

NEIL M. JOHANNSEN, Ph.D.

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EDUCATION

- 2002 – 2007 **Ph.D. in Health & Human Performance**, Specialty Area: Biologic Basis of Physical Activity
Iowa State University, Ames, IA
Dissertation: *Mild preexercise hyperhydration with electrolyte-containing beverages: effect on thirst, water intake, and physiologic function.*
- 1994 - 1998 **B.S. in Chemistry**, Department of Chemistry and Biochemistry, South Dakota State University, Brookings, SD

EXPERIENCE

- 08/2023 – *present* **Professor**, School of Kinesiology, Louisiana State University, Baton Rouge, LA
- Research Interests:
- The study of acute and chronic physical activity and exercise training on chronic disease and in special populations.
- The study of hydration, thermoregulation, cardiovascular and metabolic function, and nutrition in relation to health and performance in competitive, tactical, and operational athletes.
- 07/2025 – *present* **Executive Director**, Institute for the Health and Performance of Champions, Louisiana State University, Baton Rouge, LA
- 11/2023 – *present* **Professor**, Preventative Medicine, Scientific Director of Exercise Testing and Intervention, Pennington Biomedical Research Center, Baton Rouge, LA
- 08/2023 – 11/2023 **Professor (Adjunct), Scientific Director of Exercise Testing and Intervention**, Pennington Biomedical Research Center, Baton Rouge, LA
- 08/2017 – 8/2023 **Associate Professor**, School of Kinesiology, Louisiana State University, Baton Rouge, LA
- 08/2017 – 8/2023 **Associate Professor (Adjunct), Scientific Director of Exercise Testing and Intervention**, Pennington Biomedical Research Center, Baton Rouge, LA
- 08/2012 – 08/2017 **Assistant Professor**, School of Kinesiology, Louisiana State University, Baton Rouge, LA
- 08/2012 – 08/2017 **Assistant Professor (Adjunct), Director of Exercise Testing and Intervention**, Pennington Biomedical Research Center, Baton Rouge, LA
- 02/2011 – 8/2012 **Instructor (Faculty)**, Preventive Medicine Department, Pennington Biomedical Research Center, Baton Rouge, LA

07/2007 – 02/2011 **Post-Doctoral Researcher**, Preventive Medicine Department, Pennington Biomedical Research Center, Baton Rouge, LA

01/2002 – 5/2007 **Graduate Assistant**, Iowa State University, Ames, IA
 Major Professor: Rick L. Sharp, Ph.D.
 Committee Members: Douglas S. King, Ph.D.
 Ann L. Smiley-Oyen, Ph.D.
 Donald C. Beitz, Ph.D.
 Walter H. Hsu, Ph.D., D.V.M.

07/2009 – 12/2001 **Research Coordinator** for Bonny Specker, Ph.D., Director and Chair of the Ethel Austin Martin Program in Human Nutrition, South Dakota State University

PROFESSIONAL AFFILIATIONS

2002 – *present* American College of Sports Medicine (ACSM)
 2007 – *present* BLS Certification
 2008 – 2013 BLS for Health Care Providers Instructor
 2009 – 2012 ACLS Certification
 2008 – 2012 American Physiologic Society (APS)
 2015 – 2017 American Heart Association (AHA)

HONORS and AWARDS

2014 - *present* Robert and Patricia Hines Endowed Professor, School of Kinesiology, Louisiana State University.

2024 College of Human Sciences and Education, Distinguished Research Award, LSU

2015 Tiger Athletic Foundation Undergraduate Teaching Award, LSU

2014 Louisiana State University Alumni Association Rising Faculty Award

2014 College of Human Sciences and Education, Early Career Award, LSU

2013 - 2014 Robert and Patricia Hines Endowed Professor, School of Kinesiology, Louisiana State University – competitive, project-specific award

2011 *Exercise is Medicine™: What is the proper dose to improve nutrition?* (ACSM Exchange Lecture) National Athletic Trainers Association, New Orleans, LA, June 21, 2011.

2010 Participant in the Physical Activity and Public Health Courses. Postgraduate Course on Research Directions and Strategies. CDC & University of South Carolina Prevention Research Center.

2003 Future Faculty Fellowship Award; Iowa State University
Awarded for demonstrating outstanding scholarship and promise for becoming a faculty member in higher education

1994 - 1998 Track and Field Scholarship; South Dakota State University

GRANTS and CONTRACTSActive

2025-2026	ExxonMobil, Thermoregulation in Extreme Occupational Environments, Louisiana State University, Baton Rouge, LA (Principal Investigator) \$60,000
2024-2028	Our Lady of the Lake Hospital, Inc; Pulmonary Embolism – Thrombus Removal with Catheter-Directed Therapy: The PE-TRACT Trial. Louisiana State University, Baton Rouge, LA. (Site Laboratory Director) \$8,125
2024-2025	Collaboration in Action Program – OLOL, Advancing Long-Term Athlete Health and Well-being Through Translational Research, Louisiana State University, Baton Rouge, LA. (Principal Investigator) \$249,792
2024-2026	Louisiana State University Provost Funds – Phase 3 Big Ideas Grant, Advancing Athlete Health and Well-Being through translational research: The Center for Exercise Science and Sports Medicine (CESSM), Louisiana State University, Baton Rouge, LA (Co-Investigator ; PI Guillaume Spielmann) \$249,044
2024-2025	National Football League (NFL) Football Research Inc., Biomechanics of Head Impacts in NCAA Football: Instrumented Mouthpiece Program (IMP) and Head Impact Research Consortium Study (Site Principal Investigator) \$211,105
2024-2029	NIH/NIDDK R25; Clinical Methods for Nutrition and Obesity Research Course, Pennington Biomedical Research Center, Baton Rouge, LA. (Co-Investigator ; PI Leanne Redman) \$539,935
2024-2025	Louisiana State University Provost Funds – Phase 1, The effects of TAURine and resistance training on indices of frailty among prefrail African American older adults. The TAURUS pilot, randomized, double-blind, placebo-controlled trial. Louisiana State University, Baton Rouge, LA (Co-Investigator , PI Papadopoulos) \$17,315
2023-2025	SBIR Phase II – Department of Defense: E-Textile Enabled Active Monitoring System Phase II. Louisiana State University, Baton Rouge, LA. (Principal Investigator) \$248,514
2023-2025	NIH U01; Extension, Molecular Transducers of Physical Activity-Adult Clinical Centers, Pennington Biomedical Research Center, Baton Rouge, LA. (Co-Investigator ; PI – Eric Ravussin) \$2,005,209
2022-2025	NIH U01; Molecular Transducers of Physical Activity-Adult Clinical Centers Ancillary Study, Harmonizing actigraphy and exercise heart rate data to quantify free-living activity patterns and supervised exercise training in MoTrPAC, Pennington Biomedical Research Center, Baton Rouge, LA. (Site Principal Investigator ; Center PI – Blake Rasmussin UTMB) \$50,607
2021-2025	NIH U01 - Northwestern University, Study in Parkinson Disease of Exercise Phase 3 Clinical Trial: SPARX3, Louisiana State University, Baton Rouge, LA. (Site Co-Investigator ; Site Principal Investigator - Jan Hondzinski; Principal Investigator - Daniel Corcos) \$323,004

