

Adrian Aron
Department of Physical Therapy, Radford University
101 Elm Avenue, 8th Floor, Room 837
Carilion Roanoke Community Hospital
Roanoke, VA, 24013
Tel: 540-224-6665

Education:

Virginia Tech
Blacksburg, VA
From 2005 to 2008
Clinical Exercise Physiology
Doctor of Philosophy – March 2010

Bloomsburg University
Bloomsburg, PA.
From 2004 to 2005
Clinical Exercise Physiology
Master of Science – May 2005

Ovidius University
Constanta, Romania
From 1997 to 2001
Physical Education
Bachelor of Science – July 2001

Employment and Position held:

Associate professor
Department of Physical Therapy, Radford University
Radford, VA
From 2014 to present

Assistant professor
Tenure Track
Department of Physical Therapy, Radford University
Radford, VA
From 2010 to 2013

Assistant professor
Tenure Track
Department of Exercise, Sport and Health Education (ESHE), Radford University
Radford, VA
From 2008 to 2010

Clinical Coordinator
Via-Tech Institute for Health and Wellness, Virginia Tech
Blacksburg, VA
From 2007 to 2008

Graduate Assistant
Department of Human Nutrition Food and Exercise, Virginia Tech
Blacksburg, VA
From 2005 to 2008

Graduate Assistant
Department of Exercise Science, Bloomsburg University
Bloomsburg, PA
From 2004 to 2005

Peer Reviewed Publications:

Trent A. Hargens, Adrian Aron, Laura J. Newsome, Joseph L. Austin, Brooke M Shafer. Effects of obstructive sleep apnea on hemodynamic parameters in patients entering cardiac rehabilitation. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 2014 (accepted for publication)

Adrian Aron, Trent A. Hargens, Stephen G. Guill, William G. Herbert. Inflammatory biomarkers are unrelated to endothelial-mediated vasodilation in physically active young men. *Journal of Human Sport and Exercise*. 2012; 7:581-588.

Adrian Aron, Don Zedalis, William G. Herbert. Reproducibility of cardiac monitoring in men using impedance cardiography during Mueller maneuver. *Pneumologia*. 2011;60:213-215.

Adrian Aron, Donald Zedalis, John M. Gregg, Francis C. Gwazdauskas, William G. Herbert. Potential clinical use of cardiopulmonary exercise testing in obstructive sleep apnea hypopnea syndrome - review. *International Journal of Cardiology*. 2009;132:176–186.

Trent A. Hargens, Stephen G. Guill, Adrian Aron, Donald Zedalis, John M. Gregg, Sharon M. Nickols-Richardson, William G. Herbert. Altered ventilatory responses to exercise testing in young adult men with obstructive sleep apnea. *Respiratory Medicine*. 2009;103:1063-1069.

Adrian Aron, Gidu Diana. Association between graded exercise test indicators of cardiovascular disease risks and peripheral vascular stiffness. *Ovidius University Annals, Series Physical Education and Sport*. 2009;1:5-8.

Adrian Aron, Klinger TA, McConnell TR. Cardiac rehabilitation outcomes no different following on-pump vs. off-pump coronary artery bypass surgery. *Journal of Cardiopulmonary Rehabilitation and Prevention*. 2007;27(1):35-41.

Adrian Aron. Book chapter: Benefits of physical activity. In: Health for Everybody's Understanding. Dumitru G, Suciuc C, Aron A. Albatros Publishers, Bucharest, 2003.

Abstracts:

Laura J. Newsome, Adrian Aron, Julia Castleberry, Joseph L. Austin, Trent Hargens and Donald Zedalis. Screening techniques and physical activity levels for cardiac rehabilitation patients suspected for obstructive sleep apnea. *Med Sci Sports Exerc.* 2014;46(5):291.

Brooke M. Shafer, Trent A. Hargens, Adrian Aron, Laura J. Newsome, Elizabeth S. Edwards and Christopher J. Womack. The implications of undiagnosed obstructive sleep apnea on resting hemodynamic variables in cardiac rehabilitation patients. *Med Sci Sports Exerc.* 2014;46(5):290.

