

# Grant M. Tinsley, Ph.D., CSCS

Texas Tech University, Department of Kinesiology & Sport Management  
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## Education

Ph.D. **Baylor University** – Department of Health, Human Performance, and Recreation  
Kinesiology, Exercise August 2013 – August 2016  
Nutrition, and Health Adviser: Dr. Peter W. Grandjean, Ph.D., FACSM, CES, CSCS  
Promotion Dissertation: Effects of Acute Dietary Changes on Estimates of Body Composition

M.S. **Colorado State University** – Department of Biomedical Sciences  
Biomedical Sciences August 2012 – August 2013

B.S. **Oklahoma State University** – Department of Nutritional Sciences  
Human Sciences August 2008 – July 2012; graduated *summa cum laude*  
Major: Nutritional Sciences

B.S. **Oklahoma State University** – Department of Zoology  
Physiology August 2008 – May 2012; graduated *summa cum laude*

## Faculty Appointment

Assistant Professor **Texas Tech University** – Department of Kinesiology & Sport Management  
August 2016 – present

## Research Experience

**Texas Tech University** – Department of Kinesiology & Sport Management  
August 2016 – present. Faculty member, Body Composition Assessment Lab supervisor, Nutrition Lab co-supervisor.

**Baylor University** – Department of Health, Human Performance, and Recreation  
August 2013 – August 2016. Baylor Laboratories for Exercise Science & Technology Lab (BLEST) member.  
Led and assisted with research projects related to exercise physiology, nutrition, and dietary supplementation.

**Oklahoma State University** – Department of Nutritional Sciences  
August 2011 – August 2012. Niblack Research Scholar.  
Selected to complete competitive one-year research project involving microRNAs and iron deficiency.

**University of Oklahoma Health Sciences Center** – Department of Physiology  
May 2010 – July 2010. Summer Undergraduate Research Experience (SURE) Intern.  
Completed research project involving microRNAs and diabetic retinopathy.

## Teaching Experience

Assistant Professor **Texas Tech University** – Department of Kinesiology & Sport Management  
August 2016 – present. Teach Physiological Application of Nutrition to Exercise and  
Physical Activity (KIN 3347), Anatomical Kinesiology (KIN 3346), Science and Practice of  
Strength Training (KIN 3322) and Skeletal Muscle Physiology (KIN 5336).

Lecturer **Baylor University** – Department of Health, Human Performance, and Recreation  
August 2015 – May 2016. Taught Human Physiology for Allied Health Professionals (HED  
3350).

Assistant Instructor **Baylor University** – Department of Health, Human Performance, and Recreation  
August 2015 – May 2016. Assisted with teaching Exercise Testing and Interpretation II (HP  
4471), including health screening, risk classification, body composition assessment,  
musculoskeletal and pulmonary function assessment, and graded exercise testing.

Guest Lecturer	<b>Baylor University</b> - Department of Health, Human Performance, and Recreation September 2013 – October 2015 Gave 9 guest lectures for a variety of courses, including Human Anatomy (HP 1420), Nutrition (HED 3313), Human Physiology (HP 1421), Human Diseases (HED 4355), and Exercise Testing and Interpretation I (HP 4470).
Graduate Teaching Assistant	<b>Baylor University</b> – Department of Health, Human Performance, and Recreation August 2013 – May 2016. Served as instructor for Human Anatomy lab (HP 1420), Beginning Weight Training (LF 1194), and Intermediate Weight Training (LF 1195).
Teaching Assistant	<b>Colorado State University</b> – Department of Biomedical Sciences Taught students using human cadavers for Human Gross Anatomy (BMS 301).

