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GENERAL INFORMATION

Education

- 1998-2003 Ph.D., *Purdue University*, West Lafayette, IN
Exercise Physiology
- 1996-1998 M.S., *University of Nevada, Las Vegas*, Las Vegas, NV
Kinesiology: Exercise Physiology
- 1989-1996 B.S., *Brigham Young University-Hawaii*, Laie, HI,
Biology: Pre-Professional
Physical Education: Scientific Emphasis

Teaching Experience

- 2012-present Associate Professor of Kinesiology, University of Nevada, Las Vegas
- 2009-2012 Associate Professor of Exercise Science, Western Kentucky University
- 2006-2009 Assistant Professor of Exercise Science, Western Kentucky University
- 2003-2006 Assistant Professor of Exercise Science, Southern Arkansas University
- 2001-2002 Adjunct Faculty, Department of General Education Studies, Ivy Tech State College/Community College of Indiana

Grants, Scholarships and Awards

- 2016 Navalta, JW (PI), Montes J (Co-PI), Bodell, NG (Co-PI), Tanner, EA (Co-PI). Comparison of Walking in Different Environmental Conditions. America Walks Micro Grant (submitted: \$1500, not funded).
- 2016 Mercer, JA (PI), Toussaint, H (Co-PI), Gatlin, P (Co-PI), Lough, N (Co-PI), Navalta, JW (Co-PI), Zhan, J (Co-PI). Innovative Development of a Smart Wetsuit for Health and Performance. National Science Foundation Partnership for Innovation: Building Innovation Capacity (PFI:BIC). (submitted: \$999,538)
- 2016 Navalta, JW (PI), Freedman Silvernail, J, Lukkahatai, N. Wearable Technology Validation Laboratory. Top Tier Doctoral Graduate Research Assistantship Grant Program (Doctoral tuition and fees, not funded)
- 2016 Freedman Silvernail, J, Navalta, JW. A Prospective Approach to Assessing Knee Osteoarthritis Risk. Top Tier Doctoral Graduate Research Assistantship Grant Program (Doctoral student tuition and fees, funded)
- 2016 Lukkahatai, N (PI), Inouye, J, Feng, D, Navalta, JW. Effectiveness of the Technology-Enhanced Home Exercise Program on Cancer Related Fatigue, Heat Shock Protein, Brain Derived Neurotrophic Factors Level. Oncology Nursing Society Foundation (submitted: \$24,800)
- 2016 Faculty Opportunity Award; University of Nevada, Las Vegas: Validity and Reliability of Wearable Technology at Rest and during Graded

- Exercise Testing: Potential Medical Applications (requested: \$20,000, not funded)
- 2016 Faculty Opportunity Award; University of Nevada, Las Vegas: Beneficial Effects of Physical Activity in Desert Environment vs Urban Area: Impact of Temperature and Time of Year (requested: \$18,972, not funded)
- 2016 UNLV University Faculty Travel Committee Application (requested: \$1000 for travel to ACSM in Boston, MA; funded \$500)
- 2016 Navalta, JW (PI). Beneficial Effects of Physical Activity in a Desert Environment vs Urban Area? American College of Sports Medicine Research Grant Application: Dr. Raymond A. Weiss Research Endowment (requested: \$1500, not funded)
- 2015 Fellow of the American College of Sports Medicine (Nov 10, 2015)
- 2015 Angosta, A (PI), Navalta JW (Co-PI). (submitted). Culturally Relevant Physical Activity Intervention Among Filipino Americans. National Institutes of Health on Minority Health and Health Disparities (requested: \$368,016.00, not funded)
- 2015 Mercer, JA (PI), Bailey, JP, Barker, LA, Soucy, MT, & Navalta, JW. Innovative exercise program using body weight support and real-time impact feedback. Arthritis Foundation (\$75,594; scored, not funded)
- 2015 Attune NxT Acoustic Cytometry Grant Program, Exercise-induced Immune Cell Apoptosis and DNA Polymorphism Identification (\$199,500, not funded)
- 2015 Faculty Opportunity Award; University of Nevada, Las Vegas: DNA Polymorphism Profile in Overweight/Obese Responders and Non-Responders to Exercise (\$20,000.00, not funded)
- 2014 Tori M. Stone (Graduate student), James W. Navalta (faculty mentor). An Evaluation of Select Physical Activity Exercise Classes (PEX) on Bone Mineral Density. UNLV Graduate and Professional Student Association Grant, \$800.
- 2014 Jared N. Wilson (graduate student), James W. Navalta (faculty mentor). Leukocyte Responsiveness to Exercise in HCMV+ Individuals. UNLV Graduate and Professional Student Association Grant, \$625.
- 2014 Merrill Landers: Primary Investigator, James Navalta: Co-Primary Investigator. National Institutes of Health Clinical and Translational Research – Infrastructure Network (NIH CTR-IN); High-intensity exercise and fall prevention boot camp for Parkinson’s disease (\$75,000, funded)
- 2014 Faculty Opportunity Award; University of Nevada, Las Vegas: Does Repetitive Jumping Increase Bone Mineral Density and Markers of Bone Health in Females? (\$20,000.00, not funded)
- 2014 National Center for Responsible Gaming, Letter of Intent (not funded): Does Aerobic Exercise Affect Brain-Derived Neurotrophic Factor in Pathological and Problem Gamblers?
- 2013 National Institutes of Health, AREA R15; Subset Lymphocytopenia Response and Recovery to Exercise in CMV+ Individuals (\$300,000.00, not funded)

2013 Faculty Opportunity Award; University of Nevada, Las Vegas: Subset Lymphocytopenia Response and Recovery to Exercise in CMV+ Individuals (\$25,000.00, not funded)

Certifications

American College of Sports Medicine: Health/Fitness Instructor_{SM}
 American Heart Association: CPR and AED certified

Memberships

World Association of Medical Editors
 International Society of Exercise and Immunology
 Open Access Scholarly Publishers Association
 American College of Sports Medicine
 Southwest American College of Sports Medicine
 Southeast American College of Sports Medicine
 Midwest American College of Sports Medicine
 Central States American College of Sports Medicine
 National Academy of Sports Medicine
 American Alliance for Health, Physical Education, Recreation and Dance
 Indiana Association for Health, Physical Education, Recreation and Dance
 Hawaii Association for Health, Physical Education, Recreation and Dance
 Phi Kappa Phi Honor Society

RESEARCH

Published Manuscripts

Montes, J., Wulf, G., Navalta, J.W. Maximal aerobic capacity can be increased by enhancing performer's expectancies. *The Journal of Sports Medicine and Physical*, In Press.

Rosa Lima, T. Avila, E., Fraga, G., Sena, M., Batista, A., Almeida, P., Trombetta, J., Vieira, R.C., Damazo, A.S., Navalta, J.W., Prestes, J. Effect of administration of high-protein diet in rats submitted to resistance training. *European Journal of Nutrition*, In Press.

Sousa Neto, I.V., Tibana, R.A., Nascimento, D.C., Vieira, D.C.L., Durigan, J.L.O., Pereira, G.B., Navalta, J.W., Marqueti, R.C., Prestes, J. The effects of resistance training volume on MMPs in circulation, muscle and adipose tissue. *International Journal of Sports Medicine*, In Press.

Tibana, R.A., Prestes, J., Navalta, J.W., Pereira, R. Exercise as an Effective Transgenerational Strategy to Overcome Metabolic Syndrome in the Future Generation: Are we there yet? *Experimental and Clinical Endocrinology & Diabetes*, In Press.

Neves, Claodete ; Tibana, Ramires; Prestes, Jonato; Voltarelli, Fabricio; Aguiar, Andreo; Ferreira Mota, Gustavo; de Sousa, Sergio; Leopoldo, Andre ; Leopoldo, Ana Paula; Mueller, Andre ; Aguiar, Danilo ; Navalta, James; Sugizaki, Mario. Digoxin Induces Cardiac Hypertrophy Without Negative Effects on Cardiac Function in Rats. *International Journal of Sports Medicine*, In Press.

