

# Joaquin Uranga Gonzales

## Personal Details

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Office: 806-834-5944  
Citizenship: United States    Ethnicity: Hispanic  
Date of Birth: April 7, 1978    Location of Birth: Crane, TX

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Web of Science ResearcherID: AAB-9072-2020  
Google Scholar webpage: <https://scholar.google.com/citations?hl=en&user=G7aR-UkAAAAJ>

## Education and Employment

### 🔗 Academic Background

2008      Doctor of Philosophy in Exercise Science (emphasis in Exercise Physiology)  
Department of Kinesiology, University of Toledo, Toledo, OH  
Dissertation: Effect of exercise-induced blood flow patterns on endothelial function  
Research Advisor: Barry W. Scheuermann, Ph.D.

2002      Master of Science in Exercise & Sport Sciences  
Department of Health, Exercise and Sport Sciences, Texas Tech University, Lubbock, TX  
Thesis: Gender differences in respiratory muscle function following exhaustive exercise  
Research Advisor: James S. Williams, Ph.D.

2000      Bachelor of Science in Kinesiology  
Department of Kinesiology, University of Texas of the Permian Basin, Odessa, TX

### 🔗 Professional Appointments - RESEARCH

2016-present      Associate Professor, Dept. of Kinesiology and Sport Management, Texas Tech University, Lubbock TX

2010-2015      Assistant Professor, Dept. of Kinesiology and Sport Management, Texas Tech University, Lubbock TX

2008- 2010      Postdoctoral Fellow, Noll Laboratory, Pennsylvania State University, University Park, PA  
Supervisor: David N. Proctor, Ph.D.  
Specific Skills:  
☐ Performed over 100 graded maximal treadmill tests in healthy older women and men  
☐ Measured pulse-wave velocity using applanation tonometry  
☐ Measured daily physical activity levels using accelerometry  
☐ Developed a plantar flexion device for vascular studies in patients with peripheral artery disease

2004-2008      Graduate Research Assistant, Department of Kinesiology, University of Toledo, Toledo, OH  
Specific Skills:  
☐ Collected blood via venipuncture and prepared blood samples for bioassays  
☐ Measured muscle blood flow and flow-mediated dilation using ultrasound Doppler  
☐ Measured muscle blood flow and reactive hyperemia using strain-gauge plethysmography  
☐ Measured von Willebrand Factor by the Laurell "rocket" immunoelectrophoresis technique  
☐ Measured plasma levels of protein carbonyls (oxidative stress) using spectrophotometric assays

2002-2003      Graduate Research Assistant, Dept. of Physiology, Texas Tech Univ. Health Sciences Center, Lubbock, TX  
Specific Skills:  
☐ Performed pulmonary function testing  
☐ Measured pulmonary gas exchange during exercise  
☐ Assessed inspiratory muscle strength and endurance  
☐ Measured muscle activity by surface electromyography  
☐ Inserted percutaneous Teflon catheters in dorsal hand veins for blood collection during exercise

## Professional Appointments - TEACHING

|              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2016-present | Associate Professor, Dept. of Kinesiology and Sport Management, Texas Tech University, Lubbock TX <ul style="list-style-type: none"> <li>Currently teach two undergraduate courses, <i>KIN 3305 Exercise Physiology</i> and <i>KIN 3306 Applied Exercise Physiology</i></li> <li>Currently teach two graduate courses, <i>KIN 5335 Cardiopulmonary Exercise Physiology</i> and <i>KIN 7301 Advanced Exercise Physiology I</i></li> <li>Taught the graduate course <i>KIN 5334 Clinical Exercise Testing &amp; Prescription</i></li> <li>Currently supervise graduate students in <i>KIN 6000 Thesis</i> and/or <i>KIN 7000 Research</i></li> </ul> |
| 2010-2015    | Assistant Professor, Dept. of Kinesiology and Sport Management, Texas Tech University, Lubbock TX <ul style="list-style-type: none"> <li>Taught undergraduate courses <i>KIN 3305 Exercise Physiology</i> and <i>KIN 3305 Applied Exercise Physiology</i></li> <li>Taught graduate courses <i>KIN 5332 Applied Physiology of Exercise</i>, <i>KIN 5334 Clinical Exercise Testing &amp; Prescription</i>, and <i>KIN 5339 Laboratory Techniques in Exercise Physiology</i></li> <li>Directed undergraduate student researchers in <i>KIN 4000 Independent Studies</i></li> </ul>                                                                    |
| 2009         | Instructor, Department of Kinesiology, Pennsylvania State University, University Park, PA <ul style="list-style-type: none"> <li>Taught a senior-level undergraduate course in the Fall 2009 semester titled, <i>Scientific Basis for Exercise in Older Adults</i></li> </ul>                                                                                                                                                                                                                                                                                                                                                                      |
| 2003-2004    | Graduate Teaching Assistant, Department of Kinesiology, University of Toledo, Toledo, OH <ul style="list-style-type: none"> <li>Taught the laboratory sections of undergraduate <i>Human Physiology</i>, <i>Applied Exercise Physiology</i>, and <i>Clinical Exercise Testing &amp; Programming</i></li> <li>Co-taught the graduate level course <i>Laboratory Techniques in Exercise Physiology</i></li> </ul>                                                                                                                                                                                                                                    |
| 2000-2002    | Graduate Teaching Assistant, Department of Health, Exercise and Sport Science, Texas Tech University, Lubbock, TX <ul style="list-style-type: none"> <li>Lead activity courses in physical fitness and wellness</li> <li>Taught the laboratory sections of undergraduate <i>Exercise Physiology</i> and <i>Exercise Testing &amp; Prescription</i></li> </ul>                                                                                                                                                                                                                                                                                      |

## Professional Appointments - OTHER

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|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2001-2002    | Graduate Intern, Cardiopulmonary Rehabilitation Center, University Medical Center Hospital, Lubbock, TX <ul style="list-style-type: none"> <li>Prescribed and supervised physical activity</li> <li>Measured heart rate and blood pressure</li> <li>Monitored and interpreted electrocardiogram tracings</li> </ul> |
| Summer 01/02 | Graduate Assistant for <i>Research Quarterly in Exercise and Sport</i><br>T. Gilmour Reeve, Editor and Chief, Texas Tech University, Lubbock, TX <ul style="list-style-type: none"> <li>Processed manuscripts submitted for publication and processed peer-reviews of manuscripts</li> </ul>                        |

## Honors and Awards

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|------|---------------------------------------------------------------------------------------------------------|
| 2024 | Institute of Faculty Excellence Graduate, Class of 2023-2024, Texas Tech University                     |
| 2022 | Apple Polishing Award, Mortar Board Forum Chapter, Texas Tech University                                |
| 2022 | Assessment Innovation Grant Award, Office of Planning and Assessment, Texas Tech University             |
| 2017 | Phi Beta Kappa (Lambda of Texas Chapter) Commendation for Inspired Teaching                             |
| 2015 | Phi Beta Kappa (Lambda of Texas Chapter) Commendation for Inspired Teaching                             |
| 2014 | Research Career Enhancement Award, American Physiological Society (Resigned)                            |
| 2013 | Abstract Winner, Clinical Category, Gender-Specific Medicine and Women's Health Symposium, TTUHSC       |
| 2012 | Faculty Spotlight Award, Teaching, Learning, and Professional Development Center, Texas Tech University |
| 2008 | Outstanding Graduate Student Researcher, Department of Kinesiology, University of Toledo                |
| 2006 | Outstanding Graduate Student Researcher, Department of Kinesiology, University of Toledo                |

†, undergraduate advisee; ‡, graduate advisee

|           |                                                                                                                             |
|-----------|-----------------------------------------------------------------------------------------------------------------------------|
| 2004-2005 | University Doctoral Fellowship, University of Toledo                                                                        |
| 2003      | 3rd Place, Graduate Student Research Competition, Texas Tech University                                                     |
| 2003      | 1st Place, Doctoral Student Research Competition, Texas Regional Chapter of the American College of Sports Medicine (TACSM) |
| 2003      | Student Research Development Award, TACSM                                                                                   |
| 2001-2003 | Doris Horton Endowed Scholarship, Texas Tech University                                                                     |
| 2000      | Health and Social Services Fellowship, Texas Tech University                                                                |
| 1996      | Undergraduate Merit Scholarship, University of Texas of the Permian Basin                                                   |