## **Peer-Reviewed Publications**

### *Published Manuscripts*

1. **Tinsley GM\***. (2017). Gender Differences in Proportional Bias between Dual-energy X-ray Absorptiometry and Bioelectrical Impedance Analysis in Active Adults Consuming High- and Low-Carbohydrate Diets. Nutrition Research. JCR Impact Factor<sup>2015</sup>: 2.5; SJR H Index: 66. <http://dx.doi.org/10.1016/j.nutres.2017.05.003>
2. Morales Marroquín FE, **Tinsley GM**, Gordon PM. (2017). Acute and Long-Term Impact of High-Protein Diets on Endocrine and Metabolic Function, Body Composition, and Exercise-Induced Adaptations. Journal of the American College of Nutrition. JCR Impact Factor<sup>2015</sup>: 2.3; SJR H Index: 97. <http://dx.doi.org/10.1080/07315724.2016.1274691>
3. Arsenis NC, You T, Ogawa EF, **Tinsley GM**, Zuo L. (2017). Physical Activity and Telomere Length: Impact of Aging and Potential Mechanisms of Action. Oncotarget. JCR Impact Factor<sup>2015</sup>: 5.0; SJR H Index: 46. <http://dx.doi.org/10.18632/oncotarget.16726>
4. **Tinsley GM\***, Morales Marroquín FE, Forsse JS, Grandjean PW. (2017). Impact of Acute Dietary Manipulations on DXA and BIA Body Composition Estimates. Medicine & Science in Sports & Exercise. JCR Impact Factor<sup>2015</sup>: 4.0; SJR H Index: 171. <http://dx.doi.org/10.1249/MSS.0000000000001148>
5. Morales FEM, Forsse JS, Andre TL, McKinley SK, Hwang PS, **Tinsley GM**, Spillane M, Grandjean PW, Ramirez A, Willoughby DS. (2017). BAIBA Does Not Regulate Exercise-Induced UCP-3 Expression In Human Skeletal Muscle. Journal of the American College of Nutrition. JCR Impact Factor<sup>2015</sup>: 2.3; SJR H Index: 97. <http://dx.doi.org/10.1080/07315724.2016.1256240>
6. **Tinsley GM\***, Forsse JS, Butler NK, Bane AA, La Bounty PM, Morgan GB, Grandjean PW. (2017). Time-Restricted Feeding in Young Men Performing Resistance Training: A Randomized Controlled Trial. European Journal of Sports Science 17(2): 200– 207. JCR Impact Factor<sup>2015</sup>: 1.8; SJR H Index: 26. <http://dx.doi.org/10.1080/17461391.2016.1223173>
7. **Tinsley GM**, Gann JG, Huber SR, Andre TL, La Bounty PM, Bowden RG, Gordon PM, Grandjean PW. (2017). Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness. Journal of Dietary Supplements 4(1): 89-100. JCR Impact Factor<sup>2015</sup>: N/A; SJR H Index: 12. <http://dx.doi.org/10.1080/19390211.2016.1205701>
8. Moro T, **Tinsley G**, Bianco A, Neri M, Battaglia G, Palma A, Paoli A. (2016). Effects of Eight Weeks of Time-restricted Feeding on Basal Metabolism, Maximal Strength, Body Composition, Inflammation, and Cardiovascular Risk Factors in Resistance-trained Males. Journal of Translational Medicine. JCR Impact Factor<sup>2015</sup>: 3.7; SJR H Index: 67. <http://dx.doi.org/10.1186/s12967-016-1044-0>
9. Zuo L, He F, **Tinsley GM**, Pannell BK, Ward E, Arciero PJ. (2016). Comparison of High-protein, Intermittent-Fasting Low-Calorie Diet and Heart Healthy Diet on Vascular Health of the Obese. Frontiers in Physiology 7(350). JCR Impact Factor<sup>2015</sup>: 4.0; SJR H Index: 39. <http://dx.doi.org/10.3389/fphys.2016.00350>

10. **Tinsley GM\***, Willoughby DS. (2016). Fat-Free Mass Changes During Ketogenic Diets and the Potential Role of Resistance Training. *International Journal of Sport Nutrition & Exercise Metabolism* 26(1): 78 – 92. JCR Impact Factor<sup>2015</sup>: 2.1; SJR H Index: 52. <http://dx.doi.org/10.1123/ijnsnem.2015-0070>
11. **Tinsley GM\***, La Bounty PM. (2015). Effects of intermittent fasting on body composition and clinical health markers in humans. *Nutrition Reviews* 73(10): 661-674. JCR Impact Factor<sup>2015</sup>: 5.6; SJR H Index: 108. <http://dx.doi.org/10.1093/nutrit/nuv041>
12. **Tinsley GM**, Gann JG, and La Bounty PM. (2015). Intermittent Fasting Programs and Their Effects on Body Composition: Implications for Weight-Restricted Sports. *Strength and Conditioning Journal* 37(5): 60-71. JCR Impact Factor<sup>2015</sup>: 0.4; SJR H Index: 26. <http://dx.doi.org/10.1519/SSC.0000000000000160>
13. Gann JG, **Tinsley GM**, La Bounty PM. (2015). Weight Cycling: Prevalence, Strategies, and Effects on Combat Athletes. *Strength and Conditioning Journal* 37(5): 105-111. JCR Impact Factor<sup>2015</sup>: 0.4; SJR H Index: 26. <http://dx.doi.org/10.1519/SSC.0000000000000168>

