

## **Thomas Andre**

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(tlandre@olemiss.edu)

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### ***Education***

#### **Doctor of Philosophy – Baylor University (BU), Waco, Texas, August 2017**

Major: Kinesiology, Exercise Nutrition, and Health Promotion

Advisor: Dr. Darryn Willoughby, Ph.D., FACSM, FISSN, CSCS, CISSN, EPC

Dissertation: Impact of Training Masks on Resistance Training Performance, Cortisol, and Muscle Markers of Atrophy

#### **Master of Science – University of North Alabama (UNA), Florence, Alabama, December 2013**

Major: Health and Human Performance

Advisor: Dr. Matt Green, Ph.D., FACSM

Thesis: Acute Caffeine Supplementation's Effect on Repeated Upper and Lower, Body Wingate Performance

#### **Bachelor of Education – Georgia Southwestern State University (GSW), Americus, Georgia, May 2012**

Major: Exercise Science and Wellness

### ***Academic Employment History & Professional Experience***

- **Affiliated Faculty Researcher** - University of Mississippi Center for Health and Sports Performance (CHSP), 2021-present
- **Graduate Program Coordinator** - University of Mississippi, Department of HESRM, 2020-present
- **Assistant Professor** – University of Mississippi (Ole Miss), Department of HESRM, 2018-present
  - Teach Undergraduate and Graduate Courses
  - Exercise, Performance, and Nutrition Lab Director
  - Departmental Research
  - Supervise Graduate Student Laboratory Assistants
- **Assistant Professor** – Clayton State University, Department of HFMG, 2017-2018
  - Teach Traditional and Hybrid Courses
  - Applied Physiology Lab Maintenance
  - Departmental Research
  - Supervise Undergraduate Student Laboratory Workers
- **Graduate Research Assistant (GRA)** – BU Human Performance Lab, August 2013-17
  - Teach Laboratory Classes
  - Maintain Equipment and Inventory Lab Supplies

- Assist With Ongoing Departmental Research
- Supervise Undergraduate and Master's Student Laboratory Workers
- **Personal Trainer** (Private Contractor) – January 2015- 2016
  - In-Home Personal Training
  - Body Composition and Diet Assessments
  - Design and Supervise Personalized Exercise and Diet Programs
- **Graduate Research Assistant** (GRA) – UNA Human Performance Lab, August 2012-13
  - Conduct/Oversee General Fitness Assessments, blood profiles
  - Assist With Ongoing Departmental Research
  - Supervise Undergraduate Laboratory Workers
- **Intern** (Paid) – Disney World Exercise and Wellness Coordinator, Orlando, FL January-June 2012 (500 hours)
  - Conduct Body Fat Percentage Analysis, Sub-Max Aerobic Tests, Flexibility Tests
  - Personal Training and Fitness Program Design for Members
  - Health and Wellness Presentation's for Disney Cast Members
  - Group Fitness Instruction and Assist in Cast Member Activity Leagues
- **Intern** - Georgia Southwestern State University Exercise Physiology Lab, August-December 2011 (125 hours)
  - Conduct/Oversee General Fitness Assessments
  - Conduct Literature Reviews and Develop Own Research Project
  - Assist With Faculty and Other Student's Research Studies
- **Intern** - Quail Run Physical Therapy (Shoulder/Knee & Spinal Offices), Lakeport, CA, May, July 2010 (125 hours)
  - Assist Patients in Standard and Aqua Rehab Exercises; Observe Manual Therapy
  - Clean and Maintain Equipment
  - Assist and Perform E-Stim and Ultrasound Therapy

### ***Teacher of Record***

#### **University of Mississippi**

- Advanced Structural Kinesiology (ES 632); 2019 Spring
- Advanced Individual Study (ES 651/652); 2019 Fall; 2020 Spring and Fall
- Allied Health Terminology [IStudy] (ES 396); 2020-2021
- Biomechanics of Human Movement (ES 446); 2019-2021 Spring, Summer & Fall
- Data Based Prevention & Management of Sport Injury [8-week] (SA 623); 2021 Fall
- Exercise Physiology 1 (ES 611); 2022 Fall
- Honors Individual-Basis Study (HON 301); 2019 Spring and Fall, 2020 Spring
- Independent Study (ES 490); 2019 Spring and Fall; 2020 Spring and Fall

- Master's Thesis (ES 697); 2019 Summer and Fall; 2020 Spring & Summer
- Physiological Aspects of Sport Performance and Monitoring [8-week] (SA 622); Spring 2022
- Senior Honors Research (HON 401); 2020 Fall
- Structural Kinesiology (ES 346); 2019-2023 Spring and Fall
- Testing and Prescription (ES 456/457); 2018 Fall

### **Clayton State University**

- Exercise Physiology [Online] (HFMG 3102); 2018 Spring
- Exercise Testing and Prescription (HFMG 3140); 2018 Spring
- Kinesiology (HFMG 3101); 2017 Fall, 2018 Spring
- Personal Health and Wellness [Online] (HFMG 3110; 2 Sections); 2017 Fall, 2018 Summer
- Principles of Fitness [Hybrid] (HFMG 3130); 2017 Fall
- Personal Nutrition for Health [Online] (HFMG 4060); 2018 Spring and Summer

### **Baylor University**

- Anatomy Lab (HP 1420); Summer Session 2016-2017
- Exercise Physiology Lab (HP 2420); 2014-2017 (3)
- Intro to Human Physiology Lab (HP 1421); 2013-2014 (2)
- Soccer (LF 1168); 2013-2014 (2)

### ***Publications***

- Valladão S, Yeh X, Loenneke JP, Franks R, **Andre TL**. Establishing A Duration Standard for The Calculation of Session Rating of Perceived Exertion During Matches in NCAA Division I Women's Soccer. (Accepted; In Press)
  - Phillips J, **Andre TL**. Visual Tracking Speed Threshold In NCAA Division I Women's Soccer Predicating Match Performance. (Manuscript in Review)
  - Peirce K, Phillips J, Valliant V, Jessee M, Loprinzi P, **Andre TL**. Establishing A Perceptual Jump Scale Training Load for NCAA Division I Female Volleyball Athletes. (Manuscript in Review)
24. Poudevigne M, Day C, Campbell E, Mills D, Porter R, Zornosa X, **Andre TL**. A 10-week Low-Cost HIFT- Experiential Learning Initiative Between Underrepresented Kinesiology Undergraduates & Hypertensive Deconditioned Firefighters Improves Their Health & Fitness. *Education Sciences*, 2021; 11(1):33. <https://doi.org/10.3390/educsci11010033>
  23. Rhoden GB, Valladão S, Nelson H, **Andre TL**. Impact of Esports on Blood Glucose Levels. *International Journal of Esports*, 2021, 1(1). <https://www.ijesports.org/article/47/html>
  22. Nelson H, Valladão S, Schwarz N, Valliant M, **Andre TL**. Impact of Casein Protein Containing Tryptophan On Sleep, Hrv, And Energy Expenditure in Females. *Journal of Exercise and Nutrition*, 2021; Volume 4(1): 1

