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Professor of Exercise Science and Dean, School of Applied Sciences

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Degrees in Higher Education

1996	Ph.D.	Kinesiology	Texas A&M University, TX
1992	M.S.	Exercise Physiology	Texas Christian University, TX
1986	B.A.	Physical Education	Anderson University, IN

Academic Employment History & Professional Experience

Employment

2019 – present	University of Mississippi	Professor of Exercise Science and Dean, School of Applied Sciences
2018 – 2018	Baylor University	Director, Division of Health Professions
2016 – 2018	Baylor University	Associate Dean, Graduate Studies and Research Collaborations
2013 – 2018	Baylor University	Professor
2010 - 2013	Baylor University	Associate Professor
2003 - 2010	Auburn University	Associate Professor
1997 - 2003	Auburn University	Assistant Professor
1996 - 1997	Texas A&M University	Post-Doctoral Research Associate
1992 - 1996	Texas A&M University	Graduate Assistant
1990 - 1992	Texas Christian University	Graduate Assistant
1990 - 1992	All Saint's Hospital, Fort Worth, TX Carter Rehabilitation Center	Exercise Specialist
1990	James Madison High School, (N.E.I.S.D.) San Antonio, TX	Biology Teacher, Head Soccer Coach, Assistant Football Coach
1989	New Braunfels High School, (N.B.I.S.D.) New Braunfels, TX	Biology Teacher, Head Soccer Coach, Assistant Football Coach

Current Credentials & Certifications

- * Fellow, American College of Sports Medicine (FACSM), 2002 - present
- * Clinical Exercise Physiologist Certification (ACSM-CEP) - American College of Sports Medicine, 2003 – present
- * Exercise is Medicine, Level 3 Credential (EIM3) – American College of Sports Medicine, 2017 - present
- * Certified Strength & Conditioning Specialist (CSCS), National Strength & Conditioning Association, 1988 – present
- * Volunteer Academic Evaluator – Southern Association of Colleges and Schools, Commission on Colleges, 2021 – present

Previous Credentials & Certifications

- * Advanced Cardiac Life Support (ACLS) Provider, American Heart Association, 1999 – 2016
- * Advanced Cardiac Life Support (ACLS) Instructor, American Heart Association, 2003 - 2010
- * Certified I.R.B. Professional (CIP) – Council for Certification of I.R.B. Professionals, 2002 - 2008

Responsibilities as Dean, School of Applied Sciences, University of Mississippi

Our mission in the School of Applied Sciences is to, “*learn, lead and serve to improve the health and well-being of Mississippi, our Nation and world.*” Our vision is that, “*all are equipped to advance their profession, serve others and improve the human condition through discovery, ingenuity, hard work and compassion.*” To this end, I serve 16 direct reports - including our six department chairs and two associate deans. My office serves six academic departments: Applied Gerontology, Communication Sciences and Disorders; Criminal Justice and Legal Studies; Health, Exercise Science and Recreation Management; Nutrition and Hospitality Management, and; Social Work. We are a team of 54 tenured and tenure-track professors, 20 instructors, nine academic advisors and a host of additional support staff. Together our departments offer ten undergraduate, ten master’s and four Ph.D. programs that serve approximately 2,600 undergraduate and graduate students.

Our academic units are complimented by the federally funded Institute of Child Nutrition, the Jackson Heart Study Vanguard Center at Oxford, the Center for Health and Sports Performance, the Center for Evidence-based Policing and Reform and a Speech and Hearing Clinic. Over the last five years, our School has generated more than \$8 million annually in external funding for research and community engaged projects.

Key Accomplishments and Activities as Dean, School of Applied Sciences

Reorganized the Dean’s Office to better serve our School and align activities more closely with the University’s strategic initiatives.

Increase enrollment and enhance students’ educational experience

- Created a designated recruitment coordinator position within our School to strengthen awareness of our degree programs and options and to increase undergraduate enrollment. The coordinator will focus on all marketing efforts and activities related to recruiting in our School. In communication with me, our School Leadership Council, University Admissions and our Vice Chancellor of Enrollment Management, the coordinator will plan, execute and evaluate all Applied Sciences recruiting efforts.
- Revised our undergraduate academic advising team duties to focus on developing student autonomy, satisfaction and a stronger sense of belonging. In addition to scheduling classes and monitoring academic progress, advisors are charged with developing and coordinating co-curricular programming to: promote personal and professional development; strengthen soft skills; address societal problems by partnering with others, and; facilitate community engagement and service. Co-curricular programming will be delivered as part of a living and learning community and available for all Applied Sciences students.
- In partnership with the Department of Student Housing, we are developing a *Health and Human Sciences Living and Learning Community* (LLC) to begin Fall 2022. The LLC will house students representing all of our undergraduate degree programs. Students will engage in co-curricular programming consistent with the mission of our academic advisors - to enhance student development, autonomy, satisfaction and a stronger sense of belonging.
- Established an *Office of Graduate Student Success*. The Office assists our graduate program coordinators to develop strategic recruiting and marketing strategies, and to provide prospective and current students with efficient enrollment and post-enrollment services. The Office communicates with our Graduate School and multiple offices across campus to support the rapid expansion of graduate degree offerings and to deliver first-class academic experiences within the School of Applied Sciences.

Improve support for scholarship, research, and community engagement

- Established an *Office Research and Community Engagement* to offer Applied Sciences researchers and collaborating scientists pre-award services, statistical consulting, grant writing support and post-award services. Our office liaises with the University Office of Research and Sponsored Programs.
- Established an Analytics Lab facilitated by a director and consortium of faculty with a variety of statistical expertise from across the School. The Lab is operated by graduate assistants selected through a competitive process and houses designated computers and a variety of statistical software tools to assist faculty and students in preparing grant proposals, completing funded research projects, dissertations and theses. The Lab sponsors workshops, seminars and statistical consulting services.
- Instituted internal funding programs for research and community engagement projects. All funding programs are designed to strengthen connections between our support services, internal incentives and external funding mechanisms.

Facilitate a culture of inclusiveness and sense of belonging

- Established a Diversity, Equity and Inclusion (DEI) Committee to coordinate our School's activities with the University Office of Diversity and Community Engagement. The Applied Sciences DEI Committee worked with Department Chairs, faculty and staff to develop our School of Applied Sciences DEI Strategic Plan.
- Our DEI Plan emphasizes our commitment to respecting the dignity of every person. It outlines goals to achieve inclusiveness and a sense of belonging as we adhere to our stated mission and pursue our School's vision. Our plan aligns with the University's *Equity in Action* Plan and is incorporated as our 6th overarching goal in our School's current Strategic Plan.

Improve Internal Communications

- Established a School of Applied Sciences *Leadership Council*: Department Chairs, Associate Deans, Dean's Office support staff and designated faculty meet twice monthly to communicate Provost and schoolwide initiatives
- Established a Schoolwide *Administrative Support Staff Committee* to facilitate common training, discuss administrative updates, foster leadership activities and fellowship
- Established a *Dean's Team* (dean's staff committee) to communicate and coordinate our roles for supporting Schoolwide initiatives, provide a sense of community and facilitate team-building and motivational activities

Improve External Communications & Development

- Established an **Advisory Board** to strengthen the alliance between School of Applied Sciences learners – past, present and future - through engagement, advocacy and fundraising. Our Advisory Board is composed of 16 leaders/influencers in business and industry and with strong connections to Ole Miss and in careers tied closely with the School of Applied Sciences degree programs. Advisory Board Members serve as ambassadors and advocates for the School; attend semiannual board meetings; advise the dean and School of Applied Sciences leadership on key initiatives; provide feedback from their experience and expertise to inform and assist faculty in the development and revision of degree programs and course offerings; engage with our faculty, staff and students in *Grand Challenges** through networking, advocacy, effort and fundraising.

* Our Grand Challenges are defined as multidisciplinary approaches to solving key issues facing Mississippi and our nation. The School of Applied Sciences is focusing on four key challenges: 1) Strengthening and expanding services for children and young people with speech and

language deficits; 2) Revive our hospitality industry; 3) Evidence-based Policing, and; 4) Improving mental health and wellness in Mississippians.

- Annual giving increased 10.6% since 2019 and 1.8% above the School's previous all-time peak. Our UM Foundation accounts are at their 20-year peaks: endowed programmatic accounts total \$1.17 million; non-endowed programmatic accounts total 1.28 million, and; endowed and non-endowed scholarship accounts total 3.62 million.

Revision of Schoolwide Policies and Procedures

- Lead the development of a new *School of Applied Sciences Strategic Plan* for 2021 – 2025. The plan, developed over the 2020 – 2021 academic year by faculty staff and administrators, will be reviewed and ratified by faculty and staff in September 2021.
- Revised School of Applied Sciences Hiring Policies and Procedures within the framework established by the University. The new policies and procedures, designed to standardize our procedures across academic departments, were reviewed and approved by our Department Chairs, Human Resources and Equal Opportunity and Regulatory Compliance Offices.
- Revised School of Applied Sciences Curriculum Committee Policies and Procedures to promote: opportunities for developing critical thinking skills; experiential learning and global engagement; interprofessional activities; development of accelerated tracks to link undergraduate-to-graduate offerings; ease and options for degree progression and reduce barriers for transfer students, and; efficient review and approval of curricular changes. The new policies and procedures were reviewed and approved our Department Chairs, Curriculum Committee and full-time faculty.