## Funding

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|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2024-2026 | Institutional Research Enhancement Award, American Heart Association<br>Project Title: Mitochondrial DNA signatures of poor aerobic exercise trainability in adults born preterm<br>Role: Co-Investigator; PI: Heather Vellers (TTU)      Total Award Amount: \$154,000                                                                        |
| 2024      | Scholarship Catalyst Program (SCP) 2024, Texas Tech University<br>Project Title: Effect of stable sleep patterns on peripheral vascular function following sleep deprivation<br>Role: PI      Total Award Amount: \$7,000                                                                                                                      |
| 2019-2021 | Innovative Project Award, American Heart Association<br>Project Title: Effect of pulsatile pressure and long sleep duration on cerebral vascular function<br>Co-Investigator(s): Eric Rivas (TTU), Heather Vellers (TTU)<br>Role: PI      Total Award Amount: \$197,451                                                                        |
| 2015-2017 | Beginning Grant-in-Aid, American Heart Association, Southwest Affiliate<br>Project Title: Impact of Reduced Arterial Stiffness on Peripheral Vascular Function and Mobility<br>Co-Investigator(s): Michael W. O'Boyle (TTU)<br>Role: PI      Total Award Amount: \$136,076                                                                     |
| 2015-2016 | Seed Grant, Laura W. Bush Institute for Women's Health, Texas Tech Health Sciences Center/UMC<br>Project Title: Influence of age on the effect of preclinical cognitive decline on mobility in women<br>Investigator(s): C. Roger James (Co-PI; TTU HSC), Michael W. O'Boyle (TTU)<br>Role: Co-PI      Total Award Amount: \$10,300            |
| 2013-2015 | University Foundation Funding, Private Donation from Com-Pac Systems, Inc. for Student's Dissertation<br>Project Title: Effect of Stepping Cadence on Arterial Compliance (dissertation project)<br>Investigator(s): Robert O. Compton (PI; doctoral student)<br>Role: Supervisor      Total Award Amount: \$2,250                             |
| 2008-2010 | Supplement to Support Diversity in Health-Related Research<br>National Institute on Aging, Grant # 3R01 AG018246-09S2<br>Project Title: Regulation of muscle blood flow in older women and men<br>Investigator(s): David N. Proctor (PI; Penn State), Urs Leuenberger (Penn State Hershey)<br>Role: Awardee      Total Award Amount: \$133,526 |
| 2006-2008 | Ruth L. Kirschstein National Research Service Award, National Institutes of Health<br>National, Heart, Lung, and Blood Institute, Grant # F31 HL077996<br>Project Title: Effect of blood flow pattern on endothelial damage<br>Investigator(s): Barry W. Scheuermann (mentor)<br>Role: PI      Total Award Amount: \$92,826                    |

†, undergraduate advisee; ‡, graduate advisee

## Professional Affiliations

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|---------------------------------------|-------------------|
| American College of Sports Medicine   | Member since 2003 |
| American Heart Association            | Member since 2015 |
| American Physiological Society        | Member since 2003 |
| The Blue Bonnet Physiological Society | Member since 2025 |
| The Rio Grande Physiological Society  | Member since 2023 |

## Professional Presentations

### ☞ Oral Presentations

1. "The importance of sleep quality when trying to sleep more for optimal vascular health." Invited Speaker, Annual Women's Health Seminar, Center of Excellence in Obesity and Cardiometabolic Research, Texas Tech University, Lubbock, TX – March 9, 2026.
2. "Short-term reduction in sleep irregularity modulates cardiac autonomic function and central hemodynamic parameters." Invited Speaker, Annual Meeting of the Rio Grande Physiological Society, Eastern New Mexico University, Portales, NM – March 28, 2025.
3. "Sleep duration influences age-related differences in heart rate variability in a sex-dependent manner". Oral Presentation given via Zoom, Healthy Aging in Industrial Environment (HAIE) Meeting, University of Ostrava, Ostrava, Czech Republic. March 29, 2023.
4. "Effect of L-citrulline on exercise blood flow in older women and men". Oral and Poster Presentations, American Physiological Society Cardiovascular Aging Conference, Westminster CO. *The Physiologist* 60(6): 423, 2017.
5. "Lap time variation predicts task error during dual-task walking in cognitively healthy women". Slide Presentation, American College of Sports Medicine 64<sup>th</sup> Annual Conference, Denver CO. *Medicine and Science in Sports and Exercise* 49(5S): 173, 2017.
6. "Trunk fat plays an intermediary role between daily ambulation and carotid stiffness in older adults". Thematic Poster Presentation, American College of Sports Medicine 62nd Annual Conference, San Diego, CA. *Medicine and Science in Sports and Exercise* 47(5S): 264, 2015.
2. "Aortic pulse pressure is higher in women exhibiting reduced walking performance." Invited Speaker, Gender-Specific Medicine & Women's Health Symposium, Texas Tech University Health Sciences Center, Lubbock, TX – Nov 14, 2013.
3. "Evidence for physical impairment with age-related arterial wall stiffening." Invited Speaker, S.T.E.M. undergraduate program, Eastern New Mexico University, Portales, NM – October 19, 2012.
4. "Leg strength is associated with ventilatory inefficiency in older women." Thematic Poster Presentation. American College of Sports Medicine 59th Annual Conference, San Francisco, CA. *Medicine and Science in Sports and Exercise* 44(5): S85, 2012.
5. "Acute and chronic effects of rhythmic handgrip exercise on endothelial-dependent dilation." Noll Seminar, Pennsylvania State University, University Park, PA - April 24, 2009.
6. "Research in Exercise Physiology." Invited Lecture, St. Francis University, Loretto, PA - March 24, 2009.
7. "The effect of different exercise-induced blood flow patterns on endothelial cell function." Research Seminar, Pennsylvania State University, University Park, PA - December 6, 2007.
8. "Gender differences in the fatigability of the inspiratory muscles." American College of Sports Medicine 52nd Annual Conference, Nashville, TN. *Medicine and Science in Sports and Exercise* 37(5): S209, 2005.
9. "Gender differences in respiratory muscle function following exhaustive exercise." American College of Sports Medicine 50th Annual Conference, San Francisco, CA. *Medicine and Science in Sports and Exercise* 35(5): S150, 2003.

### ☞ Poster Presentations

1. Narvaez, G.†, **Gonzales, J.U.** (2026). Endothelial sensitivity to shear rate is not a mechanism that contributes to impaired exercise blood flow following acute sleep fragmentation. Annual Meeting of the Rio Grande Physiological Society, Burrell College, Las Cruces, NM – March 27-28, 2026.