21. Bowles AK, Walsh S, **Andre TL**. Is Fitspiration Truly an Inspiration? The Effects of Fitspiration on Physical Activity and Body Image. *Health Behavior Research*, 2021 4:2, <https://doi.org/10.4148/2572-1836.1101>
20. **Andre TL**, Valladão S, Cox D, Walsh S. Heart Rate and HrV Response During Competitive Esports Tournament in Collegiate Club Level Esport Athletes. *International Journal of Exercise Science*, 2020; 13(6): 1418–1429.
19. Valladão S, **Andre TL**, Middleton JD. Impact of Esport: Fortnite on Seated Heart Rate. *International Journal of Exercise Science*, 2020 13:6, 1217 – 1227.
18. Gann JJ, **Andre TL**, Galluci AR, Willoughby DS. Effects Of Hypohydration On Muscular Strength, Endurance, And Power In Females. *Journal of Strength and Conditioning Research*. 2020 00(00)/1–5. (Funded by NSCA)
17. **Andre TL**, Walsh S, Polley S, and Reisbeck D. Breathing Limited Air Situational Training Masks (BlastMask) Versus Self-Contained Breathing Apparatus (SCBA) for Firefighters: A Pilot Study. *International Journal of Exercise Science*. 2019 12: 6, 941 – 949. (Product donated by Blastmask Inc.)
16. Hwang PS, Gann JJ, **Andre TL**, McKinley-Barnard SK, Willoughby DS. Effects of 8 Weeks of Heavy Resistance Training in Conjunction With L-Citrulline and Glutathione Supplementation on Body Composition, Muscle Mass and Performance, and Blood Clinical Safety Markers in Resistance-Trained Males. Sponsored by Kyowa. *Journal of the International Society of Sports Nutrition*. 2018 27; 15(1):30.
15. **Andre TL**, Gann JJ, Hwang PS, Ziperman E, Magnussen M, Willoughby DS. Restrictive Breathing Mask Reduces Total Repetitions During an Acute Lower Body Resistance Training Session In Resistance-Trained Males. *Journal of Strength and Conditioning Research*. 2018 Aug; 32(8):2103-2108.
14. Haines M, McKinley-Barnard SK, **Andre TL**, Gann JJ, Hwang P, Willoughby DS. Skeletal muscle estrogen receptor activation in response to eccentric exercise up-regulates myogenic-related gene expression independent of differing serum estradiol levels occurring during the human menstrual cycle. *Journal of Sport Science and Medicine*. 2018 17, 31-39
13. McKinley-Barnard SK, **Andre TL**, Gann JJ, Willoughby DS. Increased Estrogen Concentrations During the Mid-Luteal Menstrual Phase May Provide Attenuation of Eccentric Exercise-Induced Muscle Damage. *Journal of Strength and Conditioning Research*. 2018; 32(6):1601-1612.
12. Green JM, Miller BL, Simpson JD, Dubroc DR, Keyes AA, Neal KK, Gann JJ, **Andre TL**. Effects of 2% Dehydration on Lactate Concentration during Constant-Load Cycling. *Journal of Strength and Conditioning Research*. 32(7):2066–2071, 2018.

11. Hwang PS, **Andre TL**, McKinley-Barnard SK, Gann JJ, Willoughby DS. The Effects of Short-Term Detraining and Subsequent Retraining on Body Composition and Muscle Performance in Males Consuming a Whey Protein or Carbohydrate Supplement. *Journal of Strength and Conditioning Research*. 2017, 31(4): 869-881.
10. Morales E, Forsee J, **Andre TL**, McKinley-Barnard SK, Hwang P, Tinsley G, Davis J, Spillane M, Willoughby D. Effect of Pre-Exercise Nutrition on Irisin Signaling and Metabolic Pathway Regulation in Participants Who Are of Normal Body Weight and Overweight. *Journal of the American College of Nutrition*. 2017: 1541-1087. DOI: 10.1080/07315724.2016.1256240.
9. **Andre TL**, Gann JJ, McKinley SK, Willoughby DS. The Effects of 8 weeks of Phosphatidic Acid Supplementation on Body Composition and Strength in resistance trained males. *Journal of the American College of Nutrition*. 2016 15, 532-539 Sponsored by ChemiNutra.
8. Tinsley GM, Gann JJ, Huber SR, La Bounty PM, Bowden R, **Andre TL**, Gordon PM, Grandjean PW. Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females. *Journal of Dietary Supplements*. Volume 14, 2017 - Issue 1.
7. Church DD, Schwarz NA, Spillane MB, McKinley SK, **Andre TL**, Ramirez AJ, Willoughby DS. L-Leucine Increases Skeletal Muscle IGF-1 but Does Not Differentially Increase Serum IGF-1 and Akt/mTORC1 Signaling Compared to Ursolic Acid in Response to Resistance Exercise in Trained Men. *Journal of the American College of Nutrition*. 2016 Vol. 0, No. 0, 1–12.
6. **Andre TL**, McKinley-Barnard SK, Gann JJ, Willoughby DS. The Effects of 5 Weeks of Resistance Training and Relatively-Dosed Creatine Monohydrate Supplementation on Body Composition and Muscle Strength, and Whole-Body Creatine Metabolism in Resistance Trained Males. *International Journal of Kinesiology & Sports Science*, 4(2): 1-10, 2016.
5. Schwarz NA, McKinley-Barnard SK, Spillane MB, **Andre TL**, Gann JJ, Willoughby DS. Effect of Resistance Exercise Intensity on the Expression of PGC-1 $\alpha$  Isoforms and the Anabolic and Catabolic Signaling Mediators, IGF-1 and Myostatin, in Human Skeletal Muscle. *Applied Physiology, Nutrition, and Metabolism*. 2016; 10.1139/apnm-2016-0047.
4. Gann JJ, Green JM, O'Neal EK Renfro LG, **Andre TL**. Dehydration's Effect on Repeated 40-yard Sprints. *Journal of Strength and Conditioning Research*, 30(4):901-9, 2016.
3. **Andre TL**, Green JM, O'Neal EK, Coates TE, Gann JJ. Acute Caffeine Supplementation's Effect on Repeated Upper and Lower, Body Wingate Performance. *International Journal of Exercise Science* 8(3): 243-255, 2015.
2. McKinley-Barnard SK, **Andre TL**, Morita M, Willoughby DS. Combined L-Citrulline and Glutathione Supplementation Increases the Concentration of Markers Indicative of Nitric Oxide Synthesis. *Journal of International Society of Sports Nutrition*. 2015; 12: 27. Sponsored by Kyowa.

1. Schwarz NA, Spillane MB, McKinley SK, **Andre TL**, Gann JJ, Willoughby DS. Acute Myosin Heavy Chain Isoform mRNA Expression in Response to Two Resistance Exercise Intensities with Equal Volume Load in Resistance-Trained Men. *Journal of Strength & Conditioning Research*. 2015 Aug; 29 (8):2326-32.

***Publications: Book Chapters***

1. Marsh BA, **Andre TL**, & Payton SL. (2020). Esports on campus: Challenges, considerations, and opportunities. In J. P. Freeman, C. L. Keller, & R.L. Cambiano (Eds.), *Higher education response to exponential societal shifts* (pp. 330-355). Hershey, PA: IGI Global.

