

## CURRICULUM VITAE

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### EDUCATION

Ph.D. August 2006 Exercise, Nutrition and Preventive Health, Baylor University, Waco, TX  
M.S. May 2002 Exercise and Sport Science, University of Memphis, Memphis, TN  
B.S. May 1999 Health & Exercise Science, Truman State University, Kirksville, MO

### PROFESSIONAL ACADEMIC EXPERIENCE

#### Current Primary Academic Roles

**Assistant Dean, Research & Innovation**, College of Science, Technology, and Health, Lindenwood University, St. Charles, MO, July 2021 – Present.

**Associate Professor, Exercise Science**, Lindenwood University, St. Charles, MO, August 2018 – Present.

**Director, Exercise and Performance Nutrition Laboratory**, Lindenwood University, St. Charles, MO, January 2015 – Present.

#### Current Secondary Academic Roles

**Adjunct Research Fellow**, Rocky Mountain University for the Health Professions, September 2021 – Present.

**Adjunct Instructor**, Rocky Mountain University for the Health Professions, Human Performance, PhD program, June 2020 – Present.

**Research Affiliate & Collaborator**, Mayo Clinic Health System, Onalaska, WI, March 2019 – Present.

#### Past Academic Roles

**Assistant Professor**, Exercise Science, Lindenwood University, St. Charles, MO, December 2014 – August 2018.

**Assistant Professor**, Health, Exercise and Sport Sciences Department, University of New Mexico, Albuquerque, New Mexico. August 2012 – December 2014.

**Assistant Professor, Health and Exercise Science Department**, University of Oklahoma, Norman, OK August 2006 – June 2012.

### PROFESSIONAL CERTIFICATIONS, FELLOWSHIPS AND TRAINING

- Good Clinical Practice, National Drug Abuse Treatment Clinical Trials Network, 2020
- Fellow, National Strength and Conditioning Association, 2019.
- CITI GCP for Clinical Trials with Investigational Drugs and Biologics (ICH Focus), 2018.
- CITI, Biomedical Research, 2019.

- CITI Biomedical Responsible Conduct of Research, 2019.
- CITI Conflicts of Interest, 2018.
- Certified Sport Nutritionist of the International Society of Sports Nutrition (CISSN), September 15, 2017.
- Administrative & Leadership Workshop, University of New Mexico College of Education, 2013 – 2014.
- Fellow, American College of Sports Medicine, 2011.
- Summer Research Fellowship, College of Arts & Sciences, University of Oklahoma, 2009.
- Summer Research Fellowship, Vice President for Research & Provost, University of Oklahoma, 2008.
- Presidential International Travel Fellowship, University of Oklahoma President's Office, 2008.
- Fellow, International Society of Sports Nutrition, 2008.
- Certified Strength and Conditioning Specialist, Recertified with Distinction (CSCS\*D). National Strength and Conditioning Association Certification Commission. March 1998. Recertified with Distinction: January 1, 2008.
- Certified Personal Trainer, Recertified with Distinction (NSCA-CPT\*D). National Strength and Conditioning Association Certification Commission. July 1999. Recertified with Distinction: January 1, 2008.
- Stable Isotope Course for Biomedical Research, Univ. Texas Metabolism Branch, Galveston, TX, 2004.
- Certified Athletic Trainer. National Athletic Trainers Association. June 2002 – December 31, 2015.
- Certified Exercise Physiologist. American Society of Exercise Physiologists. 2001-2005.

## **ACADEMIC HONORS AND PROFESSIONAL RECOGNITION**

- Scholar of the Year, Lindenwood University, 2021.
- Educator of the Year, National Strength and Conditioning Association, 2020.
- President's Scholar-Teacher Award, Lindenwood University, May 2018.
- Scholar of the Year, Lindenwood University, 2016 and 2021.
- Nutritional Research Achievement, National Strength and Conditioning Association, 2016.
- State Provincial Director of the Year, National Strength and Conditioning Association, 2014.
- Student Research Award, National Strength and Conditioning Association, 2004.
- Challenge Scholarship, National Strength and Conditioning Association, 2002 - 2004.
- Melvin Humphreys Research Award, University of Memphis, 2002.
- Power Systems Professional Scholarship, National Strength and Conditioning Association, 1999 & 2001.
- Cum Laude, Department of Health & Exercise Science, Truman State University, Kirksville, MO, 1999.
- Program Honors, Department of Health & Exercise Science, Truman State University, Kirksville, MO, 1999.
- Joseph P. Dolan Memorial Scholarship, Truman State University, Kirksville, MO, 1998.

## **PROFESSIONAL MEMBERSHIPS**

- National Strength & Conditioning Association, 1997 – present.
- American College of Sports Medicine, 1999 – present.
- International Society of Sports Nutrition, 2005 – present.
- American Society of Nutritional Sciences, 2020 – Present.

## STUDENT ADVISING AND MENTORING

### Lindenwood University

#### Undergraduate Students

1. Bradley Gieske. Undergraduate student research mentor. EXS 44000.
2. Stephanie Sands. Undergraduate student research mentor. EXS 44000. Project Title: Assessing resting metabolic rate in fasted, fed, and caffeinated healthy, college-aged individuals.
3. Patrick Harty. Undergraduate student research mentor. EXS 44000. Project Title: Metabolic, heart rate and perceptual responses to four different styles of treadmill exercise.
4. Lori O'Reilly. Undergraduate student research mentor. EXS 44000. Project Title: Metabolic, heart rate and perceptual responses to four different styles of treadmill exercise.
5. Ann Puschkasch. Undergraduate student research mentor. EXS 44000. Project Title: Metabolic, heart rate and perceptual responses to four different styles of treadmill exercise.
6. Mallory Eitel. Undergraduate student research mentor. EXS 44100 – Research Internship. Project Title: Total, resting and exercise energy expenditure across an entire women's basketball season.
7. Slobodan Bavrlic. Undergraduate student research mentor. EXS 44100 – Research Internship. Project Title: Prediction of peak  $\text{VO}_2$  from a high-intensity, intermittent running test.
8. Andrey Diaz-Garcia. EXS 441-Utility of Prediction  $\text{VO}_2$  Max from an Intermittent Sprint Running Test.
9. Bradley Currier, Undergraduate Research Assistant, Exercise and Performance Nutrition Laboratory.
10. Julia Blumkaitis, Research Internship (EXS 44100). Project Title: Test-Retest Reliability of an Isokinetic Dynamometer, Exercise and Performance Nutrition Laboratory.
11. Evan Blankenship. Research Internship (EXS 441). Project Title: The Effect of Exercise Timing on Resting Metabolic Rate, Exercise and Performance Nutrition Laboratory.
12. James Malloy, Undergraduate Research Assistant, Exercise and Performance Nutrition Laboratory.
13. Riley Stefans, Undergraduate Research (EXS 335). Project Title: Impact of Exercise Timing on Resting Metabolic Rate.
14. Alicia Barry. Project Title: Fat-Free Mass Index in Prostate Cancer Patients Treated with Androgen Deprivation Therapy.
15. Riley Stefans, Research Internship (EXS 441). Project Title: Reliability Determination of Four-Compartment Body Composition Determination.
16. Brad Currier, Research Internship (EXS 441). Project Title: Biochemical determination of creatine kinase and insulin using enzyme kinetic and ELISA based protocols.
17. Travis Russo, (EXS 441). Changes in Body Composition and Strength After Androgen Deprivation Therapy in Prostate Cancer Patients.

