

Jay R. Hoffman, Ph.D., FACSM, CSCS*D

EDUCATION

Ph.D. University of Connecticut

M.S. Queens College

B.S. St. Johns University

Academic Rank

**Professor,
Department Chair**

Courses Taught

HES 302 Assessment and Evaluation of Human Performance

HES 410 Exercise Physiology and Exercise Prescription

HES 497 Seminar in Health and Exercise Science

HES 530 Physiological Aspects of Sport Training and Performance

Peer Reviewed Scientific Publications (since 2000)

Hoffman JR, Epstein S, Einbinder M and Weinstein Y. A comparison between the wingate anaerobic power test to both vertical jump and line drill tests in basketball players. *Journal of Strength and Conditioning Research*. 14:261-264, 2000.

Hoffman JR and Kaminsky M. Use of performance testing for monitoring overtraining in elite youth basketball players. *Strength and Conditioning Journal*. 22:54-62, 2000.

Maresh CM, Bergeron MF, Kenefick RW, Castellani JW, **Hoffman JR** and Armstrong LE. The effect of over-hydration on time-trial swim performance. *Journal of Strength and Conditioning Research*. 15:514-518, 2001.

Hoffman JR and Kang J. Evaluation of a new anaerobic power testing system. *Journal of Strength and Conditioning Research*. 16:142-148, 2002

Kraemer WJ, K. Adams, E. Cafarelli, GA Dudley, C. Dooly, MS Feigenbaum, SJ Fleck, B. Franklin, AC Fry, **JR Hoffman**, RU Newton, J. Potteiger, MH Stone, NA Ratamess, T. Triplett-McBride. Progression models in resistance training for healthy adults. Position Stand: American College of Sports Medicine. *Medicine and Science in Sports and Exercise*. 34:364-380, 2002.

- Kang J, Chaloupka EC, Matrangelo MA, and **Hoffman JR**. Physiological and biomechanical analysis of treadmill walking at various gradients in males and females. *European Journal of Applied Physiology*. 86:503-508, 2002.
- Kraemer WJ, Gomez AL, Ratamess NA, **Hoffman JR**, Volek JS, Rubin MR, Scheet TP, McGuigan MR, French D, VanHeest JL, Wickham RB, Doan B, Mazzetti SA, Newton U, and Maresh CM. Effects of Vicoprofen® and ibuprofen on anaerobic performance after muscle damage. *Journal of Sport Rehabilitation*. 11:104-119, 2002.
- Hoffman JR** and E. Hamilton. Wall mounted sled training and testing for football players. *Strength and Conditioning Journal*. 24:9-13, 2002.
- Van Heest J.L., J. Stoppani, T.P. Sheett, V. Collins, M. Roti, J. Anderson, G.J. Allen, **J.R. Hoffman**, W.J. Kraemer, C.M. Maresh. Effects of Ibuprofen and Vicoprofen on physical performance after exercise-induced muscle damage. *Journal of Sport Rehabilitation*. 11:224-234, 2002.
- Hoffman JR**, CM Maresh, RU Newton, MR Rubin, DN French, JS Volek, J. Sutherland, M Robertson, AL Gomez, NA Ratamess, J. Kang, WJ Kraemer. Performance, biochemical, and endocrine changes during a competitive American football game. *Medicine and Science in Sports and Exercise*. 34:1845-1853, 2002.
- Hoffman JR** and Kang J. Strength changes during an inseason resistance training program for football. *Journal of Strength and Conditioning Research*. 17:109-114, 2003.
- Allen GJ, Hartl TL, Duffany S., Smith SF, VanHeest JL, Anderson JM, **Hoffman JR**, Kraemer WJ, and Maresh CM. Cognitive and motor function after administration of hydrocodone bitartrate-plus-ibuprofen, ibuprofen alone, or placebo in healthy subjects with exercise-induced muscle damage: A randomized, repeated-dose, placebo-controlled study. *Journal of Psychopharmacology*. 166:228-233, 2003.
- Kang J., **Hoffman JR**, Walker H., Chaloupka EC, and Utter AC. Regulating intensity using perceived exertion during extended exercise periods. *European Journal of Applied Physiology* 89:475-482, 2003
- Hoffman J.R.**, M. Wendell, J. Cooper, and J. Kang. Comparison between linear and nonlinear inseason training programs in freshman football players. *Journal of Strength and Conditioning Research* 17:561-565, 2003.
- Hoffman JR**, J. Im, KW Rundell, J Kang, S Nioka, BA Speiring, R Kime, and B Chance. Influence of muscle oxygenation during resistance exercise on the anabolic hormonal response. *Medicine and Science in Sports and Exercise*. 35:1929-1934, 2003
- Hoffman JR**, V. Nusse, and J. Kang. The effect of an intercollegiate soccer game on anaerobic power performance. *Canadian Journal of Applied Physiology*. 28:807-817, 2003.