***External Funding (Total Requested: \$1,076,565; Total Awarded: \$36,832)***

39. Ford-Wade MA, **Andre TL**. Leisure Lifestyles classes for Oxford Park Commission (OPC). **Amount Requested: \$10,000 (FUNDED)**
38. Hays HM, Kang M, **Andre TL**, Wijayatunga N. The effects of 12-weeks of time-restricted eating with aerobic exercise on body composition and metabolism in sedentary adults– A randomized controlled study. American Heart Association (AHA) pre-doctoral fellowship. **Amount Requested: \$32,306** (pending)
37. Phillips JP, **Andre TL**. Monitoring Female Cross-Country Athletes. VALD: VARI grant (female athlete). **Amount Requested: \$28,032** (not funded)
36. Armstrong K, **Andre TL**, Wade L. Strength and Vision Profiles and their Relationship with Balance-Related Variables among Youth Female Athletes. VALD: VARI grant (female athlete). **Amount Requested: \$37,960** (not funded)
35. **Andre TL**, Armstrong K, Wade L. Dynamic Vision profiles among Older Adults and their Relationship with Balance- and Strength-Related Variables. VALD: VARI grant (older adult). **Amount Requested: \$37,960** (not funded)
34. **Andre TL**, Simmond A, Franks R, Landry-Shirley H, Stamatis A. Effectiveness of remote monitoring and exercise adherence in Esport student-athletes on posture, functional movement, joint pain, body composition, and mental wellbeing through VALD Technology. VALD: VARI grant. **Amount Requested: \$17,520** (not funded)
33. Simmond A, Lee K, **Andre TL**. Psychological Safety in Collegiate Athletics: The importance of the coach-athlete relationship on well-being. NCAA Graduate Student Research Grant. **Amount Requested: \$3,407** (not funded)
32. **Andre TL**, Nelson HE. Impact of high intensity exercise breaks during a 6-hour Esport practice. National Strength and Conditioning Association (NSCA) Young Investigator Grant. **Amount Requested: \$13,440** (not funded)

31. Nelson HE, **Andre TL**. Effect of Very Low Volume, High Intensity Exercise on Muscular and Cardiorespiratory Fitness in Rural Sedentary Adults. National Strength and Conditioning Association (NSCA) Doctoral Student Grant. **Amount Requested: \$14,180** (not funded)
  
30. Valladão S, **Andre TL**. The effects of four weeks of velocity-based training compared to 1RM-percentage-based training on strength and power of resistance-trained females. National Strength and Conditioning Association (NSCA) Doctoral Student Grant and the Directed Research Grant: Female Athlete. **Amount Requested: \$14,667** (not funded)
  
29. Phillips JP, **Andre TL**. Examining the relationship between external training load and limb asymmetry in volleyball players. National Strength and Conditioning Association (NSCA) Doctoral Student Grant. **Amount Requested: \$14,800** (not funded)
  
28. Armstrong K, **Andre TL**, Wade L, Franks R. Scapular and Shoulder Biomechanics of the Overhead Athlete: An Investigation of the Influence of the Menstrual Cycle. National Strength and Conditioning Association (NSCA) Directed Research Grant: Female Athlete. **Amount Requested: \$24,500** (not funded)
  
27. Armstrong K, **Andre TL**, Wade L, Franks R. The Influence of the Menstrual Cycle on the Scapular and Shoulder Biomechanics of the Female Overhead Athlete. National Strength and Conditioning Association (NSCA) Doctoral Research Grant. **Amount Requested: \$15,000** (not funded)
  
26. Wijayatunga N, **Andre TL**, Kim Y. (January 2022). Role of an 8-week time restricted feeding with exercise snacks in reducing cardiovascular risk in normal weight obesity. American Heart Association (AHA): AHA Institutional Research Enhancement Award. **Amount Requested: \$154,000** (not funded)
  
25. **Andre TL**, Valladão S. (June 2021). Validity of Perch System. **Amount Requested: \$6000 Value of product donated (FUNDED)**
  
24. **Andre TL**. (February 2021). Impact of HIIT During 3-hours of Esports. National Strength and Conditioning Association (NSCA) Young Investigator Grant. **Amount Requested: \$7,260** (not funded)
  
23. Nelson HE, Valladão S, **Andre TL**. (February 2021). The Effect of Whole-Body Aerobic Resistance Training ‘Exercise Snacks’ on Health and Fitness in Sedentary Females. National Strength and Conditioning Association (NSCA) Doctoral Student Grant. **Amount Requested: \$8,563** (not funded)
  
22. Valladão S, Nelson HE, **Andre TL**. (February 2021). Effects of low-impact treadmills on time-trial running performance, economy and kinetics, physiological and perceptual markers, and perceived enjoyment. National Strength and Conditioning Association (NSCA) Doctoral Student Grant. **Amount Requested: \$11,180** (not funded)

21. Nelson HE, **Andre TL**. (January 2021). An investigation of the implementation of a 6-week exercise is medicine on Campus program for reductions in chronic disease risk among college-aged students. American College Of Sports Medicine (ACSM) Grant. **Amount Requested: \$4,900** (not funded)
20. Armstrong KA, Cohen-Winans SR, Ford-Wade MA, **Andre TL**, Grandjean PW. (January 2021). An investigation of the implementation of a 6-week exercise is medicine on Campus program for reductions in chronic disease risk among college-aged students. American College Of Sports Medicine (ACSM) Grant. **Amount Requested: \$1,492.65** (not funded)
19. Wijayatunga N, **Andre TL**. (January 2020). Assessing the Role of a 6-week High Intensity Interval Training in Improving Cardiovascular Risk Markers for Normal Weight Obesity. American Heart Association (AHA): Career Development Award. **Amount Requested: \$230,324** (not funded)
18. **Andre TL**, Valliant M. (May 2019). Impact of a physical activity and nutrition intervention that includes beef protein on body composition, physical performance, blood lipids, meal satisfaction and satiety in career firefighters. The National Cattlemen's Beef Association (NCBA) Grant. Pre-proposal. Invited full proposal. **Amount Requested: \$215,905** (not funded)
17. **Andre TL**, Valladão S. (February 2019). Impact of Aerobic Exercise on Esports. National Strength and Conditioning Association (NSCA) Young Investigator Grant. **Amount Requested: \$10,800** (not funded)
16. Valladão S, **Andre TL**. (February 2019). Impact of Stryd Footpod on 5k Pacing Strategy. National Strength and Conditioning Association (NSCA) Masters Student Grant. **Amount Requested: \$5,750** (not funded)
15. **Andre TL**, Ford-Wade A. (January 2019). The University of Mississippi First Responders Wellness Incentive. The Hearin Foundation. Pre-proposal. **Requested: \$336,161** (not funded)
14. **Andre TL**, Hill C, Valladão S. (December 2018). Impact of HaloSport on Esports Performance. **Amount Requested: \$1500 Value of product donated (FUNDED)**
13. **Andre TL**, Valladão S, Cox D. (October 2018). Impact Of Eadvantage Supplement on Esport Performance. **Amount Requested: \$100 Value of product donated (FUNDED)**
12. **Andre TL**, Valladão S. (August 2018) Impact Of Casein Protein Containing Tryptophan On Sleep, Hrv, And Energy Expenditure in Females. **Amount Requested: \$100 Value of product donated (FUNDED)**
11. Poudevigne M, **Andre TL**. (May 2018). HFMG "Fit for Fire" CRFD PACE Initiative. City of Riverdale Firefighter Department 2018 (yearly contract renewable). **Amount Requested: \$7,175 (FUNDED)**
10. **Andre TL**. (February 2018). Underrepresented Student Conference Attendance Award for Student Travel 2018. Southeast American College of Sports Medicine (SEACSM) via American College of Sports Medicine. **Amount Requested: \$500 (FUNDED)**