#### Master's Students

1. Alicia Watson. Determining the caloric needs of female collegiate athletes. Committee: **Kerksick CM** (Chair), Tessmer K, Fox E.
2. Patrick Dolan. Independent and combined impact of carbohydrate and caffeine mouth rinsing on intermittent running performance in competitive lacrosse athletes. Committee: **Kerksick CM** (Chair), Tessmer K, Fox E.
3. Joshua Carter. Comparison between heart rate based training, perceived effort, and power based training in competitive elite cyclists. Committee: Wright P (Chair), **Kerksick CM**, Tessmer K.
4. Charles Smith. The Effects of Long-Term Beta-Alanine Supplementation on Collegiate Male Rugby Athletes. Committee: **Kerksick CM (Chair)**, Mike J, Schroeder C.
5. Brittany David. Effects of Rapid Weight Loss and Dehydration on Ventilatory Performance in Female Collegiate Wrestlers. Committee: **Kerksick CM (Chair)**, Tessmer K, Wright P.
6. Richard Aley. The effect of a neuromuscular training program on jump landing performance. Committee: **Kerksick CM (Chair)**, Godar T, Tessmer K.
7. Ross Hasegawa. Determinants of ball-exit velocity in collegiate baseball players. Committee:

- Kerksick CM (Chair)**, Tessmer K, Reese M.
8. Richard Stecker. Effects of variable resistance training on upper-body power production. Committee: **Kerksick CM (Chair)**, Mike J, Richmond S
  9. Kyle Witherbee. The effect of acute supplementation of sodium bicarbonate and caffeine on anaerobic running performance. Committee: **Kerksick CM (Chair)**, Richmond S, Mike J.
  10. Brad Gieske. Psychological, cognitive, and physical aspects of goalkeeping aptitude: A field-based approach. Committee: Wright P (Chair), **Kerksick CM**, Tessmer K.
  11. Patrick Harty. Caffeine Timing Improves Lower-Body Muscular Performance. Committee: **Kerksick CM (Chair)**, Schroeder C, Richmond S.
  12. Ann Puschkasch. Nutrition Knowledge Among Adolescent Athletes, Caregivers and Coaches. Committee: **Kerksick CM (Chair)**, Jagim A, Alameda A.
  13. Andrew Hamerlinck. The effects of psychological skills training on elite youth baseball hitting performance. Committee: Wright PW (Chair), Richmond S, **Kerksick CM**, Crow L (ex-officio).
  14. Hannah Zabriskie. Recovery of heart rate variability after hyperthermic moderate-intensity exercise in endurance trained women. Committee: **Kerksick CM** (Co-Chair), Jagim AR (Co-Chair), Schroeder C, Tessmer K.
  15. Julia Blumkaitis. Effects of a Sham-Controlled Compression Garment on Peripheral Circulation and Markers of Sports Performance and Recovery. Committee: **Kerksick CM (Chair)**, Mumford P, Richmond S.
  16. Jessica Moon. Immune Modulating Impact of Probiotic BC30 After Stressful, Damaging Resistance Exercise. Committee: **Kerksick CM (Chair)**, Mumford P, Sunderland K.
  17. Anthony Hagele. Effects of the Combination of Nitrate and Caffeine on Critical Power. Committee: **Kerksick CM (Chair)**, Mumford P, Sunderland K.
  18. Kayla Ratliff. Metabolic impact of protein feeding prior to long-duration moderate-intensity treadmill exercise on females in a fasted state. Committee: **Kerksick CM (Chair)**, Richmond, S, Sunderland K.
  19. Kylie Walden. Acute Changes in Plasma Amino Acid Appearance After Adding Bacillus Coagulations GBI-30, 6086 to Milk Protein Concentrate in Older Women. Committee: **Kerksick CM (Chair)**, Richmond, S, Sunderland K.
  20. Connor Gaige. Single bout of moderate intensity exercise on eSports performance. Committee: Mumford P (Chair), Sunderland K, **Kerksick C**.
  21. Logan Orr. Comparison of training and match workloads in collegiate female tennis athletes. Committee: Sunderland K (Chair), Mumford P, **Kerksick CM**.
  22. Karolina Zavisiute. Physiological Measurements, Performance Analysis, and How the Body Responds to Ultra-Marathon Distance Race. Committee: Richmond S (Chair), Sunderland K, **Kerksick CM**, Mumford P.
  23. Kristen Gross. Effect of Flavored Kefir Versus Flavored Milk on Time-Trial Performance in Endurance Masters Athletes. Committee: Harty P, Sunderland K, Mumford P, **Kerksick CM** (Chair).

## Previous Institutions

### Undergraduate Students

1. Cole, N. (2013). PEP 391 – Special Problems – High-Intensity Interval Research. University of New Mexico.
2. Padilla, H. (2005 – 2006). The Acute Effects of Macronutrient Type and Caloric Intake on Body Weight, Body Composition and Resting Energy Expenditure. Baylor University (Faculty Mentor: Richard Kreider, PhD, served as graduate mentor.).
3. Rosencutter, J. (2007 – 2008). The impact of aging on three sequential bouts of lower resistance training. Honors Thesis and UROP Faculty Mentor: **Kerksick, CM**. University of Oklahoma.

### Master Students

1. Lam A. (November 6, 2012). Presentation Topic: Training Effects of Fiber Type Distribution.

- University of New Mexico. Committee Members: Kravitz L, Mermier C, **Kerksick CM**.
2. Martinez M. (November 6, 2012). Presentation Topic: Resistance Training and Coronary Heart Disease. University of New Mexico. Committee Members: Kravitz L, Mermier C, **Kerksick CM**.
3. McLean R. (March 27, 2013). Presentation Topic: Exercise Programming for People with Multiple Sclerosis. University of New Mexico. Committee Members: Kravitz L, Gibson A, **Kerksick CM**.
4. Womack M. Impact of Exercise Style on Food Intake, Hunger and Exercise Satisfaction, Fall 2013. University of New Mexico. Committee Members: Conn C, **Kerksick CM**, Yakes B.
5. Thomas J. (October 31, 2013). Presentation Topic: Joint Diseases and Physical Activity. University of New Mexico. Committee Members: Kravitz L, Mermier C, **Kerksick CM**.
6. Hoge K. (2008 – 2010). The Acute Effects of Two Different Stretching Protocols on Musculotendinous Stiffness and Range of Motion in College-Aged Men. University of Oklahoma. Committee Members: Cramer JT (Chair), Stout JR, **Kerksick CM**.
7. Dillon M. (2008 – 2010). Non-thesis option. University of Oklahoma. Committee Members: Beck T (Chair), **Kerksick CM**, Cramer JT.
8. Hassell S. (2007 – 2009). The Impact of Resistance Training and Nutritional Supplementation on Acute Proteolytic Expression. University of Oklahoma. Committee Members: **Kerksick CM (Chair)**, Stout JR, Beck T.
9. Debolt N. (2007 – 2009). Non-thesis option. University of Oklahoma. Committee Members: **Kerksick CM (Chair)**, Cramer JT, Stout JR.

#### Doctoral Students

1. McLain T (2014 – 2016). The impact of branched chain amino acid supplementation on markers of muscle damage, performance, and autophagy using acute resistance exercise. University of New Mexico. Committee Members: Mermier C (Chair), Dokladny K, Kravitz L, **Kerksick CM**.
2. Mike J. (2013 – 2015). Impact of different eccentric contraction lengths on muscle damage and hormone concentrations. University of New Mexico. Committee Members: **Kerksick CM (Co-Chair)**, Kravitz L, Mermier C, Conn C.
3. Beam J. (2012 – 2013). The effect of post-exercise caffeine and chlorogenic acid supplementation on blood glucose and insulin during an oral glucose tolerance test. University of New Mexico. Committee Members: Mermier C (Chair), **Kerksick CM**, Gibson A, Conn C.
4. Kulovitz M. (2012 – 2013). Impact of meal frequency on appetite and blood markers of health in obese women utilizing an equi-hypocaloric diet during a behavioral weight loss intervention. University of New Mexico. Committee Members: **Kerksick CM (Co-Chair)**, Kravitz L (Co-Chair), Conn C, Mermier C, Gibson A, Kolkmeier D.
5. Carriker C. (2013 – 2014). Effect of inorganic nitrate on oxygen consumption at moderate altitude. University of New Mexico. Committee Members: Gibson AL, Mermier C, **Kerksick CM**, Witt C.
6. Roberts MD. (2006 – 2010). The Effects of Aging on Markers of Satellite Cell Activity after Sequential Bouts of Resistance Exercise. University of Oklahoma. Committee Members: **Kerksick CM (Chair)**, Stout JR, Cramer JT, Demben D, Henry R.
7. Dalbo V. (2006 – 2010). The Effects of Aging on Myostatin Pathway Activity after Three Sequential Bouts of Resistance Exercise. University of Oklahoma. Committee Members: **Kerksick CM (Chair)**, Stout JR, Beck T, Bemben M, Henry R.
8. Lockwood C. (2007 – 2010). The Effects of Whey Protein Quality on Exercise Performance, Body Composition and Health in Resistance Trained Men: A Double-Blind, Placebo-Controlled, Randomized Study. University of Oklahoma. Committee Members: Stout JR (Chair), **Kerksick CM**, Cramer JT, Beck T, Hope T.
9. Smith A. (2007 – 2011). Exercise-Induced Oxidative Stress: Examining the Antioxidant Capabilities of Beta-Alanine Supplementation. University of Oklahoma. Committee Members: Stout JR (Chair), Cramer JT, **Kerksick CM**, Beck T, Hull H.
10. Herda T. (2007 – 2011). The Effects of Aging Skeletal Muscle Morphology and Neuromuscular Function of the Leg Extensors. University of Oklahoma. Committee Members: Cramer JT (Chair), Stout JR, **Kerksick CM**, Beck T, Hope T.