Adrian Aron, Julia Castleberry, Brandon Briggs, Joseph Austin and Donald Zedalis. The effect of obstructive sleep apnea on cardiac rehabilitation outcomes. *Journal of Cardiopulmonary Rehabilitation and Prevention.* 2013;33:339

Adrian Aron, Laura Newsome, Julia Castleberry, Joseph Austin, Brandon Briggs, Trent Hargens and Donald Zedalis. Hemodynamic variables among cardiac rehabilitation patients suspected for OSA. *Sleep.* 2013;36:288

Adrian Aron, Laura Newsome, Julia Castleberry, Joseph Austin, Brandon Briggs, Trent Hargens and Donald Zedalis. Prevalence of OSA in cardiac rehabilitation patients. *Sleep.* 2013;36:137.

Trent A. Hargens, Stephen G. Guill, Adrian Aron and William G. Herbert. Exercise testing variables as risk markers for obstructive sleep apnea. *Med Sci Sports Exerc.* 2013;45(5):361.

Brent Harper, Kristen Jagger, Julia Castleberry, Alex Siyufy, Adrian Aron, Renee Huth, Edward Swanson and Emmanuel John. Developing an autonomous entry-level doctor of physical therapy practitioner: the science and art of a clinical education program. *Conference of Higher Education Pedagogy Proceedings.* 2013;5:274.

Adrian Aron, Wesley DuBose, Amy Corbin, Ashley Taylor, Donald Zedalis. Using cardiac variables as an innovative method for screening OSA. *Sleep Medicine.* 2011;12(9).

Trent A. Hargens, Stephen G. Guill, Adrian Aron, Donald Zedalis, and William G. Herbert. The oxygen uptake efficiency slope during maximal exercise testing in young men with OSA. *Med Sci Sports Exerc.* 2010;42(5):336.

Adrian Aron, Wesley DuBose, Dwayne K. Ellis, Donald Zedalis, John M. Gregg, William G. Herbert. Unique cardiac response during apneas in obstructive sleep apnea (OSA) patients. *Sleep.* 2010;33(Supplement):A182.

Laura J. Newsome, Adrian Aron, William G. Herbert. Obstructive sleep apnea alters exercise blood pressure responses in normal weight men. *Med Sci Sports Exerc.* 2009;41(5):329-330.

Adrian Aron, William G. Herbert. Factors influencing exercise capacity in obstructive sleep apnea syndrome patients. *Med Sci Sports Exerc.* 2009;41(5):226-227.

Trent A. Hargens, Stephen G. Guill, Anthony S. Kaleth, Adrian Aron, Donald Zedalis, William G. Herbert. Does progression of untreated obstructive sleep apnea incrementally blunt post-exercise heart rate recovery? *Med Sci Sports Exerc.* 2008;40(5)

Kevin W. Luce, Stephen G. Guill, Trent A. Hargens, Adrian Aron, Katrina L. Butner, Jessica E. Mabry, William G. Herbert. Influences of fitness vs. physical activity on metabolic syndrome components in young normal-weight men. *Med Sci Sports Exerc.* 2007;39(5):S332.

Emily T. Jones, Stephen G. Guill, Trent A. Hargens, Adrian Aron, Katrina L. Butner, Jessica E. Mabry, Francis C. Gwazdauskas, William G. Herbert, FACSM. Does high-volume physical activity influence insulin resistance and associated cytokines in young men? *Med Sci Sports Exerc.* 2007;39(5):S237.

Katrina L. Butner, Steve G. Guill, Trent A. Hargens, Jessica E. Mabry, Adrian Aron, Sharon M. Nickols-Richardson, Warren K. Ramp, William G. Herbert. Physical activity augments the relationship between FFSTM and bone density in young men. *Med Sci Sports Exerc.* 2007;39(5):S439.