9. **Andre TL.** (October 2017). Validation of Blastmask Firefighter Training Mask during SteadyState Exercise in Firefighters. Blastmask Inc. **Amount Requested: \$500 Value of product donated (FUNDED)**
8. **Andre TL, Willoughby DS.** (January 2017). Influence of Hypoxia on Markers of Skeletal Muscle Catabolism in Response to a Single Bout of Resistance Exercise. Texas Chapter of the American College of Sports Medicine (TACSM) Doctoral Student Grant. **Amount Requested: \$1,000** (not funded)
7. **Andre TL, Gann JJ, Willoughby DS.** (March 2016). Influence of Hypoxia on Markers of Skeletal Muscle Catabolism in Response to a Single Bout of Resistance Exercise. National Strength and Conditioning Association (NSCA) Doctoral Student Grant. **Amount Requested: \$7,475** (not funded)
6. **Gann JJ, Andre TL, Willoughby DS.** The Effects of Hypohydration on Muscular Strength, Endurance, Power, and Markers of Catabolism in Females. National Strength and Conditioning Association (NSCA) Doctoral Student Grant. **Amount Requested: \$4,725 (FUNDED)**
5. **Andre TL, McKinley SK, Willoughby DS.** (March 2015). Effects of Passive Heating on Muscle Damage Due to HSP 72 Expression. National Strength and Conditioning Association (NSCA) Doctoral Student Grant. **Amount Requested: \$13,350** (not funded)
4. **McKinley SK, Andre TL, Willoughby DS.** (March 2015). The Effectiveness of MusclePharm Fish Oil in Attenuating Eccentric Exercise-Induced Damage in Females during Mid-Follicular and Mid-Luteal Menstrual Phases. National Strength and Conditioning Association (NSCA) Doctoral Student Grant. **Amount Requested: \$14,700** (not funded)
3. **Andre TL, Willoughby DS.** (Jan 2015). The Effects of a BCAA/Electrolyte Complex on Exercise Performance and Attenuation of Resistance Exercise-Induced Muscle Proteolysis in Response to Dehydration. TACSM Doctoral Student Grant. **Amount Requested: \$1,000** (not funded)
2. **Willoughby DS, Andre TL, McKinley SK, Gann JJ.** (Dec 2014). The Effects of MusclePharm Amino-1 on Exercise Performance and Attenuation of Resistance Exercise-Induced Muscle Proteolysis in Response to Dehydration. ISSN MusclePharm grant. **Amount Requested: \$6,509** (not funded)
1. **Willoughby DS, Andre TL, McKinley SK, Gann JJ.** (Dec 2014). The Effectiveness of MusclePharm Fish Oil in Attenuating Eccentric Exercise-Induced Damage in Females during Mid-Follicular and Mid-Luteal Menstrual Phases. ISSN MusclePharm grant. **Amount Requested: \$6,232 (FUNDED)**

***Internal Grant Funding (Total Requested: \$95,003; Total Awarded: \$21,298)***

12. **Wijayatunga N, Andre TL, Kang M.** (April 2022). Role of an 8-week time restricted feeding with exercise snacks in reducing cardiovascular risk in normal weight obesity. REA Award. **Amount Requested: \$10,000** (not funded)

11. Nelson H, **Andre TL**. (2021-2022). University of Mississippi Open Educational Resource Grant [supported from William and Flora Hewlett Foundation]. Allied Health Terminology (ES 396). **Amount Requested: \$ 4,000 (FUNDED)**
10. **Andre TL**, Valladão S, Nelson H. (2020-2022). FACT Institute Grant. Introduction to Exercise Science (ES 100). **Amount Requested: \$ 12,000 (FUNDED)**
9. Rhoden GB, **Andre TL**. (May-July 2019). Summer Undergraduate Research Fellowship (SURF) Grant. Impact of Esports on Blood Glucose Levels. **Amount Requested: \$ 4500 (not funded)**
8. Polley S, **Andre TL**. (March 2019). Graduate Student Council Grant. Impact of Cosmod K4b2 on 5k running economy and performance. **Amount Requested: \$ 1000 (FUNDED)**
7. Cox D, **Andre TL**. (February, 2019). Undergraduate Research Travel Grant. Southeast American College of Sports Medicine Conference (Greenville, SC). **Amount Requested: \$ 498 (FUNDED)**
6. **Andre TL**, Smith C, Riebl S. (November 2018). Generating a Comprehensive Physiological, Nutritional, Psychological, and Social Profile of the Esport Competitor. Big Data Constellation Request for Proposals. **Amount Requested: \$ 9,305 (not funded)**
5. **Andre TL**, Poudevigne M, Chung H. (November 2017) DXA for HFMG Program. Clayton State University One-time FY18 Over 25K Equipment Funding Request. **Amount Requested: \$ 49,900 (not funded)**
4. **Andre TL**. (July 2017) Baylor University Graduate Student Travel Award. National Strength and Conditioning Association (NSCA) Conference. **Amount Requested: \$1,000 (FUNDED)**
1. Willoughby DS, **Andre TL**. (June 2016). Influence of Hypoxia on Markers of Skeletal Muscle Catabolism in Response to a Single Bout of Resistance Exercise. University Research Committee Grant (URC) Baylor University. **Amount Requested: \$1,000 (FUNDED)**
2. **Andre TL**. (May 2015) Baylor University Graduate Student Travel Award. International Sport Supplement Nutrition (ISSN) National Conference. **Amount Requested: \$900 (FUNDED)**
1. **Andre TL**. (March 2014) Baylor University Graduate Student Travel Award. American College of Sports Medicine (ACSM) National Conference **Amount Requested: \$900 (FUNDED)**

#### ***Invited Professional Presentations, Symposiums & Workshops***

2. *Health and Esports*. Sport Nutrition Webinars, Arizona State University College of Health Solutions. October 26<sup>th</sup>, 2021.

1. *Esports: Physical Activity and Injury*. Keynote Speaker, New York American College of Sports Medicine, November 2022.

### ***Presentations***

61. **Andre TL**, Nelson H, Valladão S, Phillips J, Milenkovic A. Use of Blue Light Filtering Glasses During Gaming on Fatigue. Esport Research Network Conference (Jönköping, Sweden November 21<sup>st</sup>-23<sup>rd</sup>, 2022).
60. Phillips J, **Andre TL**. Monitoring Esport Athletes. Esport Research Network Conference (Jönköping, Sweden November 21<sup>st</sup>-23<sup>rd</sup>, 2022).
59. Nelson H, Phillips J, Valladão S, Milenkovic A **Andre TL**. Investigating the impact of glucose levels and a brief exercise bout on esports performance and fatigue. Esport Research Network Conference (Jönköping, Sweden November 21<sup>st</sup>-23<sup>rd</sup>, 2022).
58. Kostelnik SB, Hoffman S, Hogg J, Nelson H, **Andre TL** Valliant M. Relationship between Pre-Practice Urine Specific Gravity Hydration Levels and the Type of Sustained Practice Outcomes in Collegiate Football Athletes. Food & Nutrition Conference & Expo (Orlando, FL: October 2022)
57. Nelson H, Pierce K, Valliant M, Loprinzi P, Jessee M, Ossenheimer C, **Andre TL**. Proposal Of Subjective Jump Workload Measure In Collegiate Division I Women's Volleyball. National Strength and Conditioning Conference (New Orleans, July 2022).
56. Phillips J, Dusseault M, Valladão S, Nelson H, Faubert J, **Andre TL**. Investigating The Effects Of 3-Dimensional Motion Object Tracking (3D-MOT) Training On In-game College Soccer Performance. National ACSM Conference (San Diego, CA: May-June 2022). Abstract published in *Medicine & Science in Sports & Exercise*.
55. Armstrong K, **Andre TL**, Ford-Wade A, Wade L. Task Specificity Of Obstacle Negotiation In Individuals With Low Bone Mineral Density. National ACSM Conference (San Diego, CA: May-June 2022). Abstract published in *Medicine & Science in Sports & Exercise*.
54. Simmond GS, Lee K, **Andre TL**. Psychological Safety In Collegiate Athletics: Holistic Examination Of The “Student-Athletes”. Poster presentation at the Southeast American College of Sports Medicine Conference (Greenville, SC: February, 2022).
53. Nelson H, Pierce K, Valliant M, Loprinzi P, Jessee M, Ossenheimer C, **Andre TL**. Investigation Into The Accuracy Of Subjective Load Parameters In Comparison To Analytical Load Measurements In NCAA Division I Women’s Volleyball. Poster presentation at the Southeast American College of Sports Medicine Conference (Greenville, SC: February, 2022).

