

Arturo Figueroa

CRRICULUM VITAE

Professor of Exercise Physiology

GENERAL INFORMATION

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EDUCATION

Ph.D. Physiological Sciences (Applied Physiology), The University of Arizona
M.S. Sports Medicine, Universidad Autónoma de Guadalajara
M.D. Medicine, Universidad Autónoma de Guadalajara

ACADEMIC POSITIONS

2017-Present *Professor of Exercise Physiology*, Department of Kinesiology and Sport Management, Texas Tech University, Lubbock, TX.
2011-2017 *Associate Professor of Exercise Science/Physiology*, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL.
2015-2016 *Visiting Associate Professor (sabbatical)*, Cardiovascular Institute, Cardiovascular Division of Medicine, Perelman School of Medicine, University of Pennsylvania, Philadelphia, PA.
2011-2013 *Undergraduate Program Coordinator*, Department of Nutrition, Food and Exercise Sciences, The Florida State University, Tallahassee, FL.
2004-2011 *Assistant Professor of Exercise Science/Physiology*, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL.
2000-2004 *Visiting Assistant Professor of Exercise Science*, Department of Exercise Science, Syracuse University, Syracuse, NY.

HONORS AND AWARDS

2015- Researcher level 3, National System of Investigators of Mexico (National Research and Technology Council of Mexico, CONACYT) in the area of Medicine and Health Sciences.
2011- Fellow, American College of Sports Medicine

PEER-REVIEWED PUBLICATIONS

Citations in Google Scholar: <https://scholar.google.com/citations?user=1LQgqh0AAAAJ&hl=en>

1. Dillon KN, Kang Y, Maharaj A, Martinez MA, Fischer SM **Figueroa A**. L-Citrulline Supplementation Attenuates Aortic Pressure and Pressure Waves During Metaboreflex Activation in Postmenopausal Women. *Br J Nutri* 2023 Sept 4:1-21. doi: 10.1017/S000711452300199X.
2. Dellinger JR, **Figueroa A**, Gonzales JU. Reactive hyperemia half-time response is associated with skeletal muscle oxygen saturation changes during cycling exercise. *Microvascular Res* 2023 Sept; 149:104569.

3. **Figueroa A**, Maharaj A, Kang Y, Dillon KN, Martinez MA, Morita M, Nogimura D, Fischer SM. Combined Citrulline and Glutathione Supplementation Improves Endothelial Function and Blood Pressure Reactivity in Postmenopausal Women. *Nutrients* 2023, 15(7), 1557.
4. **Figueroa A**, Wong A. Editorial for the Special Issue "Benefits of Supplementation with L-arginine, Citrulline and Watermelon on Vascular and Metabolic Health". *Nutrients* 2023, 15(6):1491.
5. Kang Y, Dillon KN, Martinez MA, Maharaj A, Fischer SM, **Figueroa A**. Combined L-Citrulline supplementation and slow velocity low-intensity resistance training improves leg endothelial function, lean mass, and strength in hypertensive postmenopausal women. *Nutrients* 2022; 15(1):74.
6. Maharaj A, Fischer SM, Dillon KN, Kang Y, Martinez MA, **Figueroa A**. Effects of L-citrulline supplementation on endothelial function and blood pressure in hypertensive postmenopausal women. *Nutrients* 2022; 14(20):4396.
7. Kang Y, Maharaj A, Dillon KN, Fischer SM, **Figueroa A**. Menopause influences aortic pulse pressure and pressure wave responses to metaboreflex activation in women. *Menopause* 29(12): 1423-1429, 2022.
8. Barzanjeh SP, Pescatello LS, **Figueroa A**, Ahmadizad S. The effects of alpha-Glycerolphosphorylcholine on heart rate variability and hemodynamic variables following sprint interval exercise in overweight and obese women. *Nutrients* 2022; 14(19):3970.
9. Volino-Souza M, de Oliveira GV, Conte-Junior CA, **Figueroa A**, Alvares TS. Current Evidence of Watermelon (*Citrullus lanatus*) Ingestion on Vascular Health: A Food Science and Technology Perspective. *Nutrients*. 2022; 14(14):2913. <https://doi.org/10.3390/nu14142913>.
10. Maharaj A, Fischer SM, Dillon KN, Kang Y, Martinez MA, **Figueroa A**. Acute citrulline bunts aortic systolic pressure during exercise and sympathoactivation in hypertensive postmenopausal women. *Med Sci Sports Exerc*. 54(5):761-768, 2022.
11. Jaime SJ, Nagel J, Maharaj A, Fischer SM, Schwab E, Martinson C, Radtke K, Mikat RP, **Figueroa A**. L-Citrulline supplementation attenuates aortic pulse pressure and wave reflection responses to cold stress in older adults. *Exp Gerontol* 2022; 159:111685.
12. Mason J, Tenenbaum GT, Jaime SJ, Roque N, Maharaj A, **Figueroa A**. Arterial Stiffness and Cardiorespiratory Fitness are Associated with Cognitive Function in Older Adults. *Behavioral Medicine*. 48(1):54-65, 2022.
13. Shiraseb F, Asbaghi O, Bagheri R, Wong A, **Figueroa A**, Mirzaei K. The effect of L-arginine supplementation on blood pressure in adults: A systematic review and dose-response meta-analysis of randomized clinical trials. *Adv Nutr* 13 (4): 1226-1242, 2022.
14. Feresin R, Johnson S, Elam M, Pourafshar S, Navaei N, Akhavan N, Tenenbaum G, **Figueroa A**, Arjmandi BH. Effects of Strawberries on Bone Biomarkers in Pre- and Stage 1-hypertensive Postmenopausal Women: A Secondary Analysis. *Food Funct* 12(24):12526-12534, 2021.
15. Font-Farré M, Farche ACS, de Madeiros Takahashi AC, Guerra-Balic M, **Figueroa A**, Oviedo GR. Cardiac autonomic modulation response before, during and after submaximal exercise in older adults with intellectual disability. *Frontiers in Physiology* 12:702418, 2021.
16. Flores-Ramírez AG, Tovar-Villegas VI, Maharaj A, Garay-Sevilla ME, **Figueroa A**. Effects of L-Citrulline Supplementation and Aerobic Training on Vascular Function in Individuals with Obesity across the Lifespan. *Nutrients*. 2021; 13(9):2991.
17. Wong A, **Figueroa A**. Effects of acute stretching exercise and training on heart rate variability: A review. *J Strength Cond Res*. 35(5):1459-1466, 2021.

