

# GRANT M. TINSLEY

## EDUCATION

- 2016 • **Baylor University**  
Ph.D. in Kinesiology & Exercise Nutrition  Waco, TX
  - 2013 • **Colorado State University**  
M.S. in Biomedical Sciences  Fort Collins, CO
  - 2012 • **Oklahoma State University**  
B.S. in Physiology; B.S. in Nutritional Sciences  Stillwater, OK
- National Merit Scholar; graduated *summa cum laude*



## FACULTY POSITION

- 2016 | present • **Texas Tech University**  
Assistant Professor  Lubbock, TX

## RESEARCH EXPERIENCE

- 2016 | present • **Lab Director**  
Energy Balance & Body Composition Laboratory; Department of Kinesiology & Sport Management; Texas Tech University; Lubbock, TX.
  - Design and lead research projects pertaining to energy balance, body composition, nutrition and dietary supplementation.
- 2013 | 2016 • **Doctoral Researcher**  
Baylor Laboratories for Exercise Science & Technology (BLEST); Department of Health, Human Performance, and Recreation; Baylor University; Waco, TX.
  - Led and assisted with research projects related to exercise physiology, nutrition, and dietary supplementation.
- 2011 | 2012 • **Niblack Research Scholar**  
Department of Nutritional Sciences; Oklahoma State University; Stillwater, OK.
  - One of 12 students at Oklahoma State University selected to complete competitive, funded one-year research project. Project investigated involvement of microRNAs in iron metabolism.
- 2010 • **Summer Undergraduate Research Experience Intern**  
Department of Physiology; University of Oklahoma Health Sciences Center; Oklahoma City, OK.
  - Completed research project involving microRNAs and diabetic retinopathy.

## CONTACT

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## RESEARCH SUMMARY

### Peer-Reviewed Articles\*

61 total  
30 first-author  
30 corresponding author  
3.5 ± 1.3 impact factor  
\* PubMed indexed only

### Google Scholar Metrics

citations: 1078  
h-index: 14  
i10-index: 23

### Altmetrics

Publications cited by 3584 online posts

### Funding (Awarded)

\$176,579 total  
\$86,579 as PI

## ONLINE PROFILES

[PubMed](#)

[Google Scholar](#)

[ORCID](#)

[ResearchGate](#)

[Publons](#)

Last update on 2020-10-03



## TEACHING EXPERIENCE

2016  
|  
present

### Assistant Professor

Department of Kinesiology & Sport Management; Texas Tech University.

- Teach Physiological Application of Nutrition to Exercise and Physical Activity (KIN 3347), Anatomical Kinesiology (KIN 3346), Science and Practice of Strength Training (KIN 3322), Skeletal Muscle Physiology (KIN 5336), and Ergogenic Aids and Human Performance (KIN 5358).
- Across all semesters, average course evaluation scores of **4.8/5** for course objectives, **4.7/5** for instructor effectiveness, and **4.7/5** for valuable learning experience.

2015  
|  
2016

### Lecturer

Department of Health, Human Performance, and Recreation; Baylor University.

- During doctoral program, taught Human Physiology for Allied Health Professionals (HED 3350).

2013  
|  
2016

### Graduate Teaching Assistant

Department of Health, Human Performance, and Recreation; Baylor University.

- Served as instructor for Human Anatomy lab (HP 1420), Beginning Weight Training (LF 1194), and Intermediate Weight Training (LF 1195). Assisted with teaching Exercise Testing and Interpretation II (HP 4471).
- Gave 9 guest lectures for a variety of courses, including Human Anatomy (HP 1420), Nutrition (HED 3313), Human Physiology (HP 1421), Human Diseases (HED 4355), and Exercise Testing and Interpretation I (HP 4470).

2013

### Teaching Assistant

Department of Biomedical Sciences; Colorado State University.

- Taught students using human cadavers for Human Gross Anatomy (BMS 301).



## HONORS AND AWARDS

2019

### New Faculty Award

Texas Tech University Alumni Association

2018

### 2018 Best Paper Award

European Journal of Sports Science

2018

### Faculty Recognition Award

Mortar Board and Omicron Delta Kappa at Texas Tech University

2016

### Graduated with 4.0 GPA for Ph.D. degree

Baylor University

2014  
|  
2016

### Travel Awards

Graduate School, Baylor University.

Six travel awards to present research at regional, national, and international conferences.

2015

### Membership Poster Award

Texas Chapter of the American College of Sports Medicine (TACSM)

- 2013 ● **Graduated with 4.0 GPA for M.S. degree**  
Colorado State University
- 2012 ● **Graduated *summa cum laude* for B.S. degrees**  
Oklahoma State University
- 2012 ● **Top Ten Senior Award**  
College of Arts & Sciences, Oklahoma State University
- 2011 ● **Niblack Research Scholar**  
Oklahoma State University
- 2011 ● **Emde-Phillips Endowed Scholarship**  
College of Arts & Sciences, Oklahoma State University
- 2011 ● **Student Employee of the Year Nominee**  
Oklahoma State University
- 2011 ● **General Leader Scholar Award**  
Department of Housing and Residential Life, Oklahoma State University
- 2008 ● **President's Honor Roll**  
Oklahoma State University
- 2012 |
- 2008 ● **Full-ride National Merit Scholar Academic Scholarship**  
Oklahoma State University
- 2012 |



## PEER-REVIEWED ARTICLES

Articles displayed in reverse chronological order. Only Pubmed-indexed articles are displayed, and article information is automatically retrieved from [PubMed](#).

Notes: \*corresponding author. †student researcher from GMT's laboratory

1. H. O. Santos, **G. M. Tinsley**, G. A. R. da Silva, and A. A. Bueno. "Pharmaconutrition in the Clinical Management of COVID-19: A Lack of Evidence-Based Research But Clues to Personalized Prescription". *Journal of personalized medicine* 10.4 (2020). ISSN: 2075-4426. DOI: <https://doi.org/10.3390/jpm10040145>. PMID: 32992693.
2. H. O. Santos, R. Genario, R. C. O. Macedo, M. Pareek, and **G. M. Tinsley**. "Association of breakfast skipping with cardiovascular outcomes and cardiometabolic risk factors: an updated review of clinical evidence". *Critical Reviews in Food Science and Nutrition* (2020), pp. 1-9. ISSN: 1549-7852. DOI: <https://doi.org/10.1080/10408398.2020.1819768>. PMID: 32935557.
3. **G. M. Tinsley**\*. "Five-Component Model Validation of Reference, Laboratory, and Field Methods of Body Composition Assessment". *The British Journal of Nutrition* (2020), pp. 1-38. ISSN: 1475-2662. DOI: <https://doi.org/10.1017/S0007114520003578>. PMID: 32921319.
4. B. J. Schoenfeld, A. Alto, J. Grgic, **G. Tinsley**, C. T. Haun, B. I. Campbell, G. Escalante, G. T. Sonmez, G. Cote, A. Francis, and E. T. Trexler. "Alterations in Body Composition, Resting Metabolic Rate, Muscular Strength, and Eating Behavior in Response to Natural Bodybuilding Competition Preparation: A Case Study". *Journal of Strength and Conditioning Research* (2020). ISSN: 1533-4287. DOI: <https://doi.org/10.1519/JSC.0000000000003816>. PMID: 32898035.
5. **G. M. Tinsley**\*, A. E. Smith-Ryan, Y. Kim, M. N. M. Blue, B. S. Nickerson, M. T. Stratton†, and P. S. Harty†. "Fat-free mass characteristics vary based on sex, race, and weight status in US adults". *Nutrition Research* 81 (2020), pp. 58-70. ISSN: 1879-0739. DOI: <https://doi.org/10.1016/j.nutres.2020.07.002>. PMID: 32882467.