2019-2025 NIH R01; 1R01HL146462-01, Molecular Basis of Exercise-Induced Changes in HDL Function, University of South Carolina, Columbia, SC (**Co-Investigator**; PI – Mark Sarzynski) \$1,974,963 (LSU \$33,412)

2017-2024 Tiger Athletic Foundation (Research), Athletic Training Research, LSUAM, Baton Rouge, LA. (**Principal Investigator**) \$166,668

Pending

Completed

2020-2025 Nutrition Obesity Research Center Pilot Program (NORC, #P30DK072476 Substrate Oxidation in Girls (STRONG), Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**; PI Nicole Fearnbach) \$94,700

2024-2025 TigerAire, Inc.; Tigeraire Zephyr Heat Study. Louisiana State University, Baton Rouge, LA. (Principal Investigator) \$3,394

2022-2024 Wu Tsai Human Performance Alliance, Harvard University. Physical & Mental Resilience in Female Athletes: A Pilot Study. Pennington Biomedical Research Center, Baton Rouge, LA and Louisiana State University, Baton Rouge, LA. (**Co-Investigator**, Site Principal Investigators - Guillaume Spielmann LSU, Tiffany Stewart, PBRC). \$200,000 (LSU \$70,290)

2017-2023 NIH U01; Molecular Transducers of Physical Activity-Adult Clinical Centers, Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**; PI – Eric Ravussin) \$8,003,775

2023-2024 The Coca-Cola Co. Effect of beverage consumption on net fluid balance and beverage absorption during post-exercise rehydration – Project 3. Louisiana State University, Baton Rouge, LA. (**Principal Investigator**) \$203,410

2022-2023 The Coca-Cola Co. Effect of beverage consumption on net fluid balance and beverage absorption during post-exercise rehydration – Project 2. Louisiana State University, Baton Rouge, LA. (**Principal Investigator**) \$175,617

2018-2023 CBET-EPSRC: Context Sensitive Data Acquisition and Modeling in Immersive Virtual Environments for Energy Efficiency in Buildings (**Co-Principal Investigator**; PI – Yimin Hsu) \$300,000

2017-2023 Sports Science Research Affiliate and Liaison, LSUHSC, New Orleans, LA (**Principal Investigator**) \$138,720

2018-2023 NIH R21, NIDDK, Resistance Exercise and Low-Intensity Physical Activity Breaks in Sedentary Time to Improve Skeletal Muscle and Cardiometabolic Health in Older Adults – REALPA Breaks Pilot Study, Louisiana State University, Baton Rouge, LA (**Co-Investigator**; PI – Brian Irving) \$419,000

2017-2023 U2H, Alcohol & Metabolic Comorbidities in PLWHA; Evidence-Driven Interventions, LSUHSC, New Orleans, LA (**Consultant**; PI -Patricia Molina)

- 2021-2022 The Coca-Cola Co. Effect of beverage consumption on net fluid balance and beverage absorption during post-exercise rehydration. Louisiana State University, Baton Rouge, LA. (**Principal Investigator**) \$98,027
- 2018-2022 Economic Development Assistantship, LSU Graduate School, Baton Rouge, LA. (**Co-Mentor**; Principal Investigator, Mentor – Brian Irving; Doctoral Student/Mentee - James Stampley; Co-Mentor - Guillaume Spielmann), \$100,000
- 2021-2022 MyHy, LLC. The effects of a commercial electrolyte supplement prior to simulated firefighting exercise on urine and sweat electrolyte concentration and performance. Louisiana State University, Baton Rouge, LA. (**Principal Investigator**) \$1500
- 2019-2021 Department of Defense (USARIEM). A randomized, double-blind, placebo-controlled trial of testosterone undecanoate for optimizing physical and cognitive performance during military operations (OPSII). Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**; PI Jennifer Rood) \$3,500,000
- 2019-2021 Joe W. and Dorothy Dorsett Brown Foundation, Immune Markers and Function During Periods of Caloric Deficit and Extended Physical Activity – OPS Ancillary, Pennington Biomedical Research Foundation, Baton Rouge, LA. (**Co-Principal Investigator**, PI – Jennifer Rood, Guillaume Spielmann) \$11,400
- 2019-2021 Diversity Supplement for Heather Quiariarte, National Institutes of Health (3R21 AG058181-02), Louisiana State University, Baton Rouge, LA. (**Co-Investigator**, Principal Investigator/Mentor – Brian Irving, Graduate Student Mentee – Heather Quiariarte, Co-Investigator Guillaume Spielmann, Co-Investigator – Frank Greenway), \$30,094
- 2019-2020 Nutrition Obesity Research Center Pilot Program (NORC, #P30DK072476), Validity and reliability of the Activity Preference Assessment: A Shape Up Kids Ancillary. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**; PI Nicole Fearnbach) \$24,715
- 2019-2020 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. Immune markers & function during periods of caloric deficit and extended physical activity: An assessment of cytokine activity and changes during the clinical OPS study. (**Principal Investigator**) \$5,000
- 2013-2020 NIH R18; Initiate and Maintain Physical Activity in Clinics: The IMPACT Diabetes Study, Stanford University, Stanford, CA (**Advisory Board Member**; PI – Latha Palaniappan)
- 2013-2020 NIH R01, NIDDK; Strength Training for Normal Weight Diabetes; STRONG-D Study, Stanford University, Stanford, CA (**Advisory Board Member**; PI – Latha Palaniappan)
- 2017-2019 Hydra-guard Recharge, A pilot study testing the effect of Hydra-guard™ on muscle cramps and feelings of energy during exercise in a warm humid environment. (**Principal Investigator**) \$2330
- 2019 Extreme Endurance, Evaluation of Extreme Endurance™ on a General Population. (**Principal Investigator**) \$30,000

- 2018-2019 Carver, Upper body heat dissipation wearing a novel synthetic material during exercise in the heat with and without simulated wind. (**Principal Investigator**) \$8,900
- 2018-2019 Nutrition Obesity Research Center Pilot Program (NORC), Establishment of the 2H-labeling protocol to assess in vivo adipose tissue dynamics at PBRC. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**, PI Ursula White).
- 2016-2019 Department of Defense (USARIEM). Physiological and psychological effects of testosterone during severe energy deficit and recovery: a randomized, placebo-controlled trial. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**; PI Jennifer Rood) \$5,200,000
- 2016-2018 LSU-Health Sciences Center, LSUHSC Research Associate Program. (**Principal Investigator**) \$30,210
- 2017-2018 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. Physiological and psychological well-being during the spring season in female soccer players. (**Principal Investigator**) \$3,000
- 2016-2017 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. Influence of training and overtraining on swim performance and markers of psychological and physiological stress: the SWIM study. (**Principal Investigator**) \$3,000
- 2016-2017 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. The immediate and extended effects of high intensity exercise on metabolic flexibility and muscle metabolism. (**Principal Investigator**) \$2,880.84
- 2016 Medtronic, Zephyr Performance Systems, Annapolis MD. Physiological Assessments of Athletes Utilizing the Bioharness™. (**Principal Investigator**) \$5500
- 2015-2016 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. Influence of gender and race on cardiovascular and metabolic risk factors. (**Principal Investigator**) \$2,964.63
- 2009-2015 *NIH (NIA)* U01 AG022376; Lifestyle Interventions and Independence for Elders – The LIFE Study. Subcontract with University of Florida. (**Postdoctoral Researcher**, PI: Marco Pahor, Site PI: Timothy Church) \$3,518,357
- 2014 Southeastern Conference (SEC) Visiting Faculty Travel Grant Program, Planned trip to Mississippi State University, Starkville, MS. (**Principal Investigator**) \$1000
- 2013-2014 Robert and Patricia Hines Endowed Professorship, School of Kinesiology, Louisiana State University. Maximal fat burning exercise and glucose tolerance: the MAX study (**Principal Investigator**) \$4,000
- 2013-2014 Energy exposure during seated, seated cycling, and treadmill walking work conditions (EE-WORK). (**Principal Investigator**) *Internal funding*; \$6,600

