

GRANT M. TINSLEY



FACULTY POSITIONS

2016
|
present

Texas Tech University

Department of Kinesiology & Sport Management

Lubbock, TX

- Assistant Professor (2016 - 2021)
- Associate Professor (2021 - 2026)
- Full Professor (effective 2026-09-01)



EDUCATION

2016

Baylor University

Ph.D. in Kinesiology & Exercise Nutrition

Waco, TX

2013

Colorado State University

M.S. in Biomedical Sciences

Fort Collins, CO

2012

Oklahoma State University

B.S. in Physiology; B.S. in Nutritional Sciences

Stillwater, OK

National Merit Scholar; graduated *summa cum laude*



FELLOWSHIPS

2026

International Society of Sports Nutrition

Fellow of the International Society of Sports Nutrition (FISSN)

2025

American College of Sports Medicine

Fellow of the American College of Sports Medicine (FACSM)



CERTIFICATIONS & CERTIFICATES

2024

Data Scientist in R (Career Track Certificate)

DataCamp

2021

Medical Statistics (Graduate Certificate)

Stanford University

2020

Statistics and R (Certificate)

HarvardX

2020

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

National Strength and Conditioning Association

RESEARCH SUMMARY

Peer-Reviewed Publications

315 total publications

174 articles *

64 senior/corresponding

44 first author

141 abstracts

78 senior/corresponding

* PubMed indexed only

Google Scholar Metrics

citations: 9870

h-index: 52

i10-index: 131

Funding

\$1,099,739 total

\$876,950 external

\$779,950 as Lead PI

KEY SKILLS

Scientific Leadership

Research Design and Oversight

Collaborative Research

Statistical Analysis with R

Scholarly Writing

Body Composition

Nutrition and Energy Balance

Human Performance

Science Communication

LINKS

[PubMed](#)

[Google Scholar](#)

[ORCID](#)

[ResearchGate](#)

[Web of Science](#)

CONTACT

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Last update on 2026-06-25

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

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 on body composition, energy balance, nutrition, resistance training, dietary supplementation, and related topics.
- 2013
|
2016 ● **Doctoral Researcher**
Baylor Laboratories for Exercise Science & Technology (BLEST); Department of Health, Human Performance, and Recreation; Baylor University; Waco, TX.
 - Led and assisted with research projects related to exercise physiology, nutrition, and dietary supplementation.
- 2011
|
2012 ● **Niblack Research Scholar**
Department of Nutritional Sciences; Oklahoma State University; Stillwater, OK.
 - One of 12 students at Oklahoma State University selected to complete competitive, funded one-year research project. Project investigated involvement of microRNAs in iron metabolism.
- 2010 ● **Summer Undergraduate Research Experience Intern**
Department of Physiology; University of Oklahoma Health Sciences Center; Oklahoma City, OK.
 - Selected to complete competitive, funded research project. Project investigated involvement of microRNAs in diabetic retinopathy.

TEACHING EXPERIENCE

- 2016
|
present ● **Assistant Professor / Associate Professor**
Department of Kinesiology & Sport Management; Texas Tech University.
 - Teach or have taught Nutrition for Exercise and Performance (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 long 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.
- 2013
|
2016 ● **Graduate Teaching Assistant**
Department of Health, Human Performance, and Recreation; Baylor University.
 - Served as instructor for Human Anatomy lab (HP 1420), Beginning Weight Training (LF 1194), Intermediate Weight Training (LF 1195), and Human Physiology for Allied Health Professionals (HED 3350). 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).



DOCTORAL STUDENT MENTORING

Served or serving as the primary research adviser and dissertation committee chair for 6 doctoral students, indicated by * below, and as a dissertation committee member for additional students.

2025 present	● Carina M. Velasquez* Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: TBD (Mentor: Dr. Grant Tinsley)
2024 2026	● Ryan Dunn Texas Tech University, Department of Kinesiology & Sport Management. Dissertation topic: Short-term, circuit-based heat acclimation enhances intermittent work capacity, reaction time, and neuromuscular function under heat stress in active males (Mentor: Dr. Yasuki Sekiguchi)
2024 2026	● Hushyar Azari Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: Combined Effectiveness of High-Intensity Interval Training (HIIT) and Omega-3 Supplementation in Improving Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) and Gastrointestinal Dysbiosis (Mentor: Dr. Kembra Albracht-Schulte)
2023 present	● Christine M. Florez* Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: TBD (Mentor: Dr. Grant Tinsley)
2022 2025	● Davoud Bayat Razi University. Dissertation: The effect of acute and chronic L-citrulline and citrulline malate supplementation on resistance training performance, perceived exertion, muscle soreness, lactate, and nitric oxide (Mentor: Dr. Mohammad Azizi)
2021 2025	● Christian Rodriguez* Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: Advanced Body Composition Assessment in Muscular Resistance-trained Adults (Mentor: Dr. Grant Tinsley) • Graduated August 2025 • Current position: Postdoctoral Researcher, Pennington Biomedical Research Center, Baton Rouge, LA.
2024 2025	● Kealey Wohlgemuth Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: Train and Strain: Examining Health and Workload in Police Recruits (Mentor: Dr. Jacob Mota)
2022 2024	● Marleigh Hefner Texas Tech University, Department of Nutritional Sciences. Dissertation: E4orf1 as a Novel Agent for Ameliorating High-Fat Diet Induced Liver Steatosis and Associated Cardiovascular Disease Risk Factors (Mentor: Dr. Vijay Hegde)
2020 2024	● Madelin R. Siedler* Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: RMR_{ratio} as an Indicator of Energetic Status in Active Females Using the Combined Oral Contraceptive Pill (Mentor: Dr. Grant Tinsley) • Graduated August 2024 • Current position: Assistant Professor, College of Saint Benedict & Saint John's University, St. Joseph and Collegeville, MN.
2022	● Stephen Fischer Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: Reduced endothelial and exercise vasodilator function in the legs of obese versus lean and overweight postmenopausal women (Mentor: Dr. Arturo Figueroa)

2019
|
2022

● **Matthew T. Stratton***

Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: The Effect of Breakfast Consumption on Afternoon Resistance Training Performance in Habitual Breakfast Consumers and Non-Consumers (Mentor: Dr. Grant Tinsley)

- Graduated August 2022
- Current position: Assistant Professor, University of South Alabama, Mobile, AL.

2019
|
2022

● **Patrick S. Harty***

Texas Tech University, Department of Kinesiology & Sport Management. Dissertation: Quantifying the Relationship Between Anthropometry, Body Composition, and Performance on the Army Combat Fitness Test (Mentor: Dr. Grant Tinsley)

- Graduated August 2022
- Current position: Assistant Professor, Lindenwood University, St. Charles, MO.

2018
|
2020

● **Malia Blue**

University of North Carolina at Chapel Hill. Dissertation: Validity of Body Composition Assessment in Racial and Ethnic Minorities (Mentor: Dr. Abbie Smith-Ryan)



MASTER'S STUDENT MENTORING

Served or serving as the primary research adviser for 13 master's degree students completing final research projects, indicated by * below, and as a thesis committee member for additional students.

2025
|
present

● **Madison Sullivan***

Texas Tech University, Department of Kinesiology & Sport Management. Project: TBD (Mentor: Dr. Grant Tinsley)

2025
|
present

● **Ainsley Way***

Texas Tech University, Department of Kinesiology & Sport Management. Project: TBD (Mentor: Dr. Grant Tinsley)

2025
|
2026

● **Kornkanok (Grammy) Sophonsakulrat**

Texas Tech University, Department of Kinesiology & Sport Management. Project: TBD (Mentor: Dr. Jacob Mota)

2023
|
2025

● **Carina Velasquez**

Texas Tech University, Department of Kinesiology & Sport Management. Project: Test-retest Reliability and Agreement of an Ultrasound Guide System (Mentor: Dr. Jacob Mota)

2022
|
2025

● **Ethan Tinoco***

Texas Tech University, Department of Kinesiology & Sport Management. Project: Development of a Field-Based 3-Compartment Model Using Smartphone Three-Dimensional Imaging and Consumer Bioimpedance Analysis (Mentor: Dr. Grant Tinsley)

2023
|
2024

● **Cade Snethen**

Texas Tech University, Department of Meat Science & Muscle Biology. Project: Surveillance of Anabolic Agent Residues in US Meat Supply by Liquid Chromatography With High Resolution Tandem Mass Spectrometry (Mentor: Dr. Bradley Johnson)