6. P. S. Harty<sup>†</sup>, M. T. Stratton<sup>†</sup>, G. Escalante, C. Rodriguez<sup>†</sup>, J. R. Dellinger<sup>†</sup>, A. D. Williams<sup>†</sup>, S. J. White<sup>†</sup>, R. W. Smith<sup>†</sup>, B. A. Johnson<sup>†</sup>, M. B. Sanders<sup>†</sup>, and **G. M. Tinsley**<sup>\*</sup>. "Effects of Bang® Keto Coffee Energy Drink on Metabolism and Exercise Performance in Resistance-Trained Adults: A Randomized, Double-blind, Placebo-controlled, Crossover Study". *Journal of the International Society of Sports Nutrition* 17.1 (2020), p. 45. ISSN: 1550-2783. DOI: <https://doi.org/10.1186/s12970-020-00374-5>. PMID: 32831109.
7. **G. M. Tinsley**<sup>\*</sup>, C. Rodriguez<sup>†</sup>, S. J. White<sup>†</sup>, A. D. Williams<sup>†</sup>, M. T. Stratton<sup>†</sup>, P. S. Harty<sup>†</sup>, R. W. Smith<sup>†</sup>, J. R. Dellinger<sup>†</sup>, and B. A. Johnson<sup>†</sup>. "A Field-based Three-Compartment Model Derived from Ultrasonography and Bioimpedance for Estimating Body Composition Changes". *Medicine and Science in Sports and Exercise* (2020). ISSN: 1530-0315. DOI: <https://doi.org/10.1249/MSS.0000000000002491>. PMID: 32804903.
8. J. do Nascimento Queiroz, R. C. O. Macedo, **G. M. Tinsley**, and A. Reischak-Oliveira. "Time-restricted eating and circadian rhythms: the biological clock is ticking". *Critical Reviews in Food Science and Nutrition* (2020), pp. 1-13. ISSN: 1549-7852. DOI: <https://doi.org/10.1080/10408398.2020.1789550>. PMID: 32662279.
9. D. A. Larky, R. Bagheri, A. Abbasnezhad, **G. M. Tinsley**, M. Alipour, and A. Wong. "Effects of gradual weight loss vs rapid weight loss on body composition and resting metabolic rate: A systematic review and meta-analysis". *The British Journal of Nutrition* (2020), pp. 1-26. ISSN: 1475-2662. DOI: <https://doi.org/10.1017/S000711452000224X>. PMID: 32576318.
10. R. Bagheri, B. H. Moghadam, E. Jo, **G. M. Tinsley**, M. T. Stratton<sup>†</sup>, D. A. Larky, M. Eskandari, and A. Wong. "Comparison of whole egg vs. egg white ingestion during 12 weeks of resistance training on skeletal muscle regulatory markers in resistance-trained men". *The British Journal of Nutrition* (2020), pp. 1-20. ISSN: 1475-2662. DOI: <https://doi.org/10.1017/S0007114520002238>. PMID: 32576297.
11. **G. M. Tinsley**<sup>\*</sup>, M. L. Moore<sup>†</sup>, Z. Rafi, N. Griffiths, P. S. Harty<sup>†</sup>, M. T. Stratton<sup>†</sup>, M. L. Benavides<sup>†</sup>, J. R. Dellinger<sup>†</sup>, and B. T. Adamson<sup>†</sup>. "Explaining Discrepancies Between Total and Segmental DXA and BIA Body Composition Estimates Using Bayesian Regression". *Journal of Clinical Densitometry* (2020). ISSN: 1094-6950. DOI: <https://doi.org/10.1016/j.jocd.2020.05.003>. PMID: 32571645.
12. H. Meng, L. Zhu, H. Kord-Varkaneh, H. O. Santos, **G. M. Tinsley**, and P. Fu. "Effects of intermittent fasting and energy-restricted diets on lipid profile: A systematic review and meta-analysis". *Nutrition* 77 (2020), p. 110801. ISSN: 1873-1244. DOI: <https://doi.org/10.1016/j.nut.2020.110801>. PMID: 32428841.
13. R. Jäger, J. Zaragoza, M. Purpura, S. Iametti, M. Marengo, **G. M. Tinsley**, A. J. Anzalone, J. M. Oliver, W. Fiore, A. Biffi, S. Urbina, and L. Taylor. "Probiotic Administration Increases Amino Acid Absorption from Plant Protein: a Placebo-Controlled, Randomized, Double-Blind, Multicenter, Crossover Study". *Probiotics and Antimicrobial Proteins* (2020). ISSN: 1867-1314. DOI: <https://doi.org/10.1007/s12602-020-09656-5>. PMID: 32358640.
14. H. O. Santos, C. P. Earnest, **G. M. Tinsley**, L. F. M. Izidoro, and R. C. O. Macedo. "Small dense low-density lipoprotein-cholesterol (sdLDL-C): Analysis, effects on cardiovascular endpoints and dietary strategies". *Progress in Cardiovascular Diseases* (2020). ISSN: 1873-1740. DOI: <https://doi.org/10.1016/j.pcad.2020.04.009>. PMID: 32353373.
15. M. T. Stratton<sup>†</sup>, **G. M. Tinsley**, M. G. Alesi, G. M. Hester, A. A. Olmos, P. R. Serafini, A. S. Modjeski, G. T. Mangine, K. King, S. N. Savage, A. T. Webb, and T. A. VanDusseldorp. "Four Weeks of Time-Restricted Feeding Combined with Resistance Training Does Not Differentially Influence Measures of Body Composition, Muscle Performance, Resting Energy Expenditure, and Blood Biomarkers". *Nutrients* 12.4 (2020). ISSN: 2072-6643. DOI: <https://doi.org/10.3390/nu12041126>. PMID: 32316561.
16. P. S. Harty<sup>†</sup>, B. Sieglinger, S. B. Heymsfield, J. A. Shepherd, D. Bruner, M. T. Stratton<sup>†</sup>, and **G. M. Tinsley**<sup>\*</sup>. "Novel body fat estimation using machine learning and 3-dimensional

optical imaging". *European Journal of Clinical Nutrition* (Mar. 2020). ISSN: 1476-5640. DOI: 10.1038/s41430-020-0603-x. PMID: 32203233.