- 2012-2014 Samueli Institute. Feeding Study Following the US Military Garrison Diet with Swapped Foods that Potentially Provide a More Healthful Fatty Acid Content (Omega 3). (**Collaborator**, PI: Cathrine Champagne) \$591,064
- 2012-2013 The Coca-Cola Company. Fluid balance and performance with ad libitum water, flavored placebo, or carbohydrate-electrolyte beverage intake during exercise in the heat (The APEX Study). (**Co-Investigator**, PI: Timothy Church) \$268,402
- 2011-2012 Kemin Industries, Inc. The Effect Of Black And Green Tea Extract On Delayed Onset Muscle Soreness And Exercise Performance: The Tea Study. (**Principal Investigator**) \$221,125
- 2009-2010 *Private Funded*; Exercise based weight loss in breast cancer survivors (CASTLE). (**Co-Investigator**, PI: Timothy Church) \$30,000
- 2009-2011 *NIH/NIA R01 AG035822*; Mechanisms and Functional Consequences of Different Physical Activity Progression Models in the Elderly. Subcontract with Duke University & Louisiana State University. (**Postdoctoral Researcher**, PI: Jason Allen, Site PI: Eric Ravussin). \$452,842
- 2006-2011 *NIH (NIDDK) R01 DK068298*; Health Benefits of Aerobic and Resistance Training in Individuals with Diabetes (HART-D). (**Postdoctoral Researcher**, PI: Timothy Church). \$2,312,303
- 2008-2010 *Internally Funded*; Mitochondrial adaptations to Aerobic and Resistance Training in Diabetes II (MARTi II)-Ancillary study to HART-D. (**Co-Investigator**, PI: Timothy Church)
- 2009-2010 *Internally Funded*; Skeletal muscle energy coupling measured by spectroscopy: a proof of concept (CONCEPT). (**Co-Investigator**, PI – Eric Ravussin)
- 2008 *Obesity Society*; Metabolic flexibility to lipid during moderate-intensity exercise in humans (FLEX) (**Co-investigator**; PI: Jose Galgani). \$30,000
- 2004 *Graduate and Professional Student Senate*; Iowa State University, Effects of hydration status on cognitive and balance function in older adults (**Co-Principal Investigator**). \$500
- 2003 *Gatorade Sports Sciences Institute*; Effect of beverage temperature and composition on fluid retention after mild dehydration. (**Principal Investigator**) \$1000
- 2003 *Betty Keenan Fund*, Iowa State University; Effect of beverage temperature and composition on fluid retention after mild dehydration. (**Principal Investigator**) \$1000
- Submitted-Not funded
- 2025 *NIH/NIA R01-2*; Mechanisms Underlying Variability of Exercise Training Responses in Older Adults, Pennington Biomedical Research Center, Baton Rouge, LA. (**Principal Investigator**) \$5,000,000 (PBRC/LSU \$1,541,690)

- 2025 LA BOR; Prehabilitation among Black and White patients prior to colorectal cancer surgery. (**Co-I**; PI Efthymios Papadopoulos). Louisiana State University, Baton Rouge, LA. \$20,000
- 2025 LA BOR; Advanced Analytics to enable Digital Twin Implementations for Predicting Human Heat Exposure. Louisiana State University, Baton Rouge, LA. \$20,000
- 2025 NIH/NCI R01-2; Immune Restoration in Colorectal Cancer Survivors Using Aerobic and Resistance Exercise. Louisiana State University, Baton Rouge, LA. (**Co-I**; PI Guillaume Spielmann) \$3,096,012
- 2024 NIH/NCI R01; Immune Restoration in Colorectal Cancer Survivors Using Aerobic and Resistance Exercise. Louisiana State University, Baton Rouge, LA. (**Co-I**; PI Guillaume Spielmann) \$3,096,012
- 2023 NIH/NIA R01; Mechanisms Underlying Variability of Exercise Training Responses in Older Adults, Pennington Biomedical Research Center, Baton Rouge, LA. (**Principal Investigator**) \$5,000,000 (PBRC/LSU \$1,541,690)
- 2023 NIH/NIA R01; Targeted Adaptations in Functional Status with Optimal Personalized Exercise in Heart Failure with Preserved Ejection Fractions: TAILOR-exPEF, Louisiana State University, Baton Rouge, LA. (**Site PI, Co-I**) \$5,000,000 (LSU \$110,785)
- 2023 American College of Sports Medicine – Graduate Student Research Grant. Metabolic Resilience in Female Collegiate Athletes. (**Co-Investigator**; PI – Rachel Matthews, PhD student and Guillaume Spielmann, PhD). \$5,000
- 2023 NIH-NIAAA - Integrated behavioral and physical intervention to improve cardiometabolic health and decrease at-risk alcohol use. Louisiana State University Health Sciences Center, New Orleans, LA (sub-award LSU; Site **Principal Investigator**; PI Liz Simon, PhD)
- 2022 Department of Defense PRMRP. Optimized carbohydrate fueling strategy for enhancing warfighter performance and resiliency. Pennington Biomedical Research Center, Baton Rouge, LA and US ARMY Research Institute of Environmental Medicine, Natick, MA. (**Co-Investigator**, PIs Jennifer Rood, PBRC; Lee Margolis, USARIEM). \$5,000,000
- 2022 National Football League. Using Cannabidiol to alleviate pain and protect articular function in post-traumatic joint injury. Louisiana State University Health Sciences Center Orthopedics, New Orleans, LA and Louisiana State University, Baton Rouge, LA. (**Co-Investigator**, Site PIs Vinod Dasa, LSUHSC and Guillaume Spielmann, LSU) \$206,000
- 2021 NIH R34, NHLBI, Designing and intervention to improve cardiorespiratory fitness among children with an implicit preference for sedentary activities. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**, PI – Nicole Fearnbach) \$450,000
- 2020 NIH R01, NIA, The Effect of Exercise Training on Immunosenescence – a roadmap to understanding the effects of exercise on the immune system – IMAGINE,