2022
|
2023

● **Christian LaValle***

Texas Tech University, Department of Kinesiology & Sport Management. Project: Skeletal muscle estimation using magnetic-resonance-imaging-based equations for dual-energy X-ray absorptiometry and bioelectrical impedance analysis (Mentor: Dr. Grant Tinsley)

- 2022 ● **Jessica Heredia**
California State University at Fullerton, Department of Kinesiology. Thesis: 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 (Mentor: Dr. Guillermo Escalante)
- 2020 |
2022 ● **Jake Boykin***
Texas Tech University, Department of Kinesiology & Sport Management. Project: Offseason Body Composition Changes Detected by Dual-Energy X-ray Absorptiometry versus Multifrequency Bioelectrical Impedance Analysis in Collegiate American Football Athletes (Mentor: Dr. Grant Tinsley)
- 2020 |
2022 ● **Jacob Green***
Texas Tech University, Department of Kinesiology & Sport Management. Project: Cross-sectional and longitudinal associations between subcutaneous adipose tissue thickness and dual-energy X-ray absorptiometry fat mass (Mentor: Dr. Grant Tinsley)
- 2020 |
2022 ● **Dale Keith***
Texas Tech University, Department of Kinesiology & Sport Management. Project: Anthropometric Predictors of Conventional Deadlift Kinematics and Kinetics: A Preliminary Study (Mentor: Dr. Grant Tinsley)
- 2019 |
2021 ● **Christian Rodriguez***
Texas Tech University, Department of Kinesiology & Sport Management. Project: Comparison of Indirect Calorimetry and Common Prediction Equations for Evaluating Changes in Resting Metabolic Rate Induced by Resistance Training and a Hypercaloric Diet (Mentor: Dr. Grant Tinsley)
- 2018 |
2020 ● **Robert Smith***
Texas Tech University, Department of Kinesiology & Sport Management. Project: Predicting Adaptations to Resistance Training Plus Overfeeding Using Bayesian Regression: A Preliminary Investigation (Mentor: Dr. Grant Tinsley)
- 2018 |
2019 ● **Matthew Stratton**
Kennesaw State University, Department of Exercise Science and Sport Management. Thesis: The Effect of Time Restricted Feeding on Measures of Body Composition and Muscular Performance (Mentor: Dr. Trisha VanDusseldorp)
- 2017 |
2018 ● **Austin Graybeal***
Texas Tech University, Department of Kinesiology & Sport Management. Project: Body Composition Assessment in Male and Female Bodybuilders: A 4-Compartment Model Comparison of Dual-Energy X-Ray Absorptiometry and Impedance-Based Devices (Mentor: Dr. Grant Tinsley)
- 2016 |
2017 ● **Melissa Linstrom***
Texas Tech University, Department of Kinesiology & Sport Management. Project: A Comparison of Ground Reaction Force, Initial Peak Acceleration, and Ground Contact Time on Artificial Turf and Natural Grass (Mentor: Dr. Grant Tinsley)
- 2016 |
2017 ● **Kyle Judson***
Texas Tech University, Department of Kinesiology & Sport Management. Project: A Review of the Effects of Resistance Training, Endurance Training and Dietary Supplementation on Skeletal Muscle Satellite Cell Content (Mentor: Dr. Grant Tinsley)
- 2016 |
2017 ● **Matthew Hamm***
Texas Tech University, Department of Kinesiology & Sport Management. Project: Effects of Two Pre-Workout Supplements on Concentric and Eccentric Force Production During Lower Body Resistance Exercise in Males (Mentor: Dr. Grant Tinsley)



UNDERGRADUATE STUDENT MENTORING

Mentor or mentored 24 undergraduate research students through the formal research programs listed below, or as volunteer students.

- 2025
|
present

● **TTUHSC Undergraduate to Medical School Initiative (UMSI) program**
Mentored 1 students from the *TTUHSC Undergraduate to Medical School Initiative (UMSI)*.
- 2023
|
present

● **Bridges Across Texas-Louis Stokes Alliances for Minority Participation (BAT-LSAMP) program**
Mentored 3 students from the *Bridges Across Texas-Louis Stokes Alliances for Minority Participation (BAT-LSAMP) program*.
- 2018
|
present

● **Ronald E. McNair Post-Baccalaureate Achievement Program**
Mentored 2 scholars from the *Ronald E. McNair Post-Baccalaureate Achievement Program*.
- 2016
|
present

● **Honors College Undergraduate Research Scholars (URS) Program**
Mentored 6 students from the *Honors College Undergraduate Research Scholars (URS) Program*.
- 2016
|
present

● **Center for Transformative Undergraduate Experiences (TrUE)**
Mentored 4 students with funding from the *Center for Transformative Undergraduate Experiences (TrUE)*.



WORKING GROUPS

- 2024
|
present

● **REAL BODY Working Group, Biomarkers Consortium, Foundation for the National Institutes of Health (FNIH)**
Serve as invited academic co-chair, academic investigator, and working group member for Redefining Evaluation of Adiposity and Leanness: Broadening Objective Diagnostics for Obesity (REAL BODY) project. This working group is developing research strategies to inform effective monitoring of body composition in clinical research and clinical practice. The primary current project is examining the reliability and validity of multiple body composition assessment technologies.



HONORS, ACHIEVEMENTS, AND AWARDS

- 2020
|
present

● **World's Top 2% Scientists List**
Ranked as one of the top-cited scientists worldwide in the "Science-wide Author Databases of Standard Citation Indicators" analysis by John Ioannidis at Stanford University from 2020 to present. Ranking is based on a composite score encompassing multiple citation and authorship metrics for individual years. Ranked authors are either in the top 100,000 scientists based on composite score or the top 2% of their sub-field. Data with rankings are available [online](#).

 - 2024 rank: 52,167 [Link](#)
 - 2023 rank: 49,004 [Link](#)
 - 2022 rank: 46,175 [Link](#)
 - 2021 rank: 72,349 [Link](#)
 - 2020 rank: 81,220 [Link](#)
- 2024

● **Angela Lumpkin Outstanding Research Award**
Department of Kinesiology & Sport Management, Texas Tech University
Selected as the inaugural recipient of award highlighting research excellence within the Department of Kinesiology & Sport Management.

- 2024
|
2022
|
2023

● **Top Endocrine Science of 2024 Selection**
The Endocrine Society

Article entitled "Fundamental Body Composition Principles Provide Context for Fat-free and Skeletal Muscle Loss with GLP-1 RA Treatments" was selected by the Editor-in-Chief of the *Journal of the Endocrine Society* to be highlighted in "[Eureka! The Top Endocrine Science of 2024](#)", which highlights "the most impressive breakthroughs in endocrine science and research for 2024."
- 2022
|
2023

● **Outstanding Faculty Mentor**
Center for Transformative Undergraduate Experiences (TrUE), Texas Tech University

This award recognizes faculty for their contributions to the Undergraduate Research and Creative Activities landscape at Texas Tech University.
- 2022

● **Apple Polishing Recognition**
Mortar Board, Texas Tech University

Selected by Mortar Board member, Sarah White, for my role in academic excellence and positively impacting student growth.
- 2021

● **Excellence in Research Award**
College of Arts & Sciences, Texas Tech University

This award recognizes a member of the College of Arts & Sciences faculty who has distinguished themselves and has achieved national or international recognition for their research or other creative activity.
- 2021

● **Special Collection Selection**
American Society for Nutrition

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

The Nutritional Research Achievement Award is given annually to recognize a nutritionist for their breakthroughs and contributions in field of nutritional research for athletes. [Link to press release](#)
- 2019

● **New Faculty Award**
Texas Tech University Alumni Association

The New Faculty Award is presented to faculty who have four years, or fewer, of service at any university and who have earned distinction for dedicated service to Texas Tech.
- 2018

● **2018 Best Paper Award**
European Journal of Sports Science

Article entitled "Time-restricted feeding in young men performing resistance training: A randomized controlled trial" was selected as the winner of the 2018 Best Paper Award, which designates the single "best" paper published in the European Journal of Sports Science annually.
- 2018

● **Faculty Recognition Award**
Mortar Board and Omicron Delta Kappa at Texas Tech University

These awards recognize faculty who have gone above and beyond in demonstrating excellence in the areas of student engagement, impact, service, outstanding research, international engagement and teaching performance.
- 2014
|
2016

● **Travel Awards**
Graduate School, Baylor University.