52. Valladão S, **Andre TL**, Phillips J. Utilizing Counter Movement Jumps As A Measure of Match Preparedness In NCAA Division L Womens Soccer. Oral presentation at the Southeast American College of Sports Medicine Conference (Greenville, SC: February, 2022).
51. Phillips J, Valladão S, Nelson H, Faubert J, **Andre TL**. Visual Tracking Speed and Soccer Performance Metrics. Poster presentation at the Southeast American College of Sports Medicine Conference (Greenville, SC: February, 2022).
50. Nelson H, Valladão S, Milenkovic A, **Andre TL**. Use of Interval Aim Training Platform to Monitor Fatigue During a 3-Hour Gaming Session. Esport Research Network Conference (Paris, France December 9-10, 2021).
49. Valladão S, Nelson H, Hill C, **Andre TL**. Impact Of Tdcs On Esports Performance. American College of Sports Medicine National Conference (ePoster at the virtual ACSM Annual Meeting June 1-5, 2021). Abstract published in Medicine and Science in Sports and Exercise, Volume 53:5 Supplement.
48. **Andre TL**, Nelson H, Valladão S. Health and Wellness in Esports. MAPHERD Conference (Digital Recorded Powerpoint [COVID]: February 2021).
47. Rhoden GB, Valladão SP, Nelson H, **Andre TL**. Impact of Esports on Blood Glucose Levels. University of California-Irvine Esports Conference (Digital Poster & Voice [COVID]: October 2020).
46. Nelson H, Valladão S, Sanders RT, Harnish R, Milenkovic A, **Andre TL**. Effects Of Esport Specific Supplementation On Esport Performance And Physiological Measurements. American College of Sports Medicine National Conference (San Francisco, CA: May 2020 [COVID]). Abstract published in Medicine & Science in Sports & Exercise.
45. Valladão S, **Andre TL**, Sanders RT, Nelson H, Schwarz N, Valliant M, Hogg J. Impact Of Casein Protein Containing L-Tryptophan And Melatonin On Sleep Quality And Energy Expenditure. American College of Sports Medicine National Conference (San Francisco, CA: May 2020 [COVID]). Abstract published in Medicine & Science in Sports & Exercise.
44. Sanders RT, Morgan GB, Valladão, **Andre TL**, Stamatis A. Mental Toughness, Self-compassion, And Mental Health In Esports: A Mediation Analysis. American College of Sports Medicine National Conference (San Francisco, CA: May 2020 [COVID]). Abstract published in Medicine & Science in Sports & Exercise.
43. Stamatis A, **Andre TL**, Padgett RN, Valladão SP. Mental Toughness as a Moderator of the Physical Exercise – eSports Performance Relationship: A Pilot Study. American College of Sports Medicine National Conference (Orlando, FL: May 2019). Abstract published in Medicine & Science in Sports & Exercise. 51(6):29, June 2019.

42. Rhoden GB, Valladão SP, **Andre TL**, Cox D. Observation of Heart Rate Variability Response to Collegiate Esports Tournament. American College of Sports Medicine National Conference (Orlando, FL: May 2019). Abstract published in *Medicine & Science in Sports & Exercise*. 51(6):29, June 2019.
41. Polley S, **Andre TL**, Cox D. Heart Rate Response During a Collegiate Esports Tournament. American College of Sports Medicine National Conference (Orlando, FL: May 2019). Abstract published in *Medicine & Science in Sports & Exercise*. 51(6):29, June 2019.
40. Cox D, **Andre TL**, Polley S, and Middleton JD. Heart Rate Response During Esport: Fortnite. Poster presentation at the Southeast American College of Sports Medicine Conference (Greenville, SC: February, 2019) and National ACSM Conference (Orlando, FL: May, 2019). Abstract published in *Medicine & Science in Sports & Exercise*. 51(6):29, June 2019.
39. Day C, **Andre TL**, Austin C, Chung HR, Slaw X, Smith M, Poudevigne M. Health and Fitness Improvements in Deconditioned Firefighters. National Conference on Undergraduate Research (NCUR; Kennesaw, GA: April, 2019) and National ACSM Conference (Orlando, FL: May, 2019). Abstract published in *Medicine & Science in Sports & Exercise*. 51(6):29, June 2019.
38. **Andre TL**. Esports. Oral presentation at the University of Mississippi's Center for Health & Sports Performance Conference. (Oxford, MS: May 2019).
37. Polley S, **Andre TL**, Walsh SM, and Reisbeck D. Validation of Blastmask Firefighter Training Mask during SteadyState Exercise in Firefighters. Blastmask Inc. Poster presentation at the Southeast ACSM Conference (Greenville, SC: February, 2019).
36. **Andre TL**, Gann JJ, Hwang PS, Ziperman E, Magnusen M, Willoughby DS. Impact of a Restricted Breathing Mask on Proteolytic Activity Post Resistance Training. American College of Sports Medicine National Conference (Minneapolis, MN: May 2018). Abstract published in *Medicine & Science in Sports & Exercise*. 50(5S):1-2, May 2018.
35. Gann JJ, **Andre TL**, Willoughby DS. Effects of Hypohydration on Markers of Catabolism in Females Following Resistance Exercise. American College of Sports Medicine National Conference (Minneapolis, MN: May 2018). Abstract published in *Medicine & Science in Sports & Exercise*. 50(5S):1-2, May 2018.
34. Poudevigne M, DeMoors M, **Andre TL**, Chung HR. Are Upper Body Muscle Activations Different In Various Type Of Push-up Exercise? American College of Sports Medicine National Conference (Minneapolis, MN: May 2018). Abstract published in *Medicine & Science in Sports & Exercise*. 50(5S):1-2, May 2018.
33. Walsh SM, Umstad MR, Wu C, **Andre TL**, McCledon M, Bridges C, Miller A, G Benavidez, Bowden RG. Do Sit-Stand Workstations Improve Health Markers among Office Employees? A Randomized-Controlled Trial. American Academy of Health Behavior Annual Meeting (Portland, OR: March 2018).