Revision of Existing Degree Programs and Development of New Degree Offerings

- Added 9 minor degree options (minors are now available in all degree programs except Exercise Science and Social Work) to complement existing majors and provide more options multidisciplinary studies. Four of the minor options are delivered in an online format.
- Added a new undergraduate degree program in Public Health and Health Science Studies
- Added a new Master's in Public Health program with on-campus and online delivery options
- Added a new Master's in Athletic Training program
- Added an online Master's in Criminal Justice program with two emphasis areas: Leadership and Homeland Security & Emergency Management
- Added a new online Masters in Sports Analytics program
- Added a new Graduate Certificate Program in Intercollegiate Athletic Administration
- Added a new Ph.D. in Criminal Justice Policy Studies

(2016 – 2018) Responsibilities as Associate Dean of Research & Graduate Studies, Baylor University

Research Administration

My assignment was to build research infrastructure and capacity within the College, across the University and with outside partners. I carried out our Dean's directives, developed and implemented strategies to increase research staff, coordinate faculty hires across programs, departments and academic units to facilitate and enhance research activities around the key initiatives described in the Baylor University Strategic Plan – *Illuminate* (Health; Data Science; Materials Science; Human Flourishing, Leadership and Ethics, and; Baylor in Latin America). My duties were focused on improving staff support for proposal development, managing pre- and post-award budget, and documentation and reports

for externally-funded research. I worked closely with constituents across campus to develop, maintain and improve our College's research facilities and equipment.

Graduate Studies

I coordinated our College's Graduate Program Director's Committee, Dean's Office Operations and Management Committee and Graduate Curriculum Committee. I oversaw the review and approval of new course proposals, course and programmatic changes, and new graduate program proposals for Robbins College of Health & Human Sciences. I also served on the University Professional Graduate Education Curriculum Committee.

I supported and assisted faculty in the delivery of current graduate programs. I served faculty as they planned, developed and implemented new graduate programs. As Director of the Division of Health Professions, my job was to grow and develop new graduate professional education programs and certificates. My duties ranged from learning the program application, candidacy and accreditation requirements of professional accreditation organizations, obtaining institutional approvals, communicating with all entities across campus that are involved with program development (e.g., business office, financial aid, registrar, institutional research and effectiveness, libraries, information technology, etc.), identifying funding mechanisms, planning for facilities to house these new programs, identifying faculty to serve as program directors, and assisting with program build-out and launch. I served our Army-Baylor Graduate Programs that include Doctor of Science programs in Physician Assistant Studies (Emergency Medicine, Clinical Orthopaedics, General Surgery), Physical Therapy (Manual Orthopaedic Therapy, Sports Medicine) and Occupational Therapy, a Doctor of Physical Therapy Program and a Nutrition Master's Degree Program. I coordinated services at Baylor University with the Army Medical Center and School and Health Readiness Center of Excellence to maintain curriculum integrity and program accreditations, review and approval of faculty appointments, applicants and admissions, assured maintenance of student records and enhancement of the research enterprise in these professional programs.

Key Accomplishments as Associate Dean of Research & Graduate Studies

General

- Coordinated all aspects in development and implementation of our first Robbins College Strategic Plan (2018 – 2022)
- Established the implementation of *Digital Measures* for tracking faculty, program, department and collegewide scholarly productivity, building reporting efficiencies with our Institutional Research and Testing and Institutional Effectiveness Offices
- Implemented and chaired regular monthly meetings with department Graduate Program Directors to plan, implement and evaluate collaborative research, coursework, degree program connectivity, and to review and evaluate resources and innovation initiatives to enhance graduate education
- Implemented and chaired Robbins College Operations and Management Committee, consisting of all assistant and associate deans, development, marketing and communication and research administration to review progress on priorities established by our dean

Research Infrastructure

- Established accounts and workshops for *Pivot*, *GrantsForward* and *Orchid* training for all tenured, tenure-track and clinical faculty
- Established Healthy-Aging Seed Funding Initiative, a partnered internal funding program in collaboration with Social Work and Nursing. Seed funding is to foster collaborative work primarily within the three academic units

related to healthy aging. The funded project arising from this competition is tied to a specifically-identified, competitive external RFP with maximum return on investment.

- Coordinated search committee and hired a Research Administrator assigned to Robbins College (a first of kind in University research administration organization) *Our research administrator serves pre- and post-award support for faculty with research and creative scholarly project grant funding, development awards and industry contracts.*

Since joining us in March 2018, our Research Administrator has assisted with processing and submitting 13 proposals with the potential of over \$5M in competitive external funding (3 NIH RO1 proposals, one proposal for each of the following: NIH R21; NIH R15; NSF; DoD; NEH III, and; AHA AIREA) and 3 competitive industry and philanthropic proposals.

In addition, our Research Administrator developed the monthly *Research Revealed Newsletter* that highlights upcoming external award dates and timelines and internal research events and established our Undergraduate Research Opportunity Collaborative (UROC) program, a program that matches undergraduates interested in research with faculty mentors. *The program is so successful that we have been invited to discuss how this program can be implemented within the University's Undergraduate Research and Scholarly Achievement (URSA) Program*

- Coordinated graduate faculty recognition for Nutrition faculty in Family and Consumer Science Department to enable faculty mentorship of doctoral students in in the Kinesiology, Exercise, Nutrition and Health Promotion Doctoral Program, which is housed in our Department of Health & Human Performance
- Coordinated collaboration between researchers in Chemistry and Biochemistry (College of Arts & Sciences) and Nutrition and Food Science (Robbins College of Health & Human Sciences) to produce uniquely-flavored amino acid-shaped “gummies” candy for enhancing chemistry instruction to sight-impaired students.
- Established discussions with Center of Excellence for Research on Returning War Veterans at the Waco VA Hospital to collaborate on VA research in mental health, physical activity, nutrition, gut microbiome and neuroscience. *Collaborations have potential for shared research facilities, joint faculty appointments between Baylor University and the Veteran's Administration and expanded opportunities for shared post-docs, doctoral and undergraduate research activities.*
- Facilitated partnership with Statistics Department faculty (College of Arts & Sciences) and faculty in our Army-Baylor Graduate Programs to provide statistical and experimental design consultation, support and collaboration on doctoral dissertation research within the Doctor of Science Program in Physician Assistant Studies
- Facilitated revisions in review process for faculty Summer Sabbatical and Research Leave applications, including revisions in forms, review metrics, and organization of the Faculty Development Committee in order to align more closely with our College and University Strategic Plans

Graduate Programs & Instruction

- Served as Baylor University's primary point of contact with the Waco Family Health Center, the Waco Family Medicine Residency Program and the McLennan County Health District as we establish and bring to scale a Community Wellness Center. *Wellness programming is based on the ACSM's Exercise is Medicine® model and is coordinated and staffed by our Exercise Physiology graduate and undergraduate students. **We work closely with physicians, the medical staff and faculty and students in nutrition, social work, communication sciences and disorders and public health to improve the health and wellbeing of impoverished patients served by the Family Health Center.** Patients' physical activity, dietary habits and health literacy are entered as part of the electronic health record and we have access to a rich amalgam of data to research the effectiveness of our interventions. The*

program concept and design has been published (Grandjean et al., Kinesiology Reviews, 2015) and the success of this nascent program is featured at Baylor Magazine: Prescription for Compassion: <https://www.baylor.edu/alumni/magazine/1602/index.php?id=947850>.

- Provided coordination and oversight in the launch new graduate professional programs, Doctor of Physical Therapy and post-professional Occupational Therapy programs. Activities include working with OPMs to develop online and hybrid, blended-learning programs; developing curricula and course work and assuring alignment of competencies and domains with accreditation agencies, facilitating new faculty and staff hires; communicating with University's Vice Provosts, Graduate School, Student Services, Libraries and Electronic Resources, Information Technology Services, Financial Aid, Admissions, Registrar, Cashier's, Accounting, Budget & Auditing, Institutional Research & Testing, and Institutional Effectiveness to assure coordinated services and consistency with SACSCOC accreditation standards. Worked with our Assistant Dean for Finance and Operations to develop pro forma budgets to assure program self-sustainability and project revenue generation. Worked with our Program Directors and Office of General Council to establish in-patient and out-patient clinical sites for professional competency-based training.
- Planned and coordinated development of entry-level Doctor of Occupational Therapy program, a Physician Assistant Studies program and several Doctor of Science Programs (DSc in Emergency Medicine, Physical Therapy, Occupational Therapy), a Ph.D. in Health and Rehabilitative Sciences and certificate programs that compliment these health professions.
- Served as Exercise Physiology Graduate Program Director and chaired our Exercise Physiology program strategic plan, 2017 - 18. *Our new strategic plan describes a pathway to build multiple undergraduate degree tracks for pre-medicine, pre-health professions, pre-public health, research, sports performance and clinical programming. Our program includes affiliation with nutrition and health science studies degree options to create tailored programs for entry into multiple health profession graduate programs or allow 4+1, 4+2 and 3+2 "fast track" undergraduate-to-graduate degree. Our plan also calls for development of online and hybrid programs for sports performance and clinical programming tracks.*
- Coordinated redesign of our Exercise Physiology Master's Degree Program, reducing the required hours from 36 to 30 hours, creating sports performance, clinical programming and research tracks, and revising the capstone experience to include a thesis, internship or practicum with research options. The program was approved by our Graduate School and was initiated in fall 2018.
- Secured ongoing contracts with external partners to create graduate assistantships for our Exercise Physiology graduate program. Contracts cover stipends and tuition remission for four "Fitness Advisor" graduate students in the Waco Family Health Clinic's Wellness Center. Two graduate assistantships are for graduate students to serve as physical education instructors at a local private school (St. Paul's Episcopal Day School, Waco, TX) and a graduate student "Exercise Specialist" at the Waco Family YMCA.