11. Costa P. (2008 – 2011). The Effects of Short-Term Resistance Training and Subsequent Detraining on Neuromuscular Performance. University of Oklahoma. Committee Members: Cramer JT (Chair), Stout JR, Beck T, **Kerksick CM**, Hope T.
12. Nick Dinan. Effect of Creatine Monohydrate Supplementation Timing on Resistance Training Adaptations. Rocky Mountain University of Health Professions. **Kerksick CM (Chair)**, Jagim AR, Miller M.

## EXTERNAL FUNDING

### Lindenwood University

#### Funded Proposals

**Total # of Grants Funded: 27**

1. A Prospective, Randomized, Double-Blind, Placebo-Controlled Study to Evaluate the Effects of Lasoperin™ on Cognitive Function in Healthy Adults. 2022. PI: Chad Kerksick, PhD. Sponsor: **Unigen**.
2. A Randomized, Crossover Pilot Study to Examine the Acute Impact of *Veillonella Atypica* Supplementation on Exercise Performance and Acute Lactate Responses. 2022. PI: Chad Kerksick, PhD. Sponsor: **Fitbiomics**.
3. Effect of a Novel Blend of Plant Protein and Additional Ingredients on Resistance Training Adaptations. 2021. PI: Chad Kerksick, PhD. Sponsor: **Iovate Health Sciences (Increnovo, LLC)**.
4. Impact of a Blended Plant Protein Supplement on Resistance Training Adaptations. 2021. PI: Chad Kerksick, PhD. Sponsor: **Center for Applied Health Sciences**.
5. Changes in Metabolic Rate and Perceptual Indicators After Acute Ingestion of Paraxanthine. 2021. PI: Chad Kerksick, PhD. Sponsor: **Ingenious Ingredients**.
6. Dose-Response Effect of Phosphatidylserine on eSports Performance. 2021. PI: Chad Kerksick, PhD. Sponsor: **Nagasse, Inc. (Increnovo, LLC)**.
7. A Pilot Study to Examine Changes in Resistance Training Adaptations After Leucine and Dileucine Ingestion. 2021. PI: Chad Kerksick, PhD. Sponsor: **Ingenious Ingredients**.
8. Acute Changes in Plasma Amino Acid Appearance After Adding Bacillus Coagulations GBI-30, 6086 to Milk Protein Concentrate in Older Women. 2021. PI: Chad Kerksick, PhD. Sponsor: **Kerry Foods (Increnovo, LLC)**.
9. Comparison of Leucine Uptake and Insulin Changes Between Two Leucine Beverage Formulations. 2020. PI: Chad Kerksick, PhD. Sponsor: **Glanbia Nutritionals (Increnovo, LLC)**.
10. Appearance Kinetics of Amino Acids and Peptides After Oral Ingestion of Free Amino Acids, Peptides, and Whey Protein. 2020. PI: Chad Kerksick, PhD. Sponsor: **Increnovo, LLC**.
11. A Pilot Study to Determine the Bioavailability of Oral Beta-Aminoisobutyric acid (BAIBA) Ingestion. 2020. PI: Chad Kerksick, PhD. Sponsor: **NNB Nutrition USA, LLC**.
12. Bioavailability of Berberine and Dihydroberberine and Their Impact of Glycemia. 2020. PI: Chad Kerksick, PhD. Sponsor: **NNB Nutrition USA, LLC**.
13. Performance Enhancing Effects of a Natural Bicarbonated Water. 2020. PI: Chad Kerksick, PhD. Sponsor: **IDS Borjomi Georgia**.
14. Impact of Adding Bacillus Coagulans GBI-30, 6086 To a Single Dose of Milk Protein Concentrate on Protein Absorption. 2019. PI: Chad Kerksick, PhD. Sponsor: **Kerry Foods (Increnovo, LLC)**.
15. Impact of Probiotic Administration on Mood, Psychological Traits, Physical Activity, Stress, and Sleep Quality. 2019. PI: Chad Kerksick, PhD. Sponsor: **Probiotal/Ashland (Increnovo, LLC)**.
16. Immune Modulating Impact of Stalmune or BC30 After Stressful, Damaging Resistance Exercise. 2019. PI: Chad Kerksick, PhD. Sponsor: **Kerry Foods (Increnovo, LLC)**.
17. Impact of Glucosamine Supplementation on Gut Microbiota. 2018. PI: Chad Kerksick, PhD. Sponsor: **TSI (Increnovo, LLC)**.

18. An Exploratory Pilot Approach to Examine the Absorption Kinetics and Clinical Safety of DiLeucine. 2018. PI: Chad Kerkick, PhD. Sponsor: **Incenovo, LLC**.
19. Effects of Daily Doses of Rice or Whey Protein on Resistance Training Adaptations. 2018. PI: Chad Kerkick, PhD. Sponsor: **Axiom Foods (Incenovo, LLC)**.
20. Impact of Baker's Yeast  $\beta$ -Glucan Supplementation on Immune Status and Muscle Damage After Exercise Stress. 2018. PI: Chad Kerkick, PhD. Sponsor: **Leiber, LLC (Incenovo, LLC)**.
21. The Effect of Timed Ingestion of Whey Protein Isolate During 8 Weeks of Resistance Training on Changes in Strength, Endurance, Power, Fat-free mass and Muscle Hypertrophy. 2017. PI: Mary Altepeter (Graduate student), Role: Faculty mentor. Sponsor: **National Strength and Conditioning Association Foundation**.
22. The Effects of Acute Calcium Lactate Supplementation on Endurance Performance in Trained Cyclists. 2017. PI: Otavio Takeda (Graduate student), Role: Faculty mentor. Sponsor: **National Strength and Conditioning Association Foundation**.
23. Effect of Caffeine Timing on Lower Body Resistance Training Performance in Healthy Resistance Trained Subjects. 2017. PI: Patrick Harty (Graduate student), Role: Faculty mentor. Sponsor: **National Strength and Conditioning Association Foundation**.
24. Examining the Impact of Beta-Alanine Supplementation on Anaerobic Exercise Performance in Collegiate Rugby Athletes. 2017. PI: Charles Smith (Graduate student), Role: Faculty mentor. Sponsor: **National Strength and Conditioning Association Foundation**.
25. Nutrition Strategies to promote muscle anabolism and fat catabolism and oxidation: Creating a better understanding of "Fasted Cardio". 2016. PI: Chad Kerkick, PhD. Sponsor: **Dymatize Nutrition**.
26. Determining the Daily Caloric Needs of Female Athletes. 2015. PI: Alicia Watson (Graduate student), Role: Faculty mentor. Sponsor: **National Collegiate Athletic Association**.
27. Influence of Eccentric Duration on Anabolism, Damage and Oxidative Stress. 2015. PI: Chad Kerkick, PhD. Sponsor: **National Strength and Conditioning Association Foundation**.

#### Previous Institutions

1. Evaluation of a Medical Food Containing AN777 in Malnourished and Sarcopenic Subjects. PI: Joel Cramer, PhD, Role: Co-Investigator. Sponsor: **Abbott Nutrition**.
1. Effects of Whey Protein Supplementation on Body Composition, Muscular Strength and Mobility in Older Adults. PI: Joel Cramer, PhD, Role: Co-Investigator. Sponsor: **General Nutrition Corporation**.
2. Effect of whey protein quality on physiological response to resistance exercise in trained men: a double-blind, placebo-controlled, randomized trial. PI: Chris Lockwood (Graduate student), Role: Faculty mentor. Sponsor: **Ultimate Nutrition**.
3. Effect of whey protein quality on physiological response to resistance exercise in trained men: A double-blind, placebo-controlled, randomized trial. PI: Chris Lockwood (Graduate student), Role: Faculty mentor. Sponsor: **Progenex Dairy Bioactives**.
4. Effect of creatine loading on glycogen content during high-intensity exercise. PI: Kyle Sunderland (Graduate student), Role: Faculty mentor. Sponsor: **National Strength and Conditioning Association**.
5. Impact of Thermasine® (lysine L-carnitine fumarate), citrus aurantium, 7-Keto® DHEA and theobromine HCl supplementation on weight loss in college-aged males and females. PI: Chad Kerkick, PhD, Sponsor: **Champion Nutrition**.
6. A pilot study to evaluate the effect of beta-hydroxy-beta-methylbutyrate in elderly subjects. PI: Jeff Stout, PhD, Role: Co-Investigator. Sponsor: **Abbott Laboratories**.
7. Effects of two different whey protein supplements on thigh muscle cross-sectional area, muscular strength, endurance and body composition during 8 weeks of resistance training. PI: Joel Cramer, PhD, Role: Co-Investigator. Sponsor: **General Nutrition Corporation**.
8. The impact of microhydrin on body water and metabolic indicators of ventilatory threshold. PI: Chad Kerkick, PhD. Sponsor: **Royal Body Care Life Sciences**.
9. Impact of modified starch ingestion on glycemic and performance changes during prolonged,