32. **Andre TL**, Gann JJ, Hwang PS, Ziperman E, McCullough MO, Bascom A, Roemer B, Willoughby DS. Restrictive Breathing Mask Reduces Total Repetitions while Increasing Heart Rate and Session RPE In Resistance-Trained Males. Poster presentation at the National Strength and Conditioning Conference (Las Vegas, NV: July 2017).
31. Gann JJ, **Andre TL**, Willoughby DS. The Effects of Hypohydration on Muscular Strength, Endurance, Power, and Markers of Catabolism in Females: An Ongoing Study. Poster presentation at the National Strength and Conditioning Conference (Las Vegas, NV: July 2017).
30. Hwang PS, Gann JJ, **Andre TL**, McKinley-Barnard SK, Willoughby DS. Effects of 8 Weeks of Heavy Resistance Training in Conjunction With L-Citrulline and Glutathione Supplementation on Body Composition, Muscle Mass and Performance, and Blood Clinical Safety Markers in Resistance-Trained Males. Poster presentation International Society of Sports Nutrition Conference (Phoenix, AZ: June 2017). Sponsored by Kyowa.
29. McKinley-Barnard SK, **Andre TL**, Gann JJ, Willoughby DS. Estradiol, But Not Fish Oil Supplementation, May Attenuate Eccentric Exercise-Induced Muscle Damage In Females. Poster presentation International Society of Sports Nutrition Conference (Phoenix, AZ: June 2017). Funded by ISSN MusclePharm.
28. **Andre TL**, Gann JJ, Hwang PS, Ziperman E, McCullough MO, Bascom A, Roemer B, Willoughby DS. Restrictive Breathing Mask Reduces Total Repetitions in Resistance-Trained Males: An Ongoing Study. Poster presentation at the Texas American College of Sports Medicine Conference (Waco, TX: February 2017).
27. Gann JJ, **Andre TL**, Willoughby DS. The Effects of Hypohydration on Muscular Strength, Endurance, Power, and Markers of Catabolism in Females: An Ongoing Study. Poster presentation at the Texas Chapter of the American College of Sports Medicine Conference (Waco, TX: February 2017). Funded by NSCA Doctoral Grant.
26. McCullough MO, McCledon M, **Andre TL**, Umstad MR, Wu C, Walsh SM, Bowden RG. Associations of Objectively Measured Light-Intensity Activity on Metabolic Risk Factors in Adult Females. Poster presentation at the Texas American College of Sports Medicine Conference (Waco, TX: February 2017).
25. Hwang PS, **Andre TL**, McKinley-Barnard SK, Gann JJ, Morales Marroquín E, Tinsley G, Willoughby DS. Effect of Short-Term Detraining and Subsequent Retraining on s6K. Poster presentation at the National Strength and Conditioning Conference (New Orleans, LA: July 2016).
24. Morales Marroquín E, Forsse J, **Andre T**, McKinley-Barnard S, Hwang P, Tinsley G, Davis J, Spillane M, Grandjean P, Willoughby D.  $\beta$ -aminoisobutyric Acid Does Not Regulate Exercise Induced UCP-3 Expression in Human Skeletal Muscle. Poster presentation International Society of Sports Nutrition Conference (Clearwater, FL: June 2016).

23. Seltmann C, JM Green, Miller BL, Simpson JD, Dubroc DR, Keyes AA, Neal KK, Gann JJ, **Andre TL**. Effects of Dehydration on Lactate Concentration during Constant-Load Cycling. Poster presentation at the Southeast ACSM Conference (Greenville, SC: February, 2016) and National ACSM Conference (Boston, MA: June, 2016).
22. McCullough MO, Gann JJ, **Andre TL**, McKinley-Barnard SK, Willoughby DS. Effects of Dehydration on Resistance Training. Poster presentation at the Texas American College of Sports Medicine Conference (College Station, TX: March 2016).
21. Pacelli C, Forrester H, Walsh S, **Andre TL**, Gann JJ, Leuhotlz B, Koh Y. Body Composition Accuracy and Satisfaction Survey in College Age Males and Females. Poster presentation at the Texas American College of Sports Medicine Conference (College Station, TX: March 2016).
20. Forrester H, Pacelli C, Pheiffer M, **Andre T**, Gann J, Zhou Q, Song J, Willoughby D, Leuhotlz B, Koh Y. A Comparison of Flexed Vs. Relaxed Skinfold Methodology in College Aged Males and Females. Poster presentation at the Texas American College of Sports Medicine Conference (College Station, TX: March 2016).
19. Hwang PS, **Andre TL**, McKinley-Barnard SK, Gann JJ, Morales Marroquín E, Tinsley G, Willoughby DS. The Effects of Short-Term Detraining and Subsequent Retraining on Body Composition and Muscle Performance in Males Consuming a Whey Protein or Carbohydrate Supplement. Poster presentation at the Texas American College of Sports Medicine Conference (College Station, TX: March 2016).
18. Morales Marroquín E, Forsse J, **Andre T**, McKinley-Barnard S, Hwang P, Tinsley G, Davis J, Spillane M, Willoughby D. Effect of Pre-Exercise Nutrition on Human Skeletal Muscle UCP-3 Expression. Poster presentation Advances in Skeletal Muscle Biology in Health and Disease Conference (Gainesville, FL: January 2016) and Poster presentation at the Texas American College of Sports Medicine Conference (College Station, TX: March 2016).
17. **Andre TL**, McKinley-Barnard SK, Gann JJ, Willoughby DS. The Effects of Creatine Monohydrate Supplementation on Creatine Transporter Activity and Creatine Metabolism in Resistance Trained Males. Poster presentation International Society of Sports Nutrition Conference (Austin, TX: June 2015).
16. McKinley-Barnard SK, **Andre TL**, Gann JJ, Willoughby DS. The Effects of Botanical Anti Inflammatory Nutritional Supplement While Participating in a Resistance Training Program on Indices of Body Composition and Metabolic, Cardiovascular, Muscular, and Hemodynamic Function in Obese Females. Poster presentation International Society of Sports Nutrition Conference (Austin, TX: June 2015).
15. Gann JJ, McKinley-Barnard SK, **Andre TL**, Willoughby DS. Effects of a Traditionally-Dosed Creatine Supplementation Protocol and Resistance Training on the Skeletal Muscle Uptake and Whole-Body Metabolism and Retention of Creatine in Males. Poster presentation International Society of Sports Nutrition Conference (Austin, TX: June 2015).

14. Church D, Schwarz N, Spillane M, McKinley S, **Andre TL**, Stout JR, Hoffman JR, Willoughby DS. A Comparison of the L-Leucine Increases Skeletal Muscle IGF-1 Peptide but Has No Effect on Akt/mTOR Signaling in Response to Resistance Exercise in Trained Men. Poster presentation at the Experimental Biology Conference (Boston, MA: March 2015).
13. Tinsley GM, Gann JJ, Huber SR, La Bounty PM, Bowden R, **Andre TL**, Gordon PM, Grandjean PW. Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females. Poster presentation at the Texas American College of Sports Medicine (Austin, TX: February 2015).
12. Church D, Schwarz N, Spillane M, McKinley S, **Andre TL**, Willoughby DS. A Comparison of the Effects of Ursolic Acid and L-Leucine Supplementation on IGF-1 Receptor and Akt-mTOR Signaling in Response to Resistance Exercise in Trained Men. Poster presentation International Society of Sports Nutrition Conference (Clearwater, FL: June 2014).
11. Tinsley GM, Rigby R, Gann JJ, **Andre TL**, La Bounty PM. Frequency of eating occasions and dietary supplement use in competitive Brazilian Jiu-Jitsu athletes: preliminary results of an ongoing study. Poster presentation International Society of Sports Nutrition National Conference (Clearwater, FL: June 2014).
10. **Andre TL**, Green JM, O'Neal EK, Coates TE, Gann JJ, Neal KK. Acute Caffeine Supplementation's Effect on Repeated Upper and Lower, Body Wingate Performance. Poster presentation at Southeast ACSM Conference (Greenville, SC: February, 2014) and National ACSM Conference (Orlando, FL: June, 2014). Abstract published in Medicine and Science in Sports and Exercise, Volume 46:5 Supplement.
9. Gann JJ, Green JM, O'Neal EK, Renfore LG, **Andre TL**, CM McBride. Dehydration's Effect on Repeated 40-yard Sprints. Poster presentation at Southeast ACSM conference (Greenville, SC: February, 2014) and National ACSM Conference (Orlando, FL: June, 2014). Abstract published in Medicine and Science in Sports and Exercise, Volume 46:5 Supplement.
8. Caufield CR, Thigpen LK, Green JM, **Andre TL**, Gann JJ, Hollis AR, Renfro LG, and O'Neal EK. Hydration Profile and Sweat Loss Perception of Division ii Basketball Players during Practice. Poster presentation at Southeast ACSM conference (Greenville, SC: February, 2014) and National ACSM Conference (Orlando, FL: June, 2014). Abstract published in Medicine and Science in Sports and Exercise, Volume 46:5 Supplement.
7. Schwarz NA, Spillane M, McKinley SK, **Andre TL**, Gann JJ, & Willoughby DS. The Acute Effect of Two Resistance Exercise Intensities with Equal Volume Load on Skeletal Muscle mRNA Expression of Insulin-like Growth Factor-1Ea (IGF-1Ea) and Mechano Growth Factor (MGF). Poster presentation Advances in Skeletal Muscle Biology in Health and Disease - The 13th Biennial Conference (Gainesville, FL: March 2014).
6. Schwarz NA, Spillane M, McKinley SK, **Andre TL**, Gann JJ, & Willoughby DS. The Acute Effect of Two Resistance Exercise Intensities with Equal Volume Load on Skeletal Muscle mRNA Expression of



PGC-1alpha Splice Variants. Poster presentation International Journal of Exercise Science, Texas American College of Sports Medicine Conference – February 2014.