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

- 2015 ● **Membership Poster Award**
Texas Chapter of the American College of Sports Medicine (TACSM)
- 2012 ● **Top Ten Senior Award**
College of Arts & Sciences, Oklahoma State University
- 2011 ● **Emde-Phillips Endowed Scholarship**
College of Arts & Sciences, 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 |



INVITED SCIENTIFIC PRESENTATIONS

- 2026 ● **Harvard Medical School Blackburn Course in Obesity Medicine: Treating Obesity 2026**
Topic: Body Mass Index, Anthropometry, and Body Composition: Where Are We and Where Are We Going?
Duration: 40 minutes.

📍 Virtual meeting with live panel discussion.
- 2026 ● **The American College of Sports Medicine Annual Meeting**
Symposium: Interpreting Muscle Loss During GLP-1 Therapy: Measurement, Evidence, and Practical Solutions.
Additional Presenters: Dr. David Church and Dr. Jess Gwin. Topic: What Are We Really Measuring? The Critical Role of Body Composition Methodology in Assessing Weight Loss Quality. Symposium duration: 90 minutes.
Presentation duration: 30 minutes. Approximate attendance: 600

📍 Salt Lake City, UT
- 2026 ● **Seca Webinar**
Topic: Measure What Matters: Models, Methods, and Measurement in Body Composition. Duration: 1 hour.

📍 Live webinar
- 2026 ● **AG1 Webinar**
Topic: Nutrient Gaps: Does Everyone Have Them? Prevalence, Causes, and What the Data Say. Additional presenters: Dr. Jeremy Townsend and Dr. Philip Sapp. Duration: 1 hour.

📍 Live webinar
- 2025 ● **The Obesity Society Annual Meeting (ObesityWeek)**
Topic: Beyond BMI - What Do the Present and Future Hold? Duration: 40 minutes plus Q&A. Approximate attendance: 350

📍 Atlanta, GA
- 2025 ● **International Society of Sports Nutrition Colombia**
Topic: Flashy but Flawed? What Science Says About Consumer Health Tech. Duration: 120 minutes. Approximate attendance: 300

📍 Medellín, Colombia
- 2025 ● **International Society of Sports Nutrition Colombia**
Topic: Muscle Mass Assessment in Athletes: Striking the Balance Between Precision and Practicality. Duration: 60 minutes. Approximate attendance: 300

📍 Medellín, Colombia

- 2025 ● **International Society of Sports Nutrition Colombia**
Topic: From Concept to Conclusions: A Behind-the-Scenes Look at How Sports Supplement Research is Conducted. Duration: 60 minutes. Approximate attendance: 300
📍 Medellín, Colombia
- 2025 ● **Harvard Medical School Blackburn Course in Obesity Medicine: Treating Obesity 2025**
Topic: Body Composition in Clinical Settings. Duration: 40 minutes. 📍 Virtual meeting with live panel discussion.
- 2025 ● **International Society of Sports Nutrition 22nd Annual Conference**
Topic: "Flexing the Facts: Accuracy of Body Composition Assessment in Muscular Resistance-Trained Individuals" Approximate attendance: 500. Duration: 30 minutes.
📍 Delray Beach, FL
- 2025 ● **Abbott Nutrition Health Institute Webinar**
Topic: The Research and Realities of Obesity Medications and Incretin-Based Therapies in Nutrition and Body Composition. Additional presenters: Dr. Dominique Williams, Dr. Colleen Tewksbury, and Dr. Nina Crowley. Approximate attendance: 1,000. Duration: 3 hours. Webinar delivered live on three separate occasions.
📍 Live virtual meeting
- 2024 ● **Texas Tech University Obesity Research Institute Seminar Series**
Topic: Fasting Interventions for Body Composition Modification. Approximate attendance: 30. Duration: 50 minutes.
📍 Lubbock, TX
- 2024 ● **International Society of Sports Nutrition Colombia**
Topic: Masterclass: Body Composition Assessment. Approximate attendance: 250. Duration: 120 minutes.
📍 Medellín, Colombia
- 2024 ● **International Society of Sports Nutrition Colombia**
Topic: Resting Metabolic Rate Assessment: Methods, Challenges and Opportunities. Approximate attendance: 250. Duration: 60 minutes.
📍 Medellín, Colombia
- 2024 ● **International Society of Sports Nutrition Colombia**
Topic: Not So Fast: Exploring the Diversity of Fasting Strategies and Their Application to Exercise. Approximate attendance: 250. Duration: 60 minutes.
📍 Medellín, Colombia
- 2024 ● **Sports Performance Research Institute New Zealand (SPRINZ) Professional Development Research Forum**
Topic: Body Composition Assessment: Techniques, Metrics, and Implementation. Approximate attendance: 20. Duration: 60 minutes.
📍 Virtual presentation at Auckland University of Technology.
- 2024 ● **Harvard Medical School Blackburn Course in Obesity Medicine: Treating Obesity 2024**
Topic: Obesity Treatment and Body Composition. Approximate attendance: 900. Duration: 45 minutes.
📍 Virtual meeting with live panel discussion.
- 2024 ● **Texas Chapter of the American College of Sports Medicine / Sam Houston State University (Distinguished Speaker Lecture Tour)**
Topic: Body Composition Monitoring: Sources of Error and Best Practices. Approximate attendance: 200. Duration: 90 minutes.
📍 Huntsville, TX
- 2024 ● **Texas Chapter of the American College of Sports Medicine / Baylor University (Distinguished Speaker Lecture Tour)**
Topic: Intermittent Fasting and Exercise: Influence on Body Composition and Performance. Approximate attendance: 50. Duration: 75 minutes.
📍 Waco, TX

- 2024 ● **Texas Chapter of the American College of Sports Medicine / MidWestern State University (Distinguished Speaker Lecture Tour)**
 Topic: Intermittent Fasting and Exercise: Influence on Body Composition and Performance. Approximate attendance: 75. Duration: 75 minutes.
📍 Wichita Falls, TX
- 2024 ● **Texas Chapter of the American College of Sports Medicine / West Texas A&M University (Distinguished Speaker Lecture Tour)**
 Topic: Three-Dimensional Imaging for Digital Anthropometry, Advanced Body Phenotyping, and Beyond. Approximate attendance: 200. Duration: 40 minutes.
📍 Canyon, TX
- 2023 ● **Collegiate and Professional Sports Dietitians Association 15th Annual Conference**
 Topic: "Body Composition Testing and Variability in Practice: Utilization, Interpretation, and Guidance."
 Approximate attendance: 400. Duration: 1 hour.
📍 Minneapolis, MN
- 2022 ● **National Strength and Conditioning Association Midwest Regional Conference**
 Topic: "Tracking Body Composition in Athletes: Importance, Challenges, and Best Practices." Approximate attendance: 150. Duration: 60 minutes.
📍 Fort Worth, TX
- 2022 ● **CrossFit Health Virtual Conference**
 Topic: "Does Intermittent Fasting Have a Place in CrossFit?" Approximate attendance: 1000. Duration: 60 minutes.
📍 Virtual conference
- 2021 ● **International Society of Sports Nutrition 18th Annual Conference**
 Topic: "Body Composition Assessment: Lack of Standardization Can Wreak Havoc." Approximate attendance: 200. Duration: 30 minutes.
📍 St. Petersburg, FL
- 2021 ● **Texas Chapter of the American College of Sports Medicine Annual Meeting**
 Topic: "Body Composition Assessment: Underlying Assumptions and Practical Recommendations for Improved Estimation."
📍 Virtual meeting
- 2021 ● **International Society of Sports Nutrition - Nova Southeastern University**
 Topic: "Intermittent Fasting." Approximate attendance: 100. Duration: 1 hour.
📍 Virtual meeting
- 2020 ● **International Society of Sports Nutrition - Colombia**
 Topic: "Intermittent Fasting: New Findings in Health and Performance." Approximate attendance: 100. Duration: 1 hour.
📍 Colombia / Virtual meeting
- 2020 ● **National Strength and Conditioning Association National Conference (canceled due to COVID)**
 Scheduled to deliver presentation entitled "Intermittent Fasting and Meal Frequency: Implications for Training Adaptations."
📍 Las Vegas, NV (canceled)
- 2017 ● **International Society of Sports Nutrition-Kennesaw State University Conference on Nutrition and Training.**
 Topic: Intermittent Fasting and Exercise: Current Evidence and Future Directions. Approximate attendance: 75. Duration: 1 hour.
📍 Kennesaw, GA.
- 2017 ● **Texas Chapter of the American College of Sports Medicine Annual Meeting**
 Topic: Intermittent Fasting and Exercise: Can They Coexist? Approximate attendance: 400. Duration: 1 hour.
📍 Waco, TX.