17. J. Grgic, C. Pickering, D. J. Bishop, J. D. Coso, B. J. Schoenfeld, **G. M. Tinsley**, and Z. Pedisic. "ADORA2A C Allele Carriers Exhibit Ergogenic Responses to Caffeine Supplementation". *Nutrients* 12.3 (2020). ISSN: 2072-6643. DOI: <https://doi.org/10.3390/nu12030741> PMID: 32168870.

18. A. Aryaie, **G. Tinsley**, J. Lee, B. A. Watkins, L. Moore, A. Alhaj-Saleh, K. Shankar, S. R. Wood, R. Wang, and C. Shen. "Actions of annatto-extracted tocotrienol supplementation on obese postmenopausal women: study protocol for a double-blinded, placebo-controlled, randomised trial". *BMJ Open* 10.3 (2020), p. e034338. ISSN: 2044-6055. DOI: <https://doi.org/10.1136/bmjopen-2019-034338>. PMID: 32152169.

19. **G. M. Tinsley**<sup>\*</sup>, M. L. Moore<sup>†</sup>, M. L. Benavides<sup>†</sup>, J. R. Dellinger<sup>†</sup>, and B. T. Adamson<sup>†</sup>. "3-Dimensional optical scanning for body composition assessment: A 4-component model comparison of four commercially available scanners". *Clinical Nutrition* (2020). ISSN: 1532-1983. DOI: <https://doi.org/10.1016/j.clnu.2020.02.008>. PMID: 32113641.

20. B. S. Nickerson, **G. M. Tinsley**, M. V. Fedewa, and M. R. Esco. "Fat-free mass characteristics of Hispanic adults: Comparisons with non-Hispanic Caucasians and cadaver reference values". *Clinical Nutrition* (2020). ISSN: 1532-1983. DOI: <https://doi.org/10.1016/j.clnu.2020.01.013>. PMID: 32057536.

21. R. Bagheri, B. H. Moghadam, D. D. Church, **G. M. Tinsley**, M. Eskandari, B. H. Moghadam, M. S. Motevalli, J. S. Baker, R. A. Robergs, and A. Wong. "The effects of concurrent training order on body composition and serum concentrations of follistatin, myostatin and GDF11 in sarcopenic elderly men". *Experimental Gerontology* 133 (2020), p. 110869. ISSN: 1873-6815. DOI: <https://doi.org/10.1016/j.exger.2020.110869>. PMID: 32035222.

22. **G. M. Tinsley**<sup>\*</sup> and M. L. Moore<sup>†</sup>. "Body fat gain and loss differentially influence validity of dual-energy x-ray absorptiometry and multifrequency bioelectrical impedance analysis during simultaneous fat-free mass accretion". *Nutrition Research* 75 (2019), pp. 44-55. ISSN: 1879-0739. DOI: <https://doi.org/10.1016/j.nutres.2019.12.006>. PMID: 31962277.

23. M. L. Moore<sup>†</sup>, M. L. Benavides<sup>†</sup>, J. R. Dellinger<sup>†</sup>, B. T. Adamson<sup>†</sup>, and **G. M. Tinsley**<sup>\*</sup>. "Segmental body composition evaluation by bioelectrical impedance analysis and dual-energy X-ray absorptiometry: Quantifying agreement between methods". *Clinical Nutrition* (2019). ISSN: 1532-1983. DOI: <https://doi.org/10.1016/j.clnu.2019.12.009>. PMID: 31874783.

24. M. V. Fedewa, B. S. Nickerson, **G. M. Tinsley**, M. R. Esco, E. G. Dunbar, A. G. Boucher, and R. M. DeLeon. "Examining Race-Related Error in Two-Compartment Models of Body Composition Assessment: A Systematic Review and Meta-Analysis". *Journal of Clinical Densitometry* (2019). ISSN: 1094-6950. DOI: <https://doi.org/10.1016/j.jocd.2019.10.002>. PMID: 31810770.

25. **G. M. Tinsley**<sup>\*</sup>, P. S. Harty<sup>†</sup>, M. L. Moore<sup>†</sup>, J. Grgic, A. M. Silva, and L. B. Sardinha. "Changes in total and segmental bioelectrical resistance are correlated with whole-body and segmental changes in lean soft tissue following a resistance training intervention". *Journal of the International Society of Sports Nutrition* 16.1 (2019), p. 58. ISSN: 1550-2783. DOI: <https://doi.org/10.1186/s12970-019-0325-4>. PMID: 31783760.

26. J. Zaragoza, **G. Tinsley**, S. Urbina, K. Villa, E. Santos, A. Juaneza, M. Tinnin, C. Davidson, S. Mitmesser, Z. Zhang, and L. Taylor. "Effects of acute caffeine, theanine and tyrosine supplementation on mental and physical performance in athletes". *Journal of the International Society of Sports Nutrition* 16.1 (2019), p. 56. ISSN: 1550-2783. DOI: <https://doi.org/10.1186/s12970-019-0326-3>. PMID: 31771598.

27. **G. M. Tinsley**<sup>\*</sup>, M. L. Moore<sup>†</sup>, J. R. Dellinger<sup>†</sup>, B. T. Adamson<sup>†</sup>, and M. L. Benavides<sup>†</sup>. "Digital anthropometry via three-dimensional optical scanning: evaluation of four commercially available systems". *European Journal of Clinical Nutrition* (2019). ISSN: 1476-5640. DOI: <https://doi.org/10.1038/s41430-019-0526-6>. PMID: 31685968

28. **G. M. Tinsley**<sup>\*</sup> and A. Paoli. "Time-restricted eating and age-related muscle loss". *Aging* 11.20 (2019), pp. 8741-8742. ISSN: 1945-4589. DOI: <https://doi.org/10.18632/aging.102384>. PMID: 31631066.

29. J. Grgic, A. Garofolini, C. Pickering, M. J. Duncan, **G. M. Tinsley**, and J. D. Coso. "Isolated effects of caffeine and sodium bicarbonate ingestion on performance in the Yo-Yo test: A systematic review and meta-analysis". *Journal of Science and Medicine in Sport* 23.1 (2020), pp. 41-47. ISSN: 1878-186 DOI: <https://doi.org/10.1016/j.jsams.2019.08.016>. PMID: 31466868.

