

CURRICULUM VITAE

NAME: Chad Michael Kerksick

PHONE NUMBER: (405) – 248 – 8730

EMAIL: chad.kerksick@gmail.com
ckerkicksick@lindenwood.edu

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 CERTIFICATIONS, FELLOWSHIPS AND TRAINING

- **Fellow**, National Strength and Conditioning Association, 2019.
- **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.

HONORS AND OTHER RECOGNITION

- **President's Scholar-Teacher Award**, Lindenwood University, May 2018.
- **Scholar of the Year**, Lindenwood University, August 2016.
- **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.

PROFESSIONAL EXPERIENCE

Research Affiliate & Collaborator

Mayo Clinic Health System, Onalaska, WI
March 2019 – Present

Responsibilities:

Research appointment is part of collaborative efforts between Lindenwood University and faculty colleagues at the Mayo Clinic to conduct additional work in areas of interest and to expand into other areas of clinical relevance.

Associate Professor, Exercise Science

Director, Master of Science in Health Sciences

Director, Exercise and Performance Nutrition Laboratory

Lindenwood University, St. Charles, MO
August 2018 – Present

Courses Taught:

EXS 275 Research Methods and Data Interpretation in Exercise Science
EXS 290 Special Topics: Facts & Fallacies of Exercise & Nutrition
EXS 315 Exercise Physiology
EXS 316 Exercise Physiology Lab
EXS 317 Advanced Exercise Physiology
EXS 330 Current Issues in Exercise Science
EXS 335 Independent Research
EXS 340 Nutrition for Performance
EXS 389 Exercise Testing
EXS 441 Research Internship
HP 521 Sport and Exercise Nutrition
HP 571 Bioenergetics of Human Movement
HP 575 Cardiovascular and Respiratory Exercise Physiology
HP 580 Exercise Considerations for Aging, Metabolic and Clinical Populations
HP 640 Special Topics: Research for Human Performance
HP 642 Special Topics: Applied Sport Nutrition
HP 650 Thesis

Assistant Professor, Exercise Science

Director of Human Performance Program, School of Health Sciences

Lindenwood University, St. Charles, MO
December 2014 – August 2018

Courses Taught:

EXS 275 Research Methods and Data Interpretation in Exercise Science
EXS 290 Special Topics: Facts & Fallacies of Exercise & Nutrition
EXS 315 Exercise Physiology
EXS 316 Exercise Physiology Lab
EXS 317 Advanced Exercise Physiology
EXS 330 Current Issues in Exercise Science
EXS 335 Independent Research
EXS 340 Nutrition for Performance
EXS 389 Exercise Testing
EXS 441 Research Internship

HP 521 Sport and Exercise Nutrition
HP 571 Bioenergetics of Human Movement
HP 575 Cardiovascular and Respiratory Exercise Physiology
HP 580 Exercise Considerations for Aging, Metabolic and Clinical Populations
HP 640 Special Topics: Research for Human Performance
HP 650 Thesis

Assistant Professor, Health, Exercise and Sport Sciences Department

University of New Mexico, Albuquerque, New Mexico

August 2012 – December 2014

Courses Taught:

PEP 289 Tests & Measurements
PEP 391 Directed Readings
PEP 426 Intermediate Exercise Physiology
PEP 471 Exercise and Disease Prevention
PEP 471 Resistance Training for Health and Performance
PEP 501 Intermediate Exercise Physiology
PEP 528 Neuromuscular Exercise Physiology
PEP 535 Exercise Biochemistry
PEP 591 Directed Readings
PEP 627 Professional Development Seminar for Exercise Science
PEP 691 Directed Readings
PEP 699 Dissertation

Responsibilities: Worked as part of the Health, Exercise and Sport Sciences department teaching classes at the undergraduate, masters and doctoral levels. Significant efforts were made to develop and grow a research program that meets the academic needs and interests of our undergraduate and graduate students, particularly training the doctoral students for employment as a full-time academic professor.

Assistant Professor, Health and Exercise Science Department

University of Oklahoma, Norman, OK

August 2006 – June 2012

Courses Taught:

HES 3853 Exercise Testing and Prescription
HES 3893 Facts and Fallacies of Exercise and Nutrition
HES 3980 Honors Research
HES 3990 Independent Study
HES 5813 Exercise and Nutritional Biochemistry
HES 5853 Health and Fitness: Theory and Application
HES 5980 Research for Master's Thesis
HES 5990 Independent Study
HES 6960 Directed Readings
HES 6970 Seminar in Health and Exercise Science
HES 6980 Research for Doctoral Dissertation
HES 6990 Independent Study

Responsibilities: Worked as part of Health & Exercise Science department teaching classes at the undergraduate, masters and doctoral levels. Developed and sustained a productive research program while mentoring undergraduate and graduate students through the research process.

Doctoral Research Associate, Exercise and Sport Nutrition Laboratory

Health, Human Performance and Recreation Department

Baylor University, Waco, TX

2002 – 2006

Courses Taught:

HED 1145 Health and Human Behavior

HP 1194 Beginning Weight Training
HP 1195 Intermediate Weight Training
HP 2420 Exercise Physiology Lab

Responsibilities: Worked as part of research team to conduct and disseminate scientific findings related to exercise and nutrition research. Teach undergraduate courses in academic curriculum.

Master's Research Assistant, Exercise and Sport Nutrition Laboratory

University of Memphis, Memphis, TN
2000 – 2002

Responsibilities: Worked as part of research team to conduct and disseminate scientific findings related to exercise and nutrition research. Volunteered and worked as part of strength and conditioning staff for football in athletics department.

Administrative Grant Writer

Rochelle Township High School, Rochelle, IL
1999 – 2000

Responsibilities: Worked as part of administrative team of public high school (9-12) and four middle schools (K-8) to coordinate and direct district-wide efforts and applications towards state and federal educational funding.

Lab Supervisor, Human Performance Laboratory

Health and Exercise Science Department
Truman State University, Kirksville, MO
1997 – 1999

Responsibilities: Independently operated, conducted and oversaw lab operations. Assisted with equipment set up for classes, data collection and served as tutor for all academic courses.

Student Athletic Trainer, Athletic Department

Truman State University, Kirksville, MO
1995 – 1997

Responsibilities: Worked as part of university athletic training staff in sports specifically related to football, men/women soccer, men/women swimming and men/women track & field providing evaluation, diagnosis and treatment of all athletic injuries. Over 1,800 hours of service were accumulated in this capacity.

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 Bavrljic. Undergraduate student research mentor. EXS 44100 – Research Internship. Project Title: Prediction of peak VO₂ from a high-intensity, intermittent running test.
8. Andrey Diaz-Garcia. EXS 441-Utility of Prediction VO₂ 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.

Master's Students

1. Alicia Watson. Determining the caloric needs of female collegiate athletes. Committee members: **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 members: **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 members: Wright P (Chair), **Kerksick CM**, Tessmer K.
4. Charles Smith. The Effects of Long-Term Beta-Alanine Supplementation on Collegiate Male Rugby Athletes. Committee members: **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 members: **Kerksick CM (Chair)**, Tessmer K, Wright P.
6. Richard Aley. The effect of a neuromuscular training program on jump landing performance. Committee members: **Kerksick CM (Chair)**, Godar T, Tessmer K.
7. Ross Hasegawa. Determinants of ball-exit velocity in collegiate baseball players. Committee members: **Kerksick CM (Chair)**, Tessmer K, Reese M.
8. Richard Stecker. Effects of variable resistance training on upper-body power production. Committee members: **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 members: **Kerksick CM (Chair)**, Richmond S, Mike J.
10. Brad Gieske. Psychological, cognitive, and physical aspects of goalkeeping aptitude: A field-based approach. Committee members: Wright P (Chair), **Kerksick CM**, Tessmer K.
11. Patrick Harty. Effect of Caffeine Timing on Lower Body Resistance Training Performance in Healthy Resistance Training Males. Committee Members: **Kerksick CM (Chair)**, Jagim A, Richmond S.
12. Ann Puschkasch. Nutrition Knowledge Among Adolescent Athletes, Caregivers and Coaches. Committee Members: **Kerksick CM (Chair)**, Jagim A, Alameda A.
13. Andrew Hamerlinck. The effects of psychological skills training on elite youth baseball hitting performance. 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. **Kerksick CM (Co-Chair)**, Jagim AR (Co-Chair), Schroeder C, Tessmer K.

Student Research Presentations

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.

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.

SCHOLARLY ACTIVITIES/PUBLICATIONS

Books:

1. **Kerksick 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. **Kerksick 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. Kreider RB, Kalman DS, Antonio J, Ziegenfuss TN, Wildman R, Candow DG, Kerksick, CM. Creatine. In: Functional Foods and Nutraceuticals.
2. **Kerksick 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](#).
3. **Kerksick 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, 2nd Edition. Elsevier Publishers. ISBN: 978-0128139226. [Amazon](#).
4. **Kerksick CM** and Cole NH. Nutrient Timing. In: Greenwood CM, Cooke M, Ziegenfuss T, Kalman D and Antonio J. Nutritional Supplements in Sports and Exercise, 2nd Edition. (2015). Springer International Publishing AG. ISBN-13: 978-3319182292.
5. **Kerksick CM** and Zuhl M. [Mechanisms of Oxidative Damage and Their Impact on Exercising Skeletal Muscle](#). In: Lamprecht M. Antioxidants in Sport Nutrition. (2015). CRC Press, Taylor and Francis Group, Boca Raton, FL. ISBN: 978-1-4665-6757-3.
6. **Kerksick CM** and Kulovitz M. Requirements of Protein, Carbohydrates and Fats for Athletes. In: Bagchi, D, Nair S, Sen CK. Nutrition and Enhanced Sports Performance: Recommendations for Muscle Building. Elsevier Publishers, printed in August 2013. ISBN: 978-0-12-396454-0.
7. **Kerksick CM**. Fluid Needs of Athletes. In: Taylor L. Nutritional Guidelines for Athletic Performance: The Training Table. (2012). Taylor and Francis Group, Boca Raton, FL, pp. 175 – 194. ISBN: 978-1-4398-3936-2.
8. Mulvihill JJ, Wierenga K, **Kerksick CM**. The Human Genome and Epigenome. In: Bouchard C and Hoffman E. Genetic and Molecular Aspects of Sports Performance. (2011). Wiley-Blackwell Publishing, Oxford, UK, pp. 3 – 10.
9. **Kerksick C**. Nutrient Timing. In: Campbell BI and Spano MA. NSCA's Guide to Sport and Exercise Nutrition. (2011). Human Kinetics, Champaign, IL, pp. 149-181.
10. **Kerksick C**, Kreider R. Nutrient Timing. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL. Exercise & Sport Nutrition: Principles, Promises, Science, & Recommendations. (2008). Fitness Technologies Press, Santa Barbara, CA, pp. 93-120.
11. **Kerksick C**, Kreider R. Water and Fluid Replacement. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL (2008). Exercise & Sport Nutrition: Principles, Promises, Science, & Recommendations. (2008). Fitness Technologies Press, Santa Barbara, CA, pp. 257-267.
12. **Kerksick C**. Probiotics and Enzymes. In: Kreider RB, Leutholtz BC, Katch FI, Katch VL. Exercise

Peer-Reviewed Scientific Publications († = Senior author on student publication):

In Preparation:

1. Smith CR, Stecker RA, Harty PS, Gieske BT, Altepeter MA, VanDusseldorp T, Escobar KA, **Kerksick CM†**. Impact of Beta-Alanine Supplementation on Intermittent Running Performance, Blood Lactate and Strength and Power Performance in Collegiate Rugby Athletes. *J Strength Cond Res*, Planned submission date: July 1, 2019.
2. Jäger R, Mohr AE, Carpenter KC, **Kerksick CM**, Purpura M, Moussa A, Townsend JR, Lamprecht M, West NP, Black K, Gleeson M, Pyne DB, Wells SD, Arent SM, Smith-Ryan AE, Kreider RB, Campbell BI, Bannock L, Scheiman J, Antonio. International Society of Sports Nutrition Position Stand: Probiotics. *J Int Soc Sports Nutr*, Planned submission date: August 1, 2019.
3. Zabriskie HA, **Kerksick CM**, Jagim AR. Recovery of heart rate variability, heart rate, and blood pressure after heated moderate-intensity exercise in active women. *Med Sci Sports Exerc*, Planned submission date: August 15, 2019.

In Review:

1. **Kerksick CM**, Roberts MD, Campbell BI, Galbreath MM, Taylor LM, Wilborn CD, Beckham-Dove J, Bunn JW, Rasmussen CJ, Kreider RB. Effects of calcium with or without vitamin D supplementation on exercise and diet-induced body composition changes in post-menopausal women. *Nutrients*, Submission date: August 1, 2019.
2. Jagim AR, Zabriskie H, Harty PS, Stecker R, **Kerksick CM**. Nutrient status and perceptions of energy and macronutrient intake in a group of collegiate female lacrosse athletes. *J Int Soc Sports Nutr*, Submission date: April 15, 2019.

In Press:

1. Stecker R, Harty PS, Jagim A, Candow D, **Kerksick CM**. Timing of Ergogenic Aids and Micronutrients on Muscle and Exercise Performance. *J Int Soc Sports Nutr*, Acceptance date: August 20, 2019.
2. Perim P, Marticorena F, Ribeiro F, Barreto G, Gobbi N, **Kerksick CM**, Dolan E, Saunders B. Optimising beta-alanine supplementation to increase skeletal muscle carnosine content. *Frontiers in Nutrition*, Acceptance date: August 10, 2019.

In Print (from most recent to oldest):

1. Harty PS, Zabriskie HA, Stecker RA, Currier BS, Moon JM, Richmond S, Jagim A, **Kerksick CM†**. Position-specific body composition norms in female collegiate rugby union athletes. *J Strength Cond Res*, Acceptance date: August 8, 2019. PMID: [31403573](#).
2. Jäger R, Purpura M, **Kerksick CM**. Curcumin attenuates performance decrements following muscle damaging exercise. *Nutrients*. Acceptance date: July 18, 2019. PMID: [31340534](#).
3. Harty PS, Zabriskie HA, Stecker RA, Currier B, Moon JM, Jagim AR, **Kerksick CM†**. Upper and lower thresholds of fat-free mass index in a large cohort of female collegiate athletes. *J Sports Sci*. 2019 Jun 25:1-8. PMID: [31238804](#).
4. Currier B, Harty PS, Zabriskie HA, Stecker RA, Moon JM, Jagim AR, **Kerksick CM†**. Fat-free mass index in a diverse sample of male collegiate athletes. *J Strength Cond Res*, Acceptance Date: March 3rd, 2019. PMID: [30985525](#).
5. Zabriskie HA, Currier BS, Harty PS, Stecker RA, Jagim AR, **Kerksick CM†**. Body composition and energy status across a women's lacrosse season. *Nutrients*. 2019 Feb 23;11(2). Pii: E470. PMID: [20813399](#).
6. Watson A, Zabriskie H, Witherbee K, Sulavik A, Kemp K, Gieske BT, **Kerksick CM†**. Determining a resting metabolic rate prediction equation for female athletes. *J Strength Cond Res*. Acceptance Date: August 11, 2018. PMID: [30741864](#).

7. Ziegenfuss TN, **Kerksick CM**, Kedia AW, Sandrock J, Raub B, Lopez H. Proprietary milk protein concentrate reduces joint discomfort while improving exercise performance in non-osteoarthritic individuals. *Nutrients*. 2019 Jan 28;11(2). pii:E283. PMID: [30696041](#).
8. Harty PS, Cottett ML, Malloy, JK, Kerksick CM. Nutritional and Supplementation Strategies to Prevent and Attenuate Exercise-Induced Muscle Damage: a Brief Review. *Sports Med Open* 2019 Jan 7;5(1):1. PMID: [30617517](#).
9. Jagim A, Stecker RA, Harty PS, Erickson JL, **Kerksick, CM**. Safety of creatine supplementation in active adolescents and youth: A brief review. *Frontiers in Nutrition* 2018 Nov 28;5:115. PMID: [30547033](#).
10. Gieske BT, Stecker RA, Smith CA, Witherbee KE, Harty PS, **Kerksick CM†**. Metabolic impact of protein feeding prior to moderate-intensity treadmill exercise in a fasted state: a pilot study. *J Int Soc Sports Nutr*. 2018 Nov 29;15(1):56. PMID: [30497484](#).
11. Ziegenfuss TN, Kedia AW, Sandrock JI, Raub BJ, **Kerksick CM**, Lopez HL. Effects of an aqueous extract of *Withania somnifera* on strength training adaptations and recovery: The STAR trial. *Nutrients*. 2018 Nov 20;10(11). PMID: [30463324](#).
12. Costa PB, Richmond S, Smith CR, Currier B, Stecker RA, Gieske BT, Kemp K, Witherbee K, **Kerksick CM†**. Physiological, metabolic and nutritional characteristics of collegiate synchronized swimmers. *Int J Sport Perf Physiol*. Acceptance Date: October 16th, 2018. PMID: [30427226](#).
13. VanDusseldorp TA, Escobar KA, Johnson KE, McCormick JJ, Moriarity T, Stratton M, Cole N, **Kerksick CM**, Vaughan RA, Dokladny K, Kravitz L, Mermier CM. Effect of branched-chain amino acid supplementation on markers of muscle damage and recovery following acute eccentric resistance exercise. *Nutrients*. 2018 Oct 1;10(10). E1389. PMID: [30275356](#).
14. Zanders B, Currier B, Eitel M, Harty P, Zabriskie H, Smith C, Stecker R, Richmond S, Jagim A, **Kerksick C†**. Changes in energy expenditure, dietary intake and energy availability across an entire collegiate women's basketball season. *J Strength Cond Res*. 2018 Sep 17, epub ahead of print. PMID: [30234694](#).
15. Jagim AR, Camic CL, Askow A, Luedke J, Erickson J, **Kerksick CM**, Jones MT, Oliver JM. Sex differences in resting metabolic rate among athletes. *J Strength Cond Res*. 2018 Sep 7, Epub ahead of print. PMID: [30199450](#).
16. Harty PS, Zabriskie HA, Erickson JL, **Kerksick CM**, Jagim AR. Multi-Ingredient Pre-Workout Supplements, Safety Implications, and Performance Outcomes: A Brief Review. *J Int Soc Sports Nutr*. 2018 Aug 8;15(1):41. PMID: [30089501](#).
17. **Kerksick CM**, Wilborn CD, Roberts MD, Smith-Ryan A, Kleiner SM, Jäger R, Collins R, Cooke M, Davis JN, Galvan E, Greenwood M, Lowery LM, Wildman R, Antonio J, Kreider RB. ISSN Exercise & Sports Nutrition Review Update: Research & Recommendations. *J Int Soc Sports Nutr*. 2018 Aug 1;15(1):38. PMID: [30068354](#).
18. **Kerksick CM**, Schoenfeld B, Arent S, Stout JR, Campbell B, Wilborn CD, Taylor L, Kalman D, Smith-Ryan AE, Kreider RB, Willoughby DS, Arciero PJ, Vandusseldorp T, Ormsbee MJ, Wildman R, Antonio J. International Society of Sports Nutrition Position Stand: Nutrient Timing Revisited. *J Int Soc Sports Nutr*. 2017 Aug 29;14:33. PMID: [28919842](#).
19. Handy R and **Kerksick CM†**. Reverse Lunge with Single-Arm Kettlebell Overhead Press. *Strength and Cond J*. 2017 Oct; 39(5):89-93.
20. Dolan P, Witherbee K, Peterson K, **Kerksick CM†**. The effect of carbohydrate, caffeine, and carbohydrate + caffeine mouth rinsing on intermittent running performance in collegiate male lacrosse athletes. *J Strength Cond Res*. 2017 Sep;31(9):2473-2479.
21. Jager R, **Kerksick CM**, Campbell BI, Cribb PJ, Wells SD, Skwiat TM, Purpura M, Ziegenfuss TN, Ferrando AA, Arent SM, Smith-Ryan AE, Stout JR, Arciero PJ, Ormsbee MJ, Taylor LW, Wilborn CD, Kalman DS, Kreider RB, Willoughby DS, Hoffman JR, Krzykowski JL, Antonio J, International Society of Sports Nutrition Position Stand: Protein and Exercise. *J Int Soc Sports Nutr*. 2017 Jun 20;14:20. PMID: 28642676.
22. O'Reilly L, **Kerksick CM†**, Feutz B. Exercise Technique: Unilateral Dumbbell Clean and Press. *Strength Cond J*. 2017 April;39(2): 89-92.
23. Ziegenfuss T, Lopez H, Kedia A, Habowski S, Sandrock J, Raub B, **Kerksick C**, Ferrando A. Novel chromium/amylopectin complex increases muscle protein synthesis when combined with a suboptimal dose of whey protein. *J Int Soc Sports Nutr*. 2017 Feb 8;14:6. PMID: [28194093](#).
24. Weaver AN and **Kerksick CM†**. Implementing Landmine Single-Leg Romanian Deadlifts into an Athlete's Training Program. *Strength Cond J*. 2017 Feb;39(1):91.