†, undergraduate advisee; ‡, graduate advisee

2. Narvaez, G.‡, **Gonzales, J.U.** (2026). Effect of Acute Sleep fragmentation on skeletal muscle blood flow during handgrip exercise. *International Journal of Exercise Science: Conference Proceedings* 2 (18): article 34.
3. Narvaez, G.‡, **Gonzales, J.U.** (2025). Acute Sleep Deprivation Impairs Microvascular Function Irrespective of Sleep Timing Consistency. Annual Meeting of the Rio Grande Physiological Society, Eastern New Mexico University, Portales, NM – March 28, 2025.
4. Childress, P.M.‡, Vellers, H.L., **Gonzales, J.U.**, Levitt, D., Moran, D., Anderton, A.M., Ullmann, A.C. (2025) "8-weeks of moderate-intensity aerobic exercise fails to improve VO2max in young adults born preterm," *International Journal of Exercise Science: Conference Proceedings* 2(17): article 92.
5. Narvaez, G.‡, **Gonzales, J.U.** (2025). Effect of improved sleep regularity on subendocardial viability ratio in young to middle-aged adults. Texas Chapter of the American College of Sports Medicine. *International Journal of Exercise Science: Conference Proceedings* 2(17): article 2.
6. **Gonzales, J.U.** (2024). The impact of improved sleep regularity on cardiac autonomic modulation. American Physiological Society Integrative Physiology of Exercise Conference, November 20–22, State College, PA, 2024 p.20.
7. **Gonzales, J.U.**, Clark, C.‡, Dellinger, J.R.‡ (2024). The impact of acute sleep extension on blood pressure is dependent on sleep quality. 38<sup>th</sup> annual meeting of the Associated Professional Sleep Societies. *Sleep* 47(1): page A330.
8. Mekuiru, N.D.†, **Gonzales, J.U.** (2024). Meeting the recommended daily step count does not alter heart rate variability in young adults. National Conference on Undergraduate Research, Long Beach, California, USA.
9. Likness, A., Lu, H-C., Natesan, K., Yang, H.S., Atkins, L.T., **Gonzales, J.U.**, James, C.R. (2023). Comparison of younger and older women's gait stability during multi-task fast walking. South-Central American Society of Biomechanics regional conference, Fort Worth, Texas, USA.
10. Dellinger, J.R.‡, **Gonzales, J.U.** (2023). Skeletal muscle desaturation during moderate and severe intensity cycling exercise is related to half-time from the reactive hyperemia response. Texas Chapter of the American College of Sports Medicine. *International Journal of Exercise Science: Conference Proceedings* 2(15): article 17.
11. **Gonzales, J.U.**, Clark, C.‡ (2021). One week of long duration sleep improves forearm reactive hyperemia. American College of Sports Medicine 68<sup>th</sup> Annual Conference. *Medicine and Science in Sports and Exercise* 53(8S):89-90.
12. Clark, C.‡, **Gonzales, J.U.** (2021). Fractionized exercise improves cognitive performance under conditions of normal and long duration sleep. American College of Sports Medicine 68<sup>th</sup> Annual Conference. *Medicine and Science in Sports and Exercise* 53(8S):311.
13. Clark, C.‡, **Gonzales, J.U.** (2021). Fractionized exercise lowers morning central blood pressure under conditions of recommended and long sleep durations. Texas Chapter of the American College of Sports Medicine. *International Journal of Exercise Science: Conference Proceedings* 2(13): article 36.
14. **Gonzales, J.U.**, Fischer, S.M., Maharaj, A., Kellawan, J.M., Figueroa, A. (2020). L-Citrulline does not change blood flow kinetics at the onset of exercise in young women. American College of Sports Medicine 67<sup>th</sup> Annual Conference, San Francisco, CA. *Medicine and Science in Sports and Exercise* 52(7S):225.
15. Salvador, P., Martinez, M., **Gonzales, J.U.**, Rivas, E. (2020). Sex Difference in cardiorespiratory stress from high-intensity interval exercise. Texas Chapter of the American College of Sports Medicine, Waco, TX. *International Journal of Exercise Science* 2(12) article# 104.
16. Martinez, M., Salvador, P., Schoech, L., Clark, C.‡, **Gonzales, J.U.**, Rivas, E. (2020). One session of high-intensity interval training acutely enhances the sensitivity of cerebral vasoreactivity post-exercise in young healthy males. Experimental Biology Annual Conference, San Diego, CA. *The FASEB Journal* 34: 1-1.
17. Kim, Y., **Gonzales, J.U.**, Reddy, H. (2019). Longitudinal associations between handgrip strength and cardiovascular biomarkers among rural adults: A Project FRONTIER. American College of Sports Medicine 66<sup>th</sup> Annual Conference, Orlando, FL. *Medicine and Science in Sports and Exercise*. 51(6):220-221.
18. Stock, M.S., Mota, J.A., Kwon, D.P., Kennedy, M., Sobolewski, E.J., Kim, Y., **Gonzales, J.U.** (2019). Compensatory adjustments in motor unit behavior during fatigue differ for younger versus older men. International Conference on Frailty and Sarcopenia Research. Miami Beach, FL. *Journal of Frailty and Aging* 8(1):S7.
19. Fischer, S., Figueroa, A., Kim, Y., **Gonzales, J.U.** (2018). Associations between leg lean mass and arterial function in pre-menopausal and post-menopausal women. American College of Sports Medicine 65<sup>th</sup> Annual Conference, Minneapolis, MN. *Medicine and Science in Sports and Exercise* 50(5S):550.
20. Proctor, D.N., Ridout, R., Gao, Z., **Gonzales, J.U.**, Kim, D.J., Muller, M.D. (2018). Effects of increased preload on cardiac function in younger versus older women. American College of Sports Medicine 65<sup>th</sup> Annual Conference, Minneapolis, MN. *Medicine and Science in Sports and Exercise* 50(5S):635-636.
21. Ashley, J.‡, Kellawan, M., Gonzales, J.U. (2018). Effects of L-citrulline on blood pressure response to exercise in older and younger adults. Experimental Biology Annual Conference, San Diego, CA. *FASEB Journal* 32.1: 724.3.

†, undergraduate advisee; ‡, graduate advisee

22. Moore, D., Barlow, M., **Gonzales, J.U.**, Pawelczyk, J., Elavsky, S., Proctor, D.N. (2017). Vagal modulation of heart rate by the arterial baroreflex in middle-aged women: a potential influence of reproductive age. APS Cardiovascular Aging Conference, Westminster, CO. *The Physiologist*, 60(6): 427.
23. Hadri, O.†, **Gonzales, J.U.** (2016). Diastolic function in relation to regional adiposity in women. Presented at the 30<sup>th</sup> Annual National Conference on Undergraduate Research, University of North Carolina Asheville.
24. **Gonzales, J.U.**, James, C.R., Yang, H.S., Jensen, D., Atkins, L., Al-Khalil, K., O'Boyle, M. (2015). Influence of preclinical cognitive decline on mobility in women: preliminary findings. Presented at the Gender Specific Medicine & Women's Health Symposium, Texas Tech Health Sciences Center.
25. Atkins, L., Yang, H.S., Jensen, D., **Gonzales, J.U.**, James, C.R. (2015). Exploring differences between middle-aged and older women during multitasking gait activities: preliminary findings. Presented at the Gender Specific Medicine & Women's Health Symposium, Texas Tech Health Sciences Center.
26. Albract-Shulte, K., McComb, J., **Gonzales, J.U.**, Fernandez-del-Valle, M., Hart M. (2014). Effects of emotional exposure on state anxiety and physiological measures of stress reactivity after an acute Yogafit session. Presented at the Gender Specific Medicine & Women's Health Symposium, Texas Tech Health Sciences Center.
27. **Gonzales, J.U.**, Shephard, J.†, Dubey, N.‡ (2014). Does daily ambulatory activity relate to functional capacity in older adults? Presented at the Gender Specific Medicine & Women's Health Symposium, Texas Tech Health Sciences Center.
28. Stevenson, J., Stamatikos, A., Inigo, M.†, **Gonzales, J.U.**, Cooper, J.A. (2014). Echinacea based dietary supplement does not improve markers of performance in endurance athletes. American College of Sports Medicine 61st Annual Conference, Orlando, FL. *Medicine and Science in Sports and Exercise* 46(5S): S729-37.
29. Shephard, J.†, Defferari, E.‡, **Gonzales, J.U.** (2013). Aortic pulse pressure is higher in women exhibiting reduced walking performance. Presented at the Gender Specific Medicine & Women's Health Symposium, Texas Tech Health Sciences Center.
30. **Gonzales, J.U.**, Shephard, J.†, Defferari, E.‡, Proctor, D.N. (2013). Do central arterial hemodynamics contribute to walking performance in older adults? Presented at the 3rd Annual North American Artery Society Meeting.
31. **Gonzales, J.U.**, Kumar, P.‡, Means, A.†, Patel, A.† (2013). Central arterial stiffness relates to maximal and submaximal cardiorespiratory fitness in Hispanics. American College of Sports Medicine 60th Annual Conference, Indianapolis, IN. *Medicine and Science in Sports and Exercise* 45(5): S117.
32. Martin, W., Boros, R., Sawyer, R., **Gonzales, J.U.** (2012). Effects of betaine supplementation on strength and power adaptations following an 8-week resistance training. American College of Sports Medicine 59th Annual Conference, San Francisco, CA. *Medicine and Science in Sports and Exercise* 44(5): S720.
33. **Gonzales, J.U.**, Tucker, S.H., Kalasky, M.J., Proctor, D.N. (2011). Sex-dependent association between daily physical activity and ventilatory threshold in older adults. American College of Sports Medicine 58th Annual Conference, Denver, CO. *Medicine and Science in Sports and Exercise* 43(2): S650.
34. Barlow, M.A., **Gonzales, J.U.**, Proctor, D.N. (2011). Oral tetrahydrobiopterin and the influence of age on female leg hemodynamics at rest and during exercise. Experimental Biology Annual Conference, *FASEB Journal* 1056.17: 362.
35. Elavsky, S., Bernardo, D., **Gonzales, J.U.**, Proctor, D.N., Williams, N., Henderson, V. (2010). Examining the effects of physical activity on vasomotor symptoms using objective and subjective measures. North American Menopause Society Annual Conference. *Menopause* 17(6): 1210-1246.
36. Miedlar, J.A., **Gonzales, J.U.**, Smithmyer, S.L., Parker, B.A., Proctor, D.N. (2010). Exercise-induced femoral artery dilation is related to resting diameter. American College of Sports Medicine 57th Annual Conference, Baltimore, MD. *Medicine and Science in Sports and Exercise* 42(5): S214.
37. **Gonzales, J.U.**, Barlow, M.A., Only, N., Elavsky, S., Proctor, D.N. (2010). Arterial compliance and responsiveness: Relative impact of menopause and fitness. American College of Sports Medicine 57th Annual Conference, Baltimore, MD. *Medicine and Science in Sports and Exercise* 42(5): S213.
38. Thompson, B.C., **Gonzales, J.U.**, Thistlethwaite, J.R., Scheuermann, B.W. (2010). Endothelial-dependent dilation is attenuated following acute handgrip exercise and is associated with contractile work. American College of Sports Medicine 57th Annual Conference, Baltimore, MD. *Medicine and Science in Sports and Exercise* 42(5): S212.
39. **Gonzales, J.U.**, Thompson, B.C., Thistlethwaite, J.R., Scheuermann, B.W. (2008). Exercise-induced shear stress is associated with plasma vWF in older humans. APS Intersociety Integrative Biology of Exercise Meeting, Hilton Head, SC. *The Physiologist* 51(6): 72.
40. Thistlethwaite, J.R., **Gonzales, J.U.**, Thompson, B.C., Scheuermann, B.W. (2008). Vascular response to acidosis during dynamic handgrip exercise. APS Intersociety Integrative Biology of Exercise Meeting, Hilton Head, SC. *The Physiologist* 51(6): 43.