30. **G. M. Tinsley**<sup>\*</sup>, M. L. Moore<sup>†</sup>, A. M. Silva, and L. B. Sardinha. "Cross-sectional and longitudinal agreement between two multifrequency bioimpedance devices for resistance, reactance, and phase angle values". *European Journal of Clinical Nutrition* (2019). ISSN: 1476-5640. DOI: <https://doi.org/10.1038/s41430-019-0496-8>. PMID: 31455876.

31. **G. M. Tinsley**<sup>\*</sup>, M. L. Moore<sup>†</sup>, A. J. Graybeal<sup>†</sup>, A. Paoli, Y. Kim, J. U. Gonzales, J. R. Harry, T. A. VanDusseldorp, D. N. Kennedy<sup>†</sup>, and M. R. Cruz<sup>†</sup>. "Time-restricted feeding plus resistance training in active females: a randomized trial". *The American Journal of Clinical Nutrition* 110.3 (2019), pp. 628-640. ISSN: 1938-3207. DOI: <https://doi.org/10.1093/ajcn/nqz126>. PMID: 31268131.

32. B. S. Nickerson, **G. M. Tinsley**, and M. R. Esco. "Validity of Field and Laboratory Three-Compartment Models in Healthy Adults". *Medicine and Science in Sports and Exercise* 51.5 (2019), pp. 1032-1039. ISSN: 1530-0315. DOI: <https://doi.org/10.1249/MSS.0000000000001876>. PMID: 30986814.

33. A. Paoli, **G. Tinsley**, A. Bianco, and T. Moro. "The Influence of Meal Frequency and Timing on Health in Humans: The Role of Fasting". *Nutrients* 11.4 (2019). ISSN: 2072-6643. DOI: <https://doi.org/10.3390/nu11040719>. PMID: 30925707.

34. **G. M. Tinsley**<sup>\*</sup>, M. L. Moore<sup>†</sup>, and A. J. Graybeal<sup>†</sup>. "Precision of Dual-Energy X-Ray Absorptiometry Reflection Scans in Muscular Athletes". *Journal of Clinical Densitometry* (2018). ISSN: 1094-6950. DOI: <https://doi.org/10.1016/j.jocd.2018.09.005>. PMID: 30327241.

35. **G. M. Tinsley**<sup>\*</sup>, A. J. Graybeal<sup>†</sup>, and M. L. Moore<sup>†</sup>. "Resting metabolic rate in muscular physique athletes: validity of existing methods and development of new prediction equations". *Applied Physiology, Nutrition, and Metabolism* 44.4 (2019), pp. 397-406. ISSN: 1715-5320. DOI: <https://doi.org/10.1139/apnm-2018-0412>. PMID: 30240568.

36. A. J. Graybeal<sup>†</sup>, M. L. Moore<sup>†</sup>, M. R. Cruz<sup>†</sup>, and **G. M. Tinsley**<sup>\*</sup>. "Body Composition Assessment in Male and Female Bodybuilders: A 4-Compartment Model Comparison of Dual-Energy X-Ray Absorptiometry and Impedance-Based Devices". *Journal of Strength and Conditioning Research* (2018). ISSN: 1533-4287. DOI: <https://doi.org/10.1519/JSC.0000000000002831> PMID: 30161092.

37. **G. M. Tinsley**<sup>\*</sup> and B. S. Nickerson. "Exclusion of Trunk Region Reduces Biological Error but Increases Technical Error of DXA Lean Soft Tissue Estimates From Nonfasted Assessments". *International Journal of Sport Nutrition and Exercise Metabolism* 29.3 (2019), pp. 309-314. ISSN: 1543-2742. DOI: <https://doi.org/10.1123/ijsnem.2018-0132>. PMID: 30160551.

38. **G. M. Tinsley**<sup>\*</sup>, A. J. Graybeal<sup>†</sup>, M. L. Moore<sup>†</sup>, and B. S. Nickerson<sup>†</sup>. "Fat-free Mass Characteristics of Muscular Physique Athletes". *Medicine and Science in Sports and Exercise* 51.1 (2019), pp. 193-201 ISSN: 1530-0315. DOI: <https://doi.org/10.1249/MSS.0000000000001749>. PMID: 30095745.

39. **G. M. Tinsley**<sup>\*</sup>, E. T. Trexler, A. E. Smith-Ryan, A. Paoli, A. J. Graybeal<sup>†</sup>, B. I. Campbell, and B. J. Schoenfeld. "Changes in Body Composition and Neuromuscular Performance Through Preparation, 2 Competitions, and a Recovery Period in an Experienced Female Physique Athlete". *Journal of Strength and Conditioning Research* 33.7 (2019), pp. 1823-



1839. ISSN: 1533-4287. DOI: <https://doi.org/10.1519/JSC.0000000000002758>. PMID: 30036283.

**40. G. Tinsley**, S. Urbina, E. Santos, K. Villa, C. Foster, C. Wilborn, and L. Taylor. "A Purported Detoxification Supplement Does Not Improve Body Composition, Waist Circumference, Blood Markers, or Gastrointestinal Symptoms in Healthy Adult Females". *Journal of Dietary Supplements* 16.6 (2019), pp. 649-658. ISSN: 1939-022X. DOI: <https://doi.org/10.1080/19390211.2018.1472713>. PMID: 29958034.

**41. B. J. Schoenfeld**, B. S. Nickerson, C. D. Wilborn, S. L. Urbina, S. B. Hayward, J. Krieger, A. A. Aragon, and **G. M. Tinsley**. "Comparison of Multifrequency Bioelectrical Impedance vs. Dual-Energy X-ray Absorptiometry for Assessing Body Composition Changes After Participation in a 10-Week Resistance Training Program". *Journal of Strength and Conditioning Research* 34.3 (2020), pp. 678-688. ISSN: 1533-4287. DOI: <https://doi.org/10.1519/JSC.0000000000002708>. PMID: 29927888.

**42. B. S. Nickerson** and **G. M. Tinsley**. "Utilization of BIA-Derived Bone Mineral Estimates Exerts Minimal Impact on Body Fat Estimates via Multicompartment Models in Physically Active Adults". *Journal of Clinical Densitometry* 21.4 (2018), pp. 541-549. ISSN: 1094-6950. DOI: <https://doi.org/10.1016/j.jocd.2018.02.003>. PMID: 29661686.

**43. G. M. Tinsley**<sup>\*</sup>, A. H. Givan<sup>†</sup>, A. J. Graybeal<sup>†</sup>, M. I. Villarreal<sup>†</sup>, and A. G. Cross<sup>†</sup>. "β-Hydroxy β-methylbutyrate free acid alters cortisol responses, but not myofibrillar proteolysis, during a 24-h fast". *The British Journal of Nutrition* 119.5 (2018), pp. 517-526. ISSN: 1475-2662. DOI: <https://doi.org/10.1017/S0007114517003907>. PMID: 29508695.

