

GRANT M. TINSLEY



FACULTY POSITIONS

2021
|
present



Texas Tech University

Associate Professor (tenured)

📍 Lubbock, TX

2016

2021



Texas Tech University

Assistant Professor

📍 Lubbock, TX



EDUCATION

2021



Stanford University

Graduate Certificate in Medical Statistics

📍 Online

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*



CERTIFICATIONS

2020



Certified Strength and Conditioning Specialist, with distinction (CSCS,*D)

National Strength and Conditioning Association

2017



Certified Sports Nutritionist (CISSN)

International Society of Sports Nutrition

2013



Certified Strength and Conditioning Specialist (CSCS)

National Strength and Conditioning Association

RESEARCH SUMMARY

Peer-Reviewed Publications

213 total publications

119 articles*

49 as corresponding author

36 as first author

94 abstracts

*PubMed indexed only

Google Scholar Metrics

citations: **4560**

h-index: **32**

i10-index: **72**

Funding (Awarded)

\$617,699 total

\$527,699 as PI

KEY SKILLS

Clinical Research

Data Analysis using R

Writing

Body Composition Assessment

Nutrition and Metabolism

Human Performance

LINKS

[PubMed](#)

[Google Scholar](#)

[ORCID](#)

[ResearchGate](#)

[Publons](#)

CONTACT

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Last update on 2023-09-13

RESEARCH EXPERIENCE

- 2016
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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, resistance training, and dietary supplementation.
- 2013
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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
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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.
 - Selected to complete competitive, funded research project. Project investigated involvement of microRNAs and diabetic retinopathy.

TEACHING EXPERIENCE

- 2016
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present
- **Assistant Professor / Associate Professor**
Department of Kinesiology & Sport Management; Texas Tech University.
 - Teach or have taught 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), Human Body Composition (KIN 5338), Ergogenic Aids and Human Performance (KIN 5358), Doctoral Seminar (KIN 7104), and Advanced Exercise Physiology II (KIN 7303).
 - Across all semesters, average course evaluation scores of **4.9/5** for course objectives, **4.8/5** for instructor effectiveness, and **4.8/5** for valuable learning experience.
- 2015
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2016
- **Lecturer**
Department of Health, Human Performance, and Recreation; Baylor University.
 - During doctoral program, taught Human Physiology for Allied Health Professionals (HED 3350).
- 2013
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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).
 - Delivered 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).



STUDENT MENTORING

2016
|
present



Undergraduate Students

Mentored 18 undergraduate students, including 2 scholars from the *Ronald E. McNair Post-Baccalaureate Achievement Program*, 6 students from the *Honors College Undergraduate Research Scholars (URS) Program*, 2 from the *Bridges Across Texas-Louis Stokes Alliances for Minority Participation (BAT-LSAMP) program*, and 4 students with funding from the *Center for Transformative Undergraduate Experiences (TrUE)*.

2016
|
present



Graduate Students

Served as the primary adviser for 16 graduate students, including 5 doctoral students and 11 master's students who completed final research projects. Doctoral graduates supervised include Patrick S. Harty (2022) and Matthew T. Stratton (2022).



HONORS, ACHIEVEMENTS, AND AWARDS

2022
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2023



Outstanding Faculty Mentor

Center for Transformative Undergraduate Experiences (TrUE), Texas Tech University

2022



Apple Polishing Recognition

Mortar Board, Texas Tech University

2021



Excellence in Research Award

College of Arts & Sciences, Texas Tech University

2021



Special Collection Selection

American Society for Nutrition

Our 2019 article entitled "Time-restricted feeding plus resistance training in active females: a randomized trial" was selected as one of the five most highly cited articles published in the *American Journal of Clinical Nutrition* during the prior two years and was featured in the special collection "[Highly Cited Articles from ASN Journals.](#)"

2021



Nutritional Research Achievement Award

National Strength and Conditioning Association

[Link to press release](#)

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

2014
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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)

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

\$ GRANTS (FUNDED)

Total funding received to date is \$617,699 across 15 awards, including \$527,699 across 13 awards as Lead Principal Investigator.

- 2023 • **Prism Labs**
Smartphone-based Digital Anthropometry and Body Composition Estimation using 3-Dimensional Optical Imaging
2024
 - Role: **Lead Principal Investigator**
 - Amount: **\$35,000**
- 2022 • **EHP Labs**
Chronic Thermogenic Dietary Supplement Consumption: Effects on Body Composition, Anthropometrics, Metabolism, and Subjective Variables (A23-0089-001)
2023
 - Role: **Lead Principal Investigator**
 - Amount: **\$85,378**
- 2022 • **Prism Labs**
Digital Anthropometry and Body Composition Estimation Using a Generation 2 Prototype 3-Dimensional Optical Scanner (A22-0305-001)
2023
 - Role: **Lead Principal Investigator**
 - Amount: **\$32,756**
- 2021 • **EHP Labs**
Metabolic Effects of a Novel Ready-to-drink Thermogenic Beverage (A22-0092-001)
2022
 - Role: **Lead Principal Investigator**
 - Amount: **\$28,401**
- 2021 • **Nutraceutical International Corporation**
Pharmacokinetic Analysis of Nutrient Absorption from a Novel Liposomal Multivitamin/mineral Formulation (A21-0282-001)
2022
 - Role: **Lead Principal Investigator**
 - Amount: **\$159,341**
- 2021 • **8 POiNT, LLC**
Evaluation of Novel Beverage Formulations for Hydration Enhancement in Humans (A21-0284-001)
2022
 - Role: **Lead Principal Investigator**
 - Amount: **\$35,000**

2021 2022	Texas Chapter of the American College of Sports Medicine Quantifying the Relationship Between Anthropometry, Body Composition, and Performance on the Army Combat Fitness Test (A21-0261-001) [Doctoral Student Research Development Award: Patrick Harty] • Role: Lead Principal Investigator • Amount: \$1,750
2021	Legion Athletics, Inc. Influence of Caffeinated and Non-caffeinated Pre-workout Supplements on Resistance Exercise Performance (A21-0096-001) • Role: Lead Principal Investigator • Amount: \$20,000
2020 2021	8 POiNT, LLC Evaluation of Novel Beverage Formulations for Hydration Enhancement in Humans: A Pilot Study (A21-0085-002) • Role: Lead Principal Investigator • Amount: \$43,494
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. <i>Collaborative Research Seed Grant Program</i> • 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. <i>Additional in-kind donation (value: \$13,727).</i>
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

