

TRISHA A. VANDUSSELDORP

Department of Exercise Science and Sport Management
Kennesaw State University
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Education

Doctor of Philosophy in Exercise Science University of New Mexico Albuquerque, New Mexico	July 2016
Master of Science in Human Performance: Exercise and Sport Science University of Wisconsin- La Crosse La Crosse, Wisconsin	May 2013
Bachelor of Science in Exercise Science Southwest Minnesota State University Marshall, Minnesota	May 2011

Primary Research and Professional Interests

- Nutrition and supplementation
- Autophagy

Secondary Research and Professional Interests

- Resistance training and high-intensity interval training
- Muscle physiology: function, fatigue, and recovery
- Hormonal influence on performance, energy metabolism, and body composition
- Environmental physiology

Academic Positions

Associate Professor of Exercise Science Graduate Faculty Status Kennesaw State University	August 2021-Present
Undergraduate Exercise Science Coordinator <i>Interim</i> Kennesaw State University	August 2021-Present
Assistant Professor of Exercise Science Graduate Faculty Status Kennesaw State University	Aug 2016-July 2021

Professional Positions

President

International Society of Sports Nutrition

Oct 2020-Present

Vice President

International Society of Sports Nutrition

June 2017-Oct 2020

Certifications

- Certified Sports Nutritionist from the International Society of Sports Nutrition (CISSN); July 2014 - Present
- Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association (NSCA CSCS); Nov. 2014 – Present
 - With Distinction – Dec 2020 – Present
- Online Course Development Workshop (Center for Excellence in Teaching and Learning – Kennesaw State University); Fall 2016
- CPR/AED; June 2013 – Present

Professional Memberships

- International Society of Sports Nutrition (ISSN)
- National Strength and Conditioning Association (NSCA)
- American College of Sports Medicine (ACSM)

Professional Experience

8/2016 – Present

Assistant Professor/Associate Professor

Department of Exercise and Sport Management
Kennesaw State University
Kennesaw, Georgia

Responsibilities: Work as part of the Exercise Science faculty teaching undergraduate and graduate coursework. Work with students and faculty within and outside the department on both applied and basic research studies. Dissemination of research via professional presentations and peer-reviewed publications. Serve on department committees and engage in service to the department, college, university, and surrounding community.

8/2013 – 7/2016

Graduate Research and Teaching Assistant

Health, Exercise, and Sports Sciences
University of New Mexico
Albuquerque, New Mexico

Responsibilities: Worked as part of the Health, Exercise, and Sport Sciences department teaching undergraduate and graduate coursework, as well as labs. Worked as part of a research team in the UNM Exercise Physiology Lab (UNM EPL) to collect and disseminate research. Worked in the UNM EPL running

community, student, and staff testing, including: hydrostatic weighing, BodPod, skinfolds, blood draws, stress testing, and VO₂max testing. Responsible for lab maintenance and upkeep (order and inventory supplies).

5/2014 – 6/2015

Graduate Research Assistant

Pope L. Moseley, MD; Karol Dokladny, PhD
Department of Internal Medicine/Clinical and Translational Science Center
University of New Mexico
Albuquerque, New Mexico

Responsibilities: Worked as part of the Department of Internal Medicine at UNM Hospital (Clinical and Translational Science Center) to conduct and disseminate scientific findings related to exercise and autophagy research.

1/2013 – 5/2013

Study Coordinator and Research Assistant

An electromyographic-based test for estimating neuromuscular fatigue during incremental treadmill running

University of Wisconsin- La Crosse
La Crosse, Wisconsin

Responsibilities: Coordinated and conducted data collection, data analysis, and manuscript preparation under the advisement of Dr. Clayton Camic.

8/2011 – 5/2013

Graduate Research and Teaching Assistant

Exercise Sport Science: Human Performance
University of Wisconsin- La Crosse
La Crosse, Wisconsin

Responsibilities: Worked as part of a research team to conduct research related to exercise and biomechanics. Co-lectured and assisted with equipment set-up for undergraduate exercise science courses (Anatomy and Physiology, Exercise Physiology).

8/2010 – 5/2011

Undergraduate Teaching Assistant

Exercise Science
Southwest Minnesota State University
Marshall, MN

Responsibilities: Co-lectured (Biomechanics and Kinesiology) and assisted with equipment set-up for undergraduate exercise science labs.

Teaching Experience

8/2016 – Present

Assistant/Associate Professor
Department of Exercise and Sport Management
Kennesaw State University

Instructor of Record: Undergraduate Level

- **ES 4700 Clinical Exercise Physiology**
 - Fall, 2018 – 2 sections
 - Summer 2019 – 1 section
- **ES 4600 Exercise Prescription**
 - Spring, 2018 – 1 section (**online**)

- Spring, 2020 – 1 section (**partially online – COVID-19**)
- **ES 2500 Principles of Nutrition**
 - Fall, 2017 – 1 section
 - Summer, 2019 – 1 section (**online**)
 - Summer, 2021 – 1 section (**online**)
- **ES 4200 Nutrition and Performance**
 - Spring, 2017 – 2 sections
 - Fall, 2017 – 2 sections
 - Summer, 2017 – 1 section
 - Spring, 2018 – 2 sections
 - Summer, 2018 – 1 section
 - Spring, 2019 – 2 sections
 - Summer, 2019 – 1 section
 - Fall, 2019 – 1 section
 - Spring, 2020 – 1 section (**partially online – COVID-19**)
 - Fall, 2020 – 1 section (**online**)
 - Spring, 2021 – 2 sections as 1 section (**online**)
 - Summer, 2021 – 1 section
- **ES 4650 Exercise Testing**
 - Fall, 2016 – 1 section
- **ES 3900 Physiology of Exercise**
 - Fall, 2016 – 1 section
 - Spring 2017 – 1 section
 - Summer 2017 – 1 section
 - Summer, 2018 – 1 section
- **ES 4900 Senior Seminar**
 - Summer, 2021 – 1 section
 - Fall, 2021 – 1 section

Instructor of Record: Graduate Level

- **ES 7750 Nutrition for Exercise & Sport (Special Topics)**
 - Fall, 2019 – 1 section
- **ES 6510 Advanced Exercise Physiology**
 - Fall, 2020 – 1 section
 - Fall, 2021 – 1 section

8/2013 – 7/2016

**Graduate Teaching Assistant
Department of Health, Exercise, and Sport Sciences
University of New Mexico**

Instructor of Record: Graduate Level Only

- PEP 544 Physiology of Resistance Training (1 section; Spring, 2016)

Co-Lecturer/Teaching Assistant: Graduate and Undergraduate Level

- PEP 625 Writing for Publication (1 section; Spring, 2016)
- PEP 502 Designs for Fitness (2 sections) (graduate and undergraduate)
- PEP 508 Clinical Exercise Testing and Prescription (graduate and undergraduate) (2 sections)
- PT476 Health and Wellness (physical therapy doctoral students) (3 sections)

Instructor of Record: Undergraduate Level

- PEP 277 Kinesiology (Exercise Science Core Course; 1 section)
- PEP 289 Tests and Measurements (Exercise Science Core Course; 3 sections)
- PENP 114 Beginning Weight Training (1 section)
- PENP 114/115 Intermediate Weight Training (2 sections)
- PENP 101 Beginning Swimming (1 section)
- PENP 102 Intermediate Swimming (1 section)
- PENP 155/156 Pilates (2 sections)

Co-Lecturer: Undergraduate Level

- PEP 289 Tests and Measurements (Exercise Science Core Course, 1 section)

8/2011 – 5/2013

Graduate Research and Teaching Assistant
Department of Exercise and Sport Science/Human Performance
Laboratory
The University of Wisconsin- La Crosse

Teaching Assistant

- ESS 205/206 Anatomy and Physiology Lab (8 sections)
- ESS 302 Exercise Physiology Lab (12 sections)
- ESS 100 Cross-Training (1 section)
- ESS 100 Trapshooting (3 sections)

Graduate Research Assistant

- Provided fitness testing (VO₂, muscular endurance, muscular strength, flexibility, body composition) to undergraduate students
- Assisted on graduate research conducted in the Human Performance Laboratory
- Instructed/aided undergraduate and graduate students with various laboratory/research techniques: Force treadmill testing/software, metabolic equipment/software, body composition (hydrostatic underwater weighing, skinfold, & goniometer), Polar Team heart rate monitor software, spirometry, and MATLAB/SPPS/Excel software usage

8/2010 – 5/2011

Undergraduate Teaching Assistant
Department of Exercise Science
Southwest Minnesota State University

- EXSC 100 Anatomical Kinesiology (2 sections)
- EXSC 300 Biomechanics (2 sections)

8/2008 – 5/2011

Assistant Coordinator and Tutor
The Center for Athletic Academic Resources
Southwest Minnesota State University

- EXSC 100 Kinesiology
- EXSC 300 Biomechanics
- BIOL 200 and 200L Biology
- MATH 200 Introduction to Statistics
- BIOL 305 and 306 Anatomy and Physiology I and II

Guest Lectures

1. **VanDusseldorp, TA.** (March, 2021). Nutrition for Endurance Athletes. Guest Lecturer. Presented virtually – Texas Tech University – Kin 3347 Sports Nutrition (undergraduate). Two days of lecture.
2. **VanDusseldorp, TA.** (October, 2020). Nutrition for Endurance Athletes. Guest Lecturer. Presented virtually – Texas Tech University – Kin 3347 Sports Nutrition (undergraduate).
3. **VanDusseldorp, TA.** (March, 2020). Environmental Physiology and PCR. Guest Lecturer. Presented at Kennesaw State University. Laboratory Techniques – Graduate Course. (Virtual – due to COVID-19).
4. **VanDusseldorp, TA.** (November, 2018). Environmental Physiology and PCR. Guest Lecturer. Presented at Kennesaw State University. Laboratory Techniques – Graduate Course.
5. **VanDusseldorp, TA.** (November, 2013). Adaptations to Anaerobic and Aerobic Training. (Guest Lecturer; Exercise Physiology (undergraduate); Presented at The University of New Mexico).
6. **VanDusseldorp, TA.** (November, 2013). Energy Systems. (Guest Lecturer; Exercise Physiology (undergraduate); Presented at The University of New Mexico).
7. **VanDusseldorp, TA.** (November, 2013). Flexibility. (Guest Lecturer; Presented at The University of New Mexico).

