

CURRICULUM VITA

Lemuel W. Taylor IV, Ph.D., FACSM, FISSN, CISSN

Associate Professor of Exercise Physiology
Director of Research, Human Performance Laboratory
Graduate Program Director, M.S. Exercise Physiology Program
Exercise & Sport Science Department
University of Mary Hardin-Baylor
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Belton, Texas 76513
ltaylor@umhb.edu

EDUCATION

Doctor of Philosophy

Baylor University, Department of Health, Human Performance, and Recreation
Exercise, Nutrition, and Preventive Health: Muscle Physiology & Sport Nutrition (August 2006)

Master of Science

Texas Christian University, College of Health and Human Sciences
Exercise Physiology: Muscle Physiology (August 2003)

Bachelor of Science

Abilene Christian University, Department of Health & Exercise Science
Exercise Physiology (May 2001)

ACADEMIC AND PROFESSIONAL EXPERIENCE

Associate Professor of Exercise Physiology and Performance Nutrition

Exercise & Sport Science Department, College of Education, University of Mary Hardin-Baylor,
Summer 2014 to Present.

Graduate Program Director, Exercise Physiology Program (M.S.)

Exercise & Sport Science Department, College of Education, University of Mary Hardin-Baylor, Fall
2015 to Present.

Executive Director, Texas Chapter of the American College of Sports Medicine

December 2016 to Present.

Director of Research, Human Performance Laboratory

Department of Exercise & Sport Science, College of Education, University of Mary Hardin-Baylor,
Fall 2016 to Present.

Program Coordinator, Exercise Physiology Major (B.S.)

Exercise & Sport Science Department, College of Education, University of Mary Hardin-Baylor, Fall
2015 to Present.

Graduate Faculty Member

Department of Exercise & Sport Science, College of Education, University of Mary Hardin-Baylor, Fall 2008 to Present.

Research Committee Member

Representative for the Department of Exercise & Sport Science, University of Mary Hardin-Baylor, Spring 2015 to Present.

Past-President, Texas Chapter of the American College of Sports Medicine

March 2015 to March 2016

Program Coordinator, Pre-Physical Therapy in Exercise Science Major

Exercise & Sport Science Department, College of Education, University of Mary Hardin-Baylor, Fall 2011 to Fall 2015.

Director, Exercise Biochemistry Laboratory

In conjunction with the Human Performance Laboratory, Department of Exercise & Sport Science, College of Education, University of Mary Hardin-Baylor, Spring 2009 to Present.

President, Texas Chapter of the American College of Sports Medicine

February 2014 to March 2015.

Chair, UMHB Institutional Review Board

University of Mary Hardin-Baylor, Summer 2011 to May 2015.

Assistant Professor of Exercise Physiology

Exercise & Sport Science Department, College of Education, University of Mary Hardin-Baylor, Fall 2008 to Spring 2014.

President, International Society of Sports Nutrition

ISSN-Advisory Board, Deerfield Beach, FL, Summer 2011 to Summer 2014.

Associate Editor, Journal of International Society of Sports Nutrition

International Society of Sports Nutrition, Deerfield Beach, FL, Fall 2013 to Present.

Section Editor, Journal of Sport Science & Medicine

Sport Nutrition, Supplementation and Drug Section, Ankara, Turkey, Spring 2014 to Present.

Campus Educator of the Quality Enhancement Plan

University of Mary Hardin-Baylor, Fall 2011 to February 2014.

President-Elect, Texas Chapter of the American College of Sports Medicine

Elected March 2013 to February 2014.

Board of Directors, Non-Medicine Representative

Texas Chapter of American College of Sports Medicine, Spring 2009 to 2013.

Assistant Professor of Exercise Physiology

Department of Health, Leisure, and Exercise Science, College of Professional Studies, University of W. Florida, Fall 2006 to Spring 2008.

Laboratory Coordinator

Exercise & Biochemical Nutrition Laboratory, Baylor University, Waco, TX, 2003 to 2006.

Doctoral Research Assistant

Exercise & Biochemical Nutrition Laboratory, Baylor University, Waco, TX, 2003 to 2006.

Student Affairs Committee Member

American College of Sports Medicine, 2004 to 2006.

Student Representative on the Board of Directors

Texas Chapter of American College of Sports Medicine, 2003 to 2006.

Adjunct Lecturer

Department of Health, Human Performance, & Recreation, Baylor University, 2004 to 2006.

Doctoral Research Assistant

Exercise & Sport Nutrition Laboratory, Baylor University, 2003 to 2005.

Departmental Research & Teaching Assistant

Department of Kinesiology, Texas Christian University, 2001 to 2003.

Personal Trainer and Supervising Staff Member

Colonial Country Club Fitness Center, 2001 to 2003.

Cardiac Rehabilitation Intern Specialist

Abilene Regional Hospital, 2001.

TEACHING**Undergraduate Courses Currently Taught at the University of Mary Hardin-Baylor**

- Medical Terminology (EXSS 2355)
- Exercise Testing & Prescription (EXSS 4394)
- Physiology of Exercise II (EXSS 3396)
- Internship in Exercise Physiology (EXSS 4398)

Graduate Courses Currently Taught at the University of Mary Hardin-Baylor

- Clinical Exercise Physiology (EXSS 6355)
- Nutritional and Exercise Biochemistry (EXSS 6375)

Undergraduate Courses Previously Taught

University of Mary Hardin-Baylor:

- Exercise Testing & Prescription (EXSS 4394)
- Physiology of Exercise I (EXSS 3395)
- Physiology of Exercise II (EXSS 3396)
- Sports Nutrition (EXSS 3354)
- Test and Measurements (EXSS 4392)
- Medical Terminology (EXSS 2355)
- Introduction to Exercise & Sport Science (EXSS 2340)
- CrossFit (EXSS 4140)
- Advanced Resistance Training (EXSS 2135)
- Weight Training (EXSS 2133)

The University of West Florida:

- Exercise Physiology (PET 3351), Fall 2006–Spring 2008

- Exercise Endocrinology (PET 4991), Fall 2007
- Sport Nutrition & Weight Management (PET 4361), Fall 2006, Spring & Summer 2007
- Measurement & Evaluation (PET 3510), Fall 2006, Spring & Summer 2007

Baylor University:

- Exercise Physiology Laboratory (HP 2420A & B), Fall 2005–Spring 2006
- Human Anatomy and Physiology Lab (HP 1420A & B), Spring 2005–Spring 2006
- Beginning Racquetball (HP 1156), Fall 2004
- Fitness Theory and Practice (HP 1134), Summer 2004

Texas Christian University:

- Personal Fitness and Health, Fall 2001–Spring 2002
- Beginning Weight Training, Fall 2001–2003
- Beginning Racquetball, Fall 2002–2003
- Beginning Soccer, Fall 2002–2003

Abilene Christian University:

- Concepts of Health and Fitness (TA), Fall 2000–Spring 2001
- Beginning Weight Training, Fall 2000–2001
- Walk, Jog, & Run, Spring 2001

Graduate Courses Previously Taught

- Advanced Exercise Physiology (EXSS 6380)
- Clinical Exercise Physiology (EXSS 6355)
- Exercise & Nutritional Biochemistry (EXSS 6375)
- Exercise Endocrinology (EXSS 6381)
- Advanced Statistics and Applied Research (EXSS 6360)
- Research Methods (EXSS 6352)
- Musculoskeletal & Biomechanical Assessment (EXSS 6381)

PUBLICATIONS

Books

1. **Taylor, L** (Editor). **Nutritional Guidelines for Athletic Performance: The Training Table**. CRC Press, Taylor & Francis Group. March 2012.

Book Chapters

1. Dufour, F, & **L. Taylor**. Micronutrient Needs of Athletes. In: **Nutritional Guidelines for Athletic Performance: The Training Table**. Lem W. Taylor IV (Editor), CRC Press, Taylor & Francis Group. March 2012. pp. 159-174.
2. Roberts, M, & **L. Taylor**. Introduction: The Role of the Training Table. In: **Nutritional Guidelines for Athletic Performance: The Training Table**. Lem W. Taylor IV (Editor), CRC Press, Taylor & Francis Group. March 2012. pp. 1-6.
3. **Taylor, L.**, C. Wilborn, A. Smith, & J. Antonio. Ergogenic Aids. In: **Conditioning for Strength and Human Performance, 2e**. TJ Chandler and L. Brown (Eds), Lippincott Williams & Wilkins. 2012. pp. 143-162.
4. Wilborn, C., **L. Taylor**, A. Smith, & J. Antonio. Nutrition. In: **Conditioning for Strength and Human Performance, 2e**. TJ Chandler and L. Brown (Eds), Lippincott Williams & Wilkins. 2012. pp. 521-536.

5. Dugan, K, & **L. Taylor**. Lipids: A Dense Fuel Supply and Important Cellular Component. In: **Nutrient Timing: Metabolic Optimization for Health, Performance and Recovery**. Chad M. Kerksick (Editor), CRC Press, Taylor & Francis Group. 2011. pp. 61-80.
6. **Taylor, L.**, Marcello, B, & Kreider, RB. The Training Table. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). **Exercise & Sport Nutrition: Principles, Promises, Science, & Recommendations**. Fitness Technologies Press, Santa Barbara, CA. pp. 85-92.
7. **Taylor, L.**, Ziengenfuss, T, & Kreider, RB. Prohormones and Anabolic Potentiators. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). **Exercise & Sport Nutrition: Principles, Promises, Science, & Recommendations**. Fitness Technologies Press, Santa Barbara, CA. pp. 345-368.
8. **Taylor, L.**, Leutholtz, B, & Kreider, RB. Vitamins & Minerals. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). **Exercise & Sport Nutrition: Principles, Promises, Science, & Recommendations**. Kreider, R. & B. Leutholtz (Eds.). Fitness Technologies Press, Santa Barbara, CA. pp. 229-256.
9. Wilborn, C. & **Taylor, L.** Basic Exercise Physiology. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2009). **Exercise & Sport Nutrition: Principles, Promises, Science, & Recommendations**. Fitness Technologies Press, Santa Barbara, CA. pp. 33-52.
10. **Taylor, L.** & J Antonio. Coffee as a Functional Beverage. In: Wildman, Robert E.C. (2007). **Handbook of Nutraceuticals and Functional Foods, Second Edition**. CRC Press, Boca Raton, FL. pp. 453-467.