\* = *corresponding author*; † = *student author*

### *Abstracts*

1. Hurtado AK†, Hamm MA†, Pineda JG†, Martin AY†, Cross AG†, Uribe VA†, Palmer TB, **Tinsley GM**. Effects of Multi-ingredient Pre-workout Supplements on Repetitions-in-Reserve and Subjective Measures of Energy, Fatigue, and Focus during Lower-Body Resistance Exercise. *International Journal of Exercise Science*: 2017, Vol. 2: Iss. 9.
2. Martin AY†, Hamm MA†, Pineda JG†, Uribe VA†, Hurtado AK†, Cross AG†, Palmer TB, **Tinsley GM**. Effects of Pre-Workout Supplements on Maximal Concentric and Eccentric Force Production During Lower Body Resistance Exercise. *International Journal of Exercise Science*: 2017, Vol. 2: Iss. 9.
3. Forse JS, **Tinsley GM**, Morales-Marroquin FE, Grandjean PW. Impact of Acute Dietary Manipulations on Dual-Energy X-ray Absorptiometry Estimates of Visceral Adipose Tissue. *International Journal of Exercise Science*: 2017, Vol. 2: Iss. 9.
4. Hwang P, Andre T, McKinley-Barnard S, Gann J, Morales Marroquin F, **Tinsley G**, Willoughby D. Effects of Detraining and Retraining on Muscular Strength and Hypertrophy in Trained Males are not Impacted by Whey Protein Supplementation. *Journal of Strength and Conditioning Research*, 2016.
5. Morales E, Forse F, Andre T, McKinley S, Hwang P, **Tinsley G**, Spillane M, Grandjean P, Willoughby D.  $\beta$ -aminoisobutyric acid does not regulate exercise induced UCP-3 expression in skeletal muscle. *Journal of the International Society of Sports Nutrition*, 2016, 13 (Supplement 1): P9.
6. **Tinsley GM**, Forse JS, Morgan GB, Butler NK, Bane AA, La Bounty PM, Grandjean PW. Variation in Individual Responses to Time-Restricted Feeding and Resistance Training. *Medicine and Science in Sports and Exercise*, 2016, Volume 48:5S, p. 950.
7. Hwang PS, Andre T, McKinley S, Gann J, Morales E, **Tinsley GM**, and Willoughby DS. The Effects of Short-term Detraining and Subsequent Retraining on Body Composition and Muscle Performance in Males Consuming a Whey Protein or Carbohydrate Supplement. *International Journal of Exercise Science: Conference Proceedings*, 2016, Vol. 2: Iss. 8, Article 82.
8. Morales Marroquín FE, Forse J, Andre T, McKinley-Barnard S, Hwang P, **Tinsley G**, Davis J, Spillane M, Grandjean P, Willoughby D. Effect of Pre-Exercise Nutrition on Human Skeletal Muscle UCP3 Expression. *International Journal of Exercise Science: Conference Proceedings*, 2016, Vol. 2: Iss. 8, Article 73.
9. **Tinsley GM**, Forse JS, Morgan GB, Butler NK, Bane AA, La Bounty PM, Grandjean PW. Variation in Individual Responses to Time-Restricted Feeding and Resistance Training. *International Journal of Exercise Science: Conference Proceedings*, 2016, Vol. 2: Iss. 8, Article 13.
10. **Tinsley GM**, Butler NK, Forse JS, Bane AA, Morgan GB, Hwang PS, Grandjean PW, La Bounty PM. Intermittent fasting combined with resistance training: effects on body composition, muscular performance, and dietary intake. *Journal of the International Society of Sports Nutrition*, 2015, 12(Supplement 1):P38
11. **Tinsley GM**, Gann JJ, Huber SR, La Bounty PM, Bowden RG, Gordon PM, Grandjean, PW. Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females. *Medicine and Science in Sports and Exercise*, 2015, 47:5 Supplement.