25. Escobar KA, McLain T, **Kerksick CM†**. Carbohydrate Intake and Resistance-Based Exercise: Are Current Recommendations Reflective of Actual Need? *Br J Nutr* 2016, Dec 20: 1-13. PMID: [27993175](#).
26. Mike J, Cole N, Herrera C, VanDusseldorp T, Kravitz L, **Kerksick CM†**. The effects of eccentric contraction duration on muscle strength, power production, vertical jump and soreness. *J Strength Cond Res* 2016 Oct 20. PMID: [27787464](#).
27. Bova C, Fox E, Alencar M, **Kerksick CM†**. Nutritional challenges and strategies for the bariatric patient and how fitness professionals can provide support. *Strength Cond J*. 38(5): 31-39, 2016.
28. Ziegenfuss TN, Habowski SM, Sandrock JE, Kedia AW, **Kerksick CM**, Lopez HL. A two-part approach to examine the effects of Theacrine (TeaCrine®) supplementation on oxygen consumption, hemodynamic responses and subjective measures of cognitive and psychometric parameters. *J Dietary Suppl*, 2016 May 10:1-15. PMID: [27164220](#).
29. Ziegenfuss TN, Lopez HL, Sandrock JE, Kedia AW, Habowski S, **Kerksick CM**. Effect of a multi-nutrient over-the-counter supplement on changes in metabolic rate and markers of lipolysis. *J Dietary Suppl* 2016 May 4;14(3): 288-302. PMID: [27611657](#).
30. **Kerksick CM**, Roberts MD, Dalbo VJ, Sunderland, KL. Intramuscular phosphagen status and the relationship to functional outcomes across the age spectrum. *Eur J Appl Physiol*. 2016 Jan;116(1):115-27. PMID: [26307531](#).
31. McClain T, Escobar K, **Kerksick CM†**. Protein Applications in Sports Nutrition-Part I: Requirements, Quality, Source and Optimal Dose. *Strength Cond J*. 2015 Apr;37(2):61-71. Web [Link](#).
32. Escobar KA, McClain TA, **Kerksick CM†**. Protein Applications in Sports Nutrition-Part II: Timing and Protein Patterns, Fat-Free Mass Accretion and Fat Loss. *Strength Cond J*. 2015 Jun;37(3):22-34. [Full Text](#).
33. Fransen JC, Zuhl M, **Kerksick CM**, Cole N, Altobelli S, Kuethe D, Schneider S. Impact of creatine on muscle performance and phosphagen stores after immobilization. *Eur J Appl Physiol*. 2015 Sep;115(9):1877-86. PMID: [25893562](#).
34. Alencar MK, Beam JR, McCormick JJ, White AC, Salgado RM, Kravitz LR, Mermier CM, Gibson AL, Conn CC, Kolkmeier D, Ferraro RT, **Kerksick CM†**. Meal frequency changes and impact on body composition and markers of health status. *Nutr Res*. 2015 May;35(5):375-83. PMID: [25862614](#).
35. Mike JN, **Kerksick CM**, Kravitz L. How to incorporate eccentric training into a resistance training program. *Strength Cond J*, 2015 Feb;37(1):5-17. Web [Link](#).
36. Ziegenfuss TN, Habowski SM, Lemieux R, Sandrock JE, Kedia W, **Kerksick CM**, Lopez HL. Effects of a dietary supplement on golf drive distance and functional indices of golf performance. *J Int Soc Sports Nutr*. 2015 Jan 21;12(1):4. PMID: [25632274](#).
37. Beam JR, Gibson AL, **Kerksick CM**, Conn CA, White AC, Mermier CM. Effect of post-exercise caffeine and green coffee bean extract consumption on blood glucose and insulin concentrations. *Nutrition*. 2015 Feb;31(2):292-7. PMID: [25592006](#).
38. **Kerksick CM**, Tsatsakis AM, Hayes AW, Kafantaris I, Kouretas D. How can bioinformatics and toxicogenomics assist the next generation of research on physical exercise and athletic performance? *J Strength Cond Res*. 2015 Jan;29(1):270-8. PMID: [25353080](#).
39. **Kerksick CM**, Mayhew JL, Grimstvedt M, Greenwood M, Kreider RB. Factors which contribute to and account for strength and work capacity in a large cohort of recreationally trained, adult healthy men with high and low strength levels. *J Strength Cond Res*. 2014 May;28(5):1246-1254. PMID: [24476779](#).
40. Zykovich A, Hubbard A, Flynn J, Tarnopolsky M, Fraga M, **Kerksick C**, Ogborn D, MacNeil L, Mooney S, Melov S. Genome-wide DNA methylation changes with age in disease free human skeletal muscle. *Aging Cell*. 2013 Nov 7. PMID: [24304487](#).
41. Kulovitz MG, Kravitz LR, Mermier C, Gibson AL, Conn CA, Kolkmeier D, **Kerksick CM†**. Potential role of meal frequency as a strategy for weight loss and health in overweight or obese adults. *Nutrition*. 2013 Nov 19. PMID: [24268866](#).
42. **Kerksick CM**, Willoughby DS, Kouretas D, Tsatsakis A. Intramuscular responses with muscle damaging exercise and the interplay between multiple intracellular network: A human perspective. *Food and Chemical Toxicology Special Issue: Adaptations in oxidative stress: Mechanisms involved*. 2013 Nov;61:136-43. PMID: [23624378](#).
43. **Kerksick CM**, Roberts MD, Dalbo VJ, Kreider RB, Willoughby DS. Changes in skeletal muscle proteolytic gene expression after prophylactic supplementation of EGCG, n-acetyl-cysteine (NAC) and eccentric damage. *Food and Chemical Toxicology Special Issue: Adaptations in oxidative*

- stress: *Mechanisms involved*. 2013 Nov;61:47-52. PMID: [23376779](#).
44. Sunderland KL, Roberts MD, Dalbo VJ, **Kerksick CM†**. Aging and sequential resistance exercise bout effects on housekeeping gene mRNA expression in human skeletal muscle. *J Strength Cond Res*. 2013 Jan;27(1):1-7. PMID: [23085978](#).
 45. Roberts MD, Walter A, Dalbo V, Sunderland K, **Kerksick, CM†**. Electrophoretic separation of myosin heavy chain isoforms using a modified mini gel system. *J Strength Cond Res*. 2012 Dec;26(12):3461-3468. PMID: [22955630](#).
 46. Dalbo VJ, Roberts MD, Hassell S, **Kerksick CM†**. Effects of pre-exercise feeding on serum hormone concentrations and biomarkers of myostatin and ubiquitin proteasome pathway activity. *Eur J Nutr*. 2013 Mar;52(2):477-87. PMID: [22476926](#).
 47. Nikolaidis MG, **Kerksick CM**, Lamprecht M, McAnulty SR. Redox biology of exercise. *Oxidative Medicine and Cellular Longevity, Special Issue: Redox Biology of Exercise*, Published September 19th, 2012. PMID: 23050039.
 48. Nikolaidis MG, **Kerksick CM**, Lamprecht M, McAnulty SR. Does Vitamin C and E Supplementation Impair the Favorable Adaptations of Regular Exercise? *Oxidative Medicine and Cellular Longevity, Special Issue: Redox Biology of Exercise*, Published August 14th, 2012. PMID: 22928084.
 49. Roberts MD, Dalbo VJ, **Kerksick CM†**. Postexercise myogenic gene expression: are human findings lost during translation? *Exerc Sport Sci Rev*. 2011 Oct;39(4):206-11. PMID: [21799423](#).
 50. Moon JR, Stout JR, Dalbo VJ, Roberts MR, **Kerksick CM†**. Validation of non-exercise VO₂ max prediction equations in a heterogeneous sample of males and females. *The Sport Journal*. 2011;14. Web [Link](#).
 51. Magrans-Courtney T, Wilborn C, Rasmussen C, Greenwood L, Campbell B, **Kerksick CM**, Dugan K, Nassar E, Li R, Ferreira M, Iosia M, Cooke M, Willoughby D, Soliha L, Kreider RB. Effect of diet type and glucosamine and chondroitin supplementation in women with knee osteoarthritis participating in an exercise and weight loss program: a randomized placebo controlled clinical trial. *J Int Soc Sports Nutr*. 2011 Jun 20;8(1):8. PMID: [21689421](#).
 52. Kreider RB, Rasmussen C, **Kerksick CM**, Wilborn C, Taylor L, Campbell B, Magrans-Courtney T, Fogt D, Ferreira M, Li R, Galbreath M, Iosia M, Cooke M, Serra M, Gutierrez J, Byrd M, Kresta JY, Simbo S, Oliver J, Greenwood M. A carbohydrate-restricted diet during resistance training promotes more favorable changes in body composition and markers of health in obese women with and without insulin resistance. *Phys Sportsmed*. 2011 May;39(2):27-40. PMID: [21673483](#).
 53. Dalbo VJ, Roberts MD, Sunderland KL, Poole CN, Stout JR, Beck TW, Bemben M, **Kerksick CM†**. Acute loading and aging effects on myostatin pathway activity after three sequential bouts of resistance exercise. *J Gerontol A Biol Sci Med Sci*. 2011 Aug;66(8):855-65. PMID: [21665986](#).
 54. Kreider RB, Serra M, Beavers KM, Moreillon J, Culbertson J, Byrd M, Jitomir-Gutierrez J, Hudson G, Deike E, Shelmadine B, Leeke P, Vela F, Rasmussen C, Greenwood M, Cooke M, **Kerksick C**, Wilson R, Campbell JK, Beiseigel J, Jonnalagadda SS. A structured diet and exercise program promotes favorable changes in weight loss, body composition and weight maintenance. *J Am Diet Assoc*. 2011; 111:828-843. PMID: [21616195](#).
 55. Herda TJ, Costa PB, Walter AA, Ryan ED, Hoge KM, **Kerksick CM**, Stout JR, Cramer JT. The effects of two modes of static stretching on muscle strength and stiffness. *Med Sci Sports Exerc*. 2011 Sep;43(9):1777-84. PMID: [21364485](#).
 56. Poole CN, Roberts MD, Dalbo VJ, Sunderland KL, **Kerksick CM†**. Megalin and androgen receptor gene expression in young and old human skeletal muscle prior to and following three sequential exercise bouts. *J Strength Cond Res*. 2011 Feb;25(2):309-17. PMID: [21322835](#).
 57. Roberts MD, Dalbo VJ, Sunderland K, Poole C, Hassell SE, **Kerksick CM†**. Myogenic mRNA markers in young and old human skeletal muscle prior to and following sequential exercise bouts. *Appl Physiol Nutr Metab*. 2011 Feb;36(1):96-106. PMID: [21326383](#).
 58. Dalbo VJ, Roberts MD, Hassell SE, Brown R, **Kerksick CM†**. Effects of age on serum hormone concentrations and intramuscular proteolytic signaling before and after a single bout of resistance training. *J Strength Cond Res*. 2011 Jan;25(1):1-9. PMID: [21157391](#).
 59. Poole CN, Roberts MD, Dalbo VJ, Tucker P, Sunderland K, Debolt N, Billbe B, **Kerksick CM†**. The combined effects of exercise and ingestion of a meal replacement in conjunction with a weight loss supplement on body composition and fitness parameters in college-aged males and females. *J Strength Cond Res*. 2011 Jan;25(1):51-60. PMID: [21157390](#).
 60. **Kerksick CM**, Wismann J, Fogt D, Thomas A, Taylor L, Campbell B, Wilborn C, Harvey T, Roberts M, La Bounty P, Galbreath M, Marcello B, Rasmussen C, Kreider R. Changes in weight loss, body composition and cardiovascular disease risk after altering macronutrient distributions

during a regular exercise program in obese women. *Nutr J*. 2010 Nov 22;9(1):59. PMID: [21092228](#).

61. Dalbo VJ, Roberts MD, Hassell SE, Moon JR, **Kerksick CM†**. Effects of mineral antioxidant complex on clinical safety, body water, lactate response, and aerobic performance in response to exhaustive exercise. *Int J Sport Nutr Exerc Metab*. 2010 Oct;20(5):381-92. PMID: [20975106](#).
62. Roberts MD, Lockwood C, Dalbo VJ, Volek J, **Kerksick CM†**. Ingestion of a high molecular weight hydrothermally modified waxy maize starch alters metabolic responses to prolonged exercise in trained cyclists. *Nutrition*. 2010 Oct 13. PMID: [20951003](#).
63. Roberts M, Dalbo V, Hassell S, Brown R, **Kerksick CM†**. Effects of pre-exercise feeding on markers of satellite cell activation. *Med Sci Sports Exerc*. 2010 Oct;42(10):1861-1869. PMID: [20216467](#).
64. Roberts MD, Dalbo VJ, Sunderland K, Poole C, Hassell SE, Cramer J, Stout J, **Kerksick CM†**. IGF-1 splice variant and IGF-1 peptide expression patterns in young and old human skeletal muscle prior to and following sequential exercise bouts. *Eur J Appl Physiol*. 2010 Jul 29. PMID: [20668872](#).
65. Fukuda DH, Smith AE, Kendall KL, Dwyer TR, Harris VM, **Kerksick CM**, Beck TW, Cramer JT, Stout JR. The effects of creatine loading and gender on anaerobic running capacity. *J Strength Cond Res*. 2010 Jul;24(7):1826-1833. PMID: [20543729](#).
66. Dalbo VJ, Roberts MR, Stout JR, **Kerksick CM†**. Effect of gender on the metabolic impact of a commercially available thermogenic drink. *J Strength Cond Res*. 2010 Jun;24(6):1633-42. PMID: [20508469](#).
67. **Kerksick CM**, Kreider R, Willoughby D. Intramuscular adaptations to eccentric exercise and antioxidant supplementation. *Amino Acids*. 2010 Jun;39(1):219-32. PMID: [19967420](#).
68. Roberts MD, **Kerksick CM†**, Dalbo VJ, Hassell SE, Tucker PS, Brown R. Molecular attributes of human skeletal muscle at rest and following unaccustomed exercise: An age comparison. *J Strength Cond Res*. 2010 May;24(5):1161-8. PMID: [20440120](#).
69. Kreider, RB, Wilborn CD, Taylor L, Campbell B, Almada A, Collins R, Cooke M, Earnest C, Greenwood M, Kalman D, **Kerksick CM**, Kleiner SM, Leutholtz B, Lopez H, Lowery L, Mendel R, Smith A, Spano M, Wildman R, Willoughby DS, Ziegenfuss TN, Antonio J. ISSN exercise and sports nutrition review: Research & recommendations. *J Int Soc Sports Nutr*. 2010 Feb 2; 7:7. PMID: [20181066](#).
70. Wildman R, **Kerksick C**, Campbell B. Carbohydrates, physical training and sport performance. *Strength and Cond J*. 2010 Feb; 32(1): 21-29. Web [Link](#).
71. **Kerksick C**, Roberts M. Supplements for endurance athletes. *Strength and Cond J*. 2010 Feb; 32(1): 55-64.
72. Poole C, Wilborn C, Taylor L, **Kerksick C†**. The role of post-exercise nutrient administration on muscle protein synthesis and glycogen synthesis. *J Sports Sci Med*. 2010, 9. PMID: [24149627](#).
73. Dalbo VJ, Roberts MD, Tucker PS, Lockwood C, Kreider RB, **Kerksick CM†**. The effects of age on skeletal muscle and the phosphocreatine energy system: can creatine supplementation help older adults. *Dyn Med*. 2009 Dec 24;8:6. PMID: [20034396](#).
74. **Kerksick CM**, Wilborn C, Campbell B, Harvey T, Marcello B, Parker A, Roberts M, Byars A, Greenwood L, Kreider R, Greenwood M. The effect of creatine monohydrate supplementation with and without D-pinitol on resistance training adaptations. *J Strength Cond Res*. 2009 Dec;23(9):2673-82. PMID: [19858753](#).
75. Moon JR, Smith A, Tobkin S, Lockwood C, Kendall K, Graef J, Roberts M, Dalbo V, **Kerksick C**, Cramer J, Beck T, Stout J. Total body water changes after an exercise intervention tracked using bioimpedance spectroscopy: a deuterium oxide comparison. *Clin Nutr*. 2009 Oct;28(5):516-525. PMID: [19500888](#).
76. Roberts MD, Dalbo VJ, Hassell SE, **Kerksick CM†**. The expression of androgen-regulated genes prior to and following a resistance exercise bout between younger and older men. *J Strength Cond Res*. 2009 Jul;23(4): 1060-67. PMID: [19528872](#).
77. **Kerksick CM**, Wilborn C, Campbell B, Roberts M, Rasmussen C, Greenwood M, Kreider R. Early-phase adaptations to a split-body, linear periodization resistance training program in college-aged and middle-aged men. *J Strength Cond Res*. 2009 May;23(3): 962-71. PMID: [19387379](#).
78. **Kerksick CM**, Thomas A, Taylor L, Campbell B, Wilborn C, Marcello B, Roberts M, Pfau E, Grimstvedt M, Opusunju J, Magrans-Courtney T, Rasmussen C, Bowden R, Wilson R, Kreider R. Effects of a popular exercise and weight loss program on weight loss, body composition, energy expenditure and health in obese women. *Nutr Metab (Lond)*. 2009 May 14;6:23. PMID:

