

CRRICULUM VITAE

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EDUCATION

- Ph.D.** Physiological Sciences (Applied Physiology), The University of Arizona
- M.S.** Sports Medicine, Universidad Autónoma de Guadalajara
- M.D.** Medicine, Universidad Autónoma de Guadalajara

ACADEMIC POSITIONS

- 2024-2025 *Department Associate Chair*, Department of Kinesiology and Sport Management, Texas Tech University
- 2017-Present *Professor of Exercise Physiology*, Department of Kinesiology and Sport Management, Texas Tech University
- 2011-2017 *Associate Professor of Exercise Science/Physiology*, Department of Nutrition, Food and Exercise Sciences, The Florida State University
- 2015-2016 *Visiting Associate Professor (sabbatical)*, Cardiovascular Institute, Cardiovascular Division of Medicine, Perelman School of Medicine, University of Pennsylvania
- 2011-2013 *Undergraduate Program Coordinator*, Department of Nutrition, Food and Exercise Sciences, The Florida State University
- 2004-2011 *Assistant Professor of Exercise Science/Physiology*, Department of Nutrition, Food and Exercise Sciences, The Florida State University
- 2000-2004 *Visiting Assistant Professor of Exercise Science*, Department of Exercise Science, Syracuse University

HONORS AND AWARDS

- 2015-2024 Researcher level 3, National System of Investigators of Mexico (National Research and Technology Council of Mexico, CONACYT) in Medicine and Health Sciences.

2011- Fellow, American College of Sports Medicine

PEER-REVIEWED PUBLICATIONS

Citations in Google Scholar: <https://scholar.google.com/citations?user=zcrdywYAAAAJ&hl=en>

1. Kang Y, Dillon KN, Levitt DE, **Figueroa A**. Effects of L-Citrulline Supplementation on Endothelial Function, Arterial Stiffness, and Blood Glucose Level in the Fasted and Acute Hyperglycemic States in Middle-Aged and Older Adults with Type 2 Diabetes. *Nutrients*, 17(23):3739, 2025.
2. **Figueroa A**, Dillon KN, Levitt DE, Kang Y. Citrulline Supplementation Improves Microvascular Function and Muscle Strength in Middle-aged and Older Adults with Type 2 Diabetes. *Nutrients*, 17(17):2790, 2025.
3. Martín Jiménez A, Ortega Nieto C, Lista S, Santos-Lozano A, **Figueroa A**, Sánchez Jiménez E, Bermejo Gil BM, Menéndez Alegre H. Effectiveness of the different components of complex decongestive therapy in patients with chronic venous insufficiency: A systematic review. *Phlebology*, 2025.
4. Rodríguez-Carrillo AA, Espinoza-Vargas MR, Vargas-Ortiz K, Ibarra-Reynoso LDR, Olvera-Juárez M, Gómez-Ojeda A, Garay-Sevilla ME, **Figueroa A**. Impact of L-Citrulline Supplementation and HIIT on Lipid Profile, Arterial Stiffness, and Fat Mass in Obese Adolescents with Metabolic-Dysfunction-Associated Fatty Liver Disease: A Randomized Clinical Trial. *Nutrients*, 17(3):402, 2025.
5. Kang Y, Dillon KN, Martinez MA, Maharaj A, Fischer SM, **Figueroa A**. L-Citrulline Supplementation Improves Arterial Blood Flow and Muscle Oxygenation during Handgrip Exercise in Hypertensive Postmenopausal Women. *Nutrients* 19,16(12):1935, 2024.
6. Tovar-Villegas VI, Kang Y, Ibarra-Reynoso LR, Olvera-Juárez M, Gómez-Ojeda A, Bosquez-Mendoza VM, Maldonado-Ríos ML, Garay-Sevilla ME, **Figueroa A**. Oral L-citrulline supplementation improves fatty liver and dyslipidemia in adolescents with abdominal obesity: a parallel, double blind, randomized clinical trial. *Gastroenterol Insights* 15:354-365, 2024.
7. Martinez MA, Dillon KN, Kang Y, Maharaj A, Fischer SM, **Figueroa A**. Endothelial Dysfunction Influences Augmented Aortic Hemodynamic Responses To Metaboreflex Activation in Postmenopausal Women. *Eur J Appl Physiol* 124(9):2603-2613, 2024.
8. Fischer SM, Maharaj A, Kang Y, Dillon KN, Martinez MA, **Figueroa A**. Endothelial and exercise vasodilation are reduced in postmenopausal females with obesity versus lean and overweight. *Int J Obes*, 48(11):1534-1541, 2024.
9. Dillon KN, Kang Y, Maharaj A, Martinez MA, Fischer SM, **Figueroa A**. L-Citrulline Supplementation Attenuates Aortic Pressure and Pressure Waves During Metaboreflex Activation in Postmenopausal Women. *Br J Nutri*, 131(3):474-481, 2024.
10. Dellinger JR, **Figueroa A**, Gonzales JU. Reactive hyperemia half-time response is associated with skeletal muscle oxygen saturation changes during cycling exercise. *Microvascular Res*, 149:104569, 2023.
11. **Figueroa A**, Maharaj A, Kang Y, Dillon KN, Martinez MA, Morita M, Nogimura D, Fischer SM. Combined Citrulline and Glutathione Supplementation Improves Endothelial Function and Blood Pressure Reactivity in Postmenopausal Women. *Nutrients* 2023, 15(7), 1557.
12. Kang Y, Dillon KN, Martinez MA, Maharaj A, Fischer SM, **Figueroa A**. Combined L-Citrulline supplementation and slow velocity low-intensity resistance training improves leg endothelial function, lean mass, and strength in hypertensive postmenopausal women. *Nutrients* 2022; 15(1):74.