12. Gann JJ, **Tinsley GM**, Huber SR, Andre TL, Grandjean, PW, La Bounty PM, Gordon PM, Bowden RG. Correlations Between Resistance Exercise Characteristics and Muscle Soreness During Fish Oil Supplementation. *Medicine and Science in Sports and Exercise*, 2015, Volume 47:5 Supplement.
13. **Tinsley GM**, Gann JJ, Huber SR, La Bounty PM, Bowden RG, Andre TL, Gordon PM, Grandjean, PW. Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females. *International Journal of Exercise Science: Conference Proceedings 2015*, 2 (7): 76.
14. **Tinsley GM**, Rigby R, Gann J, Andre T, La Bounty PM. Frequency of eating occasions and dietary supplement use in competitive Brazilian Jiu-Jitsu athletes: preliminary results of an ongoing study. *Journal of the International Society of Sports Nutrition* 2014, 11(Supplement 1):P27

† = *student author*

## Research Funding

<b>Date</b>	<b>Funding Agency, Project Title, and Role</b>	<b>Amount requested</b>
Mar 2017	National Strength and Conditioning Association Young Investigator Grant Citrulline-malate and exercise-induced changes in muscle tissue properties Role: Co-PI	\$19,998 – <i>under review</i>
Jan 2017	National Institutes of Health Small Business Technology Transfer (STTR) Grant - Phase I Dietary Supplementation to Optimize Body Composition During Weight Loss Induced by Alternate Day Fasting and Resistance Training Role: PD/PI	\$222,417 – <i>not funded</i>
Jan 2017	Center for Active Learning and Undergraduate Engagement, Texas Tech University (Internal Funding) Effects of Multi-ingredient Pre-workout Supplements on Force Production During Lower Body Resistance Exercise Role: PI	\$1,000 - <i>funded</i>
Oct 2016	The <u>CH</u> Foundation Body Composition and Energy Expenditure of Lubbock Children: Helping Parents Establish Healthy Habits Role: PI	\$42,000 – <i>not funded</i>
Oct 2016	Metabolic Technologies, Inc. Effects of HMB supplementation on muscle protein breakdown during acute fasting: implications for intermittent fasting programs Role: PI	\$9,619 - <i>funded</i>
Sep 2016	National Pork Board Impact of Increased Pork Protein Intake and Resistance Training on Body Composition, Energy Expenditure, and Muscular Performance in Elderly Adults Role: PI	\$66,143 – <i>not funded</i>

Oct 2015	Department of Health, Human Performance, and Recreation, Baylor University (Internal Funding) Dissertation Funding Award Project: Effects of Acute Dietary Changes on Estimates of Body Composition Role: PI	\$3,000 - <i>funded</i>
Oct 2014	National Strength and Conditioning Association GNC Nutritional Research Grant Project: Effects of Fish Oil and Resistance Training on Body Composition Role: Co-investigator	\$2,500 – <i>not funded</i>

### **Research Presentations: Oral**

1. Intermittent Fasting and Exercise: Can They Coexist? Texas Chapter of the American College of Sports Medicine Annual Meeting 2017. February 16, 2017.
2. Variation in Individual Responses to Time-Restricted Feeding and Resistance Training. American College of Sports Medicine Annual Meeting 2016; Boston, MA. June 3, 2016.
3. Graduate Student Research Presentation for Dean's Advisory Council of Robbins College of Health and Human Sciences, Baylor University. April 7, 2016.
4. Introduction to Intermittent Fasting. Exercise Science Student Association, Baylor University. Spring 2014.