Director, Center for Healthy Living, Baylor University

The Center for Healthy Living was established to strengthen our academic activities and community alliances to reduce chronic disease risk and enhance the health and human condition of Texans. As Director, my efforts are directed towards *establishing and nurturing collaborations - within and outside of Baylor University* - that will benefit all parties involved. The Center for Healthy Living's three primary objectives:

1. Instruction: To provide state-of-the-art facilities and training in which undergraduates, graduate students, and medical residents can develop knowledge, skills, and competencies in clinical exercise science and the delivery of therapeutic lifestyle strategies to prevent chronic disease outcomes (see BLEST below)

2. Outreach & Service: To provide affordable individualized health and fitness assessments, counseling, and instruction and to support lifestyle management programs aimed at improving health and fitness and reducing chronic disease risk for all Texans
3. Collaborative Research: To establish a platform - that will galvanize the unique resources of Baylor University, the HHPR Department, and its medical partners - for planning, researching, and promoting strategies to improve human health and fitness and reduce chronic disease risk

I established FitCheck as Director for the Center. FitCheck is a collaborative effort between the Center for Healthy Living in Baylor University's Department of Health, Human Performance and Recreation and the Waco Family Medicine Residency Program (WFMRP). Together, we developed this curriculum-based community service program in order to: 1) offer advanced training opportunities for our exercise physiology students and the WFMRP medical residents; 2) provide valuable fitness information for those interested in improving their health, getting more physically active or enhancing their current exercise program, and; 3) to partner with our medical community in order to promote healthy lifestyles. Assessments of health and fitness include a physician exam, complete blood profile, pulmonary function & body composition assessments, graded exercise test with blood pressure and ECG and an orthopedic evaluation. Participants are provided their results, an explanation of their results relative to cardiovascular and metabolic health, and an individualized exercise prescription.

My activities related to these programs included: curriculum design; graduate and undergraduate course development; grantsmanship and securing external funding support; developing program policies and procedures; recruiting, building, and maintaining relationships with our physician and physical therapists; equipment acquisition and maintenance; risk management and safety; budget management; marketing and advertising; client appointments and scheduling; quality control training and monitoring; design, development, and implementation of the clients' evaluation experience and individual client reports; data management, and; all other oversight responsibilities for the program's continued operation.

Director, Baylor Laboratories for Exercise Science and Technology (BLEST)

As founder and director, I designed and equipped the laboratories to provide our students with advanced academic training and practical experience in the exercise and health sciences. The BLEST includes three separate labs and over 5000 square feet and offers an optimal environment for faculty and students to develop, test, and apply knowledge, skills, competencies, and to interact with our community through ***service learning*** and ***research***. As Director, I coordinate and facilitate efforts to plan, research, and promote strategies to encourage and improve human health, fitness, and wellness. For more on the BLEST, visit: <http://www.baylor.edu/hhpr/index.php?id=56093>

Scholarly/Creative Activity

Publications: Refereed Journal Publications

Briceño-Torres, J.M., Carpio-Rivera, E., Solera-Herrera, A., Forsse, J., Grandjean, P.W. and J. Moncada-Jiménez. *Low-intensity resistance training improves flow-mediated dilation in young Hispanic adults.* Journal of Sport and Health Science. (JSHS-2021-0270, In Review 2021)

Sparks, J.R., Davis, J.M., Grandjean, P.W. and X. Wang. *Association between Sedentary Time and Physical Activity with Free-Living Glucose Concentrations and Glycemic Variability in Overweight or Obese Adults.* Sports Medicine and Health Science. (ID - SMHS-D-20-00063, In Review 2021)

Papadakis, Z., Forsse, J.S. and P.W. Grandjean. *Effects of Acute Exercise on Cardiac Autonomic Response and Recovery in Non-Dialysis Chronic Kidney Disease Patients.* Journal of Clinical Medicine. (In Preparation, 2021)

- 68. Ren, G., Bowers, R., Kim, T., Mahurin, A.J., Grandjean, P.W. and S. Mathews.** Serum fetuin-A and Ser312 phosphorylated fetuin-A responses and markers of insulin sensitivity after a single bout of moderate intensity exercise. *Physiological Reports*. 9(5): e14773, 2021
doi: 10.14814/phy2.14773; *PMID:* 33650781
- 67. Araya-Ramirez, F., Moncada-Jiménez, J., Grandjean, P.W. and B. Franklin.** Improved Walk Test Performance and Blood Pressure Responses in Men and Women Completing Cardiac Rehabilitation: Implications Regarding Exercise Trainability. *American Journal of Lifestyle Medicine*. Feb 22, 2021
doi: 10.1177/1559827621995129
- 66. Stamatis, A., Grandjean, P.W., Morgan, G., Padgett, R.N., Cowden, R. and P. Koutakis.** Developing and training mental toughness in sport: a systematic review and meta-analysis of observational studies and pre-test and post-test experiments. *BMJ Open Sport & Exercise Medicine*. 6(1): e000747, 2020
doi: 10.1136/bmjsem-2020-000747; *PMID:* 32577300
- 65. Ren, G., Bowers, R.L., Kim, T., Araya-Ramirez, F., Mahurin, A.J., Dean, D.M., Grandjean, P.W. and S.T. Mathews.** Alterations of Serum Ser312-Phosphorylated Fetuin-A from Exercise-Induced Moderate Body Weight Loss in Individuals with Obesity. *Obesity*. 28(3): 544 – 551, 2020
doi: 10.1002/oby.22730; *PMID:* 32012464
- 64. Taylor, J.K., Carpio-Rivera, E., Chacon-Araya, Y., Grandjean, P.W., and J. Moncada-Jiménez.** The Effects of Acute and Chronic Exercise on Paraoxonase-1 (PON-1): A Systematic Review with Meta-Analysis. *Research Quarterly for Exercise and Sport*. Sept 17: Epub ahead of print: 1-14, 2020.
doi: 10.1080/02701367.2020.1812493; *PMID:* 32940564
- 63. Ren, G., Kim, T., Papizan, J.B., Okerberg, C.K., Kotharia, V.M., Zaid, H., Biland, P.J., Araya-Ramirez, F., Littlefield, L.A., Bowers, R.L., Mahurin, A.J., Ludvigsen, R., He, X., Grandjean, P.W. and S.T. Mathews.** Phosphorylation status of fetuin-A is critical for inhibition of insulin action and is correlated with obesity and insulin resistance. *Am. J. Physiol. – Endocrin. & Metab.* 317(2): E250 - E260, 2019
doi: 10.1152/ajpendo.00089.2018.
- 62. Rentería, I., Concepción García Suarez, P., Grandjean, P.W., Cantón Martínez, E. and A. Jiménez-Maldonado.** Salivary IgA responses to 6-minute walk test in elderly women. *Journal of Human Sport and Exercise* 14(1): 225 – 235, 2019
*doi:*10.14198/jhse.2019.141.19
- 61. Funderburk, L., Peterson, M., Beretich, K., Shah, N. and P.W. Grandjean.** Prevalence of metabolic disease and correlation to body composition and cardiovascular fitness in adults undergoing fitness assessments. *PLOS One* 13(12): e0209514, 2018
doi: 10.1371/journal.pone.0209514; *PMID:* 30576347
- 60. Torres García, E., García Suarez, P., Rentería, I., Grandjean, P.W., and A. Jiménez-Maldonado.** Effect of short, strenuous exercise on salivary IgA levels in obese males. *International Journal of Sports Science* 8(5): 145 – 151, 2018
doi: 10.5923/j.sports.20180805.02
- 59. Joubert, D.P., Granados, J.Z., Oliver, J.M., Noack, B.L., Grandjean, P.W., Woodman, C.R., Riechman, S.E. and S.F. Crouse.** Aquatic treadmill exercise induces greater improvements in endothelial function and post-exercise hypotension than land treadmill exercise. *Am. J. Phys. Med. Rehabil.* 97(8): 578-584, 2018
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doi: org/10.1371/journal.pone.0197903

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doi: 10.11648/j.ajss.20180603.16
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https://bioaccent.org/obesity/obesity13.pdf
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9. **Grandjean, P.W., S.F. Crouse, J.J. Rohack, B.C. O'Brien and J.A. Brown.** *Lipid response to exercise training in pre- and postmenopausal women.* American College of Sports Medicine International Meeting, Indianapolis, IN. Abstracted: Medicine and Science in Sports and Exercise, Vol. 26 (5), No. 844: S151, 1994
8. **Grandjean, P.W., G.L. Oden, S.F. Crouse, J.A. Brown and J.S. Green.** *Worksite exercise training: Effects on selected cardiovascular disease risk factors in women.* Association for Worksite Health Promotion Region VI Meeting, Wimberley, Texas, 1994 and Association for Worksite Health Promotion National Meeting, Portland, OR, 1994
7. **Owen, S.A., G.L. Oden, S.F. Crouse and P.W. Grandjean.** *Current status of correctional officer physical fitness.* Association for Worksite Health Promotion Region VI Meeting, Wimberley, Texas, 1994
6. **Grandjean, P.W., J.B. Mitchell, F.X. Pizza, R.D. Starling and R.W. Holtz.** *Fluid volume effects on gastric emptying and rehydration after exercise-induced dehydration.* American College of Sports Medicine International Meeting, Seattle, WA. Abstracted: Medicine and Science in Sports and Exercise, Vol. 25 (5), No.197: S36, 1993
5. **Grandjean, P.W., S.F. Crouse and J.S. Green.** *The efficacy of mandatory fitness testing and optional exercise intervention in a municipal police department.* Association for Worksite Health Promotion Region VI Meeting, Dallas, Texas, 1993; Association for Worksite Health Promotion National Meeting, New Orleans, LA, 1993
4. **Mitchell, J.B., A.J. Paquet, F.X. Pizza, R.D. Starling, R.W. Holtz and P.W. Grandjean.** *Effect of aerobic training on immune function.* American College of Sports Medicine International Meeting, Seattle, Washington. Abstracted: Medicine and Science in Sports and Exercise, Vol. 25 (5), No. 442, p S78, 1993
3. **Pizza, F.X., J.B. Mitchell, B. Davis, R.D. Starling, R.W. Holtz and P.W. Grandjean.** *Downhill vs. level running: Response of leukocyte and lymphocyte subsets during prolonged recovery.* American College of Sports Medicine International Seattle, Washington. Abstracted: Medicine and Science in Sports and Exercise, Vol. 25 (5), No. 573, p S103, 1993
2. **Grandjean, P.W., A.P. Cassidy, K.J. Cole and J.B. Mitchell.** *Fluid volume effects on rehydration and body fluid balance following exercise-induced dehydration.* American College of Sports Medicine International Meeting, Dallas, TX. Abstracted: Medicine and Science in Sports and Exercise, Vol. 24 (5), No. 926: S155, 1992
1. **Mitchell, J.B., K.J. Cole, P.W. Grandjean and R.J. Sobczak.** *The effect of a carbohydrate beverage on tennis performance and fluid balance during prolonged tennis play.* American College of Sports Medicine International Meeting, Orlando, Florida. Abstracted: Medicine and Science in Sports and Exercise, Vol. 23 (4), No. 771, p S129, 1991