- moderate intensity exercise. PI: Chad Kerkicksick, PhD. Sponsor: **GlyGenix, Inc.**
10. Tracking changes in total body water and the validity of hydrometry for predicting percent body fat in men and women using bioimpedance spectroscopy: A deuterium oxide and four-compartment model validation. PI: Jordan Moon, PhD, Role: Co-Investigator. Sponsor: **ImpediMed, Inc.**
  11. Impact of age on hypertrophy signaling after sequential bouts of lower body resistance exercise. PI: Chad Kerkicksick, PhD. Sponsor: **National Strength and Conditioning Association Foundation.**
  12. The effect of aging on intramuscular markers of the phosphocreatine system. PI: Mike Roberts (Graduate student), Role: Faculty mentor. Sponsor: **National Strength and Conditioning Association Foundation.**
  13. The acute and chronic effects of ingesting Celsius™ over a 28-day period on weight loss and markers of fat metabolism. Role: Chad Kerkicksick, PhD. Sponsor: **Elite Fx, Inc.**
  14. The effect of creatine supplementation on power output, muscle strength, and endurance investigated in randomized, placebo-controlled, parallel study. PI: Joel Cramer, PhD, Role: Co-Investigator. Sponsor: **General Nutrition Corporation.**
  15. The effect of a dietary supplement on energy expenditure before, during and following low intensity exercise investigated in a randomized, placebo-controlled, double-blind, cross-over study. PI: Joel Cramer, PhD, Role: Co-Principal Investigator. Sponsor: **General Nutrition Corporation.**
  16. Validity of the ImpediMed Imp SFB7 to estimate total body water, intracellular water, extracellular water, and body fat percentage in men and women. PI: Jordan Moon, PhD (Graduate student), Role: Faculty Co-Investigator. Sponsor: **ImpediMed.**

### Non-Funded Proposals

1. Assessing the Status of Energy Expenditure, Energy Intake, and Body Composition and Their Relationship to Health and Performance in Adolescent Male and Female Lacrosse Athletes. US Lacrosse Center for Sports Science Research Grant Program. PI: Chad Kerkicksick, PhD, \$34,850. Sponsor: **US Lacrosse.**
2. Effects of a 10-second caffeinated mouth rinse on endurance cycling performance. PI: Brad Gieske (Graduate student), Role: Faculty mentor. Funding Source: **National Strength and Conditioning Association Foundation.**
3. The Impact of Branched-Chain Amino Acid Ratio on Muscle Damage, Markers of Anabolism, Athletic Performance and Recovery. PI: Chad Kerkicksick, PhD. Funding Source: **International Society of Sports Nutrition.**
4. The Dose-Response Impact of Fish Oil Supplementation on Damage, Soreness, Oxidative Stress, Inflammation and Performance after Eccentric Exercise. PI: Trisha VanDusseldorp (Graduate student), Role: Faculty mentor. Funding Source: **International Society of Sports Nutrition.**
5. Impact of Nitrate Consumption on Reduction in Oxygen Cost and Oxidative Stress at 12,000 feet. PI: Chad Kerkicksick, PhD. Funding Source: **Neogenesis Sport.**
6. Effect of Inorganic Nitrate on O<sub>2</sub> Consumption in Trained and Untrained Runners. PI: Chad Kerkicksick, PhD. Funding Source: **Neogenesis Sport.**
7. Glycemic and Insulinemic Responses to the Ingestion of Honey Versus Sucrose or High-Fructose Corn Syrup: Comparison Among People with Different Levels of Glucose Tolerance. PI: Chad Kerkicksick, PhD. Funding Source: **National Honey Board.**
8. Modulation of Insulin Signaling via Exercise Intensity. PI: Chad Kerkicksick, PhD. Funding Source: **Oklahoma Center for the Advancement of Science and Technology (OCAST).**
9. Resultant musculoskeletal changes from an oral pharmaceutical with concurrent resistive exercise. PI: John Caruso, PhD, Univ. of Tulsa, Role: Co-Principal Investigator. Funding Source: **National Aeronautics Space Administration.**
10. Rehabilitation Research and Training Center on Aging with Cerebral Palsy and Spinal Cord Injury PI: Irene McEwen, Yih-Kuen Jan, Martha Ferretti, Univ. of Oklahoma HSC Department of Rehabilitation Sciences. Role: Task Leader and PI of R1 arm of study proposal. Funding Source:



## **National Institute on Disability and Rehabilitation Research.**

11. Roles of micro RNAs in type 2 diabetes. PI: Dharambir Sanghera, PhD, Role: Co-Investigator. Funding Source: **National Institute of Diabetes and Digestive and Kidney Diseases.**
12. The balance of skeletal muscle: age and exercise effects. PI: Chad Kerkick, PhD. Funding Source: **Oklahoma Center for Advancement in Science & Technology New Scientist Program.**
13. Comparing Cortisol and Markers of Protein Synthesis and Degradation from Flywheel Ergometry Workouts. PI: John Caruso, PhD, Role: Co-Principal Investigator. Funding Source: **National Aeronautics Space Administration.**
14. The balance of skeletal muscle: age and exercise effects. PI: Chad Kerkick, PhD. Funding Source: **Oklahoma Center for Advancement in Science & Technology Health Research Program.**
15. Impact of differing protein sources on acute changes in skeletal muscle hypertrophy. PI: Chad Kerkick, PhD and Jeffrey Stout, PhD. Funding Source: **Abbott Laboratories.**
16. The effects of whey protein with carbohydrate immediately following resistance exercise in muscle quality and quantity in elderly men. Role: Chad Kerkick, PhD. Funding Source: **National Dairy Council.**

## **PUBLICATIONS**

### **Books:**

1. **Kerkick CM** and Fox E. Sport Nutrition Needs for Child and Adolescent Athletes. (2016). CRC Press, Taylor and Francis Group, Boca Raton, FL. ISBN: 978-1-4665-7974-3. [Amazon.](#) [CRC Press Web Site.](#)
2. **Kerkick CM.** Nutrient Timing: Metabolic Optimization for Health, Performance and Recovery. (2012). CRC Press, Taylor and Francis Group, Boca Raton, FL. ISBN: 978-1-4398-3889-1. [CRC Press Web Site.](#)

### **Book Chapters:**

1. **Kerkick CM** and Arent S. Nutrient Timing. In: Campbell BI. NSCA's Guide to Sport and Exercise Nutrition. (2020). Human Kinetics, Champaign, IL, pp. 179-212. ISBN: 978-1-4925-9351-5.
2. Kreider RB, Kalman DS, Antonio J, Ziegenfuss TN, Wildman REC, Candow DG, **Kerkick, CM.** Nutraceutical Application of Creatine (Chapter 15). In: Wildman REC and Bruno RS, Handbook of Nutraceuticals and Functional (3<sup>rd</sup> Edition). 2020 CRC Press. ISBN: 978-1-4987-0372-7. [Web Link.](#)
3. **Kerkick CM.** An Overview of the Nutritional Requirements for Athletes Engaged in Extreme Endurance Events. In: Bagchi, D. Extreme and Rare Sports: Performance Demands, Drivers, Functional Foods, and Nutrition. Taylor & Francis. ISBN: 9781138091443. [Web Site.](#)
4. **Kerkick CM.** Requirements of Protein, Carbohydrates and Fats for Athletes. In: Bagchi, D, Nair S, Sen CK. Nutrition and Enhanced Sports Performance: Recommendations for Muscle Building, 2<sup>nd</sup> Edition. Elsevier Publishers. ISBN: 978-0128139226. [Amazon.](#)
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2. Lowery LM, Anderson DE, Scanlon KF, Stack A, **Kerksick CM**, Stout JR, Ziegenfuss TN, Zapp A, Tartar JL, Heilesen JL, VanDusseldorp TA, Kalman DS, Campbell BI, Antonio J, Kreider RB. International Society of Sports Nutrition Position Stand: Coffee and Sports Performance. *J Int Soc Sports Nutr*. Anticipated submission date: April 1, 2023.
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Health Parameters, and Selected Hormones in an Elite Female CrossFit Competitor Leading Up To and in Response to the 2022 CrossFit Games. *Physiological Reports*. Submitted: January 14, 2023.