\$ EXTERNAL FUNDING

Total external funding received to date from awarded research grants is \$839,850. External grant funding received as Lead Principal Investigator is \$742,850 across 15 awards.

Below, † indicates projects that included funds for graduate student research support.

2025 2027	● Foundation for the National Institutes of Health (FNIH) Redefining Evaluation of Adiposity and Leanness: Broadening Objective Diagnostics for Obesity (REAL BODY)† • Roles: Lead Principal Investigator for Texas Tech contract; Academic Co-Chair for overall project • Amount: \$134,910 (100% credit) for Texas Tech contract; \$4,008,670 for overall project
2025 2026	● National Strength and Conditioning Association (NSCA) Foundation Exploring the Time Course of Strength and Size Adaptations to Variable Resistance Training in Women • Role: Principal Investigator (Lead PI: Jacob Mota; Student Awardee: Kornkanok Sophonsakulrat) • Amount: \$7,000 (20% credit)
2024	● Bunge Loders Croklaan Influence of Structured Medium- and Long-Chain Triglycerides on Muscular Recovery Following Damaging Resistance Exercise (A24-0109-001)† • Role: Lead Principal Investigator (Additional PI: Jacob Mota) • Amount: \$80,241 (50% credit)
2023 2024	● Prism Labs Smartphone-based Digital Anthropometry and Body Composition Estimation using 3-Dimensional Optical Imaging (A24-0048-001) • Role: Lead Principal Investigator • Amount: \$35,000 (100% credit)
2022 2024	● EHP Labs Chronic Thermogenic Dietary Supplement Consumption: Effects on Body Composition, Anthropometrics, Metabolism, and Subjective Variables (A23-0089-001)† • Role: Lead Principal Investigator • Amount: \$85,378 (100% credit)
2022 2024	● Prism Labs Digital Anthropometry and Body Composition Estimation Using a Generation 2 Prototype 3-Dimensional Optical Scanner (A22-0305-001) • Role: Lead Principal Investigator • Amount: \$32,756 (100% credit)
2021 2023	● EHP Labs Metabolic Effects of a Novel Ready-to-drink Thermogenic Beverage (A22-0092-001) • Role: Lead Principal Investigator • Amount: \$28,401 (100% credit)
2021 2023	● 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 2023	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 2022	Nutraceutical International Corporation Pharmacokinetic Analysis of Nutrient Absorption from a Novel Liposomal Multivitamin/mineral Formulation (A21-0282-001)† • Role: Lead Principal Investigator • Amount: \$159,341 (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 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 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 2020	American River Nutrition, Inc. Actions of Dietary Tocotrienols on Obesity • Role: Co-investigator (PI: Chwan-Li Shen) • Amount: \$70,000 (5% credit)
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 (5% credit)
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. (100% credit) <i>Additional in-kind donation (value: \$13,727).</i>

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)



EXTERNAL FUNDING (NOT RECEIVED)

2019

● **National Institutes of Health (Parent R01, PA-19-056)**

Enhancing Adiposity Assessments in Hispanics: Development of a Body Density Conversion Formula

- Role: **Program Director/Principal Investigator (Texas Tech site)**. Overall Project Director/Principal Investigator: Brett Nickerson.
- Amount Requested: **\$3,358,772** (\$851,444 with 100% credit at Texas Tech)

2018

● **United States Department of Defense**

Development of Superior Field Methods of Body Composition Monitoring: Advancing Research Education and Providing Applications for Health and Performance of Military Personnel

- Role: **Lead Principal Investigator**
- Amount Requested: **\$105,506** (100% credit)

2017

● **National Institutes of Health (Parent STTR R41/R42)**

Dietary Supplementation to Optimize Body Composition During Weight Loss Induced by Alternate Day Fasting and Resistance Training

- Role: **Program Director/Principal Investigator**
- Amount Requested: **\$209,110** (\$110,550 with 100% credit at Texas Tech)



INTERNAL GRANT APPLICATIONS (FUNDED)

Total funding received to date from awarded internal grants is \$222,789.

2024

● **Texas University Fund**

Kinesiology & Sport Management Musculoskeletal and Body Composition Imaging: Acquiring Advanced Capabilities

- Role: **Core Team of Faculty** (Additional Core Team of Faculty: Dr. Jacob Mota and Dr. Angela Lumpkin)
- Amount: **\$220,000**

2024

● **Office of the Provost**

Faculty and Staff Wellbeing & Success Mini-Grant

- Role: **Recipient**
- Amount: **\$1,000**

2023

● **Office of the Provost**

Faculty and Staff Wellbeing & Success Mini-Grant

- Role: **Recipient**
- Amount: **\$1,789**

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
- Submitted in 2019 for U.S. patent application and most international patent applications listed below.
- Worldwide applications: United States (US16/240,211), Mexico (MX2020007008A), Brazil (BR112020013700A2), Canada (CA3087694A1), South Korea (KR20200131810A), European Patent Office (EP3735236A4), Japan (JP2021509686A), WIPO (PCT; WO2019136249A1), China (CN112105352A)

OTHER CONTRACTS

2024

● **Size Stream LLC**

License agreement for body composition data sets. Research Contract #C21798

- License of body composition data collected at Texas Tech University for \$3,600 payment.
- Role: Lead Principal Investigator & Contract Administrator

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 for \$3,500 payment.
- 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

DONATIONS RECEIVED

Total funding received to date from unrestricted charitable donations to support research is \$30,000 from 3 monetary donations.

2024 2025	● AG1 Charitable donation to support Dr. Tinsley's research laboratory. • Amount: \$10,000
2024	● Renaissance Periodization Charitable donation to support Dr. Tinsley's research laboratory. • Amount: \$10,000
2023	● Renaissance Periodization Charitable donation to support Dr. Tinsley's research laboratory. • Amount: \$10,000
2017 2018	● Dymatize Enterprises In-kind donation of 570 pounds of Elite 100% Whey Protein (value: \$10,788) to support research in Dr. Tinsley's lab.

PEER-REVIEWED ARTICLES

Notes

- **174** peer-reviewed articles have been published to date, including **64** as senior/corresponding author and **44** as first author. *These figures do not include article corrections or responses to letters to the Editor.*
- Below, * indicates a senior/corresponding author publication. In the fields of research represented here, senior/corresponding authorship typically indicates the individual with the primary supervisory role in the project, responsible for overall guidance of the research team. First authorship typically indicates the individual who made the largest contributions to writing the manuscript.
- Below, † indicates a graduate student author from Dr. Tinsley's research team, and ‡ indicates an undergraduate student author from Dr. Tinsley's research team.
- The articles below are presented in reverse chronological order. Article information is automatically retrieved from [PubMed](#), and only PubMed-indexed articles are displayed.

