

Meet the Section Editor

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Dr. David Bellar is a Dean of the Usha Kundu, MD College of Health at the University of West Florida. His doctoral degree was earned from Kent State University. His doctoral degree was earned from Kent State University in 2009. His research interests include examining the effects of nutrition and supplements on human health and performance, and monitoring the health and wellness of athletes and performing artists. He is a fellow of the National Strength and Conditioning Association and the American College of Sports Medicine and the recipient of the Joe Vigil Sport Science award from USA Track and Field. Dr. Bellar is also a former NCAA Division I track and field coach, who directed the training of numerous All-American and All-Conference performers.



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SELECTED PUBLICATIONS:

- [1] Bellar, D. Kern, B.D., Judge, L. (2019). Body fat, weight training and mental wellness among college students. Shape America National Convention, Tampa FL.
- [2] Imagbe, S., Kern, B.D, Bellar, D., Clemons, J.M. (2019). Health-related fitness knowledge and physical activity among physical educators. Shape America National Convention, Tampa FL.
- [3] Bellar, D. Kern, B.D., Salaam, A. (2020). The effects of cell phone use on social interaction and physical activity in college-aged adults. Shape American National Conference, Salt Lake City, UT. (Conference cancelled due to COVID-19, abstract selected for presentation in an online gallery).
- [4] Judge, L.W. Schoeff, M., Bellar, D. (2020). Resistance training is associated with reduced stress among college students. Shape American National Conference, Salt Lake City, UT. (Conference cancelled due to COVID-19, abstract selected for presentation in an online gallery).
- [5] Judge, L.W., Bellar, D. (2020). Evaluation of biomarkers of muscle damage and bone formation in ballet dancers during the nutcracker. American College of Sport Medicine Annual Meeting, San Francisco, CA. (Conference cancelled due to COVID - 19, poster presented online).
- [6] Bellar, D., Judge, L.W. (2020). Evaluation of Salivary Alpha Amylase as a Measure of Sympthetic-Adreno-Medullar axis activity at rest. National Strength and Conditioning Association National Conference, Las Vegas, NV. (Conference cancelled due to COVID-19, poster with audio presented online).
- [7] Judge, L.W., Bellar, D. (2021). Higher morning SNS activity present in individuals with higher body fat percentage. American College of Sports Medicine Annual Meeting, (virtual) 8. Davis, G.R., Bellar, D. (2021). Acute effects of heat-treated cherry consumption on serum total antioxidant capacity. American College of Sports Medicine Annual Meeting, (virtual).
- [8] Judge, L.W., Bellar, D. (2021). The perceived psychological benefits of aerobic exercise and resistance training among college students. Shape America Virtual National Convention and Expo.
- [9] Kern, B.D., Bellar, D. (2021). Patterns of social behavior among young adults with or without access to mobile phones and/or equipment for physical activity. Shape America Virtual National Convention and Expo.