

Dakota Tiede
dtiede@iu.edu

EDUCATION:

GRADUATE

Indiana University Purdue University Indianapolis MS 2023
Exercise Physiology
GPA: 4.0

UNDERGRADUATE

Indiana University Purdue University Indianapolis BS 2021
Exercise Science
GPA: 3.6

APPOINTMENTS:

IUPUI Teaching Assistant 8/21-5/23
School of Health and Human Science Research Assistant (Vol)

University of Pittsburgh Research Assistant 5/23-Present
Neuromuscular Research Laboratory/
Warrior Human Performance Center
School of Health and Rehabilitation Sciences
Department of Sports Medicine

PROFESSIONAL ORGANIZATION MEMBERSHIPS:

American College of Sports Medicine 2021-Present

ACSM Midwest Chapter Member 2021-Present

NSCA Member 2022-Present

TEACHING:

Graduate Teaching Assistant – IUPUI

Lab Instructor, KINE-P373 Resistance Exercise and Sport Conditioning, F21, S22, SU22, S23

Instructor, HPER-E219 Weight Control and Exercise, S22

Teaching Assistant, Microcomputer Applications in Kinesiology, KINE-P200, S23

Instructor, Volleyball, HPER-E185, F21, S22, F22, S23

Instructor, Intermediate Weight Training, HPER-E 100, F21

Instructor, Beach Volleyball, HPER-E 100, F21, F22

Instructor, Badminton, HPER-E 105, SP22

Instructor, Intermediate Badminton, HPER-E 205, SP22

Instructor, Weight Training, HPER-E 187, SP22

PRESENTATIONS AND INVITED LECTURES:

Resistance Training for Endurance Athletes Guest Lecture	IUPUI KINE-P403	F21, S22
Periodization Guest Lecture	IUPUI KINE-P272	S23
Early Muscle Gene Expression Changes with Eccentric Exercise Associated with Peak Delayed Onset Muscle Soreness	INPHYS Virtual Poster	4/10/21
Early Muscle Gene Expression Changes with Eccentric Exercise Associated with Peak Delayed Onset Muscle Soreness	ACSM Annual Mtg Virtual Poster	6/1/21
Early Muscle Gene Expression Changes with Eccentric Exercise Uniquely Associated with Peak Strength Loss	MWACSM Free Communication	11/5/21
Early Muscle Gene Expression Changes with Eccentric Exercise Uniquely Associated with Peak Strength Loss	IUPUI SHHS Poster Day	4/20/22
Early Muscle Gene Expression Changes with Eccentric Exercise Uniquely Associated with Peak Strength Loss	IU Poster Day	4/22/22
Early Muscle Gene Expression Changes with Eccentric Exercise Uniquely Associated with Peak Strength Loss	ACSM Annual Mtg Thematic Poster	6/1/22
Common Muscle Damage Markers are Associated with Divergent Gene Expression Changes after Eccentric Exercise	MWACSM Annual Mtg Free Comm. Poster	10/21/22
Common Muscle Damage Markers are Associated with Divergent Gene Expression Changes after Eccentric Exercise	IUPUI PAWI Oral Presentation	4/21/23
Common Muscle Damage Markers are Associated with Divergent Gene Expression Changes after Eccentric Exercise	IU Research Day Oral Presentation	4/28/23
Common Muscle Damage Markers are Associated with Divergent Gene Expression Changes after Eccentric Exercise	ACSM Annual Mtg Virtual Poster	5/30/23

SERVICE:

Sigma Alpha Epsilon Fraternity – Completed over 70 hours of service including volunteering at and fundraising for Riley Children’s Hospital, as well as Angels and Doves Bullying Prevention Program.

IUPUI Kinesiology Dept – Assisted with tours for potential new students.

PUBLICATIONS:

ABSTRACTS

D Tiede, M Deyhle, CJ Carey, L Xin, R Hyldahl and MJ Hubal. Early Muscle Gene Expression Changes With Eccentric Exercise Uniquely Associated With Peak Strength Loss. *Med Sci Sports Exerc.* 51(5), 2022.

D Tiede, M Deyhle, D Goss II, CJ Carey, L Xin, R Hyldahl and MJ Hubal. Early Muscle Gene Expression Changes with Eccentric Exercise Associated with Peak Delayed Onset Muscle Soreness. *Med Sci Sports Exerc.* 51(5), 2021.

D Tiede, M Deyhle, L Xin, R Hyldahl and MJ Hubal. Common Muscle Damage Markers are Associated with Divergent Gene Expression Changes after Eccentric Exercise. *Med Sci Sports Exerc* (Accepted)

PAPERS IN PREPARATION

M Deyhle, **D Tiede**, D Goss II, CJ Carey, L Xin, R Hyldahl and MJ Hubal. Unique gene expression signatures of exercise-induced muscle damage indices. Submitted.

W Conkright, **D Tiede**, et al. Intense exercise effects on circulating extracellular vesicle miRNA cargo: SPARTA study. Submitted.

D Tiede, M Keefe, C Carey, N Pathak, KE Naugle, MJ Hubal, and KM Naugle. Effects of Kinesio-tape on Delayed Onset Muscle Soreness

RESEARCH/LABORATORY SKILLS:

Phlebotomy and blood processing

ELISA Kits

Isokinetic/isometric strength and power testing – Biodex System 3 & 4, VALD Forceframe

Performance testing – Force plates (CMJ, Drop Jump, IMTP, etc), Wingate (Velotron), VO_{2max} , Sprint/Shuttle tests, etc

Movement analysis – Motion capture (VALD)

Pain pressure threshold testing – Algomed

Body composition testing – DEXA (Lunar), Bodpod (Cosmed)

Stats – JASP and SPSS