13. Maharaj A, Fischer SM, Dillon KN, Kang Y, Martinez MA, **Figueroa A**. Effects of L-citrulline supplementation on endothelial function and blood pressure in hypertensive postmenopausal women. *Nutrients* 2022; 14(20):4396.
14. Kang Y, Maharaj A, Dillon KN, Fischer SM, **Figueroa A**. Menopause influences aortic pulse pressure and pressure wave responses to metaboreflex activation in women. *Menopause* 29(12): 1423-1429, 2022.
15. Barzanjeh SP, Pescatello LS, **Figueroa A**, Ahmadizad S. The effects of alpha-Glycerylphosphorylcholine on heart rate variability and hemodynamic variables following sprint interval exercise in overweight and obese women. *Nutrients* 2022; 14(19):3970.
16. Volino-Souza M, de Oliveira GV, Conte-Junior CA, **Figueroa A**, Alvares TS. Current Evidence of Watermelon (*Citrullus lanatus*) Ingestion on Vascular Health: A Food Science and Technology Perspective. *Nutrients*. 2022; 14(14):2913. <https://doi.org/10.3390/nu14142913>.
17. Maharaj A, Fischer SM, Dillon KN, Kang Y, Martinez MA, **Figueroa A**. Acute citrulline blunts aortic systolic pressure during exercise and sympathoactivation in hypertensive postmenopausal women. *Med Sci Sports Exerc*. 54(5):761-768, 2022.
18. Jaime SJ, Nagel J, Maharaj A, Fischer SM, Schwab E, Martinson C, Radtke K, Mikat RP, **Figueroa A**. L-Citrulline supplementation attenuates aortic pulse pressure and wave reflection responses to cold stress in older adults. *Exp Gerontol* 2022; 159:111685.
19. Mason J, Tenenbaum GT, Jaime SJ, Roque N, Maharaj A, **Figueroa A**. Arterial Stiffness and Cardiorespiratory Fitness are Associated with Cognitive Function in Older Adults. *Behavioral Medicine*. 48(1):54-65, 2022.
20. Shiraseb F, Asbaghi O, Bagheri R, Wong A, **Figueroa A**, Mirzaei K. The effect of L-arginine supplementation on blood pressure in adults: A systematic review and dose-response meta-analysis of randomized clinical trials. *Adv Nutr* 13 (4): 1226-1242, 2022.
21. Feresin R, Johnson S, Elam M, Pourafshar S, Navaei N, Akhavan N, Tenenbaum G, **Figueroa A**, Arjmandi BH. Effects of Strawberries on Bone Biomarkers in Pre- and Stage 1-hypertensive Postmenopausal Women: A Secondary Analysis. *Food Funct* 12(24):12526-12534, 2021.
22. Font-Farré M, Farche ACS, de Madeiros Takahashi AC, Guerra-Balic M, **Figueroa A**, Oviedo GR. Cardiac autonomic modulation response before, during and after submaximal exercise in older adults with intellectual disability. *Frontiers in Physiology* 12:702418, 2021.
23. Flores-Ramírez AG, Tovar-Villegas VI, Maharaj A, Garay-Sevilla ME, **Figueroa A**. Effects of L-Citrulline Supplementation and Aerobic Training on Vascular Function in Individuals with Obesity across the Lifespan. *Nutrients*. 2021; 13(9):2991.
24. Wong A, **Figueroa A**. Effects of acute stretching exercise and training on heart rate variability: A review. *J Strength Cond Res*. 35(5):1459-1466, 2021.
25. Fischer SM, Wong A, Maharaj A, Jaime SJ, **Figueroa A**. Impaired pulse pressure amplification, augmentation index, and arterial stiffness are associated with reduced limb lean mass in overweight and obese postmenopausal women. *Exp Gerontol* 145:111194, 2021.
26. Oviedo GR, Javierre C, Font-Farré M, Tamulevicius N, Carbó-Carreté M, **Figueroa A**, Pérez-Testor S, Cabedo-Sanromá J, Moss SJ, Massó-Ortigosa N, Guerra-Balic M. Intellectual disability, exercise and aging: the IDEA Study: study protocol for a randomized controlled trial. *BMC Public Health* 20(1):1266, 2020.
27. Gonzales JU, Fischer S, Maharaj A, Vellers H, Anderson T, Karnjanapiboonwong A, Subbiah S, Kellawan JM, **Figueroa A**. Response of exercise-onset vasodilator kinetics to L-citrulline

- supplementation during different phases of the menstrual cycle. *Physiol Rep*, 8(15):e14536, 2020.
28. Wong A, Jaime SJ, Grubbs B, Panton B, Fischer S, **Figueroa A**. Attenuated aortic blood pressure responses to metaboreflex activation in older adults with dynapenia. *Exp Gerontol*. Sep, 2020.
 29. **Figueroa A**, Jaime SJ, Morita M, Gonzales JU, Moinard C. L-citrulline supports vascular and muscular benefits of exercise training in older adults. *Exerc Sport Sci Rev* 48(3):133-139, 2020.
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 31. Sañudo B, Bartolomé D, Tejero S, Ponce-González JG, Loza JP, **Figueroa A**. Impact of active recovery and whole-body electromyostimulation on blood-flow and blood lactate removal in healthy people. *Front Physiol* 11:310, 2020.
 32. Wong A, **Figueroa A**, Fischer SM, Bagheri R, Park SY. The effects of mat Pilates training on vascular function and body fatness in obese young women with elevated blood pressure. *Am J Hypertens* 33(6):563-569, 2020.
 33. Grubbs BF, **Figueroa A**, Kim JS, Contreras RJ, Schmitt K, Panton LB. Whole-body Vibration Training in Frail, Skilled Nursing Home Residents. *Int J Exerc Sci* 13(3):140-156, 2020.
 34. **Figueroa A**, Maharaj A, Johnson SA, Fischer SM, Arjmandi BH, Jaime SJ. Exaggerated aortic pulse pressure and wave amplitude during muscle metaboreflex activation in type 2 diabetes patients. *Am J Hypertens* 33(1):70-76, 2020.
 35. Yang HH, Li XL, Zhang WG, **Figueroa A**, Chen LH, Qin LQ. Effect of oral L-citrulline on brachial and aortic blood pressure defined by resting status: evidence from randomized controlled trials. *Nutrition & Metabolism* 18:89, 2019.
 36. Jaime SJ, Maharaj A, Alvarez-Alvarado S, **Figueroa A**. Impact of low-intensity resistance and whole-body vibration training on aortic hemodynamics and vascular function in postmenopausal women. *Hypertens Res* 42(12):1979-1988, 2019.
 37. Wong A, Viola D, Bergen D, Caulfield E, Mehrabani J, **Figueroa A**. The effects of pumpkin seed oil supplementation on arterial hemodynamics, stiffness and cardiac autonomic function in postmenopausal women. *Comp Ther Clin Pract* 37:23-26, 2019.
 38. Wong A, **Figueroa A**. The effects of low intensity resistance exercise on cardiac autonomic function and muscle strength in obese postmenopausal women. *J Aging Phys Act* 27(6):855-860, 2019.
 39. Compton RO, **Figueroa A**, Gonzales JU. Post-exercise hypotension in central aortic pressures following slow and fast walking and its relation to cardiorespiratory fitness. *J Sports Med Physical Fitness* 59(4):717-722, 2019.
 40. **Figueroa A**, Okamoto T, Jaime SJ, Fahs CA. Impact of high- and low-intensity resistance training on arterial stiffness and blood pressure in adults across the lifespan: a review. *Pflügers Archiv Eur J Physiol* 471(3):467-478, 2019.
 41. Wong A, **Figueroa A**. Effects of whole body vibration on heart rate variability: Acute responses and training adaptations. *Clin Physiol Funct* 39(2):115-121, 2019.