†, undergraduate advisee; ‡, graduate advisee

41. Thompson, B.C., Thistlethwaite, J.R., **Gonzales, J.U.**, Scheuermann, B.W. (2008). Effect of acetazolamide administration on endothelial function in humans. APS Intersociety Integrative Biology of Exercise Meeting, Hilton Head, SC. *The Physiologist* 51(6): 38.
42. **Gonzales, J.U.**, Scheuermann, B.W. (2007). Lack of von Willebrand Factor release with different blood flow patterns generated during rhythmic lower limb exercise. Arteriosclerosis Thrombosis and Vascular Biology Annual Conference, Chicago, IL. *Arteriosclerosis Thrombosis and Vascular Biology* 27(6): e111.
43. Thompson, B.C., Thistlethwaite, J.R., **Gonzales, J.U.**, Booth, E.J., Harper, A.J., Scheuermann, B.W. (2007). Forearm blood flow and motor unit recruitment during fast and slow ramp exercise. American College of Sports Medicine 54th Annual Conference, New Orleans, LA. *Medicine and Science in Sports and Exercise* 39(5): S426.
44. **Gonzales, J.U.**, Thompson, B.C., Thistlethwaite, J.R., Harper, A.J., Scheuermann, B.W. (2007). Forearm blood flow is similar between females and males during dynamic submaximal handgrip exercise. American College of Sports Medicine 54th Annual Conference, New Orleans, LA. *Medicine and Science in Sports and Exercise* 39(5): S426-427.
45. Thistlethwaite, J.R., Thompson, B.C., **Gonzales, J.U.**, Scheuermann, B.W. (2006). VO<sub>2</sub> kinetics during subsequent heavy exercise are not affected by additional motor unit recruitment during prior warm-up exercise. American College of Sports Medicine 53rd Annual Conference, Denver, CO. *Medicine and Science in Sports and Exercise* 38(5): S220.
46. Stillings, S.A., **Gonzales, J.U.**, Scheuermann, B.W. (2006). The effect of respiratory muscle training on heart rate variability in healthy young adults. American College of Sports Medicine 53rd Annual Conference, Denver, CO. *Medicine and Science in Sports and Exercise* 38(5): S316.
47. Scheuermann, B.W., **Gonzales, J.U.**, Thompson, B.C., Thistlethwaite, J.R., Harper, A.J. (2006). Motor unit recruitment and oxygen uptake during moderate and heavy intensity constant work rate exercise. American College of Sports Medicine 53rd Annual Conference, Denver, CO. *Medicine and Science in Sports and Exercise* 38(5): S222.
48. Krah, S.A., **Gonzales, J.U.**, Thompson, B.C., Thistlethwaite, J.R., Scheuermann, B.W. (2006). Fatigue in females and males in response to repeated bouts of 30 s sprint cycling exercise. American College of Sports Medicine 53rd Annual Conference, Denver, CO. *Medicine and Science in Sports and Exercise* 38(5): S274.
49. **Gonzales, J.U.**, Thompson, B.C., Thistlethwaite, J.R., Scheuermann, B.W. (2006). Forearm muscle blood flow during dynamic ramp exercise is independent of muscle strength. American College of Sports Medicine 53rd Annual Conference, Denver, CO. *Medicine and Science in Sports and Exercise* 38(5): S193.
50. Scheuermann, B.W., **Gonzales, J.U.** (2005). Gender differences in the fatigability of the forearm muscles during submaximal intermittent contractions. American College of Sports Medicine 52nd Annual Conference, Nashville, TN. *Medicine and Science in Sports and Exercise* 37(5): S388.
51. Scheuermann, B.W., **Gonzales, J.U.** (2003). Effect of acetazolamide (Az) administration on respiratory muscle strength and endurance. Canadian Society of Exercise Physiology Annual Conference. *Canadian Journal of Applied Physiology* 28: S97.
52. **Gonzales, J.U.**, Scheuermann, B.W. (2003). Effect of prior heavy exercise on oxygen cost and muscle activity during moderate exercise. Canadian Society of Exercise Physiology Annual Conference. *Canadian Journal of Applied Physiology* 28: S58.
53. Scheuermann, B.W., Williams, J.S., **Gonzales, J.U.**, Roh, D., Barstow, T.J. (2002). Repeated bouts of fast ramp exercise are not associated with changes in the VO<sub>2</sub>-work rate slope. American College of Sports Medicine 49th Annual Conference, St. Louis, MO. *Medicine and Science in Sports and Exercise* 34(5): S154.
54. Poklikuha, G., James, C.R., Williams, J.S., **Gonzales, J.U.** (2002). Effects of cycling pedal rate on running kinematics in experienced triathletes. American College of Sports Medicine 49th Annual Conference, St. Louis, MO. *Medicine and Science in Sports and Exercise* 34(5): S90.
55. **Gonzales, J.U.**, Wongsathikun, J., Scheuermann, B.W., Williams, J.S. (2002). Respiratory muscle function after exercise in competitive female cyclists. American College of Sports Medicine 49th Annual Conference, St. Louis, MO. *Medicine and Science in Sports and Exercise* 34(5): S25.

## Peer Reviewed Publications

1. Narvaez, G.†, **Gonzales, J.U.** (2026). The impact of acute sleep fragmentation on muscle blood flow responses to handgrip exercise. *Journal of Applied Physiology* 141(3):802–812, 2026. Impact Factor<sub>2025</sub> = 3.7.
2. Narvaez, G.†, **Gonzales, J.U.** (2025). Reduced sleep irregularity does not impact peripheral vascular function before or following total sleep deprivation. *Journal of Applied Physiology* 139(4):909-917. Impact Factor<sub>2024</sub> = 3.3.
3. **Gonzales, J.U.**, Narvaez, G. (2025). Short-term reduction in sleep irregularity modulates cardiac autonomic function and central hemodynamic parameters at rest. *Sleep Medicine* 133:106643. Impact Factor<sub>2024</sub> = 3.4.