Manuscript Publications in Print *= corresponding; † senior author;

1. Grgic, J, Pedisic, Z, Saunders, B, Artioli, GG, Schoenfeld, BJ, McKenna, M, Bishop, D, Kreider, RB, Stout, JR, Kalman, DS, Arent, SM, **VanDusseldorp, TA**, Lopez, HL, Ziegenfuss, TN, Burke, LM, Antonio, J, Campbell, B. International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. *J Int Soc Sports Nutr*, September, 2021.
2. Saeidi A, Soltani M, Daraei A, Nohbaradar H, Haghighi MM, Khosravi N, Johnson KE, Laher I, Hackney AC, **VanDusseldorp TA***, Zouhal H. The Effects of Aerobic-Resistance Training and Broccoli Supplementation on Plasma Dectin-1 and Insulin Resistance in Males with Type 2 Diabetes. *Nutrients*, September, 2021.
3. Mangine, GM, Eggerth, A, Gough, J, Stratton, MT, Feito, Y, **VanDusseldorp, TA**. Endocrine and body composition changes across a competitive season in collegiate speed-power track and field athletes. *JSCR*. August, 2021.
4. Kurtz, JA, **VanDusseldorp, TA**, Doyle, JA, Otis, JS. Taurine in Sports and Exercise. *JISSN*. May 2021.
5. Hester, GM, Ha, PL, Dalton, B, **VanDusseldorp, TA**, Olmos, AA, Stratton, MT, Bailly, AR, and Vroman, T. Rate of force development as a predictor of mobility in community-dwelling older adults. *Journal of Geriatric Physical Therapy*, April/June 2021.
6. Kurtz, JA, Grazer, J, **VanDusseldorp, TA**, Carroll, E, Odonoghue, L, Clark, M, Reese, J. The effect of altitude on the anaerobic energy system during a maximal 60s sprint on a cycle ergometer. *Journal of Exercise and Nutrition*, April 2021.
7. Antonio, J, Candow, DG, Forbes, SC, Gualano, B, Jagim, AR, Kreider, RB, Rawson, ES, Smith-Ryan, AE, **VanDusseldorp, TA**, Willoughby, DS, Ziegenfuss, TN. Common questions and misconceptions about creatine supplementation: what does the scientific evidence really show? *JISSN*, Feb. 2021.

8. Ha, PL, Dalton, BE, Alesi, MG, Smith, TM, **VanDusseldorp, TA**, Feito, Y, Hester, GM. Isometric vs. Isotonic Contractions: Sex Differences in the Fatigability and Recovery of Isometric Strength and High-Velocity Contractile Parameters. *Physiol Rep*, Feb. 2021.
9. Boone, JB, **VanDusseldorp, TA**, Feito, Y, Mangine, GT. Relationships between sprinting, broad jump, and vertical jump kinetics are limited in elite, collegiate foot all athletes. *JSCR*. Accepted January 24, 2021.
10. Guest, NS, **VanDusseldorp, TA**, Nelson, MT, Grgic, Jozo, G, Schoenfeld, BJ, Jenkins, NDM, Arent, SM, Antonio, J, Stout, JR, Trexler, ET, Smith-Ryan, AE, Goldstein, E, Kalman, DS, Campbell, BI. International Society of Sports Nutrition Position Stand: Caffeine. *J Int Soc Sports Nutr*. January 2021.
11. Escobar, KA, Welch, AM, Wells, A, Fennel, Z, Nava, R, Li, Z, Moriarty, TA, Nitta, CH, Zuhl, MN, **VanDusseldorp, TA**, Mermier, CM, Amorim, FT. Autophagy response to acute high-intensity interval training and moderate-intensity continuous training is dissimilar in skeletal muscle and peripheral blood mononuclear cells and is influenced by sex. **Human Nutrition & Metabolism**. December 2020.
12. **VanDusseldorp, TA**^{*†}, Escobar, KA, Johnson, KE, Stratton, MT, Moriarity, T, Kerksick, CM, Mangine, GT, Holmes, AJ, Lee, M, Endito, MR, Mermier, CM. Impact of Varying Dosages of Fish Oil on Recovery and Soreness Following Eccentric Exercise. *Nutrients*. July 2020.
13. Smith, TM, Hester, GM, Ha, PL, Olmos, AA, Stratton, MT, **VanDusseldorp, TA**, Feito, Y., Dalton, B.E. (2020). Sit-to-Stand Kinetics and Correlates of Performance in Young and Older Males. *Arch Gerontol Geriatr*. July 2020.
14. Houck, J, Mermier, CM, Betlz, N, Johnson, KE, **VanDusseldorp, TA**, Escobar, KA, Gibson, AL. Physical fitness evaluation of career urban and wildland firefighters. *J Occup Environ Med*. July 2020.
15. Mangine, GT, **VanDusseldorp, TA**, Hester, GM, Julian, J.M., Feito, Y. The addition of β -hydroxy β -methylbutyrate (HMB) to creatine monohydrate supplementation does not improve anthropometric and performance maintenance across a collegiate rugby season. *J Int Soc Sports Nutr*. May 2020.
16. Stratton, MT, Tinsley, GM, Alesi, M., Hester, GM, Olmos, AA, Serafini, PR, Modjeski, A, Mangine, GT, King, K, Savage, S, Webb, A, **VanDusseldorp, TA**^{*†}. Four weeks of time-restricted feeding combined with resistance training does not differentially influence measures of body composition, muscle performance, resting energy expenditure, and blood biomarkers. *Nutrients*. 12(1126), April 2020.
17. Olmos, AA, Stratton, MT, Ha, PL, Dalton, BE, **VanDusseldorp, TA**, Mangine, GT, Feito, Y, Poisal, MJ, Jones, JA, Smith, TM, Hester, GM. Early and late rapid torque characteristics and select physiological correlates in middle-aged and older males. *PLoS One*. April 2020.
18. Mangine, GT, Stratton, MT, Almeda, CG, Roberts, MD, Esmat, TA, **VanDusseldorp, TA**, Feito, Y. Physiological differences between advanced cross-fit athletes, recreational crossfit participants, and physically-active adults. *PLoS One*. April 2020.
19. **VanDusseldorp, TA**^{*†}, Stratton, MT, Bailly, AR, Holmes, AJ, Alesi, MG, Feito, Y., Mangine, GT, Hester, GM, Esmat, TA, Barcala, M, Tuggle, KR, Snyder, M, and Modjeski, AS. Clinical safety parameters of methylberine (Dynamine™) with and without TeaCrine® in humans. *Nutrients*, 12(3), February 2020.
20. Forbes, SC, Candow, DG, Smith-Ryan, AE, Hirsch, K, Roberts, MD, **VanDusseldorp, TA**, Stratton, MT, Mojtaba, K, Little, JP. Supplements and nutritional interventions to augment high-intensity interval training physiological and performance adaptations- a narrative review. *Nutrients*, January 2020.

21. Townsend JR, Morimune JE, Jones MD, Beuning CN, Haase AA, Boot CM, Heffington SH, Littlefield LA, Henry RH, Marshall AM, **VanDusseldorp TA**, Feito Y, Mangine GT. The Effect of ProHydrolase® on the Amino Acid and Intramuscular Anabolic Signaling Response to Resistance Exercise in Trained Males. *Sports*, 8 (1), 13, January 2020.
22. Hester, GM, Ha, PL, Dalton, BE, **VanDusseldorp, TA**, Olmos, AA, Stratton, MT, Bailly, AR, Vroman, TM. Rate of force development as a predictor of mobility in older adults. *J Geriatr Phys Ther.*, January 2020.
23. Escobar, KA, Visconti, LM, Wallace, AW, **VanDusseldorp, TA**[†]. Diet and exercise will help you live longer: The meme that turns on housekeeping genes. *Advances in Geriatric Medicine and Research*, 2(1), December 2019.
24. Olmos, AA, Stratton, MT, Ha, PL, **VanDusseldorp, TA**, Bailly, AR, Feito, Y, Mangine, GT, Poisal, MJ, Dalton, BE, Smith, TM, Hester, GM. Neuromuscular function of the plantar flexors and predictors of peak power in middle-aged and older-adults. *Exp Gerontol.*, 125, October 2019.
25. Tinsley, GM, Moore, ML, Graybeal, AJ, Paoli, A, Kim, Y, Gonzales, JU, Harry, J, **VanDusseldorp, TA**, Kennedy, DN, Cruz, MR. Time-restricted feeding plus resistance training in active females: a randomized trial. *American Journal of Clinical Nutrition*, 110 (3), September 2019.
26. Nunez, TP, Amorium, F, Beltz, NM, Mermier, CM, Moriarity, TA, Nava, RC, **VanDusseldorp, TA**, Kravitz, L. Metabolic Effects of Two High-Intensity Circuit Training Protocols: Does Sequence Matter? *Journal of Exercise Science & Fitness*, 18, August 2019.
27. Mangine, GT, McNabb, JA, Feito, Y, **VanDusseldorp, TA**, Hester, GM. Increased resisted sprinting load decreases bilateral asymmetry in sprinting kinetics among rugby players. *J Strength Cond Res.*, June 2019.
28. Escobar, KA, Cole, N, Mermier, CM, **VanDusseldorp, TA**[†]. Autophagy and aging: Maintaining the proteome through exercise and caloric restriction. *Aging Cell*, February, 2019.
29. Beverly, JM, Zuhl, MN, White, JMB, Beverly, ER, **VanDusseldorp, TA**, McCormick, JJ, Williams, JD, Beam, JR, Mermier, CM. Harness Suspension Stress: Physiological and Safety Assessment. *J Occup Environ Med*, January, 2019.
30. **VanDusseldorp, TA**^{*†}, Escobar, KA, Johnson, KE, McCormick, JJ, Moriarity, T, Stratton, M, Cole, N, Kerksick, CM, Vaughan, RA, Dokladny, K, Kravitz, L, Mermier, CM. Effect of branched-chain amino acid supplementation on markers of muscle damage and recovery following acute eccentric resistance exercise. *Nutrients*, October, 2018.
31. McCormick, JJ, **VanDusseldorp, TA**, Dokladny, K, Ulrich, CG, La Coe, RL, Mosely, PL, Mermier, CM. The Effect of Aging on the Autophagic and Heat Shock Response in Human Peripheral Blood Mononuclear Cells. *Physiology International*, September, 2018.
32. Mangine, GT, **VanDusseldorp, TA**, Feito, Y, Holmes, A, Serafini, PR, Box, AG, Gonzalez, AM. Testosterone and cortisol response to five high-intensity functional training competition workouts in recreationally active adults. *Sports*, July, 2018.
33. Toohey, JC, Townsend, JR, Johnson, SB, Toy, AM, Vantrease, WC, Bender, D, Crimi, CC, Stowers, KL, Ruiz, MD, **VanDusseldorp, TA**, Feito, Y, Mangine, GT. The effects of probiotic (bacillus subtilis) supplementation during offseason resistance training in female Division I athletes. *JSCR*, June, 2018.