42. Hong MY, Beidler J, Hooshmand S, **Figueroa A**, Kern M. Watermelon and L-Arginine consumption improve serum lipid profile and reduce inflammation and oxidative stress by altering gene expression in rats fed an atherogenic diet. *Nutrition Res* 58:46-54, 2018.
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44. Wong A, **Figueroa A**, Son WM, Chernykh O, Park SY. The effects of stair climbing on arterial stiffness, blood pressure, and leg strength in postmenopausal women with stage 2 hypertension. *Menopause* 25(7):731-737, 2018.
45. Vargas-Ortiz K, Perez-Vazquez V, **Figueroa A**, Macias-Cervantes MH. Aerobic training but not resistance training increases SIRT3 in skeletal muscle of sedentary obese male adolescents. *Eur J Sport Sci* 18(2):226-234, 2018.
46. Wong A, **Figueroa A**, Sanchez-Gonzalez MA, Son WM, Chernykh O, Park SY. Effectiveness of a Tai Chi intervention on cardiac autonomic function and symptomatology in women with Fibromyalgia. *J Aging Phys Act* 26(2):214-221, 2018.
47. Feresin RG, Johnson SA, Pourafshar S, Campbell JC, Jaime SJ, Navaei N, Elam ML, Akhavan NS, Alvarez-Alvarado S, Tenenbaum G, Brummel-Smith K, Salazar G, **Figueroa A**, Arjmandi BH. Effects of daily consumption of freeze-dried strawberries for eight weeks on blood pressure and arterial stiffness in pre- and stage 1-hypertensive postmenopausal women: a randomized, double-blind, placebo-controlled trial. *Food & Function* 8(11):4139-4149, 2017.
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49. Alvarez-Alvarado S, Jaime SJ, Ormsbee MJ, Campbell JC, Post J, Pacilio J, **Figueroa A**. Benefits of whole-body vibration on arterial function and muscle strength in young overweight/obese women. *Hypertension Res* 40(5):487-492, 2017.
50. Wong A, Sanchez-Gonzalez M, Kalfon R, Alvarez-Alvarado S, **Figueroa A**. The effects of stretching training on cardiac autonomic function in obese postmenopausal women. *Altern Ther Health Med* 23(2):20-26, 2017.
51. Johnson SA, Feresin RG, Navaei N, **Figueroa A**, Elam ML, Akhavan NS, Payton ME, Arjmandi BH. Effects of daily blueberry consumption on circulating biomarkers of oxidative stress, inflammation, and antioxidant defense in postmenopausal women with pre- and stage 1-hypertension: a randomized controlled trial. *Food & Function* 8(1):372-389, 2017.
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53. **Figueroa A**, Alvarez-Alvarado S, Jaime SJ, Johnson SA, Campbell JC, Feresin RG, Elam ML, Navaei N, Pourafshar S, Arjmandi BH. Influence of low and normal appendicular lean mass on central blood pressure and wave reflection responses to muscle metaboreflex activation in postmenopausal women. *Clin Exp Pharmacol Physiol* 43(12):1243-1246, 2016.
54. Wong A, Alvarez-Alvarado S, Kinsey AW, **Figueroa A**. Whole-body vibration exercise therapy improves cardiac autonomic function and blood pressure in obese pre- and stage-1 hypertensive postmenopausal women. *J Alt Complement Med* 22(12):970-976, 2016.

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56. **Figueroa A**, Jaime SJ, Alvarez-Alvarado S. Whole-body vibration as a potential countermeasure for dynapenia and arterial stiffness. *Integr Med Res* 5(3):204-211, 2016.
57. Wong A, Chernykh O, **Figueroa A**. Chronic L-citrulline supplementation improves cardiac sympathovagal balance in obese postmenopausal women: A preliminary report. *Auton Neurosci* 198:50-53, 2016.
58. **Figueroa A**, Alvarez-Alvarado S, Jaime S, Kalfon R. L-citrulline supplementation attenuates hemodynamic and arterial stiffness responses to metaboreflex and cold stress in overweight men. *Br J Nutr* 116(2):279-285, 2016.
59. Kingsley JD and **Figueroa A**. Acute and training effects of resistance exercise on heart rate variability. *Clin Physiol Funct Imaging* 36(3):179-187, 2016.
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62. Wong A, Alvarez-Alvarado S, Jaime SJ, Kinsey AW, Spicer MT, Madzima TA, **Figueroa A**. Combined whole body vibration training and L-citrulline supplementation improves pressure wave reflection in obese postmenopausal women. *Appl Physiol Nutr Metab* 41(3):292-297, 2016.
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65. **Figueroa A**, Kalfon, R Wong A. Whole-body vibration training decreases ankle systolic blood pressure and leg arterial stiffness in obese postmenopausal women with high blood pressure. *Menopause*. 22(4):423-427, 2015.
66. Menendez H, Martin-Hernandez J, Ferrero C, **Figueroa A**, Herrero AJ, Marin PJ. Influence of isolated or simultaneously applied electromyostimulation and vibration on leg blood flow. *Eur J Appl Physiol*. 115(8):1747-1755, 2015.
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- muscle function in obese postmenopausal women with high blood pressure. *Exp Gerontol.* 63:35-40, 2015.
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 127. **Figueroa A**, Going SB, Milliken LA, Blew R, Sharp S, Lohman TG. Body composition modulates the effects of hormone replacement therapy on growth hormone and insulin-like growth factor-I levels in postmenopausal women. *Gynecol Obstet Invest* 54 (4):201-206, 2002.