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- Kerksick C.** The efficacy of body mass index as a health status indicator. *Sports Nutr Rev J.* 2004; 1(1): S12, Abstract #17.
121. Nassar E, Bowden R, Campbell B, Vacanti T, **Kerksick C**, Baer J, Roberts M, Marcello B, Thomas A, Taylor L, Wilborn C, Rasmussen C, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on quality of life. *Sports Nutr Rev J.* 2004; 1(1): S12, Abstract #18, 2004.
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  133. Kreider R, Rasmussen C, **Kerksick C**, Lancaster S, Starks M, Greenwood M, Milnor P, Almada A, Earnest C. Effects of bovine colostrum supplementation on training adaptations. I: Body composition. *FASEB J.* 2001; 15: LB316.
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  136. **Kerksick C**, Mayhew JL. The seven to ten repetition maximum for predicting one repetition maximum bench press in high school male athletes. *J Strength Cond Res.* 2000; 14(3): 364.
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## RESEARCH PRESENTATIONS

### Invited Oral Research Presentations:

1. **Kerksick C.** A Gutsy Performance: What Can the Bugs in Our Gut Tell Us About Improving Exercise Performance. Active and Sports Nutrition Summit, San Diego, CA, February 15 – 17, 2023.
2. **Kerksick C.** A Gutsy Performance: What Can the Bugs in Our Gut Tell Us About Improving Exercise Performance. IPA World Congress + Probiota 2023. Barcelona, Spain, February 6 – 8<sup>th</sup>, 2023.
3. **Kerksick C.** Vegetable Proteins: Adaptations to Exercise, Effects on Recovery and Considerations in Different Population Groups. ISSN Colombia, Medellin, Colombia, Saturday, November 19<sup>th</sup>, 2022.
4. **Kerksick C.** Energy Availability and Protein Intake Before Exercise vs. Fasted Training. ISSN Colombia, Medellin, Colombia, Saturday, November 18<sup>th</sup>, 2022.
5. **Kerksick C.** 10 High Priority Strategies to Fuel High School Athletes. NSCA Missouri State Clinic, St. Louis, MO, Saturday, September 24, 2022.
6. **Kerksick C.** The Unique Ways in Which *Bacillus Coagulans* GBI-30, 6086 (BC30) May Aid in Health, Recovery, and Exercise Adaptations. International Society of Sports Nutrition, Fort Lauderdale Beach, FL. Friday, June 17<sup>th</sup>, 2022.
7. **Kerksick C.** Nutritional Strategies for Athlete Muscle Recovery. Central States American College of Sports Medicine Annual Meeting, Fayetteville, AR. Thursday, March 3<sup>rd</sup>, 2022.
8. **Kerksick C.** Dietary Approaches in Sports Nutrition. Nutra Ingredients Sports & Active Nutrition Summit, San Diego, CA. Wednesday, February 16<sup>th</sup>, 2022.
9. **Kerksick C.** Nutrient Timing ISSN Position Stand Webinar (virtual). Saturday, February 12<sup>th</sup>, 2022.
10. **Kerksick C.** What Role Can Plant Proteins Play in Promoting Exercise Training Adaptations? 19<sup>th</sup> Annual International Society of Sports Nutrition, St. Petersburg, FL, Saturday, June 12<sup>th</sup>, 2021.
11. **Kerksick C.** Efficacy of Selected Standardized Botanical Extracts, Novel Amino Acid Derivatives, Micronutrients, and Ergogenic Agents in Sports Nutrition, Muscle Building, and Exercise Performance. Institute of Food Technologies (IFT), New Orleans, LA, June 5, 2019.
12. **Kerksick C.** Maximizing Fat Loss: Training and Dietary Approaches. NSCA Brasil, BF Eventos, Brasilia, Brasil, November, 25, 2018.
13. **Kerksick C.** All Things Protein: Recommended Amounts, Timing, Daily Distribution, Source, Dose. ISSN Brasil, BF Eventos, Brasilia, Brasil, November 24, 2018.
14. **Kerksick C.** Protein Needs, Nutrient Timing and Recovery Considerations. NSCA National Conference, Indianapolis, IN, July 13<sup>th</sup>, 2018.
15. **Kerksick C.** A Coaches Guide to Changes in Energy Needs Throughout the Competitive Season. NSCA Coaches Conference, Charlotte, NC, January 4<sup>th</sup>, 2018.
16. **Kerksick C.** When and What...Eating to Optimize Your Performance and Health. Eureka High School, School Wellness Day, Monday, October 23<sup>rd</sup>, 2017.
17. **Kerksick C.** The Critical Importance of Protein During Energy Restriction: Considerations for Athletic Performance. ISSN-Kennesaw State University Conference on Nutrition and Training, Kennesaw, GA, September 16, 2017.
18. **Kerksick C.** Trials and Tribulations of Fat Loss, NSCA National Conference, Las Vegas, NV, July 12<sup>th</sup> – 15<sup>th</sup>, 2017.
19. **Kerksick C.** Developing a Sport Nutrition Program. Missouri NSCA State Clinic, Columbia, MO, April 29<sup>th</sup>, 2017.
20. **Kerksick C.** Diet and Exercise Considerations for Weight Loss. LindenWELL Heart Health Month, Lindenwood University, Friday, February 24<sup>th</sup>, 2017.

21. **Kerksick C.** Why, How, What of Beta-Alanine. ISSN/Dymatize Athletic Nutrition Conference, Dallas, TX. Friday, January 20<sup>th</sup>, 2017.
22. **Kerksick C.** The Power of Protein During Energy Restriction. NSCA Midwest Regional Conference, Lindenwood University, St. Charles, MO. Saturday, November 13, 2015.
23. **Kerksick C.** Everything You Want To Know About Protein. Albuquerque Strength and Conditioning Clinic, Albuquerque, NM. Saturday, September 13, 2014.
24. **Kerksick C.** The Trials and Tribulations of Fat Loss. NSCA Rocky Mountain Regional Conference, Denver, CO. Saturday, February 8, 2014.
25. **Kerksick C.** The Trials and Tribulations of Fat Loss. Albuquerque Strength and Conditioning Clinic, Albuquerque, NM. Saturday, September 7, 2013.
26. **Kerksick C.** The Evolution and Impact of Exercise Science and the Role It Can Play in Patient Outcomes. Pediatric Grand Rounds, University of New Mexico School of Medicine. Thursday, June 20<sup>th</sup>, 2013.
27. **Kerksick C.** Sports Nutrition Strategies for Strength and Power Athletes. New Mexico State National Strength and Conditioning Association Clinic, Albuquerque, NM, Saturday, June 8<sup>th</sup>, 2013.
28. **Kerksick C.** Eccentric Training and Its Potential Role in Recovery and Hypertrophy. Missouri State National Strength and Conditioning Association Clinic, St. Charles, MO, Saturday, May 4<sup>th</sup>, 2013.
29. **Kerksick C.** March, Climb, Sweat and Shiver: Specific Nutritional Concerns for Ground Forces in the U.S. Military. Ft. Sill, Lawton, OK, Monday, October 24<sup>th</sup>, 2011.
30. **Kerksick C.** Performance Nutrition in Military Personnel. Ft. Sill, Lawton, OK, Monday, September 19, 2011.
31. **Kerksick C.** Intensity vs. Volume and The Role of Training to Failure. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, Saturday, July 9<sup>th</sup>, 2011.
32. **Kerksick C.** Split-Body Training: A Training Approach to Effectively Teach, Train and Monitor One, A Few or Several Clients at Once. NSCA Personal Trainers' Clinic, Las Vegas, NV, Sunday, March 19<sup>th</sup>, 2011.
33. **Kerksick C.** Split-Body Training: A Training Approach to Effectively Teach, Train and Monitor One, A Few or Several Clients at Once. Oklahoma State National Strength and Conditioning Association Clinic, Norman, OK Saturday, February 26<sup>th</sup>, 2011.
34. **Kerksick C.** Sports Nutrition for Strength and Power Athletes. Mater Dei High School, Breese, IL, August 21<sup>st</sup>, 2010.
35. **Kerksick C.** Impact of protein source on resistance training adaptations. Oklahoma State National Strength and Conditioning Association Clinic, Norman, OK, Saturday, February 20<sup>th</sup>, 2010.
36. **Kerksick C.** Feed the Machine: Necessary Nutritional Information to Optimize Explosive Power. St. Mary's Medical Health Center, Philadelphia, PA, Saturday, January 23<sup>rd</sup>, 2010.
37. **Kerksick C.** Run Forever: Nutritional Supplements for Optimal Endurance. St. Mary's Medical Health Center, Philadelphia, PA, Saturday, January 23<sup>rd</sup>, 2010.
38. **Kerksick C.** Impact of protein source on resistance training adaptations. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, Friday, July 10<sup>th</sup>, 2009.
39. **Kerksick C.** What's in that bottle? An overview of thermogenic ingredient and their efficacy. 6<sup>th</sup> International Society of Sports Nutrition Annual Meeting, New Orleans, LA, Monday, June 15, 2009. (Sponsor: Champion Nutrition).
40. **Kerksick C.** Waxy maize starch/high molecular carbohydrate administration: Implications for metabolic disorders and efficacy as an ergogenic aid. General Clinical Research Center Research Conference, April 13, 2009.
41. **Kerksick C.** Impact of resistance training on myogenic gene expression in young vs. old individuals. Department of Physiology Seminar Series, April 24, 2008.
42. **Kerksick C.** Integrating exercise and nutrition methodologies into pediatric exercise research. Department of Pediatrics Research Rounds, November 1, 2007.

