports Health peer reviewer 2009 – present

Medicine and Science in Sports and Exercise peer reviewer 2009 – present.

Journal of Sports Sciences peer reviewer 2009 - present

Journal of Sport Rehabilitation peer reviewer 2005 – present

Athletic Therapy Today peer reviewer 1997 – present

NATA Research and Education Foundation Free Communications Subcommittee –2002 – 2008.

NATA Research and Education Foundation Grant reviewer – 2002 – present

NATA College and University Student Athletic Trainer Committee, District II representative, 2002 – 2008.

External Review member for Colorado College Sports Science Department, March 2005.

Free Communications Moderating:

NATA Free Communications Moderator “Core Temperature and Heat Illness” NATA Annual Meeting and Clinical Symposium, New Orleans, LO. June 20, 2011.

NATA Free Communications Moderator “Environmental Monitoring and Illness” NATA Annual Meeting and Clinical Symposium, Anaheim CA. June 30, 2007.

NATA Free Communications Moderator “Heat Issues” NATA Annual Meeting and Clinical Symposium, Atlanta GA. June 18, 2006.

NATA Free Communications Moderator “ACL Prevention Strategies” NATA Annual Meeting and Clinical Symposium, Baltimore MD. June 19, 2004.

NATA Free Communications Moderator “Anterior Cruciate Ligament, Hormonal Influences” NATA Annual Meeting and Clinical Symposium, St. Louis MO. June 26, 2003.

NATA Free Communications Moderator “Heat, Hydration and Nutrition” NATA Annual Meeting and Clinical Symposium, Dallas TX. June 16, 2002.

NATA Free Communications Moderator “Heat Stress and Hydration” NATA Annual Meeting and Clinical Symposium, Los Angeles, CA. June 20, 2001.

XI. PROFESSIONAL HONORS AND AWARDS

2013 Recipient of the **TED QUEDENFELD AWARD** that recognizes honorees for their outstanding contributions to the field of Sports Medicine in the Philadelphia area. The ANNUAL PHILADELPHIA SPORTS MEDICINE CONGRESS, Philadelphia PA, June 14, 2013.

West Chester University Faculty Recognition Award for Teacher-Scholar Innovation for project titled “Core Temperature, Body Mass Changes and Incidence of Exertional Heat Stroke, Heat Exhaustion and EAMC in Professional Football Players during pre-season practices” Awarded July, 2010

Council of Trustees’ Distinguished Faculty Award, West Chester University, Dec. 2006.

Marquis Who’s Who in Medicine and Healthcare, 2006 - 2007 edition.

National Athletic Trainer's Association Speaker’s Bureau, 2005 – present.

Kenneth Knight Journal of Athletic Training award for Outstanding Original Research Manuscript – 2004. Fowkes Godek S, Godek J J, Bartolozzi AR. Thermal responses in football and cross country athletes during their respective practices in a hot environment. *J Athl Train.* 2004;39(3): 235-240.

West Chester University Faculty Recognition Award for Teacher-Scholar Innovation for project titled “A comparison of the physiological and hormonal responses to rapid oral and intravenous rehydration methods in dehydrated football athletes.” Awarded July, 2003.