18. Fischer SM, Wong A, Maharaj A, Jaime SJ, **Figueroa A**. Impaired pulse pressure amplification, augmentation index, and arterial stiffness are associated with reduced limb lean mass in overweight and obese postmenopausal women. *Exp Gerontol* 145:111194, 2021; doi: 10.1016/j.exger.2020.111194.
19. Oviedo GR, Javierre C, Font-Farré M, Tamulevicius N, Carbó-Carreté M, **Figueroa A**, Pérez-Testor S, Cabedo-Sanromá J, Moss SJ, Massó-Ortigosa N, Guerra-Balic M. Intellectual disability, exercise and aging: the IDEA Study: study protocol for a randomized controlled trial. *BMC Public Health* 20(1):1266, 2020.
20. Gonzales JU, Fischer S, Maharaj A, Vellers H, Anderson T, Karnjanapiboonwong A, Subbiah S, Kellawan JM, **Figueroa A**. Response of exercise-onset vasodilator kinetics to L-citrulline supplementation during different phases of the menstrual cycle. *Physiol Rep*, 8(15):e14536, 2020.
21. Wong A, Jaime SJ, Grubbs B, Panton B, Fischer S, **Figueroa A**. Attenuated aortic blood pressure responses to metaboreflex activation in older adults with dynapenia. *Exp Gerontol*. Sep, 2020;138:110984. doi: 10.1016/j.exger.2020.110984.
22. **Figueroa A**, Jaime SJ, Morita M, Gonzales JU, Moinard C. L-citrulline supports vascular and muscular benefits of exercise training in older adults. *Exerc Sport Sci Rev* 48(3):133-139, 2020.
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24. Sañudo B, Bartolomé D, Tejero S, Ponce-González JG, Loza JP, **Figueroa A**. Impact of active recovery and whole-body electromyostimulation on blood-flow and blood lactate removal in healthy people. *Front Physiol* 11:310, 2020.
25. Wong A, **Figueroa A**, Fischer SM, Bagheri R, Park SY. The effects of mat Pilates training on vascular function and body fatness in obese young women with elevated blood pressure. *Am J Hypertens* 33(6):563-569, 2020.
26. Grubbs BF, **Figueroa A**, Kim JS, Contreras RJ, Schmitt K, Panton LB. Whole-body Vibration Training in Frail, Skilled Nursing Home Residents. *Int J Exerc Sci* 13(3):140-156, 2020.
27. **Figueroa A**, Maharaj A, Johnson SA, Fischer SM, Arjmandi BH, Jaime SJ. Exaggerated aortic pulse pressure and wave amplitude during muscle metaboreflex activation in type 2 diabetes patients. *Am J Hypertens* 33(1):70-76, 2020.
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29. Jaime SJ, Maharaj A, Alvarez-Alvarado S, **Figueroa A**. Impact of low-intensity resistance and whole-body vibration training on aortic hemodynamics and vascular function in postmenopausal women. *Hypertens Res* 42(12):1979-1988, 2019.
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34. Wong A, **Figueroa A**. Effects of whole body vibration on heart rate variability: Acute responses and training adaptations. *Clin Physiol Funct* 39(2):115-121, 2019.
35. Hong MY, Beidler J, Hooshmand S, **Figueroa A**, Kern M. Watermelon and L-Arginine consumption improve serum lipid profile and reduce inflammation and oxidative stress by altering gene expression in rats fed an atherogenic diet. *Nutrition Res* 58:46-54, 2018.
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39. Wong A, **Figueroa A**, Sanchez-Gonzalez MA, Son WM, Chernykh O, Park SY. Effectiveness of a Tai Chi intervention on cardiac autonomic function and symptomatology in women with Fibromyalgia. *J Aging Phys Act* 26(2):214-221, 2018.
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43. Wong A, Sanchez-Gonzalez M, Kalfon R, Alvarez-Alvarado S, **Figueroa A**. The effects of stretching training on cardiac autonomic function in obese postmenopausal women. *Altern Ther Health Med* 23(2):20-26, 2017.
44. Johnson SA, Feresin RG, Navaei N, **Figueroa A**, Elam ML, Akhavan NS, Payton ME, Arjmandi BH. Effects of daily blueberry consumption on circulating biomarkers of oxidative stress, inflammation, and antioxidant defense in postmenopausal women with pre- and stage 1-hypertension: a randomized controlled trial. *Food & Function* 8(1):372-389, 2017.
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- central blood pressure and wave reflection responses to muscle metaboreflex activation in postmenopausal women. *Clin Exp Pharmacol Physiol* 43(12):1243-1246, 2016.
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 55. Wong A, Alvarez-Alvarado S, Jaime SJ, Kinsey AW, Spicer MT, Madzima TA, **Figueroa A**. Combined whole body vibration training and L-citrulline supplementation improves pressure wave reflection in obese postmenopausal women. *Appl Physiol Nutr Metab* 41(3):292-297, 2016.
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 58. **Figueroa A**, Kalfon, R Wong A. Whole-body vibration training decreases ankle systolic blood pressure and leg arterial stiffness in obese postmenopausal women with high blood pressure. *Menopause*. 22(4):423-427, 2015.
 59. Menendez H, Martin-Hernandez J, Ferrero C, **Figueroa A**, Herrero AJ, Marin PJ. Influence of isolated or simultaneously applied electromyostimulation and vibration on leg blood flow. *Eur J Appl Physiol*. 115(8):1747-1755, 2015.
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- SIRT3 and PGC-1 α in skeletal muscle of overweight adolescents improve without change in caloric intake. *Pediatr Exerc Sci* 27(2):177-184, 2015.
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 64. Johnson SA, **Figueroa A**, Navaei N, Wong A, Kalfon R, Ormsbee LT, Feresin RG, Elam ML, Hooshmand S, Payton ME, Arjmandi BH. Daily blueberry consumption improves blood pressure and arterial stiffness in postmenopausal women with pre- and stage1-hypertension. *J Acad Nutr Diet.* 115(3):369-377, 2015.
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107. **Figueroa A**, Kingsley JD, McMillan V and Pantan LB. Resistance exercise training improves heart rate variability in women with Fibromyalgia. *Clin Physiol Funct Imaging* 28 (1):49-54, 2008.
108. Kanaley JA, Baynard T, Franklin RM, Weinstock RS, Gouloupoulou S, Carhart R, Ploutz-Snyder R, **Figueroa A**, Fernhall B. The effects of a glucose load and sympathetic challenge on