### **Research Presentations: Poster**

1. Variation in Individual Responses to Time-Restricted Feeding and Resistance Training. 10th Annual Health Research Forum; Family Health Center, Waco, TX, April 12, 2016.
2. Variation in Individual Responses to Time-Restricted Feeding and Resistance Training. Texas Chapter of the American College of Sports Medicine Annual Meeting, March 3, 2016, College Station, TX.
3. Intermittent fasting combined with resistance training: effects on body composition, muscular performance, and dietary intake. International Society of Sports Nutrition 12th Annual Conference and Expo, June 13, 2015; Austin, TX.
4. Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females. American College of Sports Medicine Annual Meeting 2015, May 30, 2015; San Diego, CA.
5. Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females. 9th Annual Health Research Forum; Family Health Center, Waco, TX, April 21, 2015.
6. Effects of Fish Oil Supplementation on Post-Resistance Exercise Muscle Soreness in Untrained Females. Texas Chapter of the American College of Sports Medicine Annual Meeting, February 26-27, 2015; Austin, TX.
7. Frequency of eating occasions and dietary supplement use in competitive Brazilian Jiu-Jitsu athletes: preliminary results of an ongoing study. International Society of Sports Nutrition 11th Annual Conference and Expo, June 20-21, 2014; Clearwater Beach, FL.
8. Dietary Iron Deficiency Alters Hepatic miRNA Expression: Implications for Regulation of Cellular Iron Metabolism. Kathleen Briggs Human Sciences Undergraduate Scholars Forum, Oklahoma State University, Stillwater, OK. April 2012.
9. Dietary Iron Deficiency Alters Hepatic miRNA Expression: Implications for Regulation of Cellular Iron Metabolism. Oklahoma State University 23rd Annual Research Symposium, Stillwater, OK. Feb 2012.
10. miR-1224, a Regulator of Blue Cone Opsin, is Down-Regulated in Late Stage Diabetic Retinopathy. Summer Undergraduate Research Experience Presentation, University of Oklahoma Health Sciences Center, Oklahoma City, OK. July 2010.

## **Honors and Awards**

- Baylor University
- Travel Awards (6) for 2014, 2015 and 2016 International Society of Sports Nutrition Conferences, 2015 and 2016 American College of Sports Medicine Annual Meetings, and 2016 Texas Chapter of the American College of Sports Medicine (TACSM).
  - 2015 Texas Chapter of the American College of Sports Medicine (TACSM) Membership Poster Award
  - Graduated with 4.0 GPA
- Colorado State University
- Graduated with 4.0 GPA
- Oklahoma State University
- Graduated *summa cum laude*
  - Full-ride National Merit Scholar academic scholarship
  - President's Honor Roll, Fall 2008 - Spring 2012
  - College of Arts & Sciences Emde-Phillips Endowed Scholarship
  - College of Arts & Sciences Top Ten Senior Award
  - Department of Housing and Residential Life General Leader Scholar Award
  - OSU Student Employee of the Year Nominee

## **Certifications**

- Dec 2013 – present
- Certified Strength and Conditioning Specialist (CSCS)  
National Strength and Conditioning Association
- Aug 2016 – present
- CPR/AED Training  
American Red Cross
- Sep 2013 – Sept 2015
- CPR/AED Training  
American CPR Training

## **Professional Memberships**

- Sep 2016 – present
- The Obesity Society
- Jan 2015 – present
- American College of Sports Medicine
- June 2014 – present
- International Society of Sports Nutrition
- Feb 2014 – present
- Texas Chapter of the American College of Sports Medicine
- Nov 2013 - present
- National Strength and Conditioning Association

## **Service**

- Ad hoc manuscript reviewer for *Obesity, Functional Foods in Health and Disease, Clinical Medicine Insights: Case Reports, and PeerJ*.
- Evaluator for General Fellowship Applications at Texas Tech University. February 2017.

## **Student Research Mentoring**

Texas Tech University

*Graduate students*

- Austin Graybeal. Jan 2017 – present
- Danielle Hardin. Jan 2017 – present
- Kyle Judson. Jan 2017 – present
- Tyler Cook. Jan 2017 – present
- Victor Uribe. Aug 2016 – present

- Austin Martin. Aug 2016 – present
- Matthew Hamm. Aug – Dec 2016
- Jose Pineda. Aug – Dec 2016

*Undergraduate students*

- Michael Villarreal. Jan 2017 – present
- Amy Hurtado. Aug. 2016 – present
- Austin Cross. Aug. 2016 – present

Baylor University

- Natalie Butler (*undergraduate*). Jan 2015 – May 2016