34. Escobar, KA, Morales, J., **VanDusseldorp, TA**. Metabolic profile of a cross-fit training bout. *Journal of Human Sport & Exercise*, December 2017.
35. Kerksick, CM, Arent, S, Schoenfeld, BJ, Stout, JR, Campbell, B, Wilborn, CD, Taylor, L, Kalman, D, Smith-Ryan, A, Kreider, RB, Willoughby, D, Arciero, PJ, **VanDusseldorp, TA**, Ormsbee, MJ, Wildman, R, Greenwood, M, Ziegenfuss, TN, Aragon, AA, Antonio, J. International Society of Sports Nutrition Position Stand: Nutrient Timing Revisited. *JISSN*, August 2017.
36. Aragon, A, Schoenfeld, BJ, Wildman, R., Kleiner, S., **VanDusseldorp, TA**, Taylor, L, Earnest, CP, Arciero, P, Wilborn, C, Kalman, DS, Stout, JR, Willoughby, DS, Campbell, B, Arent, SM, Bannock, L, Smith-Ryan, AE, Antonio, J. International Society of Sports Nutrition Position Stand: Diet and Body Composition. *JISSN*, June 2017.
37. Nunez, TP, Beltz, NM, **VanDusseldorp, TA**, Mermier, CM, Kravitz, L. Designing the optimal suspension training circuit. *International Journal of Research in Exercise Physiology*, May, 2017.
38. Camic, CL, Kovacs, AJ, **VanDusseldorp, TA**, Hill, EC, Enquist, EA. Application of the neuromuscular fatigue threshold treadmill test to muscles of the quadriceps and hamstrings. *Journal of Sport and Health Science*, June 2017.
39. Mike, JN, Cole, N, Herrera, C, **VanDusseldorp, TA**, Kravitz, L, Kerksick, CM. The effects of eccentric contraction duration on muscle strength, power production, vertical jump and soreness. *JSCR*, March 2017.
40. Salgado, RM, White, AC, Vaughan, RA, Parker, DL, Schneider, SM, Kenefick, RW, McCormick, JJ, Gannon, NP, **VanDusseldorp, TA**, Kravitz, LR, Mermier, CM. Mitochondrial efficiency and exercise economy following heat stress: a potential role of uncoupling protein 3. *Physiological Reports*, Feb 2017.
41. Escobar, KA, **VanDusseldorp, TA**, Kerksick, CM. Carbohydrate intake and resistance-based exercise: are current recommendations reflective of actual need? *British Journal of Nutrition*, Dec 2016.
42. Carriker, CR, Vaughan, RA, **VanDusseldorp, TA**, Johnson, KE, Beltz, NM, McCormick, JJ, Cole, NH, Gibson, AL. Nitrate-containing beet juice reduces oxygen consumption during submaximal exercise in low but not high aerobically fit runners. *Journal of Exercise Nutrition and Biochemistry*, Dec 2016.
43. Escobar, KA, Morales, JM, **VanDusseldorp, TA**. The effect of a moderately-low and high carbohydrate intake on CrossFit performance. *Int J Exerc Sci*, 9(3), Oct 2016.
44. Carriker, CR, Mermier, CM, **VanDusseldorp, TA**, Johnson, KE, Beltz, NM, Vaughan, RA, McCormick, JJ, Cole, NH, Witt, CC, Gibson, AL. Effect of acute dietary nitrate consumption on oxygen consumption during submaximal exercise in hypobaric hypoxia. *In J Sport Nutr Exer Metab*, 25(4), Aug 2016.

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45. Johnson, KE, Miller, B, **McLain, TA**, Gibson, AL, Otterstetter, R. A comparison of bioelectrical impedance and ultrasound to assess body composition in college-aged adults. *Journal of Advanced Nutrition and Human Metabolism*, 2(1), 1-5. 2016.
46. Johnson, KE, Miller B, Juvancic-Heltzel, JA, Gibson, AL, **McLain, TA**, Kappler, R, Otterstetter, R. A comparison of dual energy x-ray absorptiometry, air displacement plethysmography and ultrasound to assess body composition in college-aged adults. *Clinical Physiology and Functional Imaging*, advance online publication 24, 2016, doi: 10.1111/cpf.12351.

47. **McLain, TA (VanDusseldorp)**, Wright, GA, Camic, CL, Kovacs, AJ, Hegge, JM, Brice, GA. The development of an anaerobic sprint running test utilizing a nonmotorized treadmill. *JSCR*, 29(8), 2015.
48. **McLain, TA (VanDusseldorp)**, Escobar, KA, Kerksick, CM. Protein Applications in Sports Nutrition-Part I: Requirements, Quality, Source & Optimal Dose. *Strength and Conditioning Journal*, 37(2), 2015.
49. Escobar, KA, **McLain, TA (VanDusseldorp)**, Kerksick, CM. Protein Applications in Sports Nutrition-Part I: Timing and Protein Patterns, Fat-Free Mass Accretion and Fat Loss. *Strength and Conditioning Journal*, 37(3), 2015.
50. Camic, CL, Kovacs, AJ, Enquist, EA, **McLain, TA (VanDusseldorp)**, Hill, EC. Muscle activation of the quadriceps and hamstring during incremental running. *Muscle Nerve*, 52(6), 2015.
51. Carriker, CR, Mermier, CM, **McLain, TA (VanDusseldorp)**, Johnson, KE, Beltz, NM, Vaughan, RA, McCormick, JJ, Cole, NH, Witt, CC, Gibson, AL. Effect of acute dietary nitrate consumption on submaximal oxygen consumption in hypobaric hypoxia. *International Journal of Sport Nutrition and Exercise Metabolism*, 26(4), 2015.
52. White, AC, Salgado, RM, Astorino, TA, Loeppky, JA, Schneider, SM, McCormick, JJ, **McLain, TA (VanDusseldorp)**, Kravitz, L, Mermier, CM. The effect of ten days of heat acclimation on exercise performance in acute hypobaric hypoxia (4350 m). *Temperature*, 3(1), 2015.
53. Camic, CL, Kovacs, AJ, Enquist, EA, **VanDusseldorp, TA (VanDusseldorp)**, Hill, EC, Calantoni, AM, Yemm, AJ. An electromyographic-based test for estimating neuromuscular fatigue during incremental treadmill running. *Physiological Measurement*, 35, 2014.

Manuscripts – In Review *= corresponding; † senior author

1. **VanDusseldorp, TA*†**, Easter, J, Bailly, A, Alesi, K, Katsadous, C, Kurtz, J, Hester, G. Impact of a spinach derivative, Solarplast, on health outcomes. *Journal of Dietary Supplements*.
2. Hester, GM, **VanDusseldorp, TA**, Ha, PL, Kiani, K, Olmos, AA, Jabbari, M, Kalladanthiyil, S, An, S, Bailly, AR, Dalton, BE, Bryanstsev, A. Microbiopsy sampling for examining age-related differences in skeletal muscle morphology and composition. *Skeletal Muscle*.

Manuscripts in Preparation *= corresponding; † senior author

1. Leaf, A, Macias, C, Roberts, M, Kreider, R, Wilborn, C, Arent, S, Kalman, D, Campbell, B, **VanDusseldorp, TA**, Smith-Ryan, A, Egan, B, Saenz, C, Ormsbee, M, Antonio, J. International Society of Sports Nutrition Position Stand: Ketogenic Diets. *J Int Soc Sports Nutr*.
2. **VanDusseldorp, TA*†**, Escobar, KA, Johnson, KE. Alcohol and exercise performance: A narrative review. *International Journal of Sport Nutrition and Exercise Metabolism*. *JISSN*.
3. Holmes, A, Hester, GM, Bailly, A, Stratton, MT, Feito, Y, Gottschall, J, Esmat, T, Ha, P., Lavigne, A, Persaud, K, Gagnon, H, Krueger, A, Modjeski, A, **VanDusseldorp, TA*†**. Effect of 8 weeks of plyometric-based and cycle-based high-intensity training on physiological measures. *Applied Physiology, Nutrition, and Metabolism*.

4. Escobar, KA, Johnson, KE, Mermier, CM, Dokladny, K, Kerksick, C, Kravitz, L, **VanDusseldorp, TA***†. Relationship between autophagy and heat shock protein response in peripheral blood mononuclear cells following resistance exercise. *Human Nutrition & Metabolism*.

Book Chapters in Print

1. Escobar, KA, **VanDusseldorp, TA**. Autophagy: what is it and how it links with the target of rapamycin complex 1 (TORC1), diet, and aging. *The Neuroscience of Aging*. Elsevier Publishing.
2. **VanDusseldorp, TA**, Uken, B. *The Skimm on Nutrition*. In: Foundations For Healthy Living. BearFace Instructional Technologies. August, 2020.
3. **McLain, TA**, Conn, CA. *Fat Needs for Children in Sport*. In: Sport Nutrition Needs for Child and Adolescent Athletes. CRC Press; Taylor & Francis Group. Boca Raton, FL; May, 2016.
4. Escobar, KA, **McLain, TA**, Kerksick, CM. *Protein Needs for Children in Sport*. In: Sport Nutrition Needs for Child and Adolescent Athletes. CRC Press; Taylor & Francis Group. Boca Raton, FL; May, 2016.