Editorial Articles

1. **Figueroa A**, Wong A. Editorial for the Special Issue "Benefits of Supplementation with L-arginine, Citrulline and Watermelon on Vascular and Metabolic Health". *Nutrients* 2023, 15 (6):1491.
2. **Figueroa A**. Effects of resistance training on central blood pressure and wave reflection in obese adults with prehypertension. *J Human Hypertension* 28(3):143-144, 2014.

RESEARCH SUPPORT:

External

Figueroa A (PI). Effects of 4 weeks of supplementation with L-citrulline and glutathione on arterial function and cardiovascular responses in healthy postmenopausal women: A pilot study. Kirin Holdings Co., Ltd. \$149,932. February 2020- February 2023.

Guerra Balic M (PI), **Figueroa A (Co-PI)**. Discapacidad intelectual, ejercicio y envejecimiento (intellectual disability, exercise, and aging). University Ramon Llull, Barcelona, Spain. Spanish Secretary of Economy and Competitiveness. €23,000 (Euros). January 2019- 2022.

Arjmandi BH (PI), **Figueroa A (PI)**, Johnson SA. Regular apple consumption improves cardiovascular risk factors and glycemic control in type 2 diabetics. U.S. Apple Association: \$81,522. August 2014- December 2016.

Arjmandi BH (PI), **Figueroa A (PI)**, Johnson SA. Tart cherry improves cardiovascular risk factors associated with metabolic syndrome. Cherry Research Committee: \$60,450. May 2014- December 2016.

Arjmandi BH, **Figueroa A (Co-PI)**, Feresin R. Daily incorporation of strawberries into a diet favorably improves vascular function and lowers aortic blood pressure in postmenopausal women with prehypertension. Funding Agency: U.S. California Strawberry Commission: amount \$85,037. January 2013-2015.

Arjmandi BH and **Figueroa A (Co-PI)**. Daily incorporation of blueberries into a diet favorably improves vascular function and lowers aortic blood pressure in postmenopausal women with prehypertension. U.S. Highbush blueberry council: amount \$74,997. August 2011- January 2013.

Figueroa A (PI). Effect of whole-body vibration training on arterial function in obese postmenopausal women. Funded by Performance Health System. Total award \$ 40,000 in Power Plate machines. November 2013.

Figueroa A (PI). The effect of weight loss via diet and low-intensity resistance exercise training on arterial function in overweight/obese women. Funding agency Nutrisystem Inc: amount \$36,185. December 2010-2011.

Figueroa A (PI) and Arjmandi BH. Effects of watermelon supplementation on arterial stiffness and vascular inflammation in older individuals with the metabolic syndrome. Funding agency National Watermelon Promotional Board: amount \$76, 874. November 2010-2011.

Figueroa A (PI), Perkins-Veazie P, Arjmandi BH. Effect of watermelon on aortic hemodynamic in older individuals with pre- and stage 1 hypertension. Funding agency National Watermelon Promotional Board: amount \$50,000. July 14, 2008-December 1, 2009.

Internal

Figueroa A (PI), Delp J. Effects of 2 strength training modes on arterial function, inflammation, and walking capacity in older adults with peripheral arterial disease. Florida State University CRC-Planning Grant. \$13,000. December 2014-May 2017.

Figueroa A. The effects of oral L-arginine and resistance exercise training on arterial stiffness, endothelial function and vascular inflammation in postmenopausal women. Funding agency Florida State University, College of Human Sciences Research Initiation Award, 2007. \$6,000.

Figueroa A. The effect of resistance exercise training on arterial stiffness in middle-aged women with and without fibromyalgia. Funding agency Florida State University, College of Human Sciences Equipment Grant, 2005. \$10,000.

Figueroa A. The acute and chronic effect effects of resistance exercise on cardiovascular autonomic control in women with fibromyalgia. Florida State University, CRC First Year Assistant Professor Award, 2005. Amount: \$14,000.

INVITED PRESENTATIONS-NATIONAL AND INTERNATIONAL:

- 2025 The association between vascular dysfunction and sarcopenia in obesity and cardiometabolic risk factors. VII Mexican Congress of Sports Medicine and Applied Sciences. Tampico, Mexico. October 17.
- 2023 Citrulline supplementation to improve cardiometabolic health in aging. XXIII International Reunion of Medical Sciences. Leon, Guanajuato, Mexico. September.
- 2023 Impact of L-Citrulline supplementation and low-intensity resistance training on leg endothelial function, lean mass, and strength in postmenopausal women with hypertension. International Conference on Frailty & Sarcopenia Research. Toulouse, France. March.
- 2021 Citrulline supplementation amplifies the vascular and muscular effects of exercise. XXII International Reunion of Medical Sciences. Leon, Guanajuato Mexico. September.
- 2019 Muscle strength, blood pressure, and arterial aging. Seminar series, Department of Applied Physiology & Kinesiology, University of Florida, Gainesville, FL. March.
- 2019 Envejecimiento arterial y muscular (Arterial and muscular aging). XX International Reunion of Medical Sciences. Leon, Guanajuato Mexico. April.
- 2018 Impact of aging and exercise training on vascular function,. Department of Psychology, Education, and Sports Sciences. Ramon Llull University, Barcelona, Spain. November.
- 2017 Pérdida de masa muscular y salud vascular- metabólica con el envejecimiento. XVII International Reunion of Medical Sciences. Leon, Guanajuato, Mexico. April.
- 2016 Use of whole-body vibration exercise and dietary L-citrulline to improve cardiovascular and skeletal muscle health with advancing age. The Department of Exercise Science, Syracuse University, Syracuse, NY. April.