- Kang J., J.S. Schweitzer, and **J.R. Hoffman**. Effect of order of exercise intensity upon cardiorespiratory, metabolic and perceptual responses during exercise of mixed intensity. *European Journal of Applied Physiology*. 90:569-574, 2003.
- Kang J. **J.R. Hoffman**, M. Wendell, H. Walker, and M. Hebert. Effect of contraction frequency on caloric expenditure and substrate utilization during upper and lower body exercise. *British Journal of Sports Medicine*. 38:31-35, 2004.
- Hoffman JR**, J Cooper, M. Wendell, and J. Kang. Comparison of Olympic versus traditional power lifting training programs in football players. *Journal of Strength and Conditioning Research*. 18:129-135, 2004.
- Maresh CM, CLV Gabaree-Boulant, LE Armstrong, DA Judelson, **JR Hoffman**, JW Castellani, RW Kenefick, MF Bergeron, and DJ Casa. Effect of hydration status on thirst, drinking, and related hormonal responses during low-intensity exercise in the heat. *Journal of Applied Physiology*. 97:39-44, 2004
- Hoffman JR** and MJ Falvo. Protein – Which is Best? *Journal of Sports Science and Medicine*. 3:118-130, 2004
- Moran DS, U Eliyahu, Y Heled, S Rabinovitz, **JR Hoffman**, and M Margaliot. Core temperature measurement by microwave radiometry. *Journal of Thermal Biology*. 29:539-542, 2004.
- Kang J, H. Walker, M. Hebert, M. Wendell, **JR Hoffman**. Influence of contraction frequency on cardiovascular responses during upper and lower body exercise. *Research in Sports Medicine*. 12:251-264, 2004.
- Hoffman JR**, J. Cooper, M. Wendell, J. Im, and J. Kang. Effects of β -hydroxy β -methylbutyrate on power performance and indices of muscle damage and stress during high intensity training. *Journal of Strength and Conditioning Research*. 18:747-752, 2004.
- Liebermann DG and **JR Hoffman**. Preparatory activity during free falls as a function of availability of optic flow formation. *Journal of Electromyography and Kinesiology*. 15:120-130, 2005.
- J Kang, EC Chaloupka, MA Mastrangelo, **JR Hoffman**, NA Ratamess and E. O'Connor. Metabolic and perceptual responses to cycling at a constant intensity and with a spinning® exercise protocol. *Medicine and Science in Sports and Exercise*. 37:853-859, 2005
- Hoffman JR**, JR Stout, M Falvo, J Kang, and N Ratamess. The effect of low-dose, short-duration creatine supplementation on anaerobic exercise performance. *Journal of Strength and Conditioning Research*. 19:260-264, 2005

- Kang J, **JR Hoffman**, J Im, BA Spiering, NA Ratamess, KW Rundell, S Nioka, J Cooper, and B Chance. Evaluation of physiological responses during recovery following three resistance exercise programs. *Journal of Strength and Conditioning Research*. 19:305-309, 2005
- Hoffman JR**, J Kang, AD Faigenbaum, NA Ratamess. Recreational sports participation is associated with enhanced physical fitness in children. *Research in Sports Medicine*. 13:149-161, 2005
- Hoffman JR**, J. Kang, NA Ratamess, and A. Faigenbaum. Biochemical and hormonal responses during an intercollegiate football season. *Medicine and Science in Sports and Exercise*. 37:1237-1241, 2005.
- Hoffman JR**, J Im, J Kang, NA Ratamess, S Nioka, KW Rundell, R Kime, J Cooper, and B Chance. The effect of a competitive collegiate football season on power performance and muscle oxygen recovery kinetics.. *Journal of Strength and Conditioning Research*. 19:509-513, 2005
- Hoffman JR**, NA Ratamess, JJ Cooper, J Kang, A. Chilakos, and A Faigenbaum. The addition of eccentrically loaded and unloaded jump squat training on strength/power performance in college football players. *Journal of Strength and Conditioning Research* 19:260-264, 2005.

Chapters

- Hoffman JR** and Maresh CM. Physiology of Basketball. In: Garrett WE and Kirkendall DT (eds) *Exercise and Sport Science*. Lippincott, Williams & Wilkins: Baltimore ME. 733 – 744, 2000.
- Hoffman JR**. Physiology of Basketball. In: McKeag DB (ed) *Handbook on Basketball: Olympic Handbook of Sport Medicine*. Blackwell Publishing: Oxford, England. 1-11, 2003.
- Hoffman JR**. Epidemiology of Basketball Injuries. In: McKeag DB (ed) *Handbook on Basketball: Olympic Handbook of Sport Medicine*. Blackwell Publishing: Oxford, England. 12-24, 2003.
- Hoffman JR**. Endocrinology of Sport Competition. In: Kraemer WJ and Rogol AD (eds) *The Endocrinology of Physical Exercise and Sport*. Blackwell Publishing: Oxford, England. 600-612, 2005.

Textbooks

Hoffman JR. *Physiological Aspects of Sport Training and Performance*. Human Kinetics: Champaign, IL. 2002.

Hoffman JR. *Norms for Fitness, Performance, and Health*. Human Kinetics: Champaign, IL. 2006.