- Tibana, R.A., Nascimento, D.C., Souza, N.M.F., Souza, V.C., Sousa Neto, I.V., Voltarelli, F.A., Pereira, G.B., Navalta, J.W., Prestes, J. Irisin Levels are not Associated to Resistance Training-Induced Alterations in Body Mass Composition in Older Untrained Women with and without Obesity. *Journal of Nutrition, Health, and Aging*, In Press.
65. Kenny, T., McCune, D., Kruskall, L.J., Hickman, R., Navalta, J.W., Young, J.C. Vitamin D Status and Bone Mineral Density in Female Collegiate Dancers and Cheerleaders. *Journal of Sport Science*, 5: 38-44, 2017. doi: 10.17265/2332-7839/2017.01.004
64. LaComb, C.O., Tandy, R.D., Lee, S.P., Young, J.C., Navalta, J.W. Oral versus nasal breathing during moderate to high intensity submaximal aerobic exercise. *International Journal of Kinesiology and Sport Sciences*, 5(1): 8-16, 2017. doi:10.7575/aiac.ijkss.v.5n.1p.8
63. Prado, A., Dufek, J., Navalta, J.W., Lough, N., Mercer, J.A. A First Look into the Influence of Triathlon Wetsuit on Resting Blood Pressure and Heart Rate Variability. *Biology of Sport* 34(1): 77-82, 2017.
62. Tanner, E.A., Montes, J., Manning, J.W., Taylor, J., DeBeliso, M., Young, J.C., Navalta, J.W. Validation of Hexoskin biometric shirt to COSMED K4 b² metabolic unit in adults during trail running. *Sports Technology*, 8(3-4): 118-123, 2016.
61. Teixeira, T.G., Tibana, R.A., Nascimento, D.D., de Sousa, N.M., de Souza, V.C., Vieira, D.C., Nobrega, O.T., de Almeida, J.A., Navalta, J.W., Prestes, J. Endothelial Nitric Oxide Synthase Glu298Asp Gene Polymorphism Influences Body Composition and Biochemical Parameters but not the Nitric Oxide Response to Eccentric Resistance Exercise in Elderly Obese Women. *Clinical Physiology and Functional Imaging*, 36(6): 482-489, 2016. doi: 10.1111/cfp.12255
60. Wilson, J. Navalta, J.W. Leukocyte Responsiveness to Exercise in Individuals Positive for Human Cytomegalovirus, *International Journal of Sports Medicine*, 37(5): 395-400, 2016. doi 10.1055/s-0035-1564256
59. Tibana, R.A., Almeida, L.M., Sousa, N.M.F., Nascimento, D.C., Sousa Neto, I.V., Almeida, J.A., Souza, V.D., Lopes, M.F., Nobrega, O.T., Vieira, D.C.L., Navalta, J.W., Prestes, J. Two Consecutive Days of Crossfit Training Affects Pro and Anti-inflammatory Cytokines and Osteoprotegerin without Impairments in Muscle Power. *Frontiers in Physiology*, 7:260, 2016. doi: 10.3389/fphys.2016.00260
58. Navalta, J.W., Jarrett, M.S., Ciulei, M.A., Voltarelli, F.A., Tandy, R.D., Young, J.C. The Epigenomic Marker Global DNA Methylation is Related to Measures of Body Composition and Aerobic Capacity in Females but not Males. *Journal of Modern Physiological Research*, 2(1): 1-10, 2016.
57. Navalta, J.W., Fedor, E.A., Schafer, M.A., Lyons, T.S., Tibana, R.A., Pereira, G.B., Prestes, J. Caffeine Affects CD8+ Lymphocyte Apoptosis and Migration differently in Naïve and

- Familiar Individuals following Moderate Intensity Exercise. *International Journal of Immunopathology and Pharmacology*, 29(2): 288-294, 2016. doi: 10.1177/0394632015612795
56. Santo, A., Barkley, J., Hafen, P., Navalta, J. Physiological Responses and Hedonics During Prolonged Physically-Interactive Video Game Play. *Games for Health Journal*, 5(2): 108-113, 2016. doi:10.1089/g4h.2015.0077
55. Ciulei, M.A., Prado, A., Navalta, J.W., Mercer, J.A. Triathlon Wetsuit Removal Strategy: Physiological Cost of Running with a Wetsuit. *Journal of Human Kinetics* 51: 45-51, 2016.
54. Nascimento, D., Navalta J.W., Durigan J.L., Marqueti R., Tibana R., Luiz, FO, Almeida, J, Prestes, J. Acute Eccentric Resistance Exercise Decreases Matrix Metalloproteinase activity in Obese Elderly Women. *Clinical Physiology and Functional Imaging*, 36: 139-145, 2016. doi: 10.1111/ cfp.12207
53. Oliveira, S., Nascimento D.C., Tibana, R.A., Oliveira, S.L., Neto, I.V.S., Falleiros, R.L.M.M., Moranda, L.G., Pedrosa, H.C., Navalta, J.W., Pereira, G.B., Prestes, J. Elevated Glycated Hemoglobin levels Impair Blood Pressure in Children and Adolescents with Type 1 Diabetes Mellitus. *Diabetology & Metabolic Syndrome* 8:4, 2016. doi: 10.1186/s13098-0015-0118-0
52. Montes, J., Stone, T.M., Manning, J.W., McCune, D., Tacad, D.K., Young, J.C., DeBeliso, M., Navalta, J.W. Using Hexoskin Wearable Technology to Obtain Body Metrics During Trail Hiking. *International Journal of Exercise Science*, 8(4): 425-430, 2015.
51. Manning, J.W., Montes, J., Stone, T.M., Rietjens, R.W., Young, J.C., DeBeliso, M., Navalta, J.W. Cardiovascular and Perceived Exertion Responses to Leisure Trail Hiking. *Journal of Outdoor Recreation, Education, and Leadership*, 7(2): 83-92, 2015. doi:http://dx.doi.org/10.18666/JOREL-2015-V7-I2-7005
50. Rietjens, R., Stone, T.M., Montes, J., Young, J.C., Tandy, R.D., Utz, J.C., Navalta, J.W. Moderate Intensity Resistance Training Significantly Elevates Testosterone following Upper Body and Lower Body Bouts when Total Volume is held Constant. *International Journal of Kinesiology and Sports Science*, 3(4): 50-55, 2015. doi:10.7575/aiac.ijkss.v.3n.4p.50
49. Navalta, J.W., Prestes J. The Current State of Exercise-induced Lymphocyte Apoptosis. *Single Cell Biology*, 4:113, 2015. doi: 10.4172/2168-9431.1000113
48. Nascimento, D.C., Sousa N.M.F., Sousa Neto, I.V., Tibana, R.A., Souza, V.C., Vieira, D.C.L., Camarco, N.F., Oliveira, S., Almeida, J.A., Navalta, J.W., Prestes, J. Classification of Pro-inflammatory Status for Interleukin-6 Affects Relative Muscle Strength in Obese Elderly Women. *Aging Clinical and Experimental Research*, 27(6): 791-797, 2015. doi 10.1007/s40520-015-0349-9