- [19442301](#).
79. Roberts M, Dalbo V, Hassell S, Stout J, **Kerksick CM**†. Efficacy and safety of a popular thermogenic drink after 28 days of ingestion. *J Int Soc Sports Nutr.* 2008 Oct 24;5:19. PMID: [18950510](#).
 80. **Kerksick CM**, Harvey T, Stout J, Campbell B, Wilborn C, Kreider R, Kalman D, Ziegenfuss T, Lopez H, Ivy J, Landis J, Antonio A. International Society of Sports Nutrition position stand: Nutrient timing. *J Int Soc Sports Nutr.* 2008 Oct 3;5:17. PMID: [18834505](#).
 81. **Kerksick, CM**, Taylor L, Bouw, B, Harvey A, Willoughby D. Gender-related differences in muscle injury, oxidative stress, and apoptosis. *Med Sci Sports Exerc.* 2008 Oct;40(10):1772-80. PMID: [18799987](#).
 82. Dalbo VJ, Roberts MD, Stout JR, **Kerksick C**†. Putting the myth of creatine supplementation leading to muscle cramps and dehydration to rest. *Brit J Sports Med.* 2008 Jul; 42(7): 567-73. PMID: [18184753](#).
 83. Moon JR, Tobkin SE, Roberts MD, Dalbo VJ, **Kerksick CM**, Bembem MG, Stout JR. Total body water estimations in healthy men and women using bioimpedance spectroscopy: A deuterium oxide comparison. *Nutr Metab (Lond).* 2008 Mar 19; 5:7. PMID: [18353180](#).
 84. Cooke M, Iosia M, Buford T, Shelmadine B, Hudson G, **Kerksick C**, Rasmussen C, Greenwood M, Leutholtz B, Willoughby D and Kreider R. Effects of acute and 14-day coenzyme Q10 supplementation on exercise performance in both trained and untrained individuals. *J Int Soc Sports Nutr.* 2008 Mar 4;5:8. PMID: [18318910](#).
 85. Dalbo VJ, Roberts MD, Stout JR, **Kerksick CM**†. Acute effects of ingesting a commercial thermogenic drink on changes in energy expenditure and markers of lipolysis. *J Int Soc Sports Nutr.* 2008 Feb 20;5:6. PMID: [18289388](#).
 86. Roberts MD, Iosia M, **Kerksick CM**, Taylor LW, Campbell B, Wilborn CD, Harvey T, Cooke M, Rasmussen C, Greenwood M, Wilson R, Jitomir J, Willoughby D, Kreider RB. Effects of arachidonic acid supplementation on training adaptations in resistance-trained males. *J Int Soc Sports Nutr.* 2007 Nov 28;4:21. PMID: [18045476](#).
 87. Nassar E, Mulligan C, Taylor L, **Kerksick C**, Galbreath M, Greenwood M, Kreider R, Willoughby D. Effects of a single dose of N-Acetyl-5-methoxytryptamine (Melatonin) and resistance exercise on the growth hormone/IGF-1 axis in young males and females. *J Int Soc Sports Nutr.* 2007 Oct 23;4:14. PMID: [17956623](#).
 88. **Kerksick C**, Rasmussen C, Lancaster S, Starks M, Smith P, Melton C, Greenwood M, Almada A, Kreider R. Impact of differing protein sources and a creatine containing nutritional formula after 12 weeks of resistance training. *Nutrition.* 2007 Sep; 23(9):647-56. PMID: [17679046](#).
 89. Spano M and **Kerksick C**. Steak or potatoes? Choosing the macronutrient composition of your diet. *Diabetes Self Manag.* 2007 Jul-Aug;24(4):43-4, 46, 48-50. PMID: [17663083](#).
 90. Wilborn CD, Taylor LW, Campbell BI, **Kerksick C**, Rasmussen CJ, Greenwood M, Kreider RB. Effects of methoxyisoflavone, ecdysterone, and sulfo-polysaccharide supplementation on training adaptations in resistance-trained males. *J Int Soc Sports Nutr.* 2006 Dec 13;3:19-27. PMID: [18500969](#).
 91. Campbell B, Roberts M, **Kerksick C**, Wilborn C, Marcello B, Taylor L, Greenwood M, Kreider R. Pharmacokinetics, safety, and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men. *Nutrition.* 2006 Sep;22(9):872-81. PMID: [16928472](#).
 92. **Kerksick C**, Rasmussen C, Lancaster S, Magu B, Smith P, Melton C, Greenwood M, Almada A, Earnest C, Kreider R. Effects of protein and amino acid supplementation on resistance training adaptations. *J Strength Cond Res.* 2006 Aug;20(3): 643-53. PMID: [16937979](#).
 93. **Kerksick C**, Rasmussen C, Bowden R, Leutholtz B, Harvey T, Earnest C, Greenwood M, Almada A, Kreider R. Effects of ribose supplementation prior to and during intense exercise on anaerobic capacity and metabolic markers. *Int J Sport Nutr Exerc Metab.* 2005 Dec;15(6):653-64. PMID: [16521849](#).
 94. Henderson S, Magu B, Rasmussen C, Lancaster S, **Kerksick C**, Smith P, Melton C, Cowan P, Greenwood M, Earnest C, Almada A, Milnor P, Magrans T, Bowden R, Ounpraseuth S, Thomas A, Kreider R. Effects of coelus forskohlii supplementation on body composition and hematological profiles in mildly overweight women. *J Int Soc Sports Nutr.* 2005 Dec 9;2:54-62. PMID: [18500958](#).
 95. **Kerksick C**, Willoughby D. The antioxidant role of glutathione and N-acetyl-cysteine supplements and exercise-induced oxidative stress. *J Int Soc Sports Nutr.* 2005 Dec 9;2:38-44. PMID: [18500954](#).
 96. **Kerksick C**, Leutholtz B. Nutrient administration and resistance training. *J Int Soc Sports Nutr.*

- 2005 Jun 11;2:50-67. PMID: [18500951](#).
97. Wilborn CD, **Kerksick C**, Campbell BI, Taylor LW, Marcello BM, Rasmussen CJ, Greenwood MC, Almada A, Kreider RB. Effects of zinc magnesium aspartate (ZMA) supplementation on training adaptations and markers of anabolism and catabolism. *J Int Soc Sports Nutr.* 2004 Dec 31;1(2):12-20. PMID: [18500945](#).
 98. Earnest CP, Lancaster S, Rasmussen C, **Kerksick C**, Lucia A, Greenwood M, Almada A, Cowan P, Kreider R. Low vs. high glycemic index carbohydrate gel ingestion during simulated 64-km cycling time trial performance. *J Strength Cond Res.* 2004 Aug;18(3):466-472. PMID: [15320674](#).
 99. Vescovi JD, Binkley HM, **Kerksick C**. Sports performance graduate program interest and need survey: a brief report from the NSCA Education Committee. *J Strength Cond Res.* 2004 May;18(2):383-87. PMID: [15142016](#).
 100. Mayhew JL, **Kerksick C**, Lentz D, Ware JS, Mayhew DL. Repetitions-to-fatigue to predict 1-RM bench press in high school male athletes. *Ped Exerc Sci.* 2004; 16: 265-276. Web [Link](#).
 101. Kreider R, Rasmussen C, Lancaster S, **Kerksick C**, Greenwood M. Honey: An alternative sports gel. *Strength Cond J.* 2002; 24(1): 50-51. Web [Link](#).

Published Abstracts

1. Harty PS, Zabriskie HA, Stecker RA, Currier BS, Moon JM, Jagim AR, **Kerksick C**. Fat-free mass index in a diverse sample of female collegiate athletes. *Int J Ex Sci: Conference Proceedings:* 11(6), article 34.
2. Currier BS, Harty PS, Moon JM, Ponder SA, Stecker RA, Zabriskie HA, Jagim AR, **Kerksick CM**. Fat-free mass index in a diverse sample of male collegiate athletes. *Int J Ex Sci: Conference Proceedings:* 11(6), article 35.
3. Mayhew JL, Brechue WF, Arabas JL, **Kerksick CM**. Changes in upper-body strength are dependent on gender and training mode but independent of fat-free mass. *Med Sci Sports Exerc.* 2016 May;48(5 Suppl 1):473.
4. Yaceczko S, Alencar M, Kravitz L, **Kerksick C**. Weight loss and the effects of meal frequency on total ghrelin and appetite responses. *Med Sci Sports Exerc.* 2016 May;48(5 Suppl 1):220.
5. Escobar KA, McLain TA, McCormick JJ, **Kerksick CM**, Johnson KE, Endito MR, Mermier CM. Effect of branched-chain amino acid supplementation on creatine kinase, exercise performance and perceived muscle soreness. *Med Sci Sports Exerc.* 2016 May;48(5 Suppl 1):56.
6. Alverson B, Feutz B, Kerksick C, Schumacher R, Mayhew J. Validation of anthropometric equations to estimated 1RM bench press in college football players. *J Strength Cond Res* 30(1):S31, February 2016.
7. Brechue W, Mayhew J, Arabas J, Kerksick C. Modality-specific changes in upper-body muscular strength are independent of fat-free mass in untrained college women. *J Strength Cond Res* 30(1):S31, February 2016.
8. Smith AE, Kendall KL, Fukuda DH, Hetrick RP, Cramer JT, **Kerksick CM**, Stout JR. The antioxidant effect of beta-alanine supplementation with reduced exertion during treadmill running. *J Strength Cond Res* 26(1):S45, July 2011.
9. Herda TJ, Walter AA, Costa PB, Sunderland KL, Poole CN, Valdez AM, Wyatt CN, Kirby TJ, Dib PP, **Kerksick CM**, Cramer JT. Differences in the mechanomyographic versus force relationships and myosin heavy chain isoform content between young and old. *J Strength Cond Res* 26(1):S3, July 2011.
10. Sunderland KL, Poole CN, Roberts MD, Dalbo VJ, **Kerksick CM**. Housekeeping gene analysis in human skeletal muscle following sequential exercise bouts: An age comparison. *Med Sci Sports Exerc* 42(5):378, May 2010.
11. Roberts MD, Dalbo VJ, Sunderland K, Poole C, Hassell SE, **Kerksick CM**. Effects of human aging on MGF and CYCLIN D1 expression after three resistance exercise bouts. *Med Sci Sports Exerc* 42(5):755, May 2010.
12. Poole C, Roberts M, Dalbo V, Sunderland K, Hassell S, **Kerksick C**. Effects of human aging on CDK4, P21CIP1, P27KIP1, and MYOD expression after three resistance exercise bouts. *Med Sci Sports Exerc* 42(5):825-826, May 2010.
13. Dalbo V, Roberts M, Hassell S, **Kerksick C**. Effects of different pre-exercise feeding regimens on intramuscular markers of myostatin signaling following resistance training. *Med Sci Sports Exerc* 42(5):776, May 2010.
14. Woodall C, Hattaway J, **Kerksick C**, Sedlak M, Taylor L, Wilborn C. The effects of varying types of protein consumption on measures of strength in collegiate football players. *J Int Soc Sports*

- Nutr* 2010.
15. Oliver J, Kresta J, Byrd M, Canon C, Mardock M, Simbo S, Jung P, Lockard B, Khanna D, Koozehchian M, Rasmussen C, **Kerksick C**, Kreider R. Effects of high carbohydrate or high protein energy-restricted diets combined with resistance-exercise on weight loss and markers of health in women with serum triglyceride levels above or below median values. *J Int Soc Sports Nutr* 2010.
 16. Fukuda, DH, Smith AE, Kendall KL, Dwyer TR, **Kerksick CM**, Cramer JT, Stout JR. Effects of creatine loading and gender on anaerobic running capacity. *J Strength Cond Res* 2010.
 17. Sunderland KL, Roberts, Dalbo VJ, Poole CN, Crane J, Tarnopolsky MA, **Kerksick CM**. *J Strength Cond Res* 2010.
 18. Poole C, Roberts M, Dalbo V, Sunderland K, **Kerksick C**. The discovery of a novel gene in human skeletal muscle with implication to steroid cellular transport. *J Strength Cond Res* 2010.
 19. Herda TJ, Walter AA, Costa PB, Ryan ED, Hoge KM, Roberts MD, Dalbo VJ, Sunderland KL, Poole CN, **Kerksick CM**, Cramer JT. Differences in the mechanomyographic amplitude versus force relationships between young and old during isometric ramped muscle actions. *J Strength Cond Res* 2010.
 20. Culbertson J, Byrd M, Cooke M, **Kerksick C**, Campbell B, Wilborn C, Galbreath M, Li R, Ferreira M, Nassar E, Harvey T, Parker A, Courtney T, Dove J, Beavers K, Serra M, Jitimir J, Moreillon J, Simbo S, Chandran R, Hudson G, Cecelia C, Deike E, Iosia M, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness & weight loss program on body composition & resting energy expenditure. *FASEB J*. 2009; 22: LB 459.
 21. Moreillon J, Culbertson J, Byrd M, Galbreath M, Wilborn C, Taylor L, Campbell B, Nassar E, Dove J, Harvey T, **Kerksick C**, La Bounty P, Parker A, Ferreira M, Cooke M, Iosia M, Chandran R, Beavers K, Serra M, Jitimir J, Curts C, Deike E, Hudson G, Buford T, Shelmadine B, Rasmussen C, Greenwood M, Willoughby D, Kreider R. Effects of the Curves® fitness & weight loss program on markers of health & fitness. *FASEB J*. 2009; 22: LB 461.
 22. **Kerksick C**, Beavers K, Chandran R, Jitimir J, Serra M, Shelmadine B, Wilborn C, Wismann J, Nassar E, Dove J, Galbreath M, Harvey T, La Bounty P, Campbell B, Cooke M, Iosia M, Rasmussen C, Wilson R, Kreider R. Relationship of resting energy expenditure to body composition and clinical health markers. *FASEB J*. 2009; 22: LB 482.
 23. **Kerksick C**, Beavers K, Chandran R, Jitimir J, Serra M, Shelmadine B, Wilborn C, Wismann J, Nassar E, Dove J, Galbreath M, La Bounty P, Campbell B, Ferreira M, Cooke M, Iosia M, Rasmussen C, Wilson R, Kreider R. Relationship of uric acid to body composition, heart disease risk factors and energy expenditure. *FASEB J*. 2009; 22: LB 476.
 24. Roberts MD, Lockwood C, Dalbo VJ, Tucker P, Frye A, Polk R, Volek J, **Kerksick C**. Ingestion of a high molecular weight modified waxy maize starch alters metabolic responses to prolonged exercise in trained cyclists. *FASEB J*. 2009; 22: LB 114.
 25. Moon JR, Smith AE, Tobkin SE, Lockwood CM, Kendall KL, Graef JL, Roberts MD, Dalbo VJ, **Kerksick CM**, Cramer JT, Beck TW, Stout JR. Tracking changes in body fat using commercially available BIA devices compared to a four-compartment model. *Med Sci Sports Exerc* May 2009; 41(5): S320.
 26. Dalbo VJ, Roberts MD, Hassell SE, Moon JR, Tucker P, Stout JR, **Kerksick CM**. Impact of silica hydride supplementation on aerobic exercise parameters in college-aged males. *Med Sci Sports Exerc* May 2009; 41(5): S548.
 27. Hassell SE, **Kerksick CM**, Roberts MD, Dalbo VJ, Moon JR. Prophylactic supplementation of a nano-sized silica mineral antioxidant complex on changes in clinical safety parameters and body water. *Med Sci Sports Exerc* May 2009; 41(5): S549.
 28. 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. *Med Sci Sports Exerc* May 2009; 41(5): S96.
 29. **Kerksick C**, Tucker P, Roberts M, Dalbo V, Billbe B, DeBolt N. The combined effects of exercise training and ingestion of a weight loss supplement on body composition and fitness parameters in college-aged males and females. *J Int Soc Sports Nutr* 2009
<http://www.ijsn.com/content/6/S1/P19>.
 30. Roberts MD, Dalbo VJ, Hassell S, Moon J, Baker C, House P, Stout JR, **Kerksick CM**. Efficacy and safety of a thermogenic drink after 28 days of ingestion. *Med Sci Sports Exerc* May 2008; 40(5) S1:S400.
 31. Dalbo VJ, Roberts MD, Stout JR, **Kerksick CM**. Effects of a commercial energy drink on acute changes in energy expenditure and lipolysis. *Med Sci Sports Exerc* May 2008; 40(5) S1:S400.

32. Cooke MB, Iosia M, Buford T, Shelmadine B, Hudson G, **Kerksick C**, Greenwood M, Rasmussen C, Kreider R. Effects of coenzyme Q10 supplementation on exercise performance in trained and untrained individuals. *Med Sci Sports Exerc* May 2008; 40(5) S1:S402.
33. **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. *Med Sci Sports Exerc* May 2008; 40(5) S1: S109.
34. Roberts MD, Dalbo VJ, Hassell SE, **Kerksick CM**. Endocrinological and myogenic gene expression patterns in young versus old males 24 hours following resistance exercise. *J Strength Cond Res* November 2008; 22(6) Abstracts, 48.
35. **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. *J Strength Cond Res* November 2008; 22(6) Abstracts, 4.
36. **Kerksick C**, Roberts M, Taylor L, Moulton C, Rasmussen C, Kreider R. Impact of increased energy intake after acute hypo-energetic dieting on markers of energy balance, satiety, and fuel utilization in obese females. *FASEB J*. 2007; 21(5): LB225.
37. Galbreath M, Campbell B, **Kerksick C**, Taylor L, Wilborn C, Thomas A, Beckham J, Wismann J, Rasmussen C, Kreider R. Effects of calcium supplementation in post-menopausal women participating in the curves fitness & weight loss program. *FASEB J*. 2007; 21(5): LB225.
38. Cooke M, **Kerksick C**, Campbell B, Wilborn C, Galbreath M, Li R, Ferreira M, Nassar E, Harvey T, Parker A, Sharp K, Iosia M, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness & weight loss program. #I: Body composition. *FASEB J*. 2007; 21(5): LB225.
39. Li R, **Kerksick C**, Campbell B, Wilborn C, Marcello B, Ferreira M, Wismann J, Beckham-Dove J, Galbreath M, Harvey T, La Bounty P, Sharp K, Parker A, Nassar E, Iosia M, Cooke M, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness & weight loss program. #II: Resting energy expenditure. *FASEB J*. 2007; 21(5): LB226.
40. Iosia M, Campbell B, Wilborn C, Wismann J, Sharp K, Nassar E, Beckham-Dove J, Galbreath M, Parker A, Harvey T, **Kerksick C**, La Bounty P, Marcello B, Cooke M, Ferreira M, Li R, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness & weight loss program. #III: Training adaptations. *FASEB J*. 2007; 21(5): LB227.
41. Wismann J, Galbreath M, Wilborn C, Taylor L, Campbell B, Nassar E, Beckham-Dove J, Harvey T, **Kerksick C**, La Bounty P, Parker A, Ferreira M, Cooke M, Iosia M, Chandran R, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness & weight loss program. #IV: Health markers. *FASEB J*. 2007; 21(5): LB229.
42. Nassar E, Taylor L, **Kerksick C**, Campbell B, Wilborn C, Buford T, Hudson G, Harvey T, Cooke M, Rasmussen C, Willoughby D, Kreider R. Effects of the Curves® fitness & weight loss program. #V: Leptin & insulin. *FASEB J*. 2007; 21(5): LB231.
43. Harvey T, Nassar E, Bowden R, Davis M, Long L, Opusunju J, Lanning B, Beckham-Dove J, Wismann J, Galbreath M, Campbell B, **Kerksick C**, La Bounty P, Ferreira M, Wilborn C, Crixell J, Iosia M, Cooke M, Rasmussen C, Kreider R. Effects of the Curves® fitness & weight loss program. #VI: Quality of life. *FASEB J*. 2007; 21(5): LB231.
44. Davis M, Lanning B, Nassar E, Long L, Opusunju J, Bowden R, Beckham-Dove J, Wismann J, Galbreath M, Campbell B, Harvey T, **Kerksick C**, La Bounty P, Ferreira M, Wilborn C, Crixell J, Iosia M, Cooke M, Rasmussen C, Kreider R. Effects of the Curves® fitness & weight loss program. #VII: Body image & self esteem. *FASEB J*. 2007; 21(5): LB233.
45. Sharp K, **Kerksick C**, Wilborn C, Campbell B, Wismann J, Galbreath M, Nassar E, Beckham-Dove J, Harvey T, La Bounty P, Parker A, Ferreira M, Cooke M, Iosia M, Rasmussen C, Greenwood M, Kreider R. Long-term effects of the Curves® fitness & weight loss program on weight loss and fat loss. *FASEB J*. 2007; 21(5): LB234.
46. Chandran R, Jitomir J, Shelmadine B, Beavers K, **Kerksick C**, Wilborn C, Wismann J, Nassar E, Beckham-Dove J, Galbreath M, Harvey T, La Bounty P, Ferreira M, Cooke M, Iosia M, Rasmussen C, Greenwood M, Kreider R. Effects of iso-energetic high carbohydrate and high protein diets on health outcomes in women with metabolic syndrome (MS) participating in the Curves® fitness program. *FASEB J*. 2007; 21(5): LB235.
47. Jitomir J, Chandran R, Shelmadine B, Beavers K, **Kerksick C**, Wilborn C, Wismann J, Nassar E, Beckham-Dove J, Galbreath M, Harvey T, La Bounty P, Ferreira M, Iosia M, Cooke M, Rasmussen C, Greenwood M, Kreider R. Effects of diet and exercise interventions on health outcomes in women with and without metabolic syndrome (MS). *FASEB J*. 2007; 21(5): LB236.
48. 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. *Med Sci Sports Exerc*. 2007;