PATENTS

Pending

● **Compositions and Methods of Use of Beta-hydroxy-beta-methylbutyrate (HMB) Associated with Intermittent Fasting**

Inventors: Grant M. Tinsley, John Rathmacher, Lisa Pitchford

- Assignee: Texas Tech University, Metabolic Technologies LLC
- Worldwide applications: United States (US20190209501A1), Mexico (MX2020007008A), Brazil (BR112020013700A2), Australia (AU2019205288A1), Canada (CA3087694A1), South Korea (KR20200131810A), European Patent Office (EP3735236A4), Japan (JP2021509686A), WIPO (PCT; WO2019136249A1), China (CN112105352A)

CONTRACTS

2022

● **Prism Labs, Inc.**

Digital Anthropometry with Generation 2 Prototype Scanner. Research Contract #C18221

- Product loan of prototype 3-dimensional optical scanner
- Role: Lead Principal Investigator & Contract Administrator

2021

● **Intel Corporation**

License agreement for body composition data sets. Research Contract #C16283

- License of body composition data collected at Texas Tech University.
- Role: Lead Principal Investigator & Contract Administrator

2019

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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

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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

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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

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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

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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



PEER-REVIEWED ARTICLES

119 peer-reviewed articles have been published to date, including 49 as corresponding author and 36 as first author. These numbers do not include article corrections and responses to letters to the Editor. Articles are presented in reverse chronological order. Only Pubmed-indexed articles are displayed, and article information is automatically retrieved from [PubMed](#).

- [1] G. M. Tinsley, K. Park, C. Saenz, A. Mehra, M. R. Esco, S. A. Czerwinski, and B. S. Nickerson. "Deuterium oxide validation of bioimpedance total body water estimates in Hispanic adults". In: *Frontiers in nutrition* 10 (2023), p. 1221774. DOI: [10.3389/fnut.2023.1221774](#).
- [2] G. M. Tinsley, A. R. Jagim, G. D. M. Potter, D. Garner, and A. J. Galpin. "Rhodiola Rosea as an Adaptogen to Enhance Exercise Performance: A Review of the Literature". In: *The British journal of nutrition* (2023), pp. 1-27. DOI: [10.1017/S0007114523001988](#).
- [3] A. R. Jagim, G. M. Tinsley, B. R. Merfeld, A. Ambrosius, C. Khurelbaatar, C. Dodge, M. Carpenter, J. Luedke, J. L. Erickson, J. B. Fields, and M. T. Jones. "Validation of skinfold equations and alternative methods for the determination of fat-free mass in young athletes". In: *Frontiers in sports and active living* 5 (2023), p. 1240252. DOI: [10.3389/fspor.2023.1240252](#).
- [4] G. M. Tinsley, C. LaValle, C. Rodriguez, M. R. Siedler, and S. B. Heymsfield. "Skeletal muscle estimation using magnetic-resonance-imaging-based equations for dual-energy X-ray absorptiometry and bioelectrical impedance analysis". In: *European journal of clinical nutrition* (2023). DOI: [10.1038/s41430-023-01331-6](#).
- [5] C. McCarthy, G. M. Tinsley, A. Bosy-Westphal, M. J. Müller, J. Shepherd, D. Gallagher, and S. B. Heymsfield. "Publisher Correction: Total and regional appendicular skeletal muscle mass prediction from dual-energy X-ray absorptiometry body composition models". In: *Scientific reports* 13.1 (2023), p. 12922. DOI: [10.1038/s41598-023-39896-8](#).
- [6] A. M. Silva, F. Campa, S. Stagi, L. A. Gobbo, R. Buffa, S. Toselli, D. A. S. Silva, E. M. Gonçalves, R. D. Langer, G. Guerra-Júnior, D. R. L. Machado, E. Kondo, H. Sagayama, N. Omi, Y. Yamada, T. Yoshida, W. Fukuda, M. C. Gonzalez, S. P. Orlandi, J. C. Koury, et al. "The bioelectrical impedance analysis (BIA) international database: aims, scope, and call for data". In: *European journal of clinical nutrition* (2023). DOI: [10.1038/s41430-023-01310-x](#).
- [7] G. M. Tinsley, M. R. Siedler, C. Rodriguez, P. S. Harty, M. T. Stratton, S. J. White, D. S. Keith, J. J. Green, J. R. Boykin, A. D. Williams, B. DeHaven, A. Brojanac, and E. Tinoco. "Evaluation of novel beverage formulations for hydration enhancement in humans". In: *Journal of electrical bioimpedance* 14.1 (2023), pp. 3-12. DOI: [10.2478/joeb-2023-0002](#).
- [8] B. S. Nickerson, G. M. Tinsley, K. Park, B. Nassar, and S. A. Czerwinski. "Evaluation of a Rapid Four-Compartment Model and Stand-Alone Methods in Hispanic Adults". In: *The Journal of nutrition* 153.8 (2023), pp. 2154-2162. DOI: [10.1016/j.tjnut.2023.06.041](#).
- [9] H. O. Santos and G. M. Tinsley. "Is breakfast consumption detrimental, unnecessary, or an opportunity for health promotion? A review of cardiometabolic outcomes and functional food choices". In: *Diabetes/metabolism research and reviews* (2023), p. e3684. DOI: [10.1002/dmrr.3684](#).
- [10] M. R. Siedler, M. J. De Souza, K. Albracht-Schulte, Y. Sekiguchi, and G. M. Tinsley. "The Influence of Energy Balance and Availability on Resting Metabolic Rate: Implications for Assessment and Future Research Directions". In: *Sports medicine (Auckland, N.Z.)* 53.8 (2023), pp. 1507-1526. DOI: [10.1007/s40279-023-01856-7](#).
- [11] G. Escalante, C. Barakat, G. M. Tinsley, and B. J. Schoenfeld. "Nutrition, Training, Supplementation, and Performance-Enhancing Drug Practices of Male and Female Physique Athletes Peaking for Competition". In: *Journal of strength and conditioning research* 37.8 (2023), pp. e444-e454. DOI: [10.1519/JSC.0000000000004462](#).
- [12] C. Rodriguez, M. T. Stratton, P. S. Harty, M. R. Siedler, J. R. Boykin, J. J. Green, D. S. Keith, S. J. White, B. DeHaven, A. Brojanac, E. Tinoco, L. W. Taylor, and G. M. Tinsley. "Effects of a ready-to-drink thermogenic beverage on resting energy expenditure, hemodynamic function, and subjective outcomes". In: *Journal of the International Society of Sports Nutrition* 20.1 (2023), p. 2211958. DOI: [10.1080/15502783.2023.2211958](#).
- [13] D. S. Keith, D. Scherrer, B. Nunley, J. R. Boykin, J. J. Green, M. R. Siedler, C. Rodriguez, P. S. Harty, M. T. Stratton, J. R. Harry, and G. M. Tinsley. "Anthropometric Predictors of Conventional Deadlift Kinematics and Kinetics: A Preliminary Study". In: *International journal of exercise science* 16.1 (2023), pp. 429-447.
- [14] M. N. M. Blue, G. M. Tinsley, K. R. Hirsch, E. D. Ryan, B. K. Ng, and A. E. Smith-Ryan. "Validity of total body water measured by multi-frequency bioelectrical impedance devices in a multi-ethnic sample". In: *Clinical nutrition ESPEN* 54 (2023), pp. 187-193. DOI: [10.1016/j.clnesp.2023.01.026](#).

