


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

215 total publications

121 articles*

49 as corresponding author

36 as first author

94 abstracts

*PubMed indexed only

Google Scholar Metrics

citations: **4809**

h-index: **32**

i10-index: **75**

Funding (Awarded)

\$697,940 total

\$607,940 as Lead 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 2023-11-17

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, 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 \$697,940 across 16 awards, including \$607,940 across 14 awards as Lead Principal Investigator.

- 2023 | **Bunge Loders Croklaan**
Influence of Structured Medium- and Long-Chain Triglycerides on Muscular Recovery Following Damaging Resistance Exercise
2025 |
 - Role: **Lead Principal Investigator** (Additional PI: Jacob Mota)
 - Amount: **\$80,241** (50% credit)
- 2023 | **Prism Labs**
Smartphone-based Digital Anthropometry and Body Composition Estimation using 3-Dimensional Optical Imaging
2024 |
 - Role: **Lead Principal Investigator**
 - Amount: **\$35,000** (100% credit)
- 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** (100% credit)
- 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** (100% credit)
- 2021 | **EHP Labs**
Metabolic Effects of a Novel Ready-to-drink Thermogenic Beverage (A22-0092-001)
2022 |
 - Role: **Lead Principal Investigator**
 - Amount: **\$28,401** (100% credit)
- 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** (100% credit)

2021
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2022

8 POiNT, LLC

Evaluation of Novel Beverage Formulations for Hydration Enhancement in Humans (A21-0284-001)

- Role: **Lead Principal Investigator**
- Amount: **\$35,000** (100% credit)

2021
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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** (100% credit)

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** (100% credit)

2020
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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** (100% credit)

2020
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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** (100% credit)

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** (100% credit)

2018
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2020

American River Nutrition, Inc.

Actions of Dietary Tocotrienols on Obesity

- Role: **Co-investigator** (PI: Chwan-Li Shen)
- Amount: **\$70,000** (5% credit)

2018
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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** (5% credit)

2017
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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**. (100% credit) *Additional in-kind donation (value: \$13,727).*

2016
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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** (100% credit)



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

121 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] A. R. Jagim, P. S. Harty, J. L. Erickson, G. M. Tinsley, D. Garner, and A. J. Galpin. "Prevalence of adulteration in dietary supplements and recommendations for safe supplement practices in sport". In: *Frontiers in sports and active living* 5 (2023), p. 1239121. DOI: [10.3389/fspor.2023.1239121](https://doi.org/10.3389/fspor.2023.1239121).
- [2] M. T. Stratton, M. R. Siedler, C. Rodriguez, P. S. Harty, J. R. Boykin, D. S. Keith, J. J. Green, S. J. White, E. Tinoco, B. DeHaven, T. A. VanDusseldorp, and G. M. Tinsley. "No Effect of Breakfast Consumption Observed for Afternoon Resistance Training Performance in Habitual Breakfast Consumers and Nonconsumers: A Randomized Crossover Trial". In: *Journal of the Academy of Nutrition and Dietetics* (2023). DOI: [10.1016/j.jand.2023.09.008](https://doi.org/10.1016/j.jand.2023.09.008).
- [3] 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](https://doi.org/10.3389/fnut.2023.1221774).
- [4] 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. 1-13. DOI: [10.1017/S0007114523001988](https://doi.org/10.1017/S0007114523001988).
- [5] 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](https://doi.org/10.3389/fspor.2023.1240252).
- [6] 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](https://doi.org/10.1038/s41430-023-01331-6).
- [7] C. McCarthy, G. M. Tinsley, A. Bosity-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](https://doi.org/10.1038/s41598-023-39896-8).
- [8] 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](https://doi.org/10.1038/s41430-023-01310-x).
- [9] 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](https://doi.org/10.2478/joeb-2023-0002).
- [10] 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](https://doi.org/10.1016/j.tjnut.2023.06.041).
- [11] 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](https://doi.org/10.1002/dmrr.3684).
- [12] 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](https://doi.org/10.1007/s40279-023-01856-7).

- [13] 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](https://doi.org/10.1519/JSC.0000000000004462).
- [14] 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](https://doi.org/10.1080/15502783.2023.2211958).
- [15] 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.
- [16] 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](https://doi.org/10.1016/j.clnesp.2023.01.026).
- [17] 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).
- [18] 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).
- [19] 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).
- [20] 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).
- [21] C. McCarthy, G. M. Tinsley, A. Bosity-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).
- [22] 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).
- [23] 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).
- [24] 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).
- [25] 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).
- [26] 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).
- [27] 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).
- [28] 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).

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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
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present

Associate Editor

Journal of the International Society of Sports Nutrition. Served as Associate Editor for 57 manuscripts from 2018 to present.