Professional Journal Articles

1. Gunn, SM, Mangine, GT, **VanDusseldorp, TA**, Hester, GM. Influence of sport specialization on athletic performance and injury risk in collegiate swimmers. *The Kennesaw Journal of Undergraduate Research*, 5(3), July 2018.
2. Stratton, MT, **VanDusseldorp, TA**, Kravitz, L. Protein supplements: Which whey to go? *Idea Fitness Journal*, October 2017.
3. **VanDusseldorp, TA**, Kravitz, L. Heart rate variability & overtraining: Can new research prevent an old-age paradigm? *IDEA Fitness Journal*, 2015.

Media Appearances/Interviews/Podcasts

1. Podcast Appearance – IronRadio – Episode 638 – Exercise Science Professional Organizations – April 2021.
2. Podcast Appearance – Performance Show – Episode 19 – Puyol Athletic Development & Performance – October 2020.
3. Interview: March 23, 2017 Fox News: What is exercise addiction? Woman's tragic story highlights the scary health. <http://www.foxnews.com/lifestyle/2017/03/23/what-is-exercise-addiction-womans-tragic-story-highlights-scary-health-risks.html>

Invited Oral, Professional Presentations

Upcoming

1. **VanDusseldorp, TA**. Women and bone health: More than Vitamin D. Virtual, October, 2021 (invitation accepted). ISSN Women's Conference.

Completed

1. **VanDusseldorp, TA.** Crown Sports Nutrition Conference – Virtual, Sept. 2021 – The ever-changing field of sports nutrition. *~3,000 attendees
2. **VanDusseldorp, TA.** ISSN Online Certification Conference – Virtual. October, 2020 – Energy Drinks.
3. **VanDusseldorp, TA.** ISSN Online Certification Conference – Virtual. October, 2020 – ISSN Caffeine Position Stand.
4. **VanDusseldorp, TA.** ISSN Colombia- Virtual – 2020. November, 2020. Sports Nutrition at Kennesaw State University.
5. **VanDusseldorp, TA.** NSCA State Clinic – Mississippi – Virtual – 2020. September 19, 2020. The Buzz on Alcohol and Athletes.
6. Feito, Y, **VanDusseldorp, TA,** Kolovou, TA. Summit Student Accelerator. ACSM Health Fitness Summit. Chicago, IL. March, 2019.
7. **VanDusseldorp, TA.** Ayuno Intermitente ¿Cuándo, por qué y para qué? Supernova Conference, Medellin, Colombia. February 15, 2019.
8. **VanDusseldorp, TA.** Collegiate Women in Sports Panel. Atlanta Women in Sports Luncheon. January, 2019.
9. **VanDusseldorp, TA.** Beet Root Juice: It tastes awful. And it works! Sports Nutrition, Health & Performance Conference. University of Regina, Canada. September 15, 2018.
10. **VanDusseldorp, TA.** Resistance Training Mania: Ultimate Strategies for Everyone. “The New Science of Protein Intake for Muscular Adaptation. 2018 International ACSM Health Fitness Summit. April 16, 2018.
11. **VanDusseldorp, TA.** Nutritional supplementation and body composition in exercise and sport. Bogotá, Colombia. May 26, 2018.
12. **VanDusseldorp, TA.** Intermittent fasting a new method used in sports for weight control. Clinical Nutrition Conference. Bogotá, Colombia. May 25, 2018.
13. **VanDusseldorp** and Stratton (undergrad). Got Supplements? Take these to enhance performance. Oral Presentation. ISSN-UCF. November 2017.
14. **VanDusseldorp, TA.** Intermittent Fasting: To Eat or Not to Eat. Motion Sports Nutrition Colombia. ISSN/Motion Sports. Medellin, Antioquia (Colombia). Oral Presentation. October 28, 2017.
15. **VanDusseldorp, TA.** Branched-Chain Amino Acids and Exercise. Motion Sports Nutrition Colombia. ISSN/Motion Sports. Medellin, Antioquia (Colombia). Oral Presentation. October 27, 2017.
16. **VanDusseldorp, TA.** BCAAs- Effective Ergogenic Aids? ISSN- Long Island University Conference. Oral Presentation. October 13, 2017.

17. **VanDusseldorp, TA.** Branched-chain amino acids and training. 1st Annual ISSN-KSU Nutrition and Training Conference. September 16, 2017.
18. **VanDusseldorp, TA.** Effect of BCAA on recovery of markers of muscle damage, performance and perceived soreness. ISSN Data Blitz 2017 Annual Conference.
19. **VanDusseldorp, TA.** Intermittent Fasting: Molecular Mechanisms and Practical Applications in Exercise. 2nd Annual ISSN Sports Nutrition & Athletic Performance Workshop. Coastal Carolina University. March 25, 2017.

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20. Escobar, KE, **McLain, TA (VanDusseldorp)**. Carb up? Carb down? The Most Misunderstood Macro. (Oral Presentation Sept. 2015 at the 2015 Albuquerque Strength and Conditioning Clinic).
21. **VanDusseldorp, TA.** (November, 2014). Exercise training and specificity for Firefighters. (Oral Presentation; Presented at the Santa Fe Fire Department in Santa Fe, New Mexico).
22. **VanDusseldorp, TA,** Kravitz, L. Heart Rate Variability and Overtraining. (Oral Presentation; Accepted to present in April 2015 at the IDEA Personal Trainer Institute in Seattle, Washington)
23. **VanDusseldorp, TA., & McLain, J.** (May 2014). Bodyweight Exercises and Manual Resistance Training: Anytime, Anyplace, Anyone. (Oral Presentation; Presented at the NSCA New Mexico State Clinic in Albuquerque, New Mexico).
24. **VanDusseldorp, TA.** (March 2014). Exercise training recommendations for individuals with or recovering from prostate cancer. (Oral Presentation; Presented at the Prostate Cancer Support Center of New Mexico in Albuquerque, New Mexico).

Poster Presentations

† Indicates corresponding author/faculty mentor for student 1st author

1. Lee, M, **VanDusseldorp, T†**, Alesi, M, Easter, J, Bailly, AR, Stratton, MT, Katsoudas, C, Tran, K, Hester, GM. Efficacy of an Enzymatically-Enhanced Spinach Supplement Solarplast®, on Inflammation. ISSN Annual Conference and Expo 2021.
2. Kurtz, J., **VanDusseldorp, T†.**, Easter, J., Alesi, M., Bailly, A., Stratton, M., Katsoudas., C., Tran, K., Lee, M., Hester, G. Efficacy and Safety of an Enzymatically Enhanced Spinach Supplement, Solarplast®, in Non-Smokers and Smokers. ISSN Annual Conference and Expo 2021.
3. Alesi, MG, Bailly, AR, Easter, J, Katsoudas, C, Stratton, MT, Tran, K, Hester, GM, **VanDusseldorp, TA†.** The effect of a spinach derivative supplement, Solarplast, on Inflammation Blood Biomarkers. SEACSM 2021 (virtual).
4. Dalton, BE, **VanDusseldorp, TA,** Kiani, K, Ha, PL, Olmos, AA, Bailly, AR, Bryantsev, A, Hester, GM. Age-Related Reduction in High-Velocity Power and Myofiber Morphology and Composition. Accepted for oral presentation at the Kennesaw State University annual symposium of student scholars. December 3, 2020.

5. Cooper, M, Ha, PL, Olmos AA, Dalton, BE, Bailly, AR, **VanDusseldorp, TA**, Bryantsev, A, Hester, GM. Age-related differences in absolute and relative maximal strength at different velocities. Accepted for oral presentation at the Kennesaw State University annual symposium of student scholars. December 3, 2020.
6. Ha, PL, Dalton, BE, Alesi, MG, Smith, TM, **VanDusseldorp, TA**, Feito, Y, Conroy, AG, Hester, GM. Effects of isometric and dynamic fatigue on isometric strength and contractile properties of the plantar flexors. Accepted for oral presentation at the Kennesaw State University annual symposium of student scholars. April 16, 2020. *First runner-up for top graduate student presentation.
7. Dalton, BE, Ha, PL, Alesi, MG, Smith, TM, **VanDusseldorp, TA**, Feito, Y, Conroy, AG, Hester, GM. Fatigue-induced sex differences for explosive neuromuscular characteristics of the plantar flexors. Accepted for poster presentation at the Kennesaw State University annual symposium of student scholars. April 16, 2020.
8. Conroy, AG, Ha, PL, Dalton, BE, Alesi, MG, Smith, TM, **VanDusseldorp, TA**, Feito Y, Hester, GM. Effects of dynamic fatigue on rate of velocity and torque development in males and females. Accepted for poster presentation at the Kennesaw State University annual symposium of student scholars. April 16, 2020.
9. Boone, J, **VanDusseldorp, TA**, Feito, Y, McDougal, JM, Valazquez, N, Stratton, MT, Mangine, GT. Relationships between the jumping and sprinting kinetics of elite, collegiate football athletes. National Strength and Conditioning Annual Meeting (virtual due to COVID-19; e-poster gallery). July 2020.
 - a. Link: <https://www.eventscribe.com/2020/NSCA/searchGlobal.asp?mode=presenters&SearchQuery=boone>
10. Almeda, CG, Feito, Y, **VanDusseldorp, TA**, Mangine, GT, French, G, Green, Z, Alesi, M. Effect of experience on strength and power in male Brazilian Jiu Jitsu athletes – A pilot study. National Strength and Conditioning Annual Meeting (virtual due to COVID-19; e-poster gallery). July 2020.
 - a. Link: <https://www.eventscribe.com/2020/NSCA/searchGlobal.asp?mode=presenters&SearchQuery=almeda>
11. Mangine, GT, Stratton, MT, Eggerth, A, Gough, J, Feito, Y, **VanDusseldorp, TA**. Endocrine and body composition changes across a season in collegiate strength-power track and field athletes. National Strength and Conditioning Annual Meeting (virtual due to COVID-19; e-poster gallery). July 2020.
 - a. Link: <https://www.eventscribe.com/2020/NSCA/posterspeakers.asp?pfp=PosterPresenter>
12. Valazquez, N, Serafini, PR, Stratton, MT, Olmos, AA, VanDusseldorp, TA, Feito, T, Mangine, GT. Effect of the repetition-in-reserve resistance training strategy on total work completed, perception of effort, and muscle damage in well-trained men. National Strength and Conditioning Annual Meeting (virtual due to COVID-19; e-poster gallery). July 2020.
 - a. <https://www.eventscribe.com/2020/NSCA/posterspeakers.asp?pfp=PosterPresenter>
13. Jabbari, M, Kiani, K, Hester, GM, **VanDusseldorp, TA**, Bryantsev A. Validating a microbiopsy sampling technique for morphological analysis of human muscles. Accepted for presentation at the National Council on Undergraduate Research. Bozeman, MT. March 26-28, 2020 (Not presented due to COVID-19).
14. Ha, PL, Olmos, AA, Stratton, MT., **VanDusseldorp, TA**, Bailly, AR, Feito, Y, Mangine, GT, Dalton, BE, Smith, TM, Hester, GM. Age-related differences in rapid neuromuscular parameters in the plantar flexors and correlations with physical function. American College of Sports Medicine Southeast chapter regional conference. Jacksonville, FL. Feb. 13-15.
 - a. Abstract was also accepted for presentation at the American College of Sports Medicine national conference. San Francisco, CA. May 26-30, 2020 (Not presented due to COVID-19).
15. Dalton, BE, Olmos, AA, Stratton, MT, Ha, PL, VanDusseldorp, TA, Bailly, AR, Feito, Y, Mangine, GT, Smith, TM, Hester, GM. Early and late rapid neuromuscular parameters of the plantar flexors in

middle-aged and older males. American College of Sports Medicine Southeast chapter regional conference. Jacksonville, FL. Feb. 13-15, 2020.