**44. G. M. Tinsley**<sup>\*</sup>, M. L. Moore<sup>†</sup>, and A. J. Graybeal<sup>†</sup>. "Reliability of hunger-related assessments during 24-hour fasts and their relationship to body composition and subsequent energy compensation". *Physiology & Behavior* 188 (2018), pp. 221-226. ISSN: 1873-507X. DOI: <https://doi.org/10.1016/j.physbeh.2018.02.017>. PMID: 29438660.

**45. G. M. Tinsley**<sup>\*</sup>, J. S. Forsse, E. Morales, and P. W. Grandjean. "Dual-energy X-ray absorptiometry visceral adipose tissue estimates: reproducibility and impact of pre-assessment diet". *European Journal of Clinical Nutrition* 72.4 (Apr.2018), pp. 609-612. ISSN: 1476-5640. DOI: <https://doi.org/10.1038/s41430-017-0038-1> PMID: 29288247.

**46. G. M. Tinsley**, S. Urbina, J. Mullins, J. Outlaw, S. Hayward, M. Stone, C. Foster, C. Wilborn, and L. Taylor. "Influence of A Thermogenic Dietary Supplement on Safety Markers, Body Composition, Energy Expenditure, Muscular Performance and Hormone Concentrations: A Randomized, Placebo-Controlled, Double-Blind Trial". *Journal of Sports Science & Medicine* 16.4 (2017), pp. 459-467. ISSN: 1303-2968. PMID: 29238244.

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- 52. F. E. Morales, G. M. Tinsley,** and P. M. Gordon. "Acute and Long-Term Impact of High-Protein Diets on Endocrine and Metabolic Function, Body Composition, and Exercise-Induced Adaptations". *Journal of the American College of Nutrition* 36.4 (2017), pp. 295-305. ISSN: 1541-1087. DOI: <https://doi.org/10.1080/07315724.2016.1274691> PMID: 28443785.
- 53. N. C. Arsenis, T. You, E. F. Ogawa, G. M. Tinsley,** and L. Zuo. "Physical activity and telomere length: Impact of aging and potential mechanisms of action". *Oncotarget* 8.27 (2017), pp. 45008-45019. ISSN: 1949-2553. DOI: <https://doi.org/10.18632/oncotarget.16726>. PMID: 28410238.
- 54. F. E. Morales, J. S. Fosse, T. L. Andre, S. K. McKinley-Barnard, P. S. Hwang, I. G. Anthony, G. M. Tinsley,** M. Spillane, P. W. Grandjean, A. Ramirez, and D. S. Willoughby. "BAL-BA Does Not Regulate UCP-3 Expression in Human Skeletal Muscle as a Response to Aerobic Exercise". *Journal of the American College of Nutrition* 36.3 (2017), pp. 200-209. ISSN: 1541-1087. DOI: <https://doi.org/10.1080/07315724.2016.1256240>. PMID: 28318397.
- 55. G. M. Tinsley\***, E. Morales, J. S. Fosse, and P. W. Grandjean. "Impact of Acute Dietary Manipulations on DXA and BIA Body Composition Estimates". *Medicine and Science in Sports and Exercise* 49.4 (2017), pp. 823-832. ISSN: 1530-0315. DOI: <https://doi.org/10.1249/MSS.0000000000001148>. PMID: 27875499.
- 56. T. Moro, G. Tinsley,** A. Bianco, G. Marcolin, Q. F. Pacelli, G. Battaglia, A. Palma, P. Gentil, M. Neri, and A. Paoli. "Effects of eight weeks of time-restricted feeding (16/8) on basal metabolism, maximal strength, body composition, inflammation, and cardiovascular risk factors in resistance-trained males". *Journal of Translational Medicine* 14.1 (2016), p. 290. ISSN: 1479-5876. DOI: <https://doi.org/10.1186/s12967-016-1044-0>. PMID: 27737674.
- 57. L. Zuo, F. He, G. M. Tinsley,** B. K. Pannell, E. Ward, and P. J. Arciero. "Comparison of High-Protein, Intermittent Fasting Low-Calorie Diet and Heart Healthy Diet for Vascular Health of the Obese". *Frontiers in Physiology* 7 (2016), p. 350. ISSN: 1664-042X. DOI: <https://doi.org/10.3389/fphys.2016.00350>. PMID: 27621707.
- 58. G. M. Tinsley\***, J. S. Fosse, N. K. Butler, A. Paoli, A. A. Bane, P. M. La Bounty, G. B. Morgan, and P. W. Grandjean. "Time-restricted feeding in young men performing resistance training: A randomized controlled trial". *European Journal of Sport Science* 17.2 (2017), pp. 200-207. ISSN: 1536-7290. DOI: <https://doi.org/10.1080/17461391.2016.1223173>. PMID: 27550719.
- 59. G. M. Tinsley,** J. J. Gann, S. R. Huber, T. L. Andre, P. M. La Bounty, R. G. Bowden, P. M. Gordon, and P. W. Grandjean. "Effects of Fish Oil Supplementation on Postresistance Exercise Muscle Soreness". *Journal of Dietary Supplements* 14.1 (2017), pp. 89-100. ISSN: 1939-022X. DOI: <https://doi.org/10.1080/19390211.2016.1205701> PMID: 27441600.
- 60. G. M. Tinsley\*** and P. M. La Bounty. "Effects of intermittent fasting on body composition and clinical health markers in humans". *Nutrition Reviews* 73.10 (2015), pp. 661-74. ISSN: 1753-4887. DOI: <https://doi.org/10.1093/nutrit/nuv041> PMID: 26374764.
- 61. G. M. Tinsley\*** and D. S. Willoughby. "Fat-Free Mass Changes During Ketogenic Diets and the Potential Role of Resistance Training". *International Journal of Sport Nutrition and Exercise Metabolism* 26.1 (2016), pp. 78-92. ISSN: 1543-2742. DOI: <https://doi.org/10.1123/ijsnem.2015-0070>. PMID: 26284291.