- autonomic function in obese women with and without type 2 diabetes. *Metabolism* 56(6):778-785, 2007.
109. **Figueroa A**, Baynard T, Fernhall B, Carhart R and Kanaley JA. Impaired cardiovascular autonomic modulation in middle-aged women with type 2 diabetes. *Eur J Cardiovasc Prev Rehabil* 14(2):237-243, 2007.
 110. **Figueroa A**, Baynard T, Fernhall B, Carhart R and Kanaley JA. Endurance training improves post-exercise cardiac autonomic modulation in obese women with and without type 2 diabetes. *Eur J Appl Physiol* 100:437-444, 2007.
 111. Goulopoulou S, Baynard T, Collier SR, Giannopoulou I, **Figueroa A**, Beets M, Pitetti K, 104. Fernhall B. Cardiac Autonomic Control in Individuals with Down Syndrome. *Am J Ment Retard* 111(1):27-34, 2006.
 112. Heffernan KS, Baynard T, Goulopoulou S, Giannopoulou I, Collier SR, **Figueroa A**, and Fernhall B. Baroreflex Sensitivity During Static Exercise in Individuals with Down Syndrome. *Med Sci Sports Exerc* 37(12):2026-2031, 2005.
 113. Fernhall B, **Figueroa A**, Collier S, Giannopoulou F, Goulopoulou S, Baynard T. Resting metabolic rate is not reduced in obese individuals with Down Syndrome. *Mental Retardation* 43(6):391-400, 2005.
 114. Giannopoulou I, Fernhall B, Carhart R, Weinstock RS, Baynard T, **Figueroa A**, Kanaley JA. Effects of diet and/or exercise on the adipocytokine and inflammatory cytokine levels of postmenopausal women with type 2 diabetes. *Metabolism* 54(7):866-875, 2005.
 115. Fernhall B, **Figueroa A**, Collier S, Baynard T, Giannopoulou I, Goulopoulou S. Blunted Heart Rate Response to Upright Tilt in Individuals with Down Syndrome. *Arch Phy. Med Rehabil* 86:813-818, 2005.
 116. **Figueroa A**, Collier S, Baynard T, Giannopoulou F, S Goulopoulou, Fernhall B. Impaired vagal modulation of heart rate in individuals with Down syndrome. *Clin Auton Res* 15:45-50, 2005.
 117. Hall C, **Figueroa A**, Fernhall B, Kanaley J. Energy expenditure of walking and running: Comparison with prediction equations. *Med Sci Sports Exerc* 36:2128-2134, 2004.
 118. Going S, Lohman T, Houtkooper L, Metcalfe L, Flint-Wagner H, Blew R, Standford V, Cussler E, Martin J, Texeira P, Harris M, Milliken L, **Figueroa-Galvez A**, Weber J. Effects of Exercise on Bone Mineral Density in Calcium-Replete Postmenopausal Women with and without Hormone Replacement Therapy. *Osteoporos Int* 14:637-643, 2003.
 119. **Figueroa A**, Going SB, Milliken LA, Blew R, Sharp S, Teixeira PJ, Lohman TG. Effects of Exercise Training and Hormone Replacement Therapy on Lean and Fat Mass in Postmenopausal Women. *J Gerontol: Med Sci* 58A(3):M266-M270, 2003.
 120. Milliken LA, Going SB, Houtkooper LB, Flint-Wagner HG, **Figueroa A**, Metcalfe LL, Blew RM, Sharp SC, Lohman TG. Effects of exercise training on bone remodeling, insulin-like growth factors and bone mineral density in post-menopausal women with and without hormone replacement therapy. *Calcif Tissue Int* 72(4):478-484, 2003.
 121. **Figueroa A**, Going SB, Milliken LA, Blew R, Sharp S, Lohman TG. Body composition modulates the effects of hormone replacement therapy on growth hormone and insulin-like growth factor-I levels in postmenopausal women. *Gynecol Obstet Invest* 54 (4):201-206, 2002.