- [15] A. J. Graybeal, G. M. Tinsley, C. F. Brandner, and R. Aultman. "Raw bioelectrical impedance measurements are not different between White and Black adults when matched for sex, age, BMI, and other physical characteristics". In: *Nutrition research (New York, N.Y.)* 112 (2023), pp. 1-10. DOI: [10.1016/j.nutres.2023.02.003](https://doi.org/10.1016/j.nutres.2023.02.003).
- [16] A. R. Jagim, P. S. Harty, G. M. Tinsley, C. M. Kerksick, A. M. Gonzalez, R. B. Kreider, S. M. Arent, R. Jager, A. E. Smith-Ryan, J. R. Stout, B. I. Campbell, T. VanDusseldorp, and J. Antonio. "International society of sports nutrition position stand: energy drinks and energy shots". In: *Journal of the International Society of Sports Nutrition* 20.1 (2023), p. 2171314. DOI: [10.1080/15502783.2023.2171314](https://doi.org/10.1080/15502783.2023.2171314).
- [17] J. M. Prather, C. M. Florez, A. Vargas, B. Soto, A. Harrison, D. Willoughby, G. Tinsley, and L. Taylor. "The effects of a thermogenic supplement on metabolic and hemodynamic variables and subjective mood states". In: *Journal of the International Society of Sports Nutrition* 20.1 (2023), p. 2185538. DOI: [10.1080/15502783.2023.2185538](https://doi.org/10.1080/15502783.2023.2185538).
- [18] C. McCarthy, G. M. Tinsley, S. Yang, B. A. Irving, M. C. Wong, J. P. Bennett, J. A. Shepherd, and S. B. Heymsfield. "Smartphone prediction of skeletal muscle mass: model development and validation in adults". In: *The American journal of clinical nutrition* 117.4 (2023), pp. 794-801. DOI: [10.1016/j.ajcnut.2023.02.003](https://doi.org/10.1016/j.ajcnut.2023.02.003).
- [19] C. McCarthy, G. M. Tinsley, A. Bosy-Westphal, M. J. Müller, J. Shepherd, D. Gallagher, and S. B. Heymsfield. "Total and regional appendicular skeletal muscle mass prediction from dual-energy X-ray absorptiometry body composition models". In: *Scientific reports* 13.1 (2023), p. 2590. DOI: [10.1038/s41598-023-29827-y](https://doi.org/10.1038/s41598-023-29827-y).
- [20] C. Rodriguez, C. M. Florez, J. Prather, J. Zaragoza, M. Tinnin, K. L. Brennan, L. Taylor, and G. M. Tinsley. "Influence of Upper-Extremity and Lower-Extremity Resistance Exercise on Segmental Body Composition and Body Fluid Estimates". In: *Journal of strength and conditioning research* 37.5 (2023), pp. 1042-1051. DOI: [10.1519/JSC.0000000000004367](https://doi.org/10.1519/JSC.0000000000004367).
- [21] A. J. Graybeal, C. F. Brandner, and G. M. Tinsley. "Evaluation of automated anthropometrics produced by smartphone-based machine learning: a comparison with traditional anthropometric assessments". In: *The British journal of nutrition* 130.6 (2023), pp. 1077-1087. DOI: [10.1017/S0007114523000090](https://doi.org/10.1017/S0007114523000090).
- [22] C. F. Brandner, G. M. Tinsley, and A. J. Graybeal. "Smartwatch-based bioimpedance analysis for body composition estimation: precision and agreement with a 4-compartment model". In: *Applied physiology, nutrition, and metabolism = Physiologie appliquee, nutrition et metabolisme* 48.2 (2023), pp. 172-182. DOI: [10.1139/apnm-2022-0301](https://doi.org/10.1139/apnm-2022-0301).
- [23] A. J. Graybeal, C. F. Brandner, and G. M. Tinsley. "Validity and reliability of a mobile digital imaging analysis trained by a four-compartment model". In: *Journal of human nutrition and dietetics : the official journal of the British Dietetic Association* 36.3 (2023), pp. 905-911. DOI: [10.1111/jhn.13113](https://doi.org/10.1111/jhn.13113).
- [24] H. O. Santos, H. S. Cerqueira, and G. M. Tinsley. "The Effects of Dietary Supplements, Nutraceutical Agents, and Physical Exercise on Myostatin Levels: Hope or Hype?" In: *Metabolites* 12.11 (2022). DOI: [10.3390/metabo12111146](https://doi.org/10.3390/metabo12111146).
- [25] M. R. Siedler, C. Rodriguez, M. T. Stratton, P. S. Harty, D. S. Keith, J. J. Green, J. R. Boykin, S. J. White, A. D. Williams, B. DeHaven, and G. M. Tinsley. "Assessing the reliability and cross-sectional and longitudinal validity of fifteen bioelectrical impedance analysis devices". In: *The British journal of nutrition* 130.5 (2023), pp. 827-840. DOI: [10.1017/S0007114522003749](https://doi.org/10.1017/S0007114522003749).
- [26] R. Giro, C. N. Matias, F. Campa, D. A. Santos, M. L. Cavaca, P. Duque, M. Oliveira, N. Matos, F. Vicente, P. Pereira, H. O. Santos, G. M. Tinsley, and F. J. Teixeira. "Development and Validation of an Anthropometric Equation to Predict Fat Mass Percentage in Professional and Semi-Professional Male Futsal Players". In: *Nutrients* 14.21 (2022). DOI: [10.3390/nu14214514](https://doi.org/10.3390/nu14214514).
- [27] A. J. Graybeal, C. F. Brandner, G. M. Tinsley, H. Haynes, and J. Stavres. "Associations between visceral adipose tissue estimates produced by near-infrared spectroscopy, mobile anthropometrics, and traditional body composition assessments and estimates derived from dual-energy X-ray absorptiometry". In: *The British journal of nutrition* 130.3 (2023), pp. 525-535. DOI: [10.1017/S0007114522003488](https://doi.org/10.1017/S0007114522003488).
- [28] H. Kord-Varkaneh, A. Salehi-Sahlabadi, G. M. Tinsley, H. O. Santos, and A. Hekmatdoost. "Effects of time-restricted feeding (16/8) combined with a low-sugar diet on the management of non-alcoholic fatty liver disease: A randomized controlled trial". In: *Nutrition (Burbank, Los Angeles County, Calif.)* 105 (2023), p. 111847. DOI: [10.1016/j.nut.2022.111847](https://doi.org/10.1016/j.nut.2022.111847).
- [29] A. J. Graybeal, C. F. Brandner, and G. M. Tinsley. "Visual body composition assessment methods: A 4-compartment model comparison of smartphone-based artificial intelligence for body composition estimation in healthy adults". In: *Clinical nutrition (Edinburgh, Scotland)* 41.11 (2022), pp. 2464-2472. DOI: [10.1016/j.clnu.2022.09.014](https://doi.org/10.1016/j.clnu.2022.09.014).
- [30] J. C. Tesch, P. Papadopoulos, F. Dolgener, and G. M. Tinsley. "New Equations for Hydrostatic Weighing without Head Submersion". In: *Journal of functional morphology and kinesiology* 7.3 (2022). DOI: [10.3390/jfkm7030070](https://doi.org/10.3390/jfkm7030070).