- 2015 The impact of strength training on arterial stiffness. Integrative Medicine: Physical Activity is a Core Tip Symposium. Busan, South Korea. June.
- 2015 Rigidez arterial en sarcopenia, obesidad y diabetes (Arterial stiffness in sarcopenia, obesity and diabetes). XV International Reunion of Medical Sciences. León, Guanajuato Mexico. April.
- 2015 Prescripción de ejercicio en el adulto mayor (Exercise prescription in older adults). XV International Reunion of Medical Sciences. Leon, Guanajuato Mexico. April .
- 2015 Efectos de la vibracion PowerPlate sobre la salud cardiovascular (Effects of PowerPlate vibration on cardiovascular health). University of Guanajuato and Sports Commission of Guanajuato. Leon, Guanajuato Mexico. April.
- 2014 Can exercise reduce arterial stiffness in hypertension? SEMINAR: Contribution of arterial stiffness to the development of hypertension: from bench to bedside. American Heart Association, Chicago IL, November.
- 2014 Physical exercise: What is the daily dose for being healthy? XXI National Congress of Physicians MedigLeon, Guanajuato, Mexico. September.
- 2014 Resistance exercise prescription (prescripcion de ejercicio con Resistencia). XXI National Congress of Physicians MedigLeon, Guanajuato, Mexico. September.
- 2012 Muscle strength and arterial function (Fuerza muscular y funcion arterial).VI International Congress in Sports Medicine and Applied Sciences, Guanajuato, México. September.
- 2012 Whole-body vibration exercise improves arterial function in young overweight/obese women (Entrenamiento de ejercicio con vibracion mejora funcion arterial en mujeres jovenes con sobrepeso/obesidad). VI International Congress in Sports Medicine and Applied Sciences, Guanajuato, México. September.
- 2012 Arterial function and obesity (Función arterial y obesidad). Graduate Program in Medical Sciences, Universidad de Guanajuato, Leon-Campus, México. June.
- 2012 Salud cardiovascular and resistance exercise (cardiovascular health and resistance exercise). V Congreso internacional de medicina y ciencias aplicadas al deporte (International congress of medicine and sciences applied to sports). Guanajuato, GTO, Mexico. November.
- 2011 Resistance exercise and arterial function. Annual Fall Scientific Conference of the Korean Society of Lipidology and Atherosclerosis. Seoul, South Korea. September.
- 2011 Effects of acute and chronic resistance exercise on arterial stiffness (keynote speech). Inje University, College of Medicine. Busan, South Korea. September.
- 2011 Analisis de la function arterial en los ejercicios de fuerza muscular (arterial function analysis in muscle strength exercises). XIII Congreso internacional de medicina y cultura del deporte (International meeting of medicine and culture of sports). Mazatlan, México. November.
- 2011 Ejercicios de Resistencia con pesas y función arterial (resistance exercise with weight and arterial function). XIII Congreso internacional de medicina y cultura del deporte (International congress of medicine and culture of sports). Mazatlan, México. November.
- 2011 Effect of resistance exercise training on vascular health. XIX National Congress of Physicians. León, Guanajuato, México. August.
- 2011 Prescription of resistance exercise. XIX National Congress of Physicians. León, Guanajuato, México. August.
- 2011 Effects of resistance exercise on arterial function (keynote speech). XXIV Pan-American Congress of Sports Medicine, Guadalajara, Mexico. July.

- 2011 Vascular effects of exercise with whole-body vibration (keynote speech). XXIV Pan-American Congress of Sports Medicine, Guadalajara, Mexico. July.
- 2010 X Meeting of Medical Sciences. Universidad de Guanajuato, León, Guanajuato, México. April.
- 2009 XVII International Meeting, Physical Education, Sport and Applied Sciences (Congreso Internacional, Educación Física, Deportes y Ciencias Aplicadas). Universidad Autónoma de Nuevo León. October.
- 2008 Universidad Autónoma de Chihuahua. Chihuahua, México. May 26-28, 2008. (keynote speech) II International Meeting of Medicine and Applied Sport Sciences (II Congreso Internacional de Medicina y Ciencias Aplicadas al Deporte). Comisión Estatal del Deporte y Atención a la Juventud. September.
- 2008 2° International Meeting of Physical Education Professional (Encuentro Internacional de Profesionales de la Cultura Física). Benemérita Universidad Autónoma de Puebla. Puebla, Puebla, México. September.
- 2008 4th International Meeting of Biotechnological Sciences (Congreso Internacional de Ciencias Biotecnología). Universidad Autónoma de Ciudad Juárez. October 27-29, 2008.
- 2008 Benefits and prescription of resistance exercise. International Seminar of Resistance Exercise. Comisión Estatal del Deporte y Atención a la Juventud. León, Guanajuato, México. August 14-15, 2008.
- 2007 International certification in anthropometric evaluation. Universidad de Guanajuato, León, Guanajuato, México. November.
- 2005 Control of the heart by the autonomic nervous system. Universidad de Guanajuato, León, Guanajuato, México. August.
- 2005 Cardiovascular function and responses to exercise. Universidad de Guanajuato, León, Guanajuato, México. August.

SUPERVISION OF GRADUATE RESEARCH

Department of Kinesiology and Sport Management, Texas Tech University

Ph.D. Degree Committees-Committee Chair

Mauricio Martinez, 2019-2024. PhD Candidate. Dissertation topic: Effects of Four Weeks of L-Citrulline and L-Arginine Supplementation on Postprandial Macro- and Microvascular Endothelial Function and the Effects of Supplementation on Macro- and Microvascular Endothelial Function during Superimposed Sympathetic Activity in Post-Menopausal Prediabetic Women.