5. Bosak A, **Andre T**, Porley D, & Winn N. Relationship Between Body Composition, Aerobic Capacity, and Heart Rate Palpation Accuracy Following a Step Test. Poster presentation at the Southeast ACSM Conference (Jacksonville, FL: February, 2012) and National ACSM Conference (Indianapolis, IN: May, 2013). Abstract published in Medicine and Science in Sports and Exercise, vol 44, no. 5, Supplement.
4. **Andre TL**, Green JM, Laurent CM, McIntosh JR, Gover LL, Hornsby JH. Validation of the “VT Detector” for identifying Ventilatory Threshold. Oral presentation at the UNA Research Day Conference (Florence, AL: April, 2013).
3. Bishop C, Green JM, **Andre TL**, Gann JJ. Effects of Ice Bandana on Core Body Temperature in Arm Ergometry. Poster presentation at the University of North Alabama Research Day Conference (Florence, AL: April, 2013).
2. Bosak A, **Andre T**, Jones J, Porley D. Physiological Changes of Collegiate Distance Runners during the Course of a Cross Country Season. Poster presentation for the International e-Conference on Kinesiology and Integrated Physiology (Website Home Location - Bowling Green, KY: October, 2011).
1. Bosak A, **Andre T**, Jones J, Porley D. Physiological Changes of Collegiate Distance Runners during the Course of a Cross Country Season. Poster presentation at the American College of Sports Medicine (ACSM) National Conference (Denver, CO: June, 2011). Abstract Published in Medicine and Science in Sports and Exercise, vol 43, no. 5, Supplement.

### ***Ongoing Research***

- Phillips J, **Andre TL**. Visual Tracking Speed Threshold Training Impact On Performance During NCAA Division I Women’s Soccer Season. (Manuscript in Preparation)
- **Andre TL**, Hill C, Valladão S, Nelson H. Impact of 2-weeks of Esport Training With HaloSport on Esports Performance. (Manuscript in Review)
- **Andre TL**, Valladão S, Nelson H. Impact of Eadvantage Caffeine Supplement on Esport Performance, Visual, and Cognitive Fatigue. (Manuscript in Review)
- Franks R, Jo J, Valliant M, **Andre TL**, Knight K, Bomba A, Bass M. Effects Of Training Load On Injury And Illness In Division I Female Soccer Players. (Manuscript in Revisions)
- Larkin R, **Andre TL**. Impact of COVID-19 on Physical Activity and Health Influences Among College Students. (Manuscript in Preparation)
- **Andre TL**, Nelson HE, Valladão S, Phillips J, Armstrong K, Janatova T. Validity of Perch System. (Data Analysis)

- **Andre TL**, Nelson HE, Valladão S. Impact of Blue Light Filtering Glasses on Performance and Mental Fatigue in Gaming. (Manuscript Preparation) [Blue Light Glasses Donated by GunnarOptiks]

***Theses & Dissertations: University of Mississippi (2018 - Present)***

Hannah Nelson, Ph.D.	Committee Chair (Ongoing), Department of Health, Exercise Science, & Recreation Management (HESRM) <i>Dissertation: "TBD"</i>
Michael Hays, Ph.D.	Committee Member (Ongoing), Department of Nutrition & Hospitality Management (NHM) <i>Dissertation: "TBD"</i>
Kristel van den Berg, M.S.	Committee Chair (Ongoing), Department of Health, Exercise Science, & Recreation Management (HESRM) <i>Thesis: "TBD"</i>
Lara Boyum, M.S.	Committee Member (Ongoing), Department of Nutrition & Hospitality Management (NHM) <i>Thesis: "TBD"</i>
Derionne Brooks, Ph.D.	Committee Member (Ongoing), Department of Nutrition & Hospitality Management (NHM) <i>Dissertation: "TBD"</i>
Joshua Hogg, Ph.D.	Committee Member (Completed 2022), Department of Nutrition & Hospitality Management (NHM) <i>Dissertation: "Fluid Recommendation For TAF Athletes, Based Upon USG Classification Cutoffs, Helps To Improve Performance In Practice Or Competition"</i>
Lauren Jordan, Ph.D.	Committee Member (Completed 2022), Department of Psychology <i>Dissertation: "No Person is an Island: A Multi-Level Analysis of the Relationship Between Self-Determination Theory and Well-being"</i>
Morgan Delventhal, Ph.D.	Committee Member (Completed 2021), Department of Nutrition & Hospitality Management (NHM) <i>Dissertation: "A Latent Class Analysis Predictive Modeling Approach To Profile Division I Collegiate Athletes For Nutrition And Relative Energy Deficiency In Sport (Red-S) Concern"</i>
Katie Peirce, M.S.	Committee Chair (Completed 2021), Department of Health, Exercise Science, & Recreation Management (HESRM)

*Thesis: “Establishing A Perceptual Jump Scale Training Load for NCAA Division I Female Volleyball Athletes”*

- Julia Phillips, M.S.      Committee Chair (Completed 2021), Department of Health, Exercise Science, & Recreation Management (HESRM)  
*Thesis: “Visual Tracking Speed Threshold In NCAA Division I Women’s Soccer Predicating Match Performance”*
- Kaitlyn Armstrong, M.S.      Committee Member (Completed 2021), Department of Health, Exercise Science, & Recreation Management (HESRM)  
*Thesis: “Osteoporosis knowledge, health communication habits and Osteoporosis preventive behaviors: A cross-sectional study among male and female college students”*
- Silvio Polly Valladão, M.S.      Committee Chair (completed 2020), Department of Health, Exercise Science, & Recreation Management (HESRM)  
*Thesis: “Establishing A Duration Standard For The Calculation Of Session Rating Of Perceived Exertion During Matches In NCAA Division I Women’s Soccer”*
- Corbit Franks, Ph.D.      Committee Member (completed 2020), Department of Nutrition & Hospitality Management (NHM)  
*Dissertation: “Effects of Nutrition, Hydration, Exertion, and Sleep on Injury and Illness in Female Collegiate Soccer Players”*

### ***Undergraduate Honors Thesis***

Camille Couey, 2023	Micaela Dusseault, 2021	Anna Katherine Bowle, 2020
Becht Rowell, 2022	Rachel Larkin, 2021	Gunner Rhoden, 2020

### ***Professional Service***

- Editor (Sport Science) - International Journal of Exercise Science (IJES), 2021 - present
- Reviewer - European Conference on Information Systems Conference (ECIS), 2021
- Reviewer - Journal of Exercise Science & Fitness, 2021
- Symposium Coordinator - UNA Research and Recruiting, 2021- present
- Reviewer – Pathways and Opportunities Into the Business of eSports, 1st edition, Ed: IGI G, 2021
- Advisory Committee - University of North Alabama Ph.D. Program Proposal & Development, 2018-2019
- Advisory Board – Mississippi, National Strength & Conditioning Association (NSCA), 2018-present
- Reviewer – International Journal of Esports Research (IJER), 2020 - present
- Reviewer – International Journal of Esports (IJESPORTS), 2020 - present
- Reviewer - Journal of Science and Medicine in Sport (JSMS), 2020 – present
- Reviewer - Journal of Physical Activity and Health (JPAH), 2020 - present
- Reviewer – University of California Irvine Esports Conference, 2019 - present
- Reviewer - Journal of Strength and Conditioning (JSCR), 2017 - present
- Reviewer - Research & Investigations in Sports Medicine (RISM), 2017 - present