Adrian Aron, Trent A. Hargens, Stephen G. Guill, Jessica E. Mabry, Katrina L. Butner, William G. Herbert. Vascular and inflammatory biomarkers are unrelated to endothelial-mediated vasodilation in physically active young men. *Med Sci Sports Exerc.* 2007;39(5):S273.

Jessica E. Mabry, Trent A. Hargens, Stephen G. Guill, Katrina L. Butner, Adrian Aron, William G. Herbert. Is delayed post-exercise blood pressure recovery a marker for metabolic syndrome in young men? *Med Sci Sports Exerc.* 2007;39(5):S333.

Adrian Aron, Trent A. Hargens, Stephen G. Guill, Don Zedalis, John M. Gregg, Sharon M. Nickols-Richardson, William G. Herbert. Association between graded exercise test indicators of cardiovascular disease risks and peripheral vascular stiffness. *Med Sci Sports Exerc.* 2006;37(5):S362.

Katrina L. Butner, Stephen G. Guill, Trent A. Hargens, Adrian Aron, Anthony S. Kaleth, Donald Zedalis, Sharon M. Nickols-Richardson, William G. Herbert. Does OSA distort perception of aerobic exercise capacity? *Med Sci Sports Exerc.* 2006;38(5):S362.

Adrian Aron, Troy Klinger, Timothy McConnell. Cardiac rehabilitation outcomes for off-pump versus traditional on pump coronary bypass surgery. *Journal of Cardiopulmonary Rehabilitation and Prevention.* 2005;25(5):294.

Non-Peer Reviewed Publications:

Adrian Aron. Screening, exercise testing and diagnosis in obstructive sleep apnea syndrome. *ACSM's Certified News.* 2007;17(4):3-5.

Non-Peer Reviewed Presentations:

Matthew Yost, Adrian Aron and Julia Castleberry. The effects of patient positioning in wheelchairs on cardiac and metabolic function. Carilion Research Day. Roanoke, Va, April 2014.

Adrian Aron, Timothy McConnell, Leon Szmedra. Associations of parental attitudes and physical activity in Romanian children. American College of Sports Medicine, Mid-Atlantic Regional Conference Annual Meeting, November 2004.

Adrian Aron, Timothy McConnell – Association between parents' perception of their child physical activity levels and their children real fitness status. Annual Health Conference, School of Health Sciences, Bloomsburg University, April 2004.

Adrian Aron – Benefits of physical activity. Presentation at Roundtable organized by the Romanian Federation Sport for All and National Agency of Sport, Constanta, Romania, December 2003.

Adrian Aron, Oana Barbatei - Physical growth and physical activity level of 11-14 years old urban children. Scientific Session of Communications of the Department of Physical Education and Sport, Ovidius University, Constanta, Romania, May 2002.

Adrian Aron, Oana Barbatei – Anthropometrics and physical activity level of 11-14 years old Romanian versus American children. International Scientific Conference of the National Academy for Physical Education and Sport, Bucharest, Romania, June 2002.

Adrian Aron – Physical growth and physical activity level of high school children. Scientific Session of Communications of the Department of Physical Education and Sport, Ovidius University, Constanta, Romania, May 2001.

Adrian Aron – The teenage profile concerning physical fitness. Scientific Session of Communications of the Department of Physical Education and Sport, Ovidius University, Constanta, Romania, May 2000.

Adrian Aron – The weight management for normal, sedentary population. Scientific Session of Communications of the Department of Physical Education and Sport, Ovidius University, Constanta, Romania, April 1999.