RESEARCH SUPPORT:

External

Figueroa A (PI). Effects of 4 weeks of supplementation with L-citrulline and glutathione on arterial function and cardiovascular responses in healthy postmenopausal women: A pilot study. Kyowa Hakko Bio Co., LTD. \$149,932 (funded). February 2020- February 2023.

Guerra Balic M (PI), **Figueroa A (Co-PI)**. Discapacidad intelectual, ejercicio y envejecimiento (intellectual disability, exercise, and aging). University Ramon Llull, Barcelona, Spain. Spanish Secretary of Economy and Competitiveness. €23,000 (Euros). January 2019- 2022.

Arjmandi BH (PI), **Figueroa A (PI)**, Johnson SA. Regular apple consumption improves cardiovascular risk factors and glycemic control in type 2 diabetics. U.S. Apple Association: \$81,522. August 2014- December 2016.

Arjmandi BH (PI), **Figueroa A (PI)**, Johnson SA. Tart cherry improves cardiovascular risk factors associated with metabolic syndrome. Cherry Research Committee: \$60,450. May 2014- December 2016.

Arjmandi BH, **Figueroa A (Co-PI)**, Feresin R. Daily incorporation of strawberries into a diet favorably improves vascular function and lowers aortic blood pressure in postmenopausal women with prehypertension. Funding Agency: U.S. California Strawberry Commission: amount \$85,037. January 2013-2015.

Arjmandi BH and **Figueroa A (Co-PI)**. Daily incorporation of blueberries into a diet favorably improves vascular function and lowers aortic blood pressure in postmenopausal women with prehypertension. U.S. Highbush blueberry council: amount \$74,997. August 2011- January 2013.