47. Nascimento, D.C., Durigan, R.C.M., Tibana, R.A., Durigan, J.L.Q., Navalta, J.W., Prestes, J. The Response of Matrix Metalloproteinase-9 and -2 to Exercise. *Sports Medicine*, 45(2): 269-278, 2015.
46. Prestes J., Nascimento D.C., Tibana R.A., Teixeira T.G., Vieira D.C.L., Tajra V., Farias D.L., Silva A.O., Funghetto S.S., Souza V.C., Navalta J.W. Understanding the Individuals Responsiveness to Resistance Training Periodization. *Age*, 37:55, 2015. DOI 10.1007/s11357-015-9793-x
45. Pagaduan, J.C, Navalta, J.W., Lyons, T.S., Unnithan, V. Resting Blood Pressure and Heart Rate Variability of Obese and Non-Obese Filipino Adolescents. *Journal of Sports Science and Health*, 15(1): 90-100, 2014.
44. Tibana, R.A., Nascimento, D.C., Sousa, N.M.F., Souza, V.C., Durigan, J., Vieira, A. Bottaro, M., Nobrega, O.T., Almeida, J.A., Navalta, J.W., Franco, O.L., Prestes, J. Enhancing of Women Functional Status with Metabolic Syndrome by Cardioprotective and Anti-inflammatory Effects of Combined Aerobic and Resistance Training. *PLOS One*, 9(11): e110160, 2014.
43. Garcia, A., Fraga, G.A., Vieira, R.C., Santos Silva, C.M., Santos Trombeta, J.C., Navalta, J.W., Prestes, J., Voltarelli, F.A. Effects of combined exercise training on immunological, physical and biochemical parameters in individuals with HIV/AIDS. *Journal of Sports Sciences*, 32(8): 785-792, 2014. doi: 10.1080/02640414.2013.858177
42. Dyson, M.D, J.W. Navalta, and O.D. Hicks. Effect of Warm up Routine on Maximal Vertical Jumps Prior to a Volleyball Match. *International Journal of Volleyball Research*, In Press.
41. Prestes, J., Pereira, G.B., Tibana, R.A., Navalta, J.W. The Acute Response of Apoptosis and Migration to Resistance Exercise is Protocol-Dependent. *International Journal of Sports Medicine*, 35: 1051-1056, 2014; DOI 10.1055/s-0034-1370922.
40. Navalta, J.W., Tibana, R.A., Fedor, E.A., Vieira A., Prestes, J. Three Consecutive Days of Interval Runs to Exhaustion Affects Lymphocyte Subset Apoptosis and Migration. *Biomed Research International*, Vol. 2014, Article ID 694801, 5 pages, DOI: <http://dx.doi.org/10.1155/2014/694801>.
39. Schafer, M.A., Kell, H.B., Navalta, J.W., Tibana, R., Lyons, S., Arnett, S. Effect of a Simulated Tennis Match on Lymphocyte Subset Measurements. *Research Quarterly in Exercise and Sport*, 85(1): 90-96, 2014. doi: 10.1080/02701367.2013.872219
38. Shaheen, H., P. Alpert, J.W. Navalta, R. Tandy, J. Young, A. Santo. The Effect of Acute Endurance Exercise on Lipoproteins: A Comparison of the Nuclear Magnetic Resonance (NMR) Technique with the Conventional Lipid Profile in Healthy Men. *Applied Physiology, Nutrition, and Metabolism*, 39(2): 233-237, 2014. Doi: 10.1139/apnm-2013-0139
37. Meneguello-Coutinho, M., Caperuto, É.C., Bacurau, A.V.N, Chamusca, G., Uchida, M.C., Tibana, R.A., Pereira, G.B., Navalta, J.W., Wasinski, F., Cavaglieri, C.R., Prestes, J., Bicudo

- L.F., Rosa P.C., Bacurau, R.F. Effects of dietary restriction or swimming on lymphocytes and macrophages functionality from old rats. *Immunological Investigations*, 43(2): 113-122, 2014. doi:10.3109/08820139.2013.847456
36. De Souza, J.C., Tibana, R.A., Vieira, D.C., De Sousa, N.M., Mendes, F.A., Tajra, V., Martins, W.R., De Farias, D.L., Balsamo, S., Navalta, J.W., Campbell, C.S., Cavaglieri, C.R., Prestes, J. Resistance exercise leading to failure versus not to failure: effects on cardiovascular control. *BMC Cardiovascular Disorders*, 13:105, 2013. doi:10.1186/1471-2261-13-105
35. Vieira, D.C.L., Tibana, R.A., Tajra, V., Nascimento, D.C., Farias, D.L., Silva, A.O., Teixeira, T.G., Fonseca, R.M.C., Oliveira, R.J., Mendes, F.A.S., Martins, W.R., Funghetto, S.S., Karnikowski, M.G.O., Navalta, J.W., Prestes, J. Decreased functional capacity and muscle strength in elderly women with metabolic syndrome. *Clinical Interventions in Aging*, 8: 1377-1386, 2013. doi <http://dx.doi.org/10.2147/CIA.S50333>
34. Funghetto, S.S., Prestes, J., Silva, A.O., Farias, D.L., Teixeira, T.G., Vieira, D., Souza, V.C., Sousa, N.F., Navalta, J.W., Karnikowski, M.G.O. Interleukin-6 -174G/C gene polymorphism affects muscle damage response to acute eccentric resistance exercise in elderly obese women. *Experimental Gerontology*, 48(11): 1255-1259, 2013. doi:10.1016/j.exger.2013.08.009
33. Pile, J.E., Sharma, N.C., Navalta, J.W., Davis, C. Interventional Effects of Plumbagin on Experimental Ulcerative Colitis in Mice. *Journal of Natural Products*, 76(6): 1001-1006, 2013. DOI: 10.1021/np3008792
32. Kell, H.B., Pereira, G.B., Tibana, R.A., Jarrett, M., Schafer, M.A., Prestes, J., Santo, A., Navalta, J.W. Acquisition Delays Affect Lymphocyte Subset Counts but not Markers of Exercise-induced Apoptosis. *International Journal of Exercise Science*, 6(3): 250-255, 2013.
31. Tibana, R., Pereira, G., Navalta, J.W., Bottaro, M., Prestes, J. Acute Effects of Resistance Exercise on 24-h Blood Pressure in Middle Aged Overweight and Obese Women. *International Journal of Sports Medicine*, 34(5):460-464, 2013. DOI: 10.1055/s-0032-1323819
30. Navarro, F., Bacurau, A.V.N, Pereira, G.B., Araújo, R.C., Soares de Almeida, S., Rocha de Moraes, M., Uchida, M.C., Costa Rosa, L.F.B. P., Navalta, J.W., Prestes, J., Bacurau, R.F.P. Moderate Exercise Increases the Metabolism and Immune Function of Lymphocytes in Rats. *European Journal of Applied Physiology*, 113(5): 1343-1352, 2013. doi 10.1007/s00421-012-2554-y
29. Wright, K.E., Lyons, T.S., Navalta, J.W. Effects of Exercise Induced Fatigue on Postural Balance: A Comparison of Treadmill vs. Cycle Fatiguing Protocols. *European Journal of Applied Physiology*, 113(5): 1303-1309, 2013. doi 10.1007/s00421-012-2553-z
28. Pereira, G.B., Tibana, R.A., Navalta, J.W., Sousa, N.M.F., Cordova, C., Souza, V.C., Nobrega, O.T., Prestes, J., Perez, S.E.A. Acute Effects of Resistance Training on Cytokines and Osteoprotegerin in Women with Metabolic Syndrome. *Clinical Physiology and Functional Imaging*, 33(2): 122-130, 2013. doi 10.1111/cfp.12004

27. Navalta, J.W., T.S. Lyons, J. Prestes, S.W. Arnett, M.A. Schafer, G.L. Sobrero. Exercise Intensity and Lymphocyte Subset Apoptosis. *International Journal of Sports Medicine*, 34(3): 268-273, 2013. doi 10.1055/s-0032-1312581
26. Tibana, R.A., Navalta, J.W., Bottaro, M., Vieira, D., Tajra, V., Silva, A.O., Farias, D.L., Pereira, G.B., Souza, J.C., Balsamo, S., Cavaglieri, C.R., Prestes, J. Effects of Eight Weeks of Resistance Training on the Risk Factors of Metabolic Syndrome in Overweight/Obese Women – “A Pilot Study”. *Diabetology & Metabolic Syndrome*, 5:11, 2013. doi 10.1186/1758-5996-5-11
25. Silva, A.O., Karnikowski, M.G.O., Funghetto, S.S., Stival, M.M., Lima, R.M., de Souza, K.C., Navalta, J.W., Prestes, J. Association of Body Composition with Sarcopenia in Elderly Women. *International Journal of General Medicine*, 6: 25-29, 2013. doi 10.2147/IJGM.S36279
24. Pereira, G., Prestes, J., Tibana, R., Shiguemoto, G.E., Navalta, J.W., Perez, S.P. Acute Resistance Training Affects Cell Surface Markers for Apoptosis and Migration in CD4+ and CD8+ Lymphocytes. *Cellular Immunology*, 279(2): 134-139, 2012. doi: 10.1016/j.cellimm.2012.11.002
23. Hunt, S.J., and J.W. Navalta. Nitric Oxide: The Grant Arbiter of Systems Plasticity, Development, and Human Physical and Cognitive Performance. *International Journal of Exercise Science*, 5(3): 245-275, 2012.
22. Friedman, R.A., J.W. Navalta, E.A. Fedor, H.B. Kell, T.S. Lyons, S.A. Arnett, and M.A. Schafer. Repeated High-Intensity Wingate Cycle Bouts Influence Markers of Lymphocyte Migration but not Apoptosis. *Applied Physiology, Nutrition, and Metabolism*, 37(2): 241-246, 2012.
21. Navalta J.W., Lyons T.S., Pereira G.B., Arnett S.W., Schafer M.A., Esslinger F.T., and Sobrero G.L. Effectiveness of blended instruction utilizing on-line lectures and split classes in delivering an applied exercise physiology course. *Medical Physiology Online* 2012; published Jan 14, 2012 available from <http://medicalphysiologyonline.wordpress.com>

Editorials

Lyons, T.S., J. Hutchens, and J.W. Navalta. The International Journal of Exercise Science: 2011 Year in Review. *International Journal of Exercise Science* 5(1): 1-3, 2012.