†, undergraduate advisee; ‡, graduate advisee

4. **Gonzales, J.U.**, Clark, C.†, Dellinger, J.R.‡ (2024). The effect of acute sleep extension on blood pressure is dependent on the change in sleep efficiency. *Clocks & Sleep* 6:546–556. Impact Factor<sub>2023</sub> = 2.1
5. **Gonzales, J.U.**, Dellinger, J.R.‡ (2024). Sleep duration irregularity is associated with elevated blood pressure responses to submaximal exercise in young adults. *Nature and Science of Sleep* 16:451-460. Impact Factor<sub>2023</sub> = 3.0.
6. **Gonzales, J.U.**, Dellinger, J.R.‡, Clark, C.† (2023). Chronotype predicts working memory-dependent regional cerebral oxygenation under conditions of normal sleep and following a single night of sleep extension. *Scientific Reports* 13:17897. Impact Factor<sub>2022</sub> = 4.6.
7. Dellinger, J.R.‡, Figueroa, A., **Gonzales, J.U.** (2023). Reactive hyperemia half-time response is associated with skeletal muscle oxygen saturation changes during cycling exercise. *Microvascular Research* 149: 104569. Impact Factor<sub>2022</sub> = 3.1.
8. **Gonzales, J.U.**, Elavsky, S., Cipryan, L., Jandačková, V., Burda, M., Jandačka, D. (2023). Influence of sleep duration and sex on age-related differences in heart rate variability: findings from Program 4 of the HAIE study. *Sleep Medicine* 106:69-77. Impact Factor<sub>2022</sub> = 4.8.
9. Clark, C.†, Rivas, E., **Gonzales, J.U.** (2022). Six nights of sleep extension increases regional cerebral oxygenation without modifying cognitive performance at rest or following acute aerobic exercise. *Journal of Sleep Research* 31(5):e13582. Impact Factor<sub>2021</sub> = 5.2.
10. **Gonzales, J.U.**, Clark, C.†, Anderson, T. (2022). Effect of five nights of sleep extension on peripheral vascular function: a randomized crossover investigation into long sleep duration. *Sleep Medicine* 90:145-152. Impact Factor<sub>2021</sub> = 4.8.
11. Mota, J. A., Kwon, D. P., Kennedy, M., Sobolewski, E. J., Kim, Y., **Gonzales, J.U.**, Stock, M. S. (2020). Compensatory adjustments in motor unit behavior during fatigue differ for young versus older men. *Aging Clinical and Experimental Research* 32(11):2259-2269. Impact Factor<sub>2019</sub> = 2.6.
12. **Gonzales, J.U.**, Moore, D.J., Elavsky, S., Proctor, D.N. (2020). Peripheral vasodilation is reduced during exercise in perimenopausal women with elevated cardiovascular risk. *Menopause* 27(10):1167-1170. Impact Factor<sub>2019</sub> = 3.3.
13. Farrow, A.C., **Gonzales, J.U.**, Agu-Udemba, C.C., Sobolewski, E.J., Thompson, B.J., Palmer, T.B. (2020). Effects of age on vertical jump performance and muscle morphology characteristics in females. *Journal of Sports Medicine and Physical Fitness* 60(8):1081-1088. Impact Factor<sub>2019</sub> = 1.4.
14. **Gonzales, J.U.**, Fischer SM, Maharaj, A., Vellers, H., Anderson, T., Karnjanapiboonwong, A., Subbiah, S., Kellawan, J.M., Figueroa, A. (2020). Response of exercise-onset vasodilator kinetics to L-citrulline supplementation during different phases of the menstrual cycle. *Physiological Reports* 8:e14536, Impact Factor<sub>2019</sub> = 2.1.
15. Figueroa, A., Jaime, S.J., Morita, M., **Gonzales, J.U.**, Moirand, C. (2020). L-Citrulline supports vascular and muscular benefits of exercise training in older adults. *Exercise and Sport Sciences Reviews* 48(3):133-139. Impact Factor<sub>2019</sub> = 4.9.
16. Park, Y., **Gonzales, J.U.**, Reddy, H. (2020). Longitudinal associations between handgrip strength and cardiovascular biomarkers among rural adults: A Project FRONTIER. *Journal of Aging and Physical Activity* 28:9-17. Impact Factor<sub>2019</sub> = 1.7.
17. **Gonzales, J.U.**, Al-Khalil, K., O'Boyle, M. (2019). Spatial task-related brain activity and its association with preferred and fast pace gait speed in older adults. *Neuroscience Letters* 713: article 134526. Impact Factor<sub>2018</sub> = 2.1.
18. Tinsley, G.M., Moore, M.L., Graybeal, A.J., Paoli, A., Kim, Y., **Gonzales, J.U.**, Harry, J.R., VanDusseldorp, T.A., Kennedy, D.N., Cruz, M.R. (2019). Time-restricted feeding plus resistance training in active females: a randomized trial. *American Journal of Clinical Nutrition* 110(3):628-640. Impact Factor<sub>2018</sub> = 6.5.
19. Compton, R.O.†, Figueroa, A., **Gonzales, J.U.** (2019). Post-exercise hypotension in central aortic pressures following walking and its relation to cardiorespiratory fitness. *Journal of Sports Medicine and Physical Fitness* 59(4):717-722. Impact Factor<sub>2018</sub> = 1.3.
20. Somani, Y.B., Moore, D.J., Kim, D.J.K., **Gonzales, J.U.**, Barlow, M., Elavsky, S., Proctor, D.N. (2019). Retrograde and oscillatory shear increase across the menopause transition. *Physiological Reports*. 7(1): e13965. Impact Factor<sub>2018</sub> = 2.1.
21. Ashley, J.†, Kim, Y., **Gonzales, J.U.** (2018). Impact of L-citrulline supplementation on oxygen uptake kinetics during walking. *Applied Physiology, Nutrition and Metabolism* 43:631-637. Impact Factor<sub>2017</sub>=2.5.
22. Fernandez-del-Valle, M., **Gonzales, J.U.**, Kloiber, S., Mitra, S., Klingensmith, J., Larumbe-Zabala, E. (2018). Effects of resistance training on MRI-derived epicardial fat volume and arterial stiffness in women with obesity: a randomized pilot study. *European Journal of Applied Physiology* 118: 1231-1240. Impact Factor<sub>2017</sub> = 2.4
23. **Gonzales, J.U.**, Raymond, A.†, Ashley, J.†, Kim, Y. (2017). Does L-citrulline supplementation improve exercise blood flow in older adults? *Experimental Physiology* 102.12: 1661-1671. Impact Factor<sub>2016</sub> = 2.9
24. **Gonzales, J.U.**, James, C.R., Yang, H.S., Jensen, D., Atkins, L., Al-Khalil, K., O'Boyle, M. (2017). Carotid flow pulsatility is higher in women with greater decrement in gait speed during multi-tasking. *Gait & Posture* 54:271-276. Impact Factor<sub>2016</sub>=2.2

25. Figueroa, A., Wong, A., Jaime, S.J., **Gonzales, J.U.** (2017). Influence of L-citrulline and watermelon supplementation on vascular function and exercise performance. *Current Opinion in Clinical Nutrition and Metabolic Care* 20:92-98. Impact Factor<sub>2016</sub>=4.0
26. **Gonzales, J.U.**, James, C.R., Yang, H.S., Jensen, D., Atkins, L., Thompson, B.J., Al-Khalil, K., O'Boyle, M. (2016). Different cognitive functions discriminate gait performance in younger and older women: a pilot study. *Gait & Posture* 50:89-95. Impact Factor<sub>2015</sub>=2.2.
27. **Gonzales, J.U.** (2016). Do older adults with higher daily ambulatory activity have lower central blood pressure? *Aging Clinical and Experimental Research* 28:965-71. Impact Factor<sub>2015</sub> = 1.3.
28. **Gonzales, J.U.**, Omar, H.† (2016) Role of heart rate in the relation between regional body fat and subendocardial viability ratio in women. *Clinical and Experimental Pharmacology and Physiology* 43:789-794. Impact Factor<sub>2015</sub> = 2.0.
29. Stevenson, J.L., Stamatikos, A.D., Krishnan, S., Inigo, M.M.‡, **Gonzales, J.U.**, Cooper, J.A. (2016). Echinacea-based dietary supplement does not increase maximal aerobic capacity in endurance-trained men and women. *Journal of Dietary Supplements* 13:324-338. Impact Factor = TBD.
30. Compton, R.‡, Ulcak, M.†, **Gonzales, J.U.** (2015). The acute effect of fast and slow stepping cadence on regional vascular function. *International Journal of Sports Medicine* 36:1041-1045. Impact Factor<sub>2014</sub> = 2.0.
31. **Gonzales, J.U.**, Shephard, J.†, Dubey, N.‡ (2015). Steps per day, daily peak stepping cadence, and walking performance in older adults. *Journal of Aging and Physical Activity* 23:395-400. Impact Factor<sub>2014</sub> = 1.9.
32. Moore, D.J., Barlow, M.A., **Gonzales, J.U.**, McGowan, C.L., Pawelczyk, J.A., Proctor, D.N. (2015). Evidence for the emergence of leg sympathetic vasoconstrictor tone with age in healthy women. *Physiological Reports* 3(1): e12275. Impact Factor<sub>2014</sub> = 1.0.
33. **Gonzales, J.U.**, Wiberg, M.†, Defferari, E.‡, Proctor, D.N. (2015). Arterial stiffness is higher in older adults with increased perceived fatigue and fatigability during walking. *Experimental Gerontology* 61:92-97. Impact Factor<sub>2014</sub> = 3.4.
34. **Gonzales, J.U.**, Kumar, P.‡, Shephard†, J., Means, A.† (2014). Peak stepping cadence is associated with leg vascular compliance in young adults. *Journal of Science and Medicine in Sport* 17:683-687. Impact Factor<sub>2014</sub> = 3.1.
35. **Gonzales, J.U.**, Defferari, E.‡, Fisher, A.†, Shephard, J.†, Proctor, D.N. (2014). Calf exercise-induced vasodilation is blunted in healthy older adults with increased walking performance fatigue. *Experimental Gerontology* 57: 1-5. Impact Factor<sub>2014</sub> = 3.4.
36. **Gonzales, J.U.** (2013). Gait performance in relation to aortic pulse wave velocity, carotid artery elasticity, and peripheral perfusion in healthy older adults. *Clinical Physiology and Functional Imaging* 33: 245-251. Impact Factor<sub>2013</sub> = 1.3.
37. **Gonzales, J.U.**, Scheuermann, B.W. (2013). Effect of acetazolamide on respiratory muscle fatigue in humans. *Respiratory Physiology and Neurobiology* 185: 386-392. Impact Factor<sub>2013</sub> = 1.9.
38. Elavsky, S., **Gonzales, J.U.**, Proctor, D.N., Williams, N., Henderson, V.W. (2012). Effects of physical activity on vasomotor symptoms: Examination using objective and subjective measures. *Menopause* 19:1095-1103. Impact Factor<sub>2012</sub> = 3.1.
39. **Gonzales, J.U.**, Tucker, S.H., Kalasky, M.H., Proctor, D.N. (2012). Leg strength is associated with ventilatory inefficiency in older women. *International Journal of Sports Medicine* 33: 537-542. Impact Factor<sub>2012</sub> = 2.2.
40. Moore, D.J., **Gonzales, J.U.**, Tucker, S.H., Elavsky, S., Proctor, D.N. (2012). Leg exercise-induced vasodilation is menopause stage-dependent in healthy, middle-aged women. *Applied Physiology Nutrition and Metabolism* 37: 418-424. Impact Factor<sub>2012</sub> = 2.0.
41. **Gonzales, J.U.**, Grinnell, D.M., Kalasky, M.J., Proctor, D.N. (2011). Sex-dependent associations between daily physical activity and leg exercise blood pressure responses in healthy older adults. *Journal of Aging and Physical Activity* 19: 306-321. Impact Factor<sub>2011</sub> = 2.0.
42. **Gonzales, J.U.**, Thompson, B.C., Thistlethwaite, J.R., Scheuermann, B.W. (2011). Association between exercise hemodynamics and changes in local vascular function following acute exercise. *Applied Physiology Nutrition and Metabolism* 36: 137-144. Impact Factor<sub>2011</sub> = 2.1.
43. **Gonzales, J.U.**, Miedlar, J.A., Parker, B.A., Proctor, D.N. (2010). Relation of femoral diameter, shear rate, and dilatory response to knee extensor exercise. *Medicine and Science in Sports and Exercise* 42: 1870-1875. Impact Factor<sub>2010</sub> = 4.1.
44. **Gonzales, J.U.**, Williams, J.S. (2010). Effects of acute exercise on inspiratory muscle strength and endurance in untrained women and men. *Journal of Sports Medicine and Physical Fitness* 50: 268-273. Impact Factor<sub>2010</sub> = 0.9.
45. Ridout, S.J., Parker, B.A., Smithmyer, S.L., **Gonzales, J.U.**, Beck, K.A., Proctor, D.N. (2010). Age and sex influence the balance between maximal cardiac output and peripheral vascular reserve. *Journal of Applied Physiology* 108: 483-489. Impact Factor<sub>2010</sub> = 4.2.
46. **Gonzales, J.U.**, Thistlethwaite, J.R., Thompson, B.C., Scheuermann, B.W. (2009). Exercise-induced shear stress is associated with changes in plasma von Willebrand factor in older humans. *European Journal of Applied Physiology* 106(5): 779-84. Impact Factor<sub>2009</sub> = 2.0.