## \$ GRANTS (FUNDED)

2020  
|  
2021

- **Legion Athletics, Inc.**  
The Influence of Creatine Monohydrate Supplementation on Testosterone, Dihydrotestosterone, and Hair Loss (A20-0119-001)
  - Role: **Lead Principal Investigator**
  - Amount: **\$32,271**

2020

- **Vital Pharmaceuticals, Inc.**  
Effects of a Caffeine- and Protein-Containing Coffee Beverage on Metabolism and Muscular Performance (A20-0134-001)
  - Role: **Lead Principal Investigator**
  - Amount: **\$20,000**

2018  
|  
2020

- **American River Nutrition, Inc.**  
Actions of Dietary Tocotrienols on Obesity
  - Role: **Co-investigator** (PI: Chwan-Li Shen)
  - Amount: **\$70,000**

2018  
|  
2019

- **Texas Tech University Health Sciences Center, School of Medicine**  
Actions of Dietary Tocotrienols on Obesity. *Collaborative Research Seed Grant Program*
  - Role: **Co-investigator** (PI: Chwan-Li Shen)
  - Amount: **\$20,000**

2017  
|  
2018

- **MTI Biotech, Inc.**  
Time-Restricted Feeding and HMB Supplementation During Resistance Training in Active Females (A18-0078-001)
  - Role: **Lead Principal Investigator**
  - Amount: **\$24,689**. *Additional in-kind donation (value: \$13,727).*

2016  
|  
2017

- **MTI Biotech, Inc.**  
Effects of HMB supplementation on muscle protein breakdown during acute fasting: implications for intermittent fasting programs (A17-0083-001)
  - Role: **Lead Principal Investigator**
  - Amount: **\$9,619**



## CONTRACTS (SUPPORTED)

2019  
|  
2020

- **MuscleSound**  
Ultrasonography Assessments of Body Composition and Muscular Properties During Overfeeding Plus Resistance Training. Research Contract #C14656
  - Product loan of ultrasonography transducer
  - Role: **Lead Principal Investigator & Contract Administrator**

2019  
|  
2020

- **Biospace, Inc. (InBody)**  
Influence of Acute Fluid Ingestion on Bioelectrical Variables. Research Contract #C14618
  - Product loan of bioelectrical impedance analyzer
  - Role: **Lead Principal Investigator & Contract Administrator**

2018  
|  
2019

- **Naked Labs Inc.**  
Validation of Naked Labs Infrared 3-dimensional Body Scanner. Research Contract #C13132
  - Product donation of 3-dimensional optical scanner (value: \$1,395)
  - Role: Lead Principal Investigator & Contract Administrator

2018  
|  
2019

- **Size Stream LLC**  
Validation of Size Stream SS20 Infrared 3-dimensional Body Scanner. Research Contract #C12496
  - Product donation of 3-dimensional optical scanner (value: \$18,000)
  - Role: Lead Principal Investigator & Contract Administrator


2017  
|  
2018

- **Dymatize Enterprises**  
In-kind donation to support research
  - Product donation of 570 pounds of Elite 100% Whey Protein (value: \$10,788)
  - Role: Lead Principal Investigator




## CONFERENCE PRESENTATIONS

2020

- **National Strength and Conditioning Association National Conference (canceled)**  
Scheduled to deliver presentation entitled "Intermittent Fasting and Meal Frequency: Implications for Training Adaptations." *Invited Speaker.*  
 Las Vegas, NV


2018

- **International Society of Sports Nutrition 15th Annual Conference and Expo**  
"Accuracy of DXA and impedance-based devices for body composition assessment in male and female bodybuilders." *Poster presentation.*  
 Clearwater, FL


2018

- **American College of Sports Medicine Annual Meeting**  
"Does Exclusion of Trunk Region Improve Accuracy of DXA Lean Soft Tissue from Non-fasted Assessments?" *Poster presentation.*  
 Minneapolis, MN

2017

- **International Society of Sports Nutrition-Kennesaw State University Conference on Nutrition and Training.**  
Intermittent Fasting and Exercise: Current Evidence and Future Directions. *Plenary session.* Approximate attendance: 75. Duration: 1 hour.  
 Kennesaw, GA.

2017

- **International Society of Sports Nutrition 14th Annual Conference and Expo**  
"Substantial body recomposition during contest preparation in an experienced female figure competitor: results of 4-compartment model and total body protein calculations." *Poster presentation.*  
 Phoenix, AZ

- 2017 ● **Texas Chapter of the American College of Sports Medicine Annual Meeting**  
 Intermittent Fasting and Exercise: Can They Coexist? *Invited speaker.* Approximate attendance: 400. Duration: 1 hour.  
📍 Waco, TX.
- 2016 ● **American College of Sports Medicine Annual Meeting**  
 Variation in Individual Responses to Time-Restricted Feeding and Resistance Training. *Poster presentation in thematic session.* Approximate attendance: 30.  
📍 Boston, MA.
- 2016 ● **10th Annual Health Research Forum, Family Health Center**  
 "Variation in Individual Responses to Time-Restricted Feeding and Resistance Training." *Poster presentation.*  
📍 Waco, TX
- 2016 ● **Texas Chapter of the American College of Sports Medicine Annual Meeting**  
 "Variation in Individual Responses to Time-Restricted Feeding and Resistance Training." *Poster presentation.*  
📍 College Station, TX
- 2015 ● **International Society of Sports Nutrition 12th Annual Conference and Expo**  
 "Intermittent fasting combined with resistance training: effects on body composition, muscular performance, and dietary intake." *Poster presentation.*  
📍 Austin, TX
- 2015 ● **American College of Sports Medicine Annual Meeting**  
 "Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females." *Poster presentation.*  
📍 San Diego, CA
- 2015 ● **9th Annual Health Research Forum, Family Health Center**  
 "Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females." *Poster presentation.*  
📍 Waco, TX
- 2015 ● **Texas Chapter of the American College of Sports Medicine Annual Meeting**  
 "Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females." *Poster presentation.*  
📍 Austin, TX
- 2014 ● **International Society of Sports Nutrition 11th Annual Conference and Expo**  
 "Frequency of eating occasions and dietary supplement use in competitive Brazilian Jiu-Jitsu athletes: preliminary results of an ongoing study." *Poster presentation.*  
📍 Clearwater Beach, FL
- 2012 ● **Kathleen Briggs Human Sciences Undergraduate Scholars Forum**  
 "Dietary Iron Deficiency Alters Hepatic miRNA Expression: Implications for Regulation of Cellular Iron Metabolism." *Poster presentation.*  
📍 Stillwater, OK

- 2012 ● **Oklahoma State University 23rd Annual Research Symposium**  
 “Dietary Iron Deficiency Alters Hepatic miRNA Expression: Implications for Regulation of Cellular Iron Metabolism.” *Poster presentation.*  
 📍 Stillwater, OK
- 2010 ● **Summer Undergraduate Research Experience Presentation, University of Oklahoma Health Sciences Center)**  
 “miR-1224, a Regulator of Blue Cone Opsin, is Down-Regulated in Late Stage Diabetic Retinopathy.” *Poster presentation.*  
 📍 Oklahoma City, OK