[1] Irismar Goncalves Almeida da Encarnacao, Matheus Santos Cerqueira, **Grant M Tinsley**, Kawan Baptista de Oliveira Ferreira, Erick Campos Sales, Wellton Dos Santos Silva Oliveira, Yuri Silva de Souza, Mikael Seabra Moraes, Fernanda Karina Dos Santos, Claudia Eliza Patrocinio de Oliveira, Analiza Marlonica Lopes de Almeida Silva, Diego Augusto Santos Silva, Osvaldo Costa Moreira. Accuracy, Repeatability, and Interchangeability of Smartphone-Based Digital Anthropometry Using Multi- and Dual-Image Approaches for Body Fat Estimation. *Clinical nutrition ESPEN*. 2026. , 103391. [10.1016/j.clnesp.2026.103391](#)

[2] Carina M Velasquez†, Christine M Florez†, Christian Rodriguez†, Madelin R Siedler†, Matthew T Stratton†, Patrick S Harty†, Ainsley E Way†, Madison H Sullivan†, **Grant M Tinsley***. Within- and Between-Day Reliability of Laboratory-Based Body Composition Assessment Methods. *The British journal of nutrition*. 2026. , 1-24. [10.1017/S0007114526107752](#)

[3] Hamid Arazi, Fatemeh Bagherpour, **Grant M Tinsley**. Impact of Different Exercise Modalities on Visceral Adipose Tissue in Normal Weight and Low-Overweight Individuals: A Systematic Review and Meta-Analysis. *Biological research for nursing*. 2026. , 10998004261460028. [10.1177/10998004261460028](#)

[4] Mousa Khalafi, Faeghe Ghasemi, Mohammad Hossein Sakhaei, Kosar Omidian, Aref Habibi Maleki, Michael E Symonds, Sara K Rosenkranz, **Grant M Tinsley**, Hadi Rohani, Hossein Rafiei. Efficacy of Different Modes of Intermittent Fasting for Decreasing Visceral and Subcutaneous Fat in Adults With Overweight and Obesity: A Systematic Review and Network Meta-analysis. *Nutrition reviews*. 2026. [10.1093/nutrit/nuag064](#)

[5] Brenden Siekman, Anastasia Gagliardi, Marie Gantz, Kristin Williams, **Grant M Tinsley**, Steven B Heymsfield, Sophia Ramirez, Diana M Thomas. Conversion of DXA body composition measurements across different devices: A standardized approach. *European journal of clinical nutrition*. 2026. [10.1038/s41430-026-01729-y](#)

- [6] Mousa Khalafi, Aref Habibi Maleki, Faeghe Ghasemi, Mahsa Ehsanifar, Michael E Symonds, Sara K Rosenkranz, **Grant M Tinsley**, Mahdis Kopaei Malek, Samin Vakil, Hossein Rafiei. Efficacy of different types of intermittent fasting in improving glycemic control in adults with overweight or obesity: a systematic review and network meta-analysis. *Reviews in endocrine & metabolic disorders*. 2026. 27, 2, 293-315. [10.1007/s11154-026-10018-9](https://doi.org/10.1007/s11154-026-10018-9)
- [7] Christopher J Oliver, Luke Del Vecchio, Michelle Minehan, Mike Climstein, Nedeljka Rosic, Stephen Myers, **Grant Tinsley**. The Validity of Bioelectrical Impedance Analysis Compared to a Four-Compartment Model in Healthy Adults: A Systematic Review. *Journal of functional morphology and kinesiology*. 2026. 11, 1 [10.3390/jfmk11010065](https://doi.org/10.3390/jfmk11010065)
- [8] **Grant M Tinsley***, Marleigh Hefner, Philip Sapp, Jeremy Townsend, Christian Rodriguez†, Christine Florez†. Sex differences in nutrient gaps among active adults. *Journal of nutritional science*. 2026. 15, e5. [10.1017/jns.2025.10070](https://doi.org/10.1017/jns.2025.10070)
- [9] Fatemeh Kazeminasab, Ahmad Reza Moein, Maryam Baharlooei, Sajjad Moradi, Donny M Camera, **Grant M Tinsley**, Sara K Rosenkranz, Reza Bagheri. Effects of Vitamin D Supplementation in Combination With Exercise Training on Body Composition and Muscular Strength in Adults: A Systematic Review and Dose-Response Meta-Analysis of Randomized Controlled Trials. *Nutrition reviews*. 2025. [10.1093/nutrit/nuaf264](https://doi.org/10.1093/nutrit/nuaf264)
- [10] Christine M Florez†, Kembra Albracht-Schulte, Danielle E Levitt, Jacob A Mota, **Grant M Tinsley**. Implications of obesity in the US military: unfit to serve?. *BMJ military health*. 2025. [10.1136/military-2025-003145](https://doi.org/10.1136/military-2025-003145)
- [11] Caleb F Brandner, **Grant M Tinsley**, Abby T Compton, Sydney H Swafford, Molly F Johnson, Maria G Kaylor, Hunter Haynes, Jon Stavres, Austin J Graybeal†. Development of a metabolic syndrome prediction model using smartphone-derived digital anthropometry. *The British journal of nutrition*. 2026. 135, 2, 232-240. [10.1017/S000711452510576X](https://doi.org/10.1017/S000711452510576X)
- [12] Ralf Jager, Martin Purpura, Sebastian T Balcombe, Ashok Godavarthi, Suda A Reddy, Ecaterina Vasenina, **Grant M Tinsley**. Effects of Tart Cherry Extract Supplementation on Plasma Urate and C-Reactive Protein Levels in Healthy Adults: a Randomized Controlled Trial. *Journal of dietary supplements*. 2026. 23, 1, 42-57. [10.1080/19390211.2025.2589787](https://doi.org/10.1080/19390211.2025.2589787)
- [13] **Grant M Tinsley***. Visceral adipose tissue compared with waist-based anthropometry in assessing metabolic risk. *The American journal of clinical nutrition*. 2025. 122, 5, 1145-1146. [10.1016/j.ajcnut.2025.08.011](https://doi.org/10.1016/j.ajcnut.2025.08.011)
- [14] **Grant M Tinsley***, Spencer Nadolsky. Preservation of lean soft tissue during weight loss induced by GLP-1 and GLP-1/GIP receptor agonists: A case series. *SAGE open medical case reports*. 2025. 13, 2050313X251388724. [10.1177/2050313X251388724](https://doi.org/10.1177/2050313X251388724)
- [15] Ralf Jager, Martin Purpura, Ashok Godavarthi, Halil Ibrahim Ceylan, Sebastian T Balcombe, Ambrish Chandrappa, **Grant M Tinsley**. Impact of liposomal delivery on coenzyme Q10 absorption: a double-blind, placebo-controlled, randomized trial. *Frontiers in nutrition*. 2025. 12, 1605033. [10.3389/fnut.2025.1605033](https://doi.org/10.3389/fnut.2025.1605033)
- [16] Emily J Dhurandhar, Theodore K Kyle, Bradley C Johnston, Jon Agley, James O Hill, Martin Binks, Thorkild Ia Sorensen, Scott Kahan, Lawrence J Cheskin, Hertz C Gerstein, Raul Cruz-Cano, Richard L Atkinson, John W Erdman, Susan B Roberts, David Klurfeld, Steven B Heymsfield, **Grant M Tinsley**, Stefan M Pasiakos, Paul M Coates, John Foreyt, Kathryn A Kaiser, David B Allison. Calling guidance evidence-based when it is not is against the ethos of science. *The American journal of clinical nutrition*. 2025. 122, 5, 1528-1530. [10.1016/j.ajcnut.2025.09.013](https://doi.org/10.1016/j.ajcnut.2025.09.013)
- [17] **Grant M Tinsley***, Jonathan P Bennett, Carla M Prado, Steven B Heymsfield. Skeletal muscle and fat-free mass: related but distinct concepts in body composition. *The American journal of clinical nutrition*. 2025. 122, 5, 1526-1527. [10.1016/j.ajcnut.2025.07.041](https://doi.org/10.1016/j.ajcnut.2025.07.041)
- [18] Mary C Pickler, Andrew R Gallucci, Katherine M Lee, Leroy K Bolden, Eric R Rash, **Grant M Tinsley***. Body Composition Changes in NCAA Division I Female Soccer Players Throughout Collegiate Playing Career. *Journal of strength and conditioning research*. 2025. [10.1519/JSC.0000000000005238](https://doi.org/10.1519/JSC.0000000000005238)
- [19] Davoud Bayat, Mohammad Azizi, Naser Behpour, **Grant M Tinsley**. Changes in resistance training performance, rating of perceived exertion, and blood biomarkers after six weeks of supplementation with L-citrulline vs. L-citrulline DL-malate in resistance-trained men: a double-blind placebo-controlled trial. *Journal of the International Society of Sports Nutrition*. 2025. 22, 1, 2513944. [10.1080/15502783.2025.2513944](https://doi.org/10.1080/15502783.2025.2513944)
- [20] Carina M Velasquez, Christian Rodriguez, Kealey J Wohlgemuth, **Grant M Tinsley**, Jacob A Mota. Influence of Structured Medium- and Long-Chain Triglycerides on Muscular Recovery Following Damaging Resistance Exercise. *Nutrients*. 2025. 17, 10 [10.3390/nu17101604](https://doi.org/10.3390/nu17101604)
- [21] **Grant M Tinsley***, Jacob A Mota, Michael J Conner, Alex Jesko, Kealey J Wohlgemuth, Christian Rodriguez†. Reference Values for Body Composition, Graded Exercise Testing, Hemodynamics, and Pulmonary Function in Male and Female Firefighters. *Journal of*

occupational and environmental medicine. 2025. 67, 9, 723-731. [10.1097/JOM.0000000000003444](https://doi.org/10.1097/JOM.0000000000003444)