†, undergraduate advisee; ‡, graduate advisee

47. **Gonzales, J.U.**, Parker, B.A., Ridout, S.J., Smithmyer, S.L., Proctor, D.N. (2009). Femoral shear rate response to knee extensor exercise: an age and sex comparison. *Biorheology* 46(2): 145-154. Impact Factor<sub>2009</sub> = 1.2.
48. **Gonzales, J.U.**, Thompson, B.C., Thistlethwaite, J.R., Harper, A.J., Scheuermann, B.W. (2009). Muscle strength and pressor response. *International Journal of Sports Medicine* 30: 320-324. Impact Factor<sub>2009</sub> = 1.5.
49. **Gonzales, J.U.**, Thompson, B.C., Thistlethwaite, J.R., Scheuermann, B.W. (2008). Role of retrograde flow in the shear stimulus associated with exercise blood flow. *Clinical Physiology and Functional Imaging* 28: 318-325. Impact Factor<sub>2008</sub> = 1.1.
50. Thistlethwaite, J.R., Thompson, B.C., **Gonzales, J.U.**, Scheuermann, B.W. (2008). Prior heavy knee extension exercise does not affect VO<sub>2</sub> kinetics during subsequent heavy cycling exercise. *European Journal of Applied Physiology* 102: 481-491. Impact Factor<sub>2008</sub> = 1.9.
51. **Gonzales, J.U.**, Scheuermann, B.W. (2008). Prior heavy exercise increases oxygen cost during moderate exercise without associated change in surface EMG. *Journal of Electromyography and Kinesiology* 18: 99-107. Impact Factor<sub>2008</sub> = 1.8.
52. **Gonzales, J.U.**, Thompson, B.C., Thistlethwaite, J.R., Harper, A.J., Scheuermann, B.W. (2007). Forearm blood flow follows work rate during submaximal dynamic forearm exercise independent of sex. *Journal of Applied Physiology* 103: 1950-7. Impact Factor<sub>2007</sub> = 3.6.
53. **Gonzales, J.U.**, Scheuermann, B.W. (2007). Absence of a sex difference in the fatigability of the forearm muscles during submaximal intermittent exercise. *Journal of Sport Science and Medicine* 6: 98-105. Impact Factor<sub>2007</sub> = 0.2.
54. **Gonzales, J.U.**, Scheuermann, B.W. (2006). Gender differences in the fatigability of the inspiratory muscles. *Medicine and Science in Sports and Exercise* 38(3): 472-479. Impact Factor<sub>2006</sub> = 2.9.

## Mentoring

### Undergraduate Projects

1. Nathan Mekuria, McNair Scholar's Program Project: "Does HRV differ between physical activity groups based on published daily step threshold recommendations for young adults?", 2023-2024.
2. Luis Sanchez, McNair Scholar's Program Project: "Daily step activity and cognitive function in middle-aged to older adults", 2021.
3. Destiny Ojeh, KIN 4000 Project: "Cross-sectional examination of sleep and peripheral vascular function in young adults", Spring 2020.
4. Omar Hadri, Undergraduate Honor's College Contract, "Diastolic function in relation to regional adiposity in women", Fall 2015.
5. Matthew Ulcak, ESS 4000 Project: "Effect of stepping cadence on blood flow profiles in central and peripheral arteries", Fall 2014.
6. Akash Bali, ESS 4000 Project: "Does potential energy differ between fast and slow walkers in older adults?", Spring 2014
7. Amy Fisher, ESS 4000 Project: "Does regional fat relate to walking performance in older adults", Fall 2013
8. Matthew Wiberg, ESS 4000 Project: "Is carotid IMT higher in older adults with preclinical mobility limitation?", Fall 2013
9. Jordan Shephard, ESS 4000 Project: "Peak stepping cadence is associated with leg vascular compliance in young adults", Summer/Fall 2013
10. Charles Means, ESS 4000 Project: "Does daily physical activity relate to arterial stiffness in Hispanic and non-Hispanic whites?", Fall 2012
11. John Montalvo, ESS 4000 Project: "Does the pressor reflex during static exercise differ between Hispanics and non-Hispanic whites?", Fall 2012
12. Monica Tello, ESS 4000 Project: "Does central arterial stiffness relate to mechanical properties of peripheral arteries in older adults?", Spring 2012

### Thesis Projects

1. Committee Member, Eleni Keith, "The effects of a combined fish oil and high-intensity interval training (HIIT) intervention on the biomarker water T2", Kinesiology and Sport Management, February 2025 to March 2026.
2. Committee Member (Non-Thesis Manuscript Option), Diana Combs, "Plasma T2 is associated with exercise duration in females with excess body weight", Kinesiology and Sport Management, January 2024 to May 2025.
3. Chairperson, Jacob Dellinger, "Impact of sleep regularity on skeletal muscle oxygenation changes during cycling exercise", Kinesiology and Sport Management, August 2021 to May 2023.

†, undergraduate advisee; ‡, graduate advisee

4. Chairperson, Cayla Clark, "Effect of fractionized exercise on nighttime central blood pressure, cognitive function, and cerebral tissue oxygenation under conditions of normal and long sleep durations", Kinesiology and Sport Management, August 2019 to May 2021.
5. Committee Member, Hunter Turnipseed, "Pain as a barrier to physical activity in severe obesity and the Alter-G antigravity treadmill as a potential therapeutic tool", Kinesiology and Sport Management, December 2017 to August 2018.
6. Chairperson, John Ashley, "Effects of L-citrulline supplementation on the energetic cost of walking", Kinesiology and Sport Management, May 2016 to August 2017.
7. Chairperson, Andrea L. Raymond, "Effect of L-citrulline on gait performance in older adults", Kinesiology and Sport Management, August 2015 to May 2017.
8. Committee Member, Jacob Mota, "Motor unit interpulse interval distribution and variability during fatigue in younger versus older adults", Kinesiology and Sport Management, August 2015 to May 2016.
9. Committee Member, Kembra Albracht, "Effects of emotional exposure on state anxiety and physiological measures after acute YogaFit", Health, Exercise, & Sport Sciences, June 2013 to June 2014.
10. Committee Member, Maria Esperanza Bregendahl, "Will manipulation of efficacy affect functional performance of older women?", Health, Exercise, & Sport Sciences, December 2012 to March 2014.
11. Committee Member, Wansek Lee, "The Akt/FoxO/Atrogin-1 signaling pathways underlying cardiac regression after detraining in a mouse heart", Health, Exercise, & Sport Sciences, May 2013 to October 2013.
12. Chairperson, Melissa Mae R. Inigo, "Influence of menstrual cycle phases on exercise-induced bronchospasm and its effect on endurance performance", Health, Exercise, & Sport Sciences, September 2010 to April 2012.
13. Committee Member, Will M. Martin, "The effects of betaine supplementation on strength and power adaptations following an 8-week resistance training program", Health, Exercise, & Sport Sciences, January 2011 to July 2011.