- [31] A. J. Graybeal, J. L. Willis, E. Morales-Marroquin, G. M. Tinsley, S. E. Messiah, and M. Shah. "Emerging evidence of the relationship between fat-free mass and ghrelin, glucagon-like peptide-1, and peptide-YY". In: *Nutrition* (Burbank, Los Angeles County, Calif.) 103-104 (2022), p. 111815. DOI: [10.1016/j.nut.2022.111815](https://doi.org/10.1016/j.nut.2022.111815).
- [32] G. M. Tinsley, P. S. Harty, M. T. Stratton, M. R. Siedler, and C. Rodriguez. "Liposomal Mineral Absorption: A Randomized Crossover Trial". In: *Nutrients* 14.16 (2022). DOI: [10.3390/nu14163321](https://doi.org/10.3390/nu14163321).
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CONFERENCE PRESENTATIONS

2023



Collegiate and Professional Sports Dietitians Association 15th Annual Conference

"Body Composition Testing and Variability in Practice: Utilization, Interpretation, and Guidance" *Invited Speaker*. Approximate attendance: 400. Duration: 1 hour.

📍 Minneapolis, MN

2021



International Society of Sports Nutrition 18th Annual Conference

"Body Composition Assessment: Lack of Standardization Can Wreak Havoc" *Plenary session*. Approximate attendance: 200. Duration: 30 minutes.

📍 St. Petersburg, FL

- 2021 ● **Texas Chapter of the American College of Sports Medicine Annual Meeting**
 "Body Composition Assessment: Underlying Assumptions and Practical Recommendations for Improved Estimation." *Invited speaker.*
 Virtual meeting
- 2021 ● **International Society of Sports Nutrition - Nova Southeastern University**
 "Intermittent Fasting." *Plenary session.* Approximate attendance: 100. Duration: 1 hour.
 Virtual meeting
- 2020 ● **International Society of Sports Nutrition - Colombia**
 "Intermittent Fasting: New Findings in Health and Performance." *Plenary session.* Approximate attendance: 100. Duration: 1 hour.
 Colombia / Virtual meeting
- 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

- 2023 ● **Podcast Interview: Iron Culture**
 Invited guest for "Episode 239 - All About Body Composition & Body Fat (feat. Dr. Grant Tinsley)". Available [online](#).
- 2023 ● **Podcast Interview: Sports Science Dudes with Dr. Jose Antonio and Dr. Anthony Ricci**
 Invited guest for "A lesson on body composition assessment by Grant Tinsley PhD." Available [online](#).
- 2023 ● **Podcast Interview: Docs Who Lift with Dr. Spencer Nadolsky and Dr. Karl Nadolsky**
 Invited guest for "GLP-1 agonists and lean body mass loss part 2 with Dr. Grant Tinsley." Available [online](#).
- 2023 ● **Podcast Interview: Muscle for Life with Mike Matthews**
 Invited guest for "Grant Tinsley on Fasting For Health and Longevity." Available [online](#).
- 2022 ● **Podcast Interview: Docs Who Lift with Dr. Spencer Nadolsky and Dr. Karl Nadolsky**
 Invited guest for "Home Body Fat Scales - Grant Tinsley Interview." Available [online](#).
- 2022 ● **Podcast Interview: Muscle for Life with Mike Matthews**
 Invited guest for "Grant Tinsley on the Science of Measuring Your Body Fat." Available [online](#).