- Louisiana State University A&M, Baton Rouge, LA and Duke University Medical Center, Durham, NC. (**Co-Investigator**; PI – Guillaume Spielmann) ~\$5,000,000
- 2020 NIDDK Mentored Research Scientist Development Award (K01), The Activity Preference Assessment: A novel behavioral task for pediatric obesity research submitted Feb 2020 (**Co-Mentor**; PI Fearnbach)
- 2019 FEMA, Mind-Body Tactical Training: A Worksite Yoga Intervention to Improve Symptoms of Post-Traumatic Stress and Cardiovascular Disease Risk Among Firefighters. Louisiana State University A&M, Baton Rouge, LA (**Principal Investigator**) \$665,210
- 2019 NIH R01, NIDDK, Exercise Effects on HEart and Vessel Cells in Type 2 Diabetes; EFFECT), Stanford University, Stanford, CA (**Consultant**; PI – Latha Palaniappan)
- 2019 Defense Advanced Research Projects Agency (DARPA) Biological Technology Office (BTO), Measuring Biological Aptitude (MBA). (**Principal Investigator and Prime Site Leader**) – Letter of Intent Submission 02/2019 \$47,445,000
- 2019 Department of Defense Peer Reviewed Medical Research Program (PRMPR), Nutritional Optimization of Warfighter Performance during Operational Stress. (**Co-Investigator and Team Leader**; PI – Jennifer Rood) ~\$10,000,000
- 2019 NIH R01, NIDDK, Dose-Response to Increasing Exercise in Adolescents and Emerging Adults (Dr. TIGER) Study, Pennington Biomedical Research Center, Baton Rouge, LA (**Co-Investigator**; PI – Peter Katzmarzyk) ~\$5,000,000
- 2019 Dean's Circle Grant, College of Human Sciences and Education, Louisiana State University. Effects of alpha-2 macroglobulin on bone-derived mesenchymal stem cell differentiation into chondrocytes. (**Principal Investigator**) \$4,966
- 2018 ADA Junior Faculty Development Award, The effects of aerobic and resistance exercise training on the cardioprotective properties of HDL in type 2 diabetes, University of South Carolina, Columbia, SC (**Consultant**; PI – Mark Sarzynski)
- 2018 PBRC COBRE, A translational approach in mice and humans: the dose response effect of exercise intensity on intrahepatic fat. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**, PIs – Amanda Staiano, Robert Noland) \$100,000
- 2018 PBRC Special Pilot/Feasibility Award, A translational approach in mice and humans: the dose response effect of exercise intensity on intrahepatic fat. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**, PIs – Amanda Staiano, Robert Noland) \$100,000
- 2017 PBRC NORC, Inactivity and sedentary behaviors affect cellular and glucose metabolism in aging. Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**, PI – Brian Irving). \$133,699
- 2017 NSF, SCC-RCN: Integrated Planning, Design, Engineering, Construction, and Operation Processes for Smart & Connected Communities. Baton Rouge, LA (**Consultant**, PI – Yimin Zhu) \$300,000

- 2017 NIH U01; Molecular Transducers of Physical Activity-Pediatric Clinical Centers, Pennington Biomedical Research Center, Baton Rouge, LA. (**Co-Investigator**; PI – Peter Katzmarzyk) \$5,900,000
- 2016 Department of Defense Peer Reviewed Medical Research Program (PRMPR; PR151947), Diagnostics of Poor Cardiometabolic Gains with Regular Physical Activity: Validity and Repeatability (PAIRED). (**Co-Investigator and Steering Committee Member**, PI: Claude Bouchard). \$10,000,000
- 2017 National Processed Raspberry Council. Effects of Daily Whole Red Raspberry Consumption on Blood Pressure, Arterial Stiffness, and Inflammation in Individuals with Pre-Hypertension. (**Co-Investigator**; PI Jack Losso)
- 2016 NIH R01; Effect of Exercise Modality on Energy Expenditure; University of South Carolina, Columbia, SC (**Collaborator**; PI Xuewen Wang)
- 2016 Louisiana State Board of Regents Competitiveness Subprogram. Impact of Sedentary Behavior and Physical Inactivity on Mitochondrial Function and Glucose Metabolism in Postmenopausal Women. (**Co-Investigator**, PI: Brian Irving)
- 2016 Louisiana State Board of Regents Support Fund; Traditional Enhancement Grant. Implementing Clinical Ultrasound in Kinesiology. (**Co-Principal Investigator**; Co-PI: Dennis Landin).
- 2016 Louisiana State University Faculty Research Grant. iBEHAVE Multidisciplinary Research Group. (**Co-Investigator**, PI: Tracey Rizzuto).
- 2016 Southeast Athletic Trainers' Association Research and Education Committee, Assessing hydration status and heat-related illness predictors in women's soccer players. (**Co-Principal Investigator**) \$5000
- 2016 National Science Foundation Research Traineeship Program (NRT). Modeling Occupant Behavior. (**Co-Investigator**, PI: Yimin Zhu).
- 2016 National Science Foundation Major Research Instrumentation Program (MRI). Developing a Testbed of Integrated Built Environment and Human inter-Actions in Virtual Environments (iBEHAVE). (**Co-Investigator**, PI: Robert Kooima).
- 2015 National Science Foundation Cyber-Physical Systems (CPS). Predictive Modeling of Human-Building Interaction Using an Immersive Virtual Environment. (**Co-Principal Investigator**, PI: Robert Kooima).
- 2015 American Heart Association Center for Understanding Racial Disparities in Obesity, Physical Activity, and Cardiovascular Disease Risk – Center Grant. Racial Differences in Children's Adiposity and Cardiovascular Health Responses to a Physical Activity Intervention. (**Collaborator**, PI: Robert Newton)
- 2015 Louisiana State Board of Regents Support Fund; Traditional Enhancement Grant. Implementing Clinical Ultrasound in Kinesiology. (**Co-Principal Investigator**; Co-PI: Dennis Landin).
- 2014 NIH R01; Cadence Adults (**Co-Investigator**, PI: Catrine Tudor-Locke), Funded, moved from PBRC to University of Massachusetts, Amherst, MD

- 2014 Louisiana State Board of Regents Support Fund; Research Competitiveness Subprogram. The effect of age and racial descent on whole-body heat dissipation, sweat sensitivity, and heat acclimation responses. (**Principal Investigator**)
- 2014 Falck Safety Services, Canada. Next generation lifeboat. (**Principal Investigator**)
- 2014 NIH R21; Walk more, Sit less, and Exercise Pilot (WiSE-P). (**Co-Investigator**, PI: Catrine Tudor-Locke)
- 2014 NIH R01; Stepping Out and Strengthening for Healthy Elders (SOSHE). (**Co-Investigator**, PI: Catrine Tудо-Locke)
- 2014 Optimal hydration strategies in adolescents. Letter of Intent submitted for Ralph E. Powe Junior Faculty Enhancement Award – (**Principal Investigator**)
- 2012 Louisiana EPSCoR; Board of Regents Support Fund; Vitamin D, Exercise, and Health. Submitted/not awarded (**Co-Principal Investigator**; PI – Laura Stewart)
- 2012 R01: NIH (NIA) Treadmill Walking and Strength Training for Elders (TWiST-E). Submitted/not awarded (**Co-investigator**; PI: Catrine Tudor-Locke)
- 2012 Louisiana EPSCoR Board of Regents; PFUND. Maximal fat burning exercise and glucose tolerance: the MAX study. Submitted/not awarded (**Principal Investigator**)
- 2012 K01: NIH (NIDDK) Effect of Resistance Training on Components of Energy Balance and Substrate Utilization in Older Adults. Submitted/not awarded (**Principal Investigator**).
- 2011 R01: NIH (NIDDK) Fitness, Intensity, and Training Study (FITS). (**Co-Investigator**; PI: Timothy S. Church). Submitted/not awarded. Resubmitted 2012, not awarded.
- 2011 R01: The Interval Study (INTERVAL). Submitted/not awarded (**Co-investigator**; PI: Conrad Earnest).
- 2011 K99/R00 to NIH (NIDDK) Exercise modality in type 2 diabetes: effects on insulin sensitivity and intramuscular fat partitioning. Submitted/not awarded (**Principal Investigator**).

