

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

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.
Supervisor, Energy Balance & Body Composition Laboratory. Supervisor, Body Composition Assessment Laboratory.
Design and lead research projects pertaining to energy balance, body composition, nutrition and dietary supplementation.

Baylor University – Department of Health, Human Performance, and Recreation. August 2013 – August 2016.
Lab member, Baylor Laboratories for Exercise Science & Technology (BLEST).
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	Baylor University - 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	Baylor University – 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	Colorado State University – Department of Biomedical Sciences Taught students using human cadavers for Human Gross Anatomy (BMS 301).

Peer-Reviewed Publications

Published Manuscripts

1. **Tinsley GM**, Horne BD. (2018). Intermittent Fasting and Cardiovascular Disease: Current Evidence and Unresolved Questions. Future Cardiology. JCR Impact Factor²⁰¹⁵: N/A; SJR²⁰¹⁶: 0.460. <http://dx.doi.org/10.2217/fca-2017-0038>
2. **Tinsley GM***, Hamm MA†, Hurtado AK†, Cross AG†, Pineda JG†, Martin AY†, Uribe VA†, Palmer TB. (2017). Effects of Caffeinated and Non-Caffeinated Pre-Workout Supplements Containing Citrulline Malate on Concentric and Eccentric Force Production During Lower Body Resistance Exercise: A Counterbalanced, Double Blind, Placebo-Controlled Trial. Journal of the International Society of Sports Nutrition. JCR Impact Factor²⁰¹⁶: 2.1; SJR²⁰¹⁶: 0.574. <http://dx.doi.org/10.1186/s12970-017-0203-x>
3. **Tinsley GM**, Urbina S, Mullins J, Outlaw J, Hayward S, Stone M, Foster C, Wilborn C, Taylor L. (2017). Influence of a thermogenic dietary supplement on safety markers, body composition, energy expenditure, muscular performance and hormone concentrations: A randomized, placebo-controlled, double-blind trial. Journal of Sports Science and Medicine. JCR Impact Factor²⁰¹⁶: 1.8; SJR²⁰¹⁶: 0.981.
4. **Tinsley GM***. (2017). Reliability and agreement between DXA-derived body volumes and their usage in 4-compartment body composition models produced from DXA and BIA values. Journal of Sports Sciences. JCR Impact Factor²⁰¹⁶: 2.5; SJR²⁰¹⁶: 1.189. <http://dx.doi.org/10.1080/02640414.2017.1369556>
5. Moro T, **Tinsley G**, Bianco A, Gottardi A, Gottardi GB, Faggian D, Plebani M, Marcolin G, Paoli A. (2017) High intensity interval resistance training (HIIRT) improves cardiovascular risk factors in older adults. Experimental Gerontology. JCR Impact Factor²⁰¹⁶: 3.3; SJR²⁰¹⁶: 1.584. <https://doi.org/10.1016/j.exger.2017.08.015>
6. **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 Factor²⁰¹⁶: 2.737; SJR²⁰¹⁶: 1.095. <http://dx.doi.org/10.1016/j.nutres.2017.05.003>
7. 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 Factor²⁰¹⁶: 2.107; SJR²⁰¹⁶: 0.744. <http://dx.doi.org/10.1080/07315724.2016.1274691>
8. 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 Factor²⁰¹⁵: 5.168; SJR²⁰¹⁶: 1.927. <http://dx.doi.org/10.18632/oncotarget.16726>
9. **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 Factor²⁰¹⁶: 4.141; SJR²⁰¹⁶: 1.962. <http://dx.doi.org/10.1249/MSS.0000000000001148>
10. 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 Factor²⁰¹⁶: 2.107; SJR²⁰¹⁶: 0.744. <http://dx.doi.org/10.1080/07315724.2016.1256240>