Katherine N. Dillon, 2020-2024. Dissertation topic: The Effects of Two Weeks of L-Citrulline on Arterial Function and Blood Pressure at Rest and During Exercise in Hypertensive Postmenopausal Women.

Yejin Kang, 2020-2024. Dissertation topic: Resistance Training and Citrulline Supplementation for Improving Vascular Function and Muscle Mass in Type 2 Diabetes.

Arun Maharaj, 2018-2022. Dissertation topic: Effects of L-Citrulline supplementation and low-intensity resistance exercise training on vascular function, body composition, and muscle strength in hypertensive postmenopausal women.

Stephen M. Fischer, 2018-2022. Dissertation topic: Reduced endothelial and exercise vasodilator function in obese versus lean and overweight postmenopausal women.

Ph.D. Degree Committees-Committee Member

Hyoseon Kim. 2019-Present. Dissertation topic: Effects of enhancing mitophagy on disease activities and endothelial function in SLE (Systemic Lupus Erythematosus).

M.S. Committees- Committee Chair

Brandon W. Dalton, 2020-2023. Non-Thesis.

Arsalan Moinuddin, 2019-2021. Non-thesis

M.S. Degree Committees- Committee Member

Jacob Dellinger, 2021-23. Thesis topic: Impact of sleep regularity on skeletal muscle oxygenation changes during cycling exercise.

Department of Nutrition, Food, and Exercise sciences, Florida State University

Ph.D. Degree Committees-Committee Chair

J. Derek Kingsley, 2004-2009. Dissertation Topic: acute and chronic effects of resistance exercise on autonomic modulation and vascular function in women with fibromyalgia.

Marcos A. Sanchez-Gonzalez, 2008-2012. Dissertation Topic: The effect of L-citrulline supplementation on aortic hemodynamics and autonomic responses to cold exposure and isometric exercise.

Alexei Wong, 2009-2014. Dissertation Topic: The effect of 8 weeks of whole body vibration training combined with L-citrulline supplementation on arterial stiffness, wave reflection, hemodynamics and body composition in postmenopausal women.

Salvador J. Jaime, 2013-2017. Dissertation Topic: The effects of twelve weeks of whole-body vibration training and low-intensity resistance exercise training on arterial function, muscle strength, and physical performance in dynapenic postmenopausal women.

Ph.D. Degree Committees-Committee Member

Zahra Ezzat-Zadeh, 2010-2012. Dissertation Topic: The underlying mechanisms by which estrogen regulates body composition including bone and muscle mass.

Rafaela Ferresin, 2011-2015. Dissertation Topic: Incorporation of strawberries to the diet improves skeletal health in postmenopausal women.

Brandon Grubbs, 2012-2017. Dissertation Topic: Effects of power training and whole body vibration training in older adults.

Justin Mason, 2013-2017. Dissertation Topic: The effects of cardiovascular health on cognitive function and driving performance among healthy older adults.

Neda Akhavan, 2014-present. Dissertation Topic: The health benefits of daily apple consumption on factors associated with glycemic control, insulin sensitivity, and cardiovascular health in individuals with pre-diabetes and type II diabetes mellitus.

M.S. Committees- Committee Chair

Ryan Gil, 2008-2010. Thesis Topic: The effect of whole-body vibration training on arterial and autonomic function in young overweight/obese women.

Julian A. Trivino, 2008-2010. Non-thesis.

Roy Kalfon, 2011-2014. Thesis Topic: The effect of L-citrulline supplementation on vascular and cardiac autonomic responses to cold pressor test concurrently with post-exercise muscle ischemia.

Stacey Alvarez-Alvarado, 2102-2014. Thesis Topic: Effects of the combination of whole-body vibration exercise and external load on arterial stiffness and blood flow in overweight/obese pre-menopausal women.

Jacob Pacilio, 2012-2014. The effects of whole body vibration exercise training on arterial function in patients with coronary artery disease.

M.S. Committees- Committee Member

Julie Meuret, 2005-2007. Thesis Topic: a comparison of effects between post exercise resting metabolic rate after thirty minutes of intermittent treadmill and resistance exercise.

Brandon Booth, 2007-2009. Thesis Topic: The effects of dried apples and resistance exercise on clinical parameters of metabolic syndrome in women with polycystic ovary syndrome.

Edward Archer, 2007-2009. Non-thesis.

Jiyao Zhang, 2009-2011.

William Mandler, 2009-2013.

Arielle L. Biwer, 2012-2014. Thesis topic: The effects of four-week beta-alanine supplementation on muscular performance, submaximal oxygen consumption, and body composition in Parkinson's patients.

Honors in the Major Thesis Committees-Committee Chair

Alvaro M. Bada, 2007. Thesis Topic: Effect of oral L-arginine on aortic hemodynamics, wave reflection and autonomic responses to post-exercise muscle ischemia in resistance-trained men.

Julian A. Trivino, 2008. Thesis Topic: Effects of oral L-citrulline on cardiovascular autonomic control and aortic blood pressure responses to the cold pressor test in young men with pre-hypertension.

Amber Ramey, 2010. Thesis Topic: Effect of whole-body vibration training on arterial function in overweight/obese postmenopausal women.

Andrew Koutnik, 2012. Thesis Topic: Effect of acute passive vibration on arterial function in post-stroke patients.

Zachary I. Grunewald, 2014. Thesis Topic: The effect of one-week of oral L-citrulline supplementation on the hemodynamic responses to acute caffeine ingestion in young men.

Honors in the Major Thesis Committees-Committee Member

Charles J. Blay, 2012. Thesis Topic: The acute effects of late evening whey and casein protein ingestion on fasting blood glucose, blood lipids, resting metabolic rate, and hunger in overweight and obese individuals.

Timothy Gooldy, 2012. Thesis Topic: Neurotransmitter interactions that control high-fat food intake.

Ryan Diaz, 2013. Thesis Topic: Nucleus accumbens glucagon-like peptide 1 receptor effects on food reward.