Figueroa A (PI). Effect of whole-body vibration training on arterial function in obese postmenopausal women. Funded by Performance Health System. Total award \$ 40,000 in Power Plate machines. November 2013.

Figueroa A (PI). The effect of weight loss via diet and low-intensity resistance exercise training on arterial function in overweight/obese women. Funding agency Nutrisystem Inc: amount \$36,185. December 2010-2011.

Figueroa A (PI) and Arjmandi BH. Effects of watermelon supplementation on arterial stiffness and vascular inflammation in older individuals with the metabolic syndrome. Funding agency National Watermelon Promotional Board: amount \$76, 874. November 2010-2011.

Figueroa A (PI), Perkins-Veazie P, Arjmandi BH. Effect of watermelon on aortic hemodynamic in older individuals with pre- and stage 1 hypertension. Funding agency National Watermelon Promotional Board: amount \$50,000. July 14, 2008-December 1, 2009.

Internal

Figueroa A (PI), Delp J. Effects of 2 strength training modes on arterial function, inflammation, and walking capacity in older adults with peripheral arterial disease. Florida State University CRC-Planning Grant. \$13,000. December 2014-May 2017.

Figueroa A. The effects of oral L-arginine and resistance exercise training on arterial stiffness, endothelial function and vascular inflammation in postmenopausal women. Funding agency Florida State University, College of Human Sciences Research Initiation Award, 2007. \$6,000.

Figueroa A. The effect of resistance exercise training on arterial stiffness in middle-aged women with and without fibromyalgia. Funding agency Florida State University, College of Human Sciences Equipment Grant, 2005. \$10,000.

Figueroa A. The acute and chronic effect effects of resistance exercise on cardiovascular autonomic control in women with fibromyalgia. Florida State University, CRC First Year Assistant Professor Award, 2005. Amount: \$14,000.

SUPERVISION OF GRADUATE RESEARCH

Department of Kinesiology and Sport Management, Texas Tech University

Ph.D. Committees

Chair

Mauricio Martinez, 2019-Present. PhD Candidate. Dissertation topic: Effects of Four Weeks of L-Citrulline and L-Arginine Supplementation on Postprandial Macro- and Microvascular Endothelial Function and the Effects of Supplementation on Macro- and Microvascular Endothelial Function during Superimposed Sympathetic Activity in Post-Menopausal Prediabetic Women.

Katherine N. Dillon, 2020-Present. Dissertation topic: The Effects of Two Weeks of L-Citrulline on Arterial Function and Blood Pressure at Rest and During Exercise in Hypertensive Postmenopausal Women.

Yejin Kang, 2020-Present. Dissertation topic: Resistance Training and Citrulline Supplementation for Improving Vascular Function and Muscle Mass in Type 2 Diabetes.

Arun Maharaj, 2018-2022. Dissertation topic: Effects of L-Citrulline supplementation and low-intensity resistance exercise training on vascular function, body composition, and muscle strength in hypertensive postmenopausal women.

Stephen M. Fischer, 2018-2022. Dissertation topic: The effects of four weeks of L-citrulline supplementation on endothelial function and sympatho-excitation using dynamic handgrip exercise and the cold pressor test in obese hypertensive postmenopausal women.

Committee Member

Hyoseon Kim. 2019-Present. Dissertation topic: Effects of enhancing mitophagy on disease activities and endothelial function in SLE (Systemic Lupus Erythematosus).

M.S. Committees

Chair

Brandon W. Dalton, 2020-2023. Non-Thesis.

Committee Member

Jacob Dellinger, 2021-23. Thesis topic: Impact of sleep regularity on skeletal muscle oxygenation changes during cycling exercise.

Department of Nutrition, Food, and Exercise sciences, Florida State University

Ph.D. Committees

Chair

J. Derek Kingsley, 2004-2009. Dissertation Topic: acute and chronic effects of resistance exercise on autonomic modulation and vascular function in women with fibromyalgia.

Marcos A. Sanchez-Gonzalez, 2008-2012. Dissertation Topic: The effect of L-citrulline supplementation on aortic hemodynamics and autonomic responses to cold exposure and isometric exercise.

Alexei Wong, 2009-2014. Dissertation Topic: The effect of 8 weeks of whole body vibration training combined with L-citrulline supplementation on arterial stiffness, wave reflection, hemodynamics and body composition in postmenopausal women.

Salvador J. Jaime, 2013-2017. Dissertation Topic: The effects of twelve weeks of whole-body vibration training and low-intensity resistance exercise training on arterial function, muscle strength, and physical performance in dynapenic postmenopausal women.

