REFERRED PUBLICATIONS


Hoffman, J.R., N.A. Ratamess, J.J. Cooper, J. Kang, A. Chilakos, and A.D. Faigenbaum. Comparison of loaded and unloaded jump squat training on strength/power performance


**RESEARCH PRESENTATIONS AT NATIONAL CONFERENCES**


VO\textsubscript{2}max and \textit{vVO}\textsubscript{2}max among well trained male and female distance runners. \textit{Presented at the American College of Sports Medicine Annual Conference in Seattle, WA, 1993.}


**INVITED PRESENTATIONS**

Bioenergetics for strength and power athletes. \textit{Nutrition for Strength and Power Symposium, National Sports Administration, Beijing, China, 2010.}

Basic Sports Nutrition and Body Composition. \textit{Nutrition for Strength and Power Symposium, National Sports Administration, Beijing, China, 2010.}

Certified Strength and Conditioning Specialist Workshop. \textit{Shanghai Sports Institute, Shanghai, China, 2010.}

Body composition and athletic performance. \textit{8\textsuperscript{th} Annual Strength, Conditioning and Athletic Training Symposium., The College of New Jersey, 2008.}

Weight loss strategies for optimal performance. \textit{7\textsuperscript{th} Annual Strength, Conditioning and Athletic Training Symposium., The College of New Jersey, 2007.}


Testing and exercise prescription for the cardiac disease patient. *ACSM Exercise Specialist Workshop, University of Pittsburgh, 2000.*


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Effect of energy substrate and hormonal changes on ratings of perceived exertion during prolonged cycling and running. *Southeastern Regional Chapter of American College of Sports Medicine Annual Meeting, 1999.*


Effect of compensatory adjustment in brake resistance on cardiovascular, metabolic, and perceptual responses during arm ergometry. *New Jersey Research Consortium, Kean University, 1998.*
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