Referred Journal Articles

In review/preparation

- James Rodgers, Stacie L. Urbina, **Lem W. Taylor**, Colin D. Wilborn, Martin Purpura, Ralf Jager and Vijaya Juturu. Capsaicinoids Supplementation Decrease Percent Body Fat and Fat Mass: Adjustment of Covariates in a Post Hoc Analysis of a Double Blind Randomized Clinical Trial. (2016) Submitted.
- **Lockwood, C.**, J. Outlaw, J. Mullins, S. Hayward, S. Urbina, C. Wilborn, C. Foster & L.W. **Taylor**. Effects of A Weight Loss Supplement on Body Composition and Markers of Metabolism in Obese Male and Female Adults. **Journal of Dietary Supplements**, In submission.
- **Taylor, L.W.**, C. Wilborn, C. Poole, F. Dufour, T. Jones, M. Lewing, E. Constancio, E. Pena, D. Willoughby, & C. Foster. Effects of an Acute Bout of Resistance Exercise From a Commercially Available Exercise Program in Younger Resistance Trained Males. **Journal of Physical Activity and Health**, In submission.
- Hayward, S., Outlaw, J., M. Lewing, C. Foster, **L.W. Taylor**, & C.D. Wilborn. A Comparison of Adaptations via 12 Weeks of Either a Linear Periodization or an Undulating Periodization Model of Weight Training. **International Journal of Sports Physiology and Performance**. In Review.
- Buckley, A., C. Scoggins, S. Urbina, C. Jones, J. Holt, B. Cox, B. Brabham, C. Wilborn, & **L. Taylor**. Changes in Body Composition and Performance Variables Following a Competitive Basketball Season in DIII Female Athletes. **Journal of Strength and Conditioning Research**. In submission.

Published manuscripts in peer-reviewed journals

1. Tinsley, G.M., S. Urbina, J. Mullins, J. Outlaw, S. Hayward, M. Stone, C. Foster, C. Wilborn, & **L. Taylor**. Influence Of A Thermogenic Dietary Supplement On Safety Markers, Body Composition, Energy Expenditure, Muscular Performance And Hormone Concentrations: A Randomized, Placebo-Controlled, Double-Blind Trial. **Journal of Sports Science and Medicine (2017)**. In press.
2. Kerksick, C.M., S. Arent, B.J. Schoenfeld, J.R. Stout, B. Campbell, C.D. Wilborn, **L. Taylor**, D. Kalman, A.E. Smith-Ryan, R.B. Kreider, D. Willoughby, P.J. Arciero, T.A. Van Dusseldorp,

- M.J. Ormsbee, R. Wildman, M. Greenwood, T.N. Ziegenfuss, A.A. Aragon, & J. Antonio. International Society of Sport Nutrition Position Stand: Protein and Exercise. **Journal of the International Society of Sports Nutrition, In Press.**
3. Jager, R., C.M. Kerksick, B. Campbell, P.J. Cribb, S.D. Wells, T.M. Skwait, M. Purpura, T.N. Ziegenfuss, A.A. Ferrando, S.M. Arent, A.E. Smith-Ryan, J.R. Stout, P.J. Arciero, M. J. Ormsbee, **L. Taylor**, C.D. Wilborn, D. S. Kalman, R.B. Kreider, D.S. Willoughby, J.R. Hoffman, J.L. Kryzykowski, & J. Antonio. International Society of Sport Nutrition Position Stand: Protein and Exercise. **Journal of the International Society of Sports Nutrition, 14:20, June 2017.**
 4. Aragon, A.A., B.J. Schoenfeld, R. Wildman, S. Kleiner, T. VanDussledrop, **L. Taylor**, C.P. Earnest, P.J. Arciero, C.D. Wilborn, D.S. Kalman, J.R. Stout, D.S. Willoughby, B. Campbell, S.M. Arent, L. Bannock, A.E. Smith-Ryan, & J. Antonio. International Society of Sport Nutrition Position Stand: Diets and Body Composition. **Journal of the International Society of Sports Nutrition, 14:16, June 2017.**
 5. Stacie L. Urbina, Michael D. Roberts, Wesley C. Kephart, Katelyn B. Villa, Emily N. Santos, Alyssa M. Olivencia, Haley M. Bennett, Marissa D. Lara, Cliffla A. Foster, Martin Purpura, Ralf Jäger, Lem W. Taylor, Colin D. Wilborn. Twelve Weeks of Capsaicinoid Supplementation Reduces Appetite and Self-Reported Caloric Intake. **Appetite (2017) Accepted and in press.**
 6. Hayward, S., C.D. Wilborn, **L.W. Taylor**, S.L. Urbina, J.J. Outlaw, C.A. Foster, M.D. Roberts. Effects of a High Protein and Omega-3-Enriched Diet With or Without Creatine Supplementation on Markers of Soreness and Inflammation during 5 Consecutive Days of High Volume Resistance Exercise in Females. **Journal of Sports Science and Medicine (2016) 15, 704-714.**
 7. Wilborn, C., J. Outlaw, P.W. Mumford, S.L. Urbina, S. Hayward, M.D. Roberts, **L.W. Taylor**, & C. Foster. A Pilot Study Examining the Effects of 8-Week Whey Protein versus Whey Protein Plus Creatine Supplementation on Body Composition and Performance Variables in Resistance-Trained Women. **Annals of Nutrition & Metabolism, 2016 Nov 19; 69(3-4):190-199.**
 8. Outlaw, J., A. Smith-Ryan, A. Buckley, S. Urbina, S. Hayward, H. Wingfield, B. Campbell, C. Foster, **L. Taylor**, & C. Wilborn. The Effects of β -Alanine on Body Composition and Performance Measures in Collegiate Women. **Journal of Strength and Conditioning Research, 2016 Sep; 30(9):2627-37.**
 9. **Taylor, L.W.**, C.D. Wilborn, M. Roberts, A. White, & K. Dugan. Eight weeks of pre- and post-exercise whey protein supplementation increases lean body mass and improves performance in Division III collegiate female basketball players. **Applied Physiology, Nutrition, and Metabolism. 41: 1-6, 2016.**
 10. **Taylor, L.W.**, C.D. Wilborn, P. Mumford, M. Roberts, S. Hayward, J. Mullins, & S. Urbina. Safety of Teacrine[®], a Non-Habituating, Naturally-Occurring Purine Alkaloid Over Eight Weeks of Continuous Use. **Journal of International Society of Sports Nutrition, 13:2, 2016.**
 11. Outlaw, J., C. Wilborn, A. Smith-Ryan, S. Hayward, S. Urbina, **L. Taylor**, & C. Foster. Effects of Pre- and Post-Workout Protein-Carbohydrate Supplement in Trained Crossfit Individuals. **SpringerPlus, 3:369, 2014.**
 12. Outlaw, J., C.D. Wilborn, A. Smith-Ryan, S. Hayward, S. Urbina, **L. Taylor**, & C. Foster. Acute Effects of a Commercially-Available Pre-Workout Supplement on Markers of Training: A Double-Blind Study. **Journal of the International Society of Sports Nutrition, 11:40, August 2014.**
 13. Outlaw, J., C. Wilborn, A. Smith, S. Urbina, S. Hayward, C. Foster, S. Wells, R. Wildman, & **L. Taylor**. Effects of Ingestion of a Commercially Available Thermogenic Dietary Supplement on Resting Energy Expenditure, Mood State and Cardiovascular Measures. **Journal of the International Society of Sports Nutrition, 10:25, April 2013.**
 14. Wilson, J.M., P.J. Fitschen, B. Campbell, G.J. Wilson, N. Zanchi, **L. Taylor**, C. Wilborn, D. Kalman, J. Stout, J. Hoffman, T. Ziegenfuss, H.L. Lopez, R. Kreider, A. Smith-Ryan, & J. Antonio. International Society of Sport Nutrition Position Stand: HMB. **Journal of the**

- International Society of Sports Nutrition, 10:6, 2013.**
15. Campbell, B., C. Wilborn, P. La Bounty, **L. Taylor**, M.T. Nelson, M. Greenwood, T.N. Ziegenfuss, H.L. Lopez, J.R. Hoffman, J.R. Stout, S. Schmitz, R. Collins, H. Schwartz, D.S. Kalman, J. Antonio, & R.B. Kreider. International Society of Sport Nutrition Position Stand: Energy Drinks. **Journal of the International Society of Sports Nutrition, 10(1):1, January 2013.**
 16. Wilborn, C., **L. Taylor**, L. Williams, P. Cribb, C.A. Foster, B. Campbell, M. McAdams, & K. Dugan. Effects of Pre- and Post-Exercise Whey vs. Casein Protein Consumption on Body Composition and Performance Measures in Collegiate Female Athletes. **Journal of Sports Science and Medicine, 12(1), 74-79, March 2013.**
 17. Dugan, K., B. Campbell, F. Dufour, S. Roman, C. Woodall, M. McAdams, A. White, **L.W. Taylor**, & C.D. Wilborn. Acute Glycemic and Blood Lipid Response to the Ingestions of a Candy Bar-Like Protein Supplement Compared to Its Candy Bar Counterpart. **Applied Physiology, Nutrition, and Metabolism, October 2012.**
 18. **Taylor, L.W.**, C.D. Wilborn, R. Kreider, & D.S. Willoughby. Effects of Resistance Exercise Intensity on ERK 1/2 MAPK Activation in Males. **Journal of Strength and Conditioning Research, 2012 26(3):599-607.**
 19. **Taylor, L.W.**, C. Poole, E. Pena, M. Lewing, R. Kreider, C. Foster & C.D. Wilborn,. Effects of Combined Creatine Plus Fenugreek Extract Vs. Creatine Plus Carbohydrate Supplementation on Resistance Training Adaptations. **Journal of Sport Science and Medicine, 2011, 10: 254-260.**
 20. Kreider, R.B., C. Rasmussen, C.M. Kerksick, C. Wilborn, **L. Taylor IV**, B. Campbell, T. Magrans-Courtney, D. Fogt, M. Ferreira, R. Li, M. Galbreath, M. Iosia, M. Cooke, M. Serra, J. Gutierrez, M. Byrd, J.Y. Kresta, S. Simbo, J. Oliver, & M. Greenwood. A Carbohydrate-Restricted Diet During Resistance Training Promotes More Favorable Changes in Body Composition and Markers of Health in Obese Women With and Without Insulin Resistance. **The Physician and Sportsmedicine, 39:2, May 2011.**
 21. Kerksick, C., J. Wismann-Bunn, D. Fogt, A. Thomas, **L. Taylor**, B. Campbell, C. Wilborn, T. Harvey, M. Roberts, P. La Bounty, M. Galbreath, B. Marcello, C. Rasmussen, & R. Kreider. Changes in Weight Loss, Body Composition and Cardiovascular Disease Risk After Altering Macronutrient Distributions During a Regular Exercise Program in Obese Women. **Nutrition Journal, 2010, 9:59.**
 22. Poole, C., B. Bushey, C. Foster, B. Campbell, D. Willoughby, R. Kreider, **L. Taylor**, & C. Wilborn. The Effects of a Commercially Available Botanical Supplement on Strength, Body Composition, Power Output, and Hormonal Profiles in Resistance-Trained Males. **Journal of the International Society of Sports Nutrition, 2010, 7(34).**
 23. Wilborn, C., **L. Taylor**, C. Poole, C. Foster, D. Willoughby, & R. Kreider. Effects of a Purported Aromatase & 5 α -Reductase Inhibitor on Hormone Profiles in College-Age Men. **International Journal of Sport Nutrition and Exercise Metabolism, 2010, 20(6):457-65.**
 24. Poole, C., C. Wilborn, **L. Taylor**, & C. Kerksick. The role of post-exercise nutrient administration on muscle protein synthesis and glycogen synthesis. **Journal of Sports Science and Medicine, 2010, 9: 354-363.**
 25. Kreider, RB, C.D. Wilborn, **L. Taylor**, B. Campbell, A. Almada, R. Collins, M. Cooke, C. Earnest, M. Greenwood, D. Kalman, C. Kerksick, S. Kleiner, B. Leutholtz, H. Lopez, L. Lowery, R. Mendel, A. Smith, M. Spano, R. Wildman, D.S. Willoughby, T. Ziegenfuss, & J. Antonio. ISSN Exercise & Sports Nutrition Review: Research & Recommendations. **Journal of the International Society of Sports Nutrition, 2010, 7(7).**
 26. Goldstein, E., T. Ziegenfuss, D. Kalman, R. Kreider, B. Campbell, C. Wilborn, **L. Taylor**, D. Willoughby, J. Stout, B.S. Graves, R. Wildman, J.L. Ivy, M. Spano, A.E. Smith, & J. Antonio. International Society of Sport Nutrition Position Stand: Caffeine and Performance. **Journal of the International Society of Sports Nutrition, 2010, 7(1):5.**
 27. Knerl, C., P. Schuler, **L.W. Taylor**, & L. Cosio-Lima. Effects of Six Weeks of Balance and