Submitted Manuscripts

Tovar, A.P., Navalta, J.W., Kruskall, L.J., Young, J.C. The effect of moderate consumption of non-nutritive sweeteners on glucose tolerance and body composition in rats. Submitted to *Applied Physiology, Nutrition, and Metabolism* February 2017.

Rezaei, S., Shamsi, M.M., Jamali, A., Prestes, J., Tibana, R.A., Navalta, J.W., Voltarelli, F.A. Endurance exercise training decreased serum levels of surfactant protein D and improved athletic fitness of obese women with type-2 diabetes. Submitted to *Journal of Diabetes & Metabolic Disorders* January 2017.

Tibana, R., Franco, O., Sousa, N., Neto, I., Voltarelli, F., Navalta, J., Durigan, J., Marqueti, R., Carvalho, M., Prestes, J. The effects of resistance training volume on skeletal muscle proteome. Submitted to *International Journal of Sports Medicine* December 2016.

Recinto, C., Efthymeou, T., Boffelli, P.T., Navalta, J.W. Effects of Nasal or Oral Breathing on Anaerobic Power Output and Metabolic Responses. Submitted to *International Journal of Exercise Science* October 2016.

Jensen, D.B., Hickman R., Navalta, J.W., Dufek, J.S. A Comparative Evaluation of the Effects if Incline on Kinematics and Muscle Function During Backward Walking. Submitted to *Human Movement Science* January 2016.

Professional Presentations and Refereed Published Abstracts

Navalta, J.W. Montes, J., Tanner, E.A., Bodell, N.G., Young, J.C. Sex and Age Differences in Trail Half Marathon Running. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

Aguilar, C.D., Woita, A.C., Montes, J., Bodell, N.G., Tanner, E.A., MacDonald, G.A., Thomas, C., Manning, J.W., Taylor, J., Navalta, J.W. Prediction of Mechanical Efficiency from Body Fat Percentage and Years of Experience in Male and Female Rock Climbers. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

Bodell, N.G., Tanner, E., Montes, J., MacDonald, G.A., Thomas, C., Manning, J.W., Taylor, J.E., Navalta, J.W. Excess Post-exercise Oxygen Consumption Following Bouts of Moderate and Vigorous Climbing. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

Koschel, T.L., Young, J., Navalta, J.W. Exer-Study: For the Brain, for the Body. Walking while Studying proves more Effective than Sedentary Study. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

MacDonald, G.A., Montes, J., Tanner, E.A., Bodell, N.G., Manning, J.W., Navalta, J.W. A Mile Trail Run can Predict Performance for a 5K Trail Race. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

Montes, J. Navalta, J.W. Energy Expenditure and Step Count Analysis of the Fitbit Flex Activity Tracker. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

Soucy, M.T., Bailey, J., Freedman-Silvernail, J., Navalta, J.W., Mercer, J.A. Examining the Effects of Body Weight Support and Speed on Physiological Measures and Lower Extremity Muscle Activity. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

Tacad, D.K., Young, J.C., Kruskall, L., Navalta, J.W., Tandy, R. Hunger Games: The Effects of Alternate Day Fasting on Food Intake, Body Weight, and Leptin and Ghrelin in Rats. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

Tallent, R.C., Woita, A.C., Aguilar, C.D., Young, J., Navalta, J.W., Bodell, N.G., Montes, J., Tanner, E.A., MacDonald, G.A., Thomas, C., Manning, J.W., Taylor, J. Comparison of Mechanical Efficiencies from Steady State and Rapid Speed Rock Climbs. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

Tanner, E.A., Navalta, J.W. Prediction of Cardiorespiratory Fitness from Maximal Anaerobic Capacity in Young Adults: A Pilot Study. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

Woita, A.C., Young, J., Navalta, J.W., Bodell, N.G., Montes, J., Tanner, E.A., MacDonald, G.A., Thomas, C., Manning, J.W., Taylor, J. Mechanical Efficiency during Repeated Attempts of Indoor Rock Climbing. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2016.

Baer, M., Klemetson B., Scott D., Navalta, J.W., Murtishaw, A., Kinney, J., Landers, M. The effects of fatigue on balance in individuals with Parkinson's disease: influence of medication and brain-derived neurotrophic factor genotype. American Physical Therapy Association Combined Sections Meeting. San Antonio, TX, 2017.

Navalta, J.W., Ciulei, M.A., Tacad, D.K., Tovar, A.P., Young, J.C. Global DNA Methylation is Stable Across Time and Following Acute Exercise. Annual Meeting of the American College of Sports Medicine, Boston, MA. *Medicine and Science in Sports and Exercise*, 48(5): S731, 2016.

Stone, T.M., Young, J.C., Navalta, J.W., Wingo, J.E. An Evaluation of Select Physical Activity Exercise Classes (PEX) on Bone Mineral Density. Annual Meeting of the American College of Sports Medicine, Boston, MA. *Medicine and Science in Sports and Exercise*, 48(5): S186, 2016.

Montes, J., Young, J.C., Navalta, J.W. Body Composition and Gender Influence on Heart Rate Measurements for the Hexoskin Bio-Collection Shirt. Annual Meeting of the American College of Sports Medicine, Boston, MA. *Medicine and Science in Sports and Exercise*, 48(5): S994-995, 2016.

Landers, M., Navalta, J.W. A phase II, pragmatic, randomized clinical trial on a high-intensity exercise and fall prevention boot camp for Parkinson's disease: Feasibility and safety. International Congress of Parkinson's Disease and Movement Disorders. Berlin, Germany, 2016.

Landers, M., Navalta, J.W. A phase II, pragmatic, randomized clinical trial on a high-intensity exercise and fall prevention boot camp for Parkinson's disease: Signal of efficacy. International Congress of Parkinson's Disease and Movement Disorders. Berlin, Germany, 2016.

Navalta, J.W., Manning J.W., Tacad, D.K., Montes, J., Tanner, E., McCune, D., Koschel, T.L., Tovar, A., Taylor, J., Young, J.C., DeBeliso, M. Body Mass Index has no Effect on the Post

Exercise Hypotension Response Following a Trail Run. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2015.

Montes, J., Young, J.C., Tandy, R.D., Lee, S.-P., Montes, J., Montes, P., Navalta, J.W. Validity and Reliability of the Hexoskin Biotechnology Shirt. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2015. *Nominated for a student research award.

Kenny, T., McCune, D., Kruskall, L., Navalta, J.W., Hickman, R., Young, J.C. Vitamin D Status and Bone Mineral Density in Female Collegiate Dancers and Cheerleaders. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2015. *Winner of Southwest Regional Chapter DuPont Nutrition & Health ACSM Travel Award. Also presented at the Annual Meeting of the American College of Sports Medicine, Boston, MA. *Medicine and Science in Sports and Exercise*, 48(5): S746, 2016.

Koschel, T.L., Manning, J.W., Tacad, D.K., Montes, J., Tanner, E., McCune, D., Tovar, A., Taylor, J., Young, J.C., DeBeliso, M., Navalta, J.W. Moderate Altitude Acclimation has no Effect on Respiratory Exchange Ratio, or Percent of CHO and Fat Utilization During a 1-Mile Trail Run. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2015. Also presented at the Annual Meeting of the American College of Sports Medicine, Boston, MA. *Medicine and Science in Sports and Exercise*, 48(5): S1027, 2016.