- 2022 ● **Podcast Interview: The Health Mastery Show**
Invited guest for "Episode 62: What Body Composition Tools Are Really Telling You with Dr. Grant Tinsley"
Available [online](#).
- 2022 ● **Podcast Interview: The [P]rehab Audio Experience**
Invited guest for "Episode 137: How Does Intermittent Fasting Impact Physical and Mental Performance? Part 2 with Expert Dr. Grant Tinsley." Available [online](#).
- 2022 ● **Podcast Interview: The [P]rehab Audio Experience**
Invited guest for "Episode 136: What's the Research Say About Intermittent Fasting? To Use? Part 1 with Dr. Grant Tinsley." Available [online](#).
- 2022 ● **Podcast Interview: Bro Research Radio**
Invited guest for "The Down Low on Body Composition Measurements with Dr. Grant Tinsley." Available [online](#).
- 2022 ● **Podcast Interview: Anabolic Radio**
Invited guest for "Episode 24 – Dr. Grant Tinsley – Body Comp. Assessment, Nuances of Fasting." Available [online](#).
- 2022 ● **Podcast Interview: Get Lean, Eat Clean**
Invited guest for "Episode 137 – Interview with Dr. Grant Tinsley: Meal Timing, Body Composition and Pre-workout Supplements." Available [online](#).
- 2022 ● **Social Medica Interview: Collegiate and Professional Sports Dietitians Association (CPSDA)**
"Let's Talk Research! Body Composition, Intermittent Fasting & Athletic Performance." Interview Conducted on Instagram Live.
- 2021 ● **Podcast Interview: Barbell Lifestyle Podcast**
Invited guest for "The Barbell Lifestyle Podcast #32: Body Composition Measurement with Dr. Grant Tinsley." Available [online](#).
- 2021 ● **Podcast Interview: All the Smoke Podcast**
Invited guest for "Episode 21: All the Smoke on Intermittent Fasting with Dr. Grant Tinsley." Available [online](#).
- 2021 ● **Podcast Interview: The Muscle Memoirs Podcast**
Invited guest for "#75 Dr. Grant Tinsley - Intermittent Fasting for Health & Performance." Available [online](#).
- 2021 ● **Podcast Interview: Tailored Coaching Method**
Invited guest for "Episode 577: Dr. Grant Tinsley on Time-Restricted Eating." Available [online](#).
- 2021 ● **Podcast Interview: Barbell Lifestyle Podcast**
Invited guest for "The Barbell Lifestyle Podcast #10: Intermittent Fasting & Meal Timing with Dr. Grant Tinsley." Available [online](#).
- 2020 ● **Podcast Interview: The Health Scientist**
Invited guest for "Episode 50 - Grant Tinsley: Intermittent fasting, fat loss and performance". Available [online](#).
- 2020 ● **Podcast Interview: Iron Culture**
Invited guest for "Episode 96 - Meal Timing, Intermittent Fasting, & Time Restricted Feeding". Available [online](#).
- 2020 ● **Podcast Interview: Iron Culture**
Invited guest for "Episode 90 - Sarcoplasmic Hypertrophy & Body Composition Roundtable". Available [online](#).
- 2020 ● **Guest Presentation for Introduction to Kinesiology Course**
"A Career as a Professor." Approximate attendance: 25
- 2020 ● **Social Medica Interview: Astrid Naranjo (Anti-Diet Dietitian)**
"Time-Restricted Feeding and Intermittent Fasting." Interview Conducted on Instagram Live.
- 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**
 Invited guest expert for lecture entitled "Intermittent Fasting & Exercise."
- 2019 ● **Muscle MBA Online Conference**
 Invited guest speaker for session entitled "Methods of Assessing Skeletal Muscle Hypertrophy."
- 2019 ● **Podcast Interview: Stronger by Science**
 Invited guest for "Episode 12 - Bench Press, Intermittent Fasting, Body Composition Testing, and Dr. Grant Tinsley." Available [online](#).
- 2018 ● **Podcast Interview: The Modus Movement**
 Invited guest for "Episode 10 - An Intermittent Fasting Conversation with Dr. Grant Tinsley."
- 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



CONTINUING EDUCATION

- 2017
|
present ● **Training: Collaborative Institutional Training Initiative (CITI)**
 CITI Training: Human Research, Biomedical Investigator Course.
- 2016
|
present ● **Training: Environmental Health & Safety Trainings**
 Texas Tech University Environmental Health & Safety Training: Safety Awareness, Lab Safety, Biological Safety, Bloodborne Pathogens, Radiation Safety, and Compressed Gas Safety.
- 2022 ● **Course: Intermediate Data Visualization with ggplot2**
 DataCamp
- 2021 ● **Course: Hierarchical and Mixed Effects Models in R**
 DataCamp
- 2021 ● **Course: Introduction to Data Visualization with ggplot2**
 DataCamp

- 2021 ● **Practicum: Mary Frances Picciano Dietary Supplement Research Practicum**
National Institutes of Health Office of Dietary Supplements
- 2020 ● **Course: Statistics and R Course**
HarvardX / Harvard T.H. Chan School of Public Health
- 2020 ● **Training: Human Subject Training Series**
Texas Tech University Human Research Protection Program