BOOK CHAPTERS

1. **Johannsen, NM** and Earnest, CP. Fluid balance and hydration for human performance. *Nutritional Supplements for Sport & Exercise Updates*, 2015, 2nd Ed.
2. Swift DL, **Johannsen, NM**, and Church TS. Physical Activity Programs. *Lifestyle Medicine – Manual for Clinical Practice*, 2015, 1st Ed.
3. Lowe AC, Spielmann G, Reed I, Marucci J, Mullenix S, Lind E, **Johannsen NM**. Sampling salivary cortisol from the sidelines: Considerations for applied athletic research. *SAGE Research Methods Cases: Medicine and Health*.
<https://methods.sagepub.com/case/sampling-salivary-cortisol-sidelines-applied-athletic-research>

PUBLICATIONS

1. Specker BL, **Johannsen N**, Binkley T, and Finn K. Total body bone mineral content and tibial cortical bone measures in preschool children. *J Bone Miner Res* 2001; 16(12):2298-305.

2. Finn K, **Johannsen N**, and Specker B. Factors associated with physical activity in preschool children. *J Pediatr.* 2002;140(1):81-5.
3. **Johannsen N**, Binkley T, Englert V, Neiderauer G, and Specker B. Bone Response to jumping is site-specific in children: a randomized trial. *Bone.* 2003;33(4):533-9.
4. Johannsen DL, **Johannsen NM**, and Specker BL. Influence of parents' eating behaviors and child feeding practices on children's weight status. *Obesity.* 2006;14(3):431-9.
5. **Johannsen NM**, and Sharp RL. Effect of preexercise ingestion of modified cornstarch on substrate oxidation during endurance exercise. *Int. J. Sport Nutr. Exerc. Metab.* 2007;17:232-243.
6. Church TS, Thompson AM, Katzmarzyk PT, Sui X, **Johannsen N**, Earnest CP, and Blair SN. Metabolic syndrome and diabetes, alone and in combination as predictors of cardiovascular disease mortality among men. *Diabetes Care.* 2009;32(7):1289-1294.
7. **Johannsen NM**, Lind E, King DS, and Sharp RL. Effect of pre-exercise electrolyte ingestion on fluid balance in men and women. *Med. Sci. Sports Exerc.* 2009;41(11): 2017-2025.
8. Church TS, Blair SN, Cocreham S, **Johannsen N**, Johnson W, Kramer K, Mikus CR, Myers V, Nauta M, Rodarte RQ, Sparks L, Thompson A, and Earnest CP. Effects of aerobic and resistance training on hemoglobin A1c levels in patients with type 2 diabetes: a randomized trial. *JAMA.* 2010;304(20):2253-2262.
9. **Johannsen NM**, Priest EL, Dixit VD, Earnest CP, Blair SN, and Church TS. Association of white blood cell subfraction concentration with fitness and fatness. *Br. J. Sports Med.* 2010, Jun;44(8):588-93.
10. Galgani JE, **Johannsen NM**, Bajpeyi S, Costford SR, Zhang Z, Gupta AK, and Ravussin E. Role of skeletal muscle mitochondrial density on exercise-stimulated lipid oxidation. *Obesity (Silver Spring).* 2012 Jul;20(7):1387-93.
11. **Johannsen NM**, Swift DL, Earnest CP, Blair SN, and Church TS. Effect of different doses of aerobic exercise on total white blood cell (WBC) and white blood cell subfractions. *PLoS One.* 2012;7(2):e31319.
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*NOTE: underlined authors are mentored graduate and undergraduate students.

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Johannsen NM, Edwards WB, Church TS, Blair SN, and Earnest CP. Effect of exercise dose on fat oxidation capacity in postmenopausal women. *FASEB Journal* 2009.

Sparks LM, Thompson A, Earnest C, Blair S, Church TS, **Johannsen NM**. Sex differences in risk factors for cardiovascular disease and metabolic syndrome. *ADA* 2009; 57(S1), A623.

Johannsen NM, Warnke N, King DS, and Sharp RL. Preexercise beverage composition impact on hydration and performance during exercise under compensable heat stress. *Med. Sci. Sports Exerc*. 2008; 40(5):S85.

Julius BR, Edwards, WB, Meardon SA, **Johannsen NM**, Macaluso F, and Derrick T. Evidence of bone turnover following an acute impact bout. *Med Sci Sports Exerc* 2007; 39(5):S65.

Sullivan ZM, Baier SM, **Johannsen NM**, King DS. Branched-chain amino acids (BCAA) supplementation maintains muscle power following eccentric exercise. *FASEB Journal* 2007

Johannsen NM, Lind E, King DS, and Sharp RL. Effect of beverage temperature and composition on fluid retention after mild dehydration. *Med Sci Sports Exerc* 2006; 38(5):S407.

Macaluso F, **Johannsen NM**, Carlson MC, Senchina DS, Miller M, Sharp T, and Sharp RL. Effect of electrolyte containing beverages on measures of rehydration during rest. *Med Sci Sports Exerc* 2006; 38(5):S407.

Johannsen NM, Lind E, Wang B, King DS, and Sharp RL. Effects of preexercise rehydration beverages on fluid balance and exercise tolerance. *Med Sci Sports Exerc* 2005; 37(5):S347.

Wang B, **Johannsen NM**, Sharp RL, and King DS. Comparison of tympanic and rectal temperatures in adults at rest and exercise. *Med Sci Sports Exerc* 2005; 37(5):S196-7.

Lind E, **Johannsen NM**, Wang B, King DS, and Sharp RL. Temporal affective response changes reflect internal temperature changes during prolonged cycle exercise. *FASEB Journal* 2005; 19(4 part 1):A675.

Johannsen NM, Lind E, Wang B, King DS, and Sharp RL. Effect of preexercise electrolyte beverage intake on body water estimations by bioimpedance analysis. *FASEB Journal* 2005; 19(4 part 1):A470.

Johannsen NM, Martini ER, and Sharp RL. Effect of preexercise ingestion of modified cornstarch on metabolism during endurance exercise. *Med Sci Sports Exerc* 2004;36(5):S20-1.

Johannsen N, Binkley T, Wermers J, Lorenzen T, and Specker B. Total bone mineral content (TBBMC) and bone size in 3 and 4 year old children. *FASEB Journal* 2000; 14(4):A265.

*NOTE: underlined authors are mentored graduate and undergraduate students.