- a. Abstract was also accepted for presentation at the American College of Sports Medicine national conference. San Francisco, CA. May 26-30, 2020 (Not presented due to COVID-19).
16. Smith, TM, Ha, PL, Olmos, AA, Stratton, MT, VanDusseldorp, TA, Bailly, AR, Feito, Y, Poisal, MJ, Jones, JA, Dalton, BE, Hester, GM. Rate of force development parameters in young and older males during a chair rise. American College of Sports Medicine Southeast chapter regional conference. Jacksonville, FL. Feb. 13-15, 2020.
- a. Abstract was also accepted for presentation at the American College of Sports Medicine national conference. San Francisco, CA. May 26-30, 2020 (Not presented due to COVID-19).
 - b. Abstract was also accepted for oral presentation at the Kennesaw State University annual symposium of student scholars. April 16, 2020.
17. Escobar, KA, Mermier, CM, Hiroshi Nitta, C, **VanDusseldorp, TA**, Amorium, F. Autophagy is stimulated by acute high intensity interval exercise in human skeletal muscle and electrical pulse stimulation in C2C12 myotubes invitro. Southwest ACSM Regional Chapter Annual Meeting, Newport, CA, October 2019.
18. Kurtz, J., Grazer, J., **VanDusseldorp, T.**, O'Donoghue, L., Clark, M., Reese, Effect of altitude on the anaerobic energy system during a maximal sixty second sprint on a cycle ergometer, Poster Presentation at 2019 NCUR Undergraduate Research Conference.
19. Almeda, CG, Feito, Y, **VanDusseldorp, TA**, Esmat, TA, Stratton, MT, Mangine, GT. Muscle architecture and quality differences in advanced and recreational level fitness competitors and physically-active adults. NSCA Annual, Washington, DC, July, 2019.
20. Franklin, A, Feito, Y, **VanDusseldorp, TA**, Stratton, MT, Mangine, GT. Aerobic and anaerobic comparisons between advanced and recreational fitness competitors and physically-active adults. NSCA Annual, Washington, DC, July 2019.
21. Velazquez, N, Feito, Y, **VanDusseldorp, TA**, Esmat, TA, Stratton, MT, Mangine, GT. Predictors of performance in fitness competitors. NSCA Annual, Washington, DC, July 2019.
22. Chorney, EC, Feito, Y, **VanDusseldorp, TA**, Esmat, TA, Stratton, MT, Mangine, GT. Body composition comparisons between advanced and recreational fitness competitors and physically-active adults. NSCA Annual, Washington, DC, July 2019.
23. Stratton, MT, Tinsley, GM, Alesi, MG, Hester, GM, Olmos, AA, Serafini, PR, Modjeski, AJ, Mangine, GT, King, K, Savage, S, Webb, A, **VanDusseldorp, TA**†. Effect of time restricted feeding on measures of body composition, muscle performance, resting energy expenditure, and blood biomarkers. ISSN, Las Vegas, June 2019.
- a. **Awarded 1st place in the MS division poster presentation competition**
24. Alesi, MG, Stratton, MT, Bailly, AR, Holmes, AJ, Modjeski, A, Barie, M, Feito, Y, Mangine, GT, Tuggle, KR, Esmat, TA, Hester, GM, Hayes, K, **VanDusseldorp, TA**†. Effect of dynamine with and without teacrine over four weeks of continuous use on cardiovascular function and psychometric parameters of healthy males and females. ISSN, Las Vegas, June 2019.
- a. **Awarded 3rd place in the undergraduate division poster presentation competition**
25. Boone, JB, Olmos, AA, Ha, PL, Stratton, MT, Bailly, AR, Poisal, MJ, Jones, JA, Dalton, BE, Smith, TM, **VanDusseldorp, TA**, Feito, Y, Hester, GM. Power and velocity parameters during the sit-to-stand in young and older males. ISSN, Las Vegas, June 2019.
26. Alesi, M, Stefan, BN, Stratton, MT, Hester, GM, Poisal, MJ, Gandhi, RB, Mangine, GT, Jensen, BM, Olmstead, BC, **VanDusseldorp, TA**†. Effect of twenty weeks of non-contact boxing on upper-and lower-body muscular performance in two individuals with Parkinson's disease. National Conference on Undergraduate Research. Kennesaw, GA. April 10-13, 2019.

27. Stefan, BN, Stratton, MT, Hester, GM, Poisal, MJ, Gandhi, RB, Alesi, M, Mangine, GT, Jensen, BM, Olmstead, BC, **VanDusseldorp, TA**†. Effect of Twenty Weeks of Non-Contact Boxing on Walking Velocity in Two Individuals with Parkinson's Disease. National Conference on Undergraduate Research. Kennesaw, GA. April 10-13, 2019.
28. Jones, JA, Ha, PL, Stratton, MT, Olmos, AA, Bailly, AR, Poisal, MJ, Dalton, BE, Haire, AN, **VanDusseldorp, TA**, Feito, Y, Hester, GM. Relationship between rate of force development and physical performance in older adults. National Conference on Undergraduate Research. Kennesaw, GA. April 10-13, 2019
29. Dalton, BE, Olmos, AA, Stratton, MT, Ha, PL, Bailly, AR, Poisal, MJ, Jones, JA, Haire, AN, **VanDusseldorp, TA**, Feito, Y, Hester, G.M. Voluntary contractile characteristics of the plantar flexors in middle-aged and older Males. Accepted for presentation at the National Conference on Undergraduate Research. Kennesaw, GA. April 10-13, 2019.
30. Krueger, A, Holmes, AJ, Hester, GM, Feito, Y, Bailly, AR, Stratton, MT, Ha, PL, Gagnon, H, Persaud, K, Modjeski, A, Esmat, T, Gottschall, JS, **VanDusseldorp, TA**†. Effect of eight weeks of impact versus low-impact high-intensity group exercise on peak aerobic capacity. Accepted for presentation at the National Conference on Undergraduate Research. Kennesaw, GA. April 10-13, 2019.
31. Gagnon, H, Holmes, AJ, Hester, GM, Feito, Y, Bailly, AR, Stratton, MT, Ha, PL, Krueger, A, Persaud, K., Modjeski, A., Esmat, T., Gottschall, JS, **VanDusseldorp, TA**†. Effect of eight weeks of impact versus low-impact high-intensity group exercise on body composition. Accepted for presentation at the National Conference on Undergraduate Research. Kennesaw, GA. April 10-13, 2019.
32. Olmos, AA, Ha, PL, Stratton, MT, Bailly, AR, Poisal, MJ, Jones, JA, Dalton, BE, Haire, AN, **VanDusseldorp, TA**, Feito, Y, Hester, GM. Contractile parameters of the knee extensors in young, middle-aged, and older males. American College of Sports Medicine Southeast Chapter Regional Conference. Greenville, SC. Feb. 14-16, 2019.
 - a. Abstract was also presented at the National American College of Sports Medicine conference. Orlando, FL. May 28-June 1, 2019.
33. Ha, PL, Olmos, AA, Stratton, MT, Bailly, AR, Poisal, MJ, Jones, JA, Dalton, BE, Haire, AN, **VanDusseldorp, TA**, Feito, Y, Hester, G.M. Age-related comparisons of dynamic postural stability and maximal rapid torque parameters. American College of Sports Medicine Southeast Chapter Regional Conference. Greenville, SC. Feb. 14-16, 2019.
34. Stratton, MT, Olmos, AA, Ha, PL, Bailly, AR, Poisal, MJ, Jones, JA, Dalton, BE, Haire, AN, **VanDusseldorp, TA**, Feito, Y, Hester, G.M. Rate of velocity, torque, and power development in middle-aged and older males. American College of Sports Medicine Southeast Chapter Regional Conference. Greenville, SC. Feb. 14-16, 2019.
 - a. **Awarded 2nd place in Master's division poster presentation competition**
 - b. Abstract was also presented at the National American College of Sports Medicine conference. Orlando, FL. May 28-June 1, 2019.
35. Poisal, MJ, Stratton, MT, Olmos, AA, Ha, PL, Bailly, AR, Jones, JA, Dalton, BE, Haire, AN, **VanDusseldorp, TA**, Feito, Y, Hester, GM. Relationship between contractile parameters and functional performance in middle-aged and older males. American College of Sports Medicine Southeast chapter regional conference. Greenville, SC. Feb. 14-16, 2019.
36. Stratton, MT, Feito, Y, **VanDusseldorp, TA**, Esmat, TA, Mangine, GT. A comparison of four methods of determining body composition in advanced and recreational fitness athletes. Poster presentation. NSCA, Indianapolis, July 2018.
37. McNabb, J, Sklaver, JM, Feito, Y, **VanDusseldorp, TA**, Wildman, R, and Mangine, GT. Relationship between sprint acceleration and broad jump kinetics in NFL draft prospects. Poster presentation. NSCA, Indianapolis, July 2018.