- 39(5): S56.
49. **Kerksick C**, Mayhew J, Smith A, Johnson B, Hart C, Ward T. General and specific strength development following resistance training in college men and women. *Med Sci Sports Exerc.* 2007; 39(5): S294.
 50. **Kerksick C**, Mayhew J, Bird E, Roberts S, Landrum M. Strength improvements in low-strength men and women and low-strength men using free weights and machine weights. *J Strength Cond Res.* 2007; 21(4): e35.
 51. **Kerksick C**. Effect of prophylactic supplementation of N-acetyl-cysteine and epigallocatechin gallate on markers of oxidative stress, inflammation and apoptosis after eccentric contraction-induced injury in untrained males. *Amino Acids.* 2007; 33: LVII.
 52. Kreider R, **Kerksick C**, Thomas A, Rasmussen C, Wilborn C, Campbell B, Harvey T, La Bounty P, Galbreath M, Marcello B, Wismann J, Ferreira M, Li R, Parker A, Sharp K. Effects of increased levels of energy intake after hypocaloric dieting on body mass, body composition, and resting energy expenditure in obese females. *Nutr Metab* <http://www.nmsociety.org/postersdisplay06.htm>, 2006.
 53. **Kerksick C**, Thomas A, Rasmussen C, Wilborn C, Campbell B, Harvey T, La Bounty P, Galbreath M, Marcello B, Wismann J, Ferreira M, Li R, Parker A, Sharp K, Kreider R. Acute effects of ingesting a high carbohydrate and high protein hypocaloric diets on body mass, body composition, and resting energy expenditure in obese females. *Nutr Metab* <http://www.nmsociety.org/postersdisplay06.htm>, 2006.
 54. Rasmussen C, Galbreath M, Campbell B, Marcello B, Beckham J, Opusunju J, Harvey T, **Kerksick C**, La Bounty P, Taylor L, Nassar E, Ounpraseuth S, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program. #I: Body composition & bone density. *FASEB J.* 2006; 20(5): LB92.
 55. Wismann J, Thomas A, Moulton C, Sharp K, Parker A, Iosia M, Ferreira M, Li R, Schoch R, **Kerksick C**, Ounpraseuth S, Crixell J, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program. #II: Resting energy expenditure. *FASEB J.* 2006; 20(5): LB92.
 56. Beckham J, Woody M, Fredenburg K, Opusunju J, Schoch R, Donahue K, Bachuss A, Galbreath M, **Kerksick C**, Ounpraseuth S, Crixell J, Rasmussen C, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Effects of the Curves® fitness program on markers of health and fitness in middle school-aged children. *FASEB J.* 2006; 20(5): LB92.
 57. Campbell B, Moulton C, **Kerksick C**, Roberts M, Rasmussen C, Kreider R. Changes in clinical safety markers after one week of hypo-energetic dieting with different macronutrients. *FASEB J.* 2006; 20(5): LB366.
 58. Sharp K, Nassar E, **Kerksick C**, Rasmussen C, Kreider R. Prediction of body fat in a large population of moderately overweight sedentary females. *FASEB J.* 2006; 20(5): LB382.
 59. Wilborn C, Beckham J, Harvey T, **Kerksick C**, La Bounty P, Kreider R. Assessment of resting energy expenditure using a portable hand held analyzer vs. stationary unit. *FASEB J.* 2006; 20(5): LB420.
 60. Taylor L, Campbell B, **Kerksick C**, Rasmussen C, Thomas A, Kreider R. Effects of hypo-energetic dieting with different macronutrients on thyroid hormones. *FASEB J.* 2006; 20(5): LB426.
 61. Moulton C, Taylor L, Campbell B, **Kerksick C**, Roberts M, Rasmussen C, Kreider R. Impact of hypo-energetic dieting with different types of macronutrients on ketone and leptin levels. *FASEB J.* 2006; 20(5): LB427.
 62. **Kerksick C**, Taylor L, Moulton C, Campbell B, Roberts M, Kreider R. Effects of hypo-energetic dieting with different macronutrients on lipid panels, glucose, and insulin kinetics. *FASEB J.* 2006; 20(5): LB429.
 63. **Kerksick C**, Willoughby D. Estradiol attenuates oxidative stress, skeletal muscle apoptosis, and exercise-induced muscle injury in females. *Med Sci Sports Exerc.* 2006; 38(5): S389.
 64. Greenwood M, **Kerksick C**, Wilborn C, Harvey T, Marcello B, Campbell B, Greenwood L, Byars A. The effects of varying types of creatine formulations on isokinetic strength and power. *J Intl Soc Sports Nutr.* 2006; 3(1): 6.
 65. Iosia M, Roberts M, **Kerksick C**, Campbell B, Harvey T, Wilborn C, Wilson R, Greenwood M, Willoughby D, Kreider R. Performance and body composition changes after 50 days of concomitant arachidonic acid supplementation and resistance training. *J Intl Soc Sports Nutr.* 2006; 3(1): 12.

66. **Kerksick C**, Taylor L, Campbell B, Moulton C, Wilborn C, Harvey T, Wismann J, La Bounty P, Galbreath M, Iosia M, Roberts M, Rasmussen C, Wilson R, Kreider R. Effects of increased levels of energy intake after hypocaloric dieting on metabolic indicators of fuel utilization in obese females. *J Intl Soc Sports Nutr.* 2006; 3(1): 13.
67. Nassar E, Mulligan C, Taylor L, **Kerksick C**, Galbreath M, Greenwood 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. *J Intl Soc Sports Nutr.* 2006; 3(1): 16.
68. Roberts M, **Kerksick C**, Taylor L, Iosia M, Campbell B, Wilborn C, Harvey T, Wilson R, Greenwood M, Willoughby D, Kreider R. Hormonal and intramuscular adaptations over 50 days of concomitant arachidonic acid supplementation and resistance training. *J Intl Soc Sports Nutr.* 2006; 3(1): 19.
69. Taylor L, Campbell B, **Kerksick C**, Rasmussen C, Kreider R. Changes in thyroid hormones and REE after one week of hypocaloric dieting followed by varying levels of dietary caloric intake. *J Intl Soc Sports Nutr.* 2006; 3(1): 24.
70. Wilborn C, Roberts M, **Kerksick C**, Iosia M, Taylor L, Campbell B, Harvey T, Wilson R, Greenwood M, Willoughby D, Kreider R. Changes in whole blood and clinical safety markers over 50 days of concomitant arachidonic acid supplementation and resistance training. *J Intl Soc Sports Nutr.* 2006; 3(1): 25.
71. Campbell B, **Kerksick C**, Wilborn C, Harvey T, Wismann J, La Bounty P, Galbreath M, Rasmussen C, Wilson R, Kreider R. Effects of increased levels of energy intake after hypocaloric dieting on body mass, body composition, total body water, and resting energy expenditure in obese females. *J Intl Soc Sports Nutr.* 2006; 3(1): 29.
72. Roberts M, Wilborn C, Taylor L, **Kerksick C**, Willoughby D. The effects of two resistance exercise bouts with differing intensities on post-exercise serum prostaglandin F_{2α} levels in untrained males. *J Strength Cond Res.* 2006; 20(4): e15.
73. Campbell B, **Kerksick C**, Wilborn C, Rasmussen C, Greenwood M, Kreider R. Body composition changes after following an 8-week split-body periodized resistance training program in college-aged and middle-aged males. *J Strength Cond Res.* 2006; 20(4): e30.
74. Campbell B, Wilborn C, **Kerksick C**, Rasmussen C, Greenwood M, Kreider R. Strength changes after following an 8-week split-body periodized resistance training program in college-aged and middle-aged males. *J Strength Cond Res.* 2006; 20(4): e31.
75. **Kerksick C**, Campbell B, Willoughby D. Changes in muscle damage markers, soreness, and strength after a 14-day prophylactic period of antioxidant supplementation followed by eccentric exercise. *J Strength Cond Res.* 2006; 20(4): e41.
76. Harvey T, Beckham J, Campbell B, Galbreath M, **Kerksick C**, La Bounty P, Magrans T, Marcello B, Moulton C, Roberts M, Rohle D, Taylor L, Thomas A, Vacanti A, Wilborn C, Wismann J, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Effects of the Curves® fitness & weight loss program. #I: Body composition. *FASEB J.* 2005; 19(4): LB 251.
77. Thomas A, Magrans T, Marcello B, Moulton C, Roberts M, Rohle D, Taylor L, Thomas A, Vacanti A, Wilborn C, Wismann J, Beckham J, Campbell B, Galbreath M, Harvey T, **Kerksick C**, La Bounty P, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Effects of the Curves® fitness & weight loss program. #II: Resting energy expenditure. *FASEB J.* 2005; 19(4): LB 252.
78. Campbell B, Rohle D, Taylor L, Thomas A, Vacanti A, Wilborn C, Wismann J, Beckham J, Galbreath M, Harvey T, **Kerksick C**, La Bounty P, Magrans T, Marcello B, Moulton C, Roberts M, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Effects of the Curves® fitness & weight loss program. #III: Training adaptations. *FASEB J.* 2005; 19(4): LB 254.
79. Galbreath M, Wilborn C, Wismann J, Beckham J, Harvey T, **Kerksick C**, La Bounty P, Magrans T, Marcello B, Moulton C, Roberts M, Campbell B, Rohle D, Taylor L, Thomas A, Vacanti A, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Effects of the Curves® fitness & weight loss program. #IV: Health markers. *FASEB J.* 2005; 19(4): LB 256.
80. Nassar E, Long L, Bowden R, Lanning B, Zimmerman A, Beckham J, Magrans T, Thomas A, Wismann J, Galbreath M, Campbell B, Harvey T, **Kerksick C**, La Bounty P, Marcello B, Moulton C, Roberts M, Wilborn C, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Effects of the Curves® fitness & weight loss

- program. #V: Quality of life. *FASEB J.* 2005; 19(4): LB 257.
81. Long L, Lanning B, Bowden R, Nassar E, Zimmerman A, Campbell B, Harvey T, **Kerksick C**, La Bounty P, Marcello B, Moulton C, Roberts M, Wilborn C, Magrans T, Thomas A, Wismann J, Galbreath M, Beckham J, Ounpraseuth S, Casey P, Fogt D, Rasmussen C, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Effects of the Curves® fitness & weight loss program. #VI: Body image. *FASEB J.* 2005; 19(4): LB 269.
 82. Mulligan C, Moulton C, Taylor L, Rohle D, Vacanti A, Willoughby D, Thomas A, Wilborn C, **Kerksick C**, Wismann J, Beckham J, Campbell B, Galbreath M, Harvey T, La Bounty P, Magrans T, Marcello B, Roberts M, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Effects of the Curves® fitness & weight loss program: Relationship of changes in energy expenditure to thyroid status. *FASEB J.* 2005; 19(4): LB 258.
 83. Magrans T, Wilborn C, Wismann J, Beckham J, Campbell B, Galbreath M, Harvey T, La Bounty P, Marcello B, Moulton C, Roberts M, Rohle D, Taylor L, Thomas A, Vacanti A, Fogt D, **Kerksick C**, Ounpraseuth S, Casey P, Rasmussen C, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Long-term effects of the Curves® fitness & weight loss program: Body composition and resting energy expenditure. *FASEB J.* 2005; 19(4): LB 260.
 84. Wilborn C, Harvey T, La Bounty P, Marcello B, Campbell B, Thomas A, Wismann J, Moulton C, Roberts M, Rohle D, Taylor L, Vacanti A, Beckham J, Galbreath M, Fogt D, **Kerksick C**, Magrans T, Ounpraseuth S, Casey P, Rasmussen C, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Long-term effects of the Curves® fitness & weight loss program: Training adaptations. *FASEB J.* 2005; 19(4): LB 261.
 85. Wismann J, Moulton C, Rohle D, Taylor L, Vacanti A, Wilborn C, Beckham J, Campbell B, Galbreath M, Harvey T, La Bounty P, Marcello B, Roberts M, Thomas A, Fogt D, **Kerksick C**, Magrans T, Ounpraseuth S, Casey P, Rasmussen C, Greenwood M, Wilson R, Kreider R (Sponsor: Willoughby D). Long-term effects of the Curves® fitness & weight loss program: Health outcomes. *FASEB J.* 2005; 19(4): LB 262.
 86. **Kerksick C**, Thomas A, Campbell B, Wilborn C, Roberts M, La Bounty P, Taylor L, Magrans T, Ounpraseuth S, Casey P, Rasmussen C, Greenwood M, Kreider R (Sponsor: Willoughby D). Prediction of resting energy expenditure in sedentary moderately overweight healthy females. *FASEB J.* 2005; 19(4): LB 259.
 87. **Kerksick C**, Rasmussen C, Grimstvedt M, Kreider R, Greenwood M, Mayhew JL. Regional body composition analysis using DEXA. *Med Sci Sports Exerc.* 2005; 37(5): S301.
 88. **Kerksick C**, Taylor L, Bouw B, Harvey A, Willoughby D. The protective effect of estrogen against oxidative stress, exercise-induced muscle injury, and skeletal muscle apoptosis in males and females. *J Intl Soc Sports Nutr.* 2005; 2(1): 3-4.
 89. Wilborn C, Taylor L, **Kerksick C**, Stout J, Willoughby D. Effects of heavy resistance training and proprietary whey+casein+leucine protein supplementation on muscle strength and mass and MHC isoform mRNA expression. *J Intl Soc Sports Nutr.* 2005; 2(1): 5.
 90. Campbell B, La Bounty P, Thomas A, Nassar E, Wismann J, Harvey T, **Kerksick C**, Wieckowski M, Beckham J, Roberts M, Galbreath M, Greenwood M, Kreider R. Dietary protein and carbohydrate intake of resistance-trained males. *J Intl Soc Sports Nutr.* 2005; 2(1): 6.
 91. Willoughby D, Stout J, Wilborn C, Taylor L, **Kerksick C**. Effects of heavy resistance training and proprietary whey+casein+leucine protein supplementation on serum and skeletal muscle IGF-1 levels and IGF-1 and MGF mRNA expression. *J Intl Soc Sports Nutr.* 2005; 2(1): 18.
 92. Willoughby D, **Kerksick C**, Bouw B, Harvey A. Effects of eccentric muscle contractions on estrogen receptor- α and myostatin mRNA expression in males and females. *J Intl Soc Sports Nutr.* 2005; 2(1): 19.
 93. Campbell B, **Kerksick C**, Wilborn C, Marcello B, Lutz, R, La Bounty P, Harvey T, Taylor L, Galbreath M, Rasmussen C, Greenwood M, Kreider R. Assessment of a learning curve for the wingate anaerobic test. *J Strength Cond Res.* 2005; 19(4): e9.
 94. Greenwood M, **Kerksick C**, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. The effects of varying types of creatine on strength measures and body composition. *J Strength Cond Res.* 2005; 19(4): e17.
 95. Greenwood M, **Kerksick C**, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider, Almada A. Influence of varying creatine formulations on safety issues regarding whole body creatine retention. *J Strength Cond Res.* 2005; 19(4): e17.

96. **Kerksick C**, Greenwood M, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. The effects of creatine and creatine with D-pinitol on markers of health. *J Strength Cond Res.* 2005; 19(4): e23.
97. Wilborn C, Campbell B, Thomas A, Slonaker R, Vacanti A, Marcello B, Baer J, **Kerksick C**, Rasmussen C, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Earnest C, Kreider R. Effects of methoxyisoflavone, ecdysterone, and sulfo-polysaccharide (CSP3) supplementation during training on body composition and training adaptations. *FASEB J.* 2004; 18(4): LB439.
98. Rohle D, Mulligan C, Taylor L, Fogt D, Vacanti A, Wilborn C, **Kerksick C**, Rasmussen C, Ounpraseuth S, Casey P, Greenwood M, Earnest C, Kreider R. Effects of methoxyisoflavone, ecdysterone, and sulfo-polysaccharide (CSP3) supplementation during training on markers of anabolism & catabolism. *FASEB J.* 2004; 18(4): LB440.
99. Campbell B, Baer J, Thomas A, Slonaker R, Vacanti A, Marcello B, Wilborn C, **Kerksick C**, Rasmussen C, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Earnest C, Kreider R. Effects of zinc magnesium-aspartate (ZMA) supplementation during training on body composition and training adaptations. *FASEB J.* 2004; 18(4): LB441.
100. Taylor L, Mulligan C, Rohle D, Fogt D, Vacanti A, Baer J, **Kerksick C**, Rasmussen C, Ounpraseuth S, Casey P, Greenwood M, Earnest C, Kreider R. Effects of zinc magnesium-aspartate (ZMA) supplementation during training on markers of anabolism and catabolism. *FASEB J.* 2004; 18(4): LB442.
101. **Kerksick C**, Rasmussen C, Magrans T, Campbell B, Baer J, Slonaker R, Grimstvedt M, Pfau E, Wilborn C, Thomas A, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Earnest C, Kreider R. Effects of the Curves® fitness & weight loss program. #I: Body composition. *FASEB J.* 2004; 18(4): LB277.
102. Thomas A, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Slonaker R, Pfau E, Grimstvedt M, Wilborn C, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Kreider R, Earnest C. Effects of the Curves® fitness & weight loss program. #II: Resting energy expenditure. *FASEB J.* 2004; 18(4): LB278.
103. Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Thomas A, Slonaker R, Grimstvedt M, Pfau E, Wilborn C, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Earnest C, Kreider R. Effects of the Curves® fitness & weight loss program. #III: Training adaptations. *FASEB J.* 2004; 18(4): LB279.
104. Slonaker B, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Thomas A, Pfau E, Grimstvedt M, Wilborn C, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Earnest C, Kreider R. Effects of the Curves® fitness & weight loss program. #IV: Health markers. *FASEB J.* 2004; 18(4): LB280.
105. Vacanti A, Taylor L, Mulligan C, Rohle D, Fogt D, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Thomas A, Slonaker R, Grimstvedt M, Pfau E, Wilborn C, Marcello B, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Earnest C, Kreider R. Effects of the Curves® fitness & weight loss program. #V: Relationship of leptin to weight loss. *FASEB J.* 2004; 18(4): LB281.
106. Mulligan C, Fogt D, Taylor L, Rohle D, Vacanti A, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Thomas A, Slonaker R, Wilborn C, Marcello B, Pfau E, Grimstvedt M, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Earnest C, Kreider R. Effects of the Curves® fitness & weight loss program. #VI: Insulin sensitivity. *FASEB J.* 2004; 18(4): LB282.
107. Bowden R, Lanning B, Johnston H, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Thomas A, Slonaker R, Pfau E, Grimstvedt M, Wilborn C, Marcello B, Fogt D, Taylor L, Mulligan C, Rohle D, Vacanti A, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Earnest C, Kreider R. Effects of the Curves® fitness & weight loss program. #VII: Quality of life. *FASEB J.* 2004; 18(4): LB283.
108. Lanning B, Bowden R, Johnston H, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Thomas A, Slonaker R, Pfau E, Grimstvedt M, Wilborn C, Marcello B, Fogt D, Taylor L, Mulligan C, Rohle D, Vacanti A, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Earnest C, Kreider R. Effects of the Curves® fitness & weight loss program. #VIII: Body image. *FASEB J.* 2004; 18(4): LB284.
109. Greenwood M, Kreider R, Rasmussen C, **Kerksick C**, Leutholtz B, Magrans T, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Autrey L, Campbell B, Slonaker R, Baer J, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Ounpraseuth S, Casey P, Wilson R. Effects of the Curves® fitness program on muscular strength, muscular endurance, and maximal aerobic capacity. *Med Sci Sports Exer.* 2004; 36(5): S80, Abstract #0533.