Invited Professional Presentations, Symposiums & Workshops

62. **Does Short, Disrupted Sleep Affect Transient Metabolic and Vascular Benefits of Exercise?** Southeast ACSM Fall Lecture Tour Honoree. Liberty University, University of South Carolina – Aiken, Samford University. October 15 – 19, 2018.
61. **Physiological Basis of Continuous-Moderate and High-Intensity Interval Exercise for Cardiometabolic Disease Risk Reduction.** 2nd Annual Research Development & International Collaboration Meeting, Universidad de Baja California, Ensenada. October 16 - 19, 2017.

60. *Effectiveness of High-Intensity Interval Training for Health & Chronic Disease Risk Reduction*. Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud, Universidad de Costa Rica, San José, Costa Rica. May 17, 2017.
59. *Creating Academic and Health Care Partnerships that Impact Public Health*. Population Health Symposium, Baylor University. March 24, 2017.
58. *Constructing Specific High-Intensity Interval Training Programs for Chronic Disease Risk Reduction*. Research Development & International Collaboration Meeting, Universidad de Baja California, Ensenada and Mexicali Campuses. November 6 - 13, 2016
57. *Keeping Fit in Mind, Body & Soul: Being Whole*. Waco Regional Baptist Association, Truett Seminary, Baylor University. September 7, 2016
56. *Effectiveness of High-Intensity Interval Training for Health & Chronic Disease Risk Reduction*. Northwest Chapter of the American College of Sports Medicine Meeting, Tacoma, WA. April 15, 2016
55. *Non-invasive measurement of vascular function*. Universidad de Costa Rica, San José, Costa Rica. September 22, 2013
54. *Workshop: Applying research expertise in IRB protocol reviews*. Universidad de Costa Rica, San José, Costa Rica. September 20-21, 2013
53. *Exercise is Medicine™: Developing and Implementing a Physician's Plan to Increase Physical Activity Among Patients*. Waco Family Medicine Residency Program, Waco Family Health Clinic. June 6, 2013
52. *The Role of Exercise in the Treatment and Management of Metabolic Syndrome*. El IV Congreso Internacional de Actividad Física, Salud y Calidad de Vida, "Ejercicio Salud y Terapias Complementarias". Universidad Nacional, San Jose, Costa Rica. September 27, 2012
51. *The Efficacy of Prior Exercise on Ameliorating Postprandial Lipemia*. El IV Congreso Internacional de Actividad Física, Salud y Calidad de Vida, "Ejercicio Salud y Terapias Complementarias". Universidad Nacional, San Jose, Costa Rica. September 26, 2012
50. *Obesity & The Metabolic Syndrome*. Waco Family Medicine Residency Program, Waco Family Health Clinic. September 4, 2012
49. *Health Implications of Prior Exercise on the Postprandial Period*. Texas Chapter of the American College of Sports Medicine (TACSM) Annual Meeting, Austin, Texas. March 2, 2012
48. *The Physiology of Intervention Research in Exercise Science*. International Forum on Research Methods of Tiyu Science/Kinesiology, Beijing Sport University, Beijing, China. October 31-Nov 6, 2011
47. *Preparing Exercise and Wellness Professionals*. New Tiyu Science and Physical Education International Forum, Soochow University, Sushou, China. October 27 - 30, 2011

46. *The Efficacy of Exercise as Part of a Therapeutic Approach to Address Dyslipidemias Across the Lifespan*. 5th International Congress: The Role of Exercise in Disease Prevention and Management, Republic of Slovenia Ministry of Health, Rogaška Slatina, Slovenia. May 10-11, 2010
45. *Identifying and Implementing the Exercise Dose Needed to Optimally Address Dyslipidemias in Children and Adults*. 5th International Congress: The Role of Exercise in Disease Prevention and Management, Republic of Slovenia Ministry of Health, Rogaška Slatina, Slovenia. May 10-11, 2010
44. *Adipokines & Exercise: How Daily Doses of Exercise Might Improve Your Health*. Congreso Internacional de Actividad Fisica, Salud y Calidad de Vida, Universidad Nacional, Heredia, Costa Rica. April 12-14, 2010
43. *The Added Health Benefits of Exercise for Weight Management*. Congreso Internacional de Actividad Fisica, Salud y Calidad de Vida, Universidad Nacional, Heredia, Costa Rica. April 12-14, 2010
42. *Obesity, Insulin Resistance, and the Metabolic Syndrome*. Athletic Trainer's Conference, Baptist Health Sports Medicine, Montgomery, AL, April 9, 2009
41. *A Tale of Two Tails: You have got to move your tail!* Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud, XV Aniversario, Universidad de Costa Rica, San José, Costa Rica. October 13-16, 2008
- Physical Education and Childhood Obesity*. Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud, XV Aniversario, Universidad de Costa Rica, San José, Costa Rica. October 13-16, 2008
40. *Workshop: Conducting graded exercise tests in a health and fitness setting*. Universidad Nacional, San Jose, Costa Rica. November 16, 2007
39. *Normal cardiovascular responses to exercise of increasing intensity: What every exercise technician should know when conducting graded exercise tests*. Universidad Nacional, San Jose, Costa Rica. November 15, 2007
38. *Physical activity as medicine: The benefits and risks of physical activity: The impact of physical activity on our health & fitness*. Universidad Nacional, San Jose, Costa Rica. November 14, 2007
37. *The Biomechanical Basis of Malalignment Syndrome*. Athletic Trainer's Conference, Baptist Health Sports Medicine, Montgomery, AL, July 28, 2007
36. *How much exercise is really enough for your health and fitness?* AUALL Program, Atria Place, Auburn, AL. June 26, 2007
35. *Effective exercise for bone health*. Healthy Lifestyles Program, Fort Myers, FL February 20, 2007
34. *Is regular exercise enough to prevent and reverse metabolic syndrome?* XIII Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud, Universidad de Costa Rica, San José, Costa Rica. October 18, 2006
33. *If childhood obesity is a problem...can physical education help?* Universidad Nacional, San Jose, Costa Rica. October 17, 2006
32. *Sickle Cell Trait: Influence on Exercise Performance & Considerations for Exercise Safety*. Athletic Trainer's Conference, Baptist Health Sports Medicine, Montgomery, AL, July 22, 2006

31. *Healthy Exercise as You Age: Resistance Training for Sedentary Adults*. Lee-Russell County Council of Governments: Caregiver Meeting, East Alabama Medical Center Human Resource Center, Opelika, AL, March 17, 2006
30. *Symposium: Exercise and Metabolic Syndrome*. (with Dr. Stephen Crouse, Texas A&M University) Texas American College of Sports Medicine Meeting. Texas Woman's University, Denton, TX, Feb 24, 2006
29. *The Role of Exercise in Lipid and Lipoprotein Health*. Texas American College of Sports Medicine Meeting. Texas Woman's University, Denton, TX, Feb 24, 2006
28. *Exercise Considerations for Children*. Alabama Association for Physical Education, Recreation and Dance (AAPHERD). Birmingham, AL, November 2005
27. *Exercise Adherence*. Auburn University Personnel Services - Human Resources Development. Auburn University, Auburn, AL. November 2005
26. *Training the Insulin-Dependent Athlete* Athletic Trainer's Conference. Baptist Health Sports Medicine, Montgomery, AL, July 16, 2005
25. *Physical Activity in the United States: Are Current Strategies Effective?* International Sport Science Congress: "Sport & Chance of Life", Korean Alliance for Health, Physical Education, Recreation and Dance, Chungnam National University, Daejeon, Korea, June 19, 2004
24. *Enhancing Fitness Through College Outreach: The TigerFit Program*. Korea International Sport for All & Leisure Studies Science Congress, Korean National Sport University, Seoul, Korea, June 20, 2004
23. *The Quantity and Quality of Exercise for Reducing CVD risk?* Air War College, Maxwell AFB, Montgomery, AL, October, 2003
22. *Can exercise really reduce cardiovascular disease risk in older adults?* 55 Plus Group, East Alabama Medical Center, Opelika, AL. September 2003
21. *Exercise for Post-Myocardial Infarction Patients*. II Seminario Internacional Actividad Fisica y Patologias. Universidad Nacional, San Jose, Costa Rica. September, 2003
20. *Immune Response to Exercise*. II Seminario Internacional Actividad Fisica y Patologias. Universidad Nacional, San Jose, Costa Rica. September 2003
19. *How Can a University Improve Physical Fitness in the Community?* I Seminario Internacional de Instruccion y Promocion de la Salud Medicante Ejercicio. Universidad Nacional, San Jose, Costa Rica. May, 2003
18. *Strength Training for Sedentary Adults*. I Seminario Internacional de Instruccion y Promocion de la Salud Medicante Ejercicio. Universidad Nacional, San Jose, Costa Rica. May 2003
17. *The Effect of Exercise on Lipid and Lipoprotein Metabolism*. I Seminario Internacional de Ejercicios y Patologias. Universidad Nacional, San Jose, Costa Rica. May 2002