Committee Member

Zahra Ezzat-Zadeh, 2010-2012. Dissertation Topic: The underlying mechanisms by which estrogen regulates body composition including bone and muscle mass.

Rafaela Ferresin, 2011-2015. Dissertation Topic: Incorporation of strawberries to the diet improves skeletal health in postmenopausal women.

Brandon Grubbs, 2012-2017. Dissertation Topic: Effects of power training and whole body vibration training in older adults.

Justin Mason, 2013-2017. Dissertation Topic: The effects of cardiovascular health on cognitive function and driving performance among healthy older adults.

Neda Akhavan, 2014-present. Dissertation Topic: The health benefits of daily apple consumption on factors associated with glycemic control, insulin sensitivity, and cardiovascular health in individuals with pre-diabetes and type II diabetes mellitus.

MS Committees

Chair

Ryan Gil, 2008-2010. Thesis Topic: The effect of whole-body vibration training on arterial and autonomic function in young overweight/obese women.

Julian A. Trivino, 2008-2010. Non-thesis.

Roy Kalfon, 2011-2014. Thesis Topic: The effect of L-citrulline supplementation on vascular and cardiac autonomic responses to cold pressor test concurrently with post-exercise muscle ischemia.

Stacey Alvarez-Alvarado, 2102-2014. Thesis Topic: Effects of the combination of whole-body vibration exercise and external load on arterial stiffness and blood flow in overweight/obese pre-menopausal women.

Jacob Pacilio, 2012-2014. The effects of whole body vibration exercise training on arterial function in patients with coronary artery disease.

Committee Member

Julie Meuret, 2005-2007. Thesis Topic: a comparison of effects between post exercise resting metabolic rate after thirty minutes of intermittent treadmill and resistance exercise.

Brandon Booth, 2007-2009. Thesis Topic: The effects of dried apples and resistance exercise on clinical parameters of metabolic syndrome in women with polycystic ovary syndrome.

Edward Archer, 2007-2009. Non-thesis.

Jiyao Zhang, 2009-2011.

William Mandler, 2009-2013.

Arielle L. Biwer, 2012-2014. Thesis topic: The effects of four-week beta-alanine supplementation on muscular performance, submaximal oxygen consumption, and body composition in Parkinson's patients.

Undergraduate Students

Major Advisor

Alvaro M. Bada, 2007. Thesis Topic: Effect of oral L-arginine on aortic hemodynamics, wave reflection and autonomic responses to post-exercise muscle ischemia in resistance-trained men.

Julian A. Trivino, 2008. Thesis Topic: Effects of oral L-citrulline on cardiovascular autonomic control and aortic blood pressure responses to the cold pressor test in young men with pre-hypertension.

Amber Ramey, 2010. Thesis Topic: Effect of whole-body vibration training on arterial function in overweight/obese postmenopausal women.

Andrew Koutnik, 2012. Thesis Topic: Effect of acute passive vibration on arterial function in post-stroke patients.

Zachary I. Grunewald, 2014. Thesis Topic: The effect of one-week of oral L-citrulline supplementation on the hemodynamic responses to acute caffeine ingestion in young men.

Committee Member

Charles J. Blay, 2012. Thesis Topic: The acute effects of late evening whey and casein protein ingestion on fasting blood glucose, blood lipids, resting metabolic rate, and hunger in overweight and obese individuals.

Timothy Gooldy, 2012. Thesis Topic: Neurotransmitter interactions that control high-fat food intake.

Ryan Diaz, 2013. Thesis Topic: Nucleus accumbens glucagon-like peptide 1 receptor effects on food reward.

Syracuse University

M.S. Committees

Chair

Javier A. Perez, 2001-2003. Thesis Topic: a comparison between the effects of proprioceptive neuromuscular facilitation stretching, static stretching, and ballistic stretching on adaptations in flexibility.

Department of Medical Sciences, Universidad de Guanajuato, Mexico

PhD Committees

Co-Chair

Katya Vargas-Ortiz, 2011-2014. Dissertation topic: Effect of aerobic and resistance training on Sirt3, PGC-1 α and NRF1 expression in muscle of obese sedentary adolescents.

Anaisa G. Flores-Ramirez, 2019-Present. Dissertation topic: Effect of L-citrulline supplementation and implementation of aerobic exercise on vascular structure and function in adolescents with obesity and elevated arterial pressure.

MS Committees

Co-Chair

Veronica I. Tovar Villegas, 2019-2022. Thesis topic: Efecto de la suplementacion oral de L-citrulina sobre la funcion hepatica e higado graso no alcoholic en adolescentes con obesidad.

