

Melissa Whidden



Dr. Melissa Whidden is an Assistant Professor in the Department of Kinesiology. She teaches both undergraduate and graduate level Exercise Physiology related courses in the Exercise Science and Physical Education disciplines. Dr. Whidden earned a BS in Exercise Science and her MS in Applied Physiology from SUNY Buffalo and a PhD in Exercise Physiology from the University of Florida. She completed a three year post-doctoral research fellowship at the University of Florida before coming to West Chester University in 2011. Her main research interests include the role of oxidative stress with age and muscle atrophy. Dr. Whidden has contributed to 20 plus peer-reviewed journal publications and has published in the *Journal of Applied Physiology*, *CHEST*, and the *Journal of Hypertension*.

Dr. Whidden serves as a reviewer for various journals and is a member of the American College of Sports Medicine and The American Physiological Society. After 8 years living in the south, Dr. Whidden is thrilled to be back north to enjoy all four seasons. In her free time, she enjoys watching football and spending time outdoors with her husband, son, and extended family.

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Kinesiology

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