110. Kreider R, Rasmussen C, **Kerksick C**, Campbell B, Baer J, Slonaker R, Wilborn C, Thomas A, Magrans T, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Autrey L, Ounpraseuth S, Casey P, Greenwood M, Wilson R. Effects of the Curves® fitness and weight loss program on weight loss and resting energy expenditure. *Med Sci Sports Exer.* 2004; 36(5): S80, Abstract #0534.
111. Rasmussen C, Kreider R, **Kerksick C**, Campbell B, Slonaker R, Greenwood M, Baer J, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Autrey L, Magrans T, Marcello B, Mulligan C, Rohle D, Taylor L, Vacanti A, Ounpraseuth S, Casey P, Wilson R. Effects of the Curves® fitness and weight loss program on markers of health. *Med Sci Sports Exer.* 2004; 36(5): S81, Abstract #0535.
112. Taylor L, Mulligan C, Rohle D, Vacanti A, Fogt D, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Slonaker R, Wilborn C, Thomas A, Marcello B, Pfau E, Grimstvedt M, Opusunju J, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Kreider R. Analysis of the safety of the Curves™ fitness and weight loss program in high protein diets. *Sports Nutr Rev J.* 2004; 1(1): S8, Abstract #12.
113. **Kerksick C**, Campbell B, Taylor L, Wilborn C, Rasmussen C, Vacanti T, Greenwood M, Bowden R, Wilson R, Kreider R. Pharmokinetic profile of time released and non-time released oral arginine. *Sports Nutr Rev J.* 2004; 1(1): S9, Abstract #13.
114. Campbell B, Baer J, Roberts M, Vacanti T, Marcello B, Thomas A, **Kerksick C**, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on body composition and training adaptations. *Sports Nutr Rev J.* 2004; 1(1): S10, Abstract #14.
115. Vacanti T, Campbell B, Baer J, Roberts M, Marcello B, Thomas A, **Kerksick C**, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on markers of catabolism and health status. *Sports Nutr Rev J.* 2004; 1(1): S10, Abstract #15.
116. Nassar E, Bowden R, Lanning B, Doyle E, Johnston H, Slonaker R, Scanes G, Rasmussen C, **Kerksick C**. The efficacy of body mass index as a health status indicator. *Sports Nutr Rev J.* 2004; 1(1): S12, Abstract #17.
117. 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.
118. Wilborn C, Baer J, Campbell B, Thomas A, Slonaker R, Vacanti T, Marcello B, **Kerksick C**, Rasmussen C, Taylor L, Mulligan C, Rohle D, Fogt D, Wilson R, Greenwood M, Kreider R. Effects of ZMA supplementation on the relationship of zinc and magnesium to body composition, strength, sprint performance, and metabolic and hormonal profiles. *Sports Nutr Rev J.* 2004; 1(1): S13, Abstract #19.
119. **Kerksick C**, Wilborn C, Grimstvedt M, Rasmussen C, Greenwood M, Almada A, Kreider R. Training adaptations while resistance training with and without nutritional supplementation. *J Strength Cond Res.* 2004; 18(4): e11.
120. **Kerksick C**, Grimstvedt M, Rasmussen C, Mayhew JL, Greenwood M, Kreider R, Almada A. Compatibility of predicting 1-RM bench press and leg press from muscular endurance repetitions in adult men. *J Strength Cond Res.* 2004; 18(4): e11.
121. **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. *J Exerc Phys.* 2003; 6(2).
122. Rasmussen C, Kreider R, **Kerksick C**, Leutholtz B, Greenwood M, Chandler M, Wilson R, Earnest C. Effects of a non-ephedra containing thermogenic supplement on weight loss and medical safety. *FASEB J.* 2003; 17: LB380.
123. Kreider R, **Kerksick C**, Rasmussen C, Lancaster S, Magu B, Smith P, Melton C, Greenwood M, Almada A, Earnest C. Effects of whey protein supplementation with casein or BCAA & glutamine on training adaptations. #I: Body composition. *Med Sci Sports Exer.* 2003; 35(5): S395.
124. **Kerksick C**, Rasmussen C, Lancaster S, Kreider R, Magu B, Smith P, Melton C, Greenwood M, Almada A, Earnest C. Effects of whey protein supplementation with casein or BCAA & glutamine on training adaptations. #II: Performance. *Med Sci Sports Exer.* 2003; 35(5): S395.
125. Mayhew JL, Lauber D, Kemmler W, Ware JS, Ball TE, Bemben MG, Ward TE, **Kerksick C**. Repetitions-to-fatigue to predict one-repetition maximum bench press in men with different levels of training. *Med Sci Sports Exer.* 2002; 34(5): S289.

126. Kreider R, Henderson S, Magu B, Rasmussen C, Lancaster S, **Kerksick C**, Smith P, Melton C, Cowan P, Greenwood M, Earnest C, Almada A, Milnor P. Effects of coeleus forskohlii supplementation on body composition and markers of health in sedentary overweight females. *FASEB J.* 2002; 16: LB59.
127. **Kerksick C**, Mayhew DL, Mayhew JL. Analysis of upper body strength by allometric scaling. *J Strength Cond Res.* 2001; 15(3): 394.
128. Lancaster S, Kreider R, Rasmussen C, **Kerksick C**, Greenwood M, Almada A, Earnest CP. Effects of honey supplementation on glucose, insulin, and endurance cycling performance. *FASEB J.* 2001; 15: LB315.
129. 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.
130. **Kerksick C**, Kreider R, Rasmussen C, Lancaster S, Starks M, Greenwood M, Milnor P, Almada A, Earnest C. Effects of bovine colostrum supplementation on training adaptations. II: Performance. *FASEB J.* 2001; 15: LB316.
131. Lentz D, **Kerksick C**, Ware JS, Mayhew DL, Mayhew JL. Repetitions-to-fatigue to predict one repetition maximum bench press in high school male athletes. *J Strength Cond Res.* 2000; 14(3): 367.
132. **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.
133. **Kerksick C**, Peeters B, Ware J, Steinberg M, Messingham C, Clemens C, Mayhew JL. Relationship of anthropometric dimensions to muscular strength in high-level bench press performers. *J Strength Cond Res.* 1999; 13(4): 427.

RESEARCH PRESENTATIONS

Invited Talks:

1. 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.
2. Maximizing Fat Loss: Training and Dietary Approaches. NSCA Brasil, BF Eventos, Brasilia, Brasil, November, 25, 2018.
3. All Things Protein: Recommended Amounts, Timing, Daily Distribution, Source, Dose. ISSN Brasil, BF Eventos, Brasilia, Brasil, November 24, 2018.
4. Protein Needs, Nutrient Timing and Recovery Considerations. NSCA National Conference, Indianapolis, IN, July 13th, 2018.
5. A Coaches Guide to Changes in Energy Needs Throughout the Competitive Season. NSCA Coaches Conference, Charlotte, NC, January 4th, 2018.
6. When and What...Eating to Optimize Your Performance and Health. Eureka High School, School Wellness Day, Monday, October 23rd, 2017.
7. 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.
8. Trials and Tribulations of Fat Loss, NSCA National Conference, Las Vegas, NV, July 12th – 15th, 2017.
9. Developing a Sport Nutrition Program. Missouri NSCA State Clinic, Columbia, MO, April 29th, 2017.
10. Diet and Exercise Considerations for Weight Loss. LindenWELL Heart Health Month, Lindenwood University, Friday, February 24th, 2017.
11. Why, How, What of Beta-Alanine. ISSN/Dymatize Athletic Nutrition Conference, Dallas, TX. Friday, January 20th, 2017.
12. The Power of Protein During Energy Restriction. NSCA Midwest Regional Conference, Lindenwood University, St. Charles, MO. Saturday, November 13, 2015.
13. Everything You Want To Know About Protein. Albuquerque Strength and Conditioning Clinic, Albuquerque, NM. Saturday, September 13, 2014.
14. The Trials and Tribulations of Fat Loss. NSCA Rocky Mountain Regional Conference, Denver, CO. Saturday, February 8, 2014.

15. The Trials and Tribulations of Fat Loss. Albuquerque Strength and Conditioning Clinic, Albuquerque, NM. Saturday, September 7, 2013.
16. 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 20th, 2013.
17. Sports Nutrition Strategies for Strength and Power Athletes. New Mexico State National Strength and Conditioning Association Clinic, Albuquerque, NM, Saturday, June 8th, 2013.
18. Eccentric Training and Its Potential Role in Recovery and Hypertrophy. Missouri State National Strength and Conditioning Association Clinic, St. Charles, MO, Saturday, May 4th, 2013.
19. March, Climb, Sweat and Shiver: Specific Nutritional Concerns for Ground Forces in the U.S. Military. Ft. Sill, Lawton, OK, Monday, October 24th, 2011.
20. Performance Nutrition in Military Personnel. Ft. Sill, Lawton, OK, Monday, September 19, 2011.
21. Intensity vs. Volume and The Role of Training to Failure. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, Saturday, July 9th, 2011.
22. 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 19th, 2011.
23. 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 26th, 2011.
24. Sports Nutrition for Strength and Power Athletes. Mater Dei High School, Breese, IL, August 21st, 2010.
25. Impact of protein source on resistance training adaptations. Oklahoma State National Strength and Conditioning Association Clinic, Norman, OK, Saturday, February 20th, 2010.
26. Feed the Machine: Necessary Nutritional Information to Optimize Explosive Power. St. Mary's Medical Health Center, Philadelphia, PA, Saturday, January 23rd, 2010.
27. Run Forever: Nutritional Supplements for Optimal Endurance. St. Mary's Medical Health Center, Philadelphia, PA, Saturday, January 23rd, 2010.
28. Impact of protein source on resistance training adaptations. National Strength and Conditioning Association Annual Meeting, Las Vegas, NV, Friday, July 10th, 2009.
29. What's in that bottle? An overview of thermogenic ingredient and their efficacy. 6th International Society of Sports Nutrition Annual Meeting, New Orleans, LA, Monday, June 15, 2009. (Sponsor: Champion Nutrition).
30. 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.
31. Impact of resistance training on myogenic gene expression in young vs. old individuals. Department of Physiology Seminar Series, April 24, 2008.
32. Integrating exercise and nutrition methodologies into pediatric exercise research. Department of Pediatrics Research Rounds, November 1, 2007.
33. Role of proteolytic enzymes at modulating soreness, inflammation and muscle damage following intense exercise. 4th International Society of Sports Nutrition Annual Meeting, Las Vegas, NV, Tuesday, June 12, 2007. (Sponsor: Transformation Enzymes, Inc.)
34. 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.

University Research Presentation

1. Smith C, Stecker R, Mike J, **Kerksick C**. Comparison of Anaerobic Power Measures in Intercollegiate, Intermittent Strength/Power Female Athletes. Lindenwood University Student Research Symposium & Exposition, Wednesday, April 20th, 2016.
2. Gieske, B, Smith, C, Stecker, R, **Kerksick, C**. Test-Retest Reliability using DEXA in Healthy, College-aged Individuals. Lindenwood University Student Research Symposium & Exposition, Wednesday, April 20th, 2016.
3. Stecker, R, Gieske, B, Smith, C, Witherbee, K, **Kerksick, C**. Body Composition Among Collegiate Male and Female Strength and Power Athletes. Lindenwood University Student Research Symposium & Exposition, Wednesday, April 20th, 2016.

Oral Poster Presentations:

1. 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 13th, 2018.
2. 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 28th, 2014.
3. 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.
4. 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.
5. 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.
6. **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.
7. **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.
8. 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.
9. 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.
10. **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.

Regional Poster Presentations:

1. 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.
2. 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.
3. 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
4. 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 18th-19th, 2013.
5. 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.

6. 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.
7. 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.
8. 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.
9. 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.
10. Hassell SE, Dalbo VJ, Moon JR, Roberts MD, Stout JR, FACSM and **Kerksick CM**. Validity of non-exercise VO₂ max prediction equations in males and females. *Central States American College of Sports Medicine*, Springfield, MO, October 2007.
11. **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.
12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. **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.
18. **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 Exhibits:

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. National Strength and Conditioning Association National Conference, Washington, D.C., July 10 – July 13, 2019.
2. Harty P, Zabriskie H, Stecker R, Currier B, Jagim A, Richmond S, Schroeder C, Kerksick C. Caffeine Timing Improves Lower-body Muscular Performance. International Society of Sports Nutrition, Las Vegas, NV, June 2019.
3. **Kerksick C**, Zanders B, Currier B, Harty P, Stecker R, Smith C, Zabriskie H, Richmond S, Jagim A. Energy expenditure changes in collegiate female basketball players based on scheduled team activities. National Strength and Conditioning Association, Indianapolis, IN, July 11 – July 14, 2018

4. Currier B, Harty P, Stecker R, Jagim A, **Kerksick C**. The effects of foot placement on upper body strength performance. National Strength and Conditioning Association, Indianapolis, IN, July 11 – July 14, 2018.
5. **Kerksick CM**, Zabriskie H, Harty PS, Stecker R, Jagim AR. Perceptions of energy and macronutrient intake in a group of collegiate female lacrosse athletes (Abstract #61). International Society of Sports Nutrition Annual Conference, Clearwater Beach, FL, June 7th – 9th, 2018.
6. Jagim AR, Zabriskie H, Harty PS, Stecker R, **Kerksick CM**. A comparison of actual dietary intake versus recommended intake of female lacrosse players (Abstract #80). International Society of Sports Nutrition Annual Conference, Clearwater Beach, FL, June 7th – 9th, 2018.
7. Zabriskie H, Currier B, Harty P, Stecker R, Jagim A, **Kerksick CM**. Energy balance, body composition, and bone health in female lacrosse players. American College of Sports Medicine, Minneapolis, MN, May 30th – June 2nd, 2018.
8. Smith C, Costa P, Gieske B, Stecker R, Witherbee K, Peterson K, Richmond S, Tessmer K, **Kerksick C**. Dietary intakes, recovery and menstrual patterns of collegiate synchronized swimmers. National Strength and Conditioning Association, Las Vegas, NV, July 12 – 15, 2017.
9. Stecker R, Altepeter M, Gieske B, Smith C, Tobey K, Mike J, **Kerksick C**. Validity and reliability of a static and dynamic push-up test. National Strength and Conditioning Association, Las Vegas, NV, July 12 – 15, 2017.
10. Watson A, Sulavik, A, Witherbee K, Peterson K, Tessmer K, Mayhew J, **Kerksick C**. Predicting resting metabolic needs of female athletes. National Strength and Conditioning Association, Las Vegas, NV, July 12 – 15, 2017.
11. Smith CR, Stecker R, Harty P, Altepeter M, Tobey K, Mike J, Schroeder C, VanDusseldorp T, Escobar K, **Kerksick, CM**. Impact of beta-alanine supplementation on blood lactate changes and lower body power in collegiate rugby athletes. International Society of Sports Nutrition, Phoenix, AZ, July 22nd – 24th, 2017.
12. Lee M, VanDusseldorp TA, Escobar KA, Johnson KE, Stratton M, Moriarty T, McCormick JJ, Mangine GT, Holmes A, Cole N, **Kerksick CM**, Mermier C. Six grams of fish oil supplementation improves recovery of indirect markers of muscle damage following eccentric exercise. International Society of Sports Nutrition, Phoenix, AZ, July 22nd – 24th, 2017.
13. Costa P, Gieske B, Stecker RA, Smith CR, Witherbee KE, Peterson KM, Richmond SR, Tesmmer KA, **Kerksick CM**. Body composition, bone density, metabolic rate and dietary intakes of collegiate synchronized swimmers. American College of Sports Medicine Annual Meeting, Denver, CO, Wednesday, May 31st 2017.
14. Johnson KE, VanDusseldorp TA, Escobar KA, Stratton M, Moriarty TA, McCormick JJ, Mangine GT, Nuñez TP, Beltz NM, Cole N, Endito MR, **Kerksick CM**, Mermier CM. Six grams of fish oil supplementation improves vertical jump performance following acute eccentric resistance training. American College of Sports Medicine Annual Meeting, Denver, CO, Thursday, June 1st, 2017.
15. VanDusseldorp, TA, Escobar, KA, Johnson, KE, Vaughan, RA, McCormick, JJ, Moriarty, T, Stratton, M, Cole, N, Dokladny, K, **Kerksick, CM**, Kravitz, L, Mermier, CM. Relationship between autophagy and heat shock response in peripheral blood mononuclear cells following resistance exercise. American College of Sports Medicine Annual Meeting, Denver, CO, Thursday, June 1st, 2017.
16. Holmes, A, VanDusseldorp, TA, Escobar, KA, Johnson, KE, Stratton, M, Moriarty, T, McCormick, JJ, Mangine, G, Nunez, T, Beltz, N, Cole, N, Endito, M, **Kerksick, CM**, Mermier, CM. Six grams of fish oil supplementation mitigates perceived muscle soreness following acute resistance exercise. American College of Sports Medicine Annual Meeting, Denver, CO, Thursday, June 1st, 2017.
17. **Kerksick CM**, Gieske B, Stecker R, Smith C, Witherbee K. Does protein and source impact substrate oxidation and energy expenditure during and after moderate intensity treadmill exercise? International Society of Sports Nutrition Annual Meeting, Clearwater Beach, FL, Saturday, June 11th, 2016.
18. Mayhew JL, Brechue WF, Arabas JL, **Kerksick CD**. Changes in upper-body strength are dependent on gender and training mode but independent of fat-free mass. American College of Sports Medicine Annual Meeting, Boston, MA, Thursday, June 2nd, 2016.
19. Yaceczko S, Alencar M, Kravitz L, **Kerksick C**. Weight loss and the effects of meal frequency on total-ghrelin and appetite response. American College of Sports Medicine Annual Meeting, Boston, MA, Wednesday, June 1st, 2016.