Alan A. Rodriguez Carrillo, 2022-Present. Efecto de la suplementación con L-Citrulina y entrenamiento en intervalos de alta intensidad (HIIT) sobre la rigidez arterial en adolescentes con enfermedad de hígado graso asociada a la disfunción metabólica (MAFLD)

Committee Member

David Ramos-Borja, 2016-2018. Thesis topic: Effect of moderate exercise on endothelial function and markers of inflammation in adults with chronic kidney disease.

Enrique A. Bernal-Ruiz, 2012-2014. Thesis topic: Effect of aerobic training of heart rate variability in obese adolescents with insulin resistance.

INVITED PRESENTATIONS:

South Korea

1. The impact of strength training on arterial stiffness. **Integrative Medicine: Physical Activity is a Core Tip Symposium**. Busan, South Korea. June 11, 2015.

2. Resistance exercise and arterial function. **Annual Fall Scientific Conference of the Korean Society of Lipidology and Atherosclerosis (KSLA)**. Seoul, South Korea. September 3, 2011.
3. Effects of acute and chronic resistance exercise on arterial stiffness (keynote speech). **Inje University, College of Medicine**. Busan, South Korea. September 2011.

USA

1. Muscle strength, blood pressure, and arterial aging. Seminar series, Department of Applied Physiology & Kinesiology, University of Florida, Gainesville, FL, March 28, 2019.
2. Use of whole-body vibration exercise and dietary L-citrulline to improve cardiovascular and skeletal muscle health with advancing age. The Department of Exercise Science, Syracuse University, Syracuse, NY, April 18, 2016.
3. Can exercise reduce arterial stiffness in hypertension? SEMINAR: Contribution of arterial stiffness to the development of hypertension: from bench to bedside. American Heart Association, Chicago IL, November 18, 2014.

Spain

Impact of aging and exercise training on vascular function,. Department of Psychology, Education, and Sports Sciences. Ramon Llull University, Barcelona, Spain, November 21, 2018.

Mexico

1. Rigidez arterial en sarcopenia, obesidad y diabetes (Arterial stiffness in sarcopenia, obesity and diabetes). XV International Reunion of Medical Sciences. Leon, Guanajuato Mexico. April 23, 2015.
4. Prescripción de ejercicio en el adulto mayor (Exercise prescription in older adults). XV International Reunion of Medical Sciences. Leon, Guanajuato Mexico. April 23, 2015.
5. Efectos de la vibracion PowerPlate sobre la salud cardiovascular (Effects of PowerPlate vibration on cardiovascular health). University of Guanajuato and Sports Commission of Guanajuato. Leon, Guanajuato Mexico. April 23, 2015.
6. Physical exercise: What is the daily dose for being healthy? XXI National Congress of Physicians MedigLeon, Guanajuato, Mexico. September 4, 2014.
7. Resistance exercise prescription (prescripcion de ejercicio con Resistencia). XXI National Congress of Physicians MedigLeon, Guanajuato, Mexico. September 3, 2014.
8. Muscle strength and arterial function (Fuerza muscular y funcion arterial).VI International Congress in Sports Medicine and Applied Sciences, Guanajuato, México. September 8, 2012.
9. Whole-body vibration exercise improves arterial function in young overweight/obese women (Entrenamiento de ejercicio con vibracion mejora funcion arterial en mujeres jovenes con sobrepeso/obesidad). VI International Congress in Sports Medicine and Applied Sciences, Guanajuato, México. September 7, 2012.
10. Arterial function and obesity (Función arterial y obesidad). Graduate Program in Medical Sciences, Universidad de Guanajuato, Leon-Campus, México. June 15, 2012
11. Analisis de la function arterial en los ejercicios de fuerza muscular (arterial function analysis in muscle strength exercises). XIII Congreso internacional de medicina y cultura del deporte (International congress of medicine and culture of sports). Mazatlan, México. November 26, 2011.