- Strength Training on Measures of Dynamic Balance in Older Adults. **Californian Journal of Health Promotion 2009, 7(2): 111-122.**
28. Wilborn, C., **L. Taylor**, C. Poole, B. Bushey, C. Wright, L. Williams, C. Foster, & B. Campbell. Effects of Ingesting a Commercial Thermogenic Product on Hemodynamic Function and Energy Expenditure at Rest in Males and Females. **Applied Physiology, Nutrition, & Metabolism 2009, 23(8): 2179-87.**
29. Wilborn, C., **L. Taylor**, R. Kreider, & D.S. Willoughby. Effects of Varying Intensity Resistance Exercise on Myogenic Regulatory Factors and Myosin Heavy Chain Genes. **Journal of Strength and Conditioning Research, 2009 Nov; 23(8): 2179-87.**
30. Kerksick, C., A. Thomas, W. Campbell, **L. Taylor**, C. Wilborn, B. Marcello, M. Roberts, E. Pfau, M. Grimstedt, J. Opusunju, T. Magrans-Courtney, C. Rasmussen, R. Wilson, & R.B. Kreider. Effects of a Popular Exercise and Weight Loss Program on Weight Loss, Body Composition, Energy Expenditure and Health in Obese Women. **Nutrition & Metabolism, 2009, 6(23).**
31. Kerksick, C., **L. Taylor IV**, B. Bouw, & A. Harvey & D.S. Willoughby. Gender-related differences in muscle injury, oxidative stress, and apoptosis. **Medicine & Science in Sports & Exercise, 2008, 40(10), 1772-1780.**
32. Marzilli, T.S., H.L. Sanderson, J. Bergen, L. Cosio-Lima, **L. Taylor**, C. Song, & C. Wade. The Effects of a Preseason Strength Training Program on a Division II Collegiate Women's Basketball Team. **International Journal of Fitness. 4(1).**
33. Cosio-Lima, L., P. Schuler, K.L. Reynolds, **L. Taylor**, G. Kellog, J. Cerney, T. Hodges, & P.A. LeBlanc. The Effects of Age and Type-2 Diabetes on the Release of Interleukin (IL)-6, IL-10, TNF-Alpha, and Cortisol in Response to Acute Exercise. **JEPOnline 2008; 11(3): 33-41.**
34. Roberts, M.D., **L.W. Taylor**, J. Wismann, C.D. Wilborn, & D.S. Willoughby. Effects of Ingesting a Functional Gourmet Coffee Supplement on Aerobic and Anaerobic Fitness Markers in College-aged Caffeine Consumers. **Journal of the International Society of Sports Nutrition, 2007, 4:25.**
35. Roberts, M.D., M. Iosia, C.M. Kerksick, **L.W. Taylor**, W.I. Campbell, C.D. Wilborn, T. Harvey, M. Cooke, C. Rasmussen, M. Greenwood, R. Wilson, J. Jitomir, D.S. Willoughby, & R.B. Kreider. Effects of Chronic Arachidonic Acid Supplementation on Training Adaptations and Markers of Muscle Hypertrophy in Resistance-Trained Males. **Journal of the International Society of Sports Nutrition, 2007, 4:21.**
36. Nassar, E., C. Mulligan, **L. Taylor**, C. Kerksick, M. Galbreath, M. Greenwood, R. Kreider & D. Willoughby. Effects of a single dose of N-Acetyl-5-methoxytryptamine (Melatonin) and resistance exercise on the growth hormone/IGF-1 axis in young males and females. **Journal of the International Society of Sports Nutrition, 2007, 4:14.**
37. Rohle, D., C. Wilborn, **L. Taylor**, C. Mulligan, R. Kreider & D. Willoughby. Effects of Eight Weeks of an Alleged Aromatase Inhibiting Nutritional Supplement 6-OXO (androst-4-ene-3,6,17-trione) on Serum Hormone Profiles and Clinical Safety Markers in Resistance-Trained, Eugonadal Males. **Journal of the International Society of Sports Nutrition, 2007, 4:13.**
38. **Taylor, L.W.**, C.D. Wilborn, T. Harvey, J. Wismann, & D.S. Willoughby. Acute Effects of Ingesting JavaFit™ Energy Extreme Functional Coffee on Resting Energy Expenditure and Hemodynamic Responses in Male and Female Coffee Drinkers. **Journal of the International Society of Sports Nutrition, 2007, 4:10.**
39. Willoughby, D.S., C.D. Wilborn, **L.W. Taylor**, & B.I. Campbell. Eight Weeks of Aromatase Inhibition Using the Nutritional Supplement Novedex XT: Effects in Young, Eugonadal Men. **International Journal of Sport Nutrition & Exercise Metabolism, 2007, 17, 92-108.**
40. Wilborn, C.D., **L.W. Taylor**, B.I. Campbell, C. Kerksick, C.J. Rasmussen, M. Greenwood, & R.B. Kreider. Effects of methoxyisoflavone, ecdysterone, and sulfo-polysaccharide supplementation on training adaptations in resistance-trained males. **Journal of the International Society of Sports Nutrition. 3(2):19-27, 2006.**
41. Campbell, B., M. Roberts, C. Kerksick, C. Wilborn, B. Marcello, **L. Taylor**, E. Nassar, B. Leutholtz, R. Bowden, C. Rasmussen, M. Greenwood, & R. Kreider. Pharmacokinetics, Safety,

- and Effects on Exercise Performance of L-Arginine Alpha-Ketoglutarate in Trained Adult Men. **Nutrition, 22 (2006), 872-881, United States.**
42. Wilborn, C.D., C.M. Kerksick, B.I. Campbell, **L.W. Taylor**, B.M. Marcello, C.J. Rasmussen, M.C. Greenwood, A.L. Almada, & R.B. Kreider. Effects of zinc magnesium aspartate (ZMA) supplementation on training adaptations and markers of anabolism and catabolism. **Journal of the International Society of Sports Nutrition. 1(2):12-20, 2004.**
 43. Willoughby, D.S. & **L. Taylor**. Effects of sequential bouts of resistance exercise on androgen Receptor expression. **Medicine & Science in Sports & Exercise, 2004, 36(9), 1499-1506, United States.**
 44. Willoughby, D.S. & **L.W. Taylor**. Effects of concentric and eccentric muscle actions on serum myostatin and follistatin-like related gene levels. **Journal of Sports Science and Medicine, 2004, 3, 226-233.**
 45. Willoughby, D.S., M. Taylor, & **L. Taylor**. Glucocorticoid receptor and ubiquitin expression after repeated eccentric exercise. **Medicine & Science in Sports & Exercise, 2003, 35(12), 2023-2031, United States.**
 46. Willoughby, D.S., C. Vanenk, & **L. Taylor**. Effects of concentric and eccentric contractions on exercise-induced muscle injury, inflammation, and serum IL-6. **Journal of Exercise Physiology Online, 2003, 6(4).**