OTHER ABSTRACTS

Allerton TD, Early K, Lavie CJ, **Johannsen NM**. Differential metabolic responses to acute FATMAX and lactate threshold exercise. *Poster at SEACSM, Feb 2017*

Wang H, Theall BM, Lemoine NP Jr, Lowe A, Castle RR, Mullenix S, Marucci J, Church TS, Early KS, **Johannsen NM**. Hydration study in collegiate female soccer players in pre-season training. *Poster at SEACSM, Feb 2017*

Lowe AC, Saeid S, **Johannsen NM**, Zhu Y. Physiological responses to an immersive virtual environment during rest and exercise. *Poster at SEACSM, Feb 2017*

Theall B, Harrell B, Early K, **Johannsen NM**. Effect of chronic dehydration on urine and plasma during exercise in a heated environment. *Poster at SEACSM, Feb 2017*

Early KS, Scott MC, Perret N, Lavie CJ, Earnest CP, **Johannsen NM**. Heart Rate Variability (HRV) in Response to Oral Glucose Tolerance Test and Acute Exercise in Overweight Men. *Thematic Poster at SEACSM, Feb 2016*

Simoneaux AB, Lemoine NP Jr., Scott MC, Early KS, Mullenix S, Marucci J, Barker A, Church TS, Castle R, **Johannsen NM**. Effects of Environment, Local Sweat Rate (LSR), and Body Size on Core Heat Storage in Collegiate Football Players. *Poster at SEACSM, Feb 2016*

Lemoine NP Jr., Simoneaux AB, Scott MC, Early KS, Mullenix S, Marucci J, Barker A, Church TS, Castle RR, **Johannsen NM**. Sweat Rates and Electrolyte Losses of Football Players during Training Camp. *Poster at SEACSM, Feb 2016*

Theall BM, Early KS, Simoneaux AB, **Johannsen NM**. Influence of a Body Type Training Program on Body Composition and Circumferences. *Poster at SEACSM, Feb 2016*

Sutherland N, Early KS, Theall BM, Nelson AG, **Johannsen NM**. The Influence of Body Type Specific Exercise Program on Fitness Variables. *Poster at SEACSM, Feb 2016*

Allerton TD, Early KS, Scott MC, **Johannsen NM**. The Differential Effects of Laddermill vs. Treadmill Exercise Testing. *Poster at SEACSM, Feb 2016*

Edwards WB, **Johannsen N**, Macaluso F, Meardon SA, and Derrick TR. Effects of impact loading on acute bone adaptation. *Midwest Graduate Student Biomechanics Symposium*.

Johannsen NM, Lind E, King DS, and Sharp RL. Effect of gender on fluid balance and performance after preexercise hydration beverage ingestion. *Midwest Chapter of the American College of Sports Medicine*.

*NOTE: underlined authors are mentored graduate and undergraduate students.

SCIENTIFIC PRESENTATIONS

Exercise, Diabetes, and Metabolism: Making the Connections, *Speaker*, University of New Brunswick, Fredericton, NB, April 3, 2025.

Exercise and Diabetes, *Speaker*, Avera Diabetes Conference, Sioux Fall, SD, June 10, 2022.

Diabetes and Metabolism: Making the Connections, *Speaker*, Avera Diabetes Conference, Sioux Fall, SD, June 10, 2022.

Exercise Energy Expenditure: Theory and Methods, *Speaker*, Training in Nutrition and Obesity Research Methods, Pennington-Louisiana NORC, April 27th, 2022.

Physical Activity and Exercise for Health and Performance, *Speaker*, University of New Brunswick, Canada, Presented Online, December 3rd, 2021.

Physical Activity, Fitness, and Strength Methodological Issues, *Speaker*, Training in Nutrition and Obesity Research Methods, Pennington-Louisiana NORC, September 9th, 2019.

Physical Activity and Exercise for Health and Performance, *Keynote Speaker*, *LSU Discover Days*, Louisiana State University, April 9, 2019.

LSU Campaign Launch, *Fierce for the Future*, Parade Grounds, LSU Campus, March 29, 2019

10 Years of Physical Activity Guidelines and New Recommendations to Improve Your Health. *Council of 100 Presentation Series*, Pennington Biomedical Research Center, Baton Rouge, LA. Feb 11, 2019.

Recommendations for Physical Activity + update from 2018 Guidelines: Fitness Expo. *Discovering Opportunities for Change*, *Pennington DOC*, Baton Rouge, LA, Jan 22, 2019.

Exercise and Physical Activity, Academy of Nutrition and Dietetics, Weight Management, Presentation and Content for Certified Specialist in Obesity and Weight Management course. May 2018.

Being Active: Recommendations for Physical Activity; *Live Healthy 2021*, Baton Rouge, LA, April 16, 2018.

Exercise, Weight Loss, and Wellbeing. Is Weight Loss Imperative to Obtain Wellness? *One Health*, Southern University, Baton Rouge, LA, April 12, 2018.

Exercise in the New Year; Advice from a Physical Activity Researcher. *Discovering Opportunities for Change*, *Pennington DOC*, Baton Rouge, LA, January 30, 2018.

Healthy Lifestyle/Obesity. *Baton Rouge Healthy Vision*, Baton Rouge, LA, October 30, 2017.

Exercise, Weight Loss, and Wellbeing. Is Weight Loss Imperative to Obtain Wellness? *Weight Management Diabetes Prevention Group – Teleconference*, January 8, 2017.

Hydration 101. Deep Dive Innovation Day, Baton Rouge, LA, September 1, 2015

Exercise and Nutrition for Health and Performance. Howard Hughes Medical Institute, Undergraduate Mentored Research Program – Mentor Lecture, July 14, 2015

The role of hydration on exercise in the heat. LSU Athletic Training Symposium, Evidence Based Practice, Baton Rouge, LA, July 9, 2015.

Resistance vs. Aerobic Exercise for Diabetes Prevention and Treatment. Tutorial Lecture (stand-in for Dr. Timothy Church), ACSM, San Diego, CA, May 29, 2015.

Exercise and Nutrition for Health and Performance. Southeastern Conference Travel Grant Lecture, Mississippi State University, April 30, 2015.

Exercise and Health: Optimizing Prescriptions in Older Adults and Diabetes. Weight Management Symposium, Portland Oregon, April 16, 2015

Fluid Balance and Performance are Improved with Ad Libitum Carbohydrate-electrolyte Beverage Intake in the Heat. ACSM, Orlando, FL, May 30, 2014.

Effects of Exercise Training on Glycemic Control and CVD Risk Factors. Quarterly Meeting of the Louisiana Association of Exercise Physiologists, Baton Rouge, LA, October 5, 2013.

Categorical Analysis of the Impact of Aerobic and Resistance Exercise Training, Alone and in Combination, on Cardiorespiratory Fitness Levels in Patients with Type 2 Diabetes Mellitus – Results from the HART-D Study. (thematic poster presentation) ACSM, Indianapolis IN, May 29, 2013

Physical Activity to improve health: general recommendations and practical applications. South Dakota Diabetes Association; Annual Convention of SDAHO, Sioux Falls, SD, September 20, 2012.

Health Benefits of Aerobic and Resistance Training in type 2 Diabetes: Results from the HART-D study. South Dakota Diabetes Association; Annual Convention of SDAHO, Sioux Falls, SD, September 20, 2012.