SERVICE

- 2016
|
present ● **Manuscript Reviewer (Ad hoc)**
Served as manuscript reviewer for 62 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 Applied Physiology; European Journal of Clinical Nutrition; European Journal of Nutrition; Frontiers in Physiology; Functional Foods in Health and Disease; Journal of Cachexia, Sarcopenia, and Muscle; Journal of Clinical Densitometry; Journal of Dietary Supplements; Journal of Strength & Conditioning Research; Journal of the Academy of Nutrition and Dietetics; Journal of the International Society of Sports Nutrition; Journal of Sport Science and Medicine; Medicine & Science in Sports & Exercise; Nutrients; Nutrition Reviews; Obesity; PeerJ; PLOS ONE; Sports Medicine; Sports Medicine Open; and Strength and Conditioning Journal.
- 2018
|
present ● **Associate Editor**
Journal of the International Society of Sports Nutrition. Served as Associate Editor for 57 manuscripts from 2018 to present.
- 2021
|
present ● **External Dossier Reviewer**
Various Institutions
- 2022
|
present ● **Thesis Committee Member (External)**
California State University at Fullerton. Student: Jessica Heredia. Thesis Topic: A comparison of body composition measurements with best practice pre-test conditions and controlled non-best-practice pre-test conditions using dual-energy x-ray absorptiometry, bioimpedance spectroscopy, ultrasound, and the 4-compartment model in recreationally trained males and females
- 2022
|
present ● **Thesis Committee Member**
Texas Tech University. Student: Brandon Dalton. Adviser: Dr. Arturo Figueroa.
- 2022
|
present ● **Dissertation Committee Member**
Texas Tech University, Department of Nutritional Sciences. Student: Marleigh Hefner. Dissertation Topic: E4orf1 as a Novel Agent for Ameliorating High-Fat Diet Induced Liver Steatosis and Associated Cardiovascular Disease Risk Factors
- 2022
|
present ● **Dissertation Committee Member (External)**
Razi University. Student: Davoud Bayat. Dissertation Topic: The effect of acute and chronic L-citrulline and citrulline malate supplementation on resistance training performance, perceived exertion, muscle soreness, lactate, and nitric oxide
- 2022
|
present ● **Tenure and Promotion Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University
- 2022
|
2023 ● **Student Poster Judge**
Texas Tech University Graduate School Poster Competition

- 2022 ● **Invited Grant Reviewer**
National Cattlemen's Beef Association (NCBA)
- 2022 ● **Dissertation Committee Member**
Texas Tech University. Student: Stephen Fischer. Adviser: Dr. Arturo Figueroa. Dissertation Topic: Reduced endothelial and exercise vasodilator function in the legs of obese versus lean and overweight postmenopausal women
- 2022 ● **Doctoral Qualifying Exam Committee Member**
Texas Tech University. Student: Nigel Jiwan. Adviser: Dr. Hui Ying Luk.
- 2022 ● **Student Poster Judge**
Texas Tech University Undergraduate Research Conference (URC)
- 2021 | 2022 ● **Kinesiology Speaker Series Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University
- 2019 | 2022 ● **Student Grant Reviewer**
National Strength and Conditioning Association (NSCA)
- 2021 ● **Invited Tenure Academy Panelist**
Teaching, Learning & Professional Development Center, Texas Tech University
- 2021 ● **Teaching Plan Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University
- 2017 | 2021 ● **Faculty Search Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University
- 2020 ● **Invited External Reviewer**
Doctoral thesis at Swinburne University of Technology, Melbourne, Australia. Thesis title: Comparing the effects of 5:2 intermittent fasting and continuous energy restriction when combined with resistance training on body composition, muscular strength, cardio-metabolic health markers and dietary compliance.
- 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
- 2019 | 2023 ● **Student Poster Judge**
Texas Chapter of the American College of Sports Medicine (TACSM) Annual Meeting
- 2019 | 2020 ● **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 ● **Thesis Committee Member (External)**
Kennesaw State University. Student: Matthew Stratton. Adviser: Dr. Trisha VanDusseldorp. Thesis Topic: The Effect of Time Restricted Feeding on Measures of Body Composition and Muscular Performance
- 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.
- 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



PROFESSIONAL ORGANIZATIONS

- 2013
|
present ● **National Strength and Conditioning Association**
Member
- 2014
|
present ● **Texas Chapter of the American College of Sports Medicine**
Member
- 2014
|
present ● **International Society of Sports Nutrition**
Member
- 2015
|
present ● **American College of Sports Medicine**
Member
- 2020
|
2021 ● **American Society for Nutrition**
Member
- 2017
|
2019 ● **European Sport Nutrition Society**
Board of Directors
- 2016
|
2017 ● **The Obesity Society**
Member

ABSTRACTS

94 abstracts have been published or presented to date.