[22] Mohammadyasin Lak, Scott C Forbes, Damoon Ashtary-Larky, Sahar Dadkhahfar, Reza Mahmoud Robati, Farshid Nezakati, Makan Khajevandi, Sara Naseri, Arvin Gerafiyani, Neda Haghighat, Jose Antonio, **Grant M Tinsley**. Does creatine cause hair loss? A 12-week randomized controlled trial. *Journal of the International Society of Sports Nutrition*. 2025. 22, sup1, 2495229. [10.1080/15502783.2025.2495229](https://doi.org/10.1080/15502783.2025.2495229)

[23] Daniel T Blake, Cody Hamane, Chelscie Pacheco, Menno Henselmans, **Grant M Tinsley**, Pablo Costa, Jared W Coburn, Thomas Campidell, Andrew J Galpin. Hypercaloric 16:8 time-restricted eating during 8 weeks of resistance exercise in well-trained men and women. *Journal of the International Society of Sports Nutrition*. 2025. 22, 1, 2492184. [10.1080/15502783.2025.2492184](https://doi.org/10.1080/15502783.2025.2492184)

[24] Ariane H Secrest, Charlene Norgan Radler, Jaci Kelly, Nikolas Keratsopoulos, Alyssa Faterkowski, Katelyn Kolodziejczyk, Mathis Rollin, Robert Mills, Mandy E Parra, Ralf Jager, Martin Purpura, **Grant M Tinsley**, Lem W Taylor. Glycoprotein Matrix-Bound Iron Improves Absorption Compared to Ferrous Bisglycinate Chelate and Ferrous Fumarate: A Randomized Crossover Trial. *Cureus*. 2025. 17, 3, e80224. [10.7759/cureus.80224](https://doi.org/10.7759/cureus.80224)

[25] Christine M Florez†, Javier Zaragoza, Jessica Prather, Mandy Parra, Jaci Davis, Amie Vargas, Audrey Ross, Ralf Jager, Martin Purpura, Simone Guglielmetti, **Grant M Tinsley**, Lem Taylor. Postbiotic Supplementation Increases Amino Acid Absorption from Plant-Based Meal: A Placebo-Controlled, Randomized, Double-Blind, Crossover Study. *Probiotics and antimicrobial proteins*. 2025. 17, 5, 3641-3655. [10.1007/s12602-025-10480-y](https://doi.org/10.1007/s12602-025-10480-y)

[26] Ralf Jager, Sidney Abou Sawan, Marco Orra'u, **Grant M Tinsley**, Martin Purpura, Shawn D Wells, Kylin Liao, Ashok Godavarthi. Correction: Paraxanthine enhances memory and neuroplasticity more than caffeine in rats. *Experimental brain research*. 2025. 243, 3, 59. [10.1007/s00221-025-06996-y](https://doi.org/10.1007/s00221-025-06996-y)

[27] Christopher J Oliver, Mike Climstein, Nedeljka Rosic, Anja Bosy-Westphal, **Grant Tinsley**, Stephen Myers. Fat-Free Mass: Friend or Foe to Metabolic Health?. *Journal of cachexia, sarcopenia and muscle*. 2025. 16, 1, e13714. [10.1002/jcsm.13714](https://doi.org/10.1002/jcsm.13714)

[28] Ralf Jager, Jeffery L Heilesen, Sidney Abou Sawan, Broderick L Dickerson, Megan Leonard, Richard B Kreider, Chad M Kersick, Stephen M Cornish, Darren G Candow, Dean M Cordingley, Scott C Forbes, **Grant M Tinsley**, Tindaro Bongiovanni, Roberto Cannataro, Bill I Campbell, Shawn M Arent, Jeffrey R Stout, Douglas S Kalman, Jose Antonio. International Society of Sports Nutrition Position Stand: Long-Chain Omega-3 Polyunsaturated Fatty Acids. *Journal of the International Society of Sports Nutrition*. 2025. 22, 1, 2441775. [10.1080/15502783.2024.2441775](https://doi.org/10.1080/15502783.2024.2441775)

[29] Harry M Hays, Pouria Sefidmooye Azar, Minsoo Kang, **Grant M Tinsley**, Nadeeja N Wijayatunga. Effects of time-restricted eating with exercise on body composition in adults: a systematic review and meta-analysis. *International journal of obesity (2005)*. 2025. 49, 5, 755-765. [10.1038/s41366-024-01704-2](https://doi.org/10.1038/s41366-024-01704-2)

[30] Andrew R Jagim, Craig A Horswill, Ward C Dobbs, Eric E Twohey, **Grant M Tinsley**, Jennifer B Fields, Margaret T Jones. Minimum Wrestling Weight for High School Girls Wrestling: Time to Revisit Minimal Body Fat Percent. *Journal of strength and conditioning research*. 2025. 39, 3, 332-339. [10.1519/JSC.0000000000005012](https://doi.org/10.1519/JSC.0000000000005012)

[31] Hunter Haynes, **Grant M Tinsley**, Sydney H Swafford, Abby T Compton, Juliana Moore, Paul T Donahue, Austin J Graybeal†. Mobile Anthropometry in Division I Baseball Athletes: Evaluation of an Existing Application and the Development of New Equations. *Journal of strength and conditioning research*. 2025. 39, 4, 447-456. [10.1519/JSC.0000000000005039](https://doi.org/10.1519/JSC.0000000000005039)

[32] **Grant M Tinsley**, Mary K Meyer, Sarah M Ptak, Daniel Yu, Jessica A Provost, Natasha J Hansen, Aaron F Carbuhn. Body Composition Changes over a Collegiate Playing Career in NCAA Division I Women's Soccer Players. *Journal of strength and conditioning research*. 2025. 39, 1, e40-e55. [10.1519/JSC.0000000000004935](https://doi.org/10.1519/JSC.0000000000004935)

[33] Sofia Serafini, Davide Charrier, Pascal Izzicupo, Francisco Esparza-Ros, Raquel Vaquero-Crista'obal, Cristian Petri, Malek Mecherques-Carini, Nicolas Baglietto, Francis Holway, **Grant Tinsley**, Antonio Paoli, Francesco Campa. Anthropometric-based predictive equations developed with multi-component models for estimating body composition in athletes. *European journal of applied physiology*. 2025. 125, 3, 595-610. [10.1007/s00421-024-05672-3](https://doi.org/10.1007/s00421-024-05672-3)

[34] Cassidy McCarthy, **Grant M Tinsley**, Sophia Ramirez, Steven B Heymsfield. Beyond Body Mass Index: Accurate Metabolic Disease-Risk Phenotyping With 3D Smartphone Application. *Obesity science & practice*. 2024. 10, 6, e70025. [10.1002/osp4.70025](https://doi.org/10.1002/osp4.70025)

[35] Ralf Jager, Sidney Abou Sawan, Marco Orra'u, **Grant M Tinsley**, Martin Purpura, Shawn D Wells, Kylin Liao, Ashok Godavarthi. Paraxanthine enhances memory and neuroplasticity more than caffeine in rats. *Experimental brain research*. 2024. 243, 1, 8. [10.1007/s00221-024-06954-0](https://doi.org/10.1007/s00221-024-06954-0)