- Reviewer - International Journal of Exercise Science (IJES), 2013 - present

### ***Collegiate Assignment & Service***

#### **University of Mississippi**

- University Graduate Council, School of Applied Sciences, 2022
- Support & Research (S&R) Faculty Promotion Review Committee, 2021
- Esports Director Position Search Committee Member, Outreach, 2021
- Clinical Athletic Trainer Faculty Position Search Committee Member, Applied Sciences, 2021
- Faculty Program Representative Fall Welcome Days, 2018, 2019, 2021
- Graduate Student Council Research Symposium Reviewer, 2021
- Instructional Designer Training Position Search Committee Member, Outreach, 2021
- Instructional Designer Tech Position Search Committee Member, Outreach, 2021
- Health Professions Advisory Committee, 2020 - present
- Curriculum Committee, School of Applied Sciences, HESRM, Spring 2020
- Faculty Search Committee Member for Health Faculty (2), HESRM, 2019 - 2020
- Faculty Search Committee Member Admin Assistant HESRM, 2020
- Recreation Facilities Standing Committee Member, 2019 - present
- Faculty Exercise Science Program Representative Junior Preview Day, 2019
- Recreational Facilities - University Standing Committee, 2019 - present
- Esport Advisory Committee Member, 2018 - present
- Exercise Science Faculty representative for Ole Miss Athletics Recruiting, 2018 - present
- Faculty Exercise Science Program Representative Graduate Fair at SEACSM, 2019

#### **Clayton State University**

- IRB Committee Member (Alternate) College of Health – Clayton State University, 2017-2018
- Coca Cola Scholars Committee – Clayton State University, 2018 Spring
- ACSM Data Collection Lab Site (CSU) - Cycle and Push Ups Normative Charts, 2018
- Faculty Rep for COH New Student Orientation, 2018
- Faculty Advisor for HFMG Student Organization - 2017-2018
- Attendee - Community engagement course development via PACE, Fall 2017

#### **Baylor University**

- Undergraduate Research Team as Doctoral Student Mentor, 2015-2017
- Undergraduate Student Bowl Coach Texas ACSM Conference, Austin, TX 2015
- Doctoral Student Representative – Baylor Homecoming, HHPR Open House, October 2013

### ***Professional Memberships***

- Esports Research Network Association, 2020 - present
- International Sport Supplement Nutrition (ISSN), 2015, 2017-present
- National Strength and Conditioning Association, ID# 000489984, 2015- present
- American College of Sports Medicine, 2014, 2016 - present
- Southeast chapter ACSM, 2011, 2013, 2014, 2017 - present

- Texas Chapter of the American College of Sports Medicine, 2015- 2017
- Aerobics and Fitness Association of America (AFAA), February 2012- 2013
- Member - Student Athlete Advisory Committee (SAAC) at Georgia Southwestern State University, 2010-2012

### ***Consulting***

- Consultant: Pepsi Co. – Esport Advisory Board: Developing a Set of Recommendations in Esports, 2020

### ***Invited Guest Speaking***

- “Carbohydrates”, ES 391 Trends and Topics, University of Mississippi, 2020
- “Lipids”, ES 391 Trends and Topics, University of Mississippi, 2020
- “Hydration”, ES 391 Trends and Topics, University of Mississippi, 2020
- “Interval Training”, LF 1195 Weight Training, Baylor University, 2016
- “Fat Metabolism” HP 3320 Fundamentals of Exercise Biochemistry, Baylor University, 2015
- “Glucose Metabolism”, HP 3320 Fundamentals of Exercise Biochemistry, Baylor University, 2015
- “Ergogenic Aids”, HED 3313 Nutrition, Baylor University, 2014; 2015
- “Olympic Lifts”, LF 1195 Weight Training, Baylor University, 2014
- “Muscle Fiber Types”, HP 1421 Human Physiology, Baylor University, 2014
- “Exercise Science Internships”, HPE 270, University of North Alabama, 2012

### ***Certifications***

- American CPR and AED Instructor; August 2020-present
- CISSN - Sports Nutrition, International Sport Supplement Nutrition – June 2015 - present
- NIH Office of Extramural Research “Protecting Human Research Participants”, August 2017
- CITI Training “Human Subjects Research”, August 2013 - present
- Hologenic Radiation Safety - State of Texas Training for DXA –October 2016-present
- Heart Saver CPR and AED, 2012-2014
- AFAA Primary Group Exercise, 2012-2013

### ***Volunteer and Fund-Raising Activities***

- University of Mississippi Campus Resident Life Walking League, 2020- 2021
- Baylor University “Little Bears” Faith and Soccer Clinic, Waco, TX, March-May 2017
- Baylor University Club Travel Advisor, Club Gymnastics, Waco, TX, 2016-17
- Bike Safety Instruction and Skills at Kilby Grade School, Florence, AL, May 2013
- “Camp Cardinal” Soccer Camp at Clear Lake High School, Lakeport, CA, August 2012, 2008
- NCAA Division II Georgia Southwestern State University Men’s Soccer Fundraiser, Aug-Nov 2009, 2010, 2011
- Make-a-Wish 5k Fundraiser, Americus, GA, April 2011
- Special Olympics at Americus, GA, 2009-2011
- Make-a-Wish Barbeque Cookout Fundraiser, Americus, GA, March 2010

- Volunteer Assistant Varsity Soccer Coach - Kelseyville High School, Kelseyville CA, June-December 2008
- Roots for Youth: Sonoma County Teen Court Advisor for S.Q.U.I.R.E.S Program, Santa Rosa, CA, 2008

### ***Awards and Honors***

- Thomas A. Crowe Outstanding Faculty Award – University of Mississippi, 2021
- Denham Family Scholarship - Georgia Southwestern State University, 2011-2012
- Captain of Men's Soccer Team - Georgia Southwestern State University, 2011-2012
- NCAA Division II Peach Belt Conference Athletics Academic Presidential Honor Roll, 2010-2012
- Varsity Scholarship Collegiate Athlete - Georgia Southwestern State University, 2009-2012
- Outstanding Student Out-of-State Tuition Waiver - Georgia Southwestern State University, 2009-2012
- Dean's List - Georgia Southwestern State University, Fall Term 2010

### ***Research Skills***

- Biopac EMG Software
- Body composition (skinfold, hydrostatic weighing, DEXA)
- Dehydration/Hydration assessment (Urinalysis, Urine Specific Gravity, and Dehydration Methodology)
- Doppler ultra-sound (blood flow/dilation and muscle cross-sectional area)
- Electrocardiography
- External load training
- Graded exercise testing (treadmill, cycle and arm ergometer)
- Hematology and blood processing
- Lactate collection and analysis (blood capillary sample)
- Maximum oxygen uptake testing
- Phlebotomy (venipuncture)
- Percutaneous muscle biopsy (fine needle aspiration)
- Resting energy expenditure testing
- Strength assessment (Isokinetic, isotonic, isometric)
- Wingate power testing (Upper and Lower Body Wingate)
- Vertical jump testing

### ***Analytical Laboratory Competencies***

- Enzyme-linked immunoabsorbent assay (ELISA)
- Protein spectrophotometry
- RNA and DNA isolation and quantitation
- Real-time polymerase chain reaction (RT-PCR)