11. **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 Sport Science 17(2): 200– 207. JCR Impact Factor²⁰¹⁶: 2.690; SJR²⁰¹⁶: 1.128. <http://dx.doi.org/10.1080/17461391.2016.1223173>
12. **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 Factor²⁰¹⁶: N/A; SJR²⁰¹⁶: 0.374. <http://dx.doi.org/10.1080/19390211.2016.1205701>
13. 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 Factor²⁰¹⁶: 3.786; SJR²⁰¹⁶: 1.482. <http://dx.doi.org/10.1186/s12967-016-1044-0>
14. 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 Factor²⁰¹⁶: 4.134; SJR²⁰¹⁶: 1.765. <http://dx.doi.org/10.3389/fphys.2016.00350>
15. **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 Factor²⁰¹⁶: 2.098; SJR²⁰¹⁶: 0.861. <http://dx.doi.org/10.1123/ijsnem.2015-0070>
16. **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 Factor²⁰¹⁵: 5.6; SJR²⁰¹⁵: 3.003. <http://dx.doi.org/10.1093/nutrit/nuv041>
17. **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 Factor²⁰¹⁵: 0.4; SJR²⁰¹⁵: 0.306. <http://dx.doi.org/10.1519/SSC.0000000000000160>
18. 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 Factor²⁰¹⁵: 0.4; SJR²⁰¹⁵: 0.306. <http://dx.doi.org/10.1519/SSC.0000000000000168>

Accepted Manuscripts

1. **Tinsley GM***, Forsse JS, Morales E, Grandjean PW. Dual-Energy X-Ray Absorptiometry Visceral Adipose Tissue Estimates: Reproducibility and Impact of Pre-Assessment Diet. European Journal of Clinical Nutrition. JCR Impact Factor²⁰¹⁶: 3.0; SJR²⁰¹⁶: 1.347. <http://dx.doi.org/10.1038/s41430-017-0038-1>
2. **Tinsley GM***, Givan AH[†], Graybeal AJ[†], Villarreal MI[†], Cross AG[†]. β -hydroxy β -methylbutyrate free acid alters cortisol responses, but not myofibrillar proteolysis, during a 24-hour fast. British Journal of Nutrition. JCR Impact Factor²⁰¹⁶: 3.706; SJR²⁰¹⁶: 1.504.

Manuscripts under Review

1. **Tinsley GM***, Nickerson BS. Exclusion of Trunk Region Reduces Biological Error but Increases Technical Error of DXA Lean Soft Tissue Estimates from Non-Fasted Assessments. European Journal of Applied Physiology. JCR Impact Factor²⁰¹⁶: 2.130; SJR²⁰¹⁶: 1.006.
 2. **Tinsley GM**, Urbina S, Santos E, Villa K, Foster C, Wilborn C, Taylor L. A Purported Detoxification Supplement Does Not Improve Body Composition, Waist Circumference, Blood Markers, or Gastrointestinal Symptoms in Healthy Adult Females. Journal of Dietary Supplements. JCR Impact Factor²⁰¹⁶: N/A; SJR²⁰¹⁶: 0.374.
 3. **Tinsley GM***, Moore ML[†], Graybeal AJ[†]. Test-Retest Reliability of Hunger-Related Assessments During 24-hour Fasts and Their Relationship to Body Composition and Subsequent Energy Compensation. Physiology & Behavior. JCR Impact Factor²⁰¹⁶: 2.341; SJR²⁰¹⁶: 1.05.
 4. Nickerson BS, **Tinsley GM**. Validity of four-compartment models when estimating bone mineral content and total body water with single-frequency bioimpedance. Journal of Clinical Densitometry. JCR Impact Factor²⁰¹⁶: 3.240; SJR²⁰¹⁶: 1.166.
 5. Paoli A, **Tinsley G**, Moro T, Bianco A. How often and when? The influence of meal frequency and timing on coronary heart disease. Trends in Cardiovascular Medicine. JCR Impact Factor²⁰¹⁶: 4.964; SJR²⁰¹⁶: 1.716.
- * = corresponding author; † = student author from GMT's laboratory**