- [36] Ryan A Dunn, **Grant M Tinsley**, Ty B Palmer, Courtney L Benjamin, Yasuki Sekiguchi. The Efficacy of Nutritional Strategies and Ergogenic Aids on Acute Responses and Chronic Adaptations to Exertional-Heat Exposure: A Narrative Review. *Nutrients*. 2024. 16, 22 [10.3390/nu16223792](https://doi.org/10.3390/nu16223792)
- [37] Steven B Heymsfield, Jasmine Brown, Sophia Ramirez, Carla M Prado, **Grant M Tinsley**, Maria Cristina Gonzalez. Are Lean Body Mass and Fat-Free Mass the Same or Different Body Components? A Critical Perspective. *Advances in nutrition (Bethesda, Md.)*. 2024. 15, 12, 100335. [10.1016/j.advnut.2024.100335](https://doi.org/10.1016/j.advnut.2024.100335)
- [38] **Grant M Tinsley***, Christian Rodriguez†, Christine M Florez†, Madelin R Siedler†, Ethan Tinoco†, Cassidy McCarthy, Steven B Heymsfield. Smartphone three-dimensional imaging for body composition assessment using non-rigid avatar reconstruction. *Frontiers in medicine*. 2024. 11, 1485450. [10.3389/fmed.2024.1485450](https://doi.org/10.3389/fmed.2024.1485450)
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- [40] **Grant M Tinsley***, Steven B Heymsfield. Fundamental Body Composition Principles Provide Context for Fat-Free and Skeletal Muscle Loss With GLP-1 RA Treatments. *Journal of the Endocrine Society*. 2024. 8, 11, bvae164. [10.1210/jendso/bvae164](https://doi.org/10.1210/jendso/bvae164)
- [41] Martin Purpura, Ralf Jager, Ashok Godavarthi, Dhananjaya Bhaskarachar, **Grant M Tinsley**. Liposomal delivery enhances absorption of vitamin C into plasma and leukocytes: a double-blind, placebo-controlled, randomized trial. *European journal of nutrition*. 2024. 63, 8, 3037-3046. [10.1007/s00394-024-03487-8](https://doi.org/10.1007/s00394-024-03487-8)
- [42] Daniela A Koppold, Carolin Breinlinger, Etienne Hanslian, Christian Kessler, Holger Cramer, Anika Rajput Khokhar, Courtney M Peterson, **Grant Tinsley**, Claudio Vernieri, Richard J Bloomer, Michael Boschmann, Nicola L Bragazzi, Sebastian Brandhorst, Kelsey Gabel, Alan C Goldhamer, Martin M Grajower, Michelle Harvie, Leonie Heilbronn, Benjamin D Horne, Spyridon N Karras, Jost Langhorst, Eva Lischka, Frank Madeo, Sarah J Mitchell, Ioannis-Eleemon Papagiannopoulos-Vatopaidinos, Maria Papagiannopoulou, Hanno Pijl, Eric Ravussin, Martha Ritzmann-Widderich, Krista Varady, Lilian Adamidou, Melika Chihaoui, Rafael de Cabo, Mohamed Hassanein, Nader Lessan, Valter Longo, Emily N C Manoogian, Mark P Mattson, J Brent Muhlestein, Satchidananda Panda, Sousana K Papadopoulou, Nikolaos E Rodopaios, Rainer Stange, Andreas Michalsen. International consensus on fasting terminology. *Cell metabolism*. 2024. 36, 8, 1779-1794.e4. [10.1016/j.cmet.2024.06.013](https://doi.org/10.1016/j.cmet.2024.06.013)
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- [44] Bassel Nassar, **Grant M Tinsley**, Kyung-Shin Park, Stefan A Czerwinski, Brett S Nickerson. Comparisons between dual-energy X-ray absorptiometry and bioimpedance devices for appendicular lean mass and muscle quality in Hispanic adults. *The British journal of nutrition*. 2024. 131, 12, 2031-2038. [10.1017/S000711452400076X](https://doi.org/10.1017/S000711452400076X)
- [45] Ralf Jager, Martin Purpura, Jaci Davis, Nikolas Keratsopoulos, Mandy E Parra, Ariane H Secrest, **Grant M Tinsley**, Lem Taylor. Glycoprotein Matrix Zinc Exhibits Improved Absorption: A Randomized Crossover Trial. *Nutrients*. 2024. 16, 7 [10.3390/nu16071012](https://doi.org/10.3390/nu16071012)
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ABSTRACTS / CONFERENCE PRESENTATIONS

Notes

- **141** abstracts have been published or presented to date, including **77** as senior/corresponding author.
- Below, * indicates senior/corresponding authorship. In the fields of research represented here, senior/corresponding authorship typically indicates the individual with the primary supervisory role in the project, responsible for overall guidance of the research team. First authorship typically indicates the individual who made the largest contributions to writing the abstract and presented it at the conference.
- Below, † indicates a graduate student author from Dr. Tinsley's research team, and ‡ indicates an undergraduate student author from Dr. Tinsley's research team.

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EXTERNAL SCIENTIFIC APPOINTMENTS

2025
|
present

● **Vineyard Health**
Chief Science Officer

2026
|
present

● **Aero Health IQ**
Scientific Advisor

2026
|
present

● **Global Health and Body Composition Institute**
Scientific Advisor

2026
|
present

- **AG1**
Science and Innovation Advisor

2024
|
present

- **Prism Labs**
Scientific Advisor



CONSULTING

2022
|
present

- **Tinsley Consulting LLC**
Owner
 - Provides statistical analysis, data interpretation, and related services for nutrition, health, and performance research.



PROFESSIONAL SERVICE

2016
|
present

- **Manuscript Reviewer (Ad hoc)**
Served as manuscript reviewer for 102 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; Diabetes, Obesity, and Metabolism; European Journal of Applied Physiology; European Journal of Clinical Nutrition; European Journal of Nutrition; Frontiers in Physiology; Functional Foods in Health and Disease; International Journal of Obesity; JAMA Internal Medicine; Journal of Cachexia, Sarcopenia, and Muscle; Journal of Clinical Densitometry; Journal of Dietary Supplements; Journal of Electrical Bioimpedance; Journal of Strength & Conditioning Research; Journal of the Academy of Nutrition and Dietetics; Journal of the International Society of Sports Nutrition; Journal of Nutritional Science; Journal of Sport Science and Medicine; The Lancet Healthy Longevity; Medicine & Science in Sports & Exercise; Microgravity; Nutrients; Nutrition Reviews; Obesity; PeerJ; PLOS ONE; Sports Medicine; Sports Medicine Open; and Strength and Conditioning Journal.

2018
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2024

- **Associate Editor**
Journal of the International Society of Sports Nutrition (impact factor: 5.1 [Q1]). Invited Associate Editor position. Served as Associate Editor for 61 manuscripts.

2023

- **Invited External Reviewer**
Doctoral thesis at Auckland University of Technology, Auckland, New Zealand.

2023

- **Invited Grant Reviewer**
United States Army Research Institute of Environmental Medicine (USARIEM)

2022

- **Invited Grant Reviewer**
National Cattlemen's Beef Association (NCBA)

2021
|
2022

- **External Dossier Reviewer**
Served as external reviewer for two tenure and promotion dossiers from Oklahoma State University

2019
|
2022

- **Student Grant Reviewer**
National Strength and Conditioning Association (NSCA)

2020

- **Invited External Reviewer**
Doctoral thesis at Swinburne University of Technology, Melbourne, Australia.

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.
- 2018
|
2019 ● **Invited Expert Reviewer**
Graduate Women In Science Fellowship application
- 2018 ● **Invited External Reviewer**
Doctoral thesis at Victoria University, Melbourne, Australia.
- 2018 ● **Reviewer for Student Manuscript Awards**
Texas Chapter of the American College of Sports Medicine (TACSM)
- 2016 ● **Invited Expert Reviewer**
Human OS Fasting Course



UNIVERSITY SERVICE

- 2026 ● **Undergraduate Research Conference Poster Judge**
Texas Tech University
- 2025 ● **Honors Contract Mentor**
Texas Tech University Honors College
- 2025 ● **General Fellowship Evaluator**
Texas Tech University Graduate School
- 2022
|
2023 ● **Student Poster Judge**
Texas Tech University Graduate School Poster Competition
- 2022 ● **Student Poster Judge**
Texas Tech University Undergraduate Research Conference (URC)
- 2021 ● **Invited Tenure Academy Panelist**
Teaching, Learning & Professional Development Center, Texas Tech University
- 2019 ● **Undergraduate Research Conference Reviewer**
Texas Tech University
- 2018
|
2019 ● **Volunteer**
Shake Hands with Your Future, Diversity and Inclusion Department, Texas Tech University.
- 2017 ● **Evaluator for General Fellowship Applications**
Texas Tech University
- 2017 ● **Body Composition Assessment for Football Athletes**
Department of Athletics, Texas Tech University