20. Escobar KA, McLain TA, McCormick JJ, **Kerksick CM**, Johnson KE, Endito MR, Mermier CM. Effect of branched-chain amino acid supplementation on creatine kinase, exercise performance and perceived muscle soreness. American College of Sports Medicine Annual Meeting, Boston, MA, Wednesday, June 1st, 2016.
21. Alverson B, Beutz B, **Kerksick CM**, Schumacher RM, Mayhew JL. Validation of anthropometric equations to estimate 1RM bench press in college football players. National Strength and Conditioning Association, July 8 – 11, 2015.
22. Beltz NM, Mermier CM, **Kerksick CM**, Johnson KE, McLain TA, Cole N, Beuler S, Gibson AL. Fitness status and association between aerobic capacity, body composition and cardiovascular disease risk factors in firefighters. American College of Sports Medicine, May 26 – 30, 2015.
23. Purdom TM, McLain TA, Johnson KE, **Kerksick CM**, Kravitz L. Acute weighted vest running effect on middle distance running performance. American College of Sports Medicine, San Diego, CA, May 26 – 30, 2015.
24. **Kerksick CM**, Mayhew JL, Arabas, JL, Brechue WF. Modality-specific changes in upper-body muscular strength are dependent upon initial level of fat-free mass in untrained college men. American College of Sports Medicine, San Diego, CA, May 26 – 30, 2015.
25. Habowski SM, Ziegenfuss TN, Sandrock JE, **Kerksick CM**, Kedia AW. Effect of a Multi-Nutrient OTC Supplement on Changes in Metabolic Rate and Lipolytic Catecholamines. Advances & Controversies in Clinical Nutrition, American Society of Nutrition, Washington DC, December 4 – 6, 2014.
26. Alencar MK, **Kerksick CM**. Meal frequency may change body composition and blood markers of health. The Obesity Society, November 2-4, 2014.
27. Lockard B, Oliver J, Galvin E, Levers K, Jagim V, Rivera A, Cho M, Jagim A, Baetge C, Jung YP, Koozehchian M, Springer S, Rhodes R, Waltersheid J, Chang CH, Machac A, **Kerksick C**, Wilborn C, Taylor L, Magrans-Courtney R, Galbreath M, Li R, Ferreira M, Rasmussen C, Kreider RB. Effects of adherence to higher carbohydrate or higher protein hypoenergetic diets while participating in a resistance-training program on obese women with and without metabolic syndrome I. SEC Symposium, Atlanta, GA, September 21 – 23, 2014.
28. A Coletta, Lockard B, Oliver J, Galvin E, Levers K, Jagim V, Rivera A, Cho M, Jagim A, Baetge C, Jung YP, Koozehchian M, Springer S, Rhodes R, Waltersheid J, Chang CH, Machac A, **Kerksick C**, Wilborn C, Taylor L, Magrans-Courtney R, Galbreath M, Li R, Ferreira M, Rasmussen C, Kreider RB. Effects of adherence to higher carbohydrate or higher protein hypoenergetic diets while participating in a resistance-training program on obese women with and without metabolic syndrome II. SEC Symposium, Atlanta, GA, September 21 – 23, 2014.
29. Smith AE, Kendall KL, Fukuda, DH, Hetrick RP, Cramer JT, **Kerksick CM**, Stout JR. The antioxidant effect of beta-alanine supplementation with reduced exertion during treadmill running. *National Strength and Conditioning Association*, Las Vegas, NV, Thursday, July 7th, 2011.
30. Herda TJ, Walter AA, Costa PB, Ryan ED, Hoge KM, Roberts MD, Dalbo VJ, Sunderland KL, Poole CN, **Kerksick CM**, Cramer JT. Differences in the mechanomyographic versus force relationship and myosin heavy chain isoform content between young and old. *National Strength and Conditioning Association*, Las Vegas, NV, Thursday, July 7th, 2011.
31. Roberts MD, Dalbo VJ, Sunderland K, Poole C, Hassell SE, **Kerksick CM**. Effects of human aging on MGF and CYCLIN D1 expression after three resistance exercise bouts. *American College of Sports Medicine*, Baltimore, MD, Friday, June 4th, 2010.
32. Sunderland KL, Poole CN, Roberts MD, Dalbo VJ, **Kerksick CM**. Housekeeping gene analysis in human skeletal muscle following sequential exercise bouts: an age comparison. *American College of Sports Medicine*, Baltimore, MD, Wednesday, June 2nd, 2010.
33. Poole C, Roberts M, Dalbo V, Sunderland K, Hassell S, **Kerksick C**. Effects of human aging on CDK4, P21CIP1, P27KIP1, and MYOD expression after three resistance exercise bouts. *American College of Sports Medicine*, Baltimore, MD, Wednesday, June 2nd, 2010.
34. Dalbo V, Roberts M, Hassell S, **Kerksick C**. Effects of different pre-exercise feeding regimens on intramuscular markers of myostatin signaling following resistance training. *American College of Sports Medicine*, Baltimore, MD, Wednesday, June 4th, 2010.
35. Woodall C, Hattaway J, **Kerksick C**, Sedlak M, Taylor L, Wilborn C. The effects of varying types of protein consumption on measures of strength in collegiate football players. *International Society of Sports Nutrition*, Clearwater Beach, FL, Friday, June 25, 2010.
36. Oliver J, Kresta J, Byrd M, Canon C, Mardock M, Simbo S, Jung P, Lockard B, Khanna D, Koozehchian M, Rasmussen C, **Kerksick C**, Kreider R. Effects of high carbohydrate or high protein energy-restricted diets combined with resistance-exercise on weight loss and markers of

- health in women with serum triglyceride levels above or below median values. *International Society of Sports Nutrition*, Clearwater Beach, FL, Friday, June 25, 2010.
37. Fukuda, DH, Smith AE, Kendall KL, Dwyer TR, **Kerksick CM**, Cramer JT, Stout JR. Effects of creatine loading and gender on anaerobic running capacity. *National Strength and Conditioning Association National Conference*, Orlando, FL, Thursday, July 15, 2010, Poster #1.
 38. Sunderland KL, Roberts M, Dalbo VJ, Poole CN, Crane J, Tarnopolsky MA, **Kerksick CM**. Effects of aging on intramuscular ATP and creatine. *National Strength and Conditioning Association National Conference*, Orlando, FL, Thursday, July 15, 2010, Poster #20.
 39. Poole C, Roberts MD, Dalbo VJ, Sunderland KL, **Kerksick CM**. The discovery of a novel gene in human skeletal muscle with implication to steroid cellular transport. *National Strength and Conditioning Association National Conference*, Orlando, FL, Thursday, July 15, 2010, Poster #21.
 40. Herda TJ, Walter AA, Costa PB, Ryan ED, Hoge KM, Roberts MD, Dalbo VJ, Sunderland KL, Poole CN, **Kerksick CM**, Cramer JT. Differences in the mechanomyographic amplitude versus force relationships between young and old during isometric ramped muscle actions. *National Strength and Conditioning Association National Conference*, Orlando, FL, Thursday, July 15, 2010, Poster #33.
 41. Culbertson J, Byrd M, Cooke M, **Kerksick C**, Campbell B, Wilborn C, Galbreath M, Li R, Ferreira M, Nassar E, Harvey T, Parker A, Courtney T, Dove J, Beavers K, Serra M, Jitomir J, Moreillon J, Simbo S, Chandran R, Hudson G, Cecelia C, Deike E, Iosia M, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness & weight loss program on body composition & resting energy expenditure. *Federation of American Societies of Experimental Biology*, New Orleans, LA, April 22nd, 2009.
 42. Moreillon J, Culbertson J, Byrd M, Galbreath M, Wilborn C, Taylor L, Campbell B, Nassar E, Dove J, Harvey T, **Kerksick C**, La Bounty P, Parker A, Ferreira M, Cooke M, Iosia M, Chandran R, Beavers K, Serra M, Jitomir J, Curts C, Deike E, Hudson G, Buford T, Shelmadine B, Rasmussen C, Greenwood M, Willoughby D, Kreider R. Effects of the Curves® fitness & weight loss program on markers of health & fitness. *Federation of American Societies of Experimental Biology*, New Orleans, LA, April 22nd, 2009.
 43. **Kerksick C**, Beavers K, Chandran R, Jitomir J, Serra M, Shelmadine B, Wilborn C, Wismann J, Nassar E, Dove J, Galbreath M, Harvey T, La Bounty P, Campbell B, Cooke M, Iosia M, Rasmussen C, Wilson R, Kreider R. Relationship of resting energy expenditure to body composition and clinical health markers. *Federation of American Societies of Experimental Biology*, New Orleans, LA, April 22nd, 2009.
 44. **Kerksick C**, Beavers K, Chandran R, Jitomir J, Serra M, Shelmadine B, Wilborn C, Wismann J, Nassar E, Dove J, Galbreath M, La Bounty P, Campbell B, Ferreira M, Cooke M, Iosia M, Rasmussen C, Wilson R, Kreider R. Relationship of uric acid to body composition, heart disease risk factors and energy expenditure. *Federation of American Societies of Experimental Biology*, New Orleans, LA, April 22nd, 2009.
 45. Roberts MD, Lockwood C, Dalbo VJ, Tucker P, Frye A, Polk R, Volek J, **Kerksick C**. Ingestion of a high molecular weight modified waxy maize starch alters metabolic responses to prolonged exercise in trained cyclists. *Federation of American Societies of Experimental Biology*, New Orleans, LA, April 22nd, 2009.
 46. Moon JR, Smith AE, Tobkin SE, Lockwood CM, Kendall KL, Graef JL, Roberts MD, Dalbo VJ, **Kerksick CM**, Cramer JT, Beck TW, Stout JR. Tracking changes in body fat using commercially available BIA devices compared to a four-compartment model. *American College of Sports Medicine*, Seattle, WA, May 28 2009.
 47. Dalbo VJ, Roberts MD, Hassell SE, Moon JR, Tucker P, Stout JR, **Kerksick CM**. Impact of silica hydride supplementation on aerobic exercise parameters in college-aged males. *American College of Sports Medicine*, Seattle, WA, May 29 2009.
 48. Hassell SE, **Kerksick CM**, Roberts MD, Dalbo VJ, Moon JR. Prophylactic supplementation of a nano-sized silica mineral antioxidant complex on changes in clinical safety parameters and body water. *American College of Sports Medicine*, Seattle, WA, May 29 2009.
 49. **Kerksick C**, Tucker P, Roberts M, Dalbo V, Billbe B, DeBolt N. The combined effects of exercise training and ingestion of a weight loss supplement on body composition and fitness parameters in college-aged males and females. *International Society of Sports Nutrition*, Las Vegas, NV, June 15, 2009.
 50. Roberts MD, Dalbo VJ, Hassell S, Moon J, Baker C, House P, Stout JR, **Kerksick CM**. Efficacy and safety of a thermogenic drink after 28 days of ingestion. *American College of Sports Medicine*, Indianapolis, IN, June 2008.

51. Dalbo VJ, Roberts MD, Stout JR, **Kerksick CM**. Effects of a commercial energy drink on acute changes in energy expenditure and lipolysis. *American College of Sports Medicine*, Indianapolis, IN, June 2008.
52. Cooke MB, Iosia M, Buford T, Shelmadine B, Hudson G, **Kerksick C**, Greenwood M, Rasmussen C, Kreider R. Effects of coenzyme Q10 supplementation on exercise performance in trained and untrained individuals. *American College of Sports Medicine*, Indianapolis, IN, June 2008.
53. Roberts MD, Dalbo VJ, Hassell SE, **Kerksick CM**. Endocrinological and myogenic gene expression patterns in young versus old males 24 hours following resistance exercise. *National Strength and Conditioning Association*, Las Vegas, NV, July 2008.
54. **Kerksick C**, Roberts M, Taylor L, Moulton C, Rasmussen C, Kreider R. Impact of increased energy intake after acute hypo-energetic dieting on markers of energy balance, satiety, and fuel utilization in obese females. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2007.
55. Galbreath M, Campbell B, **Kerksick C**, Taylor L, Wilborn C, Thomas A, Beckham J, Wismann J, Rasmussen C, Kreider R. Effects of calcium supplementation in post-menopausal women participating in the Curves fitness & weight loss program. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2007.
56. Cooke M, **Kerksick C**, Campbell B, Wilborn C, Galbreath M, Li R, Ferreira M, Nassar E, Harvey T, Parker A, Sharp K, Iosia M, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness & weight loss program I: body composition. *Federation of American Societies for Experimental Biology*, Washington D.C., May 2007.
57. Li R, **Kerksick C**, Campbell B, Wilborn C, Marcello B, Ferreira M, Wismann J, Beckham-Dove J, Galbreath M, Harvey T, La Bounty P, Sharp K, Parker A, Nassar E, Iosia M, Cooke M, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness & weight loss program II: resting energy expenditure. *Federation of American Societies for Experimental Biology*, Washington D.C., May 2007.
58. Iosia M, Campbell B, Wilborn C, Wismann J, Sharp K, Nassar E, Beckham-Dove J, Galbreath M, Parker A, Harvey T, **Kerksick C**, La Bounty P, Marcello B, Cooke M, Ferreira M, Li R, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness & weight loss program III: training adaptations. *Federation of American Societies for Experimental Biology*, Washington D.C., May 2007.
59. Wismann J, Galbreath M, Wilborn C, Taylor L, Campbell B, Nassar E, Beckham-Dove J, Harvey T, **Kerksick C**, La Bounty P, Parker A, Ferreira M, Cooke M, Iosia M, Chandran R, Rasmussen C, Greenwood M, Kreider R. Effects of the Curves® fitness & weight loss program IV: health markers. *Federation of American Societies for Experimental Biology*, Washington D.C., May 2007.
60. Nassar E, Taylor L, **Kerksick C**, Campbell B, Wilborn C, Buford T, Hudson G, Harvey T, Cooke M, Rasmussen C, Willoughby D, Kreider R. Effects of the Curves® fitness & weight loss program V: leptin & insulin. *Federation of American Societies for Experimental Biology*, Washington D.C., May 2007.
61. Harvey T, Nassar E, Bowden R, Davis M, Long L, Opusunju J, Lanning B, Beckham-Dove J, Wismann J, Galbreath M, Campbell B, **Kerksick C**, La Bounty P, Ferreira M, Wilborn C, Crixell J, Iosia M, Cooke M, Rasmussen C, Kreider R. Effects of the Curves® fitness & weight loss program VI: quality of life. *Federation of American Societies for Experimental Biology*, Washington D.C., May 2007.
62. Davis M, Lanning B, Nassar E, Long L, Opusunju J, Bowden R, Beckham-Dove J, Wismann J, Galbreath M, Campbell B, Harvey T, **Kerksick C**, La Bounty P, Ferreira M, Wilborn C, Crixell J, Iosia M, Cooke M, Rasmussen C, Kreider R. Effects of the Curves® fitness & weight loss program VII: body image & self esteem. *Federation of American Societies for Experimental Biology*, Washington D.C., May 2007.
63. Sharp K, **Kerksick C**, Wilborn C, Campbell B, Wismann J, Galbreath M, Nassar E, Beckham-Dove J, Harvey T, La Bounty P, Parker A, Ferreira M, Cooke M, Iosia M, Rasmussen C, Greenwood M, Kreider R. Long-term effects of the Curves® fitness & weight loss program on weight loss and fat loss. *Federation of American Societies for Experimental Biology*, Washington D.C., May 2007.
64. Chandran R, Jitomir J, Shelmadine B, Beavers K, **Kerksick C**, Wilborn C, Wismann J, Nassar E, Beckham-Dove J, Galbreath M, Harvey T, La Bounty P, Ferreira M, Cooke M, Iosia M, Rasmussen C, Greenwood M, Kreider R. Effects of isoenergetic high carbohydrate and high protein diets on health outcomes in women with metabolic syndrome (MS) participating in the Curves® fitness program. *Federation of American Societies for Experimental Biology*, Washington D.C., May 2007.

- D.C., May 2007.
65. Jitomir J, Chandran R, Shelmadine B, Beavers K, **Kerksick C**, Wilborn C, Wismann J, Nassar E, Beckham-Dove J, Galbreath M, Harvey T, La Bounty P, Ferreira M, Iosia M, Cooke M, Rasmussen C, Greenwood M, Kreider R. Effects of diet and exercise interventions on health outcomes in women with and without metabolic syndrome (MS). *Federation of American Societies for Experimental Biology*, Washington D.C., May 2007.
 66. **Kerksick CM**, Mayhew J, Smith A, Johnson B, Hart C, Ward T. General and specific strength development following resistance training in college men and women. *American College of Sports Medicine*, New Orleans, LA, Jun 2007.
 67. **Kerksick C**, Mayhew J, Smith A, Johnson B, Hart C, Ward T. General and specific strength development following resistance training in college men and women. *American College of Sports Medicine*, New Orleans, LA, May 2007.
 68. Roberts M, Dalbo V, **Kerksick C**. Acute effects of ingesting Celsius™ on resting energy expenditure and substrate oxidation in males and females. *International Society of Sports Nutrition*, Las Vegas, NV, June 2007.
 69. **Kerksick CM**, Mayhew J, Bird E, Roberts S, Landrum. Strength improvements in low-strength men and women and low-strength men using free weights and machine weights. *National Strength and Conditioning Association*, Atlanta, GA, July 2007.
 70. **Kerksick C**. Effect of prophylactic supplementation of N-acetyl-cysteine and epigallocatechin gallate on markers of oxidative stress, inflammation and apoptosis after eccentric contraction-induced injury in untrained males. *International Congress on Amino Acids and Proteins*, Kallithea, Greece, August 2007.
 71. **Kerksick C**, Thomas A, Rasmussen C, Wilborn C, Campbell B, Harvey T, La Bounty P, Galbreath M, Marcello B, Wismann J, Roberts M, Ferreira M, Li R, Parker A, Sharp K, Kreider R. Acute effects of ingesting a high carbohydrate and high protein hypocaloric diet on body mass, body composition, and resting energy expenditure in obese females. *Nutrition & Metabolism Nutritional & Metabolic Aspects of Carbohydrate Restriction*, Brooklyn, NY, January 2006.
 72. Kreider R, **Kerksick C**, Thomas A, Rasmussen C, Wilborn C, Campbell B, Harvey T, La Bounty P, Galbreath M, Marcello B, Wismann J, Roberts M, Ferreira M, Li R, Parker A, Sharp K. Effects of increased levels of energy intake after hypocaloric dieting on body mass, body composition, and resting energy expenditure in obese females. *Nutrition & Metabolism Nutritional & Metabolic Aspects of Carbohydrate Restriction*, Brooklyn, NY, January 2006.
 73. Rasmussen C, Galbreath M, Campbell B, Marcello B, Beckham J, Opusunju J, Harvey T, **Kerksick C**, La Bounty P, Taylor L, Nassar E, Ounpraseuth S, Greenwood M, Wilson R, Kreider R. Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program I: Body composition & bone density. *Federation of American Societies for Experimental Biology*, San Francisco, CA, April 2006.
 74. Wismann J, Thomas A, Moulton C, Sharp K, Parker A, Iosia M, Ferreira M, Li R, Schoch R, **Kerksick C**, Ounpraseuth S, Crixell J, Greenwood M, Wilson R, Kreider R. Effects of calcium supplementation in post-menopausal women participating in the Curves® fitness & weight loss program II: Resting energy expenditure. *Federation of American Societies for Experimental Biology*, San Francisco, CA, April 2006.
 75. Beckham J, Woody M, Fredenburg K, Opusunju J, Schoch R, Donahue K, Bachuss A, Galbreath M, **Kerksick C**, Ounpraseuth S, Crixell J, Rasmussen C, Greenwood M, Wilson R, Kreider R. Effects of the Curves® fitness program on markers of health and fitness in middle school-aged children. *Federation of American Societies for Experimental Biology*, San Francisco, CA, April 2006.
 76. Wilborn C, Beckham J, Harvey T, **Kerksick C**, La Bounty P, Marcello B, Wismann J, Moulton C, Roberts M, Campbell B, Rasmussen C, Kreider R. Assessment of resting energy expenditure using a portable hand held analyzer vs. stationary unit. *Federation of American Societies for Experimental Biology*, San Francisco, CA, April 2006.
 77. Campbell B, Moulton C, **Kerksick C**, Rasmussen C, Kreider R. Changes in clinical safety markers after one week of hypocaloric dieting. *Federation of American Societies for Experimental Biology*, San Francisco, CA, April 2006.
 78. Taylor L, Campbell B, **Kerksick C**, Rasmussen C, Kreider R. Changes in thyroid hormones and body composition after one week of hypocaloric dieting. *Federation of American Societies for Experimental Biology*, San Francisco, CA, April 2006.
 79. **Kerksick C**, Taylor L, Moulton C, Campbell B, Rasmussen C, Kreider R. Alterations in lipid panels, glucose, insulin kinetics and body composition after one week of hypocaloric dieting.