16. *Health Benefits of Phase II Cardiac Rehabilitation Programs: Are the benefits worth the Costs?* I Seminario Internacional de Ejercicios y Patologias. Universidad Nacional, San Jose, Costa Rica. May 2002
15. *The Goals, Feasibility and Appropriateness of Preparticipation Cardiovascular Screenings for Athletes*. III Congreso Internacional de en Ciencias Aplicadas al Futbol. Universidad de Costa Rica, San Jose, Costa Rica. May 2002
14. *The Influence of Exercise on Lipid and Lipoprotein Metabolism*. Department of Nutrition, Food, and Exercise Sciences. Florida State University, Tallahassee, FL. March 2002
13. *A Practical Approach to Implementing and Adhering to Your Exercise Program*. Auburn University Personnel Services - Human Resources Development. Auburn University, Auburn, AL. February 2002
12. *Tutorial: NCEP ATP III Recommendations: The Role of Exercise in Managing Blood Lipids and Lipoproteins*. South East American College of Sports Medicine Chapter Meeting. Atlanta, GA, 2002
11. *The Role of Exercise in Managing Blood Lipids and Lipoproteins*. VIII Simposio Internacional en Ciencias del Deporte, el Ejercicio y la Salud. Universidad de Costa Rica, San Jose, Costa Rica. November 2001.
10. *The NCEP ATP III Guidelines: How does Exercise Fit into the Picture?* Department of Nutrition & Food Science. Auburn University, Auburn, AL. May 2001
9. *Therapeutic Lifestyle Interventions for Treating Hyperlipidemia - The NCEP ATP III Guidelines*. Montgomery Cardiovascular Associates. Montgomery, AL. May 2001
8. *Symposium: The Influence of Exercise on Lipid and Lipoprotein Metabolism and Transport*. (Co-Presenter with J. Larry Durstine, Stephen F. Crouse & Paul G. Davis) South East American College of Sports Medicine Chapter Meeting. Columbia, SC. January 2001
7. *Recommendations for Physical Activity in Stroke Patients*. Auburn – Opelika Chapter of American Heart Association Stroke Survivors. Atria Assisted Living, Auburn, AL. October 2000
6. *Dose-Response Relationship Between Exercise and CVD Risk Factor Reduction*. Baptist Health Family Medicine Residency Program. Montgomery, AL. April 2000
5. *The Role of Exercise in Treating Secondary Hyperlipidemia*. Department of Physical Therapy. Georgia State University, Atlanta, GA. April 2000
4. *Dose-Response Relationship Between Exercise and CVD Risk Factor Reduction*. Central Alabama Sports Medicine University: Baptist Health. Montgomery, AL. September 2000
3. *Symposium: Substrate Metabolism During Exercise: An Integrative Approach*. (Co-Presenter with D.D. Pascoe and J. J. Zachwieja) South East American College of Sports Medicine Chapter Meeting. Charlotte, NC. January 2000
2. *Physical Activity and Your Health: How Much is Enough?* Central Alabama Sports Medicine University: Baptist Health. Montgomery, AL. April 1998
1. *Recommendations for Physical Activity in Cardiac Patients*. Auburn – Opelika Chapter of Mended Hearts. East Alabama Medical Center, Auburn, AL. October 1997

Grants & Contracts: External Support

Eden Green, LTD. 2018

PIs: Erica Bruce, Peter Grandjean. *Physical Performance Changes Following Ox66 Supplementation in Cycling Athletes: A Double-Blind, Placebo-Controlled Trial*

AMOUNT: \$96,577 STATUS: Funded

Healthy Behaviors Through Active Design: An Evidence-Based Web Application to Inform Design and Public Policy. DHHS SBIR Phase I: PHS 2018-01 (040) Submitted to NICH CDC with JSR Associates, Inc., October, 2017

PI: Debra Harris; Consultants: P.W. Grandjean, LesLee Funderburk, Erich Baker

AMOUNT: \$150,000 STATUS: Funded

Texas Chapter - American College of Sports Medicine, Student Research Development Award, 2017

PI: Jeff Forssse; Mentor - Peter W. Grandjean. *Effects of Exercise on HDL Functionality, Oxidative Stress and Vascular Endothelial Function in Pre-Dialysis Chronic Kidney Disease*

AMOUNT: \$1,500 STATUS: Funded

ICON Fitness Inc., December 2016

PI: Peter W. Grandjean. *Lifestyle Intervention for Weight Loss, Health & Fitness Enhancement*

AMOUNT: \$191,940 STATUS: Funded

Rapoport Foundation, August 2015

PIs: Jackson O. Griggs, Peter W. Grandjean. *Waco Family Health Center's Rx to Fitness Program*

AMOUNT: \$304,000 STATUS: Not Funded

All Sport – Big Red Inc., May 2012

PI: Peter W. Grandjean. *Analysis of All Sport Rehydration Beverage and Efficacy Research.*

AMOUNT: \$14,100 STATUS: Not Funded

Ambryx Biotechnology Inc., March 2011

PI: Peter W. Grandjean. *The Efficacy and Dose-Response of Zinc-Charged Fragmented Milk Proteins and Exercise on Markers of Oxidative Stress and Metabolic Health.*

AMOUNT: \$94,129 STATUS: Not Funded

Community Participation in Health Disparities Intervention Research Planning Phase (R24) - National Center on Minority Health and Health Disparities (NCMHD) - RFA-MD-09-006, June 2009

PIs: Barbara Wilder, Constance Hendricks, School of Nursing; Co-PI: Peter Grandjean. *Developing an Academic and Community Partnership Promoting Physical Activity and Wellness Among African-American Women of a Public Housing Community (ACP³A-W).*

AMOUNT: \$375,000 yr/3yr STATUS: Not Funded

Community Participation in Research (R01) issued by the Office of Behavioral and Social Sciences Research - PA-08-074, June 2009

PI: Constance Hendricks, School of Nursing; Co-PI: Peter Grandjean. *Creating Legacies of Alabama Women (CLAW).*

AMOUNT: \$275,000 yr/3yr STATUS: Not Funded

Alabama Agricultural Experiment Station, July 2007

Co-PIs: Peter W. Grandjean and Suresh Mathews. *Alterations in Phosphorylated Fetuin-A, a Novel Regulator of Insulin Action, in Insulin Resistance and Metabolic Syndrome: Effects of Lifestyle Modification*

AMOUNT: \$120,000 STATUS: Funded

Abbott Laboratories, February 2007

PIs: Peter W. Grandjean, Eric Plaisance. *The effects of extended-release niacin (Niaspan) and a single session of aerobic exercise on fasting and post-prandial blood lipids.*

AMOUNT: \$29,200 STATUS: Funded

Blue Cross & Blue Shield of Alabama, April 2003

PIs: Peter W. Grandjean, Greg Knedler. *Auburn University Health & Fitness Assessment Program.*

AMOUNT: \$150,000 / 5 years STATUS: Funded

American Heart Association, National, July 2002

PI: Peter W. Grandjean. *The influence of aerobic fitness on an exercise energy expenditure threshold for blood lipid and lipoprotein changes.*

AMOUNT: \$214,500 / 3 yr STATUS: Not Funded

American Heart Association, Southeast Affiliate, January 2002

PI: Peter W. Grandjean. *The influence of exercise frequency on blood lipids and lipoproteins in dyslipidemic men.*

AMOUNT: \$154,000 / 2 yr STATUS: Not Funded

Blue Cross & Blue Shield of Alabama, January 2001

PI: Peter W. Grandjean, Kimberly Ellis. *Auburn University Health & Fitness Assessment Program.*

AMOUNT: \$11,500 STATUS: Funded

Blue Cross & Blue Shield of Alabama, September 1999

PI: Peter W. Grandjean, Kimberly Ellis. *Auburn University Health & Fitness Assessment Program.*

AMOUNT: \$10,000 STATUS: Funded

Life Fitness Academy Research Grant, March 1998

PI: Peter W. Grandjean. *Changes in Lipoprotein Concentrations and Particle Sizes with Repeated Bouts of Aerobic Exercise In Hypercholesterolemic Men.*

AMOUNT: \$5,000 STATUS: Funded

Grants & Contracts: Internal Support

B.U. University – Collaborative Faculty Research Investment (CFRIP) Grant, January 2016

PIs: Peter W. Grandjean and Ron L. Wilson. *“Effects of Exercise on HDL Functionality, Oxidative Stress and Vascular Endothelial Function in Pre-Dialysis Chronic Kidney Disease.”*

AMOUNT: \$49,980 STATUS: Not Funded

B.U. University Research Committee Grant, February 2013

PI: Peter W. Grandjean. *“The effects of exercise at different intensities and energy expenditure on paraoxonase activity and vascular endothelial function.”*

AMOUNT: \$7,480 STATUS: Funded

B.U. Undergraduate Research Grant and Scholarly Achievement Program, February 2012

PI: Peter W. Grandjean. *“Does Excess Post-Exercise Oxygen Consumption (EPOC) Explain Differences in the Lipemic and Vascular Endothelial Responses to a High-Fat Meal after Exercise of Different Intensities?”*