Optimal Exercise Prescription for Health. 4th Annual Advances in Heart Disease Prevention and Rehabilitation: “Helping Patients Help Themselves”. Beaumont Health System, Detroit MI, May 19, 2012.

Exercise modality and type 2 diabetes: clinical and mechanistic results from the HART-D study. The New York Obesity Nutrition Research Center, St. Luke’s-Roosevelt Hospital Center, New York, NY, April 26, 2012.

Association between uric acid, lean mass, and muscle strength gains in the elderly. Experimental Biology, San Diego, CA, April 24, 2012.

Type 2 diabetes: Exercise, physical activity and health. 2012 Diabetes Update, Avera McKennan Hospital, Sioux Falls, SD, April 20, 2012.

Physical activity to improve health: General recommendations and practical applications. 2012 Diabetes Update, Avera McKennan Hospital, Sioux Falls, SD, April 20, 2012

Type 2 diabetes: Exercise, physical activity and health. Sanford Health, Webinar-Sioux Falls, SD, February 7, 2012.

Type 2 diabetes: Exercise, physical activity and health. South Dakota Diabetes Coalition, Chamberlain, SD, September 19, 2011.

Use of fat oxidizing supplements to augment the effects of exercise in individuals with type 2 diabetes. Kemin Industries, Inc, Des Moines, IA, August 19, 2011.

Exercise is Medicine™: What is the proper dose to improve health? (Distinguished Lecture) National Athletic Trainers Association, New Orleans, LA, June 21, 2011.

Sport participation and special nutritional considerations for the young athlete (Symposium). International Society of Sports Nutrition, New Orleans, LA, June 16, 2009.

Effect of jumping at different age groups on bone (poster presentation). Annual Research Days, South Dakota State University, Brookings, SD, March, 2001.

PROFESSIONAL SERVICE

2014 – Present Member of Editorial Board; “PLoS One”.

Ad hoc Reviewer:

Guidelines for Exercise Testing and Prescription: Chapter 10 Content Review
Circulation
Mayo Clinic Proceedings
Diabetes Care
PLoS One
Medicine and Science in Sport and Exercise
International Journal of Sports Medicine
Appetite
International Journal of Obesity
British Journal of Nutrition
Journal of Sport and Health Science
Journal of the International Society of Sports Nutrition
Physiological Reports
Journal of Applied Physiology

GRANT REVIEW BOARDS

2015 American Heart Association
2015 Diabetes UK
2015 Department of Veterans Affairs, Joint Biomedical Laboratory/Clinical Science Research and Development Services Merit Review Board

DATA SAFETY AND MONITORING BOARDS

2021 – 2026 Propel-IT Study – Peter Katzmarzyk, PhD (PI)
2021 – 2026 Optimizing Exercise for the Treatment of Anxiety (s20-01348) - Kristin Szuhany, PhD (PI)
2019 – 2021 Fit to Learn: A Digital Intervention to Improve Fundamental Motor Skills in Young Children. (R21HD095035) – Drs Staiano and Webster (PIs)
2016 – 2021 Cardiovascular Benefits of Resistance, Aerobic, and Combined Exercise (R01HL133069) – Dr. DC Lee (PI)
2015 – 2016 Efficacy of Adjunctive Exercise for the Behavioral Treatment of Major Depression (F31MH100773) – Dr. Kristin Szuhany (PI)

UNIVERSITY SERVICE

2025 – present	Member , Louisiana State University Athletics Council
2023 – present	Member , Louisiana State University Council on Research
2020 – present	Member , Louisiana State University Institutional Review Board
2018 – present	Chair , Intervention Quality Control Work Group, Molecular Transducers of Physical Activity Consortium (MoTrPAC)
2022 – present	Member , Clinical Applicability Work Group, Molecular Transducers of Physical Activity Consortium (MoTrPAC)
2022 – present	Member , Cardiopulmonary Exercise Testing Core Lab Work Group, Molecular Transducers of Physical Activity Consortium (MoTrPAC)
2018 – present	Member , Pilot Studies, Ancillary Studies, and Opportunity Fund Administration Committee (MoTrPAC)
2021 – present	Member , Quality Control Committee, Study in Parkinson’s Disease of Exercise: Phase 3 Clinical Trial (SPARX3)
2019 - 2020	Vice Provost and Dean of LSU Graduate School Search Committee
2017 - present	Full Member , Graduate Faculty Committee, School of Kinesiology, Louisiana State University
2016 - 2017	Member , College of Human Science and Education Distinguished Dissertation Committee
2015 - 2016	Member , College of Human Science and Education Discovery & Research Committee
2015	Member , Tiger Athletic Foundation, Undergraduate Teaching Award Committee
2012 - 2016	Associate Member , Graduate Faculty Committee, School of Kinesiology, Louisiana State University
2012 - 2016	Member , Graduate Exercise Physiology Concentration, School of Kinesiology, Louisiana State University
2005 – 2006	Annual Pease Family Scholar Hog Roast Planning Committee
2004 – 2005	Finance Committee: Health and Human Performance Graduate Student Association (HHPGSA)
2004 – 2005	Planning Committee for College Combination of College of Family and Consumer Sciences and College of Education; Development and Foundation Issues
2004 – 2005	Awards Committee; Department of Health and Human Performance
2003 – 2005	Graduate and Professional Student Senate (GPSS); HHPGSA Senator
2003 – 2004	Education Student Advisory Council (ESAC); HHPGSA Representative
2003 – 2004	Social Committee; HHPGSA
2003 – 2004	VIESHEA Committee; HHPGSA
2002 – 2003	Treasurer; HHPGSA

GRADUATE STUDENTS**Ph.D. Chair**

05/2016	Kate Early, Ph.D., <i>Cardiovascular and autonomic nervous system function: impact of glucose ingestion, hydration status, and exercise in heated environments.</i>
05/2017	Timothy Allerton, Ph.D., <i>The immediate and extended effect of diet and exercise on metabolic flexibility.</i>
05/2020	Haoyan Wang, Ph.D., <i>Body temperature and cardiovascular control during exercise in the heat: implications for special populations and athletic performance.</i>
05/2021	Matthew Scott, Ph.D., <i>Exercise and bone: older adults, type II diabetes, and ketogenic diets.</i>

05/2022	Nolynn Sutherland, Ph.D., <i>Cardiovascular and range of motion effects after exercise training.</i>
12/2022	Adam Lowe, Ph.D., <i>The Potential of Functional Training to Improve Cardiovascular Health and Physical Performance of Firefighters.</i>
08/2024	Rachel Matthews, Ph.D. - <i>The effect of varying allostatic loads on metabolic function in collegiate athletes.</i>
05/2025	Matthew Martone, Ph.D. (co-chair with Allaway). - <i>Spaceflight-induced mitochondrial adaptations in skeletal muscle.</i>
In Progress	Jason Soileau, M.S. - ABD
In Progress	Jimena Ramirez, M.S.
In Progress	Ginhyuk Kwon, B.S.
In Progress	Chris White, M.S.
In Progress	Michael Macri, M.S.