Syracuse University

M.S. Committees- Committee Chair

Javier A. Perez, 2001-2003. Thesis Topic: a comparison between the effects of proprioceptive neuromuscular facilitation stretching, static stretching, and ballistic stretching on adaptations in flexibility.

Department of Medical Sciences, Universidad de Guanajuato, Mexico

Ph.D. Degree Committees-Committee Co-Chair

Katya Vargas-Ortiz, 2011-2014. Dissertation topic: Effect of aerobic and resistance training on Sirt3, PGC-1 α and NRF1 expression in muscle of obese sedentary adolescents.

Anaisa G. Flores-Ramirez, 2019-2021. Dissertation topic: Effect of L-citrulline supplementation and implementation of aerobic exercise on vascular structure and function in adolescents with obesity and elevated arterial pressure.

M.S. Committees- Committee Co-Chair

Veronica I. Tovar Villegas, 2019-2022. Thesis topic: Efecto de la suplementacion oral de L-citrulina sobre la funcion hepatica e higado graso no alcoholic en adolescentes con obesidad.

Alan A. Rodriguez Carrillo, 2022-Present. Efecto de la suplementación con L-Citrulina y entrenamiento en intervalos de alta intensidad (HIIT) sobre la rigidez arterial en adolescentes con enfermedad de hígado graso asociada a la disfunción metabólica (MAFLD)

M.S. Committees- Committee Memeber

David Ramos-Borja, 2016-2018. Thesis topic: Effect of moderate exercise on endothelial function and markers of inflammation in adults with chronic kidney diasease.

Enrique A. Bernal-Ruiz, 2012-2014. Thesis topic: Effect of aerobic training of heart rate variability in obese adolescents with insulin resistance.

PUBLISHED ABSTRACTS:

1. Kang Y, Maharaj A, Dillon KN, Fischer SM, **Figueroa A**. Impact of Age on Aortic Pressure and Pressure Waves Responses to Metaboreflex Activation in Women. 2022 ACSM Annual Meeting and World Congresses.
2. Dillon, K.N., Maharaj, A., Fischer, S. M., Kang, Y., Martinez, M. A., **Figueroa, A**. Antihypertensive Medication Attenuates Aortic Blood Pressure Responses to Metaboreflex Activation in Postmenopausal Women. 2022 ACSM Annual Meeting and World Congresses.
3. **Figueroa A**, Maharaj A, Fischer SM. Impact of L-Citrulline supplementation combined with low-intensity resistance training on body composition and strength in postmenopausal women. International Conference on Frailty, Sarcopenia and Geroscience Research 2021.
4. Wong A, Nordvall M, Moghadam BH, Reza Bagheri, Ashtary-Larky D, Gaeini AA, **Figueroa A**. Impact Of Saffron Supplementation And Resistance Training On Depression-related Markers In Untrained Young Males. Annual ACSM 2021.
5. Maharaj A, Fischer SM, **Figueroa A**. Acute L-citrulline Attenuates Blood Pressure Responses To Exercise And Cold Stress In Hypertensive Postmenopausal Women. Annual ACSM 2021.
6. Fischer S, Maharaj A, **Figueroa A**. Endothelial Function In The Legs Is Reduced In Older Compared To Middle-aged Postmenopausal Women. Annual ACSM 2021.
7. Allnutt A, Bagheri R, Moghadam BH, Wong A, Ashtary-Larky D, Rashidlamir A, **Figueroa A**. Post-exercise Icelandic Yogurt Consumption Augments Resistance Training Gains And Muscle Regulatory Factors In Healthy, Untrained Older Males. Annual ACSM 2021.
8. Fischer S, Maharaj A, **Figueroa A**. Exaggerated Pulsatility During Exercise Is Associated With Reduced Muscle Strength And Quality In Elderly Hypertensives. Annual ACSM 2020.
9. Wong A, Park SY, Pekas EJ, Headid RJ, Shin J, **Figueroa A**. Concurrent Exercise Improves Blood Pressure, Body Composition, Lipids And Fitness Components In Elderly Women. Annual ACSM 2020.
10. Macias Cervantes MH, Contreras CL, **Figueroa A**, Garay-Sevilla,ME, Gonzalez-Yebra AL, Kornhauser C. Association Between Insulin Resistance And Aerobic Power In Police Officers. Annual ACSM 2020.