Published Research Abstracts

1. Urbina, S., E. Santos, K. Villa, A. Olivencia, H. Bennett, M. Lara, C. Foster, C. Wilborn, & L. Taylor. Effects of 30 Days of Cleanse™ Supplementation on Measure of Body Composition, Waist Circumference, and Markers of Gastrointestinal Distress in Females. **Journal of International Society of Sports Nutrition. In press.**
2. Hayward, S., J. Mullins, S. Urbina, E. Santos, K. Villa, N. Viana, S. Perkins, J. Ander, A. Olivencia, S. McGorty, C. Wilborn, & **L. Taylor**. Safety of Teacrine®, a Non-Habituating, Naturally-Occurring Purine Alkaloid Over Eight Weeks of Continuous Use. **Journal of International Society of Sports Nutrition. 12(Suppl 1): P59, 2015.**
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48. Wilborn, C., **L. Taylor**, B. Campbell, & D.S. Willoughby. Effects of 8 Weeks of Supplementation of the Alleged Aromatase Inhibitor Novedex XT™ on Serum Steroid Hormone Profiles and Clinical Safety Markers in Resistance-Trained Males. **Annual Experimental Biology Meeting**. San Francisco, CA. 2006.
49. Kerksick, C., **L. Taylor**, C. Moulton, B. Campbell, M. Roberts, C. Rasmussen & R. Kreider. Effects of hypocaloric dieting with different macronutrients on lipid panels, glucose, and insulin kinetics. **Annual Experimental Biology Meeting**. San Francisco, CA. 2006.
50. Moulton, C., **L. Taylor**, B. Campbell, C. Kerksick, M. Roberts, C. Rasmussen, & R. Kreider. Impact of hypocaloric dieting with different types of macronutrients on ketone and leptin levels. **Annual Experimental Biology Meeting**. San Francisco, CA. 2006.
51. Rasmussen, C., M. Galbreath, B. Campbell, B. Marcello, J. Beckham, J. Opusunju, T. Harvey, C. Kerksick, P. La Bounty, **L. Taylor**, E. Nassar, S. Ounpraseuth, M.. Greenwood, R. Wilson & R. Kreider (Sponsor: D. Willoughby). Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program I: Body composition & bone density. **Annual Experimental Biology Meeting**. San Francisco, CA. 2006.
52. **Taylor, L.W.**, C. Wilborn, T. Harvey, J. Wismann, & D.S. Willoughby. The Effects of JavaFit Energy Extreme Ingestion on Resting Energy Expenditure and Hemodynamic Variables. **Annual International Society of Sports Nutrition Meeting**. New Orleans, LA. 2005.
53. Roberts, M., **L.W. Taylor**, J. Wismann, C. Wilborn, & D.S. Willoughby. The Effects of JavaFit Energy Extreme Ingestion on Aerobic and Anaerobic Performance. **Annual International**

- Society of Sports Nutrition Meeting.** New Orleans, LA. 2005.
54. Wilborn, C., **L. Taylor**, C. Kerksick, J. Stout, & D. Willoughby. Effects of Heavy Resistance Training and Proprietary Whey+Casein+Leucine Protein Supplementation on Muscle Strength and Mass and MHC Isoform mRNA Expression. **Annual International Society of Sports Nutrition Meeting.** New Orleans, LA. 2005.
 55. Kerksick, C., **L. Taylor**, B. Bouw, A. Harvey, & D. Willoughby. The Protective Effect of Estrogen Against Oxidative Stress, Exercise-Induced Muscle Injury, and Skeletal Muscle Apoptosis in Males and Females. **Annual International Society of Sports Nutrition Meeting.** New Orleans, LA. 2005.
 56. Willoughby, D., J. Stout, C. Wilborn, **L. Taylor**, & C. Kerksick. Effects of Heavy Resistance Training and Proprietary Whey+Casein+Leucine Protein Supplementation on Serum and Skeletal Muscle IGF-1 Levels and IGF-1 and MGF mRNA Expression. **Annual International Society of Sports Nutrition Meeting.** New Orleans, LA. 2005.
 57. **Taylor, L.** & D.S. Willoughby. The Effects of Hindlimb-Unweighting on Myostatin mRNA Expression in Fast and Slow-Twitch Rodent muscles. **Annual Experimental Biology Meeting.** San Diego, CA. 2005.
 58. Willoughby, D.S., **L. Taylor**, & M. Taylor. Effects of Eccentric Muscle Contractions on Serum Precursor, Mature, and Propeptide Myostatin Levels. **Annual Experimental Biology Meeting.** San Diego, CA. 2005.
 59. Willoughby, D.S., **L. Taylor**, & M. Taylor. Effects of Eccentric Muscle Contractions on Skeletal Muscle Myostatin mRNA Levels. **Annual Experimental Biology Meeting.** San Diego, CA. 2005.
 60. Campbell, B., D. Rohle, **L. Taylor**, A. Thomas, A. Vacanti, C. Wilborn, D. Fogt, C. Rasmussen, M. Greenwood, D. Willoughby, & R. Kreider. Effects of the Curves® fitness & weight loss program III: Training adaptations. **Annual Experimental Biology Meeting.** San Diego, CA. 2005.
 61. Mulligan, C., C. Moulton, **L. Taylor**, D. Rohle, A. Vacanti, D. Willoughby, D. Fogt, C. Rasmussen, M. Greenwood, & R. Kreider. Effects of the Curves® fitness & weight loss program: Relationship of Changes in Energy Expenditure to Thyroid Status. **Annual Experimental Biology Meeting.** San Diego, CA. 2005.
 62. Wismann, J., C. Moulton, D. Rohle, **L. Taylor**, A. Vacanti, C. Kerksick, T. Magrans, C. Rasmussen, M. Greenwood, D. Willoughby, & R. Kreider. Long-Term effects of the Curves® fitness & weight loss program: Health Outcomes. **Annual Experimental Biology Meeting.** San Diego, CA. 2005.
 63. Kerksick, C., A. Thomas, B. Campbell, C. Wilborn, M. Roberts, P. La Bounty, **L. Taylor**, C. Rasmussen, M. Greenwood, D. Willoughby, & R. Kreider. Prediction of Resting Energy Expenditure in Sedentary, Moderately Overweight, Healthy Females. **Annual Experimental Biology Meeting.** San Diego, CA. 2005.
 64. Eckerson¹, J., A. Fry², C. Moore², D. Willoughby³, **L. Taylor**³, D. Rohle³, C. Mulligan³, C. Moulton³, A. Bull¹, and B. Schilling². The Effect of Two Different Creatine Formulations on Skeletal Muscle Creatine Retention. Creighton University¹, Omaha NE, University of Memphis², Memphis TN, and Baylor University³, Waco, TX. **Annual National Strength and Conditioning Association Meeting.** Las Vegas, NV. 2005.
 65. Kerksick, C., M. Greenwood, C. Wilborn, T. Harvey, J. Baer, B. Marcello, B. Campbell, **L. Taylor**, T. Vacanti, D. Rohle, C. Mulligan, L. Greenwood, A. Byars and A. Almada. The Effects of Creatine and Creatine With D-Pinitol on Markers of Health. **Annual National Strength and Conditioning Association Meeting.** Las Vegas, NV. 2005.
 66. Greenwood, M., C. Kerksick, C. Wilborn, T. Harvey, J. Baer, B. Marcello, B. Campbell, **L. Taylor**, T. Vacanti, D. Rohle, C. Mulligan, L. Greenwood, A. Byars & A. Almada. The Effects of Varying Types of Creatine on Two Strength Measures and Body Composition. **Annual National Strength and Conditioning Association Meeting.** Las Vegas, NV. 2005.
 67. Greenwood, M., C. Kerksick, C. Wilborn, T. Harvey, J. Baer, B. Marcello, B. Campbell, **L. Taylor**, T. Vacanti, D. Rohle, C. Mulligan, L. Greenwood, A. Byars & A. Almada. Influence of

- Varying Creatine Formulations on Safety Issues Regarding Whole Body Creatine Retention. **Annual National Strength and Conditioning Association Meeting.** Las Vegas, NV. 2005.
68. Campbell, B, C. Kerksick, C. Wilborn, B. Marcello, R. Lutz, P. La Bounty, T. Harvey, **L. Taylor**, M. Galbreath, C. Rasmussen, M. Greenwood, & R. Kreider. Assessment of a Learning Curve for the Wingate Anaerobic Test. **Annual National Strength and Conditioning Association Meeting.** Las Vegas, NV. 2005.
69. Rasmussen, C., R. Kreider, FACSM, C. Kerksick, B. Campbell, B. Slonaker, M. Greenwood, J. Baer, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, L. Autrey, T. Magrans, B. Marcello, C. Mulligan, D. Rohle, **L. Taylor**, A. Vacanti, S. Ounpraseuth, P. Casey, R. Wilson (2004). Effects of the Curves® Fitness and Weight Loss Program on Markers of Health. **Annual meeting of the American College of Sports Medicine.** Indianapolis, IN. 2004.
70. Kreider, R., C. Rasmussen, C. Kerksick, B. Campbell, J. Bauer, B. Slonaker, C. Wilborn, A. Thomas, T. Magrans, B. Marcello, **L. Taylor**, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, M. Greenwood, R. Wilson (2004). Effects of the Curves® Fitness & Weight Loss Program on Weight Loss and Resting Energy Expenditure. **Annual meeting of the American College of Sports Medicine.** Indianapolis, IN. 2004.
71. Greenwood, M., R. Kreider, FACSM, C. Rasmussen, C. Kerksick, B. Leutholtz, T. Magrans, B. Marcello, **L. Taylor**, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S., B. Campbell, B. Slonaker, J. Bauer, Emily Pfau, Megan Grimstvedt, C. Wilborn, A. Thomas, Ounpraseuth, P. Casey, R. Wilson (2004). Effects of the Curves® Fitness Program on Muscular Strength, Muscular Endurance, and Maximal Aerobic Capacity. **Annual meeting of the American College of Sports Medicine.** Indianapolis, IN. 2004.
72. Fogt, D., **L. Taylor**, C. Mulligan, D. Rohle, A. Vacanti, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, B. Marcello, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program VI: Insulin Sensitivity. **Annual Experimental Biology Meeting.** Washington, DC. 2004.
73. **Taylor, L.**, Mulligan, C., D. Rohle, D. Fogt, C. Kerksick, C. Rasmussen, S. Ounpraseuth, P. Casey, R. Kreider, & C.P. Earnest. Effects of Zinc Magnesium-Aspartate (ZMA) Supplementation During Training on Markers of Anabolism and Catabolism. **Annual Experimental Biology Meeting.** Washington DC. 2004.
74. Vacanti, A., **L. Taylor**, C. Mulligan, D. Rohle, D. Fogt, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, B. Marcello, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program V: Relationship of Leptin to Weight Loss. **Annual Experimental Biology Meeting.** Washington DC. 2004.
75. Rohle, D., C. Mulligan, **L. Taylor**, D. Fogt, C. Wilborn, C. Kerksick, C. Rasmussen, S. Ounpraseuth, P. Casey, M. Greenwood, R. Kreider & C.P. Earnest (sponsor). Effects of Methoxyisoflavone, Ecdysterone, and Sulfo-Polysaccharide (CSP3) Supplementation During Training on Markers of Anabolism & Catabolism. **Annual Experimental Biology Meeting.** Washington DC. 2004.
76. Mulligan, C., D. Fogt, **L. Taylor**, C. Mulligan, D. Rohle, A. Vacanti, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, B. Marcello, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program VI: Insulin Sensitivity. **Annual Experimental Biology Meeting.** Washington DC. 2004.
77. Kerksick, C., C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, B. Slonaker, E. Pfau, M. Grimstvedt, C. Wilborn, A. Thomas, B. Marcello, **L. Taylor**, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, M. Greenwood, R. Wilson, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program I: Body Composition. **Annual Experimental Biology Meeting.** Washington DC. 2004.
78. Thomas, A., C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, B. Slonaker, E.