### ✂ Dissertation Projects

1. Committee Member, Katherine Dillon, "The effects of two weeks of L-citrulline on arterial function and blood pressure at rest and during exercise in hypertensive postmenopausal women", Kinesiology and Sport Management, February 2023 to June 2024.
2. Committee Member, Stephen M. Fisher, "Reduced endothelial and exercise vasodilator function in the legs of obese versus lean and overweight postmenopausal women", Kinesiology and Sport Management, April 2021 to May 2022.
3. Chairperson, Robert O. Compton, "Effect of stepping cadence on arterial compliance", Kinesiology and Sport Management, September 2013 to October 2017.
4. Committee Member, Jada Stevenson, "Dietary fatty acid effects on hunger, satiety and metabolism", Nutritional Sciences, February 2014 to July 2015.
5. Committee Member, Keely Hawkins, "Cephalic phase reflexes: Effect of sweetened mouth rinses on resting and exercise measures", Nutritional Sciences, June 2012 to November 2014.

## Service

### ✂ Departmental

1. Program Coordinator, Bachelor of Science in Kinesiology, 2024 to present
2. Search Committee Member, Two Assistant Professors in Kinesiology, 2026-2027
3. Search Committee Member, Assistant Professor in Motor Behavior, 2024-2025
4. Department Safety Officer, Environmental Health & Safety at Texas Tech, 2021 to 2024
5. Program Coordinator, Master of Science in Kinesiology, 2021 to 2024
6. Angela Lumpkin Teaching Award Selection Committee, 2024
7. Search Committee Member, Assistant Professor in Exercise Physiology, 2021-2022
8. Tenure and Promotion Committee Member, 2020-2021
9. Search Committee Member, Assistant Professor in Thermal/Environmental Physiology, 2020-2021
10. Ph.D. Qualifying Exam Committee Member, 2020
11. Program Coordinator, Master of Science in Kinesiology and PhD in Exercise Physiology, 2017-2019
12. Search Committee Member, Open Rank Position in Exercise Physiology, 2019
13. Search Committee Member, Associate/Full Professor in Exercise Physiology, 2018
14. Executive Committee Member, 2017-2018

†, undergraduate advisee; ‡, graduate advisee

15. Search Committee Member, Assistant Professor of Practice Position, 2017
16. Search Committee Member, Exercise Physiology Tenure-Track Faculty Positions, 2015
17. Committee Member, Student Learning Outcomes for the new BS in Kinesiology program at TTU, 2015.
18. Search Committee Member, Exercise Nutrition Tenure-Track Faculty Position, 2014-2015.
19. Search Committee Member, Exercise Physiology Tenure-Track Faculty Position, 2014-2015.
20. Scholarship Committee Member, 2014
21. Event Organizer, DEXA Operator Training, Fall 2013.
22. Search Committee Member, Exercise Physiology Tenure-Track Faculty Position, 2013.
23. Search Committee Member, Strength & Conditioning Tenure-Track Faculty Position, 2011-2012.
24. Search Committee Member, Exercise Psychology Tenure-Track Faculty Position, 2011-2012.

## ✍ University

1. IRB Committee Member, Human Rights and Protection Program at Texas Tech University, 2016-2019, 2022 to present.
2. Advisory Board, Institute for Faculty Excellence, Texas Tech University, 2024.
3. Institutional Laboratory Safety Committee, Texas Tech University, April March 2022 to 2024.
4. Judge, Undergraduate Research Conference (URC), Texas Tech University, April 10, 2024.
5. Evaluator Graduate Student Research Support Program, Graduate School, Texas Tech University, Feb. 2-7, 2024.
6. Invited Speaker, Influence of Sleep on Cognitive Function. SoTL Research Presentation for the Institute of Faculty Excellence, Texas Tech University, October 17, 2023.
7. Evaluator Graduate Student Research Support Program, Graduate School, Texas Tech University, Sept. to October 2023.
8. Judge, 15<sup>th</sup> Annual Undergraduate Research Conference, Texas Tech University, April 11, 2023.
9. Judge, 22<sup>nd</sup> Annual Graduate Student Research Poster Competition, Texas Tech University, March 30, 2023.
10. Evaluator, General Fellowship Applications, Graduate School, Texas Tech University, February 10-14, 2023
11. Evaluator Graduate Student Research Support Program, Graduate School, Texas Tech University, October 5-6, 2022
12. Judge, 14<sup>th</sup> Annual Undergraduate Research Conference, Texas Tech University, March 29, 2022.
13. Judge, 21<sup>st</sup> Annual Graduate Student Research Poster Competition, Texas Tech University, March 3, 2022.
14. Evaluator, General Fellowship Applications, Graduate School, Texas Tech University, February 8-9, 2022
15. Evaluator, General Fellowship Applications, Graduate School, Texas Tech University, February to March 2021
16. Evaluator, Graduate Student Research Support Program, Graduate School, Texas Tech University, February 2021.
17. Evaluator, Graduate Student Research Support Program, Graduate School, Texas Tech University, Sept. to October 2020.
18. Judge, 19<sup>th</sup> Annual Graduate Student Research Poster Competition, Texas Tech University, March 11, 2020.
19. Judge, 18<sup>th</sup> Annual Graduate Student Research Poster Competition, Texas Tech University, March 26, 2019.
20. Judge, 17<sup>th</sup> Annual Graduate Student Research Poster Competition, Texas Tech University, April 10, 2018.
21. Dean's Representative, Dissertation - Effects of various nutritional supplements on the development, innate immunity, and gastrointestinal health of young dairy calves, Texas Tech University, June 20, 2018.
22. Judge, 16<sup>th</sup> Annual Graduate Student Research Poster Competition, Texas Tech University, March 24, 2017.
23. Dean's Representative, Dissertation - Thwarted Interpersonal Needs and Suicide Ideation among Psychiatric Inpatients, Texas Tech University, April 21, 2017.
24. Judge, 15<sup>th</sup> Annual Graduate Student Research Poster Competition, Texas Tech University, March 25, 2016.
25. Dean's Representative, Dissertation - The Molecular Mechanism of T1AM on Weight Maintenance and Reversing Obesity, College of Human Sciences, Texas Tech University, June 22, 2015.
26. Invited Speaker, Presentation about the Exercise Science Program at TTU, Explore TTU STEM Program, Underrepresented High School Students visited from Eagle Pass, Texas, April 17, 2015.
27. Dean's Representative, Dissertation - Continuous-Wave Radar Sensor for Structural Health Monitoring and Biomedical Applications, Whitacre College of Engineering, Texas Tech University, April 15, 2015.
28. Judge, 14<sup>th</sup> Annual Graduate Student Research Poster Competition, Texas Tech University, April 10, 2015.
29. Dean's Representative, Dissertation - A Collective Case Study Analysis of Texas Community Colleges: Transformations of Plus 50 Programs to Meet the Needs of a Growing Population of Adult Students, College of Education, Texas Tech University, March 24, 2015.
30. Facilitator, TTUHSC School of Medicine, Cardiovascular Hemodynamic Hands-on-Activity for 1<sup>st</sup> year medical students, January 21, 2015.