DEPARTMENTAL SERVICE

- 2025
|
present

- **Faculty Search Committee Chair**
Department of Kinesiology & Sport Management, Texas Tech University
- 2024
|
present

- **Coordinator for the M.S. in Kinesiology Program**
Department of Kinesiology & Sport Management, Texas Tech University
- 2024
|
present

- **Executive Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University
- 2021
|
present

- **Teaching Observations**
Performed 11 teaching observations for Graduate Part-Time Instructors and Faculty in the Department of Kinesiology & Sport Management, Texas Tech University.
- 2017
|
2025

- **Faculty Search Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University
- 2016
|
present

- **Academic Advisor for M.S. in Kinesiology Program**
Served as academic adviser for 24 students in the Human Performance concentration of the M.S. in Kinesiology program in the Department of Kinesiology & Sport Management, Texas Tech University.
- 2022
|
2025

- **Tenure and Promotion Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University
- 2023

- **Doctoral Qualifying Exam Committee Member**
Texas Tech University. Student: Kealey Wohlgemuth. Adviser: Dr. Jacob Mota.
- 2022

- **Doctoral Qualifying Exam Committee Member**
Texas Tech University. Student: Nigel Jiwan. Adviser: Dr. Hui Ying Luk.
- 2021
|
2022

- **Kinesiology Speaker Series Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University
- 2021

- **Teaching Plan Committee Member**
Department of Kinesiology & Sport Management, Texas Tech University



PROFESSIONAL OUTREACH

- 2026

- **Guest Presentation: Texas Tech University Clinical Connections**
Invited guest speaker. Presentation topic: "Clinical Assessment of Body Composition and Anthropometry." Approximate attendance: 20
- 2025

- **Guest Presentation: Texas Tech University Department of Nutritional Sciences**
Invited guest speaker. Presentation topic: "Body Composition, Energy Balance, and Sports Nutrition: Past Insights and Future Opportunities for Collaboration." Approximate attendance: 30
- 2025

- **Podcast Interview: Docs Who Lift with Dr. Spencer Nadolsky and Dr. Karl Nadolsky**
Invited guest for "Do You Really Lose Muscle on Semaglutide or Tirzepatide" Available [online](#).
- 2025

- **Podcast Interview: Docs Who Lift with Dr. Spencer Nadolsky and Dr. Karl Nadolsky**
Invited guest for "The Science of Myostatin Inhibitors, GLP-1 Meds, and Muscle Mass" Available [online](#).
- 2025

- **Podcast Interview: Docs Who Lift with Dr. Spencer Nadolsky and Dr. Karl Nadolsky**
Invited guest for "Tirzepatide and Muscle Loss with Dr. Grant Tinsley" Available [online](#).

- 2025 ● **Podcast Interview: Revive Stronger with Steve Hall**
Invited guest for "Episode 463: Should You Get A DEXA Scan? with Dr. Grant Tinsley". Available [online](#).
- 2025 ● **Podcast Interview: The PCC Podcast with Marissa Chong**
Invited guest for Episode 78: "Body Composition Measurement & Intermittent Fasting with Dr. Grant Tinsley". Available [online](#).
- 2025 ● **Guest Presentation: Rotary Club of Greater Southwest Lubbock**
Invited guest speaker. Presentation topic: "How to Make Better Dietary Supplement Choices with Third-Party Testing." Approximate attendance: 20
- 2024 ● **Podcast Interview: In the Know with Nina**
Invited guest for "Episode 40: Breaking Down Body Composition & Building Up Your Knowledge Base". Available [online](#).
- 2024 ● **Podcast Interview: Optimal Protein Podcast with Vanessa Spina**
Invited guest for "How to Maximize Benefits of Intermittent Fasting with Low Carb, What Studies Show on IF vs Caloric Restriction with Dr. Grant Tinsley". Available [online](#).
- 2024 ● **Podcast Interview: Your Food Matters with Dr. Sue Kleiner and Erik Bustillo**
Invited guest for "Episode 10 - Exploring Energy Balance & Sports Nutrition with Dr. Grant Tinsley". Available [online](#).
- 2024 ● **Social Media Interview: Daniel Álvarez García Science & Fitness**
"How to Track Body Composition Changes" Interview Conducted on Instagram Live.
- 2023 ● **Podcast Interview: Iron Culture with Omar Isuf and Dr. Eric Helms**
Invited guest for "Episode 239 - All About Body Composition & Body Fat (feat. Dr. Grant Tinsley)". Available [online](#).
- 2023 ● **Podcast Interview: The Mind Muscle Connection with Jeff Hoehn**
Invited guest for "Episode 345 - Dr. Grant Tinsley - How Accurate Are Body Composition Readers". Available [online](#).
- 2023 ● **Podcast Interview: Sports Science Dudes with Dr. Jose Antonio and Dr. Anthony Ricci**
Invited guest for "Episode 33A - A lesson on body composition assessment by Grant Tinsley PhD." Available [online](#).
- 2023 ● **Podcast Interview: Sports Science Dudes with Dr. Jose Antonio and Dr. Anthony Ricci**
Invited guest for "Episode 33B The lowdown on intermittent fasting - Dr. Grant Tinsley opines." 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 Media 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 Media 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 ● **Author, National Academy of Sports Medicine**
Authored Chapter 18: Dietary Assessment and Body Composition Testing for the National Academy of Sports Medicine (NASM) Nutrition Certification.
- 2018 ● **Podcast Interview: The Modus Movement**
Invited guest for "Episode 10 - An Intermittent Fasting Conversation with Dr. Grant Tinsley."
- 2018 ● **Guest Presentation: 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.



PROFESSIONAL MEMBERSHIPS

- 2024
|
present ● **The Obesity Society**
Member
- 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



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.
- 2026
- **Conference: American College of Sports Medicine Annual Meeting (Salt Lake City, UT)**
- 2025
- **Conference: ObesityWeek 2025 (Atlanta, GA)**
- 2025
- **Conference: International Society of Sports Nutrition Colombia Annual Conference (Medellin, Colombia)**
- 2025
- **Conference: International Society of Sports Nutrition Annual Conference (Delray Beach, FL)**
- 2025
- **Conference: American College of Sports Medicine Annual Meeting (Atlanta, GA)**
- 2025
- **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (Waco, TX)**
- 2024
- **Conference: ObesityWeek 2024 (San Antonio, TX)**
- 2024
- **Conference: International Society of Sports Nutrition Colombia Annual Conference (Medellin, Colombia)**
- 2024
- **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (Waco, TX)**
- 2023
- **Conference: American College of Sports Medicine Annual Meeting (Denver, CO)**
- 2023
- **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (Waco, TX)**
- 2022
- **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (Waco, TX)**
 - **Conference: National Strength and Conditioning Association National Conference (Orlando, FL)**  2021
- 2021
- **Conference: International Society of Sports Nutrition Annual Conference (St. Petersburg, FL)**
- 2021
- **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (Virtual)**
- 2021
- **Practicum: Mary Frances Picciano Dietary Supplement Research Practicum**
National Institutes of Health Office of Dietary Supplements
- 2020
- **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (Waco, TX)**

- 2020 ● **Training: Human Subject Training Series**
Texas Tech University Human Research Protection Program
- 2019 ● **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (Fort Worth, TX)**
- 2018 ● **Conference: International Society of Sports Nutrition Annual Conference (Clearwater Beach, FL)**
- 2018 ● **Conference: American College of Sports Medicine Annual Meeting (Minneapolis, MN)**
- 2017 ● **Conference: International Society of Sports Nutrition Annual Conference (Phoenix, AZ)**
- 2017 ● **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (Waco, TX)**
- 2016 ● **Conference: International Society of Sports Nutrition Annual Conference (Clearwater Beach, FL)**
- 2016 ● **Conference: American College of Sports Medicine Annual Meeting (Boston, MA)**
- 2016 ● **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (College Station, TX)**
- 2015 ● **Conference: International Society of Sports Nutrition Annual Conference (Austin, TX)**
- 2015 ● **Conference: American College of Sports Medicine Annual Meeting (San Diego, CA)**
- 2015 ● **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (Austin, TX)**
- 2014 ● **Conference: International Society of Sports Nutrition Annual Conference (Clearwater Beach, FL)**
- 2014 ● **Conference: Texas Chapter of the American College of Sports Medicine Annual Meeting (Fort Worth, TX)**