Funded/In Review Grant Activity

Adrian Aron 2014

“The impact of sleep apnea on cardiac patients; a 2-year follow-up”

Funded by Radford University Foundation

Award \$11,120

Alex Siyufy (P.I.), Adrian Aron (reviewer and statistician) 2012
“A descriptive study of the centralization phenomenon occurrence post lumbar spine high velocity low amplitude thrust manipulation”
Funded by Waldron College Research Award from Radford University
Award \$10,000

Adrian Aron (P.I.), Laura Newsome (co P.I.), Julia Castleberry
Award \$19,920
“The impact of sleep apnea on cardiac rehabilitation”
2011, Funded by University-wide faculty research award from Radford University

Adrian Aron (P.I.)
Award \$10,000
“The effect of CPAP treatment on cardiac function”
2010, Funded by Waldron College Research Award from Radford University

Adrian Aron (P.I.)
Award \$8,500
“Influence of obstructive sleep apnea on cardiac function”
2010, Funded by Summer Grant Research from Radford University

Adrian Aron (P.I.), Herbert WG (P.I.), Zedalis D (Co P.I.)
Award \$10,000
“Cardiac function in obstructive sleep apnea hypopnea syndrome patients”
2009, Funded by Summer Grant Research from Radford University

Herbert WG (P.I.), Lucktong TA (P.I.), Chittenden TW (Co-P.I.), Long B, Zedalis D, Aron A.
Award \$22,085
“Gene expression in Obstructive Sleep Apnea: Preliminary study to isolate markers with diagnostic and prognostic implications for bariatric surgery patients”.
2008, Funded by Research Acceleration Program from Carilion Clinic Research Department, Roanoke, VA.

Herbert WG (P.I.), Zedalis D, Gregg JM, Chittenden T, Guill S., Nickols-Richardson SM, Aron A, Butner, K, Creamer K, Jones E, Mabry J.
Award \$4,300
“Preliminary studies of Obstructive Sleep Apnea Syndrome (OSAS): Searches for a gene expression profile and relationships to Type 2 diabetes and skeletal fragility”.
2007, Internally funded by the Laboratory for Health & Exercise Sciences, Department of HNFE, Virginia Tech, Blacksburg, VA.

Herbert WG (P.I.), Richardson SN, Zedalis D, Gregg J. (Aron A. – research assistant)
Award \$24,197
“Cardiovascular and metabolic dysfunction in adolescents and young adults at risk for sleep apnea syndrome”.
2004, Funded by ResMed Sleep Disordered Breathing Foundation, San Diego, CA.

Community service

Suncom Inc., Bloomsburg, PA.

- Exercise specialist for mentally impaired individuals (2004)

Weight Station, Christiansburg, VA

- Specialist in implementing exercise programs for weight loss (2009)

Services to the University/College/School on Committees:

University:

- University IT Committee member: 2011 to present
 - Chair of the Mobile Strategy Committee (within University IT Committee): 2011
- University Library Committee member: 2009

School/College:

- Scholarly Activity Award Committee member (College of Education): 2009

Department:

- Member on the Professional Advisory Committee and Curriculum Committee: 2010 to present
- Member on the Selection Committee for upcoming students. Responsible for scoring applications and actively engaged in interviewing the candidates: 2010 to present
- Chair of the DPT Personnel Committee: 2010 to present
- Offered advising sessions to 11 DPT students from fall 2012 to present
- Offered advising sessions to 2 DPT students from fall 2011 to 2014
- Represented DPT at the Annual Health Fair organized by Radford University. The Department provided free golf swing analysis and promoted the new doctoral program. (2010)
- Represented ESHE at the Assessment and Institutional Effectiveness symposium organized by the Office of Institutional Research, Planning and Assessment on May 19-21 2010.
- Offered advising sessions to approximately 50 ESHE students during fall 2009 and spring 2010 semesters.
- Represented ESHE Department at Majors Fair organized by Premajor Advising Center October 2009.
- Represented ESHE Department at the fall 2009 College open house.
- Assisted in organizing the end of the year Senior Breakfast gathering for students and their parents. (2009)

Current Teaching Responsibilities:

Fall semester:

Primary Instructor for AHPT 810 Exercise Physiology (3 credit course)

Primary instructor for AHPT 888 Research III (2 credit course)

Primary Instructor for AHPT 880 Cardiopulmonary Patient Care Management (4 credit course)

Spring semester:

Primary Instructor for AHPT 829 Research I (2 credit course)

Primary Instructor for AHPT 868 Research II (2 credit course)

Primary instructor for AHPT 892 Research IV (2 credit course)