Abstracts

1. **Tinsley GM.** Substantial body recomposition during contest preparation in an experienced female figure competitor: results of 4-compartment model and total body protein calculations. *Journal of the International Society of Sports Nutrition* 14(Suppl 2):31, September 2017.
2. **Tinsley GM,** Forsse JS, Morales E, Grandjean PW. Bias Between Dxa And Bia Varies Based On Quantity Of Fat Mass And Fat-free Mass. *Medicine & Science in Sports & Exercise* 49(5S):485, May 2017.
3. Forsse JS, **Tinsley GM,** Morales E, Grandjean PW. Impact of Acute Dietary Manipulations on Dual-Energy X-ray Absorptiometry Estimates of Visceral Adipose Tissue. *Medicine & Science in Sports & Exercise* 49(5S):393–394, May 2017.
4. 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.
5. 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.
6. Forsse 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.
7. 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.
8. Morales E, Forsse F, Andre T, McKinley S, Hwang P, **Tinsley G,** Spillane M, Grandjean P, Willoughby D. β -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.
9. **Tinsley GM,** Forsse JS, Morgan GB, Butler NK, Bane AA, La Bounty PM, Grandjean PW. Variation in Individual Responses to Time-Restricted Feeding and Resistance Training. *Medicine & Science in Sports and Exercise*, 2016, Volume 48:5S, p. 950.
10. 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.
11. Morales Marroquín FE, Forsse 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.
12. **Tinsley GM,** Forsse 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.
13. **Tinsley GM,** Butler NK, Forsse 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
14. **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 & Science in Sports & Exercise*, 2015, 47:5 Supplement.
15. 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 & Science in Sports & Exercise*, 2015, Volume 47:5 Supplement.
16. **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.
17. **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

Research Funding

<u>Date</u>	<u>Funding Agency, Project Title, and Role</u>	<u>Amount</u>
Nov 2017 – Dec 2018	Metabolic Technologies, Inc. Time-Restricted Feeding and HMB Supplementation During Resistance Training in Active Females <u>Role:</u> Lead Principal Investigator (PI)	\$24,689 - funded
Sep 2017	Chemi Nutra Effects of Alpha-Glycerol Phosphoryl Choline on Muscular Performance and Cognitive Measures <u>Role:</u> Lead Principal Investigator (PI)	\$10,147 - pending
Mar 2017	National Strength and Conditioning Association Young Investigator Grant Citrulline-malate and exercise-induced changes in muscle tissue properties <u>Role:</u> Co-Principal Investigator (Co-PI)	\$19,998 – not funded
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 <u>Role:</u> Program Director/Principal Investigator (PD/PI)	\$222,417 – not funded
Jan 2017 – May 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 <u>Role:</u> Principal Investigator (PI)	\$1,000 - funded
Nov 2016 – Dec 2017	Metabolic Technologies, Inc. Effects of HMB supplementation on muscle protein breakdown during acute fasting: implications for intermittent fasting programs <u>Role:</u> Lead Principal Investigator (PI)	\$9,619 - funded
Oct 2016	The <u>CH</u> Foundation Body Composition and Energy Expenditure of Lubbock Children: Helping Parents Establish Healthy Habits <u>Role:</u> Principal Investigator (PI)	\$42,000 – not funded
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 <u>Role:</u> Lead Principal Investigator (PI)	\$66,143 – not funded
Oct 2015 – Aug 2016	Department of Health, Human Performance, and Recreation, Baylor University (Internal Funding) Dissertation Funding Award Effects of Acute Dietary Changes on Estimates of Body Composition <u>Role:</u> Principal Investigator (PI)	\$3,000 - funded
Oct 2014	National Strength and Conditioning Association	\$2,500 – not funded

GNC Nutritional Research Grant
Effects of Fish Oil and Resistance Training on Body Composition
Role: Co-investigator (Co-I)

Research Presentations: Oral

1. Intermittent Fasting and Exercise: Current Evidence and Future Directions. International Society of Sports Nutrition-Kennesaw State University Conference on Nutrition and Training. Kennesaw, GA. September 16, 2017. Approximate attendance: 75. Duration: 1 hour.
2. Intermittent Fasting and Exercise: Can They Coexist? Texas Chapter of the American College of Sports Medicine Annual Meeting 2017. Waco, TX. February 16, 2017. Approximate attendance: 400. Duration: 1 hour.
3. Variation in Individual Responses to Time-Restricted Feeding and Resistance Training. American College of Sports Medicine Annual Meeting 2016 (Thematic Session). Boston, MA. June 3, 2016.
4. Graduate Student Research Presentation for Dean's Advisory Council of Robbins College of Health and Human Sciences, Baylor University. April 7, 2016.
5. Introduction to Intermittent Fasting. Exercise Science Student Association, Baylor University. Spring 2014.