Tanner, E., Manning, J.W., Taylor, J., Montes, J., McCune, D., Koschel, T.L., Tacad, D.K., Tovar, A., Young, J.C., DeBeliso, M., Navalta, J.W. Validation of Hexoskin Biometric Shirt to Cosmed K4b² Metabolic Unit in Adults During Trail Running. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2015. Also presented at the Annual Meeting of the American College of Sports Medicine, Boston, MA. *Medicine and Science in Sports and Exercise*, 48(5): S461, 2016.

Tacad, D.K., Manning, J.W., Montes, J., Tanner, E., McCune, D., Koschel, T., Tovar, A., Taylor, J., Navalta, J.W., DeBeliso, M., Young, J.C. Post Exercise Hypotension Response in Non-Hypertensive Adults Following a Self-paced Trail Run. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2015. Also presented at the Annual Meeting of the American College of Sports Medicine, Boston, MA. *Medicine and Science in Sports and Exercise*, 48(5): S361, 2016.

Wilson, J., Navalta, J.W. Leukocyte Responsiveness to Exercise in Individuals Positive for Human Cytomegalovirus. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2015.

Jensen, D., Walker, C.R., Hickman, R.A., Navalta, J.W., Mercer, J.A., Dufek, J.S. A Comparative evaluation on the effects of incline on kinematics and muscle function during backwards walking. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2015.

Jensen, D., Hickman, R.A., Navalta, J.W., Mercer, J.A., Dufek, J.S. A Comparative evaluation on the effects of incline on kinematics and muscle function during backwards walking. Annual Meeting of the South Central American Society of Biomechanics. Fort Worth, TX, 2015.

Navalta, J.W., Manning, J.W., McCune, D., Montes, J., Stone T.M., LaComb, C.O., Tacad, D.K., Ciuei, M.A., Young, J.C., DeBeliso, M. Using Hexoskin Wearable Technology to Obtain Body Metrics in a Trail Hiking Setting. Annual Meeting of the American College of Sports Medicine, San Diego, CA. *Medicine and Science in Sports and Exercise*, 47(5): S223-224, 2015.

Tacad, D.K., Manning, J.W., LaComb, C.O., Stone, T.M., Montes, J., Navalta, J.W., DeBeliso, M. Test-retest Reliability of Physiological Responses to Self-paced Trail Hiking. Annual Meeting of the American College of Sports Medicine, San Diego, CA. *Medicine and Science in Sports and Exercise*, 47(5): S214, 2015.

LaComb, C.O.P, Stone, T.M., Montes, J., Navalta, J.W., Young, J.C. Oral Breathing is More Effective than Nasal Breathing During Submaximal Treadmill Exercise. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2014. Also presented at the Annual Meeting of the American College of Sports Medicine, San Diego, CA. *Medicine and Science in Sports and Exercise*, 47(5): S684-685, 2015.

Stone, T.M., Montes, J., Manning, J., Ciulei, M.A., DeBeliso, M., Young, J.C., Navalta, J.W. Cardiovascular and Perceived Exertion Responses to Trail Hiking at Elevation. Annual Meeting of the American College of Sports Medicine, San Diego, CA. *Medicine and Science in Sports and Exercise*, 47(5): S787, 2015.

Rietjens, R., Stone, T.M., Montes, J., Young, J.C., Tandy, R.D., Utz, J., Navalta, J.W. Acute Testosterone Responses to Different Resistance Exercise Intensities. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2014. Also presented at the Annual Meeting of the American College of Sports Medicine, San Diego, CA. *Medicine and Science in Sports and Exercise*, 47(5): S801, 2015.

McCune, D., Kruskall, L., Navalta, J., Tandy R., Young, J., Schuerman, S. 25-hydroxyvitamin D, Igf-1, and Waist Circumference a Cross-sectional Study. Annual Meeting of the American College of Sports Medicine, San Diego, CA. *Medicine and Science in Sports and Exercise*, 47(5): S804, 2015.

Jarrett, M.S., Ciulei, M.A., Young, J.C., Navalta, J.W. Global DNA Methylation is Associated with Measures of Body Composition and Aerobic Fitness in Females. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2014. Also presented at the Annual Meeting of the American College of Sports Medicine, San Diego, CA. *Medicine and Science in Sports and Exercise*, 47(5): S890, 2015.

Montes, J., Wulf, G., LaComb, C.O., Stone, T.M., Mercer, J., Young, J.C., Navalta, J.W. Effect of Enhanced Expectancies on Maximal Aerobic Capacity in Experienced Runners. Annual Meeting of the American College of Sports Medicine, San Diego, CA. *Medicine and Science in Sports and Exercise*, 47(5): S948, 2015.

Stone, T.M., Aylsworth, J.B., Guadagnoli, M., Navalta, J.W. Physiological Measures Associated with Interpolated Memory Tests: A Pilot Study. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2014.

Ciulei, M.A., Prado, A., Navalta, J.W., Mercer, J.A. The Effects of Wearing a Wetsuit on Running Economy During Transition in both Males and Females. Annual Meeting of the Southwest American College of Sports Medicine, Costa Mesa, CA, 2014.

Navalta, J.W., Jarrett, M.S., Ciulei, M.A., Young, J.C., Tandy, R.D., Landers, M.R. Relationship of the Epigenetic Marker Global DNA Methylation with Body Composition and Cardiorespiratory Measures. Annual Meeting of the American College of Sports Medicine, Orlando, FL. *Medicine and Science in Sports and Exercise*, 46(5): S178, 2014.

Schafer, M., Sobrero, G., Arnett, S., Lyons, S., Stone, W., Navalta, J., Bean, S., Crandall, J., Maples, J., Hoover, D. Performance Indicators in ROTC Cadets After 12 Weeks of Training that Included CrossFit. Annual Meeting of the American College of Sports Medicine, Orlando, FL. *Medicine and Science in Sports and Exercise*, 46(5): S119, 2014.

Ciulei, M.A., Jarrett, M.S., Navalta, J.W. Relationship of Global DNA Methylation with Cardiovascular Fitness and Body Composition. Annual Meeting of the Southwest American College of Sports Medicine, Newport Beach, CA, 2013.

Harvel, A.C., Miller, B.L., Trilleras, G., Montes, J., Girouard, T.J., Navalta, J.W. Association of Total and Regional Lean Body Mass Tissue Percentage and Upper and Lower Limb Isokinetic Strength. Annual Meeting of the Southwest American College of Sports Medicine, Newport Beach, CA, 2013.

Manning, J.W., Trilleras, G., Montes, J., Stone, T.M., Ciulei, M.A., Miller, B.L., Navalta, J.W., DeBeliso, M. Cardiovascular and Perceived Exertion Comparison of Uphill versus Downhill Portions of a Trail Hike. Annual Meeting of the Southwest American College of Sports Medicine, Newport Beach, CA, 2013.

Miller, B.L., Trilleras, G., Harvel, A.C., Montes, J., Girouard, T.J., Navalta, J.W. The Effects of Visual Input on Lower Body Isokinetic Strength. Annual Meeting of the Southwest American College of Sports Medicine, Newport Beach, CA, 2013.

Montes, J., Manning, J.W., Stone, T.M., Trilleras, G., Miller, B.L., Ciulei, M.A., Rietjens, R.W., DeBeliso, M., Navalta, J.W. Test-retest Reliability of Cardiovascular and Perceived Exertion Responses to Trail Hiking. Annual Meeting of the Southwest American College of Sports Medicine, Newport Beach, CA, 2013.

Stone, T.M., Manning, J.W., Rietjens, R.W., Ciulei, M.A., Miller, B.L., Trilleras, G., Montes, J., DeBeliso, M., Navalta, J.W. Comparison of Cardiovascular and Perceived Exertion Responses to Trail Hiking under Easy and Strenuous Conditions. Annual Meeting of the Southwest American College of Sports Medicine, Newport Beach, CA, 2013.