43. **Kerksick C.** Role of proteolytic enzymes at modulating soreness, inflammation and muscle damage following intense exercise. 4<sup>th</sup> International Society of Sports Nutrition Annual Meeting, Las Vegas, NV, Tuesday, June 12, 2007. (Sponsor: Transformation Enzymes, Inc.)
44. **Kerksick C.** Incorporating skeletal muscle research into clinical research. OUHSC General Clinical Research Center and Office of Research Administration Seminar Series, Oklahoma City, OK, December 11, 2006.

Oral Podium Abstract Presentations:

1. Allen L, **Kerksick CM**, Walden KE, Moon JE, Hagele AM, Gaige C, Krieger JM, Jäger R, Mumford P, Pane M, Amoroso A. Multi-Strain Probiotic Supplement Increases Mood, Anxiety, and Associated Biomarkers. IPA World + Probiota 2023, Wednesday, February 8<sup>th</sup>, 2023.
2. Kerksick C, Moon J, Hagele A, Walden K, Orr L, Gaige C, Ratliff K, Stecker R, Sunderland K, Mumford P. Force, Soreness, and Damage Marker Responses to Acute High Volume Resistance Exercise in High and Low Force Producers. Presented at National Strength and Conditioning Association Annual Meeting, New Orleans, LA, Saturday, July 9<sup>th</sup>, 2022.
3. Currier B, Harty P, Moon J, Ponder S, Stecker R, Zabriskie H, Jagim A, **Kerksick C.** Fat-Free Mass Index in a Diverse Sample of Male Collegiate Athletes. *Presented at* Central States Chapter of the American College of Sports Medicine Annual Meeting, Kansas City, MO, October 18-19, 2018.
4. Harty P, Zabriskie H, Stecker R, **Kerksick C.** Rapid-phase excess post-exercise oxygen consumption following a damaging plyometric exercise bout in resistance-trained males. National Strength and Conditioning Association, Indianapolis, IN, Friday, July 13<sup>th</sup>, 2018.
5. Alencar MK, **Kerksick CM**, Beam J, McCormick J, White A, Salgado R, Gibson A, Mermier C, Kolkmeier D, Kravitz L, Conn C. Influence of meal frequency on insulin, glucose, and appetite control in obese women undergoing a portion-controlled weight-loss intervention. *American College of Sports Medicine*, Orlando, FL, Wednesday, May 28<sup>th</sup>, 2014.
6. Poole C, Sunderland K, Roberts M, Dalbo V, and **Kerksick C.** Housekeeping gene analysis in skeletal muscle following sequential bouts of resistance exercise in elderly men. *Central States American College of Sports Medicine Meeting*, Columbia, MO, November 5-6, 2009.
7. Roberts M, Dalbo V, Hassell S, and **Kerksick C.** Effects of different pre-exercise feeding regimens on intramuscular markers of satellite cell activation following conventional resistance training. *Central States American College of Sports Medicine Meeting*, Columbia, MO, November 5-6, 2009.
8. Roberts MD, Dalbo V, Hassell S, Tucker P, **Kerksick CM.** Effects of aging and unaccustomed exercise on androgen and IGF-1 receptor concentrations in skeletal muscle. *American College of Sports Medicine*, Seattle, WA, May 29, 2009.
9. **Kerksick CM**, Roberts MD, Dalbo VJ, Hassell SE. Hormonal and gene expression of proteolytic markers in young versus old males 24 hours following resistance exercise. *National Strength and Conditioning Association*, Las Vegas, NV, July 2008.
10. **Kerksick C**, Roberts M, Dalbo V, Willoughby, D. Changes in skeletal muscle proteolytic gene expression after prophylactic supplementation of EGCG and NAC and eccentric damage. *American College of Sports Medicine*, Indianapolis, IN, May 2008.
11. Roberts MD, Dalbo VJ, Hassell S, Baker C, House P, Stout JR, FACSM and **Kerksick CM.** Efficacy and safety of a thermogenic energy drink after 28 days of ingestion. *Central States American College of Sports Medicine*, Springfield, MO, October 2007.
12. Smith AE, Hur J, **Kerksick C**, Fields DA, Hull H. Varying doses and composition of a popular energy drink on resting energy expenditure and body composition. *American College of Sports Medicine*, New Orleans, LA, May 2007.
13. **Kerksick C**, Leutholtz B, Bowden R, Rasmussen C, Muse R, Hanson J, Greenwood M, Earnest C, Kreider R. Effects of ribose supplementation prior to and following intense exercise on anaerobic capacity and metabolic markers. *American Society of Exercise Physiologists*, Sacramento, CA, April 2003.

### On-Campus University Posters Presentations

1. Harty P, Zabriskie H, Stecker R, Currier B, Moon J, Richmond S, Jagim A, **Kerksick C**. Position-specific body composition values in female collegiate rugby union athletes. 2019 Lindenwood University Student Research Symposium (St. Charles, MO), Wednesday, April 10, 2019.
2. Zabriskie H, **Kerksick CM**. Relationship between body composition, aerobic exercise, and core temperature changes during hot exercise. *Lindenwood Student Research Conference*, St. Charles, MO, April 10, 2019
3. Harty P, Zabriskie H, Stecker R, **Kerksick C**. Rapid-phase excess post-exercise oxygen consumption following a damaging plyometric exercise bout in resistance-trained males. 2018 Lindenwood University Student Research Symposium (St. Charles, MO), April 18, 2018.
4. Costa P, Gieske B, Stecker R, Smith C, Witherbee K, Peterson K, Tessmer K, **Kerksick C**. Body composition and bone density status in collegiate synchronized swimmers. 2016 Lindenwood University Student Research Symposium (St. Charles, MO), Wednesday, April 20, 2016.
5. Gieske B, Smith C, Stecker R, **Kerksick CM**. DEXA Test-Retest Reliability in Healthy, College-Aged Students. 2016 Lindenwood University Student Research Symposium (St. Charles, MO), Wednesday, April 20, 2016.
6. Smith C, Gieske B, Handojo C, Stecker R, Mike J, **Kerksick C**. Comparison of Anaerobic Power Measures in Intercollegiate, Intermittent Strength/Power Female Athletes. 2016 Lindenwood University Student Research Symposium (St. Charles, MO), Wednesday, April 20, 2016.
7. Stecker R, Gieske B, Smith C, Witherbee K, **Kerksick C**. Body Composition Among Collegiate Male and Female Strength and Power Athletes. 2016 Lindenwood University Student Research Symposium (St. Charles, MO), Wednesday, April 20, 2016.
8. Witherbee K, Dolan P, Peterson K, **Kerksick C**. The Effect of Carbohydrate, Caffeine, and Carbohydrate and Caffeine Mouth Rinsing on Intermittent Running Performance in Collegiate Male Lacrosse Athletes. 2016 Lindenwood University Student Research Symposium (St. Charles, MO), Wednesday, April 20, 2016.