- [1] M. Siedler, C. Rodriguez, M. Stratton, P. Harty, D. Keith, J. Green, J. Boykin, S. White, A. Williams, B. DeHaven, and G. Tinsley. "The Effect Of Body Composition Methodology On Resulting Energy Availability Assessments". In: *Medicine and science in sports and exercise* (2023).
- [2] C. Florez, G. Tinsley, A. Secrest, C. Wilborn, and L. Taylor. "Agreement Between Body Mass Index And Percent Body Fat In Resistance Trained Men And Women". In: *Medicine and science in sports and exercise* (2023).
- [3] C. Rodriguez, T. Bongiovanni, M. Lacombe, and G. Tinsley. "Tracking Fat-free Mass Changes Over A Competitive Season In Elite Soccer Players". In: *Medicine and science in sports and exercise* (2023).
- [4] J. Davis, C. Florez, J. Prather, J. Zaragoza, M. Parra, G. Tinsley, C. Lockwood, and L. Taylor. "Effects of the Probiotic *Lactobacillus Acidophilus* on Acute, Subacute, and Sustained Lactose Tolerance in Healthy Adults". In: *Journal of the International Society of Sports Nutrition* 20.sup2 (2023), p. 2235311. URL: <https://doi.org/10.1080/15502783.2023.2235311>.
- [5] C. Florez, D. Miller, M. Parra, J. Davis, J. Prather, A. Harrison, A. Vargas, A. Ross, B. Soto, R. Jäger, M. Purpura, G. Tinsley, and L. Taylor. "Comparative Differences of Amino Acid Appearance, With and Without Probiotic Ingestion". In: *Journal of the International Society of Sports Nutrition* 20.sup2 (2023), p. 2235311. URL: <https://doi.org/10.1080/15502783.2023.2235311>.
- [6] M. Stratton, M. Siedler, C. Rodriguez, P. Harty, J. Boykin, D. Keith, J. Green, S. White, E. Tinoco, B. DeHaven, T. VanDusseldorp, and G. Tinsley. "The Effect of Breakfast Consumption on Afternoon Resistance Training Performance in Habitual Breakfast Consumers and Non-Consumers". In: *Journal of the International Society of Sports Nutrition* 20.sup2 (2023), p. 2235311. URL: <https://doi.org/10.1080/15502783.2023.2235311>.
- [7] H. Hays, P. S. Azar, M. Kang, G. Tinsley, and N. Wijayatunga. "Effects of Time-Restricted Eating Combined with Exercise on Body Composition: A Systematic Review and Meta-Analysis". In: *Current Developments in Nutrition* (2023).
- [8] M. R. Siedler, C. Rodriguez, M. T. Stratton, P. S. Harty, D. Keith, J. Green, J. Boykin, S. White, A. D. Williams, G. DeHaven, and G. M. Tinsley. "The Effect of Body Composition Methodology on Resulting Energy Availability Assessments". In: *International journal of exercise science: conference proceedings* 2.15 (2023), p. 46. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss15/46>.
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- [10] A. P. Brojanac, G. M. Tinsley, and M. R. Siedler. "Gendered Dietary Supplements: Does the Marketing Reflect Different Formulations?" In: *International journal of exercise science: conference proceedings* 2.15 (2023), p. 19. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss15/19>.
- [11] E. G. Tinoco, M. Siedler, C. Rodriguez, S. White, G. DeHaven, A. Brojanac, P. Harty, M. Stratton, J. Green, J. Boykin, A. Williams, G. M. Tinsley, and D. Keith. "Alpha-Cyclodextrin-Containing Beverages for Hydration Enhancement in Humans". In: *International journal of exercise science: conference proceedings* 2.15 (2023), p. 15. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss15/15>.
- [12] G. DeHaven, M. R. Siedler, C. Rodriguez, S. White, A. Brojanac, E. Tinoco, and G. M. Tinsley. "Body Fat Percentage and Hormonal Intrauterine Device Use Are Independently Associated with Self-Reported Menstrual Regularity in Young Adult Females". In: *International journal of exercise science: conference proceedings* 2.15 (2023), p. 14. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss15/14>.
- [13] S. J. White, A. T. Ky, Y. Sekiguchi, and G. M. Tinsley. "Differential Effects of Oral vs. Intravenous Fluid Administration on Bioelectrical Impedance During Dehydration Induced by Exercise and Heat". In: *International journal of exercise science: conference proceedings* 2.15 (2023), p. 7. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss15/7>.
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- [15] A. Graybeal, C. Brandner, J. Willis, and G. Tinsley. "Body Composition Estimation Using Smartphone Machine Learning in Black/African-American Individuals". In: *Obesity* (2022). URL: <https://onlinelibrary.wiley.com/doi/full/10.1002/oby.23626>.