Trilleras, G., Miller, B.L., Harvel, A.C., Montes, J., Girouard, T.J., Navalta, J.W. Upper Arm Isokinetic Strength as Effected by Visual Input. Annual Meeting of the Southwest American College of Sports Medicine, Newport Beach, CA, 2013.

Santo, A.S., Allen, S.K., Dufek, J.S., Hafen, P.S., Jarrett, M.S., Moschella, K., Rietjens, R., Navalta, J.W., Tandy, R., Barkley, J.E. Interactive Video Gaming: Do We Feel Like We Are Exercising? Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. *Medicine and Science in Sports and Exercise*, 45(5): S132, 2013.

Allen, S.K., Barkley, J.E. Dufek, J.S., Hafen, P.S., Jarrett, M.S., Moschella, K., Navalta, J.W., Rietjens, R., Tandy, R., Santo, A.S. Physically Interactive Video Games Increase VO₂ Above Resting Metabolic Rate. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. *Medicine and Science in Sports and Exercise*, 45(5): S131, 2013.

Jarrett, M.S., Allen, S.K., Barkley, J.E. Dufek, J.S., Hafen, P.S., Moschella, K., Navalta, J.W., Rietjens, R., Tandy, R., Santo, A.S. Interactive Video Gaming Maintains VO₂ and HR at Current Recommended Exercise Intensities for Cardiovascular Fitness. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. *Medicine and Science in Sports and Exercise*, 45(5): S131, 2013.

Sobrero, G.L., Schafer, M.A., Arnett, S.W., Lyons, S., Navalta, J.W., Stone, W.J., Bean, S.D., Esslinger, T., Esslinger, K. Comparison of Aerobic and Anaerobic Power in Crossfit and Resistance Trained Individuals. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. *Medicine and Science in Sports and Exercise*, 45(5): S130, 2013.

Arnett, S.W., Sobrero, G.L., Schafer, M.A., Lyons, S., Navalta J.W., Stone, W.J., Bean, S.D., Esslinger, T., Esslinger, K., Goss, F.L. Crossfit Vs. Resistance-trained Individuals: Evaluation of Strength and Power. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. *Medicine and Science in Sports and Exercise*, 45(5): S130, 2013.

Schafer, M.A., Arnett, S.W., Sobrero, G.L., Lyons, S., Navalta, J.W., Esslinger, T., Esslinger, K., Stone, W.J., Bean, S.D., Goss, F.L. Evaluation of Muscular Endurance, Agility, and Flexibility in Healthy Trained Crossfit and Weight Trained Individuals. Annual Meeting of the American College of Sports Medicine, Indianapolis, IN. *Medicine and Science in Sports and Exercise*, 45(5): S130, 2013.

Jarrett, M., Hafen, P., Moschella, K., Barkley, J., Dufek, J.S., Navalta, J., Tandy, R., and Santo, A.S. Interactive Video Gaming: Beneficial to Health or Just Fun? Annual Meeting of the Southwest American College of Sports Medicine, Newport Beach, CA, 2012.

Navalta, J.W., K.C. Carpenter, W.L. Breslin, T. Davidson, and B.K. McFarlin. Baker's Yeast Beta Glucan Supplementation Reduces the Number of Cold/Flu Symptomatic Days after Completing a Marathon. Annual Meeting of the American College of Sports Medicine, San Francisco, CA. *Medicine and Science in Sports and Exercise*, 44(5S): 311, 2012.

Schafer, M.A., J.W. Navalta, S.W. Arnett, S. Lyons, G.L. Sobrero, S. Bean, S. Sims, D. Kirkwood, and F.L. Goss. Participation in a 10K Running Race Significantly Decreases Post Exercise Blood Pressure. Annual Meeting of the American College of Sports Medicine, San Francisco, CA. *Medicine and Science in Sports and Exercise*, 44(5): 382-383, 2012.

Friedman, R.A., S. Lyons, J.W. Navalta, M. Schafer, S. Arnett. Investigation of C-reactive Protein and Leptin as Biomarkers of Obesity with Potential Clinical Utility. Annual Meeting of the American College of Sports Medicine, San Francisco, CA. *Medicine and Science in Sports and Exercise*, 44(5S): 887, 2012.

Navalta, J.W. Contribution of Cell Death and Cellular Migration to Exercise-Induced Lymphocytopenia. TargetMeeting's 1st World Molecular & Cell Biology Online Conference, February 16-18, 2012. Served as session moderator.

Navalta, J.W., T.S. Lyons, S.E. Whitlock, D.D. Kirkwood, S.W. Arnett, M.A. Schafer, G.L. Sobrero. The Disease Analog Model and Leptin may Identify Susceptible Pre-Obese African American Women. Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, FL, 2012.

Kirkwood, D., S. Sims, L. Iguane, J.W. Navalta, T.S. Lyons, and M.A. Schafer. Effect of Different Exercise Test Protocols on Post-Exercise Hypotension. Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, FL, 2012.

Bush, J., M.A. Schafer, S.W. Arnett, J.W. Navalta, T.S. Lyons, and G.L. Sobrero. Post-Exercise Hypotension in Brief Exercise. Annual Meeting of the Southeast American College of Sports Medicine, Jacksonville, FL, 2012.

Invited Presentations

2014 The Outdoor Fitness Center: Making a Case for Individuals to get Outside and Become Active, UNLV Nursing Brown Bag Series (October)

2013 Exercise Immunology: A Matter of Life and Death?, UNLV Physical Therapy Brown Bag Series

2012 Immune Response and Exercise, 1st Philippine Association for Sport and Exercise Science Conference, Quezon City, Philippines

Grants Reviewed

April 2012, Western Kentucky University Faculty-Undergraduate Student Engagement Grant: "The Effects of Specificity of Training on Indicators of Health, Fitness, and Performance"

Tenure/Promotion Reviews

September 2013, Dr. James D. LeCheminant, Continuing Faculty Status (Tenure), Brigham Young University

September 2012, Dr. Todd Keylock, Promotion to Associate Professor, Bowling Green State University

Journal Articles Reviewed

- January 2017, *Aging Cell*, “Epigenetic patterns with aging and exercise are associated with indicators of healthspan in humans”
- January 2017, *Journal of Sports Medicine and Physical Fitness*, “Aerobic Physical Training Does Not Prevent Strenuous Exercise-Induced Changes in Immune Function”
- November 2016, *Journal of Sports Medicine and Physical Fitness*, “Physical and Physiological demands in top level Pole Dancers”
- November 2016, *Journal of Sports Medicine and Physical Fitness*, “The effect of particulate air pollution on interleukin-1b, interleukin-17 and interleukin-10 genes expression in heart tissue of active and sedentary rats”
- September 2016, *Journal of Sports Medicine and Physical Fitness*, “Differing six minute pacing strategies effect anaerobic contribution, oxygen uptake, muscle deoxygenation and performance”
- August 2016, *Frontiers in Physiology*, “Immunometabolic responses after short and moderate rest intervals to strength exercise with and without similar total volume”
- August 2016, *Frontiers in Physiology*, “Inflammatory cytokines and BDNF response to high-intensity intermittent exercise: effect of exercise volume”
- July 2016, *Journal of Sports Medicine and Physical Fitness*, “Altitude and Oxidative Stress”
- May 2016, *BMC Genomics*, “Immune adaptation to chronic intense exercise training: new microarray evidence”
- April 2016, *Journal of Sports Medicine and Physical Fitness*, “Predicting race time in amateur marathon runners”
- April 2016, *International Journal of Exercise Science*, “The influence of self-myofascial release on countermovement jump force-time variables in pre-elite academy rugby union players”
- February 2016, *Medicine and Science in Sports and Exercise*, “Apoptosis of T cell subsets after high-intensity interval exercise”
- January 2016, *Scandinavian Journal of Medicine and Science in Sports*, “Preferential mobilization and egress of Type 1 and Type 3 innate lymphocytes in response to exercise and hypoxia”
- September 2015, *Journal of Sports Medicine and Physical Fitness*, “High Intensity Crossfit Training Compared to High-intensity Swimming: A Pre-post Trial to Assess the Impact on Body Composition, Muscle Strength and Resting Energy Expenditure?”
- September 2015, *Exercise Immunology Review*, “Salivary Immunoglobulin Free Light Chains: Reference Ranges and Responses to Exercise in Younger and Older Adults”
- August 2015, *Journal of Biomechanics*, “Validity and Reliability of Standing Posture Measurements using a Mobile App”
- July 2015, *Journal of Immunology Research*, “The Effect of a Competitive Futsal Match on Lymphocyte Numbers, Death and Activation Status”
- March 2015, *Journal of Aging and Physical Activity*, “The Relationship of the 8-ft Up-and-Go and 6-minute Walk Performance in Community-Dwelling Older Adults”
- January 2015, *Journal of Molecular Pathophysiology*, “Consumption of a High-Fat Breakfast on Consecutive Days Alters the Area-under-the-curve for Selected CVD Biomarkers”
- January 2015, *Medicine and Science in Sports and Exercise*, “Combined Training Reduces Subclinical Inflammation in Obese Middle-Aged Men”
- November 2014, *Journal of Sports Medicine and Physical Fitness*, “Dynamics of heart rate variability in different ages: effect of the arm crank and cycle ergometer protocols”