- Pfau, M. Grimstedt, C. Wilborn, B. Marcello, **L. Taylor**, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program II: Resting Energy Expenditure. **Annual Experimental Biology Meeting**. Washington DC. 2004.
79. Rasmussen, C., C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, B. Slonaker, E. Pfau, M. Grimstedt, C. Wilborn, B. Marcello, **L. Taylor**, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program III: Training Adaptations. **Annual Experimental Biology Meeting**. Washington DC. 2004.
80. Slonaker, B., C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, E. Pfau, M. Grimstedt, C. Wilborn, B. Marcello, **L. Taylor**, C. Mulligan, D. Rohle, A. Vacanti, L. Autrey, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program IV: Health Markers. **Annual Experimental Biology Meeting**. Washington DC. 2004.
81. Bowden, R., B. Lanning, C. Rasmussen, C. Kerksick, T. Magrans, B. Campbell, J. Baer, A. Thomas, B. Slonaker, E. Pfau, M. Grimstedt, C. Wilborn, B. Marcello, D. Fogt, **L. Taylor**, C. Mulligan, D. Rohle, A. Vacanti, S. Ounpraseuth, P. Casey, R. Wilson, M. Greenwood, R. Kreider, C. Earnest (sponsor). Effects of the Curves® Fitness & Weight Loss Program VII: Quality of Life. **Annual Experimental Biology Meeting**. Washington DC. 2004.
82. **Taylor, L.**, C. Mulligan, D. Rohle, A. Vacanti, D. Fogt, C. Rasmussen, C. Kerksick, B. Campbell, J. Baer, B. Slonaker, C. Wilborn, A. Thomas, B. Marcello, E. Pfau, M. Grimstedt, J. Opusunju, S. Ounpraseuth, P. Casey, M. Greenwood, R. Wilson, & R. Kreider. Analysis of the safety of the Curves™ fitness and weight loss program high protein diets. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, NV. 2004.
83. Kerksick, C, B. Campbell, L. Taylor, C. Wilborn, C. Rasmussen, T. Vacanti, M. Greenwood, R. Bowden, R. Wilson, & R. Kreider. Pharmokinetic profile of time released and non-time released oral arginine. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, NV. 2004.
84. Campbell, B, J. Baer, M. Roberts, T. Vacanti, B. Marcello, A. Thomas, C. Kerksick, C. Wilborn, D. Rohle, **L. Taylor**, C. Rasmussen, M. Greenwood, R. Wilson, & R. Kreider. Effects of arginine alpha-ketoglutarate supplementation on body composition and training adaptations. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, NV. 2004.
85. Vacanti, T., B. Campbell, J. Baer, M. Roberts, T. Vacanti, B. Marcello, A. Thomas, C. Kerksick, C. Wilborn, D. Rohle, **L. Taylor**, C. Rasmussen, M. Greenwood, R. Wilson, & R. Kreider. Effects of arginine alpha-ketoglutarate supplementation on markers of catabolism and health status. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, NV. 2004.
86. Nassar, E., R.G. Bowden, B. Campbell, T. Vacanti, Kerksick C, J. Baer, M. Roberts, B. Marcello, A. Thomas, **L. Taylor**, C. Wilborn, C. Rasmussen, S. Ounpraseuth, P. Casey, M. Greenwood, R. Wilson, & R. Kreider. Effects of arginine alpha-ketoglutarate supplementation on quality of life. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, NV. 2004.
87. Wilborn, C., J. Baer, B. Campbell, A. Thomas, B. Slonaker, T. Vacanti, B. Marcello, C. Kerksick, C. Rasmussen, **L. Taylor**, C. Mulligan, D. Rohle, D. Fogt, R. Wilson, M. Greenwood, R. Kreider. Effects of ZMA supplementation on the relationship of zinc and magnesium to body composition, strength, sprint performance, and metabolic and hormonal profiles. **Annual International Society of Sports Nutrition Meeting**. Las Vegas, NV. 2004.
88. Willoughby, D.S., M. Brown, & **L. Taylor**. Effects of repeated bouts of eccentric exercise on HSP-72 expression and the Ubiquitin Proteolytic Pathway. **Annual Experimental Biology Meeting**. San Diego, CA. 2003.

SUPPORT

Grants and Grant Involvement

University of Mary Hardin-Baylor

1. *Evaluation of the efficacy and safety of IND03 on markers of muscle damage and inflammation on healthy non-resistance trained subjects. **Funded by Indus Biotech, Inc.*** (PI: Lem Taylor), \$103,500. Fall 2017-Present.
2. *The Acute Response of Nutritive vs. Non-Nutritive Sweeteners in Soft Drinks of Blood Glucose and Insulin in Regular Soft Drink Consumers. **Graduate Faculty Research Grant.*** (PI: Lem Taylor, Study Coordinator: Emily Santos), \$9,625, Fall 2016-Present.
3. *Effects Of A Proprietary Supplement On The Acute Responses In Reaction Time, Mental Performance, And Indicators Of Focus In Athletic Populations. **Funded by Nature's Bounty (NBTY), Inc.*** (PI: Lem Taylor), \$31,680, Summer 2016-Present.
4. *Effects of Hyperox Supplementation on Blood Flow of the Brachial Artery, Hemodynamics, Blood Safety Profiles, Muscular and Endurance Performance In Resistance-Trained Males. **Funded by Indus Biotech.*** (PI: C. Wilborn, serve as co-investigator), Spring 2016-Present.
5. *The Effects of IronAid® IPS on Performance, Fatigue and Iron Levels during 12-Weeks of Supplementation and Aerobic Training. **Funded by ChemiNutra, Inc.*** (PI: C. Wilborn, serve as co-investigator), Spring 2016-Present.
6. *The Effects of 28 Days of Curcumin Supplementation on Perceived Muscle and Joint Soreness and Circulating Markers of Inflammation in Response to Muscle-Damaging Eccentric Exercise. **Funded by OmniActive Health Technologies, Inc.*** (PI: C. Wilborn, serve as co-investigator), Spring 2016-Summer 2016.
7. *Effects of Salacia Reticulata on Markers of Cardio-Metabolic Health and Body Composition in Healthy Men and Women. **Funded by Increnovo, Inc.*** (PI: Colin Wilborn, served as co-investigator), University of Mary Hardin-Baylor, Spring 2015.
8. *Effects Of Cocoa Ingestion On Vessel Diameter And Blood Flow In Healthy Men And Women. **Funded by Dymatize, Inc.*** (PI: C. Wilborn, serve as co-investigator), Spring 2016-Present.
9. *Effects of Teacrine Supplementation On Mood Profiles, Hemodynamics, And Blood Safety Profiles In Healthy Adults. **Funded by Compound Solutions, Inc.*** (PI: Lem Taylor, Study Coordinator: Stacie Urbina), \$52,000, Fall 2014-Fall 2015.
10. *Effects of 30 Days of Cleanse™ Supplementation on Measures Body Composition, Waist Circumference, Hydration, and Blood Clinical Safety Profiles in Females. **Funded by MusclePharm, Inc.*** (PI: Lem Taylor, Study Coordinator: Emily Santos), \$8,950, Spring 2015-Present.
11. *Effects of a Proprietary Thermogenic and Cutting Agent on Measures of Muscular Strength and Endurance, Body Composition, Fat Metabolism, and Hormone Levels. **Funded by MusclePharm, Inc.*** (PI: Lem Taylor, Study Coordinator: Jordan Outlaw), Spring 2014-Spring 2015.
12. *Comparison of Plasma Free Fatty Acid Content and Caloric Expenditure After a Single Bout of Moderate-Intensity and High-Intensity Treadmill Exercise in Young Females. **Supported by HPL.*** (PI: Colin Wilborn, serve as Co-Investigator). Spring 2014.
13. *The Effects of Testosurge on Strength, Body composition, and Hormonal Response to Resistance Training in older men. **Funded by Indus Biotech.*** (PI: C. Wilborn, serve as Co-Investigator), Fall 2013-Fall 2015.
14. *Effects of Intermittent Fasting on Markers of Body Composition and Blood Profiles. **Supported by HPL.*** (PI: C. Wilborn, serve as Co-Investigator; Study coordinator: Sara Hayward), Summer 2013-Present.
15. *The Effects of Dietary Intervention on Hormonal Responses and Muscular Performance to an Overreaching Model in Females. **Supported by HPL.*** (PI: C. Wilborn, serve as Co-Investigator), Fall 2013-Present.
16. *The Effects of Dietary Intervention on Hormonal Responses and Muscular Performance to an Overreaching Model in Females. **Supported by HPL, Partially Funded by UMHB***