12. Ejercicios de Resistencia con pesas y función arterial (resistance exercise with weight and arterial function). XIII Congreso internacional de medicina y cultura del deporte (International congress of medicine and culture of sports). Mazatlan, México. November 26, 2011.
13. Salud cardiovascular and resistance exercise (cardiovascular health and resistance exercise). V Congreso internacional de medicina y ciencias aplicadas al deporte (International congress of medicine and sciences applied to sports). Guanajuato, GTO, Mexico. November 25, 2012.
14. Effect of resistance exercise training on vascular health. XIX National Congress of Physicians. León, Guanajuato, México. August 24-27, 2011.
15. Prescription of resistance exercise. XIX National Congress of Physicians. León, Guanajuato, México. August 24-27, 2011.
16. Effects of resistance exercise on arterial function (keynote speech). XXIV Pan-American Congress of Sports Medicine, Guadalajara, Mexico. July 27-30, 2011.
17. Vascular effects of exercise with whole-body vibration (keynote speech). XXIV Pan-American Congress of Sports Medicine, Guadalajara, Mexico. July 27-30, 2011.
18. 10th Meeting of Medical Sciences. Universidad de Guanajuato, León, Guanajuato, México. April 22, 2010.
19. XVII International Meeting, Physical Education, Sport and Applied Sciences (Congreso Internacional, Educacion Fisica, Deportes y Ciencias Aplicadas). Universidad Autónoma de Nuevo León. October 28-30, 2009.
20. Universidad Autónoma de Chihuahua. Chihuahua, México. May 26-28, 2008. (keynote speech)
21. II International Meeting of Medicine and Applied Sport Sciences (II Congreso Internacional de Medicina y Ciencias Aplicadas al Deporte). Comisión Estatal del Deporte y Atención a la Juventud. September 17-20, 2008.
22. 2^o International Meeting of Physical Education Professional (Encuentro Internacional de Profesionales de la Cultura Física). Benemérita Universidad Autónoma de Puebla. Puebla, Puebla, México. September 25, 2008.
23. 4th International Meeting of Biotechnological Sciences (Congreso Internacional de Ciencias Biotecnología). Universidad Autónoma de Ciudad Juárez. October 27-29, 2008.
24. Control of the heart by the autonomic nervous system. Universidad de Guanajuato, León, Guanajuato, México. August 16-18, 2005.
25. Cardiovascular function and responses to exercise. Universidad de Guanajuato, León, Guanajuato, México. August 16-18, 2005.
26. International certification in anthropometric evaluation. Universidad de Guanajuato, León, Guanajuato, México. November 21-23, 2007.
27. Benefits and prescription of resistance exercise. August 14-15, 2008. International Seminar of Resistance Exercise. Comisión Estatal del Deporte y Atención a la Juventud. León, Guanajuato, México.

PROFESSIONAL SERVICE

Editorial Board Member

- Nutrients, Clinical Nutrition section
- Frontiers in Physiology, Exercise Physiology and Sports and Active Living sections
- Journal of Geriatric Cardiology

Journal Reviewer

- American Journal of Hypertension

- American Journal of Physiology-Heart and Circulatory Physiology
- Applied Physiology, Nutrition and Metabolism
- Autonomic Neurosciences
- Blood Pressure
- British Journal of Nutrition
- Clinical and Experimental Pharmacology and Physiology
- Clinical Nutrition ESP
- Clinical Science
- European Journal of Applied Physiology
- Experimental Gerontology
- Hypertension Research
- International Journal of Obesity
- International Journal of Sports Medicine
- Journal of Applied Physiology
- Journal of Human Hypertension
- Journal of Science and Medicine in Sport
- Journal of Sport and Health Science
- Journal of the Academy of Nutrition and Dietetics
- Medicine & Science in Sports & Exercise
- Menopause
- Nutrition, Metabolism and Cardiovascular Diseases
- Scandinavian Journal of Medicine & Science in Sports
- Sports Medicine
- The Journal of Clinical Hypertension

Grant Reviewer:

- Swiss National Science Foundation (2011).
- Mexican National Council of Science and Technology (CONACYT) (2016).
- National Institute of Health; National Heart, Lung and Blood Institute, Special Emphasis Panel/Scientific Review (2016).
- American Heart Association; Vascular Biology and blood pressure-Exercise Physiology group (2017).

PROFESSIONAL MEMBERSHIPS:

- American College of Sports Medicine
- American Heart Association
- North American Artery Society
- American Physiological Society

TEACHING EXPERIENCE:

Department of Kinesiology and Sport Management, Texas Tech University

KIN3305 Exercise Physiology

KIN3306 Applied Exercise Physiology

KIN3368 Exercise Testing and Prescription

KIN7301 Advanced Exercise Physiology I
KIN7304 Special Topics in Exercise Physiology
KIN7104 Seminar in Exercise Physiology

Department of Nutrition, Food, and Exercise sciences, Florida State University

PET3322 Anatomy and Physiology I
PET3932 Exercise and Disease
APK3110 Applied Exercise physiology
PET5930 Seminar in Movement Sciences
PET6365 Exercise and the Cardiorespiratory System

Department of Exercise Science, Syracuse University

HEA337 Drug Education for Teachers
PPE497 Physiology of Exercise
PPE500 Body Composition and Obesity
PPE515 Exercise testing and interpretation
PPE785 Energy Metabolism and Exercise