- November 2014, *Journal of Physical Education and Sport Management*, “A review of the physiological effects of exercise duration and intensity during walking and jogging”
- October 2014, *Brazilian Journal of Science and Movement*, “Effect of two months of pre-season on creatine kinase activity and α -actin plasma concentration in soccer players”
- September 2014, *Journal of Sports Medicine and Physical Fitness*, “The effects of low volume resistance training with and without advanced techniques in trained participants”
- September 2014, *International Journal of Applied Sports Sciences*, “To determine the association of cardiorespiratory fitness with anthropometric characteristics in collegiate athletes”
- June 2014, *Journal of Exercise Sciences*, “Activity profile differences between sub-elite futsal teams”
- May 2014, *Clinical Physiology and Functional Imaging*, “Similar hypotensive effects of combined aerobic and resistance exercise with 1 set versus 3 sets in women with metabolic syndrome”
- April 2014, *Metabolic Syndrome*, “Assessment of cardiovascular risks in women and current approaches for prevention management of cardiovascular risks in women and nursing”
- December 2013, *Cytometry: Part A*: “A mathematical model for quantitative analysis of annexin V-membrane binding kinetics using annexin V-EGFP as an apoptosis probe”
- November 2013, *Exercise Immunology Review*: “Exercise induced leukocyte apoptosis”
- November 2013, *Journal of Sports Medicine and Physical Fitness*: “Effect of Moderate Aerobic Training on Bone Metabolism Indices among Adult Humans”
- October 2013, *Journal of Sports Sciences*: “Monitoring of immunological parameters in adolescent basketball athletes during and after a sports season”
- September 2013, *Brain, Behavior, and Immunity*: “Exercise induced leukocyte apoptosis”
- August 2013, *Journal of Applied Biomedicine*: “Leukocytes subsets is differentially affected by exercise intensity”
- July 2013, *Journal of Science and Medicine in Sport*: “Identification of high responders for interleukin-6 and creatine kinase following acute eccentric resistance exercise in elderly obese women”
- April 2013, *Cytometry*: “Image-based Cytometry Reveals Three Distinct Subsets of Activated Granulocytes Based on Phagocytosis and Oxidative Burst”
- April 2013, *Diabetology & Metabolic Syndrome*: “Resistance Training Decreases 24-hour Blood Pressure in Women with Metabolic Syndrome”
- April 2013, *Journal of Sports Sciences*: “Effects of an Acute Bout of Exercise on Serum Soluble Leptin Receptor (sOB-R) Levels”
- March 2013, *Laboratory Animals*: “Considerations to maximize fat mass gain in a mouse model of diet-induced weight gain”
- January 2013, *Clinical Physiology and Functional Imaging*: “Influence of exercise order on upper body maximum and submaximum gains in trained men”
- January 2013, *Perceptual & Motor Skills*: “Effects of rest interval length on smith machine bench press performance and perceived exertion in trained men”
- September 2012, *BioMedCentral Cardiovascular Disorders*: “Association of cardiovascular response to an acute resistance training session with the ACE gene polymorphism in sedentary women: a randomized trial”
- August 2012, *International Journal of Exercise Science*: “Biomechanical Effects of Obesity on Balance”

April 2012, *International Journal of Exercise Science*: “A Diabetic Adolescent Case Study: Use of a Website in Combination with and Exercise Program to Increase Physical Activity”

April 2012, *Nutrition Research*: “Dietary Considerations for the use of Mouse Diet-Induced Weight Gain Models”

April 2012, *Brain, Behavior, and Immunity*: “Fatigue and the 1-year course of inflammatory activity in patients with heart failure”

Theses Chaired

- 2007 Matthew Gunning: Assessment of Glenohumeral Internal Rotation Deficit to Predict Self-Reported Pain Levels in Collegiate Softball Players
- 2007-08 Bryan Tatum: Compact Training: A Modified Periodization Model
- 2008 Katherine Wright: Effects of Exercise Induced Fatigue on Postural Balance: A Comparison of Treadmill vs. Cycle Fatiguing Protocols
- 2009 Cody Sivley: Effects of Repeated Anaerobic Bouts on Immune Parameters
- 2010 Elizabeth A. Fedor: Caffeine Supplementation and Moderate Intensity Exercise Modulates the Cytotoxic Lymphocyte Subset (CD8+) in Naïve and Tolerant Individuals
- 2010 Holly B. Kell: Effect of a Simulated Tennis Match on Lymphocyte Subset Measurements
- 2011 Demetrice D. Kirkwood: The Effects of Playing Exergames on Energy Expenditure
- 2013 Michael S. Jarrett: Relationship of Global DNA Methylation with Cardiovascular Fitness and Body Composition
- 2014 Robert Rietjens: Acute Testosterone Responses to Different Resistance Exercise Intensities
- 2014 ShaeLee Allen: Salivary Alpha-Amylase as an Indicator of Body Stress Following an Acute Session of Repetitive Jumping
- 2015 Chase LaComb: Oral vs. Nasal Breathing during Submaximal Aerobic Exercise
- 2015 Tori Stone: An Evaluation of Select Physical Activity Classes on Markers of Bone Mineral Density
- 2015 Jeff Montes: Validation and Reliability of the Hexoskin and Fitbit Flex wearable bio-collection devices
- 2015 Jared Wilson: Leukocyte Responsiveness to Exercise in HCMV+ Individuals
- 2016 (Fall) Eddie Timmons: Use of Weighted Vest Training for Backpacking
- 2017 (Spring) Elizabeth Tanner: Prediction of Cardiorespiratory Fitness from Maximal Anaerobic Capacity
 Jeff Montes (PhD)
 Nathaniel Bodell (PhD)

Thesis Committees

- 2013 (Spring) Kimberly A. Trocio: Oxidative Stress for an Acute Bout of Bikram Yoga in Healthy, Trained Adults
- 2013 (Fall) Amy Miracle (PhD Committee): Evaluation of the Relationship Between Nutrition Knowledge and Disordered Eating Risk in Female Collegiate Athletes
- 2013 (Spring) Curtis Scrugham: Field Testing the Upright versus the Aero Cycling Position
- 2014 Laura Gryder (Department of Anthropology): The Effects of Human Maternal

