

To the Habilitation Committee for James J. Tufano, Ph.D.,

Thank you for the opportunity to review the habilitation thesis for James Tufano to be named Associate Professor at the Faculty of Physical Education and Sport at Charles University, Prague, Czech Republic. I have known James since 2010, and we remain friends as we are both very active members of the National Strength and Conditioning Association. This association is the largest and most influential of its kind, with over 30,000 members world-wide. Aside from the habilitation thesis, I would recommend James to be named Associate Professor simply via his involvement within the organization where he serves as a peer-reviewer for our journals, as a grant reviewer, as an abstract reviewer for conferences, as a conference presentation judge, as an invited speaker, and as a supervisor to competitive graduate student research grant. Despite our long-standing friendship, we have not published any research together, nor do we have any current ongoing projects. Therefore, I declare no conflict of interest in reviewing this thesis. I am merely judging this as a full professor from the United States who is familiar with the topic area, the researcher in question, the impact of his work, and the requirements necessary to be an Associate Professor.

Overall, Dr. Tufano's habilitation work seems to be a compilation of various papers that he led (either as a primary investigator or as a supervisor) that share the common theme of "cluster sets" and "rest-redistribution" as it relates to acute resistance training sessions. As all of the chapters within are peer-reviewed publications (most of which were published in the highest-ranking journals in our field), I do not have much to comment on regarding the content itself. Nevertheless, I do have some comments that would be interesting for him to address at a later stage of his habilitation process (it's my understanding that he has a presentation to give, so perhaps that is where he can answer these questions).

1. All of these studies used resistance training exercises in well-trained participants. I'm curious whether these same principles would hold true in less-trained individuals.
2. Similar to the previous comment, could these training principles be applied outside of the weight room? Can we use similar principles for anaerobic conditioning sessions, perhaps?
3. I noticed that he included a lit review that he published in 2017, but he has two other (more recent) reviews with meta-analyses from 2021. Can he elaborate on "what's new" in that regard?
4. As the science of strength and conditioning is highly practical, how does he think these ideas can be used in practice? Who can they benefit? Why? How?

I understand that these are "only" a few questions, but the clarity of the writing and the fact that the papers have already been scrutinized, peer-reviewed, and published leaves little room for questions. Despite that, I feel as though these aforementioned questions remain unanswered and can greatly impact the future research path of these ideas as well as their translation to a practical audience.

Considering...

1. The professionalism of these papers included within,

2. The fact that this thesis includes papers where James was either the first author or the primary supervisor of the students (last author),
3. His achievements and contribution to our field outside of this habilitation thesis, and that
4. All professional studies submitted by James Tufano are original works and all used literary sources are properly and correctly cited,

I recommend James Tufano for the position of Associate Professor at Charles University.

If you have any further comments or questions, please feel free to contact me at: ndabbs@csusb.edu

Sincerely,

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