### Regional Poster Presentations:

1. Hagele AM, Boring JL, Moon JM, Walden KE, Ratliff KM, Orr L, Gaige CJ, Stecker RA, Sunderland KL, Mumford PW, **Kerksick, CM**. Naturally Bicarbonated Water Supplementation Does Not Improve Anaerobic Cycling Performance in Active Men and Women. Central States American College of Sports Medicine Annual Meeting, Fayetteville, AR, 2022.
2. Harty P, Zabriskie H, Stecker R, Currier B, Moon J, Jagim A, **Kerksick C**. Fat-Free Mass Index in a Diverse Sample of Female Collegiate Athletes. *Presented at* Central States Chapter of the American College of Sports Medicine Annual Meeting, Kansas City, MO, October 18-19, 2018.
3. Currier B, Harty P, Moon J, Ponder S, Stecker R, Zabriskie H, Jagim A, **Kerksick C**. Fat-Free Mass Index in a Diverse Sample of Male Collegiate Athletes. *Presented at* Central States Chapter of the American College of Sports Medicine Annual Meeting, Kansas City, MO, October 18-19, 2018.
4. Stecker R, Smith C, Harty P, Gieske B, Mike J, Richmond S, **Kerksick C**. The Effect of Variable Resistance Training Using Weighted Chains on Muscular Strength and Power. *Presented at* Central States Chapter of the American College of Sports Medicine Annual Meeting, St. Charles, MO, October 23-24, 2017.
5. Zanders B, Harty P, Stecker R, Rodriguez A, Currier B, Smith C, **Kerksick C**. Energy Expenditure Changes Across A Collegiate Women's Basketball Team. *Presented at* Central States Chapter of the American College of Sports Medicine Annual Meeting, St. Charles, MO, October 23-24, 2017.
6. Currier B, Zanders B, Rodriguez A, Harty P, Smith C, Stecker R, **Kerksick C**. Caloric and Macronutrient Changes Across an Entire Women's Basketball Season. *Presented at* Central States Chapter of the American College of Sports Medicine Annual Meeting, St. Charles, MO, October 23-24, 2017.
7. Witherbee K, Dolan P, Peterson K, **Kerksick C**. The effect of carbohydrate, caffeine, and carbohydrate + caffeine mouth rinsing on intermittent running performance in collegiate male



- lacrosse athletes. Central States American College of Sports Medicine Regional Meeting. October 2016, Fayetteville, AR
8. Cole NH, Fransen J, **Kerksick C** and Schneider S. The impact of oral creatine supplementation on in vivo measures of creatine phosphate concentration and activity following cast-immobilization. *Southwest American College of Sports Medicine Meeting*, Newport Beach, CA, October 18<sup>th</sup>-19<sup>th</sup>, 2013.
  9. Dalbo V, Roberts M, Hassell S and **Kerksick C**. Effects of different pre-exercise feeding regimens on intramuscular markers of myostatin signaling following conventional resistance training. *Central States American College of Sports Medicine Meeting*, Columbia, MO, November 5-6, 2009.
  10. Sunderland K, Poole C, Roberts M, Dalbo V and **Kerksick C**. Housekeeping gene analysis in skeletal muscle following sequential bouts of resistance exercise in young men. *Central States American College of Sports Medicine Meeting*, Columbia, MO, November 5-6, 2009.
  11. Hassell S, **Kerksick C**, Dalbo V, Roberts M, Moon J, Polk R and Davis A. Effects of prophylactic silicate hydride supplementation on body water and clinical safety markers. *Central States American College of Sports Medicine*, Kansas City, MO, October 2008.
  12. Dalbo VJ, Roberts MD, Stout JR, FACSM and **Kerksick CM**. Effects of a commercial energy drink on acute changes in energy expenditure and lipolysis. *Central States American College of Sports Medicine*, Springfield, MO, October 2007.
  13. House PD, Dalbo VJ, Roberts MD, Hassell S, Moon J, Baker C, Stout JR, FACSM and **Kerksick CM**. Gender effects of a commercial energy drink on markers of metabolism and lipolysis. *Central States American College of Sports Medicine*, Springfield, MO, October 2007.
  14. Hassell SE, Dalbo VJ, Moon JR, Roberts MD, Stout JR, FACSM and **Kerksick CM**. Validity of non-exercise VO<sub>2</sub> max prediction equations in males and females. *Central States American College of Sports Medicine*, Springfield, MO, October 2007.
  15. **Kerksick C**, Roberts M, Campbell B, Nassar E, Iosia M, Wilborn C, Taylor L, Willoughby D. Changes in whole blood cell hematological markers after a 14-day prophylactic period of antioxidant supplementation following eccentric exercise. *Texas American College of Sports Medicine*, Denton, TX, February 2005.
  16. Nassar E, Mulligan C, Taylor L, **Kerksick C**, Galbreath M, Willoughby D. Effects of prophylactic N-acetyl-5-methoxytryptamine (Melatonin) supplementation and resistance exercise on serum growth hormone levels and the hypothalamus-pituitary-adrenal axis in young males and females. *Texas American College of Sports Medicine*, Denton, TX, February 2005.
  17. Harvey T, **Kerksick C**, Willoughby D. Gender differences in muscle injury, oxidative stress, and serum IL-6 and IL-10 after eccentric exercise: Possible estrogen-related immunomodulation in females. *Texas American College of Sports Medicine*, Denton, TX, February 2005.
  18. Wilborn C, Taylor L, **Kerksick C**, Willoughby D. Effects of heavy resistance training and proprietary whey+casein protein supplementation on muscle strength and mass and MHC isoform mRNA expression. *Texas American College of Sports Medicine*, Dallas, TX, March 2004.
  19. Long L, Nassar E, Bowden R, Lanning B, Zimmerman A, Beckham J, Campbell B, Harvey T, **Kerksick C**, LaBounty P, Marcello B, Moulton C, Roberts M, Wilborn C, Magrans T, Thomas A, Wismann J, Galbreath M, Rasmussen C, Fogt D, Greenwood M, Willoughby D, Wilson R, Kreider R. Effects of the Curves® fitness & weight loss program: Quality of life & body image. *Texas American College of Sports Medicine*, Dallas, TX, March 2004.
  20. Roberts M, Taylor L, Mulligan C, Rohle D, **Kerksick C**, Campbell B, Vacanti A, Fogt D, Rasmussen C, Magrans T, Thomas A, Slonaker R, Wilborn C, Marcello C, Wilson R, Greenwood M, Earnest C, Kreider R, Willoughby D. Relationships between fasting serum triglycerides and leptin, fat mass, and REE in sedentary, overweight females participating in a 14-week fitness and weight loss program. *Texas American College of Sports Medicine*, Dallas, TX, March 2004.
  21. **Kerksick C**, Bird M. An investigation of EMG muscle activity and timing on two variations of the lat-pulldown. *Truman State University Undergraduate Research Symposium*, Kirksville, MO, March 2000.
  22. **Kerksick C**, Peeters B, Mayhew JL. Effects of creatine monohydrate supplementation on swim

time in college sprint swimmers. *Missouri Alliance for Health, Physical Education, and Recreational Dance Annual Conference*. Lake of the Ozarks, MO, November 1999.

National/International Poster Presentations:

1. Allen L, **Kerksick CM**, Walden KE, Moon JE, Hagele AM, Gaige C, Krieger JM, Jäger R, Mumford P, Pane M, Amoruso A. Multi-Strain Probiotic Supplement Increases Mood, Anxiety, and Associated Biomarkers. IPA World + Probiota 2023, Wednesday, February 8<sup>th</sup>, 2023.
2. Walden KE, Moon JE, Hagele AM, Allen L, Gaige C, Krieger JM, Jäger R, Mumford P, Pane M, Amoruso A, **Kerksick CM**. Multi-Strain Probiotic Supplement Increases Sleep Quality. IPA World + Probiota 2023, Wednesday, February 8<sup>th</sup>, 2023.
3. Krieger JM, Hagele AM, Allen L, Gross K, Jäger R, Mumford P, **Kerksick CM**. Impact of *Veillonella atypica* FB0054 Supplementation on Exercise Performance and Lactate Changes: A Randomized, Crossover Pilot Study. IPA World + Probiota 2023, Wednesday, February 8<sup>th</sup>, 2023.
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## INDUSTRY EXPERIENCE

- **Advisory Board, NNB Nutrition (Nanjing, China), 2018 – Present.**
  - Quarterly in-person and virtual board meetings
  - Communicate with business leaders on ingredient development, regulatory needs to market product in global market, supply chain and production costs
  - Communicate to company clinical research needs based on available ingredient substantiation
  - Deliver presentations to marketing, business development, and sales teams on ingredients, research outcomes, and study designs

- Develop and interpret received clinical research proposals to help company conduct necessary scientific investigations to build ingredient profiles.
- Participate as scientific liaison with potential customers on current and future ingredients
- **Consultant, Trove Brands (Lehi, UT), 2022 – Present.**
  - Regular interaction conversation with product formulation team covering key topics related to flavoring, supply chain, production costs, labeling, and ingredient efficacy and substantiation
  - Development of evidence-based content and claims development for marketing and sales
- **Product Formulation & Content Development, 1<sup>st</sup> Phorm (St. Louis, MO), 2010 – Present.**
  - Assist with flavoring and gap analysis determination new product development
  - Primary team player in educating all aspects of company on ingredients, application, and how to effectively communicate known outcomes
  - Regular participation in video calls, deliver lectures, and prepare articles for website
- **Consultant, Church & Dwight (Ewing Township, NJ), 2019 – 2021.**
  - Weekly meetings with R&D, clinical affairs, regulatory, and production to coordinate production of new ingredient marketed towards active nutrition
  - Critically reviewed relevant literature and developed multiple proposals to address key outcomes identified by business team
  - Regularly delivered presentations to several project teams outlining key outcomes for scientific projects
- **Sofar Americas (Trezzano Rosa (MI), Italy), 2020 – 2021.**
  - Coordinated and completed independent statistical analysis and interpretation on clinical research investigation on dietary supplement ingredient
  - Outlined report and findings and presented findings to company
- **JDS Therapeutics (Purchase, NY), 2019 – 2021.**
  - Completed interim and final analysis on clinical investigation being completed to help advise company on future direction of the investigation
- **Center for Applied Health Sciences (Canfield, OH), 2016 – Present.**
  - Ongoing relationship spanning assistance with developing research designs, organizing data sets, conducting statistical analysis, interpreting results, preparing scientific manuscripts, and managing submissions through the peer-review publication process.