- Graduate Research Grant.** (PI: Colin Wilborn, served as Co-Investigator). University of Mary Hardin-Baylor, Fall 2013-Spring 2014.
17. *Effect of Acute and Subacute hCG Activator Supplementation vs. Placebo in Overweight & Obese Adults. Funded by iSatori Technologies, Inc.* (PI: Lem Taylor, Study Coordinator: Jordan Outlaw), \$61,250, 2012-Summer 2013.
 18. *Effects of a CrossFit vs. Traditional Resistance Exercise Protocol on Hemodynamic and Hormonal Responses in Young Males. Graduate Faculty Research Grant.* (PI: Lem Taylor, Study Coordinator: Josh Holt), \$9,849, 2012-Spring 2013.
 19. *Effects of a Proprietary Amino Acid Blend on Markers of Performance, Fatigue, and Mood State. Funded by Dymatize.* (PI: C. Wilborn, served as co-investigator), Spring 2013.
 20. *The Effects of Post-Exercise Protein Consumption on Body Composition and Performance Measures in Collegiate age Female Athletes. Supported by HPL, Supplementation provided by Dymatize.* (PI: C. Wilborn), served as a co-investigator), Fall 2012-Spring 2013.
 21. *The Effects of Post-Exercise Whey Protein plus Creatine vs. Whey Protein Consumption on Body Composition and Performance Measures in Collegiate age Females. Supported by HPL, Supplementation provided by Dymatize.* (PI: C. Wilborn, served as a co-investigator), Fall 2012-2013.
 22. *Pre- to Post-Season Strength and Performance Variable Changes in Division III Collegiate Female Volleyball Players. Supported by HPL.* (PI: L. Taylor, Study coordinator: Sara Hayward), Fall 2012.
 23. *Acute Effects of EXPAND on Markers of Training, Fatigue, and Mood State. Funded by Dymatize.* (PI: C. Wilborn, served as co-investigator). Summer-Fall 2012.
 24. *Effects of Ingestion of a Commercially Available Thermogenic Dietary Supplement on REE, Hemodynamic, and ECG Responses. Funded by Dymatize.* (PI: C. Wilborn, served as co-investigator). Spring-Summer 2012.
 25. *Pre- to Post-Season Strength and Performance Variable Changes in Division III Collegiate Female Basketball Players. Supported by HPL.* (PI: L. Taylor, Study coordinator: Amanda Buckley), Fall 2011-Spring 2012.
 26. *The effects of Beta Alanine on Body Composition and Performance Measures in Collegiate Females. Supplementation provided by Dymatize.* (PI: C. Wilborn, served as co-investigator). Spring 2012.
 27. *A Double -Blind, Randomized, Placebo-Controlled, Crossover Study to Evaluate the Efficacy of Legumase® for the Prevention of Gastric Distress in Healthy Male and Female Volunteers. Triarco.* (PI: C. Wilborn, served as co-investigator), Fall 2011-Summer 2012.
 28. *Effects of Slimaluma on Appetite, Weight, Metabolism and Bio-Markers of Weight Control. Gencor Pacific.* (PI: C. Wilborn. Co-Investigator: L. Taylor. Study Coordinator: Stacie Urbina), Fall 2011-Spring 2012.
 29. *Evaluation of Ingesting a Proprietary Blend Containing D-Aspartic Acid & Fenugreek on Serum Testosterone Values in Healthy Males. Myogenix Nutrition.* (PI: C. Wilborn, served as a co-investigator), Summer 2011.
 30. *A Double-Blind, Randomized, Placebo-Controlled, Crossover Study to Evaluate the Efficacy of Legumase for the Prevention of Gastric Distress in Healthy Male and Female Volunteers. Triarco.* Summer 2011-Fall 2011.
 31. *Evaluation of Ingesting a Proprietary Blend Containing D-Aspartic Acid on Serum Testosterone Values in Healthy Males. Labrada Nutrition, Inc.* (PI: Lem Taylor), \$3,720, Spring 2011.
 32. *Effects of Testofen on Strength, Body Composition, and Hormonal Response to Resistance Training. Gencor Pacific Group, Inc.* (PI: C. Wilborn, served as co-investigator), 2011.
 33. *Effects of Pre- and Post-Exercise Whey Protein vs. Simple Carbohydrate Consumption on Body Composition and Performance Measures in Collegiate DIII Female Athletes. Graduate Faculty Research Grant.* (PI: Lem Taylor), \$4,568, Fall 2010.

34. *Effects of Tribustol supplementation and combined Resistance Training on Strength, Body composition, and Hormonal Changes in Males. Nutritional Ergogenic Systems, Inc.* (PI: Lem Taylor, Study Coordinator: Fanny DuFour), \$18,920, Spring 2010.
35. *Acute Glycemic and Blood Lipid Response to the Ingestion of a Candy Bar-Inspired Protein Supplement Compared to Its Candy Bar Counterpart. Human Performance Lab & Exercise Biochemistry Lab, UMHB.* (PI: K. Dugan, served as co-investigator). Spring 2011.
36. *A Comparison of Adaptations via 12 Weeks of Either a Linear Periodization or an Undulating Periodization Model of Weight Training. Human Performance Lab.* (PI: C. Wilborn, served as co-investigator), 2009-2011.
37. *Effects Post-Exercise Protein Consumption on Body Composition and Performance Measures in Collegiate DIII Football Players. Human Performance Lab.* (Co-PI's: Lem Taylor and Colin Wilborn), Spring 2010.
38. *Effects of Pre- and Post-Exercise Whey vs. Casein Protein Consumption on Body Composition and Performance Measures in Collegiate Female Athletes. HPL and EXSS.* (PI: Lem Taylor), Fall 2009.
39. *Effects of a Novel Resistance Exercise Protocol on Hormonal Status in Young Males and Females. Graduate Faculty Research Grant.* (PI: Lem Taylor), \$9,965, 2008-2009.
40. *Effects of BIOCREAT Supplementation on Strength and Body Composition Changes in Resistance-Trained Males. Indus Biotech.* (PI: Colin Wilborn, served as co-investigator), 2008-2009.
41. *Effects of IND-15 on Strength, Body composition, and Anabolic Hormonal Response to Resistance Training. Indus Biotech.* (PI: Colin Wilborn, served as co-investigator), 2008-2009.
42. *Effects of Carbohydrate-Amino Acid Supplementation with Endurance Training on Aerobic Performance Markers. HPL and EXSS.* (PI: C. Foster, served as co-investigator), 2008-2009.
43. *The Impact of Differing Types of Physical Activity on Weight Loss, Energy Expenditure, and the Hormones Insulin, Leptin, and Ghrelin. Graduate Faculty Research Grant.* (PI: Colin Wilborn, serving as co-investigator), \$9,925, 2007-2008.
44. *Effects of IB-IS (fenugreek extract) on Strength, Body Composition, and Hormonal Profiles. Indus Biotech.* (PI: Colin Wilborn, serving as co-investigator and supervised serum hormone analyses), 2007-2008.
45. *Effects of Amped Up on Acute REE and Hemodynamic Function in Males and Females. Supported by MetRx.* (PI: Colin Wilborn, served as co-investigator and assisted in acquisition of support), 2007-2008.
46. *Effects of a Proprietary Blend of Anti-Inflammatory Ingredients on Eccentric Induced Muscle Damage. Indus Biotech.* (PI: Colin Wilborn, served as co-investigator and supervised serum cytokine analyses), 2007-2008.

University of West Florida

47. *Effects of Training Status on the Signal Transduction Response (MAPK) in Skeletal Muscle. Research and Sponsored Programs.* (Principle Investigator), \$2,000, 2007-2008.
48. *Effects of Power Plate Vibration Intervention on Fatigue and Power Production in Untrained College-aged Males and Females. Andrews Institute & University of West Florida.* (PI: Scott Marzilli, served as co-investigator and assisted in acquisition of funds), \$2,000, 2007.
49. *Effect of Age and Type-2 Diabetes on the Release of Interleukin (IL)-6, IL-10, TNF-Alpha, and Cortisol in Response to Acute Exercise. Grant awarded by the Office of Research and Graduate Studies, the University of West Florida.* (PI: Petra Schuler, responsible for hormonal analyses, assisted in blood collection/data collection and co-author), \$2,000, 2006-2007.

Baylor University

50. *Effects of Low- and High-Intensity Single-Leg Resistance Exercise on the Mitogen-Activated*

- Protein Kinase ERK1/2 and p38 Families' Signal Transduction Response in Skeletal Muscle of Untrained Males. National Strength and Conditioning Association, Texas Chapter of American College of Sports Medicine & Faculty Small Grant Award*, (PI: L. Taylor), \$5,000, 2005-2006.
51. *Effects of Low- and High-Intensity Resistance Exercise on Skeletal Muscle Specific Transcription Factor Activity and Myosin Heavy Chain Gene Expression in Untrained Males. National Strength & Conditioning Association.* (PI: Colin Wilborn, served as co-investigator, muscle biopsy technician and co-author), \$1,000, 2005-2006.
 52. *Women's Health Initiative. Curves International.* (PI: Richard Kreider), 5-Year initiative that consists of several investigations regarding many women's health issues, \$5,000,000, 2004-2009:
 - *The Impact of Varying Levels of Caloric Intake and Macronutrient Breakdown on Changes in Energy Expenditure and Body Composition.* (Served as research assistant, hormonal analysis supervisor, and co-author), 2005-2010.
 - *Effects of the Curves for Women® Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females: Study II.* (Served as research assistant, hormonal analysis supervisor and co-author), 2003-2005.
 53. *Effects of Arachidonic Acid Supplementation on Training Adaptations in Resistance-Trained Males. Molecular Nutrition.* (PI: Richard Kreider, served as research assistant and muscle biopsy technician), \$68,000, 2005-2006.
 54. *Effects of Novadex Supplementation on Androgen Levels During Resistance Training. Gaspari Nutrition, Inc.* (PI: Dr. Darryn Willoughby, served as co-investigator and as hormonal analysis supervisor), \$42,000, 2005.
 55. *Effects of JavaFit Energy Extreme Ingestion on Resting Energy Expenditure (Part 1) and Anaerobic and Aerobic Performance Variables (Part 2) and Hemodynamic Responses. Javalution Coffee Company, Inc.* (PI: Dr. Darryn Willoughby, served as study coordinator, co-investigator and co-author), \$10,000, 2005.
 56. *Effects of 6-Oxo Supplementation on Androgen Levels Following Training. Proviant Laboratories.* (PI: Dr. Darryn Willoughby, served as co-investigator and co-author), \$38,750, 2004-2005.
 57. *Effects of Hindlimb-Unweighting on Myostatin mRNA Expression in Fast and Slow-Twitch Rodent Muscles, Texas Chapter of American College of Sports Medicine.* (Principle Investigator), \$500, 2004-2005.
 58. *Effects of prophylactic doses of a melatonin supplement on serum growth hormone levels and the hypothalamus-pituitary-adrenal axis in young and old males and females. Iovate Health Sciences Research, Inc.* (PI: Dr. Darryn Willoughby, served as co-investigator and as hormonal analysis supervisor and co-author), \$132,000, 2004.
 59. *Effects of Meta-Cell Supplementation on Performance Measures and Urine Creatine Content. iSatori Technology.* (PI: Mike Greenwood, served as collaborator and biochemistry/hormonal analyses supervisor), \$36,000, 2004.
 60. *Effects of the Curves for Women® Fitness and Weight Loss Program on Body Composition, Metabolism, and Exercise Capacity in Sedentary Overweight Females – 1 Year-Follow-Up. Curves International.* (PI: Richard Kreider, served as collaborator and co-author), \$385,000, 2003-04.
 61. *Effects of Methoxyisoflavone, Ecdysterone, and Sulfo-Polysaccharide (CSP3) Supplementation During Training on Performance Measures & Markers of Anabolism & Catabolism. MuscleTech Research & Development, Inc.* (PI: Richard Kreider, served as hormonal analysis supervisor and co-author), (\$84,000), 2003-2004.
 62. *Effects of Zinc Magnesium-Aspartate (ZMA) Supplementation During Training on Performance Measures & Markers of Anabolism and Catabolism. Metabolic Response Sciences/Cytodyne Technology.* (PI: Richard Kreider, served as hormonal analysis supervisor and co-author), \$56,000, 2003-2004.