AMOUNT: \$5,000 STATUS: Not Funded

A.U. College of Education Research Grant, April 2003

Co-PIs: Peter W. Grandjean and Erica Jackson. *The Combined Effects of Exercise and a Lipid-Lowering Margarine Spread on Blood Lipids and Behavioral Lifestyle Choices*

AMOUNT: \$1,500 STATUS: Not Funded

A.U. Competitive Research Grant, March 2003

PI: Peter W. Grandjean. *The influence of cardiovascular fitness on vascular inflammatory markers immediately after aerobic exercise.*

AMOUNT: \$3,000 STATUS: Funded

A.U. College of Education Research Grant, March 2001

PI: Peter W. Grandjean. *Quantifying Changes in Lipoprotein Particle Size Distributions after Exercise in Men and Women with Elevated Cholesterol.*

AMOUNT: \$1,585 STATUS: Funded

A.U. College of Education Research Grant, March 2001

PI: Peter W. Grandjean. *The Impact of Dietary Stanol Ester Intake and Exercise on Lipoproteins and Lipid Transport.*

AMOUNT: \$2,700 STATUS: Funded

A.U. / A.U.M. Joint Research Initiative, April 1999

PIs: Peter W. Grandjean, Daniel L. Blessing, Henry N. Williford, Michelle S. Olsen. *The Influence of a Single Session of Exercise on LCAT and CETP Activity in Sedentary African-American Women.*

AMOUNT: \$4,450 STATUS: Funded

A.U. / A.U.M. Joint Research Initiative, April 1998

PIs: Peter W. Grandjean, Daniel L. Blessing, Henry N. Williford, Michelle S. Olsen. *The Influence of a Single Session of Exercise on Lipids and Lipid-Related Enzyme Activity in Sedentary African-American Women.*

AMOUNT: \$4,450 STATUS: Funded

A.U. / A.U.M. Joint Research Initiative, April 1998

PI: Daniel L. Blessing, Peter W. Grandjean, Henry N. Williford, Michelle S. Olsen. *Cardiovascular Function, Blood Lipids, and Cardiovascular Risk Among Black and White Adolescents.*

AMOUNT: \$4,450 STATUS: Not Funded

ORAU Ralph E. Powe Junior Faculty Enhancement Award, February 1998

PI: Peter W. Grandjean. *Exercise-Induced Changes in Blood Lipids, Lipoproteins and Lipoprotein Particle Densities In Hypercholesterolemic Men.*

AMOUNT: \$10,000 STATUS: Not Funded

A.U. Competitive Research Grant, January 1998

PI: Peter W. Grandjean. *Changes in Lipoprotein Concentrations and Particle Densities with Repeated Bouts of Aerobic Exercise In Hypercholesterolemic Men.*

AMOUNT: \$3,000 STATUS: Funded

A.U. Biological Sciences Research Grant (Biogrants), October 1997

PI: Peter W. Grandjean. *Lipoprotein Concentration and Particle Density Changes with Repeated Bouts of Aerobic Exercise.*

AMOUNT: \$25,000 STATUS: Not Funded

Instruction and Administrative Grants & Contracts: External & Internal Support

Baylor University - U.S. Army Doctor of Science in Physician Assistant Studies – Emergency Medicine Program, July 2018 – June 2023 (U.S. Government Contract W81K04-18-Q-0001)

AMOUNT: \$711,232.82 STATUS: Funded

Baylor University - U.S. Army Doctor of Science in Physical Therapy Program, October 2017 – October 2022 (U.S. Government Contract W81K04-17-T-0018)

AMOUNT: \$160,236.67 STATUS: Funded

Baylor University - U.S. Army Doctor of Science in Occupational Therapy Program, October 2017 – October 2022 (U.S. Government Contract W81K04-17-T-0017)

AMOUNT: \$96,221.63 STATUS: Funded

B.U. - YMCA of Central Texas Graduate Assistantship, August 2017

PI: Peter W. Grandjean. *YMCA of Central Texas After School Physical Activity Program*

AMOUNT: \$4,356 STATUS: Funded

B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2017

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$11,591 STATUS: Funded

B.U. - YMCA of Central Texas Graduate Assistantship, August 2016

PI: Peter W. Grandjean. *YMCA of Central Texas After School Physical Activity Program*

AMOUNT: \$10,115 STATUS: Funded

B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2016

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$11,591 STATUS: Funded

B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2015

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$11,590 STATUS: Funded

B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2014

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$9,364 STATUS: Funded

B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2014

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$5,082 STATUS: Funded

B.U. - St. Paul's Episcopal Day School Graduate Assistantship, August 2013

PI: Peter W. Grandjean. *St. Paul's Episcopal Day School Physical Education Program*

AMOUNT: \$9,024 STATUS: Funded

A.U. Daniel F. Breeden Endowment for Faculty Enhancement, April 2007

PI: Peter W. Grandjean. *"Development of Instructional Multimedia to Improve Practitioner-Client Interaction in a Curriculum-Based Health Assessment Outreach Program."*

AMOUNT: \$1,965 STATUS: Funded

American College of Sports Medicine Healthy People 2000 Foundation, January 1998

PIs: Peter W. Grandjean, Mary E. Rudisill, Alice M. Buchanan. *"Adventure Across America": An Innovative Approach for Improving Physical Education at Loachapoka Elementary School.*

AMOUNT: \$3,750 STATUS: Funded

A.U. Daniel F. Breeden Endowment for Faculty Enhancement, April 1998

PI: Peter W. Grandjean. *Development of Instructional Media to Improve Practitioner-Client Interaction in a Curriculum-Based Health Assessment Outreach Program.*

AMOUNT: \$1,900 STATUS: Funded

Theses & Dissertations: Baylor University (2010 – 2018)

Directed Dissertations and Theses

- | | |
|--------------------|---|
| Zach Papadakis | Chair (completed 2018) Department of Health, Human Performance, and Recreation (HHPR) <i>Dissertation: The effects of short sleep on vascular and metabolic responses to exercise</i> |
| Jeffrey Forsse | Chair (completed 2018) Department of Health, Human Performance, and Recreation (HHPR) <i>Dissertation: Effects of exercise on oxidative stress and vascular endothelial function in pre-dialysis chronic kidney disease</i> |
| Grant Tinsley | Chair (completed 2016) Department of Health, Human Performance, and Recreation (HHPR) <i>Dissertation: Effects of Acute Dietary Changes on Estimates of Body Composition</i> |
| Brandon Rigby | Chair (completed 2014) Department of Health, Human Performance, and Recreation (HHPR) <i>Dissertation: "Cardiopulmonary and kinematic responses to hippotherapy in healthy children and those with cerebral palsy"</i> |
| Laurel Littlefield | Chair (completed 2013) Department of Health, Human Performance, and Recreation (HHPR) <i>Dissertation: "The effects of exercise intensity on postprandial blood lipids"</i> |
| Ashley Murillo | Advisor (completed 2013): Department of Health, Human Performance, and Recreation (HHPR) <i>Undergraduate Honors Thesis: "The effects of exercise and excess post-exercise oxygen consumption on postprandial lipemia"</i> |

Dissertation and Thesis Committees

Ashley Canutsen	Committee Member (completed 2017) Curriculum & Instruction (EDC) <i>Dissertation: Integrated, Project-Based Learning and Knowledge Retention: A Mixed Methods Study Comparing High School Students in Two Geometry Courses.</i>
Tricia Lyles	Committee Member (completed 2017) Nutrition (NUTR) <i>Thesis: Determining the Relative Validity of a Short Screener for Assessing Adherence to a Modified Mediterranean Diet in Cardiopulmonary Rehabilitation Patients.</i>
Andreas Stamatis	Committee Member (completed 2016) Educational Psychology (EDP) <i>Dissertation: Mental Toughness in Sport: Perspectives of Masters Strength & Conditioning Coaches.</i>
Elisa Morales	Committee Member (completed 2015) Department of Health, Human Performance, and Recreation (HHPR) <i>Thesis: Irisin signaling in skeletal muscle in response to feeding and no feeding prior to exercise.</i>
Neil Schwarz	Committee Member (completed 2014) Department of Health, Human Performance, and Recreation (HHPR) <i>Dissertation: "Relation of the Gene Expression of PGC-1α Isoforms with the Gene Expression of Proteins Involved in the Regulation of Muscle Size and Function in Response to Two Resistance Exercise Intensities"</i>
Mike Spillane	Committee Member (completed 2013) Department of Health, Human Performance, and Recreation (HHPR) <i>Dissertation: "Effects of Endogenous Elevations in Testosterone on Resistance Exercise -Induced Skeletal Muscle Androgen Receptor –Mediated Signaling and DNA Binding in Men"</i>
Cpt. Scott D. Carrow, DScPT	Graduate School Rep (completed 2010) Baylor-Army Graduate Program <i>Dissertation: "The Usefulness of a Biomechanical Warm-up Program for Prevention of Lower Extremity Injury in Military Academy Cadets"</i>
Cpt. Kenny Rivera, DScPT	Graduate School Rep (completed 2010) Baylor-Army Graduate Program <i>Dissertation: "The incidence of cervical spine fracture among U.S. Military personnel"</i>

Thesis & Dissertations: Auburn University (1997 – 2010)

Directed Dissertations and Theses

Felipe Araya, Ph.D.	Chair (completed 2010) <i>Dissertation: "Adipokine responses to exercise repeated on successive days in men with metabolic syndrome"</i>
Robert Bowers, Ph.D.	Chair (completed 2009) <i>Dissertation: "Changes in cardiotrophin-1 and fibroblast growth factor-21 with weight loss"</i>
Michael Mestek, Ph.D.	Chair (completed 2007)