38. Almeda, CG, Feito, Y, **VanDusseldorp, TA**, Esmat, TA, Mangine, GT. Mid-thigh pull force-time characteristics in elite and recreational cross-fit athletes. Poster presentation. NSCA (Indianapolis) July 2018.
39. Hampton, FG, Sklaver, J, Feito, Y, **VanDusseldorp, TA**, Wildman, R, and Mangine, GT. Relationships between 40-m sprinting and vertical jump kinetics in national football league (NFL) draft prospects. Poster presentation. NSCA 2018. NSCA (Indianapolis) July 2018.
40. Mangine, GT, Feito, Y, **VanDusseldorp, TA**, Esmat, TA. Anthropometric and physiological performance predictors of a 20-minute fitness competition workout. Poster presentation. NSCA (Indianapolis) July 2018.
41. Boone, JB, Sklaver, J, Feito, Y, **VanDusseldorp, TA**, Wildman, R, and Mangine, GT. Positional comparisons in absolute and relative performance measures in national football league (NFL) draft prospects. Poster presentation. NSCA (Indianapolis) July 2018.
42. Lee, MA, **VanDusseldorp, TA**, Boone, J, Hampton, G, McNabb, J, Stratton, MT, Barie, M, Modjeski, A, Feito, Y, Wildman, R, Mangine, GT. The Effect of a 6-week NFL Draft Preparation Training Program on Standing Broad Jump Performance. Poster Presentation. 15th Annual ISSN Conference. Clearwater Beach Florida. June 2018.
43. Stratton, MT, Holmes, AJ, Bailly, AR, Modjeski, A, Barie, M, Serafini, P, Feito, Y, Mangine, GT, Tuggle, KR, Esmat, TA, Hester, GM, **VanDusseldorp, TA**†. Effect of Dynamine With and Without TeaCrine Over Four Weeks of Continuous Use on Cardiovascular Function, Biomarkers of Health and Psychometric Parameters: A Pilot Study. Poster Presentation. 15th Annual ISSN Conference. Clearwater Beach Florida. June 2018.
44. Serafini, P, **VanDusseldorp, TA**, Boone, J, Hampton, G, McNabb, J, Stratton, MT, Barie, M, Modjeski, A, Feito, Y, Wildman, R, Mangine, GT. The Effect of a 6-week NFL Draft Preparation Training Program on Bilateral Differences in the 40yd Sprint. Poster Presentation. 15th Annual ISSN Conference. Clearwater Beach Florida. June 2018.
45. Nunez, T, Amorim, FT, Beltz, NM, Mermier, CM, Moriarty, TA, Nava, RC, **VanDusseldorp, TA**, Kravitz, L. Metabolic effects of two novel high-intensity circuit training protocols. Thematic presentation. National ACSM (Minneapolis) May 2018.
46. Rodriguez, A, Fabacher, I, Brown, K, Holmes, A, **VanDusseldorp, TA**, Mangine, GT, Esmat, T, Feito, T. Comparison of predicted and measured resting metabolic rate methods among cross-fit trained athletes. Poster presentation. National ACSM (Minneapolis) May 2018.
47. Lee, M, **VanDusseldorp, TA**, Hester, G, Mangine, G. Effect of β -hydroxy β -methylbutyrate and creatine supplementation on creatine kinase and cortisol levels across two rugby seasons. SEACSM Feb 2018. Poster presentation. Chattanooga, TN.
48. McNabb, J, **VanDusseldorp, TA**, Hester, G, Feito, Y, Mangine, G. Increased resisted sprinting load decreases bilateral asymmetry in sprinting kinetics. SEACSM Feb 2018. Poster presentation. Chattanooga, TN.
49. Hayes, K, Julian, J, **VanDusseldorp, TA**, Hester, G, Feito, Y, Mangine, G. Effect of β -hydroxy β -methylbutyrate and creatine supplementation on sprint kinetics across a collegiate rugby season. SEACSM Feb 2018. Thematic presentation. Chattanooga, TN.
50. Holmes, A, **VanDusseldorp, TA**, Hester, G, Mangine, G. Effect of β -hydroxy β -methylbutyrate and creatine supplementation on creatine kinase and cortisol levels during a rugby season. SEACSM Feb 2018. Poster presentation. Chattanooga, TN.
51. Stratton, M, Mangine, GT, Olmos, AA, **VanDusseldorp, TA**, Feito, Y, Hester, GM. Effect of β -hydroxy β -methylbutyrate supplementation on body composition and muscle strength during a rugby season. SEACSM Feb 2019. Poster presentation. Chattanooga, TN.
52. Lee, M, **VanDusseldorp, TA**, Escobar, KA, Johnson, KE, Stratton, MT, Moriarty, T, McCormick, JJ, Mangine, GT, Holmes, A, Cole, N, Kerksick, CM, Mermier, C. Six grams of fish oil supplementation

improves recovery of indirect markers of muscle damage following eccentric exercise. Poster Presentation. June 2017 International Society of Sports Nutrition Annual Conference. Phoenix, AZ.

53. Townsend, JR, Toohey, JC, Johnson, SB, Crimi, CC, Stowers, KL, Bender, WD, Vantrease, WC, Toy, AM, Ruiz, MD, **VanDusseldorp, TA**, Feito, Y, Mangine, GT. The effect of probiotic supplementation on body composition, muscle thickness, and athletic performance in Division I collegiate athletes. Poster Presentation. June 2017 International Society of Sports Nutrition Annual Conference. Phoenix, AZ.
54. **VanDusseldorp, TA**, Escobar, KA, Johnson, KE, Vaughan, RA, McCormick, JJ, Moriarty, T, Stratton, M, Cole, N, Dokladny, K, Kerksick, CM, Kravitz, L, Mermier, CM. Relationship between autophagy and heat shock response in peripheral blood mononuclear cells following resistance exercise. Poster Presentation: 2017 Annual American College of Sports Medicine Conference. Denver, CO.
55. Johnson, KE, **VanDusseldorp, TA**, Escobar, KA, Stratton, M, Moriarty, T, McCormick, JJ, Mangine, G, Nunez, T, Beltz, N, Cole, N, Endito, M, Kerksick, CM, Mermier, CM. Six grams of fish oil supplementation improves vertical jump performance following acute eccentric resistance training. Poster Presentation: 2017 Annual American College of Sports Medicine Conference. Denver, CO.
56. Boyett, TT, **VanDusseldorp, TA**, Hester, GM, Feito, Y, Mangine, GT. Interrater reliability for dual-energy X-ray absorptiometry and bioelectrical impedance analysis for measuring total and regional lean mass. Poster Presentation: 2017 Annual American College of Sports Medicine Conference. Denver, CO.
57. Mangine, GT, **VanDusseldorp, TA**, Holmes, AJ, Kliszczewicz, BM, Feito, Y. The cortisol response to known and unknown challenges during a 5-week online fitness competition. NSCA July 2017. Las Vegas, NV.
58. Gunn, S, **VanDusseldorp, TA**, Hester, G, Mangine, G. The effect of sport specialization on the athletic performance of swimmers. KSU Symposium of Student Scholars. April 2017. Kennesaw, GA.
59. Holmes, A, **VanDusseldorp, TA**, Escobar, KA, Johnson, KE, Stratton, M, Moriarty, T, McCormick, JJ, Mangine, G, Nunez, T, Beltz, N, Cole, N, Endito, M, Kerksick, CM, Mermier, CM. Six grams of fish oil supplementation mitigates perceived muscle soreness following acute resistance exercise. Poster Presentation: Feb 2017 SEACSM Conference. Greenville, SC.
 - a. Abstract was also presented at the National American College of Sports Medicine conference. Denver, CO. 2017.
60. Lee, M, **VanDusseldorp, TA**, Escobar, KA, Johnson, KE, Stratton, M, Moriarty, T, McCormick, JJ, Mangine, G, Nunez, T, Beltz, N, Cole, N, Endito, M, Kerksick, CM, Mermier, CM. Recovery in vertical jump performance is improved with six grams of fish oil supplementation prior to an eccentric resistance training bout. Poster Presentation: Feb 2017 SEACSM Conference. Greenville, SC.

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61. **McLain, TA (VanDusseldorp)**, McCormick, JJ, Dokladny, K, LaCoe, RL, Ulrich, CG, Moseley, Mermier, CM. Autophagic response in older versus younger adults. (Poster Presentation: 2016 Annual American College of Sports Medicine Conference).
62. McCormick, JJ, **McLain, TA (VanDusseldorp)**, Dokladny, K, Ulrich, CG, Mermier, CM. The effect of a single exercise session on markers of autophagy in insulin-resistant individuals. (Oral Presentation: 2016 Annual American College of Sports Medicine Conference).
63. Carriker, CR, Vaughan, RA, Mermier, CM, **McLain, TA (VanDusseldorp)**, Johnson, KE, Beltz, NM, McCormick, JJ, Cole, NH, Witt, CC, Gibson, AL. Acute dietary nitrate supplementation does

not attenuate oxidative stress or the hemodynamic response during submaximal exercise in hypobaric hypoxia. (Poster Presentation: March 2016 AHA Epidemiology and Prevention/Lifestyle and Cardiometabolic Health Scientific sessions).