63. *Effects of Arginine-Alpha Ketoglutarate Supplementation on Plasma Arginine Levels and Training Adaptations.* **Medical Research Institute.** (PI: Richard Kreider, served as collaborator and co-author), \$94,000, 2003-04.

Texas Christian University

64. *Effects of Three Sequential Bouts of Heavy Resistance Exercise on HSP-72 and Ubiquitin Protein Expression in Trained vs. Untrained Individuals.* **Texas Chapter of American College of Sports Medicine.** (Principle Investigator), \$500, 2003.
65. *Effects of Concentric Versus Eccentric Muscle Contractions on Markers of Muscle Damage.* **Departmental Funded.** (PI: Darryn Willoughby, served as co-investigator and co-author), 2003.
66. *Effects of Repeated Bouts of Eccentric Damage on the Ubiquitin Proteolytic Pathway and the Heat Shock Protein Pathway.* **Departmental Funded.** (PI: Darryn Willoughby, served as collaborator and co-author), 2002.
67. *Effects of Ergonomic Running Tights on Performance Variables.* **Grant Funded.** (PI: Dr. Joel Mitchell, served as study coordinator), \$20,000, 2002.

Internal Support

- **Graduate Faculty Research Grant (UMHB)** – Received small grant (\$9,625) to fund a project in the HPL and support travel and presentation of results at national conference proceedings (December 2015).
- **Graduate Faculty Research Grant (UMHB)** – Received small grant (\$9,849) to fund a project in the HPL and support travel and presentation of results at national conference proceedings (January 2013).
- **Summer Research Grant Award (UMHB)** – Received one-half reward (\$5,000) to support professional development and scholarly activities thru publication (July 2011).
- **Graduate Faculty Research Award (UMHB)** – Received small grant (\$4,568) to fund a project in the HPL and support travel and presentation of results at national conference proceedings (October 2010).
- **Faculty Development Funds Award (UMHB)** – Received financial support (\$15,000) to purchase a new clinical ECG for diagnostic and research assessment capabilities in the HPL (March 2009).
- **Graduate Faculty Research Award (UMHB)** – Received small grant (\$10,000) to fund a project in the HPL and provide support for equipment purchases for the Exercise Biochemistry Lab at UMHB (October 2008).
- **Undergraduate Research Award** – Faculty advisor for small grant (\$1,000) project for honors undergraduate student (January 2007).
- **University of West Florida** – Received research start-up package of \$25,000 to develop lab and purchase equipment.
- **Baylor University Graduate School Association Travel Award** – Presentation at ISSN meeting in Las Vegas, NV, (June 2006).
- **Department of Health, Human Performance, & Recreation Dissertation Grant** – Funding provided to assist with dissertation research project (March 2006).
- **Baylor University Graduate School Association Travel Award** – Presentation at FASEB meeting in San Francisco, CA, (April 2006).
- **Stable Isotope Tracer Methodology Seminar** – Funding provided to attend four-day seminar by Robert Wolfe, PhD at University of Texas Medical Branch-Galveston outlining methodology and procedures to conduct stable isotope research (February 2005).
- **Baylor University Graduate School Association Travel Award** – Presentation at ISSN Las Vegas, NV, (June 2005).
- **NSCA Challenge Scholarship** – National Strength and Conditioning Association, 2005.

- **Baylor University Graduate School Association Travel Award** – Presentation at FASEB meeting in Washington D.C., (April 2004).

Academic and Professional Honors

- **Fellow of the American College of Sports Medicine (FACSM)**, ACSM, November 2016.
- **Excellence in Scholarship Award**, University of Mary Hardin-Baylor, May 2013.
- **Ironman Award for the International Society of Sports Nutrition**, ISSN, June 2013.
- **Fellow of the International Society of Sports Nutrition (FISSN)**, ISSN, September 2011.
- **Student Development Research Award (PhD Category)**, Texas Chapter of American College of Sports Medicine, February 2006.
- **NSCA Challenge Scholarship**, National Strength & Conditioning Association, 2005.
- **Student Development Research Award (PhD Category)**, Texas Chapter of American College of Sports Medicine, March 2005.
- **Academic Graduate Scholarship (\$2,500 annually renewed)**, Marti Foundation, 2003-2006.
- **Student Development Research Award (MS Category)**, Texas Chapter of American College of Sports Medicine, March 2003.
- **Summa Cum Laude Graduate**, Abilene Christian University, May 2001.
- **Dean's List**, Abilene Christian University, Every semester from Fall 1997 to May 2001.

CERTIFICATIONS

- **Certified Sport Nutritionist (CISSN)**, *International Society of Sports Nutrition* (2005-Present)
- **Adult CPR/AED Certified**, *American Heart Association* (2003-Present)
- **Adult and Child Standard First Aid Certified**, *American Red Cross* (2003)

SERVICE

University Involvement

- **Institutional Review Board Member**, University of Mary Hardin-Baylor, Fall 2017-Present.
- **Faculty Council (At-Large Representative)**, University of Mary Hardin-Baylor, 2016-Present.
- **Tenure & Promotion Committee**, University of Mary Hardin-Baylor, 2016-Present.
- **Research Committee**, University of Mary Hardin-Baylor, Spring 2015-Present.
- **Faculty Search Committee**, Instructor/Assistant Professor position search in the Exercise & Sport Science Department, University of Mary Hardin-Baylor, Fall 2016-Spring 2017.
- **Professional Affairs Committee**, University of Mary Hardin-Baylor, Fall 2013-2016.
- **Faculty Sponsor for the Pre-Physical Therapy Society**, University of Mary Hardin-Baylor, Spring 2013-Spring 2016.
- **Chairperson, Institutional Review Board**, University of Mary Hardin-Baylor, 2011-May 2015.
- **Director, Exercise Biochemistry Lab**, University of Mary Hardin-Baylor, 2008-Present.
- **Faculty Search Committee**, Anatomist Position in the Doctorate of Physical Therapy program, University of Mary Hardin-Baylor, Fall 2014-Spring 2015.
- **Faculty Search Committee**, Generalist in Exercise Science Position in the Department of Exercise & Sport Science, University of Mary Hardin-Baylor, Fall 2014-Spring 2015.
- **Faculty Search Committee**, Musculoskeletal Position in the Doctorate of Physical Therapy program, University of Mary Hardin-Baylor, Fall 2014-Spring 2015.

- **Faculty Search Committee**, Exercise Physiologist Position in the Department of Exercise & Sport Science, University of Mary Hardin-Baylor, Fall 2014.
- **Quality Enhancement Plan Implementation Committee**, University of Mary Hardin-Baylor, 2012-Summer 2014.
- **Faculty Search Committee**, Program Director for Doctorate of Physical Therapy program, University of Mary Hardin-Baylor, Spring 2013-Fall 2014.
- **Campus Educator for the QEP**, University of Mary Hardin-Baylor, October 2011-Spring 2014.
- **Radiation Safety Officer**, University of Mary Hardin-Baylor, Fall 2011-Fall 2013
- **Faculty Search Committee**, Exercise Science, University of Mary Hardin-Baylor, Fall 2012-Spring 2013.
- **Quality Enhancement Plan Scoring Committee**, University of Mary Hardin-Baylor, Spring-Summer 2012.
- **Quality Enhancement Plan Planning Committee**. University of Mary Hardin-Baylor, 2011-2012.
- **Faculty Search Committee**, Exercise Science, University of Mary Hardin-Baylor, Spring 2012.
- **Environmental Concerns Committee**, University of Mary Hardin-Baylor, 2011-Spring 2013.
- **Curriculum Review Committee**, University of Mary Hardin-Baylor, Fall 2011.
- **Institutional Review Board Member**, University of Mary Hardin-Baylor, 2009-2011.
- **Faculty Search Committee**, Exercise Science and Athletic Trainer Position (2 positions), University of Mary Hardin-Baylor, 2010-2011.
- **Student Development Committee**, University of Mary Hardin-Baylor, 2009-2011.
- **Institutional Effectiveness Committee**, University of Mary Hardin-Baylor, 2009-2010.
- **Faculty Search Committee**, Exercise Science Position, University of Mary Hardin-Baylor, 2009.
- **Strength and Conditioning Consultant**, UMHB Women's Basketball, baseball and golf, 2008-Fall 2012.
- **Chisholm Trail Basketball Tournament**, Sport Management, University of Mary Hardin-Baylor, 2009.
- **Athletics Committee**, University of Mary Hardin-Baylor, 2008-2009.
- **Chisholm Trail Basketball Tournament**, Sport Management, University of Mary Hardin-Baylor, 2008.
- **Environmental Health and Occupational Safety Committee**, University of West Florida, 2006-2007.

Lectures & Speaking Engagements

- **Invited Speaker** – UMHB Football, *Nutrition, Supplementation, and Drugs*, August 2016.
- **Invited Speaker** – Europa University Workshop (Dallas, TX), *New Insights on Protein Supplementation*, June 2015.
- **Invited Speaker** – UMHB Wellness Seminar (Belton, TX), *Fad Diets*, April 2015.
- **Invited Speaker** – Angelo State University Athletic Department (San Angelo, TX), *Eat This, Not That: How to Fuel an College Athlete*, January 2015.
- **Invited Speaker** – Europa University Workshop (Dallas, TX), *Novel Protein Types in the Marketplace*, May 2014.
- **Invited Speaker** – National Strength and Conditioning Association National Meeting and Conference (Las Vegas, NV), *Protein and Amino Acids: An Up to Date Look at the Research and Current Recommendations for Athletes*, July 2013.
- **Invited Speaker** – TCU Rugby Club Meeting (Ft. Worth Texas, TX), *Hydration in Sport*, July 2013.
- **Invited Speaker** – Fort Worth Rugby Club Meeting (Ft. Worth Texas, TX), *Importance of Recovery Nutrition in Rugby Athletes*, July 2013.
- **Invited Speaker** – Europa University Workshop (Hartford, CT), *Dietary Protein Intake for*

Exercising Individuals, June 2013.