Dissertation: “The effects of differing levels of exercise intensity and accumulated versus continuous bouts of aerobic exercise on postprandial lipemia in men with metabolic syndrome”

- Eric Plaisance, Ph.D. Chair (completed 2006)
Dissertation: “The effects of aerobic exercise and extended-release niacin on fasting and postprandial blood lipids”
- Ayddin Reisi, M.S., P.T. Chair (completed 2005)
Thesis: “Short-term changes in health status after cigarette smoking and moderate intensity exercise”
- Bethany Hilson, M.S. Chair (completed 2005)
Thesis: “The effect of cardiorespiratory fitness on blood lipid responses to aerobic exercise”
- James Garner, Ph.D. Chair (completed 2005)
Thesis: “Blood lipid and lipoprotein responses to exercise of different training frequencies”
- Sofiya Alhassan, Ph.D. Chair (completed 2004)
Dissertation: “The independent and combined effects of dietary plant stanol ester margarine supplementation and aerobic exercise training on markers of blood lipid metabolism in middle-aged men and women”
- Mike Basgier, M.S. Chair (completed 2003)
Thesis: “The effectiveness of half-squat versus parallel-squat countermovement jump training on power indices in collegiate swimmers”
- Sofiya Alhassan, Ph.D. Chair (completed 2000)
Thesis: “The influence of a single session of exercise on lipids and lipid related enzyme activity in sedentary African-American women”
- Dissertation Committees*
- Guang Ren, M.S. Committee Member (completed 2013) Department of Nutrition & Food Science (NUFS) *Dissertation: “Fetuin-A responses to OGTT and exercise in obese versus normal individuals”*
- James Taylor, M.S. Committee Member (completed 2013), Department of Kinesiology (KINE)
Dissertation: “Aerobic exercise and niacin therapy alter paraoxonase-1 in metabolic syndrome”
- Bobbie Watts, Ph.D. Committee Member (completed 2010), Ind. & Sys. Eng. (INSY)
Dissertation: “The effect of varying work order sequences on the physiological responses in manual material handling tasks”
- Michael Esco, Ph.D. Committee Member (completed 2009), Department of Kinesiology (KINE)

Dissertation: "Cardiovascular autonomic modulation following maximal exercise: Its relationship to race, VO₂max, and resting heart rate variability"

- Valda Montgomery, Ph.D., P.T. Committee Member (completed 2007), Department of Kinesiology (KINE)
Dissertation: "The influence of increased physical activity on weight retention, body composition, psychological profiles, and cardiovascular function in postpartum African-American women"
- David Szymanski, Ph.D. Committee Member (completed 2004), Department of Kinesiology (KINE)
Dissertation: "Effect of 12 weeks of wrist and forearm training on high school baseball players"
- Col. Joe Molloy, Ph.D. Committee Member (completed 2003), Department of Kinesiology (KINE)
Dissertation: "Effects of exercise intensity and age on acclimation to a hot, humid environment"
- JohnEric Smith, Ph.D. Committee Member (completed 2003), Department of Kinesiology (KINE)
Thesis: "Efficacy of body suits in reducing drag and oxygen cost during competitive swimming"
- Brandon Sluder, Ph.D. Committee Member (completed 2003), Department of Kinesiology (KINE)
Thesis: "The effect of a formal accountability system on activity, participation, skill, and fitness in a collegiate physical education class"
- Janet Jackson, Ph.D. Committee Member (completed 2000), Psychology (PSYC)
Dissertation: "Characterizing instructional and monitoring traits and techniques of successful personal trainers"
- Glenn Wright, Ph.D. Committee Member (completed 1999), Department of Kinesiology (KINE)
Dissertation: "Effects of creatine loading on thermoregulation and intermittent sprint performance in a hot humid environment"
- Benjamin Reuter, Ph.D., ATC Committee Member (completed 1999), Department of Kinesiology (KINE)
Dissertation: "The effect of bicycle seat tube angle on physiologic and kinematic variables"
- Wendy Weimer, Ph.D. Committee Member (completed 1999), Department of Kinesiology (KINE)
Dissertation: "Partitioning accelerations to reveal the influence of the Coriolis effect?"
- Jamie Gamber, Ph.D., ATC, RN Graduate School Rep (completed 2005) Ed., Found. & Ldrshp. (EFLT)
Dissertation: "The relationship of self-efficacy and job culture to job satisfaction among certified athletic trainers"
- Chia-yu Lin, Ph.D. Graduate School Rep (completed 2005), Nutr. & Food Sci. (NUFS)
Dissertation: "Central leptin administration increases insulin sensitivity, independent of food intake, and sympathetic activity in diabetic rats"

James Stewart, Ph.D.	Graduate School Rep (completed 2004), Veterinary Medicine (VM) <i>Dissertation: "Ventricular remodeling: the role of myocardial integrins"</i>
Amanda Chancey, Ph.D.	Graduate School Rep (completed 2004), Veterinary Medicine (VM) <i>Dissertation: "Ventricular remodeling: The role of matrix metalloproteinases, mast cells, the extracellular matrix, and estrogen"</i>
COL. John Olson, Ph.D.	Graduate School Rep (completed 2003), Ind. & Sys. Eng. (INSY) <i>Dissertation: "Tactile display landing safety and precision improvements for the Space Shuttle"</i>
Lynetta Jobe, Ph.D.	Graduate School Rep (completed 2002), Veterinary Medicine (VM) <i>Dissertation: "Contribution of tumor necrosis factor alpha to the pathogenesis of ventricular remodeling in rats with chronic volume overload"</i>

Teaching Activity

Course Assignment: University of Mississippi (2019 - present)

Undergraduate Courses

ES 456	Exercise Testing and Prescription	3 credit hours
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Graduate Courses

ES 611	Exercise Physiology I	3 credit hours
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ES 614	Cardiovascular Physiology	3 credit hours
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Course Assignment: Baylor University (2010 – 2018)

Undergraduate Courses

HP 1421	Introduction to Human Physiology	3 credit hours
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HP 4471	Exercise Testing & Interpretation I	4 credit hours
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HP 4450	Exercise Testing & Interpretation II	4 credit hours
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HP 4V87	Honors Thesis	Variable Credit
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Graduate Courses

HP 6300	Research Methods	3 credit hours
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HP 5330	Physiology of Exercise II: Cardiovascular Aspects	3 credit hours
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HP 5354	Advanced Methods of Strength and Conditioning	3 credit hours
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HP 5397	Christianity, Ethics & Research with Human Participants	3 credit hours
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HP 5V70-08	HHPR: Environmental Exercise Physiology	3 credit hours
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HP 5V70-08	HHPR: Obesity & Weight Control	3 credit hours
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ENH 6342	Health Aspects of Cardiovascular Conditioning	3 credit hours
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HP 6V70	Directed Research in KENHP	3 credit hours
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HP 6V99	Dissertation	Variable Credit
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Graduate Student Advising

Advisor, Master of Arts Degree

Sara Mullinax – 2010	Lesley Binning – 2010	Stephanie Barnes - 2010
Chad Abrams – 2010	Jessica Norman – 2009	Amanda Helton - 2009
Katherine Watwood – 2008	Andrea Ward – 2008	Phillip Allen – 2008
Jennifer Dennis – 2008	Jenna Kay – 2008	Lisa Wells – 2008
Danielle Briley – 2007	Richard Pike – 2007	David Dean – 2006
Stephen Reeves – 2006	Suzanne Sample – 2005	Jeremy Taunton – 2005
Kory Kleibert – 2005	Ruth Wilson – 2005	Shanna Slupski – 2005
John McBryde – 2005	Catherine Sursi – 2004	Angelia Arnold – 2004
Lauren Kubik – 2003	Sang Ouk Wee – 2003	Emily Bancroft – 2003
Kim Stringfellow – 2003	Erin Gannon – 2003	Scott Wright – 2002
T.C. Shipman – 2002	Sammy Manno – 2002	Jeremy McNatt - 2002
Don Eckis – 2002	A.J. Davis – 2002	Charles Sippial – 2001
Brandon Cobia – 2001	Kate Bryan – 2001	Jaime Meyer – 2000
Buddy Johnson – 2000	Jason Boleware – 2000	Phillip Watson – 1999
Mary Anne Patterson – 1999	Nicole Delahousse – 1999	Susan Kitchen - 1999
Lyle Douglass – 1998	Eric Stamp – 1998	Ted Towle - 1998

Service

Professional Affiliations

American Physiological Society, Member 2000 – present
 American College of Sports Medicine, Member 1991 – present
 National Strength and Conditioning Association, Member 1986 – present
 Texas Chapter of the American College of Sports Medicine, Member 2010 – present
 Clinical Exercise Physiology Association, Member 2010 - present
 Southeast Chapter of the American College of Sports Medicine, Member 1997 – present

Professional Service

Academic Evaluator – Southern Association of Colleges and Schools, Commission on Colleges, 2021 – present
 Media and Technology – Clinical Exercise Physiology Association, 2017 – present
 Advisory Board Member – Clinical Exercise Research Facility, Tarleton State University, 2017
 Coordinator, Tejas International Research Symposium, October 2016
 American College of Sports Medicine – Health Fitness Content Advisory Committee, 2015 – present
 American College of Sports Medicine – Constitution, Bylaws and Operating Codes, 2010 – 2016
 Texas American College of Sports Medicine, President-Elect, President, Past-President, 2015 – 2017
 Texas Chapter of the American College of Sports Medicine, Elected to Board of Directors 2012 – 2015
 Council on Undergraduate Research – CUR Councilor, Health Sciences Division, 2011 – 2013
 Southeast American College of Sports Medicine, President-Elect, President, Past-President, 2010 – 2012
 Southeast American College of Sports Medicine Board – Member-at-Large, 2005 – 2007
 American College of Sports Medicine – Fit Society Page Editorial Board – 2003 – 2007
 American Heart Association, Lee County Board Member, 1999 – 2005
 Central Alabama Sports Medicine University: Baptist Health, Board Member 1997 – 2004
 Primary Reviewer: ACSM’s Complete Guide to Health & Fitness, 2nd edition, Ed: B.A. Bushman, 2016
 Reviewer: ACSM’s Health-Related Physical Fitness Assessment Manual, 4th Ed, 2013
 Reviewer: International Journal of Sports Medicine, 1999 – present
 Reviewer: The Journal of Applied Physiology, 2001 – present
 Reviewer: The American Journal of Medical Sciences, 2001 – present