†, undergraduate advisee; ‡, graduate advisee

31. Dean's Representative, Dissertation - A Rhetorical Analysis of Patient Decision Aids for Genetic Testing: Scientific Knowledge, Embodiment, and Problematic Integration in Biomedicine, College of Arts & Sciences, Texas Tech University, October 1, 2014.
32. Committee Member, College of Arts and Sciences STEM Council, September 2014 to January 2016.
33. Dean's Representative, Dissertation - Investigating the onset of slip in gait by employing probabilistic theory and optimization-based motion prediction, College of Engineering, Texas Tech University, April 1, 2014.
34. Judge, 13th Annual Graduate Student Research Poster Competition, Texas Tech University, March 7, 2014.
35. Dean's Representative, Dissertation - The roles of the molecular chaperone AKR2A in the biogenesis of cytochrome b5 in Arabidopsis, College of Arts and Sciences, Texas Tech University, October 25, 2013.
36. Guest Speaker, The Welch Summer Scholar Program, Department of Chemistry & Biochemistry, Texas Tech University, July 10, 2013.
37. Judge, Undergraduate Research Conference, Texas Tech University, April 25, 2013.
38. Judge, 12th Annual Graduate Student Research Poster Competition, Texas Tech University, March 22, 2013.
39. Invited Speaker, Getting your First Academic Job! Teaching, Learning and Professional Development Center, February 19, 2013.
40. Guest Speaker, The Welch Summer Scholar Program, Department of Chemistry & Biochemistry, Texas Tech University, June 27, 2012.
41. Dean's Representative, Dissertation - A Rough Pitch: An Exploration of Soccer and Society in Texas since the 1960's. College of Arts and Sciences, Texas Tech University, June 26, 2012.
42. Judge, Undergraduate Research Conference, Texas Tech University, April 17, 2012 - April 18, 2012.
43. Judge, 11th Annual Graduate Student Research Poster Competition, Texas Tech University, March 30, 2012.
44. Invited Speaker, Surviving Your First Year: A Panel Discussion. Teaching, Learning and Professional Development Center, October 6, 2011.

## Professional

1. **Editorial Board Member** for the journal *PLOS Aging and Health*, 2026.
2. **Promotion External Reviewer**, Dept. of Kinesiology and Public Health, Appalachian State University, 2026
3. Ad Hoc Reviewer for the *Journal of Exercise Science and Fitness*, 2026.
4. Ad Hoc Reviewer for the journal *Maturitas*, 2026
5. Ad Hoc Reviewer for the *Scandinavian Journal of Medicine & Science in Sports*, 2026
6. Ad Hoc Reviewer for the journal *Sleep and Breathing*, 2026
7. Ad Hoc Reviewer for the journal *Clocks & Sleep*, 2025, 2026
8. Ad Hoc Reviewer for the journal *Physiological Reports*, 2025, 2026
9. Ad Hoc Reviewer for the journal *Experimental Physiology*, 2019, 2026
10. **Editorial Board Member** for the *Journal of Applied Physiology*, 2017 to present.
11. Ad Hoc Reviewer for the journal *Experimental Gerontology*, 2015, 2019, 2023, 2024, 2026
12. Ad Hoc Reviewer for the *European Journal of Applied Physiology*, 2014, 2016, 2020, 2023, 2024, 2026
13. Ad Hoc Reviewer for the *Journal of Applied Physiology*, 2012, 2015, 2016, 2018-2026
14. **Grant Reviewer**, American Heart Association, Transformational Award, Clinical and Population section, 2025
15. Ad Hoc Reviewer for the journal *Hypertension*, 2025.
16. Ad Hoc Reviewer for the *International Journal of Environmental Research and Public Health*, 2025
17. Ad Hoc Reviewer for the *Journal of Human Hypertension*, 2025
18. Ad Hoc Reviewer for the journal *Nature and Science of Sleep*, 2025
19. Ad Hoc Reviewer for the journal *Psychology, Health & Medicine*, 2025
20. Ad Hoc Reviewer for the journal *Sleep Medicine*, 2025.
21. Ad Hoc Reviewer for the journal *Vascular Health & Risk Management*, 2025
22. **Promotion and Tenure External Reviewer**, Department of Kinesiology, Indiana University, 2024
23. **Grant Reviewer**, American Heart Association, Transformational Award, Clinical and Population section, 2024
24. Ad Hoc Reviewer for the journal *Physiological Genomics*, 2024
25. Ad Hoc Reviewer for the *Journal of Electromyography and Kinesiology*, 2024
26. **Editorial Board Member** for the journal *Scientific Reports*, 2023 to 2024.
11. **Grant Reviewer**, National Strength & Conditioning Association (NSCA) Foundation, 2019 to 2024.
12. Ad Hoc Reviewer for the journal *Am. J. Physiol. Regul. Integr. Comp. Physiol.*, 2013, 2014, 2020, 2022, 2024

†, undergraduate advisee; ‡, graduate advisee

13. Ad Hoc Reviewer for the journal *Medicine and Science in Sports & Exercise*, 2011, 2024
14. **Promotion and Tenure External Reviewer**, Dept. of Kinesiology & Health Sciences, Virginia Commonwealth Univ., 2023.
15. Ad Hoc Reviewer for the journal *Frontiers in Physiology (section Exercise Physiology)*, 2022, 2023
16. Ad Hoc Reviewer for the journal *Nutrients*, 2021, 2023
17. Ad Hoc Reviewer for the journal *Clinical Interventions in Aging*, 2015, 2017, 2019-2021, 2023
18. **Promotion and Tenure External Reviewer**, Mayo Clinic College of Medicine and Science, 2022
19. Ad Hoc Reviewer for the journal *Frontiers in Aging Neuroscience*, 2022
20. Ad Hoc Reviewer for the journal *Frontiers in Physiology (section Vascular Physiology)*, 2022
21. Ad Hoc Reviewer for the journal *Gait & Posture*, 2016, 2019, 2021
22. Ad Hoc Reviewer for the journal *Food Reviews International*, 2020
23. Ad Hoc Reviewer for the *Journal of Sports Sciences*, 2020
24. Ad Hoc Reviewer for the journal *PLOS ONE*, 2020.
25. Ad Hoc Reviewer for the *Journal of Strength and Conditioning Research*, 2017, 2018, 2020
26. Ad Hoc Reviewer for the journal *European Journal of Sports Science*, 2019
27. Ad Hoc Reviewer for the *Journal of Nutrition*, 2019
28. Ad Hoc Reviewer for *the Journal of Aging and Physical Activity*, 2018
29. Ad Hoc Reviewer for the *Journal of Women and Aging*, 2018
30. Ad Hoc Reviewer for the *International Journal of Sports Medicine*, 2017, 2018
31. Ad Hoc Reviewer for the journal *Applied Physiology, Nutrition & Metabolism*, 2013, 2015, 2018
32. Ad Hoc Reviewer for the *Journal of Sport and Health Science*, 2017
33. Ad Hoc Reviewer for the journal *Physical & Occupational Therapy in Geriatrics*, 2017
34. Ad Hoc Reviewer for *The Scientific Pages of Sports Medicine*, 2017
35. Ad Hoc Reviewer for the journal *Clinical and Experimental Pharmacology and Physiology*, 2016.
36. Ad Hoc Reviewer for the journal *Open Access Journal of Sports Medicine*, 2016.
37. **Awards Committee Member**, American Physiological Society, Jan 2012 to Dec 2015
38. Ad Hoc Reviewer for the *Journal of Science and Medicine and Sport*, 2014
39. **Research Consultant**, pforymWELL, Lubbock, TX, 2014
40. Ad Hoc Reviewer for the journal *Obesity*, 2012

## Community

1. Invited Presentation, "Walking to help your body regulate your glucose sugar", Slaton Retired Teacher Association, Slaton, Texas. February 18, 2026.
2. Invited Presentation, "You are as Old as your Arteries", Slaton Retired Teacher Association, Slaton, Texas. November 15, 2023.
3. Invited Presentation, "Cognitive Decline with Aging: Importance of lifestyle behaviors on cognition in older adults", Slaton Retired Teacher Association, Slaton, Texas. November 16, 2022.
4. Expert Contributor to Video, "This Is Your Brain And Body On 'Hot Girl Walks'", HuffPost (U.K. edition), Edited by Brittany Wong, posted on May 24, 2022, [https://www.huffingtonpost.co.uk/entry/hot-girl-walk-brain-body-benefits\\_I\\_6282dedae4b0c7c10776f69d](https://www.huffingtonpost.co.uk/entry/hot-girl-walk-brain-body-benefits_I_6282dedae4b0c7c10776f69d)
5. Expert Contributor to Article, "9 Ways Walking Benefits Your Health, According to Doctors", Good Housekeeping Magazine, Edited by Kaitlyn Pirie, posted on July 16, 2021, <https://www.goodhousekeeping.com/health/fitness/a25768/health-benefits-of-walking/>
6. Invited Presentation, "Walking to Prevent Aging", Lubbock Women's Club, Lubbock, Texas. February 21, 2020.
7. Invited Presentation, "It's More Than Just Steps: Importance of Walking for Cardiometabolic Health", Seniors are Special program, University Medical System, Lubbock, Texas. June 12, 2019.
8. Invited Presentation, "It's More Than Just Steps: Importance of Walking for Cardiometabolic Health", Osher Lifelong Learning Institute, Texas Tech University, Lubbock, Texas. January 31, 2019

## References

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☐ Departmental Chair, Supervises Teaching and other Scholarly Activity

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☐ Postdoctoral Supervisor

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☐ Mentor, Doctoral Student Advisor