64. Escobar, KA, **McLain, TA (VanDusseldorp)**, McCormick, JJ, Kerksick, CM, Mermier, CM. Effect of branched-chain amino acid supplementation on serum CK and exercise performance. (Poster Presentation: 2016 Annual American College of Sports Medicine Conference).
65. Nunez, TP, Beltz, NM, **McLain, TA (VanDusseldorp)**, Mermier, CM, Kravitz, LK. Energy Expenditure with Two Suspension Training Protocols. (Poster Presentation: 2016 Annual American College of Sports Medicine Conference).
66. Camic, CL, Kovacs, AJ, **McLain, TA (VanDusseldorp)**, Hill, EC, Enquist, EA. Application of the neuromuscular fatigue threshold to muscles of the thigh during incremental treadmill running. (Oral Presentation: 2016 Annual American College of Sports Medicine Conference).
67. Camic, CL, Kovacs, AJ, Enquist, EA, **McLain, TA (VanDusseldorp)**, Hill, EC. Neuromuscular responses of the quadriceps femoris and hamstring muscles during incremental treadmill running. (Oral Presentation: 2015 Annual American College of Sports Medicine Conference).
68. McCormick, J, **McLain, TA (VanDusseldorp)**, Mermier, CM, Landphere, KR, Dokladny, K, Moseley, P. A comparison of the autophagic response in physically active and sedentary adults. (Poster Presentation: 2015 Annual American College of Sports Medicine Conference).
69. Beltz, N, Mermier, CM, Kerksick, CM, Johnson, KE, **McLain, TA (VanDusseldorp)**, Cole, N, Beuler, S, Gibson, A. Fitness Status and association between aerobic capacity, body composition, and cardiovascular disease risk factors in firefighters. (Poster Presentation: 2015 Annual American College of Sports Medicine Conference).
70. Johnson, KE, Beltz, N, **McLain, TA (VanDusseldorp)**, Cole, N, Mermier, CM, Gibson, AL. Ability to predict VO₂peak of urban and wildland firefighters based on height, age, and sex. (Poster Presentation: 2015 Annual American College of Sports Medicine Conference).
71. Purdom, T, **McLain, TA (VanDusseldorp)**, Johnson, KE, Kravitz, L. Acute weighted vest effect on running performance in middle distance runners. (Poster Presentation: 2015 Annual American College of Sports Medicine Conference).
72. **VanDusseldorp, TA.**, McCormick, J., Mermier, CM, Dokladny, K., Moseley, P. (October, 2014). A comparison of the autophagic response in physically active and sedentary adults. (Poster Presentation; Presented at Southwest ACSM in Costa Mesa, California).
73. McCormick, J., **VanDusseldorp, TA.** (October, 2014). The effect of aging on markers of autophagy and heat shock responses in human peripheral blood mononuclear cells. Oral Presentation; Presented at Southwest ACSM in Costa Mesa, California).
 - a. **Norman James Research Award Recipient.**
74. White, AC, Salgado, RM, Astorino, TA, Loeppky, JA, Schneider, S, McCormick, J, **VanDusseldorp, TA**, Kravitz, L, Mermier, CM. (October, 2014). The effect of 10 days of heat acclimation on exercise capacity at acute simulated hypobarica (4350 m). (Poster Presentation; Presented at Southwest ACSM in Costa Mesa, California).
75. Salgado, RM, White, AC, Vaughn, RA, McCormick, J, Gannon, NP, **VanDusseldorp, TA**, Schneider, S, Parker, DL, Kravitz, L, Mermier, CM. (October, 2014). The effect of 10 days of head acclimation on exercise economy and efficiency at 1600 m and 4350 m. (Poster Presentation; Presented at Southwest ACSM in Costa Mesa, California).
76. Gibson, AL, Beltz, N, Cole, N, Johnson, K, **VanDusseldorp, T**, Mermier, CM. (October, 2014). Ability to predict VO₂peak of urban firefighters based on height, age, and sex. (Poster Presentation; Presented at Southwest ACSM in Costa Mesa, California).

77. Purdom, T, **VanDusseldorp, TA**, Johnson, KE, Kravitz, L. (October, 2014). Acute weighted vest effect on running performance in middle distance runners. (Poster Presentation; Presented at Southwest ACSM in Costa Mesa, California).
78. Carriker, CR, **VanDusseldorp, TA**, Vaughan, RA, Beltz, N, Johnson, KE, Cole, N, Gibson, AL. (July, 2014). Effect of inorganic nitrate consumption on oxygen consumption during submaximal exercise in trained and untrained runners. (Poster Presentation; Presented at NSCA National Conferences in Las Vegas, NV).
79. Camic, CL, Kovacs, AJ, Enquist, EA, **VanDusseldorp, TA**, Hill, EC, Calantoni, AM, Yemm, AJ. (May, 2014). An electromyographic-based test for estimating neuromuscular fatigue during incremental treadmill running. (Presented at the Annual American College of Sports Medicine Conference in Orlando, Florida).
80. **VanDusseldorp, TA**, Wright, G., Camic, C., Brice, G., Kovacs, A., & Hegge, J. (April, 2013). The development of an anaerobic sprint running test utilizing a non-motorized treadmill. (Poster Presentation; Presented at the National Strength and Conditioning Association State Clinic in Waukesha, Wisconsin).
81. **VanDusseldorp, TA**, Wright, G., Camic, C., Brice, G., Kovacs, A., & Hegge, J. (April, 2013). The development of an anaerobic sprint running test utilizing a non-motorized treadmill. (Poster Presentation; Presented at the Graduate Research Conference at The University of Wisconsin- La Crosse).
82. **VanDusseldorp, TA**, Wright, G., Camic, C., Brice, G., Kovacs, Al., & Hegge, J. (April, 2013). The development of an anaerobic sprint running test utilizing a non-motorized treadmill. (Poster Presentation; Presented at the National Undergraduate Research Conference hosted at The University Wisconsin- La Crosse).
83. **VanDusseldorp, TA**. (January, 2013). Methods of Body Composition Testing. (Guest Lecturer; Presented at The University of Wisconsin- La Crosse).
84. **VanDusseldorp, TA**. (March, 2013). Exercise Sciences: Possible Career Choices. (Guest Lecturer; Presented at Southwest Minnesota State University, Marshall, Minnesota).
85. **VanDusseldorp, TA**. (April, 2011). Strength Training and Sport-Specific Power Generation in Collegiate Wheelchair Athletes: A pilot. (Guest Lecturer/Presenter; Presented at Southwest Minnesota State University, Marshall, Minnesota).
86. **VanDusseldorp, TA**, Popper, C., & Bell, J. (April, 2011). Strength Training and Sport-Specific Power Generation in Collegiate Wheelchair Athletes: A pilot. (Poster Presentation; Presented at Southwest Minnesota State University Science Conference, Marshall, Minnesota).
87. **VanDusseldorp, TA**. (February, 2010). Concussion Battery Comparison: The SCAT2, ImPACT, and Wii Fit Balance Test. (Guest Lecturer/Presenter; Presented at Southwest Minnesota State University, Marshall, Minnesota).

Research Funding

Internal Funding

- | | |
|------|---|
| 2020 | Primary Investigator - \$64,843.69 – A Comprehensive Assessment of Omega-3 Fatty Acids on Human Health and Well-Being – KSU I3 Grant – (Awarded) |
| 2019 | Co-Investigator (Faculty PI) - \$2,080 - Alyssa Bailly; Thesis Research Enhancement Fund (KSU ESSM DPT) (Awarded) . |

- 2019 Co-Investigator - \$1,000 - Christian Almeda; Thesis Research Enhancement Fund (KSU ESSM DPT) **(Awarded)**.
- 2018 Primary Investigator - \$7,800 - *CARET Grant*. Kennesaw State University **(Awarded)**.
- 2018 Primary Investigator- \$9,060 - KSU FY 2018 Professional Development **(Awarded)**.
- 2017 Co-Investigator - \$14,962 - KSU FY 18 OVPR Pilot/Seed Grant to Attract External Funding **(Awarded)**.
- 2017 Co-Investigator - \$32,592.00 - KSU WellStar College – One Time Funding Award. **(Awarded)**.
- 2017 Primary Investigator- \$7,640 - KSU Spring 2017 Professional Development **(Awarded)**.
- 2016 Faculty Mentor (Alyssa Holmes) - \$500 - KSU CETL Student Travel Award, **(Awarded)**.
- 2016 Primary Investigator- \$11,975 - KSU Fall 2016 Professional Development **(Awarded)**.

-----Pre-KSU-----

- 2015 Principal Investigator - \$500 - UNM Student Research Grant, **(Awarded)**.
- 2015 Principal Investigator - \$979 - UNM Doctoral Research and Presentation Award, **(Awarded)**.
- 2012 Principal Investigator - \$2,200 - University of Wisconsin- La Crosse RSEL Grant, **(Awarded)**.
- 2014 Principal Investigator - \$500 - UNM Student Research Grant, **(Awarded)**.
- 2014 Co-Investigator (research assistant) - \$26,787 - University of New Mexico Summer Research Grant, **(Awarded)**.
- 2014 Co-Investigator - \$1,500 - University of New Mexico OFAC Grant, **(Awarded)**.

External Funding

- 2020 Co-investigator – \$405,451.00 - Promoting Enjoyment of High-Intensity Functional Training to Reduce Cardiometabolic Risk Factors Among African American Adults. NIH AREA R15 - resubmission. **(not funded)**
- 2020 Principal Investigator – \$15,000 - Effect of Eight Weeks of Resistance Training and Caloric Restriction with and without Creatine Monohydrate Supplementation on Body Composition and Neuromuscular Performance in Women. NSCA Graduate Student Grant. **(not funded)**.
- 2020 Co-investigator – \$297,741 - Promoting Enjoyment of High-Intensity Functional Training to Reduce Cardiometabolic Risk Factors Among Latino/Hispanic Adults. NIH REAP. **In review.**

- 2019 Co-investigator – \$405,451.00 - Promoting Enjoyment of High-Intensity Functional Training to Reduce Cardiometabolic Risk Factors Among African American Adults. NIH AREA R15. **(not funded)**.
- 2019 Principal Investigator – \$51,703.23 – Efficacy of Solarplast for Health and Oxidative Stress: A randomized Double-Blind, Placebo-Controlled Study. Deerland Enzymes. **(Awarded)- Industry Award**
- 2018 Primary Investigator – \$7,500 NSCA Master’s Student Award (Matthew Stratton). *The effect of 13 weeks of fish oil supplementation on hypertrophy, physical function, and the muscle protein synthesis response to feeding in the elderly*. National Strength and Conditioning Association. **(not funded)**.
- 2018 Primary Investigator – \$44,200 *TeaCrine/Dynamine Human Safety Study*. Compound Solutions **(Awarded)- Industry Award**
- 2018 2018 Faculty Investigator (Student, Alyssa Holmes Thesis Project)- \$4,060 Comparison of Two HIIT Les Mills Group Exercise Programs. Les Mills **(Awarded) – Industry Award**
- 2017 Co-Investigator – \$9,008.02 *Motor-unit specific properties and physical functioning in three different stages of sarcopenia*. American College of Sports Medicine Research Endowment, **(not funded)**.