Ph.D. Committee Member

11/2014	Laura Forney, Ph.D., <i>The association between vitamin D status and physical activity level on inflammation.</i> Mentor – Laura Stewart
05/2015	Ryan Miskowiec, Ph.D., <i>The effects of acetic acid supplementation and rest interval on recovery from exercise.</i> Mentor – Arnold Nelson
05/2015	Christian Coulon, Ph.D., <i>The influence of the lower trapezius muscle on shoulder impingement and scapular dyskinesis.</i> Mentor – Dennis Landin
08/2015	Tyler Farney, Ph.D., <i>Relationship between Metabolic By-Products and Nervous System Failure/Fatigue.</i> Mentor – Arnold Nelson
12/2016	Cardyl Trifontane, <i>The Effects of Using Knee Wraps on Back Squat and Vertical Jump Performance.</i> Mentor – Arnold Nelson
12/2019	Sanaz Saeidi, Ph.D., <i>Exploring Occupant Behavioral Intention in Immersive Virtual Environment to Enhance the Design and Engineering of Sustainable Buildings</i> Mentor – Yimin Zhu
12/2020	Junhai Xu, Ph.D., <i>Passive stretching alters the characteristics of the force-velocity curvature differently for fast and slow muscle groups.</i> Mentor – Arnold Nelson
05/2022	Haley Giglio, DPT, <i>Physical Activity in COVID-19 survivors.</i> Mentor – Phil Page
05/2022	Bailey Theall, Ph.D., <i>Impact of exercise and cytomegalovirus infection on age-associated change in T-cell immunity</i> – Mentor – Guillaume Spielmann
12/2022	Eunhan Cho, Ph.D. <i>The effects of acute exercise and hypoxia on natural killer cell bioenergetics and cytotoxic function against triple negative breast cancer.</i> – Mentor Guillaume Spielmann
08/2023	Bret Davis, Ph.D. – <i>Muscle Activation with Acute Bouts of Low Load Blood Flow Restricted Resistance Exercise Compared to High Load Resistance Exercise in Trained Versus Untrained Adults</i> – Mentor Brian Irving
12/2023	Joshua Granger, Ph.D. - <i>The Effects of Acute Hyperosmolality on Immune Cell Functions and Nutrient Sensing,</i> Mentor Guillaume Spielmann
05/2024	James Stampley – <i>Effects of Resistance Training with Low-intensity Physical Activity on Muscle Oxidative Capacity in Older Adults</i> – Mentor Brian Irving
In Progress	Greg (Mikey) Davis M.S. – Irving
In Progress	Kevin Lindsey M.S. - Spielmann
In Progress	Jessica Savona - Spielmann
In Progress	Youyoung Kim – Spielmann
In Progress	Carlante Emerson – Irving
In Progress	Brittany Rioux - Senechal

Ph.D. Dean's Representative

12/2017	Marguerite Perkins, Ph.D., <i>Francolouisianais in the 21st Century: Redrawing Identity Lines in a Community Experiencing Language Shift</i>
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- 12/2018 Mingyan Cong, Ph.D, *Design and Application of Task-Specific GUMBOS and NanoGUMBOS for Sensing and Separation*
- 08/2025 Ross Divers, Ph.D. *The Virtual Kitchen Challenge: Psychometric Validation in Cognitively Healthy and Impaired Older Adults*

Master Thesis Chair

- 05/2013 Tiffany Salzman, M.S., *Oxygen consumption during exercise: the role of venous occlusion.*
- 05/2014 Matt Scott, M.S., *Changes in bone mineral density following exercise training in older adults.*
- 08/2017 Adam Lowe, M.S., *Physiological and psychological well-being during the spring season in female soccer players.*
- 12/2017 Lyle Robelot, M.S., *Performance profiles in collegiate and master's swimmers: a validation study.*
- 05/2018 Michael "Houston" Owens, M.S., *Within Season Hematological Changes in College Athletes with Sickle Cell Trait.*
- 05/2020 Cullen Vincelle, M.S., *The effects of watermelon juice supplementation on postprandial vascular endothelial function and blood flow during hyperglycemia.*

Master Thesis Committee Member

- 05/2014 Cory C. Cortez, M.S. *Methionine restriction-induced metabolic changes in C57BL6J mice.*
- 05/2016 Darren Polk, M.S. *Neural recovery rates of knee extensors following a resistance training protocol.*
- 05/2019 Joshua Granger, M.S. *Influence of hydration status on running performance and markers of psychological and physiological stress in high school cross country runners.*
- 05/2019 Connor Kuremsky, M.S. *Impact of psychological and physical stressors on the exercise-induced immune response in collegiate swimmers.*
- 05/2021 Heather Quiariarte, M.S., *Establishing and Validating Methods to Assess the Influence of Circulating Exosome Profiles in Sedentary Older Adults*
- 05/2022 Erin Gunther, M.S., *Longitudinal analysis of inflammation and psychological stress in collegiate female athletes, Passed Proposal, expected graduation 05//2022*

Undergraduate Honors Theses

- 05/2013 Mollye Baker, Undergraduate Honors Program. *Chronic Inflammation, Vitamin D Status, and Body Composition in College-Age Individuals, **Committee Member***
- 12/2013 Christa Mahbolo, Undergraduate Honors Program, *Effects of Aging and Peripheral Neuropathy on Standing Reaching Precision With and Without Visual Cues, **Committee Member***
- 05/2014 Bhunit Desai, Undergraduate Honors Program. *The Aptitude of Signal Transducer and Activator of Transcription 3 vs. Green Fluorescent Protein in the Identification of Leptin Receptor Neuron Populations, **Major Professor***
- 05/2015 Manjot Signh, Howard Hughes Medical Institute, Undergraduate Mentored Research Awardee, *Maximal Fat Burning Exercise and Glucose Tolerance, **Major Professor***
- 05/2017 Lauren Carriere, *The Development of Upper Limb Muscle Activity During Gait in Children, **Committee Member***
- 05/2019 Amy Turner, Undergraduate Honors Program. *Identification of blood biomarkers of mild traumatic brain injury in collegiate football players, **Committee Member***

- 05/2019 Katelyn Hardin, Undergraduate Honors Program. *Changes in salivary antimicrobial protein concentrations in response to maximal exercise in collegiate swimmers*, **Committee Member**
- 05/2020 Sarah Kemp, Undergraduate Honors Program. *The Effects of Watermelon Juice Supplementation on Tissue Oxygen Saturation During Hyperglycemia*, **Major Professor**
- 05/2025 Lillian Wilder, Undergraduate Honors Program. *Exploring the Link between Chronic Pain, Quality of Life, and Diet in Endometriosis: A Mixed-Methods Cohort Study*, **Committee Member**

CLASSES TAUGHT

- 2019-present KIN 7538 Practicum in Cardiac Rehabilitation
- 2017-present KIN 7505 Sports Nutrition
- 2016-present KIN 7536 Cardiovascular and Respiratory Adaptations to Exercise
- 2015-present KIN 7537 Exercise and Environment
- 2015-present KIN 7999: ACSM's Certified Exercise Specialist Prep Course
- 2014-present KIN 7539: Laboratory Techniques in Exercise Physiology
- 2013-present KIN 3534: Scientific Basis of Exercise
- 2012-present KIN 3515: Physiological Basis of Physical Activity