## 👤 OTHER PRESENTATIONS AND APPEARANCES

- 2019 ● **Guest Presentation for Introduction to Kinesiology Course**  
 “Energy Balance & Body Composition Laboratory Research Program.” Approximate attendance: 90
- 2019 ● **Lecture for Nutrition and Obesity Seminar Series**  
 “Human Body Composition: Methodological Considerations and Alterations via Nutrition and Exercise Programs.” Department of Nutritional Sciences, College of Human Sciences, Texas Tech University. Approximate attendance: 30
- 2019 ● **Radio spot for College of Arts & Sciences.**  
 KTTZ-FM, Lubbock.
- 2019 ● **ELT Method Coaching Online Seminar**  
 “Intermittent Fasting & Exercise.”
- 2019 ● **Muscle MBA Online Conference**  
 “Methods of Assessing Skeletal Muscle Hypertrophy.”
- 2019 ● **Stronger by Science Podcast.**  
 Podcast Interview.
- 2018 ● **Lubbock YMCA**  
 “Intermittent Fasting: Part of a Healthy Lifestyle or Just Another Fad Diet?” Approximate attendance: 15
- 2018 ● **Texas Tech University Honors College Introduction to Research Workshop**  
 “Human Body Composition: How Do We Measure It? How Do We Change It?” Approximate attendance: 20
- 2016 ● **Examine.com Research Digest Interview.**  
 Presented in Issue 26, Volume 1 of 2.
- 2016 ● **Dean’s Advisory Council of Robbins College of Health and Human Sciences, Baylor University**  
 Graduate Student Research Presentation for Advisory Council. Approximate attendance: 20
- 2014 ● **Exercise Science Student Association, Baylor University.**  
 “Introduction to Intermittent Fasting.” Approximate attendance: 25

## 🌟 CERTIFICATIONS & TRAINING

- 2020 ● **Training: Statistics and R Course**  
 HarvardX / Harvard T.H. Chan School of Public Health

- 2017 ● **Certification: Certified Sports Nutritionist (CISSN)**  
International Society of Sports Nutrition
- 2013 ● **Certification: Certified Strength and Conditioning Specialist (CSCS)**  
National Strength and Conditioning Association

## PROFESSIONAL ORGANIZATIONS

- 2020  
|  
present ● **American Society for Nutrition**  
Member
- 2017  
|  
2019 ● **European Sport Nutrition Society**  
Board of Directors
- 2016  
|  
2017 ● **The Obesity Society**  
Member
- 2015  
|  
present ● **American College of Sports Medicine**  
Member
- 2014  
|  
present ● **International Society of Sports Nutrition**  
Member
- 2014  
|  
present ● **Texas Chapter of the American College of Sports Medicine**  
Member
- 2013  
|  
present ● **National Strength and Conditioning Association**  
Member

## SERVICE

- 2018  
|  
present ● **Associate Editor**  
Journal of the International Society of Sports Nutrition
- 2016  
|  
present ● **Manuscript Reviewer (Ad hoc)**  
Served as manuscript reviewer for 30 manuscripts from 2016 to present. Journals include: Advances in Nutrition; American Journal of Clinical Nutrition; Applied Physiology, Nutrition, and Metabolism; BMC Nutrition; BMJ; British Journal of Nutrition; Clinical Medicine Insights: Case Reports; European Journal of Clinical Nutrition; Functional Foods in Health and Disease; Journal of Clinical Densitometry; Journal of Dietary Supplements; Journal of Strength & Conditioning Research; Journal of the International Society of Sports Nutrition; Journal of Sport Science and Medicine; Medicine & Science in Sports & Exercise; Nutrients; Obesity; PeerJ.
- 2018  
|  
2020 ● **Dissertation Committee Member (External)**  
University of North Carolina at Chapel Hill. Student: Malia Blue. Adviser: Dr. Abbie Smith-Ryan. Dissertation Topic: Validity of Body Composition Assessment in Racial and Ethnic Minorities

- 2018  
|  
2019

● **Thesis Committee Member (External)**  
Kennesaw State University. Student: Matthew Stratton. Adviser:  
Dr. Trisha VanDusseldorp. Dissertation Topic: The Effect of Time Re-  
stricted Feeding on Measures of Body Composition and Muscular  
Performance
- 2019  
|  
2020

● **Student Grant Reviewer**  
National Strength and Conditioning Association (NSCA)
- 2019  
|  
2020

● **Student Poster Judge**  
Texas Chapter of the American College of Sports Medicine (TACSM)  
Annual Meeting
- 2019

● **Scholarship Reviewer**  
National Strength and Conditioning Association (NSCA)
- 2019

● **Invited Reviewer**  
Science and Development of Muscle Hypertrophy, 2nd edition, by  
Brad Schoenfeld, PhD.
- 2019

● **Student Podium Presentation Judge**  
National Strength and Conditioning Association (NSCA) Annual  
Meeting
- 2019

● **Grant Reviewer**  
Translational Research Institute for Space Health (TRISH), NASA.
- 2019

● **Undergraduate Research Conference Reviewer**  
Texas Tech University
- 2018  
|  
2019

● **Invited Expert Reviewer**  
Graduate Women In Science Fellowship application
- 2018  
|  
2019

● **Volunteer**  
Shake Hands with Your Future, Diversity and Inclusion Department,  
Texas Tech University.
- 2017  
|  
2019

● **Faculty Search Committee Member**  
Department of Kinesiology & Sport Management, Texas Tech  
University
- 2018

● **Invited External Reviewer**  
Doctoral thesis at Victoria University, Melbourne, Australia. Thesis  
title: The Effect of Intermittent Fasting and Exercise Training on Body  
Composition and Molecular Markers of Adipose and Skeletal Muscle  
Tissue Physiology in Diet-induced Obese Mice.
- 2018

● **Reviewer for Student Manuscript Awards**  
Texas Chapter of the American College of Sports Medicine (TACSM)
- 2017

● **Evaluator for General Fellowship Applications**  
Texas Tech University
- 2017

● **Body Composition Assessment for Football Athletes**  
Department of Athletics, Texas Tech University
- 2016

● **Invited Expert Reviewer**  
Human OS Fasting Course





## STUDENT MENTORING

2016  
|  
present



### Undergraduate Students

Mentored **16** undergraduate students, including one scholar from the *Ronald E. McNair Post-Baccalaureate Achievement Program*, five students from the *Honors College Undergraduate Research Scholars (URS) Program*, and three students with funding from the *Center for Transformative Undergraduate Experiences (TrUE)*.

2016  
|  
present



### Graduate Students

Mentored **17** graduate students, including 2 doctoral students and 5 master's students who completed final research projects.



## ABSTRACTS

Displayed in reverse chronological order. †=student author from GMT's laboratory

1. Zaragoza J, Urbina S, Purpura M, Jäger R, **Tinsley G**, Stone J, Askow A, Oliver J, Taylor L. "Probiotic administration increases amino acid absorption from plant protein – A placebo-controlled, randomized, double-blind, multicenter, crossover study." *The FASEB Journal*. Forthcoming.