- Federation of American Societies for Experimental Biology*, San Francisco, CA, April 2006.
80. Moulton C, Taylor L, Campbell B, **Kerksick C**, Rasmussen C, Kreider R. Impact of hypocaloric dieting on biochemical markers of diet safety and body mass. *Federation of American Societies for Experimental Biology*, San Francisco, CA, April 2006.
 81. **Kerksick C**, Willoughby D. Estradiol attenuates oxidative stress, skeletal muscle apoptosis, and exercise-induced muscle injury in females. *American College of Sports Medicine*, Denver, CO, June 2006.
 82. Greenwood M, **Kerksick C**, Wilborn C, Harvey T, Marcello B, Campbell B, Greenwood L, Byars A. The effects of varying types of creatine formulations on isokinetic strength and power. *International Society of Sports Nutrition*, Las Vegas, NV, June 2006.
 83. Iosia M, Roberts M, **Kerksick C**, Campbell B, Harvey T, Wilborn C, Wilson R, Greenwood M, Willoughby D, Kreider R. Performance and body composition changes after 50 days of concomitant arachidonic acid supplementation and resistance training. *International Society of Sports Nutrition*, Las Vegas, NV, June 2006.
 84. **Kerksick C**, Taylor L, Campbell B, Moulton C, Wilborn C, Harvey T, Wismann J, La Bounty P, Galbreath M, Iosia M, Roberts M, Rasmussen C, Wilson R, Kreider R. Effects of increased levels of energy intake after hypocaloric dieting on metabolic indicators of fuel utilization in obese females. *International Society of Sports Nutrition*, Las Vegas, NV, June 2006.
 85. Nassar E, Mulligan C, Taylor L, **Kerksick C**, Galbreath M, Greenwood 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. *International Society of Sports Nutrition*, Las Vegas, NV, June 2006.
 86. Roberts M, **Kerksick C**, Taylor L, Iosia M, Campbell B, Wilborn C, Harvey T, Wilson R, Greenwood M, Willoughby D, Kreider R. Hormonal and intramuscular adaptations over 50 days of concomitant arachidonic acid supplementation and resistance training. *International Society of Sports Nutrition*, Las Vegas, NV, June 2006.
 87. Taylor L, Campbell B, **Kerksick C**, Rasmussen C, Kreider R. Changes thyroid hormones and REE after one week of hypocaloric dieting followed by varying levels of dietary caloric intake. *International Society of Sports Nutrition*, Las Vegas, NV, June 2006.
 88. Wilborn C, Roberts M, **Kerksick C**, Iosia M, Taylor L, Campbell B, Harvey T, Wilson R, Greenwood M, Willoughby D, Kreider R. Changes in whole blood and clinical safety markers over 50 days of concomitant arachidonic acid supplementation and resistance training. *International Society of Sports Nutrition*, Las Vegas, NV, June 2006.
 89. Campbell B, **Kerksick C**, Wilborn C, Harvey T, Wismann J, La Bounty P, Galbreath M, Rasmussen C, Wilson R, Kreider R. Effects of increased levels of energy intake after hypocaloric dieting on body mass, body composition, total body water, and resting energy expenditure in obese females. *International Society of Sports Nutrition*, Las Vegas, NV, June 2006.
 90. Campbell B, **Kerksick C**, Wilborn C, Rasmussen C, Greenwood M, Kreider R. Body composition changes after following an 8-week split-body periodized resistance training program in college-aged and middle-aged males. *National Strength and Conditioning Association*, Washington D.C., July 2006.
 91. Campbell B, Wilborn C, **Kerksick C**, Rasmussen C, Greenwood M, Kreider R. Strength changes after following an 8-week split-body periodized resistance training program in college-aged and middle-aged males. *National Strength and Conditioning Association*, Washington D.C., July 2006.
 92. **Kerksick C**, Campbell B, Willoughby D. Changes in muscle damage markers, soreness, and strength after a 14-day prophylactic period of antioxidant supplementation followed by eccentric exercise. *National Strength and Conditioning Association*, Washington D.C., July 2006.
 93. Roberts M, Wilborn C, Taylor L, **Kerksick C**, Willoughby D. The effects of two resistance exercise bouts with differing intensities on post-exercise serum prostaglandin F_{2α} levels in untrained males. *National Strength and Conditioning Association*, Washington D.C., July 2006.
 94. Harvey T, Beckham J, Campbell B, Galbreath M, **Kerksick C**, La Bounty P, Magrans T, Marcello B, Moulton C, Roberts M, Rohle D, Taylor L, Thomas A, Vacanti A, Wilborn C, Wismann J, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R. Effects of the Curves® fitness & weight loss program I: Body composition. *89th Annual Experimental Biology Meeting*, San Diego, CA, April 2005.
 95. Thomas A, Magrans T, Marcello B, Moulton C, Roberts M, Rohle D, Taylor L, Thomas A, Vacanti A, Wilborn C, Wismann J, Beckham J, Campbell B, Galbreath M, Harvey T, **Kerksick C**, La Bounty P, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R. Effects of the Curves® fitness & weight loss program II: Resting energy expenditure. *Federation*

- of American Societies for Experimental Biology, San Diego, CA, April 2005.
96. Campbell B, Rohle D, Taylor L, Thomas A, Vacanti A, Wilborn C, Wismann J, Beckham J, Galbreath M, Harvey T, **Kerksick C**, La Bounty P, Magrans T, Marcello B, Moulton C, Roberts M, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R. Effects of the Curves® fitness & weight loss program III: Training adaptations. *Federation of American Societies for Experimental Biology*, San Diego, CA, April 2005.
 97. Galbreath M, Wilborn C, Wismann J, Beckham J, Harvey T, **Kerksick C**, La Bounty P, Magrans T, Marcello B, Moulton C, Roberts M, Campbell B, Rohle D, Taylor L, Thomas A, Vacanti A, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R. Effects of the Curves® fitness & weight loss program IV: Health markers. *Federation of American Societies for Experimental Biology*, San Diego, CA, April 2005.
 98. Nassar E, Long L, Bowden R, Lanning B, Zimmerman A, Beckham J, Magrans T, Thomas A, Wismann J, Galbreath M, Campbell B, Harvey T, **Kerksick C**, La Bounty P, Marcello B, Moulton C, Roberts M, Wilborn C, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R. Effects of the Curves® fitness & weight loss program V: Quality of life. *Federation of American Societies for Experimental Biology*, San Diego, CA, April 2005.
 99. Long L, Lanning B, Bowden R, Nassar E, Zimmerman A, Campbell B, Harvey T, **Kerksick C**, La Bounty P, Marcello B, Moulton C, Roberts R, Wilborn C, Magrans T, Thomas A, Wismann J, Galbreath M, Beckham J, Ounpraseuth S, Casey P, Fogt D, Rasmussen C, Greenwood M, Wilson R, Kreider R. Effects of the Curves® fitness & weight loss program VI: Body image. *Federation of American Societies for Experimental Biology*, San Diego, CA, April 2005.
 100. Mulligan C, Moulton C, Taylor L, Rohle D, Vacanti A, Willoughby D, Thomas A, Wilborn C, **Kerksick C**, Wismann J, Beckham J, Campbell B, Galbreath M, Harvey T, La Bounty P, Magrans T, Marcello B, Roberts M, Ounpraseuth S, Casey P, Rasmussen C, Fogt D, Greenwood M, Wilson R, Kreider R. Effects of the Curves® fitness & weight loss program: Relationship of changes in energy expenditure to thyroid status. *Federation of American Societies for Experimental Biology*, San Diego, CA, April 2005.
 101. Magrans T, Wilborn C, Wismann J, Beckham J, Campbell B, Galbreath M, Harvey T, La Bounty P, Marcello B, Moulton C, Roberts M, Rohle D, Taylor L, Thomas A, Vacanti A, Fogt D, **Kerksick C**, Ounpraseuth S, Casey P, Rasmussen C, Greenwood M, Wilson R, Kreider R. Long-term effects of the Curves® fitness & weight loss program: Body composition and resting energy expenditure. *Federation of American Societies for Experimental Biology*, San Diego, CA, April 2005.
 102. Wilborn C, Harvey T, La Bounty P, Marcello B, Campbell B, Thomas A, Wismann J, Moulton C, Roberts M, Rohle D, Taylor L, Vacanti A, Beckham J, Galbreath M, Fogt D, **Kerksick C**, Magrans T, Ounpraseuth S, Casey P, Rasmussen C, Greenwood M, Wilson R, Kreider R. Long-term effects of the Curves® fitness & weight loss program: Training adaptations. *Federation of American Societies for Experimental Biology*, San Diego, CA, April 2005.
 103. Wismann J, Moulton C, Rohle D, Taylor L, Vacanti A, Wilborn C, Beckham J, Campbell B, Galbreath M, Harvey T, La Bounty P, Marcello B, Roberts M, Thomas A, Fogt D, **Kerksick C**, Magrans T, Ounpraseuth S, Casey P, Rasmussen C, Greenwood M, Wilson R, Kreider R. Long-term effects of the Curves® fitness & weight loss program: Health outcomes. *Federation of American Societies for Experimental Biology*, San Diego, CA, April 2005.
 104. **Kerksick C**, Thomas A, Campbell B, Wilborn C, Roberts M, La Bounty P, Taylor L, Magrans T, Ounpraseuth S, Casey P, Rasmussen C, Greenwood M, Kreider R. Prediction of resting energy expenditure in sedentary, moderately overweight, healthy females. *Federation of American Societies for Experimental Biology*, San Diego, CA, April 2005.
 105. **Kerksick C**, Rasmussen C, Grimstedt M, Kreider R, Greenwood M, Mayhew JL. Regional body composition analysis using DEXA. *American College of Sports Medicine*, Nashville, TN, June 2005.
 106. **Kerksick C**, Taylor L, Bouw B, Harvey A, Willoughby D. The protective effect of estrogen against oxidative stress, exercise-induced muscle injury, and skeletal muscle apoptosis in males and females. *International Society of Sports Nutrition*, New Orleans, LA, June 2005.
 107. Wilborn C, Taylor L, **Kerksick C**, Stout J, Willoughby D. Effects of heavy resistance training and proprietary whey+casein+leucine protein supplementation on muscle strength and mass and MHC isoform mRNA expression. *International Society of Sports Nutrition*, New Orleans, LA, June 2005.
 108. Campbell B, La Bounty P, Thomas A, Nassar E, Wismann J, Harvey T, **Kerksick C**, Wieckowski M, Beckham J, Roberts M, Galbreath M, Greenwood M, Kreider R. Dietary protein and

- carbohydrate intake of resistance-trained males. *International Society of Sports Nutrition*, New Orleans, LA, June 2005.
109. Willoughby D, Stout J, Wilborn C, Taylor L, **Kerksick C**. Effects of heavy resistance training and proprietary whey+casein+leucine protein supplementation on serum and skeletal muscle IGF-1 levels and IGF-1 and MGF mRNA expression. *International Society of Sports Nutrition*, New Orleans, LA, June 2005.
 110. Willoughby D, **Kerksick C**, Bouw B, Harvey A. Effects of eccentric muscle contractions on estrogen receptor- α and myostatin mRNA expression in males and females. *International Society of Sports Nutrition*, New Orleans, LA, June 2005.
 111. Campbell B, **Kerksick C**, Wilborn C, Marcello B, Lutz, R, La Bounty P, Harvey T, Taylor L, Galbreath M, Rasmussen C, Greenwood M, Kreider R. Assessment of a learning curve for the wingate anaerobic test. *National Strength and Conditioning Association*, Las Vegas, NV, July 2005.
 112. Greenwood M, **Kerksick C**, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti B, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. The effects of varying types of creatine on strength measures and body composition. *National Strength and Conditioning Association*, Las Vegas, NV, July 2005.
 113. Greenwood M, **Kerksick C**, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. Influence of varying creatine formulations on safety issues regarding whole body creatine retention. *National Strength and Conditioning Association*, Las Vegas, NV, July 2005.
 114. **Kerksick C**, Greenwood M, Wilborn C, Harvey T, Baer J, Marcello B, Campbell B, Taylor L, Vacanti T, Rohle D, Mulligan C, Greenwood L, Byars A, Kreider R, Almada A. The effects of creatine and creatine with D-pinitol on markers of health. *National Strength and Conditioning Association*, Las Vegas, NV, July 2005.
 115. Baer J, Campbell B, Thomas A, Slonaker B, Vacanti A, Marcello B, Wilborn C, **Kerksick C**, Rasmussen C, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Kreider R, Earnest C. Effects of zinc magnesium-aspartate (ZMA) supplementation during training on body composition and training adaptations. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2004.
 116. Fogt D, Taylor L, Mulligan C, Rohle D, Vacanti A, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Thomas A, Slonaker B, Pfau E, Grimstvedt M, Wilborn C, Marcello B, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Kreider R, Earnest C. Effects of the Curves[®] fitness & weight loss program VI: insulin sensitivity. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2004.
 117. Kreider R, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Slonaker B, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Autrey L, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Earnest C. Effects of the Curves[®] fitness & weight loss program I: body composition. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2004.
 118. Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Thomas A, Slonaker B, Pfau E, Grimstvedt M, Wilborn C, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Autrey L, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Kreider R, Earnest c. Effects of the Curves[®] fitness & weight loss program III: training adaptations. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2004.
 119. Rohle D, Mulligan C, Taylor L, Fogt D, Wilborn C, **Kerksick C**, Rasmussen C, Ounpraseuth S, Casey P, Greenwood M, Kreider R, Earnest C. Effects of methoxyisoflavone, ecdysterone, and sulfo-polysaccharide (CSP3) supplementation during training on markers of anabolism & catabolism. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2004.
 120. Taylor L, Mulligan C, Rohle D, Fogt D, Baer J, **Kerksick C**, Rasmussen C, Ounpraseuth S, Casey P, Kreider R, Earnest C. Effects of zinc magnesium-aspartate (ZMA) supplementation during training on markers of anabolism and catabolism. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2004.
 121. Slonaker B, Rasmussen C, **Kerksick C**, Magrans T, Campbell C, Baer J, Thomas A, Pfau E, Grimstvedt M, Wilborn C, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Autrey L, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Kreider R, Earnest C. Effects of the Curves[®] fitness & weight loss program IV: health markers. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2004.

122. Thomas A, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Slonaker B, Pfau E, Grimstvedt M, Wilborn C, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Autrey L, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Kreider R, Earnest C. Effects of the Curves® fitness & weight loss program II: resting energy expenditure. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2004.
123. Vacanti A, Taylor L, Mulligan C, Rohle D, Fogt D, Rasmussen c, **Kerksick C**, Magrans T, Campbell B, Baer J, Thomas A, Slonaker B, Pfau E, Grimstvedt M, Wilborn C, Marcello B, Ounpraseuth S, Casey P, Wilson R, Greenwood M, Kreider R, Earnest C. Effects of the Curves® fitness & weight loss program V: relationship of leptin to weight loss. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2004.
124. Wilborn C, Campbell B, Thomas A, Slonaker B, Vacanti A, Marcello B, Baer J, **Kerksick C**, Rasmussen C, Greenwood M, Ounpraseuth S, Casey P, Wilson R, Kreider R, Earnest C. Effects of methoxyisoflavone, ecdysterone, and sulfo-polysaccharide (CSP3) supplementation during training on body composition and training adaptations. *Federation of American Societies for Experimental Biology*, Washington D.C., April 2004.
125. Greenwood M, Kreider R, Rasmussen C, **Kerksick C**, Leutholtz B, Magrans T, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Autrey L, Campbell B, Slonaker B, Baer J, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Ounpraseuth S, Casey P, Wilson R. Effects of the Curves® fitness program on muscular strength, muscular endurance, and maximal aerobic capacity. *American College of Sports Medicine*, Indianapolis, IN, June 2004.
126. Kreider R, Rasmussen C, **Kerksick C**, Campbell B, Baer J, Slonaker B, Wilborn C, Thomas A, Magrans T, Marcello B, Taylor L, Mulligan C, Rohle D, Vacanti A, Autrey L, Ounpraseuth S, Casey P, Greenwood M, Wilson R. Effects of the Curves® fitness & weight loss program on weight loss and resting energy expenditure. *American College of Sports Medicine*, Indianapolis, IN, June 2004.
127. Rasmussen C, Kreider R, **Kerksick C**, Campbell B, Slonaker B, Greenwood M, Baer J, Pfau E, Grimstvedt M, Wilborn C, Thomas A, Autrey L, Magrans T, Marcello B, Mulligan C, Rohle D, Taylor L, Vacanti A, Ounpraseuth S, Casey P, Wilson R. Effects of the Curves® fitness and weight loss program on markers of health. *American College of Sports Medicine*, Indianapolis, IN, June 2004.
128. Campbell B, Baer J, Roberts M, Vacanti T, Marcello B, Thomas A, **Kerksick C**, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on body composition and training adaptations. *International Society of Sport Nutrition*, Las Vegas, NV, June 2004.
129. **Kerksick C**, Campbell B, Taylor L, Wilborn C, Rasmussen C, Vacanti T, Greenwood M, Bowden R, Wilson R, Kreider R. Pharmokinetic profile of time released and non-time released oral arginine. *International Society of Sport Nutrition*, Las Vegas, NV, June 2004.
130. Nassar EL, 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. *International Society of Sport Nutrition*, Las Vegas, NV, June 2004.
131. Nassar EL, Bowden R, Lanning B, Doyle E, Johnston H, Slonaker B, Scanes G, Rasmussen C, **Kerksick C**. The efficacy of body mass index as a health status indicator. *International Society of Sport Nutrition*, Las Vegas, NV, June 2004.
132. Taylor L, Mulligan C, Rohle D, Vacanti A, Fogt D, Rasmussen C, **Kerksick C**, Magrans T, Campbell B, Baer J, Slonaker B, Wilborn C, Thomas A, Marcello B, Pfau E, Grimstvedt M, Opusunju J, Ounpraseuth S, Casey P, Greenwood M, Wilson R, Kreider R. Analysis of the safety of the Curves™ fitness and weight loss program in high protein diets. *International Society of Sport Nutrition*, Las Vegas, NV, June 2004.
133. Vacanti T, Campbell B, Baer J, Roberts M, Marcello B, Thomas A, **Kerksick C**, Wilborn C, Rohle D, Taylor L, Rasmussen C, Greenwood M, Wilson R, Kreider R. Effects of arginine alpha-ketoglutarate supplementation on markers of catabolism and health status. *International Society of Sport Nutrition*, Las Vegas, NV, June 2004.
134. Wilborn C, Baer J, Campbell B, Thomas A, Slonaker B, Vacanti T, Marcello B, **Kerksick C**, Rasmussen C, Taylor L, Mulligan C, Rohle D, Fogt D, Wilson R, Greenwood M, Kreider R. Effects of ZMA supplementation on the relationship of zinc and magnesium to body composition, strength, sprint performance, and metabolic and hormonal profiles. *International Society of Sport Nutrition*, Las Vegas, NV, June 2004.
135. **Kerksick C**, Grimstvedt M, Rasmussen C, Mayhew JL, Greenwood M, Kreider R, Almada A.