Reviewer: Metabolism, Clinical & Experimental, 2002 – present
Reviewer: Medicine & Science in Sports & Exercise, 2003 – present
Reviewer: The Journal of Applied Physiology, Nutrition and Metabolism 2003 – present
Reviewer: International Journal of Sport Nutrition & Exercise Metabolism, 2003 – present
Reviewer: Gerontology, 2003 – present
Reviewer: Canadian Journal of Applied Physiology, 2004 – present
Reviewer: Preventative Medicine, 2006 – present
Reviewer: Cell Biochemistry & Function 2009, - present
Reviewer: Research Quarterly for Exercise and Sport, 2009 – present
Reviewer: Journal of The American Dietetic Association, 2009 – present
Reviewer: Obesity, 2010 – present
Reviewer: Nutrition Research, 2012 – present
Reviewer: Computational and Mathematical Methods in Medicine, 2017 – present

Collegiate Assignment & Service: University

University of Mississippi: Search Committee Chair, Dean of School of Journalism and New Media, 2021 - 2022
University of Mississippi: Coordinated Ole Miss Contact Tracing Team throughout the COVID-19 Pandemic
University of Mississippi: Future Planning Task Force, 2021 - 2022
University of Mississippi: Innovative Credential Task Force, 2020 - present
University of Mississippi: Delta Entrepreneurship Group, 2019 - present
University of Mississippi: Council of Academic Administrators, 2019 – present
Baylor University: Chair, Graduate Course Repeat Policy Ad Hoc Committee 2018
Baylor University: Graduate Professional Education Curriculum Committee 2018
Baylor University: Graduate Curriculum Committee 2015 – 2017
Baylor University: University Undergraduate Curriculum Committee 2014 – 2016
Baylor University: Very High Research Committee 2015 – 2017
Auburn University: Institutional Review Board for the Use of Human Subjects in Research, Chair, 2002 – 2008
Auburn University: Institutional Review Board for the Use of Human Subjects in Research, Member 2001 – 2010
Auburn University: Radiological Safety Committee, Member 2000 – 2003
Auburn University: Radiological Safety Officer Search Committee Member, 2002
Auburn University: Advisory Committee for a Drug-Free Campus, Member 1999 – 2002
Auburn University: Health & Fitness Advisory Committee, Member 1997 – 2000

Collegiate Assignment & Service: School/College

University of Mississippi – Coordinated the Applied Sciences Strategic Planning Committee 2020 – 2021
University of Mississippi – Applied Sciences Curriculum Committee 2019 – present
Baylor University College of Health & Human Sciences: Chair, Operations & Management Committee 2016 – 2018
Baylor University College of Health & Human Sciences: Chair, Graduate Program Director Committee 2016 – 2018
Baylor University College of Health & Human Sciences: Invitation to Excellence Committee, Member 2014 - 2018
Baylor University College of Health & Human Sciences: Degree Coordination Committee 2014 – 2018
Baylor University School of Education (SOE): Invitation to Excellence Committee, Member 2011 – 2013,
Auburn University College of Education (COE): Faculty & Governance Committee, Chair 2008 – 2010
Auburn University COE: Search Committee for Associate Dean of Research, Member 2007
Auburn University COE: Graduate Committee, Member 2005 – 2007
Auburn University COE: Awards Committee, Member 1998 – 2000, Chair 2000 – 2003
Auburn University COE: Distance Learning Steering Committee, Member 2000

Collegiate Assignment & Service: Department

Baylor University: Search Committee Chair, Department Chair for Family and Consumer Science, 2018-19
Baylor University: Search Committee Chair, Assistant Professor in Exercise Physiology, 2018-19
Baylor University: Exercise Physiology Graduate Program Director, 2017 – 2018
Baylor University: Tenure and Promotion Policy and Procedure Review Committee, 2016 - 2017
Baylor University: Doctoral Program Coordinator, 2016 - 2017
Baylor University: Search Committee Chair, Assist. /Assoc. Professor in Exercise Physiology, 2015-16
Baylor University: Search Committee Member, Assist. Professor in Epidemiology, 2014-15
Baylor University: Search Committee Member, Clinical Professor in Health Sciences, 2014-15
Baylor University: Departmental Review for Research Involving Human Participants, 2011
Baylor University: Establishment of the Exercise Science Student Association, 2011
Auburn University: Faculty Advisor for Kinesiology Student Alliance, 1998 – 2010
Auburn University: Promotional Materials Committee, Member 1998 – 2010
Auburn University: Contract Liaison for Internship with East Alabama Medical Center, 1999 - 2010
Auburn University: Health Promotion Graduate Program Officer (Director), 2005 - 2009
Auburn University: Search Committee Chair, Health Promotion Tenure-Track Positions (2), 2005
Auburn University: Search Committee Member, Motor Control Tenure Track Position, 2001
Auburn University: Search Committee Member, Health Promotion Tenure-Track Position, 2000
Auburn University: Establishment of the Exercise Science Student Association, 1998
Auburn University: Search Committee Member, Health Promotion Tenure-Track Position, 1998

Community Service

Oxford Middle School Football, Oxford, MS: Volunteer Parent Coach, 2021
Oxford Park Commission, Oxford, MS: Youth Basketball Coach 2020 - 2021
Oxford Park Commission, Oxford, MS: Youth Flag Football Coach 2020
Oxford Buccaneer Football Teams, Oxford, MS: Volunteer Coach 2019
Waco Regional Baptist Association Church Health Ministry Committee, 2016 – 2018
AgriLife Extension (Texas A&M System, McLennan Co.), Diabetes & Exercise Educator, 2011 – 2018
St. Paul's Episcopal Day School, Waco, TX: School Board Vice President, 2015 – 2016
St. Paul's Episcopal Day School, Waco, TX: 7-on-7 Football Team Coach (4th-grade Team), 2014
Saint Paul's Episcopal Church, Waco, TX: Christian Formation Sunday School Teacher, Fall 2011 - 2017
Waco Family YMCA Medical Advisory Board, 2014 - 2017
Waco Family YMCA Volunteer of the Year, 2014
Waco Family YMCA Team Coach, Youth Basketball (4 to 5-year-olds & 6 to 8-year-olds), Spring 2012
Waco Family YMCA Team Coach, Youth Soccer (4 to 5-year-olds & 6 to 8-year-olds, 11 to 15-year-olds), 2011 - 2017
Women's Hope Medical Clinic, Auburn, AL: Parenting Education Instructor for "24/7 Dad", 2009
Women's Hope Medical Clinic, Auburn, AL: Parenting Education Instructor for "Doctor Dad", 2008
Women's Hope Medical Clinic, Auburn, AL: Educator for "Exercise & Pregnancy Class", 2002 - 2010

Consulting

Consultant with Human Performance Development Group, LLC: Development of a Physical Performance Assessment
Mesquite Police Department, Mesquite, Texas, 2018
Consultant to Health Systems, Inc.: Development of a Fitness Center for Health Systems, Inc. - Bernell Mapp, CEO,
Montgomery Alabama, 2003

Consultant Group Owner & Operator: Physio-Ergometrics, LLC: Development, Validation and Implementation of Physical Fitness and Job-Specific Physical Performance Tests for Armed Security Personnel, 1998 – 2001 (Southern Nuclear Operating Company: Plants Edwin I. Hatch, Baxley, GA; Vogtle Electric Generating Plant, Waynesboro, GA; Joseph M. Farley Nuclear Plant, Columbia, AL)

Consultant to Indiana League of Law Enforcement Officers: Development of Job-Specific Physical Performance Tests, 1997-2000

Academic Accomplishments, Professional Honors & Awards

Selected: Southeast American College of Sports Medicine Lecture Tour, 2018

Elected: Texas Chapter of the American College of Sports Medicine, President, 2016

Elected: Southeast American College of Sports Medicine President, 2011

Elected: Fellow of the American College of Sports Medicine (FACSM), 2002

Baylor University: Outstanding Professor Award, Baylor Athletics, (*nominated by Ms. Lauren Simpson & Mr. Logan Roberts*) 2010 – 2011

Baylor University: Outstanding Professor, Phi Kappa Chi, (*nominated by Mr. Sam Harwood*) 2011

Auburn University: Named Joint Associate Professor of Nutrition and Food Science, 2009

Auburn University: Faculty Honoree, Freshman Orientation: “Camp War Eagle”, 2003

Auburn University: Outstanding Contribution to Research Award, College of Education, 2002 - 2003

Auburn University: Outstanding Undergraduate Teaching Award, College of Education, 1999 - 2000

Auburn University: Invited Faculty Member, Academic Top Tiger Awards 1998, 1999, 2002

Texas A&M University: Doctoral Dissertation of the Year Award, College of Education, 1997

State Research Award Winner, Texas Chapter of the American College of Sports Medicine, 1993, 1996, 1997

National Research Award Winner, Association for Worksite Health Promotion, 1994