Research Presentations: Poster

1. Substantial body recomposition during contest preparation in an experienced female figure competitor: results of 4-compartment model and total body protein calculations. International Society of Sports Nutrition 14th Annual Conference and Expo, June 24, 2017; Phoenix, AZ.
2. Variation in Individual Responses to Time-Restricted Feeding and Resistance Training. 10th Annual Health Research Forum; Family Health Center, Waco, TX, April 12, 2016.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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

- Sep 2017 – present Certified Sports Nutritionist (CISSN)
International Society of Sports Nutrition
- 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

Involvement in Professional Organizations

European Sport Nutrition Society	Board of Directors	Sep 2017 – present
American College of Sports Medicine	Member	Jan 2015 – present
International Society of Sports Nutrition	Member	June 2014 – present
Texas Chapter of the American College of Sports Medicine	Member	Feb 2014 – present
National Strength and Conditioning Association	Member	Nov 2013 - present
The Obesity Society	Member	Sep 2016 – Sep 2017

Service

- Ad hoc manuscript reviewer for:
 - *Obesity*
 - *Applied Physiology, Nutrition, and Metabolism*
 - *Journal of Strength & Conditioning Research*
 - *Functional Foods in Health and Disease*
 - *Clinical Medicine Insights: Case Reports*
 - *PeerJ*

- Evaluator for General Fellowship Applications at Texas Tech University. February 2017.
- Member of faculty search committee, Fall 2017.

Student Research Mentoring

Texas Tech University

Graduate students

- Austin Graybeal. Jan 2017 – present
- Megan Cruz. Aug 2017 - present
- Danielle Hardin. Jan 2017 – present
- Kyle Judson. Jan – May 2017
- Tyler Cook. Jan – May 2017
- Victor Uribe. Aug 2016 – May 2017
- Austin Martin. Aug 2016 – May 2017
- Matthew Hamm. Aug – Dec 2016
- Jose Pineda. Aug – Dec 2016

Undergraduate students

- Michael Villarreal. Jan 2017 – present
- Lane Moore. Aug 2017 – present
- Alfred Kankam. Aug 2017 - present
- Amy Hurtado. Aug, 2016 – May 2017
- Austin Cross. Aug. 2016 – May 2017

Baylor University

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

Articles for General Audiences

Healthline.com (Authority Nutrition Section)

1. Does Intermittent Fasting Make You Gain or Lose Muscle? December 3, 2017. [Link to article.](#)
2. Are Liquid Diets a Good Idea for Weight Loss? November 28, 2017. [Link to article.](#)
3. The 7 Best Pre-Workout Supplements to Try. November 14, 2017. [Link to article.](#)
4. Cardio vs Weight Lifting: Which Is Better for Weight Loss? October 24, 2017. [Link to article.](#)
5. Does Tribulus Terrestris Really Work? An Evidence-Based Look. October 5, 2017. [Link to article.](#)
6. How to Improve Body Composition, Based on Science. October 1, 2017. [Link to article.](#)
7. Time-Restricted Eating: A Beginner's Guide. September 17, 2017. [Link to article.](#)
8. Cooling Some Foods After Cooking Increases Their Resistant Starch. September 1, 2017. [Link to article.](#)
9. Is It Possible to Increase Your Height After 18? August 10, 2017. [Link to article.](#)
10. 5 Reasons Why Creatine Monohydrate Is the Best. July 29, 2017. [Link to article.](#)
11. The 6 Best Supplements to Gain Muscle. July 16, 2017. [Link to article.](#)
12. Should You Take DHEA Supplements? July 8, 2017. [Link to article.](#)
13. When Is the Best Time to Take Creatine? June 18, 2017. [Link to article.](#)
14. 7 Benefits of High-Intensity Interval Training (HIIT). June 2, 2017. [Link to article.](#)
15. Top 6 Types of Creatine Reviewed. May 12, 2017. [Link to article.](#)
16. Should You Take Citrulline Supplements? April 22, 2017. [Link to article.](#)