- **Invited Speaker** – Fort Worth Rugby Club Meeting (Ft. Worth Texas, TX), *Dietary Planning for Improved Body Composition in Athletes*, October 2012.
- **Invited Speaker** – Europa University Workshop (Dallas, TX), *Protein and Amino Acids in Recovery and Training Adaptations*, August 2012.
- **Invited Speaker** – Texas A&M H.S. Rugby Camp (College Station, TX), *Importance of Recovery Nutrition in Rugby Athletes*, July 2012.
- **Moderator** – ISSN National Meeting, Basic Science Track, June 2012.
- **Invited Speaker** – Youth Rugby Camp (Dallas, TX), *Nutritional Strategies for Young Rugby Athletes*, November 2011.
- **Invited Speaker** – SportsMed Clinico de of Medicina del Deporte (Mexico City, MEX), *Meal Replacement Utilization in Sports Nutrition*, October 2011.
- **Invited Speaker** – SportsMed Clinico de of Medicina del Deporte (Mexico City, MEX), *Nutrient Timing for Optimal Adaptations*, October 2011.
- **Moderator** – ISSN National Meeting, Scientific Sports Nutrition, June 2011.
- **Invited Speaker** – International Society of Sports Nutrition National Meeting Sponsored Speaker (New Orleans, LA), *Practical Applications of Meal Replacement Products in Health and Performance*, June 2009.
- **Invited Speaker** – ISSN Regional Sport Nutrition Symposium (Lubbock, TX), *Basic Principles of Meal Replacement Products*, March 2009.
- **Invited Speaker** – UWF's Women's Soccer Team, *Nutritional Guidelines of Female Athletes*, August 2007.
- **Invited Speaker** – ISSN National Meeting, *Special Topics in Sports Nutrition*, June 2006.
- **Invited Speaker** – Summit Recreation Center, *Nutrition and Exercise Performance*, March 2006.
- **Lecturer** – Baylor University, *Cholesterol: Metabolism & Automated Analysis*, June 2005.
- **Lecturer** – Baylor University, *Calcium: Bone Health & Metabolism*, February 2004.
- **Invited Speaker** – Baylor Men's Golf Team, *Nutritional Guidelines for Athletes*, November 2004.
- **Lecturer** – Baylor University, *Protein Metabolism in Health & Disease*, October 2004.
- **Invited Speaker** – Baylor Women's Golf Team, *Nutritional Guidelines for Female Athletes*, October 2004.
- **Lecturer** – Baylor University, *Carbohydrates: Structure & Sources*, October 2004.
- **Invited Speaker** – Summit Recreation Center, *Nutritional Strategies for Weight Loss*, October 2004.
- **Lecturer** – Baylor University, *Sports Performance Drinks in Performance*, October 2004.
- **Lecturer** – Baylor University, *Imaging Techniques in Body Composition*, October 2004.
- **Lecturer** – Baylor University, *Obesity*, September 2004.

Exercise Biochemistry Laboratory at UMHB

- **Director of EBL** – Director of lab that supports the biochemical and hormonal analysis needs of the Human Performance Lab. Responsible for ordering and inventory of lab, biohazard waste pick-up, MSDS organization and maintenance, etc., 2008-Present.
- **Start-up of EBL** – Entire lab started from scratch to develop a fully functional exercise biochemistry lab. Responsibilities included ordering of new equipment, building equipment/furniture, set-up and design of laboratory, etc.

Exercise and Biochemical Nutrition Laboratory at Baylor University

- **Coordinator of EBNL** – Served as coordinator of lab and was responsible for ordering and inventory of lab, biohazard waste pick-up, MSDS organization and maintenance, etc., Fall 2003-Summer 2006.
- **EBNL In-Service** – Trained members of EBNL staff on equipment throughout lab to ensure maintenance of a high level of testing proficiency and safety.

- **Start-up of EBNL** – Entire lab started from scratch to develop a fully functional exercise biochemistry and molecular physiology lab. Responsibilities included ordering of new equipment, building equipment/furniture, set-up and design of laboratory, etc.

Professional Organization Committees and Involvement

- **Executive Director (Appointed position)**, *Texas Chapter of American College of Sports Medicine*, February 2017-Present.
- **ISSN Scientific Advisory Board**, *International Society of Sports Nutrition*, 2011-Present.
- **Past-President (Elected position)**, *Texas Chapter of American College of Sports Medicine*, March 2015-March 2016.
- **Research Awards Committee (Appointed position)**, *American College of Sports Medicine*, 2013-2016.
- **TACSM Academic Bowl Faculty Sponsor**, *Texas Chapter of American College of Sports Medicine*, Fall 2013-2015.
- **President (Elected position)**, *Texas Chapter of American College of Sports Medicine*, 2014-March 2015.
- **President (Appointed position)**, *International Society of Sports Nutrition*, 2012-Summer 2014.
- **Program Chair for Annual Meeting**, *International Society of Sports Nutrition*, 2012-Summer 2014.
- **President-Elect (Elected position)**, *Texas Chapter of American College of Sports Medicine*, 2013-2014.
- **TACSM Academic Bowl Faculty Sponsor (2 UMHB teams)**, *Texas Chapter of American College of Sports Medicine*, Spring 2013.
- **MP Advisory Board**, *Metabolic Precision*, 2010-Present.
- **Student Development Research Grant Evaluation Committee**, *Texas Chapter of American College of Sports Medicine*, 2013.
- **Student (Master's Category) Research Poster Judging Committee**, *National Strength & Conditioning Association*, Annual Meeting of 2012.
- **Student (PhD Category) Research Oral Presentation Judging Committee**, *National Strength & Conditioning Association*, Annual Meeting of 2012.
- **Student Research Poster Evaluation Committee**, *Texas Chapter of American College of Sports Medicine*, 2011-2012.
- **TACSM Academic Bowl Faculty Sponsor**, *Texas Chapter of American College of Sports Medicine*, 2010-2012.
- **Non-Medicine Representative on the Board of Directors**, *Texas Chapter of American College of Sports Medicine*, 2009-2012.
- **ISSN Conference Abstract Committee Member**, *International Society of Sports Nutrition*, 2010-2011.
- **Student Development Research Award Committee**, *Texas Chapter of American College of Sports Medicine*, 2009-2012.
- **Student Affairs Committee Member**, *American College of Sports Medicine*, 2004-2006.
- **Student Representative on the Board of Directors**, *Texas Chapter of American College of Sports Medicine*, 2003-2006.

Consultation and Advisement Involvement

- **Sport Nutrition Consultant**, *USA Rugby Junior All-Americans*, 2016-Present.
- **Strength and Conditioning Consultant**, *Texas Christian University and Bonobo 7's Rugby Clubs*, March 2013-2015.
- **Sport Nutrition Consultant**, *Texas Christian University Rugby*, 2012-2015.
- **Sport Nutrition Consultant**, *Fort Worth Rugby Club*, Fall 2009-2012.
- **ISSN Scientific Advisory Board**, *International Society of Sports Nutrition*, 2011-Present.

- **Strength and Conditioning Consultant**, *University of Mary Hardin-Baylor Women's Basketball Team*, 2008- 2012.

Membership in Professional Societies

- **American College of Sports Medicine**, 2002–Present.
- **Texas Chapter of American College of Sports Medicine**, 2001–Present.
- **International Society of Sports Nutrition**, 2004–Present.
- **National Strength and Conditioning Association**, 2000–Present.
- **Southeast Chapter of American College of Sports Medicine**, 2006–2008.
- **American Physiological Society**, 2005–2007.

Journal Review Boards

- **Associate Editor**, *Journal of the International Society of Sports Nutrition*, 2013-Present.
- **Review Editor**, *Frontiers in Nutrition: Sport and Exercise Nutrition*, 2015-Present.
- **Section Editor**, *Journal of Sport Science & Medicine: Sport Nutrition, Supplementation and Drug Section*, 2014-2017.
- **Guest Editor**, *Strength & Conditioning Journal*, 2012-Present.
- **External Reviewer**, *Nutrition & Metabolism*, 2011-Present.
- **External Reviewer**, *European Journal of Sport Science*, 2015-Present.
- **External Reviewer**, *Food & Function*, 2016-Present.
- **External Reviewer**, *Nutrients*, 2014-Present.
- **External Reviewer**, *Strength & Conditioning Journal*, 2012-Present.
- **External Reviewer**, *International Journal of Sports Medicine*, 2011-Present.
- **External Reviewer**, *International Journal of Exercise Science*, 2009-Present.
- **External Reviewer**, *International Journal of Kinesiology & Sports Science*, 2014-Present.
- **Member of Editorial Review Board**, *Journal of the International Society of Sports Nutrition*, 2008-Present.
- **Member of Editorial Review Board**, *Journal of the International Society of Sports Nutrition*, 2008-Present.
- **External Reviewer**, *Journal of Sports Science and Medicine*, 2008-Present.
- **External Reviewer**, *Journal of Strength and Conditioning Research*, 2008-Present.
- **External Reviewer**, *Journal of the International Society of Sports Nutrition*, 2006-Present.

TECHNICAL COMPETENCIES

- Muscle Biopsies Analyses (biochemical, cellular and genetic aspects)
- Muscle Biopsy Collection & Handling (Fine Needle Aspiration and Bergstrom techniques)
- Real Time-PCR analyses
- Blood Assessment (clinical chemistries, hematology, hormone analyses, immune analyses)
- Blood Collection (finger stick, venipuncture, indwelling catheters)
- Body Composition Assessment (e.g. Anthropometrics, Skinfolds, Hydrostatic weighing)
- Dual-Energy X-ray Absorptiometry Assessment (AP Lumbar Spine, Lateral Spine, IVA, Body Composition, etc.)
- Total Body Water Assessment (BIA)
- Resting Energy Expenditure (e.g., prediction, modeling, indirect calorimetry, handheld, etc.)
- Cardiopulmonary/ECG Exercise Testing
- Endurance Performance Testing and Endurance exercise prescription
- Strength Testing (Isokinetic, Isometric and Dynamic)
- Force Plate Assessment and Ballistic Measurement Assessment
- Anaerobic Capacity Testing (e.g., vertical jump, wingate protocols, etc.)
- Nutrition Analysis and Consultation
- Data entry/quality control/statistical analysis

REFERENCES

Available upon request.