- [16] C. McCarthy, G. Tinsley, S. Yang, B. Irving, M. C. Wong, J. P. Bennett, J. Shepherd, and S. B. Heymsfield. "Smartphone Prediction of Skeletal Muscle Mass: Model Development and Validation in Adults". In: *Obesity* (2022). URL: <https://onlinelibrary.wiley.com/doi/full/10.1002/oby.23626>.
- [17] A. Andraos, M. Torres, D. Ornelas, J. Heredia, A. Khartabil, M. Islas, G. Tinsley, and G. Escalante. "The effects of bioimpedance spectroscopy electrode distance placement on body composition and total body water estimates in recreationally trained participants ". In: *Journal of the International Society of Sports Nutrition* Forthcoming (2023).
- [18] M. Torres, J. Heredia, A. Khartabil, A. Andraos, D. Ornelas, M. Islas, J. Echols, G. Tinsley, and G. Escalante. "A comparison of body composition measurements with best practice pre-test conditions and controlled non-best practice pre-test conditions using DXA, BIS, Skinfolds, US, and the 4C model in recreationally trained males and females". In: *Journal of the International Society of Sports Nutrition* Forthcoming (2023).
- [19] M. E. Parra, C. M. Florez, J. M. Prather, A. Vargas, B. Soto, A. Harrison, D. Miller, M. Tinnin, G. M. Tinsley, and L. W. Taylor. "Changes in Metabolic Rate, Vital signs and Mood Responses Following Ingestion of a Commercially Available Thermogenic Supplement". In: *Journal of the International Society of Sports Nutrition* Forthcoming (2023).
- [20] C. M. Florez, J. M. Prather, A. Vargas, B. Soto, A. Harrison, D. Miller, M. Tinnin, G. M. Tinsley, and L. W. Taylor. "Influence of a Commercially Available Thermogenic Dietary Supplement on Basal Metabolic Rate, Hemodynamics, and Mood Responses in Caffeine-habituated Young Females". In: *Journal of the International Society of Sports Nutrition* Forthcoming (2023).
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- [22] P. S. Harty, C. Rodriguez, M. T. Stratton, M. R. Siedler, J. R. Boykin, D. S. Keith, J. J. Green, B. Dehaven, E. Tinoco, S. J. White, A. Brojanac, L. W. Taylor, and G. M. Tinsley. "Beneficial impact of a thermogenic energy drink on measures of perceived energy, focus, concentration, alertness, and mood". In: *Journal of the International Society of Sports Nutrition* Forthcoming (2023).
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- [26] M. Stratton, P. Harty, M. Siedler, C. Rodriguez, R. Smith, A. Williams, S. White, J. Dellinger, and G. Tinsley. "Comparison Between Changes in Muscular Performance and Dual-Energy X-Ray Absorptiometry Segmental Lean Mass after Overfeeding With Resistance Training". In: *Journal of strength and conditioning research* 35.12 (2021), pp. 291-446. DOI: [10.1519/JSC.0000000000004141](https://doi.org/10.1519/JSC.0000000000004141).
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- [28] M. Siedler, C. Rodriguez, M. Stratton, P. Harty, D. Keith, J. Green, J. Boykin, S. White, A. D. Williams, B. DeHaven, and G. Tinsley. "A Between-sex Comparison of the Validity of Body Fat Percentage Estimates From Four Bioelectrical Impedance Analyzers". In: *International journal of exercise science: conference proceedings* 2.14 (2022), p. 29. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/29>.
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- [31] G. DeHaven, M. Siedler, C. Rodriguez, S. White, A. Williams, P. Harty, M. T. Stratton, D. Keith, J. Green, J. Boykin, and G. Tinsley. "Comparison of Laboratory-Grade and Consumer-Grade Hand-to-Foot Bioelectrical Impedance Analyzers for Body Composition Estimation". In: *International journal of exercise science: conference proceedings* 2.14 (2022), p. 11. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/11>.
- [32] C. Florez, G. Tinsley, J. Prather, J. Zaragoza, C. Teague, K. Glenn, J. Kelly, M. Bourque, M. Hockett, A. Gutierrez, M. Tinnin, K. Brennan, and L. Taylor. "Body Fluid Estimation Via Segmental Multi-Frequency Bioelectrical Impedance Analysis Following Acute Resistance Exercise". In: *International journal of exercise science: conference proceedings* 2.14 (2022), p. 5. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/5>.
- [33] J. Prather, C. Harrison, A. Vargas, B. Soto, A. Harrison, M. Tinnin, G. Tinsley, D. Willoughby, and L. Taylor. "The Effects of a Thermogenic Supplement on Metabolic and Hemodynamic Variables and Subjective Mood States". In: *International journal of exercise science: conference proceedings* 2.14 (2022), p. 4. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/4>.
- [34] S. White, M. Siedler, C. Rodriguez, A. Williams, G. DeHaven, P. S. Harty, M. Stratton, D. Keith, J. Green, J. Boykin, and G. Tinsley. "Validity of Hand-to-Foot and Foot-to-Foot Consumer Bioimpedance Analyzers: A Four-Compartment Model Comparison". In: *International journal of exercise science: conference proceedings* 2.14 (2022), p. 3. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/3>.
- [35] C. Rodriguez, C. Harrison, J. Prather, J. A. Zaragoza, C. Teague, K. Glenn, J. Kelly, M. Bourque, M. Hockett, A. Gutierrez, M. Tinnin, K. Brennan, L. Taylor, and G. Tinsley. "Acute Resistance Exercise Influences Bioelectrical Impedance Analysis Segmental Fat Mass Estimates". In: *International journal of exercise science: conference proceedings* 2.14 (2022), p. 2. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/2>.
- [36] P. Harty, A. Ambrosius, C. Dodge, B. Merfeld, C. Khurelbaatar, M. Carpenter, M. Siedler, M. Stratton, C. Rodriguez, J. Green, D. Keith, J. Boykin, A. Jagim, and G. Tinsley. "Body Composition Estimation in Youth Athletes: Agreement Between Two-Component Methods". In: *International journal of exercise science: conference proceedings* 2.14 (2022), p. 50. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/50>.
- [37] J. Boykin, M. Stratton, M. Siedler, P. Harty, C. Rodriguez, J. Green, A. Williams, D. Keith, S. White, B. DeHaven, and G. Tinsley. "Acute Effects of Caffeinated and Non-Caffeinated Pre-Workout Supplement Consumption on Eccentric and Concentric Force Production During an Isokinetic Squat Exercise". In: *Journal of the International Society of Sports Nutrition* 19.S1 (2022), pp. 1-69. DOI: [10.1080/15502783.2022.2056381](https://doi.org/10.1080/15502783.2022.2056381).
- [38] J. Green, P. Harty, M. Stratton, M. Siedler, C. Rodriguez, J. Boykin, D. Keith, S. White, B. DeHaven, A. Williams, and G. Tinsley. "Differential Effects of Caffeinated and Stimulant-Free Pre-Workout Supplements on Ratings of Perceived Energy, Focus, and Fatigue". In: *Journal of the International Society of Sports Nutrition* 19.S1 (2022), pp. 1-69. DOI: [10.1080/15502783.2022.2056381](https://doi.org/10.1080/15502783.2022.2056381).
- [39] C. Rodriguez, M. Stratton, M. Siedler, P. Harty, J. Boykin, J. Green, D. Keith, S. White, A. Williams, B. DeHaven, and G. Tinsley. "Influence of Caffeinated and Non-Caffeinated Pre-Workout Supplements on Maximal and Rapid Isometric Strength Characteristics". In: *Journal of the International Society of Sports Nutrition* 19.S1 (2022), pp. 1-69. DOI: [10.1080/15502783.2022.2056381](https://doi.org/10.1080/15502783.2022.2056381).
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- [42] J. Green, R. Smith, P. Harty, M. Stratton, C. Rodriguez, S. White, A. Williams, B. Johnson, J. Dellinger, M. Benavides, M. Siedler, and G. Tinsley. "Cross-sectional and Longitudinal Relationships Between Skinfold Thicknesses Obtained by Ultrasonography and Body Fat Estimates Produced by Dual-energy X-ray Absorptiometry". In: *International journal of exercise science: conference proceedings* 2.13 (2021). DOI: <https://digitalcommons.wku.edu/ijesab/vol2/iss13/27>.
- [43] D. Keith, D. Scherrer, B. Nunley, J. Harry, and G. Tinsley. "Anthropometric Predictors of Concentric Hip, Knee, and Ankle Work During a 5x5 Conventional Deadlift Routine." In: *International journal of exercise science: conference proceedings* 2.13 (2021). URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss13/26>.
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- Football Athletes". In: *International journal of exercise science: conference proceedings* 2.13 (2021). URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss13/25>.
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- [46] G. DeHaven, M. Siedler, M. Stratton, P. Harty, C. Rodriguez, D. Keith, J. Green, J. Boykin, J. Dellinger, S. White, A. Williams, and G. Tinsley. "Analyzing the Between-Day Reliability of Three-Dimensional Body Scanners for Body Composition Assessment". In: *International journal of exercise science: conference proceedings* 2.13 (2021). URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss13/23>.
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- [51] K. Brennan, R. Wong, J. Barker, T. Berreth, R. Fox, M. Maldonado, C. Vancleave, J. Zaragoza, M. Tinnin, G. Tinsley, and L. Taylor. "The Effects of Acute Resistance Exercise on Bioelectrical Impedance Analysis Measures of Segmental Body Composition Analysis". In: *Journal of strength and conditioning research* 35.4 (2021). URL: [https://journals.lww.com/nsca-jscr/Fulltext/2021/04000/2020_NSCA_Research_AbSTRACTS.41.aspx](https://journals.lww.com/nsca-jscr/Fulltext/2021/04000/2020_NSCA_Research_Abstracts.41.aspx).
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