## SERVICE

### Academic Service

#### Department

- Program Director, National Strength and Conditioning Association Education Recognition Program for Certified Strength and Conditioning Specialist, Lindenwood University. 2/1/15 – 2021.
- Member, Search Committee, Full-time Athletic Training faculty, Lindenwood University, 2019 – 2021. Committee Members: Godar T, Dill W, Kerksick C. Hired: Lauren Tighe.
- Program Director, Human Performance Graduate Program. Lindenwood University, December 2014 – 2019.
- Chair, Search Committee, Full-time Exercise Science faculty, Lindenwood University, 2019, Committee Members: Kerksick CK (Chair), Randolph J, Richmond S. Hired: Petey Mumford, PhD and Kyle Sunderland, PhD.
- Chair, Search Committee, Full-time Exercise Science faculty, Lindenwood University, 2018, Committee Members: Kerksick CK (Chair), Randolph J, Richmond S. Hired Andrew Jagim, PhD.
- Member, Search Committee, Part-Time Instructor, School of Health Sciences, Lindenwood University, 2017, Committee Members: Tom Godar, Jess Randolph, Chad Kerksick
- Chair, Search Committee, Full-time Exercise Science faculty, Lindenwood University, 2017, Committee Members: Kerksick CK (Chair), Randolph J, Richmond S. Hired Andrew Jagim, PhD.

- Member, Search Committee, Full-time Exercise Science faculty, Lindenwood University, 2016. Committee Members: Tessmer K (Chair), Randolph J, Mike J, Kerksick CM. Hired: Scott Richmond, PhD
- Member, Search Committee, Full-time Exercise Science faculty, Lindenwood University (2015). Committee Members: Tessmer K (Chair), Randolph J, Kerksick CM. Hired Jonathan Mike, PhD
- Faculty Adviser, Exercise Science Club, Health, Exercise and Sports Sciences Department, University of New Mexico, Fall 2013 – December 2014
- Program Director, National Strength and Conditioning Association Education Recognition Program for Certified Strength and Conditioning Specialist, University of New Mexico. 8/1/13 – 12/31/14
- Search Committee, Athletic Training Tenure-Track Position, University of New Mexico, Fall 2012 – Spring 2013
- Graduate Committee, University of Oklahoma, Department of Health & Exercise Science
- Faculty Liaison, HES 3813 – Principles of Health & Fitness, University of Oklahoma
- Committee A, University of Oklahoma, Department of Health & Exercise Science
- Undergraduate Committee, University of Oklahoma, Department of Health & Exercise Science

#### College/School

- Strategic Plan Working Group (Co-Chair), College of Science, Technology, and Health. Spring 2022 – Present.
- Faculty Council, Summer 2022 – Present.
- Promotions Committee (Chair), School of Health Sciences, Lindenwood University, Spring 2019 – Present.
- Committee Member, Institutional Review Board (IRB), School of Health Sciences, Lindenwood University, 12/1/14 – August 2022.
- Promotion Task Force, School of Health Sciences, Lindenwood University, Spring 2017.
- Nutrition/Dietetics Program Advisory Committee, University of New Mexico
- Faculty Governance Committee, University of New Mexico. College of Education, Fall 2013 – Fall 2014.

#### University

- Search Committee, Asst Vice President Research & Compliance, 2022.
- Search Committee, Director, Grants, Lindenwood University, 2022.
- Radiation Safety Committee, Lindenwood University, 8/17 – Present.
- Wellness Ambassador Committee, Lindenwood University. 2016 – 2018.
- Health & Safety Committee, Lindenwood University, 2017 – August 2022.
- Panel member, Community Engaged Research, Lindenwood University IRB, 4/25/18.
- Member, Safety and Compliance Training Task Force, Lindenwood University, 9/16 – 5/17.
- Search Committee Member, IRB Administrator, Lindenwood University, 2016. Committee Members: Wilson D (Chair), Herrell Katherine, Puntty T, Kania-Gosche B, Biri C, Kerksick C, Nohara-LeClair M.
- Member, Benefits Committee, Lindenwood University, 4/8/16 – June 1, 2019.
- Protocol Reviewer, General Clinical Research Center. University of Oklahoma Health Sciences Center
- Oklahoma Lifelong Learning Institute Lecture Series. University of Oklahoma. (Spring 2008). Using exercise and nutrition to turn back time lecture series.

#### **Professional Service**

- Scientific Affiliate, Scientific Advisory Board, AlzChem, Germany
- Vice President, International Society of Sports Nutrition, 2020 – Present.
- Associate Editor, *J Int Soc Sports Nutr*, 2019 – 2022.
- Senior Associate Editor, *J Strength Cond Res*, 05/15 – 12/21.

- Associate Editor, *Strength Cond J*, 7/14 – Present.
- Abstract Reviewer. National Strength and Conditioning Association, 2007 – Present.
- Grant Reviewer. National Strength and Conditioning Association, 2008 – 2017.
- Review Editor, *Frontiers in Nutrition*, 2015 – Present.
- Member, National Strength and Conditioning Association Foundation Board of Directors, 7/17 – 07/21.
- Executive Council. National Strength Conditioning Association Nutrition, Metabolism and Body Composition Special Interest Group, 7/13 – 7/19.
- Missouri State Representative, Central States American College of Sports Medicine, 10/15 – 10/18.
- Vice President, National Strength and Conditioning Association Foundation Board of Directors, 7/16 – 7/17.
- Secretary/Treasurer, National Strength and Conditioning Association Foundation Board of Directors, 7/14 – 7/16.
- State Director, New Mexico. National Strength & Conditioning Association, 4/13 – 12/14.
- Scholarship Review Committee, National Strength Conditioning Association Foundation, 4/14 – 7/14.
- Invited Editor, *Oxidative Medicine and Cellular Longevity*, Special Issue: Redox Biology of Exercise. Other Invited Editors: Michalis Nikolaidis, PhD (Aristotle University of Thessaloniki, Serres, Greece), Manfred Lamprecht, PhD (Medical University of Graz, Austria), Steve McAnulty, PhD (Appalachian State University, Boone, NC, USA), 2011 – 2012.
- Research Committee. National Strength & Conditioning Association, 2008 – 2010.
- Chair, Research Committee. National Strength & Conditioning Association, 2010 – 2011.
- Abstract Reviewer. Central States American College of Sports Medicine, 2008 – 2010, 2015.
- Education Committee. National Strength & Conditioning Association, 2003 – 2006
- Associate Editor, *J Strength Cond Res*, 2008 – 2015.
- Manuscript reviewer, *ArgoFOOD industry hi-tech*, *Am J Clin Nutr*, *Appl Physiol Nutr Metab*, *Diabetes and Vascular Disease Research*, *Eur J Appl Physiol*, *Exp Gerontology*, *Frontiers in Nutrition*, *Int J Sport Nutr Exerc Metab*, *Int J Sport Physiol Perform*, *Int J Sport Sci & Coaching*, *J Int Soc Sports Nutr*, *J Nutr*, *J Sport Exer Sci*, *J Sports Sci*, *J Strength Cond Res*, *Med Sci Sports Exerc*, *Nutr Metab*, *Nutr Res*, *Nutrients*, *Nutrition*, *Obesity Research and Clinical Practice*, *Phys and Sportsmedicine*, *Sports Med*, *Steroids*

## Public

- Liaison between academic department and Santa Fe (NM) Fire Department. Fall 2013 – Dec 2014.
- Presentation on sports nutrition to Albuquerque Academy. Summer 2013.
- Podcast, Training & Nutrition Truth. <http://www.trainingandnutritiontruth.com>. 2015 – 2018.