11. Jaime SJ, Nagel J, Schwab E, Martinson C, Radtke K, Mikat RP, **Figueroa A**. L-citrulline Supplementation Attenuates Aortic Pressure And Wave Reflection Responses To Cold Stress In Older Adults. Annual ACSM 2020.
12. Gonzales JU, Fischer SM, Maharaj A, Kellawan JM, **Figueroa A**. L-citrulline Does Not Change Blood Flow Kinetics At The Onset Of Exercise In Young Women. Annual ACSM 2020.
13. Saenz-Herrera S, Pérez-Vazquez V, Macías-Cervantes MH, **Figueroa A**, SanMillan I, Guardado-Mendoza R, Vallejo TG, Vargas-Ortiz K. Lactate Response During Graded Exercise Test In Individuals With Prediabetes After Aerobic Exercise Training. Annual ACSM 2019.
14. Kalupahana MN, Vargas-Ortiz K, Luevano Contreras C, Ibarra Reynoso L, **Figueroa A**. Effect Of Combined Training On Metabolic Control In Type 2 Diabetes Overweight Patients. Annual ACSM 2019.
15. Fischer SM, Maharaj A, Jaime SJ, **Figueroa A**. Lower Leg Lean Mass Is Associated With Reduced Pulse Pressure Amplification In Postmenopausal Women. Annual ACSM 2019.
16. Maharaj A, Jaime SJ, Fischer SM, **Figueroa A**. Attenuated Pulsatile Load During Metaboreflex Activation is Associated with Excess Adiposity in Dynapenic Postmenopausal Women. Annual ACSM 2019.
17. Walters-Edwards M, Wong A, Park SY, Mehrabani J, Koozechian M, **Figueroa A**. The Effects Of Pilates Training On Vascular Function In Obese Premenopausal Women With Elevated Blood Pressure. Annual ACSM 2019.
18. Mason J, Jaime S, Roque N, Maharaj A, Tenenbaum G, **Figueroa A**. The Effects of Acute Bout of Aerobic Exercise on Cognitive Function in Older Adults. Annual ACSM 2019.
19. Wong A, **Figueroa A**. The Effects of Low Intensity Resistance Exercise Training on Cardiac Autonomic Function in Obese Postmenopausal Women. Annual ACSM 2019.
20. Bergen DR, Wong A, Nordvall M, **Figueroa A**. Cardiac Autonomic and Blood Pressure Responses to an Acute Session of Battling Ropes Exercise. Annual ACSM 2019.
21. Khokhar MA, Wong A, Tripken J, Vinnedge1 NH, **Figueroa A**. The Effects of Modified Parkour Exercise on Arterial Health and Fitness Components in Elderly Individuals. Annual ACSM 2019.
22. **Figueroa A**, Wong A, Grubbs B, Panton L, Fischer S, Jaime SJ. Aortic blood pressure responses to metaboreflex activation are attenuated in older adults with dynapenia. International Conference on Frailty and Sarcopenia Research 2018.
23. Wong A, **Figueroa A**, Son WM, Park SY. The effect of stair climbing on arterial stiffness, blood pressure and leg strength in postmenopausal women with stage-2 hypertension. International Conference on Frailty and Sarcopenia Research 2018.
24. Maharaj A, Jaime SJ, Mason J, Saracino P, **Figueroa-Galvez A**. Skeletal muscle oxygenation during plantarflexion exercise in young-old and older-old adults.
25. Jaime SJ, Maharaj A, Alvarez-Alvarado S, **Figueroa A**. Comparing two low-intensity strength training modalities on vasodilatory capacity in postmenopausal women.
26. Fischer S, **Figueroa A**, Kim Y, Gonzales J. Associations between leg lean mass and arterial function in pre-menopausal and post-menopausal women.
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Courses Taught:

Department of Kinesiology and Sport Management, Texas Tech University

Undergraduate

ZOOL2404 Anatomy and Physiology 2

KIN3305 Exercise Physiology

KIN3306 Applied Exercise Physiology

KIN3368 Exercise Testing and Prescription

PhD graduate

KIN7301 Advanced Exercise Physiology I

KIN7304 Special Topics in Exercise Physiology

KIN7104 Seminar in Exercise Physiology

Department of Nutrition, Food, and Exercise sciences, Florida State University

Undergraduate

PET3322 Anatomy and Physiology I

PET3932 Exercise and Disease

APK3110 Applied Exercise physiology

MS and PhD graduate

PET5930 Seminar in Movement Sciences

PET6365 Exercise and the Cardiorespiratory System

Department of Exercise Science, Syracuse University

Undergraduate

HEA337 Drug Education for Teachers

PPE497 Physiology of Exercise

MS and PhD graduate

PPE500 Body Composition and Obesity

PPE515 Exercise testing and interpretation

PPE785 Energy Metabolism and Exercise

SERVICE to Academic Institutions

Texas Tech University

College of Arts and Sciences:

2022-present Promotion and Tenure Committee (Member)

2018 Institutional Effectiveness Committee (Member)

Department of Kinesiology and Sport Management:

2024-present Associate Chair

2022-present Scholarship Committee (Chair)

2018-2021 Promotion & Tenure Committee (Member)

2020 Promotion & Tenure Committee (Chair)

Florida State University

University:

2013-2015 Faculty Senate (College of Human Sciences representative)

Department of Nutrition, Food, and Exercise Sciences:

2013-2015 Executive Committee (Chair)

2013-2015 Undergraduate Committee (Member)

2011-2013 Undergraduate Program Coordinator

SERVICE to the Profession

External Reviewer-Undergraduate and Graduate Programs

2022 Department of Exercise Science and Health Promotion at Florida Atlantic University

External Reviewer-Promotion & Tenure

- 2021 Department of Exercise and Health Sciences at University of Massachusetts Boston
- 2021 Department of Health and Human Performance at University of Texas at Rio Grande Valley
- 2020 Department of Kinesiology and Health Sciences at Virginia Commonwealth University
- 2020 Department of Health and Human Performance at University of Texas at Rio Grande Valley

Grant Reviewer

- 2017 American Heart Association; Vascular Biology and blood pressure-Exercise Physiology group
- 2016 National Institute of Health; National Heart, Lung and Blood Institute, Special Emphasis Panel/Scientific Review
- 2016 Mexican National Council of Science and Technology (CONACYT)
- 2011 Swiss National Science Foundation

Editorial Board Member, Associate Editor

- Nutrients, Clinical Nutrition section
- Journal of Geriatric Cardiology
- Integrative Medicine Research

Journal Reviewer

- American Journal of Hypertension
- American Journal of Physiology-Heart and Circulatory Physiology
- Applied Physiology, Nutrition and Metabolism
- Autonomic Neurosciences
- Blood Pressure
- British Journal of Nutrition
- British Journal of Sports Medicine
- Clinical and Experimental Pharmacology and Physiology
- Clinical Nutrition ESP
- Clinical Science
- Critical Reviews in Food Science and Nutrition
- European Journal of Applied Physiology
- Experimental Gerontology
- Hypertension Research
- International Journal of Obesity
- International Journal of Sports Medicine
- Journal of Applied Physiology
- Journal of Human Hypertension
- Journal of Science and Medicine in Sport
- Journal of Sport and Health Science
- Journal of the Academy of Nutrition and Dietetics
- Life Sciences

- Medicine & Science in Sports & Exercise
- Menopause
- Nutrition, Metabolism and Cardiovascular Diseases
- Scandinavian Journal of Medicine & Science in Sports
- Sports Medicine
- The Journal of Clinical Hypertension

PROFESSIONAL MEMBERSHIPS:

- American College of Sports Medicine, Fellow
- American Heart Association
- North American Artery Society
- American Physiological Society