- Placentophagy on Postpartum Iron Status
- 2014 (Spring) Jonathan Garcia: The Effects of a Single Bout of Self-Myofascial Release on Range of Motion and Maximum Voluntary Contraction
- 2014 (Spring) Nikol Dimitrova: The Kick Tennis Serve: Biomechanics, Muscle Activity, Joint Movements, and Injuries
- 2014 (Sum) Damon McCune: 25-Hydroxyvitamin D, IGF-1, and Metabolic Syndrome: A Cross-sectional Study
- 2014 (Sum) Aaron Prado: The Wetsuit Effect: Physiological Response to Wearing a Wetsuit
- 2014 (Spring) Daniel Jensen: A Comparative Evaluation of the Effects of Incline and Direction on Kinematics and Muscle Function during Walking
- 2014 (Spring) Lucas Bianco: The Interrelationships Among Plasma S100B Level, Head Hits, and Impact Test in Collegiate Football Players
- 2014 (Spring) Josh Bailey: An Evaluation of Kinematic Variables During Stance Phase of a Training Endurance Run
- 2014 (Sum) Cierra Boots: Does ice assist in the healing process of acute athletic injuries?
- 2015 (Spring) Jason Sadora: Effects of an External Focus, Enhanced Expectancy, and Autonomy in Learning a Motor Skill: Strength Coaching
- 2015 (Spring) Nicole Adams: Corporate Wellness
- 2015 (Fall) Max Jones: Investigation of Sequential Intermittent Pneumatic Compression Effect on Run Performance
- 2105 (Fall) Tara McKinney: Vitamin D Status and Bone Mineral Density in Female Collegiate Dancers and Cheerleaders
- 2015 (Fall) Ashley Tovar: The Effect of Moderate Consumption of Non-Nutritive Sweeteners on Glucose Tolerance and Body Composition in Rats
- 2016 (Spring) Bethaney McLaughlin: Effect of Gluten Free Diet on Puberty Onset in Female Rats
- 2016 (Spring) Debra Tacad: Effects of Alternate Day Fasting on Circulating Leptin and Ghrelin Concentrations in Rats
- 2016 (Sum) Michael Soucy: The Relationship Between Metabolic Cost and Speed During Reduced Body Weight Running
- Brian Justin Aylesworth: Reaction time and Interpolated Memory Testing
- Jason Moran: Physical Activity and Academic Achievement
- 2016 (Sum) Samantha Reynolds: Sick Cell at Various Altitudes in College Female Athletes
- Addie Lucci: Platelet Rich Plasma and Meniscus Injuries
- 2016 (Fall) Karl Munninger: Sodium Bicarbonate Supplementation for Resistance Trained and Endurance Athletes
- 2017(Spring) Ciro Agnelli: Upper Extremity Muscle Activity During Simulated Dryland Swimming while wearing different Sized Wetsuits
- Andrew Craig-Jones
- Brooke Petefish: Can a Choice in Tape Options Affect Speed Throwing Accuracy in Baseball Players?
- Takehiro Iwatsuki (PhD)
- Joshua Bailey (PhD)
- Kristyne Wiegand (PhD)
- Trevor Pollum (Anthropology)

TEACHING

University of Nevada, Las Vegas

2012-present Anatomical Kinesiology
Applied Exercise Physiology
Exercise Physiology
Clinical Exercise Physiology
Evaluation of Physical Working Capacity (Graduate Course)
Advanced Exercise Physiology (Graduate Course)
Spring 1998 Anatomical Kinesiology
Fall 1996 Beginning Volleyball
Fall 1996 Advanced Volleyball

Western Kentucky University

2006-2012 Applied Exercise Physiology (also taught as an Honors Augment)
Exercise Bioenergetics
Exercise Physiology (also taught as Honors Enriched Embedded Course)
Fitness Programming
Kinesiology
Measurement and Evaluation in Physical Education
Practicum in Exercise Science
Individual Advanced Studies in Physical Education
Analysis of Research (Graduate Course)
Advanced Exercise Prescription (Graduate Course)
Laboratory Methods in Exercise Physiology (Graduate Course)
Maintain Matriculation (Graduate)

Southern Arkansas University

2003-2006 Biomechanics
Exercise Science Practicum I, II, and III
Exercise Prescription and Fitness Programming
Freshman Seminar
Human Anatomy and Physiology
Instrumentation and Physiological Assessment
Kinesiology/Kinesiology (Honors)
Physiology of Muscular Activity
Pharmacology in Health, Recreation and Kinesiology
Advanced Exercise Physiology (Graduate course)
Drug Use and Abuse in Education and Sports (Graduate course)
Scientific Foundations in Kinesiology (Graduate Course)

Purdue University

Summer 2001 Exercise Physiology
1998-2000 Exercise for Fitness
1998-2000 Beginning Tennis

Ivy Tech State College/Community College of Indiana
2000-2001 Human Anatomy and Physiology II

SERVICE

Editor-in-Chief

2011-present International Journal of Exercise Science
2007-2010 International Journal of Exercise Science

Associate Editor

2010-2011 International Journal of Exercise Science

Editorial Board

2016-present Corpoconsciência Journal
2013-present American Journal of Modern Physiological Research
2012-present Journal of Immunometabolism (Language Editor)

Organizing Committee

2010 International e-Conference on Kinesiology and Integrated Physiology
2011 2nd International e-Conference on Kinesiology and Integrated Physiology

Southwest American College of Sports Medicine

Student Research Award Judge (2016)

Central States American College of Sports Medicine

Advisory Council – Arkansas State Representative (2005-2006)
Nominations Committee

Community

2012-2013 Clark County School District Textbook Adoption Committee

University of Nevada, Las Vegas

Institutional Biosafety Committee (University committee, 2013-present)
Nursing/Allied Health Sciences Laboratory Advisory Committee (College Committee, 2014-present)
Curriculum Committee (College of Allied Health Sciences Committee 2016-present)
Faculty Appeals Committee (College of Allied Health Services committee, 2013-2016)
Kinesiology PhD Admissions Committee (Department committee, 2013-present)
Kinesiology and Nutrition Sciences Department Search Committee: two faculty positions (2016-present)
Kinesiology and Nutrition Sciences Department Search Committee: Applied Exercise Physiologist (2015-2016)
Kinesiology and Nutrition Sciences Department Search Committee: Department Chair (2015-2016)

Kinesiology and Nutrition Sciences Department Search Committee: Department Chair (2014-2015)

Kinesiology and Nutrition Sciences Department Search Committee: Athletic Trainer (2014-2015)

Kinesiology and Nutrition Sciences Department Search Committee: Nutrition (2014-2015)

Kinesiology and Nutrition Sciences Department Search Committee: Biomechanist (2013-2014)

Kinesiology and Nutrition Sciences Department Search Committee: Neural Physiologist (2013-2014)

Faculty Advisor, 8-bit club (Registered Student Organization, 2013-present)

Faculty Advisor, UNLV Women's Rugby Club (Registered Student Organization, 2016-present)

Western Kentucky University

Department Committee: Promotion Evaluation Committee (2011)

Search Committee: Department Head, Kinesiology, Recreation, and Sport (2011)

Search Committee: Physical Therapy Faculty (2011)

Search Committee: Director of Physical Therapy (2011)

Honors Development Board (University Committee, 2010-2012)

Ad Hoc Committee to Evaluate On-Line Student Evaluations (College of Health and Human Services Committee, 2010)

Search Committee: Sport Management Faculty (2009-2010)

Search Committee: Preston Center Fitness Coordinator (2009-2010)

Undergraduate Curriculum (College of Health and Human Services Committee, 2006-2008)

Advisory Committee for Bachelor of Science in Health Sciences (College of Health and Human Services Committee)

Search Committee: Preston Center Exercise Coordinator (2008)

Search Committee Co-Chair: Clinical Exercise Science Faculty (2007-08)

Search Committee: Department Head, Physical Education and Recreation (2007-08)

Search Committee: Exercise Science Faculty (2006)

Search Committee: Exercise Science Faculty (2007)

Search Committee: Department Head, Physical Education and Recreation (2006-07)

Search Committee: Department Head, Physical Education and Recreation (2007)

Southern Arkansas University

Faculty Development in Teaching with Technology (University Academic Committee)

Institutional Review Board for the Treatment of Human Subjects (University Academic Committee)

Graduate Council (University Academic Committee)

College of Education Strategic Planning (College Committee)

College of Education Search Committee, Chair of Health Kinesiology and Recreation (College Committee)

College of Education Search Committee, Director of the Education Renewal Zone (College Committee)

College of Education Search Committee, Educational Leadership Faculty (College Committee)

College of Education Albermarle Lecture Series (Co-Chair; College Committee)

Health, Kinesiology, and Recreation Department Exercise Science Search (Department Committee)

Health, Kinesiology, and Recreation Department Assessment (Department Committee)
Health, Kinesiology, and Recreation Department Strategic Planning (Department Committee)
Health, Kinesiology, and Recreation Department Graduate Curriculum (Department Committee)
Health, Kinesiology, and Recreation Department Exercise Science Practicum II (Chair;
Department Committee)