- Compatibility of predicting 1-RM bench press and leg press from muscular endurance repetitions in adult men. *National Strength and Conditioning Association*, Minneapolis, MN, July 2004.
136. **Kerksick C**, Wilborn C, Grimstvedt M, Rasmussen C, Greenwood M, Almada A, Kreider R. Training adaptations while resistance training with and without nutritional supplementation. *National Strength and Conditioning Association*, Minneapolis, MN, July 2004.
 137. Rasmussen C, Kreider R, **Kerksick C**, Leutholtz B, Greenwood M, Chandler M, Wilson R, Earnest C. Effects of a non-ephedra containing thermogenic supplement on weight loss and medical safety. *Federation of American Societies for Experimental Biology*, San Diego, CA, April 2003.
 138. **Kerksick C**, Rasmussen C, Lancaster S, Kreider R, Magu B, Smith P, Melton C, Greenwood M, Almada A, Earnest C. Effects of whey protein supplementation with casein or BCAA & glutamine on training adaptations II: Performance. *American College of Sports Medicine*, San Francisco, CA, May 2003.
 139. Kreider R, **Kerksick C**, Rasmussen C, Lancaster S, Magu B, Smith P, Melton C, Greenwood M, Almada A, Earnest C. Effects of whey protein supplementation with casein or BCAA & glutamine on training adaptations I: Body Composition. *American College of Sports Medicine*, San Francisco, CA, May 2003.
 140. Kreider R, Henderson S, Magu B, Rasmussen C, Lancaster S, **Kerksick C**, Smith P, Melton C, Cowan P, Greenwood M, Earnest C, Almada A, Milnor P. Effects of coelus forskohlii supplementation on body composition and markers of health in sedentary overweight females. *Federation of American Societies for Experimental Biology*, New Orleans, LA, April 2002.
 141. Mayhew J, Lauber D, Kemmler W, Ware JS, Ball TE, Bembem MG, Ward TE, **Kerksick C**. Repetitions-to-fatigue to predict 1-RM bench press in men with different levels of training. *American College of Sports Medicine*, St. Louis, MO, May 2002. Lancaster S, Kreider R, Rasmussen C, **Kerksick C**, Greenwood M, Almada A, Earnest C. Effects of honey supplementation on glucose, insulin, and endurance cycling performance. *Federation of American Societies for Experimental Biology*, Orlando, FL, April 2001.
 142. **Kerksick C**, Kreider R, Rasmussen C, Lancaster S, Starks M, Greenwood M, Milnor P, Almada A, Earnest C. Effects of bovine colostrum supplementation on training adaptations II: performance. *Federation of American Societies for Experimental Biology*, Orlando, FL, April 2001.
 143. 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. *Federation of American Societies for Experimental Biology*, Orlando, FL, April 2001.
 144. **Kerksick C**, Mayhew DL, Mayhew JL. Analysis of upper body strength by allometric scaling. *National Strength and Conditioning Association*, Spokane, WA, July 2001.
 145. Lentz D, **Kerksick C**, Ware JS, Mayhew DL, Mayhew JL. Repetitions-to-fatigue to predict 1-RM bench press in high school male athletes. *National Strength and Conditioning Association*, Orlando, FL, June 2000.
 146. **Kerksick C**, Mayhew JL. The 7-10 RM load for predicting 1-RM bench press in high school male athletes. *National Strength and Conditioning Association*, Orlando, FL, June 2000.
 147. **Kerksick C**, Peeters B, Ware J, Steinberg M, Messingham C, Clemens C, Mayhew JL. Relationship of anthropometric dimensions to muscular strength in high-level bench press performers. *National Strength and Conditioning Association*, Kansas City, MO, June 1999.

EXTERNAL FUNDING

Lindenwood University

Funding Decision is Pending

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 Kerksick, PhD, \$34,850. Sponsor: US Lacrosse, Funding Status: Pending.

Funded Proposals

Impact of Probiotic Administration on Mood, Psychological Traits, Physical Activity, Stress, and Sleep Quality. PI: Chad Kerksick, PhD, \$74,733, Sponsor: Increnovo, LLC.

Impact of Glucosamine Supplementation on Gut Microbiota. PI: Chad Kerksick, PhD, \$19,941. Sponsor: Increnovo, LLC.

Immune Modulating Impact of Stalmune or BC30 After Stressful, Damaging Resistance Exercise. PI: Chad Kerksick, PhD, \$181,707. Sponsor: Increnovo, LLC.

An Exploratory Pilot Approach to Examine the Absorption Kinetics and Clinical Safety of DiLeucine. PI: Chad Kerksick, PhD, \$19,781, Sponsor: Increnovo, LLC.

Effects of Daily Doses of Rice or Whey Protein on Resistance Training Adaptations. PI: Chad Kerksick, PhD, \$43,010, Sponsor: Increnovo, LLC.

Impact of Baker's Yeast β -Glucan Supplementation on Immune Status and Muscle Damage After Exercise Stress. PI: Chad Kerksick, PhD, \$87,576, Sponsor: Increnovo, LLC.

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, PI: Mary Altepeter, BS (Masters student at Lindenwood University, Serve as faculty mentor on project, \$7,500, Sponsor: National Strength and Conditioning Association Foundation

The Effects of Acute Calcium Lactate Supplementation on Endurance Performance in Trained Cyclists. PI: Otavio Takeda, BS (Masters student at Lindenwood University, Serve as faculty co-mentor on project), \$2,481, Sponsor: National Strength and Conditioning Association Foundation.

Effect of Caffeine Timing on Lower Body Resistance Training Performance in Healthy Resistance Trained Subjects. PI: Patrick Harty, BS (Masters student at Lindenwood University, Serve as faculty mentor on project), \$7,500, Sponsor: National Strength and Conditioning Association Foundation.

Examining the Impact of Beta-Alanine Supplementation on Anaerobic Exercise Performance in Collegiate Rugby Athletes, PI: Charles Smith, BS, CSCS (Masters student at Lindenwood Univ., serve as faculty mentor, \$7,475, Sponsor: National Strength and Conditioning Association Foundation.

Nutrition Strategies to promote muscle anabolism and fat catabolism and oxidation: Creating a better understanding of "Fasted Cardio". PI: Chad Kerksick, PhD, \$9,960, Sponsor: Dymatize Nutrition.

Determining the Daily Caloric Needs of Female Athletes. PI: Alicia Watson (Master's student at Lindenwood University, serve as faculty mentor), \$7,400, Sponsor: National Collegiate Athletic Association.

Influence of Eccentric Duration on Anabolism, Damage and Oxidative Stress. PI: Chad Kerksick, PhD, \$10,000, Sponsor: National Strength and Conditioning Association Foundation.

Previous Institutions

Abbott Nutrition (2010 – 2011)

Title: Evaluation of a Medical Food Containing AN777 in Malnourished and Sarcopenic Subjects

PI: Joel Cramer, PhD, University of Oklahoma, Health & Exercise Science Department

Role: Co-Investigator

Status: Funded (\$276,147)

General Nutrition Corporation (2010)

Title: Effects of Whey Protein Supplementation on Body Composition, Muscular Strength and Mobility in Older Adults

PI: Joel Cramer, PhD, University of Oklahoma, Health & Exercise Science Department

Role: Co-Investigator

Status: Funded (\$142,500)

Ultimate Nutrition (2010)

Title: Effect of whey protein quality on physiological response to resistance exercise in trained men: a double-blind, placebo-controlled, randomized trial

Role: Co-Principle Investigator, served as faculty mentor for PI (Chris Lockwood, MS)

Status: Funded (\$40,549)

Progenex Dairy Bioactives (2010)

Title: Effect of whey protein quality on physiological response to resistance exercise in trained men: A double-blind, placebo-controlled, randomized trial

Role: Co-Principle Investigator, served as faculty mentor for PI (Chris Lockwood, MS)

Status: Funded (\$25,515)

National Strength and Conditioning Association (2010)

Title: Effect of creatine loading on glycogen content during high-intensity exercise.

Role: Co-Principle Investigator, served as faculty mentor for PI (Kyle Sunderland, MS)

Status: Funded (\$10,000)

Champion Nutrition (2009)

Title: 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

Role: Principle Investigator

Status: Funded (\$38,613)

Abbott Laboratories (2008)

Title: A pilot study to evaluate the effect of beta-hydroxy-beta-methylbutyrate in elderly subjects

PI: Jeff Stout, PhD, University of Oklahoma, Health & Exercise Science Department

Role: Co-Investigator

Status: Funded (\$366,142.50)

General Nutrition Corporation (2008)

Title: 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, University of Oklahoma, Health & Exercise Science Department

Role: Co-Investigator

Status: Funded (\$198,422)

Royal Body Care Life Sciences, Inc. (2008)

Title: The impact of microhydrin on body water and metabolic indicators of ventilatory threshold

Role: Principle Investigator

Status: Funded (\$50,858)

GlyGenix, Inc. (2008)

Title: Impact of modified starch ingestion on glycemic and performance changes during prolonged, moderate intensity exercise

Role: Principle Investigator

Status: Funded (\$25,394)

ImpediMed, Inc. (2008)

Title: 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, University of Oklahoma, Health & Exercise Science Department

Role: Co-Investigator

Status: Funded (\$10,000)

National Strength and Conditioning Association (2008)

Title: Impact of age on hypertrophy signaling after sequential bouts of lower body resistance exercise

Role: Principle Investigator

Status: Funded (\$10,000)

National Strength and Conditioning Association (2008)

Title: The effect of aging on intramuscular markers of the phosphocreatine system
Role: Co-Principle Investigator, served as faculty mentor for PI (Mike Roberts, MS)
Status: Funded (\$5,000)

Elite Fx, Inc. (2007)

Title: The acute and chronic effects of ingesting Celsius™ over a 28-day period on weight loss and markers of fat metabolism
Role: Principle Investigator
Status: Funded (\$91,464)

General Nutrition Corporation (2007)

Title: The effect of creatine supplementation on power output, muscle strength, and endurance investigated in randomized, placebo-controlled, parallel study
PI: Joel Cramer, PhD, University of Oklahoma, Health & Exercise Science Department
Role: Co-Principle Investigator
Status: Funded (\$85,000)

General Nutrition Corporation (2007)

Title: 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, University of Oklahoma, Health & Exercise Science Department
Role: Co-Principle Investigator
Status: Funded (\$70,000)

ImpediMed, Inc. (2007)

Title: 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, University of Oklahoma, Health & Exercise Science Department
Role: Co-Investigator
Status: Funded (\$11,577.50)

Non-Funded Proposals

Lindenwood University

National Strength and Conditioning Association

Title: The effects of a 10-second caffeinated mouth rinse on endurance cycling performance.
Role: Faculty Mentor, Student PI: Brad Gieske
Status: Not Funded (\$2,500)

University of New Mexico

International Society of Sports Nutrition (2013)

Title: The Impact of Branched-Chain Amino Acid Ratio on Muscle Damage, Markers of Anabolism, Athletic Performance and Recovery
Role: Principle Investigator
Status: Not Funded (\$7,901)

International Society of Sports Nutrition (2013)

Title: The Dose-Response Impact of Fish Oil Supplementation on Damage, Soreness, Oxidative Stress, Inflammation and Performance after Eccentric Exercise
PI: Trisha VanDusseldorp, MS, Doctoral student
Role: Faculty Mentor/Co-Investigator
Status: Not Funded (\$9,779)

Neogenesis Sport (2013)

Title: Impact of Nitrate Consumption on Reduction in Oxygen Cost and Oxidative Stress at 12,000 feet
Role: Principle Investigator
Status: Not funded (\$9,420)

Neogenesis Sport (2013)

Title: Effect of Inorganic Nitrate on O₂ Consumption in Trained and Untrained Runners
Role: Principle Investigator
Status: Not funded (\$8,640)

Previous Institutions

National Honey Board (2011)

Title: 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.
Role: Principle Investigator
Status: Not Funded (\$59,606)

Oklahoma Center for the Advancement of Science and Technology (OCAST) (2011 – 2014)

Title: Modulation of Insulin Signaling via Exercise Intensity
Role: Principle Investigator
Status: Not funded (\$135,000)

National Aeronautics Space Administration (2009)

Title: Resultant musculoskeletal changes from an oral pharmaceutical with concurrent resistive exercise.
Role: Co-Principle Investigator (John Caruso, PhD, University of Tulsa)
Status: Not Funded (\$1,027,174)

National Institute on Disability and Rehabilitation Research (2008)

Title: Rehabilitation Research and Training Center on Aging with Cerebral Palsy and Spinal Cord Injury
PI/Directors: Irene McEwen, Yih-Kuen Jan, Martha Ferretti, OUHSC Department of Rehabilitation Sciences
Role: Task Leader and PI of R1 arm of study proposal
Status: Not Funded (\$4.25 M)

National Institute of Diabetes and Digestive and Kidney Diseases (2008)

Title: Roles of micro RNAs in type 2 diabetes
PI: Dharambir Sanghera, PhD, University of Oklahoma Health Sciences Center Department of Genetics
Role: Co-Investigator
Status: Not Funded (\$296,732)

Oklahoma Center for Advancement in Science & Technology New Scientist Program (2008 – 2011)

Title: The balance of skeletal muscle: age and exercise effects
Role: Principle Investigator
Status: Not Funded (\$254,637)

NIH/PAR-06-383-08 (2008)

Title: Comparing Cortisol and Markers of Protein Synthesis and Degradation from Flywheel Ergometry Workouts
Role: Co-Principle Investigator (John Caruso, PhD, University of Tulsa)
Status: Not Funded (\$158,000)

Oklahoma Center for Advancement in Science & Technology Health Research Program (2008 – 2011)

Title: The balance of skeletal muscle: age and exercise effects
Role: Principle Investigator
Status: Not Funded (\$134,436)

Abbott Laboratories (2007)

Title: Impact of differing protein sources on acute changes in skeletal muscle hypertrophy
Role: Co-Principle Investigator
Status: Not Funded (\$90,798)

National Dairy Council (2007)

Title: The effects of whey protein with carbohydrate immediately following resistance exercise in muscle quality and quantity in elderly men

Role: Principle Investigator

Status: Not Funded (\$50,000)

INTERNAL FUNDING

University of New Mexico

- Equipment Renewal Grant. Isokinetic Muscle Testing and Its Application in Exercise Science. Office of Vice President for Research. (\$32,500). Funded.
- Research Allocation Committee (RAC). Dose-response impact of branched-chain amino acid supplementation and muscle health. (\$8,085). University of New Mexico. Funded.
- Overhead Funds Allocation Committee (OFAC) (\$2,000). College of Education, University of New Mexico, 11/12, Funded.
- Teaching Allocations Subcommittee, Teaching Allocation Grant (TAG), (\$4,520). University of New Mexico, Funded.
- Impact of Exercise Style on Food Intake and Perceptions of Hunger, Appetite and Exercise Enjoyment (\$39,987.80). Summer Research Program, College of Education, University of New Mexico, Not Funded.
- Graduate Excellence Assistantships, Office of Graduate Studies, Full-time graduate student awarded at 0.5 FTE for fall and spring semesters, Funded.

Previous Institutions

- Travel Assistance Grant Program (\$690). *Vice President for Research*, University of Oklahoma, 3/10.
- Page Charge Reimbursement (\$250). *Vice President for Research*, University of Oklahoma, 2/10.
- Faculty Enrichment Grant (\$1,200). *College of Arts & Sciences*, University of Oklahoma, 11/09.
- Big XII Fellowship (\$2,204). *Senior Vice President & Provost*, University of Oklahoma, 8/09.
- Travel Funds Program (\$489.33). *College of Arts & Sciences*, University of Oklahoma, 7/09.
- Travel Funds Program (\$594.66). *College of Arts & Sciences*, University of Oklahoma, 6/09.
- Travel Funds Program (\$371.67). *College of Arts & Sciences*, University of Oklahoma, 5/09.
- Travel Funds Program (\$416.13). *College of Arts & Sciences*, University of Oklahoma, 4/09.
- Faculty Senate Development Award (\$2,500). *Faculty Senate*, University of Oklahoma, 2/09.
- Faculty Enrichment Grant (\$1,200). *College of Arts & Sciences*, University of Oklahoma, 2/09.
- Junior Faculty Research Fellowship (\$6,000). *College of Arts & Sciences*, University of Oklahoma, 1/09.
- Travel Assistance Grant Program (\$627). *Vice President for Research*, University of Oklahoma, 10/08.
- Travel Funds Program (\$95.69). *College of Arts & Sciences*, University of Oklahoma, 10/08.
- Faculty Enrichment Grant (\$1,200). *College of Arts & Sciences*, University of Oklahoma, 9/08.
- Travel Funds Program (\$537.81). *College of Arts & Sciences*, University of Oklahoma, 7/08.
- Travel Funds Program (\$424.16). *College of Arts & Sciences*, University of Oklahoma, 5/08.
- Instructional Technology Funds (\$4,776). *College of Arts & Sciences*, University of Oklahoma, 4/08.
- Presidential International Travel Fellowship (\$1,100). *President's Office*, University of Oklahoma, 2/08.
- Page Charge Reimbursement (\$250). *Vice President for Research*, University of Oklahoma, 2/08.
- Faculty Enrichment Grant (\$1,200). *College of Arts & Sciences*, University of Oklahoma, 2/08.
- Junior Faculty Research Fellowship (\$6,000). *Vice President for Research*, University of Oklahoma, 1/08.
- Travel Assistance Grant Program (\$574). *Vice President for Research*, University of Oklahoma, 9/07.
- Research Council Funds (\$5,876.44). *Vice President for Research*, University of Oklahoma, 9/07.
- Faculty Enrichment Grant (\$1,200). *College of Arts & Sciences*, University of Oklahoma, 8/07.
- Travel Funds Program (\$482.31). *College of Arts & Sciences*, University of Oklahoma, 6/07.
- Travel Funds Program (\$592.81). *College of Arts & Sciences*, University of Oklahoma, 6/07.

- Travel Funds Program (\$527.64). *College of Arts & Sciences*, University of Oklahoma, 4/07.
- Big XII Fellowship (\$692.33). *Senior Vice President & Provost*, University of Oklahoma, 1/07.
- Faculty Enrichment Grant (\$1,000). *College of Arts & Sciences*, University of Oklahoma, 11/06.
- Faculty Senate Development Award (\$2,500). *Faculty Senate*, University of Oklahoma, 10/06.
- Travel Assistance Grant Program (\$567.81. *Vice President for Research*, University of Oklahoma, 9/06.
- Faculty Enrichment Grant (\$1,000). *College of Arts & Sciences*, University of Oklahoma, 9/06.

SERVICE

Academic Service

Department

- Chair, Search Committee, Full-time Exercise Science faculty, Lindenwood University, 2019, Committee Members: Kerksick CK (Chair), Randolph J, Richmond S. Hired: TBD.
- 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
- Program Director, Human Performance Graduate Program. Lindenwood University, December 2014 – Present
- Program Director, National Strength and Conditioning Association Education Recognition Program for Certified Strength and Conditioning Specialist, Lindenwood University. 2/1/15 - Present
- 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

- Promotions Committee (Chair), School of Health Sciences, Lindenwood University, Spring 2019 – Present.
- Promotion Task Force, School of Health Sciences, Lindenwood University, Spring 2017.
- Committee Member, Institutional Review Board (IRB), School of Health Sciences, Lindenwood University, 12/1/14 – Present.
- Nutrition/Dietetics Program Advisory Committee, University of New Mexico
- Faculty Governance Committee, University of New Mexico. College of Education, Fall 2013 – Fall 2014.

University

- Panel member, Community Engaged Research, Lindenwood University IRB, 4/25/18.
- Health & Safety Committee, Lindenwood University, 8/17 – Present.
- Member, Safety and Compliance Training Task Force, Lindenwood University, 9/16 – 5/17.
- Wellness Ambassador Committee, Lindenwood University. 2016 – Present.
- Search Committee Member, IRB Administrator, Lindenwood University, 2016 – Present. Committee

Members: Wilson D (Chair), Herrell Katherine, Punty T, Kania-Gosche B, Biri C, Kerksick C, Nohara-LeClair M.

- Member, Benefits Committee, Lindenwood University, 4/8/16 – Present.
- 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

- Senior Associate Editor, *J Strength Cond Res*, 05/15 – Present.
- Associate Editor, *Strength Cond J*, 7/14 – Present.
- Missouri State Representative, Central States American College of Sports Medicine, 10/15 – 10/18.
- Abstract Reviewer. National Strength and Conditioning Association, 2007 – Present.
- Grant Reviewer. National Strength and Conditioning Association, 2008 – Present.
- Secretary/Treasurer, National Strength and Conditioning Association Foundation Board of Directors, 7/14 – 7/16.
- Vice President, National Strength and Conditioning Association Foundation Board of Directors, 7/16 – 7/17.
- Executive Council. National Strength Conditioning Association Nutrition, Metabolism and Body Composition Special Interest Group, 7/13 – Present.
- Review Editor, *Frontiers in Nutrition*, 2015 – Present.
- 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 McNulty, 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 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.