2021
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present

External Dossier Reviewer

Various Institutions

2022 present	<p>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</p>
2022 present	<p>Thesis Committee Member Texas Tech University. Student: Brandon Dalton. Adviser: Dr. Arturo Figueroa.</p>
2022 present	<p>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</p>
2022 present	<p>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</p>
2022 present	<p>Tenure and Promotion Committee Member Department of Kinesiology & Sport Management, Texas Tech University</p>
2022 2023	<p>Student Poster Judge Texas Tech University Graduate School Poster Competition</p>
2022	<p>Invited Grant Reviewer National Cattlemen's Beef Association (NCBA)</p>
2022	<p>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</p>
2022	<p>Doctoral Qualifying Exam Committee Member Texas Tech University. Student: Nigel Jiwan. Adviser: Dr. Hui Ying Luk.</p>
2022	<p>Student Poster Judge Texas Tech University Undergraduate Research Conference (URC)</p>
2021 2022	<p>Kinesiology Speaker Series Committee Member Department of Kinesiology & Sport Management, Texas Tech University</p>
2019 2022	<p>Student Grant Reviewer National Strength and Conditioning Association (NSCA)</p>
2021	<p>Invited Tenure Academy Panelist Teaching, Learning & Professional Development Center, Texas Tech University</p>
2021	<p>Teaching Plan Committee Member Department of Kinesiology & Sport Management, Texas Tech University</p>
2017 2021	<p>Faculty Search Committee Member Department of Kinesiology & Sport Management, Texas Tech University</p>

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2016
- 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.
- 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
- Student Poster Judge**
Texas Chapter of the American College of Sports Medicine (TACSM) Annual Meeting
- Scholarship Reviewer**
National Strength and Conditioning Association (NSCA)
- Invited Reviewer**
Science and Development of Muscle Hypertrophy, 2nd edition, by Brad Schoenfeld, PhD.
- Student Podium Presentation Judge**
National Strength and Conditioning Association (NSCA) Annual Meeting
- Grant Reviewer**
Translational Research Institute for Space Health (TRISH), NASA.
- Undergraduate Research Conference Reviewer**
Texas Tech University
- 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
- Invited Expert Reviewer**
Graduate Women In Science Fellowship application
- Volunteer**
Shake Hands with Your Future, Diversity and Inclusion Department, Texas Tech University.
- 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.
- Reviewer for Student Manuscript Awards**
Texas Chapter of the American College of Sports Medicine (TACSM)
- Evaluator for General Fellowship Applications**
Texas Tech University
- Body Composition Assessment for Football Athletes**
Department of Athletics, Texas Tech University
- Invited Expert Reviewer**
Human OS Fasting Course



PROFESSIONAL ORGANIZATIONS

2013
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present

National Strength and Conditioning Association
Member

2014
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present

Texas Chapter of the American College of Sports Medicine
Member

2014
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present

International Society of Sports Nutrition
Member

2015
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present

American College of Sports Medicine
Member

2020
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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>.

[9] C. Harrison, G. Tinsley, A. Hollub Secrest, C. Wilborn, and L. Taylor. "Agreement Between Body Mass Index and Percent Body Fat in Resistance Trained Men and Women". In: *International journal of exercise science: conference proceedings 2.15 (2023)*, p. 36. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss15/36>.

[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>.

[14] C. Rodriguez, T. Bongiovanni, M. L. Rigobert, and G. M. Tinsley. "Tracking Fat-free Mass Changes Over a Competitive Season in Elite Soccer Players". In: *International journal of exercise science: conference proceedings 2.15 (2023)*, p. 3. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss15/3>.

[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>.

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[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)*.

[21] D. Miller, J. M. Prather, C. M. Florez, A. Vargas, B. Soto, A. Harrison, M. Tinnin, G. M. Tinsley, and L. W. Taylor. "Effects of a Thermogenic Supplement on Metabolic, Hemodynamics, and Subjective Mood State Outcomes in Caffeine-habituated Young Males". In: *Journal of the International Society of Sports Nutrition Forthcoming (2023)*.

[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)*.

[23] C. Rodriguez, M. T. Stratton, M. R. Siedler, P. S. Harty, J. R. Boykin, J. J. Green, D. S. Keith, S. J. White, B. Dehaven, E. Tinoco, A. Brojanac, L. W. Taylor, and G. M. Tinsley. "Effects of a ready-to-drink thermogenic beverage on resting energy expenditure and hemodynamic variables". In: *Journal of the International Society of Sports Nutrition Forthcoming (2023)*.

- [24] 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. "Is Your Home Body Fat Scale Lying to You? Assessing the Longitudinal Validity of 15 Bioelectrical Impedance Analysis Devices". In: *Journal of the International Society of Sports Nutrition* Forthcoming (2023).
- [25] P. Harty, M. Stratton, G. Escalante, M. Siedler, C. Rodriguez, J. Dellinger, A. Williams, S. White, R. Smith, B. Johnson, and G. Tinsley. "Isokinetic Squat Performance Is Associated With Leg Press One-Repetition Maximum but Not Repetitions to Fatigue". 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).
- [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).
- [27] D. Keith, J. Boykin, C. Harrison, J. Zaragoza, J. Prather, M. Tinnin, L. Taylor, and G. Tinsley. "Relationship Between Changes in Upper Body Fat-Free Mass and Bench Press Performance in American Football Players". In: *International journal of exercise science: conference proceedings* 2.14 (2022), p. 24. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/24>.
- [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>.
- [29] J. Boykin, D. Keith, C. Harrison, J. A. Zaragoza, J. Prather, M. Tinnin, L. W. Taylor Iv, and G. Tinsley. "Associations of Changes in Body Composition and Athletic Performance in Collegiate American Football Players". In: *International journal of exercise science: conference proceedings* 2.14 (2022), p. 27. URL: <https://digitalcommons.wku.edu/ijesab/vol2/iss14/27>.
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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>.
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- [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).
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