-----Pre-KSU-----

- 2015 Co-Investigator – \$9,871 *Resistance exercise and autophagy in younger and older adults*. American Aging Association, **(not funded)**.
- 2015 Principal Investigator – \$2,440 *The effect of dietary supplementation with fish-oil and resistance exercise on markers of autophagy and mTOR in older adults*. New Mexico Research Grant, **(Awarded)**.
- 2015 Principal Investigator – \$4,779 *The dose-response impact of fish oil supplementation damage, soreness, oxidative stress, inflammation, performance, and autophagy*. ISSN-MusclePharm, **(Awarded)**.
- 2014 Co-Investigator – \$149,087 *Development of low cost ultrasound device and formulas for accurate in-home body composition*. STTR Phase I Grant, National Institute of Health (NIH), **(not funded)**.
- 2014 Principal Investigator – \$2,187 *Exercise-mediated autophagic response following a bout of endurance exercise in individuals with glucose intolerance and age-matched controls*. New Mexico Research Grant, **(Awarded)**.
- 2013 Principal Investigator – \$9,779 *The dose-response impact of fish oil supplementation damage, soreness, oxidative stress, inflammation, and performance*. ISSN-MusclePharm, **(not funded)**.

External Funding (In Preparation)

- 2021 October Submission (2021): Characterization of systemic and tissue level inflammation of African American and Caucasian Post-Menopausal Women – Collaboration with University of

Arkansas Medical School and Florida Institute of Human and Machine Cognition – NIH- Multi-site RO1

2021 Impact of Step-reduction on metabolic and skeletal health – R15 – Interdisciplinary collaboration at KSU – Bryantsev, A., Hester, GM.

Institutional Service (Kennesaw State)

08/2021 – Present Department Faculty Committee (DFC) (member)

08/2020 – Present Institutional Review Board (member)

12/2019 – Present P&T Guidelines Ad Hoc Committee (department)

08/2019 – Present KSU Undergraduate Scholarship Funding Committee

08/2018 – Present Graduate Welcome Event Planning (AEHS Graduate Program)

08/2017 – Present Annual ISSN-KSU Conference Head Organizer (3 conferences to date)

01/2017 – Present Faculty Advisor: Physical Therapy Association (KSU CLUB)

01/2017 – Present Deerland Enzymes Shared Lab Contract

08/2016 – Present Wellstar College of Health and Human Services Lab Safety Committee

03/2019 – 04/2019 NCUR Wellstar College Open House Planning Team Member

09/2018 Guest speaker: What have you been eating lately? Global Village, Carmichael Student Center, Kennesaw State University w/ CDC Foodborne Illness specialist - Dr. Fernanda Santos Nascimento

Institutional Service (other)

12/2013 – 5/2016 Graduate Advisor
Undergraduate Exercise Science Club
University of New Mexico

Professional Service

4/2017 – Present **Committee Member**
ACSM Health Fitness Summit

1/2018 – Present **Board Member**
NSCA Georgia State Advisory Board

3/2018 – 1/2021 **Advisory Board Member**
Dymatize Enterprises, LLC

6/2017 – Present International Society of Sports Nutrition – Head of Scientific Abstracts

8/2016 – Present	International Society of Sports Nutrition Scientific Advisor
8/2016 – Present	Associate Editor Journal of Exercise and Nutrition
8/2016 – Present	Peer Reviewer (consistent) Nutrients Journal of Exercise and Nutrition American Journal of Clinical Nutrition JISSN
	Peer-Reviewer (ad-hoc) Journal of Functional Morphology and Kinesiology Journal of the International Society of Sports Nutrition Experimental Gerontology
1/2019	NCUR Abstract Reviewer
6/2018	WSKW Abstract Reviewer
10/2016	ACSM Guidelines Chapter Reviewer
10/2013 – 7/2016	Volunteer: Santa Fe Fire Department Fitness Testing Santa Fe, New Mexico
5/2010 – 5/2011	Vice President Wellness and Human Performance Club Southwest Minnesota State University

Community Service

2020	Free Bikes for Kids
2019	VanDusseldorp, TA. Cycling Nutrition. Cycology Bike Shop. (Hiram, GA)
2019	Free Bikes for Kids Atlanta.
2018	PD Gladiators

Laboratory Training

Human Metabolic and Exercise Testing Techniques- Resting energy expenditure and VO₂max (Parvomedics), Douglas Bag, Biodex, Wingate testing, Force treadmill testing/software, phlebotomy (blood draw and IV catheter placement) and blood hemodynamics, muscle biopsy (microbiopsy), body composition (Bod-Pod, underwater weighing, skinfold, BIA, DEXA), EKG/stress testing, pulmonary function testing, feeding study design/implementation

Biomedical Research Techniques- qRT-PCR/PCR, Western blot, ELISA, flow cytometry/cell sorting, spectrophotometry

Thesis Committees

2020 – 2021	Jacob Mcdougale: Feito, Y (chair), Mangine, GM, VanDusseldorp, TA
2019 – 2021	Michaela Alesi; VanDusseldorp, TA (chair) , Hester, GM, Buresh, RJ, Candow, D.
2019 – 2021	Ben Dalton; Hester, GM (chair); VanDusseldorp, TA , Buresh, RJ.
2019 – 2020	Alyssa Bailly; VanDusseldorp, TA (chair) , Hester, GM, Feito, Y, Buresh, RJ.
2019 – 2020	Lisa Ha; Hester, GM (chair), VanDusseldorp, TA , Feito Y.
2019 – 2020	Joseph Boone; Mangine, GT (chair), Feito, Y. VanDusseldorp, TA , Hester, GM, Cholewa, JM.
2019 – 2020	Christian Almeda; Feito (chair), Mangine, GT, VanDusseldorp, TA , French, D.
2017 – 2020	Paul Serafini; Mangine, GT (chair), Feito, Y, VanDusseldorp, TA .
2017 – 2019	Alex Olmos; Hester, GM (chair), VanDusseldorp, TA , Feito, Y, Mangine, GT.
2017 – 2019	Matthew Stratton; VanDusseldorp (chair) , Hester, GM, Mangine, GT, Tinsley, G.
2017 – 2019	Alyssa Holmes; VanDusseldorp, TA (chair) , Hester, GM, Feito, Y, Gottschall, J, Esmat, T. <u><i>Won KSU MS 3 Minute Thesis Competition.</i></u>

Dissertation Committees

2017 – 2019	Kurt A. Escobar – University of New Mexico – Committee Member
2016 – 2017	Tony Nunez – University of New Mexico – Committee Member

Advisement/Mentorship/Supervision (Internships/Assistantships/Part-time Position/Honor's Theses)

1/2020 – Present	Graduate Assistantship Advisor: Brent Uken
7/2018 – 5/2020	Graduate Assistantship Advisor: Alyssa Bailly
8/2019 – 5/2020	Supervisor: Part-time worker: Jackie Easter (PhD)
Summer 2020	Graduate Assistantship Advisor (summer only): Michaela Alesi
1/2020 – 5/2020	Katie Tran Honor Thesis Advisor
1/2019 – 5/2019	EHS 7760 – AEHS Graduate Internship: Andrew Modjeski & Katy Hayes Faculty Internship Advisor: Michaela Alesi
8/2018 – 12/2018	Graduate Assistantship Advisor: Mike Snyder

8/2018 – 12/2018	EHS 7800 – AEHS Graduate Internship: Mike Snyder Faculty Internship Advisor: Anderson Krueger, Heather Gagnon, Kristen Persaud
12/2017 – 5/2019	Graduate Assistantship Advisor: Matthew Stratton: <u>AEHS OUTSTANDING STUDENT AWARD</u>
8/2017 – 5/2019	Graduate Assistantship Advisor: Alyssa Holmes; Megan Barie: <u>AEHS OUTSTANDING STUDENT AWARD</u>
8/2017 – 5/2018	Faculty Internship Advisor: Andrew Modjeski (KSU undergrad)
8/2017 – 5/2018	Faculty Internship Advisor: Lisa Pha (co-advisor), Kevin Simmons, Jacob McNabb (co-advisor), Kristen Rann, Cameron Arcaro (KSU undergrad students)
6/2017 – 8/2017	Faculty Internship Advisor; Matthew Stratton (University of New Mexico; Internship at KSU)
1/2017 – 8/2017	Faculty Internship Advisor Matthew Lee and Alyssa Holmes, KSU undergraduate students
1/2015 – 7/2016	Exercise Physiology Lab Mentor Students: Kayla Hahn (undergraduate student), Kurt Escobar (graduate student), Terence Moriarty (graduate student), & Sam Morrison (undergraduate student) University of New Mexico
8/2010 – 5/2011	Student Coursework and Research Mentor Joshua Watterson Southwest Minnesota State University
12/2009 – 5/2011	Special Olympics Coordinator Swimming and Track & Field Southwest Minnesota State University

Selected Honors and Awards

8/2018	2017-2018 Faculty Career Advisor Award; KSU WellStar College
5/2018	GOLD (Graduate of Last Decade) AWARD; Southwest Minnesota State University
12/2016	University of New Mexico: College of Education Outstanding Student
7/2016	Dissertation Defense Distinction: Effect of branched-chain amino acid supplementation on recovery of performance and muscle damage, & autophagy and heat shock protein response
9/2015	Exercise Science Doctoral Comprehensive Exams: Distinction
8/2014	Graduate Student Excellence Award University of New Mexico

- 8/2011 – 5/2013 Human Performance Graduate Student Scholarship
University of Wisconsin- La Crosse
- 8/2010 – 5/2011 Exercise Science Annual Scholarship
Southwest Minnesota State University
- 8/2008 – 5/2013 Highest Honors Dean’s List
Southwest Minnesota State University/The University of Wisconsin- La Crosse
- 8/2008 – 5/2011 Presidential Academic Scholarship
Southwest Minnesota State University
- 8/2008 – 12/2010 Intercollegiate Basketball Tuition Scholarship
Southwest Minnesota State University

Related Professional Experience

- 8/2012 – 5/2013 Group Fitness Instructor/Personal Trainer
SNAP Fitness
La Crosse, WI
- 5/2012 – 8/2012 Group Fitness Instructor/Personal Trainer
WOW! Fitness
Rochester, MN
- 5/2009 – 8/2009 Interim Sports and Fitness Director
Mahaska County YMCA
Oskaloosa, IA
- 8/2008 – 5/2011 Assistant Athletic Trainer Tech (Intern)
Southwest Minnesota State University
Marshall, MN