2. Harty P†, Surowiec K, **Tinsley G**, Zabriskie H, Stecker R, Currier B, Moon J, Richmond S, Jagim A, Kerksick C. "Practical Timing Strategies to Optimize Plasma Caffeine Concentration Prior to Exercise". *Journal of Strength & Conditioning Research*. Forthcoming.

3. Stratton M†, Harty P†, Smith R†, Rodriguez C†, Williams A†, White S†, Dellinger J†, Johnson B†, Benavides M†, Tinsley G. "A Comparison Between Alterations in Ultrasound-derived Muscle Thickness and Dual-energy X-ray Absorptiometry Segmental Lean Mass". *Journal of Strength & Conditioning Research*. Forthcoming.

4. Harty P†, Stratton M†, Griffiths N, Moore M†, Benavides M†, Dellinger J†, Adamson B†, **Tinsley G**. "Physiological and Anthropometric Predictors of Discrepancies Between Bioelectrical Impedance Analysis and Dual-Energy X-Ray Absorptiometry". *Medicine & Science in Sports & Exercise*. Forthcoming.

5. Stratton M†, Harty P†, Moore M†, Griffiths N, Dellinger J†, Benavides M†, Adamson B†, **Tinsley G**. "Explaining Segmental Lean Soft Tissue Discrepancies Between Bioelectrical Impedance Analysis and Dual-Energy X-Ray Absorptiometry". *Medicine & Science in Sports & Exercise*. Forthcoming.

6. Stratton M†, **Tinsley G**, Alesi M, Hester G, Olmos A, Serifini P, Modjeski A, Mangine G, King K, Savage S, Webb A, VanDusseldorp T. "The Effect of Time-Restricted Feeding in Combination with Resistance Training on Measures of Body Composition, Muscle Performance, Resting Energy Expenditure, and Blood Biomarkers". *Journal of the International Society of Sports Nutrition*. 2020;17(1):23. <https://doi.org/10.1186/s12970-020-00352-x>.

7. Dellinger †, Johnson B†, Stratton M†, Harty P†, Benavides M†, White S†, Williams A†, Smith R†, **Tinsley G**. "Influence of Acute Water Ingestion on Bioelectrical Impedance Analysis Estimates of Body Composition". *International Journal of Exercise Science: Conference Proceedings*. 2020;2(12). <https://digitalcommons.wku.edu/ijesab/vol2/iss12/23>.

8. White S†, Harty P†, Stratton M†, Dellinger J†, Johnson B†, Smith R†, Williams A†, Benavides M†, **Tinsley G**. "Tracking Resistance Training-Induced Changes in Body Composition via 3-Dimensional Optical Scanning". *International Journal of Exercise Science: Conference Proceedings*. 2020;2(12). <https://digitalcommons.wku.edu/ijesab/vol2/iss12/20>.

9. Wong R, Barker J, Berreth T, Fox R, Maldonado M, Vancleave C, Zaragoza J, Tinnin M, **Tinsley G**, Taylor L, Brennan K. "The Effects Of Acute Resistance Exercise On Bioelectrical

Impedance Analysis Measures Of Body Composition". *International Journal of Exercise Science: Conference Proceedings*. 2020;2(12). <https://digitalcommons.wku.edu/ijesab/vol2/iss12/155>.

10. Harty P<sup>†</sup>, Stratton M<sup>†</sup>, Johnson B<sup>†</sup>, Dellinger J<sup>†</sup>, Benavides M<sup>†</sup>, Smith R<sup>†</sup>, White S<sup>†</sup>, Williams A<sup>†</sup>, Rodriguez C<sup>†</sup>, **Tinsley G**. "Influence of Subject Presentation on Body Composition Estimates from Dual-Energy X-Ray Absorptiometry, Air Displacement Plethysmography, and Bioelectrical Impedance Analysis". *International Journal of Exercise Science: Conference Proceedings*. 2020;2(12). <https://digitalcommons.wku.edu/ijesab/vol2/iss12/68>.

11. Benavides M<sup>†</sup>, Johnson B<sup>†</sup>, Harty P<sup>†</sup>, Stratton M<sup>†</sup>, Dellinger J<sup>†</sup>, Smith R<sup>†</sup>, Williams A<sup>†</sup>, Rodriguez C<sup>†</sup>, White S<sup>†</sup>, **Tinsley G**. "Impact of Fluid Consumption on Estimates of Intracellular, Extracellular, and Total Body Water from Multi-Frequency Bioelectrical Impedance Analysis". *International Journal of Exercise Science: Conference Proceedings*. 2020;2(12). <https://digitalcommons.wku.edu/ijesab/vol2/iss12/97>.

12. Barker J, Berreth T, Fox R, Maldonado M, Vancleave C, Wong R, Zaragoza J, Tinnin M, **Tinsley G**, Taylor L, Brennan K. "The Effects Of Acute Resistance Exercise On Dual-Energy X-Ray Absorptiometry Measure Of Body Composition". *International Journal of Exercise Science: Conference Proceedings*. 2020;2(12). <https://digitalcommons.wku.edu/ijesab/vol2/iss12/157>.

13. Birdsell D, **Tinsley G**, Zaragoza J, Tinnin M, Prather J, Harrison C, Smith S, Lockwood C, Taylor L. "Comparison of Bioimpedance Analysis and Dual Energy X-Ray Absorptiometry in Division III Football Athletes". *International Journal of Exercise Science: Conference Proceedings*. 2020;2(12). <https://digitalcommons.wku.edu/ijesab/vol2/iss12/76>.

14. Stratton M<sup>†</sup>, Harty P<sup>†</sup>, Smith R<sup>†</sup>, Dellinger J<sup>†</sup>, Johnson B<sup>†</sup>, Benavides M<sup>†</sup>, Williams A<sup>†</sup>, White S<sup>†</sup>, Rodriguez C<sup>†</sup>, **Tinsley G**. "Body Fat Gain Automatically Increases Lean Mass by Changing the Fat-Free Component of Adipose Tissue". *International Journal of Exercise Science: Conference Proceedings*. 2020;2(12). <https://digitalcommons.wku.edu/ijesab/vol2/iss12/49>.

15. Williams A<sup>†</sup>, **Tinsley G**, Stratton M<sup>†</sup>, Harty P<sup>†</sup>, Benavides M<sup>†</sup>, White S<sup>†</sup>, Johnson B<sup>†</sup>, Smith R<sup>†</sup>, Dellinger J<sup>†</sup>, Rodriguez C<sup>†</sup>. "Agreement Between 4-Compartment Model and 7-Site Ultrasonography for Tracking Weight Training-Induced Changes in Body Composition". *International Journal of Exercise Science: Conference Proceedings*. 2020;2(12). <https://digitalcommons.wku.edu/ijesab/vol2/iss12/21>.

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